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JANUARY-FEBRUARY 2023

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GLOBALSPA

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Dear Readers,

“New year, new beginnings”. Indeed. But I like to believe the best time for new beginnings will always be now - the present. Whether you are midway reconnecting with yourself or your healing has begun and leading well, I want to dedicate this issue to all your reticent resolutions you dream of achieving in 2023.

The year has already marked a grand opening for travel, so we bring you a perfect mix of the finest hotels and resorts you should immediately add to your bucket list. Also, peek at some of the most enchanting destinations to visit with your partner for the month of love. Read on to explore why vacations are the elixir of clarity, and what entails nature parenting.

Bold, beautiful, and bonafide, actress Parineeti Chopra is our cover star this month - unfurling with us some of the biggest mysteries of her career. Read on to check it out!

Last but not the least, we have for you a detailed guide on resolutions - be it beauty, food, fashion or lifestyle. Sprinkle in some home decor tips for your new abode and add some food for thought to keep your nutritional worries at bay.

All in all, I am super delighted to be presenting you this wonderfully packed edition with all the right ways for you to build your health this year.

Here's to another year of staying healthy and sound!

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Parineeta Sethi

Chief Editor & Publisher



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COMING SOON - LONDON BOSTON JAIPUR BAHRAIN JEDDAH MOSCOW MACAU

Cover Story:

PARINEETI CHOPRA MAKING STRIDES

Pulsating with a revamped energy and radiance, she describes this phase of her career as 'Parineeti 2.0'. With her recent releases like Uunchai and Tiranga, Parineeti Chopra is all ready to take the industry by storm through her unrelenting drive and infectious spirit.

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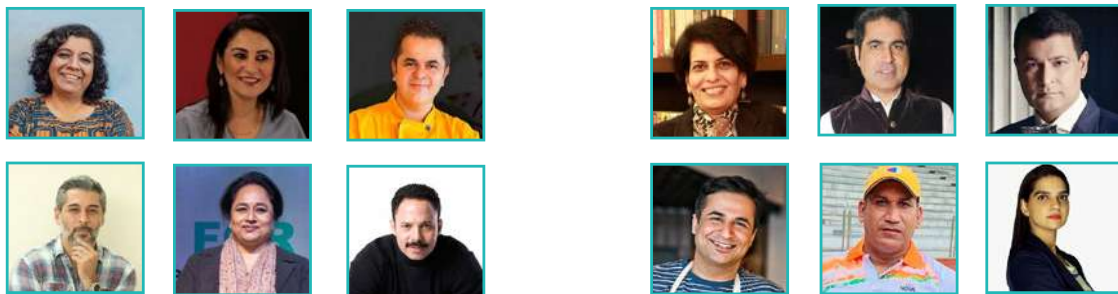
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FOOD FOR THOUGHT FEST

Saturday, 17th & Sunday, 18th December
The Square, GMR Aerocity, New Delhi

Thank You For Making Food For Thought Fest 2022
A Glorious Success !



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Contributors



Akanksha Dean

She is an independent chef & food & travel writer, an events specialist, a catalyst and is the only Indian to have trained at the World's Best Restaurant in Modena aka Osteria Francescana.



Shahzeen Shivdasani

She is a Relationship Expert & a Millennial Author of the book Love, Lust and Lemons. In the past few months she has organized and been a part of lock and key parties and speed dating at Soho house.



Preine Pereira

She is the co-founder of Studio Palasa, a handcrafted decor brand which designs functional and modern planters, stands etc. that boosts plant life within a space.



Karen Anand

Widely regarded as one of India's first food gurus, she has been influencing the way people eat and perceive good food in India for over thirty years through her bestselling books and successful gourmet business.



AiR - Atman in Ravi

Founder of AiR Institute of Realization and AiR Centre of Enlightenment, he is an Embodied Soul whose only mission in life is to 'Help People Realize the Truth'.



Navel Nazareth

He is the co-founder and CEO of NAM Solutions, and a passionate writer who has the required knowledge and skill-set to understand the journalism and media industry



Sanjay Sharma

Sanjay Sharma, founder and CEO of BluSalz, is always up for new challenges, and his career in the hospitality industry has been motivated solely by passion.



Abhishek Talwar

He is an environmentalist, author, and the co-founder of Biplob World, with a committed passion to driving awareness about environmental conservation and protecting our heritage,

IN SPOTLIGHT HOTELS

DISCOVER THE UNCONVENTIONAL

FEATURING STUNNING ARCHITECTURE, WORLD-CLASS AMENITIES, FINE DINING, AND A HAVEN OF WELLNESS, THESE UNIQUE STAYS WILL SWEEP YOU OFF YOUR FEET.

Long gone are the days when luxury travel was defined by artisan chocolates on the pillow, marble-lined bathrooms, uber-comforting stays, menus and minibars, palatable cuisine and stunning views. Experiential travel is what the hotel industry is looking at upping the ante for luxury-loving guests.



YOUR EXQUISITE STORY AT THE ST. REGIS GOA

Set amidst 49 acres of lush, sprawling greenery and sparkling lagoons, The St. Regis Goa Resort luxuriates in every sense, at every moment. The curated sanctuary overlooking the majestic Arabian Sea safeguards the spirit of the iconic luxury brand through its celebrated rituals, innovative cuisine and the bespoke St. Regis Butler service. The regal historic Portuguese-era architecture, distinctive culture and signature rituals like The St. Regis Afternoon Tea Ritual offer a bespoke experience with an array of teas, hors d'oeuvres and other delectable treats. The evening ritual of Champagne Sabrage - dating back to the battles of Napoleon Bonaparte- is an experience you do not want to miss. Create fond memories on Serenity Island and embark on an immersive and fun-filled adventure. Indulge in a scrumptious and romantic dining venue under the starlit skies at the Celestial Dining private pod. Switch to the zen mode at The St. Regis Spa - a sensorial escape honouring the art of decadence. Enter a state of deep relaxation at the Guided Meditation sessions or indulge in an array of revitalising treatments surrounded by serene locations.



BONDING AT JW MARRIOTT BENGALURU PRESTIGE GOLFSHIRE RESORT & SPA

JW Marriott Bengaluru Prestige Golfshire Resort & Spa, nestled within a set of breathtaking hillocks and the tranquil Nandi Hills, presents an experience of modern yet mindful luxury. Beginning with rejuvenation, SPA by JW houses 7 over-water treatment rooms, including an ayurveda room and a manicure and pedicure suite. A local evening tea ritual - Halli Katte, paired with mini-badminton, life-size snakes and ladders and chess, kite-flying, and even a family canvas painting session will help you bond with your loved ones. The entertainment zone inspires laughs and healthy competitions through various indoor, outdoor, and board games. A relaxing evening at the property invites interesting concoctions at the lagoon pool which features a swim-up bar and an open-air Jacuzzi. After a dip in the temperature-controlled lap pool, a warm bonfire with a movie under the stars is the perfect tryst with tranquillity. The JW signature Secret Spots, private nooks, and secluded spaces intuitively located around the grounds invite quiet moments of contemplation and reflection. The banks of the resort's serene lake make an ideal spot to linger and sip on a cup of naturally infused organic tea.



THE JUNGLE ESSENCE AT CAPELLA UBUD, BALI

Inspired by the early European settlers from the 1800s, Capella Ubud is set within a dramatic terraced landscape, with prominent rice paddies, a densely forested valley, and the sacred Wos River. The camp offers 22 individually styled one-bedroom tents, as well as one two-bedroom tented lodge, featuring private saltwater pools with handpicked antique furniture and artefacts, showcasing a perfect blend of classic European style and Balinese artisanship. Multisensory culinary journeys await with a choice of bespoke private and in-retreat dining options. Dig into scrumptious meals in a private jungle or rice paddy dining, ranging from candlelit dinners to private picnics at picturesque locations. Cocooned in the heart of the camp, Auriga wellness is an oasis of adventure wellness and spa treatments designed around the moon phases in line with the local Balinese and Hindu traditions. Work out in style at the camp's jungle-based tented gymnasium- The Armory featuring a series of low and high-impact guided adventure wellness activities. To wash away all the stress, the outdoor saltwater rainforest pool- The Cistern lends itself perfectly for laps or an early morning aqua yoga session.





VITALITY & SERENITY AT ULTIMA CRANS – MONTANA

Positioned at the altitude of Plateau de Plan-Mayens, this haven with an on-site lake, a quartz-clear swimming pool that mirrors the mountains beyond, and a heavenly spa can be enjoyed by multi-generational families and groups of friends. The concierge at Ultima Crans will encourage you to make yourself feel at home, from the fully equipped gymnasium to the high-tech cinema, arcade room and social areas that call for celebrations of life after a day in the mountains. The ski-in and ski-out facilities make it a haven for those looking to kick in some adrenaline. Home to an unimaginably luxurious spa, covering 1,000m², and an on-site lake surrounded by idyllic alpine wilds, the wellness retreat allows you to rejuvenate in the sauna, hammam, fitness gym, Jacuzzi as well as a heated outdoor pool. Get ready to feast on customisable and artistically served meals decorated at the dining tables, or next to the pool by a personal chef followed by Sunset Aperol barbecues, toasty winter feasts, and extravagant breakfasts that will appease your palette for days to come.





LA DOLCE VITA AT HOTEL LA PALMA, CAPRI

Debuting in the year 2023, Oetker Collection will open the doors to Hotel La Palma as a love letter to Capri Island. Located mere steps from the famous Piazzetta, it will comprise a rooftop restaurant and bar, its own beach club, a newly built pool deck, a spa and a high-fashion boutique. Rome-based Francesco Delogu of Delogu Architects has worked on the building's architecture while the property is being transformed by Francis Sultana, a true maestro in the world of high-end interior design. The elegant 50-room-and-suite property has been created in collaboration with acclaimed Italian craftsmen and local artisans. The overall design of the hotel incorporates splashes of Mediterranean blue, green and turquoise, which dance around the natural aesthetics and allow textures to come to the fore. What also sets it apart is Da Gioia by La Palma, Hotel La Palma's elegant and buzzing beach club. With stunning views of the iconic Faraglioni, Da Gioia by La Palma has 42 day beds, perfectly positioned for dips in the mesmerising turquoise waters of Capri. It also boasts a private beach for up to 8 guests, serviced by a dedicated team and accompanied by a host of exclusive amenities.





A TIMELESS SOJOURN AT RAFFLES GRAND HOTEL D'ANGKOR, CAMBODIA

The iconic hotel has been welcoming discerning travellers and famous faces to the historic heart of Cambodia for almost ninety years. The luxe hotel offers guests a compelling mix of culture, heritage and charming hospitality. The beautiful views of the Royal Gardens, the resort's iconic swimming pool, the ambience of the Elephant Bar or the French windows that swing open to views of street scenes or the plantation-style grounds, never fail to bring vintage back. Vestiges of the golden age of travel abound: from the gravel driveway reminiscent of arrival by horse-drawn carriage, to the original timber cage elevator. The hotel has an original teak and wrought iron cage elevator, which is fully operational. Within the resort, guests can take part in on-site activities, including monk blessings, Angkor Sling masterclasses, and botanical and culinary tours. Named after the year that Raffles Grand Hotel d'Angkor first opened, 1932 is the hotel's latest signature restaurant, proudly inheriting the honour of serving traditional Royal Khmer cuisine for a unique dining experience.

DESTINATIONS

COME AWAY WITH ME

INTIMATE BEACHES, ROMANTIC DUNES, CANDLE-LIT GOURMET DINNERS, OPULENT STAYS, OR A HAVEN OF WELLNESS, DISCOVER THE WORLD'S MOST ROMANTIC, UNTAPPED, AND VISUALLY STUNNING DESTINATIONS.

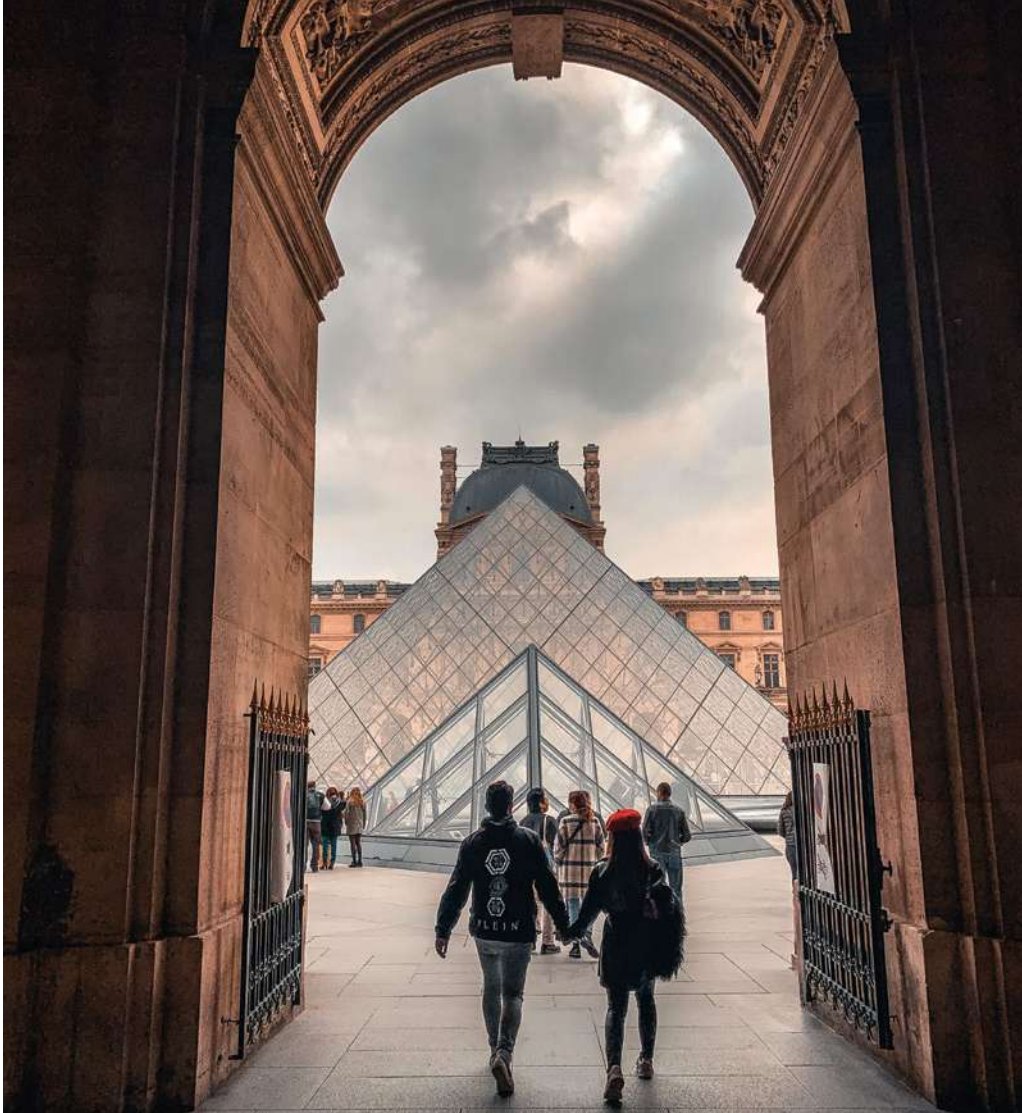
Whether you envision yourself glistening away in the nightlife of a foreign country, sipping wine and getting lost in architectural hounds or chasing behind adventures, your romantic destination should be everything you have dreamed of.

MONACO

A land where glitz reigns. Fan the flames of love and stroll down manicured streets where champagne flows from noon to night, place your stakes at high-end casinos or soak up some European soleil in an extravagant private yacht. Monaco is a dream setting for a lifetime of romance.

Do it Together: Once the glitter of the city settles down, head to the alluring historic streets of the old town 'Le Rocher' for sightseeing. Visit the Prince's Palace and Saint Nicholas Cathedral. Make sure to indulge in gelato when in Monaco!





PARIS

Everywhere you go, there is amour! Whether you walk hand in hand along the majestic views of the Seine indulging in pain au chocolat or steal a kiss under the glittering Eiffel tower, the language, gourmet cuisine, art and culture preserved through romantic traditions, exhibit love stories only Paris can tell.

Do it Together: Temple de l'Amour or the Temple of Love is a sight to behold for all the romantics. Take a boat ride to the island and spend an evening along the beautiful Jardins of the temple. Legend has it that kissing your partner at the centre of the folly strengthens your love.



THAILAND

Thailand boasts a sultry experience of luxurious hideaways and a vibrant city life infused with an opulent culture to marvel upon. From quaint beaches to legendary nightlife, the romantic destination hosts everything in between.

Do it Together: Take a private canal cruise, sail along the Chao Phraya River and enjoy an authentic meal at the Damnoen Saduak Floating Market. Do not forget to barge into extravagant yet affordable Thai massages and spas.



FIJI

Fiji is the perfect hideaway to be smitten by floral-scented gardens, lavish overwater bungalows and panoramic views. Explore uninhabited islands and indulge in mouthwatering meals under the stars accompanied by romantic Fijian serenaders.

Do it Together: Embrace whole-body wellness with Fiji's health-oriented activities like private yoga classes, detoxifying spa therapy treatments and invigorating hilltop hikes while you sip 'soul drinks' with your soulmate.



SWITZERLAND

For anyone who has entered the hidden enchantment of Switzerland has experienced a fairytale sojourn. From cosy mountain chalets, mediaeval castles, and vineyard-lined valleys, to postcard-perfect towns, each portion of this idyllic paradise manifests romance in spades.

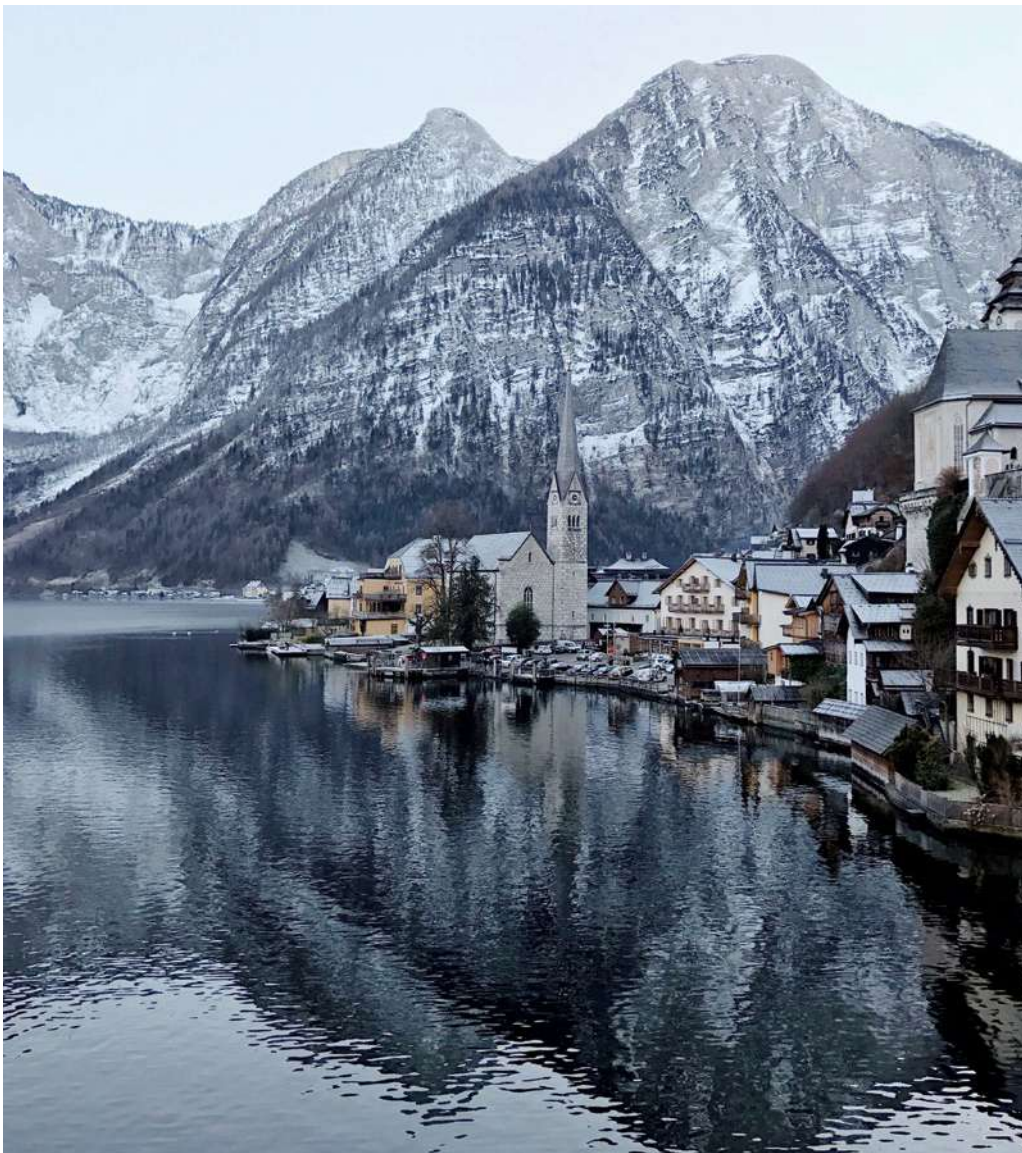
Do it Together: Visit the breathtaking resort town of Interlaken known as a gateway to awe-inspiring Swiss alpine, green meadows, colourful villages, and waterfalls, or get your adrenaline pumping and elope to the swiss alps for adventure activities.



MALDIVES

Maldives is the stuff romance is made of! Azure blue waters, dinner under star-lit skies, spas on private sandbanks, intimate and luxury accommodations, and underwater adventures. Be it a leisure vacation or an adventurous escapade, the island is sure to drape you in hues of love.

Do it Together: Head for a romantic sunset champagne cruise or experience the divine marine life through underwater activities like diving, snorkelling and more.



AUSTRIA

When you think of Austria, the first thing that comes to mind is Vienna. It is the perfect European destination if you are looking for romance, sightseeing, skiing, and relaxation with historic riverside towns, inviting you to take hands and stroll through the vineyards and forests.

Do it Together: Spend your time together skiing, snowboarding, enjoying music on mountain-top stages or relaxing in the spa of a luxury hotel and head to the Snowbombing festival in April in the alpine setting of Mayrhofen, Zillertal Valley.



TRAVEL TALES

SOLACE IN SOLITUDE



A TRUE TRANQUIL TALE BY THE SOOTHING WATERS OF UDAI SAGAR LAKE, SHED AWAY YOUR STRESS AND FIND LUXURY IN THE COMFORT OF ZANA LAKE RESORT, UDAIPUR - THE CITY'S REIGNING AND REVERED DESTINATION FOR LUXE WELLNESS.

By Parineeta Sethi

Arriving in the City of Lakes, I met Zana in all its signature glory from the very first moment. From spectacular unfettered views of the mountains framed within a glistening lake to the resort's 30 intimately crafted rooms speaking their neo-gothic language, I was swooned by its careful detailing inspired by the city's heritage. The resort's special "Welcome Drinks On The Wheel" was a pleasant selection of drinks to fade away the fatigue as I was led to my stay.

Between the lakefront rooms with either a balcony or private garden offering all personalized amenities, one can easily melt into the comfort of their rooms and cherish the lush landscapes around them. I particularly cherished sharing my dawns with this view.

DELECTABLE DINING

Elegant interiors punctuated by verdant foliage; petalled-flower pendant lighting; comforting neoclassical furniture; and floor to ceiling bay windows welcome you to



the serenity of lakeside views at Mayfair, Zana's all-day multi-cuisine diner. Handpicked local ingredients find their way to a thoughtfully-curated menu that is a celebration of authentic flavors for a global palate. With both outdoor and indoor dining spaces, Zana has mastered gastronomy for both the stomach and the eyes.

REJUVENATION AT PAR

I find it is always a good idea to disconnect from the world and tap into our inner calm, and I could wholly restore myself at the resort's spa - SOAK. Equipped with world-renowned treatments catered to by professionals around the enchanting backdrop of Udai Sagar Lake, it was refreshing to experience the city's wellness this intrinsically. With an extensive yet traditional menu, you can follow your sessions with a quick dip in the infinity pool to fully recharge.

ADVENTURES TO EMBRACE

If you are a wanderlust by heart, there is no better stay for you to choose than Zana. The resort with all its exuberance is also surrounded by Udaipur's local luxe. Discover the prestigious City Palace and Sajjangarh Palace, or find peace by the blue hues of Badi Lake and Fateh Sagar Lake.

Besides the local, the resort offers decadent wine tasting tours, open-air cinema runs, wildlife safaris, and plenty of nature walks and trails to keep your heart pumping with spirit.

A distinctive experience, Zana Resort feels like a seamless blend of a relaxed getaway and wellness retreat simultaneously.



TRAVEL TALES

CULTURAL SOJOURN IN BHUTAN

THIS MAGICAL HIMALAYAN KINGDOM IS A SANCTUM FOR BUDDHISM AND NOMAD LIVING.

By Akanksha Dean

Dreaming of a voyage to Bhutan? Then you have unquestionably come across the name Aman. The utmost select indulgence hotel brand in the world runs a total of five lodges in the Buddhist kingdom named 'Amankora'. If you are a first

timer, go for a six-night Cultural Vacation illuminating the Kingdom's western gorges, and uncovering the beating heart of Bhutan with stays at Amankora Thimphu, Punakha, and Paro.

THE FLIGHT

There was Mount Everest.... quite actually.... spot-on there, at my side (Left side window when flying from Delhi to Paro), looking up at me with a welcoming appearance. 'Hello, how are you?' would be a suitable tête-à-tête icebreaker. The three summits rose over the clouds viewing as innocent and as magnificent as a flawless painting. We were roughly 35,000 ft

but even at that pinnacle we were merely a little above the gigantic Everest. No view could equal this Druk Air flight view from Delhi to Paro. Hardly recuperating from my first ever detection of Mount Everest, I was in for another wonder. None other than the imposing Kangchenjunga, here it was in all its glory. Fortunately, the sun was splendid, and the peaks were radiant, golden. As we left Kangchenjunga behind and went beneath the clouds to land, the mountains turned a brunet shade of green, closely black. We were literally flying next to the mountains. The less than two-hour flight was full of tourist gratification.



ESSENTIALS

Before we take a nearer look at the distinct lodges, I feel it is essential to tackle a couple of more broad things regarding Aman's Bhutan existence. First of all, Amankora could best be described as a 'serene pilgrimage'. And this clues at the most significant variance associated with other Aman hotels: You are really booking a full steered tour and not a solitary hotel room. You cannot visit Bhutan without a guide (it is a mandate), each travelling group gets a comfortable car (jeep or bus depending on the size), a devoted driver and a personal guide. Both of them convoy you throughout your whole itinerary. And all Indian travellers also need to spend INR 1200 per day per person as Sustainability Development Fee. Together with the booking aides-de-camp, you get to modify your itinerary the way you like. While Aman certainly can organise for you, you get the preference to customise it further. For example, you could put an importance on festivals and cultural activities or on hiking or trekking. You should also know that all 5 lodges share identical basic room layout and design. My room in Paro looked almost precisely like the one in Thimphu or Punakha. It almost felt like I was sleeping in





the same room for my entire journey, which was a good thing because I did not waste much time in finding my bearings.

CULTURAL SOJOURN

Thimphu, Punakha, and Paro.... these valleys are astoundingly pristine, with glorious natural backdrop providing the milieu to an elating plunge into a rich edifying heritage home, as they are to nearly half of the populace. I got to ascertain Bhutan's vibrant history and affluence of traditions while discovering the capital Thimphu with its textile museum, weaving centre, paper factory and an astrology school. Don't miss Tashichho Dzong at sunset or the hike to Cheri Goemba, a spectacular temple and monastery where the Kingdom's first austere body was established. Over the Dochula Pass in Punakha, we visited the intriguing Chimi Lhakhang Fertility Temple and enjoyed a stroll through the neighbouring village with its captivating folk art. I bestowed the next day to mountaineering to Khamsum Chorten with its overwhelming views, and sightseeing the holy halls and patios of Punakha Dzong. After crossing the lengthiest chain link suspension bridge in the world, I tried my hand at archery, Bhutan's national sport, back at Amankora Punakha.

A TIGER'S ODYSSEY

As remote as Bhutan may feel, it is possible to experience this Himalayan paradise even when time is fleeting. The final two days in Paro are spent discovering the town and countryside and climbing the lofty Tiger's Nest. Staying at Amankora Paro, you can discover Paro Valley with its lush rice paddies and tranquil ranches by bike, discover the theatrical ruins of the 17th-century Drukgyel Dzong and one of the Kingdom's oldest temples, Kyichu Lhakhang, meander through picturesque Paro town tasting momos and freshly brewed beer, and wonder at the significant gems of the National Museum. Days start with open-air yoga, breathing in the fresh pine-scented air, and cherishing picnics and a farmhouse lunch prepared by an old cook of the royal family. No trip to Bhutan is comprehensive without visiting the eminent Tiger's Nest, for which this voyage is baptised. Alighted cliff-side with amazing views, the temple complex was first erected in 1692 about the Taktsang Senge Samdup cave where an esteemed guru is said to have mused in the 8th century. Possibly best saved for concluding the day, one can trail the hike and tailored tour with a local lunch and a merited spa care. The lodge's spa watches the forest and herb garden and features a glass-walled sauna, tranquil treatment rooms with hot stone baths, and a peaceful yoga and meditation room.

Truly, Bhutan, significantly denoted as the land of joy, is truly one of a kind. This pictorial neighbour to India, swanks of magical mountains and green lands, that make it superlative.





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A HIDDEN GEM

DISCOVER A UNIQUE BLEND OF
SUSTAINABILITY AND BREATHTAKING
VISTAS AT THE KUMAON.

By Vidhi Gupta

Unreal views. Eco-friendly practices. Secluded retreat. Modern spaces. All these beautiful details have been poured into The Kumaon.

After an early morning train from New Delhi Railway Station to Kathgodam and another 4-hour drive from Kathgodam to the hotel, I was exhausted. But as soon as I arrived at The Kumaon, my fatigue was quickly replaced by a sense of wonder and tranquillity. Surrounded by spectacular undulating hills and the most awe-inspiring views of the Himalayas- The Kumaon is a sustainably designed, private retreat tucked away in the Kasar Devi region of Uttarakhand.

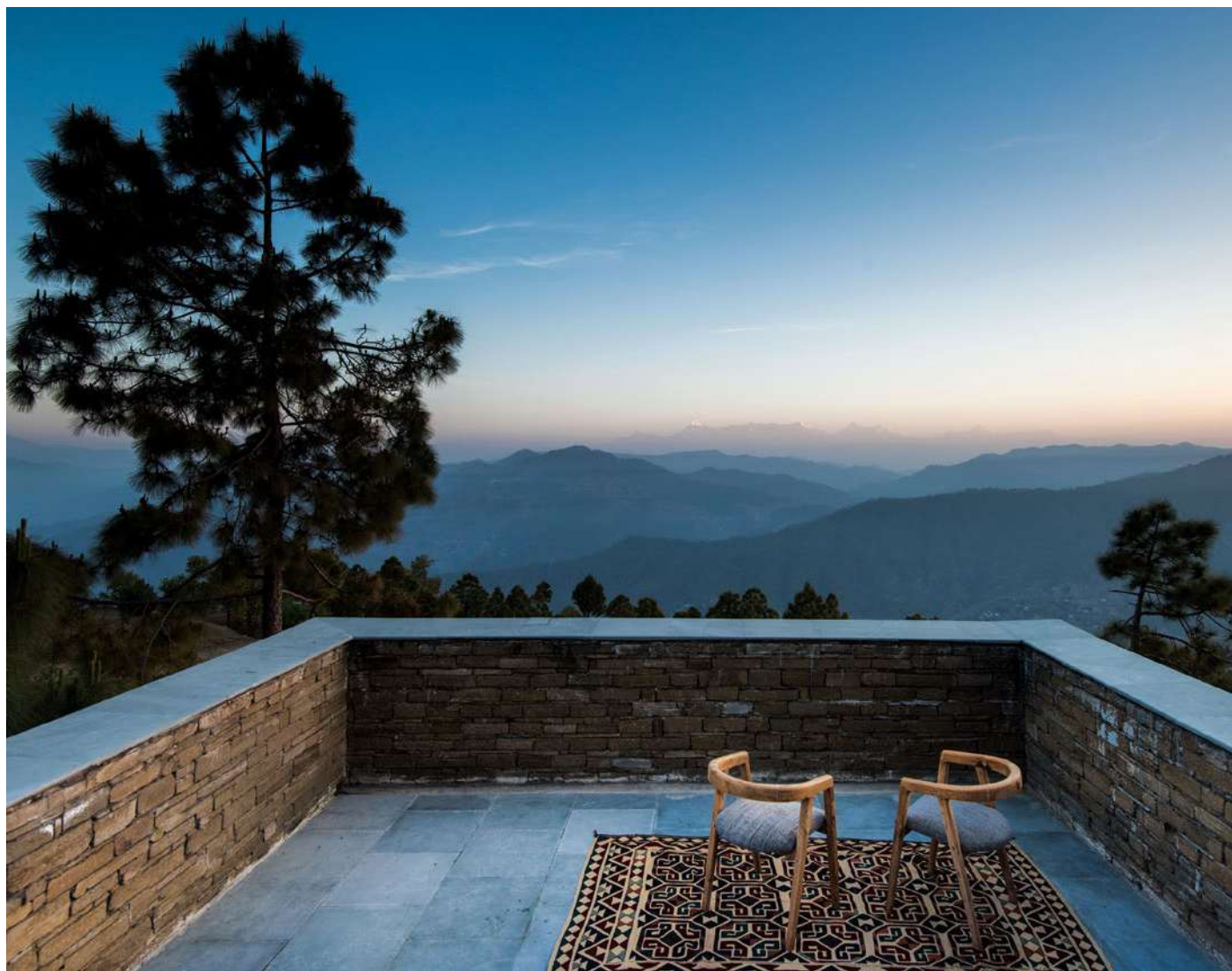
Upon entering my room, I could not help but fall in love with the view of the mighty Himalayan range from the floor-to-ceiling windows. I could easily spend hours watching the panoramic landscape with white clouds, blue sky and different greens of earth. The Kumaon has 10 suites, nestled in pairs one atop the other, all north-facing with the views of the valley and mountains. Each suite has a heated bed and traditional wood-burning bukharis. The bathroom has a mini ecosystem





with different plants and a skylight. Copper, bamboo, and stones, these are the three things which are dominantly used in the architecture and the materials have been allowed to retain their natural quality, making it even more sustainable.

My days while staying at the property were immersed in the distinctly diverse flora and fauna. To know more about the rich biodiversity of the Kumaoni region, I went on one of the many tailor-made nature walks designed by the hotel. I trekked to an ancient and important temple dedicated to Goddess Durga, the Kasar Devi temple. I was accompanied by a naturalist from the property who spotted birds and identified different plants along the way that I would rarely see in an urban city. We even saw woodpeckers and could evidently hear them pecking as they flitted from branch to branch. The sun felt comfortably warm; the view was surreal, and the occasional breeze, everything kept me motivated to reach the temple. Or maybe I should credit the temple's magnetism, which has attracted most eclectic of travellers, including personalities such as





Swami Vivekananda, DH Lawrence, and Bob Dylan to name a few. I finally arrived and was immediately soaked in all the spiritual energy around me. I saw the quaint meditation cave and took a few moments of quietude. I felt at peace. When it comes to tailor-made nature excursions, The Kumaon is an expert. From surreal village walks or treks through the lush forests to neighbouring local temples, and trips to the Binsar wildlife sanctuary in the vicinity, each excursion unfolds a new dimension of the place.



Food at The Kumaon is made of seasonal produce and healthy local ingredients. The portion size was adequate and my stomach never felt heavy after completing my meal. The breakfast consists of fresh cut fruits, freshly squeezed juices and detox drinks, basket of breads and muffins, and our favourite breakfast meals which we always enjoy, like chana poori. Lunch is continental where you are served a 3-course meal of soup, salad, and mains. My absolute favourite was Jhingora (barnyard millet) tabbouleh with sweet potato wafers. It was flavourful and went along with my grilled chicken with pepper jus. Dinner was delicious traditional Kumaoni thali which had small bowls of different curries, rice, chutneys, and curd. There was dessert after our major meals and each day it was a delicious surprise. From lemon tarts, and custard, to kheer and local famous sweets like bal mithai and singauri, everything was just yum! Each bite of our meal was a healthy culinary indulgence.

Just like the days, my evenings and nights were also exciting and filled with adventure. I went on a village tour to understand the local life. Passing through homes, huge lemons, and people unwinding for the day, I was taken to my picnic spot for the evening. Sipping my tea, chatting, clicking pictures from my Instagram, I could not help but feel grateful for this moment of peace and beauty. The nights are a starry affair at The Kumaon. There was an astronomy session organised, which was full of knowledge and enthusiasm. This was the first time in my life that I had seen so many planets and their moons. Although it was chilly, the bonfire and the magnificent beauty of the moon helped the session continue.



The Kumaon practises what they preach to the T when it comes to being eco-friendly and going vocal for local. Whether it is dining at the striking cantilevered restaurant suspended over the valley below, taking a massage at the spa with locally sourced oils, reading in the library, trekking to explore the region, or just simply soaking in the views, The Kumaon gives you an experience you desire.

ADVERTORIAL

Elevate your Senses

A DEEP NATURE SPA RETREAT WHICH HELPS YOU FIND YOUR INNER BALANCE, ELE | NA THE SPA BRINGS TO YOU HEALING PRACTICES FROM THE WORLD OVER.

Imagine a spa retreat which is surrounded by tropical greenery and blue sea, where spa rituals are carefully crafted, and only natural products and purest sources of energy is used.....that is ELE | NA The Spa, a world-class spa brand by Atmosphere Hotels & Resorts.

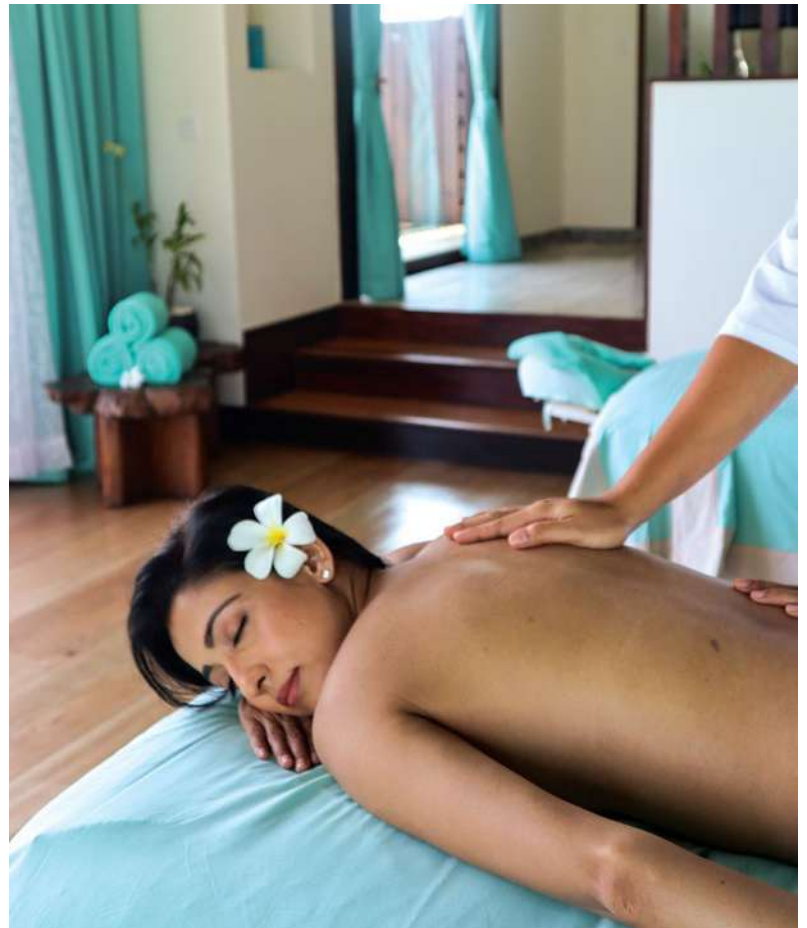
ELE | NA, an acronym for the Elements of Nature, finds inspiration in the elemental energies that flow around us- wood, fire, earth, metal, water. Being here is like being on a tailored journey that elevates your fully inclusive holiday experience with immersive healing therapies, alternative medicine treatments and personalised wellness dining options. Here you can get the best of Maldivian and international spa therapies, massages including Thai massage, Maldivian Sand massage, and traditional Ayurvedic therapies, including body scrubs and facials.

With a mission to create a unique experience that reflects the spirit and soul of each individual's wellness journey, the spa has a team of expert Ayurvedic, holistic, nutritional, and wellness practitioners who will guide you through a tailor-made program specific with your personalised wellness goals in mind. They also give a special focus on mental health where the sessions provide a safe space for people to break free from their past and sabotage behaviours which radiate negative emotions. Furthermore, the wellness therapists are trained and certified to adapt and tailor their services to individuals touched by cancer at any stage of their journey- whether they are in treatment, out of treatment, living with cancer, in survivorship or end of life. Apart from spa therapies and unique wellness programmes, your fitness is also kept in mind. A full body fun workout is designed keeping your current health status in mind.

By truly connecting with the indigenous environment and bountifulness of nature, ELE | NA The Spa embraces innovative, eco-friendly options like converting coffee bean ground into lush scrubs, and using fresh coconuts from the island to make massage oil.

ELE | NA The Spa truly adds a layer of exceptional wellness, beauty, and spa experiences- much beyond a typical resort stay. It is a natural sanctuary which brings in a sense of calmness and balance within your body, mind, and soul.

Ozen Reserve Bolifushi Island,
South Male Atoll, Maldives 08160, Maldives
Call: +960 664-2020
Mail: reservations@ozenreserve-bolifushi.com



TRAVEL

NATURE CURES

EXPERIENCE THE HEALING
POWER OF NATURE AT PRAKRITI
SHAKTI BY CGH EARTH.

By Karen Anand

Wellness is a term that is used a great deal nowadays along with the words “sustainability” and “natural” and so on. We all get the picture, but very few centres/clinics/resorts actually practice what they preach. After experiencing Ayurvedic resorts and clinics, mountain retreats and many spas, I decided to try Naturopathy and sought refuge with answers at Prakriti Shakti, a naturopathy clinic cum resort in the hills of Pachalimedu between Kottayam and the spice plantations of Thekkady in central Kerala. I did not read too much before going and frankly, the website, though beautifully put together, does not give you much insight into what they have in store for you. Trust your intuition and the CGH parent company behind this which is now making a visible foray into wellness. Stepping slightly aside from the heritage hotels they have perfected over the years in south India, their wellness vertical is something to look out for.

Prakriti opened in 2018 with lockdowns in between, so the farming and growing has taken some time to establish. Needless to say, the diet is totally vegetarian and completely raw with no added sugar, oil, pulses or grains. Your day is infused with many light, diluted vegetable





Image credits: Prakriti Shakti CGH Earth and Karen Anand

juices and herb teas, a fruity brunch, tea and seed and dry fruit based cookies (slow baked in a de-hydrator) and a delicious 3 course dinner at 6pm. After a 3 ½ hour drive from Kochi, I was given a fruit salad smothered in coconut cream (of course the coconuts are from their own organic farm and soon most of the fruit and vegetables will be too) for breakfast. Dinner could be, for example, a yellow bell pepper soup followed by a curried vegetable noodle or khow suey and ending with a small square of dessert sweetened with dates. I was never hungry. Some people were and the doctors were kind enough to be flexible. The kitchen at Prakriti Shakti under Chef Joy is really a joy (pun intended). I now make Chef Joy's coleslaw salad on a regular basis at home. Made with red and white cabbage and carrots thinly shredded and smothered in a cashew nut, oil free mayo, which is unbelievably delicious. The taste factor is provided with garlic, onion, some basic spices and herbs, de-hydrated bell peppers and fruit for intense flavours and a whole lot of creativity. Spaghetti is replaced with zucchini swirls, cauliflower pearls replace rice, dates replace regular sugar and roasted coco nibs from the farm next door are used instead of conventional chocolate in brownies, ladoos and bites. They redefine "eating raw" by combining organic and fresh food with the fine taste and aesthetics of haute cuisine. Presentation and crockery is simply lovely. After your evening amla juice at 8pm, there is nothing till your morning juice at

6.30 am. This means that inadvertently you are doing intermittent fasting too. They have daily cookery classes and equip you with a bunch of sixty recipes for a healthy eating regimen that will align your lifestyle with the naturopathic way of living or at least will start you on that journey once you leave. The diet is so diverse and the recipes so well thought through, that it reinvented my relationship with food.

Prakriti Shakti aims to awaken the healer within you, so there are no pills or potions. The well-trained young medical staff treat each person according to their ailments and there are daily consultations with the doctors to measure progress and discuss problems. I was there for a week, which is the minimum stay. They recommend a minimum of 14 days for most issues and ailments. Healing is done solely through a diet of raw food, treatments, yoga, sleep, and rest. The accommodation is another reason to stay here. The lobby, dining hall and clinic are open plan, with the former two offering a surreal view of the infinity pool and the mountains beyond. Twenty beautiful large rooms and eco-friendly cottages, mindfully constructed with great aesthetic sensibility, all with fabulous views, good linen and the right amount of comfort. There is no air conditioning, but remember you are up in the hills, so the air is pure and clean and there is plenty of breeze.

Treatments are daily – one longish one and a

shorter one in the afternoon, daily morning yoga, a reflexology walk, a pool and plenty of places to wander and walk if you find the time in what is quite a packed daily schedule. Although there are 20 beautiful rooms in shades of green and white, they only ever accept 20-22 guests so that the doctors and therapists can conduct their one-on-one sessions without being rushed. Mud therapy, heliotherapy, banana leaf wraps, massages with coconut milk and honey; they only use elements of nature even for the amazing facial based on a coffee scrub with a coconut and orange peel mask.

I am making some serious changes to my food and lifestyle after just seven days up in the Panchalimedu Hills under the guidance of some well-trained doctors with lovely, calm, welcoming dispositions. I saw smiling faces every day and was comfortable around people who set realistic goals, are happy to hand hold you through the whole experience and are always accessible. What I most loved about Prakriti is the staff – kitchen, service, doctors, and therapists all on hand for any issue.

Apart from the wonderful food and treatments, it is the personal attention and amazing ratio of staff to guests which sets Prakriti Shakti apart and elevates it to a superior platform in the arena of wellness and healing. I am definitely going back next year and this time for fourteen days!

YOUR HEAD START FOR THE NEW YEAR!

WHILE THE NEW YEAR, NEW ME SEEMS QUITE AN EXCITING APPROACH, THIS TIME LET'S KICK START THE YEAR WITH A LIST OF ATTAINABLE NEW YEAR'S RESOLUTIONS THAT WILL ALLOW YOU TO MAKE HEALTHIER LIFESTYLE TWEAKS EVERY DAY RATHER THAN COMPLETELY CHANGING YOURSELF.

RESOLUTIONS FOR YOUR FITNESS

1. Pick a workout and stick to it

You probably know the numerous benefits of working out, but for someone who struggles to stick to a routine, exercise can be worse than a math lesson! You do not have to force yourself to go to the gym and lift heavy weights, start with small steps and do what you like.

2. Do in-person fitness

Virtual fitness sessions have opened up a whole new world of access and convenience for those who find it hard to manage time or do not want to exercise with a group of people. Sign up for some Zumba classes or morning yoga sessions and get your body moving.

3. Make your brain exercise

Brain exercises engage your cognitive skills and are good for your mental well-being. Online brain games offer a variety of imaginative exercises designed to challenge your memory, and focus on problem-solving, with games like bingo, jigsaw puzzles, quizzes, and more.

4. Do Holistic Training

Holistic fitness addresses not just the physical training of an individual but also works towards wellness and emotional well-being. It lays focus on your sleep cycle, diet patterns, energy levels as well as your body movement and exercise.

5. Tracking in wearables

These are a wonder tool for all fitness enthusiasts. As fancy as they look, they fulfill a rather crucial aspect of fitness. They are incredibly personal and no matter what your needs are, they can help you optimize your workouts or jump-start your routine.





RESOLUTIONS FOR YOUR MENTAL HEALTH

1. Set a morning routine

Early mornings can be dreadful, especially if you are someone who loves to snooze the alarm for that extra 5 minutes. But establishing a morning routine sets your tone for the day. It boosts happiness, increases productivity, reduces stress levels, and prepares you for your day.

2. Manifest & Mood boards

You cannot get what you want until and unless you visualize it and mood boards are the perfect way to do so! It is an aesthetic way to list down your goals and aspirations and remind you of what you are working for.

3. Self-Love

Taking care of yourself is NOT selfish! Indulge in wellness, binge-watch your favorite shows, and take that trip you always wanted. Prioritize yourself and take out time for the things that are waiting to be checked off your bucket list.

4. Taking care of our energy

For better flow and glow, you need to take care of your energy and get rid of mental exhaustion! How? Practice meditation, spend time in nature, and, most importantly, learn to set your boundaries and focus on mindful habits.

5. Practice Gratitude

Maintain a gratitude journal and write the things you are grateful for. If you want to be a little creative, create a gratitude jar and add a note to it each time you feel loved or happy. It is a real game-changer!





RESOLUTIONS FOR YOUR DIET

1. Plant-based eating

Switching to a plant-based diet is not only good for the environment but is loaded with a bevy of healthy fats, protein, vitamins, and minerals and is a healthy way of eating. It is good for the heart, reduces inflammation, and is even known to lower the risk of chronic diseases.

2. Less is more

Less is more does not mean reducing your appetite or picking on foods that you love. It simply means choosing foods that allow you to feel satisfied and help you maintain a diet that keeps your calories in check.

3. Mood-Boosting Foods

Did you know your previous meal can have control over your current mood? It is important to include certain foods and nutrients that help your brain to make feel-good chemical-serotonin. Fruits, vegetables, and protein-based items are great mood boosters.

4. Only Natural Sweeteners

Natural Sweeteners like honey, jaggery, coconut sugar, and more are less processed and low in calories. While sugar can cause bloating and increase the risk of diabetes, natural sweeteners are your way out to guilt-free sweet munching!

5. Listen to your Gut

If we have learned anything from the trends circulating around health, it is that Gut health is a priority. A happy Gut is a happy and long life. It regulates your skin texture, controls the digestive system, and immune the body from chronic diseases.



RESOLUTIONS FOR YOUR TRAVEL

1. Plan a Leisure travel

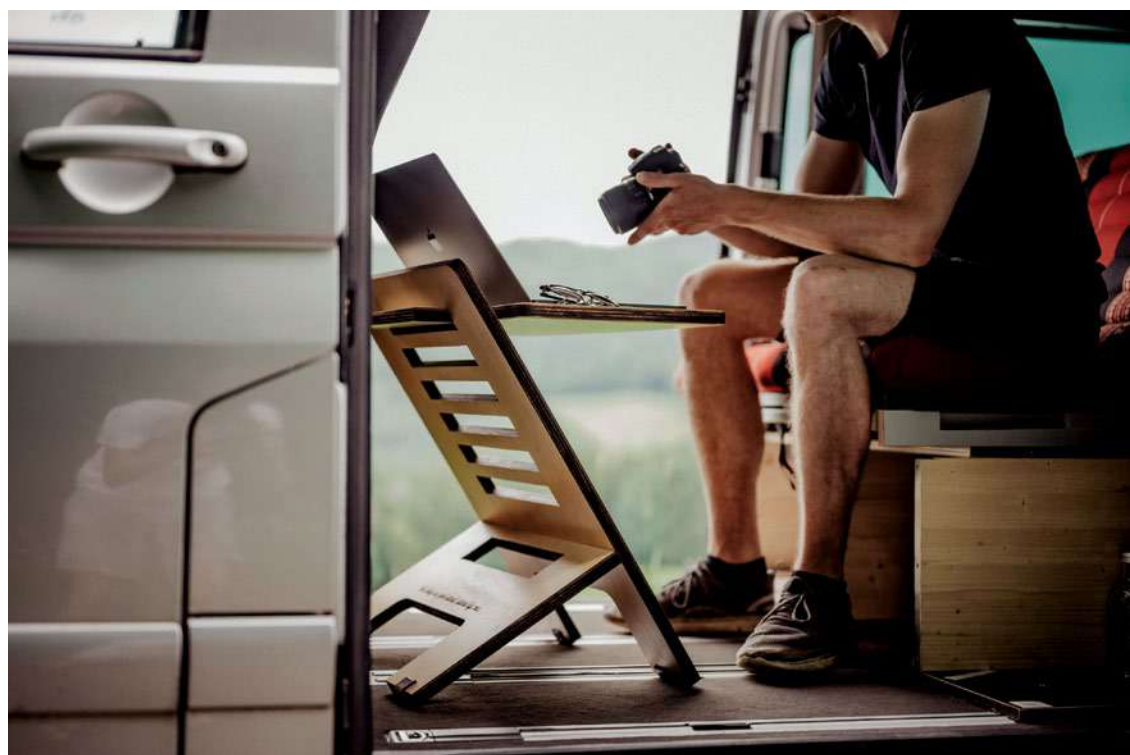
This year, plan a wellness-driven holiday to renew your mental, spiritual, and physical well-being. You can either opt for an offbeat travel location or head to wellness retreats for a complete rejuvenating experience.

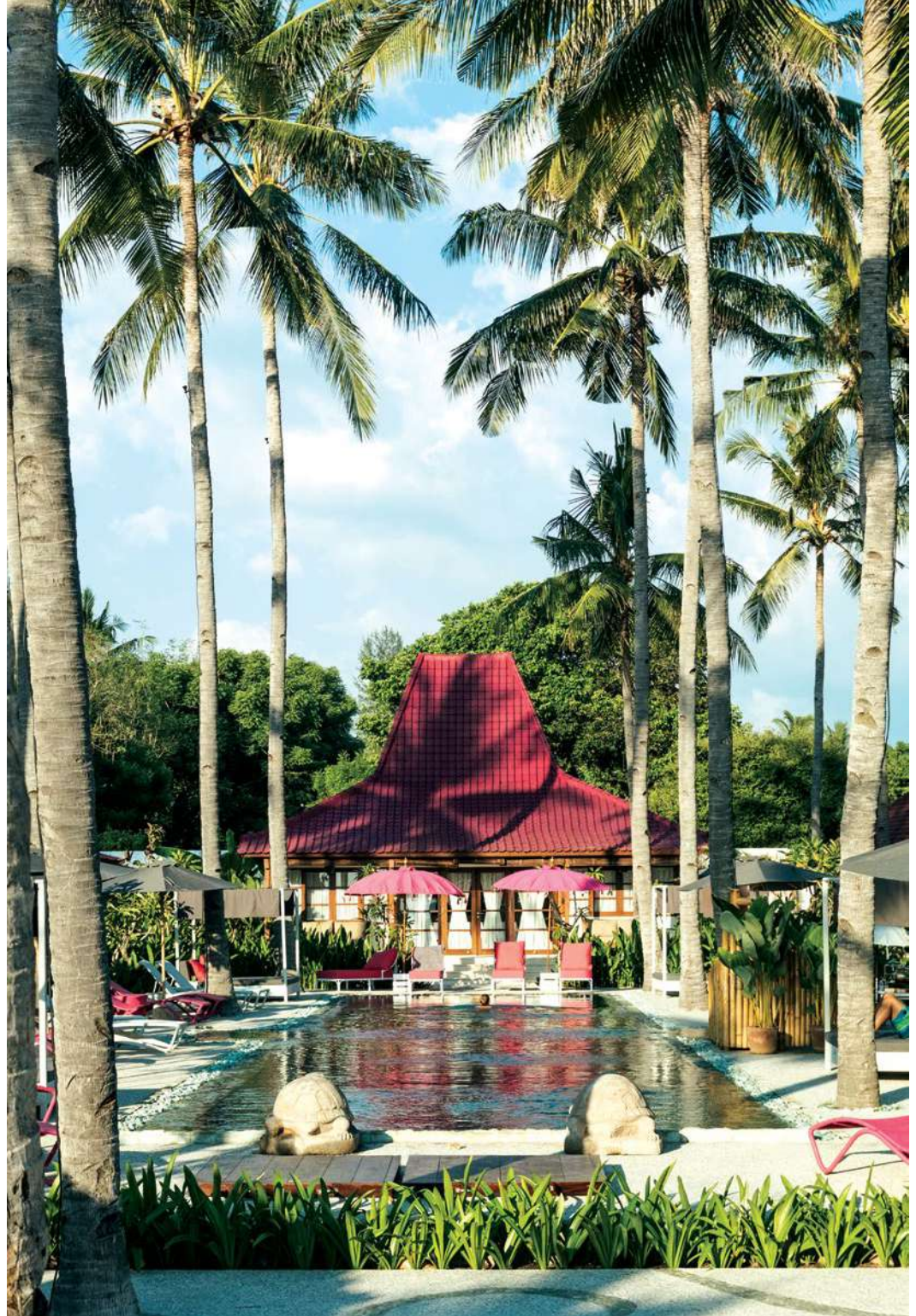
2. Head to offbeat destinations

Forget the crowds and the usual touristy destinations and make a resolution to explore the unexplored! Off-beat destinations are less crowded, cleaner, full of nature, and have a bucket load of unforgettable experiences and adventures waiting for you.

3. Work from anywhere

If there is something good that the pandemic has left us with was the culture of flexible





work. A workation offers rather tempting opportunities to get t our job done regardless of location. Imagine working in the mountains or under the azure blue sky surrounded by serene landscapes.

4. Indulge in Wellness programs

A majority of wellness retreats offer multiple programs that will leave you with a sense of tranquility and peace. Elaborate meals, therapeutic massages, restorative meditation and yoga practices, stress relief programs and more will surely amp up your physical and emotional well-being.

5. Travel responsibly

Be an eco-conscious traveler. Make sure you carry light, use public transportation, live in eco-friendly accommodation, and come what may **DO NOT LITTER!** Make a conscious effort to respect the local culture and community of the place you decide to visit.





RESOLUTIONS FOR YOUR SKIN

1. Minimalism routine

Inspired by K-beauty, the concept of less is more is ruling the beauty industry. The term given to it is skinimilism. So, what is the less that everyone is talking about? A deep cleanser, layer it with a serum, preferably with active ingredients, and don't forget to moisturise.

2. Refilling Products

Switching to refillable beauty products is certainly a stepping stone toward better sustainability. Choose brands that offer refill packs, pouches, or cases, so that you can reuse them and don't have to throw away the empty containers.

3. Upcycling empty products

Get creative, re-imagine and give new life to

your empty cosmetics, perfume, and skincare containers. The idea is to convert them from trash to treasure!

4. Make up with natural ingredients

Treat your skin better. Try to adapt your makeup regime to be eco-friendly, vegan, and cruelty-free. Choose synthetic preservative-free makeup that includes the goodness of natural ingredients because it is the quickest way to save both your skin and the planet.

5. Buying little luxuries

Add little luxuries to your life to elevate your day-to-day experiences. Add in things that feel of a special treat, like going to high-end spas, or indulging in an elaborate beauty regime is a great way to break free from the stress of daily life.

RESOLUTIONS FOR YOUR LIFESTYLE

1. Practice sustainable living

Sustainable living by definition means embracing a minimalist lifestyle while being attentive to every decision you make. Practice conscious living by replacing plastic bags with cloth bags, using reusable containers, carrying your own water bottle, and Always UPCYCLE!



2. Prioritising health and not ignoring symptoms

This year is all about re-evaluating your health needs and making them a priority! Keep a track of your overall health and embrace a healthy lifestyle. More importantly, take note of your symptoms and know when it is time to seek medical assistance.

3. Calculate Hydration

While eight glasses of water have long been considered the essential amount of water to stay hydrated, the new notion states that water consumption depends on the body type, weight, as well as activity level. Hydrate first thing in the morning, always carry water and avoid drinking in between meals.

4. Building an energy-efficient home

Follow small, simple changes in your daily lives to ensure a more eco-friendly environment. Harness the power of the sun and invest in solar power equipment, switch to LED, and wherever possible use appliances that use less energy.

5. Goodbye Clutter

Bid goodbye to clutter and embrace the act of letting go! Did you know collecting junk items not only takes up space in your house but also creates negative energy and spikes levels of stress and tension in the house?



IRRESISTIBLE PRODUCTS

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The wonderful ingredients along with Kokum Butter help with nourishing your skin, keeping it soft, smooth and supple.
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An intense lip balm treatment that gives you the ultimate hydrated and plumped lips. Infused with Jojoba Oil that repairs dry lips and adds a sheer wash of colour.

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The lip butter is vegan, natural, and is made from high-quality ingredients to moisturise and nourish lips while protecting them from environmental damage for hours.

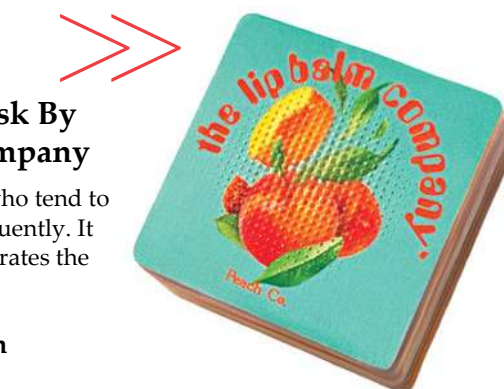
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www.iriscosmetics.biz



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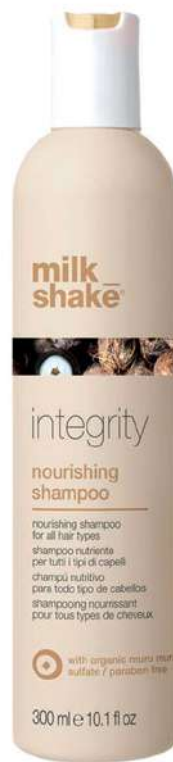
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It soothes and cleanses the scalp, making the scalp clean and nourished. Perfect for treating an excessively dry or oily scalp.
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This intensive treatment restorative hair shampoo reconstructs capillary fibres and repairs split ends.
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This sulphate-free shampoo gently cleanses and hydrates hair while respecting the fibre to prevent colour fading.
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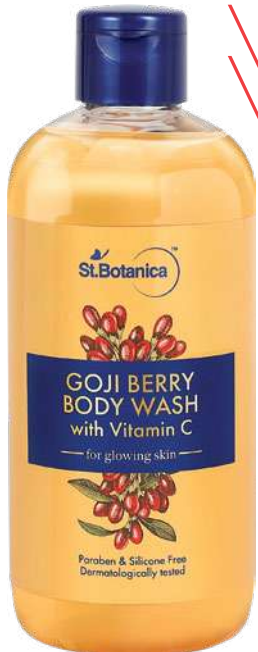
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It is a holistic smooth treatment that comes with real exotic vegetables and essential oils that removes dirt.
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St.botanica Goji Berry Body Wash With Vitamin C

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Tistabene Fashion
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YOUR KEY TO ANCIENT WISDOM IN MODERN TIMES WITH SUNANDA LEELARAM, DAUGHTER-DISCIPLE OF THE INTERNATIONALLY EMINENT PHILOSOPHER AND FOUNDER OF VEDANTA ACADEMY, SWAMI A. PARTHASARATHY.

By Vidhi Gupta

Sunanda Leelaram, affectionately known as Sunandaji, has been studying and researching Vedanta, the ancient philosophy of India, for decades. Her father, Swami A. Parthasarathy, is the founder of Vedanta Academy, a unique institution of learning that enables the development of the intellect. Dedicating her life to the cause of human development, Sunandaji has been guiding leading organizations and universities on the practical application of Vedanta for over twenty years. We get into a conversation with her to seek answers for fundamental life questions and about Vedanta Academy.

The world is in a constant flux of change. How does one find peace and balance in this fast-paced, highly developed world?

The world consists of pairs of opposites, dvandvas in Sanskrit. Joy and sorrow. Profit and loss. Honour and dishonour. The chain of opposites goes on endlessly. None of them stay. Each passes away, yielding to the other. When the intellect is weak and undeveloped, the mind is affected by the opposites. Excited by joy, dejected by sorrow. However, when the intellect is fortified with the knowledge of Vedanta, you become objective. The more objective you are, less the impact opposites have on you. You rise above the external fluctuations. An unaffected witness observing the procession of the pairs of opposites in life.

Develop your intellect and begin to live objectively. Your mind remains peaceful and balanced at all times.

What would you suggest for people to start gaining this wisdom?

We need to distinguish between knowledge and wisdom. Knowledge is information gathered from external sources: books, lectures, educators, institutions. One may be knowledgeable but unable to implement that understanding in one's own life. Wisdom, however, enables one to live by the knowledge acquired and follow a right course of action in life.

Wisdom is gained by one's own effort. Through

a process of thinking and reflection known as manana in Sanskrit. Knowledge is digested, absorbed and made one's own. Thereafter, one lives by that knowledge.

Education today has little provision to reflect upon the knowledge offered. Intelligent students and young adults qualify themselves to make a living. But may not be able to handle the many challenges life poses, both professional and domestic. The Vedanta Academy, India, founded by my father and guru Swami A. Parthasarathy, runs three-year residential courses open to youth in the age group 18-30 years. Students follow a schedule that includes a study of Vedantic literature, question and answer sessions, group discussions and individual reflection. The unique training provides the right atmosphere to imbibe and convert knowledge into wisdom.

What does a day in the life of a student at Vedanta Academy look like?

The day begins at 4:15 am and concludes at 9 pm. The schedule is carefully designed to maintain the three traditional disciplines - Karma Yoga: Path of Action, Bhakti Yoga: Path of Devotion and Jnana Yoga: Path of Knowledge. These practices are specially programmed to cater to the physical, emotional and intellectual facets of the personality to ensure the students' overall development. To develop the intellect, there is individual study and reflection from 4:30 to 5:45 am. During the day students attend lectures, group discussions and Q&A sessions. To cater to the physical aspect of one's personality, there are daily structured yoga classes from 6:20 to 7 am. Followed by jogging, gym and various sports. From 11 am to 1 pm students engage in karma action. They work in different departments of their own choice. This discipline helps them develop an attitude of service and sacrifice. To work for work's sake, not for results or rewards. To address the emotional facet of the personality, bhajans devotional singing and prayers are included in the schedule as well. The Academy provides the ideal environment for a seeker to evolve and become a better human being.

Swami A. Parthasarathy is 96 and still working. What is his secret?

Work or action never tires you. What fatigues you is worries from the past and anxieties about the future. When the mind is free of desires, you remain active physically while the mind is at rest. Actions are effortless and efficient. Swamiji stands as a

living example of this principle of life.

As a daughter of Swami ji, how has your life and upbringing been like? How has that helped shape Vedanta today?

Bhagavad Gita says: Whatever a leader does, others follow. Swamiji's life and work has been a source of inspiration. "Serve, love, learn and realise your Self" has been his direction for life. Without ever telling what one should do, Swamiji inspires by his own example. A living embodiment of these universal truths.

Vedanta is a 'gift of life' every child should receive from parents. The only way this can be done is living the Vedantic principles oneself.



TÊTE-À-TÊTE

ALL-YEAR -ROUND WONDERLAND

HOME TO THE LARGEST SKI MOUNTAINS IN CALIFORNIA, VISITORS FLOCK TO MAMMOTH LAKES ALL YEAR ROUND FOR AN EXTRAVAGANT OUTDOOR EXPERIENCE.



Whether you are drawn by the crisp mountain air or the dramatically rugged landscape, Mammoth Lakes offers you both recreation and adrenaline in the lap of nature. You can explore geological wonders, plan day trips to places like Mono Lake and Yosemite National Park, ski with your family, or just relax in a cosy cabin. “I love the quietness and the rural-ness of Mammoth Lakes” says Michael Vanderhurst, Director of International, Mammoth Lakes Tourism, “I live in a small town of only about 300 people with wide open views and fresh air

every day. I like that I wake up and there is no noise at all.” For Jeff Simpson, Economic Development Director, Mono County Tourism, he loves how the destination makes it easy for him to access outdoor activities and recreation.

What makes the destination even more exciting is the new season called SWINTER! Winter has joined forces with summer, creating a magical new season called SWINTER—the awe-inspiring, superbly snowy, summer hotspot found only in Mammoth Lakes. Michael explains, “Because we have such a long ski

season from April-May into June most years, sometimes into July. But that snow is all very high up in the mountain. So in the morning you can go skiing from, let’s say, 8:30 till 10, and then you come down, put on your shorts, and leave for a hike because the snow has melted!” You can go fishing, play golf, or even mountain bike this springtime.

Being a destination with numerous crystal-clear mountain lakes with unparalleled opportunities for adventures and activities, it becomes necessary to be eco-responsible. “We actively



promote a lot of nonprofits in the area and try to inspire our visitors to donate a day to give back to the local community. Maybe go out and do an environmental cleanup. Partake in the summertime, go on a hike and pick up trash if there is any. We encourage everyone to leave it a little better than you found it," says Michael. "This year we contributed to a nonprofit that takes scuba dive gear and goes under the water to clean up the trash", adds Jeff.

Mammoth Lakes is soon about to welcome its first 5-star property and a huge new ice rink and an event pavilion that is under construction. Michael excitedly shares, "It will be a huge ice rink in the winter which will be indoors. We also just signed a partnership agreement with the Los Angeles Kings, which is the professional hockey team in Los Angeles, who will use the rink as their re-season training facility." And if you choose Mammoth Lakes as a base to visit Yosemite National Park. Jeff shared some good news. "The biggest national park used to have reservations to get in. So a lot of people would show up, not have a reservation, and be turned around. They are very hard to get and there were a limited number of people that could enter the park. This year they have done away with that. Anybody could visit any time of the year."

Where otherworldly landscapes of craters and hot springs and alpine lakes and tufa towers exist side by side. And adventure never takes a season off, whether hiking rugged mountain terrain or skiing mind-blowing amounts of powder at 11,053 feet. A wonder of nature, and a wonder why you would want to be anywhere else than Mammoth Lakes.





COVER STORY

PARINEETI CHOPRA Making Strides

PULSATING WITH A REVAMPED ENERGY AND RADIANCE, SHE DESCRIBES THIS PHASE OF HER CAREER AS 'PARINEETI 2.0'. WITH HER RECENT RELEASES LIKE UUNCHAI AND TIRANGA, PARINEETI CHOPRA IS ALL READY TO TAKE THE INDUSTRY BY STORM THROUGH HER UNRELENTING DRIVE AND INFECTIOUS SPIRIT.

By Parineeta Sethi

Produced by: Maximus Collabs
Photographer: Abheet Gidwani
Makeup Artist: Maryna Fialkina
Hair Stylist: Flavien Renault
Stylist: Nayaab Randhawa
Location: J W Marriott Mumbai Sahar

Outfit: **Jade**
Ring: **Razwada**
Footwear: **Louboutin**



As she completes a decade in the film industry, the actor in a brutally candid conversation with GlobalSpa, opens up about her new and improved version, her learnings along the way, her ideas on body positivity and her path ahead with films like Sandeep Reddy Vanga's *Animal* and Sooraj Barjatya's *Unchai* in her hood.

What is it like completing a decade in the industry?

It has been a decade, but I feel like I am just starting. There are so many new plans and ideas in my head. Whatever I have learned from the industry, my film career, my highs and my lows, I think this is the time to finally apply all those lessons and do new things. So I am super excited about this new phase in my career and it would be nothing without the audiences. I am excited about everything that I am working on right now and I cannot Wait for people to see my work.

How do you deal with the pressure and expectations?

I think the best way to deal with pressure and expectations is actually to take them as feedback for yourself. One should work on things and improve oneself as an artist and reinvent. It is a creative industry and we are all artists. Any kind of negative energy can translate into poor work.

You have been quite vocal about the stigma that surrounds mental health and body shaming. What importance does it hold in your personal life?

About body shaming, I have always consistently said from day one that if anybody points out anything negative in you physically or emotionally, you should introspect and see if it is a change that you would like to make in your own life. When I was at that phase in my life, I also wanted to make a positive change. I wanted to be healthier, fit, better, and I wanted to do it for myself. So I took it as very positive feedback, and it helped me. Today I work harder, I have more stamina, and I can do so much more just because I focus on my fitness a little more.

What matters the most while agreeing on a film/project?

I think my process today is different from what my process was before. I want to do projects in





Outfit: Jade
Ring: Goenka



I want to do projects in which I can give something new and surprise the audience because not only professionally but also personally, that is highly satisfying for me

which I can give something new and surprise the audience because not only professionally but also personally, that is highly satisfying for me. And, the kind of films that I have done, 'Sandeep Aur Pinky Faraar' and 'The Girl on the Train' have been diverse and have received amazing feedback. The variety of projects I am doing is very well accepted and I will continue doing that down the road.

What is the vision that you are carrying as an actor?

My exact vision has really expanded. I have such big ambitions for myself. I do not want to stick to being an actor; I am a businessperson, a singer, and have so many ideas in my head as I want to do so much more. So my vision, for my future, is to not just be an actor but to wear many, many hats which I am working on currently.

How do you constantly improve your craft of acting?

As cliché as it sounds, acting is all about observing. I love people and I love humans, and I love personalities, and I am constantly observing and taking in. I try to apply that in my characters, and I will never change that process.

What advice the Parineeti of 2022 would give the Parineeti of 2012?

I think 10 years in an industry, which is such a give-and-take with your audience, can teach you a lot. So I think the biggest advice is really to expand as an artist, not to be limited as an actor, and to do much more. I have many more ambitions and much more variety of dreams in me than I had 10 years ago. The advice I would give is to act on it and go out there and rule the world.



I have many more ambitions and much more variety of dreams in me than I had 10 years ago

Who is Parineeti off-screen?

I think off-screen I am still the person that I have always been. I love making people laugh. I like travelling alone, meeting new people, and just living a very quiet and private life. For my soul, that is very important. I need those breaks. Even if it means just going back home and spending time with myself. It could just be meditating or watching TV in bed. Otherwise, the life of an actor can be crazy and it can really change you. Sometimes it can really drain you. For me, it is very important to keep doing things that really nourish my soul.

What is your wellness philosophy and fitness routine?

My wellness philosophy is to find that one thing that really keeps you happy and feeds your soul. For some people, it is spending time with family, travelling, or even work. It is very important for every single human being to find that one thing that gives them the most joy. Do things that nourish you as a person because then you can come back to work really energised and positive.

What is your new year's resolution? More singing and scuba diving?

I do not like labels and so I don't like the word 'New year's resolution.' I will be singing much more professionally. Scuba diving, of course, is one of those things that does nourish my soul. So yes, despite my schedule, despite anything, I always try to find time to do that. I would like to advise all the people out there to be aware of the rest of your life and really live it on purpose. Do the things that make you happy and work very hard. That balance can never go wrong.

What is next for Parineeti?

Next is doing all the things that you have never seen me do. Come up, come out renewed, revamped, reinvented, whatever that label is. There is nobody more excited about that phase of my life than I am.



Outfit: Mohit Falod



20 WITH PARINEETI CHOPRA

YOUR FAVOURITE WELLNESS DESTINATION?

Any place near the ocean, so I can meditate

TOP 3 DESTINATIONS ON YOUR BUCKET LIST?

Iceland and all the Scandinavian region

FAVOURITE SPA DESTINATION

Australia, Turkey, Austria, and Maldives. I love a good Spa!

ONE THING WITHOUT WHICH YOU CANNOT STEP OUT OF YOUR HOME

My Phone

SNACKS THAT YOU LOVE TO MUNCH ON

Something Savoury

YOUR STYLE QUOTIENT IN ONE WORD

Comfort

ONE PERSON YOU ALWAYS LOOK UP TO

My parents

YOUR FITNESS MANTRA

Take care of your health, especially your mental health, and live a little!

MUST STYLES IN YOUR WARDROBE?

A good pair of shorts, white sneakers, a white shirt, and a blazer, and you should have great handbags

MUST STYLES IN YOUR MAKEUP KIT

Lipbalm

ONE CUISINE YOU LOVE TO HAVE

Indian. Homemade Indian Vegetarian food

YOUR FAVOURITE HOBBY

Reading, Scuba Diving, and I love driving

PEOPLE YOU DREAM OF WORKING WITH

All the best talent out there, the

list is too long!

A CRAZY RUMOUR YOU HEARD ABOUT YOURSELF

I paid Yashraj Films money to give me my first film

A SKILL THAT YOU WOULD MASTER

I wish I could paint

YOUR GUILTY PLEASURE

Getting into my bed and blanket at the end of the day with my tv tray and food and just watch TV

FAVOURITE CHEAT MEAL

Pizza

SOMETHING THAT YOU NEVER TAKE FOR GRANTED

Life

ONE PERCEPTION ABOUT YOU THAT YOU WOULD WANT TO CHANGE

A lot of people think I am very filmy, and just about enthusiasm, but I am a very silent, quiet and intellectual person who reads and meditates a lot

A CHARACTER YOU WISH YOU COULD PORTRAY IN A MOVIE

I have always wanted to do action, a sports bio-pic and intense films

3 reasons on

PRACTICING SUSTAINABILITY...

- **I have completely banned the use of plastic in my house and life.**
- **I am very careful about electricity usage.**
- **Beach and ocean cleanups are a very casual part of my holidays.**

BEING PARINEETI CHOPRA...

- **I like the way I think, and my mindset is my favourite thing about me.**
- **I like to inspire people, talk to them and help them change the way they think.**
- **I love my journey. I come from**



a very different world, and today I am part of a very different world. The fact that I am educated and have something to fall back upon.

READING GLOBALSPA...

- **It is the best place to discover all things travel, luxury and spa**
- **It gives the best of wellness**
- **They have been a part of my life since the start of my career.**



TRAVEL

A LITTLE TIME OFF

VACATION IS A GREAT WAY TO
FIND CLARITY.

By Sanjay Sharma



They say our brain is not an exact science. But our minds are not even close. No sets of rules to follow, no rigid definitions, and no hard-laid foundations to build on. All it does is work consciously and unconsciously, one after the other, in a never-ending loop. A few days off from all the back-end subconscious pile of work for the mind feels just like that first gulp of water that glides in after a drunken night. With our minds working tirelessly to keep up with our life of dense despair, timeouts can seem like a far-fetched dream. But a dream like that, all those unresponded emails, unanswered calls, and unread messages, can be a godsend notification to take a break and go off the grid.

A break from the regular life and routine: A breather from the normal is what we call a vacation. It does much more than a break. It just takes a little motivation and a nudge to pack our bags and go about a random plan. Just like everyone needs a coffee break periodically throughout the day, a staycation, a trek, or a wild swim might be the momentary flux you need to get out of your regular routine. Your primary nervous system will be relaxed and clear if you spend time in nature and breathe in the fresh air all around you.

Change of perspective and a sense of calmness: It might be overwhelming to have a continuous flow of thoughts, whether they are personal or professional, but as soon as you leave your bubble, a brand-new universe becomes accessible. All of the energy that has been depleted by your busy schedule will begin to gently replenish and fill you. A change in the environment- the landscape, the language, the culture, and the people—will compel your mind to unwind and absorb all the feelings. As you allow yourself to remain in the moment with the tranquility you just discovered, the cloudy thoughts and blurry sights will become clearer. You will begin to acquire fresh views on your unsolved puzzles with a clearer mind.. Your mind will ultimately get unplugged from your routine as a result of the excitement of finally being outside and the want to push the boundaries even farther. You would want to be somewhere you have never been before because you want to see, feel, smell, and touch more. You will feel the need to bathe yourself in your lately found serene self. The road to your mind's ultimate redemption begins there.

Exposing yourself and opening up to new people brings in scary excitement. Knowing that you have put yourself into an uncontrollable environment where everything is random and coincidental can bring in a serene warmth to let go and face what may come. That will be the time when you feel complete freedom and a spike in confidence. You acquire the ultimate meaning and the outcome of putting yourself on the horizon to see the next hemisphere. What you are running away from seems closer and significantly smaller to leaping and facing it head-on. New possibilities, insights, solutions and perspectives come in. When you reach that level of freedom, you feel a mixture of sanity and insanity coated in liberation to continue being either. A vacation is an understatement of the word itself. It is that chapter in the past that a person can step back to bring clarity on where they stand, and it can always be a chapter in the future where they can find a whole new meaning. It is more than just a few days off.



IN SPOTLIGHT HOTEL

URBAN RETREAT

SITUATED AMIDST THE
FOOTHILLS OF THE
BEAUTIFUL ARAVALI
RANGES, WELCOME TO
COURTYARD BY MARRIOTT
ARAVALI RESORT.

By Vidhi Gupta

Sitting in my private balcony, sipping a kulhad chai, looking at the setting sun at Aravali hills with a slight breeze swaying the trees and forming little ripples in the blue pool, I could feel all the pleasures of the world packed here. This is how I was making the most of my Friday evening at Courtyard by Marriott Aravali Resort, all set to celebrate Lohri. Located in the thriving cosmopolitan area of Delhi NCR, the resort is a perfect quick weekend getaway for people looking for some time away with their friends and family.

The 158-room hotel spreads across eight acres and provides a sophisticated yet comfortable environment for you. I was greeted with a mala along with a refreshing and lightly spiced

buttermilk (masala chaas) in a kulhad. How authentic! As soon as you enter, the lobby takes your breath away...exquisite interiors, wide open spaces and plenty of natural light! You can see the uniquely tiered swimming pool from the reception itself. It is beautifully landscaped with lounge sofas, making it even more inviting.

Upon entering my room, I was greeted with a cute decoration on my bed and little delicacies kept alongside the exciting itinerary for the weekend. As soon as I opened my curtains, I was delighted how spacious my private balcony was! Moreover, it overlooked the stunning pool with a backdrop of hills. If you are travelling with your kids, you need to check



out their Family Suite. Distinguishing itself is their Family Suite with bunk beds for kids – an already much-raved and unique amenity kids can enjoy.

The hotel had organised a little village and a farm tour, followed by an offbeat picnic. I got to have a glimpse of the life of the local people and their day-to-day activities. With a quick stop at a local temple with high significance, we headed towards the farms which help supply local and fresh ingredients to the hotel. I was amazed at the size of the farm, with rows upon rows of a variety of vegetables. The staff even helped us identify the ripe vegetables and how to pluck them straight from the ground. Carrots, broccoli, lettuce, tomatoes, turnips, cauliflower, and so many more vegetables! It was so informative to see them grow organically. On this little excursion, we were accompanied by the Executive Chef, Chef Shibendu who explained that these farms have been developed as part of Courtyard by Marriott Aravali's sustainable initiative. These vegetables are brought back to the hotel and used in preparing the food. The motive is not only to be sustainable but also to support the local community. Soon our picnic baskets were set, and I delved into the delicious croissant sandwich and smoothies. Overall, the farm visit

was a truly memorable experience as I was able to connect with nature, learn about farming, and enjoy delicious food. It was a unique way to escape the hustle and bustle of city life.

Evenings at the hotel are vibrant. They have a unique way of serving high tea, and they call it 'chaupal'. It is set at the lawns where you can have your tea and coffee, and savour Indian snacks like golgappas and tikkis, all served in a desi style. This time, the holy fire of Lohri made it even more happening, with dhols in full swing and people dancing to the beat.

Coming to the drool worthy food, drawing inspiration from local and international fare, the hotel's four dining venues showcase a variety of gourmet offerings. The hotel's all-day dining restaurant 'The Aravali Kitchen' offers regional delicacies and international favourites in an open and casual setting overlooking the beautiful poolside. Breakfast here is accompanied by the melodious tune of a live flute performance. 'Glaze' provides you a space to indulge in the finest coffee during the day, followed by locally crafted cocktails and craft beers at nightfall. 'Huang' is the hotel's specialty restaurant that offers a variety of lip-smacking Asian cuisines, and 'Olive Grove', the poolside bar is the perfect spot for you to enjoy

mesmerising sunset views with fresh cocktails and light bites.

Other hotel amenities include a 24/7 fitness centre for travellers looking to stay fit even on a holiday. Post workout, you can enjoy a rejuvenating spa treatment at the hotel spa by Levo. The resort also features a Kid's Club, a dynamic space for family travellers to create fresh memories. Furthermore, it is also a pet-friendly hotel, an added advantage for families travelling with their furry friends!

When it comes to making your celebrations grand, the property provides you with a 21,000 sq. ft. space including five multi-functional rooms equipped with top-of-the-range technology and 11,000 sq ft. of lush outdoor lawns- for various size and scale, from business meetings to conferences and wedding celebrations.

Whether you are seeking a fun-filled family getaway or a peaceful escape, Courtyard by Marriott Aravali Resort has got you covered. With its spacious rooms, lush green surroundings, and a wide range of activities, this hotel offers a truly unique and unforgettable experience. With its tranquil surroundings and comfortable rooms, it is easy to escape the stresses of everyday life.



WELLNESS WISDOM

NO NEGATIVE THINKING



HEALTHY THINKING IS NOT ALWAYS EASY, AND YOU MAY NOT ALWAYS HAVE CONTROL OVER IT. WHAT YOU DO HAVE CONTROL OVER IS RECOGNIZING IT SO THAT YOU CAN APPROACH YOUR LIFE DIFFERENTLY.

By Shahzeen Shivdasani

Negativity always outweighs positivity. Though staying positive all the time is next to impossible, constantly telling someone to stay positive can be daunting. If you knew how to do it, you would! In certain situations, you cannot help but let your negative thought patterns take over. However, catching these negative thoughts is key. The truth is, they do affect our relationships and turn them bitter and sometimes we may just ruin a good thing and sabotage it. Take a look at negative thought patterns you need to keep in mind in relationships.

The two of you are against the problem, not each other.

When the two of you get into an argument, it is very easy to take it personally and start attacking each other. Your negative thought patterns kick into overdrive and because you feel attacked, you attack the other. It is important to keep in mind that it is not the two of you against each other, but the problem itself. Step away, calm down, look at the issue objectively, and then discuss it with your partner.

Past baggage!

Sometimes we let our past define our future. Our experiences can leave a bitter taste in our mouths. Perhaps we are still healing or processing. However, the negativity that might be attached to your process should not leak into something new in your life. If you feel you are reacting a bit too strongly



to a situation, take a step back and ask yourself "am I reacting because of what is happening now, or am I reacting because of what happened then?" Once you have your answer, you need to tell yourself to let the emotion pass and not react to the current situation based on that.

Jumping to conclusions.

Sometimes you will jump to conclusions because negative thoughts will ensure you do. Ask yourself, "do I have all the facts?" If you do not, then do not paint a narrative without knowing all the information. Give the other person a chance to explain themselves and then come to a conclusion.

Everyone is flawed.

If you are expecting a perfect relationship, then I am sorry to tell you, it does not exist. Everyone is flawed, including you. When facing an issue where your partner has disappointed you, do not let negative thoughts condemn the relationship entirely. It is best to discuss with your partner and both work towards ensuring that your needs are met so that you are not made to feel this way again.

Pay attention to the negative thoughts. See if they are justified. If you feel it is not, then re-analyse the situation and act accordingly. We may not have full control over the outcome of situations, but we do have control over which way we steer it.



HOW TO BEGIN YOUR NEW YEAR?

WE MUST BE CAREFUL,
CONSCIOUS, AND MINDFUL, AND
UTILISE THIS DIVINE GIFT OF
365 DAYS FOR OUR GROWTH IN
EVERY ASPECT OF LIFE.

By AiR Atman in Ravi

New year is a great opportunity to start new things in life. It is the perfect time to reflect and contemplate on our actions of the year that went by and plan and utilise the upcoming 365 days and 12 months of the year that stands right in

front of us. Our actions and thoughts not only decide how we are in the present time but also pave the way for our future life and upcoming destiny. A new year is like a diary with 365 blank pages wherein we can write whatever we want in, that will direct our life further ahead.

One of the best ways to start a new year is by taking resolutions or affirmations for the upcoming year. Resolutions are promises that we make to ourselves that will help us attain small and big, near or far, goals in life. Some people may take resolutions to achieve small, short-term goals in life. But what better than taking a resolution that will help us attain the ultimate goal of life, the ultimate purpose of our human existence?

So, what is the ultimate goal of life? The ultimate goal of this human life is to realise why we have been gifted this human life. To realise, first, that we have a purpose for our birth and thereafter, realise what the purpose of our existence is. We human beings are always engulfed in our body, mind and ego. We do not understand, 'Neti Neti, Tat Twam Asi,' meaning, 'I am not this, I am not this. I am that. I am not the body, mind and ego. I am the Divine Soul.' Our body is just a gross, physical representation of us. It is not our identity. The body that has billions of cells, was formed after our life came into existence as a zygote, in a single cell in our mother's womb and at the time of death, this body will be left behind in this world that will be later destroyed and returned to the five elements that it was



formed from. Hence, we are not the physical body that we think we are. We are also not the mind. What is the mind? Can we see our mind? Can we touch it or see it in scans, somewhere? When we think about it, the answer is, 'NO!' We understand that we cannot see or touch our mind like we can see or touch the eyes, nose, heart, brain, kidneys or other parts of the body. We cannot find the mind because the mind does not exist. It is nothing but a bundle of thoughts that appears and disappears as thoughts appear and disappear. Our mind also bombards us with thoughts - as much as fifty thoughts per minute, thus, robbing us of our peace and tranquillity. Thus, the mind does not exist and we are not our mind either. Then, are we the ego? No! Ego is just a false identity of 'I', 'me' and 'mine'. We are not the ego. To realise who we truly are, we have to first realise who we are not. When we realise that we are neither the body, the mind or the ego, then we realise that we are the Soul. The Soul is within the body that is the power supply or the life energy. We are truly the Soul - the Spark Of Unique Life, that is a small part of the SIP or the Supreme Immortal Power that we consider as God. The Soul comes out of SIP at the time of our birth and goes out of the body and merges with the SIP at the time of the death of a living being. Hence, the Soul is immortal, birthless and deathless. We are



the immortal Soul that is a part of the Divine. Hence, we are the Immortal Divine Soul. To realise this Truth, is the ultimate purpose of our human existence. When we are able to realise this profound truth, we will be able to transcend our Karma, transcend ourselves from the cycle of death and rebirth and attain Nirvana, Mukti or Moksha.

We can understand and realise the purpose of our life only through spirituality. Spirituality leads us to a life of Consciousness where our mind is absent. The thoughts come in the Consciousness one by one, floating and drifting slowly. In the light of Consciousness, our intellect shines and we are gifted with the power of discrimination. When the thoughts float in our mind, we can use our intellect and discriminate and sort the thoughts. In the state of Consciousness, we will experience eternal bliss, divine love and everlasting happiness.

In the new year, we can take a resolution to start a spiritual quest in our life that will lead us to deep, profound, meaningful answers of questions revealing the secrets of our birth, death and purpose of life and the ultimate Truth of life, leading us to experience true bliss and everlasting joy in SatChitAnanda or the joy in the Consciousness of the Truth.



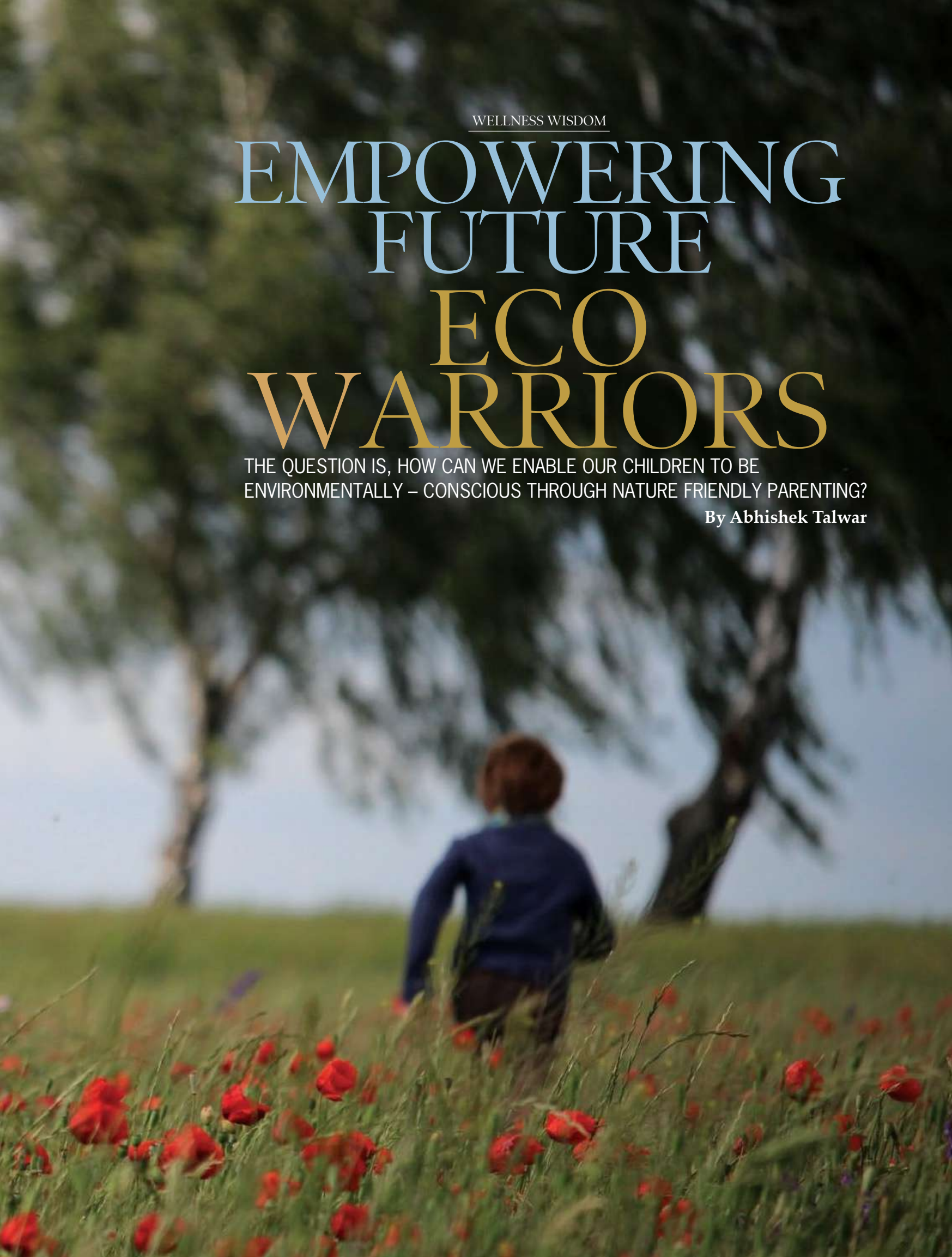


WELLNESS WISDOM

EMPOWERING FUTURE ECO WARRIORS

THE QUESTION IS, HOW CAN WE ENABLE OUR CHILDREN TO BE ENVIRONMENTALLY – CONSCIOUS THROUGH NATURE FRIENDLY PARENTING?

By Abhishek Talwar





The vagaries of Climate Change and its impacts have come home to roost. Today, there is not a single organism on earth that is not impacted by it. For instance, take the summer months. They are hotter, longer, drier and more severe every year. Naturally, a burgeoning middle class is using more appliances like air – conditioners, to mitigate this impact. This is in turn adding to the problem itself through higher emissions due to increased energy consumption. A vicious cycle that feeds on itself.

On the other hand, looking at the COP26 summit, a conservative assessment would call the commitments made by PM Shri Narendra Modi at the summit to be ambitious. The ‘Panch Amrit’ targets are staggering and will require a herculean effort from all sections of society. Given that these commitments are legally binding, makes it even more imperative that they be met.

Scientists say it is too late to reverse some of the damage done. All we can do is to arrest the losses in these cases and try reversing the impact on others. Interestingly, this is not a problem for governments alone to solve. The war against climate change is one that must be fought on multiple fronts if we are to make any difference at all.

The good news is, each one of us has the tools necessary to make a difference! All we need is to be conscious of these and apply them to our daily lives.

If not anything else, even as parents, the impact we make can be magnified simply because we make a difference by our actions and also empower our children to do so. The first step is to get children motivated to make a change. The best way to do this is to get them to love nature and appreciate all she has to offer us. Lectures on how we need to ‘save the planet’ or ‘improve the environment’ will only go this far. There is no greater force than a motivated child!

- Spend as much time as possible amidst nature with your children. This need not be a walk through the woods. It can be a stroll through your local park or garden every other weekend or whenever the opportunity presents itself.
- While there, take in the sights and sounds, run barefoot on the grass, play a game of frisbee or catch. Essentially, be the child nature meant you to be and simply play.





- I am tempted to say that memorise the names of the various plants and flowers and share them with your children. However, please do not bother. Unless your child has an interest in things botanical, this will simply bore them and get them to dread these forays into nature. Let their love for nature foster the innate curiosity to know more, rather than hoisting it on them.
- Bottom line, make this a thoroughly enjoyable outing for your children and you. Over time, you will find everyone looks forward to these minutes spent in the lap of nature.

Inculcating a love for nature is a crucial first step. Equally crucial is showing them HOW they can make a difference. There are easy to implement changes that we can make in our lifestyle. While each is a small change, the cumulative impact can be staggering. Imagine a billion plus Indians practicing these changes in their lives!

- Shut all appliances like lights, fans, aircons etc. when leaving a room.
- Keep the faucet shut while brushing and showering. Only open it when you actually need to gargle or clean / wash.



- Reuse what you can and recycle what you cannot. For instance, for school projects use old newspapers instead of buying new paper! Likewise, old curtains can become washcloths.
- If something needs to be disposed of, do so in the appropriate manner recommended.

Like segregating dry and wet waste.

- Do not waste. This does not mean we need to scrounge. All it means is we use only as much as we need, without wasting any of these resources.

Having practiced this with our own children, I find that today they are bigger evangelists to save our planet than I am. The best part is that this is not something that has happened gradually. On the contrary, it has happened almost instantaneously. Of course, you will need to nudge them in the right direction. Ask questions like 'isn't this beauty of nature worth saving?' or how can we stop this bounty of nature from getting destroyed? In no time, the pupil will become the teacher, showing us how we can save planet earth from destruction!

Simply put, nature – friendly parenting is the most joyous and fulfilling experience. All us parents struggle to find things to engage with and keep our kids gainfully employed. The good news is that nature has everything needed to keep them engaged and healthy, both in mind and body. Once we have introduced them to the beauty of nature and all she has to offer, all we need to do is sit back and enjoy their transformation into environmentally – conscious and responsible people!

IN ACTION

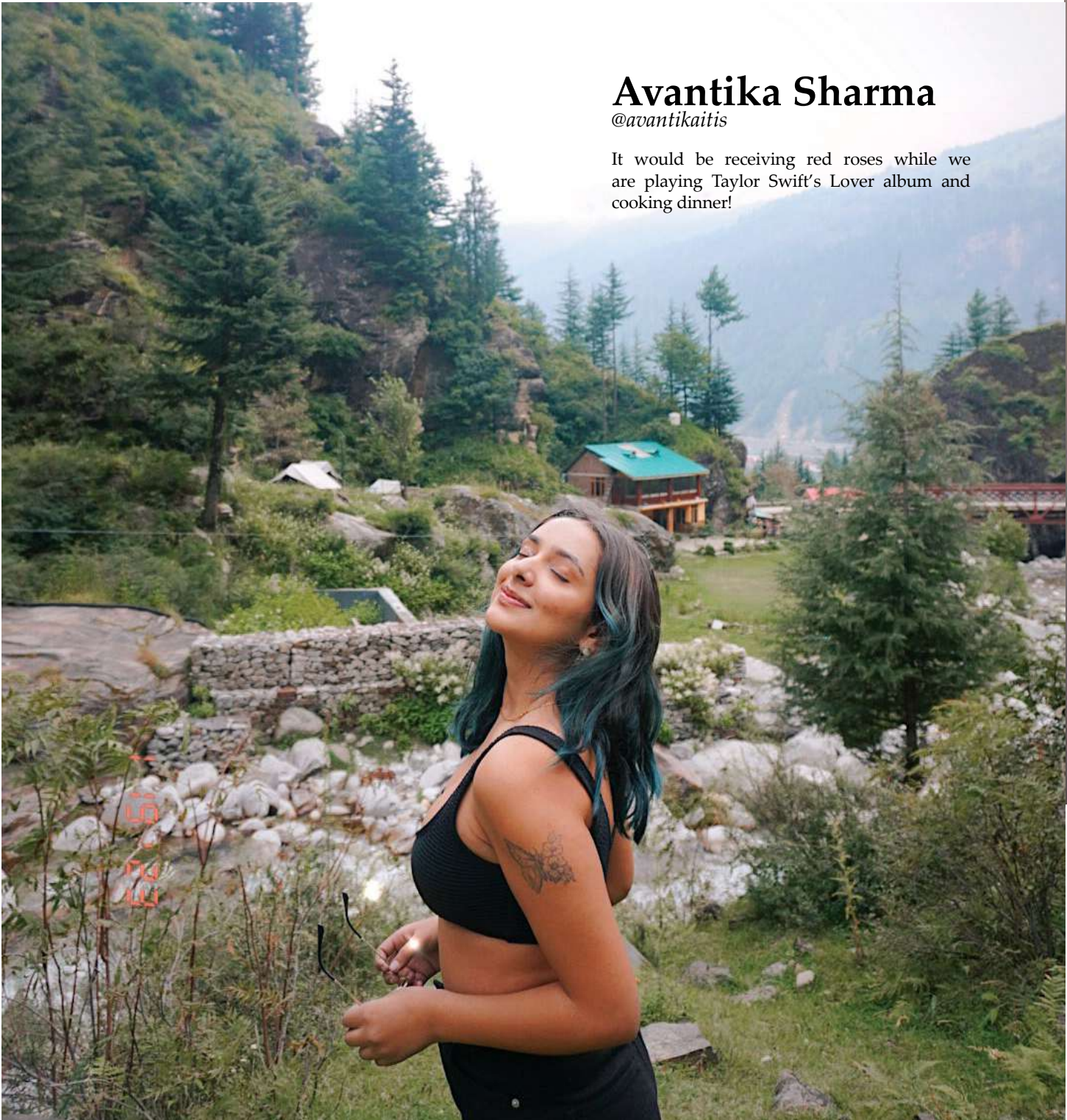
IT'S RAINING HEARTS!

TO CELEBRATE THE MONTH OF LOVE, HEAR IT FROM YOUR FAVOURITE
CONTENT CREATORS ON WHAT IS THEIR PERFECT DATE IDEA.

Avantika Sharma

@avantikaitis

It would be receiving red roses while we
are playing Taylor Swift's Lover album and
cooking dinner!





Arushi Chib

@aarushehe

I believe you have the best time and conversations when you are in your comfort zone so my ideal date is having Rajma Chawal under the stars and watching a romcom while wearing our favourite sweatshirts. Cherry on top would be if my date cooks Rajma Chawal for me!

Baseer Ali

@baseer_bob

A long bike ride followed by some stargazing, Netflix and cuddles later.



A woman with long, wavy brown hair is sitting on a rooftop. She is wearing a white ribbed tank top and denim shorts. She has several tattoos on her arms, including a large floral design on her left arm and a small triangle on her right arm. She is leaning against a rough concrete wall. In the background, there is a cityscape with a tall building and a sunset sky.

Aarushi Dutta

@aarushiduttaofficial

My ideal date is running in and out of waves while we chase the sunset!



Debashree Biswas

@debashreebiswas

I have a profound love for tropical places and hence for me, the best date would be a beach side one. I would prefer a place that isn't much crowded. A simple, dim lit candle night dinner with good food, a glass of wine or cocktails and soothing music completes the entire moment for me. If given the choice, I would prefer live music. I would love the night to end in a walk by the beach with good conversations. Of course, the partner with whom I share this special moment also equally matters.

Celina Mathew

@celina_mathew

My ideal date would be a candle light dinner by the beach with cocktails, and amazing food as we engage in a light and fun conversation till we lose track of time.



Debasree Banerjee

@debasree

Perfect date idea for me is just staying indoors, cooking a meal together and watching a movie.



Pranati Rai Prakash

@pranati_rai_prakash

Just being able to speak my heart out under a beautiful starry night, next to a beach or somewhere beautiful and close to nature, with delicious food and maybe some wine.



Ashna Zaveri

@iashnazaveri

A perfect date idea for me would be either getting a workout together or going for a hike followed by some coffee and pancakes.



Harsh Gandhi

@harshgandhii

Cheesiness for the win! Good food, beautiful place, consistent efforts and an amazing conversation, Sign me up for it?



Steffi Kingham

@steffkingham

It truly depends on what vibe we want for that day. Getting tickets to your favourite concert or comedy show is a great way to find similar interests but of course a nice dinner at your favourite restaurant with some dancing is always fun too!



Vedika Mehta

@vedikamehta_

Typically a wine-and-dine girl, my idea of Valentine's day is a low-key, cosy, stay-at-home date in pyjamas. We would sip on hot chocolates, and binge on sushi and true crime on Netflix. Romance will be in the air, but not on TV.

Sakshi Lunkad

@sakshilunkadart

My ideal date would be taking up a new activity, a new class or maybe trying a new recipe, making pizzas together and then watching a movie with some wine.



Varun Agrawal

@settlesubtle

An ideal date for me would probably be driving down to a nearby getaway, knowing that I am in for the drive not the destination; with all the little breaks and drive throughs that come along. Jamming over our favourite music and diving into the randomest to the deepest conversations over iced coffee and peri peri fries!





Nisha Joshi

@nishajoshii

I am a very dynamic person so an ideal date for me would be a fun FIFA game night or listening to our favourite songs together since I feel you can create a different connection altogether with just music, it helps create deep conversations too.

Maia Sethna

@maiasethna.in

A romantic dinner with candles and roses is sweet, but I think learning a new skill together is something that will definitely be more memorable. Maybe take a cooking class together and learn how to cook your favourite cuisine, go on a hike, take a dance class, learn a new language together, try a new sport maybe golf or squash, go to wine school...there are a lot of options.

Nicole Mehta

@nicolemehta

Quality time is of utmost importance to me. I am always down for a night-in with good food or a shared experience where we are trying something new. So whether it is a walk, a ski trip, a great dinner or just some coffee, the level of conversation and how we resonate in terms of our thoughts, values and ambition is important. Frequency is everything!



Meenakshi Kuwadekar

@meenakshikuwadekar

As a lover of all things luxe, especially fashion and fine dining, my perfect date with my husband would be a night out in black tie in Paris. We would be sipping champagne and fine wines, having some delicious food, with good music and maybe a bit of dancing too!

HOME & HEARTH

SPRUCE UP YOUR HOME

WITH THE START OF A NEW YEAR
COMES A RENEWED SENSE
OF ENERGY AND. AND WHAT
BETTER WAY TO KICK OFF THE
NEW YEAR THAN BY GIVING
YOUR HOME A FRESH, EXCITING
LOOK?

By Preine Pereira





Whether you are looking to make a big change or just want to freshen things up a bit, we have got some interesting decor tips to help you liven up your home for an exciting new year.

Play with colour: First things first, let's talk about colour. One of the easiest ways to give your home a fresh new look is by adding a pop of colour here and there. But instead of going for the usual suspects (think beige, white, and grey), why not try something a bit more unexpected? This new year, experiment with bold and bright colours. Think fiery oranges, electric blues, and deep purples. Not only will these colours help to create a truly unique and personalized space, but they will also be an interesting topic of discussion amongst your guests.

Dramatic textures: Give your home a fresh new look by experimenting with different textures. Whether it is through furry throw pillows, a fluffy shag rug, or a woven wall hanging, adding a variety of textures to your space can help to create a cosy and inviting atmosphere. A good tip for this is to incorporate natural materials like a woven jute rug, bamboo shades or a woven wall hanging. These materials are all the rage this season, and they will help to create a warm but modern atmosphere in your home.

Scale your look: Ever thought of playing with scale? This can be done by pairing large and small pieces together, creating an interesting pop of contrast. A large statement piece of art hung above a petite side table, for example, can create a dynamic and visually striking look. Or, you can play with scale by mixing different sizes of furniture in the same room, such as a giant floor cushion next to a small chair, or a large sectional couch next to a tiny side table. The key here is to have fun and experiment with different combinations until you find something that works for you.

Plants, plants, and more plants: Plants not only bring a sense of life and energy to your space, but they also have a host of benefits for your health and well-being. Plus, with so many unique and interesting plant varieties out there, there is no excuse not to add a few to your home. From sculptural cacti to lush ferns, the possibilities are truly endless. Instead of sticking with the usual green plants, why not try something a bit more unexpected, like a colourful succulent or a vibrant flower? This can help to brighten up your space. And, if you are not sure how to get started, there are a variety of low-fuss, beginner-friendly plants available on the market today that will make it easy to incorporate plants into your home.

Don't forget the planters: Not only do planters serve the practical purpose of holding your plants, but they also can enhance the overall aesthetic of your space creatively. Instead of using the same old basic pots and planters, opting for unique and unusual designs can help to create a focal point in your space and add a touch of character and personality. From sculptural ceramic planters to hanging wall planters made of reclaimed wood, you can let your inner creativity have a field day! You can also play with texture when





it comes to choosing planters. Whether it is through the use of natural materials like woven wicker or concrete, or through the use of interesting shapes and forms, such planters can help to add a sense of depth and dimension to your room. Choose a colour that complements the vibe of your indoor decor. Planters come in a variety of colours, shapes, and designs, so pick one that matches the feel of your space. Planters can also be a great way to divide and define different areas of your room. For example, using a large statement planter as a room divider can help to create a sense of privacy and separation in an open floor plan, while also adding a touch of greenery.

Light up with lighting: Lighting can have a huge impact on the overall look and feel of your home, and this new year is the perfect time to experiment with different lighting options. From statement chandeliers to unique hanging pendants, there are so many different ways to add light to your home creatively and interestingly. And, with the rise of smart lighting systems, it's easier than ever to control the lighting in your home and create the perfect ambience for any occasion.

So, there you have it! These are just a few interesting decor tips to help you enhance your home for the new year. Remember, until you find an idea that works for you, have fun and go wild with your imagination. And, who knows, you might even discover a new decor style that you never thought possible. Happy decorating, and cheers to a beautiful new year!



GUT HEALTH

SUPERCHARGE WITH QUINOA



QUINOA IS THE INTERNATIONAL FOOD OF THE YEAR. IT HAS DUSTED ALL THE OTHER “SO-CALLED SUPERFOODS” AND EMERGED AS ONE OF THE MOST NUTRITIOUS FOODS IN THE WORLD.

By Neha Mehrotra

You have probably heard the common wisdom that our body requires a balanced proportion of all the nutrients for healthy living. According to nutritionists, quinoa is the only grain that has all the nine amino acids essential for the body. The grain is gluten free, contains Vitamin E and B, and is a great source of calcium, magnesium, potassium and even phosphorus. The list does not just end here, our superfood is also rich in fibre and is a wonder for weight loss, digestive issues, skin inflammations and more.

Healthy foods are often labelled as boring and far away from being a delicacy. But you do not have to feel the same for Quinoa! It is not confined to the same type of dish or method of cooking. Since the grain is so versatile, there are many ways to include it in your meals and use it as a healthy substitute.

Replace Rice with Quinoa

Did you know that you can swap rice with quinoa? It is tastier and a healthier option. A cup of quinoa provides twice the protein and fibre as the same amount of rice. You can try making quinoa pulao. Or just toss it into a stir-fry, add some chilli, seasonings, and your favourite veggies and you are good to go!



Make it sweet

If you cannot resist sweets but also feel guilty each time, you have that extra bite of dessert, quinoa is a saviour for you! Add cooked or blended quinoa to your pancakes, puddings, and chocolates and eat away all the guilt. You can also try making quinoa laddoos for a healthy and tasty treat.

Bun it up

Make your own healthy and delicious veggie burger patty by adding quinoa to it! Mash chickpeas or black beans with onions, and cilantro and add spices. Finally, add cooked quinoa and blend everything together. Make patties of the mixture prepared and cook them on a non-stick pan. Layer your burger with cheese, lettuce and your quinoa patty.

Use it as a cereal

Ditch the packaged cereals for a bowl of healthy nutrients served in the form of quinoa. It is the perfect choice for a healthy breakfast. Add some warm milk, sweetener, nuts, and dry fruits and your power bowl is ready.

Bake it and make it

If you are a fan of cheese and pasta, then try making quinoa mac and cheese. It is healthy, tasty and easy to cook. Just add some quinoa, broccoli and bell peppers to your regular mac and cheese and bake it!

Whip up a salad

If you do not feel like doing anything extra, then the best way to add quinoa to your meal is by including it in salads. Just sprinkle some on top of the veggies and drizzle it with olive oil and your favourite herbs.



IN ACTION

LIVING WITH PRIDE

BEGINNING THE NEW YEAR
WITH ZERO TOLERANCE WHEN
IT COMES TO DISCRIMINATION
BASED ON GENDER.

By Navel Nazareth

As human beings, we all want to feel safe at all times. It could be either physical safety or an emotional one. It has been observed that the primary goal of having strict law and order in the country is to ensure the safety of its citizens. These introduction of strict law and order against

molestation and even ragging in schools and colleges, has helped boost the morale of many individuals and help them feel secured, as they know that there is someone to either protect or punish the culprit.

But when it comes to the LGBTQIA+ community or even someone who does not adhere to the societal norms of gender identity or expression, bullying or discrimination against them is ignored, thus leading to their victims being prey to many psychological and physical harm. While we begin our year 2023, we are somewhere still stuck with the mindset of the 1990's where we consider even talking about this as a taboo.





We live in a generation where inclusivity and unity in diversity is proclaimed at each and every national holiday, but when it comes to practicing it in actuality, we can see the complete opposite. While we say we are moving towards a gender-fluid era, we are still stuck with the same traditional beliefs that wearing pants is a manly thing and doing household chores is a feminine thing. If this mindset does not change soon, it is possible that it will stay like this perpetually.

Taking a step against it is essential as directly or indirectly things like these have an impact on productivity as well. As when a victim's morale is pulled down by bullying, the culprit is also wasting the time in doing this unethical activity, when he is instead supposed to be productive. There have been many instances, that many talented and hardworking employees have even left the company due to these behaviours, who could otherwise become the strongest assets to the company.

While we begin this new year, it is time we introduce some new policies and regulations in not only our constitution but also when it comes to the code of conduct in our educational institutions and workplaces. Small inclusions like zero-tolerance against bullying of any sorts



and zero-tolerance against discrimination based on gender can help create a safe environment for everyone. The best part about adding these policies is that they do not contradict with any of the previous policies but strengthen the existing ones, giving a strong message that each and everyone who is a part of this establishment is safe.

The only objective behind this inclusion is to give a sense of security to people who are different from what is considered normal. Right from their school days, bullying has been a part of their lives, this policy ensures that this ends right there! If possible, just like how educational institutes have recently started, even workplaces should have seminars on Gender Sensitization and sexuality, to help each and every employee understand that it is completely normal, thus eradicating the taboo.

After the amendment in section 377 and now there being hearing for the legalization of same-sex marriages. If we are open to taking step like educating the general public about gender and sexuality, it is truly possible that by the year 2030, the taboo would completely diminish and the LGBTQIA+ individuals will enjoy same respect that heterosexuals get.

PEAKLIFE EVENTS

PEAKLIFE WOMEN INSPIRE AWARDS 2022: AN EVENING OF EMPOWERMENT

DRIVEN BY AUDI INDIA AND POWERED BY AUSTRIA TOURISM, THE FOURTH EDITION OF THE PEAKLIFE WOMEN INSPIRE AWARDS WAS HELD ON FRIDAY, 16TH DECEMBER 2022 AT SHANGRI-LA EROS NEW DELHI. PEAKLIFE ACKNOWLEDGED 20 FORMIDABLE WOMEN WHO HAVE BEEN PIONEERS AND INNOVATORS ACROSS THE FIELDS OF BUSINESS, SPORTS, SCIENCE, FINANCE AND DEVELOPMENT. THE EVENING ALSO WITNESSED THE LAUNCH OF A SPECIAL PEAKLIFE WOMEN INSPIRE "WOMEN WHO INSPIRE" ISSUE, WHICH DELVES INTO THE INSPIRING JOURNEYS OF THESE REMARKABLE WOMEN.



The event was held in honor of the women who have charted their own path and rewritten the rules of success in traditionally male-dominated spheres. These awards are a symbol of appreciation for the winners' contribution to their industries – the impact of which will continue to resound through the future, as new generations of achievers follow in their footsteps.

"I feel proud and immensely inspired acknowledging the women tonight who have been pioneers and innovators across their fields. With the most notable industry leaders in

attendance, the ceremony was a true reflection of PEAKLIFE's motto - It's all about the attitude." shares Parineeta Sethi.

The event was executed seamlessly in collaboration with Audi India, showcasing the Audi e-tron and Audi RS e-tron GT – the major green innovations in the luxury automobile segment leading with sustainability as their roadmap. That Audi's brand philosophy 'Future Is An Attitude' resonates so closely with PEAKLIFE'S own ethos is the ultimate sign of a perfect partnership.

The evening also marked Austria as the world's



most alluring luxury travel destination – with its mesmerizing natural beauty, rich history and eco-conscious guidelines being a major attraction for globetrotters. Much like the women felicitated at the event, Austria is undeniably unique, and absolutely divine – a sentiment summarized by the country’s attractive and sustainable tourism offerings, which welcome travel enthusiasts to ‘Feel the Spark’.

Simple, sophisticated, and sustainable, our Gifting Partner Coal Beauty nurtures the importance of clean beauty and green living with their high-performance hypo-allergenic products - inspiring many to choose the best for their skin and hair.

The awards were made resplendent through the gracious support and seamless services of Hospitality Partner, Shangri-La Eros New Delhi. The hotel’s formidable edifice and trademark hospitality provided the perfect setting for a night of grandeur and revelry. The venue was brought to life with stunning decor sustainably curated by Ferns ‘N’ Petals. The refreshing drinks were expertly crafted by Pouring Partner Grey Goose which are unanimously favored among discerning connoisseurs of spirits, owing to their premium quality and pervasive presence to #LiveVictoriously.

Our Chief Editor Parineeta Sethi along with Neetu Mehta introduced the Women Inspire Forum - an empowering platform shining light on the women successfully embracing their entrepreneurial journeys.

Rajesh Bakshi, Founder, Coal Beauty, shared, “I’m honored to be here. What a great flow of a show! As Coal Beauty and myself, I am proud to be a part of this platform where such achievements are being acknowledged.”

The women felicitated with the PEAKLIFE Women Inspire Award have been changemakers in a broad range of fields, but share one thing in common – their boundless ability to aspire, inspire and empower:



WINNERS OF PEAKLIFE INSPIRE AWARD 2022

1. Priya Paul, Chairperson, Apeejay Surrendra Park Hotels - Inspirational Personality of The Year Hospitality
2. Satyavati Berera, COO, PwC India - Inspirational Personality of the Year Corporate
3. Rekha Sethi, Director General, AIMA - Inspirational Personality of the Year Leadership
4. Dolly Kumar, Founder, Cosmic Nutracos Solutions - Inspirational Entrepreneur Wellness
5. Seema Jindal, Director, Nourish Organics - Inspirational Entrepreneur Wellness & Nutrition
6. Sakshi Sidhwani - Future Forward Influencer Fashion
7. Vasudha Rai - Future Forward Influencer Wellness
8. Bahaar Dhawan Rohatgi - Future Forward Influencer Lifestyle
9. Namrata Bali, Director, SEWA - Women Welfare Crusader
10. Poonam Bagai, Chairman, CanKids KidsCan - Woman of Courage Award
11. Mohini Daljeet Singh, Founding CEO, Advisor and Trustee, Max Foundation - Women Inspire Icon of Goodness
12. Anahita N. Dhondy, Celebrity Chef - Future Forward Chef of The year
13. Amruda Nair, Founder, Araiya Hotels & Resorts - Future Forward Entrepreneur Hospitality
14. Mrinalika Bhanjdeo, Princess of Mayurbhanj
15. Chandni Nath Israni, Co-founder, CK Israni Group
16. Rohini Iyer, Founder, Raindrop Media
17. Durga Shakti Nagpal, Indian Bureaucrat and Civil Servant
18. Gauri and Nainika, Fashion Designer Duo -Global Fashion Icons
19. Aneeth Arora, Fashion Designer - Sustainability Crusader in Fashion
20. Deeya Bajaj, Adventure Sports Athlete - Electrifying Sports Personality
21. Vani Kapoor, Golfer - Electrifying Sports Personality

The night proceeded into an intimate dinner paired with conversations and congratulations. Indeed, the perfect conclusion to a truly memorable evening.

BY INVITE

GASTRONOMY AT ITS FINEST

THE 6TH EDITION OF THE FOOD FOR THOUGHT FEST CURATED BY THE SOUTH ASIAN ASSOCIATION FOR GASTRONOMY (S.A.A.G), CELEBRATING THE DIVERSE CULINARY HERITAGE OF THE SOUTH ASIAN REGION, WAS HELD IN THE CAPITAL AT GMR AEROCITY, NEW DELHI.

The event commenced with an opening ceremony through lamp lighting by Chief Guest - Shri Uday Mahurkar Central Information Commissioner, Government of India in the presence of international delegates and dignitaries. He emphasised on the effects of the pandemic over the hospitality industry and how India needs to develop a robust sense of a unique identity for itself and how important it is to build the hospitality sector across SAARC region and non-organised sectors. He also released the first ever Cinema Food Report compiled by INOX

which shared the food choices of 70 million cinema goers in India.

The prime point of the event was a special address by the Guest of Honour, Shri Amitabh Kant, India's G 20 Sherpa during Presidency Year and Ex- CEO Niti Aayog, Government of India. Shri Amitabh Kant congratulated S.A.A.G for the commendable job on going beyond the borders of India to bring different countries together "Food is the fastest and the best way to bring camaraderie, to bring peace, to bring serenity, to bring countries together and I am



Soumya M , Ashish Soni, Vishal , Mickey Mehta , Misha Soni & Monique J



Chef Asma Khan



Special Address By Shri Amitabh Kant

glad that S.A.A.G has taken this initiative.” Shri Kant also released Chef Vicky Ratnani’s latest book “Urban Desi”.

According to Maneesh Baheti, Founder Director of S.A.A.G, “Post pandemic, we worked to bring this fest together with much zeal and enthusiasm. We reached out to the best from the world of hospitality and other disciplines, like sports, cinema, fashion, nutrition, etc., to create yet another thoroughly engaging program schedule. We also included more elements this year, like choreographed dance sequences, juggling and fire eaters, to present a spectacular comeback edition and are truly delighted with the outcome.”

The fest witnessed cookery demos by world renowned Celebrity Chef Asma Khan from the U.K, Master Chefs Vicky Ratnani, Harpal Sokhi, Michael Swamy Hiroshi Isomura (Japan) and more .

The plenary panel discussion was on the topic of “Post-Pandemic Pivot in the Restaurant Business” with Rocky Mohan in conversation with Padmashri Dr. Pushpesh Pant, Shaguni Sakya (Nepal), Saman Nayananda (Sri Lanka), Anand Vishal and Vineet Mishra.

This first day also brought in many exciting panel discussions such as “the Diet of Sports Icons”, with T.V Anchor Puja Talwar in conversation with Cricketers Mayank Rawat, Ripal Patel,

Pro Kabbadi Player Pradeep Narwal, and Para Olympian Gold Medallists Simran Vats & Neeraj Yadav. Another panel discussion was on “Gut Health and Mental Well-Being” with T.V Anchor Jasleen Vohra in conversation with Author Ishi Khosla, Chef Manisha Bhasin, Dr. Mankul (AIIMS) & Monique Jhingon.

The 2nd day started off with a panel discussion on the topic of “Conservation of Royal Culinary Heritage” with Anshu Khanna in conversation with Nawab Kazim Ali Khan Rampur, Yuvraj Ambareesh Pal Singh Awagarh and Yuvrani Aparajita Kumari (Amarkot - Pakistan). Followed by another panel discussion on the topic- “Changing Food Habits in the Post Pandemic Era” with Author Sadaf Husain in conversation with Celebrity Chef Suvir Saran, Shaguni Singh Sakya (Nepal), Author Sangeeta Khanna and Chef Aditi Madan. The fest continued with its glorious schedule with more masterclasses and the last panel discussion with Shalini Arora Kochhar in conversation with Shilpa Arora, Deeksha Mishra and Lakshmi Rana on the topic of The Rejuvenation & Beauty Diet.

Another huge attraction this year were the Book launches of Chef Vicky Ratnani and Chef Asma Khan. The event appealed to the mind and palates of visitors, from eager food lovers, bloggers, and students of hotel management, to professionals from the hotel and restaurant industry. The event delivered on its promise

of being an enriching celebration of the mind and spirit while strengthening the sense of a joyous community. This year too the theme of the Food Court was “A Taste of Luxury” where luxury hotels in Delhi NCR showcased their top 7 dishes, that were served in tasting portions and were priced between INR 150 to 550 only. The only event in India which brings this concept.

Some of the prominent partners this year were GMR Group as Co-Presenting Partner, Pullman, Novotel Aerocity, Radisson Blu and The Claridges New Delhi, as Hospitality Partner, INOX Cinemas as Entertainment Partner, NEWSX Channel as Broadcast Media Partner, GlobalSpa & PEAKLIFE Magazine as Lifestyle Magazine Partners, Travel + Leisure as Travel Magazine Partner, Business World Magazine as Business Media Partner, Eazy Diner as APP Partner.

“Fun Fest” was held outdoors and offered a concert by leading performing artists, similar to previous years and there was live entertainment by bands and performing artists.

Visitors had the opportunity to engage in contemporary issues with the most progressive-minded panelists, learn from the greatest chefs in the region, explore fascinating topics related to food and, of course, treat their taste buds with the splendid flavors that the subcontinent had to offer.

Food BAE!

SERVE YOURSELF WITH THESE DELICACIES. JUST PUT YOUR APRON ON AND START COOKING.

BEETROOT SMOKED PATTIES

By Chef Rajesh Mallick, Executive Chef, Out of the Blue Mumbai

INGREDIENTS:

For the Beet Patty, you would need:

- Grated Roasted beetroot 1 cup
- Boiled Chickpeas 2 tbsp
- Lemon juice 1 tsp
- Chopped Rosemary 1 tsp
- Chopped Coriander 1 tbsp
- Oats 2 tbsp
- Black pepper 1 tsp
- Chilly flakes 1 tsp
- Salt to taste

For the Avocado salsa, you would need:

- Chopped Tomato 2 tbsp
- Chopped Onion 2 tbsp
- Green chilli 1 tsp
- Diced Avocado 1/2 cup
- Extra virgin Olive oil 1 tbsp
- Chopped Coriander 1 tbsp
- Pepper 1 tsp
- Salt to taste

METHOD:

For the Avocado salsa:

- Take a bowl, put in all your chopped ingredients, add the olive oil, garnish with coriander and finally add your seasoning (salt and pepper as per your preference) before giving it a rough mix and keep it aside until plating.

To prepare the Beet patty:

- Prep your ingredients by soaking your chickpeas overnight, this allows it to become super soft and dense.
- Boil your beetroot, grate the boiled beetroot and use a fork to smash the blend until you have no chunks.
- Incorporate your chickpeas with your beetroot mix in a bowl and adjust the seasoning.
- Use your hands to make a small patty of the mixture. You should have around 6 pieces.
- Heat your pan with a little oil and shallow fry your patties in the oil, until cooked.
- Finally plate the patties with the avocado salsa and there you have it a healthy, warm, winter snack.





AMERICAN HERBS SAUSAGE - HOT DOG

By Sairaj Dhoondh, Founder, Wakao foods

INGREDIENTS:

- Hotdog buns
- Wakao Sausages
- Lime-cilantro Mayo
- Sweetcorn
- Chopped onion and tomatoes for corn salsa

METHOD:

- For corn salsa, mix sweet corn, chopped onion and chopped tomatoes with some lime juice and red chilli powder.
- Pan fry the sausages until cooked from all sides.
- Slit the buns and place the sausages in them. Add some corn salsa on both sides of the sausages.

OATS DAHI KE KEBAB

By Chef Anand Rawat, Corporate Head Chef, Noormahal Palace Hotel, Karnal

INGREDIENTS:

For outer coating:

- Hung curd 1 cup
- Oats powder 3/4 cup
- Black pepper
- Chopped green chillies 2 tbsp
- Garam masala 1 tbsp
- Salt to taste
- Chopped cilantro 2 tbsp

For stuffing

- Grated paneer 1 cup
- Chaat masala 1 tbsp
- Salt to taste
- Pinch of sugar
- Garam masala 1 tbsp
- Raisins 2 tbsp
- Cashew nuts 2 tbsp

METHOD:

- Take hung curd in a bowl, add salt, chilli powder, black pepper, garam masala, green chillies, cilantro and mix well. Now, add oats powder and mix again.
- For stuffing: take a separate bowl, add raisins, cashew nuts, grated paneer, chaat masala, pinch of sugar and garam masala along with salt.

- To make the dough, mix all the ingredients mentioned in the first step. Now, pull out tiny round pieces from the dough and fill it with the stuffing mixture (second step). Roll the kebabs properly.
- Fry the round pieces in a tawa until golden brown. ps: you can also shallow fry the kebabs instead of deep frying.
- Sprinkle some chaat masala over the top and serve the hot oats dahi kebabs with mint chutney and enjoy!





FORNO TINTO SALAD

By Chef Alex Dias, Novotel Goa

INGREDIENTS:

- Coconut shavers 20 gms
- Lolo Roso leave 20 gms
- Red spinach leaves 20 gms
- Mustard cress 5 gms
- Arugula leaves 20 gms
- Radicchio leaves 20 gms
- Julienne carrot 10 gms
- Julienne beetroot 10 gms
- Kokum 5 gms
- Jaggery 10 gms
- Focaccia Bread 50 gms
- Olive oil 40ml
- Onion 20 gms
- Tomato 30 gms
- Cucumber 20 gms
- Red bell pepper 20 gms
- Yellow bell pepper 20 gms
- Balsamic vinegar reduction 10ml

METHOD:

- Prepare a balsamic vinegar reduction on slow heat until it comes to thick molasses



consistency. It will take time. Do not use high flame.

- Prepare kokum and jaggery dressing, whisking both the ingredients together, once done sieve in a conical strainer, season and keep aside.
- In a large bowl mix, add all the fresh sanitised veggies in a bowl, add seasoning, give a toss by adding in kokum dressing.
- Arrange on a plate, with some coconut slivers on top, some jaggery bits drizzle with balsamic reduction and serve with either Focaccia or bread on the side.

BAKED NACHOS

By Better Flour

INGREDIENTS:

- Robust Red Flour Blend
- Cheese
- Milk
- Jalapenos
- Sour cream
- Avocado
- Salt
- Pepper

METHOD:

- Knead the dough with a Robust red flour blend and warm water.
- Roll the dough into chapatis and cut triangles.
- Preheat the oven to 180c temperature for 10 minutes.
- Brush them with oil or ghee.
- Bake the chips at 180c for 20 minutes until the edges start to brown.
- Prick it with a fork at regular intervals.

For the cheese sauce:

- Heat the milk and keep stirring in cheese until a thick sauce is achieved.
- In a plate or a bowl layer the chips, cheese sauce and jalapeños slices.
- Garnish with sour cream and mashed avocados. Serve.





QUINOA AVOCADO WITH YUZU KOSHO

By Chef Kishore, Head Chef, KAMPAL, Aerocity

INGREDIENTS:

- Avocado cube 200 gm
- Tofu silken cubes 100 gm
- Edamame 100 gm
- Quinoa boiled 200 gm
- Orange slice 50 gm
- Yuzu kosho dressing 60 ml
- Almond chips

For Orange Dressing

Orange juice 300ml

Orange dressing method:

- Put all the juice into the saucepan and slowly cook until it's thick.
- Put 50ml cooked orange sauce and 5gm yuzu Kosh together into Bowl.

SALAD METHOD:

- Cut the prepared vegetable should be cube cut.
- Place in a medium bowl and put all the ingredients together.
- Put 15 ml of orange dressing and mix together.
- Put all the mixed salad into the salad bowl and finish with sliced almonds and sliced red reddish, some edible flowers, and micro viecll.

BANANA FLOWER CUTLET

By Chef Joji James, Amal Tamara

INGREDIENTS:

- Chopped Banana flower 1 cup
- Colocasia 100 gm
- Rock Salt to taste
- Green chili, curry leaf, coriander leaf, ginger, garlic 1/2 tbsp each
- Turmeric powder 1 or 2 pinch
- Chili powder 1 pinch
- Cumin powder 1 pinch
- Coriander powder 1 pinch
- Fennel powder 1/2tsp
- Coconut oil 3 tbsp
- Brown rice puttu podi to dip
- Shallots 50 gm

METHOD:

- Finely chop banana flower and keep in turmeric water.
- Boil the Colocasia, mash it and keep aside.
- Into a hot pan add coconut oil, ginger, garlic, curry leaf, shallots and sauté for a while.
- Add all the powdered masalas and sauté well.
- Once masalas are cooked, add the chopped banana flower after squeezing all the water out and cook well.
- Once it cooks add well mashed colocasia and chopped coriander leaves.
- Switch off the flame and make the mixture into cutlet patties and coat the pattie with brown rice powder and grill it on a tawa and serve hot.



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Do something that you like and prioritize self love.
Do not underestimate the power of hydration
paired with the right nutrient supplements.

Your work-life balance mantra....

Everyday is a new challenge. When I am working,
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with my kids, I am accessible for work. I try to
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A wellness lesson you learned...

I made so many mistakes trying to use topical
solutions to solve my problem. It was this journey
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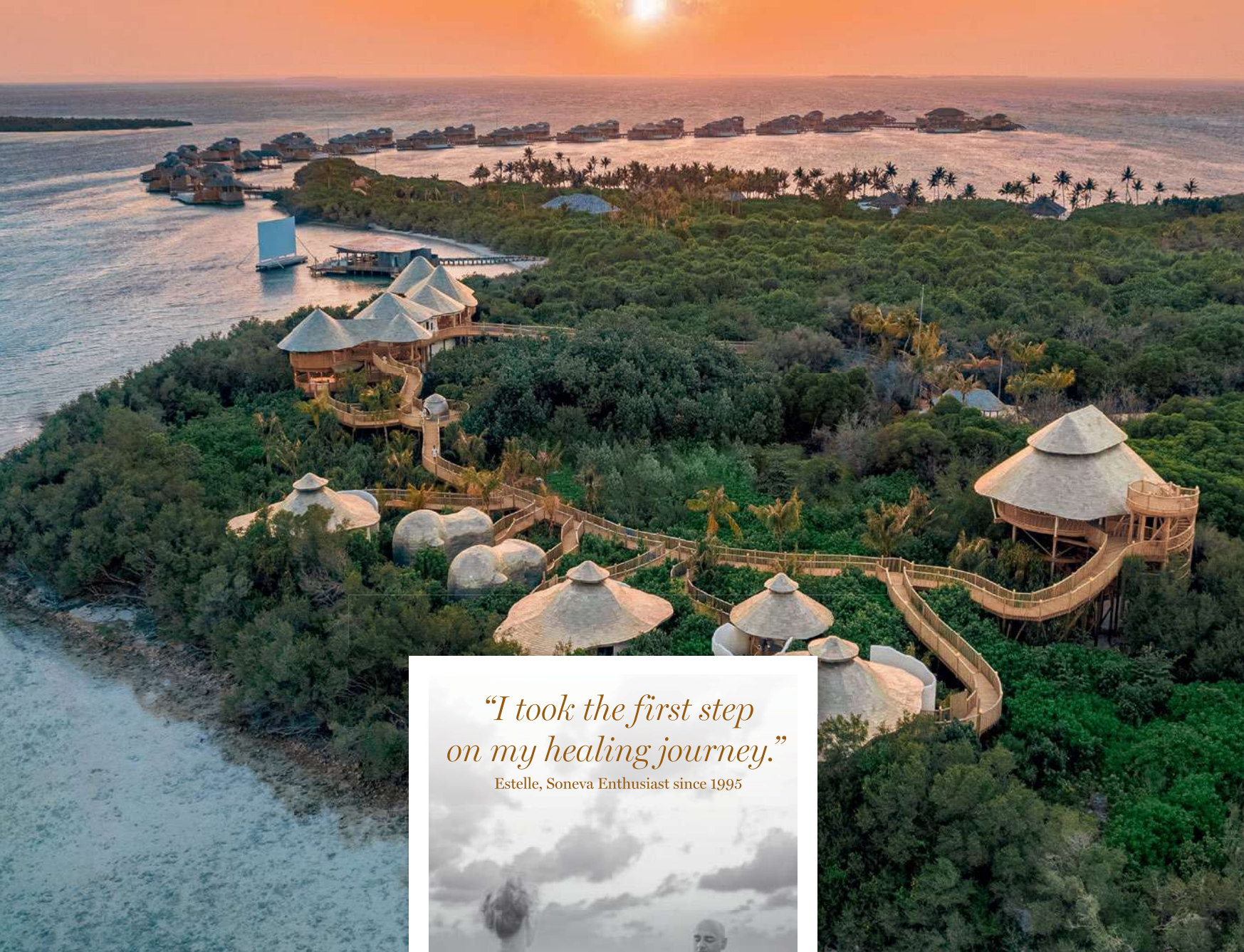
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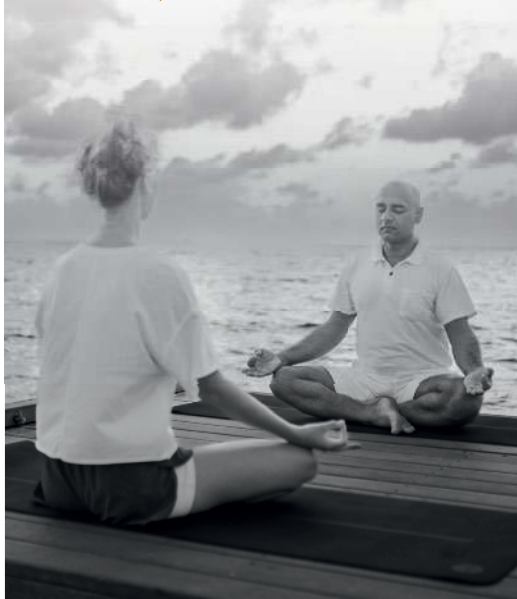
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