

THE
EXCELLENCE
PORTAL

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THE EXCELLENCE PORTAL

VOLUME 1, ISSUE 2

Your Gateway to Knowledge

SUNITA KOHLI:
*Indian Architecture
on the Cusp of Revival*

**INSPIRATIONAL
TRENDS:** *When the
Classic Weds
the Contemporary*

*Safeguarding
your Home*

Lifestyle &
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From the Publisher's Desk

Dear Readers,

Thank you for the overwhelming response to our previous issue of the *The Excellence Portal* on Health and Wellness. Your feedback and appreciation have been truly inspiring, and we are thrilled to announce that the soft copy of that issue is now available for download on our website: www.authors-point.com.



In this edition of *The Excellence Portal*, we dive into the exciting world of Lifestyle and Home Decor. From fresh ideas for transforming your living space to the latest fashion trends, we've curated articles that reflect the essence of a stylish and functional lifestyle. We also explore food and beverage insights, home security innovations, travel experiences, and beauty tips, ensuring there's something for everyone.

As always, we hope this issue inspires you to embrace the best in both your personal and home life. We look forward to your thoughts and feedback!

You can write to us at info@authors-point.com.

Raaj Verma

Author's Point, The Excellence Portal

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SUNITA KOHLI

Preserving India's Past, Designing its Future

A Legacy of Timeless Design

Sunita Kohli, the first interior designer and architect to be honoured with the Padma Shri, has spent decades shaping the landscape of Indian architecture and interior design with her signature style that seamlessly blends tradition with innovation. Remarkably, no one in her discipline has received this prestigious award since. As an autodidact with an innate understanding of both aesthetics and functionality, Kohli's career is marked by an adherence to a philosophy rooted in cultural respect and an ongoing dialogue between form and purpose.

A Holistic Design Philosophy

At the heart of Sunita Kohli's approach to architecture and design is her deep connection to Indian heritage. Throughout her career, Kohli has maintained a guiding principle: to create spaces that are not only visually striking but also deeply functional, responding to the specific needs of those who inhabit them. "Aesthetics must never come at the cost of comfort or usability," she asserts, emphasizing the significance of aligning architectural design with the practical requirements of daily life.

Kohli's body of work demonstrates an inherent understanding of proportion, scale and craftsmanship, reflecting her sensitivity to the cultural and historical context of each project. Whether designing homes, public buildings or monumental spaces, her goal is always to honour the essence of the site while creating something timeless.



Balancing Form and Function

Known for her work on iconic structures such as Rashtrapati Bhavan and Hyderabad House, Kohli is adept at balancing beauty with utility. In her projects, the harmony between aesthetics and function is evident in the seamless integration of architectural elements with the design of interiors. She believes that “architecture provides the framework, and interior design brings life to that framework.”

One of Kohli’s standout projects is her restoration of Rashtrapati Bhavan, a testament to her vision of preserving the grandeur of Sir Edwin Lutyens’ work while infusing modern sensibilities into the space. This delicate balance of tradition and modernity is a hallmark of her design philosophy, allowing her to create spaces that feel both rooted in history and relevant in the present.

Adapting Across Scales

Kohli’s portfolio spans a wide spectrum—from intimate private residences to grand public spaces and monumental structures. She approaches each scale of work with a unique sensibility. For private residences, her designs emphasize personal expression, carefully incorporating elements that reflect the homeowner’s identity while maintaining harmony with the broader architectural scheme. In contrast, her work on large public spaces often draws from historical and cultural narratives, creating environments that resonate with collective memory and pride.

Despite these different scales, one aspect remains constant: her commitment to creating spaces that serve their intended function while inspiring a sense of place. “The scale of the project might change,” Kohli notes, “but the principles of balance, proportion and respect for context remain the same.”

“Innovation does not mean abandoning the past. It means learning from it and creating something that stands the test of time

Remaining Innovative Yet Timeless

In a rapidly evolving design world, Sunita Kohli continues to innovate while remaining true to her architectural-design roots. She acknowledges the challenges posed by changing technologies and design trends but believes that the core essence of any good design lies in its timelessness. “Innovation does not mean abandoning the past,” she says. “It means learning from it and creating something that stands the test of time.”

Her work consistently reflects this ethos. From the Parliament Building in Bhutan to high-end hospitality projects, Kohli’s designs incorporate modern technologies and sustainable materials while honouring local craftsmanship and historical elements.

Overcoming Challenges and Building a Legacy

Throughout her career, Kohli has faced the inevitable challenges of working in diverse architectural contexts, often with conflicting demands between preserving heritage and meeting contemporary expectations. These challenges, she says, have shaped her resilience and deepened her understanding of the importance of flexibility in design.

Looking back on her illustrious career, she views every project as an opportunity for learning. “Every design has its own story, its own set of challenges, and its own triumphs,” Kohli reflects, seeing these as stepping stones toward a broader legacy in the field of architecture and interior design.

A Vision for the Future

Kohli is excited about the future of Indian architecture, particularly the increasing focus on sustainability and environmental responsibility. She sees Indian architecture as standing on the cusp of a revival, with modern architects drawing inspiration from India’s rich cultural and architectural history while innovating for future generations. Trends such as green building practices, adaptive reuse of spaces, and the fusion of global and local design languages are movements that excite her the most.

For young architects, Kohli offers timeless advice: “Stay rooted in your cultural heritage, but never stop pushing the boundaries of creativity.”

Conclusion

Sunita Kohli’s body of work is a reflection of her deep respect for cultural heritage, coupled with a vision for the future. Her commitment to balancing aesthetics with functionality, her adaptability across project scales and her ability to innovate while preserving timelessness have earned her a place among India’s most influential architects and designers. As the first and only designer in her discipline to be awarded the Padma Shri, Kohli’s legacy remains unparalleled. Her work will undoubtedly inspire generations to come. ■

Madhulita Mohanty recaptures Sunita Kohli’s views on Architecture and Interior Design in India

Inspirational Trends: *When the Classic Weds the Contemporary*

By Ranee Sahaney

Here's a picture window to shed the light on inspiring interior design and decor ideas that work readily with the contemporary lifestyle.

Blend your personal style with the current trending inspirations of sustainability, the connect with nature and aesthetics that ooze personalization in your living spaces.

Keep sustainability front of mind in the layouts with a cocktail of colour, innovative materials and eye for detail to create that individual narrative for each room and the purpose it holds in the overall biophilic design of your home. Ramp up the greenery, the natural light and water features to underpin that connection with the natural world.

Light and airy interiors are perfect for bringing the outdoors indoors to underpin that nature-inspired vibe to your home. Think ecologically-friendly materials and lighting, appurtenances that maximise light and ventilation and hues of rich soils and leafy expanses that echo the advocacy of green living and sustainable, ethical lifestyle choices.

The innumerable tangible and intangible facets of defining your interior spaces serve as a showcase to propel your beliefs in conscious sustainable living.

Quiet Luxury

The charm of the classic design look returns but with signature contemporary





flourishes. High-quality authentic materials marry simple, mindfully curated design and decor. Get done with the Gothic, fussy and flowery details, but still embrace Victorian flourishes with cleaner lines. Tone down the ornate and ornamental a tad with a smart casual makeover pitching in with nuanced modern comforts with smart tech.

Declutter Chatter

Decluttering is the buzzword adapted to many lifestyle choices today. Warm minimalism is the way to go in 2024 and aligns well with the order of simplicity, functionality, comfort, and style. It's as classic as you can get in this living space which is your cozy, serene and stress-busting bolt hole from the world.

Going Natural—Wind in the Windows

Windows get to show their splendour as appurtenances in home décor in 2024. Bright and sunny interiors create

The innumerable tangible and intangible facets of defining your interior spaces serve as a showcase to propel your beliefs in conscious sustainable living

a charming cheery feel to the house. Generous picture windows, French windows and lots of skylights are perfect for spreading ample natural light, fresh air and cool breezes from the outdoors to the indoors.

Picture windows are available in many sizes and bring in massive amounts of light into interiors. Stationary, rectangular, non-opening, picture windows really brighten rooms and offer uninterrupted views. Place them in tall spaces where the glass is out of reach.

French windows also serve as doors, used both externally and internally for separating rooms. Go for ones created with a sustainable, high-performance engineered timber. Responsibly sourced

timber is one of the most sustainable and eco-friendly construction materials available for doors and windows. You can opt for this in place of non-renewable materials such as oil used in the production of uPVC. Timber windows have the lowest embodied carbon of any window material at just 85kg CO₂e, compared to uPVC windows at 110kg CO₂e and aluminium windows at 161kg CO₂e.

Leading Lights

Let smart tech find a voice in the lighting, the kitchen and bathroom fittings in a seamless blend of comfort and convenience of a modern home. Ditch recessed lighting for concealed lighting, faux imitation materials for authentic natural materials.

You can now loop into the technology which allows for the ability to change the intensity and colour of the light in a space. Even on a gloomy day you can programme the lights in the room to

Warm minimalism is the way to go in 2024 and aligns well with the order of simplicity, functionality, comfort, and style. It's as classic as you can get in this living space which is your cozy, serene and stress-busting bolt hole from the world

make it look naturally bright and cheery. Colour temperature, when it comes to enhancing interior LED lighting, is hot to trot. Light bulbs are now programmable, and you can warm them and change the colour temperature. While a tad

more expensive than traditional lighting you can control it all through an app.

Colourama

Play with vibrant colours in place of greys and monotones, to bring warmth, cheeriness, visual stimulation and character to your interiors. Browns are going amok in three different shades—dark brown, followed by shades of yellow and light brown. Go play with caramel colours too along with sepia, coral and persimmon. Brown is not only very warm and rich, it's great as a neutral to layer with other hues.

The New Material Mantra

Blingy furniture—think gold, new minerals fabrics, is trending with hotshot biggies in design in Italy. Catch a connection from the China-inspired metallic accents like gold leaf on a stone surface, or the Armani-inspired gilded accessories in a variety of gold finishes.





Cork is the newbie on the block for walls, floors and furniture. Light and spongy, durable and water-resistant, and naturally biodegradable, it's high on the sustainability barometer.

Furnishings and products are witnessing the development of more environmentally friendly materials in line with the new concerns about sustainability; for example, furniture created with recycled cardboard, furniture and lamps made from a material created out of recycled sawdust—and lots more.

Curves Are In

Chuck out the 80s steel and glass furniture fad. Soft and curvy is in now. Curvy sofas and armchairs are making their way to the outdoors—for indoors opt for the trending softer, squishy, curvaceous low armchairs and sofas—or, if that's getting too much, go for the classic straight ones which you can pair with curved coffee tables and side tables, to keep in tune with the times.

To The Finish

Walls need a voice now and it's being brought in with the textured look; the high gloss, lacquered look appears to be on its way out. Instead turn your gaze

on brushed or hand-applied finishes, 3-dimensional pattern wood finishes, geometric-textured patterns in stones.

Tile Style

Use tiles to dramatic effect in public spaces and utility areas. Think floor and wall spaces painting up canvases of pure delight in unexpected places. Your study... a child's room... even a hallway or a lonely stairway area.

Oh SOHO Nice

Working from home more and more? Think inspiration, functionality, convenience, and comfort. Go for ergonomic furniture, soundproofing, and some wall art to give the gaze a rest from the screen. Got a window without a view? Create a green space around it with tendrils from potted plants and cheery rug on the floor.

Balcony Makeover

Making optimum use of space in a high-rise apartment inspires moves on your balcony. Instead of dumping brooms and dusters and other household junk, jazz it up with some funky furniture (foldable), fairy lights and statement lanterns, smart all-weather

rugs or beautiful hand-painted tiles, balcony wall planters with low maintenance greens like succulents or fragrant herbs, to create a cosy green arbour for the family to enjoy bed tea over the morning papers, read a book, or just chill with your pet.

Green Spaces

Vertical Gardens can ramp up the back-to-nature vibe even in a high-rise apartment. With some judicious planning it allows you to bring in the outdoors without impinging on the precious floor space.

Indoors, create green wall spaces with vertical plant panels. These go well in the living room and even the kitchen area. Hanging plants are great if you are really constrained for floor space, but really want to create a garden-like ambience to your apartment.

Distinct Expressions

Let your home be a statement of personal taste and great character. From art works to bespoke artisanal works, from handcrafted pieces to quirky personal memorabilia from travels and trips—let your home put the shine on your distinctness. ■

Celebrate the Buoyant Spirit of Baani Interiors



One of the most exciting prospects of spending money is a pre-Diwali makeover of your home and, if your budget permits, your office.

Imagine filling the days of the run-up to Diwali mulling over curtains and claddings, window blinds and wallpaper, floorings and frontages. What a delight it can be if one has a one-stop point which meets your needs for services and products that will enhance the design and functionality of your home from bedrooms to bathrooms, from the kitchen to the drawing room.

Stepping into this space is premier Delhi-based interior design firm, Baani Interiors, which has with its bespoke specialization, staked everything on its reputation as one of the leading lights of the industry.

Established with a vision to transform spaces, Baani Interiors specializes in providing comprehensive interior design services that have long left their indelible mark in the residential, commercial,

and hospitality sectors. Baani Interior's passion for design and commitment to excellence has been centric to its specialization in custom-created interiors.

Baani Interiors is driven by its belief that every space has a story to tell. With this visionary outlook it remains committed to delivering products and services that play a pivotal role in this endeavour. With years of experience, its team brings unparalleled expertise to every project.

Its experienced designers and architects work collaboratively with clients helping them to give life to their dream homes or offices, ensuring that each project reflects their unique style while catering to their specific needs.

Pivotal to the interior firm's varied projects are its unique blending of aesthetics and functionality. Elevating each project are its core components of: Personalized Service; Design Consultation; Custom Design; Quality Materials; Professional Installation; Quality Assurance; Client Satisfaction.

Innovation and sustainability are the hallmarks of Baani Interiors' design philosophy. The firm is keenly committed to incorporating eco-friendly practices and cutting-edge technology in each project it takes on.

Baani Interiors offers a wide range of services including residential and commercial interior design, turnkey solutions, custom furniture and decor, wallpaper services, window blinds, laminate flooring, WPC panels, aluminium panels, and modular kitchen designs. The firm provides cost-effective services without compromising on quality. Its success has also been driven by its approach to work with clients to develop a design plan that fits their budget while meeting their expectations.

Baani Interiors' sustainable design practices are allied with a variety of eco-friendly materials and sustainable solutions to ensure that the projects they operate in are both beautiful and environmentally responsible.

Customer is King

Every project at Baani Interiors begins with understanding the needs and aspirations of its clients. This client-centric approach ensures that the ideas and preferences of clients remain at the forefront of its designs. This aim is further enhanced by:

- **Consultation:** Wherein clients can share their vision, requirements, and budget to illustrate their expectations.
- **Design Concept:** Developing a creative and practical design concept that aligns with a client's vision.
- **Execution:** Managing the project from start to finish, ensuring timely delivery and impeccable quality.
- **Final Touches:** Adding those finishing touches that make a space uniquely for each individual client.

Services

Baani Interiors' long-haul approach to transform home, office, or commercial space into an environment that is not only aesthetically pleasing but also practical and comfortable.

- **Residential Interiors:** Transforming houses into homes, it designs living spaces that are comfortable, stylish, and tailored to one's lifestyle.
- **Commercial Interiors:** From offices to retail spaces, the firm creates professional environments that enhance productivity and leave a lasting impression.
- **Hospitality Interiors:** Designing luxurious and inviting spaces for hotels, restaurants, and other hospitality venues, ensuring a memorable experience for guests.
- **Custom Furniture:** Crafting bespoke furniture pieces that perfectly complement one's interior design, blending form and function seamlessly.

Products

Baani Interiors a range of delight-giving products that will have you crowing over the end results.

Wallpapers

You can comfortably rely on the expertise of Baani for the choice of wallpaper for your project. The firm

firm's custom wallpaper solutions are positioned to serve your specific needs.

Custom wallpaper offers endless possibilities for enhancing your space. Unlike traditional wall coverings, it helps express your style. You can go for bold, vibrant patterns or subtle, sophisticated designs, whatever matches your personal style. Whether you



has a good understanding of the best wallpaper which can transform a space, and also add the indelible nuances of personality and flair to it. That said, its custom wallpaper services are tailored to meet your specific needs, ensuring a perfect match for your home or business.

Baani Interiors sees custom wallpaper as more than just a decorative element; it believes that it serves as a statement of style and sophistication. Whether you're looking to add a touch of elegance to your living room, create a feature wall in your office, or design a unique ambiance for your hospitality venue, the

have a specific design in mind or need inspiration, Baani's designers can even create bespoke wallpaper for you.

Also, only the finest materials to ensure that the custom wallpaper is durable, easy to maintain, and visually stunning. What's also great is that custom wall paper is designed to fit your space perfectly, without the hassle of awkward seams and mismatched patterns.

Ceiling Spaces

Soffit Ceilings add depth and dimension to any space, providing both aesthetic and functional benefits.



Lifestyle & Home Décor

Designed to enhance both aesthetics and acoustics, Bani's Baffle Ceilings are ideal for creating modern, stylish, and functional spaces in residential, commercial, and public environments. As they significantly improve sound quality by reducing noise levels and enhancing sound absorption, they are a good fit for busy environments like offices, schools, and public buildings. Available in a range of materials, colours, and finishes, they are perfect for bespoke designs for any interior style or theme.

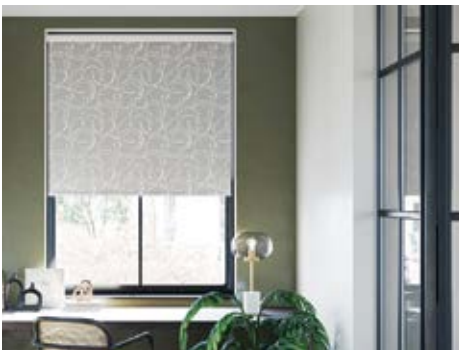
Window Blinds

Bani's window blinds serve the dual purpose of style and functionality with ease. The perfect blend of aesthetics, privacy,



and light control, they are ideal for both residential and commercial settings.

Bani Interiors' window blinds are available in an exciting range of styles, materials, and colours, offering you an excellent canvas of choices to fit into your vision for the décor of your home or office. From classic wooden blinds to modern aluminium or fabric options, there's something for all tastes. The collection



includes roller blinds, vertical blinds, Venetian blinds, Roman blinds, and more.

If you veer towards more eco-friendly living practices, Bani's window blinds can help improve energy efficiency by reducing heat loss in winter and minimizing heat gain in summer, contributing to a more comfortable and cost-effective indoor environment. What you will also love is that they are designed for durability and easy maintenance.

Floorings



Laminate flooring on offer from Bani Laminate flooring is resistant to scratches, stains, and wear. That's why you'll find it the ideal choice for high-traffic areas. Easy to clean and maintain, it is available in a wide range of designs and finishes, that appear to mimic the look of natural wood, stone, or tile.

Since SPC Flooring is highly resistant to impact, stains, and scratches, it expresses its significance in high-traffic areas and households with pets or children. Unlike traditional wood or laminate flooring, SPC flooring is 100% waterproof, making it suitable for kitchens, bathrooms, and basements. Furthermore, it's also equipped with anti-slip properties, ensuring safety in both residential and commercial settings.

WPC Marble Sheet

Made from recycled wood and plastic, WPC Marble Sheet is an environmentally friendly option, reducing the demand for natural marble and contributing to sustainable building practices. Unlike traditional marble, WPC Marble Sheet is completely waterproof, making it suitable for wet areas such as bathrooms, kitchens, and basements. Bani's WPC Marble Sheet solutions offer the perfect combination of elegance, practicality, and value.

Fluted Panels

Whether you're renovating your home, office, or commercial space, Bani's fluted panel solutions for interior walls and ceilings offer the perfect combination of style, performance, and value. As an alternative to real wood panelling the extensive range of ready-to-install fluted panel designs, materials, and finishes offers easy pickings. It doesn't matter whether you are looking



for the warmth of wood, the sleekness of metal, or the versatility of PVC, there's a solution for you right here. WPC panels are a great option to wood, charcoal or MDF. These are water-n-termites-proof and created to last a lifetime. Their unique composition and high polymer content make them an ideal solution for damp ceilings and walls.

Instafix mouldings

Designed to provide a quick and stylish solution for your interior decoration needs, Instafix mouldings also double up on a seamless blend of beauty and

functionality. Ideal for both residential and commercial interiors Instafix mouldings can be used in various applications, including ceiling cornices, wall trims, door and window frames, and baseboards. The mouldings come with a pre-applied adhesive, ditching the need for nails or screws; this significantly reduces installation time. Built to last the mouldings are resistant to moisture, warping, and cracking.

Outdoor Decking

Baani Interiors has also taken up the challenge of creating stylish and

natural looks to your exterior spaces. Its Outdoor Decking services aim to create an inviting and elegant atmosphere. Having positioned their approach to the exteriors of home, office, or commercial property as an extended living space, Baani's outdoor decking creates additional living space for relaxation, entertainment, and outdoor activities.

The high-quality decking materials being used are designed to withstand harsh weather conditions, ensuring long-lasting beauty and performance. Only the highest quality materials are used to ensure that these decking products are durable, visually appealing, and environmentally friendly.

The reversible deck boards are great as a single plank can feature two colours, such as brown and grey. You can flip the board to get a whole new look to your deck with the reverse colour; you can even go for the reversible planks (in ash, coffee, brown or wine shades) which feature two different textures on each flip side.

With years of experience, Team Baani Interiors brings unparalleled expertise to every project in its ambit. It offers unreserved support and expert guidance throughout the selection, design, and installation process, for the various solutions it has identified for a client's needs and preferences.



**For many more items for your Home,
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Getting The Smarts About Security Systems For Your Home

By Ranees Sahaney

For those of us who spend our time at work and play amidst the mayhem of everyday life in urbania, at the end of the day we just want some peace and security in our homes, our bolt hole from the world. The growing rate of criminal activity in society, burglaries and intrusive strangers turning up uninvited at your doorstep, has opened up a wide range of stress-busting innovative and tech-savvy solutions in home security systems to match all kinds of budgets.

The old-style burglar alarm system and a feisty family dog, who'll scare the daylights out of a thief, are considered old hat for many who are now scouring the marketplace for reliable security systems to safeguard their home, family and belongings.

If you are one such individual you need to get your basic homework in place before venturing out in this rapidly evolving market to secure homes from different types of threats.

First of all, you will need to identify the kind of home security system that is best suited for your needs. This entails evaluating the areas (internal and external) that need to be secured in the property, the most vulnerable entry points etc. You also need to pay attention to the level of service you want from the security system.

The old-style burglar alarm system and a feisty family dog, who'll scare the daylights out of a thief, are considered old hat for many who are now scouring the marketplace for reliable security systems to safeguard their home, family and belongings

Also keep in mind the features and services that suit the size of the area to be covered, as well as the maintenance and reliability of the after-sales service of the security system.

Modern security systems provide a central base station and options for a combination of entryway sensors, motion sensors, surveillance cameras (CCTV), alarm systems, video doorbells, two-way audio, outdoor lighting, home automation devices such as smart locks and thermostats, all integrated with each other to detect and report any intrusion.

Installation Options

Wired system All the security devices are connected with each other and control panel through wires. Recommend wired connection because it's more robust and reliable than WI-FI connectivity.

Wireless system No wires are required for connection; operates on batteries. Easier to install than a wired system.

Control Panel It is the processing unit of the entire wired/wireless home

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Security

security system to which all the other security devices are connected to send and receive signals. To access the live feed you need an internet connection, either wired or via Wi-Fi.

Cameras (CCTV)

The best cameras provide HD image quality, mobile access with live-streaming, two-way voice, pan and tilt, etc. When it comes to good resolution and clarity now 2K cameras offer a resolution of 2560 x 1440 pixels and 4MP image sensors. 2K cameras, (higher than traditional 1080p which has a resolution of 1920x1080 pixels), are good for monitoring entrances, walkways, and small businesses. They can provide high-quality images with clear details from a distance; 4K cameras have a resolution of 3840 x 2160 pixels and 8MP image sensors. They offer sharper, clearer images than 2K cameras and are good for recognizing faces, identifying license plates, and monitoring large areas. However, 4K cameras are usually more expensive.



Placement of the cameras is also very important for better efficacy.

Video Doorbells

In place of a regular doorbell, invest in a video doorbell. Even the simplest has a small camera which can record video activity or catch still shots of the person at the door. Look for one which offers

mobile access, monitoring, and control via a mobile app.

Monitored system/ Self-controlled system

Self-Monitored – The security devices are handled by the home owner or deployed security personnel at the premises. It.

Professionally monitored – Monitoring services are also available from the security devices companies. The installed devices send a warning signal to their dedicated monitoring room and the police are informed or they take action themselves through trained professionals to handle the intruders.

Never ditch quality for a cheaper deal. For example, go for a good professional grade camera system with a very good resolution— after all, you want to be able to see what you're looking at clearly!

Proactive versus reactive

Self-monitored systems largely rely on text-based alerts winging away to your smartphone via push notifications. The key is to be proactive in safeguarding your home and family—opt for self-monitoring to ensure access to security system features through a user-friendly mobile app. Take control—Stop it before it happens! ■

Get The Most Bang For Your Buck With This Checklist



- Don't skimp on the price at the cost of quality— you get what you pay for— Go for professional grade stuff.
- Reputed service provider vs spending blindly on a well-known brand
- Uptick for a proactive system/self-monitored system
- Camera specs/ Camera resolution and clarity/ Night vision quality/storage space/weatherproof/
- Stationary or tilt camera
- In place of the old-style DVR - Digital Video -Recorder, NVR - Network video Recorder is the way to go now.
- Motion detection quality
- Security alarm volume
- Monitored system/ Self-controlled system
- Monitored system- Reputation for the reliability
- Hidden charges before installation- aim to work with a firm with transparent pricing structures
- Reliable after-sales services
- Short-term/ long-term contracts

Stylish Rickshaw Tour of Chandni Chowk



By *Ranee Sahaney*

Ritu and Taruna, two enterprising young ladies, decided to quit the pursuit of their careers in the corporate world and share their love for Old Delhi with tourists. With some smart thinking they put their energies together to form When in India Tours, an all-women enterprise to present the extraordinary splendour of the history and heritage of Old Delhi through beautifully curated eco-friendly rickshaw tours.

While jumping into an ordinary rickshaw to explore the Old Quarter has been an old city tradition, what you will really love is this deeply engaging, guided tour on eco-friendly rickshaws, manned by smart young drivers, who also tend to your basic comfort for the duration of the fun-filled ride.

This was the first tour company to start these Rickshaw Tours in India and have been operating since August 2011 under the name 'WII Tours ~ When in India Tours'.

The overriding inspiration behind the WII Tours has been the firm belief of

Ritu and Taruna to showcase what is an extremely important part of our heritage, culture and history, and the need to be introduced with immense pride to the people who visit India and want to learn about its rich values, religions and traditions.

Their passion for Delhi is reflected in these unique tours which help visitors discover the real Delhi beyond what you find in guide books. These eco-friendly tours are included among 'the top 50 unique trips of the world' by Outlook Traveller. Trip Advisor, with its following of over 50 million monthly visitors



worldwide, has also ranked them as one of the topmost tours in India.

What sets these rickshaws apart is that they are eco-friendly, safe, comfortable and knowledgeably conducted. Taking advantage of their excellent performance have been the likes of National and International dignitaries including the French Ambassador to India, American Ambassador, guests from international organizations like the UN, W.H.O., U.N.E.S.C.O., World Bank, U.N.D.P., Bill Gates Foundation, Microsoft, Google, U.N., Universities and Schools etc.

Truly different

As the tour is conducted on rickshaws, they can cover a wider area than a walking tour.

These tours of Old Delhi are organised on luxury Rickshaws which have been specially designed to provide comfort and ensure the safety of the guests. These Rickshaws are mechan-

ically very sound and built on double frames for strength and sturdiness. They have cushioned seats, seat belts, chillers with complimentary drinks, pedestals to step on and off, collapsible canopy for a better view of the surroundings, first aid box, bottle holders etc. They are sanitized before and after each tour.

While jumping into an ordinary rickshaw to explore the Old Quarter has been an old city tradition, what you will really love is this deeply engaging, guided tour on eco-friendly rickshaws, manned by smart young drivers

Taking off

When the guests gather together at the designated meeting point for the beginning of the tour a quick orientation is provided by the expert guide about the history of the seven cities of Delhi, Old Delhi, Emperors and dynasties, Mutiny of 1857, British Empire, India's independence, Red Fort, Indian religions etc. To visualize the beauty of the bygone days, the trained guide will give an accurate description of the sights, along with rare then-and-now photos and sketches.

Guests are provided wireless audio headsets which enable them to clearly listen to the live commentary given by the guide. Although the guests and guide will be on different rickshaws, these wireless headsets ensure that the guests are constantly in touch with the guide and do not miss out on any important and interesting information shared by the guide. These headsets also enhance safety in the crowded parts of the city.

All the staff is fully vaccinated. The passionate Guides act as ambassadors of Old Delhi. They are professionally qualified with excellent command over the English language and have diverse work. Their Rickshaw Drivers are well trained and well-groomed with uniforms and ID cards. Guests are free to interact with the guide and ask him any questions they have. At the end of the tour, the guide also coordinates with the drivers of the guests to safely hand them over.

To make the experience even more holistic, a book which has been specially drafted with the help of experts in the field of Indian history, is given to each guest.

Once you are seated comfortably and suitably belted up and equipped with your wireless headsets, the tour sets off on a ride of a lifetime through the narrow by-lanes, the vibrant bazaars lined with colorful shops. Many photo ops moments pop up amongst the glitter of shops selling wedding accessories,

brocades, bangles, jewelry, bridal outfits, turbans, crystal boxes etc.

You then travel through some quiet parts of the Old Quarter, winding your way through lanes leading to the residential areas to understand the culture, lifestyle and the living traditions of the old Delhi residents. Unmissable here are the architectural riches such as intricately carved stone facades, generous courtyards, lattice screens, ornate doors and windows of the Havelis which were built by wealthy merchants, nobles or members of the royal families. Some of these Havelis are still privately owned and used for residential purposes, others are being used commercially by local craftsmen and showrooms. You'll also get to see the men and women, dressed in traditional clothing going about their daily routines in these quiet spaces.

Old Delhi is a maze and there are many beautiful ancient temples mysteriously hidden in its different corners. You will get to visit some of these temples, some of which feature opulent entrances, minutely carved walls, pillars, ceil-

ings inlaid with gold, silver and glass. A highlight too are the beautifully adorned deities in these shrines. The guide will also talk to you about the rituals and practices followed by various religions. Included in the tour are the iconic Jama Masjid, Digamber Jain Temple along with Birds' Hospital and the historical Sis Ganj Gurudwara.

The tour of Khari Baoli, Asia's biggest wholesale spice market is pure delight for its atmospheric and vibrant ambience. As you soak in the aromas and sights of exotic spices and flowers you are provided with an overview of the Indian cuisines, spices, their therapeutic uses and cosmetic benefits.

Sampling the street food that Old Delhi is famed for worldwide is one of the best parts of this tour. From jalebis to samosas to pooris and kachoris... take that wonderful dive into Chandni Chowk's ancient culinary heritage.

The tour route is thoroughly planned and is a perfect potpourri of palaces, mansions, shrines and bazaars. Furthermore, the routes can be customized based on the interests of the guests. ■



Some Tour Options

Shah Jahan Tour (Group Tour): An extensive 3- hour group tour of Old Delhi which starts at 9:00 am every morning (except Sundays) and covers 20 main sites that includes palaces, mansions, elegant shrines and colorful bazaars.

Mumtaz Mahal Tour (Private Tour): A 3- hour private hour tour of Old Delhi which includes a mix of the attractions included in Shah Jahan Tour and some sites which are a part of our 'Hidden Gems Tour'.

Jahanara Tour (Private Tour): A great tour for people, who have limited time but would still like to get a feel of Old Delhi.

Food Tour (Private Tour): The tour of Old Delhi takes you inside some of those eateries which are popular among both the locals and the tourists.

Tour for Kids (Private): An activity-based tour for your whole family with a captivating route that can be customized based on your interests and the age group of the kids

Hidden Gems (Private): Some offbeat and awe-inspiring places which are hidden behind the hustle bustle and modern structures of Old Delhi

Spices & Scents Tour (Private): The tour takes you to the heart of the old city an Asia's largest Spice Market, called Khari Baoli; you also visit and some fascinating perfume shops

Shopping Tour (Private): Old Delhi has some of the grandest, oldest yet extremely cost effective traditional local markets in India.

FASHION: *A Lifestyle Choice*

A silent language of communication, connectivity and individuality



By *Dr. Kiran Kapoor*

Fashion pertains to the most popular style which is accepted by many people in a particular location at a specific period of time. It portrays our personality and is a form of non-verbal communication. Fashion is one of the most powerful tools for self-expression. It conveys the attitude, feelings, values, and the aesthetic with which attire is selected and says a lot about the wearer.

Style in the context of fashion is about the unique way in which an

individual selects clothes, accessories, a hairstyle, and makeup to convey the distinctive look.

Additionally, style also refers to the mode of a dress. The silhouettes of a dress, patterns, colour, texture and other details of a dress all convey the style of the dress. The selection of the attire will visually convey to the world, the wearers ‘personal style’. It reflects the social class of a person. It evokes uniqueness. When we say she has a style, it refers to the technique which shows fashionable grace, elegance and beauty.

Lifestyle of a person, on the other

hand, encompasses their entire way of life. It not only includes fashion but also a person’s or a group’s interests, habits, values, behaviour and culture. In the broader sense, lifestyle is a person’s chosen way of living that represents his viewpoint and manner of life; it reflects a person’s daily routines, the society in which he/she lives and how they spend leisure time. It also suggests how they want people to see them. Their financial power is represented by their personal style and manner of living.

The marriage of fashion and lifestyle is very fascinating. Fashionistas, or

devotees of fashion, elevate their class through their outfits. Some look radiant and lovely in their sedate appearance while others express their vibrancy and glamour through more colourful and versatile apparel.

Through the powerful media of fashion, we can communicate our personality, tastes and mood. Our fashion choices will have a deep impact on how we think about ourselves, what impression we want others to have about us and consequently the way people interact with us.

Wearing bold vibrant colours indicates that the person is an extrovert and confident. On the other hand, a person in classic and traditional attire will be an introvert and will conform to the society in which he/she lives.

A creative person will also reflect creativity in the way he dresses. Great care and planning go into the choice of accessories, hairdo, makeup, colours, textures, what to wear and when to wear—to enhance that individual flair in their appearance. This distinguishes them from others, thereby satisfying their need of creativity through adornment.

This is how the two social tendencies—Individuality and Conformity, are reflected more prominently in attire. Some people have a strong desire to be exclusive and stand apart in a group. They are unique, daring, bold and distinct. They reject certain styles in fashion with which they cannot connect or which are not suited to their outlook of individuality. They prefer to ditch wearing the styles of garments, jewellery and hairdo just because everyone is wearing them. They may express their personal style by wearing



funky clothes and accessories or engage in some kind of radical piercing—like encasing the eyebrows.

On the other hand, some people adhere to the norms or what the society expects them to do. They wear the clothing styles accepted by their family, group or community. They don't want to be an odd one out. They feel secure and have a sense of belonging to the society. Conformity gives a sense of identification. A regional dress can be a way to identify that the wearer belongs to a particular region, community or nationality. For example, wearing a saree in a foreign land can identify the wearer as an Indian.

Conformity also gives psychological shelter. One does not feel awkward as the individual conforms to the norms of dress and behaviour of a peer group or society. They do not fear rejection and acceptance is one of the important goals of their life.

Choosing clothing according to their personality also enhances their self-esteem. They will feel comfortable and happy. This positive self-image can genuinely enhance one's quality of life and will lead to new experi-

ences, self-discovery and cherished moments.

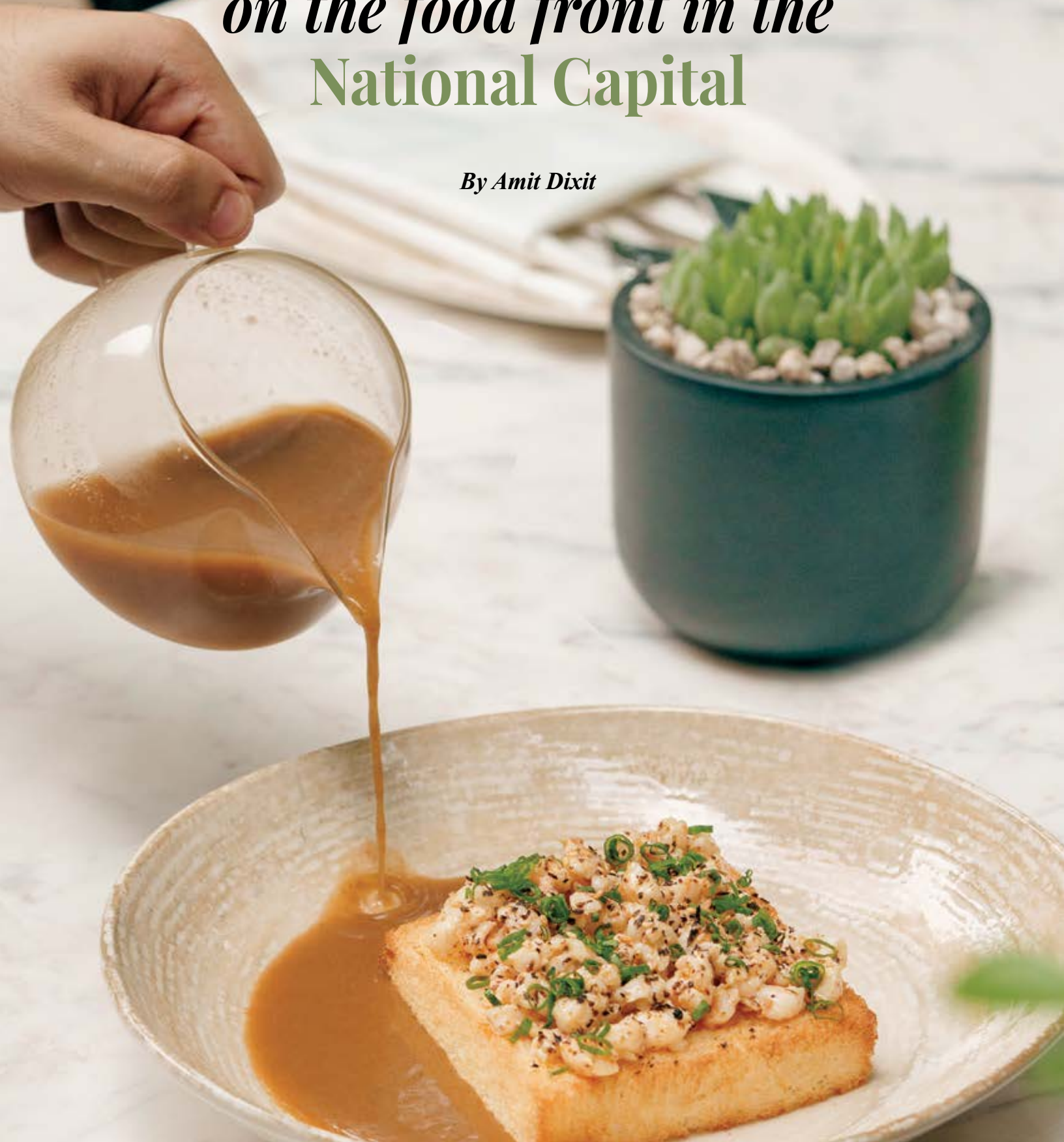
'The Nouveau rich' or 'new rich' are those who have acquired wealth recently. They have a tendency to show off by conspicuous consumption and will spend a lot of money on branded clothing regardless of their quality or their use. They will wear more jewellery to attract attention of others. They will indulge in luxury fashion, expensive accessories or cars to gain status and reputation in society. This tendency is considered in poor taste and open to derogatory treatment. It shows that though they have become suddenly wealthy they don't have much class and little discernment on how to use that wealth to look appealing.

It can be said that fashion and lifestyle go hand in hand. They are influential domains of the society. However, there are no universal rules. Their interplay resonates individualism and lifetime choices which remains an integral part of human existence. ■

Dr Kiran Kapoor is an author of the book "Expressions Of The Soul, Folk Dances of Rajasthan- Costumes, Culture and Traditions"

What's hot and happening *on the food front in the* National Capital

By Amit Dixit





NOE, Chanakyapuri

Nestled inside the heritage Hotel Diplomat, this fine-dining restaurant will blow you away with its elevated offerings. Named after the Hebrew word for peace and tranquillity, NOE is brought to you by the same team which is behind creative brands such as Perch Wine & Coffee Bar and Hoots.

The plant-forward menu, centred around the concept of ‘elevated comfort food’ has been conceptualised by Chef Dhruv Nijhawan, who is renowned for his ingenious cooking techniques and for reviving rare, authentic ingredients. Bringing his passion to NOE, Chef Dhruv introduces a distinctive menu evoking nostalgia and inspiring innovation. The kitchen at NOE has re-invented handpicked traditional comfort dishes from world cuisines using lesser-known ingredient pairings and creative cooking techniques. Using high-quality produce, each dish at NOE encapsulates a rich tapestry of flavours and the ingredients’ culinary heritage. Over 20 cooking methods have been used and there’s a distinct focus on artistic plating.

Complementing the experience is the creative highball cocktail programme served at NOE’s bar. Managed by Hoots, recently awarded as one of Asia’s Top 50 Bars, the highball

bar concept emphasises refreshing, perfectly balanced cocktails created with premium spirits and house-made mixers, showcasing creativity and craftsmanship.

Standout dishes include Onigiri & Rasam (jasmine rice onigiri with a light rasam sauce finished with celery dust and furikake peashoot), Cabbage & Tofu (twice-baked cabbage with fermented ginger, garlic, onion chutney and silken tofu puree, topped with spiced pistachio crumble) and Prawn & Black Garlic (prawns in noisette butter, slow-roasted and served with black garlic mayu and marinated kundru—the kundru will certainly come as an interesting surprise to diners), and Gnocchi & Poi (homestyle traditional potato gnocchi in a cacio e pepe-style sauce accompanied with Malabar poi and Korean chilli oil).

They also run a speakeasy—921 (named after the house number and area pincode)—on the same premises, where there is an independent cocktail programme which focuses on seasonal ingredients like bael, mango and seabuckthorn. And there are interesting bar snacks to accompany an evening of merry-making.

NOE, Hotel Diplomat, 9, Sardar Patel Marg, Diplomatic Enclave, Chanakyapuri, New Delhi 110021



The Mission Bay, Malviya Nagar

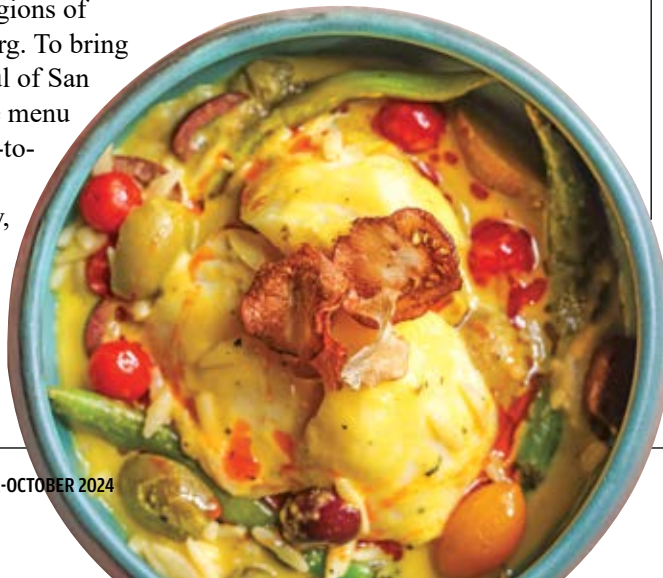
The culinary landscape of New Delhi has been transformed with the opening of The Mission Bay, a new restaurant offering an authentic taste of the cuisine of San Francisco. Located at the Eldeco Centre in Malviya Nagar, this is a first of its kind for Delhi. The chic, high-energy restaurant and bar, born from a three-year journey of meticulous planning and passion, is the brainchild of Puja Sahu, a seasoned entrepreneur, restaurateur and the visionary founder behind the beloved The Potbelly Bihari Kitchen. She has been dividing her time between India and San Francisco to be with her Silicon Valley-based husband.

The idea behind the unique dining experience of The Mission Bay is an inspiration from her extensive travel and dining experiences across San Francisco and its neighbouring regions of Napa, Sonoma and Healdsburg. To bring together the multicultural soul of San Francisco under one roof, the menu has been curated with a farm-to-table philosophy. It features influences from Mexico, Italy, the Mediterranean, Japan, and Korea, all crafted using the freshest ingredients, staying true to California's culinary ethos. The food has

been curated by Head Chef Adam Timney, Sous Chef Dustin Vorkoeper, while West Bev Consulting has curated the bar programme.

Standout dishes include Hamachi Crudo (a pristine small plate that's a reflection of San Francisco's Italian heritage), Brined Pork Chops (a favourite at the iconic Foreign Cinema), Parmesan Sformato (a take on Delfina's Sformato, a pleasantly pungent savoury cheese custard balanced with an accompaniment of roasted and pickled bell peppers), and Butternut Squash (squash roasted and then pan-seared in apple cider gastrique, uplifted with chimichurri and aged feta, highlighting the freshness of locally-sourced organic produce).

The Mission Bay, G7F-G8F, Eldeco Centre, Metro Station, next to Malviya Nagar Block A, Shivalik Colony, Malviya Nagar, New Delhi 110017



PCO, Vasant Vihar

PCO or Pass Code Only, India's first speakeasy, is celebrating 12 years with a complete makeover and a brand-new cocktail menu. At the heart of the transformation is 'The Forbidden', an intriguing cocktail menu featuring 12 signature cocktails inspired by the secrecy of speakeasies and crafted with unconventional, 'forbidden' ingredients. The newly revamped space complements this theme, creating a nostalgic yet modern atmosphere—with some added features.

PCO has evolved from a quest to craft the perfect drink into an award-winning establishment (Asia's 50 Best Bars 2023, World's 50 Best Discovery, and many others) dedicated to creating exceptional cocktails and fostering a vibrant community. Celebrating over a decade of revolutionising cocktail culture in India, it presents its bold new identity, reimagining the cocktail experience in Delhi. Each cocktail on 'The Forbidden' menu is accompanied by captions about its 'prohibited ingredient,' adding intrigue to every sip. From the seemingly innocent coconut to the misunderstood MSG, each cocktail serves up a story and creates a unique and memorable experience.

The iconic speakeasy's newly revamped interiors span three floors and include a cocktail den, a lab for experimenting with new techniques, and a refurbished Director's Room with an interactive Omakase space. Each room has a unique design, from tartan checks in the Cigar Room to brass lighting in the



basement. The decor incorporates elements from the new cocktail menu, with paintings of the menu scroll integrated into interactive mirror frames, wall decor, and graphics that subtly showcase the forbidden ingredients.

PCO 2.0 offers patrons a glimpse into the bar's innovative techniques and creative process. Highlights from 'The Forbidden' include:

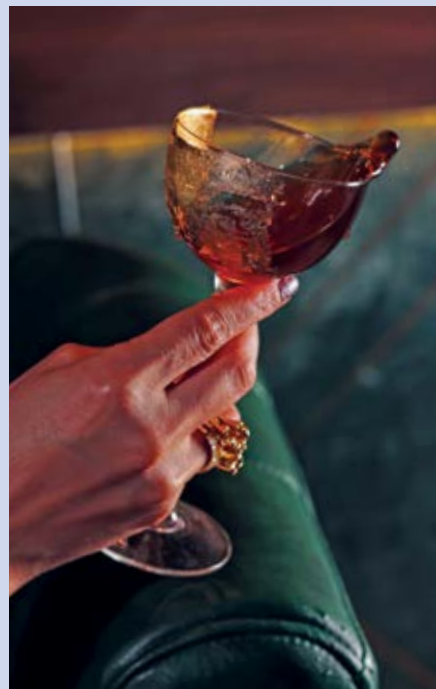
Not for Check-In: While most fruits can be carried on planes, a surprising exception is the coconut, as it has high amounts of oil, and is highly flammable.

- "Forbidden" Ingredient: Coconut
- Ingredients: Gin, strawberry pectin washed, desiccated coconut syrup, super lime juice, kaffir lime distillate
- Flavour Notes: Tropical, bold, sweet-sour
- ABV: 20%

Bad Reputation: A common misconception is that MSG causes headaches

and other discomforts, even though the FDA recognizes it as safe. As a result, MSG is often avoided despite its savoury umami flavours.

- "Taboo" Ingredient: MSG
- Ingredients: Pistola joven, clear



tomato juice, celery distillate, porcini distillate, MSG, citric acid, strawberry hydrosol

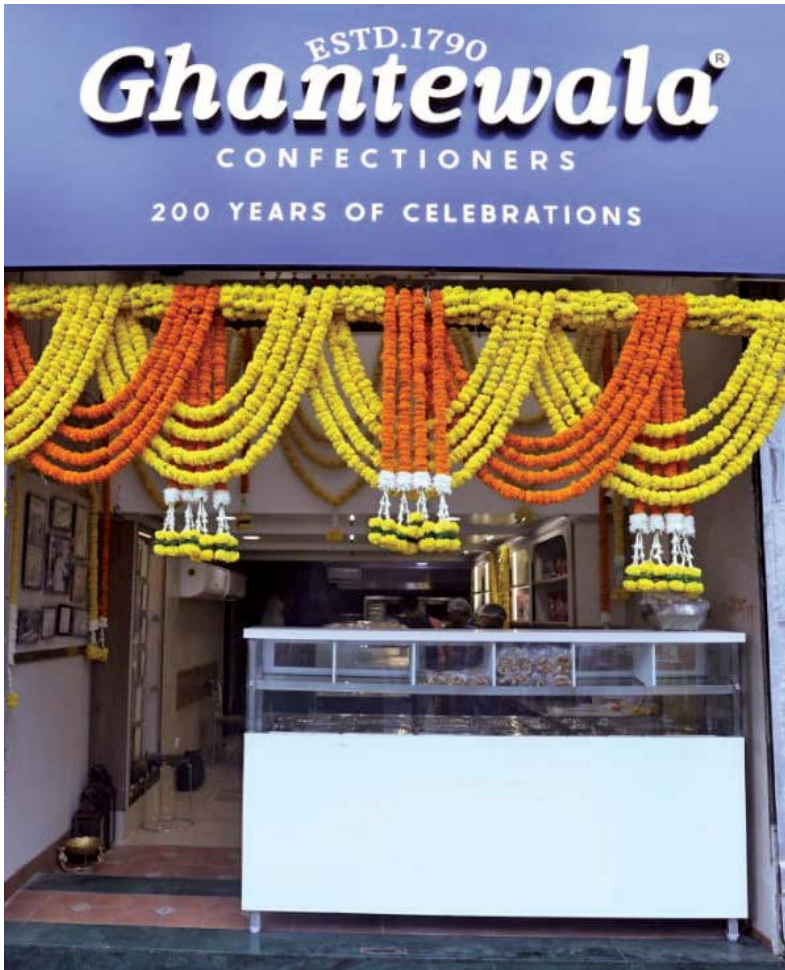
- Flavour Notes: high-ball style umami cocktail
- ABV: 17.14%

Zero ABV cocktails to look out for include:

School Rules: In 2011, the French government banned the use of Ketchup in schools across France as kids were becoming too dependent on ketchup as a flavour, and also to preserve the sanctity of French culture. Notably, however, they did still allow ketchup to be consumed with French Fries.

- "Forbidden" Ingredient: Ketchup
- Ingredients: Camomile, Passion Fruit, Coconut, Ketchup, Lime, Carbonation
- Flavour Notes: tropical, fruity, fizzy

PCO, D-4, D, Block Market, Vasant Vihar, New Delhi, Delhi 110057



Ghantewala, Chandni Chowk

The centuries-old legendary outlet, Ghantewala has reopened its door for customers after a long hiatus. Though the outlet was not operational since 2015, the nostalgia and love for Ghantewala has always been alive among its patrons. This finally motivated father-son duo Sushant Jain and Aryan Jain to revive the brand and bring Ghantewala back to the people. The completely newly designed outlet in Chandni Chowk is ready to woo customers back with its popular delicacies that were once a favourite among Dilliwalas as well as visitors from across the globe.

Established in 1790 by Lala Sukh Lal Jain, the iconic outlet was more of an emotion for people of yesteryears. The mission of Ghantewala in its new avatar is to modernize techniques while keeping in touch with the roots of the business. The new outlet balances tradition and innovation and aims to concentrate on the authenticity of the taste and traditions of the brand while continuously adopting innovation and technology as one of the key aspects of the business.

Burma Burma, Saket, Gurgaon and Noida

The uber-popular vegetarian restaurant is celebrating 10 years with a special menu available till the end of September which consists of dishes that have never been served at Burma Burma before. The dishes come from all across Burma, representing the best of soups, salads, street eats as well as fine dining. Highlights of 'The 10 Year Trail' include Tar La Baw (fermented & sun-dried bamboo broth), Siman Thoke (chickpea tofu shreds & raw papaya salad), Steamed Rice Tofu Salad (steamed rice tofu tossed with coriander and shallot oil, crispy garlic and fresh herbs, with a zing of chilli), Highway Meal Parcel (a common Burmese meal and the country's version of the Indonesian Nasi Goreng, the Burma Burma version



Ghantewala has always been known for signature delicacies like Sohan Halwa, Karachi Halwa, Aloo Laccha, Mysore Pak, Dalmoth, Pista Lauj, Roasted and Plain Kaju, Roasted and Plain Badaam, Shahi Mixture and more. The brand is ensuring the use of natural ingredients in their recipes by using lab-tested products. Also, as always, the brand will continue to use desi ghee for all their preparations. Now that's the only excuse you need to make the trip to Old Delhi.

Ghantewala, M64H+CXC, Maliwara Tiraha Bazar, Katra Shah N Shah, Chandni Chowk, New Delhi, Delhi, 110006



consists of steamed rice, mock meat and potato curry, radish pickle, cucumbers, mint and shallot salad, and mushroom chips) and the Split Gill Mushroom Fried Rice (made with a special mushroom imported from Burma). The sumptuous desserts are meals in themselves, and the cheesecake comes especially recommended. This is one food festival you should not miss, particularly if you're a vegetarian.

Select CityWalk Mall, Saket, District Centre, S-25, Second Floor, A 3, New Delhi, Delhi 110017

Tower C, DLF Cyber Hub, Shop No - 6 Ground Floor, DLF Cyber City, DLF Phase 3, Gurugram, Haryana 122002

DLF Mall Of India, Pocket L, Sector 18, Noida, Uttar Pradesh

RAAG, Rajouri Garden

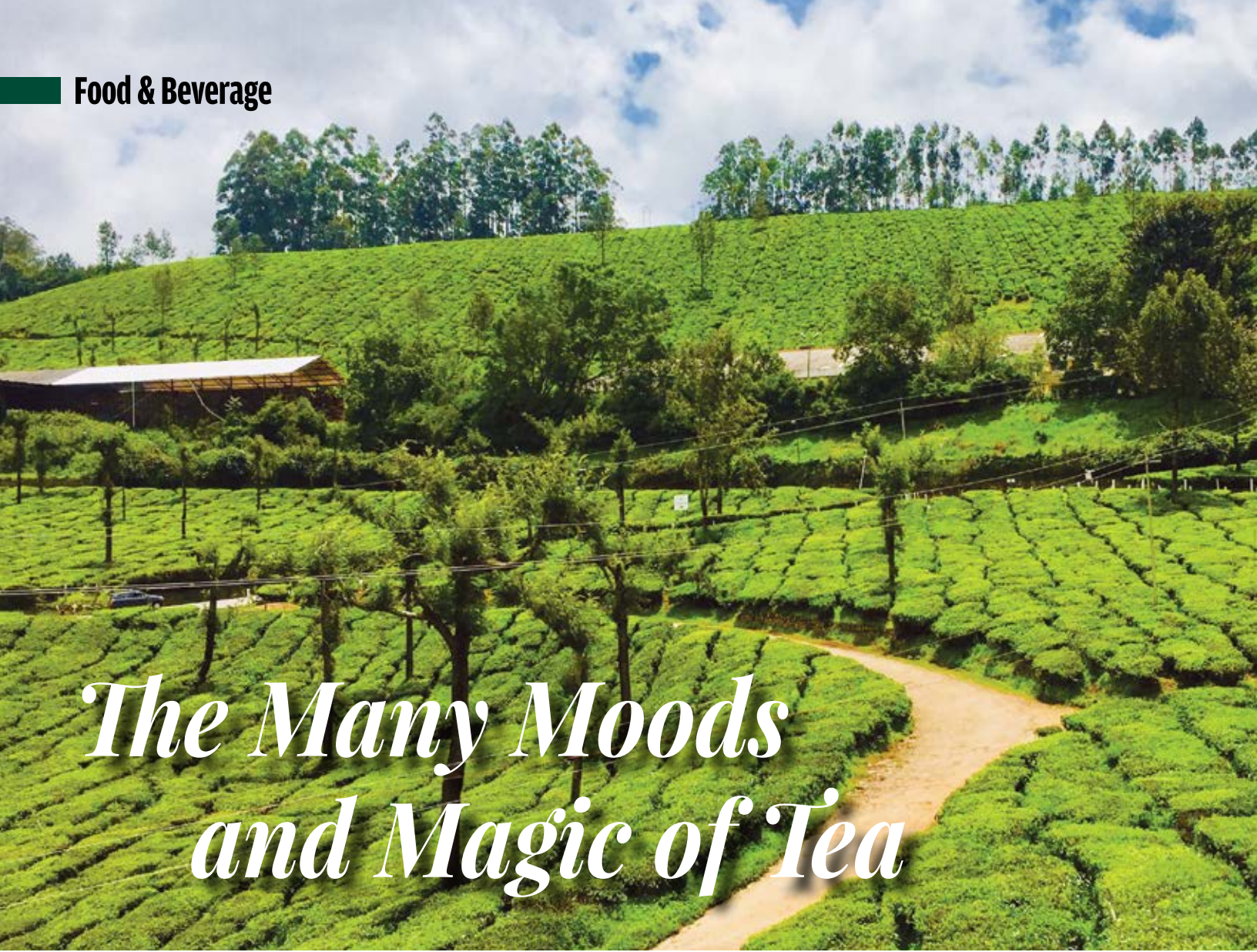
RAAG is a captivating new pan-Indian restaurant in the heart of Rajouri Garden. It invites guests on a culinary journey across India with its slow-cooked dishes prepared using age-old techniques. From the North and East to the South of the country, the menu features must-try specialities such as Ek Taar ki Nihari, Kaladi Bharwan Gucchi and Kosha Mangsho, a traditional dish from Naani's cookbook. Additional highlights include Salmon Dill Tikka, North Parida Biryani, Kakori, Mutton Sukka, Palak Burrata and Butter Chicken. Complementing these meticulously crafted dishes is a diverse cocktail menu showcasing regional ingredients and spices thoughtfully paired with the restaurant's culinary offerings. The menu offers specially curated signature cocktails, such as the Nawabi Sour which is a popular choice among guests.



A unique dining experience is created by RAAG through the flawless fusion of food, music and art. The restaurant, which draws inspiration from India's rich cultural legacy, has a lively interior design with wallpaper designed by Sabyasachi and an inviting atmosphere enhanced by Indian music, which includes the calming sounds of the sitar. This thoughtful combination of exquisite cuisine, artistic decor and evocative music ensures that every visit to RAAG is a delightful and culturally enriching experience.

RAAG—The Pan-Indian Kitchen, R Cube Monad Mall, Shivaji Place, Vishal Enclave, Rajouri Garden, Delhi 110027

Amit Dixit is a self-confessed foodie and travel junkie who is always looking for the next great meal or exciting holiday destination. He was previously Editor, Outlook Traveller.



The Many Moods and Magic of Tea

Have you ever wondered what makes India run? Here is a hint— it is one of the oldest beverages in the world, a staple found in millions of kitchens around the world and in India and billions of cups of it are enjoyed every minute and guess what? It is the second most consumed beverage in the world after water.

You may have guessed it by now, it is tea, commonly known as Chai in India.

A brief history of the origins of tea

Did you know tea is one of the oldest beverages in the world? It was discovered in China around 5000 years ago by accident. According to Chinese legend,

while Emperor Shennong was resting under a tree, next to him there was a pot of water which was being boiled for him; a few leaves from the tree fell into the pot and so, when he drank the water, he was pleasantly surprised by its flavour; he also noted that the water had changed its colour. Little did he know that he had just invented the first cup of tea and the world's favourite beverage.

History of Indian tea

There are many versions of the origins of tea in India. The story which has been documented by Tea Board of India states that Robert Bruce, a botanist was sent to China to learn about tea, but it being a fiercely guarded secret, the only way out for him was to smuggle a few tea

seeds out; these were first planted in the Botanical Gardens in Calcutta. The Chinese seeds were later sent to Darjeeling, Kangra and Sikkim.

History also has it the Singpho and the Khamti tribes in Assam were consuming tea since the 12th century. Commercial production of tea did not begin until the arrival of the British East India Company, which converted large tracts of land for planting tea.

The first tea estate was established in 1840 in Chabua in Upper Assam by The Assam Tea Company and it was the first to start commercial production of tea. By the 1850's the tea industry had expanded, consuming vast tracts of land for tea plantations.

Today, India is the largest producer of black tea in the world and the second



largest producer of tea after China.

Varieties of tea manufactured in India

There are several varieties of tea sourced from the tea growing regions of the country. However, there are four basic types of tea —White Tea, Oolong Tea, Black Tea and Green Tea. By now you will be utterly confused wondering if these are different types of tea bushes from which we get these teas. The answer is ‘No’! All varieties of tea are made from a single plant called the *Camellia sinensis*, the only difference between these teas is the manufacturing process.

How to choose the right tea

Traditionally tea is plucked by hand by



the labour. As it's a delicate process it is largely done by women, The process of oxidation starts the moment it is plucked from the tea bush. What matters most is the oxidation arrested or controlled which determines what kind of tea is manufactured.

White Tea is one of the several styles of tea; it is usually made from young tea leaves and is minimally processed and is dried under expert care. When you brew white tea, the liquor should be pale yellow and the taste is lighter than green and black tea. It also has the highest number of antioxidants which is attributed to the least oxidation.

Oolong Tea is yet another style of the; it is a semi oxidised tea and is between a black tea and green tea. It is produced through a process that includes withering the leaves under strong sunlight and allowing some oxidation

All varieties of tea are made from a single plant called the *Camellia sinensis*, the only difference between these teas is the manufacturing process

to occur before curling and twisting the leaf. This tea has a lot of flavour, which ranges from sweet and fruity to honey-like and woody aromas or even green at times; it is known for its complex aromas.

Black tea is the most popular tea; it is oxidised and has a different flavour depending up on the region where it is from. Assam teas are robust and have a nice malty flavour. Darjeeling black tea, depending upon the season, has delicate flavours. The most common type of black tea is the CTC (Cut Tear Curl) style and Orthodox tea which is whole leaf.

Green tea is by far one of the most popular teas; oxidation is arrested so that the leaf retains its original colour. The best way to evaluate whether the green tea is good is to check the brewed leaf; the colour of the brewed leaf should be green and similar to its natural state. The trick to identify a good green tea is that it should have no bitterness.

So, the next time you step out to buy tea from a specialty shop, do ask some questions on the region, season of harvest. If you are looking for an authentic tea experience you can buy tea from our online tea store www.teacupsfull.com if you have any questions on tea you can drop us an email at dpuri@teacupsfull.com and we will try and answer your queries. ■

GLOWGETTERS GO FESTIVE WITH A RADIANT

Skin

With the wedding and festival season advancing fast upon us, it's time to ditch the sketchy workday self-care routines for a more leisurely beauty and grooming agenda to put you in a celebratory mood.

As we lean more and more towards sustainable lifestyle choices, aromatherapy offers a fantastic range of natural beauty products and solutions to have us all aglow for this festive season.

India's pioneering aromatherapy diva and skincare expert Dr Blossom Kochhar, who has straddled the burgeoning expanses of the beauty industry and aromatherapy for over four decades, has launched her super new book on skin care. 'The Glow Getters Guide to Everyday Skincare' will resonate beautifully with all of us whose earliest experiences with beauty aids came from the kitchen shelves and grandma's nuskhas.

Blossom's new book, the fifth in the series she has brought out, invites us to discover the fusion of Indian traditions and modern skincare for effortless, radiant beauty. If you are looking to achieve glowing, healthy skin through authentic, nature-based techniques, dive deep into this amazing handbook book which goes way beyond conventional beauty advice with its practical tips rooted in age-old Indian wisdom, fused with





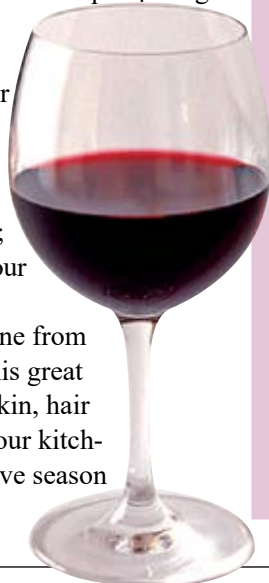
today’s advancements in skincare.

As Blossom shares: “This book is my ode to our rich Indian heritage and its natural skincare secrets. Through simple yet effective practices and easily accessible ingredients, I hope to empower everyone to find their unique glow—naturally and holistically.”

Soul Food for Holistic Self-Care

At the outset, learning to love oneself and investing time in ourselves, is pivotal to self-care. Blossom is of the strong belief, that no matter how busy you are, one can carve out a little time, perhaps once or twice a week or whenever you feel like pampering yourself and indulge in a DIY beauty recipe utilising ingredients from your kitchen shelf, for your skin, hair and body care. But Blossom also points out that caring for skin, hair and body goes beyond mere beauty; it has a significant impact on your health and emotions as well.

Punch up your beauty routine from a fab collection served up in this great handbook of DIY recipes for skin, hair and body care, straight from your kitchen, for going glam for the festive season with confidence. ■



Your Vanity Mantra

Recipes:

OILY SKIN

Apply a mix of plain yoghurt with a bit of salt. Gently massage it on your face before washing it off. It serves as an excellent cleanser.

Alternately, take a teaspoon of aloe vera gel and add two drops of tea tree oil; wash it off with cold water.

Rice powder makes for a great scrub. In two teaspoons of rice powder mix enough yoghurt to make a paste add 2-3 drops of lemon juice to it and work the paste gently into your skin. Leave on for 10 minutes then rinse it off with warm water. Use on alternate days.

Cucumber juice is a great toner. Mix some with rose water and keep it handy in a bottle for frequent use in the day.

A great mask for oily skin is mixing ¼ cup of Multani mitti with some tomato pulp and yoghurt. After application on your face, wash it off after 15-20 minutes with warm water. Twice a week.

DRY SKIN

To a cup of warm milk add a teaspoon of glycerine and 1/4 teaspoon of soda bicarbonate. Stir well to a smooth mixture before applying this cleanser to your face.

A tablespoon of fresh cream mixed with some powdered almonds serves as a nice and gentle scrub. Rinse it off with warm water.

Rose water used twice a day is a great toner for dry skin. Recommended only once a week.

To moisturise, blend 3 drops of sandalwood, 1 tablespoon almond oil and 3 drops of castor oil. After 5 minutes of application, you can remove the excess oil with a tissue.

To a mashed banana add a teaspoon of vegetable oil. If you aren’t allergic to it, mix in a teaspoonful of honey. Keep this nourishing mask on for about 20 minutes before washing it off with warm water. Use once a week to hydrate skin.



Movement for *Life*

Propelling Exercise As a Mantra for the Well-being For All Age Groups

By Dr Richa Mishra

The concept of “well-being” or we can say “being fit and healthy” goes beyond any age group; it rides on a significant component—MOVEMENT. For a generation like today, which is stuck to social media, games, and even online learning, movement has been reduced to the minimal, and in some cases practically non-existent.

However, there is a brighter side that is emerging in this picture with a grow-

ing awareness of movement or participation in some of exercise today, and the benefits have been glorified enough.

No matter— whether it’s the energy of youth, the focused and responsible adults, or the careful life of later years, the truth is that exercise plays a central role in nurturing both mental and physical health. So, let’s first talk about the general aspect of exercise.

Exercise, once largely considered the domain of athletes and sportspersons, is now recognized as essential for people of all generations. To be precise,

exercising regularly each day, if possible, is the most important thing you can implement in your schedule, of course, for the betterment of your health.

In the short term, it indeed helps to boost our mood, control our appetite, and improve sleep patterns. On the other hand, when it comes to long-term benefits, exercise diminishes the risk of heart diseases such as stroke, diabetes, depression, etc. If we are talking about the long-term benefit, that significantly shows the importance of starting some kind of movement of physical activity at an early age.

But why start at an early age? Let me put it in a simple or generic sense.

The Generational Perspective

We all agree that different generations

have diverse perspectives on the significance of fitness and well-being. For the millennials, it can be something that might help them to stay a little bit active. For the younger generation, it is a global trend, including fitness influencers and social media, and there's no doubt that it has spread the idea that "Health is absolutely your significant Wealth". We can call it an evolving modern understanding. Gym culture, fitness applications, and the growth of wellness trends have made fitness a part of daily life for every age.

From the generation who considered exercise as an option to the crowd that has adapted it as a lifestyle, there's a modern shift in mindset that signifies the idea of working out.

It has always been said that exercise or appropriate physical activities should be adopted at an early age. Encouraging movement at an early age, whether via sports, yoga, or regular outdoor activities, can develop cognitive behaviour, coordination, as well as social skills. Let me also mention that regular physical activity during these developmental years can cultivate habits that can go beyond adulthood. It is all about setting the stage for wellness, for a lifetime.

Now that we have talked about the importance of movement in our life, let me shed some light on another most important aspect, i.e. Exercising safely and cautiously!

Prevention is better than Cure

As beneficial as exercise is, it is necessary to approach it with vigilance to avoid injuries, especially at an older age or individuals with health conditions.

Our Certified Trainers at Anytime Fitness suggest proper guidance, warm-up routines, and attentive workouts as these can ensure that your exercise routine remains safe and enjoyable. Nevertheless, regular physical activity or movement is important for preventing and regulating



metabolic problems, including diabetes, hypertension, and obesity. In addition, regular physical activity diminishes the possibilities of getting injured by improving coordination, balance, and flexibility. It prepares our body to withstand the challenges of aging while managing independence and vitality.

Along with this, it is also essential to be consistent. As we all age, sedentary lifestyles can lead to many complications, from joint pains to cardiovascular disease. Regular or consistent exercise keeps our body in motion, maintaining strength, flexibility, and cardiovascular health.

But exercise does more than that—it nurtures our Mind as well. Theoretically speaking, physical activities release endorphins in our body, a natural mood lifter. As a result, it can reduce stress, depression, and anxiety. Furthermore, it enhances cognitive function, improves the quality of our sleep, and promotes a sense of well-being. If we talk about wellness of all ages, it has been proved that regular exercise helps children improve concentration, memory, and eventually their overall academic performance. Meanwhile, adults can develop sharp memory, cognitive skills and even they can reduce the risk of mental health disorders. It's

clear that movement is as much a mental exercise as it is a physical one.

There is no denying that we all do need a sense of relief or a happy mindset in today's competitive world, as every other individual is battling through their own journey. From an entrepreneur, a corporate employee to a homemaker, every individual requires peace of mind.

To conclude, exercise is indeed more than just a regular task, it can be considered as a lifelong commitment to yourself, your body, and your well-being. Across every generation, exercise should remain central, for health as well as happiness.

Every individual should foster a culture of movement. It's about investing, just like a SIP, in your physical health and earning long-term dividends for your mental as well as emotional resilience.

As we, at Anytime Fitness India continue to raise awareness about the importance of staying healthy, fit, and mentally happy, and vigorously promote the objective of a healthier, fitter, and happier society. ■

Dr Richa Mishra is VP operations -Anytime Fitness India

RECIPE CORNER



Dark Chocolate Oatmeal

Ingredients:

- 2 small bananas
- 4 tablespoons oats
- 1 teaspoon honey
- 1 cup milk
- 1 tablespoon cocoa powder

Recipe:

- In a bowl, mash two small bananas.
- Add oats, honey, and add a cup of milk to bind and mix the ingredients well.
- Now add the cocoa powder and make sure to mix it all well!
- Once done, refrigerate it for 4-6 hours.

And it's ready!

Yellow Moong Daal Chat

Ingredients:

- 1 cup boiled yellow moong dal
- 1 chopped tomato
- 1/2 chopped onion
- 2 tablespoons chopped capsicum
- 1/2 teaspoon jeera powder (cumin powder)
- 1/2 lemon
- 2 tablespoons homemade mint and coriander chutney

Recipe:

In a bowl, add all the ingredients one by one. Mix them well and have it fresh!



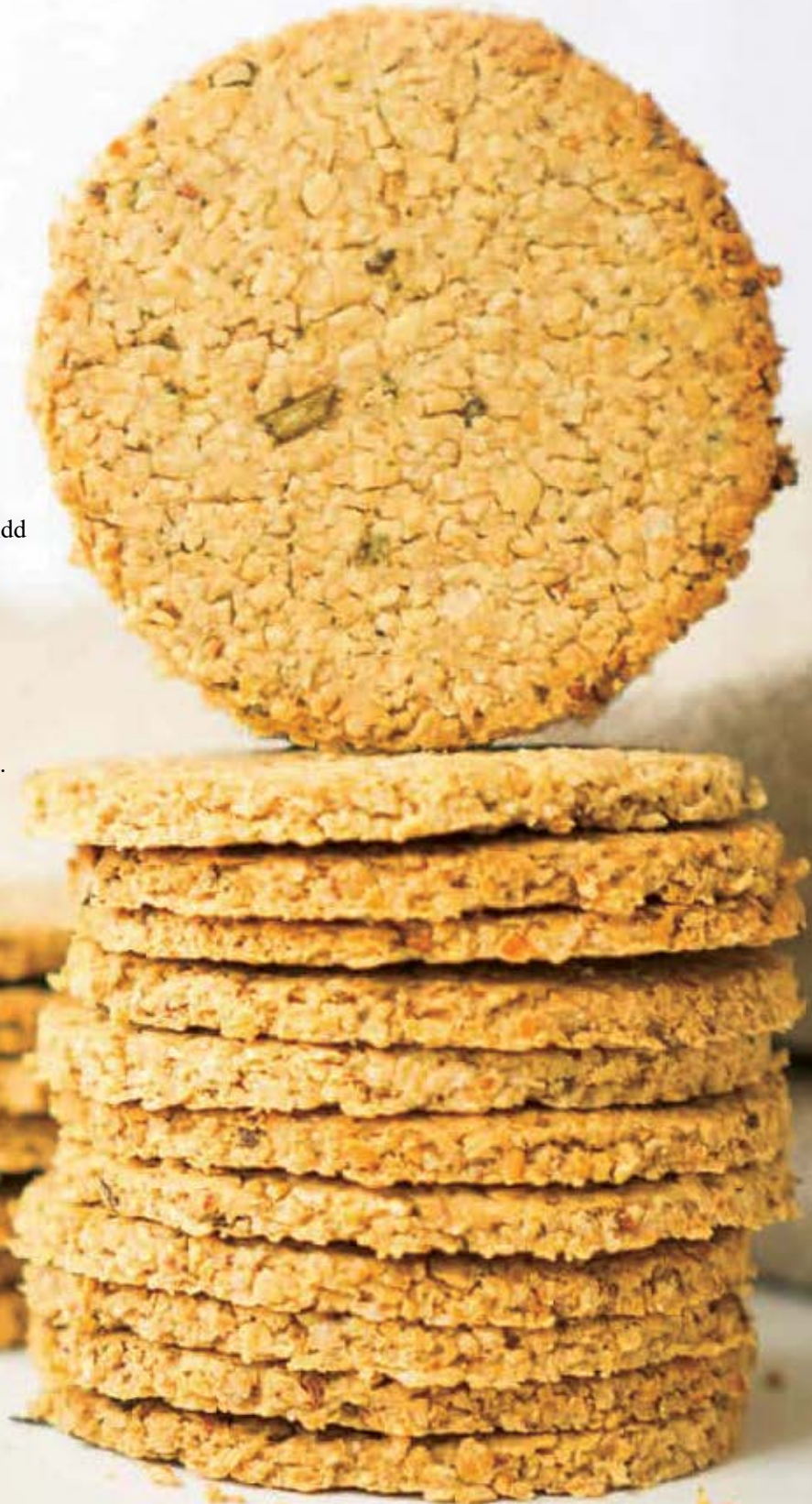
Snacky Oatcakes

Ingredients

- 125 gms oats flour
- 3 teaspoons black sesame seeds
- 2 teaspoons n fennel seeds
- 2 teaspoons cumin seeds
- 3 teaspoons flax seeds
- 3 teaspoons sunflower seeds
- 2 teaspoons butter
- Salt and pepper as per taste

Recipe:

- For the dough, take a bowl. Add the oats flour. Add flax seeds, black sesame seeds, sunflower seeds, fennel seeds, and cumin seeds to it.
- Add black pepper, salt, as per taste, and two teaspoons butter to it.
- Mix well to create a dough.
- Use a butter paper to roll the dough and flatten it.
- Bake it for 10 minutes at 180 degrees.



Stir-Fried Tofu

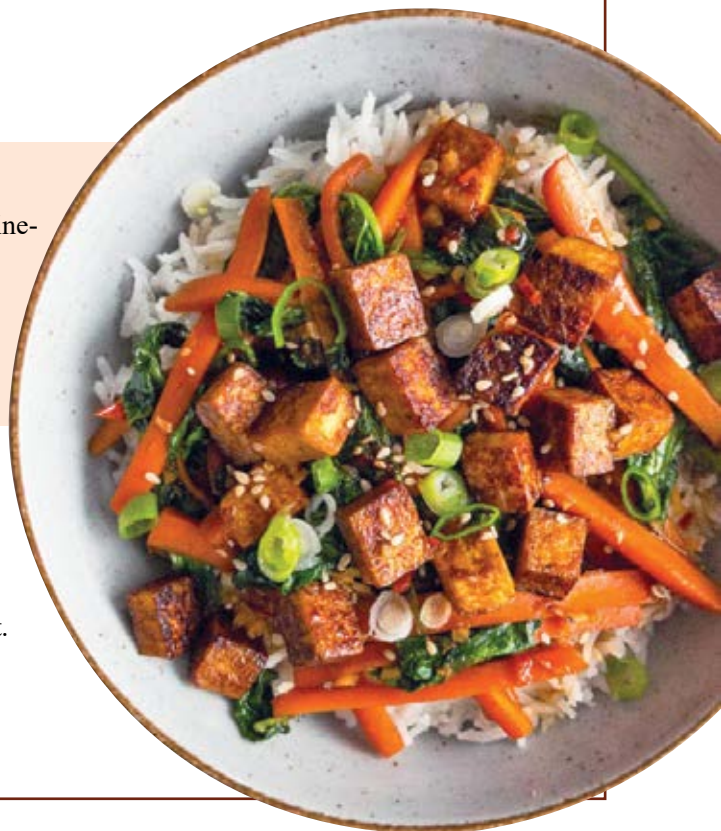
Ingredients:

- 200gms tofu
- some sliced red bell peppers
- 1 sliced onion
- some sliced green capsicum
- 1 teaspoon soy sauce
- 1/2 teaspoon balsamic vinegar/white vinegar
- salt as per taste
- 1/2 tsp black pepper

Recipe:

- In a pan, add 1 teaspoon oil
- Sauté the sliced onions, red bell pepper, and sliced green capsicum.
- Add salt and pepper
- Now add the tofu to it. Add soya sauce and balsamic vinegar to it.
- Let it cook on medium flame for 5-7 minutes.

And have it fresh and hot!



Baked Cauliflower

Ingredients:

- 1 whole cauliflower
- 2 tablespoons curd (yoghurt)
- 1 teaspoon oregano
- 1 teaspoon salt
- 1/2 teaspoon black pepper

Recipe:

- For marinating, take a bowl. Marinate the cauliflower with oregano, black pepper, salt, and curd. Mix it well and keep it aside for 30-40 minutes.
- Preheat the oven for 10 minutes.
- Place the marinated cauliflower in a baking tray.
- Bake for 20 minutes at 180 degrees.

And it's ready!

Recipes by **Roopali Malhotra** -SehatManchh
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The Art of ‘Flexible Designing’ of Restaurants

By Manika Jagdish Pahwa

When it comes to eating out, you would always go for something that you are

craving for—and what better than a restaurant bringing up their top-notch game, to enhance the aesthetics of the food experience, onto their walls!!!

Designing the interior of a restaurant is quite a fascinating job as you get to understand the preferences of its varied clientele.

The people who come in to binge on the food and experience the special vibe of the restaurant are the most important for any designer. For the designer the primary factors taken into consideration when planning the look of the restaurant are the colour psychology, mood lighting, versatile flooring, reliable hardware, auditory design, well-circulated air conditioning, ceilings bringing in the drama with some add-on features, and flexible wall treatments.

In this age of mixing aesthetics and targeting both millennials and Gen Z, ever wondered what the mood lighting of a Sufi club like Khubani does to make you splurge? Or a Big Chill bringing in classic Italian homely atmospherics? Recall the good old vibe of the fiery red cult of Nirula’s, with the buzzer being its iconic feature—or just a-good-to-go McDonald’s with its bright yellow mascot.

Keeping in mind these various examples, it’s easy to see how dim and warm lighting combined with soft furnishings, evoke a cozy, intimate vibe that’s lovely for fine dining. On the other hand, bright, vibrant colors and natural



light can create a lively, energetic setting which is perfect for brunch venues or casual eateries.

Thoughtfully designed interiors transport patrons into a different world, making each visit feel like a curated experience. Everything is well planned to tempt your taste buds. However, in this era, a flexible approach allows for easy adaptability and changes in the restaurant’s interior, catering to the ever-changing needs and preferences and, of course, the attention span of the customers. It is true, that people tend to get bored easily, so investing in a flexible interior design for restaurant owners ensures their space remains relevant and appealing forever.

The elements that are widely used

now are wall panels, which are easy to remove and replace, as they come in variety of forms, colors, textures, look and feel. When it comes to furniture, from plush booths for private dining to communal tables that encourage social interaction, every piece serves both an aesthetic and practical purpose. Ever sat on a bed in a restaurant?

One of the key benefits of a flexible approach to restaurant interiors is that it allows for easy upgrades and modifications to match the aesthetics of the theme. As the trends change and evolve, the restaurant can easily keep up with the latest styles without having to undergo a complete overhaul of the interiors. Interestingly enough, the short attention span of customers and environmental concerns have given rise to themes like DIY for cafes, raw and rustic for farm-to-table, and Bohemian aesthetics, which are now being widely executed not only in coffee shops, and restaurants, but also in the living areas of residences. It’s a trend in Western countries now to bring in a coffee bar with all your supplies sourced from global brands like Hettich and Hafele which offer a wide range of fittings & fixtures to address all for your needs.

The impact of beautifully designed restaurants is so dynamic, it’s not uncommon for interior designers to get references from the most famous eateries from their clients to make their spaces as an inspiration. ■

Manika Jagdish Pahwa, is a seasoned entrepreneur and multi-faceted designer, backed by a successful tenure of running restaurants for a decade—now superannuated to her first love—space styling & interior designing, with her firm Divine Spaces, New Delhi. She chooses designing spaces for the sake of bringing in real joy of functional aesthetics into your homes. Connect with her at manika.divinespaces@gmail.com.

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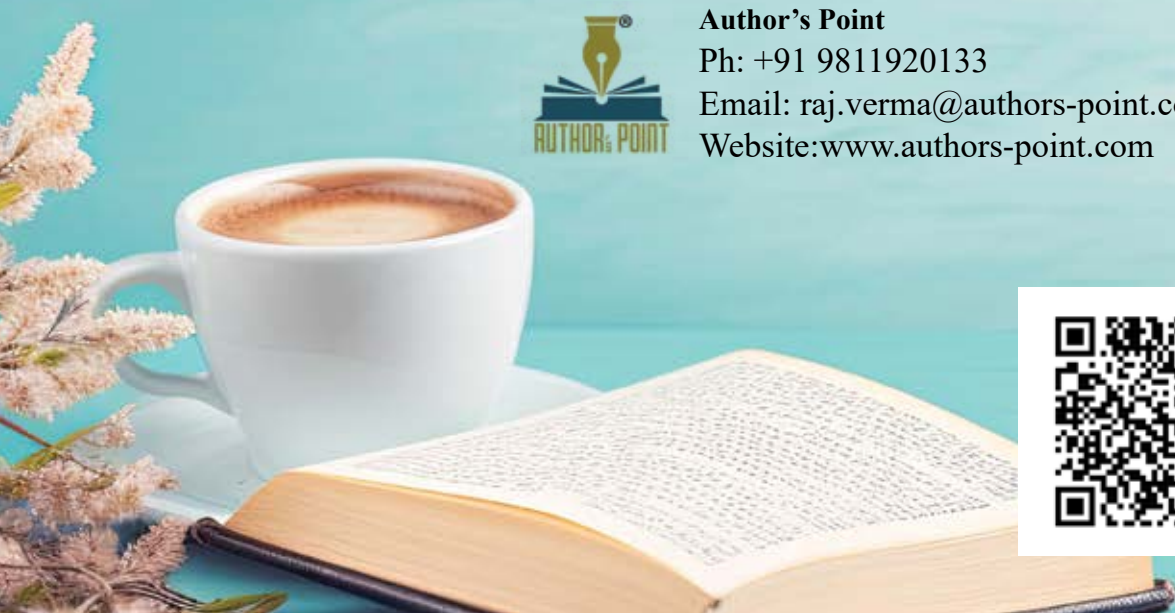
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