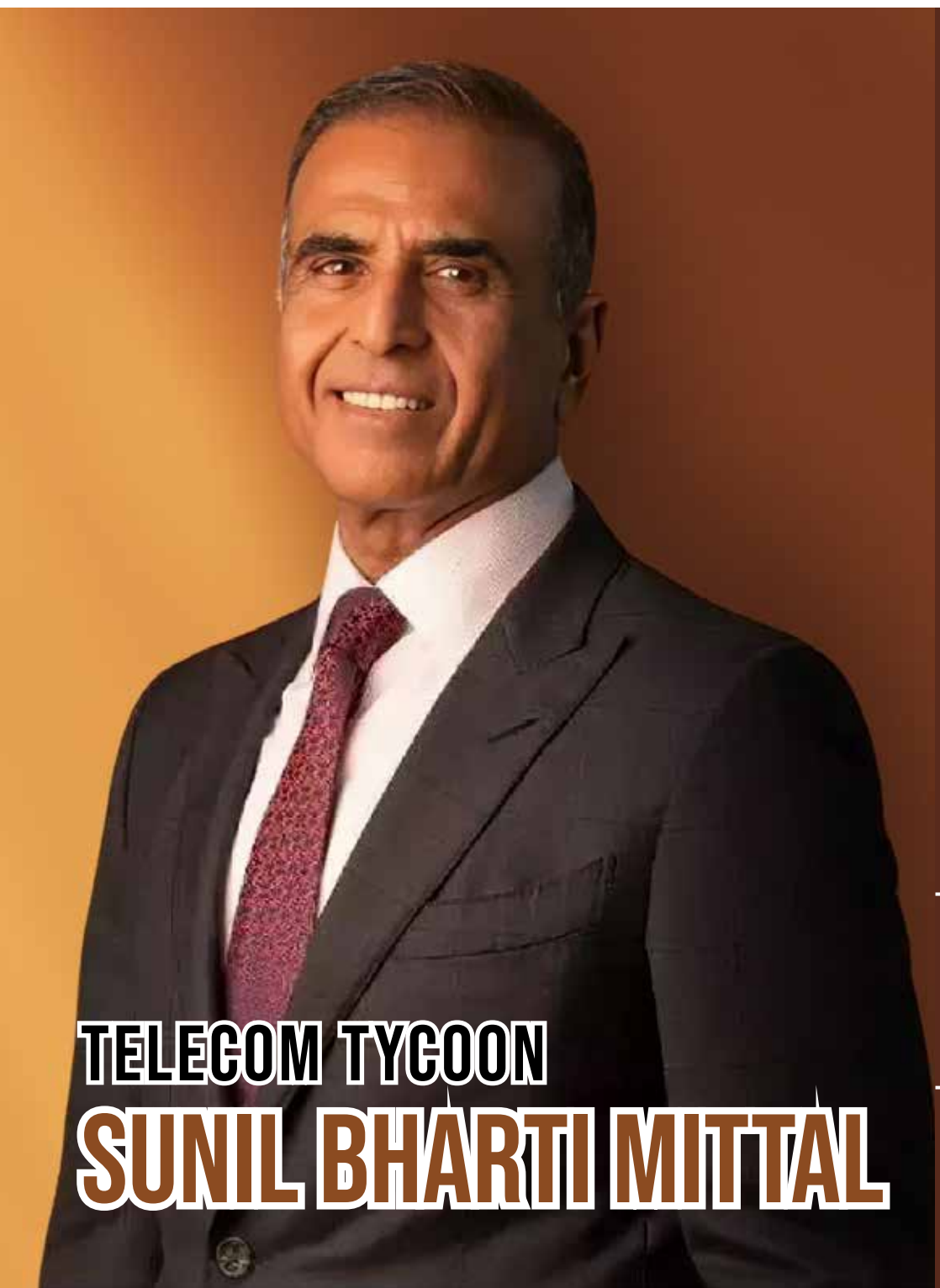
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Editor: Andrea CostaBir

Associate Editor: Nichola Marie

Assistant Editor: Amber Dias

Correspondents: Tsunami Costabir, Paula Dsouza, Hannah Cardozo

Marketing Director: Shivendra Parihar

Graphic Designer: Syed Zaid Inamdar

Business Heads

National, West Zone: Sunil Khavnekar +91 9820303096 Preeta Nair +91 9892746767

North Zone: Ravi Roushon +91 9818198689 **South Zone:** Rekha Kambhoj +91 9845587253

East Zone: Ashim Banik +91 9830056642 **Gujarat:** Madan Menon +91 9898002522

Middle East: Pranali Dhamankar +971 52 909 2360

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Editor's Note



Low-key about his personal life, **Sunil Bharti Mittal** is a high-achieving tycoon in the global business arena, and a large-hearted lion when it comes to helping the less fortunate. Taking innovation to another realm, he has transformed his business empire Bharti Enterprises, while playing a pivotal role in shaping the world's satellite communication. Dubbed a 'once-in-a-generation man', his vision, the ability to boldly plan ahead — and follow through — is at the core of his personality. Our 'Cover Story' is a testament to this telecom giant's innovation and influence.

With Mittal leading the way, we bring you fabulous pieces on even more fabulous people! From world-class tennis game changer **Rohan Bopanna**, to global steel magnate **Lakshmi Mittal**, to Grammy Award-winning rockstar legend **Shankar Mahadevan**, to petite but power-packed actress **Kiara Advani**, to brave 'n' bold singer **Miley Cyrus**, to illustrious couturiers **Abu Jani & Sandeep Khosla**... each one is a true ace. Through their astounding achievements, these **Legends & Achievers** constantly remind us that obstacles mean nothing if you have the determination and desire to be the best.

Inviting you to indulge in the finer things in life, our **Lifestyle** section is an eclectic mix of the good and charmed life. While celebrity fitness hotshot Deanne Panday tells you how to shape up in 'Fitness', 'Food' takes you on a culinary journey that explores the delicious world of boba concoctions. 'Travel' is a coffee adventure in the hills of Tamil Nadu, riding through on a cruiser. And 'Luxe Living' showcases exquisite wines, and crystal barware to give you a luxurious experience.

...Dive into this heady mix of content to live well, to live with purpose, to live joyfully – the 'Society Achievers' way.

- Andrea CostaBir

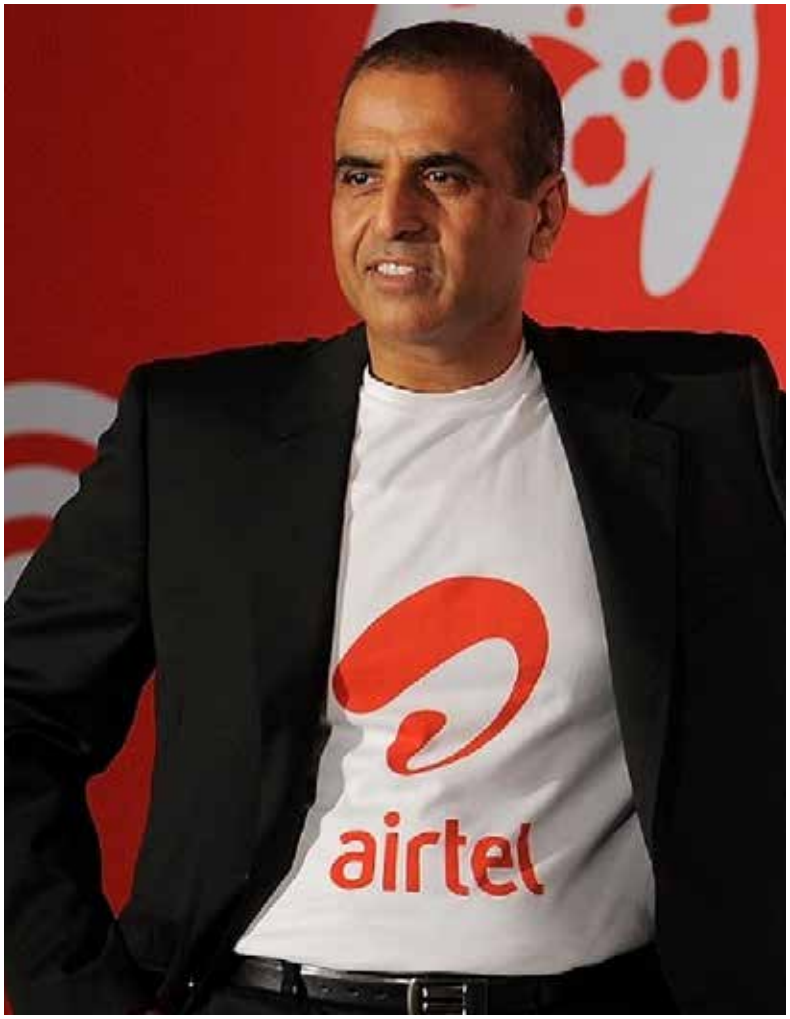
Photograph: Viraj Shirodkar

Sunil Bharti Mittal: Guts & Glory

From starting a bicycle parts business with ₹20,000 at age 18, to worldwide acclaim spearheading technological advancement in satellite communication, telecom tycoon Sunil Bharti Mittal continues to go forth and conquer.

By Nichola Marie

In yet another shining acknowledgment of his stellar contribution, Sunil Bharti Mittal, visionary founder and chairperson of Bharti Enterprises, was awarded Knight Commander of the Most Excellent Order of the British Empire by King Charles III in the United Kingdom. The KBE is amongst the highest honours conferred by the British Sovereign to civilians and is awarded in an honorary capacity to foreign nationals. "I am deeply humbled by this gracious recognition from His Majesty, King Charles," Mittal responded, adding, "UK and India have historical relations, which are now entering a new era of increased cooperation and collaboration. I remain committed to working towards strengthening the economic and bilateral trade relationships between our two great nations. I am thankful to the Government of the UK, whose support and keen attention to the needs of business has been critical in making the country an attractive investment destination."



Last year, Mittal had made waves speaking at the 7th edition of the India Mobile Congress, where he revealed a significant technological leap. "A new technology is now available for our country," he shared. "Satellite communication is here to serve every inch of our country and, of course, the globe." He went on to unveil the innovative OneWeb constellation, in which Bharti holds the largest stake, which is poised to serve the nation and the world. Announcing an impending era of unprecedented connectivity, he revealed, "Anybody anywhere in the country, however remote or far or in difficult areas, can be connected from our satellite ground station that has been set up in Mehsana, Gujarat."

Bharti Airtel has so far rolled out its 5G services in 5,000 towns and 20,000 villages across India. By March 2024, it aims to cover the entire country with its 5G network.

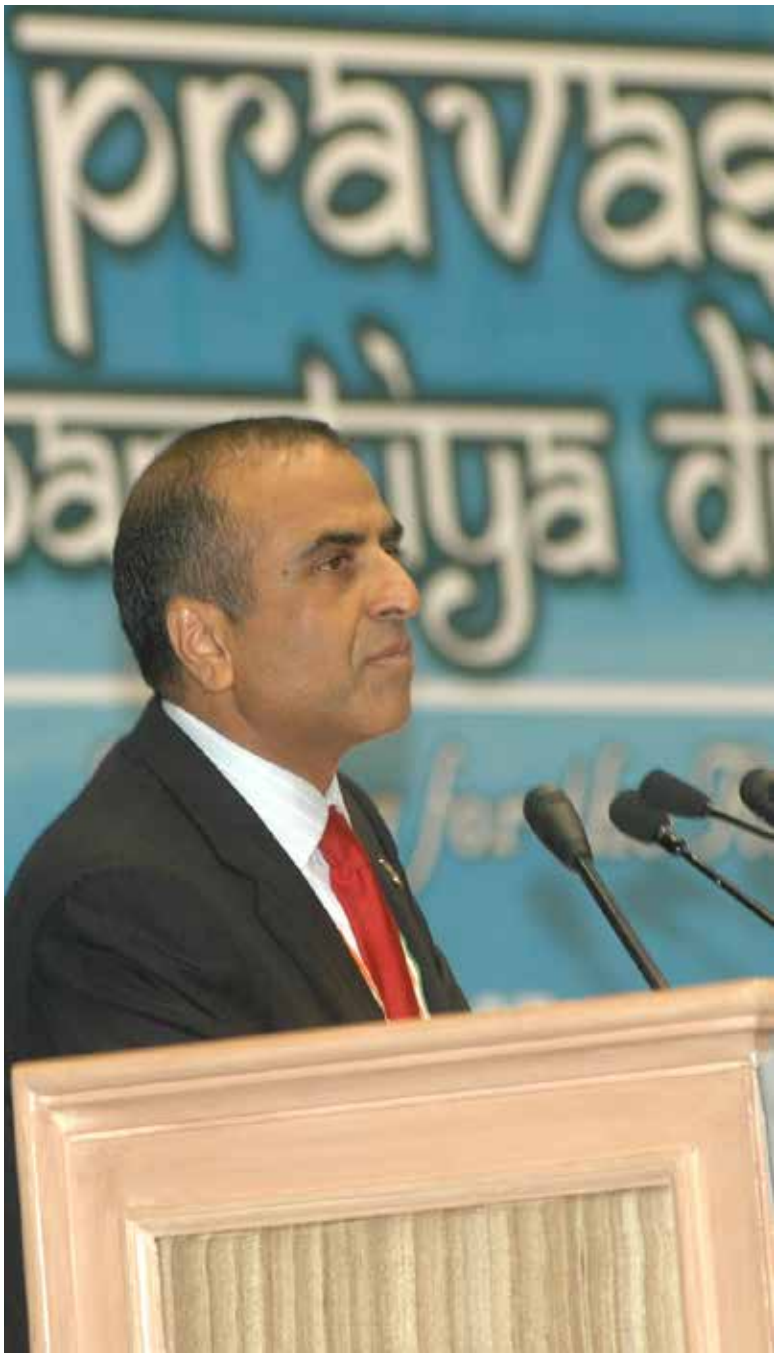
Bharti Airtel has so far rolled out its 5G services in 5,000 towns and 20,000 villages across India. By March 2024, it aims to cover the entire country with its 5G network. “Airtel has been at the forefront of the telecom revolution. We will keep on dutifully doing our job,” Mittal affirmed.

Success Unparalleled

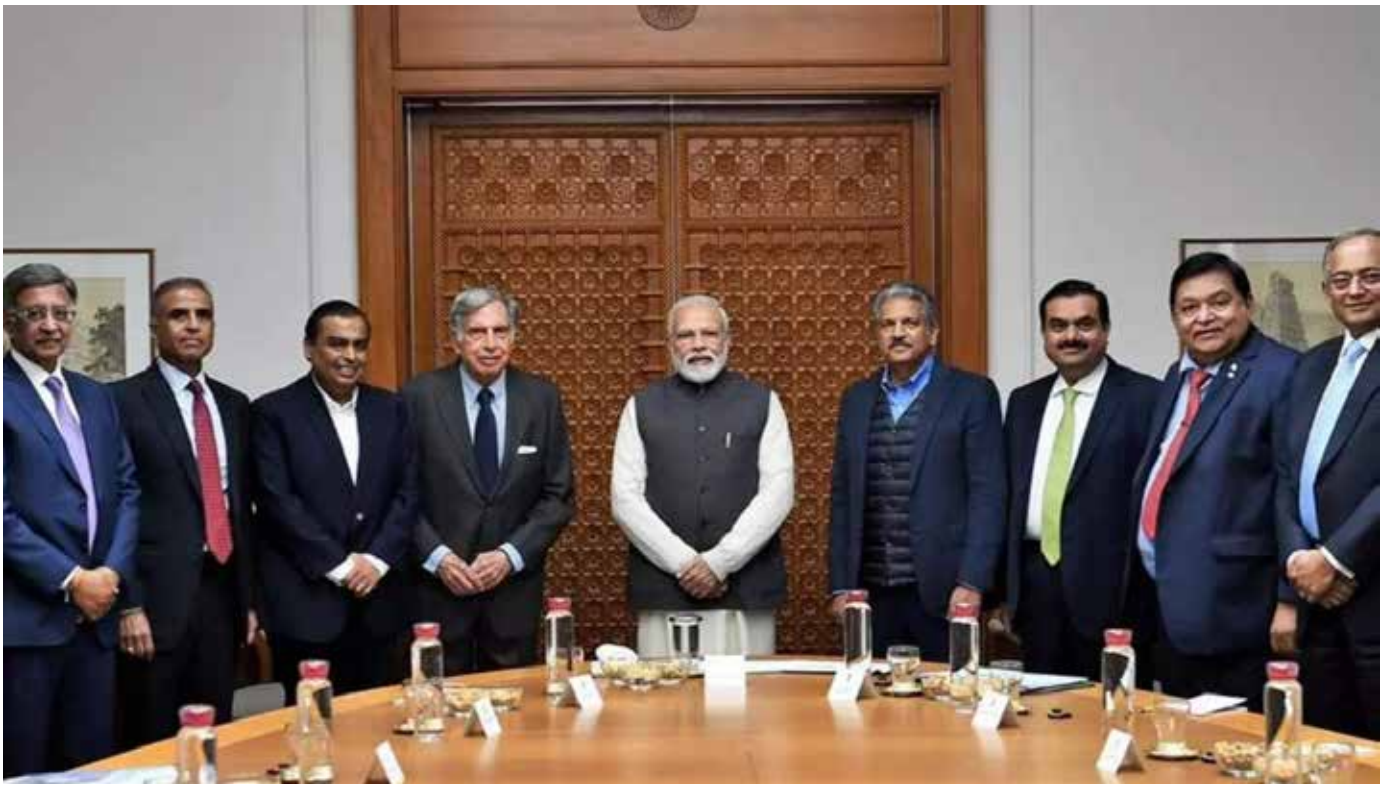
The billionaire businessman and philanthropist, ranked the 10th richest person in India by ‘Forbes’, with an estimated net worth of US$14.8 billion in 2023, is indeed ‘dutifully doing his job’ and doing it exceedingly well. His ‘baby’ - Bharti Enterprises - is one of India’s foremost first-generation corporations with interests in telecom, space communications, digital solutions, real estate and hospitality. Bharti has joint ventures with several global partners like SingTel, SoftBank, Del Monte, and the UK and French governments, amongst others. Bharti Airtel, the flagship company of Bharti Enterprises, is a leading telecommunications company with operations in 17 countries and ranks amongst the top three mobile operators globally. Airtel is India’s largest integrated communications solutions provider and Sub-Saharan Africa’s second-largest mobile operator, serving over half a billion customers across its operations.

Mittal is also Co-Chairman of Eutelsat Group, a global leader in satellite communications, delivering connectivity and broadcast services worldwide. Eutelsat Group is listed on the Euronext Paris Stock Exchange, with Bharti as its single largest shareholder.

Having served as the Chairman of the International Chamber of Commerce and of GSM Association concurrently from 2016 to 2018, he has been a trustee at the Carnegie Endowment for International Peace from 2009 to 2021. He served as Chair of the B20 India Action Council on African Economic Integration during India’s G20 Presidency. He is also a serving Commissioner at the International Telecommunication Union/ UNESCO Broadband Commission for Sustainable Development. A member of the World Economic Forum’s International Business Council as well as of the Global Board of Advisors at the Council on Foreign Relations, he has served on the boards of several multinational companies including Unilever PLC, Standard Chartered Bank PLC and SoftBank Corp.

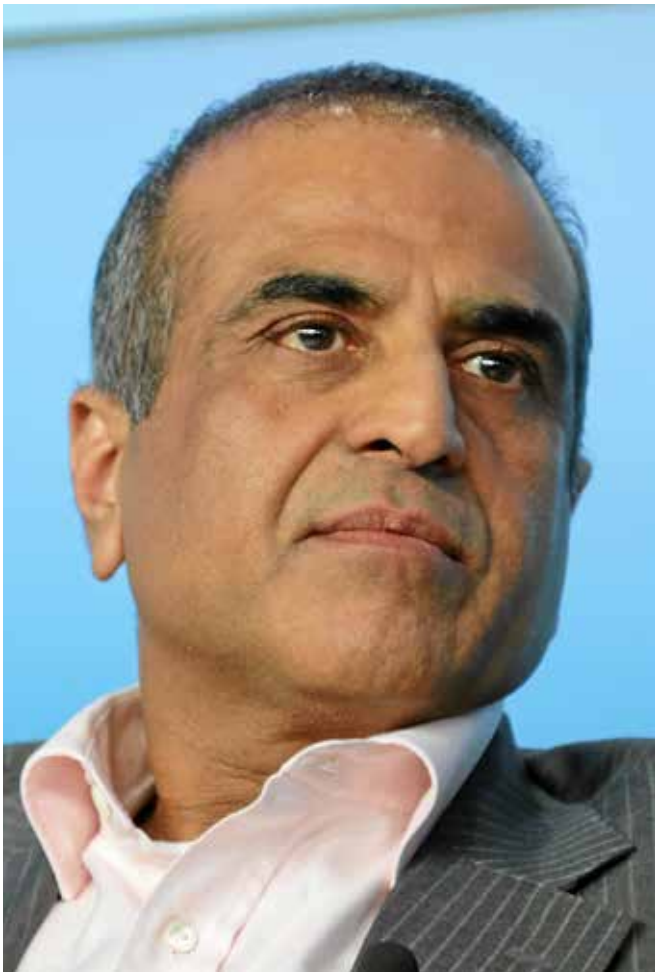


Billionaire businessman and philanthropist Sunil Bharti Mittal, ranked the 10th richest person in India by ‘Forbes’, with an estimated net worth of US$14.8 billion in 2023, is indeed ‘dutifully doing his job’ and doing it exceedingly well.



"I realised very early on that you need to tie up with some large entities much, much larger than yourself."

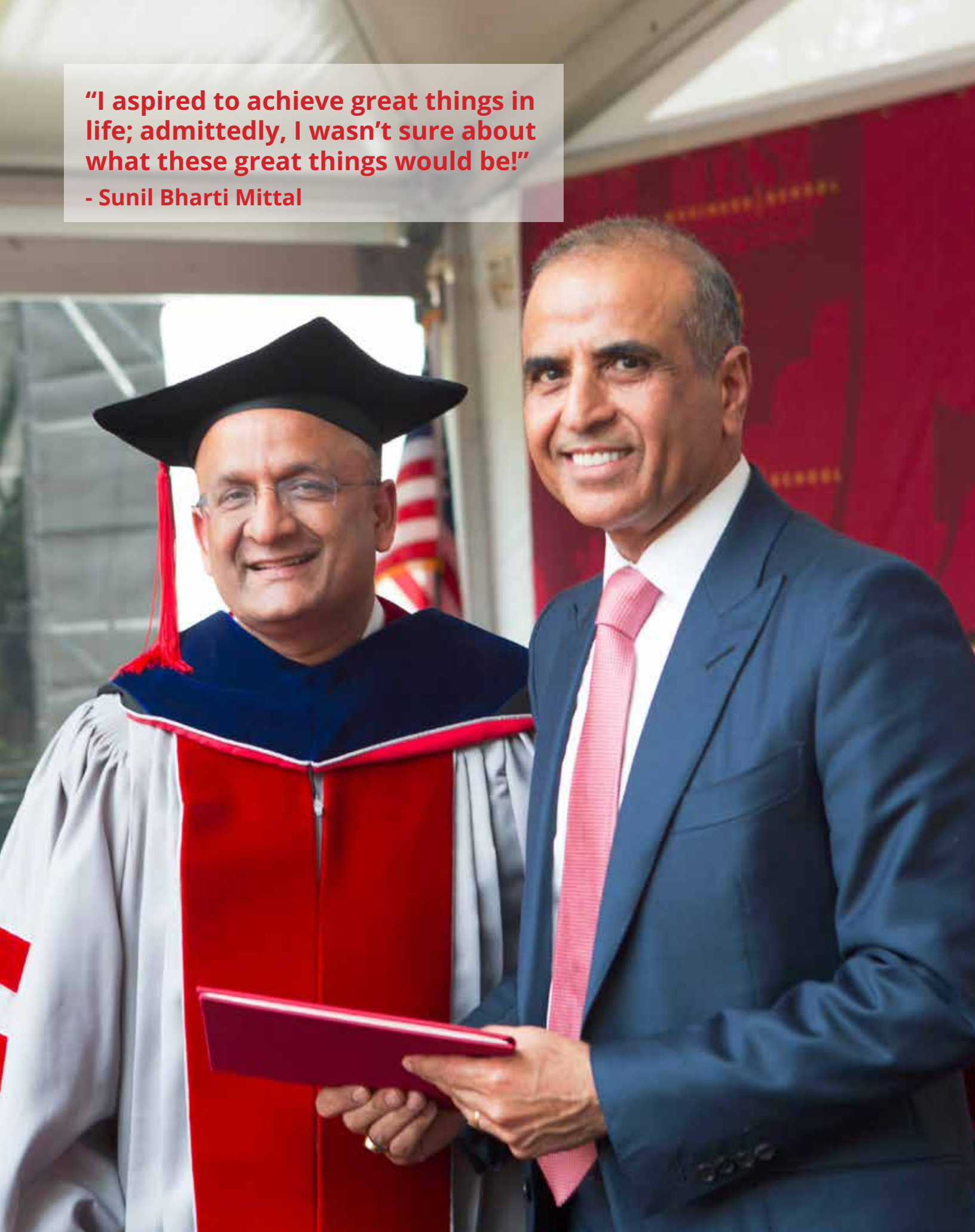
- Sunil Bharti Mittal



Closely associated with spearheading the Indian industry's global trade and investment initiatives, he has served as the President of the Confederation of Indian Industry and has served on the Prime Minister of India's Council on Trade and Industry. He is Co-Chair of the ICT and Emerging Technologies Working Group of the India-US CEO Forum and a member of the India-UK, India-Japan, India-Sweden CEO Forums. He is Co-Chair of the India-Africa Business Council.

A staunch believer in a responsible corporate's duty to give back to the community in which it operates, he founded the Bharti Foundation, which currently runs more than 173 Satya Bharti Schools and supports over 800 Government schools under its Quality Support Program to ensure holistic education.

A recipient of the Padma Bhushan, one of India's highest civilian honours awarded to individuals for demonstrating distinguished services of high order, Mittal is also a recipient of the Harvard Business School's Alumni Achievement Award, the highest alumni honour given by the institute. He is on Harvard University's Global Advisory Council and has served on the board of Dean's Advisors at Harvard Business School. He received the GSM Association's prestigious Chairman's Award and has been conferred honorary doctorates by several leading universities in India and Europe.



"I aspired to achieve great things in life; admittedly, I wasn't sure about what these great things would be!"

- Sunil Bharti Mittal



Bright Spark

Born on October 23, 1957 in Ludhiana, Punjab, Mittal — like his brothers — was given the middle name Bharti (from the Hindi name for India – Bharat), by his father, to indicate their Indianness. His father, the late Satpal Mittal, had been a Member of Parliament, Rajya Sabha (Indian National Congress) from Ludhiana, Punjab. Joining the Wynberg Allen School in Mussoorie, he later attended Scindia School at Gwalior and graduated in 1976 from Panjab University, Chandigarh, with a Bachelor of Arts and Science for which he studied in Arya College, Ludhiana.

From a young age, he not only showed great promise but the ability to roll with the punches, think on his feet, and adapt to the situation. Sensing something special about him, his father told him he had the vision to accomplish great things in life. "I aspired to achieve great things in life; admittedly, I wasn't sure about what these great things would be!" he shared in an interview later. A first-generation entrepreneur, he started his first business at the age of 18, with a capital investment of ₹20,000 borrowed from his father. His first business was making crankshafts for local bicycle manufacturers. This period, during which he had to fend for himself, travel at the back of trucks and in trains without much in his wallet, made him realise how tough life could be. And then when the business just didn't take off, after mulling over other possibilities, he changed track.

In late 2013, Mittal announced the acquisition of Warid Congo, making Bharti Airtel the largest telecom provider in the Republic of Congo.

In 1980, along with his brothers Rakesh Mittal and Rajan Mittal (both are currently Vice Chairmen of Bharti Enterprises), he started an import enterprise named Bharti Overseas Trading Company. Selling his bicycle parts and yarn factories, he moved to Mumbai. In 1981, he purchased importing licenses from exporting companies in Punjab, and went on to import thousands of Suzuki Motors' portable electric-power generators from Japan. After the sudden ban on the import of generators into India, in 1984, he was compelled to change track again, and started assembling push-button phones in India. Mittal used to previously import these phones from a Taiwan company, Kingtel, replacing the old-fashioned, bulky rotary phones that were in use in the country until then. Bharti Telecom Limited (BTL) was incorporated and entered into a technical tie-up with Siemens AG of Germany for the manufacture of electronic push-button phones. By the early 1990s, Mittal was making fax machines, cordless phones and other telecom gear.







In 1992, he took another leap of faith, successfully bidding for one of the four mobile phone network licenses auctioned in India. As one of the conditions for the Delhi cellular license was that the bidder have some experience as a telecom operator, Mittal clinched a deal with the French telecom group Vivendi. One of the first Indian entrepreneurs to identify the mobile telecom business as a major growth area, he launched services in Delhi in 1995, when Bharti Cellular Limited (BCL) was formed to offer cellular services under the brand name AirTel in 1997. Before long, Bharti became the first telecom company to cross the 2-million mobile subscriber mark.

In June 2010, Bharti acquired the African business of Zain Telecom for $10.7 billion (enterprise value), making it the largest-ever acquisition by an Indian telecom firm. In 2012, Bharti tied up with Wal-Mart, the US retail giant, to start a number of retail stores across India. The same year, Mittal took Bharti Infratel public with an IPO that raised $760 million. In late 2013, Mittal announced the acquisition of Warid Congo, making Bharti Airtel the largest telecom provider in the Republic of Congo. After making changes at Bharti Airtel in 2016 to enable the company to compete against the launch of Jio, in 2017, Mittal announced a 'war on roaming' by scrapping charges for outgoing and incoming calls within India as well as international roaming charges. In 2022, Google announced a $1 billion investment in Bharti Airtel, of which $700 million would be for a minority stake in the company. No wonder, Mittal had been dubbed a 'once-in-a-generation man' by the media. His vision, the ability to boldly plan ahead — and follow through — is at the core of his personality.



Come rain or shine, Mittal's disposition is unfailingly sunny. Always immaculately turned out, he favours sharp suits and shoes, crisp shirts and contrasting ties.



Personal Insights

Come rain or shine, Mittal's disposition is unfailingly sunny. Always immaculately turned out, he favours sharp suits and shoes, crisp shirts and contrasting ties. Known to never speak about his personal life, his wife Nyna, though no recluse, keeps a lower profile compared to other CEO wives. Through the Bharti Foundation, she focuses on the education of the underprivileged. The couple has a daughter and twin sons. Mittal's daughter Eiesha Bharti Pasricha, a lifestyle investor, lives in London with her husband, businessman Sharan Pasricha, and their two children. Mittal's son, Kavin Bharti Mittal is an entrepreneur and the Founder & CEO of Hike, a New Delhi-headquartered tech and internet startup. His son Shravin Mittal is the Founder & CEO of Unbound, a London-based venture capital and private equity firm, and a director of Bharti Global Ltd, a London-headquartered firm in the Bharti corporate family. He was reportedly instrumental in the successful acquisition of OneWeb.

Window Into His Inner World

"Everybody nurtures dreams but few manage to realise them," Mittal says, admitting that sometimes he himself finds it difficult to believe the position he has attained. A believer in divine intervention, he says he has faith in a power which has always guided him through thick and thin. This power infuses him with a positive spirit and provides encouragement. To those seeking business advice, he shares, "One should sense opportunity at the beginning of a curve and venture into hitherto unexplored fields. Yes, there will be difficulties on the way... but everything in life is possible."

"One should sense opportunity at the beginning of a curve and venture into hitherto unexplored fields. Yes, there will be difficulties on the way... but everything in life is possible."

- Sunil Bharti Mittal

On Track

Four renowned doctors share insights on navigating challenges and staying healthy.

Micronutrients & Thyroid Health

Dr Sharvil Gadve, MBBS, MD (Medicine), DM (Endocrinology); Director & Chief Endocrinologist, Excel Endocrine Centre, Kolhapur; Joint Secretary, Maharashtra Endocrine Society.



The thyroid, a vital endocrine gland responsible for producing and secreting thyroid hormones, holds the reins in regulating various bodily processes like respiration, heart rate, and reproductive function. With its influence extending to virtually every body system, maintaining optimal thyroid function is crucial for overall well-being. Unfortunately, thyroid disorders, including hypothyroidism, hyperthyroidism, and Hashimoto's disease, are more prevalent than one might imagine, affecting millions globally.

Factors such as autoimmune disorders, environmental influences, and age can trigger disruptions in thyroid function. However, one often overlooked but highly influential factor is diet. Micronutrient imbalances, encompassing both shortages and surpluses, have been identified as significant contributors to thyroid disorders. Vitamin deficiencies and amino acid levels play a crucial role in maintaining thyroid hormone and TSH levels. Iodine is a crucial mineral for thyroid health, as it is a key component in the synthesis of thyroid hormones. Iodine deficiency often leads to thyroid disorders like hypothyroidism and goiter.

Supplementation emerges as a valuable strategy for maintaining optimal thyroid health. Ensuring an adequate intake of Vitamins B2, B12, B9, and D can help support thyroid function and mitigate the risk of deficiencies. Additionally, supplementing with L-tyrosine, a precursor to thyroid hormones, aids in the production of these hormones, promoting balanced thyroid function.

Vitiligo & Your Nutritional Status

Dr Pritam Panka, MBBS, MD-Dermatology; Sr Consultant at Skin Karma Dwarka and Mata Chanan Devi Hospital, Janakpuri, Delhi. He has more than 20 years of experience as a dermatologist and specialises in dermatology, cosmetology, and trichology. He is also a member of Delhi Branch IADVL, Indian Medical Association (IMA), Delhi Medical Council. He was formerly President of IMA Dwarka.

Vitiligo is recognised as an autoimmune disorder connected with hormonal and hereditary influences in addition to disorders involving metabolism, oxidative stress, and cell disintegration. One of the most challenging dermatological concerns currently is treating vitiligo.

Phytotherapeutics have revealed that most plant extracts contain antioxidants and aid in repigmentation. Furthermore, as emotional anxiety was found to aggravate vitiligo, ginkgo biloba's anxiolytic qualities could slow down the spread of the condition.

Vitiligo may be caused by an autoimmune process that is set off by a lack of nutrients. Vitamin B12 is one of the most common deficiencies in vitiligo patients and if supplemented, combined with folate and controlled sun exposure, induces repigmentation. Vitamin D3, owing to its immune enhancing benefits, is highly recommended in the therapy to decrease disease progression. The use of combination therapy (phototherapy with oral supplementation of vitamins and minerals) is associated with the best results in terms of repigmentation of vitiligo spots.



Here are few more tips for you:

- Manage stress levels. Make self-care a priority and stay away from your stressors.
- Be kind to yourself.
- Consume food that is rich in antioxidants and polyphenols to help combat oxidative damage.
- Supplements assist in keeping your immune system healthy and work with other therapies to provide effective results.

Vitamin-D For Skeletal Strength

Dr Abhay Nene, MS Ortho, Spine Foundation; Fellow Spine Surgeon, WeAreSpine, Lilavati & Breach Candy Hospital; Hinduja Surgical Specialty; HN Reliance; Global; Wockhardt; Apollo Hospital; Wadia Children's Hospital, Mumbai, India.



In the realm of health and well-being, one vitamin takes centre stage for its extraordinary benefits - Vitamin D. Despite the sun being a primary source of vitamin D, deficiency remains surprisingly common worldwide, influenced by factors such as indoor lifestyles, sunscreen use, and geographical location.

Vitamin D plays a pivotal role in calcium absorption, a process vital for maintaining bone density and strength. Insufficient calcium absorption can result in weakened bones, making individuals more susceptible to fractures, osteoporosis, and other bone-related disorders. It also hampers overall skeletal health, potentially impacting mobility and quality of life.

While sunlight exposure and certain foods contribute to vitamin D intake, supplementation serves as a reliable strategy to address deficiencies, especially in regions with limited sunlight or for individuals with specific lifestyle constraints. Vitamin D supplementation helps maintain optimal levels and acts as a preventive measure against skeletal issues associated with deficiency. Ensuring an adequate supply of vitamin D is important for providing the skeletal system with the necessary tools to build and maintain strength, resilience, and overall functionality.

Vitamin D – Beyond Bone Mineralisation

Dr Vijay Ramanan, MD (Med), DM (Clin, Haemat); Sr Consultant Clinical Hematologist at Yashoda Hematology Clinic; Director, Clinical Hematology, Bone Marrow & Stem Cell Transplant at RHC Pune; Dr Vijay Ramanan was the First Individual Patron of European Society of Blood and Bone Marrow Transplant or EBMT.



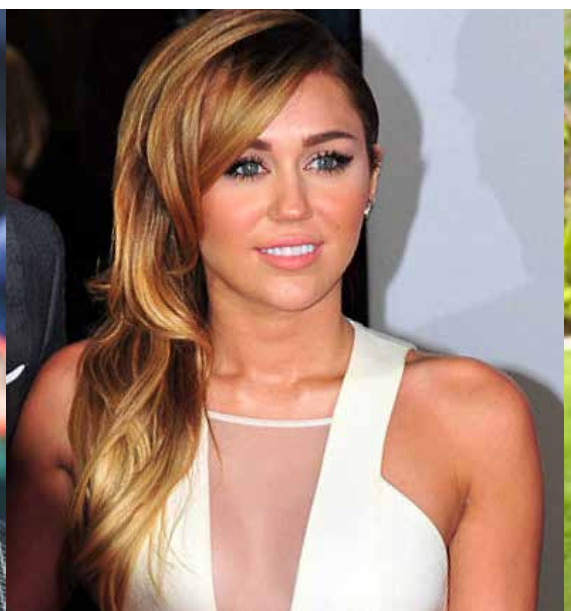
The musculoskeletal effects of vitamin D are well-known. However, since vitamin D receptors are present all over the body, insufficient vitamin D status may correlate with several extra-skeletal effects apart from the bone mineralisation. Dermal synthesis after UV radiation remains the major route for 90% of vitamin D replenishment. Most people with a vitamin D deficiency do not have any symptoms.

Vitamin D reduces the risk of acute respiratory infections overall in children and shapes human immunity through its effects on both the immune system and skeletal muscle, in those who are particularly exposed to oxidative stress and inflammation. Vitamin D can also strengthen the barrier function of intestinal cells and different epithelial junctions, thus preventing the translocation of the intestinal microbiota to the bloodstream. It is capable of modulating the function of pancreatic beta cells and improving insulin sensitivity. Thus, supplementation could decrease prediabetes transforming into Type 2 diabetes. Not only does vitamin D3 perform many vital roles, it has been shown to possess powerful effects that can control immune function, to keep the immune system functioning optimally. Supplementing helps to correct any existing vitamin D deficiencies that reduce the risk of developing diseases.

The most common cause of vitamin D deficiency is lack of proper nutrition. Two bioequivalent forms of vitamin D can be recommended, in order to correct such a deficiency. They include Vitamin D2 (obtained from dietary vegetable sources) and vitamin D3 (present in animals and obtained from oily fish). Beyond bone, decreased risk for autoimmune, infectious, and allergic diseases has been associated with higher vitamin D status. Vitamin D supplementation may be beneficial in the treatment or prevention of a variety of illnesses.

Legends & Achievers

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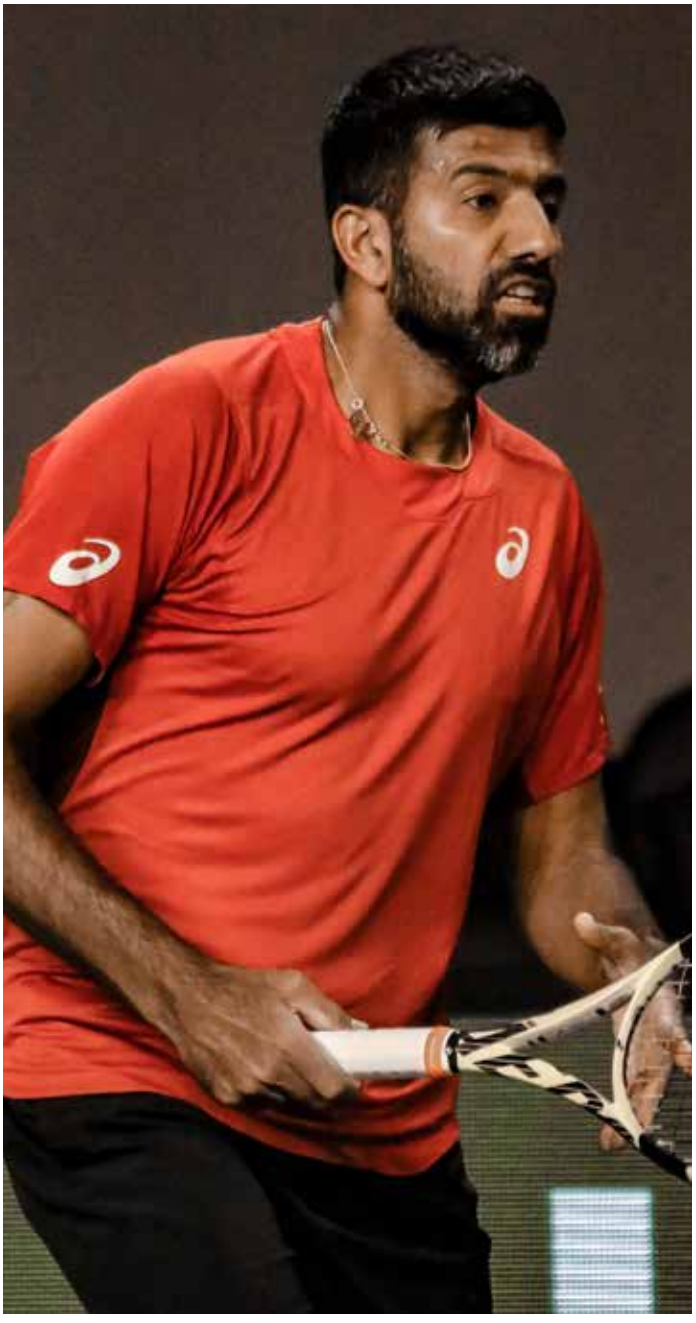
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Rohan Bopanna: Grand Slam

After a historic win at the 2024 Australian Open, Rohan Bopanna has left the world in awe.



By Hannah Cardozo

Age is merely a number for tennis pro Rohan Bopanna, who has achieved the impressive feat of reaching World Rank No.1 at almost 44. Bopanna made history by becoming the oldest man to win a Grand Slam title when he and his men's doubles partner, Matthew Ebden, emerged victorious at the Australian Open on January 27, 2024. It took him 61 attempts and 19 different partners before he finally secured his first men's doubles Grand Slam title.

Since partnering with Ebden at the beginning of last year, he has achieved several notable milestones. These include becoming the oldest Masters Champion, the oldest finalist at a Grand Slam, and the oldest player to win a match at the ATP Finals. What is even more remarkable is his success in winning matches after 35, an age when many players consider retiring.

So, what sets Rohan Bopanna apart from the majority? According to his partner Matthew Ebden, "He's young at heart, he's a champion, he's a warrior."

Humble Beginnings

Born in Bengaluru on March 4, 1980, Rohan Bopanna spent his formative years at his family's coffee plantation in the hill town of Coorg. He was quite an explorer with a passion for sports; he dabbled in hockey and football before discovering tennis at the age of 11. Bopanna made the bold decision to pursue tennis as a full-time career at the age of 19, which is later than most. It seems like Bopanna has been defying age limits from the start!

Despite being one of the most accomplished Indian tennis players in the history of the sport, Rohan Bopanna faced challenges at the beginning of his senior career. The initial years were especially difficult, as he struggled to advance past the qualifying rounds in singles and only reached the quarter-finals in doubles at various tournaments.

In 2003, Bopanna made the transition to professional tennis and achieved a significant milestone in 2008 by securing his first ATP title. He emerged victorious at the Los Angeles Open alongside his partner, Eric Butorac.



Ascend To Success

Bopanna has established himself as a prominent figure in doubles tennis. Along the way, he has achieved remarkable success, including winning a Grand Slam mixed doubles title, 24 ATP wins, and bringing home a gold medal from the 2023 Asian Games.

One of the highlights of Bopanna's career was the formation of the legendary IndoPak Express duo with Pakistani player Aisam-ul-Haq Qureshi. Their *esprit de corps* and efforts to promote India-Pakistan friendship both on and off the court, were highly acclaimed in the tennis world. Together, they won five titles including Bopanna's first ATP Master title at the Paris Masters in 2011.

In 2006, he made his Grand Slam debut and after a decade, he won his first tennis major at the 2017 French Open. Bopanna secured the mixed doubles title alongside his Canadian partner, Gabriela Dabrowski. This victory places him in an exclusive group of only four Indians, including Leander Paes, Mahesh Bhupathi, and Sania Mirza, who have claimed a Grand Slam title.

He continues to push the boundaries of what is possible in the sport, as evidenced by his status as the oldest finalist in both Masters 1000 and Grand Slam men's doubles events. His contributions to the Davis Cup and Olympics have further solidified his reputation as a doubles specialist.

"We are always told at 25 this has to happen, by 30 this has to happen, at 40 this will happen. It's a thing which is told to us constantly, whether it is sport or life, whether it is marriage, having kids, whatever it may be. But when you change that into opportunities, then the limitations go away." – Rohan Bopanna



Navigating Uncertainty

Earlier this year, Bopanna credited his wife, Supriya Annaiah, for the support and motivation it took him to get to this point. In an interview with ESPN he said, "My wife said it beautifully one day, 'When you change limitations to opportunities, everything changes'. We are always told at 25 this has to happen, by 30 this has to happen, at 40 this will happen. It's a thing which is told to us constantly, whether it is sport or life, whether it is marriage, having kids, whatever it may be. But when you change that into opportunities, then the limitations go away."

Despite his recent victories, Bopanna experienced a period of doubt. During the trophy presentation at Rod Arena, while thanking his family, he disclosed that he had contemplated quitting the sport a couple of years ago.

"He's young at heart, he's a champion, he's a warrior."

- Matthew Ebden

"My in-laws are here. The last time they came I won my mixed doubles Grand Slam (French Open 2017). I don't know why they don't come more often. My beautiful wife, Supriya, and my daughter, Tridha. Thank you for all the support, and all the love. I know a couple of years ago, I sent her a video message and said, 'I'm gonna call it a day'. Because I wasn't winning matches at all. I went five months without winning a match. I thought that was gonna be the end of my journey. Perseverance inside me just kept me going. I changed so many things and found a wonderful partner."


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“I went five months without winning a match. I thought that was gonna be the end of my journey. Perseverance inside me just kept me going. I changed so many things and found a wonderful partner.”

- Rohan Bopanna



The Power Of Yoga

As yoga becomes popular worldwide, the field of tennis is no exception. Bopanna credits yoga for enhancing his tennis skills in recent years, a practice he began during the Covid-19 pandemic.

Despite yoga being a prevalent practice in India, he had never given it a chance, assuming he wouldn’t enjoy it. However, with a local studio near his home, he decided to try Iyengar yoga.

After revealing that he had almost no cartilage in his knees, Bopanna shared, “That (yoga) actually tremendously made a huge, huge difference... yoga in a way not only strengthens my legs, my body, but also I think made me calmer on the tennis court.”

The Perfect Pairing

A doubles match cannot be great without good chemistry, and Bopanna found that with Australian Player Matthew Ebden. He credits his 2023 circuit to this great partnership.

From being calm on the court to giving each other valuable feedback, they struck a great balance. After 19 partners, Bopanna and Ebden’s consistency throughout the year helped them build a strong bond of trust.

He has also had successful pairings with Mahesh Bhupathi and Sania Mirza in the past.

After revealing that he had almost no cartilage in his knees, Bopanna shared, “That (yoga) actually tremendously made a huge, huge difference... yoga in a way not only strengthens my legs, my body, but also I think made me calmer on the tennis court.”



Endeavours Beyond The Court

With an entrepreneurial spirit, Rohan Bopanna manages a successful tennis academy and founded his coffee brand called The Flying Squirrel in 2012. Going back to his roots, the company's goal is to make coffee from Coorg farms more accessible to the public. He created the Rohan Bopanna Master Blend in partnership with Maverick & Farmer.

He is also an investor in ventures such as the sports tech platform Game Theory and Good Flippin' Burgers. In addition to his business ventures, Rohan Bopanna is actively involved in philanthropy. He donates a portion of the proceeds from his Stop War Start Tennis merchandise to the GoSports Foundation, a non-profit organisation that supports young athletes.

Furthermore, in his hometown of Coorg, Bopanna is a strong advocate for an Opportunity School that provides education for physically handicapped children. He also supports the Coorg Institute of Dental Sciences, which offers affordable dental care and hosts free health and awareness camps. Bopanna's dedication to giving back to his community and supporting important causes is truly admirable.



In his hometown of Coorg, Bopanna is a strong advocate for an Opportunity School that provides education for physically handicapped children. He also supports the Coorg Institute of Dental Sciences, which offers affordable dental care and hosts free health and awareness camps.





Rohan Bopanna told BBC, "Growing up in India, Wimbledon was the only Grand Slam shown on TV... I'd love to get back there, get myself in a great position, and hopefully Matt and I can do Wimbledon together."

What's Next?

While for most this might seem like the summit of his career, Rohan Bopanna is far from finished. He is determined to make history by adding the Wimbledon doubles title to his list of achievements.

He told BBC, "Growing up in India, Wimbledon was the only Grand Slam shown on TV... I'd love to get back there, get myself in a great position, and hopefully Matt and I can do Wimbledon together."

Rising Above

Bopanna aims to be an inspiration on and off the court. He said, "I don't think just in tennis. People all over the world, being 40 and above, I think it's just going to inspire them in a different way," he said.

Rohan Bopanna's story is a reminder that age is no barrier to success and that with hard work and determination, anything is possible.



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Lakshmi Mittal: Man Of Steel

Executive Chairman of ArcelorMittal, the world's largest steel and mining company by output, Lakshmi Mittal is recognised for restructuring the steel industry into a consolidated and globalised model.

By Nichola Marie



"Everyone experiences tough times, it is a measure of your determination and dedication how you deal with them and how you can come through them."
- Lakshmi Mittal

Named after the Hindu goddess of wealth, it's entirely appropriate that Lakshmi N Mittal would go on to become the Chairman of the $80 billion (revenue) ArcelorMittal, the world's largest steel and mining company by output. A citizen of India residing in the United Kingdom, he is among the world's prominent billionaires and a global businessman, also serving on the boards of various advisory councils. As a philanthropist, he is engaged in the fields of children's health and education.

Mittal For Gujarat

Recently, the steel baron became the darling of the land of his birth all over again, when he announced, at the Vibrant Gujarat Global Summit (VGGS) 2024, that the corporation would build the world's single largest steel manufacturing site at Gujarat's Hazira by 2029. He revealed that the first phase of the steel manufacturing site would be completed by 2026, while the second phase, marked by a memorandum of understanding, would be completed by 2029. Once operational, the expanded manufacturing facility is touted to produce around 24 million tonnes (MT) of steel, making it the world's largest steel manufacturing site.

In October 2022, ArcelorMittal arm ArcelorMittal Nippon Steel (AMNS) India had announced an investment of around ₹60,000 crore to scale up the capacity of the steel plant to 15 MT. The announcement had come days after AMNS received environmental clearance for the expansion of the plant, which had been inaugurated by Prime Minister Narendra Modi in 2021.

Winning Strategy

This is, after all, the man who has achieved worldwide fame for turning sick steel companies into profitable ventures. Focusing on global consolidation, he has acquired and integrated steel companies globally, growing his company through a series of strategic mergers and acquisitions.

Born June 15, 1950 into a Marwari business family in Sadulpur, Rajasthan, his family moved to Kolkata in the 1960s, where his father Mohanlal Mittal operated a steel mill. While studying at the city's St Xavier's College, young Lakshmi also worked at the mill. He would go on to serve as a trainee at the mill, after graduating in 1970. Barely six years later, he opened his own steel mill in Indonesia in 1976 called PT Ispat Indo, operating a greenfield steel manufacturing plant. He would spend more than a decade learning how to run it efficiently.

In 1989, he purchased the beleaguered state-owned steel works in Trinidad and Tobago, which had been losing huge sums of money. A year later, the man with the Midas touch had it doubling its output, and rendering it profitable. This was to become his leitmotif: Purchasing failing, mostly state-run facilities across the world and then sending in special management teams to reorganise the business.

In an industry that had become weak and fragmented, his business philosophy focused on consolidation. Even though the demand for steel stayed high, smaller steel companies had failed to strike competitive deals with major clients, mostly automakers and appliance manufacturers. This didn't apply to Mittal. With his giant steelmaker controlling around 40% of the American market for the flat-rolled steel used to make cars, he was able to negotiate more favourable prices. Growth was a constant.

ArcelorMittal is one of the world's largest steel companies. It has steel making facilities in 16 countries and customers in 155 countries. The company has operations across the globe, spanning Africa, Europe, North and South America, Asia, and Australia.



In 2004, he merged his companies, Ispat International and LNM Holdings, also acquiring the Ohio-based International Steel Group. The result was a newly created company, Mittal Steel Co. NV, which emerged as the world's largest steelmaker.

In 2006, his attempts at a takeover of Arcelor were initially blocked by the Luxembourgian Government. However, it relented, allowing the merger of the two companies as ArcelorMittal, headquartered in Luxembourg city. The Government divested itself of much of its ownership of the company, but maintained a small interest in ArcelorMittal, of which Mittal became Chief Executive Officer.

In 2019, Arcelor and Nippon Steel completed their $5.9 billion acquisition of Essar Steel, once controlled by billionaires Shashi and Ravi Ruia.

Mittal would serve as CEO of the joint company until 2021, post which he stepped down, ceding the CEO's position to his son, Aditya Mittal. Mittal retains the title of Executive Chairman of ArcelorMittal.

The Steel Giant

ArcelorMittal is one of the world's largest steel companies. It has steel making facilities in 16 countries and customers in 155 countries. The company has operations across the globe, spanning Africa, Europe, North and South America, Asia, and Australia.

In 2022, ArcelorMittal reported a net income of $9.3 billion. The company maintains operations that produce a wide range of steel for the mobility, construction, infrastructure, industrial, and energy sectors. New steel products, processes, and solutions are envisioned, tested, improved, and deployed at its research centres stationed around the world. Recognising that steel can make a significant contribution toward net-zero emissions, the company is also intensifying its commitment to decarbonise.

Wealth & Philanthropy

One of the richest individuals in the world, according to 'Forbes', Mittal had an estimated net worth of $16.4 billion as of June 2023. In 2005, 'Forbes' ranked Mittal as the third-richest person in the world, making him the first Indian citizen to be ranked in the Top 10 in the publication's annual list of the world's richest. As a result of the credit crunch and a fall in demand for steel from China, his fortunes took a hit of an estimated £2.7 billion in 2012, resulting in him being deposed as the richest man in Britain. Currently, Mittal is reportedly the 93rd richest person in the world and the 15th wealthiest person in India to date.

"Always think outside the box and embrace opportunities that appear, wherever they might be."

- Lakshmi Mittal



His philanthropic contributions include significant donations to Harvard University, where he is a member of the Global Advisory Council. He has also given money to UNICEF to address child malnutrition in India. In 2008, the Mittal family also contributed £15 million — the largest private contribution the hospital had ever received — to the Great Ormond Street Hospital in the United Kingdom, supporting the Mittal Children's Medical Centre which formally opened in January 2018.



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Awards & Honours

Mittal has received the Padma Vibhushan, India's second highest civilian honour, and a Forbes Lifetime Achievement Award. In 1996, he was awarded Steelmaker of the Year by New Steel in the United States. He was named 'Fortune' magazine's European Businessman of the Year in 2004, and Person of the Year by the 'Financial Times' in 2006.

In October 2010, Mittal received the World Steel Association's medal in recognition of his contribution to the sustainable development of the global steel industry. In January 2013, he received a Doctor Honoris Causa from the AGH University of Science and Technology in Krakow, Poland.

Legacy

Mittal has held a board seat at Goldman Sachs since 2008. He serves on advisory councils around the world. He is a member of the Foreign Investment Council in Kazakhstan, the National Investment Council of Ukraine, the Global CEO Council of the Chinese People's Association for Friendship with Foreign Countries, and the World Economic Forum's International Business Council.

He is also on the executive committee of the World Steel Association, the European Round Table of Industrialists, and the Indian School of Business. He is a member of the Board of Trustees of Cleveland Clinic.

Lifestyle

Sometimes described as being media-shy, Mittal often makes headlines for his notable expenditure. These include splashing out a record £70 million ($128 million) for a 12-bedroom home in London's billionaire row, Kensington Palace Gardens. He also owns a £70 million former Philippine embassy in London, which was intended as a home for his daughter Vanisha. In 2013, he put on sale a neo-Georgian mansion at Palace Green, Kensington, which he had purchased for £117 million in 2008; it had been intended for his son Aditya who had, however, never moved into the new mansion. Mittal also owns a multi-crore mansion in the upscale Lutyens' Delhi neighbourhood in picturesque Rashtrapati Bhawan park.

Mittal has received the Padma Vibhushan, India's second highest civilian honour, and a Forbes Lifetime Achievement Award.







Recently, the steel baron became the darling of the land of his birth all over again, when he announced, at the Vibrant Gujarat Global Summit (VGGS) 2024, that the corporation would build the world's single largest steel manufacturing site at Gujarat's Hazira by 2029.

"At the end of the day, you have to keep emotions away."
- Lakshmi Mittal





In 2004, Mittal had spent an estimated $60 million for his daughter's wedding in Paris, said to be the second-most expensive in recorded history.



Family Ties

Mittal wed Usha Dalmia in an arranged marriage, barely meeting twice before being engaged. Usha revealed that while she found him interesting when they met for tea at the Calcutta Club, she fell in love with him on their first telephone conversation, where they ended up talking for hours and never ran short of words. They describe their marriage as "a building of relations, and love." Usha supports women's education in India and is the inspiration behind the Usha Mittal Institute of Technology.

The couple has two children, son Aditya and daughter Vanisha.

Aditya Mittal is CEO of ArcelorMittal since February 2021; he was previously President and Chief Financial Officer of the company. Aditya holds a Bachelor's degree in Economics with concentrations in Strategic Management and Corporate Finance from the Wharton School in Pennsylvania, United States. Aditya's wife Megha Mittal is the daughter of Mahendra Kumar Patodia of Hyderabad, of the cotton yarn company GTN Industries. Megha, a graduate in finance and management from the Wharton School of Business, as well as a postgraduate degree holder in Architectural Interior Design at the Inchbald School of Design in London, is a fashion entrepreneur. The couple has three children.

Mittal's daughter, Vanisha Mittal Bhatia, is a non-independent director of the company. A Bachelor of Sciences from the European Business School, she was appointed as a member of the LNM Holdings board of directors in June 2004. Her husband, Amit Bhatia, studied Economics at Cornell University, and is the founding partner of Swordfish Investments and Chairman of Queens Park Rangers football club. The couple has three children.

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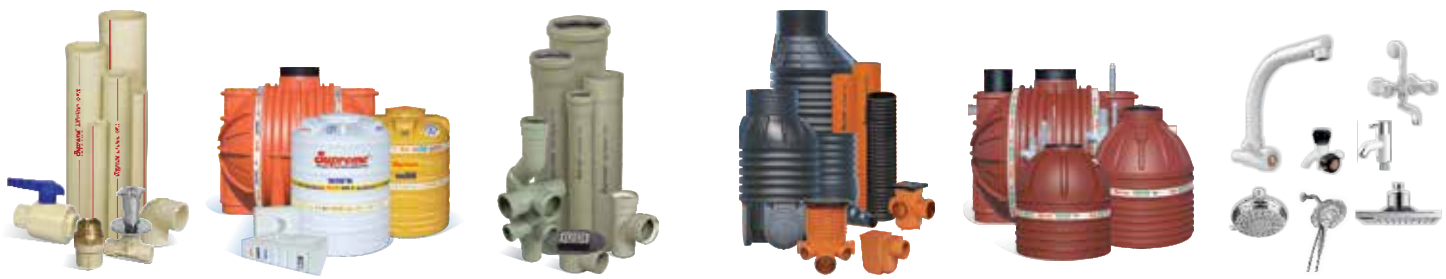
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All Heart: The Irresistible Kiara Advani

The most searched personality on Google in India in 2023, Kiara Advani has gracefully and single-mindedly scaled the highs, winning not just professional acclaim but love, too.

By Nichola Marie



Farhan Akhtar's Excel Entertainment recently welcomed Kiara Advani into the Don universe... and added another frisson of anticipation to the 3.0 version headlined by Ranveer Singh. The gorgeous and endearing Ms Advani has been effortlessly winning the adoration of tons of fans, powerful friends like Karan Johar, and a doting husband who'd give Barbie's Ken stiff competition in the good looks department. All this, and film offers that are helping unpeel unexpected facets of her talent. Most would never have thought it — going by her dainty prettiness — but the action genre has apparently been on her mind for a while now. In an interview with 'Filmfare', the soon-to-be female lead in 'Don 3' shared that for her, the film was a "conscious decision". "I wanted to change it up for myself, and this was one genre that I was longing to get myself into," she said, adding, "As an actor, you are constantly stepping into different characters and making the world believe that that's who you are. There will be a tough prep for the film, but I've got time to do that. I'm very excited, I've never done an action movie before. Now's my time to get some action in!"

Tougher Than She Looks

Would you believe it's been 10 years since she made her acting debut in the comedy suspense drama film 'Fugly' (2014)? Revolving around a group of college friends who are framed by a policeman for a murder he himself has committed, the film wasn't an auspicious start to a debutante's career. Panned for being mediocre in all departments despite its good intentions, it sank without a trace. However, even in this underperformer, Kiara made a very favourable impression. "Very striking", "Shows a lot of promise" and "A combination of looks and talent" was some of the feedback that came her way from the film critics.

Yet, stomaching the fact that she wasn't the overnight toast of the town was not easy. "I remember after 'Fugly' I went into a complete shell," she confessed in a 'Vogue' interview. "I thought getting your first film was hard enough, that afterwards your phone would ring off the hook with offers... until I realised it wasn't going to be like that."

But after she had dried her eyes, she was back to hunting for her next gig. Her unlikely savior was to be Karan Johar, the man ironically accused of being the nawab of nepotism. Selected to play an urban woman discovering her sexual self in the film anthology 'Lust Stories' (2018), was just the salve she needed, even though the role was considered rather risque with its emphasis on a woman's right to sexual pleasure. The part had already been declined by another actress but Kiara accepted it without batting an eye only because it would be directed by Johar himself. "To have someone who believes in you and your talent is deeply motivating," she said of the director, whose 30-minute short helped her grab the limelight. It paid handsomely and she was declared "positively lovely".



The same year, she managed to tap a whole different cinema-going audience, making her Telugu cinema debut with the political thriller 'Bharath Ane Nenu', opposite South Indian superstar Mahesh Babu. Calling the film a "dream launch", she pointed out that the kind of acceptance she received was something she had hoped for from her Hindi film debut.

The following year, she enjoyed another "career-changing moment" with the Sandeep Vanga directorial 'Kabir Singh' (2019), though she also faced considerable criticism for her role which was seen as willingly participating in an abusive relationship. She would defend her character's actions saying, "I have never played a character I didn't like. If I don't like my character, I better not be doing the movie. We need to accept that there are all sorts of people. We can't cancel everyone," she maintained, adding that the film had provoked discussion which was only a good thing.

"I thought getting your first film was hard enough, that afterwards your phone would ring off the hook with offers... until I realised it wasn't going to be like that."

Finding Her Wings

Over the years, she has simply gone from strength to strength, cementing her position with each successive film, and simultaneously showing an amazing range of performance. If the comic caper 'Good Newwz' (2019) cast her as one half of a loud Punjabi couple embroiled in an IVF mix-up, audiences fell in love with her all over again in the Captain Vikram Batra-Dimple Cheema inspired war biopic 'Shershaah' (2021), which was followed by the horror comedy 'Bhool Bhulaiya 2' (2022) and a restrained performance in 'Jugjugg Jeeyo' (2022), revolving around a young couple on the brink of divorce. The romantic drama 'Satyaprem Ki Katha' (2023) saw her play a troubled married woman opposite Kartik Aaryan, delivering a "soulful, sensitive performance". The bar is being constantly raised.

Clearly in a happy place, she admits, "Today, I have understood more about myself, which wasn't the case earlier. I started when I was 21. I didn't know who I was, who I wanted to be, what I wanted to say... I had a dream of becoming an actor, but I didn't know what kind of stories I wanted to tell or what my voice was." Though success has helped her gain clarity, playing unique characters was always on her wish list. Her goal, she reveals, is to reach out to a larger audience, to do films that families can go and watch.

Coming up for her is the Telugu film 'Game Changer' directed by S Shankar, co-starring Ram Charan, the action sequel 'War 2' starring Hrithik Roshan, and of course 'Don 3'. A critic had once commented, "Kiara Advani's energy is capable of far more heavy lifting than it gets credit for." That looks likely to change in the immediate future.



"Even though there were things that didn't work out, I am grateful for the support I got from people who gave me those chances and believed in me."







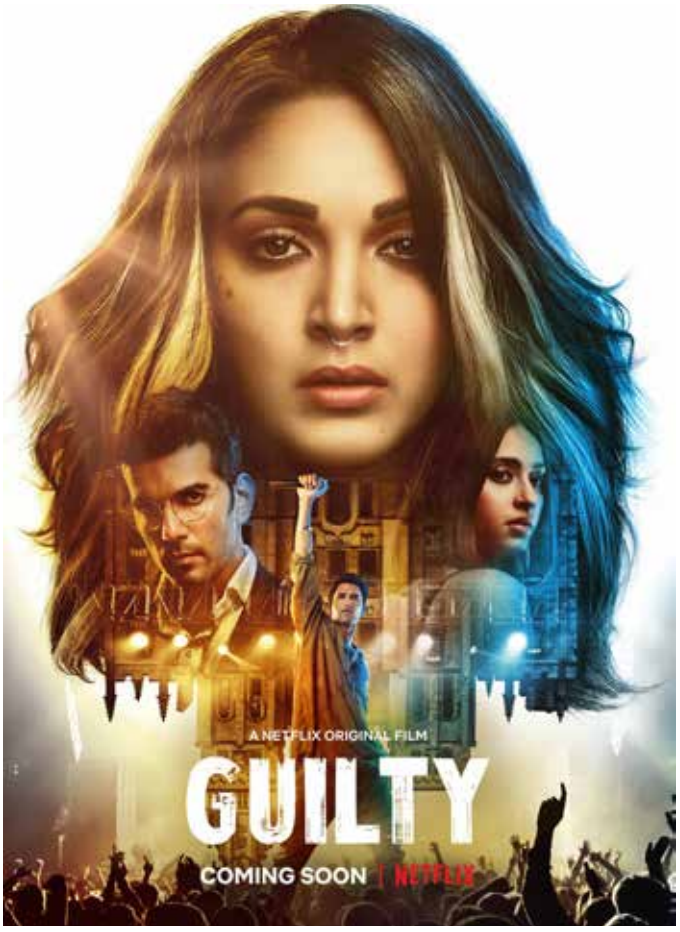
Secret Addiction

The 1991-born Kiara is a SoBo girl, growing up in Cuffe Parade and attending Mumbai's prestigious Cathedral and John Connon School. However, there was one distinctly un-townie quality about her – her devotion to Hindi films. "I was a full Hindi film buff in a school where you were 'cool' only if you watched English films. Every time my friends called, I would flip to an English channel; when no one was looking, I was listening to every Govinda song ever and delivering dialogues from 'Kabhi Khushi Kabhie Gham' (2001) on repeat," she has shared.

Ditching the idea of studying abroad, she attended Mumbai's Jai Hind College. Getting a degree was a hard condition set by her mother. "My mum struck a deal with me. She said, 'You cannot drop out of college. Graduate, get a degree, then you can do whatever you want'." Thrown among a varied set of youngsters from different parts of the country as well as socio-economic backgrounds, college also helped broaden her perspective. "It's helped me in my career, with all the parts and characters I've had to play," she points out.

Training in acting from the acting schools of Anupam Kher and Roshan Taneja, she would get her break in the 2014 release, 'Fugly'. Of course, by then she had also changed her name from the original Alia to Kiara, evidently on the advice of Salman Khan. Despite not receiving the response she expected from her debut film, she feels grateful for the start of her journey. "Even though there were things that didn't work out, I am grateful for the support I got from people who gave me those chances and believed in me."

Any wonder she is everyone's favourite?





"I have never played a character I didn't like. If I don't like my character, I better not be doing the movie. We need to accept that there are all sorts of people. We can't cancel everyone."



Did you know?

- Kiara supports a number of social causes, promoting the Quaker Feed A Child initiative of Smile Foundation as well as supporting The Quint's initiative #SpreadTheLight.
- A regular on lists such as 'Most Desirable Woman', 'Top 10 Popular Stars of Bollywood Cinema', and '30 Most Influential Young Indians', she is also a constant on the lists of best dressed celebrities in the country.
- Awards she has won include Zee Cine Awards Telugu Best Find of the Year – female, Asiavision Awards Emerging Star of the Year, ETC Bollywood Business Awards Highest Grossing Actress, Indian Television Academy Awards Most Popular Actress – OTT, and Zee Cine Awards Best Performer of the Year - female.

"To have someone who believes in you and your talent is deeply motivating."

"It is such a fulfilling home that I come from that to feel the same thing with someone else, I just knew that this is it."

Love, Actually

On 7 February this year, she rang in her first wedding anniversary with Sidharth Malhotra, with both posting identical pictures from a horse-riding session. They captioned it, "It's not the journey or the destination, it's the company that matters. Thank you for being the best partner on this crazy ride called life."

While rumours of her dating Malhotra had emerged in 2020, she did not publicly speak about the relationship. In 2023, they married in Jaisalmer, Rajasthan, in a traditional Hindu wedding ceremony, their wedding pictures reportedly becoming the most-liked Instagram post in India.

Recently speaking about her love story, she shared that the actor always felt like 'home' to her. "It is such a fulfilling home that I come from that to feel the same thing with someone else, I just knew that this is it." Recalling how she fell in love with Malhotra, she said, "It was very organic. It just happened." She also concluded, "I think I am good at balancing my personal and professional life. I am very all hearts. If I want to do something, I go for it." ...The secret to her success, in one crisp line.

Global Icon



Unapologetically, Miley

Bold, talented and irrevocably true to herself, Miley Cyrus has made her mark. It's been a long road for the 'Flowers' singer who recently won her first Grammy, but she is burning brighter than ever.



By Paula Dsouza

In a world that often tries to mould women into a predetermined ideal, one pop sensation has consistently defied expectations, shattered stereotypes, and embraced her true self with unapologetic fervour. Miley Cyrus, a name synonymous with controversy, evolution and now flowers, has emerged not just as a musical powerhouse, but as a symbol of liberation and defiance in the face of societal norms. From her Disney darling days to her rebellious 'Bangerz' era to her two-time Grammy winning night, Miley has challenged the status quo, sparking conversations about identity, feminism, and the right to self-expression. As the 'Flowers' singer says, "Being a woman, that's everything to me."

From Destiny Hope To Miley Cyrus

Born into a family with a strong connection to the entertainment industry, Miley seemed destined for stardom. However, her path to success was not without its challenges. Auditioning for the role of 'Hannah' in Disney's 'Hannah Montana' series was a pivotal moment in her career. Despite facing tough competition, her charisma, and natural acting ability shone through, ultimately winning her the part. Cyrus soon legally changed her name from Destiny Hope to Miley - a name which got used in the show itself. Her portrayal of Miley Stewart/Hannah Montana catapulted her to fame, captivating audiences worldwide. This role not only launched Miley's acting career, but also paved the way for her musical endeavours especially after her hit song 'Party In The USA', setting the stage for her transformation into a global pop sensation.

Her portrayal of Miley Stewart/Hannah Montana catapulted her to fame, captivating audiences worldwide. This role not only launched Miley's acting career, but also paved the way for her musical endeavours especially after her hit song 'Party In The USA'.



An Off Screen Love Story

Miley Cyrus' performance in 'The Last Song', alongside Liam Hemsworth, marked a pivotal moment in her personal life. Starring as Ronnie Miller, a rebellious teenager sent to spend the summer with her estranged father, she delivered a nuanced and heartfelt portrayal of a character grappling with loss, love, and self-discovery. Her on-screen chemistry with Hemsworth, who played her love interest, mirrored their real-life relationship, which was blossoming at the time. This would slowly but surely be the start of a 10-year long rollercoaster of a relationship.

Through 'Bangerz', she not only pushed musical boundaries but also challenged societal norms, particularly when it comes to the expectations placed on women in the music industry.





The Rebellion

Even though it was met with ample controversy, Miley Cyrus' album 'Bangerz' represented a significant turning point in her career, marked by a bold departure from her previous image as 'Hannah Montana'. The album's tracks are a mix of rebellious anthems and heartfelt ballads, showcasing her range as an artiste and her refusal to be boxed in by expectations. Songs like 'We Can't Stop' and 'SMS (Bangerz)' were energetic and infectious, exuding a sense of freedom and defiance. On the other hand, tracks like 'Adore You' and 'Wrecking Ball' revealed a more vulnerable side, highlighting Miley's willingness to explore deeper emotions. Through 'Bangerz', she not only pushed musical boundaries but also challenged societal norms, particularly when it comes to the expectations placed on women in the music industry. The album's bold and unapologetic approach resonated with many, solidifying her status as a pop icon who refuses to conform and wholeheartedly embraces her true self.

Not Just A Pop Star

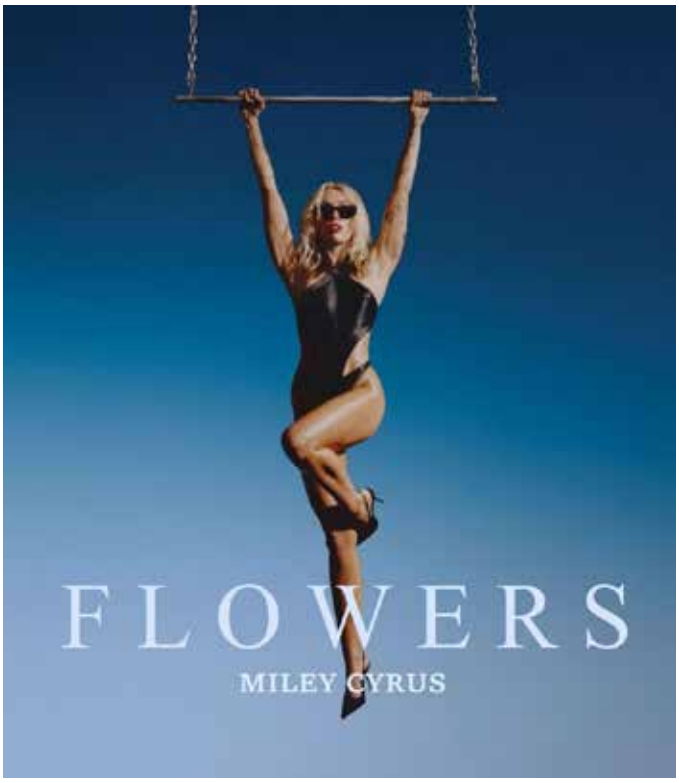
After a rather public split from long term beau Liam Hemsworth, came an album unlike anything Miley had ever released before. Released in 2020, 'Plastic Hearts' blended elements of rock, pop, and punk, creating a sound that is both edgy and heartfelt. With tracks like 'Midnight Sky' and 'Prisoner', Miley explores themes of love, loss, and resilience, delivering powerful vocals that captivate listeners. 'Plastic Hearts' has been praised for its raw honesty and authenticity, with Cyrus laying bare her emotions and experiences for all to hear.

Miley Cyrus was awarded her first-ever Grammy Award for Best Pop Solo Performance and later for the Record of The Year as well, a testament to her artistic growth and undeniable talent.



A Grammy Or Two

And then there was 'Flowers'. In her latest album 'Endless Summer Vacation', Miley gets even more personal as she talks about the confidence she has gained from focusing on her mental health. 'A Love Letter To LA' is what the artiste says her album is. She further explained, "When it comes to the sequencing of 'Endless Summer Vacation', I divided it by two parts: AM and PM to kind of almost represent an act. The AM to me is representing the morning time, where there's a buzz and energy and there's a potential of new possibilities." She continued, "At nighttime, it feels like there's a slinky seediness and kind of a grime, but a glamour at the same time."



However, the release of this album wasn't where her story ended. 'Flowers', a single from the album, became a cultural phenomenon, resonating deeply with audiences worldwide. It swiftly emerged as the definitive breakup anthem of 2023, being one of the few breakup songs glorifying self-love as opposed to a mournful, wallowing tune. The song's popularity soared, with its ubiquitous presence felt across social media, clubs, television, and movies, surpassing previous records she had set. This widespread acclaim culminated in a milestone moment for the music prodigy as she was awarded her first-ever Grammy Award for Best Pop Solo Performance and later for the Record of The Year as well, a testament to her artistic growth and undeniable talent. After receiving the award from none other than Mariah Carey, Cyrus started her speech by saying, "This MC is gonna stand by this MC for this, because this is just too iconic."

'Flowers', a single from the album, became a cultural phenomenon, resonating deeply with audiences worldwide. It swiftly emerged as the definitive breakup anthem of 2023.





Family Above All

Fame never clouded much for Miley as she stuck to her ideology that, "Family is not an important thing, it's everything." Singer Dolly Parton holds a special place in Miley Cyrus' life as her Godmother. Parton's bond with Cyrus' family went beyond mere mentorship; it became a testament to their longstanding friendship and mutual admiration. Both musicians have performed together a number of times, taking turns to sing each other's songs. "That little Miley Cyrus... she's like a little Elvis. The kids love her because she's Hannah Montana, but what people don't realise about her is, she is such a fantastic singer and songwriter. She writes songs like she's 40 years old!" says Parton. That being said, Dolly Parton wasn't the only musical influence in the artiste's life. Her father, Billy Ray Cyrus, who was one of America's most renowned country singers at the time, played a huge part in Miley being initiated into the musical world as well. Not only did he help her get the role of Hannah Montana, but he also supported her musical journey ever since. Miley is also one of six children. Her younger sister Noah Cyrus is also a musician and has been creating music for the last few years now. Being musically talented truly does run in their blood. Lastly, the saying "two peas in a pod" doesn't do enough justice to the relationship Miley and her mother Tish have. The artiste says, "My whole life my mom has been behind the scenes. She was always the one getting me ready for big days, starting with cheerleading competitions, then eventually on sets or backstage before a performance. She has never stopped celebrating me and has been so supportive of my decisions."

"That little Miley Cyrus... she's like a little Elvis. The kids love her because she's Hannah Montana, but what people don't realise about her is, she is such a fantastic singer and songwriter. She writes songs like she's 40 years old!"

- Dolly Parton

A Space For Philanthropy

Founded in 2014, Miley Cyrus's foundation Happy Hippie aimed to support homeless youth, LGBTQ+ youth, and other vulnerable populations by providing resources, support, and advocacy. Through partnerships with various nonprofit organisations, Happy Hippie worked to raise awareness about issues such as youth homelessness, LGBTQ+ rights, and mental health. "Happy Hippie and I want action. We want to be the change that we want to see. And to know that I'm not alone in this dream that we are going to see become a reality brings me such hope, and hope is a crucial component in creating the world we want to live in," says the artiste. Miley's involvement with Happy Hippie highlights her dedication to using her platform for positive change, and her belief in the power of compassion and empathy to create a better world for all.

True To Form

Miley Cyrus stands as a beacon of empowerment for women everywhere, a reminder that strength comes from embracing one's true self, flaws and all. Her fearless approach to life and artistry serves as a testament to the power of authenticity, challenging people to break free from society's constraints and live on their own terms. In a world that often seeks to silence and diminish women, Miley's unapologetic embrace of her identity is a revolutionary act, inspiring us all to be bold, be brave, and above all, be ourselves. Miley Cyrus has shown us that true liberation comes from within, and that by staying true to ourselves, we can change the world, and maybe buy ourselves some flowers while doing so.





"My whole life my mom has been behind the scenes. She was always the one getting me ready for big days, starting with cheerleading competitions, then eventually on sets or backstage before a performance. She has never stopped celebrating me and has been so supportive of my decisions."

- Miley Cyrus

Shankar Mahadevan: “I have never tried to be somebody I am not”

Flush from his recent Grammy win, the dizzyingly gifted singer and composer Shankar Mahadevan believes he has just scratched the surface, and has many goals left to accomplish.

By Nichola Marie



Your fusion band Shakti has won the Grammy Award for Best Global Music Album for ‘This Moment’. What did the moment feel like?

That was a very significant and special moment for me. It was so surreal that it all felt like a haze. I couldn’t digest it for a few days, you know... it takes time to sink in! But it was jubilation, celebration, happiness, relief, emotion, all together!

The album features founding member, guitarist John McLaughlin alongside Zakir Hussain, yourself, violinist Ganesh Rajagopalan and percussionist Selvaganesh Vinayakram. What has this 25-year-long journey been like?

See, Shakti plays a very important role in my life. In my music education actually, when I was very young, I used to go to a small little cassette shop in Chembur, a suburb in Mumbai, and pick up the latest cassettes of Shakti like ‘Natural Elements’, and others that they released. We used to literally study the music. As luck would have it, and with God’s blessings, after 25 years, I was sitting on stage with them performing their music, and became an integral part of the band. And that stayed for 25 years. I think it is a perfect example of a dream come true situation.

“I couldn’t digest it (the Grammy) for a few days, you know... it takes time to sink in! But it was jubilation, celebration, happiness, relief, emotion, all together!”

While not everyone who learns music as a child goes on to carve a career in the field, how much credit do you give to your parents' insistence on your training in Hindustani and Carnatic music?

I owe everything to my parents. At a very young age, they discovered my inclination and interest towards music. And whatever our economic condition was, they did not bother about it, and always encouraged me, by getting me the best of teachers, buying me the best instruments, and constantly paying attention to my music education, in equal magnitude to my regular education. So that was how hip they were, they are, my mother still is - you know, I still live with my mother. Everything is dedicated to them.





From studying computer engineering to diving headlong into the realm of music – what was the defining moment that decided your life's path?

It was not a single defining moment. It was an idea, and a wish, or a dream that was brewing inside for a very, very, very long time. In the meantime, I was studying and becoming a successful engineer. But I had to ask myself: Is this what I want to do for the rest of my life, sit in front of a monitor, and just develop software for some arbit person whom I don't even know, I have no connection with? Or do I want to just enjoy myself doing music, which is an absolute soul-satisfaction situation? So I had to take that call and plunge into it. It took a while, and a lot of guidance and help from my family, my friends, my near and dear ones, and the advice of the woman whom I would marry. A lot of people helped me make my decision.

Achieving early fame as an Indipop star with a fusion of Carnatic, Hindustani and jazz, how did you arrive at this unique sound that left listeners 'breathless'?

I was very busy doing my jingles, corporate films and running around, performing and all that. The idea of doing a live show, of doing an album was there, but I was too busy. But when the opportunity came to collaborate with the one and only Javed Akhtar *sa'ab*, I just could not refuse that, and I thought that would be the perfect start. This was an idea that Javedji initially had that we should have a song that just goes on and on like how you sing a sargam or an alaap, and use words in that, and have these dynamic ups and downs, like a rollercoaster of different emotions.

"My singing looks easy, but I don't feel easy that way! You have to have extreme focus, extreme attention, and awareness of what you're doing. A lot of thinking happens even while singing, because I'm an improvising kind of musician."

Your astounding vocal prowess makes everything look easy, but did you face any professional or personal challenges in reaching your current standing?

Well, yeah, I think my singing looks easy, but I don't feel easy that way! You need to have extreme focus, extreme attention, and awareness of what you're doing. A lot of thinking happens even while singing, because I'm an improvising kind of musician, so, even if it's a Bollywood song, many things are improvised on the stage. So, your thought process has to be faster than your execution. And that is a constant that keeps happening throughout my performance of singing. So, it is easier said than done. It is quite a tough game.



In a career crowned by multiple national and state awards and even the Padma Shri, what are some of your contributions that you are most fulfilled by?

An artiste's achievements are defined by the body of work that he has done. So when I look back at my journey, and I see various milestones, whether it be film music, where I've sung, collaborated with some of the biggest production houses, sung for all the heroes in all the languages that our country has – Tamil, Telugu, Kannada, Malayalam, Marathi, Punjabi, all kinds of stuff... So it's quite satisfying. And a feeling of accomplishment is definitely there. And I feel that the biggest fulfillment is my academy, where, you know, I'm teaching, and giving back to society, and training the next generation, and teaching them about our culture and heritage.

The title of your authorised biography uses the term 'maverick' to describe you. How did your unorthodox and independent-minded approach mark you out in a clutter-filled space?

I don't know whether I'm a maverick, or whatever; the author decided to use that name, but I really feel that I have just been natural, I have just let music flow naturally. And at any instant, I have never tried to be somebody I am not. I have never tried to sing even a single line of music, which does not come naturally to me. I cannot portray something that I'm not. So, that is what makes it very easy. And for me, that may be one of the reasons that my music stands out amongst the clutter.

It has been more than 25 years for you as a composer, along with Ehsaan Noorani and Loy Mendonsa. To what do you credit your critical acclaim and success?

See, we are three different individuals with very strong musical preferences, education, and viewpoints. And we just stick to that. The three of us, when we work, we work very naturally, and let the music flow. We don't get bogged down by something that is massy, popular and trying to be popular, we just do things that come naturally to us. And since we cover a huge musical spectrum of knowledge, things sound fresh, because we approach it in a very different way; not the traditional way.



"The biggest fulfillment is my academy, where I'm teaching, and giving back to society, and training the next generation, and teaching them about our culture and heritage."





“There is a lot of music education to do... Make a difference to the underprivileged through music, use music as a tool to give joy to people who are suffering. Collaborate with many more artistes, and show the world the depth and aesthetics of Indian classical music and Indian music.”



Any goals that you are still working towards achieving?

Many goals actually, this is just the beginning; I feel that I've just scratched the surface, lots of stuff to do, a lot of music education to do, teach, get many, many, many more people into learning from my academy. Make a difference to the underprivileged through music, and use music as a tool to give joy and happiness to people who are suffering. Collaborate with many, many more artistes, bring out our music and show the world the depth and aesthetics of Indian classical music and Indian music.

You dedicated your Grammy to your wife Sangeeta. What is the 'secret sauce' of a happy and successful marriage?

There is no secret sauce or anything. I think the only way it happens is you give each other respect, do not take each other for granted, give each other space and love unconditionally. That is the only way to do it.

"There is no secret sauce (for a happy, successful marriage). The only way it happens is you give each other respect, do not take each other for granted, give each other space and love unconditionally."

Learning From The Best

Shankar Mahadevan Academy, with its tagline of 'Learn music. Anytime. Anywhere', offers live online classes with expert faculty, customised learning and world-class curriculum. With a tool as well as counsellors to find the perfect course to suit the individual, on offer are a range of courses in vocals, instruments, and songs. The instructor-led courses have weekly live, online sessions with expert instructors supplemented by learning materials in the form of an Online Music Book - OM Book(tm) with audio/ video lessons, theory, notations, lyrics. Each session is 45 minutes in duration with intimate batch sizes of one to three students according to session timings of one's choice. All you need is a laptop/ computer, an internet connection and your headphones to get started.



Abu Jani and Sandeep Khosla: Masters Of Glamour & Grace



Go-to designers for those seeking timeless, yet contemporary couture, Abu Jani and Sandeep Khosla's unique aesthetic and innovative designs have earned them a dedicated global following, making them true icons in the world of fashion.

By Amber Dias

Designer duo Abu Jani and Sandeep Khosla have carved an indelible mark in the world of fashion with their exquisite craftsmanship and unparalleled creativity. Renowned for their opulent couture and intricate embellishments, they seamlessly blend traditional Indian aesthetics with contemporary sensibilities. With a client roster spanning from Bollywood royalty to international celebrities, including Jaya and Amitabh Bachchan, Deepika Padukone, Ranveer Singh, Twinkle Khanna, Nita Ambani, Pink Reddy, Sussanne Khan, Shah Rukh and Gauri Khan, Dame Judi Dench, Beyoncé, Jennifer Lopez, Gwen Stefani and Carrie Underwood, their luxurious creations have become synonymous with glamour and sophistication. Embracing heritage techniques while pushing the boundaries of modern design, they continue to captivate fashion enthusiasts worldwide with their timeless elegance and innovative vision.

Excerpts from the interview...

Today, your names are synonymous with Indian couture, extending beyond just bridal wear. Looking back at your journey, how would you describe the growth and evolution of your brand?

Creating a legacy is built on very pure and uncompromising principles. Our vision remains thoroughly original, untouched by shortcuts or external influences. We create the very finest, dreaming originally and executing those dreams with painstaking craftsmanship and unswerving dedication. Our imagination and ambition are wonderfully free and unabashedly grand. There are no shortcuts when achieving the seemingly impossible — it's a labour of absolute love. Our appetite for beauty is immense and grows with every collection. We are blessed to work with the most gifted artisans and a team who, like us, have poured their entire souls into creating the most wonderful couture. We began as pure couturiers and, in the last eight years, diversified our expression to include diffusion, menswear, and a pret label specialising in separates for women.

"Our imagination and ambition are wonderfully free and unabashedly grand. There are no shortcuts when achieving the seemingly impossible — it's a labour of absolute love."



Courtesy: Abu Jani Sandeep Khosla



On a similar note, there must have been challenges along the way. Now, from the top of the scale, what challenges do you encounter, if any, and what strategies do you have in place to tackle them?

Remaining relevant and at the top of our game for close to four decades presents numerous challenges. Continuous evolution with a passion for expanding our horizons and addressing new audiences is crucial. Our enthusiasm must never wane, and the mission is always to hone our creativity and reach new heights with every collection. The scourge of rip-offs and copycats must be met by staying ahead and innovating. There's no room for resting on laurels; instead, we are always learning and forever reaching higher.

The world knows you as a dynamic duo that never misses a beat. What has it been like working together, blending two different styles and ideas to build your empire?

It has been the mother of all adventures. We are infinitely blessed with each other. We are undoubtedly better and stronger together — Abu and Sandeep together create alchemy. Our core sensibilities and aesthetics mirror each other. While we are like chalk and cheese in personality, we complete each other. Essentially, we have deep respect for one another as artists and share a profound love, which brings extraordinary patience, an ability to disagree, a desire to listen, and learn. Love creates miracles.

Courtesy: Abu Jani Sandeep Khosla

Your brand is the first choice for the who's who of India and even abroad. What is it about your approach to fashion that draws them and keeps them coming back?

A profound respect and love for our creativity set us apart. We create the distinctly extraordinary, always aiming for the finest. Our clients are treasured, valued beyond measure, and we appreciate their faith in us. Working with clients for decades and creating for three or even four generations is truly special. Our craftsmanship is unparalleled, as we believe in creating impeccably fine handcrafted clothes that are utterly timeless and hold eternal value.

What is the one piece of advice that clients constantly seek when choosing an outfit, especially for a wedding or a special occasion?

Clients seek an ensemble that sets them apart even in the most exclusive gatherings. A desire for the extraordinary, impeccably crafted, and an outfit that sets a new standard and remains relevant and coveted for years to come.

Fashion is constantly evolving, influenced by social media and vast content exposure. As designers, how do you balance the vision your clients bring with staying true to yourselves? Does this influence your strategy for keeping the brand relevant?

Our brand remains relevant due to the originality and exceptional quality of our expression. We are not influenced by external trends or market considerations. We look to our inner imaginations, listen to our inner voices, and create independently. We are designers, not fabricators, and our clientele comes to us for our vision and our ability to merge their vision through our art.

Speaking of social media's power to influence, how has your approach to marketing and connecting with people changed because of it?

Social media is an unavoidable part of the industry. While it's a part of our marketing, it doesn't control our creativity. We use social media to promote our work without letting it dictate what we create. When we started, social media did not exist, so innovations, especially in crafts like *chikankari*, *sheesha*, and *zardozi,* have not been documented. These crafts are now reinvented on our social media pages and are perhaps the most copied today.

What would you say has been your biggest accomplishment to date? While there will always be new heights to reach, is there a specific goal you are focused on for the immediate future?

Our biggest accomplishment has been staying true to our vision, design principles, sensibilities, and ethics. We never compromise, cut corners, or take shortcuts. We treasure our artisans, ensuring their happiness and fulfilment in their work. Our mission and dream is to take Abu Jani Sandeep Khosla global, bringing India's absolute finest to the world.

"We treasure our artisans, ensuring their happiness and fulfilment in their work."

"Continuous evolution with a passion for expanding our horizons and addressing new audiences is crucial. Our enthusiasm must never wane, and the mission is always to hone our creativity and reach new heights with every collection."



Courtesy: Abu Jani Sandeep Khosla



Courtesy: Abu Jani Sandeep Khosla





Courtesy: Abu Jani Sandeep Khosla

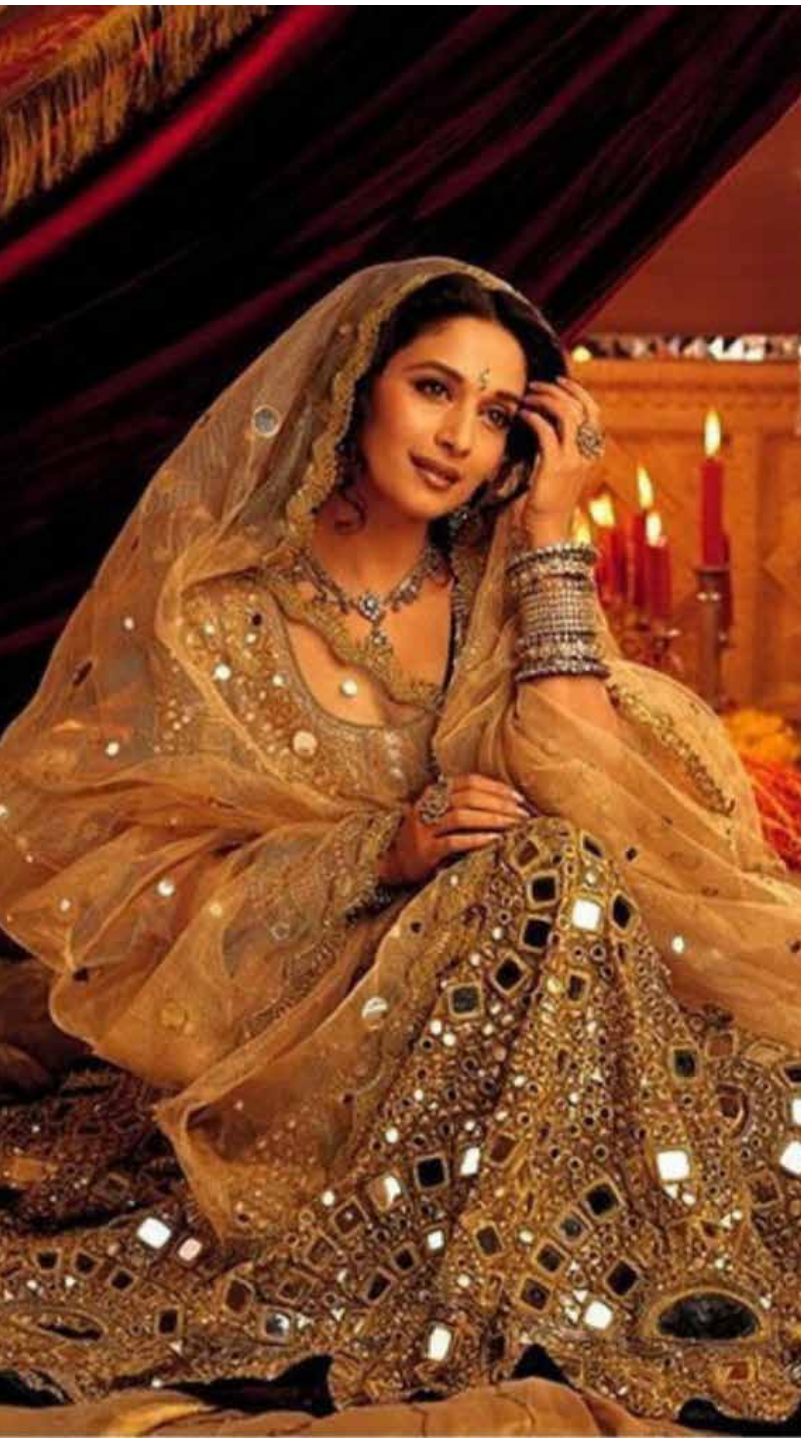


Courtesy: Abu Jani Sandeep Khosla

You recently released a video featuring supermodels like Arjun Rampal, Nayanika Chatterjee, Sheetal Mallar, Carol Gracias, and Dino Morea. What inspired it, and can you briefly take us behind the scenes of putting it together?

We believe in beauty and magic being larger than life. The video is a celebration of the supermodels and the belief that people and things of quality have no fear of time — they never lose their beauty or relevance. Age is beautiful and must be glorified, celebrated and cherished. 'The Return of the Muse' showcases the extraordinary journey of supermodels in the glamorous world of haute couture.

"'The Return of the Muse' showcases the extraordinary journey of supermodels in the glamorous world of haute couture."



Courtesy: Abu Jani Sandeep Khosla

"Couture is the slowest and most sustainable form of fashion. The highest quality craftsmanship and the most eternal, classical design are meant to last and remain relevant for decades."



Courtesy: Abu Jani Sandeep Khosla

Collaborations with other industries, such as film or art, have become more common. Can you share any memorable collaborations that have influenced your designs or expanded your creative horizons?

Our work with Sanjay Leela Bhansali and Rhea Kapoor in cinema was creatively satisfying. Designing for movie characters in both periods, like 'Devdas' (which won a National Award), and contemporary women in 'Veere Di Wedding', was wonderful. Bhansali and Rhea's deep love for couture gave us carte blanche to create magnificent costumes.

Sustainability is the buzzword at the moment. What does it mean to you, and how has it influenced your approach to creating?

Couture is the slowest and most sustainable form of fashion. The highest quality craftsmanship and the most eternal, classical design are meant to last and remain relevant for decades. Cheap, fast fashion is the most expensive thing in the long run. Timeless style at Abu Jani Sandeep Khosla has been our *raison d'etre* from the beginning, and our work is forever.

What's new at AJSK? Is there a new collection or two in the works that lovers of your creations can look forward to?

We most recently launched the Navratan collection – meaning jewel tones inspired by the famous nine gemstones. Going forward, our creativity isn't going to be restricted to garments alone, but witness expansion into interior design. A Wonder Room is the interior design vertical by Abu & Sandeep and our designs are undoubtedly eclectic, drawn heavily from Indian art. Talking about new, we also plan to open a new flagship store in Mumbai, expand into candles, jewellery and perfumes in 2024. Stay tuned and watch this space for more exciting developments!

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Get fit with celebrity trainer Deanne Panday. Ride through the hills of Tamil Nadu. Explore design masterpieces from Aamir and Hameeda Sharma. Get loved up with sensuous wine. Treat yourself to delectable boba concoctions.

‘Society Achievers’ dives into all this and more!











Holistic Living

Fitness maven Deanne Panday tells Hannah Cardozo about her wellness journey from training Bollywood celebs like Bipasha Basu, Preity Zinta, Dino Morea and John Abraham to preaching holistic well-being.

Fitness has always been about more than just appearance for health coach Deanne Panday. With over 30 years of experience in the industry, she leads by example by living a balanced and healthy lifestyle. Deanne got her start very early on as a model and writer, gaining recognition when she started training Miss India contestants and Bollywood celebs. Her love for writing translated into three books on fitness that became bestsellers. She has embraced holistic practices and gives us the inside scoop on crash diets, fat burners, and internet fads.



This is her story...

An Early Start

At the age of 12 or 13, I stumbled upon Jane Fonda's workouts. I found them challenging and would do them every day. At 16, I came across yoga, it was very old-school at that time. But practising it would give me a sense of calm. I remember getting a summer job, and with the money that I'd saved up, I joined a gym. I started enjoying this, wanting to understand more, not realizing that I would make this a career later on.

Charting Her Writing Path

At the gym, there were just men working out, there were no girls or young people. I was the only one and I became really strong, and there was a point where I would lift more weights than any of the men. I developed a passion for staying strong and fit.

I moved to Mumbai from Delhi and did a little modelling. That's when my passion for writing about fitness began. There was this spinning class opening in town and I ran to try it because it was very new, and then I wrote about spinning. 'SAVVY' magazine had a column called 'Gym & Tonic' and hired me as a columnist for a year.

The Inevitable Evolution Of Expertise

When my kids were young, I wanted to write on a larger scale. So I went to Australia to do a short course. I studied nutrition and personal training. The late Pradeep Guha, the head of the Miss India pageant in India back then, had heard that I'd done this course and asked me to train the Miss India contestants.

I Believe In One-On-One Training

For me, a one-on-one consultation is very important because I need to see your entire medical history. I tied up with a medical center and got all the girls' medical history done, and it was shocking. Such young girls had osteopenia, osteoporosis, and PCOD.

If one or two girls had that, I would keep the group separate. My trainers would train them differently according to what their bodies required. Medical histories helped categorise them. Whether it was a group, my clients, or at the gym, I was always focused on one-on-one training.

Get Fit V/S Get Fads

I used to get a lot of clients who wanted quick fixes, and I would turn them down. I try out everything and then promote what I feel is scientifically right, and not fads or something that will injure somebody. Power yoga injured a lot of people; it became a fad, it went on for a couple of years, people did lose a lot of weight, but part and parcel were the injuries.

Today, there's a lot of awareness about yoga. But people still need to understand it's not about losing weight or competition. We all get off that mat to be better humans, to ourselves and the world around us, not to lose weight.

"The first consultation with me starts with your medical history, going into the history of the stress in your life, unhappy relationships, nutrition, diet, and workouts. This is because whatever you do, if you come back to a life that is stressing you out, that's not healthy."





"What works for me are weights and yoga. That's something I've never stopped. Yoga has become very important in my life. Especially now that I've completed 55 years. I recently also started a little bit of Pilates because of stiffness."

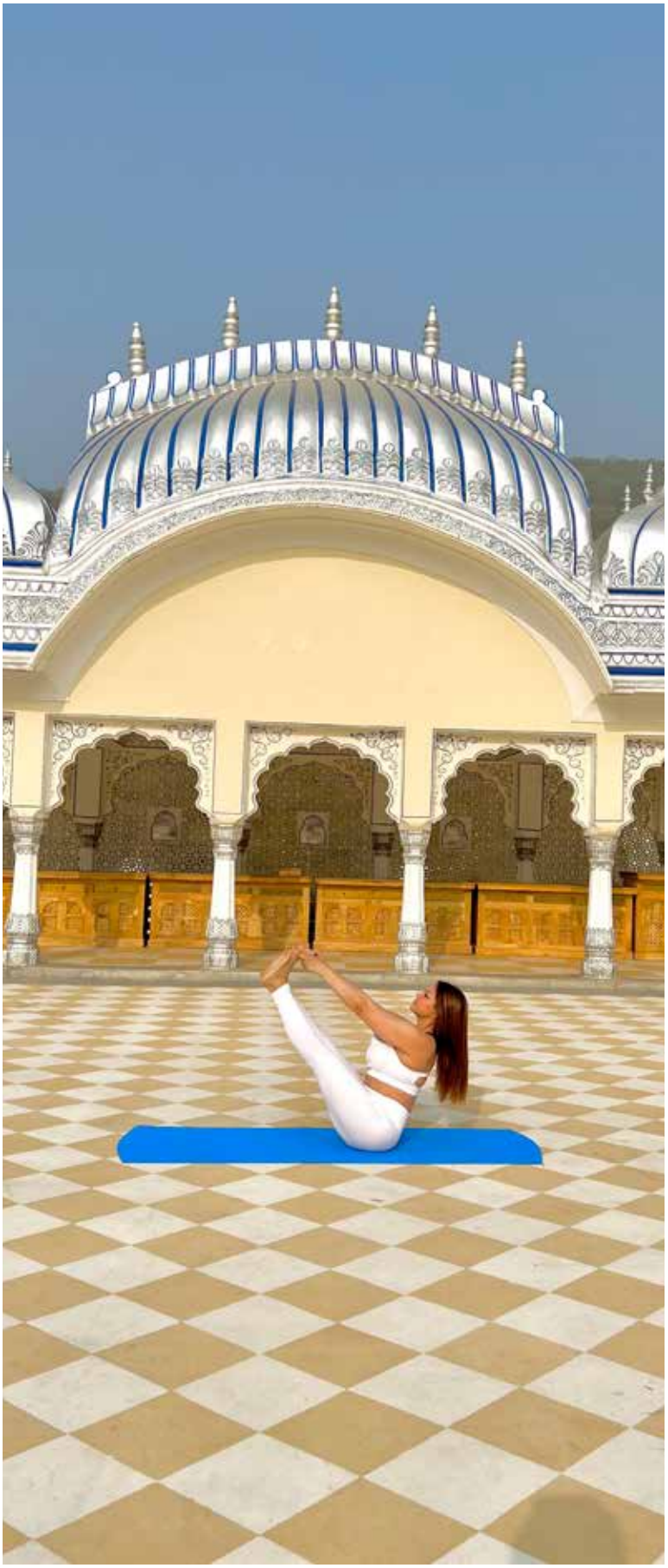
Wellness Keys

The first consultation with me starts with your medical history, going into the history of the stress in your life, unhappy relationships, nutrition, diet and workouts. This is because whatever you do, if you come back to a life that is stressing you out, that's not healthy.

Wellness is a very broad spectrum, it's not just the food on your plate or your workouts, it's the state of your mind, your nervous system, your lymphatic system working optimally. If your medical tests are all okay but you're feeling tired, you're not living life to the fullest.

You must be able to not be like the others and not get stuck in a hamster wheel. Like everybody's doing this, so I have to do it. You and I are different. What suits you is not going to suit me. What suits you today will not suit you 10 years from now, or even one week from now. Nutrition and workouts are as individual as your fingerprint, you need to do what suits you.

"I follow the 80:20 rule. In a day, 80% is eating healthy and 20% is any rubbish. I have been doing this all my life and telling my clients to do the same, and this is why I've never craved anything. As humans, we want to enjoy ourselves. That's why diets don't work."



“I stopped personal training over 10 years ago because I got onto the path of educating and writing books and blogs. Fitness took a very wrong turn, and it still is taking a wrong turn in a big way. People are still doing quick fixes, fat burners, and Ozempic – they’re taking it just to lose weight!”

Embracing Wellness

I stumbled upon health coaching about six to seven years ago. I studied a course because I had become very holistic in my way of training. I don’t believe in anything unnatural, fat burners, steroids, or crash diets. You have to work hard, have a well-balanced diet, and be fit but not obsessively fit.

I stopped personal training over 10 years ago because I got onto the path of educating and writing books and blogs. Fitness took a very wrong turn, and it still is taking a wrong turn in a big way. People are still doing quick fixes, fat burners, and Ozempic – they’re taking it just to lose weight!

For the last 12-14 years, I’ve been going to wellness health resorts that host me as a wellness/ health coach. I’m on this path of educating everybody about wellness and detoxing; you need to look after your organs, you need to look at your health at the cellular level, your blood circulation, and your nerves. When you do a detox, it’s your nervous system that needs a break.

People are still looking at health and wellness as, “I want to lose weight, I want to be thin, I want a six-pack.” They’re not acknowledging that their bodies are not machines. It’s a living thing, you need to treat it with a lot of love.

Deanne’s Tried & Tested Regimen

What works for me are weights and yoga. That’s something I’ve never stopped. Yoga has become very important in my life. Especially now that I’ve completed 55 years. I recently also started a little bit of Pilates because of stiffness. I follow the 80:20 rule. In a day, 80% is eating healthy and 20% is any rubbish. I have been doing this all my life and telling my clients to do the same, and this is why I’ve never craved anything. As humans, we want to enjoy ourselves. That’s why diets don’t work.



“I stumbled upon health coaching about six to seven years ago. I studied a course because I had become very holistic in my way of training. I don’t believe in anything unnatural, fat burners, steroids, or crash diets. You have to work hard, have a well-balanced diet, and be fit but not obsessively fit.”

Coffee & Fuel

Shaun Pais relives his caffeine fuelled ride through the hills of Tamil Nadu.

This probably isn't the best way to start a story but in the name of honesty, here goes... cruisers aren't my cup of tea. They're too low to the ground, often underpowered with very large turning radiuses, and I also find them unnecessarily heavy. Plus they're really cramped for my six foot frame, especially on longer rides. To me, they've always seemed like 'old people' motorcycles. Similarly, I'm not much of a coffee connoisseur either. Sure, I do consume a cup diligently every morning but that's purely to fuel my caffeine intake for the day and has nothing to do with the beans or type of press.

So when the Royal Enfield Meteor X Blue Tokai ride came up, I was in quite a dilemma. Clearly, I'm not an enthusiast for either of these. So riding down a thousand plus kilometres seemed like a clear no. But then I pondered harder. Maybe this was the universe giving me a sign. A two-night trip in the southern hills where I'd have maximum exposure to both cruisers and specialty coffee. This was their chance at redemption and it would be unfair of me to not give them this shot.

"The Meteor 350 was the first Royal Enfield motorcycle born with the well acclaimed J series engine at heart. I was allotted the Fireball Red."





The Adventure Begins

And there I was in Bengaluru with 12 other very talented creators, writers and explorers. All of us in the parking lot of a hotel that had about a dozen shiny new Meteor 350s, all geared up and ready to ride into Yercaud to experience some of the finest coffee. The Meteor 350 was the first Royal Enfield motorcycle born with the well acclaimed J series engine at heart. I was allotted the Fireball Red.

The route, once we crossed into Tamil Nadu, was mostly a plain highway for the majority of the journey, which pretty much is what the Meteor was built for. But just when we thought this was getting a little too boring, we began the ascent to Yercaud where 20 steep hairpin bends awaited us! With every hairpin, you could feel the weather get a little cooler and the air get a little cleaner.

A little bit of trail riding at the end and we reached MSP's Heaven's Ledge which, in my opinion, has a view that pictures can't do justice to. You have to experience it in person.

Navin, the owner of the property, rode the last 50 odd kilometres with us on his own Super Meteor. Before he escorted us to our luxurious tents, he gave us a small brief on what the next day's activities looked like.





Temperatures drop a couple of degrees at night and if you leave your comfortable bed in the morning for the sunrise, you'll see all the hills below covered in snow. Navin and his family have been in Yercaud for generations now. They collectively own more than a thousand acres of land in this hilly paradise.

Riding High

On day two, we quickly wrapped up breakfast and Navin's cousin Kamlesh, who also happens to be the manager of the estate, took us for a hike. He taught us the intricacies of the coffee berry business, explained why Yercaud coffee is different from the other plantations and even told us what to do if we encounter a wild bison – a situation that is quite likely in these parts! A few hours later, Kamlesh took us to the unpicked coffee plantations where we were all a part of a coffee berry picking contest. 30 minutes later, we all gathered at the central area and Navin judged the picked berries for quantity and quality. The redder the berries, the better they are for coffee. One team won the contest and one team was left baffled. I'm not allowed to tell you which one I was a part of due to confidentiality reasons, of course.

Post lunch we were back on the Meteors and made our way to the large processing plant at Stanmore Estate. Here we learnt more about the fermentation process, the washing and drying of Arabica seeds, and even learnt about coffee made from the poop of civet cats and monkeys!



"The Meteor, like every other cruiser, is low to the ground. And if you're short or new to motorcycles, it's such a huge benefit. The lack of intimidation means more people get to explore the joy of riding which I can only see as a massive win."





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A Final Brew

The final day started off with Rohan from Blue Tokai teaching us more about coffee and how to navigate the different flavours. He even brewed a unique batch of a nutty and chocolatey coffee for us, which little did we know at the time was actually a new blend that's now known as the Royal Enfield Cruise Blend! Try this out the next time you visit a Blue Tokai outlet or if you order in from Swiggy or Zomato.

Post this, we said our goodbyes after having met some of the most unique and lovely people on this trip. Just as we were gearing up to leave, we got a call from Navin with the sweetest request. Navin's mother has mobility issues, due to which getting to the estates for her is an issue. She was upset that a bunch of motorcyclists came from different parts of the country and explored her estate, but she couldn't greet them. Without any hesitation, all of us made the small detour to Navin's house before we set out for Bengaluru once again.

Lessons Learnt

At the end of the two nights we spent in Yercaud, it all became clear to me. Cruisers and exquisite coffee are actually pretty good. Regardless of what anyone thinks, there definitely is an audience for them. They're still a part of niche categories, but you'll find loyalists who will always continue to swear by them.

To make things simple, filter/instant coffee is like *daal chawal.* It's sustenance for me and I still can't imagine a tough day without it. But every now and then, replacing it with a few exotic coffee beans won't hurt. In fact, it'll even open your eyes to the large world of speciality coffees and cool cafés.

The Meteor, like every other cruiser, is low to the ground. And if you're short or new to motorcycles, it's such a huge benefit. The lack of intimidation means more people get to explore the joy of riding, which I can only see as a massive win. It pays homage to the Bullet which, in essence, is the first cruiser we've had in India.

I'm still very loyal to adventure motorcycles and their 'go anywhere ability'. But how about a cool, low-slung cruiser in the garage? One that wakes the neighbourhood when it's fired up? One that looks vintage but is packed to the teeth with modern tech? One to take to a sophisticated cafe for a late night coffee date? It's only been one long weekend but you can already count me as converted!

Designing Masterpieces

Hyderabad-based Aamir and Hameeda Interior Designers (AANDH) have experimented with new materials and designs in most of their projects.



Spearheaded by Aamir and Hameeda Sharma, their extensive and versatile body of work ranges from interior design of residences, corporate offices and retail stores to hospitality projects. They love discovering their clients' vision and approach each project with an open mind to create something unique. Their interest in global and local trends in fashion, lifestyle, travel and design is reflected in their varied palette of retail spaces, breweries, restaurants and residential projects.

Here are some interesting designs from Aamir and Hameeda Interior Designers (AANDH)...

House Of Art

This 10,000 sq ft home designed in a gated community is the perfect blend of Indian art, carved old antiques, and detailed sculptures, and has the perfect balance added with contemporary Italian furniture. As it's a weekend home, it has two floors, four bedrooms and two courtyards.

Aamir and Hameeda Sharma's interest in global and local trends in fashion, lifestyle, travel and design is reflected in their varied palette of retail spaces, breweries, restaurants and residential projects.

Local products were used to retain the authenticity of the home and to bring a perfect blend between modern and traditional design which go hand-in-hand to create this masterpiece. This flow of design brings openness to the space. “As this home is designed around art, we have incorporated more than 600-year-old carved pillars in the living room. On the first floor, you are greeted with the detailed and highlighted *puja* room which was done by the artist Rama from Chennai. In the living room we have infused art by MF Husain that has added soul to the space, along with the iconic yellow bull by artist Srikant which gives the pop of colour,” says Aamir.

The dining area opens up to an outdoor space which was designed with outdoor furniture and heavy greens for privacy. Adding to the openness is the double-height wall with nuance panelling behind the detailed and customised brass bar. Hanging a light above the bar from ‘Vivia’ adds character to the space. This home instantly puts you in a state of freedom.







Local products were used to retain the authenticity of the home and to bring a perfect blend between modern and traditional design which go hand-in-hand to create this masterpiece. This flow of design brings openness to the space.

Chalsani House

This duplex apartment in a high rise building was designed during the lockdown, keeping in mind the serene views and the play of natural light during daytime and evenings. The design concept is minimal with a pop of vibrant colour here and there to add character and drama to the place.

It took the team around 24 months from design conceptualisation to execution. An interesting feature of this house is that all the bathrooms are designed differently with a focus on the artwork, unique ceilings and play of various materials and colours.

Another highlight is the *puja* space on the top floor, which is done by a local artist from Tamil Nadu, where each box surface is hand painted in traditional Indian art forms and opens to a different God from different religions.



The design concept is minimal with a pop of vibrant colour here and there to add character and drama to the place.





The Trilight Experience Centre

The Trilight Experience Centre is a unique and innovative building with the interior design featuring a stunning art installation that adds character and flows to the overall design. However, the project required a lot of technicalities that could only be accomplished on-site, and thus, closely working with the civil engineers on-site was crucial for the successful execution of the complex design.

The art installation was designed to complement the building's design and add to its unique character. It was born from Sharma's doodles and sketches, which eventually led to the creation of a stunning feature. It comprised bent pipes and pipe lights that spread through the roof in a random format in white and red, further adding to the uniqueness of the building.

Additionally, mesh human figures were added to the installation to represent the construction process for the project, making it a one-of-a-kind feature designed explicitly for this experience centre. The design of the Trilight Experience Centre was extensive and complex, requiring the expertise of civil engineers and designers alike.



The Trilight Experience Centre is a unique and innovative building with the interior design featuring a stunning art installation that adds character and flows to the overall design.





Ramnani House

Luxuriously designed, the Ramnani house is a comfortable abode with contemporary lighting and furnishing elements. Designed with finesse, the interiors are chic and appealing. It's a special home curated with vintage furniture from the Paris flea market from the '70s. The home, built on 800 square yards and built vertically with three floors and balconies, has a carpet area of approximately 10,000 sq ft with concrete arches, greenery, and a lap pool.

The elevation consists of wooden screens customised to block the western sun and give character to the vertical home and the circular cutout on the top which allows a tree to grow through it. A 10-foot high, deep red door and the wooden panelling on the ceiling offer a warm welcome to this luxurious abode. The well-lit and designed entrance with an eye-catching luminaire straight ahead offers a great passage for the entrance.

The double-height dining was planned right from the conceptual stage with a foam finish wall on the staircase wall. A quaint corner in the living room is the perfect space for much-needed 'me-time'. The round structure adds softness, while the subtle grey finishes the area in a warm tone.

This article has been excerpted from our sister publication 'Society Interiors & Design'.

It's a special home curated with vintage furniture from the Paris flea market from the '70s.









The Rise Of Boba

Sahaj Chopra, Co-Founder & Director, Fat Tiger, dives into why boba is stirring up quite the storm.

Bubble tea or boba has been making waves globally, majorly impacting trade and business. Bubble tea's journey from a small teahouse delicacy to international stardom is a testament to innovation, cultural exchange, and the beverage's irresistible charm. Its distinctive blend of traditional tea flavours, brown sugar-sweetness, an occasional caffeine kick, and chewy tapioca pearls — its claim to fame — all contribute to the magic.

Usually made with black tea, milk and sugar, the beverage can be served warm or chilled. To make a rich and creamy base, the brewed tea is blended with milk and sweeteners like sugar or honey. The drink then gets infused with tapioca pearls, which are tiny, chewy balls manufactured from cassava flour that give it a distinct texture.



It is the texture of boba that sets it apart from other drinks. The tapioca pearls give the beverage a chewy, somewhat sweet taste that is both distinctive and delightful to the palate. It's similar to eating a snack and sipping on a drink together.





A Treat Apart

The variety of flavours available in boba is one of its most alluring qualities. There is a flavour for every palate, ranging from creamy and nutty, to fruity and fragrant. Strawberry, mango, lychee, honeydew, matcha, and taro are a few of the most popular ones. Apart from its extensive variety of flavours, boba can be tailored to suit personal tastes. Consumers have the option to select the kind of milk, degree of sweetness, as well as the tapioca pearls' size and texture. However, it is the texture of boba that sets it apart from other drinks. The tapioca pearls give the beverage a chewy, somewhat sweet taste that is both distinctive and delightful to the palate. It's similar to eating a snack and sipping on a drink together.

There are several explanations for why boba is sometimes described as a taste of heaven. Firstly, if premium tea leaves are used, the tea base itself has the potential to be aromatic and tasty. Many appreciate the creamy, sweet taste that the milk and sugar can add. Secondly, the fruit flavourings impart a refreshing and fruity taste to the drink, while the chewy tapioca balls add a fun and unusual texture. Many people find it a complex and fulfilling taste experience when these flavours and textures combine. Lastly, but certainly not the least, boba has spread over the globe and grown to become a cherished beverage, which may add to the appeal and good connotations associated with the beverage. In general, boba's flavour is arbitrary and dependent on individual tastes, yet for many, it may be a highly pleasurable and fulfilling beverage due to its distinctive flavour and texture combinations.

Fun With Boba

These are a few well-liked varieties of boba that are widely available:

- **Traditional Milk Tea With Boba:** This is a well-liked option that combines black tea, milk and sweetener. Tapioca pearls, or boba, are added for a chewy texture.
- **Fruit-Flavored Tea With Boba:** This variation of boba tea starts with fruit teas and is frequently topped with boba and fresh fruit or fruit syrups.
- **Boba Tiramisu:** The flavours of tiramisu, coffee and boba are combined to create this delectable and unusual drink. The drink usually has three layers – a layer of cream or syrup with a flavour reminiscent of tiramisu at the bottom, a layer of milk flavoured with coffee on top, and a big portion of chewy tapioca pearls, or boba. All things considered, tiramisu coffee latte boba is a delightful and entertaining beverage.
- **Flavoured Boba With Coffee:** Boba cafés frequently provide coffee-based cocktails with boba for those who enjoy coffee. Popular choices include espresso combined with milk and sugar, or iced coffee.
- **Crème Brûlée Boba Coffee:** Crème Brûlée boba coffee blends the flavours of caramelised sugar, chewy boba pearls, and creamy custard to create a distinctive and delectable coffee beverage. Freshly brewed coffee usually serves as the base, to which cream or milk and a flavouring syrup — typically vanilla or caramel — are added. Next, a layer of creamy custard and caramelised sugar — which is burned to produce a crisp, caramelised crust — is placed on top of the beverage.

Usually made with black tea, milk and sugar, the boba can be served warm or chilled.



There is a flavour for every palate, ranging from creamy and nutty, to fruity and fragrant.



Crystal Clear

Savour your favourite spirits with gorgeous crystal drink and barware.

Crystal barware, renowned for its exquisite beauty and exceptional quality, has long been the epitome of luxury and refinement. From shimmering glassware to intricately cut decanters, each piece exudes elegance and style. Crystalware elevates experiences, making every dining moment a celebration of taste, style and sophistication.





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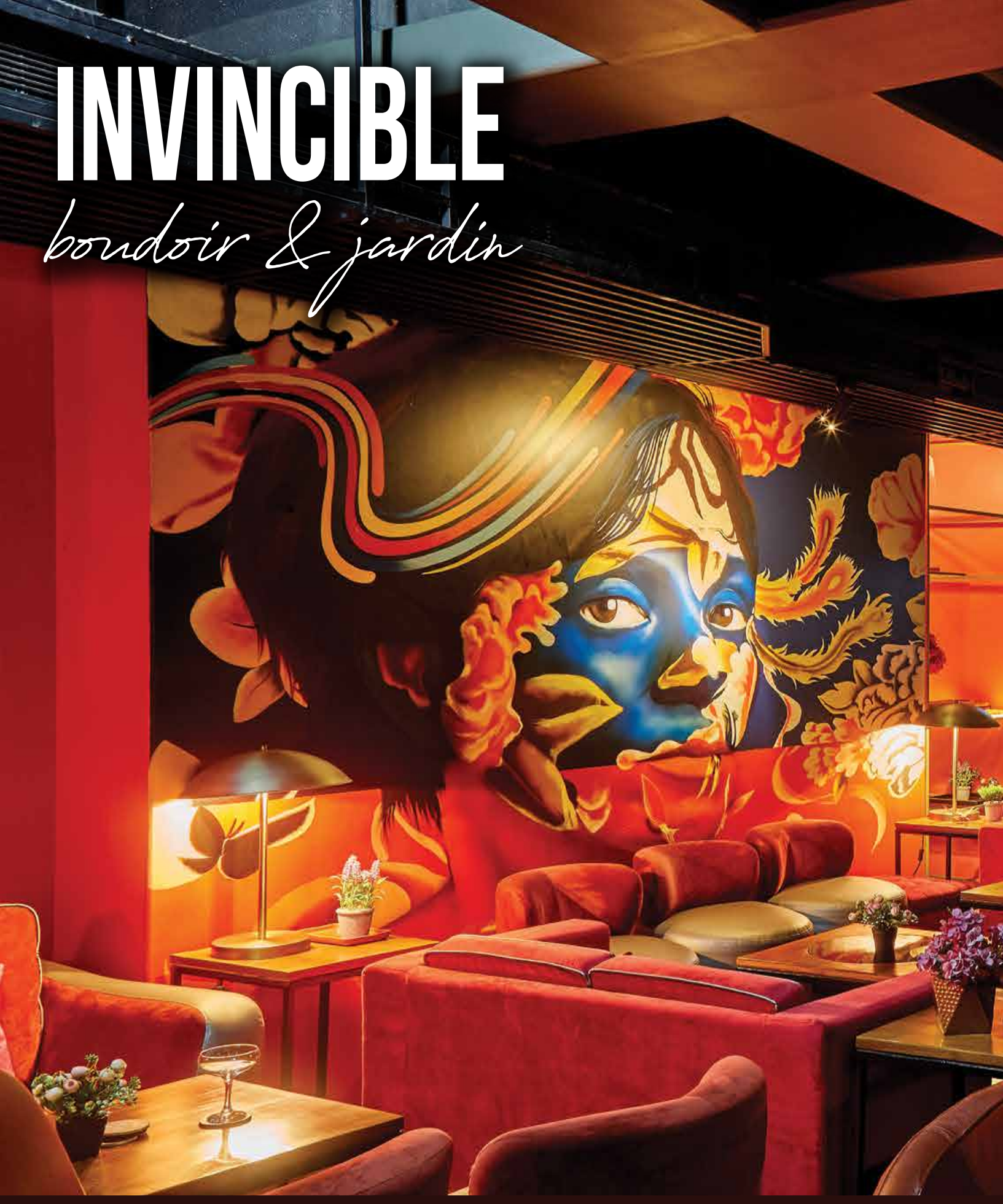
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Love In A Bottle

Amber Dias digs into why a good bottle of wine is a go-to for turning on the romance.

Few things rival the allure of a beautifully crafted bottle of wine. For centuries, wine has been intertwined with romance, its complex flavours and aromas enhancing intimate moments and creating unforgettable experiences.

Through The Ages

Wine and romance have shared a deep connection throughout history, dating back to ancient times. In Greek mythology, wine was often associated with Dionysus, the God of wine, fertility and ecstasy.
The Romans, too, looked to wine as a symbol of love and pleasure. As wine production spread throughout Europe, particularly in regions like France and Italy, it became a staple at romantic gatherings and celebrations. In the courts of medieval kings and queens, wine was a symbol of luxury and sophistication, often served at elaborate feasts and banquets celebrating love and marriage.

Why Do People Fall In Love With Wine?

Some would say, it isn't so much the concept of wine that connotes romance as it is the sensuality of the experience it offers. The sensuous shape of the bottle, the alluring hues of deep red, pale gold or dainty rose, the fruity aroma, accompanied by earthy, musky notes and the delightful burst of flavour, all come together to create an experience that enthralls and delights the senses. The very idea of it promises luxury, celebration and the opportunity to indulge – even if just for a few moments – in a fantasy.

Wines To Fall In Love With...





Champagne Taittinger Nocturne Sec

This distinctively sweet sec champagne is a blend of five different crus. At first whiff it presents delightful aromas of white flowers, yellow peach and dried apricots. The palate is smooth and crisp and is rich in flavours of raisins and fruit syrup. The slow cellar aging produces a round, mellow and smooth champagne, best served with dessert.

Approximately ₹7,380



Bottega Rosé Gold, Prosecco

This sparkling rosé offers the delightful aroma of flower blossoms, strawberries and raspberries and the distinguished flavour of red berries with a hint of floral notes. The grapes for this wine are handpicked and pressed immediately before being fermented via the Charmat method. It is a fine, well-balanced wine that beautifully accompanies a celebratory mood.

Approximately ₹3,317



2019 Robert Mondavi Reserve Pinot Noir

This Pinot Noir will sweep you off your feet with fruity aroma with notes of cherry, red currants and violets. Its flavour has been described as nothing short of sexy, beginning with bright and intense red fruits that give way to mocha and spice. It is a treat for wine lovers with discerning taste.

Approximately ₹2,155



Champagne Collet Brut Rosé

A winning selection if you're in the mood to celebrate, this sparkling wine will enthrall you with aromas of rose and vanilla. Flavour-wise, it speaks of red fruits with a note of sweet pastry at the finish. Perhaps its best description yet is that just a sip will take you to your happy place.

Approximately ₹5,140



2022 Grosset Springvale Riesling

This Australian specialty begins with an aroma of a freshly cut bouquet of roses. Although its flavors are bright and dominated by citrus, it still offers a soft and silky texture. It is a fun and relatively affordable option to lift your spirits and infuse a note of celebration into memorable moments.

Approximately ₹4,146





Sullivan Rutherford Estate, 2019 Coeur de Vigne, Cabernet Sauvignon

Claiming to be the ideal wine to celebrate love, this wine presents a deep garnet hue and offers the rich aromas of blackberry and blueberry with notes of lavender and thyme. A dense wine, it is rich in flavours of coffee beans and spice with subtle undertones of oak that suggests it has been crafted to age gracefully.

Approximately ₹9,618

Make A Toast

Wines offer a rich tapestry of flavours, aromas, and experiences that captivate the senses and stir the soul. From the sun-kissed vineyards of Tuscany to the lush valleys of Napa Valley, each bottle tells a story of passion, tradition and craftsmanship. Whether enjoyed in a cozy bistro with a loved one or savoured under the stars, they have a magical quality that transcends time and place, allowing all of us to enjoy our moments.

Man Of The Moment

The dapper Arjun Rampal unveiled the latest issue of 'Society Achievers'.

Fierce and fabulous, all eyes were on Arjun Rampal as he strode into Takumi, Mumbai, to unveil the cover of 'Society Achievers', which he had graced. He was joined by media magnate Nari Hira, Ashok Dhamankar of Magnate Publishing, and Andrea CostaBir, Editor, 'Society Achievers'.

Looking gorgeous and fit, Arjun thanked Nari Hira, Ashok Dhamankar and the team for the opportunity, and spoke of his long-standing association with the magazine. He recounted how it was the first magazine to feature him on the cover in the early days of his modelling career. He also shared a few insights into his new film 'Crakk'.

He then gracefully answered questions from the media present, and posed for pictures for the shutterbugs before the evening wrapped up.

We would like to thank Neeti Goel, Gaurav Parikh, Ketul Parikh, Anuj Chugh, Vicky Chugh and the team at Takumi for being our hospitality partner for the evening.






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Off The Shelf...

A peek at some of our favourite things.



Steppin' Out

Carrie Forbes Salah Woven Raffia Sandals

Step out in style with this casual yet gorgeous pair of woven sandals from Carrie Forbes. The block heel offers support and helps lift up any look. The woven straps are comfortable while still offering support and gracefully framing the foot. These sandals pair well with just about anything, making them an easy pick.

₹35,246 **Check it out at: carrieforbes.com**



Walking Tall

Donald Pliner Lizard-Effect Leather Chelsea Boots

If it's style you want, these boots with a lizard-effect pattern know how to bring it. They pair well with formal or semi-formal ensembles, making them a good choice for a night out. The sleek silhouette and squared toe with gored sides make them comfortable while making an impression.

₹35,335 **Check it out at: neimanmarcus.com**

Athletic Chic

Sol Angeles Ribbed Tank Top

Work out or simply lounge around in style with this ribbed finish tank top. Form-fitting, the fabric is breathable and comfortable, easily allowing a range of movement - without the fear of malfunctions. The poppy hue also brings in a lovely pop of colour to brighten up your look.

₹6,978 **Check it out at: sol-angeles.com**





Playing It Cool

Beyond Yoga City Chic Jacket

The perfect fit if you're going places, this jacket is super comfortable, is soft on the skin and exudes a street-cool vibe. The cinched waist accentuates the silhouette, while the cargo pockets offer a convenient place to stash your phone or essentials. It pairs well with flared or slim pants, allowing you to mix up your look any way you'd like.

₹13,240 **Check it out at: beyondyoga.com**

Keepin' It Suave

Tom Ford Cotton Chino Pants

Chic and comfortable, this pair of chinos is a great way to level up your game. Made in Italy, they offer a fabulous fit and exude an air of confidence. The solid-hued pants come with a concealed hook-zip front and side slip pockets. They are a great choice for the office or a night out.



₹79,616 **Check it out at: tomford.com**



Casual Chic

Lacoste Signature Polo Shirt

A casual day out calls for an outfit that is comfortable and cool, yet still offers a touch of sophistication. This slim fit pullover polo ticks all the boxes. It pairs well with denim or shorts and is available in a range of colours, allowing you to flaunt your style in any hue you want.

₹8,767 **Check it out at: lacoste.in**

Makin' A Splash

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