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September 2024



THIS IS IT...!
SONU NIGAM

LEGENDS & ACHIEVERS

SAVITRI JINDAL

KATE MIDDLETON

ADDINATH M KOTHARE

PAYAL SINGHAL

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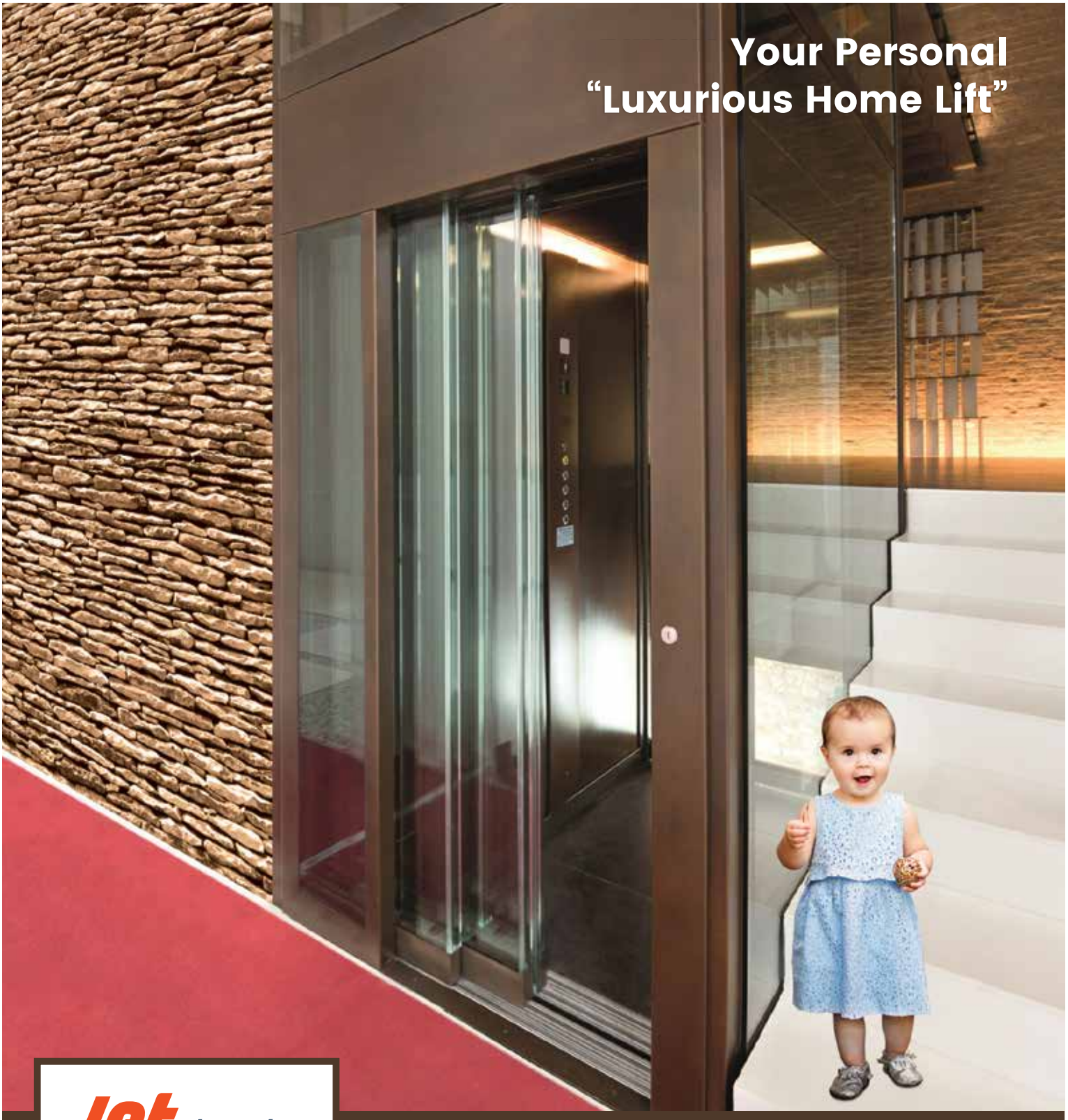


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Contents

Cover Story
The master of harmonies, Sonu Nigam, takes centre stage. In an exclusive interview, he opens up about growing as an artiste, being the voice behind some of the most iconic Hindi songs and finding his place in the industry, and under the sun! 10

Health Check 20
Tips to navigate aging.

Legend & Achievers
Meet the fearless women and men who are defying the odds and staking their place in history. 22

Savitri Jindal 24
Kate Middleton 30
Addinath M Kothare 38
Payal Singhal 44
Kirti Azad 52

Lifestyle
The buzz on living it up. 59

Fashion Cues
Asma Gulzar sets the tone for the festive season. 60

Food
Kunal Makhija flexes his kitchen skills with a Middle Eastern twist. 64

Fitness
Nawaz Modi Singhania helps you shape up with Wall Pilates. 68

Interiors & Decor
Transformative spaces from Kembhavi Architecture Foundation. 72

High Spirits
When coffee meets cocktails. 78

Luxe Living
The coolest kitchen gadgets. 84

Trends
Fab new looks. 86

Wellness
Aromatherapy to soothe the soul. 88

Book Nook
New reads on the shelf. 90

Product Reviews
Our favourite things. 92

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Editor's Note



He's 51 and has been performing live for the last 47 years. Do the math and you'll realise how much **Sonu Nigam** LOVES to sing! With thousands of live performances under his belt and over 4,000 released songs in 10 languages (playback singing for films and Independent music albums), music literally inhabits his every cell. Widely appreciated, Sonu has mastered the art of melding melody and emotion to create magic with every note. In our exclusive **Cover Story**, Sonu opens up about his musical genius and dives deep to give us insight into Sonu, the person.

Our **Legends & Achievers** section deep dives to hook outstanding women and men who have cut gigantic swathes of success with their gung-ho attitude. Cases in point: Industrialist and politician **Savitri Jindal**, who also happens to be India's richest lady; the British royal family's enchanting Princess - **Kate Middleton**; Marathi cinema's celebrated actor/ producer/ director/ writer **Addinath M Kothare**; fashion's much-followed designer **Payal Singhal**; and popular former cricketer and dynamic politician **Kirti Azad**. Talented and tenacious, clever and charismatic, they follow their true north and make history in the process.

Charisma and chutzpah make our lives go 'round... and that's why our **Lifestyle** segment focuses on filling our lives with them! While fashion designer **Asma Gulzar** gives us a glimpse of trending ensembles this festive season, **Nawaz Modi Singhania** introduces us to Wall Pilates to help us get fit and healthy. And while **Chef Kunal Makhija** plates up an Arabian feast for us, we languorously sip on coffee cocktails – the perfect blend of caffeine and high spirits!

To stay ahead of the curve, keep jammin' with 'Society Achievers'... and together, let's celebrate talent, diligence, triumph over negativity, and the good life!

- Andrea CostaBir

Photograph: Viraj Shirodkar

Sonu Nigam: Bohemian Rapsody

Renowned playback singer. Powerhouse live performer. Independent musical genius. Sonu Nigam, India's iconic and much-loved singer, is one of the country's most versatile voices. Over his three-decade career, he has delivered countless chartbusters, redefining Bollywood music with his beyond impressive range. A true musical legend, he is also known to live life on his own terms. Let's delve into the mind of this maestro...

By Andrea CostaBir

You resonate with multiple generations of music lovers. Is that a big high?! What exactly do you do to stay relevant?

It is absolutely a matter of good fortune to be loved by so many people of different generations... I have been told that I have been loved by people of three generations since 1995 when '*Sa Re Ga Ma*', the show I hosted, was telecast for the first time. Even today, I'm greeted with smiles filled with love and warmth when I am seen in my car on the roads by pedestrians, drivers, passengers of other vehicles, policemen and traffic cops... I feel I'm living a dream that I never imagined.

As for what I do to stay relevant, I'll tell you what I don't do. I don't ticize people. I don't look down upon other artistes and other genres. I don't credit my success to myself. I surrender. I have kept the student inside me alive since I once wrote a quote that said: "When the student dies, the Master dies!" Relevance perhaps, is a byproduct of all this.

Having excelled in playback singing and Independent music, please give us a little insight into your musical journey. And your riyaaz.

No one can say that he or she excels in singing or any other art form. We get better, but a true artiste knows not what he's good at, but what he lacks. Thus comes the concept of riyaaz and hard work. I am doing the best I can considering my limitations of having never been given an opportunity to learn music duly and classically in my childhood. I was a self-learner, although I had in front of me a benchmark of my father Mr Agam Kumar Nigam, an exceptionally gifted singer, who himself was untrained though, but his versatility and range and his detailing for perfection in rendering a song was what inspired me to look at any song with magnifying lenses. My mother, the late Shobha Nigam, was musically even better than my father, though my father is a singer of a very high standard. Thus, music was the staple food of our house.

"I am doing the best I can considering my limitations of having never been given an opportunity to learn music duly and classically in my childhood."



Photograph: Vickky Idnaani
Outfit & Styling: Avinash Bamania
Makeup: Manu Dheeraj
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You have had a plethora of 'sold out' stage shows across the globe! Do you enjoy live shows? Please share insights into these huge international music shows of yours that have been runaway successes!!

I have been performing on stage since 1977, so this is my 47th year as a professional singer. Of course, I started doing my own shows only after I started getting popular – 1993 onwards. Shows started getting bigger and bigger gradually and audiences started getting larger as years passed by. Although, it's not the size that matters, honestly. I remember some shows in smaller auditoriums that we do sometimes when there's a cause to support, and the audience and the energy is inexplicably divine. Then sometimes there are some private or corporate events where people, who have actually come to celebrate and enjoy, after having witnessed a crazy high-octane show throughout, are left weeping when I end the show with some profound numbers, with tears in my own eyes. The stage is a litmus test. A temple of sorts. I die every time I am on it.

Your song '*Kal Ho Naa Ho*' is iconic. Did you expect it to become such a timeless classic?

Interestingly, one never knows which song is destined for what glory. '*Kal Ho Naa Ho*' though was the quintessential coveted title track of a Karan Johar-Shah Rukh Khan project, brilliantly composed and written by SEL and Javed Akhtar *sahab* respectively, but never did I imagine that it would be that one song that's rated sometimes as the most loved Indian film song ever. As you rightly termed it, it's a timeless classic.

"'*Kal Ho Naa Ho*' though was the quintessential coveted title track of a Karan Johar-Shah Rukh Khan project, brilliantly composed and written by SEL and Javed Akhtar *sahab* respectively, but never did I imagine that it would be that one song that's rated sometimes as the most loved Indian film song ever."





From romantic ballads like '*Suraj Hua Maddham*' to energetic hits like *'Bijuriya Bijuriya'*, *'Jeene Ke Hain Chaar Din',* and '*Tumse Milke Dilka Jo Haal'*, you are a master of diverse genres. What would you like to say about your amazing vocal range?

Thank you. My inspiration is my father, who began with singing Mukesh*ji's* songs, and then graduated to Rafi sahab's songs which he's still considered as an authority on, to singing diverse singers like Kishore*ji*, Manna Dey, Narendra Chanchal, Aziz Naza, and what all! He could do and still can do anything on stage. He and my mother introduced me to the greats of film music. Then my mother inspired me to learn the *bhajans* of Anup Jalota*ji* and *ghazals* of Pankaj Udhas*ji*, Ghulam Ali*ji*, Mehdi Hassan*ji* etc. I was then introduced to English music in school in 1987. It captured my young imagination and I started imagining myself putting Western nuances in Indian film songs, which I eventually did with *'Yeh Dil Deewana'* from *'Pardes'* in 1997, 10 years later. So it's been a gradual process of learning and imbibing.

You've collaborated with AR Rahman *('Saathiya'),* Anu Malik *('Sandese Aate Hain'),* and so many other influential composers. Do share your experiences with them.

I'll have to write a book, which I am actually doing currently, to encapsulate my experiences with all my composers. We, in this music industry, are very fortunate to actually be here. Most of us are from small towns, where we started with decent musicians and co-singers. And then we are thrown into this massive furnace of the Mumbai Music Industry where we are pitched with or against the best in the world. The best talents, the best brains, the best musicians, composers, singers, engineers... the learning never stops. My composers have played the most vital part in my life as the good ones saw to it that my best is extracted from me. The average ones taught me how to rise above an average song. I'm indebted to all of them.

Are there any contemporary artistes or producers, globally or in India, that you are eager to collaborate with?

I would like to do some Independent music with the new crop of composers and songmakers. I find their music, their thought process, very interesting.

"I don't criticize people. I don't look down upon other artistes and other genres. I don't credit my success to myself. I surrender."

Your stint as the host of *'Sa Re Ga Ma'* brought you closer to your fans. How did this experience help you?

I'd say that was the highest point of my life, without me even realizing it back then. Not because of the fame (which I got in plenty) or money (which I hardly made from it) I received, but because legends who my parents spoke about throughout my childhood, themselves came to meet me in my show. What bigger blessing for a 21-year-old boy from Delhi who had arrived in Mumbai just four years back, and here he's the host of the first and the biggest musical show of the country?! Stalwarts like Anil Biswas, OP Nayyar, Pt Ravi Shankar, Rajkumari, Mehdi Hasan, Ghulam Ali, Pt Ram Narayan, Girija Devi, Jagjit Singh and hundreds of others graced our stage as judges and guests, showering me with love and blessings that I could never have fathomed ever. Most of the legends are no more but they live in my heart.

You've sung for Shah Rukh Khan in numerous films, from *'Kal Ho Naa Ho'* to *'Satrangi Re'*. Is there a certain special chemistry you feel when singing for him?

Shah Rukh Khan has been very fortunate for me and I always will maintain that. He's a gracious man, always acknowledging my contribution to him, or as a matter of fact, any other singer's contribution to his career. It takes a lot of goodness and security for a superstar like him to express such genuine gratitude. He doesn't need to. So many others don't, and in fact are the exact opposite of what Shah Rukh is.

Your *'Deewana'* album still enjoys cult status. How do you reflect on the success of your non-film music?

I waited a very long time before I got an opportunity to foray into the Independent music scene, called Indie Pop Music back then. *'Sapne Ki Baat'* was actually my first pop album which released with T-Series immediately after the demise of Gulshan Kumar*ji*, my mentor, so one couldn't expect anything from that album when the company was in a sis. 'Kismat' in 1998, with Magnasound, became my first pop success followed by *'Mausam'* in 1999 and then the big bang by *'Deewana'* the same year, shook the world of pop music. Bhushan Kumar deserves a lot of credit for taking up the challenge of making *'Deewana'* a worldwide success.

"I would like to do some Independent music with the new crop of composers and songmakers. I find their music, their thought process, very interesting."







'*Sandese Aate Hain*' became an anthem of patriotism for the nation... your views on it?

Back then, I was getting songs, and was doing '*Sa Re Ga Ma*' too besides concerts, but that one big banger that I needed to put me on the map of the leading playback singers of India, had still not come my way. I was restless, sometimes disappointed, as I was very young. Then came 1997 and *'Sandese Aate Hain'* and then '*Yeh Dil Deewana*' propelled me to skyrocketing heights! 'Sandese Aate Hain', till today, brings tears in the eyes of the audience worldwide.

"I was restless, sometimes disappointed, as I was very young. Then came *'Sandese Aate Hain'* and then '*Yeh Dil Deewana'* propelled me to skyrocketing heights!"

Has technology – streaming platforms, social media, AI – impacted your approach to music creation and audience engagement?

I am on a few social media platforms, and abstain from some which are notoriously negative. I go live very rarely, but do forward and review a lot of posts that fan pages make for me on a very regular basis. I consider them as my extended family as they truly love and protect me like family and soldiers. I do sometimes sit down to program and produce some music but mostly don't have the time to invest in it when there's so much more that I can practice and improve upon vocally. We release Independent songs on various streaming platforms besides my label. Trade and technology are changing every week, so I try to delegate such responsibilities to the experts around me who are like my family too and guide me through new advancements.

"I have no option but to evolve every moment. I leave it to the Universe to choose the best for me, for I believe in complete surrender to the invisible and unseen."





Photograph: Vickky Idnaani

"The stage is a litmus test. A temple of sorts. I die every time I am on it."

Aspiring singers look up to you. What advice would you give them?

I don't believe in giving advice any more. I believe everyone has his own journey. They are fine as long as they keep their eyes, ears and hearts open whilst they are dreaming of a worthy future for themselves.

Reflecting on your journey, how have you evolved personally and professionally since your early days in the industry?

The Sonu that came to Mumbai to become a singer, no longer exists. Success, highs, lows, love, heartbreaks, money, marriage, child, professional challenges and roadblocks, spearheading the cause of Indian singers' royalties, yoga, meditation, loss of a parent, books, Osho; all of them made sure a fresh new person emerged from these experiences.





Photograph: Vickky Idnaani
Outfit & Styling: Avinash Bamania
Makeup: Manu Dheeraj
Hair: Alfahad Ahmed, Hakim's Aalim Salon

"The Sonu that came to Mumbai to become a singer, no longer exists."



Photograph: Vickky Idnaani

Do share a few nuggets on your family...

Both my parents were first generation professional singers from their families, both of whom have serious academic backgrounds, especially my father's. Mummy left us in 2013 and she causes excruciating pain in our hearts whenever we remember her. A very intelligent, well-spoken, kind, talented and beautiful woman, we are what we are as a family because of her. Both my sisters Meenal and Teesha are gifted singers. Meenal is shining a lot lately, being an exponent and teacher of yoga and naad yoga, and is also doing a lot of beautiful spiritual music which is giving me a lot of happiness.

Finally, where does Sonu Nigam go from here... and what legacy is he most interested in carving out eventually?

Legacy, according to me, is the biggest myth in humanity. What do I care if someone hails my legacy or my name after I'm gone? I have to make sure that my life is special and precious and worthy while I'm alive. I should be happy, healthy and joyful as long as I am breathing. I have no option but to evolve every moment. I leave it to the Universe to choose the best for me, for I believe in complete surrender to the invisible and unseen.

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Ovarian Aging

Dr Bani Kumar Mitra, Founder & Chief Consultant at Abha Surgy Centre. He is a distinguished Member of the National Board of Exams and holds a Fellowship from the Royal College of Obstetricians and Gynaecologists in the UK.



Ovarian aging, also interpreted as female reproductive aging, is mainly defined by the loss of quantity and quality of oocyte or follicular pool. The loss of oocyte quality is believed to be due to an increased meiotic rate of aneuploidy (abnormalities) in the early embryo at higher female ages.

As more women choose to delay childbirth, the decline in fertility associated with age has become a significant concern for modern women. Postponing family building until women are well in their thirties will frequently lead to a permanent loss of a woman's reproductive potential, even with using ART treatment. Quality of life may significantly decrease, whereas sexual dysfunction and neurological disease may increase later in life.

Age-related changes in oocyte energy metabolism affect ATP production which may impact oocyte quality. Although there are currently no clinically feasible techniques to reverse age-related ovarian dysfunction, few therapies can enhance the quality of oocytes and delay reproductive aging by influencing the energy metabolism of oocytes. Oxidative damage is a key factor in age-related decline, and treatment aims to counteract ovarian aging through antioxidant interventions. They stimulate the synthesis of endogenous antioxidants, improve mitochondrial function, alleviate age-related oxidative stress damage to oocytes, and enhance oocyte quality. Supplementation with CoQ10 can improve mitochondrial function in oocytes and developing embryos and subsequently, assist healthy pregnancy outcomes for aging women.

Aging & Your Brain – What Changes, What's Normal & What Isn't

Dr Amit Yeole, MD DNB Neuro. Practicing Neurologist for the last 13 years; DNB (Neurology) from Jaslok Hospital, Mumbai.



Starting in your 30s, the brain becomes smaller, reducing blood flow and pulling back on the size of its nerve network. We don't feel these small, early changes and our brain picks up the slack by growing new patterns of nerve endings. However, as we get older, these physical shifts start affecting how the brain works.

Researchers are finding that the older we get, the more time it can take for our brains to process information and perform their regular job of remembering, reasoning and thinking – work that's also known as cognitive functioning. Over time, dopamine, serotonin and other chemical messengers in our brain also start to decline, leading to a decrease in brain performance and a rise in depression.

Key nutrients, such as Omega-3 fatty acids, B vitamins (especially B6, B12, and folate), antioxidants like vitamins C and E, and minerals like magnesium and zinc, play a critical role in maintaining cognitive health. These nutrients support brain cell function, reduce oxidative stress, and promote the production of essential neurotransmitters. Supplementing these micronutrients can help slow cognitive decline, improve memory, and enhance overall brain function. Additionally, ensuring adequate intake of these nutrients may reduce the risk of neurodegenerative conditions like Alzheimer's disease.

It is essential to support our brains with proper nutrition, physical activity, and mental engagement to promote healthy aging and maintain cognitive function.

Understanding Dermal Aging

Dr Ajeet Singh Sethi; MD, Dermatology. Dr Sethi is a dedicated and highly experienced Dermatology & Cosmetology professional with 18 years of expertise in providing comprehensive skincare and cosmetic treatments.



How your skin ages will depend on a variety of factors: Your lifestyle, diet, heredity, and other personal habits. For instance, smoking can produce free radicals. Free radicals damage cells, leading to, among other things, premature wrinkles. While intrinsic aging is largely determined by genetics and happens over time, extrinsic factors such as sun exposure, pollution, and lifestyle choices accelerate skin aging. Ultraviolet (UV) radiation from the sun is the primary cause of photoaging, leading to discoloration, rough texture, and deeper wrinkles.

Nutrition also plays a vital role in dermal aging by influencing the skin's ability to repair itself, retain moisture, and maintain elasticity. Omega-3 fatty acids, found in foods like fish and flaxseeds, support the skin's lipid barrier, promoting hydration and reducing inflammation, which helps maintain a smooth, supple appearance. Protein-rich foods aid in collagen synthesis, which is essential for skin structure and firmness, while adequate hydration helps keep the skin plump and reduces the formation of wrinkles.

To slow dermal aging, a combination of prevention and targeted skincare is crucial. Regular use of sunscreen is essential for protecting skin from harmful UV rays. Antioxidants, such as vitamin C, can help neutralise free radicals. Retinoids and peptides stimulate collagen production, helping to restore the skin's firmness and reduce fine lines. Staying hydrated, eating a nutrient-rich diet, and adopting a skincare routine tailored to individual needs are all equally important to combat aging.

Aging & Liver Health

Dr Chandratreya Sujit Arun, MD, DM, DNB (Endocrinology). The first endocrinologist in North Maharashtra, practicing at Endocare Superspeciality Clinic, Mohiniraj, Nashik.



The liver is called the "immune system organ" because of its detoxification and metabolic role in the body. Approximately 35% reduction in the blood volume is observed in an individual above 65. The neural fat and cholesterol volumes in the liver gradually expand as one gets older, and the blood cholesterol, high-density lipoprotein cholesterol, neutral fat and serum bilirubin levels also increase over time. It has also been suggested that decline in liver function with respect to age results from increased generation of mitochondrial ROS. Many liver-associated diseases such as alcoholic liver disease, nonalcoholic fatty liver disease (NAFLD), nonalcoholic steatohepatitis (NASH), and hepatocellular carcinoma may result from the increased generation of ROS by dysfunctional mitochondria.

Vitamin levels in the body also reduce due to liver diseases. Deficiency of minerals like zinc may cause cell and tissue damage, in turn negatively impacting regeneration capacity. Micronutrient supplementation can be a simple yet effective solution for the age-related decline in liver functioning. Vitamins such as A, C, D, E, B1, B6, B9 have anti-proliferative, immunomodulatory and anti-fibrotic effects. They have a very important role of scavenging ROS, thus reducing the oxidative stress. Micronutrients can also restore the nutrient deficiency caused by old age, thus treating the underlying issues. Supplementing our liver with nutrients is the best way to ensure it stays healthy.

Legends & Achievers

Tenacious, talented and tough as nails, these women and men always put their best foot forward. Be it surmounting odds, stepping outside the box or paving new paths, for them it is all in a day's work.







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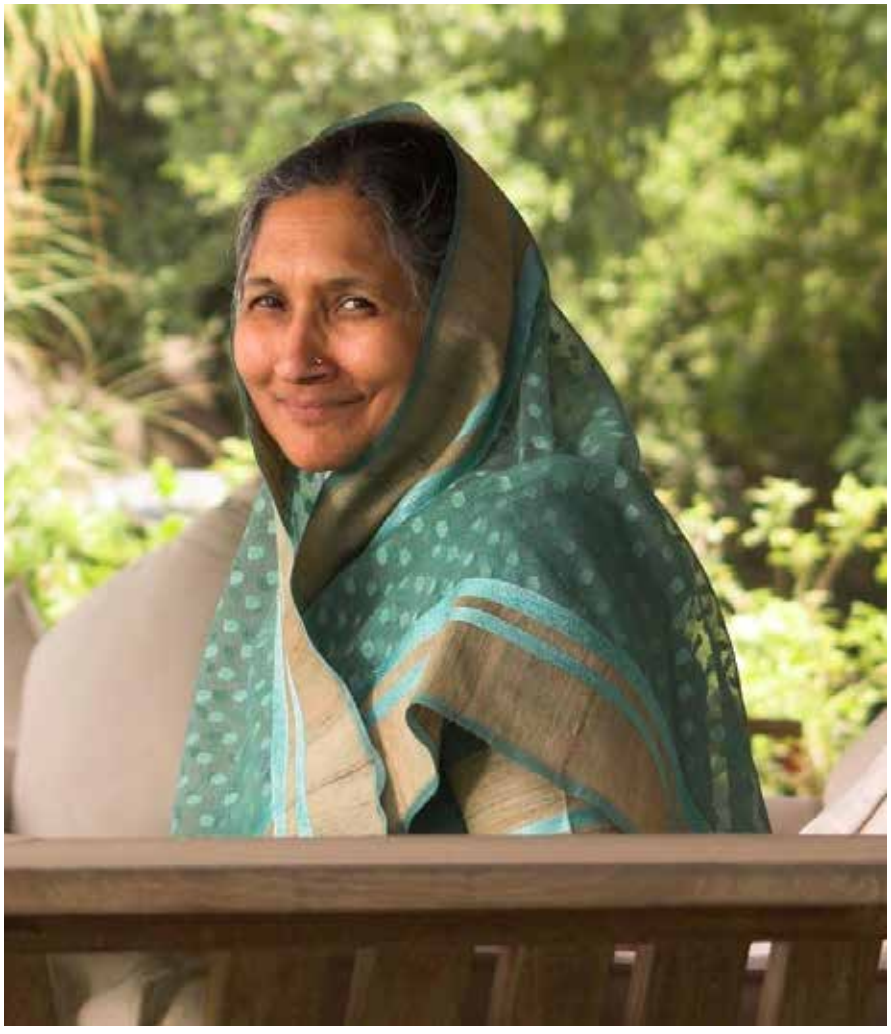
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Grace & Grit: Meet India's Richest Woman Savitri Jindal

You are never too old to learn something new – this motto enabled matriarch Savitri Jindal to don the mantle of chairperson of the multi-billion dollar OP Jindal group at age 55, and carve her own path as politician and philanthropist.

By Nichola Marie



India's richest woman with a net worth of $39.5 billion, the 74-year-old Savitri Jindal made news recently when she filed her nomination as an independent candidate from the Hisar seat to contest the Haryana polls. Wife of noted industrialist, the late OP Jindal, she said, after filing her nomination, "I have pledged to serve Hisar for its development and transformation. The people of Hisar are my family and Om Prakash Jindal had established my relationship with this family."

Savitri Jindal had entered politics following the demise of her husband (in a helicopter crash in 2005), who had also served in the government as a minister at the time of his death. Since then, she has been elected as an MLA from the Hisar seat twice; for the first time in 2005 as a Congress MLA, followed by her re-election in 2009. Made a minister in the Singh Hooda government in 2013, she lost in 2014. A decade later, she quit the Congress in March this year when her son Naveen Jindal also left the party and joined the BJP. Naveen also won the Kurukshetra seat on a BJP ticket in the 2024 general elections.



Interestingly, she doesn't view her contesting the seat against the ruling party-fielded Kamal Gupta from the Hisar assembly segment, as an act of rebellion. "It won't be considered so," she maintains, "I had only campaigned for my son (Naveen Jindal in the Lok Sabha polls). I have not taken any membership (of the BJP)." She also added, "I have been in the public for the past 20 years to serve them. I should be given one chance to serve the public. Otherwise too, this is my last election. I want to complete unfinished works of Hisar's public."

Rising To The Moment

Here is a woman of — literally — steel, being the Chairperson Emeritus of the Jindal Group, whose interests include not just steel but power, cement, and infrastructure. The New Delhi-based company had been founded by her late husband, Om Prakash Jindal, in 1979. He got his humble start making buckets and went on to found a pipe unit named Jindal India. It was the beginning of a journey that saw him become a legend in the history of industrial India. The sprawling $25 billion empire he grew included successful business enterprises such as Jindal Steel and Power, JSW Group and Jindal Stainless Limited under the flagship of the Jindal Organisation, of which he was the Chairman.

It was after her husband's passing that Savitri Jindal, who self-confessedly had no real idea of the magnitude of the family's wealth and business, rose to take her place as the matriarch and the Chairperson of the OP Jindal group. Playing diverse roles, she has dedicatedly carved a legacy of myriad responsibilities, simultaneously becoming a role model for women of the modern era.

As the 'Economic Times' notes, "Her success story exemplifies not just personal achievement but also a broader trend of women's empowerment in India's business world," adding, "today, she stands as not only India's richest woman but also a prominent figure on the global stage."

It was after her husband's passing that Savitri Jindal, who self-confessedly had no real idea of the magnitude of the family's wealth and business, rose to take her place as the matriarch and the Chairperson of the OP Jindal group.



Staggering Net Worth

Born on 20 March 1950, in Tinsukia, Assam, her humble beginnings were far removed from the world of business and politics. Reports indicate that she completed her schooling in Assam and received a diploma from Assam University. Change came in the 1970s, with her marriage to OP Jindal, founder of the Jindal Group and a minister in the Haryana government. The couple would have nine children, including four sons — Prithviraj, Sajjan, Ratan, and Naveen Jindal.

As Chairperson of the OP Jindal group, she has overseen its immense growth as the group has quadrupled its turnover. Known to be compassionate yet firm, her approach has also earned her widespread admiration.

Savitri Jindal's vast experience and astute decision-making are credited with playing a key role in ensuring a seamless transition of leadership within the family empire. Even before the loss of the patriarch, Om Prakash Jindal had wisely established a 'division of business' framework, wherein each son received equal shares of the existing OP Jindal Group, ensuring a fair distribution of wealth and responsibility. After Jindal's demise, the Jindal group's companies were divided among the couple's four sons, who now run them independently. The family's journey to success is attributable to not just individual endeavours but to unity and collaboration fostered by the parents.



"Today, she [Savitri Jindal] stands as not only India's richest woman but also a prominent figure on the global stage."

- 'Economic Times'



Balancing Act

Speaking in an interview about balancing her various roles of Chairperson Emeritus of the OP Jindal group, homemaker, politician, and social worker, Savitri Jindal credited the same to dedication and honesty. There is no shortcut to honesty and hard work, she believes. "I approach every task with complete dedication and honesty, whether it's at home or the office. This is why finding harmony and balance in these diverse roles has been a fulfilling experience for me." She also credits the progressive success and achievement of the Jindal Group to the foundation of family unity and its collective hard work and dedication.

"There is no age limit for learning; learning remains continuous throughout one's life. A person who is always eager to learn is successful at every stage of life."

- Savitri Jindal

Naming her late husband as her role model, she also revealed that she feels "an immense sense of pride bearing witness to this remarkable journey" of the OP Jindal group. She is also deeply appreciative of the fact that "the work initiated by Jindal sahab has been carried forward splendidly by my children."

Savitri Jindal is also a classic example of the power of the desire to learn. It's a quality she values immensely, believing it can prove extremely supportive for women to achieve success at the personal, familial and professional levels. "There is no age limit for learning; learning remains continuous throughout one's life. A person who is always eager to learn is successful at every stage of life. Even in the face of mistakes, we should learn from them and move forward – that is the mantra," she vouches.

Her message to women in society is to always ensure balance in various aspects of life. "Move forward and march towards success by balancing your role in multiple fronts of family, work, and personal endeavours," she exhorts.

Savitri Jindal also contributes to public works started by her husband for the Jindal group's charitable foundation, the Jindal Foundation which focuses on education, healthcare, and community development. The foundation has established schools, hospitals, and vocational training centres, positively impacting thousands of lives across India. She was awarded the Acharya Tulsi Kartavya Award by the All India Terapanth Mahila Mandal in 2008.

“I approach every task with complete dedication and honesty, whether it’s at home or the office. This is why finding harmony and balance in these diverse roles has been a fulfilling experience for me.”

- Savitri Jindal





Religious by belief, she enjoys spiritual books and devotional and patriotic songs. Her preferred travel destinations are any place with her family and children, though Haridwar occupies a special space in her heart. She also has a soft spot for South Indian food, especially dosa, and loves walking. Simple living and high thinking are at the core of India's richest woman, Savitri Jindal.

Meet The Scions

Ratan Jindal – A commerce graduate and alumnus of the Wharton School of Management, Ratan Jindal is the Chairman and Managing Director of Jindal Stainless Limited and Chairman of Jindal Stainless (Hisar) Limited, part of the OP Jindal Group. Known for his technical proficiency and intimate knowledge of customers and markets, his focus has not only been on producing world-class stainless steel products but also on promoting the usage of stainless steel in myriad applications. Social commitments remain central to his beliefs, while true to his sportsman spirit, he is a keen golfer and takes an avid interest in tennis and cricket. Married to art entrepreneur Deepika Jindal, in 2023, his son Abhyuday Jindal was reappointed managing director of JSL.



Savitri Jindal also contributes to public works started by her husband for the Jindal group's charitable foundation, the Jindal Foundation which focuses on education, healthcare, and community development.



Sajjan Jindal - One of India's most successful entrepreneurs, with interests spanning steel, power, cement, infrastructure, and even software development, Sajjan Jindal's journey to success started in 1982 when he joined the OP Jindal Group as a freshly graduated mechanical engineer. Showcasing his mettle as a capable leader, he ventured into various industries and promoted several companies, including Jindal Iron and Steel Company Limited (JISCO), Jindal Vijaynagar Steel Limited (JVSL), JSW Energy Limited (JSWEL), and more. These efforts culminated in the formation of JSW Steel, the crown jewel of the Jindal Group, in 2005, which he runs. In 2023, he took the ports arm, JSW Infrastructure, public. He is married to Sangita Jindal, chairperson of JSW Foundation. They have two daughters, Tarini and Tanvi, and a son, Parth.

Naveen Jindal - Youngest son of Savitri and OP Jindal, industrialist, philanthropist and politician, Naveen Jindal is a member of Parliament from Kurukshetra, Haryana, the chairman of Jindal Steel and Power Limited, and chancellor of the OP Jindal Global University. An MBA from the University of Texas, Dallas, in 2011 he made a very substantial donation to the same institution, following which the School of Management was renamed the Naveen Jindal School of Management. His notable contributions include moving a private member bill for a comprehensive food and nutrition security scheme which became the basis for the Food Security Act. Also, it was his persistent efforts that secured Indian citizens the right to fly the national flag on all days. A national record holder in India for skeet shooting and an adept polo player, he is married to classical dancer Shallu Jindal; the couple are parents to son Venkatesh and daughter Yashasvini.

Prithvi Raj Jindal - Currently, Prithvi Raj Jindal holds the position of non-executive chairman at Jindal SAW Ltd. He is also on the board of 17 other companies.

Princess Kate: Head-Turner, Heart-Winner, Survivor

Direct, simple, relatable: These are some of the qualities that make Catherine, Princess of Wales, the most popular member of the British royal family. But she's also breaking new ground...

By Nichola Marie



The full force of the public's love for the Princess of Wales was felt recently when the 42-year-old Kate shared a major update on her cancer journey. Revealing that she feels "relief" after completing her chemotherapy treatment, her announcement was greeted with joy, even jubilation, by her many, many well-wishers across the globe. She spoke, in her video, of how her focus is now on "doing what I can to stay cancer-free," and that despite finishing chemo, her "path to healing and full recovery" remains "long." "I must continue to take each day as it comes," she said, adding, "I am, however, looking forward to being back at work and undertaking a few more public engagements in the coming months when I can. Despite all that's gone before, I enter this new phase of recovery with a renewed sense of hope and appreciation of life."

That said, there was also a tsunami of surprises in the incredibly personal video, which showed the Princess with her husband, Prince William, and their children, like never before, walking through the woods, having a picnic, and playing cards. Dubbed "astonishing" in its intimacy, it marked a stark departure from the stiff formality of traditional royal public relations.

“I must continue to take each day as it comes... I am, however, looking forward to being back at work and undertaking a few more public engagements... Despite all that’s gone before, I enter this new phase of recovery with a renewed sense of hope and appreciation of life.”

- Kate Middleton

‘The Times’ compared the video, shot by filmmaker Will Warr in the Norfolk countryside of eastern England where the family has a home, to “a Hollywood trailer for the Instagram generation.” It rated the video as “the most intimate portrayal of the royal family since (Queen Elizabeth II) invited a fly-on-the-wall documentary crew into her home in 1969.” ‘The Sun’s’ veteran photographer Arthur Edwards maintained, “In 40 years of covering the royal family, I have never seen anything like Catherine’s video. It’s a first for the royals.” PR consultant Mark Borkowski dubbed it “groundbreaking, an absolute first, a tectonic shift in how the royal family controls its image.” He concluded, “Kate’s journey is profound and deeply personal, but they’ve learned that emotion can be controlled - and weaponised - in small, potent doses. By doing this through a polished film, they maintain dignity and control while still appearing relatable.”

The video is being seen by many as a clear sign that the Princess was attempting to control the narrative of her illness. It’s a sign of how she wants to communicate with people: Straight, direct, and simple. Kensington Palace, the couple’s private office, and its handling of communications about Kate’s illness this year, had been roundly criticised and found wanting. Speculation had run riot, after Kate, one of the world’s most photographed women, was not seen in public for months after undergoing abdominal surgery in January this year. In March, the palace’s attempt to silence rumours by issuing a family portrait, backfired when the photograph was found to have been digitally altered. It was followed by Princess Kate’s announcement that she was being treated for an undisclosed form of cancer, a revelation that prompted widespread public sympathy and support. The new video is seen as the royal family being “on the front foot,” and showing that they have learnt from their earlier mistakes.





Most Popular Royal

Prince William and Princess Kate's strong social media presence is also seen as essential to maintaining the British royal family's relevance and appeal. Accountability and transparency, on their part, are considered very important for the royals who are funded by taxpayer money.

Kate and her husband are popular across generations, and consistently at the top of popularity polls. A YouGuv survey in April this year showed her to be the most well-thought-of royal among the public, with a score of 76%, while Prince William came in second at 73%, and Princess Anne third at 71%. This month, she topped the Ipsos poll again by an astounding margin – winning the hearts of 66% of those surveyed. Her father-in-law, King Charles III, notched a 56% favourability score to come in at fourth place, after William and Princess Anne.

So, what makes Princess Kate so well-loved?

As 'NBC' puts it, "Though she is formally known as Catherine, the Princess of Wales, for millions worldwide, she will always just be Kate Middleton: The English commoner who married a prince and whose elegant but accessible image has cemented her as Britain's favourite royal."

As the royals found themselves short of headline acts, what with the demise of Queen Elizabeth II, the cancer diagnosis of King Charles III, and with Prince Harry and his wife, Meghan, living in California, Princess Kate had been picking up the slack, so to speak. As "a reliable royal foot soldier and someone able to bring star power to even the most mundane ribbon-cutting event," she and William, the Prince of Wales, had largely navigated their desire for privacy with their growing public duties once he became heir to the throne.



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According to 'NBC News' royal commentator Daisy McAndrew, Kate has always had a can-do-no-wrong reputation, and remains "a source of fascination."

Kathryn Lamontagne, Boston University historian and royal commentator, believes the answer lies in the enigma of Kate Middleton, and how she has embraced her role as the Princess of Wales, future Queen, and mother to the future King of England, as well as the version of traditional womanhood she presents to the public.

A Fitting Future Queen

A graduate of the elite Marlborough College, Middleton's parents were industrious entrepreneurs who founded a party supply company to create the wealth and opportunities that enabled their children to enter elite circles. It was while Kate pursued a degree in art history at the ancient university of St Andrew's in Scotland after a gap year, that she renewed an acquaintance with Prince William. As their dating life kept the gossip mills in business, her 'girl-next-door' appeal found favour with the public. Affection for her grew as she and William dated on and off. "Her femininity, gorgeous hair, sportiness, 'safe' career, beauty, and family wealth made her an enviable figure to many," notes Lamontagne.



Transitioning to royal life easily, she became involved in numerous charities, especially those involving children. In 2021, she established the Centre for Early Childhood, which is part of the Royal Foundation. She has also supported efforts concerning mental health issues.





The fairy tale reached completion with her wedding. As Rafa de Miguel writes in 'El Pais', "On April 29, 2011, the wedding was held at Westminster Abbey. Since then, Middleton has not taken a wrong step, at least in the view of that part of the conservative and traditional British society that desires a monarchy with all its conventions. She is a dedicated mother — the couple has three children: George, Charlotte and Louis — and supports her husband unconditionally. She was devoted to Elizabeth II and now follows her father-in-law, King Charles III. When she appears at public events, she shows polished correctness. In other words, she has all the attributes required of a future queen."

Evidently, transitioning to royal life easily, she became involved in numerous charities, especially those involving children. In 2021, she established the Centre for Early Childhood, which is part of the Royal Foundation. She has also supported efforts concerning mental health issues. In 2017, she along with William and his brother, Prince Harry, launched the Heads Together initiative, which seeks to raise awareness about mental health problems and ease the stigma around them. She is also a noted amateur photographer, frequently posting family portraits online.

Kate is seen to present an idealised, even old-fashioned version of womanhood, adhering to traditional beauty tropes, even as she embodies "perfected" womanhood as a devoted wife, mother, and talented photographer, besides being thin, wealthy, well-educated, and sporty. "Reportedly she even makes all of the children's birthday cakes from scratch. She is unlike other female relatives of her generation who are lampooned for hat choices, husbands, careers, and having opinions..." reminds Lamontagne.

"She is a dedicated mother — the couple has three children: George, Charlotte and Louis — and supports her husband unconditionally. She was devoted to Elizabeth II and now follows her father-in-law, King Charles III. When she appears at public events, she shows polished correctness. In other words, she has all the attributes required of a future queen."

- Rafa de Miguel



Kate's earlier video revealing her cancer diagnosis and the subsequent stunning update on completing chemotherapy have again shown the people that she is just like them, in some small way. Offered a window into her joy as well as her sorrow, the public has clasped her closer than ever, just like they did her mother-in-law, the best-loved Princess Diana. Long live, the Princess!



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Addinath Kothare: Ahead Of The Curve

Standout actor. Celebrated director thanks to 'Paani' winning the National Award. Dynamic force in Marathi cinema. Actor-producer-director-writer Addinath M Kothare is a storehouse of talent who strides out of his comfort zone to conquer new horizons. Admirably, he melds his vision and dedication to power his passion for socially relevant cinema.

By Andrea CostaBir



Your debut directorial film 'Paani' (which you've also written and acted in) is a bold and emotionally touching film. It has already won critical acclaim and the National Award. Did you enjoy telling such a socially relevant story?

'Paani' is very close to my heart. The journey started in 2015 when I decided to tell a story on the topic of water. As I started doing my research, I stumbled upon the series 'Satyameva Jayate', which was produced by Aamir Khan and directed by Satyajit Bhatkal. The episode on Hanuman Kendre impacted me deeply.

He comes from a small village called Nagdarwadi in the Nanded district of Maharashtra. The Nanded district and the entire Marathwada region, the Vidarbha region, come in the drought patch of India. The conditions are very bad in these areas even today and it's only getting worse.

So, this story takes place in the year 2000-2001 when Nagdarwadi was a Godforsaken village. There was a pathetic drought and because of this, there was no agriculture, and hence no income. There was severe unemployment and because of this, alcohol addictions and other vices erupted, crippling the village completely.

Hanuman Kendre had just finished his social work diploma and used to stay in that village, doing odd jobs. During that time, he got engaged to a girl called Suvarna Nagargoje from the Nanded district, who lived more towards the city limits. The girl was beautiful and intelligent, and Hanuman was very happy. But the girl's parents got to know that there was a water crisis in the village and people had to walk four kilometers to fetch water. So, they called off the wedding.

But Hanuman Kendre didn't give up. He went to that girl and he told her: "I will marry you the day there's water in my village, will you wait for me?" What happened ahead is the story of 'Paani'. Today, that village has water around the year and it also supplies water to five neighbouring villages!

I felt I just had to tell this inspiring story to the world.

'Paani' has been produced by Priyanka Chopra Jonas and Madhu Chopra. Was it difficult getting them on board for a Marathi film? What has the experience of working with Priyanka been like?

My dear friend Nitin Dixit, a renowned writer-director, agreed to write this film with me. It took us three years to get the script ready. I then got to know from another director friend of mine, Neeraj Udhwani, that Priyanka Chopra and her creative producer Rashmi Kulkarni were looking for a good regional script. We met and had a reading for Priyanka Chopra, Madhu*ji*, Siddharth Chopra and Rashmi. They all loved it. We had a couple of readings, but the film wasn't getting green-lit. I was a bit apprehensive because I was already looking for options as an actor for the character of Hanuman Kendre.

Then one day, I got a call from Rashmi asking me to come in for a meeting. She wanted to discuss the casting and plan forward. I opened my presentation, which also had a lot of contenders for the character of Hanuman Kendre. She liked the whole thing, and then she just looked at me and asked, "Adi, why don't you play the part of Hanuman yourself?" I was blown away!

"I started my journey as a child actor in the year 1994 in the film 'Majha Chakula' which won me the State Award for best child actor."





"In Rashmi and Priyanka Chopra, I found producers who trusted me, invested in this dream of mine and stood by me. Hats off to Priyanka for standing by me throughout this journey."

In Rashmi and Priyanka Chopra, I found producers who trusted me, invested in this dream of mine and stood by me. Hats off to Priyanka for standing by me throughout this journey. I'm blessed because in the film, the way Hanuman Kendre has the support of Suvarna, the love of his life, this project has the support of two women with a big heart. One is Priyanka Chopra Jonas. And the other is Neha Barjatya, who is presenting the film and releasing it. 'Paani' has been blessed with passionate and dedicated people – Priyanka Chopra Jonas, Rashmi Kulkarni, Madhu Chopra, Siddharth Chopra and now Rajshri Entertainment, Neha Barjatya and her team of Ashish, Darshana, Rohit. I was guided by the right kind of people and the right team was put together, hence I could achieve this.

Could you walk us through your interesting career graph so far…

I started my journey as a child actor in the year 1994 in the film 'Majha Chakula' which won me the State Award for best child actor. Then I concentrated on my education and finished my bachelor's degree in Biotechnology. I did my MBA with finance and then worked with Pritish Nandy Communications as associate executive producer. Then I worked with Walkwater Media, Manmohan Shetty's company, as a business analyst and with Gurudev Bhalla.

Post that, I produced my first television show with my dad through our own production house called Kothare Vision. It's been a wonderful journey as a producer so far wherein we've produced over 15 television shows.







I ventured into acting again in the year 2010 with my first film 'Ved Laavi Jeeva'. And then I did my first play as an actor in 2013 called 'All The Best', which was produced by Mahesh Manjrekar. And since then, I have done numerous films as the protagonist.

I have acted in many films in Hindi as well. I did '83' where I played the character of Dilip Vengsarkar, and I was directed by Kabir Khan. I did 'City Of Dreams' with Nagesh Kukunoor for Hotstar in which I played the character of Mahesh Arable.

Then I did a web series called 'Bajao' on Jio for Jio Cinema. I did a web series with Sudhir Mishra which is going to be rolling out on Zee5 soon. It stars Saqib Saleem, Sai Tamhankar and me. I've recently done a film with Nitesh Tiwari called 'Ramayana' in which I play the character of Bharat. I have done a web series called 'Gandhi' with Hansal Mehta in which I play the character of Gopal Krishna Gokhale.

'Paani' is my debut directorial dream venture being released by Rajshri Entertainment and Priyanka Chopra Jones' production house Purple Pebble Pictures. It is releasing on October 18, 2024 in theatres and I'm excited and gearing up!

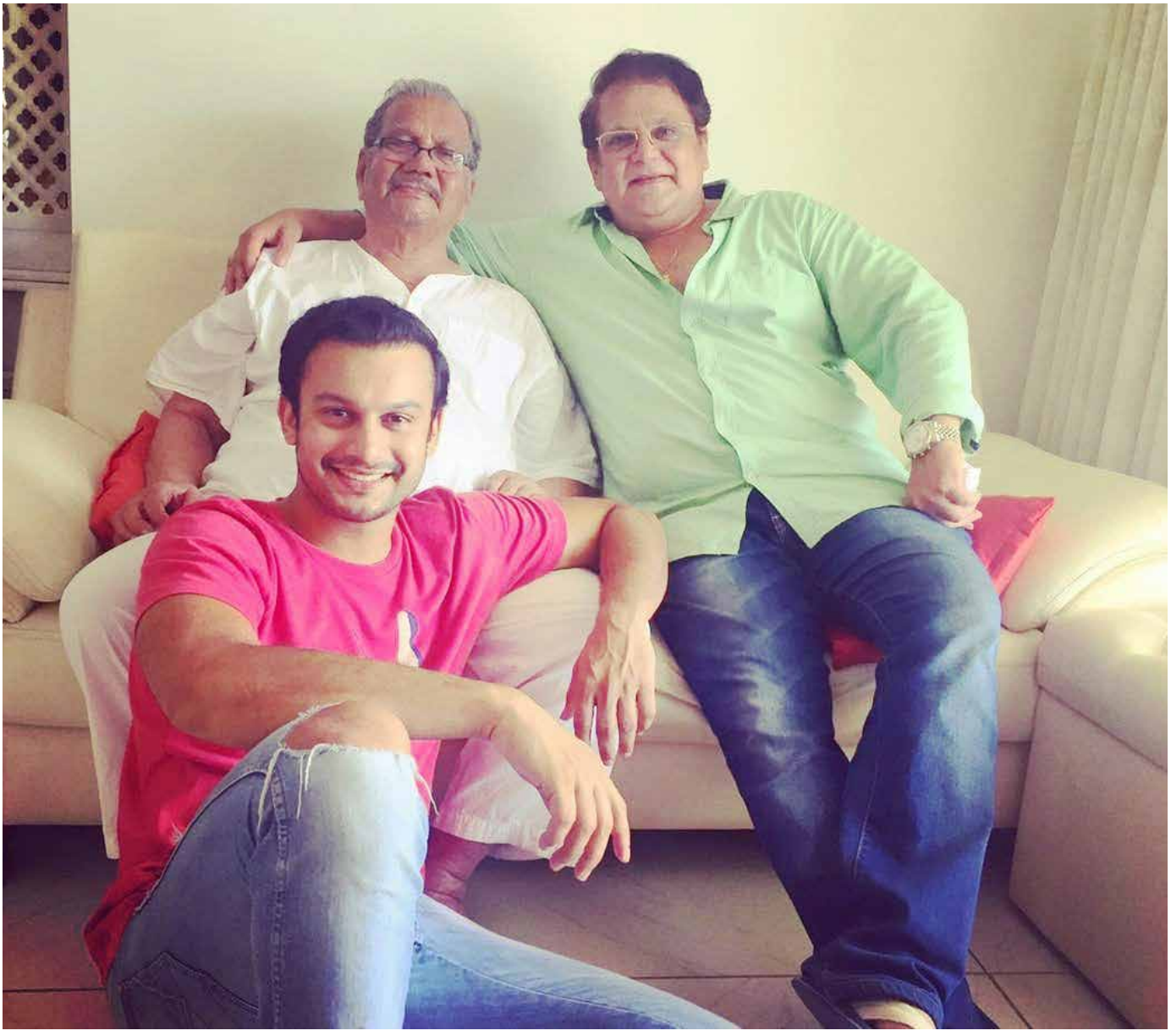
As a producer, I produced the web series 'Manvat Murders' which is trending right now on Sony Liv. People are binging on it. It stars Ashutosh Gowariker, Sai Tamhankar, Sonali Kulkarni, and Makarand Anaspure among others. That's my first web series as a producer and there are more surprises in the pipeline.

"I have acted in many films in Hindi as well. I did '83' where I played the character of Dilip Vengsarkar, and I was directed by Kabir Khan."

“The web series ‘Manvat Murders’ which I produced, has already crossed over and is being watched by a non-Marathi audience as well. Today, language is no longer a barrier because we are used to watching content with subtitles and dubbed in different languages.”

Your father, Mahesh Kothare, is a legendary figure in Marathi cinema. How has his influence shaped your career and approach to films?

I’m blessed to have a father like Mahesh Kothare who is my friend, philosopher and guide. We fight, argue, celebrate, have fun and go out for movies together. I’m blessed to have a wonderful relationship with my mom and dad. In fact, my parents know more of my dark secrets than my friends do!! I’m fortunate to share this equation with them. And yes, my parents, grandparents, and my family have been very instrumental in influencing me in every way. Whatever I am today is because of the values they have taught me.



“You can be anywhere in this world and if you have a story to tell, you will be noticed.”



Marathi cinema is known for its strong storytelling. How do you think Indian regional cinema can reach a global audience?

The web series ‘Manvat Murders’ which I produced, has already crossed over and is being watched by a non-Marathi audience as well. Today, language is no longer a barrier because we are used to watching content with subtitles and dubbed in different languages. We have become more open to different stories from different parts of the world. The borders and demarcations between different countries, ethnicities and languages have blurred because of technological evolution. You don’t need to be based in Mumbai or Hollywood anymore to become a good filmmaker because today there is ample access to the technical support required to make a film. You can be anywhere in this world and if you have a story to tell, you will be noticed. Hence, it’s a wonderful time for storytellers!





Rapid Fire:

Favourite role played so far: Hanuman Kendre in ‘Paani’.

Hidden talent?: Till date, my hidden talent has been being a writer. Now, slowly, I am coming out of the closet!

Guilty pleasure?: I have a major sweet tooth, so yeah, I love eating chocolates. That is my guilty pleasure. I binge on a jar of Nutella when I’m in the mood for it.

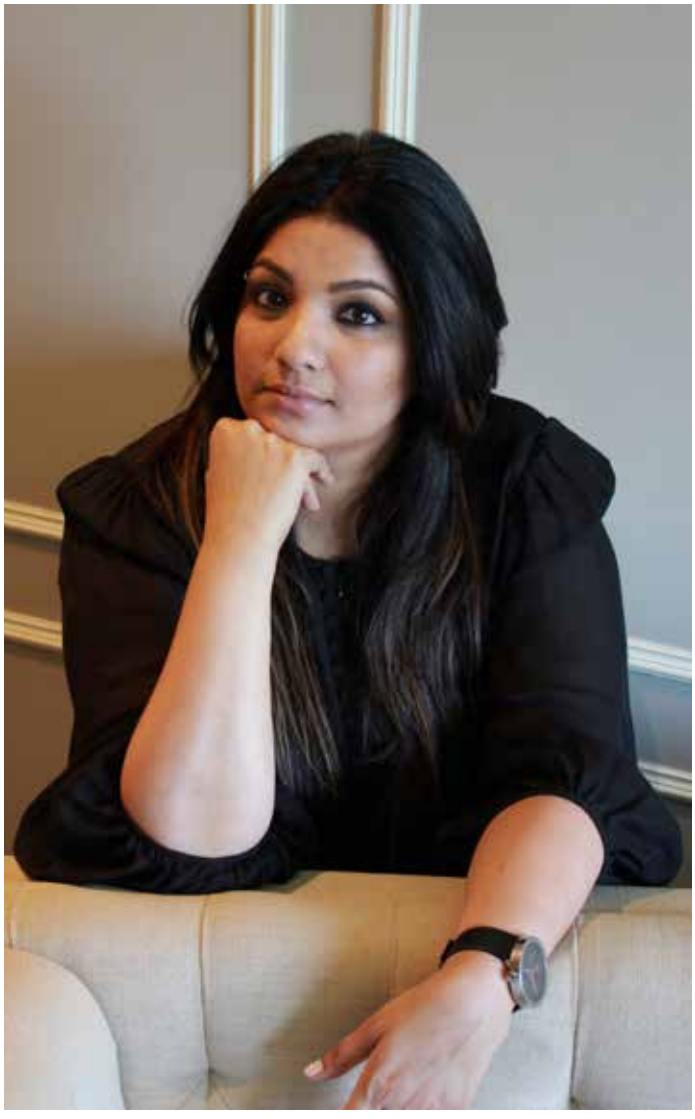
Rituals you follow before starting a new project?: I am extremely religious and fast etc at the beginning of a project, and during the release of the project.

Actor, producer, director, writer? Choose your favourite vertical: Director.

Payal Singhal: “My personal design focus has been on versatility”

As leading fashion house Payal Singhal successfully expands beyond fashion into a desirable lifestyle brand, the accomplished and esteemed designer shares insights into her key goals.

By Nichola Marie



What is your reading of the current fashion scene in India?

The current fashion scene in India is a rich blend of tradition and modernity, with designers exploring new ways to reinterpret India’s cultural heritage while embracing global trends. There is a strong focus on sustainability, handcrafting, and local artisanship, all of which blend with contemporary silhouettes and styles. Fashion is evolving to be more inclusive and diverse, with a growing appreciation for gender-fluid fashion, size inclusivity, and eco-friendly fabrics.

The Payal Singhal fashion house was established in 1999. What has been its emphasis over the years?

Since its inception in 1999, the Payal Singhal label has emphasised contemporary Indian wear that balances global aesthetics with Indian craftsmanship. Known for marrying traditional embroideries and textiles with modern, wearable silhouettes, my brand has championed fusion wear. Over the years, Payal Singhal designs have reflected an emphasis on versatility and comfort, making them suitable for festive occasions, weddings, and everyday wear.

What are some of the milestones that highlight its growth and success?

Some of our milestones highlighting the label's growth and success include:

Fashion Week debut: Payal Singhal has been a consistent name at prestigious fashion events such as Lakmé Fashion Week, where I have unveiled my seasonal collections, garnering widespread media attention and a loyal celebrity following.

Celebrity endorsements: My designs have been worn by Bollywood celebrities and influencers, which played a major role in expanding my reach.

Global presence: The brand's expansion into international markets, with retail stores and partnerships in the US, Middle East, and UK, marks a significant milestone in its global appeal.

Collaborations: Successful collaborations with brands in lifestyle categories, such as furnishings and accessories, have solidified the label as a multidimensional brand.

What is the quintessential #PSGirl like?

The quintessential #PSGirl is stylish, someone who appreciates a modern interpretation of traditional fashion. She's confident, independent, and embodies a chic, easy-going vibe. The #PSGirl gravitates toward pieces that allow her to blend heritage with contemporary cool, emphasising versatility and individuality.

"Fashion is evolving to be more inclusive and diverse, with a growing appreciation for gender-fluid fashion, size inclusivity, and eco-friendly fabrics."





“Over the years, Payal Singhal designs have reflected an emphasis on versatility and comfort, making them suitable for festive occasions, weddings, and everyday wear.”

Tell us more about how the brand is growing into a desirable lifestyle brand with a presence in new areas.

The Payal Singhal brand has successfully expanded beyond fashion into a desirable lifestyle brand. The brand now includes a range of products such as home decor, accessories, sneakers, jewellery, tech accessories and more. The emphasis on creating a lifestyle that blends fashion with daily living is visible in collaborations for home furnishings and art-inspired accessories. This expansion reflects the brand’s vision of a full-fledged creative universe, where its signature design language permeates different aspects of life.

You hail from a family whose interests in art and design go back generations. Do tell us more about your creative background.

Coming from a family deeply entrenched in art and design, I grew up surrounded by creativity. My father, Dinesh Singhal, was a designer and entrepreneur who launched the first western wear retail chain store in India called London Fashions while my grandfather, JP Singhal, was a renowned artist and portrait photographer known for his work capturing the various Adivasi tribes of India on his canvas and capturing actors from Saira Banu to Katrina Kaif via his lens. This rich heritage of art and fashion deeply influenced my design sensibility. Being raised in this environment nurtured my instinct to blend artistic creativity with commercial viability, a hallmark of my career as a designer.



“The quintessential #PSGirl is stylish, someone who appreciates a modern interpretation of traditional fashion. She’s confident, independent, and embodies a chic, easy-going vibe.”

It is said that you were just 15 when you created your first couture look. What was that experience like?

Yes, in 1992 when I was just 15 years old, Indian retail giant Shoppers Stop launched with a national design contest, open to everybody for the coveted title of Designer of the Year. I sent in my sketches and, much to my shock, I received a call that I had made it through the first round and to make the garment to send it in for judging at a show. The fashion show was held at the Raheja bungalow in Juhu in 1992. Aishwarya Rai was wearing the garment I had designed and I was announced as the winner of the contest! And that’s how I had my first award-winning designer look at the age of 15.

How did your education in fashion at SNDT, as well as Parsons School of Design and Fashion Institute of Technology, hone your skills and widen your perspective?

My formal education at SNDT, followed by Parsons School of Design and the Fashion Institute of Technology in New York, honed my technical skills and exposed me to global fashion dynamics. At Parsons, I developed a keen sense of understanding Western fashion trends, while my time at FIT gave me a business-oriented approach. These experiences widened my perspective and allowed me to bridge the gap between Indian craftsmanship and international style sensibilities.



“I am working toward collaborations in international markets and plan to delve deeper into sustainable fashion practices, continuing my exploration of craftsmanship.”





“The biggest challenges I have encountered revolve around evolving market trends, especially balancing creativity with commercial demands and maintaining the brand’s signature style while expanding into new markets and products.”

What has been your personal focus as a designer and entrepreneur? Do also shed light on challenges you might have encountered.

As a designer and entrepreneur, I have focused on creating collections that cater to the global woman who values a mix of tradition and modernity. My personal design focus has been on versatility, allowing my pieces to transition across occasions seamlessly. The biggest challenges I have encountered revolve around evolving market trends, especially balancing creativity with commercial demands and maintaining the brand’s signature style while expanding into new markets and products.





“My designs have been worn by Bollywood celebrities and influencers, which played a major role in expanding my reach.”

What are some of the goals you are working towards?

Looking ahead, I aim to expand my brand’s global presence and further solidify its place as a lifestyle brand. I am working toward collaborations in international markets and plan to delve deeper into sustainable fashion practices, continuing my exploration of craftsmanship. Another key goal is to create a stronger digital presence and enhance the direct-to-consumer experience, blending technology with fashion.

Kirti Azad: “Challenges have to be overcome with hard work”

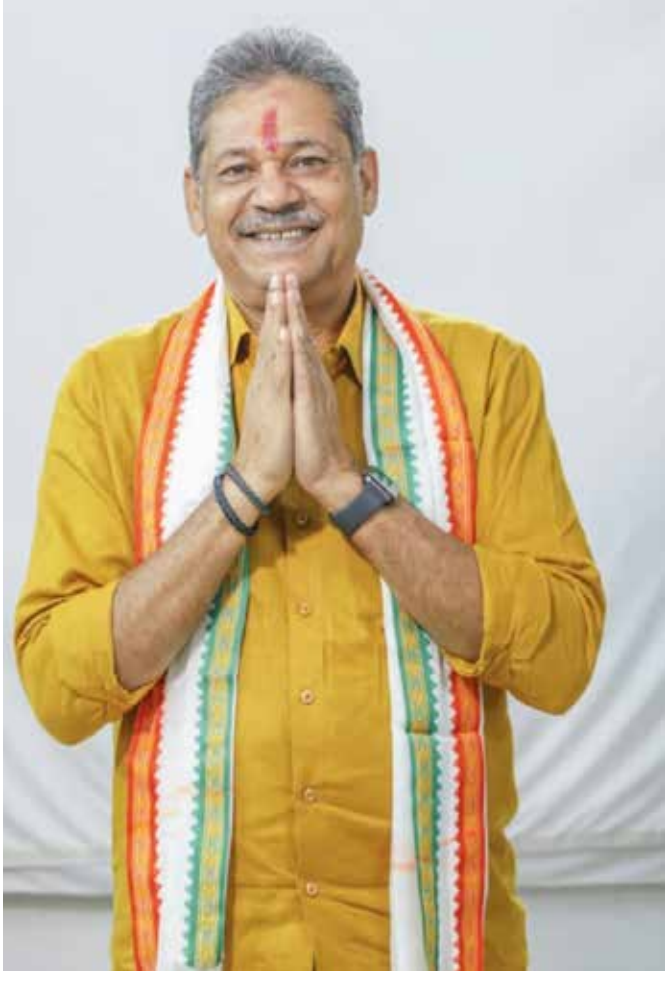
Outspoken and daring cricketer turned politician Kirti Azad made headlines recently by winning the Lok Sabha Election 2024 from Bardhaman, Durgapur, West Bengal, on a TMC ticket. He talks about hard work and grit, challenges and conquests with us...

By Andrea CostaBir

Touted as an aggressive right-hand batsman and a quick off-spinner during his cricketing career in the ‘80s, Kirti Azad played for the Indian national cricket team and was a prominent member of Kapil’s Devils – the Indian cricket team that won the historic 1983 World Cup.

Post his cricketing heyday, Azad gravitated towards politics – possibly thanks to his father Bhagwat Jha Azad’s legacy of being the former Chief Minister of Bihar. Elected to Parliament on a Bharatiya Janata Party (BJP) ticket from Darbhanga, Bihar, he served multiple terms in the Lok Sabha.

In November 2021, Azad joined the All India Trinamool Congress (TMC) and thanks to his go-getting attitude, quickly gained ground in the party. Gung-ho about making a difference, he soldiers on spiritedly, showing absolutely no signs of slowing down!



“The 1983 World Cup brings back great memories for me. The inspirational captaincy of Kapil Dev leading from the front, and everybody contributing towards the game was one of the best examples of playing as a team.”



Your cricket career spanned a significant period, and you were part of the 1983 World Cup-winning Indian team. What memories from that tournament stand out the most for you?

It was the best moment of my life when we became the world champions. We never expected to win, we just told ourselves: Let's play our best and reach at least the semi-finals. But then after defeating the mighty West Indies in the very first game, our confidence soared and we realized that yes, we can do it!

The inspirational captaincy of Kapil Dev leading from the front, and everybody contributing towards the game was one of the best examples of playing as a team. When you play selflessly as a team, nobody can stop you from winning.

The 1983 World Cup brings back great memories for me. India became a cricketing superpower, the next World Cup came to India in 1987. We had people from the Indian board as chairman, president and members of the various committees of the ICC.

"There are highs and lows in life, cricket is no exception. At times, we tend to lose heart if we're not doing well. My father always said that if good days don't stay, bad days also won't. So, keep on working hard, and never be dejected or disappointed. You will receive the results of your hard work."





ESPN came to India seeing the popularity of the game and started showing the game from 30 different angles. Money started coming in, which was good for the players and their families as it gave them security. During our time, we only played for pride, there was no money in the game.

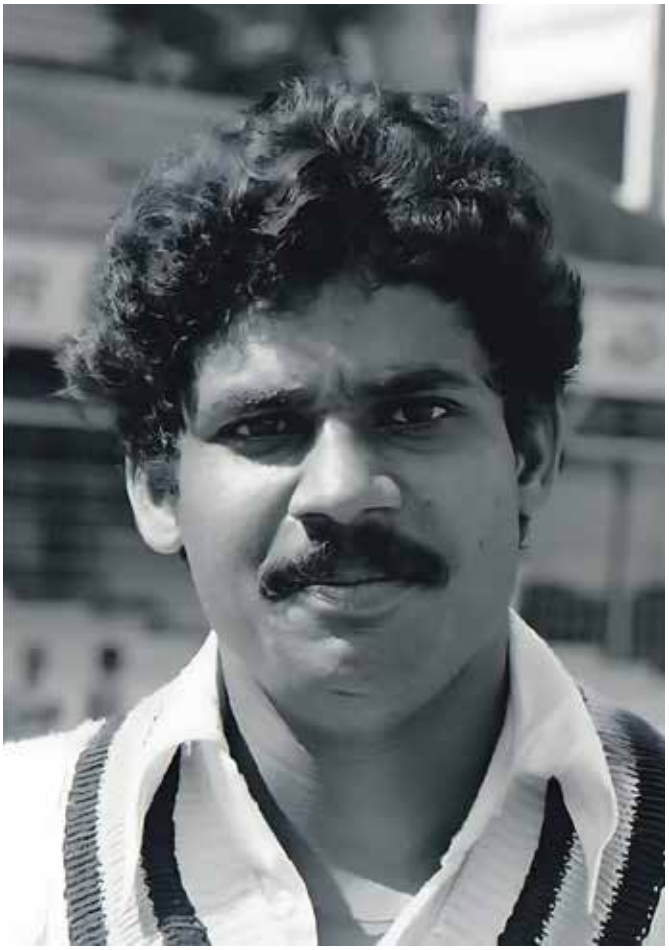
As a former all-rounder, you excelled in both batting and bowling. Can you share a match or series where you felt your skills had a crucial impact on the team's performance?

Well, I would say that the 1983 triumph was the biggest because it brought India on the cricketing world map. My performance during the semi-finals was very vital. When I came in to bowl, England were 96 for 2 in 20 overs and an average of four-and-a-half/ five runs those days used to be very high.

So at that time when I was called to bowl along with Jimmy (Mohinder) Amarnath, we bowled 24 overs in tandem, 12 each respectively. He gave away 27 runs and picked up two wickets. I picked up the wicket of the most dangerous, one of the best all-rounders in the world, Ian Botham. So that was a very memorable moment for me.

Cricket has evolved significantly since your playing days...

A lot of new rules have come in. During my time, we didn't have the inner circle of 30 yards. There were no restrictions on bouncers. Wickets were not covered. The equipment was not so good. Helmets were unknown to us, they had just started coming in...





Indian cricket has seen tremendous success in recent years. What are your thoughts on the current state of Indian cricket?

During our time, we didn't have these India A matches and travelling across the world, playing other A teams like Australia A, England A, West Indies A. This gives a lot of exposure to the boys. From the very beginning, they know who their opposition is.

And the support staff that you have now – a video analyst, coach, batting coach, bowling coach, fielding coach, physiotherapist, doctor, trainer etc – has ensured tremendous success for the Indian team. During our time, we were just 14 or 15 players with one manager who looked after our accommodation and travel.

As someone who has experienced the highs and lows of the cricketing world, what advice would you give aspiring young cricketers looking to make a mark in the sport?

There are highs and lows in life, cricket is no exception. At times, we tend to lose heart if we're not doing well. And especially if you are a sportsperson because as a sportsperson, you have seen the highs and lows during your playing days. We are emotional fools. We win, we cry; we lose, we cry. Because it matters. The team matters. The country matters. Hence, in sport, emotions take over.



“My eldest brother is a doctor of ophthalmology. He is very well-known and his technique is followed by the name of Azad Technique in the US. My second brother was an IPS officer and served as Special Director in Delhi’s Bureau and also in the Central Information Commission.”

My father always said that if good days don’t stay, bad days also won’t. So, keep on working hard, and never be dejected or disappointed. You will receive the results of your hard work.

Also, administrators play a very important role as they can do a lot of things if they know what is required. However, many administrators who have never had experience with sports or been through these ups and downs, don’t really understand what it is all about. So a good administrator is a person who knows the game, who knows what to do and when.

You made a transition from cricket to politics. What motivated you to enter the political arena?

Well, we are three brothers. My eldest brother is a doctor of ophthalmology. He is one of the 10 doctors in the world who does retina detachment operation through laser and by pumping in water. He is very well-known and his technique is followed by the name of Azad Technique in the United States of America.



My second brother was an IPS officer and served as Special Director in Delhi's Bureau and also in the Central Information Commission. I was the youngest who studied at St Stephen's College in Delhi, did History Honours, and was working with Bokaro Steel for 10 years from '83 to '93 when I joined politics.

"When I was a Member of Parliament from Darbhanga, I have a record of asking 446 questions in Parliament. For my constituency, there used to be a single railway line which I got converted into a double line. I got an airport to Darbhanga."

Around that time, I had almost retired from cricket and by chance, I met a friend when I had gone to Bangkok to play a six-a-side cricket tournament, who knew Mr LK Advani's family. Later, I came to know that his children were my juniors in school. That is how I met them and got involved in politics. I became an MLA in '93 in Delhi and subsequently, a three-time Member of Parliament from Darbhanga and now, I am a Member of Parliament of the Trinamool Congress from Bardhaman, Durgapur.

...While playing cricket, people would come to watch us play and if we won, they would be very happy and appreciate us! If we lost, they would throw rotten eggs and tomatoes at us. That's life and in politics, you go to the people, you try and understand their problems, you try and solve them, you are there with them in their good days and their bad days. So, politics is serving the people and I really enjoy that. That is why I have been a four-time Member of Parliament and an MLA once.

As a robust politician, you have been actively involved in various issues. Could you highlight the causes that you are passionate about and work towards?

When I was a Member of Parliament from Darbhanga, I have a record of asking 446 questions in Parliament. For my constituency, there used to be a single railway line which I got converted into a double line. I got an airport to Darbhanga. I started the Maithili Prasaran from the All India Radio of Darbhanga. So also the Makhana Anusandhan Kendra. I also got many schools and community halls built... all this gave me immense satisfaction.





“Whether you are in cricket, politics or activism; you’re a doctor or an engineer; always be ready to improvise. If you know how to improvise, you’ll be better than the other guy.”

You have had a successful and long-standing innings in both cricket and politics. How do you navigate challenges, and what lessons have you learned from them?

Challenges have to be accepted. Challenges have to be overcome with hard work; there is no substitute for hard work. Work is worship and if you carry on working hard, you will succeed.

With your diverse experiences in cricket, politics and activism, what impact do you wish to make on future generations?

Whether you are in cricket, politics or activism; you’re a doctor or an engineer; always be ready to improvise. If you know how to improvise, you’ll be better than the other guy. Keep working hard and nothing will be able to stop you from achieving what you want.

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Lifestyle

Fashion designer Asma Gulzar highlights what's trending this festive season. Fitness expert Nawaz Modi Singhania shows you how to shape up with Wall Pilates. Chef Kunal Makhija introduces you to Arabian delights. Plus, indulge in coffee cocktails, new books, cool kitchen gadgets and aromatherapy.

'Society Achievers' explores all this and more...











A Tribute To Tradition

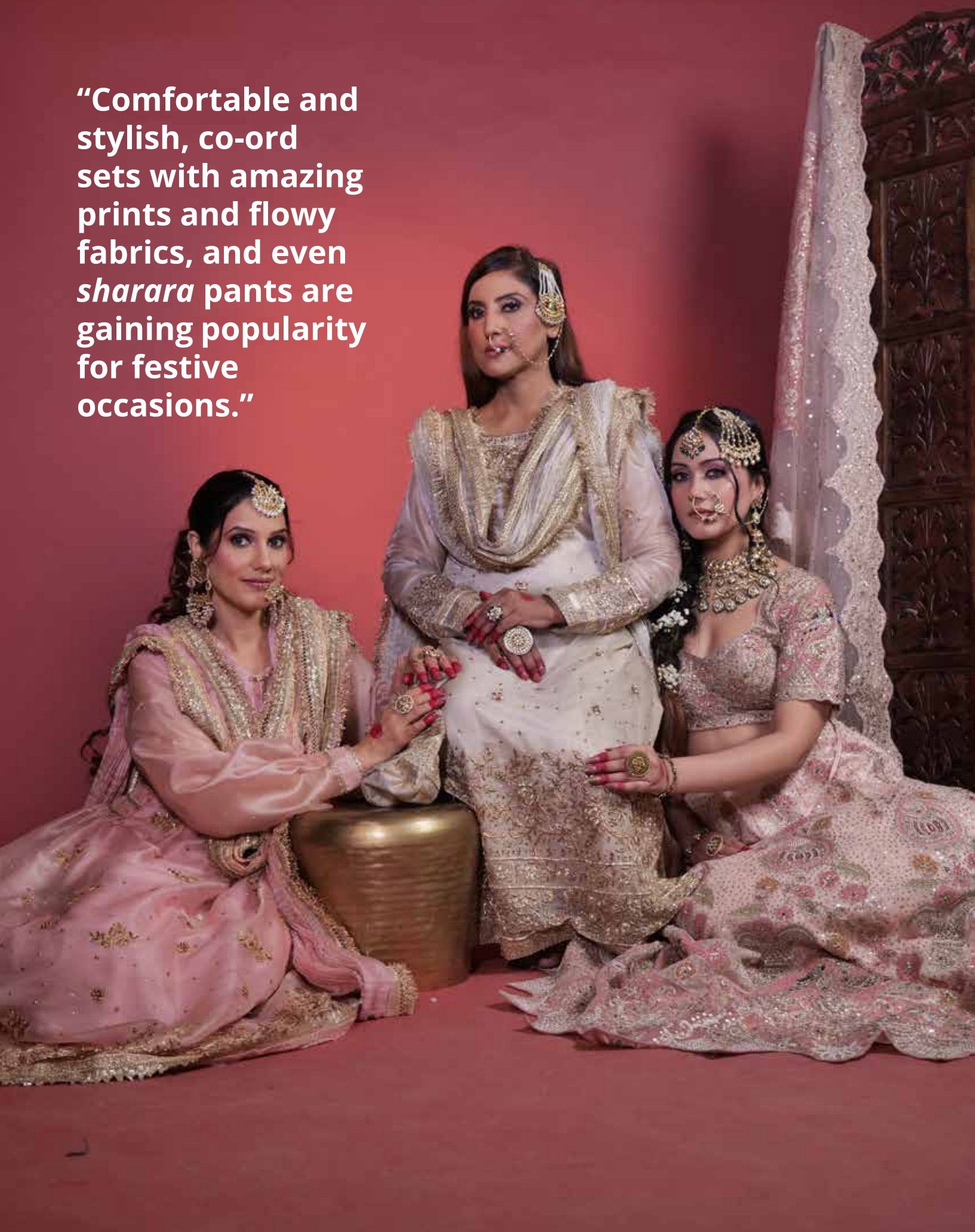
Fashion designer Asma Gulzar shares her exquisite creations with Andrea CostaBir, while cueing her into the newest styles for the festive season!

Elaborate designs inspired by Indian royalty. Yet, simple and elegant in their portrayal. That's Asma Gulzar's design ethic for you. "I frequently use rich fabrics like velvet, scuba, kimkhab and pures. I have been in the fashion industry for 12 years now and I must say that I am enjoying every bit of it!" Asma's bridal collection is very popular too, blending Indo-Western styles with floor-length jackets, and *anarkali* gowns with heavy *zardosi* work. Classy designs and a feminine colour palette lend Asma's creations an exquisite appearance.



Asma's passion for clothing goes back to her childhood in Lucknow. She pursued her passion and then received a Bachelor's degree in Fashion Designing from National Institute of Fashion Technology (NIFT), New Delhi, and started her career as a designer with her friend in 2003. In 2008, she launched her first independent label: Aida Couture - The Fashion Hub. Ever since, she has only gained in design strength.


“I have been
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“Comfortable and stylish, co-ord sets with amazing prints and flowy fabrics, and even *sharara* pants are gaining popularity for festive occasions.”





"With an increasing focus on eco-consciousness, sustainable fabrics like organic cotton, linen and recycled silk are making a strong statement. Designers are using these materials while keeping the luxury factor intact."

We get her to share the season's **Top Festive Trends:**

- **Sustainable Fabrics.** With an increasing focus on eco-consciousness, sustainable fabrics like organic cotton, linen and recycled silk are making a strong statement. Designers are using these materials while keeping the luxury factor intact.
- **Bold & Vibrant Colours:** Bright shades like electric blue, emerald green, and deep purples will dominate the colour palette this festive season! Metallic tones like gold and silver are also trending, adding an extra touch of glam to traditional outfits.
- **Asymmetry & Layering:** Asymmetric hemlines and creative layering of fabrics and textures are big this season. Whether it is layering *dupattas*, jackets over *lehengas*, or adding unique cuts, this trend gives a modern twist to classic outfits.
- **Thread Embroidery:** Will be seen across *lehengas*, *saris* and *anarkalis*.
- **Co-Ord Sets & *Sharara* Pants:** Comfortable and stylish, co-ord sets with amazing prints and flowy fabrics, and even *sharara* pants are gaining popularity for festive occasions. These outfits provide both ease and elegance.
- **Indo-Western Fusion Wear:** Continues to be a strong trend, blending ethnic styles with contemporary cuts.

A Taste Of The Middle East

Chef and entrepreneur Kunal Makhija gives Amber Dias a behind-the-scenes peek of his cloud kitchen, Arabisque.





From his family's restaurant, to working in the kitchens of some of the most prestigious hospitality groups, to founding and running his own cloud kitchen, Kunal Makhija's journey in the culinary realm has taken a few twists and turns. The Chef and entrepreneur is now the heart and hand behind Arabisque, the cloud kitchen service that delivers authentic Middle Eastern flavours to your doorstep. We sat down for a quick chat to learn more about what makes him tick and why Arabisque has become a hot take-out destination for Middle Eastern bites.

"My biggest challenge in the transition from being a Chef to being an entrepreneur was that now I would be responsible for the overall well-being of the brand and not just the food quality."





For The Love Of Cooking

Some of the best chefs in the world started out in their home kitchens, where they got their first taste of the magic that can be conjured with just a few ingredients and the delight it can bring people. For Kunal Makhija, that spark was lit in his family restaurant in Dubai and went on to be fueled by some amazing experiences and a lot of hard work. He reveals, "My interest in the kitchen was sparked at an early age as I would spend my time at my family's restaurant in Dubai. I decided to pursue my culinary education at the Institute of Hotel Management, Aurangabad. After completing my course in 2016, I was fortunate enough to work with prestigious hospitality groups like Taj, Marriott, Indigo Delicatessen and a few standalone restaurants in Dubai. I also had the opportunity to intern at Chef Gaggan Anand's restaurant Gaggan in Bangkok for two months in 2017. After spending three years in Dubai, I decided to move back to Mumbai to start Arabisque."

"We bake all our bread in-house and to order, only when an order is placed for hummus, the pita bread, which is an accompaniment to the hummus, is baked."

Reaching For The Cloud

Starting a cloud kitchen was the thing to do during the pandemic with so many professional and home chefs transforming their kitchens into professional spaces and selling their delicious wares. But what prompted Kunal to take the leap? He says, "I was in Dubai during the first wave of Covid-19 and that's when many of my friends in Mumbai started selling food from their homes. That was the basic idea that prompted me to start something of my own. Due to legal compliances in Dubai, that would not have been possible and I always had the inclination to move back to Mumbai."

Making the transition, however, was not without its challenges. "My biggest challenge in the transition from being a Chef to being an entrepreneur was that now I would be responsible for the overall well-being of the brand and not just the food quality. If I had to name one major challenge though, it would be social media and marketing. Speaking from a cloud kitchen point of view, the dependency and need for social media is extremely high. As we do not have a physical presence, we are highly dependent on Instagram and Facebook to find new customers," he reveals.



The Chef's Recommends...

"If it's a meal for one, I would recommend any of our mezze bowl options, simply because it allows the customer to taste various menu items together in one bowl. For instance, the zaatar chicken or the falafel bowl would consist of four pieces of chicken or falafel, hummus and tabbouleh served with pita bread. This allows the customer to taste our main component, in this case the chicken or falafel, the hummus and the salad, followed by the freshly baked pita."

"This experience has taught me to not get overwhelmed as each day comes with its set of tasks and challenges to tackle. The plan for the future is to hopefully convert from being a cloud kitchen brand to a sit down operation."

The Arabisque Story

Kunal's culinary journey has been varied and intriguing, but all roads have led him to Arabisque, which offers delicious Middle Eastern cuisine. He tells us more, "Because of my experience in Dubai and spending a brief part of my childhood years in Dubai, Middle Eastern food felt like the right choice to pursue for my business. The menu focuses on simple dishes made well, hearty portions at reasonable prices. All the recipes are a combination of all my work experiences at various hotels and restaurants in Mumbai and Dubai."

Middle Eastern food has its fans but the classic Indian palate can be a tough customer when it comes to appreciating new cuisines. Kunal, however, didn't find adapting to the preferences of his new customer base much of a challenge. "To be very honest, the taste and flavour profile of Indian and Middle Eastern food aren't that far apart. Middle Eastern food is packed with various spices and aromatics, it's just not spicy (theeka), hence we did not have to change our recipes a lot to suit the market. One example from our menu would be the Piri Piri Hummus where the addition of piri piri seasoning elevates the flavour of the classic hummus, adding a bit of spicy and chatpata flavour notes to the dish," he shares.

With so many restaurants and cloud kitchens alike focusing on offering authentic Middle Eastern food, we had to ask: What sets Arabisque apart? Kunal avers, "Quality is our number one priority both in terms of food and customer satisfaction. We try and keep our recipes as authentic to the Middle East as possible and also source important ingredients from there. One example is zaatar powder which is used widely in our menus from marinations to spreading it on top of our flatbreads, and also finishing certain dishes. We bake all our bread in-house and to order, only when an order is placed for hummus, the pita bread, which is an accompaniment to the hummus, is baked."

The Next Step

As Arabisque continues to grow and find more fans, the question now turns to what comes next for Kunal and his brand. He shares, "Being an entrepreneur is a continuous learning curve. This experience has taught me to not get overwhelmed as each day comes with its set of tasks and challenges to tackle. The plan for the future is to hopefully convert from being a cloud kitchen brand to a sit down operation. We are always on the lookout for collaborations in which we could expand our work portfolio."

Shape Up With Wall Pilates

Looking for a simple yet effective way to tone your body without putting strain on your joints? Fitness expert Nawaz Modi Singhania shows you some effective Wall Pilates exercises to boost your fitness journey.



Wall Pilates is similar to Mat Pilates, just more advanced. Though not as advanced as equipment-based Pilates – it falls somewhere in between. As the name suggests, this form of Pilates uses no equipment, just a wall but you'll get a fantastic workout in! The wall acts as resistance, a stabilising factor and an aligning tool. You can expect to find a completely new, lean, petite, toned, erect body, with years having been taken off your frame in no time! Additionally, the benefits of regular exercise will be seen here as well.

Let's explore a simple routine of just five simple exercises below, which will work the whole body in a few short minutes.

Wall Push-Up Plank

No rocket science required here – it is the plank position, done in the push-up position with your feet up against the wall. If the feet are turned outward into a 'V' formation, then more of the lower body muscle is involved, in addition to the upper body and the midsection. It makes for a great comprehensive full-body workout. Hold this position for 8-10 counts while keeping your elbows slightly soft and come out of the position by placing one foot at a time on the floor.

Do 3 repetitions.



Wall Squat

Lean against the wall, with your legs shoulder or hip width apart, feet far away from the wall. While squatting down, extend the arms overhead while keeping the back fully plastered against the wall all through the exercise. Ensure the thighs are parallel to the floor, unless you have a knee problem, in which case stay on the higher end. Your knees should never cross your toes. Hold this position for 6-8 slow counts while keeping the butt muscles squeezed, before sliding back up to standing position and lowering the arms as you do so.

Do 6-8 repetitions.

Seated Bridge

While seated on the floor, facing the wall, position your hands behind your hips, fingers, pointing forward, and your feet up on the wall at about knee height. Lift the hips up in this position and hold for 8-10 counts before lowering and sitting on the floor. Make sure your elbows remain slightly bent/ soft during the whole exercise.

Do 3-5 repetitions.

The wall acts as resistance, a stabilising factor and an aligning tool.



Wall Bridge

With your feet positioned up against the wall at knee level, shoulder or hip width apart while lying down on your back, slowly start bridging up from the tailbone to the cervical vertebral. Hold the position for 6-8 counts, squeezing your butt/ glutes and then slowly lower your back to the floor from the cervical vertebrae, one-by-one, all the way down eventually to the tailbone.

Do 8 repetitions.

Don't hold your breath during the exercises. Try to exhale during the more difficult part, while inhaling on the easier part. These exercises take 7-10 minutes in total.



Wall Bridge With Leg Up

Assume the Wall Bridge position, then lift one leg up and extend it back towards the body, as far back as you can, while keeping it straight. Hold this position for a few moments. Return the foot back to the wall, change legs and repeat. Then bridge back down.

Do 3-4 repetitions.

As you go forward with these exercises, you'll find them getting easier as you get stronger and more adept at performing them. You can then add more reps.

Things To Remember

- Don't hold your breath during the exercises. Try to exhale during the more difficult part, while inhaling on the easier part.
- If you find the repetitions too many during any exercise, feel free to do fewer. Quality over quantity, any day!
- As you go forward with these exercises, you'll find them getting easier as you get stronger and more adept at performing them. You can then add more reps as per your ability.
- Do these exercises three times a week and be amazed and delighted by the new you, by the new fab body you'll quickly earn! These exercises take 7-10 minutes in total.

Enjoy making heads turn!!



Human-Centric Designs

Kembhavi Architecture Foundation designs transformative spaces that inspire!



Kembhavi Architecture Foundation stands as a pinnacle of diversity and success in India's architectural and design landscape, revered for its multifaceted expertise and specialised services. Established in 1972 by Sharad and Nalini Kembhavi, the foundation is now steered by six partners, including Indrajit Kembhavi, Nita Kembhavi, Parth Kembhavi, and Sowmya Kembhavi.

Their portfolio spans a wide array of projects across diverse sectors within the construction industry, ranging from malls, hotels, corporate offices, and transport terminals to healthcare facilities, cultural centers, townships, and private residences. Noteworthy clients include Tata Housing, Puravankara, Prestige Group, Ozone, Century Group, Akshaya Pvt Ltd, Landmark Construction, General Motors, Indian Railways, HUDCO, KHB, Manikchand Group, and SBIOA among others.

Here are some of their most remarkable projects:



Landmark Vertica

The site, nestled adjacent to the revered 1,000 Lights Mosque in Chennai, holds a profound significance in its proximity. To honor its legacy and seamlessly integrate with the cultural narrative, the architectural design of the building incorporates four towering pinnacles, drawing inspiration from the mosque's four minarets.

Envisioned as a tribute to the mosque's symbolic '1,000 Lights', the structure incorporates an abundance of meticulously crafted lighting elements across its façade and interior spaces. This homage further amplifies the spiritual resonance echoing from the mosque's luminous heritage.

With an unwavering commitment to cultural authenticity, the building is meticulously crafted, embracing the essence of the 'Chola' tradition deeply ingrained in Chennai's historical fabric. The design meticulously intertwines intricate details and artistic expressions inspired by the rich artistic heritage of the Chola Dynasty.

Encompassing a sprawling area of 3,50,000 sq ft, this architectural marvel stands as a testament to cultural reverence, marrying tradition with contemporary design sensibilities.

With an unwavering commitment to cultural authenticity, the building is meticulously crafted, embracing the essence of the 'Chola' tradition deeply ingrained in Chennai's historical fabric.





Infused with an aura of vibrancy and playfulness, The Zone seamlessly blends the finest elements from the West with the richness of local culture.

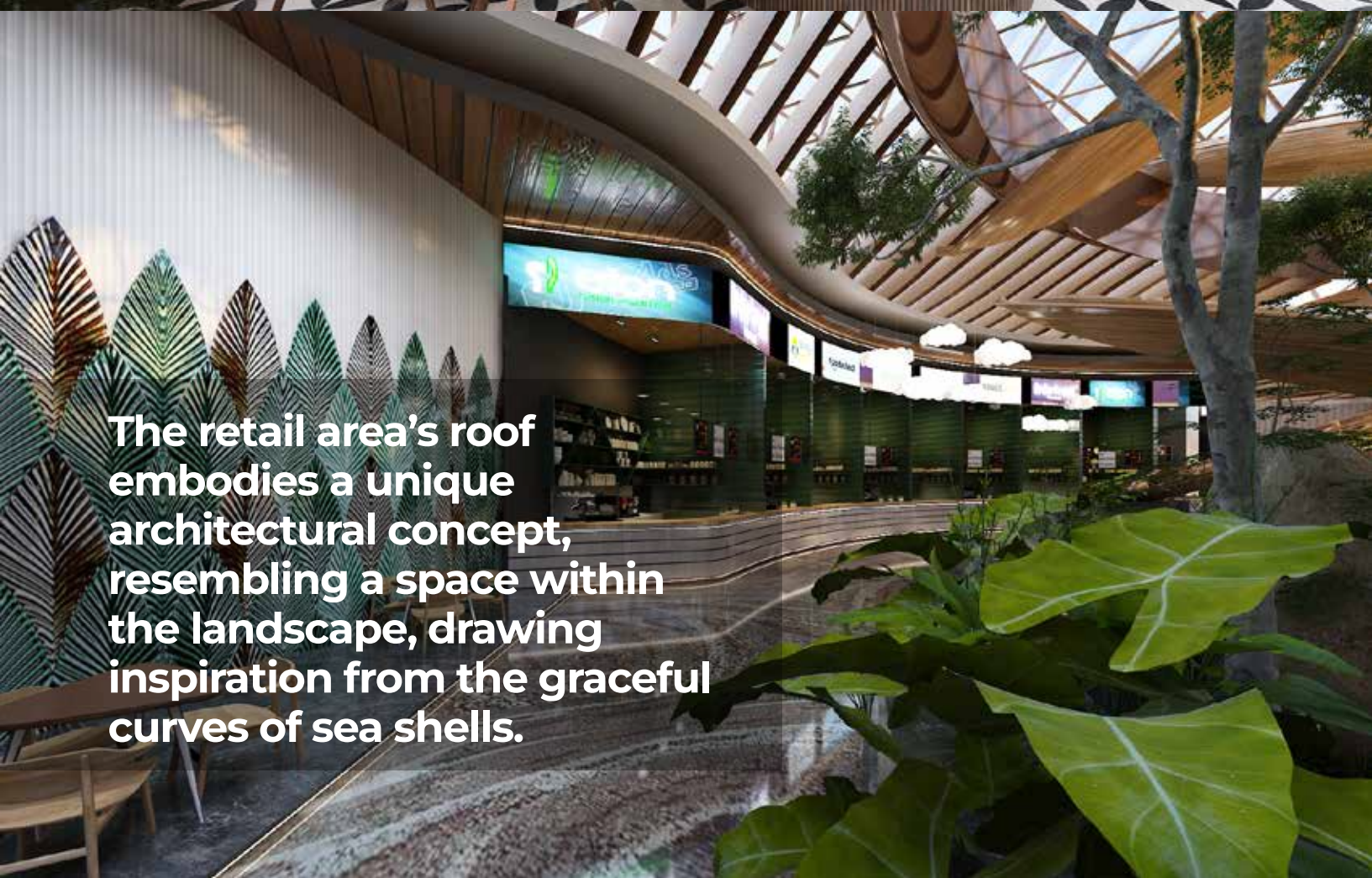
The Zone At Kochi Airport

The manifestation of this design essence is a contemporary interpretation of the houseboat's essence, presented in an abstract yet evocative manner. The retail area's roof embodies a unique architectural concept, resembling a space within the landscape, drawing inspiration from the graceful curves of sea shells. This design choice adds a distinctive character to the built environment, creating a visually intriguing experience for visitors.

Infused with an aura of vibrancy and playfulness, The Zone seamlessly blends the finest elements from the West with the richness of local culture. This fusion creates an inviting atmosphere that celebrates diversity and uniqueness, catering to a diverse range of tastes and preferences. Spanning across a sprawling 2 acres, with a built-up area of 1.6 lakh square feet, this project situated in Kochi, Kerala, not only serves as a retail hub but also stands as a testament to architectural innovation and cultural homage.







The retail area's roof embodies a unique architectural concept, resembling a space within the landscape, drawing inspiration from the graceful curves of sea shells.



At the heart of this architectural marvel stands the central ‘Lotus Petal’, soaring to a height of 108 meters and crafted from copper, symbolizing the celestial serpent, Vasuki.



This design seamlessly melds elements of the past and the future, presenting an exceptionally futuristic building form.



Cultural Center For Mata Amritanandamayi At Mahabalipuram

The design concept for the Cultural Center for Mata Amritanandamayi at Mahabalipuram emerged from an in-depth exploration of Sanatan Dharma, the Vedas, and the profound teachings of Mata Amritanandamayi. This conceptualisation was the result of a design competition entry, driven by a comprehensive study of these foundational elements.

Derived from the essence of 'Amrita', symbolizing the nectar of immortality, the design draws inspiration from the mythical narrative of 'Samudra Manthan' – the stirring of the ocean by the Devas and the Asuras. The envisioned form of the structure reflects the dramatic churn of the ocean, visualised as dynamic tidal waves taking shape.

At the heart of this architectural marvel stands the central 'Lotus Petal', soaring to a height of 108 meters and crafted from copper, symbolizing the celestial serpent, Vasuki. This monumental centerpiece embodies a convergence of spiritual symbolism and architectural grandeur.

This design seamlessly melds elements of the past and the future, presenting an exceptionally futuristic building form. It rests upon a decorative plinth that pays homage to the architectural legacy of Mahabalipuram, ensuring a cultural continuum. This synthesis evokes the ancient wisdom and heritage of the discipline, while portraying its enduring journey through time and space.

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

Boozy Brews

Amber Dias brews up some cocktails with a kick - of the caffeinated variety.



Coffee and spirits, a pairing that you either love or don't, but if trends are anything to go by, people certainly seem to be leaning towards the former. Coffee cocktails continue to rise in popularity, melding the bold flavours of rich, aromatic coffee with the complexity of alcohol. Whether it's a warming Espresso Martini or a refreshing cold brew cocktail, these concoctions offer a unique drinking experience.

Where It All Began

The concept of mixing coffee with spirits isn't new, it has been a common occurrence across various cultures long before becoming a mainstream trend. The earliest mention of a coffee cocktail, however, is the Irish Coffee, reportedly created in the 1940s by Joe Sheridan, a chef in Ireland. As the story goes, Sheridan served it to help warm passengers, at the airbase he worked at, on a cold winter night, combining hot coffee, Irish whiskey, brown sugar, and cream. The drink's popularity grew exponentially after being introduced to the US.

Despite its early iterations, the coffee cocktail remained relatively niche until the 1980s when the Espresso Martini burst onto the scene. It was crafted by British bartender Dick Bradsell in London after a patron requested a drink that would "wake me up and mess me up." He combined vodka, freshly brewed espresso, coffee liqueur, and a touch of sugar, resulting in a smooth yet energising cocktail that soon became a staple at bars worldwide.

Mixin' It Up

While the Irish Coffee and Espresso Martini remain staples, today's coffee cocktail scene offers a staggering variety of creative interpretations, thanks to the blending of global flavours and techniques. Coffee cocktails range from indulgent dessert-like drinks to sophisticated concoctions with complex layers of flavour. Some popular variations include:

Cold Brew Negroni

This variation on the classic Negroni replaces the gin with cold brew coffee. The result is a balanced and bittersweet cocktail, the deep, earthy flavours of the coffee perfectly complementing the bitterness of the Campari.



Coffee Old Fashioned

Adding coffee to the timeless Old Fashioned gives it an interesting edge. Bourbon or rye whiskey is mixed with coffee liqueur or espresso, sugar, and bitters. This cocktail tends to be rich and more robust, adding layers of warmth to the classic drink.

Mexican Coffee

A spiced and indulgent cocktail made with Kahlua, tequila, and hot coffee, topped with whipped cream. It balances sweetness and strength with the bold flavours of tequila and coffee.

Carajillo

This traditional Spanish drink, typically made with espresso and Licor 43, is a prime example of the global coffee cocktail trend. It is simple, flavourful, and typically served over ice.



Popular Coffee Liqueurs

Baileys Irish Cream
Kahlua Original Coffee Liqueur
Mr Black Cold Brew Liqueur
Mozart Chocolate Coffee Liqueur
Jameson Cold Brew Whiskey
Licor43 Bistro



The Coffee Craze

Why are coffee cocktails so popular? The first reason is that the coffee culture has grown massively in the last few decades and there doesn't seem to be any dip in people showing their love for a cup o' joy. Its growing popularity clicked with bartenders as a potential ingredient to experiment with. Now that's a move that paid off. With the rise of cold brew, nitro coffee, and single-origin beans, coffee is no longer just a morning staple — it's become a drink that connoisseurs want to experience at any time of day, including in the evening at cocktail hour. Coffee cocktails allow bartenders to showcase their creativity and skill, aligning with the increasing demand for unique, artisanal drinks.

Secondly, parallel to the evolution of coffee, there's been a revolution in the craft cocktail scene. Coffee's complex flavour profile — from its bitterness and acidity to its potential for sweetness and richness — offers endless opportunities for mixologists to create innovative, multi-dimensional drinks. These cocktails appeal to those who enjoy a layered taste experience, blending the energy-boosting qualities of coffee with the relaxing effects of alcohol.

Another potential reason is the increasing consumer focus on functionality in beverages. Coffee, with its natural caffeine content, adds an extra boost of energy to cocktails, making it an appealing option for people who want to stay energised while they enjoy a drink.



Must-Try Coffee Cocktails

Espresso Martini
White Russian
Affogato Martini
Alpine Brew
Bushwacker
Mudslide
Cold Brew Sangria
Dalgona Martini

Brew Rules

Here's a few things to remember when mixing up some coffee cocktails.

- Start with good quality coffee that has a rich flavour. If you're working with powerful flavours or combining heavier chocolate, caramel or vanilla flavours, then choose a much darker roast.
- Choose the right spirit to pair with your coffee - be it whiskey, vodka or even a liqueur.
- Mix with precision. Avoid using more alcohol than coffee. Find the right balance so that one doesn't overpower the other.
- Cream, sugar, and spices work beautifully with these cocktails. Just be sure to be precise when introducing add-ons.



Coffeelicious

Coffee cocktails have successfully carved out a niche in both the coffee and cocktail worlds, offering a harmonious blend of flavour, creativity, and versatility. From their historical roots in classics like Irish Coffee to the modern-day Espresso Martini craze, these drinks continue to evolve. Their adaptability across seasons, combined with their aesthetic appeal and functional caffeine boost, makes them a favourite among both casual drinkers and connoisseurs. So, have you jumped on the coffee express yet?!





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Kitchen Whiz

Cooking goes hi-tech with these uber-cool kitchen gadgets.

Picture this: The aroma of freshly baked bread wafting through the kitchen, the perfect cup of espresso waiting to be savoured, or a delicious batch of artisanal ice cream sitting in the freezer – all made at home. Welcome to the world of high-end kitchen gadgets, where functionality meets finesse, and everyday cooking transforms into a gourmet experience. From sleek sous-vide machines to blenders to edible pearl makers to air fryers and more, these gadgets are designed not just to make cooking easier, but to make it an absolute joy and offer restaurant-quality results.



KitchenAid Artisan Mini Stand Mixer
₹54,500



Jura Z10 Diamond Black Coffee Machine
₹4,75,000



Breville Joule Sous Vide
₹20,896



Black+Decker 2-Liter Air Fryer
₹46,925



SodaStream Fizzi Sparkling Water Maker
₹50,097



Ninja CREAMi Ice Cream Maker
₹22,482



Cedarlane Imperial Spherificator Edible Pearl Former
₹15,936



Smeg Retro Personal Blender
₹36,368



Smeg Retro Slow Juicer
₹1,13,648

*Prices may vary

CHIC STEP

Amber Dias picks out fab new looks from some of the world's top fashion houses.





Hermes Stadium Relax Jacket

₹4,15,227



Hermes Effet Kaleidoscope Belted Tunic

₹2,05,516

Louis Vuitton Cropped Damier Denim Jacket

₹3,10,000



Louis Vuitton Flared Mix Wool And Cotton Evening Pants

₹1,32,000



Versace Grain de Poudre DV Blazer

₹2,80,600





Versace Wool Gabardine Five-Button Blazer

₹3,24,300

Alexander McQueen Women's Draped Evening Dress

₹4,36,198



Alexander McQueen Distressed Macqueen Tartan Trench Coat

₹4,47,942

*Prices may vary

Mood Lifters

Ridhima Kansal, Director, Rosemoore, shares how aromatherapy can support your mental health.

Is Aromatherapy For You?

Aromatherapy is a safe, efficient and natural way of managing stress and supporting mental health. An increasing amount of research highlights the physiological and psychological advantages of essential oils, making them a viable choice for people looking for holistic methods for mental well-being.



The Science Behind It

The relationship between our sense of smell and the emotional centre of the brain provides the scientific basis for the efficacy of aromatherapy. The limbic system - the area of the brain in charge of emotions, memories, and arousal - receives messages directly from the molecules of essential oils when we inhale them. This clear relationship explains why some smells have the ability to arouse strong memories and emotional reactions.

The impact of aromatherapy on the autonomic nervous system is a crucial component of its effectiveness. It has been demonstrated that essential oils such as ylang-ylang and chamomile stimulate the parasympathetic nervous system, which controls the body's rest and digestion processes. This activation supports a state of calm and relaxation by reducing the sympathetic nervous system's "fight or flight" response. This physiological change can have a substantial positive effect on mental health by lowering anxiety and stress symptoms.



How To Incorporate Aromatherapy In Your Daily Routine

A Bath: Light up an aroma diffuser in your bathroom 15 minutes before taking a bath. This will promote relaxation and tranquility. Use bergamot or sweet orange essential oil to boost your mood and vitality.



It has been demonstrated that essential oils such as ylang-ylang and chamomile stimulate the parasympathetic nervous system, which controls the body's rest and digestion processes.

Bedtime Ritual: Before going to bed, performing a relaxing ritual like diffusing essential oils might help people feel safe and at ease. This ceremonial element may boost the apparent efficacy of aromatherapy by cultivating a favourable psychological state via regular, conscientious application.

Sleep: When you go to bed at night, apply a few drops of essential oils with calming features like lavender, valerian or cedarwood to a piece of cotton and place it on your pillow. They can assist with regulating sleep patterns. As you let your body relax, inhale deeply and slowly many times.

Essential Oils To Try

Lavender: Lavender is well-known for its ability to calm and soothe. It is perfect for bedrooms and relaxation areas because of its pleasant and flowery perfume, which helps lower stress and anxiety.

Bergamot: The body's main stress hormone, cortisol, has been discovered to be lowered by bergamot oil, which may help lessen anxiety and stress.

Peppermint: Peppermint oil, well-known for its energising aroma, helps improve cognitive function and reduce weariness too. This makes it a favourite among professionals and students looking to increase energy and attention.

Rosemary: Rosemary essential oil improves concentration and mental clarity with its grassy, slightly woodsy scent. It's a great option for study spaces and home offices. Rosemary is perfect for productive settings because it helps enhance memory retention and cognitive function.

Rose: Rose essential oil is prized for both its potent medicinal properties and lovely, flowery scent. Rose oil is frequently used to support emotional well-being since it can elevate mood and lower stress. It's also a well-liked option for boosting the atmosphere of living areas and personal care items because of its romantic aroma.



Lemongrass: Lemongrass oil is a great option for natural cleaning solutions because it has potent antibacterial and antifungal qualities as well. Lemongrass oil diffusers are great for kitchens and bathrooms since they help neutralise odours and purify the air. Furthermore, its invigorating aroma can elevate the spirits and alleviate tension, fostering a feeling of wellness throughout your living areas.

On The Page

Nichola Marie introduces you to new reads on the shelves.

Oddly Perfect

Author: Sudeshna Chakravarty
Price: ₹375
Publisher: The Alcove Publishers



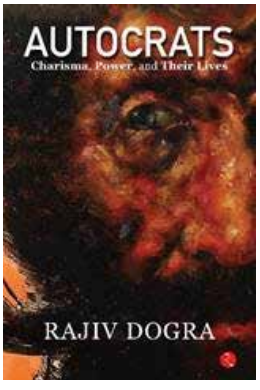
She looks like a Botticelli angel and he is the drop-dead gorgeous embodiment of Satan. She is sweet, cute and absolutely socially inept and he is arrogant, arrogant and more arrogant! That's Amisha Walia and Zeya... sorry Dhimaan Rohatgi. Together they unleash a zany rollercoaster of a romance drama replete with outrageous bon ton scandals, juicy, messy gossip, and predatory takeover moves along with a cute mushy love story. ...That's the description of journalist and author Sudeshna Chakravarty's debut novel. We chatted with the author to find out what makes this tale so special...

'Oddly Perfect' is the frothy, fun read we need to liven up our day! What makes this rollercoaster drama/ love story so engaging?
I think the reason behind it is... I did not try to make a god or a goddess out of my characters. They are extremely imperfect and riddled with inadequacies and yet, they are very lovable and humorous and that is why I think people connect with them. Secondly, I did not try to sermonise through my characters. I just tried to tell the story of two young people in contemporary Mumbai. It's a very modern story... young people can connect to it. Thirdly, I first wrote the book for an online site where I had to hold my reader's interest and make them crave the next chapter. So, I would end each chapter with a cliffhanger. That became the USP of the book. I have had readers telling me they finished the book in one night, and that they couldn't stop reading.



Did your background as a magazine journalist (Magna Publications) give you an edge in crafting this book?

Yes, definitely. Working for 'Society' and 'Savvy' gave me a peep into the lives of the super rich. The book gives a very realistic image of the upper echelons; uber-chic people and their lifestyles. Being a journalist made me do my homework; in fact, I keep a diary for research. Media also plays a big role in the book. There are press conferences, live interviews, and scandals being splashed in the media. All journos will actually enjoy the book because it will seem real. In fact, the female lead is a PR executive.

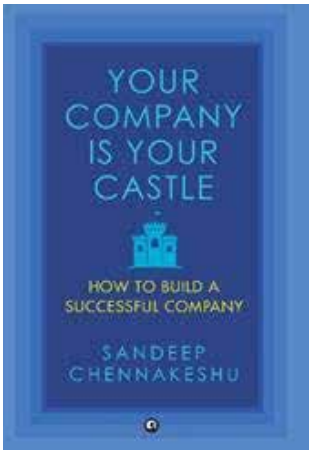


Autocrats: Charisma, Power and Their Lives

Author: Rajiv Dogra
Price: ₹795
Publisher: Rupa Publications

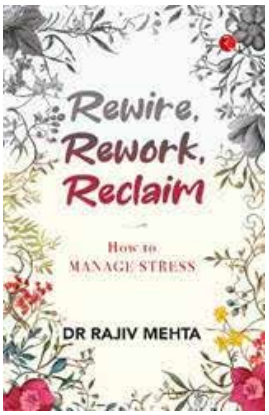
Seldom before in the history of the world has rage been so global in scale. Authoritarian leaders are largely to blame for this dangerous pass—their brutal surgery on masses without administering anesthesia. Sadly, we do not know enough about them and their chillingly effective ways. 'Autocrats: Charisma, Power, and Their Lives' fills that gap with real-life situations of how an authoritarian's cult takes hold, grows, and sustains itself. It describes grippingly their personality, their psychological makeup, and their private lives. The book sketches, step by step, the roadmap to tyranny from the earliest times to now. Intensely researched, Rajiv Dogra's prose is elegant and sophisticated.

Your Company Is Your Castle: How to Build a Successful Company



Author: Sandeep Chennakeshu
Price: ₹899
Publisher: Aleph Book Company

A business transformation veteran, Sandeep Chennakeshu compares a company to a medieval castle that has withstood the test of time, having weathered nature's elements and hordes of invaders. He ties eight structural elements of such castles to eight essential elements that make a company thrive. He describes how to assess and systematically build a company's business model, financial health, strategy, culture, products, sales channels, execution, and stakeholder confidence to make the company formidable. 'Your Company Is Your Castle' will equip you with critical insights and principles to build strong businesses and, in turn, build yourself into a strong leader.

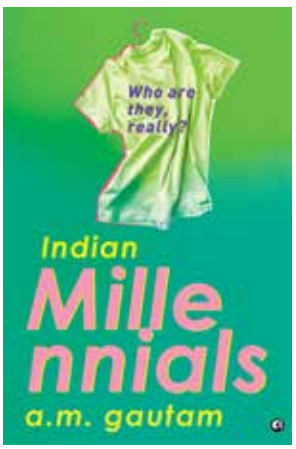


Rewire, Rework, Reclaim: How to Manage Stress

Author: Dr Rajiv Mehta
Price: ₹295
Publisher: Rupa Publications

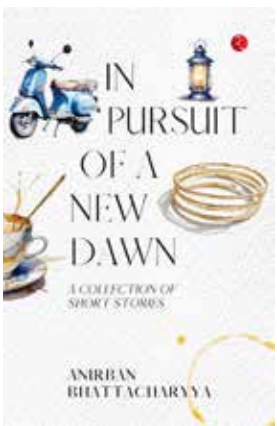
In this book, Dr Rajiv Mehta guides you to identify and acknowledge the triggers that take you towards anxiety and depression. He helps you rewire your emotional response to such occurrences and understand the root cause behind the triggers. He tells you how to rework the negative thought patterns and behavioural responses, and reclaim your life with thoughts and actions that give you hope and comfort.

Indian Millennials: Who Are They, Really?



Author: AM Gautam
Price: ₹699
Publisher: Aleph Book Company

Who are the Indian millennials? What are the attitudes and lifestyle choices that define their views on politics; gender and sexuality; work and income; caste and class; love, marriage, and family; mental health and well-being, and much, much more? In this eye-opening book, AM Gautam (a millennial himself) travels across the country, meeting millennials in small towns and big cities, to provide a fascinating account of one of the most distinctive generations of our time.



In Pursuit of a New Dawn: A Collection of Short Stories

Author: Anirban Bhattacharyya
Price: ₹295
Publisher: Rupa Publications

This book is a collection of eight compelling narratives where ordinary people are 'In Pursuit of a New Dawn'. Anirban 'Andy' Bhattacharyya looks at life that exists between right and wrong and delves into the transformative power of the human will in driving social change. This is a sensitive and evocative exploration of social stigmas, systemic biases and disparities, and how kinship and allyship can help dismantle inequity.

Off The Rack

Here's a peek at some of our favourite things.

Sporty Chic

Zella Ace Jacket



This jacket is a versatile, stylish choice for its functionality and comfort. Its length makes it ideal for layering, while the front slant and back zip pockets provide practical storage for on-the-go activities. The front zip closure and stand collar create a sleek look, with a stowaway hood for added weather protection. Elastic cuffs and waist offer light structure and a snug fit. The utility-focused design makes it perfect for casual outings or running errands.

₹8,050 **Check it out at: nordstrom.com**



Snug

Alpine North Carmacks Midweight Rain Shell Jacket

This jacket is an eco-friendly outerwear option, perfect for year-round use. Made from 92% recycled plastic bottles and recognized by the Global Recycle Standard (GRS), it combines sustainability with functionality. The stretch fabric allows for unrestricted movement while being water-repellent, windproof, and breathable.

₹11,668 **Check it out at: alpinenorth.com**

Hot Pick

OHOM Ui 3 Mug & Warmer Set



A convenient and stylish solution for keeping beverages warm. This 12-ounce ceramic mug features a charger that uses induction energy to keep drinks at a cozy 130°. The warming base also doubles as a wireless charger for phones or earbuds, adding extra functionality to your routine. Dishwasher safe and equipped with a lid, USB-C cable, and power adapter, this set combines practicality and modern design for an enhanced coffee or tea experience.

₹8,864 **Check it out at: ohom.com**

Pic Smart

Kodak FLIK X1 Mini Pico Projector



A compact yet powerful device that transforms any surface into a captivating display. Despite its palm-sized design, it delivers 480p standard definition and supports HD, 4K, and 3D content, making it perfect for both indoor and outdoor use. With inputs for USB, HDMI, AV, and TF, it's compatible with a range of media sources. Projects images up to 100", with built-in sound and a convenient remote control, offering an effortless and immersive entertainment experience.

₹5,697 **Check it out at: amazon.com**

Timeless

Olivia BurtonGrove Rectangular Leather Strap Watch



A sleek and elegant timepiece that adds a touch of luxury to any outfit. Featuring a minimalist dial within a slim 23mm rectangular case, it exudes understated sophistication. The rich leather strap enhances its classic appeal, while the quartz movement ensures accurate timekeeping. With an 18mm band width and a secure buckle closure, it offers both comfort and style. Made from durable stainless steel with gold-tone plating, this watch is the perfect blend of modern design and timeless elegance.

₹14,924 **Check it out at: oliviaburton.com**



Time Check

Watchfinder & Co Explorer Automatic Bracelet Watch

A timeless, high-performance timepiece, this 36mm model features a classic matte-black dial with luminous, Art Deco-inspired hands and bold numeral hour markers to ensure readability in all conditions. Made from stainless steel and yellow gold, it exudes luxury and durability. With a 10 ATM water resistance, and automatic movement, it's built for adventure.

₹8,99,174 **Check it out at: nordstrom.com**

Aromatic

Capri Blue Glam Jar Candle



A blend of luxurious scents with a glittery design, this candle adds charm to any space. The Pumpkin Dulce fragrance, with top notes of white pumpkin, middle notes of gingersnap, and a vanilla base, creates a cozy, warm atmosphere perfect for the season.

₹3,437 **Check it out at capri-blue.com**



Crystal Clear

Waterford Lismore Diamond Lead Crystal Decanter

A stunning decanter that's perfect for serving fine whiskey or other spirits with style. Handcrafted, this square decanter features intricate diamond and wedge cuts that add a timeless brilliance to any bar setting. Made from partially leaded crystal, this decanter requires hand washing to maintain its lustrous appearance, making it both a functional and decorative addition to your collection.

₹37,537 **Check it out at: amazon.in**

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