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It's All In The GENES

Dr Priya Kishnani

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Happy New Year!



EDITOR'S NOTE

*T*hey read it, they share it, they keep it.... this is what The Sindhian readers normally do!

I see a natural awakening happening within the Sindhi community. People from the world over are attempting to hold on to the language and culture, which otherwise seems to be gradually diminishing; what with inter-caste marriages and globalization taking place in all aspects of life.

On the cover of this first issue of 2016 we have the versatile Sanjjanaa Galrani, a Bengaluru based Sindhi actress, who has carved a niche for herself in regional language films.

Internationally, we spoke with Dr Priya Kishnani from the USA, a physician-scientist well on her way to curing rare diseases and making significant breakthroughs. Chicago born jazz singer Sachal Vasandani made us sit up and listen to his special voice. From Washington DC, we spoke to a leading authority at the Centre for Global Development, Rajesh Mirchandani, whose aim is to make a tangible difference in the world.

Closer to home, hearing impaired hair stylist Lavina Jagtiani (Kolkata) set the bar for grit and determination very high. While make up designer Pakkhi Pahuja took us through her years of experience in the industry, mandala artist Pawan Aswani showed us how art is key for self discovery. Executive Chef and Hospitality Manager at the Khar Gymkhana, Tushar Malkani shared with us his recipe for success.

In the pages that follow, you will also discover author Kiran Chhabria from Dubai, emcee Simran Deenz Ahuja, custom clothes maker Matt Harpalani, Dallas native and someone who works with pain management - Dr Avinash Ramchandani, musician Karan Sajani, proprietary trader and technical analyst Manish Hathiramani, dessert specialist Ruchyeta Bhatia, founder of a luxury facility management company Rajiv Malkani, DJ Neyha Tolani, and fashion designer Saheli Kukreja.

A new year leads to new beginnings! So read, share, and keep!

Raj Lalchandra

Credits

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Photography : Siddharth Lalchandani

**Printed for
Raaj Lalchandani
at :** Anitha Art Printers
29,30 Oasis Ind Est., Next to
Vakola Market, Santacruz (E),
Mumbai - 400055
Tel:- +91 98200 16017

Distributed by : The Sindhian

Website : www.thesindhian.com

Printed, published & owned by Raaj Lalchandani,
The Sindhian, 101 Hill Queen, Dr. Ambedkar
Road, Khar (W), Mumbai 400 052.
Cell: 98200 16017 **Email:** raaj@thesindhian.com

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are mentioned therein.

It's always great to view The Sindhian. It reminds me of the memories of
Sindh and Sindhis – the past and a glimpse of their future.

Bhagwan S Gidwani
Montreal, Quebec

Congratulations for bringing this magazine to us. I have read a few
issues and wanted to say that I would like to see members of this
community transform into responsible industrialists and businessmen.

Raj Mangtani
Nigeria

I was impressed when I read about Vishen Lakhiani and his spirit of
enterprise, leading to success and fame. He would seemingly inspire
other young entrepreneurs to strive and to achieve.

Neena Teckchandani
Mumbai

Weddings & events are such a big deal for Sindhis, & now, from your
last issue, I found that we have our very own Sneha and Anisha who
can help us put things together. Sindhi ladies... way to go!

Anita Kewalramani
Jaipur

The Nashik Kumbh Mela photo feature was really beautiful. Siddharth
has caught the essence of the *shiv-bhakts* - the *babas* and *sadhus*, all
visiting the sacred place in search of *amrit*, the nectar of the Gods. Hope
to see more events like this in the future too.

Sanjay Wadhwa
Pune

I especially enjoyed reading about Vicky Tejwani, Kavita Hurry, and
Sumit Israni. They display the wide spectrum of businesses that we
Sindhis are into and make a success of them.

Rita Bhambani
Chandigarh

We appreciate your feedback and your participation in making this
magazine even more vibrant. So please do send in your valuable
suggestions, comments and contributions to - thesindhian@gmail.com

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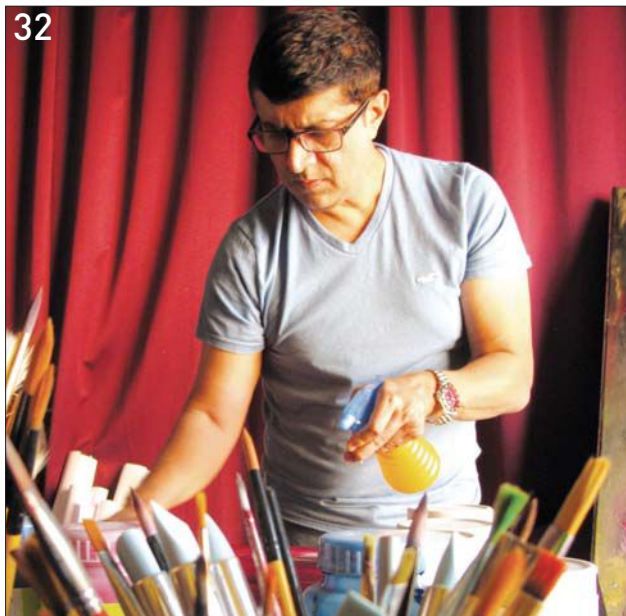
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Previously a broadcast journalist with BBC News and now a leading authority at the Center for Global Development, Rajesh Mirchandani speaks to The Sindhian about paving the way for global development, all the way from Washington DC



On the Cover:
Sanjjanaa Galrani



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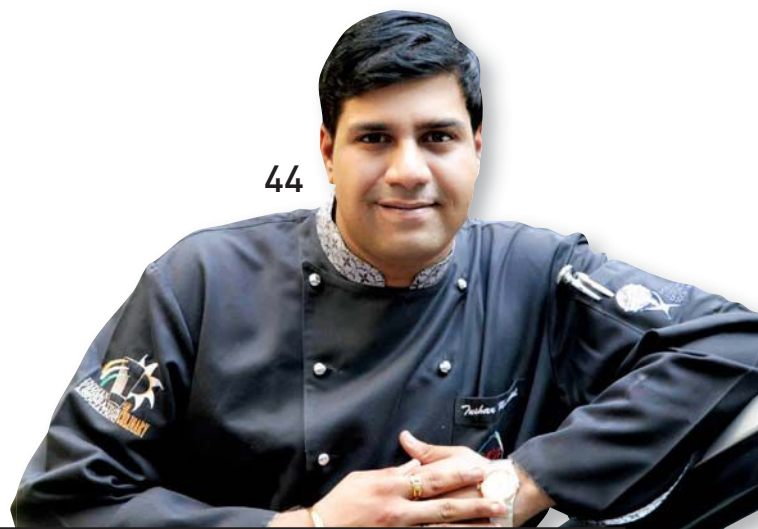
Renuka Kirpalani, is the host and editor of the Autocar show, Times network. As part of her job she test-drives and reviews cars launched in India. Recently, she drove the new Audi Q7 from Ingolstadt, Germany, to India. Now, she tells the tale



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YOUNG AND VIVACIOUS,
SANJJANAA GALRANI BRINGS
THE SINDHIAN UP TO SPEED ON
HER FLOURISHING CAREER IN
THE SOUTH INDIAN FILM
INDUSTRY



She's a twenty-something young woman, an established multi-lingual South Indian actress, a strong feminist, and exudes a bubbly charm. Chatting with her is as easy as it gets, as she welcomes us into her ever-growing career and gives us an insight into her media-driven lifestyle. Now almost 35 films old in the South Indian film industry, Sanjjanaa Archana Galrani appears to have just begun.

Born and bred in Bengaluru, Sanjjanaa developed an affinity for South Indian culture very early in life. Always a high achiever, she comes from a Shikarpuri Sindhi family and spent her childhood more with sports and less with academics. This interest in extra-curricular activities led to her being offered modeling contracts that converted into film offers soon after. One Kannada and

Tamil film later, this self-confessed tomboy received an offer for a Kannada movie, *Ganda Hendthi*, which grew to become her most controversial film till date.

By 2013, Sanjjanaa had completed 21 films and about 60 advertisements, the most popular of which was a Fastrack ad with John Abraham. Her films spanned Kannada, Telugu, and Malayalam, and after a couple of failures, she found her feet as a renowned and bold actress in the South.

In 2016 itself, Sanjjanaa will be viewed in eight films; six in Kannada and two in Telugu. The last few years haven't been easy, what with her hectic shooting schedule for some of the biggest films of her career, namely *Sardaar Gabbar Singh* with Pawan Kalyan, *Happy Birthday* directed by Veera Reddy, *Mandya to Mumbai* directed by Vaardhik Joseph, *Cinema*

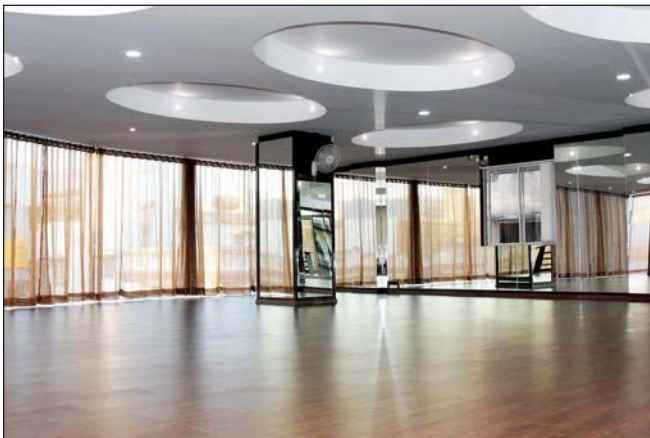
I'D RATHER BE A QUEEN IN MY OWN KINGDOM THAN A SLAVE IN A HERD. I ONLY DO FILMS THAT I HAVE FAITH IN, AND THOSE THAT I FEEL I CAN CONTRIBUTE POSITIVELY TO





Sanjjanaa's newest venture - the Akshar Yoga Academy in Koramangala, Bengaluru

To know more, find Sanjjanaa on Facebook at www.facebook.com/iamSanjjanaa & on Twitter - @actressanjjanaa



FOR ME, IT IS YOGA THAT HELPS ME TRAIN MYSELF FOR A BETTER TOMORROW, AND IT HAS HELPED ME EVOLVE FROM AN ACTRESS TO A HOLISTIC PERSON

My Darling directed by Gowrish Akki, *Santay Nalli Nintha Kabira* with Shivraj Kumar, *Just Akasmika* by Himayat Khan and *She is Deadly Dangerous*, which is a heroine oriented film based entirely on Sanjjanaa's life.

"*Sardaar Gabbar Singh* is the biggest film of my career. It was a wonderful way to end 2015, especially since this is a very unique role of a modern-age, royal Telugu woman. I rejected quite a few Telugu films because they didn't excite me at all, but I'm glad to be back after a healthy gap," she says with a satisfied smile. When questioned about Bollywood, her answer is simple and straightforward. "It hasn't worked out yet but if something exciting comes my way, I'll



SARDAAR GABBAR SINGH IS THE BIGGEST FILM OF MY CAREER AND A WONDERFUL WAY TO END 2015. THIS WAS A VERY UNIQUE ROLE OF A MODERN-AGE, ROYAL TELUGU WOMAN



definitely be open to it.”

One glimpse of Sanjjanaa and you know she was born to be in front of the camera. But had destiny not played its part, Sanjjanaa would still be a high-flyer, more so one handling flight controls. “I’d have been a wonderful, responsible pilot, and a very good looking one at that!” she claims, with a mischievous laugh.

Irrespective of her dreams, Sanjjanaa now has her family backing her wholeheartedly. “I am the older daughter in the family, and I’ve been raised as an independent individual. I’d help my father with accounting on weekends when I had time away from school. Our parents brought up my sister and me like boys, but we still

had to deal with restrictions on our clothes. Now they understand our careers and our passions and they have faith in the fact that we can take care of ourselves,” she reveals.

Sanjjanaa’s acting talent trickles down to her younger sister as well, as do her multi-lingual skills. Nikki Galrani followed in her sister’s footsteps by starting off with modeling and advertisements and then established her foothold in films. She’s now completed 14 films in Kannada, Tamil, Telugu and Malayalam and has four more in the pipeline for 2016. Evidently, acting is in the Galranis’ blood.

“My dad was always my hero. Even though I faced some resistance from

my parents in the early stages of my career, they’ve always been my pillars. After him, it’s Shah Rukh Khan. I remember the first time I saw *Baazigar* as a young girl and I adored him in the film. Ever since, I’ve been an ardent fan,” says this starry-eyed shopaholic.

The film industry has been no cakewalk. Sanjjanaa has relentlessly waded through brutal competition and a male-dominated industry with a secure team, a strong education and well-designed back-up plan. Mediocrity finds no place in Sanjjanaa’s career, as she only picks films that she truly believes in. “I’d rather be a queen in my own kingdom than a slave in a herd. I only do films that I have faith in and I feel I can



I'D HAVE BEEN A WONDERFUL, RESPONSIBLE PILOT, AND A VERY GOOD LOOKING ONE AT THAT



contribute positively to.” Despite being picky, she’s been hard at work for the last eight years. Her efforts have resulted in her bagging The Bangalore Times Film Awards for the Best Actor in a Negative Role Female for *Mathe Banni Preethsona* in 2011.

Doing good is as important as feeling good for Sanjjanaa. The fitness enthusiast has been avidly experimenting with different forms of exercise and feel-good practices like volleyball, swimming, aerobics, zumba, dance and gymming. A strong athlete throughout her childhood, fitness has always been her second love and has helped boost her acting career as well.

Power yoga caught her attention over two years ago, when she attended a class at the Akshar Yoga Academy in Bengaluru. Since then, it’s become her go-to option to battle bad days and re-live good ones. “Stress and frustration are now part of our everyday lives. We have to learn to deal with it

and tame our body so as not to suffer from illnesses, both mental and physical. For me, it’s yoga that helps me train myself for a better tomorrow and has helped me evolve from an actress to a holistic person.”

Sanjjanaa has now made a healthy investment in an 8500 sq ft space in Koramangala, Bengaluru, in the 9th branch of the Akshar Yoga Academy in the city launched in December 2015. With the help of highly trained teachers, this academy has been helping children, adolescents and adults heal their lives through yoga. Besides this, the academy also helps yoga-lovers train to become teachers and pass on their learning to more and more people around the world.

One of the biggest perks of Sanjjanaa’s fame (which she does revel in) is the fact that she has to stay indoors when not working. Since she is so easily recognized when she steps out, she prefers to spend time with her family and friends at home. If she does step out, it’s never without her music, which forms the background of her starry life. Extremely brand conscious and a diamond lover, Sanjjanaa unapologetically spends most of her earnings on herself, taking frequent trips to her favourite destination, New York. She has already bought herself a house and a few cars to speed around her city in.

Sanjjanaa’s headstrong outlook towards her career has helped her plough through the ups and downs of her life. With her being so self-assured, it’s easy to watch her achieve her dreams, and even easier to believe in them.



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FROM PEDIATRICS TO GENETICS AND FROM INDIA TO THE USA, **PRIYA KISHNANI** LETS *THE SINDHIAN* IN ON WHAT IT TAKES TO BE A SUCCESSFUL PHYSICIAN-SCIENTIST



Dr Kishnani in deep conversation with a young boy with Pompe disease

As a young Priya Kishnani watched her mother treat patients at a charitable dispensary in Mumbai, a love for medicine blossomed inside her. Her mother watched people leave more comfortable and happier than when they arrived, and emanated a sense of gratitude that Priya imbibed too. Now a pediatrician and Division Chief for Medical Genetics at Duke Medicine in Durham, USA, this Bombay-bred physician-scientist is experiencing that same sense of satisfaction that she once dreamed of.

Her love for medicine came from her mother, her interest in pediatrics came from an innate ability to bond with children, and her curiosity for genetics came based on its pivotal role in the functioning of the body. "I chose pediatrics because children are our future. You can mould them and truly make a difference to their lives very early on," explains Priya.

While working on her pediatrics residency at TN Medical College, Mumbai in the 1980s, Priya flew to the US for a six-month observership in hematology-oncology, which allowed her to observe and learn from physicians and attendings at The

Children's Hospital of Philadelphia. While she was keen to continue along the career path of oncology, the world of genetics slowly crept up on her. As the field was expanding, a TIME magazine cover citing genetics as the wave of the future caught her attention and prompted her to take up an elective in the field. Before long, this trial field became a full-blown subspecialty that only complemented her focus on pediatrics, as it allowed her to follow her patients through their entire lifespan.

As fate would have it, she also met her now husband there and made the life-changing decision of not just switching to genetics but also settling down in North Carolina. "They were the best decisions of my life!" she exclaims. From that moment on, Duke University became her second home.

Life at Duke progressed from a pediatrics residency, to a fellowship in genetics, to appointment as a faculty member, and currently, taking on the role of Division Chief of Medical Genetics. She has now given 25 years of her life to Duke, working on treating numerous glycogen and lysosomal storage diseases, neuromuscular disorders, Down Syndrome and other inborn errors of metabolism.

Additionally, Priya also takes on administrative responsibilities, ensuring the best in-patient care delivery while managing budgets and meeting planned targets in the field of medical research.

One among many of her successful pursuits has been that of the development of Alglucosidase alfa enzyme replacement therapy (ERT), a life- saving treatment for Pompe disease, which is a rare disease affecting the muscles of the body, especially the heart and skeletal muscles. Children with this disease typically die within the first 1-2 years of life because of cardiorespiratory failure. This world renowned Pompe expert worked relentlessly with her team to spearhead a model and conduct the first and subsequent clinical trials for the treatment of this otherwise lethal disease. The results were dramatic, children were living longer and they were able to walk and achieve motor milestones that had never been observed without treatment. In 2006, the Food and Drug Administration (FDA) and the European Union approved the revolutionary treatment thereby giving numerous patients around the globe access to it.

The quest for finding the treatment began almost 25 years ago by Duke pediatric



Delivering a speech at a fund raiser for Down syndrome

MOST DEVELOPING COUNTRIES DON'T HAVE ACCESS TO LIFE SAVING TREATMENTS, AND IT HAS ALWAYS BEEN MY COMMITMENT TO REPAY NOT JUST MY COUNTRY BUT ALSO OTHERS IN NEED

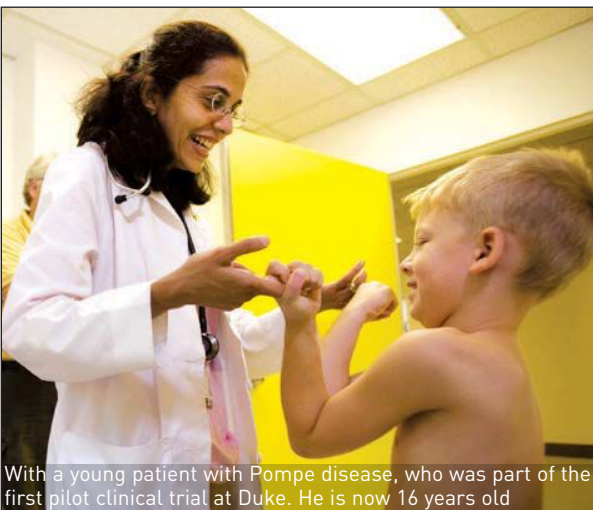
HER RESEARCH ON POMPE DISEASE WAS SO PROGRESSIVE THAT HOLLYWOOD TOOK IT TO THE SILVER SCREEN IN THE 2010 MEDICAL DRAMA EXTRAORDINARY MEASURES, FEATURING BRENDAN FRASER AND HARRISON FORD

geneticist Y.T. Chen, who then passed on the torch to Priya. She took Chen's treatment out of the lab and into humans, giving several children a fighting chance at life. The research was so progressive that Hollywood took it to the silver screen in the 2010 medical drama titled 'Extraordinary Measures,' featuring Brendan Fraser and Harrison Ford.

Working in the US may have given Priya access to the infrastructure and technology needed to conduct her research, but she's always looking for ways to give back to the community. A proud Indian at heart, Priya frequently visits India to find ways to collaborate with local physicians and provide free testing and medication to people with both

rare and common diseases. "Sometimes, to make a difference, the first step is to be a careful thinker. There is so much work to be done and the next generation now needs to step forward and take the reins. Most developing countries don't have access to life saving treatments, and it has always been my commitment to repay not just my country but also others in need," states Priya warmly.

Back at Duke, Priya and her team are already on their way to identifying breakthrough treatments for several rare diseases. She has developed a centre within the Department of Pediatrics that works on just this. Her idea behind this logical approach is to kill two birds with one stone. "Rare diseases are very specific, in terms of



With a young patient with Pompe disease, who was part of the first pilot clinical trial at Duke. He is now 16 years old



With a young girl with Pompe disease at the Duke Clinical Research Unit

**SOMETIMES, TO
MAKE A
DIFFERENCE, THE
FIRST STEP IS TO
BE A CAREFUL
THINKER**

underlying etiology. The research that goes into them is based on the underlying defect and, can be applied in the broader scope as well, for more common diseases. Common diseases are more difficult to target, but rare ones, though atypical, are easier to manage.”



Priya runs a research lab at Duke University that has facilitated bench to bedside research

It hasn't always been an easy ride, what with long working hours devoted to her research. But Priya has determinedly trudged on, with her sights set on developing new treatments to the best of her ability. She credits her family for her motivation, they urged her to keep up her pursuits. “My husband is a software engineer, my son works at a biotechnology company and my daughter is doing her under graduate education at Duke University. They’ve been so supportive and proud of me, and that’s what keeps me going,” she gushes.

“My mother was a physician, my father was an engineer, and my grandfather an ophthalmologist. They always earned immense goodwill and were so content at the end of the day. They are my heroes. For me, nothing can beat the patients’ letters, hugs and affection. I get paid to do what I love most!” concludes Priya with a gracious smile.



Priya with many adults with Pompe disease at an annually held reunion and Pompe clinic at Duke University. Patients attend this clinic to receive care from all over the country and other parts of the world

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PAKKHI PAHUJA'S
CREATIVITY,
AMAIRA CHHABRIA
FINDS OUT HOW
SHE REALIZED
THAT THIS WAS
WHERE HER HEART
TRULY BELONGED

Touch of gloss

Pakkhi Pahuja certainly knows how to make heads turn without trying too hard! A charismatic and free spirited young girl, she comes across as someone who has a sharp mind and is extremely approachable. Born and raised in Mumbai, Pakkhi belongs to a family where her grandparents were very conservative about the concept of 'working women'. Whilst growing up, she clearly recalls an incident where she voiced her desire to cut and style hair. The only response she received was, "You want to become a barber?"

Hailing from a middle class background, life wasn't always served on a platter. However, she and her older sibling Rashi Jethwani (trousseau and packaging expert) were never made to feel that. Pakkhi's father – Shatrughan (chemical and machinery engineer) and mother Komal (homemaker) have not only provided both their children with immense support but also given



Photo courtesy - Anmol Jewellers



Meneka Pohani with Pakkhi

PREFERRING TO FOCUS ON EYEBROWS, HEAVY-DUTY LASHES, AND DEWY SKIN, PAKKHI FINDS, THAT ON AVERAGE, TONES OF CHAMPAGNE AND GOLD WORK BEAUTIFULLY ON INDIAN WOMEN



Pakkhi with Jannat Dhingra Anand

them more than they could ever ask for.

A product of Jasudben M.L. School, she went on to graduate from MMK College of Commerce and Economics. "In my first year of college, I began assisting well-known artist Vipul Bhagat and acquired work experience for almost two and a half years," she shares. Soon enough, she landed her first job at MAC Cosmetics and it gave her the opportunity to explore her strengths and believe in her caliber.

Receiving training from many international artists, she thoroughly enjoyed her stint there. Pakkhi then introduced her very first entrepreneurial venture – The Make-Up Lounge in her hometown. It was a unique space, dedicated to fashion and beauty, meeting make-up and grooming requirements.

In the pursuit of knowledge, she then decided to shut shop and undertook a prosthetic and advanced course with Christine Blundell (London) in the year 2012. With great referrals and through word of mouth, Pakkhi has now

completed over seven years in the industry. Working as a freelancer, she offers specialized hair and make-up services for commercials shoots, films, and weddings to name a few.

The go-to makeup designer for celebrities like Shamita Shetty, Sonali Bendre, Mana Shetty and more, her inspirations are limitless. Considering her signature style as 'real', she feels that makeup as a tool should be utilized to enhance one's features. Pakkhi elaborates, "I dislike when my clientele looks like someone they are not. A transformation does take place, but it should be without drastically changing the look of the individual."

Her straightforward approach to life comes out of her passion for her craft. So, what sets her apart from her competitors? "These days, with the beauty industry being a crowded arena, it is simply my personal touch along with my ability to connect with my clients that is a differentiating factor." She also believes in consistently embracing new trends and emerging technology.

Completely conceptualizing overall looks, she styles hair too. Preferring to focus on eyebrows, heavy-duty lashes, and dewy skin, Pakkhi finds that on average, tones of champagne and gold work beautifully on Indian women. Eyeliner too gives greater dimension. While painting the faces of modern brides, she emphasizes on the technique of strobing and is fond of subtle smoky eyes combined with an appealing lip color.

Making her clientele feel great about themselves is crucial



Bhavna Kukreja with Pakkhi

for her. With regards to makeup trends, Pakkhi insists that various elements tend to make comebacks and suggests that a well-moisturized face is essential to look healthy with make-up. On being asked about her favorite artist, era and fashion icons, she says, "It has got to be the phenomenal British artist -Pat McGrath and the oh-so glamorous 1920's. I am completely in awe of Kate Moss, Naomi Campbell and Tyra Banks."

Speaking of investing, she shops for quality brushes as they work magic on a face and consciously keeps her entire kit clean. Enthusiastically praising Giorgio Armani's foundation, Benefit's eyeliner and Huda beauty lashes, she highly recommends playing with your products, as many are multi-purpose in

nature. Open to experimenting, Pakkhi would especially like to work with versatile actor Johnny Depp and actress Alia Bhatt.

Over the years though, the one thing she has learnt is the art of saying no. This by far has been one of the biggest lessons in her career, specifically in the cases of women requesting her to make them look 'fairer'. Pakkhi prefers to stay flexible while working on those who have faith in her, even though she discusses their requirements in advance.

Practicing reiki often, this Taurean is a complete foodie who loves participating in adventure sports and travelling. More recently, Pakkhi was one of the faces for Anmol Jewellers (Mumbai) campaign based on 'real women'. She elaborates, "Mr. Ishu Datwani offered me the chance to be a part of it and I was pleased to do so." From being seen in print advertisements to billboards across the city, she stole the spotlight.

And, where to from here? "An online portal - 'Team Vanity' is a new venture that I will be launching soon." Displaying the work of different artists, she intends to build a society for makeup and hair. With her team of six, Pakkhi will be providing services through this webpage, all the while dreaming bigger. She has, without a doubt let what she loves become what she does!



**CONSIDERING HER
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FEATURES**



Photo courtesy - Anmol Jewellers

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Mandala art

MANDALA ARTIST **PAWAN ASWANI** TAKES *THE SINDHIAN* ON THE JOURNEY OF HOW HE DISCOVERED HIMSELF THROUGH ART



A MANDALA, USUALLY, IS MADE OF GEOMETRIC SHAPES LIKE CIRCLES AND SQUARES, WITH EACH ONE HAVING ITS INDIVIDUAL INTERPRETATION



Wilful Wisdom

One step into Pawan Aswani's studio, and you're hit by a wave of colours and shapes that run free across the numerous canvasses strewn around the room. The Mandalas, as these artworks are called, reflect the journey of Pawan's life, with each painting providing an outlet to release emotions and expressions. For this Mumbai-based artist, hairdresser and fashion designer, these mediums of art have become a way of life.

Colour has always been Pawan's forte. This is one of the biggest reasons he gave up the pursuit of a career in surgery and engineering and set upon the path of fashion designing in Chicago. At the age of 21, he returned to India and began designing for high profile clients at Anja San boutique in Bandra.

About 10 years down the line, another art called out to him – hairdressing.

The silently nursed passion flared up when he turned 35, and led him to hairdressing courses at the Sassoon Academy and Mahogany Hairdressing in London, and Pivot Point Academy and Aveda Institute in Chicago.

"Hairdressing and fashion designing were my passions and my hobbies more than professions. I still design and style for friends and family, but art is what I do for myself. It's not a passion but a calling. I'm going to do it till I die!" he claims.

Pawan's life has been about transformations. He first discovered a Mandala at 16, when he was gifted a 3D *Shree Yantra* in silver, and he considered it a space of worship. He safely stowed it away, not knowing that it would resurface to change his life soon.

In 2009, he took a Vipassana trip where he met his now guru



The Sacred

Dzongsar Khyentse Rinpoche. Over the next four years, Pawan began to practice Buddhism under him, and attended numerous *poojas* and retreats. On one such self-retreat in Kathmandu in 2013, Pawan was hit by an impulsive need to make a Mandala.

This desire took Pawan to a teacher in California, where he touched a canvas for the first time. What followed was a release of pent up emotions and internal healing, which made Pawan burst into tears as he spontaneously created the first Mandala for his father.

The concept of a Mandala goes beyond art. "A Mandala, usually, is made of geometric shapes like circles and squares, with each one having its individual interpretation. The idea is to let go and to be unbounded, free and honest with yourself," he describes.

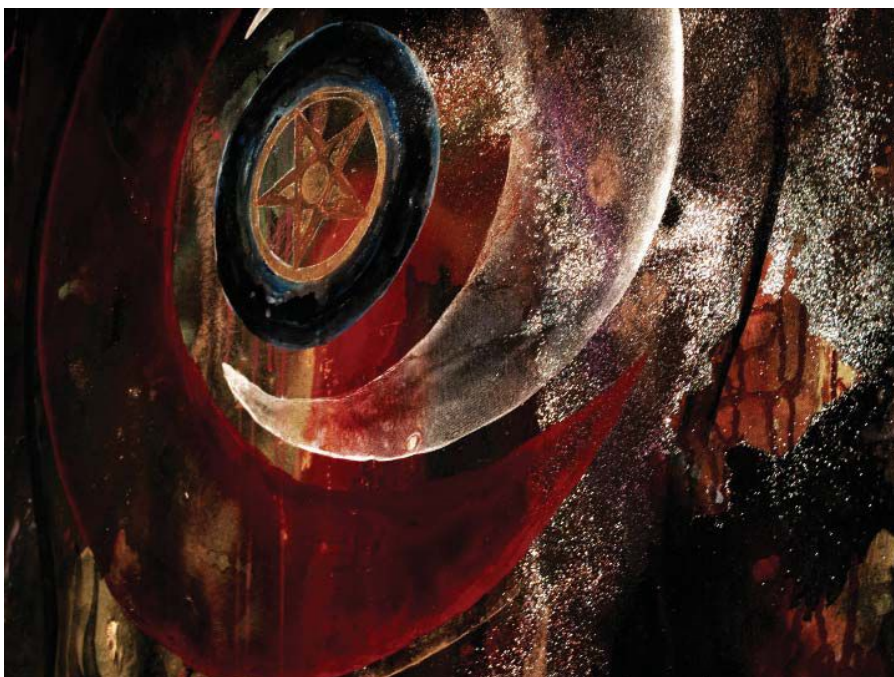
At the outset, Pawan created very simple, structured Mandalas, which got more intricate as he began to imbibe the process. On a visit to another teacher in Stockholm in 2014, Pawan made the decision to impart his knowledge to others and help them paint their tales. For about a year now, he has been conducting Mandala workshops in Mumbai, helping numerous people acknowledge who they really are.

“During my journey of creating Mandalas, many dormant emotions start to surface and get translated onto the canvas like magic. It’s a process of healing and discovering yourself, and I thought it would be humbling to share this with people and aid them in setting foot on their journeys,” he adds.

Of the 150 odd pieces that he has created over the

“

THE IDEA IS TO LET
GO AND TO BE
UNBOUNDED, FREE
AND HONEST WITH
YOURSELF



'Protection' from the series HIDDEN

last two years, most have been gifts or commissioned artworks, whereas a few will now find a spot in his new home. A perfectionist with clothes and hair, Pawan is imperfect with his Mandalas, claiming that it gives his life that much needed balance. A lover of dark hues, especially black, he creates his own whimsical pigments that give each of his works a metallic tinge.

He tries to paint every day as a ritual, but breaks it up with occasionally designing clothes or hairstyling for his close ones. The Mandalas form the core of his life now, and Pawan claims to be unaware of where he's headed. But we think he's already arrived.



For The *Love* Of The Written Word

BUSINESS SCION KIRAN CHHABRIA TAKES DIPTI SATWANI THROUGH HER JOURNEY FROM THE CORPORATE REALM TO AUTHORIZING HER FIRST BOOK



Kiran Chhabria was born into the renowned business family of Jumbo Electronics in Dubai where she kept alive and helped grow her late father Manohar Chhabria's legacy, and built herself the reputation of a proficient businesswoman. So, when you hear that she authored a book, you would assume it to be about management and not a fun, drama filled, work of fiction. But that's only until you talk to her and discover that it's something she has always wanted to do.

Can you tell us about your childhood in Dubai and your fondest memories with your family?

Dubai, during my childhood years, was a very different place than it is now. There were very few Indian families and there was a real sense of community and unity. I grew up the youngest of three girls, with my small nuclear family around me, feeling very loved and taken care of. My fondest memories with my family though, are when we used to travel, because that's when my father used to really switch off from work and spend time with us.

Was it easy to balance your Sindhi roots amidst the international environment?

My parents always spoke Sindhi among themselves and very often with us, so I understand the language perfectly, although I don't speak it very well. Also, while my father was obsessed with gastronomy, at home, he always favoured Sindhi food, so our roots were maintained.

Was taking up the family business with Jumbo Electronics your first choice?

After graduating from Boston University, I wanted to move to New York City and work there, as that was what all my friends were doing. But my family thought it prudent to have me return to Dubai and join the family business. In

hindsight, it was the best decision I ever made as my father passed away in 2002, and I got to spend a precious two years with him.

What were the early days of joining the family business like?

My father had a two-pronged approach when it came to me learning the ways of the business. First, he started me right at the bottom where I learnt every aspect of the business before moving up the ladder. I then spent a year going into the office and shadowing him. One incident (more like life lesson!) I remember from my first day was when he said, "Don't speak, don't tell anyone what happens within the

"DON'T SPEAK, DON'T TELL ANYONE WHAT HAPPENS WITHIN THE OFFICE, DON'T ASK ANY QUESTIONS, AND DON'T EVER INTERRUPT ME. JUST KEEP YOUR EYES AND EARS OPEN AND IT WILL ALL MAKE SENSE", SAID MY FATHER TO ME



office, don't ask any questions, and don't ever interrupt me. Just keep your eyes and ears open and it will all make sense." While his method and advice may have not made much sense to me at that time, I realise now what he really wanted to teach me was his business strategy and his way of handling people. That could never have been taught, but could have only been gained by observation.

With over a decade in the business now, you've lived up to the family legacy. Are you proud of how you led the organization?

I would give 100% of the credit for that to the Jumbo Electronics team who helped carry me through that phase. I was in my 20's and did not have a firm grasp on the business. Perhaps because I have always been very self aware, I never assumed that I knew more than the stalwarts in the business. I never did things in isolation and had some fabulous people helping me along the way. I'm proud I had the wisdom to lean on them and to recognise and appreciate their efforts!

From a business director to a writer, how did that switch happen?

I've always had very little interest in business. However, I'm lucky as I've been a massive gadget geek. So in that sense I get more excited about launching our products. But my true passion, ever since I was a little girl, has been writing. There was never really a switch that took place, as through my business career I always wrote either gadget columns or lifestyle pieces for various publications in Dubai and maintained a blog as well. My novel *Kitty In The City* however, was my first foray into fiction. Writing is my passion and my go-to when I need to vent or calm myself down and detach from the real world, as is reading.

What inspired the story for your book?

I sat down one day and started writing, as I was feeling low and wanted to make myself feel better. I found myself writing about a girl in her mid 30's, like me, who was single, like me, and had battled with a lot of issues I could relate with. So in a sense, my life story was the starting point and my own inspiration for *KITC*. The story however, is completely fictional merely taking a small percent of inspiration from my life in terms of age, location and some other demographics.

If you had to quote your life philosophy, what would it be?

I have a very simple "No Regrets Policy". If I ever have to make a decision on anything and think I would regret NOT doing it, I always go ahead and give it a shot. The saddest things that anyone can have are regrets.

What are your plans for the future - career and otherwise?

I hope to make a mark for myself in the literary world. In terms of work, of course, I hope that Jumbo remains a market leader in its field and reaches the highest of heights. As for my personal life, we'll just have to wait and watch!



All That Jazz

JAZZ SINGER **SACHAL VASANDANI** OPENS UP TO **SASHA LALCHANDANI** ABOUT HIS JOURNEY INTO THE GENRE

Sachal Vasandani has a special voice, one that makes you sit up and take notice. The Chicago born jazz singer has 4 albums tucked away on his shelf of achievement, with his latest – Slow Motion Miracles – having been released in 2015. But that's just the beginning.

The vocalist caught everyone's attention in 1999 when he was named Down Beat Magazine's Collegiate Jazz Vocalist Of The Year. From there on, he has worked with the Lincoln Center Jazz Orchestra with Wynton Marsalis, gone on tour, and opened for artists such as jazz trumpeter Chris Botti and pop singer Joan Osborne. But what you don't know is that the University of Michigan graduate (he studied music there), who has wanted to sing jazz since he was 13, actually spent a year in investment banking!

His family, he states, has been thoroughly supportive of everything he does. It helps of course that they loved all things jazz and lived in a city that is famous for its vibrant jazz bars. Then comes the city of New York. "My career possibly began when I moved there; the energy of



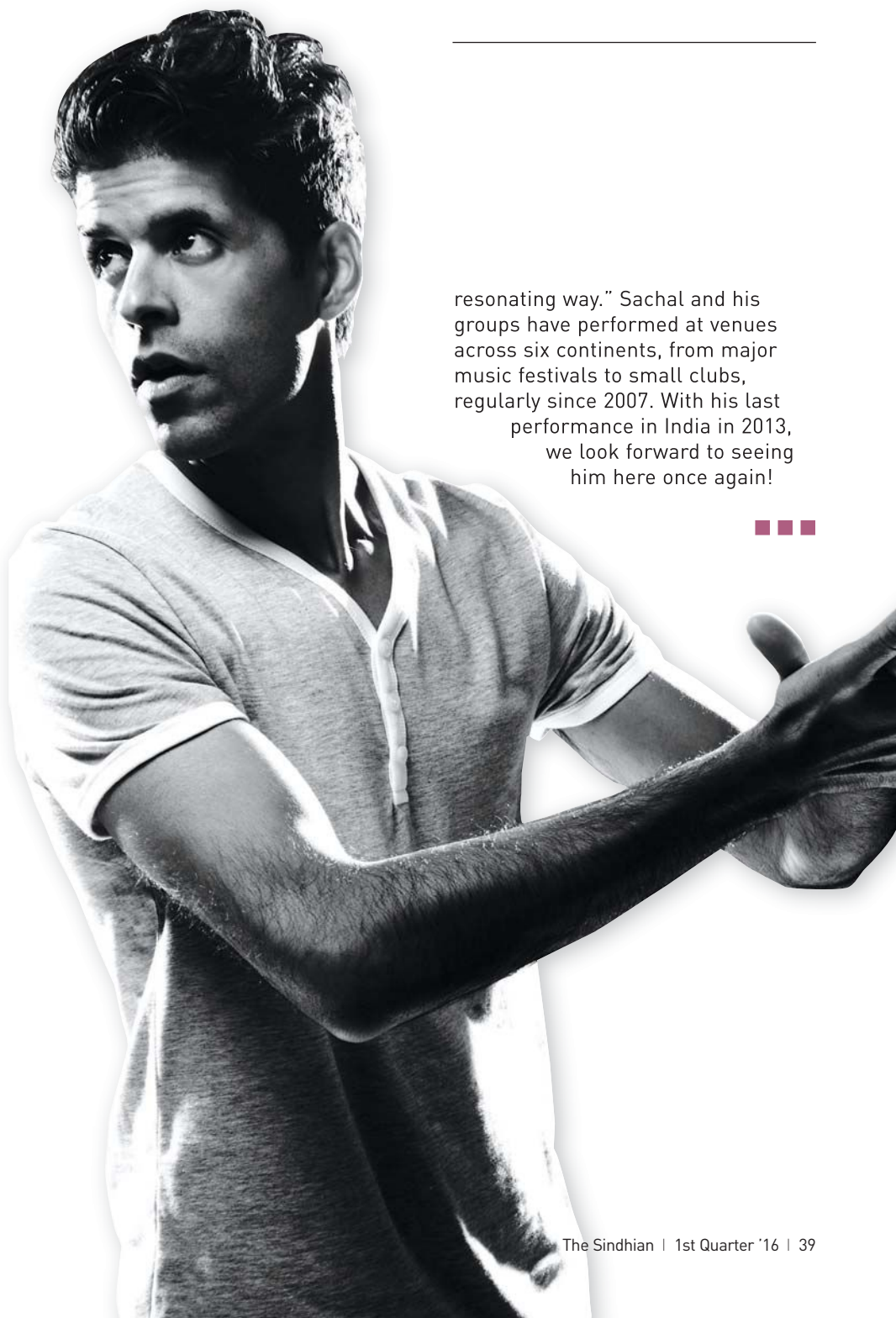
I'D SAY YOU JUST MAKE MUSIC THAT YOU LOVE; IT GETS RECORDED, AND HOPEFULLY IS REPRESENTATIVE OF WHAT IT IS YOU SEEK TO ACCOMPLISH. YOU TRY TO HAVE FUN.

the city is something else. I've had several ups and downs here, but New York has played a large part in my development," he elaborates.

What about his music making process? "How does it work indeed? I'd say you just make music that you love; it gets recorded, and hopefully is representative of what it is you seek to accomplish. You try to have fun. This is something I would share with any budding musician." And his music indeed is a tribute to that. His previous albums – Hi-Fly (2011), We Move (2009), and Eyes Wide Open (2007), featured a mix of his favourite jazz standards and pop covers, along with a few originals.

Slow Motion Miracles (2015) on the other hand, consists of 10 tracks teeming with joy and personality, and stand out lyrics that are enveloped in a modern sound. The songs are steeped in a variety of styles including indie hip hop, pop, electronica, afrobeat, and jazz! Sachal further cites the diverse influences on his unique style – everyone from Rhye and Paul Simon, to Frank Ocean, Fleetwood Mac, Wildclub and popular hip hop. But what it all comes down to he says, is "serving his lyrics in a fresh and

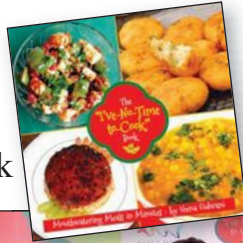
resonating way." Sachal and his groups have performed at venues across six continents, from major music festivals to small clubs, regularly since 2007. With his last performance in India in 2013, we look forward to seeing him here once again!





IN THE NEWS

Renowned Foodie Kunal Vijayakar launched Veena Gidwani's - The "I've No Time To Cook" Book

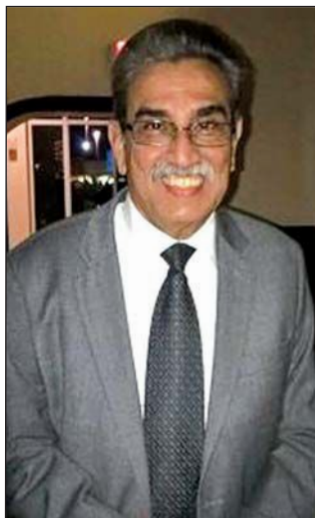


(L-R) Renowned foodie Kunal Vijayakar, author & journalist Mini Menon, author Veena Gidwani, and Lara Balsara-Vajifdar of Madison World

Veena Gidwani, a strategic Public Relations Consultant with a long and successful career in PR, has been equally passionate about her love for cooking. Stemming from the insight that in today's highly stressful and busy urban life, most working individuals lack the time and inclination to cook and therefore resort to eating out, this book contains a collection of her special, easy-to-make, and quick recipes, and hopes to inspire many men and women to attempt cooking, eat healthy, and win over family and friends with their culinary delights.

Federation of Indian Community of Southern California Chairman

Los Angeles: Dilip Butani was lately elected as Chairman for the executive committee of the Federation of Indian Community of Southern California (FICSC). He is also the Co-Chair of Indian-American Republicans of Southern California, as well as the President of GOPIO International-OC Chapter and has also been Chairman of The Sindhu Center.



Sub Junior Tennis Championship



Sabhyata receiving her prize



With her prize

Sabhyata Nihalani is a student of Class X at Sardar Patel Vidyalaya, New Delhi, and is currently training under Aditya Sachdeva, one of the leading tennis coaches in India. She recently finished a 3 month training stint at the Sanchez Casal Academy in Barcelona, Spain.

She has competed on the domestic and international circuits for the last 4 years and has won multiple championships and national level tournaments. Her latest win was the Fenesta Nationals Under 16 in both the singles and doubles categories. This is the biggest annual national level tournament and is the most prestigious domestic tournament for aspiring junior level players wanting to turn professional. It is organized by the All India Tennis Federation (AITA).

This was followed by a singles win in the International Tennis Federation (ITF) Grade 5 tournament in Guwahati Assam. The ITF tournaments are the junior tournaments (upto age 18) that children worldwide compete in to gain points to be ranked worldwide. Sabhyata is currently ranked in the top 400 juniors at the age of 15.

She now has multiple ITF tournaments lined up for participation in January 2016.

IN THE NEWS



The Papad Co.

Tarun Kamra and Dilip Verma used to frequently go to Ulhasnagar to eat '*Butter Papdi*', '*Keema Pattice*' or '*Dal Pakwan*', but since it was quite a trek from their home in Thane, they decided to make it all available in their neighborhood. Somewhere, they were both sure that if they loved this food, others would definitely like it too. That's how 'The Papad Co' happened!



The Papad Co. exterior

Since Sindhi food happens to be what Tarun eats at home and it requires a lot of preparation, he takes inputs from his mother because she has been cooking it for more than 40 years. This is how they keep the papad crisp, so to say!

International Meatless Day

Every year, 25th November, Sadhu Vaswani's birthday, is celebrated as International Meatless Day and the number of pledges and supporters are growing consistently. This year pledges were received from all across the globe including; Germany, Spain, London, Casablanca, New Jersey, Singapore, and West Indies.

A total of 27,31,424 people pledged to observe 25th November as Meatless Day. In addition, a total of 8,29,73,044 people supported it. 5,158 people turned vegetarian for life. The Dalai Lama, two state ministers from Penang, and former president of Indonesia, Ibu Megawati, pledged to observe the day as well! Unveiling the final numbers in his evening talk on November 25th, Rev. Dada J.P. Vaswani, Spiritual Head of Sadhu Vaswani Mission, said, "If 5 or 6 people go meatless, one creature's life can be saved."



Dada Vaswani unveiling the final numbers for International Meatless Day

Hall of Fame

Rattan Keswani, Deputy Managing Director, Lemon Tree Hotels and Chairman, Carnation Hotels was inducted into the 'Hall of Fame' at the Hotelier India Awards 2015, in December.

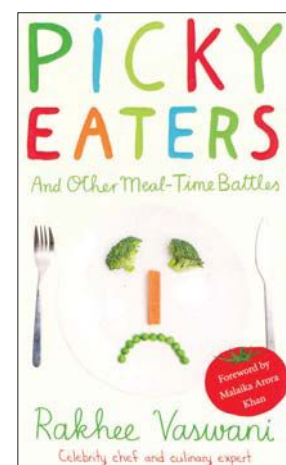
Rattan was recognized as a person-extraordinaire for his exemplary contributions to Indian hospitality by an eminent jury of 21 that comprised of the best hospitality consultants, property developers and owners, CEO's of International and Indian brands, as well as veterans of the industry.

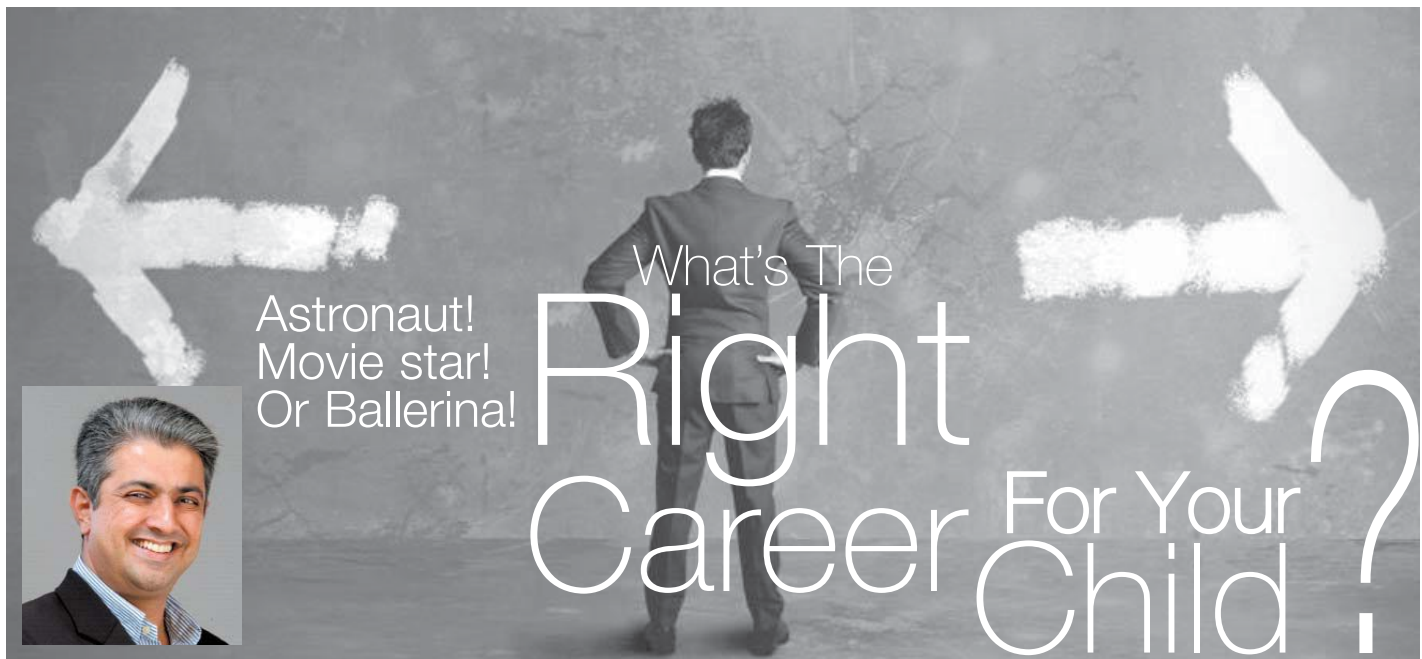


Chef Rakhee Vaswani's debut book

"Picky Eaters" exist in every household & Chef Rakhee Vaswani recently launched her first book just to tackle them.

Rakhee Vaswani is a cookery expert and a Cordon Bleu-trained chef who is successfully leading Palate Culinary Studio, a first-of-its-kind initiative equipped with a state-of-the-art kitchen. Her celebrity students include Malaika Arora Khan, Mini Mathur, Radhika and Shaan, Gauri Tejwani, Manasi Joshi Roy and Rakshanda Khan. She is currently hosting her own TV show 'Rewind With Rakhee' on Living Foodz, India's first Foodtainment channel.





When your child was five years old and you asked the inevitable question – “What do you want to be when you grow up?” and he/she answered “Astronaut! Movie star! Ballerina!” it made you smile. However, now that your child has finished with school or college, you cannot settle for such adorable replies.

For many young adults, choosing a career path can feel daunting, if not impossible. Should I pursue further study? Which education provider should I choose? Which course is right for me? Should I do an internship or take up a job?

The path to your child’s dream career may be fraught with challenges and setbacks, but there are several things you can do to keep them on track.

1. Know thyself

When it comes to choosing a career, the old maxim ‘know thyself’ rings truer than ever. Taking the time to carefully assess your child’s interests, aptitudes, and personality type goes a long way towards identifying their potential. Doing a career personality test or speaking to a career counselor could be

invaluable in this regard.

2. Don’t be afraid to ask for help

Your child’s future is at stake, so never be shy of asking others for advice. Talk to friends or family members who are working in the sort of industry your child is interested in exploring. They can give you a lot of insight as to what the true working environment is like in those spaces.

Sourcing some first-hand industry knowledge will help you decide how realistic your child’s job prospects are, expose the hidden perks (and the pitfalls), and open your eyes to new possibilities. Do some further research on the internet on sites like glassdoor.com or LinkedIn.com to discover what the job market is like in terms of salary, potential for growth, stability, hours, work-life balance and qualification requirements. Attend college expos and information evenings, subscribe to career advice blogs and RSS feeds, chat with family and friends – get your hands on advice, tips and industry insight in any way you can!

3. Study, study, study!

Your child has spent the last 12 to 16 years of their life studying – nobody can blame them for declaring an all-out ban on academia. In some cases

however, the only way to find out whether they’re cut out for a particular career is by dipping their toes in the water. Whether this means enrolling them in an online course or taking the plunge and heading straight into a diploma or post-graduate diploma program based on their planned career, is up to you. Sometimes doing a short course will give them a first hand sense of whether their career choice is truly right for them.

4. Follow your heart... or don’t

It’s that age-old dilemma in love and life – to follow your heart, or to use your head. Should they pursue a path based on their passions and interests, or do they choose a ‘practical’ job path that offers reliable career and salary prospects? Maybe instead of “doing what they love” they can learn to “love what they do.” Whatever decision you help your child to make, do not worry too much about it.

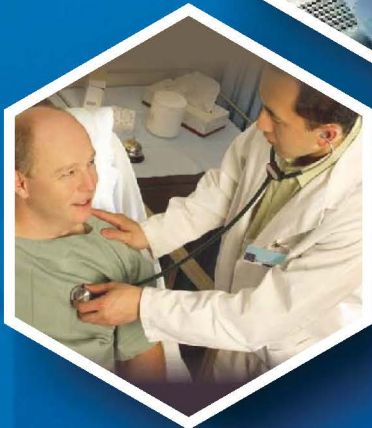
Bear in mind that most people change career paths up to five times during their lifetime, so recalibrating their professional direction is not unusual and can make for an even more interesting journey!



Akhil Shahani is the Managing Director of The Shahani Group. One of his group’s entities, Thadomal Shahani Centre For Talent Services (TSCTS) provides psychometric testing & career counseling for students. More details at: www.TSCTS.in



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Top Chef

EXECUTIVE CHEF AND HOSPITALITY MANAGER AT KHAR GYMKHANA, **TUSHAR MALKANI** SHARES HIS RECIPE FOR SUCCESS WITH *THE SINDHIAN*

Tushar Malkani was born to be a chef. From his schooling days, he dreamt of professional kitchens, gorgeously plated food and appetizing recipes. As a young boy, he shared this dream with his father, whom he lost when he was barely eight years old. His father left him a note, urging him to follow his dream and take on a career that he could

pour his soul into instead of succumbing to family pressures. The young Tushar took this advice to heart, and to this day, has been relentlessly working toward realising his culinary ambitions.

With his mind made up, Tushar practiced cooking every chance he got – he took up cooking as an extracurricular activity at school,

**THERE IS NO POINT
IN HOLDING ON TO
KNOWLEDGE. SO I
STARTED TEACHING
TO IMPART AND GAIN
EXPERIENCE AND
KNOWLEDGE**



Smoked salmon with mustard, chilly vinaigrette and micro-greens



EVEN TODAY, IF I AM NOT CONVINCED WITH A PLATE OF FOOD, I THROW IT OUT UNTIL THE RECIPE IS ABSOLUTELY PERFECT

experimented with dishes at home, helped his mother around the kitchen, and began participating in culinary competitions. This early start gave him the leverage he needed to gain admission into the Culinary Academy of India in Hyderabad, where only 20 of the 2500 aspirants made it to the final year.

In the duration of the course, Tushar gained entry into a professional kitchen for the first time. "I joined the Leela Kempinski in Mumbai and did small jobs like peeling, chopping and cleaning. I faced my first customer when my mentor transferred me to the live counter for the Christmas buffet. I became a practiced hand after moving to the banquet kitchen," explains the coffee lover.

He graduated with a degree in his hands, a plan in his mind and passion in his heart. Short stints at the ITC Maratha, The Oberoi in Mumbai, and even Café Coffee Day, taught him the nuances of small and big kitchens and the importance of putting up delicious food.

While learning more about food is one of Tushar's main interests, he also enjoys imparting the knowledge he gains to those who may not have easy access to it. He dedicated

two years of his career to Everonn Education in Chennai, as a trainer in culinary and hospitality skills. The company provides easy access to culinary education to people of limited means and helps establish them in the industry. Besides this, this 29-year-old has also taught basic and advanced kitchen training at the ITM Institute of Hotel Management and the Don Bosco College of Hotel Management and Catering Technology.

"There is no point in holding on to knowledge. So I started teaching to impart and gain experience and knowledge in different fields. It was also a great way for me to refresh my basics and relive my young days as a student in Hyderabad. While at Everonn, I also developed marketing abilities while scouting for talent across the country," he says passionately.

This freshly acquired marketing talent, coupled with his refined and robust culinary skills, landed Tushar the position of Executive Chef and Hospitality Manager at the Khar Gymkhana in Mumbai in 2012. "Since I was convinced about my talent and my career path, I had no option but to pursue it till the end. After almost eight years in the industry, I acquired the position of an executive chef. Even today, if I am not convinced with a plate of food, I throw it out until the recipe is absolutely perfect."

For over three years now, Tushar has been handling hospitality training, food quality control, recipe development and numerous other food and beverage related duties at this exclusive club. From planning menus to estimating food consumption, from food preparation to costing, from handling inventory to choosing cutlery, from food photography to food styling and from managing staff to handling customers; there isn't a single food related operation that Tushar hasn't delved into. What's more, he even acts as the F&B Consultant for Supreme Hospitality, a food service company that serves numerous clubs across India, including Khar Gymkhana.

Catering at big budget events is a mammoth task, and no

FROM PLANNING MENUS TO ESTIMATING FOOD CONSUMPTION, FROM FOOD PREPARATION TO COSTING, FROM HANDLING INVENTORY TO CHOOSING CUTLERY, AND FROM MANAGING STAFF TO HANDLING CUSTOMERS; THERE ISN'T A SINGLE FOOD RELATED OPERATION THAT TUSHAR HASN'T DELVED INTO

one understands that better than him. Never satisfied with how fast his career is moving, Tushar has also been catering for destination weddings, social events and parties with a select team from his network of 300 chefs. This involves planning elaborate menus, experimenting with food carvings, and even transporting ingredients and utensils for international events.

After experiencing different cooking environments, Tushar has found his comfort zone at the gymkhana. "Working at a club is extremely challenging. There are rate, clientele, and operational constraints, which have to be managed around lenient timings and a courteous atmosphere. Over these three years, I have specialized myself in club operations by setting certain standards. I even ensure that we hire people who are better cooks than chefs; the former is

always more open to learning."

He specialises in Continental food, but is known for his ease at cooking Sindhi cuisine. His Sindhi Mutton with a secret spice blend (a dish he claims he can cook with his eyes shut), *Dal Pakwan*, *Bhein Batata Sabji* and *Semiyan Ji Kheer* are said to be delicious! He shares these recipes with viewers from around the world through the Sanjeev Kapoor Khazana channel on YouTube, where a bunch of acclaimed chefs come together to showcase the best in local and

of the Western India Culinary Association, Tushar prefers to spend all his free time with his wife and 18-month-old daughter, besides his mother. An automobile lover, he zips off to private destinations for a quick



Assorted sushi with caviar



Poached prawns in fish liquor on a bed of herbs, tossed spinach, and asparagus

international cuisine. In 2014, Tushar started with two episodes, but the burgeoning popularity of his dishes increased the number to twelve.

When he isn't busy catering to his club guests or attending annual meetings



Stuffed pita pockets with curried chicken filling and garlic sauce

holiday at least once a month, to let loose and return with a fresh mind.

As he sips his drink on some undisclosed beach around the city, he plans his future aspiration of opening a deli that takes an authentic and organic approach to food and beverages. "I also contemplate going back to teaching when I've learnt enough. Maybe I'll even write a recipe book on global cuisines. They're both distant plans though!" he says. Distant or not, they sound like determined dreams.





Master *of* Ceremonies

THE MULTIFACETED **SIMRAN DEENZ AHUJA** SPEAKS TO *THE SINDHIAN* ABOUT LIVING LIFE IN THE PUBLIC EYE, AS AN EMCEE, ANCHOR, AND AUTHOR

When you're multi-talented, a globetrotter and a mother, it's hard to find time to spare. So when the accomplished Simran Deenz Ahuja tells us that she always manages to have free time, it's hard it believe. "For me, life's a party," says the anchor, emcee, television presenter, fitness trainer, entrepreneur, author, dancer and radio jockey. As we delve deeper, we find out that she's right!

Simran came from a humble background, with limited exposure to the outside world. Her world opened up when she began studying at Jai Hind College in South Mumbai, where she discovered just how much she enjoyed interacting with people.

"My first time on stage was when I had to make a short speech on the microphone. I was terrified, but somehow, it went off extremely well! A lot of my emceeing and anchoring skills were discovered during those days," she reminisces.

It was during this phase that All India Radio (AIR) called on the college to recruit fresh graduates for its radio shows. On a whim, and now more confident about her communication skills, Simran auditioned for it and bagged the role. Soon enough, she was handling celebrity interactions with the likes of Rishi Kapoor and Prakash Jha, and national shows with renowned music artists.

After nine years with AIR, she decided it was time to move on. "As much as I loved being on air, it was wearing out my voice. Also, a lot of emceeing and anchoring opportunities had begun to come my way," claims the fitness lover.



WHEN I AM DANCING, I CAN FEEL A SPIRITUAL CONNECTION WITH THE DIVINE AND WITH MY SOUL



Although she holds a degree in banking and finance, Simran knew that she preferred being in front of an audience than behind a desk. Fighting off resistance from her family, she completely devoted herself to emceeing, holding her own in audiences of 25,000 people, alongside the likes of Javed Akhtar, Aamir Khan, Salman Khan, Shabana Azmi, Sushmita Sen and Madhuri Dixit.

Among her creative abilities lay another, more dormant one – dancing. As with everything else, she began dancing on a whim. The opportunity to try the *garba* appeared on a work related visit to a pre-Navratri event. As she tried her first step, an untapped potential came to light, which has today resulted in Simran receiving 15 consecutive awards at various Navratri events across Mumbai since 2000.

“When I am dancing, I can feel a spiritual connection with the divine and with my soul. I can dance for almost five hours without a break and without a sip of water. For me, it’s about being in love with myself. Moreover, it keeps me fit and

lands me prizes like free holidays, gold coins and diamond rings!” she says heartily.

This passion resulted in *Nine Nights Navratri*; a book penned by Simran to identify the significance of the *garba*. The book was officially launched in 2014, after which it went global, with BBC London inviting Simran for an exclusive interview to discuss the book.

When she finds time away from her professional commitments, Simran takes *garba* and fitness workshops around the globe and works on Deenz Aviation, which provides air charter services and pilot training across India. This is supplemented by her Doctorate in Nature Cure, which came as a result of her love for natural healing.

“I am in a happy place today. My parents, husband and five-year-old daughter are proud of my work, I am working on my own documentary about life behind the camera, plan to try my hand at singing, and will be starting a natural healing blog soon,” says Simran, who recently received the Golden Phoenix Award for Cultural Achievement in Malaysia.





PREVIOUSLY A BROADCAST JOURNALIST WITH BBC NEWS AND NOW A LEADING AUTHORITY AT THE CENTER FOR GLOBAL DEVELOPMENT, **RAJESH MIRCHANDANI** SPEAKS TO *THE SINDHIAN* ABOUT PAVING THE WAY FOR GLOBAL DEVELOPMENT, ALL THE WAY FROM WASHINGTON DC

Rajesh Mirchandani has witnessed some of the most historical events in the world – the Haiti earthquake, AIDS in India, food shortages in Africa, two US presidential elections, oil exploration in the Arctic, the Haiyan typhoon in the Philippines, education for displaced children in Colombia and green energy investments in California. Having spent almost two decades with



BBC News as a journalist and broadcaster, Rajesh is now optimally utilizing his communication, development and engagement skills in his current role as the Senior Director of Communications and Policy Outreach at the Center for Global Development (CGD) in Washington.

Born in India and raised in London, Rajesh was first introduced to journalism at the University of Bristol. "I studied economics with a view to being a merchant banker. But when I realised my balance sheets never seemed to balance, I knew it was not the path for me. My university careers service ran an 'Introduction to Media' class in the summer – I attended and was hooked," he recalls.

The next step was to figure out which field of media appealed to him the most. In this endeavour, Rajesh took on roles of news producer, entertainment presenter, and TV host on documentaries, travel, science, music, and chat shows. He even

IT'S ALWAYS HUMBLING WHEN PEOPLE FACING THE DIREST OF CIRCUMSTANCES ALLOW YOU INTO THEIR LIVES FOR A MOMENT

interviewed Indian chefs at a makeshift outdoor *dhaba* at 8 am every Saturday morning! But in 2005, when he landed the role of a UK Midlands Correspondent with BBC News, he knew that this was where his heart lay.

What followed were a host of different reporting and anchoring roles around the world for BBC's extensive television and radio networks like BBC News, BBC World News, BBC One, BBC World News America and BBC Radio. For the six years he spent as a BBC North America



Rajesh moderating an event with the African Development Bank presidential candidates back in April 2015

“

**I'VE BEEN A PROFESSIONAL
PINBALL – AND LOVED
EVERY BOUNCE, RICOCHET
AND REBOUND!**

correspondent, Rajesh received two awards from the Los Angeles Press Club for his work.

Although he has reported on a wide range of world affairs and economic, social and environmental issues, it's the stories about the developing world that Rajesh finds most stimulating. He recalls a stand-out moment for him that came when he was covering the Haiyan typhoon in the Philippines. "Often the biggest stories you cover as a reporter are the most grim. I was interviewing a woman who had just lost her husband and her home and was waiting in line for food with two young kids. I asked what she was most worried about and she told me 'my children's education'. It made me realise how similar people are all over the world. We all want the same things and we all

have a right to them. It was a turning point in my career."

"I do feel privileged to have been able to witness historical events close-up, and it's always humbling when people facing the direst of circumstances allow you into their lives for a moment. Perhaps because I was born in India, I was always most keen on stories about the struggles of the world's poorest and their resilience in the face of challenges every day that people living in wealthy countries might find overwhelming," he says humbly. It was this that prompted his shift from BBC to CGD.

Rajesh believes that the job of a journalist is to tell the story of the world as it is, including its problems, challenges and injustices. But he wanted to do



The teleprompter in the BBC studio



Rajesh at a refugee camp in Dadaab, Kenya

“

RAJESH BELIEVES THAT THE JOB OF A JOURNALIST IS TO TELL THE STORY OF THE WORLD AS IT IS. BUT HE WANTED TO DO MORE THAN JUST THAT; HE WANTED TO HELP SOLVE THEM

more than just report on global problems; he wanted to help solve them. The CGD proved to be the perfect fit for him, allowing him to work towards changing the policies of rich and powerful countries and institutions in order to reduce global poverty and inequality.

The CGD researches and analyses policies, devises small improvements that will make a big impact, and then communicates those new ideas to the right audiences. With his team, Rajesh makes sure these ideas are practical and accessible. The most motivational part for him is seeing powerful organisations and policymakers take up these ideas and transform them into reality.

Supplementing this is his MA degree in Public Diplomacy that he acquired from the University of Southern California in 2012. “The degree added academic depth to interests and ideas that I had about how people communicate to overcome challenges of poverty and conflict. By studying how governments and Non-Governmental Organizations work and communicate, I gained an in-depth understanding of different perspectives on the idea of making positive

change,” he explains.

From his first stint with BBC to now being considered an authoritative voice on global issues, Rajesh has had a whirlwind career. “I’ve been a professional pinball – and loved every bounce, ricochet and rebound!” he says zealously. Along the way, he has been invited to participate in events held by the British Government, Department For International Development, Nike Foundation, United Nations Foundation and the Bill & Melinda Gates Foundation, to give his views on subjects such as the post-2015 agenda, girls’ empowerment, changing media landscapes and sustainable development.

He may have moved on from journalism, but his interest in the media and in global development seems to burn bright. The issues of climate change, poverty and hunger still resonate with him, as he emphasizes on the need for more stable, prosperous and well-governed societies around the world. The solutions for these global problems can come through global cooperation, and Rajesh aims to contribute as much as he can in this lifetime.



Rajesh reporting live from Haiyan in the Philippines

Good Life *Tried & Tasted*

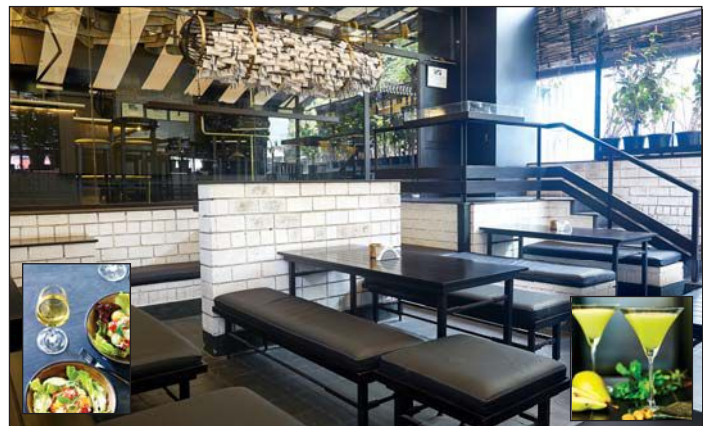
SHIRO

Shiro, or castle in Japanese, is synonymous with understated elegance. At this Lower Parel based eatery, you get more than delicious food and great ambience. An organic blend of cuisines, culture, and service from all over Asia, mixed with a unique blend of western music and signature cocktails; it provides guests with the ultimate dining experience. Inspired by the fiery orient, the menu offers an eclectic mix of Korean, Vietnamese, Chinese, Japanese and Thai gastronomy that includes a wide range of sushi, sashimi and Cantonese dim sum to tempt even the most discerning of palates.



HARD ROCK CAFE

With a total of 190 venues in 58 countries, including 144 cafes, 21 hotels and 10 casinos, Hard Rock International is a haven for music fans, food, drinks and good times. Famous for classic American eats and well poured drinks, even as its menu expands to encompass the best local cuisine around the world, serving up the good stuff is still top priority. Whether you are down for a Legendary Burger, live music, a classic tee, an LIIT or the latest collectible pin, there's something for everyone at this Lower Parel based cafe!



CALIFORNIA PIZZA KITCHEN

This one was born from a California state of mind – casual, fun and just a little different. Situated in Bandra Kurla Complex, it is the go to for innovative, great tasting pizzas, freshly-crafted in an open kitchen. From hearth-baked pizzas, to speciality pastas, salads, appetizers, soups, sandwiches and desserts, it has won legions of food experts. The menu comprises of an array of dishes including highlights such as Thai Crunch Salad, BBQ Salad, Spicy Chipotle Chicken Pizza, and Chicken Carnitas Pizza.

THE DAILY BAR & KITCHEN

The well loved bar that can be easily found on SV Road, Bandra, took a break, did some refurbishing and is back with a bang. Now called The Daily Bar & Kitchen, it has shiny new interiors and the tons of good news that decorated the place has been replaced by what they call a wishing well! There's an all new menu as well comprising of Champagne Mushroom Fricassee, and Smoked Barbeque Chicken Filo. Add to that an all new dedicated Sangria menu and their signature cocktails, and you know it's going to be a success!

GALACTIC 36 SLEEK

The ultimate sports model for women, the elegant and sophisticated Galactic holds a place of its own within the Breitling universe. It is intended for those who don't necessarily require chronograph functions but are still keen on having a watch capable of sharing every moment of a dynamic lifestyle, particularly for women of character and action.



Timely Affair

NIGHT VISION CHRONOGRAPH



Created by Victorinox Swiss Army, the timeless elegance of Night Vision conceals a number of discreet and useful functions like an illuminated red dot at 6 o'clock, a push piece between 8 o'clock and 9 o'clock, and the inscription "TIME VISION" at 12 o'clock. Lighting functions, an emergency signal and localization: these are the virtues brought together by the exclusive Victorinox Swiss Army electronic module.

RADIOMIR 1940 3 DAYS AUTOMATIC



Officine Panerai presents a new Radiomir 1940 with a 42-mm case and the in house P.4000 automatic movement, with its off centered micro rotor. This one is the first model of the Radiomir 1940 collection to have the white dial! While the design and the main characteristics came directly from the 1940s, their modernity is such that the watch has an absolutely contemporary style. Subtle and light, it is distinguished by its essential lines and maximum clarity of reading and setting.

MILLE MIGLIA GTS CHRONO

With this watch, Chopard brings racing to the wrist. Housed in a 44 mm stainless steel case, its self-winding chronograph movement is chronometer-certified by the COSC and displays the hours, minutes and date. Aesthetically, it is equally impressive with its emblematic red details, subtly evoking Mille Miglia racing cars: pushers inspired by engine pistons, anti-grip surfaces recalling a brake pedal, and a rubber strap suggesting tyre-treads. Available at Rose: The Watch Bar.



BENTLEY B06 S

Alongside its unusual eye catching design, this Breitling for Bentley is also distinguished by its exclusive engine. Boasting an ingenious "30-second chronograph" system inspired by a 1926 Breitling patent, it involves a central hand sweeping around the dial in half a minute and thus ensuring extremely precise eighth-of-a-second readings of the times it measures.



Well measured



AMAIRA CHHABRIA CHATS WITH OWNER AND OPERATOR OF IMPARALI CUSTOM TAILORS - **MATT HARPALANI**, WHOSE LIFE IS AS INSPIRING AS HIS LABEL





Meet Matt Harpalani. The well-spoken man behind the seams of a truly bespoke label - Imparali Custom Tailors. Recognized for his personalized service, and stylized cuts and shape, he creates timeless pieces that live beyond seasons. His creativity and passion for precision is strong; he lives and breathes it, and the perfection we see in his finished garment is made up of sheer hard work and authenticity.

Tracing The Years

As a middle child, Matt grew up in the suburbs of Houston, Texas and attended Langham Creek High School. Majoring in Economics from the University of Houston, he was always inclined towards fashion. In India, his grandfather was working in the textile industry and his father continued the same after moving base to the United States. "With tailoring in my blood I expressed my interest to my parents. Even though my idea was opposed, I proved them wrong by shifting to New York," he adds.

From living in a tiny apartment to dealing with unpaid jobs, Matt had been bitten by the entrepreneurial bug.

Using his savings and a loan from his father, he launched his hand made suits and shirts brand in the year 2007. Almost immediately, NYC was hit by the recession wherein big firms like Bear Stearns and Lehman Brothers were shutting shop. His business catered to such companies, but he was fortunate enough to weather that storm. Following the enduring rule of innovation - 'adapt or die', he consistently strived to achieve more.

Traditional Tailoring

"Not all men are equal in terms of their measurements, and many land up wearing ill fitted suits when they are altered," Matt explains. What makes bespoke suits special is the fact that these are made for an individual. They solve annoyances that one may have with their body type like a sloped shoulder or one arm being longer than the other, to name a few.

Although the process of producing suits seems complicated, in reality it is easy. The initial consultation takes about an hour, wherein Matt walks through his clients needs as well as discusses their closets. Considering fabrics essential for the purpose of draping, he sources them from reputable mills in Italy, Spain and



**FASHION IS VERY
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IN TODAY'S WORLD OF
FAST FASHION, THE
YOUNGER GENERATION
STILL BELIEVES IN
INVESTING IN A GOOD
QUALITY SUIT



Great Britain. Once the apt materials and styles are chosen, over 45 measurements are taken.

Four weeks later, the first round of fittings takes place. Post that, final adjustments are looked into and within a couple of days the apparel is ready. Matt strongly feels that in today's world of fast fashion, the younger generation still believes in investing in a good quality suit. Having said that, Imparali caters to men within the age group of 24-54 years, with inspiration coming in from different outlets.

Evolving Tastes

On being asked about his thoughts on the evolution of menswear, he explains, 'Fashion is very cyclical and the trends experienced by previous generations are significantly different

than the ones we currently have.' For instance, during the late 80's and early 90's, double-breasted jackets along with pleated pants and a cuffed bottom were on trend. Whereas, these days single breasted suits without pleats and no cuffs are worn. Also the "skinny" suit, teamed with narrower ties and thinner lapels, appeals to many.

New Venture

In the year 2014, Matt introduced 'ShirtCycle,' a custom shirt subscription that acts as your personal stylist. "The concept involves signing up via a cell phone, verifying your fit details, narrowing down styles and voila! Luxury shirts get delivered to your desired address within three days." It is a hassle free portal, which is very specific in nature. Not only are their shirts well priced, but they are

also tailored to suit an individual's lifestyle.

In relation to technology, all Matt required earlier was a basic website along with a few promotional packages. Today he utilizes an active mobile website and other social media platforms. Currently operating from his hometown and NYC, his future plans include opening stores across multiple locations in various cities.

Keeping his personal style simple, Matt enjoys interacting with customers and dealing with people across various backgrounds. He has surely come a long way in the highly competitive world of menswear and is without doubt a cut above the rest.





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The Pain Killer

SHIRIN JAGTIANI
UNCOVERS THE
HEALING WORLD OF
DR AVINASH
RAMCHANDANI

While the now Texas based Dr Avinash Ramchandani was born and raised in Northern California, he earned his Bachelor of Arts degree in Molecular and Cell Biology from the University of California, Berkeley, and his Master of Science, Applied Physiology and his Medical Doctorate from the Chicago

Medical School. He followed this up with a Residency at Stanford and a Fellowship in Oregon and will be receiving his Masters in Business Administration from Cornell University this year. All that aside, he is, by his own admission "Sindhi to the core!" He says he has never known any different and would not know how to live life without *Sai Bhaji*, *Syal Bread* and *Kadi*

Chawal!

A global Sindhi who dons his Doctor's hat for the most part, he is also a certified pilot who enjoys flying in his spare time. Then comes his MBA degree - where he is currently doing a project on Microbreweries amongst other things. How fascinating is that!

While his father worked for

OTIS Elevators for 30 years and his mother is a real estate agent, Avinash's love for Medicine has come from his close family who have been practicing for many years. He has built his experience in inpatient and outpatient medicine by establishing new departments at hospitals and clinics, developing successful pain and rehabilitation practices. He is also an expert in Medical Informatics.

Dr Ramchandani's forte is pain management without medication! How is this possible? "My goal is to get patients off pain medication – many physicians prescribe epidurals for patients who are struggling from relief from back and joint pain – but I prefer using natural methods including nutrition advice, physical techniques and counselling," explains Avinash earnestly.

While he has had multiple success stories, one that comes to mind instantly is that of a Stroke patient who was unable to move his right arm and was extremely depressed and debilitated. Within 20 days of the therapy that Avinash and his team

gave him he was walking around, cane in hand and more importantly a big smile on his face!

While practicing, Dr Ramchandani has also developed a company called Painless Nutrition, with the goal of promoting nutrition to the general population.

So how does an MBA fit in with all of this? "The field of medicine is changing rapidly", is his prompt response. "The analytical skills I have learnt during my MBA help me practice medicine in a global manner."

His professional guiding lights are the Wright Brothers – the inventors of flight – for their sheer determination to reach their goals, using caution, careful diligence, and creativity, Steve Jobs for his attention to detail and Dr Jim Detert, Ph.D – his professor at Cornell who taught him to always fight for his morals, even if society tells you to go in the other direction.

Personally, the Buddha is one of his inspirations – he would like to attain a

state of bliss where nothing is at cross purposes or in conflict.

Till then, Avinash's biggest de-stress mantra is spending time with the family – his wife Rima who is a Real Estate agent and their four-year old son Arnav. His other hobbies besides flying planes are playing golf, watching sports, eating, travelling, listening to music (usually Bollywood or Rock and Roll) and listening to audio books.

Since he himself wears so many hats, what profession would he like Arnav to follow? "Arnav can do anything he wants as long as he does well – and more importantly is a fine person who does good for the world", is the very wise philosophy this new-age Dad has for his child.

Here's wishing Dr Avinash Ramchandani the very best as he soars high in the sky, both, in and out of his much loved airplanes. Truly, the wind beneath his wings is his sincerity and commitment to a much healthier and happier world.



THE ANALYTICAL SKILLS I HAVE LEARNT
DURING MY MBA HELP ME PRACTICE
MEDICINE IN A GLOBAL MANNER

Gadgets

BOOMTUBE



The Boomtube by Thumbs Up is a premium entertainment speaker, great for both indoor and outdoor use! Boasting 7W of powerful sound, it enables you to wirelessly stream your favourite tracks, listen to FM radio and insert a TF card. What's more? It comes with a 4 inch subwoofer, 10 metre operating range, rechargeable battery and includes an AUX and USB charging cable. Unique and trendy in its design, the carry handle allows you to have a booming bass at home and on the go!

A NEW YEAR MEANS NEW GIZMOS AND GADGETS. AND EACH YEAR IS ONLY LOOKING BETTER THAN THE LAST. THIS TIME AROUND, CHOOSE BETWEEN A PORTABLE SPEAKER WITH AN EDGE, AN INKLESS PEN, AND MORE DEVICES THAT CAN BE CONTROLLED BY YOUR SMARTPHONE

SMARTPHONE CONTROLLED PAPER AIRPLANE BUNDLE



The classic paper plane has undergone a transformation with the PowerUp 3.0 giving us the world's first smart phone controlled paper airplane. Now you can remotely access the paper plane via a Bluetooth connected smartphone or tablet. Using the free mobile app, you can control the motor's power for descending or ascending during flight and the rudder for changing direction. Simply tilt your smartphone or tablet to maneuver right or left and use PowerUp's throttle lever to ascend or descend. With a 180ft/55m range, crash-resistant design, and responsive gesture motion control and precision turning, PowerUp 3.0 give users extremely flexible flight control. Available in black and red.




LEONARDO DA VINCI INKLESS PEN

This inkless pen replicates the precision and convenience of the Renaissance drawing tools preferred by Leonardo Da Vinci. Using the silverpoint technique of scratching a stylus across treated paper, Leonardo created detailed anatomical sketches and other masterworks. This contemporary inkless pen achieves the same effect by using a specially alloyed metal tip that lays down a warm gray line similar to a pencil on virtually any paper. So little of the metal wears off that the tip never becomes dull, and whatever you write will not smear and cannot be erased. Additionally unlike its ink-filled counterparts, the pen can be held at any angle and will never dry out or leak.





They're lightsabers. They're chopsticks. And they will change the way you experience your favourite Asian food! Created by ThinkGeek, the chopsticks let you deftly maneuver your food with the power of the Force. Imported from Japan and made of resin, mainly, they require four LR41 button cell batteries (included in the box), and you're going to need to remove the hilt from the blade portion of the saber before washing.

SLEEP PHONES

Sometimes, it feels as though the universe is conspiring against us when it comes to getting quality shut-eye. Enter the Sleep Phones – comfortable headphones to wear while you sleep.

They are nestled inside a soft and cozy headband that you can wear around your head or over your eyes like a sleep mask. Choose from Wired, which plugs into an audio jack just like your headphones, or Bluetooth, which pairs with any Bluetooth-enabled device that has your music on it. Soon you'll be drifting away in blissful slumber. Or jamming to your tunes. Both of which are better than staying awake listening to your neighbors or your snoring significant other.



MOTI: THE DESKTOP ROBOT

While you're trying to keep up with that New Year Resolution you knew you should not have made, Moti's here to help you through the struggle and perhaps even stick to the plan! Whether it's something simple like drinking eight glasses of water daily or something challenging like running five miles every morning, a little motivation goes a long way. A desktop toy clad in an animal-like shape, Moti comes with a large button on the face that you press every time you perform the action that you're trying to turn into a habit, registering the behavior into the accompanying app. The idea is to use the toy as a constant reminder of whatever action it is you need to perform. Aside from serving as a dedicated button for recording an action, Moti's face also comes with integrated LEDs that light up both as a celebratory reward every time you press it and as an alert to remind you of that action you seem to be neglecting. An onboard speaker allows it to add some bleeps and bloops along with the light-up action.



SPINNING SPAGHETTI FORKS

The days of struggling with your fork and the spaghetti on your plate are officially over. From the Hammacher Schlemmer stable comes this set of motorized forks whose tines rotate to swirl strands of spaghetti into the perfect bite. A thumb-activated button on the handle sets the prongs turning at 22 rpm, smoothly winding pasta into a mess-free mouthful, helping you avoid that awkward fumble with a helper spoon! The versatile forks can also effortlessly wind most other stringed pasta, like linguini, fettuccine, and vermicelli. Detachable metal prongs are dishwasher-safe. Requires 2 AAA batteries per fork.



living with the sounds *of* silence

LAVINA JAGTIANI SHARES WITH DIPTI SATWANI HER JOURNEY OF BEATING THE ODDS TO BECOME A SUCCESSFUL HAIRSTYLIST DESPITE HER HEARING DISABILITY



Kolkata based Lavina Jagtiani is a smart, confident and successful modern day woman - a hair and beauty expert at a leading salon in the city. This 32-year-old has more than a decade of experience and a reputed clientele. Her story is commendable as is, but turns the inspirational corner because of the challenges she has overcome to be who she is today, despite her hearing disability.

The biggest battle for Lavina was the outlook people had - that she would have to live her life as a dependent. She wanted to prove that her disability did not mean she couldn't achieve whatever she set out to do. She credits her faith in God and her family's constant support for this determination and attitude.

Lavina lost her ability to hear and speak at the early age of 2 and her childhood years were far from easy. She was a shy girl and would avoid interacting with people. But she overcame her fears thanks to her mother's positive encouragement. "I felt embarrassed to wear my hearing aids, and it was my mom who gave me the courage to do so. She explained that it was not a big deal and that people wore glasses to improve their vision all the time," she recalls.

Her mother, was her backbone. She pushed her to learn, whether it was at school or otherwise. As a result, she became an expert at lip reading at school, she mastered swimming, karate, mime, horse riding, art, dance and even cooking and table décor. Lavina's confidence grew, and she became a curious individual. "All my teachers were very happy with me. I practiced a lot, no matter what I was

MY SUGGESTION TO ANYONE WITH A DISABILITY IS NOT TO BE DISHEARTENED OR FEEL SHY. IGNORE THOSE WHO CRITICIZE YOU. IF YOU'RE DETERMINED AND HONEST, YOU CAN DO IT ALL



learning. Slowly I got over my fears and became ambitious. I wanted it all"

How did she narrow in on becoming a hairstylist then? "Ever since I was young I was fascinated with beauty. When I got into learning more about beauty and hair, I realised I loved it, and decided to pursue it as a career," she smiles.

Next, she did a professional course at a renowned salon academy in Mumbai. "When I went to enroll, the head teacher was reluctant, she thought I wouldn't be able to grasp things as well as the other students. My parents convinced her to give me 2 weeks to prove myself. In just 8 days, the teachers were impressed with my work and ability, and confirmed my spot."

Today, after years in the profession, Lavina feels grateful and fulfilled. Her clients swear by her, with some even

calling her a magician! Though, she admits, there are still some people who are not supportive. But this doesn't deter her. "There will always be those people, but my employers are happy and so are most of my clients. That's what matters to me."

Lavina is proud that she has proved that having a disability doesn't mean that one can't have a normal life. "My suggestion to anyone with a disability is not to be disheartened or feel shy. Ignore those who criticize you. If you're determined and honest, you can do it all", she advises. Now, she is busy dreaming big and wants to go abroad to advance her career. According to her mother though, the next step is for her to marry and settle down. But Lavina is open to seeing what life has in store for her, and we have no doubt she will conquer whatever she sets her mind to next!



THERAPEUTIC MUSIC PRACTITIONER - KARAN SAJNANI CONVERSES WITH AMAIRA CHHABRIA ABOUT CHOOSING AN OFFBEAT VOCATION SO AS TO SUPPORT HUMANITY WITH MUSIC AND SOUND EMPOWERMENT

HEALING WITH HEART & SOUL

At age 27, a soft-spoken Karan Sajnani, is an insightful and compassionate instrumentalist who plays therapeutic music for the purpose of healing. Using his art as a tool for communication, he assists many in improving their physical and mental health.



Here, science takes a few steps behind the level of instruments and classifies sounds in terms of their quality. Through his knowledge, he is able to utilize any type of vocal/instrumental sound exactly where needed for maximum benefit. Enjoying proficiency on the western classical guitar, hang drum and didgeridoo, Karan grew up with music in his blood.

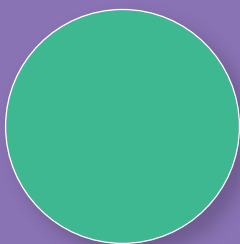
His mother (Shyamala) is a musician and a Veena teacher whereas his father (Kenneth) worked in the merchant navy. While Karan's upbringing happened almost entirely in Mumbai, he attended Bombay Scottish School and completed his IB diploma from Dhirubhai Ambani International School. Following that, he received multiple offers to study

abroad with scholarships, but instead he decided to become a pilot.

During the first year itself, Karan's mind compelled him to discontinue his mainstream education. With an unknown thirst, he felt the need to travel all over India and came across his Master – Mr. Acharya Harish in the South. "Having lived with him for about four years, I experienced my 'Gurukula' wherein *Samaveda* based music education and sound energy management studies were taught" he adds. In terms of training, he is still pursuing his education. For the purpose of self-empowerment, he dedicatedly focuses upon advanced Kriya yoga science and other practices. While in Kerala, Karan

commenced a project known as "Satori - Music for Bliss" in the year 2007. Serving as a platform to study, research and spread knowledge, they also emphasize on the advantages of these methods to society in a reproducible way for future generations.

Bringing together like-minded individuals to conduct a wide variety of activities, support programs, awareness seminars and beyond, Satori in a way, is a torch bearer of ancient Indian wisdom. As a spiritual practitioner, Karan insists that each session he undertakes is meant for different purposes. Various categories of individuals are catered to with distinct modalities of education.



BRINGING TOGETHER LIKE-MINDED PEOPLE TO CONDUCT A WIDE VARIETY OF ACTIVITIES, SUPPORT PROGRAMS AND AWARENESS SEMINARS, SATORI IN A WAY, IS A TORCH BEARER OF ANCIENT INDIAN WISDOM



That being said, most of these processes are internal. The external appearance cannot accurately represent what a session is all about. On being asked about his work with children, Karan explains "I had initiated an autism intervention at Mangal Jyothi Integrated School, Mangalore in order to identify and develop their exceptional abilities. Amazed to come across 30 such kids in one village, I began a wider plan - 'AIMSELF' designed by my Master."

With the goal of encouraging and integrating at least ten thousand such young ones per year, he constantly requires public support to organize the same. As for success stories, he has observed that in case of

neurodevelopmental disorders, BioPlasmic Modulation therapy has worked wonders. Integrating *Ayurveda* as an *Upaveda* of all four *Vedas* has helped in restoring the motor functions of Parkinson's patients, re-routing of nerve impulses in Dementia and for neurotransmissions in paraplegic patients.

Such achievements are great in themselves as currently there are just a couple of solid interventions in modern medicine for these conditions. The application of this treatment is vast; he is associated with SDM College of Ayurveda & Hospital (Udupi), IAIM Health Care Centre (Bangalore) and Indus Valley Ayurvedic Centre (Mysore) to name a few.

Karan draws inspiration from the respective works, lives and words of Sri Shankaracharya, Sri Ramakrishna Paramahansa, and Swami Vivekananda. His non-work related activities include reading and keeping track of developments in technology, electronics and computer sciences. Loving martial arts, he has extensively studied a few systems from around the world. Making it a point to stay fit, Karan likes to cycle and run.

What about the challenges he encounters? "Most are not aware of the abilities of music therapy. Without being harmful, it goes beyond just 'raga therapies' as it is suitable to control even the rhythmic movements of the universalities." Karan has noticed that slowly, our society is inclining towards less intrusive methods of medical practices.

And along with technical support, there is room for these procedures to be more useful in a scientific manner. In July 2016, this multi talented musician will turn to entrepreneurship by moving 'Satori' from his hometown to Goa. Converting it into a centre, he intends to offer integrated therapeutic solutions and promote preventive healthcare as well as stress management.

He concludes by saying "It is indeed a blessing that today my primary interest – music, is not only my duty, but also my profession" His goals are clear and with so much of the world broken, all he wants is to be a part of its healing.



The Technical analyst

PROPRIETARY TRADER AND TECHNICAL ANALYST **MANISH HATHIRAMANI** HAS TRAVELLED ACROSS THE GLOBE, DELIVERING INSIGHTS AND ANALYSES OF CAPITAL MARKETS. HE TELLS *THE SINDHIAN* WHAT ABOUT THE STOCK MARKET MAKES HIM TICK

In the year 1992, ten-year-old Manish Hathiramani waited with bated breath for his father to come home from work. This was soon after the outbreak of Harshad Mehta's stock manipulation scheme that rocked the Indian markets. Manish's father was one of the many investors who had to pick up the pieces. But the scam affected Manish in a very different way – he began to develop an interest in the concept of volatility in stock exchanges.

"Every day after school, I would skim through The Economic Times, trying to understand the pictures of graphs and the up and down arrows against a stock name. At the time of the Ketan Parekh scam in 1999, I knew enough to understand what happened, but not enough to prevent our portfolios from getting eroded. It made me wonder - was it possible that someone made money on the downfall of the market,"



THE ULTIMATE HIGH FOR AN ANALYST IS WHEN HIS TRADE IDEAS GO RIGHT! ON THE OTHER HAND, THE MOST CHALLENGING PART IS BEING ABLE TO DETECT THE MARKET TREND



At the studio

questioned the young Manish.

This led to a dedicated pursuit of the answer in the short run, and a successful career as a proprietary trader and analyst in the long run. On the way, Manish obtained a Bachelor's degree in International Business with four majors from Bond University in Australia. Along with his degree, Manish also worked on an independent research paper on statistical reasoning that landed him a Fellowship in Statistics from the Royal Statistical Society in London even before his degree, making him one of the youngest recipients to be awarded a Fellow in the field.

Armed with his degree, Manish headed back to his hometown, Kolkata, to catch up on the Indian stock market scenario. He postulated two actions – to gain more knowledge in technical analysis, and to find an opportunity to apply his freshly acquired knowledge. For the first, Manish found his mentor in fellow trader Rahul Mohindar, the young director of viratechindia.com, with whom he

trained for six months. For the second, he took up the job of an Export Executive with a West African conglomerate's new branch in Dubai. After fulfilling his contractual obligations, Manish returned to Kolkata in 2007 to pursue his true love – trading!

"I spent the next year working 17-18 hours a day on technical analysis. I would spend a few hours training with Rahul and then lock myself in a room, analysing the technical tools, studies and indicators," he says, giving us a glimpse of his dedication to the field. He realised that expressing his views and advising people about where to put their capital was easy but trading with his own capital and dealing with the consequences was hard. The challenge spurred him on, and he established proprietary trading and advisory firm Deen Dayal Investments (DDI) in 2008, at only 25 years of age.

His accurate assessments and logical trade recommendations couldn't go unnoticed for too long. Over

INDIA IS A GROWTH STORY IN THE MAKING. IN CASE OF LACK OF KNOWLEDGE, EDUCATE YOURSELF INSTEAD OF TAKING 'TIPS' FROM SOURCES

the last six years, Manish has made about 250 television appearances on popular business channels like ET NOW, CNBC TV18, Bloomberg UTV and NDTV Profit. He is also a regular contributor to the online version of The Economic Times, The Week magazine in India and the International Business Law Journal in Hong Kong.

Watching Manish speak live is another informative medium altogether. He has spoken on the subject of technical analysis at conferences in New Delhi, Mumbai, Bangalore, Chennai, Thailand, Netherlands, UAE, Switzerland, Hong Kong and Singapore. The most prominent of these was when he was invited to speak to the officials of the World Trade Organisation at its headquarters in Geneva.

"My role was to introduce equity investments and their relevance in the growth story of India. When I address an audience, it helps me greatly as a speaker and listener to know what the masses are thinking – sometimes it is exhilarating and many a times the ambience is one of skepticism and fear. Both situations are a great source of learning," says Manish, who also consults with the Dubai Gold & Commodities Exchange.

And just like the stock market, he too has had his professional ups and downs. "The ultimate high for an analyst is when his trade ideas go right! On the other hand, the most challenging part is being able to detect the market trend. When you are able to trade in the right direction, everything follows thereafter," he claims wisely.

Trading is a tough field to be in, almost like an every day gamble. As much as Manish cherishes time spent with his wife and family, he enjoys solitary activities like swimming, reading and meditating that help him refresh his mind and develop new ideas for his firm. One of these is to set up an Alternate Investment Fund (AIF), which would then cater to a large pool of investors and thereby grow the size of the portfolio that Manish manages. Now that he has nurtured his skill sets at trading with his own capital, this ambitious trader is ready to take this leap.

He sums up with some general investment advice – "India is a growth story in the making. In case of lack of knowledge, educate yourself instead of taking 'tips' from sources. Be patient. Treat the activity as a business and not a casino. The way you treat it is the same way it will respond."



ARE YOU SURE YOUR CHILD IS PICKING THE RIGHT CAREER?



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RUCHYETA BHATIA'S STORE 'LOVE &
CHEESECAKE' HAS TO OFFER



SHADES

of

S



weetness

Just like the multi-layered cheesecakes she bakes with so much love – Ruchyeta Bhatia is a multi-faceted young lady whose eyes are firmly set on capturing a large slice of the bakery pie! “Love and Cheesecake”- the company she founded in 2012, prides itself on how it has made the significant occasions in so many clients’ lives so very memorable. “We really go out of our way to ensure that everything we use is fresh, natural and delicious”, explains this master chef with great pride.

Mumbai born-and-bred, Ruchyeta is very much a global citizen, having travelled extensively all over the world. After majoring in Economics from Jai Hind College, she entered the advertising space where she worked with Nielsen and subsequently Ogilvy, where she assisted clients across several industries plan and execute their digital marketing strategies.

“Its incredible how the dots often connect backwards”, she says when asked to share her journey from the corporate to the cake world. A few years after she started working, she got bitten by the entrepreneurial bug and decided to start her own outfit. Determined, focussed, and persistent, she travelled to San Francisco to learn the technical and business basics of running a paintball company. Subsequently, she started The Paintball Club in Lonavala which used the technical nature of the game to drive corporate training programs.

**HARD-WORK IS
THE EASY PART.
SMART-WORK IS
NOT. TO SUCCEED
ONE MUST BE
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FOCUS ON
DIFFERENTIATION
– BE IT PRODUCT,
SERVICE OR
FORMAT**

Her true calling kept beckoning though, and it was at a chance dinner with a friend that the idea of cheesecakes came about. "I've always loved the energy of a professional kitchen. It's so much fun watching people smile and enjoy something you have created," she explains. The name of her enterprise Love and Cheesecake was chosen after brainstorming with her family as it really captures the essence of what they are trying to build.

The accomplishment Ruchyeta is proudest of is the impact they have made on their employees' lives. They are now a large team (this was not always so), though several of them have been with Love and Cheesecake from the beginning. "It makes us really proud to see how far they've come and how far we all can still go."

Ruchyeta is quite clear that while making a product, look and taste are both important, but they prioritize taste. If it only looks good the customer may buy it just once, and never come back. But if it tastes great – customers keep coming back – again and again.

Her personal favourite is pure dark chocolate. "It's a magical, universal ingredient and one can do so much with something so simple!"

Of course there have been challenges along the way as F&B businesses are operationally intensive and people are key.

"Unfortunately when you're small, it's always hard to attract great talent, so we had to look after everything in the beginning – from cleaning the kitchen to delivering orders", says Ruchyeta remembering the early days. However she does see change now in India where people are transitioning away from large corporations to more interesting roles in smaller companies – "which is great for us and the country" she adds.

While admitting that it is a tough business with a high degree of competition, the advice she has for aspiring bakery owners is this – "Hard-work is the easy part. Smart-work is not. To succeed one must be smart and have laser-like focus on differentiation – be it product, service or format."

She credits her strong family support as one of the key factors in making her what she is today. Since both her parents were working and hence travelled extensively, she and her brother spent a lot of time with their grandparents, which was simply amazing. Seeing their parents work hard made the siblings value money as well as the time they had as a family. "One of the things I learnt from my parents and grandparents, was to take risks and not be afraid of making mistakes and failing", says Ruchyeta proudly.

She is equally proud of her Sindhi heritage. "Our ancestors were literally thrown out of their homes. They left everything they owned, all that they had worked hard for and created. Sindhis scattered to different parts of the world post the Partition. We started all over again and built bigger and stronger empires." She feels blessed to be part of a community that has inculcated such values. "Life can be a journey full of troubles but you've got to stand up and fight back double!"

As for what lies ahead, she adds with great conviction and determination, "We have gone through a phase of rapid growth and the key for us is to now continue this trajectory in a sustainable manner. We want to be the best-known dessert brand in India!"





RENUKA KIRPALANI IS THE HOST AND EDITOR OF THE AUTOCAR SHOW ON TIMES NETWORK. AS PART OF HER JOB SHE TEST-DRIVES AND REVIEWS EVERY CAR LAUNCHED IN THE INDIAN MARKET. RECENTLY, SHE DROVE THE NEW AUDI Q7 FROM INGOLSTADT, GERMANY TO INDIA, A TWENTY THOUSAND KILOMETER ROAD JOURNEY!

Renuka - getting a taste of Mongolian wild

There is nothing like seeing the world through your windscreen" and "It's the journey, not the destination," are my mantras! So to test 2 spanking new Q7s I decided to take our Indian number plate cars and drive them from the Audi home in Ingolstadt all the way back over 20,000 kms - through Germany, Czech Republic, Poland, Belarus, Russia, across Siberia, into Mongolia, China, Myanmar, and finally India. The pictures speak for themselves as to what an epic journey

this was. But I will attempt to tell you the short version.

From the high paced German Autobahns, where the Q7 settled into a comfortable cruise at speeds well over 200, to the potholed traffic filled highway to Patna, it was always an experience a minute. From the Siberian Tundra to the Gobi desert, from subzero temperatures to 38 degrees celcius, from 6 line highways to dirt

tracks, I got it all.

Europe was fast and easy, and passed by in a flash, but driving through Russia was fabulous. Some days we covered distances as large as 900 kms, and it still took us 10 days to cross Russia! It just makes you realize how vast the country is. Luckily, the Q7 made the long days pass by like a



St. Basil's Cathedral, Red Square, Moscow



One Q7 and some

“

THE ENERGY CENTRE IN SAINSHAND IS SAID TO BE THE NAVE OF THE UNIVERSE AND CONSIDERED AS *SHAMBALA* BY THE BUDDHISTS

breeze, making us feel completely at home with the WiFi routers plugged in, and phones and laptops charging. Lake Baikal was another highlight. Why its called a lake befuddled me, because at 36 kms in length and 79 kms in width, it could be a sea! The Siberian Tundra itself is expansive, and often, there were vast empty stretches without civilization as far as the eye could see.

Entering Mongolia was enchanting; colours of brown, gold, and rust stretched out on the roads ahead of us painting a gorgeous picture. But the warm autumn colours soon gave way to blankets of white. Hail and snow came down, dropping the temperatures to sub zero, luckily the car kept us comfy and warm when needed. Cutting through the Gobi desert with just nothingness all around save some lone sheep herders on their horses was an experience. We barely passed anything in 2 days. The Energy Centre in Sainshand is said to be the Navel of the universe and considered as *Shambala* by the Buddhists. Lying there on the energy rocks I felt so

small and insignificant in the entirety of this universe.

Crossing over into China was a stark contrast, it was like suddenly coming into civilization. Emptiness on one side and people, sky scrapers, and modern day food chains just separated by a border. From the dinosaur park in the Erenhot area to the Great wall of China in Datong, from the 2700 year old ancient city in Pingyao past the 8000 strong army of Terracotta soldiers that were buried to protect a king in his afterlife in 210 BC right into the hustling bustling modern day city of Chengdu with its high rises and neon lights, China took me from 230 million years ago through history to the present day.

China shows you the past, the present, and the future. The future in the way they are constructing highways, cutting through mountains with tunnels over 8 kms long, and spanning valleys with viaducts longer than 20 kms. The Q7 loved China too, churning out a real time fuel average of 18.7 kmpl, amazing for a car its size! After China, Myanmar roads felt more like



Hailed out in Ulan Bataar, Mongolia

home, and as the roads got worse, distances took longer to cover. But there was a charm to Myanmar, with its friendly people and rich culture. The 1074 stupas, the palace, and the street markets in Mandalay were all mesmerizing.

Myanmar was where the full stop happened though, after 15,000 happy kms without even a puncture (the Q7 passed the test with flying colors). 100 kms short of the Indian border, a flash flood caused 3 bridges to wash away, and we were marooned in the small town of Kalay for 15 days. After that it was pretty much a home run through India crossing India gate and the Taj on the way back to Mumbai. It's hard to put such an epic journey into such few words but I hope this has given some of you the flavor of what a joy road trips can be.



the 729 Stupa's - all in Mandalay



The Terracotta Warriors - buried with the king, China



Dinosaur age in Erenhot, China



the bespoke bureau

RAJIV MALKANI, TALKS TO AMAIRA CHHABRIA ABOUT HIS RADICAL IDEA OF PROVIDING PRACTICAL SOLUTIONS FOR A VARIETY OF HOUSEHOLD STAFFING CHALLENGES

Thirty five-year-old Mumbai based Rajiv Malkani, refuses to be anything less than successful. An enterprising man with a goal, he became an entrepreneur in the process of pursuing his dreams. For him, the only way forward in life is innovation and it is his passion that keeps him motivated.

Coming from a family that has a history of business ownership, Rajiv has experience that business schools cannot replicate. His father – Kamloo (a sailor) was also involved in housekeeping and catering services with the Shipping Corporation of India. His mother Sona on the other hand, was an airhostess with Air India. Backed by his brothers – Dinesh and Hitesh, he has received immense support from his wife Karishma Gandhi and other family members too.

A complete Bandra boy, Rajiv attended St. Andrews High School and went on to graduate in Commerce from R.D. National & W.A. Science College. Post that, he completed an interior designing course at Ranchna Sansad College of Applied Art & Craft and joined India's leading architectural firm - Talati & Panthaky Associated. After understanding the basics of detailing and finishing for almost two and a half years, he moved on to working with the well-known Bollywood actor Twinkle Khanna's home decor brand The White Window.

There, he gained exposure to different styles of design and worked on high-end projects too. Moving on, Rajiv headed the design division for the highly reputed Raja Aederi Consultants Pvt Ltd. He adds, "Apart from gaining knowledge about architecture, I had the opportunity to work on holiday homes." Somewhere

down the line, Rajiv realized that in reality there were a couple of aspects that were being sidelined by his previous employers.

As a result of this, he, along with his wife set up their enterprise 'Design Philosophy' in the year 2005. "Our USP was to focus on practicality without compromising on design. While we avoid the use of high maintenance materials, I feel that only a great designer can execute the best of designs in this manner," he states. Currently, this company is being handled by his better half, however Rajiv does give his inputs as and when required.

Rajiv has catered to cricketer Yuvraj Singh, and developers like Hiranandani and Rustomjee, to name a few.

Initially, this start up had just 3 individuals in its core team, but now there are 75-80 helpers on board. On what grounds do you hire them, I ask. "Depending on the level of the staff, they must comprehend our vision. Ground level staff should preferably have a hospitality background or be willing to go through our training which is short but strenuous and in-depth." All their skill sets reflect the new reality of a private service, which aims to

asked about expansion plans, he explains, "Having business development on my mind, I am keen on targeting cities like New Delhi and Hyderabad." Over the years, maintaining extremely high quality and building great relationships are the key factors that have influenced his growth.

William Ernest Henley's words - I am the master of my fate, I am the captain of my soul, have always inspired him. In his personal life, Rajiv unwinds by listening to music and reading. A complete movie buff, he enjoys exploring new destinations. Calling himself stubborn, he loves



Rajiv at work, giving instructions to his staff

Soon enough, the duo decided to introduce a concept wherein once the interiors are done, a cleaning service would be provided to maintain the homes. And this is how India's first Luxury Facility Management Company - Maison De Luxe Services Pvt. Ltd came into being in the year 2012. Providing butlers, household managers, comprehensive deep cleaning services and commercial soft services (housekeeping/pantry),

mimic the systems and structures of the corporate world by applying the best practices of business life to household life.

Fortunately, most of their clientele approach them through references. And as far as challenges are concerned, Rajiv has encountered many. From payment issues to unethical practices for various reasons, he has seen it all. On being

interacting with new people and relishes Sindhi *koki's*.

The substantial nature of his profile is all about offering highly specialized and customized services so as to make sure that the client's needs are met. So, if you are looking for high-end facilities like these, then Rajiv is just a phone call away!



Residing in Mumbai, 31-year-old DJ and music producer - Neyha Tolani's rewarding career lets her utilize her interest in music. At any given venue, a good vibe is created with her knowledge in music, technical know-how and crowd perception. Accordingly she builds up the night. Playing a mix of techno and progressive, with the addition of various tunes as well as elements, her music to an extent can be termed as underground.

A student of Vidyanidhi Vrajlal Parekh high school, Neyha caught the music bug while studying at M.M.K College of Commerce and Economics. All it took to lift her mood and take her on a journey is a good track! Post graduation, she began working



MIXING & MASTERING MUSIC

HAVING AN INDIVIDUALISTIC TAKE ON MUSIC, NEYHA TOLANI SHARES THE THRILLS AND CHALLENGES OF HER CAREER PATH WITH AMAIRA CHHABRIA

as cabin crew for Jet Airways and in 2008, she acquired professional training in deejaying. Since then, there has been no looking back.

Her first performance was at Blue Frog in her hometown and she says, "It was exciting to see the audience connect to my sensibilities as I included tracks such as Europa (Pryda), Calm Down (Ben Brown) and a Jerome Isma-ae remix in my set." Over the last 6 years, Neyha has played across multiple metropolitan cities in India. Internationally, she has entertained audiences in Doha (2012), and last winter in Amsterdam, Magdeburg, and Berlin.

Radiating positivity and confidence, Neyha's favorite artists include Pryda, Nicolas Jaar, and Davis August. Believing in hard work, it's the growing music scene that inspires her. In a male dominant industry, she feels that even though things have improved, there is still a need for women to be taken seriously. As far as changes are concerned, this spontaneous talent is hoping to see different genres being experimented with.

Apart from her profession, she loves exploring new destinations and riding motor bikes.

Having substantial support from her parents, Neyha's long term goal is to become a well known DJ and music producer. With music in her soul, she gets every party started and is definitely one to watch for.



Designer Dreams

AMAIRA CHHABRIA
CATCHES EMERGING
FASHION DESIGNER
SAHELI KUKREJA ON HER
WAY TO FULFILLING HER
DREAM

With her designing prowess, Ahmedabad based Saheli Kukreja has always strived to push her creativity to the edge. Grabbing the attention of many, her fashion label – Vesture, is a Latin English term that literally means clothing and reveals her distinctive style of ‘playful elegance’.

Describing herself as small town girl with big dreams, Saheli graduated from the New L.J. College of Commerce and has pursued a degree in fashion design from a private institute. Hailing from a prosperous Sikh Sindhi business family (textiles), this young talent has received immense support from them.

At the age of 17, she suffered a great loss, that of her principal role model – her father. But she did not lose direction. Instead, she began interning at a local boutique and very soon commenced her line. “The idea I am pushing forth through my designs is that my clothes bring together a cognitive mix of contemporary and conventional concepts,” she explains.

Offering customized solutions with an insight on fashion forecasts, Saheli understands the needs of her clientele and focuses on the right pricing. At her very first exhibition in August 2015, she utilized an

interesting combination of fabrics, experimented with drapes, and produced functional, wearable clothing with clever details.

Working dexterously, Saheli enjoys the entire process from sketching to delivering the final product. With each silhouette being a style statement, she derives inspiration from everything around her. Her garments are created for a woman who confidently embraces vivid prints, surface ornamentation, and color palettes, while appreciating the value of artisanal craft.

As she conceives feminine pieces with an innovative twist, her plan is to grow naturally and at her own pace. Greatly admiring the work of Indian designers, namely Sabyasachi Mukherjee and Arpita Mehta, she’s also a big fan of international designer – Rami Kadi’s collections.

Besides fashion, Saheli is passionate about travel, interacting with new individuals, and is fond of watching Bollywood films. And, the ubiquitous YOLO (you only live once) philosophy is what truly drives this young entrepreneurs life.



INDULGE!



CHEF RANJIV SAHNI SITS IN HIS 3-MONTH-OLD RESTAURANT 'FAT KID DELI' WITH 'PASSION' SCRIBBLED IN GRAFFITI ACROSS HIS WALL. INSPIRED BY SANJEEV KAPOOR ON KHANA KHAZANA, HE STARTED COOKING AT THE AGE OF 14. HE WONDERES WHAT HE MIGHT HAVE BEEN IF HE HADN'T BECOME A CHEF, BUT HE HAS NO ANSWER FOR THAT!

Pav Bhaji Burger

'Chowpatty Mash' - This recipe is an ode to the fabulous time I spent at Gaggan in Bangkok, and is probably the only recipe that I borrowed from there in my entire menu. The raw mango chutney gel used in this recipe is what I learnt while working in that kitchen and it has stayed with me since. A super versatile condiment that looks like sweet ripe mango paste is actually a tangy, spicy chutney made from raw mangoes or '*Keri*'. This is one of many fusion recipes, where a Mumbai street food classic meets an American comfort snack.

Ingredients

- 1 of each – onion, tomato, capsicum, large potato
- 3 tablespoons ginger garlic chilli paste
- 1 pinch of whole cumin
- 3 tablespoons pav bhaji masala
- Fresh coriander
- 25 grams of shredded cheddar cheese
- 5 tablespoons of 'Gaggan Mango Chutney Gel'



Method

- For the *bhaji* mixture, sauté whole cumin, garlic ginger and chilli paste in hot butter and oil. Add onions and tomatoes and cook until softened. Next, add parboiled and chopped potatoes, pav bhaji masala, a knob of butter and fresh coriander to finish.
- For the Mango Chutney, fry whole cumin, chopped ginger, green chilli and fennel seeds in oil. Add raw mango puree and continue to cook. Add sugar for sweetness and

turmeric powder for color. Strain & cool.

- Cut onion into thick rings, dredge in flour, slurry, and then in panko breadcrumbs, and refrigerate. Fry until golden brown and season.
- To assemble use freshly buttered brioche buns, apply mango gel to both sides, make a base with lettuce and tomatoes, and add your piping hot *bhaji*, cheddar cheese and coriander. Serve with crispy onion rings, lemon and coriander.

Churizo

Ingredients:

- 150 grams original Goan pork sausage (Chorizo)
- 1 cup mayonnaise
- 1 cup garlic paste
- 1 tablespoon ginger paste
- 2 chopped green chillies
- 1 cup chopped onions, tomatoes & coriander
- Spices to taste – salt, pepper, garam masala, turmeric, red chilli, sugar
- 1 egg
- 3 tablespoons Fat Kid Bacon Jam

Method:

- For the Fat Kid Bacon Jam – saute bacon in a pan until crisp, drain and set aside. Sauté onions and garlic in the bacon fat until brown, and add



brown sugar, apple juice, balsamic vinegar, black pepper, sweet paprika, and honey. Simmer for an hour until thickened, cool to room temperature, and serve.

- For the sausage chilli fry, sauté onion, ginger, garlic and chillies. Add tomatoes, all the spices and seasoning. Add chopped chorizo and

cook until tender. Add fresh coriander.

- Fry up an egg sunny side and butter up the buns. Smother one side with garlic mayo, add base of any crisp lettuce, sausage fry, red onions, bacon jam & top with the egg.
- Serve fresh with fries or onion rings. One bite is bound to transport you to Baga beach.

Fire Wings

Ingredients (Makes one portion):

- 10 whole chicken wings with skin
- 5 cloves chopped garlic
- 5 green chillies (chopped)
- 5 Thai birds eye chillies (chopped)
- 5 Kashmiri chilli flakes
- 1 Bhut Jolokia chilli
- 2 cups Fat Kid barbecue sauce
- 2 tablespoons dark soy
- Salt/pepper to taste
- Coriander micro greens for garnish.

Method:

- For BBQ sauce, sauté fine chopped onions and garlic in a saucepan until golden brown. Add tomato ketchup, whole grain mustard sauce or kasundi, apple juice, orange juice, brown sugar, white vinegar, salt pepper, Tabasco hot sauce, paprika,



and old monk or any dark rum. Simmer for at least 30 mins until slightly thickened. Set aside to cool

- Fry Wings as it is in hot oil at 170 degrees celcius for about 6-8 minutes.

- Sauté some more garlic, all your

chillis, and flambé with a little old monk rum. Add BBQ sauce, soy and your fried wings.

- Fry on high heat as the sauce thickens and coats your chicken. Finish with a knob of cold butter and serve hot.



Fish & Chips

pepper, lemon rind, lemon juice

Method:

- Combine together ingredients for dill aioli and set aside in the fridge. Salt your fish to release excess moisture and heat oil to 170 degrees

celcius.

- Combine dry ingredients in one jar and wet in the other. Slowly add liquids to the dry ingredients & whisk to form a thick batter. Do not over work to remove any lumps, whisk only until all the flour has

mixed in. Cling wrap & set aside.

- Hand cut your potatoes into thick chips and keep under flowing cold water to drain out maximum starch.

- Wash fish, pat dry, and dredge first in seasoned rice flour and then in the prepared beer batter. Fry the fillet at 170 degrees celcius for about 6-7 mins depending on its thickness. Fry chips in small batches, first at 140 degrees. Drain and fry second time at 170 degrees until golden & crisp.

- Spray fish with malt vinegar or lemon juice. Serve with dill aioli, lemon, sea salt and some fresh parsley.

Ingredients:

- 400 grams fillet of Indian salmon or any firm meaty fish
- 1 cup flour
- 1 cup rice flour
- 1 teaspoon baking powder
- Salt/pepper to taste
- 1 Pint strong beer for desired thickness
- 30 ml plain vodka
- 1 teaspoon honey
- 2 large starchy potatoes
- Oil for frying
- Lemon & Sea Salt
- Dill Tartar Aioli – Fresh dill, mayo, capers, salt,

Seeracha Tonkatsu

Ingredients:

- 2 chicken thighs
- Garlic
- Sriracha chilli sauce
- 1 tablespoon honey
- Flour, egg and panko breadcrumbs for breading
- Shredded red & green cabbage and carrot
- Wasabi powder or paste
- Pickled cucumbers
- Salt, Pepper, Red Chilli Powder

Method:

- For the Tonkatsu – Marinate the chicken thighs in garlic, honey and sriracha sauce, season to taste. Allow to marinate at least 2 hours before breading. Dredge in flour first, then egg wash, and

lastly in Japanese panko crumbs. Chill.

- For the dressing, mix red chilli powder and equal parts of sriracha and mayo.

- For the slaw, parboil the shredded cabbage and carrot in a bath of water, sugar, vinegar & salt. Drain and run under ice cold water. Mix one part wasabi powder or paste to five parts of mayo. Mix in the slaw and chill. Pickle



the cucumbers in the same bath and cool.

- Fry the chicken thighs at 160 degrees celcius for 12-14 minutes depending on size. Drain on a paper towel, smother with

sriracha and toasted sesame seeds.

- Butter your buns, slather on sriracha aioli, wasabi slaw, chicken katsu and some pickles. Serve hot for maximum crunch.

Truffled Mac & Cheese

Ingredients:

- 2 cloves garlic
- 1 cup milk
- 100 grams elbow macaroni
- 1 table spoon flour and butter
- 30 grams English sharp cheddar cheese
- 30 grams Indian mild cheddar
- 30 grams Monterey jack cheese
- 30 grams shredded mozzarella cheese
- 10 grams parmesan cheese
- ½ cup cooking cream
- Handful of crushed Cheetos cheese puffs
- Salt and pepper to taste
- 1 teaspoon of excellent quality white truffle oil
- Microgreens for garnishing

Method:

- Make a simple béchamel with equal parts of flour, butter and milk. Cool and set aside. Boil elbow macaroni al dente & cool.
- Start by sautéing some garlic lightly, slowly add your béchamel and cream. Reduce the heat and start adding your cheeses one by one, whisking continuously. Reserve some of the cheese for later, and continue to cook. Add cream to thin or more béchamel to thicken as per your liking.
- Finally, add your pasta, seasonings, and at the end,



your truffle oil.

- Add to a ramekin, garnish with parsley and more cheese. Crush up the Cheetos cheese puffs for crunch. And as desired either gratinate in a high oven or blow torch so that the cheese on top melts inside.

- You can add whatever meat or veg you like to this recipe. Best results would be achieved with mushrooms, bacon and shrimp. Or if you feel like splurging, some butter sautéed lobster meat goes excellently with this recipe.



Red Velvet

Ingredients:

- 3 cups flour
- 1 teaspoon baking powder
- 1 egg
- Salt to taste
- 4 tablespoons condensed milk
- ½ cup milk
- 2 teaspoons vanilla extract
- 30 grams cream cheese
- 5 grams white chocolate chips
- 5 grams rainbow sprinkles
- Icing sugar for dusting
- 1 cup whipped cream

Method:

- Make a batter with flour, baking powder, egg, milk, condensed milk, salt and vanilla. For cream cheese frosting, blend together cream cheese, milk and icing sugar until smooth.
- Preheat waffle iron to 200 degrees celcius, and grease with butter. Introduce batter and reduce heat to 175 degrees. Cook both sides for about 10-12 minutes until colored. Remove and allow to rest for 1 minute before cutting.
- Dust with icing sugar, sprinkle white chocolate chips, sprinkles, frosting. Top with whipped cream.

Crisp & light baked waffles with a new twist - the much loved red velvet flavor. Topped with white chocolate chips, cream cheese frosting, soft whipped cream

& rainbow sprinkles; this desert waffle is nothing close to the humble waffles we have for breakfast.

What Should I Read Next?

WITH THE FESTIVE SEASON ALL DONE WITH, AND AS THE NEW YEAR DAWNS, HERE ARE SOME GOOD READS THAT WILL ENGAGE YOU WHEN YOU ARE IN THE MOOD FOR SOME SOUNDS OF SILENCE!



Rogue Lawyer *By John Grisham*

Sebastian Rudd is not your typical street lawyer. He lives alone and works out of a customized bulletproof van with a heavily armed driver. He has no firm, and no associates. He defends people other lawyers won't go near because he believes everyone is entitled to a fair trial. He hates injustice and doesn't like big corporations. This is one of John Grisham's most colorful and outrageous characters yet. Gritty, witty, and impossible to put down, the book showcases the master of the legal thriller at his very best.

To Russia for Love *By Kenneth Eade*

Book two of the controversial bestselling eco-thriller/espionage series, it's a wild ride when a regular guy enters a life of espionage. Ukraine is perched at the beginning of a bloody civil war. Involuntary spy Seth Rogan finds himself back in Russia when his Russian secret agent girlfriend disappears while on an undercover assignment in Ukraine amidst the political upheaval and unrest. How does his former employer, the giant chemical company and GMO seed king Germinat, stand to benefit from the war and how involved is the company in her disappearance?

Being Hindu *By Hindol Sengupta*

Hinduism has an unbroken trajectory of beliefs & rituals that have endured for many millennia. But what does all that mean to the modern Hindu? How does the faith speak to those who follow it? Away from the debate around religions, this one's an attempt to understand why for so many Hindus their faith is one of the most powerful arguments for plurality & unity in diversity. Being Hindu is the exploration of Hinduism in a way you've never seen before - almost through your own eyes.

Aarushi *By Avirook Sen*

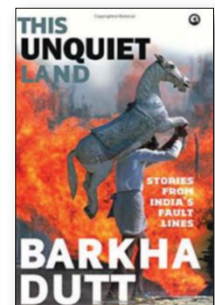
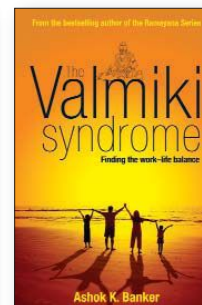
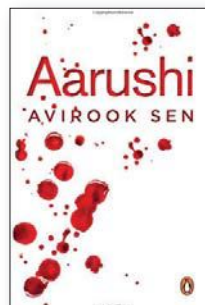
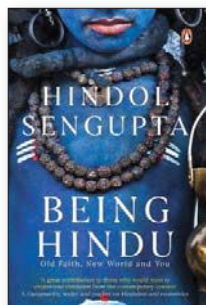
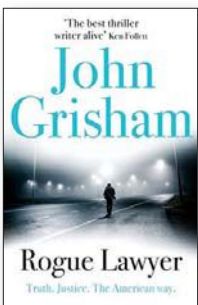
Seven years ago, teenager Aarushi Talwar was found murdered in her bedroom in Noida, Delhi. The body of the prime suspect, the family servant Hemraj was found a day later. Within weeks, Aarushi's parents were accused, & 4 years later - convicted. But did they do it? Avirook Sen attended the trial, accessed important documents and interviewed everyone from Aarushi's friends to Hemraj's old boss, the investigators, and the forensic scientists, to write a meticulous and chilling book that reads like a thriller but also tells a story that is horrifyingly true.

The Valmiki Syndrome: Finding The Work- Life Balance *By Ashok K. Banker*

In his first major work of non-fiction, Banker writes of Ratnakaran the bandit, who made a living out of killing & looting to support his family, & his change into Valmiki, the sage. Using his story & modern ones from today, he shows us how they contain the answers to our most pressing issue: how to prioritize, manage, & enhance our personal as well as professional lives. Insightful & utterly inspiring, the book is a map to the most elusive treasure of modern existence - personal fulfillment.

This Unquiet Land : Stories from India's Fault Lines *By Barkha Dutt*

A 1st by Dutt, it is one of the most remarkable books ever published about contemporary India, arguably the most complex society on earth, it tells the truth about the country's secrets, lies, torments, triumphs, heroes, and villains. India's fault lines run wide and deep and have spawned rapists, murderers, terrorists, prophets of religious hatred, & corrupt politicians. Dutt recounts the ones that have left an indelible mark on her. Taken together, they provide a vivid & devastating portrait of our unquiet land.



TAROT FORECAST

By Kanika Khatwani (January-March 2016)

YOUR FORECAST NUMBER IS THE SAME NUMBER AS YOUR BIRTH DATE. FOR EXAMPLE, IF YOU ARE BORN ON THE 22ND OF NOVEMBER, YOUR FORECAST NUMBER IS 22 AND IS RULED BY THE PLANET URANUS



Ruled by the Planet Sun – 1st, 10th, 19th and 28th

Career: Bright ideas will suddenly manifest. Trust your intuition, add your own personal touch, and build up your confidence.

Health: Make sure you balance your sleep, diet, and exercise, as you may notice stiffness in your movement.

Love: Your head and heart may be in a conflict. Focus on solving one issue at a time.

Special Message: Share your wealth to bring inner happiness.

Ruled by the Planet Uranus – 4th, 13th, 22nd and 31st

Career: You have already put in your hard work and are waiting for results. You'll notice things suddenly work out in your favor in the most unexpected ways.

Health: Check your Vitamin D levels. You may feel tired or drained out. Take care of your skin.

Love: Distance may help in moving your relationship into a stronger phase.

Special Message: Be optimistic. Property matters bring luck!

Ruled by the Planet Neptune – 7th, 16th and 25th

Career: Focus on building a foundation and stabilizing yourself. Dream bigger. Follow the rules and structure it step by step.

Health: You'll be healthy and happy!

Love: It's good to indulge in nostalgia. Understanding your past may answer many questions.

Special Message: Listen to your intuition and look into your past, as that could bring forward interesting ideas.

Ruled by the Planet Moon – 2nd, 11th, 20th and 29th

Career: The New Year begins with abundance and prosperity, and you will be a good influence on your coworkers.

Health: Improvement in health is likely. It's a good time for pampering, so take some time off and treat yourself!

Love: Those single, may move into a new relationship and those in a committed one, will form a more romantic and stronger bond.

Special Message: Have faith and make decisions based on your inner feelings.

Ruled by the Planet Mercury – 5th, 14th and 23rd

Career: Put in your best efforts, be flexible, and have patience. It will ultimately pay off in the long run.

Health: Superb energy and strong willpower are likely.

Love: Understanding others' situations would help in coming to a solution.

Special Message: Be creative and focus more on organizational skills and networking.

Ruled by the Planet Saturn – 8th, 17th and 26th

Career: You will be in demand. Rewards and recognition for previous efforts are likely and travel is indicated.

Health: Be careful about putting too much pressure on your mind and intellect.

Love: You'll be happy, content, and there will be stability in your relationship. It's a fertile time.

Special Message: Be thankful for all the help and comfort, and move away from all negative habits.

Ruled by the Planet Jupiter – 3rd, 12th, 21st and 30th

Career: Deals and contracts will move in your favor. Avoid making any hasty decisions, as decisions made now will have a significant impact on the future.

Health: You may feel low on energy, and your stomach could give you trouble. Watch what you eat.

Love: You may discover new ways of building your relation and may want to spend some quiet time with yourself.

Special Message: Have patience and transform slowly. Avoid any major investments.

Ruled by the Planet Venus – 6th, 15th and 24th

Career: Enjoy your success and popularity. Set your goals higher and discard everything that blocks your growth.

Health: You may be very emotional and a pregnancy announcement is likely.

Love: You will be in a flirtatious and romantic mood. You will also be very caring and will listen to and understand others' situations.

Special Message: Consistency in efforts and helping those in need will be beneficial.

Ruled by the Planet Mars – 9th, 18th and 27th

Career: Look out for new challenges and opportunities away from the current place. Give yourself some time to look for new answers.

Health: It's advisable to consult a doctor or a specialist for any issue.

Love: It's important to give time, space and attention to your partner. Schedule yourself well.

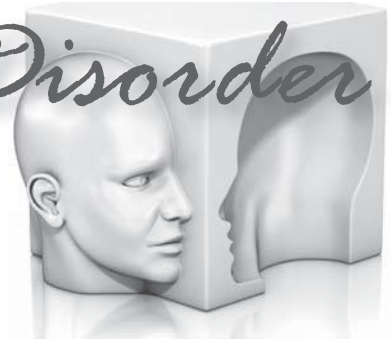
Special Message: Focus on increasing your skill set. Gather all the necessary information.

Why So Extreme?



Understanding Bipolar Disorder

**DR. ANJALI CHHABRIA IS
A CONSULTANT
PSYCHIATRIST &
PSYCHOTHERAPIST**



The life of a person with Bipolar Disorder is like reincarnation: living one life after another, each one immensely different from another. During these periodic drastic shifts of mood, common emotions become intensely and often unpredictably magnified.

One case that has been etched in my memory is that of a man who's behaviour was seen as erratic and out of control. He drove recklessly with his family in the car and was almost hit by a bus. He would go on extreme cleaning and shopping sprees, and spend on unnecessary things. Then, 2 months later, he would lay in bed for days without talking to anyone or moving. Although he may have coped well in between episodes, he experienced low-level symptoms in these relatively 'stable' periods. This also had an adverse impact on his daily life. His family decided to explain his symptoms to a psychiatrist. He is a classic archetype of Bipolar Disorder.

Mood changes are a part of everyday life for all of us. However, the shifts in mood experienced by those who suffer from Bipolar Disorder vary in intensity. So how does one distinguish between the condition and an everyday shift in mood? It is simple yet intricate. Bipolar disorder is characterised as a severe mood disorder.

Individuals show signs of feeling low and depressed, experience feelings of hopelessness, a lack of energy, and social withdrawal. At other times, high manic moods can bring about the delusion of grandeur, unrealistic optimism as well as a loss of inhibition. The symptoms are severe enough to lead to impairment in work, social, or academic functioning, and may lead to involuntary hospitalization to prevent harm to self or others.

If untreated, the disorder may wreak havoc on the personal life of the sufferer. Unstable moods frequently disrupt the person's personal or work relationships, so much so that he/she may find it difficult to find a life partner. In addition, impulsive behavior can also be destructive and may lead to suicidal tendencies or death of others.

Research shows that Bipolar people are more likely to abuse drugs and alcohol. As many as 50% of people with the disorder have a problem with substance abuse as it alleviates their symptoms.

Questions that psychologists often come across are - 'Can a person with Bipolar Disorder ever lead a normal life? Is there a cure?' The answer is - No, it cannot be cured, but it can be treated with medication and ongoing therapy. It is possible to

lead a normal life provided there is a secure routine alongside it. The most effective therapy used for people with Bipolar Disorder is Cognitive Behavioral Therapy (CBT). It aims at reconstructing irrational thoughts that directly affect emotions and behavior. It involves learning how to change negative thinking patterns and behaviours into more positive ways of responding. For Bipolar Disorder, the focus is on managing symptoms, avoiding triggers for relapse, and problem-solving. Research has shown that mindfulness-based cognitive therapy helps fight and prevents depression, anger, agitation, and anxiety. The mindfulness approach uses meditation, yoga, and breathing exercises to focus awareness on the present moment and break negative thinking patterns. This is a modern day approach that the psychologists are practicing.

All in all, procuring knowledge about the disorder is beneficial for both the afflicted person and his/her care takers. It is important to be aware of the shortcomings and also the advantages. Malcolm Gladwell in his book 'David and Goliath' said that "there is always an advantage to a disadvantage and a disadvantage to an advantage". There is never a linear aspect to a situation; it all depends on where one shines the light.





BY DR. DURU SHAH

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SURRO GACY...

*My
point of
view!*

Surrogacy first got popular when celebrities like Shah Rukh Khan and Aamir Khan spoke of their personal experience with it.

But recently there has been a raging controversy in the media on the subject. This is because the Bill to formalize its legality, will soon be introduced in the Parliament. A few people believe that surrogacy is ethical; whilst many don't understand what it really is. These are the people who get confused and sway like a pendulum, depending on what they read or hear about it. As a gynecologist working in the field, I would like to give you my point of view.

Surrogacy is a technique utilized by IVF experts to help couples have their own biological children with the assistance of other women who have the capability to bear children. This is the only way we can help women who are born without a uterus, have untreatable uterine disease, whose uteri have been removed for medical reasons, or who have medical reasons for not carrying a pregnancy. If science has the capability to help these unfortunate women, is it not ethical to provide them with such assistance?

Surrogacy is termed altruistic when a dear friend or relative is willing to carry the pregnancy on behalf of the concerned woman, and without any commercial benefits to herself. On the other hand, commercial surrogacy

occurs wherein an unrelated woman is willing to carry the patient's baby and hand over the baby after the delivery, for a fee.

In some countries surrogacy is legal, whilst in some it is banned, both for legal and ethical reasons. The recent success with uterine transplantation in carrying pregnancies to term may replace surrogacy in the future, once uterine transplantation is made available to one and all. But realistically, this may take another 10 years! Until then, surrogacy will be the mainstay of helping such women have their own biological children.

In India, surrogacy is legal and was initially available to all. Since the IVF centers here have excellent medical expertise (matching International Standards), and provide the entire treatment at a lower cost with English speaking doctors, surrogacy became popular with international clientele. This is similar to international patients coming to India for various medical treatments, through medical tourism.

Thus, the business world looked at it as a huge industry because of the allied services which were required and their gain through such services. The travel industry, hotel industry, hospitals, surrogacy homes, etc. all got involved through agencies which promoted surrogacy abroad. Surrogates earned money for their childrens' education and bought better homes for themselves, IVF

experts collected their professional fees, but it was the agencies who got the maximum financial gains. With the lure of money, many illegal and unethical practices came into play, mainly because this medical treatment with so many ramifications does not have any monitoring agency to overlook assisted reproduction as it occurs in other countries.

Whether surrogacy is ethical or unethical is a debatable issue, depending on who you speak to and whose viewpoints are stronger. The jury is still out! Are surrogates really exploited by foreign clients? I don't think so. All my foreign clients have done more than expected for their surrogates - women who have assisted them in bringing so much joy into their lives. Our international patients respect them, they love them for what they have done for them, and besides paying their dues as per their contracts with the surrogates, they have given them much more than they asked for, mainly towards the education of their children.

If you talk to surrogates who have been engaged at ethical centers, you will find that they all feel good about participating in the surrogacy program, because it gives them a better status at their homes. They are well cared for during their pregnancies and deliver in hospitals that they could never have afforded before. They now also envisage a better future for their children.





Does your *Body* have a soul? *Or* Does your *Soul* have a body?



Poonam Badlani
Qi-Gong Healer & Wellness
Therapist

This one's a question, if reflected on, that will lead you to unravel the mystical purpose of taking birth. For those of us who believe in karma and reincarnation, we know that the soul chooses the physical form to fulfil its destiny. Creation itself always has a purpose. Once we acknowledge this and make a choice to embark on a journey of self discovery, it naturally culminates in being the primary objective of our life and living.

The human body is not just a physiological system. It is a living organism that is conscious and intelligent. The soul is an energetic entity that lives through us in the body 'temple'. Experiencing total health is not just physical fitness but an inner wellness, a connection with the soul and the spirit within you. The grace, beauty, and radiance of being connected to the divine spark inside you will reflect on your aura and in the quality of the life you aspire to live.

Every single moment of our life offers an opportunity for growth. Each realization of your own personal energetic potential will bloom into a festive occasion and your very life will become a celebration.

The conscious attainment of soul searching of the self for integration and wellness can be achieved with reflections and periodic checks on our states of being. The body, mind, and spirit have to be aligned. With this we

feel we are part of something larger and then endeavour to experience true authentic wellness.

Through these 7 steps of conscious awareness we can monitor our growth on our path towards enlightened living. The 1st level of consciousness is reached with the development of good character and the understanding that there is a purpose and meaning beyond the concrete material world. You realise your place in the Divine Plan.

The 2nd level of consciousness can be achieved by getting in touch with the emotional nature of you. An honest appraisal, even though it may be exhausting, is vital. To attain this requires self understanding towards bringing up repressed complexes, dominant reactions, traumas, as well as unattended unconscious past hurting imprints, to clear and resolve.

The 3rd level can be achieved by giving attention to the mental side of you. This needs knowledge and applied wisdom with committed effort to rid the mind of ignorance and all negative thoughts, dilemmas and conflicts that bring unrest in day to day living.

The 4th level of consciousness brings both the emotional and mental nature into balance with compassion. You begin to gain mastery in many areas of life - relationships will improve, you will feel an increased freedom from

emotionally charged areas of life, there will be deeper understanding of the feminine energies, and respect for nature. A sense of meaning of your individual path will begin to emerge.

The 5th level of being is attained when you begin functioning purely from the intuitive and spiritual principles. Much inner work of the personality has been done, and the long ingrained egoic play stops pulling you down. There is a new pattern of living. The mind is clear and focused, all doubts and fears are overcome and replaced with faith. Your consciousness realises it has been liberated. You toss up your dependency on outer time or forces.

At the 6th level, life is lived with love and intelligence. The beginning of cosmic consciousness, the universal forces and pranic energies are openly received for one's evolutionary ascension. There is an unfolding of the true vision and inner calling to live a life of purpose. You are committed to humanitarian causes and strive to make a difference.

The 7th level of consciousness is reached when there seems to be only a very thin line of partition between you and the Essence of the Universe - like a circle with a thin line representing the circumference, you feel deeply connected with All That Is. It is a gift. Claim it. It's your birthright.



*To know more you can email the author at
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EFFECTS OF SMOKING & PAAN ON THE ORAL CAVITY



In Southeast Asia, Taiwan, and Papua New Guinea, smoking, alcohol consumption, and chewing of Betel quid or Areca nut with or without tobacco are the predominant causes of oral cancer.

Betel nut is the one of the most commonly abused substances in the world. It has detrimental effects on the mouth and affects the soft tissue in the oral cavity like the gums, cheek, lip, and tongue, in potentially fatal ways. *Paan* is a mouth freshener made of Betel leaf and consists of chopped Areca nuts and a variety of perfumes and spices slaked with lime and assembled into a quid sealed with paste.

The National Cancer Institute states that Betel nut use is the most common in Asia, where millions chew the product. Most cancers in the oral cavity originate from the tongue and cheek. The risk increases even more if the person drinks alcohol as well. People with this habit usually suffer from an inability to open their mouth fully due to hardening of tissues, a condition that is referred to as oral submucous fibrosis. It may also cause complaints of burning of the oral tissues and intolerance of spices. Quite a few pre cancerous lesions originate from this. The effects are markedly seen on the teeth by way of

discoloration and also gaps formed between the teeth due to constant impaction of this mix in the interdental spaces. The gum tissue gets flattened and consequently leads to bone loss, eventually leading to the early loss of tooth from the oral cavity.

Another common cause of oral cancer is smoking. Pipe smokers and smokeless tobacco users are prone to excessive wear of their teeth. In fact, the teeth develop facets on the edges. The eventual exposure of tooth dentine can lead to deep tobacco staining. Tobacco, whether smoked or chewed, causes halitosis - otherwise known as bad breath. It also leads to changes in the mucosa lining the oral cavity some of which may be termed as pre-cancerous.

Additionally, cleft lips and palates are twice as common amongst children born to mothers who smoked during pregnancy. The use of breath freshening mints to alleviate the bad breath can cause dental erosion due to the larger quantities of sugar and citric acid contents. It is also seen that smokers have higher levels of calculus on the teeth. There exists a relation between oral cancer, and the combination of heavy intake of alcohol and use of tobacco, thus raising the risk of oral cancer significantly than the use of either substance alone.

Heavy drinkers who also smoke, are at 38 times more risk of oral cancer than the non-smokers who do not drink. Alcohol increases the permeability of the oral mucous membrane which is thought to enhance the carcinogenic effect of tobacco based products.

Smoking cessation reduces the risk to oral cancer. However there is some evidence to suggest that it may take at least 20 years for the risk to fall to that of those who have never smoked.

The diseases most commonly associated with smoking are smoker's palate/nicotinic stomatitis, smoker's melanosis, and oral candidiasis. The mechanism is not fully understood, but it has been suggested that tobacco smokers have decreased blood oxygenation leading to decreased oxygen delivery to the tissues which also impairs healing following oral surgery. Loss of blood clots following extractions leads to dry sockets 4 times more frequently in smokers than non-smokers. This also is very painful for the person post surgery.

Hope this will help you understand the implications of these damaging habits and drive you to live healthily!



SNAPSHOTS



Hosts - Anjori Alagh, Laila Motwane, Twinkle Khanna, Smriti Mehra & Deval Sanghvi



Maheep Kapoor & Seema Khan



Twinkle Khanna



Shaheen Abbas



Sussanne Khan



Neelam Soni



Alka Bhatia Hiranandani



Dipannita Sharma



Sonali Bendre

White Window's Festive Showing

WHAT - A home décor store by Twinkle Khanna, showcased a fun day for festive shopping featuring home décor, fashion apparel, gifting essentials and sweet treats.

WHERE - In store, Mumbai.

WHAT ELSE - The soiree unveiled 'A Candle Carnival' by the Faraway Tree, a sneak peek into home décor line 'Le Cirque' by The White Window, home-ware and imported kitchen items from houseproud.in, festive fashion wear by designer Laila Motwane, scrumptious desserts from Parfait and bespoke stationery and gifts from Esche.



Ranbir, Neetu & Rishi Kapoor with kids from CCDT

Come Together

WHAT - Sara D'Mello, Founder & Managing Trustee, Committed Communities Development Trust (CCDT) commemorated its Silver Jubilee year by hosting a musical evening.

WHAT ELSE - Founded in 1990, CCDT is a voluntary, secular registered Trust. CCDT works with communities in the field of HIV/AIDS, Health & Nutrition, Child Protection and Adolescent & Youth Empowerment using a rights-based approach.



Haseena Jethmalani



Mamta Anand, Sunita Kewalramani, Randhir Kapoor & Sara D'Mello



Roopa Fabiani



Abu Jani



Sandeep Khosla



Manoj Jain & Rima Kapoor Jain



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Deepa & Mahesh Jagwani with Gauri Khan & Renu Oberoi



Vandana Jagwani with children from the Mann Foundation



Renu Oberoi & Deepa Jagwani



Yasmin Morani, Kunika Singh, Rashmi Nigam, Mahesh Jagwani & Kiran Bawa

Splendour & Sparkle

WHAT - Deepa Jagwani of Mahesh Notandass Fine Jewellery launched the "Heritage Collection" in the presence of Brand Ambassador Gauri Khan.

WHERE - In store, Turner Road, Mumbai

WHAT ELSE - Vandana Jagwani also launched her debut collection "Belle By Vandana". A part of the proceeds from this went to Mann Foundation.



Yasmin Karachiwala



Sheeba Akashdeep & Bhagyashree Dasani



Heena Kalantri, Vandana & Deepa Jagwani & Shraddha Sala



Krishika Lulla



Varda Nadiadwala



Maheka Mirpuri & Deepa



Sanjana Arora, Neha Premjee, Vandana Jagwani & Komal Rukhana



Mahesh Jagwani, Aly Morani, Rajiv Tolani & Deepak Khabrani



Mahesh Jagwani & Raaj Lalchandani



Renu Chainani & Nandita Mahtani



Kiara Advani

Pop-Up At Ananya

WHAT - Nandita Mahtani, who is synonymous with resort and cocktail wear, hosted a pop up at her store Ananya with friend and interior designer Renu Chainani.

WHERE - In store, Mumbai.

WHAT ELSE - The soiree unveiled resort wear, contemporary jewellery, fitness wear, beach footwear, modern art inspired clothing, denim wear, & quirky accessories.



Gauri Pohoomul, Mala Hemnani & Indu Mahtan



Radhika Mehra, Renu Chainani, Deanne Pandey, Nandita Mahtani & Anouk Grewal



Tanya Deol



Rouble Nagi



Samaira & Riddhima Sahani



Shaina N C



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Fabled Lifestyle of Royals

WHAT - Royal Fables, a heritage exposition that presents the rich, cultural imprint of Imperial India, opened in the bustling city of Mumbai in December 2015.

WHERE - St Regis, Mumbai.

WHAT ELSE - This two day unique exposition showcased a rich repertoire of heritage inspired art, costumes, jewelry, home accents, and handicrafts designed by the blue-blooded heirs of leading Indian royal families themselves.



Anshu Khanna, Founder Royal Fables & Sadhana Baijal, Managing Partner



Kunwarani Priyanjali Katoch, Lambagaon -Kangra, Kamini Singh of Seohara & Rajkumari Gitanjali Shah of Tehri Garhwal



Yuvraj Vikramaditya Singh J & K with HH Maharani Radhika Rajee Gaekwad of Baroda



Amrita Rana Singh Nepal



Kunwar Mayankraj Singh Kayasthpada



Digvijay Singh, MP Rajya Sabha



Maharaj Brajraj Singh, Kishangarh, Princess Vaishnavi Kumari-Kishangarh & Kumarsaheb Padmanabh Jadeja of Gondal



Avantika Kumari & Yuvrani Sangita Singh Kathiwada



Sunny Leone



Princess Rajyashree Kumari Bikaner



Arjan Bajwa with Shreedevi Chaudhary



Nisha JamVwal with Designer Mayurr Girotra



Ritu Shivpuri



Princess Chandni Kumari Singh Seohara



Shishir Baijal, Chairman Knight Frank India, Yuvraj Vikramaditya Singh Jammu & Kashmir, Sharad Kachalia, Dealer Principle, Rolls Royce Motor Cars Mumbai

Hotspot in the Burbs

WHAT - Khar's quiet by-lanes have been home to many nice things. The neighbourhood now has a new surprise - a brand new Social opened its doors here recently. It also plays host to the country's first ever Skate Park inside a restaurant.

WHERE - Khar, Mumbai.

WHAT ELSE - Sindhis can rejoice when they see a section with bean bags boasting of many Sindhi surnames.



Riyaaz Amlani & Kiran Amlani



Sonakshi Sinha



Elena Kazan



Sona Mohapatra



Prateechi Mohapatra



Surendra Hiranadani with his wife Alka



Masumeh Makhija



Sameer Malhotra



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Maheka Mirpuri With Anil Kapoor & Vivek Oberoi



Amrit & Koshi Mirpuri



Avinash Bhosale & Maheka Mirpuri



Ujjwala Raut



Anu Ahuja

Fundraiser by Maheka Mirpuri

WHAT - Maheka Mirpuri's MCan Foundation hosted its third charity gala & fundraiser.

WHERE - Taj Mahal Hotel, Mumbai.

WHAT ELSE - MCan, which had raised Rs.70 lakhs from previous fundraisers, raised Rs.78 lakhs at this year's fundraiser. The fundraiser was in aid of the underprivileged patients fighting cancer at Tata Memorial Hospital (TMH).



Maheka Mirpuri with Mahesh & Deepa Jagwani



Geeta Oberoi, Kunika Singh & Yasmeen Morani



Poonam Dhillon



Renu Oberoi



Kailash & Aarti Surendranath



Kintu & Kishore Bajaj



Rohit & Mansi Roy with Ronit & Neelam Roy



Maheka Mirpuri With Jeetu & Resham Hemdev



Priyanka & Vivek Oberoi



Jyoti Mukherji, Dia Mirza, Amy Billimoria & Priya Dutt

Walk of Pride

WHAT - To celebrate her 40th birthday, Amy Billimoria brought forth movie industry influencers and little girls to walk for a cause, in association with Nargis Dutt Memorial Charitable Trust.

WHERE - In store, Juhu, Mumbai.

WHAT ELSE - Power women from the movie industry took to the ramp with little girls in much style and aplomb to support the cause.



Krishna Abhishek & Kashmira Shah



Sonu Nigam & Amy Billimoria



Rhea Pillai, Queenie Singh & Madhoo Shah



Akanksha Agarwal



Zayed Khan



Dia Mirza



Mini Mathur & Maria Goretti



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