

The Pioneer

# EXOTICA

HERE COMES THE SUN

APRIL 2025 | ₹100



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# SAVOUR APRIL IN ALL ITS RADIANT GLORY!

**B**efore we realised it, a quarter of the year has slipped past, and the spring equinox already behind us. Life moves at such a relentless pace — like in a fast-moving train — the view from the window changes before you even get to see let alone savour it. That is precisely why, every now and then, we must pause, loosen our grip on the hurried world, and sink into the embrace of an old rocking chair. To indulge in the art of slow living-reading, reflecting, and letting imagery unfold naturally, free from the grip of ubiquitous gadgets and the relentless demands of city life.

And now, April has arrived in all its radiant glory. The world is bright, sun-kissed, and waiting—simply waiting—for attention. April can be as exotic as you desire — if only you will it to be. April is a month of awakening—when the warmth of summer begins to paint the landscapes in golden hues, urging us to step out, explore, and indulge in the finer things in life. At Exotica, we embrace this season of vibrance with a curated selection of stories that span the breadth of art, travel, culture, and history.

In this issue, we take you on a nostalgic ride through the world of vintage cars — where every model tells a story of a bygone era. These timeless beauties evoke the romance of the open road and craftsmanship that is rare in today's world. Our cultural odyssey continues with the exquisite Parsi Gara embroidery—an art form that interweaves history, heritage, and meticulous craftsmanship. We unravel the timeless appeal of these heirloom pieces that have adorned generations with their intricate designs and rich storytelling. As summer beckons, we guide you to the most idyllic rendezvous — where leisure meets adventure. Whether it's a tranquil retreat by the hills, an escape to the seaside we bring you travel inspirations that blend excitement in equal measure.

What is summer without a sip of refreshment? Our culinary connoisseurs present an array of drinks that redefine indulgence—perfect for cooling down under the sun while tantalising your taste buds with vibrant flavours. And as we traverse across India's landscapes, we bring you a soul-stirring journey through Kerala—God's Own Country. With its swaying palms, and rich cultural tapestry, Kerala remains an eternal muse for travellers seeking both relaxation and discovery. April's issue is an ode to experiences that enrich the soul — whether through history, art, travel, or indulgence. Let this month be one of exploration, appreciation, and celebration.

Happy reading!



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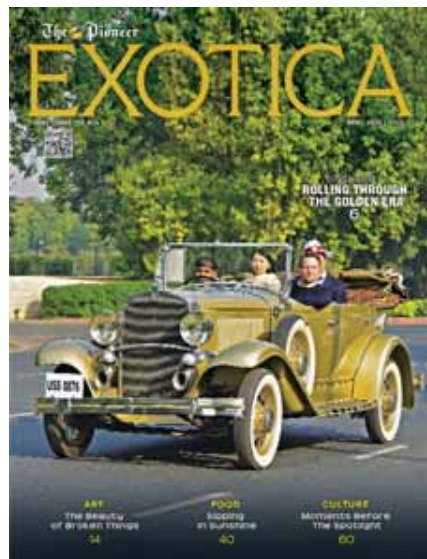
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# Rolling Through The Golden Era

*In recent years, India's passion for vintage cars has grown beyond a niche hobby into a thriving community of collectors, restorers, and automobile historians. Captured by PANKAJ KUMAR, this resurgence reflects a deep appreciation for classic automobiles, says GYANESHWAR DAYAL*



**L**ove for Vintage cars is no less than a romance of a lifetime. The person who falls for the beauty and demeanour of these old ladies has a love of a lifetime. For the uninitiated, recall Farhan Akhtar of the iconic Bollywood movie *Zindagi Na Milegi Dobara* who goes nuts just seeing these old cars in bright colours of red and sky blue.

From the stunning curves of a 1929 Rolls-Royce Phantom II to the bold presence of a 1954 Chevrolet Bel Air, these 'old ladies' have a charm that is unmatched. Over the past few decades, the

passion for vintage cars has seen a remarkable surge in India, with collectors and enthusiasts taking this love to new heights. For many vintage car enthusiasts, the fascination goes beyond aesthetics. These cars represent a bygone era of luxury, precision engineering and hand-crafted beauty. Owning and restoring a vintage car is akin to preserving a piece of history, with each vehicle carrying a unique story. Be it the grandeur of a Buick Super Eight or the timeless appeal of a Hindustan Landmaster, vintage cars has a soul that resonates deeply with collectors.

## THE GROWTH OF VINTAGE CAR CULTURE IN INDIA

Vintage car rallies, exhibitions, and heritage drives have become a common sight in cities like Mumbai, Delhi, Kolkata, and Hyderabad. Events such as the 21 Gun Salute International Vintage Car Rally and the Cartier Concours d'Elegance have provided a platform for enthusiasts to showcase their prized possessions. Moreover, social media has played a crucial role in connecting vintage car lovers across the country.



### Challenges and Triumphs of Restoration

Unlike modern vehicles with readily available spare parts, vintage cars often require extensive research and sourcing of original components. In India, restorers and mechanics specialising in vintage cars have become increasingly sought after. Cities like Chennai and Pune have seen the rise of skilled craftsmen who can meticulously rebuild engines, repair bodywork and replicate period - correct interiors. Interestingly enough the earlier cars were made of wood and a metal sheet was plastered over it to give a metallic look. Besides their spoke wheels and their carriage style gave them a majestic look. Many of these cars are painstakingly restored and are at display in Heritage Transport Museum in Delhi NCR. "Restoring old cars is like preserving a piece of history. It's a meticulous process to bring them back to their original glory," says Tarun Thakral, whose passion brought the Heritage Transport Museum to life. Despite the challenges, the joy of seeing a beautifully restored classic on the road is unparalleled.



IN INDIA, RESTORERS AND MECHANICS SPECIALISING IN VINTAGE CARS HAVE BECOME INCREASINGLY SOUGHT AFTER. CITIES LIKE CHENNAI AND PUNE HAVE SEEN THE RISE OF SKILLED CRAFTS



### Preserving Automotive Heritage

With the growing interest in vintage cars, there is also a renewed focus on preserving India's automotive heritage. Museums and private collectors are working to document and showcase the evolution of automobiles in India. Efforts are being made to protect historically significant vehicles from being scrapped or lost to time. Vintage car clubs, restoration garages and automobile historians are ensuring that the legacy of these "old ladies" continues to thrive. Their dedication highlights that these cars are symbols of history, art and engineering excellence.

### Vintage cars: The royal touch

The erstwhile Maharajas of India had a deep fascination with luxury cars, particularly Rolls-Royce, which symbolised their opulence, status and power. During the early 20th century,

### FROM THRONES TO TRIALS

Post-independence in 1947, the princely states were integrated into the Republic of India, and the economic realities shifted drastically. The newly independent nation imposed high taxes on princely wealth and the Privy Purse-financial allowances given to the former royals-was abolished in 1971 by the Indian government. Stripped of their vast fortunes, many Maharajas had no choice but to sell off their prized possessions, including their magnificent Rolls-Royce collections, to collectors and museums worldwide. Today, these cars remain a testament to a bygone era of regal extravagance.





VINTAGE CARS, LIKE THE ELEGANT 1957 CHEVROLET BEL AIR OR THE SLEEK 1961 JAGUAR E-TYPE, CARRY STORIES OF THE PAST. THEY TURN HEADS, SPARK NOSTALGIA

Indian royalty became one of the biggest patrons of Rolls-Royce, commissioning custom-built models adorned with gold, ivory and exquisite embellishments. It is estimated that more than half of the Rolls-Royce cars produced in the world during that era were made for Indian Maharajas. These cars were not just transport; they showcased wealth, used in ceremonies, hunting, and even garbage collection.

**The 21 Gun Salute: Concours d'Elegance**

To honour vintage cars, numerous rallies are organised across the country throughout the year, with some gaining increasing popularity. One such event is the 21 Gun Salute.

The heart of New Delhi witnessed an extraordinary spectacle as the 11th edition of the 21 Gun Salute Concours d'Elegance. A breathtaking



THE WMS 1812 IS A RARE VINTAGE CAR, VALUED FOR ITS HISTORY AND CRAFTSMANSHIP. COLLECTORS ADMIRE SUCH CLASSICS FOR THEIR RARITY, WITH FETCHING HIGH PRICES AT AUCTIONS



parade of over 125 rare vintage cars and 50 vintage motorcycles, capturing the essence of India's rich motoring history. The event featured an impressive lineup of iconic vehicles, including the 1939 Delahaye, the 1903 De Dion Bouton-one of the oldest cars in the concours-the 1917 Ford Model T Roadster and the regal 1935 Cadillac Fleetwood. The three day event concluded at the Leela

Ambience, Gurugram. The coveted Best of Show award was claimed by the majestic 1922 Rolls Royce Silver Ghost of Mayurbhanj princely state, owned by Dhanraj Gidwani since 1992, Gidwani remarked, "All the cars in this event are special and priceless." The 1935 Buick 90L (ex-Ayodhya), owned by Diljit Titus, secured first prize in the Post-War American Coupe category.





### THE CLASSIFICATION OF OLD CARS

Contrary to popular perception not all cars are vintage cars. Old cars are classified into different categories based on the era of their manufacture, reflecting historical and technological advancements in automobile design. Here's a rundown of the key classifications:

#### VETERAN CARS (PRE-1905)

- Also known as the Brass Era or Pioneer Era cars.
  - Characterised by hand-built craftsmanship, steam, electric and early gasoline engines.
- Example:** 1886 Benz Patent-Motorwagen, the first car by Karl Benz.

#### EDWARDIAN CARS (1905-1918)

- Named after King Edward VII's reign in Britain.
  - EMarked by improvements in internal combustion engines, the introduction of the steering wheel (replacing tillers), and mass production.
- Example:** Ford Model T (1908), which revolutionised the automobile industry with assembly line production.

#### VINTAGE CARS (1919-1930)

- Cars produced between World War I and the Great Depression.
  - More advanced engineering, stronger steel chassis, and luxurious coach building.
- Example:** Rolls-Royce Phantom I (1925), Bugatti Type 35.

#### PRE-WAR CARS (1931-1945)

- Includes both Depression-Era Cars and World War II Vehicles.
  - Innovations like independent suspension, hydraulic brakes, and streamlined designs.
- Example:** Cadillac V16, Mercedes-Benz 540K, Volkswagen Beetle (designed in the late 1930s).

#### POST-WAR CLASSIC CARS (1946-1959)

- The post-WWII era saw major automotive growth with more stylish designs, tailfins, and the introduction of muscle cars.
- Examples:** Chevrolet Bel Air, Jaguar XK120, Mercedes-Benz 300SL Gullwing.



#### CLASSIC CARS (1960-1979)

- Covers muscle cars, early supercars, and the transition to modern engineering.
- Examples:** Ford Mustang (1964), Porsche 911 (1964), Lamborghini Miura (1966).

#### MODERN CLASSICS OR YOUNGTIMERS (1980-1999)

- These are not officially vintage yet but are recognised as emerging classics.
  - Includes early supercars, high-performance sedans, and experimental designs.
- Examples:** Ferrari F40 (1987), McLaren F1 (1992), BMW E30 M3.

FROM THE STUNNING CURVES OF A 1929 ROLLS-ROYCE PHANTOM II TO THE BOLD PRESENCE OF A 1954 CHEVROLET BEL AIR, THESE 'OLD LADIES' HAVE A CHARM THAT IS UNMATCHED. THE 1939 DELAHAYE, THE 1903 DE DION BOUTON-ONE OF THE OLDEST CARS IN THE CONCOURS-THE 1917 FORD MODEL T ROADSTER

Each of these categories reflects the evolving design, engineering, and cultural significance of automobiles throughout history.





# THE BEAUTY OF BROKEN THINGS



Delhi's scrap art parks showcase stunning sculptures from waste, captured by **PANKAJ KUMAR**. These remarkable creations reflect creativity and sustainability, transforming discarded materials into artistic masterpieces, says **SAKSHI PRIYA**

There's something magical about seeing something once discarded come to life in a completely new form. In the heart of Delhi, amidst the city's fast-paced chaos and towering skyscrapers, lie hidden gems that celebrate the art of transformation, parks where scrap metal, old tyres, and discarded machinery have been



turned into breathtaking sculptures.

These parks are places where waste becomes wonder, and where history, culture and environmental consciousness merge. Whether it's the towering Eiffel Tower made from scrap metal at *Waste to Wonder Park*, the glowing tricolour light tower in *Shaheedi Park* or the global animal sculptures in *G20 Park*, each piece tells a story, one

that urges people to rethink what they throw away.

Walking through these parks, it is impossible to remain unmoved. How often does one get to witness an entire world recreated from discarded materials? From *Pragati Maidan's* artistic ode to nature to *Shaheedi Park's* tribute to India's freedom fighters, every space offers a new perspective on what waste can become.





Scrap art is a wonderful reminder that nothing is truly useless. It takes discarded materials, old metal, wood, wires, and everyday junk and turns them into something meaningful and beautiful. It's creativity at its best, proving that even broken things can have a second life



**G20 Park, Chanakyapuri**

Created to commemorate India's G20 presidency, G20 Park in Chanakyapuri is unlike any other. Here, national animals and birds from G20 countries have been sculpted entirely from waste, forming an open-air gallery that represents unity through sustainability.

Designed by 25 artists from the Lalit Kala Akademi, the sculptures range from fierce to graceful, each embodying the spirit of the nation it represents. It's a place that highlights India's leadership in global discussions on climate and conservation while serving as a visual masterpiece celebrating the world's diversity.

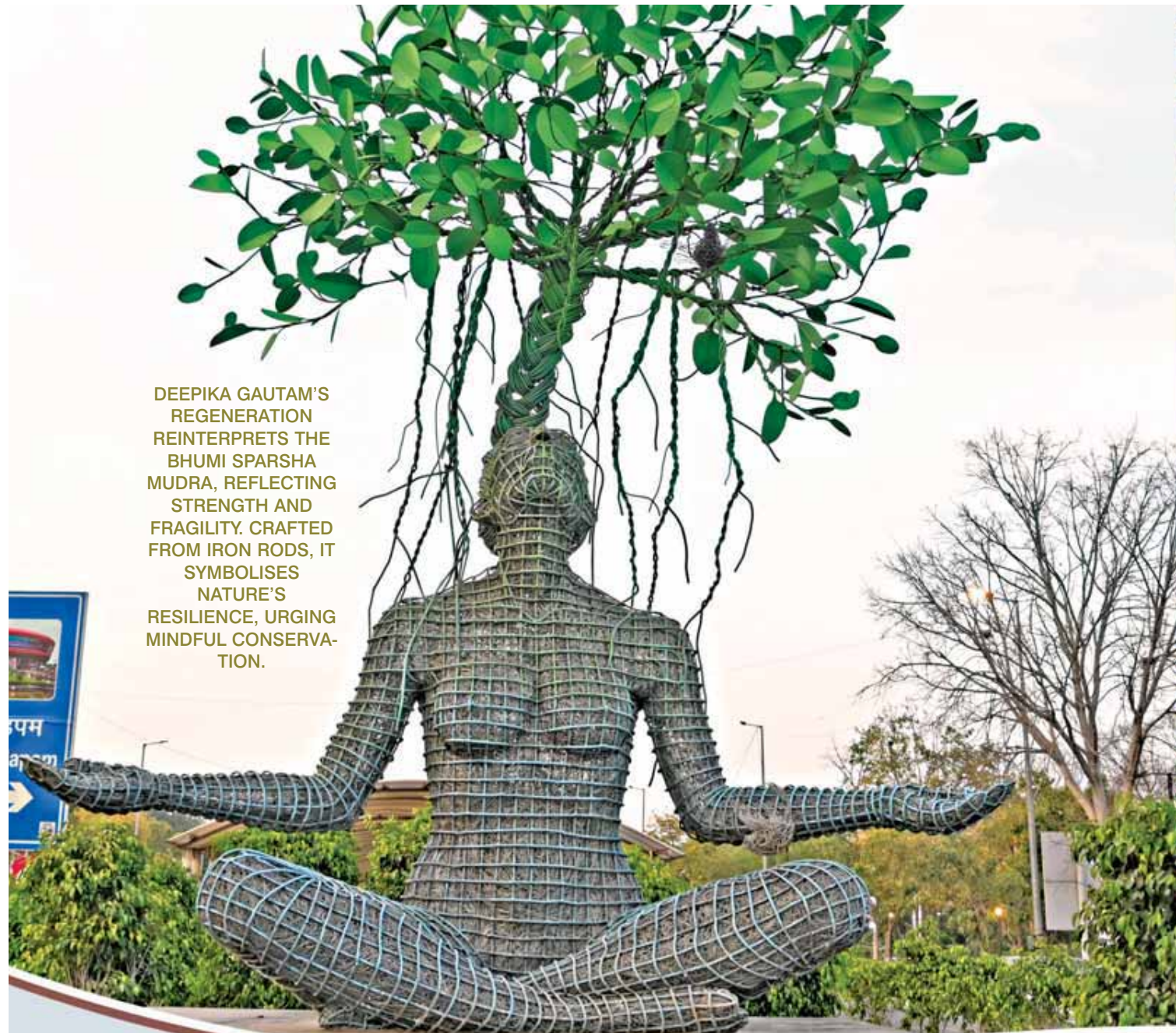


Each sculpture, each piece of metal and rubber, once had a different purpose, now, it stands as a reminder that nothing is truly useless.

Delhi's scrap art parks are a movement, a revolution in how art and sustainability can coexist. They invite visitors to step into a world where creativity breathes life into forgotten materials, proving that sometimes, the most beautiful things emerge from the most unexpected places.

For anyone visiting the capital, these parks are a must-see. They don't just tell stories of history, culture, and environmental consciousness, they inspire.





DEEPIKA GAUTAM'S REGENERATION REINTERPRETS THE BHUMI SPARSHA MUDRA, REFLECTING STRENGTH AND FRAGILITY. CRAFTED FROM IRON RODS, IT SYMBOLISES NATURE'S RESILIENCE, URGING MINDFUL CONSERVATION.

### Pragati Maidan

Pragati Maidan is known for its grand exhibitions and trade fairs, but beyond the stalls and business meetings stands a stunning sculpture that stops visitors in their tracks, Bhoo Devi. Crafted entirely from scrap metal, this striking figure of a woman, adorned with birds and flowers, serves as a poignant reminder of the connection between humans and nature.

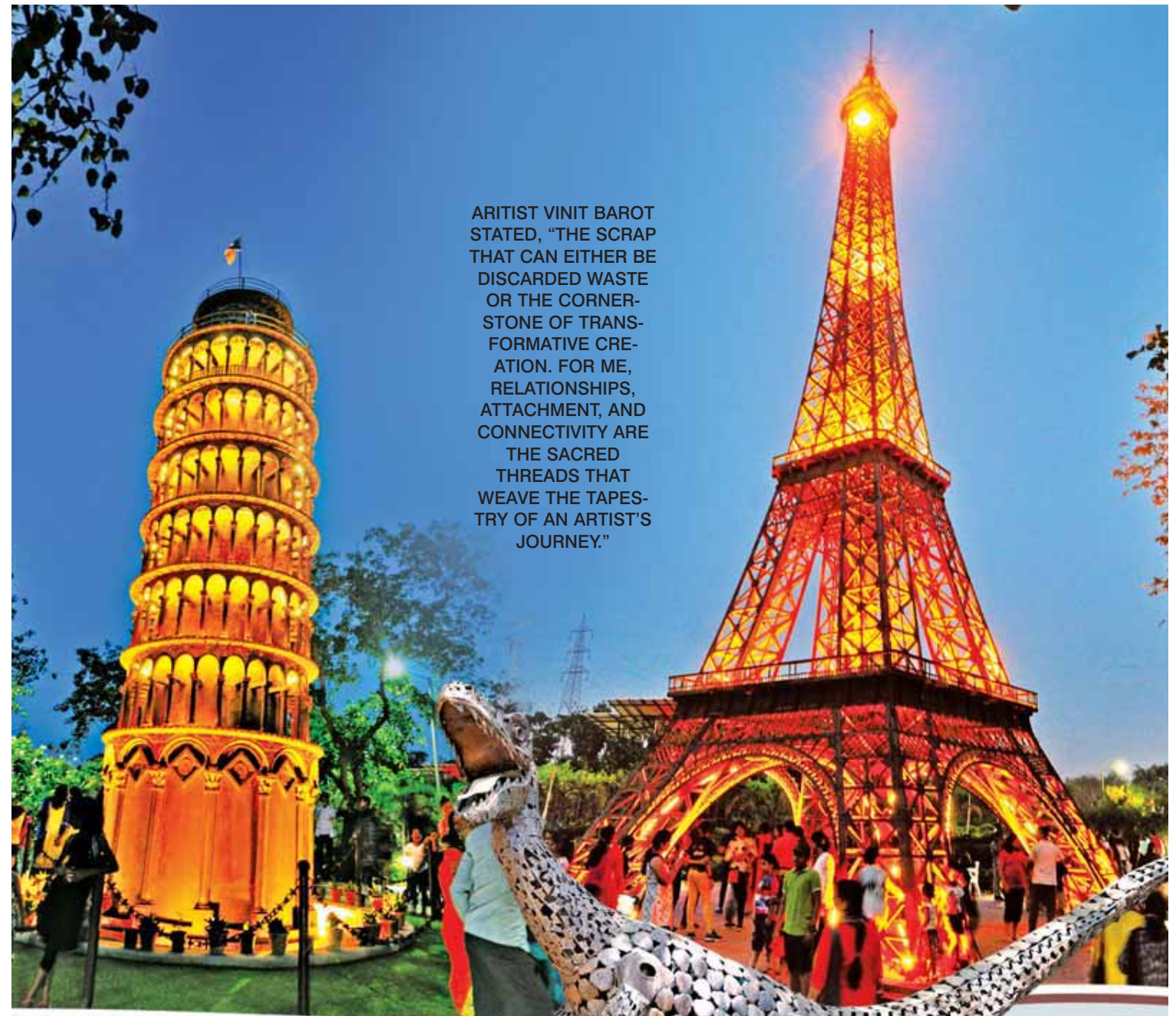
It is a statement in itself. In a world where industrialisation often distances people from nature, this sculpture brings the two together. It

embodies the delicate balance between urbanisation and ecological responsibility, urging visitors to consider how human actions impact the planet.

### Waste to Wonder Park

If there's one place in Delhi that proves waste can be turned into something extraordinary, it's Waste to Wonder Park. Here, some of the world's most iconic monuments have been recreated using nothing but scrap.

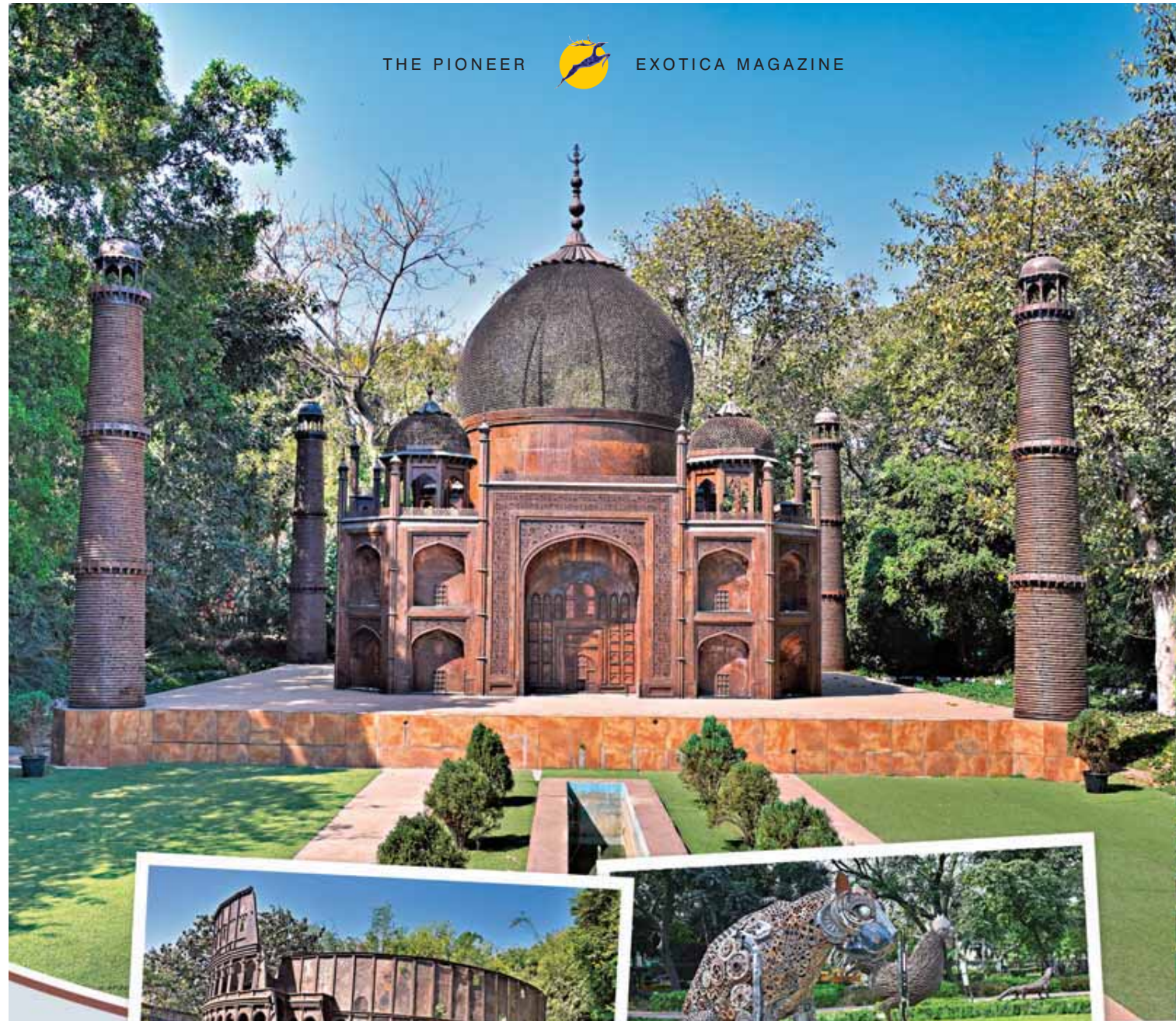
The most breathtaking of them all? The Eiffel



ARTIST VINIT BAROT STATED, "THE SCRAP THAT CAN EITHER BE DISCARDED WASTE OR THE CORNERSTONE OF TRANSFORMATIVE CREATION. FOR ME, RELATIONSHIPS, ATTACHMENT, AND CONNECTIVITY ARE THE SACRED THREADS THAT WEAVE THE TAPES-TRY OF AN ARTIST'S JOURNEY."

Tower. Standing tall and majestic, it's hard to believe that this masterpiece was once just a pile of discarded vehicle parts, pipes, and metal sheets. At night, when it lights up, it's almost as if Paris itself has been transported to Delhi.

Alongside it, the Statue of Liberty, the Leaning Tower of Pisa, and the Taj Mahal all stand proudly, each built with creativity and precision. Every piece here tells a story of reinvention, proving that sustainability and artistry can go hand in hand.



**Shaheedi Park**

While some parks focus on global landmarks, Shaheedi Park is deeply rooted in India's history. Scrap art at Shaheedi Park transforms iron, metal sheets and automobile parts into powerful sculptures that honour history and sustainability.

Figures of Mangal Pandey, Rani Chennamma, Rani Lakshmibai and Taty Tope stand tall, their

forms built using everything from old vehicle parts to electronic waste. The detailing is astonishing, each expression, each stance captures the fierce determination of these warriors.

Scrap metal has been shaped into statues of the country's greatest freedom fighters. These creations turn discarded materials into meaningful artistic expressions with awareness.



A STRIKING DRAGON SCULPTURE CRAFTED FROM SCRAP MATERIALS, SYMBOLISING STRENGTH, RESILIENCE AND SUSTAINABILITY. MADE FROM DISCARDED IRON, AUTOMOBILE PARTS, AND METAL SHEETS, THE DRAGON, A POWERFUL EMBLEM IN MANY CULTURES, REPRESENTS WISDOM AND PROTECTION, MAKING IT A FITTING TRIBUTE WITHIN THE PARK





# Mystical North Kerala

*North Kerala's best-kept secret, where history, adventure, and nature collide in an unforgettable journey, writes*  
GYANESHWAR DAYAL

**C**alicut (Kozhikode) and Wayanad remain two of the state's most unexplored and enchanting destinations. While Kerala is renowned for its backwaters and serene beaches, these regions offer a different kind of charm — one that blends history, adventure, and untouched natural beauty. From breathtaking landscapes to thrilling adventure sports, Ayurvedic healing, and a rich bounty of spices and honey, North Kerala is a treasure trove waiting to be discovered.

In recent years, Wayanad faced a major landslide disaster that deeply impacted its communities and natural environment. However, the region has demonstrated remarkable resilience. Through concerted efforts by the local population and the government, roads have been

restored, infrastructure has been rebuilt, and tourism is thriving once again. The people of Wayanad have shown an indomitable spirit, transforming the region into an even more welcoming destination for travellers.

For adventure enthusiasts, Wayanad offers an adrenaline rush like no other. Trekking through the misty mountains of *Chembra Peak*, with its heart-shaped lake, is a bucket-list experience. The *Edakkal Caves* provide a fascinating insight into prehistoric art and human civilisation. Wildlife lovers can explore the Wayanad Wildlife Sanctuary, home to elephants, tigers, and exotic bird species. Zip-lining, rock climbing, and river rafting have also gained popularity, making Wayanad a hotspot for thrill-seekers.



Kerala is synonymous with Ayurveda, and Wayanad is home to some of the best Ayurvedic retreats in India. The region's pristine environment, rich herbal resources, and expert practitioners make it an ideal place for rejuvenation. Visitors can indulge in traditional therapies, detox treatments, and yoga sessions amidst lush greenery, providing a holistic wellness experience.

The fertile lands of North Kerala produce some of the finest honey and spices in the world. Wayanad's organic honey is renowned for its purity and medicinal properties, while spices like cardamom, black pepper, cinnamon, nutmeg, cloves, and turmeric have been exported for centuries. A visit to the local spice plantations

offers a firsthand look at the process of cultivation and an opportunity to take home a piece of Kerala's aromatic legacy.

Wayanad forms part of the *Nilgiri Biosphere Reserve*, a stunning expanse of rolling hills, mist-laden valleys, and lush tea and coffee plantations. The region is dotted with picturesque waterfalls such as *Meenmutty* and *Soochipara*, adding to its breathtaking landscape. The cool climate, rich biodiversity, and endless greenery make it a paradise for nature lovers and photographers alike.



### Calicut: A City of History and Flavour

Calicut, once a flourishing port on the spice route, is a city steeped in history. It was here that Vasco da Gama first set foot in India, forever changing the course of trade and culture. Today, the city retains its historical charm with landmarks like Kappad Beach and the centuries-old Mishkal Mosque. Calicut is also famous for its delectable cuisine, particularly the legendary Malabar biryani and crispy banana chips.

No trip to North Kerala is complete without indulging in its authentic cuisine, traditionally served on a banana leaf. A typical Kerala sadya (feast) includes an assortment of dishes like avial (a mixed vegetable dish), thoran (stir-fried vegetables with coconut), sambar, rasam, pappadam, and

payasam (a sweet dessert). The use of coconut, tamarind, and freshly ground spices gives Kerala cuisine its distinct, rich flavours. The seafood delicacies, such as meen pollichathu (grilled fish in banana leaf), are also a must-try for visitors.

### The Heart of North Kerala: Its People

One of the most endearing aspects of North Kerala is the warmth and hospitality of its people. The locals take great pride in their culture and traditions, welcoming visitors with open arms and genuine smiles. Whether it's a friendly conversation with a spice farmer in Wayanad or the generosity of a family serving home-cooked meals, the human connection makes the travel experience truly unforgettable.



With improved infrastructure, renewed enthusiasm, and an undying spirit of hospitality, North Kerala is now more ready than ever to welcome travellers. Whether you seek adventure, tranquillity, or cultural immersion, Calicut and Wayanad promise an unforgettable experience.

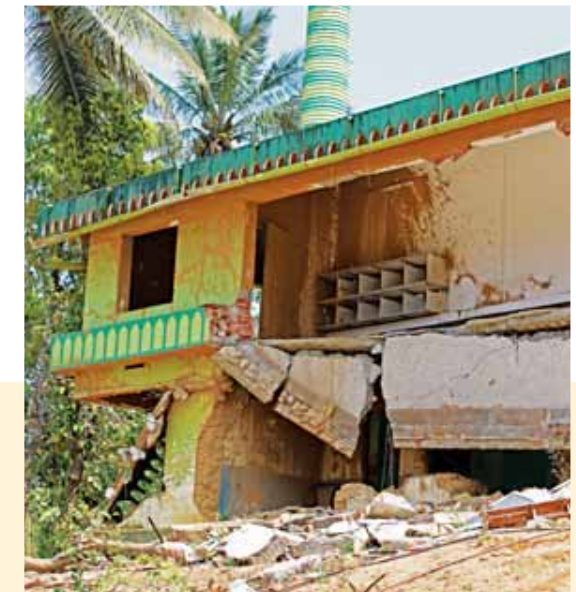
For travellers eager to step off the beaten path, North Kerala offers an extraordinary blend of history, nature, and adventure, making it a hidden gem that deserves to be on every explorer's map.

### Wayanad: A Story of Resilience

In July 2024, Wayanad, a picturesque district in Kerala, India, experienced one of the most devastating natural disasters in its history. Torrential rains triggered massive landslides, notably affecting the villages of Punjirimattom, Mundakkai, and Chooralmala. The calamity resulted in the tragic loss of over 420 lives, with 397 individuals injured and 47 reported missing. Entire villages were swept away, and approximately 10,000 residents were displaced.

The immediate aftermath saw a swift and coordinated response. Temporary shelters were established, and essential supplies were distributed to the affected populace.

In the months following the disaster, Wayanad showcased remarkable resilience. The community, along with governmental and non-governmental



organisations, embarked on extensive rehabilitation efforts. Infrastructure was rebuilt, homes were reconstructed. The tourism sector, vital to Wayanad's economy, received focused attention to rejuvenate its appeal to visitors.

A significant political development also marked Wayanad's journey to recovery. Today, Wayanad stands as a testament to human spirit and community solidarity. The district has not only rebuilt its infrastructure but has also strengthened its disaster preparedness, ensuring a safer and more resilient future for its residents.

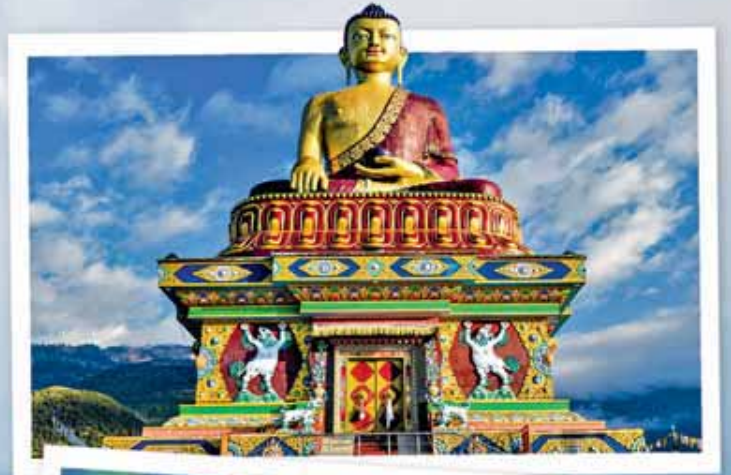
# SUN KISSED ODYSSEYS

*Why settle for the usual? Beyond the hyped, the lesser known summer destinations will make your travel happening, writes ABHI SINGHAL*

**T**ravel is the most beautiful feeling in the world and it's already April. The month of April brings in the jist of the summer season with partially warm days and pleasant breezes around and across touching your soul. With summer setting in, the mountain regions generally get overpriced and crowdy, ditching the title of an ideal spot. Since, Manali, Mussorie, Shimla, Goa and Kasol always stay in the hype and are loaded with crowds and chaos, here are some summer destinations you can add to your go to travel list.

**"I TRAVEL NOT TO GO ANYWHERE, BUT TO GO. I TRAVEL FOR TRAVEL'S SAKE. THE GREAT AFFAIR IS TO MOVE."**

**- ROBERT LOUIS STEVENSON**





### Ziro Valley, Arunachal Pradesh

**Scenic Beauty:** Known for lush greenery, terraced rice fields, and misty hills, *Ziro Valley* offers breathtaking landscapes.

**Cultural Heritage:** Home to the Apatani tribe, preserving ancient traditions and hosting the famous *Ziro Festival of Music*.

**Adventure & Wildlife:** Ideal for trekking, hiking, and birdwatching, with rare species at *Talley Valley Wildlife Sanctuary*.

**Local Cuisine:** Enjoy *Apatani* delicacies like bamboo shoots and smoked meat for an authentic taste of the region.

### Tawang, Arunachal Pradesh

**Tawang Monastery (Gaden Namgye Lhatse):** This is a must-see, being one of India's largest.

**Sela Pass:** A high-altitude mountain pass that connects *Tawang* to *Tezpur* and *Guwahati*, offering stunning views of the Himalayas.

**Bumla Pass:** An *Indo-China* border pass, known for its offroading and panoramic views of the Eastern Himalayas.

**Gorichen Peak:** The highest peak in Arunachal Pradesh, considered a sacred place by the *Monpa* tribe.

**Panga Teng Tso Lake (PT Tso Lake):** A high-altitude lake with a serene and peaceful atmosphere.

**Madhuri Lake (Sangetsar Lake):** A scenic lake amidst the mountains, known for its stunning turquoise waters and surrounding greenery.

**Tawang War Memorial:** A solemn tribute to Indian soldiers who sacrificed their lives during the *Sino-Indian War* of 1962.



### Khajjiar, Himachal Pradesh

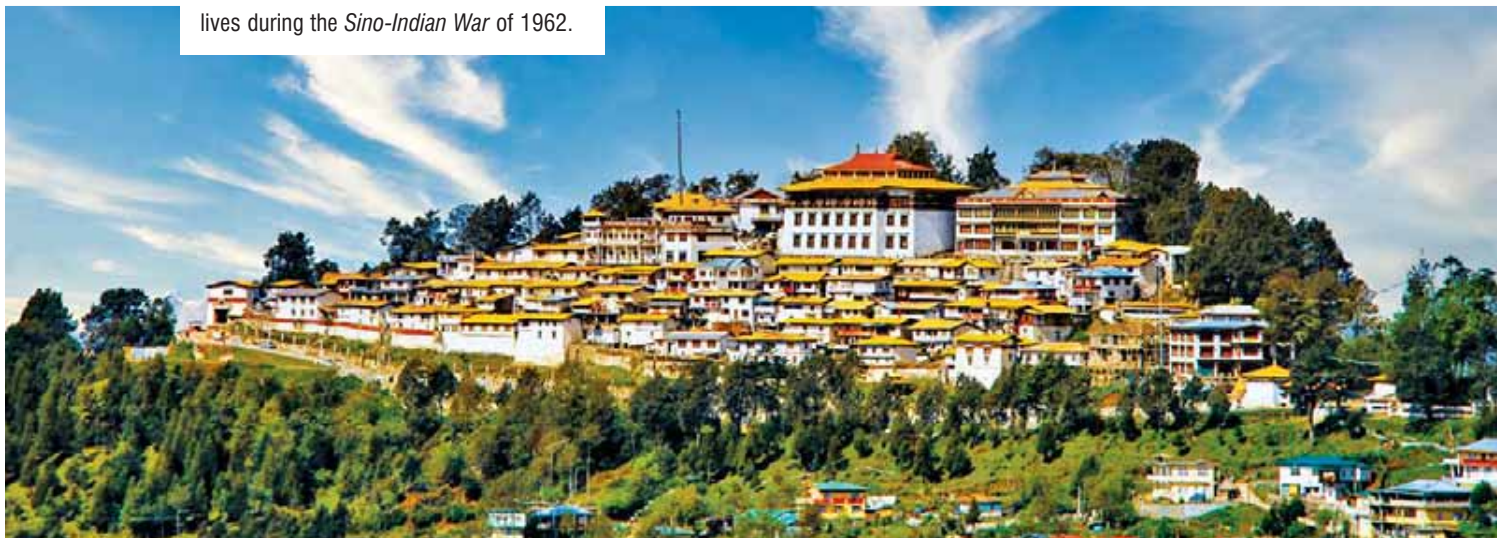
**Dhauladhar Mountains:** Offers panoramic views with dense deodar and pine forests.

**Kalatop Khajjiar Sanctuary:** A wildlife haven, perfect for trekking and picnics.

**Khajjiar Lake:** A scenic, saucer-shaped lake with a floating island.

**Khajji Nag Temple:** A 12th-century temple with Naga idols, wooden carvings, and *Pandava-Kaurava* imagery.

**Activities:** Walk around *Khajjiar Lake*, enjoy paragliding, horse riding, and hiking. In winter, snow reaches 3 feet.



### Kabini, Karnataka

**Nagarhole National Park:** A wildlife haven, home to diverse flora and fauna, perfect for nature lovers.

**Kutta Village:** A serene town with coffee, spice, and paddy plantations, ideal for nature walks.

**Kabini Dam:** Built in 1974, it serves 22 villages and 14 hamlets.

**Kabini Backwater Viewpoint:** A tranquil spot offering breathtaking views.

**Kabini River:** Also called *Kapila River*, it sustains the *Kabini Forest Reserve* is a visiting perfection.

### Shillong

**Elephant Falls:** A breathtaking three-tier waterfall near Shillong, named after an elephant-shaped rock. Surrounded by forests, ideal for photography. Explore nearby street shops and try on traditional *Khasi* attire.

**Don Bosco Museum:** Explore Northeast India's tribal history through artifacts, tools, and cultural exhibits and traditional dance displays.

**Laitlum Grand Canyon:** A paradise for trekkers offering panoramic views of green hills and mesmerising sunsets.

**Police Bazar:** Shillong's bustling night market offers shopping, cafes, and street food like momos and *Khasi* delicacies.





**CULINARY HERITAGE**

Jüsta Diwans Bungalow serves as a culinary haven, celebrating the rich gastronomical heritage of the Kadri family. The fragrances wafting from the kitchen beckon your appetite, where traditional Gujarati dishes intertwine beautifully with Mughlai influences. Under the skilled hands of Chef Sunil and his assistant Rehana Bano, who carries forward family recipes passed down through generations, every meal here becomes a delightful exploration.

# Regal Feels At Ahmedabad Bungalow

*A 150-year-old ancestral home in Ahmedabad, offers an experience blending Gujarati, neo-Gothic, and Islamic architecture, writes AKANKSHA DEAN*

As I drive through the labyrinthine lanes of Ahmedabad, I am enveloped by the whispers of history that swirl around me. My destination, a 150-year-old heritage hotel transformed from the ancestral home of the distinguished Kadri family, reveals itself beneath the soft glow of the moonlight. The moment I pass through the stately iron gates of Jüsta Diwans Bungalow, I am greeted by the beguiling charm of a bygone era, arched doorways, intricate jalis, and

the gentle splash of a fountain creating an ambiance that feels almost ethereal.

**Architectural Symphony**

The architectural allure of Jüsta Diwans Bungalow is nothing short of extraordinary. Standing confidently in the Raikhad locality, this historic hotel is a seamless blend of Gujarati, neo-Gothic, and Islamic influences, each detail embodying the artistry of bygone artisans. With its whitewashed

facade and standout jharokha-style windows, the bungalow showcases a captivating fusion that tells the story of its illustrious past. As I wander through its corridors, Corinthian capitals and colourful glass work catch the flickering torchlight, illuminating the craftsmanship that has survived centuries. Each of the eight opulent rooms tells a story of the Kadri lineage, their names echoing the legacy of the family. Accessed via a private staircase, these rooms are adorned with a riot of colours and handcrafted fabrics, combining modern aesthetics with antique charm. The inviting wooden furniture and vibrant Sanganeri quilts create an atmosphere that is both warm and dynamic, whispering tales of family gatherings and historic visits from leaders like Mahatma Gandhi.

**Echoes of History**

What makes Bungalow particularly intriguing is the indelible mark left by its original inhabitants,

the Kadri family. IM Kadri's (now in his nineties) memories are a tapestry of laughter and learning intertwined with the rich fabric of Indian history. The bungalow was often a nucleus of political discourse and familial camaraderie, hosting renowned figures including Vallabhbhai Patel. IM Kadri recalls lively cricket matches played on the manicured lawns and weddings celebrated amidst the picturesque backdrops of the bungalow's traditional architecture.

**A Home Away From Home**

As I relax on the veranda, bathed in the soft glow of twilight, I am reminded that this is more than a heritage hotel; it is a sanctuary of stories waiting to be shared. As I leave this oasis, I carry with me not only memories but a newfound appreciation for the rich tapestry of history woven into the very fabric of Ahmedabad.

.....  
She is an independent food & travel writer, a chef, and a catalyst.





PAWAN SONI

COLUMNIST

Food critic and founder of the Big F Awards

## INDULGENCE WRAPPED IN MYSTERY

*A hidden gem offering exquisite Japanese fine-dining in Delhi's heart*



The upscale Malcha Marg market has a new culinary gem, and it's already the talk of Delhi's elite, a Japanese fine-dining restaurant, is creating waves, but discreetly. With just 30 exclusive seats with prior reservation in the entire building, the restaurant is intentionally keeping things intimate to ensure unparalleled service and only the finest

ingredients for its well-heeled patrons. And those who know know, many have already returned for repeat visits.

At the helm of *Boya's* kitchen is the exceptionally skilled Chef Augusto Cabrera, whose reputation precedes him. Having followed his culinary journey across various establishments, I walked into *Boya* knowing I was in expert hands.



The ambiance set the stage beautifully, a crisp winter afternoon with sunlight streaming through the glass ceiling, the gentle hum of soft music, and the rhythmic clinking of cocktails being expertly shaken at the bar, a prelude to an unforgettable meal.

Our indulgence began with the yellowtail carpaccio, an exquisite testament to knife skills so refined that the translucent slices could only be delicately scraped off the plate. The interplay of diced capsicum, grated ginger, garlic, and soy lent a complex yet balanced depth of flavour, making this dish a masterpiece. If not for its premium pricing (Rs 2,175 for 85 grams), I would have gladly ordered another.

The *rock shrimp tempura* in Sriracha mayo, while competent, didn't quite match the standards set by the other dishes.



However, what followed more than made up for it. *The sea bream* in leche de tigre with hiyashi wakame was a revelation. This medium-sized white-fleshed fish, prized for its natural sweetness, was elevated by a traditional Peruvian marinade known as tiger's milk, a vibrant mix of lemon, garlic, fish stock, and milk that subtly "cooks" the raw fish in its citrusy acidity. This was my first encounter with this preparation, and I was instantly enamoured.

Next came the Filipino-style *pork belly* with chili soy, its razor-thin slices achieving a perfect crunch, offering a textural contrast that was nothing short of addictive.

When it came to *sushi*, we opted for just two variations: spicy salmon and Toro nigiri, featuring a sublime duo of chutoro and otoro. Each bite reaffirmed why *Boya's sushi* is already considered among the finest in the city. The buttery richness of the otoro, the impeccable quality of the fish, and the precise balance of seasoning left an impression so lasting that, even weeks later, my taste buds still crave those exquisite morsels.

Our grand finale was nothing short of spectacular: *Chilean sea bass* in miso and balsamic, crowned with freshly shaved black truffles. Having previously relished black cod in miso, I was pleasantly surprised to find that sea bass carried the flavours even better, perhaps due to the chef's masterful execution.

Dessert was a *decadent dark chocolate berry* with miso mousse, rounding off our meal on a note of sheer indulgence.

*Boya* is not just a restaurant; it is an experience, one that demands to be savoured on special occasions, or simply when you feel like celebrating life's finer moments. And for those moments, I know exactly where I'll be. And next time for an Omakase experience.

**Address:** Boya, 7/48, Malcha Marg, Block C, Diplomatic Enclave, Chanakyapuri, New Delhi  
**Phone:** 8826656089

**Disclaimer:** This article is for those who appreciate indulgence or are curious about where the rich and famous savour their meals.



# FRESH FUN & OH-SO-COOL

*Beat the heat with fresh, vibrant flavours, cool sips and crisp bites to refresh your summer, writes SAKSHI PRIYA*



**M**arch in Delhi already felt like the peak of summer, and now, as April sets in, the heat is relentless. Stepping outside feels like walking into a giant oven, making even the shortest stroll an endurance test. Covering the Summer Edition, one couldn't help but seek a culinary escape that not only refreshed the senses but also captured the essence of the season. *Eau de Monsoon* stands out as a sanctuary of cool indulgence, offering a menu designed to make summer not just bearable but deliciously invigorating. Beat the Heat with XO & Mi and Eau de Monsoon's Summer Specials — At Le Méridien, New Delhi.

## ORANGE BLUSH MIMOSA

A light and citrusy drink with a floral twist, perfect for hot summer days.

### INGREDIENTS

- 120 ml Orange juice (freshly squeezed)
- 15 ml Elderflower syrup
- 15 ml Lemon juice
- Soda (to top)
- Orange slice (for garnish)

### INSTRUCTIONS

- Pour fresh orange juice into a glass.
- Add elderflower syrup and lemon juice.
- Top with soda for a refreshing fizz.
- Garnish with an orange slice and serve chilled.

PHOTOS: PANKAJ KUMAR





## PAAN MOJITO

A unique twist on the classic mojito with an aromatic paan flavour.

### INGREDIENTS

- 1 betel leaf (paan)
- 7UP (to top)
- 1 scoop Vanilla ice cream
- Betel leaf (paan) (for garnish)

### INSTRUCTIONS

- Place a betel leaf at the bottom of a glass.
- Add a scoop of vanilla ice cream on top.
- Pour 7UP over the ingredients to create a fizzy blend.
- Blend slightly to combine flavours.
- Garnish with another betel leaf and serve chilled.

## APARJITA SPRITE SPRITZEL

A bold and tangy drink that combines sweet guava with a spicy kick.

### INGREDIENTS

- 120 ml Guava juice
- 1 dash Tabasco
- 15 ml Lemon juice
- Pinch of rock salt
- 15 ml Strawberry syrup
- 7UP (to top)
- Lemon slice (for garnish)
- Red chilli (for garnish)
- Red chilli powder (for rimming)

### INSTRUCTIONS

- Rim a glass with red chilli powder.
- Pour guava juice into the glass.
- Add Tabasco, lemon juice, and rock salt. Stir well.
- Mix in the strawberry syrup.
- Top with 7UP for a bubbly finish.
- Garnish with a lemon slice and red chilli. Serve chilled.



THE APARJITA COOLER IS A DELIGHTFUL FUSION OF FLORAL AND CITRUS NOTES, CREATING A DRINK THAT FEELS AS REFRESHING AS A SUMMER BREEZE. THE LAVENDER BRINGS A SOOTHING SWEETNESS, PERFECTLY BALANCED BY THE TANGY KICK. IT A PERFECT CHOICE FOR UNWINDING ON A WARM AFTERNOON. IT'S A DRINK THAT DOESN'T JUST QUENCH THIRST BUT ALSO FEELS LIKE A GENTLE ESCAPE IN A GLASS

## A PARJITA COOLER

A floral and citrusy cooler with a hint of butterfly pea tea.

### INGREDIENTS

- Ice cubes
- 15 ml Lemon juice
- 30 ml Lavender syrup
- Tonic water (to top)
- Lemon slice (for garnish)
- Dash of Butterfly pea tea

### INSTRUCTIONS

- Fill a glass with ice cubes.
- Add lemon juice and lavender syrup. Stir well.
- Top with tonic water.
- Garnish with a lemon slice and a dash of butterfly pea tea for a vibrant touch. Serve immediately.



## FRESHNESS IN EVERY FORKFUL!

As the temperatures rise, there's nothing more satisfying than light, refreshing dishes that cool the body and awaken the taste buds. Crisp textures, citrusy notes, and delicate flavours come together in a perfect symphony to offer relief from the heat. Whether it's the juicy burst of Pomelo Salad, the creamy elegance of avocado, or the hydrating sweetness of watermelon, these dishes bring a revitalising touch to summer dining.

Nothing beats the joy of fresh, vibrant flavours on a warm day, and XO & Mi by Le Belvedere delivers just that. Chef Shekhar Kiroula crafts each dish with a perfect blend of bold spices, delicate textures, and refreshing ingredients, making every bite a delightful experience. These appetisers aren't just food, they're an invitation to savour the season's best. Here's a closer look at these summer-perfect creations.

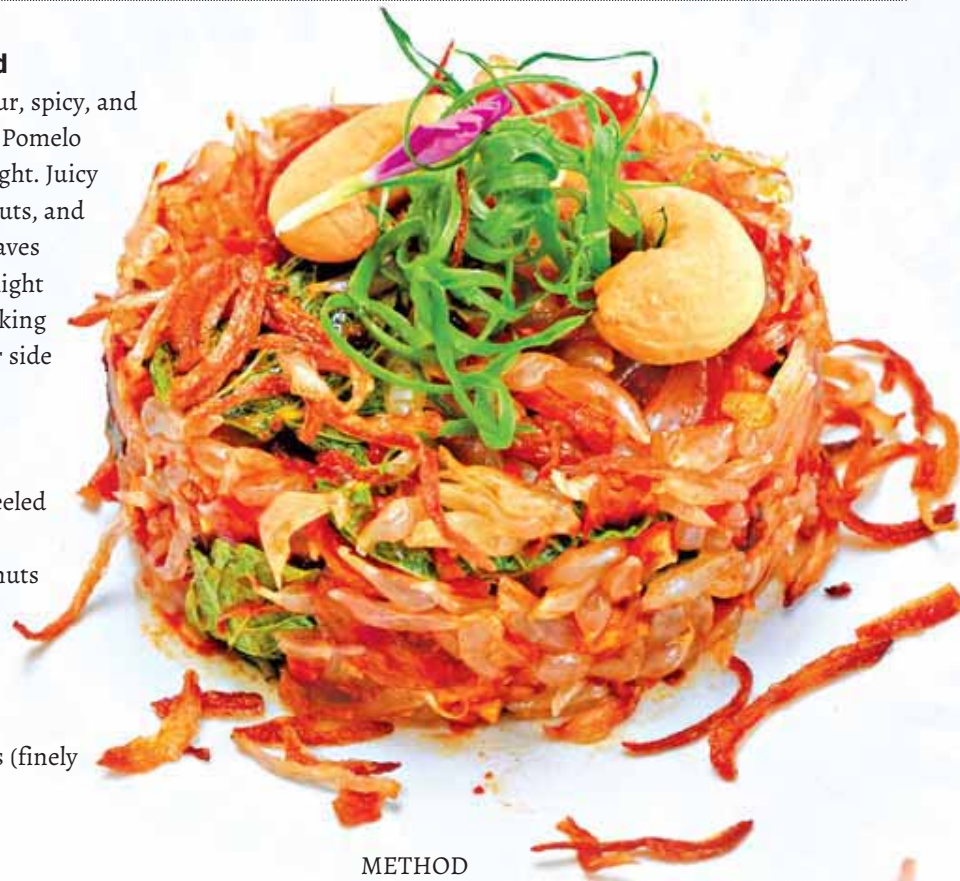
### Crunchy Pomelo Salad

A balance of sweet, sour, spicy, and savoury, this Crunchy Pomelo Salad is a textural delight. Juicy pomelo, crunchy peanuts, and fragrant kaffir lime leaves come together with a light yet zesty dressing, making it an ideal appetiser or side dish.

#### INGREDIENTS

(SERVES 2-3)

- 100 gm Pomelo (peeled and segmented)
- 5 gm Crushed peanuts
- 10 gm Chopped onion
- 1 Fresh red chilli (chopped)
- 2 Kaffir lime leaves (finely sliced)
- 10 gm Palm sugar
- 10 gm Lemon juice
- 2 ml Light soy sauce
- 3 gm Tiger red chilli (finely chopped)
- 3 gm Mint leaves
- 2 Fried cashew nuts
- 2 gm Spring onion (julienne cut)
- 1 Edible flower (for garnish)
- 3 gm Coriander leaves
- Salt (to taste)



#### METHOD

- Peel and segment the pomelo into bite-sized pieces.
- In a bowl, mix pomelo, mint leaves, red chilli, onion, kaffir lime leaves, lemon juice, soy sauce, palm sugar, coriander and salt.
- Toss well, adjusting seasoning if needed.
- Garnish with fried cashews, edible flowers, and spring onions and serve chilled & enjoy!



## AVOCADO & JALAPEÑO CARPACCIO

A Fresh and zesty treat for the plate. This dish is a refined, cold appetiser that highlights the creaminess of avocado, the citrusy notes of orange,

and the mild heat of jalapeño.

The delicate balance of textures and flavours makes it an elegant addition to any meal.

#### INGREDIENTS (SERVES 2)

- 0.3 gm Avocado (thinly sliced)
- 0.3 gm Orange segments
- 0.3 gm Ginger (julienne cut)
- 0.3 gm Green apple (cubed)
- 0.2 gm Celery (thinly sliced)
- 0.2 gm Spring onion (chopped)
- 0.1 ml Light soy sauce
- 0.3 ml White vinegar
- 0.3 ml Mirin
- Salt (to taste)
- 0.2 gm Micro-greens
- 0.4 gm Jalapeño (thinly sliced)

- 0.4 gm Fried onion
- 1.5 ml Ponzu sauce

#### METHOD

- Arrange thinly sliced avocado in a fanned-out pattern on a plate.
- Add orange segments, julienned ginger, green apple cubes, celery, and spring onion.
- Mix soy sauce, white vinegar, mirin, and salt, then drizzle over the dish.
- Sprinkle fried onions and micro-greens. Add sliced jalapeños for a touch of spice.
- Finish with a drizzle of ponzu sauce and serve immediately.



# Sipping in Sunshine

Beat the summer heat with refreshing, homemade shakes and mocktails that burst out with natural flavours, writes ABHI SINGHAL



The sun blazes high, shimmering over the city streets. It's that time of year when the air feels thick with the afternoons stretching endlessly and all you crave is something cool to sip on slouching on your sofas. The scorching summer heat often leaves us feeling drained but the right drink, the one that's refreshing and packed with natural goodness can be a true saviour.

While many reach for aerated sodas or sugary cold drinks, nothing beats the charm of homemade summer shakes and mocktails that are fresh, natural, and flavourful. To add more taste and visual appeal satisfactions, *Chef Diwas Wadhera*, Executive Chef, Eros Hotel, New Delhi adds his special element to each mocktail and shake.

## Mango Lassi Shake with a Twist

Nothing says summer like mangoes! This shake takes the classic Indian lassi up a notch with the aromatic touch of cardamom and saffron.

### INGREDIENTS:

- 1 cup ripe mango, chopped
- ½ cup yogurt (or coconut yogurt for a dairy-free version)
- ½ cup milk or almond milk
- 1 tbsp honey or jaggery
- A pinch of saffron & cardamom powder
- Ice cubes

**METHOD:** Blend everything until smooth. Serve chilled, garnished with chopped pistachios.

**SPECIAL CHEF TIP:** Experiment with different spices, like cardamom or cinnamon, to create unique flavour variations.



### Coconut-Lime Refresher

A light, hydrating drink packed with natural electrolytes, perfect for a post-sun escape.

#### INGREDIENTS:

- 1 cup fresh coconut water
- ½ lime, juiced
- 1 tbsp chia seeds (optional, for extra hydration)
- 1 tsp honey
- A few mint leaves

**METHOD:** Mix all ingredients in a glass and let it sit for 5 minutes so the chia seeds expand. Serve chilled with ice.

**SPECIAL CHEF TIP:** Garnish with a lime wheel or sprinkle shredded coconut for added visual appeal.



### Berry Basil Cooler

A refreshing mocktail that balances the sweetness of strawberries with the aromatic punch of fresh basil and a bubbly soda finish.

#### INGREDIENTS:

- 5-6 fresh strawberries
- 4-5 basil leaves
- 1 tbsp lemon juice
- 1 tbsp honey or agave syrup
- ½ cup soda water
- Ice cubes

**METHOD:** Muddle strawberries and basil in a glass. Add lemon juice, honey, and ice. Pour soda water and stir gently. Serve chilled.

**SPECIAL CHEF TIP:** Muddle fresh berries and basil leaves for added flavor and fragrance.



### Hazelnut Vanilla Cold Coffee

A smooth, creamy cold coffee with the nutty richness of hazelnut and a hint of vanilla, perfect for coffee lovers who want a café-style treat at home!

#### INGREDIENTS:

- 1 cup cold brewed coffee (or 1 tbsp instant coffee mixed in ½ cup warm water, cooled)
- ½ cup chilled milk (dairy or almond/oat milk)
- 1 tbsp hazelnut syrup (or 1 tsp hazelnut spread)
- ½ tsp vanilla extract
- 1 tbsp sugar or honey (adjust to taste)
- Ice cubes
- Whipped cream & cocoa powder (for garnish, optional)

#### METHOD:

- In a blender, add cold coffee, chilled milk, hazelnut syrup, vanilla extract, and sugar.
- Blend until smooth and frothy and pour into a tall glass filled with ice cubes.
- Top with whipped cream and a sprinkle of cocoa powder.
- Serve chilled and enjoy!

**SPECIAL CHEF TIP:** Pair it with a sweet treat, like a pastry or muffin, for a delightful summer morning.

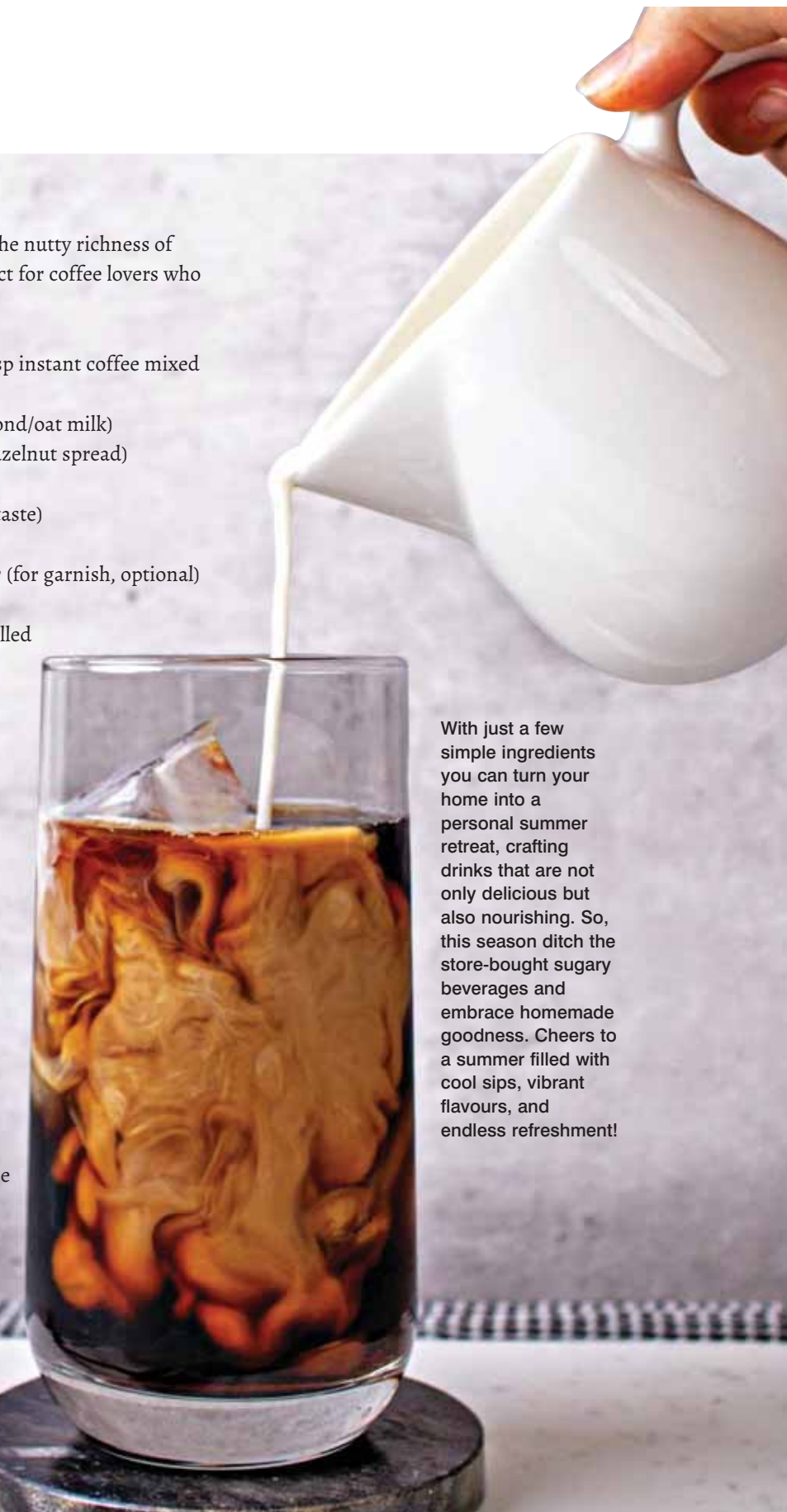
#### CUSTOMISATION IDEAS -

**Make it stronger:** Add an extra shot of espresso.

**Go dairy-free:** Use oat milk for a creamier texture.

**Caramel twist:** Drizzle caramel sauce for a sweeter version.

**Chocolate boost:** Add 1 tsp cocoa powder for a mocha flavour.



With just a few simple ingredients you can turn your home into a personal summer retreat, crafting drinks that are not only delicious but also nourishing. So, this season ditch the store-bought sugary beverages and embrace homemade goodness. Cheers to a summer filled with cool sips, vibrant flavours, and endless refreshment!

# Go Mad for Mangoes!

*Indulge in the king of fruits with sweet and savoury delights that showcase its magic*



## TEAM EXOTICA

**S**lice, scoop or slur, however you enjoy it, mangoes never disappoint! Mango season is here, and it's time to go all out! Whether you love them ripe and juicy or tangy and green, mangoes bring a burst of sunshine to every dish. Imagine biting into a creamy *Mango Petit Gâteaux* and *Mango Cheese Cake*. It's the season to experiment, mix and indulge. So, grab those mangoes, get cooking and treat yourself to a feast that's as vibrant and exciting as summer itself. After all, nothing screams happiness quite like a plate full of mango goodness!

## MANGO PETIT GÂTEAUX

To create the Mango Petit Gateaux, start by boiling milk (180 ml) and butter (40 gm). In a separate bowl, mix sugar (45 gm) and egg yolk (22 gm). Gradually pour the hot milk mixture into the egg yolk mixture while stirring continuously, then return to the stove and cook until it thickens. Remove from heat and fold in mango purée (100 gm), followed by bloomed gelatin (3 gm). Cool the mixture over an ice bath before folding in whipped double cream (180 gm). Pour this mango mousse into a mould, filling it halfway, and insert a

Raspberry Rose Jelly disc. Add a small amount of mousse just enough to act as glue, then place a White Chocolate Feuilletine disc on top. Pour the remaining mousse mixture and seal the gateaux with a Pistachio Pain de Gênes disc.

For the Raspberry Rose Insert, boil raspberry purée (200 ml) with sugar (70 gm), mix in rose water (10 ml) and bloomed gelatin (3 gm), then cool over an ice bath.

For the White Chocolate Feuilletine Insert, mix feuilletine crumbs (40 gm) and dried rose petals (5 gm) into tempered white chocolate (50 gm), roll

thin, set, and cut.

For Pistachio Pain de Gênes, whisk eggs (3) and sugar (50 gm), fold in flour (50 gm) and pistachio paste (10 gm), pour into cups, and microwave for 2 minutes.

For Dark Chocolate Crémaux, whisk sugar (25 gm), egg yolk (75 gm), and whole egg (30 gm) in a bain-marie, fold in melted dark chocolate (90 gm) and bloomed gelatin (1.5 gm), blend in butter (28 gm), and blast chill.

Plate Mango Petit Gateaux with accompaniments, sable crumb and cherry coulis.

## MANGO BAKED CHEESECAKE

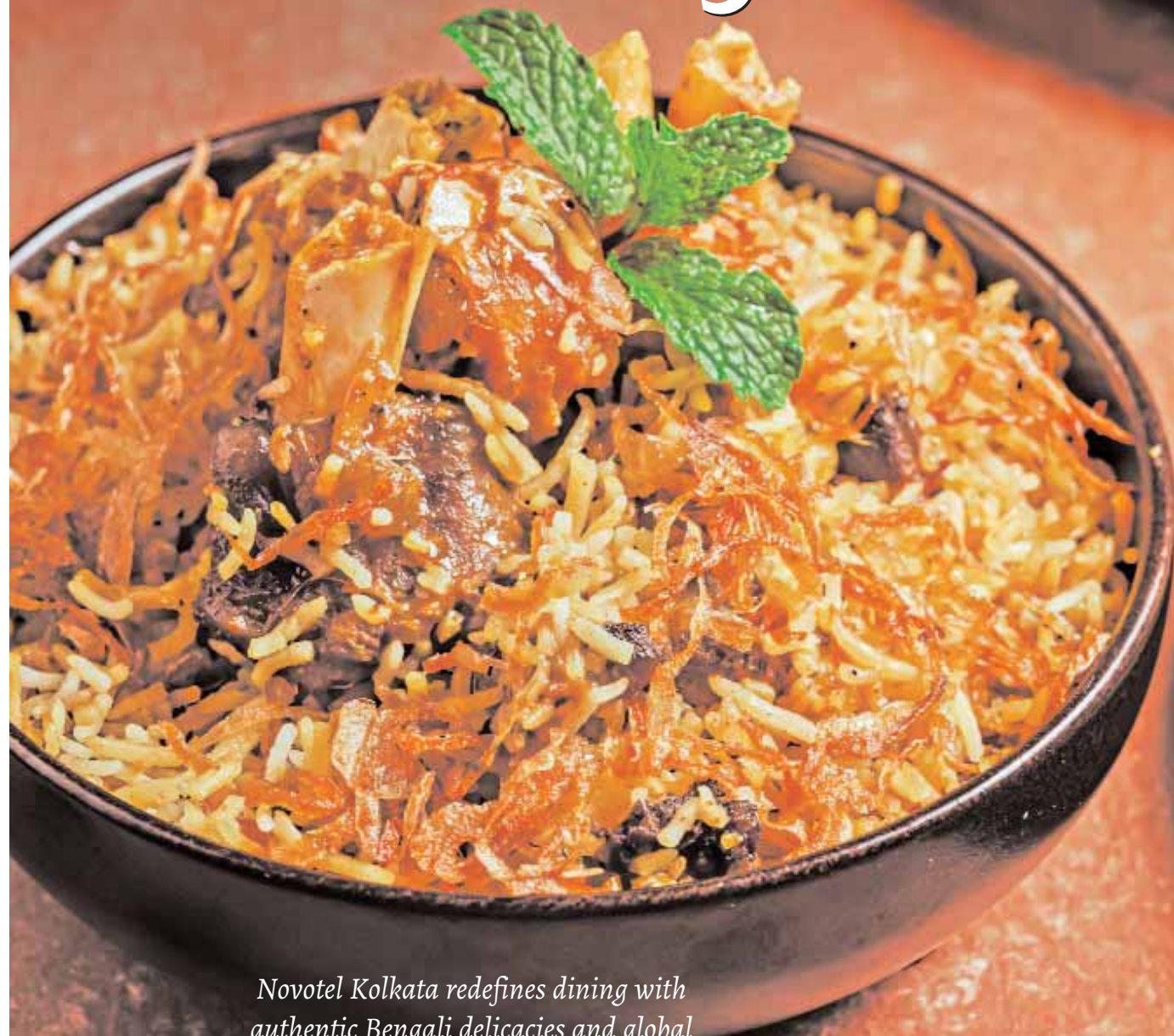
Recipe by Chef Abhijeet Thakre, Executive Chef, Vivanta New Delhi Dwarka

To prepare this delicious Mango Baked Cheesecake, start by making the cheesecake mixture. In a mixer with a paddle attachment, combine cream cheese (400g), sugar (125g), and cornflour (12g), mixing until smooth and lump-free. Add fresh cream (125g) and mix slightly, then incorporate eggs (2) and a few drops of vanilla essence, blending until well combined. For the crust, mix ground graham crackers (100g) with melted butter (30g) in a separate bowl. Line a 10cm ring mould with tin foil and firmly press the graham cracker mixture into the base. Pour the cheesecake mixture over the prepared crust and bake at 190°C (375°F) for 45 minutes, or until set. Once baked, garnish with freshly grated mango pulp (100g) before serving. Enjoy this luscious, tropical delight!





# A Spoonful OF Heritage



*Novotel Kolkata redefines dining with authentic Bengali delicacies and global gourmet experiences under one roof, says AKANKSHA DEAN*



**T**ravel was always an adventure with my grandmother. At 75, her love for exploring remained undeterred, though the chaos of airports often wore her down. On our recent trip, however, everything changed. Atithya services by Encalm welcomed us at Delhi Airport with seamless warmth and efficiency. Guided by the soul-stirring philosophy of Atithi Devo Bhava (Guests are equivalent to God), we bypassed bustling lines and sank into the plush comfort of The Encalm Lounge. Attentive service, serene spaces, and true convenience, it was the perfect start to our journey. Sometimes, travelling in style isn't a luxury; with Atithya, it's just smart.

### **Flavours, Comfort, Bliss**

Nestled in the rapidly expanding neighbourhood of New Town, Novotel Kolkata—conveniently positioned between the bustling city centre and the airport—ensured our journey began seamlessly. Thanks to a







pre-arranged airport transfer, the early morning arrival was nothing short of effortless. A quick, stress-free drive later, we found ourselves at the front entrance. Stepping into the lobby, we were warmly greeted with a refreshing welcome drink, setting the tone for what promised to be an exceptional stay.

From the moment I stepped into *Café Joy*, I was enveloped in a warm embrace of delectable aromas that beckoned me to explore. Nothing gets my heart racing quite like the scent of freshly brewed

coffee. As I indulged in a gourmet burger crafted by none other than Chef Vicky Ratnani, it felt less like eating and more like an artful experience—each juicy, succulent bite a testament to his culinary genius. And just when I thought I couldn't possibly eat another bite, I stumbled upon artisanal ice cream from The Fat Little Penguin, which added a whimsically sweet ending to my day.

### Of Kebabs and Biryani Bliss

But the culinary journey didn't stop there. If you're a fan of kebabs and biryani (who isn't?), the *Ministry of Kebabs* or M.O.K., as the hip locals call it—should be on your must-visit list. Here, the art of grilling takes centre stage. Picture this: a parade of six trolleys bringing an array of sizzling kebabs—each morsel of mutton shikampuri bursting with flavour, and those tandoori sarson jhinga marinated in mustard that dance on your taste buds with each bite.

Even my vegetarian friends would feel

pampered; the *zafrani paneer tikka* and *rajma galouti* are simply heavenly. The atmosphere at M.O.K. is as much of a feast as the food. A modern setting adorned with elements of Indian artistry makes for a delightful backdrop, perfect for Instagram snaps. And don't forget to indulge in the *ulte tawaka paratha* and comforting yellow dal, leading to the grand finale—a *biryani* that sings praises of Kolkata's rich culinary heritage.

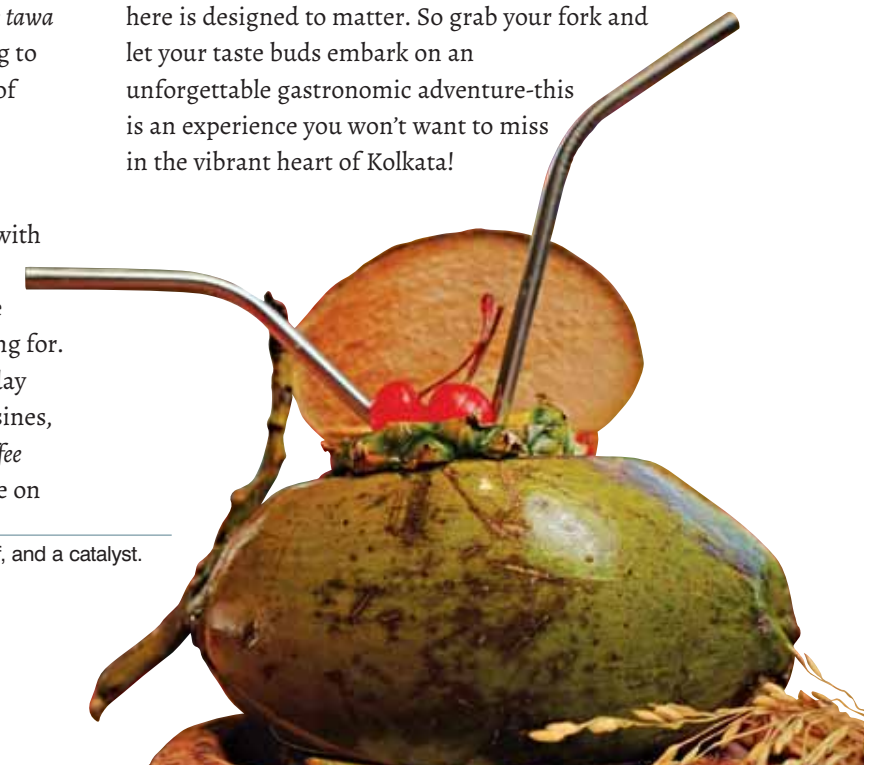
### Unforgettable Culinary Oasis

*Novotel* Kolkata shines as a pet-friendly gem with 340 elegantly appointed rooms and 47 luxurious serviced apartments, making it the upscale oasis New Town has long been waiting for. Satisfy your palate at The Square, where all-day dining features an array of international cuisines, or savour gourmet coffee from *Blue Tokai Coffee Roasters* at *Café Joy*. Keep your fitness routine on

track at the state-of-the-art 24/7 fitness centre, and rejuvenate your spirit with revitalising spa services.

More than just a hotel, *Novotel* Kolkata is a celebration of taste, culture, and togetherness. Each bite tells a story, and every moment spent here is designed to matter. So grab your fork and let your taste buds embark on an unforgettable gastronomic adventure—this is an experience you won't want to miss in the vibrant heart of Kolkata!

She is an independent food & travel writer, a chef, and a catalyst.



# A LIVING Canvas

*A space where fashion is felt, experienced and lived, every detail tells a story, it makes you feel something and most importantly, invites you to be a part of it, says SAKSHI PRIYA*



**S**tep inside, and reality shifts. Colours explode, mirrors create endless reflections, and every corner holds a story waiting to unfold. Siddhartha Bansal's new flagship store at The Dhanmill, New Delhi is a world of its own, where nostalgia, Indian heritage, and artistic imagination take centre stage.

## A NEW ERA OF FASHION SPACES

As fashion evolves, physical spaces are no longer just retail hubs—they are immersive experiences. Designers are moving beyond traditional boutiques, creating destinations that blur the line between art and commerce. Bansal's vision embraces this shift, turning his store into a canvas where culture, craftsmanship, and contemporary aesthetics converge.

Traditional boutiques once focused solely on showcasing garments, but today, they are dynamic expressions of artistry, heritage and innovation.





### FASHION AS AN EXPERIENCE

The industry is witnessing a transformation where shopping is no longer just about buying clothes. Consumers seek spaces that inspire, engage, and offer a deeper connection to the brand's philosophy. Bansal's latest venture embodies this change, inviting visitors into a world where clothing tells a story, design and fashion becomes an art form. These aren't just aesthetic choices; they are intentional elements that create a dialogue between craftsmanship and modernity.

### A COLLECTION ROOTED IN EXPRESSION

Bansal's latest collection, EKAM - The Pursuit of Oneness, is an exploration of cultural exchange and unity. Drawing from the Silk Route, it features motifs of Sufi dancers, paisleys, and Indian and Oriental textile influences. Jewel tones represent the seven chakras, while gold threadwork, intricate embroidery, and mirror embellishments enhance the richness of each piece. Flowing kaftans, draped skirts, and structured silhouettes reflect the brand's free-spirited ethos.



"I WANTED THIS STORE TO BE AN EXTENSION OF MY WORLD, ONE THAT TELLS STORIES, ELICITS EMOTIONS AND CELEBRATES THE BEAUTY OF INDIVIDUALISM,"

— SIDDHARTHA BANSAL



EKAM'S EMBROIDERY IS A STORY OF TIME AND TRADITION. EACH STITCH CARRIES THE HANDS AND HEARTS OF ARTISANS, KEEPING ALIVE THE RICH HERITAGE OF THE SILK ROUTE WHILE ADDING NEW MEANING FOR TODAY



### A STORY IN DESIGN

A paisley-shaped love seat invites visitors to pause and soak in the atmosphere, offering both comfort and a sense of nostalgia. Nearby, a majestic Kamdhenu cow stands tall, its presence a tribute to tradition, mythology, and devotion, embodying the deep cultural roots that inspire the space.

The rotating five-foot wheel in the window display is a striking metaphor,

perhaps a nod to movement, continuity, and the ever-evolving nature of fashion itself. The mosaic engravings, floral installations, and the Hamsa-shaped door handle further elevate the space from a store to a cultural sanctuary.

The sensor-activated hearts in the trial rooms add a layer of intimacy, making the shopping experience feel personal.



### HERITAGE TO LIFE

EKAM is a mesmerising expression of nostalgia and opulence, each piece radiating a sense of regal grandeur. The collection captures the soul of heritage craftsmanship while embracing a modern, expressive aesthetic. The richness of the jewel tones is captivating, with deep blues, lush greens and vibrant pinks creating a striking visual harmony. The detailing is exquisite, every inch of fabric tells a story through elaborate embroidery, mirror accents, and intricate gold threadwork. The Paisleys and Sufi-inspired motifs feel almost poetic, carrying an old-world charm that meets contemporary artistry.



# PARSI GARA TO BE OR NOT TO BE?

*The Parsi embroidery faces extinction, urging preservation amid dwindling numbers, says MANISHA GAWADE*

## Tracing the History of the Parsi Gara

The intelligent and enterprising Parsi community, as we know it today, is descendants of Zoroastrians who migrated to India from Persia (modern-day Iran) in the 7th century to escape religious persecution. They settled in the western Indian state of Gujarat, particularly in cities like Surat and Navsari. Over the centuries, the Parsis embraced Indian culture while retaining their

Zoroastrian faith. As they first settled in Gujarat due to the trade routes, Parsi men began trading with China. Initially, they went to buy tea from China and sold it in India. During these trade sojourns, they discovered a beautiful silk fabric called gaaj or paaj — so exquisite in its beauty that they ended up buying yards for their wives. The history of *Parsi Gara* embroidery is closely linked to



the Parsi community's migration to India and their cultural assimilation.

## About the Parsi Gara Embroidery

*Parsi Gara* is a traditional embroidery style originating from the Parsi community in India. It is known for its intricate, highly detailed floral and nature-inspired designs. Typically, *Parsi Gara* embroidery is done on silk or georgette fabrics using colourful silk threads. The motifs in *Parsi Gara* embroidery often include flowers, birds, butterflies, and other elements of nature, meticulously stitched onto garments like sarees, blouses, and dresses. This embroidery style is highly regarded for its craftsmanship and is considered a symbol of Parsi cultural heritage.

## Evolution of This Historic Art Form on Textile

*Parsi Gara* embroidery is often associated with Parsi weddings, where brides may wear sarees adorned with these exquisite embroideries as part of their bridal attire. The art of *Parsi Gara* embroidery has been passed down through generations and continues to be a cherished tradition within the Parsi community. *Parsi Gara* embroidery, as we popularly know it, is believed to have been influenced by Persian and Chinese embroidery traditions. The Parsis adopted and adapted these styles, incorporating their unique motifs and designs, such as floral patterns and birds.





### PROCESS OF CREATION

The process of making a *Gara* saree begins with the design being drawn on paper, followed by the selection of colour samples. The craftsmen then study the designs and trace them onto the fabric. The creation of a *Gara* saree takes anywhere between two to eight months. An interesting aspect of the design process is that a craftsman specialising in a particular motif continues to work on that motif alone, ensuring uniformity and mastery in their work. A *Gara* can be fully embroidered, feature an embroidered border, have scattered embroidery, or be partially adorned.

### Craft and Its Craftsmen

Although *Parsi Gara* embroidery continues to be treasured for its beauty and craftsmanship—serving as a reminder of the rich cultural heritage of the Parsi community and their ability to adapt and contribute to the diverse tapestry of Indian culture—the state of many of its craftsmen is dire. There are only 55 trained master karigars left, as the process is labour-intensive and they are paid merely around Rs. 400 per day. It can take anywhere between six months to a year to make a single saree, dupatta or even a lehenga.

### Preservation and Promotion

An increase in demand and greater awareness is the only way to preserve this royal craft. As per the simple rule of economics—the higher the demand, the higher the supply—if more people place orders, we can rescue it from extinction. The government can also play a role by promoting *Parsi Gara* embroidery on international platforms.

The Parsi population in India is estimated to be around 70,000. The 2011 census recorded a population of 57,264, and projections suggest that it may fall to 9,000 by the end of the century. The



decline in birth rates within the Parsi community, coupled with the decreasing demand for this intricate craftsmanship, has pushed the craft to the edge of oblivion. By bringing this near-extinct art to the centre stage, we hope to save this invaluable cultural heritage. While speaking to some of these weavers one-on-one, they expressed their struggles. They have families to support, and Rs. 400 per day is simply not enough to sustain them. Some days they find work, while on others, they do not. Three out of five artisans said they are seriously considering changing their profession. Among those affected are Sheikh Khadim Ali, Sheikh Raju, and Sohan Bimal.

### Demand

The demand for *Parsi Gara* embroidery has declined

over the years, partly due to the low birth rate within the Parsi community and partly because of the time-intensive nature of the craft. Given the intricate detailing, these garments are reserved for special occasions. Sarees and dupattas start at approximately Rs. 12,000 and can go up to Rs. 1,20,000. The more elaborate the design, the longer it takes to create, which in turn increases the cost.

### Future

Sadhna Haiswal, who runs a small *Parsi Gara* workshop, expressed her hopes for the craft's revival. "I have a lot of hope for the revival of karigari, and I know that many dwindling weaves in the past have survived due to the love and appreciation of saree lovers over the years," she said.

— She is an internationally acclaimed curator, artist, and journalist.



# Moments Before the Spotlight



*The stage is grand, but the real magic happens backstage, frantic costume changes, nervous rehearsals and quiet reflection. Captured by PANKAJ KUMAR, these moments reveal the unseen world behind the performance, writes SAKSHI PRIYA*



The stage is grand, the performances flawless and the audience sits in admiration. But what they don't see is the madness that happens backstage, the real drama before the show even begins. Behind the powerful storytelling of 'Hamare Ram,' a play led by veteran actor Ashutosh Rana and produced by Rohit Buchaar, the green room is a world of its own.

This play is a mythological retelling; it is an experience that blends history, devotion and artistic excellence. With a gripping narrative and commanding performances, 'Hamare Ram,' takes the audience through an emotional and thought-provoking journey. But before those moments unfold on stage, the backstage is buzzing with last-minute fixes, hurried costume changes, and a mix of nervousness and excitement.

Mirrors line the walls, reflecting actors in various stages of transformation. One sits still as a thick beard is carefully glued on, another struggles to tie their costume while mumbling lines under their breath. A bowl of Alta sits open, its deep red staining fingers as someone paints designs on hands and feet. There's always something missing, "Where is my other shoe?" "Who took my waistband?" "Where is the safety pin?" and the frantic search begins.

BEHIND EVERY GREAT PERFORMANCE LIES THE GREEN ROOM, A SPACE WHERE ACTORS TRANSFORM, NERVES SETTLE AND LAST-MINUTE REHEARSALS TAKE PLACE. IT'S THE UNSEEN HEART OF THEATRE, FILLED WITH THE SHARED ENERGY OF STORYTELLING BEFORE THE SPOTLIGHT CALLS



Sitting in the makeup chair for hours, actors go from familiar faces to mythical beings. Some joke around to ease the tension, others close their eyes, lost in thought. Someone groans about an itchy wig, while another bursts into laughter as a friend teases them about looking completely unrecognisable. The green room is a mix of excitement and exhaustion, frustration and fun.



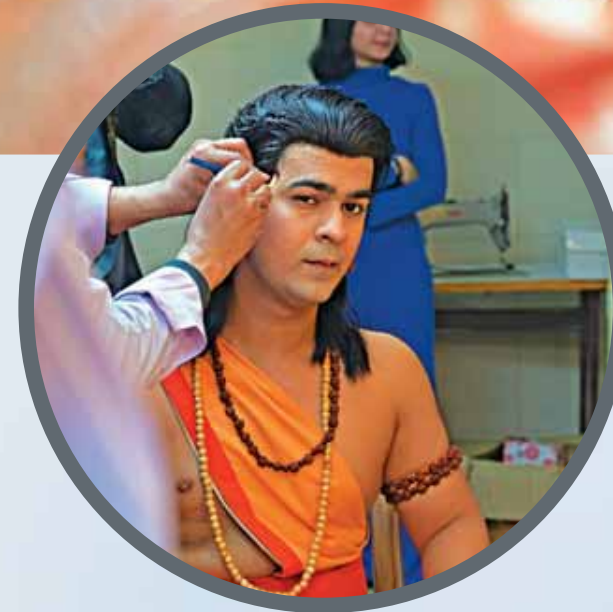




And then, it's time. One moment, an actor is on stage delivering lines with all the grace and power of their character. The next, they are running back to the green room, pulling off heavy costumes, breathless from the performance. There's no time to rest. A two-minute scene means a frantic 30-second costume change. Sarees are draped, crowns are fixed, shoes are switched. "Hold still!" someone shouts while pinning a dupatta. "I am holding still!" comes the exasperated reply.

In all this chaos, there are tiny, almost poetic moments, a deep breath in front of the mirror, a last-minute smudge of colour on the forehead, a friend helping adjust an earring seconds before someone runs back on stage. And in between, there's always teasing, laughter, and the occasional outburst when something goes missing at the worst possible moment.

Then comes the final moment. Costumes are in place, makeup is done, and everyone takes one



THE GREEN ROOM OF 'HUMARE RAM' IS WHERE THE REAL MAGIC BEGINS. SITTING IN THE MAKEUP CHAIR, GETTING YOUR HAIR STYLED, ADJUSTING YOUR JEWELRY, AND STEALING GLANCES AT YOURSELF IN THE MIRROR, A SHARED EXPERIENCE. BETWEEN FINAL TOUCH-UPS AND LAST-MINUTE FIXES, THERE'S A MOMENT WHEN YOU LOOK AT YOUR REFLECTION AND SEE NOT JUST YOURSELF, BUT THE CHARACTER COMING TO LIFE

last look in the mirror. A quick prayer, a deep breath, and they step out. The green room falls silent as the stage lights up.

The audience sees the grand spectacle, the perfect performances, the dazzling costumes, the flawless execution. But behind it all, there was a whirlwind of fun, stress, last-minute fixes, and unstoppable energy. And as one scene ends, the madness in the green room starts all over again.





# Carved IN PATIENCE

*An exhibition that brings nature to life through the art of marble sculpting, says SAKSHI PRIYA*

EXOTICA [66] APRIL 2025



**M**arble holds stories deep within its veins, waiting to be unlocked. *Rhythmic of Marble*, the solo exhibition by *Amit Singh*, brought these stories to life, demonstrating the art of slow and deliberate craftsmanship. Every piece in the collection was a manifestation of patience, care, and a quiet devotion to nature.

The works on display focused on the delicate balance between nature and human intervention. *Singh's* vision was clear: to capture the essence of nature through intricate marble carvings. From fluid, water-like forms to bold, angular shapes that defy time, each sculpture was a reflection of the artist's attention to detail. The Nature Series stood out, with pieces

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inspired by the elements, wind, water, and earth, each translated into marble with astonishing finesse.

Creating such masterpieces didn't come easily. *Singh* revealed that the process took years, with some sculptures completed in days, while others demanded weeks of dedicated work. "Patience is the key," *Singh* explained, acknowledging that not all works come together quickly. The exhibition felt like a dialogue between the sculptures and their surroundings. As natural light filtered through the gallery, it cast shifting shadows that added depth and movement to the stillness of the marble. The sculptures seemed alive, evolving depending on the time of day, much like the constant change in the natural world.

This exhibition was a chance to pause, reflect, and experience art in its purest form. Amidst a world that often values speed over quality, the exhibition stood as a reminder of the beauty in taking time, in allowing art to evolve at its own pace.

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# DEFENCE FROM THE BLAZE

*Don't let the heat wave dull your shine with the secrets to radiant skin and healthy hair this summer, writes ABHI SINGHAL*



## Understanding Seasonal change

Indian summers bring intense heat and humidity, leading to various skin and hair concerns. Excessive sweating and increased oil production can cause acne, clogged pores, and sunburns. The change in weather, paired with makeup, pollutants, and erratic schedules, can take a toll on your skin, leaving it dull and tired.

## Skin Changes and Steps to Follow Increased Oil Production and Acne Breakouts

The rise in temperature leads to excessive sweating and overactive sebaceous glands, causing an increase in oil production. This can clog pores, resulting in acne and blackheads. To prevent breakouts:



- Wash your face twice daily with a gentle, oil-free cleanser.
- Use lightweight, non-comedogenic moisturizers.

**DERMAT TIP:** Treat acne with salicylic acid-based spot treatments to combat inflammation.

### Sunburns and Tanning

Prolonged sun exposure can damage the skin, leading to redness, irritation, and tanning. UV rays also contribute to premature aging and pigmentation issues. To protect your skin:

- Apply a broad-spectrum sunscreen (SPF 30 or higher) 20 minutes before stepping out.
- Reapply sunscreen every two hours, especially if sweating or swimming.



Hydration, sun protection, and a balanced skincare routine are essential to combat the harsh effects of the season. Adopting simple yet effective steps will ensure your skin and hair remain fresh, nourished, and glowing throughout the summer months

- Wear protective clothing, sunglasses, and wide-brimmed hats.

**DERMAT TIP:** Soothe sunburn with aloe vera or calamine lotion.

### Dehydration and Dullness

The summer heat strips moisture from the skin, making it appear dry and lifeless. Hydration is the key to maintaining a healthy glow. To keep skin fresh:

- Drink at least 8-10 glasses of water daily.
- Use hydrating facial mists with ingredients like rose water or aloe vera.
- Include water-rich fruits and vegetables in your diet.

**DERMAT TIP:** Apply gel-based or lightweight, water-based moisturizers.

### Increased Sensitivity and Rashes

Sweat and heat can cause irritation, rashes, and even fungal infections in some cases. To soothe and protect your skin:

- Wear breathable, cotton fabrics to reduce sweat accumulation.
- Take cool showers to prevent excessive sweating.

- Use anti-fungal powders to avoid infections in body folds.

**DERMAT TIP:** Selecting fragrance-free, gentle skincare products to prevent allergy.



Summer brings unique challenges for skin but with the right care, you can keep them healthy and radiant.



# Summer Coolers for Hydration

*As temperatures rise, staying cool and hydrated is essential with refreshing summer drinks that keep you healthy,*  
writes ABHI SINGHAL

As the sun blazes and temperatures soar, staying hydrated becomes more important than ever. Summer brings long, sweltering days that can quickly lead to dehydration, fatigue, and heat-related illnesses. While drinking plain water is essential, incorporating refreshing and nutritious drinks into your daily routine not only quenches thirst

but also provides essential nutrients, boosts energy, and helps regulate body temperature. Homemade summer beverages like *Watermelon Cucumber Cooler*, *Sparkling Lemonade*, and *Lemon Iced Tea* are perfect alternatives to sugary sodas. Packed with vitamins, antioxidants, and natural hydration, these drinks keep you feeling refreshed and revitalised throughout the day.

## WATERMELON CUCUMBER COOLER

Watermelon and cucumber are among the most hydrating foods, containing about 90-95% water. This delicious and refreshing drink is perfect for summer, as it helps cool the body, keeps you hydrated, and provides essential nutrients. The

natural sweetness of watermelon blends beautifully with the mild flavour of cucumber with lime adding a tangy kick. Adding mint leaves enhances the taste and provides a refreshing aftertaste.

### INGREDIENTS:

- 2-3 cups watermelon, cubed – Fresh and seedless watermelon is ideal for a smooth texture.
- 1 cucumber, peeled and roughly chopped – Choose a fresh, firm cucumber for a crisp taste.
- 1 lime, juiced – Adds a refreshing tang and boosts Vitamin C content.
- 2-3 mint leaves, chopped (optional) – Mint gives a cooling effect and enhances the aroma.
- Ice cubes (optional).

- Cools the Body – Cucumber and mint have natural cooling properties, reducing body heat.
- Boosts Immunity – Rich in Vitamin C from lime, enhancing immune function.
- Aids Digestion – Fiber helps digestion and prevents bloating.
- Improves Skin Health – Hydration and antioxidants promote glowing skin.
- Low-Calorie & Naturally Sweet – A healthy alternative to sugary drinks.
- Energises Instantly – Provides essential nutrients, refreshing the body and mind.

### INSTRUCTIONS:

STEP 1: Prepare the Ingredients

- Cut the watermelon into cubes and remove any seeds.
- Peel the cucumber and roughly chop it.
- Squeeze the juice from one lime.
- If using mint, chop the leaves finely for a burst of flavor.

STEP 2: Blend the Ingredients

- Add the watermelon cubes, cucumber pieces, lime juice, and mint leaves (if using) into a blender.
- Blend until smooth. If you prefer a thinner consistency, you can strain the mixture using a fine sieve.

STEP 3: Serve and Enjoy

- Pour the drink into a glass over ice cubes for an extra cool effect.

### ADVANTAGES IN SUMMER

Hydrates the Body – Watermelon and cucumber contain 90-95% water, preventing dehydration.





## SPARKLING LEMONADE

A refreshing and healthy alternative to sugary store-bought lemonade! This homemade version is low in sugar yet bursting with flavour.

### INGREDIENTS:

- ½ cup sparkling water
- ½ cup regular water
- 2 tbsp fresh lemon juice
- Ice cubes
- 1 tsp raw honey or maple syrup (optional)

**INSTRUCTIONS:** Mix sparkling and regular water in a glass. Stir in lemon juice, ice, and sweetener (if needed). Adjust to taste and enjoy!

### ADVANTAGES IN SUMMER:

Hydrating & Refreshing – Prevents dehydration and keeps the body cool.

Boosts Immunity – Vitamin C from lemon strengthens immunity.

Aids Digestion – Lemon supports gut health and detoxification.

Low-Calorie Alternative – Healthier than sugary sodas.

Energizes & Replenishes – Natural electrolytes restore energy.

LEMONS DURING SUMMER HELP IN HYDRATION, BOOSTING IMMUNITY WITH VITAMIN C, AIDING DIGESTION, AND HELPING WITH WEIGHT MANAGEMENT

## LEMON ICED TEA

A refreshing and antioxidant-rich summer drink that balances the bold flavour of tea with the freshness of lemon.

### INGREDIENTS:

- 2 cups water
- 1 black or green tea bag
- 1 tbsp fresh lemon juice
- 1-2 tsp honey or maple syrup (optional)
- Ice cubes
- Lemon slices (for garnish)

**INSTRUCTIONS:** Boil water and steep the tea bag for 3-5 minutes. Remove the bag, let it cool, and then mix in lemon juice and sweetener. Pour over ice and garnish with lemon slices.

### ADVANTAGES IN SUMMER:

Hydrating & Cooling – Keeps the body refreshed.

Rich in Antioxidants – Protects against oxidative stress.

Aids Digestion – Lemon and tea improve gut health.

Boosts Energy – Natural caffeine provides a mild energy lift.

IN THE SUMMER, MINT LEAVES OFFER COOLING PROPERTIES, AID DIGESTION, BOOST IMMUNITY, AND PROVIDE A NATURAL BOOST FOR OVERALL WELL-BEING





Seerat Kaur Marwaha

## HEALING POWER OF MANTRAS

**M**antras have a certain sound frequency that is deeply healing, resonating with the body's energy fields and promoting wellness. Some mantras, such as the *Mahamrityunjaya Mantra*, are known for their powerful vibrations that can aid in recovery and longevity. Similarly, *Bajrang Baan* is chanted to invoke *Lord Hanuman's* unwavering devotion and strength to assist in times of dire need. Beyond the sound itself, the intention and faith behind



these prayers play a pivotal role in their effectiveness.

A fascinating story demonstrates the profound impact of sound and intention on healing. Imagine being told that a cancerous tumor could disappear within three minutes — without medication, surgery, or medical intervention. It might sound impossible, but this is precisely what was observed in China, where a man diagnosed with a bladder tumor experienced spontaneous healing through an ancient practice.

Several Qigong practitioners, experts in Chinese alternative medicine, surrounded the patient. Without administering any medicine or performing any surgical procedure, they began chanting high-vibrational words in their native language, which loosely translated to “already gone” and “healed.” Their voices carried unwavering conviction, and their collective focus was on the complete eradication of the tumor and the total healing of the patient.

As they chanted, a live ultrasound sonogram was attached to the patient, displaying the tumor in real time. Miraculously, the sonogram showed the tumor gradually decreasing in size as the chanting continued. Within minutes, the tumor

had completely vanished. What had just occurred? Could the power of words and intention have rewritten the body's physical state?

The implications of this event are profound. If our emotions and intentions can alter the very fabric of our physical reality—dissolving a tumor within minutes — what impact do our daily emotions, thoughts, and words have on our lives?

Every thought, whether conscious or subconscious, sends signals to our body, influencing our well-being. Negative self-talk, fear, and stress can manifest as illness, while positive affirmations, gratitude, and high vibrations foster healing and prosperity.

Science, too, provides compelling evidence supporting this phenomenon. Dr. Masaru Emoto, a Japanese scientist, conducted

groundbreaking research on the effect of words, intentions, and emotions on water molecules. In his experiments, he exposed water to different words, sounds, and intentions. Water that was blessed with loving and affirming words formed beautifully symmetrical, intricate crystals when frozen, while water exposed to hateful words and negative energy formed chaotic, distorted structures. Given that





The story of the bladder tumor disappearing within minutes is not an isolated case. Many ancient traditions, including Ayurveda, Tibetan Buddhism, and indigenous healing practices, have long recognized the power of sound and intention in healing. In the Hindu tradition, Vedic chants and Sanskrit mantras are used for their precise vibrational frequencies, designed to bring balance and restoration to the body and mind. Similarly, Gregorian chants in Christianity and Sufi whirling meditations use sound and movement to connect with higher consciousness and promote healing.

If a tumor can dissolve through focused intention and sound, consider what your everyday emotions, intentions, and words are doing to your body and your life. Every time you engage in self-criticism, worry, or anger, you send disharmonious vibrations through your system. Conversely, when you speak words of love, gratitude, and healing, you create an environment conducive to well-being and success.

the human body is composed of nearly 60% water, his research suggests that our words and emotions have a direct impact on our physical health.

Another example comes from epigenetics, a field of science that explores how gene expression is influenced by environmental factors, including emotions and thoughts. Dr. Bruce Lipton, a renowned biologist, has shown that our beliefs and perceptions can directly influence our genes. If a person believes they are healthy and holds a positive mindset, their body adapts to align with that reality. Conversely, chronic stress and negative emotions can activate harmful genetic expressions, leading to illness.

Mantra chanting is a practice that bridges spirituality and science. The vibrations created by chanting mantras stimulate the vagus nerve, which plays a crucial role in the parasympathetic nervous system — the body's natural healing and relaxation response. This leads to reduced stress, lower blood pressure, and improved immune function. Studies have shown that chanting 'Om' or other sacred syllables induces a state of deep relaxation and harmony, which is essential for the body's natural healing mechanisms.

This is why it is essential to practice mindful speech and positive affirmations. Mantras such as "I am healthy, I am whole" or "I am blessed with abundance" are not just empty words — they carry a frequency that can shift your reality. Whether through prayer, chanting, or daily affirmations, aligning your words with healing intentions can reshape your life in ways you never imagined.

In the end, the power of healing lies within us. Science is beginning to catch up with ancient wisdom, proving that our thoughts, words, and intentions play a vital role in our well-being. Let us use this knowledge wisely — eliminating negative self-talk and embracing words of health, prosperity, love, and blessings. When we do, we don't just change our mindset; we transform our reality.

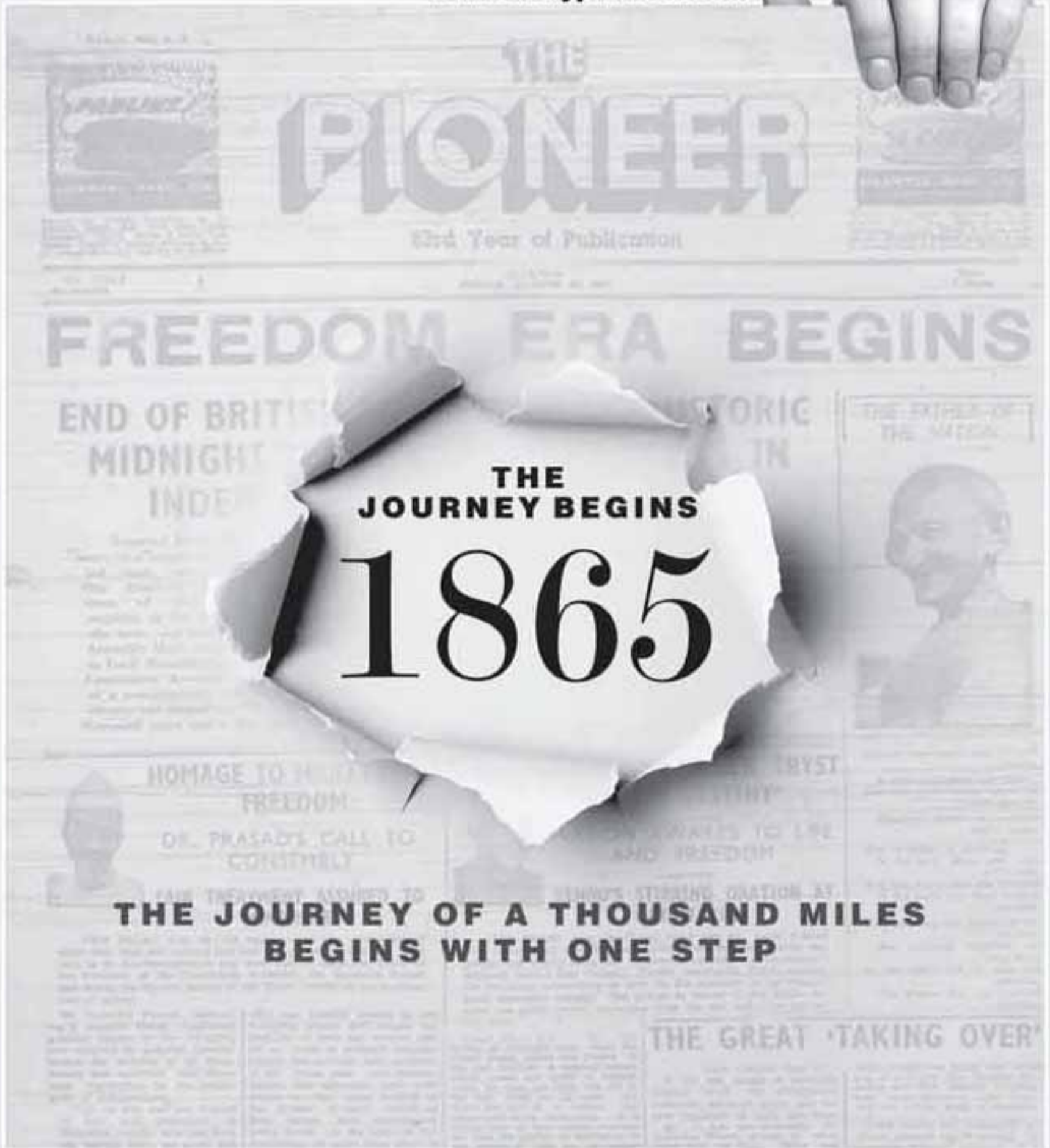
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