

















## When Walls Hold Stories

These homes show how vintage design can make spaces feel warm, lived-in and personal, says **SAKSHI PRIYA**

Step inside a home that tells a story and time slows down. The scent of polished wood, the soft glow of aged brass, the weight of a mirror with history in its frame—these are not impulse buys. They are chosen, kept and remembered. In a world driven by constant novelty, vintage interiors offer something far deeper: character. The design world has begun to shift. Clean, modern lines may still dominate, but they are often softened by a velvet armchair with studded legs or a table with claw feet. One, shaped by Anjaleka Kriplani through Angie Homes and the other, the deeply personal residence of Ragini Mehra, CEO of Silhouette Salon de Beauté at The Oberoi, New Delhi. Each holds a unique voice, yet both embrace history through objects and design choices that elevate lived experience over surface styling.

### Vintage as a Way of Life

Anjaleka Kriplani approaches vintage interiors with a sense of permanence. Her curated collections feature teak sideboards, carved headboards, and low tables with intricate brass inlay. Spaces feel collected, not styled. Nothing is hurried; every element adds to the room's quiet confidence. Textiles create warmth—mustard velvets, deep indigos, and brocade with gold tassels. Colours hold depth, often bold but never brash. Curtains fall with a certain weight. Armchairs in mohair or linen invite pause. Perfection is not the goal. Slight irregularities bring charm. A crack in a table leg, the worn polish of a wooden bench—these details add presence, not flaws. Lighting is selected with restraint. Linen lampshades cast a warm glow, echoing the gentle angles of mid-century design. Wooden rafters, carefully preserved, lend a lived quality to the room. This approach treats interiors as layered narratives rather than stage sets.

### A Home That Holds Memory

Ragini Mehra's residence is where every corner tells a story, as she is a professionally trained Interior Architect. Known for her impeccable taste and strong design sensibilities, Ragini Mehra's home is a visual diary of textures, memories and artistic expression. Her journey began with a degree in Interior Architecture from the Rhode Island School of Design (RISD), where she honed her keen eye for aesthetics and detail.

From heritage-inspired statement pieces and modern minimal elements to unique décor accents sourced from her travels, the home strikes a balance between luxury and character. Persian rugs and Indian Carpets further enrich the space, adding texture and a sense of timeless elegance. The spaces are large, where both the empty and filled areas



blend to create an aesthetic and serene environment allow the design to breathe without feeling overcrowded. Furniture includes exquisite pieces from Bo Concept, Maitland-Smith, Baker and Henredon, each contributing its own character to the overall aesthetic. Each room is designed to look beautiful and feel lived-in, layered, and deeply personal. The unmistakable individuality of the space is shaped by her experiences, intuitions and affections.



THE BEAUTY LIES IN THE DETAILS, A TURNED LEG, A WORN HANDLE, AN OLD LIGHT SWITCH. THESE ARE HOMES THAT WELCOME, NOT IMPRESS. AT A TIME WHEN SPEED DEFINES MOST CHOICES, SPACES LIKE THESE CALL FOR THOUGHT



## Wear What Reflects, Not Just Shines

BY TEAM VIVA

Is jewellery still about luxury or is it becoming something deeply personal? This is a question worth asking as more women turn to jewellery as a means of self-expression. No longer tied to tradition, ritual or display, jewellery has entered a new space of individuality.

This shift reflects a cultural change in how women engage with design. Jewellery is selected for its alignment with personality and purpose. Jewellery has become part of how women see themselves and how they wish to be seen.

Designer Janvi Sachdeva has embraced this evolving sensibility. Her new collection, **The Symphony of Wild Flowers**, captures a gentle strength. Working in 92.5 silver, she creates forms inspired by nature, floral shapes, delicate birds, textured leaves, shaped into pieces that are both elegant and wearable. There is no excess here, only attention.

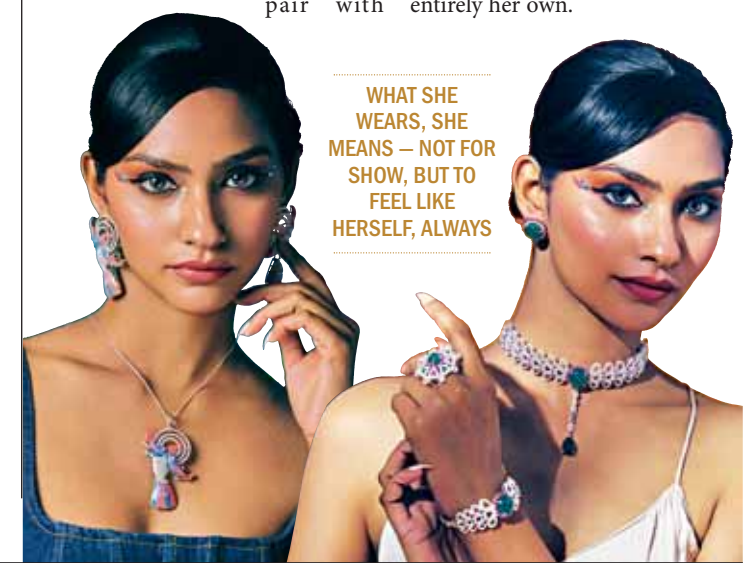
A triangular purple gemstone necklace is one of the collection's highlights, where design precision meets a striking palette. Elsewhere, vivid birds set in silver pendants suggest joy and movement. These are thoughtful pieces, crafted for those who value detail and delicacy.

The collection stands out for its adaptability. Emerald-toned chokers pair with



matching bracelets and rings, creating harmony without repetition. Each stone, each clasp, each engraving is part of a larger dialogue between the wearer and the world around her. This kind of jewellery does not depend on excess or volume. It invites interpretation. It's a question worth asking: Are we entering an era where the value of jewellery is measured less in carats and more in character?

If so, the answer lies not in market trends but in the mirror. Woman is no longer waiting to be adorned — she selects, she curates, she defines. Jewellery, then, becomes her punctuation, graceful, sharp and entirely her own.



## A Bold Sequel Unmasking the Perils of Totalitarian Ideologies

BY TEAM VIVA

**Crimson Crescent — The Last Quarter**, a riveting 105-minute feature film by acclaimed filmmaker Mayank Jain, emerges as a powerful and timely sequel to the 2005 documentary **Bangla Crescent — ISI, Madrasas & Infiltration**.

The original film, launched by senior IPS officers Late KPS Gill, Prakash Singh and Late R.K. Ohri, was a path-breaking exposé of indoctrination and infiltration in the Indian subcontinent. Twenty-five years later, **Crimson Crescent** arrives with undiminished urgency. These 25 years have been largely wasted. Infiltration has not ceased. Indoctrination through madrasas has not slowed. And most alarmingly, the threats identified in **Bangla Crescent ISI, madrasas & Infiltration** have only metastasised — spreading far beyond borders.

A Global Canvas: From South Asia to Europe and the Middle East While **Bangla Crescent — ISI, madrasas & Infiltration** focused sharply on Bangladesh and Pakistan's role in radicalisation and infiltration, **Crimson Crescent — The Last Quarter** greatly expands its scope. The film explores the rising aggression in many European countries grappling with mass immigration from Middle Eastern, African and Pakistani regions. It captures the social unrest, ideological clashes and erosion of public safety emerging from these demographic and cultural shifts.



The documentary also covers the volatile Middle East, diving into the complex dynamics of Saudi Arabia, Iran, Syria and Israel. Here it examines not only the geopolitics but also the internal ideological conflicts and state-sponsored radical narratives that continue to destabilise the region. Encouragingly, signs of rationality and scientific thinking are beginning to emerge within the highest echelons of power—a welcome and much-needed development.

**Crimson Crescent** draws a provocative and compelling parallel between three major ideological threats of the past and present: Nazism, Communism and Jihadism. All three, the film argues, are driven by a thirst for absolute control and the destruc-

tion of dissent. Each has claimed millions of lives and eroded the moral foundations of societies they have touched.

Mayank Jain asserts that these ideologies thrive by silencing reason, glorifying violence and promoting absolute truth claims — often using religious or revolutionary fervour as a shield. The film is a cautionary tale of what happens when indoctrination replaces education and belief systems abandon dialogue in favour of dogma.

A central theme of the film is the insidious power of indoctrination through institutions like madrasas. It reveals how such education systems instil rigid ideological thinking, leading to intolerance, polarisation and often violent radicalisation. The film critiques societies that fail to challenge these systems and instead allow radical narratives to flourish in the name of tradition or religious freedom. A lesser-acknowledged but crucial aspect the film highlights is that Muslims themselves are often the first victims of Islamist extremism. From Shia Muslims targeted in Pakistan to the marginalisation and persecution of other minority Muslim sects, **Crimson Crescent** explores the deep fractures within the Muslim world.

Amidst the bleak landscape, **Crimson Crescent** also offers hope. It recognises the growing internal reform movements within radical Islam where bold voices from within the community are challenging violence and calling for rationality in discourse. The film uplifts these efforts, urging both policymakers and civil soci-

ety to support rational reformers rather than extremists.

"Reason is humanity's shield against ideological tyranny," says Jain, reinforcing the film's core message: that education, critical thinking and open dialogue are the only long-term antidotes to radicalisation.

### Resist Absolutism, Embrace Dialogue

This is not just a documentary, **Crimson Crescent — The Last Quarter**, is a call to action. It appeals to governments, communities and individuals to resist the growing appeal of absolutism and divisive ideologies. It advocates for education policies that foster rational thought and for a cultural shift toward Universalism, intellectual freedom and unity.

Mayank Jain is a renowned filmmaker with over 27 years of experience and more than 50 critically acclaimed films to his credit. His work spans governance, national security, public health and social reform and is known for tackling complex issues with intellectual rigour and cinematic clarity.

He rose to national prominence with **India Tomorrow — The Gujarat Miracle**, a documentary on Gujarat's development model under Narendra Modi. As Content Head of NaMo TV during the 2012 Gujarat elections, he shaped political communication strategies with high-impact visuals. Mayank's portfolio includes politically resonant films like **Gujarat Fast Track**, **Gujarat Tomorrow** and **No to Terror** and public health documentaries.

### SUGGESTED BINGES



**Logout**  
OTT — ZEE5  
Cast — Babil Khan, Rasika Dugal



**Khauf**  
OTT — Amazon Prime Video  
Cast — Monika Panwar, Rajat Kapoor, Geetanjali Kulkarni, Shilpa Shukla, Chum Darang



**Daveed**  
OTT — Zee5  
Cast — Antony Varghese, Mo Ismail



**Stranger Things: The First Shadow**  
OTT — Netflix  
Cast — Kate Trefry, Stephen Daldry, Justin Martin



**The Stolen Girl**  
OTT — JioHotstar  
Cast — Denise Gough, Beatrice Cohen, Robyn Betteridge, Jim Sturgess

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# AGENDA

"Don't worry about what other people are doing. Worry about your own training"  
— Ronnie Coleman



## BEHIND THE GYM MIRROR SELFIES

These widely available in gym circles, known anabolic steroids promise rapid muscle growth and visual perfection. These hormones wreak havoc on the body's natural systems, leading to side effects.

Beneath the neon lights and monthly memberships of the gyms, lies a reality we're not talking about enough, says **ABHI SINGHAL**

It is always talked about certified things while you train or build your body but it is equally important to choose the right place while you workout. The clang of iron plates, LED-lit workout zones, and neon signage screaming "TRANSFORM NOW", the gyms have become the modern sanctuaries of fitness. Across every urban block, new fitness centres sprout like cafés, each promising better bodies and faster results. What was once affair with morning walks in parks, yoga under the tree, or evening strolls around the neighbourhood with family or friends is steadily being replaced by treadmills and protein shakes.

More and more people are signing up for gym memberships, not just for health but often for aesthetics, validation and a fast track to physical change. The idea of fitness has shifted from functionality to form. The motto has shifted from feeling good to looking good within some years. But beneath the curated Instagram reels and sculpted abs lies a more pressing concern: *Are we choosing the right places to work out? And more importantly, are we trusting the right people to guide us through it?*

fitness or health. The main purpose of today's generation is just getting a good physique," said **Piyush Aggarwal**, Owner of **HAMR Fitness Centre** at Shankar Chowk, Northwest Delhi for the past 16 years.

It is important that people keep a check on the trainers and advice provided by them. **Piyush Aggarwal** further added that there are cases where people don't even talk to trainers or experienced people and start following diets and steroids on their own for cost cutting, which leads to cheap quality items and, in turn, affects their body.

### A Trainer Can Make or Break Your Body

This brings us to the second part of the question: Do we trust the right people to guide us through it? Trainers are your fitness compass. The right trainer knows when to push, when to pull back, and when to say rest. Yet, many gym-goers fall into the trap of trusting unqualified trainers who hand out one-size-fits-all workout plans and unrealistic expectations.

A certified trainer doesn't just have the responsibility of guiding; they have the responsibility of assessing and educating. They chart workouts based on your goals, physical limitations and lifestyle. More importantly, they know how to prevent injuries and manage progression before it's too late. Talking to **Ayush Singh**, a certified trainer practising in Delhi, he said, "Qualified trainers make a customised plan for different body types. But if you go to unqualified trainers, they will go on with the same plan they have learned from someone else or used on their own body. This is a major difference. If a product is not suitable to you, a qualified trainer will switch it, but an unqualified one will keep pushing the same because he doesn't have alternatives."

### Gyms Are Everywhere, but Quality Isn't

Like not all that glitters is gold, not every gym with flashy equipment and discount deals is built for real fitness. The explosion of gyms across cities has brought with it a mixed bag — some well-equipped and guided by the certified professionals, others run by underqualified enthusiasts with little understanding of body or the process involved.

This boom in numbers doesn't guarantee quality or safety. While the fancy lighting and trending playlists may attract the crowd, the real test lies in the integrity of the space and the credentials of the trainers. A wrong choice can do more harm than good, both physically and mentally.

Fitness should energise the mind as much as it does the body. There are people who depend on external validation often spiral into cycles of anxiety, social withdrawal, or aggressive behaviour. The perfect body becomes a trap rather than a triumph. Unfortunately, many gyms are chosen based on popularity, influencer promotion, or peer pressure—not research or reliability. "People come to us saying, I just want a physique like a fitness influencer or a filmstar, they don't come in the gym for

### THE ILLUSION OF FAST RESULTS: THE STEROID SHORTCUT

In this pressure-filled ecosystem, where transformation pictures and social media likes serve as reward systems, people chase fast results and fall into darker traps. One of the most alarming trends is the misuse of steroids. "Nonprescription doses are usually many times higher than the doses prescribed for health conditions by your doctor. These doses have short and long term side effects when misused like high blood pressure, liver damage, heart attack, increased aggression, acne, and even depression. Young adults get attracted to improve body appearance which should not be done. These medicines should only be taken under medical supervision," said **Dr Paras Aggarwal**, Clinical Director & Head - Diabetes, Obesity & Metabolic Disorders, **Marengo Asia Hospitals**.



### CHECKLIST

It was equally important to speak to someone experienced who has practised gymming for years and competed at various levels. **Akshay Tyagi**, a fitness enthusiast, winner of many body building competitions like - **Mr. Delhi, National Dead Lift Championship, 7th Amberprix Mr. India**, said, "You have to keep a check from the start. The most important thing is the equipment. It should not be outdated, must be serviced regularly, and shouldn't be broken. Faulty machines can cause serious injuries. It's not always important to choose expensive gyms but to go to the right one where you can work out properly." Before signing up, consider these: verify gym credentials, observe the environment, ask for an assessment and listen to your body.



### FITNESS FOR LIFE, NOT JUST FOR SOCIAL FEED

True fitness isn't built in 30-day challenges or shortcut supplements. It's a lifelong journey rooted in discipline, consistency, and informed choices. A healthy lifestyle isn't a trend but it's a personal investment. **Dr Indramani Upadhyay**, MPT (Ortho), HOD Physiotherapist at **The Centre for Knee & Hip Care**, says, "Overtraining or poor guidance from unqualified trainers can lead to both short- and long-term health issues. Some red flags in your gym trainer's guidance will be seen as persistent fatigue, recurring injuries, lack of recovery days and sleep disturbances."



THE SIDE EFFECTS OF THE WRONG PROCESS ARE NOT JUST PHYSICAL; THEY CAN LEAD TO MENTAL, EMOTIONAL AND LONG-TERM HEALTH CHALLENGES THAT AREN'T WORTH THE TEMPORARY HIGH OF A PERFECT PHYSIQUE TO SHOW OFF

The most disingenuous factor is that all the joiners are asked to do the personal training just for the money factor regardless the fact that they actually don't need it. People don't even ask for certification and follow routines that look effective on someone else.

### MOVES TO KEEP IN MIND FOR YOUR GYM SUCCESS

- Your body is unique. Follow a plan that suits your fitness level, body type, goals and lifestyle and is ideally one crafted by a certified trainer or coach.
- Progress in fitness doesn't come overnight. Consistency beats intensity. Show up regularly, even if some days are light.
- Nutrition is key. Focus on balanced meals like protein, good fats, complex carbs, fibre. Stay away from fad diets or extreme calorie deficits.
- Learn the basics of anatomy, movement, and nutrition. It helps you make informed decisions and avoid blindly following trends.
- Stick to basic, tested supplements like whey protein, creatine, multivitamins — and only if needed. Always consult a trainer or a nutritionist.
- Seek guidance only from certified trainers (ACE, ISSA, ACSM, etc.). They are trained to guide you smartly — not push you into harm.
- Focus on your routine and stick to your plan. Avoid getting distracted by others or feeling pressured to do what they're doing.
- Ask questions from the trainers if you're unsure about how to use a machine or do an exercise, ask a trainer instead of guessing.
- Keep a track of your progress by using a journal, app, or progress pictures for your own self to stay motivated and track improvements over time.
- Dress comfortably and wear flexible gym clothes.



### WORKOUT BLUNDERS YOU SHOULD SKIP IN GYM

- Steroids may promise faster gains, but they bring irreversible side effects — liver damage, hormonal imbalances, mood disorders, infertility, and more. They're not worth the risk.
- Avoid following gym "bros" or influencers who aren't qualified. What works for someone may harm you.
- Pro bodybuilders have years of experience and often unnatural aids. Their routines are not meant for beginners or average fitness goals. Don't try to be like them and follow them.
- Pain, dizziness, exhaustion, loss of motivation — these are all signs that something's wrong. Don't push through blindly.
- Starving your body will only weaken your immunity and metabolism. Long-term health always wins over quick fixes.
- Don't skip warm-ups or cool downs as this leads to stiffness, soreness, or worse that is injuries.
- Avoid texting or scrolling between sets as it disrupts your focus and slows your routine.
- Don't compare yourself constantly as everyone's fitness journey is unique. Celebrate your own progress, no matter how small.
- Don't rely on supplements alone as supplements are just the support systems but not the actual solutions. Real nutrition comes from real food.
- Don't neglect cleanliness. Always wipe sweat off equipment after use as it's basic hygiene.

"THE ONLY TIME TO EAT DIET FOOD IS  
WHILE YOU'RE WAITING FOR THE  
STEAK TO COOK"

— JULIA CHILD



## A Toast to Taste

BY TEAM AGENDA

Somewhere between a laid-back hangout and a full-sensory culinary voyage, *Dos Delhi* is shaking up the city's bar culture, one artfully crafted cocktail at a time. Tucked into a lively corner of New Delhi, it is a mood. With its high-energy vibe, edgy design, and a menu that's unapologetically adventurous, this hotspot is redefining what it means to dine and drink in the capital. Now, the creative minds behind the concept — *Chefs Jatin Mallick and Julia Carmen De Sa* are raising the bar with the launch of a brand-new Beverage & Bar Snack Pairing Menu.

This isn't just about snacks that accompany your drink. It's a thoughtfully curated sensory experience where bold cocktails and inventive bites come together in a masterful dance of balance and contrast.

A sleek glass of *Truffle Spy*, made with gin, Martini Extra Dry, Cointreau, Campari, and a touch of truffle, paired with golden, crispy *Truffle Parmesan Fries* makes a day. What is refined, decadent, and almost too good to share are the fiery *Dos Me Up*, where tequila combines with wasabi, sour cream, cilantro, and basil. Its punch is balanced by the earthy calm of *Charcoal Grilled Snack Peppers with Yam Hummus*.

Each pairing feels like a little world of its own. The *Smirking Cacao*, with its heady mix of dark rum, vanilla liqueur, spiced vermouth, and cacao nibs, is like dessert in a glass. It is perfectly complemented by *Buttered Edamame with Thai Herbs and Lemongrass Ketchup*. Then there's the refreshing

*Hot Russian Zombie*, a vodka-apple-citrus-based drink that comes alive with Potato Lavash topped with Avocado, Salsa Macha, and Chipotle Cheese Sauce. And if tropical and smoky is your flavour, the *Sexy Lady Stunner*, a blend of whisky, Martini Bianco, and roasted pineapple, pairs beautifully with Mustard Marinated Fish Belly Fingers and lemon marmalade.

However, *Dos Delhi* isn't only about the drinks. The bar snack menu is a genre of its own - part street-style comfort, part global fusion, and entirely packed with surprises. Take the *Guntur Chilli Glazed Crispy Chicken Wings* for instance, bold and spicy, and ideal with whisky. Or the *Flash-Fried Sweet & Sour Green Candy Tomatoes* served with *Yoghurt Tahina and Flour Crispies*, which offer a tangy, crunchy contrast to citrus-forward cocktails. If you love bold umami flavours, the *Dos Magic Spiced Cassava Chips with Sriracha Cheese Ketchup* deliver a satisfying punch. And of course, there's the ever-popular *Cheese Garlic Bread*, warm, gooey, and comfortingly familiar — especially when enjoyed with red wine sangria or a smooth whisky spritzer.

The ambience is as much a part of the experience as the food and drink. Spread over two floors, with both indoor and outdoor seating, the space pulses with a modern, welcoming energy. Contemporary artwork adds visual intrigue, while live DJs set the tone, with music that shifts seamlessly from laid-back evening grooves to weekend party anthems.

At its core, *Dos Delhi* is about slowing down, enjoying good company, and celebrating the pleasures of flavour and connection. So whether you're winding down after work, reconnecting with friends, or seeking your next great cocktail discovery, Beverage & Bar Snack Pairing Menu invites you to sip and savour.

**FACT SHEET:**

Name: Dos By Tres  
Address: Shop No. 9 & 10, Fourth Avenue Road, Lodhi Colony, New Delhi  
Price for Two: ₹2,500/-  
Timings: Mon - Thu, Sunday: 12:00pm to 12:00am  
Fri - Sat : 12:00pm to 01:00am

## Chill Mornings with Light Breakfast

BY TEAM AGENDA

Breakfast is often called the most important meal of the day and for all the good reasons. A wholesome breakfast fuels your body, sharpens your focus, and sets the tone for a productive day. Especially during summer, starting your morning with light, nourishing, and refreshing meals becomes

all the more essential to keep your energy up without feeling heavy.

In this spirit, we bring you two delightful breakfast recipes that are both satisfying and summer-friendly. First up is *Poha*, a light and flavourful dish made from flattened rice perfectly with a cup of chai. Then *Curd Upma*, a unique twist on the classic Upma that blends roasted semolina with curd.

**POHA**

Poha is a dish made from flattened rice, which is lightly steamed and cooked with onions, spices, and herbs. The term 'poha' refers both to the ingredient-flattened rice flakes, also known as beaten or parched rice - and the final prepared dish. These rice flakes are regarded as wholesome and nutritious, as they undergo minimal processing from raw paddy. This is a nutritious, traditional food widely eaten in many regions of India.

**INGREDIENTS:**

- 1 cup poha (flattened rice)
- 1 medium onion (finely chopped)
- 1-2 green chillies (slit or chopped)
- 1/4 tsp mustard seeds
- 5-6 curry leaves
- 1/4 tsp turmeric powder
- Salt to taste
- 1 tsp oil
- 1 small potato (optional, peeled and chopped small)
- 1-2 tsp sugar (optional, for a slight sweetness)
- 2 tsp roasted peanuts
- Fresh coriander leaves (chopped, for garnish)
- Juice of half a lemon

**CURD UPMA**

Curd Upma, a dish combining the cooling effects of curd with the nutritional benefits of Upma, offers several advantages during the summer months. It helps to regulate body temperature, promotes digestion, boosts immunity, and provides hydration, making it a refreshing and healthy summer meal.

- INGREDIENTS:**
- 2 Cups sooji
  - 1 tsp mustard seeds
  - 10-12 Curry leaves
  - 1 tsp urad dal
  - 1 tsp chana dal
  - 1 onion, chopped
  - 1/2 cup vegetables of your choice, chopped
  - 1 cup curd
  - 1 tsp ginger-garlic paste
  - 2 Green chillies (slit)
  - to taste salt
  - to taste Red chilli powder
  - for garnishing coriander leaves

- INSTRUCTIONS:**
- Roast sooji till fragrant. Keep aside.
  - Heat ghee in a pan. Add mustard seeds, curry leaves, urad dal and chana dal. Wait till they splutter.
  - Sauté onion and ginger-garlic paste.
  - When onion browns, add the
  - vegetables, cover the pan and let the vegetables cook.
  - Add curd water and saute for a minute. Add roasted sooji, 4 cups of water and let everything cook.
  - Garnish with coriander leaves and serve hot.



**INSTRUCTIONS:**

- Rinse 1 cup poha in a colander under running water.
- Gently fluff it with your fingers and let it sit for 5-10 minutes to soften. (Make sure it doesn't become mushy)
- Heat 1 tsp oil in a pan, add mustard seeds and let them crackle.
- Add curry leaves, green chillies, and peanuts.
- Sauté for a minute and add chopped onions and sauté until translucent. (If adding potatoes, cook them until soft before adding onions)
- Sprinkle turmeric powder and mix well.
- Add the softened poha, salt, and sugar. Mix everything gently.
- Cover the pan and cook for 2-3 minutes on low heat.
- Turn off the flame, squeeze lemon juice, and garnish with coriander.
- Enjoy your poha with a hot cup of tea!



## Brewing Innovation: Microbreweries

BY AJAY GOWDA

The craft beer industry thrives on passion, innovation, and an ever-evolving consumer palate. In a dynamic market like India, where beer culture is rapidly evolving, *microbreweries* must continuously adapt to remain relevant. This evolution goes beyond brewing exceptional beer as it requires innovation in menu offerings, immersive experiences, and customer engagement strategies. Leading microbreweries recognise that craft beer is more than just a beverage; it is an experience that fosters a deeper connection between consumers and the craft. Reinvention is not merely a business strategy but it is a commitment to consistently enhancing the customer journey, offering authenticity, novelty, and lasting impressions.

Craft beer lovers seek a holistic experience that extends beyond the pint glass. At our brewing company we have always believed that a microbrewery is more than just a place to drink — it's an immersive experience. This means that while our beer remains at the core, our food menu, ambience, and service must evolve to keep guests excited and engaged. Food and beer pairing is an area where we see constant innovation. The modern beer drinker wants to explore beyond traditional bar snacks, which is why we consistently experiment with our menu. A well-thought-out food pairing can enhance the flavours of a beer. Our recent menu refresh, inspired by global flavours while keeping our Viking



spirit alive, is a testament to this philosophy. Beyond food, microbreweries are also diversifying their beverage offerings. Craft cocktails, beer-based drinks, and even house-made non-alcoholic options ensure that there is something for every guest, making the microbrewery experience more inclusive and engaging.

The modern beer seeks variety. The rise of unique beer styles such as hazy IPAs, barrel-aged stouts, and fruit-infused sours, demonstrates that consumers are open to experimentation. Reinvention is about adapting to what our consumers want before they even know they want it.

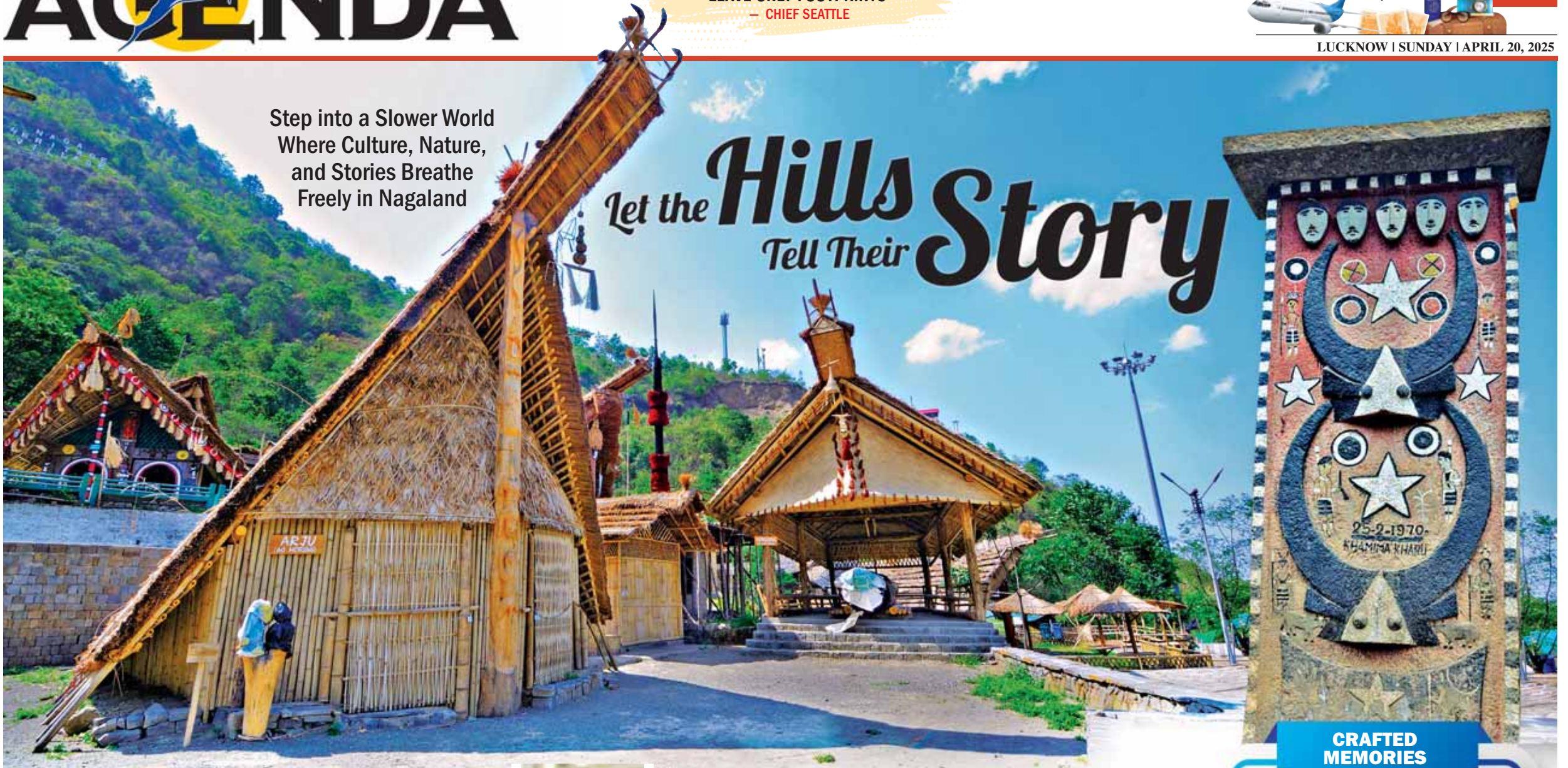
— The author is Managing Director of Byg Brewski Brewing Company

**THE FUTURE**

The microbrewery industry in India is at an exciting juncture. With evolving tastes, rising consumer expectations, and a growing appreciation for craft beer, reinvention is no longer an option but it is a necessity. As we look to the future, our focus remains on pushing boundaries while staying true to our core values of quality, craftsmanship, and experience.

Step into a Slower World  
Where Culture, Nature,  
and Stories Breathe  
Freely in Nagaland

## Let the Hills Tell Their Story



### CRAFTED MEMORIES

Souvenirs That Tell a Story Don't leave without picking up a bottle of Infamous-its bold character and striking design make it a gift worthy of your shelf. Handwoven Naga shawls, each tribe with its distinct pattern, ideal as a wrap or a wall accent. Tribal jewellery made from beads and brass-rustic, sustainable, and deeply symbolic. Bamboo and cane artefacts, from baskets to lampshades, crafted by local artisans. Smoked pork or dried bamboo shoot, vacuum-packed and available at select markets in Kohima. Locally grown wild Naga chillies, both fresh and in pickled form, for those who like their food fiery. Why Go Slow?



If you're weary of Insta-itineraries and whirlwind checklists, perhaps it's time to let Nagaland happen to you—slowly, deliberately, and with the grace of a place untouched by frenzy. This Northeastern gem invites not a race, but a pause. Here, you don't "do" a holiday; you dwell in it. The gateway to Nagaland is surprisingly accessible—courtesy of a direct flight from Delhi to Dimapur. No layovers, no fuss. From Dimapur, it's a picturesque 90-minute drive to Kohima, the state's capital, where the hills roll in like a lullaby and time decides to take the long road. For those who prefer to stay in Dimapur, you're still in the heart of it all—with the added advantage of being just 20 minutes from Khakhati in Assam, where the spirit flows a little more freely (more on that in a bit).



**PAWAN SONI**  
COLUMNIST  
Food critic and founder of the Big F Awards



PANKAJ KUMAR

### A Walk Through History

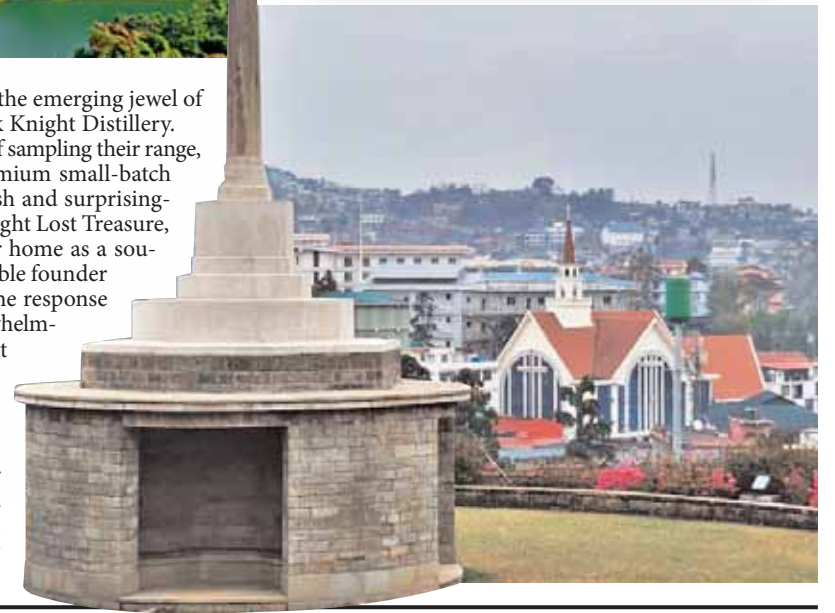
Kohima holds within it the whispers of the past. The Kohima War Cemetery, perched gracefully over green slopes, honours the brave who fought in one of the Second World War's fiercest battles. It's not just a site; it's a silenced storyteller. The epitaph that reads "When you go home, tell them of us," is reason enough to spend a moment longer in reflection. In December showcases all this and more—dance, folk-

lore, crafts, and cuisines that are as layered as the land. Now, here's the delightful surprise: while Nagaland's indigenous cuisine is a delight of lightly spiced, easy-to-digest dishes—think bamboo shoot pork, fresh river fish, sticky rice—there's no dearth of North Indian comfort food either. Craving chole bhature, jalebi, or a good old paratha? You'll find it in Kohima's modest eateries and hotels, served with the warmth of familiarity and a view to match.

Nagaland may be officially dry, but that doesn't mean you're cut off from your evening pour. A short ride to Khakhati, across the Assam border, brings

you to a clutch of bars and the emerging jewel of the local spirits scene—Dark Knight Distillery. Here, I had the pleasure of sampling their range, including Infamous, a premium small-batch whisky with a smooth finish and surprisingly nuanced profile, and bought Lost Treasure, a cold-brew coffee rum for home as a souvenir. Dani Chand, the affable founder of Dark Knight, stated, "The response to Infamous has been overwhelming. We're still keeping it small-batch to retain quality, but expansion plans are definitely brewing."

This place is about learning to savour again, whether it's a bite of war history. So, take that flight. Take your time. Let Nagaland linger.



### HORNBILL VILLAGE AND THE 16 TRIBES OF NAGALAND

Nagaland is home to over a hundred tribes, each with its own dialect, traditions, and legacy. Among these, 16 are officially recognised as major tribes, and their presence is vividly brought to life in the Hornbill Village—a living museum where tradition stands tall. Here, tribal architecture tells you as much as the elders do. You can walk through authentically built morungs, see traditional weaponry once used in headhunting days, and witness daily practices that have survived centuries.

## Luxury Beyond the Ocean's Horizon

BY AKANKSHA DEAN

As I boarded, the promise of an enchanting journey ahead filled the air. Flying Business Class with SriLankan Airlines transformed the journey into a memorable escapade. As I settled into my plush seat, the friendly flight attendants welcomed me with warm smiles and a glass of sparkling champagne that shimmered like the Indian Ocean below. Soon enough, we glided into Colombo, a city alive with culture and hues. Upon my arrival at the Anantara Peace Haven Resort, I was instantly lulled by the gentle sound of waves crashing against the shore.

The brutal noise of everyday life faded away, replaced by a peaceful ambience suffused with the fragrance of tropical flowers and fresh seafood grilling nearby. My luxurious villa had a private plunge

### WAVES, WELLNESS AND WONDERS

My adventurous side thrived during watching a thrilling surf lesson with an extraordinary instructor, who transformed missteps into pointers—by the end of it, you could be riding waves like a pro. A session of restorative yoga against the backdrop of the sun dipping into the ocean was the perfect balance, allowing me to connect both mentally and physically with nature. It was a moment of pure zen. Every treatment I enjoyed led me deeper into tranquillity, leaving me blissfully void of any worldly stress. Between flavours, surf and spa, I truly felt the essence of Sri Lanka's welcoming charm.

pool, which beckoned me for a refreshing dip. As I settled in, excited for what lay ahead, I could feel Sri Lanka's rich culture and bright spirit spilling from the very walls of this oasis.

### CULINARY BLISS BY THE SEA

Let's start with the food—where do I even begin? My culinary journey kicked off at Journey's, the resort's breakfast haven. The vibrant buffet was as impressive as an art gallery, boasting an array of dishes from traditional egg hoppers to decadent pastries.

My taste buds danced with delight at the first bite of savoury fish curry paired with that unique hopper texture. Post breakfast, I lounged by the infinity pool, which effortlessly merged into the horizon—each glance towards the ocean felt like I was shifting between reality and a surreal painting.

The true joy of dining at Anantara lies not only in casual meals between sun-soaked hours but in the mystical dinner experience that awaited me at Verele, the beachside teppa-

nyaki restaurant. As the sun slipped below the horizon, live folk music curated a soothing backdrop to my BBQ feast.

I relished every moment as the skilled chefs prepared unique dishes, not just with ingredients but with love—a tradition handed down through generations. Each bite was an invitation into a world rich with history and vibrant flavours, a culinary dance of spices and textures that is quintessentially Sri Lankan.

Under the guidance of local chefs, I learned the secrets behind traditional Sri Lankan dishes, grating coconut and preparing aromatic curries. The air filled with laughter and the scent of freshly ground spices, and my creativity turned every dish into a small-plate masterpiece. Sharing what I cooked with fellow travellers over cocktails infused with innovative flavours like smoked Amaranac was the cherry on top of this wonderful day.

— The author is an independent food & travel writer, a chef, and a catalyst

IN THE END, IT'S THE LAUGHTER SHARED OVER SPICES, WAVES RIDDEN, AND PEACE FOUND AMIDST VEILS OF PALM TREES THAT MAKES THE ANANTARA EXPERIENCE TRULY UNFORGETTABLE



