

THEWEEK

OCTOBER 2020

SMART *Life*

LIVE HEALTHY, STAY FIT

Must-try
Make In India food

Top picks for
beauty products

Healing with Bach
flower therapy

Live like a king
at Deo Bagh



**Boxer Vikas
Krishan**
is chasing
Olympic glory

**Chef
Anurudh Khanna**
Textures and
colours of food

Bhumi Pednekar
Creatively restless



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Dear Reader,

We are in the final quarter of 2020, and most of us would want to wipe the year off our memory for obvious reasons. Apart from the panic triggered by the virus attack, many are faced with a dilemma of mental health issues. The pandemic has definitely opened the Pandora's box. Social media has been extremely vocal about this issue and mental health experts are putting their best foot forward to help people cope with it. Most people indulge in standardised therapies like yoga and meditation but not many have tapped into the gifts of nature. One such gift is the flower. One may wonder, can a flower extract really alleviate mental issues? Lifestyle coach Pallavi Bhardwaj says it does more than just that. A Bach flower therapist, she talks about the benefits of this complementary therapy that is effective for healing physical, mental and emotional issues. Head to our Pause section to read all about it.

They say, we are what we eat and this aphorism got a whole new level of significance during the lockdown. With many trying to consume healthy food while being locked at home, there has been pressure on Indian food brands to come up with innovative concepts. Read the story 'Made in India', in which we have listed some of the top homeland brands with a range of products that are not only easily available but also of high quality.

In this edition, we have our cover girl Bhumi Pednekar talking about her journey from being an assistant director to an actor. "I used to conduct auditions myself at YRF for four years and the people there as well as directors were impressed with my abilities. So, when the script for Dum Laga Ke... came, they got me to audition along with 300 girls. I was 20 then and had never told anyone that I wanted to be an actor. It just happened," she says. At a time when girls do anything to lose weight, Bhumi gained over 20kg to be able to play the role. Her character is, undoubtedly, one of the most memorable leading lady debuts. After doing some strong roles in her past projects, the 31-year-old actor hopes to play the role of a freedom fighter in the future.

This month, we have another must-visit place for your travel bucket list. Live like the Mughals for a couple of days in the history-packed land of Gwalior at Deo Bagh—one of the oldest heritage hotels in India. Set in a restored 17th century palace, this property is a haven of calm.

In One Shot, Anurudh Khanna, a multi-property executive chef at The Westin Gurugram, New Delhi, and The Westin Sohna Resort and Spa, talks about his wellness menu and 'unlock 1.0' strategies. Anurudh strongly believes that sustainable operation is the way forward and he emphasises on the importance of creating dishes that are high in quality and nutrition. He also shares his journey into the culinary world and six of his signature recipes from locally sourced produce.

So, get your chef's hat, clean up those rusty knives and get ready to start cooking.

Stay safe, stay healthy and enjoy this issue of Smart Life.

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ALL IN YOUR HEAD

Tips to manage stress migraines at home

BY DR PANKAJ AGARWAL



Stress is one of the biggest triggers of migraine. But, they say, stress is an inevitable part of life. So, how can one get rid these notorious headaches that are a result of stress? Firstly, it is important to understand what migraine is. It is a neurological condition that causes a throbbing headache with a pulsating sensation on one side of the head. Often, one also feels nauseated and there will be an increased sensitivity to light and sound. A migraine attack can last anywhere from a few hours to even a few days.

As a matter of fact, it is a cycle—stress triggers migraine and the chronic pain causes more stress. It can also lead to a tension headache, which is a slightly different type of headache from migraine which is usually without nausea. Here are some strategies that can help reduce stress and deal with migraine.

Eat a well-balanced diet: Food rich in Vitamin B-2 (riboflavin) and magnesium can be helpful.

Consume salmon: It is abundant in omega-3 fatty acids and can help

control migraines. Whole grains, beans and leafy dark green vegetables are all high in magnesium, and according to the research, people who have magnesium get migraines. Mushrooms can help you deal with headaches and control migraines. Even carrots and sweet potatoes help alleviate the pain.

Learn to say no to certain things: Avoid chocolates, cheese, red wine, tobacco, alcohol, citrus, and processed foods. Avoid food with preservatives like monosodium glutamate and artificial sweeteners which are migraine triggers.

Adopt a healthy lifestyle: Follow a regular schedule with respect to eating, sleeping and exercise. Adequate sleep for seven to eight hours will help you get rid of the headache. Relaxation techniques such as yoga and meditation can help you to de-stress. Try doing deep-breathing exercises as well. Exercising daily can also be beneficial. It can help you stay stress-free. You can do activities of your choice like running, walking or even aerobics.

Keep a journal: Write about the situations that cause stress and result in a migraine. Write about your feelings. Then watch out for those triggers and avoid them.

Stick to a proper schedule: Build a routine. Make a time table of the tasks you are supposed to carry out throughout the day. Stay organised. Don't forget to take out some time and rejuvenate yourself. Indulge in activities like reading, gardening, listening to music or painting. This can help you stay stress-free and in turn reduce your chances of suffering from a migraine. Also, try to spend some quality time with your family and friends. Open up about your feelings. Try to speak to your near and dear ones about the things that worry you.

It is essential to get rid of stress in order to manage your migraine. Also remember that you must not self-medicate. Doing so is a strict no. Consult your neurologist if your migraine is bothering you.

Agarwal is senior consultant, neurology, and head of movement disorders clinic, Global Hospital, Mumbai.

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Venom power

According to a recent study by Scientists at the Harry Perkins Institute of Medical Research in Perth, Australia, and the University of Western Australia, also in Perth, honeybee venom kills aggressive breast cancer cells with negligible effects on normal cells. In laboratory studies, the active component of honeybee venom rapidly killed two types of breast cancer cells that are particularly difficult to treat. Crucially, the toxin left healthy cells unharmed. Scientists have discovered that honeybee venom and its active component, melittin, are toxic to a wide range of tumours—including melanoma, lung, ovarian, and pancreatic cancers—in laboratory tests. The researchers say that the venom was extremely potent and can completely destroy cancer cell membranes within 60 minutes. The study also showed that venom from bumblebees, which contains no melittin, did not kill the cancer cells—even at high concentrations.



Biological ageing accelerator

According to researchers from the University of Navarra in Pamplona, Spain, ultra-processed food may accelerate biological ageing. The study links the consumption of ultra-processed food with the shortening of the body's telomeres (structures located at the ends of our chromosomes). Although it contains no genetic information, it preserves the integrity of chromosomes by keeping its ends from fraying, much as shoelace tips protect the laces. Telomeres become shorter and less effective over time as chromosomes replicate. Scientists view them as markers of an individual's biological age at a cellular level. The consumption of ultra-processed foods, or UPFs, is on the rise worldwide. UPFs are manufactured food products comprising the building blocks of naturally occurring foods: protein isolates, sugars, fats, and oils. However, UPFs are nutritionally poor and often unbalanced. Researchers have noted associations between telomeres and alcohol, sugar-sweetened beverages, processed meats, and foods high in saturated fat and sugar. It also indicates a connection to several serious conditions, such as obesity, hypertension, depression, metabolic syndrome, some types of cancer, and type 2 diabetes.

What and when

According to a research presented at the European and International Conference on Obesity 2020, what one eats is linked to when one eats. Researchers found that people who consume most of their calories in the evening tend to consume and have a lower quality diet. The study's aim was to explore the connection between the evening consumption of calories—the measure of energy intake (EI)—and diet quality. Previous studies have found that hunger follows a daily rhythm and that this rhythm is, in some ways, not what people might expect. Hunger tends to be strongest late in the day after most people have completed the majority of their daily activities. People who consumed most of their daily EI earlier tended to eat fewer calories over the course of a day. The study suggested that meal timing affects the nutritional quality of food. So, follow the drill—breakfast like a king and dinner like a pauper.



super FOOD of the month



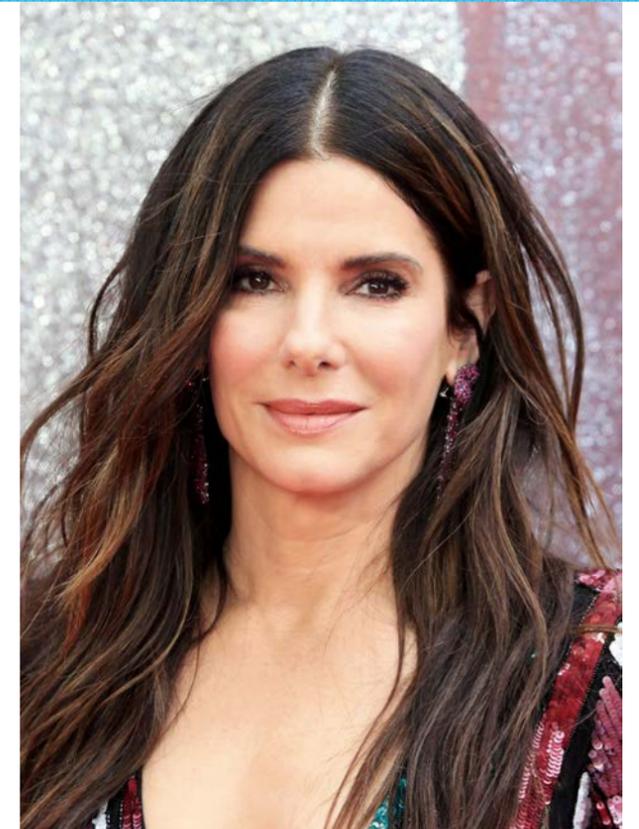
Eggplant

- ✿ Eggplant is low in calories and sodium, and is a great source of potassium, and B vitamins.
- ✿ The high fibre content in eggplants, which is a crucial element to maintaining a balanced diet, is a great way to improve one's gastrointestinal health.
- ✿ It is a rich source of natural antioxidant manganese. A high level of manganese ensures that your organs are protected.
- ✿ Iron and calcium found in eggplants improves bone health. It also prevents anaemia. The phytonutrients in eggplants aids mental health.



Keto for Alzheimer's

Scientists have found associations between fungi living in the gut and mild cognitive impairment (MCI), which can lead to Alzheimer's disease. They suggest that a ketogenic diet could help prevent the disease by creating a healthy



“I’ve made peace with the fact that the things that I thought were weaknesses or flaws were just me. I like them.”
– SANDRA BULLOCK

balance of microorganisms in the gut. There is an intimate relationship between the gut microbiome and the central nervous system, with recent research suggesting associations between particular bacterial communities and neurological disorders. Scientists at the Wake Forest School of Medicine, in Winston-Salem, NC, found a distinctive gut bacterial “signature” in people with MCI. They also discovered that a diet called the modified Mediterranean-style ketogenic diet altered bacterial communities in the guts of volunteers and reduced biomarkers of Alzheimer's disease in the cerebrospinal fluid. This diet contains a limited number of carbohydrates and increased amounts of fats. These are primarily mono- and polyunsaturated fats that come from olive oil and fish.

The beginning

I started my career in Los Angeles in 2015. It was with one of my classmates who is now my favourite person to work with and like a brother to me—Mukund Komanduri. Together we had the chance to work with Red One, Ferras (co-songwriter to Katy Perry), Joe Crow (previously worked with Adam Lambert) and several other artists. He has been a part of the production of every one of my single releases so far. My musical journey in India started last year after Daboo Malik collaborated with me and I released my first ever Punjabi single Vichhoda Yaar Da. Shortly after, I decided to switch bases and work from my hometown Mumbai for a while. I have been lucky to cross a million views on YouTube on all of my last four major releases (Vichoda Yaar Da, a cover of Aa Jaane Ja + Piya Tu released with SaReGaMa Carvaan, Clutch and Goddess). My English release Majesty received three film festival awards for the video.

Current projects

I just put out an acoustic version of my latest single Goddess that I worked on all by myself—from start to finish on both music and visuals—during lockdown.

Memorable times

Musically, I think one of the most memorable times was a smaller acoustic set I got to play last year.



Trust your gut

Singer **Nikitaa** says a great support system is important for success



I got to tell the stories behind the songs that night, and it was so much fun.

Greatest challenge

Getting out of my own way, both as a person and a creator. It is easy to trust the lies we tell ourselves that we need to be or act like someone else. But understanding the truth is key as it makes your career authentic.

Strengths

My strengths are my honesty, compassion and forgiveness. I think the newest one is confidence. As an artist, it used to be just singing and songwriting, but now I am growing as a producer and music video director and I love it.

Weaknesses

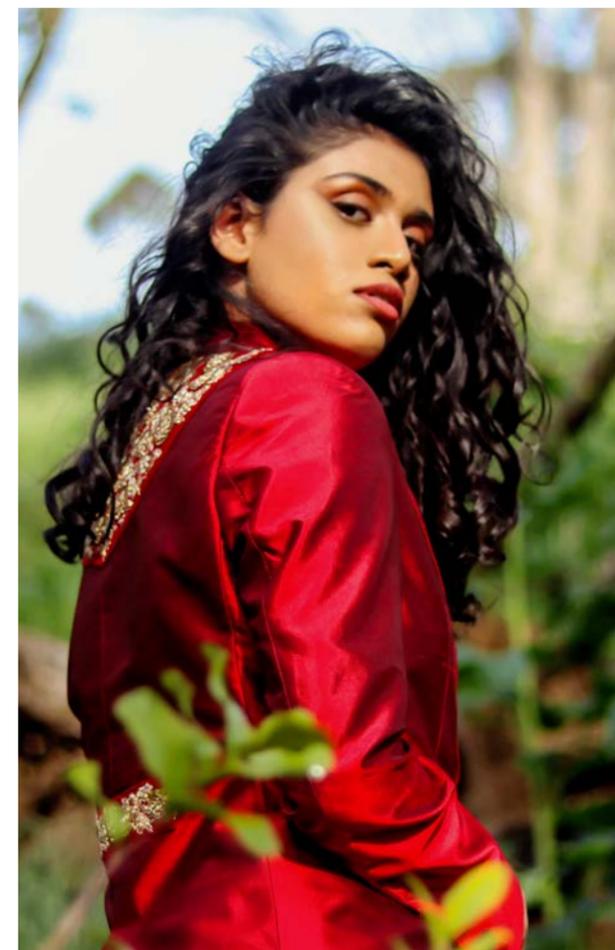
Sometimes I overthink things or take myself a little too seriously. But I am blessed with friends who have taught me to look past that and laugh in those moments.

What do you binge watch?

Friends, The Big Bang Theory, RuPaul's Drag Race and any supernatural fiction show I can get my hands on.

Lessons learnt

Be strong and always trust your gut. Invest in yourself and consult your inner voice before making decisions. It will always be the difference between success and failure.



Fitness regime

I used to love lifting weights, but my first passion is always dance. I have been on a low weights-high functionality-training-circuit, and I have started dancing again as well.

Diet mantra

I don't believe in diet culture. Bodies go through seasons and shifts. I believe our nourishment should adapt with it.

Typical day

Wake up, journal or reflect, grab a steaming cup of golden milk, get to work in my home

studio, take my nephew out for a drive in our neighbourhood in the evenings (we stay inside the car), dinner with my family, sleep and repeat.

Ways to unwind

I use my skin care routine and either a few *Friends* or *Big Bang Theory* episodes to unwind before I head to bed. That and spending time with my cat; he loves cuddles.

Dream for the future

To continue to make music across languages side by side, to create a lane for brown women within mainstream

music and culture and to give people the world round a real taste of South Asian culture.

A hobby you picked up during the lockdown.

I picked up baking. I used to bake so much when I was younger and I have started to do bake again.

One dish you whipped up during this time.

I made stir-fried Chinese greens and some rice for my family the other day. A few weeks ago it was pasta and before that my mother, sister-in-law and I made homemade pizza.

Three wishes

Number one—I wish this pandemic comes to an end; two, I want to be in Los Angeles (I had every intention to travel back and forth for work but of course for now that is out of the question). And, three, that those facing the worst of the current global situation are provided with relief, aid and justice.

Why do you think your life is smart?

I think my life is smart because it is full of people who support me, hold me accountable and love me unconditionally. Having a great support system is such a big part of building a joyful and successful life.

As told to Oshin Grace Daniell

Battle inside

A list of locally available sources of phytochemicals to fight cancer

BY NAINI SETALVAD



Cancer is one of the leading causes of death in the world. Anyone can get it at any age but the good news is that the preventives are found in nature. Phytochemicals, also called phytonutrients, are potentially helpful compounds found in plant produce. It aids in preventing chronic diseases, including cancer. It is the plant's defence sys-

tem against viral and bacterial attacks.

There are over 5,000 phytochemicals to choose from and it might not be possible to include all of it. But do not fret, here are a few locally available sources of phytochemicals to safeguard you from not only cancer but also various diseases.

Alicin: It has anti-inflammatory and infection-fighting properties. Present

in garlic and onions, it is known to eliminate bacterial and fungal toxins.

Anthocyanins: This fighter of allergies and heart disease is abundant in pomegranate, purple grapes, brinjal, figs, plums and prunes. The purple hue is known to protect from tumours, inflammation and blood clots.

Bioflavonoids: Antioxidants are excellent for cancer prevention. Include

lemon, orange, bell peppers, grapes and onions to get your daily fix.

Carotenoids: Found in dark yellow, orange, and deep green fruits and vegetables such as tomatoes, pumpkin, oranges, carrots, papaya, sweet potato and spinach, these compounds ensure a robust immunity and optimum growth.

Chlorophyll: This compound that

gives the green hues to plants have some anti-mutagenic activity that stop the process of cell mutation by foreign substances. So, consume a lot of green leafy vegetables.

Coriandrol: It is not only a major phytochemical in coriander leaves but also a potent anti-carcinogen.

Curcumin: Present in the golden spice turmeric, curcumin not only prevents

cancer but is also known to slow the spread of cancerous cells and make chemotherapy more effective.

Flavonoids: Most Indians cannot do without that 4pm cup of tea. Maybe, it is a good routine as tea contains immune-protective flavonoids. Cocoa, apricots, apples, pistachios and chilies are also rich in this compound.

Indoles: Found in cabbage, cauliflower and other cruciferous vegetables, this compound contains sulfur and activate agents that destroy cancer-causing chemicals.

Lignins: Present in flaxseeds, green beans and whole wheat, this phytochemical generates antioxidants that have anti-cancerous properties.

Lutein: Reduce the risk of cancers, especially breast cancer, by including corn, pistachios, carrots, peas, pumpkins and leafy green which are rich in lutein.

Lycopene: When it comes to Indian savoury curries, the humble tomato plays a major role. Besides its tangy flavour, it is rich in lycopene—a compound said to reduce to the risk of cancer.

Phenolics: Bananas, peanuts, apples, kidney beans, peas, and moong belong to this club of food rich in anti-inflammatory and tumour-protective phenolics.

Quercetin: It is a phytochemical found commonly in apples, lettuce, tomato and onion; it has anti-inflammatory properties. In addition to fighting cancer, it prevents infections.

The reason our cuisine is revered all over the world and leaves everyone licking their fingers is the varied spices that are added to it. These spices were intelligently incorporated in our cuisine by our wise ancestors who had recognised its healing powers. Phytochemicals are found in cinnamon, cumin, caraway seeds, chili powder, turmeric, ginger, mustard seeds, coriander, black pepper and clove. So, make sure you own a 'great Indian spice box'.

Setalvad is a nutritionist based in Mumbai.

Got a question for Naini? Write to us at slife.theweek@gmail.com

Breathe easy

Are you suffering from regular respiratory problems? It is time to get it checked

BY DR ARVIND KATE

Lung fibrosis occurs when lung tissue becomes damaged and scarred. This thickened and stiff tissue makes it difficult for the lungs to function properly. As lung fibrosis worsens, one becomes progressively shorter of breath. Many Covid patients have been diagnosed with lung fibrosis and are the most common ailment faced by these patients. This condition can hamper one's daily activities and requires immediate medical attention. Early diagnosis, swift treatment and adequate hydration is key when it comes to treating it at an early stage.

The scarring linked with lung fibrosis can occur owing to many factors. The bad news is that the lung damage cannot be repaired. However, medica-

tions and therapies can help tackle symptoms and improve quality of life.

Symptoms

If you are suffering from lung fibrosis, you may showcase symptoms such as shortness of breath (dyspnea), dry cough, tiredness, unexplained weight loss, aching muscles, and joints widening and rounding of the tips of the fingers or toes (clubbing). You should be aware that the course of lung fibrosis and the severity of symptoms may vary considerably from person to person.

Some people become ill very quickly with the severe disease while others show moderate symptoms which may worsen more slowly, over months or even years. However, some patients experience a rapid worsening of their

symptoms (acute exacerbation), like severe shortness of breath, which tends to last for several days to weeks.

People who have acute exacerbations are placed on a mechanical ventilator. Doctors usually prescribe antibiotics, corticosteroid medications, or other medications to treat an acute exacerbation. One must immediately consult the doctor during

the onset of the symptoms. Delay in doing so can worsen the condition. It is the most common ailment faced by Covid-19 patients' post-recovery. So, stay in touch with your doctor in case you notice any of the symptoms mentioned above.

Causes

One may be at the risk of suffering

from lung fibrosis if the tissue around and between the air sacs (alveoli) in the lungs tend to get scarred and thickened too. And this will make it difficult for oxygen to pass into your bloodstream. Certain medical conditions, radiation therapy, and some medications are some of the factors which can lead to lung damage. Also, long-term exposure to a number of tox-

ins and pollutants like silica dust, grain dust, hard metal dust, and bird and animal droppings can damage your lungs. After determining the underlying cause, your doctor will suggest an appropriate treatment.

Post-Covid fibrosis can stiffen one's lung tissues and makes it harder for the patient to breath properly. The patient may also require oxygen sup-





port in some cases. Severe lung fibrosis is seen in patients who already have respiratory ailments. The patients are usually administered medication to help them get back on track and carry on with their daily activities.

Risk factors

It is common disorder among middle-aged and older adults however, it is rarely seen in children. Smokers and former smokers develop lung fibrosis when compared to people who have not indulged in the practice. It also occurs in emphysema patients. If one tends to work in mining, farming, or construction sites, or if one is exposed to pollutants, then there is an increased risk of damage. Some types of lung fibrosis run in families. So, know your family history and try and take all the precautions that you can.

If you have any respiratory ailment and tend to suffer from Covid-19 then you will have to be extra cautious as you may also be at the risk of suffering from lung fibrosis. Watch out for any signs of breathlessness and other symptoms.

Preventive measures

■ Pulmonary rehabilitation can help you manage your symptoms and enhance your quality of life. It includes doing physical exercise to improve your endurance, breathing techniques to improve lung efficiency, nutritional counselling and support. If you are a Covid patient suffering from lung fibrosis then you need to visit a doctor regularly. Make sure to take zinc and vitamin supplements as per doctor's prescription for the smooth functioning of your respiratory system.

■ Bid adieu to smoking if you have a lung disease. You must speak to your doctor and opt for smoking cessation programmes which may help you quit. Furthermore, you must also keep in mind that second-hand smoking is harmful, so avoid being around people who smoke. One with lung disease may shed weight because it is uncomfortable to eat and because of the extra energy it takes to breathe. Hence, a nutritionally rich diet that contains adequate calories is vital.

■ You should try to eat smaller meals more often during the day. Include fresh fruits, whole grains and dairy products, in your daily diet. Include food such as apples, foods jam-packed with omega-3 fatty acids such as walnuts and broccoli. Beans can help fight free radicals that tend to damage your lungs. Berries contain antioxidants and fruits and vegetables like papaya, pineapple, kiwi, cabbage, carrots, turmeric, and ginger can help strengthen the immune system. Honey is an excellent option for cough. Say no to trans-fat and saturated fat, foods with too much salt and added sugars.

■ Regular physical activity can help you enhance the functioning of your lungs, and tame stress. Indulge in activities like walking and cycling. Do breathing exercises regularly. This can help clear mucus from the lungs. Try relaxation techniques such as yoga and meditation that will calm you down.

■ Make sure to relax and get enough rest as it helps one get more energy and cope with the stress of the condition.

■ Taking steam can help break up mucus so you can expel it more easily. So, take it on a regular basis and also try to gargle with salt and water. Gargling also helps clear the mucus.

■ Make sure you go for regular follow-up check-ups with your doctor. Take medications as prescribed by your doctor and adhere to all the instructions. Doing so can surely help you improve the quality of your life.

Kate is a chest physician at Zen Multispeciality Hospital, Chembur

▶ inhale

ABREAST OF LATEST TRENDS, DEVELOPMENTS

Jasmine oil is a popular home remedy believed to have a number of health benefits. For centuries, jasmine has been popular for its sweet, romantic fragrance and has been used in some of the world's best-known perfumes. It is also a common ingredient in alcohol, sweets, and desserts. Jasmine oil and components of synthetic blends of jasmine essential oil have properties that offer a number of health benefits. Though it is a popular home remedy used to treat everything from depression to infections, it is best known as an aphrodisiac. When inhaled, it promotes brain activity and makes people feel more positive and energetic. Jasmine oil is also effective in treating and preventing infections when diluted and applied to the skin or used as a rinse for oral infections, such as oral thrush. You can reap the mental benefits of jasmine oil aromatherapy by using it in massage oil or in a diffuser, or by inhaling it directly from the bottle.





Beginner's fitness guide

Be it exercising or dieting, it is important to understand the right way to do it. Here are tips to get started

BY SAMIKSHA SHETTY

Most of us tend to procrastinate things and this is especially true in the case of fitness. From excuses like “This will be my last cheat day” to “I don’t have access to gym equipment”, one tends to justify these factors and take no action. It is time to put a stop to it.

You should know that any form of movement or exercise is one of the best gifts you can give your body, mind and soul. Exercise is not only good for your body but also very important to maintain a healthy mind. Soon after you start any form of movement, you will begin to see and experience the benefits that physical movement can have on your body and well-being. However, creating a habit out of a good fitness routine takes a lot of determination and discipline.

If you are new to working out or coming back to it after a long break, try not to jump directly into the deep end. Start slow. Here are a few things that you need to keep in mind.

Assess your body

It is important to understand your body; its strengths and limitations. Respect your limitations and work from there.

Start by analysing your cardiovas-

cular capacity, strength—on basis of upper and lower body—endurance levels and flexibility range. Understand and respect your physical restrictions. Check your heart rate, blood pressure and body composition.

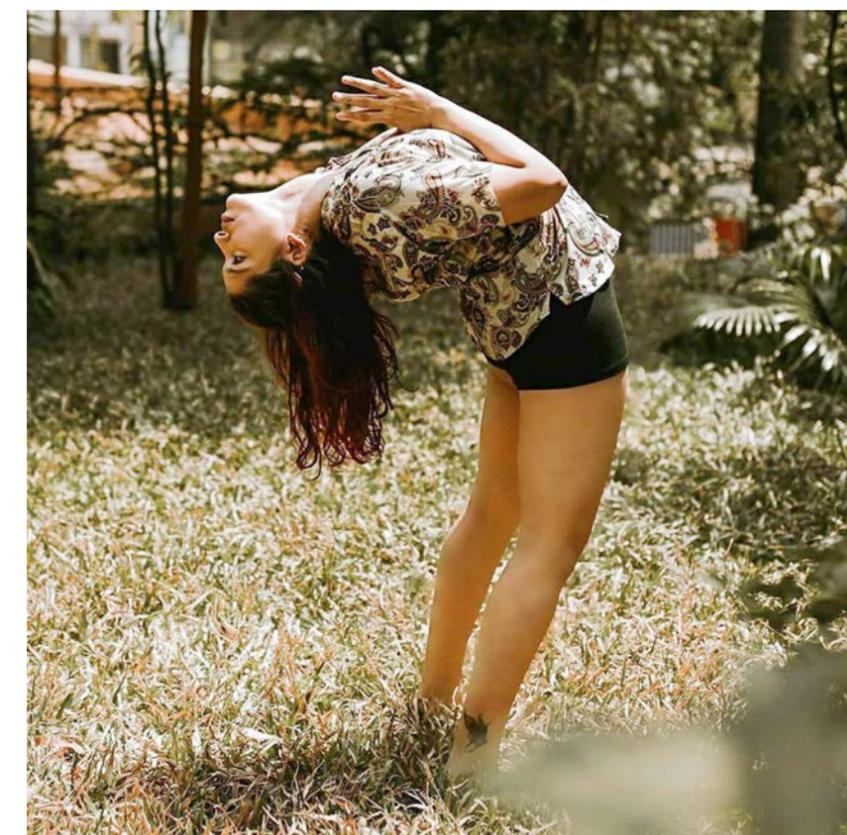
While all this might sound intimidating, taking a fitness assessment will only help you progress faster and will help you identify any underlining conditions, potential health risks or injuries.

Set realistic goals and build a habit

Setting a goal is great for staying motivated. However, always set realistic goals. Try to create a plan and follow a set timetable. If your goal is to attain 20,000 steps each day, then start small first. First try for 5,000 steps and then increase it every few days. Attaining small goals keeps your spirit up and increases your chance of success. Your workout should be a part of your everyday routine even if it is 10 minutes of stretching. Make it a habit. Try replacing an unhealthy habit with a healthy one.

Warm up and cool down

Never jump to 100 directly. Always start slow by warming up the entire





body; stretch your body. This can help prevent injuries and reduce soreness. It can also improve your flexibility and your performance level. Never go from 100 to a complete stop either. Counter-stretching in yoga or a basic cool down is essential because it helps your body return to its normal state.

Build stability

Any workout requires stability and strength in the joints. Stabilise your wrists and shoulder before putting your entire body-weight on it. Stabilise your spine before attempting any extreme backbends or forward bends in yoga. And finally, stabilise your ankles, knees and hip unilaterally

before jumping on your cardio frenzy.

Hydrate

Drinking fluids is essential to help cool down the body and it prevents dry mouth while working out. Water helps clean and detoxify your body inside and out and also helps your muscle and joints work better.

Listen to your body

When you do any yoga *asana*, ensure that your body is steady and you do not feel any sort of pain or discomfort in that posture. It must be comfortable.

This can be applied for all kinds of workouts. If you are not used to working out every day, be mindful of your

limits. If you feel pain or discomfort while exercising, stop right there and let go of your ego pushing you through the pain.

Work hard but also work smart. Faster does not necessarily mean better. Take your time to understand and truly listen to your body's needs.

Do not overtrain and over-stress your body

Physical movement is necessary for the body but never overtrain. Workouts should be stress-reducing but that is not always the case. Some vigorous workouts that your body may not be ready for could cause hormonal imbalances, unusual irritability and an

inability to concentrate. Overtraining significantly affects your stress hormones, including cortisol and epinephrine.

Signs of overtraining

- ◆ Unusual and persistent muscle soreness after a workout
- ◆ Unable to complete your workout routine which was previously manageable (decline in performance levels)
- ◆ Delayed recovery
- ◆ Legs might feel heavy
- ◆ Loss of motivation

Rest day

A successful fitness plan is not complete without rest days. Taking regular breaks allows your body to recover and repair. It is an important part of your progress, regardless of your fitness level. Skipping rest days can lead to overtraining or burnout. Rest days help reduce muscle fatigue and mental fatigue. It also helps reduce risks of injury and improves performance.

Have fun

The key to staying motivated and making exercise a habit is to have fun while doing it. This allows you to not dread having to exercise. Find a workout buddy or join a group class. Find something that you love and keep tracking your progress.

Sleep like a baby

Sleep has a significant impact on muscle recovery. Sleep enhances muscle recovery through protein synthesis and human growth hormone release. Poor sleep pattern is detrimental to your mental health and it also increase muscle and mental fatigue. Poor sleep could make your workout seem much harder the next day.

So, what are you waiting for? Get moving!

Shetty is a Mumbai-based celebrity fitness instructor, mental health advocate and a lawyer by profession.



MADE IN INDIA

Several Indian food brands have come up with innovative products that have been a solace during the lockdown

BY RUPALI DEAN, OSHIN GRACE DANIELL AND POOJA BIRAIA JAISWAL

Amid the world-wide pandemic-induced lockdown for months, the need to be self-sufficient is something that is being echoed across the country. "Atma Nirbhar!" said Prime Minister Narendra Modi in his speech, stressing on the importance of using products made in India. Here is a list of some interesting food brands that have come up with innovations that are relevant to the current times.



Biryani by Kilo (BBK)

The biryanis are cooked in individual *handis* (vessels) for each order and are delivered in the same pot to guarantee freshness. They take the biryani eating experience to another level as earthen *Angeethis* (Aanch) accompany each order to give it a smoky flavour and retain the aroma of spices. The basmati rice is naturally aged for two years and the spices are procured from Kerala. All the other ingredients are very prudently selected to meet the most rigid quality standards. For the Galouti kebabs, BBK minces the meat multiple times and marinates it in the most authentic way to make it melt in your mouth. Kormas are cooked in the most traditional way. It is available in over 20 cities across the country.



Qmin by Taj Hotels

With a gamut of gastronomic experiences, Qmin brings signature dishes from iconic restaurants under the Indian Hotels Company Limited (IHCL) at your fingertips, offering an opportunity to enjoy Taj hospitality at home. Qmin offers curated dishes made with the highest quality of ingredients, offering a variety of cuisines delivered at your doorstep. Every delivery comes with a Qmin assurance—a commitment to ensure the highest levels of safety and hygiene. Qmin has a dedicated delivery fleet, provided with mandatory protective gear and extremely sanitised transportation, while conducting contactless deliveries. The packaging of the meals is eco-friendly utilising bio-degradable materials and customised insulation boxes to preserve the food. Guests can order from iconic and celebrated restaurants across Mumbai, Delhi, Bengaluru, Chennai, Kolkata and Hyderabad. For the ease of use, IHCL has also launched its mobile application for Qmin. Available on both, Google Play Store for Android users and App Store for iOS users, the Qmin app is currently live in Mumbai and will roll out in nine other cities in the coming weeks.



Gourmet Couch Menu by ITC Hotels

This comprises an assortment of premium cuisines from the kitchens of ITC, bringing the pleasure of acquainted flavours from award-winning restaurants at ITC Hotels. Over the years, ITC Hotels have earned a standing for serving the best of Indian and global culinary traditions, unique by its accurate flavours and quality ingredients. ITC Maurya, for example, has consistently proven to be one of the most popular dining destinations in New Delhi. Crafted with care at ITC Hotels and handled with utmost hygiene to ensure well-being, the mindfully curated menu brings unique food experiences with local offerings from the region for diners across all major cities in India. ITC Hotels has implemented stringent measures and protocols, including mandatory temperature checks for all chefs and food and beverage associates.



Naturals ice cream

Naturals started with kulfi. It takes great pride in making ice cream from the churner, just like how it started, and has grown considerably owing to its USP of using only three ingredients—fruits, milk and sugar. The ice cream tubs are packed and sealed in the factory that complies with highest safety standards. It has been a much-loved brand since 1984 when it started in Juhu, Mumbai. Today it has 129 outlets in India. Tender coconut and mango are hot sellers.



Sleepy owl coffee

This Indian coffee brand makes products with a purpose to redefine the native coffee experience by simplifying the process. The existing selection includes cold brew packs, hot brew bags and ready-to-drink coffee bottles. This venture kicked off in June 2016 and the products are shipped across the country.



Sattviko

Don't we all love snacking on something while binge-watching a series. What if these snacks are super healthy? From peri-peri flavoured makhana to healthy khakhra chips, Sattviko has launched a range of products that are delicious as well as healthy. Recognised by the Ministry of Skill and Development as the 'Best food brand of India' under the 'Make in India' programme, these snacks are made of indigenous ingredients that are not only organic but also beneficial for health. The sabudana supermeal tops the list of favourites; it is a ready-to-eat namkeen (salty snack) which is a perfect substitute



for instant noodles. This mixture of Indian superfood—sabudana, peanuts, moong dal—is prepared by simply adding hot water to it. It has a shelf-life of 180 days. The khakhra superchips (baked wheat chips) is the perfect snack for a game night. Khakhra or dry chapati, which is a Gujarati household favourite, is made into a chips version and the best part is that it is baked and not fried. If you are looking at losing



a couple of pounds, then these superchips are a healthy alternative to all the fried snacks. Sattviko's paan-flavoured superfruit raisins are a perfect substitute for saunf mouth freshener. A treat for the paan-lovers, the superfruit is rich in iron and prevents tooth decay. If you have a sweet tooth, try the gur chana shots—roasted chickpeas mixed with jaggery. While chana is full of protein, gur is an excellent source of antioxidants and minerals, which not only makes snacking healthy but also guilt-free. What makes you really love these preservative-free snacks is that they are pocket-friendly. Prices range from ₹70 to combo packs that go up to ₹1,080.





Saffola Fittify Gourmet's Hi-Protein soup

This delicious soup is curated by chef Kunal Kapur and comes in interesting flavours like French mushroom garlic, Mexican sweet corn, Spanish tomato and Italian mix vegetables. These 'hi-protein soups' are healthier as they have up to four times more protein than regular soups along with the goodness of five superfood like moringa, quinoa, amaranth, turmeric and buckwheat, combining the best of taste with health for a fitter life. The product can be bought from modern trade store chain Metro Cash and Carry and e-commerce sites like Amazon and Flipkart. A pack of three (24g each) comes for ₹98 only.

Goeld Frozen Foods

Here is a range of ready-to-cook-and-consume-within-minutes packed frozen foods offered by the Goel Group. On offer are a range of products right from Indian breads including Malabar paratha, garlic naan and aloo paratha to snacks that include quinoa patty, soya shammi kebab, beetroot and cheese tikki, and a range of desserts including the very delightful papaya halwa and sewai kheer. The corn and cheese bites delivered to us in immaculate packaging and carefully taped boxes were spot on with the taste even if they weren't just as oozy as claimed. Vegetable seekh kebabs had a range of flavours packed in, making one almost forget that this after all was a frozen food that has just been heated up before serving. Even as the company claims that these are '100 per cent veg frozen foods made at 100 per cent veg kitchens with no added colours, flavours or preservatives,' nutritionist Aayushi Lakhpati, chief health officer, 23BMI, a health care venture, cautions against "too much consumption" of ready-to-eat frozen food.



Bun & Only

What more does one need than a big, fat cheesy and messy burger to take the lockdown blues away? As Gigi Hadid once put it, "Eat clean to stay fit, eat a burger to stay sane." If your definition of a decent burger is limited to that which is peddled at that nearby McDonalds outlet, then it is time for a crash course into the real deal. On a wet weekend evening, Bun & Only decided to surprise us with a classic chicken and cheddar burger and another with black bean and guacamole and a number of dips as accompaniments. Not only was the quantity good enough for one person's full meal, it was way beyond expectations. The burgers never turned soggy even when they were opened up about an hour post arrival, rather both offered a strong punch of taste and feel. If you love the salty earthiness of blue cheese and mushroom, there is The Portobello & Blue Cheese Burger. And if all things slow-cooked and pork make you happy, then the pulled pork and barbecue burger should be your choice. Expect to shell out between ₹350 to ₹500 per meal.



KEEP calm, STAY glam

Are you looking for beauty and personal care products that tick all the boxes in your checklist? Here are some top picks of 2020

BY OSHIN GRACE DANIELL

All women want products that deliver on their promises. And with the surging trend of cruelty-free and sustainable products, brands are under pressure to develop new formulas that not only hit the quality mark but also uniquely addresses different problems. Here are some luxury beauty and personal care products that are the top buys of 2020.



Mystique Earth

With an objective to develop natural formulas that capture the essence of herbs, flowers, metals, minerals and clay from the tribal lands of Madhya Pradesh—Satpura, Vindhya and Mahadeo—mother-son duo Manjula and Gaurav Tiwari launched their startup in 2018. Though it has not been long since its conception, the brand has created a niche for itself in the beauty and personal care products market. Mystique Earth focuses on tapping the true essence of nature’s bounty and the idea of going back to the roots. One of the best-sellers is the skin care gift pack which is a box with two big tubes—a face wash and a silk serum lotion. The bubble facial cleanser has a refreshing scent and is very light on the skin. Perfect wash for people with oily skin, the cleanser thoroughly hydrates and improves the texture of the skin. Stirred with forest air bubbles, the mild cleanser is made of custard apple extracts and royal jelly that improves the skin.

Silk serum lotion with white lily and mahua butter has a luscious scent that is not only soothing but also lasts long. It does not make the skin look oily or sticky instead it thoroughly hydrates the epidermis and maintains the moisture balance. The skin feels silky soft post usage and the gentle nature of the velvety smooth lotion is perfect for those with sensitive skin.

Another must-try is its youth concentrate serum which has micro-copper peptide. If you are looking at repairing your skin problems like fine lines, acne, wrinkle and dark spots, this is the product for you. Although heavy on the wallet, this product delivers on its promise. One can start seeing a difference in the first week of use. The serum rejuvenates the skin cells in ageing tissues, tightens and tones the skin and also increases the protein content in the derma cells. The pro-repair copper peptides ensure proper delivery of antioxidants and penetrates deeply into the skin, making it appear plump instantly.



Khadi Natural

This brand needs no introduction. Founded and established in 1963, it is one of the oldest and trustworthy brands in terms of beauty and health care products. It has been known to develop some of the best ayurveda products that are not only chemical-free but also a certified brand from the department of Ayush. Although it has come up with several products, the one that we will be covering is the Ayurvedic Luxury Spa Kit. It is a maroon box with five products—perfect gifting option as the packaging is extremely elegant. The brand keeps on emphasising on the fact that it is free from SLS, paraben and mineral oil, so much that this statement is the third big sized font on the box.

Start with the sweet-smelling sandalwood oil and give yourself a nice massage. It has a cooling effect on the skin. The oil is said to have anti-inflammatory and antiseptic properties and it protects the skin from wounds and pimples. If you are struggling with body odour issues, this takes care of that. With olive, grapeseed and sandalwood oil as its key components, the oil acts as an emollient and soothes the skin. Take steam before applying the oil as it

unclogs the pores and rinse it off while taking a shower.

The next on the list is the lavender and ylang ylang shower gel. Ylang ylang is a yellow, star-shaped flower that grows on the Cananga tree which is native to countries surrounding the Indian Ocean. It has a heady and aromatic scent. It hydrates and you leave the shower feeling fresh and smelling heavenly. Post shower, generously apply the peach and avocado moisturiser. The shea butter in the lotion softens, nourishes and improves skin tone.

The sandal and rose body wrap, which is a face pack, not only deals with hyperpigmentation and pores but also gives the skin a polished look. Keep in mind to not let it sit for long after it dries out and gently scrub when you wash it out. Apply the rose and papaya body polisher after drying your face. This has granules which further scrub the skin and unclog the pores. The essential oils in the polisher protect the skin's moisture balance and make it look shiny and supple.

ESPA

Are you looking for a super luxurious brand of beauty and personal care products? If luxury is your favourite word, check out products by ESPA—an international brand that produces expertly formulated products that are not only aesthetically appealing but also have luxurious textures and sensorial mood-enhancing aromatics. With a wide range of products for face, body and hair, the brand focuses on holistic wellbeing. One of their bestsellers is the pink hair and scalp mud. Its classy packaging is one of its standout features. The frosted glass jar with the pink hue of the muddy goodness inside it, and the faux-granite top all shouts luxury. Dry and flaky scalp is something that most of us deal with. Especially, if you regularly wear helmets or caps. And this can lead to other problems like unhealthy hair texture, slow growth, thinning and, the worst of the lot, hair loss. Scalp problems are often overlooked and most people try to fix the hair issues without addressing the root. When the scalp is treated, half of the hair issues are solved.



Before application of the wonder mud, wash your hair with water. While applying, make sure to massage into the scalp and through the damp hair. Remember, healthy scalp means healthy hair so we need to really work our way into the scalp. And it is not all that complicated as the mud coats the scalp and hair without a lot of hassle. Leave it for 20 minutes, but it is best if you can leave it overnight and rinse it off in

the morning. The pack usually dries out within 15 minutes. If you are planning on leaving it overnight, keep spraying a little water on your hair and keep massaging a couple of time and before you sleep, wear a shower cap or wrap your hair with cling film. Don't worry about the smell; it has an earthy smell but it is not very strong. It is great if you can follow this treatment with ESPA's purifying shampoo and nourishing conditioner but a mild shampoo and conditioner of your choice works just fine. You can notice the difference from the first wash itself. The mineral-rich red clay, apricot, bergamot, orange oils and watercress in the pack smoothen, soothe and ease away all frizz.

This 'made in England' product is definitely a must-have for all of you out there who are looking at reviving your dry, frizzy and unhealthy hair and flaky scalp. Although it is on the pricey side (₹4,850), the product stands by its promise of providing deep treatment and nourishment to your hair. This mask is suitable for all hair types, be it coloured, heat-damaged or oily.





Sirona

“Menstrual hygiene issues are still considered a taboo in the country,” says Deep Bajaj, founder of PeeBuddy—India’s first portable, disposable and design patent-protected female urination device—and Sirona, which is a company that produces modern menstrual hygiene products. The idea of PeeBuddy came during a road trip that Deep took in 2013. “Women don’t get clean and friendly toilets anywhere. I wanted to make something that solved this issue and this got me thinking,” says Deep. “Earlier, women had to wipe the seat or make seat covers, air pee or squat but with PeeBuddy, women can avoid contact with the toilet seat altogether and can stand and pee.” The easy-to-use disposable product is a life-saver for women who travel regularly. Apart from this, Deep launched several personal care products that are based on novel concepts. Coloured sanitary pads for women who don’t like seeing blood stains, biodegradable tampons with and without applicator, menstrual cups, intimate wash and wipes and underarm sweat pads.

“I want my daughters to have options when it comes to intimate hygiene. As a matter of fact, I want women across the globe to

experience comfort through our products,” says Deep. One of the best-sellers is the herbal period pain patch. It is an excellent product which acts on period pain effectively and quickly. The patch has a cooling effect and is not harsh on the skin. It does not emit any medicinal smell as well.

The brand also takes care of disposal of products like sanitary pads, tampons and diapers with its oxo-degradable disposal



bags for clean and hygienic disposal of sanitary products. A first-of-its-kind in the country, it solves the big challenge of proper disposal sanitary products. The brand also launched the country’s first no-chemical anti-chafing cream for those inner thigh rashes. But it does not stop with firsts on a national level. Sirona launched the world’s first paper-based pee and see pregnancy strip. Simplifying the current process of testing, PregRx lets women test pregnancy anywhere without the hassle of collecting urine in a cup and then using a dropper to put it on the strip. When it comes to favourites, the coloured pads, anti-chafing cream and intimate wash tops my list.

With a vision to break the stigma around intimate hygiene and redefine femininity for modern times, the company hopes to develop more innovative products that would address intimate and menstrual hygiene issues. Surely, we need more of that, don’t we? Deep, keep thinking deep.

Hempstrol

Do you dread your period days? From leakage to debilitating pain, most women are not in their best moods during this time. How about a pain-relieving oil? Hempstrol is your go-to product. According to Deepika Sharma, co-founder of Hempstrol, it is with a lot of research and experimentation that the natural aromatherapy menstrual cramp oil came into existence. "I met a woman while travelling in the interiors of Rajasthan who was suffering from menstrual pain but could not afford to take rest as she had to take care of her two daughters and also do house chores. I wanted to create a product that not only provides an organic and natural solution to menstrual cramps and mood swings but also helps the underprivileged women of our society with the availability of proper menstrual hygiene products," she says. "For every bottle of oil sold, we distribute a packet of sanitary napkin to a woman who has no access to proper menstrual hygiene. Hempstrol strives towards bringing out more sustainable and top-quality hemp products."

The oil has strong anti-inflammatory properties which soothe the nervous system; the aroma of the Himalayan lavender brings relief to psychological, mental and physical symptoms. Lavender oil is known to lessen contractions and mediate pain. The hemp seed oil is rich in magnesium which reduces bloating. The oil also regulates hormones thereby reducing cramping. The cramp oil is not sticky and gets absorbed by the skin quickly. As soon as the pain starts, pour 10-15 drops on the abdomen and waistline area and massage gently for three to five minutes.



|| pause

HOLD THAT THOUGHT, INTROSPECT, QUESTION



Sugar becomes lumpy or gets hardened due to air, heat and humidity. Both white sugar and brown sugar react to air very differently—white sugar clumps together when there is too much moisture in the container whereas brown tends to get hard and lumpy when exposed to the air. Therefore, to avoid clumping, brown sugar must be kept moist and white sugar must be kept dry. Adding a few surprise elements to your container can bring it back to life.

- For white sugar:**
- Adding a slice of white bread to the top of your sugar container helps absorb the moisture that accumulates inside. Make sure the slice of bread is replaced regularly.
 - Pop a teaspoon of rice into a mesh or cloth, tie tightly and place it in the bottom of your sugar container. Rice keeps the sugar dry by absorbing any moisture.
- For brown sugar:**
- Toss an orange peel or a slice of apple along with sugar into an airtight container; it helps the sugar stay soft.
 - For a quick fix, microwave brown sugar next to a small glass of water. The moisture the water releases into the microwave will help break up the block of sugar.



Field trained

From building his strength on the farm to excelling on the hockey field, Harmanpreet Singh says his journey has been interesting

BY OSHIN GRACE DANIELL

Born in the outskirts of Amritsar to a family of farmers, Harmanpreet Singh used to get on his father's tractor whenever he got a chance. During his holidays, he used to help his family on the farm. The hockey player firmly believes that farming helped him build strength and endurance.

He started playing hockey at the age of 10. At the time, Harmanpreet did not think about making it a career or taking it up seriously. But as time went by, he got more serious about it and his father supported his passion to pursue the sport. He joined Surjit Hockey Academy when he was 15, thinking he would become a forward. But something else was in store for him.

He caught the attention of the scouts during his junior national camps and tournaments for his performance both as a defender and a drag-flicker. He then moved into the Indian junior team, thanks to his consistent form and natural fitness.

It was during his debut in the Sultan Johar Cup in Malaysia (2014) that his defending skills were on full display. His stupendous performances against Australia, England and Malaysia helped India lift the trophy, and he was adjudged the player of the tournament. Furthermore, he was named in the Indian squad for the 2016 Summer Olympics in Rio. Despite

HOCKEY INDIA



being a defender, he has a knack of scoring goals.

Harmanpreet is excited to be back on the field after a break of five months and is looking forward to perform better in the forthcoming matches. Here is what the 24-year-old has to say about his journey and what he expects in the future.

How has your journey as a hockey player been?

I think I was about 10 when I picked up the hockey stick for the first time. I had watched some children in my school play. Although I was interested in other sports like football and cricket, hockey was something that was close to my heart. So, I decided to take it up seriously. My family was very supportive at the time and let me join for coaching. I can say I had a good journey but initially I did have my share of struggles. I had to go away from my family

when I joined the academy and I was very homesick. I used to keep saying that it is hard and that I wanted to go back home. But my parents kept on encouraging me through that season of training. One has to definitely sacrifice a lot.

An injury that you distinctly remember.

It was just before the Junior Nationals in Chennai that I had a shoulder injury. But I was quick to take treatment and got it fixed before the match. I got help from my trainers at the academy and they made sure I bounced back in full power. In fact, I played quite well and was the top scorer.

What is that one attribute that every hockey player should have?

I strongly feel that all hockey players need to have self-belief. Without self-belief, it is difficult to succeed.

What is a position that you would not want to play?

Goalkeeper! It takes a lot of concentration. I tried it once or twice during my initial days on the field. I lost count of the number of times I got hit by the ball.

What are your strengths?

I play well in all four positions as a defender. I am also good at man-to-man marking. Both my left and right hands are equally strong.

What are your thoughts on matches without spectators?

The crowd supports a lot and their energy energises us. But sometimes, the noise does not let us communicate well. I think without the crowd, we would be able to talk to each other better during the match. During practice sessions, we don't have any spectators and during that time all of us have clar-



ity on what one is saying to the other. I think we will have the same clarity during tournaments without an audience.

What was your lockdown regimen like?

The good thing that happened during the past five months was the coaching staff, particularly our scientific adviser, kept a close watch on our fitness and diet. Even when we were on a break, we had a schedule to follow. Hockey India has been monitoring our fitness

throughout the lockdown and I think these factors helped us bounce back in a better way when we got on the field.

Your message to aspiring hockey players.

Work hard, keep a target, maintain your fitness and be disciplined.

What are your favourite exercises?

Drag-flicking exercise and tackling on the field, and lunges, squats, burpees and stride jumps as home workouts.

What food do you enjoy eating the most?

I love home-cooked food. I love having chicken in different Indian variations like curry and roast. I eat a lot of vegetables, too, as it provides several benefits to the body. I avoid sweets.

Who is your inspiration?

Former Indian field hockey player Jugraj Singh and Rupinder Pal, who is one of the best drag flickers in the world right now. □

With the Olympic dream in mind, a lighter, smarter and sharper Vikas Krishan is reaping the benefits of turning to professional boxing

BY REUBEN JOE JOSEPH

In Bhiwani, Haryana, boxing is not just another sport. It is a lifelong obsession. From Olympic medalist Vijender Singh to others like Pooja Rani, Akhil Kumar, Jitender Kumar and Kavita Chahal, this city has produced a glut of boxers who have represented the nation. For this, Bhiwani is called India's "mini-Cuba", after a nation renowned for having the fiercest boxers in the world. And out of this clutch of hardy fighters, emerges Vikas Krishan, a man gunning for Olympic glory. And the world is taking note of him.

Krishan is, after all, the only Indian male boxer to win gold medals at both the Asian and Commonwealth Games. And, with his qualification for the Tokyo Olympics, he became the only Indian after Vijender to qualify for three successive Olympics. Next year will, in all likelihood, be the 28-year-old's last shot to go one up on his senior and bring the ultimate prize to their hometown.

"It was very pleasant for me growing up in Bhiwani, as this city is tough and the guys here are tough. That is why it is known as "mini-Cuba", says Krishan. It helped his confidence, he adds. And that is certainly something he is not short on. Because if there is one thing that is more evident than Krishan's physical toughness, it is his mental fortitude.

"Boxers at my level are very tough and ambitious," he says. "Winning at the Olympics is their dream, too, and

The Think Tank



JSW SPORTS



that is why they fight so hard. They fight with bloody noses and cuts on the eyes. They are tough, but I am tougher than them.”

Krishan was a child prodigy. He was world champion at the junior and youth level before striking gold at the 2010 Asian Games at just 18. A preliminary round loss in the 2012 Olympics and a quarterfinal exit in 2016 were disappointments for him. But 2018 was, by far, his best year when he won the gold medal at the CWG and followed it up with a bronze at the Asian Games, where he had to withdraw because of an eye injury. From there, he turned his attention to Tokyo 2020.

The road to Tokyo for Krishan was via the professional circuit in the US. After the two big events of 2018, he

made the big jump from amateur to professional boxing, signing a contract with a top boxing promoter in the US. Questions arose over his decision to turn pro—where he would earn good money—and whether he would return to spar for his country again. But Krishan had set his priorities straight.

“My aim since I was a child has been to get an Olympic gold medal,” he reminds me. “I have been preparing for that. So, being a professional is a part of that journey because professional boxers are tough and you learn a lot of new things. I have been an amateur for many years so I wanted a new challenge so that I could grow. That is why I took up professional boxing. I fought some fights and trained with some hard boxers. This made this (Tokyo

Olympics) qualification look very easy.”

Nicknamed “The Indian Tank”, he trained hard in the US and won both his professional bouts, including one at the prestigious Madison Square Garden in New York. But true to his word, he returned to amateur boxing in 2019 and earned his ticket to Tokyo after he won the silver medal at the Asia-Oceania Olympic qualifier in Jordan, earlier this year. In good form, he was ready rock it on the big stage. Then, the pandemic struck and the Olympics were shifted to 2021.

But Krishan says he was unfazed by it. “I was very happy when I heard about the Olympic postponement because it meant I got one more year to prepare myself to get the gold medal at Tokyo,” he says. “I was in full form, but next year, I will be a totally different version.”

The lockdown was not too kind on him though. He got to train at the national camp in Patiala and then the Indian Institute of Sport (IIS), which is run by his sponsor, JSW Sports. But it was not easy, especially in the first few months. “The lockdown period was really difficult for me. But not just for me, for sportspersons all over India, because we didn’t get the [right] environment to train. I called up my friend Neeraj Goyat (fellow national-level boxer) and we both trained at a farmhouse. Challenges are a part of life. It was difficult to pull out of that but now we are back on track, back in training.”

Krishan had made up his mind that he would have to return to the US and train with pros again if he wanted a realistic shot at gold in 2021. And so, his request to the Sports Authority of India to permit him to train in the US was sanctioned, and he received a sum of ₹17.5 lakh as financial assistance as part of the Target Olympic Podium Scheme. In September, he packed his bags, bid his family goodbye and left for Virginia with Ronald Simms, who is boxing head coach at the IIS.

“I hope people will see a different version of me when I return from the US,” says Krishan. The two fields of boxing—pro and amateur—may be as



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Quick bites

Your boxing hero:
Muhammad Ali

Most memorable bout:
Asian Games final with China 2010

If not a boxer, you would have been:

A doctor

Other talents:
I play chess well

Best friend on the circuit:
Neeraj Goyat

A superfood that helps you stay fit:

Fruits

Favourite boxing equipment:
Double-end bag

Best way to cool down after an intense fight:

Ice bath

different as, say, Test and T20 cricket. But from his previous pro stint, he mastered the ability to counter punch, and developed an arsenal of defensive techniques that he put to good use in the Olympic qualifiers.

Having had an injury-prone career, Krishan will also be looking to improve his fitness and work on techniques to reduce the impact of blows on his body. His coaches say that Krishan’s greatest assets are his hand speed and power, but the pugilist firmly believes it is his ability to think and react in the ring that makes him stand apart from the rest.

Another benefit of his last professional stint was that he finally dropped to the 69kg weight class after being one of the smallest guys in the 75kg class for nearly six years. It is a category that is certainly beneficial for him. For someone who rarely watches his diet, the rigour of the professional training and a few tweaks to his food habits did the trick. “I made some changes

in my diet in terms of eating junk food like pizza, cold food like ice cream and other unhealthy food,” he says. “That helps me maintain my weight now as a welterweight.”

To stay focused and calm ahead of a big fight, one would expect a boxer to resort to motivational music or pep talks from coaches. But not for Krishan. “My pre-bout routine is to crack jokes and laugh with my coaches,” he says. “I show them my power and my techniques and then walk calmly into the ring and win the fight.”

His inspiration to win, after all, is back home in Bhiwani. “My inspiration to do well is my parents. They have worked so hard for me,” he says. “But my inspiration also changes from time to time. Now my babies are my inspiration. I don’t want them to see their father losing.” He only wants them to see him win. And no victory will be sweeter than bringing the gold medal to Bhiwani from the Land of the Rising Sun. □

Healing bloom

Lifestyle coach **Pallavi Bhardwaj** talks about the benefits of Bach flower therapy

BY OSHIN GRACE DANIELL

Healing with wild flower extracts. Sounds bizarre, doesn't it? Not for Pallavi Bhardwaj who is a holistic health and lifestyle coach and the co-founder of Save Well Being, a Delhi-based wellness products company. She studied macrobiotic nutrition at Kushi Institute in the US and Bach flower therapy at The Bach Centre in the UK. She is also proficient in past life regression therapy and is currently studying ayurveda acupressure. Using customised flower tinctures, Pallavi has aided the healing of many with physical, mental and emotional issues. She has named her workplace 'ibadat' which means worship. According to her, life lived well is 'ibadat'.

Pallavi says that in order to lead a holistic life, the four wheels—mental, physical, emotional and spiritual well-being—have to be in equilibrium. She works with individuals across India and focuses on customised sessions to match the energy dynamics

of her clients. More than 300 clients, including people suffering from various ailments and conditions like diabetes, cancer, anxiety, hypertension and obesity, have benefited from this therapy. The 43-year-old believes that nature is endowed with the wisdom of healing powers. Here is what she says about her journey in the ecosystem of holistic health.

Did you always want to be a lifestyle coach? What triggered this idea?

I was always keen on studying human behaviour in relation to their environment. As a child, I had a deep connection with most people around me. Friends and family often asked me for advice. I had never thought of being a lifestyle coach then but while I was in boarding school, I used to do face reading. I could read human emotions and connect them to where they originated from; I had a strong intuitive power. In my freshman year, I started to learn reiki and I practised



it for a couple of years. However, it was after my son Vedhang's birth that I got deeply involved with nutrition. He was born with a congenital heart disorder. I met healers from various modalities as I understood the limitations of modern medicine. I was very inquisitive about the body's relationship with food and emotions. I was also keen on studying past life and its relation with the recent life. I studied past life therapy with Dr Brian Weiss in America. My inquisitive self, opened one door after the other and soon I started getting answers to my question. I started joining the dots of human relations with their body, mind, emotion and spirit. The karma theory began to reveal itself.

My family and friends started approaching me for guidance with lifestyle issues and thus I became a holistic health and lifestyle coach. I started helping and guiding people who were keen on helping themselves and their loved ones.

How and where did you get trained?

Going to London to study Bach flower remedies was one of the best decisions that I have made. I left for The Bach Center in October 2016 to do both my three levels in this therapy. The centre is set in the beautiful village of Mount Vernon. It is, what I call, the perfect place to study nature and its boon. The teachers were extremely knowledgeable and patient. The way they taught was more than just interesting. It was more of a situation-based learning which helped me understand the remedies more practically and not just theoretically. I left the centre feeling good and more positive about how I would be able to contribute to healing my son, family and clients.

What kind of challenges did you face when you started off? How did you combat it?

Challenges were mostly in terms of mindset. People feared change. If they were told to make changes in the food system, it felt like a big deal to them. Initially, when I used to ask my clients

**Kamaani, 40,
fashion designer**

Kamaani was looking for help to lose weight and heard about me from a common friend. She started taking counselling sessions from 2016. She weighed nearly 70kg in 2017. The aim was to inspire Kamaani to change her unhealthy habits such as her diet and sleep pattern. Introducing her to Bach flower therapy in June 2019 (as per request), I pushed her to expand her limits and encouraged her to come out as a healthy individual who feels beautiful in her skin. The Bach flower remedies, as the name suggests, are based out of flowers and involve using the sun's energy as well. The therapy works on the internal emotional wiring of a person and has proven to be one of the most effective ways to deal with concerns such as Kamaani's. With no side effects, Kamaani started healing and emerging as her real self. Feeling calmer and healthier, Kamaani has a new glow to her.

to leave certain food items that were not good for their physical health, many found it difficult. But then I changed my approach and instead of asking them to leave, I started tapering off and added substitutes. That way I managed to reduce the intake and, eventually, even succeeded in removing it.

What is Bach flower therapy?

Before studying Bach flower remedies, I was trying to deal with issues through

verbal communication and nutrition counselling. I strongly believe that we are what we eat. At that time, I was aware of the energy relation of humans with food but the impact of flowers was unknown to me. I started reading about it and decided to learn more. It was an exciting experience to learn this therapy that deals with emotional issues so beautifully and, also, in a simple fashion. As a matter of fact, simplicity was one of Dr Edward Bach's—developer of Bach flower remedies—favourite words. He wisely quoted "treat the cause, not the effect." The Bach flower remedies enhance one's existing positive qualities. The negative state is not suppressed though, it is removed by an increase in the corresponding positive emotion. The result of taking the appropriate remedy is to give courage, increase confidence, or quiet the worrying mind. These remedies help treat the underlying causes of stress. It is non-toxic and will not react or interfere with other medicines because it works on a different level, which is the emotional and spiritual state of a person.

I was amazed to see how simple combinations could dissolve not just emotional issues but also generate a physical outburst of the same. Each remedy is aimed at a specific negative emotion, such as fear, lack of confidence or worry. The remedies do not impose an effect by damping down symptoms like how orthodox drugs do.

What are some of the misconceptions people have about this therapy?

Two big misconceptions associated with this therapy are:

- It is habit forming.
- It is nothing but a placebo effect.

Can anybody get trained to practise this?

Yes, anyone at any stage can be trained. All you need is an understanding and sensitivity towards human emo-





Nikhil Chaudhary, 39,
senior merchandiser

Nikhil is a personal acquaintance who reached out to me at his lowest point in life. He was going through a divorce at the time and he had an emotional crisis coupled with health concerns. Before my sessions, he had never tried Bach flower therapy. However, when I introduced him to tinctures, we started noticing a significant change in him. He was a little sceptical about it before starting but eventually one could see its positive impact on him. Due to his phase of spouse-separation and court proceedings, he had a lot of anxiety which was affecting his well-being. It eventually got better with our sessions. It cured his palpitations as well and now he appreciates the therapy to the extent that he wishes to continue with the flower remedies for the rest of his life.

tions which, I believe, requires some life experiences.

How does it stand out from the other kind of therapy?

In my experience of more than three years of practising nutrition along with Bach flower therapy, these remedies have not only had a physical and mental impact on my family and clients, but there has also been an effect on their spirit. It is your spirit that gives you life. I feel my clients become very calm and patient with life post the therapy. According to Dr Bach, health depends on being in harmony with our soul.

He is a person who has observed both humans and the nature of plants very closely. He believed in the healing power of the clean and pure agents of nature. Bach explored how plants and humans are so connected yet so

different in nature; how people suffering from the same problem perceive it differently. According to him, “there is no true healing unless there is a change in outlook, peace of mind and inner happiness.”

Who can undergo this therapy? Are there restrictions based on age and lifestyle ailments?

Bach flower remedy not only works effectively on adults but also children, plants and animals. Children respond very quickly to the remedies. In the case of animals, the challenge is understanding how different species see things differently. The environment they live in also matters—whether they are domesticated or wild. Selecting specific remedies for plants can, however, be the most difficult challenge of all. Mostly, the obvious remedies are used. □



Do you have brittle nails? Here are top two ways to make your nails strong and healthy.

- Apply lemon juice directly on the nail. Lemon juice could help to brighten your nails and remove stains, and the vitamin C in it promotes stronger growth. Using a cotton pad, swipe lemon juice over each nail and allow to dry. Do this twice a week. You could also add a few drops of lemon juice to two tablespoons of olive oil and microwave in a cup for 15 seconds until it is warm to create a nail mask that can be massaged into your nails and left for 30 minutes, or if you can, overnight for maximum benefit.
- Hydrate with coconut oil. It can help strengthen your nails and soften your cuticles. Also, it has anti-fungal properties which is great news if you are prone to nail infections. For a nourishing treatment, warm coconut oil for 20 seconds in the microwave and massage into the cuticles before bed. To seal in the treatment, wear a pair of thin cotton gloves overnight.

Bhumi's day out

Be it gaining over 20kg for her acting debut or playing the role of a septuagenarian sharpshooter, Bhumi Pednekar has had an interesting journey in Bollywood

BY POOJA BIRAIJA JAISWAL



Exceptionally lucky!" is what Bhumi Pednekar has to say about her acting debut. Her Bollywood journey is what one would call a real-life pot-boiler—starry dreams, an inner calling, plush job, oodles of oomph and a smashing stroke of serendipity. She was only 17 when she started working at Yash Raj Films (YRF) as an assistant casting director. But little did she expect to grace the silver screen at the time. While most artistes start with small roles, she made her grand acting entrance as female lead opposite Ayushmann Khuranna in Sharat Katariya's romantic comedy *Dum Laga Ke Haisha*. "I used to conduct auditions myself at YRF for four years and the people there as well as directors were impressed with my abilities. So, when the script for *Dum Laga Ke...* came, they got me to audition along with 300 girls. I was 20 then and had never told anyone that I wanted to be an actor. It just happened," she says. At a time when girls do anything to lose weight, Bhumi gained over 20kg to be able to play the character of an overweight Sandhya, who is intelligent with a very sorted outlook towards life. Her character has since, undoubtedly, become one of the most memorable leading lady debuts in the recent past. "It was destiny in the first place that I landed a job with YRF. After four years of working there it was nothing but sheer luck that *Dum Laga Ke...* came my way. I thank God for putting me in the casting department at YRF right from the start because of which I had read so many scripts, knew how to shape a character and much else."

Bhumi's first film got her accolades, including an award for the best female debut that year. That, followed by *Toilet Ek Prem Katha* and *Shubh Mangal Saavdhan*—all within a span of two years—launched her as one of the most agile, talented and skilled 'Yash Raj Finds', who is loved by the masses and the classes. "Again, it was luck that I got *Toilet Ek Prem...* immediately after my first film. I am in this business of entertainment for the love of stardom of course, but to do it in a way that I can also give back to society. The idea is to do films which will bring about a change of mindset in society or at least get people to start talking about the issues for which I stand up for in my films," says Bhumi over the phone, as she awaits to depart for Mumbai from Goa after visiting her hometown Pedne. Surely, Bhumi's story is a ray of hope to hundreds of girls working at YRF who would kill for a break like hers.

Although she has been on the tinsel town map for just five years now, she has delivered ten releases, including an anthology (*Lust Stories*), of which more than six have been runaway hits, and the rest have earned her unprecedented critical acclaim. Her career graph is marked with punchy performances by characters that



It was destiny in the first place that I landed a job with YRF. After four years of working there, it was nothing but sheer luck that *Dum Laga Ke...* came my way





What I liked best about the character is the many layers she brings to the definition of a good girl, which anyway is so warped, biased and incorrect



could possibly be. She works in a shoe factory as an assembly-line worker, where her boss insults her. At home, her brother-in-law makes inappropriate advances and her new job on a dating app involves alleviating the loneliness of random strangers over phone. “What I liked best about the character is the many layers she brings to the definition of a good girl, which anyway is so warped, biased and incorrect. In a way, I am breaking those preconceived notions,” she says. And somewhere down the line, in this process of experimenting with the greyscales of life, she finds her true self.

are headstrong women who are always on the right path and stand up for a cause. The best part of her films is that the message lingers in one’s mind long after the film is over. In *Toilet...*, she stood up for personal hygiene, in *Shubh Mangal...* she demanded respect, while in *Bala*, she was the inimitable Latika Trivedi who talks about inclusivity and comes across as a breath of fresh air in a dark-skinned avatar. But Bhumi’s latest character Kitty, in the Netflix Original *Dolly Kitty Aur Woh Chamakte Sitare*, reflects the idea of not-being-right or being perfectly imperfect. “In this off-centre narrative, my character is the closest I play to being my real self,” says the 31-year-old. “It is also the most real, raw and gutsy role that I have ever done. I don’t think I have ever done this kind of role before.” But the actor has been known to explore and experiment with roles in a very short period, which has fans looking for something new every time. As a matter of fact, she has called herself “creatively very restless” in a couple of interviews.

Her instinct for choosing scripts with meaty and meaningful roles has hit the nail on the head most of the times, although at some points, it did turn out to be a miss. “I understand that every film does not connect with everyone. But that is the challenge that comes with being an actor,” she says. “I wanted to be an actor so bad that I did not say no to my very first role as an overweight girl who looked 20-30kg fatter than my real self. To get to be a part of a film and to be able to lead that film is all that matters. I always want to create my own track even if that meant I was the only one racing on it.” After Kitty, it is the character of Vedika Tripathi in *Pati, Patni Aur Woh*, which Bhumi feels is the best portrayal of her real self. “She is a strong-headed character. It may be a masala film, but Vedika is definitely the closest to me as she is the most urban of them all and is

Dolly Kitty... is a film that revolves around the unfulfilled lives of two sisters, Dolly (Konkona Sen Sharma) and Kitty (Bhumi Pednekar), who hail from the small town of Darbhanga in Bihar and earn a living in the city. Kitty is mired in a barrage of emotions and her life has all the shades of grey there

DIET AND FITNESS

The ease and speed with which Bhumi undergoes physical transformations to suit the requirement of characters in her films has been written about a lot, especially since her 20kg weight gain for *Dum Laga Ke...* and thereafter her gradual weight loss for the succeeding films. “I love working at the gym. I have not attuned myself to yoga. Dumbbells keep me going every single day. I also run when I can. Diet is minus gluten and refined sugar. I am a pure vegetarian. My last meal is between 6.30pm and 7.30pm and my first meal is at about 11 in the morning. Within an hour of waking up, I hit the gym and try to eat less carbohydrates throughout the day as that helps me with my skin and hair. I keep a good count of my macronutrients through the day including proteins, fats and carbohydrates,” she says.

AT A GLANCE

A hobby that you once had but not anymore.
Playing badminton.

Your favourite sportsperson.
Virat Kohli

A show you binge watched.
Masaba Masaba

Midnight indulgence.
Roti and jaggery.

Your biggest strength.
My family.

Your nightmare.
Not being with my family.

Your most-prized possession.
My Filmfare award.

A lie you told your parents that you distinctly remember.
My mother would ask me while I am on shoot if I have eaten and I would always lie.

Suppose you have only a day to live. What would you do? Where would you go?
I would stay with my family. Be where they are.

“

I wanted to be an actor so bad that I did not say no to my very first role as an overweight girl who looked 20-30kg fatter than my real self.

”

If you were given an opportunity to change your name, what would you change it to?
I won't change my name. I love it.

Suppose your house is on fire; what are the three things that you would take with you?
My scrap book, my wallet and mobile phone.

One memorable fan moment.
Two years ago, they started my first fan club. They named a star after me on my birthday.

A celebrity crush.
Brad Pitt

Horror movies or romcoms?
Romcoms

If not an actor, then?
Nothing else.

If you win a big lottery, what would you do with the money?
I will donate it

If someone who is dead were to be reincarnated, who would it be?
Madhubala or Meena Kumari.



a survivor at heart," she says.

According to Jaideep Pandey, a veteran journalist covering Bollywood, Bhumi proved that she even fits into super-commercial cinema with *Pati Patni Aur Woh*. "It was, in fact, her first big-break in the industry which allowed her to break many stereotypes," says Pandey. He also feels that having worked as a casting director for over four years with YRF, Bhumi certainly has a great sense of analysing and visualising a character. "Although her films like *Sonchiriya* and *Saand Ki Aankh* did not do well in theatres, her acting got a couple of nominations for awards." *Sonchiriya* was Bhumi's first release of 2019, in which she played the role of a young housewife in rural Chambal alongside Sushant Singh Rajput and Manoj Bajpayee. The film, which was about an imploding gang of dacoits, received positive reviews, but was also called "unwieldy", "messy" and "overly ambitious". Her next launch that year, as the septuagenarian sharpshooter Chandro Tomar in the biographical film *Saand Ki Aankh*, got rave reviews from critics but gained nothing more than ₹30 crore at the box office. Bhumi and her co-star Taapsee Pannu were jointly awarded the Screen Award and Filmfare Critics Award for Best Actress.

Interestingly, her fans have made a very crucial observation that her characters need to move out of the Hindi heartland. A day after the release of *Dolly Kitty...*, a fan tweeted: "someone please get Bhumi Pednekar out of the Kanpur, Lucknow, Noida belt."

The job at YRF did not stop Bhumi from completing her education; she got her bachelor's degree in commerce through open university in Mumbai. "My family always knew I had the spark and I proved myself too. I did not become an accidental actor. I literally worked towards it," she says. Bhumi feels that stardom has made her humble and



My family always knew I had the spark and I proved myself too. I did not become an accidental actor. I literally worked towards it.



empathetic. At the same time, it has also made her understand the whole deal of showbiz—everything from the paparazzi to the business managers and the entire machinery that works round the clock to make sure she is never away from the public eye. A fashionista at heart, Bhumi loves dressing up every single day to feel happy and upbeat. "I do it for myself because it gives me happiness. I feel self-love is the best expression of oneself," she says.

Late last year, Bhumi took to starting a pan-India campaign as a climate warrior to raise awareness about environmental conservation and global warming. "Climate Warrior is my attempt to start a dialogue with people who work tirelessly to save the environment and highlight the crisis that we find ourselves in due to climate change. It is a platform through which I hope to keep reminding people that climate change is real and comes with some serious repercussions."

She will also be making her point heard through her upcoming characters, including that of an IAS officer in *Durgavati*—a remake of the Telugu horror film *Bhaagamathie* (2018)—and historical drama, *Takht*. One of her biggest desires is to play a freedom fighter in a film. And probably, her desire will be fulfilled soon. After all, India does not have a dearth of women-centric patriotic stories, does it? □





what I ate today

Being watchful

Singer **Arzutra Garielle** on her diet and fitness

My very first singing lesson was never attended with the intention of wanting to be a singer. In the first year, I was just dabbling with lessons, enjoying them, but nothing serious. After one year, I met a friend who asked me to create a song as my voice was nice. I came up with an English song called 'Feel It'. Honestly, I was far from feeling it. I realised in the whole process of making that song that I want to sing in Hindi. That was my main influence all my life and that is when I realised that I enjoy the recording process and I

wanted to make more songs. The rest is history—nine years and 30 songs. Music has now become my life.

My biggest project till date is my debut album. I am now working on my second album which I hope to launch soon. In 2021, I may look at doing collaborations. I am also busy with launching my own health and well-being website Vanity by Arzutra to inspire my fans to live their healthiest and heartiest life. Apart from that, I have just launched an exciting campaign to promote women empowerment. I am looking to feature girls and women from

all walks of life in my next music video which is to promote the idea that women have the right to dream and succeed in this world. The song relates to my own journey of wanting to become a singer but having so many challenges and finally making it.

When I am not working, I love sitting by the beach. I also like exploring natural health and wellness through reading in between recordings as I am fascinated about what makes a healthy body. I keep reading various books about healthy living which give me the required knowledge and at the same time keep me entertained.

Recently, I started taking swimming lessons and I enjoy it a lot. I used to go float in the pool before, I loved the water even then. I am hoping to be a good swimmer soon. Interestingly, I prefer the sea over swimming pools. When it comes to my fitness regime, I usually do about 45 minutes of aerobics for five days a week. I do weight and strength training for about four months in a year. Lately, I have swapped aerobics for walking as I find the latter meditative. I have made it my motto to get out of the house daily for a nice long walk in the park.

My midnight indulgence is chocolate eclairs although I try to curb my craving especially when I have shoots coming up as my skin is acne prone. I have

Zinc-rich food helps prevent acne and maintain collagen levels. Sources are sesame seeds, pumpkin seeds, beans, chickpeas, peas and mushrooms.

Karishma Chawla, nutritionist and lifestyle educator.



Nutrition advice

- Consuming a whole fruit over a fruit juice is a better idea as it will not cause the sugar rush and insulin spike.
- Add a vegetable smoothie with a fruit, spirulina and chia seeds as a mid-morning drink. It is a great energy booster. Also, top it with an apple/1tbsp of blueberries making it a complete liver detox drink which excellent for the skin.
- Indulge in carbohydrates like jowar, rajgira roti or brown rice with a vegetable salad. Again, choosing brown rice over white is a good way to keep a tab on your weight. This also aids hormonal balance and prevents acne.
- In the evening, consume nuts like almonds and walnuts. You can also include an egg salad or moong sprouts bhel.
- Dinner can comprise of a protein salad like chicken along with some soup. Mid night snack can be some nuts or boiled eggs.

always had to watch what I eat. I eat dinner quite late so I don't normally need to snack before bedtime.

What is on Arzutra's plate?

Early morning: I drink watermelon juice on waking up.

Breakfast: Scrambled eggs with gluten free bread for breakfast.

Lunch: I generally eat a huge feta salad or a grilled chicken salad.

Dinner: I prefer Indian meals for dinner, it is either lentils and rice or some chicken gravy with rice.

Cheat days: I indulge a lot in junk food, especially McDonald's whenever I feel I want to reward myself.

As told to Oshin Grace Daniell

INDULGE YOUR SENSES, HAVE FUN



Curious about how to get picture-perfect presentation for cake slices or bars? Run the knife under hot water for several seconds, dry off, then slice. Be sure to dry the knife thoroughly, then cut your slices while the knife is still slightly warm to the touch. The residual heat on the knife will make for clean, easy slices. Repeat the process for each slice. When it comes to cheesecake slices, just reach into your medical cabinet and use your dental floss. Unflavoured dental floss, held tautly and drawn back and forth in a gentle sawing motion, will yield clean cheesecake slices for that Instagram-worthy photograph.

Long HAUL

Chef **Anurudh Khanna** on the importance of not taking shortcuts in the culinary world

BY OSHIN GRACE DANIELL

Getting into the culinary world was never a childhood dream for chef Anurudh Khanna. He wanted to become a doctor.

But they say, life takes its own turns and sends you on new adventures. And for Anurudh, the adventure was one that is synonymous with food and its making. “I joined a hotel management course and for two years I had no clue what I would do post my studies. However, during my six months of mandatory internship I spent a lot of time in the kitchen and loved all the action and creativity that it offered. That was when I decided to become a professional chef,” he says.

With over 21 years of culinary experience, Anurudh is now appointed as multi-property executive chef at The Westin Gurugram, New Delhi and The Westin Sohna Resort and Spa. Little did the veteran chef know when he decided to become a professional chef that he was in it for the long haul. However, the journey was not a piece of cake.

He was 21 when he started his career in the Italian kitchen of La Piazza restaurant at the Hotel Hyatt Regency in New Delhi. “I started out at the lowest position which was the commis chef. I acquired hands-on cooking from a couple of Italian chefs as well as my then chef de cuisine,” he says. The first dish that he made as a professional chef is a lasagne, he recalls. “I made everything from scratch.” The past sheet dough to the assembling—it was the first of many delicious dishes that he prepared. Though there were several happy cooking days, Anurudh also distinctly remembers days filled with pain and pressure. “I was a hot-range chef during my initial years. One of my duties was to reach earlier than the rest of my team and drain the water off the grill. It had become daily routine for me. One day, the grill was already lit by someone and as I lifted the grill as usual, I got both my hands burnt,” he

Cooking hacks

- Try one-pot meals—simple and effective
- Always put your liquids in your blender first—water, juice, broths—and then load your more solid ingredients—vegetables, leafy greens, fruits. This takes stress off your blender motor, and as the blade spins your ingredients are more easily pulled down into the blender vessel and your blends are more consistent, smooth, and creamy.
- Finish your dishes with a little drizzle of high-quality extra-virgin olive oil; it will make for a silky finish.
- If you find you need more oil in the pan when sautéing, try substituting vegetable stock. It will help cut down on the calories but give your pan the moisture it needs.
- When cooking in a pan, don’t overcrowd. This will create steam instead of direct heat.
- Use an apple slicer as a fast and simple way to cut potatoes for baked French fries.
- Keep brown sugar from hardening by adding marshmallows to the container
- Use kitchen tongs to easily squeeze all of the juice from a lemon
- Soften cookies by sealing a piece of bread inside of the cookie container. I use this one all of the time! As the bread hardens, replace it with a new piece
- Add leftover wine to ice cube moulds or a muffin tin and freeze to use for cooking later.



says. To make things worse, he was not permitted to go home as the team was short on staff that day. “I was crying in the kitchen but I worked the whole shift with my burnt hands. Not only did I have physical pain but there was also mental agony.”

According to Anurudh, budding chefs must remain committed and disciplined towards their profession. They must be willing to learn the hard way since nothing comes easy. “It takes a lot of blood and sweat to become a successful chef, which is why it is important to hang in there and give your best every time. It is important to not run after designations and positions; focus only on skills and attitude. Most of all, don’t go for shortcuts,” he says. And this is exactly what got Anurudh climbing up the success ladder. From

10 must-haves for every chef

- A really good chef’s knife
- Knife honer
- Kitchen scale
- Instant read thermometer
- A wooden spoon
- Squeeze bottles
- Measuring cups
- Prep bowls
- Fresh herbs
- Whisk

10 must-follow chefs on YouTube

- The Buddhist Chef
- Gordon Ramsay
- Laura Vitale
- James Tahhan
- Ali Mandhry
- Atul Kochhar
- Himanshu Taneja
- Maangchi
- Vikram Sunderam
- Vikas Khanna

Lessons learnt during lockdown

Choosing ingredients carefully and frugally is one of the important lessons when it comes to healthy eating, sustainability and good practices. We learnt to do much more with ingredients because the grocery run was precious and it was exciting to involve children also when we try to stretch the use of one ingredient, because it is like a science experiment with dehydration and fermenting to create different things. We tried loads of recipes for instance with the pineapple; apart from jams and juices, we made salads, we made chips with the core, fermented the skin and made a drink. So, what we have learnt theoretically about creating zero waste was being put into practice.

It was a fun challenge cooking home style food with limited ingredients. I am used to having an open pantry full of ingredients; I had to rein myself in and think like a home cook. I loved sharing with people how versatile cooking is; you don’t have to always use everything the recipe says. You can adapt recipes to what is in your fridge.

a commis chef, he worked his way up as a banquet chef of the prestigious Banquets of The Taj Mahal hotel in New Delhi and a chef in charge for the busiest all-day dining restaurant Machan. “I delved into contemporary cuisine when I opened the Restaurant Varq—a new age fine-dining Indian restaurant—which taught me a lot about upmarket plate presentations. After that, I was the executive sous chef of the Taj Mahal Hotel New Delhi for two years and post that I have been an executive chef for the past 11 years,” he says. Apart from luxury brands like Hyatt and Taj, he has worked for renowned hotels like The Shangri-La, Bengaluru, The Park New Delhi and The Westin Pune. He was also the prestigious winner of the ‘Innovative Chef of the year 2018 award’, organised



You're given a minute in the supermarket, what are the top five things you'll have in your cart?

- Milk
- Free-range eggs
- Olive/avocado oil
- Fresh fruits and vegetables
- Multi-grain bread

by the BBC Good Food and Fabelle Chocolates for the South Region. Not only does he have a vast knowledge of the evolving hospitality industry but also the ever-changing food trends. "I have worked with six Japanese chefs, 11 Italian chefs and five Chinese chefs when it comes to international cuisine. Although I call Italian cuisine my forte, I know more than just a thing or two about the other cuisines," he says. Before the lockdown he had started a Japanese restaurant at The Westin, Gurugram, which serves the authentic six-to-eight-course omakase—a Japanese meal consisting of dishes selected by the chef. Though the lockdown forced shutters, Anurudh is positive about a re-launch with a shorter menu.

Although he leans a lot towards international flavours, Anurudh feels that Indian cuisine is one of the most versatile cuisines across the globe. "I cherish Indian cuisine for its vastness and depth of flavours,

A message to all cooks stuck at home

There is a reason why they say the kitchen is the heart of the home. As chefs, we cook to please people, to nourish people. The sensations associated with eating together and eating great food cannot be expressed in any way. There is an inexpressible feeling associated with being able to cook great food and finding satisfaction and fulfilment in serving delicious food to others. I have been a cook all my life, but I am still learning to be a good chef. I am always learning new techniques and improving beyond my own knowledge because there is always something new to learn and new horizons to discover. Once you decide on your occupation... you must immerse yourself in your work. You have to fall in love with your work and never complain about your job. You must dedicate your life to mastering your skill. That is the mantra of success.

particularly the spices that come from different parts of the country and reflect the diverse culture of India. I believe Indian food should be taken across the world in its purest form, without any modifications. While some amount of fusion and inspirational twists are fine, one must retain the authenticity of the cuisine when it comes to spices and flavours," he says.

The 42-year-old is also very keen on sustainable cooking. "Sustainable functioning is something that I focus on right now. I would say it is one of my primary visions. When it comes to cooking, ingredients are the key elements of my food philosophy; I always try to use fresh, seasonal and local produce. I believe in minimalist cooking and making the ingredient speak for itself," he says. According to him, it is not challenging to create a new recipe. However, he believes in making something that he can make tomorrow as well. "I don't want to make something today

and say it is not available the next day because the ingredients are not available," he says. "For me, a dish is about balance and colours. I love colours; my plates are usually a combination of different colours and textures." Through his passion for food, Anurudh has developed exceptional culinary skills and managed to impress gastronomy enthusiasts from all walks of life. "I believe that more than skills, it is the love for cooking and patience that and important for preparing tasty food," he says.

The professional chef is not only the master of cooking but also an aficionado in the area of operations. "Being an executive chef is not just about making food; there are different areas in this subset like costing, training the team, creating taste panels and calibrating flavours. There is a lot of hard work that goes into the kitchen," he says.

Another important aspect of the food business that he stresses on is transportation of food. "About 15 years ago, I was in-charge of sit-down outdoor catering for 300 people. When I tasted the main course at the venue, I felt that the mashed potatoes had a pungent odour. The first course was already being served to guests and I was firm that we will not serve the mashed potatoes to them. So, my team rushed back and got new potatoes to make an Indian-style-hash-potato and served the guests," he recalls. "One lesson that I learnt that day is that packaging and transportation of food is as important as its preparation. This is something that most people tend to overlook."

With a lot of lessons in his experience kitty, Anurudh is constantly developing new strategies for smooth functioning of the kitchen. But when he is on a break, he relishes his go-to dish Spaghetti aglio e olio. "It is not complicated. Just some garlic, chilly flakes, olive oil and spaghetti—a plate of delicious Italian food," he says. Probably, this is what he meant when he said minimalist cooking. □



Amaranth bathua duet with turmeric foam

Ingredients

- Bathua (Chenopodium)- 300g
- Spinach- 300g
- Amaranth- 300g
- Oatmeal- 50g
- Millets- 50g
- Roasted gram flour- 50g
- Coriander leaves- 8-10 leaves
- Mint- 8-10 leaves
- Turmeric- ½tsp
- Cream- 20g
- Salt- to taste
- Pepper- ½tsp
- Garam masala- ¼tsp
- White pepper powder- ¼tsp
- Cardamom powder- ¼tsp
- Corn flour- 3tsp
- Cress - ½tsp

Method

- ◆ Blanch spinach, bathua and amaranth separately in boiling water and shock chill.
- ◆ Drain and remove the excess water and finely chop.
- ◆ Blend oatmeal, gram flour and millets in a food processor.
- ◆ Add all the dry spices and seasoning to the roasted gram flour.
- ◆ Mix one half of the spinach and bathua with one half of the roasted gram flour.
- ◆ Mix the other half of the spinach and red amaranth with the remaining half of the roasted gram flour.
- ◆ Make round patties from the above mixtures.
- ◆ Cook the patties on a nonstick pan until golden brown.
- ◆ Pressure blend cream, turmeric and some water to make foam for garnishing.
- ◆ To plate stack the patties on top of each other, garnish with cress and top it up with turmeric foam.



Pumpkin bharta, curried tomato aचार, ragi crisp

Ingredients

- Pumpkin- 500g
- Tomatoes- 4-5 (medium size)
- Red onion- 3-4 (medium size)
- Ragi flour- 100g
- Sugar- 50g
- Hing (asafoetida)- 1 pinch
- Baking powder- 1 pinch
- Water- 50ml
- Mustard seeds- 1 pinch
- Curry leaves- 2-3
- Salt- 1tsp
- Pepper- 1tsp
- Turmeric- 1tsp
- Edible flowers- 2-3
- Sunflower cress- 4-5
- Refined flour- 2tbsp

Method

- ◆ Dice and peel the pumpkin and cook it with sliced onion in mustard oil.
- ◆ Add hing (asafoetida) and curry leaves to it and season with salt and pepper.

- ◆ Cook until pumpkin attains a mashed texture.
- ◆ Set aside and allow it to cool.

Curried tomato jam

- ◆ Cook sliced onion and sliced tomato together in oil over medium heat.
- ◆ Temper with mustard seeds, curry leaves and hing (asafoetida).
- ◆ Continue to cook over medium heat and add sugar. Cook for another 25 minutes.
- ◆ Blend it well with oil and set aside.

Ragi crisp

- ◆ Make a dough with ragi flour, baking soda, refined flour and water.
- ◆ Rest, roll out the dough and cut it into triangles.
- ◆ Bake in the preheated oven at 200°C.

To plate

- ◆ Make a quenelle of pumpkin bharta and place it over spooned tomato jam.
- ◆ Garnish with a ragi crisp and edible flowers.

Paprika sea bass

Ingredients

- Seabass - 4 fillets
- Coriander, roughly chopped - 1 bunch
- Green bell pepper, seeded and cut into long thin strips- 1 large
- Garlic, coarsely chopped - 5 cloves
- Turmeric - ¼tsp
- Water - 1 ½ cups
- Extra virgin olive oil - 1/3 cup
- Paprika - 1tbsp
- Pepper - ¼tsp
- Salt - to taste
- Edible flowers, for garnish

Method

- ◆ Place coriander, bell pepper slices and garlic in the bottom of a wide sauté pan to create a 'bed' for the fish.
- ◆ Place seabass fillets on top of the other ingredients. Season fillets generously with salt and pepper, then sprinkle turmeric evenly across.
- ◆ Add 1 ½ cups of water to the pan. Cover pan, turn flame on high, and bring to a boil. As soon as the water boils, reduce heat to medium and uncover the pan. Mixture should be simmering lightly at this point.
- ◆ Allow mixture to simmer uncovered for 10-15 minutes, basting fillets periodically, until the water reduces by half and turns yellow.

- ◆ In a small bowl, mix together olive oil and paprika with a fork. Pour red oil mixture over the seabass fillets, coating them evenly.
- ◆ Let the fish simmer uncovered for 20 minutes more, basting frequently. Fish is done when liquid is reduced to about a quarter of what it was originally, and the fish has turned a rich red colour.
- ◆ Serve sea bass and bell peppers together (with the grain and/or vegetable of your choice)
- ◆ The green sauce from the pan can be poured over the top of the fish.
- ◆ Garnish with fresh coriander leaves, edible flowers and toasted sesame seeds.



Fig spiced cake with cream

Ingredients

- Dried figs- 1 pound
- Buttermilk- ½ cup
- All-purpose flour- 1½ cups
- Baking powder- 1tsp
- Baking soda- ½tsp
- Salt- ½tsp
- Ground cinnamon- ½tsp
- Ground cloves- ½tsp
- Butter- ½ cup
- White sugar- 1 cup
- Eggs- 2
- Vanilla extract- 1tsp
- Chopped walnuts- 1 cup
- Whipped cream- 1 cup

Method

- ◆ Preheat oven to 350° F (175°C). Grease and flour a 10-inch tube pan. Place the stewed figs into a saucepan, cover with water, and simmer on low heat for about 5 minutes. Drain and cool, reserving 1/2 cup of the liquid.
- ◆ Cut the figs into 1/4 inch cubes; set aside. In a medium bowl, combine the reserved fig liquid and buttermilk; set aside. Sift together the flour, baking powder, baking soda, salt, cinnamon and cloves; set aside.
- ◆ In a large bowl, cream together the butter and sugar until light and fluffy. Beat in the eggs one at a time, then stir in the vanilla. Beat in the flour mixture alternately with the buttermilk mixture. Stir in the chopped figs and walnuts. Pour into prepared 10-inch tube pan.
- ◆ Bake in the preheated oven for 50 to 60 minutes, or until a toothpick inserted into the center of the cake comes out clean. Cool in pan 15 minutes, then turn out onto a wire rack and cool completely.
- ◆ Apply whipped cream on top, cool and serve.

Quinoa cakes with basil chive cream and roasted red pepper sauce

Ingredients for quinoa cakes

- Water- 1 cup
- Quinoa- ½ cup
- Egg, beaten- 4
- Bread crumbs- 1 cup
- Parmesan cheese, grated - ¼ cup
- Goat cheese, crumbled - 100g
- Onion, diced finely - ¼ cup
- Chives, chopped finely- ¼ cup
- Olive oil- 4tbsp
- Pepper - ¼tsp
- Salt - to taste

Ingredients for roasted red pepper sauce

- Red peppers- 2 medium sized
- Olive oil - 1 ½tbsp
- Garlic cloves, crushed - 2 pcs
- White onion, roughly chopped - 1, small
- Vegetable stock - ½ cup
- Sugar (optional)- ½tsp

Ingredients for basil chive cream

- Crème fraiche - ¾ cup
- Basil leaves- chopped - ¼ cup
- Lemon juice, fresh - 2tsp
- Black pepper, freshly ground - ¼tsp
- Salt - to taste
- Microgreens, for garnish- 1tbsp

Method to make quinoa cakes

- ◆ Combine the water, quinoa, ½ teaspoon of salt, and ¼ teaspoon of pepper in a medium saucepan over medium-high heat. Bring to a boil, then reduce the heat to low, cover the pan, and simmer for about 15 minutes, until all of the liquid is absorbed into the quinoa. Remove from the heat and let cool slightly.
- ◆ Stir together the quinoa, eggs, bread crumbs, cheeses, red onion, and chives in a medium bowl to combine. Season with salt and pepper.



- ◆ Heat 2 tablespoons of olive oil in a large skillet over medium heat. Form the quinoa mixture into 12 patties.
- ◆ Heat the oil in a frying pan on medium heat. Working in batches, cook the patties for 4 to 5 minutes per side, adding more oil as needed, until golden brown.

Method to prepare roasted red pepper sauce

- ◆ Heat oven to 200°C
- ◆ Place the peppers on a baking tray and roast in the oven for about 45 minutes until the skins are blackened.
- ◆ Remove from the oven and put into a plastic bag - this makes them sweat and the skins slip off more easily. When cool enough to handle, peel off the skins with your fingers.
- ◆ Slice the peppers open, pick out and discard all the seeds and membrane, then roughly chop the red flesh.
- ◆ Heat the olive oil in a frying pan. When hot, fry the garlic and onions for a few minutes.

- ◆ Add the chopped peppers and continue to fry for a few minutes, stirring to combine everything.
- ◆ Add the vegetable stock, bring to a boil, then allow it to reduce a little.
- ◆ Pour the contents of the pan into a blender and whizz until smooth. Adjust the seasoning to taste.
- ◆ Depending on the ripeness of the peppers, you shouldn't need any sugar—but if they retain a slightly bitter flavour, return the sauce to the pan, add sugar to taste and let it dissolve over the heat.

Method to prepare basil chive cream

- ◆ Stir together the crème fraiche, basil, chives, and lemon juice in a small bowl.
- ◆ Season with salt and pepper to taste, and refrigerate to chill.

Final assembling

- ◆ Top each quinoa cake with a dollop of cold basil chive cream and serve with warm red pepper sauce on the side.
- ◆ Garnish with fresh chives and microgreens



Roasted bell pepper with tomato polenta

Ingredients

- For stuffed red bell pepper
- Red bell pepper- 1 piece
- Polenta- 60g
- Tomato puree- 20g
- Parmesan cheese- 10g
- Butter - 10g
- Olive oil - ½tbsp
- Vegetable stock - 1 cup

For pan-roasted cherry tomatoes

- Olive oil - ½tbsp
- Cherry tomatoes, halved - 125g
- Garlic, crushed - 1 clove
- Basil or oregano, crushed - ½tsp
- Pepper - ½tsp
- Salt - to taste

Method

To make pan-roasted cherry tomatoes

- ◆ Heat olive oil in a saucepan over medium-high heat.
- ◆ Add cherry tomatoes and cook, stirring frequently until tomatoes begin to wrinkle just a bit, wilt and give off some juices.
- ◆ Add garlic and sauté for a minute.
- ◆ Sprinkle with basil or oregano, salt and pepper, as desired.
- ◆ Keep aside for garnish.

To make stuffed bell peppers

- ◆ Bring vegetable stock to a boil and gradually add polenta and cook.
- ◆ Cook polenta over medium heat until all liquid is absorbed and season with salt and pepper.
- ◆ Add parmesan cheese, butter and half the tomato puree to polenta, set aside to cool.
- ◆ Take red pepper and cut from stem part approx 4 cm and empty out seeds.
- ◆ Fill up the pepper with polenta and brush the outside of the pepper with olive oil.
- ◆ Roast at 220°C. Keep to cool.
- ◆ Blend the tomato puree with a little olive oil.
- ◆ To plate, spread the tomato puree on the base and place pepper on top.
- ◆ Garnish with edible flowers and serve with pan-roasted cherry tomatoes on the side

LOOKING back

Want to get away from the hustle of the city and live like a royal? Deo Bagh fits just right

BY RUPALI DEAN

Do you wonder how the royal Mughals lived? Don't just read about it, go experience it in the land of palaces, forts and temples—Gwalior. Away from the hustle of the city, live like a royal for a few days in Deo Bagh—this non-hotel is a heady wonderland. With exotic family temples and pavilions, gorgeous woodwork, lush gardens with dancing peacocks, this is a place you would want to explore every inch of. And it is more than just a visual experience. The atmosphere here is saturated with the fragrance of jasmine, grapefruit and guavas.





History

Deo Bagh has played host to important Mughals who camped in this 'char bagh' with a 36-pillar pavilion at its core. The pavilion safeguarded women in its concealed chambers through summer thanks to the trench of water on all its four sides. Later, as the victorious Maratha military trooped towards Delhi, the Jadhavs took control of this natural water catchment area.

In April 2012, Deo Bagh opened its doors with fifteen rooms spread

athwart five wings, fronting a Nau Bagh—a garden plaid into nine parts. Each of its villas are named after the members of the aristocratic Jadhav family. The astounding attention to detail and rich proud history echoes around this palace. It exemplifies its heritage and does not fail with its status for superlative levels of service.

Palatial living

The restored Deo Bagh feels more like a palatial oasis as conflicting to a hotel and is every bit the grand architectural mas-

terpiece the original. But with a tinge of modern luxuries. I call it momentous hedonism. The rooms and suites differ in size, indulgence and price, but believe me when I say even the average room offering is nothing short of incredible.

Facing the gardens is the best chance to relish the setting sun, as well as a serene way to wake each morning. With intricate details, well-appointed textures and marble bathrooms, no detail has been overlooked. Illustrious by its once used as Mughal camping later Hindu architecture portraying

glorious royal India, Deobagh is full of infinite intricacies, leaving me to feel as if my entire time here is one of discovery. Every element, be it major or minor, seems to have been painstaking—from the equilibrium of the hotel's highly photographed Baradari to the zillions of small brick tiles that could never possibly be counted throughout Deo Bagh. I check in for a total of three nights, spending much of my time within in its grounds as it feels like a tranquil oasis.

Breakfast by the Baradari is quite the affair and a great opportunity to enjoy stunning views, no pancakes or golden syrup but instead a superb local offering to savour at the water's edge. The menu showcases multi cuisine gastronomy while also including robust punch of spicy Madhya Pradesh fare. The crowning glory is the 'Bhopali Mutton' the flesh is cooked sous-vide style, and fairly melts in waves on the tongue and the lachha parantha accompanying just adds to the whole experience. From walking around the property gardens to lounging at the Baradari, I really can choose to take it in at my own pace. The backdrops are exceeded only by the amazing service of the brilliant staff. The hotel also arranges private tours of the Gwalior Fort and surrounds, of which I would highly recommend if this is your first time visiting the city. Life can't get any better than this, more so amidst a global pandemic. □



A nosy affair

Oshin Grace Daniell talks about her battle with allergens

There was a time when I used to start my day with at least 10 sneezes. These were not the sharp, Chihuahua's bark-kind of sneeze but the loud ones which made the body jerk as if on a take-off mode. My parents called it their alarm, my dog thought it was a way of greeting and always barked back, my next-door neighbour called it a nuisance and I called it a sign of my presence.

Surely, the intensity and loudness of my sneezes have reduced over the years but my nose continues to be the most sensitive sensory organ in my body. And this makes me every air allergen's favourite target. From dust and pollen to even the tiny hair that falls on my face when the salon lady shapes my eyebrows makes my nose twitch and break into sneezes. I distinctly remember the first time I got my bushman eyebrows threaded. What was usually a 10-minute-process took about 45 minutes, thanks to my excessive sneezing. I thought it would be better the next time. It has been 13 years since and nothing has changed. The salon lady has made peace with it and is still trying to figure out creative ways of shaping my eyebrows without her hand touching my nose or hair falling in that area.

When it comes to dust, my nose can detect spots in the house where the vacuum cleaner has not reached. This made my domestic help hate me as my sneeze became an indicator of her inefficient cleaning. What's worse is when I sneeze at someone else's house and my parents shamelessly say "She has dust allergy!". Although this is the truth, not everybody takes it the



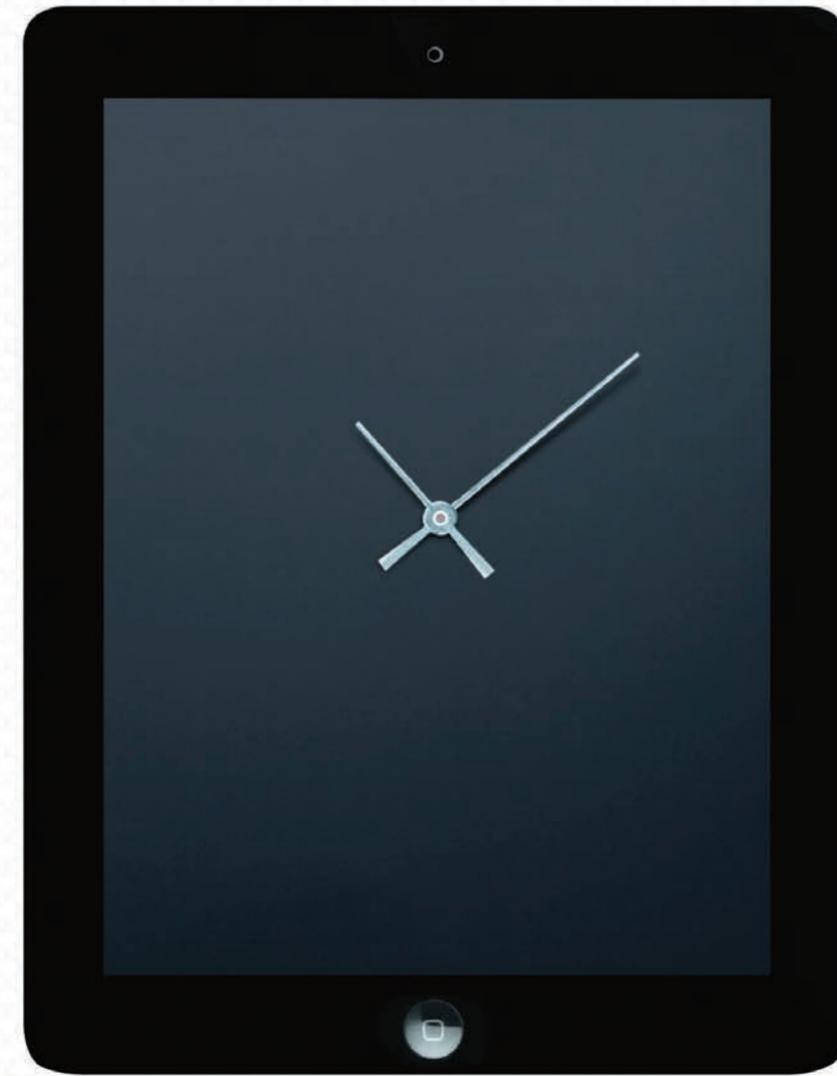
right way. Some smirk, some become defensive and some others give a death glare to the lady of the house.

Hand sanitisers, tissue paper packets, extra handkerchiefs and surgical masks are important components in my backpack. From the time I remember I have always carried my care kit wherever I went. In school, my friends called me a hygiene freak every time I cleaned my hands with the sanitiser or pulled out a tissue. When it came to class picnics or nature club trips that were synonymous with potential anaphylactic shock threats, my parents always fretted. However, that never stopped me from going for any of it. While my friends have pictures of

these trips with their pearly whites on display, I have ones where half of my face is covered with a surgical mask. But my pearly whites were not that great anyway and the mask did a pretty decent job of covering my protruding bug teeth. At that time, little did I know that these practices would turn into the new norm across the globe one day.

Over the years, I have owned my identity as a person with a very sensitive nose. And, honestly, I never saw it as a bane. Surely, there have been embarrassing times but it also taught me to be mindful. As a matter of fact, my sensitive nose is how I got my first job as a tea taster. Blessing in disguise, did someone say? □

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THE HUMAN TOUCH WINS BOTH WAYS

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