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Kiehl's Talk

Crocs Gets Personalized

Epitome of Luxury
The St. Regis Mumbai

STAIRWAY TO SUCCESS

DARSHAN RAVAL

Commander in Chef
Vikramjit Roy

The Fearless
Shivin Narang

Thalis of India



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Dear Readers

While the pandemic had shaken us in every way possible, the demise of Sushant Singh Rajput raised many eyebrows on the functioning of the entertainment industry. I have been working with close-knit with this industry and I feel talent is supreme, period! While this case has taken many shapes and forms in the last 60 days, all we can pray is, justice prevails. Sushant's journey as a television artist and then as a young face of Hindi cinema was surely an inspiration to many and I guess that is the first thing he will be remembered for, in the coming time. The reason I decided to put in these words is that while scrolling on social media, all I can see is hashtags trending for the justice of his demise and I thought to tell you, that it is important for all of us to be united for a change and it's not far. Any change can happen, only if we are ready for it. Just like Shivin Narang's willingness to overcome his fear and even Darshan Rawal's willpower to make it big in the music industry. This issue talks about those who wished to bring in the change at their level and have surely succeeded with sheer hard work. If you are also the one, will surely love and if you are looking for motivation, then flip through to attain it. There is a lot more for you that celebrates the flavors of India in terms of travel, art, and food.

Happy Reading!

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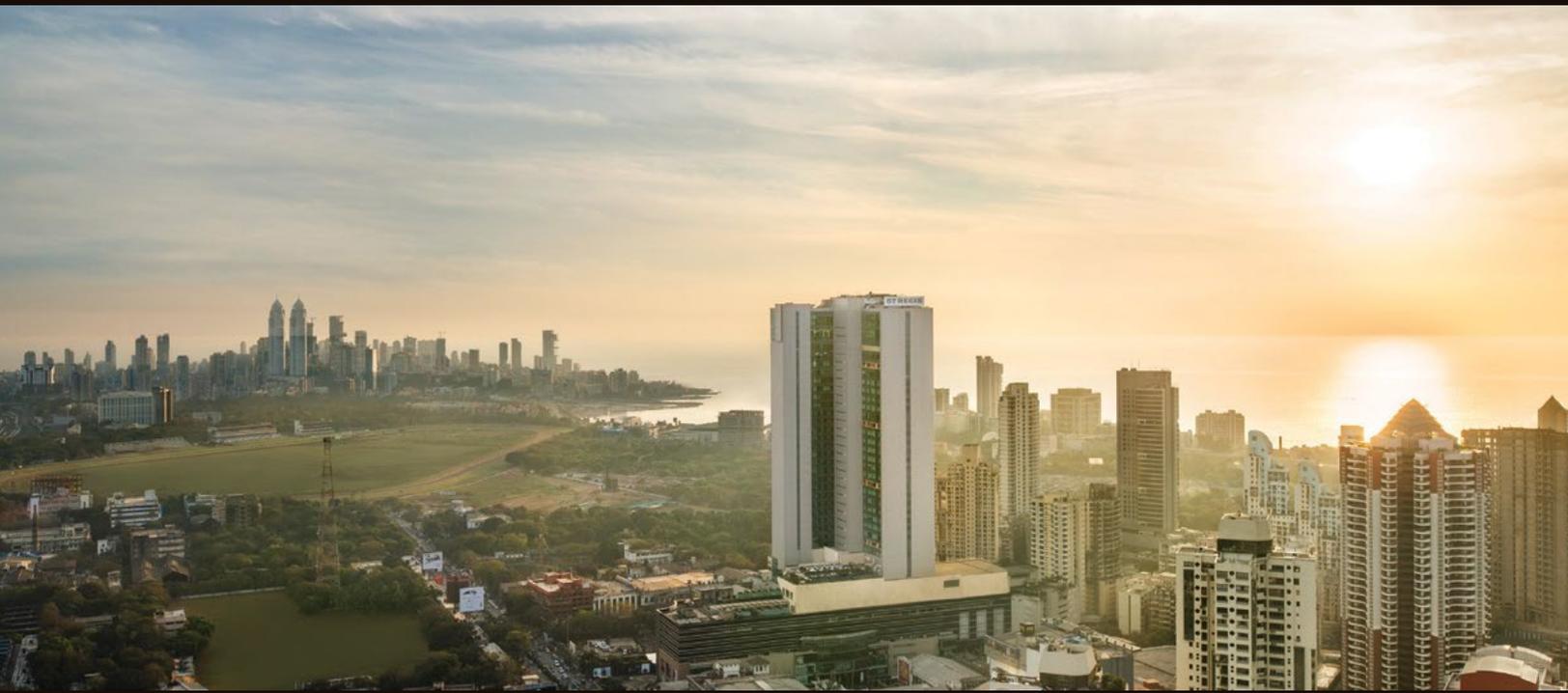
EPITOME OF LUXURY

The St. Regis Mumbai

The hospitality industry in Maharashtra is slowly but steadily picking up the pace ever since hotels were allowed to open from July 8, 2020. However, with social distancing rules and other restrictions, occupancy remains a challenge. TMM chatted with Nicholas Dumbell, General Manager, The St. Regis Mumbai, to understand how the pandemic has affected them and what steps they have taken to ensure the safety of their patrons.



Nicholas Dumbell, General Manager, The St. Regis Mumbai



The Mural by G R Iranna at the St Regis bar



The Sahib Room



The hotels opened up for business again two months ago. How has the response been so far from the patrons?

We've had a huge interest in staycations as well as certain business leaders who have started travelling so as to connect with key clients face-to-face. We've also seen a lot of interest in meetings and in weddings; however, it all depends on the government guidelines. Currently, we cannot host non-resident guests in our restaurants, and we can only host meetings with 15 people. We do hope that this will change soon. I must say, it's so good to see that the hotel has a great buzz and is gaining momentum since Mumbai begun to open up.

Can you tell us about some of the initiatives taken up by The St Regis to ensure the safety of their patrons?

We have embraced Marriott's Commitment to Clean program to ensure absolute precision in our cleaning and sanitation procedures. The program is led by a Marriott Global Cleanliness Council. The council includes in-house and outside experts in hospitality, epidemiology, sanitation, and protective health and hygiene technology.

Guest safety is our utmost priority, and so we ensure all high-touch points are periodically sanitized. We only use next-gen medical-grade cleaning chemicals to sanitize surfaces and upholstery. All Marriott hotels will be initializing the use of electrostatic sprayers - a machine that puts a small charge on the cleaning agent which then has a magnetic effect as it sanitizes surfaces thoroughly.

In addition to that, The St. Regis Mumbai has invested over 25,000 hours of training our hosts. I feel training is the key ingredient as the team needs to be 100 per cent knowledgeable and engaged in the process.

What is the number one priority for The St Regis at this time?

The number one priority for The St. Regis Mumbai has always been to ensure that we create the safest possible and the most comfortable environment for our guests, so as to ensure that they have the confidence to return to 'The Best Address'.

What is the biggest challenge that lies ahead now? And how is The St Regis gearing up to deal with it?

It's all about sentiments and giving travellers the confidence to get back on the road and start travelling again. What hotels need to do is give customers the confidence to come and stay at the hotel fearlessly and let the hotels take care of the rest. For example, in countries such as the Philippines, South Korea and Vietnam, occupancy is back up to 60 per cent. We need similar confidence to spread in the Indian market, whilst at the same time ensuring that all the safety guidelines are in place to prevent a spike in infections.

The hospitality industry suffered a great deal during the lockdown. But now, how do you see the industry picking up the pieces and moving on? What are the trends you foresee for the industry?

The St. Regis Mumbai has built and developed various new revenue sources over this lockdown, Marriott on Wheels being the most prominent one. Hotels have always focused on curating luxurious experiences which involves a lot of personal interaction; through Marriott on Wheels the aim was to recreate the experience in the homes of the guests by delivering exceptionally packaged food.

The St. Regis Mumbai has actively targeted the corporate segment offering 'Work Exquisite' at our luxury property. In addition, we are also encouraging meetings while working from home, so we can host meetings for 15 people to bring them together. We are also going one step further by offering 'Dine at your Desk' where we have curated

meals helping those going in to work with packed lunches and meals for their comfort avoiding the whole scenario with the cafeteria or preparing and bringing your own meal. Also, we are trying to see how we can make sure that everyone has the same food in front of them when there is an online meeting much like having a meeting over lunch while at work.

We're excited to offer our guests our food and beverage venues exclusively to host intimate, private celebrations.

Beginning of next year, we will see things picking up significantly, but this all depends on how our country manages the spread of the virus. I see the trend of people wanting to do more invite-only private parties and events where the guest list is carefully tailored to ensure every guest is comfortable with each other.

Humans are intrinsically engineered to having social interaction, so masks will become a very normal piece of attire. Lockdown has given us the gift of time, it's given people a chance to spend time with their families, take more leisure breaks, to work on their fitness goals and general wellness. In fact, I think there may be a revolt soon against constantly being connected online.





Shikhee Agarwal, Assistant Vice President, Kiehl's

Kiehl's Talk

Kiehl's as a brand speaks trust and care, which has been built over a period of 92 years, where natural ingredients, sustainable sourcing, recycling, and responsible manufacturing & packaging have played a key role. Kiehl's journey from humble beginnings in 1851 as an old apothecary in New York's East Village neighborhood to 250 stores around the world including 14 flagship stores in India is one which deserves attention and applause. Standing true to its commitment to provide unparalleled skincare, during the global pandemic, Kiehl's recently launched its first-ever E-Commerce website in India with an aim to cater to all skin-care needs of the Indian consumers with effective and tested Dermatologist Solutions and Men's Grooming ranges in addition to the iconic formulas like Calendula Range, Clearly Corrective Range etc. TMM chats with **Shikhee Agarwal, Assistant Vice President, Kiehl's**, to understand the new blueprint, the existing one and the future plans of Kiehl's in nurturing its strong presence in the Asian market.

What are the core values behind Kiehl's brand?

The driving force of Kiehl's vision is the 'Try before you buy' initiative. Allowing clients to try products before they purchase, this 92-year old initiative has won hearts and has led to loyal patronage over the years. Kiehl's journey from humble beginnings in 1851 as an old apothecary in New York's East Village neighborhood to 250 stores around the world including 14 flagship stores in India is one which deserves attention and applause. Standing true to its commitment to provide unparalleled skincare, all Kiehl's stores promise unwavering customer service. Taking a cue from the success of Kiehl's stores across the world, it's no surprise that all Kiehl's customer representatives have the technical know-how to guide clients and leave no stone unturned to provide unmatched service and expertise.

Tell us about the distinctive characteristics of the brand that appeal to Asian consumers.

There are many listed facts which distinguish Kiehl's as a brand from the contemporaries:

Natural Ingredients: The ingredients are naturally sourced. 95% of the formulas contain at least one natural or natural origin raw material. The workforce is working to increase the percentage to 98% soon.

Sustainably Sourced: The ingredients are not only natural but also Sustainably sourced, Kiehl's work hand-in-hand with farmers and producers to source our ingredients in a way that's beneficial to their communities and the planet.

Recycle: We use post-consumer recycled materials whenever possible, and reuse and recycle in our stores; our patrons are encouraged to do the same and recycle their empties through our Recycle & Be Rewarded Program.

Responsible Packaging and Manufacturing: Our packaging to help avoid waste in addition to using post-consumer recycled materials whenever possible.



Avocado Eye Cream



Calendula Herbal Extract Toner Alcohol Free



Hydro-Plumping Re-Texturizing Serum Concentrate



Calendula Deep Cleansing Foaming Face Wash

The pandemic has affected all industries. How is Kiehl's planning to overcome the crisis and what are your travel retail expansions plans for 2020?

The pandemic is a tough time for all the industries. However, strategically turning the situation in favor of the brand is an ideal way to deal with the external forces. Kiehl's has also adapted to the new normal and has launched its e-commerce platform to cater to its customer irrespective of the demographic area. Also, it aims to cater to all skin-care needs of the Indian consumer with effective and tested Dermatologist Solutions. It is optimized for mobile phones and desktops removing the barrier of pandemic and bridging the gap between the customers and the brand. Kiehls.in - The first-ever E-Commerce website in India for the brand was launched in June with an aim to cater to all skin-care needs of the Indian consumer with effective and tested Dermatologist Solutions and Men's Grooming ranges in addition to the iconic formulas like Calendula Range, Clearly Corrective Range etc.

Kiehl's India had wanted to go live with their own e-commerce website in India by this year itself, however with situations changing the launch got a renewed push as the New York City-based apothecary and creator of fine quality skin and hair care believes in delivering the best products at your doorstep. The brand ensures that all safety guidelines are met as the Kiehls.in is launched to refill one's skincare digitally through its newly launched E-Boutique. The fact that we are able to cater to our consumers even during these trying times is what makes us happy and feels that we have done justice to the Kiehl's Indian family of consumers' loyalty towards the brand.

In India, brands have been using celebrity association and influencers marketing as a key tool. What is your take on it?

It is one of the most impactful tools and we feel it is extremely important to build a celebrity connect with the brand. It enhances the power to influence people towards making the right choices. They play a major role in today's marketing landscape. Kiehl's believes in tapping the celebrity which is loyal towards the brand and who can speak positively about a product create brand awareness

What all goes into choosing celebrities and brand ambassador to endorse the brand?

There is a high focus placed upon the importance of choosing a dependable, trustworthy celebrity to endorse or sponsor a company's product. While doing so, it also has to balance the celebrity's attractiveness, power, and similarity of the celebrity's public image with the company's overall current, or intended brand image.

Any key tips you would like to give to those who aspire to be an entrepreneur in the Indian market?

In order to be an entrepreneur, it is very important to have a solid business plan and an efficient road map to execute the same. Patience and leadership quality plays a significant role in building your entrepreneurial journey. One should not be afraid of financial challenges and must face them with a strategic approach. Having a cool mind at work is a principal factor to be an entrepreneur in the Indian market, as the external factors are not static and imbalanced emotions you might destroy your vision to possess for your business.



Chaitanya Chitta & Lakshmi Dasaka



Pour Over Brew Bags

THIS COFFEE'S OUT TO SLAY!

Delivering a steaming cup of handcrafted gourmet coffee is a promise that Lakshmi Dasaka and Chaitanya Chitta, co-founders of SLAY have made to their customers. And it is with this guarantee of quality assurance that the duo is going full-steam ahead with their online and retail coffee bars. Here's their story...

Slay's Vision...

At SLAY, we have a simple vision — to grow, roast, grind, brew, pour the best coffee and to bring this best cup of coffee to you, anytime, anywhere. A better cup of coffee (fresher roasts), handcrafted by skilled and certified baristas, a wider variety of choice (Skinny, Vegan etc.) comes to you in a heat-retaining, spill-proof SLAY Case through your favourite food delivery app. Simple! We take pride in being the first company in the world to promise a steaming cup of handcrafted gourmet coffee even if it travels for up to 30 minutes - a promise made possible through a combination of product and packaging innovation.

Lavender Latte



Origin

This was the beginning of DropKaffe - an online cafe that introduced the city to a good cup of coffee at their desk, at their home, or wherever else they wanted. Our coffee angels carried hot and cold coffees in temperature retaining flasks and poured them into a cup in front of the customer - an experience that many said reminded them of home. But the operational model soon became unfeasible. India's poster child of online delivery Swiggy had just started their operations from the same neighborhood. The economics of delivery outweighed the cost of coffee, thereby forcing a change in strategy to bottled beverages. 4 years and a few pivots later, the "coffee outside the cafe" space was still wide open. Thus, was born SLAY.

Processing

Making gourmet premium coffee affordable and accessible is our philosophy and we intend to do this through innovation through product, supply-chain, packaging and distribution. Sourced from single-origin and high-altitude estates in Chikmagalur, India SLAY coffee beans are of the highest grade and quality. The biggest barrier to a hot cup of coffee crossing the thresholds of a café is packaging. Our proprietary solution, SLAY Case (v1.0), in which the coffee is delivered through delivery partners is a heat-retaining, spill-resistant and tamper proof package. 100% reusable & recyclable, the case is layered with insulation material that can retain temperature for upto 45 minutes. The cuboid structure allows the case to sit easily inside a delivery bag and be carried till the customer without any contact with the beverage inside. After a Barista handcrafts a customer's coffee, each cup is sealed through heat-based application of a sealing film before it goes into a SLAY Case. Developed after months of R&D on material, structure, aesthetics and hundreds of test deliveries on actual roads and traffic conditions, SLAY Case has created a new packaging form factor for scoring high, both on efficiency and functionality.

Apart from the functionality, each case is a canvas for artists. Every quarter, we crowd source works of art and display them on one side of the case. Our customers love this and reuse the case for decoration and craft projects. Each cup also has a photo and name of the Barista that made the coffee enabling a personal connection, a critical element of any good cafe experience

Product Range

Suited to varied taste and lifestyle preference - Skinny range for calorie-conscious, Vegan range, Black range for purists and SLAY-X for the strong coffee drinkers! We have it all. We also sell packaged products in the E-commerce market which entails SLAY Coffee Beans, and SLAY Coffee Grounds.

We have very recently launched a new product

called: SLAY Pour-Over Bags - The Pour Over Brew Bags help one make India's Strongest Coffee with just 2 ingredients: a cup and some hot water.

Availability

100+ cloud cafés across Bengaluru, Delhi-NCR, Mumbai, and Pune, 3 SLAY2GO kiosks in Bangalore. Online is powered through the REBEL cloud kitchen network. With an aim to establish and make 'coffee-on-the-go' behavior mainstream, SLAY has additionally introduced a retail offering, SLAY2GO, which is a hassle-free coffee takeaway experience. It's built on efficiency (takes up less than 100 sq. ft. of space), is tech-driven (self-service ordering) which helps reimagine the 'coffee-shop/café' experience like never before. A cash-less, conversation-less, and wait-less experience is what SLAY2GO is all about. An affordable cup of gourmet coffee will soon be available across malls, high-street, tech parks, and more.

Expansion Plans

Our expansion plans include geographical expansion of our online and retail coffee bars into newer cities and newer areas within the existing cities. As pioneers in innovative coffee products such as SLAY- X, India's Strongest Coffee, Pour Over Bags, Vegan Coffees etc., we will continue to expand the product line to offer convenient and premium coffee options to our customers.

At scale (and in the near future), our objective is to make SLAY available in the most convenient and shortest time possible. We are working towards enabling 15-20-minute deliveries (for our online customers) made possible through a dense network of outlets in the critical neighborhoods and fulfillment partners.

**- Inputs by Lakshmi Dasaka,
Co-founder and COO, SLAY**

Iced Peppermint Mocha



Rose Cold Coffee



SLAY X Graveyard



Classic Neo Mint Clog

CROCS GETS PERSONALIZED

Take Your Fashion Game To The Next Level With Cool Clogs & Exciting Jibbitz



Crocs - Cupcake Jibbitz - INR 199



Crocs - OMG Charm Jibbitz - INR 199

Personalization has gradually emerged as a strong fashion trend and will play a larger role in 2020-2021. It has been found that people love the exclusiveness in everything they wear and that has given a rise to customization and personalization. And when it comes to comfort, the ideal pair of footwear is a must, and Crocs, as the leader in the comfortable footwear has got good news. The Gen Z & Millennials are going crazy harping on this trend and defining their personality via accessorizing. Keeping up with this, Crocs global inc. has recently introduced their all quirky Jibbitz charms that help you be exactly who you are!

Crocs, Inc. is a world leader in innovative casual footwear for women, men, and children, combining comfort and style with a value that consumers know and love. Every pair of shoes within Crocs' collection contains Croslite™ material, a proprietary, molded footwear technology, delivering extraordinary comfort with each step. In 2019, Crocs declares that expressing yourself and being comfortable are not mutually exclusive.

Jibbitz Charms from crocs are fun little images, letters, sayings, characters, and bits of pop culture mounted on a post to pop into the holes of your Classic clogs. With 13 holes on each Classic clog, you can sport up to 26 at a time – or get creative and show your unique style! From well-known characters to popular emojis to messages you can type — have something to say? Say it! Love aliens and unicorns? Show it!



Crocs - Classic Clog with Jibbitz



Crocs - Classic Clog with red bus Jibbitz

With Jibbitz charms your shoes are literally your canvas. You can express what you like and go around wearing all your favourite things at once! Crocs has jibbitz for every mood! Whether you love to travel or eat or love superheroes – it's literally the best way to flaunt your personal style! On days you feel like going all out, you can go around in a pair of fully loaded clogs to show off your collection and on days you want to be minimalistic, you can put on as many you like. There are endless possibilities to what you can do with Jibbitz. It all depends on your imagination and creativity.

The Jibbitz charms can be paired with classic clogs collection from their iconic classic clog silhouette to classic bae and classic terrain! They can also be added to your favourite pair of classic slides to give an added oomph to your fashion game & persona! Step out in style with your personalized pair from Crocs using Jibbitz charms.

Get yourself a pair from www.shopcrocs.in and be set to beat the monotony with your favourite Jibbitz Charms!



Crocs - Donut Jibbitz - INR 199



Bringing the Change with VLCC

Founded by **Vandana Luthra** in 1989, VLCC is today widely recognized for its comprehensive portfolio of beauty and wellness products and services and also enjoys a high level of consumer trust.

In bringing the change for a better and healthy tomorrow amidst the pandemic, VLCC Personal Care Ltd. has recently announced the commencement of production of hand sanitizers at its GMP certified manufacturing facility in Uttarakhand— one of its two such plants in India – to support mitigation of the severe health crisis caused by the COVID-19 outbreak and to meet the sudden spike in demand for hygiene products.

The company is ensuring that these products, in 50 ml and 500 ml pack sizes, with a retail price of INR 25/- and INR 250/- respectively, reach pharmacies and general stores throughout India immediately, to cater to the surge in demand. VLCC hand sanitizers are now also available at all VLCC Wellness centers, on its on-line platform, www.vlccpersonalcare.com, as well as on e-shopping websites like Amazon, Flipkart, Snapdeal, and Nykaa.

The advanced formula of the VLCC Hand Sanitizer contains a combination of spirit and Isopropyl Alcohol (IPA) which is proven to kill 99.9% germs and bacteria. Further, to protect the skin and prevent it from drying, it is infused with tea tree oil, rosemary oil and aloe vera extract. The product is in gel form and can be applied on the palms and then rubbed gently to layer the

protection on all parts of the hands up to the wrists.

The move has been taken as a part of responsible activity for the safety of fellow citizens of the country. Jayant Khosla, Managing Director & Group Head, VLCC, states, "We have decided to manufacture and distribute hand sanitizers as our humble contribution to the collective national effort of tackling the COVID-19 crisis and have accordingly diverted a part of our manufacturing capacity to produce them. The pricing of the product will be in keeping with the latest statutory regulations for all pack sizes".

The VLCC Group's operations currently span 350+ locations in over 165 cities and 16 countries across South Asia, South East Asia, the GCC Region and East Africa. VLCC manages one of the largest chains of Wellness & Beauty centres across Asia; operates one of Asia's largest networks of vocational education academies in Beauty & Nutrition; and, manufactures in Switzerland and the company's GMP-certified plants in India and Singapore, a comprehensive range of skincare, hair-care and body-care products as well as nutraceuticals under the VLCC Natural Sciences™, Skin MTX™, BelleWave™, VLCC Slimmer's™, VLCC Shape Up™, Specifix™, and VLCC Wellscience™ brands, which are retailed through over 250,000 retail outlets and beauty salons across Asia and Africa. VLCC's wellness and weight-management programmes are recommended by the Indian Medical Association, India's largest and most influential body of medical doctors comprising over 325,000 members.

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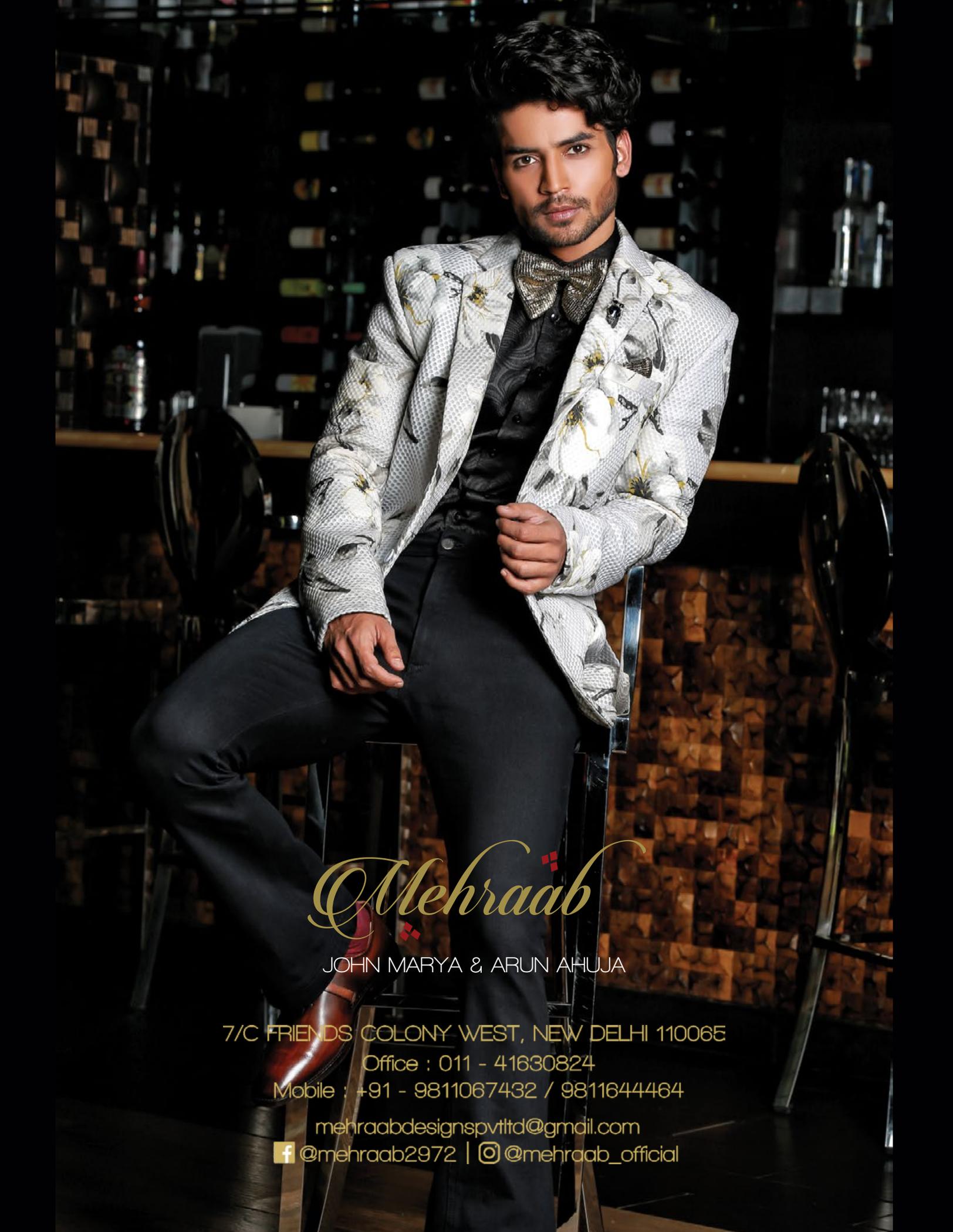
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EFFORTLESSLY. Organic

Organic beauty has taken the skincare and beauty industry by storm. It is a revolution of sorts with more and more brands coming up with organic alternatives. Whether you love to try new things or you want to make a conscious shift from toxin-laden products, organic beauty has to have crossed your mind at some point. Despite the increased interest, people still shy away from completely turning organic. That's because there's just so much information and misinformation.

The key here is to start slowly - this is applicable to both skincare and haircare. Truly organic products are highly concentrated and contain essential oils that are highly potent among other ingredients. If you have sensitive skin and/or scalp, you want to be careful. Always do a patch test with organic products. Also, sometimes you may experience skin purging. If this doesn't die down in a month or so, then discontinue the product immediately! Here is a list of products offered by **Juicy Chemistry** that would help to transition to the world of Organic beauty:



CHILLI, HORSETAIL AND BLACK SEED HAIR OIL

Powerful ingredients such as black seed, horsetail, and chilly stimulate the scalp, improve blood circulation, and promote hair growth. Horsetail is rich in minerals and prevents hair-thinning and tackles scalp irritation. Black seed oil's anti-inflammatory and antifungal properties help maintain a healthy scalp. The black seed oil also contains potent and nourishing antihistamines that help with hair regrowth and curb hair-fall.



BULGARIAN ROSE WATER TONING MIST

Handpicked before sunrise and bloomed by direct steam distillation immediately after harvesting, It hydrates, revitalizes, and moisturizes the skin, while its rich antioxidants help to strengthen skin cells and regenerate skin tissues. Damask Rose Water is known to maintain the pH balance of the skin and also controls excess oil. The soothing and moisturizing properties of white rose make it suitable for dry and very sensitive skin types too. It has anti-inflammatory, antiseptic, and antibacterial properties that help soothe and heal the skin.



HELICHRYSUM AND ROSEHIP FACIAL OIL

Reverse and repair pigmented, patchy skin with this night time elixir that brightens skin, reduces signs of aging and repairs damaged skin at the cellular level. Powered with miraculous Helichrysum, it boosts free-radical defense lowers inflammation and ensures the regeneration of skin cells. The healing properties of Rosehip oil help you wake up to a radiant, even tone, and ageless appearance.



PRICKLY PEAR CHIA & TAMANU EYE ROLL ON

Packed with antioxidant-rich Tamanu seed oil, Vitamin E & K packed Prickly Pear, this helps lighten and brighten the under-eye area while easing out fine lines. Chia seed naturally tightens the skin and helps to diminish bags and sagging while nourishing the delicate area



BLOOD ORANGE AND ROSEHIP LIP BALM

Blood Orange provides intense nourishment; revealing soft and smooth lips. Anti-oxidant and fatty acid-rich Rosehip helps reverse pigmentation and prevents the breakdown of the cell membrane of lips caused by the use of harsh lip products. Moisturizing oils of Avocado and Almond in this butter provides complete lip treatment to fight dry and chapped lips.



KAKADU PLUM, MATCHA AND BLOOD ORANGE FACE MASK

Glistening, Glorious, and Nourishing! Our hydrating mask is made with precious Kakadu Plum from Australia, which has been identified worldwide as the single natural food source with the highest vitamin C content on the planet and virtuous Matcha. It is made with a blend of powerful, antioxidant-rich fruit powders and vitamin C rich essential oils to combat signs of aging, fade dark spots, and scars, leaving skin supple and nourished. Enhancing skin elasticity and battling pigmentation, blemishes & acne scars, this mask promotes an even-toned brighter looking complexion.



Chef Vikramjit Roy

COMMANDER IN CHEF

VIKRAMJIT ROY

When your intentions are right and efforts are on point, nothing is impossible. Celebrity Chef Vikramjit Roy has proven it with his new brainchild 'Hello Panda' came into existence during the pandemic. Hello Panda, is a sheer result of chef Vikramjit's 18 years of experience, who has been associated with establishments such as The Kimono Club, Whisky Samba, Antares, ITC and Taj hotels, and many more. With expertise in Asian cuisine – the name and concept of Hello Panda is a natural choice, which is a delivery and takeout venture, serving Pan-Asian comfort dishes, artisanal cocktail premixes. TMM asks Chef Vikramjit Roy about the journey of Hello Panda and more.



Crystal Mushroom Dumpling

Tell us about the idea and behind starting Hello Panda. What is so special about the name?

Hello Panda is born out of our sheer passion and love for Asian Food. Because of our history of cooking, enjoying and researching Asian food for the last 19 years, we have always pushed boundaries to give our guests gastronomic experiences which are both delicious and unique. We aspire to do the same, this time in the segment of delivery & takeaway. We would want our guests to be exposed

to the diversity that exists in the South-East Asian Cuisines, be it in Chinese, Japanese or Thai. Having explored all these regions & prefectures and having learnt and understood the essence of the culture & food, it puts us in a great space to connect the two together - Our guests here and the essence that we have carried from these regions. The name Hello Panda, Delicious Asian Delivery (TM) is derived out of their love for one of the cutest things on earth, the Panda.

For this venture, you teamed up with renowned sommelier Ankur Chawla and Anurodh Samal for operations. Tell us about the hardships and hurdles that came your way as it all happened during the pandemic.

Opening during COVID-19 and lockdown was a major challenge as we neither had contractors or labourers to carry out the civil work. Borders being sealed, equipment or ingredients also could not be brought in even from Delhi, hence we had to restrict ourselves to developing everything in and around the restaurant. The team of chefs and servers

along with us took the responsibility of getting the civil work right from breaking walls to plastering, fixing tiles, fixing drainage, etc ourselves. For hardcore technical jobs like electric & carpenter jobs, we struggled a lot to get the right people who were also safe. But at the end of it, I think all struggles we went through was very fruitful. It was one of a lifetime experience to go through in building the restaurant from the scratch ourselves.

Give us a brief of signature dishes and cocktails of this venture.

The cuisine philosophy of Hello Panda mostly revolves around sustainable practices and sourcing responsibly. The Sichuanese dishes are a must-try here like Lazi Ji (Chongqing Chicken with Chillies), Shanzhen Hui (Stir fried Seasonal Mushrooms), Shuizhu Yu (Stewed Red Snapper in Seething Sea of Chillies). We make our Thai Curries from scratch without any packaged curry paste, preservatives, etc. Our Dim Sums & Sushi Rolls have gained immense popularity because of its clean flavours & not laden with Mayonnaise or Sauces. I'm in love with the Japanese section, our Ramen has been very well taken, Aona Goma Ae (Organic Spinach with Roasted Sesame Sauce), Tori Teriyaki (Classic Chicken Teriyaki) are also very popular. All our cocktail premixes are devoid of artificial flavourings and syrups. Yellow Dirty Fellow (fresh mango, basil & black pepper concoction topped with Sepoy & Co Indian Tonic Water with your choice of White Spirit is pretty popular.

At present, when social distancing and hygiene is of prime importance, how do you source raw material and ensure safety, keeping the pandemic in view?

Since the day we conceived Hello Panda, we were very clear with our vision of breaking all myths related to "Delivery/Takeaway only" concepts. We source our ingredients/meats/seafood very responsibly directly from Farmers/Breeders and make sure that we do not buy anything from the open market at all. With the years of experience, we have in the industry, we make sure that the best seasonal ingredients come to us first directly from the source.

As a visionary chef, where do you see the future of the Indian food industry in the post-COVID era?

Even though I am also new to this segment of the industry, I am glad that I could successfully open a restaurant during these torrid times. What I would like to suggest is firstly to have the perseverance to handle any situation. Plan out each and every aspect and be ready to have a plan B for each. Also, looking out for each other (team members, suppliers, etc) is another key that would

make sure we receive the expected support when the space is ready for guests. It is equally important that all hygiene and necessary guidelines have been adhered to and making sure that these practices are imbibed in the DNA of all our team members. Focus on deliciousness, quality & maintaining costs by having minimum SKU's (Stock Keeping Unit) would also help us a lot. And most importantly, standardisation of portions, maintaining it, and ensuring value for money is another key which if adhered to, can ensure the sustainability of the business.

For you as a chef, what has been the biggest take away of the pandemic?

Focus on quality, consistency & taste. Making sure that the primary objective is to make delicious food. Everything was directed to making sure we attain deliciousness. Also, one thing that is very important is being empathetic towards one and all, supporting the small-time suppliers, including farmers & breeders. As a part of the industry at large, we believe in building confidence in guests about maintaining hygiene levels, safety & security of every touchpoint. Documenting every check, right from vegetable washes, hand washes, sanitisation cycles, personal hygiene, etc to make sure the delivery is as much contact-less as possible. Right from digital ordering to digital payments, being considerate towards guests and respect their choices is our motto.

What are your future plans and what else is in pipeline keeping the celebration season in view?

With Mr Vir Kotak, a Lifestyle Entrepreneur, Visual Artist and a renowned name in our Industry partnering with us, we now plan to extend our love & the joy of food to Delhi. The second outpost is set to come up in 20 days time in Vasant Kunj through which we would be able to serve our guests in Delhi much better. This collaboration has helped make our vision stronger and give it a proper road map with tremendous sensibility coming in from Mr. Kotak. The journey has now just started and we wish to do multiple concepts across segments that would continue to push the envelope of guest experience to newer heights.



Black Pepper Fish Dumpling



Crystal Mushroom Dumpling



Negima, Chicken & Leek Skewers



Peanut Butter Tart



Tastefully Healthy NOURISH ORGANICS

The idea of Nourish Organics finds inspiration in Seema Jindal Jajodia's real-life experiences. "When life-impacting health complications forced my closest family members to choose consuming organic, I turned to research to understand the impact of being organic as a long-term lifestyle choice. This understanding of the space triggered a sense of developing products that make eating healthy easier for the fast-paced urban population," she recalls. Seema created Nourish Organics, a homegrown, clean food company that aims at making healthy eating easier for the urban population through sustainable, organic food. Their wide range consists of wholesome, multi-grain breakfast cereals, nutrient-dense cookies, on-the-go snacks, seed and nut combinations, and fruit+fibre health bars. The Founder and MD of Nourish Organics tells TMM that clean eating not only enhances your health but also that of the planet.





Seema Jindal Jajodia, Founder, Nourish Organics



Tell us a bit about the product range at Nourish Organics and the USP of the brand?

Our range includes multiple variants of Bars like Amla Bar, Apple Oats Bar, Banana Oats Bar, Choco Oats Bar, and Lime Chia Bar. Muesli variants such as Multi-Grain Muesli, Lean Muesli, Amaranth Muesli, Honey Crunch Muesli and Seeds+Nuts Muesli and Granola variants such as Oats Granola, Cocoa Crunch Granola and Cranberry Super Grain Granola. We also have healthy snacks that perfectly balance taste with utmost health. As a pioneer in clean-label packaged food, all our products are 100 per cent natural, free of processed sugar, preservatives, genetically modified foods, trans-fats, or artificial flavour. Each variant is made -with locally-sourced organic ingredients that are wholesome, rich in fibre, high on plant-based protein and packed with essentials fats through a bounty of nuts, seeds, and dried fruit. Additionally, each variant is crafted by a panel of nutritionists and sensory evaluation experts to cater to benefits such as weight management, metabolism, immunity , etc.

Nourish Organics has been around since 2008. How has the lockdown impacted the business?

People have started to look towards purchasing healthy foods due to immunity-boosting requirements and thus we have seen an increase in our online sales and queries for our products. Naturally, retail sales have seen a drop as people are choosing to stay home and order online over going out into stores. We have definitely seen consumers become more health aware during this period as they look more deeply into the nature of products. This has been great for us as we are able to further educate them about clean eating and truly healthy foods, allowing consumers to understand what sets us apart in the market.

What are the future expansion plans for the company?

When it comes to organic food, the Indian market has a great scope for brands to explore and innovate. We hope to utilize the market's interest in our product, along with newly-acquired capital, to educate consumers on how healthy and tasty can be synonymous. Our expansions efforts will be focused on making our products accessible across leading metropolitans in the country.

Your products use a variety of superfoods like amla, amaranth, oats, millets etc. How do these ingredients pave the way for immunity building and strengthening us internally?

We envision building a community of conscious consumers that support the belief of 'We Are What We Eat'. All our ingredients are chosen to keep in mind providing the highest quality of items that are extremely essential to include in each person's diet. For instance, the delicious amla bars are filled with body-boosting goodness. We also encourage our consumers to #readthelabel so that they are aware of what is going into their body and pay attention to the amount of goodness each Nourish Organics product provides. Another example is of Amaranth - our Indian quinoa equivalent, which is rich in calcium, protein, and Omega 3s. Amaranth is an ancient super grain that has rightly been re-discovered in contemporary times. Gluten-free, and high in calcium, magnesium, potassium, and iron, you'll be hard-pressed to find a more nutritiously dense grain.

Urban professionals are constantly faced with issues such as lack of time and busy schedules. What tips do you suggest for them in order to lead a clean eating life?

All those who would like to switch to clean eating would have to make it part of their daily planning, as we do for other things. Once you plan, then you can take the right measures to have healthy snacks handy. When hunger strikes, then we look for food and by then, it's already too late. Chances are that you will reach out to the first available items which will be fried chips, samosas etc. It's better to make a resolve to plan and carry some salad sticks, hummus, yogurt dip, nuts, etc along with your home-cooked meals.

How should one start their journey into clean eating?

To really understand clean-eating, we must know about the whole industrialization of the food industry. From growing crops in large quantities to adding preservatives to provide extended shelf life to food products, all of these alter the basic structure of the food we are eating, causing us more harm than good. Choosing clean labels, local and seasonal foods will enhance your health and that of our planet.

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19/1, Khader Nawaz Khan Rd, Thousand Lights West, Nungambakkam

BENGALURU

Ground floor, No. 4/1-1, Lavelle Heights, Lavelle Road

NEW DELHI

PROMENADE

284, First floor, Nelson Mandela Marg, Promenade Mall, Vasant kunj

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D-25, Defence Colony

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GF – 2B, The Kila, Seven Style Mile, 4A Kalka Das Marg

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Outfit : Tommy Hilfiger
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STAIRWAY TO SUCCESS

DARSHAN RAVAL

By Deepali Singh

The lockdown may have meant different things to different people, but for Darshan Raval, it has been a time to take a deep dive into the ocean called music. "I have created the maximum number of songs during this lockdown.

I have worked really hard and I'm trying to be a better version of myself," reveals the musician with a smile. Post *Asal Mein*, which has garnered more than 100 million views on YouTube, the singer with the golden voice has regaled his fans with *Bhula Dunga*, *Ek Tarfa* and *Ek Tarfa Reprise*. The good news is that he has a lot more in store for them! "Usually, I come out with three or four songs in a year, but I'm going to increase that number so that people at least have good music to listen to in these difficult times," he adds. The Gujarati lad shares his journey with TMM, and reveals some interesting anecdotes from his early days as a struggling musician...

Photographer : Amit Khanna
Stylist : Pooja Gupta
MUAH : Sahil Anand Arora
Assistant Stylist : Shreya Garg

Outfit : Pankaj Soni
Shoes : Jeetinder Sandhu





Outfit : Deeppee's
Lapel Pin : Esque
Watch : Armani Exchange
Bracelets : Alto Vida
Shoes : Iron Tailor



Outfit : Tommy Hilfiger
Shoes : Tommy Hilfiger

What are some of your earliest memories of music?

In my family, my mom was the one who used to like music and she sent me to learn the guitar. The teacher said he is too young to learn. Toh mera bachpan se hi seekhne se mann uth gaya tha (laughs). Then I joined Shree Swaminayaran Gurukul and started enjoying music. I started watching and listening to music on YouTube. I would go to concerts, listen and observe. In Ahmedabad, there is a shop called VS musicals that sells guitars. The owner is a very good friend of mine. Money was an issue those days and he would give me discounts and lend me guitars for my shows. Musicians would come to his shop to buy guitars and end up jamming there. One of my first jamming sessions was at his guitar shop. There were a lot of tuition centres nearby, so students would drop by and listen to us. Jamming with the musicians, interacting with the students gave me a lot of confidence.

You studied engineering but veered off to music...

I was not a good student. I had already started earning. I had a band and I was doing shows. It was very difficult for me to focus on studies and travel and do shows at the same time. I was asked to quit college by the authorities. My father asked me what I want to do and I said I want to make music. I was enrolled for a music course but I am really bad at classical singing and I started failing there as well. That's when I got an opportunity at a reality show, India's Raw Star. I had also started doing covers on YouTube and was getting shows. I came to Mumbai and ever since then, I have only been travelling and working.

What do you consider a turning point in your career?

There have been a lot of them but I think the most important turning point came when I lost the reality show. My mom was heartbroken. I hadn't slept for five days straight. The only thought in my head when they were about to announce the result was that I just want to sleep after this! Till today, I'm really glad the winner was a person who deserved it. My mother told me that your actual journey starts now, because by then, a lot of people knew me and it was all about what I did from thereon that mattered. I have a tattoo of the date when the show got over.

How much did Bollywood contribute to your success?

When the show ended, people started saying that now you have around three months to prove yourself because some other show will come on air and you will be forgotten. I was doing independent music but it was just growing at that time. Not many people understood YouTube and what some of us were trying to do on it. I thought the moment a Bollywood song comes out, my life will change. I sang two lines for a Salman Khan song from Prem Ratan Dhan Paayo but nothing happened after that. Then other songs like Kheench Meri Photo came out, which were hits but I eventually realised that it's a good song that changes a person's life. It doesn't matter if it's a film song or not, or if it's picturised on a big actor or not. The song has to be good.

You have been doing more independent music than playback singing for movies...

That's because I only sing songs that I like. I come out with three or four singles in a year. I work on them till I am completely satisfied. I can't do that with film songs. I just want to do good music.



Shirt : Mehraab
Denim : Tommy Hilfiger
Tie : Esque
Watch : Armani Exchange



You are very expressive about your love for your fans, especially on your social media...

I think the biggest of artistes - whether it's Salman Khan or Shah Rukh Khan - they are all who they are because of their art and the love of people. I am thankful to God for the art that I have and equally thankful for the love and motivation I get from my fans.

Would you be interested in acting on screen?

I did a Gujarati film but it was not completed and never released. Bollywood offers also came but I have realised that I can't do two things. Movie making is a time-consuming process and that will take me away from music. I can act in my music videos because that's done in 10-15 days. I'm very focused. I have said no to a lot of offers and now people know that I don't want to act in films.

You have achieved so much fame and success at such a young age. How do you not let all that get to your head?

I was around 19-years-old when I tasted fame for the first time. That was a few years ago and now, it's become part of my life. I know it is all because of the work that I do. Things like looks or the kind of person I am are secondary. People have fallen in love with my music and if that goes away, everything will go. So, my focus should be my music. One person is making music and the other person in front is feeling it. It's that simple an emotion.

Outfit : Pankaj Soni
Shoes : Jeetinder Sandhu



Shirt : Mehraab
Denim : Tommy Hilfiger
Tie : Esque
Watch : Armani Exchange

FAST TRACK

Songs you wish you had sung
Channa Mereya from Ae Dil Hai Mushkil and Pal from the movie Monsoon Shootout

A musician you wish you could have met
Kishore Kumar for sure! What a mind-blowing performer-entertainer he was. I wish I was born in that era and had a chance to see him perform live.

What kind of a dresser are you?
Shorts and T-shirts kind! (smiles)

An actress you would like to take out on a date
Samantha Prabhu

A song that's playing for you on loop
A song called Old Skool by Sidhu

Moose Wala. I don't understand a word of the song but I love its vibe.

An instrument you wish to learn
Flute

Advice to newcomers
People tend to lose hope really fast here. There is pressure from home and friends. I have felt that pressure. When they ask you hopefully 'Aur aajkal kya kar rahe ho?'. It's the most difficult thing to answer when nothing is happening. You have to be really patient here and you have to believe in your heart that things will happen for you. And they will happen if you are patient and you keep working hard. 100 per cent!

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In Khatron Ke Khiladi Season 10, there were a lot of breathtaking moments. How was your overall experience?

My overall experience was quite exciting. I really enjoyed the whole journey. Whether it is being in Bulgaria for more than 40 days and enjoying stunts or be it tasks and teamwork. When you perform these stunts they tell you a lot of things about yourself and you feel really good after discovering new things about yourself. So, on that note, I would say it was an eye-opening experience for life.

What is your biggest fear in real life and have you conquered it till date or not?

When I was planning for Khatron K Khiladi, there were many fears I was aware of, especially creepy crawlies and rats. But that is the whole thing, I know I have fears and I have to face it, then why not through this show. I have been there, I have conquered a lot of fears and it's the biggest achievement. I did some tasks in which I made records. I aborted some tasks too. I think fear is only about that particular moment, and how you react to it. Everything after that seems like a piece of cake. (smiles)



The Fearless

SHIVIN NARANG

For Shivin Narang, Khatron Ke Khiladi Season 10 happened when one of his shows had just wrapped up and the new one was delayed and was on hold. In his words, "Since the beginning of my career, this show was coming again and again to me, but I was refusing because I didn't want to do it and I was focusing on my acting and my shows". And as they say, everything happens for a reason, this show happened to Shivin to let go all his fears and now, he is back with a bag full of memories and experiences which he wouldn't have had otherwise. He says, "It got me to explore the different side of my personality." Excerpts from a conversation:

You have an interesting career graph in daily soaps. What made you take *Khatron Ke Khiladi*?

Actually, to be frank and precise, since the beginning of my career, this show was coming again and again but I was refusing because I didn't want to do it and I was focusing on my acting and my shows. This time, when it came, one of my shows had recently wrapped up and the other was delayed and I had a gap. So I decided to face it and challenge it and get over with it. I am glad I made that decision. I came back with a bag full of memories and experiences which I wouldn't have had otherwise. It got me to explore the different side of my personality.

Rohit Shetty is a strict host or an easy-going person. Tell us about your bonding with him on the set?

I feel Rohit (sir) is a combination of both. At times he is strict and then he is easy going. He has seen a lot in his career and he respects when he sees someone is giving his 100 per cent. He gets strict when he sees that someone is taking the show for granted. But overall, he is a great guy and takes really good care of his team. Our mornings were great on sets and we had a lot of fun and cracked a lot of jokes.

At the beginning of your career you had mentioned that you are a very moody person. It has been a blessing or troublemaker for you in the entertainment industry?

I remember saying that, but I don't think I meant it in a way that it affects others. It is just for myself. I am moody about my food or picking projects. It is just about decision making and once I do it, I am sure of it. I guess it's just about being yourself. Moody is not about showing tantrums, it is just about choosing yourself and doing what you like. I am a very private person, I have a limited circle and I am happy the way it is.

You are a Delhi boy. Tell us about the things that you feel attached to and miss that in Mumbai?

Yes, my school, college, all my life is in Delhi. I really miss Delhi food. I miss Chole Bhature and the best of

street foods which the city offers. I have spent a lot of time savouring them and enjoying my life there. Having said that, Mumbai is home now and both the cities are different in their own way. I do miss my friends and family, so I make it a point to meet everyone when I go there.

The pandemic has left all of us restless and full of anxiety. How are you keeping yourself at ease in the present time?

Yes, it's been over 5 months. There are different stages of lockdown and this is happening for the first time in our lives. Like everyone, even I have wondered when will all this get over, but one thing I have accepted is that ok, this has happened and you can't run from it. I have accepted it. I get involved in whatever I am doing. I concentrate on my work because it makes me feel relaxed.

You are a dessert lover. What is your favourite dessert and do you enjoy cooking too? If yes, what do you love to cook?

Yes, I am a dessert lover and I have a sweet tooth. Sometimes, it's a typical Indian dessert that I crave for and sometimes cakes. I just like eating sweets, it doesn't matter which one. Especially during the lockdown, I guess I have had a lot of sweets. I don't know much about cooking much, but I want to learn. I have learnt how to wash the dishes during the lockdown and be a more responsible person. I am open to learning new things and making the most of the time.

What are your future plans and where do you see yourself in the next 5 years?

I never plan my future. I just believe in giving my 100 per cent. I know about this moment and I know what I can achieve right now. Living the present makes my future. Having said that, I know it's time to think about the next few years, and it's definitely going to be about being a better person and doing better than what I am doing at present. In the next 5 years, I want to live my life fully, do projects which give me happiness and spread a lot of happiness around me.



Are you happy with the kind of response Khuda Haafiz has received?

This is my second film. The expectation was to have a grand theatre release but the warmth and reception Khuda Haafiz has gotten on OTT is overwhelming. There is a blessing in disguise in everything that happens. Khuda Haafiz coming on OTT too is a blessing! This has made sure that the film reaches anyone and everyone. The response from the fraternity and the audiences are amazing. I'm quite overwhelmed by all the love that has come my way after the release of the film.

Did you identify with your character Nargis?

Nargis is a character I relate to very well but she is also quite different. She is a very simple girl-next-door who has never stepped out of Lucknow. For me, who has travelled the entire world and is so bubbly, I had to completely tone myself down.

Did your experience as an assistant director help you when you were in front of the camera?

Working as an AD for Housefull 3 had given me enough experience of being in front of the camera, so after I was done with it, I took time to groom myself and started giving auditions. I did a few advertisements here, in the south and also did a few south films. All this helped me brush up my skills better.

Tell us about your first break as an actor with Yeh Saali Aashiqui. How did that happen?

I gave about 100 auditions before getting my debut film. For this role, I gave about three auditions and seven look tests. The character was nowhere close to what I am in real life, so I had to completely change to get into the character. I didn't look at it as a negative or positive character. I took it as an opportunity to showcase my versatility as an actor and after the release, the critics appreciated that I chose such a difficult character to debut with.

With Khuda Haafiz, you were paired with Vidyut Jamwal, an actor who is senior to you in terms of experience. How was it working with him?

Vidyut is so chivalrous, such a gentleman that it's very easy to be comfortable with him! We instantly connected when we met the first time. He is really humble, down to earth, straight forward and very helpful as a co-actor. In a way, his entire journey has been a difficult one, which I could easily relate to.

Going forward, what is the kind of work you want to do in the film industry? Are you open to other platforms or would you rather focus on films at the moment?

I would like to focus on films at the moment. I think the times that we are in right now have opened so many avenues for us actors. There is great content being made and I want to be a part of this revolution. I would love to do a biopic! It's a dream on my bucket list as an actor. Also, something like Aladin! An international project where I can represent our industry and country proudly.

WHEN DREAMS COME TRUE

SHIVALEEKA OBEROI

As a young girl, **Shivaleeka Oberoi** often heard stories about her late grandfather, Mahavir Oberoi who was a producer in the 1960s. She never met him, as he passed away before she was even born, but the beautiful girl who found herself in the spotlight with her debut film *Yeh Saali Aashiqui*, believes the passion for films travelled in her bloodline. "I always knew that 'films' were my happy place! If I was not an actor, I would still be working on films. It's that happy high on a film set that keeps me up and about. I looked nothing like an actress, but I remember, I used to act in front of my relatives and friends for fun. But deep down, I guess before I knew, my heart knew that it skipped a beat when it came to acting," says the newcomer who started her journey with an acting course and auditioning for roles.

Shivaleeka finds herself in the spotlight once again, with her second film *Khuda Hafiz* which recently released on Disney+ Hotstar. "I have so much gratitude for the universe. When I see both my films, to me it is like my dreams playing on screen," she says with a smile. Excerpts from a conversation:



Any co-star or filmmaker on your wishlist?

There are such amazing actors out there I don't know where to start this list from and where to end - Akshay Kumar Sir, Varun Dhawan, Vicky Kaushal, Ayushman Khurrana, Ranbir Kapoor, Ranveer Singh, Rajkumar Rao to name a few. About a dream list of filmmakers, I think I am blessed to be working in an era where we have veteran directors giving their finest as well as the new-age directors who are taking the films to a next level altogether. From Shoojit Sircar sir to Imtiaz Ali sir, Raj Kumar Hirani sir, Vikramaditya Motwane to Ayan Mukherji. I just want to work with everyone.

There is an insider versus outsider debate raging in Bollywood at present. What are your views on it?

Be it an insider or outsider, everyone should get equal opportunities to showcase their talent. If you are talented, and if you believe in yourself, you will reach the right places. Destiny and hard work together play a very important role. Also, many of our actors who are outsiders have made it big all on their own. It does take time, but it all depends on your hard work. It is difficult at the beginning to even get your debut film, but hard work does pay off.

An actor whose career choices are an inspiration for you?

I have been following everyone's work and everyone has done something that I wish I would do one day. But to name someone who inspires me, it is the amazing Priyanka Chopra. She's had a journey that inspires as well as makes every Indian proud. She's shown versatility in every role that she picked. Barfi, Mary Kom, Bajirao Mastani, Fashion... the list is endless! She's had a humble beginning and she's done some phenomenal work here and internationally. She's grown from strength to strength. I want to carve out my career path in a similar way... where I do roles that connect with people so well that they feel you are one of them! I admire Priyanka's choices. I'm a fan.



THALIS OF INDIA

To whatever extent we adore the fast, fusion and international cuisine, there is something emotional and tasteful about Indian thalis that represent the beauty and vibrancy of Indian states and the food philosophy they live by. Here, after every few kilometers the flavour changes and has a logic and roots that make each one of them truly individual. Some of them have borrowed influences from others, while some reflect the tradition that they have inherited from forefathers. Every thali is unique, colourful and certainly worth a try. So, this Independence Day, let's feel the magic of Thalís of India.

Rajsthani Thali

It is one of the most popular thali commonly found thali even in other parts of India. From Gatte ki Sabzi to Daal-Baati Churma to Khichdi to Laal Maas the platter has a blend of easy to digest foods that make it purely delectable.

Punjabi Thali

We guess every North Indian has tried this at some point or other. From Aloo Paratha to Chole Bature and sinful lassi, the thali is dominated by flavour of homemade butter and dishes like Tandoori Roti, Dal Makhani and Sarson ka Saag.

South Indian Thali

Majorly dominated by dishes made with rice

and dal, the thali includes Idli, Dosa, Uttapam, Lemon Rice, Tamarind Rice, Sambhar, Rasam and Pappad. This thali has a seamless blend of sweet and tangy aftertaste and this is what makes it totally interesting.

Bhojpuri Thali

Litti Chokha, Besan ki Sabzi, Dhuska and Ghughni form as a major part of the diversified platter.

Though the thali is now divided in two parts of Bihar & Jharkhand, but the soul of both the thalis remains the same and includes Litti Chokha, Besan ki Sabzi, Dhuska, Aloo Bhujiya, Baigan Bharta and Ghughni as the most popular dishes.

Bengali Thali

Popularly known as Bangla Rannam it is a perfect replica of the cultural vibrancy of the state and is ruled by rice, varieties of fish and Sandesh. The popular dishes of the state includes Macher Jhol, Cholar dal, Matar Kachori with aloo channa sabzi, Doi Dharosh, Bohari, Dal and Torkari.

Meghalaya Thali

This one is often called as the healthiest thali which is dominated by boiled veggies. Here, the thali varies from tribe to tribe, but each one has a common factor and that is 'Ja' which is rice and 'Doh' that refers to pork. The dishes are rich in spices like green chilli, ginger and sesame seeds.

Maharashtrian Thali

This thali is colourful and has again influences from neighbouring spaces. Characterized by mildly spicy food, Maharashtrian thali is a blend of veg and non-veg food which includes Varan Bhat, Batatyachi Bhaji, Aluchi Vadi, Poli Bhaji, Shrikhand to Kothimbir Vadi, Sheera, Batata Vada, Sabudana Vada, Thalipeeth and more.

Pahadi Thali

Keeping the climatic condition, this thali is dominated by non-veg food and what we really like in this thali is a special bread called 'Sidu' which is made with wheat flour & yeast. The signature dishes of this thali include Mah Dal, Boor ki Kari, Katta and Meetha Bhaat.

Nagaland Thali

This thali is one of the richest in terms of flavours, as it borrows influences from 15 tribes. The rich thali includes vegetables, pork and chillies. What we really like is Galho, a famous Naga Khichidi, prepared in many ways with veggie and meats is the major highlight of this thali.

Kathiawadi Thali

This thali has a sweet aftertaste and includes dishes like Raasawala Dhokla, Bajra Bhakri, Thepla, Gujarati Dal and Gol Papdi.

Goan Thali

One of the exotic thalis of India, it is dominated by coconut milk, seafood, rice and kokum. Here, the cuisine can be divided into two parts- Hindu and Catholic. The famous dishes of the thali are Goan Rice Bhakri, Goan Ddaali Thoy, and Goan kokum Curry.

Chhattisgarhi Thali

The main dishes of this thali include Fara, Rice Pakoras, Dehati vada and Muthiya is divided into trial and non-tribal food. With rice as a major ingredient of the thali, the state is known as 'Rice Bowl of India'.





THE PLIGHT OF ARTISANS OF INDIA

It's a curious time, where there is an acute fear of a mortal disease, which has resulted in a complete lockdown of all social, and economic activity. And for craftsmen, dependent on daily production and sales, life has come to a halt, where there are no melas (exhibitions), no sales, no raw material and no money to feed their families.

Swapnil Sethi, a middleman who works with artisans and pop-ups organizers inform, "All the sales have been canceled and no exhibitions are happening for the last 6 months." He adds, "The artisans living in villages, who come to metropolitans 3-4 times every year to earn their yearly livelihood are in bad shape and will not be able to clear their stock for the coming one year at least. This will have heavy repercussions, not only in terms of debt, but a decrease in production. Craftsmen will be out of jobs for a long time," he affirms.



The question of survival

If we go by the statistics, the global economy is predicted to contract 3-5%. And if we magnify the art and fashion industry, Italian fashion house Armani is making protective overalls, and Louis Vuitton has turned out face masks instead of luxury luggage, the change is here and it's true that craftsmen will need to adapt to changing times. The truth is, the craft is sadly not an essential; it is the first thing to be wiped off consumer wish lists when purchasing power diminishes.

Making the best of time

While we are sitting and cribbing amidst all luxury of life, these artisans call it a great time to pass on their family tradition to kids. Sanjay, a pottery artist of Surajkund quips that with schools closed, it is a great time for me to pass on the tradition to my both sons. He adds, "In regular life, my sons are busy with school and play. In this lockdown, they have thoroughly enjoyed learning the family skill, and I'm enjoying teaching it to them."

Sukhmani and Laxmiben from Badodra, who have been working on appliqué art for the last 4- years, are optimistic about the fall in sales over a period of time. They are using the time to think and create new designs for their next exhibition, which is expected to happen near the festive season. Also, they are looking forward to the wedding season when appliqué furnishings are high in demand and they get bulk orders from local people and exporters too.



For some artisans, the gloomy days of the pandemic had been all about exploring new mediums amidst the crisis of resources. Shikhar Kesharwani, a Kolkata-based artist, who was unable to buy paints in the lockdown, went back to making natural colours at home using coffee beans, flowers and leaves. He says, "On normal days, I used to buy artwork stuff while coming back from my 9-5 job, but during the lockdown, time was completely different and I wanted to utilize my time and make some money by selling artworks online, so I decided to go back to our roots and managed to sell 3 medium-size Madhubani arts during a tough time.

Time for Change

It's an accepted fact that craftsmen, the second largest employment sector in India, need sustained investment and assistance. Ashraf Khan, a Kaani embroidery artisan, says, "Government, crafts organizations, and designers need to come together and work closely with us, listen to our plight, build on our strengths and think of the solutions to bridge the gap that pandemic has built." "I had heard about Anand Mahindra's response to the plight of banana farmers, where he is getting his factory canteens to substitute banana leaves for plates. I wish he is hearing us too and help us with a better life," informs Ashraf who has no work for last 5 months.

The irony is, the artists who shape the tomorrow with their art, bring in happiness with vibrant colours, are today lost in the darkness of night, with a hope of a golden morning. We, as a society and nation at large, need to help craftsmen rediscover that golden morning.

AYODHYA

AT A GLANCE

The much-coveted Ram Mandir Bhoomi Pujan took place in the month of August on the pious land of Ayodhya. While the buzz about the grand architecture is all over the internet and is surely one of its kind, the birthplace of Lord Rama also houses many gems of the past that adds to the beauty of this city, which is considered as one of the seven most important pilgrimage sites (Saptapuri) for Hindus. TMM brings you a glance of heritage sites that are worth a visit in the city of Ayodhya, which will soon become the hot spot for Indian and international tourists.



RAM JANMABHOOMI

Ram Janmabhoomi is the birthplace of the Hindu deity, Lord Ram. The path-breaking ceremony for laying of the foundation stone for the Ram Temple of Ayodhya was performed on 5 August 2020 by Prime Minister Narendra Modi. The proposed design of the temple is one of its kinds with 280-feet width, 300-feet length and 161-feet height. It is going to be the world's third-largest Hindu shrine.



HANUMAN GARHI

Located in the famous Sai Nagar, Hanuman Garhi is a 10th-century temple dedicated to Lord Hanuman. It is one of the most important temples in Ayodhya as it is customary to visit Hanuman Garhi before visiting the Ram Temple in Ayodhya. It is believed that Lord Hanuman lived at the temple site guarding Ayodhya. The hilltop temple hones a 76-staircase pathway to the entrance. Ram Navami and Hanuman Jayanti, which celebrate the birth of Lord Ram and Lord Hanuman respectively, attract thousands of devotees to the Hanuman Garhi. Recently, it witnessed the much-coveted attention by global media, when Prime Minister Narendra Modi, visited the temple for the Bhoomi Pujan of Ram Mandir.



KANAK BHAWAN

Constructed in 1891, this temple is also known as Sone-ka-Ghar. It is a holy site dedicated to the Hindu deity Lord Rama and his wife, Goddess Sita. The bhawan means Golden Palace, which cites three golden-crowned idols of the two gods under a silver roof in the sanctum sanctorum (Garbagriha). It is believed that this shrine was gifted to Rama and Sita by the former's stepmother, Kaikeyi. This Bundela-styled temple is currently managed by the Sri Vrishbhan Dharma Setu Trust Private Limited

NAGESHWARNATH TEMPLE

The Nageshwarnath Temple is located adjacent to the Theri Bazaar in Ayodhya and is believed to have been set up by Kush or Kusha, Lord Rama's son. The current temple is said to have been reconstructed in 1750 by Safar Jung's minister, Naval Rai. It is believed that Kush came across a Shiva devotee called Naga Kanya when he happened to lose his arm ring in the local bath. Upon learning that the latter had fallen in love with him, he raised this Shiva temple for Naga Kanya. For tourists, the Shiva Barat or the procession of Lord Shiva is a significant attraction here every year during Shiv Ratri.



GULAB BARI

Gulab Bari, which is also known as the Garden of Roses, is situated in Vaidehi Nagar and is the tomb of the third Nawab of Faizabad, Nawab Shuja-ud-Daula and his parents. This 18th-century structure of the Gulab Bari brings out pure Nawab-styled architecture alongside a vast array of rose species in addition to fountains and lush greenery. It has been listed under the Ancient Monuments and Archaeological Sites and Remains Act, and is currently preserved as a part of national heritage.



TRETA KE THAKUR

It is believed that Treta Ke Thakur was constructed 300 years ago, by Kullu, the king of the time. It is said that this structure stands on the very same ground of the famous Ashwamedha Yagna was performed by Lord Rama and it houses numerous idols including that of Lord Ram, Sita, Lakshman, Hanuman, Bharat and Sugreev and these statues are said to have been sculpted out of a single black sandstone.

It is open to the public only once a year on a day marked as the Ekadashi, which is observed on the 11th day of Shukla Paksha during the month of Karthika.



SITA KI RASOI

Sita ki Rasoi is believed to be an ancient basement kitchen used by Goddess Sita, who is also known as Goddess Annapurna and is located on the north-western side of the Ram Janmanhoomi in Ayodhya's Rajkot. This sacred site is now a temple housing some exhibit vessels. The other end of the temple cites the richly clothed and embellished idols of Ram, Lakshman, Bharat and Shatrughan and their wives Sita, Urmila, Mandavi and Srutakirti. The temple follows the tradition of offering free food.

CHOTI CHAWNI

It's a magnificent structure in Ayodhya crafted out of white marble and is also known as Valmiki Bhawan or Maniramdas Chawni. A sigh of sheer beauty, the place has 34 heritage caves, of which 12 to the south are Buddhist, 17 in the centre are Hindu and 5 in the north are Jain, therefore making it a significant and elaborate architectural brilliance. The Kailasha Temple in the caves only adds to the intricate beauty of the structures.

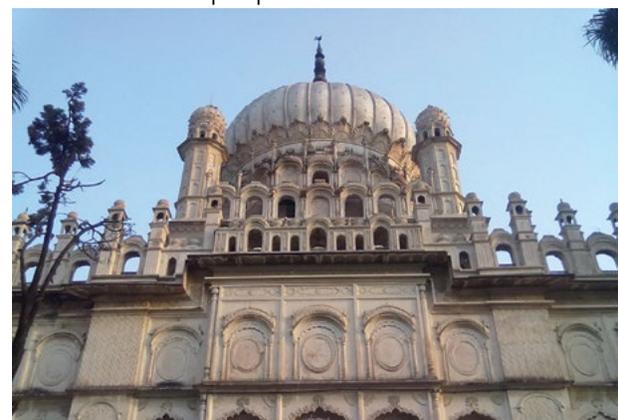


TULSI SMARAK BHAWAN

The Tulsi Smarak Bhawan is believed to have been the place where Tulsidas composed the Ramcharita. Located on the eastern end of the National Highway at Rajgang Crossing in Ayodhya, the Smarak was built in 1969. The smarak is best-loved by book-lovers, as it offers a massive library which is a storehouse of rich literature. It also houses a research centre called the 'Ayodhya Research Sansthan', where researchers study and add signification literary, cultural and spiritual information about Ayodhya. In 1988, the government also added the Ram Katha Sanghralaya, a museum which is a repository is a quality collection of facts, data and antiques related to the life and times of Lord Sri Ram. This place is jam-packed with tourists, on every 7th of the Shravan month, where Tulsi Jayanti is celebrated with much pomp and show.

BAHU BEGUM KA MAQBARA

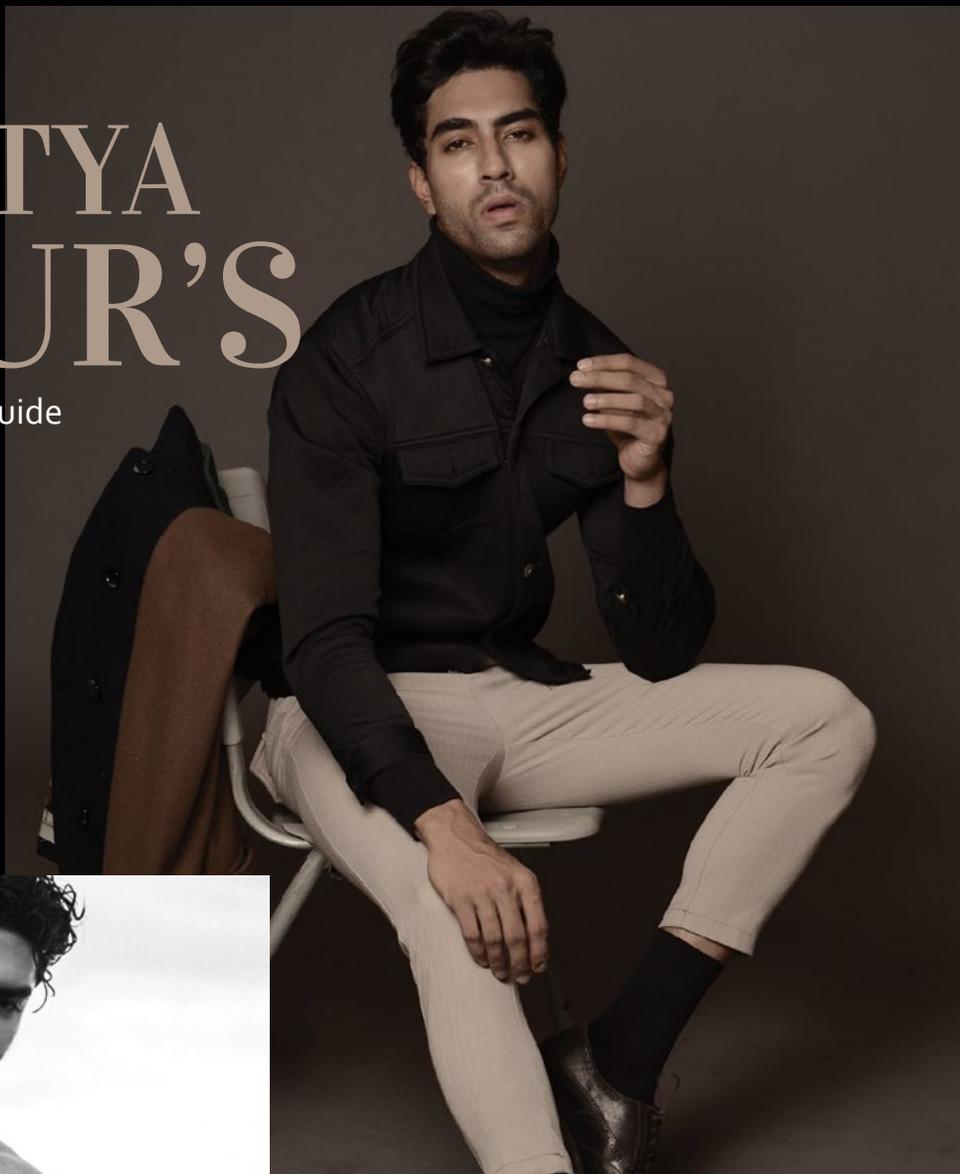
It's a wonderful example of Awadhi architecture, with three domes, intricately designed interiors and marvellously done walls and ceilings, which is located on the Maqbara Road in the town of Faizabad. It is also known as the "Taj Mahal of the East". Built-in 1816, in the memory of the Queen where she was buried after death, at that time the shrine costed a grand total of three lakh rupees and at present is a protected site under the Archaeological Survey of India (ASI), that offers a magnificent bird's eye view of the entire city.



AUCHITYA THAKUR'S

YouTube channel is the ultimate guide for all the aspiring models

Auchitya Thakur, a fashion influencer, model and vlogger is making the most of the pandemic time by culminating all his experiences from the modeling days in the form of videos on his YouTube channel and his sole purpose is to guide the aspiring models and protect them from falling prey to anything wrong. In an interview with TMM, he talks about the idea behind the channel, the prerequisites and what he thinks of the modeling world at large.



When and how did the idea of starting a YouTube Channel around modeling happen to you?

Well, I never thought I would ever open a YouTube channel. I was really busy and happy with my work, and juggling between India abroad. Then all of a sudden this epidemic COVID-19 came and everyone knows the rest. During lockdown people got scared to go out for work, not making money. People were helping in different ways. At that time, I woke up one day with a thought that I need to do something for youngsters to make them become a top model in India or international. This idea came to me because in India nobody gives right advice to fresher models. So I decided that I will help those who are not able to make space to become a great model. In the beginning, no one knows where to start from and where to go to meet right people because in this industry you can easily meet fake people, who take advantages from youngsters. So my focus is that I want to make them more aware and give them right direction. Actually, I would say whatever I learned from my mistakes and whatever I've learned in the last 6 years, this thing can be of benefit for fresher.

You have been in the modeling industry for more than 6 years. How do you see your journey?

If I at my journey, I see a teenage guy who was passionate about his career, who wanted to be something in his life and to achieve his goals he tried every possible thing to get better opportunities in his life. I remember those days when I used to do job along with studies and when I stepped into the modeling world with my job infact when I recall my journey of 6 years or when I recall my starting days when I used to wake up in the early morning and just went to my job for 8 hours then come back home get ready to hit the gym for 2 hours and meanwhile doing prep for modeling so definitely this was tuff to deal and manage everything. But I would say that your struggle or the bad phases are the only thing which makes you a better and bigger person in life.

For men, generally good height and muscular body are considered as pre-requisite to be a good model. Is it so, or there is more to it?

See this is a kind of format for models where these guidelines are must, but these guidelines do not show that you cannot be a model. I think there are some more facts that one needs to understand. Infact, this is one of the reasons why I opened this YouTube channel to give proper directions.

Working via an agency or as a freelancer, what do you find more promising in the modeling world?

From my experience, I would strongly recommend for beginners who want to start modeling that ist is good to find an agency and start working with them. Agencies will promote the model and will find castings and jobs for them. But in freelance modeling, they will have to promote themselves on their own to get jobs. And there are a bunch of people who only put the pressure on models to take advantage. So I would never give advice to any beginner for freelance modeling. Best way is to first gain some experience under any good agency and later take up freelancing so that whatever you earn is completely yours.

Share some key tips for aspiring male models in terms of lifestyle, fitness and grooming.

Firstly, whoever is planning to join the fashion and entertainment industry, should know a few important points discussed below.

Fitness: You have to be in shape as long as you work in this industry because you don't know when you get a big brand anytime.

Food: Always eat healthy food and take good care of your skin because these things can change the game of your life. I am telling you this because when I went for international work for 3 months I stopped all my bad food habits and I was only living on a healthy diet and after some days realized that my skin looked far better than before.

Lifestyle: Just try to get info about what is in trend or fashion, just to try and create styling on you or figure out what makes you look better and just keep transforming yourself.

Grooming: This is one of the most important key which creates differences between an excellent and average model. Wondering why? Because a top model grooms himself every single day. Grooming is not about shaving or fixing your hair. It is also about grooming on the lines of your manners, communication skill, and more and behave like a leader, not a follower.

You update a new video, what all goes into making these videos, how do you select the topic every week and what keeps you maintain the consistency?

Well, I never think too much or decide to take a topic, I just share a slice of what I have experienced in my own modeling career and always want to share the right guidance to my viewers. It's takes almost two days to make a video with some research for my viewers so that they don't spend their money anywhere.

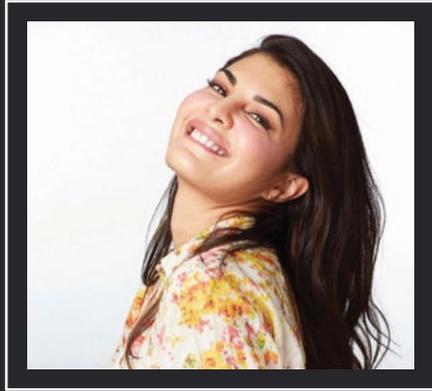
What are your future plans and where do you see yourself in the next 5 years?

See I don't know where I will stand or what I will do after 5 years, but I know one thing that I will do my best in every aspect and will keep moving towards my goals, the rest depend on how much hard work and smart work I do.



EMPOWERING HUMANITY

KEY NOTE SPEAKER TO SESSIONS THAT HELD



Jacqueline Fernandez



Arunachalam Muruganantham



Ananya Patel



Divya Jain



Shalini Passi



Gunjan Jain



Dr Neha Tanna



Anu Anand



Dr Bindu Babu



Madhu Wadhwa



Mrinalini Kher

Covid-19 has a huge impact on all of us. No matter from which sections of the society you come from. To cope up with this crisis and to help women of the society in this pandemic, Lakshyam, an NGO devoted to the destitute and suppressed communities has expanded its mission of empowering women by organising an exclusive 5 hours of a powerful session of Global Virtual Summit "Women of India Leading in Time of Crisis" in the month of August, 2020 through an online platform. For this summit, Lakshyam had partnered with USA based "The Women Ambassadors Forum (WAF)" with prominent celebrities and influential speakers.



Rina Patel, Executive Vice President of Women Ambassadors Forum (WAF)



Ingrid Harib, Founder of WAF



Raashi Anand, Founder & CEO of Lakshyam

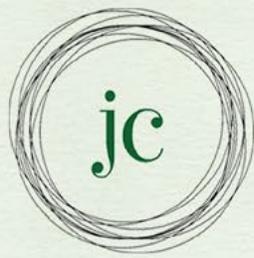
For this summit, 25 prominent leaders from 7 different countries participated in this summit. The keynote speakers of this summit were Bollywood actress Jacqueline Fernandez and the famous “Padman” Arunachalam Muruganantham. The other speakers were Nina Davuluri, Miss America 2014; Aanya Patel, Co-founder of Women Ambassadors Forum GenZ; Anu Anand, Google HR Asia Pacific; Manu Wadhwa, Global CHRO of Sony Pictures; Divya Jain, CEO & Founder, Safeducate; Julie Weintraub, Hands Across the Bay; Dr. Neha Tanna, Investment Partner; Simran Ahuja, Former Miss India; Ira Singhal, IAS Officer; Mrinalini Kher, Founder, Yuva Parivartan; Gunjan Jain, Author; Shalini Passi, Philanthropist & Art Patron; Dr. Ruchi Dana, Forbes Power Businesswoman 2020; Shaili Chopra, Founder, She the people TV; Dr. Bindu Babu, Celebrity Transformational Coach; Manjula Lee, Founder of World Wide Generation; Shweta Shetty, Indian Singer; Dr. Ramon Lamba, Certified Life Coach & Healer and many more.

Various issues related to women and methods to empower them were addressed in this Virtual Summit such as tips to raise funds for Startups and Active Businesses during the Global Pandemic, Colorism, Youth Leaders Removing the Stigma on Menstrual Hygiene, Reinventing Career After 40, Emotions, Women Shattering the Glass Ceiling, Power of Stress in Times of a Crisis, Women Leading Change Through Technology and Sustainability, Breaking Out of the Narcissistic Cycle and Creating the Power of True Inner Healing, Domestic Violence and Sexual Assault and Its Solutions.

“We felt privileged to collaborate with Lakshyam by launching this exclusive Global Virtual Summit for expanding our mission of empowering women to Southeast Asia. This summit addressed solutions, opportunities, skills, and ways we can increase women’s participation in the workplace and entrepreneurship. We gathered to find ways urban women can support and empower rural women in this situation of crisis” The forum was inspired by the hardships caused by COVID-19, and the event’s focus was to empower attendees to lead in a time of crisis. All the donations came from this Summit, will be used to feed over 200+ families and support the educational & women empowerment program of Lakshyam. **said Rina Patel, Executive Vice President of Women Ambassadors Forum (WAF)**

“Knowing India has one of the lowest female labor participation rates in the world makes us responsible to organize a forum where discussion, change and advocacy can invite more women to be a part of the conversation. Change will not happen until more women and men actively learn on how we can bring about changing stereotypes not only in the workplace but in our daily lives.” **said Ingrid Harib Founder of WAF.**

“It was the moment of extreme happiness and proud to organize this Global Virtual Forum for women at this time of crisis. Through this forum, we addressed the issues and problems women went through during this pandemic and made them empower. We extend our heartfelt gratitude to each and everyone who supported us to help to organise this forum especially keynote speakers and prominent personalities. With their presence, we reached to numerous of women around the globe” **said Raashi Anand, Founder & CEO of Lakshyam.**



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