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BRINGING SMILES TO INFERTILE COUPLES

LIFESTYLES THESE DAYS HAVE BECOME LARGELY ERRATIC AND UNHEALTHY. WITH STRESS, POLLUTION AND LACK OF EXERCISE BECOMING A MAJOR CAUSE FOR CONCERN, MORE AND MORE COUPLES ARE FINDING IT DIFFICULT TO ACHIEVE PREGNANCY. WHERE DOES ONE GO THEN FOR THE RIGHT ADVICE AND SOLUTION TO THEIR FERTILITY PROBLEMS? INDIRA IVF, A STATE OF ART, IS A ONE-STOP DESTINATION FOR ALL KINDS OF FERTILITY-RELATED ISSUES.



Assisted Reproductive Techniques (ART) has become one of the most sought after choices for infertile couples. IVF (In-vitro Fertilisation or test tube baby) is the process of fertilisation by extracting females' eggs, retrieving male's sperms and then manually combining an egg and sperm in a laboratory dish in a controlled environment. The embryo(s) so formed are then transferred to the uterus to achieve pregnancy.

"Assisted reproductive technology allows women to freeze their eggs when they are younger to preserve them for future use and pregnancy. ART can also help menopausal women to achieve pregnancy." So now you know exactly where to head to discover the best solutions to your fertility-related complications, says Dr Amol.

Dr Amol and Dr Ishita Lunkad are

BUSTING MYTHS ABOUT IVF

MYTH: IVF is the last resort treatment for infertile couples.

TRUTH: Treatment modality will depend on reason and duration of infertility and also on the age of the couple.

MYTH: IVF is very painful with a lot of side-effects.

TRUTH: Almost painless with negligible or short-term side-effects without any long term harm to the body.

MYTH: IVF requires prolonged hospitalisation and complete bed rest.

TRUTH: IVF neither requires hospitalisation nor strict bed rest. In fact, we encourage light exercise and stress-free work during IVF.

MYTH: There may be chances of mixing of other's egg/sperms and baby will be of someone else.

TRUTH: IVF Process has standardised protocols (SOPs), third observer technique is followed and at a time only one patient's egg/sperms are handled so there is no question of such mixing.

MYTH: Laparoscopy is a must for all patients.

TRUTH: No not all, only very few patients who have some pathology/disease which needs to be corrected before IVF will require laparoscopy.

there to ensure you get the best of treatments. "Till now almost 80 lakh IVF babies have been born worldwide. Advancements like ICSI, IMSI, Blastocyst culture, Laser-assisted



1. Fallopian tube damage or blockage, making it difficult for an egg to be fertilised or for an embryo to travel to the uterus.
2. Ovulation disorders /PCOS - If ovulation is infrequent or absent. Fewer eggs are available for fertilisation.
3. Premature ovarian failure is the loss of normal ovarian function. If your ovaries fail, they don't produce good eggs.
4. Endometriosis occurs when the uterine inner lining tissue implants and grows outside of the uterus - often affecting the function of the ovaries, uterus and fallopian tubes.
5. Impaired sperm production/ function. Below-average concentration, motility or abnormalities in sperm size and shape can make it difficult for sperm to fertilise the egg.
6. Unexplained infertility- no cause of infertility has been found despite evaluation for common causes - in these couples also IVF is a good option if routine treatment doesn't give results.
7. Those couples who have taken simple form of treatments and still not able to achieve pregnancy should also go for the advanced IVF treatment without wasting valuable time of reproductive life.
8. Other indications of this treatment could be - sero-discordant HIV positive couples, recurrent pregnancy losses due to genetic causes like translocation or inversions, couples with need for pre-genetic diagnosis due to various genetic disorders in the family or in previous child, couples who need pre-genetic diagnosis because of being carrier for diseases like thalassemia, sickle cell anemia etc., couples who want pregnancy after family planning operations like tubectomy or vasectomy.

hatching, Closed working chambers and PGD/PGS etc. have tremendously increased the success of IVF," Dr Lunkad elaborates. Most of the patients undergoing test tube baby treatment are not aware of these advancements. It is a combination of best techniques, best technology, the best team of doctors and embryologists that gives the best success in the process of IVF and Indira IVF ensures all of the above!



FOREWORD

With our social lives finally on track, the hospitality industry is finally getting a much-needed boost. For many, it's back to dining out and exploring new food spaces. This is why in our Big Story and Big Story Plus, we've highlighted the best eateries, street food joints, and also shared a few interesting recipes from trending

IN OUR BIG STORY AND BIG STORY PLUS, WE'VE HIGHLIGHTED THE BEST EATERIES, STREET FOOD JOINTS IN THE CITY restaurants in the city. Our Fashion feature in this issue sheds light on trends inspired by food, we've also got ways to style them! In Beauty, we've spilled the beans on creating the perfect base! We tell you why it's crucial to understand your undertone before buying a bottle of foundation and also how you can choose one according to your skin type.

In the Food section, you'll come across decadent dessert recipes that'll be a hit at your next soiree.

Here's hoping you have a delicious month ahead exploring new food joints in the city!

A.M

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ON THE COVER: PRERNA GAIKWAD
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INBOX

WE HEAR YOU!

Write to us at femina@wmm.co.in with **Femina Pune** as the subject

I loved reading the cover story on women in the fashion business in Pune. The story is a must-read for women who plan to step into this business. Being an entrepreneur myself, I can totally understand and relate to the challenges that these women had to face when they started their ventures. It's good to know that all the women followed what they were extremely passionate about. The piece was very well-written. Thanks, team, for such wonderful articles in every edition. I thoroughly enjoyed reading this issue. Best of luck.

Priyanka Sharma, Pune

I am someone who loves slurping a bowl of soup any time of the day, and the weather outside never bothers me much. I cannot tell you how happy I was when I came across the recipes for soulful soups. The recipes are easy, healthy and flavourful, I recently prepared the khow suey soup for my husband

and me, and oh my God! it turned out so good that we ended up having two bowls each. It was yum! Femina, keep publishing such amazing recipes in every edition.

Puja Kaur, Nagpur

Hi Femina! I love reading all the different tips and hacks you always put forward in your issues. There is always something for everyone, recipes, hacks, beauty and fashion tips, and so on. It is literally my ultimate guide for life. Thanks to the team for putting forward such great work every time.

Neetu Sharma, Nagpur

I am a very business-minded person, who is constantly working and is extremely independent. And for someone like me to see all these successful women whose stories are covered in the issues is so inspiring and incredible. And I'm sure I am not the only reader out there who feels this way. It's great to read



such stories and feel motivated to achieve my dreams as well. Thank you FEMINA

Maya Kalpurni, Pune

As someone who loves fashion, I always look forward to the fashion feature section of Femina. I love the diversity that is always reflected in it and the kind of styles, aesthetics, and occasions that are always covered. It's safe to say that my personal style has drastically changed ever since I started to read to Femina.

Shruti Sain, Aurangabad

Hello Team Femina, I've just moved to Pune and was unaware of the best shopping places in the city but thanks to your story on Shopping Destinations, I'm now aware of the hidden gems in the city to shop from. I even visited two of the stores mentioned and they were both stunning. Thanks, team Femina!

Bindu Agarwal, Nagpur



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SHWETA TATOOSKAR

Founder and Director, The Design Story

Her ability to make exclusive designs more accessible is what makes this artist stand out. Shweta Tatooskar's love for design and fabric is what brought her into the world of fashion designing. Her mother Seema has been an inspiration for this dynamic lady. Having been in the industry for 15 years she has won multiple awards including the Best Designer of the year 2019-2022 and she has also won the 'Entrepreneur Icon 2022 Pune' award. The USP of The Design Story is to design clothing irrespective of any sizes and deliver to their global clientele. People contact us globally for our special brides and grooms themed based twinning wedding collection.

Contact: 9604829368

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DESIGNING ART



Vasishali Pawar



VASISHALI PAWAR

Makeup artist and Educator

Vaishali Pawar is a Pune based makeup artist and an educator. She has been in the industry for four years, but in this short span of time she has made a mark for herself in the beauty industry. Striving to work hard in the beauty industry, she has trained many students to build up their career in the makeup industry by imparting good quality education focusing on new techniques and enhancing their skills. Vaishali as an entrepreneur loves the variation her job brings whether it's her bridal assignments or as an educator...she is truly passionate about her art. What sets her work apart from others in the industry is she creates the right blend of natural and contemporary looks in line with the latest trends in the industry.

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Bon Appetit

Here are some of the best places to dine out in the city;
by **Rushika Dave** and **Janhavi Jadeja**

Food is one of the most important factors in creating good memories with your friends, family, and significant other. However, finding a great restaurant is no easy feat. Especially one that's in line with your preference and budget. Fortunately, the city of Pune is a paradise for foodies with several great restaurants to choose from. Curious? Here are a few restaurants that should be on your list if you're looking for some new places to try! >





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ALLORA

Allora is a filler word in the Italian language, but to the owners, it is about uninhibited conversations in their raw splendour and candour. Keeping that as the basis, they have established a cozy family-run bistro. The restaurant is owned by Bellona Hospitality (A hospitality arm of Phoenix Mills).

Café Allora offers an experience with fresh, delicious, and high-quality ingredients that make an hearty Italian fare. It has a hydroponic plant system to harvest fresh basil, thyme, and other herbs. They offer Napoli-style 15-inch pizzas and a variety of pasta and antipasti and desserts like Tiramisu, Cheesecake with seasonal fruits, and freshly made Gelatos.

The key to their food is the attention paid to the quality of ingredients and cooking techniques that allow the flavours to take centre stage.

MOSHI MOSHI

Moshi Moshi is a modern Asian bistro and can be best described as a chic, vibrant, and radical reinterpretation of Asian cuisine. Revolutionizing the pan-Asian dining experience, Moshi Moshi is an assimilation of various cooking techniques and cultures found across the Asian continent. It is as much about culinary art as it is about offering an exceptional gastronomic experience. It showcases super innovative presentations, the likes of which have never been seen before, integrated with cutting-edge contemporary cooking techniques.

The menu devised is completely original, developed over several months of research, with painstaking attention to detail, creating unique flavour profiles for each dish served. The tapas style food presents a

unique ability for the diners to enjoy a vast range of dishes in the right portion size, creating a truly sensory dining experience.

Using organic and fresh produce along with the finest ingredients sourced from the region of origin throughout Asia, in their most authentic form, in some cases even rare in variety and for them to reach in their freshest variety, ensuring that freshness of each ingredient used across the expansive menu is maintained at all times.

The dessert section has been recreated, presenting some of the most iconic desserts from the Continent, having been completely twisted on their head and presented in a very fun, innovative, and engaging way, making it an exciting experience. >

TRANSFORMING PETCARE!



In the times when most of our life has been digitized, pet care still operates in an extremely organic and dated manner. A recent study suggests that 7/10 pet parents in our country today have misplaced their pets medical records. Unfortunately, today the world does not have a stable and wholesome solution for pets. Or is there one?



Pawzeeble



This is where Pawzeeble comes into play. Pawzeeble was always about simplifying pet parenting by completely digitizing pet care. It is now time to introduce the world to the Pawzeeble Ecosystem, which would encapsulate all sectors of the pet care industry on one simplified platform for pet care enterprises and pet parents.

What is Pawzeeble?

A platform where a pet parent could be given any array of options meeting their requirements and enterprises would be exposed to the target audience they have dreamed of building a strong brand identity within. In short, a safe space where the solution of your pet's demands is just a click away!

What is the objective of Pawzeeble?

Our first step is aimed at facilitating the process of pet healthcare, helping pet parents manage their pets health documents, whilst also providing simplified solutions to veterinary enterprises.

How has Pawzeeble benefitted pet clinics and owners?



Today, Pawzeeble has launched its own SaaS solutions for veterinary clinics, helping them manage their operations in an organized manner in more than 300 clinics across 12 states, maintaining records of over 80,000 pets. Pet parents can access the records of their pets easily via the Pawzeeble website, whilst also providing them the option of booking appointments with the most reliable and trusted veterinarians closest to their location in a hassle free manner. Pawzeeble provides pet parents with timely reminders regarding vet visit appointments, vaccinations, video consultations, pet insurance and so much more giving pet parents smooth and easy access to maintain and keep a track on their pets' health.

What's next for Pawzeeble?

Pawzeeble is already taking steps towards bringing other sectors of the pet care industry within its ecosystem with booking of other Pet Care Services and Community Network platforms, giving the end user a wholesome experience.





ASILO

Set at the most luxurious address, and within the scenic lush green haven at Westin Pune, Asilo has recently opened doors in the city. The menu features easy-going Mediterranean food with an Asian flair like Avocado Maki and Truffle Manchego Bites. Their Cottage Cheese Steak is perhaps the best in the city. The luxe landmark also offers a unique and vivid cocktail offering. The signature cocktail curated by the in-house mixologist Dinesh Babu recommended is the unique La Dolce Vita, El Higo for a fruity taste, and the refreshing Roundhay Garden with a pleasant mint aftertaste.

The menu features easy-going Mediterranean food with an Asian flair

MIYUKI, DOUBLETREEBYHILTON

Miyuki at Double Tree Hilton is a 9-seater Japanese restaurant that provides an experience like none other. There's a long counter with high chairs and a live grill where you can watch the chef make your meal right in front of you. Set amidst the

Industrial area of Pimpri Chinchwad, Miyuki serves some authentic Japanese food including Sushi and Sashimi and comforting Ramen noodle bowls. The menu aims to cater to all keeping in mind the true flavours of Japan and features dishes like Miso soup, fresh

salads including Yasai and Horenso Gomae, Truffle Edamame, Hiya Yakoo which is chilled tofu. The mains include Tofu Steak, Horenso Butter, and Gohan Set. Don't forget to leave without trying their signature Tofu Cheesecake.

MAMAGOTO

Established in 2010, Mamagoto has multiple outposts in the country and is popular for its pan-Asian food celebrating street hawker cuisine. The Pune outlet is conveniently located in Pavillion Mall, SB Road, and is done up in a quirky, colourful, and daring way—just like all the other outlets.

The menu features interesting dishes like Som Tam, Mussorie Mall Road Chinese Rolls, Wild Mushroom, Edamame, Along with some comforting bowls such as Kolkatta Spicy Noodles and Mama's Spicy Ramen Bowl that are all you need on a cold rainy day. >



SAFETY, FIRST!

ADITYA BIRLA MEMORIAL HOSPITAL CELEBRATED INTERNATIONAL PATIENT SAFETY WEEK



Aditya Birla Memorial Hospital like every year celebrated the International Patient Safety Week from September 12th to 17th, 2022

This year the hospital wanted to involve the patients and their relatives to understand the importance of the patient's safety during their treatment in the hospital.

The Patient Safety week was observed by highlighting each International Patient Safety Goals (IPSG Goals) by displaying various posters of the IPSG goals followed by skits and acts to create awareness on patient safety to the entire hospital staff and the general public which included mainly the relatives of the patients and the patients themselves.



ABMH involved the doctors, nursing, paramedical and administrative staff to form various teams to communicate each and every IPSG goals to the staff and general public by performing various skits and acts backed by innovative posters to make this event a huge success.



MADRAS TIFFIN ROOM

Madras Tiffin Room, a South Indian cafe by Savya Rasa, opened in May 2022 in the heart of Koregaon Park. This light and airy restaurant with yellow and grey interiors and beautiful murals on the verandah behind Savya Rasa offer great food and cocktails. The brand has created a fun easy spot for Pune-kars to enjoy some hearty South Indian tiffin fares, after travelling through all

five South Indian regions and filtering hundreds of recipes from fancy dishes to simple dishes.

MTR serves a variety of immersive and soulful South Indian dishes ranging from Ghee Podi Idly to Madurai Kadamba Kuruma, as well as refreshing cocktails and beverages. This 'Fun South Indian Kitchen' certainly lives up to its name with delicious, inexpensive, quick meals.

At Tangasseri, you get an experience that is contemporary yet familiar with a focus on seasonality



RAASTA PUNE

Joy Singh and Rahul Kundan, ace restaurateurs, have bought their highly successful brand Raasta to Pune for the fifth time. Raasta is more than just a place; it is an iconic cult brand that has carved out a niche for itself over the last ten years. Raasta embodies the free spirit of the Rastafarian culture, which has over one million devoted followers worldwide.

The brand is well-known for its

TANGASSERI

From a humble beginning as a delivery kitchen, today Tangasseri has a state-of-the-art commercial kitchen spanning over 2000 square feet located in Koregaon Park. Tangasseri was started by Chef Toshan Salgaonkar as a home delivery kitchen in 2018 that specialized in inspired coastal cuisine. It is now a flagship brand under the Semporo banner. The food philosophy at Semporo is experiential, seasonal, and driven by local ingredients.

They have some of the most cutting-edge technology including stabilizing chambers that they are using to make koji and Misos. Using modern European and traditional open-fire cooking techniques, Tangasseri pays homage to the 7516 km long Indian coastline that is rich in abundance of harvest and seafood. They have extensive use of Microbiology in cooking techniques and use different woods in their open-fire menu that gives the food a distinctive taste.

At Tangasseri, you get an experience that is contemporary yet familiar with a focus on seasonality. They also have been bringing a lot of Sri Lankan items on the menu off-late through specials menus and our signature Semporo at-home experiences

exotic Raasta Caribbean Bongs-Caribbean Night, White Rhino, and Pink Panther- as well as unusual signature cocktails like Nicaragua, Haiti, Electric Ice Tea, Bahama, and Tiki Taka, among many others. Raasta offers a complete experience, with the opportunity to own a piece of the Raasta lifestyle, as part of its expansion into an iconic brand. >

“Travel opens your heart,
broadens your mind, and fills
your life with stories to tell.”

**Rohit, you were into a family business
before starting your own Travel Venture
ATW Holidays, why Travel?**

Well, we were into Packaging Material Business which involved a lot of Travel, and I always had an inclination towards travelling. I started my own small Travel Company back in 2015 and realized that we are not delivering the best of the travel experiences and without that, travel is incomplete, Hence we adopted Experiential Travel model. And its very satisfying when our clients return with a lot of Stories and Experiences.

Let us know more about Experiential Travel ?

Experiential Travel is immersive travel, where you indulge and engage with a destinations history, people, culture, food and everything that Country or City has to offer. You just do not make a commercial itinerary which is easy to sell. You try to deliver the best of the experiences. We have Destination experts who works on Specific Itineraries.



ATW

Travel & Leisure

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**What are the most popular
destinations post the Lockdown?**

Post Covid the Travel Trend has changed and we get a lot of Enquiries for Bali, Europe, Turkey, Thailand. And for the domestic sector Kerala, Coorg, Himachal tops the chart. As we also have our team in the Eurasian Region, Georgia, Armenia and Azerbaijan, we have got great response for travel packages to these countries too. Adding to that, we also have a team who purely works on River Cruises and Ocean Cruises around the world.

What is ATW Holidays working on now?

In last few years before and post Covid, we were able to address major traveler issues. Be it before, during or Post travel. We have no AI based customer support, but we rely on human support 24*7, just a text or call away. Our response time is quick to any on ground (During Travel) Support required. For example we have different Support groups and Teams for Senior Citizen travelers, Solo Travelers and Women Travelers catering to specific requirements and safety requirements. On Product front, we are launching Self Drive Itineraries in Croatia, Spain and Scandinavian Countries. Two package to look out for are Christmas in Finland which covers Northern Lights, a Visit to Santa Claus Village and lot more and second one is the Jordan Diaries, which will cover the history of Jordan with Desert Camps and Beach side stays.

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CHASING NEW DREAMS

Sangram Gaikwad and **Perna Gaikwad**, the founders of Zyzzyva on establishing a restaurant in the city and being a part of the food business



Dhananjay Pawar, Perna Gaikwad and Sangram Gaikwad

For Sangram Gaikwad, an Engineer and a Real Estate Developer, and Perna Gaikwad, an active member of the Rotary Club of Pune Riverside and active Intellectual Contributor to the Pune chapter of the FICCI Flo organisation, along with Dhananjay Pawar establishing a restaurant was never on the cards, but rather something that happened coincidentally. We decided to talk to both to find out all about their journey in starting Pune's hottest new restaurant, Zyzzyva, and the challenges they faces in the journey.





How did you get into the food industry? Please tell us about your background and journey.

The fact that we wound up working in the food industry was completely coincidental. We are among those who don't eat to live but rather live to eat. Thankfully, thus far, it hasn't affected our way of life. We own a sizable plot of property in the center of the city. Due to a lack of adequate infrastructure, development would be very slow. In the meanwhile, we chose to take action without waiting for all of the infrastructures to be set up. Nearly 100 acres of open land surrounded the area, therefore a restaurant was thought of. The urge to start something different was always tugging onto us hence the decision to start Zyzzyva.

Please tell us more about your restaurant.

Zyzzyva, Pune's newest restaurant located in the serene neighbourhood of Mundhwa offers Continental, Pan Asian, and comfort Indian food along with delicious desserts. Zyzzyva is the last word in food and hospitality, it's a restaurant that exudes elegance in every space and is known for luxury, impeccable service, and a great vibe.

The earthen interior makes you feel close to nature. Wood, veneer, and shades of browns are used to give a classic and timeless as possible. The only pop of color comes from the plants and foliage. The outdoor space has been intentionally paved keeping in mind rainwater percolation. The overall Restaurant area is 11000 sq. ft. with another 11000 sq. ft. of lawn/banquet area attached; a 50-car parking space of approximately 12000 sq. ft.

The total dining capacity is 58 guests in the main dining hall, 28 guests in the private dining room, 25 guests in the mezzanine, which is the only air-conditioned space, and approx 140 guests in the open area adjoining the main dining hall.

Enjoying the music from the bygone era while savoring



scrumptious dishes is what describes Zyzzyva's aura and ambiance perfectly. Subtle flavors, aromatics, tantalizing textures, and artisanal presentation are what make Zyzzyva the next go-to destination for perfectionist Pune-kars.

How challenging is it being a part of the food business?

Not being a chef is definitely something that takes away from the complete confidence of opening a restaurant. Even the idea of owning a restaurant seemed overwhelming in the beginning. But we decided to take the plunge. Hope the hospitality industry gives us the right impetus to excel and learn the trade.

What do your future plans include?

We hope to maintain consistent quality, service, and customer satisfaction with an aim to open up some more restaurants in the near future.



ZETA BY HYATT REGENCY

Zeta, Pune's first Negroni bar, is a go-to modern trattoria reinvented for the city's competitive restaurant scene. Developing a strong network of outside advocates and bloggers to highlight seasonal ingredients and hand-picked wine selection.

The restaurant's atmosphere is modern and casual, with a market-style display of fresh produce and a retail corner stocked with premium cheese. Private dining rooms, a wine cellar designed by Sanjay Menon, and a fine Grappa bar round out the gastronomic experience. With their thoughtfully sourced food philosophy, they can host friend gatherings, family gatherings, team outings, or a romantic evening on the lush green patio. Zeta is



INDEPENDENCE BREWING CO

The popular Pune brewery has recently launched its second space in Kalyani Nagar, a European-style Ivory Monument Mansion and a Beer Garden spread across 18,000 Sq ft. The restaurant offers an extensive European menu which features

dishes such as Charred Corn Esquittes, Grilled Cheese Sando, Truffled Fries, Roasted Beetroot Burger, and Truffle Mac n Cheese. Don't miss out on their delicious Belgian Chocolate and Hazelnut Mousse.

The restaurant's atmosphere is modern and casual, with a market-style display fresh produce

ONE8 COMMUNE

Located in the heart of the city at The Mills, the dynamic space sprawling across 8500 square feet is divided into two sections, indoor and outdoor seating that can host 227 people at one time. There are quirky umbrella lights, plush dining sofas, plants placed strategically throughout the space, and rustic exposed brick walls. Each element comes together beautifully creating a splendid place for you to enjoy a date night with your partner, a chill evening with friends, or a family dinner.

The restaurant has recently launched its new menu catering to varied flavour palates, and fine-tuning dishes to achieve a global culinary experience. The menu features dishes like Chilli Garlic Edamame, and Steamed Gourmet Vegetable Wontons. **F**





HELPING OTHERS

RUCHI MATHUR, CO-FOUNDER & CEO SHEDS LIGHT ON HER JOURNEY AND THE SUCCESS OF LIGHTHOUSE COMMUNITIES FOUNDATION

Ruchi Mathur, Co-Founder & CEO sheds light on her journey and the success of Lighthouse Communities Foundation. Ruchi Mathur has 27 years of work experience, of which the last 17 have been in the development sector. She started her career in the corporate sector in marketing, HR, and strategy roles. Since 2005, she has held various leadership roles in the non-profit sector namely CRY, Teach for India, Zensar Foundation, and now at Lighthouse Communities, earlier known as Pune City Connect. Excerpts from the interview with Ruchi about her journey as below:

Can you tell us about Lighthouse Communities Foundation?

Lighthouse Communities is a Section 8, non-profit company set up by a group of successful corporate CEOs in 2011 with the objective of creating a platform that would enable public-private partnerships in the social space with a strong focus on livelihoods. An MoU signed between Pune Municipal Corporation (PMC) and Lighthouse Communities in 2015 enabled early co-founder Ganesh Natarajan, mission-driven leaders from PMC, me and other social evangelists to embark on a comprehensive Digital Literacy and Skilling mission for slum youth in Pune. We were fortunate to have the backing of an excellent Board that has ensured a well-governed, sustainable entity. Today, more than one lakh citizens have benefited, and the Lighthouses have been recognized as a

pioneering and breakthrough PPP model for enabling agency, skilling, and livelihoods. It has subsequently gone out to other cities in Maharashtra, as well as Delhi and Odisha.

What inspired you to take this career path?

Fresh out of campus, I was on the lookout for a job that felt right. It took over ten years to finally land in the sector that felt like home - the social sector. Once there, work felt real and meaningful. The next 17 years have been about learning the ropes, grappling with complex challenges, and meeting hugely inspiring people. I feel driven to facilitate dignity and agency for others and me. The opportunity to be a co-founder with Ganesh, work with the Government and with an outstanding Board and leadership team has been a true delight.

What is the biggest challenge you faced and how did you overcome it?

Lighthouse Communities Foundation started with less than Rs. 10 Lakhs as corpus in 2015. There was no institutional donor. All programs had to be built with very few team members while at the same time, it was critical to demonstrate success in order to grow. All of this caused immense strain but as our credibility grew with all stakeholders and ecosystem partners, we have been able to attract global and national Foundations and excellent CSR funds to accelerate our growth. We are fortunate to have had some amazing mentors along the way, and that has made all the difference.

TALK FOOD TO ME

Poulami Bhandari and Rushika Dave highlight popular street joints, recipes from interesting restaurants in the city, and noteworthy people in the food business

Food has the power to bring people together. This is especially true when it comes to street food. The way that these foods are cooked, combined, and served makes it very easy to attract passersby who want a taste of something

new. And while not everyone has the same tastes, there are certain street foods that are famous in Pune.

You just need to know where to look for it! Here's a list we created of the best and most delicious foods from the streets

of Pune. That's not it, we've also listed down some epic recipes from interesting restaurants in the city along with noteworthy people in the food business who have been whipping up interesting foods for a long time. Have a look >



INTERACTIVE BAKING SESSION HELD FOR ORPHANAGE KIDS IN PUNE



Internationally acclaimed cake artist Prachi Dhabal Deb arranged a small, interactive, and fun session with the kids at Dnyandeep Balgruha, Dighi.

45 kids, from the orphanage attended the session that aimed to give them an idea of a career in cake making.

"The kids were taught about the basics of cake baking, cake



decorating, and they did icing decorations on cupcakes and cookies. It was a hands-on session which all the kids thoroughly enjoyed", added Prachi, who is also known as the queen of royal icing.

She has brought justice to her art by making cakes and cookies in the most creative fashion. Her work is crisp and precise with a keen eye for detailing. She has mastered the art of creating royal-looking, luxurious bakes, which are majestic in their appeal and delicious in taste. She can be rightly called the queen of royal icing and her designs would justify the same.

Prachi was awarded the Cake Masters Royal Icing award for the year 2019 in Birmingham and a 2 world record holder by the World Book of Records London.

SHOPPING EXTRAVAGANZA!

PUNEKARS RECENTLY WITNESSED THE MOST TALKED ABOUT EXHIBITION CURATED BY **SMITA PATWARDHAN**



From left to right: Jugnu Gupta, Smita Raje Patwardhan, Usha Kakade, Zeenat Aman, Neelam Kothari Soni and Pooja Borele

The biggest & most awaited fashion & lifestyle exhibition happened in your own Peshwai City recently- IKIGAI Exhibitions curated by Smita Patwardhan. All the shoppers had an unforgettable experience in affordable luxury. The show witnessed the who's who of Pune. The exhibition was inaugurated by style icon actress Zeenat Aman, actor and jewellery designer Neelam Kothari Soni, renowned food blogger Jugnu Gupta, philanthropist Usha Kakade, behavior analyst and developmental psychologist Pooja Borele and curator of event Smita Raje Patwardhan. The extravaganza was a huge success and was one of the most looked forward to destination for the upcoming wedding and Festive shopping. The first edit of IKIGAI Exhibitions featured renowned the brands like Rose Anmol



RDUC, Tyaani by Karan Johar, Ramola Bachchan, Rajdeep Ranawat, Yavi, Pallavi Singh, Karuna Khaitan and many more. The wonderful ambiance and the excellent lineup of designers & jewelers truly made IKIGAI Exhibitions one of the finest fashion events of the season!

VADA PAV AT JOSHI WADEWALE

You can't miss the famous street food in Pune – vada pav. The taste of vada pav at Joshi Wadewale is unmatched. Best of all, it's not just tasty but absolutely affordable too! So try this place if you'd like to try some street food from Pune. It has multiple outlets across the city of Pune and is totally worth the hype!

Location: Congress House Road, Shivajinagar, Pune.



MISAL PAV AT SHRI KRISHNA BHUVAN

Krishna Bhavan is a famous street food outlet in Pune that serves the best misal pav in town. While you are visiting the city, it would be best to visit this place and try the misal pav with their special recipe. The misal pav here comes topped with farsan, onion, etc. as per your wish.

Location: Budhwar Peth, Pune

While you are visiting the city, it would be best to visit Shri Krishna Bhuvan their popular Misal Pav

SABUDANA VADA AT JM ROAD

Sabudana vada is a popular street food item in Pune. The taste and aroma of this snack are heavenly and it is mandatory to try it when visiting Pune. Sabudana vada is also called Sabu Vada. It is mostly served with green chutney that makes for a delicious snack or brunch in the early mornings.

Location: Opposite Jangli Maharaj Temple, Next to Kensha Mobile Shop, JM Road



STICKY TOFFEE FUDGE RECIPE FROM ASILO, THE WESTIN PUNE

Preparation time: 40 minutes

Cooking time: 30 minutes

Serves: 1 portion

Ingredients:

For The Sponge

200 gm soft dried pitted dates (roughly chopped)

200 ml water

1 Tsp bicarbonate of soda

75 gm unsalted butter, softened (plus more for greasing)

2 Tbsp black treacle

50 gm dark muscovado sugar

2 large eggs (room temperature)

150 gm flour

2 tsp baking powder

For Sauce

150 gm unsalted butter (softened)

300 gm dark muscovado sugar

1 Tbsp black treacle

200 ml double cream (plus more to serve)

METHOD

To Make The Sponge

1) Preheat the oven to 180 degree Celsius.

2) Grease your dish and set aside.



“Nothing is more fulfilling in life than when passion turns into a profession”

3) In a bowl of boiling water add bicarbonate of soda and the chopped dates, stir well and keep aside for 10mins.

4) Using the help of a mixer cream the butter and black treacle together. When the mixture is creamed, add sugar and mix well until sugar is dissolved.

5) When sugar is dissolved, gradually add

the egg one at a time. Mix well and fold in the flour to form a smooth and thick batter.

6) Before adding the date mixture into the batter, stir well. Gently mix in with the help of a fork.

7) Pour the batter into your prepared dish or cake tin and bake for 30–35 minutes, or until a cake tester comes out clean.

To Make the Sauce

1) Using a heavy bottomed pan melt butter, muscovado sugar and treacle over low heat. Stirring gently until everything else is dissolved.

2) In the dissolved mixture stir in cream. Turn on heat and cook until mixture comes to a bubble. Then take it off the heat.

3) When the sponge is ready remove from oven and pricks the cooked sponge on all side with a cocktail stick.

Pour about a quarter of the warm sauce over the sponge, to give it a thick sticky glaze. Cover and keep the remaining sauce for service.

4) Leave the pudding to rest for 20–30 minutes. Serve warm with the sauce and cream.

KOTIMBIR VADE AT BAJIRAO ROAD

The Kotimbir Vade at Bajirao Road is lip-smacking and very tasty! You absolutely can't miss their delicious vades. This is a common food in Maharashtra, India. It's different from the other kotimbir vades. It is a popular snack at Bajirao Road and all around Pune. You can also try different varieties of vade this place has to offer.

Location: Annapurna Wadi Centre, Mandai Shanipar Road (lane opp Chitale Bandhu), Opposite Mahalaxmi Market.

SHREEYA WAGHMARE, DEMI CHEF DE PARTIE, NOVOTEL PUNE

Nothing is more fulfilling in life than when passion turns into a profession. Shreeya Waghmare has always been passionate about baking. At present, she is the Demi Chef de Partie at Novotel Pune and has an experience of almost seven years in the hospitality industry. Shreeya completed her B.Sc. in Hospitality Studies from Savitribai Phule Pune University and her specialization lies in bakery and confectionery. Before Novotel, she worked with several renowned names in the industry and is an expert in innovative fondant creations, delicate pastries, and bread making.





THALI PEETH AT SHABREE RESTAURANT

When in Pune, no one can actually miss the famous Thali Peeth. Thali Peeth is spiced flat bread made from multigrain flour. It is also very healthy as it contains all the nutrients required for the body. At

Shabree, you will get the most authentic Thali Peeth. Enjoy this dish for a joyous breakfast with friends or family.

Location: 1199, 1A, behind Tukaram Paduka Temple, Shivajinagar, Pune.

MAYURI KAPASI, FOUNDER AND OWNER, MAD HOUSE GRILL

Mayuri Kapasi established the first-ever steakhouse in the city. A graduate of Oberoi School of Hotel Management, Mayuri stepped into the food industry in the year 2006 with Mad House Grill. “I opened my restaurant because I didn’t want to be contained within the box of the profitable way of working in a restaurant. I wanted to be a women’s

restaurateur who was a chef doing her own thing. Many of my colleagues went on to head some of the biggest hotels worldwide, but they all visited me and commented that they worked for someone else. At the time, I ran a little space on a little street in Pune but still was free to execute my business as I wished; what bigger joy.” Mayuri mentions that the skills she learned and her application of those in her restaurant make her stand out in the crowd. “I have applied the skills taught to me rather than be dictated by what the market wants. At the restaurant, we have used heat as the central premise for creating our menu. And we are an old-school, mom-and-pop-run restaurant amidst the current investor-run barrage of restaurants. For us, the food will always be the hero.”



MEETA MAKHECHA FOUNDER AND OWNER, THE FLOUR WORKS



Born and raised in Pune, Meeta Makhecha moved to San Francisco in 2001, where she signed up for the 18-month chef training course at California Culinary Academy (an affiliate institute of Le Cordon Bleu). During her time in San Francisco, she worked at reputed fine dining establishments under Chef Roland Passot and Chef Laurent Gras, where she further honed her skills, she shares, “It’s been an interesting journey. A great learning experience working with people. I learned what my strengths and weaknesses are.” During this period, she learned the craft of chocolate making from the world-renowned chocolatier, Michael Recchiuti before heading back to India. Upon her return to India, Meeta consulted with renowned brands and, in 2012, decided to step into the industry with The Flour Works. “We started with one outlet in Kalyani Nagar, hoping that it’ll do well and now we are at three. I am fortunate to have a very supportive business partner who has been the wind beneath my wings,” she adds.

NEHA BATRA FOUNDER AND OWNER, 27DELI



The zeal and dedication toward baking and cooking made Neha Batra step into the food industry. She holds an MBA degree in marketing and had a well-paying job which she quit eventually to do something on her own. "I stayed at home and found my calling in baking and cooking. So entered this industry as a home baker and chef taking orders on a pre-ordering basis seven years into this business, it was time to be out, and that's how 27Deli happened." She shares that as a home baker, she had to go through innumerable challenges, and customising the products as per the customer's wish was the biggest challenge. "The biggest challenge was to maintain that personal touch towards my customers and to focus on each detail of the order in the larger format. So, I extensively worked on designing the menu so that it can cater to regular orders and give an option to customize it." Neha thinks that the most important qualities a chef should possess are consistency and working under pressure.

WILD FOREST MUSHROOM RISOTTO WITH TRUFFLE OIL

Preparation time: 40 minutes

Cooking time: 20 minutes

Serves: 1

Recipe from Marriott Suites

Ingredients:

80 grams risotto rice
30 grams onion
1000 ml vegetable stock
100 grams button Mushroom
50 ml olive oil
20 grams porcini Mushrooms
50 grams parmesan cheese
20 grams butter
10 ml truffle oil
To taste salt
To taste pepper



METHOD

1. Add olive oil in a pan and sauté the chopped onion, set aside
2. Soak the porcini mushrooms in 100 ml warm water and set aside
3. Cut the button mushrooms into 4 if big or half if smaller. Sauté and set aside
4. In a pot add olive oil and the risotto rice. Toast the risotto rice for 4 minutes until it becomes hot but don't brown or burn it
5. Add 200ml of the vegetable stock to the rice and stir gently. Bring it to a boil and simmer for 4 more minutes.
6. Add the soaked porcini mushrooms with the water to the risotto. Stir gently
7. After 12 minutes cooking time add the sauté mushrooms and the onions to the risotto rice
8. Top up the rice with stock once in a while until cooked al dente.
9. Add the butter to the risotto to cream it up
10. Remove from the stove and add the parmesan. Stir the cheese into the risotto until it becomes creamier. Add the truffle oil
11. Serve on a flat dish

"I stayed at home and found my calling in baking. The biggest challenge was to maintain that personal touch"

NEHA ANAND, DIRECTOR OF CIRCLE OF CRUST

Neha Anand, Director of Kings Group Ventures, is passionate about two things in life. Her family and food. Both of which she invests in with intention and everlasting energy.

After a successful career in project management as the leader of her family, Neha combined her passion for food with her business skills in finding, founding, and funding multiple national and international food businesses. In India, she drives the homegrown Circle

of Crust brand launched in 2019 with Chef Gajendra Shinde across Pune and expansion to Punjab, King's Dairy, launching Fuji Cream frozen dessert line, and focused on supporting We Idliwale with Chef Abhishek Joshi in their expansion plans of decentralising the idli in and beyond Pune. In Dubai, Neha leads the international expansion of Circle of Crust, Mambo Pizza, and has launched the flagship location of their newest brand Jun's. **F**



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EX...OUT?

Is your partner secretly talking to their ex? **Ravina M Sachdev** sheds light on the topic

Is it okay for two people to be in contact after their breakup? Well, there's no right answer and it totally depends from person to person. While I'm someone who likes to take the more traditional way of running the other way after spotting their ex at the local deli, this person I was dating a few years ago, was best friends with his ex, and even met her every week. TBH, that relationship ended for an entirely

different reason, but I'll admit it was awkward for me to be with someone who was so close to his ex. So, if you're in a similar boat, here's how you can go about it.

STAY CALM AND DON'T ARGUE

COMMUNICATE, DON'T ARGUE

I understand that you are hurt and upset, but arguing is not going to take you anywhere. Instead, calmly ask your partner, in a non-accusatory way >



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why they've been in touch with their ex. Believe it or not, but there's a possibility that there may be quite innocent reasons. Explain your side and how it makes you feel.

OBSERVE YOUR PARTNER'S REACTION

Take note of your better half's reaction when you ask them about texting their ex. Are they angry, shocked and defensive or are they calm, composed and trying to offer a genuine explanation? This'll help you decide better whether you should really be worried about your relationship or not.

STOP BRINGING IT UP EVERY 5 SECONDS

While you might not be able to get this topic off your mind, bringing it up every five seconds into the conversations, even playfully, isn't going to help your situation. It might just end up irritating your partner, which will eventually lead to a bigger

argument. No, I'm not saying to not ignore the topic or that your feelings don't count, simply think things through and share and discuss it with your partner like adults.

SHARE YOUR FEELINGS

Are you comfortable with your ex being on good terms with their partner? Or does that make you uncomfortable? It would be wise to share what you feel with your partner, rather than just going along with it. Communicating clearly is the key and will help you navigate through the situation.

TAKE TIME

Do not arrive to conclusions immediately. Instead, take time to think clearly, listen to what your partner has to say, and only then decide what you want to do. If you're don't want your partner to continue talking to their past lover, just say so clearly! **F**

COMMUNICATING
IS THE KEY AND
**WILL HELP YOU
NAVIGATE**





COVER ME IN SUNSHINE

Mehak Sirohi sheds light on the importance of Vitamin D and how to ensure that your body is getting enough



The Sunshine Vitamin also known as Vitamin D, is one of the most essential nutrients for our body, as it helps in undergoing various vital processes like building and maintaining strong bones, preventing illnesses like diabetes and cancer, aids calcium absorption, promotes growth, prevents pregnancy complications and even protects us from respiratory infections. However, as abundant as it seems, the sun is

not the only source of this mineral. Here are some ways through which you can ensure you are getting the right amount of Vitamin D to brighten up your daily life and enhance your health.

GO FOR WALKS EARLY MORNING

The most natural and common way of Vitamin D intake is through the sun. The human body starts producing

the vitamin when it comes in contact with the UV rays from sunlight. Going for walks in the morning or just sitting in your balcony facing the sun early morning will help.

ADD MUSHROOMS TO YOUR DIET

Just like humans, when exposed to UV light, mushrooms also tend to produce Vitamin D. Due to exposure to natural light, wild mushrooms produce more of the nutrient as compared to the commercially grown types that use artificial UV rays to grow. However, before you decide to take out your wicker baskets and go pick up wild mushrooms, you need to be extremely meticulous and careful while identifying them, so as to avoid coming into contact with poisonous varieties. It is always advised to purchase them from a trusted supplier like a grocery store or a farmers market.



EATING FORTIFIED FOODS

Fortified Foods are exactly what you need to increase your intake of Vitamin D as this nutrient is added to various different food staples through the process of fortification. Therefore, just by adding common foods like cow's milk, plant-based milk like soy or almond milk, ready-to-eat cereals, tofu etc to your diet can make a big difference to your nutritional balance.

VITAMIN D SUPPLEMENTS

Sometimes, even after consuming all the right foods, your body might still have a deficiency of this nutrient. If this happens, you can always add a supplement to your routine that has been prescribed by your physician. **F**

PHOTOGRAPHS: SHUTTERSTOCK



WEAR YOUR FOODS

Wardrobe inspired by food? Yes, please! **Samara Setia** sheds light on the trend

In case you haven't noticed, people are dressing up in food fashion, making the expression you are what you eat, more literal than ever before.

Some food-inspired items are more discreet than others, such as an adorable pair of doughnut earrings. These trinkets appear to be delectable, but they are not edible. However, it is clear that the food fashion trend is on the rise and is not going away anytime soon. In fact, it's definitely here to stay.

The fashion industry has always had a talent for pulling inspiration from anything and turning it into costumes. Celebrities have made some outlandish fashion statements, but nothing comes close to dressing up in food prints. If you're thinking about charming tiny prints that everyone can get their hands on, you're in for a surprise. Celebrities have dressed as everything from avocados to burgers in recent years. Nothing

looks out of the ordinary to them, and as a result, we get a visual treat as they stroll down the carpets as normal. It comes as no surprise (at least to us) that food is a huge new source of inspiration for clothing. Brands from all around the world are going on board with this delectable trend. You may have your meal and wear it by buying this trend. Now, have a seat and feast your eyes on these food-inspired fashion ideas.



Spaghetti Hat

We're far from the days when an outfit like this made our jaws drop. There is nothing new in fashion, whether it's wearing a blanket on the runway or a pillow as a dress. Paired with a plain outfit or a bread costume (to complete the entire look), this hat is the perfect food-inspired fashion statement, if one can pull it off.



Strawberry

This subtle yet stylish dress gives us exactly the strawberry vibes we expect from it. This soft, sweet and bright red dress can be paired with almost anything and still be sure to stand out.



Lettuce

This charming yet elegant lettuce costume is surely #goals. This outfit is the only thing that can make such a plain salad item appear attractive. Pair it with glittering silver earrings to complete the look. After all, a bowl of salad can never go wrong!



Tangerines

One of our favorite looks. Who knew a tangerine-inspired outfit could look so good? Don't be afraid to experiment with your style, and trust us when we say that this outfit is guaranteed to turn heads (and some mouths water). **F**



DIY FACE MASKS

Mehak Sirohi shares different types of food face packs that are perfect for a self-care day.

Who said you need fancy, expensive face packs, and sheet masks to make your skin feel healthier and cleaner? You can very easily put together some ingredients from your kitchen and make your very own DIY face pack and get the same result! Curious? Here are a few recipes to get you started.

GOLDEN CONCOCTION

A home remedy as old as time, the combination of yoghurt, honey, and turmeric works beautifully for the skin. The trio work as the perfect de-tanner and help with uneven skin tone and texture. The lactic acid present in yoghurt dissolves dead skin cells, and honey hydrates the

skin while turmeric reduces inflammation, all in all making this the perfect mask for hyperpigmentation. Mix one tablespoon of plain yoghurt, honey, and turmeric powder, apply it to your face and leave it for 10 minutes. Be careful as the natural color of turmeric can stain your skin.





SOOTHING MIXTURES

We bet you never even thought of using cacao as a face pack, but combining one tablespoon of cacao powder, one-quarter of a papaya, and some aloe vera gel helps treat dull skin. The cacao powder boosts circulation, tones, and brightens. Papaya helps dissolve dead skin cells with its exfoliating enzymes, while Aloe vera is packed with nutrients that will boost your skin. The mild ingredients all together are great for sensitive skin.

ON THE GO

This quick and easy two-ingredient face pack that is made by just combining half an avocado and one quarter of a cucumber can help prevent overproduction of oil and also leave your skin hydrated and fresh. The oleic acid present in avocados also reduces inflammation and prevents fine lines.

DETOX FOR YOUR FACE

Mix two tablespoons of green tea, half a tablespoon of turmeric powder, and juice from half a lemon, and you have the perfect answer to wrinkles and stressed skin. The secret to Japanese beauty, green tea

AS EASY AND CONVENIENT AS IT IS TO MAKE HOMEMADE FACE MASKS, BE CAREFUL ABOUT THE INGREDIENTS YOU ARE USING



has antioxidants and kills acne-causing bacteria while lemon juice further tightens skin and turmeric works as an anti-inflammatory ingredient.

MAGIC POTION

This simple mask comprising honey, lemon, and tomatoes is the best solution for discoloration and blemishes. Combine one tablespoon of honey, tomato pulp, and juice of half a lemon, apply and leave it to dry. The tomatoes fight against premature ageing and lighten blemishes while the honey kills acne-causing elements with its anti-bacterial and antiseptic properties.

HYDRATION MAX

Perfect for congested skin, mixing together a handful of grounded almonds and two tablespoons of olive oil can help you cleanse your face from city pollution and nourish and soften your skin. Massaging it and leaving it on for only 10 minutes will help you dislodge any residual oils, dead skin, and makeup. This simple two-ingredient mask even hydrates your skin and helps you prevent dullness, dehydration, and fine lines.

As easy and convenient as it is to make homemade face masks, be careful about what ingredients you are using. It's better to only go with tried and tested recipes than to turn your kitchen into a science lab. **F**

WITH A **TWIST**

Hosting a soiree soon? **Ravina M Sachdev** lists down a few recipes that'll be a hit at your party

CRISPY SHELLLED **ASIAN CANAPÉS**

Recipe By Culture 2.0



Veg canapés Filling

1 carrot
1 raddish
15 ml dark soy
15 ml oil
Salt to taste
Pepper to taste

2tbsp green
chilies (chopped)
2tbsp ginger chopped
Coriander chopped
8-10 panipuri shells
15 ml sweet chilli
15 ml sambal
15 ml peanut sauce

PREP TIME: 10 minutes > **COOK TIME:** 15 minutes > **SERVES:** 2

1. Heat the oil in a shallow pan, add ginger and green chillies, sautee for a few mins.
2. Grate the carrots and radish and add to the pan in 1:2 proportion.
3. Season well with salt and pepper. Then add the dark soy.
4. Once cooked well, cool the mixture and fill the pani puris with it.
5. Garnish with asian sauces.



RASMALAI KI CHAAT

Recipe by Bharat Bhavan

Sweet chutney
100 gms seedless tamarind
100 gms seedless dates
100 ml gms water
100 gms jaggery
½ tsp fennel powder
½ tsp coriander powder
1 tsp Kashmiri red chili powder
½ tsp dry ginger powder
salt to taste
Spicy chutney
250 gms coriander leaves
250 gms mint leaves / pudina
¾ clove garlic
10 gms ginger
3 green chilli



½ tsp cumin powder / jeera powder
1 tsp chaat masala
Salt to taste
pinch of hing
100 ml cup water
Juice of 1 lemon
Rasmalai
1 litre buffalo milk
1 tbsp vinegar
400 gms sugar
Soap nut / reetha
Farsan mixture
Savoury shev farsan
Lemon
Mint and coriander
Fresh tomato
Fresh onion

PREP TIME: 10 minutes > **COOK TIME:** 40 minutes > **SERVES:** 3 portions

1. Making the ras malai
2. Boil 900 ml milk stirring in between to prevent it from burning. Soak reetha in water and add the same to milk along with vinegar, you will notice the milk starts to curdle
3. Remove from fire and pour the mixture over the muslin cloth rinse with cold water to remove to cool down the milk solids left over in the muslin cloth
4. Squeeze the paneer gently to remove liquid and hang for 30 minutes. Using the palm, start to knead gently till the mixture becomes soft
5. Make 15 gm roundels and flatten it slightly. Keep the flattened chenna ball aside and cover with a moist cloth.
6. Add sugar 350 gms and 400 ml water. Stir till sugar dissolves
7. Now boil the water for 5 minutes or until the syrup turns slightly sticky.
8. Drop in a prepared flattened paneer ball keeping the flame on high.
9. Cool and soak in left over sugar and milk mixture.
10. Making the chutney Blend the ingredients mentioned above for spicy and sweet individually to form a semi thick paste.
11. **Assembly:** Add savoury shev farsan in a plate. Add coriander , finely chopped onion and tomato.Remove rasmalai from the milk mixture, slightly squeeze to remove excess liquid Arrange on top of the mixture. Drizzle both the savoury and sweet chutney's
12. Garnish with fresh coriander leaves >



PERUVIAN QUINOA CRUSTED COTTAGE CHEESE ROULADE WITH SPICED PUMPKIN PUREE

Courtyard by Marriott Pune Hinjewadi

60 gms quinoa
100 gms cottage cheese
50 gms pumpkin
25 gms onion chopped
50 gms julienne red cabbage
5 gms chopped parsley
10 gms chopped leeks
10 gms chopped celery
5 gms chopped garlic



5 gms chopped thyme
4 nos cherry tomato
20 gms asparagus
assorted micro greens for garnish
50 ml milk
20 ml cream
2 gms cinnamon powder
5 tsp vinegar
10 gms sugar
salt to taste
crushed black pepper to taste

PREP TIME: 60 minutes > **COOKING TIME:** 20 minutes > **SERVES:** 1

1. Soak quinoa for 15 to 20 minutes in cold water. Drain out quinoa from water. After that blanch quinoa in water boiling water flavored with sugar and vinegar. Drain out from water and keep aside for cooling.
2. In heavy bottom pan add butter, add chopped garlic, chopped onion, chopped leeks and chopped celery.
3. Saute till translucent. Add Grated cottage cheese and saute.
4. After that add milk and cream. Season it with salt and pepper. Keep aside for cooling. After cooling down grind to fine puree in grinder.
5. For pumpkin puree, roast pumpkin along with cinnamon powder, garlic, thyme, salt and pepper in oven at 220 C for 15 min. After cooling grind to smooth puree.
6. For pickled red cabbage, saute red cabbage and julienne cabbage in fry pan along with salt. Once cooled down, add vinegar, salt and sugar. Keep it for 10 min.
7. For roulade, place clean wrap on flat table, put cottage cheese mixture on it and roll into cylinder shape. Tighten the ends to retain shape. Refrigerate it in fridge for 20 mins. After that take out clean wrap and roll the cylinder on the blanched quinoa so it coats to cottage cheese cylinder.
8. For plating blanch asparagus, tomato and saute them in charred them on hot pan.
9. Do the plating as shown in picture.



SACHER RABRI TORTE

Recipe from The Urban Foundry

Sponge:

- 3/4 cup butter
- 1 heaped cup icing sugar
- 1/2 cup cocoa powder
- 1 1/2 tbsp Corn flour
- A pinch of baking soda
- A pinch of baking powder
- 1/2 cup amul cream
- 1/2 cup flax seed gel

Rabri filling:

- 1/2 cup rabri
- 1.5 tbsp whipped cream
- 2.5 tbsp white chocolate
- 3 tbsp whipping cream
- Few strands of Kesar



Chocolate terrine

- 1/4 cup dark chocolate (55 percent cocoa)
- 2 1/2 tbsp butter
- 3 tbsp icing sugar
- 1 tbsp cocoa powder
- 1/2 cup flax seed gel
- 1/2 tsp caster sugar
- 1 1/2 tbsp fresh cream

For garnish:

- 1/2 tbsp cocoa powder
- 1 chocolate bonbon

PREP TIME: 10 minutes > **COOK TIME:** 30 minutes > **SERVES:** 8

For the sponge:

1. In a mixing bowl whip butter and icing sugar till the sugar melts. Sift all the dry ingredients in a bowl and add it to the butter mix.
2. Also add in the flax gel and mix well till incorporated. Finally add in the fresh cream. Give a final mix and keep aside.
3. Select a baking tray which has the following dimensions – 6 inches by 8 inches by 1 inch.
4. Line the baking tray with butter paper and pour the sponge batter into the tray. Tap the tray to remove any air pockets.
5. Preheat the oven beforehand at 180 degrees celsius for 15 minutes.
6. Bake the sponge at 160 degrees celsius for 50 minutes. Remove from the oven and let it cool.

For The rabri mix :

7. In a bowl whip the whipping cream till firm. Add in the rabri, cream, white chocolate and kesar. Mix well till incorporated.

For The terrine :

8. Add the chocolate and butter to a bowl. Microwave for 30 seconds in two intervals of 15 seconds and mix well to combine.
9. Now add in the icing sugar, cocoa powder and flax gel. Whisk well till all the sugar melts and it becomes a uniform mixture.
10. Finally add in the cream and give a final mix.

Assemble the dessert :

11. Remove the cooled sponge and divide into two halves horizontally. Apply half of the rabri mix on the bottom sponge. Top with the other half and let it refrigerate for 30 mins. Now top with the prepared terrine and again let it sit in the refrigerator for 30 mins. Finally top with the balance rabri mix and let it set finally for around one hour before serving. Cut the dessert into 6 inch by 1 inch by 1 inch strips. Plate the dessert and serve with a garnish of cocoa powder, mini bonbon and caramel coated almond. **F**



FINDING A SWEET BALANCE

Say goodbye to refined sugar and instead have a look at these healthier alternatives instead;
by **Poulami Bhandari**

There is no denying that refined sugar can help uplift your mood in a jiffy. But, do you know that refined sugar can also pave the way for several severe ailments in your body?

The next time you want to add a hint of sweetness to your morning cuppa or your favourite dish, remember that sugar is a refined carbohydrate, and it can adversely affect your body. Which is why it'd be good decision to choose wisely when it comes to sweeteners and sugar. Refined sugar is considered unhealthy as it is a highly processed food, but wait, that does not mean you need to start having unsweetened foods and drinks.

REFINED
SUGAR CAN
PAVE THE WAY
FOR SEVERE
AILMENTS IN
THE BODY

Have a look at these healthier options instead: **PALM SUGAR**

Palm sugar is prepared from the sap present in the flower buds of the coconut palm tree. It has no chemicals and involves the least processing. Palm sugar is rich in vitamins and minerals.

COCONUT SUGAR

It is made from coconut palm sap. Minerals iron, zinc, calcium and potassium, and some short-chain fatty acids like polyphenols and antioxidants are present in the sugar.

DEMERARA SUGAR

Demerara sugar is crafted from pulped sugar cane, and it undergoes minimal processing. It is considered very healthy and is rich in calcium, iron, magnesium and vitamins B3, B5 and B6.

HONEY

You don't need us telling you that honey is way better than refined sugar. The golden goodness contains trace amounts of vitamins and minerals and abundant plant compounds that provide anti-inflammatory and antioxidant benefits. You can have a spoonful of it just like that every morning or add a generous dollop to your toasts, smoothies, oats and even coffees!

At the end of the day, you must remember that any form of sugar should be consumed in limited quantities. After all, they are no miracle food, just healthier alternatives to the harmful refined sugar. **F**

DREAMING BIG

ROHINTON ADI IRANI, FOUNDER OF THE RONNY MUSIC ACADEMY TALKS ABOUT HIS JOURNEY AND ESTABLISHING A MUSIC SCHOOL

Please tell us about your journey.

I've wanted to become a singer when I was in primary school, but I had speech impairment till I was in 7th Std. So, thought of at least playing an instrument. I also wanted to be a drummer but drumkits were hard to find those days and expensive. My mom couldn't afford so I settled for a guitar. I'd formed a All Bawa band in the early 90s and were called Super Bawas On The Block, which we changed to Purple Haze later based on the title of our first composition. As far as we know, we were the first ones to record a Hindi rock composition along with a female writer/singer.

How did you step in this field? (Of teaching)

I'd stopped playing after my daughter was born. However, down the line I wanted to start playing again. At this time, I was doing research work in Anthropological with comparative religion and was teaching students online from around the globe. This was early 2000, I guess around



Rohinton Adi Irani



Jaiveer Sharma playing drums and Kourush Irani on guitar



Rohinton Irani with his students

2003/2004. I had even worked on my own course, so had the knowledge of teaching with different methods. That's when I thought of teaching music too.

What motivated you to start the academy and what are the instruments taught at the academy?

I wanted to start with the academy in 2003-2004, but my commitment at other place in teaching was holding me back. However, one of my old friend, music mentor, motivator, Sanjay Joseph, met me after a decade in 2007 and encouraged me to start with the academy. In 2008 November, Ronny Music Academy was born. We teach Keyboard, Drums, Guitar, Vocals, Bass.

How do you train the students for the international degrees?

My course is unique. I cover every aspect of the learning material that a musician requires. I work around different students with different learning skills and different methodology and so, we keep evolving and that makes us different from others as we influence children to learn two or more instruments. We give free lessons to children who learn the third instrument.

Contact info:

9371010373

Website: www.ronnymusic365.com

GEHENA- THE PREMIUM JEWELLERY EXHIBITION!

Dharmesh Khhergaonkar has seen it all, from being a florist to be the founder of Drishti Events & Promotion Pvt. Ltd. Under the capable leadership of its Founder & Director, Mr. Dharmesh, Drishti Events organises GEHENA-Premium Jewellery Exhibition and brings top jewellers of the city under one roof to cater a variety of designs for the visitors. Starting from 2008 and going strong with more than 5 successful shows across Maharashtra and Gujarat in 2022, despite the two years of a pandemic where the outdoor event industry took the biggest blow, the journey has been long. Dharmesh Khhergaonkar is a one-man show. He has given his all to create unforgettable memories for visitors and exhibitors. Gehena over the years has enabled jewellers and visitors to connect in a setup where they both experience the magic that happens beyond showrooms

and shops. Dharmesh Khhergaonkar is an optimist who has kept the show running. His energy at the show is reflected in the exhibitors and the visitors. His energy and enthusiasm are a vibe that lights up the exhibition floor. With a smile always across his face, he is setting milestones for the company.



THE MAGIC OF MUSIC

Manjusha Raut talks to
Harshvardhan Shahi about music being her therapy

Born in Gwalior, Manjusha Raut completed her education at various places in Maharashtra due to her father's transferrable government job. She completed her MA from Mumbai University and was working as a lecturer for some period.

She married an army officer Samir Raut and happened to live in various parts of India for many years. But, she was active teaching in colleges all the time alongside raising her daughter.

To settle down, the family chose Aurangabad and Manjusha started working with more enthusiasm. To pursue her passion she learnt music and became sangeet visharad.

Earlier, she had been a counsellor and guide solving women-related issues for a helpline connected with a newspaper group. Taking inspiration from her mother, Manjusha actively tried reaching out to girls, women and families helping solve domestic issues and women-related social evils.

She also started visiting a school run for mentally



"Music therapy is supplementary to the medical treatment"

challenged children and started performing various activities such as plays for them.

When she realised that children could respond to music, she started experimenting with songs, activities based on rhythm and tunes. This brought a revolution in learning abilities of those children.

Manjusha then enrolled

herself at various online and offline courses and workshops to learn about music therapy. The results were amazing and she eventually started getting invites from other schools, institutions run for mentally challenged children, old age homes, hearing impaired student schools, patients with depression and Alzheimer's disease.

Manjusha succeeded to bring considerable positive changes in their health, behaviour improvements, grasping abilities and getting empowered.

Manjusha shares, "For reaching maximum children, I am preparing various musical play-way learning videos and publishing them on my YouTube channel." One of her remarkable works is DVD consisting 18 songs and rhymes for specially challenged children named 'Happu Re Happu' which received tremendous popularity.

"Music therapy is supplementary to the medical treatment and it works wonderfully for getting expected results faster. I have witnessed that the activities based on music get more active response," shares Manjusha.

In 2019, Manjusha presented a research paper on Power of Music Therapy at a summit of Indian Society for Applied Behavioural Science in New Delhi.

For her extraordinary work she has been awarded with India's first Creative Art Therapy Award 2018.

Burger stand

A go-to place for burger lovers

What: Burpies Cafe

Satiate your hunger by heading to Burpies café. They are now serving burgers, mocktails, sandwiches, coffee, and so much more. We recommend you to taste their Blue Curaçao Mocktail and Paneer Tikka Burger.

The food is made with handpicked ingredients and their delicious slides are

on-point. As it happens to be an outdoor seating café, check the weather before heading to Burpies. They accept online orders too and the prices are pocket friendly. Enjoy good food with your besties at Burpies.

Price: On request

Available at: Instagram @burpiesfoods

Location: Te Amo Bistro, Garkheda.



Refreshing delights

Coffee, gossip and so much more.

What: Café Refresho

Café Refresho is nestled in Garkheda offering everyone scoops of refreshment at a pocket-friendly rate. The café has been in town for the last four years and remains a go-to place for many. Their refreshing cold coffee,

sandwiches, and fries are the bestsellers. Café Refresho is an indoor café and the ambience is serene. Their background playlists are very Bollywood and funky.

Price: On request

Available at: Café Refresho, Garkheda.

Pink Paradise!

Promising good food and a good mood

What: Fat Soul Café

The pink hues, floral backgrounds, and good food will steal your heart at this Instagram-worthy café in the town. The café is spacious and each corner is beautiful. The menu is well-curated and offers great variety for you to choose from. The price point is affordable and we recommend trying their Lasagna and

Tiramisu. If you visit in the evening you might enjoy some live music too. So, do head out and devour the interiors as it is their USP. Enjoy good food and click tons of pictures, hang out with your folks and have fun at Fat Soul.

Price: On Request

Available at: Instagram @fatsoul_abad



Compiled by Vrushi Khadilkar



FRUITS OF LABOUR

DHIVYA SUBBURAJU shares her success story about leaving a high-paying job and establishing a brand. By **KANIKA REKHI**

Hailing from a small town of Trichy, Dhivya Subburaju always dreamt of doing things differently and carving her own niche. Destiny made her fall in love, and shift base to Nagpur. “I left my high-paying career in Bangalore,

took a leap of faith and moved to this city. Life in a new place and different culture was not as easy as I thought, which led to us moving out of his parent’s house. Emotionally we were not in the right place for the first few years but our bond was strong. To help ourselves get better at

coping, we went for an Emotional Mastery Program in Chennai,” she says. Once there, from journaling gratitude to staying away from sugar and dairy, the couple had to change their lifestyle for 100 days. “Basic sugary treats like ice cream which was our favourite became forbidden for us. We used to eat only fruits to satisfy our sweet tooth. By the time the challenge was over we had become huge fans of fresh fruits but the craving for ice cream was still strong,” she adds.

After completing the challenge, when the two left the place and ventured out to try every fruit-based ice-cream brand but realised that no brand offered the true essence of real fruity flavor. They realized most had artificial flavours and colors and the premium ones had just less than 20% fruit. Realising the void in this segment, the idea to come up with a natural ice cream brand with the maximum concentration of fruit dawned upon them.

She says, “While teaching Business Simulation to B-School Graduates, we also taught about the power of differentiation to succeed as an entrepreneur. Using that learning, I came up with the idea of creating a popsicle brand, along with my husband.”

The two spent eight months in research and in 2019, they launched Licksters with six flavors of 100% pure fruit popsicles in a small 120 sq ft store in Nagpur.

Continuing to improvise their recipes they have now developed an array of varied products. “Now we have 30+ flavors of fruit pops, ice cream pops, greek yogurt pops, and innovative products like liquid-filled pops,” explains Dhivya. **F**



WHAT'S HOT lifestyle files



Pretty Place An immersive dining experience amidst aesthetic cozy settings

What: Pours and Plate, a beautiful and inviting café with a unique concept

Pours and Plate is centred around the core concept where every item on the menu is plated beautifully and comes with a pour!

They aim to offer a dining experience in a chic yet casual space, adhering to their ideology of pairing artisanal coffee with gourmet plated food. Everything is made in-house and fresh. The place is an amalgamation of beautiful aesthetics, gourmet plates and perfect pours for all times. The ambience has a natural vibe, with pastel colours and greens, with a lot of plants.

Price: 600-800 INR for two

Available at: Instagram @ Poursandplate




Style Stop! Designing and curating stylish outfits for men and women

What: Sadh by Sadhvi, a bespoke unisex designer studio by husband-wife duo

Sadh by Sadhvi Pande is much defined by its unique designs that blend supreme craftsmanship, fine tailoring, and attention to detail. The clothes come with refined ease that draws inspiration from contemporary culture and the lives of hip urban women who are driven, independent, and constantly reinventing themselves. Under the same roof lays another designer gem, Harsh Batra couture. Harsh Batra label is a destination of discovery for men's fashion catering to colors, details, and silhouettes that explore all aspects of men's wardrobe, stylishly.

Price: On request

Available at: Instagram @ sadhbysadhvipande 

Decadent Delights Crafting delectable sweet and savory goodies

What: The Batter Matter, a home venture serving an array of bakery and confectionery products

The Batter Matter is a venture by Sakshi Mehadia specialising in eggless treats like flavourful cakes, gourmet desserts, artisanal breads, ice creams, and chocolates. All their products are freshly baked with the finest of ingredients. They also cater to party orders with dessert spreads and are also available for bespoke and corporate gifting pan-India.

Always striving to come up with innovative flavors, their focaccia bread, cheesecake, cookies, and tea cakes are quite popular.

Price: On request

Available at: Instagram @the.batter.matter





ROYALOAK LAUNCHES First Flagship Store

Furniture Company Royaloak launched its first flagship store at Wagholi, Royaloak with its range of sofas, recliners, dining sets, exclusive mattresses, cushions, and a whole range of office and outdoor furniture.

On the occasion of the opening of their first store in Wagholi (Nagar Road), Chief Guest Sai Tamhankar expressed that "The store is huge and it offers all kinds of imported furniture that is a perfect blend of style and comfort."



AWWA DAY CELEBRATION 2022

56th Army Wives Welfare Association (AWWA) Day was celebrated at Dhanvanthri Auditorium, Pune on 23 August 2022. Indian Army while being committed to the nation's security and safeguard is equally concerned about their families, and the veernaris. Keeping this in mind, the Army Wives Welfare Association carries out numerous initiatives all round the year. To mark the initiative, Indian Army every year celebrates 23rd August as AWWA Day. Head Quarter Southern Command celebrated the 56th AWWA Day at Dhanwantri Auditorium, Pune from 22nd to 23rd August 2022.

Kinetic Announces The Launch Of A New Company To Focus On Electric Vehicle Market

Kinetic Engineering Limited (KEL) which revolutionized the two-wheeler industry and transformed itself into an auto component manufacturer has announced the formation of a subsidiary company that will focus on the growing EV Market. The new company will be a subsidiary of Kinetic Engineering Limited in which Kinetic Engineering Limited will own more than 51% stake.



EARLY INTERVENTION CENTRE LAUNCHED AT COMMAND HOSPITAL, Pune

Nearly 10 % of 27 million children born in India every year suffer from some disability, defect, or developmental delay that leads to severe handicaps in later life. Early detection of these problems and early intervention by a team of therapists have the unique opportunity to minimise disability. In keeping with this idea, Govt of India has launched Rashtriya Bal Swasthya Karyakram (RBSK) and has decided to set up Early Intervention Centres in each District. Keeping pace with the latest medical interventions, Armed Forces have established their first Early Intervention Centre (EIC) at the Command Hospital (Southern Command) Pune, a state-of-the-art facility inaugurated on 8th August 2022 by Mrs. Anita Nain, Regional President AWWA in the presence of Maj Gen M S Tevatia, Commandant of the hospital.

- Compiled by Saher Khanna

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Image courtesy
Āsha by Dharmi