

AAP turncoat Kailash Gahlot nominated to BJP election committee

STAFF REPORTER ■ NEW DELHI

Former Delhi BJP president Satish Upadhyaya, AAP turncoat Kailash Gahlot and state general secretary Vishnu Mittal nominated as a member of the BJP's Delhi Assembly election coordination committee.

Fadnavis makes a Maha comeback



TN RAGHUNATHA ■ MUMBAI

Not many in Maharashtra political circles can forget his much-discussed statement Me-Punha-Yain-Me-Punha-Yain that he had made repeatedly in the run-up to the 2019 state Assembly polls to suggest that he would return as the chief minister of the state. It did not happen then. But, this time around, Devendra Fadnavis will in all likelihood return as the chief minister (CM) of Maharashtra.

The CM once again, the Bharatiya Janata Party's (BJP) central leadership is unlikely to oblige him - especially after its historic mandate in Maharashtra. Given that he was the face of the BJP in the state Assembly polls and his claims were ignored when it formed a government two-and-a-half years ago with Eknath Shinde at the helm, Prime Minister Narendra Modi and Union home minister Amit Shah are likely to go with Fadnavis as the CM.

More than the newly-elected MLAs, Shinde, his deputy, Ajit Pawar and Fadnavis, it is Modi and Shah who will ultimately decide as to who will be the next CM of Maharashtra. That he wants to become the next CM is an open secret. But he has chosen not to talk about his desire to return as the CM, because he realises that there can be a slip between cup and lip.

cryptically, "Yes, I have come back after breaking two parties" - a reference to splits of the Shiv Sena and NCP. His supporters say that after the BJP-led MahaYuti's historic victory in the polls, Fadnavis has given a fitting reply to the Opposition Maha Vikas Aghadi leaders' earlier criticism: ek-akela-Devendrakya-karega.

Victory of development, social justice and good governance: Modi

PIONEER NEWS SERVICE ■ NEW DELHI

Terming the historic verdict, Prime Minister Narendra Modi on Saturday hailed the Maharashtra assembly results a victory of development and defeat of lies, saying the mandate was a firm rejection of the negative politics of the Opposition. He further said the election in Maharashtra proved the maximum of 'Ek hai toh safe hai' (there is safety in unity) which has become a mantra to the whole country.

A lesson to those who make people fight in the name of caste, religion, language and region. The Congress and its ecosystem had thought that by spreading lies in the name of the Constitution, they could divide the Scheduled Castes (SCs), Scheduled Tribes (STs) and Other Backward Classes (OBC) in small groups. This is a solid slap on their faces," Modi said. Modi congratulated and thanked all the workers of alliance in the state and expressed appreciation for Eknath Shinde, Devendra Fadnavis and Ajit Pawar.

politics of lies and betrayal propounded by the Congress and its allies. Modi said divisive forces, negative politics and dynasticism have been defeated in the Maharashtra election and bypolls in various states. He said the people of Maharashtra have voted for stability and taught a lesson to those who tried to create instability.

A weekend of wheezing in NCR

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In nine areas of Delhi, the AQI level remained above 300 and between 400. It was 394 in Aya Nagar, 384 in Mathura Road, 397 in IGI Airport, 390 in Dilshad Garden, 388 in TIO, 394 in Jawaharlal Nehru Stadium, 398 in Pusa, and 388 in Sri Aurobindo Marg. In 27 areas of Delhi, the AQI level remained between 400 and above 500.

Campus 419, 401 in NSIT Dwarka, 420 in Okhla System, 426 in Patparganj, 454 in Punjabi Bagh, 430 in RK Puram. The score is 450 in Rohini, 439 in Shadipur, 406 in Siri Fort, 453 in Vivek Vihar, 467 in Wazirpur. The AQI in Delhi-NCR's various cities also remained high. Faridabad AQI was at 290, Gurugram was at 324, Ghaziabad at 357, Greater Noida at 295 and Noida was at 345.

hours to 0900 hours IST which improved thereafter, becoming 1000 m at 0930 hours IST. Mainly smog conditions with wind speed less than 06 kmph variable direction prevailed over the region in the forenoon on Saturday.

39 minutes, while the Jansadharan Express (Anand Vihar terminal to Danapur) faced a significant delay of 661 minutes. Other trains, including the Hazrat Nizamuddin Humsafar Express and Runicha Express, also experienced delays.

AAP wrests Cong seats in Punjab by-poll

PIONEER NEWS SERVICE ■ NEW DELHI, CHANDIGARH

In a boost to the ruling Aam Aadmi Party (AAP) in Punjab, the party wrested three Assembly by-polls in Gidderbaha, Dera Baba Nanak and Chhabawal, all three of which were vacated by Congress MLAs who were elected to the Lok Sabha while the Congress won the Barnala seat in the by-polls. With this victory, the AAP will have 94 seats and the Congress will have 16 in the 117-member Assembly.

spot in the four seats. The Shiromani Akali Dal (SAD) had stayed away from the by-polls. The by-polls, which took place on November 20, were necessitated after the incumbent legislators were elected to the Lok Sabha earlier this year.

put up a strong show in the by-polls after it drew a blank in the General Election from the state. As the results came in, AAP leaders and workers burst firecrackers, distributed sweets and danced to the beats of dhol, while victory marches were taken out by the successful candidates in their respective constituencies.

everyone," he posted on X. AAP national convener Arvind Kejriwal, posted on X, the people of Punjab have once again expressed their faith in the ideology of the AAP and the work of the state government by giving three out of four seats to his party in the by-polls.

MAHAYUTI STUMPS MAHA VIKAS AGHADI

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Such is the MahaYuti victory that the ruling alliance has made gains in all the six regions of the state, including Mumbai. Of the 36 seats in Mumbai, the MahaYuti won 23 seats, as against 12 seats won by the MVA. In the neighbouring Thane and Konkan region, out of the 39 seats, the MahaYuti walked away 32 seats, while the MVA won mere four seats.

JHARKHAND SAYS JOHAR TO JMM

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Another former CM and incumbent Governor of Odisha Raghuraj Das' daughter in law Poornima Sahu Das managed to win from Jamshedpur East constituency. Addressing a press conference at his residence Hemant Soren credited the victory of INDIA Bloc to the people of Jharkhand.

WAYANAD SENDS PRIYANKA TO PARLIAMENT

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Shafi Parambil, the sitting MLA from Palakkad had won the 2021 Assembly poll by a majority of 3859 votes and he resigned from the seat on getting elected as Member of Parliament in the 2024 general election.

BJP dominates by-polls across 15 diverse states

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Chief Minister Yogi Adityanath celebrated the victory, attributing it to the BJP's governance, welfare policies, and strategic outreach. "The BJP-NDA's success is a testament to the people's faith in the double-engine government under Prime Minister Narendra Modi's leadership. I thank the voters for their unwavering support," he said.

Congress solidified its dominance in West Bengal, winning all six contested seats, including the BJP stronghold of Madarihat. Congress candidate Gulabsinh Rajput defeated BJP's Swarupji Thakor in the by-elections to the Vav Assembly seat in Gujarat's Banaskantha district.

by-poll for the Kedarnath Assembly seat. BJP nominee Asha Nautiyal, who got 23,814 votes, defeated Manoj Rawat of the Congress by a margin of 5622 votes. However, in a setback for the ruling BJP in Madhya Pradesh, Forest Minister Ramiwasi Rawat lost the Soreng Chakung and Vijaypur Assembly bypoll to Congress candidate Mukesh Malhotra by a margin of 7,364 votes.

Meghalaya, the National People's Party (NPP) secured the Gamage seat with a victory by Chief Minister Conrad Sangma's wife, Mehtab Chandee Agitok Sangma. In Sikkim, the Sikkim Krantikari Morcha (SKM) clinched both the Soreng Chakung and Namchi-Singthang seats.

The Lotus blooms yet again

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The BJP surge came on the back of a strong showing in the Vidarbha region. The BJP contested the highest number of seats (47) in the region, which is home to a large chunk of both large- and small-scale farmers.

Cong now back in analysis mode...

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Zaman said as she travels to different corners of the country to promote the book and have discussions with people, she has realised why Mahmood's popularity has stood the test of time.

Ummidon Ke Geetkar...

The outcome revealed that the Congress continued to falter on the slippery electoral landscape, struggling to win or improve in states where it is ruling and failing to uplift alliances where it is the senior partner. In Haryana, where the Congress and BJP were in direct contest, the party could not convert the anti-incumbency of BJP's two terms into a win.



THE SABARMATI REPORT



THE FILM UNVEILS THE INFLUENCE OF POLITICAL CLOUT AND JOURNALISTIC INTEGRITY IN THE WAKE OF A HISTORICAL TRAGEDY, SAYS ABHI SINGHAL

Directed initially by Ranjan Chandel and later helmed by Dheeraj Sarna, *The Sabarmati Report* intricately explores the interplay of political dominance and media influence against the backdrop of one of India's most contentious events—the Godhra train burning incident of February 27, 2002. This film, inspired by real-life events surrounding the *Sabarmati Express* tragedy, delivers a compelling narrative steeped in investigative journalism, political

dynamics, and the moral dilemmas of media reporting. The movie begins with an electrifying depiction of the bustling newsroom environment, immediately pulling viewers into the heart of the journalistic world. The talented cast, led by Vikrant Massey as Samar Kumar, Raashii Khanna as Amrita Gill, and Riddhi Dogra as Manika Rajpurohit, along with Barkha Singh's impactful cameo as Shloka, infuses life into the gripping storyline. The plot meticulously recreates the harrowing events of the

Godhra train incident, where 59 individuals, predominantly Hindu pilgrims and karsevaks returning from Ayodhya, tragically perished in a devastating fire. With a meticulous portrayal of the horrific aftermath, the movie confronts viewers with the sheer magnitude of the tragedy while shedding light on the media's struggle to strike a balance between truth and sensationalism. Riddhi Dogra's portrayal of Manika Rajpurohit, an English news anchor with an air of arrogance and confidence in her abilities,

adds depth to the media-focused narrative. The first half captivates audiences with its vivid storytelling and intricate character development. However, it is post-intermission where the film takes a gripping turn, delving into the core of the investigative efforts to uncover the truth behind the train-burning case. Vikrant Massey delivers a masterful performance as Samar Kumar, transitioning from an idealistic journalist to a relentless investigator with remarkable ease. His character's transformation is

riveting, offering a nuanced look at the challenges faced by those who dare to question authority. Raashii Khanna shines as Amrita Gill, a determined intern navigating the salted waters of media politics. Her journey alongside Samar not only drives the narrative forward but also marks a significant milestone in her acting career. While the film boasts strong performances and a compelling storyline, it does falter slightly in its attempt to inject humour into serious moments, which at times feels forced and disrupts the

intensity. The background score, however, compensates by effectively amplifying the gravity of each investigative sequence, adding a layer of immersion for the audience. *The Sabarmati Report* follows in the footsteps of recent titles like *The Kashmir Files* and *The Kerala Story* of having hits and more profits. The film has a crafting a fiery and provocative narrative designed to resonate with viewers on an emotional level. However, it stands apart by striving to present a nuanced perspective on media

ethics, to take out the truth and the complex interplay of truth and political agendas. With good performances which could have been improved while playing the characters, a thought-provoking storyline, and a reflection on the moral quandaries of journalism, *The Sabarmati Report* is a cinematic endeavour that not only entertains but also compels viewers to question the very fabric of truth and power in today's world. **RATING: 4/5**



By SAKSHI PRIYA

SHOWCASING THE FUTURE OF WEDDING FASHION

Shoppers Stop, one of India's premier destinations for fashion and lifestyle, recently unveiled its much-anticipated wedding collection with a show-stopping fashion event at Ambience Mall in Delhi. Choreographed by the renowned Marc Robinson, the runway was set ablaze with a stunning display of elegance, tradition and contemporary glamour, making it a night to remember for fashion enthusiasts and wedding planners alike.

The fashion show was a celebration of the multifaceted world of Indian weddings. With each look carefully curated to reflect the different stages of a wedding celebration, the show presented a variety of styles, from vibrant Haldi attire to intricate Mehendi looks. There were regal Wedding ensembles, striking Reception pieces and chic Cocktail attire that perfectly balanced tradition with modern aesthetics. The collection also included sophisticated outfits for Destination weddings, catering to the growing trend of weddings in exotic locales.

What truly stood out was the sheer attention to detail in every outfit. The models strutted down the runway in exquisitely crafted garments, flamboyant lehengas, royal sherwanis, and embellished sarees, each reflecting the intricacy of Indian craftsmanship. Rich fabrics such as silks, velvet and brocade were paired with delicate embroidery, beadwork and sequins, making the outfits feel both luxurious and timeless. The Haldi outfits in shades of yellow were a burst of joy, while the Wedding and Reception ensembles in regal reds and golds exuded grandeur and sophistication. The choreography of the show also played a crucial role in



enhancing the storytelling of the evening. Each segment flowed effortlessly into the next, with the models' movements reflecting the celebratory mood of the wedding journey. The beauty of the outfits was complemented by the elegant styling, with hair and makeup that ranged from soft, natural looks for Mehendi to bold and glamorous statements for the Reception. Adding to the grandeur were the accessories—statement jewellery, intricately designed clutches and shoes that perfectly matched the bridal looks. These final touches elevated the overall aesthetic, making each ensemble feel complete. The show wasn't just about clothes; it was about showcasing the essence of Indian wedding traditions with a modern twist. Shoppers Stop's new wedding collection, available across its stores and online, is more than just a display of luxury fashion; it is a celebration of every aspect of Indian weddings. From the first haldi ceremony to the grand reception, the collection offers something for every moment, ensuring that customers can find the perfect ensemble for every wedding occasion.

With over 500 premium brands to choose from, it has positioned itself as the ultimate destination for wedding shopping, combining high-quality craftsmanship with contemporary flair. The fashion show was an impressive showcase of the brand's dedication to providing stylish, accessible and diverse options for wedding wear.

PHOTOS: PANKAJ KUMAR

Preserving India's Constitutional Legacy

O.P. Jindal Global University inaugurates India's first Constitution Museum, writes ABHI SINGHAL



India's political history is a tapestry of landmark events, judicial milestones, and moments that merit broader recognition. Yet, a significant portion of the population, including children, remains unaware of the profound influence the Constitution has on their lives. To bridge this gap, O.P. Jindal Global University (JGU) has established India's First Constitution Museum, inaugurated on Saturday, at its Sonapat campus. The museum aims to deepen the understanding of the Constitution through diverse sections that highlight its historical significance and the pivotal debates shaping its formation. Designed to be a hub for education and reflection, the museum employs innovative approaches to engage visitors, offering a vivid narrative of the Constitution's 75-year journey.

Through interactive installations, cutting-edge technology, and AI-driven displays, the museum will bring history to life. Visitors will get to experience 3D installations, progressive displays, and guided tours powered by the S.A.M.V.I.D. Project, a collaboration between JGU and IIT Madras. This advanced language model enhances the visitor experience by providing in-depth insights into every exhibit, including profiles of Constituent Assembly members and their contributions. The museum will integrate textual, audio-visual, and experiential formats, ensuring an engaging and immersive experience for all. Visitors can explore sections dedicated to each part of the Constitution, its evolution, and its

enduring significance. *The Constitution Gardens* would add an artistic dimension, with sculptures symbolising the core principles of liberty, equality, justice, and fraternity. Drawing inspiration from illustrated manuscripts and original excerpts, these artworks also celebrate India's geographical diversity while reflecting the unifying ethos of the Constitution. A highlight of the museum is the art display featuring pieces from the original handcrafted document and artworks inspired by it. The museum will also house an archive of expert interviews exploring various aspects of the Constitution, making it an invaluable resource for scholars and enthusiasts alike. As the first initiative of its kind at an educational institution, the *Constitution Museum* underscores JGU's commitment to integrating education, culture, and technology. Open to the public with free entry via app-based pre-registration, it promises to be a transformative space for growing constitutional awareness and pride in India's democratic heritage.

the pioneer agenda

"A recipe has no soul.
You, as the cook,
must bring soul to the recipe"
— Thomas Keller



FOODFREAK



Pawan Soni
Food critic and
founder of the
Big F Awards



LOBSTERS TAKE CENTRE STAGE AT GRAPPA POP-UP



Exciting culinary happenings continue to enrich NCR's food scene, with innovative pop-ups and eateries introducing diverse menus. The latest buzz? The celebrated London-based chain *Burger & Lobster* has brought its famous flavours to Delhi with an exclusive pop-up at *Grappa, Shangri-La Eros Hotel*. As a seafood enthusiast, I couldn't resist the allure of this pop-up, and I'm thrilled to say it didn't disappoint. These aren't the usual *lobsters* found locally, which primarily offer meat in the tail. Instead, these are exquisite *Atlantic lobsters flown* in from Canada, boasting sweet, chunky meat in both the claws and the tail. For the uninitiated, their texture and flavour might even be mistaken for crab—but one bite will make their unique charm unmistakable. Served steamed or grilled, these *lobsters* are paired with a delightful *lemon butter garlic sauce* that compliments their natural sweetness without overpowering it. Every bite was pure indulgence. Priced at ₹5,800, they're a luxurious yet fairly priced treat, especially given the five-star ambiance. The European-style patio



PHOTOS: PANKAJ KUMAR



(Left to right): Abhishek Sadhoo, General Manager, Shangri-La Eros New Delhi; Chef Brian Chang, Corporate Development Chef, Burger and Lobster and Chef Gagandeep Singh Sawhney, Executive Chef, Shangri-La Eros New Delhi

seating overlooking lush greenery further elevates the experience. For those who crave a pasta twist, the *Lobster Mac & Cheese* is a must-try. Even as someone who typically steers clear of pasta, I found it irresistible. Rich with *lobster meat* and coated in a decadent three-cheese sauce blended with *lobster bisque*, the dish is creamy and perfectly balanced. At ₹1,800, it's a satisfying portion worth every rupee. The menu also offers a variety of burgers. I shared the *Waffle Chicken Burger* with a friend, and it was a delightful surprise. A crispy *fried chicken thigh* nestled in a Belgian waffle and drizzled with ranch sauce, simple yet satisfying. If you're intrigued, don't wait too long. Book your slot before this pop-up ends, or you might find yourself chasing these lobsters all the way to London!





Step into Melt House for a warm ambiance with culinary delights, from cheesy grilled sandwiches to delightful desserts, writes **ABHI SINGHAL**

Tucked on a road full of cafés and eateries, between the streets of Greater Kailash II, the *Melt House* café invites you to step inside and have the essence of a cozy vibes like you feel on the mountains while enjoying inside. The warm yellow colour mixed with brown, with bulbs hanging above the wooden tables, while the aroma of fresh ground coffee and wine mingles with the soft humming of acoustic music. *Melt House* is the kind of place where time seems to slow, promising a cozy experience with posters of coffee and scenic beauty giving you a beautiful time. From the dishes to the bar menu to *malted milkshakes* the *Melt House* caters everyone for a quality time and quality treat. Beginning with the grilled cheese speciality of the café, the *Piri Piri Cottage Cheese Grilled Cheese sandwich* is zesty containing pulled cottage cheese with onions, peppers, cheddar, mozzarella and American cheese. The *Piri Piri Cottage Cheese Grilled Cheese sandwich* gave a texture of firm and crunchy on the outside but the cheese enhanced the taste of the same. After the mouth-watering sandwich, you can embrace yourself and order the flavourful *Smoky Cajun Penne Alfredo* under the Big Plates menu. Indulged with a luscious blend of butter, heavy cream, and freshly grated

Parmesan for that perfect creamy Alfredo sauce, the *pasta* with *garlic bread* will activate your taste buds. If you are a pizza lover and a vegetarian, trying *Burrata Margherita* will be a delicious one. Bursting with vibrant, tangy flavour, balancing richness with just the right amount of acidity, *Burrata Margherita* is filled with Burrata cheese, red and yellow cherry tomato and fresh basil which will not be very visually appealing but is tasty and soft. Jumping into the small plates menu, *Pink Garlic Aioli Parmesan Truffle Fries* with *russet potatoes* cut into matchsticks with freshly grated Parmesan cheese, black truffle oil and mayonnaise for the aioli are moreish. Reflecting on the history and the aura of the café Chef *Rohit Negi* said, “The *Melt House* basically started from Gurugram itself as an artisanal sandwich shop and then we have opened to big places having the speciality of cheese. There is the melted cheese concept we infuse in our dishes. Now, after we have all the totally cheesy flavours in our food, and we have differentiated it from any other restaurant you get on to. We have some Italian cuisine in it, and we have mixed it with cheese for the cheese lovers.” The café also has different offerings in *Vodka, Tequila, Red Wines, White Wines, Gin* and more. For the milkshake enthusiasts and the



hot chocolate connoisseurs, the *Classic Hot Chocolate* at the *Melt House* is a must try beverage. The *Cold coffee* at the *Melt House* is a refreshing blend of smooth, chilled coffee, served with ice for an invigorating lift. Its rich, bold flavour comes alive with each sip, perfectly balanced between the sweetness and

A COZY ESCAPE



the robust, aromatic essence of freshly brewed coffee for the caffeine kick. This signals a shift towards indulgence, setting the stage for dessert as the grand finale. So, Nutella lovers assemble as the *Chocochip Walnut Nutella* is a treat that combines the richness of Nutella with the satisfying crunch of toasted walnuts and the delight of chocolate chips. Each bite bursts with soft and nutty layers of flavour, balanced perfectly by the sugar content. The ones looking for mouth watery chocolate and high sugar *Melita Matilda Cake* is a decadent masterpiece that promises to satisfy even the most discerning sweet tooth. With its spongy layers of chocolate sponge, every bite melts effortlessly in your mouth, leaving behind a trail of luxurious sweetness. In conclusion, the *Melt House Café* offers more than just a meal; it provides an experience. Whether you're seeking a cozy corner to unwind with a cup of freshly brewed coffee, wanting the cheesy delights, or treating yourself to decadent desserts, *Melt House* promises to deliver warmth and comfort with every visit.



Terrai attributes its inception to the terrain and rich historical culture and culinary legacy of the State of Telangana. Situated in the southern-central part of the Indian peninsula on the high Deccan Plateau, cuisine of Telangana is influenced by the region's rich history of Deccan and Telugu culture. Nizam culture is a blend of opulent traditions, art, and cuisine that reflects the historical grandeur and diverse heritage of Telangana. Founded by the visionary restaurateur, *Rohit Kasuganti* and the creative powerhouse, *Anisha Deevakonda*, *Terrai* derives its name from terrain defining the topography of the young-historical State. Reinventing traditional cuisine, propagating the culture and community is the ethos of this new restaurant, *Terrai*.

REVIVING TELANGANA'S



From terrain to table, *Terrai* presents the evolution of Telangana Cuisine, says **SHARMILA CHAND**



THE VISION
The objective of *Terrai* is simple - it aims to propagate the deeply rooted culinary culture of the State, becoming synonymous with it. *Terrai* is a glorious homage to the rich heritage, culture and culinary prowess of Telangana. At *Terrai*, every dish serves as a resplendent tribute to the land, celebrating local women farmers and tribal chefs who utilise time-honoured techniques and ingredients. *Rohit Kasuganti*, Founder and CEO, *TSK Food Works*, says, “Telangana food has been overshadowed by the popularity of its neighbouring cousin. Taking immense pride in our roots, our thought and vision behind *Terrai* is to simply showcase the tradition and history behind the food from our State, designed for the modern diner. We want *Terrai* to lead a revolution, of sorts and to propagate Telangana cuisine to the World and enlighten our colleagues and guests to the rich legacy that it represents.”

envolved in an ambiance that exudes sophistication and warmth. Influenced by and representing the rich crafts of the State, the terracotta walls, adorned with intricate Ikkat mouldings and exquisite Dokra art, radiate an earthy elegance, while the captivating Bathukamma-inspired ceiling lights create a mesmerising glow throughout the space. Crafted by the renowned *Sona Reddy Studio*, every detail - from the repurposed traditional doors to the stunning original artworks by *Narahari* invites guests on an enchanting journey through Telangana's rich cultural tapestry. “*Terrai* is a creative canvas where we weave the rich cultural and artistic elements of Telangana into every detail. From collaborating with local artisans on the stunning Dokra art to sourcing textiles for our Ikat-inspired decor, every partnership reflects the soul of Telangana, bringing its stories to life. Our mission is to ensure that every guest experiences the essence of our heritage through innovative and traditional cuisine”, adds *Anisha Deevakonda*, Creative Head and Partner, *Terrai*.



NARRATIVE

Community is integral to the *Terrai* experience. The founders prioritise partnerships with local women farmers, artisans, and home cooks, ensuring that every ingredient is fresh, ethically sourced and imbued with the spirit of Telangana. This commitment to collaboration extends beyond the kitchen, celebrating the invaluable contributions these communities make to the state's culinary legacy, transforming each meal into a traditional story of connection. *Terrai* aspires to elevate Telangana's cuisine to its rightful place on the global gastronomic stage, offering a dining experience that transcends mere nourishment. It embodies a modern renaissance, a movement dedicated to establishing a distinctive identity for



ELEGANT WITH LOCAL CRAFTS

Sprawling in 12000 sq. ft., here is the dining destination, offering a luxurious experience with seating for 250 guests across four distinct dining halls, each designed to provide a unique ambiance. As you step in *Terrai*, you are



Telangana's culinary traditions, free from the shadows of other Indian influences. Guests are invited to embark on a glorious culinary adventure, reconnecting with the land through an exquisite array of flavours.

A MELANGE OF FLAVOURS & TEXTURES

Picture indulging in the *Karim Nagar Fried Chicken Wings*, a fiery sensation complemented by tangy pickled onions, or experiencing the opulence of *Terrai Mutton Curry* paired with *spiced Masala Pooris*. The *Golichina Mamsam*, crowned with crispy fried curry leaves, is a flavour explosion, while the refreshing *Not So Mirchi Cocktail* adds a zesty flourish. Round off your culinary adventure on a sweet note with the delectable *Saffron Cheesecake*, *Kandha Doodh*, adorned with delicate saffron pearls, each a testament to the glory of Telangana's rich culinary heritage. *Terrai* is more than just a celebration of exquisite flavours; it is a cultural sanctuary where the stories of Telangana come alive. Each dish encapsulates the region's unique traditions and customs, inviting diners to embark on a journey that honours the past while embracing contemporary flair. Here, every bite is a narrative, woven from the intricate tapestry of spices and age-old recipes passed down through generations, all set against a backdrop that resonates with the soul of the Deccan. In a world brimming with dining options, *Terrai* emerges as a splendid celebration of Telangana's heritage, inviting food enthusiasts to partake in an unforgettable journey that captures the very essence of the region. It's not merely a meal; it's a resplendent experience that delights the senses and nourishes the soul.

— *Sharmila Chand* is an author, columnist and journalist who writes on Food, Travel, Culture and Lifestyle

ADDRESS:

Terrai, Sattva Knowledge Park, Silpa Gram Craft Village,HITECH CITY, Hyderabad

THE ART AND SPIRIT OF CAKE MIXING

TEAM AGENDA

AT CROWN PLAZA, MAYUR VIHAR

The *Crown Plaza Mayur Vihar* recently hosted its annual *Cake Mixing Ceremony*, embracing the charming theme of an *English Country Christmas*. This delightful event transformed the hotel into a festive wonderland, inviting guests to partake in a time-honoured tradition that has brought people together for centuries.

The roots of cake mixing trace back to 17th-century Britain, where this delightful ceremony marked the end of the harvest season. Farmers would gather to soak fruits and nuts in spirits, preserving them for the rich Christmas cakes that would grace tables during the cold winter months. This joyful gathering symbolised abundance, gratitude and the spirit of community, a celebration of nature's bounty and the warmth of togetherness.

At the *Crown Plaza*, the atmosphere was filled with excitement and laughter as guests rolled up their sleeves and joined in the festive fun. The delightful aromas of dried fruits, fragrant spices and rich spirits filled the air, creating an inviting and warm environment. This year's theme of an *English Countryside Christmas* was beautifully reflected in the décor, featuring the traditional red, white and green colours that evoke feelings of warmth and festivity. The venue was adorned with charming elements reminiscent of the British countryside, where cosy cottages and snow-covered landscapes create a magical setting for the holiday season. This theme perfectly encapsulated the simplicity of nature, celebrating the spirit of family and community gatherings that are central to the festive season. As guests stirred the mixture, they shared stories and laughter, reinforcing the bonds of friendship and family. This camaraderie mirrored the gatherings of the past, where communities would unite to prepare for the joyous celebrations ahead. Once the mixing was complete, the cakes created during the ceremony would be set aside to mature in their rich blend of flavours, ready to be enjoyed during the Christmas festivities. The sharing of these cakes with the wider community reflects the



essence of the occasion, joy is amplified when shared with others. The *Cake Mixing Ceremony* at *Crown Plaza* embodies the essence of tradition, community and connection. In our fast-paced world, such events encourage us to pause, reflect and appreciate the simple pleasures that life offers. As attendees departed, they left not only with a sense of festivity but also with cherished memories of laughter and connection.

AT LE MERIDIEN, NEW DELHI

In recent years, *cake mixing* has become a much-anticipated ritual in the culinary calendar, where the joy of the holiday season is brought to life through the vibrant mixing of ingredients that will eventually turn into Christmas cakes. Traditionally marking the beginning of Christmas preparations, *cake-mixing* ceremonies have their roots in the mediaeval custom of feeding the Christmas cake with spirits and fruits, infusing it with rich flavours that are synonymous with the festive season. In hotels, restaurants and homes around the world, *cake mixing* symbolises warmth, joy, and a shared experience of holiday spirit. The *cake mixing* ceremony serves as a festive kick-off, celebrating togetherness and the joy of giving. This tradition often includes the blending of dried fruits, such as raisins, cherries, apricots, and

nuts, along with a blend of warming spices and a generous pour of spirits. The ingredients are then left to mature, allowing the fruits to soak in flavours, adding depth and complexity to the Christmas cakes and other holiday treats that will be shared with family and friends. Each year, *Le Meridien New Delhi* joins in this timeless tradition, creating a unique and memorable experience for guests and locals alike. This year, the hotel launched its *#WinterOfJoy* celebration with a magical *cake mixing* ceremony at their elegant venue, *Longitude*. The event drew food enthusiasts, media, and hotel guests together, where they witnessed the rhythmic blending of exotic fruits, spices, and luxurious ingredients, building anticipation for the holiday treats that await. *Meena Bhatia*, Vice President and General Manager of *Le Meridien New Delhi*, remarked on the occasion, “We are thrilled to embark on our *#WinterOfJoy* celebration with this heart-warming timeless tradition. We invite everyone to join us in experiencing a symphony of flavours, sights, and sounds as we embark on a festive journey.” The *cake-mixing* ceremony at *Le Meridien New Delhi* symbolises more than just the beginning of Christmas preparations; it represents a celebration of life, tradition and community.



Envision a captivating tale of luxury and sophistication in the heart of Hong Kong: This exquisite five-star harbour front gem has been a beacon of elegance since its inception over a decade ago, hosting a prestigious clientele of celebrities, dignitaries, and CEOs. Its allure knows no bounds, boasting flawless service, state-of-the-art amenities, and a culinary experience that is simply unparalleled.

LUXURY CONVERGE AT HONG KONG

HARBOUR VIEWS, URBAN VIBES

Nestled against the stunning backdrop of Victoria Harbour, with the vibrant pulse of Hong Kong Island at its core, Four Seasons Hong Kong effortlessly combines opulence with convenience. Step outside to breath-taking views of the harbour, while being seamlessly connected to the glamour of the IFC mall via air-conditioned walkways. Stroll along these pathways to access the Central Ferry and Star Ferry piers, the bustling Central business district, the Macau ferry terminal, as well as the Airport Express and Central MTR subway station. A flawless fusion of luxury and accessibility awaits at this unforgettable destination. As I approach the hotel's majestic entrance, I am immediately enveloped by the brilliance of its gleaming surfaces and soaring three-story windows, illuminated by the warm embrace of the sunlight. It feels as though I am stepping directly into the vibrant heart of the harbour itself. I find the hustle and bustle of people-watching utterly delightful—there are elegantly attired billionaires in Ferragamos gliding gracefully across the polished marble, while men in dark suits engage in hushed, intense negotiations, their powerful presence palpable. The air is rich with accents from around the globe, creating a symphony of cultures converging in this one place. Settling into



the Glass Room lobby lounge with a steaming cup of coffee in hand, I immerse myself in the spectacle of Hong Kong at its glamorous, cosmopolitan best.

INDULGE IN LUXURY

Stepping into my superior harbour front suite feels like entering a serene sanctuary bathed in natural light. The elegance of the space is unmistakable, with its clean, contemporary lines and a harmonious palette of neutral tones. I am instantly drawn to the inviting textures—the pale gold lozenge-patterned headboard, the sleek glossy lacquer cabinetry, and the softly striped carpeting that added warmth beneath my feet. The sumptuous bed beckons, flanked by high-tech panels equipped with sockets, USB ports, and intuitive touch-button controls for lighting and curtains, making it easy to transition from day to night. The bathroom is a lavish escape, adorned in rich honey marble that tempted me to



Experience an unparalleled luxury at the prestigious harbour front 'Four Seasons' hotel in Hong Kong, where elegance meets world-class amenities and panoramic views of Victoria Harbour, writes **AKANKSHA DEAN**



indulge in long, relaxing soaks. As a guest with access to a suite, I also enjoy the privilege of the Four Seasons remarkable 45th-floor Executive Club Lounge. It is an absolute delight, offering complimentary breakfast and afternoon tea, along with all-day refreshments, including beer, wine, soft drinks, and hot beverages. As evening approaches, the lounge transforms into a vibrant social space, serving champagne, cocktails, and a delightful array of both hot and cold buffet options—truly one of the city's best-kept secrets.

SIP, SAVOUR, CELEBRATE

The Four Seasons is an extraordinary culinary haven, boasting an impressive eight Michelin stars spread across three of its exceptional restaurants. I am fortunate enough to indulge in Lung King Heen, the first three-Michelin-star Chinese restaurant, delivering exceptional Cantonese cuisine through teamwork, quality ingredients, and outstanding hospitality, presenting

each dish as a masterpiece. Caprice, under Chef Guillaume Galliot, masterfully blends classic French cuisine with global influences, showcasing fresh ingredients, inventive techniques, and an exceptional wine and cheese selection for a remarkable dining experience. The French fine dining restaurant mesmerises me with a stunning visual and culinary symphony, also graced with three stars. Then there is the renowned Sushi Saito, where the expertise of Japanese seafood truly shines, earning its well-deserved two stars. Each morning, I savour a sumptuous international breakfast served in The Lounge on the ground floor. The offerings are nothing short of delightful: a vibrant selection of tropical fruits, delicate dim sum, eggs cooked to order, and an endless array of breads and pastries that set a luxurious tone for the day ahead. In the evenings, I discovered cocktail bar Argo, one of the world's best bars, presenting a new cocktail menu featuring 12 creations that celebrate familiar Hong Kong fruits and botanicals, showcasing their versatility. Its deco-inspired interior of glass and mirrors creates an enchanting atmosphere as I relish some sensational mixology. The Silver Fox, a remarkable concoction featuring Havana Club rum, fig leaf, oak lactone cordial, preserved lemon, and tonka, feels like drinking a piece of bliss. Each moment at The Four Seasons Hong Kong is a celebration of the finest flavours and experiences.



— The author is an independent food & travel writer, a chef and a catalyst and is the first Indian to have trained at Osteria Francescana, in Modena, Italy, rated as the world's best restaurant in the World's 50 Best Restaurants, in 2016 and 2018 and currently in the Best of The Best Category

Discovering the World's True Essence

In a landmark celebration, Mercure Hotels recently unveiled its 1,000th address worldwide at Mercure Dubai Deira last month. This flagship location introduced the innovative '1,000-Hours of Local Flavours,' a 42-day culinary experience designed to showcase the rich tapestry of local food and beverages. This initiative underscores Mercure's commitment to unveiling the authentic tastes of each destination.

By **RUPALI DEAN**

Since its inception in 1973, Mercure has been a champion of wanderlust, inviting globetrotters to embrace their inner local in every corner of the world. With a footprint spanning 65 countries and boasting 1,000 distinctive addresses, Mercure is dedicated to enveloping guests in a tapestry of local charm while upholding the highest hospitality standards.



EMBRACING COMMUNITY THROUGH CUISINE

I was absolutely delighted to join the celebration at Mercure Dubai Deira for the grand occasion of their 1,000th hotel opening worldwide. With 1,000 locations under its belt, Mercure's mid-scale brand truly excels in forging authentic connections to local cultures around the globe. The evening's theme, 'Discover Local Elements,' set the stage for an exquisite culinary experience brimming with dishes crafted from locally sourced ingredients. The standout moment for me was savouring the cinnamon-infused UAE rack of lamb, clay-cooked to perfection, delivering unmatched tenderness and flavour. For dessert, we indulged in a delicious pistachio honey cake—a refreshing take on the beloved pistachio chocolate trend. To heighten the excitement, we got a sneak peek at the '1,000 Local Flavours' menu, launched on 1st November and delighting taste buds for 42 days. A highlight was

the desert salad, featuring the iconic ghaf leaves of the UAE, a beautiful homage to local culture and heritage. This gathering not only celebrated Mercure's unwavering commitment to showcasing local flavours but also strengthened community connections in a vibrant and fulfilling way. Paul Stevens, the chief operating wizard at Accor for the premium, midscale, and economy realms across the Middle East, Africa, and Türkiye, exclaimed, "Hitting the 1,000-address mark isn't just a number; it's a vibrant badge of Mercure's unwavering commitment to authentic, locally-inspired hospitality around the globe! The '1,000-Hours of Local Flavours' is a delightful dive into cultural richness and community bonds, whisking guests away on a culinary



adventure that truly captures the heart and soul of each destination. And the excitement doesn't stop there—Mercure is rolling out the welcome mat for over 200 new hotels by 2028!"

SUSTAINABLE LUXURY REDEFINED

Julia Schamme, cluster general manager, has truly transformed Mercure Dubai Deira into a beacon of sustainability since its January opening. With an unwavering commitment to eco-friendly practices, the hotel has embraced compostable materials, bid farewell to plastics, and ensures guests enjoy unlimited, filtered water right in their rooms. The garden-to-table concept in the main restaurant beautifully showcases partnerships with local suppliers, including Hatta's Honeybee Farm, emphasising our dedication to sustainability. Nearly half of the menu is dedicated to delightful plant-based options, underlining our focus on health and environmental care. Moreover, Mercure's diverse team, representing 31 nationalities, embodies the 'heartist' spirit, highlighted by strong female leadership in critical roles such as HR and rooms management. The changes instigated under Julia's guidance reflect a holistic approach to hospitality, integrating sustainability and inclusivity at every level.

COMMUNITY-DRIVEN FUTURE AHEAD

Having learned about the hotel's future

plans, I am truly excited about what lies ahead! The focus remains firmly on members, ensuring their needs are never overlooked. "The fantastic feedback we've received from our loyal Accor members speaks volumes about our robust loyalty programme. In fact, we rank among the top contributors in terms of member stays and direct bookings, thanks to Mercure's well-recognised and widespread brand. As one of the largest and fastest-growing mid-scale brands, we thrive on strong storytelling and high standards. Looking forward, we're committed to enhancing our personalised approach for members, providing them with dedicated attention and individual spaces," shares Julia Schamme. Accor is also eager to increase their community contributions, which is essential for them as a group. Additionally, they are exploring ways to deepen their involvement in charity work, allowing them to give back in significant ways. Their vision is to become the go-to spot for the community, whether it's for a cosy cup of coffee or laundry services. They want to be a place where neighbours can comfortably connect to Wi-Fi or hold quick meetings. Ultimately, the goal is to be the neighbourhood hub where everyone feels at home, capturing the essence of 'Discover Local' for the community.

— Awarded the "Best food writer in the country" by the Indian culinary forum, WACS and the Ministry of Tourism, Rupali Dean writes on food and travel



YOUR WEEK AHEAD

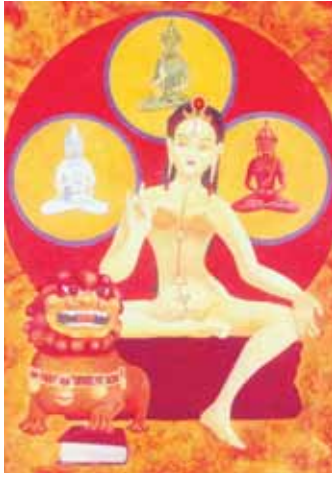
MADHU KOTIYA



ARIES March 21-April 19

This week, you'll find yourself in a joyful state of mind, feeling content and complete. There's a chance for unexpected success, such as coming out ahead in a competition or achieving a significant milestone. Your efforts and dedication are about to bear fruit, bringing both material gains and spiritual fulfillment. Previous limitations will fade away, ushering in a sense of liberation and tranquility. Travel might be on the horizon, particularly journeys abroad. Mid-week provides a perfect moment for relaxation. You might step back from certain activities during this time of reflection. In the coming weeks or months, opportunities to resolve disputes or engage in crucial negotiations will arise. By week's end, there might be a slight sense of disappointment regarding anticipated gains, yet the overall progress remains substantial.

Lucky number 9 | **Lucky colour** Mustard
Lucky day Thursday



LEO July 23-Aug 22

Last week was bustling with activity for you, balancing home duties and professional demands efficiently. Your determination to handle every task methodically ensured high-quality outcomes and a positive environment. Having navigated through these challenges, it's now time for you to unwind and reap the rewards of your efforts. Congratulations on a successful period! The dedication you showed is about to pay off beautifully. You'll find yourself in a prosperous phase, enjoying both material gains and harmonious relationships. Your ability to foster cooperation and understanding among those around you bolsters your business and personal connections, boosting your reputation as an influential figure. Expect mid-week opportunities for expansion and work-related travel, returning with accomplishments that will fill your loved ones with pride.

Lucky number 20 | **Lucky colour** Sapphire Blue
Lucky day Wednesday



SAGITTARIUS Nov 22-Dec 21

This week signals a time of fair outcomes in your pursuits, despite not being straightforward. You may encounter several challenges, including disputes and significant opposition, which could leave you feeling mentally and physically constrained, disheartened, and agitated. It's essential to focus on nurturing healthier habits and making thoughtful choices that prioritize your well-being. Taking ownership of your decisions and interpersonal connections is crucial. Assessing the advantages and disadvantages of your situation will guide you. Despite the hurdles, you will navigate through these testing times successfully and gain the strength to handle upcoming challenges. As the week concludes, the opportunity for new beginnings or travel may arise, leading to resolutions in personal and professional relationships or issues related to personal assets, steering you towards a more positive path.

Lucky number 7 | **Lucky colour** Turquoise
Lucky day Friday



TAURUS April 20-May 20

This week is shaped by a profound emotional awareness and a tendency to express your feelings openly, enhancing personal connections. For those already in partnerships, there's an opportunity to deepen bonds through greater intimacy and mutual understanding. This period also brings a potential for gaining knowledge or authority, possibly through established educational or mentoring avenues. Seeking guidance could be beneficial as you contemplate significant life decisions. The impact of your choices is emphasized, reminding you that you have considerable control over your destiny. Your effective communication skills likely contribute to a positive impression on others, adding to your sense of productivity. For those in leadership roles, recognition and success are within reach, marking a notable period for career achievements.

Lucky number 3 | **Lucky colour** Yellow
Lucky day Monday



VRIGO Aug 23-Sep 22

In your current circumstances, you face an immediate need to make a critical decision. This period promises recognition and success for professionals like doctors and judges in their fields. To navigate through challenges effectively, adopting a disciplined approach is crucial. Health concerns might arise, potentially leading to moments of frustration. It's important to focus on the positives during such times. Midweek brings a subtle yet positive shift, marking a renewal of energy and a return to equilibrium. You will likely experience a surge of optimism and revitalization. A calm and joyful atmosphere prevails, paving the way for personal benefits. Collaborations may prove fruitful, enhancing your achievements. Expect to receive what is justly or rightfully yours, including tangible rewards.

Lucky number 22 | **Lucky colour** Amber
Lucky day Saturday



CAPRICORN Dec 22-Jan 19

This period calls for a rejuvenating break, allowing for recovery and reflection. Some may need to heal from recent health setbacks. You might soon discover solutions and insights that were previously obscured, so stay observant of your environment. Navigating through such challenges often requires patience as they can initially lead to confusion or a standstill. Yet, the latter part of the week promises a shift towards positivity. You'll feel energized to embark on a new venture that demands quick action and daring decisions. This is your moment to pursue achievements with your inherent capabilities. There might even be signs of new beginnings in your personal life, perhaps hinting at major family developments. Embrace this surge of vitality and creativity, using it to maximize your advantages and seize the emerging opportunities.

Lucky number 17 | **Lucky colour** Blush Pink
Lucky day Tuesday



GEMINI May 21-June 20

This week, your emotional landscape may feel overwhelming, overshadowing your usual pragmatic approach. Minor domestic challenges could escalate into significant stressors, leading you to contemplate disengaging from day-to-day concerns. Thoughts of drastic changes in your personal life could divert your focus from current responsibilities. However, recognize that these feelings are transient. As the week progresses, the efforts you've put forth recently will begin to show positive outcomes, particularly in areas where you've recently invested energy or resources. To navigate through this period of uncertainty, strive to clear the fog of confusion. Gaining a clearer understanding of your goals will enhance your effectiveness. A fresh approach and unbiased thinking will guide you toward a more balanced path.

Lucky number 13 | **Lucky colour** White
Lucky day Friday



LIBRA Sep 23-Oct 22

At times, you may feel as if harmony, beauty, and the finer things in life are just out of reach, causing you to experience excessive worry or fear. You might be dealing with sleep disturbances, unsettling dreams, and emotional turmoil. However, it's important to remember that hope is never truly lost. Soon, you'll find fresh opportunities and beginnings that could reignite your spirit and bring light to your situation. Midweek brings promising developments that could include affectionate messages, romantic gestures, or new ventures. Any current relationships you have will also start to strengthen, enhancing your emotional and physical resilience. Remember, maintaining patience is crucial; everything will settle into place in due time.

Lucky number 18 | **Lucky colour** Ivory
Lucky day Thursday



AQUARIUS Jan 20-Feb 18

This week is characterized by fluctuating emotions and heightened tensions between rationality and passion. You might experience a temporary dip in financial stability at the week's onset, suggesting a period where income flows may be disrupted. Patience is essential during this transient phase. Engaging in meditation, yoga, or creative pursuits could prove beneficial in restoring your inner balance and navigating through these challenges effectively. It's crucial to avoid confrontations with superiors or colleagues, as an overly assertive demeanor could jeopardize the progress and goodwill you've previously established. The period calls for caution, urging you to maintain a grounded perspective. Distance yourself from misconceptions and consider adjusting your viewpoint to better adapt to the current circumstances.

Lucky number 4 | **Lucky colour** Yellow
Lucky day Friday



CANCER June 21-July 22

This week, individuals born under the sign traditionally associated with the crab will notice a significant shift in their emotional disposition, transitioning from reflective and serious to warm and caring. Those in leadership roles may find their capacity for empathy challenged as they encourage others to become more self-sufficient. Loyalty defines their relationships, and they respond sharply to any perceived threats. By midweek, their creative and dreamy side takes precedence, allowing them to revel in a personal transformation. Balancing the tangible and intangible aspects of life, they will find themselves feeling fulfilled and joyful, experiencing a satisfying blend of material success and spiritual peace. This newfound equilibrium enhances their relationships and personal growth.

Lucky number 2 | **Lucky colour** Coral
Lucky day Sunday



SCORPIO Oct 23-Nov 21

You are on the brink of a transformative period, signaling both a physical move and a rise in your current circumstances. You possess a dynamic energy, eager for progress and quick results. This phase also hints at the potential for a new, invigorating romantic or creative chapter in your life. The middle of the week promises joy, celebrations, and success, enhancing your social connections and bringing cherished memories to the forefront. Encounters with old friends and family are likely, adding a warm, nostalgic touch. The atmosphere around you will be uplifting, infusing you with vitality. Expect harmonious family dynamics and significant gatherings, possibly marking new beginnings at home. This period offers a wonderful opportunity for meaningful engagement with those close to you.

Lucky number 10 | **Lucky colour** Maroon
Lucky day Tuesday



PISCES Feb 19-March 20

This period marks the conclusion of a challenging phase, and you'll find yourself feeling relieved and unburdened. Family matters will capture more of your attention, and the overall environment may not be optimal. You might have been grappling with a tough choice or holding on to something that wasn't beneficial for you, and now it's time to release it. This is a significant moment where the choices you make will shape your future. If you're feeling tested, it could be due to unresolved issues or negative feelings towards someone. The week ahead offers a chance to address and settle these conflicts once and for all. Embrace the power of affection and understanding—it has the strength to overcome even the most profound challenges. Trust your instincts, embrace your creative side, and approach situations with enthusiasm.

Lucky number 6 | **Lucky colour** Copper
Lucky day Monday

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GURUSPEAK



Sri Sri Ravi Shankar
Spiritual Guru

A combination of different measures is needed to relieve work-related tension so that it does not affect life at home

As times are getting tougher in the corporate world, many feel the pinch. Stress impacts the way we think, feel and behave, thus, affecting all aspects of our life. The consequences of letting stress rule are nothing short of disastrous and tragic. First of all, do you know what stress is? Stress is too much to do and too little time or energy. So either you reduce your workload — which doesn't seem to be a possibility these days. Or you increase your time — which is not possible either. So let us look at some ways to not only increase our energy levels but also to change our mind and outlook, just a little bit. This will enable a less stressful and more productive work life. Here is an easy and simple 10-point solution.

❑ **Strike a work-life balance:** It's like riding a bicycle. What is the secret to riding a bicycle? Balance! It's about staying at the centre: not letting it fall to the right or left. When it's falling on one side, you bring it to balance. When you go out of balance, you feel the pinch. Listen to that. Don't just ignore it, acknowledge it and come to the centre. Whenever you go out of balance in any aspect of life, listen to your inner voice, and come to the centre. If you have ignored your family, it pinches you. If you have ignored your social commitment, it pinches you. If you are ignoring your business, it pinches you. If you are ignoring your spiritual practices,

it pinches you. So wherever anything pinches you, come back to the centre.

❑ **The right amount of food and sleep:** Not too much and not too little. A balanced diet with enough carbohydrates and proteins along with six-eight hours of sleep is advisable.

❑ **Meditation:** Learn some deep breathing exercises to increase your energy level, relax your mind and relieve all types of stress. Meditation also enhances your abilities, strengthens your nervous system and mind and releases toxins from the body. Usually, I recommend afternoon meditation and meals in the workplace. When people sit together and meditate for a few minutes and then share a meal together, they find it so refreshing and are able to carry on through the day with the same energy which they came to the office.

❑ **Don't let time manage you:** First of all, you must see to it that you have the feeling that you have time. When you put this thought in your mind that you don't have time, then that itself becomes a block. Everybody has only 24 hours, whether it is the Prime Minister or a clerk working in the bank. You have to hold on to this aphorism 'I can do it' because the pressure of time is more when you do not feel confident of accomplishing your work. Even when it appears to be impossible, even then you should have confidence; probably give miracles a chance. This very confidence

Manage stress



in yourself that 'I will be able to manage' will take you through.

❑ **Take interest in some art form:** In the corporate world, you are loaded with left-brain activities like logical thinking, planning, analysis and so on. So you need to balance the left-brain activity with the right-brain activity. Painting, music, poetry or any other kind of creative and recreational activities activate the right brain. When the two hemispheres of the brains are balanced, you can experience higher clarity, creativity, relaxation, efficiency and productivity.

❑ **Establish a congenial work atmosphere:** Peace and prosperity are interlinked. Prosperity cannot flourish in a disturbed atmosphere. While working with others, you need to function as a team. Have a sense of respect for your

team members, and do not indulge in blame games. Create an atmosphere of trust, cooperation, a sense of belonging, and celebration. Nothing can last if the focus is only on productivity and net result.

❑ **15-second gap:** Another clue, another technique you can follow. Whenever you have to do any important job, good or bad, give a fifteen seconds gap. A C.E.O. once wrote a very nasty letter to his boss. He was going to sign off and send it, when suddenly he remembered to give a 15-second gap. When he went through the letter again it was so nasty, he himself could not read it. That time lag made so much of a difference! Take home this technique. From today or tomorrow, practise this technique. The mind has a very strange tendency. Anything wrong it wants to do immediately. From now on, you postpone it. If you want to shout at somebody, postpone it to next week. We have a tendency of postponing doing something good. Anything that is good we tend to postpone it to later, to our next lifetime. So, we postpone doing something good and do immediately something that is harmful. So leave a 15-second gap and just pause and reflect. Be calm. Can you do it?

❑ **Do not worry about gaining position:** Remember that the respect which you gain through virtue and the respect you gain through position are different. The respect you get through a

position is short-lived and temporary. But the respect that you gain just because of your smile, your attitude, your virtues are with you for all time. Are you a chairman of this committee, president of that committee, a barrister or governor of a state? These are all momentary and temporary. They come and they go. And the respect you get because of this position is short-lived, it is not genuine, it is not from the heart, it is not true. But the respect you gain because you are a nice person is genuine, it lasts long. It is spontaneous.

❑ **Extend your comfort zone:** Anything creative, dynamic and great things can happen when you stretch beyond your comfort zone. We are often struck in our little comfort zone and we cannot go beyond that. And we think we cannot just make an effort and put one step ahead, and you will see that you can expand your comfort zone and not shrink it. Creativity expands your comfort zone. Or, when you step out of the comfort zone, your creativity comes into play.

❑ **Do acts of service:** Be useful to people around you. It's the best antidote to stress. You must contribute to society. When you do some act of service and kindness, it brings an immediate feeling of inner rejuvenation. So, believe in yourself and remember that success is an attitude, not just a phenomenon.

