

Aerocity LIVE



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TRAVEL, WORK & DINE

PERSPECTIVES



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Executive Chef
Ibis, New Delhi Aerocity

Celebrating Millets

In the International Year of Millets,
spotlight on their health benefits,
taste quotient and versatility



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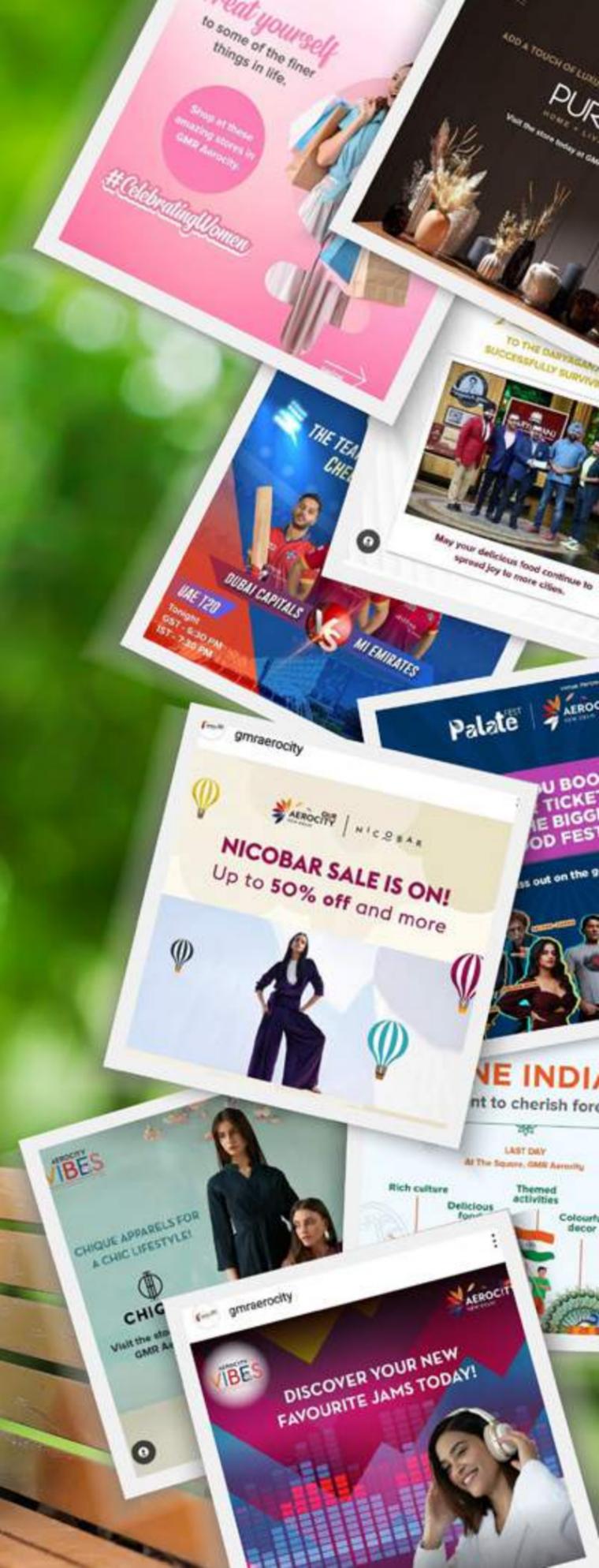


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A Movement Around Responsible Food



ANNURAG BATRA

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Jowar, bajra and ragi were regular staples in Indian kitchens, depending upon the region where one lived. One didn't need western wisdom to consume locally-grown food – it was a given. Then came the incursion of refined grains into our kitchens and the old staples were pushed out of our lives. Suddenly, they came to be labelled as coarse, poor cousins of refined food items.

Life comes a full circle and it has taken just a few decades for us to wake up to the perils of faulty food habits. With our depleting water tables and soaring blood pressures, we are staring at the environment and health crises. Millets are back in favour. So much so that the Government of India pushed for 2023 to be declared as the International Year of Millets and succeeded. This push was needed to incentivise farmers, plug the shortfalls in supply chain, and to make the public aware about the vast range of recipes that is possible with millets.

This is an opportune moment to highlight the benefits of millets in *Aerocity Live*. The learnings of the year need to be preserved, and made use of, after all. Our team, talking to chefs, has itself realised that a range of possibilities that exists with millets. Aerocity chefs, who have been frontrunners in incorporating millets, shared some recipes with the readers. Reading the issue will inspire all to bring about a shift in their eating habits, and help them come up with interesting recipes of their own.

Besides food, this issue also contains certain spots that must be on every person's 'must visit' list. As we inch towards our 76th Independence Day celebration, a visit to the newly-opened Partition Museum provides a sordid reminder of the violence that accompanied the celebratory mood of Independence in 1947. But the museum also provides hope and succour, as the story as portrayed in the museum ends with people picking up threads again, rebuilding lives, and overcoming grief and resentment.

Yet another destination that is highlighted in the issue is Sanchi, located close to the Tropic of Cancer in Madhya Pradesh, which is a rich treasure trove of heritage. Looking at the photographs, one was spellbound by the richness of art, and by the fact that more than 2,000 years ago, there was such an intermingling of influences between East and the West.

Happy Reading.

Health Takes Centrestage



AMAN KAPOOR
CEO, Airports Land Development GMR Group

Dear Readers,

Welcome to the latest edition of our magazine, where we bring you a plethora of exciting topics. In this issue, I want to draw your attention to a global movement that has gained significant momentum, focusing on millets' health and environmental benefits.

Over the years, lifestyle diseases have become a growing concern, making people increasingly aware of the importance of maintaining a healthy lifestyle. It is no secret that staple crops like wheat and rice have been contributing to the depletion of water tables.

In response to this pressing issue, the Government of India has taken a proactive step by declaring 2023 as the 'Year of Millets'. This initiative aims to promote the cultivation and consumption of millets.

While millets' health and environmental benefits are undeniable, we must also address the taste aspect. This is where the hospitality industry plays a crucial role. Across the country, several events have been organised to popularise millet-based dishes and the Aerocity hotels have been at the forefront of this movement.

To gain further insights into the world of millet-based cuisine, we had the opportunity to speak with renowned chefs for this issue of *Aerocity Live*. They expressed their admiration for millets and generously shared their recipes, which we are delighted to reproduce here. Additionally, acclaimed chef and Masterchef India judge Ranveer Brar and wellness expert Luke Coutinho emphasise the need to incorporate millets into our daily.

In this edition, we have curated a list of eating outlets in Delhi that serve outstanding dishes prepared from millets. Furthermore, we present a collection of destinations outside Delhi that are gaining popularity for their millet-based culinary offerings.

Expanding beyond the realm of millets, we are excited to present you with a comprehensive list of must-visit spots in Delhi. Our curated selection includes the Red Fort Centre, the Jai Hind Light & Sound Show at the Red Fort, the recently opened Partition Museum, offering profound insights into our history, as well as the highly popular Sundar Nursery, where tranquillity meets breathtaking beauty.

We also bring to you a glimpse into the princely Rajasthani hospitality at Six Senses Barwara near Jaipur.

Lastly, just like a quintessential Indian thali that caters to various tastes, this issue is a wholesome compilation of diverse subjects, ranging from food and well-being to travel spots. I encourage you to grab your copy and delve into the rich content we have prepared for you.

Happy Reading.



PLAYLIST THAT WILL TAKE YOU ON A MUSICAL JOURNEY!



Here are some of the songs on our out-of-the-world playlist that you just can't miss out on -

- ▷ Ani Kuni - Polo & Pan
- ▷ Bambro Koyo Ganda (Ft. Innov Gnawa) - Bonobo, Innov Gnawa
- ▷ As It Was - PREP
- ▷ Good 4 Me - Vindata
- ▷ Hututu - A.R. Rahman, Shashaa Tirupati
- ▷ Andromeda - Be Svendsen



Sway To The Vibey Tunes We've Handpicked For You By Scanning The QR Code.

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EVENT CALENDAR

NOT TO BE MISSED AT AEROCITY

Aerocity Events

Emoji Celebrations on the occasion of World Emoji Day

Where: The Walk, WorldMark Aerocity
When: July 8-23



Friendship Day Celebration

Where: The Walk, WorldMark Aerocity
When: July 30



Dumpling Festival

Where: The Walk, Worldmark Aerocity
When: August 6-13



Army Band to celebrate Independence Day

Where: GMR Aerocity
When: August 13



Exhibitions

Fashion & Lifestyle Exhibition 2023 by Dream Events

Featuring apparel, jewellery, footwear, handbags, accessories, gift items and other products

Where: Aga Khan Hall, Bhagwan Das Road
When: 11 am to 7 pm, July 18

Distance from Aerocity: 18.1 km
Nearest Metro Station: Mandi House on Blue and Violet Lines

Gifts World Expo 2023

Where: Pragati Maidan, New Delhi
When: Jul 27, 2023 - Jul 29, 2023

Distance from Aerocity: 18.3 km
Nearest Metro Station: Supreme Court

Infinite Light - Serigraphs by Jehangir Sabavala Curated by Tripat K Kalra

Where: Gallerie Nyva, Tansen Marg, Near Mandi House
When: Till July 15

Distance from Aerocity: 17.7 km
Nearest Metro Station: Mandi House on Blue and Violet Lines

Theatre

Chalib in New Delhi

Celebrating 25 years of the play

Where: The Laugh Store
J22H+HJH, Pocket 1,
Sector 14 Dwarka
When: 16 July, 9:30 pm

Distance from Aerocity: 16.3 km
Nearest Metro Station: Dwarka Sector 14,
on Blue Line

Hamlet

When: 16 July, 9:30 pm
Where: Theatre Group (LTG) Auditorium, Copernicus Marg

Distance from Aerocity: 17.7 km
Nearest Metro Station: Mandi House on Blue and Violet Lines

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DIAL's Passenger-first Initiative: Use DigiYatra Without Smartphone

The initiative will save up to 25 minutes for passengers; one-minute registration process to extend DigiYatra reach to all passengers



Delhi International Airport Limited (DIAL) has announced the launch of a new initiative whereby allowing the passengers to use DigiYatra without downloading the mobile application.

The initiative, launched at Terminal-3 of IGI Airport brought in association with the DigiYatra Foundation, will allow passengers to use DigiYatra through a three-step registration process and allow the passengers to travel using their face as their identity inside the airport.

This passenger-first initiative has been undertaken by DIAL based on the demands from passengers, seeking further simplification of the process for the usage of DigiYatra. This initiative would not require the passengers to download anything on their mobile phones and has been especially curated to



provide a delightful travel experience to those less familiar with technology.

The one-minute registration process, would entail the passengers to scan their boarding pass and their face, and produce an identification proof to the security personnel stationed near the registration desk. Post their successful registration, the passengers would be able to travel seamlessly, inside the terminal, security check area and at the boarding gates.

Speaking on the initiative, Videh Kumar Jaipuria, CEO, DIAL said, "We have been relentlessly working towards improving passenger experience at Delhi Airport. This latest initiative will allow even those who are less familiar with technology to make full use of DigiYatra and travel seamlessly. DigiYatra is a faster, safer and smoother way of travel, which aims to allow passengers to spend more time with their family and friends at the Airport."

DigiYatra, the digital platform for air travellers in India which makes the process of air travel more convenient and efficient for passengers by using facial recognition technology, was launched on December 1, 2022, by Minister of Civil Aviation, Jyotiraditya Scindia. The initiative ensures faster mobility of passengers to boarding gates, hassle-free travel, enhanced security, and dedicated gates while being completely contactless, whereby saving at least 15-25 minutes of passengers.

At present, all DigiYatra facility has been extended to all departure gates of Terminal 3 and Terminal 2 of the IGI Airport.

This latest offering by DIAL will be in addition to the existing DigiYatra mobile application which allows travellers to register themselves on DigiYatra mobile application on their handheld



mobile device, for an uninterrupted and hassle-free travel at the airport.

In order to use the facility of DigiYatra, users are required to download the DigiYatra Application on their mobile cell phones and register using their Aadhaar linked mobile number. Once registered, the users are then asked to link their credentials using DigiLocker or offline Aadhaar. Post linking of the Aadhaar, the users are prompted to take a selfie and upload the application. For the final step, the users are asked to update their boarding pass on DigiYatra App and share it with the departure airport.

A Taste Of Meghalaya At Pullman New Delhi Aerocity

Pullman New Delhi Aerocity hosted a Tribal Gourmet pop-up showcasing Meghalayan cuisine from May 5 to May 14, 2023. Tanisha Phanbuh, a self-taught North Eastern food connoisseur, participant in *Masterchef India* Season 6 and the Founder and Director of Tribal Gourmet, a platform showcasing the North East's gastronomical delights showcased a range of Meghalayan re-imagined gourmet dishes at the award-winning Pan-Asian restaurant Honk.

Speaking on the occasion, Tanisha Phanbuh said, "The North-Eastern cuisine of India is full of undiscovered fresh and vibrant flavours. Being born amongst the vibrant flavours

of Meghalaya, I intend to carry the essence of the Northeast and aim to spread the aroma to the metropolitan cities through these pop-ups. It is my conscious effort to start a conversation around the delicacies of Meghalaya, and I feel that by joining hands with Pullman New Delhi Aerocity, I can bring them to the spotlight, making it a mainstream gourmet delight for its patrons."



Soulful Hakka Cuisine At Honk, Pullman

June 9 to 18. The cuisine having originated from the Hakka people who migrated across China's vast landscapes, told a tale of resilience, adaptation, and preservation.

The chef unveiled a menu with delicacies like roast crackling pork, whole fish steamed with ginger, scallion and Sichuan peppercorn and steamed prawns on glass noodles for non-vegetarians and soy braised tofu sliders and king oyster mushrooms with rice wine and more for vegetarians.

Speaking on the occasion, Chef Katherine said, "The dishes I am presenting here are the very ones I prepare for my family on a daily basis. With this festival at Honk by Pullman New Delhi Aerocity, we aim to celebrate the Hakka community and take this as an opportunity to showcase the beautiful amalgamation of Indian ingredients with ancient cooking practices and Chinese techniques."

At the event, there was a discount of 10 per cent for *Aerocity Live* readers.



Honk, the award-winning restaurant at Pullman New Delhi Aerocity known for its robust South-East Asian flavours, had renowned Chef Katherine Chung to showcase her unparalleled expertise in Modern Hakka Chinese Cuisine, in association with Gormei, from

Flavors Of Bali At K3

K3, the renowned Asian kitchen at JW Marriott, has organised 'Bali Pasar Malam - Hendra's Javanese Fare' from 19 June to 2 July 2023, offering an array of Javanese-inspired delicacies to visitors.

Chef Hendra Cipta, JW Marriott New Delhi's very own Asian Master Chef, has curated a menu that beautifully blends centuries-old Chinese and islandic flavours. From aromatic stir-fries to mouthwatering curries, each dish is a harmonious symphony of taste and tradition. The talented chefs of K3 have demonstrated their fine culinary skills and expertise in Asian cuisines during the festival. The vibe of being in Bali has been ensured with vibrant décor, gripping music and enchanting ambiance.

Earlier, K3 organised 'Baati - Rediscovering the Forgotten Recipes of Rajasthan' that celebrated the diverse and splendid food culture of Rajasthan over a month.

K3, New Delhi's Food Theatre, has gained a reputation for its theatrical dining experiences. With three live kitchens offering Mediterranean, Asian, and Indian delights, K3 has become the go-to destination for the city's most elaborate Sunday brunches.



Environment Day Celebration At Pride Plaza

The staff of Hotel Pride Plaza New Delhi Aerocity commemorated the Environment Day, June 5, with tree plantation in the hotel premises.



Celebrating Asian Food At Pride Plaza, New Delhi Aerocity

Asian food is known for its rich spices and vibrant taste and that became the theme of the food festival for Pride Plaza, Aerocity in May end. The hotel frequently organises food festivals, focussing on the cuisine of a specific region, state and country. This time they chose Asian food as the hero of the event. The menu of this food festival consisted of dishes like Chinese noodles. Right ambiance added to the mood of the festival. The entrance of the hall was adorned with the sculpture of Buddha who represents the core belief of the Asian region. As per the officials of the hotel, the upcoming food festival will be dedicated to Punjabi meals.



Screening Fest at The Square, GMR Aerocity



Summer Entertainment District is a joint screening festival by Sunset Cinema and GMR Aerocity. A seven-day screening festival that was attended by over 2,000 people, took place at The Square between May 24 to June 17.

The playoffs and final of IPL were screened during this festival. Besides that, four movies that were shown were:

- Travel Related movies - Midnight in Paris and Zindagi Na Milegi Dobara
- David Warner's Choice – The Notebook
- Father's Day Theme – Finding Nemo

Among the other activities that were organised during the event were: host interaction, photo booth, tattoo painting, food stalls, face painting, movie and cricket trivia, quiz giveaways and crowd energising activities.



Chique Imparts Training On Shop-Floor Experience

Training on how to deal with customers politely, understanding of products and much more

Chique, GMR Square, New Delhi Aerocity organised a training session on store enhancement for its senior staff members and franchise owners by an industry expert. Presentation on various curated collections of Chique, fashion, dealing with customers and raising the graph of sales was given in the session.

The expert also guided the staff how to make customers understand the quality of product and develop good understanding about fabrics that are used in the product. Dealing with customers was one of the important segment of the session where the expert made the attendees aware about the customer etiquette like how to talk to customers, how to greet, hospitality and the after sales service. Various franchise owners of the Chique were also present at the event to learn and grow their stores in their respective cities.

Chique is a rapidly expanding Indo-Western women's wear company with numerous stores all over India. It is developing a fully contemporary approach to fashion that is straightforward, and progressive.

Chique serves one of the largest and most powerful demographics of metropolitan women between the ages of 20 and 60. The brand epitomises urban clothing and is unmatched for its quality and attention to detail. It is eclectic, modern, and romantic. It draws its inspiration from urban Indian women who want to represent themselves as global citizens.



Kheoni Opens In Aerocity

A brand that grew out of the noble deed of afforestation and preventing forest fires

Kheoni was born out of a need to support a forest, redefine responsible luxury, and bring the most sustainable wellness and skincare products to your doorsteps.

It takes a village to raise a child, and it takes a forest to support a village. And one such small forest in central India, Kheoni, was the seed from which this brand grew. The journey started by supporting a tribal community to prevent forest fires.

The team also took it upon itself to afforest a piece of a barren hill, Keshar Parvat (biodiversity awarded site now) which involved planting 35,000 trees. To sustain this site and several such movements across India, the brand 'Kheoni' was born. The idea was to bring the natural way of wellness from such forests and inclusive communities across India in the form of 'never-before' skin-care products and superfoods while supporting the forest. The most pristine and wellness-promoting ingredients are gathered from nature, and packaged in eco-friendly materials by self-help groups to bring together the Kheoni collection.

The team prioritised sustainability in every aspect of their journey, ensuring that every step taken in creating the Kheoni



collection aligns with their core values. The unique categories of products helps you improve your lifestyle. The products are curated to meet the needs of busy corporate professionals and travellers.

'The Sleep Programme' for example has a range of handcrafted aromatic and therapeutic eye pillows. They relax your eyes and reduce digital eye strain. Pure essential oils are available to add to the aromatherapy experience.

'Probiotic Skincare' aims at regenerating your skin microbiome naturally, while also positively impacting the environment every time they are washed off from your body.

'Hemp', also rightly called 'The God plant', is used in several of Kheoni products for its Moisturising and relaxing properties.

The exotic organic teas come from small villages in Assam, and they are grown in small yards as opposed to traditional tea estates, plus they are hand packaged in certified organic cotton tea bags by local villagers. They are taken to a central facility for nitrogen flushed pouch packaging.

Proceeds from the sale of Kheoni products also go to support the 'Keshar Parvat' forest.

Aloft Aerocity Appoints Ashish Sharma As F&B Manager



Aloft New Delhi Aerocity has announced the appointment of Ashish Sharma as the new Food and Beverages Manager. Sharma will oversee the operations of Nook, W XYZ bar and Re:Fuel by Aloft along with in-room dining and catering operations for weddings and events.

Sharma brings with him a varied experience of over 18 years in the hospitality industry. He is a seasoned professional who excels in various areas and implement strategic tactics to provide exceptional dining experience to the guests, execute innovative F&B concepts to enhance the customer experience, designs unique menus, drive revenue growth through creative initiatives and to elevate the offerings to new heights.

Prior to this role, Sharma headed F&B operations at Jaypee Vasant Continental, New Delhi since November 2019. With a trail of accomplishments, he has worked with brands like Radisson Hotels, IHG Hotels and Resorts, The Imperial, Oberoi Hotels & Resorts and Atlantis, The Palm.

New Associate Director Of Sales At Holiday Inn New Delhi

Tanvi Makol has been appointed as the Associate Director of Sales at Holiday Inn New Delhi Aerocity. She brings a wealth of experience and expertise to the team, having recently joined the hotel from Hyatt Centric Janakpuri.

Makol's journey in the hospitality industry began in 2011 with IHG Hotels and Resorts. She spent three years at Crowne Plaza Rohini, New Delhi, making significant contributions to the sales and marketing team and achieving remarkable growth in her role.

In her new role at Holiday Inn Aerocity, Makol will be taking on the responsibility of overseeing rooms and conference & events. Her expertise in these areas will bring added value to the hotel operations and ensure a seamless experience for the guests.



Millets Take The Centre-stage

Hotels and restaurants in Aerocity embrace millets for their multiple advantages; offer a new way of cooking to discerning customers

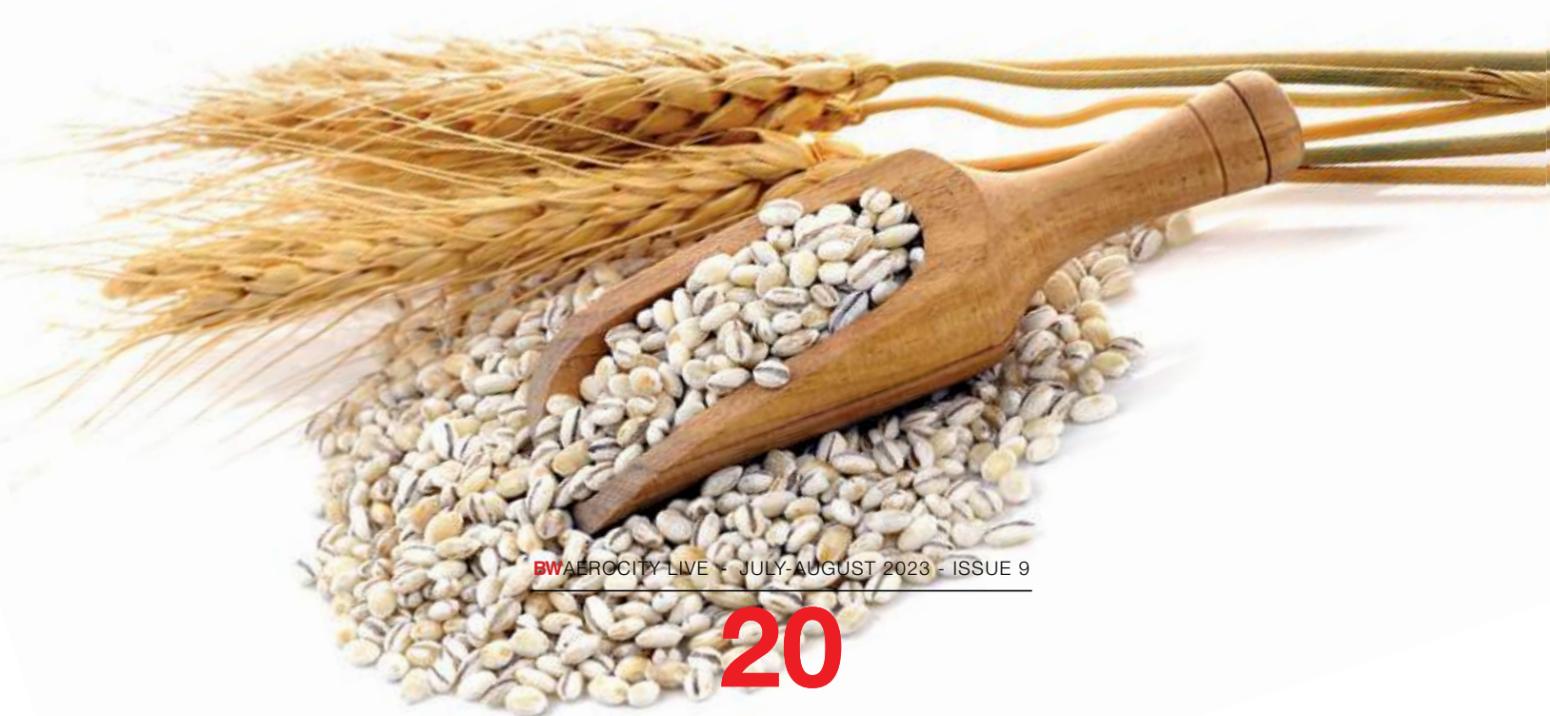
By Meha Mathur with inputs from Shruti Tripathi

When Pullman & Novotel in Aerocity hosted a Govt of India event focussed on millets, that was attended by hundreds of scientists, agriculture experts and business delegates from across the world, it was giving a loud signal that the hospitality industry is not only in tandem with the Government of India's thrust towards millets in its G-20 Presidency Year, it was also signalling that the hospitality industry is well-gearred to take on this massive global initiative for the health of the planet and individuals.

Globally, millets have become the centre of attraction due to the impact of faulty agricultural practices of the last few decades. The impact of monocultures of wheat and rice is there for all to see. The water tables are depleting fast due to these water-intensive crops. The loss of biodiversity also renders crops

vulnerable to pests, and to counter that, there has been heavy reliance on pesticides, polluting water streams, soil and air, and causing severe health problems for humans.

There is also the realisation that millets provide critical nutrients like proteins, calcium and potassium. While millet was a staple in traditional Indian cooking and each region of the country had a strong millet base, the imperative of feeding a burgeoning population and the need to sever dependence on imports, which was exacerbated during the food scarcity in the 1960s, the public distribution scheme that focussed on wheat and rice, the growing taste towards refined products, and certain commercial factors led to millets being relegated to background. These became confined to very small pockets of the country in very dry areas.



Healthy option

Now, with environmental and health crises looming large, millets are getting the attention they long deserved. Consider the following:

- These small-seeded grasses, also called nutri-cereals or dryland cereals, require very little water to grow, and have smaller sowing-to-harvesting cycle.
- The 'Market Intelligence Report for Millets', released by The Agricultural and Processed Food Products Export Development Authority (APEDA) has this to say: "Photo-insensitive & resilient to climate change, millets are hardy, resilient crops that have a low carbon and water footprint, can withstand high temperatures and grow on poor soils with little or no external inputs."
- According to the same report, these contain calcium, iron and fibres which are essential for a child's growth.
- Also, the high content of proteins and minerals helps in health issues such as diabetes, heart attack and obesity.

This being the case, the Government of India is proactively working to bring the public's attention to the benefits of millets, and is striving to make it a 'people's movement' globally. It has successfully nudged the international community to have 2023 celebrated as the International Year of Millets, which is India's G 20 Presidency year.

From millets being served in Parliament House canteen and ministries, to millet fests being organised in various cities at the behest of industry and civic bodies, to armed forces, hospitals, Railways and educational institutions organising events to popularise millets and serving millet-based meals, no stone has been left unturned. Union and state governments are pushing it in equal measure and have introduced it in their menu. At institutes of sports, millets will be served as dalia, roti and khichdi regularly.

Events inviting international participants have also been organised to this effect. A Millets Food Festival of the member countries of Shanghai Cooperation Organization (SCO) was organised at Taj Mahal Palace in Mumbai, which provided an opportunity to the public to try out millet-based recipes prepared by chefs from Kazakhstan, Kyrgyzstan, Uzbekistan, Russia and India. In Delhi, a G20 food festival on the



Model: Akshita Jain

An Array Of Millet Items At Modern Bazaar

The outlet of Modern Bazaar at The Square in Aerocity has a range of millet-based products for its health-conscious customers. From raw millet to snacks, you can choose your pick. Roasted millet khakra and jowar and bajra chips are some of the items that *Aerocity Live* team found during their recent visit to the store. Next time you have a craving for indulgent snacking, here's a one-stop-shop for a healthy yet tasty solution.



theme 'Taste the World' was organised at Talkatora Stadium in February. Earlier, Millets featured at the India International Trade Fair in November 2021, at the Dubai Expo in February 2022 and at Suraj Kund Crafts Fair 2022 also.

Taste quotient

The promotion around millets also seeks to dispel misconceptions about its texture and taste – that it's difficult to cook, it's coarse, and it doesn't taste as great as wheat, rice or maida. Millet is not a poor substitute for wheat for making rotis, the recipe book released by ICAR-Indian Institute of Millet Research (*Millet Recipes – A Healthy Choice*) reveals. And as is apparent from the recipes that we ourselves tried, you can make salads, poha, upma, porridge, dosas, samosas, cheelas and also a range of delectable desserts.

The hospitality industry has a major role to play in popularising millet-based cuisine. Aerocity hotels are at the forefront in this regard. The chefs that we spoke to for this feature vouched for the versatility of millets and spoke in unison that it's a worthy ingredient for fine dining.

Chef Soumya of Hotel Andaz at Aerocity countered the view that it's coarse and takes a lot of time to cook. The Soul Pantry at the hotel serves only millet-based preparations.

At Pullman, Chef Sandeep Kalra that since the hotel hosted a Govt of India event on millets in 2022, the hotel is determined to offer millet preparations in every course. During the event, the team created a dessert that he can eat as a munching item any time of the day (read interview and recipe on page 27)

Aloft's chef Chef Tamoghna Chakraborty says the impact of celebrating the year as International Year of Millets will be great as people will become aware of the benefits of it. Hotel Aloft is also planning to organise an event to highlight the health and taste aspects of the superfood.

Chef Sumit Sabharwal, Executive Chef at Holiday Inn, while sharing that the hotel is planning millet-based events, says that the guests today are already knowledgeable and aware of right food choices.

Elsewhere, Stephen Jones, Executive Chef, Hotel Six Senses Barwara, Rajasthan, praises millets, saying, "The most extensively produced form of millet for human consumption is pearl millet, which may be relished in grain-centric salads and potent breakfast porridges. Simply remember to soak pearl millet overnight before cooking to reduce its antinutrient content."

The success of 2023 as the International Year of Millets will lie in millets becoming the staple diet among masses. While a change in eating habits takes time, and swinging pendulum to the other extreme without full understanding of nutrition requirements is also not advised, right reinforcement about health benefits and taste element involving health experts, celebrated chefs and other celebrities will go a long way in sending the message home.

Nutrition Element In Millets

Pearl Millet:
Proteins and minerals

Sorghum:
Protein, with benefit of being gluten-free

Finger Millet:
Protein, minerals and fibre

Barnyard Millet:
Iron and fibre

Foxtail Millet:
Vitamins and minerals

Kodo Millet:
Protein, vitamins, minerals and fibre

Little Millet:
Iron and fibre

Proso Millet:
Proteins, vitamins, minerals and fibre

"Good To Use In Bakery Items Too"

Chef Tamoghna Chakraborty, Executive Chef, Aloft New Delhi Aerocity

Millet can grow in rough soil and drought situation too. It's a small grain and the skin is hard. It's pest free too. Probably it was the first crop for people. It's easy to cook too.

Millets are good to use in bakery items. It can be used as beverages too and provides natural probiotics which are very good for our guts.

My favourites are foxtail millet and pearl millet. Every millet has a different texture. You have to adapt the way it is. In South, it's used for making saviyan, upma and idlis. When I was in Chennai, in our buffet we used to have at least one millet preparation.

Its production fell down probably because it's cheaper than rice and wheat and profit margins are lower. Now that people are becoming health conscious, they are turning to millets again. It helps control cholesterol levels, blood pressure, obesity and so on. You can eat it as salads, as cookies, crispy snacks, soups, seviyan.

The way to use it is to soak it overnight, and for one cup of millet, add two cups of water, put it to boil and let it simmer for 20 minutes.



Chef Tamoghna Chakraborty



Chef Soumya

"Using Millets Does Not Compromise On Taste"

Chef Soumya, Head, Soul Pantry, Hotel Andaz, New Delhi Aerocity

Millets have been consumed for thousands of years and it's a myth that these 'forgotten grains' aren't good in taste. I like to play with buckwheat and finger millets and like to make pastas and flat breads out of these.

Millets are also easy to cook and you can make anything out of it, be it flat breads, pasta or kulcha. At Soul Pantry, we prefer using finger millets, buck wheat, barley and amaranth because of the nutritional values. We offer pizzas, flat breads, gnocchi and ravioli made with millets. The taste of it is not something that you will get in refined flour.

The feedback has been great. People can have it every day and their soul will be fulfilled. Millets like buckwheat have antioxidants and minerals and are gluten free, which every person should incorporate in their diet. The ingredients that we use at Soul Pantry are very fresh. And using millets enhances on taste.

"Guests Today Are Knowledgeable"

Chef Sumit Sabharwal, Executive Chef, Holiday Inn, Aerocity



Chef Sumit Sabharwal

There was a time when people used to eat a lot of millets. But then came a time when we took to refined flour. Now, an understanding about the benefits of millets is gaining ground again and its usage has increased in western countries too. We have done a number of events around millets and are planning a millets-based brunch again. We are also incorporating millets in buffet lunch and dinner.

Millets have everything – minerals, proteins, anti-oxidants. Guests today are very knowledgeable and know what they have to eat.

With some millets we can incorporate great taste, like kheer from sawaan, ragi dosa and jowar upma. We have even tried tacos with millets. Of course, Indian breads like bajre ki roti, which were already made in households earlier, though they get dry, are high in nutrition.

"We Feature Millets In Every Course"

Chef Sandeep Kalra, Pullman & Novotel, New Delhi Aerocity



Chef Sandeep Kalra

The Ministry of Agriculture event happened in this hotel, which focussed on millets. So it was a kind of pre-planning for us, wherein we geared up for 2023. Henceforth, we started using millets in various restaurants and various forms. These are featured in every course, including desserts and drinks.

People are starting to accept the usage of millets. This has both pros and cons. It is very healthy. It fills you up without giving carbohydrates, but is a little tough to digest. And the cooking temperature goes beyond what is required for cooking other grains. A few of the millets have to be soaked overnight so that the grains become a little softer.

My personal favourites are bajra khichdi. And dessert out of kudo millet is again very good. During the conference, we mixed various millets, roasted these, ground these into powder and turned it into pudding. It turned out to be one of the best Indian sweets I have had. You can cook it with coconut milk and jaggery and make barfi out of it. I can have it as a munching snack any time of the day.



Chef Agnibh Mudi

“Millets Offer A Wide Range Of Textures”

Chef Agnibh Mudi

Corporate Chef, one8 Commune

Millets can be effortlessly cooked by soaking them for 6-12 hours, which aids in neutralising their acidity and facilitates digestion. When cooking millets, it is recommended to use slightly more water than when cooking rice to achieve a fluffy and separate grain texture. It is a pro-tip to utilise the excess water to create a nutritious ‘millet kanji’ instead of discarding it.

Millets offer a wide range of textures that can be enjoyed in various dishes such as millet khichdi and millet pulao, which are quite popular. Among different millet varieties, smaller grains like ‘kodo’ are easier to cook and digest compared to others like ‘jowar’ or ‘bajra’, making them a favourable choice for their health benefits. Beyond India, millets serve as a nutritious grain option for porridge. Sorghum millet, in particular, is widely utilised for baking flatbreads and cakes.

To prepare millets, I personally prefer to soak them overnight, followed by boiling them in an ample amount of water along with a pinch of salt and mild herbs. Once cooked, I enjoy combining the millets with green peas, carrots, and raisins, either by tossing them in a bowl or a non-stick pan. Additionally, to enhance the flavours, temper the cooked millets with curry leaves, chillies, and mustard seeds, reminiscent of the aromatic taste found in southern Indian dish upma.



Chef Chandan Singh

Easy To Cook If Soaked

Chef Chandan Singh

Monsoon Restaurant

Government of India announced 2023 as millet year in order to promote the usage of millets in the cuisines. This step has been taken so as to revamp the importance of millet in the Indian households and restaurants. Monsoon restaurant is one such place in Aerocity that has included millet dishes in their menu. Chef Chandan Singh is preparing these millet dishes in the restaurant and thinks millet dishes are good for human metabolism and cheaper in price than others.

He also discards the existing perception about the difficulty in preparations of millet dishes. Chef Singh says it is easy if the grain is soaked before being cooked.

Monsoon restaurant serves millet dishes like bajre ka cheela and buckwheat pancake. The chef says there are frequent orders for these items, and guests are taking interest in these healthy options. Through these preparations, the chef thinks we can bring back millet in the mainstream Indian food plate.

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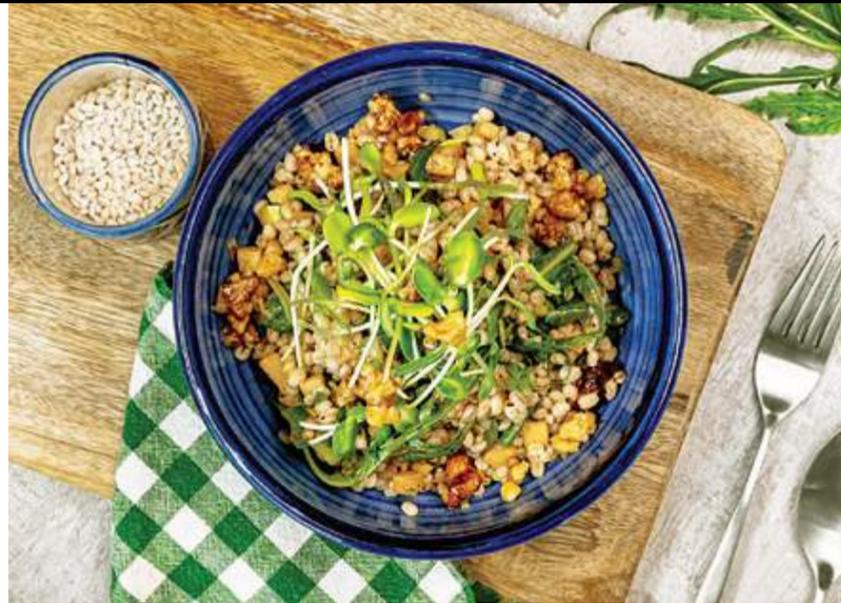


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Recipes From Aerocity Chefs

Chef Soumya, Head, Soul Pantry, Hotel Andaz, New Delhi Aerocity

BARLEY BOWL SALAD SERVING-1



INGREDIENTS	QUANTITY
BARLEY PEARLS	100 GMS
GREEN APPLE	10 GMS
CELERY STICK	GMS
PICKLED CRANBERRIES	20 GRAMS
BALSAMIC VINAIGRETTE	10 ML

Method

Boil the barley pearl and cook till the time it is soft. Cool it down. Combine all the above ingredients and mix well. Transfer it to a bowl, garnish it with sunflower micro greens and serve.

Chef Agnibh Mudi, Corporate Chef, one8 Commune

MILLET SALAD:

Ingredients

- | | |
|----------------------------|-------|
| 1. Foxtail millet cooked | 120gm |
| 2. Pearl millet cooked | 50gm |
| 3. Charred broccoli | 20gm |
| 4. Apricot | 10gm |
| 5. Raisin | 5gm |
| 6. Cucumber dice | 20gm |
| 7. Pomegranate | 5gm |
| 8. Corn kernels | 15gm |
| 9. Raw mango grated | 5gms |
| 10. Toasted almond | 5gm |
| 11. Fresh herbs | 2gm |
| 12. Extra virgin olive oil | 2ml |
| 13. Salt to taste | |
| 14. Black pepper to taste | |

Raw mango dressing:

- | | |
|----------------------------|------|
| 1. Olive oil | 20ml |
| 2. Honey | 5ml |
| 3. Raw mango finely grated | 10gm |
| 4. Salt | 1gm |
| 5. Black pepper | 1gm |
| 6. Red chilli chopped | 2gm |

Method:

- Soak both the millets separately overnight and boil them in excess water till cooked but grainy.
- Slow roast the broccoli in oven
- For the dressing, finely grate the raw mango, add it in a bowl with honey and chopped deseeded red chilli
- Emulsify it with olive oil, season it well with salt and black pepper
- Add the cooked millets in a big bowl, add the charred broccoli, chopped apricots, raisin, cucumber dice, pomegran-



ate, corn kernels.

- Mix it well with folk, season it with salt and lemon juice. add the raw mango dressing.
- Serve the millet salad in a cold bowl.
- Garnish it with toasted almond and drizzle extra virgin olive oil.



Chef Sandeep Kalra
Pullman & Novotel, New Delhi Aerocity

MULTI MILLET FRIED MILK

Ingredients

- | | |
|---|-----------------------|
| 1. Millet rawa- 100g (take sorghum rawa, finger millet rawa, pearl millet rawa, foxtail rawa 1:1) | |
| 2. Milk- 800g | 3. Sugar- 40g |
| 4. Butter- 80g | 5. Corn flour- 20g |
| 6. Almond- 40g | 7. Bread powder - 80g |
| 8. Eggs- 4 no. | |

Method

1. Firstly, mix granulated sugar along with millet rawa and cornflour in a sauce pan.
2. Gradually add in the milk while stirring it gently.
3. Bring it to a boil over medium flame while stirring constantly.
4. Let it boil for a minute, stir and remove from the flame.
5. Now stir in some butter.
6. Next, spread evenly on an ungreased square baking dish of 8*8*2 inches.
7. Refrigerate the dish uncovered for atleast an hour till it's set and firm.
8. Cut the custard into 2 inch squares with the help of a wet knife.
9. Make a coating batter using eggs.
10. Dip custard squares into the egg and then coat it with bread crumbs.
11. Heat up the oil in a deep pan till 360 degrees Fahrenheit (1/2-1 inch deep).
12. Fry 2-3 squares at a time for about 1-2 minutes or until golden brown. Drain the excess oil on paper towel.
13. For garnish, dust some powdered sugar.

Chef Sumit Sabharwal,
Executive Chef, Holiday Inn, Aerocity

PAN SEARED PEARL MILLET CRUSTED DAHI KEBAB

Ingredients

1. Hung curd 100gm
2. Cardamom powder 2gm
3. Pearl millet flour 40gm
4. Ginger chop 8gm
5. Coriander chop 2gm
6. Salt 5gm
7. Ghee 30gm
8. Chop green chilli 1gm
9. Roasted chana powder 20gm
10. Black pepper powder 2gm

Method

1. Take a mixing bowl and put hung curd in the bowl.
2. Mix in all the ingredients except pearl millet flour
3. Mix it well then give them round shape balls and then press with palms and make tikki shape
4. Then crumb them with pearl millet flour
5. At last heat a pan and put ghee and pan fry the dahi kebabs and serve it hot



Nutritional Superiority Of Millets Over Maida

These smart foods are good for one's health and good to taste

By Luke Coutinho

Millets, the age-old superfood, is now gaining traction in contemporary times. As we ponder upon the questions like "Can millet aid in diabetes management?" or "Can it promote bone health or aid weight loss?" - it becomes evident that millets have already piqued our curiosity. While millets have been an integral part of Asian cultures for centuries, their consumption declined with the arrival of the Green Revolution, which made rice and wheat more accessible in Central and Southern India.

Presently, Indian diets predominantly consist of nutritionally imbalanced meals cantered around rice, maize, refined white flour (maida) and whole wheat as the primary sources of carbohydrates. Combined with sedentary lifestyles and the prevalence of "junk food," this dietary pattern contributes to obesity and various health complications.

Millets' potential as smart foods

The distinction of millets as 'smart foods' lies in their ability to satisfy three key criteria: being good for individuals, good for the planet, and good for farmers. When introduced into diets, millets can serve as staple foods, diversify dietary options, and help regulate lipid levels in the blood. Furthermore, millets aid in managing metabolic disorders such as diabetes and hyperlipidaemia, while also reducing the risk of cardiovascular diseases.

When compared to maida, millets are a more nutrient-dense option that can provide numerous health benefits. Millets are high in fibre, which helps to regulate digestion and can provide a feeling of satiety and fullness. Additionally, millets are a good source of minerals like magnesium, which is essential for bone health, and iron, which is essential for hemoglobin production. Millets also contain B vitamins, which are essential for healthy nerve function and energy metabolism. Responding to this need, the Indian government has declared 2023 as the International Year of Millets.

Millets serve as gluten-free, highly nutritious, and fibre-rich



Luke Coutinho

alternatives, abundant in essential nutrients like calcium, iron, and phosphorus. Unlike rice and wheat, millets have a low Glycaemic Index (GI), which means they do not cause sudden spikes in blood sugar levels.

Moreover, the dietary fibre content in millets contributes to improved gut health, acting as a cleansing agent and reducing the risk of inflammatory bowel diseases. Research demonstrates that millets surpass many cereals in nutritional value. They offer a rich source of proteins, carbohydrates, dietary fibre, essential amino acids, and healthy fats. Most importantly, millets aid in



reducing chronic inflammation, which is considered the root cause of various diseases such as arthritis, diabetes, and kidney disease.

Incorporating millets into your diet

In terms of taste, millets can provide a unique flavour to recipes. Millets are often ground into flour, which can be used as a substitute for maida in recipes like cakes and cookies. Millets can also be used as a substitute for noodles and pasta. Millets can provide a distinct flavour to recipes, and can be cooked in a variety of ways depending on the recipe.

They can be added to salads or chats, combined with protein sources. Millets offer a versatile and nutritious addition to your day-to-day meals. Millets can serve as a healthy alternative to maida and can be eaten in a variety of ways:

1. Millet snacks:

- **Puffs and chips:** Millet flour can be used to make puffed snacks or crispy chips. These snacks can be seasoned with various spices and herbs for added flavour.
- **Cookies and biscuits:** Millet flour can be used as a substitute for wheat flour in cookie and biscuit recipes. You can experiment with different flavours and ingredients to create delicious and healthier treats.

2. Millet noodles and pasta:

- **Noodles:** Millet noodles are available in the market as a gluten-free alternative to traditional wheat or rice noodles. They can be used in stir-fries, soups, or even in cold noodle salads.
- **Pasta:** Millet flour can be used to make homemade millet pasta. You can use millet pasta in various pasta dishes, such as spaghetti with tomato sauce or creamy pasta with vegetables.

3. Millet breakfast ideas:

- **Porridge:** Millet porridge is a popular and healthy breakfast option. Cook millet with water or milk, and add sweeteners like honey or fruits for flavour.
- **Pancakes and waffles:** Millet flour can be used to make pancakes or waffles. Combine millet flour with other gluten-free flours like rice or almond flour for a delightful breakfast.
- **Upma/chilla:** You can also look for instant upma which is organic and made purely from millets. Combine a mix of millet flours or just one and prepare the chilla hot for the breakfast. It tastes just perfect!

4. Millet in main courses:

- **Khichdi and Pulav:** Replace rice with millets like foxtail, barnyard, or pearl millet to prepare flavourful khichdi or pulav. Add vegetables, spices, and herbs to enhance the taste.
- **Soups and salads:** Millets can be added to soups and salads for an added nutritional boost. Use cooked millets as a base and mix them with vegetables, herbs, and dressings to create hearty and filling dishes.

5. Millet snacks for tea-time:

- **Chaat:** Use puffed millets in chaats, such as bhel puri or pani puri, to add a crunchy texture and nutritional value.
- **Samosas and Tikkis:** Incorporate cooked millets into samosa fillings or tikki mixtures for a healthier twist. You can combine millets with vegetables, spices, and herbs to create delicious snacks.

Thus, by replacing at least one portion of your regular meals with millets, such as millet upma, millet khichdi, millet pancakes, or jowar roti, you can make a significant impact on your health. Let's make that one swap today for a healthier tomorrow.

The author is Co-Founder – You Care Lifestyle.com





We Are Back To Respecting Local Produce

While our forefathers incorporated what was available around them and what was in season, Covid years have helped us awaken to that wisdom

By Ranveer Brar

India has always had an amazing array of grains; thanks to the varied climatic conditions and soil types. The variety of millets available in the interiors of the country is enough data for a book.

The unfortunate part however is that millet is an unstated grain grown by people who cannot market and sale. The green revolution undoubtedly did a lot of good for the Indian farmer. However, the millets lost their charm in this era.

Travelling across the country and exploring regional and sub-regional cuisines (and subconsciously searching for that crunch), I discovered and developed a lot of respect for indigenous grains.

I remember eating a porridge made from Jhangoora, a millet amazingly sweet and creamy, so much so that a drizzle of honey was enough.

Ranveer Brar

“ Travelling across the country and exploring regional and sub-regional cuisines (and subconsciously searching for that crunch), I discovered and developed a lot of respect for indigenous grains ”

Studying a bit deeper, I found that in greater India, variants of wheat and cereals have been dated to 8,000 BC, with millet production in Mehrgarh dated around 6,000 BC.

An old underdog is the finger millet or Nachni, as it's commonly known in Gujarat and Maharashtra, where it's used for porridges, bhakris and rotlis.

Nachni or red millet for example, is widely grown as a cereal in the arid areas of Africa and Asia. It's also known as finger millet, which has been cultivated in India from as long as 4,000 years ago. In fact, the Indian states of Karnataka, Andhra Pradesh, Tamil Nadu, Bihar and Maharashtra produce Nachni. Karnataka is the top producer of Nachni and has 58 per cent share in India's export of this crop.

As a crop and after harvesting, Nachni keeps extremely well and is seldom attacked by pests. This eliminates the need for chemical fertilisers and pesticides, making it a safe food. It is also a cost-effective source of protein, iron, calcium and fibre, which makes it the preferred food of many communities. Notably, it's a rare source of amino acid.

Supermarkets, social media and magazines sometimes are obsessed with preaching the benefits of Quinoa, the Inca grain that has made the Andes farmers super rich.

In today's world of trends, internet and food fads, we somehow forget the torchbearers. In this case I am talking about 'Amaranth', the 7,000-years-old seed (not grain) which was a staple of the Aztecs. We have all tasted amaranth greens as 'chulai' in our saag or amaranth seeds in 'Ramdaane ke Laddoo' (a jaggery and popped amaranth seed candy).

The seeds are gluten-free like Quinoa, can be treated in all ways that quinoa can and have exactly the same Nutritional value.

Another popular millet is the Bajra or Pearl Millet. It's super rich in fibre and protein and along with Ragi, has been a highly



favoured grain in traditional South Indian cuisines, especially in Tamil Nadu and Karnataka.

It has been my constant endeavour to keep bringing millets and our other native grains into conversations and cuisines. To take this effort and conversation a notch further, I started a month-long campaign of sorts called - Indian Grains Month, a couple of years ago. The idea was to encourage people to not just use indigenous grains more and beyond Vrat Food, but to also think outside the box with interesting recipes and popularise their use in day-to-day meals.

The response that the campaign received, as also the interesting recipes that were contributed in the process, firmly reinstated the belief in my mind, that the love for local produce is here to stay and may slowly but steadily be finally en-route to getting its due.

The answer eventually lies in the quintessential Indian cuisine, particularly our home food or what we or our ancestors grew up eating. There was respect for and adherence to what grew around you and what was in season. This is now again a 'trend', that I am witnessing more and more, especially after the pandemic affected years.

The International Year of Millets is a huge step in the right direction, one which I aspire to see continuing and paving the way for more breakthroughs in both the home and commercial kitchens.

Ranveer Brar is a celebrity chef, author and a judge on Masterchef India show

The Secret To Optimal Fitness And Holistic Health

These nutri-cereals are packed with nutrients and have become a powerful ally for fitness enthusiasts

By Ira Trivedi

In the pursuit of optimal fitness and holistic health, the world is witnessing a silent revolution, one that harks back to the wisdom of our ancestors. Millets, the ancient grains that were once a staple in many cultures, are now reclaiming their rightful place in our modern diets. These humble grains have emerged as a powerful ally for fitness enthusiasts, offering a plethora of benefits that go beyond mere sustenance. In this column, we explore the remarkable connection between millets and fitness, uncovering their potential to transform our wellbeing.

Nourishment from nature's bounty

Millets, often referred to as 'nutri-cereals', are a diverse group of grains that include varieties such as sorghum, finger millet, pearl millet, and foxtail millet. Packed with essential nutrients, millets offer a range of health benefits. They are rich in dietary fibre, which aids in digestion and promotes a healthy gut microbiome. Additionally, millets are an excellent source of complex carbohydrates, providing sustained energy for physical activities, making them an ideal choice for athletes and fitness enthusiasts.

Building strength and vitality

Fitness isn't just about physical strength; it encompasses overall vitality and well-being. Millets play a crucial role in enhancing our body's resilience and vitality. These grains are abundant in vitamins and minerals, including magnesium, iron, and calcium, which are vital for muscle function, bone health, and overall body strength. Incorporating millets into our diets can help prevent nutrient deficiencies and promote optimal physical performance.

Fuelling performance and recovery

For athletes and fitness enthusiasts, proper nutrition is paramount. Millets offer a unique advantage in this regard. They have a low glycemic index, meaning they release glucose into the bloodstream



Ira Trivedi

at a slower and more sustained rate. This characteristic makes millets an excellent source of energy, providing the necessary fuel for workouts without causing sudden spikes or crashes in blood sugar levels. Moreover, the amino acids present in millets support muscle recovery and growth, aiding in post-workout rejuvenation.

A sustainable choice for personal and planetary health In addition to their nutritional benefits, millets also contribute to sustainable and eco-friendly practices. These hardy grains require minimal water and are resilient to drought and harsh weather conditions, making them an environmentally friendly alternative to water-intensive crops. By incorporating millets into our diets, we not only nourish our bodies but also play a part in preserving our planet's resources.

As the world rediscovers the virtues of millets, the connection between these ancient grains and fitness becomes increasingly evident. Millets offer a holistic approach to health, providing nourishment, vitality, and sustainable choices for individuals seeking to optimise their wellbeing. Let us embrace the wisdom of our ancestors and harness the power of millets on our fitness journeys, paving the way for a healthier future for both ourselves and the planet we call home.

- The author is Founder, Namami Yoga, Best Selling Author & Yogacharya

Chhattisgarh's Inspiring Journey To Become A Millet Hub



Chhattisgarh leads the way in millet procurement at support prices; State Government's proactive steps lead to a surge in millet cultivation

The Chhattisgarh Government has launched a 'Millet Mission' aimed at promoting millet cultivation across the state. Under this mission, facilitated by the Chhattisgarh State Minor Forest Produce (Trading & Development) Co-operative Federation Limited, 14 districts have entered into a tripartite MoU with the Indian Institute of Millets Research (IIMR) Hyderabad. The objective of the mission is to double millet productivity from 4.5 quintals per acre to 9 quintals per acre.

Because of State Government's efforts to encourage millet cultivation, there has been a surge in the cultivation of kodo, kutki and ragi crops. Coarse grains have been consumed in many tribal areas of the country for a long time, offering significant health benefits. These grains hold significance in the culinary and dietary traditions of the tribal cultures of the Surguja and Bastar region of Chhattisgarh.

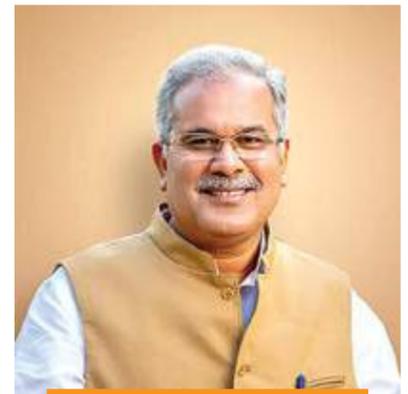
The Chhattisgarh State Minor Forest Produce (Trading & Development) Co-operative Federation Limited has procured 5,273 tonnes of millets, amounting to Rs 16.03 crore, during the year 2021-22 and 13,050 tonnes of millets amounting to Rs 39.60 crore in the year 2022-23. With a vision to expand millet cultivation, the state government has set a target of increasing the area under millet cultivation from 96,000 hectares to 1.60 lakh hectares during the Kharif Year 2023.

Incentives for farmers

Under the leadership of Chief Minister Bhupesh Baghel, the purchase of kodo, kutki and ragi in Chhattisgarh is facilitated at support prices, along with their value addition. The state

government has fixed the support price for kodo and kutki at Rs 3,000 per quintal, while that for ragi has been set at Rs 3,377 per quintal.

Millet production has been incorporated into the Rajiv Gandhi Kisan Nyay Yojana to enhance its cultivation in the state. Millet-producing farmers are being provided with an input subsidy of Rs 9,000 per acre.



Bhupesh Baghel
Chief Minister, Chhattisgarh

Success story

An instance of benefit of the mission to farmers is that of Balluram, hailing from Amlidih village in the Dongargarh development block. Cultivating ragi on one hectare under the National Agricultural Development Scheme and using vermicompost produced under the ambitious Godhan Nyay Yojana and also receiving free ragi seeds, he obtained a yield of 12 quintals and earned Rs 68,000. He mentions that compared to traditional paddy cultivation, his profit from Ragi cultivation was nearly 1.5 times higher.

Chhattisgarh has been awarded the 'Poshak Anaj Award 2022' for its efforts in promoting millet cultivation. And it is truly emerging as a 'millet hub' in the country.

“Millets Possess A Wealthy Nutrient Profile”

Ghanshyam Khandelwal, Chairman, BL Agro, a leading edible oil and food manufacturing company, on the reasons why the government is promoting millets aggressively and the ways to make these popular among public

By Himanshu Ojha

Why is the government giving special emphasis on promotion of millets?

There's a reason why millets were a quintessential part of our traditional cuisine. It was optimal for both our environment and our health. For all its benefits, globalisation has done us a disservice. It waylaid what we cultivated and consumed, and that's at least partly responsible for the vitamin and mineral deficiencies in the population.

What we eat matters. Consequently, the government is pushing these *mota anaaj*. Millets are highly nutritious, containing a range of essential nutrients that we need, including minerals such as calcium and iron and vitamins like A and B.

They are also gluten-free and have a low glycaemic index, making them particularly suitable for people with dietary restrictions and diabetes. On top of it, they pack a punch of soluble and insoluble fibres, which increases digestive capacity.

The Indian government also appreciates that they are very conducive to our environment. Millets are very resilient and can grow in arid and dry regions as they don't need as much water as compared to other staples.

As we increasingly battle climate change and water scarcity, they can contribute to constructing sustainable agri-food systems, reducing our reliance on crops like rice and wheat.

As millets are proven to be good for health, what steps can

the government take to further increase awareness among Indians?

India stands on a threshold. The government has made significant strides in raising awareness, not only among consumers but also in bolstering production.

Measures such as increased minimum support prices (MSP) and the inclusion of millets in the public distribution system have provided incentives to farmers and ensured a stable market. However, time is required to allow these efforts to bear fruit.

That being said, a change in perspective is crucial to propelling adoption.

Millets, often labelled as 'cereals of the poor', are considered a poor man's sustenance. In reality, they possess a wealthy nutrient profile, making them superior. Implementing public awareness campaigns that educate the public on the same could prove pivotal.

Additionally, integrating these into school curricula can empower the next generation with knowledge about their benefits from an early age. Collaboration with doctors, nutritionists, and dieticians would increase credibility in the general population.

Finally, establishing a dedicated research centre that provides robust scientific evidence on the need to go back to our ancestral foods like millets can become a key catalyst for impactful change.



Ghanshyam Khandelwal

“What we eat matters. Consequently, the government is pushing these *mota anaaj*. Millets are highly nutritious, containing a range of essential nutrients that we need, including minerals such as calcium and iron and vitamins like A and B”

We exported approximately \$64.28 million worth of millets in 2021–22. If the government wants to enhance these export figures, they need to prioritise the domestic market.

Once we as people start giving it favour and turn it into a mainstream grain, it will give the rest of the world a compelling example, and they will follow quickly and without a hitch.

If we don't give millets the respect and attention they deserve, how can we expect others to have an appetite for them? Essentially, the government must establish a strong presence for millets within India to pave the way for global acceptance.

Experiments exploring new and innovative ways to include millets in daily food can amplify the appeal and widen acceptance.

How can promotion of millets be economically beneficial for country?

Millets are cost-effective. They require fewer inputs, use less water, and have shorter growth cycles compared to traditional crops. It's less labour-intensive and can grow even in mountainous regions, which directly benefits farmers.

In addition, they are a sliver more expensive for the consumer's pocket than rice and wheat. So, as consumption increases, which it already is among the affluent and high-income earners, it would bolster the economy. You're spending less, and earning more.

Furthermore, the processing of millets and the development of value-added products, such as millet flour, snacks, and ready-to-eat items, would generate employment and foster industry growth. And then there is the export potential; once India taps into it, the economic impact will expand.

What steps can the government take to increase export of millets?

In 2021, the global export value of millets was \$470 million.

What are the supply chain issues regarding millets?

While the supply chain for millets does not present any specific issues, it is important to acknowledge its inherent sluggishness. To address this, there is a need to prioritise research and development efforts within the millet value chain and increase its efficiency.

Will BL Agro be venturing into millets?

Certainly. BL Agro has undertaken extensive laboratory testing on millets over the past six months. The initiative is to generate comprehensive reports and get valuable insights not previously available, facilitating a deeper understanding of millet production and its potential integration into our production line for the brand Nourish.

Based on our progress, we anticipate incorporating millets into our product portfolio in the near future. Our target timeline is around Diwali, allowing us to introduce the offerings to our customers during the festival.

This decision aligns with our commitment to meet the evolving demands of health-conscious consumers.

Princely Hospitality At Fort Barwara

By Team Aerocity Live

At Barwara, a 14th Century fort located four hours' road trip away from Delhi, Six Senses offers visitors a perfect mix of courtly lifestyle, modern amenities, fine dining and an array of activities



Here is princely Rajasthani hospitality at its best. A sprawling fort nestled in a hilly region has been renovated and transformed into a luxurious hotel that's traditional and modern at the same time. Six Senses Fort Barwara is traditional in its setting and the luxurious living spaces once the preserve of royalty and the ethos of 'satkar' (hospitality). And it's modern in terms of best of amenities and

services of the 21st Century. It's just the right place to head to, if you wish to nourish your six senses.

The property faces the charming village of Barwara to the west and a forest to the east. The famous tigers of Ranthambore National Park are only a short drive away.

The resort includes two palaces, two original temples, and 48 beautifully appointed suites within the fort walls. Each



“ At Six Senses Fort Barwara, hospitality is not just a service, but an emotion. From the warm smiles of our hosts to the meticulously crafted details in every corner, we strive to make our guests' stay with us a journey of comfort, luxury ”

Sameer Kapoor
Resort Manager

SPECIAL STORY



“ We support organic ingredients. The healthiest diet, lifestyle, and food trends, rooted in Middle Eastern and Mediterranean traditions, are driving the popularity of millets, an ‘ancient grain’ that is gluten-free ”

Stephen Jones
Executive Chef

suite is designed in a contemporary Rajasthani style to complement the historic backdrop of the fort while subtly incorporating state-of-the-art in-room technology.

Dining experience

Three restaurants offer innovative menus emphasising locally sourced ingredients, while the impressive Six Senses Spa provides a peaceful sanctuary for the mind, body and soul.

Rajasthani-inspired fresh, sustainable cuisine highlighting Indian elements and flavours is the overarching theme of the three dining venues. It sources local products from the resort’s organic garden and farms in the nearby village. The three dining venues are:

- The Cortile, located within a leafy courtyard serving international and Indian specialities
- Rani Bagh that serves fresh fast casual cuisine from an open kitchen
- The Rajawat Room that is located within Mardana Mahal (the male palace) and serves creative concoctions along with an extensive list of fine spirits.

Besides that, destination dining is available at various unique locations around the fort for special occasions.



FACT FILE:

Location: Four-hour drive from Delhi NCR, 2.5 hours from Jaipur Airport and 30 minutes by car from Sawai Madhopur and Ranthambore National Park.

Facilities: Multilingual hosts; Six Senses Spa and Spa Gallery; fitness centre and personal trainer; library with a wide selection of books and magazines; creative event spaces; cultural tours; indoor and outdoor pools among others.

Also, it offers a range of indoor event spaces including a 2,045 square foot (190 square meters) ballroom as well as magical outdoor settings and event lawns.

Activities: Daily fitness classes, group activities and wellness talk with experts; alchemy Bar; heritage walks & horticulture within Six Senses Fort Barwara; cultural walks to nearby villages (Barwara Village, Shri Chauth Mata Temple, Shivar Village, Shivar Fort); cooking classes; sustainability workshops at the Earth Lab; Grow with Six Senses kids’ programme; organic garden and local market tours with chefs; Safari to Ranthambore National Park; offsite picnic; water bottling plant and sustainability tour; morning hikes and sunrise picnic; mountain biking among others.



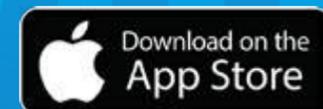
fandrum

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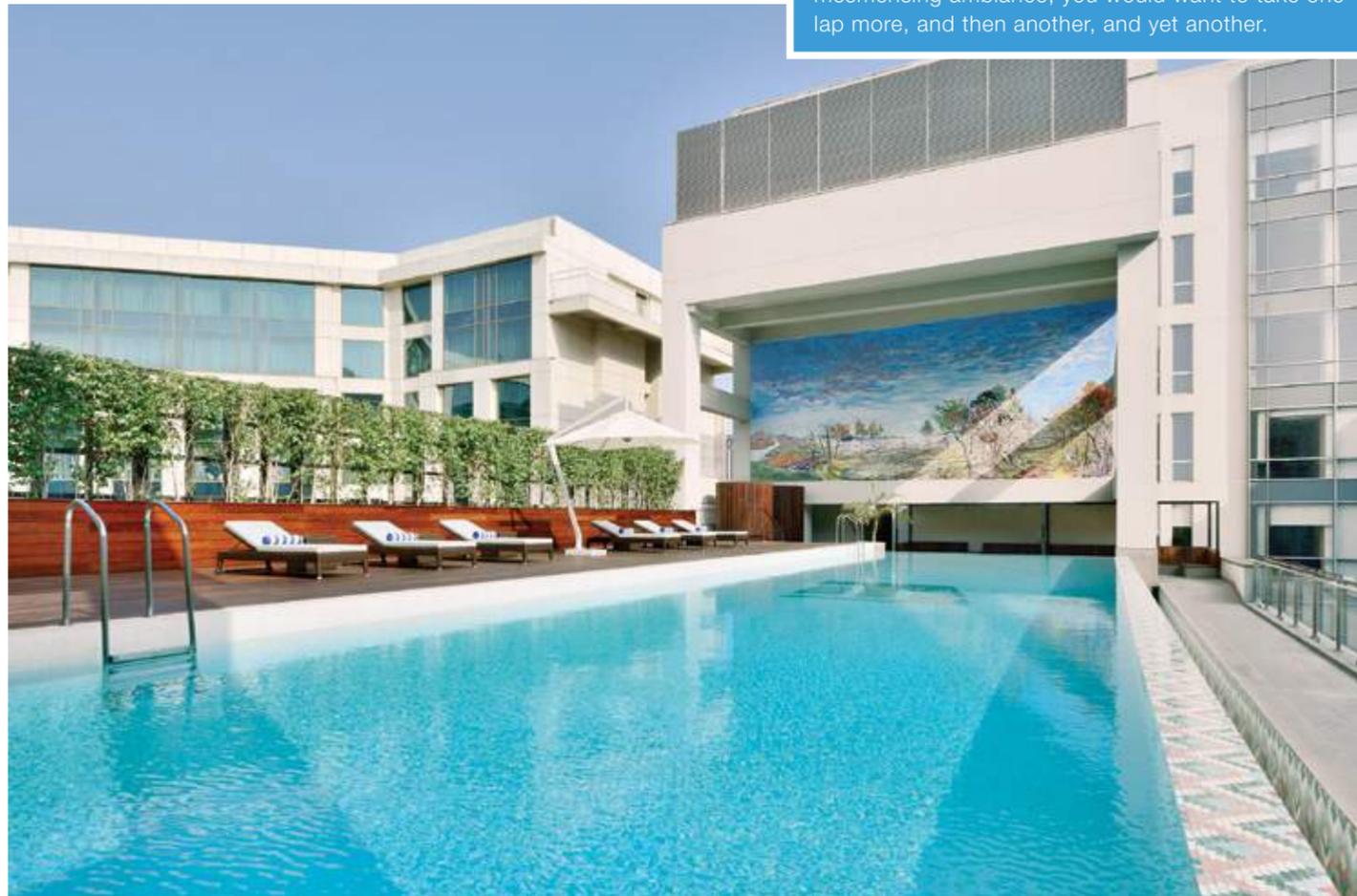
Fitness Facilities Galore

From pools for a relaxing dip to gym facilities to burn extra calories, Aerocity hotels have it all. A sneak peek into some of the facilities. Also, how hotels have put health at the centre through special drives

Hotel Aloft, New Delhi Aerocity

The gym at Aloft Aerocity has all cardiovascular equipment and weights. There is a separate Yoga Room too, for guests of the hotel.

The swimming pool, that is open all days, 6 am to 8 pm, has a beautiful setting, with artwork on a wall being the centre of attraction. With azure water and mesmerising ambiance, you would want to take one lap more, and then another, and yet another.



Holiday Inn, New Delhi Aerocity

The Best way to get over the jet lag is to take a dip in the outdoor pool, and soak in the views of the surroundings. Or else, head to the Lea Spa and Salon and rejuvenate your mind, body and soul.



Hotel ibis, New Delhi Aerocity

The hotel has a well-equipped gym, where guests can do their exhaustive workouts. The pool at the hotel is an oasis of tranquility; guests get tempted to take a dip and exercise their limbs.

Roseate House, New Delhi Aerocity

The gym at the hotel offers cardio training, strength training and functional training to achieve wellbeing goals. Every Saturday and Sunday, there are yoga classes in the morning; then there is Aqua Zumba every Saturday in the evening with expert trainer.

The hotel not only has a gym for guests, its spa called Aheli (meaning pure) has services designed to detox, cleanse, nourish, nurture, heal and rejuvenate. As the hotel website informs, treatments offered at the Aheli Spa are a blend of Ayurveda, Yoga, Indonesian, Thai & European wellness philosophies. The spa has well-appointed spaces, each designed to offer holistic wellbeing.

There is also a steam and sauna room with city view.



Lemon Tree Premier, Delhi Airport

The 24x7 fitness centre at the hotel, equipped with 'Life Fitness' equipment, offers a great opportunity for exercising. There is a personal trainer to assist you. A refreshing dip in the swimming pool at the hotel is relaxing exercise that tones your whole body. And then there is the spa, to pamper your body and soul.



Healthy Initiatives At Pride Plaza, New Delhi Aerocity

The hotel has taken several proactive measures to send out a message on health front. On this 'World No Tobacco Day', the hotel took a pledge to make all indoor facilities tobacco-free. This initiative reflects the hotel's commitment to create a healthier environment for guests and staff.

Similarly, the hotel celebrated 'World Bicycle Day' with an incredible bicycle rally in association with the Indian Medical Association Dwarka, New Delhi. The day kicked off with a high-energy Zumba session, setting the tone for an amazing event. The cyclists then embarked on an exhilarating ride through the beautiful Aerocity, completing multiple laps. The primary aim was to promote sustainability and a healthier lifestyle.

Virendra Mor, ACP, IGI Airport New Delhi, flagged off the ride. The participants were presented with certificates, a small token of appreciation for their involvement in the event.

Watch The History Of India Come Alive At **The Red Fort**



Experience the captivating allure of India's rich history at the Red Fort Visitor Centre and indulge in the grandeur of Jai Hind Light & Sound show. Both are one-of-a-kind must-see destinations brought to you by Dalmia Bharat Monument Mitra for The Red Fort.

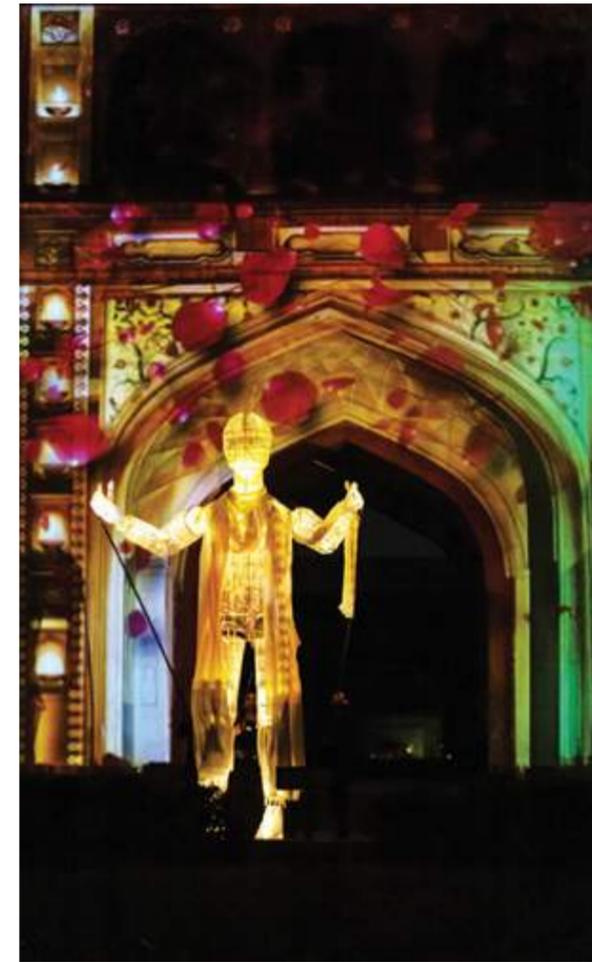
Nestled within the UNESCO World Heritage Site of the Red Fort, the Red Fort Visitor Centre offers a remarkable journey through time, while the Jai Hind Light & Sound Show brings India's glorious past to life through a mesmerising display of performance art.

The Red Fort Centre

Housed in a historic 19th century British barrack, the Red Fort Centre is a unique facility designed to give visitors an in-depth understanding of the historic site and sets the context for a more enriched visit. It has an interpretation centre that is divided into four zones.

- **Safar:** Delhi before the Red Fort and Shahjahanabad were established.
- **Zindagi:** The magnificent architecture, royal traditions and luxurious living in the Fort.
- **Tareekh:** Defining moments in India's history, with Red Fort as the fulcrum.

- **Hum Ek Hain:** Importance of Red Fort for India's unity in diversity. It provides a unique, 360° immersive viewing experience with projections on the walls, ceiling and floor. The eight-minute show re-imagines inauguration of the Red Fort. Other attractions are Café Delhi Height's Restaurant and a Luv India Souvenir shop within the Red Fort Centre. **Opens on:** Tuesday – Sunday, 10 am to 8 pm (Monday closed).



Jai Hind Light & Sound Show (55 mins)

Jai Hind Sound & Light Show is a dramatic presentation of the history of India from 17th century to the present day. Using all forms of performance art – projection mapping, live action films, light and immersive sound, actors, dancers and puppets, it brings alive key episodes including the tussle for power between Dara Shikoh and Aurangzeb, plunder of Red Fort and Shahjahanabad by Nadir Shah, rise of the Marathas and their control of Red Fort, the 1857 War of Independence, rise of the Indian National Army and the INA trials and finally the fight for Indian Independence.

Jai Hind light and sound show – Showing timing – Hindi Show at 7:30 pm to 8:30 pm and English show at 8:45 pm to 9:45 pm (Monday closed).

Distance from Aerocity: 23.1 km

Nearest Metro Station: Lal Qila on Violet Line

Sundar Nursery's Monumental Beauty



By Himanshu Ojha

Situated in the bustling national capital city is the tranquil urban oasis of Sunder Nursery - Delhi's Heritage Park. A site with breath-taking monuments, gardens and biodiversity, Sunder Nursery was listed amongst the 100 World's Greatest Places of 2018 by TIME Magazine. Following a decade of landscape and conservation works undertaken by the Aga Khan Trust for Culture in partnership with Central Public Works Department and the Archaeological Survey of India, Sunder Nursery opened to the public in 2018.

The Shaheer Associates-created landscape master plan takes its cues from the conventional Indian idea of harmony between nature, garden, and function while also promoting environmental preservation. This 90-acre park adjacent to the Humayun's Tomb World Heritage Site is a treat for history and nature lovers as

well as the ideal location for leisure and cultural activities in the city. While the nursery dominated the landscape for many decades, and the Mughal era monuments were unapproachable due to growth of tall grass, the structures are now a hot-spot for Delhiites of varied interests. The monuments, waterways, tall trees and bushes and birds that flock to the garden make it an ideal place for activities, ranging from picnics to idle walks to photo shoots to heritage walks and book discussions. Whether you are fond of manicured gardens or lush untamed vegetation, there is something to cater to each taste. And then of course, there is the large collection of plants of every variety on sale at the nursery section, plus seeds available at the counter.

Of course, no trip to a public place is complete without satiating one's appetite, and the Fab Café and a few kiosks serve a range of food items.

📍 Distance from Aerocity: 20.4 km

🚇 Nearest Metro Station: Jawaharlal Nehru Stadium Metro Station on Violet Line

The Partition Museum: Hope At The End Of The Tunnel



By Meha Mathur

Dara Shikoh's Library, built in 1639, has witnessed several tumultuous events. The ownership passed on to Bahadur Shah I after Dara Shikoh's demise, followed by Dias Da Costa, a lady of Portuguese descent, then to Safdarjung, and then to the British. But its latest association is with an epoch more macabre than any other in the Indian history. This grand building, which is a confluence of Mughal and European architectural ethos, now houses the Museum of Partition. Galleries after galleries, you witness the brutalities that were inflicted upon people on both sides of the border during the Partition.

The design of the space and the curation shows how museums have transformed from static displays to multimedia presentations. There are interviews of survivors and their descendants revealing the horrors of migration and how they rebuilt their lives from scratch.

The section that leaves greatest impact is a railway compartment with wooden seating typical of those times. Trains had become an important mode of transport to help people cross the borders and special trains had been deputed from both India and Pakistan. But these came under attack and countless lives were lost on the tracks. Items that were recovered from those compartments after the mayhem have been displayed to

📍 Distance from Aerocity: 27.6 km

🚇 Nearest Metro Station: Kashmere Gate on Yellow Line



highlight the sordid saga - torn clothes, an upturned shoe, broken bangles.... A few individuals who escaped have contributed some precious belongings from that journey, and these too have been displayed in the compartment.

Some were not lucky enough to transport their belongings, and they had to buy every single item anew. One tiny bowl, which a family purchased in a market in Delhi, showcases the struggle.

When madness subsided, the migrants made efforts to revisit their lost homes. Indians who had fled the horrors of Partition were welcomed with open arms by those who now occupy those houses. Such photographs provide hope that bonds can be built across the border. When Priyanka Mehta visited her ancestral place in Pakistan, the occupants gifted her an electricity meter from 1940s that belonged to her nani. Better still, old friendships have been rekindled, as seen in some heartwarming photographs. What could be a more fitting end to the museum visit than this note of succour?

The museum is located on the campus of Dr BR Ambedkar University. Visitors have to register themselves online for entry.

By Meha Mathur and Himanshu Ojha

Urban Aesthetics, Rural Craftsmanship Mingle At Shahpur Jat

Shahpur Jat has become the go-to shopping destination for every bride-to-be, thanks to a number of fantastic independent stores selling everything from designer sarees and jewellery to men's tuxedos. Additionally, if you're visiting Delhi to attend the wedding of an Indian acquaintance, you should be in this market.

The harmonious coexistence of the rural and urban spheres within it is remarkable. Therefore, it is common to see a chic boutique housed in a dilapidated structure or even a farm animal ambling by mannequins dressed in elegant apparel.

Young designers started renting rooms in Shahpur Jat at the turn of the century, largely because of the affordable real estate costs. It also helped because neighbouring dyeing studios and the neighbourhood was home to migrant craftspeople.

Over time, the area started to draw business owners, artists, and other creative individuals, many of them were foreigners who helped to usher in a kind of cultural revolution in the dull and underdeveloped neighbourhood. The area now contains vintage



shops, concept restaurants, co-working spaces, art galleries, and a burgeoning street art culture.

Distance from Aerocity: 15.8 km Nearest Metro Station: Hauz Khas Metro Station on Yellow and Magenta Lines

Beyond Khadi At Khadi Gramodyog

While Khadi was a symbol of self-sufficiency and empowerment of Indian villages in the years leading up to independence, the Khadi Gramodyog Bhavans have evolved over the decades and offer a vast range of products. The one at Kharag Singh Marg in Connaught Place is not restricted to the traditional khadi material and kurtas. It's a one-stop-shop for a range of items is available for sale like shawls, sarees in refined textures and bright colours, jackets, ties, shirts, jewellery, brass decorative items, stationery products and gift-wrapping material. A large section sells cottage industry products like pickles and honey, health items like neem powder and triphala, soaps in several fragrances, shampoos and beauty products like face packs and scrubs. Indian cottage industry surely is empowered to meet the 21st century urban consumer's needs.



Distance from Aerocity: 17.7 km Nearest Metro Station: Rajiv Chowk Metro Station (Intersection of Blue and Yellow Lines)



One For Your Garden At Saket

Have you ever taken the subway to the Select Citywalk mall in Saket and walked through this lovely aisle of vibrant pots, mugs, ceramic items, and plants? We chanced upon this delightful collection recently as we made the decision to forgo taking a car and found this hidden gem of a market right adjacent to the Malviya Nagar Metro Station.

You will come across this alley that sells some extremely vibrant and gorgeous ceramics as soon as you leave the metro station by the Max Hospital exit.

From ceramic cups, plates, mugs, and kitchenware to different types of pottery, you can find it all here. The rates range from Rs 30 to a maximum of Rs 1,000.

For individuals who enjoy gardening, everything from pots to shovels, to manure to seeds and even fake or actual plants is available. Pots in every shape and varied colours, chimes in terra cotta, Buddha busts, and other decorative elements to add further charm to your garden is to be had here. So, if you want to add some lovely flower pots to your balcony, this is the place to go.

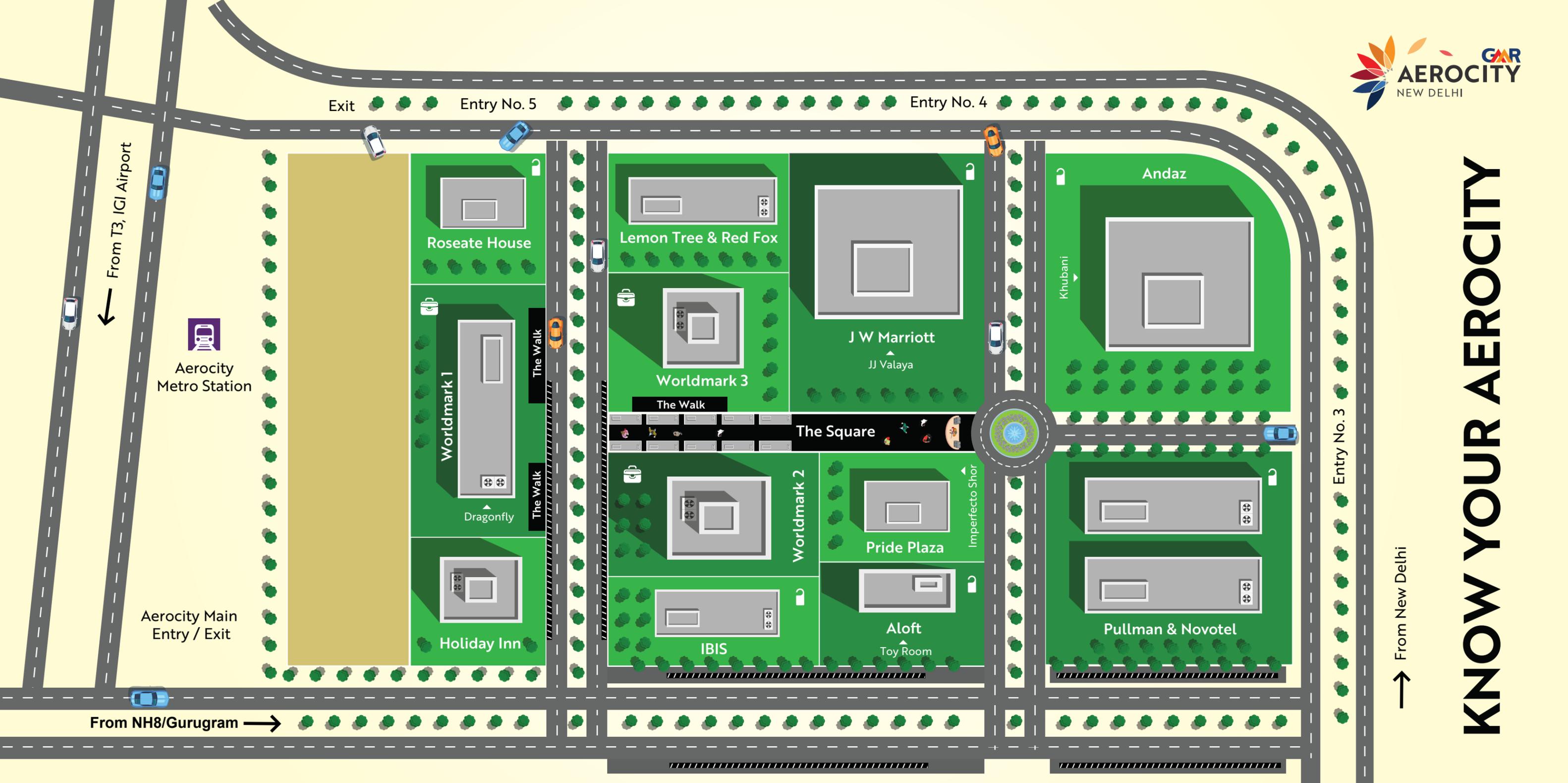
Distance from Aerocity: 16.6 km Nearest Metro Station: Malviya Nagar Metro Station

Nurseries On MG Road

The road leading from Mehrauli to Gurugram is lined with nurseries selling most exotic garden stuff. Seasonal and round-the-year plants and trees, and seeds can be had in a large number of varieties. From pots in every possible shape and pitchers to decorative terracotta objects and pebbles to garden equipment, a range of items is available for sale. You can spend hours strolling through one outlet after another, soaking in the green ambience.



Distance from Aerocity: 12 km Nearest Metro Station: Chhatrapur Metro Station



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- The Square**
- Nicobar
 - Pure Home+Living
 - Heads Up For Tails
 - Kama Ayurveda
 - Chique
 - Manan
 - Modern Bazaar
 - Looks Prive
 - Kheoni Wellness

- The Walk**
- 24 Seven
 - Aptronix
 - Da Milano
 - Forest Essentials
 - Gute Reise
 - Miniso
 - Looks Salon

- The Walk**
- Starbucks
 - Kampai
 - Chayos
 - Aerocity Social
 - Punjab Grill
 - Monsoon
 - Reve Cafe
 - Daryaganj
 - La Roca
 - Liv Bar
 - Farzi Cafe
 - Nua Cafe
 - Costa Coffee
 - Mesa Bistro
 - Cafe Delhi Heights
 - Plum By Bent Chair
 - Beer Cafe
 - Kylin Experience
 - Dhaba
 - One 8 Commune
 - Underdoggs
 - Food Capital (Food Court)

“Our Brand Gives Us Competitive Advantage”

Sharad Datta, General Manager, JW Marriott New Delhi, on Aerocity as an apt location to cater to a diverse clientele and how the hotel is placed in a unique position within that ecosystem.

By Meha Mathur

Graduating from IHM Mumbai, Sharad Datta has had a wide and varied experience in the hotel industry for over two decades. Starting off in Food and Beverage with properties like The Oberoi Rajvilas Jaipur, he has worked with leading brands like Hyatt International, The Oberoi Group, and now, after over a decade, Marriott International. He has served as General Manager at the Westin Mumbai, among other roles in the group. He has recently taken over as the GM of the JW Marriott New Delhi Aerocity. In an interview with *Aerocity Live*, he shares what excites him about his profession and the unique position the hotel enjoys at Aerocity. Excerpts:

What inspired you to join the hospitality industry?

At the time that I chose this profession, it was considered to be one of the top career choices, a challenging profession that gave tremendous opportunity for growth, and those were the factors that kind of attracted me to the hospitality industry.

And what is the biggest reward for working in this industry?

Working in the hospitality industry gives you the opportunity to create connections and make a positive impact on people's lives. Whether these are your guests or the associates that you work with, both are very important to me. And as a hotelier, I've had the privilege of creating a number of experiences for guests. The whole idea of a hotel is to provide, to use an old cliché, a home away from home. And you want to give them an elevated experience. Seeing the joy on the faces of guests when they

get that experience is a great reward. The other reward is being able to create job opportunities and careers for associates. And I think to top it all off, working in a dynamic and diverse industry allows me to constantly learn and grow both personally and professionally, which is another rewarding aspect of this career.

You have recently taken over as the GM of JW Marriott New Delhi Aerocity. What are some of the goals that you are eager to achieve for the hotel? And what is the vision of New Delhi?

I am very keen to achieve several goals for the hotel. One of the primary goals is to elevate the luxury experience for our discerning guests. Some of the goals that I'm focused on include enhancing the guest experience through personalised and mindful service, implementing sustainable practices that help us reduce our carbon footprint, and fostering a culture of inclusivity and diversity within the hotel. Driving results is very important. We have to manage the business to ensure that we achieve the goal that we set out to do while at the same time making sure that the hotel is positioned as the go-to property in Delhi for our guests. The aim is to strengthen our presence in the market and surpass the previous benchmarks. But ultimately, I want JW Marriott New Delhi to be known as a haven of tranquilly and great hospitality, where guests can feel revitalised and fulfilled.

How is JW Marriott leveraging the advantage of Aerocity's location? And how do you position yourself vis-à-vis other hotels in this ecosystem?



Sharad Datta

“The whole idea of a hotel is to provide, to use an old cliché, a home away from home. And you want to give them an elevated experience”

Aerocity in itself is now a very bustling hub for various activities, including business, entertainment, and dining. Its biggest advantage is its proximity to the airport. Also, it has proximity to Central Delhi and Gurugram. So, it becomes a very convenient choice for business as well as leisure travellers. This location allows us to cater to a diverse clientele. Also, this is a great destination for hosting conferences and meetings, which is a big part of our business. As regards how we keep ourselves ahead, I think the brand plays a very important part in this success. We are really the strongest luxury brand in Aerocity. And that is a huge competitive advantage. It allows us to have a great advantage over our competition in terms of the offerings and services that we provide. At the end, the service experience that the guest has is unparalleled.

What is the dining experience that the hotel offers?

We have an array of dining experiences. The captivating Food Theatre at K3 is an all-day dining restaurant designed like a theatre, offering an immersive culinary journey. There are three live kitchens representing North Indian, Pan Asian, and Italian-Mediterranean cuisines. While JW Lounge is an ideal destination for enjoying light bites, bar nibbles, and finger foods, Delhi Baking Company is a haven for bakery enthusiasts, showcasing a delightful assortment of viennoiserie, freshly baked breads, savoury dishes, and seasonal menus. However, the restaurant I'd like to highlight is Adrift Kaya, the brainchild of Sandeep Gupta, Aria Hotels & Consultancy Chairman. It is a remarkable progressive Japanese restaurant with an exquisite menu curated by Michelin-starred chef David Myers, which completed its first year recently.

Connecting Communities, Curating Experiences

Brookfield Properties sets new standards of customer experience at Worldmark Aerocity

By Munish Mathur



Brookfield Properties, a leading global developer and operator of high-quality real estate assets, is at the forefront of creating remarkable spaces that transcend traditional real estate concepts. As the largest workplace developer in India, managing over 50 million square feet of commercial space, it provides meaningful experiences to our tenants, employees, and the communities it operates in.

At Brookfield Properties, it's not just about building and managing buildings; it curates places that are welcoming and delivers experiences that are exciting, inspiring, and extraordinary. Worldmark Aerocity, one of its flagship campuses, exemplifies this vision.

A prime business destination

Located in the heart of Delhi's high-end hospitality district, Worldmark Aerocity has earned its reputation as the new global address. Spanning over 1.2 million square feet of premier office space and over 0.3 million square feet of retail space, it has attracted marquee Indian and international occupants. Being close to South Delhi, Gurugram, and Dwarka, Aerocity holds a distinct location advantage. Owing to its proximity to the international airport terminal makes Worldmark the new hub of national and international business giants such as Ernst & Young, Airbus, Goods and Service Tax Network to name a few. The development's success lies also in its commitment to providing a premium work environment that fosters collaboration and productivity.

Placemaking: Crafting a unique experience

Its commitment to placemaking sets it apart in the real estate industry. The six key pillars of placemaking – wellbeing, sustainability, arts and culture, community, memorable moments, and diversity – are seamlessly integrated into the development, offering an engaging environment for its tenants and visitors alike.



Worldmark Aerocity takes customer experience to new heights with its 9X9 concept which comes to life with a wide array of experiences that cater to diverse interests. Life extends beyond the confines of traditional office hours and the development ensures that our customers, both within and beyond Aerocity, can seamlessly transition from work to leisure, allowing them to make the most of their time within its dynamic ecosystem. From captivating art exhibitions to soulful music evenings, lively flea markets, and engaging film screenings, every corner of Worldmark Aerocity is transformed into a vibrant and immersive space.

These initiatives not only foster a sense of community but also contribute to a thriving work culture, where individuals find inspiration, creativity, and collaboration at every turn.

Elevating customer experience

At Worldmark Aerocity, one is transported to a realm where efficiency meets aesthetics. Future-ready offices with breathtaking views, strolling by the fountains, and enjoying a coffee break in Food Capital—every aspect is thoughtfully designed to make work feel less like work. Here, business is a pleasure, and your workday extends beyond the confines of your office.

Whether you crave a quick bite, desire a five-course candle-lit meal, or seek a rejuvenating makeover at a luxurious salon after work, Worldmark Aerocity caters to your every need. 'The Walk' a vibrant retail street, features a distinguished lineup of renowned restaurateurs offering a wide array of world cuisines and dining

experiences. Plum by Bent Chair, Liv Bar, Monsoon by Café Lota, REVE, Farzi Cafe and Kampai are just a few of the gastronomic delights that await you. It also hosts retail outlets including an Apple Store, Miniso, DaMilano, and more. The Food Capital, Worldmark Aerocity's food court, stands apart with its unique design, structure and unmatched guest experience. Featuring a double-height ceiling with a sunroof that fills the space with natural light, a central water body, and an abundance of greenery, the Food Capital creates a relaxed and refreshing ambiance. With over 18 food counters, the Food Capital offers a wide variety of cuisines to satisfy every palate.

Worldmark Aerocity is a testament to Brookfield Properties' commitment to delivering extraordinary customer experiences.

The author is Senior Vice President and Regional Head - Northern Region, Brookfield Properties, India

“Great Opportunities For Networking”

By Meha Mathur

Versha Goenka, Partner, EY, talks about the facilities at Worldmark offices in New Delhi Aerocity



Versha Goenka

Versha Goenka has been associated with Ernst & Young since 2016, and is part of the compliance advisory team. Primarily based out of Noida office, she frequently visits the EY office in Worldmark 1 at Aerocity since some of the teams operate from that office. In an interview to *Aerocity Live*, she describes the locational and infrastructure advantages of the office. Excerpts:

favourite.

There is a gift shop, and there are convenience and medical stores. And the office space itself is airy and well-lit, which is particularly good in winters.

What was your first impression about Worldmark and Aerocity?

It was a sense of wow as it is definitely one of our best offices.

What do you think of the infrastructure?

The parking space is great, there is good space to walk if you want to take a stroll outside the office. There are so many coffee shops like Starbucks and Chaayos. If you want to take a small break, it's just very manageable. I like hanging out with colleagues post-office or catch up with friends there. There are many young team members and if you want to organise any event after office hours, it becomes very easy to pick up a place. We have done events at Farzi Café, Delhi Heights and so on. The food court also provides ample seating and a lot of food options, of which Daryaganj is my

Hygiene and safety are two important aspects for an employee. What has been your experience on those counts?

The place is always buzzing with life, with so many offices and so many colleagues. I have never felt a safety-related concern. As regards hygiene, the washrooms are very clean, and I see a lot of cleaning of the floors happening regularly. When Covid protocols were in force, Aerocity offices had strict procedure.

How can locations like this be catalysts for a new office designs and work culture?

It is very important to have an office building that meets all your requirements and allows you a networking opportunity. It's better to have offices in one location and having so many places to hang around, than isolated offices that we had in the past.

“A Single Ingredient Can Transform The Outcome”

Chef Sandeep Choudhary, Executive Chef at ibis Aerocity New Delhi, shares his food philosophy with *Aerocity Live*

By Meha Mathur

The culinary journey of Chef Sandeep Choudhary started with Jaypee hotels where he also got his training. After that, he worked with The Leela, The Grand and then joined Accor. In an interview to *Aerocity Live*, he talks about his approach to cooking and his favourites.

What is your personal philosophy regarding cooking, and success in this profession?

Cooking is all about simplicity. This has been my learning throughout my experience while working with all the old school chefs in a conducive environment. I believe a single ingredient can completely transform the way of cooking and the final outcome.

All it takes is a simple approach - treat the ingredients in a way that nothing can alter their natural flavour.

Gaining more experience and knowledge by working and reading, the culinary books can help someone attain excellence in the culinary art. I have been reading books to add to my knowledge and refine my skills further. One of my favourite books is *Kept Handy* written by Harold McGee; it's a must read for all the culinary professionals.

There's one thing that I would strongly recommend based on my experience in culinary world - don't take shortcuts, all steps in the journey are there for a reason and in the end it will all come together and be worth it.

The theme of this issue being millets – what is your approach towards millets and how to incorporate those into fine dining experience?

Millets is a vast subject to cover. In today's health-conscious world, many people suffer from different diseases, predominantly lifestyle related. Millets are rich in protein,

vitamin, minerals and fibre. They are easily digestible and help in controlling many ailments.

They aid weight loss, keep the blood sugar levels in check, boost immunity and reduce the risk of cardiovascular diseases. They also help in prevention of asthma, help with digestion and act as an antioxidant.

I recommend that everyone should incorporate one single dish made of millets in their daily meals.

At ibis we do make few millet-based dishes in buffet preparations in our weekly menu setting. Keeping health in mind, we always try to add millet-based dishes on our menu every time we have a VIP event. We have done millet canapés in past, and we have done millet-based kathi rolls where we replaced refine flour with millet flour.

There are many ways of incorporating millets into fine dining experiences. Like for an amuse bouche, one can offer Pea's Pesto millet Crostini. We once organised a Japanese Cuisine Festival at ibis where we tried the 'vegan millet sushi with roasted root vegetable and broccoli cream' and it worked very well.

What is your strength – savouries or desserts? And which cuisine?

I have been associated with western cuisine throughout and my expertise lies in savoury Italian dishes.

What work goes into deciding the menu? Any regional/ international cuisine that the restaurant is renowned for? Or a unique dish that is much talked about at ibis?

It is very important to understand the demography of an area. We use the 4P model (people, price, place and promotion) as it covers all aspects that are required in finalising the

menu and we also take into consideration the prevalent culinary trends while deciding the dishes. 'Spice it' restaurant at ibis is a multi-cuisine restaurant where we serve Oriental, Western and Indian cuisine, basically the comfort foods for all moods. At ibis, we have some signature dishes, which are very popular amongst our regular guests for example, Avocado toast and Tangra style soya chaap.

How do you incorporate local and seasonal produce in your cuisine?

At ibis, as an ongoing practice we incorporate local and seasonal produce vegetables across the menu and buffet preparations. Also we have been gardening our own ingredients and herbs like green chillies, curry leaves, celery and basil from our Chef's Garden. In addition to this, we use the seasonal vegetable in our buffet preparations like okra, bottle gourd, bitter gourd etc.

It is very important to understand the demography of an area. We use the 4P model - people, price, place and promotion - as it covers all aspects that are required in finalising the menu



Chef Sandeep Choudhary

How does the restaurant ensure minimal wastage and work in a sustainable manner?

At Spice it, we prepare our food according to the house count and confirmed reservations. We take care of the hygiene at optimum level. In addition to this, we also replenish the buffet with freshly made food that is prepared at *à la minute* and this helps us in reducing the wastage of food. Also at ibis, the waste food materials and trimming of fruits and vegetable are used as compost materials for the bio gas plant. We use the bio-gas in our kitchen and it is a step towards the sustainability. In addition to this, we do segregate the bio and non-bio degradable waste in different bins to make sure that the non-bio degradable waste is treated properly for energy production. Also we are not using any single use plastic materials at all ibis hotels all across - we have a mineral water plant with bottling facility in our hotels where we use glass bottles only.

What is the most memorable feedback that you have got as chef here?

I remember one of the feedbacks, which I got from a Nigerian citizen. This guest was craving Nigerian food. He arrived at ibis New Delhi Aerocity and asked for a chef who could help him with Nigerian food as per his liking. Later, I met the guest, understood what he wanted, and tried to attempt the same. I made a local Nigerian dish for him and he liked it a lot. He also compared the preparation with his own late mother's recipe.

CHEF'S INTERVIEW

Favourite film or TV programme on chefs: Uncharted Showdown by Gordon Ramsay

Cooking and eating preferences at home: My expertise lies in Italian cuisine and in my leisure time I cook pasta for my family members and myself. Our most loved dish is vegetable lasagne.

One place you would like to visit to master a cuisine: If I get a chance to add to my current skills by mastering just one cuisine, it would be Italian and I would love to visit Italy for that.



INGREDIENTS

- ½ cup pearl millet
- ½ cup yellow split dal
- 1 table spoon ghee
- 1 tea spoon cumin seed
- ½ tea spoon asafoetida
- ¼ tea spoon turmeric powder
- Salt to taste

METHOD

MIXTURE

- To make pearl millet khichdi, combine the soaked pearl millet and yellow split dal and 2 cups of water in a pressure cooker, mix it well and cook it for upto 4 whistles.
- Let out the steam before opening the lid. Keep it aside.
- Heat the ghee in a deep non-stick pan and add cumin seeds to it.
- When the seeds crackle, add the asafoetida and turmeric powder and sauté it on a medium flame for few seconds.
- Add the precooked pearl millet and yellow split dal mixture into the non-stick pan. Mix it well and balance the salt as per your taste. Cook it for another 3 minutes over medium flame.
- Serve it hot with a table spoon of ghee on top.

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Photographs by Deep Majumdar

Underdoggs: A Sports Bar That Comes Alive At Night

Finger-lickin' good food and attention to detail in décor make this restaurant an unforgettable experience

By Deep Majumdar

Over the years, GMR Aerocity has become a hub for plush and chic spots that go beyond the traditional definition of the term 'restaurant'. For some, it's a place known for its food, for some, it's the corporate culture that stands out and for some, it is a spot to wind down after a hard day's work. Underdoggs is a place that quite beautifully brings together all the aforementioned aspects together.

Underdoggs is not your conventional sports bar. It is a restaurant that uses the sports bar theme and adds a nice little twist to it. I would also go out on a limb and say that the restaurant is not offering food, rather it is offering a concept

to its customers and honestly, no one's complaining.

First Impressions: Ambiance & Décor

My first impression of the resto-bar was similar to the time I visited an Indian Ocean concert back in 2014. 'It is loud' – that's what I said to myself. However, amidst the loud music, the restaurant's aesthetics spoke a different language altogether. The dimly lit tables, the courteous staff and last but not least, the food. I understand that we may have evolved as a people, we might step foot on Mars soon and AI might take over the world one day but food will always be the one thing that connects us all. Later on that.

Must Try Cocktails

Don Saffron
Passiflora

Must Try Food Items

Hummus B'ilLahme
California Fish Tacos
Shanghai Chicken Dimsums

My food expedition at Underdoggs began with a platter of soft-shell California Fish Tacos. Tacos and fish are not a combination that you hear of every day. The Californian batter-fried fish, the coleslaw, lettuce, onion and sour cream all came together in unison to give a lip-smacking experience and while doing so managed to retain their characteristics and textures.

This was followed by the Hummus B'ilLahme. Like any self-respecting food enthusiast or 'foodie', I dove into the hummus with the pita bread before I could even begin to understand how to properly pronounce the name of the dish. The lamb or mutton was juicy, succulent and extremely well-cooked. The hummus was a bit different in terms of taste and texture. It was a bit on the sour side and creamier than usual. Once again, the twist was not a problem at all. If anything, it made things more interesting.

This journey came to an end with Shanghai Chicken Dimsums. The dimsums were so good I can't seem to even begin to explain. The outer layer was soft and moist and I could see through it. The chicken inside was just as soft and delicious. The chilli and basil oil accompanying the dim sums definitely added to the experience.



Verdict

Some prefer a quiet place to end the day and then some like to go to places that are towards the higher end of the decibel scale. If you belong to the latter, Underdoggs is the place for you.

The thing that really stood out was that the restaurant has an amazing concept. Combining two separate worlds, one is loud, noisy and deals with a lot of emotions, i.e., a sports bar. The other is calm, soothing and quintessentially classy, best suited for a date night with a loved one or a relaxed meal with friends and acquaintances. The loud music does cause a problem, though.

Underdoggs has great food, great drinks and a good ambiance. The food is quite literally finger-lickin' good. Music, however, is an area that can be better. I felt that people sitting inside should be able to talk to each other easily which becomes a task given the extremely loud music. Although, the choice of music was splendid.

The attention to detail in the restaurant's decoration is top-notch. The hybrid concept results in a mixed bag of things as far as the décor is concerned but that's not a bad thing at all. You will see very unique lamps all over the place that resonate with a romantic café and at the same time you will also notice décor items that are seen at typical sports bars.

As far as recommendations for timings go, Underdoggs is a place that truly shines at night. After hours is when the place becomes alive. It is something you need to experience.

Although Underdoggs might be too much all at once for some people and certain aspects like loudness can be handled in a better way, the truth is that it does have an exquisite platter of offerings under its belt. The music, the décor, the ambiance, the food and the vibe of the entire establishment are what make it a must-visit place.

Millet Junctions In The City

The super-food millets have gained popularity as a cost-effective and health-conscious option, offering a diverse menu for those seeking a blend of taste and wellness

By Poonam Singh



Discover Dilli Haat's Millet Magic

Before the announcement of the International Year of Millets in 2023, the superfood had already reached the plates of consumers in various forms. The millets (Shree Anna), including ragi, foxtail, barnyard, black finger, and bajra, have gained popularity.

But how can anyone taste and buy them? Let's be like Columbus and discover the best restaurant in the heart of the city - Delhi Haat.

Millet - Shree Anna is a restaurant that serves dishes made

exclusively with different types of millets. They offer a range of options, from khichdi to continental cuisine. Yes, this superfood may be small in size, but it works mightily for your health.

As per many restaurants, the millet food menu is kept for special guests, but hardly one or two such customers come in a day. On the other hand, **The Millet** restaurant in Delhi Haat has a significant number of people looking for millet-made foods.

Millets (Shree Anna), which are staple foods and an integral part



of local food cultures, have been relegated by modern urban consumers to the category of 'coarse grains' - something that our ancestors may well have relied on.

At Millet - Shri Anna - one can find taste and health on one plate. You must be wondering how it is possible to get both at the same time. Here is a list of foods that serve your purpose: paneer dosa (kangani+raagi), vegetable uttapam with foxtail millet (kangani), noodles and pasta with kangani, finger millet (raagi) pizza, sorghum burger, paneer roll and aloo parantha (jowar), blueberry and classic pancake, poori bhaaji (amarnath + raagi), pearl millet thali, jowar tikki, Shri Anna bhel puri, bhalla chaat, papri chaat, different types of jowar and little millet (kutki) pulao, proso pulao, and last but not least, desserts such as kodo millet kheer, foxtail vermicelli kheer, and double chocolate cake slice. Phew!

Distance from Aerocity: 14.4 km

Nearest Metro Station: Dilli Haat/INA Metro Station, Yellow and Pink Lines

Indulge In Irresistible Ragi Mani At Sana-di-ge



Ragi Mani at Sana-di-ge by Chef Sukesh is a dessert that no one can say no to. The texture and balanced sweetness give your taste buds a satisfying bite. It feels smooth on the tongue, like silk, and has a delightful taste that lingers on the palate. Each spoonful of this dessert bursts like a cotton cloud in the mouth, creating a heavenly experience. And the best part? It is a healthy sweet, debunking the myth that such treats don't exist in real life.

Millet-based foods have found their place on the menus of many restaurants due to their environmental sustainability and rich nutritional content. They provide a good source of carbohydrates, protein, dietary fibre, and high-quality fats. In day-to-day life, various types of millets are cultivated and used. Sana-di-ge is ready to introduce some more enticing millet recipes to their menu, such as finger millet rotis, foxtail millet porridge, baked ragi chakli, bajra tartlets with fruit custard, ragi laddu, mixed millet bhel puri, ragi dosa, and ragi idli. This expansion is in response to the increasing demand from customers who are appreciating the health benefits and unique flavours of millet-based dishes.

Pay a visit to Sana-di-ge at Malcha Marg, Chanakyapuri, and experience this delicious creation for yourself.

Price of Ragi Mani - Rs 450

Address - Sana-di-ge, Commercial Centre, Malcha Marg, Chanakyapuri, New Delhi - 110021

Distance from Aerocity: 10.8 km

Nearest Metro Station: Sarojini Nagar Metro Station

DISHES IN DELHI

Wholesome Lunch At Maharashtra Bhawan

Worried about having lunch but concerned about ending up eating something not good for your health? Let us take you on a healthy ride at Maharashtra Bhawan. They serve bajra millet roti with small *bengun bhaaji* and white peas *khichdi*, and the *boondi raita* adds the perfect finishing touch. This dish is a wholesome meal that provides active energy instead of leaving you feeling sleepy in the afternoon.

The *chatpati bengun bhaaji*, along with soft chapatis, makes a perfect lunch combination. When accompanied by *khichdi*, it completes the food menu if you prefer a well-rounded meal. The special millet menu features bajra and ragi chapatis paired with a variety of seasonal vegetables, catering specifically to the preferences of those who have requested such options. Additionally, they offer a regular thali for frequent customers.

Price – Rs 300

Address – Opposite Kamani Auditorium, Copernicus Marg, New Delhi



Distance from Aerocity: 18.4 km

Nearest Metro Station: Mandi House Metro Station on Blue and Violet Lines

Modern Millet Preparations At Café Lota



At the Crafts Museum in Pragati Maidan, opposite the Old Fort, you will get a traditional dining experience in serene settings. You can enjoy Indian drinks and food items like bel juice, sattu sharbat, gatte ki sabzi and sabudana preparations. But importantly, the restaurant uses millets in lieu of wheat and rice very proudly, and with great degree of skill. The ragi vada paav has ragi buns with great finesse and taste. The quinoa upma with crunchy texture and using generous serving of crunchy beans, is definitely worth tasting and also trying at home. Bajre ka cheela, with paneer stuffing, can be replicated for home cooking, though the stuffing can be altered to include something lighter or done away with altogether, depending upon personal preferences. An added advantage of visit to the café is the chance to explore the Crafts Museum.

Price – Price of all the three dishes was Rs 340 at the time of tasting

Address – Crafts Museum in Pragati Maidan, Opposite the Old Fort

Distance from Aerocity: 19.7 km

Nearest Metro Station: Supreme Court Metro Station on Blue Line

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TOP DISHES IN AEROCITY



Mango Magic

By Poonam Singh

Holiday Inn's Mango Delicacies: A Bonanza For Mango Lovers In Summer

Summer is a bonanza for mango enthusiasts, offering a plethora of mango-infused delights to indulge in. Among the various forms, the most delightful way to relish this fruit is through delectable sweets. Holiday Inn has prepared a tempting collection of mango delicacies, ranging from Alphonso mango tarts to cheesecakes and jellies. The Alphonso mango tart not only boasts a delicious flavour, but also provides a satisfying crunch with every bite. It strikes a perfect balance of sweetness without being overly sugary, while the base complements the sweetness perfectly. On the other hand, the Mango Jelly Dome tempts your taste buds with its bouncy texture and a mild, yet distinct, sugary taste. The dome-shaped jelly looks tempting as it is served with a chocolate bridge on top.

They also offer a mango cream cheese cake for cheese lovers to relish. The creamy and firm cheese adds an extra level of creaminess to the dessert, making it a delightful treat to savour.

Price – Rs 225 each



Introducing The 'Mangorita': A Twist On The Classic Margarita For Mango Lovers

Are you wondering how a mocktail can incorporate the flavours of mango? Look no further! Social Aerocity has a solution with a twist in it. Introducing the 'Mangorita' - a new twist with the very own classic Margarita. Get ready to indulge your taste buds if you are a fan of Margaritas.

The delightful mocktail features a tantalising blend of mango pulp, tequila, and a generous amount of crushed ice. To enhance its presentation, the glass is adorned with basil leaves and a salt rim.

The drink may not deliver an immediate kick, but it allows one to savour the combination of mango and tequila simultaneously. While it is a slush, this unique twist transforms it into a delightful 'mango booze'. This delectable beverage is available year-round at Social Aerocity. Daily, the restaurant serves approximately three to four glasses of this enticing concoction to its customers.

Price – Rs 700 per serving

Place – Worldmark Aerocity



Indulge In Mango Mania At Krispy Kreme

What about a mango-infused doughnut? This delectable innovation boasts a strong and irresistible flavour that will leave anyone drooling. Krispy Kreme's summer menu features a mango mania selection, offering customers a delightful and pulpy treat. The menu includes Mango Kreme Cake, Twirlie Mango, Alphonso milkshake, and mango juice. Indulge in the summer vibes by creating a mango mania combo with your choice of one beverage and a mouth-watering mango doughnut.

Experience the true essence of mango pulp in every bite with Krispy Kreme's mango-filled doughnut.

While it may seem like a regular sweet treat at first, the real delight lies in the centre where the summer king awaits. Take a bite and let the luscious mango flavour transport you to a tropical paradise. Do not miss out on this tempting mango sensation at Krispy Kreme.

Price – Doughnut prices starts from Rs 105, Alphonso mango shake Rs 228.57

Place – Food Court, Worldmark 1

Discover Unique Flavours At Frut Jus

Frut Jus is a small and cosy juice and cake shop nestled in a corner of this vibrant food court, delighting customers with its refreshing seasonal fruit juices. The true essence of Mumbai's Juhu beach comes alive with every sip of their signature Alphonso frut jus. Experience the perfect balance of flavours, neither too thick nor diluted, capturing the unique subtlety that can only be found in the bustling streets of Mumbai. Allow Frut Jus to transport your taste buds to the sandy shores of Juhu beach with their irresistible concoctions.

You may be wondering how this drink stands out among the numerous brands and similar options in the market. Each brand has its own distinct qualities, and Frut Jus is no exception. To truly understand what sets it apart, you must give it a try. Only then will you discover the reasons behind its difference. Indulge in the experience and unravel the uniqueness of Frut Jus for yourself.

Price – Rs 100

Place – Food Court, Worldmark 1



Chronicles Of Delhi's Rich History

By Meha Mathur

Legacy Of Protests And Processions

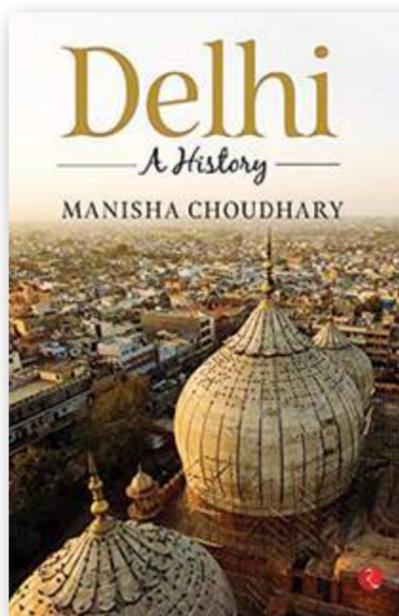
Book Name: Delhi: A History
Author: Manisha Choudhary
Publisher: Rupa Publications
Pages: 234

Italian traveller to Delhi, Niccolao Mannuci, who visited Delhi during the reign of Aurangzeb, narrates that when the Mughal emperor banned music, the music-loving populace of Delhi got agitated and a thousand of them gathered to protest when the emperor was heading for his Friday Namaz. They cried out aloud "as if grieving a death". However, the demonstration didn't have any impact, the ban continued, several arrests were made, and musical instruments were broken by officers. This is just one incident described in the book by Manisha Choudhary that shows the spirited nature of Dilli-wallas.

The author, who has studied several accounts of scholars and travellers about Delhi over the centuries, provides insights into

various aspects of the city life. Marriage processions were a grand affair, and continue to be, and Europeans, fascinated with these long processions, have left detailed accounts of these, which the author cites. Yet another procession for which the city would keenly wait round the year was the Phool Walon Ki Sair, an epitome of religious harmony.

The city's history of violent attacks, culture of assimilation, its bazaars and residential quarters, its splendid monuments and their histories have been highlighted following a thorough research.

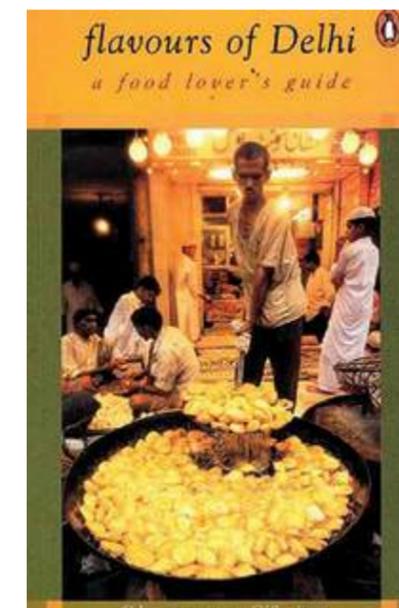


Observations Of A Keen Tourist

Book Name: Flavours of Delhi: A Food Lover's
Author: Charmaine O'Brien
Publisher: Tree Shade Books
Pages: 273 and 283 respectively

Chef and food writer Charmaine O'Brien first came to Delhi in 1995 on the occasion of a marriage, and was taken aback by the first sights outside the airport. She gradually developed admiration for the city and the country on subsequent visits, and she undertook to understand the culture of the country through its food. In this book, she has tried to connect the history and the food habits of the people of the city and the country, in terms of the Hindu

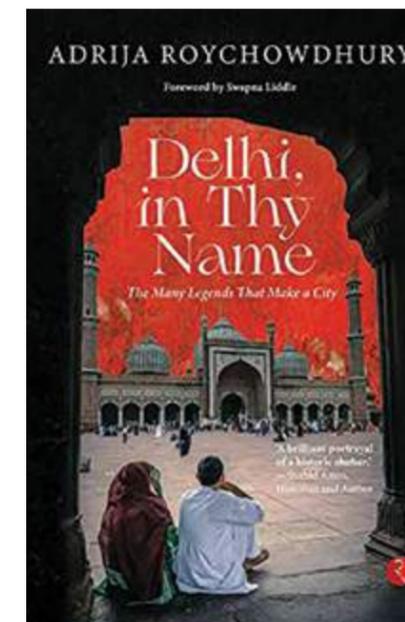
roots, the new food habits that developed during the Sultanate, the Mughal rule, the British Raj and the coming of the refugees. Besides that, regional food is also described. All the food traditions have been described with specific reference to the restaurants that serve them. O'Brien also provides recipes of the food that Delhi loves to eat. The book is a ready reckoner for visitors to India who wish to know what to expect in terms of culinary experience.



What's In A Name? An Entire History

Book Name: Delhi, in Thy Name
Author: Adrija Roychowdhury
Publisher: Rupa Publications
Pages: 273

Prince Arthur, the Duke of Connaught and the third (ie spare) son of Queen Victoria, made a chance visit to Delhi in 1920. Originally, Edward VIII, Prince of Wales and the son of then King George V, who was supposed to visit Delhi and the rest of the subcontinent, informs Adrija Roychowdhury, the author of the book. Preparations were in full swing when the Prince of Wales fell ill. It was therefore decided to send his uncle, Prince Arthur, the Duke of Connaught. That visit put such a stamp on the central commercial district that came up in the new capital of the country, that it has survived the renaming sprees henceforth. While many other roads and landmarks named after British officers who left greater impact on India have been renamed (eg Curzon Road to Kasturba



Gandhi Marg and Lady Willingdon Park to Lodhi Gardens), a royal who had little connection to India continues to live in the memory of people through Connaught Place.

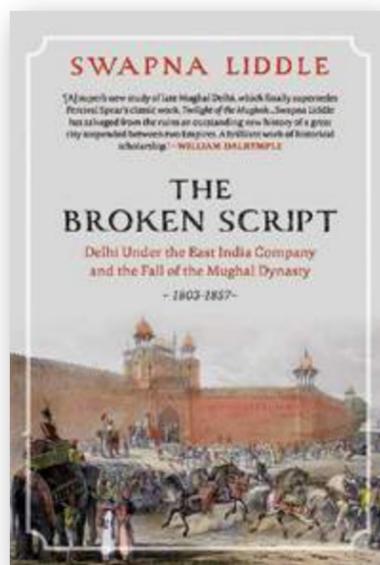
Similarly, while the actual Chandni Chowk was erased by the British in the aftermath of the 1857 revolt, the entire Shahjahanabad has been come to be called Chandni Chowk, so much so that the Lok Sabha constituency has got the name Chandni Chowk. The book has many such fascinating vignettes about the history of name giving in Delhi. The author, a young journalist, has researched material, talked to historians and locals, and dug up tales that have been passed down generations.

Why were Chittaranjan Park, Pamposh Enclave, Punjabi Bagh and Saket so named, makes for a fascinating reading of post-Independence history focussed on a city.

Saga Of An Empire In Decline

Book Name: The Broken Script: Delhi Under the East India Company and the Fall of The Mughal Dynasty – 1803-1857
Author: Swapna Liddle
Publisher: Speaking Tiger Books
Pages: 413

Only a few historians manage to write history in a manner that events of an era gone by resonate with us, its characters speak to us, and the point in time describes seems closer to us than we earlier thought. Swapna Liddle, with a great grasp on the subject matter that comes from years of research, has brought to such a book. Reading about the events, the characters, and the ethos of the city, the reader relates to all of that. The impact that the shift in power had on individual lives, the painstaking process of establishing new administration, exposure to new language, the introduction of print publications, emphasis on modern education, re-ordering of spaces, and much more is described in great details, flourished with several anecdotes.



Indian Cities Explore The Millet Wave With Pride

Hotels and restaurants all across India rediscover the value of traditional grains; research and improvise to bring contemporary touch to old recipes to cater to 21st Century clientele

By Tarannum Manjul

India is the largest producer of millet as of 2021, with a total share of 41 per cent, followed by Niger at 12 per cent and China at 8 per cent. India also ranks 12th among those countries that produce high yields of millet. Millets have been an integral part of our diet for centuries. They offer a plethora of health benefits and are also good for the environment with low water & input requirements for production.

With the aim to create awareness and increase production & consumption of millets, the United Nations, at the behest of the Government of India, declared 2023 as the 'International Year of the Millet'.

India always is known as a country that has had millets essentially in various cuisines. Karnataka, Tamil Nadu, Maharashtra, Uttar Pradesh, Andhra Pradesh and Rajasthan are some of the biggest millet producing states in India. Millets are cereals, similar to rice and wheat, but are more nutritious in terms of proteins, minerals and vitamins. India's major millets include sorghum, pearl millet, and finger millet, which are more commonly known as jowar, bajra, and ragi, respectively. They are a natural source of iron, zinc, calcium and other nutrients. And have higher content of folic acid, calcium, iron, potassium, magnesium, and zinc than rice and wheat. Finger millet being the richest source of calcium (300- 370 mg/100 g).

Here is a look at some of the millet cities in India which have been working strongly towards

the revival of the traditional millets in fusion with the modern cuisine.

Chennai

Chennai has had a tryst with millets for long, but over the past decade it has become more accessible to common people simply because a few restaurants have taken the effort to bring familiarity.

According to medico and food enthusiast Dr Waseem aka Doc Waz, NS Krishnamoorthi is probably Chennai's Father of Millet with a restaurant called Prem's Grama Bhojanam that exclusively serves millet-based meals but unless you're told, you probably won't even know it. They actually serve curd 'rice' and sambar 'rice' with no rice but millets.

Waz says that the owner also goes around educating his diners about millets and serves some fabulous meals for lunch



The thali in Prem's Grama Bhojanam

entirely made of millets. Millet Maagic quickly found flavour with Swiggy and besides the usual also serves millet-based snacks. Their beetroot murukku is especially worth trying. The Park is also making efforts to popularise millets and frequently holds food festivals featuring indigenous rice and millet varieties that have been extremely well received.

Lucknow

Uttar Pradesh has been one of the biggest millet producing states in India traditionally but somehow, the traditional cuisine of UP lost the millet touch. With 2023 being declared as the Year of Millets and even the Union Government renaming millets as Shri Anna, there has been a trend to revive the 'food of the poor' in fusion dishes.

Chef Nagendra Singh of Taj Mahal Lucknow, who has beautifully incorporated millets in the cuisine, did extensive research across the state to know more about millets and created a menu that has found love even with the G20 delegates coming to UP. In his words, "UP, especially Lucknow and its surrounding eastern UP cities, has had a rich culture of millets but somehow it got lost in time. But replacing the currently popular grains with millets we not only added more nutrition to the dishes, but also enhanced their taste. These millet dishes found love with



Delicacies at Taj Mahal Lucknow

the G20 delegates travelling to UP.”

Some of the millet dishes that Lucknow has seen in the last few months include ragi dosa, ragi pancake, bajra upma, Ramdana bhajiya, ragi burger, bajre ki roti and even desserts like bajre ka halwa and Ramdana brownies. Says Chauhan, “Millets have always been around in our traditional food. The challenge was not to replace grains, but to innovate with the continental dishes in Indian style.”

Tundla near Agra to learn about growing the crop and cooking recipes with millets. The result is a menu that showcases millet's versatility as an ingredient and highlights its nutritional benefits

Rahul Joshi, General Manager at Taj said, "Millets are an essential part of our traditional Indian cuisine and have tremendous nutritional benefits. By organising the Millet Food Festival and adding millet dishes to our cuisine, we are not only celebrating our rich culinary heritage but also contributing towards sustainable agriculture and healthy living. Our efforts

bajra ke raab with jowar crisp (broth of pearls millet with sorghum crisp), Jowar sabz ki seekh kebab (sorghum coated vegetable kebab on skewers cooked in charcoal tandoor), and ragi crusted fish with Alleppey curry (finger millet crusted fish served with raw mango coconut curry).

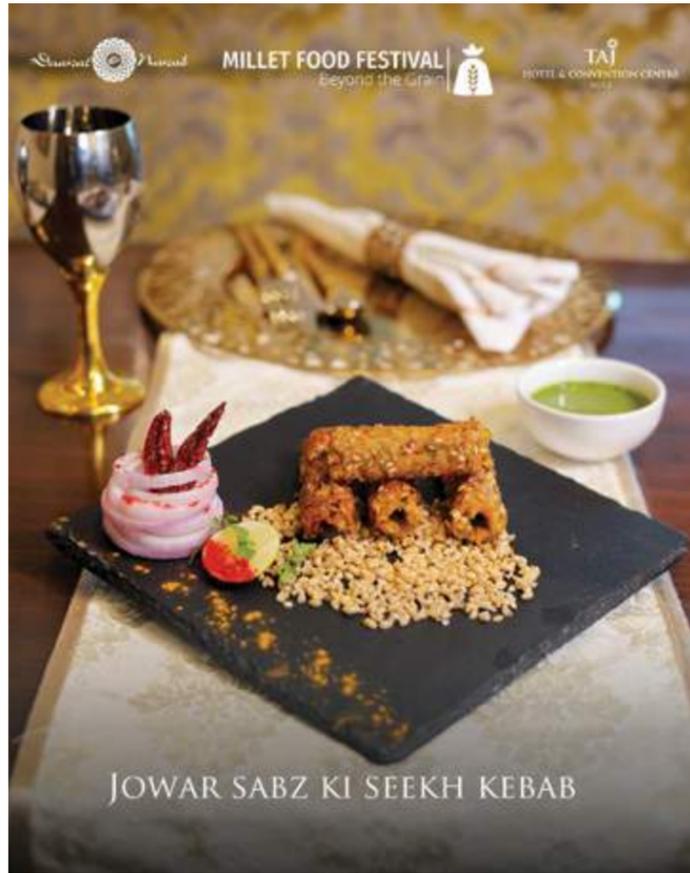
Bengaluru

The IT and corporate hub Bengaluru too has been known as a traditional millet city. Cafes and eating joints from across the city have been serving millet-based dishes for some time and now, have gone out to market them extensively. Cafes like Pure and Sure Organic, Kaulige Millet Corner, Cafe Natural and Millet Mama have been selling millet-based dishes that have found love with Namma Bengaluru. While the traditional dishes are being served with much elan, the city takes pride in fusion millet dishes too that are finding love with the young Bengaluru.

Dishes that the city takes pride in include the famous lunch thalis that includes sambhar rice (made with foxtail millet), curd rice (made with little millet), rasam rice (made with barnyard millet), variety rice (made with kodo millet), vada, salad, chapati or ragi mudde and a sweet dish.

Visakhapatnam

Andhra Pradesh too has been one of the biggest millet producing states in India and traditionally, the Andhra cuisine has millet-based dishes. The coastal city of Visakhapatnam has been witnessing a surge in restaurants and eateries offering traditional millet dishes made from millets like ragi, kora (Italian millet/foxtail millet), variga (proso millet/common millet), sama (little millet), andukorra (brown top millet) and jowar (sorghum/jonna/great millet). The hospitality industry in Vizag (as the city is popularly called) too has been extensively including millets in their menu, more so after the Year of Millets announcement. Lakshmi Sridhar, General Manager of Novotel Varun Beach said that the hotel has not just incorporated millets in their regular buffet menu but also



JOWAR SABZ KI SEEKH KEBAB



RAJGIRA CORN KEBAB

Agra

With Millets being a major tourist attraction too for this year, could Agra be far behind. The western part of Uttar Pradesh, which touches its borders with Haryana and Rajasthan, has always been a millet grower and consumer.

Agra's Taj Hotel & Convention Centre joined the bandwagon and introduced millet-based dishes to its cuisine. The hotel's chefs have undertaken a series of initiatives to explore the usage of millets in traditional cooking, including the visit to village

align with our commitment to responsible hospitality and building a better tomorrow. We hope to inspire more people to adopt a millet-based diet and contribute towards a healthier, happier India for generations to come."

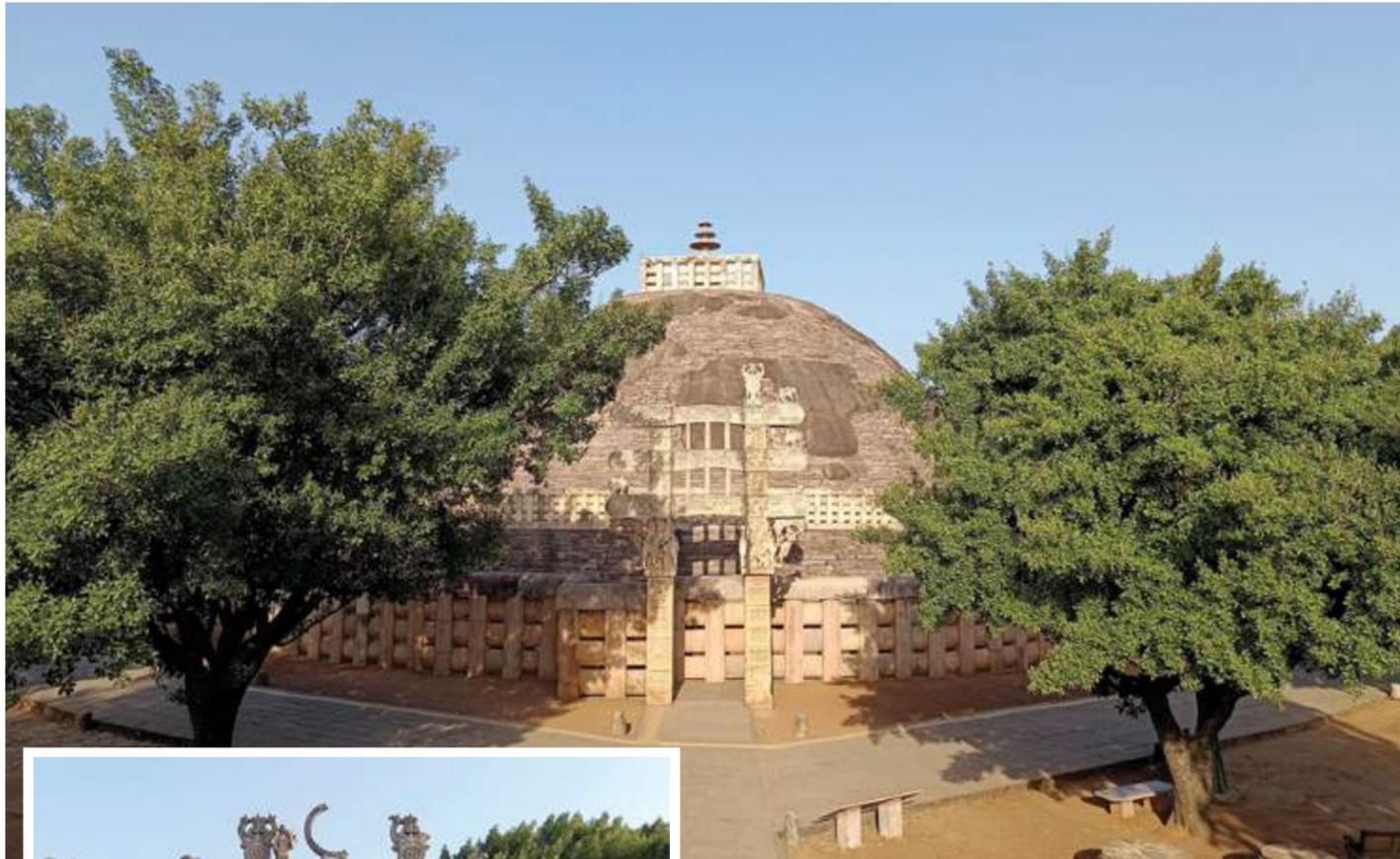
"Millet is rich in fibre, protein, and important vitamins and minerals. Along with the dining experience at our fabled Daawat – E – Nawaab, we will have our team talk to our guests on how to incorporate millet into a healthy diet," said Palash Ghosh, Executive Chef. Dishes that were crafted from millets included



Modern millet-based dishes at Novotel Varun Beach Visakhapatnam

hosted a food festival in the hotel. "Dishes included ragi millet fettuccini pasta in white sauce, ragi soba noodles, bajra sachertorte, quinoa blueberry cheesecake and ragi frozen yoghurt. Our team skillfully replaced grains in dishes from across the globe and used millets to not just make them healthier and tastier."

Buddhist Legacy At The Heart Of India



Above: Stupa 1; left: A gateway (torana) at Stupa 1

Sanchi, a UNESCO World Heritage Site, represents a confluence of religious beliefs and art traditions with inspirations from local and Hellenic traditions

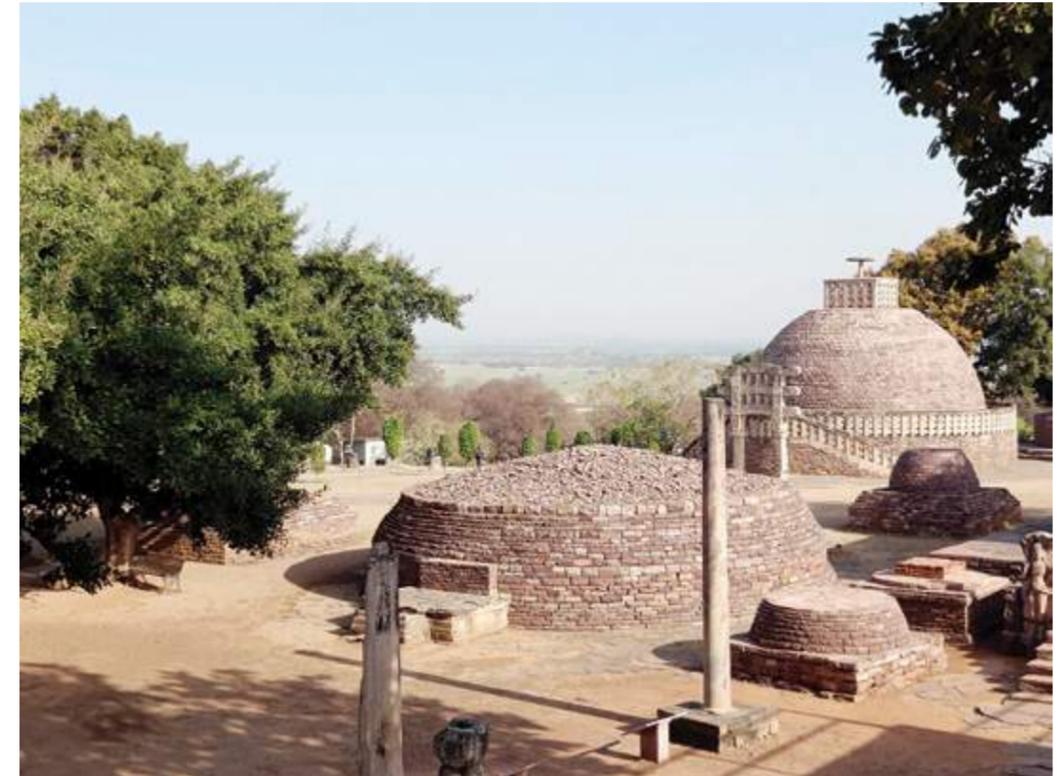
Photographs by Meha Mathur

By Meha Mathur

The strategic placement of Ashokan edicts across the subcontinent proclaiming his religious beliefs is well-known. He also had Buddhist relics placed in stupas at several locations in India. One such location is Sanchi in central India, 45 km from Bhopal. As you alight from the airport or railway station and hit the road leading to Sanchi, you cross the Tropic of Cancer, a prominent board signifying that.

Most Buddhist sites were located on busy trade routes. Sanchi and Vidisha, located some 10 km away, were on the ancient trade route of Dakshinapath.

Ashoka chose the site of the hillock top at Sanchi to keep the relics of Buddha as it has a commanding position of the surrounding locations, and had the advantage of the nearby confluence of Betwa and Bes rivers and a few tanks to fulfil the water needs. He had the relics placed in a smaller stupa, which was not originally as imposing as it is today. The relics of his close disciples Shariputra and Maudgalyayana were placed in a nearby stupa (Stupa 3). In subsequent centuries, Sungas, Satavahanas, Guptas, Harsha's empire and Pratiharas whose rule extended over the Malwa region, and Kushans who came to rule over large swathes of North-Western India contributed



In the background is Stupa 3, where remains of Shariputra and Maudgalyayana were originally placed



An early temple of the Gupta era. In the background are the majestic pillars in Greek style

immensely to adding to the stupas, increasing its size and adding the magnificent gateways (torana) and the simple yet sophisticated railings (vedika). Several smaller stupas were built over the centuries, which exist to this date. A huge monastery was built during Ashoka's reign which was visited by scholars and monks from far and wide, including Ashoka's daughter. An early prototype of temple building from Gupta era (Temple No 17) exists behind Stupa 1. But it was also during the Gupta epoch that massive statues of Buddha in seated position were installed at the four doorways of Stupa 1, signifying the openness in religious realm. Then, there is a temple precinct dating to the Pratihara era, with ornate sculptures and carvings on the pillars. Like with many Buddhist places of importance, Sanchi too became a deserted site after the 12th Century. It was rediscovered during the British rule, when its conservation efforts started.

The flip side of British conservation efforts by the Archaeological Survey of India under then director general Alexander Cunningham was that they transported many artifacts, including the relics of Shariputra and Maudgalyayana to Britain, where they came to be housed in Victoria and Albert Museum. It was after a protracted

UNESCO's Observations

Sanchi is a World Heritage Site, and in giving the status to the site, UNESCO had the following observations, among others, to make:

- The quality of craftsmanship in representing the gamut of symbolism through plants, animals, human beings, and Jataka stories shows the development of art through the integration of indigenous

and non-indigenous sculpting traditions

- The perfection of its proportions and the richness of the sculpted decorative work on its four gateways make Stupa 1 an incomparable artistic achievement. The group of Buddhist monuments at Sanchi - stupas, temples and monasteries - is unique in India because of its age and quality.

campaign, that these were returned after independence, and are now placed in a new construction near the ancient structures, called Chetiya giri Vihara, managed by the Mahabodhi Society of Sri Lanka.

Brief description of structures

From the stupas in great state of preservation to remains of pillars with highly intricate carving at the temple precincts, the complex atop the hill is a treasure trove for those interested in history and heritage and for art lovers. The gateways of the stupas are not only testimony to the fine sculptural tradition of the country, but also vividly showcase the life and the times of Buddha. Scenes from Jatakas have been carved in stone with a great attention to detail. One gets a glimpse

of the attire of people then, including the headgear and ornamentation. The influence of Gandhara art, which flourished under the Kushan rule in north-western parts of India, is also visible in sculptures.

As you go up along the stupas along the railings, you can survey the entire complex and the surrounding landscape. Besides these three stupas, there is a large number of smaller stupas which are perhaps associated with other followers of Buddha. An intriguing structure that you will spot is a series of columns much akin to Greek temples; enter this structure and you will spot a and a fire alter at the centre.

At the eastern end of the complex is a Sun temple, and a massive courtyard where broken pillars are strewn everywhere. Even in this ruin, the grandeur of what would once have been a fabulous structure is obvious. Each pillar has uniquely carved motifs on it.

At the opposite end, as you go down stairway, you come upon the remains of a monastery where Buddhist monks and followers stayed for long. Serving their needs is a huge tank which is well

Where to stay

- The Madhya Pradesh Tourism Development Corporation (MPTDC) guest house across the road is a lush green, comfortable accommodation option. It also offers transport service to and fro the site.
- Tourists can also stay in Bhopal and head for a day-long site visit early morning and return to Bhopal. Though for larger part of the year, it's better to visit the site early morning or around sunset.



Elements of art depicting influences from far and wide



A large-size statue of Buddha seated in harmony



The railing along the Stupas, inspired by the woodwork tradition



Flights to Bhopal (direct flights)

Indigo - 3 Flights per day
Air India - 2 Flights per day

preserved after centuries of disuse. Adding to the beauty of the site is the quietude, especially if you visit it early morning or at sunset, soaking in the breeze, the chirping of birds, and the 'nature-meets-history' elements everywhere.

Objects on display

Sanchi being a significant Buddhist site, has yielded a large number of objects of artistic and historical importance. John Marshall a leading British archaeologist, set up a museum in 1919 at the hillock top itself. The museum was later shifted to the base of the hillock and houses among other objects, the Ashokan pillar with the lion capital, which has given the country the national emblem. Among other objects on display are Buddha statues in various mudras, Bodhisattva Padmapani and Bodhisattva Vajrapani and Yakshis.



A water reservoir that served the needs of residing scholars and monks in the monastery

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Employee Health and Wellness

at **GMR AeroCity Hyderabad**



What is wellness?

A concept with ancient roots, wellness is a multidimensional idea that necessitates the active pursuit of health, well-being and happiness. It involves the body, the mind, the emotions, the community and the environment. It is only when a balance is achieved in all realms that one can achieve holistic wellness. But it is not something that can be done in silos.

Why is holistic wellness important?

Our lifestyle decides how well we can manage the stressors we face in life. A balanced internal and external environment is paramount to ensure a healthy way of living. How our surroundings support us is just as important as our own efforts in navigating work and life.

The better part of our working life is spent in offices. And no matter how well you manage your physical, mental and emotional health outside of work, workplace issues bleed into other aspects of your life. Workplace wellness is thus important to ensure the holistic well-being of any employee.

Ensuring holistic employee wellness in the workplace

At **GMR AeroCity Hyderabad**, we believe the responsibility of work-life balance lies not just with employees but with the employer as well. There are a lot of factors that affect the ability of the individual to pursue holistic wellness. Here are some ways AeroCity eases the journey:

Air

The air we breathe plays a big role in our health. At AeroCity, ample green cover and a low pollution index ensure fresh air for hale and hearty breathing.

Light

The availability of natural light affects the mind and body. Ergonomic building designs and large glass facades allow plenty of sunlight in the workplace.

Fitness

A healthy body is the first step to a healthy mind. With a well-furnished gym in the works, we've planned it near the office space for easy access and better time management.

Nourishment

Fuel the mind and body with nutrition. A food court provides everything from global cuisines to local millets, salads and more, encouraging healthy eating.

Community

Connect with the community to disconnect from stress. Breakout spaces at AeroCity help employees socialise, recharge and recuperate from work pressure.

Environment

Be one with the world around you. Certified green buildings, renewable resources and beautiful landscaping foster a sense of connection with the environment.

Ecosystem

AeroCity has been designed as a self-sufficient ecosystem with facilities such as banking, healthcare, hospitality, education, retail, leisure and entertainment to amplify the standard of living.



By investing in an environment that promotes health and well-being, GMR AeroCity Hyderabad aims to enable businesses with resources to integrate wellness into their office culture. Because we believe that the workplace of the future is one that cares and empowers all!

Contact us: www.gmraerocityhyd.com

A LOBBY, AN ART GALLERY

Guests at Hotel Aloft are struck by the rich collection of paintings and sculptures of different genres that blend well with the surrounding décor



By Team Aerocity Live

A massive Madhubani painting at the lobby of Hotel Aloft Aerocity makes you get up from your cushy chairs to go close and observe the birds, animals and trees painted vividly. On that canvas, the world is in perfect harmony. Just as the painting is in harmony with the surroundings. Another painting

celebrates the weaving tradition of the country. There are realist paintings, modernist paintings and paintings of objects as nondescript as a cold drink or a pomegranate. There are a few wall-mounted sculptures, and a few curios decorating the space. The art lies in blending each element to make an artistic whole.



All Photographs by: Suresh Gola

PICK OF THE MONTH

By Shruti Tripathi



Raya At Manan

Manan has recently launched a linen handcrafted and handwoven collection named Raya which is inspired by the French style. The soothing and calm appearance of the piece is perfect for the Summer. It is decorated with little thread flowers and available in green colour as well. Pieces in Raya are woven by thread which are first dyed, unlike other fabrics.

Price: Rs 9,000 to 13,000

Lilly Top By Chique

Serving fancy functions and occasions in summer, Chique has a pretty collection of glittery shirts in multiple colours. Tagged as a Lilly top, the shirt has butterflies and pearls attached to it. With a shimmery appearance, the lite turquoise shirt can be worn with any pants and skirts. This collection of Chique gives delightful and colourful vibe to the one who wears it and also joy to the one who sees someone wearing it.

Price: Rs 5,500



Sara Wholesome at Heads Up For Tails

All natural, ready to eat meals made using fresh, human grade ingredients. Prepared in their state-of-the-art kitchen by canine nutritionists, this meal serves as a balanced diet for dogs of all ages. Every ingredient is purposefully hand-picked and slow-cooked with care to meet your dog's daily nutritional needs.

Price: Rs 279 to Rs 379

Where:

These items are available at Aerocity shops



Dinnerware by Pure Home + Living

Here is a grand plate collection that will wow your guests with its stunning effect. These plates, crafted in Turkey, are available in pastel colours. They have a linear texture with a real 24 carat gold rim. The blue plates in particular make for a perfect summer dining experience.

Dinnerware starting:
Rs 2,349
(set of two dessert plates)

Probiotic Hand & Body Wash at Kheoni

Regenerate your skin microbiome and also clean the ocean, the natural way. Here is probiotics technology with 19 strains of beneficial microbes to repopulate environments with healthy microorganisms

Price: 749



Jungle Collection At Nicobar

Forests have always been an inspiration for beautiful artistic skill and that is the theme of Nicobar's new 'Jungle' collection. Among the loungewear, the ivory and black Konkan kaftan can be worn any time of the day. Nicobar has many other kaftans in this collection with multiple themes and colours. These kaftans, part of Bemberg collection, are made from 100 per cent cotton and are biodegradable material.

Price: Rs 6,500



Stressing On Stress Management

Stress is a feeling of emotional and or physical tension. It may arise from any situation, event or thought that makes you feel worried, irritated, frustrated, angry or nervous

By Mamta Shah

We are living in a time of increased stress in the world. There are constantly drastic shifts and changes occurring in the world as well as within ourselves. Have you experienced fatigue, sleeplessness, shortness of breath, heartburn, sore eyes or palpitations as a result of any pressing issue? There is hardly any person who has never experienced any of the above symptoms at any point in their lives. Stress is a natural human reaction to external or internal challenges that result in physical, emotional and intellectual responses. The American Psychological Association's dictionary for psychology defines stress as 'the physiological or psychological response to internal or external stressors. Stress involves changes affecting nearly every body system, influencing how people feel and behave'.

Stress is a feeling of emotional and or physical tension. It may arise from any situation, event or thought that makes you feel worried, irritated, frustrated, angry or nervous. It does not only occur in negative situations. Even positive changes like moving to a new place, making new friends or learning a new skill or sport can lead to stress. Stress, in short bursts can be positive, for example, in situations of avoiding danger, meeting deadlines, etc. But when stress goes on for a longer time, it starts to harm your physical as well as mental health. Stress has also been observed to worsen asthma.

Like adults, children are also experiencing stress. Stress can be triggered in children when they experience something new or unexpected. Family discord, domestic abuse, death of a loved one, bullying in school or taking exams are a few stressors in children. As children grow older their stress also increases due to life changes, like getting into new groups, increased schoolwork and more access to social media and news in the world. One has to realise that children are like sponges and they tend to absorb everything around them. Hence, parents should be observant of changes in



Mamta Shah

mood or behaviours in their child or adolescent, which are out of the ordinary.

Signs and symptoms of stress

When you are experiencing stress, your body releases hormones that produce the fight or flight response. This built-in stress response helps your body deal with stressful situations. But chronic stress can lead to a host of long-term health issues.

Physical symptoms of stress: Palpitations or heaviness in chest, aches and pain, difficulty sleeping and exhaustion, high blood pressure, dizzy spells, trembling or headaches, jaw clenching or teeth grinding, muscles tense up (stiff neck), digestive issues (IBS, indigestion, heartburn), difficulty having sex, weak immune system, feeling tired, skin rashes, itchiness, changes in menstrual cycle, existing physical health getting worse.

Emotional and mental health symptoms of stress: Anxiety, panic attacks, depression, agitation and moodiness, low self-esteem, social withdrawal.

Unhealthy behaviours of stress: Eating disorders - overeating or undereating; addictions - alcohol, smoking, shopping, compulsive sexual activity; increased screen time; dependence on over-the-counter medicines; gambling; inactivity; drug usage.

Strategies to cope with stress:

Identify and avoid what stresses you out. List down stressful situations so that you can identify patterns of what's causing the stress, how you felt and how you reacted to it. This will help you to deal with the stressful situation better over time. Be in touch with your feelings and don't ignore or scale down what you are feeling.

Make changes to what you can and learn to accept what you can't. Take charge and make changes that help to reduce your stress. If you are having a difficult time with a friend, communicate your feelings in a respectful way and express that you are open to a discussion with them. If you are stressed out with the busy schedule you currently have, you have to find a balance.

Create your support system. Reach out to family or friends whom you trust. Some of them may even have experienced similar situations and they may have useful perspectives and ideas to tackle similar challenges. Remember you don't have to tackle everything by yourself. You are not alone.

Keep your body and mind healthy. Eat well-balanced meals and get quality sleep. Regular exercise not only helps you to be fit and healthy, but it also releases endorphins for you to feel mentally better. Indulge in relaxation and mind-body techniques,



like, yoga, meditation, mindfulness activities, deep breathing, etc. Another way to relieve stress is to find your happy place. It could be listening to music, reading a book, indulging in a hobby or sport for fun. Be in touch with your feelings.

Keep a routine. Better planning of your day relieves stress and leads to better mental health. It makes you feel safe and stable and it's easier to cope when things are predictable. It also gives one a sense of purpose for the day. Keep in mind that you may have to alter your routine when changes occur.

Detox digitally. Voluntarily refrain from using devices (phone, TV, computers, social media, etc.). What this does is it opens up an avenue towards interaction with others and reducing stress especially from social media, constant reading or watching of news especially negative news.

Seek professional help. Approach a psychotherapist or psychiatrist if you are overwhelmed by your stress and unable to function adequately. Instead of indulging in unhealthy behaviour practices or addictions, it is better to talk to a therapist to better understand the stress you are experiencing and learn better coping mechanisms to deal with them.

The author is Consultant Clinical Psychologist, Psychoanalytic and Psychotherapist. Article courtesy BW Wellbeing

Alkaline Vs Acidic Foods

How to make the body less acidic and stay disease-free



By Manisha Bhagat

Most of you are aware of the fact that whole-foods diet eliminates allergenic foods, regulates immune response and decreases your risk of diseases and illnesses. But what you may not realise is that a targeted whole-foods diet may also help balance your body's pH levels. The acronym pH stands for 'potential for hydrogen', and measures the hydrogen ions in bodily fluids such as blood, saliva or urine. Dissolved acid produces hydrogen ions, so the more hydrogen ions in a solution (higher concentration), the more acidic the solution is, and the lower the number on the pH scale.

Pure water has a pH value of exactly 7 and that is neutral. Values lower than 7 are acidic; values greater than 7 are basic or alkaline.

Factors affecting the pH levels

Your environment, your breathing, your exercise routine (or lack of it) along with food you eat all have the potential to increase acidity in the body and affect your blood pH. For example, regular soda has a pH of 2.8. It is estimated that it takes roughly 32 glasses of pure water to neutralise the effects of one glass of soda.

If the body becomes overly acidic, calcium gets withdrawn from your

bones to neutralise that acid. This can eventually weaken bones and lead to osteoporosis. Too much acidity can lead to breakdown in muscle mass and an inability for cells to repair themselves as well.

Your body gives you early signs of acid-alkaline imbalance. You may experience breathing disorders, chronic colds and flus, allergies, headaches, indigestion, fatigue, muscle cramping, random pain, skin troubles and sinus problems. As acid continues to accumulate in the body, several organs and glands become affected including your thyroid and liver.

Testing your pH levels

A salivary pH test with the help of a pH stick is a fairly easy way to predict metabolic syndrome and other related diseases.

Another very simple way of testing your body's pH is to try and hold your breath for 20 seconds. If you can't, then there is a strong chance that the body is too acidic. Strong-smelling sweat or bad body odor can also be a sign of too much acidity in the body.

Prevention

One of the best things we can do to correct an acidic body is to clean up the diet and lifestyle.

- i. **Sugar.** Cut out sugar completely. Avoid processed sugars as well – no corn syrup, no agave, no maltose, no aspartame (Check food labels carefully)
- ii. **Food additives.** Artificial flavours, colours, sweeteners and preservatives are acid-forming.
- iii. **Table Salt.** Your regular iodised salt is acid-forming. One may switch over to sea salt, especially Celtic and Himalayan



Manisha Bhagat

salt. These contain minerals like potassium and calcium which help combat acidity in the body.

- iv. **Red Meat.** Cut right down on red meat. Meat surely leads to acid building.
- v. **Trans Fats.** Trans fats and rancid fats from fried foods are both acid-forming in the body.
- vi. **Caffeine.** Excessive caffeine consumption can increase acidity in the body.

Healthy Options

- Choose organic, grass-fed, free range and wild meats, poultry and fish.
- Having fresh vegetable juices in the morning will oxidise the nutrients present in the veggies.
- Fruits can be acidic. But they are full of fibre, vitamins, antioxidants and phytonutrients so they should still be a part of a whole foods diet. Just limit your consumption to fresh, organic fruits and eat more veggies than fruit.
- Choose oats, hand-pound rice, amaranth and millets over wheat and refined flour.
- Honey and maple syrup are still sugars, but can be part of an alkalisating diet in small quantities.
- Yams, sweet potatoes, turnips, beets onion, kohlrabi, parsnips, and other root crops help quickly alkalisate the body so should be a part of your balanced diet.
- Legumes like organic soybeans, lentils, and lima beans help reduce acidity in the body.
- Avocados, coconut, lemon, lime, grapefruit, tomatoes are very alkalisating to the body.
- Almonds, almond milk, pumpkin seeds, sesame seeds and sprouted seeds.
- Avocado oil, coconut oil, flaxseed oil, olive oil and fish oil.
- Peppermint tea, yerba mate tea and lemon water. These beverages help to combat acidity in the body.
- Wheat grass, lemon grass, apple cider vinegar, alfalfa grass.

Incorporate alkalisating lifestyle choices

Any activity that reduces your stress load, decreases your exposure to toxins and/or get you to breathe deeper will reduce acidity in the body. Exercises, yoga, deep breathing, meditation and massage therapy can all help promote circulation of blood and lymph fluid to help remove acidic waste.

You could also consider alkalisating supplements such as chlorella, digestive enzymes, bromelain, essential fatty acids, a high-quality multivitamin and B complex.

Above all, the ultimate goal is balance. What you eat and drink will impact our body's pH. So, eat wisely.

- The author is Senior Nutritionist and Founder, Mutrico Nutrition & Wellness. Article courtesy BW Wellbeing

WHAT, WHERE, WHEN, WHICH....

quiz? MILLET QUIZ

1. This state of India leads in the production of sorghum, with 35.53 per cent of the total production of the country. Which state are we talking about?

- a. Karnataka
- b. Maharashtra
- c. Tamil Nadu
- d. Rajasthan

2. What is sorghum known as in northern parts of India?

- a. Ragi
- b. Bajra
- c. Jowar
- d. Sawa

3. Kuttu, a flour that is used as a substitute for wheat during festivals, is called...

- a. Buckwheat millet
- b. Pearl millet
- c. Foxtail millet
- d. None of these

4. Chaulai, a popular millet is

- a. Amaranthus
- b. Barnyard millet
- c. Proso millet
- d. Little millet

5. Which is the most extensively grown millet in our neighbouring country, Pakistan?

- a. Ragi
- b. Bajra
- c. Jowar
- d. Kuttu

6. To commemorate the International Year of Millets, a group of school-going girls of has rendered the Millets Song.

- a. Goa
- b. Himachal Pradesh
- c. Meghalaya
- d. Puducherry

CLUE: ANSWERS TO SOME OF THE QUESTIONS AVAILABLE IN THE ARTICLES IN THIS ISSUE OF AEROCITY LIVE

7. The Millet Mission of this Indian state has released a catchy song, part in English and part in local dialect, as an ode to the staple millet, Mandia. Which state is this?

- a. Assam
- b. West Bengal
- c. Bihar
- d. Odisha

8. According to a Turkish proverb, he who fears the ... must not sow millet.

- a. Fox
- b. Sparrows
- c. Crows
- d. Worms

9. The Sanskrit word for this millet, which is rich in iron, is *nrtta-kondaka* (dancing grain). Which millet are we talking about?

- a. Jowar
- b. Bajra
- c. Ragi
- d. Chaulai

10. While the first Mughal ruler in India Babur did not take a great liking to the food in India, there is one 15th Century text, *Nimatnama*, under the patronage of Sultan Ghiyas al-Din Khilji, that extols the beauty of Indian cooking and the patience needed for the flavours to

- a. Gujarat
- b. Bengal
- c. Berar in Maharashtra
- d. Malwa in Madhya Pradesh

Answer key

- 1. b. Maharashtra
- 2. c. Jowar
- 3. a. Buckwheat millet
- 4. a. Amaranthus
- 5. b. Bajra
- 6. b. Himachal Pradesh
- 7. d. Odisha
- 8. b. Sparrows
- 9. c. Ragi
- 10. d. Malwa in Madhya Pradesh

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