



THE NEW
INDIAN
EXPRESS

INDULGE



Champion hitmaker
Dwayne Bravo talks
about his new fashion
label Djb47 and his
love for India | P8

HAUTE OFF THE PITCH

things
to do

pick of the week

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Guilty party

Ventures Theatre group premieres a new play, *The Note*, this weekend. Written and directed by Susanto Banerjee, the play is a murder thriller, but one where everyone knows who the murderer is. The eight characters of the play have to now decide whether the murderer is guilty or innocent. ₹500. December 11, 7 pm and December 12, 3 pm and 7 pm. At Bangalore International Centre, Domlur. Details: 25359680

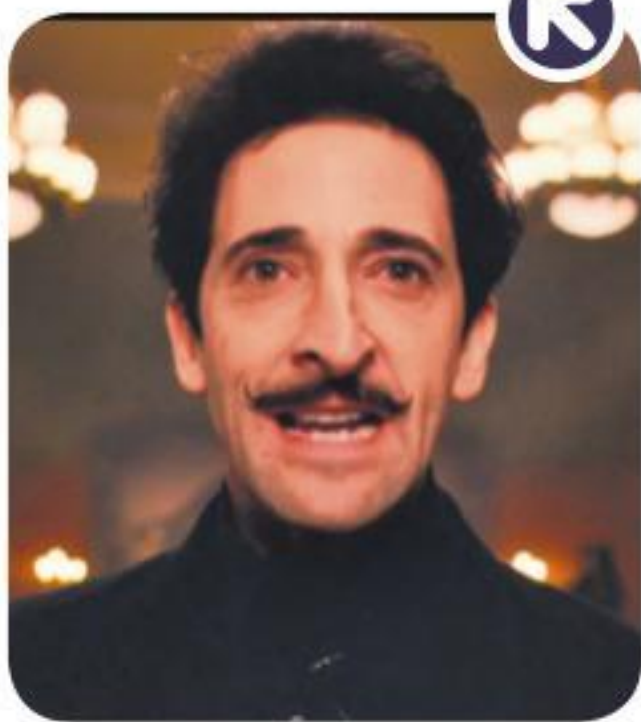
Under the stars

Cosy up to two classic movies with the SCC SkyCinema – Classic Weekend rooftop movie screenings. On Saturday, watch the 1953 Audrey Hepburn and Gregory Peck romantic drama *Roman Holiday*. And on Sunday, catch Wes Anderson's masterpiece *The Grand Budapest Hotel*. ₹400 upwards. December 11 and 12, 7.30 pm. At High Tide Restobar, Bannerghatta Main Road. Details: 9611372612



Mirror, mirror

Learn the art of Lippan at this digital workshop by Zwende. The artform originates in the region of Kutch where mud houses are decorated by clay and mirrors. At the event, artist Rimjihim Garg will teach you how to make a wall decor piece for your home. ₹1,999 upwards (including materials). December 11, 3 pm. Details: Online



Staying alive

Mumbai-based comic Daniel Fernandes brings his show *Alive and Vaccinated* to Bengaluru. The comedian, who is known for his dark and surreal style of humour, will be performing his one-hour set that touches on current events and he will also crack some spontaneous and improvised jokes. ₹499. December 11, 5 pm. At Vapour, Indiranagar. Details: 7892500453



Pitch perfect

This weekend catch city-based band Perfect Strangers live in concert. The six members of the outfit all come from diverse backgrounds and the band mixes genres like rock, pop, jazz, funk and blues to create its own unique sound. Groove to some of their popular songs such as *Selfie*, *Just for Gigs* and *Breaking Away*. ₹499. December 11, 9 pm. At Hard Rock Cafe, St Marks Road. Details: 41242222

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Ties that bind

Chuhali is a lighthearted romantic comedy play written by Manav Kaul and directed by Vivek Tyagi. Sudhir is in love with Aarti and wants to get married to her. But Aarti does not believe in the institution of marriage. The play delves into the clash of these ideas and both their life choices. ₹250. December 15, 7.30 pm. At Ranga Shankara, JP Nagar. Details: 26493982

GET IN TOUCH

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Lisa Colaco

If you're looking for home linen and furnishings to add to your collection, look no further than The Christmas Shop by Lisa Colaco (thexchristmas-hop_blr on Instagram). Lisa, who sells her products out of her home, sources, designs and even creates some of the articles she sells. Head to her home to shop for Christmas-themed table runners, tapestry, cushion covers, placemats, tablecloths, kitchen towels and ceramics with motifs that range from snowmen, and mistletoe to Christmas trees, poinsettia, reindeer and candles.
At Promenade Road



round-up

Sunday Soul Sante

This market makes for a great day-long outing as it features a large food court and multiple forms of live entertainment. Listen to acts like Mad Orange Fireworks, Kelvikkuri and Sreejith The Beard. On the fashion front, expect to shop from labels like Flames of the Forest (jewellery), The August Co (handwoven dresses, saris, kurtas sets) and Work in Progress (jackets, tops and dresses handcrafted by artisans).
December 19. At Jayamahal Palace



SPREADING
cheer

Head to these Christmas markets and stores for some off-beat holiday gifts

— Rashmi Rajagopal
@rashmirajagopal@newindianexpress.com @rushmee

The Christmas Carnival Flea Market

The flea market at Justbe Resto Café promises to be unique with its focus on vegan products. Brands like Mother Roots, Tirim, Parapo Craft Tails, Adrish Zero Waste, Only Earth, The Himalaya Chocolates, Earthly Farms and Wild Jasmine Boutique will offer their cruelty-free products. Choose from skincare products, accessories, home decor, beverages, chocolates and more.
December 11 & 12, 11 am to 8 pm.
At Sadashivnagar



Christmas Charity Bazaar and Flea Market

The Bangalore YWCA hosts this bazaar in support of a number of NGOs. Expect stores selling hand-painted clothes, batik garments, lampshades, candles and leather products. One can also shop for pickles, preserves and Christmas cakes. Christmas carols performed by Maya Mascarenhas and The Bangalore Chorus will add to the festive feeling.
December 18, 11 am to 7 pm. At Tunbridge High School, Infantry Road



Studio Orenda

Studio Orenda plays host to the Artisanal Christmas Market. The bazaar will have stalls selling everything from saris, beauty products and jewellery to lamps, tableware and organic produce. At the food stalls, shop for cookies, cakes and more. There will also be a terrarium making session and stand-up comedy.
December 11 and 12, 11 am to 6.30 pm. At Lakeview Farm Lawns, Varthur Main Road

Rouge Affair by Funky Fish

Chennai-based Funky Fish is back with Rouge Affair, a one-day bazaar featuring sustainable clothing, handcrafted shoes, quirky accessories, food and live music. Some of the participating brands include Pleats by Aruni, which specialises in pleated dresses in easy silhouettes, Soup by Sougat Paul, known for its flowing fusion and Indian wear with botanical prints, and Limerick by Abirr N' Nanki, which prides itself on its vibrant and whimsical prints on dresses, kaftans, separates and saris.
December 10. At Tiamo, Conrad Bengaluru, Kensington Road



A WHIFF OF THE EXOTIC!

The House of C. Krishniah Chetty has launched India's only premium, luxury Eau de parfum — Rare Scents.

The Indian perfume market welcomed a new, distinguished brand entering its diverse portfolio — Rare Scents. It's India's only premium, luxury perfume brand, a niche that C. Krishniah Chetty - the 150-year old heritage luxury jeweller from Bengaluru — has filled. From a nomenclature point of view, Rare Scents is targeted at the rare, premium and affluent, young men and women of today. Rare Scents was born out of a gap that existed in the luxury perfume market. Chaityanya V Cotha, Executive Director, C. Krishniah Chetty, says, "For a luxury jeweller like C. Krishniah Chetty, a brand extension like luxury perfumes was thought of as a good brand fit. We wanted to create the first luxury perfume brand from India that could compete with any international brand. And finally, we have Rare Scents infused with real 24 karat gold." Rare Scents come in five distinct fragrances - Adamas, Beryl, Corundum, Platinum and Aurum. These perfumes are a pure combination of essential oils with real 24 karat gold that resonates with an intoxicating sense of elegance, sophistication, masculinity, enhancing your aura and packed in an aesthetically handcrafted bottle. These perfumes mark today's Gen Z, giving them their grand entrance and lasting impression.



ADAMAS
A timeless everyday fragrance, savour the exotic notes with top flowery notes, the middle notes of Amberwood and Ambergris, the base woody notes to linger longer.

KEY FEATURES

Rare Scents has ingredients that are from over 25 different countries	Infused with real 24 karat gold	Bottles imported from Europe	
	Taken over 369 days to perfect it with the best perfumers	Lasts almost the full day (8 Hours)	Rare Scents is in the niche category of perfumes, one step above luxury brands



CORUNDUM
An oriental fragrance, perfect for the aphotic evening. Cherish the fine notes of the best merger of fruity as top note, with essences of bubbly green tea as middle note and rich fragrance of woody Sandalwood as base note.

AURUM
For a light and breezy fragrance, for warm days. Indulge in the exotic fragrance of heavily laden wood forming the base note with gentle swaying of flowery note as the heart base and delicious fruity notes as the head notes.



BERYL
A warm fragrance, suitable for the Autumn and Winter. Experience the exquisite notes with the fullness of fresh fruity fragrances as top note, with rare essential oils as heart notes layered with smoky musk as base note.



PLATINUM
Treasure the exotic fruity notes as the first impression smeared with flowery fragrance as middle note, layered on a rare spicy note that set the day bright.



Available across all showrooms of C. Krishniah Chetty Group of Jewellers, and online, in contents of 50 ml and 100 ml. For details, go to www.ckcjewellers.com/rare-scents

trends

the
it list

Chain reaction

Saint Laurent's Sue sandals are made from black snake-effect leather. Set on high cone heels, the shoes are finished with a thin black strap and delicate golden chains that frame the feet beautifully. ₹62,725 approximately



On the fly

Comprising braided chains and a butterfly-shaped buckle, the 24k gold-plated belt from Begum Khan will lend glamour to any outfit. The butterfly is detailed with a polished jade cabochon and the golden tassels on either side of the wings give it a dramatic effect. ₹66,415 approximately

Inner circle

Resembling a Christmas ornament, the Lizzie Fortunato earrings are gold-plated and topped with freshwater pearls. The golden spheres that hang off the pearl have a textural fluted design that sets them apart. ₹15,755 approximately



festive



Gear up for the festivities ahead with these statement accessories. Boasting a dash of gold without being over the top, they are sure to add sophistication and elegance to your ensemble. Think crystal necklaces, pearl and gold-plated earrings and braided metallic belts from labels like Oscar De La Renta and Saint Laurent.

— **Rashmi Rajagopal** @rashmirajagopal@newindianexpress.com @rushmeee

GOLDEN HOUR

From a Begum Khan belt to an Alexander McQueen bracelet, must-have accessories for the holiday season



Follow the link

Studded with rows of Swarovski crystals in multiple hues, this bracelet from Oscar De La Renta captures the mood like no other. The gold-tone piece is designed with interlocking links. ₹55,705 approximately

Heart connection

This is a simple necklace but the colour, shape and size makes it a standout piece. From the label, Timeless Pearly, it features a golden chain to which is attached a heart-shaped green crystal pendant. ₹35,300 approximately



Pedal to the metal

The Alexander McQueen Punk Chain bracelet has a stacked design. The metallic stud details contrast and complement the linked chains in antique gold and antique silver. ₹44,875 approximately



White notice

Tactile boucle fabric in a creamy white hue is embellished with floral shapes crafted from metal and crystals to create the Fatale Luminaria bag from Rosantica. The ideal Christmas accessory, it is topped off with a twisted golden handle. ₹36,500 approximately

tasting

SHAKEN AND STIRRED

Toast and Tonic wows with 'out of the box' cocktails and new innovative dishes

TOAST AND TONIC'S approach to gin and tonics made Bengaluru fall in love with cocktails. The East Village-style bohemian vibe of the restaurant and bar fit in perfectly with the city and it quickly became the go-to place for special occasions. Now, in the same spirit of innovation, the restaurant launches some fun new cocktails in a special menu, and an array of new dishes. We decided to check it out on a busy Saturday afternoon.

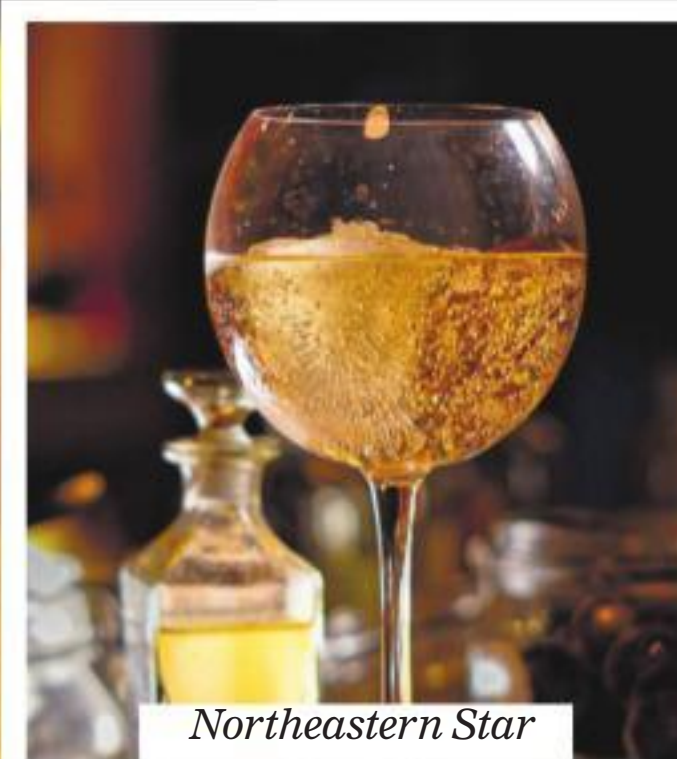
Spirited away

The Drink Outside The Box cocktail menu is only available until December 15, but the most popular choices will make it to their permanent menu. The idea behind the

menu is to highlight local ingredients and create drinks that are not limited by tradition. Northeastern Star is the one we first spotted on the menu. Beefeater gin meets the flavours of Manipuri wild grapefruit and wild spiced tonic water in this refreshing beverage. The Chivas Flannel Shirt is one for the whiskey lovers. The seasonal drink has warm notes of apple cider vinegar, all-spice powder and orange zest, blended with Chivas Regal and dry vermouth. The cocktail Pink Pepper is inspired by French craft spirit brand, Audemus, which is popular for its Pink Pepper Gin. Boasting notes of pink peppercorn, grapefruit and lemon bitters, it has a base of Monkey 47, a gin distilled in the Black Forest region of Germany.



Irish Cinnamon Girl



Northeastern Star



Choripan Chimichurri Potatoes



T&T Vegan Dan Dan Noodles

Fermentation continues to be a strong trend so why should it not creep into cocktails as well? The Berry Kombucha is made with Beefeater gin, mixed berry bitters and Soma kombucha.

Small talk

Our cocktails were served with a selection of their new small plates. One that we could not get enough of was the Choripan Chimichurri Potatoes. The Argentinian street-style dish has fried baby potatoes,

tossed in aioli, smoked aubergine and chimichurri sauce. One can never go wrong with fried potatoes, and the freshly made sauce elevated the dish. A must-try for vegans is the T&T Vegan Dan Dan Noodles — hand-made noodles tossed in a sauce made of coconut, tahini and chilli crisp. The noodles are also topped with Korean-style Dakagangeong cauliflower — a winning combination. We rounded off the lunch with a Karma-Sutra, sticky toffee fudge, fig bar and chocolate ganache with bajra puffs, served with a scoop of vanilla ice cream.

The new additions to the menu retain the signature touch that Toast and Tonic is known and loved for.

₹2,500 ++ for two. At Wood Street

— Anagha M

anagha@newindianexpress.com @anaghzzz

CAKE ESCAPE

For Shazia Rafiq, a Photoroll pinata cake specialist, the first to create in the country, a cake is like a hug from within. And so passionate is she of giving the joy that lies in each of her cakes that she single-handedly creates melting delights from her online store, Sugarberryz Cakery.

There are lots of bakers who are really doing a good job, many I personally admire. But Sugarberryz Cakery is my life and I am passionate about it. Every small detail is taken care of with lot of care and attention. I just try to ensure that every customer is satisfied with what they ordered, and are happy to come back again," says Shazia, as she gives a final touch to a gâteau ordered for a celebrity party.

She is not new in such circles — having delighted the likes of actresses Deepika Das, Kavya Gowda, Priyanka Upendra, social media influencer Spoorthi Vishwas, former Indian captain Mohammad Azharuddin among others.

Sharing her passion for cakes, Shazia reveals that she never had any initial training but developed as a hobby and went on to identify herself as an entrepreneur. "Baking just happened to me by chance. Cake making was a hobby and I opened a page on Instagram. After a month or two, someone messaged ask-

ing for a cake which took me by surprise. I was nervous and hesitantly accepted the order. On the day of delivery, I dropped the cake but the customer was kind enough to except it after a little touch up. Slowly I worked on myself and built confidence with small orders. It wasn't easy but I did not give up. As business grew, I took up classes under well established bakers from across the country," she recalls.

Shazia is so comfortable with her expertise now that she even runs a baking studio taking classes. "We have had students from many states who are themselves well established," she mentions.

Other than celebrities and common customers who request cakes on Instagram, she also takes bulk corporate and party orders. "We have a special menu curated for Ramadan focusing on Middle Eastern and Hyderabad dishes. We have been supplying baked items to a few cafes and institutes," she states.



I worked on myself and built confidence with small orders. It wasn't easy but I did not give up. As business grew, I took up classes under well established bakers from across the country.

Shazia Rafiq, Founder, Sugarberryz Cakery



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NEW WINNINGS FOR BRAYO

Dwayne Bravo aims to focus on sustainability, reducing his carbon footprint and addressing the issue of climate change as he launches his fashion label DjB47 in India.

By Reshmi Chakravorty

in conversation



I always wanted to be a part of the fashion industry. Like music, I am also very passionate about fashion and I really love to dress up according to the latest styles and sport trendy outfits

Dwayne Bravo

S

TAR CRICKETER DWAYNE Bravo is an all-rounder in the true sense of the word. And, we're not talking just about his on-field performance.

In addition to his success as a middle-order batsman, his formidable record as a bowler in the death overs and his impressive fielding capabilities, his ventures and projects off the field too have won him many fans. For instance, the 38-year-old's hit single *Champion*, to commemorate West Indies winning the 2016 T20 World Cup, became a runaway hit in India, as did his Bollywood party anthem *Dum Laga Ke Bum Hila* — a collaboration between him, Ash King, Nakash Aziz and Ankit Tiwari. Having announced his retirement from international cricket at the *T20 World Cup* recently, the Trinidadian cricketer, a mainstay of the Chennai Super Kings line-up from 2011-2015 and 2018-2021, is now all set to don the entrepreneur's cap. We caught up with the cricketer to talk about his latest venture, a fashion label titled *Djb47*. Initially, the collection, which has a casual and easy vibe, will be available on his website and other online shopping platforms but early next year, he plans to open his first store in India. Dwayne tells us more about his love for fashion, music and his Bollywood dreams.

What inspired you to venture into the fashion industry?

I always wanted to be a part of the fashion industry. Like music, I am also very passionate about fashion. I really love to dress up according to the latest styles and sport trendy outfits. *Djb47* has been launched in partnership with Singapore-based 3 Big Dogs Pte Ltd at the CIO summit with delegates from 40 countries hosted in Dubai.

Tell us more about the *Djb47* label.

We have initially launched T-shirts, hoodies, joggers and shorts in shades of black, white and red. Also there are shoes, bags for men, women and kids, and later we will add jewellery and accessories to its product portfolio. The collection is very close to my personal taste and the designs and silhouettes are flexible in nature so that everyone



can wear them. I have made sure the fit and quality are top notch as I myself don't settle for anything mediocre. I have specially created a signature collection where my signature is printed on the T-shirts for my fans. Moreover, I aim to focus on sustainability, reducing my carbon footprint and address the issue of climate change through the collection.

How long did it take for you to create the line?

During the pandemic, there were many ideas, this was one of them. Once the initial lockdown was over and people were getting back to the new normal, we went ahead with the concept. It took around six to eight months to get the line out.

You have chosen India to launch your label. Why?

India has my biggest fanbase and for years, it has been my home away from my home. It was a logical decision to launch my label where the maximum number of fans are. In early 2022, we will also open our stores in various Indian cities like Chennai, Bengaluru, Mumbai and Delhi. Apart from India, the label is also going to launch in Australia, South Africa, the Caribbean, Middle East, UK and USA soon.

Your connection with India isn't limited to cricket. You have been known to be a fan of Bollywood too.

Everyone knows I am a big Shah Rukh Khan fan. He has even promised me a role in one of his movies. I will remind him of it soon. I like acting and if I get the opportunity to act, I will take it up. But the role must be a positive one which goes

along with my principles, adds some value and is not just a song and a dance role.

What's happening on the music front?

I am working on a single with Jassie Gill, which will have a Punjabi touch, there are also other collaborations in the pipeline. I recently launched my music studio 47 Productions in Trinidad.

Apart from music and cricket, what else is keeping you busy?

Right now, I am busy with my fashion label and shoots. In January, I will be with my kids. In the next few months, IPL auctions will start. After being released from Chennai Super Kings, let's see what the auction holds for me and where I head to next. Then there is the *Caribbean Premier League* which will start.

What's your fitness mantra?

The only mantra I follow is to be happy and feel young from within. I look and feel like I'm 28 and I don't smoke, drink or do drugs.

What are your future plans?

I believe in taking one step at a time. Now that I have launched the fashion label, I will slowly incorporate more options in fresh colours and styles.

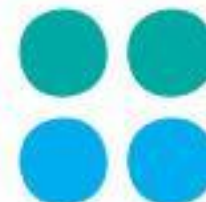
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Message Indian fans
If you are happy and proud of the collection, please wait to see you guys wearing them.

Looking ahead
The label is also going to launch in Australia, South Africa, The Caribbean, Middle East, UK and USA soon.

Limited edition
The Signature Tee is a limited-edition range featuring Dwayne Bravo's signature printed on the front. Made from 95% cotton and 5% lycra they are slim fit, comfortable, and with round necks and short sleeves.



exhibition

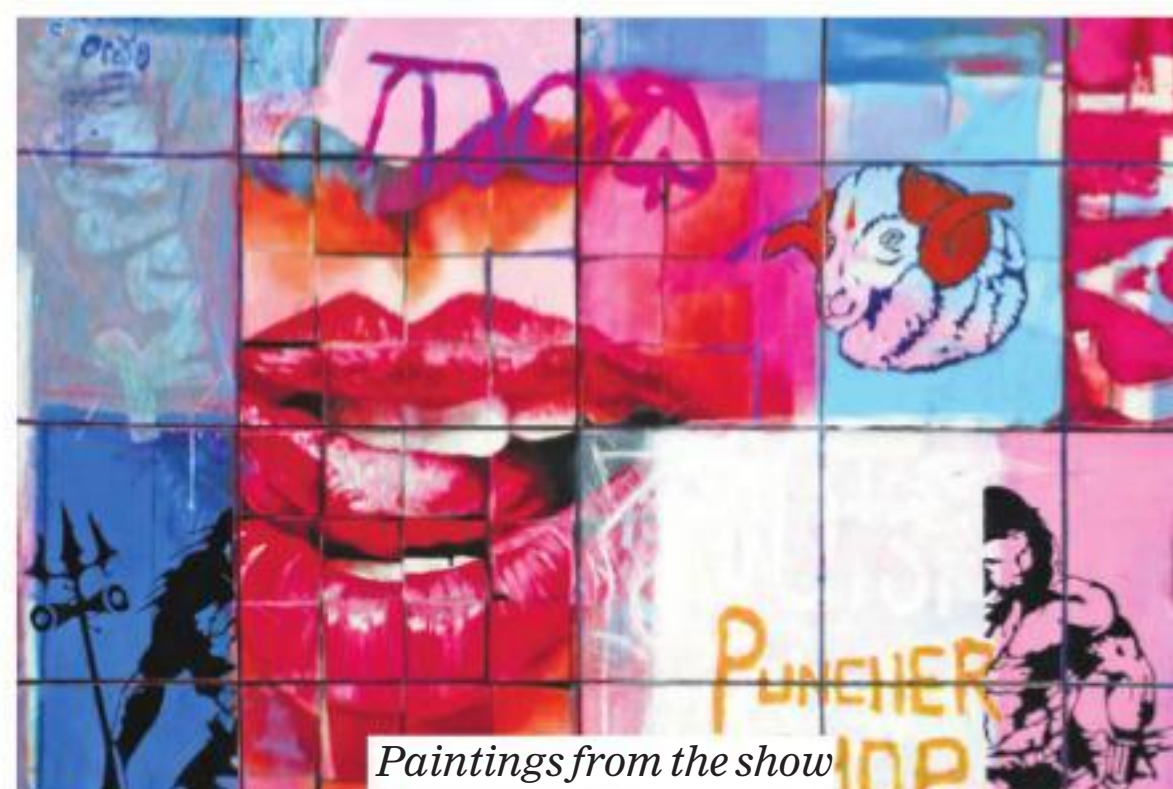


BREAKING THE SYNTAX

Ravi Kumar Kashi's new show captures how Bengaluru has evolved over the past decade



Ravi Kumar Kashi



Paintings from the show

WHEN YOU'VE SPENT nearly a lifetime living in one city, how differently can you perceive it every day? Even if you have an artistic frame of mind, can you view your town as a unique entity that has an intriguing narrative? Seasoned Bengaluru-based artist Ravi Kumar Kashi attempts to do just this with his new show titled *The Unruly Syntax*. The city is a rich landscape of ideas that has helped him create 21 artworks which his new show is composed of. They are inspired by Bengaluru's evolution over the last decade.

On the grid

From signboards of 'puncher' and 'Xerox' shops, to images of Mahatma Gandhi, these visual mnemonics that are part of Bengaluru's evolving cultural fabric are key elements in Ravi's works. These symbols and other ubiquitous imagery from around us are all pieced together in a grid concept, and this creates an insightful visual commentary. Talking about how the idea was born, Ravi explains, "I have been documenting the visual culture of the city for more than a decade, and I also wrote a book (*Flexing Muscles* in 2019). While writing it, I brought out all the images I had shot of the city from my archives. But it was only two years ago, when I

was teaching about grid to architecture students at RV College of Engineering, that I chanced upon the idea of working with a grid, to put my thoughts in order."

The grid concept offered Ravi the freedom to cut images and split pictures, while he streamlined his thoughts. The artist, who has also documented flex hoardings and signboards, and has made innumerable notes about how the use of imagery has changed over the years, used all these inputs when working on artworks during the 2020 lockdown.

Between the lines

This show, a mix of horizontal and vertical grids, captures the nuances that essentially make Bengaluru the metropolitan city it is. Signboards in Kannada and English, posters advertising hair transplants for men, auto advertisements for repair of electronic appliances, and pin-up posters of Tipu Sultan, Bhagat Singh, and the Hindu god Ram—all these pictures and images perhaps communicate a hidden meaning. Some of these are also indicative of the politics of caste and power. "For example, there's a visual of Johnny Walker walking in one direction and Gandhi walking in the opposite direction. I have not tried to align any of these images in a particular way. There are images within the paintings that keep triggering alternate meanings. There are political comments and overtones but they are expressed in a subtle way. If you get it, you get it. If you don't, it's fine!" he says.

For visitors, whether natives or newcomers to the city, Ravi's exhibition is like a visual encyclopedia that showcases the transformation of Bengaluru from being a quiet town to a vibrant, dynamic metro.

Until January 22, 2022. At Gallery Sumukha, Wilson Garden

— Ayesha Tabassum

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@aishatax

in conversation

SONGS OF CHANGE

Seasonal Affected Beats' new album tackles the subject of climate crisis

CLIMATE CHANGE IS a looming threat that is always on this generation's mind, especially when floods and earthquakes wreak havoc. Jazz musician Tarun Balani felt that as an artiste, it was too important to ignore. "Back in 2016, when I first experienced the 'Great Delhi Smog,' I started to engage with the subject of climate crisis. I didn't realise that

this theme would become the central focus of the music that I write as Seasonal Affected Beats," Tarun tells us. His new EP, *In Song*, explores this theme in collaboration with international musicians.



Lisa Lukaszczyk

To Bend or Break, the latest song from the album, sees Tarun collaborate with Dutch singer-songwriter Luka aka Lisa Lukaszczyk. The dream pop number oscillates between notes of despair and hope. "It is about a changing landscape that won't return to its original state. With the visibility of climate change, we are aware of what we stand to lose. Through these songs on the EP, we're processing how to deal with and how to act on it," Lisa says.

The three-track EP also sees Tarun dabbling more in songwriting. "This EP is really special as it features the songwriter side of me that typically my listeners may not identify with. At heart, I am a sonic-storyteller and what better way to tell stories than through music and lyrics. I feel words add another dimension to the music and this EP is primarily driven by a strong focus on songwriting," he tells us. But it's not all new. Tarun has also retained some

of the characteristics which are an integral part of the Seasonal Affected Beats' sonic architecture, especially the use of piano, synths and trumpet.

The artiste admits that it has been extremely challenging to write music that reflects the urgency and responsibility towards climate change. "However, learning and educating myself over the past year, and attempting to engage with this subject by including it in my music, has been quite cathartic and rewarding," he sums up.

Available on online streaming platforms

— Anagha M

anagha@newindianexpress.com @anaghzzz



Tarun Balani

GUT FEELING



Ajwain or carom seeds are incredibly nutritious, rich in fibre, antioxidants and other vitamins and minerals which help in improving our immune system

THE NEXT FEW weeks will be lit with festivities around. It is also the time when we feed ourselves liberally with outside meals, alcohol and late nights, so our stomach ends up going for a toss. It is important to take extra care of our stomach during this season so we don't face any indigestion, bloating and acidity. And to help us with the same our age-old Indian spices come to the rescue. Among many of them, one important spice is *ajwain* also known as carom seed or bishops weed, which is slightly pungent in taste. We can use this spice to enhance our gut health immediately. Issues like acidity, bloating, smelly gas and stomach discomfort reflect on the bad health of our digestive system which ultimately leads to compromised physical and mental health and immunity. When I say mental health, it means our cognitive function or the brain function which is related to the working of the gut. If the stomach is affected, the absorption of various nutrients required for the proper functioning of every cell in the body gets affected and that's where we face problems. In addition, an acidic environment in the body creates a breeding ground for most diseases and inflammatory conditions.

Spice trail

So how do we improve gut health gradually? It's simple! For instance, our ancestors used Indian spices to treat all issues in our body and we too, can follow the same. We can start using *ajwain* on a daily basis to get natural digestive enzymes which will keep one's digestion in check and the stomach issues at bay. As a tradition, we used to have *ajwain* and fennel as a mouth freshener post meals, but now no one really takes effort to follow the same. *Ajwain* post-meal helps secrete more digestive enzymes and stomach acids to break down food that we have consumed. Usually, people think that if they have acidity that means they have more acid but the actual case is that their body may be suffering from less acid production and hence it makes them more acidic, particularly post meals. That's why eating *ajwain* after meals will be useful to improve the stomach acid or to control hyperacidity, bloating as well as gas.

Oil's well

Ajwain also contains essential oil like thymol which helps in relaxing smooth muscles in the stomach, therefore, preventing stomach or even menstrual cramps. It also helps in attenuating respiratory problems and has anti-fungal and anti-bacterial properties which help in



fighting various bacterial infections in the stomach. That's why it's still used in many villages as a deworming agent. People with worms in their stomachs are malnourished despite eating a healthy and balanced meal, to help such people we can mix 1 tsp *ajwain* and 1 tsp of jaggery to make small balls and take it towards bedtime followed by a cup of lukewarm water. The jaggery attracts the worms to come out and *ajwain* secretes stomach acid which eventually helps to kill the worms/parasites. This can be used as a home remedy but if you haven't done deworming for ages, then do check with your doctor to get one done soon. *Ajwain* helps to keep the system clean and it has antimicrobial and anti-fungal properties that help with gut health and maintaining the microbiome thus improving our immune system as well. So let's try and add this mighty spice post meal on daily basis.

Note: If you are allergic or can't tolerate ajwain then it is better to avoid it or take it under your healthcare provider's guidance.



HEALTHY LIVING DEEPIKA RATHOD

Chief Nutrition Officer, Luke Coutinho Holistic Healing Systems. The writer is a clinical nutritionist with a focus on healthy lifestyle choices.

on the shelves

Raising the bar

Try this newly-launched brand for some great winter soap options. Soapy Secret has come up with a delectable range of Dessert Soaps that are organic and add fun to your bathing rituals. Available in delicious scents like raspberry, blueberry, chocolate, ice cream, strawberry and vanilla – these bars come in delightful shapes of cupcakes, pastries and popsicles. You can also try their Whipped Sugar Scrubs, Lip Scrubs, Lip Balms and Bath Bombs. ₹180 onwards



Tress code

Organic hair care label The Earth Collective has come up with a range of deep-conditioning hair oils to combat winter woes faced by every type of hair. Try this anti-dandruff oil loaded with the goodness of fenugreek, grapeseed and sunflower to nourish oily and dandruff-prone hair. The antimicrobial properties in the oil promise to relieve the scalp from dryness, itchiness and dandruff. ₹750



Glow up

It's a no-brainer that essential oils are good for the skin and hair and Organic India's new Kure range has this deeply healing Moringa Seed Oil that provides wholesome nourishment to all skin types and hair. Use it to get that glow back in dry flaky skin, this winter. It is loaded with anti-microbial and anti-inflammatory properties and helps fight breakouts. ₹395



Face value

This new serum foundation from Juice Beauty is a sure stunner for its light and airy texture, just perfect for clogged and oily skin. The multi-action and age-defying serum foundation has concentrated plant-derived Phyto-Pigments and comes in 13 varied shades. The waterless formula delivers a weightless texture for comfortable long wear with buildable coverage from medium to full, while hydrating the skin with organic aloe juice. ₹4,800.



Skin deep

To combat dryness of skin, ethical and sustainable brand Kashi Wellness has come up with Kumkumadi Oil, which rich in saffron, a miracle spice that nourishes the skin. The product has a blend of saffron oil, peach kernel oil and rose oil that hydrates and restores the skin's natural radiance. It also decongests dry and irritated skin, while the peach oil softens and reduces inflammation. ₹2,150



'I COULD PLAY A MURDERER..'

... and yet never have to go to jail,' says Ratna Pathak Shah as she talks about being a *BAFTA Breakthrough India* supporter and how OTT is now shaping the entertainment industry

FILMS, TELEVISION, THEATRE and now OTT, Ratna Pathak Shah has graced all kinds of mediums in her almost four-decade-long professional journey as an actor. While her portrayal of Maya Sarabhai, a snobbish socialite in *Sarabhai vs Sarabhai* earned cult status over the years, she did a splendid job as *buaji* in *Lipstick Under My Burkha*, making viewers look at older women in a new light. More recently, she was seen essaying the role of a mother (*Jaane Tu... Ya Jaane Na*, *Kapoor and Sons*, *Golmaal 3*, *Khoobsurat*, *Thappad* and *Hum Do Hamare Do*) but noticeably, most of them aren't overtly emotional. Simultaneously, she has also played leading parts in over 40 plays in English, 'Hindustani' and Gujarati. As she comes on board as an industry supporter for BAFTA Breakthrough India (applications closed on December 6), we speak to her about the year-long mentoring programme for new talent, how OTT is shaping the industry and her professional journey. Excerpts:

Tell us in detail about your role as a BAFTA Breakthrough India supporter?

'Supporter' is the keyword here. I am helping to get this programme across to the largest number of people by lending my voice, since it is a very useful platform for those who want to train themselves and enter the (entertainment) business as well as for those who are already here but want to improve their skills or explore new avenues. Besides, when we think of the industry, we think of actors, at the most filmmakers, or if we go a little bit further then producers or music directors. Beyond that, we don't talk about industry people, but here's an opportunity for a costume designer to think differently, for a cinematographer or music composer to ask for interaction with other people in the world. It is a chance to learn the whole business of seeing film, OTT and TV making as an industry that exists because of the contribution of many talents. The fact that this programme is open for people of every age group and puts the focus on an industry that comprises a variety of professions — I think that's quite a radical idea straight off.

How, in your opinion, has OTT changed or shaped our entertainment industry?

We are still in the process, so it is hard to take any final call on it but what one is seeing immediately is that there is a greater focus on stories. Scripts are being given the importance and the due that they always demanded but never got. So, that's step one. And because of the kind of stories that are being told now, the kind of people are also changing. Not just actors but the

kind of music that one is listening to is from all over (the world). The actors that are coming into the business are much more skilled and proficient in their work than people I remember working with as a younger person. In fact, I remember myself as a younger person and I certainly wasn't half as skilled or half as confident as a lot of the younger actors I work with, today. OTT has had a lovely run for the last two years with absolutely no competition from the big bad wolf — the Hindi film industry — which is back to flexing its muscles. We have to wait and see how that goes and what changes occur.

You have worked in the television industry when it was at its prime, and haven't shied away from pointing out that it became regressive to the point that you can't watch it. What do you think went wrong?

Yes. I am lucky that I got a chance to work in television when it was a really new fledgling industry. There were new people coming into the business as they are (coming) today in the OTT world. The early '80s and '90s were a very fertile time for television in India. And I genuinely thought that here is something that will be able to speak in different voices to different people. It's a medium that's democratic, much more so than Hindi films or any kind of a feature film industry can be, and one that could be explored in many different ways — not just fiction but also documentary, reality programmes, talk shows, etc. the way it had happened in the west, particularly in England. But of course, it didn't. Bollywood and some terribly regressive ideas took over. The *saas-bahu* world came into being. It was probably aided and abetted by the general mood of the nation, the politics of the nation, the way in which we were becoming a more nervous kind of nation. This was, don't forget, the time when liberalisation was beginning to have its impact. We were becoming more of a consumerist society. So all that reflected in the way in which television changed and became the regressive mess that we see around us today.

How would you describe your professional journey, so far?

I think I started out as a pretty average actor. I got some things right. But I can't say that I had any real command over anything that I was doing. I was blundering along and sometimes getting things right. So, I'm very grateful that I got a chance, particularly through theatre, to try out different kinds of roles and to be advised very closely by Pandit Satyadev Dubey — one of the finest in the Indian theatre in Mumbai and a man who knew what he was talking about. He was one of my mentors and so was Naseer

(Naseeruddin Shah, her husband and co-actor). I was also lucky to find extremely wonderful opportunities on TV, like *Sarabhai vs Sarabhai*, mainly because it was excellently written and that's why it has stood the test of time.

You once said in an interview that you haven't explored yourself fully as an actor, and you hope your wishes come true, slowly and steadily?

I don't want to ever feel that I have done everything that I wanted to do as an actor. I want to stay hungry although it becomes harder to stay hungry as you grow older because so much of 'been there done that' stuff comes your way. I would like to play contemporary, real Indian women. I would like to explore playing a homeless woman or someone who has genuinely been hungry — something similar to what Rajkumar Rao did in *Trapped*. The fact that I have the chance to live lives I otherwise wouldn't, is the real pleasure of acting. I could play a murderer and yet never have to go to jail!

— Heena Khandelwal

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Ratna Pathak Shah



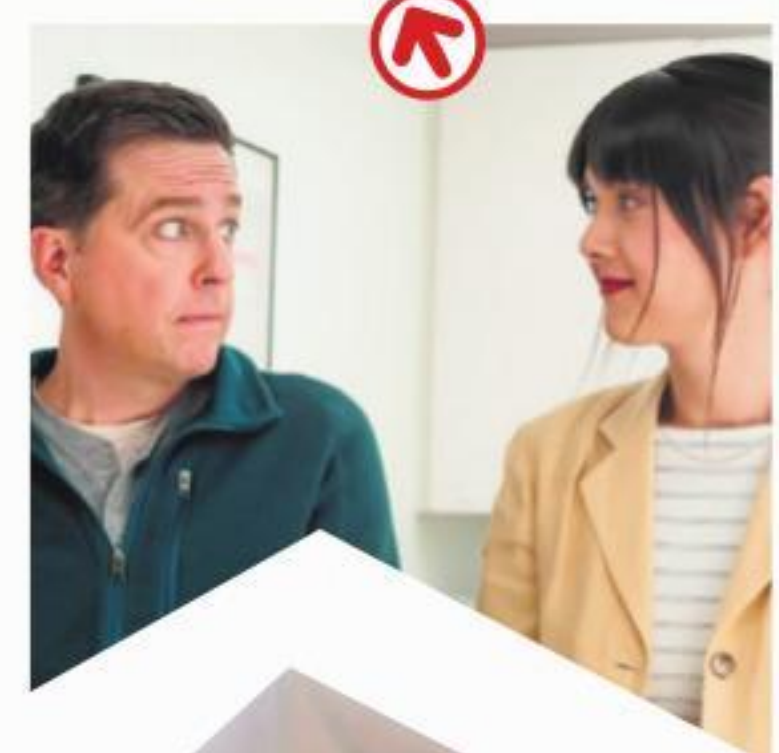
New season: Aarya

After a gripping season one, Ram Madhvani's show *Aarya* is back with a new season. In the previous season, Aarya, played by Sushmita Sen, had escaped from India with her children, after turning her family in. In season two, she is back in the country to finish unsettled business with her family and other drug lords who are after her life. But how will she navigate all of this while keeping her children safe? *December 10. On Disney+ Hotstar*



New season: Black Lightning

Jefferson Pierce is a retired superhero who is forced to put on his costume and fight crime again when a local gang called The 100 starts terrorising his city. In the new fourth and final season, Pierce teams up with his daughters, Anissa and Jennifer, who are also gifted with superpowers, in his battle against injustice. *December 14 onwards. Weeknights, 10 pm. On Colors Infinity*



Premiere: Together Together

The young Anna (Patti Harrison) is a loner who doesn't have much going for her. When she is picked to be the surrogate for Matt, a 40-something single man, they make an unusual connection. Their unexpected relationship forces them to rethink their long-held beliefs of what love means, their boundaries and expectations. *December 10. On BookMyShow Stream*



Premiere: Old

Mexican actor Gael García Bernal (*The Motorcycle Diaries* and *Amores Perros*) takes the lead in director M Night Shyamalan's latest thriller. It follows a family who goes to a secluded beach while on holiday. But the fun turns to horror when the travellers realise that the beach is making them age rapidly, and their entire lives are reduced to just a single day. *December 15. On BookMyShow Stream*

New show: Aranyak

Raveena Tandon debuts in the OTT space with this thriller series. Set in a hill station, the story follows station house officer, Kasturi Dogra. Just before she is transferred to another city, Kasturi gets an opportunity to solve the biggest case of her career so far. Unwilling to leave before solving the murder, Kasturi decides to take up the case. The investigation finds her getting involved in complex situations and in a battle of egos driven by personal agendas. *December 10. On Netflix*



Premiere: The Unforgivable

Starring Sandra Bullock and Viola Davis, this film is directed by Nora Fingscheidt and is based on the 2009 British miniseries *Unforgiven*. Bullock plays Ruth Slater, a woman who has served time for a violent crime. As she re-enters society, she finds it challenging to readjust to normal life, especially as she is not accepted by the people whom she was once close to. Now, she must find her estranged sister to prove that she is not as bad as the world thinks she is. *December 10. On Netflix*



Premiere: Encounter

Riz Ahmed stars in this sci-fi / psychological thriller directed by Michael Pearce. After a meteor shower, Malik Khan, a former marine, is on high alert for an alien invasion that is slowly taking over the planet through insect bites. Convinced that his ex-wife has been infected, Malik creeps into her house one night to rescue his two sons and sets off a series of events that will change their lives forever. *December 10. On Amazon Prime Video*

Live: 70th Miss Universe

The Miss Universe pageant is back with its 70th edition. American television personality Steve Harvey hosts the ceremony which will be telecast live from the city of Eilat in Israel. Noa Kirel, an Israeli singer takes the stage for a musical performance. India will be represented by Chandigarh-based model and actress Harnaaz Sandhu. Will she take home the crown? *December 13, 5.30 am. On Voot Select*



experiential

THE WORLD AT YOUR TABLE

We take a culinary journey into Abu Dhabi, which offers everything from traditional Emirati fare to gourmet French dishes and fusion Peruvian delicacies



Saadiyat beach



Burrata at La Petite Maison

W

HEN WE FIRST landed in Abu Dhabi, it was exactly what we envisioned it would be. From being picked up in a high end Mercedes, to staying at the 50th floor of the Conrad, it was extravagant and luxurious. But as we spent more time in the capital city, we discovered that it is more than just the fast cars and the glitzy malls. Hidden behind the buzz, is a calmer, laid-back Emirate with pristine beaches, cultural hotspots, and a thriving culinary scene that is slowly discovering and shaping its identity. Often overshadowed by Dubai, Abu Dhabi, the capital city of UAE, has a lot to offer.

UAE is made up of seven emirates and Abu Dhabi is the largest one, with 215 islands and a coastline of more than 2,000 kilometres. The early settlers of the area were pearl divers and fisherfolk until the recent discovery of oil in the '50s when it witnessed a development boom. Today, it is the seat of government and commerce. We were travelling to the country for a very exciting reason — to experience the city's Culinary Season, an annual celebration of its dining cultures that showcases the finest restaurants in the city.

Leaving behind a rainy and stormy Bengaluru, we were more than happy with the sun and sand in Abu Dhabi. The Conrad Hotel is located in the Etihad Towers, one of the city's most iconic buildings that you may have seen in the *Fast and Furious* movie franchise. Our room overlooked the great expanse of the ocean and the glittering skyline and we couldn't ask for anything more. The hotel itself had us spoiled for choice in terms of cuisines with a Japanese restaurant, Tori No Su, a poolside Italian diner, Sole, and the hip South American lounge, Vakava. After a day of relaxing by the pool, and the private beach, we were ready to explore the city.

Bedouin roots

The local Emirati food is often overlooked and is actually starkly different from other West Asian dishes. We were introduced to two chefs who represent two sides of Emirati cuisine. Celebrated chef Khulood Atiq puts the spotlight on the traditional, while young chef Khaled Al Saadi is giving the cuisine a contemporary facelift.

We caught up with Atiq, who is one of the first female chefs of UAE, over a leisurely lunch. She explained the nuances and influences that created the cuisine. The Bedouin folk used local produce that was available regionally — the coastal people focussed on seafood and the ones in the plains used the shrubs that grew in the desert. Grains and spices came to the region via trade routes to India and slowly made their way into everyday food. Some signature traditional delicacies are machboos (layered lamb and spiced rice), harees (soup) and regag (a crepe sweetened with dates).

If you want to get a taste of these dishes, then head to Al Fanar restaurant for an authentic Bedouin experience or Yadoo's House, which translates to grandmother's house, and more than lives up to its name. For a seafood feast, we recommend the Al Mina Fish Market, where you can have your pick of fresh fish grilled in front of you.

On the other hand, Chef Khaled's cooking incorporates fresh produce and novel ingredients that the country now has access to from all over the world. He says since the country is so young and global in its outlook, the definition of Emirati food is also ever expanding. He hopes his approach to the cuisine will come to be considered 'Emirati food' in future.



The spread at Coya

All that glitters is gold

Our next stop was the Emirates Palace. Opulence is the only word that comes to mind when you visit this five-star hotel. Done up in gold and marble, it is the third most expensive hotel ever built. Fittingly, the coffee we had at their cafe, Le Cafe, was also equally lavish — a 24-carat gold cappuccino. Made with camel milk, the drink was topped with a gold leaf, and it's one for your Instagram page. We were also treated to a Middle Eastern lunch, complete with the quintessential hummus, baba ganoush and platters of kebabs. It was a meal to remember.

If you have mezze on your mind, we also recommend Beirut Sur Mer, an al fresco restaurant located in the upscale Saadiyat Island. We tucked into fatteh betenjen (tahini-flavored yoghurt, chickpeas, eggplant, crispy bread and pine nuts), hend-beh (a chicory salad) and mouhalabieh (a creamy pudding). The beauty of Lebanese food is that it also has a lot of options for vegans and vegetarians.

Melting pot

Abu Dhabi is home to chefs from all across the globe who want to push the envelope when it comes to experimenting with flavours. Young chef Pang LC is the man behind Coya Abu Dhabi, a chic Peruvian restaurant in Al Maryah Island. At our dinner there, each dish was more decadent than the last — Wagyu Sirloin with Chimichurri Sauce, Huayro Potato Causa and Manchego Cheese (a mashed potato casserole), Truffle Churros, Miso Beef Ribs, and a Pina Colada Popsicle. The melange of influences and fun ambience makes this one of the hottest spots to hang-out at on a Saturday night.

Located right next to Coya, is the renowned French restaurant La Petite Maison. With a view of the sea, LPM is the perfect brunch spot. We indulged in Slow Cooked Duck Legs, Snails with Garlic Butter, and Grilled Wild Atlantic Sea Bass. The chefs pulled out all the stops with these French classics.

Tucked away in downtown Abu Dhabi are also hidden gems that offer regional cuisines all the way from Ethiopian and Sudanese, to Indonesian and Bosnian. Dig into momos at Nepal Palace, Sudanese shaya jamour (grilled lamb) at Al Mufraka, Ethiopian injera bread at Sheger or nasi lemak at Mamak. And of course, if you're craving something that reminds you of home, there are plenty of North Indian, Pakistani and Malabari restaurants too.

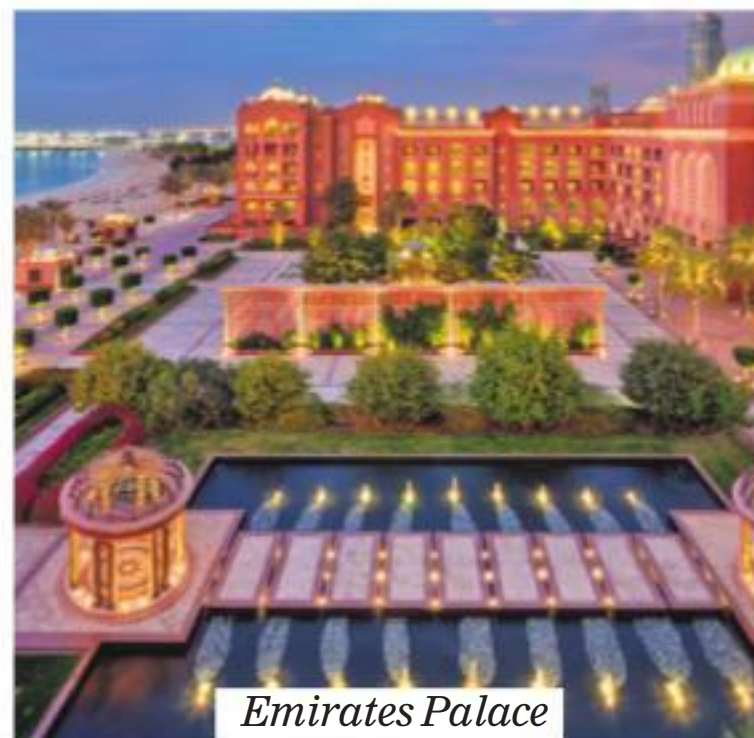


A dish from Beirut Sur Mer

The streets of Abu Dhabi reflect the melting pot of cultures that the city is. A meeting point between the East and the West, the cuisine of the city has its finger on the pulse of global trends, and it also looks inwards at the hidden secrets of traditional recipes. Abu Dhabi should definitely be on your list if you are looking for a culinary holiday.

The writer was in Abu Dhabi by invitation from the Department of Culture and Tourism — Anagha M

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Emirates Palace



Etihad Towers



The Gold Leaf Cappuccino at Le Cafe

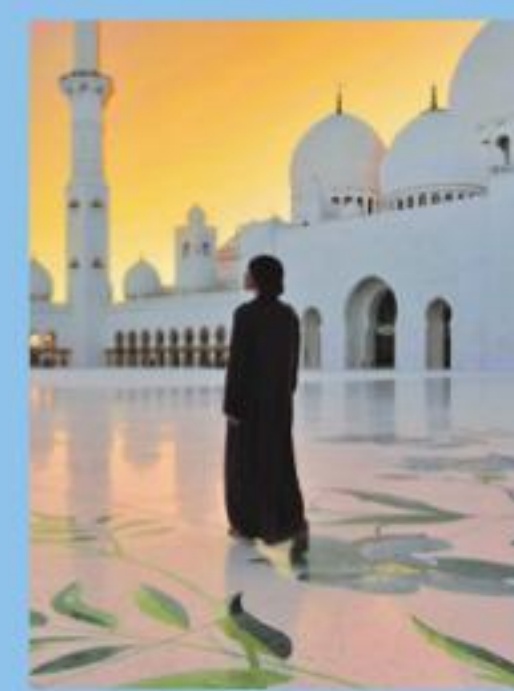
MUST-VISIT spots



Louvre Abu Dhabi

If you're an art buff like us, and going all the way to Paris to visit the Louvre is not on the cards any time soon, then the Louvre Abu Dhabi is just the place for you. Managed in partnership with the French government, the museum is designed by Pritzker

Prize-winning architect Jean Nouvel. It houses exhibits that take visitors through the history of humanity, all the way from pre-historic Egyptian figurines to modern paintings by Pablo Picasso and everything in between.



Sheikh Zayed Mosque

An architectural marvel, this mosque was the idea of the late president of the United Arab Emirates (UAE), Sheikh Zayed bin Sultan Al Nahyan. The awe-inspiring structure takes design inspiration

from the Taj Mahal, the Abu al-Abbas al-Mursi Mosque in Alexandria and Moorish mosques. Marble, gold and semi-precious stones adorn the walls of the mosque which can accommodate around 40,000 worshippers.



Qasr Al Hosn

This fort is a historic landmark located in the midst of the tall skyscrapers in the heart of the city. The monument has a watchtower that was built in 1761 and was also the residence of the ruling Sheikhs. Currently it also houses a museum and an arts centre where

you can learn more about the history and culture of the city. When you wander in you can get a glimpse into the way the nomadic tribes lived, dined and the art they created. It is a must-visit for history lovers.



Jubail Mangrove Park

The mangrove park is a burst of green in the midst of the desert. The sanctuary has a stunning boardwalk with a picturesque view of the exotic animal, marine and bird species at the park. And when it's high tide you can even

kayak down the meandering coastline.



DESIGNED HUMANE

With a passion for humanising homes and creating value in every inch of space, HCD Dream Interior Solutions has reserved Human Centred Design (HCD) as the fundamental base of their design concepts and approach.

CHANGING TRENDS

According to the duo, interior design expectations from clients have seen a dramatic change over the years. "When we started in Chennai in 2008, the market was in a nascent stage and the challenge was to create demand for interiors. It helped us in creating an interiors market in that region. However, when we expanded in Bengaluru 2012, we found this market more matured and with higher expectations, and hence we had to prepare to innovate more on our designs and execution," they say. According to them, a kitchen no longer belongs to only the wife, rather it brings the family together. "Breakfast counter is no longer a fashion rather it is a need to create bonding with kids. We have seen even clients in the 65+ age bracket going for high-end interiors. Younger generation need space for their hobbies and we have seen teen kids actively participate in reviewing and finalising designs," they state.



Change in expectation over last 10 years has been towards accepting and adopting Interior designs as need than just a luxury. People have started understanding how a good well designed, well lit, well functioned, full of energy home can bring positivity, peace, harmony and happiness in life.

Subranil and Shruti Gangabasi, Founders, HCD Dream Interior Solutions

Founded in Chennai in 2008 as Dream Designers by designer couple Subranil Gangabasi and Shruti Gangabasi, the couple later expanded to Bengaluru and rebranded themselves as HCD Dream Interior Solutions in 2017, having understood the core requirements and expectation from their clients. "Having learnt from our experience, we started specialising in human centered, lifestyle and life cycle based interior solutions that enable us to make home and interiors that are part of your life, express to you and welcome you. We call this 'Designs that express'," says Subranil.

Their approach enables them to make design thinking and conceptualisation process repeatable and structured. So, for a human-centred design or humanising spaces, HCD considers and captures every aspect of human behaviour — likes, dislikes, demography of customer, ergonomics, etc. They even make their designs scientific, ensuring that the designs provide all required functionalities, and is well blended with aesthetics expected from their clients. "It also helps us capture intangible needs and requirements of customers, and most importantly, it helps in understanding and capturing emotions of our clients," says Shruti.

Focussing on residential projects, while also accommodating commercial and institutional projects, HCD delve deep into scientific designs which are refined, current, and extremely customised. And all

the difference lies in their approach towards clients.

"The design must reflect and express to our client. We go to the last micro thread of each member to understand their personal needs and space. Most important, humanity is focal point of our business and that helps us to empathise and think deeper and get ideas," Subranil elaborates.

HCD's themes are mostly based on customer lifestyle, beliefs, values and culture. Beyond this, they offer designs on different themes such as Victorian, Lucknow style, Chettinad style, contemporary designs, homes themes that enable home office & education, office designs for millennials, office designs for brand enrichment, rentals home designs based on local data on rental requirements by professions and other needs of potential tenants.

As for sourcing, they work on outsourced model for their customers. "It means customers have to just freely share all their needs, requirements and aspiration for dream home, office or space and sit back, relax and see their dreams taking shape virtually and then

taking shape in reality, as we literally own the home or office till we make their dream designs reality and hand-over," Shruti says.

HCD also guides and advises customers on budget, helping further in budget management by wise and smart designs, improvisation and innovation in designs by giving different options of a design with multiple cost options and clear pros and cons.

And how did Covid help them improve their designs? The couple state that of the many restrictions and work from home brought in special and specific requirements for them.

"We provide WFH designs based on professional role and responsibility of our customer and design it accordingly. Online education for kids gave us the opportunity to give more innovative designs for their rooms. With lockdown, we got opportunity to give unique designs for home theatre or entertainment room designs," they state.

