

# Samyati

Odysseys with a camera a backpack and tweezers

Lights  
Camera  
Action  
**SPLASH**

**BREWS & BREAD**

**WORK LIFE BALANCE**  
**BOARD GAME CAFES**

**DIRANG & THEMBANG**

DESTINATIONS WORTH EXPLORING

TRAVEL | STYLING | PHOTOGRAPHY | LIFESTYLE

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FOR THE FOOD & BEVERAGE INDUSTRY

5<sup>th</sup> EDITION

# FOOD CONNOISSEURS INDIA CONVENTION

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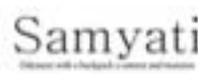
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More than a moment

# Julius Meinl India

*Roasted in Vienna!*

## About Julius Meinl

Founded in 1862, Julius Meinl is one of the oldest coffee roasters in the world and an iconic Vienna coffee house brand. Dedication to quality has been a family trademark for five generations. Today our coffees and teas help create meaningful moments around the world. The doors of the Viennese coffee house culture are open to everyone.

## Who we are

We are Europe's first professional roaster. Our brand is currently served in more than 80 countries globally serving more than 50,000 plus horeca clients across the world. Julius Meinl is served in some of the most prestigious hotels across the world. Julius Meinl provides 360 degree support in coffee & tea selection, coffee machines, technical service, barista educational programs and barista support.

## Our Products



## Our Globe Clients



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# Samyati

Odysseys with a camera a backpack and tweezers  
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Samyati

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## SPRING - A Splash of Colours

Winter has gone back to slumber-land and nature awakens from its sleep, there's a palpable sense of anticipation in the air. Spring has arrived, heralding a season of transformation, growth, and vibrant colors. Immerse yourselves in the kaleidoscope of hues that define the essence of spring and explore how embracing colour can infuse your life with joy, creativity, and renewed energy.

Three primary colours, red, yellow and blue, combine with each other to create endless possibilities and pave way for innovative ideas. Combine these with the achromatic black and white, lo and behold, you even have shades and tones. Each of these will be splashed during the nine-day Chaitra Navratri festival, that begins in the second week of April, followed by the New Year in many states of India.

India is a land of festivals, and every festival is about unity in diversity. It's about people coming together, and knowing about their roots, and the stories behind every special dish made during these festivals. We have Holi, the festival of colours, Ramadan, the time for prayers and fasting, and Easter, the reinforcing of the belief in resurrection. We know that life will be good.

April also signifies the beginning of the financial year in India. It is perhaps another festival to cherish for all, as it is all about prosperity and growth for the next four quarters. Work life balance, hopes and aspirations, happiness and fun, for all!

Deepa Natarajan



# Turn the Heat On!

**KIMPTON MAA-LAI BANGKOK'S  
ICONIC "CHILLI FEST" RETURNS  
FOR A SECOND YEAR  
Saturday, 27th April 2024**



Full-on fiery feasting, even hotter entertainment and a scorching chilli-eating competition burst into flames at Langsuan's lushest address.

For information, please visit <https://bit.ly/PRChilliFest2024EN> or call +66 2 056 9999.

Thailand's hottest "Chilli Fest" returns to Urban Oasis at Kimpton Maa-Lai Bangkok on Saturday, 27th April 2024, filled with even more fiery eats from Bangkok's leading restaurants and MICHELIN-calibre chefs, smoking hot entertainment and a fire show, an eye-watering chilli-eating competition and much more. This year's event even adds on a round-the-world, five-course dinner showcase of the cuisine of the legendary Chef Ian Kittichai.

Spice-loving guests can ignite their taste buds with a journey around the world of flaming menus from Myanmar, India, China, South Korea, Pakistan, Mexico, Malaysia, Spain and, of course, Thailand. Talented chefs from upscale Bangkok restaurants serve up tastes and plates in a roving marketplace setting with prices starting from THB 120 only. There are even plant-based options for vegetarian chilli-heads.

### Exclusive Chilli-Fest Dinner

For a more intimate Chilli Fest feast, Stock.Room presents an exclusive five-course tasting menu by Chef Pongtawat "Ian Kittichai" Chalermkittichai, from 6:30 p.m. to 8:30 p.m. on 27 April at its Cooking Studio. The legendary Chef Ian, among many other accolades, is the Iron Chef Thailand and the Co-host and Head Chef of the newly launched Hell's Kitchen Thailand television series. The degustation menu for the evening invites guests to explore Chef Ian's culinary world, with each course inspired by his various restaurant concepts across the globe.

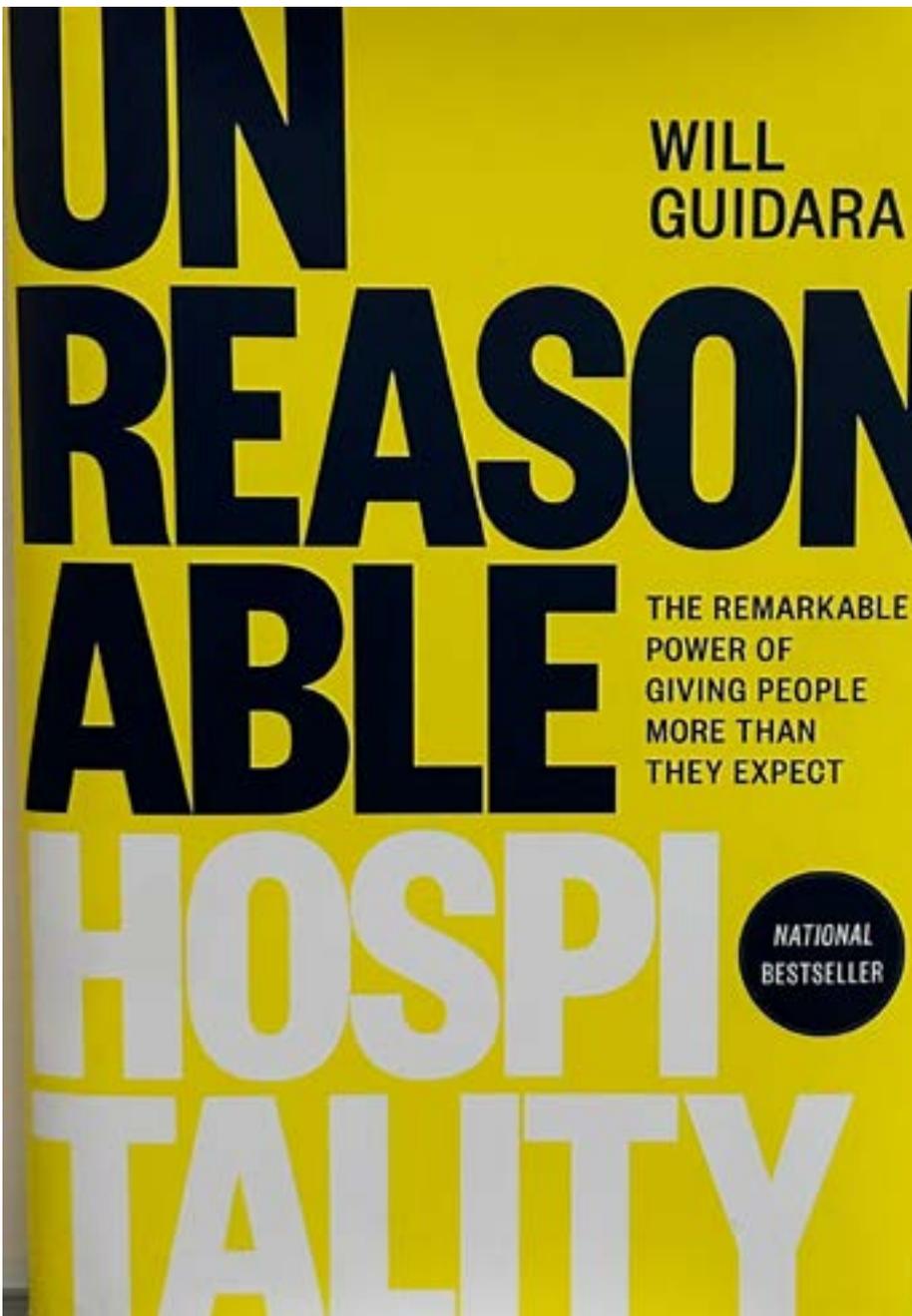
### Chilli-Eating Competition

The bravest hot heads are invited to join the chilli-eating competition to vie for the grand prize. Contestants need to show their mettle by munching on increasingly hot chilli peppers, up to a 2,400,000 Scoville heat units, with the last competitor standing the ultimate winner. There will be a prize for the second and third winners as well. The contest is free and open to the public for whoever dares. Stay tuned for more details on Kimpton Maa-Lai Bangkok Facebook.

### Chilli Market

Chilli-Fest guests get the chance to shop local chilli products from That Daeng Sauce and Firepower Hot Sauces and hip merchandise designed by Akkara Bangkok, including t-shirt, tote bag, bucket hat and cap, exclusively for Chilli Fest. California Ink Bangkok also makes a return, inking up festival patrons with chilli tattoos for free!





“Luxury means giving more, hospitality means being more thoughtful”

Samyati reviews and recommends **Unreasonable Hospitality, by Will Guidara**

*In today’s bustling cities, hospitality is a big deal. With so many businesses competing for customers, owners often wonder: How do I keep people coming back? However, this question is focused on profits not on service. “Unreasonable Hospitality” challenges this profit-driven mindset. Instead, it reminds us that the real magic lies in going above and beyond to make people happy. It’s not just about making a sale; it’s about spreading joy—to customers and the business itself.*

*By giving more than expected, everyone wins*

“Unreasonable Hospitality” is packed with examples that anyone can relate to. From creating a beach vibe to cheer up a customer who had to cancel their vacation to small acts of kindness like remembering a regular customer’s name, there’s something here for everyone. Moreover, what is awesome is how the book mixes these out-of-the-box ideas with practical strategies like setting expectations and creating a toolbox. It helps readers find a sweet spot where hospitality meets smart business sense. And it works! Take Guidara and his team, for example. They used these tactics to turn struggling restaurants into the hottest spots in New York City.

### **Three Takeaways:**

- People will always remember how you make them feel.
- Hospitality extends beyond customers; it is an organisational culture.
- The pricelessness of experiences matters more than the cost.

### **Three implementable examples:**

- As a welcome gift, a realtor placed a yoga mat in a new house for a customer who loves yoga.
- A server overheard a couple discussing their parking meter and offered to go and put in a quarter to extend the time they could park near the restaurant.
- A restaurant gave a free sample of a special item not on their menu.

### **Who can benefit from it?**

Unreasonable Hospitality is not just for hospitality professionals but it is for all those who connect with customers day in and day out to create spectacular moments of delight. How can one exceed their customers' expectations, and what would it bring to the business.

### **Testimonials**

"Will Guidara weaves heartfelt stories and keen observations to illustrate how purposeful, non-holds-barred hospitality satisfies our essential need to belong. An exceptional book for anyone or any organization aiming to excel at human connection"

**Danny Meyer, CEO of Union Square Hospitality Group and author of Setting the Table**

"Will Guidara is one of the best in the hospitality business, but this book is for everyone. His insights on how to be a great entrepreneur cut through the noise."

**David Chang, founder of Momofuku, and host of Ugly Delicious.**



Pic credit: <https://unsplash.com/@cutnshoot>



## The 5th Edition of the Food Connoisseurs India Convention 2024 - West India Edition held at NESCO, Mumbai

The West India Edition of the Food Connoisseurs India Convention 2024 (#FCICWestEdition2024) supported by The Federation of Hotel & Restaurant Associations of India (FHRAI), Co-Powered by TSK Hospitality, Co-Powered by Food Partner Nestle Professional and In-Association with On2Cook concluded successfully on February 12th, 2024, at the NESCO Centre, Bombay Exhibition Centre, Mumbai. One of the most anticipated events for the Food & Beverage Fraternity this year hosted the industry's most prominent figures. The event set the statement for excellence by garnering over 2000 attendees from over 1000 brands and 26 exhibitors across the HORECA domain.

The event received unwavering support from Zee Business as the 'Telecast Partner,' and NESCO Centre Bombay Exhibition Centre as the 'Hospitality Partner.' Alongside, we were joined by Snapitbread as our 'Bakery Partner,' Jimmy's Cocktail as our 'Mixer

Partner,' and Hustle Energy Drink as our 'Energy Drink Partner.' The Indian Culinary Forum, Western India Culinary Association, Hotel and Restaurant Association (Western India), and All India Food Processors Association, joined hands as the 'Supporting Associations' of the event while World of Hospitality, Hospitality Lexis, The Chefs Arena, Better Kitchen, and Samyati magazines contributed as esteemed media partners, with TagTalk as the 'Digital OOH partner.'

The highly anticipated Food Connoisseurs India Convention 2024 – West India Edition commenced with a captivating Inaugural Address delivered by Chef Abhijit Saha, Conference Chairperson of the show. Chef Abhijit, renowned Restaurateur, Food & Beverage Consultant, Oenophile, and Author, who also serves as Chef-Owner of LYFE, a Farm to Fork Restaurant in Bangalore, graced the stage with his profound insights on "The Evolution of the

Food Service Industry in India - Past, Present, and Future.” Our esteemed guests and fellow gastronomy enthusiasts were treated to an enlightening session, where Chef Abhijit showcased his wealth of knowledge and expertise, navigating through the dynamic landscape of Indian gastronomy.

The conference covered extensive ground on important aspects and leading trends in the food and beverage sector by featuring 10 specially curated sessions such as Navigating the Technicalities of Starting a Food Business, Culinary Teleportation: Exploring Global Flavors in India, Revolutionizing Restaurant Excellence: Exploring Innovations and Best Practices, Reinventing Café and Bakery Culture: The Flavor Revolution, The Shifting Landscape of Indian Nightlife, and Culinary Creativity: Innovation in Food & Beverages. These well-drafted sessions featured over 40 renowned industry stalwarts such as Chef Aanal Kotak, Celebrity Chef & Co-founder of TSK Hospitality LLP; Ms. Shatbhi Basu, Director of Creative Consultants & STIR Academy Of Bartending; Mr. Siddhant Raghunandan Kamath, Director of Natural Ice Creams; Chef Montu Saini, Executive Chef at Parliament House, and Sr. Executive Chef at President’s Secretariat (June 2015 – August 2020), honorary member of Le Club

Des Chefs Des Chefs (CCC) (since June 2015), and CCC – Club Of Personal Chefs Of Heads Of States & The World’s Most Exclusive Gastronomic Society; Chef Saransh Goila, Celebrity Chef & Founder of Goila Butter Chicken; Chef Shaun Kenworthy, Chef, Restaurateur, Consultant, Food & Travel Writer; Mr. Parthiv Patel, CEO & Co-founder of Petpooja; Mr. Rahul Seth, Co-founder of Burger Singh; Mr. Gaurav H Parikh, Director of Richboyz Hospitality Pvt Ltd, and many more.

The event concluded with the Food Connoisseurs India Awards – West India Edition, recognizing the outstanding achievements in the culinary realm and celebrating India’s dynamic and continuously evolving food culture, celebrating excellence in the Indian Food & Beverage industry. A vastly experienced jury panel comprising of Chef Hemant Oberoi, Founder, OB Hospitality And Hemant Oberoi Hospitality Goa, Founder, Michelin Selection Martabaan By Hemant Oberoi; Mr. Kunal Vijayakar, Broadcaster, Food Writer, Author, Actor And Television Personality; Chef Harpal Singh Sokhi, Celebrity Chef & Entrepreneur; Chef Ajay Chopra, Chefpreneur, Restaurateur, Consultant & Judge (MasterChef India); Chef Abhijit Saha, Restaurateur, Food



& Beverage Consultant, Oenophile and Author; Chef-Owner – LYFE, Farm to Fork Restaurant, Bangalore; Chef Davinder Kumar, Executive Chef & Vice President, Le Meridien Hotel, New Delhi & President, Indian Culinary Forum; Ms. Shatbhi Basu, Director, Creative Consultants & STIR Academy Of Bartending; Chef Shaun Kenworthy, Chef, Restaurateur, Consultant, Food & Travel Writer; Chef Varun Inamdar, Chef, Chocolatier, Food Stylist, Author, Food Film Maker, Brand Advisor & Consultant; Chef Aanal Kotak, Celebrity Chef & Co-Founder, TSK Hospitality LLP; Chef Koushik S., Chef, Consultant, MasterChef Tamil Judge & Founder, Eatitude; Chef Marina Balakrishnan, Chef & Founder, Oottupura judged winners across 190 categories.

A few of the prestigious award winners were: The Cookie Dough for the 'Best Customer Experience (Café)' & 'Best Café of the Year' in Mumbai, The Blue Bop Café for the 'Best Customer Experience Bakery' & 'Restaurant Serving the Best Italian Cuisine', Meraki Soul Food for the 'Best Packaging by a Cloud Kitchen' & 'Best Newcomer-Cloud Kitchen' in Mumbai, Murdeshwar for the 'Best Newcomer-QSR' in Pune, Chef Jason DeSouza for the 'Celebrity Chef of the Year-Male', On2Cook for the 'Emerging Food Tech of the Year', Kaapi

Machines for the 'Best Kitchen Equipment Brand of the Year', Wah!! Wah Pizza and Bhel House for the 'Best Quick Service Stand-Alone Restaurant' in Ahmedabad, Chulo- A Flavour Of Smoke for the 'Best Emerging Restaurant Chain of the Year' in Ahmedabad, SANTOSHAM FOODS for the 'Restaurant Serving the Best South Indian Cuisine', Independence Brewing Company for the 'Microbrewery with the Best Live Music Experience' in West India, 'Best Microbrewery of the Year' in West India, and 'Best Customer Experience-Microbrewery', Florentine for the 'Restaurant Serving the Best Goan Cuisine', Maasli Seafood Restaurant for the 'Best Seafood Experience' in Mumbai, Bong Adda for the 'Restaurant Serving the Best Bengali Cuisine', Ms. Neeti Goel, Director, Avan Ventures Pvt Ltd for the 'Restaurateur of the Year - Female', Mr. Gaurav H Parikh, Director, Richboyz Hospitality Pvt Ltd for the 'Restaurateur of the Year - Male', Fasta Pizza for the 'Best Product Supplier of the Year HORECA', Rowdy Momos for the 'Restaurant Serving the Best Dim Sums/Momos', Lassibaa for the 'Best Traditional Indian Beverage Brand of the Year' and many more.

visit: <https://fcicwest.industrylive.in/award-winners/>



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Managing an all-women's team, dealing with a range of emotions, getting the best out of them, with the right amount of gentleness and support, requires grit and determination.

Meet Chef Nilza Wangmo,  
**THE GENTLE (WOMAN) CHEF!**  
Samyati celebrates her!



When her work got appreciated at the national level, and in 2019, and won her the 'Nari Shakti Puraskar', the highest award for women in India, one could say that her journey that stood the test of time held a testimony for this coveted recognition. She was one of fifteen women honoured with the Nari Shakti Puraskar award by President Shri Ram Nath Kovind, which acknowledges women who promote women's empowerment. She was selected for her efforts in advancing women's rights while advocating for the 2030 Agenda for Sustainable Development Goals. The women selected for the 2020 award demonstrated that they did not let their

circumstances, be it their location, age, gender, or lack of resources, deter them from pursuing and achieving their aspirations.

The story unfolds in Alchi, in Stok, a village in the mountains of the Ladakh region in the Northern part of India, where Chef Nilza grew up with her maternal grandparents after the demise of her father. Alchi's Kitchen was born when she decided to open a restaurant above her home in 2016, with a business loan. Since then she, along with her team has been presenting to her guests the best of the cuisine from the home, as against the popular cuisines. The walk-ins to Alchi's Kitchen, has been purely due to word of mouth

advocacy, and the authentic taste of the food served there. Chef Nilza hires only women, as there is no tradition of male chefs in the area she lives in.

Wondering what does Alchi's Kitchen offer? Alchi's Kitchen is an all-women-run Asian restaurant in Alchi, Leh, India, that serves traditional Ladakhi food. It's the first Ladakhi restaurant to be featured in National Geographic. Some say the restaurant has the best Ladakhi dishes, including khambir and chocolate momos. Alchi Kitchen also offers cooking classes. Well it features the traditional 'Momos' (dumplings), Chutagi, the pasta made by the locals, butter tea, apricot kernel





tea, and a lot more that the diners indulge in as they gather around the wood-fired ovens, as the cooks conjure up their meal, right in front of them.

“This is the food I cook for my family and loved ones. Recipes that have been one with nature, using seasonal ingredients and sustainable cooking techniques I feel privileged to be able to showcase the rich culinary fabric of Ladakh”, said Chef Nilza during ‘Leh Ladakh Food Trails’, a Ladakhi cuisine pop up held at Hyatt Regency Chennai.

“Food and cooking for loved ones has always been an integral part of my life,” she says, as she gets nostalgic on the humble beginnings of Alchi’s Kitchen. When she turned 18, she, along with her mother started farming, and this became her first introduction to holistically practicing sustainable farming and cooking techniques.

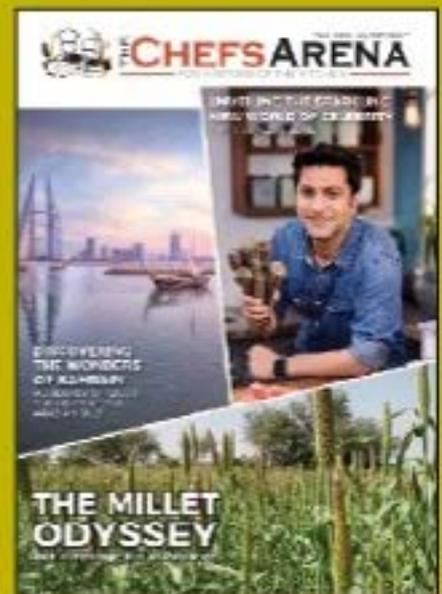
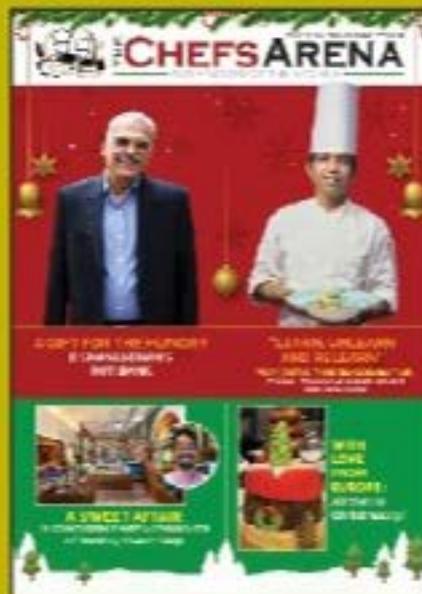
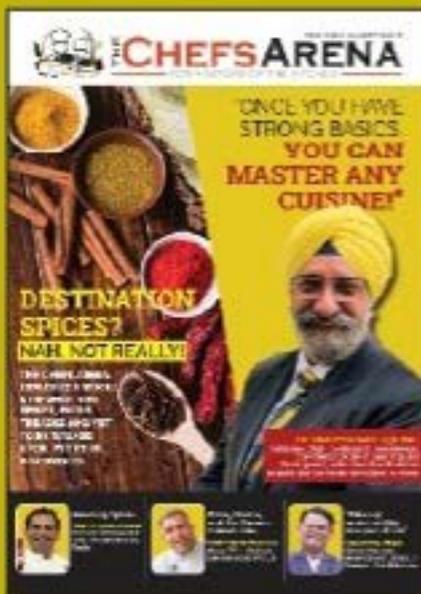
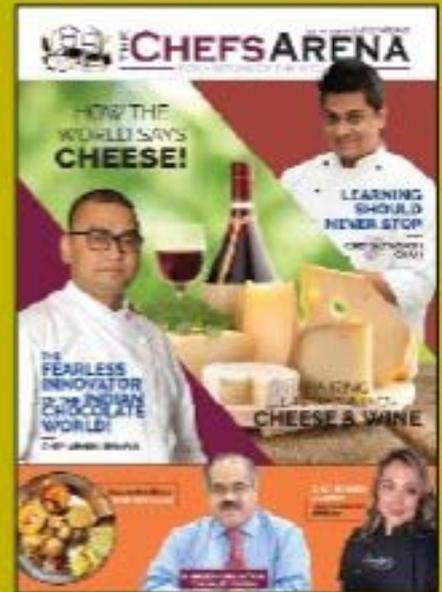
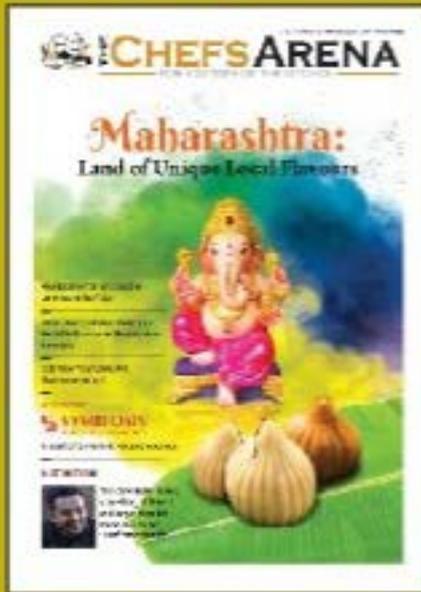
Her simplicity is reflected in her demeanour, her equation with her team and the food they cook and serve. The food is prepared using hassle free techniques, fresh and natural ingredients like wild herbs, organic vegetables and grains which are available locally. in the gardens and land. She has always felt proud to present the dishes which are very simple and wholesome, packing a wonderful range of flavours. When you look at Ladakhi food, it might it look bland for people trying it for the first time; but they are always bowled over with its robust flavours and texture. Everyone must savour the soup made from the cheese of demo (female yak), or the unique sour dough bread filled with unique fillings, or a traditional Ladakhi pasta styled dish, or even a hearty pulao with apricots and mutton unique to Ladakh.

[Alchi’s Kitchen](#), Monastery road, Alchi, Ladakh 194106



# DEDICATED TO THE MASTERS OF THE KITCHEN

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LIGHTS CAMERA ACTION

# Lights Camera Action





## Splash

Photographing water splashes can be both challenging and rewarding. Remember, there's no one-size-fits-all approach to photographing water splashes. It's all about experimentation, creativity, and capturing those magical moments as they happen.

Choose a location with good lighting. Natural light can work well, but you may also use artificial lighting for indoor setups.



Set up your splash area. Use a shallow container or a tank filled with water. Experiment with different props like fruits, flowers, or objects to create interesting splashes.



External flash provides additional lighting control, especially when shooting indoors or in dimly lit environments.



Photographing water splashes can be both challenging and rewarding. Here's a guide on how to capture stunning splash photography, by Chef Michael Swamy.

### Equipment:

**Camera:** Use a DSLR or mirror-less camera with manual settings to have full control over your shots.

**Lens:** A macro lens can help capture intricate details, but a standard zoom lens can also work well.

**Tripod:** To keep your camera steady, especially if you're shooting in low light conditions.

**External flash:** Provides additional lighting control, especially when shooting indoors or in dimly lit environments.

**Waterproofing:** Consider using protective gear for your camera and equipment, as water splashes can be messy.

### Set Up Your Scene:

**Choose a location with good lighting.** Natural light can work well, but you may also use artificial lighting for indoor set-ups.

**Set up your splash area.** Use a shallow container or a tank filled with water. Experiment with different props like fruits, flowers, or objects to create interesting splashes.

**Background:** Choose a clean and simple background that won't distract from the splash itself. A plain backdrop or a neutral-coloured wall works best.

### Camera Settings:

**Set your camera** to manual mode for full control over exposure settings.

**Shutter speed:** Use a fast shutter speed (usually around 1/200 or faster) to freeze the motion of the water droplets.

**Aperture:** Choose a narrow aperture (higher f-stop number) for a larger depth of field, ensuring that the entire splash is in focus.

**ISO:** Keep ISO low to minimise noise, especially if you're shooting in well-lit conditions.

**Focus:** Use manual focus or pre-focus on the area where you expect the splash to occur to ensure sharpness.

### Composition:

**Experiment** with different angles and perspectives. Get low or shoot from above to capture unique view-points.

**Frame your shot** carefully, leaving enough space around the splash for visual impact.

**Consider the rule of thirds** or other compositional techniques to create visually appealing images.

### Timing and Triggering:

**Anticipate the moment** of impact and be ready to capture the splash. You may need to take multiple shots to get the perfect one.

**Use a remote shutter release** or the camera's self-timer to minimise camera shake, and ensure precise timing.

**Alternatively, you can use sound triggers** or motion sensors to automatically capture the splash at the right moment.

### Experiment and Have Fun:

Don't be afraid to experiment with different techniques and set-ups.

Try varying the height and angle of the splash, as well as the objects used, to create different effects. Be patient and persistent. Splash photography can be challenging, but with practice, you'll improve your skills and capture stunning images.

Remember, there's no one-size-fits-all approach to photographing water splashes. It's all about experimenting, creativity, and capturing those magical moments as they happen.



## **A Pit-stop with Cameras, Tweezers, some Friendly Banter, and a Lot of Sunshine!**

When the students of WGSMA - Welcomgroup Graduate School of Hotel Administration, Manipal, unleashed their creativity, and captured several aspects of food. The memories stay alive!



In the heart of Manipal city, a group of aspiring chefs-cum-photographers gathered in a sunlit studio for a food styling workshop. As they arranged their cameras and props, nervous anticipation filled the air. However, as soon as they began to capture the vibrant colours and intricate details of the food, smiles bloomed on their faces.

Collaborating with students is an absolute joy. The enthusiasm and creativity flows endlessly. Witnessing their imaginative ideas take shape is truly inspiring; it's moments like these that reaffirm the transformational power of education.

Each click of the camera shutter echoed with laughter and excitement as they experimented with different angles and lighting techniques. With each shot, they uncovered the magic of transforming simple ingredients into works of art, guided by their passion for both photography and food.

As the workshop progressed, the studio echoed with the sound of camaraderie and shared joy. Together, they discovered the beauty in every sprinkle of sugar, every drizzle of sauce, and every delicate swirl of cream. In the midst of their creative exploration, they found not only inspiration but also a deep connection to one another.

Through the lens of their cameras, they captured not just food, but also the essence of happiness and fulfilment. As they reviewed their photographs, they couldn't help but smile at the realisation that in that moment, they had created magic together - not just through the lens of the camera but also through the bonds of friendship and shared passion.





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# Board 4 Bored

A concept oriented, one of its kind cafe in South Bangalore, Board 4 Bored offers a wide variety of over 750 plus board games to offer with dedicated game hosts for the guests to learn, understand and play.

Also complimenting these board games are a wide variety of finger foods, continental and Chinese food. The menu is designed and inspired to be pocket friendly and board game friendly.

This definitely is a complete entertainment package, especially to keep your gadgets aside and to spend some quality time with your loved ones.

Board 4 Bored also proudly flaunts the fact that it has been successfully contributing to the board gaming community for the last 4 years with its meet-ups, game nights, parties and corporate events.

What are you waiting for? Get on board with and explore the world of board gaming.

Address: [Board 4 Bored](#) No 52, 3rd floor, Chaitanya Plaza, DVG Gundappa Rd, Basavanagudi, Bengaluru, Karnataka 560004



Co-Founder Akshatha Kadaba lists down her favourites:

## Top Ones in Strategy

1. Catan, 2. Splendor, 3. Takenoko, 4. Power grid, 5. Dune,

## The Fun Ones

6. Secret Hitler 7. Codenames 8. Suspend

## Some Indian Ones

9. Classic Chowka Bhara 10. Pagade

## Top Pick for Food & Beverages

Manchurian Fries, Rice Bowls, Jeera Rice Paneer Butter Masala  
Mixed Berry Milkshakes and Pizzas



**Board Game Cafés are not just about food**  
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# Pair A Dice

A perfect place for digital detox in Mumbai and Kolkata. These board game cafés, feature an ever expanding library of over 300 games, a perfect place to bring your friends and enjoy a wide selection of food.

Boardgaming (let's learn this new term) for one hour helps in developing a strong sense of creativity and individuality, fosters interaction with family and friends, encourages team work and team skills, as you indulge in scrumptious Italian and Mexican food.

The Game Guides help you play the games, and introduce you to new games worth exploring.

One can participate in boardgaming tournaments, that the [Pair A Dice](#), holds. 1st Floor, Link Plaza Commercial Complex, 53, above Fire Bowl Restaurant, Andheri West, Mumbai, Maharashtra 400102

**Garima Bagrecha**, Founder, Pair A Dice, lists her top 7.

### Top 7 games

- 1) Splendor, 2) World on the Street, 3) Azul, 4) Istanbul, 5) Dixit, 6) Wingspan, 7) Mysterium

### Top 7 on Food & Beverages

- 1) Mexican Bhel. 2) Pita Hummus 3) Peri Peri Fries 4) Burnt Garlic Ramen 5) Veg Assorted Pizza 6) Aglio Olio 7) Cheese Chilli Toast

Pair A Dice, Powai, P Shop no. 6, Mayfair Symphony Spring, Park Site Rd, Godrej Hillside Colony, Vikhroli West, Mumbai, Maharashtra 400079

Find on [Instagram](#)





**MINDIA**<sup>®</sup>  
MIND OF INDIA



# MINDIA

India's First Knowledge + Media  
Platform. Empowering Communities  
Through Films - Exploring  
Dirang and Tembang in  
Arunachal Pradesh



In a world where the digital landscape is constantly evolving, the fusion of knowledge and media has become a powerful tool for storytelling and community empowerment. Enter MINDIA, India's pioneering knowledge+media platform that tells untold, unique and positive stories of India and Indians, which is revolutionising the way we engage with information and culture. MINDIA embarked on a captivating journey to capture the essence of Dirang and Thembang, two enchanting locales nestled in the pristine landscapes of Arunachal Pradesh, through the lens of a short, but groundbreaking film.

Dirang and Thembang, both located in the heart of Arunachal Pradesh, are hidden gems waiting to be discovered. With their breathtaking natural beauty, rich cultural heritage, and vibrant communities,

these regions have long been ripe for exploration. However, their stories often remain untold, overshadowed by more prominent destinations. MINDIA recognized the potential of this lesser-known locales to captivate audiences and showcase the diversity and splendour of India's cultural tapestry.

Through meticulous research and collaboration with local communities, MINDIA executed a film that would not only celebrate the beauty of Dirang and Thembang but also shed light on the lives of the people who call these places home. The result is a cinematic masterpiece that weaves together breathtaking visuals, heartfelt narratives, and insightful commentary, offering viewers a window into the soul of these remote North East Indian villages.



Dirang

One of the film's key objective was to empower local communities by providing them with a platform to share their stories and experiences with the world. From traditions to everyday life in the villages, this short film captures the essence of Dirang and Thembang through the eyes of those who know them best. Through their voices, viewers gain a deeper understanding of the challenges and triumphs faced by these communities, as well as the rich cultural heritage that sustains them.

Moreover, MINDIA's approach to film-making goes beyond mere documentation; it aims to foster a sense of pride and ownership among local residents, empowering them to preserve and promote their cultural heritage for future generations. By actively involving community members in the film-making process, MINDIA ensures that their voices are heard and their stories are told with authenticity and integrity.



Dirang

By showcasing the region's natural beauty and cultural richness to a wider audience, MINDIA aims to attract responsible travellers who will contribute to the local economy while respecting the environment and traditions of the communities they visit. Through strategic partnerships with tourism stakeholders and advocacy for responsible travel practices, MINDIA is paving the way for a more inclusive and sustainable tourism industry in Arunachal Pradesh.

In essence, MINDIA's film on Dirang and Thembang is not just a cinematic masterpiece; it is a testament to the power of knowledge and media to drive positive change and empower marginalised

communities. By amplifying the voices of the unheard and celebrating the beauty of the unseen, MINDIA is redefining the way we experience and engage with the world around us. As we embark on this journey of discovery, let us remember that the true beauty of India lies not only in its iconic landmarks but also in the untold stories of its people and places, waiting to be explored and shared with the world.

To explore similar films please visit MINDIA link – [youtube.com/mindia](https://www.youtube.com/mindia) or [www.mindiafilms.com](http://www.mindiafilms.com)  
Film link – Tales from Arunachal – Dirang and Thembang <https://www.youtube.com/watch?v=SbuZxCeVd2A>





# BREWS & BREAD

The aromas allure! It's invigorating to wake up and smell the coffee, or walk into a kitchen that entices with the appetising smell of freshly baked bread. The chai or tea that adds to the flavour profile, and brings warmth and comfort, is something that every heart and soul needs.





[Taste Atlas](#) declared the South Indian filter coffee as the world's second best coffee. Combined with steaming hot milk and a couple of spoonfuls of sugar, this coffee has been fuelling, energising and uplifting lifestyles of so many Indians, for centuries. Try one of the best filter coffees at **Kamats Legacy**, Mumbai.



Julius Meinl

## Coffee recipes from Vienna and beyond!



### Apfelstrudel Latte

*recipe*

We're summoning all ghouls and goblins roaming the streets out there today to take a sip from our cauldrons (aka. coffee cups) and have a taste of what we call our 'Witch's Brew'!

#### Ingredients:

- 2 shots of espresso
- 20 ml enchanted apple pie syrup (made from the rarest magical apples)
- 120 ml ghostly white milk
- Ice cubes (frozen from the tears of a ghost)
- Creepy dried apple slices to garnish



### Affogato Royal

*recipe*

Pistachio ice cream in a coffee?! YES. Our version of the Affogato switches out the traditional vanilla ice cream with pistachio and it's absolutely a must-try. Here's how to make it.

#### Ingredients:

- 2 shots of espresso
- 2 scoops of pistachio ice cream
- Optional: Almond liqueur
- Roasted salted pistachios as garnish.

Pic & Recipe credit: <https://juliusmeinl.com/>

Adrakwali Chai or tea infused with crushed ginger, has been winning hearts of both domestic and international tea consumers. Add a dash of other select spices and there you go! Your chai tea is ready to be served with milk and of course, sugar! Can't have a whole glass of tea? Go for the very popular 'cutting chai'. Sharing does mean caring, and multiplying happiness.



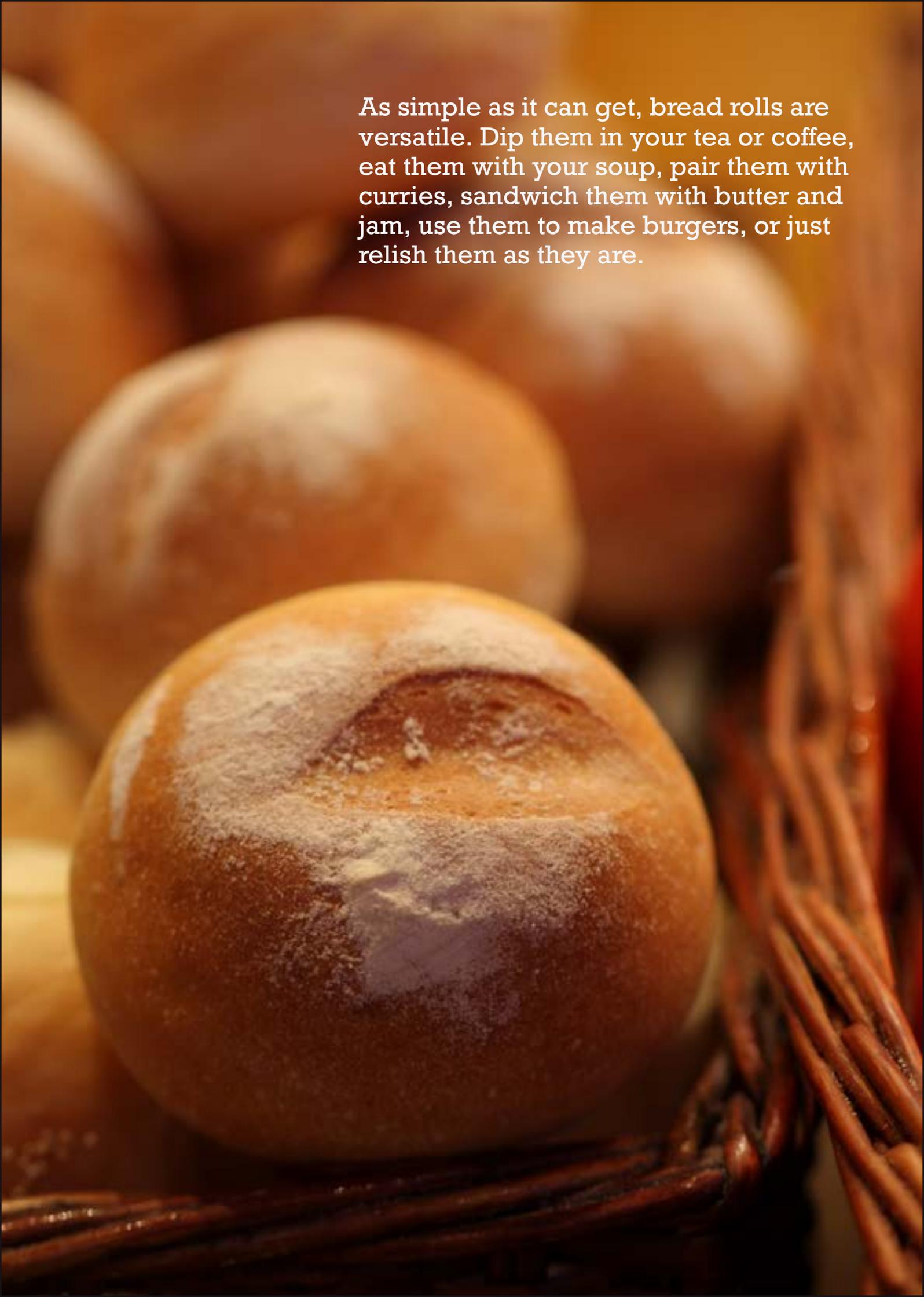
Welcome to the world of a myriad of teas and tisanes. Indulge in a symphony of aromas. Elevate your tea experience with a range of teas in a range of flavours. This summery mango tea for instance, that celebrates the fruit of Indian summers in every sip.



Go beyond sliced bread. India has its own variety of bread, unique, tasty, and freshly baked in wood-fired ovens. This Girda, for example, gets baked in Kandurs (wood-fired ovens) in Kashmir, a staple of the locals.



As simple as it can get, bread rolls are versatile. Dip them in your tea or coffee, eat them with your soup, pair them with curries, sandwich them with butter and jam, use them to make burgers, or just relish them as they are.



# When the Flowers Bloom in Spring Just Seal them Make them Last Forever!

*When mother nature is at her colourful best, she also tell us to fill our lives with colour, and the energy that each colour signifies. She asks us to soak in the fragrance of these flowers. Let them adorn your flower vases, let their therapeutic values add benefits to your tea, add them to your bath tub, get a book and just soak in lazily, place these flowers everywhere, or just trap them into glass paperweights, and let them add their pristine beauty to your work or personal space.*

The joy of using paperweights lies in their simplicity and practicality. Despite the prevalence of digital devices, paperweights have maintained their charm and usefulness in the modern world.

Paperweights come in various shapes, sizes, and designs, making them versatile decor items for your desk or workspace. Whether you prefer a sleek, minimalist design or a quirky, eye-catching piece, there's a paperweight to suit every taste and style. They help keep loose papers in place, preventing them from flying away or getting lost in a cluttered workspace. By keeping your papers neatly stacked and organized, paperweights can help enhance productivity and efficiency. There's something satisfying about the tactile experience of using a paperweight. The weight of the object in your hand and the smooth texture of its surface can provide a sense of comfort and grounding during busy workdays.

Paperweights have a timeless appeal that transcends trends and technological advancements. They evoke a sense of nostalgia

for simpler times and add a touch of elegance to any workspace, whether it's a traditional office or a modern home studio. Fidget with that lovely roundel of glass with a elegance trapped inside, and you sure would have started a conversation.

Invest in some enchanting paperweights, because placing a paperweight on your desk can serve as a subtle reminder to pause, take a deep breath, and focus on the task at hand. In today's fast-paced world, it's important to carve out moments of mindfulness and reflection, and a paperweight can help facilitate that practice.

When you think of gifting someone something out of the box, think of gifting paperweights. The joy of using paperweights lies in their ability to combine form and function, adding beauty and utility to any workspace while evoking a sense of mindfulness in the process.

We, at Samyati got attracted by some paperweights that trap the essence of nature in them, and we would say there is no gift as memorable as these.

We loved these creations by  
The Leafy Affair, Bangalore



We were impressed by these unique ones by  
Perky Diva, Haryana

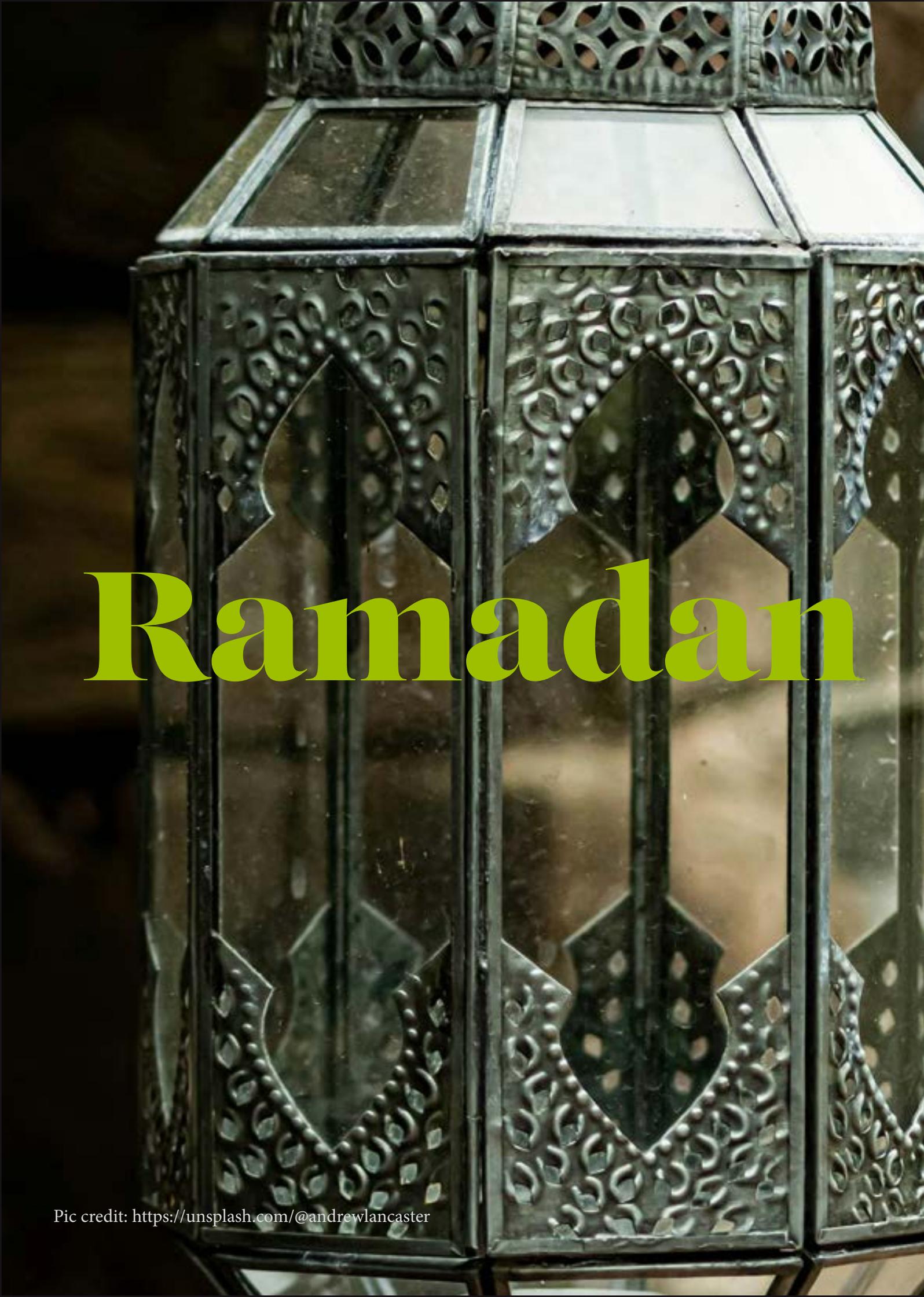


# Holi



Festivals are colourful, and Indian festivals are laced with vibrancy, culture, traditions, history and stories. The food also represents the upbeat vibes of these festival. These Holi special colourful Karanjis filled with khoya, coconut, sugar and dryfruits, are a must have for Holi. Conjure up you own fillings. How about some savoury ones?



A close-up photograph of a traditional Islamic lantern. The lantern is made of dark metal with intricate, repeating geometric patterns. It features several glass panels, some of which are white and others that are clear. The top of the lantern has a decorative, perforated metal cap. The word "Ramadan" is overlaid in a large, bold, yellow-green serif font across the center of the image.

# Ramadan

Pic credit: <https://unsplash.com/@andrewlancaster>



Pic credit: <https://unsplash.com/@vdphotography>

Dates are a Ramadan staple, and they symbolise prosperity and abundance. They are traditionally consumed while breaking the fast during the month of Ramzan. Dates are high in nutrients, provide energy, and help with digestion. They also contain anti-inflammatory compounds, fibre, potassium, magnesium, and vitamins



# Easter

Hot Cross Buns add cheer to Easter. These simple buns with a cross on the crust represents the cross Jesus was crucified on. The cross is made with unsweetened dough, and placed on the buns' sweetened dough. The caramelisation of the sugar makes the buns brown but not the cross.

Though Easter Eggs are the best symbols of Easter, Simnel Cake, a fruit cake covered with marzipan (sweetened almond paste) and eleven marzipan balls on the top is an authentic and traditional Easter and Lent delight in England, and other European countries where one can experience Easter at its best.

Pic Courtesy, **Chef Vivek Chauhan**, Executive Pastry Chef, Le Meridien Delhi  
Know more about Chef Vivek Chauhan, Visit: <https://www.instagram.com/vchauhan>



# Handpicked by Samyati



**B**runost or ‘brown cheese’ has its origins in Norway, and is made with whey and cream. The iconic brown colour and the sweetness in the cheese comes out of caramelisation of sugar in the milk. We, at Samyati, tried it and found it very similar to the Mathura or Dharwad pedhas, minus the sugar.

Brunost, the award winning cheese is made in India by Eleftheria, and artisanal cheese company located in Mumbai. This brown cheese pairs extremely well with tart fruits like strawberries.

Brunost is the Winner of World Cheese Awards – 2023 (Super Gold) & 2021, 2022 (Silver), and as described by Eleftheria, “Our Norwegian style Whey Cheese tastes like a salted caramel milk fudge with brilliant lingering toffee notes.”

To buy Brunost visit: <https://eleftheria-cheese.com/product/brunost/>

**M**aking peanut curd at home is a long, but satisfying process, and it involves soaking the peanuts, extracting peanut milk by grinding the peanuts, further thickening this milk, and fermenting it with either some kind of culture, or leaving it overnight with some green chilli stalks. It is much simpler to order online and buy it from [Nourish You, One Good](#).

Peanut curd is nutritious, rich in protein, healthy fats, and various vitamins and minerals. It’s also suitable for those following a vegan or dairy-free diet. One can experiment with different flavorings and toppings to create your favorite variations! We, at Samyati, tried it in raitas, south Indian style dahi bhat, kadhi, and dahi wadas. It’s so versatile, we had to hand-pick it!



# Handpicked by Samyati



Add some colours and flavours to your tea collection, to reflect the colourful season - Spring. Indulge in a range of teas. Explore fruits, spice, citrus, and flowers in your tea.

Embark on a flavour-filled journey through the aromatic world with Mittal Teas. Apple Cinnamon, Mango, Peach, Camomile, Rose, Masala, and a lot more. visit: <https://mittalteas.com/>

Indulge in the rich heritage of Indian tea with its exquisite collection, proudly made in India. From the misty hills of Darjeeling to the vibrant fields of Assam, Mittal's teas capture the essence of this diverse land. Savour the flavours that have been cherished for generations, brewed from the finest leaves cultivated in the heart of India. Each sip is a celebration of tradition, craftsmanship, and the unmistakable warmth. that only Indian teas can offer. Experience the true essence of India in every cup.

Lemon tea offers a delightful combination of flavour, hydration, and potential health benefits, making it a popular choice for tea enthusiasts and health-conscious individuals alike.

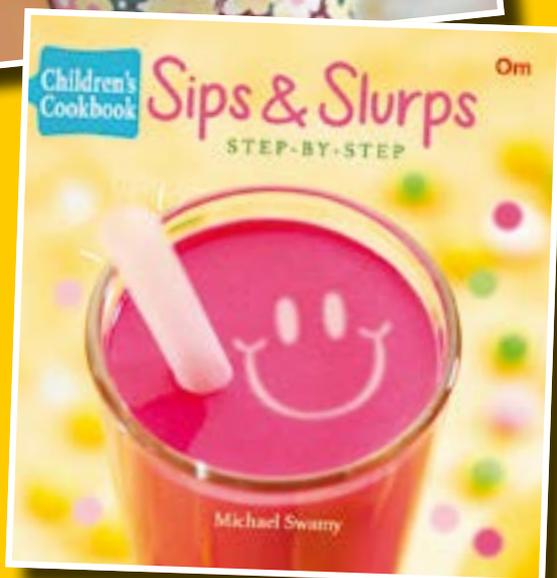
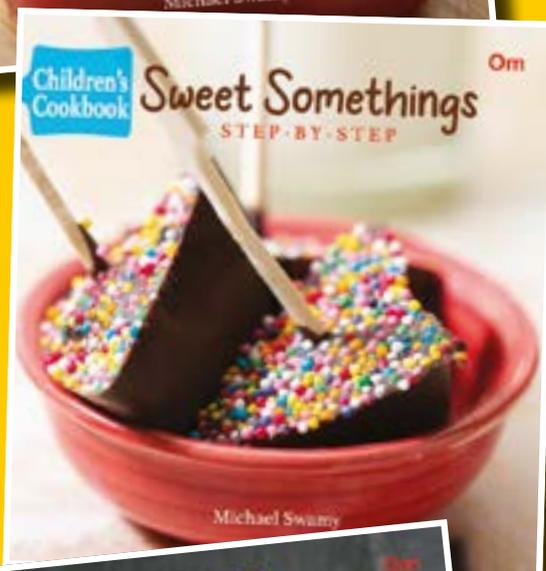
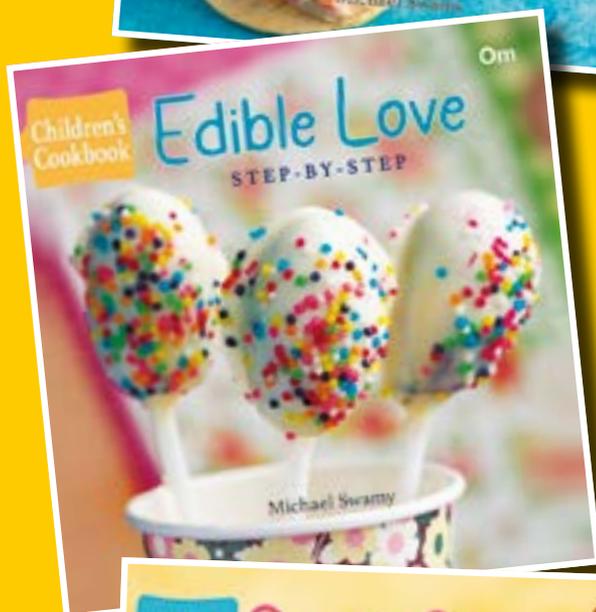
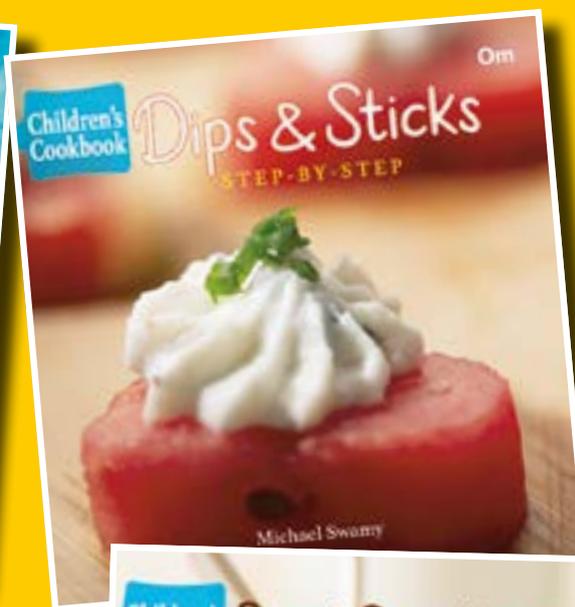
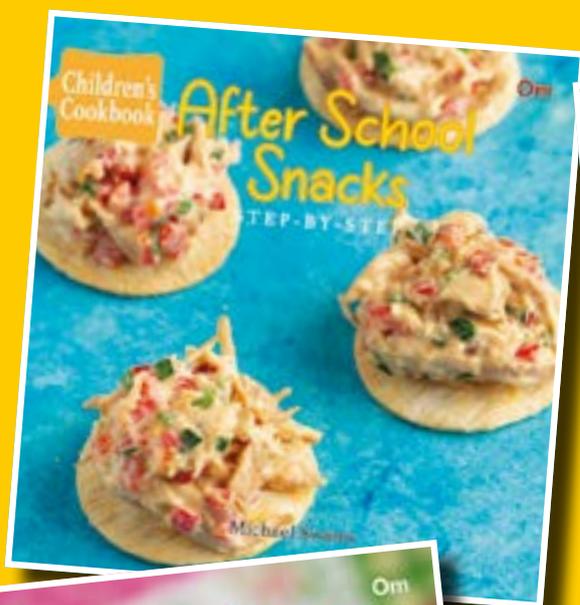
Add to it some ginger and green tea and you have a delicious and antioxidant rich concoction. You can combine these three ingredients to make your own brew at home. But we, at Samyati, would rather leave it to the experts, to conjure up the concoction with zero bitterness.

Founded by Tea expert Vikram Mittal in 1954 and now joined by Partner & Director Growth Aman Dewan - the brand is present in more than 120 premium hotel properties & fine dining establishments Pan-India with a growing presence in Japan, EU & recently US markets.

To know more about Mittal Teas' tea tasting events visit their [Instagram page](#).



**CREATED FOR PARENTS AND CHILDREN  
TO COOK TOGETHER AND  
BOND OVER FOOD**



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