

Samyati

Odysseys with a camera a backpack and tweezers

HOT AND COLD

COVER STORY

Ashtamudi

WORK LIFE BALANCE

CHEF HAMZA KALKAN

CULINARY DIPLOMACY

Bananas Baked in Banana Leaves with
Coconut Snow and Palm Sugar Ice Cream

LEGENDS OF THE LOTUS

EVENT UPDATE

NALLUR TAMARIND GROVE

KALEIDOSCOPE

TRAVEL | STYLING | PHOTOGRAPHY | LIFESTYLE



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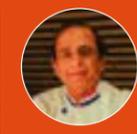
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CONTEST ALERT!!

Express your love for your favourite monsoon food, and get featured as the

Samyati Showstopper
in the June 2024 issue

STEP 1

Make or buy your favourite monsoon food.

Send your entries along with your name and a link to your social handles to: thesamyatimagazine@gmail.com

Last Date: 10th June 2024

STEP 2

Plate it and style it the way you like it, with or without props.

STEP 3

Click a stunning hi-res photograph and share it with us!



EDITORIAL TEAM



Sumit Jha



Michael Swamy



Deepa Natarajan

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PUBLISHED BY
SOCIOSPIEL COMMUNICATIONS

FOR COLLABORATIONS CONTACT
thesamyatimagazine@gmail.com

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Styling, Photography, Mindfulness, Sustainability

Have you ever wondered why some dishes make your heart sing while others fall flat? Why do certain flavours dance on your tongue, while others leave you feeling unfulfilled? Is there something more to cooking than simply following a recipe? These are the questions that have been whispering in my mind for years.

Picture yourself in a kitchen, bathed in the soft glow of a morning sunrise. The air is filled with the tantalising aroma of freshly brewed coffee and the faint sound of sizzling bacon. As you take a moment to breathe in the serenity of this moment, you can't help but wonder: Is there more to cooking than mere sustenance? Can the act of preparing meals become a mindful practice, a way to nourish not only our bodies but also our souls?

In this fast-paced world of convenience and instant gratification, we often find ourselves rushing through meals, barely taking the time to taste the flavours that grace our plates. But what if we were to slow down, to savour each ingredient, and to approach cooking with a sense of intention and awareness? Samyati invites you to do just that; to embark on a journey of mindfulness in the kitchen, where every slice, stir, and simmer becomes a sacred act of creation.

Food styling and photography is about slowing down and appreciating the journey, to creating an image, far more than the image itself. The image tells of that journey and embellishes itself into one's memory and psyche. Samyati takes us on that journey of discovery. So, come with us and experience the magic of lingering and wallowing in the artful creation of an image.

Michael Swamy



Sra Bua by Kiin Kiin Unveils the 'Legends of the Lotus' with Sustainable Ingredients and Finesse



Fermented Lotus in Lotus

Hosting one of the most exciting gastronomic journeys, the award-laden modern Thai fine-dining establishment, Sra Bua by Kiin Kiin, is thrilled to unveil its newly-created 'Legends of the Lotus' journey, celebrating lifetime milestones since its establishment in 2010. The celebration encapsulates Siamese culinary attributes and the use of sustainable ingredients from both the land and sea of the kingdom.

The new experience at Sra Bua by Kiin Kiin grants each diner the freedom to create their own menu. Presented by our amiable staff, diners will be treated to surprises with a daily selection of ocean-fresh catches. With a firm commitment to the ecosystem, whether on land or sea, both realms are conscientiously considered as we strive for sustainability in each dish served at Sra Bua by Kiin Kiin.

This new dining experience not only offers guests a fresh perspective by allowing them to create their own selections but also underscores the integration of sustainability into every aspect of culinary artistry. Conceptualised by Chef Henrik Yde-Andersen and Senior Head Chef Berm Chayawee Sutcharitchan, dishes



are prepared with a community-focused, sustainable approach, incorporating nose-to-tail cooking methods to utilise every part of every ingredient. The chefs have meticulously re-evaluated all ingredients to ensure that the restaurant nurtures the ecosystem with care, from soil to water—where sustainability meets mindfulness.

The 'Legends of the Lotus' journey commences with the 'In the Lounge' act—a warm and inviting ambience where diners can relax while being presented with a selection of amuse-bouches favoured by many. The street food-inspired bites include a Soy-Salted Meringue with Cashew and fresh Thai Wasabi, a Crispy Golden Ball & Foamy Massaman and a

Saffron-Spiced Mango Chutney, reminiscent of Chef Henrik's first visit to Thailand, where he was captivated by the golden temples of Bangkok. The Danish and Thai favourites, Chargrilled Vegetable Puff with Pork Cracklings and Baby Scallops with Three Varieties of Basil, awaken diners' taste buds. There will also be a mini demonstration showcasing the preparation of Betel Leaf Wrap with Passion Fruit and Chilli, highlighting the vibrant and flavourful essence of Thai cuisine, sourced from the land and sea alike.

Diners are then ushered to the main dining area, 'In the Restaurant', where they are greeted with a quick prelude—an offering of Fermented Lotus in Lotus, serving as both an

introduction and a testament to our commitment to the green movement at Sra Bua by Kiin Kiin.

At the heart of the 'In the Restaurant' act are six new and exciting dishes, each a celebration of Thailand's rich culinary heritage and presented with a narrative that intertwines sustainability with gastronomic delight. The soup course welcomes guests with a choice between two unique Thai-spiced soups: Tom Yum Shellfish Broth or Duck Consommé Aromatised with Five Spices served with Northern-style Salad, Smoked Fragrant Sausages and D-I-Y Duck Pancake. The salad course offers a complexity of flavours and modern cooking techniques, with options like Spicy Marinated Grilled Cucumber



Ginger Marinated Pineapple and Spicy Ceviche of Catch of the Day

Salad with Lemongrass-seasoned Squid and Avocado and Ginger-marinated Pineapple with Spicy Ceviche of Catch-of-the-Day.

One of Sra Bua by Kiin Kiin's all-time favourite acts amongst diners, the noodle-inspired course presents indulgent yet tasteful options, including Golden Carrot Noodles with Tamarind and Grilled & Glazed Giant River Prawn, a refined take of Thailand's classic Pad Thai, or Mushroom Noodles with Stuffed Morels and Yunnan Truffles, inspired by the onset of spring in Denmark. The curry dish, a perennial favourite, offers either Sra Bua-Style Green Curry Based on Our Own Paste and In-House Pressed Coconut Milk or Southern-style Yellow Curry with Blue Crab & Fermented Garlic, catering to varying preferences of spice levels.

The new experience at Sra Bua by Kiin Kiin offers guests extra excitement as the main dishes are revealed: Turmeric-Infused Chicken with Roasted Artichokes, Peanuts and Ginger, a satay-inspired dish made with the in-house spices of Thailand together with Chef Henrik's classic homemade oyster sauce, topped by tender chicken, or Slow-Cooked Beef with Burnt Onions, Oyster Sauce and Brown Ginger. The fermentation methods ensure that every part of each oyster is used and the process does not harm the ecosystem.

Tom Yumm Shellfish Broth



The culmination of the main course transitions seamlessly into dessert. Prior to that, diners can cleanse their palates elegantly. Chef Henrik's reminiscence of a jasmine-scented ride in a Bangkok metered taxi in 2006 is brought to life with Flowers of Thailand—a visually captivating dessert resembling a garland, evoking memories of Thailand's rich cultural heritage. Dessert arrives as a fun and delightful spectacle, with talents showcasing the art of pressing coconut milk before diners, to be incorporated into the dessert, Bananas Baked in Banana Leaves with Coconut Snow and Salted Palm Sugar Ice Cream. For enthusiasts of Thai tea, Chef Henrik creates a duo of Thai Tea Flan with Crystal Bubbles, infused with tea leaves from Chiang Rai province and bergamot for an aromatic scent. The 'Legends of the Lotus' dining journey concludes with a serving of iconic petit fours, cementing Sra Bua by Kiin Kiin a must-visit destination for discerning diners in Bangkok.

Voted as one of Asia's 50 Best Restaurants in 2014 and 2015; awarded one Michelin star by the 'MICHELIN Guide Thailand' for the sixth consecutive year since 2018, Sra Bua by Kiin Kiin offers a culinary adventure like no other. With modern Thai-inspired cuisine complemented by contemporary twists, the restaurant aims to surprise and delight diners with every dish. Chef Chayawee invites guests to indulge in an extraordinary culinary performance, where basic Thai ingredients are transformed into daring combinations, maintaining the essence of traditional Thai flavours. The cuisine, widely acclaimed as 'modern gastronomy at its best', offers a unique

Sra Bua Style Green Curry

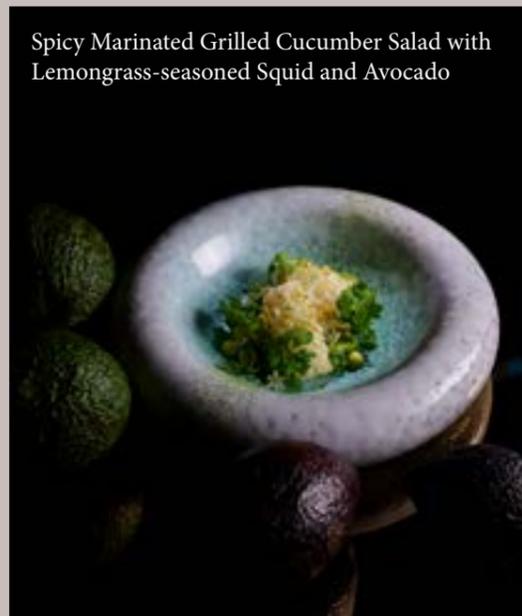


Mushroom Noodles with Stuffed Morels and Yunnan Truffles

departure from traditional home-style cooking. Diners can expect innovative presentations, such as curry served with the texture and temperature of ice cream, or bites of lobster encased in gelatinous pearls that melt in the mouth with a sip of tom yum broth. Everything, from fish sauce to prawn crackers, is crafted in-house in the Sra Bua by Kiin Kiin kitchen

The 'Legends of the Lotus' dinner journey at Sra Bua by Kiin Kiin is available until 30 September 2024.

Spicy Marinated Grilled Cucumber Salad with Lemongrass-seasoned Squid and Avocado



Cherishing the Flavours of the Soil of the Homeland



When you carry the 'Mitti ki Khushboo' - the flavour of the soil of your homeland, your connection with your roots, and the basic emotions in you to lands far and wide, it's nothing but pure magic that allures everyone! These are the inseparable emotions we all have in us, and carry with us, wear them like badges of honour, flaunt them like a trophies and keep them close to our hearts. When you infuse these flavours in all that you do, wherever you are, each day is a celebration. **Chef Dayashankar Sharma** has been celebrating this very emotion on foreign sands, enticing guests from far and wide, making them return again and again to bask in this 'Mitti ki Khushboo'.

Presenting **A Chef's Tale**

Chef Dayashankar Sharma, Chef Patron, Heritage Dulwich, has won many awards during his career, the most recent being the Asian Chef of the Year Award, from Asian Food and Restaurants - AFRA, in the United Kingdom, in 2022, and the Best Chef at the Asian and Oriental Chef Awards 2020. He has travelled all over the world to places like Malaysia, Singapore and Geneva to cook at food festivals and events and showcase India's regional cuisine. His restaurant Heritage, Dulwich found place in the Michelin Guide 2022, and 2023. Other honours include Chef of the Year 2019 and 2020, Asian Chef of the Year 2020, Michelin Plate 2018, 2019 and 2021.

Introducing the Indian 'mitti ki khusboo' to the world through his cooking, to a larger global audience, marrying it with their palate and interpretation of the food has really been a challenge, but a challenge accomplished!

How did his story begin? How did he put India on a platter, enhanced, modernised, reinvented, with the core intact? What is there in the plates of delectable delights that entices the guests on foreign shores? His restaurant Heritage Dulwich made it to the Michelin Guide 2022! There are more tales to be uncovered, and memories to be cherished. Here's a salute to Chef Dayashankar Sharma, Chef Patron of Herigage Dulwich London, and Jhakaas London.



It all started when he completed his Diploma 32 years ago, then eventually moved to the UK, honing his skills all the way, evolving continuously, which he feels is surreal and is a great honour. During his training, he focused on mastering fish and seafood first, as it was something he'd had no experience with whilst growing up in Rajasthan.

Everyone reading this should take cognisance of the fact that opening an Indian restaurant abroad is easier said than done in the ever evolving culinary world, where the diners still have reservations when it comes to Indian food, Chef Dayashankar Sharma says, "The list of challenges never ends. Operating in a foreign land is never easy. In terms of cooking you would need to hand pick suppliers, find the right ingredients and also cook



according to the palate of the locals, and stay true to our cuisine. Then, you would need a team with the right skills to execute it. Now, you could look at this the other way which is more often how I perceive the situation. You may not find all the ingredients you need, but I source local produce and I experiment with them. For example you will find things like Burrata Chat with Lotus Root, Green Banana Ragda in my menu. The knowledge that I possess, the authenticity of recipes, add to that creativity and innovation, something that elevates the dish to make it international, yet retain the core, and the guests accepting these have been encouraging me to excel and exceed expectations.”

Anonymity also comes with ‘no baggage’ tag which leaves you with an open mind to experiment, and that made Chef Dayashankar Sharma put his ideas into action without reservation.

Owning two restaurants that opened during the pandemic, Heritage Dulwich in February 2021, and Jhakaas that was born 9 months

after Heritage in November 2021, would not have been easy, but Chef Sharma, pulled it off deftly with oodles of confidence. Two restaurants by one entity, is indeed like two kids that belong to the same family, but need to be nurtured differently based on their strengths. He also finds it difficult like any parent, to choose his favourite one, between his two restaurants, as both are unique in their own ways. “They are two different concepts and cater to their respective target audience. This basically means that the menu is different, and the operations, strategy, and every little aspect is tailored to each of these.” In addition to that, Chef Sharma has a wonderful team that works behind the scenes. He adds, “I cannot imagine being able to achieve what I have, without my wonderful team.”

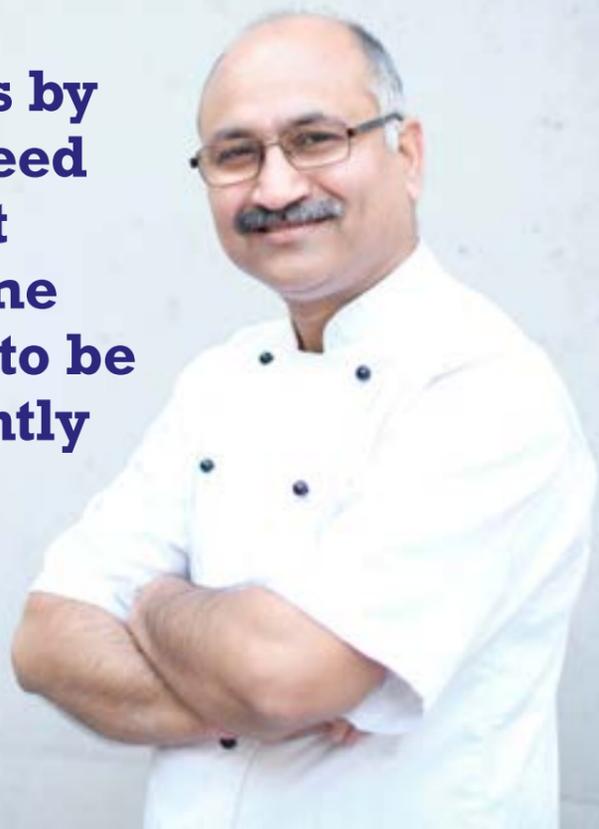
Michelin is the most prestigious establishment and it's every chef's dream to get that coveted status, whether it's a star or getting listed. It has been an absolute honour for him to be recognised for the craft and to have been able to showcase Indian cuisine, globally. Rome wasn't built in a day, and so wasn't the journey of his restaurant that got an entry into the coveted Michelin Guide. They say fruitful results do come if you believe in yourself. It wasn't an overnight success. Chef Sharma believes that the



journey began in the kitchens in India; just that the cumulative fruition came into existence in a foreign land, which has been motivating him to deliver more, and he hopes that he has been able to inspire the upcoming and aspiring chefs.

The menu he has put together reflects the culinary culture of India. One would find his take on traditional dishes as well as some of his innovative dishes. The USPs comprise consistency and the overall experience that the restaurants provide, for which the customers keep returning. Chef Sharma has built that trust over years of impeccable service. He has also been changing the way the West perceives Indian cuisine, but he thinks he still has a lot to contribute. Many chefs like him have been endeavouring to put India on the world's favourite cuisines map. We have been hearing success stories;

“Two restaurants by one entity, is indeed like two kids that belong to the same family, but need to be nurtured differently based on their strengths.”



tulsi, ashwagandha, hibiscus, masala chai, and many other ingredients now have found a place on the shelves of international grocery stores, and the south Indian filter coffee, rasmalai, naan, vada pav and more have made it to the top on Taste Atlas rankings. “It doesn’t stop here and now, and I can say that there’s a lot more to come. There’s going to be an exponential rise in demand for Indian food”, says Chef Dayashankar Sharma.

How does he devote time to his family amidst his busy schedule? The industry is about long hours, more so in an international scenario where one has to always worry if they made the right decision. Yet, one cannot ignore the family or other demands of life. He tries to maintain a good work life balance and achieve that much needed equilibrium, which happens only when one has a good head on the

shoulders. He spends a lot of his time at work, but at his leisure he loves spending it with his family. Celebrating all big and small and tiny achievements, cherishing every aspect of the people who have been there for him, thinking about their progress and doing things that the family loves.. that’s something he loves to do.

Whenever the flavours of the soil of his homeland beckon him, he does come home, that is where his heart belongs, where people wait to know his experiences, and where he feels he has shared his learnings. He doesn’t know if he is an idol of people back home, but he says, “I am hugely grateful for all the love, and I promise to keep doing what I have been doing and achieve more for all of us.”

It is never easy to survive in a new place, that too abroad. Taking it to the next level, and making it big is even tougher. He believes in continuous hard work, and honing of skills, combined with the resilience to accept new situations, challenges and vagaries that come with the profession, and the agility in mind and action to deal with all of these. Know more about [Heritage Dulwich](#).



In today's visually-driven world, where social media platforms reign supreme, the art of food photography has evolved into a form of storytelling that transcends taste and aroma. From elegant plating to mouth-watering close-ups, each click of the camera captures not just a dish, but an entire culinary experience.

Lights Camera Action

Lights: The skillful manipulation of light and shadow breathes life into the frame, transforming mere ingredients into works of art. Whether it's the soft, diffused glow of natural light or the dramatic spotlight of studio lighting, infusing the image with warmth, depth, and texture.



Golden Carrot Noodles with Tamarind and Grilled & Glazed Giant River Prawn
Pic Courtesy: Sra Bua Kiin Kiin



Behind the Lens: Behind every stunning food photograph is a talented photographer with a keen eye for detail and a passion for storytelling. From composition to post-processing, their expertise transforms raw ingredients into visual masterpieces, inviting viewers to savor the moment with their eyes long before they ever take a bite.

Southern Style Yellow Curry
Pic Courtesy: Sra Bua Kiin Kiin

The Final Frame: As the shoot draws to a close, the photographer selects the most compelling images to grace the pages of the food magazine, each one a testament to the artistry and dedication that went into its creation. From glossy covers to tantalising spreads, these photographs transport readers to a world where every meal is a feast for the senses, reminding us that, in the age of social media, sometimes the most delicious moments are the ones we savour with our eyes.



Turmeric Infused Chicken with Roasted Artichokes, Peanuts and Ginger
Pic courtesy: Sra Bua Kiin Kiin

In the end, food photography isn't just about capturing what's on the plate—it's about capturing the essence of the culinary experience itself: the flavours, the textures, the emotions they evoke.

Smoke Vapour Steam



*Let 'em create some Drama.
Chef Michael Swamy
takes you through the
'What and How' of capturing
smoke, vapour, steam..*

Pic Courtesy: Sra Bua Kiin Kiin

Photographing smoke can produce some truly mesmerizing images! Here are some tips to help you capture the beauty of smoke.

Controlled Environment: Choose a location where you can control the lighting and airflow. A dark room with a single light source works best to emphasise the smoke's shapes and patterns.

Backdrop: Use a plain, dark backdrop to make the smoke stand out. Black or dark gray backgrounds work well to enhance the contrast.

Lighting: Position a single light source, such as a flashlight or studio light, to illuminate the smoke from the side. This creates dramatic highlights and shadows, emphasizing the intricate details of the smoke.

Camera Settings: Use a narrow aperture (higher f-stop) to ensure that the entire smoke plume remains in focus. Start with a wide aperture to let in more light, then adjust as needed. A slower shutter speed may be necessary to capture the subtle movements of the smoke.

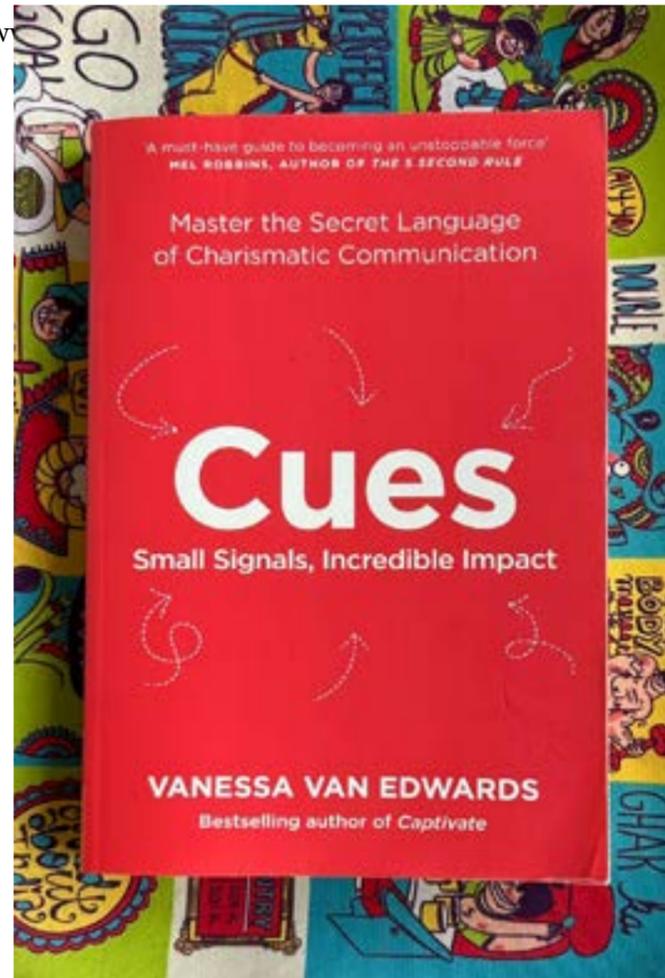
Focus: Set your camera to manual focus and carefully focus on the smoke. Since smoke can be unpredictable, you may need to adjust the focus slightly as you shoot to keep the smoke sharp.

Composition: Experiment with different angles and compositions to find the most visually appealing shots. Try shooting from various perspectives, such as from above or at eye level, to capture different patterns and shapes.

Patience: Photographing smoke requires patience and experimentation. Be prepared to take multiple shots and make adjustments to your setup as needed to achieve the desired results.

Post-Processing: Once you've captured your images, you can enhance them further in post-processing software. Adjusting the contrast, brightness, and colors can help bring out the details and make your smoke photos even more captivating.

Remember to have fun and get creative with your smoke photography! Each plume of smoke is unique, offering endless opportunities for artistic expression.



Want to market your next big idea? Want to make your team meetings more captivating? Want to be more charismatic?

CUES

Well, Cues is for you! Through a blend of scientific insights and practical advice, **Vanessa Van Edwards** illustrates how mastering subtle cues can amplify the impact of our ideas and interactions.

Van Edwards, known for her bestselling work “Captivate: The Science of Succeeding With People,” brings her expertise in human behavior again, offering readers a roadmap to navigate the nuances of communication.

The take-home message is incredibly strengths-based. It is that we all have great ideas, it is about learning to showcase them effectively. The book works because of its emphasis on the big impact of small changes that anybody can implement. Through many practical examples, Van Edwards demonstrates how seemingly minor adjustments in voice, word choices, and body language can make or break the effect of a message.

Vanessa also draws from her experiences as a self-proclaimed ‘recovering awkward person’. Consequently, the narrative is infused with warmth and competence (that she describes as charisma), making learning an enjoyable experience. The book does not feel “science-y” even though it is backed by a lot of scientific research. Moreover, the book is filled

with implementable tips, ranging from email etiquette to enhancing charisma, ensuring that readers have practical strategies at their fingertips.

One of the highlights of ‘Cues’ is Van Edwards’ analysis of Shark Tank pitches, where she emphasises the importance of vocal cues in gauging pitch success. Did you know that the first ten seconds (how the participants said “hello” and their names) could ultimately influence the Sharks? The section on email communication, particularly in today’s world, where digital correspondence is often how we make a first impression, is just so apt.

Overall, “Cues” is a must-read for anyone seeking to enhance their communication skills and maximise the impact of their ideas. Whether you’re an aspiring entrepreneur, a team leader, or simply looking to improve your interpersonal relationships, Van Edwards’ insights will undoubtedly prove invaluable. So, grab a copy of “Cues” and check out Vanessa’s website, The Science of People, to elevate your life today.





MINDIA
MIND OF INDIA

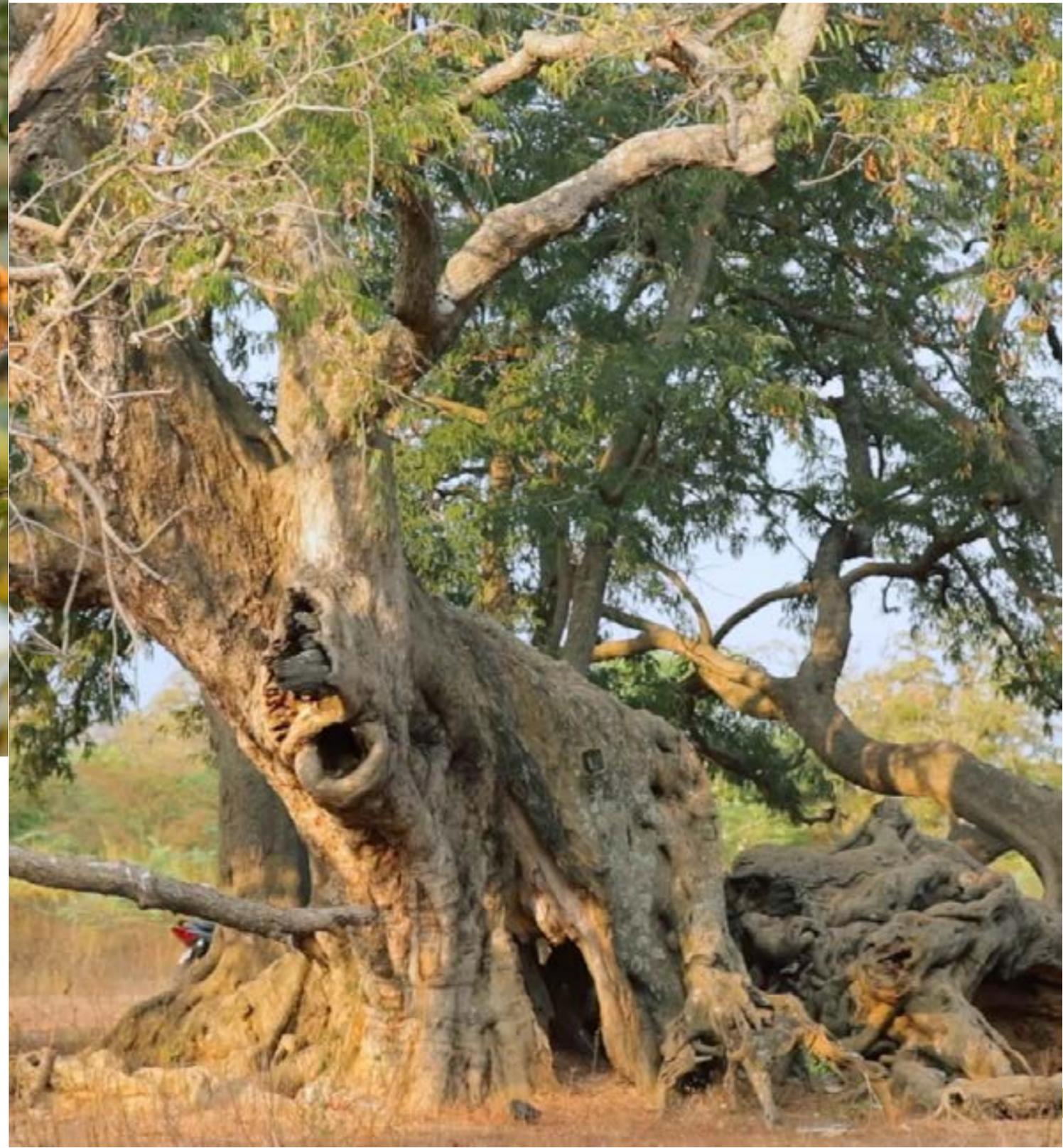
Preserving Paradise: The Tale of Nallur Tamarind Grove

Nestled just 40 kilometers away from the bustling cityscape of Bengaluru, Karnataka, lies a serene sanctuary steeped in history and biodiversity - the Nallur Tamarind Grove. This verdant wonderland, India's FIRST Biodiversity Heritage Site, spans across 54 acres and holds within its embrace over 300 majestic tamarind trees, some dating back to the era of King Rajendra Chola in the 12th century.

Picture yourself traversing the dusty roads leading to this hidden gem. As the world fades away around you, the only soundtrack is the occasional echo of a passing plane, juxtaposed against the timeless guardians that stand unwavering in their grandeur.



Once a bustling habitat for over 120 species of birds, the grove now stands as a poignant reminder of human neglect.



What Makes Nallur Grove So Unique?

Ancient Giants:

Carbon dating unveils the astonishing truth - some of these arboreal giants have stood sentinel for an incredible 400 years, defying the ravages of time and the caprices of nature.

Remarkable Resilience:

Marvel at the tenacity of these trees as new roots sprout from their hollows, showcasing nature's

remarkable ability to regenerate and thrive.

A Treasure Trove of Life:

Once a bustling habitat for over 120 species of birds, the grove now stands as a poignant reminder of human neglect. However, hope flickers amidst the leaves - a call to revive this ecological haven and restore its former glory.

Visit MINDIA on <https://mindiafilms.com/>



Nallur Grove: Beyond Trees, A Call to Action!

Endangered Paradise:

With its strategic proximity to the airport and historical landmarks, Nallur Grove holds immense potential for conscious development. Let us ensure that progress harmonises with preservation.

Unique Fruits:

Delve into the mysteries of the tamarind fruit, distinctively rich and flavorful in Nallur

Grove. Unlocking its secrets through research could lead to fascinating discoveries.

MINDIA Films: A Gateway to India's Rich Narratives

In our journey to celebrate and preserve the wonders of India, MINDIA stands as a pioneering Knowledge + Media platform. We extend a heartfelt invitation to teachers, students, and enthusiasts alike, to embark on a cinematic odyssey through the captivating

narratives that define our nation's tapestry. Through enchanting storytelling, MINDIA beckons you to immerse yourself in the captivating realm of India's history, culture, and natural splendour. Join us as we unravel the threads of our past, weaving them into the fabric of our present, and charting a course towards a brighter future.

Conclusion: A Plea for Preservation

As we stand at the threshold of change, let us not allow this ecological treasure to fade into obscurity. Let the story of Nallur Tamarind Grove serve as

a rallying cry for collective action and conscious stewardship of our planet's precious resources. Join us in raising awareness about Nallur Tamarind Grove. Share this film link, and message, ignite conversations, and together, let us ensure that these ancient sentinels stand tall for generations to come. In the tapestry of our planet's biodiversity, let Nallur Grove remain a vibrant thread, weaving tales of resilience and renewal for eternity. 🌳

Here's the [YouTube Link](#) to watch MINDIA's film Nallur Tamarind Grove.



Kulfi

The Covered Cup

With its roots in Persia, to its popularity in India, **Chef Amol Savle, General Manager - Operations**, Haldiram's Nagpur, takes you through an intriguing journey of the delicious all-time cool treat - KULFI

Kulfi has been around long before the ice creams of today. The word 'kulfi' comes from the Persian *qulfi* meaning 'covered cup'. It is believed to have originated in Delhi during the 16th century, making it nearly 500 years old. Did you ever wonder how they made it before the arrival of the modern refrigerator? Kulfi is not like regular ice cream; it is denser and creamier.

Sweetened and flavoured milk is cooked over a low flame and stirred continuously to prevent it from sticking to the utensil. The slow cooking condenses and thickens the milk, caramelises the sugar and browns the milk proteins giving kulfi its unique taste and feel. The Mughals added pistachios and saffron for flavour.



Pic Courtesy: Chef Michael Swamy

But how did this heavenly mix turn into ice cream?

It all began with sourcing ice. The ancients were fascinated by ice. Since some parts of their territories had glaciers and enjoyed snowfall, the Mughals had access to ice. They established a system of human runners, horses, bullock carts, boats, and other forms of transport to bring ice from the Himalayas to cities like Lahore and Delhi. Blocks of ice were carefully cut out, wrapped in multiple layers of fine clean cotton and then jute cloth. Saltpetre, a form of salt that helps in refrigeration, was sprinkled. *Aini-Akbari*, a detailed record of the Mughal emperor Akbar's administration, mentions the use of saltpetre for refrigeration as well as the transportation of Himalayan ice to warmer areas. Stored in sealed wooden boxes within layers of fine wooden chips, the ice travelled well. Once it reached the cities, it was stored in specially built, and temperature controlled ice pits, which were deep underground chambers. Initially limited to royals, this technology became available to the common man over a period of time.

Let's get back to the kulfi's connection with ice. The flavoured and cooked milk was cooled, poured into moulds (mud pots or kulhars) and sealed. These were then submerged in a matka (clay pot), which was filled with ice slurry and salt that acted as a refrigerant. The pot was sealed and the mixture froze with a soft smooth consistency, free of ice crystals. Called matka kulfi, this method is very much in use even

now.

There are many ways in which Kulfi ice cream can be made. Traditionally Kulfis made from thickening milk to the consistency of the delightful Indian sweet known as Rabdi. It can also be made with sweetened condensed milk, or with mawa (khoya).

Starting with traditional flavours such malai, rose, cardamom, and pistachio, kulfi has now found new flavours like strawberry, peanut, and even avocado.

The next time you meet your roadside kulfiwallah, observe the apparatus carefully and talk to them about the kulfi-making process. You'll know that kulfi has retained its ancient roots.



Pic Courtesy: Chef Michael Swamy

Hot and Cold

Curries and Lassis

There's a saying that photographing Indian food is tough, and the old images were full of brown gloppy food surrounded by a range of props. Through careful composition and attention to detail, photographers have the power to capture not just a dish, but the soul of a culture, inviting viewers to savour the rich tapestry of flavours that make Indian curries a true culinary delight.



If you wrap your mind around it it is quite easy to accomplish. Capturing the essence of Indian curries through photography is an art that requires careful consideration of colour, texture, and aroma. Each photograph must evoke the rich spices and vibrant flavours that define this beloved cuisine. From creamy butter chicken to fiery vindaloo, the challenge lies in presenting these dishes in a way that entices the viewer's senses.



Fisherman's Boat Curry from Kerala

Skillful lighting highlights the depth of colour in the sauces, while close-up shots reveal the intricate layers of spices and herbs. Whether served in traditional copper bowls or modern ceramic dishes, Indian curries demand to be photographed with reverence, inviting viewers to immerse themselves in a culinary journey through the streets of Delhi or the spice markets of Mumbai.



Mohan Maas from Rajasthan

Beyond aesthetics, photographing Indian curries is about storytelling. Each image should transport the viewer to the bustling kitchens where these dishes are lovingly prepared, steeped in centuries of culinary tradition. The steam rising from a freshly cooked bowl of dal, the glistening sheen of a perfectly tempered tadka—these details breathe life into the photograph, inviting viewers to experience the warmth and hospitality of Indian cuisine.



Kashmiri Rista



Barely can anyone escape the lure of lassi, and say that the robust curries did satiate them. Be it a cool addition, a digestive, a delicious beverage, or a thirst quencher - Lassis do have 'em all. Made with curd 'dahi', sugar, salt, and many choicest ingredients like nuts, fruits, seeds, spices, this is what every soul craves for after a heavy Indian meal.

Pic Courtesy: Lassis Of India ny Mrs Radha Bhatia
Published by Om Books



Go Indian and add some Indian accents to lassis. Serve them in tall copper tumblers, decorate them with saffron, roses. Add hints of kewra, khus. How about mangoes or strawberries?

Pic Courtesy: Lassis Of India ny Mrs Radha Bhatia
Published by Om Books



The Little Steps Towards
Culinary Diplomacy Begin From Home :
A home called **Afyonkarahisar**



Culinary diplomacy, also known as gastrodiploacy or food diplomacy, is the use of food and cuisine to promote cultural understanding and cooperation. It's all about forging bonds through food be they within different regions of a country, or at an international level. The easiest way to win hearts is through the food route, and Chef Hamza Kalkan has been the torchbearer in this arena.

Chef Hamza Kalkan was born in 1981 in Afyonkarahisar. After completing his secondary education, he entered the culinary field in 1995. He worked in various restaurants, hotels, and food establishments. This was followed by military service as a cook in Erzincan 1st Class Officer's Army House. Thinking that it would be possible to get a foot in the door in this profession by working in bigger cities and hotels, he decided to work in different regions of Türkiye, famous for their tourism.

In 2007, he got his first break to actualise his dream of becoming an Executive Chef, and since then he has worked as an Executive Chef in different hotels. In 2011, he was elected as the President of Afyonkarahisar Professional Chefs Association. He has always been very passionate about the culinary profession. Around this time, he also wanted to do something that would foster the popularity of Turkish Cuisine and Afyonkarahisar cuisine, the cuisine of the place that was very dear to him. He, along with his Association studied about the cuisine, and organised several programmes and events for its promotion.

After these promotions, the association prepared an application file of approximately 600 pages on Afyonkarahisar gastronomy along with UNESCO studies that started with its governor Mustafa Tutulmaz in 2019, and submitted it to the UNESCO

Chef Hamza Kalkan, President, Afyonkarahisar Professional Chefs Association in Türkiye has been instrumental in making Afyonkarahisar, the 3rd gastronomy city in Türkiye and 36th in the world to be included in UNESCO's Creative Cities Network for gastronomy.

Know more, visit <https://afyonascilardernegi.com/>

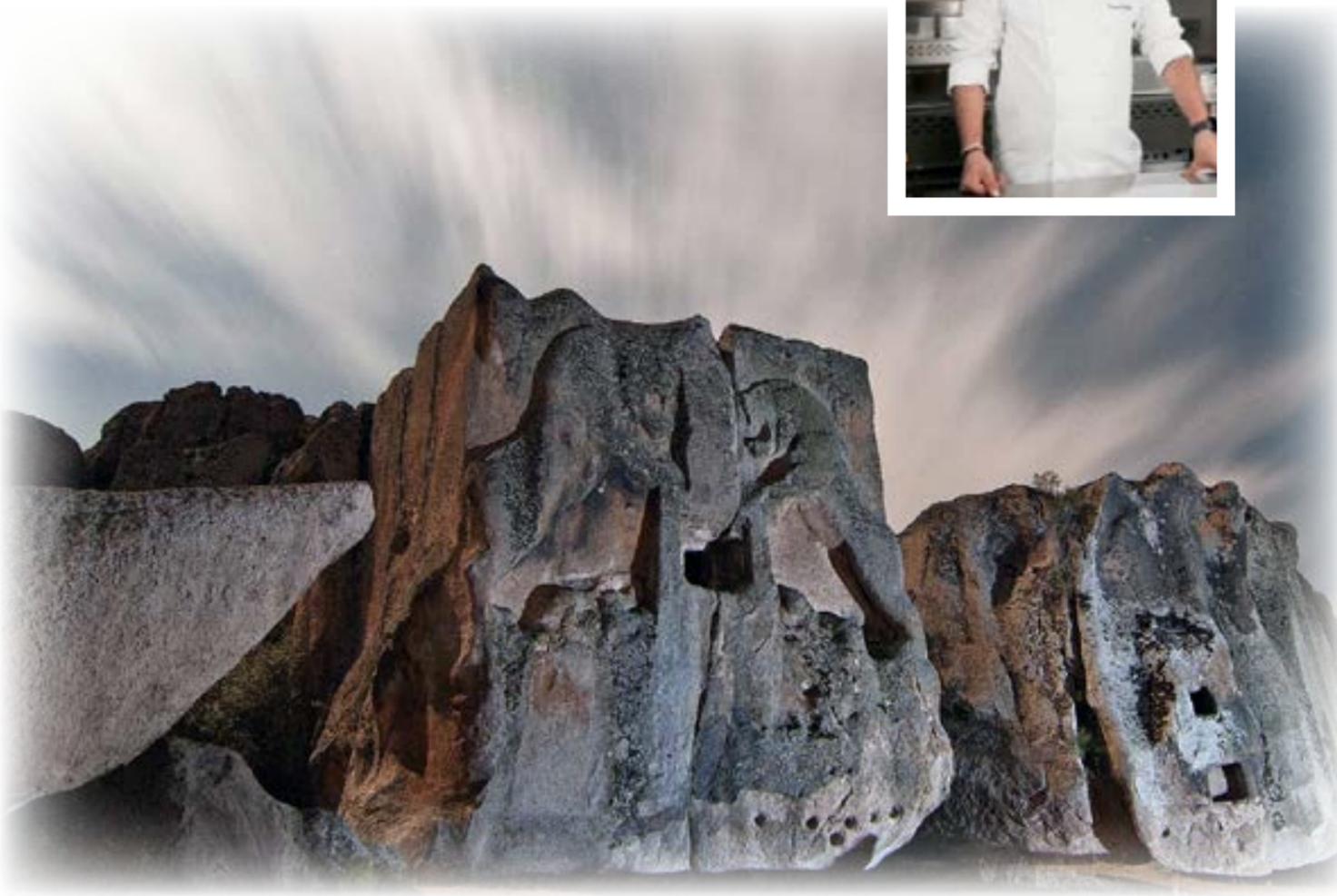


National Commission. On 31st October, 2019, Afyonkarahisar became one of the 3 gastronomy cities in Turkey, and the 36th in the world by acquiring UNESCO's gastronomy registration. After becoming a UNESCO registered gastronomy city, the association led by Chef Hamza, accelerated its work, invested in resources for the task, and carried out various promotional activities with Afyonkarahisar Governorship and Afyonkarahisar Municipality in the field of gastronomy.

Furthering his dream, in 2014, Chef Hamza opened his own restaurants in Istanbul and Samsun, and he worked as a business manager and as an operator chef. "By publishing 2 cookbooks on Afyonkarahisar cuisine, we have recorded the flavours of Afyonkarahisar that are about to be forgotten. I still continue to work as a consultant chef", says Chef Hamza Kalkan, with pride!

Welcome to the Healing City and Celebrate the Cuisine of Afyonkarahisar

With **Chef Hamza Kalkan**,
President, Afyonkarahisar Professional Chefs Association



Afyonkarahisar has been home to many civilizations since the earliest periods of history. It is located in a geography bearing traces of historical and cultural values, and is a center of attraction that can serve flavour, culture, and thermal tourism. It has witnessed positive developments in culture and arts, especially with the development of Mevlevi culture during the Ottoman period. In addition to its historical and natural beauties, it also has a rich cultural heritage.

With its weather and soil structure, it has been possible to grow food products specific to the region. In our province, where agriculture and animal husbandry are common, this situation is reflected in the variety of dishes, we conjure up. Afyonkarahisar has a very rich cuisine with soups, pilafs, pleasantries, salads, meat dishes, vegetable dishes, pastries, desserts, pickles and beverages.



Afyonkarahisar Soup

Local products such as red meat, poppy, dairy products produced, out of which buffalo milk, eggs, sausage, and Turkish delight stand out as the most important wealth of the region. When Afyonkarahisar food culture is examined, many distinguished products of Turkish cuisine have found their place among the local flavours.



Afyonkarahisar Special Dinner Spread

The people of the region share local flavours with their friends on special occasions with a certain table etiquette. It is possible to see these flavours at every moment and milestone of life in Afyonkarahisar. Starting from birth, families organise events such as Naming, Circumcision, Military Service, Engagement, Wedding, Pilgrimage Invitation, Zinardi, Boy Henna, Groom Putting, Hand Kissing, Dowry Download, to Death.



Traditional Salad

People here share local delicacies with their relatives on many special occasions such as 'Gezek' and 'Sira Yemekleri'. Another characteristic of these meals is that they are served in order with certain table manners.

Göce and düğü, which are obtained from chickpeas and wheat, are widely used in meals. Eggplant, which is cooked in more than 20 different dishes in Afyonkarahisar cuisine, has a special importance. Aubergine pastry is unique to Afyonkarahisar. Collective meals are eaten here at the square tables set up on special occasions and this meal is called 'Sira Dinner'. Depending on the nature of the invitation, the variety of food in the queue meal ranges from 10-15 varieties to 41 varieties. It is also unique to this region that okra is served at the end of this meal to facilitate digestion. Among the dishes specific to Afyonkarahisar, Göce tarhana, meat dishes such as whole meat, Afyon kebab, paçık, veiled turkey, vegetable dishes such as eggplant pastry, stuffed ilibada, eggplant, leek, parsley, zucchini moussaka, stuffed leaves with knot and sour okra are the ones that must be savoured.



Local Afyon Delicacy



Afyon Kebab



Sausage Kebab



Sausage Beyti

Afyonkarahisar cuisine has a rich variety of traditional flavors. Arabic aşı, ağzı Açık, bükme, poppy seed pastry, ocak bükmesi, katmer, cızdırma, Afyon's sourdough potato bread and öğmen have a special place in pastries. In the pastries prepared, mainly green lentils, cheese, potatoes and minced meat are used as ingredients for fillings.

Sausage, one of the most important sources of income in Afyonkarahisar, is one of the most consumed products in the winter months. Since the meats used in the meals are fatty, no additional oil is added and the meal is cooked with the fat of the meat. Not keeping the cooking time of meat dishes long (4-6) hours adds a different flavor to the dishes. For example, internal fat (tallow) is used in dishes such as keshkek, whole meat, bowl meat, trotters, etc. Tallow is an important contributor to the flavor of some dishes. For example, margarine is not preferred in Afyonkarahisar dishes (bükmede). Chickpeas, green lentils, wheat and wheat-derived göce bulgur and butter are frequently used in dishes. Chickpeas are added to all moussaka.

Afyonkarahisar is the province that determines the egg market in egg production. Afyonkarahisar also has a serious say in potato production, and all potato production for brands such as Mc Donalds and Burger King is produced in Afyonkarahisar. In addition, 33 tons of sausage is produced daily in Afyonkarahisar. Afyonkarahisar, which is the province that determines the meat market in meat products, meets approximately 35% of Istanbul's meat requirement.

A MAGAZINE DEDICATED EXCLUSIVELY TO THE MASTERS OF THE KITCHEN



PUBLISHED BY

Draft
Editorial Services

**B1, New Apsara Apartments
259, Bund Garden Road
Pune
India 411001**



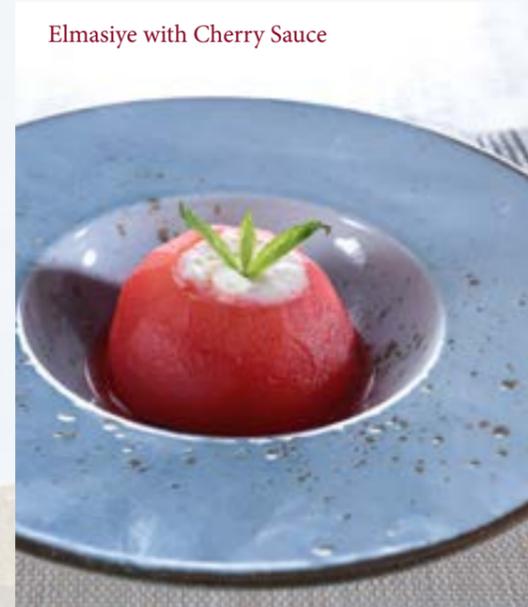
Turkish Delight Topped with Nuts

Drawing attention with its daily production of 16.5 tons of Turkish Delight, Afyonkarahisar exports Turkish Delight to approximately 80 countries.



Dreams of Poppy

Afyonkarahisar, named after the poppy plant, has a serious say in poppy production and use. The use of poppy and poppy oil is common especially in pastries.



Elmasiye with Cherry Sauce

EXPLORING THE SWEETNESS OF AFYONKARAHISAR

Afyonkarahisar's cream (Afyonkarahisar Akaymağı) is known by almost everyone in the country for its unique flavour, and is mostly preferred at breakfasts, in local desserts such as ekmek kadayıfı and Turkish delights.

Cherry and sour cherry are grown in Sultandağı and Çay districts of Afyonkarahisar. Fruit growing is prominent on the irrigable lands of the district.

Savour these delights. Add Afyonkarahisar to your bucket list. Heal inside out.



Poppy Seeds Baklava



Creamy Bread Kadayif with Pistachios



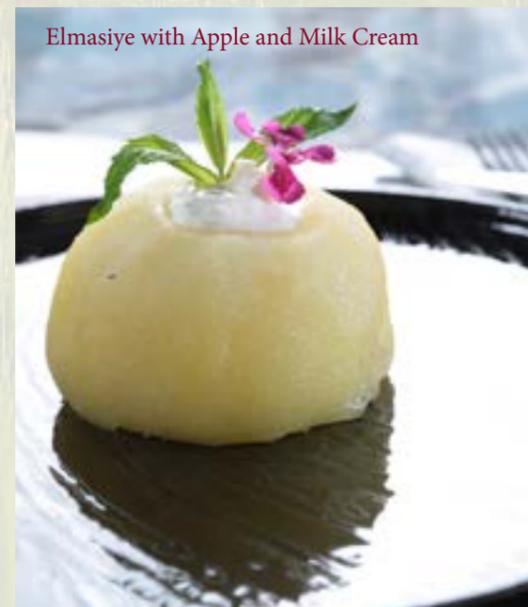
Bread Kadayif with Cherries

Cherry, sour cherry and apple production constitute the basis of the district economy. While 80% of cherry production is exported, apples and sour cherries are mostly exported to the domestic market and the remaining part is utilised in fruit juice and canning factories in the district. Napoleon cherries are exported to France, the Netherlands, England, Germany, China and Belgium.



Bread Kakayif with Clotted Cream

Sucuk, and clotted cream are products identified with Afyonkarahisar. Cream, a product in which the fatty part of the milk is utilised, is obtained from buffalo and cow milk. However, cream obtained from buffalo milk is preferred, as it is more delicious, white and doesn't sour fast. It is consumed plain or used as a condiment that increases the nutritional value and flavour of various desserts.



Elmasiye with Apple and Milk Cream



Dessert with Pumpkins

Ohri's Eatmor

A Timeless Legacy of Taste, Tradition, and Indulgence

In the heart of Hyderabad, amidst the bustling streets and vibrant culture, lies a culinary haven that has stood the test of time - Ohri's Eatmor. But this is not just any restaurant; it's a cherished chapter of history, a narrative woven with love, dedication, and the essence of generations past.

It all began in 1976 when Mr. Kapur, a visionary who traversed borders from Pakistan, brought with him not just a dream but a legacy in the making. With humble beginnings, he laid the foundation for what would become an institution in Hyderabad's culinary landscape - a small ice cream manufacturing setup and a quaint eatery, serving up delectable vegetarian Punjabi fare, with a special focus on the iconic Chole Bhature.

But Ohri's Eatmor isn't just about savory delights; it's also a haven for indulgence, particularly in the realm of ice cream. Their iconic creations have delighted patrons for decades, each one a masterpiece of flavour and imagination.

The Nutty Buddy offers a delightful blend of creamy vanilla ice cream dipped in Ohri's Eatmor's signature homemade nutty chocolate sauce



Awful Awful presents a towering glass filled with layers of homemade chocolate fudge, vanilla ice cream, and roasted cashews - a decadent symphony of flavours that leaves taste buds tingling with delight.

As you step through the doors of Ohri's Eatmor, you're not just entering a restaurant; you're stepping into a time capsule, a portal to a bygone era where the pace was slower, and the flavours richer. Here, amidst the nostalgic ambience and the aroma of spices, one can't help but feel a sense of belonging - a connection to something greater than oneself, a connection to tradition, to family, to home.

For three generations, Ohri's Eatmor has been more than just a place to eat; it's been a beacon of warmth and hospitality, a sanctuary where memories are made and traditions are upheld. And as it continues to stand tall, a testament to resilience and dedication, one thing remains certain - no matter how much the world may change, the legacy of Ohri's Eatmor will endure, a timeless reminder of the power of good food, cherished moments, and indulgent delights.



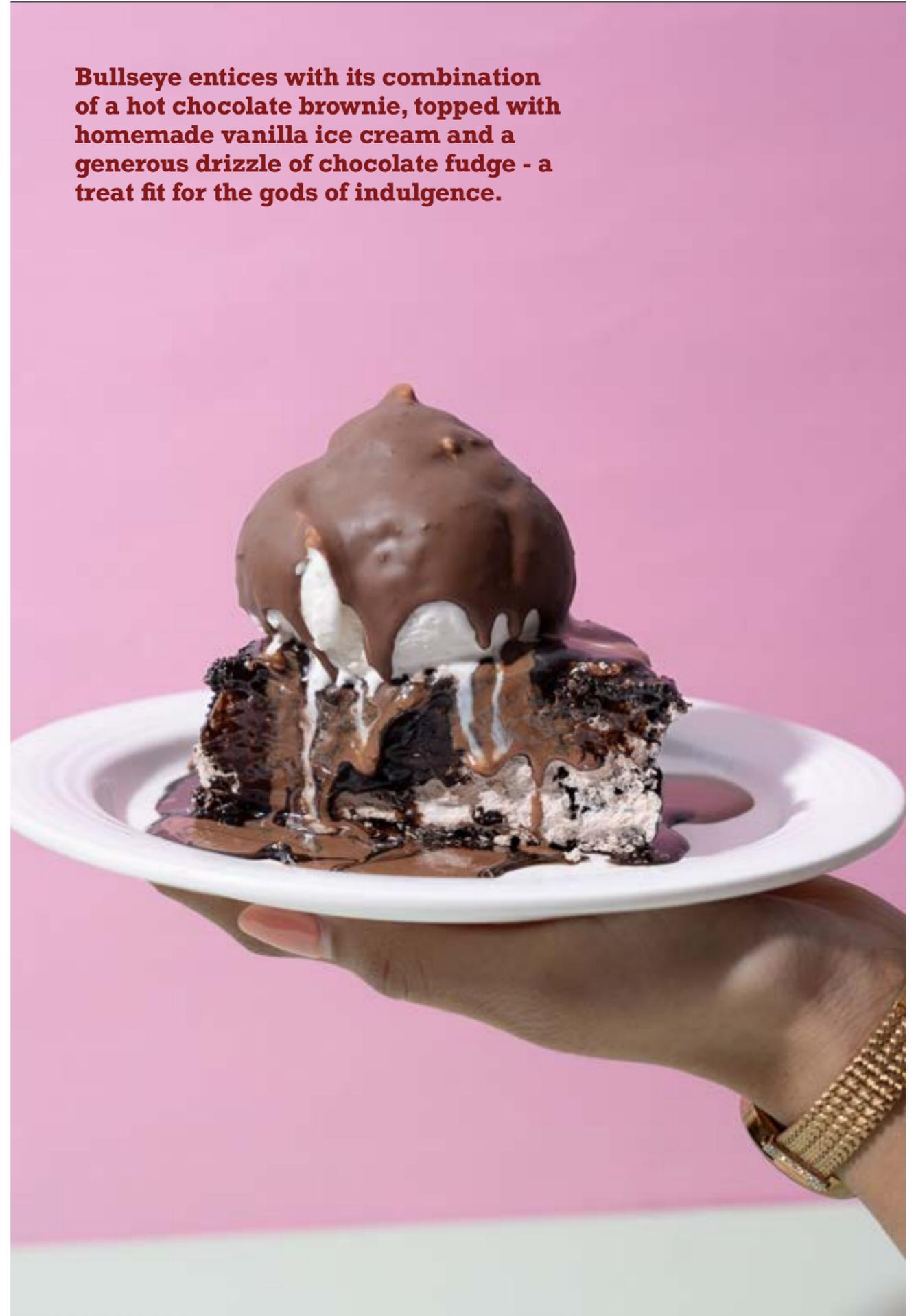
Craving for something fruity and refreshing? Strawberry Blonde delivers, with its fruit and jelly-based sundae featuring luscious scoops of strawberry ice cream - a burst of summer sweetness in every spoonful.

Tiramisu - a modern twist on the classic Italian dessert, designed to lift spirits and tantalise palates with its rich flavors and creamy textures.

For those seeking an adventure in sweetness, the Titanic stands tall, boasting eight unique flavors of ice cream stacked above each other, with a fruit and jelly-filled base - an indulgent delight for the senses.



Bullseye entices with its combination of a hot chocolate brownie, topped with homemade vanilla ice cream and a generous drizzle of chocolate fudge - a treat fit for the gods of indulgence.





Conjuring Up Sustainable Delights From the best Europe has to offer

Check what's in store. Visit https://more-than-food-india.campaign.europa.eu/index_en

The European Union launched the 'More Than Food' campaign in India in an endeavour to help the Indian audience explore the diverse and rich nature of ingredients and agricultural products from the European Union. The campaign aims to create a range of culinary experiences, bringing alive applications of European food and beverages in Indian kitchens, that promise to transport the audience to the picturesque and culturally rich landscape of the European Union.

Sustainability is a fundamental pillar of the European culinary industry. The EU Farm to Fork Strategy aims to make food systems fair, healthy, and environmentally friendly.

Playing on conscious eating trends such as 'trash treasuring' and 'leftover stretching', Zero Waste Kitchen: Where Sustainability Meets Flavour reinforced EU's commitment to safety, quality, authenticity, and sustainability of food and beverage products. Hosted by More Than Food Campaign Ambassador, Chef Guntas Sethi, the event took place at Juliette Ristorante and Bar, in Andheri West, Mumbai. It was a massive success, with



guests including key members from the media, influencers, importers, retailers, the HORECA community and friends and colleagues of the Chef from the industry.

Chef Sethi initiated the event by introducing the audience to the campaign, along with the EU quality schemes and values, with a special focus on sustainability. The event guided guests on a flavourful journey through a delightful 3-course meal. The menu featured dishes such as Shiitake Mushroom Arancini with Spicy Tomato Chutney and Chorizo Hash in the appetizers, Pesto-marinated Grilled Halloumi, and Prosciutto-wrapped Stuffed Chicken in the mains, followed by Dark Chocolate and Mandarin Mousse. All dishes showcased creative applications of sustainability using various food and beverage products from the EU.

Ingredients from various member states of the European Union were utilised to prepare the feast, such as fruits & vegetables from France and the Netherlands, cheese from Bulgaria and Poland, meat from Belgium and Spain, olive oil from Portugal and Greece, and chocolates and other baked goods from Germany and France. Additionally, several GI products were displayed, such as Parmigiano Reggiano, PDO from Italy, and Chania Kritis, PGI from Greece.

The luncheon was truly a conversation fuelled by great food, given its high level of interactivity. As the event concluded, the attendees expressed eagerness to taste more and learn further about European foods and beverages.



One thing that everyone constantly works for are Holidays! But what makes them 'Holi-Yays' is the experience that the resorts bring in; that 'Make Every Holiday Magical', the magic that just doesn't wear off, and remains in memories like souvenirs.

What goes into creating such holidays, and making guests return to relive and cherish those immensely memorable moments? Julian Ayers, Chief Resort Officer at Mahindra Holidays & Resorts India Limited, talks to Samyati on all the nitty gritty details of creating great holiday experiences.

FROM HOLIDAY TO HOLIYA

MOMENTOUS EXPERIENCES CURATED BY
CLUB MAHINDRA

A place where nostalgic moments are born

What are the cornerstones of any successful resort?

Having the right team is crucial in hospitality since we have numerous daily interactions and touchpoints with our members. It is the team that makes all the difference.

Who is the target audience for Club Mahindra? How has this changed over decades, and what new audiences are you targeting?

Club Mahindra is a family-centric holiday brand that places great emphasis on providing memorable experiences for families. It has been catering to families since its inception and has seen many children of its original members grow up and become members themselves, creating a legacy that spans across multiple generations.

What experiences do Club Mahindra resorts create? How have you been customising experiences for the new audiences?

We are constantly innovating and enhancing our offerings to provide our guests with the latest trends and classic favourites. With such a

1. Your favourite CM resort/s
This is like asking me to choose between my children, they all have something special that makes them unique.

2. Your favourite cuisine
Mediterranean/Levant Cuisine

3. Your favourite Indian food -
Just love milky Indian desserts. So Kheer, Rasmalai or Shahi Tukda are never passed over.

4. Your favourite music genre
Growing up in 60's & 70's Rock and Pop!

5. Your favourite holiday destination
Some place new, I want to try a new destination

6. 3 things that keep you going
Chocolate, Chocolate & Chocolate!

diverse age range, we strive to curate experiences that cater to all. Family-friendly experiences are especially popular, as we believe in creating opportunities for our members to bond and make lasting memories together. Our love for nature is evident, as we encourage our guests to join us in our organic gardens or take a trek through the forest. Learning a new skill is also a great way to enrich one's holiday, and we have a team of local experts who offer classes on pottery, weaving, and jewellery-making. For those looking for a bit of adventure, we offer soft adventure parks, archery, and the latest VR experiences.

Food has been a major part of Club Mahindra resorts with a sumptuous fare laid out for guests. How do you decide what goes into the menu?

Our menu cannot be standardised as we understand that one size does not fit all. Therefore, we curate our menus based on the location, availability of products, and restaurant style. Each of our resorts has a team of skilled chefs who work tirelessly to update our offerings. Our regional and corporate teams also provide support in this regard.

When we talk about food, we do have to keep food restrictions, intolerances, special needs of guests, etc. in mind. What are the special options available on the menu?

Our culinary teams are happy to cater to any special requirements our members may have. For instance, we offer special menus for Jain food, and we clearly indicate allergens such as seafood, nuts, and gluten on our menus. We strive to create balanced menus that cater to everyone's preferences and needs.

Since most of the resorts are far away from the city or the center, what other thoughtful facilities does Club Mahindra provide?

Several of our resorts are situated in remote locations, and therefore, we provide a wide range of on-site services. Apart from restaurants, most of our resorts have spas, laundry facilities, and travel desks to assist with local tours and transfers. Our Happy Hubs are the perfect place to enjoy a variety of activities and experiences suitable for all ages, ensuring that there is never a dull moment.

How does Club Mahindra enhance the cultural heritage of the place, in every resort?

India has so much cultural heritage to showcase. We partner with local groups to provide a host of cultural experiences, from village tours to temple treks, cultural dance shows to historical talks and readings. We encourage everyone to join in.

What skills should an aspiring hospitality



Julian Ayers, Chief Resort Officer at Mahindra Holidays & Resorts India Limited (MHRIL), joined in May 2022. Previously he was with Hyatt Hotels & Resorts as Regional Vice President looking after North India.

British-born, Julian's career has spanned more than thirty years across the globe, in locations as diverse as India, Oman, the Caribbean, Indonesia and the UK, and he has worked both with large hotel groups (Hyatt, Hilton and Intercontinental) as well as with boutique hotel groups like Alila Hotels & Resorts, Bespoke Hotels and Virgin Hotels.

Julian's eye for detail and hotel background brings fresh thinking to MHRIL's corporate team, where he oversees Club Mahindra's rapidly expanding portfolio in India and beyond.

A graduate of Suffolk College, he honed his skills at Gleneagles in Scotland before crossing the pond to Jamaica. Julian is now in Mumbai from Delhi with his wife, Suja, founder of Pala Designs, who creates small-batch artisanal clothing, and their two sons Ahan 25, a journalist, studying for his Master's in Columbia University, New York, and Ayush, 19 studying Computer Science at Durham, in the UK.

professional possess to join the Club Mahindra team?

Having the right personality is key, with a can-do attitude and love for the job.

The Head Conceives While the Heart Emotes From the Hands That Write To Weave Your Stories



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When the most discerning ones land on God's Own Country-Kerala, seeking unique experiences that travelogues are made of, Club Mahindra's Ashtamudi Resort is where all roads lead to. Welcome to one of the most charming holiday destinations in India.

CLUB MAHINDRA

Ashtamudi

A Perfect Place to RELAX REJUVENATE, & UNWIND

Resting along the banks of the beautiful Ashtamudi lake, the second largest backwaters in Kerala, this resort is a haven of comfort and relaxation. Living in the beautiful floating cottages tethered to the bank is like living on a luxury boat and being lulled to sleep or being gently woken by the lilting waves of a sea. The balcony sit-outs are perfect to watch the panoramic view of the lake and lake-life as the day gradually unfolds, culminating with a lovely sun set. The view of the long string of cottages that dot the lake-front in the foreground with the lushness of palm groves standing in a dense growth as a backdrop, is breath-taking.

This epitome of family holidays is just 90 kms away from Thiruvananthapuram Airport, and 140 kms from Kochi Airport. Kollam, the nearest railway station, is just 15 kms away.

The resort has an ingenious blend of classic Kerala-style architecture with contemporary features. Keeping up with the traditions, timber highlights the architectural splendour of this place through the accurate joinery, the delicate carving of woodwork and sloping roofs built to withstand heavy monsoons. Ancient characteristics or Kerala Vasthu have been used to enhance and protect the living space. The pool, the Svaastha spa, the amazing cuisine which has an added zing if you are a seafood lover, and the special Kathakali performances add to the unmatched experience at Ashtamudi.

All the rooms in the resort are well furnished and offer a splendid view of the backwaters. The air-conditioned

rooms offer the convenience and comfort of 24-hour hot water, tea/coffee maker, LCD television, safety locker and mini cooler. The aesthetics of the old marry the luxuries of the new at Club Mahindra Ashtamudi. Comfort and facilities are provided to ensure that families thrive, explore, experience, bond and simply have fun. Classic charm combines with sleek amenities to create a new kind of travel experience.

Club Mahindra Ashtamudi leaves the visitor with memories to cherish forever, and keep coming back to take some more. Here, a network of lakes, winding canals, and rivers come together and leave one mesmerised. Whether one decides to soak in God's artistry from their floating cottages or to take a quiet stroll along the palm groves on the banks, it's simply amazing.

All is not quiet here. There are loads of things to do. One can begin their day with a scrumptious breakfast at Ripples, a buffet restaurant within the resort. Head for a boat trip to spot dolphins and come back to treat the body and soul to Kerala Ayurvedic spa therapies at the in-house Svaastha Spa. A sumptuous lunch awaits at Finz - the floating restaurant, or one can even explore more delicacies at Spice, the resort's a-la-carte restaurant. The cottages are perfect for an afternoon nap, and once awake one can go paddle boating or for an excursion to Munroe Island. There are indoor and outdoor games at the HappyHub, the resort's activity centre.

The resort also has a travel desk, lawns, conference and banquet hall for events and celebrations, doctor on call, laundry service and wi-fi in common areas. How about planning a holiday with your family or a daycation, celebration or an event at Club Mahindra [Ashtamudi Resort](#)?





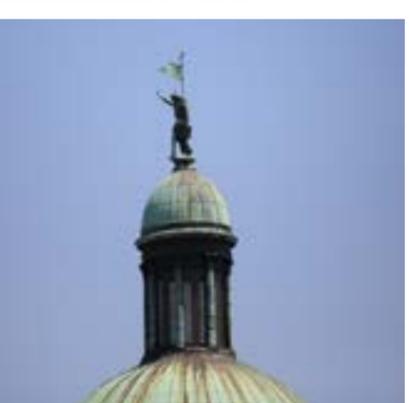
ITALY DISCOVER MORE

If you have trips and tours, art cities, unique scenery, opera, history, fashion, luxury brands, football, and of course great food, great wine, luxury cars, and fine jewellery in mind, then Italy is the destination for you.

Espressos, pizzas, pasta, gelato, tiramisu, Italian truffles, cannoli, risotto, there's so much one can indulge in.

Let these images lure you, entice you, give you a glimpse of Italy before you travel there.

Lake Como



“You may have the world if I may have Italy”
- Giuseppe Verdi - Italian opera composer.



“It’s not a real trip to Venice without a gondola ride”



A lunch cruise on Lake Como in Italy offers a wonderfully scenic and relaxing way to enjoy the beauty of the region while indulging in Italian culinary delights. Lake Como, known for its stunning landscapes, luxurious villas, and quaint lakeside villages, provides a perfect backdrop for a leisurely cruise.

Be it a vintage wooden boat or a more modern vessel, the ambience is usually one of understated elegance, fitting the exclusive feel of Lake Como.

A lunch cruise might last anywhere from 2 to 4 hours, giving you ample time to enjoy the meal and the views without feeling rushed. Do carry your camera, because you’ll have endless opportunities to capture stunning photographs. Whether it’s the play of light on the water, the grandeur of a lakeside villa, or a picturesque village, every moment can make for a perfect shot.

COMIC CON MUMBAI 2024

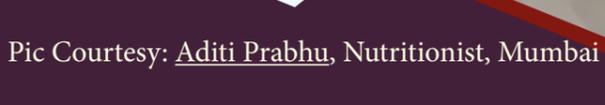
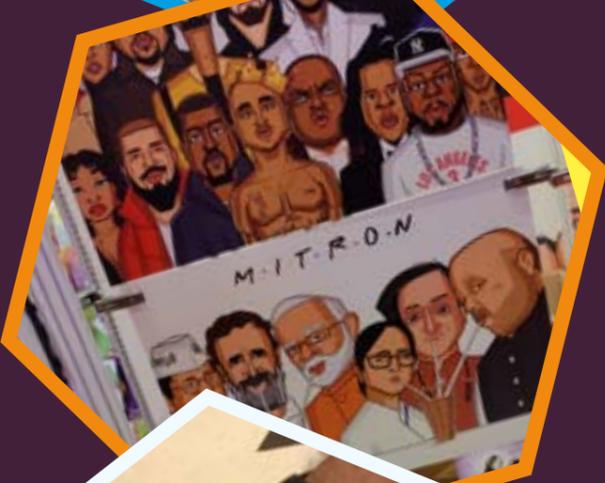
Keeping alive the child in you!

Comic Con India is the biggest celebration of pop culture on the subcontinent. With multiple shows held across India, attracting over 200K fans annually and an millions more digitally. It brings together a series of fandoms of various elements of pop culture ranging from comics, toys, merch, anime, cosplay, TV, movies, gaming & more.

Comic Con in Mumbai was held on 21st and 22nd April 2024, at Jio World Convention Centre, Mumbai.

The experiences comprised Maruti Suzuki Arena Fan Experience, with exciting activities and experiences, Crunchyroll, an exclusive anime experience, Penguin Random House India's comic book store, The Arena, with the biggest gaming experience in India, and unique experiences at Bandai Namco Zone.

The Cosplay let the visitors unleash the geek in them, and taking them beyond comic books., where they dressed as their favourite comic characters. Shopping, dance, DJ music, fun and entertainment - What more could the child in you want?



Pic Courtesy: [Aditi Prabhu](#), Nutritionist, Mumbai



Embark on a culinary journey to the heart of Japan with Sprig's exquisite sushi rice. Carefully cultivated and steeped in tradition, each grain carries the legacy of centuries-old craftsmanship. Versatile and rich in flavor, it transforms simple dishes into culinary delights, from traditional Onigiri to delicate Mochi. Crafted with a commitment to quality, Sprig' rice is Non-GMO and free from artificial additives, ensuring a healthy choice for vegans and vegetarians seeking authenticity in every bite. [Get your pack](#). It's grown locally, it's truly Indian!

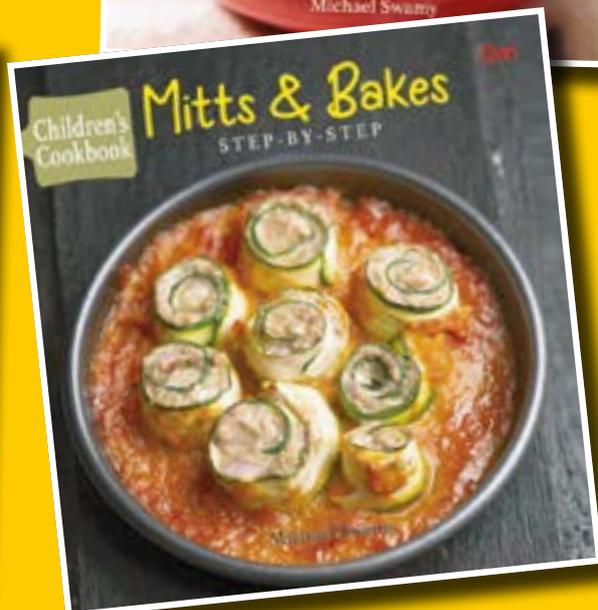
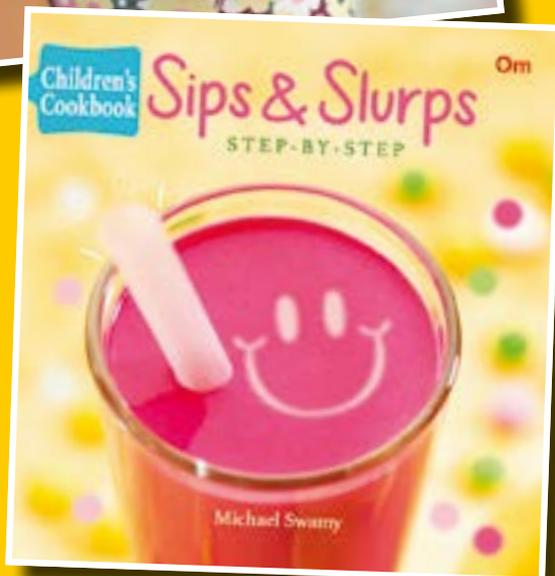
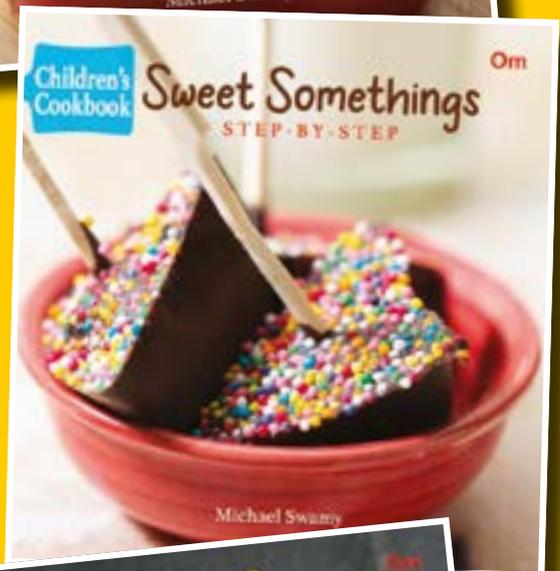
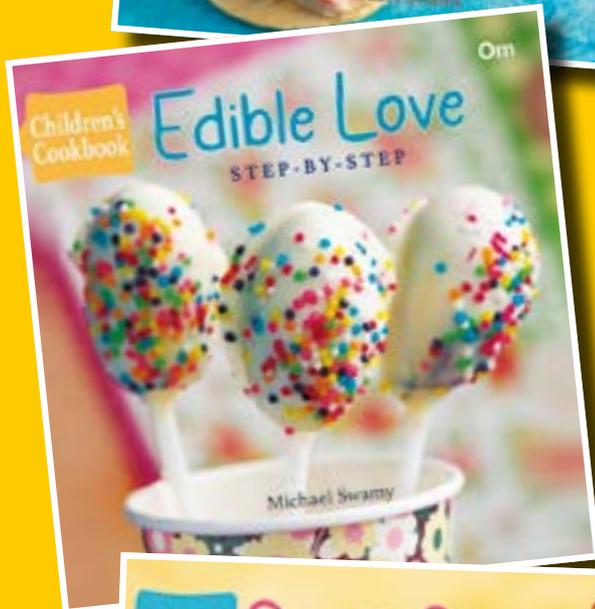
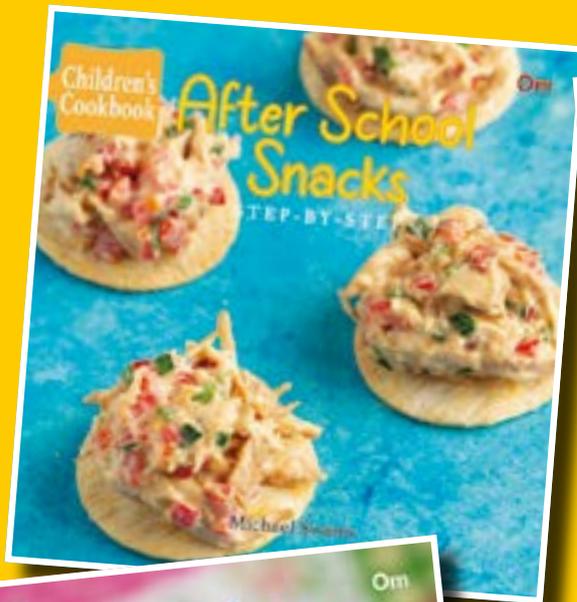
Handpicked by Samyati

Discover Cosmix Protein – the ultimate plant protein powder for a holistic lifestyle. Whether you are looking to build muscle, balance your hormones, or simply add more protein to your diet, Cosmix is for you. Crafted with rice and pea protein, enriched with adaptogens and superfoods, it nurtures your body's digestive needs. The best part? There are no added sugars or artificial sweeteners, making it perfect for your shakes, smoothies, and overnight oats. Elevate your wellness journey with a sip of Cosmix today! Available in 8 interesting flavours. Buy [Cosmix](#).



Do you crave for the fresh green peas and creamy paneer from winter, and does the humble yet delicious 'Matar Paneer' tempt your taste buds? When you can't find the best winter ingredients for your favourite curries, or are just too lazy to make curries from scratch, rely on Haldiram's ready curries. Choicest spices cooked in onion and tomato gravy, with zero preservative, this curry is your summer go-to product. Make a meal with rotis or rice. Also available Paneer Makhani, Palak Paneer, Rajma Masala, Paneer Tikka Masala, and more. Buy online at [Haldiram's Nagpur](#).

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