

# tthaaatU

TRIDHAATU®

Volume 1 | Issue 4

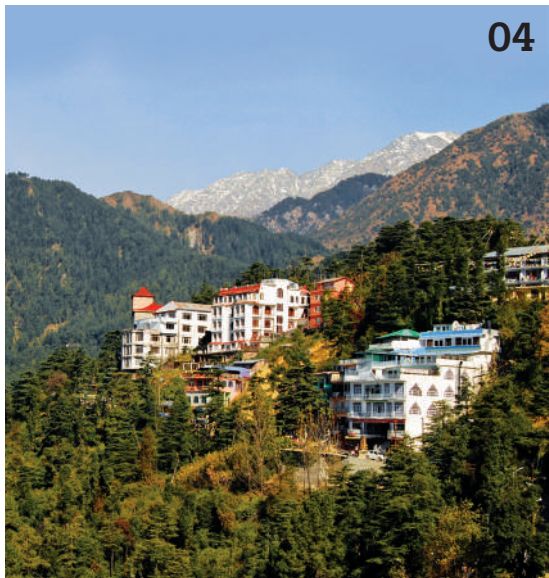


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Dear Reader,

Thank you for your constant support as we welcome you to the fourth issue of Tathaastu. The magazine brings to you an interesting roundup of stories and we hope you will appreciate it as much as you did in the earlier issues.

We know how difficult it is to save your hard-earned money. But now it is possible to save a substantial amount of your tax money on your long-term capital gains with Cost Inflation Index (CII). We analyse and suggest ways with which you save income tax in real estate.

Lose yourself in the natural beauty with the city of Mcleodganj in Himachal Pradesh. Filled with colourful monasteries and temples, it is also known as the 'Little Lhasa' where the Buddhist guru the 14th Dalai Lama took shelter after his exile from Tibet. India is a melting pot of art and craft, its handicrafts famous all over the world. In this issue, we talk about the ancient traditional craft of Khatamband from the Kashmir Valley. This unique art form of adorning ceilings with carved wood is a geometrical genius. In our Special section, we trace the postal stamps released by the Government of India over the years to honour women.

We always support the efforts done by organisations to make India a better place. Continuing the trend, we bring to you Lakshya Foundation, an NGO working towards nurturing the budding sports talent of the country. Lakshya carries out talent hunt search in various states and picks up the potential talent and prepares them to represent India on the global platform. Also read about the relishing Awadhi food affair which is famous for its kebabs and *dum* style cooking.

Get in sync with some musical notes and know how it can help you become a better management expert. Also get to know more about latest product launches, DIY tips to make your room livelier with portrait wall clocks along with automobile, book and restaurant reviews.

We look forward to your comments and suggestions.

Happy monsoon.



**TRIDHAATU CORE TEAM**  
(From left) Yashodhan Sandu, Krishnan Muthukumar,  
Dhananjay Sandu and Pritam Chivukula

**In our Special section,  
we trace the postal  
stamps released by  
the Government of  
India over the years to  
honour women**

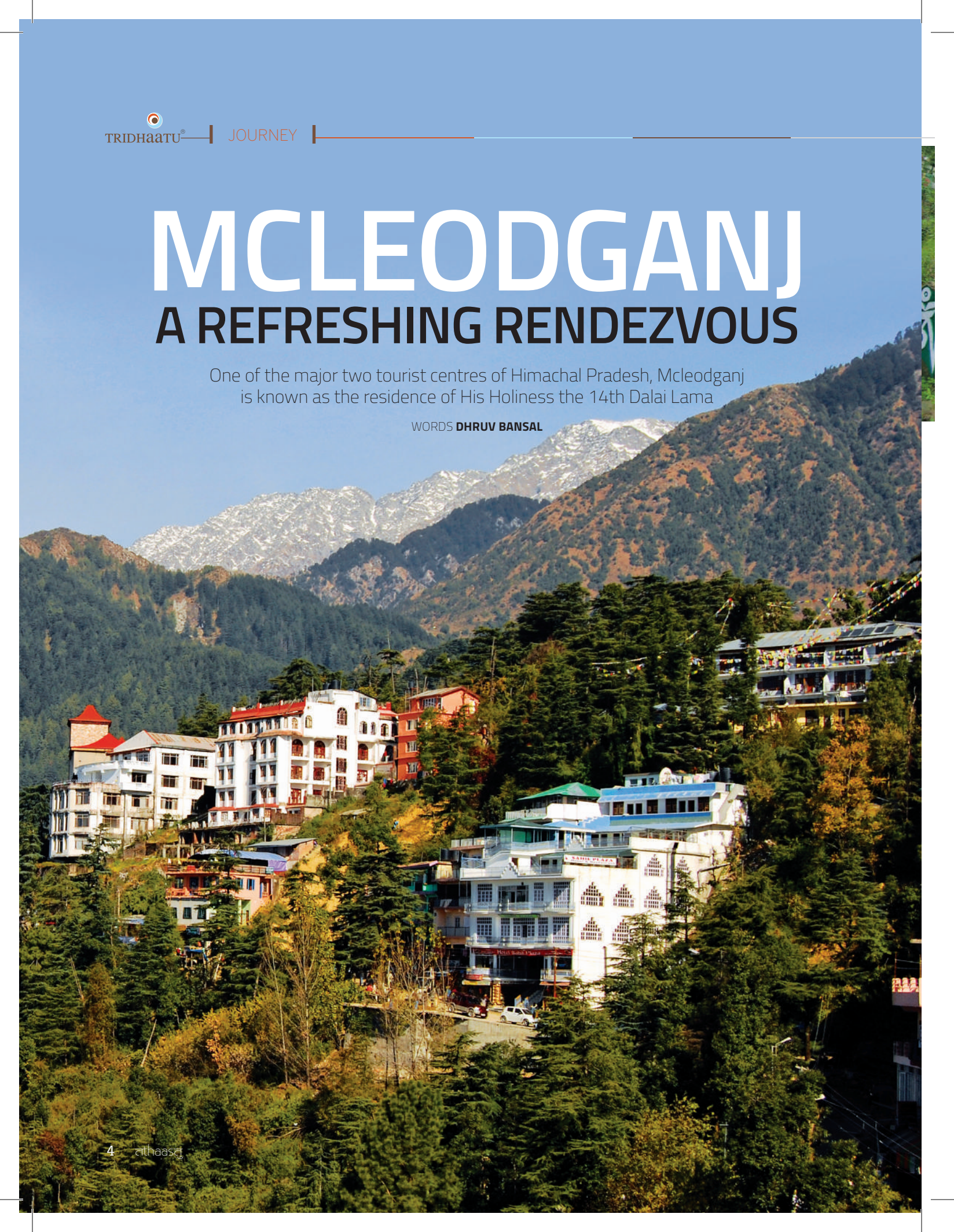


# MCLEODGANJ

## A REFRESHING RENDEZVOUS

One of the major two tourist centres of Himachal Pradesh, McLeodganj is known as the residence of His Holiness the 14th Dalai Lama

WORDS **DHRUV BANSAL**







(Left) Tibetan sculptures; (right) Tsuglagkhang complex; (below) Tibet Museum

Spread across the wooded ridges, beneath the stark rock faces of the Dhauladhar Range, Mcleodganj is a quaint town with colourful monasteries and nunneries. Located 4km north from the beautiful city of Dharamsala, it is named as the 'Little Lhasa' where the Buddhist guru, the 14th Dalai Lama took shelter after his exile from Tibet. Every year, people reach here to volunteer with the Tibetan community, practise Buddhism, yoga or trek in the lofty and beautiful mountains.

Named after Donald Mcleod in 1850s, the then Lieutenant-Governor of the state of Punjab, the city started bustling as a civilian settlement outside the British cantonment of Dharamsala. Devastated in 1905 by an earthquake, the town came back to life again in 1960 when The Dalai Lama established his base here. Since then, Mcleodganj has become a vibrant centre of Tibetan culture and Buddhism with an interesting mix of travellers, volunteers, maroon-robed monks and nuns.

The architecture of the monasteries and temples catches the eye of the beholder. Located in the southwest corner of the town is

**With elegant paintings adorning the walls and resonating soothing prayer hymns, Tsuglagkhang complex is the premier attraction for visitors in Mcleodganj**

the Tsuglagkhang complex. It is the premier attraction for visitors to Mcleodganj as well as a pilgrimage site for Tibetan exiles as it is the holy abode of the His Holiness the 14th Dalai Lama. With elegant paintings adorning the walls and resonating soothing prayer hymns, tranquility is not too far away. If you are one of the lucky ones, you may even receive the blessings of The Dalai Lama if he is visiting.

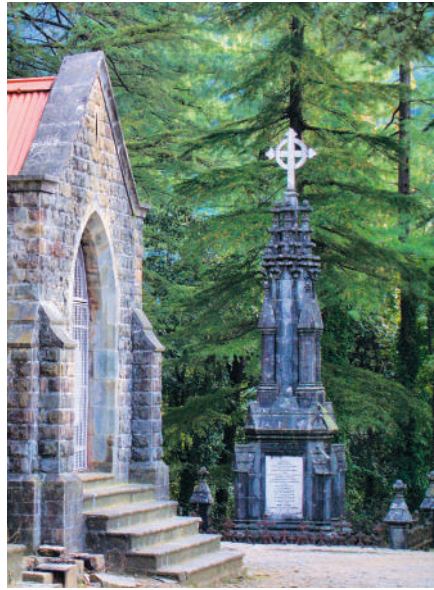
Inside the complex is the Tibet Museum which displays important







Anglican church of St. John's in the Wilderness



#### HOW TO REACH

- **By Rail**  
Nearest railway station is Pathankot (60 km)
- **By Air**  
Nearest airport is Gaggal airport (20 km)
- **By Road**  
Mcleodganj is 10-11 hours drive from Delhi (493 km)

collections of Tibetan art and culture. You can take a closer look at some dramatic photos of the Tibetans, mostly in their 20s, here.

The Bhagsung Temple, around half hour walk from the main market, is yet another tourist attraction.

Located on a steep hillside in the Dhauladhar ranges is the Tse Chokling Monastery. It is one of the most frequently visited places in Mcleodganj and was built in 1987 to replicate the original Dip Tse

Chokling Gompa in Tibet which was destroyed during the Cultural Revolution. The prayer hall enshrines a statue of sage Sakyamuni in a magnificent jewelled head-dress.

If literature is your calling, then a visit to the Tibetan Library is a must. Mcleodganj boasts of the most extensive library in the world on Tibetan history, religion and culture.

While in Mcleodganj, another place worth visiting is the Anglican Church of St John's in the

Wilderness. It is the only structure that remained untouched in the 1905 earthquake. Made of stone, the church has a Gothic appearance with its interior and exterior walls made of exposed stones whose forbidding appearance is reduced by fine Belgian stained glass windows which is one of its unique features.

Visit Mcleodganj beginning June to opt for adventure activities, view lush green surroundings and to experience its magnificent history. ▲



# THE TASTE OF AWADH

Think Awadhi and you think of melt-in-the-mouth kebabs, full-bodied kormas and shahi tukdas. The Awadhi *dastarkhwan* (dining spread) is indeed luxurious as most Awadhi cuisine pertains to Lucknow, the city of nawabs

WORDS **AARTI KAPUR SINGH**

**A**wadhi cuisine is a melting pot of many techniques and has drawn a considerable amount of influence from Mughals. The dishes employ *dum* style of cooking over slow fire that has become synonymous with Lucknow. Awadhi food uses a handful of uncommon spices that slow fire cooking lets the solid parts of the vegetables or meats absorb.

Fish, red meat, vegetables and cottage cheese may be marinated in curd and spices to soften the taste and texture. They are often cooked on *tawa* (flat iron griddle) as opposed to Mughlai influence. In fact, this is the unique difference between Awadhi and Mughlai kebabs. While the former is usually cooked on a *tawa*, the latter is grilled in a *tandoor*.







**Chefs transformed the traditional dastarkhwan**

with elaborate dishes like kebabs, nahari-kulchas, zarda, sheermal, roomali rotis and parathas



(Clockwise from top left) Kebab, nihari and Ramzaan spread

So particular are the Awadhis about proper cooking techniques that food production have a method to it – with a hierarchical order to the people who cook food. The *bawarchis* cook food in large quantities. The *rakabdars* (gourmet cooks) cook in small gourmet quantities. Rakabdars also specialise in the garnishing and presentation of dishes. The *nanfus* (bread cooks) make a variety of breads (chapattis, naans, sheermals, kulchas and taftans). Normally, one cook does not prepare the entire meal. There are specialists for different dishes and also a variety of helpers like the *masalchis* who grind the masala and the *mehris* who carry the *khwan* (tray) to the *dastarkhwan*.

**PLATTER OF UNIQUE FLAVOURS**

The richness of Awadhi cuisine lies not only in its variety but also its ingredients. The chefs transformed the traditional *dastarkhwan* with elaborate dishes like kebabs, *kormas*,







Awadhi thali

*kaliya, nahari-kulchas, sheermal, roomali rotis and parathas.* The Awadhi *dastarkhwan* would not be complete without *korma* (braised meat in gravy), *saalan* (gravy dish of meat/ vegetable), *keema* (minced meat), kebabs (pounded meat fried or roasted), lamb, *pasinda* (fried slivers of tender meat), rice, variety of breads and extensive dessert menu (including *sheer brunj* (sweet rice dish boiled in milk) and *firni* (a sweet dish of thickened milk, dried fruit and ground rice).

The menu changes with the seasons and the festival that marks the month. The severity of winter is fought with rich food. *Paaye* (trotters) are cooked overnight over slow fire and the *shorba* (thick gravy) are eaten with naans. With the advent of winter, birds like partridges and quails are preferred. Spring is celebrated with crispy snacks, *phulkis* (besan pakoras in saalan), *puri-kebabs* and *birahis* (paranthas stuffed with mashed dal), *khandoi* (steamed balls of dal in saalan) and colocasia-leaf cutlets served with *saalan* add variety.

Activity in the kitchen increases with the approach of festivals. During Ramzaan, the month of fasting, the cooks and women of the house are busy throughout the day preparing the *iftari* (meal eaten at the end of the day's fast) not only for the family but for friends and the poor. Eid is celebrated with varieties of *sewaiyan* (vermicelli). *Shab-e-baraat* is looked forward to for its *halwas*, particularly ones made with semolina and gram flour. *Khichra* or *haleem*, a mixture of pulses, wheat and meat, cooked together, is consumed during Muharram since it signifies a sad state of mind.

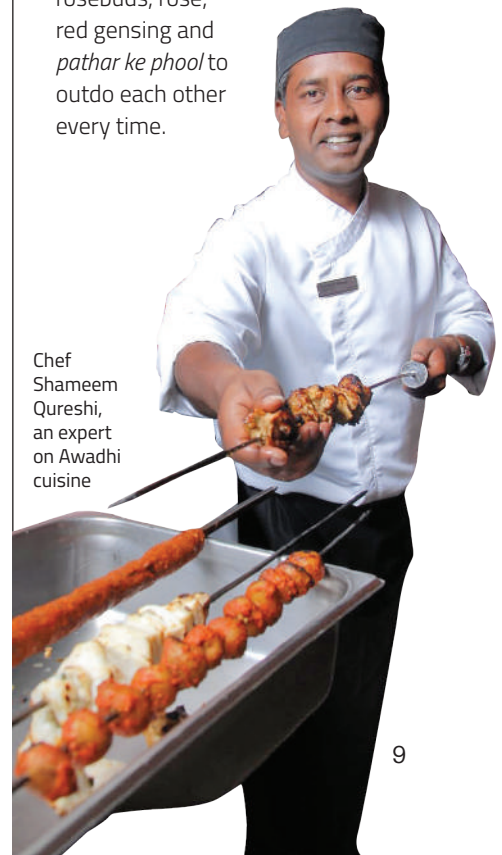
### THE LURE OF CHAAT

Any talk of Awadhi cuisine is incomplete without mention of *chaat*. *Chaat* and *samosa*, originated in Uttar Pradesh, are now popular globally. The *chaat* is a mixture of potato pieces, gram or chickpeas and tangy-salty spices, with sour homemade Indian chilli and *saunth* (dried ginger and tamarind sauce), fresh green coriander leaves and yogurt for garnish. ▲

### AWADHI FOOD WAS ALL ABOUT DRAMA AND COMPETITION

A lot of innovation happened during the reign of Nawab Asad-ud-Daula. By the time Asad came to power, the British had taken over the complete reigns of the kingdom, leaving him to concentrate on evolving Awadhi cuisine. Dishes like *parinda poori* (live bird inside a *poori*), *patili kebab*, *moti palao* and the *arbi ka saalan* were invented during this period. The nawab was so fond of kebabs that he had specialised *rakabdars* to create a new dish every day. Even the vegetarian kebabs made of *arbi*, jackfruit and bottlegourd had to taste different. Innovation became the key to survival for *rakabdars* as they devised newer ways of slow cooking, smoke flavouring and of course, using exotic ingredients like sandalwood, juniper berries, rosebuds, rose, red gensing and *pathar ke phool* to outdo each other every time.

Chef Shameem Qureshi, an expert on Awadhi cuisine





# PROPERTY GAINS THROUGH COST INFLATION INDEX

Tax and investment consultant **Subhash Lakhotia** offers advice on how to save Income Tax in real estate

It is possible to save substantial amount of income tax on your long-term capital gains arising out of selling your immovable property if you take advantage of the Cost Inflation Index (CII) concept which, however, is applicable only

in respect of long-term capital gains. Only when you hold your property for more than 36 months and then if you sell it, the profit so derived is known as long-term capital gain which you can save by resorting to the theme of CII.





The long term capital gains for all types of assets including long-term property gains for all assessee would be computed in the following manner:

1. Cost of acquisition of the asset, movable or immovable, is to be multiplied by the CII of that year in which the asset is transferred, and the resulting figure divided by the CII for the year in which the asset was acquired. If however, the asset was purchased before April 1, 1981, the CII for the purpose of acquisition is to be taken as the one on April 1, 1981.

2. Any cost incurred on the improvement of an asset is to be similarly adjusted with the help of the CII ie by multiplying the cost of improvement by the CII of the year in which the asset is transferred, and be divided by the cost inflation index for the year in which the improvement to the asset was done.

The Government has notified the CII for various financial years from 1981-82 to 2014-2015. The table of CII for different financial years is as under :-

For financial year 2014-2015 relevant to AY 2015-2016, the net capital gain tax payable by an assessee in respect of long-term capital gains is calculated on the basis of the above CII. It may also be remembered that the benefit of CII is not available for short-term capital gains or losses. Thus, selling property (land, house, flat, etc.) within a period of less than three years from the date of its purchases is treated as a short-term capital gain or loss in respect of gain from property. Thus, the above CII will be of no use to a person deriving either a short-term capital gain or loss. So, too, the benefit

Financial Year	Cost Inflation Index	Financial Year	Cost Inflation Index
1981-1982	100	1998-1999	351
1982-1983	109	1999-2000	389
1983-1984	116	2000-2001	406
1984-1985	125	2001-2002	426
1985-1986	133	2002-2003	447
1986-1987	140	2003-2004	463
1987-1988	150	2004-2005	480
1988-1989	161	2005-2006	497
1989-1990	172	2006-2007	519
1990-1991	182	2007-2008	551
1991-1992	199	2008-2009	582
1992-1993	223	2009-2010	632
1993-1994	244	2010-2011	711
1994-1995	259	2011-2012	785
1995-1996	281	2012-2013	852
1996-1997	305	2013-2014	939
1997-1998	331	2014-2015	1024

**It is now possible to save income tax on your long-term capital gains arising out of selling your immovable property**





**Illustration No.1**



Shyam purchased property for ₹10,00,000 in 1981. He sold it in 2014-2015 for ₹38,00,000. The long-term capital gain would be calculated as under:

COST OF ACQUISITION FOR THE PURPOSE OF CAPITAL GAINS



COST OF ACQUISITION X COST INFLATION INDEX OF THE YEAR OF TRANSFER



COST OF INFLATION INDEX OF THE YEAR IN WHICH PURCHASED



10,00,000 X 1024/100 = ₹1,02,40,000



IN THIS CASE, THE SELLING PRICE IS LOWER THAN THE COST OF ACQUISITION AS COMPUTED WITH REFERENCE TO CII [₹1,02,40,000]

Hence, there will be no capital gains tax payable. Rather, there will be a long-term capital loss to the tune of ₹64,40,000 which can be carried forward for adjustment against Shyam's total long-term capital gains.

**For the assessment year 2015-2016, the tax on long-term capital gains**

payable is 20 per cent. Thus, tax payment in respect of long-term capital gains is much lower now

of the cost inflation index is not available to non-resident Indians.

Apart from the adjustments arising from CII, various expenses incurred on improvements to the asset and on transfer of the asset. For example, stamp duty, legal

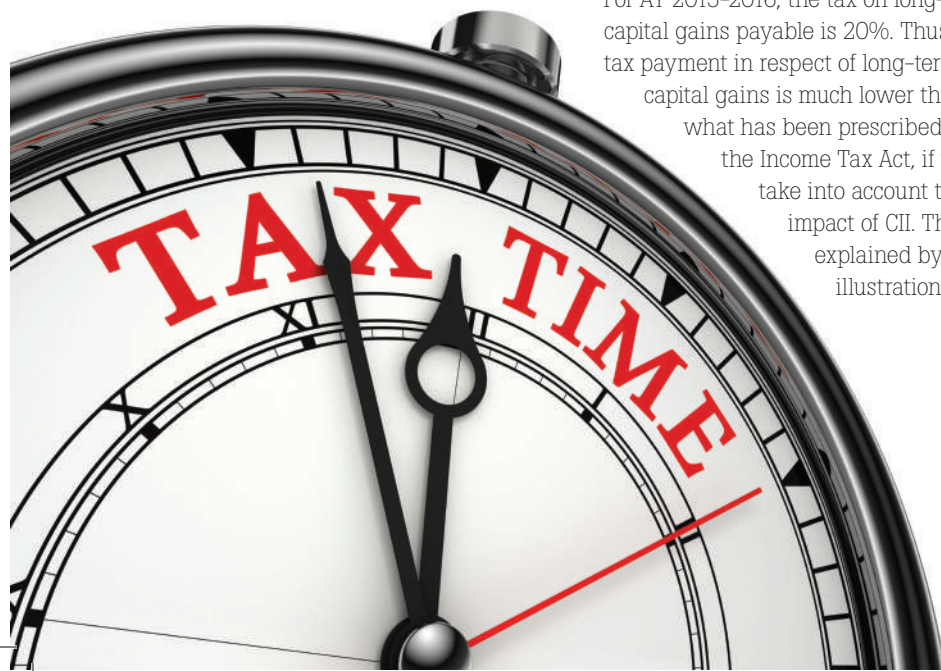
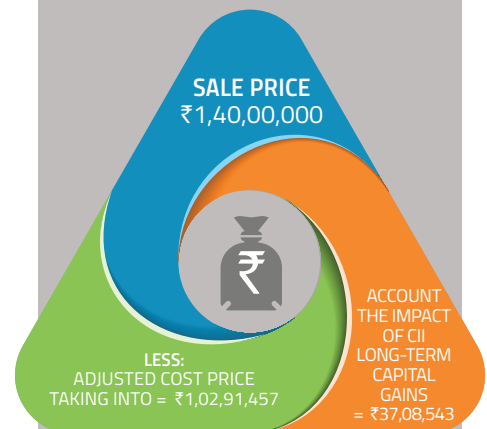
fees payment of brokerage etc are deductible from the full value of the sale consideration. It is the net resultant figure which will be treated as a long-term capital gain or loss chargeable to Income Tax in terms of Section 112 of the Income Tax Act.

For AY 2015-2016, the tax on long-term capital gains payable is 20%. Thus, tax payment in respect of long-term capital gains is much lower than what has been prescribed by the Income Tax Act, if we take into account the impact of CII. This is explained by the illustrations. ▲

**Illustration No.2**

Anurag purchased a flat for ₹20 lakh during 1991-92 and sold it for Rs 1,40,00,000 lakhs on 01-07-2014. Normally, the capital gains should have been ₹1,20,00,000 lakh but in view of adjustments on account of CII, capital gains calculated as under: 20,00,000 x 1024/199 = ₹1,02,91,457 CII for 1991-92 = 199

Thus, in this case, the long-term capital gains would be calculated as under:







# MUSICAL NOTES

**Tathaastu** picks up musical techniques which teach principles of good management

WORDS **NISHANT VASHISHTHA**



**M**usic is a common language all across the globe. No word can fall short if defined in a musical fashion. With varied forms and genres, music possesses the power to unite the world in the common notes of harmony. Apart from the solace, inspiration, passion, relaxation, unity, music teaches us amazing management lessons too.

### TEAM BUILDING

Together we stand, divided we fall. One of the most crucial elements of management remains working in teams and progressing together. In context of music, we listen to songs with multiple instruments. Imagine in an orchestral fashion, one instrument going out of tune soils the essence of whole music. As musicians/instrument players, each member works in synchronisation with other as a perfectly knitted team inculcating a forever lesson of team work and progressing together.

### UNDERSTANDING CUSTOMER BEHAVIOUR

We have noticed the music taking leaps from different genres from time to time. While rock, blue and jazz will roll the show today, we see a pop era tomorrow and might be country music day after. All the music listeners are the target audience for the musicians. A music composer will have his research and development done as per the taste of his target audience which will include past patterns and current inclinations. Like in entrepreneurial startups that believe in taking the road less travelled and make difference through cutting edge innovations and taking market risks, musicians or music composers follow the same route in musical fashion. This remains a key element for musicians to understand their customer/audience behaviour making them well-versed in this critical management function.



Sitar maestro Late Pt. Ravi Shankar during a concert with daughter Anoushka Shankar

**A music composer will always do his research and development on the basis of the taste of his target audience**







(Clockwise from left) Musicians at a live concert, Rakesh Chaurasia, Eric Fraser(flute player from New York) and legendary flute player Pt. Hari Prasad Chaurasia



## COMMUNICATION SKILLS

Any musician, aspiring or established, communicates primarily with his tunes, rhythms, beats and compositions, however, possessing good communication skills remains a key factor to gain further glory and reputation management among his audience. Be it a guitarist playing in a room handful of audience or an established artist performing for a stadium packed of madness or during an interview or communicating with the target audience through video platforms like youtube, it remains an added advantage for a music performer to possess great communication skill. And with exposure, this skill is harnessed too, like in management.

## DISCIPLINE

No art can be mastered without discipline. While learning an instrument like guitar, flute or training the vocals, discipline is the path towards perfection. A music enthusiast learns an important lesson of management and life that having discipline as a key to perfection. Dedicated practice hours, practising what is required even if challenging and uninteresting initially, making



**A music enthusiast learns an important lesson of management and life that having discipline as a key to perfection**

deadline and timetable for different milestones to achieve reflects the essence of a smart manager.

## SETTING GOALS

Like a management essential, music teaches and helps in setting the goals within deadline frame to achieve. Be it the motivational power of inspiring

lyrics that can drive the brain towards actions or as a musician, goal setting like learning a skill/instrument, reaching to desired amount of target audience, performing in a long awaited platforms etc. setting goals remain an essential part and learning for both music enthusiasts and managers. ▲



# CELEBRATING WOMANHOOD

We trace the postal stamps released by Department of Posts, India over the years to honour women

WORDS SUPRIYA AGGARWAL

**C**elebrated every year to focus on the achievements and contributions of the women in society, International Women's Day has special significance all over the world. Its roots lie in the early 1900s when oppression and inequality led women to become vocal and active in campaigning for change. The celebration of this event varies from region to region. It is celebrated to provide respect to the entire women fraternity, appreciate them and to express

love for them. In India, women have always been honoured and respected. We are fortunate to have many legendary women like Mother Teresa, Sarojini Naidu, Indira Gandhi, Rani Lakshmi Bai, Kalpana Chawla and many more. Since 1957, the Departments of Posts, India, has brought out a number of special stamps to commemorate women from different spheres of life. Here are few of the many stamps issued by the department.



**(Honouring the Nightingale - 1964)**

Sarojini Naidu has been instrumental in India's freedom struggle with her poems and is also known as the 'Nightingale of India'. This stamp was released to mark her birth anniversary on February 13.



**(Centenary of First Freedom Struggle- 1957)**

This stamp was released on August 15 to mark the 100 years of first war of the Indian freedom struggle. It shows the great woman warrior Rani Lakshmi Bai on her horse marching towards the enemies.

**(Women in Aviation - 1998)**

This stamp portrays the achievement of Indian women and their presence in the world of aviation. It also signifies that sky is the limit for Indian women.



**(International Women's Year - 1975)**

The year was declared as the International Women's Year by the United Nations. This day also marked the celebration of Women's Day across the world every year.





**(Mighty Mother - 1999)**

Jijabai, mother of the great warrior Shivaji, paved her way from the pages of history to this stamp. It portrays child Shivaji sitting in her mother's lap, giving a beautiful message of motherhood.



**(Crusader of World Peace - 1985)**

A year after India's first woman Prime Minister Indira Gandhi passed away, philately celebrated her indomitable spirit with this stamp which shows her at the United Nations talking about world peace.



**(Brides of India - 1980)**

Indian brides are known for their beauty and colourful attire. This stamp celebrates the beauty of a Bengali bride.

Since 1957, the Departments of Posts, India, has brought out a number of special stamps to commemorate women from different spheres of life



**(Immortalising Art - 1987)**

Rukmini Devi is considered as the most important revivalist of Bharatnatyam and is among the 100 people who shaped India. This stamp was released to mark the first death anniversary of this legendary dance exponent.



**(Legendary Heroines - 2011)**

The leading ladies of the Indian cinema from yesteryear dominate these stamps. Right from the first lady of Bollywood, Devika Rani to the tragedy queen, Meena Kumari.



**(Women's Day - 2007)**

This artwork was released to commemorate the spirit of womanhood on the occasion of the International Women's Day.



# TURNING DREAMS INTO REALITY

The Lakshya Foundation, set up by the six sports enthusiasts from Pune, is all about encouraging and helping the sports talents across the country

WORDS **KAMYA KANDHARI**



Lakshya Foundation team members with cricketer Irfan Pathan

India has always given an unbeatable talent to the world across the different segments of life. But there are many of those talented groups who go unnoticed in this huge nation. Talking about sports enthusiasts, India possesses a large number of underutilised potential in this field. Few have not been identified and rest were perhaps not trained well enough to stand up for their goals and aspirations. To serve all that and more, the concept of Lakshya

Foundation was evolved. It is an NGO, that took off in 2009, to nurture the budding talent of the country in sports, provide them with all possible support to enhance their performance, create awareness among people and most importantly, to see Indian representatives shining in the global arena.

Lakshya Foundation is the brainchild of Swastik Sirsikar, Manish Jain, Vishal Chordia, Sunder Iyer, Manish Mehta and Abhijit Kunte. On one good

day, Sirsikar and his friends, all with sports background, during a casual meet over coffee, started discussing about the major hurdles coming up in the way of any sports enthusiast, be it the dearth of encouragement to pursue sports as full-time career, lack of funding, quality training or any other reason, perhaps forcing youngsters to quit playing. This conversation eventually ignited a spark in them to start such an organisation to cater every such need of aspiring sportspersons.



Initially, Lakshya invited experienced sportsmen, coaches and fitness experts to conduct research to find out in which sport could Indians excel if trained professionally. The study suggested that any sport which required fast reflexes and greater hand to eye coordination are best suited. Keeping this in mind, the foundation stated focussing on chess, shooting, tennis, badminton and boxing.

Lakshya has developed an inclusive model to carry out its operations. They have introduced the concept of 'chapters' and 'verticals' to manage the foundation activities wherein 'chapters' include the different cities where Lakshya operates and 'verticals' are about the games that the NGO supports. So, every chapter has its own verticals.

**Apart from providing world-class training, Lakshya also looks after the mental fitness and dietary requirements of players**



Young players learning chess from their coach

Further, there are also different 'causes' marked under every vertical which highlight the means adopted to promote the particular sport. This involves activities like talent identification process, social networking, organising sports conclave and others wherein the 'talent identification' is the most crucial among all to do justice to their support system.

Sirsikar informs that Lakshya apart from providing the world-class training to the sporting talent of the country also looks after the physical fitness, mental toughness,

diet requirements and injury management of the players. The NGO ensures they get the required international exposure while giving them all financial support to buy quality equipment of international standards. Thus, giving a player all that he/she desires to have!

Lakshay Foundation is about how someone looks at things and move out of the shells to do something concrete for the nation. Sirsikar and his friends have played their part. How about each citizen starts thinking in the same direction! ▲



(From left) Tennis player Sania Mirza with Prarthana Thombare, boxer Pooja Rani and young tennis player Siddhant Banthia





# WALNUT WOOD ART

Khatamband is Kashmir's traditional craft of adorning ceilings with wood. A geometrical genius, it is now traversing boundaries to reach newer domains

WORDS SUPRIYA AGGARWAL





**K**ashmiri culture is a unique intermingling of many traditions. Right from the age of Buddha to the mighty Mughal Empire, everyone brought with them their own cultures, cuisines, art and crafts. But it was Mughals who influenced the way of living of the valley. They brought with them papier mache, chain stitching and many new forms of woodcarving. To Kashmir, they gave one of their most exquisite art forms, the Khatamband. After the Mughals left the valley in 1753 AD, the Kashmiri made this craft a means of their living.

**The uniqueness of Khatamband is that when the ceiling is complete, it acquires an eccentric pattern**

Khatamband refers to the carvings of relief patterns on the room ceilings. The relief is made from thin panels of pine wood and cut into different floral and geometrical designs. The uniqueness of this art is that when the ceiling is complete, it acquires an eccentric pattern. With fewer or no nails used at all, the Khatamband ceiling can easily be dissembled and re-assembled at another place. This craft finds expression in the famous shrine of Khwaja Naqshband, near the Jama Masjid of Srinagar.

In Kashmir, walnut wood is majorly used for Khatamband. Commonly called *akhrot* in India, walnut is known as *dunn* in Kashmiri. The wood, therefore, is called *dunn lakdha*. Walnut wood is sturdy and lasts long. At the same time, it is soft enough to be carved into



(Top) An artist carving floral patterns (above) a room with Khatamband ceiling

objects. Although there are no clear indications as to when it became popular with the Kashmiri craftsmen, there are references to walnut wood panels in exhibitions held in London, in the early 20th century. Most craftsmen say the tradition of walnut woodcarving in Kashmir was started by expert carvers brought from Iran by a saint called Shah-i-Hamdaan.

Khatamband got popular in Kashmir because of its beauty and insulation. As it is entirely

made of wood, it preserves warm internal temperatures during the harsh winter season of the valley. During the mid-90s, this art form saw a decline because of its expensive preposition but the recent times brought some light to this ancient heritage of our country. Earlier, Khatamband used to be domain of shrines, palaces, houseboats and royal houses, but now every other person wants it for their house and has become the most preferred design of art connoisseurs for their dwellings. ▲



# THE MUSICAL MYSTIQUE

Kailash Kher, the man who made Sufi music a trend, has been ruling the hearts of millions in India and abroad. He talks about his music, son Kabir and life so far

WORDS RAJANY PRADHAN



**T**his Allah ka Banda, won many hearts with his maiden album, *Teri Deewani*, leaving the audience enchanted with his songs. The album topped the charts and also marked his entry to the Bollywood music industry. Kailash Kher is a simple man, who believes in divinity, the power of music and has a deep spiritual connect. His rustic voice gives soul to the lyrics and enhances the music. He also judged the famous musical competition, Sa Re Ga Ma Pa little champs.

**When did you find your musical calling?**

I could not recall a time when I was not singing. Music came to naturally as a kid. During childhood, I would sing the mystical poetry of Sant Kabeer, Bulleh Shah, Amir Khusro and people used to get amazed.

**Apart from music, what makes you instantly happy?**

My son, Kabir, is my little bundle of joy. Whenever I am not working, I try to spend as much time as I can with him. I also organise cricket matches for singers which give time to enjoy on the ground.

**You are one of the multitasking musician of our country: you sing, write poetry and compose at the**





**Spirituality to me is about being honest, sincere, sensitive and kind towards everyone. It's about being human above everything else**

**same time. So what is that you enjoy doing the most?**

Singing to a live audience gives me an adrenaline rush and I truly enjoy those moments on the stage. However, everything is connected. Only when there is good poetry and brilliant music, does the audience appreciate a song and the singer enjoys performing.

**What is your inspiration for poetry?**

Whenever I write, I close all the doors of my mind and simply write with free will. I feel what I write and I flow with it just like a river.

**All the songs which you have written have a deep spiritual connect. What is spirituality to you?**

Spirituality to me is about being honest, sincere, sensitive and kind towards everyone. It's about being human above everything else.

**If not a musician, what you would have been?**

I wouldn't have existed at all. I cannot imagine myself without music.



**Do you believe that struggle is important before tasting success?**

I truly believe so as struggle prepares one to face all challenges head-on and not get defeated by small blows of life. Without hardships if one tastes success that person might fail to retain it in the long run.

**The happiest moment of your life...**

When I saw my son Kabir taking birth, I was really overwhelmed. That was the moment when I felt that God is within me. I felt the mysticism and beauty of the creation of the God.

**How do you spend your day when you are not working?**

Though, it is very rare situation but when I am not working then all my time is for my family. For the past decade, it is only unlimited work.

**What do you think about the current phase of Bollywood music?**

It is a very good time for Bollywood music as people are experimenting and the audiences are readily accepting it. There are so many new voices and new musicians. They do not need to follow trends and let their creativity flow. ▲





# REJUVENATE YOURSELF WITH STARS

Zodiac signs are not just for foretelling; now you have the privilege to choose a calming spa ritual specially customised according to your zodiac. Started sometime back as an experiment, "zodiac spa" has now become a trend

WORDS **SUPRIYA AGGARWAL**







**S**o you are a Cancerian with aching muscles or a Libran with stress-related disorders or perhaps a Scorpio with joint pain. A one-of-a-kind zodiac spa treatment is just the thing you are looking for, a blend of astrology and beauty to give you a tranquil experience and heal simultaneously.

In our country, many rely on astrological calculations and horoscopes to start something new and to take important life decisions. So for all the Linda Goodman fans, there is an interesting mix of spa therapies that have hit the world of wellness based on your zodiac. What could be more exclusive than a spa treatment designed and customised specifically keeping your sun sign in mind?

"According to Ayurveda, the position of the stars and movements of the planets also affects our bodies. Whatever happens on earth, the events, calamities and various other

changes that takes place are co-related to the celestial bodies and all this, in turn, affects the human body too. To evade from this negative energy that we receive due to the planetary positions, it's believed that if we stay in a place that matches your zodiac sign, positive energy is released and will help in the result of the therapies being increased manyfold," shares Gita Ramesh, joint managing director, Kairali Ayurvedic Group.

**Every zodiac sign has a weak body point. Zodiac based treatments are designed keeping these weaknesses in mind**

While these zodiac specific treatments are quite popular at travel destinations like Malaysia and Thailand, the concept is now gaining popularity in the Indian sub-continent as well. Filmmaker Kamaal Amrohi's granddaughter Taheer Amrohi introduced zodiac spa to Mumbai by designing zodiac

spa treatments along with a team of astrologers. Slowly, this trend spread all over the country.

Every zodiac sign has a weak body point or an organ that is prone to diseases. Zodiac based treatments are designed keeping these weaknesses in mind. And it's not only the massages but even the oils used for various treatments that are designed uniquely. Priti Seth, owner of Delhi-based Pachouli Spa & Wellness Centre, explains different body therapies based on zodiac signs. Zodiac with creative interest like Gemini would benefit from aromatic oil application like lavender, jasmine, rosemary etc. while aggressive sun signs like Scorpio and Capricorn can get de-stressed with *shirodhara* and Swedish relaxation therapies. Water based sunsigns like Aquarius and Pisces are volatile in nature, therefore, therapies involving lot of hydration like hydra spa, jacuzzi will make them feel relax. Librans are known for their balancing nature so a massage like *shiro-abhyanga* can balance their energy *chakras*. Wellness specialists also believe that zodiac spa treatments also vary for men and women. For example, since the traits of a Sagittarian man are slightly different from a Sagittarian woman, the oils and fragrances used for both will also be different.

With expert therapists giving you the best that your sun sign suggests zodiac spa is one treatment you should definitely treatment yourself to and take pampering to an entirely new level. ▲





# TALES OF CELESTIALS

Dance is that eloquent form of art, which, when entwined with dialogues makes for an enthralling combination

WORDS **DIVYA SHARMA**

In the land of wonderful cuisines, South India, exists a distinct art form that contravenes some of the established rules of popular art. The stage is not identical to one of those regular theatres. The stage is such that the audience is filled with rhapsody when the villain, who is accoutred in an elaborate headgear imbued in colours, enters the scene.

He is not the quintessential villain. Rather he is the one who transcends the hero. This unique art form which thrives amid the general decline of traditional art elsewhere is known as Yakshagana.

Yakshagana means the song of a yaksha, an exotic tribe, cited in the Sanskrit literature of ancient India. Originated during the

Bhakti movement, this theatre form is a fusion of dance, music, dialogues, makeup, costumes and stage techniques. Considered to be a form of opera, Yakshagana is most popularly seen in the districts of Uttara Kannada, Shimoga, Udupi and Dakshina Kannada in Karnataka. Referred to as *aataa* in both Kannada and Tulu languages, Yakshagana is performed all through the night.







Yakshagana was established as an art form in the 16th century when Parthisubba who is believed to have written Ramayana in Yakshagana. It was during the Renaissance period that the Yakshagana form developed in Karnataka, Tamil Nadu and Andhra Pradesh. This folk art was performed as a narrative song and a dance drama in Andhra Pradesh in 15th century. However, Yakshagana regained mass popularity in the 18th century and developed as a full-fledged theatre form in south Karnataka. It mostly deals with heroic sequences from the Puranas, Ramayana and Mahabharata.

A Yakshagana performance is usually initiated in the twilight hours and is received by Abbara, heavy beating of drums before the performers appear on the stage. The performance commences with Himmela or the background musicians who are elemental to every opera or dance drama. Then comes the Mummela, the dance troupe that enacts tales from ancient culture. These representations act as fables with moral endings and serve the dual purpose of entertainment and education.

Yakshagana comprises of the Bhagwata or the singer and musical instruments such as Maddale, Mrudange, Harmonium and Chande (drums). With elaborate costumes



**The first Yakshagana play Ganga Gauri Vilasam was written in Telugu in the 16th century by Peda Kempa Gauda**

and intense makeup, this art form becomes a delightful treat to watch.

There is a narrator who helps the audience to fathom the story and other developments. He enchants the pre-composed dialogues with background musicians. The actors then dance to the tune of traditional folk music. Their performance, which usually touches one main story and few sub-stories, is known as *Prasanga*. The stage where Yakshagana is performed is rectangular in shape with four



wooden poles installed at the corners with palm leaves covering them. Two large oil lamps illuminate the stage. The audience sits on three sides of the stage and there is a *Vidushaka* or jester who lends comic relief. One of the exclusive features of Yakshagana is the male actors enacting the role of females. This is done due to the patriarchal influence on society which considered it inappropriate for women to be seen on stage.

There are regional variations in Yakshagana too. In the coastal or the northern parts of Karnataka, Yakshagana is performed in either *badagu-tittu* or *tenku-tittu* style, both varying in costumes and having different interpretation of myths. Audience participation is a crucial component because the actors, somehow involve some members of the audience and it is often done in good humour.

Albeit Yakshagana has undergone many alterations, subtle and huge, the essence of Yakshagana remains unchanged. Yakshagana will continue to thrive, inspire people to experiment, explore and broaden their ingenuity and creativity. ▲



## FIRST DRIVE

## RENAULT LODGY

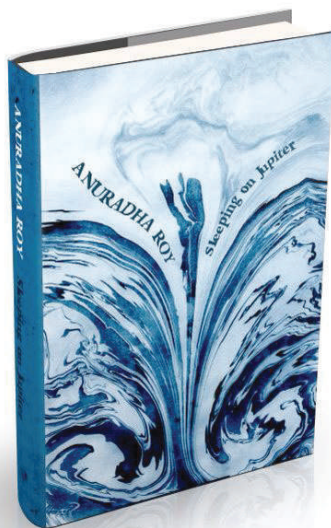
If you are looking for an MPV, car manufacturer Renault has launched Lodgy that claims to fit in the category 'one size fits all'. Lodgy is based on a stretched Duster/Logan platform. At 4,498 mm in length, it is 183 mm longer than its SUV sibling and the largest of the monocoque offerings in the market. The Lodgy's bigger size lends it a certain amount of street presence. It has a 1.5 litre four-cylinder diesel motor that generates 85PS of power and 200Nm of torque for base variants and is mated to a five speed manual gearbox.

The Renault Lodgy is offered in two seating configurations of seven and eight-seater models. It gets height adjustable driver's seat and is fitted with ventilated disc brakes at front and drum brakes at the rear. The MPV is laden with safety features including dual airbags, side impact protection beams, rear parking sensors, door warning, driver's seatbelt reminder, impact sensing automatic door unlock, rear defogger and more. Price between ₹8.19-11.79 lakh (ex-Delhi). ▲



## BOOKWORM

## SLEEPING ON JUPITER



Published by MacLehose Press, ₹499

Anuradha Roy's *Sleeping on Jupiter* contemplates on how the past colonises our present and how we try to make peace with it.

The protagonist of the narrative, *Nomi*, doesn't have much memories of her childhood. Her childhood was lost when a war erupted in Bengal. She has vivid memories of her father, mother, brother and the hut they used to live in. Her childhood in the hut is narrated in a visceral description by Roy.

Wretched for her family, *Nomi* is transported to a spiritual ashram, in the protection of the internationally celebrated Guruji near the hypothetical town of Jarmuli. Years

later, *Nomi*, now a young woman, returns from her adoptive Norway to the distant land of Jarmuli to confront her past.

This five-day trip in Jarmuli is sketched avidly by Roy with interwoven narratives of several characters like *Nomi*, *Suraja* (the cameraman in the haneses of alcohol and dope), *Badal* (the temple guide) and the trio of the elderly women: *Latika*, *Gauri* and *Vidya* who have come from Calcutta (now Kolkata) to holiday together in the holy temple of Jarmuli. The theme of lost innocence and child abuse is explored in a beguiling way amid the labyrinth of a great unescapable past shine with vitality. ▲



## RESTAURANT REVIEW

# THE GOOD WIFE

Indulge into sinful European fare in a fun ambience at The Good Wife, located at the heart of the Bandra Kurla Complex, on the ground floor of The Capital building. With the name quite capable of creating intrigue for the visitors, the décor is equally captivating and gives you a feel that you are sitting in an English countryside. The place is woody and cosy, perfect to spend time with friends, associates and chatter and drink to your heart's content.

Embark upon your culinary journey with watermelon and feta cheese salad with sunflower seeds, iced fennel and ginger candy and soy ginger prawns served with kimchi pancakes

and bean sprouts. From the Italian kitchen, the asparagus and roasted onion risotto should be your pick. You can also try the cumin crusted tuna bowl for a filling meal – it has a good combination of tuna with nicoise vegetables and baby lettuce. The pan roasted snapper is another winner at the restaurant – gyoza prawns cooked with curried spinach and coconut lime sauce. Treat your sweet tooth with Salted caramel crème brulee and vanilla pannacotta.

The place also has interesting cocktails and serves some of the best wines in the city. You should try the fifty shades of green and mango sangria. ▲



## DIY

# MAKING YOUR LIVING WALLS LIVELIER

The world is moving towards technological advancements with every passing day. New smartphones and tablets keep on launching every now and then. With all the gadgets around, looking at a clock to know time has become a bit obsolete. But this might change with a wall clock that showcases your favourite snaps. Every time you see the clock, you remember those beautiful moments get nostalgic.

Here's how to make your own personalised wall clock:

- Step 1:** Shortlist your 12 favourite photographs.
- Step 2:** Get them printed.
- Step 3:** Buy nice frames for the photographs. You can also write message on each of them.
- Step 4:** Buy a clock machine and fix it in a white cardboard.
- Step 5:** Fix the machine on your living room wall. Make sure that the wall is empty and no other element is present.
- Step 6:** Start fixing the photographs in a clockwise order, maintaining equal gap between them.

Your special wall clock is ready! ▲



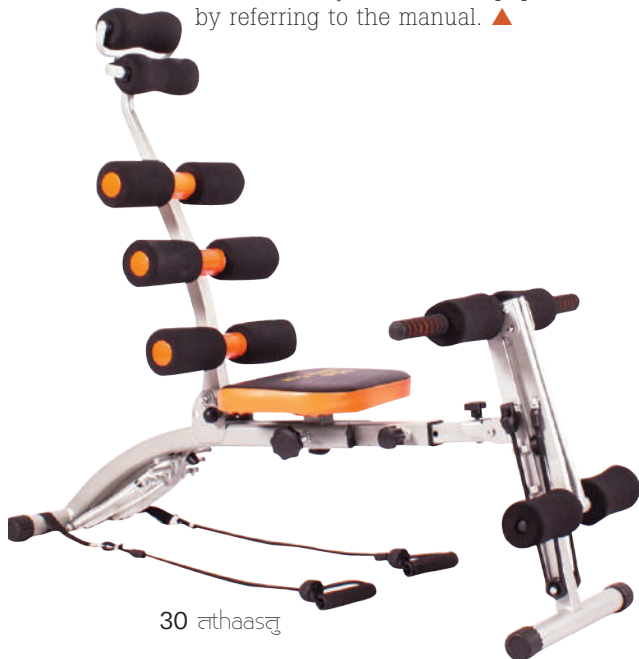


now in fitness

## PERFECT FOR OVERALL FITNESS

Getting a flat tummy is no more a dream for anyone with the Propel AB Exerciser. Ditch off the weary hours at gym and bring home this space saving and absolutely economical exercise machine.

With the 10-in-1 mini home gym efficiently strengthens your upper, lower and middle abdominals. This compact equipment can help you perform exercises such as crunches, oblique twists, bicep curls, leg extensions, push ups, lateral raises and stretches. Unlike other massive and hefty fitness equipment, the Propel AB Exerciser is light in weight. The maximum capacity of this machine is 80 kilograms and itself weighs just 12 kilograms. Offering total support for the neck and back, the backrest of this machine can be adjusted to three levels for different types of workout. You can easily install this equipment by referring to the manual. ▲



now in accessories

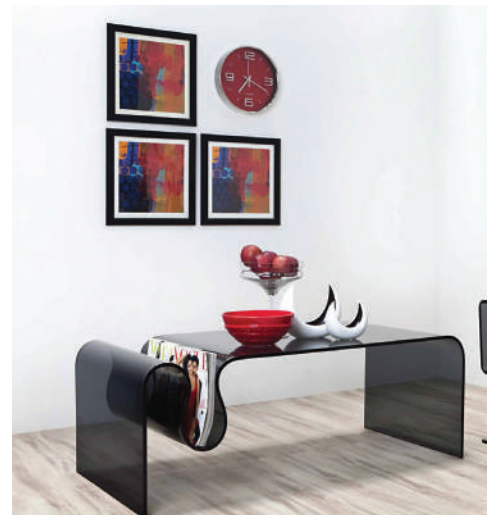
## MELODIES IN MOTION

Add glamour and a touch of class to your living space with Seiko's latest collection of clocks called "Melodies in Motion". This classic collection is here to give a touch of taste to your living space. With twelve melodies, wooden finish look, 20 colourful sparkling red lights and Swarovski crystals add to the sheen to this timeless collection. The model QXM478BRH is 16.5" in height, 15.25" in width and 2.75" in depth with colourful LED lights that are synchronised to sparkle every hour, accompanied by a melody. ▲

now in interiors

## STYLE FOR YOUR HOME

Stack your magazines in style in the new range of designer and ultra chic centre and end tables available at Home Centre, Lifestyle. It not just ensures smart storage of magazines but also reflects your personality and taste in terms of classy home decor. The stylish curve in the centre table allows you to flaunt your favourite reads to your guests, giving them a variety of options. The glass table top gives it a finish to die for. Don't go on its looks as it is as sturdy as a log. ▲







CELEBRATING  
Popular

# INDIAN LITERATURE

## The TRIDHAATU way

We have always believed that we are in the business of promoting and providing better community living for our customers. As part of this belief, Tridhaatu has continued to support initiatives in sports, music and nature.

Recently, we extended our support in promoting popular Indian literature through the first-of-its-kind fest, Litomania. As title sponsors, Tridhaatu facilitated a platform for readers and their favourite authors to meet and interact.

Over 3000 literature enthusiasts and 40+ best-selling, popular authors attended the two-day literature festival at WeSchool, Matunga. There were panel discussions on Paranormal Events, Mythology, Management, Romance, Humour and Culinary Topics amongst others. There were special workshops for children and youth as well. A special entertainment segment on both evenings ensured that the audiences remained engaged all throughout.

During his keynote address, our Managing Director, Dhananjay Sandu presented his vision for Tridhaatu and how we encourage and enhance lifestyles through initiatives such as Litomania.



  
**TRIDHAATU**<sup>®</sup>  
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TRIDHAATU®  
प्रोत्साहन  
Encouraging Sports

Tridhaatu Protsaahan has been launched with the thought of supporting young Indian sportspersons and sports in general. Tridhaatu endorses sportspersons from various disciplines such as Basketball, Badminton, Cycling and Running. Tridhaatu also supports the cause of special children with the help of this initiative.



TRIDHAATU®  
संस्कृति  
Promoting Indian Culture & Arts

Tridhaatu Sanskruti aims to promote Indian Culture, Arts and Music by supporting various music and cultural events. Music and arts are important aspects of Indian culture and Tridhaatu aims to keep this tradition alive for future generations. Tridhaatu Sanskruti also supports the cause of Fine Arts, Indian Classical Music & Dance on a regular basis.



TRIDHAATU®  
संरक्षण  
Conserving Environment

With the idea of conserving our environment and supporting green initiatives, we have launched the Tridhaatu Sanrakshan program. The aim is to take efforts to not only sensitize the public but also be actively involved in creating a positive change. We are actively associated with Bombay Natural History Society (BNHS) and conduct educational walks, workshop and meets.

TRIDHAATU®

If you would like us to feature your article/story, please write in with your contribution and share your feedback. Also, if you wish to refer our magazine and recommend it to more readers please write to us and we shall send a copy to them. You can reach us at [marketing@tridhaatu.com](mailto:marketing@tridhaatu.com)

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