INDIAN KITCHEN

INDEX

01. BUILDING PERSPECTIVE

A. Spriritual
- a. Shiva And Shakti
- b. Annapurna Devi
- c. Mandaka Unpanished
- d. Brahma Arpana

B. Cultural
- a. Indian Food Culture
- b. Festivals and Food
- c. Ayurvedic Kitchen
- d. Customers and Food
- e. Indian Super Food
- f. Science and Architecture

C. Commercial
- a. Advertisement
- b. Movies
- c. Where are people moving
- d. Books

02. CRITERIA

- A. Designing User Extreme
- B. Field Visits
- C. Expert Interview

03. FIELD VISITS

04.EXPERT INTERVIEWS

05. INSIGHTS

1.UNITY

A. Husband and wife

a. Weekend special brunch cooked by husband and wife as a team
b. Husband zone in kitchen to care for wife
c. Feeling connected each other through lunchbox
d. Husband and wife nurchering child together

B. Mother and Child

a. Mother sensitizing child's senses in kitchen during childhood
b. Mother exploring adolescent to a practical world
c. Adult obtaining life skill of cooking through mother

C. Mother-in-Law and Daughter-in-Law

a. Begining of apprentiship for DIL and start of connection with MIL
b. Transfer of power to DIL and end of apprenticeship with MIL
c. Maid as a binder of family

D. Lonely Housewife

a. Want a presence of non-contributing cooking member

2. SENSE OF CONTROL

A. Grocery management

a. Planning based on income
b. Trusted source
c. Selection procedure
d. Guaranty to buy

B. Storage of grocery

a. Ageing
b. Alternative storage

C. Cook adapting to family culture outside

a. Instruction
b. Monitising

3. AMBIENCE

A. Holy source of energy

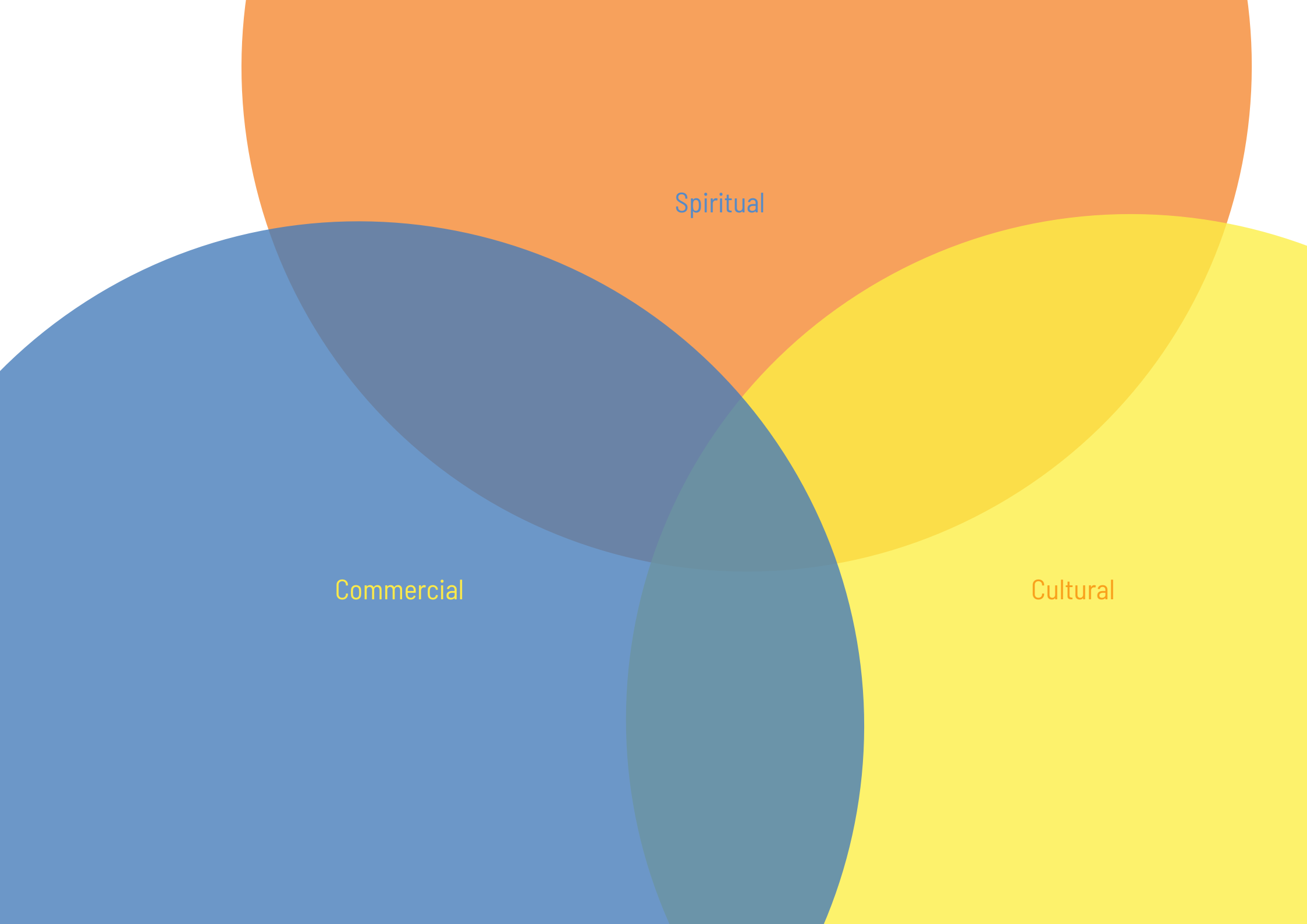
a. Keeping up energies
b. Maidcook screening
c. Cleaning

B. Balance Of Human Sources With Nature Element

a. Air and Light
b. Sound
c. Smell

4. TRANSFORMATION AND ATTREACTION THROUGH FOOD

a. Being mindfull while cooking
b. Eating act of b coming aware
c. Mother food


Spiritual
Commercial
Cultural

BUILDING PERSPECT

1. Spiriual

2.Cultural

3.Commercial

BRAHMARPANAM

“Brahmārpañam Brahma

Havir BrahmāgnauBrahmañāhtam,

Brahmaiva Tena

Gantavyam BrahmakarmāSamādhinah.”

SPIRITUAL

Shiv and Shakti

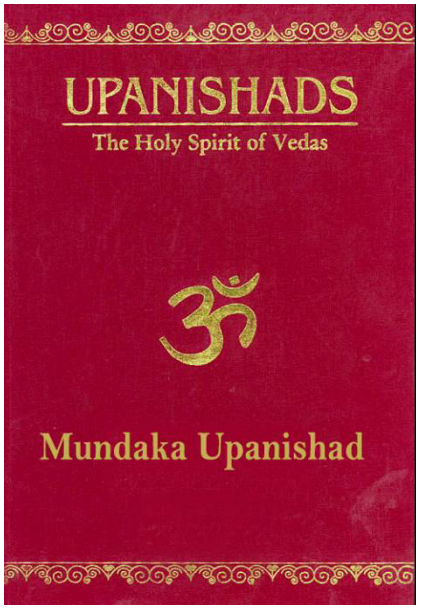
SHIVA symbolizes consciousness and SHAKTI the provider and energy.

Only when Shiva and Shakti combine can action, movement and creation arise. Until energy is impregnated with consciousness it is ignorant, disordered, aimless and “blind”.

Energy alone can produce nothing; consciousness bestows upon it content, form and direction. Conversely, consciousness without energy is dormant power, sleeping energy, and on its own is unable to be the cause of anything.

Annapurna Devi

Goddess of nourishment and giver of food .Kitchen is considered as her place where people pray for nourishment of body, for the soul in form of enlightenment. and giver of energy to attain knowledge. .



Mundaka Upanishad

"From him arises the sun-illumined sky, from the sky the rain, from the rain food, and from food the seed in man which he gives to woman. Thus do all creatures descend from him"

Brahma arpana – Food prayer

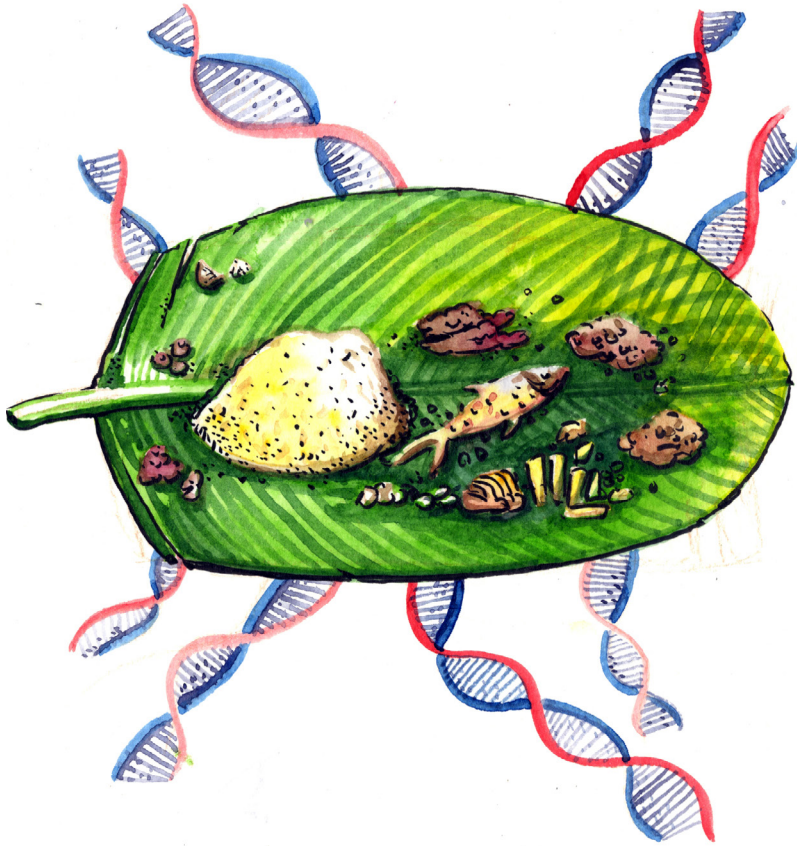
Food is a basic necessity of life, and provides nourishment and energy for us to sustain in daily life.

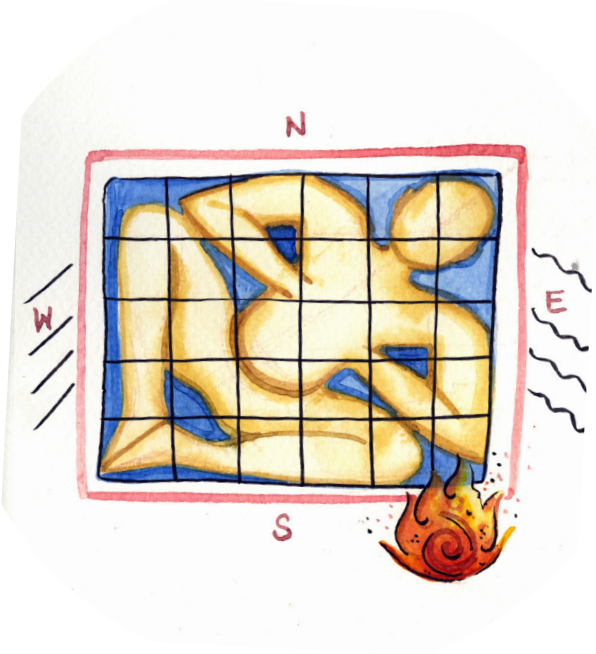
The practice of praying before the meal cleanses the food of the three impurities caused by the absence of cleanliness of the vessel, cleanliness of the food ingredients, and cleanliness in the process of cooking.

Hence, it is essential on our part to offer food to God in the form of prayer so that these three impurities do not afflict our mind and Food so partaken becomes prasad (offering).

“THE WAY TO THE MAN’S HEART THROUGH THEIR STOMACH”

CULTURAL



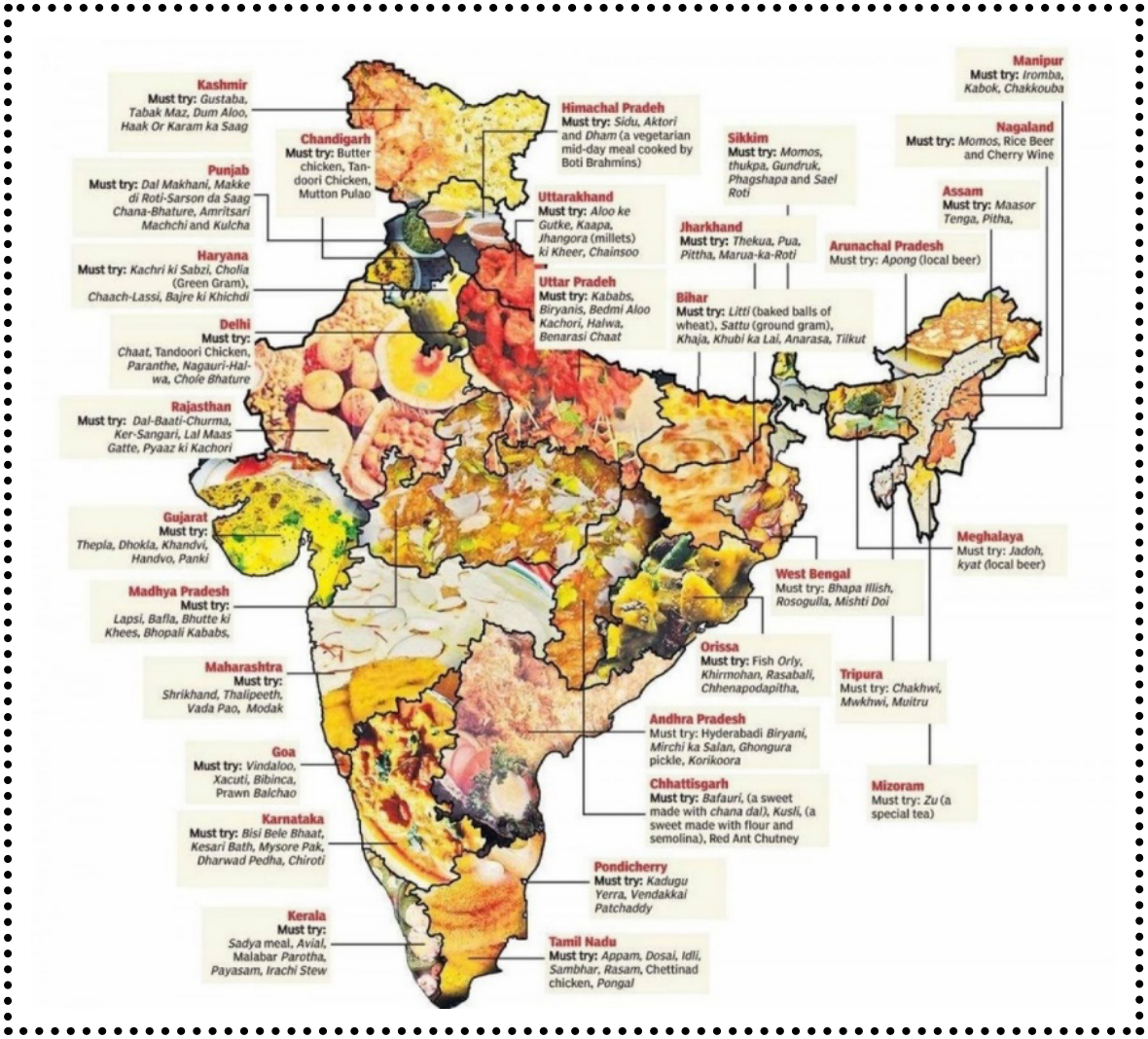


Indian Food Culture

Indian cuisine consists of a wide variety of regional and traditional cuisines reflecting diverse ethnicity .

Diversity ranges from soil type, climate, culture, ethnic groups, and occupations, as well as locally grown vegetable and spices making the cuisines vary substantially from each other

Despite diversity, some unifying threads emerge. Ayurveda (Ayur- Life, Veda-studies) has laid the foundation to the basic style of cooking in India as early as the Indus valley.



Festival and food

Every day is a celebration and festivals are tools to bring life to enthusiasm . Food is an important part in every festival and all celebrations.
Everyday meals of families have two to three main course dishes, varied accompaniments such as chutneys and pickles, rice and roti(bread) as well as desserts.
Food is a way to socializing, getting together with family, relatives and friends. People enjoy and cherish special traditional dishes made on the eve of festivals.

Ayurvedic Kitchen

Ayurveda is a traditional system of medicines native to India. Ayurvedic cooking helps maintain physical, mental, social and spiritual harmony and is a key to continuous good health and is based on theory of pancha-mahabhoota (five elements - space, air, fire , water, earth)

Indian traditional foods are functional foods because of the presence of functional components such as body-healing chemicals, antioxidants, dietary fibers, and probiotics.
At different stages of life, the constitution of the human body changes and it requires unique eating habits to sustain normal physiological functions.

Different methods which have to be considered while cooking which effects the quality of the foods

#vibrations of the cook, #the surrounding atmosphere, #the compatibility of foods, #the right time for cooking and eating, #the cycle of the seasons and #the effects of food on consciousness.

Doshas:

Based on the dominant constituent of the body, doshas are classified into kapha, pitta, and vatta .These three doshas govern all physio pathological, psychological, and biological functions of the body, mind, and consciousness. Imbalance in these tridoshas leads to disease or disturbance in body function

Vata dosha:

Vata is composed of elements air and space. This is responsible for controlling the function of destruction. It is regarded as the main dosha among all the three as it controls and governs all the functions performed by other doshas.

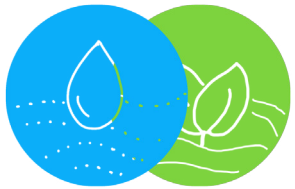
Pitta dosha:

Pitta is composed of elements fire and water. It organizes all activities performed by body after the process of transformation. The whole chemical process including enzymes, immune power, hormones, nerves and the nutritional system attributes to pitta.

Kapha dosha:

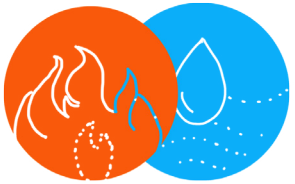
Kapha is composed of elements earth and water. It is responsible for the maintenance of all creations taking place in the body. All the activities of the skeletal and the anabolic system come under kapha.

KAPHA



PITTA

VATA



GUNAS: (qualities)

Traditionally, Indian foods are classified into three main categories Satvic, Rajasic and Tamasic which have different effects on the body and the mind. The knowledge and use of herbs, spices, vegetables, legumes etc. to maintain physical, mental, social and spiritual harmony is very important in ayurvedic cooking

Sattvic :

is a quality of mind which induces clarity, harmony and balance.
Fresh fruits and vegetables, salads, fresh fruit juices, cereals (red rice), herbal tea, fresh cow milk, dry fruits,nuts, honey, jaggery, all spices and freshly cooked Food

Rajas :

is a quality of mind which induces energy and action. The need to create.
Ready to eat canned food, basmati rice, sour cream,paneer, ice-cream, yeast, sugar, pickle, vinegar, garlic,onion and salted food.

Tamas :

is a quality of mind which evokes darkness, inertia,resistance and grounding. The need to stop.
Alcohol, Beef, Chicken, Fish, Pork, Eggs, Frozen food,-canned food, Mushroom, Drugs, Tea, Coffee, Fried food,-Fried nuts.

Customs around Food

PREPARATION

Kitchens history starts from days of fire making. The Husband procures wood and prepare fire where as the women cooks takes care of the house. Later, Need to Control production of fire led to devices producing fire leading to a utilitarian space when women spent most of the day making food.

In the villages of India, women smeared cow dung in kitchens to disinfect them, and then begin cooking for the day. Most of the Activities were done being seated down involving various hand and arm movement from grinding, rotating ,pounding and cutting.

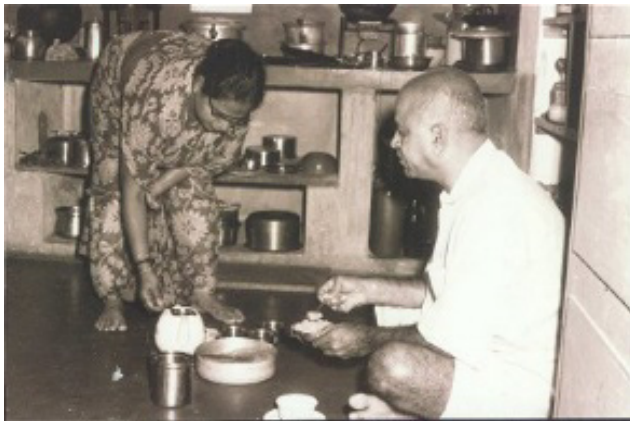
Atta Chakki, stone flour grinder

Churning milk to separate Butter and butter-milk

Serving

In South India, a cleaned banana leaf is often used as a hygienic and visually interesting alternative to plates. Traces of Magnesium and Zinc present on the plantain leaf is said to have health benefits and completely biodegradable too.

Kitchen was the place to eat as food was preferred to be consumed hot.
Traditionally, housewife serves food to husband and rest of the family members first , only after everyone is done she eats. Men and women rarely ate together in traditional households of India.



Eating with hands:

Eating with your hands is considered important in Indian etiquette because a person eating with his hands knows the exact temperature of food before the morsel hits his mouth thus preventing blisters in mouth due to consumption of hot food.

Sitting on floor to eat:

Sitting with cross legged on floor – an asana 'sukhasana' which are poses which helps in digestion. When we bend forward slightly and go back to your starting position to swallow this causes the muscles of your abdomen to be activated and also leads to increased secretion of stomach acids – making it much easier for you to digest food.

Indian Super Food and practices

Jain Vegetarian diet:

It is one of the most rigorous forms of spiritually motivated diet on the Indian subcontinent. Its the diet practiced by ascetics and on the principle of non-violence (ahimsa).

Jains don't eat root vegetables such as potatoes, onions, roots and tubers, because such root vegetables are uprooting killing the entire plant .whereas consumption of most terrestrial vegetables doesn't kill the plant.

Balance excess Stomach acid and repair the mucus line of stomach

Sesame seeds laddu are good energy sources, sources of protein, dietary fiber, minerals and Micronutrients. Reduces risk of heart diseases and cancer

Aromatic thin soup ease the breathing for bad cold and loosens crammed tummies

Medium fatty acids helps lower risk of heart attack and atherosclerosis

Great medicine for open wounds and beauty agent. Also, used in almost all dishes

This wholesome sugar is beneficial in treating throat and lung infection

Recommended for infants as it has high nutritional content esp calcium

Added to drinking Water is good for diarrhea and cold

Science of Architecture

Vastu Shastra (science of dwelling) and feng shui (wind-water) are both ancient and sacred repositories of knowledge revealing the connection between humans and living space .

This is to be in harmony and to balance the natural elements between body, space, nature and universal flow of energy. It's the Play of Light, air flow , energy of colors

Inter-relationship between Ayurveda, Astrology and Vastu Shastra

Ayurveda:

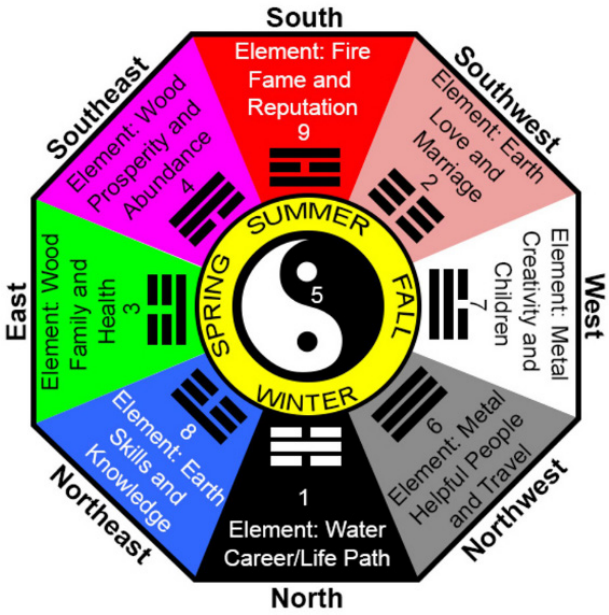
Balance of five elements in human body which reflects in health

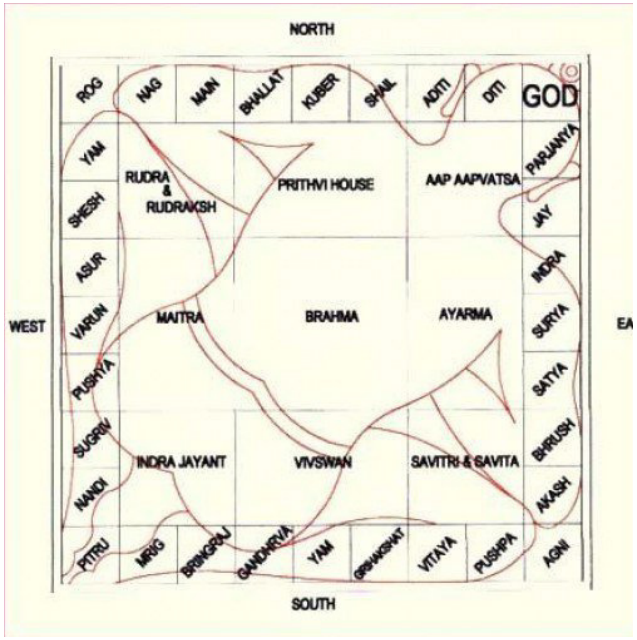
Vastu shastra:

Balance of five elements in building to generate , maintain energy which influence five elements of body

Astrology:

Time and direction factor which influence human beings, vegetation, building and the universe.





“KNOWING WHERE THE WORLD

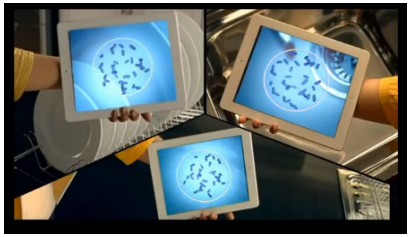
IS GOING”

COMMERCIAL

ADVERTISMENT

Journey of transition from raw vegetable to final eating dish using various appliances
This ad shows different ingredients and vegetables being used to make various dishes using machines and kitchenware.

Love is in the kitchen.
Husband tries to cook for something for wife but fumbles drops the ingredients. Seeing this wife takes over and the husband romances with wife while she is cooking.



Kitchen as a place when used for cooking, leads to germs.
Husband cooks to surprise wife. Wife knew kitchen would become messy. Husband already cleans the entire kitchen but still wife says it would not be clean as there are hidden germs

using equipment to convert healthy vegetable to a spread
Using all Colorful vegetables and various activities of kitchen using hands with instruments to make spread.

Performance Pressure of an about to be married women
Son invites parents home to impress them with would be cooking. Would-be cant cook and is learning by reading cook books and accidents happen leading to smoky kitchen.

Ingredients brought from wholesaler are exposed to various polluting agents. Hence, packed ingredients.
Sister-in-law wants to buy masala from a wholesaler around whom there is traffic and carpenters working. Seeing the brother says look around there are so many pollutants but packed masala.

Bonding between mother-in-law and daughter-in-law over food. In-laws come home for lunch. Husband suddenly says make jamun like last time. Hearing this wife hesitates, mother-in-law reads this expressions and come to help daughter-in-law

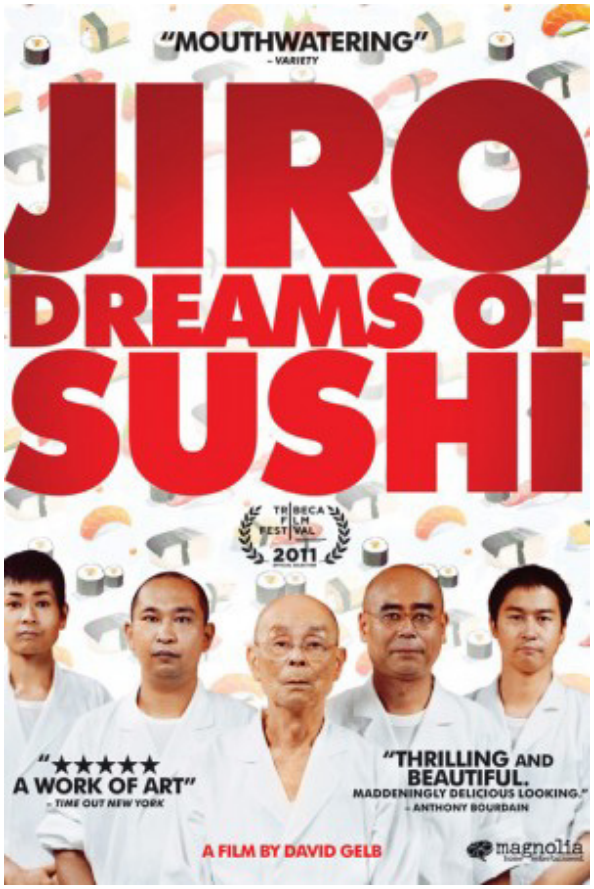
Kitchen as peaceful place in the morning
A Couple's lazy morning where they are having coffee on kitchen table and sound of husband stirring in cup irritates her. IKEA puts themselves as a kitchen where their products are party friendly.

Movies

Jiro Dreams of Sushi

Man's relationship with sushi is in between love and madness .Expressing his love by giving an subliminal experience to person who consumes it.

A person's character reflects in the what they do. Sushi's exist to be made by Jiro. A mysterious man who fell in love with work and spent his entire life working on it. The process of making sushi was meditative for him.
This documentary should what it take to create a dish where every step had to be focused from procuring the right and best raw materials, trust in his vendors, religiously storing them, processing them before cutting or boiling. When it's the turn of making it the sensitivity that's needs to be there in order to give the right quantity of ingredient to dish so that guest exactly feel what Jiro wanted to communicate and let the guest feel as soon as he rests the sushi on the plate for they to experience.



Ratatouille

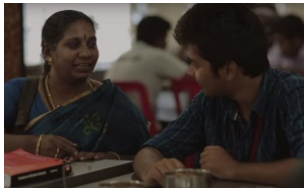
Jiro Man's relationship with sushi is in between love and madness .Expressing his love by giving an subliminal experience to person who consumes it.

A person's character reflects in the what they do. Sushi's exist to be made by Jiro. A mysterious man who fell in love with work and spent his entire life working on it. The process of making sushi was meditative for him.
This documentary should what it take to create a dish where every step had to be focused from procuring the right and best raw materials, trust in his vendors, religiously storing them, processing them before cutting or boiling. When it's the turn of making it the sensitivity that's needs to be there in order to give the right quantity of ingredient to dish so that guest exactly feel what Jiro wanted to communicate and let the guest feel as soon as he rests the sushi on the plate for they to experience.

Where are people moving

Fortune mother exchange

Kids moving away from home as soon as they are 18yrs for education
Fortune oil, picks mothers of two students studying in the home town of each other. Now discuss to make favorite dish other mother son. They learn over call by passing on recipe and going to college to give. Kids go back to their moms cooking memory. And are surprised to see someone else cook and when they know the reason, their heart is filled with delight..



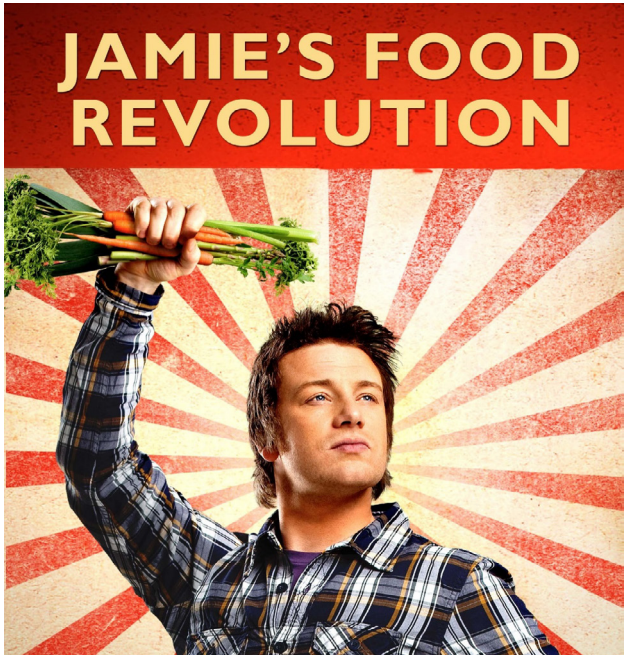
The Invisible Kitchen by Miele

Miele created a suspended kitchen in the air, a sort of spaceship with food, plates, glasses, pots redefine the layout of the kitchen, solving the functionality while interaction with and in it. This futuristic and aesthetic kitchen does task which are problematic and difficult in this generation. Like warning us when the products are expiring in the fridge and recommending recipes to cook automatically, even turning off the oven or stove before burning the entire dinner, until we guide our self in the preparation of complicated dishes step by step. It also reminds us if we forgot an ingredient or show you tutorials for each activity to be done in the preparation. also there is a touch screen oven that opens without handles, allows us to select predefined programs depending on the type of ingredients to be cooked. It even has a self-cleaning

Miele Creates the revelation of thought that cooking is easy and giving a guarantee with its hyper technological features that 'invisible kitchen' will take care by being in the background and enhancing cooking and kitchen experience .

Where are people moving

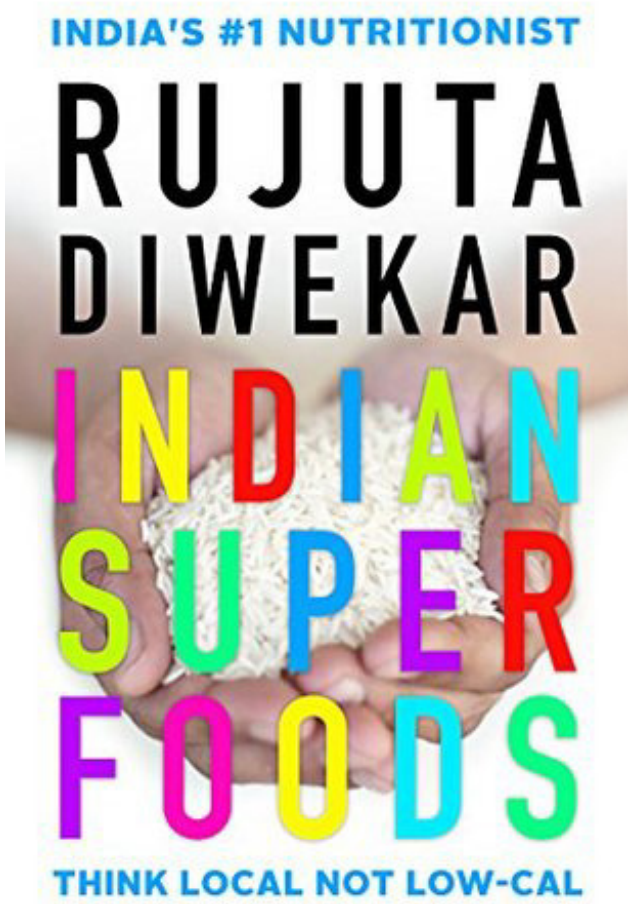
Jamie olive food revolution



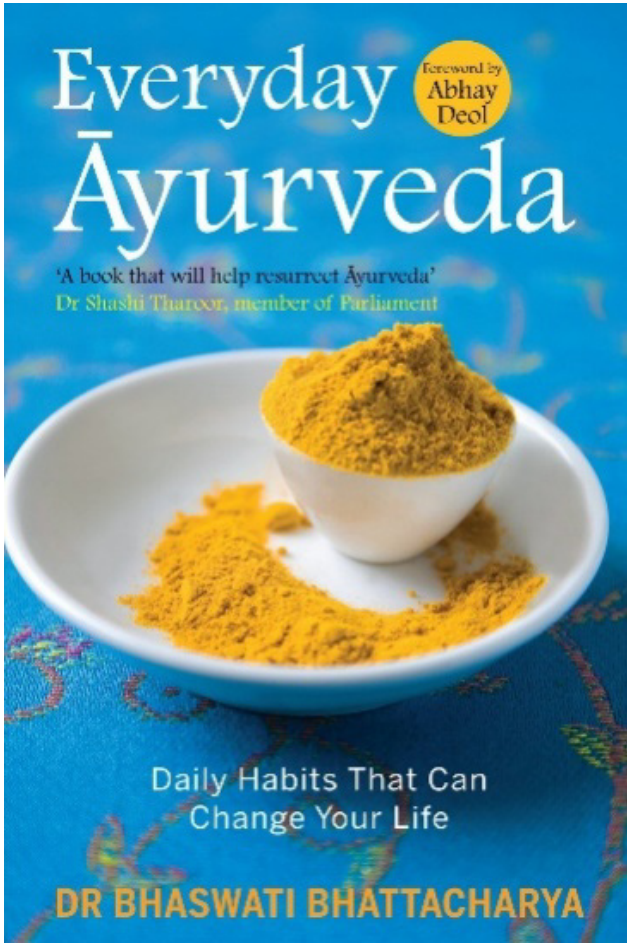
Food is not only culture, it's diplomacy: Leah Selim

Leah says through food people are passing on the families dishes which is their identity. Also, while doing this a families prosperity is also being shown to people. These are hidden agendas for a purpose much higher than just giving food. It is through the communal act of sharing food that ideas can be exchanged freely, an essential first step in growing a community 'Gastrodiplomacy'

Books



Rujuta Diwekar changes the way we eat by bringing back superfood in the foreground. Superfood are items which promise a miracle and comes from somewhere exotic. These food items have stood the test of time encouraging diversity in our diet. She says in developing countries give up eating local foods because its less prestigious to eat them. Whereas, ancient times celebrated these superfood were celebrated for their therapeutic, weight-loss and well being property.



Mrs.Bhaswati brings the scientific reason of the shlokas which our generation has been hearing since childhood making a point its not religious but intellectually logical. Her repository of wisdom is a verbal medicine exposing the traditional science of Ayurveda which focuses on listening to body rhythms to completely know the self which have been following to achieve a conscious life by living a healthy lifestyle.

EXTREME BEHAVIOUR FOR NEW OPPORTUNITY

CRITERIA

Designing using extremes

Interviewing extremes will give new perspectives and ignite new opportunities

10 Lakh **40 Lakh**
per annum

Cook by themselves **Maid to cook**
Experimental

MALE **FEMALE**
GENDER COOK

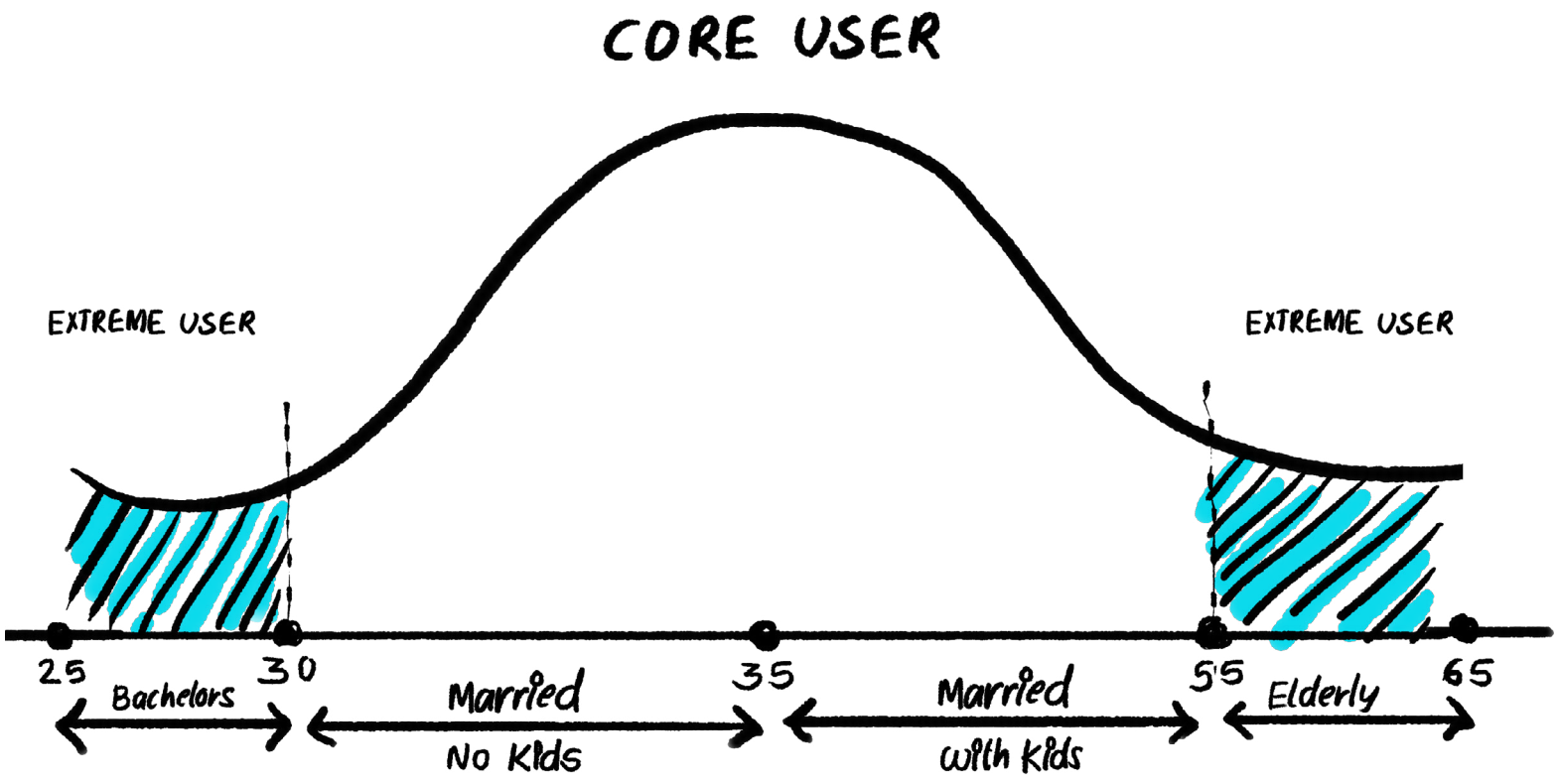
Vegetarian **Non-Vegetarian**

Closed **Open kitchen**
Basic – Modular kitchen

RENTED **OWN**
Apartment – Independent

Nuclear **Joint family**

Electrical **Traditional**
Appliances


CORE USER
EXTREME USER
EXTREME USER
25
30
35
55
65
Bachelors
Married
No Kids
Married
with Kids
Elderly

Field Visit

AHMEDABAD - 01

AHM DEL MUM HYD BLR

Mr and Mrs Thakur

Makers of Home

Husband

Occupation :
Manager
15LPA

Household Income :
35-40LPA

Maid clean vessels, clean floor

HOME DESCRIPTION

Family situation
Nuclear Family living in a tenement – 2BHK– old construction – own house

Husband is a civil engineer Kids go to school. Father comes home once in while...

OBSERVATIONS

Morning are difficult as she should take care of children and prepare food for husband and children. Wants food to be prepared by press of a button. While renovation of house made modification for size of kitchen to make it bigger. Wears slippers recommended by doctor and doesn't allow anyone to enter kitchen with slippers. Uses an old postcard picture frame to cover up wall above the stove to prevent blackening. Husband doesn't like artificial fragrance in kitchen as it mixes with food. Uses a radio to listen to old songs while cooking. Uses a three stage water filter for health benefits. Her friends compliment for her efforts to keep kitchen clean. Needs more air while in kitchen as she lived in hotter place all her childhood. Loves the kitchen to be fresh and uses magazines as a reference for tips in cooking. Any remaining food is put outside in a special cover for cows to eat.

Audio ✓

Vedio ✓

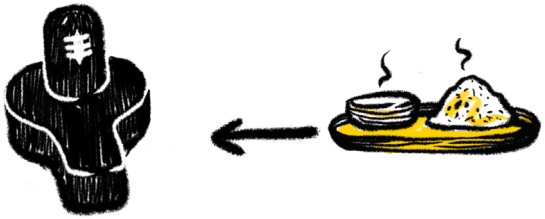
Mrs. Vandana Thakur 45 yrs

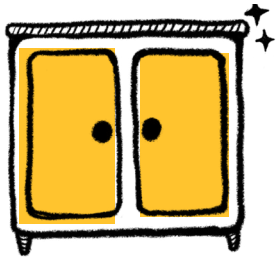
Occupation :
Home maker

Kids : Two daughter

Cooking :
Cooks by Herself & with help of maid

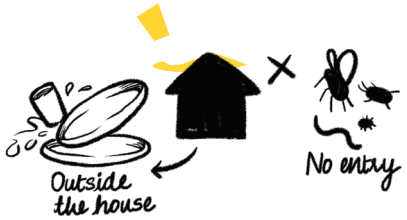
KITCHEN TYPOLOGY
Closed kitchen - properly ventilated - No chimney -
Hygiene conscious - cooks traditional food – Microwave

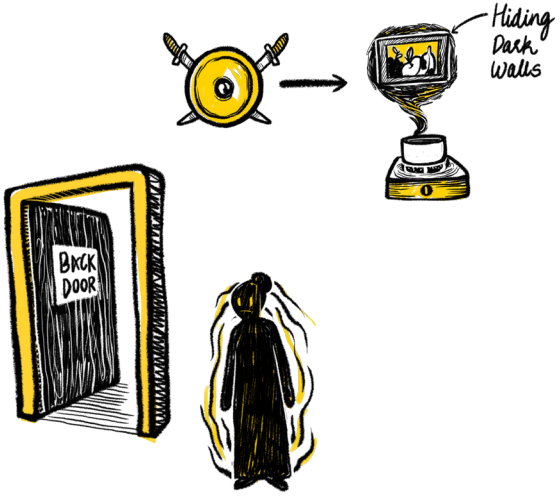




MILK

HIDDEN


Outside the house
No entry


Hiding Dark Walls
BACK DOOR

Field Visit

AHMEDABAD - 02

AHM DEL MUM HYD BLR

Mr and Mrs Soni

Makers of Home

Husband

Occupation :
Gold business
16LPA

Maid clean vessels, clean floor

HOME DESCRIPTION

Family situation
Nuclear Family living in a tenement – 2BHK– old construction – Own house

Husband has a gold business. Father-in-law stays at home and goes to work with son. Both are fond of food.

OBSERVATIONS

Most of the she is feels lonely after husband goes to office so likes hanging out with friends and goes for kitty parties. Everything in the kitchen is old, used by mother-in-law but after her marriage she took a glass stove and oven which she had in her mother house. Father-in-law is a foody and he recommends her to learn a particular dish whenever he likes a dish during travel. Father-in-law sometimes makes fun of her cooking. She listens to radio to relax and watching tv to pass her time. Wants to be special, picks gifts for people which only she likes and is very specific about her taste. Kitchen is an extension to dinning area also. Three stage filtration process for water. Needs husbands help to get things from top cupboard. Issue with cleaning window grill which is right above stove. Maintains a list of groceries for husband to get and collects newspaper cuttings to try out new recipes.

Audio ✓

Vedio ✓

Mrs. Kenal Soni 25 yrs

Occupation :
Home maker

Kids : None, 3 years into marrage

Cooking :
Cooks by Herself

KITCHEN TYPOLOGY
Closed kitchen – has to use light - No chimney – exhaust fan – try's new recipes for family – Microwave

Field Visit

AHMEDABAD - 03

AHM DEL MUM HYD BLR

Mr and Mrs Gor

Makers of Home

Husband

Occupation :
Retired,
Chief Boiler inspector

Occupation :
15 LPA

Clean vessels, Clean Floor
Works only for her

HOME DESCRIPTION

Family situation
Family situation
Husband and wife in a Bungalow– 3BHK– ancestral property renovated in 2003– Own house

Husband is retired but goes out to give speeches and audits of steam

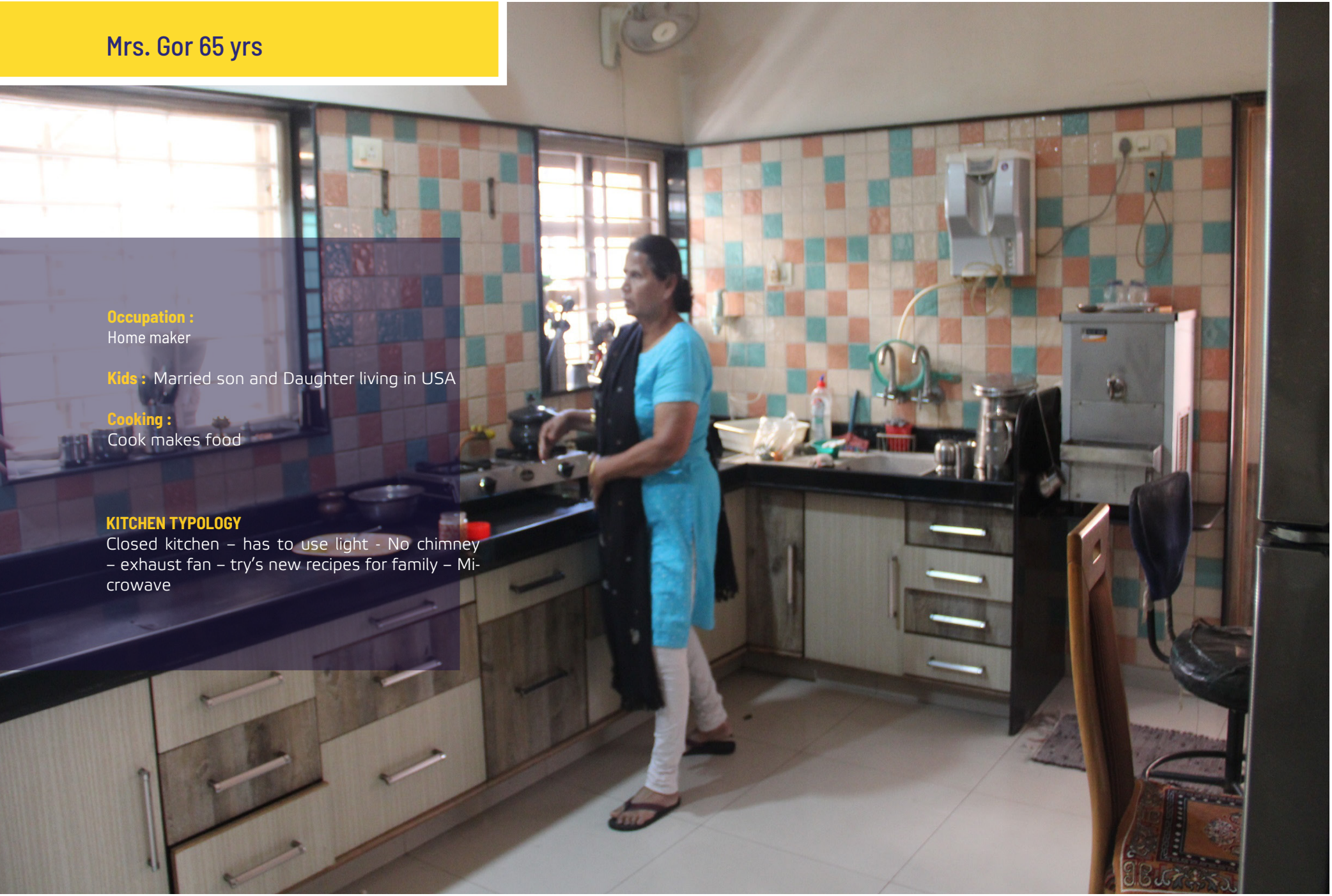
OBSERVATIONS

Husband is an Analytical person who believes in science and had questioned his way of living leading to following strict rituals in maintain health. He always wanted to be healthy but got time to follow after getting retired. They have become broad minded after frequent visits for USA and other countries. Accepts people as there are and no complaints. He is into sun meditation and has triphula water and has faith in Ayurveda and believes its far ahead than allopathy. Is aware of his behavior. Food habits are based on modern science. Listens to his body needs and eats accordingly. Spiritual person Trust in things that have been tested by time and survived. Son doesn't eat Indian food as Indian food smell catches on his clothes so avoid it. She is very particular about hygiene so doesn't allow maid to work else where and kept a separate screening method for maid and cook.

Audio ✓

Vedio ✓

Mrs. Gor 65 yrs

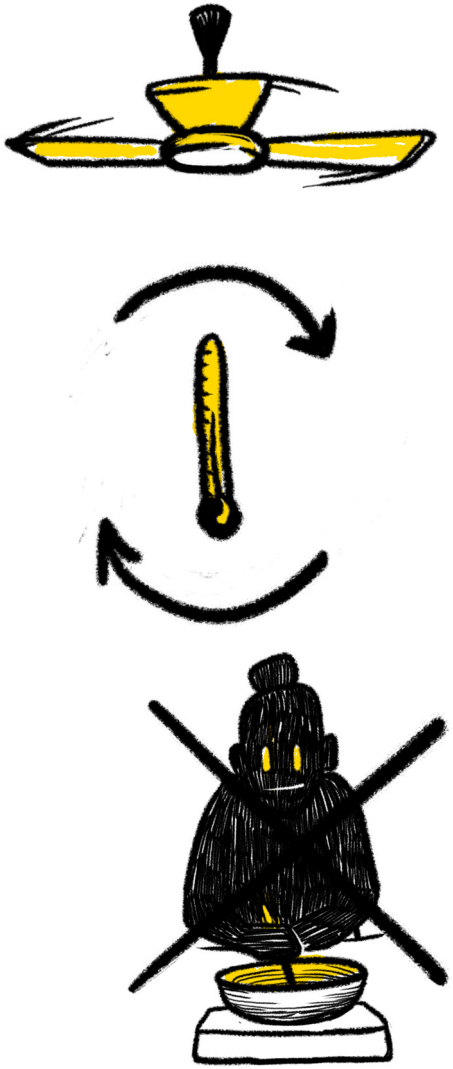


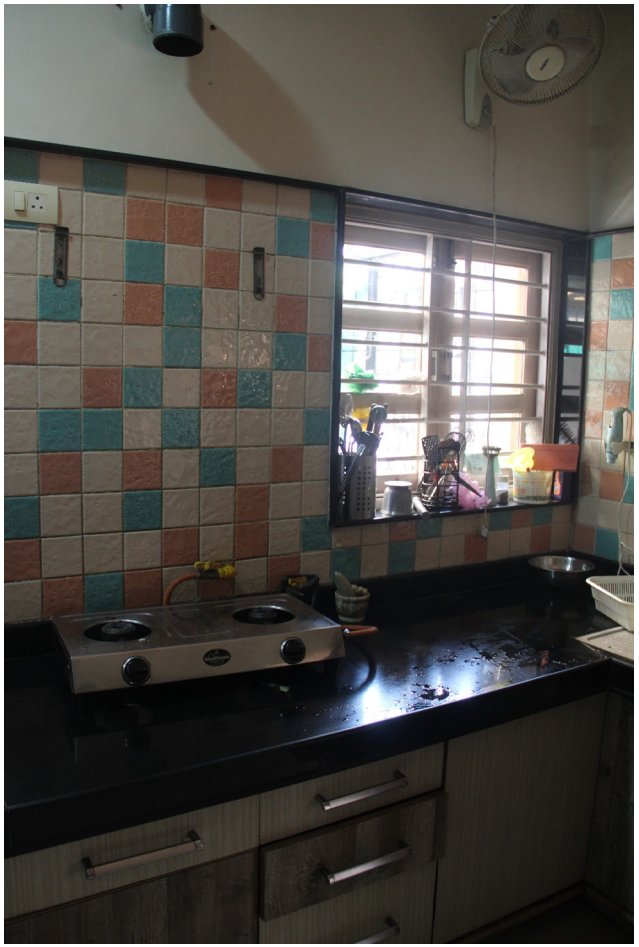
Occupation :
Home maker

Kids : Married son and Daughter living in USA

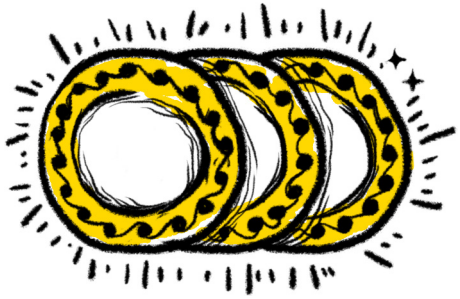
Cooking :
Cook makes food

KITCHEN TYPOLOGY
Closed kitchen – has to use light - No chimney – exhaust fan – try's new recipes for family – Microwave





GROCERY
STORAGE



Field Visit

AHMEDABAD - 04

AHM DEL MUM HYD BLR

Mr and Mrs Shah

Makers of Home

Husband

Occupation :
ISRO
20 LPA

Clean vessels, Clean Floor
Twice a day

HOME DESCRIPTION

Family situation
Husband and wife in a Bungalow- 3BHK- ancestral property renovated in 2003- Own house

Husband is retired but goes out to give speeches and audits of steam

OBSERVATIONS

She is dissatisfies with existing kitchen, has too many things kept outside lack of space. Looking forward for renovation. Hosts lot of kitty parties. Buys nice crockery want to keep things for display but can not. Has a vehicle so self drives to get around to do work and bring groceries. Cooking has become easy and experiments new dishes but converts into Indian versions of international cuisines. Maid is called thrice a day after every meal to keep everything neat and clean. Specially brought a Basket to dry vessels from IKEA on her visit to the US and also a vessels cleaning get. Prefers cooking dishes before parties so that she can hang out with mates. Smoke from kitchen enters the hall easily and open the hall window for cross ventilation YouTube has been her best friend to explore new cuisines and dishes. Trying news things to have a dialogue with friend to get appreciations .Demands for ambience in restaurants.

Audio ☑

Vedio ☑

Mrs. Hemali Shah 40 yrs

Occupation :
Home maker

Kids : Two daughters, Staying in hostel

Cooking :
Cooks by herself

KITCHEN TYPOLOGY
Open kitchen – has to use light - chimney – exhaust fan – try's new recipes for family – Microwave-No dinning area

Strengthens muscles

Helps during Pregnancy

CLEAN SLAB

mithai & more
kissan

AATA
MAKER
MIXED
GRAINS

STRIPS the GREASE.
GUARANTEED.
AJAX
TROPICAL
LIME TWIST

Field Visit

DELHI - 05

AHM DEL MUM HYD BLR

Mr and Mrs Sharma

Makers of Home

Husband

Occupation :
Charted accountant
20LPA

Household Income :
35-40LPA

Maid clean vessels, clean floor

HOME DESCRIPTION

Family situation
Nuclear Family living in an apartment 2BHK Own house new construction - Brother in law stays in house Husband is a charted accounted. Cooks once in a while.boilers. Visit children once in three yrs

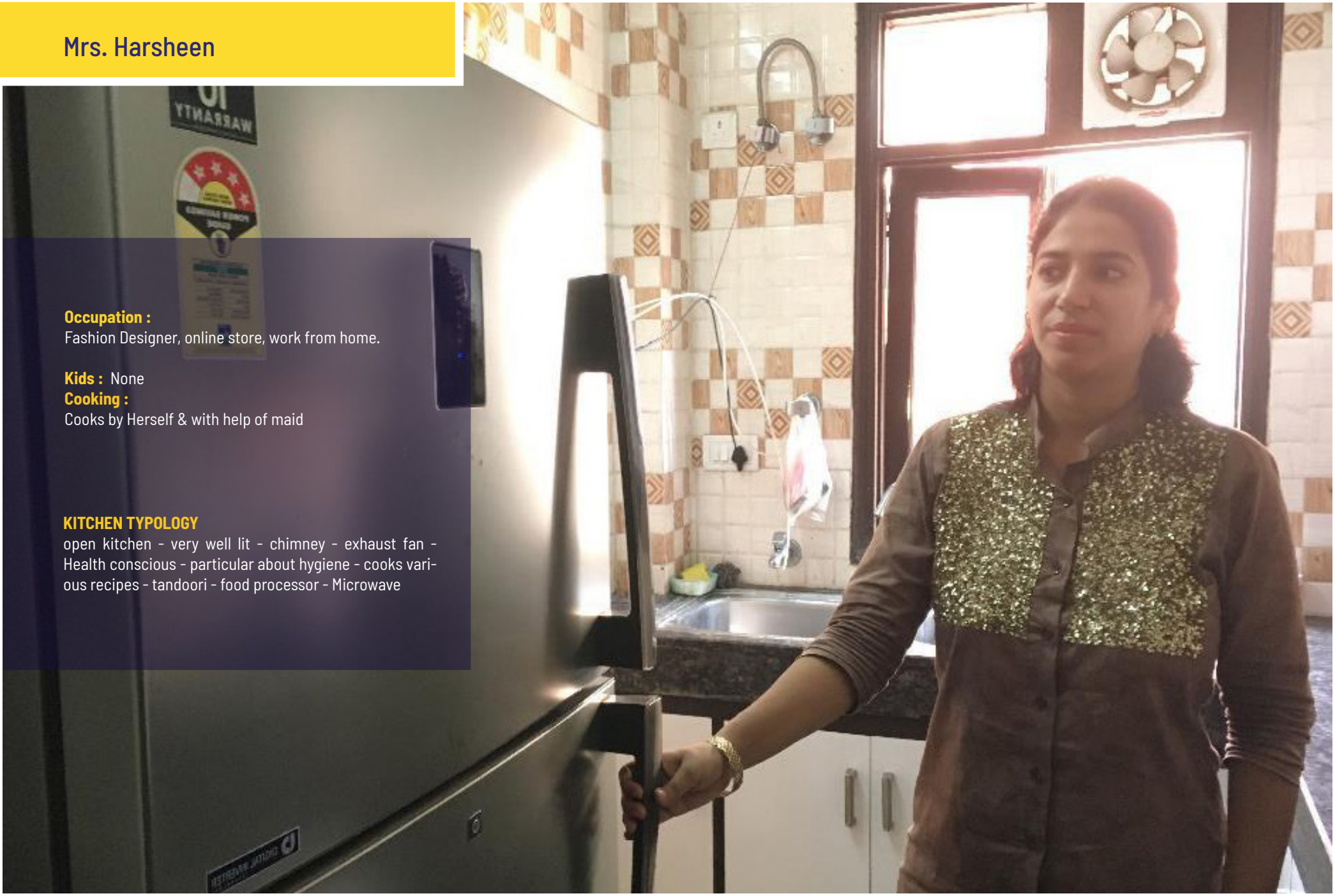
OBSERVATIONS

She is dissatisfies with existing kitchen, has too many things kept outside lack of space. Looking forward for renovation. Hosts lot of kitty parties. Buys nice crockery want to keep things for display but can not. Has a vehicle so self drives to get around to do work and bring groceries. Cooking has become easy and experiments new dishes but converts into Indian versions of international cuisines. Maid is called thrice a day after every meal to keep everything neat and clean. Specially brought a Basket to dry vessels from IKEA on her visit to the US and also a vessels cleaning get. Prefers cooking dishes before parties so that she can hang out with mates. Smoke from kitchen enters the hall easily and open the hall window for cross ventilation YouTube has been her best friend to explore new cuisines and dishes. Trying news things to have a dialogue with friend to get appreciations .Demands for ambience in restaurants.

Audio ☑

Vedio ☑

Mrs. Harsheen



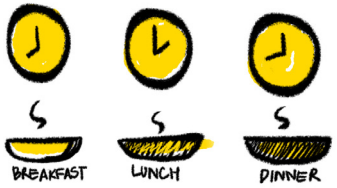
Occupation :
Fashion Designer, online store, work from home.

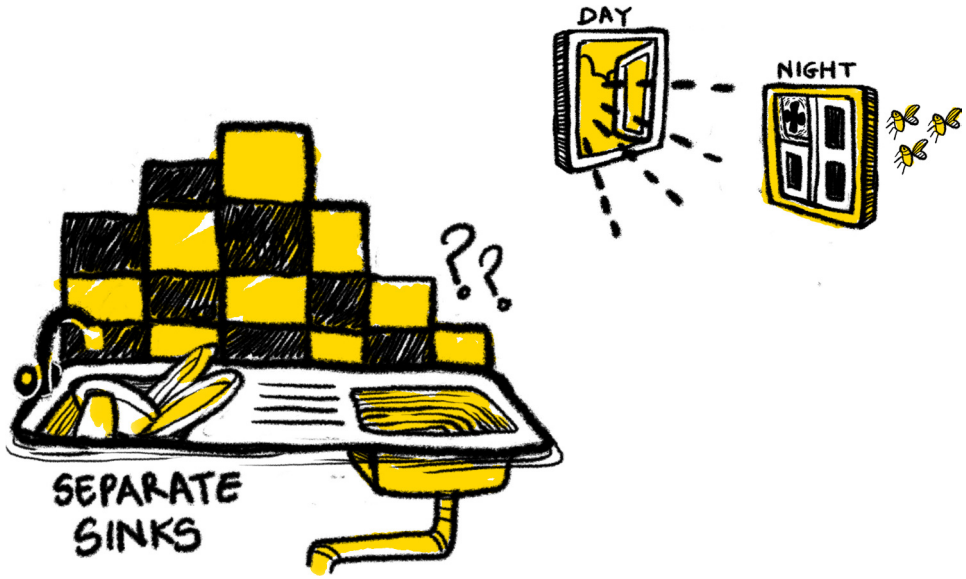
Kids : None
Cooking :
Cooks by Herself & with help of maid

KITCHEN TYPOLOGY
open kitchen - very well lit - chimney - exhaust fan - Health conscious - particular about hygiene - cooks various recipes - tandoori - food processor - Microwave

DAY

ASSURITY
OF
CARE.


BREAKFAST
LUNCH
DINNER


DAY
NIGHT
SEPARATE SINKS

Field Visit

DELHI - 06

AHM DEL MUM HYD BLR

Mr and Mrs Gandhi

Makers of Home

Husband

Occupation :
Govt. Agriculture officer,
20-25LPA

Household Income :
20-25LPA

Clean Floor

HOME DESCRIPTION

Family situation
Nuclear Family living in an apartment –2BHK- Own house- old construction – Son stays in house
Husband works for government. Son has evening shift. Diet conscious.

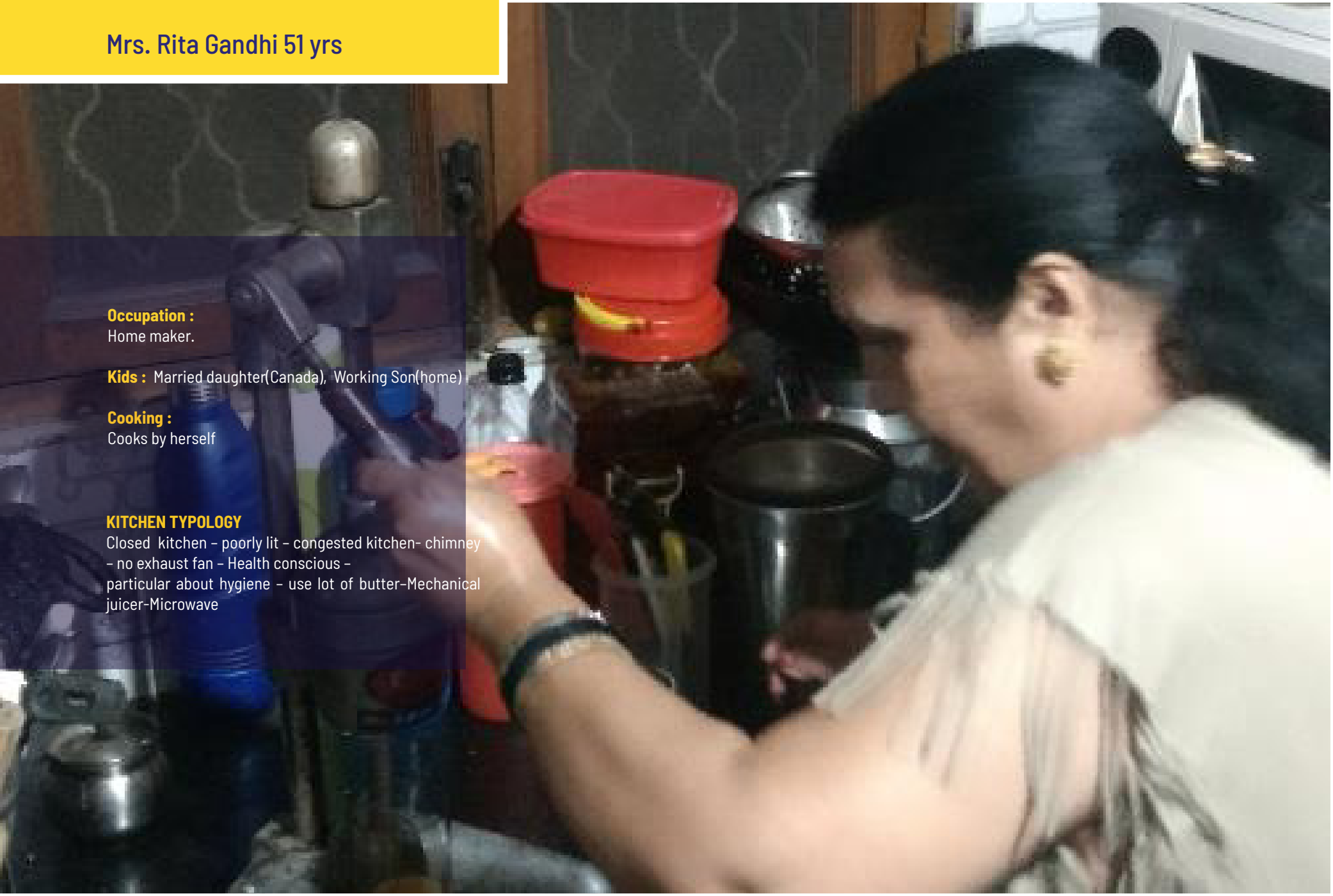
OBSERVATIONS

Son works for IT company and is a weight loss regime so make food accordingly and does what the son requests her to. She is foody try's of traditional food which are tasty. Eat happily and not bother about effects and says her generations people are strong using so many mechanical appliance which kept her strong even today. Goes to prayer everyday and host kitty parties. Has a very messy kitchen due to space constrain but maintains it neatly. doesn't want to give cooking part to maid as she believes kitchen is a temple and doesn't trust the hygiene of maids. Understands younger generation and recommends to reduce eating processed food .Sons says invest in roti maker and etc to reduce her effort but doesn't have another work so she rejects. Working in kitchen makes her healthy and keeps her occupied.

Audio ✓

Vedio ✓

Mrs. Rita Gandhi 51 yrs



Occupation :
Home maker.

Kids : Married daughter(Canada), Working Son(home)

Cooking :
Cooks by herself

KITCHEN TYPOLOGY
Closed kitchen – poorly lit – congested kitchen- chimney – no exhaust fan – Health conscious – particular about hygiene – use lot of butter-Mechanical juicer-Microwave

Messy
Kitchen

LOW VISIBILITY FOR COOKING

KITCHEN

Field Visit

DELHI - 07

AHM DEL MUM HYD BLR

Mr and Mrs Gandhi

Makers of Home

Husband

Occupation :
Garment business, 25-30 LPA

Household Income :
25-30LPA

Clean Floor

HOME DESCRIPTION

Family situation
Nuclear Family living in an apartment –2BHK- Own house- new construction- school going kids – have a dog

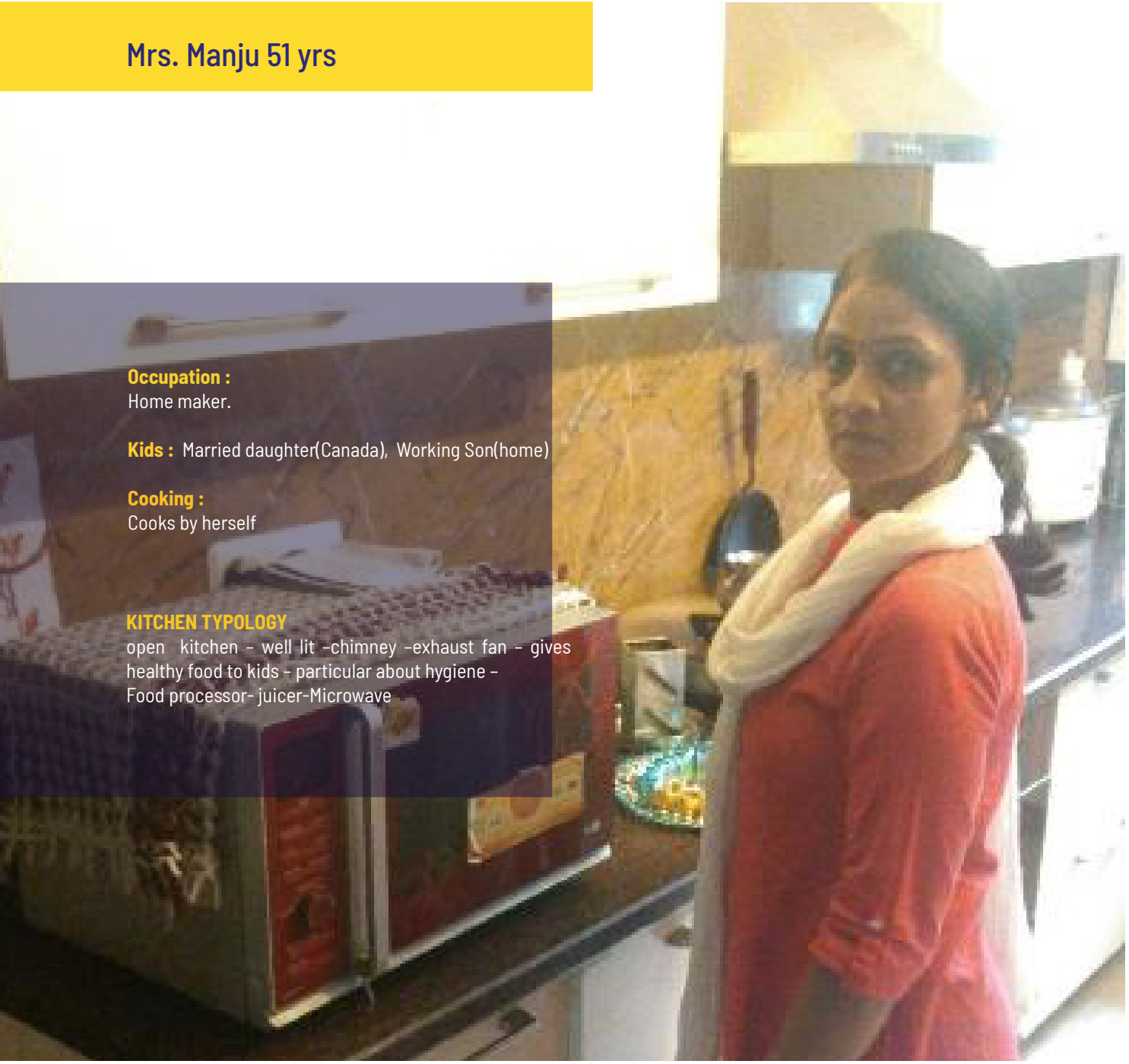
OBSERVATIONS

Kitchen has to be pure. Moved from a closed kitchen to open kitchen but is dissatisfied with it as the smoke spread to rest of the house and does like it. Need extra effort to cleans the space. Become worse when Hall Ac is on. Uses a air freshener sometimes. Makes sure she washes hands regular in-between the cooking process. Cooking has become a habit and is casual towards kitchen processes. Quiet loney but her dos keeps her occupied and is systematic in food timings, makes sure children are getting proper nutrition. Uses a wooden base for roti's , a suggestion given by in-laws and washes it and keeps for drying as soon as its used. Uses lot of appliances to make her jobs easy. Brought a cutlery storage unit from previous house as this house there isn't any provision to keep and is quite attached to cutlery.

Audio ✓

Vedio ✓

Mrs. Manju 51 yrs

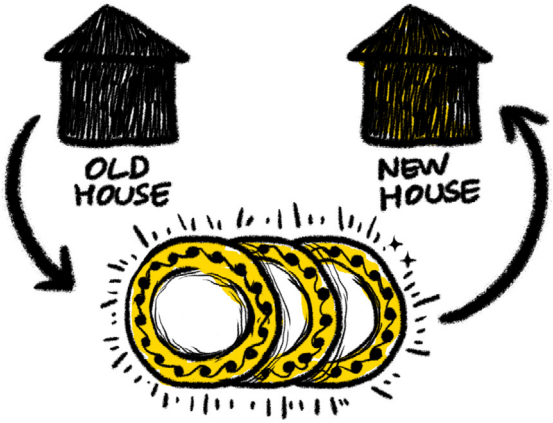


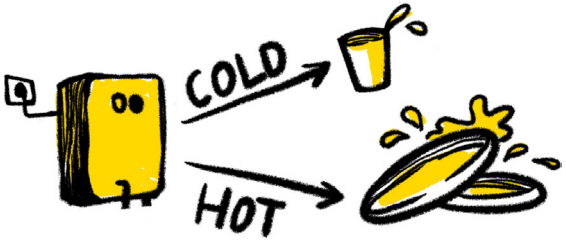
Occupation :
Home maker.

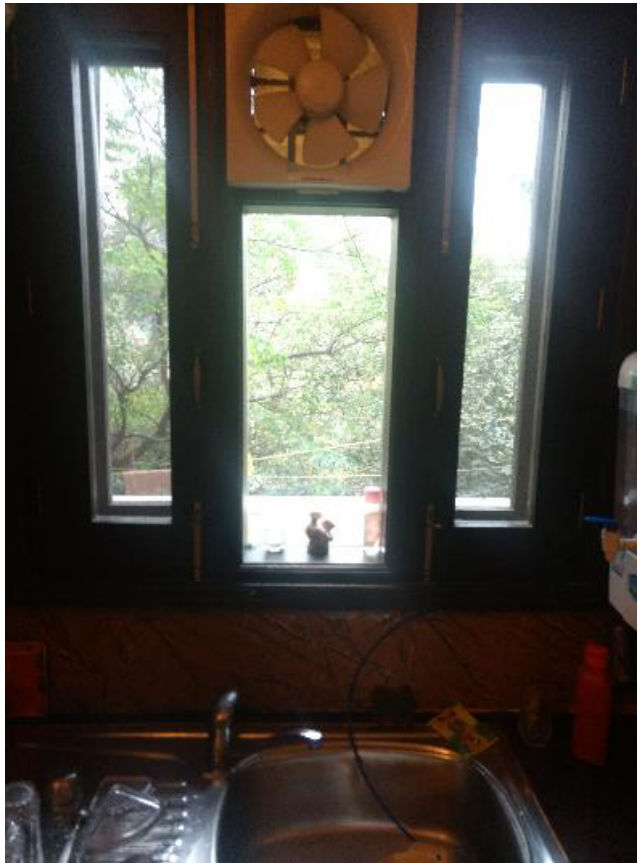
Kids : Married daughter(Canada), Working Son(home)

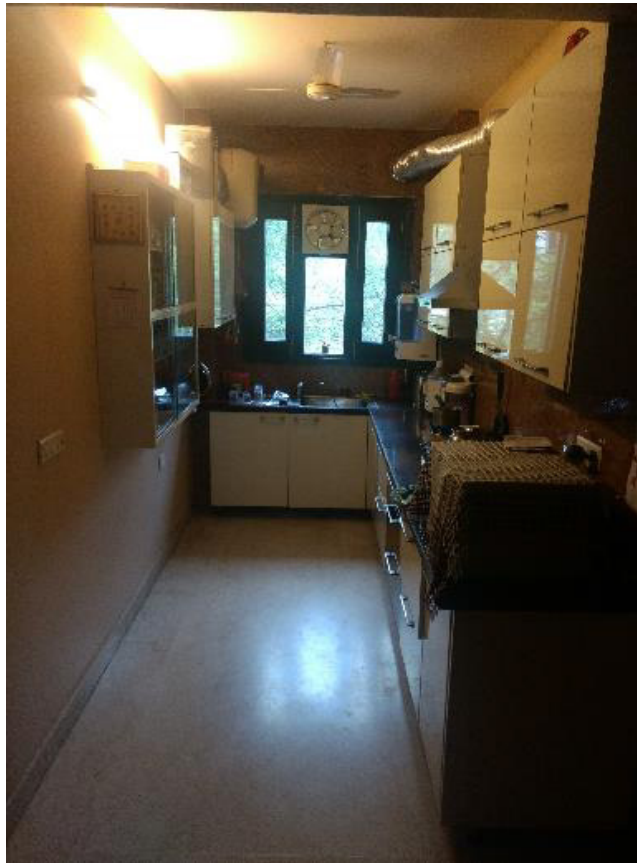
Cooking :
Cooks by herself

KITCHEN TYPOLOGY
open kitchen - well lit -chimney -exhaust fan - gives healthy food to kids - particular about hygiene -
Food processor- juicer-Microwave

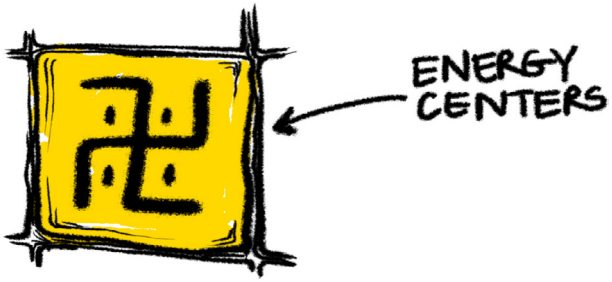

OLD HOUSE
NEW HOUSE


COLD
HOT





OPEN KITCHEN
COOKING
OTHER ROOMS


ENERGY
CENTERS

Field Visit

DELHI - 08

AHM DEL MUM HYD BLR

Mr and Mrs Gandhi

Makers of Home

Husband

Occupation :
Cement business, 25-30 LPA

Household Income :
40LPA

2 Maid
Clean vessels, Clean Floor
Dusting of house

HOME DESCRIPTION

Family situation
Nuclear Family living in an apartment -2BHK- Own house- new construction- shifted to this house because of Children'

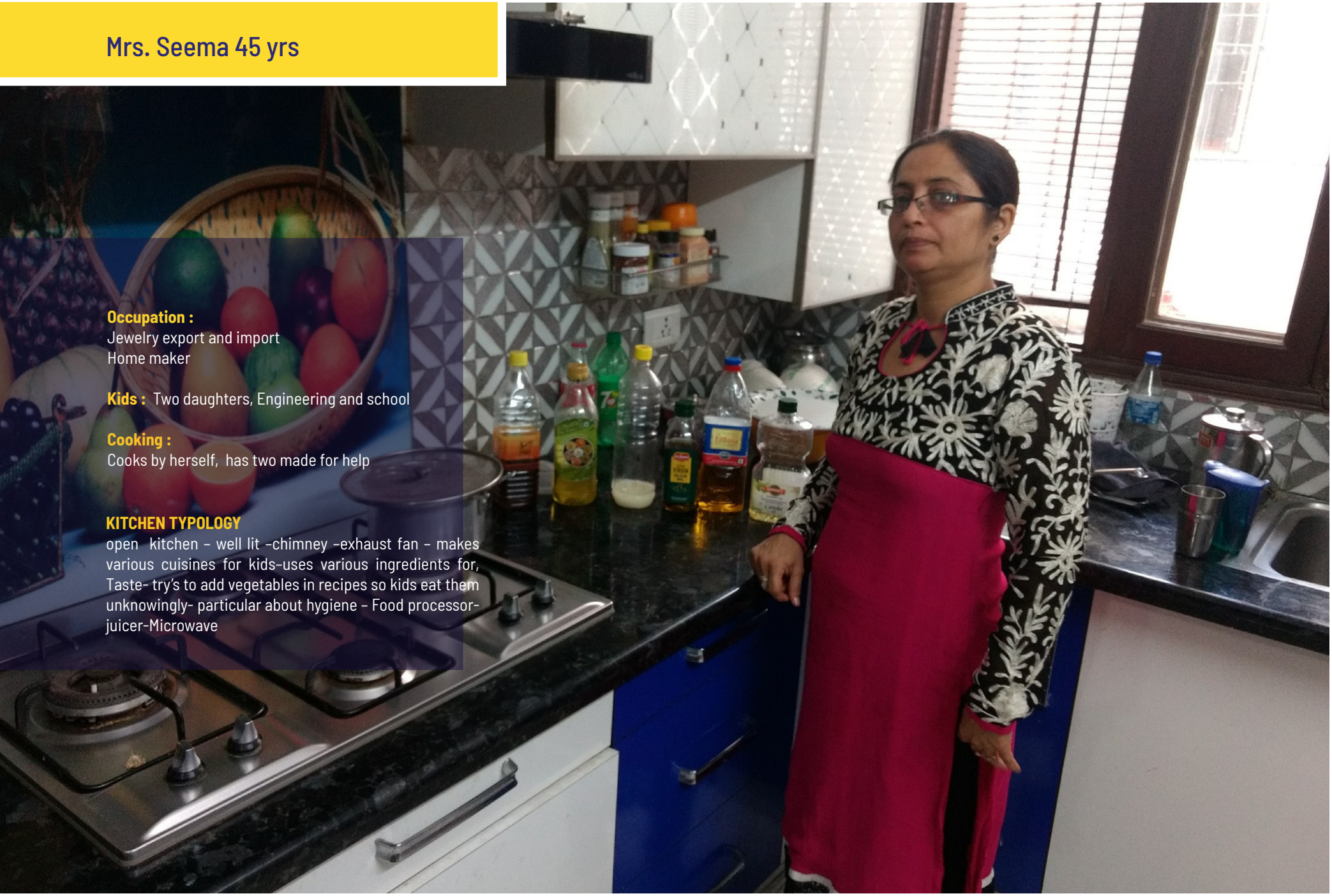
OBSERVATIONS

Has two maids whole have specific timing and for specific purpose. When she is away for kitty parties to take care of kids and also to help her during kitty parties. Healthy conscious but make food which are with chesses and mayonnaises and has varieties of these according to children preference. Sensitive to sound of chimney as it irritates her while cooking and hence doesn't use it .Loves cooking and experiments with cuisines .Wants to give best food for children without them eating outside. Manages her health, socialize and works from home . To make all this happen she uses online groceries , maid resources and watches cookery shows also YouTube. Bring a lot of groceries but forget what's there and not .Also, visibility of what's inside cupboards is an issue. During summer because of excess heat released from stove use an electric induction and oven to make food.

Audio ✓

Vedio ✓

Mrs. Seema 45 yrs



Occupation :
Jewelry export and import
Home maker

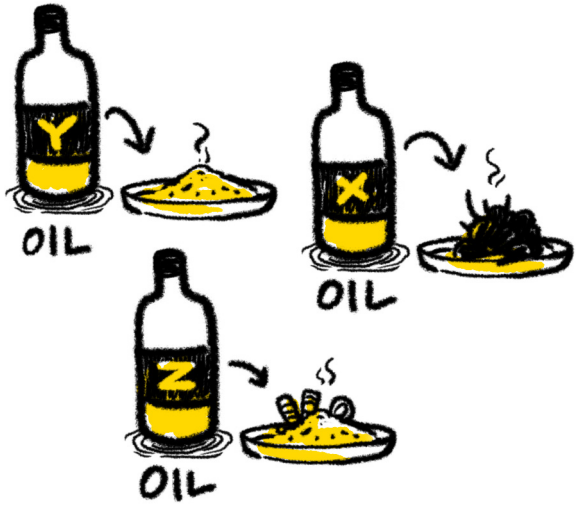
Kids : Two daughters, Engineering and school

Cooking :
Cooks by herself, has two made for help

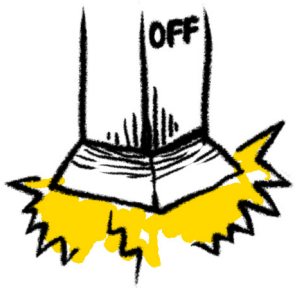
KITCHEN TYPOLOGY
open kitchen – well lit –chimney –exhaust fan – makes various cuisines for kids–uses various ingredients for, Taste- try's to add vegetables in recipes so kids eat them unknowingly- particular about hygiene – Food processor- juicer-Microwave

NO HEAT

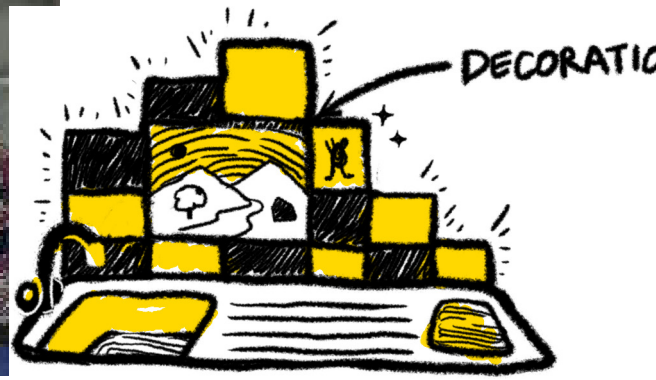
SAMSUNG


Y
OIL
X
OIL
Z
OIL

SOULFULL
CHOCO-FILLS
SAVE₹ 31/-


OFF

FANCY
LIGHTS


DECORATIO

Field Visit

MUMBAI - 09

AHM DEL MUM HYD BLR

Mr and Mrs Doshi

Makers of Home

Husband

Occupation :
Service , 20 LPA

Household Income :
30LPA

Cutting vegetables
Clean vessels, Clean Floor
Dusting of house

HOME DESCRIPTION

Family situation
Nuclear Family living in an apartment
-3BHK- Own house- semi new construction-
shifted to this house after
Staying in joint family education

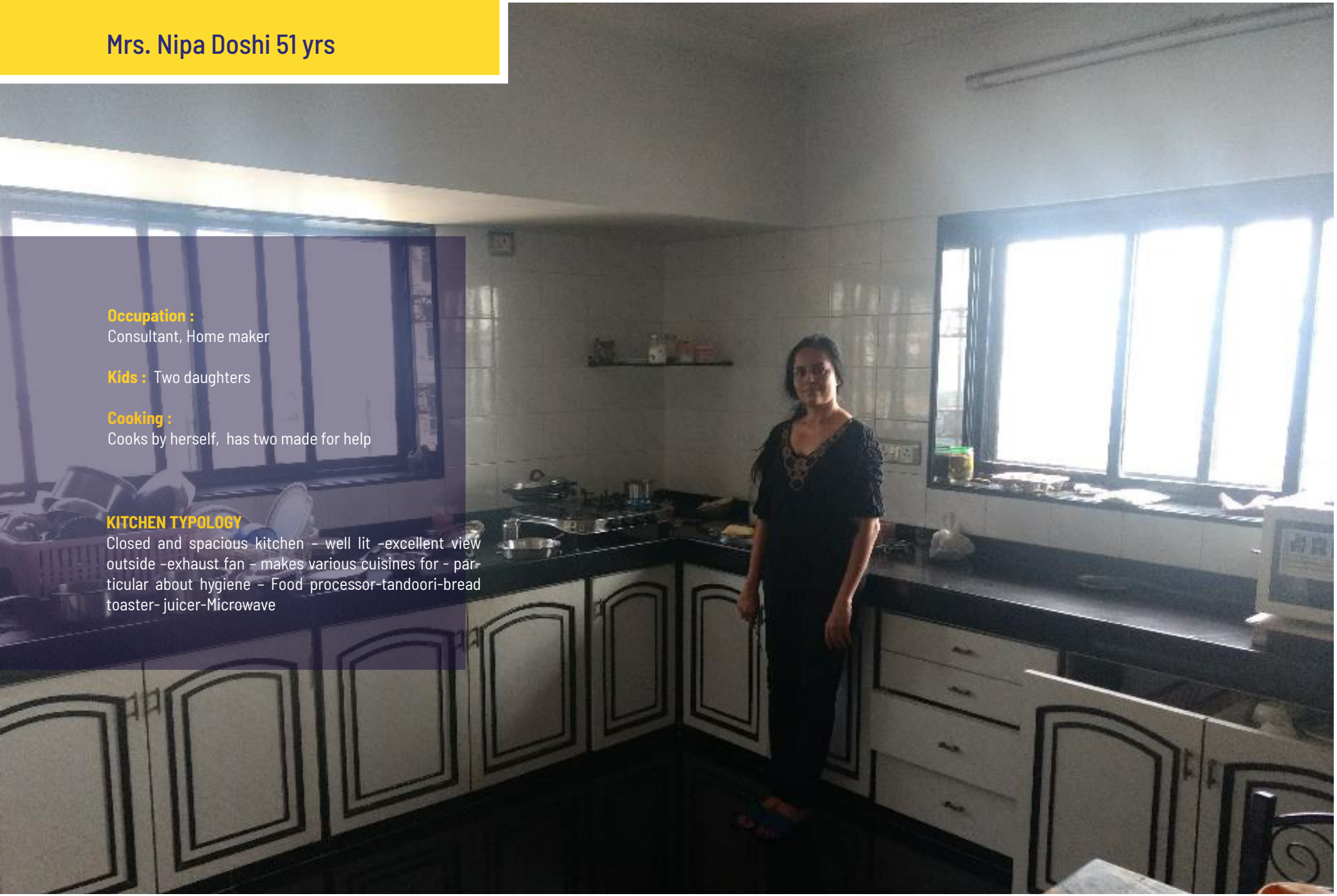
OBSERVATIONS

Has a large kitchen in the size of bedroom which is very well lit and has an amazing view from kitchen. Difficult in maintain home and work but she is used to it now. Bothered with children as they are disconnected. Feels lonely in kitchen as its closed kitchen while others are relaxing In their respective rooms or watching tv. Maid is very accessible and doesn't hesitate giving extra money for the effort. Also gives clothes for them to be hygienic .Doesn't need chimney due to cross ventilation. Dining table in kitchen and this moment of everyone eating on table while she serves hot is a moment which she cherishes. Was in a joint family and has gained traditions tips from there but believes some process of preparation which a re time taking aren't necessary as they are available ready made. Has a modern outlook but same time maintain values.

Audio ✓

Vedio ✓

Mrs. Nipa Doshi 51 yrs

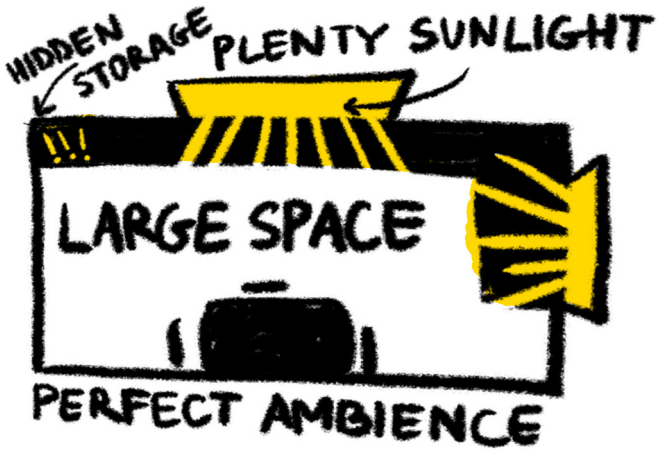


Occupation :
Consultant, Home maker

Kids : Two daughters

Cooking :
Cooks by herself, has two made for help

KITCHEN TYPOLOGY
Closed and spacious kitchen – well lit –excellent view outside –exhaust fan – makes various cuisines for - particular about hygiene – Food processor-tandoori-bread toaster- juicer-Microwave


HIDDEN STORAGE
PLENTY SUNLIGHT
!!!
LARGE SPACE
PERFECT AMBIENCE

Field Visit

MUMBAI - 10

AHM DEL MUM HYD BLR

Mr and Mrs Sharma

Makers of Home

Husband

Occupation :
Marketing , 20 LPA

Household Income :
30 - 35 LPA

Clean vessels
Clean Floor

HOME DESCRIPTION

Family situation
About to get married - living in an apartment –2BHK- rent house- semi new construction

OBSERVATIONS

Belonging to current generation ,yet maintinaing values which they are used to living while at home.Pur-vegetarian couple make sure they cook together. Division of task makes it easy for them cook. Experiemt dishes which they have tried in restraint and like recreating in their kitchen. Embrace even failure but know thye will get one on practice. Have a stock of energy giving foods as bananas and invested in good water purifier believe its every important .Maid come to clean the house . Groceries are brought once in a month as soon as they get their salsries. Plan what to make for dinner on whatsapp. Use youtube to try out new recepies. While Hosting parties make sure they use paper plates which its easy to keep the kitchen clean. Have a puja area in kitchen so kitchen has to be clean and even make sure it is clean.Do celebrate festivals by bring packed sweets.

Audio ✓

Vedio ✓

Mrs. Hina Sharma 26 yrs

Occupation :
IT consultant

Kids : Live in, with boyfriend

Cooking :
Cooks with boyfriend

KITCHEN TYPOLOGY
closed kitchen – average lit–puja in kitchen–exhaust fan – try different recipes together – Pre processed food

Del Monte
Tomato
Ketchup
ORIGINAL BLEND

Field Visit

MUMBAI - 11

AHM DEL MUM HYD BLR

Mr and Mrs Barve

Makers of Home

Husband

Occupation :
Film Actor 30LPA

Household Income :
30-35 LPA

Cooks by herself

HOME DESCRIPTION

Family situation
Nuclear Family living in an apartment - Own house - semi new construction- Mother in law stays few floor above
Breakfast and lunch is made by her for all.

OBSERVATIONS

Smart and efficient home maker making it easy for her to do what she loves, painting. Plans everything well before, no matter how mnay popele come home dinner or lunch. Always maintins a book to plan to know and understand whose coming and prepares food accordingly.Learnt cooking after marriage wit hmother-in-law.Food has to healthy and focuses on decoration. Uses her art skills in cooking in mixing and matching ingredients to make things quickly also by presenting well. Planned kitchen according to her use and her experience keeping easy of task and wanted everytign hidden inside cupboards.Has a lot of memories with frienddin kitchen as there is a table in kitchen where people sit and talk with her while she is cooking. Kitchen is decorated, no matter where we see nothing is plain using small elemts to make kitchen attractive .Family loves home cooked food and her love for family makes her cook differnet dishes according to interest

Audio ☑

Vedio ☑

Mrs. Aparna Barve 46 yrs

Occupation :
Commercial Artist, Home maker

Kids : Daughters and son,
Staying away for Education purpose

Cooking :
Cooks by herself

KITCHEN TYPOLOGY
Open kitchen – well lit –busy road outside house –exhaust fan – makes traditional Marathi dishes- particular about hygiene –needs time for her work so plans according-ly-mixer-Microwave

DOCUMENTING DISHES MADE FOR GUESTS.

·MILK
·FRUITS

PERSONAL TV IN KITCHEN.

NOTES
POSTER
PERSONIZED
KITCHEN

Field Visit

HYDERABAD - 12

AHM DEL MUM HYD BLR

Mr and Mrs Barve

Makers of Home

Husband

Occupation :
Retired,NTPC,5 LPA

Household Income :
35 LPA

Clean vessels
Clean Floor

HOME DESCRIPTION

Family situation
Joint family in an independent house - Own house – 10 yr. old construction- elder son works in IT and travels 15kms
to office . Daughter-in-law helps her in kitchen. She is caring about sons health

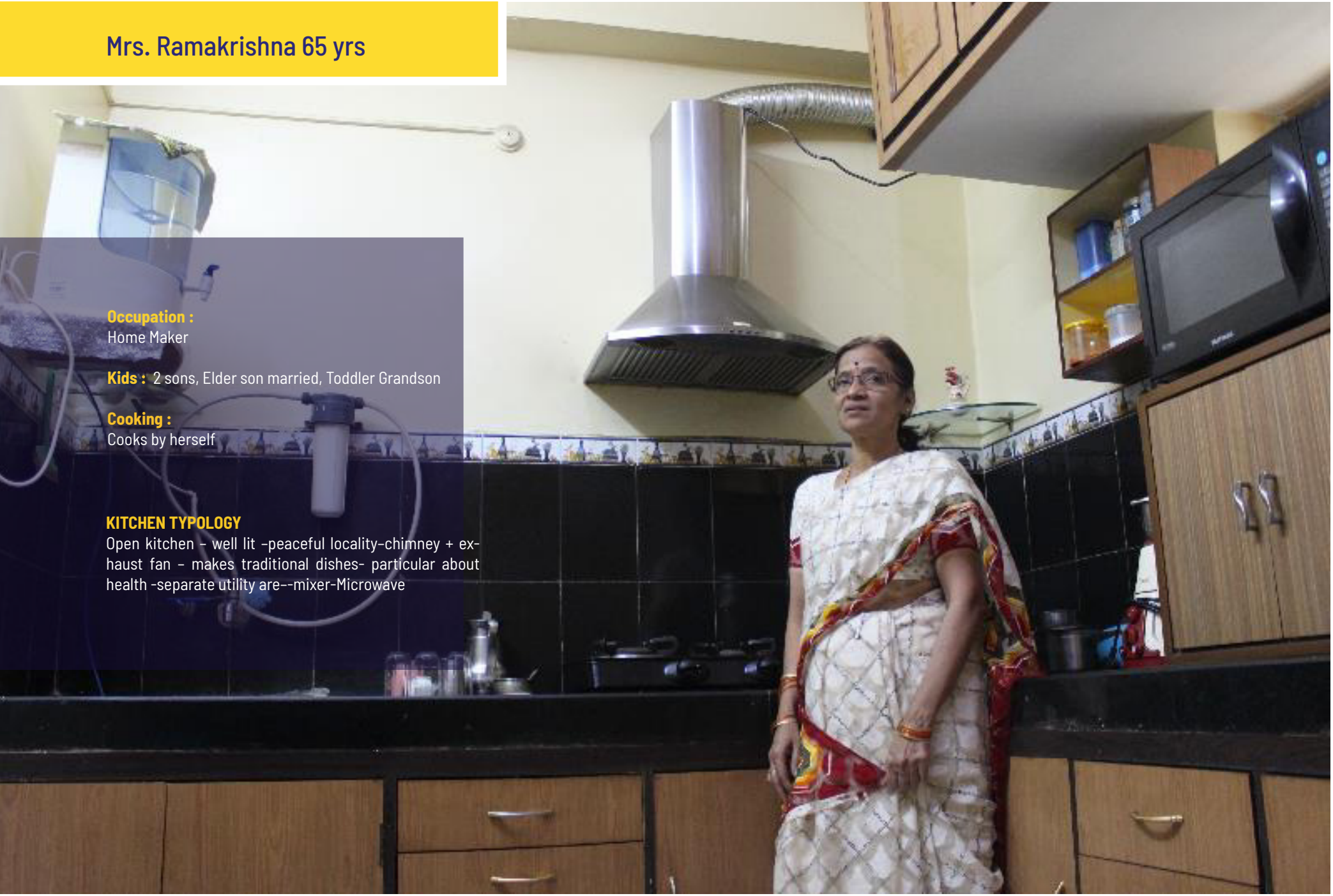
OBSERVATIONS

30years in kitchen. Lived in north India and finally settled in south. Seen basic kitchen but wanted to her kitchen to be comfortable solving her problems which she has been seeing since years. Specifically wanted an chimney. Ready to adapt to technology which will make her job even more easy. Used to make masalas by hand but now buys read made from store. Healthy conscious and doesn't let maid touch even the kitchen platform. Only give vessels for maid to washhouses traditional ways of cooking without loss of nutrients but adapting to new tastes based on ingredients available. Avoid deep fried items. No mater what health remains primary focus. Suggests this generation to slow down a bit and focus on what one is eating and sleep well. Uses hair shampoo to clean vessels as regular dishwashers are acidic and skin get spoilt. Keeps the kitchen neat, clean also smell fresh and wants peace while cooking .

Audio ✓

Vedio ✓

Mrs. Ramakrishna 65 yrs

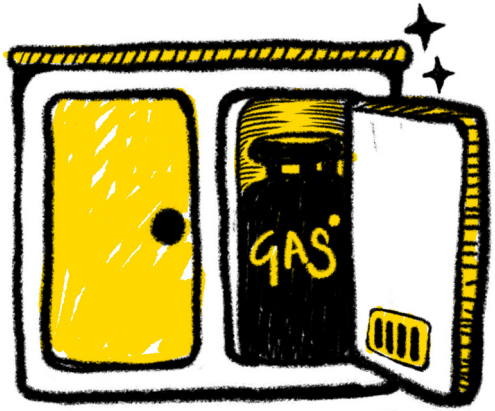


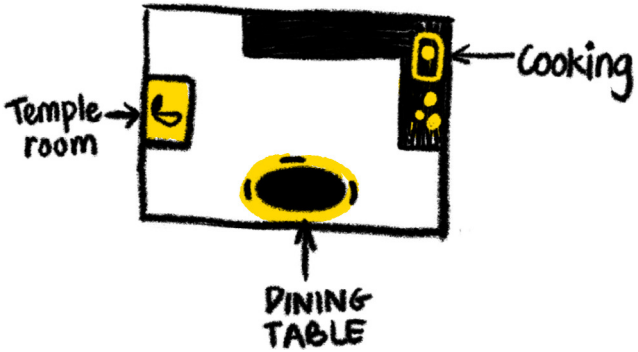
Occupation :
Home Maker

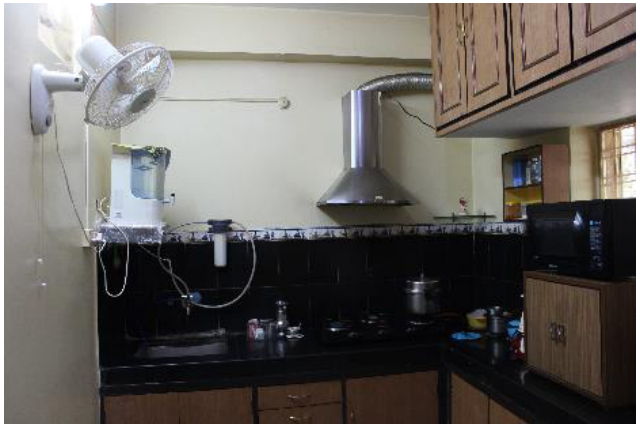
Kids : 2 sons, Elder son married, Toddler Grandson

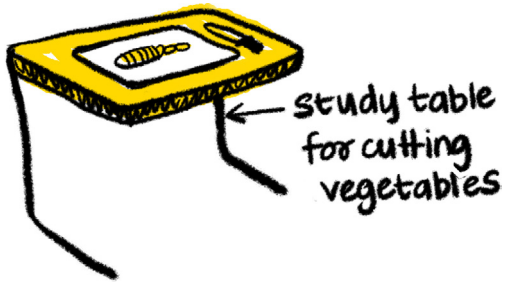
Cooking :
Cooks by herself

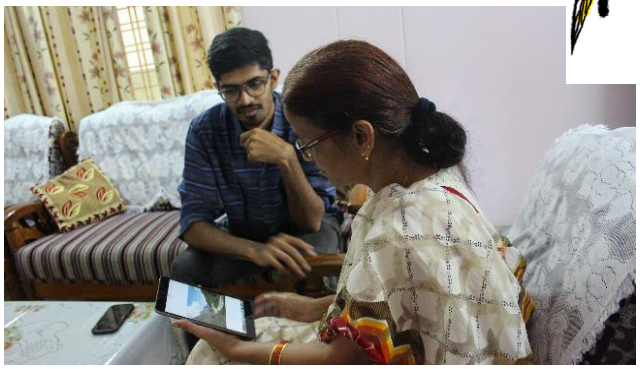
KITCHEN TYPOLOGY
Open kitchen – well lit –peaceful locality–chimney + exhaust fan – makes traditional dishes- particular about health -separate utility are--mixer-Microwave


GAS


Cooking
Temple room
DINING TABLE




study table
for cutting
vegetables



Field Visit

HYDERABAD - 13

AHM DEL MUM HYD BLR

Mr and Mrs

Makers of Home

Husband

Occupation :
Medical transcriptor,
work from home

Household Income :
20 LPA

Clean vessels
Clean Floor

HOME DESCRIPTION

Family situation
JNewly married living in an apartment - Own house - new construction- husband works from home-In laws come once
In month- well decorated house

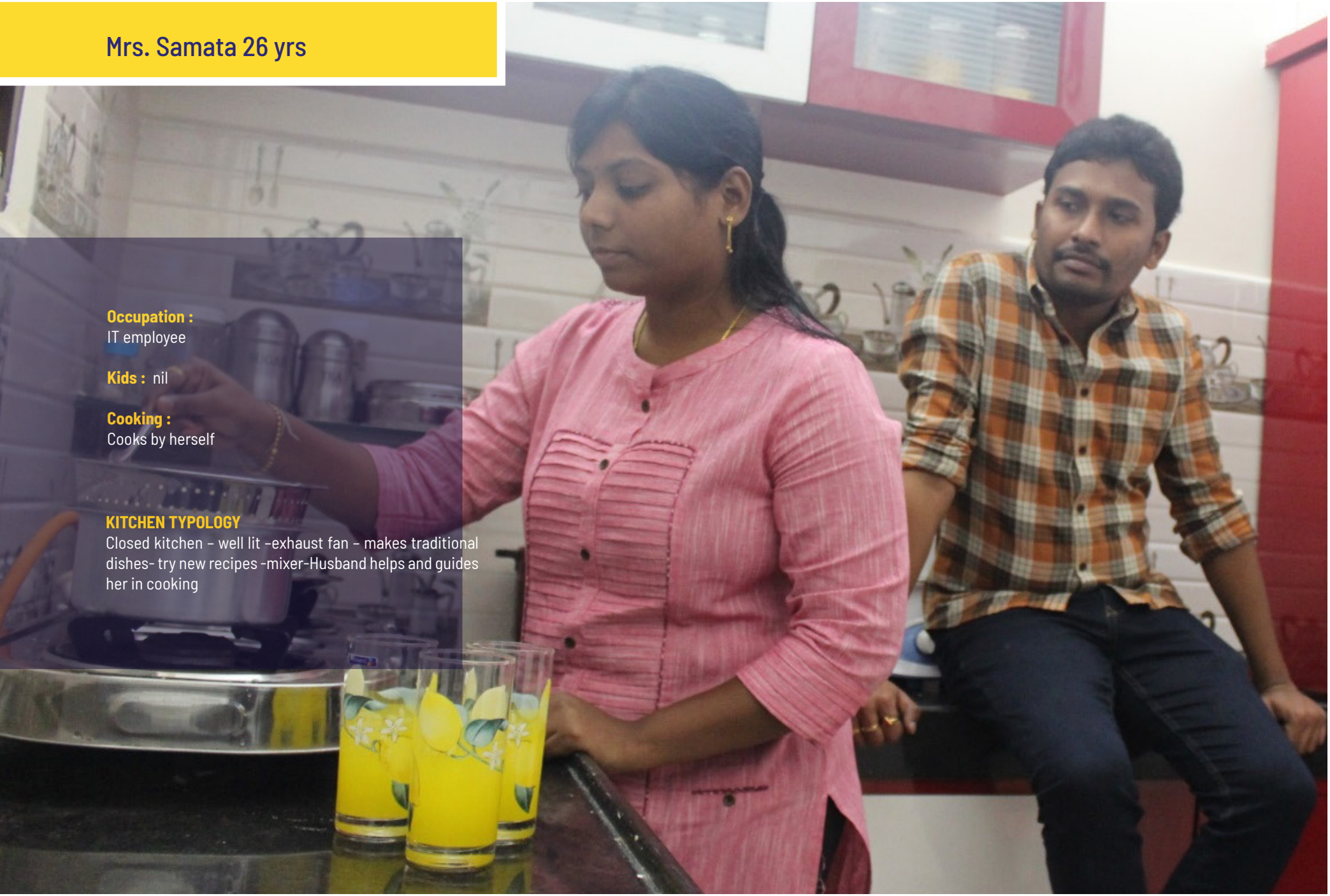
OBSERVATIONS

Husband used to cook as a bachelor but now its wife who does the cooking even after he staying at home entire day. Initially 3 months of marriage were difficult for her to mange home and office but now she manages. She takes it like a responsibility to cook as a wife to take care of husband. She supports and praises him for his cooking. Intimacy hasn't been yet created between. Use an eclectic cooker which will be easy for husband also to cook rice. Values from home and even water filter is taken which is used at home.TV selection in a way she can watch it while she is cooking. They try to modify few ingredients of same item to create something new as when bored. Walk together and get groceries .When bored they go out to eat. Try new recipes when eating in a restaurant. Mother-in-law come and both of them clean the kitchen together.

Audio ✓

Vedio ✓

Mrs. Samata 26 yrs



Occupation :
IT employee

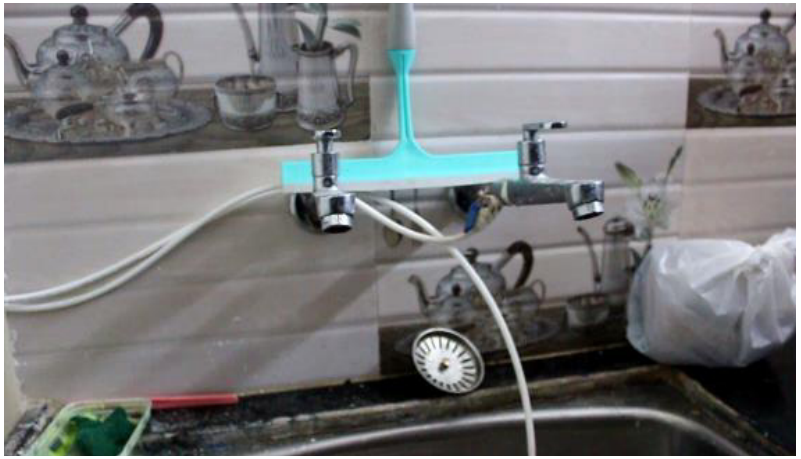
Kids : nil

Cooking :
Cooks by herself

KITCHEN TYPOLOGY
Closed kitchen – well lit –exhaust fan – makes traditional dishes- try new recipes -mixer-Husband helps and guides her in cooking

SPECIAL
ELECTRIC
COOKER
FOR
HUSBAND

180°



SUGAR
TEA

GROCERY FOR A MONTH
EASY TO HANDLE
NEWLY WED.

Field Visit

HYDERABAD - 14

AHM DEL MUM HYD BLR

Mr and Mrs

Makers of Home

Husband

Occupation :
Ex-software engineer
Currently, studying

Household Income :
10 LPA

Cook is also the maid

HOME DESCRIPTION

Family situation
Staying with friends – Very basic house – Old apartment

OBSERVATIONS

As bachelors they are focused on other activities of life and very less time to keep kitchen clean. Dependence on friends also to help so there is less motivation. Kitchen isn't well maintained and is cleaned once in 6 months. Newspaper on slabs to keep things to absorbed oil and water from dishes. Containers are kept haphazardly and isn't hygienic environment. Dusty cupboards and oily tiles due to smoke accumulation. Lot of dark corners. Kitchen becomes smoking zone as it has the only balcony of house. He is health conscious as he workout so he uses the kitchen the maximum. When friends come for party, sometime cook together items like snacks and dishes are kept aside for maid to clean. When maid doesn't come they do it themselves. Prefer cooking at home rather than eating food outside everyday.

Audio ✓

Vedio ✓

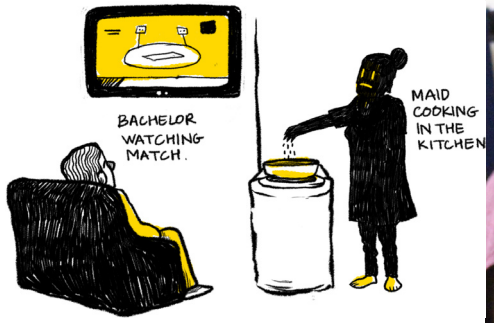
Mrs. Prakash Raj 26 yrs

Occupation :
IT employee

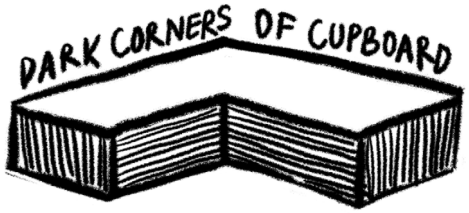
Kids : nil

Cooking :
Cooks by herself

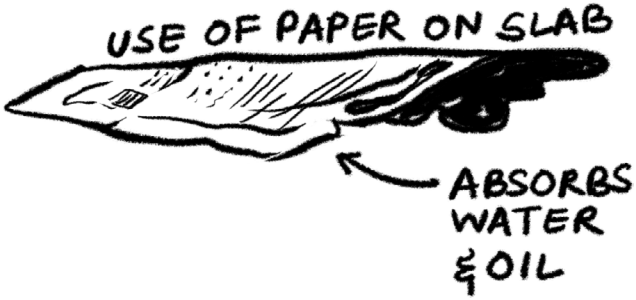
KITCHEN TYPOLOGY
Closed kitchen – dull lighting –exhaust fan – makes self interesting dishes- food is just a necessity to fill stomach- fridge-rice cooker


BACHELOR WATCHING MATCH.
MAID COOKING IN THE KITCHEN

amazon


DARK CORNERS OF CUPBOARD

STOVE
GROCERY
MAID
LOW INVESTMENT


USE OF PAPER ON SLAB
ABSORBS WATER & OIL

MESSY KITCHEN
NO TIME TO CLEAN THE KITCHEN.

Field Visit

HYDERABAD - 15

AHM DEL MUM HYD BLR

Mr and Mrs

Makers of Home

Husband

Occupation :
Builder contractor

Household Income :
25 LPA

Clean vessels
Clean Floor

HOME DESCRIPTION

Family situation
Nuclear Family living in an apartment - Own house - new construction- Mother in law stays with her-
3 Sister-in-laws Stay in the same apartment

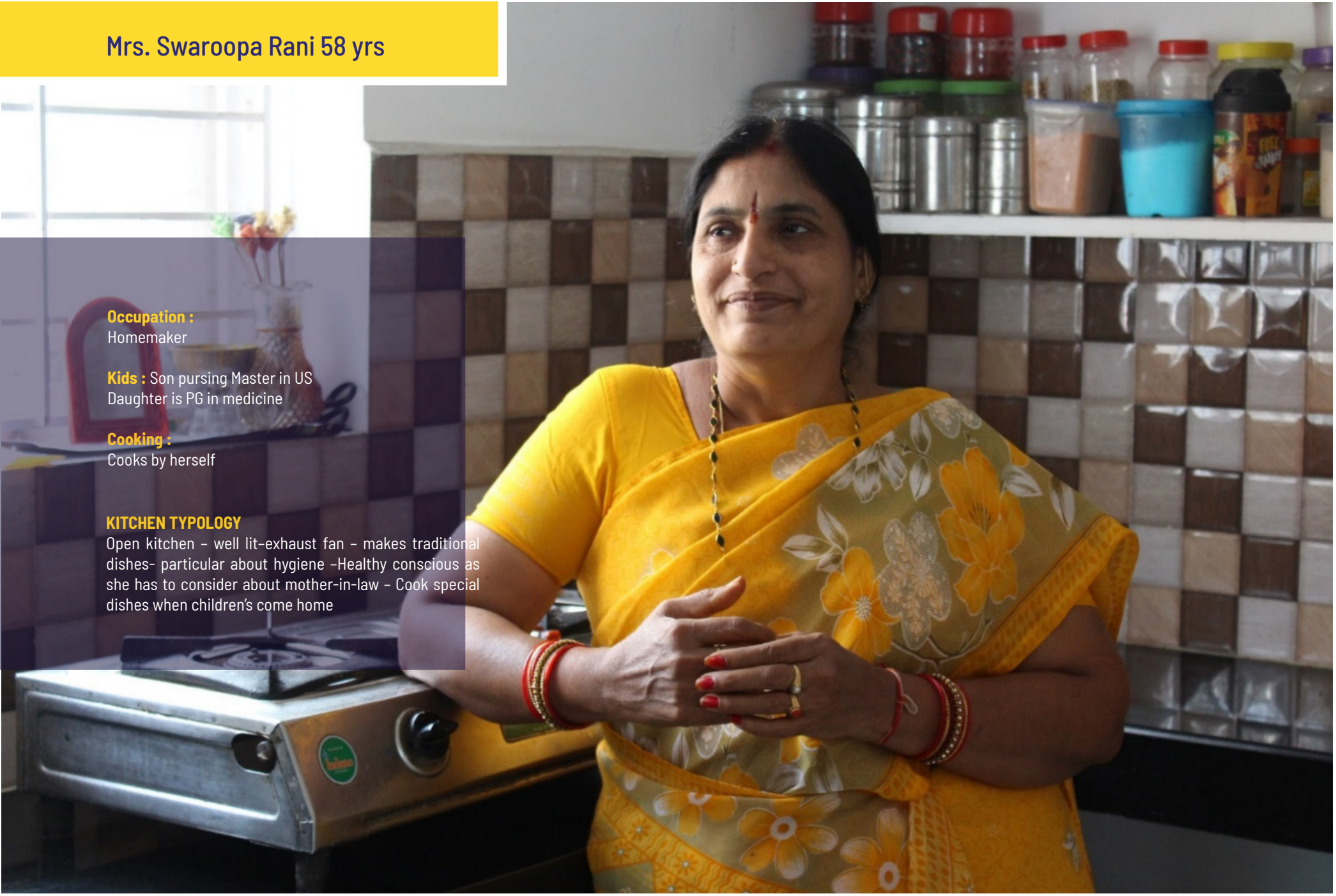
OBSERVATIONS

Well educated lady but didn't get a chance to work because of marriage and it still pricks her. But, is happy she took care of her children and they are in a good position in life. Enters the kitchen only after having bath. Goes out often for shopping or parties with school friends . Also goes to temples with relatives . Even after husband being builder didn't install modular kitchen as he found problem with wood of modular kitchen. All her vessels are exposed and dust accumulates making it difficult for her to clean often. Mother-in-law was her guru in cooking after getting married and this led to boding between them. Mother-in-law prefers traditional way of cooking so she has to follow the process and she doesn't like fast cooked food. She forget what's kept on stove when she goes out of kitchen to watch tv. covers up smoke smell when food burns off. Now she is taking care of mother-in-law completely and is at peace genuinely

Audio ✓

Vedio ✓

Mrs. Swaroopa Rani 58 yrs



Occupation :
Homemaker

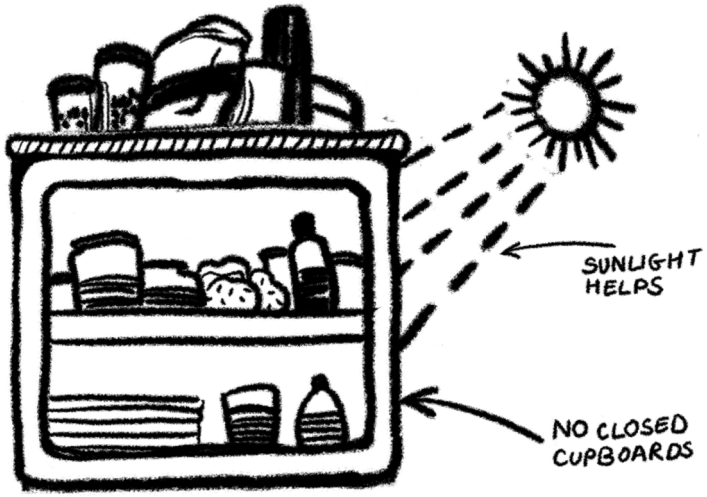
Kids : Son pursing Master in US
Daughter is PG in medicine

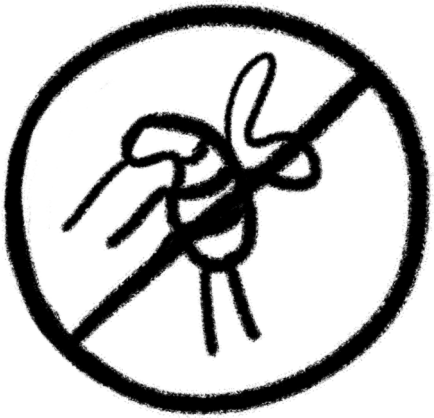
Cooking :
Cooks by herself

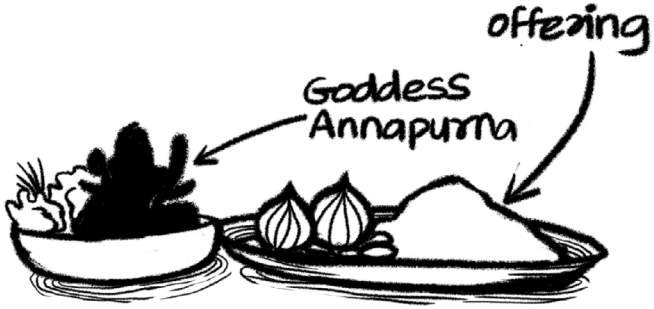
KITCHEN TYPOLOGY
Open kitchen – well lit-exhaust fan – makes traditional dishes- particular about hygiene –Healthy conscious as she has to consider about mother-in-law – Cook special dishes when children's come home

SELF MODE

BRINGS ENERGY
MIRROR
IN KITCHEN


SUNLIGHT
HELPS
NO CLOSED
CUPBOARDS




offering
Goddess
Annapurna

Field Visit

BANGLORE - 16

AHM DEL MUM HYD BLR

Mr and Mrs

Makers of Home

Husband

Occupation :
Retired businessmen

Household Income :
45 LPA

Clean vessels
Clean Floor

HOME DESCRIPTION

Family situation
joint Family living in an bungalow- Own house – old construction- families of two sons with their children-Both
Sons take care of 2 fathers business and elder daughter-in-law helps her husband in office

OBSERVATIONS

First entry into kitchen only after having bath. She prepares breakfast and lunch for everyone in the house according to their interest. Always has a backup plan if
Anyone doesn't like a dish. She is used to working and believes in being active. Don't want to be lazy and kitchen work keeps her active. Doesn't allow maid to cook but takes her help to clean and cut vegetables. Breakfast mostly heavy south and north Indian but weekends try different dishes adapting to her families taste and he cooking knowledge . Makes sure everything is eating on time and stomach is full. Also reminds them to have snacks and gives them a nut box to munch in between work .Her families health is important to her. Daughter-in-laws tried international cuisines watching YouTube but she says its irritating , cooking should be intuitive. Feel spiritual in the morning so makes sure kitchen is clean in the night .

Audio ✓

Vedio ✓

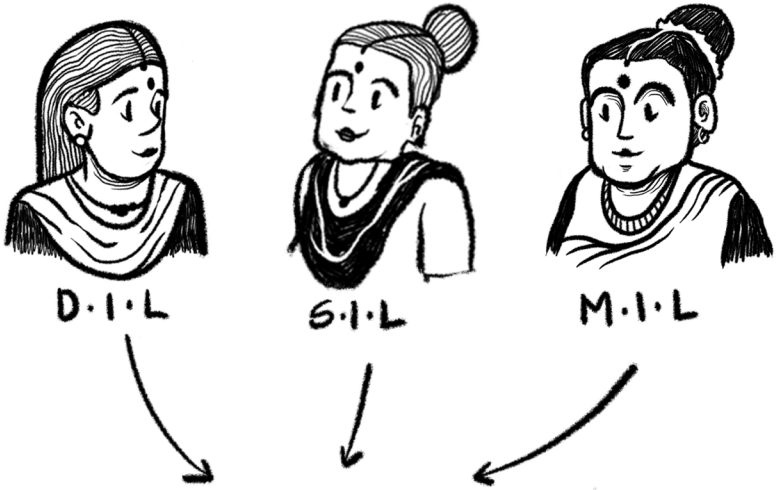
Mrs. Meera Bai 61 yrs

Occupation :
Homemaker

Kids : 2 married Sons, 3 grandchildren

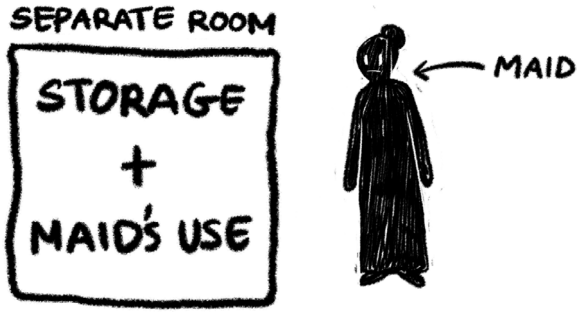
Cooking :
Cooks by herself

KITCHEN TYPOLOGY
Open kitchen – well lit –chimney exhaust fan – particular about rituals-Storage room-particular about hygiene -mixer-Microwave



TRADITIONAL DISHES DURING FESTIVALS

FANCY
LIGHTS


SEPARATE ROOM
STORAGE
+
MAID'S USE
MAID

Field Visit

BANGLORE - 17

AHM DEL MUM HYD BLR

Mr and Mrs

Makers of Home

Household Income :
25 LPA

Clean vessels
Clean Floor

HOME DESCRIPTION

Family situation
Bachelor – Tenement – renovated an year back – Designer by architect – Family stays in Mumbai with her brother –
Rented one room to her friends

OBSERVATIONS

Foody. Experiments with food and has been maintaining a recipes book of her own creation and what she wants as well. Has two fridges, one for eatables and other for storing masalas and ingredients. Brand specific, uses only trusted brand appliances as quality is important from house lock chimney fridge and entire modular kitchen with haffle fittings. Host parties and like to make food to share with friends. Very specific when ordering food as she knows which place has good food according to cuisine. Curtains meals are prepared by her and few by her roommates and manage cooking due to office timing differences. Follows famous chefs and is aware of gastronomy too. Uses vastu colors in kitchen .Kitchen is fully equipped but due to busy life maintain become an use sometimes. Checks google for tips to maintain groceries and started using Tupperware. Kitchen is her laboratory

Audio ✓

Vedio ✓

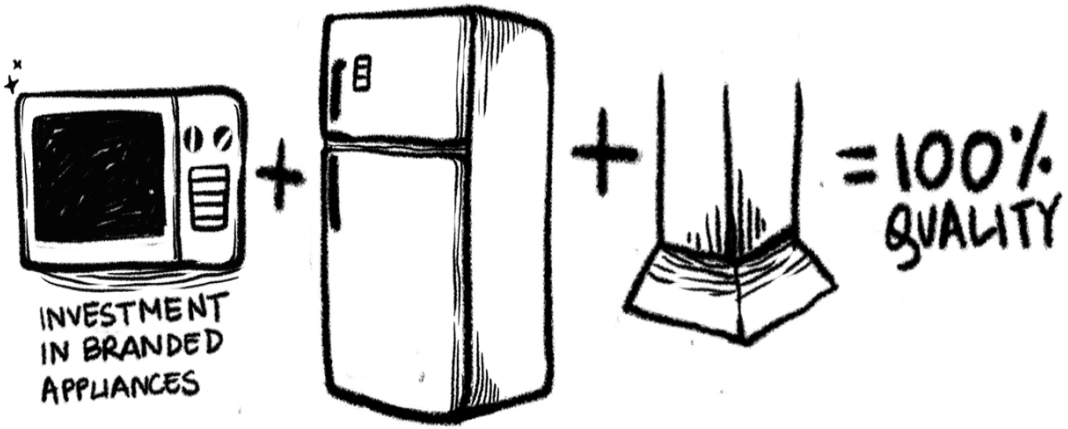
Mrs. Deepa 30 yrs

Occupation :
IBM Manager

Kids : Nil

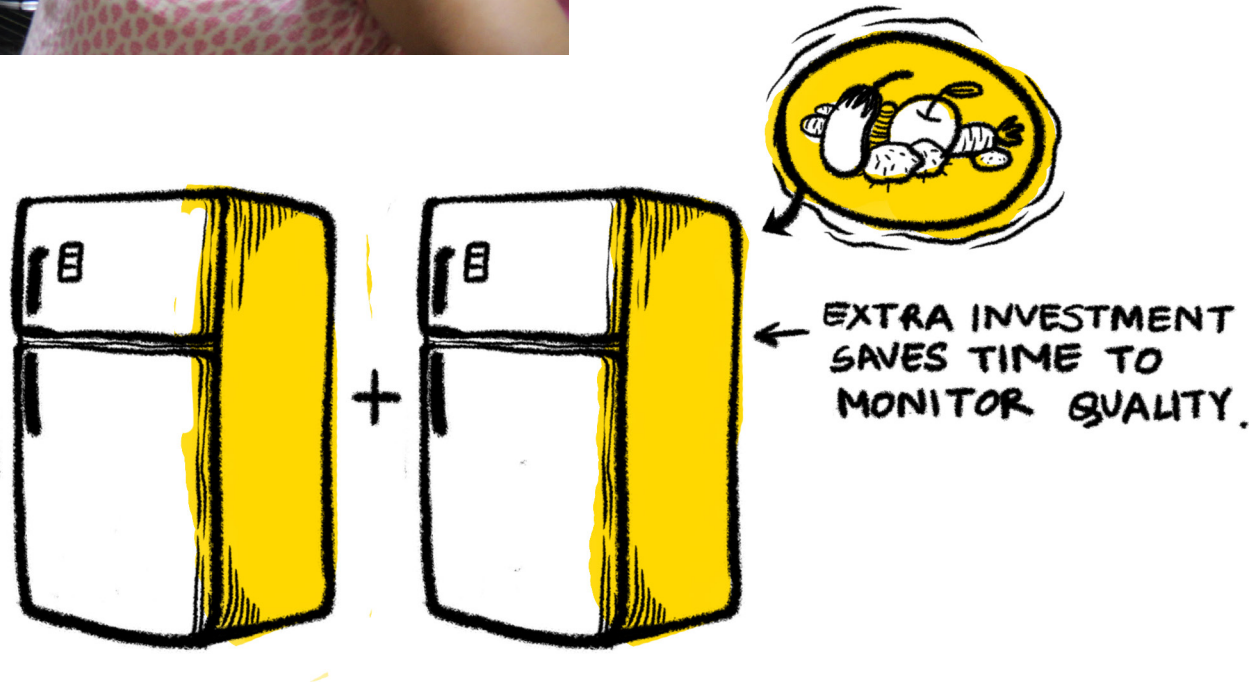
Cooking :
Cooks by herself and Roommates

KITCHEN TYPOLOGY
closed kitchen – need of artificial source of light in evening –branded appliances-expensive chimney-experimental food – two fridges – mixer – oven


INVESTMENT
IN BRANDED
APPLIANCES
=100%
QUALITY

LG

INVERTER
10 YEAR
WARRANTY
POWER SAVINGS
LG
Keeps food healthy.


EXTRA INVESTMENT SAVES TIME TO MONITOR QUALITY.

Field Visit

BANGLORE - 18

AHM DEL MUM HYD BLR

Mr and Mrs

Makers of Home

Husband

Occupation :
Business

Household Income :
50 LPA

Clean vessels
Clean Floor

HOME DESCRIPTION

Family situation
Couple living in apartment - Own house - semi new construction-

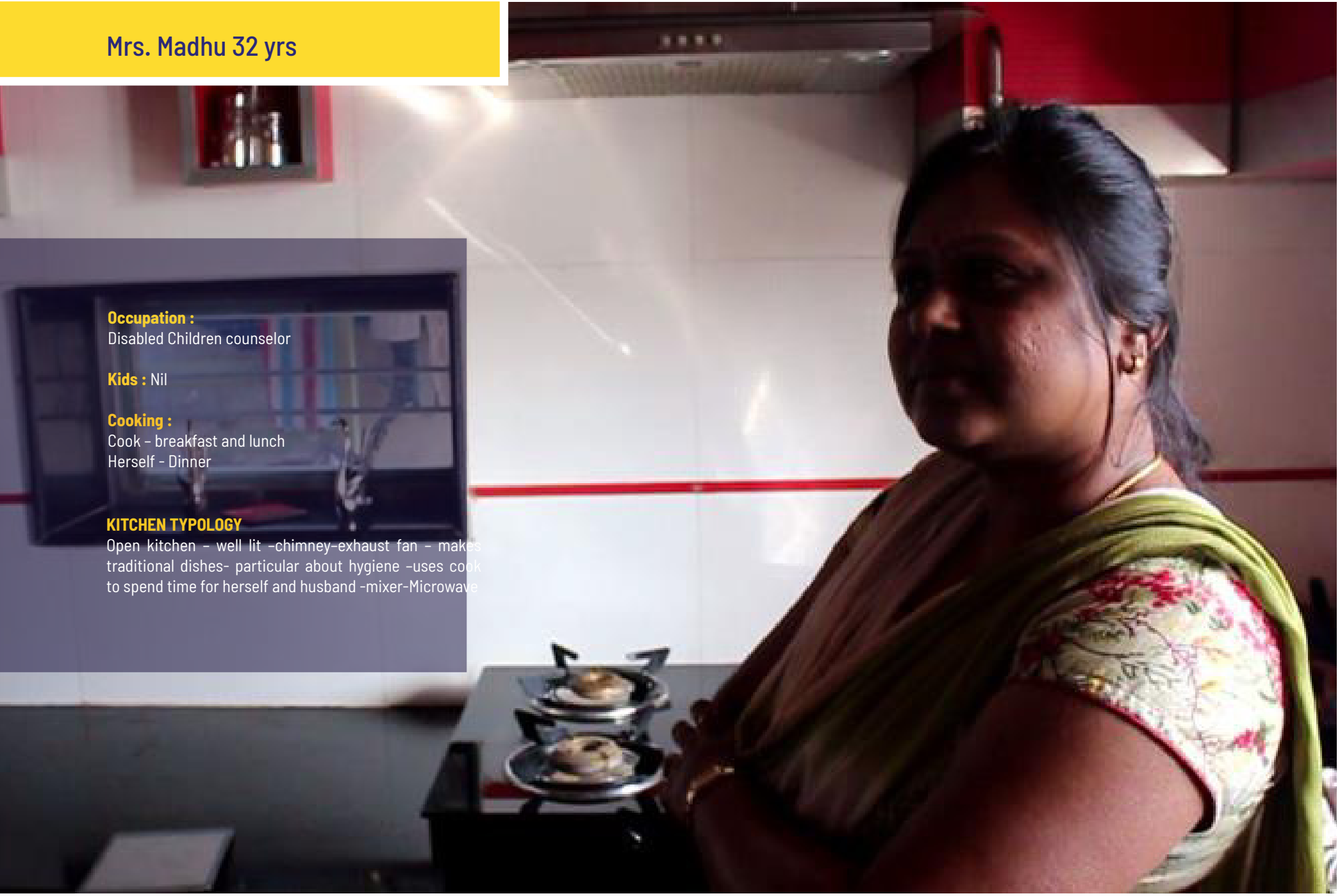
OBSERVATIONS

Happy couple who enjoy their time together. Focused on work and following her passion and working for satisfaction. Frequently travel abroad with friends. Was working in hectic schedule and in joint family now her husband wanted her to relax so she changed her profession and kept a cook. Husband is the first and last entering person in a day. Have lunch together and husband made sure she has this flexible timing job. People get into virtual world but these people are avoiding that by being physically present . When she cook dinner, she enjoys by singing , listening to music and dancing. Says only then the aura is channelized into food. She designed the entire house by herself and made smart additions to kitchen making her job easy have kept cutlery which are fun. Very particular about maid and cooks hygiene and says it upfront to bath, wear neat clothes and wash feet and hands. Makes sure positive energy in the house

Audio ✓

Vedio ✓

Mrs. Madhu 32 yrs

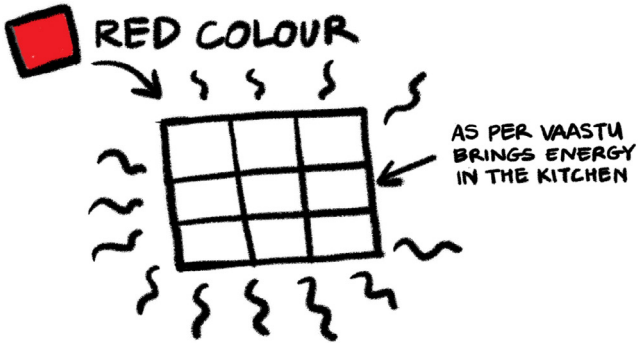


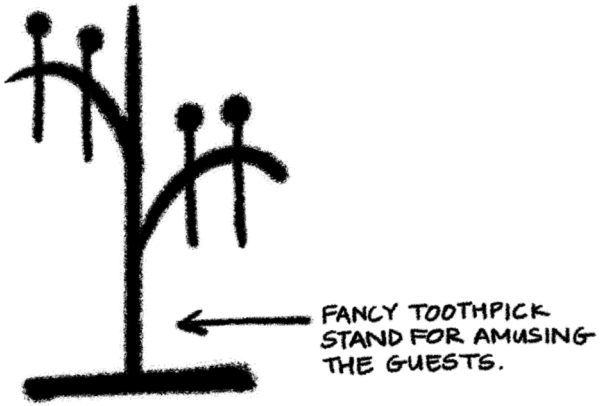
Occupation :
Disabled Children counselor

Kids : Nil

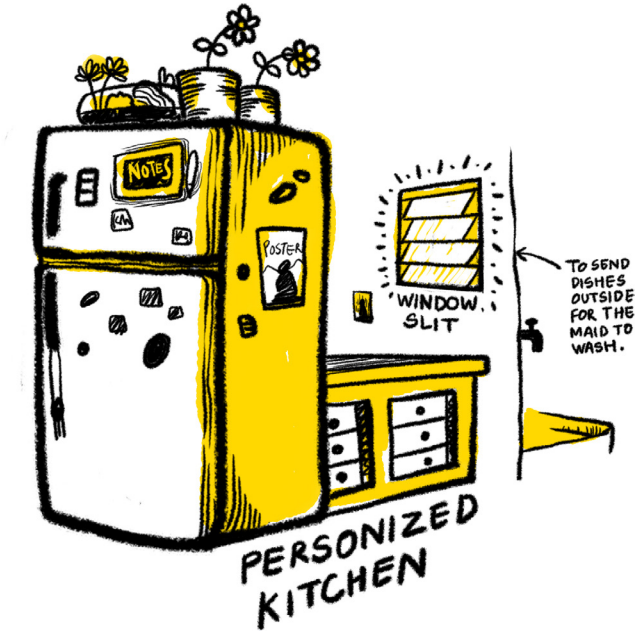
Cooking :
Cook - breakfast and lunch
Herself - Dinner

KITCHEN TYPOLOGY
Open kitchen - well lit -chimney-exhaust fan - makes traditional dishes- particular about hygiene -uses cook to spend time for herself and husband -mixer-Microwave


RED COLOUR
AS PER VAASTU BRINGS ENERGY IN THE KITCHEN


FANCY TOOTHPICK STAND FOR AMUSING THE GUESTS.

SILVER
UTENSILS
FOR HEALTH
BENEFITS


NOTES
POSTER
WINDOW SLIT
TO SEND DISHES OUTSIDE FOR THE MAID TO WASH.
PERSONIZED KITCHEN

Field Visit

BANGLORE - 19

AHM DEL MUM HYD BLR

Mr and Mrs

Makers of Home

Husband

Occupation :
Business

Household Income :
50 LPA

Clean vessels
Clean Floor

HOME DESCRIPTION

Family situation
Nuclear Family living in 2 storied tenement-her house is duplex -Own house - semi new construction-
Mother and brother family stay in first floor

OBSERVATIONS

Childlike mother. Dependent on mother. Hates cleaning so leaves it to mother. Mother cooks and she helps her. Very choosy about her choice and particular. Family and Husband are health conscious and except her and brother. Mother makes the traditional food and she makes different cuisines according to children's demands. Loves experimenting food and even took cooking classes for children. Using food processor to the fullest and other appliances too which ever makes her job easy. Don't allow maid to clean vessels so brought a dishwasher. Maid is only for mopping and dusting. Problem of maid spreading family news to others. Placed the tv in a way she can see from kitchen. Dusty kitchen, not maintained properly. Groceries lying unused after kids studying in hostel. Food for her is taste. Loves her kids and this was the start for her to learn cooking.

Audio ✓

Vedio ✓

Mrs. Rashmi 46 yrs

Occupation :
Homemaker

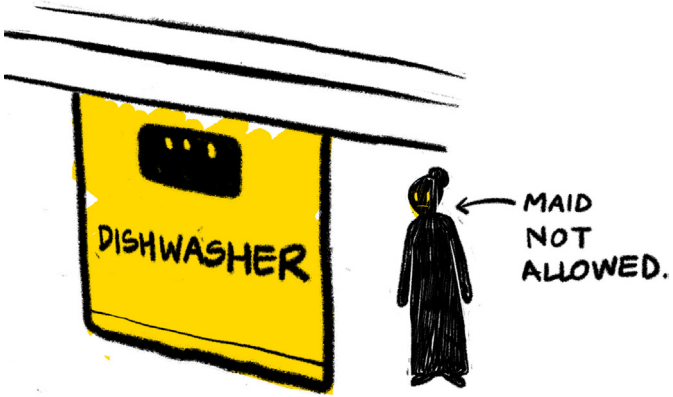
Kids : Two daughter, Staying in hostel

Cooking :
Cooks with moms help

KITCHEN TYPOLOGY
Open kitchen – dull lighting-construction beside house -exhaust fan – Expensive chimney--store room- makes traditional as well as international cuisines- particular about maids timings -food processor – blender- juicer-mixer-Microwave

LOW VISIBILITY FOR COOKING

KITCHEN


DISHWASHER
MAID
NOT
ALLOWED.

SPECIAL
FAST FOOD
CABINET

The real reason of things

EXPERTS

EXPERT INTERVIEW

Although talking to people for whom we are designing, to gain valuable perspective we spoke with experts in the field we are going to design.

MAITRI JYOTI TRUST

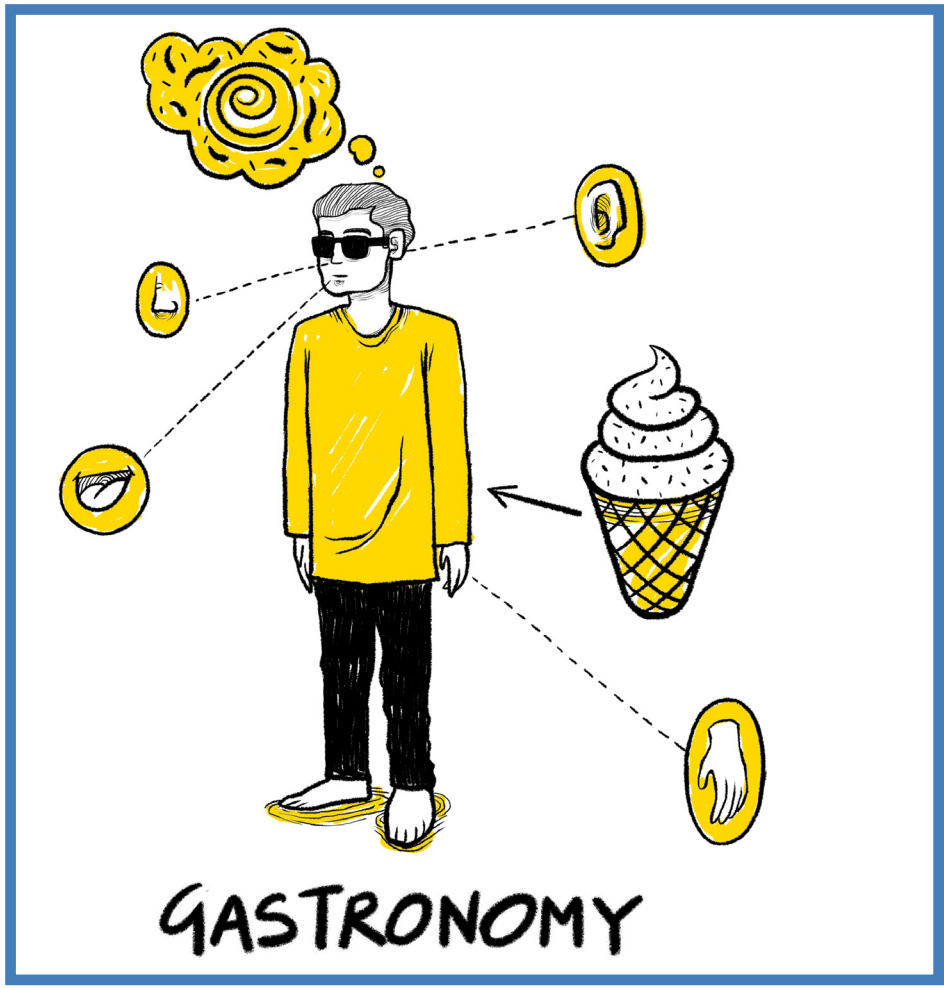
Assisting visually impaired individuals and enabling them to lead independent and dignified lives through Education, Training, Counselling and Communication & Technology so as to integrate them into mainstream families and the society at large.

KNOWLEDGE

The blind are no different from normal people, just that one sense is inactive. This in-return makes them more focused as normal people see so much and processing each become difficult.

First instruction given while training, everyone makes mistake, people cut fingers and burn dishes and make them comfortable. This eliminates the tension from minds and makes them enjoy cooking.
Training starts with making them aware of the placement of things in kitchen and getting acquainted with instruments, vegetables. Arrangements of groceries and storage unit should be moved and this is even told to people in house as it become difficult for blind to recognize later.
Students want to make other family member eat a dish which they made. They enjoy the process of learning and say it has become easy

Major problem they face is identifying if there are insects inside the vegetable and fruits. There should be assurance given to them to feel safe.


GASTRONOMY

Mr. MANOJ KAMBEYA

4GB builders I Work Experience: 10yrs

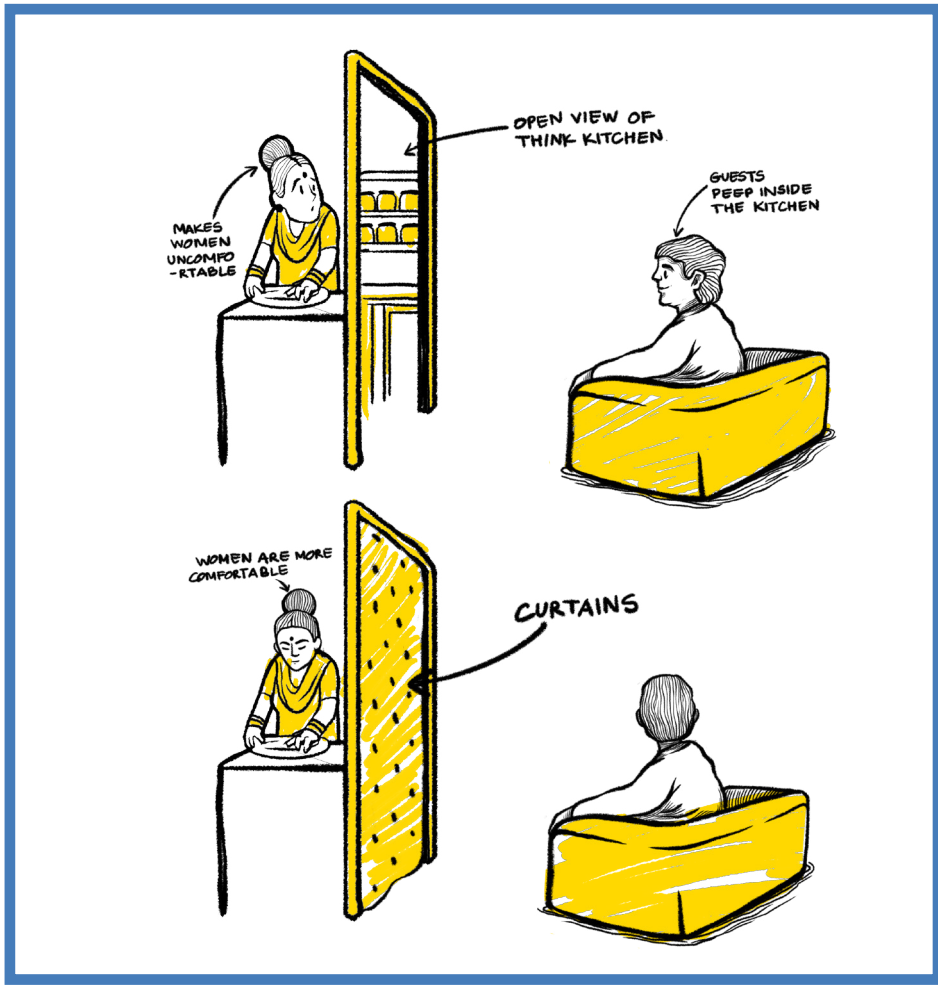
KNOWLEDGE

Sunlight in kitchen is more than bedroom because of vastu principles. Everything in the kitchen is designed around the stove position.

Possibility of vegetables like potato's and onions getting spoilt is more under the cabinets so people have started to use basket by Hettich inside cupboard but its without wood and is with glass with holes. So that there is proper ventilation.

Ladies want hand wash basin , Dinning table and serving area near by so its easy for access. Modular kitchen is good but has problems with channels of drawers, which are expensive.

According to Indian tradition, we have gone too far in kitchen changes. A certain was used to a division between kitchen and rest of the space.It has become more open than required. Before, kitchens used to be closed so that privacy is given to women for her movements in kitchen from guests or elderly people who come home.


OPEN VIEW OF THINK KITCHEN
MAKES WOMEN UNCOMFO -RTABLE
GUESTS PEEP INSIDE THE KITCHEN
WOMEN ARE MORE COMFORTABLE
CURTAINS

Dr. JAY BHAVSAR

Vastu Professional I Work Experience: 9 yrs.

Tarot expert & Spiritual trainer Reiki grand master

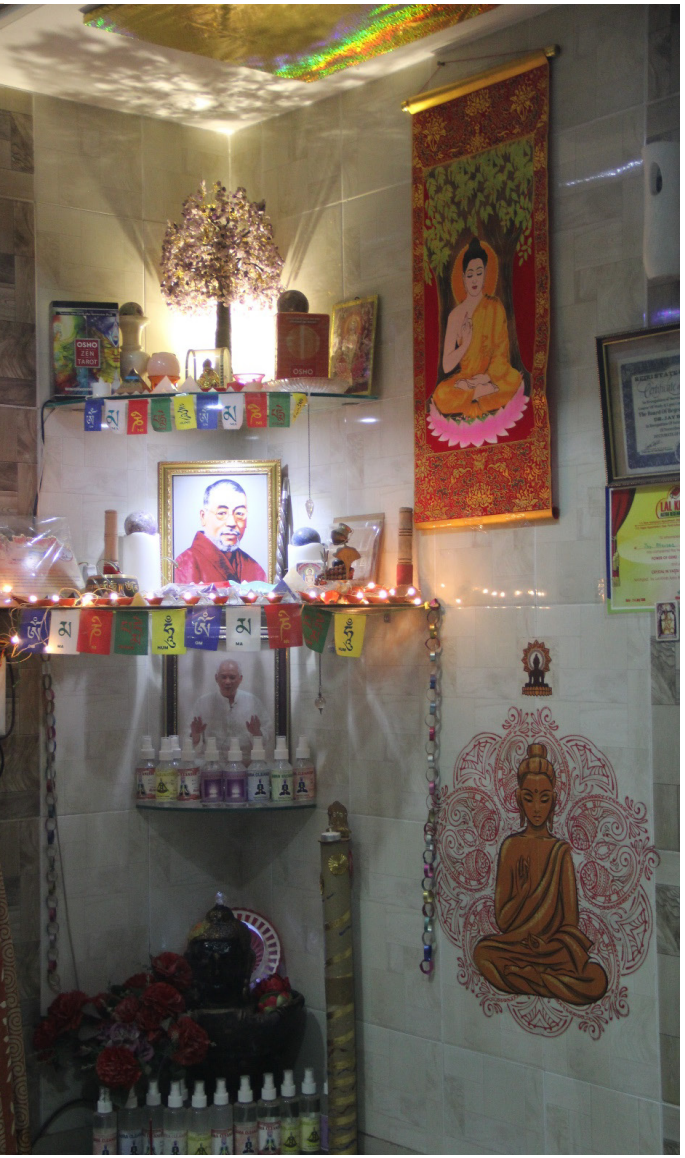
KNOWLEDGE

Vastu is all about energy. Sun's rays have energy which are necessary for humans five sense. Suns rays entering any space of home will be beneficial to balance out energies. Kitchen is a space where element fire is associated.

Using crystals in any space will bring energies for outer space inside. Same is with Egypt pyramids, temples or any dome structure. Using Plants, incense sticks and waterfall to balance energy by creating an dynamic environment.

Reiki uses laying on hands to channelize life force energy to remove anything negative to balance energies. Using this process of channelizing energy into making product can evoke an emotion which we desire.

For every sense there is a way to neutralize energy, which are psychological like color, smell and sound. Kitchen is space where food is made, so while in the process if we can make products which entertain or give fun to person cooking, Food we consume will be delicious.



NOTES
POSTER
ACCORDING TO VAASTU
BRINGS ENERGY INSIDE THE KITCHEN

Dr. Milan Sheth

Orthopedic Surgeon I Work Experience: 14 yrs.

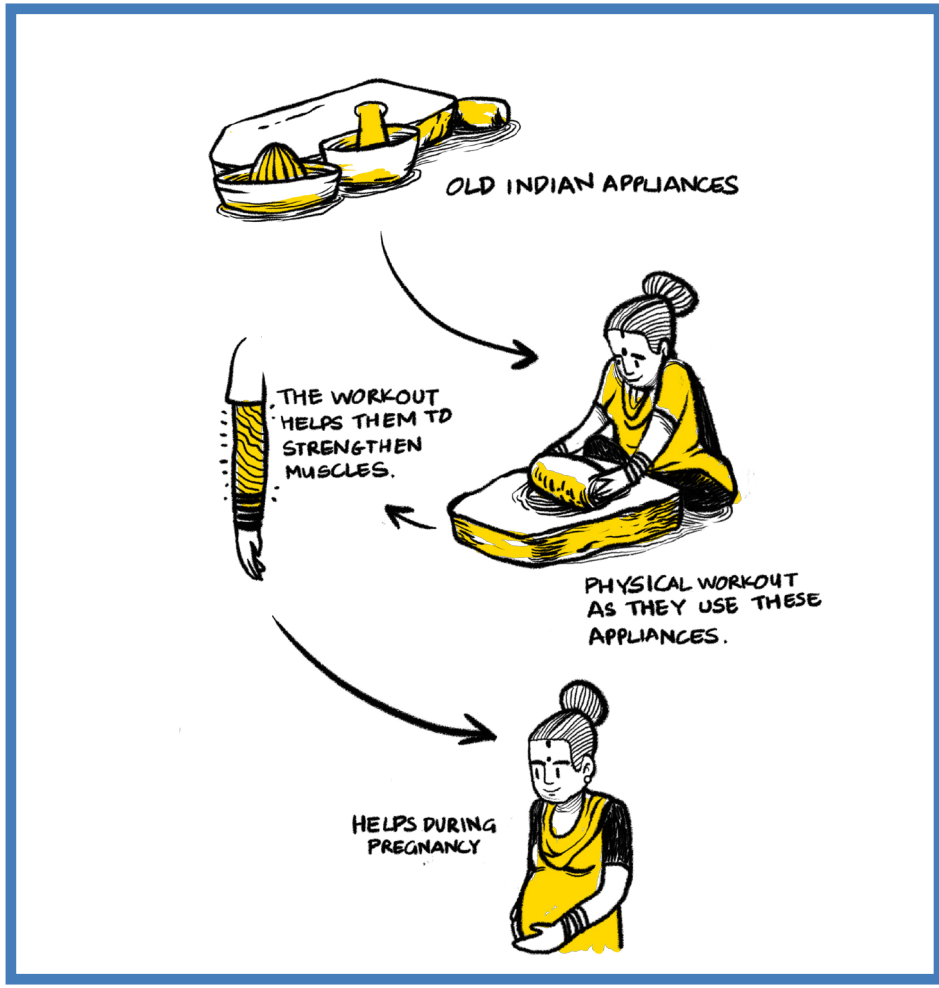
KNOWLEDGE

Major problems cervical spondylosis due to stress in one specific area leading to other areas of body. People Should not sit and stand for a long time and take breaks once in 45mins.

House wife's also have same issue and is often due to bending. Earlier, sitting on ground and getting up required more effort than to get up from a chair. In-between they should take breaks for 5mins and get up. Changing the posture of standing relaxes the muscles while cooking.

Before, doing all home activities made women's stronger muscularly. The same household activities help women during pregnancy.
Now a days because of no activity at home, people are going to gym.
People can use bar stool for elderly in kitchen.

Products have to be mechanical as well as technology based where peoples work should happen and people should physically work.


OLD INDIAN APPLIANCES
PHYSICAL WORKOUT AS THEY USE THESE APPLIANCES.
THE WORKOUT HELPS THEM TO STRENGTHEN MUSCLES.
HELPS DURING PREGNANCY

Dr.Kalpana Shah

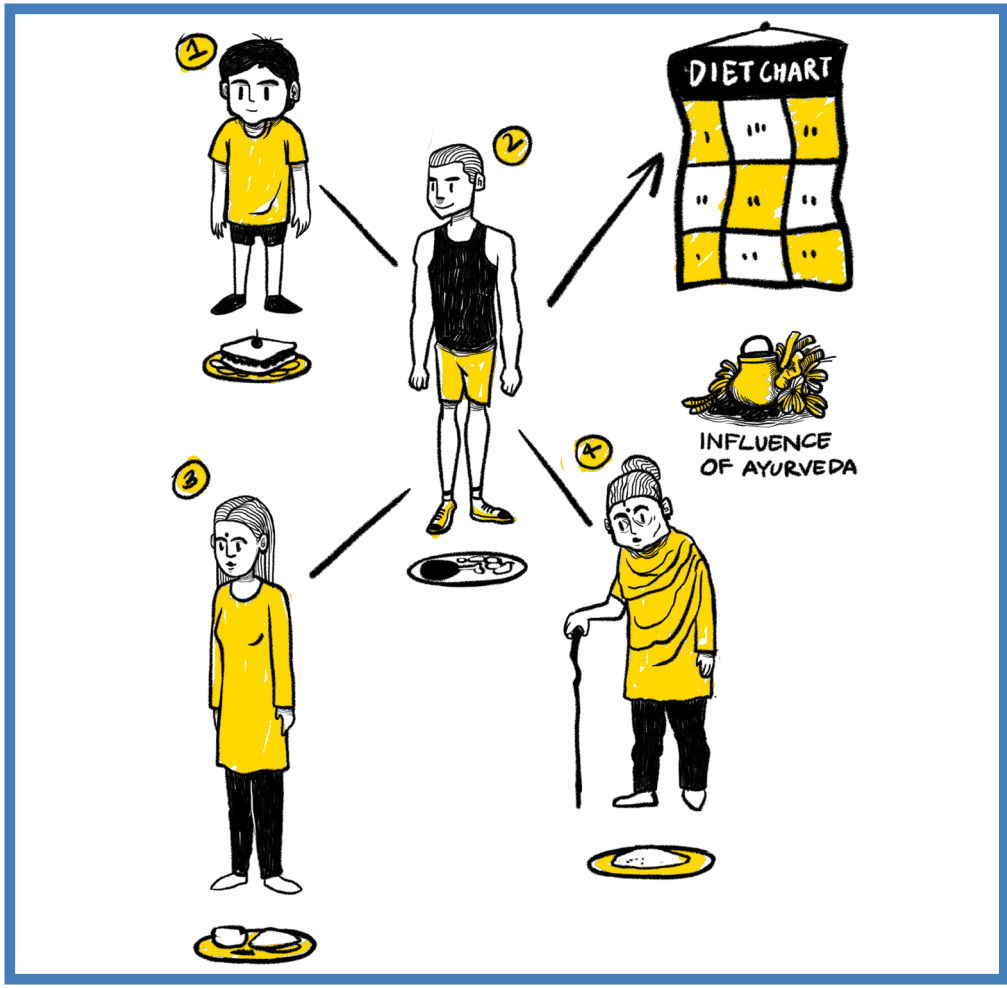
Dietician I Work Experience: 25 yrs.

KNOWLEDGE

Prescribes diet according to body contents of nutrients .Everyone's body composition is different and food has to been eaten according and with taste specific. Food should be steamed as its nutrients are retained maximum in this process. Food we eat should have all nutrients.

From hygiene of vegetable , storage of ingredients , utensils used and ways of cooking matter. Hygiene issues in both leafy vegetable and non-veg raw food. Needs to be properly cleaned before use.

Now-a-kitchens are all closed and people are focusing only on decoration. But, food has to be maintained at a certain temperature and needs sunlight to keep things fresh. Mandatory to avoid bacteria formation inside cabinets as it easily happens in Indian weather.
Cooked food must be stored properly to avoid water formation and people should know how to do it. Cleaning of cabinets and platform with hot water and dry out with cloth.


DIET CHART
INFLUENCE
OF AYURVEDA

The real reason of things

INSIGHTS

UNITY

Husband and wife

Mother and child

Mother-in-law(MIL)
and Daughter-in-law(DIL)

housewife

Husband and wife

1. Weekend special brunch cooked by husband and wife as a team

Only over Weekends, families have time for each other, want to relax and eat something special.
The first meal on weekend becomes a brunch with a team effort between husband and wife.
In this process, husband usually gets the ingredients needed to make it and wife cooks it. This Makes the man's involvement and presence indirect in kitchen.
"Only when male and female unite a creation is possible" (Shiv – Shakti energy).
Husbands see cooking as a way to bond with wife in the kitchen by talking, sharing stories while cutting, peeling vegetables. This way the dish becomes one made with combined effort.

Now-a-days the procurement of groceries is done by the maid eliminating the husband participation in kitchen.
SHIV SHAKTI energy

2. Husband's zone in kitchen to care for wife

In the kitchen certain seldomly used things are kept in the top shelf.
When the wife is in need of something to be taken out, she calls Husband into the kitchen.
Also, the husband only enters the kitchen for reheating in oven, cooking rice in electric cooker and just to put the plate in the wash basin.
His entry in the kitchen is for a short time and the use of easy to operate appliance makes it a masculine activity giving the wife an opportunity to bring him into kitchen.
A Husband makes coffee/tea first thing in the morning which puts a smile on her face.
Also, when wife's friends come he serves snacks while she is busy with them, making her feel special amongst her friends.
Though husbands spends short time in kitchen, these affectionate gestures makes wife happy when husband enters her zone.

Now a days, with the presence of maid, wife takes help from her rather than calling the husband eliminating the entry of husband

3. Feeling connected with each other through lunch box

On a working day, Lunch is the only meal the husband eats away from home.
Food is a way to attract anybody and If husband eats outside food or food made by other women from colleagues box while sharing food, husband getting attracted and distancing from wife made food.
Food is her tool to keep the husband hooked to her by knowing exactly tastes he likes and dislikes.
The only way wife can feel connected to husband and maintain his health even while husband is in office is by giving a lunch box.

Also, wife ensures husband eats on time by calling the husband to reminds about food. She makes her presence felt and family identity protected even while they are away from home

Lost touch of wife when there is a hired cook at home

4.Husband and wife Nurturing child together

Husband and wife need to be involved in maintain health and growth of child.
After work, husband relaxes by watching TV, mother taking care of household activities and child eats junk food.
This distancing of family members, lack of time to monitor the child habits damages the health of child.
The number of diabesity(obesity with diabetics) children is rising.
Mothers provides love by cooking and getting food what the child asks or asks for .It is the husband's authoritative to monitor and build character of child.

Male and female energies are to be combined to take an action.
Husband and wife discuss and decide the food family must be eating according to interests and nutrition needed.
Father takes care of channelizing habits into child and mothers infuses love into food while cooking.

The child is distanced from parents when there is caretaker as they take care of all the needs of the child. They are the ones who satisfy and know the needs of child than the parents

Mother and child

1. Mother Sensitizing child's senses in kitchen during childhood

While the mother is cooking in the kitchen she holds the baby in her arms.
The child being in the kitchen is constantly exposed to different noises in the kitchen of the pressure cooker, aromatic smells of food, Colorful vegetables. These act as enhances for the sense of child.

Holding the baby in her arms hinders her movements while cooking and mother fears for the safety of child when left on the floor.
Mother feel kitchen is an unfriendly space for child as they would hurt hands in the drawers.
Presence of Sharp objects in the kitchen is also a reason to feel kitchen unsafe for child

Care takers takes the child away from kitchen and engages him in the other areas of house while the mother is cooking. Distancing from kitchen, the sensorial space in the house.

2.Mother Exposing adolescent to a practical world

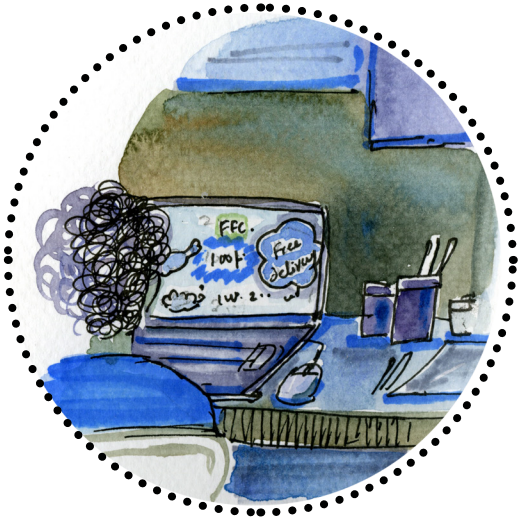
The education system of children has created a huge gap between theoretical and practical knowledge. Children's sit in front of TV or play with mobile phone .
Hence, Children aren't able to identify or have knowledge of vegetables.

It is the mother's who imparts the knowledge into the child by sending him out to bring the list of groceries from vegetable shops.
She even takes him to supermarket as a help but child is getting exposed to range of things available for usage. This creates curiosity and increases awareness in the child. At times, the mother involves the child to do basic peeling of peas which helps him to understand natures structure.
Understanding the science in cooking is a pleasure for senses where children see colors transformation by adding ingredients ,aroma emission and touch of different texture of vegetables and objects

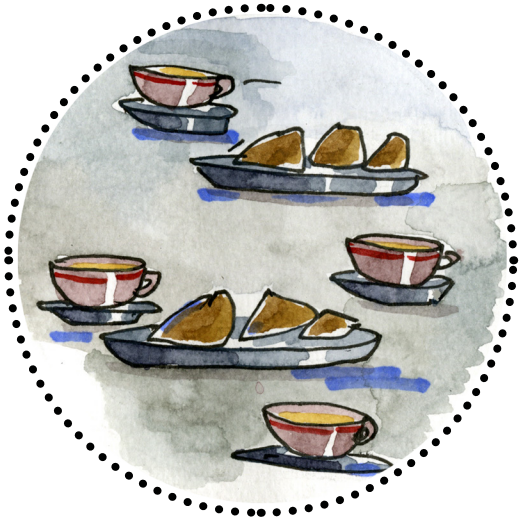
3.Adult obtaining life skill of cooking through mother

When the child leaves the house for education purpose, if they aren't aware of the cooking they have to be dependent on restaurant food or food made by cook.
This disconnects them from home food which body is used hampering the DNA and resulting in losing the identity.

But, when the child has knowledge and has learnt to cook from his mother they would cook by themselves and food also acts as a socializing factor for attracting people. Bonding with new people over food and not left alone.
Bonding with mother still happens after children leave home because of the memories associated with cooking with her.
Children call up mother when they try a dish asking for instruction and guidance happens over video call.
Even for this to happen the child has to have basic knowledge of cooking which the mother imbibes in the child subtle from childhood.



Mother-in-law(MIL) and Daughter-in-law(DIL)



1.Beginning of Apprenticeship for DIL and start of connection with MIL

MIL cooking and DIL cleaning and cutting vegetables
DIL recording family recipes passed on by MIL in a book – learning by doing
MIL shopping for groceries along with DIL
Festivals- healthy competition between DIL and MIL – creating individual dishes for the family

DIL trying out new dish with MIL – working as team
DIL cooking her mother's dish – MIL being a seeker

3.Transfer of power to DIL and end of apprenticeship with MIL

Kitchen is never retiring. The MIL retires from responsibility of kitchen when DIL has a child.

DIL cooking in kitchen – MIL and father-in-law taking care and nurturing the child

1.Maid as the binder of the family

DIL doesn't like instructions being imposed onto her by MIL.
Hiring of maid and cook to do the household activities.
MIL and DIL showcasing power – Both giving instructions to Maid – maid does her job under her capacity – maid/cook talking about the families rifts with other – identity of family is at stake

Lonely housewife's

Want a Presence of non-contributing cooking member

Want a Presence of non-contributing cooking member

When every member of the family has gone to work and children to school, while cooking the Women uses radio while cooking to not alone in the kitchen and to keep her mood elevated.
Women also switches between kitchen and room with TV, where she is watches her daily soap opera shows.
While cooking her mind is in two directions and some times because of this she forgets the status of the dish and it gets burnt.
Women have kept a chair and table for her friends who come into and talk with her and also this acts as invitation of husband to talk to her while cooking.
But, in joint families wife is with mother-in-law and sister-in-laws while cooking where there will be sharing of stories which keeps them engaged while cooking.
Also, in joint families wife gets helps from sister-in-law who does cutting of vegetable while she is cooking food which reduces her load and also keeping her engaged.

2.Connecting with friends through Kitty parties

Want a Presence of non-contributing cooking member

During kitty parties, women gather once in a while after there daily chores are taken care off.
Wife calls her friends home for lunch or snacks.
The wife creates special dishes for her friends or each one among the group get a single dish made by them.
There is lot of performance pressure during this event and will reflect her personality. Food also way to show skills of what she learnt and made recently. this is also a way to show off skills .
type of food also matters here. Experimental food and cuisines.
Attracting other women over her food and using it as a currency of Appreciation from other women make their day.

In Indian culture, festivals are auspicious days where everyone in the come together especially in a joint family wife along with mother-in-law and sister-in-law cook traditional food together.
Festival create excitement in family member and life is seen as a celebration that day.

Sense Of Control

A. Grocery Managaement

1. Planning for groceries based on income

Wife decides ingredients and vegetable source, need for the month based on lifespan of groceries
Mother balances between nutrition(Ayurveda) and money allocated for groceries
Decisions based on what's available locally – land forms the culture and people – traditional food
Now, planning is done based on tastes requirements of family
Use of white Board and book to write down list of groceries

2. Buying from a trusted source for fresh and unadulterated groceries

Super markets as a trusted source to buy monthly groceries. Its is done like an outing of family.

Vegetables are to be consumed fresh
Buying of vegetable from regular vegetable cart , near parks after a morning or evening walk which is source of fresh vegetables.
weekly mandi's where farmers directly sell which are fresh and cost less
sabzi wala(vegetable seller) gaining trust over women by doing nice talks
Gaining knowledge at the vegetable vendors shop as women get curious to know about use of vegetable and knows the culture of people who use it.

3.Through investigation of selecting groceries

Wife selects vegetable ritualistically checking the color , hardness of vegetable and ripening time needed according to monthly ,weekly or daily purpose
Husband and wife do the Super market shopping together where monthly groceries are brought which is the major share from groceries. Husband puts a strict bar for amount to be spent.
Lack of knowledge leads to bringing back spoilt vegetable

4.Quantity of groceries to buy

Ingredients shopping based on income cycle of husband

Mother checks Ingredients remaining in each box, try's to accommodate some special food for kid

trusted source avaibility of fresh vegetable

Daily from cart seller as less quantity and mobility leads to finishing of stock on cart
Weekely mandies buying based on ageing og vegetable ie selecting mix of riped and raw to keep stock intact till the next time of visit
Also, considering the seasons as vegetable gets spoilt soon in summer

B) Storage of groceries

Ingredients

Ageing of grains to improve quality
-Ingredients storage free from moisture and insects with use of clay pots.
-Use of neem leaves with grains as insect repellent.
-Sun drying before storing to increase life of ingredient and this storing for long time increases quality of rice.

smaller quantities in kept outside for regular use and ease of access

-women used bag of masala in cupboards for maintain freshness and pungent smell to repellant for insects
-storage in Tupperware boxes which is air tight and act as moisture free
-Issue with too many small boxes -finding ingredient in box so keeping name stickers , transparent boxes and arranging boxes one above the other
-Only the masala dabba is kept outside which has regular used ingredients for cooking

Fridge as an alternative storage to avoid insects:
-freezer which also make insects inhabitable to live and decreases spoilage of ingredient
-use of process food , ready to eat to avoid hassle of maintaing stock at home.

Vegetable

On daily bases Vegetables were consumed fresh so there was no need for ways to store

Fridge as source to stop ripening of vegetables by keeping in netted bags for cross ventilation

Smelly vegetable were kept outside as their smell would be circulated in fridge and stuck on the other vegetable. Also, not to spoil the ambience of kitchen

C)Hired Cook adapting to family culture

Lack of patience to cook and spend time in kitchen with no knowledge of cooking makes the cook appointed. Preferably one who is aware of families cultural habits so its easy to instruct

Instructions for a recipe

Ritualistic Cleaning of vegetables to remove any adulteration or pesticides on the surface by washing over running water, dipping in salt water to remove insects for a while and then drying vegetables.

Constant instruction are given to cook to match the families tastes requirement by checking the color changes of dish, aroma emitted at each stage, size of vegetable being cut and quantity of ingredient to be added.

Monitoring on ingredients used
Any excess use of ingredients in food by the maid, increases the expenses for the family. Masala dabba kept outside is the only way to keep a track of the amount of ingredient used by the maid .

Balance of Ambience

A. Kitchen a holy source of energy

Kitchen is the place where goddess Annapurna devi, a form of Shakti (the divine mother) whom we pray for a harmonious balance of water and fire.
kitchen is the energy source for the family where raw food needs to be channelized creatively into edible food.

1. Keeping up the energies of the space

The first entry to kitchen has to give positive vibe to person cooking so this feeling is carried on throughout the day. Women during the last entry into kitchen night use agarbatti so that next days first entry they feel good. Chimney doesn't help in doing this.
Before entering the kitchen women always have bath before entering to remove tamas energy (dirt) accumulated all night.
Light is energy and a diya (lamp) is always fired on or use of artificial plugged light so the areas energy is kept alive
Women place bowl of rock salt in water to absorb any negative energy in kitchen
Use of 'rose water' to neutralize the smell in the kitchen
Utensils are also kept outside the kitchen to avoid mosquitos into the kitchen for food and hence maintaining positive energy
If there is lack of space, people used two sinks. One to wash

2. Maid/cook screening to avoid energy imbalance

Earlier only one person was responsible for all the activities in the kitchen from cleaning to cooking. The lady responsible maintained self hygiene which would not impact on the food and grains in the kitchen.

People have issue with maid/cook and have strict criteria for selection process. As maid don't take bath, wear unwashed clothes and hair and uncut nails. People give sarees to maids and also mandatory to have bath and come.

Maid/cook carry tamas energy(negative energy) along with them as they work in different areas and there work involves cleaning of dirt and high chances of carrying germs into kitchen.This dirt gets transferred to food and the entirer purpose of eating food for energy is lost. For this reason there is a separate entrance to house

3. cleaning of kitchen to balance energies of kitchen

Kitchen cleaning is the most ritualistic and holy. Kitchen is never ending and it constantly accumulates dust and oil onto wall. Every corner of the kitchen has to be neat and clean to maintain health of the family.
Women need help from someone to be able to do this tedious task and have an hired maid helps her reduce the load and increasing dependence on maid.

4. Daily cleaning

After every meal the slab is cleaned and made ready to be used for the next meal. The slab is washed with soapy water along with the sink in the kitchen.
The most ignored part of kitchen is the under the sink area. Only when food gets stuck in the pipe and water clogs the cupboard is opened to de-clog it . Otherwise this area is completely unseen.

5. Monthly/festival deep cleaning

Festivals are most auspicious and cleaning of kitchen completely from every corner is mandatory.
Deep Cleaning involves removal of all the storage boxes from cupboards
When groceries are about to end, women transfer small remaining grains into a bowl and cleans the box, dries it under sun.

B. Balancing of human senses with nature's elements

Human body function with five elements of nature. We take in natural elements like air, water and food which are need for respiratory and digestive system to make human live. This shows Ayurveda to be in sync with nature And Vastu shastra connects human being with the space living in.

1. Balance of touch and vision with wind and light

Direction of kitchen is South-east, the position of fire and east being the sun rise direction, early morning rays in to the kitchen gives vitamin D and also acts as disinfects to space
Improper placement of major light source and in appropriate use of yellow color light for chimney
Window in front of stove obstructed by building leading to lack of air entering kitchen . This is balanced by use of fan in kitchen to circulate air as well as cool the person while cooking
While cooking oily food, the kitchen space becomes smoky due to lack of cross ventilation. This happen when house vastu doesn't flow from north east to south west. This leads to suffocation for the person cooking. Exhaust and chimney are less impactful.
Use of vastu colors for kitchen space.Colors are vibration of light and right colors bring positive energy.

2. Balance of rhythmic movements with sounds

Chimney makes a static noise which hampers the flow of the person who is cooking.
Keeping wind chimes and artificial waterfall creates a dynamic and rhythmic sounds which are soothing to mind while cooking in turn creating a positive mood

3. Balance of earthy ness with smell

Abundant Presence of wood is hidden under laminates making it almost not there
Women want to feel expansive by keeping flowers and herb gardens in the kitchen for a home grown ingredient but it is the need for earth soil smell which is neutral

Transformation and attraction through food

A. Becoming mindful while cooking

Before cooking, the person who cook prays Annapurna devi seeking spiritual knowledge and inner freedom.
This makes the person a selfless seeker and the entire act of cooking becomes an act of creating for god.
This results in 'Mindful cooking' so that she adds and cooks with all the ingredients with utmost awareness and care, resulting in food which is filled with love.
Entire cooking activity is a creative process which needs complete awareness and free from any thoughts bother the person to be able to cook rightly by being in the moment

B. Eating an act of becoming aware

When the food is presented on the plate, before eating an prayer 'Brahmarpana' is recited.
We consciously thank God for providing food and consider it as his 'Prasad'-Gift . Hence, energizing the food and giving life to it. This act makes us conscious and mindful of what we have got to survive.
Eating with hands is a sensual act, where the foods touch , texture can be felt so that we can combine different tastes according to ones personal taste.
We become mindful of what we have on our plates and enjoy eating food

Cooking and eating are spiritual and soulful act of nourishment.

C. Mothers food transcending time and space

Mother takes efforts cutting articles from newspapers, watching TV shows and also online videos to learn new dish of the family to keep up the energy of family alive.
Her food makes us feel safe, her love to nurture us reflects in the food.
When the kids go out of home for educational purpose, kids have the want to eat mother's food when they feel nostalgic. They either cook by asking the mother over video call under her supervision virtually.
Appreciation for the mother:
When the mother cooks food for family, rarely there is a moment of appreciation for her effort. When she is appreciated for her creation of food, it gives her motivation and sense of achievement. There after an intent is created for mother before cooking.

D. Wearing a mask and staging a show

People make special dishes when guests come home. This dish defines the family and their particular culture. Special dishes will allow the other person to a particular families personality .The lineage. The guest will feel connected to the family and make him feel as a part of their family. This is also the first time mother/wife makes food with same love given to family members. She puts 'the best' into food to gain acceptance by guests into her family. This moment of making food becomes nostalgic for the women. People are at their best performance when they call their guests. It's like marketing the home showing the families capabilities

During this, the maid is called as a assistance for either cleaning vessels , maintenance of the house and cleanliness of the kitchen or for vegetables cutting - non trivial activities in making food - except taste.

Afraid of making mistake at the time of guests coming home. The problem of open kitchen, as soon as guests come there should not be aroma of food and also to keep food warm , balancing making food before guests come with time.
People don't want visibility of any errors and something which will reduce the status of the host.
At the same time host want guests to be impressed with kitchen vs covering up of the kitchen.

in the Preparation for guest, there are multiple steps that happen while planning for attracting the guest. Intent can be security of family during crisis or for friendship or to get a deal done

During this event of guest coming home become as way to attract and get attention of all the five senses either through lighting, fragrant flowers, visually pleasing objects in the house, ambient temperature to be in and last, the biggest and most attractive through food.

E. Creating a memory before leaving

During Functions, puja and marriages - people give flowers and food as a token of memory in a box .This will be the tangible connection that the guest would be taking back home with them from hosts house .