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PUBLISHER & CEO'S MESSAGE

Dear Readers

Summer is here, and with it comes the promise of new beginnings, warm breezes, and endless opportunities to embrace life with a fresh perspective. In this special edition, we are thrilled to feature the multifaceted Mukti Mohan as our cover star. Mukti's journey as an actor and dancer is a powerful reminder of the importance of staying true to your passions, no matter where they may take you. Her story is a blend of discipline, creativity, and a zest for life that we hope will inspire you as much as it did us.

As temperatures soar, it's crucial to take care of our bodies and minds. That's why this month, we've packed the issue with summer-friendly tips to keep you feeling your best. From energizing workouts you can do at home to easy recipes that celebrate the vibrant flavors of the season, we're here to help you find balance and joy in the everyday. And don't miss our wellness insights that will keep you hydrated, nourished, and motivated all summer long.

Here's to a season of growth, gratitude, and new adventures. We hope you love this issue as much as we loved creating it for you.

Happy Reading!



Faraz Ahmad

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LIVE MET SMART

Relax, unwind and indulge at The Met, a five star deluxe hotel epitomizing luxury that soothes the soul. From sustainable design to eco-friendly practices and ample access to natural light. It's an urbane oasis energizing your spirit and senses. Because a great hotel is not just a building: it's an individual with personality, spirit and authenticity.

The Met recently has been conferred with prestigious accolades:

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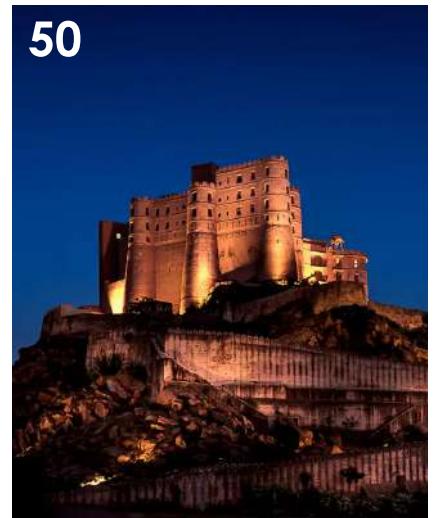
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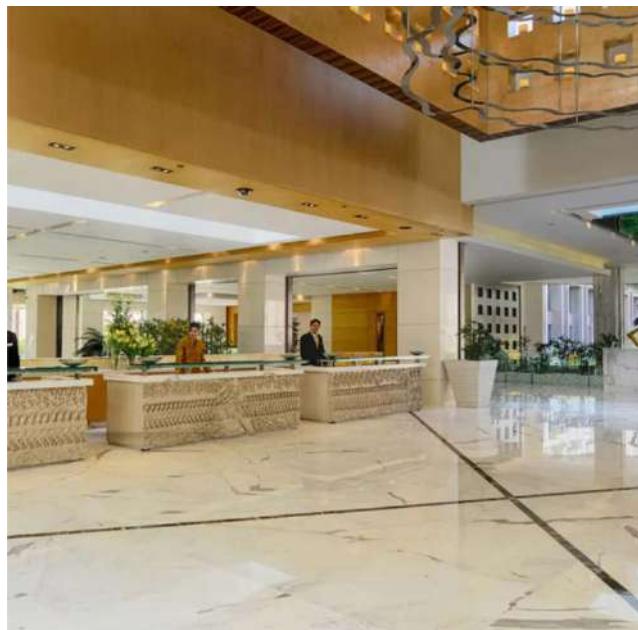
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CAPITAL COMFORTS: DISCOVER THE GRAND

*In the vibrant heart of India's capital, where heritage meets modernity, stands an oasis of elegance—**The Grand New Delhi**. Set amidst 10 acres of lush greenery on Nelson Mandela Road, Vasant Kunj, this luxury business resort blends contemporary design with Indian warmth, offering a serene escape that's just minutes from the city's pulse.*



Where Comfort Meets Connectivity

Strategically located just 15 minutes from Indira Gandhi International Airport, The Grand New Delhi offers a rare combination of tranquillity and urban connectivity. Guests are within easy reach of historic monuments, shopping destinations, and cultural landmarks, yet surrounded by peace and luxury—a perfect setting for both business travelers and leisure seekers.

A Stay That Embodies Elegance

Step inside and discover 390 thoughtfully designed rooms, including 24 luxurious suites and the stately 2,400 sq. ft. Presidential Suite. From the 430 sq. ft. Deluxe Rooms to the expansive Deluxe Studio and One-Bedroom Residences, every space is tailored for comfort. Families and long-stay guests can opt for Two-Bedroom Residences that offer all the comforts of home.

Each room is a cocoon of style and functionality, equipped with 55" Smart LED TVs, high-speed internet, digital safes, and



climate control. Spa-inspired bathrooms feature bathtubs, walk-in showers, and dual-access entries for added privacy and convenience.

For those desiring enhanced exclusivity, The Grand Club on the sixth floor offers a private lounge, gourmet breakfast, evening cocktails, and personalized concierge service. With a fully equipped boardroom nearby, it seamlessly balances productivity and leisure.

Wellness, Reimagined

Well-being is at the core of The Grand's philosophy. The Spa Oasis offers nine luxurious treatment suites designed for deep relaxation, complemented by modern fitness facilities. Outdoor adult and children's pools allow guests to unwind under open skies, making self-care a seamless part of the experience.

A Culinary Celebration

Dining at The Grand is a celebration of flavor and finesse. DKK (Dilli Kanteen Kitchen) offers a lavish all-day international buffet, while Cascades serves elegant high tea with soothing piano music. As the sun sets, GBar becomes the city's go-to for handcrafted cocktails and a vibrant nightlife experience. Every dish and drink tells a story, curated with creativity and precision.

Events That Make a Statement

Whether it's a high-powered business meeting, a fairytale wedding, or a corporate event, The Grand sets the stage for unforgettable gatherings. The hotel boasts one of Delhi's largest pillarless banquet spaces—the 6,500 sq. ft. Grand Ballroom, along with intimate venues like Studio and a boardroom with a private drawing room. Equipped with state-of-the-art AV systems and expert event planners, every function is executed with elegance and ease.

Explore Delhi from a Place of Prestige

The Grand is the perfect base to explore Delhi's rich tapestry of history and culture. Iconic landmarks like India Gate, Qutub Minar, and Red Fort are a short drive

away, while day trips to the Taj Mahal in Agra or Jaipur's majestic forts add adventure to your itinerary. Located just 0.5 km from premium shopping zones, it keeps the city's finest offerings within arm's reach.

Luxury with a Personal Touch

What truly sets The Grand apart is its people. The warmth, attentiveness, and intuitive hospitality of the staff transform each stay into a memorable experience. From chauffeur-driven services to parking for over 350 cars, every amenity is curated for today's global traveler.

At The Grand New Delhi, luxury isn't just a service—it's a feeling, a memory, and a story waiting to unfold.



TOMMY HILFIGER

TAKES MUMBAI BY STYLE

Tommy Hilfiger, part of PVH Corp. [NYSE: PVH], made a dynamic stop in Mumbai, India, recently, marking a memorable day of fashion, cultural connection, and cross-continental dialogue. The visit underscored the brand's growing resonance in India—one of the world's most influential fashion and lifestyle markets.



(L-R) Aditya Roy Kapur, Tommy Hilfiger, Sara Ali Khan & Ibrahim Ali Khan

The day unfolded with a visit to the TOMMY HILFIGER store at Jio World Drive, situated in the heart of Mumbai's upscale Bandra Kurla Complex. The stylish venue played host to a thought-provoking panel discussion where Mr. Hilfiger was joined by Indian creative powerhouse Sarah-Jane Dias and Bollywood star, model, and philanthropist Manushi Chhillar. The trio engaged in a lively conversation about style, identity, and global influence, bridging the worlds of American and Indian fashion in a meaningful exchange of ideas and aesthetics.

The celebration continued later in the evening at the prestigious Taj Chambers within the legendary Taj Mahal Palace Hotel. Set against the iconic backdrop of the Gateway of India and the Arabian Sea, Mr. Hilfiger hosted an intimate dinner that brought together a curated guest list of India's top cultural tastemakers. From Bollywood royalty and music sensations to media influencers and fashion elites, the room buzzed with creativity and star power. Notable attendees included filmmaker Karan Johar, actors Sara Ali Khan, Ibrahim Ali Khan, and Aditya Roy Kapur, cricketer Shikhar Dhawan, and singer Guru Randhawa.

True to the brand's signature boldness and infused with a distinctly local flair, the evening was a dazzling celebration of glamor, innovation, and style. It reflected Tommy Hilfiger's long-standing commitment to inclusivity, self-expression, and global storytelling.

As the brand continues to deepen its ties with India's thriving fashion and entertainment scene, the visit marked not just a cultural moment but a testament to Tommy Hilfiger's enduring appeal across generations and geographies.

Shikhar Dhawan



Tommy Hilfiger & Karan Johar



Manushi Chhillar



Ridhi and Aman Arora

65 YEARS OF CULINARY LEGACY

Few restaurants can claim to be more than just eateries. Some become institutions—woven into the cultural and emotional fabric of a city. For Delhi, **Chicken Inn** is one such place. As it celebrates 65 glorious years, this iconic restaurant has turned a new page—opening its doors in Gurgaon, and bringing with it not just a menu, but a rich legacy of taste, nostalgia, and evolution.

Where It All Began

In 1960, Shri Asanand Arora launched a small kitchen on Pandara Road. It wasn't fancy, but it was full of heart. That modest space would go on to shape the way Delhi dined—introducing generations to decadent Butter Chicken, smoky Burra Kebabs, and the kind of hearty North Indian fare that turned meals into memories.

Over time, Chicken Inn became a quiet culinary legend—frequented by celebrities, politicians, and loyal families who made it their go-to for celebrations big and small. Its enduring charm lies in what hasn't changed: warm service, soulful recipes, and a commitment to doing things right.

Legacy, Handed Down

Today, the story is being carried forward by Aman and Ridhi

Arora, the third generation at the helm. Aman stepped into the family business at just 19, and over the past decade, he has worked to honour tradition while embracing modernity.

From adding new menu highlights like Galauti and Kakori Kebabs, to making Chicken Inn the first on Pandara Road to introduce a full-service bar, Aman and Ridhi have kept the essence alive—while ensuring the brand speaks to a newer, younger audience as well.

"The Gurgaon opening is special," they share. "It's a tribute to our past, but also a leap toward the future. We want people to not just enjoy our food, but to feel the heart behind it."

Gurgaon Gets a Taste of Tradition

The new Gurgaon outpost is everything you'd expect from

Chicken Inn—and more. It's familiar yet fresh. Classic yet contemporary. The space is thoughtfully designed, featuring a Private Dining Room for intimate celebrations, a curated Organic Cocktail Bar, and cosy packages perfect for everything from date nights to small gatherings.

Of course, the menu is the star. Signature dishes like Butter Chicken, Dal Makhani, Chicken Bharta, and Fish Tikka make a triumphant return, while a surprising Chinese selection (a long-time favourite of loyal patrons) rounds out the offering with comfort-driven variety.

Not Just a Meal, But a Memory

Whether you're a long-time fan coming back for that buttery, soul-warming nostalgia or a first-timer curious to see what the legacy is all about, Chicken Inn Gurgaon promises an experience that is equal parts memory and moment. It's more than a new location—it's a symbol of continuity and reinvention, a love letter from old Delhi to the Millennium City.



Veg Galouti



Iconic Butter Chicken and Dal Makhni

The Chicken Inn Story

Founded in 1960 by Shri Asanand Arora, Chicken Inn is a Delhi dining legend located on Pandara Road. Known for introducing timeless North Indian dishes to the capital, it is beloved for its Butter Chicken, Dal Makhani, Burra Kebabs, and lesser-known gems like Brain Curry, Bharwa Tandoori Aloo, and Paneer Tomato. Over the years, it has earned a quiet cult following—defined by quality, care, and culinary warmth. Now under the stewardship of Aman and Ridhi Arora, the brand is expanding into new spaces and new hearts—keeping the soul of Chicken Inn alive, one plate at a time.



Natasha Dua, Director, Lino Perros

STYLE, STORY, AND SUSTAINABILITY: LINO PERROS

In a world where fashion frequently prioritizes speed over substance, **Lino Perros** distinguishes itself by creating collections that are both meaningful and stylish. Known for its joyful approach to design and a deep-rooted commitment to sustainability and inclusivity, Lino Perros has become a beacon for those who celebrate individuality through fashion. With the unveiling of its **25th Anniversary Collection at NYFW 2025**, the brand takes a bold yet thoughtful step forward — honoring its past while defining the future of luxury accessories.

Every Lino Perros collection is a tribute to colour, print, and storytelling, and this milestone offering is no exception. From the meticulous construction of its products to the ambiance of the spaces they occupy, every element echoes the brand's core values: quality, purpose, and creativity. This year's showcase brings a diverse array of handbags and footwear to the runway, offering something for every woman — from the city-dwelling minimalist to the globe-trotting trendsetter.

The accessories range is both expansive and expressive. Think satchels, slings, totes, crossbodies, and rucksacks — each designed to blend functionality with refined aesthetics. Crafted with versatility in mind, these bags are tailored for the modern woman: independent, urban, and cosmopolitan. The designs are fluid in their appeal, equally at home in a corporate



setting or a weekend getaway. With an emphasis on effortless elegance, the collection delivers pieces that range from sharp and sophisticated to relaxed and sporty.

Footwear in the 25th anniversary collection also takes center stage. Expect sculptural heels, sleek mules, and soft square-toed designs, all executed with Lino Perros's signature craftsmanship. The range extends from everyday staples like moccasins and flats to statement styles like stilettos — ensuring that comfort and glamour are never mutually exclusive. These are shoes designed to transition seamlessly from boardroom meetings to late-night city strolls.

What truly sets this collection apart is its intention to create timeless staples that outlast seasonal trends. Each piece is built to be both luxurious and enduring — the kind of accessory that doesn't just complete a look but becomes part of your personal style narrative. This philosophy is especially evident in the brand's meticulous approach to material selection, form, and finish.

According to Director
Natasha Dua, the collection is a manifestation of Lino Perros's founding vision: "Lino Perros was founded with a vision to design accessories that are functional, lightweight, and versatile. Building on this legacy, our 25th Anniversary Collection introduces chic, timeless pieces that effortlessly merge comfort with style," she explains. "This collection reflects a thoughtful fusion of traditional artisanship and futuristic innovation — resulting in accessories that feel both timeless and avant-garde."

This harmony between heritage and forward-thinking design

is central to LINO's identity. As the brand continues to grow, it refuses to be boxed in by classicism or trend cycles. Instead, it explores what defines the modern, affluent, and fashion-forward individual, using each new collection as a platform to challenge norms and reimagine luxury.

Whether you're searching for a chic shoulder bag, a versatile backpack, or a pair of show-stopping heels, Lino Perros's 25th Anniversary Collection offers accessories that are both aspirational and accessible. It's a lineup that proves sustainability, comfort, and style can — and should — coexist.

At a time when the fashion world is being called to rethink its values, Lino Perros's latest collection is a confident, elegant, and meaningful response. It's more than a showcase of beautiful pieces — it's a celebration of where the brand has been and a powerful vision of where it's going next.





LIFELINES OF A NATION

Rivers are more than just flowing bodies of water in India—they are sacred, life-giving forces that have nurtured civilizations, shaped cultures, and sustained millions for millennia. From the majestic Ganga in the north to the lifeline of the south, the Kaveri, India's rivers are vital arteries that support ecological balance, agriculture, spiritual practices, and economic development. Their importance cannot be overstated.



Rivers and the Birth of Civilization

The story of India's civilization is deeply intertwined with its rivers. The Indus Valley Civilization, one of the oldest in the world, flourished on the banks of the Indus and its tributaries. Similarly, the Ganga-Yamuna Doab became a cradle of learning, culture, and power for ancient kingdoms.

Throughout history, cities have sprung up and prospered along rivers—Varanasi on the Ganga, Ahmedabad on the Sabarmati, Kolkata on the Hooghly, and many more. Rivers provided drinking water, irrigation, and trade routes that helped develop rich, vibrant economies.

Spiritual and Cultural Significance

In India, rivers are worshipped as goddesses and are central to spiritual life. The Ganga, Yamuna, Godavari, Saraswati, Narmada, Sindhu, and Kaveri are considered sacred. Pilgrimages to riverbanks, such as Haridwar, Prayagraj, or Nashik, are believed to cleanse one of sins and bring spiritual merit.

Festivals like Kumbh Mela, held on the confluence of sacred rivers, attract millions of devotees from around the world. Rivers are integral to religious rituals—ashes are immersed in them, and their waters are sprinkled during ceremonies. This deep spiritual connection ensures rivers are revered not just as natural resources but as divine mothers.

Agricultural Backbone

India's economy, especially in rural areas, is heavily dependent on agriculture, and rivers play a pivotal role in it. The major river systems—Ganga, Brahmaputra, Godavari, Krishna, Mahanadi, and others—provide vital irrigation for farmlands across the country.

The Indo-Gangetic plains, nourished by perennial rivers from the Himalayas, are among the most fertile in the world. They support the cultivation of rice, wheat, sugarcane, and pulses, forming the bedrock





of India's food security. Canal systems and river-fed reservoirs have made it possible to farm even in semi-arid regions.

Hydropower and Economic Development

Rivers are crucial to India's energy needs. Hydroelectric projects on rivers such as the Bhakra Nangal on the Sutlej and Tehri Dam on the Bhagirathi have transformed rural and urban landscapes by providing electricity, drinking water, and flood control.

India is among the world's largest producers of hydroelectric power. River water is also used for industrial purposes, urban sanitation, and as a means of inland water transport, particularly in eastern India. The National Waterway system is being developed to harness rivers for commercial shipping and reduce pressure on road and rail networks.

Biodiversity and Ecological Importance

Rivers are crucial ecosystems in themselves. They support a vast diversity of flora and fauna—dolphins in the Ganga and Brahmaputra, crocodiles in the Chambal, fish species, and wetland birds. Many river basins are also important for migratory birds and other wildlife.

The surrounding wetlands, forests, and estuaries created by rivers play a key role in maintaining ecological balance, recharging groundwater, and mitigating floods and droughts. Rivers also help regulate temperature and support the monsoon cycle, which is vital for the Indian subcontinent.

Threats and the Need for Conservation

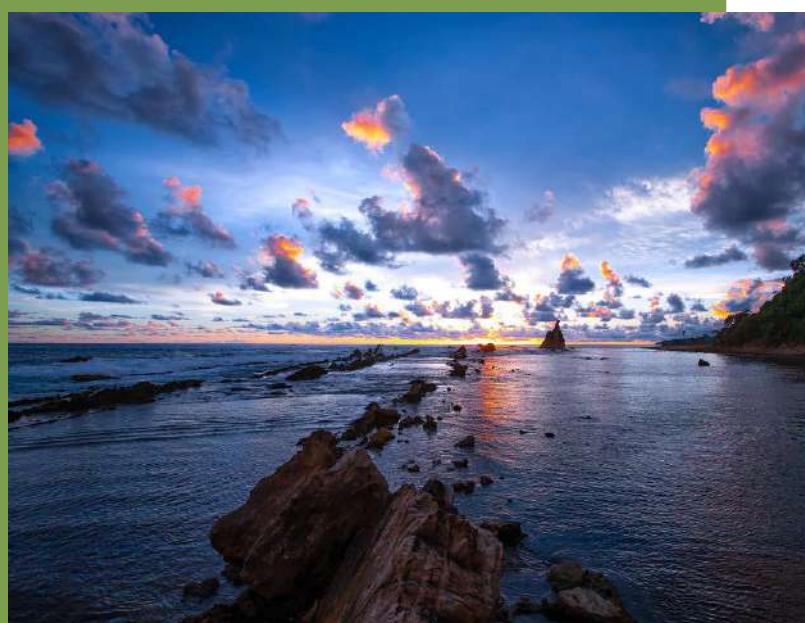
Despite their immense importance, India's rivers are under threat. Pollution from industrial waste, sewage, plastic, religious offerings, and agricultural runoff has made many rivers unsafe for human use. Over-extraction of water for irrigation and unchecked urbanisation are further straining river ecosystems.

Iconic rivers like the Yamuna and Ganga have reached dangerously polluted levels. Efforts like Namami Gange, the government's flagship river-cleaning program, and other local conservation projects aim to rejuvenate these water bodies—but much more needs to be done. Community participation, stricter regulations, and sustainable development are essential for protecting these lifelines.

Rivers as Our Collective Responsibility

India's rivers are not just sources of water—they are the cultural, spiritual, and economic lifeblood of the nation. Their significance goes beyond the utilitarian; they define our identity, history, and future. As climate change, urbanisation, and pollution threaten their health, it is imperative that governments, communities, and individuals work together to ensure they continue to flow clean, vibrant, and life-giving for generations to come.

Rivers have given India life for thousands of years. Now, it's our turn to give back.



Images Courtesy: Pixabay



SMALL ACCESSORIES. BIG IMPACT

In a world where health and tech increasingly go hand in hand, fitness rings are emerging as the sleekest, smartest wearable trend of the year. While smartwatches have dominated the wellness space for nearly a decade, the new generation of smart rings is capturing attention for their minimalist design, high-tech functionality, and impressive tracking capabilities — all packed into a device no bigger than your average wedding band. Let's dive into why fitness rings are making waves and how they're reshaping the future of personal health tracking.

Design-Forward Tech

One of the biggest selling points of fitness rings is their aesthetic appeal. Unlike bulky wristbands or sporty watches, fitness rings are discreet, elegant, and often look more like fashion jewelry than tech devices. Available in finishes like gold, matte black, silver, and rose hues, these rings blend seamlessly into both gym wear and boardroom attire. This combination of form and function is attracting a broader audience — especially those who prefer subtlety in their wearable tech. Whether you're heading to a yoga session or a business meeting, your fitness ring won't look out of place.

Precision Health Tracking

Don't let their size fool you — fitness rings are incredibly advanced. Top models from brands like Oura, Ultrahuman, and RingConn can monitor a wide range of biometrics, including Heart rate and heart rate variability (HRV), Blood oxygen levels (SpO₂), Sleep cycles and recovery quality, Respiratory rate, Activity

levels and step count, and Body temperature changes. Because the finger is a better site for accurate pulse readings than the wrist, fitness rings often deliver more precise health data than many smartwatches. They offer continuous, 24/7 monitoring without the need for frequent screen interaction, buzzing alerts, or distracting notifications.

Sleep and Recovery

Fitness is no longer just about movement — it's about how well your body recovers. This is where fitness rings truly shine. Rings like the Oura Ring Gen 3 provide highly detailed sleep insights, from your REM cycles to restfulness and body temperature changes overnight. They also calculate a "readiness score," helping users understand when their body is primed for a workout or when it might be better to focus on rest and recovery. In an age where burnout and overtraining are real risks, this kind of nuanced insight is a game-changer for athletes and everyday users alike.



Images Courtesy: Amazon



Seamless Integration

Fitness rings are typically paired with user-friendly mobile apps that give real-time insights, trend analysis, and wellness tips. Many offer integrations with fitness platforms like Apple Health, Google Fit, Strava, and MyFitnessPal. And because they don't have screens, the ring itself becomes a non-disruptive wellness companion — tracking you quietly in the background while you go about your day. Battery life is another major plus: while most smartwatches need charging every 1–2 days, fitness rings can last 4–7 days on a single charge, depending on usage.

The Rise

The surge in popularity of fitness rings in 2025 reflects a broader cultural shift: people want wellness tools that are intuitive, stylish, and data-rich — without being overwhelming. As

consumers become more educated about health metrics, they're seeking smarter, more passive ways to track their well-being. Additionally, the rise of biohacking culture, workplace wellness programs, and remote health monitoring have made smart rings especially appealing. They're favored by executives, athletes, and even sleep researchers who want meaningful insights without constantly checking a screen. With continuous innovation in sensors, AI, and health tech, fitness rings are only going to get smarter. Future iterations may bring real-time hydration tracking, stress detection, non-invasive glucose monitoring, and even fertility prediction features — all without sacrificing style. In short, the fitness ring isn't just a trend — it's a wearable revolution in miniature form. Small, smart, and stylish, it's the kind of innovation that proves wellness can be both personal and powerful.



SUSTAINABILITY AND FASHION

In recent years, sustainability has moved beyond a buzzword to become a defining value in the global fashion industry. With increasing awareness about climate change, environmental degradation, and ethical labor practices, both consumers and fashion brands are reevaluating how clothes are produced, marketed, and worn. Nowhere is this transformation more relevant than in India—a country with a deep-rooted textile tradition, a vast fashion consumer base, and a booming manufacturing sector. Today, sustainability is not a choice; it's a critical component shaping the future of fashion both locally and globally.

The Dark Side of Fast Fashion

Fast fashion has revolutionized the way people consume clothing, but it comes at a steep environmental and ethical cost. Globally, the fashion industry accounts for approximately 10% of carbon emissions and nearly 20% of wastewater, as per the United Nations Environment Programme. Fast fashion relies on quick turnarounds, high volume, and disposable trends, which encourages overproduction and leads to enormous waste.

India, as one of the world's largest textile producers and exporters, plays a dual role in this narrative. The Indian fashion market, currently valued at over \$100 billion, is expanding rapidly due to a young demographic, increasing incomes, and digital retail growth. However, this progress has also intensified stress on natural resources,

encouraged exploitative labor practices, and led to a mounting problem of textile waste.

What Does Sustainable Fashion Mean?

Sustainable fashion refers to a set of practices that aim to minimize the environmental and social impact of clothing across its lifecycle—from design and production to consumption and disposal. This involves the use of eco-friendly fabrics like organic cotton, hemp, and bamboo; ethical labor standards ensuring fair wages and safe working conditions; low-waste or zero-waste manufacturing methods; and the promotion of recycling and upcycling techniques.

At its core, sustainable fashion also advocates a shift in mindset—moving away from impulsive shopping and

seasonal trends to mindful consumption and appreciation for long-lasting garments.

India's Role in the Sustainable Fashion Revolution

India holds a unique position in the global push for sustainable fashion. With centuries-old traditions of handloom weaving, natural dyeing, and craft-based production, the country has a rich history of sustainable textile practices. This cultural foundation is now merging with modern design to redefine fashion for the better.

Reviving Craft and Handloom Traditions

Designers such as Sabyasachi Mukherjee, Anavila Misra, and Rimzim Dadu are championing Indian textiles by incorporating handwoven fabrics and artisanal techniques into their

high-end collections. These efforts not only preserve heritage crafts but also support rural artisan communities. The Fashion Design Council of India (FDCI) has actively promoted sustainability through themed fashion weeks and partnerships focusing on khadi and handloom textiles.

The Rise of Eco-Labels and Ethical Brands

India's fashion landscape is witnessing the emergence of conscious, homegrown brands like Okhai, No Nasties, Doodlage, B Label, and Brown Living. These labels emphasize organic fabrics, upcycled clothing, and sustainable packaging, offering consumers stylish and planet-friendly alternatives to fast fashion. They are also tapping into e-commerce and social media to reach a wider, digitally engaged audience.

The Thrift and Circular Fashion Culture

Circular fashion—centered around reusing, repairing, and recycling garments—is gaining momentum in urban India. Platforms like Saritoria and LuxeStylista are reshaping fashion consumption by promoting pre-loved luxury, rental wardrobes, and responsible ownership. This growing thrift culture is making sustainable fashion more accessible and cool among Gen Z and millennials.

Innovation: A Catalyst for Sustainable Growth

Technology is playing a crucial role in accelerating sustainable practices in fashion. Indian startups are experimenting with natural fibers made from banana, aloe vera, and bamboo, offering biodegradable alternatives to synthetic fabrics. AI-driven software is helping brands optimize production and reduce fabric waste, while blockchain is being explored to ensure transparency in supply chains.

One notable example is ReshaMandi, a digital platform that connects silk farmers, weavers, and designers, promoting natural fiber production through data and tech-enabled efficiency. Their work highlights the potential of blending innovation with

if they understand the story behind them. With the help of influencers, sustainability bloggers, and online campaigns, eco-conscious fashion is becoming more aspirational than ever before.

Minimalism, capsule wardrobes, and mindful purchasing are being celebrated as modern lifestyle choices, shifting the narrative from excess to intention.

The Road Ahead: Challenges and Possibilities

While the movement toward sustainable fashion is growing, challenges remain. There is a perception that sustainable fashion is premium and unaffordable for the average consumer. The lack of universal sustainability certifications, higher production costs, and misleading greenwashing tactics by some brands create confusion in the market.

However, positive steps are being taken. Government programs like SAMARTH, which aims to skill textile artisans, and initiatives under the Khadi and Village Industries Commission (KVIC), are fostering inclusive growth. Public-private collaboration, policy support, and consumer education are vital to making sustainable fashion truly scalable.

Fashioning a Better Future

Sustainability is no longer just a trend in fashion—it is a necessity driven by environmental urgency, ethical responsibility, and cultural consciousness. India, with its deep-rooted textile heritage and rising design innovation, stands at a powerful crossroads. By embracing sustainable practices, Indian fashion can not only preserve its legacy but also lead the global shift toward a more mindful and inclusive fashion industry. The clothes we choose today will define not just our style, but the world we live in tomorrow.



traditional ecosystems to build a greener fashion future.

Conscious Consumers Are Driving Change

Indian consumers, especially younger generations, are becoming increasingly aware of the environmental footprint of their fashion choices. A 2022 Bain & Company report found that 67% of Indian fashion buyers are willing to spend more on sustainable products



CASHMIR

A SIP OF KASHMIR'S SOUL

After capturing global acclaim with its triple-cask single malt Indri and the gold medal-winning rum Camikara, Piccadily Agro Industries Limited is raising the bar once more—this time with vodka. Introducing Cashmir, a small-batch luxury spirit that blends the poetic mystique of Kashmir with the precision of world-class distillation.

Made from organic, heritage Indian winter wheat—non-GMO, non-hybrid, and grown sustainably—Cashmir is distilled seven times to create an ultra-smooth, velvety texture that whispers across the palate. What truly elevates it, however, is the water: pure glacial water from the Kashmir Valley, celebrated for its untouched clarity and natural mineral richness.

But Cashmir is more than a vodka—it's a tribute.

Inspired by drifting shikaras on Dal Lake, the golden hue of saffron fields, the soft blush of Kashmiri apples, and the intricate craft of papier-mâché, Kashmir reflects the region's quiet grandeur in every bottle. It captures the spirit of a land both beautiful and untamed, turning nature and heritage into a refined drinking experience.

"Cashmir Vodka is my heartfelt tribute to the breathtaking land of Kashmir," shares Surrinder Kumar, Master Blender at Piccadily Agro. "As a proud Kashmiri, I wanted to create something that reflects not just the purity of the region—but its soul."

Praveen Malviya, CEO (IMFL) of Piccadily Agro, sees this launch as the next step in the company's journey: "With Cashmir, we expand beyond whiskies and rums into the world of ultra-premium vodka. It's a natural evolution—one that champions Indian craftsmanship and celebrates authenticity on the global stage."

At 42.8% ABV, Cashmir is designed for those who value origin, elegance, and intentionality. Debuting in limited quantities across select Indian and international markets, it is tailored for a new generation of luxury seekers—those who want their spirits with story, soul, and substance.



THE BOLD GREEN BLEND

In the ever-evolving world of wellness beverages, matcha coffee has emerged as a frontrunner—an energizing, antioxidant-packed drink that blends ancient tradition with modern-day caffeine culture. Seen in everything from minimalist café menus to viral TikTok recipes, this vivid green brew is catching the attention of health enthusiasts and coffee lovers alike.





Images Courtesy: Pixabay

Beyond energy, matcha coffee is being praised for its wellness benefits. It's a natural source of powerful antioxidants, especially EGCG (epigallocatechin gallate), which helps fight inflammation, supports heart health, and may even aid in metabolism. For people focused on both fitness and skin health, matcha coffee offers a functional, feel-good beverage that fits into a balanced lifestyle.

Aesthetic, Adaptable, and Instagram-Ready

Let's not ignore the visual appeal—matcha coffee is undeniably beautiful. Its vibrant green color, especially when layered with plant-based milk or swirled into espresso, has turned it into an Instagram favorite. Whether it's a matcha espresso latte or an iced matcha cold brew, the drink photographs well and caters to the growing demand for aesthetic, health-forward beverages.

Additionally, it's highly customizable. From oat and almond milk variations to sugar-free and vegan-friendly

versions, matcha coffee adapts to personal preferences, dietary needs, and seasonal trends.

From Trend to Staple

Once a niche offering in wellness cafés, matcha coffee is now becoming mainstream. Major coffee chains have added it to their menus, influencers are showing off their DIY recipes, and wellness brands are launching ready-to-drink matcha coffee blends. Its rise reflects a broader cultural shift toward mindful consumption, where people are looking for drinks that support their health, appearance, and energy—all at once.

The New Age of Caffeine

In a world that moves fast but craves balance, matcha coffee offers the best of both worlds: the alertness of coffee and the zen of matcha. It's more than

A Fusion of Two Cultures

The roots of matcha date back over 800 years to Japanese Zen monks, who consumed the finely ground green tea powder to enhance focus and mindfulness during meditation. Revered for its calming effects and rich antioxidant profile, matcha became an integral part of Japanese tea ceremonies and cultural identity.

Coffee, on the other hand, comes from a completely different world—known for its stimulating properties, global spread, and deep role in social rituals. By merging the slow energy release and calm of matcha with the bold kick of coffee, this hybrid drink creates a harmonious balance of East and West.

Why Everyone's Falling in Love With It

One of the biggest reasons behind the matcha coffee craze is its ability to offer a smoother energy boost. Thanks to the presence of L-theanine in matcha, the caffeine is released more gradually in the body, helping to prevent the crashes and jitters commonly associated with regular coffee. This makes it an ideal option for those who want to stay alert without feeling overstimulated.

just a drink—it's a lifestyle choice that reflects the priorities of a new



generation. As people become more conscious about what they consume, matcha coffee stands out not just for its benefits, but for how it makes them feel—calm, focused, and refreshed.

Whether you're a seasoned matcha fan or curious to try your first green cup, there's no denying that matcha coffee is more than just a trend—it's a modern ritual in the making.



Tee Time Tales:

DGC CELEBRATES WAVE CITY CAPTAIN'S WEEK 2025



The second edition of Wave City Captain's Week 2025 at the prestigious Delhi Golf Club once again lived up to its reputation as one of the most anticipated events in the golfing calendar. This year, the tournament was marked by a blend of spirited competition, community bonding, and thoughtful hospitality—thanks in large part to the involvement of Wave City as the principal sponsor.

Veteran golfer and DGC member Arun Gupta, a regular participant, described this year's experience as particularly memorable. "I have participated in several editions of this event, but this year it was even more enjoyable due to the careful planning and attention to detail," he shared. He especially appreciated the hospitality, singling out the food and beverages and the thoughtfully curated player's goodie bag. "The thermos from the bag has become a daily essential—it helps me stay cool and hydrated," he added.

Fellow club member Rohit Modwel echoed the sentiment about the event's lively spirit. "Captain's Week is usually a fun-filled week for its members. This time too, it was quite enjoyable," he said. Although unaware initially that Wave City was the event's main sponsor, Modwel acknowledged the consistent standard of the overall experience.

A major highlight of Captain's Week has always been its ability to bring together the golf community—seasoned players and new enthusiasts alike. "Events like this go a long way in strengthening bonding among players and creating new relationships," Gupta said. "They also help players enhance their golfing skills while enjoying competitive yet friendly golf."

Both players shared highlights from their rounds, with Gupta recalling a remarkable 40-foot downhill breaking putt that still lingers in his memory. "In spite of many bad shots, that one moment really stood out," he smiled. Modwel, meanwhile, described his round as decent, enjoying the course and camaraderie, even if there weren't any standout shots.

For **Rajiv Gupta, MD, Wave City**, golf is more than just a sport—it's a passion rooted in well-being and a way to enjoy meaningful time with oneself, beyond the demands of work and family.



Mr. Rajiv Gupta, MD, Wave City

Simarjit Singh, a passionate golfer, believes that golf is more than just a sport — it's a way of life. He shares that the game instills sportsmanship while teaching valuable lessons in teamwork and time management.

In essence, Wave City Captain's Week 2025 was more than just a tournament—it was a celebration of passion, persistence, and the enduring friendships that define the golf community. With sponsors like Wave City adding value through their thoughtful involvement, events like these continue to shape the vibrant and inclusive culture of golf in India.







THE FLOW WITHIN **MUKTI MOHAN**

Graceful, energetic, and always pushing the boundaries of expression—Mukti Mohan is a force to be reckoned with. As an accomplished dancer and actor, she's captivated audiences with her artistry and versatility. From the stage to the silver screen, Mukti's journey is a testament to passion and relentless pursuit of excellence. Mukti Mohan – who made her OTT debut with Thar in 2022 and received accolades for her performances in Gyaarah Gyaarah on Zee5 and Life Hill Gayi on Disney+ Hotstar, was recently seen in the supernatural feature film, A Wedding Story. Apart from showing her acting prowess and has been winning accolades through Dance and Comedy reality shows since 2010, Mukti Mohan is surely a household name today. The actress recently got candid about her work schedule, and performances in different projects in dancing and acting both.

Creative Director & Stylist: **Pooja Gupta, Spectrum Styles**

Photographer: **Shivam Vashisht**

Designers/Brands: **House of Surya, Hubberholme, Dash and Dot,**

Lino Perros, Dennis Lingo, Lubin & Jia Diamonds

Hair & Make Up: **Kanikka Tandon**

Venue Partner: **The Grand New Delhi**

Assistant Stylist: **Gunjan Durgapal**

Styling Intern: **Shikha Shah**

Outfit: Dash and Dot
Heels: Lino Perros
Jewellery: Jia Diamonds



Saree: House of Surya
Heels: Lino Perros
Jewellery: Jia Diamonds
Watch: Rado



Outfit: Hubberholme
Heels: Lino Perros
Jewellery: Jia Diamonds



Outfit: Dennis Lingo
Shoes & Bag: Lino Perros
Jewellery: Jia Diamonds
Watch: Just Cavalli



From dance floors to film sets — how would you describe your journey so far?

I'm extremely grateful to my classical training in Bharatnatyam through my guru Shri Priya Dinesan, and training in acting through all the wonderful workshops I took in India and abroad. It has given me the confidence of being the conduit to the story and my characters I portray above changing mediums.

How has marriage changed your outlook on life and career, if at all?

Being married has changed the definition of marriage itself for me, now i have a best friend whom I grow as an actor, dancer, even as an artist I wish to become. Kunal and I exchange notes, help each other through scenes even for each other's auditions, which before marriage my sisters, especially Shakti di used to help me with. So, I'm super blessed to be getting to grow up with my husband as an actor now.

Dance has always been a big part of your identity — how do you keep your passion alive amidst everything else?

Being the youngest one amongst Neeti di who does her Singing Riyaz everyday and Shakti di who helped me find my roots in dancing; along with whom i trained in Bharatnatyam for 9yrs and through whom i got introduced to Contemporary Dance with, Dancing in front of tv, to relatives to audiences in school, colleges and competitions became our organic muscle memory. I still perform live at Mohan Sisters Live concerts in front of our beloved audiences alongside shooting for films and ott shows. Navigating through dance and acting is what I always wanted to do as I always considered myself as a character even while dancing, voicing and carrying a story came quite naturally to me.

Outfit: Lubin
Heels: Lino Perros
Jewellery: Jia Diamonds



Outfit: Dennis Lingo
Shoes & Bag: Lino Perros
Jewellery: Jia Diamonds
Watch: Just Cavalli



How do you and your partner support each other's dreams and aspirations?

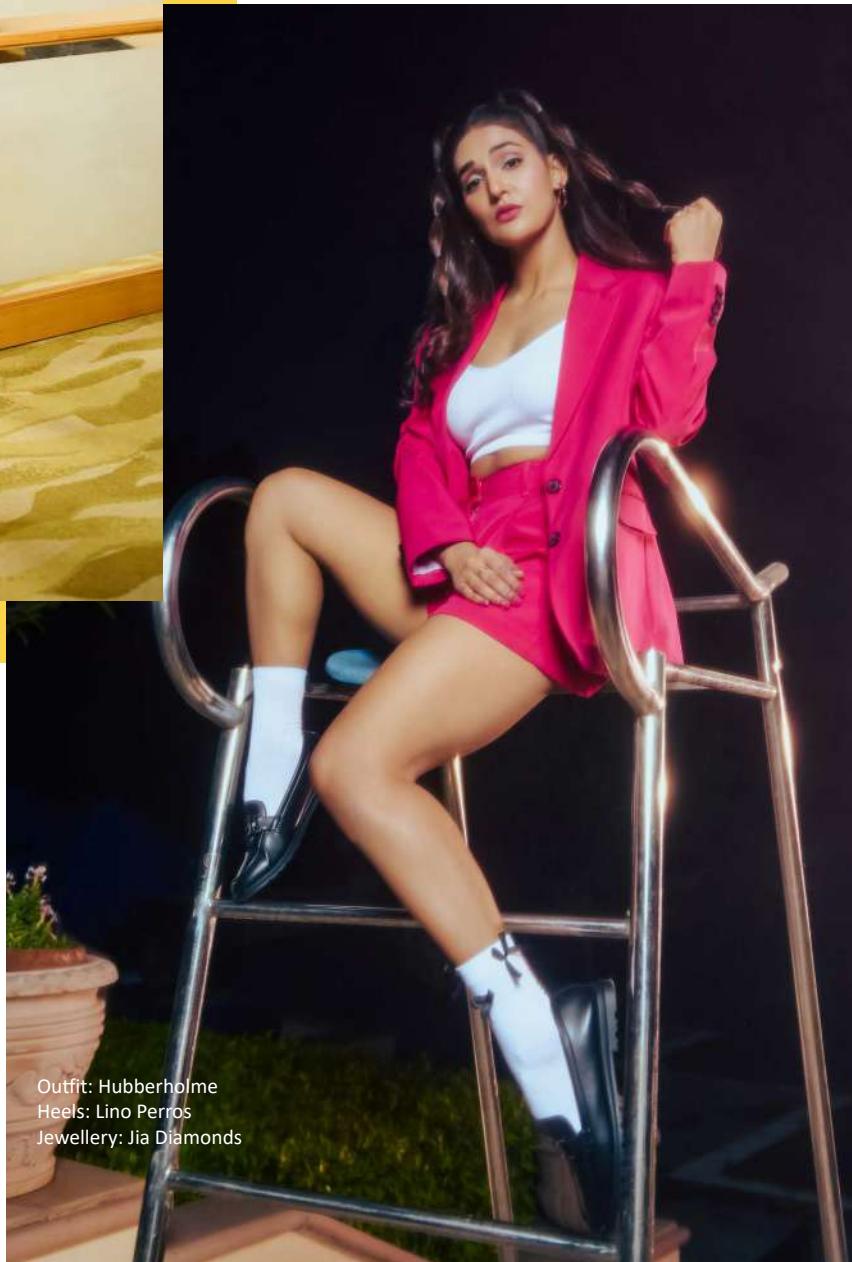
As people call each others spouses as better halves, we call each other better full as we complete each other, no quite literally; we speak each other's minds and before wording it he and I know which area needs better managing for each other, so we immediately try and work together to ease each other's apprehensions. Most importantly we appreciate each other for every fragment that we do for each other. Like any other relationship it always starts with gratitude.

Looking back, what has been the most defining moment of your career?

My defining moments, where i had won a dance reality show "Zara Nachke Dikha" on star plus and Comedy reality show "Comedy Circus" with Kapil Sharma in the same year 2010.

In 2022, I got nominated by Filmfare OTT for a supporting role in the Thar movie which is on Netflix. And in 2024, where 3 of my projects were released and gave me special recognition as an actor as well for my performances in Gyaarah Gyaarah on Zee5 and Life Hill Gayi on Disney+ Hotstar, I was recently seen in the supernatural feature film, A Wedding Story.

Outfit: Hubberholme
Heels: Lino Perros
Jewellery: Jia Diamonds



Outfit: Lubin
Heels: Lino Perros
Jewellery: Jia Diamonds



Outfit: Dash and Dot
Heels: Lino Perros
Jewellery: Jia Diamonds



What are some lessons from your dance and acting career that have shaped you as a person?

I was always intrigued by behaviours and mannerisms. Acting inspired me to take up psychology in school, which led me to Major in Psychology from Xaviers during my audition phase. Knowing about human psychology helped me in my acting a lot. Dance has taught me from the start that “repetition is the father of learning” so my focus and discipline comes from dance. Acting has taught me to be more empathetic and embrace my vulnerability as these qualities will shape my practices into a better performance on screen or on stage.

Post-marriage, are there any new directions you wish to explore in your professional life — maybe acting, choreography, or something beyond?

I have experienced a shift in myself, I have started to connect more with the industry at large which made me realise how as an aspiring actor there are very few avenues to work on your craft and build a career in acting in Mumbai. I often heard the name strugglers in movies associated with jobless actors. And as an actor I never want any actor to feel like a “struggler” just because they chose to tell stories. What are we if not stories?! As an Indian actor I would like to be a part of society which helps artists grow. We do theatre and theatre is the window to society.

We have created a safe haven for Actors called Mukti Manch, theatre and performing art company where we offer various acting courses. We focus on eastern and western philosophies of broadening the horizon of realistic Acting.

In today's fast-changing entertainment industry, how do you stay true to yourself while evolving with the times?

Just by being honest to myself and keeping my teachers and family closer.

Finally, when you think about the future — personally and professionally — what are you most excited about?

Personally and professionally both ways I'm getting ready to embrace the Mohan sisters live USA tour where I will get to spend time with my sisters and perform together with them too and a film release hopefully by the end of this year.



Outfit: Dash and Dot
Heels: Lino Perros
Jewellery: Jia Diamonds

THE UNIVERSAL VOICE OF SONAM KALRA

In a world where music often transcends barriers, **Sonam Kalra** stands out for her unique ability to weave together threads of diverse musical traditions. Her journey—from discovering music as a child to creating the globally acclaimed Sufi Gospel Project—embodies an artistic vision that is both inclusive and deeply personal. In this candid conversation, Sonam reflects on the roots of her passion, the philosophy that fuels her genre-bending compositions, and the creative process that shapes her work. She also shares insights into her evolving relationship with music, spirituality, and the pursuit of truth through her art.

Your music beautifully blends diverse traditions—from gospel to Sufi. What inspires you to merge these different genres in your compositions?

The idea for The Sufi Gospel Project was born about 14 years ago when I was invited to sing Gospel music at the Urs, the birth celebration of the Sufi saint Inayat Khan in Nizamuddin, New Delhi. Before this, although I was trained in Indian classical music, I found myself drawn to Gospel music—especially the hymn “Amazing Grace”—because it brought me comfort during my mother’s battle with terminal cancer. I followed this calling, studied Gospel music in Singapore, and soon found myself performing it at festivals and concerts.

After many concerts, people often asked, “Why does a Sikh girl sing Gospel music—or Christian bhajans, as some put it?” My answer was simple: “God has no religion, and religion is not God.”

Two years later, singing Gospel music at Hazrat Inayat Khan’s Urs was a turning point for me. As a Sikh woman singing Gospel in an Islamic setting, I felt the universe guiding me. So, I worked to create something that celebrated this profound inclusivity. The Sufi Gospel Project was born—a way to unite faiths, redefine Sufism, and share its true essence through music.

Looking back, can you recall the moment you first knew music was your true calling? And now, reflecting on your journey so far, do you feel fulfilled with the path you’ve carved and the work you’ve created?

I was around four when my mother recognized my love for music. Our home



was always alive with music—from Indian classical and ghazals to western classical, jazz, gospel, soul, R&B, pop, and rock. My mother was deeply passionate about music, and my fondest memories are of sitting on her lap, listening to legends like Begum Akhtar, Bhimsen Joshi, Frank Sinatra, and Ella Fitzgerald. Seeing the calm and joy on her face left an indelible mark on me. I began learning music at four, but my true personal exploration started much later, after my mother was diagnosed with cancer. As Rumi says, “The wound is the place the light enters you,” and music became my solace and my voice. Looking back, I’m grateful for the journey that’s taken me around the world—from the Sydney Opera House and Cairo Opera House to MTV’s Coke Studio—collaborating with incredible artists and sharing the stage with legends like Abida Parveen ji. Creating The Sufi Gospel Project has let me explore Sufi

poetry and promote inclusion through music. Awards like the Global Music Awards affirm that my music resonates, but what truly matters is staying true to the journey.

Can you take us through your creative process—how does a song typically begin for you?

I find great power in words, so for me, it usually begins with the lyrics—the thoughts and stories behind them. I spend a lot of time with the lyrics, sometimes days or weeks, until a melody starts to take shape in my head. Once I have the basic melody, I begin to add nuances: instruments, additional lyrics, harmonies, alaaps, even moments of sarcasm, musical passages, and silences. I love layering these elements and weaving in subliminal messages, guiding the listener toward the emotion or message I want to convey. Every choice is deliberate. For instance, when I wanted to sing Faiz Sahab’s Hum Dekhenge, the gravitas of the words was so profound that I didn’t want to overshadow them with a traditional tabla or too much music. I wanted the words to breathe, to be seen and felt on their own. Instead of musical interludes, I chose to intersperse the singing with spoken word—reciting Rabindranath Tagore’s iconic poem Where the Mind is Without Fear. It turned out exactly how I envisioned it: a quiet yet powerful plea for peace and something musically unique.

Music can be healing, and so can routine. How do you take care of your mental and emotional well-being amidst performances and travel?

I feel that music itself takes care of my emotional and mental well-being.

Whenever I'm stressed—even if it's about an upcoming performance or anything else music-related—it's music that helps me find calm. Just an hour of Riyaaz can make me feel so much better. For me, music is both meditation and worship, and it soothes my heart and soul like nothing else. When my travel and performance schedule gets intense, I'm very careful not to overstrain my voice. I avoid loud places and pay close attention to what I eat, making sure I can keep my voice healthy and strong.

Every artist has a creative zone where their ideas truly flow. Is there a specific time of day when you feel most inspired or productive? And how do you make the most of that time?

I need silence to create, to hear the music and ideas that take shape in my mind. For much of my life, I worked best at night. But now, with babies in my life, that's changed—I work during the day when they're at school, and still sometimes late at night when the world is asleep. Really, I create whenever I can find a moment of silence. I also love to create on long flights, when there are absolutely no distractions.

Is there a daily ritual or habit that helps you stay grounded or fuels your creativity?

In addition to my daily riyaaz, which I do consistently, I make it a point to write down all my ideas—whether in the notes app on my phone or in a physical notebook. This habit helps me find clarity. As for staying grounded, I see music as a form of worship, as Ibaadat. I believe this gift of music has been granted to me, and I treat it with the utmost respect. My parents emphasized the virtues of kindness and humility, and I strive to keep those close to my heart.

Your stage presence is striking—not just musically, but also visually. How would you describe your fashion aesthetic, and does it reflect your music?

Thank you so much for saying that! Presentation is incredibly important to me, and I strive to bring all my learnings into my performances. I have a strong interest in visual art—I went to art school and have a background in theatre, having been part of Theatre Guru Amal Allana's



repertory. I also design my own clothes for performances. My fashion aesthetic is minimal and clean; I prefer not to over-embellish, whether musically or on stage. I believe every element should have meaning and purpose, from the color palette and silhouettes I choose for myself and my fellow musicians, to the way I incorporate audio-visual screens into the narrative I aim to create.

Do you believe personal style can be a form of storytelling, much like music?

Music is storytelling - it is a baring of the soul, a telling of one's truth. I would like to think I have told my story through my music and shared my beliefs on equality and inclusion through the medium.

Personal style, the choices we make with what we wear, how we carry ourselves are all expressions of our heritage, our personality and our beliefs. As I said, I prefer a minimal and understated aesthetic with a piece of jewellery as a statement- a legacy piece which carries memory with it or a bold piece which represents strength.

How do you view your relationship with social media—as a creative space, a platform for connection, or a tool for advocacy?

My relationship with social media is a love-hate relationship. It's a great tool for advocacy, for connection, for exposure, for creativity and in many ways a great equaliser. It's been wonderful for so many musicians to be discovered without the backing of a label, or even a stage to perform on. It's been amazing in that way. But on the downside it's also a tool that causes confusion, clutter and lacks authenticity

Lastly, every artist has a masterpiece that makes them feel accomplished. Have you crafted it, or is it something that is still in process?

I would like to believe that I still have many masterpieces left to create. That being said, I am quite satisfied with what I've created- The Sufi Gospel Project, my performance piece on The Partition, my composition of Faiz Sahab's iconic poetry, 'Bol', my version of Hum Dekhenge which I blended with Rabindranath Tagore's words, Alfat - all these are meaningful accomplishments for me.

DRIVING INTO THE FUTURE



The shift towards electric vehicles (EVs) is no longer a distant dream—it's a fast-accelerating reality. As the world grapples with climate change, urban pollution, and depleting fossil fuels, EV technology has emerged as one of the most promising solutions to reshape the future of mobility. But what exactly powers these sleek, silent machines? Understanding the core of EV technology helps demystify what makes electric cars different, and why they're more than just a trend.

At the heart of every EV lies its electric powertrain, which replaces the internal combustion engine (ICE) found in conventional vehicles. Instead of burning petrol or diesel, EVs use electricity stored in high-capacity batteries to drive an electric motor, which in turn powers the wheels. This system not only eliminates tailpipe emissions but also drastically reduces the number

of moving parts, leading to lower maintenance needs and a smoother driving experience.

The battery pack is arguably the most critical and expensive component in an EV. Most modern EVs use lithium-ion batteries, the same type found in smartphones and laptops but on a much larger scale. These batteries are favored for their high energy density, long life, and efficiency. A typical EV battery pack is made up of hundreds, sometimes thousands, of individual cells arranged to deliver the required voltage and capacity. Battery technology continues to evolve rapidly, with researchers exploring alternatives like solid-state batteries that promise higher range, faster charging, and improved safety.

Another key feature of EVs is regenerative braking, a smart system that captures kinetic energy usually lost as heat during braking

and converts it back into electrical energy, which is then stored in the battery. This not only boosts efficiency but also extends the vehicle's driving range, especially in stop-and-go urban traffic.

Charging infrastructure plays a vital role in the EV ecosystem. EVs can be charged through various means, from standard wall outlets (Level 1) to faster home chargers (Level 2), and high-speed DC fast chargers available in public spaces. Charging times vary significantly—from several hours for home charging to around 30–60 minutes at a fast-charging station. The convenience of overnight charging at home often becomes a game-changer for city dwellers, turning what used to be a trip to the gas station into a simple plug-in before bedtime.

EVs are also redefining the driving experience with advanced onboard electronics and connectivity. Many



come equipped with smart interfaces, app-controlled climate systems, over-the-air software updates, and autonomous driving capabilities. These features aren't just gimmicks—they optimize energy usage, provide real-time data on battery health, and help users locate nearby charging stations or plan efficient routes.

One of the lingering concerns for potential buyers remains range anxiety—the fear that the vehicle will run out of charge mid-journey. However, improvements in battery range and the rapid growth of charging networks are steadily easing this fear. Many current models offer a real-world range of 300 to 500 kilometers on a single charge, which comfortably covers daily commuting and weekend trips.

From an environmental standpoint, EVs present a cleaner alternative to conventional cars, especially when charged using renewable energy. While the production of EV batteries

does involve a considerable carbon footprint, studies suggest that EVs typically offset this within a few years of use due to their zero-emission operation.

The future of EV technology looks even more promising. Innovations in wireless charging, vehicle-to-grid (V2G) systems where cars can return electricity to the grid, and solar-integrated bodies are pushing the boundaries of what EVs can do. As governments around the world offer incentives and automakers invest heavily in electric mobility, we're witnessing the birth of a cleaner, smarter, and more sustainable transport system.

Understanding EV technology goes beyond just batteries and motors—it's about embracing a transformative shift in how we think about energy, mobility, and sustainability. As infrastructure expands and technology improves, electric vehicles are poised not just to replace gasoline cars, but to redefine the very experience of driving.

Images Courtesy: Pixabay

A woman with dark hair tied back in a white towel turban and a white waffle-knit robe is shown from the chest up. She is smiling and applying a white skincare cream to her cheek with her right index finger. A small white jar of cream is held in her left hand. The background is a soft-focus bathroom interior.

Mood & Beauty

In today's fast-paced world, skincare is no longer just about flawless skin — it's evolving into a deeply personal, emotionally enriching ritual. As the lines between wellness and beauty blur, a new question has emerged: Can your skincare routine actually make you happier? Science and self-care experts suggest that the answer might be yes. Welcome to the world of mood-boosting beauty — where skincare doesn't just transform your skin, but your state of mind.

At first glance, skincare might seem purely superficial — a practical step to combat dryness, wrinkles, acne, or sun damage. But look a little deeper, and you'll find a practice rooted in routine, intention, and emotional connection. That nightly face massage with a calming serum or that morning cleanse with a citrus-scented gel isn't just about achieving glowing skin. It's also a moment of mindfulness, a few minutes to slow down, breathe deeply, and focus on yourself.

There's growing evidence that skincare can indeed have a positive impact on your mental well-being. Just like how exercise boosts endorphins, creating a consistent, enjoyable skincare ritual can stimulate the release of feel-good hormones like dopamine and oxytocin. The act of touching your face with care can replicate the comforting effects of physical touch, helping to reduce anxiety and promote a sense of calm. Add soothing scents, luxurious textures, and gentle massaging motions, and you've got yourself a full sensory experience that lifts your spirits.

One of the key elements of mood-boosting skincare is aromatherapy. Scents like lavender, chamomile, rose, sandalwood, and ylang-ylang are commonly used in cleansers, creams, and oils for their calming and uplifting effects. Essential oils have long been studied for their ability to influence brain chemistry via the olfactory system. A lavender-infused night cream, for example, doesn't just hydrate your skin — it can also signal your brain to relax, easing stress and promoting better sleep.

Similarly, citrus-based ingredients such as lemon, bergamot, and orange are known for their energizing, mood-lifting properties. When used in morning routines, they can enhance focus, awaken the senses, and set a positive tone for the day. It's no coincidence

that many "wake-up" cleansers and serums are infused with citrus oils — they're designed to stimulate both your skin and your spirit.

But it's not just about the ingredients — the act of caring for yourself is inherently mood-enhancing. Skincare routines offer structure, a sense of control, and an opportunity for daily ritual, which are all helpful for people managing stress, anxiety, or emotional fatigue. In fact, during



the pandemic, many found comfort and stability in their skincare rituals — a small, reliable way to practice self-love during uncertain times.

What's more, the confidence that comes from healthy skin can translate directly into better

moods. While beauty isn't everything, feeling good about your appearance can lead to improved self-esteem, greater social ease, and a more optimistic outlook. When you take the time to care for your skin, you're also telling yourself that you're worth the effort — a subtle but powerful boost to your inner dialogue.

As beauty brands respond to this shift, we're seeing more products that market themselves not just as skin solutions, but as tools for emotional wellness. From serums that promise to "soothe the soul" to moisturizers designed to "uplift your energy," the language of skincare is expanding. And while these claims should always be met with a healthy dose of skepticism, there's no denying that a product you enjoy using — and feel good about — is more than just a vanity item. It becomes a part of your well-being toolkit.

In essence, skincare is becoming less about vanity and more about self-connection. It's a way to unplug, check in, and give yourself a dose of comfort and joy. And in a world where emotional health is just

as important as physical health, maybe that glowing skin is simply a reflection of something deeper — happiness, balance, and care.

So yes, your skincare might just be making you happier. And honestly, isn't that the kind of glow we all need?



MINDFUL MUNCHING, SMARTER SNACKING



In today's fast-moving world, snacking has evolved from a simple hunger fix to a frequent ritual woven into our daily routines. From reaching for something quick between meetings to satisfying late-night cravings, snacks often serve as both fuel and comfort. But when these small bites become impulsive and unbalanced, they can silently sabotage our health goals. That's where mindful munching comes in—a practice rooted in awareness, balance, and the conscious act of choosing better, not just eating less.

Mindful munching is the art of being present with your food. It's about paying attention to why, when, and what you're eating, rather than munching out of habit or emotional need. With just a few mindful shifts, snacking can go from being a source of guilt to a powerful tool for nourishment and well-being.

The problem with modern snacking isn't the act itself but the way it's often done. Most snack choices today lean heavily on convenience—packaged chips, sugar-laden bars, processed sweets, and fried foods. These quick fixes might offer instant satisfaction but rarely provide lasting energy or nutrition. They often lead to blood sugar crashes, poor digestion, and unnecessary weight gain.

By contrast, mindful snacking invites you to tune into your body's hunger signals, appreciate your food's flavor and texture, and choose options that serve your long-term health. When you snack with intention, you begin to make choices that are more in line with your body's needs rather than your momentary cravings.

So how can one snack smarter in real life? It starts with planning and awareness. Instead of grabbing the nearest bag of chips, consider keeping nutrient-rich options on hand. Think sliced veggies with hummus, a handful of nuts, roasted seeds, Greek yogurt with fruit, or even traditional options like roasted makhana or chana. These choices are not only satisfying but also deliver a good balance of protein, fiber, and healthy fats—key elements that keep hunger at bay and energy levels stable.

Portion control is another cornerstone of mindful munching. It's surprisingly easy to overeat even healthy snacks when we're

distracted. One solution is to serve snacks in a bowl rather than eating straight from the packet. This simple act of measuring helps you become more aware of how much you're consuming and reduces the likelihood of mindless overeating.

Being hydrated can also play a role in smarter snacking. Many times, we mistake thirst for hunger and end up eating when what we really need is a glass of water. Making it a habit to drink water and then reassessing your hunger a few minutes later can prevent unnecessary snacking and promote better hydration overall.

An important but often overlooked aspect of mindful snacking is emotional awareness. We all experience moments when stress, boredom, anxiety, or even joy trigger the urge to eat. The key is learning to pause and ask yourself: "Am I physically hungry, or am I emotionally hungry?" If it's the latter, engaging in a non-food-related activity like walking, journaling, or deep breathing can help fulfill the emotional need without food.

Mindful munching also encourages rethinking our traditional snacks by giving them healthier makeovers. You don't need to give up your favorite comfort foods entirely. Try air-frying instead of deep-frying, replace sugary sodas with flavored water or buttermilk, and swap processed sweets for naturally sweet options like dates, jaggery, or dark chocolate. These small changes add up to a big nutritional upgrade without sacrificing taste or cultural connection.

Another trick to smarter snacking is using these moments to sneak more nutrients into your day. Add flaxseed powder to a smoothie, top your fruit bowl with chia seeds, or pair your crackers with protein-rich spreads like nut butter or paneer. These additions enhance both the taste and the health value of your snack.

Ultimately, smarter snacking is less about rules and more about relationships—the one you have with food and with yourself. When you snack mindfully, you begin to break free from the cycle of guilt and impulse. You feel more in control, more satisfied, and more connected to your body's real needs.

In a nutshell, mindful munching isn't about eliminating snacks—it's about upgrading the way we snack. By choosing quality over quantity, being present while eating, and tuning into our true hunger cues, we can turn everyday snacking into a meaningful act of self-care. With a little planning and intention, your next snack could be the healthiest—and most satisfying—part of your day.



Images Courtesy: Pixabay



The Royal Indulgence

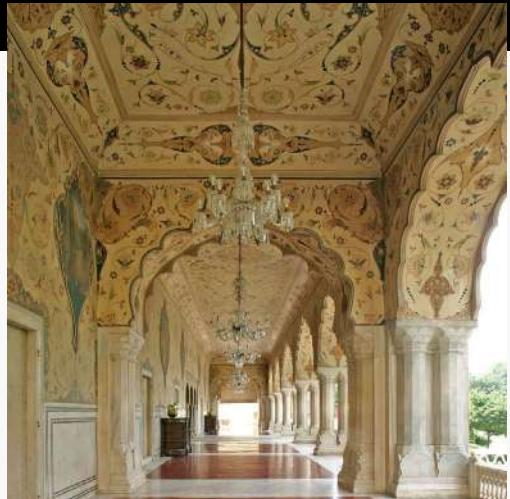
If summer is calling for something extraordinary, why not answer in royal style?

India's palaces and heritage estates offer more than just luxurious stays—they're immersive journeys into history, architecture, and culture. Whether perched atop a hill or nestled by the sea, these regal retreats are ideal for travelers seeking to unwind like royalty. From frescoed courtyards to commanding forts and seaside sanctuaries, here's a curated list of destinations where your summer holiday can feel like a page out of a princely saga.



Mundota Fort and Palace

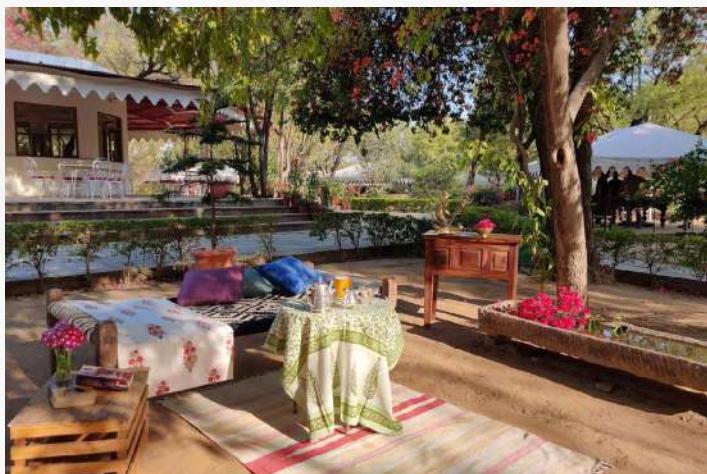
Just outside Jaipur in the Aravalli Hills, the Mundota Fort and Palace offers a royal retreat wrapped in history and serenity. With roots tracing back over 450 years, this estate has been meticulously restored, marrying Rajput-Mughal architecture with modern luxury. The hilltop fort commands sweeping views, while the palace below charms with frescoed halls and intricately carved verandas. Available for guest stays, it's the ideal hideaway for those craving an authentic yet private taste of regal life.



City Palace, Jaipur

The heart of Jaipur's royal legacy, the City Palace remains a functioning royal residence and a dazzling fusion of Rajput, Mughal, and European design. Stroll through intricate courtyards like Pritam Niwas Chowk, famed for its seasonal gates, each an explosion of color and symbolism.

The Peacock Gate, adorned with teal and gold frescoes, is especially breathtaking. Inside, regal halls like the Diwan-i-Khas, home to colossal silver urns and polished marble floors, offer a quiet glimpse into royal ceremonies. A visit here is not just about aesthetics—it's a deep dive into architectural grandeur and legacy.



Samode Palace, Rajasthan

The 475-year-old Samode Palace whispers old-world romance at every turn. Tucked into the Aravalli hills, its faded frescoes, mosaic halls, and mirror-studded chambers speak of a lived-in opulence. Arched corridors lead to serene courtyards where texture and tradition take center stage. This palace doesn't shout luxury—it invites you to feel it, through every brushstroke and carved column. For travelers drawn to artistic heritage and a more intimate kind of royalty, Samode is pure enchantment.



St. Regis Resort, Goa

For a royal summer with a tropical twist, the St. Regis Resort in South Goa offers a stunning departure from palace-bound opulence. Nestled between lush gardens and the Arabian Sea, this property blends Portuguese colonial architecture with understated coastal luxury. Arcaded verandas, red laterite stone, and tiled pathways evoke old-world charm, while brass accents and wood-beamed ceilings lend warmth to the interiors. It's refined, relaxed, and perfect for travelers who want the best of both: elegance and ocean breeze.

Shiv Vilas Resort, Jaipur

If your idea of royalty leans toward grandeur and fantasy, the Shiv Vilas Resort in Jaipur is your stage. Modeled after traditional palaces, this white-marble marvel dazzles with domes, pavilions, and colonnaded balconies that echo Rajput and Mughal revival styles. Step inside, and you're greeted by opulence: crystal chandeliers, gilded interiors, and ornate ceilings designed for visual drama. Less historic and more cinematic, this resort is perfect for those who want their summer vacation dipped in luxury and gold.



Alila Fort, Bishangarh

Towering over the Bishangarh landscape, Alila Fort is a 230-year-old warrior fort reimagined as a boutique luxury escape. Its battle-scarred exterior—turrets, slits, and ramparts—retains its original military soul, while interiors are softened with Jaipuri marble, hand-crafted tiles, and ambient lighting. The aesthetic here is contemplative and minimalist, offering a unique alternative to the ornate flamboyance of Rajasthan's other royal residences. For those who seek solitude with substance, Alila Fort delivers a regal yet restrained experience.

Images Courtesy: Official Website & Instagram



EYES UP, TECH ON

is your eyewear having a moment?

Well, for years, smart glasses have danced on the edge of mainstream acceptance—too cool to ignore, too clunky to embrace. But the conversation is shifting, and the future of wearable tech may finally have found its sweet spot—right on your face.

Titan Eye+ is making waves with the launch of the much-hyped Ray-Ban Meta Smart Glasses in India, fusing Silicon Valley tech with street-smart style. This time, it's not just about turning heads—it's about turning eyewear into an experience.

These aren't your average frames. With Meta's AI technology baked into Ray-Ban's iconic Wayfarer and Skyler styles, the glasses aim to redefine what eyewear can do. They let you snap 12MP photos or

shoot crisp 1080p videos, stream content hands-free, play your favorite tunes via open-ear speakers, and handle calls and messages—all activated by voice.

That's right—your personal assistant now comes in black acetate.

This sleek blend of utility and aesthetics marks a new chapter in the wearables story, one where fashion meets function without compromise. Titan, a longtime innovator in the Indian eyewear space, is no stranger to this game. With previous launches like Titan EyeX and Fastrack Vibes, the brand laid the groundwork for smart eyewear. But by bringing a global giant like Meta into the equation, Titan signals a bold step forward—this is no longer a tech experiment; it's a lifestyle statement.



Priced between ₹29,900 and ₹35,700, the glasses aren't exactly casual buys—but they're not prohibitively expensive either. Positioned to appeal to India's upwardly mobile, tech-savvy crowd, the Ray-Ban Meta lineup straddles the fine line between luxury and accessibility.

As N.S. Raghavan, CEO of Titan's Eyecare Division, puts it, this is a "game-changer." And it's easy to see why. We live in an age of ambient tech—where your devices are always listening, always ready, and increasingly designed to blend in, not stand out. These glasses do exactly that. No obvious cameras. No bulky sensors. Just smart tech, hidden in plain sight.

They're discreet enough for a client meeting, cool enough for a Friday night out, and practical enough for your morning commute. You're not just wearing them—you're living with them.

Whether these AI-infused frames become everyday essentials or remain an urban style flex remains to be seen. But one thing's clear: the future of connected fashion isn't coming—it's already on the shelf.

So, are we finally ready to see the world through smarter lenses? With Titan and Meta betting big on smart eyewear, the answer might just be staring us in the face.



SOAK IN STYLE

Summer is officially here, and with it comes the irresistible call of sun-soaked beaches, glistening pools, and lazy weekend getaways. Whether you're a dedicated water baby or just in it for the sun-lounger selfies, the right swimwear can make all the difference—not just in how you look, but how you feel. With so many cuts, styles, and trends to choose from, picking a swimsuit might seem daunting. But fear not—here's your ultimate guide to finding swimwear that flatters, fits, and feels fabulous.

Know Your Body Shape

Understanding your body shape can help you identify silhouettes that typically flatter your frame. Pear-shaped bodies (wider hips, smaller busts) often look great in high-cut bottoms and detailed tops to balance proportions. Athletic frames may benefit from swimsuits with ruffles or cutouts that create curves, while hourglass figures tend to suit styles that emphasize the waist. That said, swimwear is about your comfort and confidence. If you love a look, wear it—rules are made to be broken, especially when it comes to personal style.

Fabric and Fit Are Everything

When trying on swimwear, it's not just about how it looks—it's about how it feels. Look for swimsuits made from high-quality, stretch-friendly fabrics like nylon-spandex blends, which hug the body and retain shape after multiple dips in the water. Make sure the suit fits snugly but not tightly—baggy bottoms or digging straps are a no-go. And remember: swimwear often loosens slightly when wet. If it's already loose in the fitting room, it'll feel even sloppier poolside.





Support Matters

If you have a fuller bust, look for suits with built-in underwire, thick straps, or molded cups for support. Halter necks and high-neck styles can also offer extra security while looking chic. On the other hand, smaller busts can play with triangle tops, bandeaus, and embellishments to create volume. Always do the “jump test” in the fitting room—if everything stays in place, you’re good to go.

Consider Your Swimwear Needs

Think beyond aesthetics. Are you planning to swim laps? Lounge with a mocktail? Surf the waves? Active swimmers should choose sporty, functional pieces that stay put—like racerback one-pieces or athletic two-pieces with secure fastenings. For lounging, trendy cut-outs, tie-sides, or one-shoulder designs are great for style-forward relaxation. If you’re planning to travel, consider bringing at least two options—one practical and one playful.

Don’t Shy Away from Coverage

Bikinis aren’t the only path to beach confidence. One-pieces are

back in a big way, with modern details like plunging necklines, open backs, and belted waists offering both style and coverage. High-waisted bottoms are also popular, offering tummy control and a flattering vintage vibe. Cover-ups like kaftans, sarongs, and oversized shirts can complete your look while providing extra sun protection and comfort.

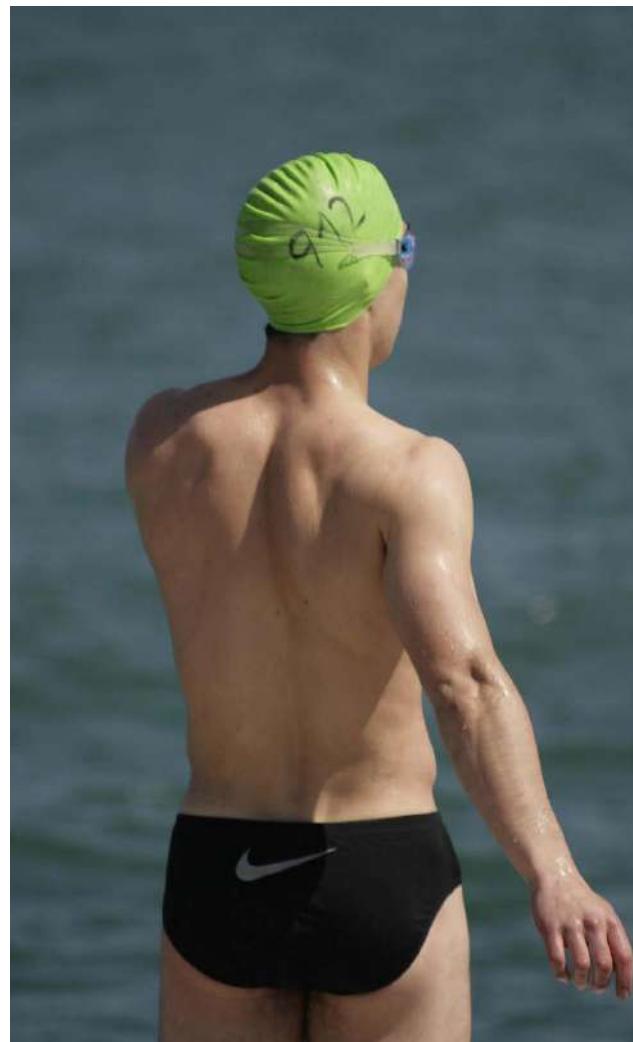
Embrace Colour and Print

Summer is the perfect time to experiment with bold hues and eye-catching patterns. Bright colours can enhance your tan, while dark solids are classic and slimming. Stripes, florals, and abstract prints can also draw the eye in flattering ways. Still unsure? A classic black swimsuit is timeless, elegant, and always flattering.

Try Before You Buy

Where possible, always try swimwear on—sizes and cuts vary wildly between brands. Move around, check the back view, and sit down to ensure nothing rides up or pinches. Online shopping? Read reviews, check size guides, and choose retailers with easy return policies.

Images Courtesy: Pixabay and Freepik





ARE YOU SUN READY?

How to Keep Your Skin Glowing and Protected This Summer

As summer arrives in full swing, bringing with it long days, sun-soaked outings, and a rise in temperatures, it's time to ask yourself: Are you sun ready? The summer sun, while invigorating, can be harsh on your skin, leading to dryness, sunburn, premature aging, and in extreme cases, skin cancer. With increased exposure to ultraviolet (UV) rays and higher humidity, your skincare routine needs to evolve to tackle these seasonal challenges head-on.

The first and most crucial step in your summer skincare arsenal is sun protection. Sunscreen isn't just for beach days—it's a daily necessity. Dermatologists recommend using a broad-

spectrum sunscreen with at least SPF 30, even if you're spending most of your day indoors. UVA rays can penetrate windows and still damage your skin. If you're outdoors for long periods, opt for SPF 50 and reapply every two hours, or more frequently if you're sweating or swimming. Look for sunscreens containing zinc oxide or titanium dioxide for physical protection that sits on top of the skin and reflects harmful rays.

Equally important is understanding your skin's hydration needs. Summer heat can be deceptive—while your skin may feel oily due to increased sweat and sebum production, it can still be dehydrated beneath the



surface. Switch to a lightweight, water-based moisturizer that hydrates without clogging your pores. Ingredients like hyaluronic acid, glycerin, and aloe vera are perfect for retaining moisture while keeping your skin feeling light and fresh.

Cleansing also requires special attention in the summer months. Increased sweating and exposure to pollutants can clog your pores and lead to breakouts. Opt for a gentle foaming or gel-based cleanser that removes dirt, oil, and sweat without stripping the skin of its natural oils. If you wear makeup or sunscreen (as you should), double cleansing in the



evening—starting with an oil-based cleanser followed by a water-based one—can help ensure a thorough clean while maintaining your skin's balance.

Exfoliation is another key component in summer skincare, but moderation is vital. With more sweat and grime accumulating on the skin, weekly exfoliation helps remove dead skin cells, keeping your complexion clear and glowing. However, over-exfoliating can weaken your skin's barrier, making it more susceptible to sun damage and irritation. Choose a mild chemical exfoliant like lactic acid or polyhydroxy acids (PHAs) that are gentle yet effective, and always follow up with sunscreen to protect the newly revealed skin.

Hydration isn't just skin-deep. Drinking plenty of water throughout the day is essential for maintaining your skin's elasticity and natural glow. Infuse your water with cooling ingredients like cucumber, mint, or lemon for an added detoxifying boost. Also, incorporating seasonal fruits and vegetables rich in antioxidants—like watermelon, cucumber, berries, and leafy greens—can help combat oxidative stress from sun exposure and support your skin from the inside out.

Don't overlook the importance of physical barriers. Wide-brimmed hats, sunglasses with UV protection, and lightweight, full-coverage clothing are all simple yet powerful tools in shielding your skin from the sun's rays. For those who enjoy outdoor workouts or beach sports, consider investing in UV-protective activewear designed to block harmful rays while keeping you cool and comfortable.

Summer also calls for rethinking your makeup routine. Heavy foundations and thick concealers can feel suffocating in the heat and may lead to clogged pores. Instead, opt for breathable, non-comedogenic products or consider going makeup-free to let your skin breathe. Tinted moisturizers or BB creams with SPF offer a lightweight alternative, providing both coverage and protection in one step.

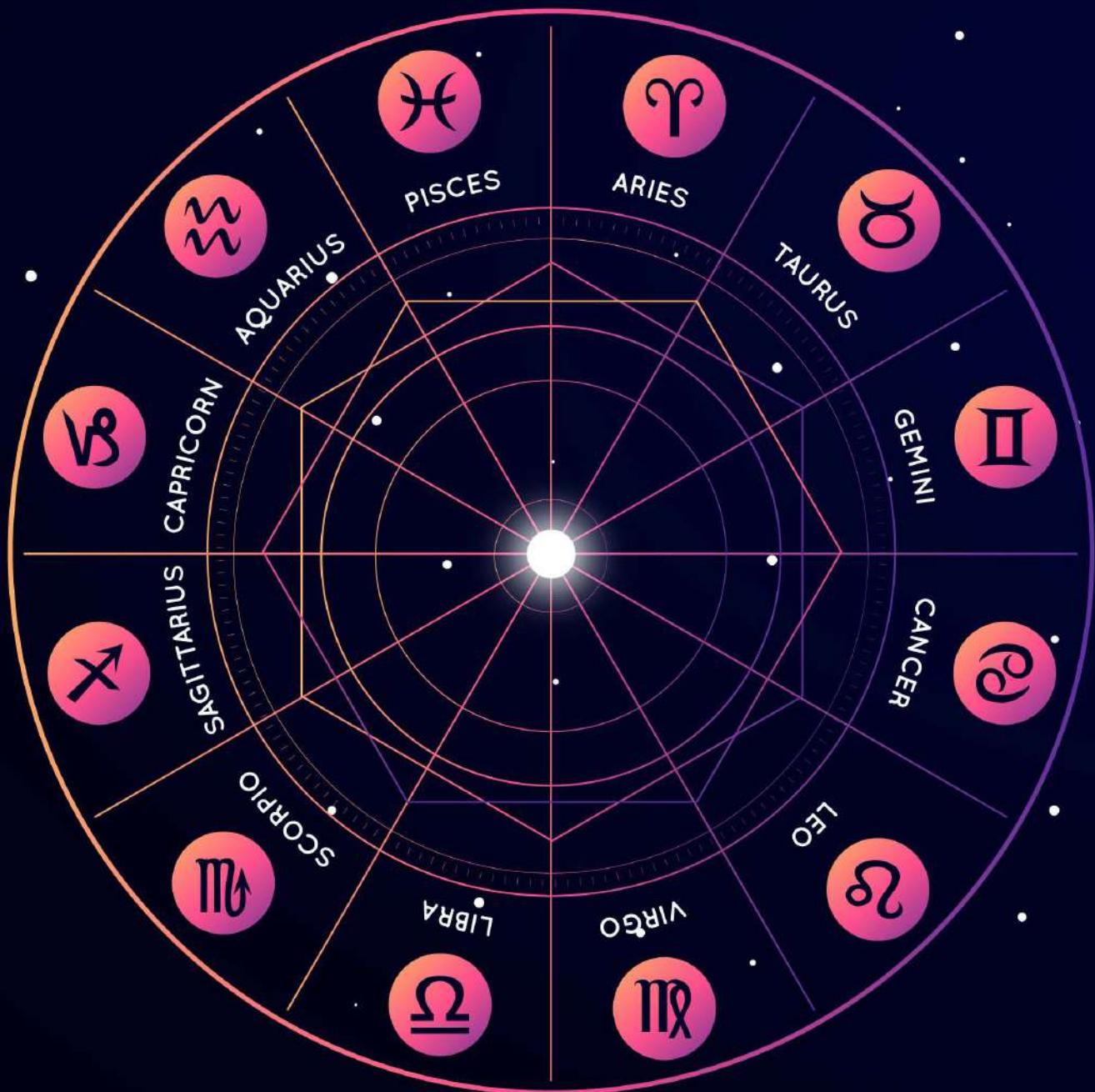
For those with specific skin concerns, such as acne, pigmentation, or sensitivity, summer can exacerbate these conditions. It's best to consult a dermatologist for tailored advice. However, some universal tips include avoiding products with alcohol or harsh astringents, which can dry out and irritate the skin, and introducing calming ingredients like niacinamide or chamomile to reduce inflammation and redness.

Nighttime skincare in summer is just as important. Your skin repairs itself while you sleep, so don't skip your evening routine. After cleansing, apply a hydrating serum or a lightweight gel mask to soothe and replenish your skin. This is also a good time to use antioxidants like vitamin C or E, which help fight sun-induced free radical damage and boost collagen production.

Finally, listen to your skin. Summer skin needs can vary from person to person depending on skin type, lifestyle, and location. Whether your skin is oily, dry, sensitive, or combination, pay attention to how it reacts to heat, humidity, and sun exposure, and adjust your routine accordingly. Sometimes, less is more—especially in summer when your skin is already working overtime to regulate temperature and moisture.

Getting sun ready is about more than just slathering on sunscreen—it's a holistic approach that includes protection, hydration, cleansing, nourishment, and lifestyle choices. With the right skincare strategy, you can enjoy everything the season has to offer while keeping your skin healthy, radiant, and well-defended against the summer elements. So go ahead—embrace the sunshine, but do it wisely. Your skin will thank you.





HOROSCOPE

MAY 2025

Aries (March 21 – April 19)

Theme: Focus & Forward Momentum

May fuels your ambitions, Aries. Expect clarity around career or long-term goals, especially after mid-month. A financial opportunity may come your way, but read the fine print. Relationships require patience—communication is key. Energy levels rise, so use them wisely.

Taurus (April 20 – May 20)

Theme: Self-Worth & Renewal

With the Sun in your sign until the 20th, this is your month to glow. Personal projects gain traction, and you're finally feeling seen. Watch for shifts in relationships—someone may challenge your perspective. Be open, not defensive. Treat yourself, but avoid overspending.

Gemini (May 21 – June 20)

Theme: Intuition & Preparation

This is your quiet-before-the-storm phase, Gemini. Rest, reset, and finish pending tasks. Inner work brings breakthroughs, especially mid-month. Avoid drama in friendships—stay out of what doesn't involve you. As Gemini season begins on the 21st, expect a surge in confidence and social buzz.

Cancer (June 21 – July 22)

Theme: Social Growth & Vision

Networking and community take center stage. Collaborations can lead to long-term success—just be clear on your role. A friend might need emotional support. Financially, think long-term. New ideas for your future may emerge—trust your instincts.

Leo (July 23 – August 22)

Theme: Career Spotlight & Responsibility

Your professional life takes off in May. Recognition or a promotion is likely if you've been consistent. But balance is key—don't neglect your personal life. A romantic relationship may deepen or demand more commitment. Let actions speak louder than words.

Virgo (August 23 – September 22)

Theme: Expansion & Curiosity

May inspires wanderlust, learning, and stepping beyond your comfort zone. Perfect time to plan travel or start a new course. A philosophical conversation might shift how you see something deeply personal. Career changes loom—stay adaptable, not anxious.

Libra (September 23 – October 22)

Theme: Depth & Emotional Honesty

Expect transformation in finances, intimacy, or shared responsibilities. This isn't lighthearted territory, but it's necessary growth. Boundaries will be tested. Prioritize your well-being. Some Libras may reconnect with a past love or desire emotional closure.

Scorpio (October 23 – November 21)

Theme: Relationships & Reciprocity

One-on-one dynamics dominate May—romantic, business, or friendship. If something's unbalanced, it will surface. Use this time to build bridges, not burn them. Financial shifts may occur via a partner's change. Trust the process, not your control impulse.

Sagittarius (November 22 – December 21)

Theme: Discipline & Daily Flow

Health, habits, and routines are under the microscope. If you've been ignoring rest or structure, this is your cosmic wake-up call. Work could bring new responsibilities, so stay organized. A surprise message around the 25th may alter plans—in a good way.

Capricorn (December 22 – January 19)

Theme: Creativity & Heart

May brings joy, passion, and a return to the things that make you feel alive. Romance gets a boost—whether it's with someone new or a rekindling. Your inner child wants attention. Let play and pleasure guide your choices.

Aquarius (January 20 – February 18)

Theme: Home & Emotional Roots

Your focus turns inward. Home improvements or family discussions may take center stage. Emotional boundaries are being tested—don't ignore your needs. A career shift is brewing in the background, but patience will serve you better than pushing.

Pisces (February 19 – March 20)

Theme: Expression & Expansion

You're more vocal this month, Pisces—and people are listening. Whether through writing, speaking, or content, your words have power. Sibling or neighbor-related matters may arise. Watch for overthinking—balance logic with intuition. Mid-month clarity brings fresh direction.



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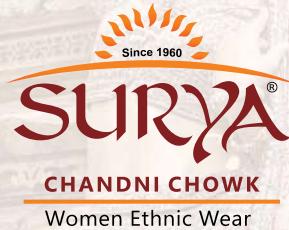
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