

BetterLife

Volume 1, Issue 2

Future Perfect Age of the Smart City



Tokyo

Office Life
Less commute,
More walk

People
Amish Tripathy's
love for libraries

Fitness
A beginner's guide to
running the marathon

Design
Yabu Pushelberg's
transformative designs





stefanoricci.com

MUMBAI The Taj Mahal Palace, Apollo Bunder · T. +91 22 2204 0135
NEW DELHI The Oberoi Hotel, Dr. Zakir Hussain Marg · T. +91 99 9964 2284

STEFANO RICCI

Publisher's Note



Dear Readers,

Thank you for the overwhelming response to the first edition of *Better Life*, your guide to not just a 'better life', but to also how the world around us is transforming in sync with the current needs of sustainability, climate change and effective urban planning.

By 2030, 60 per cent of the world's population will live in urban centres, according to the United Nations. This will not just put a massive burden on infrastructure, but also change their economic, environmental and social trajectories in a manner that we still don't understand completely. World cities need to metamorphose to be more inclusive, resilient and sustainable.

Tokyo is among the cities that is changing dramatically to meet future challenges. In this issue, we have looked at how the Japanese capital is getting itself future-ready by adopting a range of technologies, including Artificial Intelligence, to enhance the quality of life for its nine million residents, and how this transformation has been combined with the requirements of the thousands of people who will pour into the city for the Tokyo 2020 Olympics in July this year. It is also worth remembering that the 1964 Tokyo Olympics had a similarly transformative impact on the city.

This urban transformation of one of the world's greatest cities holds crucial lessons for India, considering the pace at which the Indian cities are changing, both demographically and in terms of infrastructure. The country is in dire need of cities that are designed on the principles of sound urban planning and modern technology. India's first planned city was Chandigarh, a Le Corbusier classic which, even today, earns accolades for urban planning. Since then, not many urban metros have enjoyed similar success. In this edition, we profile the Palava City by Lodha, which was recently listed second on real estate consultancy, JLI's Liveability Index of emerging new cities.

An equally interesting read is the article on Yabu Pushelberg, the globally acclaimed 'Kings of Transformation', known for completely redesigning spaces — heritage or just plain run-down, into ones that exude timeless luxury. Their hedonistic aesthetic has made them the darlings of many-a-marquee luxury brands.

Among other articles, I would like to draw your attention to our feature, *Less Commute, More Walk*, on the changing nature of offices. In the new mixed-used enclaves across some of the best world cities, commercial complexes are now part of sprawling enclaves that also hold residential areas and leisure infrastructure. Getting to work is as easy as walking or strolling down from your home, offering citizens a better quality of life by negating the stress of a commute.

There is, of course, more to *Better Life* than just new cities. In the edition you hold in your hands, you will find our profile of the quartet of chefs and restaurateurs who have created two of India's topmost experimental restaurants — Bombay Canteen and O Pedro; both have featured often on the top 10 restaurant lists in the country. On a similar note, we look at writer Amish Tripathi and his process of writing and contemplation.

In other stories, we offer you an insider's view into the exclusive world of the luxe Aman Resorts, which are undertaking their own process of transformation — from owning purely luxury resorts in secluded locations across the world to opening their first urban hotels in Tokyo and New York, the storied hospitality group has helped create a vibrant cult of Aman junkies.

Better Life brings together the people, the movements and the inspirations that will redefine how we live, eat and play in the future. We hope you enjoy the edition. We eagerly await your feedback and comments. 

— Blandine de Navacelle




JAEGER-LECOULTRE
 HOME OF FINE WATCHMAKING SINCE 1833

Master Ultra Thin Perpetual.
 Manufacture movement 868/1.

Contents



20

8 Cars to look for in 2020

If you are in the market for luxe wheels, we have the rundown of the best cars you will see on the roads this year.

Objects of desire	06
Amish Tripathi: At home with books	12
Tokyo's Summer of Sustainable Transformation	30
The First Planned City	38
Starting a wine collection	52
Where heritage meets chic	60
Less commute, more walk	90
A beginner's guide to running the next half marathon	96
The world of Lodha	120
The Icon - Walter Gropius's Master Houses	122

Reach us on

 Betterlifeind

 betterlife_in

 Betterlifeln

Published by Lodha Group.

For private circulation only.

For advertising enquiries please write to ads@betterlife.co.in

For feedback write on editor@betterlife.co.in

68



An Idea called Bombay Canteen

How a quartet of chefs and restaurateurs combined innovation with an imaginative mix of seasonal produce and regional cuisines to create two of the best restaurants in India — Bombay Canteen and O Pedro.



78

The Kings of Transformation

George Yabu and Glenn Pushelberg, the duo behind the award-winning practice Yabu Pushelberg, use the power of design to create visually and emotionally appealing spaces.



40

Future Perfect

There is a lot of excitement centred on the emergence of smart cities. But what exactly is a smart city? We decode the concept of smart cities using Palava, one of India's most vibrant developments in the genre, as an idea.

106



The discrete world of Aman aristocracy

Founded by Adrian Zecha, the intimate Aman resorts in secluded destinations has spawned an entire generation of Aman junkies. Among them was Vladislav Doronin, who went on to buy the group and transform it, by setting up urban hotels and several new verticals.

By Suman Tarafdar

Objects of Desire

10 objects and artefacts to up your home's style quotient this quarter.



Tavolini Coffee Tables, Momenti Casa

Coffee should be fun, right? The Tavolini coffee tables in unusual shapes and dimensions can be bought in charming patterns and attractive pairing of diverse sizes. Dynamic geometric patterns and pretty floral prints adorn the tabletops that are designed in various forms and are then paired with complementing tables of smaller or taller dimensions and of contrasting shades, adding a playful vibe to the living space. Here, log-shaped tops in wood come alive with solid teal blue, printed teal blue and other singular contrasting shades. Note the metal legs with matching metal heels!

ottimo.in
Jagat Complex, 354 (100 Feet Road),
Ghitorini, New Delhi 110030



Antler, Sans Souci

Inspired by the reindeer's horns, Antler, Czech lighting giant Sans Souci's new pendant light, is a conglomeration of horns of various sizes that come together to form a splendid light. An Antler in your space will make you feel like you are walking in a lush forest and taking in the sights and emotions. Designer Pavel Vytisk translates a visceral animal instinct into a glamorous lighting artwork by rendering the horns in contrasting clear crystal, black and golden variations. The light features hand-blown crystal horns and stainless steel polish, and is available in three design options.

ss-gd.com
349 MG Road, Near Sultanpur Metro Station,
New Delhi 110070



Black Tie Bliss, Riedel

Riedel, which is credited with revolutionizing glassware for the enjoyment of wine, is arguably the finest wine accessory brand, especially known for its decanters.

Black Tie Bliss, a fine crystal decanter with a black accent, is one of its most romantic pieces, distinguished by an elegant and complex design, adorned with a sophisticated ribbon black crystal. Each piece is unique and embodies the natural grace of a swan.

riedel.com/en/heritage/worldwide
SANSULA, 95 Mittal Chambers, Nariman Point, Mumbai 400 021.
Also on Amazon, Pepperfry, Urban Ladder



The Stacking Vessels, Utopia and Utility, Sources Unlimited

This European brand combines the functional and the fantastical to hand-create objects that are unique; for instance, their signature products, the Stacking Vessels. Founded in 2012 by Pia Wüstenberg, the glass of The Stacking Vessels is made in Bohemia, in the Czech Republic, which has a strong tradition of mould-blown glass. For their limited edition collection they also work with two glass-blowers in the UK. Their new edition is a play on natural elements with man-made shapes: the branch bowl has a lid from a tree trunk with a branch stub and a bulbous glass body, which transforms it into an organic fruit shape.

utopiaandutility.eu
B-805 Hubtown Solaris, N.S. Phadke Road,
Andheri East,
Mumbai 400069



Bespoke Cutlery, Robbe&Berking

Known by connoisseurs throughout the world as the hallmark for uncompromising and unsurpassed quality, Robbe&Berking silverware is a cut above the rest. The clients for their exquisite bespoke silver cutlery include the Russian president and the royal family of Malaysia. Their bar collection makes every drink or cocktail a small piece of art — both for casual and for fine dining. The collection is handmade from top-quality materials. High thermal conductivity of silver allows every drinking vessel to immediately assume the temperature of the beverage.

srtartefacts.com
Dr Annie Besant Rd, Worli Naka,
Worli, Mumbai 400018

Objects of Desire



Sesto Senso, Cipriani Homood

For rooms that make a statement, modular sofas are a new must-have. This leather sofa with lacquered base is part of the Cipriani Homood's Sesto Senso (literally, 'sixth sense' in Italian) collection. The two-toned lavish sofa is made of Nabuk leather and fabric; it features an integrated coffee table in wood, epitomising luxury and functionality. Based in the historic Tuscan city of Pisa, Cipriani Homood is known for its sophisticated designs that celebrate art and understated opulence, and the latest collection is no exception.

ottimo.in
Jagat Complex, 354 (100 Feet Road),
Ghitorini, New Delhi 110030



Primrose, Sarita Handa

Primrose, the brand's cult-favourite cushions are a household name for patrons of Sarita Handa, an artistic and indisputable name in the luxury retail space in home design and decor for over 25 years. The Spring-Summer '19 collection introduces Sarita Handa's new 'aesthetic pillars' in-home art and design. Primrose is an ode to flowers manifesting the vivacity and delicacy of spring and summer. Blush tones are layered with neutral base colours. Signature zardozi thread work, French knots, appliqué work and chunky embroidery enhance the nuances of soft floral petals or angular Moroccan and Arabic-inspired patterns.

saritahanda.com
356/357, 2nd Floor, Sultanpur, MG Road,
New Delhi, Delhi - 110030



DON'T
live life
WITHOUT IT™



METAL MAKES IT POSSIBLE.

Presenting the all-new metal American Express® Platinum Card.

No Pre-Set Spending Limit | 24X7 Dedicated Platinum Concierge | Platinum Travel Services |
Unlimited Global Lounge Access | Platinum Stays | Global Dining Collection |
Elite Tier Memberships | Platinum Experiences | Platinum Protection | Membership Rewards*

To get your metal, give a missed call on **69000-65000**
Search > **Amex** online
Visit: www.amex.in/metal

American Express Banking Corp.
Terms and Conditions apply



88 Secrets Bar Rosa, Nika Zupanc at Scarlet Splendour

Bar Rosa from the stunning 88 Secrets collection by Nika Zupanc was first unveiled during the Milan Design Week 2017. It saw new pieces added to the range in 2019. Inspired by the eighty-eight constellations of stars in the celestial sphere, each piece of the collection is elegant and ambiguous. The furniture is curved and fluid, with stability and whimsicality seemingly combined in equal measure. Her newest additions to the collection showcase the craftsmanship of Scarlet Splendour, from innovative amalgamation of metal and wood to creating diamantine tabletops.

scarletsplendour.com
9B Wood Street, Kolkata 700 016



Ocean Pearl Enamel Coasters, Baaya Designs

The Ocean Pearl enamel coasters are inspired by the depths and textures of the aquatic world. As a craft innovation, Baaya has revived the endangered art of copper enamel to create striking designs for wall art, giftware and tabletop products, using them to narrate stories of craftsmanship. Enamelling, an ancient and widespread art form, is mainly used in jewellery and decorative arts. The Persian art form involves colouring the surface of metals by fusing brilliant glass powder colours on it.

baayadesign.com
Prathamesh Tower, Raghuvanshi Mills,
Lower Parel West, Mumbai 400013.



Pink Palace, Jaipur Rugs

Pink Palace, a rug from the graphical collection called Jaipur Wunderkammer, by Matteo Cibic, captures the city's captivating architecture. This hand-tufted carpet has been made in Mirzapur, Uttar Pradesh, using wool and viscose. Jaipur Rugs and Cibic collaborated on this vibrant collection, which is inspired by the latter's travels across the city. He drew inspiration from ancient paintings and the architectonic sundial in Jantar Mantar.

jaipurrugs.com
349 MG Road, 1st Floor, New Delhi-110030.
Sunmill Compound, Lower Parel,
Mumbai 400013.



No 1 GROSVENOR SQUARE

Mayfair, London

The world's most desirable address.



LODHA LUXURY

Viewings by appointment only | www.1gsq.com

At Home

By Aparrna Gupta

Photographs by Bajirao Pawar

with Books



Amish Tripathi lives surrounded by his enormous book collection. If not at his luxurious study at home, he spends time at The Library at The World Towers by Lodha, writing, reading and browsing through its eclectic collection, which incidentally, does not have his books because they "get borrowed and rarely returned".



THE LIBRARY IN WORLD TOWERS BY LODHA is a booklover's paradise, even more so on a manic morning in Mumbai. The huge French windows look like a majestic painting of grey skies and the city's eclectic skyline, perfectly balanced by the elegant and cosy décor. The setting is enticing enough for someone to pick up a book and browse. Since it doubles up as a café, you can sip on some hot tea and order some finger snacks before you get into the groove. As I spend a few minutes (being before time) soaking in the vibe, I understand why author Amish Tripathi selected this spot for the interview.

The café-cum-library is serene, elegant and welcoming. On the shelves all around is a varied collection of non-fiction and fiction books. A happy resident of The World Towers by Lodha, Tripathi finds The Library to be his oasis in a busy and chaotic Mumbai. By his own admission, he

loves coming home to the complex, which he calls refined and aesthetically stimulating. However, The Library is his favourite nook. The space offers him the requisite peace in which he can think and gather his thoughts, and don't be surprised if you walk in and find him penning his words there. Any place that has books, makes him feel at home. Surprisingly, the shelves are lined with all the bestsellers but his own books are conspicuous by their absence. Quiz him, and Tripathi jokes that the titles have been placed thrice in the library, but they get picked up and are never returned. This speaks volumes about the stupendous popularity of his works.

The Library is the space he picks for a chat with me about, well, his favourite corner in The World Towers and his literary career. An urban legend in the literary world, Tripathi is among the top 100 celebrities in India listed by *Forbes*. This banker-turned

author's first attempt at writing — *The Immortals of Meluha* — was rejected close to 20 times, and that's when he decided to take to custom publishing. Rest, as they say, is history. His debut book turned out to be a blockbuster, and its success debunked the publishing trends that Indian mythology doesn't sell. His marijuana-smoking Shiva became the talking point and much to the delight of his readers, he wrote two more books — *The Secret of the Nagas* and *The Oath of the Vayuputras*, completing the Shiva trilogy — which holds the record of being the fastest-selling book series in Indian publishing. His unique ability to keep his heart and mind in balance can be deduced from the fact that he resigned from his corporate job only after his second book, when his royalty cheque was more than his salary cheque.

He believes, to lead a good life, you need a balance between your head and



The huge French windows of The Library at The World Towers allows natural light to flood in and offers views of the city's eclectic skyline.

The café-cum-library is serene, elegant and welcoming. On the shelves all around is a varied collection of non-fiction and fiction books. It offers Amish Tripathi the requisite peace to think, write and reflect.



your heart. “Use your heart to decide the destination, but use your head to plot the journey.” A reclusive author, he comes out of his hiding only during book promotions. His latest work, *Raavan: Enemy Of Aryavarta*, third in line in Ram Chandra series after *Scion of Ikshvaku* and *Sita: Warrior of Mithila*, is questioning the concept of evil and is on its way to break the records yet again.

An early riser, he wakes up at 5:30 am, to exercise, do his pooja, read four newspapers and sit down to write by 9:30 am. He has often said that life in the Tripathi household is largely elemental; they follow the natural movements of the elements — sun, earth and the moon and accordingly try and imbibe the discipline followed by their ancestors. In a freewheeling conversation over a cup of green tea at The Library, Tripathi discusses everything — from inspirations behind his writings to his thousand-

book library in his home. Those who have stepped in there say that it resembles a luxurious lounge, with transparent curtains falling from a high oakwood ceiling and round sofas with colourful cushions. It also offers an enviable view of the city’s skyline.

Are you a disciplined writer or a spontaneous one? What role do spaces play in getting you in a writing mode?

I have converted a room in my house into a study. That’s my ideal spot. Whenever I am home, I go to that corner in the house and work. But I am not limited by spaces and can write anytime and anywhere as long as there is music playing. I love music and I listen to all and any genre — Indian classical, Hindi film music, regional music, world music, Western rock, Western pop. When I am listening to music, words don’t matter so much. I just zone out the words; it’s

only the tune. The mood of the tune has to match the mood of what I am writing. If it’s an angry scene, I need a rhythm with certain aggression. For instance, the song *Kaise Mujhe Tum Mil Gayi* from *Ghajini* is supposed to be a love song, but for me, it’s a tune of intense rage. I need music to stir up emotions and I need cream biscuits. Many readers come with biscuit packets and say, *yeh lo, jaldi likho*.

What makes for a perfect library — is it the collection of books, the vibe or even the space that can inspire people to sit back and read a book?

I love visiting bookstores and libraries and browsing through the books. Of course, the space and the way it is designed should be such that it encourages people to pause and flip through the titles and pages. In my family, we end up reading books that we recommend to each other.

"I have converted a room in my house into a study. That's my ideal spot to write in. But I am not limited by spaces and can write anytime and anywhere as long as there is music."

Everyone has a thousand-book collection. I have two libraries, one in my house and the other in my office. Reading, especially in times when we are so distracted, helps us to focus.

People used to say Kindle will wipe out physical books, but that hasn't happened. Not even in the West. We may be buying more from online stores but we are also buying physical books. I love the feel of the pages of a book. I use my Kindle when I am travelling or when I want access to foreign books, which take a long time to get delivered.

Was the shift from a successful banker to a full-time author as thrilling as you thought it would be?

No. Never. I had never written any fiction before *The Immortals of Meluha*. Not even in school. I was a complete left-brained, academically-focused guy. I was active in sports

as well — boxing, gymnastics, but was never creative. The only creative thing I ever did was to be a lead singer for our band in IIM Kolkata. But I never wrote the music.

The writing started as a philosophy thesis. It was a discussion between my family and me, and we were talking about what constitutes evil. In fact, most of my school and college friends refuse to believe that I have written those books. I was just going with the flow and I wasn't thinking where this take me. There is a lot to learn from our ancestors. I am not saying that they were perfect. Nothing ever is. In the Indian way, even the divine is not considered perfect. I genuinely believe that it's Lord Shiva's blessings. My job is to honour a blessing.

What inspires you to write about Indian mythology?

You tend to write books in an area you possess some knowledge in. I grew

up in an environment where Indian mythology was part of our life. My grandfather was a *pandit* (priest) from Kashi, and I grew up in a deeply religious and deeply liberal family. Indian mythology is one of the most liberal, but we don't know much about it and we don't appreciate our heritage. Often, bravery is the other side of stupidity, and the only difference between bravery and stupidity is a success. While writing the first book, I wasn't really thinking about success.

What has been your family's reaction to your liberal interpretation of Indian mythology?

My grandfather used to say, when you read our texts there is no way that we won't be liberal. The first chapter of the *Natya Shashtra* talks about how important freedom of expression is. It's not a Western-imposed value. Liberalism is *our* value.



"In my family, we end up reading books that we recommend to each other. Everyone has a thousand-book collection. I have two libraries, one in my house and the other in my office. Reading, especially in times when we are so distracted, helps us to focus."

Does mythology also connect to your childhood memories?

Again, I have learnt not to over-analyse emotions. One of the things in *Nav Rasas* is the belief that there is a space for *gyan* but emotions should not be over analysed. You spoil it then. Just enjoy it. Going with the flow could be seen as living in the moment or as a weakness, since you are not in control. For me, this part of my life, when I am writing is the best, and I notice I enjoy the process only when I completely surrender or let go.

In your latest work *Raavan* — *Enemy of Aryavata*, why is it that one of the most dreaded villains of Indian mythology is your leading protagonist?

As compared to other villains we see in movies and books today, who tend to be unidimensional aggressive thugs, Raavan actually had a lot of depth and complex layers. For most modern Indians, the image of Raavan, based on some television series, is very simplistic. Our ancestors were more open-minded, liberal, much more kick-ass than us. In the ancient and original versions — Anand Ramayan, Adbhut Ramayan, Ramayana Darshanam — the strengths and weaknesses of Raavan are depicted, and not just his dark side.

He had his weaknesses, no doubt; he was an exceptionally violent man with a massive ego, but he was also a scholar and a brilliant musician. Sorry to use this term, but his violence was also scholarly. If he beheaded a man, he would stand aside and observe the way the blood flowed out, because the

heart doesn't know that the head isn't there anymore. His greed, and not just his ego, made Raavan what he was. He had huge capabilities, but his flaws — no anger-management at all, massive ego and acquisitive nature — isolated him. Somewhere, this reflects in the times we live in.

How is Raavan relevant in the age of millennials?

Our generation is the most capable humanity has ever seen but we are also the loneliest. If you go by self-declared statistics, we are also the unhappiest that humanity has ever seen. So, we have tremendous capability but we are ripping Mother Nature apart. Middle classes have material comfort today that even our kings and queens wouldn't have dreamt of earlier, yet we are all unhappy and we are lonely. Are we leading the lives of Raavan in some ways? Why is loneliness a disease across much developed, freedom-loving societies?

We don't have to go on the other extreme and start fetishizing poverty as our grandparents' generation did. That there is nobility in not wanting anything is not logical. But don't swing to the other extreme where you are defined only by the brands you own, only by the house you have, what model car you own. I am not saying those things are not important, but if you aim to be defined by them, you won't be happy, so what's the point?

Which is the book that left an impression on you?

I feel if there is one book that defines you, it means that you

haven't read enough. Ideally, hundreds of books should leave an impact on you

I read five to six books a month, so to give an all-time one book is impossible. Of the books I have read recently, the one that has left an imprint is — *Vada*, a non-fiction written by Radha Vallabh Tripathi, incidentally not related to me in any way. It studies the knowledge system and debating traditions of ancient India, which sadly most modern Indians have forgotten.

It shows what the secret of our success is. What we prized the most was knowledge, which is why we were the most innovative, most scientific, most wealthy nations for much of human history. *Vada* tells you how we created that culture of devotion to knowledge. For devotion to knowledge, you must respect freedom of expression, freedom of questioning.

Amish Tripathy's books, from the Shiva trilogy to the Ram Chandra series, are mandatory reading for anyone wanting to understand the rich mythological heritage of India. His books help you understand India's rich mythological fabric, and are based on his deep understanding of subjects such as religion, mythology, tradition, history, heritage, contemporary societal norms, governance, and ethics.

In *Immortal India: Young Country, Timeless Civilisation* he lays out the vast landscape of an ancient culture with a fascinatingly modern outlook. All his books capture this timeless essence. 📖

8 Cars to look for in 2020

If you are in the market for luxe wheels, we have the rundown of the best cars you will see on the roads this year.

By Dhiram Shah



Audi R8

Audi's mid-engine, 2-seater R8 supercar received a mid-cycle refresh last year and was launched with plenty of visual and mechanical changes to keep up with its competitors before the third-generation model breaks cover. To bestow a more modern look on R8, Audi redesigned the grille which now features an eye-catching honeycomb effect; even the restyled air dams are a lot more aggressive and sportier than before. The rear has received the same treatment and gets a new spoiler, full-width honeycomb grille and rectangular tailpipes instead of oval ones.



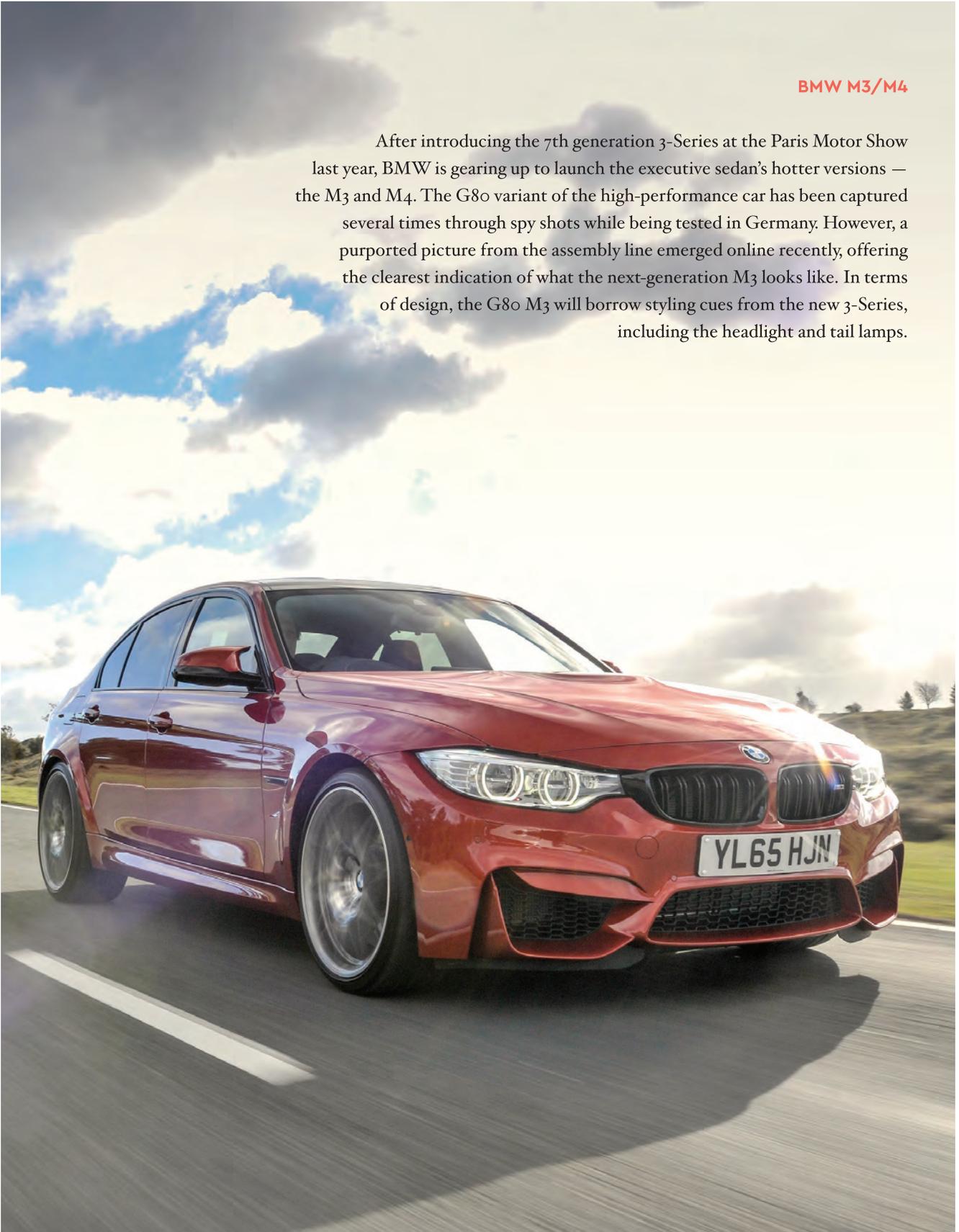


Porsche Taycan

Porsche finally entered the electric car segment by launching the highly anticipated Taycan at the 2019 Frankfurt Motor Show. In terms of design, the production variant looks almost identical to the Mission E concept by Porsche that debuted back in 2015 and shares styling cues with the iconic 911 sports car. Taycan is also the most aerodynamic car in the brand's line-up and will help to maximise the range. On the inside, the styling of the cabin stays true to the Porsche design tradition. However, it takes a firm step towards the future with its thoroughly-modern layout made up of several touchscreens and touch-sensitive control panels.

BMW M3/M4

After introducing the 7th generation 3-Series at the Paris Motor Show last year, BMW is gearing up to launch the executive sedan's hotter versions — the M3 and M4. The G80 variant of the high-performance car has been captured several times through spy shots while being tested in Germany. However, a purported picture from the assembly line emerged online recently, offering the clearest indication of what the next-generation M3 looks like. In terms of design, the G80 M3 will borrow styling cues from the new 3-Series, including the headlight and tail lamps.



Porsche 911 Hybrid

Porsche unveiled the new 992-generation 911 last year and the line-up will include a hybrid variant at some point during its planned seven-year life cycle, as confirmed by the iconic sports car's development boss, August Achleitner, in an interview. Rumours suggest that the 911 range will get both mild-hybrid and plug-in hybrid variants with limited electric-only range. The newly developed eight-speed, dual-clutch gearbox produced by ZF has freed up space in the tightly packaged engine bay to make elbowroom for a disc-shaped electric motor. There is no information on the power figures but rumours suggest that the electric unit from the Panamera Turbo S E-Hybrid might be used to provide an additional boost of 134 horsepower.





Audi Q8

Audi entered the fast-growing coupe-SUV segment last year by launching the Q8, which is placed above the Audi Q7 luxury SUV to become the new range-topper of the brand's Q family of high-riding vehicles. The Q8 is built on the same aluminium-rich platform as the Q7. However, it is wider, shorter and lower than its sister model for a sporty stance, which is highlighted by the sloping roofline and flared wheel arches. The German automaker has ensured that the Q8 boasts bold and flamboyant styling to further visually separate it from the understated Q7.



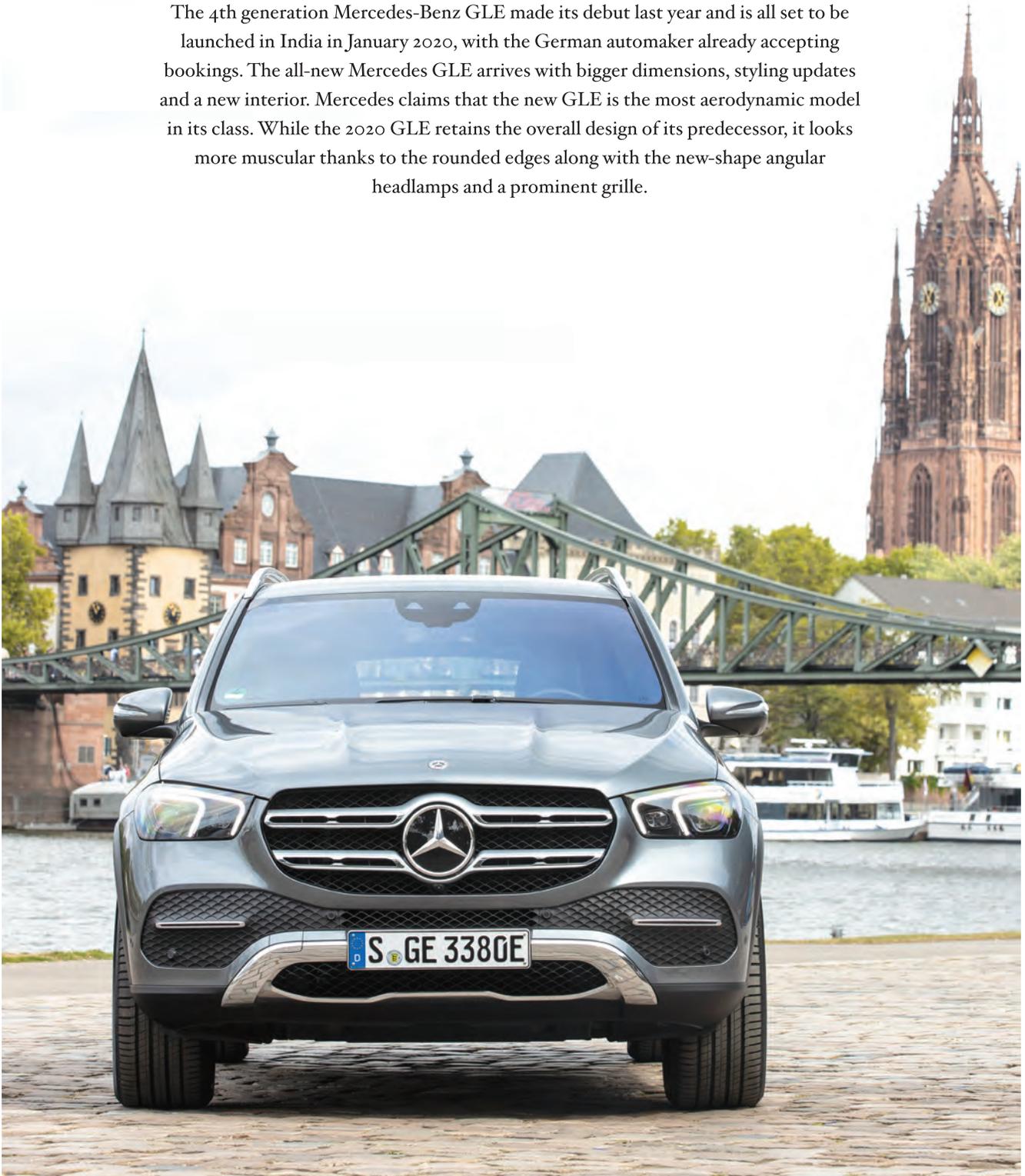


Land Rover Defender

Land Rover finally revealed the next-generation model of the iconic Defender at the 2019 Frankfurt Motor Show. The utilitarian SUV, thoroughly modernised inside out, has been launched after 62,000 tests and 1.2 million kilometres of rigorous testing. Hailed as the most capable off-roader, the new Defender is engineered to meet global car regulations, which includes the world's two largest markets — China and the US. The British automaker ditched the body-on-frame architecture for the Defender and designed an all-new platform called the D7X.

Mercedes-Benz GLE

The 4th generation Mercedes-Benz GLE made its debut last year and is all set to be launched in India in January 2020, with the German automaker already accepting bookings. The all-new Mercedes GLE arrives with bigger dimensions, styling updates and a new interior. Mercedes claims that the new GLE is the most aerodynamic model in its class. While the 2020 GLE retains the overall design of its predecessor, it looks more muscular thanks to the rounded edges along with the new-shape angular headlamps and a prominent grille.





BMW 8 Series

The Bavarian automaker revived the 8-Series moniker last year; it was discontinued in 1999. BMW launched a grand tourer in several different body-styles and engine configurations. Production began late last year at the company's assembly plant in Dingolfing, Germany and BMW has already expanded the line-up with several offerings in a little over one year. The flagship grand tourer is available in both two-door and four-door variants along with an option between coupe and convertible forms. Sitting at the top of the range is the high-performance M8 version, which can be had in both fixed-roof and top-down variants.

Tokyo's Summer of

By Deepali Nandwani

Sustainable Transformation

The Olympic Games have often been the catalyst for several cities to reconstruct and remodel into their modern versions, in keeping with the times. Barcelona transformed into a whole new city before the 1992 Games, so did London in 2011 and Tokyo in 1964. The buzzing capital of Japan is undergoing another round of 'sustainable' and technological metamorphosis for the Tokyo 2020 Summer Olympics.



SHUTTERSTOCK

Architects and town planners refer to Tokyo as one of the most sustainable cities in the world, layered with a patchwork of neighbourhoods with distinct identities.



Tokyo 2020 Olympics is the city's second tryst with the global sporting event for which a massive urban renewal project is currently underway. The New National Stadium is ready for the Summer Games.

THE TWENTY-FIRST CENTURY IS PROVING TO BE A DEFINING ONE for urban cities across the world, as they face challenges of extreme overpopulation, a huge need for infrastructure to cater to the number of people who are now calling cities their home, the changes brought by climate change and other sustainability issues. To deal with such humungous challenges, old cities will have to regenerate and renew themselves. Barcelona transformed into a whole new city before the 1992 Games, so did London in 2011, and Tokyo in 1964. And much like 1964, Japan's capital city is undergoing urban renewal and makeover to deal with not just the 10 lakh people who are expected to pour in for the Games, but one that would sustain the city for the next two decades, if not more. Or, smart cities will have to be built from scratch, much like the Palava City by Lodha, spread across 4500 acres, which is designed to be among the world's top 50 places to live in and offers a myriad of opportunities to work, learn and play.

Tokyo is at the top of our list of world cities that are rejuvenating themselves on the foundations of sustainability, technology and modern urban planning. Home to 13.9 million people living in approximately 15,000sq.km area, which encompasses the Tama city on the western edge of the metropolis as well as the islands, it is constantly in a state of frenzy. The "metropolis of salaryman crowds" (as defined by the late architect Kenzō Tange, winner of the Pritzker Prize for architecture), packed metro networks, neon-lit vertiginous towers and

historic temples, is also a densely packed city.

And yet, architects and town planners refer to it as one of the most sustainable cities in the world. "Even though it lacks a marked central district, it is a patchwork of neighbourhoods with distinct identities: Ayoma with its fashion district and shops that look more like museums; the trendy hub of Harajuku; the temples and lively markets of Asakusa," says Momoyo Kaijima, Principal Architect and founding-partner of Atelier Bow-Wow.

The atelier curated *Made in Tokyo: Architecture and Living, 1964/2020*, on the transformations that Japan's buzzing, heaving capital city underwent since the time it first hosted the Olympic Games in 1964. Tokyo 2020 Summer Olympics will be its second tryst with the global sporting event.

The construction hustle in Tokyo right before the Olympic Games is laced by thoughts on how the city can be "made sustainable enough" to deal with issues of climate change and further urbanization. The city authorities will augment neighbourhoods such as Asakusa, Akihabara, Harajuku and Shibuya, which have distinctive architectural characteristics, into hubs for art and culture under the 'Tokyo Vision' plan.

The organisers state that the Olympic and Paralympic will be "a catalyst for social change" and will help open up the city, known as much for people who tend to be reclusive and an ageing population, as for its fashion-forward culture. Masa Takaya, spokesman for Tokyo 2020 Summer

Olympics and its urban renewal programme says, "In 2011, earthquake and tsunami left some parts of the city devastated. The vision includes putting these areas right." Takaya told *The Guardian* newspaper (London) that the Games will help authorities focus on the city's softer legacy. "We are keen to leave an intangible legacy for future generations, who will enjoy a first-hand experience of the Games, for which a massive number of people from different backgrounds, cultures and languages will congregate."

Cool areas are being developed across Tokyo and the competition



Aruze Gaming's Arisa, a six-foot robot, will guide people to toilets and lockers at the stadium and recommend tourist attractions.

Tokyo Olympics 2020 will showcase some of the world's most futuristic technologies and modern sustainability efforts, including battery-operated electric vehicles featuring automated driving.

venues, with an agenda to lower Japan's CO₂ emissions. Architect Kengo Kum has designed the new National Stadium by blending steel and layers of latticed larch wood; the stadium is intended to “restore the link that Tokyo lost with nature” says Kum.

The woodland-themed stadium, surrounded by trees and fresh verdure, will cost ¥156.9 billion (\$1.4 billion) to construct and will stand at 47 meters (154 feet) so as to not mar the sight of the lush green of the outer gardens of the adjacent Meiji Shrine. A part of its roof is designed in the traditional architectural style of small slats made of wood, referred to as *nokibisashi*. An underground temperature control system, designed to encourage the growth of natural grass, has been incorporated into the building's infrastructure, along with spray systems and air-circulating fans to alleviate the heat within. Eco-friendly accommodation for the Games will be converted into homes after; Wi-Fi spots beneath the venue seats and elsewhere will enable spectators to post messages and make videos.

Kum says Tokyo's city authorities will introduce automated vehicles and automatic translation devices. “The Tokyo Olympics 2020 will showcase some of the world's most futuristic technologies and modern sustainability efforts,” he discloses, which include battery-operated electric vehicles featuring automated driving, developed specifically to transport staff and athletes within the Olympic and Paralympic village. Panasonic has created motor-assisted power suits to allow people to carry

heavy luggage with ease at the venues. Aruze Gaming's Arisa, a sharply dressed six-foot robot, will guide people to toilets and lockers at the stadium, and offer directions and recommend tourist attractions in Japanese, English, Chinese and Korean languages.

Tokyo's city authorities and the Olympic-organizing committee are also hoping that the 2020 Games will help them create a hydrogen-boost for its society by positioning the environmentally-friendly fuel as a new energy option. Nearly 100% of all Tokyo's metropolitan facilities will aim to use LED lights to reduce energy consumption. The main facility at the Athletes' Village — the Village Plaza — is crafted from sustainably-sourced Japanese timber donated by local authorities around the country. After the 2020 Games, the Plaza will be dismantled and returned to the community, to be reused for benches or school buildings.

The authorities are constructing heat-blocking road surfaces that can reduce the temperature of the road by eight degrees across more than 100km of the city centre. “We have low-tech responses that have existed since the Edo period [1603-1868], such as water sprays,” Tokyo's governor, Yuriko Koike, told *The Guardian*. Last year, in Japan, temperatures peaked at 42 degrees, leading the city to revive these ancient water sprays.

Despite these rapid technology- and environment-inspired changes, some architects say that the 1964 transformation or the one before that, in 1961, was far more enduring. Architect Hiroshi Ota contends,

“Tokyo 2020 is not daring enough compared to 1964, when buildings such as Kenzō Tange's Yoyogi gym were seen as design masterpieces.” As *The Times* newspaper wrote at the time: “The arenas have approached new heights of architectural imagination and efficiency. In the press room, journalists look over blankly over their typewriters at each other. They still feel stunned as they try to pay tribute.”

Tokyo, incidentally, has been put through several transformations. The first attempt at rethinking urban planning happened right after World War-II, which had left Japan wounded by the losses. Dr Raffaele Pernice, architect, urban planner and educator at UNSW Sydney, who documented the first round of Tokyo transformation as a PhD candidate at Waseda University in the city, says, “Post World War II, between the



Architect Kenzō Tange's work inspired several Metabolist architects in Tokyo, who created an intricate urban patina that is the city today.

The ancient water sprays, built in the Edo period [1603–1868], help cool down the city, where temperatures increasingly touch 42 degrees in summers.



Tokyo's city authorities and the Olympic-organizing committee are hoping that the 2020 Games will help them create a hydrogen-boost for its society by positioning the environmentally-friendly fuel as a new energy option.

1950s and 1960s, Japan undertook large-scale urban planning and transformation projects. The idea was to create urban utopias ready for the economic miracle that the government had planned. It was a matter of national pride for the Japanese after WWII. It was also an attempt to foster industrial capitalism. The unprecedented phenomena of urbanism and the concentration of economic activities in the main cities of the archipelago, particularly in Tokyo, made them very complex and disordered beings. This disorder necessitated a balanced development of urban settlements during the post-war years.”

In his documentation of post-war Japan, *The Transformation of Tokyo during the 1950s and early 1960s*, Dr Pernice writes about how young architects and designers developed new techniques for city planning. They modernised the shape and content of the city, giving birth to a prolific period of Japanese architecture.

Post-war Japan, destroyed by air raid bombings, faced crushing housing shortage (an estimated 4 million units were urgently needed), besides basic transport and industrial infrastructure that was left in shambles. The controls exerted by the US occupying administration, lack of basic material to reconstruct the cities, and economic collapse due to war limited the construction activity. People built wooden barracks across desolate fields of ashes in the burned cities, including Tokyo, to live in. But by 1950, the US had begun offering Japan aid, leading to large-scale economic growth.



The Kengo Kum-designed New National Stadium blends steel and latticed larch wood in an attempt to restore the link that Tokyo lost with nature; (Bottom) The temples and lively markets of Asakusa will be promoted under the Vision Tokyo programme to attract more travellers who seek out unique cultural experiences.

FROM TOP: GETTY IMAGES; SHUTTERSTOCK

Researcher Norman Glickman, who documented the rise of Japan during the 1950s and 1960s, wrote about how the migration of rural masses to cities led to a scarcity of land to improve housing and road infrastructure, resulting in congestion and chaos. Japanese architect Ken Tadashi Oshima, curator of *Metabolism: The city of the future* at Tokyo's Mori Art Museum in 2011, says, "In the 1960s, a group of Japanese architects dreamed of future cities. The visions of Kurokawa Kisho, Kikutake Kiyonori, Maki Fumihiko, and other architects, who had come under the influence of Kenzō, gave birth to an architectural movement that was called 'Metabolism.' Much like the biological concept by which it was inspired, they dreamed of cities that shared the ability of living organisms to keep transforming and responding to a changing society.

Kenzō, clearly, was the man of the moment and his ideas have left indelible marks across Tokyo's cityscape. Influenced by Le Corbusier, his works mirrored the aesthetics of Bauhaus architecture and the architectural legacy of Walter Gropius. Following the destruction of WWII, he was awarded first prize in a government-sponsored city planning competition to design the Hiroshima Peace Memorial Park. His axis-structured design centred on elevated buildings that negated all distractions. The Peace Boulevard, which stretches out to the preserved Atomic Bomb Dome, also features a moving cenotaph that lists the names of all who lost their lives. His other monumental works include the Tokyo Metropolitan Government Building and St Mary's Cathedral. He worked on creative, governmental and religious

buildings while maintaining his distinct style that blended Bauhaus style with softer elements of design.

He inspired several Metabolist architects in Tokyo, who created an inspired urban patina that is the city today. But it was Kenzō's 1960 plan for Tokyo that transformed it at a time when most cities in the industrial world were experiencing urban sprawl. "Rather than expanding out, he aimed to restructure the city, using linear inter-locking loops spread out across the bay. Focusing on satellite cities, the design reflected his belief that the rising popularity of cars would be a game-changer," says architect Tado Anto, a Pritzker Prize-winner himself.

The second makeover that catapulted Tokyo into the league of the great world cities was for the 1964 Olympics, which acted as a trigger to facilitate the rapid improvement of infrastructure. Kaijima contends that the city suffered from a shortage of functional infrastructure, including the lack of flush toilets. Most of the waste had to be vacuumed daily out of cesspits underneath buildings by 'honeywagon' (vacuum) trucks. But by the time the 1964 Summer Olympics came along, the city had put all that in the past. Quoting *The Times* correspondent from back then, "Out of the jungle of concrete mixers, mud and timber that has been Tokyo, the city has emerged, as from a chrysalis, to stand glitteringly ready for the Olympics," citing a long list of buildings and accomplishments "all blurring into a neon haze, that will convince the new arrival he has come upon a mirage".

The metamorphosis was not just surface: the authorities had laid out



Panasonic has created motor-assisted power suits to allow people to carry heavy luggage with ease at the Games venues.

100km of highways, constructed a new sewage system, and 21km of the monorail from the new international airport to downtown. The Tokaido Shinkansen bullet train blasted from Tokyo to Kyoto. Modern buildings such as the Tokyo metropolitan gymnasium, shaped like a flying saucer, added to the mirage vibe. Photographer David Goldblatt who captured the city at the time of the 1964 Olympics in his book *The Games*, termed it the single largest act of collectively reimagining Japan's post-war history. If the 1960s reconstructions were to help revitalize a city left paralysed by war and large-scale immigration, Kum contends the current plan puts Tokyo on the vanguard of technology transformation and sustainable development. 

The First Planned City

Chandigarh, designed by French-Swiss architect Le Corbusier, is one of India's biggest success stories as far as planned cities go. In 2016, The Capitol Complex was listed as a UNESCO World Heritage Site.

By Rupali Sebastian



ALAMY

(Left) Chandigarh's Palace of Assembly or the secretariat; (Below) Le Corbusier; (Right) The wide tree-lined avenues that are part of Chandigarh's masterplan.



CHANDIGARH IS A BEAUTIFULLY PLANNED CITY

with wide tree-lined avenues, a grid-like urban plan and the unique The Capitol Complex, where three pillars of democracy — legislature, executive and judiciary — stand in close connect. The complex earned a spot in the UNESCO World Heritage Site list in 2016.

The union territory, which serves as the capital of Punjab and Haryana, was designed by Le Corbusier, a Swiss-French master architect and urban planner. It is known for its neatly planned layout and is further divided into sectors that are well-connected to each other via 6-lane roads. The streets running parallel to the roads are wide with narrow lanes for rickshaws and pedestrians while streets within the sectors are narrow and only allow slower traffic. Beautiful trees are planted on both sides of the road;

there are parks and dedicated shopping areas in each sector.

The foundation for building Chandigarh was laid right after Partition. Bereft of Lahore, the Punjab government elected to build a new capital city on a site situated along an existing railroad track. India's first prime minister Jawaharlal Nehru was determined that this new city should project an image of modernity and progress, a mandate which was put to the American architect Albert Mayer and his collaborator Matthew Nowicki. But, when Nowicki died unexpectedly in an accident in August 1950, Mayer withdrew from the project. The directors of the Chandigarh Capital Project looked across Europe for a replacement and were referred to the French architect, Le Corbusier.

Rather than simply fill in the gaps of the incomplete masterplan, Corbusier embarked on a mission to tailor it to his

design rationale. The curvature of Mayer's fan-shaped concept, with roads conforming to the terrain of the site, was reworked into a grid with curves so shallow as to nearly be orthogonal. The grid of roadways bounded large sectors, each of which featured a strip of green space along the north-south axis crossed with a commercial road running from east to west. The new layout compressed Mayer's 6,908 acres down to 5,380 acres, increasing the density of the inhabitation.

The emphasis of Le Corbusier's masterplan on ample green space between its roads and buildings drew not only from the Garden City principles requested by the local government, but also from the architect's concept of a European city, particularly Paris, which he hated as a city. Curiously, Chandigarh's system of grand boulevards appears to have been derived from that of Paris. 

Future Perfect

By Rupali Sebastian

There is a lot of excitement centred on the emergence of smart cities. But what exactly is a smart city? We decode the concept using Palava, one of India's most vibrant developments in the genre, as an idea.





The city offers several education institutes, such as The Lodha World School; (Top right) iThink by Lodha.

The 20th and 21st centuries represent huge changes for mankind, in terms of industrialisation, technology, scientific knowledge, the economic landscape, demographics and such. Entwined within these changes was the growing awareness and concern centred around scarcity of resources, pressures on the environment, extreme polarity in wealth holdings and accelerated urbanization. Indeed, if the world was becoming smaller, our cities were becoming bigger and the commute to work longer.

UN's Sustainable Development Goals (SDGs) for 2030, which succeeded its Millennium Development Goals (MDGs) for 2015, embody these concerns. While MDGs were about development and addressing problems, SDGs are about engendering sustainable development and addressing causes of problems. Another crucial difference is the keen focus on new technologies.

Which brings us to smart cities. 'Smart' is commonly connected to technology. So, is a smart city based solely on technology? Research shows

this is not the case. While the technological revolution has a great deal to do with how things are done, technology is a facilitator in, and not the objective of, the ecosystem of a smart city. Josep-Ramon Ferrer, the former director of Barcelona's Smart City Program and former Deputy Chief Information Officer at the Barcelona City Council, identifies factors beyond information technology that are crucial for creating a truly smart city. In his report, *Barcelona's Smart City Vision: An opportunity for transformation*, he states: "This revolution is about how we can get the most out of the new Internet-based technologies in a distributed knowledge and globalized network model, and build the cities of the future, taking all areas into consideration: economic, social, cultural and political."

In the Indian context, urban areas are expected to house 40% of India's population and contribute 75% of India's GDP by 2030. Therefore, such developments become critical in the view of sub-par infrastructure and facilities that saddle most cities, and

the burgeoning, often ill-planned, mofussil areas that emerge in response to the lack of affordable housing within established cities. The Government of India's Smart Cities Mission recognises this need of the hour. While it refrains from describing the concept of a smart city in definitive terms, the mission acknowledges that, "in the imagination of any city dweller in India, the picture of a smart city contains a wish list of infrastructure and services that describes his or her level of aspiration".

The purpose of the Smart Cities Mission, it says, is to recalibrate existing areas into better-planned entities and encourage greenfield developments to absorb expanding populations in a manner that improves its liveability quotient. "Smart cities, as defined in India's Smart Cities Mission, hold immense importance as they are aimed at making cities citizen-and-environmentally friendly, economically strong and sustainable for future populations," states Ketan Kulkarni, Principal Planner, Surbana Jurong, the Asia-based global urban, infrastructure and management services consulting

"Ranked first among a list of 10 satellite townships studied in detail for their livability quotient by JLL, Palava strives for affordable housing, better amenities and infrastructure; a healthier city that endeavours to create happier inhabitants."



A sustainable lifestyle



- Palava's master plan has been lauded by JLL's Livability Quotient report for offering a high livability quotient through healthy social infrastructure — retail establishments, theatres, gardens, open spaces and sports facilities.

- Among the soft infrastructure that Palava has assiduously developed, waterfront energisation through rejuvenation and build-outs is a leading feature of interest. Having been blessed by the presence of Ulhas river, Palava has worked towards building a 2.5km-long riverside promenade — much like Singapore's Clark Quay, with its bistros and restaurants — and over 50 acres of leisure space.

- Palava is planned with 1.5 to 2sqm net usable green space per person. Private gardens and playgrounds are staples of each neighbourhood.

- Within the master plan is a focus on the 'cityscape'. To alleviate monotony, the planning plays with different configurations of building clusters and height levels, evident in the Phase II of the development, which is a good example of this strategy.

firm, which was closely involved in Palava, a first-of-its-kind Indian smart city development initiated the Lodha group. “Putting people first, smart cities tap a range of approaches — digital and information technologies, urban planning best practices, public-private partnerships, and policy change — to make a difference. Their impact is enormous as they translate to an improved quality of life and increased investment, setting in motion a virtuous cycle of growth and development for the country,” he says about the significance that such developments hold for social and economic energisation. “In planning for a smart city, it is critical to take into consideration three factors — contextual definition of high quality of living; pragmatism in assessing environmental sustainability; and market conscious approach in driving a competitive economy.”

Aniket Bhagwat, principal architect at one of India's premier landscape design, master planning and architectural design firm, Prabhakar B. Bhagwat — which is responsible for Palava blossoming into the well-planned development it is today — says ‘smartness’ of a smart city isn't “rocket science. It's a simple endeavour to make life better. There's really no precedent to Palava. Cities, normally, are funded and planned by governments. But this is a private venture on an unprecedented scale, a game-changer”.

Ranked first among a list of 10 satellite townships studied in detail for their livability quotient by JLL, Palava presents a vibrant result of such an aspiration — a development striving for affordable housing, better amenities

The city's layout, based on New York's 'gridiron' structure, was chosen to facilitate orderly urban growth for generations to come.

and infrastructure; a healthier city that endeavours to create happier inhabitants. Fuelled by Lodha's overarching vision of *Building a Better Life*, it dovetails world-class academic institutions, well-maintained lung spaces, art and cultural venues, sport facilities and career opportunities into a fulfilling environment. “After seeing many cities across the world, we've discovered one fundamental truth: great cities are those that offer great opportunities,” emphasises Shaishav Dharia, CEO, Lodha. “Palava isn't just the stuff of wishful thinking; it's the result of intensive urban planning.”



THE TAJ MAHAL PALACE
MUMBAI

ROMANTIC EVENINGS

No one creates a backdrop for romance better than the Taj. From the prohibition-era vibe at the Harbour Bar, lively sundowners at Souk or continental dinners at Sea Lounge – there is something for every mood. Dress up. It promises to be a memorable night out!

For reservations, please write to tmhfb.bom@tajhotels.com or call 66653366.

(Left) The lakeside park is a space for both fitness activities and repose; (Right) Palava Tarang, a festival of music, dance, theatre and more; (Below) Palava boasts a FIFA standard football pitch, complete with an artificial turf, floodlights, changing rooms and stands for spectators.



The emphasis is on planning

A well-designed smart city requires ‘visionary’ planning as opposed to ‘reactionary’ planning, expounds Kulkarni. “This is the ability to anticipate the city’s future needs and put in place systems and infrastructure before the city requires it,” he adds, stating that Palava is designed to emulate the successes of metropolises such as Singapore and London, which display a combination of high density and high livability.

Palava’s location illustrates the predictive approach that Kulkarni mentions. Occupying the centre of the economic triangle of Thane, Navi Mumbai and Kalyan, the smart city is within easy reach of a number of existing and upcoming road and rail infrastructure projects that reduce — and will further shorten — travelling time to the main city of Mumbai, its sister city of Navi Mumbai, the neighbouring industrial agglomerations and the upcoming international airport in Navi Mumbai.

Within, the vision to be a liveable and sustainable city manifests itself in the way residential units are deployed as neighbourhoods with clubhouses, schools, medical facilities, green zones and places of spiritual fulfilment. “Every home is no more than a short walk away from everything you need to live a fulfilling life,” elucidates Dharia. “The city’s layout, based on New York’s ‘gridiron’ structure, was chosen to facilitate orderly urban growth for generations to come.” For instance, the parking, convenience stores and public transport stops are at a distance of five minutes from your home; schools, clubhouses and religious buildings are

located 10 minutes away. A mere five minutes more and you can access the business district, spaces for amusement and cultural centres. “The fact that people can get out and access everything easily and safely... using broad tree-lined avenues interspersed by congregation spaces, facilitates interaction in a secure manner.” This is planning at its granular level, he adds.

The ‘smart’ planning is also based on intelligent predictions about changing lifestyles. “With emerging technologies and changing norms, it is important to ensure that Palava is planned to be future-ready,” explains Kulkarni. “Increasingly, people are working remotely from home and using Personal Mobility Devices. Anticipating a declining vehicular ownership, parking facilities are consolidated at a few locations and stacked within multi-level car parks (MLCPs) to minimise their footprint and fulfil the local parking norms. These MLCPs offer the adaptability to be repurposed into an amenity space. A dedicated non-motorised transport (NMT) network is planned to seamlessly connect areas where citizens live, work and play. With the rise in electric vehicles and bicycles, provisions for electric vehicle charging points will also be made at MLCPs.”

The balancing act

One of the crucial traits of a smart city is its ability to negotiate the fine line between growth and sustainability — a balancing act Palava performs by adopting a compact and urban mid-rise form. “[This] optimises strategic land for real estate development [and] frees up land for green and amenity spaces,”

“Occupying the centre of the economic triangle of Thane, Navi Mumbai and Kalyan, Palava is within easy reach of a number of existing and upcoming road and rail infrastructure projects.”
- Shaishav Dharia, CEO, Lodha.



From the top: The Olympic-sized pool is a stellar example of the sporting facilities; From shopping malls to business districts, the planned city is a microcosm of the changing urban landscape; (Right) A bird's eye view of Lodha iThink.

highlights Kulkarni. “The green spaces act as ‘soft infrastructure’ to detain the storm water within the site and prevent its inundation during floods. Natural bio-swales are proposed along the streets and open spaces to improve water detention capacity of the site. A continuous city-level riverfront green space is also conceived as a flood mitigation measure, which would be raised above the high-flood level.” Palava is planned with 1.5 to 2 sqm net usable green space per person — 50-100% higher than that in Mumbai.

Sustainability, emphasises Bhagwat, is not a laundry list to be checked off. “Palava integrates it into its very philosophy.” Of the several fruits of the prudent resource management, water provides a telling example. “In a situation where the neighbouring cities faced water cuts in the summer, Palava was water surplus,” he reveals. “The city has partnered with companies such as General Electric and SunEdison for water and energy management respectively. The MLCPs are crowned by solar panels and this electricity is used to power infrastructure facilities.”

In addition to such city-level endeavours towards environment-friendliness, building level ones, too, have been effected through envelope design, especially by paying attention to cross-ventilation, a crucial factor in ensuring user-comfort given the region's hot and humid climate. “Palava's urban blocks are permeable by their design; oriented towards predominant south-west wind so that open spaces and streets between urban blocks act as funnels to channel wind into the buildings,” explains Kulkarni. “The orientation of urban blocks and



streets help to reduce solar insulation and assist mutual shading of building surfaces. The combined effect would result in reduced ambient temperature and increased comfort levels.

Orientation strategy alone can lead to substantial energy savings by minimising the need for mechanical ventilation. The rest relies on the use of appropriate ‘solar passive’ architectural themes to be adopted in design.”

The technology powering Palava

While the ‘smartness’ of a smart city is not attributed to technology alone, it is nevertheless a pervasive presence, contributing to resource management and security, besides working as a facilitator in myriad

user-centred applications. “The web portal *mypalava.in* enables citizens to take care of their needs as efficiently as possible, such as registering problems and tracking them, monitoring children through live camera feeds, booking sports and clubhouse facilities, checking transport schedules, and offering information about the cultural events that Palava hosts. The Palava Smart Card, given to every citizen, is used as an ID card for secure access to private areas,” he contends.

How citizens contribute

Engagement and participation of citizens — who may have historically faced bureaucratic inertia when it comes to matters of good governance



The park next to the river is perfect for families to hang out, while the kids are at play

— in an inclusive manner is aimed at inculcating a sense of ownership. In Palava, this has taken the shape of Palava City Management Association (PCMA). “PCMA is responsible for everything: ensuring uninterrupted and stable power at lower costs, formulation of city policies and providing cost-effective services,” reveals Dharia. “The presence of citizens in this body will create an inclusive ecosystem of end-users and experts. The result: an organisation that offers the efficiency of the private sector with the commitment of a not-for-profit.”

While clubhouses are a mandatory part of neighbourhoods in Palava, A-grade malls, shopping streets, multiplexes, nature parks and an impressive 2.3km-long riverfront development offer several choices for downtime. Lodha World School, Pawar

Public School, The Shri Ram Universal School, TSUS, and the soon-to-be-operational Lodha World School (CBSE) are equipped to inspire and mould young minds. Palava’s upcoming multidisciplinary university, which will be affiliated to international academic titans, is also expected to catalyse economic growth. “The growth of a city strongly depends on its ability to start creating jobs independently,” reveals Dharia. “Palava aims to have an economy of \$10 billion by the year 2025. Lodha’s iThink was designed to be a future-ready office campus in Palava. Its unbeatable location and a high-tech workspace has made it an ideal place for businesses.”

Truly, as Kulkarni says, it isn’t about smart cities being the future of planning as much as it is about smart planning being the future of cities. 

INDIA'S FINEST LIVING EXPERIENCE.

The only address you will ever need.



THE WORLD TOWERS
ABOVE IT ALL

The project has been registered via MahaRERA registration numbers: P51900008345, P51900008962 and is available on the website <https://maharera.mahaonline.gov.in> under registered projects.

Vishal Kadakia, wine importer and owner, Wine Park.





The
wine

Interviews by
Bhisham Mansukhani

Photographs by
Bajirao Pawar



collectors

For a committed few, wine consumes
their senses and their lives.

Vishal Kadakia

Wine Park

"I'm fascinated by a wine's journey from the vineyard to ageing. I've begun by speaking to some of the wine producers I import from, to store away some bottles in their cellars for me to taste at a future date."

WINE, FOR ME, ISN'T A PASSION AS much as it a way of life. I realised this a long time ago when I was studying in Boston. Wine gradually became my only tippie of choice, and America is the best place when it comes to wines. It is the world's largest wine importer and also makes some stellar wines in California. So I was spoilt for choice and spent a considerable amount of time with communities of wine aficionados. I was both appreciating and learning about wine, discovering the sheer depth and range of varietals.

While it was in the US that I discovered my passion for wine, in India wine became an integral part of my life. I wanted to get into the wine business not only because I loved it, but also to escape my family's chemical business. I first thought about opening a wine bar but eventually decided to enter the import business. The segment was still only taking off in India, but there was undoubtedly a lot of interest.

Becoming a wine importer, for me, was an extension of being a wine aficionado. I perceived it as a way of appreciating and creating a portfolio of wines that I'd want to drink and also get more people to join me. I didn't want to bring down just popular labels but also unique and grand varietals. At the onset, I plumped for red wines from Spain's Rioja region. Though not well-known in India, they were well-received. This set the tone for my approach to building the import portfolio — mining for lesser-known, distinct wines with a compelling story.

This approach drew me to two great Italian red wine producers from

Tuscany — Querciabella and Brancaia. These were both premium producers with a prolific international market, but they also saw the value of having a presence in the modest but growing Indian market. The story was similar with wines from St Urban Hof from Germany, St Clair from New Zealand and South African producer, Thelema.

When I introduced these wines to the Indian market, they attracted a particular profile of wine enthusiasts. And my idea was not to put wines across as a product or commodity, but rather an experience with a compelling back story.

Personally, I have some great wine experiences to recall. One that stands out is a visit to Mosel Valley in Germany where, after exploring a particular vineyard along with fellow enthusiasts, the winemaker himself opened a bottle of wine produced from that exact vineyard. Then, there were the long and generous lunches in true Italian style at the Querciabella winery that ran through late evening.

One of the biggest draws about wine are the people I've met, who share my passion. I remember being gifted one of the most treasured wines I've ever received from the owner of the winery himself. It was the Italian wine, Casanova di Neri Brunello di Montalcino Tenuta Nuova 2001, which had been voted the best wine of the year by *Wine Spectator*.

I also treasured a 1996 Chateau de Saint-Cosme Gigondas, a single vineyard wine from the Southern Rhone Valley in France. Another important wine in my collection was the Brancaia 1997 Il Blu, which I patiently held on to for the longest



Kadakia looked for lesser-known, distinct wines with a compelling story, while building his portfolio.

time, opening the bottle in 2017.

My favourite wines at this point are those that are subtle, elegant, crisply acidic and balanced. I lean most towards cool climate styles, so both whites and reds from Burgundy, German Rieslings, Southern Rhone reds, which are highly underrated, Brunello from Italy and Pinot Noirs from New Zealand are among my favourites. I do see myself building an extensive collection in the future.

I'm fascinated by a wine's journey from the vineyard to ageing. I've begun by speaking to some of the producers I import from, to store away some bottles in their cellars for me to taste at a future date. These are the kind of investments that will bear fruit in the form of a great experience when the bottle is eventually uncorked many years later.

Hemin Adwalia

Businessman



I BECAME CONSCIOUS OF MY growing passion for wines on my frequent trips to Europe. While I was first introduced to wine by friends over dinner in restaurants, it was just a fleeting pursuit because there was not much you could buy in India. The market was still in its infancy, especially in the imported wine space. But when I started travelling to Europe for both work and leisure, my passion for wine took root and it grew to a point where collecting wine wasn't merely a lark or a hobby anymore, but a serious lifelong pursuit. The passion continued to grow, and my preferences and palate evolved as well.

My evolution as a collector began by drinking many different varietals and styles. I discovered facts and nuances about wines through conversations with experts and enthusiasts. I quickly immersed myself in the culture of wine appreciation and drinking. I also realised the challenges of being a collector in India because of the numerous domestic restrictions. So, I decided to keep my growing collection in the UK, where I buy the wines from reputed merchants, who also store them on my behalf.

A passion for wine isn't merely about drinking, but also discovering aromas and flavours. It is about knowing about the terroir of the regions where the grapes are grown. It is also about developing a nose and palate that helps appreciate the wine. I lean heavily towards reds, though there are some whites in my collection too. I prefer subtle wines with structure and supple tannins, which is the hallmark style of red wines that need ageing.

When bottled, the young wines are very tannic and alcoholic, but years of bottle ageing mellows them down considerably. Which is why I'm especially big on French wines, Bordeaux in particular. I also like Rieslings from Germany, Barolos from Piedmont and Sangiovese from Tuscany. Some of my personal favourites, which I look forward to opening in the future, are Chateau Gruaud-Larose (St Julien), Chateau Margaux (Margaux), Domaine Bruno Clavallier (Burgundy), Pol Roger Sir Winston Churchill (Champagne) and the Sassicaia (Tuscany).

The vintages are important because all wines, great or average, differ, depending on the climate and soil conditions in any given year. The knowledge of this factor distinguishes an occasional wine enthusiast from a serious collector. Wine enthusiasts like wines at a casual, skin-deep level, but collectors such as myself do exhaustive research. I read about the wines I love before buying them.

I visit the websites of each individual vineyard to read the winemaker's remarks and tasting notes as well as harvest reports, to get a sense and understanding of the given vintage and whether it is worth adding to my collection. For instance, in the case of one of my most treasured wines from Chateau Margaux, the estate's most epic vintage, 1982, is unfortunately so expensive that most collectors like me find it impossible to lay our hands on them. That is how critical a vintage is.

As a collector, an important aspect to be mindful about is the provenance of every single bottle that sits in the

Hemin Adwalia
with a wine from
his collection.



"In the case of one of my most treasured wines from Chateau Margaux, the estate's most epic vintage, 1982, is unfortunately too expensive for most collectors like me."

collection. Collectors rely on wine merchants to access and purchase wines. The merchants acquire wines either directly from the estates or from other merchants and collectors. The wine bottle travels quite a bit. It is crucial to be mindful about the authenticity of the bottle before buying it.

The biggest dilemma for a wine collector is about the right occasion to open a treasured bottle. After all, you get only one shot at opening a bottle that's had such a long journey to arrive in your collection, where also it has sat for a long time. For me, it's the personal moments of celebration with my family — birthdays and marriage anniversaries. I have some great 1977 vintage (by birth year) Port wines from the Douro Valley in Portugal that I have kept for some landmark

celebrations in the future.

For those critical moments when I open great wines, I have a specialist Durand wine opener, explicitly meant to open old vintages, where the cork might be worn out. I then pour the wine into a crystal decanter to allow the older wines to breathe and open up. The wine is finally served in appropriate crystal glasses.

No expense should be spared in serving an aged wine that has just been uncorked. It is a recognition of the connoisseur's patience and the end of his or her long connection with the bottle. Once a wine has been savoured, one starts to think about an appropriate replacement. My wish list includes Champagne, more Burgundy, and red wines from South Africa. There are so many fine wines to collect that one life is not quite enough. 

How to store and serve wine

Navigating through the world of wines can be a heady affair. But storing them right and serving them at the right temperature is essential to enjoy them.



Storing:

Wines stored in conditions that are considered adverse could lead to rapid deterioration, and leave a massive dent in your investment. Wines should be stored in a place that has a constant temperature between 10 and 15 degrees Celsius. The Indian kitchen is the worst place for storing wines, considering how hot it can get.

It pays to invest in good quality wine coolers or chillers, which are designed to store wines at ambient temperature, generally with a transparent door and sliding shelves that facilitate storage and selection of the wines. Consider options such as single-or-dual-zone temperature coolers, digital display, and adjustable temperature controls. Unfortunately, most wine coolers do not have humidity control features. They maintain

a humidity of around 40 per cent. Over time, this tends to dry out the corks. If your collection of wines requires long-term storage, invest in a wine cabinet which can keep the wines at 70 per cent humidity. If all you are intending to do is store a few bottles for everyday use, a wooden wine rack should do.

While storing, positioning the bottle right and keeping it away from the sun is crucial. The bottle could be stored in a dark space, where it is cooler than the outside temperature in India. Wine bottles with a wood cork must be stored horizontally to ensure that the cork remains moist and in contact with the wine. This way, the cork will not crumble or let the air seep into the bottle. Wines with screw caps could be stored either horizontally or vertically.

Serving:

While red wine is generally served at room temperature in cold countries, in India, it is best to chill them to around 16 to 20 degrees Celsius before serving. White wine should be served more chilled, between 10 and 12 degrees Celsius. The best way to do this, if you don't have a cooler, is to keep the red wine bottle in the fridge for about 30 minutes before serving, and then air it before serving. In the case of the white wine, store the bottle in the refrigerator and take it out about a half-hour before your drinking time. If you plan to store an open bottle, invest in a wine bottle stopper, a useful tool for preservation. Never store an open wine bottle beyond three days.

How to read a wine label

When buying a bottle of wine, it is essential that you have enough information about it. This is where the label on the bottle becomes important. In most countries which take their wine seriously, the law requires all the information to be presented on the label. Here's what to look for on a label.

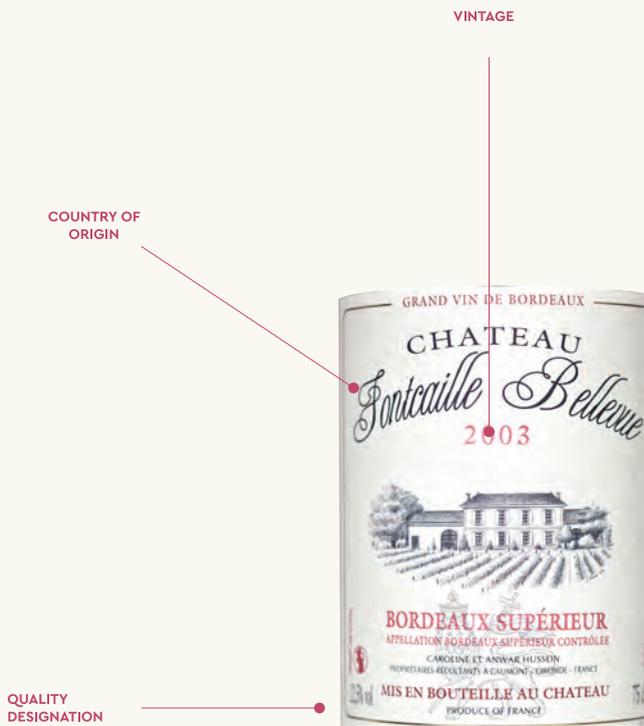
Country of Origin: The country where the wine originated will be clearly indicated on the label. Wines from countries such as France, Italy, Germany, Spain, Greece, Portugal, Austria, Croatia, Romania, Georgia, Hungary, Switzerland, Israel, and Lebanon, which claim to have made wine before anyone else, are referred to as Old World Wines. The rest are New World Wines.

Quality Designation: European wines by law and tradition are ranked by a rating system that grades them, with superior quality wines being the best and the table wines being the cheapest. The grades are usually displayed on the bottle. In the case of French wines, for example, these are the terms used to indicate the quality, from the best to the lowest-rated: AOC (Appellation of Controlled Origin), VDQS (Wines of Superior Quality), Vins de Pays (Country Wine), Vins de Table (Table Wine).

Vintage: The label will indicate the year in which the grape used in the

wine was harvested. A internet search will reveal the best vintage years.

Region of Origin/Grape Varietal: The label, especially European ones, will indicate the region where the wine is made. Individual regions are associated with specific types of grape varieties. Red Burgundy, for example, suggests that the red wine is from Burgundy, which is known for its Pinot Noir variety of grape. A simple internet search will indicate what grape varieties come from which region. Those that don't mention the region will display the name of the grape varietal used in the making of the wine in the bottle.



REGION OF ORIGIN/
GRAPE VARIETAL

Where Heritage meets Chic

By Suman Tarafdar



Sure, Covent Garden is a veritable definition of a cosmopolitan downtown of a global capital, but look closer and you will find it abounds in character too. Starting life as a vegetable patch and orchards for neighbouring Westminster Abbey, at some point it transitioned from being 'Convent Garden' to Covent Garden.

WHETHER YOU'RE A NATIVE OF London or just here on a quick visit, it is hard to resist the myriad charms of Covent Garden. With an unbeatable location — Westminster to its west, the Thames skirting its southern edges, Covent Garden, with its storied past, has been at the core of what is now London — a cool blend of shopping, theatre, restaurants, bars, history and culture.

Starting life as a garden for neighbouring Westminster Abbey, at some point it transitioned from being 'the garden of the Abbey and Convent' to 'the Covent Garden'. During the reign of Henry VIII — he who broke with the Pope, had multiple marriages and got quite a few of his wives killed — the king granted the area to the Earls of Bedford in 1552. Successive earls ordered the building of fancy houses, to be sold to the rich. That's how the first of its type Italianate arcaded square of England came up, to be emulated right across the city, following the latest trends of modern town planning in Europe. The centrepiece of the project was the large square, which had a significant influence on modern town planning as the metropolis grew, acting as the prototype for future squares such as the Grosvenor Estate.

The first open-air fruit-and-vegetable market, which gave the area its best-known identity, has a mid-17th-century vibe. Yes, this is where George Bernard Shaw's *Eliza Doolittle* sold flowers. You might remember her from the 1964 film, *My Fair Lady*, where Audrey Hepburn

played her so memorably. By the next century though, it was known as the hangout zone for the gentlemen of leisure (and pleasure), going by *Harris's List of Covent Garden Ladies*, the 'essential guide and accessory for any serious gentleman of pleasure!' It is here that Sherlock Holmes came on the trail of the thief who stole the Countess of Morcar's famed jewel, the Blue Carbuncle. But Holmes was in the area for pleasure too — the Royal Opera House, a favourite haunt of his, is right here. Indeed, The Royal Opera House, for the first 100 years or so of its history, was a theatre accorded exclusive rights — along with Theatre Royal on Drury Lane — to present spoken drama in London. The first ballet was presented in 1734. It has been the home of The Royal Opera since 1945 and the Royal Ballet since 1946. Incidentally, Covent Garden is licensed for street entertainment, and performers audition for timetabled slots in a number of venues around the market, including the North Hall, West Piazza, and South Hall Courtyard.

Residents, tired of the "disreputable" reputation (though the locality was dominated by taverns, theatres, coffee-houses even then); the authorities decided to revitalize the neighbourhood with cultural and art centres. In 1830, a new Neoclassical market building, which is at the heart of Covent Garden today, was designed by architect Charles Fowler.

Today, while the main market has shifted, a shopping centre — the Apple Market has replaced it, full of trendy



stores. Think Godiva, Pylones, Laduree, Dior, Penhaligon's and the like. At the centre of Covent Garden is the Piazza, originally designed in the 1630s as London's first square.

Surrounded by a wonderful shopping area, including the covered central market, charming streets and colourful Neal's Yard, Covent Garden is one of the trendiest shopping spots in London. Add lots of cafés and pubs, each outdoing its neighbour in the quirky-cool quotient, and you get the idea. Just about every global brand has an outpost in Covent Garden — including when it opened in 2010, the largest Apple store globally. The area is a shopper's paradise; expect to run into locals and tourists alike. The oldest restaurant in London, Rules, which was founded in 1798, is still operational, as is J. Sheekey, an oyster bar and fish restaurant founded in 1893. Covent Garden was also the neighbourhood where some of London's earliest coffee shops opened, such as the Old Slaughter's Coffee House, which ran from 1692 until 1843. The parts of Covent Garden around this luxury haven, besides the neighbouring theatre district, are at the heart of this vibrant neighbourhood. By 7:30 pm, the theatres and opera houses are pulsing.

The architectural stars of the area are all around. The Square is still the heart of this bustling cosmopolitan locality. London's famed West End theatres are here and every evening overflow with theatregoers. The Theatre Royal on Drury Lane is a landmark, having been witness to a diverse range of performances, from

Shakespearean plays to the comedy of Monty Python! A Grade 1 listed building, it is now owned by composer Andrew Lloyd Webber. What are the chances of running into him there?

St Paul's Church was the first building in the area; its construction commenced in July 1631, on the western side of the square. Other major attractions include the engaging London Transport Museum, Freemasons' Hall, the Adelphi Theatre, The Courtauld Gallery, London Film Museum, National Portrait Gallery, and many more. Around the main Covent Garden core is a quiet, leafy residential zone, the quintessential old-fashioned London behind the Strand Palace Hotel, with narrower streets, large, airy homes, and a few new-age apartment blocks.

There is a lot to do in Covent Garden itself. Kick-off your day at the cobblestone square of Covent Garden Piazza, where talented street performers entertain the pedestrians, as you explore the striking columns of St Paul's Church dominating the western side of the square, before heading into the market building opposite, which houses the food and flower traders who had established a popular trade in the area. Most of the buzz is centred around this striking Neoclassical building.

The London Royal Opera House, taking up a corner of the Covent Garden Piazza, is home to the Royal Ballet, the Royal Opera and the ROH Orchestra. Tickets for the guided backstage tours, as well as Royal Opera and Royal Ballet performances, have to be booked in advance but the building is open during the day. 

Surrounded by a wonderful shopping area, including the covered central market, charming streets and colourful Neal's Yard, Covent Garden is one of the trendiest shopping spots.



The Royal Opera House, a favourite haunt of Sherlock Holmes, is right at the centre of Covent Garden.



A new Neoclassical market building, where most of the buzz is centred, was designed by architect Charles Fowler.



The contemporary shopping centre, the Apple Market, which replaced the main market, is full of trendy stores of brands such as Godiva, Pylones, Laduree, Dior and Penhaligon's.

FROM TOP: GETTY IMAGES; GETTY IMAGES, ALAMY



At the centre of Covent Garden is the Piazza, originally designed in the 1630s as London's first square.



The auditorium of the Royal Opera House is the largest of London's Victorian theatres. Designed by E.M. Barry, it was built in 1857 and rebuilt in 1922. The horseshoe structure is modelled on the theatre design popular for Italian opera houses of the 19th century.

The scene of action at Covent Garden



SHOP

Lined by a sweep of world-class stores, Covent Garden is London's hottest shopping destination, a unique blend of global and independent brands.

← **The Alkemistry**, 22 Floral Street

A new name, Alkemistry's range of jewellery is exclusively curated from global women designers and crafted from gold, diamonds and precious gemstones.

↙ **For Art's Sake**, 17 The Market Building

The brand's first standalone retail store, designed by ALEKSA architecture atelier, reflects its penchant for eclectic style: decadent blue velvet furnishings and brass fixtures that elevate the statement-making glasses. The store has a selfie station, audio that will take you through the shopping choices, a concierge and tax-free shopping.



Jo Malone London, 10-11 King Street

Discover bespoke fragrances along with candles and sumptuous bath and body care products from this London brand that has gone global. Visit the Tasting Bar to experience a tailored scented experience.

Kurt Geiger, 1 James Street

Kurt Geiger's flagship store in Covent Garden is often termed as "a temple to footwear". A huge 'shoe chandelier' hangs outside, marking out the store for



passers-by and shoppers. The store stocks over a thousand different designs.

↑ **Mariage Frères**, 38 King Street

Hidden away within a five-storey Georgian townhouse, Mariage Frères is home to the world's largest tea collection. The London iteration of France's oldest teahouse also has a restaurant that uses tea in every dish, a retail space and a museum. The sprawling Comptoir de Thé on the ground floor has the longest tea wall in the world, with close to 1,200 rare teas, displayed apothecary-style.

Radley, 37 Floral Street

Lowell Harder, an Australian native moved to London in the 1970s and set up a brand of handbags and accessories. Personified by its Scottie dog logo sporting a red bow, it embodies British playfulness and style.

The Shop at Petersham Nurseries, 27-28 King Street

Petersham Nurseries, renowned for its individual style and simple elegance, offers handpicked collections of homeware, furniture and gifts.

Tiffany & Co. Style Studio,

13 James Street

The Tiffany & Co. Covent Garden Style Studio is a concept store that welcomes shoppers to create unique jewellery pieces with unexpected combinations.

EAT

The neighbourhood is full of diverse options for all kinds of diners — from cafes to fine dines, Asian eateries to steakhouses.

Balthazar, 4-6 Russell Street

This Covent Garden spot is an offshoot of the Manhattan favourite, offering all-day brasserie dining — simple French food served with style. Expect bistro classics — creamy fish pie and escargots in garlic butter.'



← **Cinnamon Bazaar**, 28 Maiden Lane

Another outpost of British chef, restaurateur Vivek Singh's Cinnamon, this one's décor reflects the colours and atmosphere of a bazaar. The top choice here — the lamb rogan josh shepherd's pie.

↗ **Clos Maggiore**, 33 King Street

Styled on the beautiful country inns in Provence and Tuscany, it is easily one of the prettiest restaurants anywhere. Nicknamed 'the fairy room', it has a conservatory where a meal can be had beneath a canopy of cherry blossoms, which hides a glass roof, through which you can gaze at the stars on a clear day. Head Chef Marcellin Marc combines the freshest ingredients with a passion for enhancing inherent flavours in Provence-inspired dishes.

Cora Pearl, 30 Henrietta Street

Sumptuous upholstery, slow-moving ceiling fans and drinks served in antique glasses will transport you to another grander time. The food is classy and occasionally playful.

Frog by Adam Handling, 34-35

Southampton Street

Many locals agree that Adam Handling is



London's best young chef. You can experience his inventive, confident take on British cooking at his restaurant in the heart of Covent Garden. The dishes showcase Adam's talent for combining technical savvy with the freshest seasonal produce and exciting flavour pairings.

Jidori, 15 Catherine Street

If Yakitori is your favourite, look no further. Reasonably priced small plates are accompanied by Japanese beer (and a karaoke booth).

Joe Allen, 2 Burleigh Street

Nicknamed The West End Canteen, this is a hangout for actors and their ilk; it is famous for steak, cheesecake and the popular Joe Allen hotdog.

Margot, 45 Great Queen Street

Long regarded as London's top Italian restaurant, the food is smart. Think the Finocchiona Toscana (fennel salami). Most head here for its impressive 300-bin wine list.

↑ **Savoy Grill**, Savoy Hotel

The classic restaurant, where history has been written and rewritten, Savoy Grill continues its tradition of serving fine-dining comfort food — traditional British fare. Think steak, shrimp cocktail and French onion soup.



DO

Beyond eating and shopping? Covent Garden offers extensive experiences for those looking for the arts and entertainment.

Theatre hopping

No other urban quarter in the world is home to two top artistic companies — The Royal Opera and The Royal Ballet, in addition to more than 20 theatres — St Martin's, Savoy, Theatre Royal on Drury Lane, Garrick, Noel Coward, Playhouse, Wyndham's, Adelphi...

← Head to the museums

The National Gallery, the National Portrait Gallery and the Courtauld Gallery are the top attractions in an area swaddled in historical connections. There are some underrated gems — such as the London Transport Museum or the London Film Museum.

↑ Street performances

The first record of Covent Garden street entertainment dates back to 1662, when

Samuel Pepys' diary notes that a marionette show, featuring a character named Punch, took place on the Piazza. That is the first recorded Punch and Judy show and Covent Garden continues the tradition.

Go green

From a secret urban garden to myriad sustainable restaurants to a vertical garden and wondrous nurseries, you can feel closer to nature in the middle of London.

Walking tours

Covent Garden is home to walking tours such as the Guided Coffee Tour (the neighbourhood has London's oldest coffee bars). The London Cheese Crawl ends here, too, while the Grime and Punishment tour (which delves into the city's gruesome past) passes through. Browse through wonderful markets such as the Jubilee Market and the Apple & East Colonnade Market. Potterheads can gawp at the two contenders for the 'real' Diagon Alley here in London: Cecil Court and Godwin's Court. 



An

Idea

How a quartet of chefs and restaurateurs combined innovation with an

Called

imaginative mix of seasonal produce, home recipes and regional cuisines from

Bombay

Canteen

across the country to create two of the best restaurants in India —
Bombay Canteen and O Pedro.

By Bisham Mansukhani





Clockwise from top: The Bombay Canteen is celebrated for its eclectic take on Indian regional cuisine; drinks inspired by Chettinad spices; Jumbo Crab Mappas Curry.

“We wanted to fill the void left between the traditional set-piece and the lurch to modern — the authentic cross between street fare, home recipes and the canteen fare that feeds the city’s toiling working class.”

Sameer Seth, co-founder

THE BOMBAY CANTEEN IN CENTRAL MUMBAI has been around for less than five years now and its sister restaurant, O Pedro, at the Bandra-Kurla Complex, less than two. But they are already rated among the country’s best-known restaurants. In the most recent *Conde Nast Traveller* ranking of India’s best restaurants, TBC features at No.2 and O Pedro at 8. Last year, TBC was ranked no.1 in the same ranking. And in a coincidence, the bars at the two restaurants also ranked no.2 and no.8 in the inaugural *MW-Tulleeho 30 Best Bars in India 2019* ranking in October.

It all began five years ago with the coming together of the vision of three individuals who wanted to set up an Indian restaurant far removed from the template that existed till then.

Mumbai-based Sameer Seth and Yash Bhanage, friends and Cornell University graduates, who dreamt up the idea of an Indian restaurant, had worked in restaurants in New York and Singapore respectively. “We wanted to fill the void left between the traditional set-piece and the lurch to modern — the authentic cross between street fare, home recipes, as well as the canteen fare that feeds the city’s toiling working class,” Seth says. “The vision was to steer as far away from the stereotypical and predictable. We also wanted to celebrate local cuisine from across the

country and imbibe a philosophy of wholesome cooking with local ingredients to create a fun, casual place,” Bhanage recalls. Seth’s mentor, Chef Floyd Cardoz, who’d enjoyed tremendous success in New York with his signature approach to Indian food which he materialised with the restaurant *Tabla*, coincidentally had the same novelty of approach.

Chef Cardoz, who incidentally, grew up in Goa and Bandra, in Mumbai, says he has always wanted to do a restaurant that discovered, rediscovered, and reinvented regional Indian food in new ways, without losing its essence. So when Seth approached him, he was more than game and thus began a collaborative journey, rigorous scouring of local recipes and ingredients, and the search for a resident chef to create a restaurant that Cardoz terms as ‘fun, Indian, regional’. He recalls, “It wasn’t just the pursuit of the culinary romance of opening a restaurant in India after being away for 30 years. There had been other approaches in the past, but with this project, chemistry and a common vision cinched the decision.”

But this wasn’t going to be an Indian restaurant in the vein of what had gone before. The menu wouldn’t resemble anything that local diners had grown accustomed to.

Local was the central focus for The

Bombay Canteen (TBC), with everything revolving around it. Vegetables, meat and fish were sourced strictly from within a 150-mile radius. So, for the first 18 months, TBC didn’t serve salad till a *lal bhaji*, beetroot and paneer salad came together in the kitchen. Sesame and mustard oil trumped olive oil.

TBC’s menu is populated with dishes that imbibed *lal bhaji, lauki, tinda, ponkh*, amaranth and ragtail radishes. Vast swathes of the country were scoured and the coastline mined in an unprecedented exercise in a journey of discovery. “While I wasn’t going to move back to India, I wanted to play a key role; I wanted a resident chef with great technique but an inherent understanding of authentic Indian food. What I found, however, were chefs aspiring to cook like they’re at Noma. Until I interviewed Thomas Zacharias,” he says.

Chef Zacharias (or Chef Zac, as he is known) grew up in Kochi, in Kerala, where, he has often said, the restaurants served generic interpretations of other cuisines: North Indian curries, sizzlers, and such. Much like Chef Cardoz, his childhood food memories are linked to home and his grandmother. He has often said that in her hands, even a simple rice dish tasted delicious. He learnt cooking from her,



“Six years ago, most people didn’t know what *theplas* were outside of Gujarati circles. We made them the base for pulled pork tacos, giving the Mexican staple a novel Indian turn.” - Chef Floyd Cardoz

watched her innovate and mine her memory for food that her mother cooked. A summer cookery class while studying at IIT ensured that he jilted his engineering ambitions.

Chef Zac studied Hotel Management in Manipal, before travelling to the Culinary Institute of America, which, he recalls, had 52 kitchens and an inventory worth one million dollars a year. To pay for his education, he edited the local newspaper and tutored students in English and Maths. His next stop: Le Bernadin, a three Michelin-starred restaurant often featured in the 50 Best Restaurants list. He had to start right at the bottom, working the complete shift, serving 300 people a night. But the atmosphere, he says, had been nurturing. He subsequently returned to India and in 2011, began working with Chef Manu Chandra at Olive Bar and Kitchen in Mumbai.

Chef Zac, who cut his teeth cooking European fare, had an epiphany on a culinary trip to Europe three years later: he wanted to explore and cook indigenous cuisine, much like the Europeans cook theirs, and felt the urge

to open a modern Kerala restaurant. But first, he had to understand Indian food, so he travelled through India for two months.

The interview with Chef Cardoz a few months after returning to India was, perhaps, the perfect alignment of stars. The quartet came together under the company name Hunger Inc. For Chef Zac though, this was just the beginning of a long journey of discovering Indian ingredients and cooking styles which he knew little of back then. And the only way he knew how to get acquainted was to travel across more than 15 states, mining each for ingredients, cuisines and stories. Even today, Chef Zac travels extensively, documenting his food and travel journeys on his Instagram account, which has over 43k followers. His Instagram reveals that he has travelled extensively through some of India’s remotest parts, from the northeast to the east, through states such as Tamil Nadu and Odisha.

On his purposeful domestic jaunts, he has discovered a bounty of ingredients such as black rice from Tamil Nadu and almond-shaped baby

potatoes from Assam. Some of the dishes he sampled on the road made it to TBC’s menu: Kottu Paratha in Tuticorin (fried paratha with chicken curry and egg) and Bakla Bath (fermented cold rice). Chef Zac was especially pleased with a Nagaland sesame pork curry made with pork innards and pork blood.

Chef Cardoz also drew from his Sindhi wife’s arsenal, inducting Arbi Tuk with its crispy texture and sweet and sour flavour balance, in the menu. He confessed that many of the dishes had to be adapted, but without undermining the original flavours. “Six years ago, most people didn’t know what *theplas* were outside of Gujarati circles. We didn’t just put *theplas* on the menu but made them the base for pulled pork tacos, giving the Mexican staple a novel Indian turn. Grilled *dhoklas* added a smoky dimension that unlocked flavours,” he says. Similarly, an Indore street delight, Bhutte ka Kees, a porridge-like dish containing corn and milk served with grated coconut and lime juice, was reinterpreted as a crispy polenta-like stick. Food chronicler and blogger Sameer Malkani says that TBC



Sea Creatures, a series of cocktails at O Pedro. The mixologist combines the best of Goan bar staples with his own fertile imagination.



Flavour-forward approach to cocktails

Every year, The Bombay Canteen hosts *Canteen Cocktails*, an experimental series. In 2018, it introduced six wildly creative drinks, all inspired by the glamour of the city's cinemas of the 1930s. Titled *A Guidebook to the Talkies of Bombay*, the menu was designed like a guidebook, including a map that identified the six talkies, illustrations of what they may have been like in their heyday, and a wealth of little anecdotes sourced from, and about, the communities that surrounded them.

Last month (November 2019) TBC launched a new cocktail menu inspired by Mumbai's Marine Drive. *People of the Promenade* has a line-up of seven cocktails, each representing the type that frequents Marine Drive. The whiskey-based *Runner's High* is dedicated to joggers, the sesame and jaggery-flavoured *Hair of the Dog* is a tribute to dog walkers.

O Pedro's stellar bar is rated at No. 8 in the Top Bars of India. Its expert mixologists dive deep into the heritage of Goan bars for a menu of drinks that blend home brews with fresh ingredients.

“The accent on regionality for us is a concerted effort to preserve cuisine culture and history that is receding from contemporary memory,” says Chef Thomas Zacharias, Executive Chef, The Bombay Canteen.

and O Pedro have made regional food fun and quirky, and allowed diners to relive memories through dishes that have been plucked from homes.

Ironically, one of TBC's famous dishes, Kejriwal Toast, has no traditional roots. Wellington Gymkhana's modern classic, the dish — fried egg atop a toast generously slathered with melted cheese — is TBC's nod to the famous dish named after a former club member, Devi Prasad Kejriwal. He is said to have requested the Gymkhana chefs for an egg-and-cheese toast cooked his way so frequently, that they put it on the menu and named it after him. “What endears these dishes to our guests is our approach of working not just with recipes but with flavours that they associate with, what they grew up tasting. For some, it is pure edible nostalgia,” says Chef Cardoz. Over the years, TBC's menu has evolved to absorb diverse regional cuisines such as Kashmir, Rajasthan, Bihar, Tamil Nadu and Assam. The most recent inductee is Odisha, after Chef Zac's visit to the eastern state. The current menu represents at least 18 states. “The accent on regionality for us is a concerted effort to preserve cuisine culture and history that hasn't been documented and is receding from contemporary memory.”

In food writer and critic Aatish Nath's view, TBC has reinterpreted regional food in ways that captivates a younger audience. “The staggering number of states it has highlighted through the prism of cuisine is without parallel. That's pretty much the case with O Pedro as well, where the stereotypical view on Goan cuisine being about cafreal and vindaloo has been rendered untrue. It has truly underlined the connection between Goa and Portuguese food and with its latest Lisbon menu event, taken diners to the true source of Goan cuisine.”

Gaurav Gidwani, F&B Director of Corum Hospitality vouches for the amount of research that the chefs at TBC have put into creating a unique flavour profile. “There's originality of recipes and flavours, and the team has stayed true to their approach.”

The regional focus aside, TBC has dotted its five years with challenging initiatives. The first anniversary saw the partners invite their mothers into the kitchen to cook up age-old recipes. “We are in love with the food cooked by our mothers, so it was time to bring them into our kitchen to show us how it's done. It wasn't just a celebration but valuable learning in-home cooking for our kitchen crew,” Chef Cardoz says. The nose-to-tail dinner hosted by Chef Zac, now in year three, is another

standout. “Now, while pig dinners weren't uncommon, goat certainly was,” he says. Chef Zac pushed the envelope to cook each part of the goat in a specific regional style. One of his personal favourites is a goat's blood delicacy from Tamil Nadu.

Two years into it, the gastronomical success scored on the back of TBC wasn't the only reason that the quartet felt they needed to start working on another project, a tribute to Chef Cardoz's familial roots in the shape of a Goan restaurant, O Pedro. “The vision was to get deeper with regional authenticity and the cultural context. Goa has been seen through the lens of the surf and turf, as in seafood and pork, but there is vastly more to its culinary repertoire and so many community staples still do not headline menus.” Chef Cardoz laments that Goan food has gradually become ‘Punjabified’ — the invasive ingredient, ketchup, has been introduced in dishes.

The man chosen to front O Pedro's kitchen, Chef Hussain Shahzadhad, had already been on board with TBC from inception as its sous chef. Chef Hussain had been pulled into TBC project by Chef Cardoz while he was working in New York. It was the uniqueness of approach that first drew him to TBC, and that same lens informs the menu and style of O Pedro.

Chef Cardoz and Chef Hussain travelled across Goa, mining food memories, lost recipes and rare ingredients for O Pedro's menu.

Chef Hussain says, “Goa is more than just charcuterie, vindaloo and Kings Beer.” Chef Hussain and Chef Cardoz travelled across Goa for weeks, visiting local restaurants, people’s homes and connecting with communities. During one of the home lunches, they were introduced to local pickling, considered indispensable by the natives during the bare season, and the smoking of sausages — a technique no Goan restaurant could boast of. The desire to explore the roots of Goan cuisine took them to Portugal. They discovered that the tempura was, in fact, a Portuguese technique. They also discovered variants of Arroz (a Portuguese rice dish that’s a cross between a *khichdi* and a risotto).

Chef Cardoz wanted O Pedro to shine a light on Goan cuisine, not just through the culinary prism of the Portuguese heritage but also that of Saraswat Brahmins, Ponda Muslims and Mangaloreans. O Pedro’s offering is a delectably varied spread that includes Panaji chilly pakoras, Uddamethi (raw mango curry), watana rasam and sweet bun (a Saraswat hit), and Cardoz’s mother’s fish curry.

Chef Hussain mentions some of the ‘fun’ improvisations that stuck: Prawn Aioli rooted in Chettinad oil made from prawn heads, pork seekh kebab, fish momos, coconut and rice ceviches, bone marrow curry with bread, and dried fish in salads.

The critical and consumer acclaim that both TBC and O Pedro have garnered is a testimony to its founders’ collective aversion to the stereotype. The feted consistency of the food at the two restaurants, Chef Zac stresses, is owed to the kitchen’s culture. “The heat has to be in the food, not in the air. Our workspace evokes immense amounts of creativity and fellowship,” he says.

TBC is the only restaurant with a five-day-work week and unsurprisingly has virtually no attrition. As for the dent that the two restaurants have made on India’s regional food niche, Chef Cardoz believes they’ve only just scratched the surface. So, perhaps a deeper dive is in order. Chef Zac promptly hints at an imminent Nagaland trip.

There have been some bumps along the way, of course. Not everything worked. A drumstick soup that did well in a pop-up dinner research, was rejected by regular patrons as too bland. But the successes have been far more.

Childhood on a plate

Chef Cardoz in his essay *Floyd’s Canteen* in the book, *Chillies and Porridge* by Mita Kapoor, says that his food philosophy is inspired by his childhood days in Goa. He remembers his grandmother baking Poee, chicken curry using fresh chicken from their backyard, or the flavourful pork sorpotel. He credits his locavore food

philosophy and all the early food influences to his mother, grandmother and great-grandmother.

In the city (then known as Bombay), he lived on Hill Road, which was a lazy neighbourhood. His favourite haunts, he has said, were A1 Bakery, Wanton House and Hearsch Bakery, some of which are still around, besides the *chaat* at Elco Arcade and *keema pav* at Yacht. Bandra had a line-up of interesting butcheries where you could buy fresh meat, besides fish and vegetables from street vendors. “Local *kolis* (fisher folk) would walk our neighbourhood, hawking the day’s fresh catch. I was always on the lookout for shrimps, crabs and cockles,” he writes.

Chef Cardoz began cooking for his friends in Bandra before he did so professionally. The fourth of six children, he wanted to be a doctor. Arthur Hailey’s book, *Hotel*, introduced him to the glamour of luxury hotels. He enrolled to study hotel management at IHM Mumbai and discovered he could cook. A course at the Global Management School at Les Roches, and a few stints in India later, he travelled to New York for his brother’s wedding and decided to stay back. A job at Indian Café on the Broadway led to bigger and better things: sous chef at the famous Raga, Executive sous chef at Lespinasse in St Regis, New York, and then Executive Chef at Tabla.



Curried Mussels at O Pedro;
(Below) The restaurant transports
you back to lazy and delicious
meals eaten on warm Sunday
afternoons in Goa.

Chef Cardoz says that it was Chef Gary Kunz who let him introduce Indian flavours into the food at Lespinasse. “The more I cooked, the more I started to play with Indian ingredients.” In 1997, Chef Cardoz opened the restaurant Tabla with Danny Meyer, where he experimented with his seasonal food philosophy. It shut in 2010 but New Yorkers still speak about it in an awestruck tone.

He then opened Paowala and the critics’ reviews were fabulous. *Eater’s* Ryan Sutton says, “What made the restaurant one of the city’s most essential new spots is its array of breads, Indian and Indian-inspired — from whole wheat rotis to puffy *kulchas*, to Tibetan *tingmos*, to tandoori-bruised *naans*, to room-temperature fish pies, to mini *wada pao* sandwiches, to honey-lime croissants and pecan *chai* sticky buns.”

Unfortunately, mid-2019, news trickled in that he is also shutting Bombay Bread Bar. Christ Crowley, a writer with *New York Magazine* says, “The restaurant had its fans, but ultimately it didn’t stick enough for today’s New York.” Instead, in February 2020, Chef Cardoz plans to take O Pedro to New York City for a four-month long pop-up.

For now, for Chef Cardoz and the entire team, including Seth and Bhanage, the attempt is to introduce New York to the best of O Pedro. 🍷



George Yabu and
Glenn Pushelberg



The

Kings of

George Yabu and Glenn Pushelberg, the duo behind the award-winning practice Yabu Pushelberg, use the power of design to create visually and emotionally appealing spaces.

By Neeti Mehra

Transformation





“WE LIVE IN THE MOMENT, WHILE continuously thinking about how we can live in the future,” says Glenn Pushelberg, one-half of Canadian design powerhouse Yabu Pushelberg. Nimbleness and agility has helped organically expand their design narrative from a Toronto-based interior design studio, to a global, award-winning multidisciplinary practice, which straddles 15 countries, 80 products in various stages of design and development for 20 companies, and a staff of 125 spread between offices in Toronto and New York City.

Yabu Pushelberg’s hedonistic aesthetic has made them the darlings of the biggest luxury brand names in the world. They’ve left their indelible stamp with sumptuous interiors in cocooned environments, designing spaces where people feel comfortably “at home”. Their client list is enviable, stretching from luxe hotel brands such as The Four Seasons, Hyatt and Marriott to the largest names in retail, including Printemps, Lane Crawford, Barneys New York, Bergdorf Goodman, Louis Vuitton, Carolina Herrera, Kate Spade and Tiffany & Co. “We have cultivated and mastered the Yabu Pushelberg DNA,” explains George Yabu, articulating their futuristic, detail-driven vision, “creating deeply thoughtful, distinctive projects that are appropriate to where we believe the client should be, rather than where they are in the present.”

Their beginnings were rather serendipitous.

It was serendipity that brought Yabu and Pushelberg together for the second time. In the 1970s they had studied interior design together at

Toronto’s Ryerson University and then lost touch. A few years after graduating, they bumped into each other on the street and decided to share a studio space together while pursuing freelance projects. For around a year they helped each other with their individual projects before combining their creative energies as a team, starting small with local gigs, the odd coffee shop and dry-cleaning depots. Eventually, they became work and life partners, an association that has continued for four decades.

Yabu is the creative force with an eye for details, articulating the purpose of a project. Pushelberg is the interface between the client and the creative team, reading between the lines to help them understand what a client truly desires. The project that catapulted them into the big league was Canadian high-end casual clothing retailer, Club Monaco (now owned by Ralph Lauren), to design the hip label’s first ever store, in Toronto. The two created simple concept store environments that pushed the envelope: Playful, theatrical spaces where clothes were artfully arranged. A smashing success, they ended up bagging assignments across the globe, with several in Asia, too.

The next decade saw Yabu Pushelberg explore the possibilities of design and aesthetics. When recession hit, they hurtled towards bankruptcy, but were rescued by winning a contract to design a Taiwanese department store. Soon after, they landed a career defining project: New York’s iconic department store Bergdorf Goodman, their first fashion luxe project. At Bergdorf Goodman they defied convention, designing the cosmetics department in

(Right) At SLS Lux, Yabu Pushelberg embrace the cultural heritage of Miami. (Top) At Park Hyatt Shenzhen, a palette of materials create a sensory experience.



The dark, earthy interiors of the restaurant Katsuya; (Right) a 15-foot starburst chandelier by Czech crystal manufacturer Lasvit is inspired by Yabu Pushelberg's Cipher collection.

the basement, rather than at the store entrance, much to the chagrin of the vendors. Despite naysayers, it proved to be a great success, and they decided they needed to expand their artistry beyond Toronto, opening up an office in the Big Apple.

For them, the very notion of luxury has evolved into a concept that is simple, pared down, yet sophisticated, something that defines the Yabu Pushelberg edit of quiet, enduring luxury. “The word luxury is bogus, because it is so overused and no longer holds the same meaning as it once did. It has become a cop-out, a way to identify something without explaining why it’s great or how it can relate to people’s wants and needs,” says Pushelberg. People don’t wake up in the morning thinking, ‘I want to find luxury, I want to feel luxurious.’ Rather than this flouncy term, they are searching for something simple. “Inherently, people just want to feel

good and it’s our job to do that. They want to feel as though they are in a space that is considered and holds its own, through quality or attitude,” says Pushelberg. As designers, the duo needs to be able to read the room and set the right tone, making thoughtful decisions and laying out the space perfectly. “We are always looking to break the glass ceiling surrounding what ‘luxury’ means and how it is defined.”

Their ‘less is more’ aesthetic is rooted in multiple layers of the human experience. They design buildings, interiors, landscapes, lighting, furniture, objects and graphics, an approach that outlines how the latter make people feel, rather than merely how they look. “We wanted to annihilate the ‘what if,’” explains Yabu, “because, over the years, we were in some way or other constantly inserting ourselves into every step of the overall process.” An overriding curiosity drove them to question every nuance that confronted

them. How would lighting affect the colour of the wall? Or, would a sofa blend with a room’s attitude? This inquiry nudged them into a world of fantasy — an imaginary world of furniture and fixtures that didn’t exist. Their solution was to hire young, imaginative specialists who pushed unconventional, obscure ideas forward and now their inventive team comprises over a ten creative professionals.

“We have specialists working together to think about every single aspect of a Yabu Pushelberg project: from the vibe of a room to the couch you sit on, from the wine glass you sip from, to the Instagram account that lured you there in the first place. No detail is too small. We love details because that’s where the magic happens,” in Pushelberg’s words. The breadth of their vision helps them touch every single element of the design experience. “We are now in a place where our creativity can flourish.



The studio also custom-designs furniture, lights and decor accents.



We can bring our complete vision to life,” says Pushelberg, speaking about conjuring up immersive environments and compelling destinations.

Over the years, Yabu Pushelberg have earned many accolades. They have been inducted into the *Interior Design* Hall of Fame, a much-coveted property run by the magazine *Interior Design*, and have been named among the world’s most influential design studios by *Wallpaper**, *Elle Décor* and the *Business of Fashion*. To them the trophy shelf is not their primary concern. It’s the search for what’s new and innovative, as they strive to conceive memorable experiences.

Transforming design to be more than luxury

To Yabu and Pushelberg, the scale of a project is irrelevant; with every assignment, their idea is to make a lasting impact by designing an environment that touches a part of you at a personal level rather than a mere medley of luxurious materials. With a hands-on approach, they go the extra mile for each venture. “We see our clients in person, visit the factories and understand each step of the process. We do this with all our projects: we push ourselves to think bigger,” says Pushelberg, of their commitment irrespective of the scale involved. “This matters more than designing a building that can reach the clouds; it’s about how everyone can immerse themselves in the full experience, within a space we have created,” says Pushelberg.

The Yabu Pushelberg aesthetic is a classic that never goes out of style, irrespective of the era it was first thought of in. Says Yabu, “The word ‘timeless’ often comes up in conversation, but we’re more focused on ‘timeliness’.” Their projects are relevant to the moment and yet resonate through time. “We’re wired to think ahead; towards a goal or idea. Our studios are agile, versatile and full of thinkers, like us.”

Samuel Leizorek, the owner of Las Alcobas hotels in Mexico and Napa Valley, who has worked with them on five different properties, says: “Their projects age incredibly well. They have a unique way of creating layers and depth that remains relevant.” Their work is almost exclusively commercial, although the firm reluctantly accepts some residential commissions.

One of their all-star collaborations has been with Ian Schrager for Marriott’s EDITION Hotels; they reimaged the London EDITION as a cultural microcosm of the city. Set in a building that was originally built in 1835 as five townhouses, they were eventually combined in 1908 to form the first five-star hotel in London, the Berners Hotel. “We wanted to celebrate the property’s rich history by preserving its finest aspects, while adding a modern twist,” says Pushelberg. They restored the magnificent edifice’s Belle Epoque grandeur. Yabu Pushelberg took cues from the local design language, balancing traditional and contemporary sensibilities. They juxtaposed the building’s original marble floors and stained-glass windows and walls with contemporary motifs, such as German-based lighting artist Ingo Mauer’s polished silver sphere, a mirrored egg installation, used as a chandelier.

Yabu recounts working on The Times Square EDITION, and designing the unexpected, “Of all the things Times Square is known for, nature is not one of them. We used greenery as a mechanism to contrast the hotel from the neighbourhood by creating a botanical boundary between the two environments.”

Another project they have been working on is Lodha’s No.1 Grosvenor Square, injecting London’s pulsating energy into a modernistic period piece. Located at the corner from Bond Street and Mount Street, No.1 Grosvenor Square is being reconstructed, brick by brick, for the 21st century. They have travelled to India, for a project with the Four Seasons. “Our impression of India

“The word ‘timeless’ often comes up in conversation when we discuss our evolution in design, but we’re more focused on ‘timeliness’.”
George Yabu



The Asian-inspired décor of Park Hyatt Shenzhen comprises custom-made furniture and artwork with Chinese influences.

is that of a vibrant and magnetic country,” says Pushelberg.

Currently the duo is working on multiple projects across different scales in Tokyo. Says Pushelberg about the city’s fantastic energy, “We see how thoughtful, considered and forward-thinking the people are. They are very open-minded and eager to collaborate.”

For the last several years, the duo have been travelling between their two offices and hopping across the world. In recognition for putting the country on the global design map, they’ve been honoured as Officers of the Order of Canada — the country’s highest accolade. Even though a lot of home-grown talent had left the Canadian shores in search of better opportunities, the city is seeing an influx of global

talent. “Toronto has grown to become a launchpad for creatives, new businesses and even the tech industry. It is a place that creates a real sense of community,” says Pushelberg. The music scene with Drake and The Weeknd, the Google office building, its first ever tech neighbourhood by the waterfront, great universities and eclectic food — Toronto has everything. Pushelberg continues, “The key behind this success is the spectacular diversity of the city. So long as a city is inclusive of others, there can be room for growth.” While Canada is a smaller market for them, their key work includes a Four Seasons Hotel and the glamorous Hazelton Hotel, in fashionable Yorkville.

For the Rio Olympics, Yabu Pushelberg were commissioned to design the Canada Olympic House. Assembling and installing the structure in a record time of two weeks, in the bright red colours of their country, the studio used affordable materials. In an interview with *The Architects Paper*, Pushelberg said, “Our aim is to show the world that Canadian design is progressive and sophisticated. The design for Canada Olympic House is bold, smart, fresh and unexpected.”

Naturally, when actress Gwyneth Paltrow wanted to introduce her wellness and lifestyle brand to Toronto, she turned to Yabu Pushelberg to design the Goop MRKT Toronto, a rustic outpost in The Hazelton Hotel, in colours of blush and cream.

Creators of distinctive environments for diverse, often high-profile luxury retail, hospitality, residential and restaurant clients, Yabu Pushelberg have not scripted a completely linear evolution. They have



From top: The plush library and lobby at 1 Grosvenor Square, London, a project by Lodha Group. The bespoke design features top quality finishes and details.

At Fairmont Century Plaza, the designers have interpreted the modernism of the '60s for contemporary times.



3 recent projects with the quintessential Yabu Pushelberg touch

Fairmont Century Plaza, LA

Architect Minoru Yamasaki's elegantly curved 1966 hotel was built on land sold off by 20th Century Fox, following the financial failure of the movie *Cleopatra*. The designers worked from this notion of modernism of the 1960s and made it relevant for today, by adding more textures, drama, and greater comforts for a tailored, timeless hotel. One of the spaces designed by them, a 3,000sq.ft room that bears some resemblance to Frank Gehry's Walt Disney Concert Hall, features a dramatically articulated wooden ceiling, uplit walls and bronze doors.

Departo

Yabu Pushelberg joined hands with Yuichiro Hori, the founder of the furniture label Stellar Works, for Departo. A play on the Japanese expression for 'department store', as well as the idea of departing, the direct-to-consumer e-commerce product and furniture brand is built upon distilling the experience of finding well-made souvenirs and objects in different parts of the world, and bringing them together to form a dynamic collection that works both, on its own or in unison.

The Fulton, New York

For chef, entrepreneur and restaurateur Jean-Georges Vongerichten's new venture The Fulton in New York, Yabu Pushelberg evoked the history of the city's seaport. Located at Pier 17, the new restaurant is adorned in hand-painted murals by artist En Viu, and illustrate a whimsical undersea journey. Dock-floor patterns, wood panelling and asymmetrical lighting play on the buoyancy of the waterline outside.

At The Fulton, New York, they evoked the history of the city's seaport.



**"Inspiration can grow from anything we see or do. A shadow, a reflection. Sometimes, when you look at your surroundings and misinterpret what you see, it can give you the most incredible ideas."
George Yabu**

moved beyond the narrow confines of a mere luxury interior design studio, to dabble with innovative new projects. They took on Marriott's affordable, millennial-focused The Moxy Hotel's debut in America, a category positioned as a boutique hotel for the modern traveller. "When we started the project, it was positioned as a micro hotel for millennials, a strategy which worked in Europe. The challenge was to reinvent this concept for the North American market — it was fun to imagine a new type of hotel room for people with a nomadic mindset," they have said. Their inspiration was early Puritan (English Protestants in the 16th and 17th centuries) design — the simplicity of this aesthetic and the notion of 'urban camping'. "We looked for ways to put a modern twist to make our design youthful and portable."

The interesting part was creating a host of adaptable furnishings to make the most of the compact space, including custom-made chairs and tables designed to fold away and hang from wooden wall pegs. Deanne Ting, known for her incisive profiling of the big names from design and hospitality, believes that as the future of hospitality appears to lie in smaller hotels, Yabu Pushelberg have explored the art of blending the need for more niche, smaller hotels with the design aspirations and expectations that people have from hotels.

Even more so than ever, the world needs timeless design. Says Yabu "With the current climate, it is important for us to stress to our designers the impact of certain materials. Our actions should always be considerate of our future."

Where does this constant flow of inspiration come from? "Inspiration can grow from anything we see or do. A shadow, a reflection. Sometimes, when you look at your surroundings and misinterpret what you see, it can give you the most incredible ideas," says Pushelberg. Their insatiable thirst for knowledge and curiosity about the world around them is textured by their travel experiences. As he says, "Paul Smith wrote a book called *You Can Find Inspiration in Everything (And If You Can't, Look Again)*. Inspiration can come from a person, from looking at a leaf, or a book cover, or smelling a scent — there are more ideas than places to put them. Whether it's a natural landscape or a Hiroshi Senju painting, we can find beauty in just about everything."

Their scripted creativity has set the bar high for new luxury in a jaded landscape. "We use design as a mechanism to transform the way people can live, can think, can be. That is the true meaning of transformation," concludes Pushelberg. London-based design writer and documenter Ellen Himelfarb has this to say about the designers, "In projects such as the Clement restaurant at New York's Peninsula Hotel and the London EDITION, the team has excelled by delivering what guests want, even if they don't know they want it: luxe finishes, great lighting and show-stopping artistic flourishes. And their pared-back interiors for New York's One Madison development focus on expensive grainy woods. Yabu Pushelberg create the kind of cocooning environments that you just don't want to leave." 



A play of textures and depths of light creates a visual hierarchy at SLS Lux Brickell.

Less Commmute, More Walk



Toronto, London, Amsterdam, Mumbai...urban planners are redeveloping old communities into mixed-used neighbourhoods to offer the magical trio of work, play and live within walking distance.

By Gretchen Ferrao Walker

SHUTTERSTOCK

UNTIL RECENTLY, SWETA VIJURAJ, 34, lived and worked at Bandra Kurla Complex (BKC), a tony business district in suburban Mumbai. This allowed her certain liberties that most city-dwellers would describe as a dream. “The positive point of having the office nearby, especially when you have kids, is being able to visit home in between, like around lunchtime. Evenings, it was more practical to walk home, for health reasons as well. You get a good 20-minute walk,” says Vijuraj, who is currently on a sabbatical. When she returns to the grind, work-home proximity will be a key factor while deciding on a good job offer.

In a country where city congestion is at its peak, Vijuraj’s preferences are those shared by most. Indians spend a minimum of two hours on daily work commute — the highest in the world — as per a recent report by employee transportation management platform MoveInSync. Additionally, studies indicate that prolonged periods spent sitting in cars put individuals at a higher risk of developing cardiovascular disease, depression and obesity. All of which can affect an employee’s performance at work.

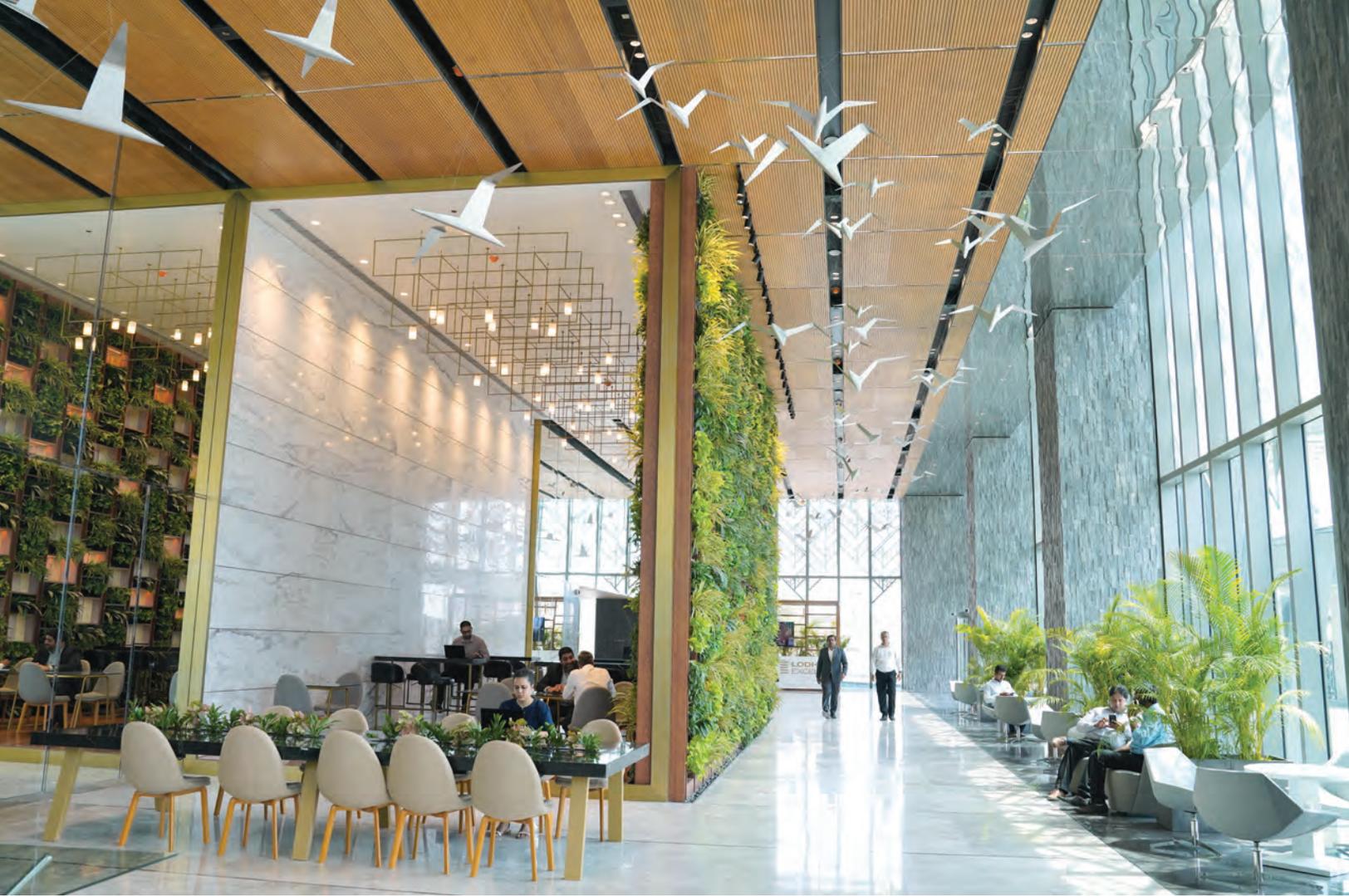
Across the world, millennials are leaning, more than the prior generations, towards expanding public transit options and active modes of commuting, such as walking and biking. According to American research group Brookings Institution, car usage among workers under 24 years of age in the United States dropped by nearly 1.3 per cent in large metros between 2007 and 2014. More specifically, driving rates amongst older millennials and Generation X have declined.

Closer home, the IT cities of Bengaluru, Pune and Hyderabad have been forerunners in the walk-to-work cultural phenomenon, with metros such as Chennai following suit. In

Mumbai, the Lodha Business District that’s part of the New Cuffe Parade mix-use development in the promising neighbourhood of Wadala, is less than a 10-minute drive from BKC. Illustrative of this walk-to-work trend, the integrated ecosystem is replete with sustainably designed offices, homes, a school and retail outlets. It hosts offices of big corporates such as Tata Chemicals, Trent Limited, Tata International, GMM Pfaudler and Axis Bank. Interestingly, many employees of GMM Pfaudler, which has offices in Lodha Excelus, are residents at New Cuffe Parade. The LEED Gold-certified Lodha Business District will also host retail and F&B space spanning 40,000 sq.ft., with large outdoor spaces, cafés and restaurants.

With clogged city roads, walkability is a criterion while buying a home. A new report by American real estate company Coldwell Banker found that millennial millionaires are more likely to choose a non-traditional luxury neighbourhood for its easy access to shops, fitness centres and dining options. The walk-to-work (or play) culture isn’t a new one. In fact, the world’s most liveable cities started with pedestrian-friendly plans that were pushed aside in the face of modernization. In recent times, housing experts suggest that an ecosystem of residential, commercial and entertainment centres, within walking distance from each other, will help address the challenges of congestion and lengthy commutes; an aspect that has reached a state of urgency in the current climate crisis.

Paris is an example of a city with a long history of success with mixed-use development, points out Asaf Gottesman, a principal at Parisian architectural practice Gottesman-Szmelcman Architecture SARL, in his article on the communities where people



walk to work. “In Paris, people often live, work, shop and seek out entertainment, all in a small one-or two-block area. This live-work-play community isn’t a new trend for this bustling international destination. It’s how Parisians have always developed their complete communities,” he has written in his earlier article for *Globe and Mail*. Other cities such as Toronto, Berlin, Amsterdam and Singapore are cited as the early adopters of the new-age walk-to-work concept.

Furthermore, studies show, that walking aids residents’ mental and physical well-being, creativity and civic engagement. The trend has also resulted in the revival of waterfronts and street life in some of the biggest cities across the globe. The Greater Toronto Area is redeveloping entire communities into mixed-use projects. London aims to be the world’s

most walkable city by 2024 via an increased network of pedestrian-friendly streets, new infrastructure, better signage and maps. Research states that if every Londoner walked or cycled 20 minutes a day, it would save the state-funded National Health Service (NHS) £1.7 billion in treatment costs over the next 25 years — according to the Greater London Authority.

Similarly, Sydney continues to improve its accessibility with the country’s first rapid transit system. It has been listed as Australia’s most walkable city by Walk Score, a website that ranks cities across the US, Canada and Australia according to their walkability index.

The real estate offering

The millennial generation — born between 1981 and 1996 — currently accounts for over a

"Across the world, millennials are leaning towards expanding public transit options and active modes of commuting, such as walking and biking."



Lodha Altia at New Cuffe Parade, Wadala integrates the outdoors with the indoors seamlessly.

third of the sales in the real estate sector in India, and developers are eager to cater to their needs. Self-sustaining, mixed-use developments that are cities in themselves are rising across major metros.

Take, for instance, the Palava Business District (PBD) at Palava city by Lodha in Mumbai, which is positioned as India's best value destination for corporates. With employee well-being at the centre of retention programmes today, the Smart City offers a walk-to-work ecosystem. High-quality residences within a five-minute walking distance are available at comparatively lower rents. Spread over seven-million square feet, PBD is expected to create over a lakh jobs in the next few years. Marquee clients include HDFC Bank, Axis Bank, Piramal Capital Housing Finance and tech firm Primeval.

Builders are perfecting the size-location dynamic to offer compact units at affordable rates within a stone's throw from major business centres. An example of this is the boom in affordable real estate around Hinjewadi, Pune's IT hub.

While high density, mixed-use land enables the walk-to-work concept, it involves planning townships over large tracts of contiguous land within municipal limits. This is often a challenge in land-sparse cities like Mumbai. Nonetheless, plans are underway... The Mumbai Development Plan 2034 aims to unlock 3,700 hectares of public and private land, earlier tagged as No Development Zones (NDZ), for real estate development. Of this, nearly 2,400 hectares have been allotted for affordable housing. Then there's the aforementioned neighbourhood of Wadala,



"If every Londoner walked or cycled 20 minutes a day, it would save the state-funded National Health Service (NHS) £1.7 billion in treatment costs over the next 25 years, according to the Greater London Authority."



Integrated townships now offer several facilities, such as offices, a clubhouse, and F&B spaces in the neighbourhood.

where the Mumbai Metropolitan Regional Development Authority (MMRDA) plans to transform its monorail depot into the city's first walk-to-work hub.

Along Chennai's Old Mahabalipuram Road, the neighbourhoods of Perungudi, Thalambur and Perumbakkam are home to affordable residential hubs with walk/cycle-to-work opportunities. In a first, State Industries Promotion Corporation of Tamil Nadu Limited (SIPCOT) announced a walk-to-work concept in Chennai's industrial sectors. In a bid to cut down on employee commute, SIPCOT will provide rental housing to over 2,000 employees across five industrial parks.

On the luxury real estate front, the mixed-use complexes hark back to the time when communities were developed as hubs and people lived close to where they worked and often stayed in their local community. Over time, however, the development of cities meant more and more people were pushed out of the downtown core — away from the central hubs, where work and entertainment existed. More recently, developers have found ways to recreate neighbourhoods, using mixed-use development.

Engage with the world

Through interacting with a different environment, your thought processes shift. Amsterdam-based urban explorer Edwin Quinn talks about how mindful walking to work every morning is a way to combat the over-stimulated, 'always-on' culture. "If you choose to walk with a strategy, you can better develop your productivity and creativity." Dr Nevin Harper, an associate professor at the University of Victoria adds that walking to work in busy cities engages individuals across physical, mental and spiritual domains. Harper suggests parking your car a distance away and walking, preferably via a stretch of nature such as a park or seaside promenade. While this may not always be possible in nature-starved cities, even Mumbai has its share of natural habitats in the older neighbourhoods as well as ample walking space in newer ones, such as BKC.

In his book, *Nature Therapy*, Harper writes, "Time is the key asset most of us don't have or respect when we do." Even if you can only find a couple of minutes in your day, it's still possible to reap the benefits of intentional walking without carving out a significant amount of time to do so. 🌿

A
Beginner's
Guide
to Running
the Next
Half
Marathon





When the maiden Mumbai Marathon was run in 2004, it was among India's first professionally organised and internationally recognised open long-distance running event. It has since grown to be among the biggest in the world, with more than 40,000 runners, most of them weekend runners, participating across various distance categories in the 2020 edition of the race. And if that does not convince you about the exponential growth in the popularity of running as a fitness sport in this country, then consider the following fact: *india running.com*, a website which tracks running events across the country, lists close to a staggering 400 races across various distances throughout the country. Yes, running has gradually evolved to become one of the most popular fitness pastimes across India.

There is no denying the fact that outside of walking, running is the cheapest and most accessible of fitness routines. But those are not the only reason why anyone should take up running. Here are a few more important ones: you can run anywhere; you don't need anyone to teach you running; you burn 50% more calories when running as compared to walking the same distance; running makes your heart, muscles and bones stronger; running makes you happier because it releases feel-good chemicals in the brain; running rejuvenates your energy levels and makes you sleep better...

If all these have indeed tempted you to dust your old running shoes and try jogging around your apartment building, we are here to help you get it right. We got two veteran marathoners to tell us the basics about running, the first one about his own personal experience taking up the sport at a relatively old age, and the second one about the things to get right before taking up running and then sustaining it.



From A Couch Potato to Running the Marathon: A Personal Story

By Magandeep Singh

I RAN MY FASTEST marathon recently, clocking a time just shy of three hours and forty minutes, almost half-an-hour faster than my previous one. I was equipped in the best running gear — shoes, shorts and shirt, etc., and while these would have surely helped me in attaining this time, the real work had happened in the months preceding it, when I trained relentlessly to achieve this dream goal.

It's still nowhere close to what the elites run but coming from a background where I had never run more than 2kms at a stretch till about a few years ago, running a distance of 42.2kms, and that too within an enviably decent time has been quite the journey.

Rewind to my times when I would walk-run a 2km track, twice around on weekends, all in the name of, "I'm turning 30". A few years of doing this and I enrolled myself in the first half-marathon. They turned out to be the most painful 2.5 hours of my life. I had never suffered so much at any activity ever and the recovery was slower and more painful still. That day I remember ordering enough food for a football team and sitting in the middle of it all, just to feel good about it. Yes, in retrospect, I realise the drama queen that I was; still am.

The first thing I remember telling myself was this: I need to practise this better. Train hard to race easy; it was what my first coach told me and it's something I have believed in. No point entering a race half-prepared for it; you spend half the race struggling to breathe and the other half cursing yourself why you entered with such shoddy preparation!

To me, practice is therefore the most crucial element. Next comes gear and one has to be comfortable in it. Never try anything new on a race day, is another adage to go by. And along with gear, nutrition, hydration and cool-downs have always been an integral part of my training.

But how did I will myself to get up there to the start line in the first place? Frankly, I don't know. It was part curiosity, part sense of challenge; either way, the end result was a humbling one. I learn so much from each race — about discipline, training, race plan and execution — that it becomes incentive enough to enrol and try harder at the next one.

That said, running alone can get boring so it doesn't hurt to (a) vary the routine now and then, with some swimming, cycling, cross-fit or strength training, and (b) carry some music along for the long slow sorties.

I was never the athletic type so whatever levels of fitness I have managed to achieve are most certainly doable for just about anybody. The only thing I will take some credit for is having been consistent, sometimes even to the detriment of my social standing. If I could sum up all the parties I left early or didn't drink at (because of an early start the next day) I've certainly upset many-a-friend with my dogged determination to not back out from the challenge.

The other thing I always did was to keep when sober, the promises I had made when drunk. This last one is a real toughie, especially when I told someone late one evening that I would be running 20kms the next day come rain or shine and, next morning, both came, along with a mild hangover, but I still managed to see the schedule through.

All in all, running isn't as boring as people make it out to be; the trick is to find ways to keep it interesting and varied. And then, if nothing helps, find company. Nothing makes a trot better than having someone to accompany you through it all. 

Besides being an avid marathoner, the author is a well-known Delhi-based sommelier and a writer on men's fashion and style.

Running is one of those popular physical activities that take very little to get started with. As runners like to say, all you need is a pair of shoes and you're good to go. This article is intended for complete beginners. If you have already been running for a while, then this isn't for you. There's no substitute for qualified medical opinion. Please consult your doctor before you get started on running.



By Dharmendra D

Readiness checklist

Before you get started on your running journey, here are a few things to check.

Is your waist size more than half of your height?



Say you're 167–168 cm tall (5ft 6in or 66 inches – the average Indian male's height).

If your waist size is about 34in or more, then it is likely you are overweight (or perhaps even obese), which increases the risk of your getting injured.

Footwear

Get a good pair of running shoes, unless you are one of those exceptional people who walk around or are active in their bare feet, for at least a few hours every day for over a year. If you are

in the latter category, then you could try running barefoot. Don't start running in spikes (football or running) unless you have done it before and only on a soft surface.

Apparel

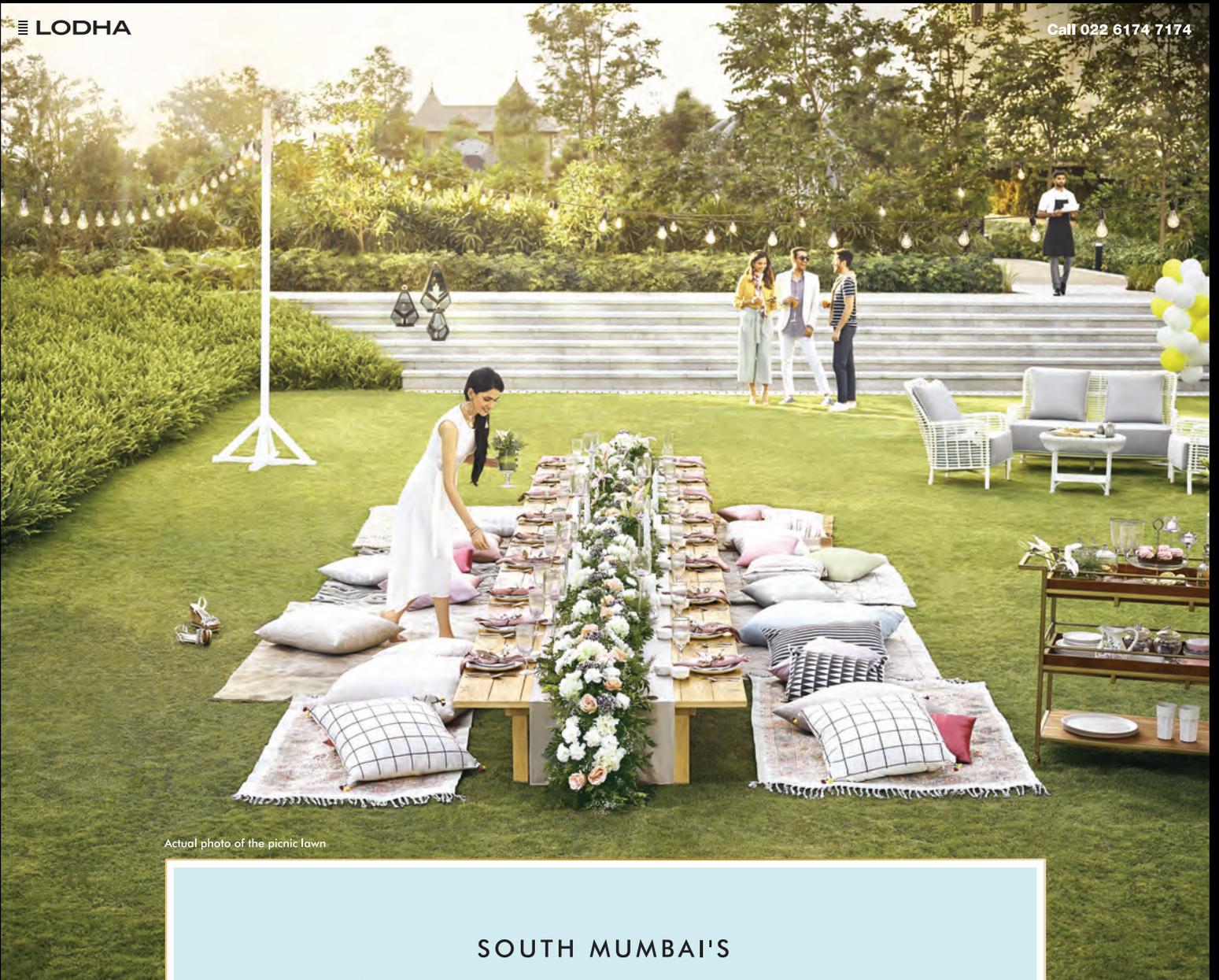
Something comfortable to wear that doesn't ideally become transparent with your sweat! It doesn't have to be made of a self-wicking fabric. Cotton will do just fine although some of those modern apparel are nice, too. While you could hope and pray for societal change, it is no suspense that India isn't necessarily friendly to women, particularly in public spaces, even if they aren't exercising! It is good to have as few distractions as possible.

Access to facilities

This may be a local ground, park or just the space around your apartment complex/residential area or the road in front of your

residence, which has ideally little or no vehicular traffic for at least 30 minutes to an hour each day, and not at some unearthly hour. You are unlikely to go running if the traffic in front of your residence stops only between 2 and 4 am!

While it is true that running is easy to get started with, it is also an impact sport. As a result, your body must be used to some form of pounding. To use an automotive analogy, you may have the engine (cardiovascular capacity) but not the chassis (musculoskeletal strength). This is why even competitive sportspeople take some time to get used to running although they are in great shape.



Actual photo of the picnic lawn

SOUTH MUMBAI'S
LARGEST PRIVATE PARK IS IN FULL BLOOM

Make sure you join the party.

Our stunning 70+ storey towers set around a lush 7-acre park are now home to some of South Mumbai's happiest families. With elegant space planning, world-class finishes, and tall windows that frame stunning views, Lodha Park residences provide a lifestyle beyond compare.

LODHA PARK

A RICHER LIFE

2, 3 and 4 bed residences

Visit with your family to experience what a richer life would mean for them. Call 022 6174 7174 or sms PARK to 52424 | lodhagroup.in/lodhapark

INDIA'S NO.1 REAL ESTATE DEVELOPER - DELIVERING 4 OUT OF 5 HOMES BEFORE TIME*

Site: Lodha Park, Next to Shree Simandhar Swami Jain Temple, Worli, Mumbai - 400 018 | Corporate Office: Lodha Excelus, N.M. Joshi Marg, Mahalaxmi, Mumbai - 400 011. | Conditions apply | *In last 2 years, for 80% of units delivered - possession offered prior to agreement due date including grace period. | Finance by BOB consortium, HDFC Ltd., PNBHFL, LICHL and BOI consortium. | MahaRERA registration number: P51900001339 <http://maharera.mahaonline.gov.in>

How to Get Started



How active are you?

One final thing to assess: How active you are physically. Here are a few things you could be doing already with ease, or at least with no prolonged discomfort.

- Walk for at least 30 minutes every day.
- Skip rope for about 15 minutes every day.
- Climb stairs for about 15 minutes every day.
- Go to the gym/swim/cycle/ play some sport like badminton or physical exercise (including yoga) etc, for at least 2–3 times a week, for about 30 minutes per session or more.

Take up an activity that interests you and keep at it till you can do it easily for about 30 minutes.



Getting started

Once you have satisfied yourself that you are good to go, here's a simple plan to get you on your way to running:

- Pick a time of the day that allows you 15–30 minutes to yourself. Get out of your house at that time, every alternate day for 4 weeks.
- Always warm-up for about 10–15 minutes at a gentle pace before you start running. You could simply walk or jog during the warm up.
- Then, start running at a pace that allows you to talk right through. If you can comfortably utter a few words while you are running, then you should be ok. If for some reason, you need to stay indoors (say babysitting duties!) but can spare 15–30 minutes, getting on a treadmill is not a bad idea at all. Even some Olympians resort to using a treadmill for some of their training.
- Although it isn't always recommended, especially in public areas, it is also not entirely a bad idea to listen to some uplifting music or even a podcast while you are running. Anything that gets you out of the door can't be a bad idea unless it becomes a crutch for your habit. Watching videos while on a treadmill is not exactly safe unless your plan is to become the star of one of those viral 'fail' videos!
- Cool down for about 10–15 minutes at a gentle pace after you finish running. As during the warm-up, you could simply walk or jog during the cool down.

Experience the luxury of choice with our corporate gifting options

PERSONAL GIFTS | FESTIVE GIFTS | CORPORATE GIFTS | WEDDING GIFTS

CORPORATE GIFTS



From small gifts to large gifts - we have got you covered! Explore our corporate gifting options across categories.

GIFT CARD



Discover our Luxe Gift Card redeemable across our 30+ global brands, 380+ stores and 40 cities.

ARMANI EXCHANGE | BALLY | BOTTEGA VENETA | BROOKS BROTHERS | CANALI | COACH | DC
DIESEL | DUNE LONDON | EMPORIO ARMANI | G-STAR RAW | GAS JEANS | GIORGIO ARMANI
HAMLEYS | HUGO BOSS | HUNKEMOLLER | JIMMY CHOO | KATE SPADE | LUXE BRIDGE
MICHAEL KORS | MOTHERCARE | PAUL&SHARK | PAUL SMITH | REPLAY
SALVATORE FERRAGAMO | SATYA PAUL | SCOTCH & SODA | STEVE MADDEN | SUPERDRY
THE WHITE CROW | TUMI | VILLEROY & BOCH

For more information and bulk orders:

Shivani: +91 0124-3523126; Bharat: +91 22-35553078

info@luxegiftcard.com | www.luxegiftcard.com

[RBL] 10

EXPOSURE OF GOOD LIVING
SINCE 2007



“Unless your goal is to represent India at the Tokyo Olympics, you can run at your own pace and for only as much distance as you can do so.”

That should be pretty much most of your plan for the first four weeks. Just be running comfortably for about 15-30 minutes every alternate day. Once you have managed that, then you begin to set some goals. It is also perfectly fine if you want to stay that way for the rest of your life and not get started on a medal collection. Just staying active is its own reward.

Keep things simple, at least till running becomes second nature to you. Avoid accessories like waistbands, armbands, etc. — most of which cause posture issues while you run. Just like an expensive car with parking assistance still needs you to do the parking and learn to drive, it is important for you to internalise running before investing in gizmos and expensive gear.

However, if you do have some goals — say running a 5 or 10km event or even a half-marathon or full-marathon or certain time goals for the same distances, set aside time for training for such distances. You will need anywhere from 2-10 hours or more a week, to train for distances ranging from 5km to a marathon.

While it is beyond the scope of this introductory article to recommend a training plan, the minimum you should know is that

training for any distance that goes beyond just the running — adequate recovery, strength training, and a nutrition plan are all essential components of a holistic training plan. It is also a good idea to run on alternate days for beginners to minimize injury risk, especially for people who haven't been active throughout their lives. Also, the non-running days provide time to address the other important components of training that we just mentioned above.

One last thing: Remember unless your goal is to represent India at the Tokyo Olympics, you should run at your own pace and for only as much distance as you can do so, with minimal discomfort. Don't get carried away by what other people are doing. Enjoy the time spent running and make it an activity to look forward to.

Good Luck! 🍀



The discrete
world of

By Deepali Nandwani

Aman
aristocracy



As luxury hotels go, there is no challenger to the Aman Resorts. Founded by Adrian Zecha, this intimate group of resorts in often secluded destinations has spawned an entire generation of Aman junkies. Among them was Vladislav Doronin, who went on to buy the group and transform it, by setting up urban hotels and several new verticals.



Aman is derived from a Sanskrit word, which means ‘peace’. Across its 38 properties in 21 countries, from Vietnam to India’s Rajasthan, from China to Tokyo, from Turkey to Utah Desert, from Montenegro to Porto Heli in Greece, each of the retreats embodies this principle.

Vladislav Doronin, once an Aman junkie and now the owner of these beautifully understated properties; (Right) Amanjena in Marrakech, a sprawling modern resort-hotel built in the Moorish style.

“WHILE OTHER HOSPITALITY brands launch loyalty programmes, Aman creates Aman junkies.” Or that’s how one of the influential editors in the travel business in the United States, Arnie Weismann chooses to define the Aman universe. A universe dominated by beautifully understated hotels in some of the most stunning destinations across the world, and high-profile patrons who continue to stay loyal to the Aman universe, despite the desperate attempts by other big hospitality groups to attract them with ‘Aman-esque’ experiences.

I can’t claim to belong to the rarefied club of Aman junkies, but I have stayed in at least four Amans, and having experienced some of the best hospitality brands, this is what I can tell you: it is almost impossible to replicate what Aman as a brand represents in the world of luxury hotels. A premium on as pristine locations as possible even today; a personal approach to guests (the team is discrete, but never ‘propah’; they know not just every guest’s birthday and name, but also their quirks, needs, desires) and service that blends an informal approach with a keen anticipation of a guest’s needs; organic design; the creation of incredible experiences through destinations that have grown

organically out of their surroundings; hotels that keep the landscape at their centre-stage; a respect for nature; an ability to take the community around the resorts along; and luxury that is minimal and yet not bare.

In Sanskrit, Aman means ‘peace’; and across 38 properties in 21 countries, from Vietnam to India’s Rajasthan, from China to Tokyo, from Turkey to Utah Desert, from Montenegro to Porto Heli in Greece, each of these retreats embodies this principle. Amanruya Turkey, for instance, is set in a secluded valley on the northern coast of Turkey’s Bodrum Peninsula, in a region hailed by Greek bards as a virtual paradise. There is something eternally peaceful about a landscape of deep blue ocean rocking against washed off-white cliffs. Amankora Thimphu stands on a lush pine-forested hill on the outskirts of the capital, in the desirable Motithang neighbourhood, has the Bhutanese royalty as neighbours, and views of a burbling stream and sweet-smelling pine trees.

And yet, Aman, under its most recent owner, real estate mogul Vladislav Doronin, is transforming. No, not in its DNA. Even today, in spirit, all of Aman Resorts remain true to the founder, Adrian Zecha’s vision of transformative hotels that straddle





Clockwise from top: Aman Tokyo, designed by American architect Kerry Hill, is an ethereal landscape of black granite pillars and teakwood; Adrian Zecha, the founder of Aman Resorts.

minimalist design ethos and a super-luxury approach to hospitality, pared-back interiors and destination intelligence. Doronin was once an Aman junkie, a fully signed-up member of an exclusive upper-tier of repeat guests, a bunch of global nomads, who, convinced that no other brand can match the Aman aesthetics, only holiday in an Aman hotel.

The Russia-born developer of luxury real estate, Doronin has real estate properties spread across the globe — from Moscow's Oko Tower, at 354 metres, to Missoni Baia, a 57-storey landmark project in Miami. Once he was a commodities trader, much before he traded them for realty and landholdings. Doronin has indicated that owning the Aman was a project he wasn't prepared for. "I never planned on buying a hospitality brand," he says. "I was building in Miami and New York, I was travelling in Asia to make deals for multifunctional complexes for the elite, where luxury and service was of utmost importance." It was then it struck him that it may be "nice" to own a brand that can provide services for the residential real estate and also receive revenue from a hotel. But building a brand from scratch would take years; instead, he wondered if it was possible to buy one.

Not bad for a man who left Moscow with just \$250 in his pocket and moved to Geneva to work with a commodities trader in 1985, only to return to Russia in the 1990s, just as the country was transitioning to a buzzing market economy. He went on to build a sprawling real estate empire in Moscow and across the world.

Doronin has said in interviews that

he never planned to buy the Aman; yet, as an Aman junkie, what would be better than to buy a group that had not just redefined luxury hospitality but also has footprints in 21 countries. In 2014, he bought Aman Resorts — the legacy group set up by hotelier Adrian Zecha in 1988 — from the Indian DLF Group. His first experience of Aman was at Amanpuri in 1990 and he says, since then, he always looked for an Aman wherever he travelled for its "fabulous design, great food, and destinations".

Under Doronin, the Aman group is

“Though he has put urban resorts at the core of his expansion, Doronin continues to be open to new destination resorts and is passionate about valuing and restoring heritage, in keeping with Aman values.”

transforming into a conglomerate of resorts, private jets and even luxury skincare. One of his first moves was to plan an urban expansion of Aman — from the salubrious environment of destination resorts to urban hotels, which, as he defines it, "are resorts vertically rather than horizontally". He has opened six new properties, among them Aman Tokyo, the group's first urban property.

Occupying six floors of the newly built Otemachi Tower in the city's business district, and with interiors by international firm Kerry Hill Architects, it pays homage to the local setting with a serene natural palette of camphor wood and stone,

complemented by contemporary Japanese textiles. At the centre of the hotel, a 4,500sqft paper lantern diffuses natural daylight over the lobby. The elegant internal garden features traditional rock arrangements and sculptural ikebana floral art. The design touches include the hotel's own signature sake, a resident's library with books on Japanese art and culture, and authentic furo baths in all 84 rooms.

Next up are hotels in locations such as London, Paris, Milan, Hong Kong and Singapore. "Even in urban cities, the locations will be unique, because that is a compromise we do not make."

As it is certainly in the next Aman opening, in New York. Designed by Jean-Michel Gathy (a legend known for designing luxury hotels and resorts, including several Amans) it is set within the landmark Crown building. Doronin believes the architect's designs for the New York property is "transcendent, a pioneering vision of restoring one of Manhattan's most storied buildings to its original splendour. A long-time Aman collaborator, Jean-Michel has redefined hospitality with his trailblazing designs". The Crown building was built in 1921; the upended property will have 83 elegant guest rooms and suites, three social dining venues, and an exclusive collection of 20 private homes representing the first urban Aman Residences. Residents of this select community will have the opportunity to contract Gathy to custom design their furnishings and interiors. Its crowning showpiece is a 10th-floor wraparound Garden Terrace which will feature a bar with sweeping views of Central Park, a Cigar Bar, and year-round dining.



Amanzoe Greece is imagined as a modern-day acropolis by architect Ed Tuttle; (Below) Amanjena Marrakech, Morocco is designed like a monumental Moorish palace with vast reflecting pools and vanishing perspectives through key-hole arches.



Aman-i-khas, on the fringes of the lush Ranthambore National Park in Rajasthan, is built to resemble the luxury tents of Rajasthan's royalty, the kinds they carried while travelling, but with all the modern comforts.





Aman Venice is set in a historic 16th century Grand Canal palace, with frescoed walls and ornate fittings; (Right) Amankora Bumthang takes its design cues from Japanese minimalism.

Adrian Zecha's idea was to build a collection of intimate retreats with the warm hospitality of a gracious private home. He called them Aman Resorts.

Design is at the core of every Aman hotel; it has always been since the time Adrian Zecha, a former journalist, decided to throw up his writing and editing career to become a hotelier.

The world created by Zecha

No one in the incredibly close-linked world of luxury hospitality (where everyone knows everyone else or at least, everything about everyone else) can say that they know Adrian Zecha well. The elusive hotelier is a fiercely private man. So much so, that besides his executive secretary and the few key people in his core team, no one can claim to have a clue about how he functions or his thought process.

People who know him say he is an idiosyncratic and determined 80-year-old entrepreneur. Born in 1933 in West Java, Indonesia, Zecha lived with his grandfather before the Japanese empire occupied much of this beautiful Indonesian archipelago during World War II. Zecha's family were affluent tea plantation owners but when President Sukarno nationalised private businesses

right after the war, the family fled to Singapore. Zecha was packed off to study in the relatively safe city of New York, even then the centre of swing globally, and he decided to stay back to work as a journalist with *Time* magazine. Their deep connections with Asia, however, inspired Zecha and his wife, Bebe, to quit New York and move to Singapore.

His tryst with the hotel business was quite by accident. A friend asked him to help the Marriott Hotel chain broker land deals in Asia. So enamoured was he by his experience that he founded Regent International Hotels, one of Asia's first luxury hotel groups.

The first Amanpuri 'place of peace' was a result of another 'happy accident'. He was hunting for a holiday home in Phuket when he stumbled across a beautiful coconut grove overlooking the crystal-blue Andaman Sea. So inspired was he by the pristine destination that he put aside plans to build a house and decided to take the plunge into the tumultuous world of luxury hospitality. With an estimated



\$4 million budget, Amanpuri, designed by Ed Tuttle, opened in January 1988 on the Thai island of Phuket. The idea, Zecha says, was to build a small boutique resort in partnership with long-time friend Anil Thadani. They dipped into their own savings to fund Amanpuri Phuket, which features 40 Guest Pavilions and 30 Aman Villas. Each pavilion has orchid-filled vanity in the bathroom and sala (open-air space), rattan furniture, and Thai silks. Common areas are fashioned from granite and hardwood. Dinner ranges from torch-lit barbecues on the beach to dining in-house at Naoki, where Japanese-French cuisine is served.

The idea was to build a collection of intimate retreats with the warm hospitality of a gracious private home. Aman opened doors to discovery in exceptional locations, both remote and urban. Each resort and setting has always been unique and offers an experience that is intimate, intuitive and discreet. Ten resorts out of 34 are in and around the UNESCO Heritage Sites.

Amandari in the spiritual haven of Bali followed in 1989. Zecha ferreted out remote, natural settings to establish minimalist über-luxurious boutique resorts that redefined how the world vacationed. Among the amazing properties he opened is Amanjena, Marrakech, which rests in an oasis of date palms and olive trees, facing the snow-capped Grand Atlas mountain. You walk in through soaring columns, walk past marble fountains and enjoy views of a candlelit Bassin, an ingenious Arab invention used to collect irrigation water from the mountains.

The architecture evokes the tranquillity of a mosque and the beauty of Marrakech. Architect Ed Tuttle, who has designed most of the Aman properties, outdid himself with an inward-facing layout, colonnaded arcades, domes, arched portals, and the sound of water everywhere.

Much like Zecha, his resorts were private and secluded (they continue to be so, though he doesn't own them anymore). In its 25 years of existence, Aman Resorts has become a prestigious and profitable hotel brand; the group celebrated 25 years in 2013.

Today, you find Aman Resorts in some of the most stunning, historic and intriguing destinations across the world: from the snowy peaks of Wyoming to the jungle-clad ruins of Siem Reap and the palaces of Beijing. On being asked how he chose his locations back then, Zecha says, "I listened to my gut. There are still many wonderful, underdeveloped places in the world, and when I visited them, I unconsciously related to [the] Aman junkies. If, in my opinion, it is a place they would find interesting or beautiful,

I assessed the practicalities of building a resort there. As always, the location and environment dictated the inspiration for each property."

He chose the destinations for his Indian hotels, too, in somewhat the same manner. The desert state of Rajasthan is home to the Aman-i-khas, set amidst the tiger country and serenity of Ranthambore National Park. Also in Rajasthan, the Amanbagh, Alwar recalls the charm and grandeur of Mughal architecture and design. "India has the same material comforts as the West but has never lost its culture. That's impressive."

During his time, Aman Resorts had 25 properties across 17 countries and yet, he never did call the group a 'chain of hotels'. In an interview to *Ralph Lauren magazine*, Zecha had said, "The (idea of a) word chain is a cliché, and a chain hotel conjures up a mass image, which is precisely the antithesis of how I hope Aman is perceived. We prefer to be just referred to as the Amans."

Design at their core

The company had at its core a trinity of architects — Ed Tuttle, the late Kerry Hill and Gathy, who first met Zecha through a project he'd designed in the Maldives. "I think Zecha liked the fact that my designs were so well-balanced and geometrical," he has said. There is structure, a symmetry in not just Gathy's designs, but also in the work of all the other architects who Aman collaborates with, though each one is different.

If the Utah resort has large panel-formed concrete walls and contrasting tones of wood, juxtaposed against natural earth-coloured stone floors,

wood walls and ceilings to place the resort in a cultural context, Aman Venice is set in Palazzo Papadopoli. One of the largest private palazzos on the Grand Canal, with a 21,000sq ft interior and a famously large canal-facing garden, it was transformed into a resort that retains the glory of the palazzo while zooming elegantly into the 21st century. Amanbagh in Rajasthan is set within the elaborate Mughal gardens where the Maharaja of Alwar and his retinue pitched their tents on the days they were hunting. Wedged between the rugged Aravalli hills, this is architect Ed Tuttle's ode to Rajasthan's past: an explosion of domes, a secluded courtyard around which revolve the residences and villas, the *jharokhas* and the alcoves, and the Mughal-esque gardens with indigenous

The design-oriented hotels have at their core a holy trinity of architects — Ed Tuttle, the late Kerry Hill and Jean-Michel Gathy, who has also designed the yet-to-open New York hotel.

trees that attract the most beautiful of birds, from parakeets to grey partridges.

Zecha was obsessed with details. He would personally select the bed sheets and reportedly spent upwards of \$350,000 on one room. When it came to location, he was single-minded. Miltos Kambourides, whose firm owns the Amanzoe in Greece, recalls that when the two joined forces in 2004, Zecha gave him very specific



(Left) The tented dining room of Aman-i-khas, Ranthambore;
(Right) Aman Venice and its neo-classical interiors.



The Amangiri Utah resort has a huge rock jutting out into the swimming pool, juxtaposed against the endless rock vistas in the south and alpine forested mountains in the north.



New verticals and new businesses

Doronin is expanding Aman Resorts into brave new directions. Aman Wellness, one of the new verticals, offers what Doronin calls “reawakening journeys” — from the hammams of Morocco to the hot springs of Japan and the ruins of Rajasthan, which form the perfect backdrop for yoga sessions. “We integrate local spa rituals with indigenous ingredients, a profoundly therapeutic touch, and a gentle sense of joy and discovery,” says Doronin, who himself heads out to Bhutan for his wellness breaks. Then there is Aman Luxury Skincare, which includes rare and precious ingredients such as argan stem cells, Kalpariane™ seaweed extract and hyaluronic acid, and essential oils ranging from sandalwood, amber to rose. Aman has also launched its private jet experience, which will be limited to just 12 people per journey. While there are some set itineraries within Indonesia, China and Bhutan, Aman Private Jet allows guests to customise their journey — visiting the properties they want (not necessarily Aman Resorts), when they want. Aboard Aman’s Bombardier Global 5000, fliers will enjoy customised meals, access to their luggage, high-speed WiFi, and Aman’s line of skin products. The interiors align with Aman’s overall aesthetic — minimalist and chic.

instructions about how the property should “be off the beaten track, have virgin nature, unobstructed views, access to a great waterfront and beach, and be surrounded by points of interest”. When Kambourides brought Zecha to his proposed site two years later, he says, “he got out of the car and simply said, ‘This is an Aman site,’” and then left.

Zecha made his love for privacy work on several different levels. The Aman Resorts rarely advertised; even today, they never do. He says, “When a restaurant advertises, one knows that it is usually not wise to eat there.” The ultimate luxury tier in the Aman’s accommodations — the Aman Villas — is based on the concept of consummate privacy: they offer services and facilities of a resort at the villa. You will find these gorgeous villas situated adjacent to a number of Aman Resorts in destinations such as Thailand, the Philippines, the Turks and Caicos Islands (an archipelago of 40 low-lying coral islands in the Atlantic Ocean, southeast of the Bahamas), Utah in the US, Greece, Turkey, Morocco, Indonesia, and now New York.

It was in Zecha’s time that the word ‘Aman junkies’ evolved to refer to the people whose travel itinerary includes hopping across the different Aman properties around the world — among them Robert Redford, Brad Pitt, Angelina Jolie, Bill Gates, and the Sultan of Brunei, people so addicted to his brand of luxury that they flock back like birds, to home in on an Aman somewhere in the world. They continue to do so, much after Zecha has bowed out. Aman Resorts all over the world are not just beautifully designed, but also adhere to the highest levels of

privacy and luxury — you won’t find single-use shampoos in the bathrooms, or tacky signs leading to the pool, or anything that takes away from the luxury experience.

Changing hands

Zecha left after Colony Capital, the real estate investment fund, took a majority position in the ‘90s and considered expanding the brand. He returned as chairman in 2007, when DLF, which wanted to expand into ultra-luxury hospitality, bought Aman for a reported \$400 million, including debt. By 2010, DLF was ready to sell Aman and many big brands, including LVMH Moët Hennessy, the private equity titans Carlyle Group and Blackstone wanted to buy them. In the end, Omar Amanat, a 42-year-old American entrepreneur, and Doronin, a Russian property mogul in his early 50s, bought it for a bid of \$358 million. Later, there was a fall-out between the two and Doronin runs the Resorts.

Though he has put urban resorts at the core of his expansion, he continues to be open to new destination resorts and is passionate about valuing and restoring heritage, in keeping with Aman values.

A passion is visible in the never-before transportation and restoration of heritage Ming and Qing houses and 10,000 camphor trees, which were doomed to be drowned by a dam, to Amanyangyun, Shanghai, in 2018. Aman Kyoto which opened in November 2019, nestles in a once-forgotten secret garden in the former imperial capital of Japan, within walking distance of the Kinkakuji Temple. Like every Aman, it reflects both minimal luxury and contemporary savoir-faire. 

The World of Lodha

From amateur golf championships to running the Pinkathon, there is a lot happening at the Lodha community. A round-up.



Milind Soman brings the celebrated Pinkathon runs to Palava

Palava, India's No.1 smart city has always been an advocate for a healthy and active lifestyle and hosts events and activities which create awareness and encourage citizens to stay fit. In September, the city became the venue for Plankathon (an execution of several planks to raise awareness about the need for fitness) and Pinkathon (a women's marathon created to spread awareness about health-related issues) runs, of which ace runner, actor and fitness icon Milind Soman is the brand ambassador. Soman, and the over 1,000 women who participated, first executed the plank for 90 seconds, making it to the *World Book of Records*, followed by 3km, 5km and 'baby-wearing' runs."

Celebrating 1 lakh happy residents

In just nine years, Palava is home to over one lakh happy residents, making it one of the fastest-growing new cities in India. To mark this occasion, the city hosted several celebrations at the various clubhouses in Palava, as well as at the Xperia Mall. From cake-cutting to talking about their memorable experiences of the smart city, residents across age-groups were at the centre of the merrymaking. Palava has been hailed for creating a sustainable living ecosystem, in keeping with the needs of modern times.





Teeing off at Lodha Belmondo

Forty junior golfers from premier schools of Mumbai and Pune battled it out at the 45-acre Greg Norman designed golf course at Lodha Belmondo on 7 December. Advait Razdan (Dhirubhai Ambani International School, Mumbai) and Yuavan Khubchandani (Cathedral & John Connon School, Mumbai) secured the first and second positions respectively in the U-12 category. Jay Pant (Vasant Vihar School, Thane) and Mayara Sharma (The Lexicon International school, Pune) secured the two lead positions in the U-15 category. The golf course, flanked by the Pavana river and with the magnificent backdrop of the Sahyadris, formed a scenic setting for weekend networking for the parents, too.

For the fine gentlemen

As befits the buildings they create, Lodha Luxury has hosted some of the finest events that celebrate the superlative nuances of life. One such event, *A Gentleman's Evening*, was hosted at Lodha Maison in October. Luxury brands such as Moët Hennessy India, Stefano Ricci, Bentley, Jager-LeCoultre and CitiGold came together

to organise an extravagant experience for Mumbai's elite, select media and influencers. With each floor of the 5-level townhouse converted into an exclusive experience zone and Lodha Luxury's in-house hospitality expert Saint Amand catering to each guest's culinary desires, the evening was truly an unrivalled experience!



Captained by the best

Amara, the sprawling residential complex in Thane, recently hosted the Amara Football Challenge on its newly opened international standard football ground. It featured two teams — Amara All-Star XI comprising of residents, and Renedy XI, a team of first-time national level players. Renedy XI was captained by Renedy Singh, an ex- Indian Team member, who has played on both the Mohun Bagan and East Bengal teams. The match ended in a 3-0 victory for Renedy XI. Renedy Singh advised the budding footballers to take complete advantage of the sports facilities at Amara, work hard, and become great players.



Walter Gropius's Master Houses

The Dessau Masters' Houses were based on the original designs of Walter Adolph Gropius, a German architect and founder of the Bauhaus school (an art school operational from 1919 to 1933, which combined crafts and the fine arts). The city of Dessau commissioned Gropius to construct three pairs of identical semi-detached houses for the Bauhaus masters. The buildings take the form of interlocking cubic structures of various heights. Towards the street, the semi-detached houses are distinguished by generously

glazed studios; vertical strip windows let light into the staircases and there are colourful accents on the window liners and the undersides of the balconies. The houses were built in a small pine-wood on the street, now known as the Ebertallee. The tooth-shaped buildings house the largest and finest Bauhaus collections of 20th-century design. In May 2014, the new Masters' Houses Gropius and Moholy-Nagy were reconstructed and opened to the people by the Federal president, Joachim Gauck. 🌐



**When you go beyond wealth,
life sets you free.**

You listen to your inner voice. You set out to discover the undiscovered.
And strive to live all the moments you have wished for.

Beyond wealth lies a relationship with life.

ICICI Securities Private Wealth Management, Unit No. 101, 1st Floor, Akruiti Trade Centre, MIDC, Andheri (East),
Mumbai - 400 093. Tel.: 022 4084 0270 | Email: privatewealth@icicisecurities.com

ICICI Securities Ltd. (I-Sec). Registered office of I-Sec is at ICICI Securities Ltd. - ICICI Centre, H. T. Parekh Marg, Churchgate, Mumbai - 400020, India, Tel No: 022 - 2288 2460, 022 - 2288 2470. The contents herein above shall not be considered as an invitation or persuasion to trade or invest. I-Sec and affiliates accept no liabilities for any loss or damage of any kind arising out of any actions taken in reliance thereon.

★
TIME TO REACH YOUR STAR

THE WORLD'S TALLEST BUILDING. FOR NOW.

DEFY
EL PRIMERO 21



★
ZENITH
THE FUTURE OF SWISS WATCHMAKING SINCE 1865



ASTON MARTIN

MUMBAI

BEAUTIFULLY BESPOKE.
BRILLIANTLY SIMPLE.

VANTAGE



PERFORMANCE CARS (Division of Infinity Cars Pvt. Ltd.)

Aston Martin Mumbai: Dr. Annie Besant Road, Opp. Nehru Centre Worli, Mumbai - 400 018.

Tel: +91 75069 21007 | mumbai.astonmartindealers.com