

# the MAN

THE WEEK

FEBRUARY 2017 • ₹100

**AAMIR KHAN**  
*The Diet Behind His  
Body Transformation*

## Luxury Redefined

*How Millennials have  
reconfigured the concept  
of luxury – from bespoke  
to artisanal & from  
technology to experiences*

SPECIAL

**TOMMY  
HILFIGER**  
On The Indian  
Who Saved  
His Biz!

*Steam It Up  
This Valentine's!*

The Man Who  
Gave Up His  
Country For  
**FOOTBALL**

**NICOLE KIDMAN**

*“Never Write  
Anyone Off!”*

**AMEESHA PATEL**  
*Gets Fierce*

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FULL DAY DISPLAY

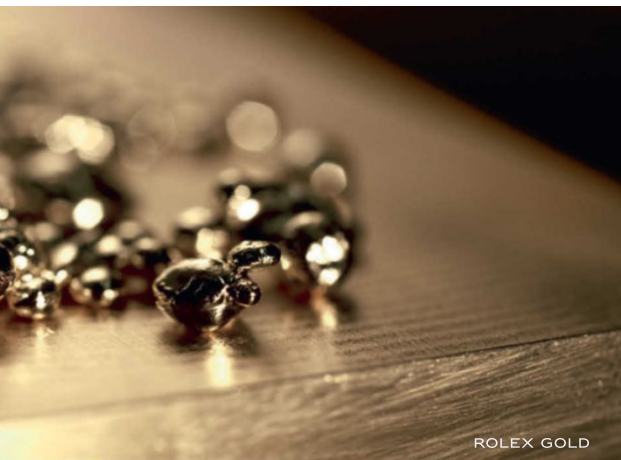


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ICONIC FLUTED BEZEL





ROLEX GOLD



THE LEADERS' WATCH

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IS A WITNESS  
TO THOSE  
WHO CHANGE  
THE WORLD.

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OYSTER PERPETUAL DAY-DATE 40



ROLEX





## Note from the « Issue Editor »



**FROM TOMMY HILFIGER'S INFAMOUS OPRAH** interview to the very 'global Americana' feel of his clothes and business empire, I am a bit uncomfortable in admitting this – I generally dig his clothes. The two boutiques I straightaway head for at Delhi's Select Citywalk are almost always Tommy Hilfiger and Zara (there is a new entrant to my fave list – Massimo Dutti, but that's another story). Even when I don't end up buying anything, checking out TH's latest has become de rigueur for me.

As we feature an exclusive piece written by the man himself (Classic Twist, on Page 54), I wonder why I have this affinity for the TH brand. It is too American and too universal for my sensibilities, yet, a good chunk of my winter wardrobe are pieces picked up from the brand. And it ain't seasonal, either. Some pretty nice T-shirts and

khakis round it all up.

As I read Hilfiger's growing up story of setbacks and comebacks and of grit and glory, one thing was evident – while circumstances changed and things did not always go according to what he had in mind, the fundamental idea about the kind of clothes he would do was precise and clear in his head, the all-American 'classic with a twist' that his first collection turned out to be, and the ideal that's been the driving force for the brand, even while it went global and expanded. It is that reassuring simplicity of the familiar, even while adapted to a slick in-with-the-times fashion sensibility, that does it for me, as well as countless other patrons of TH. Hilfiger's story, and the mysterious Indian who helped him, is the stuff that inspiration is made of.

But there's lot more emotion and enjoyment packed into this issue in this season of love – from Irata Azumi's love of football leading him to even give up his motherland (Page 30) to Nicole Kidman talking about the absolute intangibility of a mother's love – even when you are not the birth-mother (Page 34). And what is a Valentine's issue if we, as usual, don't spin our own lusty spin on love and longing, right? (Page 59)

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# the MAN

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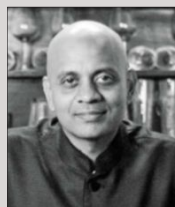
## « CONTRIBUTORS »



**TOMMY HILFIGER** is the American designer behind the global fashion brand of the same name. He began by designing a sporty look for men, and later for women as well. This issue features an exclusive excerpt from his autobiography *American Dream, My Life in Fashion and Business* on how he started out, and the Indian businessman who helped him out.

| Page 54

**VIKRAM ACHANTA** is one of the leading alcohol consultants in the country today. As co-founder and CEO of tulleeho.com, Delhi-based Vikram offers beverage training workshops and also runs a bartending academy as well as a wine academy. His long-running column in THE MAN, 'Liquid Pleasures' is fun, informative and hugely popular.



| Page 97



**MEGHNA GUPTA** is a leading cosmetic dermatologist and director of Delhi Skin Centre. She believes in holistic medicine that incorporates state-of-the-art medical therapy, diet modification and relaxing therapies. Delhi-based Meghna advises on how your skin-care regime has to be altered depending on your age group.

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**SWAPNIL HAZARE** is a Mumbai-based senior fitness consultant at ProSport Fitness, & a former professional cricketer, competitive swimmer and a black belt in Karate. He brings his expertise in strength training, metabolic conditioning, functional and sports specific training to sports and film celebrities.



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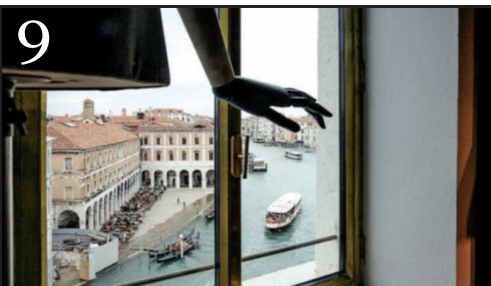


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PHOTO CARROT GK

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# « letters »



## MAN MADE

.....from our Archives



**SHAH RUKH KHAN AT 50+ REMAINS REMARKABLY FIT** and perform roles with younger generation actresses with aplomb. (*Fit Factor*; Jan'17).

| **MAHESH KUMAR**, Delhi

**YOU STARTED THE NEW YEAR WITH A BANG WITH** Hrithik Roshan on the cover (*Jan'17*). I have been following Savoir Faire and find the writer in sync with the trends, even if they are not always top of the line luxury. Another column I enjoy reading is Liquid Pleasures. I didn't know there were so many varieties of good liquor right here in our own country.

| **SHASHI**, Mumbai

**THANK GOD FOR CARLTON (BRINGING SEXY BACK; Jan'17).** Loved the picture on page 37. Is that Shah Rukh Khan's body actually (*Fit Factor*;) or is it photoshopped? Women Bartenders (*She calls the Shots*). Yes, they are calling the shots, indeed!

| **AMRIT SINGH**, Delhi

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**GREAT TO READ ABOUT ARAVIND K.P (SPEED DEVIL; JAN'17).** Racing in the Dakar is no mean feat. Glad to see Indians finding their way there.

| **NIKHIL SHAH**, Mumbai

**SCARY REALITY (THE POST-TRUTH AGE; JAN'17) DE-** spite a tsunami of news and information out there, what are we supposed to believe? A lot of celebrities are getting into fashion designing. It's no surprise that singer Zayn Malik, is as well (*One Way or Another*).

| **ANKIT MISHRA**, Mumbai



PHOTO RAKESH SHRESTHA

**I**t's nice to be cool despite the pain. Otherwise, what's the fun? Better to have loved and lost than to have never loved at all, is what I believe in. What the hell, life goes on.....People lose loved ones and still go on with their lives. Death is a fact and we carry on as we are immortal. If that isn't being optimistic, what is? I am not saying that you set yourself up to get hurt. Be cautious. Maybe the other person doesn't really want to be in a relationship....Sometimes we enjoy being with a man so much that we become optimistic and hope that he will change his mind and even his heart. You know what? Nothing changes but their shirts.

*Exclusive interview with Vidya Balan from the January 2010 issue of THE MAN*



MAGANDEEP  
SINGH

# Bedraggled & Bedazzling

*Glamping at the many proliferating music fests around is as similar to camping as trekking is like F1*



**R**ECENTLY I WAS AT MAGNETIC FIELDS, ALSISAR in Rajasthan. And you can already tell I didn't naturally belong there for then I would have simply said MagFields. Like their hashtag. Or their Insta. Or whatever. Point is, there I was amid a tribe of privileged millennials all trying harder than the next to look more bedraggled and more drugged than the next. Then there was me, dressed the same for an underground electro party as I would be for the beach and with an ever-trustworthy Jameson-gingerale-soda in my hand.

It was my first at any such gathering; I have never been to a music festival before. When they told me I would be living in a tent I imagined a barren wasteland with a few propped-up dwellings where poverty-stricken artists would be playing their tune

in the hope that someone drops a few pretty post-demonetisation notes into their instrument case. Evenings, I imagined, would be spent with the same DJs, passing the pipe and discussing the devil that's democracy and capitalism. And then we would all burn an effigy or something, a symbolic giving to the flames of all that's material and desire, and take a combined oath to not bring harm to any creature, only eat and wear vegan, and leave this world only with our memories and experiences. There would, of course, be an oath involved and a strong resolve to return next year.

But it was nothing like that; my tent had a full-fixture toilet, the food stalls were arranged by cuisine, the concerts had more rig than NASA and the bars, more Jameson than Ireland! Welcome to the elite world of

glamping where you know someone is truly well off when they have gone out of their way (or their Butler went out of his) to make sure they look like something that even the cat would refuse to drag in. Glamping is like camping in the same way that trekking is like Formula 1.

So how do you present yourself for glamping: designer-drab would be my guess. Wearing sunglasses at night is a way of showing you are above weed, that you are the proverbial lab-rat for mind-altering substances that will become the masochistic scourge of the next generation. It implies that your pupils have dilated so much so soon that you are practically seeing the light at the end of the tunnel, but can't leave till the next DJ has played his set. And then you walk around in clothes that make the organisers wonder if you used their tents to fashion them. If it fits then you clearly won't, fit in that is. The more you can embellish and accessorise, the more committed you are to show you don't care. People will instantly recognise that you wish to be noticed for someone who is trying not to be noticed. Your telos is to not have one. Each person is a psychiatry case study waiting to be written.

And why did I notice all this; because I was drinking good ol' Irish whiskey. It is smooth and clean and works well when stomping feet and singing along to The Proclaimers, but the gentle glass-chime beats of Daisuke are a bit lost on it. Without Jameson it wouldn't be glamping, now would it?

My wryness may belie that fact that I really enjoyed myself. Sure, I was the wrong age and the wrong music-type, maybe even the wrong DNA, but I still managed to find some things endearing about the whole festival and, I daresay, I look forward to going back next year.







## Write On!

*Montegrappa customises pens only for you*

**IF BESPOKE IS THE TRENDING WORD IN LUXURY** these days, Montegrappa, makers of high-end pens have it down pat. In continuation with the Italian luxury brand's tradition of innovation, it has just started offering bespoke services for its pens in India - from hand-etching by burin engraving, die-casting, low-relief engraving and hot enamelling, a service with virtually no limits, but the client's desire.

"Any design is possible," vouches a spokesperson, "the design is first taken on paper and then transposed on the pen." While primarily customers ask for wedding designs (bride/groom images to be engraved or image of parents), often the sky is the limit. An oil company in Dubai got an image of their building on the barrel of the pen, as well as an image of the director - on a total of 16 pens! While colours are difficult to put in on gold and platinum

backgrounds, it's no issue when enamel (or even diamond) is the background.

Sylvester Stallone's Chaos pen uses this background for a colourful pic, while closer home, the company recently gifted a white gold pen to Saif Ali Khan with an image of the nawab of Pataudi playing a sweep shot on the barrel and their Ibrahim Kothi (the family palace in Pataudi) on the cap and their crest on top of the cap and the inkwell.

Like all good things, it's no quick fix, too. As the craftsmanship is quite unique and the personnel have to undergo training at the Montegrappa HQ in Bassano for two years, the work is all done in Italy once the order comes in - and this can take anywhere from four months to one year. "We missed a couple of hot deals in this marriage season as the time consumed for pen-making was an issue and then demonetisation played a role," says Montegrappa India COO Atul Gupta.

Despite these minor slips and after launching the Montegrappa showroom in Mumbai's Palladium mall, since expanding to other stores (see list below), the response has been encouraging, say company officials. "Customers are excited about the concept as this is a product that is supposed



*Customers are excited about the concept as this is a product that is supposed to be passed on to generations as family heritage property*



ATUL GUPTA, *Montegrappa India COO*

to be passed on to generations as family heritage property," points out Gupta.

**Cost:** From ₹6 lakh to ₹80 lakh. Varies depending on the material and complexity.

**Available:** Montegrappa store, Palladium, Mumbai; Popley, Grand Hyatt, Mumbai; Popley, Bandra, Mumbai; Swiss Paradise, Borivali, Mumbai; Helvetica, Express Mall, Chennai; Rodeo Drive, Richmond Circle, Bengaluru; Johnson Watch Company, Connaught Place, Delhi

**K. SUNIL THOMAS**





A view of the Grand Canal from the women's shoe department of T Fondaco dei Tedeschi in Venice



PHOTOS MATTIA BALSAMINI

# PALATIAL SHOPPING

*A Renaissance palace is renovated into a luxury store. So will it be to Venice what Harrods is to London and Saks Fifth Avenue to New York?*

A few weeks ago, the Fondaco dei Tedeschi, one of Venice's most majestic Renaissance palazzos, overlooking the Grand Canal and steps from the Rialto Bridge, opened to the public again.

Over the last seven years, the building, once a trading centre for German merchants, underwent a multimillion-dollar restoration by OMA, the architecture firm of Rem Koolhaas, with interiors by the London-based architect Jamie Fobert. The result preserves some elements of the building's history, including a renovation under Napoleon, when it became a customs house, and a more radical change under Mussolini, who transformed it into Venice's main

post office. The decor takes inspiration from Venetian lace, the city's trademark terrazzo floors, tapestries and architecture.

So what is it now? A museum? A research facility? A modern art gallery?

None of the above, though it is expected to be a major tourist destination. The Fondaco has been rechristened T Fondaco dei Tedeschi and turned into a 72,355-square-foot luxury emporium for the Hong Kong-based DFS Group.

Yes, the duty-free retailer.

The lifestyle department store, as it is being billed, will offer a mix of Italian and international brands, including Fendi, Valentino, Jimmy Choo, Burberry, Tiffany and Bulgari, just as DFS does in its airport shops. But the similarities between this operation

and what travelers see at John F. Kennedy International Airport or Abu Dhabi International will end there.

The Fondaco is the latest example of what has been a conscious, but relatively low-key, expansion for the company, founded as Duty Free Shoppers in 1960 by Robert Miller and Charles Feeney; LVMH Moët Hennessy Louis Vuitton has been its majority shareholder since 1996. Along with the Parisian department store Le Bon Marché Rive Gauche and the Sephora cosmetics retailing chain, it is part of the group's Selective Retailing division.

The Fondaco will be the 17th retail complex DFS has opened in downtown and resort locations under the name T Galleria (the T stands for traveller). While its other





The men's fashion area.

urban outposts are primarily in Asia and the Pacific islands — there are three T Gallerias in Australia and New Zealand and one in Hawaii — the Fondaco will be DFS' first European location. If it works, it may herald a new venture in the stagnant world of Western department stores.

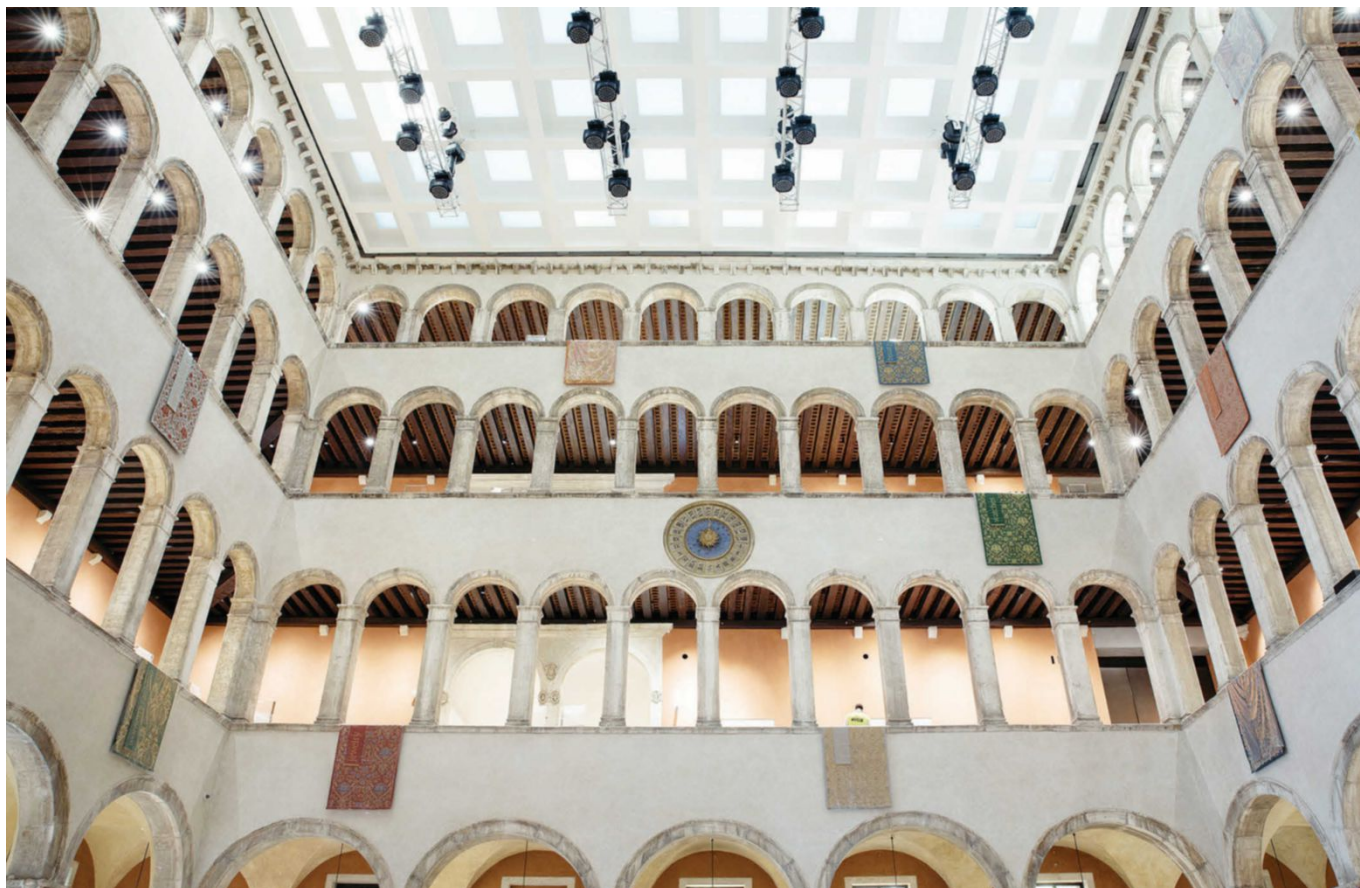
But given that DFS is probably best known as a quick-stop airport outlet, albeit the most glamorous of a mostly unglamorous bunch, success is by no means guaranteed.

"London has Harrods, New York has Saks and Venice will have the Fondaco," said Philippe Schaus, the chairman and chief executive of DFS. "What we're doing has never been done before: taking a building of that magnitude and historical dimension and transforming it into a commercial centre."

The name T Fondaco Dei Tedeschi is meant to capitalise on the distinctiveness of the Venetian landmark (and, perhaps, to give the store an identity beyond DFS). The emporium will also offer high-end local products, such as Murano glassware, and have a restaurant managed by the Michelin-starred Venetian chef Massimiliano Alajmo and designed by Philippe Starck. And Ven-







The courtyard of the complex, which has a restaurant managed by Venetian chef Massimiliano Alajmo and designed by Philippe Starck.

A view of T Fondaco dei Tedeschi from the Palazzo dei Camerlenghi.



*What we're doing has never been done before: taking a building of that magnitude and historical dimension and transforming it into a commercial centre.*

PHILIPPE SCHAUS, the chairman and chief executive of DFS



ice itself will be on display from the building's panoramic terrace.

"Travel retail is very standard, but the trend now is to make the stores less standard, make them more local," said Stefania Saviolo, director of the Luxury & Fashion Knowledge Center at SDA Bocconi, a Milan business school that provides management trainees for DFS.

Venice was chosen as the inaugural site "because it is such an iconic city," Schaus said — and because it lacked "organised distribution for luxury products," a vacancy that the Fondaco intends to fill. Though DFS hopes to attract Italian shoppers, Venice's shrinking population — 55,000 in the historic centre at last count — doesn't offer a robust customer base, so the store will have to appeal to the millions of tourists

who visit the city.

This comes with its own set of challenges, however, most notably the need to ensure well-heeled customers a glamorous and indulgence-filled luxury experience in a destination mobbed by cruise ships.

The group was considering Paris and other European cities, Schaus said, but when the Fondaco — which the Benetton family bought in 2008 through its holding company, Edizione — was offered for lease, they saw it as "an opportunity too good to miss."

Anyone approaching the four-storey space through the imposing marble entry, topped by a sculpture of the winged lion of St. Mark (the symbol of Venice) and leading into a vast central courtyard, will probably never look at airport shopping in quite the same way.

**ELISABETTA POVOLEDO**





T H E M E



# LUXURY REDEFINED

*The world is a different place and luxury has a new definition.  
We look at why luxury will never be the same again*

By **ASHWIN RAJAGOPALAN**









**M**illennials, social media, online retail, disruptive brands and experiences, expansion of traditional luxury markets and responsible luxury. The world in the 2010s is clearly a different place. This could be the reason luxury now is so different from your dad's generation. It doesn't matter what your dad or you think, the die is cast. By 2020, the luxury landscape will be radically different from 2010, when the luxury industry was still licking its wounds from the 2008 recession.


Expensiveness and exclusivity have always been the hallmarks of luxury. In 2015, a global survey of luxury consumers (by Albatross Global Solutions) revealed that 86 per cent consumers thought 'quality' was a key luxury attribute; in contrast







only 52 per cent cited 'exclusivity'. John Ive, Apple's head of design, said he was uncomfortable with the 'exclusive' tag for the Hermes Apple Watch. Small and personal luxuries have also come to dominate the 21st century brand of luxury—afternoon tea, precious time with friends and family (we hear the term 'making memories' banded about a lot these days). It's why many surveys point out that millennial consumers typically use up their vacations, unlike the Gen X Baby boomers who were too busy making money.

We take you through some of the trends that are likely to define luxury in the immediate future (you need to be a whizz to predict the distant future in this disruptive new world). Most of these trends have already started playing out and you may find that you're part of the cast, too! 








A photograph of a swimming pool with a view of the ocean and tropical plants. The pool is in the foreground, and the ocean is in the background. There are some tropical plants on the right side of the pool.

# Can You Feel It?

*The emergence of experiences as a luxury differentiator*

**A 2014 SURVEY IN THE US DISCOVERED THAT 78** per cent of millennials would rather spend their dollars on a desirable experience or event rather than investing in a desirable object. It merely confirmed what brand marketers already knew. YOLO (You Only Live Once) and FOMO (Fear of Missing Out) are terms that are no longer alien, it defines the spirit of the new luxury consumer who is keen to step out of his consumer zone and pay top dollar for companies that can create bespoke experiences. From truly embracing local culture to being the first to experience everything, modern day consumers are demanding that luxury brands play ball. It's why Airbnb can sell apartments at rates higher than the St Regis in certain cities.

Aston Martin collaborated with furniture designer Tom Dixon and created a spe-

cial experience zone—a pop-up department store in London's Old Selfridges Hotel. It is a clear indication that the traditional showroom or retail store is less intrinsic to the consumer's buying process. Consumers would rather shop for a brand in an environment that is a truer reflection of their own lifestyle. Hamley's, for instance, partnered with the Hyatt Regency in Chennai as part of their family-driven Sunday brunch concept to create a deeper connect with kids. It's also changing the age demographic of buyers in well-established luxury categories. Princess, the luxury yacht manufacturer, recently revealed the fastest growth is now coming from buyers in the 30-50 age group. It's no longer a post-retirement investment, but a younger consumer who is seeking a unique experience. 

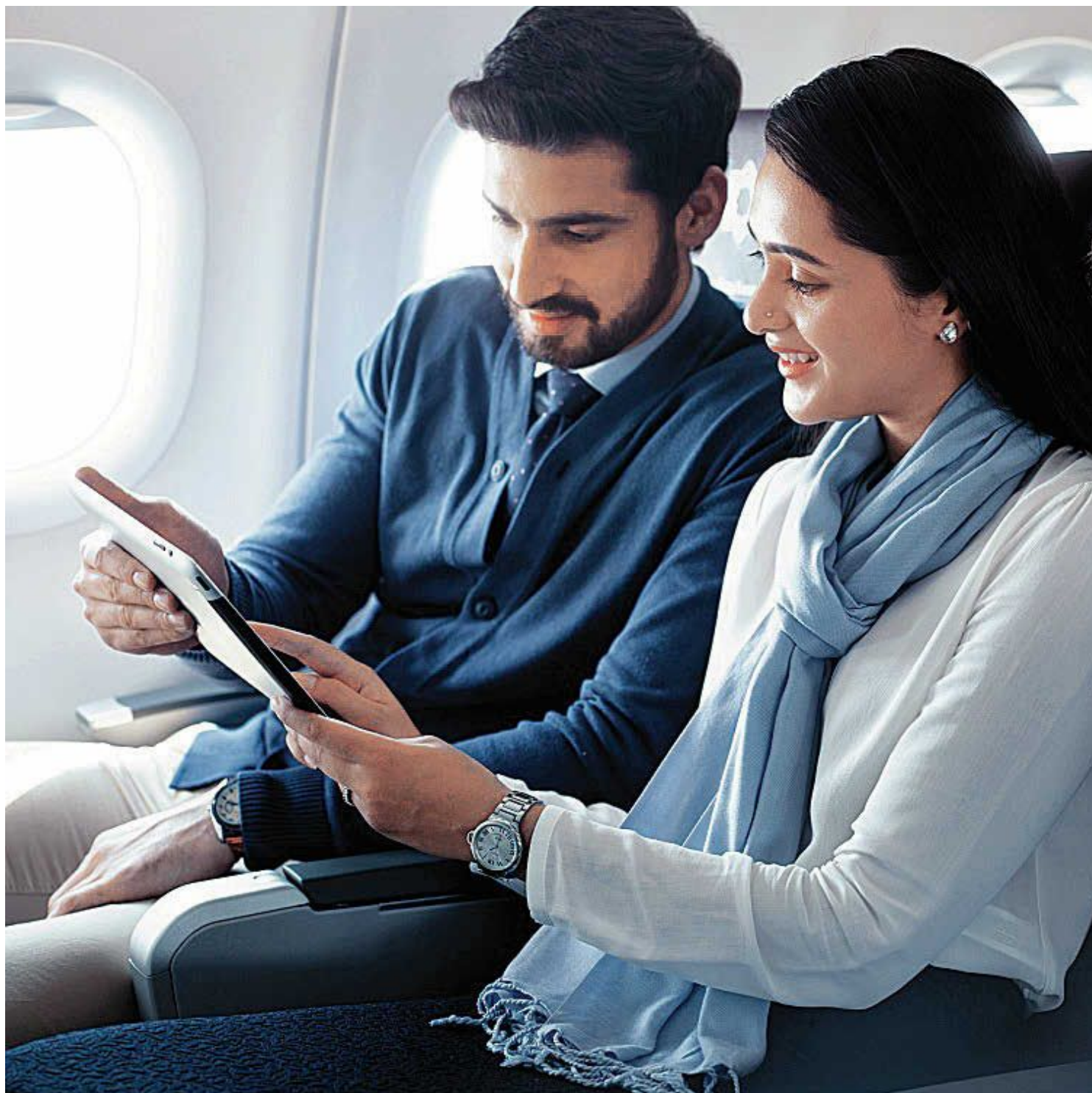




# Home Spun

*Rare local brands become sought-after in an otherwise cookie-cutter world*

CHANEL OR MOËT CHANDON ARE NOT GOING ANY-where and are probably here to stay. It's tough for an upstart luxury brand to match the brand lineage and experience of iconic luxury brands, but that doesn't mean there's no room for new players. Until recently, Chinese and other emerging luxury markets like India were driven by the need



to use luxury brands as a marker of status to show they've arrived. That's no longer key in such markets, which are seeing more self-assured and evolved luxury consumers. It's no longer that important how your peers view you, especially if you think you have already arrived. Clearly, these consumers are now on the higher end of the proverbial



Home-spun boutique luxury travel experiences like that of Vistara has seen wider acceptance by locals



Nigerian fashion brand Deola Sagoe is an example of a sought-after label emerging from a local market not traditionally associated with luxury

al Maslow triangle. It's also seeing a wider acceptance of home-spun local brands. It's why you will pay a premium for an Amrut Single Malt without batting an eyelid or consider Xiaomi's new concept smartphone designed by Philippe Starck.

Not surprisingly, experiences are leading the way in the emergence of local brands, especially in Asia. Airline brands like Vistara or a boutique travel experience like Bangkok Airways are now on the radar for many high fliers. It's also seeing strong boutique fashion brands emerge in markets traditionally not associated with bespoke luxury brands—Nigerian fashion brand Deola

Sagoe is a case in point. It's not just about travellers to a new country seeking out a local alternative in a bid to break away from cookie cutter luxury shopping experiences, but also affluent locals in the market willing to pay more for home-grown brands. The 'rare' element that defines luxury is also seeing a widening of categories. Artisanal experiences and products from bread to cheese and new age diets have redefined luxury gourmet food. It's not just caviar and champagne anymore. US retailer Neiman Marcus demonstrated this when it sold collard greens at ₹4,500 (plus shipping!), sparking internet trolls. 





# Luxury with a Conscience

*How luxury brands are discovering the merits of being ethical*

## APPLE CAN SAY THAT THE IPHONE WAS DESIGNED

in California, but most consumers know that their phone rolled off an assembly line in China. It's the same for quite a few brands that work with factories in Asia or other countries for their line of apparel or accessories. Back in the day, the luxury market was much smaller and it was cost effective to manufacture in an exclusive facility in Europe. Swiss watchmakers still do it, but the sheer scale of some of the luxury brands' operations doesn't allow them to. This has caused the occasional controversy of sweat shops and unethical labour practices. Except, now some brands have started talking to their consumers and younger consumers love brands that are transparent. Ethical supply chains, transparent pricing, profit sharing (with deserving charitable organisations), partnerships with charitable entities have all become part of the decision-making process. It's the reason why smaller artisanal chocolate companies that follow a bean-to-bar approach (helping a local community in Africa along the way), are the new luxury superstars. It's why restaurants like Noma in Copenhagen, that source responsibly, command a premium.



Restaurants like Noma in Copenhagen that source responsibly command a premium






Golfcourse at an ITCproperty. The hotel group's tagline 'Responsible Luxury' has made a connect with environmentally conscious guests. a



Apparel brand Everlane (pic left) and eyewear brand Warby Parker (this pic) are among a new breed who share pricing details and their stand on environmental and ethical issues

Hotel chains are also waking up to these realities. ITC hotels' tagline 'Responsible Luxury' is clearly an acknowledgement that at least some guests care about their environment connect. Some brands might still use these as sales gimmicks or lip service, but the modern consumer is more sensitive to this than ever before. It's why quite a few

luxury products in the consumer electronics space have done away with elaborate packaging. Apparel brand Everlane and eyewear brand Warby Parker are among a new breed who share pricing details and their stand on environmental and ethical issues. Socially conscious luxury consumers are changing the way luxury brands do business. 



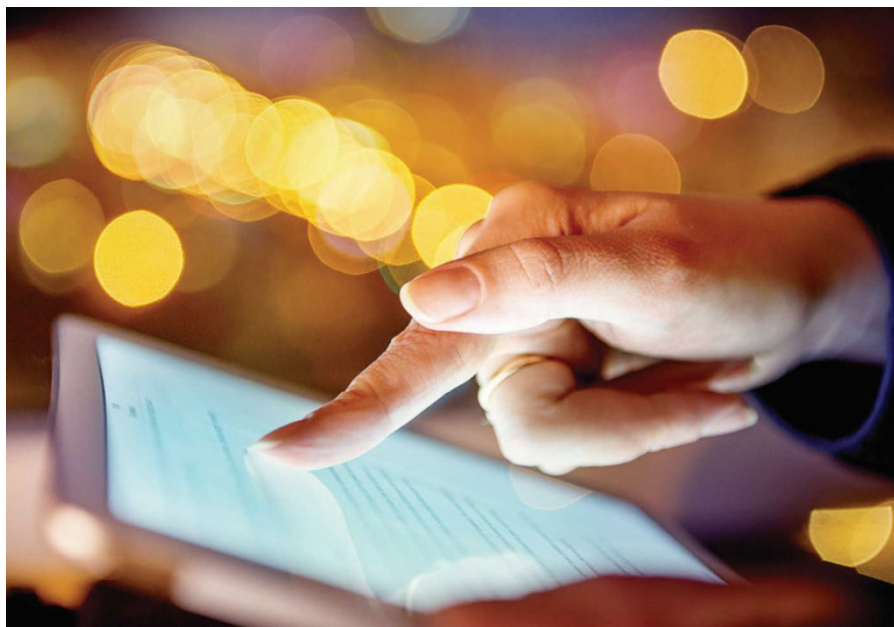


Rihanna at the Christian Dior show at Paris Fashion Week. Her tie-up with the luxury major is a classic example of how the association gives such brands a wider digital footprint.





PHOTO RINDOFF/GETTY



# Digital Connect

*With online luxury sales skyrocketing, luxury majors are discovering unconventional strategies in their rush to make their presence felt online.*

**A RECENT STUDY BY DIGITAL LUXURY GROUP** suggested the internet would be the third biggest market for luxury goods by 2025 (after China and the US). The outlook for luxury e-commerce is bullish with a three-fold growth expected to take sales across the \$75 billion mark and 18 per cent of the total market. It is significant for a business that has traditionally depended on retail stores and physical touch points as the frame for the art. Today, these brands need to develop digital frames that augment the role of flagship stores and somehow manage to create a multi-sensory experience. It's not easy for most luxury brands, many of which have been late to respond to the digital paradigm. Leading online retailer Net-A-Porter found a clever route by merging a shopping app with its digital magazine 'The Edit'. The move set the cash registers ringing and also won it a lot of brownie points with the new-age digital consumer.

Blame it on the millennial consumer (yet again) but over 60 per cent of them use at least three social media channels to stay connected. The trepidation with which luxury brands need walk the online path is understandable. They need to distinguish

themselves from the mass media brands without some of the offline aids (like retail experience). Millennial consumers are twice as likely to trust brands that use social media. Nimble luxury brands are finding new 'interaction stories' and experiences to engage effectively with customers. Burberry joined hands with Google for the Burberry Booth, which uses video-stitching technology to put consumers into its holiday video and then crafts versions that these consumers can share on their social media. Some other brands use the online channel as a hook; offer consumers a taste of their merchandise, but reserve some products for the flagship stores. Hermes keeps its Birkin and Kelly handbags off the web, but you can buy the brand's legendary silk scarves and even the Apple Watch Hermes online. The social media reach of international celebrities has also forced brands to rethink their strategy—Rihanna tied up with Christian Dior while Calvin Klein partnered with Justin Bieber in a bid to give these brands a wider digital footprint with the knowledge that most Bieber or Rihanna fans might not form part of the brands' core audience. 





(Clockwise from this pic)  
The special edition Apple watch  
by Hermès, Lufthansa's '  
electronic tag' for frequent  
fliers, Dior Eyes virtual  
reality headset at Christian Dior  
stores & the Burberry iPad case.

# Gizmo Grandeur

*When luxury met technology, it was a romance made in consumer heaven*

**IT WAS INEVITABLE AND IT HAPPENED LATER THAN** we expected it. The PDAs and BlackBerries of the 2000s never quite integrated into our lives. Primarily, those were work tools that you cast aside just like your tie and jacket after a long day in the office. They were never part of your 'after hours' avatar. Smartphones, tablets, smart TVs and wearables have changed it all. They said a gentleman always needed three things in his pocket when he left home—car keys, mobile phone and wallet. Apple Pay threatens to make the wallet redundant. It's not

just how these devices have increased our daily interaction with screens (from just the laptop or PC), but how technology has integrated into every element of our life. From refrigerators that can count calories of the products stocked in them to digital assistants that can make you change dinner plans. Luxury products had no choice but to jump in.

Burberry's iPad cases are probably one of the brand's bestsellers, while Apple and Hermès collaborated to launch a special edition Apple Watch replete with an el-



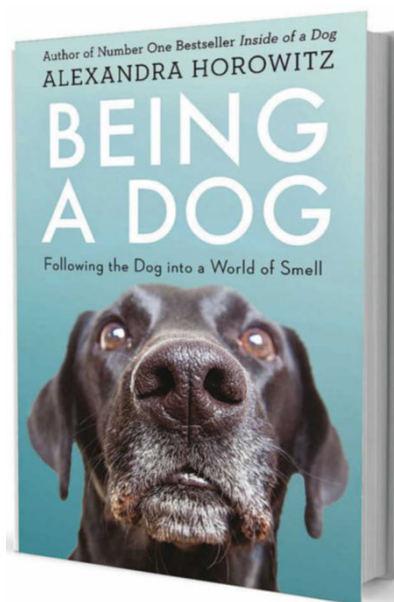




elegant 'double tour' strap and special customisations in terms of dials. We soon started seeing cheap imitations of the strap showing up on Amazon just like rip off bags that pay tribute to Coach and LV originals. It's not just cosmetic beauty. Luxury luggage maker RIMOWA collaborated with Lufthansa to launch a truly innovative 'Electronic Tag' that allows passengers to check in their luggage from a smart-

phone app. Frequent fliers don't need to worry about large check-in bags slowing them down at airport check-in counters any more. Christian Dior embraced the impending VR wave with its unique 'Dior Eyes' experience in many of its brand stores worldwide that will allow consumers take a closer look at their products and view its 'runway presentation' for each new season like never before.



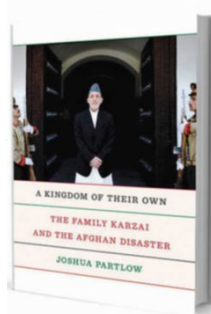


## BEING A DOG

by ALEXANDRA HOROWITZ

Alexandra Horowitz, the author of the *New York Times* bestselling blockbuster *Inside of a Dog*, now explores how dogs look at the world. Peeing and the olfactory abilities of canines might not be everybody's cup of tea, but this thoroughly researched book looks at these aspects and how the highly developed sensory abilities of man's best friends helps them detect what humans can't: bombs, drugs, sickness, depression and so much more.

SIMON & SCHUSTER India; ₹599; pages 336



## A KINGDOM OF THEIR OWN

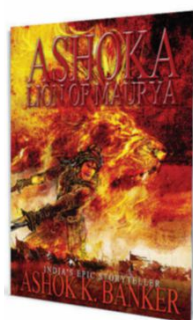
by JOSHUA PARTLOW

Joshua Partlow, now the *Washington Post's* bureau chief in Mexico, was previously bureau chief in Kabul. He puts together a narrative of events post the September 11 attacks, and how the mighty USA turned its wrathful gaze on it in vengeance. Hamid Karzai was the man they backed to head that frac-

tious country. But dealing with the proud Afghans from a purely western point of view is a labyrinthine task as the Americans were to find out some 15 years later. *A Kingdom of their Own* reads like a thriller, only it isn't. It's realpolitik with an American fingerprint.

SIMON & SCHUSTER India; ₹799; pages 422

.....  
RUKMA SALUJA



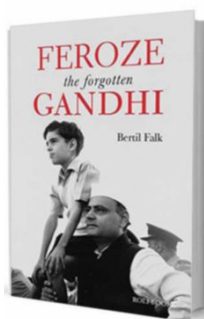
## ASHOKA - LION OF MAURYA

By ASHOK K. BANKER

The phrase historical-fiction is a naughty combination. Which one is it? History, that is researched

and examined under an academic's keen eye, or a fictional story, told by a word-smith? Banker is an expert in the genre. His latest in the Ithihasa series is his namesake, the great king Ashoka, whose battle wins are often pitted against, and placed under scrutiny of his eventual quest for non-violence and peace. History is never final, no one writer has ever known it all, as each tell versions and events they discover and find interesting, Banker is one of those rare authors who admits that with candour. It's all there, palace politics, war games, emotions in conflict with duty. Yep, Banker does it best.

WESTLAND; ₹295; Pages 246



## FEROZE THE FORGOTTEN GANDHI

By BERTIL FALK

What if Feroze Gandhi, one half of the duo responsible for the Nehru-Gandhi nametag that India's best known politicals bear with pride, and the brunt off, had

lived a few decades more? Modern India's politics would have certainly added a few tumultuous twists and turns to its continuing history. The book goes back into the life of the young Feroze, and gradually introduces us to the politician, husband, and father he became. Yes, there are mentions of infidelity, perhaps professional frustration and loneliness, and that is what makes Feroze Gandhi, appear to be the most real of them all. If he had lived, he would have certainly been known for more than being Indira Gandhi's husband.

ROLI BOOKS; ₹695; Pages 304

f KARUNA M. JOHN



## FIFTY SHADES DARKER OST

Releasing: February 10

Soundtrack of a blockbuster book-to-movie franchise featuring big banner acts like John Legend, Sia, Nicki Minaj and Nick Jonas, not to forget a lead single by Zayn Malik and Taylor Swift, and you know this is gonna be everyone's fave poison this Valentine season. The pervading sound of the album sticks to expectations - read hook-y pop tunes that formulaic-like, straddle the converging territory between adult contemporary and dance pop.

Zayn and Taylor's 'I Don't Wanna Live Forever' is uninspiring, yet something tells me it's headed for airplay and charts glory, despite the grating falsetto Zayn adopts for much of its duration. Sia's 'Helium' could be the other winner on this compilation.

f K. SUNIL THOMAS



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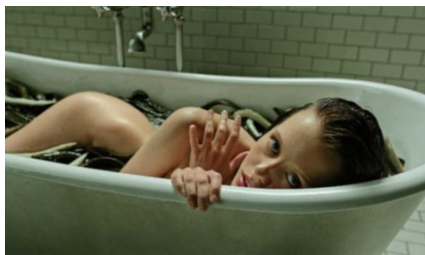
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## A Cure For Wellness

RELEASING: February 17

An ambitious young executive is sent to retrieve his company's CEO from an idyllic, but mysterious "wellness centre" at a remote location in the Swiss Alps. He soon begins to realise that the spa's miraculous treatments are not what they seem.

Gore Verbinski, the man who spooked VHS tapes and landline phones into extinction in his breakthrough horror debut, *The Ring*, is back with brand new pant-wetting material. Coincidentally, in the same month in which the sequel to *The Ring* releases. Although, his last feature *The Lone Ranger* was such a massive debacle, it forced Gore into hiding, probably at the bottom of a very deep well, he seems to have pulled a Samara and clawed his way back to the screen. *A Cure For Wellness* looks like a modern day retelling of *Shutter Island*, with doctors replaced by a suicide cult. The film looks stunning, has an intoxicating atmosphere of dread and boasts a lead of brilliant young actors Dennis DeHaan and Mia Goth. Add to that a talented filmmaker desperate to reclaim his blockbuster clout, and we recommend you *A Cure for Wellness*, the way a good doctor would.



## Rings

RELEASING: February 3

Set 13 years after the events of the first chapter, *Rings* is the story of Julia and her boyfriend, Holt, who explore the dark urban legend of a mysterious videotape said to kill the watcher seven days after viewing. She sacrifices herself to save Holt, but in doing so discovers that there is a "movie within the movie" that no one has ever seen before.

*Rings* is the cinematic equivalent of finding someone else's chewing gum stuck to your pants at a movie theatre. It is annoying, aggravating and makes a visit to the theatre feel like a waste of far more than the money and time you spent on it. It is not that there isn't better source material for a sequel. In fact, Koji Suzuki, author of the original *Ring* has written a third part called *Loop*, which is the author's personal favourite of the three books. Hollywood, however, got screenwriting duo David Loucka and Jacob Estes, whose seven prior films have a combined IMDB rating of two, to write this. Even the studio producing the film has postponed its release thrice. Forget about Samara's videotape. This is the film that you should never watch.



## John Wick 2

RELEASING: February 17

In the sequel to the runaway hit of 2014, John Wick is forced back out of retirement by a former associate plotting to seize control of a shadowy international assassins' guild. Bound by a blood oath, John travels to Rome where he squares off against some of the world's deadliest killers.

The *John Wick* franchise is a strange one to call. The story is threadbare, the writing is brutally inadequate and the acting is too Keanu Reeves-heavy. The movie's lynchpin - the gun fu action - is intricate, choreographed to perfection and is almost ballet-like sometimes, but lacks a finesse that makes it look a bit cartoonish. *John Wick 2* promises, as any sequel would, an escalation in stakes, and as a consequence, in its volume of action set pieces. The addition of Common and Laurence Fishburne is a brilliant coup in the 'cool as French ice' actors department. Add Rome, a city with one of the most ancient histories of violence should make for an ideal setting to expand the *John Wick* universe. But it still seems as unpredictable as a loaded gun with a couple of blanks in its magazine

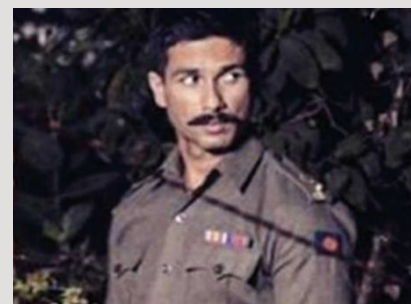
**SANJIV NAIR**



## Jolly LLB 2

RELEASING: February 10

Sequel to the 2013 hit courtroom drama *Jolly LLB* that starred Arshad Warsi as an inept lawyer who finds his inner hero and takes on a corrupt, big-shot lawyer (Boman Irani) in a high profile case. The sequel, however, has Warsi in a cameo as Akshay Kumar plays the lead as another inept lawyer from Lucknow, who's challenged by yet another big shot (Annu Kapoor) representing the state. Shukla remains the calm, observant magistrate in Subhash Kapoor's satirical take on the Kafkaesque Indian legal system.



## Rangoon

RELEASING: February 24

Vishal Bhardwaj's adaptation of *Casablanca*, the 1942 Humphrey Bogart-Ingrid Bergman classic, is based on the novel *Everybody Comes To Rick's*. *Rangoon*, too, is a love triangle set against the backdrop of World War II. A soldier in the US army in WWII comes face-to-face with his ex-flame (Kangana Ranaut), now the wife of a rich businessman (Saif Ali Khan) based in Rangoon. The film voices the turmoil of the trio. Bhardwaj is an intelligent filmmaker and it would be interesting to watch how he visualises Indians in WWII, that too in faraway Burma.

**P. RITU**





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# Home Ground

**Arata Izumi's goal was to play football for India. And he gave up his motherland to fulfill that dream.**

TEXT **SOUBHIK MUKHERJEE** ♦ PHOTOS **ANJUM CHISHTI** ♦ LOCATION **HOLIDAY INN, MAYUR VIHAR, DELHI**

**B**efore the 2014 FIFA world cup, there was a unique buzz around the then 19-year Adnan Januzaj who had donned the Manchester United jersey. There was curiosity about the national team he would play for at the Rio World Cup. He had a Belgian passport on account for his parents' residency, while his Albanian and Kosovo descent made him eligible to play for these smaller teams. England wanted to rope in his services as he had passed the residency requirement of FIFA during his stay in Manchester. He eventually chose to go with Belgium, and the speculation came to an expected end. That's the sort of hype the top football talent commands across the globe.

So it came as a surprise to those following Indian football when Arata Izumi, who plied his trade in Japan's J-league (one of Asia's most competitive leagues), chose to take up Indian citizenship in 2012 with the intention of playing for the Indian team, which almost exclusively treads footballing backwaters. India in December 2012 was ranked 166 in the world, while Japan was at the 23rd spot.

Arata arrived in India in 2006 to play for Kolkata-based East Bengal club, and it is amusing to hear him talk about his first India experience, "I reached Kolkata airport; that was the biggest culture shock for me... my goodness, so many people, right? I am not trying to offend anyone, and now it is great, back then it was totally chaotic. I had to wait two hours for my luggage, but the people from East Bengal (club representatives) arranged for my luggage to be brought to me. I didn't have to queue up at immigration and it was smooth sailing on my way out. My first thought was, footballers are so respected in India... another culture shock! Once I stepped out of the stadium, there were some many supporters, cameras, journalists... I was shocked! I wanted to tell them, I've just came for the trial, and haven't signed yet."







“

*I am comfortable with this city...my family, my friends, my house are all in Pune, and more than anything my supporters have been in Pune for more than six years*

”





Arata eventually did come on board with East Bengal, embracing the overenthusiastic madness of Kolkata when it comes to football. After playing with them for a season, he moved to Mahindra United, finally finding his home-away-from-home in Pune. "I am comfortable with this city...my family, my friends, my house are all in Pune, and more than anything my supporters have been in Pune for more than six years," says Arata when you ask him about this season's move to FC Pune City from Athletico de Kolkata.

Arata has kicked ball for Pune FC (2009-2015) longer than for any other club he has played for and the city loved him back – he met his wife in Pune and lives there with his children. This was the city that provided him with the stepping stones to play international football, which was the single biggest reason for him to take up Indian citizenship.

He was born to a Gujarati father Narendra Khambolja, and Japanese mother Akiko Izumi. When Arata expressed a wish to play for India back in 2012, people said it would be a cakewalk as he was officially a Person of Indian Origin (PIO). "Everyone told me, as a PIO I could play, but that was not the case. The complicated process to change my citizenship from Japanese to Indian made me want to give up because there had been no precedent of someone changing nationality from Japanese to Indian. It was my dream to play international football and I discovered that when I was born in Japan, my birth certificate listed me as an Indian citizen, and till the age of four, I was technically an Indian citizen! This helped me change my nationality and allowed me to play for India." A happy accident helped him navigate the labyrinth of Indian babudom, and Team India got its first Japanese-origin midfielder.

Since 2013, Arata has appeared nine times for the Indian football team. On the domestic front, Arata is among the top goal-poaching midfielders. His athleticism and sense of positioning – traits you develop while growing up – have helped him stand out from the rest. Due credit must be given to his training in Japan which drilled these instincts into him. "The curriculum of grass-roots training," as he puts it. "Japan has a footballing culture, which is better as compared to India, in terms of facilities and training. East Bengal, for example, is one of the biggest clubs in India and I am sure it is as big as any of the top clubs in Japan when you compare the number of fans, but when I came in comparable facilities did not exist. That is not to



say, things are much better in Japan. Till the age of 18, I was training on mud grounds. I found turf only when I joined the football academy; that, too, artificial turf. The biggest difference, however, is the curriculum at the grass roots that gives it an edge."

Arata thinks ISL is making a positive impact and helping Indian football find that missing link which can help take it forward. "I grew up with Japanese players, seniors I looked up to. I believe you always need a role model to have that passion. It is not easy to be passionate for 10 years without anyone to follow, but with a role model, you have a target. You try to reach his level, make his

target yours and then try to overtake it. ISL gives young Indian players that role model. Not every foreign player here is a superstar, but there are many players you can look up to. Young players are always excited when they interact with their heroes, and they get good feedback, too."

On a personal front, now 34, this child of two cultures, has made his decision about his future. "I would love to be a coach. I just finished a certification course and hopefully after this (season of) ISL, or maybe the next, I will apply to get a coaching license. Ideally, if I get it before I finish my career, that would be great."





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PHOTO JOEL RYAN



# It's a Kind of Magic

**Nicole Kidman** may be older and wiser, with a better understanding of why things happen when they are meant to happen (her words), but what hasn't changed is the sense of magic and adulation this powerhouse performer shares with her global fanbase.

Nicole Kidman knows as well as anyone that families come in all shapes and sizes.

The Oscar winning international superstar plays an adoptive mother in her new movie, "Lion," but she's no stranger to motherhood. She and her husband, country singer Keith Urban, are the parents of 5-year-old Faith Margaret Urban and 8-year-old Sunday Rose Urban, who live with them in Nashville, Los Angeles and Australia. She's also the adopted mother of two adult children, 23-year-old Isabella Cruise and 21-year-old Connor Cruise, with her ex-husband Tom Cruise.

"However that family comes together, the only thing that matters is that it does come together," Kidman said. "For a child to be loved and to grow up in a family with love is the most important thing in the world."

*Lion*, directed by Garth Davis, is the true story of Saroo Brierley (played by *Slumdog Millionaire* star Dev Patel), a 5-year-old Indian boy who stepped onto the wrong train and was carried almost a thousand miles away from the home he shared with his mother and brother. By the time authorities realised that he was lost, he was no longer able to tell them who his parents were or where they lived.

Eventually he was adopted into a loving home in Australia. As an adult, however, Saroo decided to search for his birth family using Google Earth, with the unqualified support of his adoptive parents (Kidman and David Wenham).

The film is based on Brierley's memoir *A Long Way Home* (2014). A film festival circuit hit in Toronto and London, the movie was purchased by the Weinstein Company and has garnered award-season attention for both Kidman and Patel.

Offered the role of adoptive mother Sue Brierley, Kidman said, she didn't have to think twice.

"Of course, being the mother of adoptive children, I reacted to the material on a visceral level," the Australian actress said. "For me the film is about the power of mothers, no matter what form they come in, whether they're biological or adoptive."

"As I said to the real Saroo, 'You have two mothers, you lucky boy,'" she said. "When you have good love like that, you really flourish and it doesn't matter how love comes your way."



***There isn't a Hollywood anymore. We make films all over the world. Hollywood is a bygone era. The world is Hollywood now - we get to tell stories everywhere, which is extraordinary.***



To prepare for the role, Kidman spent time with the real Sue Brierley.

"I asked if Sue would be willing to meet me," the actress said. "She was more than willing. She actually flew to Sydney, where we just clicked."

"She's a very gentle, compassionate woman," Kidman said. "I got to know her in person and then we emailed. I hope that, as we talk about the film more, people will get to meet the real family, because they're very special people."

Kidman and Brierley understood each other because both are adoptive mothers.

"You obviously want the child to have pure, beautiful love, which is what Sue was able to offer," Kidman said. "That's what I related to the most. She had this unconditional love for all her children."

"Her essence was very beautiful to me."

Some of the film was shot in Kolkata, but Kidman shot her scenes in Melbourne, mostly with Patel.

"It was very emotional for me," she said. "There's a scene where Dev says to me, 'You couldn't have children of your own?' She says, 'No, I could have children of my own, but I wanted you.'"

"That was so incredibly powerful," Kidman said. "That also perfectly explained what Sue felt when she met her son. That was her vision of motherhood. It's actually what she said in real life."

In the film Saroo remembers the smells of his native land, which Kidman understood only too well.

"Vegemite on toast reminds me of my childhood in Australia," she said with a laugh.

Kidman actually is a dual-citizenship Australian-American, having been born in Honolulu to Australian parents, Dr. Antony Kidman, a biochemist and clinical psychologist, and nursing instructor Janelle Kidman.

She grew up in Australia, where she danced as a child and then segued into acting to combat her natural shyness. She studied acting with friend Naomi Watts at the Philip Street Theatre in Sydney, then joined the Australian Theatre for Young People.

After working on television in Australia, Kidman made her American debut in "Dead Calm" (1989), which won her rave reviews and a starring role in "Days of Thunder" (1990). Playing opposite her was Cruise, whom she married later that year. They divorced in 2001.

For the next decade Kidman was one of Hollywood's biggest names, starring in such films as *Billy Bathgate* (1991), *Far and Away* (1992), *To Die For* (1995), *The Portrait of a Lady* (1996), *Practical Magic* (1998), *Eyes Wide Shut* (1999), *Moulin Rouge!* (2001) and *The Others* (2001). She won an Oscar as Best Actress for her performance as au-





With David Wenham and Dev Patel in her latest film 'Lion', which is up for an Oscar for Best Picture this month



Kidman and her then-husband, Tom Cruise, starred in Stanley Kubrick's last film, the erotic drama "Eyes Wide Shut," back in 1999

thor Virginia Woolf in *The Hours* (2002), then starred in the prestigious literary adaptation *Cold Mountain* (2003).

Since then, though, she's pursued a lower-profile career. Such would-be blockbusters as *The Interpreter* (2005), *The Golden Compass* (2007) and *Australia* (2008) have fizzled, and she's seemed more engaged by art-house fare such as *Birth* (2004), *Fur: An Imaginary Portrait of Diane Arbus* (2005), *Margot at the Wedding* (2007) and *The Railway Man* (2013).

"I love to do small films," she said, "although it's very hard, sometimes, for those films to be discovered. We need all the help we can get for smaller films that aren't su-

perhero movies.

"My career has been made by small films being discovered."

Discovering her own place in the business has been an exciting adventure, Kidman added.

"I wasn't on a plane as a young woman, looking out the window in Australia and heading off for Hollywood," she said with a smile. "It wasn't that dramatic.

"In fact, I'm not even sure what Hollywood is anymore," she added. "There isn't a Hollywood. We make films all over the world. I think Hollywood is a bygone era. The world is Hollywood now—we get to tell stories everywhere, which is extraordinary.

"I feel very international," Kidman said. "That's why I seek out directors, stories and people from all over the world. I'm lucky to be part of a generation of actors where it's possible to have that kind of career—and that's just glorious, because it has given me such an extraordinary life."

Kidman married Urban, a New Zealander, in 2006 and they have homes in Australia, Los Angeles and Nashville.

"Having children and being able to show them the world means a very blessed life," she said.

It's also a productive one. Her upcoming projects include producing and co-starring in the upcoming HBO miniseries *Big Little Lies*. Set to debut this month, it's based on the Liane Moriarty bestseller and has a pilot written by David E. Kelley. Kidman, Reese Witherspoon and Laura Dern play mothers who take a new-to-town single mom (Shailene Woodley) under their wings in a tale of ex-husbands, second wives and scandal.

Why is she making her first venture as a television producer?

"As a woman, you say, 'I want to have a chance to work with certain writers and directors,'" Kidman said. "I've been fortunate that people have given me extraordinary things where I could express myself. Then along came *Big Little Lies* which I wanted to help make happen because it has five lead female roles of all ages and an extraordinary story that spans seven hours."

Will she produce again? Probably, but not as a regular thing. "It takes a lot of work, so I can only dabble," Kidman said, "but occasionally I'll throw myself in."

Next up for her is Sofia Coppola's *The Beguiled*, a Civil War drama that also stars Elle Fanning and Colin Farrell. A remake of the 1971 Clint Eastwood film of the same name, it will open next year.

Kidman leads a busy life, though, and there are projects that she has to turn down because her calendar is already full. Still, the actress said, she has no regrets.

"There are things where you say, 'Huh, if I would have played that, where would my life be?,'" she admitted. "That's life, isn't it? I think roles come to you at times when things are right. It's just the journey, isn't it?"

Today, the actress added, she doesn't fight as hard to get a movie made as she might have 10 or 20 years ago. "If anything has too much against it, I tend to just walk away," Kidman said. "It's about getting older and understanding that things happen when they're meant to happen."

**CINDY PEARLMAN**



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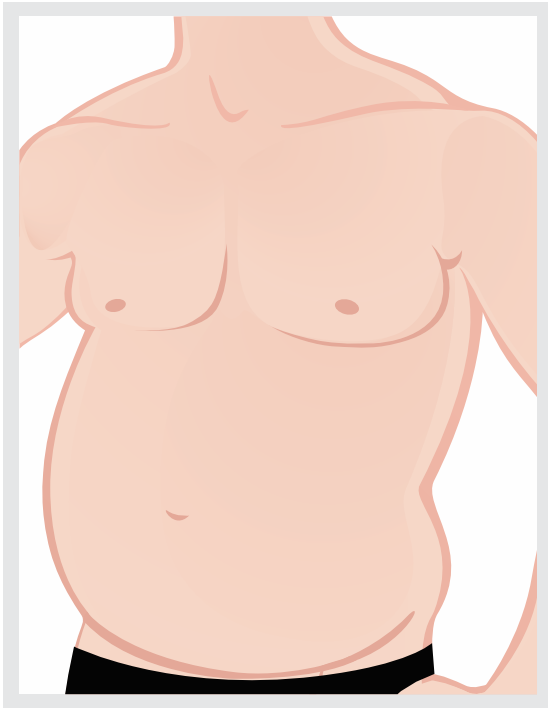
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## ASK DOC...

GET YOUR HEALTH QUERIES SORTED OUT HERE



***I feel self-conscious when I have to remove my shirt in public to participate in sports, etc, because I have large breasts. Diet and exercise have not helped. Apart from the physical discomfort, it causes me immense embarrassment.***



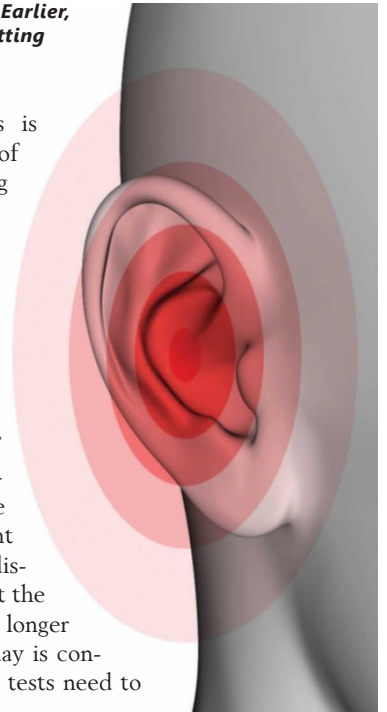
This is called gynecomastia. The term comes from Greek language, 'gyne' meaning woman and 'mastos' meaning breasts. It is usually present in young adolescent males, possibly overweight ones. There is no non-surgical method to correct this problem. Gynecomastia surgery is usually carried out under general anaesthesia and takes around two hours. The surgeon makes an incision around the nipple (areola) or in the armpit to cut away excess glandular tissue, fat and skin to sculpt your chest into a more masculine silhouette. It is best to consult a good plastic surgeon with your complete medical history to know if you are a candidate for the surgery.

**DR RASHMI MANJUNATH**, senior dermatologist and clinical head, Nu Cosmetic Clinic (Bengaluru)

***There's a sort of ringing in my ear. Earlier, it was a soft sound, but now it's getting louder. I am 33.***



Ringing in the ears is often the first sign of nerve-related hearing loss. It may be associated with missing parts of conversations or not being able to understand all that is said, or in some cases even dizziness. The constant noise around us may be a contributor to this. Personal stereos, loud social settings and excessive use of mobile telephony may result in irreversible hearing losses. The noise – tinnitus – needs special treatment and may not always completely disappear. Hearing aids help augment the loss. Use of the mobile telephone longer than two hours cumulative in a day is considered excessive. Special hearing tests need to be conducted by a specialist.



**DR NIDHI DHAWAN**, ENT surgeon, Shroff's Hospital, Delhi

***What are the risks associated with surgery for hernia?***



As with any surgery, infection and/or bleeding are possible. The risk of complications increases if the patient smokes, does drugs, is a heavy drinker, is very young or very old, or has medical conditions. In addition, there is a slight chance that the intestines, bladder, blood vessels, or nerves may be injured during the procedure, or that extended scarring may occur. But that is exceptional and depends upon the practitioner.



**DR ASHOK GUPTA**, senior laparoscopic and bariatric surgeon, Saket City Hospital, Delhi

*The answers given in this column are to be treated as general guidelines only. Readers are advised to take personal evaluations from medical practitioners before embarking on any therapy. All queries may be mailed to [editor@theman.in](mailto:editor@theman.in)*





Roopa Venkatesh  
Cancer Survivor

# SMILE. BECAUSE LUNG CANCER DOESN'T STAND A CHANCE WITH SO MUCH PRECISION.

With a reputation of being one of the most common forms of metastasizing cancers, lung cancer poses a whole host of other complications as well, due to its proximity to vital organs like the heart. This could cause damage to the surrounding tissue during radiation, which can be very dangerous.

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## Pre-Saint-Didier Thermal Spa

*Take a luxurious wellness pause in Italy*

Our molten-to-the-core planet is laced with underground plumbing that regularly springs a surface leak. And visiting these hot springs can be a therapeutic addition to any vacation. The hot springs at the Pré-Saint-Didier Thermal Spa, in the Aosta valley in Italy can turn cold temperatures into a treat. The contrast of hot and cold air and the steam soothes the soul. Relaxation is further enhanced by the awe-inspiring views of Mont Blanc that surrounds the open air thermal pools! The mineral water here flows from the heart of the mountains and is rich in iron, which makes the skin soft and facilitates circulation and muscle movements.

Close your eyes and let yourself be lulled by the hydro massages, waterfalls and jets in the pool. A soak here is undeniably cool, like a communal pool party of Italians and tourists slathering silky silica mud on their faces and bodies. That's not all. There are sensory baths, baths with music therapy, Vichy showers and foot baths, beside colour therapy rooms, hammers and themed saunas in wooden chalets. Small oasis of wellness are scattered all around the spa with hot and cold walking pools, darkened meditation rooms, relaxation rooms equipped with swing chairs, water beds and chaise lounges.



**WHERE:** Pre-Saint-Didier Thermal Spa, Aosta Valley. Tel: +39 0165.867272 / 0165.867273 Three hours by train from Milan Central railway station [www.qcterme.com](http://www.qcterme.com)

**NIVEDITA JAYARAM PAWAR**



# HEART TRANSPLANT:

## The only cost effective treatment for end stage heart disease for our country

In early December 1967, Dr. Christiaan Barnard's surgical team removed the heart of a 25-year-old woman who had died following an auto accident and placed it in the chest of Louis Washkansky, a 55-year-old man dying of heart damage. The patient survived for 18 days. Dr. Barnard had learned much of his technique from studying with the Stanford group. This first clinical heart transplantation experience stimulated world-wide notoriety and many surgeons quickly co-opted the procedure. However, because many patients were dying soon after, the number of heart transplants dropped from 100 in 1968, to just 18 in 1970. It was recognized that the major problem was the body's natural tendency to reject the new tissues. Over the next 20 years, important advances in tissue typing and immunosuppressant drugs allowed more transplant operations to take place and increased patients' survival rates. The most notable development in this area was Jean Borel's discovery of cyclosporine, an immunosuppressant drug derived from soil fungus, in the mid 70's.

Thanks to the persistence of pioneers in immunosuppression research, transplant patients have dramatically expanded life expectancies. The first immunosuppressant drugs used in organ transplantation were the corticosteroids.

In India, after the Transplantation of Human Organs Bill finally received the President's assent on 7 July 1994, a group of surgeons successfully performed India's first heart transplant at the All India Institute of Medical Sciences (AIIMS) on 3rd August the same year. It was a landmark legislation to regulate the removal, storage and transplant of human organs. Now many southern states are very active in performing organ transplantation due to more organized cadaver organ transplantation program available and also government involvement in promoting organ donation and allocation.

The primary task in selecting candidates for heart transplantation is the person's prognosis. There are many predictors of need for transplantation; one of the best predictors is the amount of oxygen required by the body, called VO<sub>2</sub>. This is measured as a person exercises on a treadmill called cardiopulmonary exercise test. Poor heart function despite excellent medical therapy is another very important predictor of poor prognosis like,

- A history of repeated hospitalizations for heart failure
- Need for ventricular assist device or artificial heart to support circulation
- Increasing types, dosages and complexity of medications
- A reproducible VO<sub>2</sub> of less than 14 mL/kg per minute (Exercise test)

Approximately 85 to 90 percent of heart transplant patients are living one year after their surgery, with an annual death rate of approximately 4 percent thereafter. The three-year survival approaches 75 percent. In one series survived >20 years with the same graft, and most enjoy independent lives despite significant comorbidities. Recipient age <45 years and idiopathic cardiomyopathy were associated with survival beyond 2 decades.

Survival after heart re-transplantation is related to the time interval between the first transplant and the re-transplant; a person is less likely to survive when this interval is short (i.e. less than two years) When the interval between the first transplant and re-transplantation is more than two years, the one-year survival is similar to that of a first transplantation (75 percent)

Frequent follow-up appointments are crucial to the long-term recovery and management of a heart transplant. Medical team will perform blood tests, heart biopsies through catheterization, and echocardiograms on a monthly basis for the first year after the operation to ensure that new heart is functioning properly. Immunosuppressant medications will

be adjusted if needed.

Receiving a new heart can improve patient's quality of life considerably, but they have to take good care of it. In addition to taking daily anti-rejection medications, they need to follow a heart-healthy diet and lifestyle as prescribed by your doctor. This includes not smoking and exercising on a regular basis.

Cost of heart transplant in India varies from one hospital to another, the cost depends on the type of organ and the status of the hospital, ranging from Rs.7 lakhs to 25 lakhs. Hospitals need money for transplant due to expensive immunosuppressive medications, heart preservative solution used during operation, long hospital stay, need for repeated blood tests, biopsy, skilled manpower requirement and circulatory support requirement in some patients post operatively.

In spite of this we in our center, are able to perform heart transplant at lowest cost in India with excellent results as mentioned above but still not affordable to many of our population. What we need is including heart transplant under health schemes and subsidizing medication for patients as they have to spend an average of Rs. 7,000-10,000 per month as maintenance therapy. We need to subsidize heart transplant because heart transplant is not optional therapy but it is the only way to save patients from end stage heart disease, especially young patients.

Other options for heart failure is left ventricular assist device or artificial heart but I don't recommend this for transplant eligible patients as it is very expensive and costs between Rs. 60-80 lakhs for artificial heart and long term survival is not as good as heart transplant.

**Dr. Nagamalesh.U.M**

*Senior Consultant - Heart Failure and Transplant*

*M S Ramaiah Narayana Heart Centre, Bangalore*

*For further information & details write to us on*

***info.ms@nhhospitals.org***





FITNESS

# CAMP FIRE

*Fitness expert **Swapnil Hazare** suggests the Boot Camp technique for a group strength-building activity that is ultra-effective*

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**B**oot camp is similar to basic military training. Fitness boot camp is a high-intensity fitness and strength-building activity conducted by gyms and fitness centres. It is a group workout that promotes fat loss, team spirit and comradeship. Training includes running and stretching followed by comprehensive interval training like weightlifting, pulling rubber straps, sit-ups, push-ups, squats and jump trainings.

Boot camp is a high intensity workout that apart from helping lose body fat, increases muscle strength, improves cardiovascular efficiency and helps people get into the routine of regular exercising. The pivotal idea is that everyone involved works out at their pace, either in pairs or small groups. It is great for those who get bored in the gym and find it hard to get into the habit of exercising.

A boot camp offers freedom and latitude to build strength and increase endurance, but it is important to make sure of your expectations before you march into one. Many fitness centres are experimenting with the old-school boot camp, combining it with yoga and Pilates. That might work for some, but the principle behind boot camp is to provide a workout that is intensive and invigorating. Boot camps are popular because they:

- › Offer varied and challenging workout sessions
- › Do not require special equipment or minimal equipment
- › Make the workout sessions fun by creating a sense of fellowship among the participants.

#### BENEFITS OF BOOT CAMP

**Concentrated focus** If you feel challenged about health and fitness to lose weight and tone up quickly, this is an ideal way to reach your set target. It helps hone what you want, offering an intense workout with particular focus on your goal.

**Creates healthy expectations** Fitness classes often offer a relaxed and flexible way of keeping in shape, but don't inculcate a sense of personal responsibility. At boot camp you are pushed to making a dedicated effort with determination and commitment, putting healthy pressure on yourself. You are more inspired and motivated to not let down your trainer, team and most importantly yourself.

**Motivates you to scrutinise your lifestyle** The Boot Camp environment focuses only on fitness so that you begin to look at your lifestyle in a healthier way. It helps assess your fitness levels and working towards







set goals. It highlights how exercise, diet and nutrition are linked with all lifestyle choices.

**Powerful & dynamic workout** People often lose motivation because they get bored of their regular exercise routine. The point of boot camp is that it is an interesting mix of diverse and intense workouts, keeping you engaged in your fitness growth and changes towards the goal.

**Like-minded exercises** The other positive about boot camp is that you meet people similar to yourself, who seriously want to work towards a healthier and fit lifestyle. This shared goal develops a sense of camaraderie and support, something that is generally not found in other exercise sessions.



*At the end of each session you realise you did something good for your body and mind. If your goal is to have fun, get in shape and adopt a healthier, more active lifestyle, a boot camp is what you need.*



**Faster Results** Boot Camp effectively identifies ways of reaching health and fitness goals faster and quicker.

#### TARGETS AREAS

Boot Camp strings together circuits of intense exercises to build strength and endurance by working on every muscle group without equipment.

**Core** – Definitely, the cardio workout burns fat with exercises like planks, mountain climbers, sit-ups, push-ups and crunches. These work on the abs and other core muscles of the body.

**Arms** – The workout includes bicep curls and tricep kickbacks that can be done with hand-weights or a weighted ball; push-ups and walking planks make use of your body weight to strengthen muscles.

**Legs** – Exercises like squats, lunges, butt kicks and other leg moves help in strengthening the calf and thigh muscles.

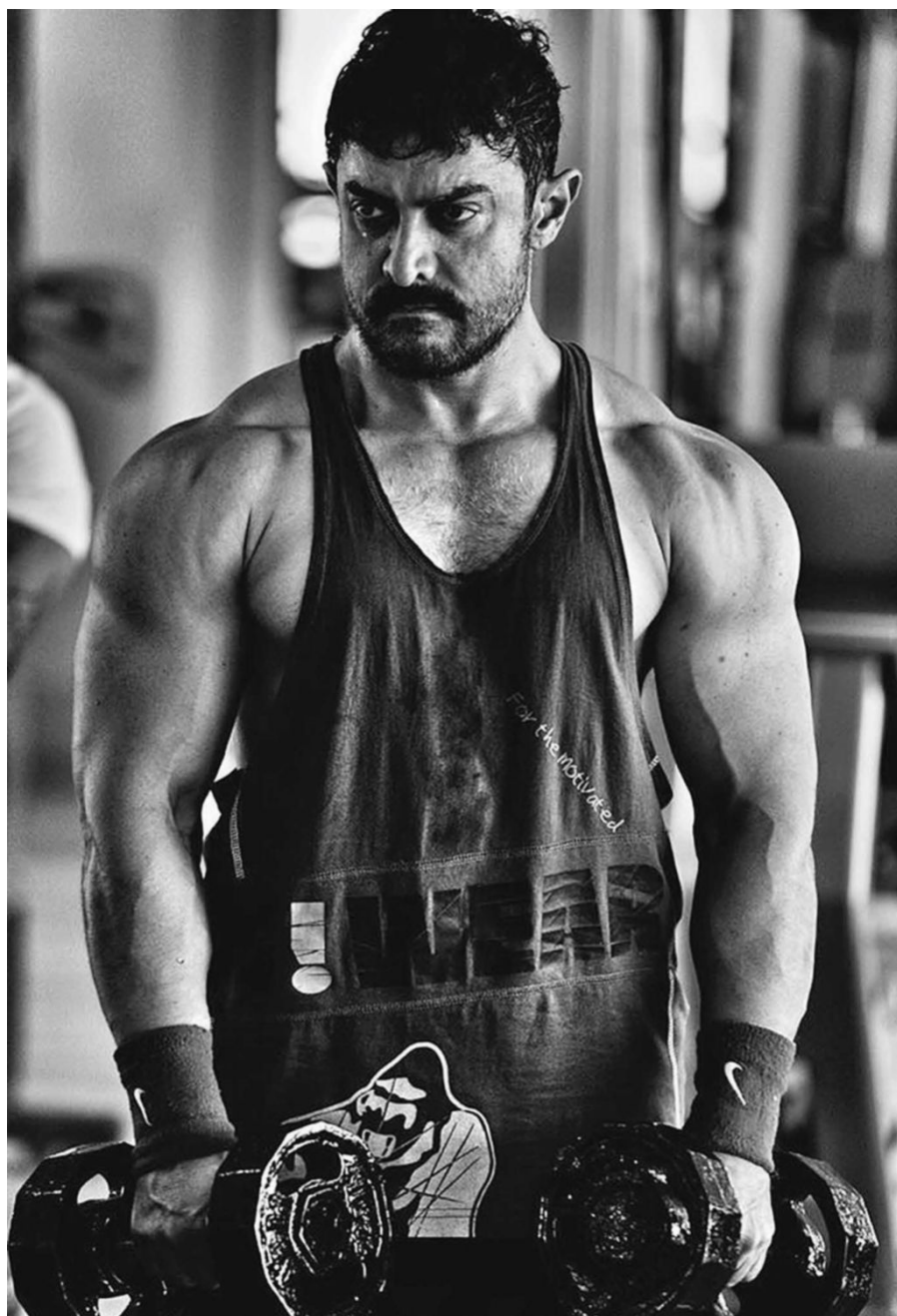
**Glutes** – Lunges and squats work on glute muscles, increasing their endurance and providing strength.

**Back** All the major muscle groups of the back giving them flexibility.

Let's face it, a boot camp never gives you a dull moment, unlike other fitness regimens as you never know what to expect. Each session is different and you keep moving between exercises, which leaves no time for thoughts and on how much time is left in the session. Yes, they are challenging, but never boring. At the end of each session you realise you did something good for your body and mind. If your goal is to have fun, get in shape and adopt a healthier, more active lifestyle, a boot camp is what you need.







# The Dangal Diet

*K. SUNIL THOMAS gets the dope on Aamir Khan's food and nutrition regimen for his various looks in the phenomenally successful movie*

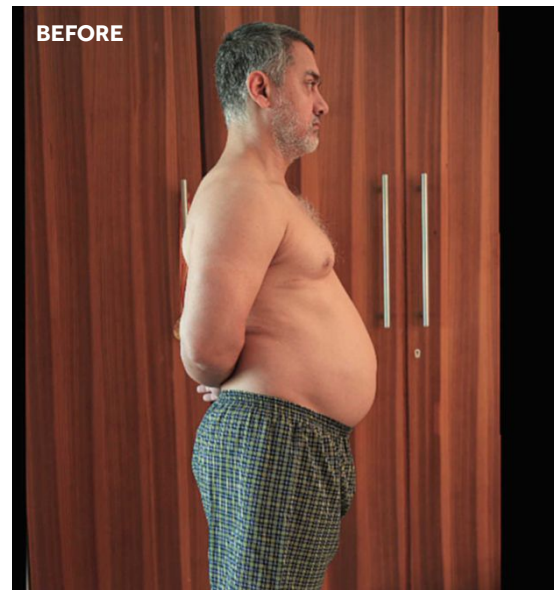
There's a lot to rave about Aamir Khan. Right now, of course, it is the super success of his latest film *Dangal*, which streamed away the once-rare 100 crore mark over its opening weekend. The film, based on the real life saga of a wrestling family from Haryana, is already one of the biggest hits of all-time in Hindi cinema, up there with Khan's own *3 Idiots* as well as *Dhoom 3* (beside fellow-Khan Salman's *Sultan*, ironically, another wrestling-based biopic).

Less talked about, yet already a viral phenomenon online, is his formidable body transformation for the film. To play various stages in the life of his character Mahavir Singh Phogat, Aamir had to do something dramatic, even by the standards of a perfectionist actor like him. Instead of building up muscle to look like the younger Phogat and then easily laying on the kilos to play the role of the older guy, Aamir told director Nitesh Tiwari that he wanted to do it the hard way – put on weight first to play the older role, and then emerge fit and buffed for the younger role!

In his own words, "Though I went through body building to get a certain look for my film, this was one of the most dramatic body transformations (I have done) so far. The film has two phases - for one part, I had to put on weight. So, I weighed 96kgs with 38 per cent body fat and then I had to reduce to 9 per cent body fat within five months. That was a huge task."

Of course, the star had expert help at hand. While his fitness trainers Rahul Bhatt and Rakesh Udiyar focused on building up

BEFORE



the muscles, the intricate matter of planning a diet that would achieve the specific result fell on Nikhil Dhurandhar, a professor in nutritional sciences at Texas Tech University in the US.

"In the past, Aamir received dietary advice from my father, Dr. Vinod Dhurandhar (who was the founding president of Indian Obesity Association and is considered the father of obesity practice in India)," recalls Nikhil, "My father had retired because of health reasons when he approached him, (so) I accepted Khan as a patient due to this long relationship with my father, and because of the challenging and interesting nature of his specific weight loss needs."

Nikhil points out that there was not one, but multiple diets planned for Aamir, considering the various looks he was required to have over the course of *Dangal*'s shooting schedule. "The specific requirement was particularly demanding," says Nikhil. "He needed to lose body fat and gain muscle at the same time, and with a strict non-negotiable timeline for shooting. These two conditions have opposing demands. One has to eat less than required to lose fat. In such a situation, the body tends to lose muscle and building of new muscle is less likely.

So what did he do? Dhurandhar came up with a strategy that worked at three levels. First, he designed a reduced calorie diet plan that provided a slightly higher amount of protein. Second, he ensured that Aamir complied with it meticulously, along with a weekly follow-up. And third, it had to be complimented by appropriate physical activity as designed by his trainers.

And how did it help? "The reduced



Nikhil with Aamir Khan and his wife Kiran Rao



calories helped in weight loss, whereas, the protein in the diet helped (him) feel full, reduced muscle loss that usually accompanies weight loss, and also helped build muscle," points out Dhurandhar. This strategy was supplemented with specific periods (a couple of weeks at a time) when Khan focused on only weight loss or only muscle-building alternately. In addition, Nikhil arranged for Aamir's stay for a few weeks at a resort in the USA that specialised in such dietary and physical goals. His schedule there involved eating the specifically planned meals and working out up to six hours a day.

All this helped, of course. "From some 36 per cent body fat, he was down to 10 per cent on the day of the shoot!" exclaims Durandhar, who is now working on a book on

nutrition specialised for Indian conditions, to be released by Harper Collins towards the end of this year.

As fans continue to rave about both the film and Aamir's amazing transformation,

Durandhar, on his part, is happy to pass on all the credit to the method actor. "Aamir Khan is an unusually dedicated and self-disciplined individual, who showed extraordinary will power and put in tremendous hard work. It is neither easy nor common to follow such a strict regimen of diet and exercise for so long. No amount of smart strategy on my part could

have been fruitful without his efforts. He frequently asked questions (and) at times, asked for substitution of foods from his diet with something else, which I provided (wherever) possible."







# Save Face

*Men need to vary their skin care routine depending on their age, says **Meghna Gupta***

A healthy skin care regime is just as important for men as it is for women. For decades, skin care products were thought to be of interest only to women. Not any more. But at the same time, products designed for women may not always be effective on men's skin. Male skin has a deeper tone because of greater levels of melanin, and is thicker by about 20 per cent. Men also sweat twice more than women.

Devote just 10 minutes for your skin and fight off oil, sweat and dirt. Moisturisers and sunscreens should be regularly used. Additionally, here are certain regimens to specifically follow depending on your age:



## ADOLESCENTS & TEENS

- › For active acne, consult a doctor.
- › A toner is useful after cleansing to regulate pore size.
- › Dandruff causes acne. The itchy eruption on the forehead is called seborrhoea. Use a good antidandruff shampoo to control it.
- › Adding a retinol cream to your daily routine in your late 20s will help stave off fine lines and wrinkles down the road. If your skin is more sensitive than normal to the sun and pollution, use it at night.
- › The more you take care of your skin now, the better it will look later on. Opt for all-rounder products that soothe, moisturise and repair.





## YOUNGSTERS

- › Vitamin C serum works well for a facial glow.
  - › Chemical peel rejuvenates and renews the skin.
  - › AHA-Alpha hydroxy acid-containing lotions or creams help you get clear skin.
  - › Aftershave lotion hydrates and soothes. Pick up an alcohol-free lotion as alcohol dries the skin.
- The T-zone is a focal area for young skin; choose your product accordingly.



## MIDDLE-AGED & OLDER

- › Sagging skin can be treated by skin tightening procedures like radio frequency treatment.
- › Sunscreen has to be applied every day before stepping outdoors, especially before going to play outdoor games or swimming.
- › Smoking decreases circulation and collagen production, so the skin loses its natural colouring and ends up looking sallow and pale.
- › Consult an expert and ask for multi-tasking serums that help protect the skin from sun damage and pollution.





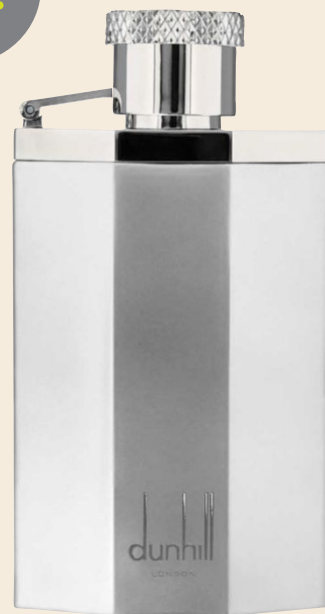


# Paco Rabanne

## 1 Million Prive



ALSO TRY



### DUNHILL DESIRE SILVER

Dunhill's Desire scents have mostly stayed in the woody aromatic zone. Desire Silver attempts to break away from that pattern. It's the same bottle, reminiscent of a hip flask, except it is in a stylish (silver) metal finish. The scent features an array of crisp, refreshing notes like bergamot, mandarin orange cardamom and water (₹5,100 / 100 ml)



### MONTBLANC LEGEND SPIRIT

In 2011, Montblanc launched Legend, one of the decade's most popular men's perfumes. In 2013, the brand followed that up with Legend Intense, positioned as the scent's night avatar. Spirit is the newest chapter, a cool yet aromatic scent in a white flacon. Citrus notes like bergamot and grapefruit combine with an icy cool aquatic heart and a smattering of spices like pink pepper and cardamom. (₹5,350 / 100 ml)

Fragrance brands seem to have mastered the art of the flanker. Why fix something that ain't broken and why not ride on the success of a scent that's a bestseller? It's probably the spark behind the 2016 rejig of 1 Million, one of Paco Rabanne's most successful scents. It's a standout bottle and a juice that has probably been to more nightclubs than any other modern scent. Yes, 1 Million was the quintessential party scent – heady and long lasting, with a strong sillage. Prive picks up the threads from where 1 Million began in the aughts.

Christophe Raynaud, the master perfumer who crafted 1 Million is the nose behind this new scent. He retains two key notes from the original – Prive begins with the zesty presence of blood mandarin and cinnamon. While these two notes make a strong connection with the original, Prive's milder presence is a clear departure from the heady (some might say excessively strong) 1 Million. The bottle stays faithful to the original – Prive is housed in the same gold ingot that we have come to love, except that it's less shiny than

the original. A good thing, that.

Prive features a (hookah) tobacco heart with myrrh resin and finishes with patchouli and tonka bean. It lends the scent a warm finish and yet, Prive is decidedly subtle and not too intense. We dig this mild presence; it makes Prive more wearable – you won't make heads turn at the office and yet still stand out. Sillage and longevity are certainly not in the same league as the original, while the dry down (with a strong hint of tobacco) will remind you of Lanvin's Avant Garde, another versatile scent that worked equally well for the office and the nightclub. 1 Million Prive is certainly not a path breaking scent. It stays in the safe zone, but we like how Paco Rabanne has taken a heady scent (which most people love or loathe) and transformed it into an affable, easy to wear scent. It's almost like a hardline politician going through an image makeover in time for a big election!

*Paco Rabanne 1 Million costs ₹6,000 (100 ml) and is available at leading department stores across India.*

**ASHWIN RAJAGOPALAN**





# Best Foot Forward

*Once you step out in shoes customised to your foot's individual characteristics, it's hard to wear anything else*

**Y**ou can tell a lot about a man by the shoes he wears. If you want the look, put away all the sandals and slip-ons that you have been wearing till now and splurge on sumptuous, handcrafted footwear as handsome as it is wearable. Once you step out in a pair of bespoke shoes, customised to your foot's individual characteristics, it's hard to wear anything else.

Mumbai-based Nirali Ruparel used to be a sports and fitness consultant, but thank goodness she gave that up, as it would simply be a crime against fashion for her utterly impeccable men's shoes not to exist. Her designer shoe label Achilles' Heel crafts made-to-order shoes let you express yourself through them.

These consummately chic, loafers, Oxfords, boots and brogues are the epitome of sartorial perfection and can effortlessly take you from brunch to the ballroom, and even to the golf course. Every detail, including colour, lining, sole, heel and stitching, is tailored to specification. You could customise anything you want - your initials, words you like, emoticons, cartoons, silver zardozi hand embroidery and even Swarovski...

The bespoke process, in fact, has nothing to do with trying on shoes. Instead, Nirali meets with clients to learn their style, leather preferences and lifestyle needs. Tedious measurements with careful notes on every nuance of the foot, such as unusual toe joints, bone spurs, and crooked toes are noted. A bespoke pair can take up to three



Patina collection Achilles Heel

weeks to make. You could even design your own footwear on a virtual platform and see the 3D image of the end product. The Achilles' Heel E-spoke studio allows customers to take a virtual try-on of footwear, and gives

suggestions on correct sizes.

While the ready to wear range is priced ₹7,000 onwards the made-to-measure range (available by appointment only) is from ₹17,000 onwards. For those looking for a more daring sartorial persuasion, the Patina collection is spot on. The decadent finishing details of these custom-crafted, hand painted shoes (₹30,000 onwards), add an air of opulence to the shoes. Isn't that what we want our shoes to say about us? "I like luxury"

Where: 40, Savla Chambers, Nanabhai Lane, Flora Fountain, Mumbai; (Street Opposite Akbarallys Store); [achillesheel.com](http://achillesheel.com); call 9920327059

**NIVEDITA JAYARAM PAWAR**







# CLASSIC TWIST

**Tommy Hilfiger** wanted to build a brand that was classy and cool at the same time. Then, he met an Indian who changed his life forever.

In 1984, I met Mohan Murjani. (Two years earlier), while in Hong Kong for Click Point, I had met an Indian family in the clothing business, the Harilelas. David Harilela introduced me to Bina and Depu Murjani, who were also in the business. The Murjani Group was huge. They owned Gloria Vanderbilt Jeans, at the time one of the best-selling jeanswear businesses in the world. Bina and Depu kept insisting I meet their brother Mohan.

Mohan was about five foot nine, in his early forties, a trim, good-looking, mustachioed man with a nice way about him. We hit it off immediately. He said, "I've been hearing a lot about you."

He asked what I wanted to do, and I told him my dream was to eventually do my own line.

"What are you doing nowadays?" he asked.

"I just took a job at Calvin Klein."

"Oh, really? When did you take it?"

"Well, I actually haven't taken it yet," I told him. "I'm starting on Monday."

He said, "Don't do that."

Mohan Murjani was very decisive. "Why don't we do Tommy Hilfiger?"

Was he saying I should have my own designer line?

"Sounds good to me!" I replied.

I pushed forward immediately, as if we had agreed in principle and the deal was already done. "But do you think people would really want a line called Tommy Hilfiger? Do you think anyone will be able to pronounce it?" I did not want this opportunity to go away, so I presented the question as if we were already in business and now all we had to do was name the company.

Mohan was not deterred. "Do you think anyone really knows how to pronounce Yves St. Laurent?" he said. "People can't say my name, either. So, what would you do?" he asked.

"I would design a whole line for myself," I told him.

"I would start with menswear and design a line that is classic but modern."

I had been hanging out in California, designing for Tattoo, wearing a lot of very casual, relaxed clothes, but in the back of my mind I still had the concept of reimagined preppy. So I blended the two. I told him, "It's got to be classic - with a twist." I was wearing a navy

blue double-breasted shawl-collared sweater with a blue-and-white-striped shirt and Girbaud khaki pants with white K-Swiss sneakers. Murjani asked, "Where did you get that sweater?" "Adrienne Vittadini." "You should do a look like that." I liked him already. "When can you start?" I called Tom, Angelo, and Mr. Moos immediately, then went back and told the Calvin Klein people I wasn't coming. I never in my life thought I would do that - Calvin Klein offers me a job and I turn it down? -but Murjani was offering me the opportunity to fulfill my dreams, and I had to pursue it.



Mohan Murjani

PHOTO: DANIEL BEREHULAK/GETTY





PHOTO COURTESY TOMMY HILFIGER

Angelo and Tom represented me, and the Murjanis' in-house attorney, Freema Gluck, negotiated for Murjani. The negotiation was deep. Murjani wanted exclusive use of my name forever. But I didn't want to give it up. For a moment things came to a standstill. After much discussion, we created a hybrid of a licensing partnership. I would license my name to Murjani in return for a percentage of sales, and also get paid for the design work – a \$250,000 advance against 5 percent royalties, plus a car of my choice equivalent to an S-class Mercedes, and first-class travel. Other name designers might have had real ownership in their company and a salary plus equity in the ownership or profits, but because of my financial situation, I traded the use of my name for free cash flow and the opportunity to do what I needed to do. I thought I was in the big leagues.

Susie and I moved from 9th Street in Alphabet City – a bit of a dangerous neighbourhood, but still fun – to

**I never in my life thought I would do that – Calvin Klein offers me a job and I turn it down? –but Murjani was offering me the opportunity to fulfill my dreams, and I had to pursue it.**

a rental loft in the bourgeois heart of Soho, between Prince and Spring Street. I was preparing to go to Hong Kong, shopping around our new neighbourhood, looking at different ideas. I felt exhilarated. I was about to start the Tommy Hilfiger line, the first time I was being given the opportunity to set my mind totally free....





PHOTO COURTESY TOMMY HILFIGER

An undated Hilfiger family pic with a young Tommy Hilfiger standing in the back row

On June 30, Mohan – we were so comfortable with each other that I almost immediately began calling him by his first name – invited me to his office and said, “I want to introduce you to Joel Horowitz.” Horowitz was the president of Gloria Vanderbilt, Murjani’s major company. “Joel will be the one watching over your business.”

Joel knew absolutely nothing about me before we met, but that day, when Murjani and his company’s president, Alan Gilman, walked me into his office and told him, “Here, he’s yours,” we became the best of friends. Forever. We talked for two hours, and it was quickly apparent that Joel and I were brothers. Our experiences, personalities, outlooks on the industry, and visions of what my business would be were on the same wavelength. I learned a life-changing lesson that day: in the search for a person to work with closely, like-mindedness is the key.

Joel grew up in Lakeview, Long Island – a “census-designated place” (not even a town!) next to Rockville Centre. His parents’ best friends turned out to be best friends with Ralph Lauren’s wife, Ricky. Ralph Lauren started in business selling ties and wanted an employee who knew how to make ties and whom he could trust. Joel’s father ran a tie factory in Manhattan, and they had met socially on a few occasions, so Joel’s father became Ralph Lauren’s first employee.

**We talked for two hours, and it was quickly apparent that Joel and I were brothers. Our experiences, personalities, outlooks on the industry, and visions of what my business would be were on the same wavelength.**

Joel was at college – Miami of Ohio, the “Cradle of Coaches” – at the time. He entered in 1969, intending to study business administration, but all he really wanted to do was learn music and save enough money to hitchhike around Europe for a year. The best way to do that, Joel thought, would be to get a job and live at home. The best-paying job he could find was as a mailman. He got a super-high score on the civil service exam and was assigned a route right in his neighbourhood, making \$250 a week. As far as he was concerned, this was perfect.



The day he was supposed to report to work, his parents got down on their hands and knees and said, “Our son can’t be a mailman, our son can’t be a mailman!” His mom said, “Just try working with your father. They need help. Just try it!” Joel arrived for his first day at the Ralph Lauren office in his bar mitzvah suit, with a mustache and hair down to his shoulders. Ralph pulled him aside and said, “Cut your hair, shave your moustache, and here are a few suits for you. Let’s see if they fit.” It turned out that Joel was a perfect model size. He went home transformed. He was Ralph’s fifth or sixth employee. It was very small organisation.

Joel started at Ralph Lauren Polo in 1969 and worked there off and on through the seventies. He got married and had a son, Dustin; got divorced and got married again; had a daughter, Leigh; and found himself at the point in life where he needed to earn money to support his family. His search for creatively fulfilling work proved unrewarding, and ultimately he decided, “I’m just going to take the highest paying jobs I can find.” It turned out to be head of merchandising and sourcing at Murjani. He had no particular desire to be there. If a better-paying job came along, he would take it – maybe it would be more exciting.

And then I dropped into his office. It was June 30, 1984. I sat down with Joel and said, “Look, I don’t want to sit here and sketch ideas or come up with creations. The only way I can put this line together is to go to Hong Kong, search for the right fabric, get it dyed in the right colours, get all the accessories, the buttons, the zippers, et cetera, et cetera, then wait while it’s put together, and be available for the factories and the sample makers to answer questions, to do the fittings, to make adjustments.” Joel agreed completely. But there were complications. First there was the issue of the company’s name. I thought it had been settled: Tommy Hilfiger.

Apparently it had not. Within the Murjani Group there was disagreement as to whether it was, indeed, too difficult to launch. Would the public think it was Hilfiger? Hilfinger? “Maybe we should alter it. Maybe it should be . . . Tommy Hill?” But I was adamant. I felt strongly that Mohan’s original reasoning made sense. I wanted to use my real name. And we did. (We also ended up buying the name Tommy Hill from Muna Baig to protect the Tommy Hilfiger Brand.)

Men’s Market, the week-long trade show where buyers place orders for the following season, was in August. This was June 30. Typically, even with established brands, it takes around six months to put a line together. Here, though, not only were we creating product, but we were launching a brand from scratch! We needed an entire range of specific items to sell to buyers, plus we had to create a vision, a definition, an understandable aesthetic, and a concrete definition of who we were. I left for Hong Kong the next day and stayed there for the month of July. From the moment I signed the contract with Murjani, I kept racking my brain, wondering what we could do, what I could do, that would be different, noticeable, interesting, fun, and creative. I sketched for



PHOTO LIFE/GETTY

An archival pic showing Tommy with models wearing his outfits (in pic).

A Tommy Hilfiger boutique (pic, below)



PHOTO SHUTTERSTOCK





PHOTO BERTRAND RINDOFF/PETROFF/GETTY

hours on the plane. By now, after having traveled to makers across the globe, I had a design routine. I had pictures, swatches, colours, samples, suitcases full of stuff. At the Murjanis' offices in Hong Kong, I laid it all out. We went through the shirts, then the trousers, then the sweaters. I knew how to develop a line. But did I have a line to develop? It was time to produce. In my mind, I knew what I wanted to achieve.

I concentrated on two themes: nautical and safari. I've always loved the look and feel of yachting and sailing and being on the sea. It conjures places in the world infused with wealth, warmth, romance, excitement, inspiration and aspiration: Newport, Nantucket, Portofino, Saint-Tropez. Just as in my dreams as a boy, being on the water is all about escapism. It embodies class. I think of Jack and Jackie Kennedy. The good life is something everyone wants. As for military-inspired safari, I just thought it was cool. Close your eyes and picture shades of khaki, olive, ivory – all great colours in different variations of fabrics. You get it, you know what it is. I thought, "Let's give people that, but somehow fresh and new" Also, both looks were wearable. That was of utmost importance. I wanted my line to be cool and different, but I also wanted it to be affordable, attainable. I had learned from my glam-rock infatuation, for instance, that I needed to approach Tommy Hilfiger the brand not as a niche that would appeal to

a tiny audience but as a line that could appeal to large numbers of people. My key elements from the start were quality, fit, shape, fabric, detail, attitude, cool factor, and youthfulness.

I felt this strongly then, and I feel it equally strongly now: when a person picks up a shirt, he or she has to see something special in it, otherwise the shirt is a shirt is a shirt. So I made a mental check-list: Is it classic? Check. Is it fresh? Check. Is it new? Check. Is it fun? Check. Is it cool? Check. Does it fit? Check. Does it have function? Check. Is it going to appeal to a fashion customer? Check. Is it going to appeal to a regular customer, a normal everyday person? Check. Is it different from anything else in its realm? Check. Does it look more expensive than it is? Check. Does it have unique detail to differentiate it from others? Check. Is it made very well? Check. Is it on trend? Check. Is it of the moment? Check. Is it not too far ahead? Check. Is it not too far behind? Check. Every aspect of every garment had to go through that checklist.

Most of all, the collection could not look like any other. That was my main motive. Like I said, it had to be classic, but it had to have a twist.

**Excerpted from *American Dreamer, My Life in Fashion and Business* – by Tommy Hilfiger, with Peter Knobler; Ballantine Books, Penguin Random House; ₹1,299; pages 337**

**Tommy Hilfiger (second from right) with son Richard (to his right), Singer Rita Ora (to his left) and wife Dee Hilfiger (extreme left) at a Tommy Hilfiger Boutique opening in Paris**





He knows  
tonight's the  
night, and all  
the good news  
in the world  
pales in  
comparison....

JACKET ► **Brooks Brothers** ► ₹40,000  
SHIRT ► **Zara** ► ₹4,490  
PANTS ► **Anuj Madaan** ► ₹8,550  
SHOE ► **Zara** ► ₹2,990





Anticipation is twin-edged – it  
accentuates the pain of longing,  
yet, the hope of impending shared  
bliss makes a man come alive like  
a butterfly in spring

PHOTOS **RAJ CHATURVEDI** ❖ STYLING **SAYALI ANGACHEKAR**  
HAIR & MAKE-UP **REBECCA DONEY** TFM INDIA ❖ MODELS **GONZALO &**  
**ANGELINA** TFM INDIA ❖ LOCATION **JW MARRIOTT** MUMBAI JUHU

#### AVAILABILITY

**Brooks Brothers**, Highstreet Phoenix, Mumbai | **Adidas Originals**, Linking road, Khar (W), Mumbai  
**Amy Billimoria House of Design**, Juhu Tara road, Mumbai | **Anuj Madaan Couture**, Vasant Kunj, Delhi  
**Aparajita Toor**, Deonar, Mumbai | **Calvin Klein**, Infiniti Mall, Malad (W), Mumbai | **Emporio Armani**, Vasant  
Kunj, Delhi | **Fighting Fame** [www.fightingfame.com](http://www.fightingfame.com) | **GAP**, Select Citywalk, Delhi, Marvel, myntra.com  
**Mayyur Girotra Couture**, Defence Colony, Delhi | **Pawan Sachdeva**, Naraina Vihar, Delhi  
**Zara** [www.zara.com](http://www.zara.com)





JACKET ► **Brooks Brothers** ► ₹35,000  
CAPTAIN AMERICA T-SHIRT ► **Marvel** ► ₹699  
DENIM ► **GAP** ► ₹3,999  
SHOE ► **Adidas Originals** ► ₹11,999  
WATCH ► **Emporio Armani** ► ₹23,300









**On Him**

SUIT & BOW-TIE ► **Brooks Brothers** ► ₹84,980

SHIRT ► **Calvin Klein** ► ₹6,999

SHOE ► **Adidas Originals** ► ₹10,999

**On Her**

TOP ► **Mayyur Girotra Couture** ► ₹32,000

UNDERWEAR BIKINI ► **Calvin Klein** ► ₹1,999

DIAMOND RING ► **Johri by Amaze** ► PRICE ON REQUEST









Forget  
the red  
roses and  
mushy  
messages,  
take it  
to the next  
level

**On Him**

JACKET ▶ **Brooks Brothers** ▶ ₹35,000  
CAPTAIN AMERICA T-SHIRT ▶ **Marvel** ▶ ₹699  
DENIM ▶ **GAP** ▶ ₹3,999  
SHOE ▶ **Adidas Originals** ▶ ₹11,999  
WATCH ▶ **Emporio Armani** ▶ ₹23,300

**On Her**

CARDIGAN ▶ **Calvin Klein Jeans** ▶ ₹9,499  
LACE BRA ▶ **Amante** ▶ ₹1,495  
UNDERWEAR BIKINI ▶ **Calvin Klein** ▶ ₹1,999





## On Him

NEOPRENE SWEATSHIRT ► **Mayyur Girotra Couture** ► ₹9,500

ES TRACK PANTS ► **Adidas Originals** ► ₹3,999

SHOE ► **Zara** ► ₹2,990

## On Her

WOOLLEN SWEATER WITH STUDS ► **Dimple & Amrin** ► ₹18,600

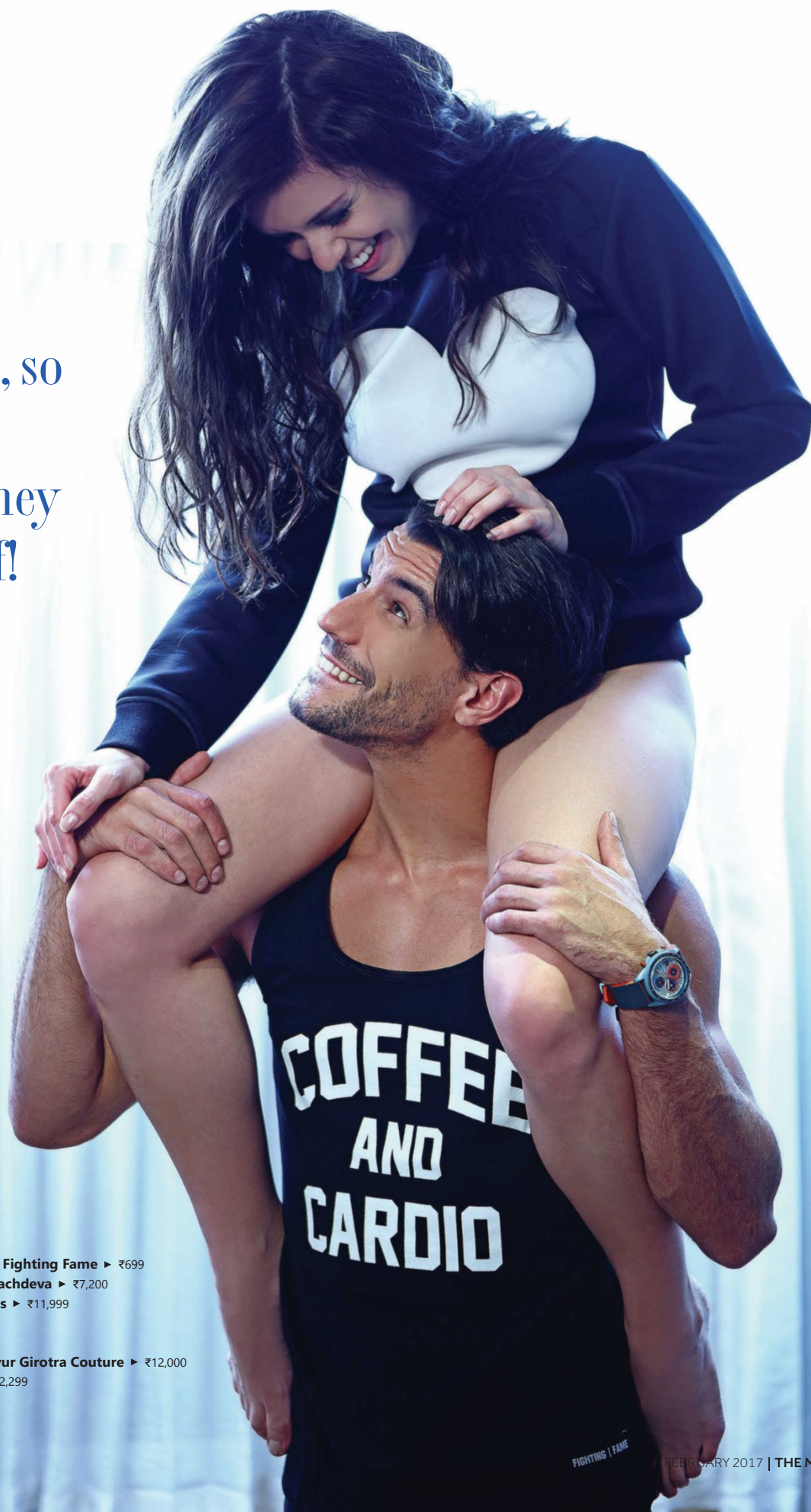
BIKINI ► **Calvin Klein** ► ₹2,299

PLATFORMS ► **Aparajita Toor** ► ₹4,890





Clothes  
maketh  
the man, so  
deck up  
before they  
come off!



**On Him**

STATEMENT PRINT GANJI ► **Fighting Fame** ► ₹699

MESH SHORTS ► **Pawan Sachdeva** ► ₹7,200

SHOES ► **Adidas Originals** ► ₹11,999

**On Her**

LOVE SWEATSHIRT ► **Mayyur Girotra Couture** ► ₹12,000

BIKINI ► **Calvin Klein** ► ₹2,299

FIGHTING FAME





**On Him**

PANTS & SHIRT ► **Anuj Madaan** ► ₹15,400

**On Her**

BODYSUIT ► **Aniket** ► ₹4,500





**JACKIE  
MANGLANI**

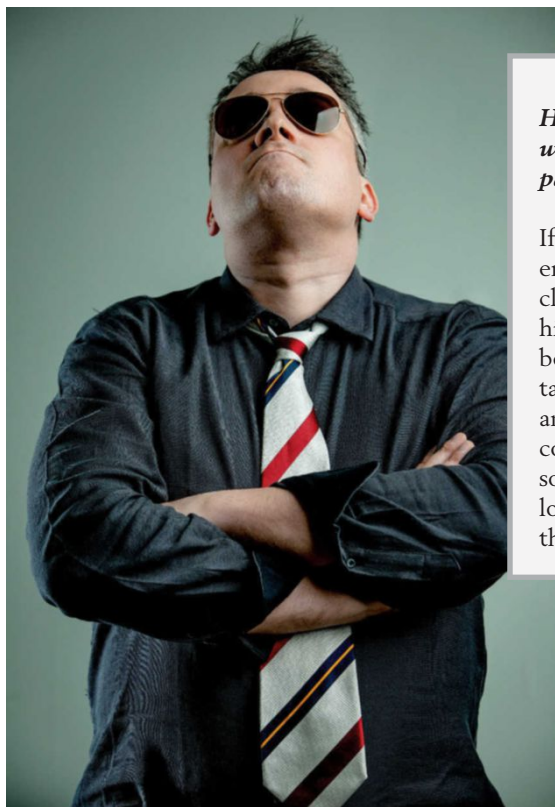
# Style Police

**Jackie Manglani**, India president of luxury brand  
Stefano Ricci answers your fashion queries



*How does the fashion sensibility of Indians compare with the rest of the world?*

I think we are getting there. It takes time to change attitudes, but Indians are generally quick to adapt to international trends. As for today, our country is highly inspired by the international trends and, along with that, it still manages to maintain its own, which indeed is a great balance.




*How best to dress when one has a paunch?*

If you have a paunch, ensure that you put on clothes that help you hide it. In such a case, I believe comfort should take precedence over anything else. Stick to comfortable fits and soft fabrics so that you look and feel right all the time.



*Is the fad for facial hair over? Is it fashionable for be clean shaven again?*

The facial hair fad seems to be fading off. Being clean shaven has always been in and will never become unfashionable. It also depends on your personality and the image that you wish to project. 





# « SPLURGE »

New Products to celebrate Valentine's Day

## ACCESSORIES



▲ Tan duffle bag from Da Milano.  
Price: ₹12,999



▲ Mobile ViP™  
Backpack  
Price: ₹5,500



▲ Lapis Bard's Sheffield business Card Holder Collection by William Penn.  
Price: ₹5,450

## SHOES



▶ Vans Old Skool  
Price: ₹3,500 onwards



▲ Egoss Premium  
Introducing Customisation  
Price: ₹4,500 onwards

## OUR PICK



◀ The marine window check blazer from Gant  
Price: ₹32,999

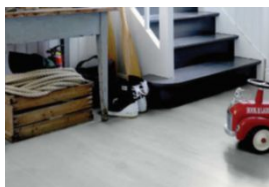


▶ Steel grey bomber jacket from Nautica  
Price: ₹12,999

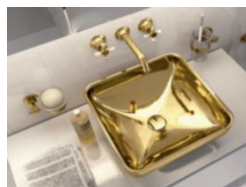
## INTERIORS



▶ Tiffany Lamp  
Price: ₹31,000 onwards  
25-29, Dr. Ambedkar Road, Near Rani Baug, Byculla, Mumbai



▲ Pergo Sensation tiles  
Price: ₹250 per sq ft  
pergo.co.in



▲ Juno bathroom series by Vitra  
Price: ₹41,800 approx

## GADGETS



▶ Sony Bravia television  
Price: ₹3.65 lakh / 65-inch

## ALCOHOL



▲ Moët & Chandon Rose  
The Moët Rosé Impérial Emoëticons Limited Edition bottle is available across all leading hotels, nightclubs, lounges and retail stores in Mumbai, Delhi and Bengaluru.  
Price: Mumbai (₹8,647) Delhi (₹8,680), Bengaluru (₹6,224)

## FASHION



▶ Wrangler jeans  
Price: ₹3,000 onwards



◀ Monte Carlo jacket  
Price: ₹5,399

## GROOMING



▶ Aqua thermal skincare from Vichy  
Price: ₹1,750 / 75ml





Author William Dalrymple and event organiser Sanjoy K Roy at an event in Delhi



Shah Rukh Khan at an awards function in Mumbai



Shraddha Kapoor sings for her fans



Anushka Sharma at a film awards show



Priyanka Chopra on the 'Koffee with Karan' sets



Farhan Akhtar sings at an event



Kangana Ranaut at a fitness award night



Jeev Milkha Singh at a golf event in the capital



From North East Fashion Weekend in Guwahati



Ranveer Singh at an Adidas event



Model guru Shikhar Sidharth with a model at the V Renaissance show in Delhi



Rannvijay Singha at a basketball event



Sunny Leone while attending a radio chat show







# 1914 : A Milestone in Watchmaking History

THE PRECISION WRISTWATCH WAS BORN 100 YEARS AGO

In 1914, the Kew Observatory in Great Britain granted a “Class A” certificate to a wristwatch for the very first time. This major achievement by a small Rolex watch astonished the world and marked the advent of the modern precision wristwatch. Until then, such a certification, which attested to the highest chronometric precision, had generally been awarded only to large marine chronometers after extremely rigorous tests.

Rolex was the first to prove that a wristwatch could be just as precise as a marine chronometer – something that was scarcely believable at the time. This performance would contribute significantly to the rise of the wristwatch. On the strength of this success, Rolex would become the world’s largest manufacturer of chronometer-certified wristwatches. The brand perfected the concept of the modern watch in 1926 by inventing a waterproof Oyster case to protect the movement and then, in 1931, by developing the self-winding Perpetual rotor movement.

Today, all Rolex Oyster models are officially certified chronometers, the heritage of the pioneering role played by the brand in bringing precision to the wristwatch.

## A FEAT OF MINIATURIZED PRECISION

By obtaining the very first “Class A” rating certificate for a wristwatch from the Kew Observatory near London, on 15 July 1914, Rolex accomplished an exploit that would forever change the destiny of the modern watch. A feat of miniaturized precision, this first chronometer wristwatch met with flying colours the British observatory’s demanding criteria, the most stringent in the world: 45 days of tests, in five different positions and at three different temperatures (ice-cold, oven-hot and ambient).

For the first time in history, a wristwatch fulfilled the requirements expected of the best marine chronometers. These navigation instruments, whose precision was used to determine the position of ships at sea (longitude), could not deviate by more than a few seconds per day without putting the safety of the ships at risk. The Rolex wrist watch chronometer certified by Kew 100 years ago recorded an average daily rate of only +1 second.

The man behind this feat was Hans Wilsdorf, who founded Rolex in 1905. By obtaining this first chronometer certificate from Kew, he demonstrated that, in terms of precision, a small wristwatch made by Rolex could rival the best of timepieces – including pocket watches, which were the norm at the time. In those early days of the 20th century, no one had yet managed to design a truly reliable and precise wristwatch.

Wristwatches were not favoured at the time, as the small mechanism could not compete with the regularity and reliability of the

larger pocket watch movements. However, since the beginning of his career, Hans Wilsdorf had been firmly convinced that the wristwatch would be future of the watchmaking industry. He devoted the energy of his youth to eliminating all the weak points of the wristwatch. The quest for precision was his first objective. This visionary entrepreneur was firmly convinced that precision was essential to secure the acceptance and popularity of the wristwatch.

Nearly two centuries after John Harrison designed the first marine chronometer, Rolex targeted equal precision for a wristwatch. The first success came in 1910 when the brand succeeded in obtaining a chronometer certificate for a small watch from the Official Watch Rating Centre in Bienne, Switzerland.

In 1914, Rolex designed and produced a chronometer wristwatch whose precision equalled the most sophisticated measuring instruments of the era and had it certified by the Kew Observatory. Its performance was unheard of; endorsed by the most prestigious official observatory in the world, it would contribute decisively to the rise of the wristwatch.

Until then, making the wristwatch into a reliable, robust, high precision device had been the stuff of utopian dreams. But Hans Wilsdorf demonstrated that precision in a small format was not only conceivable but also achievable.

This distinction by Kew was an official recognition of the highest world-class quality for Rolex and held the promise of a bright future for the wristwatch. From then on, to maintain its leading position in the manufacture of high-quality precision wristwatches, Rolex made it a point of honour to develop mechanical movements that were certified as chronometers by observatories and official watch rating centres.







Mr. Jacques-Alain Vuille\_Global VP & Board Member, Corum



# Exclusively Timed

*A veteran at devising strategies and implementation, **Jacques-Alain Vuille** has spent over 35 years at **Corum**—the creator of the iconic baguette movement. We caught up with the brand's global VP and Member of the Board to discuss the company's future and India plans, as Corum makes a comeback.*

***How have things changed ever since Corum was bought by China Haidian Holdings in 2013?***

Corum was bought by China Haidian Holdings in 2013, which is now known as the Citychamp Watch & Jewellery Group. However, the brand is still independent and is at the top of the pyramid for this group. We still have flexibility when it comes to decision-making, setting growth targets and implementing strategies to achieve our goals. The association helps us since the Citychamp Group is well established and provides us access to the important points of sale used for their other brands as well.

***How many watches is Corum producing annually and will we see an increase in the number?***

We are producing around 10,000 watches and there will be no significant increase because that is not the goal. Our aim is to focus on the main pillars of the brand—the Bridge, Golden Bridge, Bubble and Admiral. They are iconic models for us and we want to penetrate deeper into the markets with them.

***In terms of the Indian market, things have been a bit shaky. How do you plan on improving the situation?***

We have partnered with Ethos, which will help with retail and distribution. I am confident that this support will help us to get a better understanding of the market as well as reach out to the right audience. We always prefer to have a local authority managing our sales in a particular market and this is applicable to all countries.

***Which are your top five markets?***

Hong Kong, Macau, Malaysia, Europe and USA.

***Which is your best selling collection globally?***

In terms of volume, it is the Golden Bridge; but it is the other collections that generate the numbers for us.

***What is Corum's USP?***

I think exclusivity is the biggest defining factor of our watches. When you look at our different collections, it is very difficult to tell that all of them belong to one brand. Also, we never force our distributors to buy all our collections because some markets prefer sporty watches, some like elegant ones, whereas some prefer a mix of both.

 **AISHWARYA SATI**







# ASUS ZenFone 3

**IN JUST TWO YEARS, ASUS HAS MANAGED TO SUCCESSFULLY make the leap from a laptop brand to a strong smartphone contender. The brand's success has been driven by the ZenFone and the 2015 follow-up—the ZenFone 2. Both these devices played to the mid-market galleries with a strong 'value for money' proposition. ASUS has decided to up its game with its 2016 flagship. It has set its sights on devices like the OnePlus3 and also flagships like the LG G5 and the Samsung S7 that sit on the top end of the Android tree.**

The ZenFone 3 is a good looking device. At a time when metal seems to rule the roost, this device opts for an all glass form factor; and it works. We like the simple, clean lines on the ZE552KL. The ZenFone 3 actually comes in a choice of variants including the Special Edition Deluxe variant that is priced above ₹60,000. The ZE552KL (₹27,000) is the ZenFone 3's primary variant. The clean lines are complemented by the latest version of ASUS's

custom user interface – Zen UI 3.0, that is uncluttered. It works seamlessly with the device's solid hardware – 4GB of RAM and a Qualcomm Snapdragon 625 chipset (Octa-core 2.0 GHz). The device has generous storage, too – 64 GB onboard, support for Micro SD cards up to 256 GB and 100 GB of cloud storage (via Google Drive).

The 5.5-inch IPS+ screen's display specs won't blow you away (401 PPI/1080 x 1920 pixels) but it gets the job done. One of the most impressive aspects of the device is its solid battery (3000 mAh) that comfortably lasts a whole day even with extensive usage. The 16MP camera is one of the fastest in the business and does a commendable job in settings with abundant light; it struggles sometimes in low-light though. Overall, the ZenFone 3 is a stellar device and justifies ASUS's move into the premium league. But, with devices like OnePlus3 and Xiaomi Mi5 in the same zone, it will not be an easy ride.

**ASHWIN RAJAGOPALAN**



## LOGITECH UE ROLL 2

**THE UE ROLL WAS EASILY ONE OF THE FINEST** Bluetooth speakers to debut in India. It had a cool disc-shaped design in a choice of funky colours with a bungee cord that made it incredibly portable. The UE Roll 2 is the much anticipated sequel. It doesn't look remarkably different from the original, but packs more sound (Logitech says '15 per cent louder than the UE Roll'), and also offers an extended wireless range – an impressive 100 feet. What's more, it is water-proof; just what you need for that pool party. (₹8,495)



## HTC DESIRE 10

**HTC TAKES A SERIOUS SHOT AT THE HIGHLY** competitive ₹15,000 – 20,000 segment with a good looking 5.5-inch (screen) device. The HTC Desire 10 features a metallic gold contour design and a customisable home screen. Its other highlight is 24-bit Hi-Res audio. It is powered by a Mediatek processor, coupled with 3GB of RAM and 32GB of internal memory (the device supports Micro SD cards up to 2TB). The device comes with a 13MP primary shooter and a 5MP selfie cam.



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# Keeping it secret

*Apps that help with multiple passwords*

**THE REVELATION THAT THE ACCOUNT INFORMATION** of at least 500 million Yahoo users was stolen in 2014 was a big reminder that we all need to be smarter about our digital security. That includes our smartphones, which are increasingly the repositories for all sorts of information about our digital lives.

Turning our smartphones into personal data fortresses requires the use of strong passwords — and never using the same password for different services. Fortunately, there are plenty of apps that can help you remember all those passwords.

**Dashlane**, which is free to download for iOS and Android devices, is an excellent secure password system. The app, which is essentially a digital strongbox for all your online keys, has just one master password to remember. After you enter that password (which should be very strong), you have access to all your other passwords inside the app.

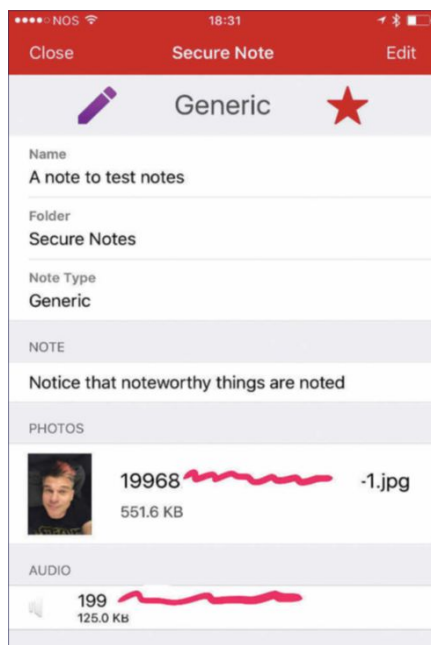
This means people can move beyond using easy-to-remember passwords like “123456” and use longer, more complex passwords that are more difficult for hackers to crack. To help, Dashlane has a password generator that users can customise, for instance, by varying the length of passwords or specifying whether they should include nonletter symbols.

Dashlane can automatically update passwords, a feature that is compatible with many websites including IFTTT and Kickstarter. You can also create your own passwords, and Dashlane will analyse how hacker-resistant they are and flag any passwords that have already been used elsewhere.

Dashlane has a built-in browser that is designed to be secure, so people can shop or bank online with fewer worries about having their information compromised. It also allows users to securely share passwords with others — a useful feature for anyone with shared accounts.

An upgraded version, which costs \$40 a year, provides extras like cloud-based backup of your password information and secure sharing of passwords between different devices.

If Dashlane's price and more business-like look do not suit you, try **Keeper**, free for



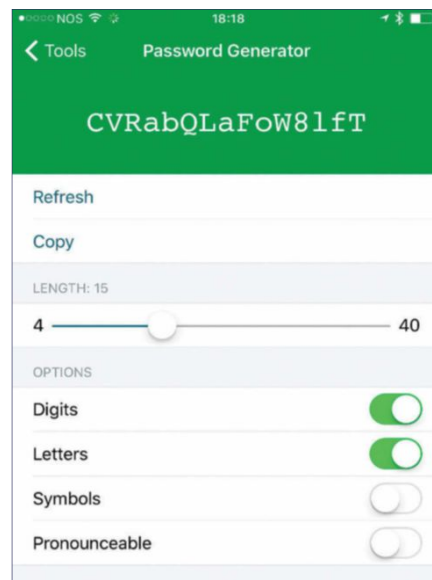
iOS and Android. Like Dashlane, Keeper is a secure password vault with an automatic password generator and other features.

But Keeper also has a more graphics-rich interface, which includes useful pop-over hints and tips when you start using the app. And it lets you file your passwords in folders to help separate personal and work

## APPS FOR FUN

**Guntai** is a stunning new minimalist game for iOS that places you in control of a flock of birds traveling across difficult terrain. The app's beautiful graphics, combined with its simple gameplay, may remind you of console games like *Flower*. It is hard but seems easy at first, and it keeps you coming back for more fun. It costs ₹270 approximately.

The popular social networking app **Meetup**, which encourages users to meet in person and join activities, has been redesigned. It makes recommendations based on your interests and emphasises gatherings that people nearby are already planning. It is free for iOS and Android.



accounts. The folders can also hold other information, such as bank account numbers, which you do not want to be accessible outside the app.

As an additional layer of security, Keeper has an Apple Watch and Android Wear connection that lets you log in via your smartwatch. The idea is that if someone steals your phone, they probably will not have your watch, too.

Keeper lacks Dashlane's automatic password update feature, and some of Keeper's more powerful features, such as cloud-based backup and cross-device password syncing, require upgrades that cost roughly ₹700 and up.

Of course, there are also a few well-established favourite apps in this category. The best known is **1Password**. The app has a wide range of features apart from storing passwords, including storing credit card information and autofilling payment fields on online shopping sites. This app promises strong encryption to protect data even if you lose your smartphone, and it has an Apple Watch app so you can see password information on your wrist.

I'm not a fan of this app's interface because I find it easy to lose my place in its menus. But 1Password is powerful and has free versions for Android and iOS. An upgraded version, with access to all its features, costs ₹700 approximately.

**LastPass**, a popular app for iOS and Android, is also worth trying. It acts as a secure vault for information like credit card numbers, and its jaunty interface makes the business of managing passwords seem less drab.

If you're an Android user, have a look at **KeePassDroid**, too. This password manager is free and based on open-source architecture. It features strong encryption and its plain but functional interface make it seem less fussy than some of its competitors.

**KITE EATON**



ZAHID H.  
JAVALI

## TURN YOUR MOVEMENTS INTO MUSIC

What if you could turn the fluidity of your body into music? Sounds incredible? **Phonotonic** comes with a wearable and a smartphone app that would transform any movement into music. Interactive Music Battle system, from the French Phonotonic, is a simple and smart device that converts your movements into musical notes in real-time. Play how? Through a smartphone app that interacts with the brightly-coloured sensor containing silicon sphere through Bluetooth. The desired melody and beat can be selected from a list provided in the app. The sensor is removable and can be placed anywhere. How about your pocket? What are you waiting for? Transform your body movements into catchy music at [phonotonic.net](http://phonotonic.net) for ₹5,954.

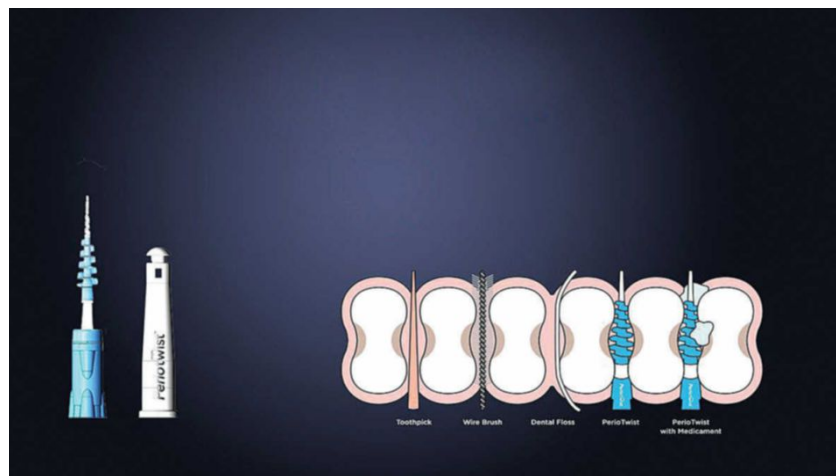


## BREATHE CLEAN WHEREVER YOU GO

In times of high pollution almost everywhere you go, here's a portable air purifier that monitors and purifies the air quickly. Weighing less than a pound, the compact-sized, aesthetically-designed **Wynd** can be easily carried around. One full charge lasts for eight hours and provides eight litres of air, purified of allergens, dust, germs and smoke. It's equipped with a detachable sensor that keeps you updated about the air quality around you. The sensor can be attached to anything. Wynd auto-regulates the air purification in the Auto mode. Pre-order your personal Wynd air-purifier on [indiegogo.com](http://indiegogo.com) for ₹11,204.

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# *“Never Write Anyone Off!”*

*There is nothing like a good comeback. It's like rediscovering an old friend. It's not always easy for a female actor to recover from career misfortune. Bollywood actor **Ameesha Patel**, who won a million hearts in *Gadar*, is gearing up for one such comeback. This time as a producer and businesswoman.*

PHOTOS **CARROT GK** ♦ ASSISTANT TO THE PHOTOGRAPHER **MIRESH** ♦ STYLING **ABHILASHA SRIVASTAVA**  
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BUSTIER CROP ► **KARAN MALHOTRA**  
SHORTS ► **CALVIN KLEIN**





Films can be a self-regarding world, but Ameesha Patel's vision roams far and wide. A Bollywood actor, Ameesha is equally at home facing the camera with her co-star Sunny Deol for her upcoming film *Bhaiyyaji Superhitt*, helming her company engaged in a water softener and encouraging players of her team Royal Patialvi in Box Cricket League.

Ameesha Patel made a fantastic debut in the 2000 hit *Kaho Naa Pyaar Hai* with Hrithik Roshan. After a massive hit at the box office, it would have been easy for her to cruise along on that fame with less challenging roles. She did the opposite when she jumped into the cauldron with *Gadar: Ek Prem Katha* with Sunny Deol. It was no easy role to pull off. Set in 1947, during the partition of India, the film narrated the story of a truck driver (Sunny Deol), a Jatt Sikh, who falls in love with a Muslim girl, Sakina (Ameesha Patel), belonging to an aristocratic family. This unglamorous role was not what was expected from the young and beautiful Ms. Patel, but it presented a challenge that she embraced with passion. The film was a hit, cementing her star status and turned out to be a great career decision because it established her as a serious talent in her second film, and not just another beautiful, south Bombay actor. It was also an indicator of the type of acting career she was seeking.

Call it fate, or poor choices, Ameesha didn't quite hit gold with her subsequent films. The odd hit like Abbas-Mustan's *Humraaz* were forgotten as the flops piled up. *Chatur Singh Two Star* didn't work and *Shorcut Romeo* earned abysmal reviews. Disappointment at the failures must have been huge but she didn't disown any. "I'm not ashamed of any work I do," she says. "You can't decide a film's fate before its release. There's no surety that your new films will be better or worse than your previous ones. You can only hope to surpass your efforts. None of us here are soothsayers or astrologers to predict what will happen because we do not

You can't decide a film's fate before its release. There's no surety that your new films will be better or worse than your previous ones. You can only hope to surpass your efforts. None of us here are soothsayers or astrologers to predict what will happen because we do not have the mathematics in place. I'm proud of all my work because there's a little heart and soul of Ameesha in all of them.

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have the mathematics in place. I'm proud of all my work because there's a little heart and soul of Ameesha in all of them."

Currently, she has poured her heart and soul into her home production *Desi Magic*, which has been in the making for over two years. What's taking it so long? "I don't think it's too long a time for a baby company involved in everything right from scripting to release," she says. "Sanjay Leela Bhansali had scripted *Bajirao Mastani* 14 years ago, but decided to go into production only later. Some-





GOWN ▶ KARAN MALHOTRA  
JEWELLERY ▶ MINERALI STORE  
FOOTWEAR ▶ TRESMODE





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I am not a star child, I will not get a chance after giving 17 flops just because I am the daughter of a successful filmmaker or director. I have to create my own space. When you do that, it's a bigger sense of achievement and pride.

### **Asked along the way**

#### ***I am***

A sensitive and emotional child-woman.

#### ***You can call me***

Angel or Amy Pooh.

#### ***Life is***

Something you have to leave to God. You can do as much planning, but nothing is in your hands. So, I want to enjoy the journey of my life and have a blast everyday.

#### ***I strongly believe in***

Never write anyone off. You never know which Friday can change anyone's destiny.

#### ***The best thing about stardom***

It's the effect you have on millions of people. They make you part of their families. After watching Gadar, elderly women in Pakistan named their granddaughters Sakina! You can make money by being a businessman, doctor, engineer, or a smuggler, but you can have the love of millions only by being an actor and doing good cinema.

#### ***The best compliment ever***

When people meet me they say you are far prettier in person. They say you are a beauty with brains.

#### ***I deal with the critics***

Just the way Shah Rukh Khan and Aamir Khan deal with them when their films fail—with a pinch of salt. It's a Friday to Friday thing. By Saturday, it's forgotten and newspapers with the critics' reviews

are dumped in the bin, or used to pack bhelpuri.

#### ***I blow up***

When my house is in a mess. I am a cleanliness and control freak. I need everything to be prim and proper.

#### ***What I find irresistible***

Sev puri and pani puri from the roadside. Basically, a good chaat and a good dessert.

#### ***Favourite colour***

Pink. I love it and also consider it lucky. Even my company logo is pink.

#### ***Fashion mantra***

I am not a fashion victim. I pick what I feel comfortable in. I love shoes and handbags. In fact, I have an enviable collection. I love dressing up. I know what suits me.

#### ***Favourite designer***

I like Chanel for their bags, Gucci boots and Valentino and Roberto Cavalli gowns.

#### ***Style icon***

Rekha oozes sensuality. She is always immaculately dressed in a sari and gold jewellery. She is ageless.

#### ***If not an actor***

A really boring investment banker.

#### ***The one thing I would love to change***

I am hyper. I will be in my pyjamas, but my brain remains super active. I wish I could calm down and rest, and be a little bit of a girl sometimes.





GOWN ► LASHA  
JEWELLERY ► YOUNE JEWELLERY  
FOOTWEAR ► ZARA





times films take time to be made. Look at *Welcome Back* or *Jagga Jasoos*. This film (*Desi Magic*) has been shot across the country and abroad—France, Thailand and Europe. If we were shooting in Lokhandwala, it would have been over in 20 days.”

A rare combination of beauty and steel on celluloid, Ameesha is even more impressive in the flesh. There’s a lightness to her being that’s underpinned by a palpable composure, and an ego that’s probably as solid as her muscled core. “I still feel like a misfit because of my education and the way I have been brought up,” she says. “People feel I am a snob just because I am a south Bombay girl belonging to a political, illustrious, rich family, who studied at Cathedral, then went to Tufts University in Massachusetts, America, being Rajni Patel’s granddaughter and knowing politicians. That (weight) remains with me in everything I do.”

Though celebrated in the business, she takes nothing for granted, saying that after 16 years in Bollywood she still finds it as difficult as it was when she first entered it. “I am not a star child,” she says. “I will not get a chance after giving 17 flops just because I am the daughter of a successful filmmaker or director. I have to create my own space. When you do that, it’s a bigger sense of achievement and pride.”

The actor, who had an unexpected start in the world of cinema, has survived fame, family betrayals, a broken heart and career setbacks, among other things. Ask how she has managed to emerge unscathed and curiously unspoilt, she insists her positive nature and faith keep her going. “The industry hasn’t changed me as a person,” she says. “I am Ameesha Patel—motivated, happy and grounded. I have cool friends outside the industry, yet I get along very well with everyone in the film industry. I have no camps.” Then she admits that being outspoken and honest haven’t always worked in her favour. “People in the industry don’t want to hear honesty. They like chamchas and yes-men and I am not like that. I speak my mind. What you see is what you get. I don’t know how to be diplomatic. Or I’d be a politician.”

Ameesha maintains that the toughest thing in the Hindi film industry is not having a hero



as a boyfriend, or a godfather to back you. “Life becomes a lot easier when you are dating someone or spending a lot of extra time outside of working hours with powerful heroes,” she says. “Your job becomes a lot easier and there is a comfort level, which is something I haven’t done and won’t do. Each one has his own way of carving their career. I have my own, so I have Ameesha Patel Productions.”







OUR LATINO IMPORT **CARLTON CAVANAGH** KNOWS ALL ABOUT SEXO MAGNIFICO, AND DOESN'T MIND SHARING





# Girl Talk

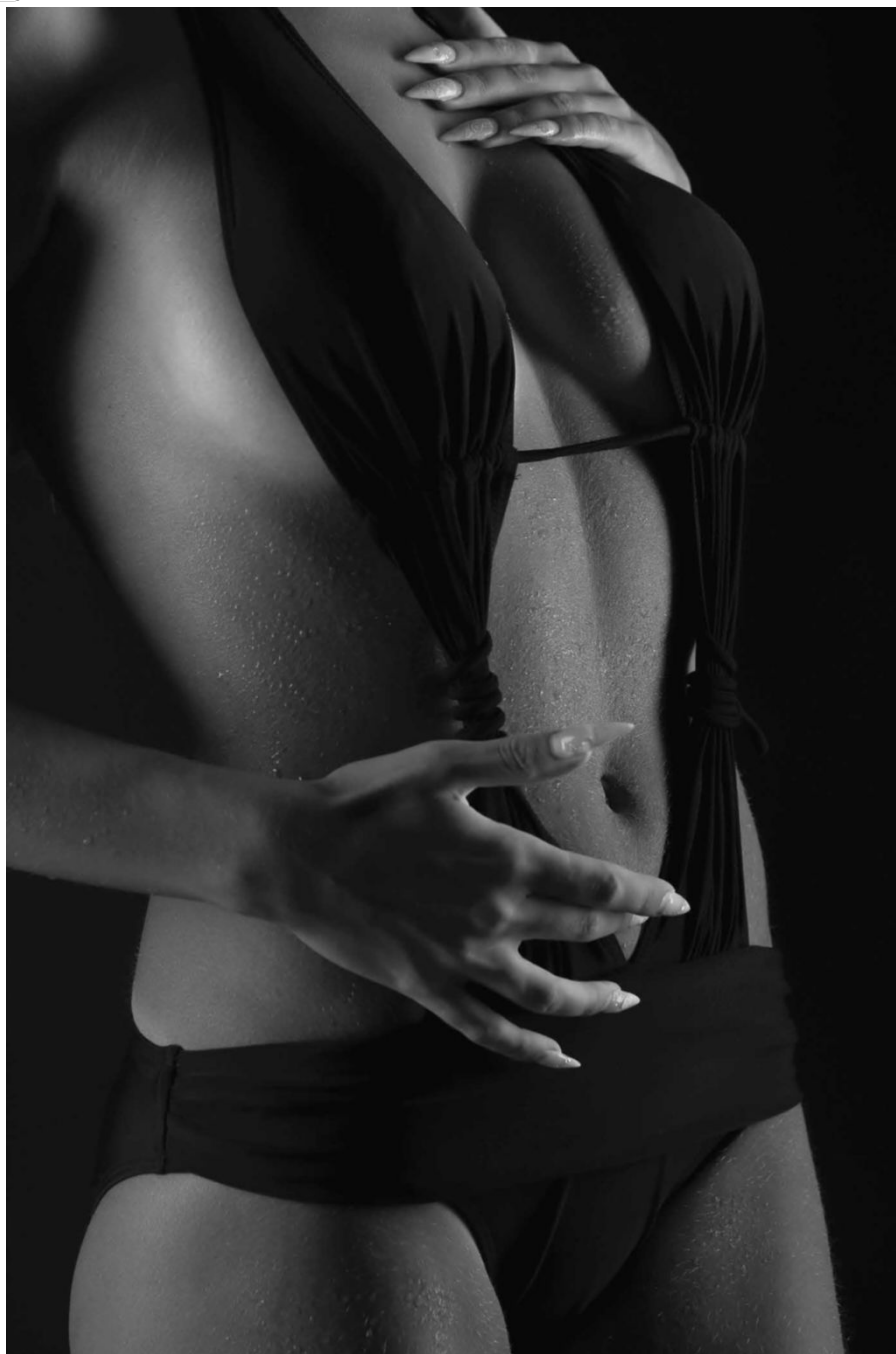
*Why women get it right*

**L**ife in the Adriatic is quite the sky blue patch that I've been waiting to hit for a while now. Travelling in Italy, never straying too far from the beaches, I meet some of the most exquisite varieties of mind, body and bedroom noises. My Indian citizenship along with my Spanish blood makes for a great ice-breaker (and an even better bed smasher) among the many nationalities that descend on this sunny strip of mediterranean bliss. On a friend's yacht I met a singer, with a deeply introspective mind, struggling her way through music school, with a very interesting take on life, sounds and sexuality. In the rhythm that the sea strings together with the sun sinking into its lover's embrace, I pull out a notepad and a condom. She taps the wrist clasping the notepad, and keeps the condom for herself. In the rare position of having found a provider and recipient of the opposite sex my question to her is simple - What do women get right that men don't? And vice versa.

## MAKE OUT THE RIGHT WAY

"Women are hands down the better kissers," she says with her palms spelling out literally her figurative gesture. "Women have softer lips, and as far as technique goes, are a lot more probing than pushy. Men go in all guns blazing." The problem with men I learn is that they have a one-size-fits-all mentality (pardon the pun), so if their 'technique' or the lack of it, worked with their previous girl, they assume that it does with everyone they meet. Was it a lack of sexual empathy I ask her, upon which she tells me that it could be. Or it could come from a place where a guy 'is supposed' to know what pleases a girl, and hence what he knows, even if it is very little, passes off as gospel. Girls are softer with their kisses and more curious, less all knowing. "Also they smell better," she says. "Perfume?" I ask. "No. Just better," she replies.





65

*Women have softer lips, and as far as technique goes, are a lot more probing than pushy. Men go in all guns blazing.*

99

## FINGER ON YOUR LIPS

So far everything she said, didn't seem like the subjective rant of a venting session, but an intelligent appraisal that was spontaneous; one no doubt she had thought about several times. But what she said next, well one part of it I could understand: "Women were better with their fingers than men." Understandable because vaginal stimulation patterns are as varied as fingerprints. So, it isn't surprising if their inside knowledge on their junk gives them some kind of an advantage. But it is what she said next, that I took a great deal of offence to. She said, "Women are better with their fingers than men, and neither are particularly good with their mouths." It was time for Carlton to put the latter half of that statement to the test, as we moved matters to the bedroom.

## RESOLUTION

There are many ways in which I could call my trip to the Adriatic enlightening. I mean what great vacation isn't. But on my final day with her, as she allowed the smoke to linger, far longer in her lungs than usual, before breathing it out, in one deep exhale, her attempt at concealing a sigh of longing, she asked me to stay, if only for a few days more. As I packed my stuff and prepared to leave, she bid me goodbye and left me one final string of words to mull on. Words that encapsulated the sorrow of our farewell and the great divide between men and women. She told me, "a girl will date you hoping to change you, while a guy dates you with the hopes that everything remains the same." In the intersection of these two wrongs is where the great right of a happy relationship exists.

As I now shift my sleep mask over my eyes to get some much-needed shut-eye on this irritatingly long flight, I bid you farewell and best of luck in the journey to your own great wrongs. And hopefully a few rights.

*Adios!*



## PICTURE PERFECT

"With women, it's usually me who is watching them. With men I can almost hear the camera click as if they are taking snapshots of me on top, in front of them, below them for later." It doesn't seem surprising because my attention is completely split between professional and pervert, as embarrassed, I look away during that awkward pause that follows her statement. She smiles well aware. I smile back, for the best

form of defence is offence. Women by rule, are the ones gifted with the more beautiful bodies, men hungering for glimpses irrespective of whether they are fat, thin or trapezoid in shape. Men, and this is my very heterosexual take, are not nearly as attractive naked. Moreover, we are the shallower sex, and thus focusing on appearance comes naturally to us. "This turns me on a lot more, because who doesn't want to be swallowed up by the eyes, while the tongue is busy tasting." Who doesn't indeed?



*Rules of engagement have changed and so have manners*



*Who should carry the heavy bag / equipment?*

*Who pulls out the chair in a restaurant?*

*Who exits the elevator first?*

*Is a man expected to give his seat to a woman in a bus/ train?*

*If the conference room has less chairs, who pulls in the extra chair?*

*Are women expected to escort male visitors to the office elevator?*

As the definition of chivalry includes courage and integrity, in today's business world it includes speaking the truth, fighting for justice and displaying honesty in all your dealings. Chivalrous bosses share the credit with their teams while chivalrous CEOs take responsibility during a crisis. Chivalry is showing sensitivity and consideration and is no longer linked to gender.

redefined, it's no longer gender-specific. Common questions related to chivalry in modern workplaces are:

### Who pays for a business meal?

The person who invites (i.e. the host) pays.

*Who stands when greeting, shaking hands or exchanging business cards?*

Both men and women should stand when meeting and greeting their business associates.



36.00

35.00

34.00

33.00

32.00

31.00





## TRAVEL



# Burgundy

*Whatever your pleasure, all you have to do here is show up hungry, says **Seth Sherwood**, extolling the virtues of this famed French region*



Vineyards near Clos Blanc de Vougeot  
Castle in the Burgundy region

PHOTO SHUTTERSTOCK

Satisfaction for nearly every appetite awaits in Burgundy. Food? The venerable aristocratic city of Dijon and the nearby medieval town of Beaune both reap the region's bounty, which features numerous icons of French gastronomy. Under their spires and towers, you can start with asparagus and escargots, follow with Charolais beef — best sampled in a classic boeuf bourguignon — dab on some Dijon mustard and wrap up with a cheese course of Brillat-Savarin and Époisses. Drink? Kick off with a Kir — a mix of local white wine and black currant liqueur named for a former Dijon mayor — and follow with wines from Burgundy's legendary vineyards, which won Unesco World Heritage status last year. Art? Stroll the halls of contemporary galleries and venerable fine-arts institutions. Acquisition? Dijon's covered produce market, antiques boutiques and contemporary design showrooms should sate the shopping urge. Whatever your pleasure, all you have to do is show up hungry.

## FRIDAY

### 3pm ~Swirl, Sniff, Sip

You can scarcely kick a grape down Beaune's cobbled streets without hitting a wine merchant, vineyard office, tasting cellar (notably that of the venerable Patriarch winemaker), retail emporium or wine bar — to say nothing of the Musée du Vin wine museum. In a former medieval church, Beaune's Marché aux Vins (wine market) is a key stop for oenophiles eager to worship local history and vintages, thanks to tasting tours. The guides will explain why you should bring coffee to a tasting, which Burgundy wine is the most prized in the world and other facts — mainly pertaining to Burgundy's many subregions, microclimates, grape-growing techniques and wine styles — as you swirl, sniff and sip from four to 11 local wines, depending on your type of tour. Tours are held daily at 10:30 a.m., 3 p.m. and 5 p.m. and cost 9 to 27 euros (about ₹70 to the euro).

### 5pm ~Medical Marvels

Suffering from spasms? Try beaver powder. Gout? Take silver nitrate. And syphilis? Mix mercury drops, almond oil and mutton fat, of course. Such are the "cures" offered in an 18th-century medical tome found in the Hospices de Beaune — aka Musée de l'Hôtel-Dieu — a medieval hospital of exquisite Gothic architecture and interiors. Besides the pharmacy, highlights include the ornately decorated hangar-like treatment hall, an art gallery featuring Rogier





An interior view of the Musée des Beaux-Arts

PHOTOS ALEX CRETEY-SYSTEMANS

van der Weyden's apocalyptic 15th-century multi-panel painting of the Last Judgment and a shop selling much-sought wines from the institution's vineyards. Entry, 7.50 euros.

#### 8pm ~Pairings

What pairs well with wine? More or less everything at Ma Cuisine, an airy, white, chapel-like haven of regional gastronomy. And if you don't have 18,900 euros for that 1959 bottle of Romanée-Conti, never fear: The wine list, organised by price, starts with a 24-euro white aligoté. Whatever you quaff, the comfortable and unpretentious restaurant provides ace takes on appetisers like escargots and oeufs en meurette, runny-soft poached eggs turned purple from a rich wine sauce loaded with onions, shallots and bacon morsels. The farmhouse fare continues with grilled duck breast, steaks or a textbook boeuf bourguignon whose long-simmered boulders of plump beef fall into stringy and succulent shards under the fork. Époisses — creamy, pungent and pleasingly bitter — comes next. A three-course dinner (without wine) for two costs around 100 euros. Reserve.

#### SATURDAY

##### 10am ~Temple of Taste

Dijon's historical core is a buffet of architec-

tural styles from the medieval, Renaissance, Baroque and 19th-century periods. Built during the 1870s, the structure known as Les Halles is a cathedral-like expanse of finely wrought glass and iron that houses another sumptuous buffet: the city's produce market. At the north end, La Ferme Ligny sells goat cheese, butter and cream from its own farm, as well as famous Burgundy cheeses like Abbaye de Cîteaux. Along the west side, La Vie

Gourmande sweetens your shopping basket with homemade local spice bread, crème de cassis and fruit jams. The dozens of other stands fill in the gaps with everything from cured ham to Iranian spices.

#### 12:30pm ~French Fare, Asian Flair

The house cocktail at Restaurant So, made of local sparkling wine and a dash of yuzu liqueur, is an apt microcosm of this pleas-



La Place des Cordeliers in Dijon.



ant, bright, cheerful little restaurant. A veteran of the super chef Joël Robuchon's gastronomic palace in Tokyo, the 30-something chef So Takahashi cooks precise, light, market-fresh French food with occasional nods to his native Japan. The short lunch menu, which changes multiple times weekly, might start with a cold, unctuous pea soup — accented with pungent Parmesan shards and chilled chorizo purée as soft as cream cheese — followed by a plump chicken breast with forest vegetables and basmati rice. The extensive Burgundy wine list is scrawled on a chalkboard covering a whole wall, like gourmet graffiti. The prix fixe three-course lunch is 17.50 euros. Reserve.

### 2pm ~Plunge Into Art

Since 2013, Dijon's former municipal baths have been home to F.R.A.C. Bourgogne, one of many government-run exhibition sites around the country for the French state's extensive and ever-expanding collection of international contemporary art. A large, menacing yellow enamel wasp clad in black mesh — a creation of the Portuguese artist Joana Vasconcelos — welcomes you to the sprawl of white rooms, which hold rotating exhibitions. Even grander and more ambitious, Le Consortium occupies a former cassis liqueur factory with an annex by the Pritzker Prize-winning architect Shigeru Ban. Cindy Sherman, Jenny Holzer, César, Donald Judd, Frank Stella and Richard Serra are among the marquee names who have exhibited at the institution over the years. Regular concerts, from experimental noise to world beat to electro, push the musical envelope too.

### 5pm ~Design District

If you have wondered how you might look wearing lace-up Depression-era grandma boots, a white dinner jacket and a pith helmet — accessorised with a vintage pistol and carved African mask — the answer awaits at Maison Gossot. The dusty, musty cabinet of curiosities is one of the many antiques shops and modern home-décor showrooms in the streets north of the ducal palace. If you prefer modern metal-rib ceiling lamps inspired by cowboy hats (by the French brand Petite Friture) and trays embossed with monkeys and birds in aristocratic 19th-century British clothing (from the French label Ibride), head straight to Une Vie de Rêve, an emporium of contemporary design. Industrial metal stools by Tolix — based in Burgundy — and chairs by the French brothers Ronan and Erwan Bouroullec complete your fully French furniture set.



Marche aux Vins in Beaune, a wine market offering tasting tours



Dijon's Les Halles Market, which sells all manner of cheese and local produce

### 8pm ~Renaissance Repast

Were they not frozen in stone, the mysterious human figures carved into the ornate Renaissance facade of the Maison des Caritides would almost certainly be downstairs eating the multi-course tasting menu (62 euros) of Dijon's most recent Michelin star. There's no à la carte menu inside the simple, elemental space, where autumnal hues mix with wooden beams, plank floors and candlelight. After two amuse-bouches, out come the plates, which might hold nuggets of raw French salmon with charred leek and ginger cream, suckling Pyrenees lamb in a thick reduction alongside citric carrot-orange purée, an extensive cheese

course or a dessert of white cheese sorbet with lemon soufflé. If you're feeling flabby afterward, do bicep curls with the dense wine book, which features some good-value half-bottles.

### 10:30pm ~Local Libations

If you can stand more wine — and if you can still stand, period — cross the street to Bruno, a cosy and rustic bar frequented by many local restaurateurs and winemakers. Amid hanging ham hocks, the voluble and affable proprietor — Bruno — mans the semicircular bar, dispensing counsel and pouring glasses from the roughly 850 wines in stock. For a break from grapes, follow





ESCAPE TO...

## So Near, Yet So Far

**Lalit Mangar** is a world apart from the urban chaos of the National Capital Region

Set amongst acres of luscious greens and the Aravalli hills in the backdrop, imperially columned verandahs at The Lalit's new resort sweep you into an extravagant, yet tranquil, escape from the urban cacophony of Delhi and Gurgaon. Thirty five keys open doors to well-appointed suites. Treatments curated by the famous Dr Mosaraf Ali ensures that the hotel's spa offers a complete range of relaxing, rejuvenating, and healing treatments. The accent here is on wellness for the whole family, includ-



ing nature cycling, yoga sessions, trekking through local villages and even (yes!) star gazing – perfect for the harried city dweller to recharge.

**HOW TO GET THERE:** On Camp Wild

Road near Mangar police post on the Gurgaon-Faridabad Road. Call 0129-715-7777 [thelalit.com/the-lalit-mangar](http://thelalit.com/the-lalit-mangar)  
**COST:** ₹14,000 per night

**RUPALI DEAN**

the 20- and 30-somethings who pack Alchimia, a nearby clubhouse where DJs summon clicking, throbbing beats until the wee hours. Mac Malden, a smooth, light Scottish whiskey aged in Burgundy wine barrels, can be chased with local Elixkir IPA.

### SUNDAY

#### 10am ~Saints and Skeletons

Dijon mostly dozes on Sunday — must be the wine — but you can shrug off sleep and perhaps a couple of pounds by stroll-

ing the grounds and interior of the Palace of the Dukes and States General of Burgundy. The amalgam of majestic buildings, chapels, towers and courtyards was built between the 1300s and 1800s, partly by Jacques Gabriel, a key architect of Versailles. Housed in the palace, the Musée des Beaux-Arts is mostly under renovation, though about a dozen rooms remain open. A network of great halls and exhibition galleries, it contains a mix of mostly medieval weaponry, stained glass and religious

paintings: emaciated greenish Christs, baleful saints in rich robes, and a particularly haunting wood-panel painting of St. Fridolin shaking hands with the skeleton of a man he resurrected. .

### WHEN YOU GO



Business class return fare on Air India from Chennai and Delhi to Paris Charles de Gaulle starts at ₹1.92 lakh approx. Onward to Burgundy takes 1 hour 20 minutes by train

VIKRAM  
ACHANTA

# The Heady Optimist

*Mechanic for ten rupees a day to bartender at a Michelin-starred restaurant, **Devender Sehgal** has come a long way. But the 'optimist' in him still dreams of being a Bollywood actor*



## THE OPTIMIST

Bacardi Superior: 60ml  
Lime juice: 22.5ml  
Ginger syrup & honey water: 22.5ml  
Basil: handful

### Method

Shake & double strain  
Glassware: Coupe (\*)  
Garnish: thin slice of cucumber  
(\*rinse the glass with Yellow Chartreuse before serving the drink)

### Ginger syrup

1 Part ginger juice pure (no water)  
2 Parts super refined sugar  
Blend all together until all the sugar is dissolved.

### Honey water

3 Parts of pure honey (I use acacia honey)  
1 Part of hot water

**A MONTH AGO, I WAS WAITING MY TURN AT PERCH** in Delhi's Basant Lok. The bar counter was crowded three-deep, and choc-a-bloc with people drawn by the opportunity to be served by the prodigal, who was on a rare visit home. Not just to meet him, but taste perhaps for the first time, his signature creation, The Optimist. The prodigal being Devender 'The Optimist' Sehgal, and this his creation of about a year ago, and which resonates with his life story.

It's been quite a long way for Dev, from dropping out of school in the 8th standard and working as an apprentice in a motor mechanic's shop for Rs 10 a day, to where he has been now for the past three years, which is as head bartender for 8 1/2 Otto e Mezzo Bombana, a 3- Michelin-starred restaurant in Hong Kong.

I met Dev 10 years ago when he was working as a back-up bartender at events, earning 50 rupees per shift. Today he runs a bar school and works as a flair bartender at events. Impressive with his skills, he lacked as many Indian bartenders then did, proficiency in communication. Coming into


daily contact with those who had superior communication skills and talked about places Dev had not even heard of, only whetted his appetite and made him work harder.

The year 2009 was a hallmark in his life. While working at a restaurant in Delhi he represented India in Italy at the global finals of a bartending competition. This promptly got him a job at a Taj bar. Dev took the opportunity to continue his studies and work on his communication skills.

Being a bartender in India was always challenging, as the profession didn't get the respect it deserved from owners and managers, who didn't see bartenders as they did chefs, as craftsmen in their own right. This often motivated them to aspire to managerial positions or look for opportunities with bar owners, or to go overseas. Dev got such an opportunity in 2011, with the opening of Ellipsis in Mumbai, which represented an important breakthrough for the cocktail bar in India, with Death and Co, a New York-based drinks consultancy, providing the initial training.

That same year, Dev was the India run-

ner-up in Diageo's World Class competition. This was quickly followed by his winning the Diageo World Class Bartender of the year for India in 2012, which took him to Rio to represent India on a global stage. Quite a journey so far for a young lad, who was satisfied with the kulfi falooda he bought with the Rs10 he earned and whose only aspiration had been to become an actor (a dream he still has!). Rio opened the doors for him at Otto in Hong Kong with a year's contract, now extended.

In 2015, Dev set another landmark. In Hong Kong's crowded bar industry, he won the right to represent Hong Kong and Macau at the world finals of the Bacardi Legacy Cocktail competition in Sydney, and for this event, he chose to create a cocktail called The Optimist. If you're ever in Hong Kong don't forget to visit his bar, and sample, what else? The Optimist. 





F & B

# Sweet revelations

*Modern interpretations of classic desserts are pushing the envelope in India's restaurant scene*



**D**esserts come at the point when we are sated. To be tempting, they need to be especially captivating. Fortunately, there are a growing number of restaurants in India where the chefs dish up desserts that are not-to-be-missed and also unforgettable.

A restaurant group that deserves general praise for consistently making desserts a thoughtful, relevant part of the meal, is Massive Restaurants. The company innovates extensively when it comes to desserts served at their restaurants, be it the ever popular jalebi-rabdi served in a martini glass at Made in Punjab or the ras malai tres leches served at Farzi Café. It's the jalebi caviar of Masala Library, Mumbai that, arguably, holds the distinction of being one of the most instagrammed and talked about desserts in India today. The humble jalebi takes the shape of tiny beads of "caviar" floating on a sea of pistachio rabri, topped with saffron foam. It's like a jalebi gone to heaven and refined before being returned.

### DRESS UP THE OLD

The dessert trend right now is to present modern interpretations of classic desserts; simple desserts plated in a complex manner, even exploring the use of savoury ingredients. The crème brûlée at Jeon Sea Princess, Mumbai is one such reinvented classic. A thick vanilla custard is immersed in a bath making it a sphere that re-



**Jalebi caviar of Masala Library, Mumbai that, arguably, holds the distinction of being one of the most instagrammed desserts in India today**



**Chocolate cointreau mousse at JW Marriott Mumbai Juhu**

sembles an egg yolk. A slight prod and the shell opens releasing a burst of liquid chilled crème brûlée! "Chefs have realised that the more exotic the dessert, the better the dining experience. The use of unique and (traditionally) misfitting ingredients, experimentation and innovations helps," believes Dharmesh Karmokar, food & beverage consultant at Jeon, Hotel Sea Princess.

### CLICK...TWEET...EAT

The trend of photographing your food before devouring it has put the spotlight on dishes that not just taste great, but also look stunning. This is crucial in an era when a restaurant's reputation is measured as much by its 'likes' and 'shares' as it is in the stars-rating it gets. Gourmet chefs are now devising ever more fantastical confections that look almost too good to eat. Take the hazelnut rocher at Glasshouse in Bengaluru, that is shaped like a flower and stuffed with hazelnut globe and a scoop of salted caramel ice cream. Garnished with Sichuan pepper nuts, the flower sits on a hazelnut disc. The petals bloom when hot vanilla Anglaise is poured on them. Absolutely dreamy. "A great dessert has to have life in it. The blooming of the hazelnut rocher petals always excites the customers and leaves them smiling throughout that course," says pastry Chef Dominic Dsouza of Glasshouse. The Bombay Canteen takes innovation to another level with doughnut-shaped gulab jamuns soaked in Old Monk with pista cream in the centre.





## LOVE DESSERTS

A good dessert must also stimulate another kind of appetite, which is perhaps why so many classic dessert ingredients are also traditionally aphrodisiacs, such as chocolate, vanilla and lemon. At Bay 15 Goa you could round off a romantic dinner overlooking the sea with a lemongrass and mango panna cotta. It's a simple dessert, but beautifully executed and incredibly satisfying. The creamy panna cotta topped with real mango chunks is sweet without being overwhelming. The chocolate cointreau mousse at the Lotus Café, JW Marriott Juhu, Mumbai is the perfect marriage of chocolate and orange with the smooth texture of mousse that makes it a great dessert.



Craft Beer Popsicles at The White Owl Brewery, Mumbai



Crispy Jalebi with Rabri at Made In Punjab



Lemongrass and Mango Panacotta at Bay 15, Goa



Zen Forest at The Fatty Bao, Delhi

## MAKE IT PLAYFUL

Some desserts are not just romantic, they also bring about a child-like glee in their pure deliciousness. They are fun and make you feel like a kid, if only a little. Who says you have to sip your beer? At the White Owl Brewery in Mumbai, you could lick it as a popsicle. The candies are created using fresh, artisanal brews and are presented on a bed of butter cookie crumbs in a small glass jar. There's a reason why Masala Library still sends out paan-flavoured cotton candy at the end of a meal: even grey haired businessmen were children once. The guava tan-ta-tan of Bombay Canteen, the simple snack of pink guava sprinkled with chilli powder gets a French twist in form of a tart and spicy caramel.

Most desserts are meant to be sweet. But the best pastry chefs consciously move away from making sweetness or sugar the defining characteristic of a dish. Chef Kalyan of The Fatty Bao, Delhi believes in balancing sugar with salty, sour, or bitter components. Order the zen forest here and what you get is a beautiful forest on a plate. The green tea moss and chocolate give a bitter, sweet aftertaste while the yuzu parfait delivers a refreshing citrus flavour. Black sesame sponge and white sesame nougatine give the nuttiness and crunch to the dessert, whereas the beetroot and black pepper sorbet gives an earthy taste.



# « CHILL ZONES »



## IT HAPPENED IN NEW YORK

MUMBAI

**'MAN'SPEAK:** There is a distinct lack of faff here. Which is good, as I didn't go to an American diner on a Friday night to be served 11 courses of the chef's current conceits and have a napkin folded into an owl each time I visited the ladies' room. No. I wanted an informal dining room with non-harsh lighting, friendly staff and evidence of the food cooked with a bit of love. That's how neighbourhood restaurants should be. And when they are, it is impossible not to love them. ITHNY has nailed this. First time entrepreneurs Manashwi and Aastha Gupta's three-level restaurant draws inspiration from New York's contemporary dining scene.

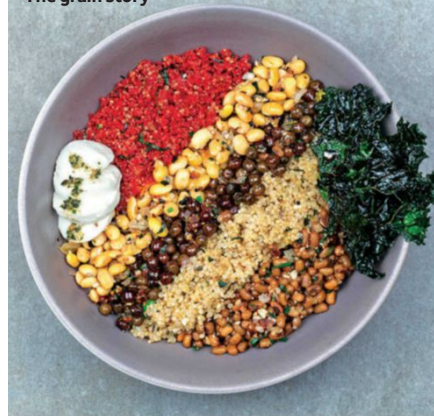
**LIP-SMACKING:** The menu put together by executive chef Sanyo Vaz with consulting chef Kartikeya Ratan (her last stint was as a line cook in Daniel Humm's three Michelin-star restaurant, 11 Madison Park) ranges from chicken wings to tacos and hot dogs. The charred chorizo and American cheddar served in a can is smoky and earthy. Wolf it down with a tall glass of cobbler, a port wine with orchard syrup, fresh fruit and ice. Tequila-based Santana sour is stiff, nuanced and joyous.

The combination of cured salmon gravlax with dill mustard dressing and pineapple bits is a gastronomic rock concert with ample heat provided by green chillies. A stand-

out dish is the grilled chicken, which gets a nice kick from the Jamaican spice rub and a side of crunchy raw banana crisps. The grilled beef steak with lasagna and cheese stuffed lettuce, would definitely bring back. A salad bowl of five grains with curried cauliflower couscous, charred fennel salad, Brussel's sprouts, roasted kale and pesto bocconcini is put together by a wizard who draws such flavours from a bowl of grains. Another meatless pleasure is the buckwheat pancakes served with beetroot and carrot slaw and charred romaine. The desserts are good. The chocolate mousse is delightfully reticent in sugariness.

**DON'T EVEN GO THERE:** The spicy chicken wings suffer from an oily bath. The stingy use of guacamole and cream cheese

The grain story



in chicken nachos is a crime against humanity.

**HOW TO GET THERE:** Plot No. 68, Opposite Starbucks Coffee, Behind Lilavati Hospital; nearest local train station is Bandra; call +91 22 2644 6161 / 3131

**COST:** ₹4,500

**BY NIVEDITA JAYARAM PAWAR**





### INDIGO DELICATESSEN

GURUGRAM

**'MAN'SPEAK:** The weekday clientele at Cyber Hub is primarily the corporate lunch crowd. But, owing to its sweeping fame, there's a small but vocal minority that regularly appears, turning this into a hub where old friends catch-up, reminisce, and gorge on good food and 21st century eye-candy. These are the original schoolboys of the fast food world, the guys who hung out at Nirula's in the 80s, and then graduated to that legendary stand-alone restaurant called Indigo, in what was then Bombay, where their palates – and their wallets – were introduced to true European fine-dining.

As Gurugram gets its first

taste of Indigo magic, in wallet-friendly Deli form though, shameless eavesdropping proves that many a diner has come for that throwback to Indigo, Mumbai. They don't leave disappointed. Chef Ritvik's attention to detail is commendable: soft, warm bread, sharp mustard made in-house, fresh juice squeezed to order; all the signs of a good deli. The ambience is comfortable and expansive; lots of food on display; breads, jams and other in-house produce available to take-along, so the aftertaste lingers!

The menu is expansive, too. The usual suspects of burgers, pastas, pizzas, soup and salad, or just a sandwich (the 'Rueben' is a must-have) with a cold-pressed orange blossom citrus

cocktail that is simply divine; or if you're in for a full meal, the tenderloin, for once, is medium rare when it's asked for!

**LIP-SMACKING:** The classic French velouté soup with bacon is inspired. Follow up with a wine-poached pear salad, with aragula, caramelised gorgonzola, spiced pecans and wine reduction. Then order the literally wafer-thin, thin-crust pizza or the truly delicious, pulled pork sandwich. Finish off with the low-sugar dessert of the day to quell the guilt of overindulgence - in this case a delicious panna cotta – or, if sugar is your thing, try their home-made ice creams. Heaven!

**DON'T EVEN GO THERE:** Not much to grumble about here, but the pork ribs would not be on my list of dos. They weren't caramelised enough, a little too

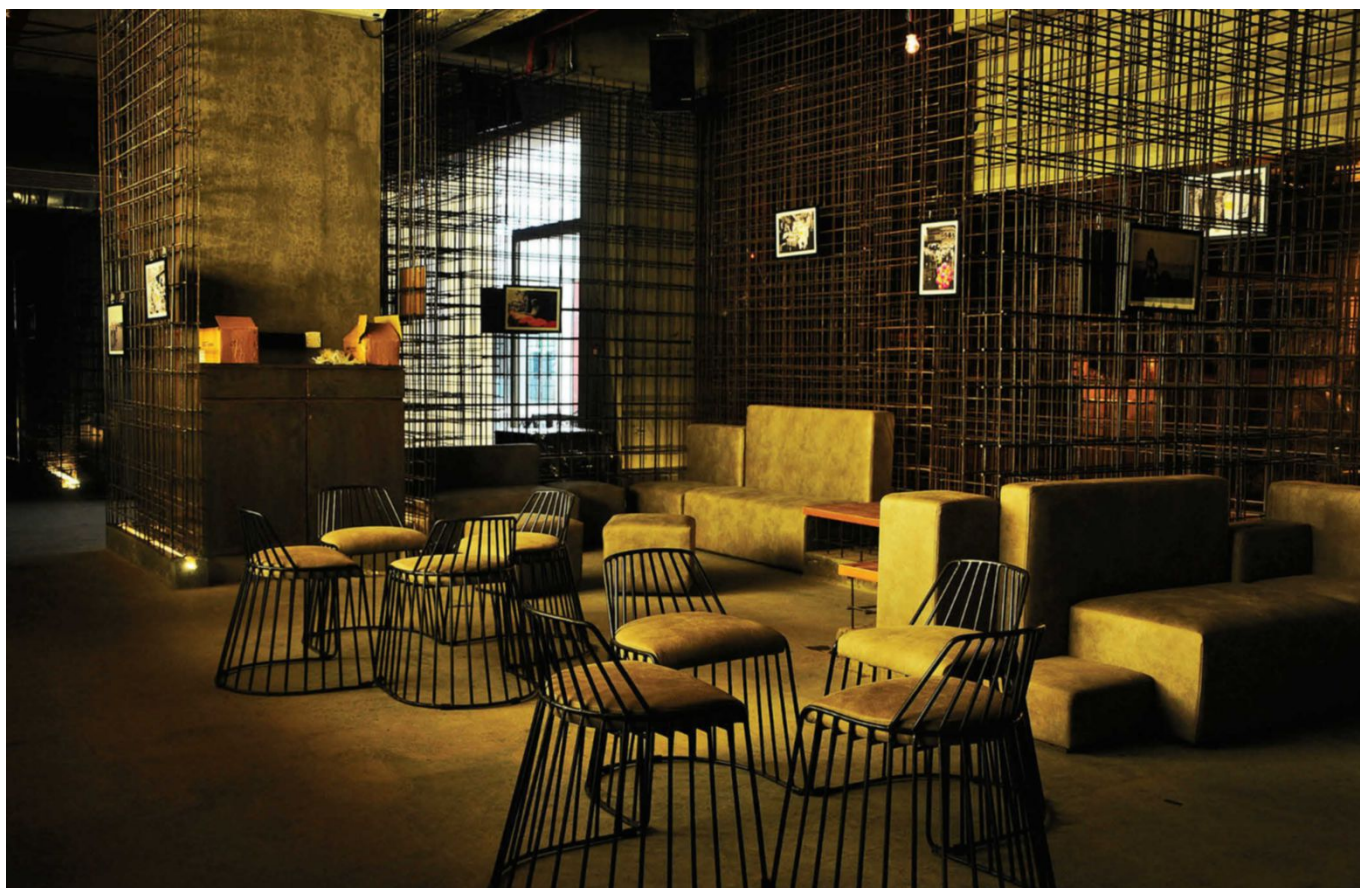


fatty and a little too sweet for my liking.

**COST:** Unit 2C, Building 10B, DLF Cyber Hub; call 0124 4528999; nearest metro station is Indusind Bank Cyber City **f SHALINI MINOCHA BERI**

COST GIVEN IS AN AVERAGE ESTIMATE FOR A MEAL FOR TWO, EXCLUDING ALCOHOL AND TAXES. RATES MAY VARY AND MAY BE SUBJECT APPLICABLE RULES AND TABLE AVAILABILITY ON THE GIVEN NUMBERS IS ADVISED BEFORE A VISIT.





## BAR BAR MUMBAI

**'MAN'SPEAK:** It's little surprise that Bar Bar gets packed early, and stays that way late into the night. This place is fun, and there are 'happy hours' all the time. The floor-to-ceiling iron grids running across the length of the space gives it a grungy and industrial vibe. There are lots of cosy nooks ideal for after work drinks. Bar Bar is loud – your witty conversation is going to get swallowed up by the speakers – so come along and be equally loud too.

**LIP-SMACKING:** At Bar Bar you can make every hour happy if you order intelligently from the alcohol menu divided into three categories: Popular, Premium and Luxury. So while a single peg of Bacardi costs Rs 180, ordering three of them

would slash the price down to ₹160, and 12 would see the price plummet to Rs 99 per peg. This doesn't mean that an entire group has to necessarily drink rum to make the most of the deal. The discounted rates apply to the categories of drinks or cocktails. Bring your friends and celebrate. It doesn't really matter what or why. Cocktails are served in measuring towers or beakers, and the shots come in nostalgia inducing cutting chai glasses.

Chef Paul Kinny heads the kitchen which means you ought to try the street food-inspired small eats and mains. Chinese bhel with crispy hakka noodles doused in schetzwan sauce and veggies and served in a cone is quite delicious. Toasties generously loaded cheese and served with jaali wafers may sound strange, but it does a jig on the



tongue. Don't forget to try the quirky popcorns - Amritsari Fish pops and even a Mysore vada popcorn tempered with ghee and muligapudi. You'll be full at the end of the bites, but don't even try skipping the special Bohri kitchen dhabba stacked with biryani, raita, Russian chicken patty and dudhi halwa. Spectacular.

**DON'T EVEN GO THERE:** The pasta bhel with fried fusilli is too bland and gimmicky. Avoid.  
**HOW TO GET THERE:** Phoenix Marketcity, Lal Bahadur Shastri Marg, Kamani, Kurla; call 022-61801501; nearest train station Kurla is 10 minutes away by auto.

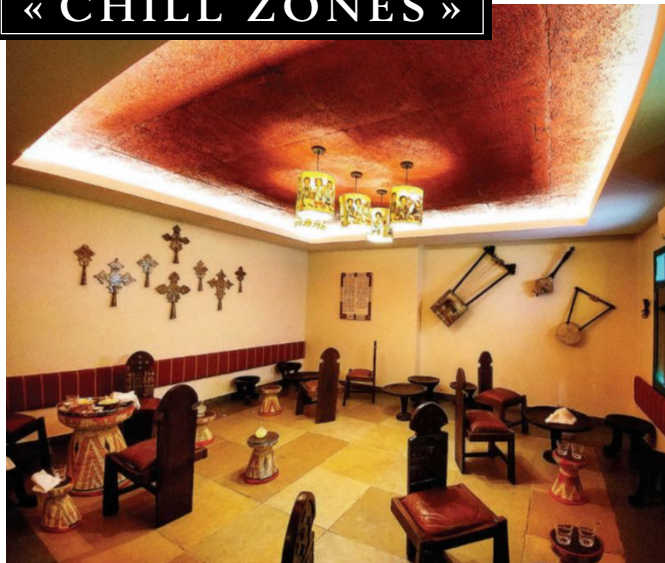
**COST:** ₹2,500.

**INIVEDITA JAYARAM PAWAR**





## « CHILL ZONES »



### ABYSSINIAN CHENNAI

**'MAN'SPEAK:** It's India's first ever Ethiopian restaurant and takes its name from the country's former name. Abyssinian underlines Chennai's evolving dining

scene that has made room for international flavours as diverse as Peruvian and Russian over the last few years. The compact size is a clear indication that this is an experiment to test the waters with a cuisine that even the city's evolved foodies



The mesob platter

might not be entirely familiar with. It's a cosy space decorated with painstakingly sourced Ethiopian artefacts. The chairs are clustered around a traditional mesob – a wicker dining table with room for a large platter that's ideal for a communal style meal for four diners (no cutlery here, you need to use your right hand just like for a traditional Indian meal).

**LIP-SMACKING:** The a la carte menu is well researched and equally well executed, staying faithful to authentic Ethiopian flavours. There's a wide selection of wot and alicha (gravies

and stews), tibs (stir fry) that are served along with the Injera – the traditional staple bread made either with millets or rice. We'd recommend choosing the mesob platter (ideal for groups of 3-4) that assembles all the signature dishes in one go. You could also opt for one of their 'tasting plates' that give you a quick peek into this unique cuisine. We enjoyed their fish finger filets and stir-fried mushroom. Do stay back and savour an Ethiopian coffee served with popcorn (a tradition in some parts of Ethiopia)

**DON'T EVEN GO THERE:** The seating is a tad uncomfortable and the dessert selection is quite subpar.

**HOW TO GET THERE:** 40, Maharaja Surya Road, Venus Colony, Alwarpet; Mandiavelli MRTS station is a 10-minute ride away; call 044 30853649.

**COST:** ₹3,000

**ASHWIN RAJAGOPALAN**



### FACTORY BISTRO-BAR DELHI

**'MAN'SPEAK:** If all factories were as fun as this, with mood lights, hookahs, yummy food and generous measures of booze of course, productivity would go up a thousand times. That of course will never happen and hence we went to recharge our body and soul to the wild west of Delhi, to the latest food print of restaurateurs Udit Bagga and Udit Bhasin. This bistro-café-lounge is done up in indus-

trial chic. It's all heavy metal, literally, from the minute you step into the door, you will encounter gears, bolts, screwdrivers, nuts, barrels, cast iron, and chimneys inspiring the decor, heck even cutlery. The menu offers samplings of dishes from Mexican, Thai, Lebanese, Turkish, Italian, Mediterranean, Chinese and Indian cuisines, and they have a generous barkeep. Perfect combo for an evening out with the gang.

**LIP-SMACKING:** Dilli diners love their chicken and the grilled



chicken peri peri goes down well with its spice hit. The subtler palates will love the stroganoff, it's made with chicken here, as well as the mushroom duplex. So much umami flavour that goes well with the sweet, and beautifully potent, cocktails here. The nasi goreng, a signature hawker rice dish from Indonesia, is a generous tummy filler.

**DON'T EVEN GO THERE:** Grilled lamb chop; this has to be the toughest in the city, any more and it could have turned into

leather. Give your jaws a break and avoid it. The panko-crumbed prawns, seemed to have spent too much time in the oil and were overcooked and greasy. Such a shame because they came with lip-smacking sweet chilli caper salsa.

**HOW TO GET THERE:** Level 2 & 3, C- 13, Vishal Enclave, Rajouri Garden; nearest metro station Rajouri Garden is five minutes away on foot; call: +91-9821780639/ +91-9821780641

**COST:** ₹2,500

**KARUNAM. JOHN**



# ROCK ON!

The first actor turned DJ, **Shillpi Sharma** knows how to make a gathering have fun

*You have had an interesting transition from modeling to acting and now a DJ.*

It was all very natural. I was drawn to music as I found my solace there. Music gave me the strength to deal with tough times and also to connect with people.

*Describe yourself.*

I am fun, ambitious and extremely sensitive. I like to see the goodness in everything and always stay positive.

*What's your mantra in life?*

Life may not be the party we all imagined, but while the music is playing... keep dancing.

*How do men react to a hot woman behind the console?*

Their eyes pop out and jaws drop! Once they pick up their jaws they tell me how cool they think I am and my music, too.

*What's sexy in a man?*

The way treats others around him. I like to see how kind and warm he is. There is nothing more sexy than a well behaved, gentle man.

*How should a man approach you?*

I am quite old school that way. Drop a gentle hint. Aggressive and clingy men put me off. Keep it simple and classy. Don't over flatter me as I can detect a fake from a mile.

*Football or cricket?*

Football.

*The sexiest part of your body?*

Well, I have been told that my eyes and my smile are the sexiest.

*What do you sing in the shower?*

Ha! Ha! I listen to music more than I sing.

*What's on your playlist right now?*

Lots of old music – Mohammed Rafi and Nusrat Fateh Ali Khan. I am also a big fan of deep house and Reggae.

*A question you don't like answering?*

Are you single?

*You are single, attractive and a DJ! How do you handle all that male attention?*

I simply smile and enjoy it.

*What's the biggest myth about a DJ?*

That life as a deejay is a party!

*Is it not?*

It is a party, but only after you have lugged your music to the venue, stayed on your toes all night, bounced up and down on the console and made sure that 2000 people had a great time.

*Who are some of the biggest guys you have spun for?*

Shah Rukh Khan flew me down to Dubai to play for the premier of *Happy New Year*. For the new year's eve this year I played at Planet Hollywood in Goa.

*What's the music that makes you want to get up and dance?*

I love Osmani Garcia's *El Taxi*.

*Lastly, why are female DJs either tom-boyish or hyper-sexualized?*

Not everyone is. I love being a glamorous woman.

**N** NIVEDITA JAYARAM PAWAR







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