

Life


The Club
Mumbai

@The Club

APRIL-MAY-JUNE 2018



The magic of
Oriental Wok returns

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Dear Member,

At the onset, The Club completes 20 years this year and we thank each of you for journeying with us.

In this issue we are very pleased to introduce our new General Manager, Arindam Chakraborty who brings with him immense experience of the hospitality industry.

You will also be glad to know that the Oriental Wok opens its doors this month with a new look and an amazing cuisine for a delightful dining experience.

As always summers are always buzzing at The Club with a plethora of sporting, fun and outdoor activities especially to keep the children engaged. Two of our young members tell us what they enjoy doing most at The Club and during their leisure time.

If travel is on the cards do visit Taj Bekal Spa & Resort in Kerala. We have some great offers this quarter.

On behalf of the management and the entire team at The Club we wish you and your family a great summer and look forward to seeing you enjoy the facilities and activities when you visit.

NISHI AND DINESH KHANNA

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NEW CHAMP ON THE BLOCK

One of our young members, **Sam Pringle**, tells us how The Club has become his second home and where he met his first friends in India.



My name is Sam and I am from the U.K. My family and I came to India last June. I knew when we arrived that it may be difficult for me to meet new people as it was the monsoon time and Mum had already said that a lot of people take holidays around this time.

But we joined The Club as a family in July and I started to go swimming with Mum and then signed up for squash lessons, which is how I met my first new friends.

The Club has now become my second home as I am there most days meeting my friends to play squash or a football or basketball match we organise between us. Also, one of my favourite things is the milkshakes at the Waterside and the cakes from the Patisserie!

As a family, The Club has become our 'go too' place for a bit of time out and relaxation during the weekend. My dad enjoys swimming and using the spa after a week of business travelling and Mum uses the gym most days. ♣





CHARTING HER OWN PATH

Ida Ali, daughter of director **Imtiaz Ali**, talks about her budding journey as her debut film-making venture provides ample proof that the talented teenager is following in her father's footsteps

Like Daddy, like daughter. Celebrated film-maker Imtiaz Ali's daughter, Ida Ali, all of 17 years, has been garnering rave reviews for her 12-minute short film, *Lift*. A unique take on love and relationships, the film, written by Ida, sees a usual staple of an upper-middle class housing society, an elevator, take centre-stage as a plethora of emotions, quirks and eccentricities drive the short but sweet story forward. Here's what Ida had to say.

On her venture into film-making.

I had always been running away from filmmaking just because of all the questions people used to ask me like, "so are you going to be a director or an actor?" and I wanted to prove them wrong. However, filmmaking is something that I really enjoy. I love the part where I can imagine something in my brain and then portray it on screen exactly like I imagined it. So, I had started writing down a lot of my ideas but I could never kill the feeling of wanting it to be in video form. I eventually gave in to my want to be a filmmaker and that is how I started pursuing it.

On what inspired her to make the film.

This is a story that I have had with me for three years now. I realised in the lift one day that I knew so much about some of neighbors only by overhearing their

conversations in the lift. This intrigued me. I got interested in the whole concept. Then I placed this story about the boy and the girl in the lift and it worked!

Oh her experience making it.

The shooting part of the film was done within two days. From 7 in the morning to 11 at night. Those were two long days, but the best days of my life. I learned so much while having a great time. This role as the director just fit me. The pre-production was a little challenging because nothing was very organised, but it all worked out. Then there was the editing and sound for after the shoot. These were long processes, but it was still very exciting and I did garner a lot from it.

Even though it was a lot of hard work, I want to make more films because that hard work was very enjoyable. I can see myself doing this for the rest of my life.

About following your passion

I am definitely going pursue filmmaking. I keep thinking of new stories and jotting ideas down. I will be making more short films this summer because during the school year I do not have a lot of time. My dream college is NYU Tisch in New York for film and hopefully I will be going there in 2019. After that, I would want to continue filmmaking and try out different mediums and platforms.

Her message to others.

The best thing one can do to achieve



something is to get up and do it. Don't be scared and don't be lazy and don't compare yourself with anyone else. Just know what you want and get it. Even if you fail, you will know what went wrong and then you can do it again.

On her future.

I had never imagined that *Lift* would get so much success. I still have people who message me or come up to me and praise my film, and I know that it is genuine. That is the best feeling in the world. Knowing that my film has affected someone in some way and they felt something watching it.

It also feels great to know that I am good at what I want to do. Even though I am scared to make something new and having it compared with *Lift*, I will do it because I trust myself and I trust my stories. ❖



HEALTH ISSUES IN WOMEN AT AND AFTER 40

Our member, **Dr Ranjana Dhanu**, a Gynaecologist & Laparoscopic and Robotic surgeon, has been practising at Hinduja Healthcare, Asian Heart Hospital, Breach Candy Hospital, Surya Childcare and HN Reliance Foundation for the past 23 years. A proud mother to Abhishek and Aditi, she is married to Dr Vilas R Dhanu, an eminent Gynaecologist himself. Being very particular about her health & fitness and despite a hectic schedule; she makes it a point to work out at least four times a week and practise an hour of Yoga and pilates with Yasmin Karachiwala. She shares with us an overview of health issues in women at and after 40!

It is rightly said, that a woman is the backbone of any family! With the responsibilities she undertakes, being sound in both mind and body is absolutely imperative for her. The issues that I encounter as a Gynaecologist when I counsel my patients are myriad. I would like to elaborate on each of them to make women understand their bodies better.

Premenstrual Syndrome

Premenstrual Syndrome, or PMS is defined as an amalgamation of bloating, craving for sweet, lack of sexual desire, mood swings, emotional outbursts and breast tenderness. Commonly, PMS is associated with raised prolactin levels. Incidentally, women seek relief from their emotional outbursts and depression by depending on mood elevators and antidepressants prescribed by psychologists. However, these in turn lead to a further rise in prolactin and cause weight gain. The treatment is simply to have the prolactin levels corrected by taking a tablet weekly to normalise the levels. It is mandatory for all women to annually assess their thyroid levels with an evaluation of T3, T4, TSH levels, and check for diabetes with an HbA1c evaluation and not just the fasting and postprandial sugar levels.

Menstrual Irregularities

The presentation of women at this age with

menstrual irregularities is varied. They could either present with heavy periods that are regular but associated with passing huge clots. This category of women on further investigation with an ultrasound usually present with fibroids. This can be treated with iron supplements, or conservative methods by taking certain tablets that locally contract the uterus. Should the heavy bleeding persist, the fibroids can be removed by laparoscopic myomectomy in a woman desiring uterine conservation. A laparoscopic hysterectomy may be considered as a final option where a woman does not desire to preserve her uterus. Minimal access laparoscopic surgery is the

option offered to women bearing in mind the benefits of less pain, less morbidity, faster healing and lesser chances of hernia.

Another variant is Adenomyosis where the Uterus is enlarged and there is severe pelvic pain associated with menses and may continue through the cycle with heavy bleeding. This condition too can be treated conservatively with hormonal tablets. A laparoscopic hysterectomy is offered as the last resort.

The third variation is DUB or Dysfunctional Uterine Bleeding when a woman suffers heavy bleeding in spite of



the uterus appearing normal in size on ultrasound. This condition can also be treated with a sustained release hormone therapy called Mirena, wherein the uterus can be spared.

Menopause

The magic hormone estrogen in the body which enhances femininity in a woman starts to decline at the age of 35, and menopause sets in. With the decline in estrogen are a series of symptoms that a woman experiences: mood swings, emotional outbursts, fat deposition which is more centripetal, ie. around the belly, flattening of the breasts, vaginal dryness, painful intercourse, and a lack of sexual desire, reduced libido, and stress incontinence with prolapse. Delayed effects of estrogen deficiency are osteoporosis. With osteoporosis, the bones start to get brittle, increasing the risk of fractures. Luckily, we as Indians due to the inclusion of turmeric and asafoetida in our food, do not suffer from Alzheimer's much, as compared to our Western counterparts. The treatment for all these menopausal symptoms has to be individually tailored, as each woman presents a different set of symptoms. Counselling plays a major role

in treating women as they require a lot of compassion and care. When treating a patient going through menopause, I personally involve the husband and children in the counselling, as they form her immediate support group.

Indulgence in Cosmetic Treatments

The advent of a multitude of drugs and treatments available today for women at this age which can help them look younger, makes them vulnerable to indulge in various therapies. Moderation is the key word here and expert opinion needs to be sought, in choosing an option. Indeed, it is important for a woman to be candid and discuss her desires and apprehensions with her cosmetologist before subjecting herself to any form of therapy which most experts do offer in the current day scenario.

Lifestyle and Health

Weight loss too should be undertaken by choosing more natural options rather than going on extreme diets which could be damaging both to the body and mind. Exercise and fitness play a major role in prevention of bone loss and osteoporosis. Centripetal obesity typically starts to set

CRASH DIETS CAN INDUCE A TRANSIENT SENSE OF COSMETIC WELL-BEING BUT CAN TRIGGER NUTRITIONAL DEFICIENCIES, HAIR LOSS AND OSTEOPENIA WITH OSTEOPOROSIS.

in at and above the age of 40. Exercise in the form of cardio with functional training, yoga or Pilates can help keep belly fat at bay. Portion control with sweets, and restricting alcohol consumption to weekends or the occasional social indulgence is advisable. Smoking can again place an individual in the high-risk category for breast and lung cancer and rapid bone loss as well. Evidence-based medicine has proven a higher incidence of premature menopause in chronic smokers. Exposure to natural sunlight is beneficial for prevention of Vitamin D deficiency.

Food habits should include avoiding processed foods. Vegetable juices freshly made are a potent source of antioxidants. Sleep is the best beauty potion, while sleep deprivation can be hazardous and has multi-organ implications. Remember that the key to good health is to never contradict nature!

As I conclude, I am quickly going to enlist a few tests that I consider mandatory as a checklist at 40 and above: mammography, sono-mammography, ultrasound abdomen and a transvaginal ultrasound, an X-ray chest, ECG, blood tests that include CBC, HbA1c, T3 T4 TSH, prolactin, creatinine, SGOT, SGPT, Ca 125 and urine routine.

Wishing the best of health to all the members of our esteemed Club. I conclude this article with a big thanks to Mrs. Nishi Khanna for the effort taken to highlight women's health in this editorial! ❀



TREAT YOUR MIND, BODY AND SOUL

A fusion of massages at the Antara Day Spa will lead you to a much-needed tranquil state of self amid your busy schedule.

ANTARA SIGNATURE with Reiki and Panchadhatu Alloy treatment

Time: 2 hours

ANTARA SIGNATURE — 60 MIN

The treatment begins with a foot ritual, which involves soaking one's feet in a beautiful brass/copper urli with lukewarm water, and massages for relaxing pressure points. This begins a journey to completely escape from stress, unwind, relax and rejuvenate.

- This massage is a unique fusion of a rejuvenating Swedish massage, aroma massage and Thai massage.
- The therapist starts with stretching for few minutes and then goes ahead with a full body oil massage. The combination of fast strokes and application of pressure on trigger points, to induce relaxation, acts as an instant stress buster.
- It helps to improve blood circulation leaving the entire body feeling totally relaxed and refreshed. Followed by



REIKI SESSION – 30 MIN

It helps to calm and relax the mind, body and soul by placing hands and Reiki-charged stones on all the seven chakras as required. A person sometimes goes into deep sleep, which helps to get the best result with lots of positive energy. It takes care of your mental, physical and emotional level. It assists also in aura cleansing — to always keep you fit and healthy. The treatment is followed by the Panchadhatu treatment.



PANCHADHATU ALLOY TREATMENT- 30 MIN

It is a therapy with a holistic approach that re-harmonizes your body, detoxifies it and balances it from within. This treatment involves full body pressure points to balance your acidic and alkaline level as the reflex points are connected throughout the body. A unique process is then performed, which involves a circulating massage under the feet using salt and clarified butter made from cow's Milk. The rigorous circular and rotary movements using the Panchdhatu Vati on the feet release toxins.

- The session ends with 10 minutes of steam followed by a hot shower and a cup of green tea.

ANTARA ANAND

Time: 2 hours

ANTARA SIGNATURE - 60 MIN

The treatment begins with a foot ritual, which involves soaking one's feet in a beautiful brass/copper urli with lukewarm water, and massages for relaxing pressure points. This begins a journey to completely escape from stress, unwind, relax and rejuvenate.

- This massage is a unique fusion of a rejuvenating Swedish massage, aroma massage and Thai massage.
- The therapist starts with stretching for few minutes and then goes ahead with a full body oil massage. The combination of fast strokes and application of pressure on trigger points, to induce relaxation, acts as an instant stress buster.



SCRUB + WRAP

To heighten the indulgence, a Body Polish could be chosen from any of the given variants – i.e. sandalwood, fruit and nut, saffron, choco-vanilla, or jasmine, which exfoliates dry skin and stimulates blood circulation, which in turn simultaneously allows the body to flush out the toxins thus resulting in producing a natural glow.

The polish is then followed by Body Wrap, which is rich in minerals, vitamins, and micro-nutrients that in turn activates circulation, increases metabolism, and relieves aches and pains, it is effective in improving skin texture, tone, removing dead skin cells and tightening skin tissues. It could be chosen from any of the given variants – Bastar Mud Wrap, Saffron Body Wrap, choco vanilla wrap & jasmine wrap.



BRIGHTENING LINE FACIAL

Time: 60 minutes

The Remy Laure facial skin care is recommended for sensitive, tanned, pigmented and dull skin caused by excess exposure to the sun and hormonal imbalances. The product contains sun filters which controls the product of melanin. The treatment includes cleansing, toning, and should be lightly massaged while applying a snow-white face pack with brightening cleansing foam. Finally, the skin looks flawless and radiant.

ALL IMAGES FROM SHUTTERSTOCK.COM



AN ORIENTAL MAKEOVER

Relish the gastronomical pleasures of the East like never before as The Club's Oriental Wok welcomes you in its newest avatar

Welcome to more culinary magic from the Oriental Wok as its doors reopen to members and guests with a fresh, modern and sophisticated look. Not only that, the specialty restaurant now brings you the best of oriental cuisine with a twist!

The Oriental Wok at The Club has always been the place to head to for a complete Chinese and Far East Asian gastronomical dine-out. From dimsums to hakka noodles, Thai to Korean and the all-time favorite Chinese, it's all lined up at the restaurant! Over the years, diners at Oriental Wok have

had their favourites from the menu delivered to their homes and offices.

As one enters the Oriental Wok, what is most appealing is the bold use of the colours gold and white, giving the setting a bright yet warm touch with brilliant lounge music added to it. The feel is outstanding as you are led to the table of your choice. The restaurant is spilt into three areas — the Lounge Bar Section, the Private Dining and the Casual Dining Areas — leaving you with an option for every occasion.

Another addition is the bar where signature cocktails created by the Master Mixologist get you going the minute they are brought to your table, delighting your

senses. The quirky glassware and presentation of these potent concoctions readies you for a fun evening with your family and friends. Choose from our signature cocktails like Sour Tamarind Mojito or something more fruity, like the Botanic Sangria. You can also tuck into some unique cooked Cocktails like the Eastern Sunrise with enticing flavours of lemongrass and kaffir lime and tequila. Another one is the So-Yum — a vodka rendition of the classic Tom Yum soup served in a cold format with a twist.

Executive Chef, Atish Saxena, from his explores and travels to the Far East has been instrumental in bringing new flavours & textures to the food served at The Club.

COVER STORY



In the menu, one can find a perfect amalgamation of flavours from different regions of the East. You can start with the appetizers — crispy water spinach with Thai dip, Po Pia Tod or the very humble Edamame Stir Fried. For the first time at Oriental Wok, members can now enjoy some hearty sushi in the form of the asparagus tempura roll, avocado cucumber and cream cheese roll, salmon and cream cheese roll, and chicken teriyaki sushi. For the main course, you can savour the rendang ayam, Massaman duck curry, Gochujang chili tofu, Shaanxi Eggplant, “Claypot” Mapo tofu and much more.

The menu will continue to feature some of your old favourites because as they say, you can never go wrong with the classics. ❀



“There was a lot of thought that went into designing the menu for the Oriental Wok, keeping in mind that it should invigorate the five senses. The menu also takes you through the different regions of the Far East, incorporating nuances from each of the cuisines”

Atish Saxena, Executive Chef

CHECK THIS OUT

No meal is complete without a sweet something, and so indulging in any of the decadent desserts is a satisfying way to end your meal, though you won't be able to stop at one, we promise!

Order the sublime date pancake, or the gooey matcha-infused lava cake, or the all-time favourite, the sizzling brownie.

We highly recommend that you visit the Oriental Wok for an absolutely new dining experience and do let us know what you enjoyed and what your favorites were!

*Oriental Wok will be opened from 15th April onwards with prior reservations only.

Restaurant Timings

Weekdays - Dinners only

Weekends - Lunch & Dinner



TIMES TO REMEMBER

Our poolside diner, By The Waterside, is all geared up to serve you some exciting times with two special nights and a brunch lined up



BAR NITE

Come surround yourself with the familiar and a bar stocked with top-shelf liquor and complemented by fantastic service. Cheers to loads of energy, power packed with a full-on mixture of sexy tunes and copious amounts of alcohol with attractive and inexpensive packages on unlimited IMFL & Imported liquor.

Date: April 21



RETRO NIGHT



Yes! We are bringing back the very popular Retro Nights at By The Waterside. Hear amazing singing sensations with delicious food & drinks in the company of your friends. Come and sing along to the melodies of yesteryear and relive the golden era.

Date: May 18, 7.30pm

MOTHER'S SPECIAL SUNDAY BRUNCH



It's Mother's Day on May 13 and By The Waterside's Mother's Day Special Sunday Brunch sets the scene for a perfect day out for a mother and her family.

Date: Sunday, May 13, 12.30 to 3.30pm

Westburry's

GAME ON

It's time to shout yourselves hoarse for your favourite **IPL** and **football teams** during an adrenaline-charged summer of sporting action.

An English-themed pub with a contemporary twist, Westburry's Bar sure packs a punch for sports lovers. With a wide selection of international and Indian spirits, beers and wines, cheering for your team at the upcoming IPL and FIFA World Cup sports screenings in the bar promises to be a one-of-a-kind experience.

Give your wallets a rest, sit back and get in on the thrill with attractive packages and imported drinks with Chef's Choice Snacks.

*For more
information,
call Bruno on
96769235250*



MANGO SUPREME

Summer has definitely hit its stride and what better than to give your sweet tooth the treatment it deserves during these blistering days. At the Patisserie, Chef Atish conjures up a visual feast for the eyes with desserts and delicacies primed to keep you in food heaven.

It is not about exotic flavours this time of the year as the humble and ever classy mango — the aptly titled “King of the Fruits” — offers the best respite to your taste buds in many ways. Think of mango dishes decked up in the sweetest of avatars and creamiest of layers or as the proverbial icing on the cake, and you can bet that your senses might have just hit the zone of happiness.



The fact is that even though they taste so good, their health benefits just give them a huge edge and the “king” moniker. Their sweetness might rival even some of the best-known junk foods in the business, but their perks like prevention of serious illnesses, helping out with weight loss, improving the immune system and use in several beauty treatments make it a superfood.

And with that, Mango Mania is bound to reign supreme at the Patisserie this May. Some of the menu highlights are the Mango Verrine, Fresh Mango



ALL IMAGES FORM SHUTTERSTOCK.COM

Gateau, Mangolicious Candy, Mango Cheesecake, Mango Caramel Mousse and Fresh Mango and Lime Tart. In June, sugary dreams get the “East meets West” treatment with the Rasgulla Tiramisu, Kesariya Baked Yoghurt, Spiced Chocolate Tart and Boondi Vanilla Bean Panacotta as just some of the delights waiting for you. ❖



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AT YOUR SERVICE

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theclubmumbai.com

We often find, particularly with new clients, catering can be somewhat overwhelming. Whether your company is ordering for a meeting, or you are a newly engaged couple planning your big wedding day, there are ways to simplify your catering and save money doing it. But with literally hundreds of delicious food options, spanning dozens of menus, it can be tough to determine where to start.

At Kuisine Kraft by The Club Mumbai, we aim to create long lasting memories through our artisanal food and exceptional catering services. Be it an outdoor or indoor event, we take care of every intricate detail. From food to floral arrangements, crockery, linen, cutlery and

butler service, we manage everything to ensure your guests and you create soul-filling memories.

Food service has a number of different styles of service. The style of service should be selected based on the type of food served. The services of the food can be done on the guest table in various methods. The two most popular food service styles are 'Pre-plated service' and 'Silver service.'

SILVER SERVICE/ PLATTER TO PLATE

This refers to the service of food and its presentation, from the food platter to the guest, by the waiter. The food is served on to the guest plate with the help of a service gear. This is always done on

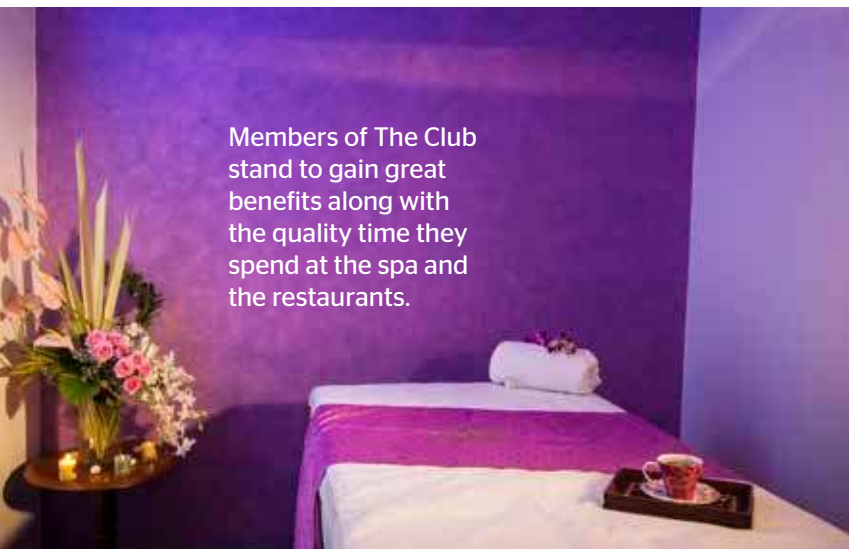
the guest's left-hand side. According to experts, the service is all about mastering the technique of using gear in the right hand to transfer dishes from a server's dish in the left hand to the recipient plate.

PRE-PLATED SERVICE

This style is about serving pre-plated food to the guest on the right side of the guest. In this method, the service staff should be skilled enough to carry plates without disturbing any of the food items arranged on them. According to experts, it involves carrying two to three plates in the left hand and not any more than four plates in the right hand at a time.

We also offer other services like the Buffet Service, Bar Service, Dry Catering and High-Tea.

Members of The Club stand to gain great benefits along with the quality time they spend at the spa and the restaurants.



THE CLUB REWARDS

The Club Rewards is the proverbial cherry on top of the services on offer at our various outlets ranging from our restaurants to our spa. This is how it works.

At the moment, there is a two-point system running simultaneously at The Club —

- When you spend at any of the restaurants, you earn points that can be redeemed at Antara Day Spa
- When you avail of any massages/treatments at Antara Day Spa, you earn points which can be redeemed at various pertaining restaurants

Points earned can be redeemed for rewards on pre-decided levels, which will be intimated to you via SMS

Below are some of the frequently asked questions:

How does the loyalty programme work?

Any time you visit any of the restaurants or Antara Spa and spend on the services, we will grant you points when the bill/s have been settled under your account.

What happens to my points once I redeem a reward?

Each reward has a point value associated with it. Once you redeem a reward, that point value is subtracted from your total points and an SMS will be sent out to the Primary Member's mobile number.

Can the points I earn at any of the restaurants be used at the spa and vice versa?

Yes, points earned at the restaurants are redeemable at Antara Spa and vice versa. These are the terms & conditions

- Redemption of rewards against points is subject to availability
- Redemption of rewards against points is subject to change without any prior intimation
- Rewards cannot be clubbed with any other offers
- The programme is open to members of The Club
- Registration – All members are auto enrolled to the programme.

For more information on the Club Rewards Programme, connect to us at 022-66117777. ❖



HOBBY MANIA

TALE SPIN

The feeling of a kid when he or she experiences the joy and power of a story well narrated is unmatched. It is though stories when children best learn about the world around them, especially the concepts of friendship and family. Here's an interesting line-up of stories for the kids.

APRIL

- 13th April: Baishakhi stories
- 20th April: Book Trivia Day
- 27th April: Animal and plant friendships



MAY

- 4th May: Russian classics
- 18th May: Family tales
- 25th May: African folktales



WHERE ART THOU?

An arty Saturday is just what the children need to indulge and nurture their creative side

APRIL

- 14th April: Making a funky bookmark to celebrate World Book Day
- 28th April: To make the best out of waste, how about making some bags from newspapers

MAY

- 5th May: Making a Mother's Day card
- 19th May: Making peak caps
- 26th May: Making birds' nests



IT'S A DIY SUNDAY

You know what rhymes with Sunday? It's Fun Day.

APRIL

- 15th April: Making fruit pencil holders
- 22nd April: Making I love you cards
- 29th April: DIY Maracas



MAY

- 6th May: For Mothers Day, making a what I love about you card
- 13th May: Making owl-themed pen holders
- 20th May: DIY straw rockets
- 27th May: Making origami giraffes



Shipra Malhotra's

Calligraphy Made Easy



21st, 22nd, 27th, 28th, 29th April:

Learn the Art of Calligraphy with Shipra Malhotra. Shipra is a certified Calligraphy professional and she has been conducting trainings and workshops for more than two decades.

CELEBRATE WORLD BOOK AND CREATIVITY DAY WITH MAGIC GARDEN

For the occasion of World Book Day on 23rd April, children will be transported into the world of books to disconnect from technology and also experience the joy of sharing books with their friends and peers

When was the first book printed? What was the first book ever written and printed? What are the different kinds of books, genres and other trivia on books to be discussed.

Kids are required to carry a book they would like to recommend others to read and also lend it to them if they wish

Date: Saturday, 21st April | Time: 6 pm to 7.30 pm
Venue: Library | Age: 4 & above



Does your creative mind go ticking and your hands go itching to create and innovate something and show it off to friends & family? Well, here's your chance to do just that...and all this with your friends & peers

On World Creativity and Innovation Day, challenge yourself to innovate and create something with the materials provided to you.

Date: Saturday, 22nd April | Time: 6 pm to 7.30 pm
Venue: Library | Age: 6 & above



MOMMY'S SPECIAL DAY

Come and celebrate Mother's Day with us at The Club, making it a special weekend with lots of fun activities



THE MAGIC OF MOTHERS BY MAGIC GARDEN

Children listen to inspiring stories about mothers. Share with the group how their moms inspire them and also make a Happy Mother's Day card.

Friday, 11th May
Time: 6 pm to 7.30 pm
Venue: Library

PICTURE PERFECT

Children will learn to do paper quilling and decorate a photo-frame to take home. They will need to bring a photograph of them with their mom, put it in the frame and gift it to their mom.

Saturday 12th May
Time: 6 pm to 7.30 pm
Venue: Library

To know more about or register for children's activities, call 022-26611777 or WhatsApp Vaishali on 9920042845.

MOVIE MARATHON

A child gives birth to a mother... but even if a woman doesn't give birth to a child, she can still be a mother who loves unconditionally, understands children and will do anything for their happiness. Celebrate the feeling of motherhood with a movie marathon in the library.

Sunday 13th May
12.30 pm: Sound of Music
4 pm: Mrs. Doubtfire
6.30 pm: Big Momma's House
Venue: Library

#STAYINGFIT AT THE CLUB

We've got it all chalked out for a health-conscious weekend with free trial classes, demos, workshops and nutrition sessions. Get to know about our sports academies and coaches. Check out the coaching timings, charges and enroll for upcoming classes & workshops.

THE SPORTS, FITNESS & FUN FEST WITH TERENCE LEWIS



On 15th April, gear yourself for a high-temp family evening as a special fitness-first weekend culminates in a **GRAND FITNESS FINALE** with our member and an epitome of fitness himself, **Terence Lewis**, the Guest of Honour.

From 5pm onwards, be witness to an exhilarating demo of Capoeira (an Afro-Brazilian martial art), take part in Bollywood Fitness and Zumba sessions in a family evening full of fun with fitness events, games & activities topped off by a special performance by **Terence Lewis** and his crew.

Fitness has a new destination. Be it through sports like tennis, squash, basketball; fitness & wellness activities like yoga, swimming and aqua aerobics or push-ups and pull-ups at the Gym... The Club is the destination for all your sporting, fitness & wellness needs.

Staying fit requires a holistic approach that includes eating the right food and an active lifestyle. In this fast-paced city life, most of us live a sedentary lifestyle spending most of our time travelling from & to work and at work, leaving little or no time for any form of physical activity and exercise. An active lifestyle plays a very important role in living a healthy life and for the well-being of people of all ages. Playing a sport, hitting the gym, swimming and regular walks among other activities can become an important part of your routine, helping you stay fit and healthy.

At The Club, we have done our best to understand the needs of our members and provide the best of facilities & amenities to become a one-stop solution of all of your sporting & fitness needs. We have tied up with some of the best sporting academies & expert professional trainers who can assess your current levels of activity and advise you accordingly.



To celebrate World Sports Day & World Health Day, all our academies & coaches will come together to give each and every member a first-hand experience of how they can be a source of your healthy lifestyle. Personal fitness trainers will also be available at certain timings to take care of your workout schedule.

Here's a look at the free trial sessions, workshops and fitness + nutrition sessions in store for you-

AQUA AEROBICS	YOGA	SWIMMING COMPETITION	TENNIS, SQUASH AND BASKETBALL
<p>From high-intensity workouts for upper and lower body to cardio toning workouts, these pool sessions are a great way to start or end the day.</p> <p>When: 14th April (7.15 to 8am) — With Anand Pardesi 15th April (7.00 to 7.45pm) — With Snehal Bahl</p> <p>Age group: 25 years and above</p>	<p>Practise bandhas, kriyas and pranayams at the Metabolix to keep the body and mind stress free.</p> <p>When: 14th April (7.30 to 8.30am)— with Shilpa Sangle 15th April (9.30 to 10am) — with Tanaji (10.15 to 11am) — with Renu Kalsi</p>	<p>When: 15th April (9.30 to 11am) Reporting time: 9.00am</p> <p>Age group (for boys and girls): U7 / U10 / U12 / U14 , 25m freestyle, breaststroke, backstroke, among other events</p>	<p>We've got trial classes and fitness, nutrition sessions waiting for you with The Sports Gurukul (tennis), 5 Sports (squash) and NBA (basketball).</p> <p>When: 14th April (9 to 11am — Squash and tennis) and (4 to 7pm— Squash, tennis and basketball) 15th April (9 to 11am — Squash and tennis) and (5 to 7pm — Basketball)</p>

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**For more information, connect with The Club Healthzone Reception on 022-66117772/7773/7777*

SPORTY SUMMER CAMPS



TENNIS

FOR BEGINNERS & TINY TOTS

See your kid make their first baby steps or serves towards what could be their definitive passion — tennis.

CAMP 1

Date: 16th April to 28th April
Days: Monday to Saturday
No. of Sessions: 12
Time: 8.30 am to 9.15 am,
 9.15 am to 10.00 am,
 10.00 am to 10.45 am

CAMP 2

Date: 30th April to 12th May
Days: Monday to Saturday
No. of Sessions: 12
Time: 8.30 am to 9.15 am,
 9.15 am to 10.00 am,
 10.00 am to 10.45 am

CAMP 3

Date: 14th May to 26th May
Days: Monday to Saturday
No. of Sessions: 12
Time: 8.30 am to 9.15 am,
 9.15 am to 10.00 am,
 10.00 am to 10.45 am

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SWIMMING

Is your swimming gear at the ready? The summer and the pool are waiting.

Date: 16th April to 31st May
Time: 9.15 to 10am — Tue / Thurs / Sat & Sunday
 4.45 to 5.30pm — Mon / Wed / Fri
 5.30 to 6.15pm — Mon / Wed / Fri
 6.15 to 7pm — Mon / Wed / Fri



NBA BASKETBALL

It's time to get those 2-pointers on point with some basketball lessons from the masters.

Date: 23rd April to 29th April – Monday to Sunday
(Timings) Morning Session: 8 to 9am — 10 years and above /
 9 to 10am — below 10 years
 Another camp to be held in June (date to be confirmed)



SQUASH

You can as well as guarantee a smash-ing time at this camp.

Date: 16th April onwards
Time: 9 to 10am / 10 to 11am / 11am to 12noon
 45 minutes squash & 15 minutes fitness
 Minimum of one week



WHAT'S IN STORE!

Check out what's new at The Little Ivy this summer.



GOLD RUSH

Gempetit, an online jewellery brand, only stocks timeless jewellery, precisely crafted in 18kt gold and sterling silver with gold plating with a pinch of fashion, and brings to you a vast collection that's affordable while still being high on quality.

Gempetit jewellery can be worn comfortably for long periods of time and has acquired a reputation for its high-quality products aimed at little one.

According to the brand, it is always intriguing to know what goes on inside the minds of little children and that is the one thing they really try to incorporate in their jewellery.



The best thing: Every time you think of gifting a beloved child of a close friend or family member a memorable and stylish gift with a shelf life of beyond a few day's wear or play, Gempetit is here to help.

Gempetit gifts serve as beautiful mementos, something to mark births and birthdays with – like your baby's first "Heart of Gold" gift from Grandma or a little strawberry pendant given to your daughter on turning 1 by her doting aunt! Or Daddy gifting his baby girl her favourite teddy bear as earrings.



KROMAKAY
The Fine Art Of Making Heads Turn

SUMMER SKIN RULES



RASHMI, skin expert

The summer season is accompanied by soaring temperatures and scorching sun rays that can take a toll on your skin's health. From unsightly blemishes to sunburns, there are tonnes of afflictions that can make you suffer. Skin expert Rashmi shares her commandments on how to take care of your skin.

❧ Oily skin: During the summers, one and all face this skin woe. Tackle this problem by following a regular skin care regime on a daily basis. First, choose a face wash as per your skin type and wash your face three times daily to deal with the excess heat and humidity. Next, exfoliation is a must at least twice a week, to get rid of clogged pores

❧ A change in season calls for a revamped beauty regime, so ensure that you moisturize with water-based skin care moisturizers. And even your sunscreen needs to be water based. Avoid oil-based products, as it leads to excess oil and breakouts

❧ A once a month clean-up is required to maintain that healthy glow, so get a jumpstart to your summer skincare regime and book for a Face Clean Up service by Rashmi at Kromakay Salons at The Club. This one helps prevent acne well beyond the treatment with step 1 being deep cleansing, followed by professional exfoliation to remove pore-clogging skin cells and extractions to help clear current breakouts without spreading acne-causing bacteria. Lastly, the application of a soothing professional masque system detoxifies the skin while calming any irritation and redness with oil-free hydration and the solar defense helps hydrate and control excess surface oil and keeping your skin protected

❧ The nasty summer tan is something every girl who faces the harsh Indian summer year after year worries about. Say goodbye to the sun with the Multivitamin Skin Brightening Treatment. Rashmi recommends this effective

treatment as it accelerates skin brightening, improves the skin tone, and enhances skin clarity and gives you fresher & healthier skin.

❧ And for the ladies looking to address the serious skin concern of aging on your skin, Rashmi advises a must-have revitalizing power boost. A Multivitamin anti-aging treatment, this is Dermalogica's price patented treatment that achieves an unsurpassed peeling effect over multiple treatments. Ideal for premature aging, sun damaged skin; this vitamin repair treatment restores moisture loss, which is critical for reducing the appearance of wrinkles and fine lines.

To book an appointment with our skin expert, call us on 022 66117775. Dermalogica's range of Skin Care products is available at the Kromakay Salon at The Club



CHANGE IS IMPERATIVE

A tete-e-tete with our new General Manager,
Arindam Chakraborty

that makes food and beverages more powerful. And that's exactly what I plan to do at The Club as well.

Q. What keeps you inspired?

When I go back home, look into the mirror and feel that I have a good job, that keeps me inspired...every single day. The dynamics of the industry are changing quickly and it's important to feel the pulse and adapt to it. Be it personal or work life, change is imperative. It is this change and the constant need to learn, adapt and challenge myself inspires me, leaves me at awe and at the same time, grounded.

Q. Tell us about your experience and expertise that you plan to bring to The Club.

Through my years of experience, I have groomed myself through the genre of food & beverage, which still remains very close to my heart. The latest food & beverage trends with a special inclination towards the world of wines interests me and I never lose an opportunity to keep myself updated on these topics.

My focus at The Club will be on operational excellence to ensure member satisfaction. I would personally like to meet & get to know all the members to understand their needs and incorporate as much as possible to exceed their level of expectation from my team & me. We will work towards bringing in a lot of innovation & newness through quality, presentation and events, with special attention to Food & Beverage and the Health & Recreational facilities & services.

As I take on this new responsibility at The Club, my paramount concern is to serve our members better at all times and I look forward to their continued support as well. ❀

Q. Tell us a little bit about yourself?

While growing up, I wanted to be a Chartered Accountant as I was good in accounts. My dad however inspired me to try something different and that's how Hotel Management happened. Even since I have been an avid hotelier by profession and it's been a fruitful 18 years journey. I started out with the prestigious Taj Mahal Palace & Towers followed by Oberoi Hotels & Resorts, Shangri-la among others and my last stint was with Radisson Blu & MBD Neopolis Mall, Ludhiana. I am married and have a cute little daughter.

I started as a steward in the food & beverage department, which is why food and beverages will always be close to my heart. To be able to cater to a need that is beyond physical and much rather psychological is something



INSPIRED BY LIFE

Our member, **Mr. Sandeep Batra**, Executive Director, ICICI Prudential Life, talks about his professional journey, career, life mantras and his connect with The Club.

What has been the biggest milestone or a highlight in your work life?

I think it is doing the IPO for ICICI Prudential in 2016. It was the first insurance issue in India and involved a great deal of engagement with both regulators and investors. We also completed it in record time of 5 months from the time we got approval.

What has been the source of constant inspiration in your life?

In my early years, my father's dedication and discipline played an important role in influencing me. He was a Doctor in the Army. Now I think life itself is an inspiration.

You have been with the ICICI Group the longest and are now in the capacity of an Executive Director. How would you summarize your journey with the ICICI Group?

I joined ICICI Prudential Life Insurance as the CFO in 2000 when the company was formed. At that time, the insurance sector had just opened to private participation. It was then a startup and provided a great learning experience as at that time there were very few people in the country who knew this business. In 2007, I moved to ICICI Bank as the Group Compliance Officer. The responsibilities covered both domestic and international business. It gave me an opportunity to look at banking regulations across the globe. In 2014, I moved back to ICICI Prudential Life Insurance as Executive Director. I now look after the functions of Finance, Investments, Actuarial, Risk & Compliance.



“With technology changing fast we all have to have a zest to learn and remain a student for life. More than the designation, it is the learning through the job that counts”

Considering your constant travels and busy schedule, what do you do to strike a balance between work & personal life?

In this life you have only one permanent address – your body. Giving one hour out of 24 to take care of it is not too difficult, even when you are travelling. One of the benefits of exercising is that you get good sleep and tomorrow is another day.

You have been a member with us for a long time now. How does The Club fit in yours & your family's lifestyle?

I have been a member for about 15-16 years now. We had just moved to Mumbai from Delhi then and I think the role The Club played was very important in improving the quality of personal life. It is close to my house and I try to come most of the days in the morning. I have made some great friends here. On the weekends, it is a nice place to chill. I also enjoy reading a book by the pool. With the revamped 'By the Waterside', we come often for dinner.

You play squash regularly at The Club. Please share with us what you like about this sport and how it helps you stay fit.

Squash is a high-intensity game and requires a high

level of fitness. Earlier I only used to play squash. Now I also have added running, weight-training, swimming and yoga to my routine. Multiple forms of exercises are more exciting and reduce the chances of injury.

What are some of the activities that you enjoy as a family for recreation?

We go out for dinner and movies on most weekends

With the barrage of start-ups, competition & options in the job market, what advice would you like to give to the youth of today in choosing a career path or companies to work with?

This generation is lucky in that the choice of careers is very large and we are living in one of the world's fastest growing economies. However, large choices can also result in distraction. It is important to remain focused on whatever you are doing and work hard. With technology changing fast we all have to have a zest to learn and remain a student for life. More than the designation, it is the learning through the job that counts. And yes, it is most important to have integrity, without which your competency and skills will not have value. ❀

THE JOURNEY THAT KEEPS ON GIVING

At the onset of the 20th year of The Club, Our Board of Advisor, **Mrs. Meka Rajyalakshmi Rao** takes a walk down memory lane with us since its inception. Mrs. Rao, who did her MS (Advertising) from the University of Illinois, is currently a director at Tech Mahindra. Of the many feathers in her cap, Mrs. Rao has been a leading voice and author in the country on consumer movement. She has also been a member of the Film Censor Board and the President of the American Alumni Association in Mumbai.



My journey with The Club began at its inception when I was asked to be on the Board of Advisors along with some distinguished & eminent people who were already on board. I was truly touched & honoured and it gave me an immense feeling of satisfaction and achievement. Dinesh & Nishi were both

very clear on their vision for The Club and gave it their all to make it a successful venture.

It was also great to see that when the concept was all coming together all of us unanimously agreed on the name —The Club as we knew it would be and still continues to be one of its kind. It was a

joy working with Dinesh & Nishi who are one of the most courteous couples I have met. Their personal involvement is what makes The Club stand out and hold a special place in everyone's heart. It has truly been a beautiful journey and I am very happy to be part of the 20-year milestone.

The highlight of The Club for me personally, is its personal touch. The staff is always smiling, courteous and ready to assist.



From the very first instance I knew that The Club would be successful as it offers a one-of-a-kind experience to its members has brought and even now brings together like-minded people under one roof and functions in perfect harmony.

I live in Worli at present and was in Delhi for almost 10 years, so I couldn't really use all the facilities at The Club, however, I am always apprised about the on-goings there. I have tried my best to be part of the activities and celebrations as much as possible. I am particularly very glad I was part of the small & intimate party to celebrate the late Ranjan Kapur's 75th birthday. It was a beautiful evening and this memory is etched in my mind forever. The

Club was the perfect place for it with its excellent service and food.

The highlight of The Club for me personally, is its personal touch. The staff is always smiling, courteous and ready to assist. It is also a safe place, especially for children and a second home for members and for all ages. I also get to know of the regular events & activities that keep happening there and am very sure that it will only grow with many more interesting things for the members.

The Club has been a pioneer of many things and in the next 20 years I look forward to seeing it grow from strength to strength and bring in a lot of innovation & creativity. ❀





TAJ
BEKAL RESORT & SPA
KERALA

SUMMER
REPRIEVE

If a family getaway is at the top of your summer holiday list, then the Taj Bekal Resort & Spa is a destination that will tick all boxes when it comes to the word vacation.

Kerala’s reputation of pristine backwaters and of being a tourist delight sees much of the attention and crowds flock towards Allepey. While the Malabar region has found its way towards various tourist brochures courtesy its pretty beaches and cuisine, the Taj Bekal Resort & Spa, Kerala, presents it in a whole new light.

In the northernmost region of the state, Bekal, more famously known for its historical fort, replete with its awe-inspiring observation towers and breathtaking view of the Arabian Sea, has made a perfect marriage with the Resort that is one of Taj’s best-kept secrets.

Spread across 26 acres in a space that is bound to evoke in you a sense of calm and tranquil energy, away from the hustle and bustle of a city, the serene confluence of the backwaters and sea renders this place an otherworldly aura. What better than to bask in this aura with the people you love the most — your family. The frequent flights from Mumbai to Mangalore also puts paid to the cliché that the most beautiful of places have the hardest journeys to get there.

The Lonely Planet refers to this as one of the top 10 places to visit



For a 3- or 2-day family vacation, the luxury beach resort can help you unwind in a way like no other as you manage to recharge your batteries, and at the same time, enjoy some picture-perfect moments with your kin. Think of rooms decked with king-size and twin beds with large 125-feet terraces that offer superb views of the property.

You can enjoy and revel in recreational activities like kayaking/archery within the resort once during the stay and some indoor games. There is also a host of kids’ activities that will be conducted under expert supervision. With the buffet

breakfast, lunch and dinner, being spoilt for choice when it comes to food will keep the mood and energy on the up through the day. The interactive television – 37” LCD TV — with home theatre system and surround sound also keeps you in the loop when it comes to modern-day entertainment.

At the Deluxe villa, lounge on your day bed, soak in the bathtub with our natural handmade products and along with outdoor showers, you get a true feel of Kerala. Add to it a private fountain in your space and exquisite views of a 470 square feet + 611-square-feet private courtyard



to match, the summer respite turns into something of a heavenly magnitude.

A walk though these beautiful and airy courtyards that are royalty defined will keep you at ease and bliss. Isn’t that what we all look for in summer retreat?

The private plunge pool will be that cherry on top of your summer reprieve as you discover that gifting your family and yourself this holiday is more rewarding than you would have ever imagined.

To put it mildly, luxury and good times beckon for your family at the resort’s Superior Rooms, Luxury Suites, Deluxe and Premium Villas. ❖

You can avail of these special summer package that is bound to give your summer plans a lift —					
Family Getaways Offers valid from 1st April 2018 to 30th September 2018 unless specified otherwise					
Family Getaways Taj Bekal 2 Nights	Single	Double	5 - 12 years with breakfast, one major meal and No extra bed	Above 12 years (Extra bed, included) breakfast + one major meal + one activity only	Inclusion
Superior room with Balcony	29276	32752	4200	6200	Accommodation, Buffet Breakfast and Buffet Lunch or Dinner. Enjoy recreational activity like Kayaking/Archery within the resort once during the stay and indoor games. A host of Kids activities under expert supervision. 1 Way Airport/Rail share Car Transfer for those staying in Superior rooms to Deluxe Delight with Courtyard. 2 Way Airport/ Rail share Car Transfer for those staying in Deluxe villa with Plunge Pool to Luxury Suite Villas. 15% discount at Jiva Spa and 10% discount on Laundry and Telecom. Additional Taxes applicable.
Superior room with Sit out	31676	35152			
Deluxe villa with Courtyard	34676	38152			
Deluxe Villa with Plunge Pool	37676	41152			
Premium Villa with Plunge Pool	40676	44152			
Luxury Suite with Terrace	46676	50152			
Luxury Suite with Plunge Pool	50676	54152			
Family Getaways Taj Bekal 3 Nights	Single	Double	5 - 12 years with breakfast, one major meal and No extra bed	Above 12 years (Extra bed, included) breakfast + one major meal + one activity only	Inclusion
Superior room with Balcony	42339	47358	5500	9500	Accommodation, Buffet Breakfast and Buffet Lunch or Dinner. Enjoy recreational activity like Kayaking/Archery within the resort once during the stay and indoor games. A host of Kids activities under expert supervision. 1 Way Airport/Rail share Car Transfer for those staying in Superior rooms to Deluxe Delight with Courtyard. 2 Way Airport/ Rail share Car Transfer for those staying in Deluxe Villa with Plunge Pool to Luxury Suite Villas. 15% discount at Jiva Spa and 10% discount on Laundry and Telecom. Additional Taxes applicable.
Superior room with Sit out	45939	50958			
Deluxe villa with Courtyard	50439	55458			
Deluxe Villa with Plunge Pool	54939	59958			
Premium Villa with Plunge Pool	59439	64458			
Luxury Suite with Terrace	68439	73458			
Luxury Suite with Plunge Pool	74439	79458			

WANDERLUST - HEADING TOWARDS HARBIN!

A Chinese megapolis with a generous dose of influence from Russia may be uncharted territory for the Indian traveller, but for the thrill-seeking globetrotter it presents a whole new world of ice and hybrid big cats replete with other equally fascinating works of nature and manmade grandeur.

Text and photos by *Dr. Ishrat Ali Lalljee*

Harbin, a swan-shaped megapolis on the banks of the meandering Songhua River located in north-east China, close along the border of Russia, most certainly beckons a visit by an adventurous globetrotter. Here ice art speaks in form and stature, nature roars in rustic majesty, cultures merge and culinary re-orient itself.

Formerly known as Pokai, this Chinese megapolis is one of the cradles of human settlement dating to at least 2200 B.C. However, in recent years it is better known as the locus of the resplendent annual International Ice and Snow Festival, which commences each year on 5th January and continues for the following two months, covering the Chinese Spring Festival and the Lantern Festival in the duration and attracting several lakhs of tourists.

Harbin explores its Arctic climate and natural resource of abundant ice and snow to promote and showcase a unique art form in the Ice Lantern Festival at Zhaolin Park. Here functional lanterns are transformed into delicately carved and artistically ornamented artifacts that come alive with coloured lights and blithe music. The Sun Island Park in the vicinity of Zhaolin Park boasts of the world's largest indoor ice and snow art museum, which interestingly modifies into a natural summer resort half way down the year. The banks of the Songhua River adorned with humongous two- three storey tall snow sculpted Buddhas, pagodas, churches, pyramids, castles, fairy tale

characters and the works spell bind visitors with their pristine whiteness in the daytime and vibrant play of colours at night. The Ice Festival is more than just an exposition of art. It is an international cultural event in which ice sculptors from the world over compete for excellence and communicate through a novel medium; while wedding celebrations, parties and other varieties of recently added attractions make Harbin an ideal getaway.

At motorable distance from the sites of the sculptures are icy swimming pools and a dozen ski grounds promoting the quality of winter sports to a higher level as China gears up to be the host for the 2022 Winter Olympic Games. A must visit is the

Siberian Tiger Preserve, a snow-bound Wildlife Sanctuary where one can view and even feed the most robust of lions, tigers and their handsome hybrid offspring, the 'litigons' or 'ligers' in their natural habitat.

The multinational appearance of the cityscape of Harbin is marked with St. Sofia Orthodox Cathedral, now converted into the Harbin Museum of Architecture; Zhongyang Dajie, a cobblestone lined 'only pedestrian' street which is a remnant of the bustling business activities at the turn of the twentieth century; the new and old Harbin synagogues that chronicle the history of the Jews in Harbin; a Russian and a Japanese restaurant and French fashion houses. This pluralism is the outcome of the Japanese invasion and subsequent Russian occupation of the city which resulted in the migration of nearly two lakh citizens from thirty-three countries to Harbin. The city's exclusive composite culinary which combines Oriental Chinese with Occidental Europe also makes for an appetizing fare.

The Long Ta or Dragon Tower, a steel lattice television and observation tower on the outskirts of the city also merits a visit for its sheer enormity of size and the quivering thrill of strapping on a harness and walking outside the tower at its top. For the spiritually inclined there is the Buddhist Temple of Heavenly Bliss and the largest Confucius Temple of north-east China and for gourmets there is the Grape Kingdom where one can feast on distinctly flavoured, organically cultivated grape and corn varieties.

Convenient transportation by air from Beijing or Shanghai, well connected intra-city transport, proficient multi-lingual interpreters, star rated hotels and congenial hospitality make Harbin a beckoning destination, hitherto unfamiliar and unexplored by an average Indian traveller. ❀



ANADA SPRING FEST



DOG SHOW



DOG SHOW



LOHRI CELEBRATIONS



LOHRI CELEBRATIONS



MAD HATTERZ



RANJAN KAPUR GOODBYE MY FRIEND!



Our Chairman, Dinesh Khanna, pays tribute to his friend, Indian advertising doyen Ranjan Kapur, who passed away on January 27

If there was anyone I could just lift the phone and speak to for wisdom and advice, it was my friend of over 30 years, Ranjan Kapur.

He was an astute business strategist with great clarity of thought and vision. Nishi and I remember meeting him for the first time with the late Dr Ram & Rani Tarneja when he returned from Singapore to head O&M in India and then several times at his home and at The Club. My first impression of him was of a man who was very relational with deep insights.

He was very encouraging to both Nishi and me for The Club since its inception. He has always been very helpful and would take the time from his busy schedule to visit The Club in an Advisory role and extend his relentless support and advice during the preopening and post opening of The Club 20 years ago.

Ranjan enjoyed life to the fullest, be it at Ogilvy, with his family or friends and that's why we bonded together and have so many friends in common. Both Jimi and he would remember all the special occasions in our lives and would always make it a point to connect and extend their wishes.

Nishi and I would always look forward to the annual Christmas party at his home and many other social gatherings that we would often meet at and enjoy together.

Ranjan was far ahead of his time and in 2004 he prodded me and together we founded the Anada Wine Club when wine drinking was at a nascent stage in India. I will continue to miss him as a friend and all our wine evenings at The Club. Ranjan, his wife, Jimi, and daughter, Tina, will always have a special place in our hearts.

