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5 Expert Tips
To Make Your Skin Look
Youthful &
Radiant

Anti-Ageing action*
24 hours non-stop^

NEW age miracle™



FABULOUS NON-STOP

The stunning Karisma Kapoor shares her secret to a Radiant & Younger looking skin

*Refer to action of Retinol -C complex. ^Action of Retinol -C complex based on lab test 2015

NEW age miracle™



Fabulous Non stop

The forever stunning Karisma Kapoor talks about her non-stop life and the secret to a radiant & younger looking skin!

How will you sum up your life as a working woman and full time mother?

In just one word, it is non-stop!

And your skin care regime?

A: When you have such a busy life, you need a 24 hours non-stop miracle for your skin as well; a skin care expert that can multitask, just like you!

What according to you are the most common skin care problems faced by modern multitasking women?

Fine lines and dullness are some of the common signs of skin weakened by the stress of today's non-stop life and also aging. But with a proper anti-aging regime one can easily keep these skin woes at bay.

So what is Karisma's secret to a radiant and younger looking skin?

Like I said, it takes a miracle (Laughs) I would highly recommend using a range like Pond's age miracle that works round the clock to give boosted wrinkle reduction and youthful radiance.

5 Expert Tips For Radiant & Younger Looking Skin

#1 Always use a product that works as per your lifestyle. As a modern multitasking woman you need a product with 24 hours non-stop anti-aging action.

#4 Always choose the right ingredients. Choose products that contain ingredients which work on fine lines and dullness like vitamin B3, retinol, AHA and CLA.

#2 Follow a regime and do not keep changing. As you grow older it is essential to incorporate the right cleanser and a night cream in your anti-aging regime.

#5 Start early & start right. Fine lines eventually cause wrinkles. It is important to start early and adhere to the right regime.

#3 Repair & prevent. Prevention is better than cure.



Dr. Rashmi Shetty

Celebrity Skin Expert & Dermatologist

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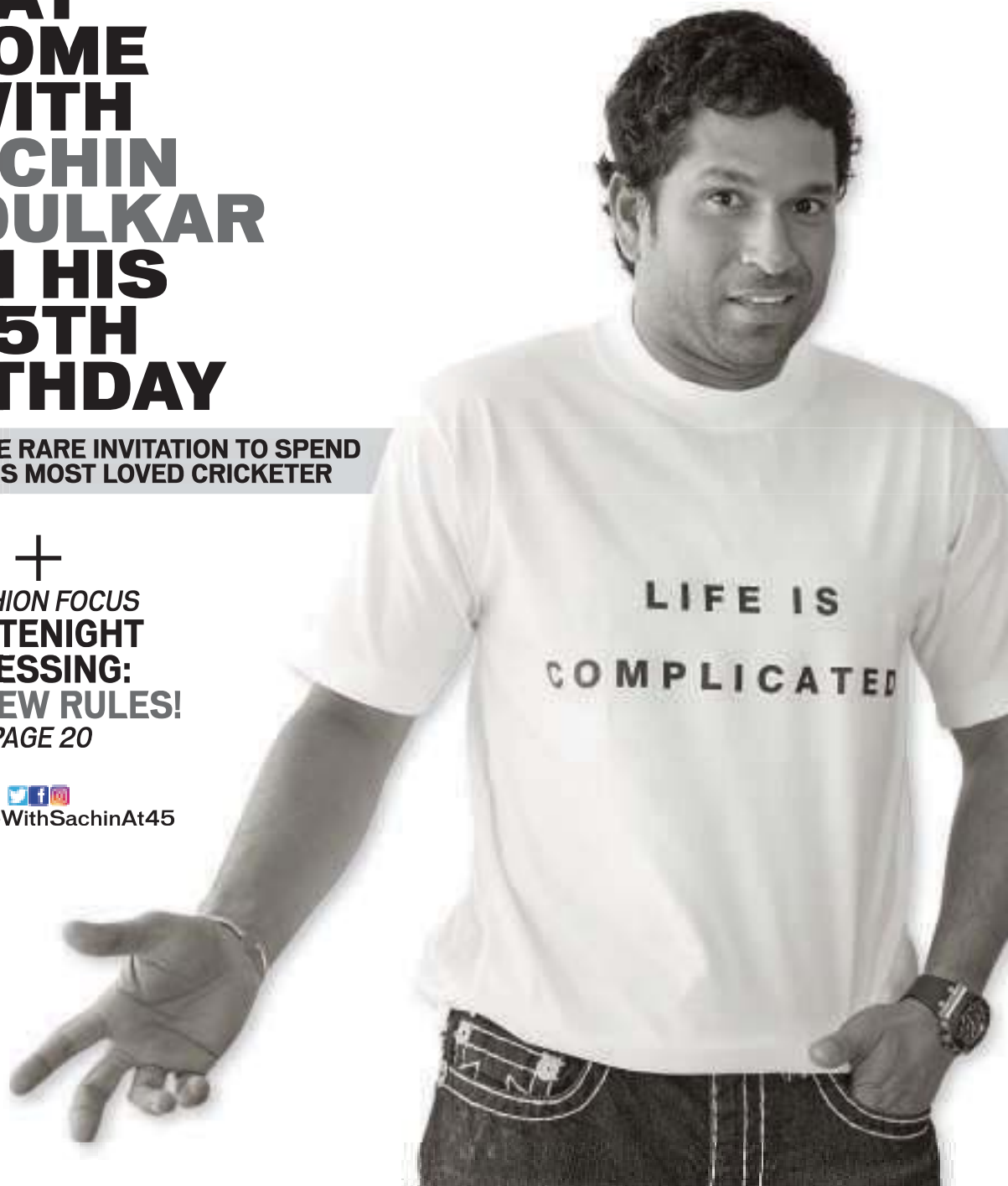
BRUNCH

AT HOME WITH SACHIN TENDULKAR ON HIS 45TH BIRTHDAY

HT BRUNCH GRABS THE RARE INVITATION TO SPEND
THE DAY WITH INDIA'S MOST LOVED CRICKETER

+
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EAT AROUND THE WORLD!



Well-known restaurateur **Riyaz Amlani** picks five of his favourite places to dine from around the world

ARTISTIC APPEAL ARZAK, SAN SEBASTIAN



Juan Mari Arzak, the owner, in a sense created the whole progressive food movement and really looked at food in a completely different way – he elevated it to an art form.

TECH TALK ALKIMIA, BARCELONA

This is one of my favourites because of its ability to push boundaries, to take progressive cuisine to the next level and show what is possible in terms of technique.



DASH OF DRAMA SKETCH, LONDON



Not only is this place run by the famous Pierre Gagnaire, it's also designed by Philippe Starck. Just the

sheer design and drama complemented by the cuisine of Pierre Gagnaire makes for a completely unforgettable experience.

OLD SCHOOL CHARM INDIAN ACCENT, NEW DELHI

What Indian Accent is doing for Indian food and the future of Indian cuisine is amazing. Chef Manish Mehrotra's sheer ability and talent is unparalleled and he brings a certain old-school hospitality which is rare to find.



NOT-SO-SNOBBISH THE BOMBAY CANTEN, MUMBAI

This is another place I love for making really good food accessible, for making it fun, for taking away the snobbery. It is not pretending to be something different. Again, how it is taking forward Indian cuisine is wonderful.



(Riyaz Amlani is an Indian restaurateur who has 44 restaurants in 11 cities across India)

As told to Farhad J. Dadyburjor

Stuff You Said Last Sunday



Fantastic piece again from your team. Loved reading about the unique museum. Vikas Khanna's humility and down-to-earth nature come across as well. Nice, warm piece.

@SudeshnaDash1

There's a reason @TheVikasKhanna is my all-time favourite! Everything he does is with so much passion and joy! Loved this story @HTBrunch

#GodsOfGoodFood #greatreads @SunandaK



Anirban Blah

@anirbanblah
Beautiful quote in @HTBrunch today.. "We don't travel to escape from life. We travel so life doesn't escape from us"



Sonam Kapoor

@sonamkapoor
👍👍👍

HT Brunch @HTBrunch
Reading list to survive the summer heat: Now that you have some time off, @seemagoswami offers a list of books to keep you entertained read.ht/BiWs



Another stellar issue by @HTBrunch, so much to read. Loved the "Best-laid holiday plans" and an addition of the auto section. Yet to read @virsanghvi's Rude Food. Reserved that for after lunch!

@MakKhandekar

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WTF

WATCH. TAP. FOLLOW.

Curating the best of the Internet for your Sunday viewing benefits



WATCH

Jurassic World: Fallen Kingdom's final trailer is out and it's intense with some amazing scenes. Add it to your weekend watch list.



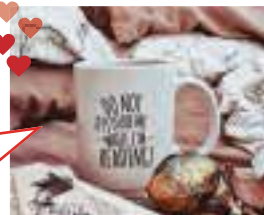
Sumukhi Suresh

@sumukhisuresh

The moment I switch on my AC the warm wind slowly starts smelling like an armpit at work reminding me that I can now afford an AC but I should be reminded where I came from.

TAP

Massive hygge vibes and reading inspiration on Life and Literature (@lifeandliterature). Awaken the bibliophile in you!



FOLLOW

Hilarious and relatable tweets about everyday life makes a Twitter feed feel like home! Follow Sumukhi Suresh (@sumukhisuresh) for your dose of facepalm and giggles.

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Original equipment used to make Panzani Pasta in 1946.



*If it's pasta,
it's got to be*



More than 70 years ago, Giovanni Panzani, a young grocer from Parthenay, started making Panzani Pasta by hand. A lot has changed since then. However, the pasta remains as healthy and tasty as when he first made it, with 100% durum wheat. And it has always been prepared with wholesome, all-natural ingredients. So go ahead India, and savour the goodness of Panzani.

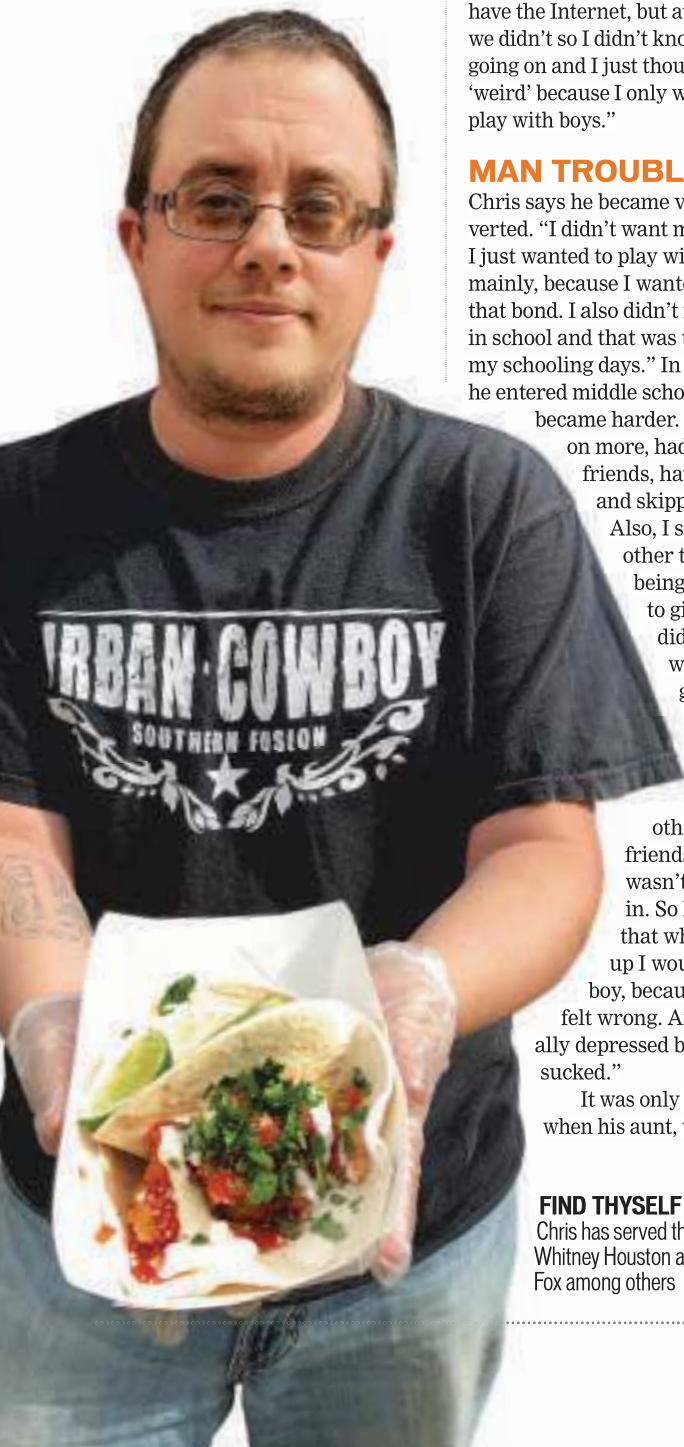
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THE FIRST TRANSGENDER CHEF...

Meet 'Chopped' star Chris Trapani and listen to him chat about the beauty of transitioning, sexism in the food industry and hear him gossip about Trump!

By Farhad J. Dadyburjor



Growing up, Chris Trapani always knew something was not right. "When I was five or six years old, my mom wanted me to wear dresses and I would cry and flip out. As a mom, I guess, you have a little girl and you want to dress her and buy her stuff – and I didn't want to do it. It just didn't feel right. And I never wanted any girls' toys – it was always cars and soldiers for me," recalls Chris who grew up in Brooklyn.

"The difference, now that I think back, is that the kids today have the Internet, but at the time we didn't so I didn't know what was going on and I just thought I was 'weird' because I only wanted to play with boys."

MAN TROUBLE

Chris says he became very introverted. "I didn't want many friends. I just wanted to play with my dad mainly, because I wanted to feel that bond. I also didn't feel right in school and that was throughout my schooling days." In fact when he entered middle school, things

became harder. "I got picked on more, had fewer friends, hated it more and skipped class.

Also, I started to feel other things, like being attracted to girls, and I didn't know why. I used to go to sleep at night crying because all the

other male friends I had, I wasn't interested in. So I would pray that when I woke up I would be a boy, because this just felt wrong. And I got really depressed because life sucked."

It was only much later when his aunt, who was a

FIND THYSELF

Chris has served the likes of Whitney Houston and Michael J Fox among others



FOOD MOGUL
Chef Chris Trapani has served some high-end catering companies in New York

lesbian, figured what was going on and sent him to an LGBT resource centre, that Chris' world completely changed. "But I didn't transition until I was 30," he says. "At the time when I was 18 or 19, I started meeting some transpeople. But I still didn't understand why someone would want to transition. I was always very angry as a person, depressed, because I couldn't express my emotions... And I could never

a bigger jerk now. I always watch how people talk to servers to evaluate them, because that way you can tell if they're an a**hole. And he was screaming at them, cursing them because one server forgot his Diet Coke. He is selfish and self-centred and I can't wait until he is gone," says Chris who moved to Austin, Texas, in 2012 and started his food truck company, Urban Cowboy.

With stories of sexism being

"[As part of the restaurant business], I always watch how people talk to servers to evaluate them..."

figure out why. I saw a psychiatrist, tried Zoloft, Prozac and all that stuff. Nothing worked. It was really when my wife (after watching a Cher show) told me 'you're a guy, you have no woman qualities', did I realise what was going on."

What was the first day like after transitioning? "When I got the surgery, I felt like crap from it but I also felt like a million bucks at the same time. 'Cause I'm lying in bed and I look down and I'm like, this is the best thing that has ever happened!" he laughs.

BEHIND THE KITCHEN WALLS

Having worked at high-end catering companies in New York serving the likes of Whitney Houston, Michael J Fox and stars of *Sex and the City*, Chris also had the displeasure of dealing with Donald Trump. "We did three parties where Trump was invited. He was a jerk then and he's

rampant in the restaurant industry, has he faced any harassment as a transgender? "I have seen both sides of the spectrum – how men act and behave around women and I also notice how some women act around me – a little timid and submissive – till they get to know me as a person."

Chris became world famous as the first transgender chef to appear on the Food Network in the show *Chopped*. How did that experience change his life? "It brought thousands of clicks to my website and more importantly, it got a lot of children to contact me, asking questions about transitioning and what life after it is like. I made them feel braver and encouraged them to be who they wanted to be. That, for me, was inspiring! At first, I was concerned the show 'outing' me may be an issue in Texas, but it, in fact, turned out to be beneficial."

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SACHIN AT 45: A MAN OF EASIER CHARM AND STRONGER BELIEFS

HT BRUNCH SPENDS APRIL 24 – SACHIN TENDULKAR’S 45TH BIRTHDAY – AT HOME WITH THE CRICKETER, AND DISCOVERS HIS FAN FOLLOWING HASN’T DIMINISHED, NOR HAS HIS SIMPLICITY!

[A RARE EXCLUSIVE]

By Boria Majumdar // Photos by Atul Kasbekar

It’s been nearly five years since Sachin Tendulkar retired from cricket, yet the crowd outside his Bandra, Mumbai, home on April 24 is so thick that I am convinced there must have been a pile up of cars in the vicinity. It doesn’t take me long to find out, however, that these are just Sachin devotees waiting for a glimpse of their hero on his birthday, all bearing gifts or garlands for him.

WE, THE PEOPLE OF INDIA

I was surprised, yet I shouldn’t have been. As Sachin himself told

me on an earlier occasion, retirement or not, his fans need him to be involved in cricket. In February 2015, when India played Pakistan during the World Cup in Australia, Sachin was watching the match on television at his home in Mumbai when he heard people on the road screaming, “*Sachinnnn, Sachinnnn*”. “There were close to 500 people outside my house screaming my name,” Sachin told me. “Eventually Anjali (his wife) had to send them tea and biscuits because they were there for the entire duration of the match.”

Back to today, though. In the ground floor drawing room, my favourite in Sachin’s house, I wait for the man of the moment in the tastefully done up room teeming with testimony to one of the most glorious careers in Indian sport, including the Padma Shri, Padma Bhushan, and of course, the Bharat Ratna. Sachin comes down in a flurry of ring tones: everyone in the world, apparently, is calling or messaging to wish him a happy birthday.

“I feel blessed, you know,” he tells me. “People from all walks of life wish me well. They have

so much affection for me and it makes me feel really fortunate.”

I had seen this for myself as recently as the day before, when we’d left Sachin’s home for the launch of my book on this legend of world cricket. Just as Sachin’s car emerged from the garage, a young man of 17 sprinted across the road, paying no attention to the vehicles coming at him from both sides of the road. All he wanted, he told Sachin when the cricketing genius admonished him for his lack of care, was a picture of himself with Sachin on the eve



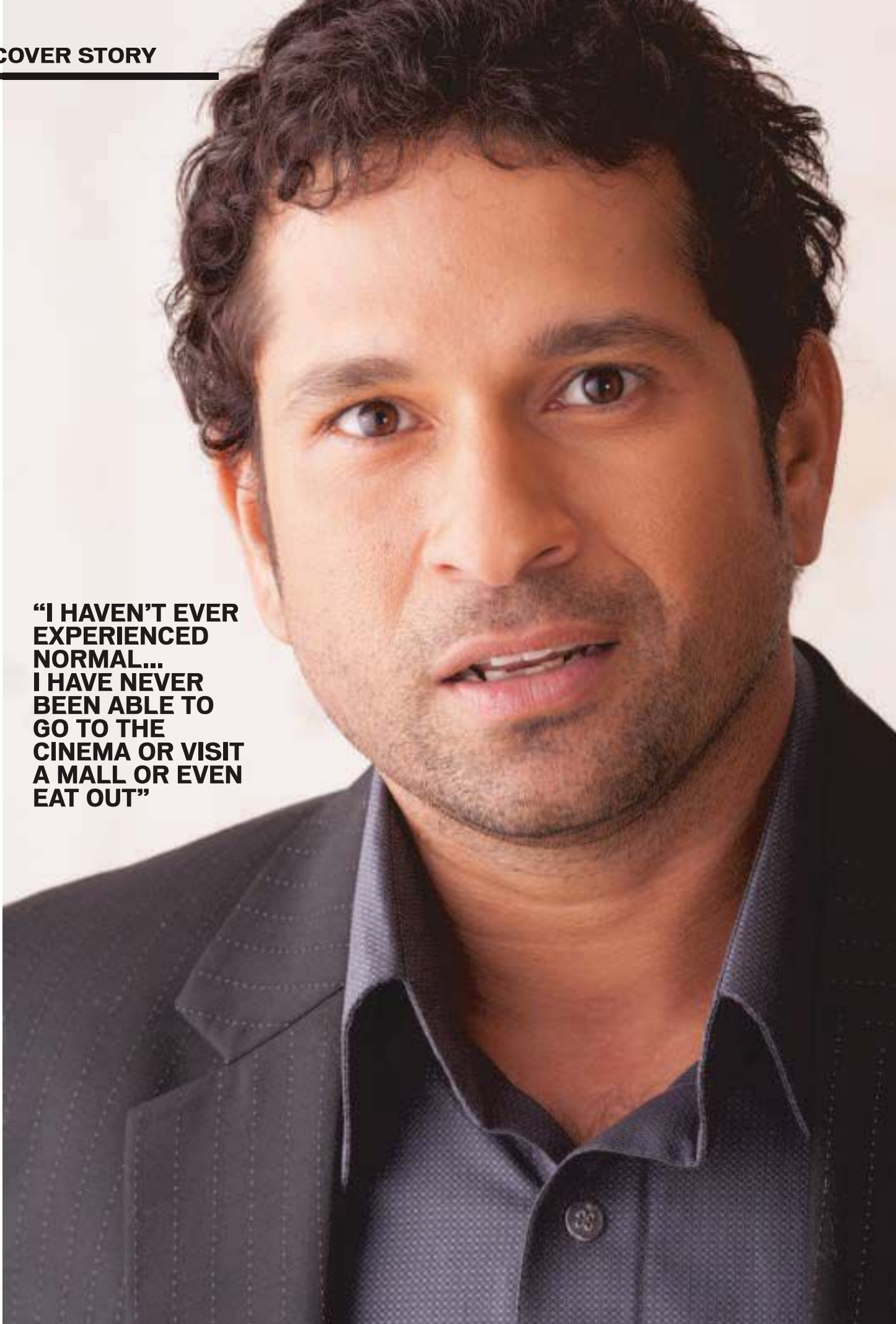
**“I FEEL
BLESSED.
PEOPLE FROM
ALL WALKS OF
LIFE WISH
ME WELL.”**



**JOIN IN THE
CONVERSATION
USING**

#AtHomeWithSachinAt45

**“I HAVEN’T EVER
EXPERIENCED
NORMAL...
I HAVE NEVER
BEEN ABLE TO
GO TO THE
CINEMA OR VISIT
A MALL OR EVEN
EAT OUT”**



MAKE A WISH
A snapshot of Sachin's cake on his 45th birthday



DEAR SACHIN...

"Many happy returns of the day, Sachin. You will always remain special because of your immense ability that I have witnessed. 200 test matches, 100 hundreds... can't stop admiring!"

— Sourav Ganguly, former Indian cricket captain



"Sachin paaji, you taught me to never quit your dreams and keep working hard to achieve them..."

— Vijender Singh, boxer



India started rediscovering success post 1991 and you were a part of that movement. You were the representative who showed that India can dominate the world. I'm a huge fan!

— Amish Tripathi, author



"You're not the best batsman, Sachin paaji, you're an even better human being!"

— Harbhajan Singh, cricketer

Sachin is to cricket what Michael Jordan is to basketball - Irreplaceable. Wishing the Bharat Ratna a sixer of a birthday!

— Vineet Malhotra, Editor & Founder, Let's Talk Cricket



"Sachin sir, I salute your dedication and how you've carried yourself throughout your playing career and even now..."

— Saina Nehwal, badminton player

Happy birthday to the living legend! You are an inspiration. You have brought so much pride and joy to the nation.

— Manpreet Singh, captain of Indian hockey team



I'm sure that you will excel in whatever you plan to do now, being the perfectionist who takes care of the smallest of details too.

— Nikhil Chopra, cricket analyst

"It has been a pleasure to watch you play and overcome challenges which one couldn't have imagined..."

— Mary Kom, boxer



The best thing about you is that the name Sachin unites the whole of India into one nation.

— Rajeev Khandelwal, actor

"EVERY YEAR FOR THE PAST FIVE YEARS, THE MUMBAI INDIANS PLAY ON MY B'DAY, AND I CUT A CAKE AT THE GROUND. I ENJOY IT!"

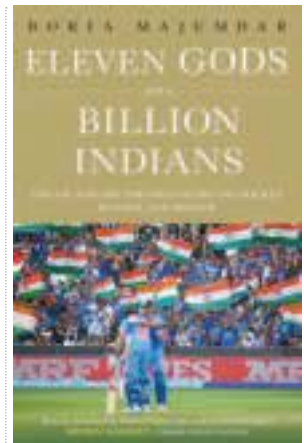
these meals, which he insists on serving to his guests, that Sachin once told me how he had helped expand the taste buds of some of his India teammates. Himself a Japanese food connoisseur, Sachin is instrumental in encouraging many of his teammates to try various cuisines when on tour, his regular compatriot in tasting culinary delights being cricketer Zaheer Khan.

SACHIN'S MOST MEMORABLE

Sachin's most memorable birthday celebration, he says, was his 25th in 1998, a day on which he played one of the best innings ever, and in the process won the Coca Cola Cup for India against a really dominant Australian team led by Steve Waugh.

"In 1998, my birthday celebrations lasted well beyond the 24th," Sachin laughs. "Having won at Sharjah, I was greeted by a sea of humanity on our return to Mumbai and it was touching to see fans showering such warmth on me. The day after I returned, I was invited to a double wicket tournament at the Shivaji Park Gymkhana in Mumbai. Praveen Amre called me and said the organisers were keen that I go there for some time to encourage the players.

"Shivaji Park has always been special to me and I decided to take Anjali with me. A huge crowd had assembled to see me. My visit caused a law and order situation and it was difficult to get away from the chaos. We somehow managed to leave Shivaji Park Gymkhana for home and I felt humbled at the affection I had received. Fans asking for autographs and wishing me a happy birthday has always made me feel special, and I make it a point to oblige all of them whenever I can. It means I can make a number of my countrymen happy and that,



BY THE BOOK

Majumdar's new book documents and explores India's cricket team through pictures and anecdotes

more than anything, is deeply satisfying. These men and women who wait for hours to see me or get an autograph are the ones who make the game what it is in India and I consider myself lucky that we have such a passionate fan base for the sport in the country."

For me, however, Sachin's most memorable birthday was his 40th, which I had the pleasure of hosting in Kolkata in 2013. Anjali had flown in that evening and at the stroke of midnight we smeared him with cake and sang Happy Birthday.

All of India was also singing with us, even if the millions doing so weren't physically present in Kolkata at that time. For this collective of sports fans, Sachin is indeed god, and this truth is driven home more forcefully than ever on his birthday every single year. His 45th, it must be said, is no different.

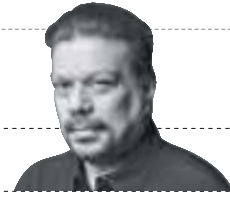
Happy birthday once again, Sachin.

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Borja Majumdar is an Indian sports journalist, academician and author. He also co-authored Sachin's autobiography *Playing It My Way* in 2014 along with the cricketer.





vir sanghvi

rude hotels

At Number One!

India's largest hotel chain is – no kidding! – Marriott. And Arne Sorenson is its global head

Earlier this month, the Marriott chain opened its 100th hotel in India – Sheraton Grand Bengaluru Whitefield Hotel & Convention Center. The significance of the 100th opening had Arne Sorenson, President and Chief Executive Officer, Marriott International, flying down to India from the US to do the honours.

While the Sheraton Grand, Whitefield, is nice enough, the Sorenson visit helped re-emphasise what few people outside of the hotel industry realise: Marriott is now the biggest hotel chain in India. Bigger than Taj, Oberoi, ITC, ITDC or any of the familiar names we grew up with.

What's more, Marriott is also the largest chain in the world with 6,500 hotels in 127 countries and over 30 brands. Nearly every global hotel brand that you have heard of is now owned by Marriott: Sheraton, Westin, JW Marriott, Le Meridien, Renaissance, Courtyard by Marriott, Fairfield by Marriott, Ritz Carlton, St. Regis, Bulgari Hotels and Resorts, Luxury Collection, Edition, W and many many more.

As head of Marriott International, Sorenson is the world's leading hotelier, leading a company with a strong presence in nearly every country in the world.

And yet, when Sorenson has been in the news in recent years, it has been because of the positions he has taken on important political and social issues.

In 2016, Sorenson wrote an open letter to Donald Trump asking him to take a collaborative approach to governing, to give equal rights to LGBT persons, to not adopt a needlessly hostile approach to illegal immigrants to the US and to make America safe without rudely shutting out those who want to visit it. At other times, he has publicly opposed Trump's Muslim ban.

American executives are more outspoken on political issues than Indian businessmen. But even by the standards of US business, these were brave and honourable things for the head of one of America's best known corporations to do and say.

I asked Sorenson about the political positions he had taken when I met him in Delhi. He answered carefully that while he was a registered Democrat, he had voted for candidates from both

VOICE OF REASON
CEO of Marriott International, Arne Sorenson is not only the world's leading hotelier but also takes stands on political and social issues



parties. So his positions had nothing to do with party politics.

So why, I asked, was he so ready to publicly take stands that were so directly opposed to what the US President appears to believe in?

The reason he said, had to do with greater human values and not with adversarial politics. As a global company, Marriott embraces diversity and opposes any kind of discrimination. For instance, the company has LGBT employees whom it regards as full partners in the business. It was his duty as CEO to speak up for their rights.

The same was true of his stands on immigration, the so-called Muslim ban and other such issues. If Marriott operated in so many different countries then, almost by definition, it embraced diversity. And the values he spoke up for – an end to narrow-minded divisions and a more global approach – were the values that Marriott embodied in its operations around the world.

It was a good answer: logical, reasoned and studiously apolitical. But it also seemed to me to be the truth. You can't really run the world's largest hotel chain unless you follow an international agenda, oppose and eschew narrow-mindedness and openly celebrate diversity.

At the same time, Sorenson's remarks reflected a break from the traditional attitudes of large American hotel companies. In many ways, Marriott is the most American of these companies. It was almost the last to spread its footprint around the world and focussed originally on its massive US operations. While Hilton and Intercontinental were opening five-star hotels all over the globe, Marriott was still building senior citizen residences, theme parks and institutional catering facilities along with hotels at all price points in America.

It is only over the last two decades or so that Marriott has spread its wings and become a truly international group. It entered the premium space with the acquisition of 49 per cent of



PERFECT PLATTER
The popular Goan thali at W Goa

Snacks and dips
perfectly matched.
Howzzat!





GOING GLOBAL

Over the last two decades, Marriott has become a truly international group

Ritz Carlton in 1995 (it bought a majority of the company three years later). And the big change came in 2015 when Marriott acquired the Starwood hotel group.

Starwood was a 1990s phenomenon, a corporate giant that took over existing hotel companies with their own histories (Sheraton, Westin, Le Meridien, etc.) and also created its own brands including the upmarket St. Regis and the trendy W hotels.

The moment Marriott International acquired Starwood, it not only became the world's largest chain but it also took over a diverse collection of international hotel brands. The good thing about the takeover is that Sorenson values diversity and respects the heritage of the Starwood brands.

The bad thing is this: can any hotel company really handle 30 brands? It's good to be big in this business but even so, isn't Marriott International now just too big?

It is another measure of how much the hotel industry is changing that Sorenson answers the question by using tech parallels. Assume you went on Expedia, he says, to look for a hotel. You would see various hotels at different price points for each destination you selected. The one you finally chose would be a hotel that gave you the rate you wanted, had a location that met your needs and was run by a company (or brand) that you liked.

Marriott International, Sorenson says, is now in the same sort of position as Expedia. Because it has so many hotels at so many different price points at so many locations, it lets you find a hotel that meets your requirements within the Marriott system. Moreover, no matter which Marriott hotel you choose, you will get loyalty points.

In today's age, he argues, that is a huge advantage.

He is right, of course. But for the model to work, each brand must have a distinctive identity and add value to the range of options. While Marriott has always tightly controlled its own branding, it has now inherited Starwood's branding problems.

Too many Starwood brands have no real identity. Even since Air France sold Le Meridien, the hotels have moved away from their French identity without finding anything new to put in its place. Sheraton, Starwood's bread-and-butter brand, stands for nothing. And it is hard to see Westin as much more than a health club with rooms attached.

Another problem is that because Starwood was so keen to show growth, it did not deflag hotels where owners were not respecting brand standards. It also signed up nearly every hotel owner who approached it, without worrying too much about the calibre of the property.

Sorenson is unwilling to badmouth Starwood but he concedes that some work will have to go into refocusing the brands and that perhaps some hotels will have to shape up or leave the system.

He is less worried, he says, by the apparent conflicts between

CLASSIC TOUCH

The Westin Kolkata Rajarhat is ideal for business and leisure



IN ITS OWN LEAGUE

Starwood hotel group, which the Marriott acquired, created the upmarket The St. Regis Mumbai

Sorenson is especially enthused by Shaadi By Marriott, which has been a grand success

ON THE web

For more columns by Vir Sanghvi, log on to hindustantimes.com/brunch. Follow Vir on Twitter at twitter.com/virsanghvi

The views expressed by the columnist are personal

NEW MILESTONE

Sheraton Grand Bengaluru Whitefield Hotel & Convention Center is the 100th hotel of the Marriott group in India

the old Starwood brands and their Marriott equivalents. For instance Ritz-Carlton competes in the same space as St. Regis but he thinks both can co-exist.

Nor is he concerned about the irony of the W acquisition. W was created by Starwood as a cookie-cutter, self-conscious, corporate rip-off of the hip hotels that Ian Schrager pioneered. Marriott signed Schrager up a few years ago to jointly launch a new range called Edition and those hotels continue to open all over the world as 21st

Century reimaginings of the hip hotels that Schrager invented.

So how does Sorenson feel about heading the company that has both Schrager and W, the brand that is the corporate rip-off of Schrager's vision?

He responds that while W now has its own massively successful formula, the Editions will be different. Perhaps they will be smaller and more sophisticated.

Which brings us, finally, to India. One consequence of Marriott's growth has been that the Taj, which never included Ginger hotels within the group, has now suddenly started counting Ginger as Taj hotels to seem bigger than Marriott. That doesn't worry anybody at Marriott too much where they continue to emphasise quality over number. (Unlike Starwood, I am guessing that Marriott will deflag hotels that don't meet brand standards even if that brings down the total number of properties.)

Sorenson is pleased (obviously) with Marriott's success in India but he seems specially enthused by the Indian company's recent initiatives. Shaadi by Marriott has been a grand success and in the months ahead, Marriott will tackle the one area where (so far, at least) it has no great reputation: food and beverage. This is difficult to do because unlike say ITC, The Oberoi or the Taj, Marriott does not replicate restaurants across its Indian properties. So hundreds of individual restaurants have to be configured to fit into a single campaign.

Sorenson is optimistic that in this area too, Marriott will make progress. But he is not underestimating the competition. "One of the great things about India" he says, "is that you have such great hotel companies like the Taj and the Oberoi and of course ITC, which we treat as part of the family because of Luxury Collection."

So does it feel strange that an American company is India's leading hotel chain?

Probably not. Sorenson is a proud American. But at Marriott, these days, the focus is less on its American origins and more on diversity and internationalism, whether in the hotels themselves or in the stands that Sorenson has taken.

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this indian life

shoba narayan

Getting Drunk On Summer

A dubious drink made from the sap of the palmyra tree brings back my childhood and my grandmother

Come summer and I think of the time my grandmother and I got drunk together. Our libation was the sap of the palmyra tree and it appeared like clockwork this time of year. Called *padaneer* in Tamil and *neera* up North, this sap of the *Borassus flabellifer* tree tasted of jaggery, coconut, and water. The men who sold it to us insisted that it had “no kick,” but was full of “strength and vitamins.”

My grandmother loved it because my grandfather disapproved of her drinking it. He was a medical doctor and a lifelong teetotaler. The notion of his chaste wife downing glasses of dubious drink and then giggling like a schoolgirl was horrifying to him. That left me – my grandmother’s unwitting sidekick – in her escapades. Mostly, we drank when my grandfather left for his clinic.

We tried every variation of this plant. First was the tender fruit that we called *nungu*. Men in pushcarts would bring piles of these round black fruits, bulging and shiny as a toad’s eye, round and large like elephant dung. Using a machete strong enough to chop off a finger, the man would cleave the fruit to reveal the translucent seeds inside. Each was a pouch with a shot of liquid inside that tasted like coconut water. We ate the *nungu* like we eat *pani puri* these days: standing beside the pushcart, watching the vendor carve out a piece of the white wobbling jelly on our palms and then dropping it whole into our mouth. After downing about a dozen *nungu* fruits, we walked a few yards to the street corner where men and a few women milled around a *padaneer* vendor carrying his terracotta pot. In swift movements, he poured the drink on a curved palm leaf. The first time I drank it, I thought it was vile and spit it out.

“In our village, everyone – A to Z – drinks this,” said the vendor disapprovingly. “Full of strength. Good for the summer.”

THE TASTE OF A MEMORY

Over time, I got used to the taste, but what I really loved was the memory of how relaxed it made my grandmother. We would come home, have a full lunch and then nap together on the grass mat from a tiny village called Pattamadai in Tamil Nadu. I lay in the crook of her arm, cushioned by her generous belly, listening to her gentle snores, and inhaling the scent of palm.

It was later when I discovered how useful this palm tree was. Organically grown with very little pesticide, the leaves were used to write Tamil inscriptions centuries ago. The trunk and branches were used for house building, the fruits could be eaten and the sap drunk. Country jaggery called



DRINKING PARTNERS

My grandmother loved drinking the sap of the palmyra tree because my grandfather disapproved of her drinking it

Even though my grandmother hadn't studied beyond high school, she understood the pacing and rhythm of a story

ON THE web

THIS INDIAN LIFE by Shoba Narayan can also be read on hindustantimes.com/brunch. Follow Shoba on Twitter at twitter.com/ShobaNarayan

The views expressed by the columnist are personal

pana-vellam was made from the mature fruit and sap. My Bengali friends told me that a popular song ‘*Taal gaach ek paye daariye*’ referred to this plant.

THE FRAILTY OF LOVE

My grandmother, like yours perhaps and most people of that generation, was full of contradictions. She would piously tell us stories from the Panchatantra about the virtues of honesty and then steal extra brinjals from the vegetable vendor when he wasn’t looking. She was a dutiful wife on the face of it – eating after my grandfather finished – but really, she ran the show at our house and family. More than anything, she was a great storyteller. Even though she hadn’t studied beyond high school, she understood the pacing and rhythm of a story. The best ones came after she and I went out drinking.

THEN AND NOW

Two days ago, I spotted the *nungu* vendor in Indiranagar in Bengaluru. I asked if he had *neera* but he didn’t. Palm trees didn’t grow in Bengaluru city. You had to travel two hours outside to find palm orchards where men would climb up to tap and bring down the sap. You had to drink it on the spot or it would ferment.

Which was how I found myself speeding outside Bengaluru to Kengeri in search of *padaneer*. My driver woke up the tapper from his mid-morning siesta and paid him handsomely to climb up the palm tree and bring down one of the pots that were collecting the sap. Within minutes, he had poured us the fresh palm sap, which we cupped in our hands and slurped up. I told myself that I was drinking it because it was seasonal and healthy, but really, I was searching for the taste of my childhood.

(This fortnightly column addresses the issue of parenting our parents, an integral part of This Indian Life and our culture. If you have stories about the weird and wonderful relationships that enrich or enervate your life, write in.)



A day in the life of mom.

Setting out with a determined look with accessories that include cellphone, shopping bag and a to-do list, the modern mother has precious little time for herself. She juggles family and office work with a tenacity that few can match. It's only after a few hours, does she realise how hungry she is. She wants a snack that is filling and preferably as delicious as it is healthy. Thankfully, there's nothing a determined mom can't find.

A snack that looks good on you.

We've all faced moments where, in the twinkling of an eye (and grumbling of a tummy), snack time takes a turn for the worse. Good news is, it doesn't take much to snack smart. High in fibre (and free of guilt), almonds are easy to store and even easier to indulge in. That's because they are natural, rich in the antioxidant vitamin E, and are a source of zinc and niacin – minerals that help maintain healthy skin. According to Ayurveda, almonds can help increase skin glow and complexion.*

WHAT CAN HELP, WHEN MOM CAN'T HELP SNACKING? ALMONDS, NATURALLY.



When enough is really enough.

Ask any serial snacker, and they will admit to feeling half-full, half-hungry all the time. Snack time, it seems, is never too far away. But that's no reason to loosen a belt, blame a mirror or hide the weighing scale. A new study published in the *European Journal of Clinical Nutrition* found that study participants consuming 43g of almonds every day experienced reduced hunger and improved dietary vitamin E and monounsaturated ("good") fat intake without increasing body weight.*

Almonds have also previously been shown to increase satiety in both normal and overweight subjects.*

Because you know best.

The next time you find yourself in a precarious snack situation, take a moment to rethink your options. Remember the many health benefits of the nut appropriately named 'Suphala' or superior nut by Ayurveda.* Then, like a mother who knew it all along, help yourself to a handful of delicious, natural and healthy almonds.

Nutrition information is based on 100g.

* For more information log on to <https://tinyurl.com/ybqks7kn>

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The Biggest 'What Ifs' In The World Of Tech

Certain things or situations that could have easily made a lot of difference to technology

There's a game that has been played for centuries. The Game of What If. It's usually played out by taking a chapter from history, something that had global impact and then imagining a 'what if' scenario in complete contrast to what had happened. The best 'What Ifs' are those that are plausible, could have happened easily and would have changed the entire course of history. Situations like 'What if the Soviet Union had teamed up with Hitler' or 'What if 9/11 was foiled' or 'What if Donald Trump had never been born'. Now, what if we were to play a What If in the world of tech.

What if Mark Zuckerberg had delivered on his promise to the Winklevoss twins?

The Winklevoss twins claim to have come up with the original idea behind Facebook. They hired Zuckerberg to improve the coding and systems. Apparently 'Zuck', zuckered them, stole the idea and made it his own. If Zuckerberg had actually delivered on his promise, coded Facebook, given it to them and walked away, the following would have happened. The twins would have screwed it all up, Facebook would have just been a networking place for a few people at college, you'd never have heard of it and all of it would have wound up within six months. Mark wouldn't be one of the richest people on the planet, 2.3 billion people wouldn't be using and cribbing about



THE BITTER TRUTH

If the Winklevoss twins ran Facebook, how would things have been?

Facebook every day, the FB data breach would never happen and no one would know that Mark is very short and uses a booster cushion when he sits on a chair. In short, FB wouldn't exist.

What if every tech company created tech as something positive, and not made to be addictive from the ground up?

That's a funny 'What If'. Like I said, a What If has to be plausible, something imaginable, something that could or can happen. In this world, where every device, every app and every new innovation is scientifically worked upon to first be psychologically addictive to the human mind – there's a fat chance that positive healing tech will ever be a feature.

What if BlackBerry had released BBM (its instant messaging system) to iOS and Android and all other mobile operating systems, one day before WhatsApp?

Well, WhatsApp and all the other messaging apps wouldn't exist today. BBM was easily the most secure, clean and sophisticated messaging system on the planet. People bought BlackBerry phones mainly for BBM and BlackBerry was the number one smartphone



ADDICTED TO TECH

This is so because every device, every app is worked upon to be addictive to the human mind

Had BlackBerry released BBM for all OSes way before, it would be the number one messaging system today

in the world. The problem came when other mobile operating systems came in. BlackBerry stuck to keeping BBM only for BB phones, WhatsApp came out on Android, iOS and BB, forcibly converted every person on your contact list to a WhatsApp contact.

What if Nokia understood that touchscreen and add-on apps were most important on smartphones?

In 2007, Nokia was on top of the world. And it was the number one in the mobile phone business. In 2012, just five years later, Nokia was worth just \$8.2 billion. Apple was then valued at \$635 Billion, mainly because of the iPhone! What if Nokia had released a smartphone with a great touchscreen and add on apps in 2007, before Apple did? Nokia would be number one today, Apple and Samsung as distant number twos. Nokia's OS would be wholly dominant, Android wouldn't be a big deal and the number of phone brands in the world would be less than half.



A BAD DECISION

If Nokia had focused on add-on apps, it would still be number one

There it is then. Some 'What Ifs' that would have changed the world. I'm sure you can think of many others in the world of tech. Let's continue this game... when you post those 'What Ifs' to me on Twitter and Facebook.

ON THE web

For more TECHILICIOUS columns by Rajiv Makhni, log on to hindustantimes.com/brunch. Follow Rajiv on Twitter at twitter.com/RajivMakhni

The views expressed by the columnist are personal

Rajiv Makhni is managing editor, Technology, NDTV, and the anchor of Gadget Guru, Cell Guru and Newsnet 3



WOODS



SWIPE RIGHT, SWIPE LEFT!

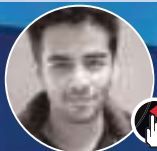
DRESSING FOR A DATE? HERE ARE SOME BOUNDARIES TO PUSH & MISTAKES TO AVOID!

★ING BOLLYWOOD'S STAR OF THE MOMENT **KARTIK ARYAN** AND SUPERMODEL **NATHALIA PINHEIRO (KAUR)**

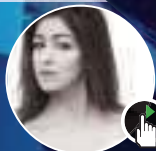
Make-up and hair: Anjali Jain

Him: Jacket, Zara; jeans, Wrangler; shirt, Koovs
Her: shorts and T-shirt, H & M

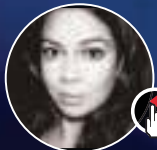
OUR EXPERTS



Abhinav Mathur
Social media influencer



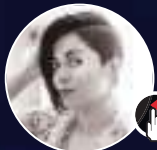
Anmol Bhatia
Blogger



Devanshi Kapadia
Make-up artist



Mia
Editor, Street Style Spotlight



Naina Redhu
Photographer



Narendra Kumar Ahmed
Fashion designer



Raghavendra Rathore
Fashion designer



Riaan George
Blogger



Swipe Left



Swipe Right

Disclaimer: Based on public knowledge strictly in the spirit of fun only.

Text by Lubna Salim // Styling by Mia

Photos shot exclusively for HT Brunch by Prabhat Shetty

Him: Cardigan, Koovs; shirt and pants H&M
Her: Dress, Koovs



ROLLING YOUR SLEEVES: IS IT COOL?

YES "Just do it right. Your cuffs should sit firmly on the elbows and not droop," says blogger Riaan George (@urbaneyebyrg).

NO "Not cool," insists choreographer Marc Robinson. "Especially not if you've got skinny forearms."

AND IS DRESSY ON A DATE A GOOD THING?

YES "Putting in effort to dress for a date is a good thing," says

renowned fashion stylist Anaita Shroff

Adajania. "Wear something that flatters your figure the best with a pair of comfy shoes. Get your nails done, blow-dry your hair and wear accessories that tell a story about you."

NO "Don't overdress on a date," insists Mia, editor of *Street Style Spotlight*. "I want the person to see the real me and not the occasional one!"



THE BEST THING TO WEAR ON A DATE IS...

Abhinav Mathur (@_abix_), social media influencer: "Polos and chinos!"

Marc Robinson: "A black tee and faded jeans, with a pair of nice clean shoes."

Raghavendra Rathore, fashion designer: "Essentials include: a great pair of shoes, funky socks, nice cologne."



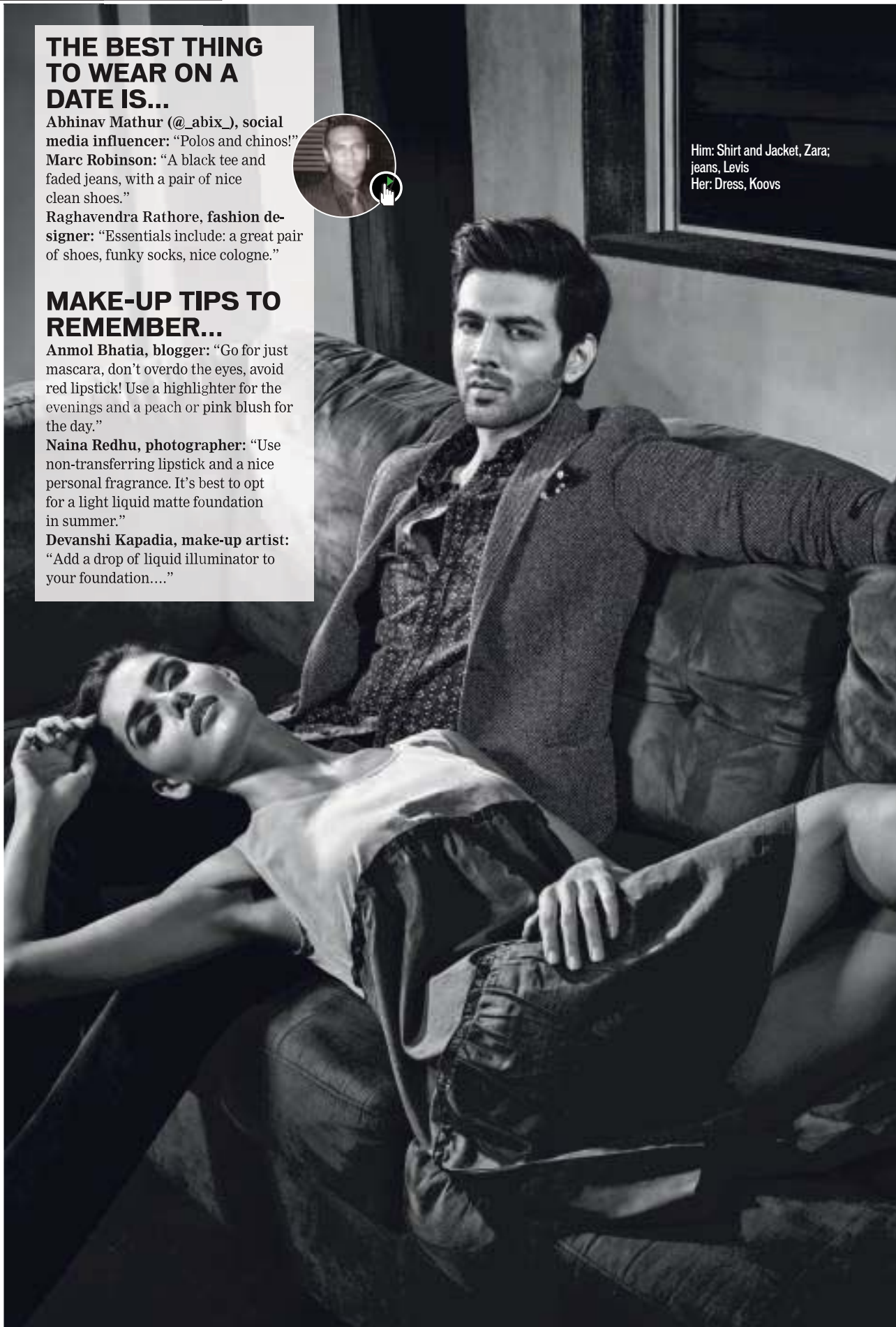
MAKE-UP TIPS TO REMEMBER...

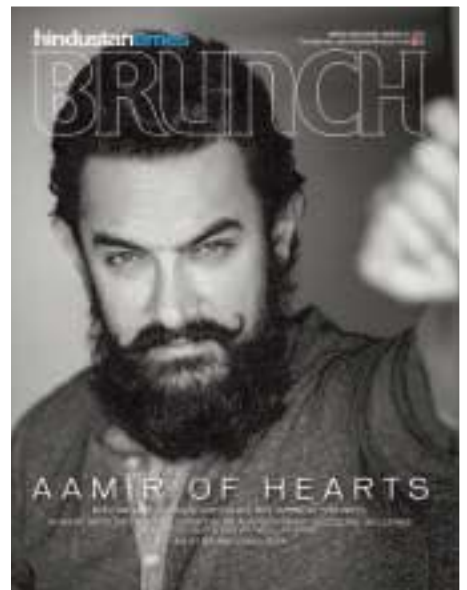
Anmol Bhatia, blogger: "Go for just mascara, don't overdo the eyes, avoid red lipstick! Use a highlighter for the evenings and a peach or pink blush for the day."

Naina Redhu, photographer: "Use non-transferring lipstick and a nice personal fragrance. It's best to opt for a light liquid matte foundation in summer."

Devanshi Kapadia, make-up artist: "Add a drop of liquid illuminator to your foundation...."

Him: Shirt and Jacket, Zara;
jeans, Levis
Her: Dress, Koovs





**NO
REASON
TO MISS**

**INDIA'S
LARGEST-READ
MAGAZINE**



**EVERY
SUNDAY
WITH HT!**



Him: Shirt, H&M; jeans, Wrangler;
jacket, Koovs, shoes, Supra
Her: Shirt, Zara; jeans, Koovs;
shoes, Converse



FANCY A LADY DRESSED IN GRUNGE?

NO. “Grunge comes with an attitude bordering on the aggressive, while dates are about romance and softness,” says Amazon’s Narendra Kumar Ahmed.

YES. “Soft and feminine makes you look pretty, but bold shows individuality,” says designer Nida Mahmood.



FINALLY, HOW DO YOU KNOW IF THE GUY’S A KEEPER?

Says Anmol: “A genuine guy will never invite you for dinner on a first date. He’ll ask to meet for breakfast or lunch and try to get to know you without being too intrusive.”

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UNITED WE STAND

Meet **Akash Kalra**, third generation restaurateur and Managing Director of **The United Group** that owns the renowned **United Coffee House** in Connaught Place, **United Catering Services** and **United Coffee House - Rewind**

By Anjali Varma

As the legendary United Coffee House in Connaught Place approaches its platinum jubilee (75 years), Kalra talks about his own journey that comprises over 25 years in the industry. As he walks down memory lane, Kalra says that he inherited his passion for culinary integrity from his grandfather and father both of whom conceived, created and gave Delhi its very first café.

What has your journey been like so far?

When I joined the business as a third generation restaurateur, it was and still is a very demanding industry with a lot of pressure to evolve. New restaurants and eateries with new food concepts were mushrooming in the culinary space. Our new diners and patrons were exposed to a lot of international concepts even then. However, the traditions, recipes and practices that have always been my strength continue to be the bedrock of The United Group even today.

How many brands does The United Group have?

The United Group has the following brands under its umbrella – United Coffee House, United Catering Services and United Coffee House - Rewind.

How has United Coffee House evolved over the last 75 years?

United Coffee House created a cosmopolitan Indian and international palate with its multi-cuisine offerings that have set high standards of taste and tradition for more than seven decades. Humongous steps were taken to keep pace with the changing times. From a coffee shop to a fine dining outlet – both were well thought over and planned decisions that made it possible for us to keep up with the new culinary food models and brand chains opening in India. Our various customers – writers, artists, lawyers, journalists, actors, affluent businessmen, philanthropists, travellers and even politicians and bureaucrats, have all helped us evolve in the all-day dining space.



Photo: HTBS

Tell us about your new brand, United Coffee House - Rewind and its expansion plans?

United Coffee House has introduced a new café concept with a twist. A fun-retro café, which is poised to become a neighbourhood café, keeping the same ethos as United Coffee House – authentic food and a Victorian ambience – yet evolving in to a casual module with a modern retro vibe. United Coffee House - Rewind will soon be expanding into prominent metro cities as well. This year marks the opening of its third outlet in Delhi/ NCR in Nehru Place. The other two are running successfully at the DLF Mall of India, Noida and the DLF Cyber Hub, Gurugram.

What is the USP of your brands?

Backed by 75 years in the food space our USP is the British club food experience and an authentic vibe that makes our brands the ideal destination to explore something new on every visit. We offer all-day dining pleasures from 'laid-back breakfasts', sumptuous lunches, innumerable coffee and savoury experiences, early supper times and wholesome family dinners, to after work cocktails and hors d'oeuvres, fun evenings with colleagues and lots more to keep diners coming back for something new.

Tell us something about United Catering Services.

United Catering Services (UCS) is a premium catering service from United Coffee House that offers the finest catering experiences for all types of occasions. UCS employs a boutique-style approach and an unwavering commitment to excellence in order to create unique experiences every time. We are a multi-faceted banqueting concern specialising in bespoke weddings and destination events, with expertise in providing personalised TDH (*table d'hote*) and TRS (*Tableu Repas Servir*) services by offering six, nine and 11 course interactive menus. Whether you're thinking of entertaining a few friends for a special occasion, hosting 3,000 guests for a lavish gala or planning an extravagant wedding,

each of our events is guaranteed to exemplify the highest level of service and the best in delicious, hand-crafted cuisine.

Any new brands in the pipeline?

Carrying the legacy ahead we at The United Group, will be announcing some contemporary, casual and fun dining concepts very soon.

How do you maintain a healthy balance between work and family?

I support work-life integration. My personal and professional life bleed into each other seamlessly and this works just fine for me.

WALKING IN THE WILD EAST END

London's dark side almost overflows with history – and art

Text and photos by Kalpana Sunder

Two women in hijab walk alongside a Jewish man with his furry hat. The air is redolent with the familiar smell of curry as I walk on a street with Raj-era street lamps. I suddenly catch sight of Bengali street signs and blink. Surely I have made a mistake?

Ben, my local guide, laughs. The signs are in Bengali, and that's because, in the late 20th century, Bangladeshis comprised the major group of immigrants and gradually predominated the area.

I am in scruffy Brick Lane, in the East End in London, famous today as the curry capital of the UK. The street took its name from the clay pits just north of Bethnal Green Road, from where a brick manufacturing business began to develop. There are about 70 'Indian' restaurants in and around Brick Lane, the largest concentration of curry houses in the world.

I browse through a large vintage store housed in a warehouse, filled to the brim with crazily patterned shirts, old military boots and funky shades. What really catches my eye is the colourful street art everywhere – on the shutters of shops, on walls and even on roofs. In the past, Brick Lane was a thriving Jewish neighbourhood and even today, you can see remnants of it in queues outside small eateries with Jewish food. Before the start of World War II, the East End had as many as 150 synagogues!

RIPPING AHEAD

The East End got its name because the area lay just to the east of the medieval walled city of London. From the Huguenots to the Bengalis,



BRIGHT IS BEAUTIFUL

A garage off Brick Lane is decorated with colourful street art

the area has been the destination of choice for immigrants over the years, which helped shaped its unique character. Thousands of immigrants landed here and faced discrimination and hardship, working in sweatshop industries. Today, the locality reflects the melting-pot of nationalities and cultures that makes up this capital city. "Historically, it has been one of the poorest areas of London, but ironically it is also the hub of much of the city's profits and industry," explains Ben.

The area has also always been the non-conformist quarter of the city, as well as a hub of creativity, I learn, as I walk past dozens of art galleries with bright canvasses stacked against their walls. But ironically, it's the home of the most traditional Londoner – the cockney who speaks in rhyming slang, a kind of local dialect in which words are substituted for other words that they rhyme with. For example, 'apples and pears' is cockney slang

for 'stairs', and 'money' is described as 'bread and honey'.

The area has loads of history. For example, Whitechapel in the East End was the scene of the murdering spree of Jack the Ripper, probably the most notorious serial killer the UK has ever known. His 'career' was given a name: 1888's Autumn of Terror, and his identity has never been proved. Today you can take a Jack the Ripper tour: a mock manhunt through the neighbourhood. Tracing the steps of this killer and looking for clues in dark alleys will send shivers down your spine!

As London started to become more industrialised, the East End became a hub of early industries such as tanning, rope making, lead making, slaughter houses, breweries, and gunpowder production, which could not be located inside the city.

In the 17th century, it became the home of Huguenot refugees who fled from persecution in France. Weavers by trade, they worked in Spitalfields, the home of London's master weavers. Over the years, the

POTPOURRI

Brick Lane is full of curry houses, interesting buildings, popular culture and more

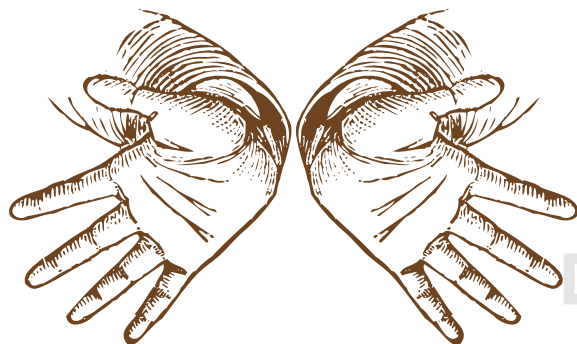
homes of the Huguenots became slum housing for the ever-growing East End population.

Due to overcrowding and bad civic conditions, the East End developed a reputation for extreme poverty, gang rule, violence and crime, a reputation that still scares visitors off today. Much of the area was destroyed by German bombing raids during World War II, and in the 1960s, gangsters ruled the East End with a mixture of brutality and glamour.

"This area re-invented itself once again as a hub of London life only in the 1980s," says Ben, and it was truly born again during the 2012 London Olympics.

ON THE WALLS

We stroll through Petticoat Lane Market that has its history in the local textile industry. The market derives its name from the second hand clothes sold there from as early as the 16th century. Another interpretation of the name is that unscrupulous traders would "steal your petticoat from you at one end



Original equipment used to



NOMENCLATURE

Brick Lane took its name from the clay pits just north of Bethnal Green Road, from where a brick manufacturing business began to develop



COSMOPOLITAN

The corner of Brick Lane and Buxton Street has many small striking artworks



LIFE IN BINARY

A hedgehog on Chance Street, painted by ROA, a street artist from Belgium, who paints animals and birds in black and white

Hanbury Street to see a stunning piece: a giant work from Belgian artist ROA, famous for his black-and-white images of animals and birds, featuring a black-and-white crane. The piece is well regarded by the local community, as cranes are revered in the region of Bangladesh from where many of the East End's inhabitants come from.

On Princelet Street which is lined with intriguing Huguenot housing from the 1700s, I see the trademark stick figures of famous

artist Stik who deals a lot with racial tensions: a Muslim woman holding the hand of a white man. On Fashion street is a beautiful mural of a man with his grandchild by artist Jimmy C, who has a signature pointillist style.

I explore Fournier Street, one of the streets founded by the Huguenot settlers. Stickers decorate lamp posts; the pavement, walls and windows are alive in a riot of paint, ink

ANONYMOUSLY ARTISTIC

Street artist WrdsmtH's work is generally accompanied by a vintage typewriter stencil and contains a quote or a thought

the East End, the water for brewing must have been of the highest quality. Many of the streets are named after people associated with brewing.

In the mid-1800s, the brewery of Truman, Hanbury, Buxton and Co became one of the largest in London. It now houses art workshops

Whitechapel in London's East End was the scene of the murdering spree of Jack the Ripper in 1888

and stencilled creativity. As I walk along the street, Ben points out the bobbins that hang from doorways. These were placed there by the council to denote homes known to have been lived in by Huguenot Families.

At the end of Fournier Street is a unique building: the Great London Mosque, once a Huguenot chapel, later a Jewish synagogue, and now a mosque for the expanding Bangladeshi community.

DRINKING IN THE SIGHTS

Brewing played an important part in the history of the area. Despite the dreadful poverty and squalor in

and exhibition spaces. I end my walk at the baroque Christ Church near Spitalsfield, consecrated in 1729 and designed by Nicholas Hawksmoor who gave it a heavenward sweep and commanding presence.

The church has been used for burials, baptisms, weddings and even been a shelter for homeless alcoholic men. After a multi-million dollar restoration, it is magnificent again. I stand inside, while an unknown guitar player sends notes soaring to the high ceiling.

A fitting requiem to my East End visit.

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INFINITE TALENT

One of the many walls covered completely with street art

of the market and sell it back to you at the other end...."

In the 1830s, the street was renamed Middlesex Street because Victorian sensibilities couldn't cope with a word referring to undergarments!

I have a Colombian vegan lunch at Spitalsfield Market, one of the best and oldest markets in London. It was once home to a priory and a hospital for lepers. After almost two decades of careful restoration and regeneration, the market now houses a new collection of artisans, restaurants and vintage clothing stalls.

An omnipresent motif while exploring the East End is its vibrant and sometimes controversial street art. The brick walls and barricades in the area are an ever-evolving canvas. I see works by well-known street artists like Eine, known for his alphabet lettering on shop shutters, and Gregos, who makes face moulds and uses 3D printing. I detour to

make Panzani Pasta in 1946.

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RE-CRAFTED ELEGANCE
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A GLOBAL ALL-DAY-DINING VENUE

Aiming to transform the culinary scene in Delhi NCR, **SXVIII at Radisson Blu MBD Noida** – that styles itself as the best brasserie – presents an evolution of unique dining concepts through the day

By Deepa Nair

Boasting an opulent façade and lobby with neoclassical interiors, the Radisson Blu MBD Noida stands tall against the Noida-Delhi skyline. Of the many hotel refurbishments that the city has seen in the recent past, Radisson Blu MBD Noida stands apart for its stylish interiors. Providing guests with an unforgettable 360° hospitality experience, the hotel is close to leading businesses and main corporate offices as well as a 20-minute commute to Connaught Place.

The hotel's restaurants take guests on an unforgettable culinary journey. R.E.D. (Rare Eastern Dining) for example, features creative twists on pan Asian dishes and an induction table where patrons can participate in preparing their food. A chef from Singapore has crafted updated versions of classical dishes from Thailand, China, Singapore, Japan and the Indo-Malayan region especially for this eatery. Made in India, has guests delving into Indian cuisine while chefs blend the flavours of the past with modern sensibilities to create 'futuristic cuisine.'

However, as guest preferences evolve, SXVIII — the re-crafted all-day brasserie at Radisson Blu MBD Noida — has grown in tandem to provide a diverse range of experiences, all under one roof. Aiming to transform the culinary scene in Delhi NCR, SXVIII — that styles itself as the best brasserie in Delhi NCR — presents an evolution of unique dining concepts through the day. Starting with a relaxed, expansive breakfast and lunch; this brasserie has grown to deliver one of the finest dining experiences in the city. Conveniently located at the lobby level, SXVIII is perfect for socialising. This is a venue you could come to at any

time of day and enjoy its extensive menu created with fresh seasonal produce, delicious traditional dishes and international classics replete with modern touches.

The global all-day-dining venue with an exhaustive buffet spread that overlooks the pool, showcases authentic Indian, Asian, Arabic and European delicacies. Sunday Brunch is a 'must-do' experience where guests are spoilt for choice. The 'beverage concept', a full-service dining experience, is complemented with a live piano music in the evening.

The plush surroundings are a perfect venue for the signature tea and coffee experience that includes a wide selection of single-origin blends served with *biscottis*.

The luxurious Conservatory at SXVIII is accented by glass walls that look on to a luxurious green view. Perfectly crafted pre-plated menu choices revolve around futuristic cuisine, built on the kitchen-to-table concept; sumptuous *prix fixe* menus to suit corporate diners who could walk in at all hours owing to travel or work obligations.

Signature dishes include *Mushroom Cappuccino*

DELICIOUS DESSERT
Meals end on a sweet note

Soup, Ravioli De Melanzane Pasta (home-made with egg-plant and goat cheese), *Grilled Pork Ribs* and *Osso Bucco* (braised lamb served on a saffron risotto).

Established as the finest and the most revered hospitality benchmark for anyone travelling either for business or pleasure, Radisson Blu MBD Noida is where the traditional meets the innovative and the classical meets the contemporary.



FINE DINING
Flavours of the past
with a modern twist





shikha sharma

Wave Goodbye To Radiation

Eliminate the harm that electronic devices could cause



With our Wi-Fi routers and gadgets, we are living in an environment filled with radiation. The side effects of radiation are cell damage, negative impact on our DNA, vague headaches, skin problems, allergies and restlessness. It is important to protect ourselves from radiation. Here are some methods that could help:

- Grow indoor plants like cactus, betel, snake plant, spider plant and aloe vera. Plants not only protect us from the side effects of radiation, but also help our bodies cope with the excessive pollution generated by toxic gases and traffic fumes.
- Do not sleep with mobiles and tablets near or on your bed; keep them at least three feet away from you. Also, turn the notification sounds and lights off to avoid disturbed sleep.
- Do not speak on a cellphone for longer than three minutes at a time or the gland near the ear could be adversely affected. If necessary, use a low radiation wire connector.
- Do not give mobile phones and tablets to infants and toddlers to play with, and do not place Wi-Fi routers near the children's beds.
- Do not store your mobile in the front pocket of your trousers because radiation can decrease fertility.
- Place your laptop on a wooden tray or a desk when working. Do not work for long hours with the laptop directly in contact with your body.

RADIATION-BEATING FOODS

- Turmeric is an ancient adaptogen. Use good quality turmeric in soups and drink a glass of organic milk with a pinch of turmeric at night.
- Tulsi is also a wonderful adaptogen that helps prevent the side effects of radiation.
- Aloe vera cleanses the body of dangerous free radicals when consumed as a juice.
- Citrus fruits consumed daily help rejuvenate damaged cells.
- A fibre-rich diet helps eliminate pre-cancerous cells from the intestine by keeping the colon flora healthy.

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ON THE web

For more columns by Dr Shikha Sharma and other wellness stories, log on to hindustantimes.com/brunch. Follow Shikha on Twitter at twitter.com/Dr_ShikhaSharma

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Actress

Dia Mirza

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FIRST BREAK <i>Rehnaa Hai Terre Dil Mein</i> (2001)		HIGH POINT OF YOUR LIFE My appointment as the UN Environment Goodwill Ambassador for India	

If not an actor, you would have been...?
A full-time activist.

What's the weirdest compliment you've ever received?
"You look just as good in person as you do on screen." It's very weird, am I supposed to look different? It's me!

What's the one superpower you wish you had?
To be able to erase all the plastic in the world that is destroying our seas, polluting our air and our water!

If you woke up as Donald Trump, what would you do?
I wouldn't wake up.

One thing you do better than acting...?
Cleaning and cooking.

Three things not many people know about you...?
I paint, I cook and I do pottery.

If you had to invite three personalities to dinner, who would you call?
Amrita Sher-Gil, Indira Gandhi and Amrita Pritam. I think it would be an enchantingly interesting dinner.

What's the most important thing on your bedside table?
My bottle of water.

Your favourite side of the bed...?
The right side. My favourite side of everything is the right side!

A song that lifts your mood instantly...?
A Sky Full Of Stars by Coldplay.

A movie you wish you could have done...?
The Fault in Our Stars (2014). I really love that story!

Your dream Bollywood director to work with would be...?
Zoya Akhtar.

The most bizarre thing a fan has done for you?
Showing up at my front door with an engagement ring, proposing marriage!

Snapchat or Instagram...?
Instagram for me.

One thing that turns you off about people...?
Dishonesty. I cannot tolerate it.

If you had 10 minutes to get ready, you'd wear...?
I would wear a pair of jeans, a shirt and my sneakers.

The title of your biography would read...?
Ubuntu, it's an African proverb. Look it up!

Interviewed by
Samreen Tungekar

My Favourites

- MOVIE: *Avatar* (2009)
- SONG: *Earth Song* by Michael Jackson
- BOLLYWOOD ACTOR: Ranbir Kapoor
- BOLLYWOOD ACTRESS: Alia Bhatt
- CUISINE: *Ghar ka khana*
- CITY: Barcelona
- HOLIDAY DESTINATION: Goa

Photo: HT FILE



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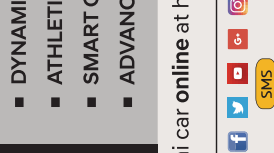
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