

# Health and Fashion

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special  
issue

**Finally  
alleviation  
for  
white spots  
on the skin**

**In Vogue-Folklore  
Art on Six Yards!**

**Cosmetic  
Treatments That  
Youngsters Are  
Opting For These Days**

**Calcium Supplements  
May Increase the Risk of  
Heart Attack**

**War Between  
Half-tickets &  
Full-plates**

**The Tale  
Of A Protagonist**

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# In Vogue-- Folklore Art on Six Yards!

*In Conversation with Sunita Yogesh*

P

alam Silks has been synonymous with designer silk sarees— coming from a heritage of Nalli silks, known for its rich silk tradition - Palam takes this forward with a blending of tradition with the contemporary— styles that are new and trendy while they seek to revive old traditional art forms and bring them to the fore, using the saree as its canvas...

In a candid tete-a-tete, **Sunita Yogesh** speaks about her journey from a finance and management background into the world of design- a natural progression-- having been surrounded by weaves and yarns, colours and hues since she was a child. Having your collection showcased alongside ace designers like Manish Malhotra and Tarun Tahiliani is perhaps every designers dream - and Sunita's 'Folklore Collection' made it to the ramp at the Vogue Wedding Show- August '18, a perfect launchpad for a budding designer! She touches a chord with the young saree brigade when she says- "I like to experiment"—that aptly sums up Sunita Yogesh-- enthusiastic









enterprising, energetic and eager to explore ! Bringing back the classical vintage with a touch of freshness in her sarees---her collection is a glorious fusion of old motifs in novel colour combinations and textures.

In an informal interview, Sunita is upbeat about her new collection, some excerpts:

**# Can you tell us something about yourself..**

I did my B.Com at Stella Maris, I went ahead and finished my Chartered Accountancy and then I completed a Executive Course in Business Management from IIM-B. Since I was a kid I've been interested in designing. After I finished my Chartered Accountancy I've been part of the business. My mom, my sister and I work as a team. I take care of the design and finance side of things. So I wanted to get into the design field more, that's when I went London to do a course in Textile designing. After that



I started work on the new collection- it took about eight to nine months of work on the collection to get the end product, and now we've launched it.

**# I think your collection was launched in the Vogue Wedding Show in August...**

Yes, we launched it at the Vogue Wedding Show, that was a very good experience for me, I mean to start off and have a platform like that was a huge privilege for me.

**# So you studied Design in London, do you think there is any similarities -- because people abroad have a huge craze -when it comes to Indian textiles**

As you said- that's the first thing I noticed- they are very appreciative of anything handmade- they love that- the fact that there is so much of intricate work & labour work gone in- to create one garment, which is very rare to find abroad. There, mostly everything is machine made, even the woven goods- so they really appreciate the fabrics which come from India- it's a huge deal there. One day when I wore a Ikkat kurta they went mad about it. They are very much aware of most of the fabrics, in fact- they know Ikkat, Kalamkari work- that was interesting to notice.

**# What inspired you to have your own collection? Was it difficult,**

Exactly, that's a great thing, that's what we have been noticing—because you get to wear everything- a choli and when you wear a saree it's a completely different feeling, so many youngsters have come forward, there's a lot of awareness spreading- about the saree and handloom industry which is great!

#### # Any other plans-about a boutique...

Right now the collection will be available at Palam Silks - in all the three stores— so that is the idea, so right now it has started off as a small collection and I'd like to keep it that way and concentrate on it, instead of more numbers I'd like to give quality products even if it's a few I'd like that to speak for itself.

#### # What about future plans..

Again, to have more collection, I've started working on my next collection, so that'll also be out in another six months.

#### # Festival season...?

Definitely, for Diwali we are working on it, we'll be launching our new collection for Diwali very soon.

On that festive note, we take leave of the young Sunita Yogesh, as she weaves magic into a tapestry that celebrates that forgotten Indian art with fresh new ideas.

Cheers to the young lady!



## DISCUSS WOMEN EMPOWERMENT

As all of you know and as all of us are aware of, a baby, a cute little angel is the desideratum in anyone's life. Life reaches a full circle only when we achieve in this regard. Since some women do have complications in the cycle of fertility, many hospitals cater to the needs of many couples. There is a mushroom growth of clinics in the country, which facilitate women to deliver a baby. In almost all districts in our country, fertility clinics have cropped up and do awesome service to the women in need. In Tamil Nadu, from the northern district of Chennai to the Southern tip Kanyakumari, such centres are doing splendid service.

Billroth Hospitals, a leading super specialty hospital in the city, launched their state of the art fertility centre "Adhithri" a one-stop fertility solution for aspiring couples. Adhithri a comprehensive centre will offer advanced 'Assisted Reproductive Treatment' for couples in Chennai.

With the panel discussion, Adhithri focused on the girl child with an emphasis on the challenges she faces, the opportunities that can be

created and the support that she requires. My Girl My Pride had an esteemed panel to spark ideas; share stories and in turn generate ways to act now and advocate change for the coming generations. From safety to economic disparity, from the difficulty of juggling myriad roles to the economic advantage of having thriving and confident women in society.

"Empowering women has been our priority. How many more years can we still keep talking about women empowerment? We need to make the changes now, during our generation. I want my generation to end the battle for all daughters" Dr. Kalpana Rajesh, CEO Billroth Hospitals Ltd.

Adhithri is designed to address every fertility need under-one-roof. Billroth Hospitals adopt the latest techniques in the industry and are strongly backed by an expert and diversified panel of fertility professionals. With this wealth of expertise and access to cutting edge technology, the centre is ready to extend fertility treatments at an affordable cost in the most holistic manner.



complications in the women health and uproot the peace of the industry. Our primary goal is to change this scenario by educating the general public about various symptoms and elements which can act as a trigger. In addition to offering this information to our patients, we conduct regular camps in erode and the surrounding villages.

Our team performs a minimum of 2 fields every month for creating awareness and diagnosis. We have conducted over 400 awareness campaigns till now. We begin with schools as lifestyle changes should start there and take it women for all segments.

We also conduct free diagnostic tests to help women from lower economic backgrounds. We offer training for improving both the physical and psychological health of the individuals.

#### **What is your message to our readers?**

The most valuable lesson that has to be learned in maintaining a healthy life and combating reproductive health issues is having a thorough understanding of the underlying factors. The first factor is obesity, and it has been a growing concern over the past few decades. This is mainly due to the food habits and the lack of physical activities. It is essential for parents to curb obesity in children right from an adolescent stage.

The next factors which could develop into a serious concern are anaemia and nutrition deficiency. Married women should take folic acid B12 capsules while planning for pregnancy to ensure the safe delivery of a healthy baby. Vaccination for women is a commonly ignored segment and incidentally one of the crucial factors to ensure women health. Some of the standard vaccines include rubella and the uterine cancer vaccine.

Women should be on the lookout for gestational diabetes as it can affect the future well-being of the child. The last but not the least factor is stress which is the cause of other illness. This has to be prevented at all costs with the help of breathing exercises and yoga.

**Dr.Chitra Thangavelu** is a warm and compassionate person who cares deeply for her patients and strives hard to create a change in the society. She has been educated and trained under leading experts across the country. She has done her share of research on various aspects of women health and has published articles in national and international journals. Her quest for perfection has made her a renowned person in the segment. She has won multiple awards and accolades which stands as a testimony to her works and vision.

Ashwin modular Test Tube Baby Centre  
545, S.K.C road, Near Surrampattin Nal road Erode - 1  
Phone: 04242258393

# Hospitality cherished by Academia



**H**undreds of institutions offering thousands of courses meant for updating the fund of knowledge and elevating the core content of millions of job-seekers – not a new phenomenon in India.

Hospitality is also one of the cherished subjects having entered into the portals of education. Industry of hospitality is making rapid strides in the modern world providing super-value comforts to the visitors and countless opportunities to the jobseekers. Indian School of Hospitality is one such institution in our country to impart knowledge about various strands of guest-attendance to their fullest satisfaction so that the visitors remember the names of the hosts and search for the same host if they happen to revisit our country once again.

The core academic programmes being offered at ISH are a Four Year Hospitality Management Programme and a Four Year Programme in Culinary Arts. ISH will also offer a wide range of short and long-term programmes in culinary and executive education suited for hospitality, tourism and allied industries.

ISH has also entered into a strategic partnership with Lausanne Hospitality Consulting (LHC), a Swiss knowledge development and management advisory company, in preparation for an academic certification by Ecolehotelier de Lausanne (EHL), the world's oldest and top ranked hospitality management higher education institution

# MAPLAI – ONE MORE DISH JOINT FOR THE GLITTERATI

C

hennaiittes have already developed a penchant for these delicacies of Maplai. Its third venture has opened its doors for the elite of this city. The crème de la crème of this modern metro, who are familiar to our traditional menu, are about to relish the novel items from Maplai. On 5th July, matinee idol Vikram Prabhu has scissored the nylon tape and declared open the latest hip-hop kitchen for the gluttons which features several other socialites and celebrities of the city joint. Hereafter, the teeny boppy clientele of youths will enjoy the sweet smells of this most modern rendezvous. This third restaurant of Maplai joins the earlier 2 at Nungambakkam and Neelangarai on ECR.

Mr Sakthi Vinod Rajan and Mr Shyam Viswanathan, co-owners of Maplai, are excited by the initial euphoria generated ahead of the formal opening of the new restaurant. An exciting new menu has been specially created for the Kilpauk restaurant by Chef Shyam Sunil Kumar, an experienced interactive chef, who wears his heart on his sleeve.

Many of their signature dishes are very traditional and the customers never give a miss on Kair Kattu Gola [both in veg & non veg form], Paneer Ka Thakkali, Naatu Kozhi Fry with Mutton Biriyan and so on. The 70 cover restaurant features traditional South Indian art forms of Poikkal Kuthirai and Karagattam, underscoring the traditions followed by Maplai chain of restaurants.


The new restaurant is open between 12 00 hrs to 15 00 for lunch and from 19 00 hrs to 23 00 hrs for dinner.

Maplai Kilpauk is located at 26, Rajarathinam Street, Kilpauk. Phone :

Book your reservations now!







# Chennaiites On The Rampage



One more happy news for food-lovers. Normally, lovers of girls will be at the peak of happy mood. But, in Chennai, more than romantic Romeos, our gluttons seem to enjoy the day. Spicy delicacies and juicy beverages rule the roost in the metro of Chennai. Taste buds of this city are able to obtain what they deserve and aspire. Lakhs of teastalls to hundreds of restaurants serving sambar sadham to biriyani kebabs are dime a dozen in this tradition-conscious city. People relish and savour various tastes and different cuisines. After all, what we intake as food is the source of our survival.

Tablez, the organized retail arm of retailing giant LuLu Group International, has opened the first ever Galito's restaurant in Chennai.

Located at the Forum Vijaya Mall in Vadapalani, the fourth Indian store of the South African restaurant chain specialising in flame-grilled chicken, was inaugurated by Adeeb Ahamed, MD, Tablez in the presence of senior management and other dignitaries.

Galito's menu consists of dishes made using fresh, 100% natural ingredients of exceptional quality. The sauces and marinades, which are the proverbial secret sauce to the brand, strictly adhere to the secret formulations of the founder. Flame grilled to perfection, the tender chicken marinated for close to 24 hours in fresh spice mix and the signature peri-peri flavour has earned the admiration of many as a foodie.

Galito's offers more than just chicken to its varied customer base. The menu is a treat for both vegetarian and non-vegetarian food lovers and the scrumptious array of choices range from wraps, rice bowls to salads, soups, starters and many other exciting options. Galito's is a complete choice for those who enjoy spicy flavor some dishes and for those who wants to try and experience something new.

An internationally known brand in the food sector, Galito's signed a master franchise license with Tablez. After finding success through its stores in Kochi and Bengaluru, Galito's opened its fourth store in India at Chennai.

Adeeb Ahamed, Managing Director, Tablez India said, "Galito's is expanding its portfolio worldwide and we are extremely positive after seeing its success in Bengaluru and Kochi. Along with being a healthy and distinctive cuisine, the unique flavourful tastes offered on the menu makes Galito's stand out among the competition in the market. Galito's is right up the alley for Indian food enthusiasts who have great affinity for spicy and flavoursome food."

Speaking about the expansion plans for Galito's, Adeeb Ahamed said, "We currently have four stores of the brand in India. By 2020, we expect our store count to reach 20 across the country."

Aug-Sep, 2018

# ***This innings will be in the recording room***



# M

usic, with its pulsating rhythms, plays wonders with the teeny-boppy jeans-clad youths of our country. In modern world, percussions and phrases retain complete sway over the minds of the youngsters. Whether city guys or village rustics they start dancing once idioms of ragas try to enter into their tympanum. They start dancing for hours together engulfed by the twangy strains of guitars or immersed in the lilting tunes of flutes. Is there any one in the world who is not mesmerized by melodies or hypnotized by hymns? Sound Logic has carved a niche for itself in the world of sound bites. It is one of the fastest growing brands in the audio world – and electronics industry. It has roped in M S Dhoni, certainly one of the outstanding players India has ever produced as its brand-ambassador. He is a partner-evangelist. Dhoni, the wonder batsman, will be an integral part of Sound Logic to capture millions of our countrymen.

“Music drives me to do more on and off the field and there is no better fit than SoundLogic’s range of audio products. Right from the first meeting with Sagar and team, I realized that this is a group of young professionals with a clear and ambitious roadmap. I am excited to be part of their journey and I am sure consumers will also be as enthusiastic about the products as we are,” says Mahi.

As an audiophile himself, ‘Captain Cool’ understands the cutting-edge technology involved in the designing of these audio products, which was a factor in his decision to extend his support to SoundLogic’s vision.



Speaking about the partnership, Sagar Gwallani, CEO of SoundLogic said, "Mahi is the epitome of leadership and self-belief. He is driven by passion and continues to inspire millions. Like SoundLogic, Dhoni represents the new age of Indians – confident, cool and savvy. We look forward to working with him to develop innovative and engaging collaborations with consumers."

SoundLogic recently appointed PointNine Lintas as its full service agency. The agency is working with the team at SoundLogic and Mahi to create the marketing roadmap for the brand.

According to Vikas Mehta, CEO, PointNine Lintas, "Mahi coming on board is of great significance for SoundLogic. We now have a confluence of best-in-class products and a perfectly apt persona. The fact that this isn't yet another brand ambassador deal but a deeper partnership; makes it a great runway for real innovations as we take SoundLogic's products to market."

This partnership aims to connect with the brand's target audience and to strengthen the brand's appeal and stature.

It is a well-known fact that each human being is interested in presenting a look of excellence – a la Rock Hudson of the sixties, John Travolta of the seventies, Pierce Brosnan of the eighties, Will Smith of the nineties & Daniel Craig of the twenty first century. Their ambition to be debonair, just as the word "debonair" means in scope and spirit, grows always. One of the botherations of mankind is falling off of hairs. Their receding hairlines – in addition to early greying – have become a crucifixion to a good number of them. They feel as if they have been pushed into a vortex of nightmares. Now, Himalaya, a concern, manufacturing Ayurvedic drugs catering to the aspirations of millions in our country, has come out with a potion aimed at providing a permanent way out for the perennial problem of hairfall.

The Himalaya Drug Company showcased its complete Anti-Hair Fall range today through an experiential soiree today in Chennai. The exclusive range includes the Himalaya Anti-Hair Fall Hair Oil, Anti-Hair Fall Shampoo, Anti-Hair Fall Conditioner and the Anti-Hair Fall Cream that forms an end to end and effective four-step routine to prevent hair fall, nourish hair and stimulate hair growth, leaving you with fabulous hair. The routine starts with oiling that involves a gentle scalp massage, followed by shampooing, conditioning and lastly the application of the Anti-Hair Fall Cream.

The Himalaya Anti-Hair Fall Hair Oil is enriched with natural ingredients like Bhingaraja and Amalaki, strengthening the hair root, stimulating hair growth and preventing hair fall.

The Himalaya Anti-Hair Fall Shampoo contains a 2-in-1 formula that

# Himalaya

## offers a remedy to the malady

reduces hair fall, provides nourishment to hair shafts and conditions the hair texture. Packed with herbs like Butea Frondosa and Bhingaraja, the shampoo also strengthens hair while promoting hair growth.

The Himalaya Anti-Hair Fall Conditioner comprises of Butea Frondosa, Bhingaraja and Chickpea that nourishes the hair leaving you with soft and silky tresses. Chickpea contains a high amount of folate that plays an important role in hair growth by renewing the cells that aid in hair growth.

The Himalaya Anti-Hair Fall Cream is a daily-use formula containing Bhingaraja and Amalaki that reduces hair fall, strengthens hair follicles and nourishes hair from the roots.



# Metabolism of bio-system

**T**o boost one's metabolism is question that has the merit and matter to bother humans for long.

Metabolism is the set of life-sustaining chemical transformations within the cells of living organisms. The whole concept has the power to make us realise that it is humanly a tougher job to grasp since it is beyond our control. But, that is only an imagination and not so true in reality.

It is a common assumption that if one wants to weigh less, one has to eat less. If one consumes less calories, it can lead to muscle mass in the body which will decrease the rate of metabolism. When one skimps on calories, his body shows the rate at which it burns calories to conserve the fuel it has got. Under-fueling is not advisable as it has its own concomitant risks as in the case of over-fueling.

As per food experts, many of us wrongly assume that consuming few calories is the best solution in an attempt for quick, noticeable weight loss. This is a fallacious contention since this can not only lead to numerous nutritional deficiencies as the body is getting less food overall, it can also actually lead to opposite result on loss of weight. It is a crazy notion to think that reducing calories is the apt solution. It is preferable to use simple diet and do moderate exercises which will help one in slimming down faster and safely also without impacting on his metabolism. It is a good idea to gulp green tea. If one prefers coffee instead of tea, there is a possibility of missing out on a major metabolism boost. It has been established that participants who drank four cups of green tea everyday, followed by a workout lasting for just 25 minutes lost an average of 2

more pounds and more belly fat than the non tea-drinking exercises.

If you are fastidious about a workout pattern, for loss of weight, weights or cardio cannot bring the favourable dividends. Specifics of interval training are the most ideal gym-pattern to shed pounds and hike up your metabolism. You have to improve cholesterol profile and insulin sensitivity. As far as gym workouts are concerned, you think about aerobic exercise (running, jogging, biking or even walking). Turn your favourite exercises into an interval workout by adding duration of surplus speed followed by short frames of rest and leisure for the same timeslots. Repeat the same procedure six to ten times to complete a full circle. As you feel some satisfaction, gradually, you increase the amount of time.

We have to understand the importance of olive oils. Human biosystems need dietary fat, especially healthy oils, just to lose weight and function in a proper manner. Fats and oils of superior variety assist in quashing the feel of appetite, increasing metabolism and speed up nutrients through the entire body. Olive oil, being a healthy monosaturated fat, will help the body to burn calories. Extra virgin olive oil may increase blood levels of serotonin, which is a hormone, linked to satiety. Besides, olive oil has been loaded with polyphenols, antioxidants which have the power to cure many ailments viz., cancer, osteoporosis and deterioration of the brain.

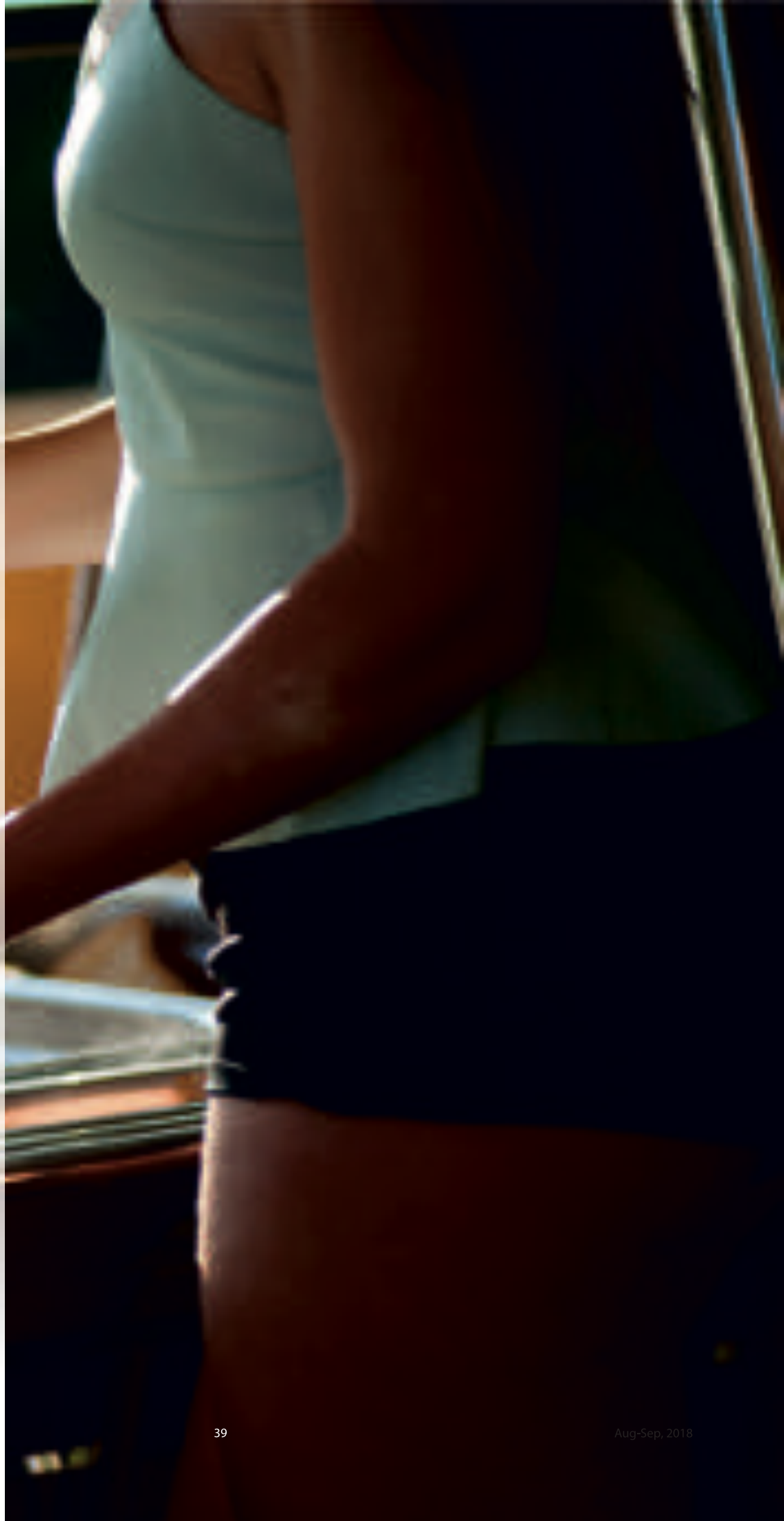
At the time of relaxation, sitting idle without any human



effort, your body is burning some calories. In reality, lion's share of the calories that you burn everyday have been used up in order to keep you alive. "Resting Metabolic Rate" is exorbitantly high in the case of people with more muscle since each pound of muscle uses approximately 6 calories per day in order to sustain itself.

Consumption of one or two eggs a day will add up your power to cope up with diseases. It is a known fact that egg whites are low in calories, free from fat and contain large quantities of protein obtaining in an egg. Consuming the full egg will be useful to metabolism. Yolk of an egg contains many nutrients capable of stoking metabolism plus fat-soluble vitamins besides essential fatty acids and most importantly, choline, a beneficial compound which targets the gene mechanism which helps your body to consolidate fat around your liver. You need not have any tension about cholesterol build-up. It has been scientifically proved that consumption of two full eggs per day has no negative effect on a person's lipid profile. It may improve the lipid mapping also.

Our body burns carbs to build up energy. But, if carbs are consumed before going to bed, the biosystem just accumulates them as fat content. An experiment was carried out. Two batches of men on similar weight loss diets were subjected to a study. Nearly 50% of the batch ate their carbs throughout the day. But, the second batch kept aside carbohydrates to be consumed in the night. The night carb batch exhibited a notably-higher diet-induced thermogenesis [denoting they burnt more calories digesting their food the next day].



Besides, the day carb batch displayed increased blood sugar levels.

Investigations carried out at the Nutrition Institute under the aegis of University of Tennessee show that consuming calcium, which is in additional quantity in milk may be instrumental in assisting our body metabolise far more quickly and effectively. Other experiments have recorded that surplus calcium intake from dairy products made participants to poop out extra fat.

If a person has more muscle, he burns more calories. Workouts in the gym leads you to build muscle. But, consuming protein-rich foods protects the gains from fragmenting further. Consuming protein specific foods keeps gains from breaking down and slowing the metabolic rate as a result. You add some protein to meal or snack daily. Human body takes surplus effort to fragment whole grains than refined and processed grains as in the case of flour commonly used to prepare bread and pasta. You can keep your metabolic rate raised by consuming foods that is difficult for digestion. Complete foods which are rich in fiber are preferable to normal items.

Standing for long duration is vital for human health. Sitting for long periods or adopting an inactive, sluggish lifestyle will be detrimental in the long run. We normally sleep daily for 8 hours. Most of us are forced to sit in a chair and attend to our chores related to our profession. In fact, a sizeable segment of us indulge in activities which are generally slow and sedentary.

Human bodies are not oriented towards this type of dull and inactive patterns. From the days of homosapiens, for centuries together, in fact from time immemorial, our bodies are attuned to briskness. Human history of evolution points out that from barbaric, initial ages of man's existence on this planet, man was running for food and fuel or for protecting his body from the unexpected attacks from wild animals in forests. So, activity was an inalienable part of his life. Nutritionists specify that one way to burn more calories daily is to stand for more duration and avoid

sitting as far as possible. As per a study undertaken in Britain, standing during work hours burned 50 more calories per each hour than bouts of sitting idle.

Garlic supports blood sugar metabolism and helps in controlling lipid levels in the blood. If one adds garlic to foods which are rich in fats and carbohydrates, damages to human health can be averted. Eating garlic will boost your immune system, help prevent heart disease, encounter inflammation, decrease blood pressure and results in some more benefits.

Skipping diet soda is good for evenness of our biosystem. It has zero calories. But, drinking diet soda may harm your aim of having a flat belly. Artificially-sweetened beverages may increase human body's normal metabolic response to sugar, in fact increasing one's feel for appetite. Diet drinks are getting associated to weight gain, metabolic syndrome and a surfeit of many more ailments. One has to find out what will be the reaction to the belly when he bids farewell to intake of soda. Despite its sweet content, drinking more soda may spell harmful side-effects.

A good news for not only kids. Even adults will be amused to know that consuming limited quantities of chocolate is good for health. According to an investigation carried out by Swiss and German researchers, fortunate fellows consumed about 1.5 ounces of dark chocolate everyday for a duration of 2 weeks. It has been found that these chocolate-nibblers suffered lower stress-hormone levels and a more-controlled metabolism in comparison to a control group. Scientists are of the opinion that certain chemicals in cocoa, viz flavonoids, play an important role in streamlining metabolism by divesting stress factor of our biosystem. It is advised not to increase the quantity of chocolate intake – more than 1.5 ounces.

Chinese drink their own version of tea – known as oolong tea. This tea has been characterized as antioxidant-rich and traditional beverage. It helps keep cholesterol levels in control and is instrumental in aiding digestion. It can also rev up metabolism. Like green tea,

oolong tea is also packed with catechins. They strengthen weight-loss attempts by improving bodies capability to metabolise fat. A study by Chinese researchers published in the Chinese Journal of Integrative Medicine established that persons who regularly sipped oolong tea lost six pounds in a short span of six weeks.

Consuming lentils every day will be a plus factor for maintaining good health. It has been realised that iron deficiency harms more than 1 out of 5 women in the US. If one eats foods which are deficient in basic minerals, it will lead to fatigue and anaemia. Iron deficiency spells a big blow to the health component of any person. When the body system is unable to receive basic compounds, its functions will be subnormal and sub-average. A cup of lentils offers sufficient daily iron needs. It has been found that legumes, just like lentils, have been instrumental in bringing down bad cholesterol and blood pressure.





**S**tarbucks is putting a flavourful spin on three exclusive Frappuccino blended beverages, featuring creamy pairings and unique ingredient combinations to take your beverage experience to a whole new level! The perfect destination for delicious ways to refresh, recharge and reward, Starbucks introduces an innovative new beverage while bringing back seasonal favourites.

Readers can try the all new Pistachio Bon Bon Cream Frappuccino that seamlessly blends sweet and savoury flavours, and get their hands on the returning favourites - the Mocha Hazelnut Crunch Frappuccino and the Irish Cream Coffee Pudding Frappuccino. Fun, creative and bold; its time to satisfy your cravings with these indulgent beverages.

Also the deliciously layered Irish Cream Cake is every coffee lover's dream with its rich combination of coffee flavours

# A Break From Humdrum and Hackneyed Hours

and cream, edged with crunchy almond flakes.

Since 2012, Starbucks is known to craft such amazing idea's in and satisfy the cravings of every Indian foodie !

The amazing concepts by Starbucks always makes our readers wanting for more !

Sip on a wonderfully smooth blend of nuts and chocolate with the new Pistachio Bon Bon Cream Frappuccino. As whimsical as it is delicious, the nutty and chocolaty Frappuccino blends authentic ground pistachio with rich chocolate sauce and finished with chunky waffle pieces and crunchy pistachio nuts.

Starbucks brings to you a magical experience combining chocolate and coffee in the delicious Mocha Hazelnut Crunch. A blend of espresso with bittersweet mocha sauce, Hazelnut Syrup and milk, topped with toasty-sweet Hazelnut Chocolate whipped cream and nutty cracker crumbs. Available in hot and iced versions too.



The fun doesn't quite end there! The deliciously layered Irish Cream Cake is every coffee lover's dream with its rich combination of coffee flavours and cream, edged with crunchy almond flakes.







# LIT LAUNCH IN THE FIELD OF MEDICINE

5th edition of Mayan Awards, a gathering of conclave from various industries like construction, medicine, social service, hospitals and entrepreneurs with a special emphasis to women entrepreneurs were awarded for their tireless services to the needy on 12th May 2018 at Kuala Lumpur, Malaysia. This festivity became a launchpad for two books "A journey of 10 months" authored by Dr.Kavitha Ramesh and the book "Shine of skin and Indian medicine" authored by Vaidyar. Ramesh Naidu. The first copy was received by Dat'o Shri. S.K. Devamy, the former Deputy Minister in the Prime Minister's Department followed by Mr.Ravi Pachamoothoo, Chairman, SIMS received the second copy.



*Palladium, a symbol of global luxury across India, presents this sprawling metropolis of Chennai, for the first time, popular brands from different corners of the world. It is believed that Chennai is, soon, going to become one of the luxury capitals of India. Tata Starbucks Ltd., very recently made it public that the inauguration of a new shop at Palladium, Chennai, will mark its 6th store opening up in the Gateway of South India.*

It is a matter of great joy to know that Chennai has come of age. Traditional contours are trying to capture most modern chords in an effort to revolutionize the inimitable ambience. Here, beverages are not just drinkable liquids – in fact, they can be a part of consumer's delight. Coffee looks coffee but feels a mesmeric potion.

# First of its kind feel at fabulous facades of Chennai

Palladium Chennai is a luxury centre spread across nearly 2.50 lakhs sq. ft. with 75 stores across three levels. It provides a unique shopping experience in its aesthetically designed ambient spaces. Palladium hosts various luxury brands like Canali, Michael Kors, Coach, Hugo Boss, Paul & Shark, Kate Spade, Tumi among several others. The Starbucks store at Palladium Chennai invites the customer to travel into an immersive journey of coffee discovery while delivering the unparalleled coffeehouse experience – an experience that rests on highest quality coffee, handcrafted beverages, extensive food offerings and passionate partners



who promise to deliver the unique Starbucks Experience to customers each time they walk into any Starbucks store.

With the opening of Starbucks' newest store at Palladium, customers have a place where they can rest, relax and chat with friends over a great cup of coffee. Customers in Chennai will be able to enjoy Starbucks' full range of offerings including hot and cold beverages along with other traditional coffeehouse essentials like cakes, muffins, sandwiches and salads.

Starbucks opened its first store in Chennai in 2014. With this new store, Starbucks continues to create opportunities for local jobs and provide job skills and training to youth in Chennai, as in all the other cities in India where it is present.







# An elegance to the horizons - NOVOTEL

Chennai, the most happening metro of not only India – but of the eastern hemisphere, with sprawling landscapes and soothing coffee will be the talk of the town. Chennai, the hub of Tamil Nadu, does not merely bear witness to Kanjeevaram Sarees and Bharathnatyam thaals, not only to religious hymns and foam-soaked breeze, it speaks volumes of the culture and civility of this Tamil-speaking diaspora. To add mesmeric flavor to the effervescent sprightliness, that is what Madras is all about, AccorHotels launches Novotel, Chennai at one of the ebullient landscapes called Chamiers Road. The design of the hotel being most modern, it has the power of dethroning Napoleons or Alexanders. It has the essence and the quintessence of moving the mountains even. Men & women, possessing the caliber to sift the bushel from the chaff will write paens of poetry about this hotel.

Chennai, also popularly known as the

Detroit of India, is a conglomerate of urban villages and diverse neighbourhoods and businesses. Sprawling and busy, yet steeped in deep-rooted traditions and culture, Chennai welcomes its seventh AccorHotels property with the opening of Novotel Chennai Chamiers Road.

The chic Novotel Chennai Chamiers Road is ideally and conveniently situated in the heart of the city within walking distance of many clubs like Madras Club and elite neighbourhoods like Boat Club. It is a mere 10-minute drive from popular locations like the T. Nagar shopping district, Marina beach and the business districts of Nungambakkam, Egmore, Adyar, Mylapore and Alwarpet. The hotel is well located for the local and international traveller as it is less than a 30-minute drive from both the Chennai International Airport and the Chennai Central Railway Station.

Novotel Chennai Chamiers Road is owned and promoted by Dr S. K. Gupta, Chairman, Gupta Group of Companies and Ashish Gupta, Managing Director, A G Hospitality Pvt Ltd. The promoters bring a combined total of 40 years of experience in the garment export and real estate business and have recently diversified into hospitality.

“A twenty-year dream of having an unconventional yet charming place for business travellers seems most relevant in today's scenario where everything is changing so rapidly, couldn't have been a better time to realize a long-standing vision. It feels very special and satisfying” said, Dr S. K. Gupta, Chairman, Gupta Group of Companies.

"Our work in the European fashion industry exposed us to several boutique and unique hotels all over continental Europe. We felt that Chennai deserved a hotel inspired by cutting edge international design combined with nouveau F & B concepts catering to the discerning, widely travelled guest. AccorHotels is a wonderful partner with their owner friendly and customer first ethos. We are extremely happy with the outcome and hope to give our guests an incredible experience" said, Ashish Gupta, Managing Director, AG hospitalities.

Speaking at the opening of Novotel Chennai Chamiers Road, Gaurav Shiva, General Manager, said, "Chennai is one of the major economic, cultural and tourism centres in South India. With the launch today, we look forward to extending the brand's signature services to diverse guests travelling to the city. Our great location, world class service and best-in-class amenities, will ensure that our guests have a memorable stay at Novotel Chennai Chamiers Road."

With the launch of Novotel Chennai Chamiers Road, AccorHotels has achieved a milestone of becoming the largest international hospitality player in Chennai with the total inventory of more than 1,000 rooms. Their other hotels in the state are Novotel Chennai SIPCOT, Novotel Chennai OMR, Mercure Chennai Sriperumbudur, ibis Chennai SIPCOT, ibis Chennai OMR, ibis Chennai City Centre and ibis Coimbatore City Centre.

# New Menu At GOURMET Bar



NOVOTEL



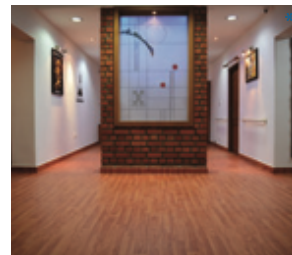
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\* Original Images



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