

THE POWER ISSUE

Vol. 1, Issue 3

JUNE 2026

₹ 500



# GALAXIA QUEST

*Leisurely Yours*

“

Greatness is built through conviction, not convenience

## INDIAN MUSIC

Tradition, innovation and the sound of a new era

## PUNJAB

The golden spirit

The Rise, Fall & Rise of

# ADANI

The story of ambition, controversy and a comeback that reshaped India Inc.

## THE ARTISTS VISION

Conversations with creators who inspire

## WELLNESS FIRST

Doctor's column on living healthier, longer

## SUSTAINABLE FASHION

The quiet revolution in how we dress

## SKIN DEEP

Expert advice for radiant, resilient skin



## LUXURY LIVING

Inside the world's most exclusive homes & lifestyles



## TIME BEYOND WEALTH

The world's finest watches

## SWITZERLAND

A journey through beauty, culture and elegance



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**GALAXIA**  
**QUEST**  
*Leisurely Yours*

COUNTLESS TRADITIONS. ONE LIVING  
CIVILISATION. THIS IS INDIA

GALAXIA  
**QUEST**  
*Leisurely Yours*

**HISTORY HAS NO  
HOME DELIVERY**

**NEW ISSUE OUT NOW.  
TAKE THE METRO. GRAB THE MAG. START WALKING.**

# GALAXIA QUEST

Leisurely Yours

RNI NO. DLENG/26/A2442  
Vol. 1 | Issue 3 | JUNE 2026

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*Photo Courtesy:* Meta AI generated, Unsplash

## Beyond Narratives

**T**ime flies — and how quickly. This June, we complete three months of being in conversation with you. I must thank our readers for constantly sharing feedback on what they would like to see from us.

Our cover story this month is on Indian billionaire Gautam Adani — what makes him tick, what makes him contentious, and what keeps him going. I have known Mr Adani for nearly two decades now. His journey is one of remarkable resilience, patience and persistence. His humility, despite emerging as one of the defining forces behind India's evolving infrastructure economy, is worthy of deeper reflection someday.

So don't be misled into believing the simplistic narrative that he is merely a political brand ambassador.

But as promised, Galaxia Quest is not just about personalities and individuals. It is about experiences too. In this edition, we bring you a feature on Kalicharan Gupta's art. As our Arts Editor Ritika Lal says "to enter Gupta's canvas is to enter an interior landscape where emotion, intuition and spiritual reflection converge".

## FROM THE EDITOR



We also take you through the rich cultural landscape of cinema and music, revisit forgotten stories, and present a special feature on Switzerland for those planning a holiday.

A reader recently wrote to us asking for a regular feature on luxury watches. We heard you — and have introduced it in this edition.

Enjoy the magazine. And keep the feedback coming. That remains the fuel that drives us forward.

My quote for this edition:

*“June tells us that we are half way TO our goal. Not half way FROM our goal”*

**Happy reading**

The **GALAXIA QUEST** way

A handwritten signature of Bhupendra Chaubey in blue ink, written in a cursive style.

**Bhupendra Chaubey**

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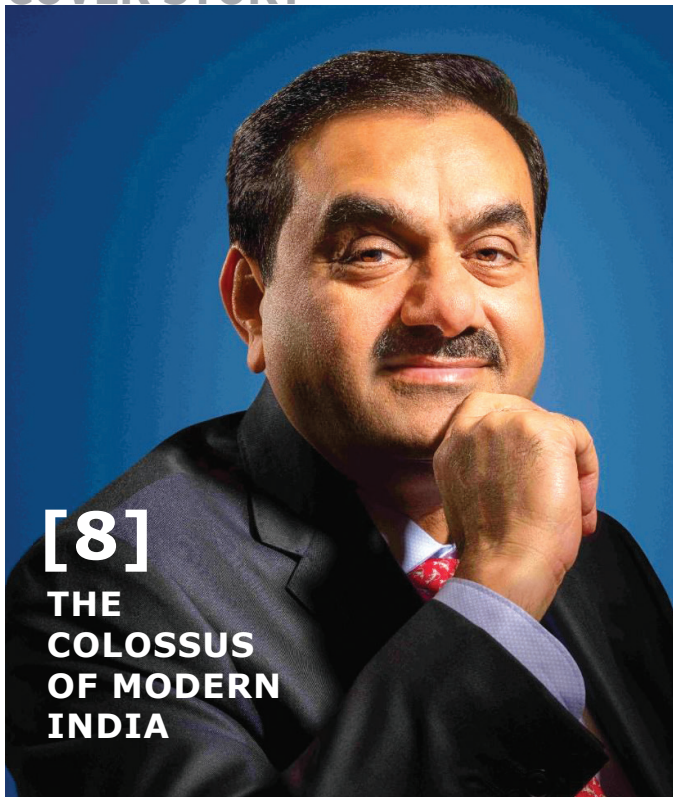


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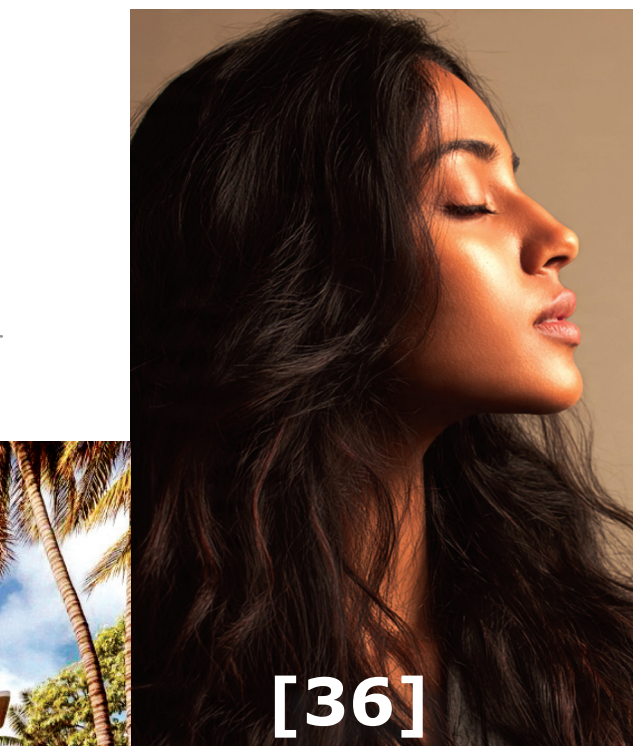
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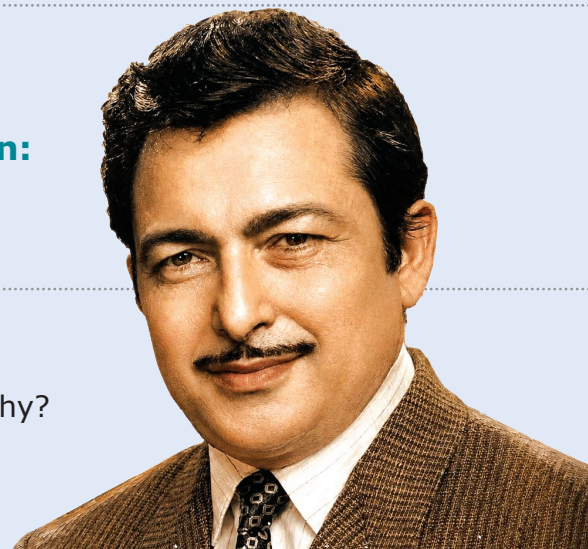
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GALAXIA  
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*Leisurely Yours*





**ISSUE #3 ARRIVES!**

**THIS JUNE: ADANI UNFILTERED. LUXURY  
WATCHES, ECO FASHION, REAL ESTATE MOVES,  
SWITZERLAND PLANNED.**



# THE COLOSSUS OF **MODERN INDIA**

THE RISE, FALL, AND RISE OF GAUTAM ADANI

*From modest roots to global infrastructure titan, Gautam Adani's saga spans meteoric rise, near-collapse, legal battles, and a \$100B AI pivot, reclaiming Asia's richest crown.*



**GAUTAM ADANI, OR GAUTAM BHAI AS HE IS FONDLY CALLED, IS THE FOUNDER AND CHAIRMAN OF THE ADANI GROUP, A SPRAWLING INFRASTRUCTURE CONGLOMERATE THAT SERVES AS THE LITERAL AND METAPHORICAL ENGINE OF MODERN INDIA. YET, HIS STORY IS NOT MERELY ONE OF BALANCE SHEETS AND INFRASTRUCTURE; IT IS AN EPIC TALE OF SURVIVAL, STRATEGY, AND CONTROVERSY.**



**BY BHUPENDRA CHAUBEY**

**F**ew business stories in modern India are as dramatic and compelling as that of Gautam Adani. His journey reads like an extraordinary cinematic saga — a young man from a modest background rising to command one of the world’s largest infrastructure empires, facing devastating setbacks that threatened to destroy everything, and then scripting a remarkable comeback.

Honestly, if Indian corporate history were a cinematic universe, Gautam Adani’s character arc would defy the imagination of the most ambitious

screenwriters. His narrative mirrors the high-stakes drama of classic Indian cinema—the gritty underbelly of Mumbai, the razor-sharp ambition of a young outsider, the breathtaking ascent to global power, an existential crisis that wiped out billions in days, and a spectacular script rewrite that pulled him back from the edge.

Gautam Adani, or Gautam Bhai as he is fondly called, is the founder and chairman of the Adani Group, a sprawling infrastructure conglomerate that serves as the literal and metaphorical engine of modern India. Yet, his story is not merely one of



*Karan, Jeet, Pranav and Sagar Adani -heirs who would inherit the empire*

balance sheets and infrastructure; it is an epic tale of survival, strategy, and controversy.

### **THE PRESENT TENSE: RECLAIMING THE CROWN**

The current chapter of Adani's life reads like the triumphant climax of a sequel. He was accused of having raised money in the US to bribe politicians and bureaucrats back home. A case which he has managed to settle by agreeing to spend upwards of 10 billion dollars in the US as investment. He roped in the lawyer who used to appear for Donald Trump. So the sword of him facing the massive embarrassment of a warrant from US courts has now disappeared.

He has reclaimed his position as Asia's richest individual, with a net worth hovering around \$92.6 billion, placing him 19th globally and once again surpassing his long-time contemporary, Mukesh Ambani.

Even during the worst period of his life, Gautam Adani has never played on the defensive. His group has expanded aggressively. Adani Ports recently executed a ₹1,500 crore acquisition of Jaypee Fertilizers, building out its inland logistics network. Simultaneously, the group committed a staggering \$100 billion to sovereign AI infrastructure, pivoting from old-world industrial infrastructure (coal, cement, ports) to the digital landscape of the future.



## THE ORIGIN STORY: FROM DIAMOND DUST TO “GURU”

To understand how he reached these heights, one must travel back to Ahmedabad in the late 1970s. Born into a middle-class Gujarati family, Adani showed little interest in his father’s textile business. He always possessed an innate, aggressive entrepreneurial instinct that could not be taught in a classroom. I remember meeting him in 2013 when he wasn’t what he is today. The just-born Aam Aadmi Party was targeting its guns on the Ambani-Adani duo. And the media was having a field day at Gautam Bhai’s expense. I was keen to interview him. He agreed but had a condition. That I must first go and see the port he had built in Mundra. When I went to see the port, I was indeed awestruck with his imagination. His ability to think on a scale. He narrated to me his early days. How he would travel between Ahmedabad and Mumbai in a way that he would not need to spend



**BORN INTO A MIDDLE-CLASS GUJARATI FAMILY, ADANI SHOWED LITTLE INTEREST IN HIS FATHER’S TEXTILE BUSINESS. HE ALWAYS POSSESSED AN INNATE, AGGRESSIVE ENTREPRENEURIAL INSTINCT THAT COULD NOT BE TAUGHT IN A CLASSROOM.**



### Adani Group Companies – Turnover & Net Profit

| Company                | Business                         | Revenue / Turnover | Net Profit      |
|------------------------|----------------------------------|--------------------|-----------------|
| Adani Enterprises      | Infrastructure, mining, airports | ■ 1 lakh+ crore    | ■ 7,000+ crore  |
| Adani Ports and SEZ    | Ports & logistics                | ■ 30,000+ crore    | ■ 11,000+ crore |
| Adani Power            | Power generation                 | ■ 50,000+ crore    | ■ 20,000+ crore |
| Adani Green Energy     | Renewable energy                 | ■ 9,000+ crore     | ■ 1,500+ crore  |
| Adani Energy Solutions | Transmission & distribution      | ■ 20,000+ crore    | ■ 2,000+ crore  |
| Adani Total Gas        | Gas distribution                 | ■ 5,000+ crore     | ■ 650+ crore    |
| Ambuja Cements         | Cement                           | ■ 35,000+ crore    | ■ 5,000+ crore  |
| ACC                    | Cement                           | ■ 20,000+ crore    | ■ 2,000+ crore  |



*Haifa Port, Israel*



*Mundra Port, Gujarat*

on hotel rooms. He would end up spending his late night or early morning on the railway platform itself.

He dropped out of commerce college and arrived in Mumbai with nothing but a few hundred rupees in his pocket. Instead of seeking safety, he threw himself into the fast-paced world of diamond sorting at Mahendra Brothers. Within a few years, a teenage Adani had mastered the trade and established his own diamond brokerage.

The true turning point came in 1981, when his elder brother called him back to Ahmedabad to manage a newly acquired plastics factory. This required importing Polyvinyl Chloride (PVC)—a gateway into global trade. By 1988, he established Adani Exports (now Adani Enterprises), trading in agricultural and power commodities.

## THE CINEMA ANALOGY

If his early life could have been based on Mani Ratnam's *Guru*, his mid-career was pure *Deewar*. He survived a kidnapping for ransom in 1998, walked out of the Taj Mahal Palace Hotel during the horrific 26/11 terror attacks in 2008. He is a man



*Chhatrapati Shivaji Maharaj International Airport Mumbai*



**ADANI'S PERSONAL NET WORTH PLUMMETED, KNOCKING HIM FROM THE WORLD'S 3RD RICHEST MAN TO 22ND. THE GROUP HAD TO ABRUPTLY PULL A FULLY SUBSCRIBED ₹20,000 CRORE FOLLOW-ON PUBLIC OFFER (FPO) TO PROTECT RETAIL INVESTORS—A MASSIVE BLOW TO HIS CORPORATE PRESTIGE.**

who has repeatedly stared into the abyss, brushed off the dust, and returned to the boardroom.

His business model today acts as a proxy for India's GDP. If India builds roads, it uses Adani cement. If it imports goods, they land at Adani ports. If it turns on the lights, the electricity flows through Adani transmission lines.

## **THE LIGHTNING ROD: CONTROVERSY AND THE HINDENBURG STORM**

Yet, this hyper-alignment with the state is precisely what makes him highly controversial. Critics routinely accuse Adani of being the ultimate poster child for crony capitalism, pointing to his close relationship with Prime Minister Narendra Modi, a bond forged in Gujarat during the early 2000s. Critics argue that his rapid acquisition of national infrastructure assets—such as the rules relaxed to allow his group to bid for multiple airports simultaneously—stifles competition.

This criticism turned existential on January 24, 2023. A New York-based short-seller, Hindenburg Research, published a scathing report accusing the Adani Group of “the largest con in corporate



Pranav Adani

## THE BRAIN TRUST: ADANI'S KEY STRATEGISTS

The Adani family is a very close-knit group. Through all the crises, it's this group which keeps the business going.

**Rajesh Adani (Brother):** The operational backbone of the family. While Gautam focuses on vision and macro-strategy, Rajesh manages execution and the complex supply chains of the group's trading operations.

**Pranav Adani (Nephew):** Managing Director of Adani Agro and Oil & Gas, Pranav represents the sophisticated, modern face of the family, leading the group's massive consumer-facing ventures and urban real estate redevelopments.

**Jugeshinder "Robbie" Singh (Group CFO):** The financial architect. Known for his blunt, sharp intellect, Singh is the man who engineered the group's capital management framework, successfully steering the ship through the turbulent waters of Wall Street skepticism during the Hindenburg crisis.

**Aman Singh:** A former bureaucrat from Chhattisgarh. But someone who flies across the world to manage crisis situations for the Adani enterprise.

history," alleging brazen stock manipulation and accounting fraud through a labyrinth of offshore shell entities.

The fallout was catastrophic. It was a corporate thriller come to life.

Within weeks, the group's listed stocks plummeted by up to 60-70%. Adani's personal net worth plummeted, knocking him from the world's 3rd richest man to 22nd. The group had to abruptly pull a fully subscribed ₹20,000 crore Follow-on Public Offer (FPO) to protect retail investors—a massive blow to his corporate prestige.

## THE SCRIPT REWRITE: HOW THE EMPIRE FOUGHT BACK

Many predicted the collapse of the Adani empire, but they underestimated his capacity for crisis management. Adani launched a calculated, multi-step counter-offensive to win back global capital markets:

**De-leveraging Debt:** The group rapidly prepaid over \$2 billion in share-backed loans, soothing nervous Western banks.

**Securing Anchor Investors:** He brought in prestigious international investors like GQG Partners, who bucked the trend by buying stakes worth billions in Adani companies during the nadir of the crisis. More recently, global funds like Temasek and Alpha Wave have eyed a \$1.3 billion consortium stake in Adani Airports.

**The Legal Clean Chit:** The Supreme Court ruled that there was no regulatory failure by SEBI, dismissing petitions that demanded an expedited, external investigation.

To top it all, Hindenberg itself decided to close down its investigative reportage business as it faced a slew of litigation from the Adani enterprises. Group CFO Jugeshinder "Robbie" Singh even took to social media to mock the short-sellers' retreat, writing a cryptic, defiant note: "Kitne Ghazi aaye, kitne Ghazi gaye".

## CONCLUSION: THE UNWRITTEN FINALE

Gautam Adani's life cannot be measured by a standard corporate yardstick. He is a survivor of



**GAUTAM ADANI'S LIFE CANNOT BE MEASURED BY A STANDARD CORPORATE YARDSTICK. HE IS A SURVIVOR OF KIDNAPPINGS, TERROR ATTACKS, POLITICAL SHIFTS, AND WALL STREET SHORT-SELLS. HE HAS BUILT A LEGACY ANCHORED SO DEEPLY INTO THE BEDROCK OF THIS NATION'S ECONOMY THAT HIS FINANCIAL HEALTH IS INEXTRICABLY TIED TO THE RISE OF INDIA ITSELF.**

kidnappings, terror attacks, political shifts, and Wall Street short-sells. He has built a legacy anchored so deeply into the bedrock of this nation's economy that his financial health is inextricably tied to the rise of India itself. The real reason for his consistent success perhaps comes from his political astuteness. While many look at him purely as a poster boy of the BJP and Narendra Modi, his political relationships are all across. From Ashok Gehlot in the Congress to Sharad Pawar in the NCP. While speaking at a function in Mumbai last year, when Rahul Gandhi was attacking him on a regular basis, Adani made it a point to credit former PM Manmohan Singh as one of the people who inspired him and helped him the most. Now as he guides his next generation into his family business, perhaps there is still a final hurrah somewhere for Gautam Adani. What will it be? Well, one thing is for sure, it will remain a headline creator. That's been the life of Mr Adani, always. ▀

*Contrary to popular perception, Indians love to travel, though not necessarily to migrate. There will hardly be any part of the world where you don't run into Indians. You will find them even in Antarctica. There was a famous cartoon in 1969, which depicted Neil Armstrong landing on the moon to find an Indian and his family already residing there! Indians travel to various parts of the world for a vast variety of reasons. Work, vacations, reuniting with family, higher education, even sports take Indians away from home.*

*Switzerland*

Most  
**Sought**  
After  
**Travel**  
Destination for  
**Indians**

BY KALPONA MOITRA

## SWITZERLAND LEADS INDIAN TRAVEL INTEREST

Despite being outside the European Union (EU), Switzerland is one of the Schengen countries. These are 29 countries which have abolished internal borders, making it possible for people to travel through them on a single visa. By numbers, UK probably hosts the maximum number of Indian visitors annually, who come on business, to study, work, and catch up with families. Numerous wealthy Indians still maintain a residence in the UK. However, Switzerland is favored more as a tourist destination for Indians, with France, Italy, Germany, and the United Kingdom following closely.



**POST-PANDEMIC, INDIANS HAVE BEGUN TO TRAVEL ABROAD MUCH MORE AS MUCH AS TO ENJOY VACATIONS AS TO SEE NEW PLACES, AND LEARN ABOUT OTHER CULTURES, PEOPLE, AND THEIR CUISINES.**



## PRIMARY FACTORS FOR SWITZERLAND'S POPULARITY

Many Indians have watched scenes shot in Switzerland in numerous Hindi films from the 1970s, right till cult classics like Dilwale Dulhania Le Jayenge which automatically lent a glamour of its own to the country. Other associations like people growing up reading Heidi, or being



mesmerized while watching Roger Federer weaving magic on tennis courts added to the allure of the nation. The natural scenic beauty of the place makes it a first preference of people on their honeymoon. The easy Schengen connectivity, and availability of Indian vegetarian food makes it irresistible. In fact, Swiss tourism campaigns are often directed at Indian travelers. Other factors include easier visa access, improved flight connectivity, and more middle-class Indians becoming desirous of foreign travel. Some of the most visited places in Switzerland are Interlaken, Lucerne, Zermatt, and Zurich. The capital Bern, and cities like Geneva, Basel, and Lausanne have a thriving economy.

■ **INTERLAKEN**

Interlaken is regarded as the gateway to the famous Jungfrau summit of the Bernese Alps, which tends to make it the single most popular Swiss destination among Indian tourists. Its strategic location between Lake Thun and Lake Brienz, and view of the snow-capped Alps, and charming wooden chalets, make it uniformly alluring for families, honeymooners, and luxury travelers. Indians have long been familiar with the place from the days of Raj Kapoor's Sangam. Adding to its charms are the picturesque train rides, and options to participate in adventure sports like paragliding, skiing, and skydiving.

**PICTURE POSTCARD PERFECT SCENERY THROUGHOUT THE YEAR**

To visit Jungfrauoch — the highest railway station in the world, which could make you feel that you have reached the top of the world — this is the



**INDIAN TOURISTS ARE SPENDING APPROXIMATELY €1,500–€3,000 PER PERSON DURING EVERY EUROPE TRIP PLUS AIR TRAVEL. ANNUALLY, INDIANS ARE SPENDING AN ESTIMATED €8–10 BILLION IN EUROPE FOR HOTEL STAYS, ON FOOD AND TRANSPORT, APART FROM SHOPPING FOR MEMENTOS AND LUXURY GOODS. ADD TO THIS EDUCATION AND BUSINESS TRAVEL.**



best place to begin, and enjoy the charming train journeys to Grindelwald to go hiking in the summer, Lauterbrunnen with its 72 waterfalls, and Kleine Scheidegg, the legendary mountain pass leading to Jungfrauoch with its ice palace. The lake cruises and mountain cafés as well as the easily available Indian vegetarian food are major attractions for Indian visitors, especially families. Lush green valleys and blue lakes in summer, and a snowy wonderland in winters have a major appeal for prosperous Indian travelers, especially when viewed from luxury hotels overlooking the Alps. Factor in the cost of the stay when you are budgeting for your trip. How much you spend per night at any hotel varies according to its type. The budget hotels/ hostels charge anything from ₹10,000–18,000; while the mid-range hotels charge between ₹25,000–40,000. The luxury hotels cost anything from ₹70,000–1.5 lakh per night.



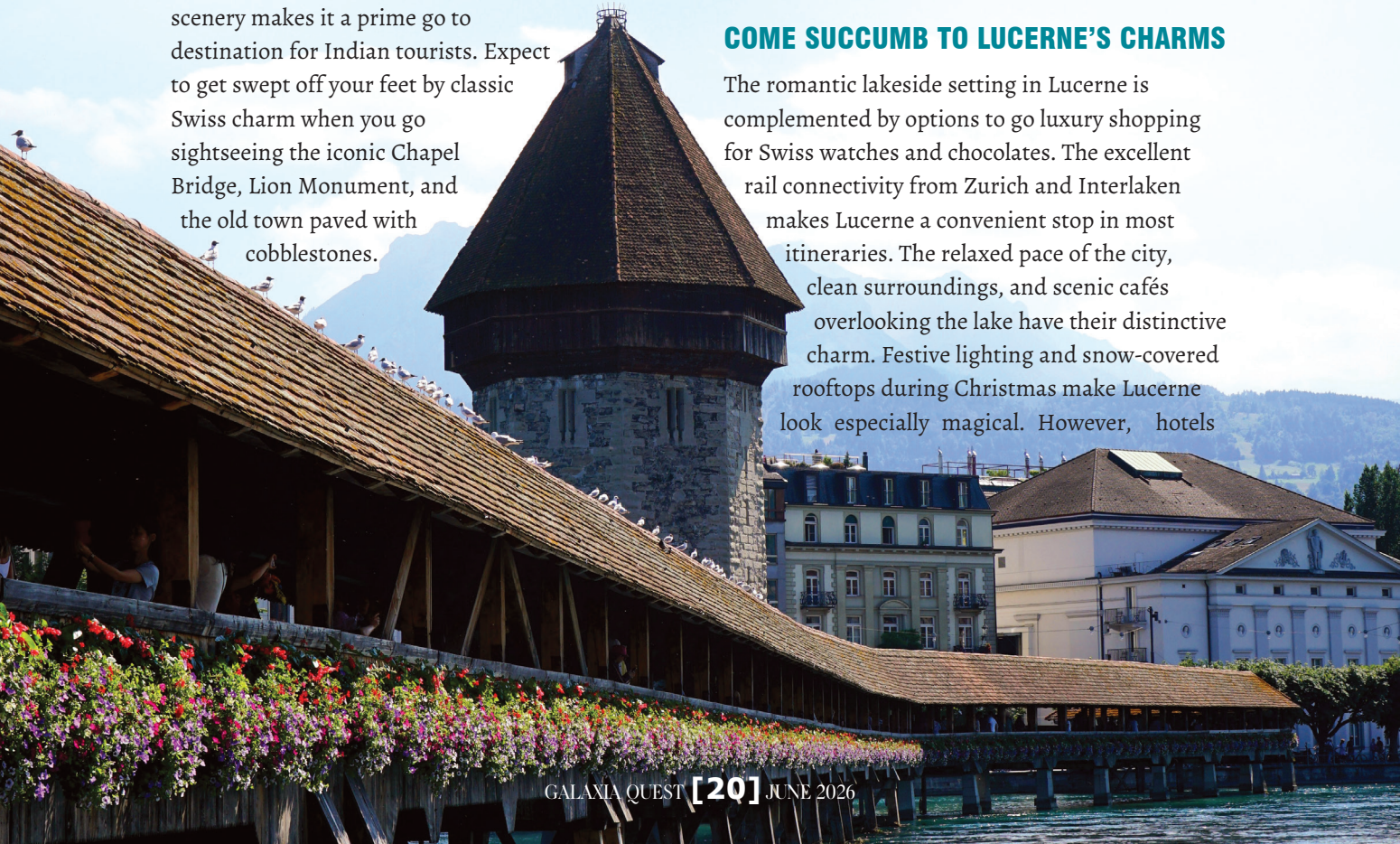
## ■ LUCERNE

Located beside Lake Lucerne and surrounded by mountains, Lucerne is considered the most beautiful city in Switzerland. Its medieval architecture set in spectacular natural scenery makes it a prime go to destination for Indian tourists. Expect to get swept off your feet by classic Swiss charm when you go sightseeing the iconic Chapel Bridge, Lion Monument, and the old town paved with cobblestones.

Lucerne serves as the gateway to Mount Titlis and Mount Pilatus. The Cliff Walk of Mount Titlis is Europe's highest suspension bridge. If you want thrills, go explore the Glacier Cave, or take a ride on the ice flyer which chairlifts tourists over crevasses to visit the Glacier Park.

## COME SUCCUMB TO LUCERNE'S CHARMS

The romantic lakeside setting in Lucerne is complemented by options to go luxury shopping for Swiss watches and chocolates. The excellent rail connectivity from Zurich and Interlaken makes Lucerne a convenient stop in most itineraries. The relaxed pace of the city, clean surroundings, and scenic cafés overlooking the lake have their distinctive charm. Festive lighting and snow-covered rooftops during Christmas make Lucerne look especially magical. However, hotels





■ ZERMATT

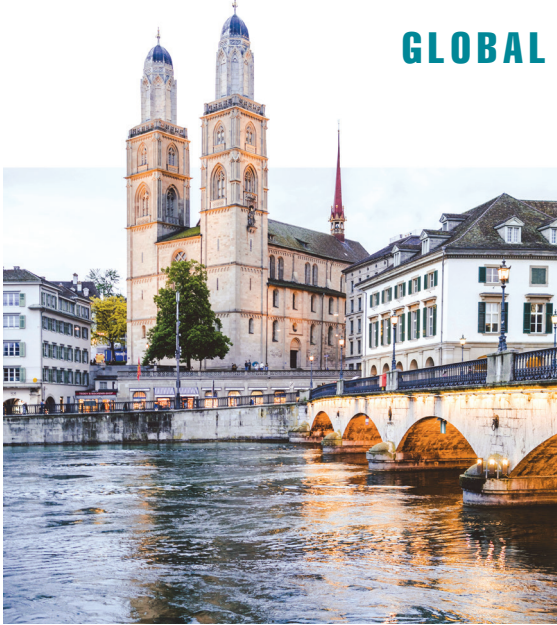
Nestling at the foot of the pyramid-shaped Matterhorn mountain, Zermatt is one of Switzerland’s most luxurious mountain destinations. The peaceful, exclusive atmosphere of the town owes to it being car-free which is increasingly making people include Zermatt in premium Switzerland itineraries. The Glacier Express train takes you to Glacier Paradise, Europe’s highest cable-car station. The Gornergrat Railway is a heritage railway which offers breathtaking Alpine views. It is Europe’s highest open-air railway. 29 peaks rising above 4,000 m (13,123 ft) in the Alps surround Gornergrat, making it a popular choice for beginning hikes. The luxury chalets, fine dining, and world-class skiing make Zermatt one of Europe’s top ski destinations, attracting celebrities and wealthy tourists alike. However, the charm of Zermatt lies in its combination of raw natural beauty and luxury hospitality. Despite being more expensive than Interlaken or Lucerne, the exclusivity and views justify the premium hotel rates. The budget stays cost ₹15,000–25,000 per night; while mid-range hotels charge ₹35,000–55,000 per night. Expect to pay ₹80,000–2 lakh per night for luxury resorts/chalets.

stays are more expensive than Interlaken. Budget stays range from ₹12,000–20,000 per night; while mid-range hotels cost ₹28,000–45,000 per night. The luxury lake-view hotels charge ₹60,000–1.2 lakh per night.



**SWITZERLAND, FRANCE, ITALY, AND THE UNITED KINGDOM ARE FAVORITE PLACES FOR LUXURY SHOPPING. INDIAN TRAVELERS SPEND SIGNIFICANTLY ON LUXURY WATCHES IN SWITZERLAND; HAUTE COUTURE IN PARIS AND MILAN; AND JEWELRY AND PREMIUM RETAIL ITEMS IN LONDON.**





## ■ ZURICH

Situated beside Lake Zurich, the city of Zurich combines modern sophistication with classic Swiss beauty. It is regarded as Switzerland's financial capital, and one of the wealthiest cities of Europe. Its international airport and excellent rail network make it a favored entry point into Switzerland for Indian tourists. However, options for luxury shopping, nightlife, museums, and lakeside beauty here are peerless. Bahnhofstrasse is significant for its Swiss watch boutiques, designer fashion houses, and premium chocolate stores. Purchasing luxury watches in Zurich is beneficial due to their authenticity and VAT refund benefits. Enjoy scenic lake cruises, the quiet pleasure of walks in the old town, and the cultural attractions Zurich has to offer. Leisure tourism from India has grown rapidly in recent years to almost rival business trips.

Zurich offers a cosmopolitan Swiss experience which has led to luxury hotels overlooking Lake Zurich becoming among the finest in Europe. The budget hotels charge ₹14,000–22,000 per night; while mid-range hotels cost ₹30,000–50,000 per night. The luxury hotels charge a whopping ₹75,000–2.5 lakh per night. ▽



**SWITZERLAND IS ALSO FAMOUS FOR ITS CHOCOLATES AND CHEESE. THOSE WHO ARE INTERESTED IN WINTER SPORTS, ESPECIALLY SKIING, FIND A TRIP TO SWITZERLAND IN THE WINTER A REWARDING EXPERIENCE.**



## TAKEAWAY

Visiting Switzerland offers an unforgettable experience. Luxuriate in natural beauty, old world charm, and sophisticated services to make you want to keep returning to savor the magic repeatedly.

GALAXIA  
**QUEST**  
LEISURELY YOURS

**EXPLORE  
BEYOND ORDINARY**



LUXURY WATCHES

WEARABLE  
ART  
REFLECTING STATUS AND  
TASTE

*Decide for yourself whether they are worth the outlay.*

*There was an era when a gold pocket watch meant aristocratic taste, and heritage. With time wrist watches gained currency, and sent across the message of the wearer being someone who knows how to move with the times. Swiss watches were the gold standard throughout the 20th century. Sporting a Swiss watch on one's wrist indicated that you valued precision and reliability. No luxury watches are representative of far more than simply checking time. Instead, watches now symbolize achievement — of having arrived in a socio-economic sense, and of current status, especially among the upwardly mobile.*



BY KALPONA MOITRA

## NOTIFYING EXCLUSIVENESS

High end Swiss luxury watches like Rolex, Omega, and Patek Philippe reflect craftsmanship, taste, and legacy. Brands sell heritage, exclusivity, and engineering precision as much as the product itself.

Entrepreneurs, i.e., those who are new business folks, celebrities, sports personalities, professionals in banking and finance, and collectors are some of the people who are the likeliest to acquire luxury watches. They best understand the value of time as well as creating a public image. Legendary sportspersons like Roger Federer are often seen wearing off catalogue, ultra-rare watches on special occasions like the Centenary of the Center Court at Wimbledon, and the 100th anniversary of the Le Mans race.

## WHY ARE LUXURY WATCHES SO VALUABLE?

Premium watches typically last decades to become prized family heirloom; and they often retain or increase in value unlike cars or gadgets. Despite being socially visible, they send their message subtly.

Many even consider them to be silent wealth, since they are less flashy than sports cars or diamond jewelry. However, those who understand luxury appendages, instantly recognize them. For most Indians, luxury watches carry additional cultural and social meaning.

## SYMBOL OF SUCCESS

Most of the old wealthy class in India vanished during the British rule, beginning with the Permanent Settlement introduced by Lord Cornwallis which ruined the old aristocracy. After independence, the reconstruction of the country led to the rise of a new class of wealthy business families. These people became the face of a highly aspirational society for whom buying a Rolex or Omega signifies that they have arrived.



**LEGENDARY SPORTSPERSONS LIKE ROGER FEDERER ARE OFTEN SEEN WEARING OFF CATALOGUE, ULTRA-RARE WATCHES ON SPECIAL OCCASIONS LIKE THE CENTENARY OF THE CENTER COURT AT WIMBLEDON, AND THE 100TH ANNIVERSARY OF THE LE MANS RACE.**



**THE NOUVEAU RICHE**

Unlike Europe where people are simply born into wealth, or usually struggle to get by; Indian society like the American one now has a significantly large chunk of the nouveau riche people. These are the entrepreneurs who knew how to capitalize on the economic changes sweeping the country; the startup founders who seized

opportunities from social changes; professionals who are trained to function more efficiently even in a disruptive business environment; traders; and real estate developers who have taken advantage of socially upward mobility. For such people, a luxury watch becomes a reward for years of struggle.

**STRONG GIFTING CULTURE IN INDIA**

Watches are often considered symbols of respect and prestige which motivate families to present them at weddings; milestone birthdays like coming of age or completing a half century; to mark business achievements; and in some organizations, as retirement gifts. Add to that, there is the omnipresent influence of cinema and celebrities. The strong association of watches with power and sophistication gets reinforced when celebrities like M. S.

Dhoni, Shah Rukh Khan, Virat Kohli, and Ranveer Singh display their high-end watches in public, especially at much talked about events.

For others a luxury watch represents discreet luxury elegant, portable, prestigious, and socially acceptable. It subtly signals wealth without appearing to be excessively ostentatious. Further, there is the investment angle. Given that some Rolex, Audemars, Pignet and Patek Philippe models have drawn very high resale value in the recent past, it has made Indians realize that luxury watches can be viewed as safe alternative assets, since they are unlikely to depreciate in monetary value over time. After all, the most expensive watch ever sold the Graff Diamonds Hallucination is more than just a timepiece. It is a rare piece of high jewelry, encrusted with 110 carats of extremely rare, multi-colored diamonds set in a platinum bracelet. Neither diamonds nor platinum will ever depreciate. ▽

**TAKEAWAY**

Luxury watches are beginning to occupy a special place in the scheme of things for affluent people in India for a variety of reasons.



**5 MOST EXPENSIVE WATCHES EVER CREATED —**  
a mix of haute horology, rare diamonds,  
and collector obsession:



**GRAFF DIAMONDS HALLUCINATION**

**WORTH:** US\$55 million. Created by Graff Diamonds, this is widely regarded as the world's most expensive watch. It is covered with over 110 carats of rare coloured diamonds set into a platinum bracelet.

**GRAFF DIAMONDS THE FASCINATION**

**WORTH:** US\$40 million. Another creation from Graff Diamonds, this watch contains 152.96 carats of white diamonds and a detachable 38-carat pear-shaped diamond that can also be worn as a ring.



**PATEK PHILIPPE GRANDMASTER CHIME REF. 6300A-010**

**WORTH:** US\$31 million (auction record)  
This ultra-complicated masterpiece by Patek Philippe became the most expensive watch ever sold at auction when it fetched about US\$31 million in Geneva in 2019. It features 20 complications, including perpetual calendar and minute repeater functions.

**BREGUET GRANDE COMPLICATION MARIE-ANTOINETTE**

**WORTH:** US\$30 million. Commissioned reportedly for Queen Marie Antoinette in the 18th century, this legendary pocket watch by Breguet took decades to complete.



**JAEGER-LECOULTRE JOAILLERIE 101 MANCHETTE**

**WORTH:** US\$26 million. Made by Jaeger-LeCoultre, this exquisite piece combines high jewellery with miniature watchmaking. It is adorned with hundreds of diamonds and features one of the smallest mechanical movements ever made.



# INDIA'S BILLIONAIRE BOOM TOWNS

*Booming real estate market is changing the definition of prestige*

BY **TEAM GALAXIA QUEST**

Investing in real estate and bullion (gold) have been considered bulletproof investments for more than a century. While there may be occasional lulls in both markets, neither faces any crash in monetary value. The value of real estate in and around the capital of any country is necessarily high. The National Capital Region (NCR) in India is no exception. In fact, what had been a conglomerate of satellite towns which grew up surrounding Delhi, has now become the kind of ecosystem which thrives on infrastructural growth to cater to the evergrowing population which enjoys higher salaries, and is driven by aspirations to lead a more luxurious lifestyle than they had previously.

## THE DRAMATIC TRANSFORMATION OF REAL ESTATE IN URBAN INDIA

India's modern urban skyline has witnessed a singularly revolutionary transfiguration. The satellite towns surrounding Delhi, namely, Gurugram, Noida, Greater Noida, Faridabad, and specific parts of the city are now major hubs for luxury housing, commercial activity, and global-style urban living. This transformation has been led by real estate developers such as DLF Ltd., M3M India, Godrej Properties, Max Estates, ATS Infrastructure, Omaxe Group, Signature Global, and others who have reformulated the concept of what urban living in North India entails. These developers did not merely construct buildings. They generated lifestyles which centered around gated communities, and made savvy use of high-street commercial districts. So, now you have luxury towers, golf-course residences, and mixed-use projects to create the persona of having arrived in a socio-economic sense. Even wellness networks have found their place in the sun, it being more of an offshoot of the kind of hectic life, and pressures most professionals face these days.

## THE FACE OF YOUTHFUL ASPIRATION

OVER THE LAST two decades and more, Gurugram has become the symbol of India's aspirational urban growth. The triggers have been the rise of multinational corporations, IT parks, plethora of financial institutions, and startup culture which built an enormous demand for premium housing. Diverse developers utilized this opportunity to offer investors world-class residences which included interiors designed with aspirational level products, membership of private clubs, concierge services, smart-home technology, and resort-style amenities. From being a niche category in the NCR, luxury housing with elite facilities has gradually evolved into a desirable purchase for NRIs, affluent professionals, entrepreneurs, and mainstream investors.

## FACTORS RESPONSIBLE FOR ACCELERATING THE BOOM

INFRASTRUCTURE DEVELOPMENT activity such as the construction of the Dwarka Expressway, Southern Peripheral Road, Noida Expressway, Delhi-Mumbai Expressway, expansion of the Delhi Metro played a decisive role in accelerating the boom. This enhanced connectivity to various areas within the NCR, new airports, and rapid urban transit systems dramatically improved accessibility. Areas once considered peripheral, have now transformed into premium investment locations.

## WATCH OUT FOR THESE DEVELOPMENT TRENDS TO DOMINATE THE FUTURE

SEVERAL FACTORS ARE likely to influence the future of NCR real estate. The rising demand



for luxury and premium housing has been largely influenced by greater access to wealth by the yuppies (Young Upwardly Mobile Professional People); newfound exposure of the Indian buyers to global brands thanks to the opening of the market; and the growing preference for more spacious homes which focus on aspirational lifestyle. In the foreseeable future, people will desire a lifestyle that focuses on wellness. Growing environment consciousness have led both developers and buyers to look for options of sustainable construction. Now, buyers look for residences which showcase high-end brands and are AI-enabled smart homes. Town planners will desire townships are integrated for more effective service delivery.



## A MORE MATURE AND BETTER REGULATED MARKET

THE NCR HAS evolved into a more mature and regulated market. Priorities for the buyers are changing as they have learned the lessons from the experience of their elders and friends. Therefore, they have begun greater transparency at every stage, iron clad timelines, verifiable quality of the materials used for construction, and long-term value rather than taking a risk by indulging in speculative investments. This will push the sector toward greater professionalism with organized and financially strong developers being favored. With India's economy expected to expand, urban aspirations will continue to rise. The NCR is expected to remain one of the most influential luxury real estate markets in the country. ▽

## THE DLF STORY: MORE THAN JUST REAL ESTATE DEVELOPERS

The company which began as Delhi Land and Finance in 1946, came to be known as DLF Universal Limited in 1963. More than 40 years later, it officially became DLF Universal Limited, or simply as DLF. It is often considered the most influential luxury real estate developer in the National Capital Region. It has certainly set the

benchmark for urbanization by transforming Gurugram from a satellite township into one of the most sophisticated corporate and residential hubs in the country. Over more than half a century, DLF has become synonymous with scale, design quality, integrated urban planning, and long-term brand trust.

### DLF Luxury Flats in NCR (Including Upcoming Projects and Rates)

| Project         | Location                   | Status                | Configuration           | Approx Price Range |
|-----------------|----------------------------|-----------------------|-------------------------|--------------------|
| DLF Aralias     | Golf Course Road, Gurugram | Ready                 | 4/5 BHK                 | ■35–60 crore       |
| DLF Magnolias   | Golf Course Road           | Ready                 | 4/5 BHK                 | ■45–90 crore       |
| DLF Camellias   | Golf Course Road           | Ready                 | Ultra luxury apartments | ■70–150+ crore     |
| DLF The Dahlias | Golf Course Road           | Under construction    | Super luxury residences | ■60–135 crore      |
| DLF Park Place  | DLF Phase 5                | Ready                 | 3/4 BHK                 | ■7–15 crore        |
| DLF Pinnacle    | Golf Course Road           | Ready                 | 4 BHK                   | ■10–18 crore       |
| DLF The Ultima  | Sector 81, Gurugram        | Ready                 | 3/4 BHK                 | ■4–8 crore         |
| DLF Privana     | Sectors 76–77              | Under construction    | 4 BHK luxury            | ■6–12 crore        |
| DLF ALAMEDA     | SPR Road, Sector 73        | Mostly plotted/floors | Independent floors      | ■5–10 crore        |
| DLF The Grove   | DLF Phase 5                | Ready                 | Villas                  | ■25–50 crore       |
| DLF Garden City | New Gurgaon                | Premium township      | Plots/floors/apartments | ■2–6 crore         |

## MAGNIFICENCE IN THE TRINITY OF MEN, MATERIALS & MONEY (M3M) INDIA

**M**3M India is one of the newest real estate developers in the NCR region. They have constructed the large-scale projects on Golf Course Extension Road, and have emerged as one of the most aggressively visible developers. This has defined their identity which is centered around luxury that is both aspirational and modern, eye catching architecture, and integrated lifestyle undertakings. The brand name itself reflects the company's positioning as a premium developer.

### SYNONYMOUS WITH ELITIST LIVING

The company swiftly became synonymous with elite living for entrepreneurs, professionals, and affluent buyers, especially given the contemporary international aesthetics it offers. From luxury residences, hospitality undertakings, and high-

street retail to office spaces, and mixed-use projects; the company has an impressive portfolio. Iconic towers with resort-style amenities are distinctive features of their residential projects. Use of cutting edge technology aids in building smart homes.

### SAVVY MARKETING AND BRAND POSITIONING

M3M understand the meaning of there being "Riches in niches". Therefore, it positioned itself as being lifestyle-centric, which is both fast-paced and luxurious. This brand positioning appeals especially to the younger, wealthy buyers and investors. To maintain the image of being a happening brand, projects are often launched with celebrity campaigns, premium branding



### DLF'S DOMINANCE BASED ON HIGH DEMAND DESPITE PREMIUM PRICING

Have you ever looked at the ultra-premium complexes such as The Camellias, The Aralias, The Magnolias, and the Dahlias on the Golf Course Road and Golf Course Extension Road in Gurugram, and wondered who were behind these symbols of elite living? DLF built their reputation for state of the art architecture and landscaping, as

well as global-style amenities such as concierge services, clubhouse culture, and privacy on such projects. Their strength lies in creating complete ecosystems rather than standalone buildings. That is not alone. They use an integrated approach to construct premium office spaces, and pair them with high-end retail destinations, and hospitality assets, thereby enhancing their desirability.

### DLF IS NO LONGER JUST A REAL ESTATE DEVELOPER

Further, high-net-worth individuals, corporate leaders, and expatriates trust the company due to their increased focus on sustainability, smart infrastructure, and modern urban mobility. Advanced security systems in their projects is reinforced by incorporating green building standards, and wellness facilities. This has made DLF projects symbolize luxury and urban prestige which define the upper end of India's residential market, and set benchmarks for others to live up to. ▶



**M3M Luxury Flats in NCR (Including Upcoming Projects and Rates)**

| Project                       | Location                      | Status                | Configuration               | Approx Price Range |
|-------------------------------|-------------------------------|-----------------------|-----------------------------|--------------------|
| M3M Golfestate                | Sector 65, Gurugram           | Ready                 | 3/4/5 BHK                   | ■8–30 crore        |
| M3M Altitude                  | Golf Course Extension Road    | Under construction    | Luxury high-rise apartments | ■9–20 crore        |
| M3M Mansion                   | Sector 113, Dwarka Expressway | Under construction    | 3.5/4.5 BHK                 | ■5–12 crore        |
| M3M Capital                   | Sector 113, Dwarka Expressway | Under construction    | 2.5/3.5/4 BHK               | ■3–8 crore         |
| M3M Crown                     | Sector 111, Dwarka Expressway | Under construction    | 3/4 BHK                     | ■3–7 crore         |
| M3M Antalya Hills             | Sector 79, Gurugram           | Under construction    | Low-rise luxury floors      | ■2–5 crore         |
| M3M St. Andrews at Golfestate | Sector 65                     | Ready                 | Ultra luxury residences     | ■18–45 crore       |
| Trump Towers Delhi NCR        | Sector 65                     | Ready / resale active | 3/4 BHK ultra luxury        | ■10–25 crore       |
| M3M Merlin                    | Sector 67                     | Ready                 | Luxury apartments           | ■3–7 crore         |
| M3M Natura                    | Sector 68                     | Ready                 | 2/3 BHK premium             | ■2–4 crore         |
| M3M Soulitude                 | Sector 89                     | Mostly ready          | Boutique floors             | ■1.8–3.5 crore     |
| M3M Route 65 Residences       | Sector 65                     | Mixed-use luxury      | Premium residences          | ■3–6 crore         |

partnerships, and messaging. Apart from building luxurious residencies, M3M has become an authoritative force in the NCR’s high-street commercial market. These projects which combine retail outlets, entertainment hubs, offices, and residences have been instrumental in enhancing the company’s visibility across Gurugram.

**GOING FROM STRENGTH TO STRENGTH**

Expansion into Noida and surrounding NCR markets, reflect the company’s ambition of

becoming a pan-NCR luxury player. Strategic land acquisitions and partnerships have added to its visibility. Despite being a young company, M3M has swiftly made itself among the most trending luxury developers. The distinguishing aspect of M3M projects are their bold design, the premium amenities they offer, and the potential of getting a high return on investment. The company is now representative of Gen Z — aspirational, strongly focused on lifestyle choices, zealous, extremely brand conscious, and in complete alignment with the wealth. ▀

## GODREJ PROPERTIES: ONE OF INDIA'S MOST TRUSTED PREMIUM BRANDS

Godrej Properties utilizes the credibility built by the Godrej Group over the decades to reinforce the faith of the buyers, and adds the latest design to professional execution. The focus on sustainability, quality of planning to create a perception of long-term value has enabled the company to expand its presence in the elite residential segment. However, its focus is not on solely premium branding. It prefers to cater to refined modern living which is environment friendly, has sound, sustainable architectural design, and keeps in mind the exigencies of urban living.

### STRIKING A STRATEGIC RESONANCE

More than others, the company's stance has struck a sensitive chord with the yuppies and other professionals within Delhi and NCR. To that end, Godrej Properties has judiciously partnered with landowners and other key allies to construct numerous upper end housing complexes in Gurugram and Noida. These projects are marked by streamlined designs which optimize functionality, landscaped open spaces for better aesthetics, along with clubs to encourage socialization, and wellness amenities to encourage physical and mental health.

### FOCUS ON ENVIRONMENTALLY CONSCIOUS URBAN PLANNING

What sets Godrej Properties apart from their competitors is their trustworthiness. Since the Godrej name is majorly associated with clarity about project details, consistency, and efficient management, it has attracted both end-users and investors. Many of their projects incorporate



environmentally conscious actions such as green certifications, and use energy-efficient systems. Understanding that water is gradually becoming a scarce resource, the company has taken water conservation initiatives, while their developments have a wellness-centric design.

### BRAND ALIGNMENT WITH EVOLVING PREFERENCES

Godrej Properties has aligned its brand entity with evolving preferences to maintain its position in the increasingly competitive luxury market in the NCR. By striking a judicious balance between aspirational living and practicality; the company has focused on quality of life to assure long-term benefits for the community. Despite an aggressive expansion strategy in Gurugram and Noida, Godrej enjoys strong financial backing, which is expected to keep it a major force in NCR's luxury residential landscape in the foreseeable future as demand continues to rise. ▽

### Godrej Luxury Residential Projects in NCR (Including Upcoming Projects and Rates)

| Project                           | Location                     | Status             | Configuration           | Approx Price Range |
|-----------------------------------|------------------------------|--------------------|-------------------------|--------------------|
| Godrej Aristocrat                 | Sector 49 Gurugram           | Under construction | 3/4 BHK                 | ■4-9 crore         |
| Godrej Vrikshya                   | Sector 103 Gurugram          | Under construction | 3/4 BHK                 | ■3-7 crore         |
| Godrej Meridien                   | Sector 106 Dwarka Expressway | Ready              | 2/3/4 BHK               | ■2-6 crore         |
| Godrej Air                        | Sector 85 Gurugram           | Ready              | 2/3/4 BHK               | ■2-5 crore         |
| Upcoming Golf Course Road Project | Sector 53 Gurugram           | Upcoming           | Ultra luxury residences | ■10-25 crore       |

## OMAXE GROUP: AMONG INDIA'S OLDEST AND MOST DIVERSIFIED REAL ESTATE DEVELOPERS

OMAXE Group has a strong presence across North India and the NCR. What began as a construction and contracting business evolved into a massive real estate venture. Its projects extend over self-contained communities, commercial hubs, malls, large-format developments, and premium housing communities. It has played a significant role in reshaping NCR, not just central Delhi and Gurugram, but also Noida, Greater Noida, Faridabad, New Chandigarh, and Lucknow.

### A WIDE SPECTRUM CLIENTELE

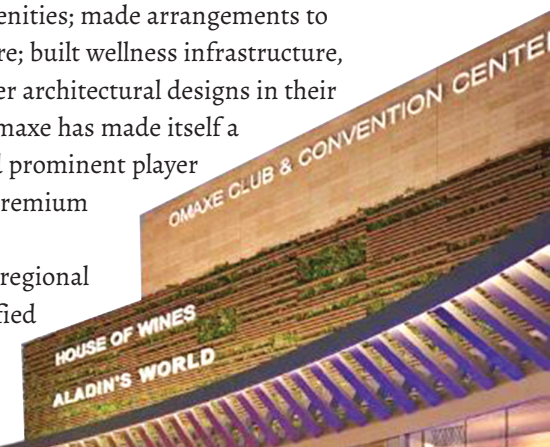
The holistic approach of the company towards development has created integrated townships which combine residential, retail, hospitality, and recreational infrastructure. Rather than focus on just ultra-luxury residences for billionaires, Omaxe has traditionally catered to a wide spectrum clientele which is upper middle class, and the emerging rich. Its projects stress spaciousness, shared common spaces, landscaped areas to enhance aesthetics, and creation of long-term infrastructure.



own place in the sun, that is, the premium residential segment. It has also invested heavily in commercial and retail infrastructure, such as shopping malls, multifunctional projects, and entertainment zones. This broader approach separates it from other developers who remain focused purely on residential towers. In recent years, the company has begun incorporating contemporary amenities; made arrangements to cater to club culture; built wellness infrastructure, and explored newer architectural designs in their recent projects. Omaxe has made itself a well respected and prominent player in North India's premium real estate arena thanks to its deep regional reach, and diversified capabilities. ▽

### GEOGRAPHIC DIVERSIFICATION BUILT BRAND RECOGNITION

By expanding across Tier-2 and Tier-3 cities without sacrificing visibility in NCR, Omaxe created its



### OMAXE Group Luxury Residential Projects in NCR (Including Upcoming Projects and Rates)

| Project               | Location        | Status            | Configuration            | Approx Price Range |
|-----------------------|-----------------|-------------------|--------------------------|--------------------|
| Omaxe The Forest      | Sector 92 Noida | Ready             | Luxury villas/apartments | ■4–12 crore        |
| Omaxe State           | Dwarka Delhi    | Under development | Mixed-use luxury         | ■3–10 crore        |
| Omaxe Royal Residency | New Chandigarh  | Ready             | Luxury apartments        | ■1–3 crore         |
| Omaxe Spa Village     | Greater Noida   | Ready             | Luxury villas            | ■3–8 crore         |

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**GRACEFULLY GORGEOUS:**  
**THE TIMELESS POWER OF**  
**NATURAL**  
**HAIR CARE**

*Healthy, naturally cared-for hair radiates true beauty, strength, and timeless elegance through mindful choices*

*True beauty comes from healthy, nourished hair, not just styling.*  
**NILOFAR CURRIMBHOY** shares how mindful care and natural solutions like henna preserve strength, vitality, and grace while embracing natural changes like greying with elegance.

Your hair is truly your crowning glory. It frames your face, reflects your personality, and often becomes an extension of your identity. The sleek, tightly tied bun, the traditional plait, the chic short haircut that signals the modern woman, or the glamorous, flowing styles we admire.

However, the true secret behind beautiful hair lies not merely in styling but in maintaining healthy, well-nourished hair through consistent, mindful care.

I must mention that, in pursuit of glamour, the use of chemicals and styling treatments has become increasingly common. While these may deliver instant results, my years of experience have taught me that maintaining hair health is as much about what you avoid as it is about what you do. A simple rule is: if you can solve your issue with a natural product, don't turn to a chemical one.

True beauty begins with preserving the natural strength and vitality of your hair.

Let me begin with one of the most common concerns women face: greying hair. Though this is a natural phenomenon, many women still find it difficult to accept. Personally, I have used henna for years, and it has rewarded me with thick, healthy hair that I continue to receive compliments on. What I particularly



value is how gently the color blends with the hair's natural tones, creating a soft, graceful transition rather than an artificial appearance.

For best results, it is important to begin the color and care process as soon as the first few strands appear. Starting early allows the natural color and henna tones to merge beautifully over time, making the change subtle, elegant, and far more acceptable.

Many women often complain that henna can leave the scalp feeling dry, and that concern is true. Fortunately, there is an effective solution for this. After rinsing off the henna, apply a nourishing oil to damp hair, gently massage it into the scalp, and leave it on for a few minutes. Follow this with your final shampoo wash. You will notice that the scalp feels soothed while the hair becomes soft, healthy, and naturally shiny.

Another tip I would like to add is that mixing your henna powder into a dark tea blend will give a deeper tone.

The beauty of henna is that it not only colors the hair naturally but also deeply nourishes and conditions it. It also adds volume and bounce to your hair. So with this wonderful ingredient from nature, as the years go by, you are not merely covering grey hair, you are investing in the long-term health, texture, and strength of your hair.

After all, true glamour is not created by excessive styling alone. It comes from hair that is healthy enough to shine beautifully on its own. ▽





## Eco-Friendly

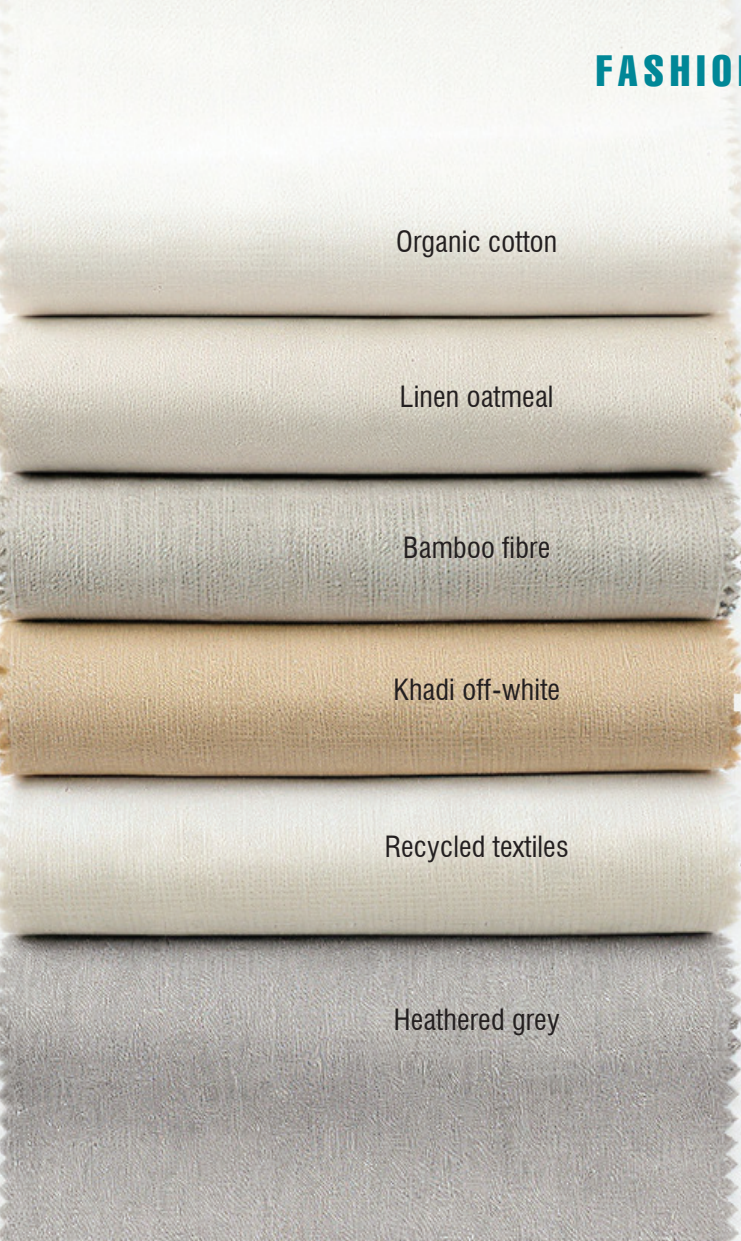
# Fashion

## When Style Becomes a Climate Choice

*Fashion shapes more than wardrobes — it shapes our planet. Women's clothing drives a \$2 trillion industry, yet each garment carries hidden environmental costs.*

*Eco-friendly fashion proves style and sustainability can powerfully coexist.*

BY TEAM GALAXIA QUEST



Organic cotton

Linen oatmeal

Bamboo fibre

Khadi off-white

Recycled textiles

Heathered grey

The clothes we wear every day are more than expressions of style—they are part of a vast global industry with enormous economic and environmental consequences. The global apparel market today is valued at nearly US\$2 trillion annually, making it one of the world’s largest consumer industries. Of this, women’s clothing accounts for more than half, reflecting the immense purchasing power women hold in shaping fashion trends and consumption patterns.



Yet the environmental cost of this industry often goes unnoticed. While climate discussions usually focus on automobiles, aviation, shipping, and heavy industries, the fashion industry is quietly one of the biggest contributors to environmental degradation. It is estimated to generate more carbon emissions than international aviation and shipping combined, while consuming massive quantities of water and creating huge amounts of waste.

Consider one startling statistic: producing a single cotton shirt requires nearly 2,700 litres of water—enough drinking water for one person for over two years. Multiply that by the billions of garments manufactured every year, and the environmental impact becomes impossible to ignore. Every garment purchased carries both an economic value and an environmental footprint.

But clothing is not optional. Fashion is an integral part of modern life, and for women in particular it is both functional and expressive.

**ECO-FRIENDLY CLOTHING REFERS TO GARMENTS MADE USING SUSTAINABLE FABRICS SUCH AS ORGANIC COTTON, LINEN, HEMP, BAMBOO FIBRE, KHADI, AND RECYCLED TEXTILES, PRODUCED THROUGH METHODS THAT REDUCE WATER CONSUMPTION, CARBON EMISSIONS, AND CHEMICAL WASTE.**



The real question, therefore, is not whether we should stop buying clothes, but how we can buy better. This is where eco-friendly fashion offers a meaningful solution.

Eco-friendly clothing refers to garments made using sustainable fabrics such as organic cotton, linen, hemp, bamboo fibre, khadi, and recycled textiles, produced through methods that reduce water consumption, carbon emissions, and chemical waste. These garments are often biodegradable, durable, and ethically produced, supporting fair wages and safer working conditions.

Women today have more eco-conscious choices than ever before. Sustainable fashion is no longer confined to niche labels or basic designs. From stylish dresses and workwear to ethnic garments and premium occasion wear, eco-friendly clothing has entered the mainstream.

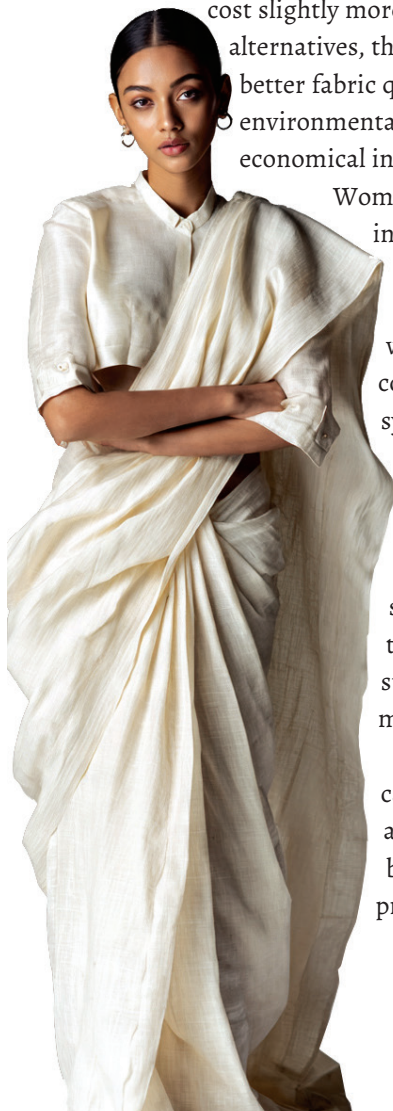
While eco-friendly garments may sometimes cost slightly more than fast-fashion alternatives, they offer better durability, better fabric quality, and a lower environmental impact, making them more economical in the long run.

Women, as the largest consumers in the apparel market, have the ability to drive this transformation. Every time a woman chooses an organic cotton kurta over a synthetic one, or a handloom saree over a mass-produced alternative, she sends a signal to the industry that sustainability matters.

That shift in demand can influence how garments are made, encouraging brands to adopt cleaner production methods and



EVERY TIME A WOMAN CHOOSES AN ORGANIC COTTON KURTA OVER A SYNTHETIC ONE, OR A HANDLOOM SAREE OVER A MASS-PRODUCED ALTERNATIVE, SHE SENDS A SIGNAL TO THE INDUSTRY THAT SUSTAINABILITY MATTERS



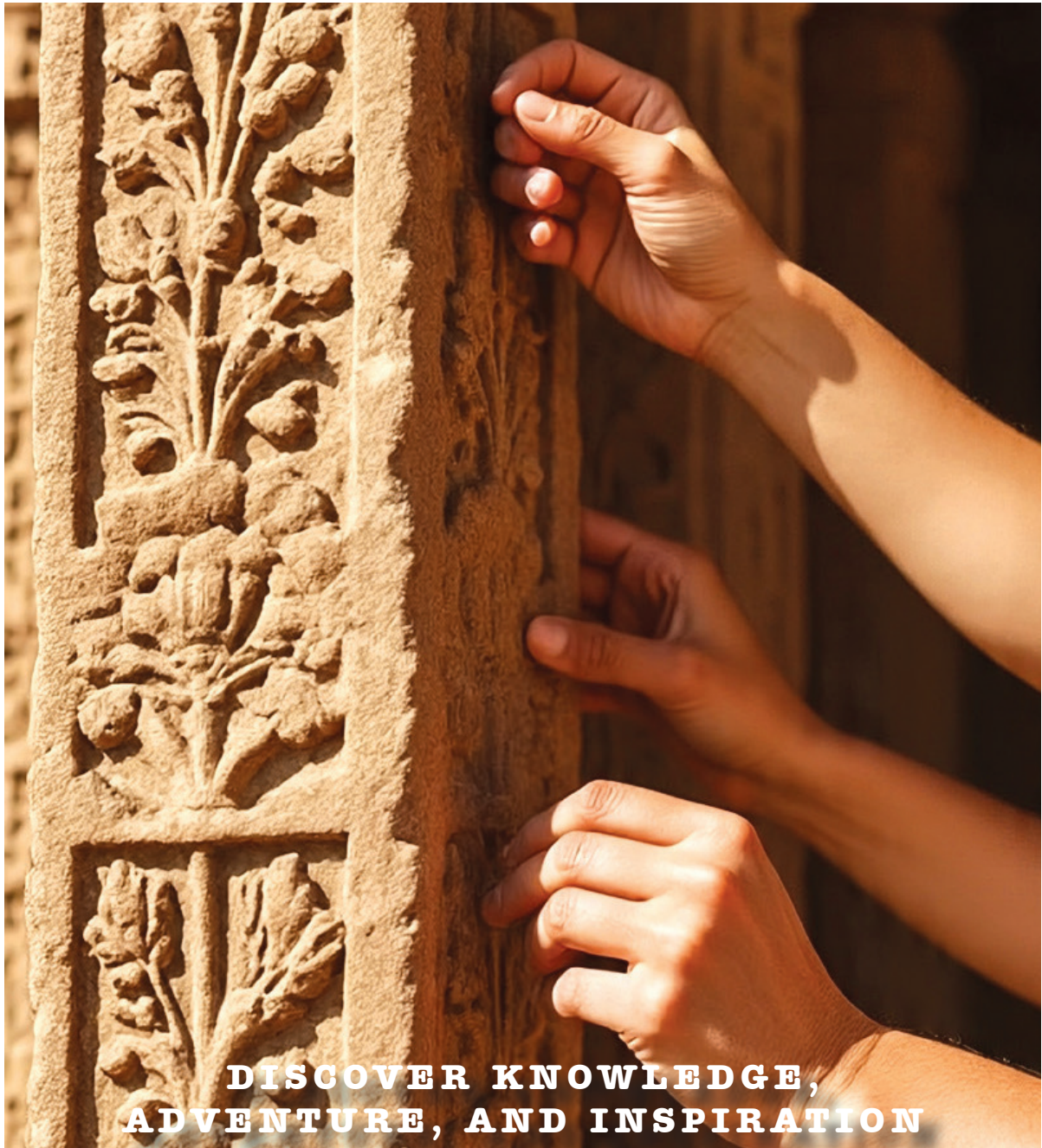
responsible sourcing. It turns fashion into something more powerful than personal expression—it turns it into a climate action.

Eco-friendly fashion proves that sustainability and style can coexist. It allows consumers to dress well while reducing waste, conserving water, and lowering emissions. In a world increasingly shaped by environmental concerns, choosing sustainable clothing is

not merely a fashion statement—it is a responsible step toward a greener future.

And when millions of women make that choice, the impact can be transformative. ▀

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# MENOPAUSE WAS NEVER MEANT TO BE SUFFERED THROUGH SILENTLY



**Dr. YUVRAAJ SINGH**

*MD Internal Medicine / Critical Care  
Advanced Training in Hormonal, Metabolic  
and Regenerative Medicine (A4M, USA)*



**FAMILIES AND RELATIONSHIPS HAVE QUIETLY SUFFERED THROUGH THE AGES- NOT BECAUSE WOMEN SUDDENLY CHANGED WHO THEY WERE, BUT BECAUSE THEIR BIOLOGY CHANGED AND NO ONE RECOGNIZED WHAT WAS HAPPENING BENEATH THE SURFACE.**



## PRECISION HEALTH

**T**here comes a phase in the lives of all women where something begins to change quietly, gradually, and often invisibly.

Sleep starts slipping away. Energy begins to fade. Weight increases despite discipline. Emotions become difficult to regulate. The mind feels slower, foggier, unfamiliar. Anxiety appears without reason. Confidence diminishes. Relationships become strained. Intimacy changes. The body no longer feels like home.

And yet, millions of women are repeatedly told the same thing: “It’s normal.” “It’s just stress.” “It’s age.” “You’re overthinking it.” “You have to live with this”

**But what if they are not overreacting at all?**

**What if their physiology is changing profoundly—and no one has truly explained it to them?**

For generations, women have silently endured the transition through perimenopause and menopause as though suffering were an expected rite of passage. Their symptoms are normalized, minimized, or fragmented into separate compartments. A sleeping pill for insomnia. An antidepressant for mood changes. Calcium tablets for bone loss. A diet plan for weight gain.

But the female body does not function in isolated systems.

Hormones influence the brain, metabolism, sleep, emotions, vascular health, bones, cognition, and even the way a woman experiences herself and the world around her. When these systems begin shifting, the

AS A PHYSICIAN WORKING FOR OVER TWO DECADES IN INTERNAL MEDICINE AND CRITICAL CARE, I HAVE SEEN WHERE YEARS OF IGNORED PHYSIOLOGICAL DYSFUNCTION EVENTUALLY LEAD—METABOLIC DISEASE, CARDIOVASCULAR DISEASE, COGNITIVE DECLINE, OSTEOPOROSIS, INFLAMMATORY DISORDERS, BREAST AND ENDOMETRIAL CANCERS AND PROFOUND DETERIORATION IN QUALITY OF LIFE.

effects are not merely physical—they are deeply personal.

Families and relationships have quietly suffered through the ages, not because women suddenly changed who they were, but because their biology changed and no one recognized what was happening beneath the surface.

A woman who once felt emotionally resilient may suddenly feel irritable, anxious, overwhelmed, or disconnected. A high-performing professional may begin struggling with memory, concentration, and fatigue. A wife may withdraw from intimacy not because love disappeared, but because hormonal decline altered sleep, mood, pain perception, confidence, and libido simultaneously.

And perhaps the most painful part of all is that many women begin doubting themselves.

They start believing they are becoming weak, emotional, unstable, or incapable—when in reality, their bodies are transitioning through one of the most significant physiological changes of their lives.

As a physician working for over two decades in Internal Medicine and Critical Care, I have seen where years of ignored physiological dysfunction eventually lead—Metabolic

disease, Cardiovascular disease, Cognitive decline, Osteoporosis, inflammatory disorders, Breast and Endometrial Cancers and Profound deterioration in quality of life.

The tragedy is that many of these changes begin years earlier, quietly, during the hormonal transition's women are told to simply “push through.”

Modern medicine has made remarkable advances, yet women's hormonal health remains one of the most clinically underserved and misunderstood areas in healthcare.

#### **THIS NEEDS TO CHANGE.**

Menopause should not be approached as the end of vitality, femininity, confidence, or strength. It should be understood as a biological transition requiring proper interpretation, structured evaluation, and individualized care.

**Because women do not merely deserve symptom relief.**

**They deserve to understand what is happening inside their bodies. They deserve to feel heard instead of dismissed.**

**They deserve clarity instead of confusion.**

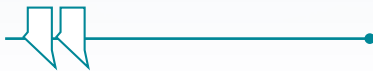
And most importantly, they deserve to know that suffering silently was never the way this phase of life was meant to be lived. ▶

# STRESS MANAGEMENT

*We chase titles, timelines, and targets. Yet stress doesn't check your designation before it hits. From students to CEOs, the real KPI today isn't productivity. It's peace. And peace begins with Mind, Body, and Soul.*



**ADESH GUPTA**  
Founder Liberty Group



**“A WALK IN FRESH AIR, TIME SPENT WITH LOVED ONES, SILENCE AWAY FROM DIGITAL DISTRACTIONS, AND RECONNECTING WITH ONESELF PROVED TO BE POWERFUL STRESS RELIEVERS”**



## INNER BALANCE

### FINDING BALANCE IN A FAST-MOVING WORLD

The Covid-19 pandemic was not merely a health crisis; it became an emotional and psychological turning point for humanity. While the world fought an invisible enemy, millions silently struggled with stress, fear, uncertainty, and emotional exhaustion. Lockdowns, isolation, and anxiety forced individuals and organizations alike to recognize the importance of mental and emotional well-being.

**Amid the disruption, one important truth emerged — true wellness lies in balance.**

Today's fast-moving world measures success through speed, status, money, and constant achievement. High-pressure careers, financial insecurity, technological overload, family responsibilities, and the growing culture of burnout have become major causes of stress across generations, including Gen-Z.

Ironically, the pandemic also gave humanity moments of clarity. Cleaner air, stronger family bonds, slower lifestyles, and freedom from unnecessary social pressures reminded people of the simple joys they had long ignored.

**Perhaps nature itself became the greatest teacher.**

Time spent in fresh air, meaningful conversations with loved ones, silence away from digital distractions, and reconnecting with oneself proved to be powerful stress relievers. The closer human beings remain connected with nature, the more balanced and peaceful their lives become.

**The reality is simple — stress touches everyone.**

Students fear examinations and career uncertainty. Young professionals worry about jobs and stability. Families struggle with responsibilities and expectations. Entrepreneurs and business leaders constantly chase growth and success. Stress does not discriminate; it is a universal human experience.

Broadly, stress arises from two sources — the known and the unknown. Known challenges can often be handled with



planning and discipline. Unknown fears create deeper anxiety because they lie beyond human control.

At the heart of stress management lie three powerful pillars: Mind, Body, and Soul.

### THE MIND: THE CREATOR AND CONTROLLER

The mind is both the birthplace and the manager of stress. Thoughts shape emotions, reactions, and ultimately, peace of mind.

One of the most effective remedies for stress is emotional connection — spending meaningful time with family, communicating openly, and practicing unconditional love.

Stress can be understood through the image of a lion trapped inside a cage. The lion represents stress, while the cage symbolizes the human mind. Often, the real prison is not the situation itself, but the way the mind responds to it.

The human mind functions like a machine with four buttons — Play, Replay, Pause, and Fast Forward. Unfortunately, many people continuously replay painful memories and negative experiences.

The key lies in learning to pause negativity, fast-forward unpleasant thoughts, and consciously focus on positivity and gratitude.

An equally important lesson is understanding the difference between perception and reality. Very often, suffering is created not by facts, but by the way situations are perceived. A shift in perspective can instantly reduce emotional burden and bring clarity.

**BEGINNING THE DAY WITH GRATITUDE, DEEP BREATHING, PRANAYAMA, MEDITATION, AND MORNING WALKS ARE AMONG THE MOST EFFECTIVE NATURAL WAYS TO REDUCE STRESS AND STRENGTHEN IMMUNITY.**

### THE BODY: THE PHYSICAL REFLECTION OF STRESS

Stress rarely remains confined to the mind. It eventually appears physically through fatigue,





sleeplessness, irritation, and various health complications.

The body requires constant care and balance. Simple daily habits can significantly improve emotional and physical well-being.

Beginning the day with gratitude, deep breathing, pranayama, meditation, and morning walks are among the most effective natural ways to reduce stress and strengthen immunity.

Wellness therapies such as mindfulness, aromatherapy, and relaxation techniques can also help restore inner calm.

Most importantly, every individual must learn to become the “doctor” of his or her own body — understanding its needs, respecting its limits, and nurturing it with care.

## THE SOUL: THE ANCHOR OF INNER PEACE

Perhaps the deepest dimension of stress management lies in spiritual connection.

During difficult times, spirituality offers strength, stability, and inner peace that material success alone cannot provide.

A beautiful analogy is that of a kite and its thread. Human beings may soar high in life, but spiritual grounding keeps them balanced and prevents them from losing direction.

India’s spiritual heritage — through bhajans, shlokas, mantras, meditation, prayers, and visits to temples, churches, or gurudwaras — continues to offer timeless pathways toward emotional resilience and inner calm.

Faith, humility, and surrender to a higher power often open the doors to peace, purpose, and fulfillment.

## BEYOND SUCCESS: THE REAL MEANING OF BALANCE

In today’s competitive world, people often spend their lives chasing external achievements while neglecting inner well-being.

True success is not measured only by wealth, titles, or accomplishments. Real balance comes from nurturing the Mind, caring for the Body, and staying connected with the Soul.

Because in the end, a peaceful life is not built merely on achievement — it is built on harmony within oneself. ▼

GALAXIA  
**QUEST**  
Leisurely Yours



**SOME PLACES CHANGE YOUR PHOTOS. OTHERS  
CHANGE YOU. STAND WHERE HISTORY TOWERS.  
BREATHE DEEPER. WANDER FURTHER.**

# PUNJAB

## A CULTURAL CRUCIBLE

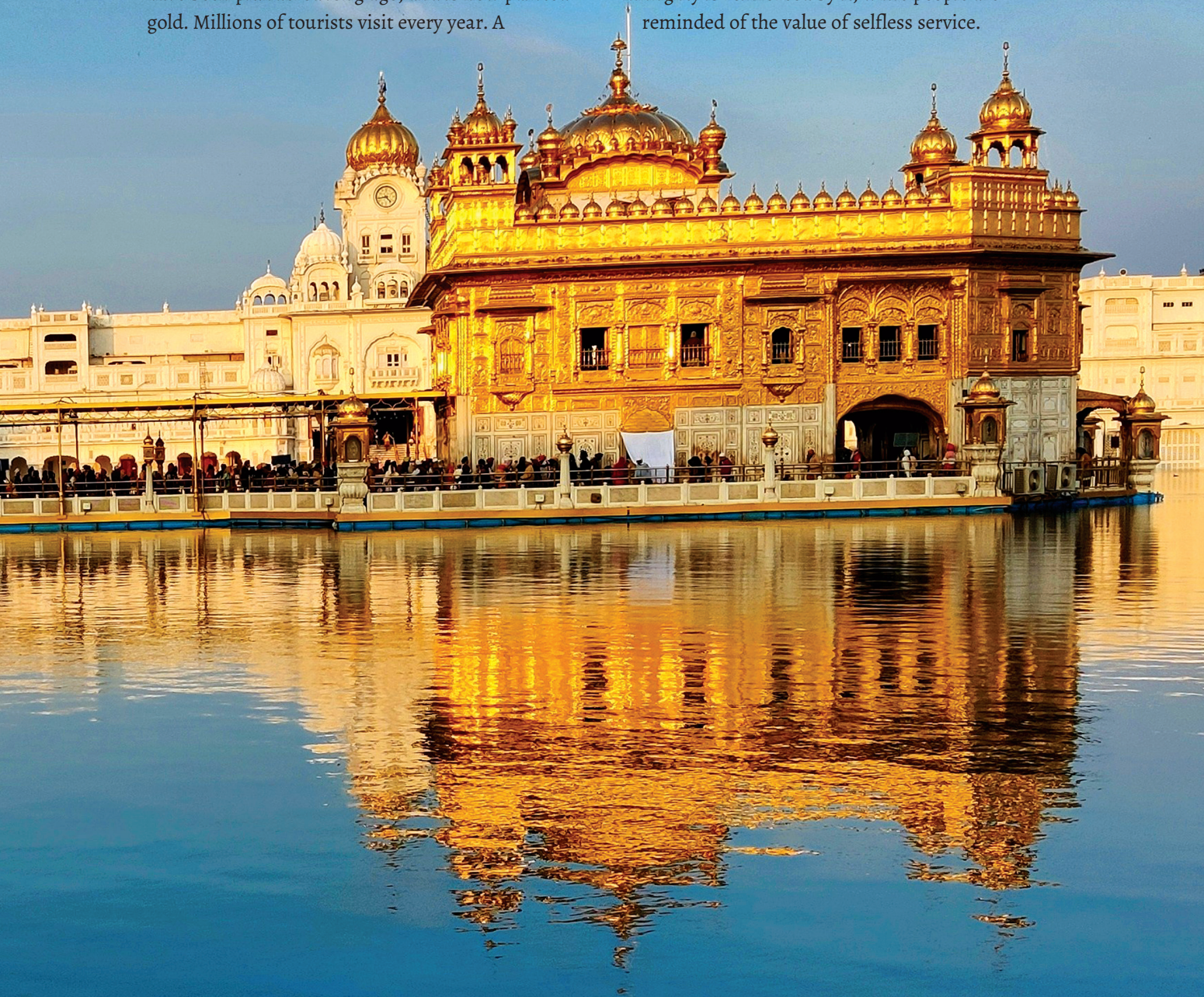
*Come to a potpourri of religion, hearty cuisine, historical heritage, and rustic charm.*

*Punjab, which literally means the “Land of Five Rivers,” has always played a significant role in India’s long history. It stood as the gateway to India for marauders entering through the Hindu Kush mountains, especially those who came via the Khyber Pass. From Alexander of Macedon to Ahmed Shah Abdali, all invaders fought against Gandhaar which had its capital in Takshashila (Taxila), later simply Punjab before they could enter the Gangetic plains. It bore the brunt of the attacks before the rest of the country did so. This exposure to diverse cultures from the Middle East made it one of India’s most vibrant and culturally rich states.*

## SPIRITUAL AND RELIGIOUS HERITAGE DRAWS EVERY KIND OF TOURIST

**T**ourists flock to Punjab for both religious and spiritual experiences. The iconic Golden Temple, also known as Harmandir Sahib, is Sikhism's holiest shrine. However, not just Sikhs, but Hindus also consider it a religious duty to take a holy dip in the sacred Amrit Sarovar. It sits like a jewel in the heart of Amritsar. This magnificent structure was once covered with gold leaves, which have been plundered long ago, and is now painted gold. Millions of tourists visit every year. A

highlight of the visit is taking part in the langar (community kitchen). Thousands of people are served free meals daily. This practice was initiated while the Sikhs were defending the citizens against the waning Mughal empire to ensure that no one sleeps hungry any day. Each visitor is served exactly the same quantity of food, including the kadha prashad. The principle of equality before the Almighty is reinforced by it, while people are reminded of the value of selfless service.





Jallianwala Bagh

## URBAN SOPHISTICATION AT ITS BEST

WHILE AMRITSAR EVOLVED as an urban hub over the centuries, Punjab offers you urban sophistication in the shape of Chandigarh, the shared capital of Punjab and Haryana. Designed by Le Corbusier, Chandigarh is one of the earliest examples of a planned city post-Independence. Attractions like the Rose Garden, the Rock Garden designed by Nek Chand, the UNESCO World Heritage-listed Capitol Complex, and Sukhna Lake keep the tourists arriving in hordes. The city is unlike Punjab's otherwise rustic landscape, and is home to several institutions of higher education. Ludhiana is the hub of the textile industry, including hosiery and woolens, in the northern part of India. Patiala is famous for its royal heritage, palaces, and traditional attire like the Patiala salwar.



## GRIM REMINDER OF TRAGEDY

THE JALLIANWALA BAGH within Amritsar serves to remind people of the sacrifices of the martyrs who were massacred in 1919, and how India's freedom was won at great cost.

Then there is Wagah border where Numerous people gather to witness the retreat ceremony daily. While this spirited military display between India and Pakistan is somewhat dramatic, not just patriotic; it underscores the tragedy of the Partition of India, when many in the Punjab and Bengal lost their homes and loved ones.

ATTRactions LIKE THE ROSE GARDEN, THE ROCK GARDEN DESIGNED BY NEK CHAND, THE UNESCO WORLD HERITAGE-LISTED CAPITOL COMPLEX, AND SUKHNA LAKE KEEP THE TOURISTS ARRIVING IN HORDES.



Rose Garden



Rock Garden



### REVEL IN THE LUSH FIELDS

THE GREEN REVOLUTION made Punjab the granary of India as its fertile plains produced bumper crops year after year. Their earthy, filling cuisine is delicious, and is matched only by the warmth of their hospitality, and energetic way of living. You can get an authentic glimpse into Punjabi traditional life in any of the villages across Punjab. Experience tractor rides, participate in their folk dances like Bhangra and Gidda. Round off the experience with ghee laden makkai di roti (bread made of corn flour) eaten with sarson da saag (a dish made with mustard leaves and other greens), and wash it down with lassi served in tall glasses. Food is a highlight of Punjab tourism. The cuisine reflects the region's agricultural abundance and love for hearty eating. Amritsar competes with Indore and Kolkata for the sheer variety and quality of its street food, like the various kinds of parathas, kulcha, and chole-bhature.





Sri Guru Ram Dass Jee International Airport



### SUPERB CONNECTIVITY AIDS PUNJAB TOURISM

REGARDLESS OF WHICH part of the country you are in, or have just reached India, reaching Punjab will not pose any challenges. The state is well-linked by air, rail, and road networks. By air, you can reach Amritsar, landing at Sri Guru Ram Dass Jee International Airport (ATQ), from where both domestic and international flights arrive and



depart. To reach Chandigarh from any of the major Indian cities, you will land at Shaheed Bhagat Singh International Airport (IXC), Mohali. Other airports which cater to domestic flights are Adampur Airport (AIP) near Jalandhar; Bathinda Airport (BUP) located on the outskirts of Bathinda; Pathankot Airport (IXP) which services both Ludhiana Airport (LUH) on GT Road in Sahnewal (Ludhiana).

### LAND SURFACE CONNECTIVITY OPTIONS

PUNJAB IS EQUALLY well connected by surface transport with most parts of India. Border districts like Ferozepur as well as the main cities like Chandigarh, Amritsar, Patiala, Jalandhar, and



Ludhiana are connected by various train routes. Amritsar Mail, Punjab Mail, Golden Temple Mail, and express trains like the Akal Takht Express, Vande Bharat Express, Amrit Bharat Express, Sachkhand Express ensure that you reach various parts of Punjab swiftly by train. On the other hand, if you prefer to travel by road, take advantage of Punjab's superbly kept network of national and state highways crisscrossing the state. Alternatively, you can utilize the services of state-run and private buses which operate regularly, and offer both budget and luxury travel choices.



**VISIT PUNJAB TO SAVOR THE JOY OF LIVING**

TRY VISITING PUNJAB in winter and spring to see the state at its best. If your timing is right, you might even get to participate festivals of Lohri and/or Baisakhi. Visiting Punjab is an experience that teaches you much, especially about living life to the fullest, celebrating with zest, and overcoming obstacles and tragedies heroically. You might even want to take home some of their phulkari outfits, typical highly decorated Punjabi juttis (footwear), blankets, pieces reflecting artistic woodwork, and folk toys. ▀

**TAKEAWAY**

Visiting Punjab is not simply about sightseeing, or performing a pilgrimage to places like Anandpur Sahib or the Golden Temple. It is about relishing a delightful, earthy cuisine, becoming acquainted with a vibrant way of life, and soothing the eyes with the lush greenery.

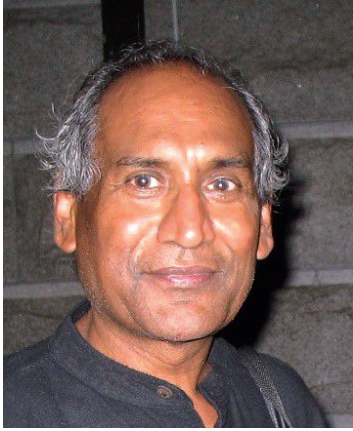


# Cartographies of Consciousness

Kalicharan Gupta and the Enduring Value of Inner Landscapes

*The history of abstract art is, in many ways, the history of humanity's attempt to picture what cannot be seen.*

BY RITIKA LALL CHAKRAVARTTY



*Kalicharan Gupta*



**KALICHARAN GUPTA'S ABSTRACTIONS ARE MEDITATIVE LANDSCAPES OF MEMORY, EMOTION, AND CONSCIOUSNESS. ROOTED IN THE RICH TRADITION OF INDIAN MODERNISM, HIS PAINTINGS BALANCE LUMINOUS COLOUR, LAYERED TEXTURE, AND SPIRITUAL DEPTH TO CREATE WORKS THAT REVEAL NEW MEANINGS OVER TIME. FOR DISCERNING COLLECTORS, GUPTA OFFERS MORE THAN VISUAL IMPACT-HE OFFERS ART OF ENDURING RESONANCE AND LASTING SIGNIFICANCE.**



In the early twentieth century, artists such as Wassily Kandinsky, Kazimir Malevich, and Piet Mondrian began to move away from the depiction of the external world. They believed that color, line, and form could communicate emotional and spiritual realities more powerfully than literal representation. Abstraction was not conceived as a rejection of reality, but as a deeper engagement with it; an attempt to reveal the invisible structures of thought, feeling, and consciousness.



This pursuit resonated profoundly in India, where philosophical traditions have long explored the relationship between the material and the transcendental. From Tantric diagrams and mandalas to temple architecture and miniature painting, Indian art has consistently sought to visualize forces that exist beyond ordinary perception. In the twentieth century, artists such as V. S. Gaitonde, S. H. Raza, Ram Kumar, and Nasreen Mohamedi transformed these philosophical concerns into a distinctly Indian modernism that now occupies a central place in global art history.

It is within this rich lineage that the work of Kalicharan Gupta finds its most meaningful context.

There are paintings that invite admiration, and there are paintings that invite immersion.

Kalicharan Gupta's abstractions belong decisively to the latter category. They do not present a recognizable scene or fixed narrative. Instead, they unfold slowly, like a memory resurfacing or a thought taking form. Layers of color, texture, and gesture create compositions that feel simultaneously intimate and expansive, works that reward contemplation and reveal their complexity over time.

To stand before a Kalicharan Gupta canvas is to enter an interior landscape where emotion, intuition, and spiritual reflection converge.

## PAINTING THE INVISIBLE

The most compelling abstract paintings operate as visual meditations. Their purpose is not to describe the world but

to evoke states of being that resist verbal explanation.

Gupta's work embodies this principle with remarkable clarity. His canvases suggest traces of geological formations, cosmic energies, and submerged memories. Yet they remain open-ended, allowing each viewer to bring personal associations to the encounter.

This ambiguity is not uncertainty; it is a deliberate and sophisticated artistic strategy. By withholding literal reference, Gupta creates space for introspection.

### **THE LANGUAGE OF KALICHRAN GUPTA**

What distinguishes Gupta's paintings is their ability to balance movement with stillness.

At first glance, the viewer is drawn to their luminous surfaces and resonant colors. With sustained looking, intricate structures begin to emerge, forms that seem to oscillate between landscape, symbol, and pure abstraction.

His visual language is characterized by richly layered textures, vibrant yet harmonized palettes, gestural brushwork, and a contemplative sense of rhythm. These elements combine to produce works that feel both spontaneous and deeply resolved.

Each painting functions as a cartography of consciousness, tracing the subtle terrain between memory and imagination, matter and spirit.

### **A WORK THAT DEEPENS WITH TIME**

One of the defining qualities of Gupta's paintings is their capacity to evolve in the eyes of the viewer. Unlike images that offer immediate gratification, these works reveal themselves gradually. New details, emotional tones, and symbolic associations emerge with repeated engagement. This sustained dialogue between artwork and viewer is one of the clearest indicators of artistic significance.

Such works become more than objects of display; they become enduring companions in a collector's environment, contributing intellectual and emotional depth to the spaces they inhabit.



### **INDIAN ABSTRACTION AND GLOBAL RECOGNITION**

Over the past two decades, Indian abstraction has gained increasing international recognition. Museum exhibitions, scholarly research, and strong market performance have reaffirmed the importance of Indian modernism within the broader narrative of twentieth- and twenty-first-century art.

This renewed attention has also encouraged collectors to look beyond a small circle of canonical names and engage with artists whose practices are mature, distinctive, and historically grounded.



### **KALICHARAN GUPTA BELONGS TO THIS IMPORTANT GROUP.**

His work speaks to universal themes of consciousness, transformation, and the search for meaning; concerns that transcend geography and cultural context.

### **WHY KALICHARAN GUPTA MATTERS TO COLLECTORS**

Collectors are drawn to Gupta's paintings for reasons that extend well beyond visual appeal.

His oeuvre reflects decades of disciplined practice and a consistently evolving artistic language. The work carries philosophical depth while maintaining strong formal integrity. It possesses a commanding presence in

contemporary interiors, yet its greatest strength lies in its ability to sustain thoughtful engagement over time.

Equally significant is the relative rarity of important works, many of which already reside in private collections. For discerning collectors, this combination of authenticity, maturity, and scarcity makes Gupta's paintings particularly compelling.

### **COLLECTING WITH PERSPECTIVE**

The most meaningful acquisitions are those grounded in artistic integrity and cultural relevance.

Kalicharan Gupta's paintings offer both. They are rooted in a profound engagement with abstraction as a language of inner experience, and they occupy a significant position within the evolving narrative of Indian contemporary art.

For collectors who seek works of lasting resonance, Gupta represents an artist whose significance extends beyond immediate visibility. His paintings reward patience, scholarship, and emotional openness.

### **LIVING WITH THE WORK**

A Kalicharan Gupta painting transforms the atmosphere of a space.

It introduces a sense of stillness, contemplation, and subtle energy. Over time, its layered surfaces continue to reveal new nuances, ensuring that the relationship between artwork and viewer remains dynamic rather than static.

This enduring capacity for discovery is what distinguishes important art from merely decorative art. ▀

## **CONCLUSION**

KALICHARAN GUPTA occupies a distinctive and meaningful place within the tradition of Indian abstraction. His paintings unite formal sophistication with spiritual depth, creating works that are visually compelling and intellectually expansive. To collect a Kalicharan Gupta is to engage with a body of work that charts the invisible landscapes of

consciousness.

These are paintings that do more than inhabit a wall.

They invite reflection, reward sustained attention, and continue to reveal new dimensions of meaning, offering not only aesthetic richness, but a lasting connection to the deeper currents of human experience.



MADAN MOHAN

# The Subtle Classicist

BY MANOJ KARORA

June is the anniversary month of stalwarts of music. RD Burman, Vasant Desai, Sajjad Hussain, Hemant Kumar, Kalyanji (of the K-A duo) and Madan Mohan. I decided to dig into the life and music of Madan Mohan for this issue.

He was born in Baghdad and his father worked with Iraqi police administration. Madan completed

his education in Lahore, Bombay and Dehradun. He briefly joined the army and later worked at All India Radio in Lucknow. It was the musical traditions of Lucknow that pulled him into the world of music.

He began his tryst with music from singing ghazals. He also worked as assistant to SD Burman

for the film *Do Bhai* (remember “*mera sundar sapna beet gaya*” by Geeta Dutt). Then came his first break as the music composer with 1950 film *Aankhen*. Unlike most composers, he had the complete film to him rather than an odd song. *Mori Atariya Pe Kaaga Bole* by Meena Kapoor is still remembered. His next film was *Ada* (1951) and the song *Pritam Meri Duniya Mein Do Din To Rahe Hote* showed his mastery over melancholic numbers. Then started a journey of 25 years of enriching music with *Mausam* (1975) as his last film.

No composer in Hindi cinema captured yearning, loneliness, or restrained heartbreak with the sophistication of Madan Mohan. He preferred subtle tonal movements, pauses, and understated instrumentation where the emotional effect came from restraint. *Lag Ja Gale (Wo Kaun Thi)*, *Hai Isi Mein Pyaar Ki Aabroo (Anpadh)*, *Woh Bhooli Dastaan (Sanjog)* *Phir Wohi Shaam Wohi Gham (Jahan Ara)* reveal his ability to create emotional depth through minimal melodic gestures.

Madan Mohan transformed the film-ghazal genre into an uplifting experience. He introduced delicacy, conversational phrasing, and classical nuance in ghazal composition. While *Rasm-e-Ulfat Ko Nibhayen (Dil Ki Rahen)* moved almost like a sigh, *Woh Chup Rahen To (Jahan Ara)* used silence itself as musical texture.

His grounding in classical music was formidable. He integrated Ragas seamlessly into cinematic situations while remaining accessible to ordinary listeners. *Baiyan Na Dharo (Dastak, Raag Charukeshi)*, *Naino Mein Badra Chhaye (Mera Saya, Raag Bhimpalasi)*, *Poocho Na Kaise Maine Rain Bitayi (Meri Surat Teri Aankhen, Raag Ahir Bhairav)*, *Agar Mujh Se Mohabbat Hai (Aap Ki Parchhaiyan, Raag Darbari)*, *Bairan Neend Na Aaye (Chacha Zindabad, Raag Kafi)* exhibit the balance between classical sophistication and emotional accessibility, which was one of his greatest achievements.

An interesting experimentation unique to Madan Mohan was composing different tunes for *Antraas* in the same song. *Ek Haseem Shaam Ko (Dulhan Ek Raat Ki)*, *Betaab Dil Ki Tamanna (Hanste Zakhm)*, *Chand Madham Hai (Railway Platform)*,



**MADAN MOHAN TRANSFORMED THE FILM-GHAZAL GENRE INTO AN UPLIFTING EXPERIENCE. HE INTRODUCED DELICACY, CONVERSATIONAL PHRASING, AND CLASSICAL NUANCE IN GHAZAL COMPOSITION. WHILE RASM-E-ULFAT KO NIBHAYEN (DIL KI RAHEN) MOVED ALMOST LIKE A SIGH, WOH CHUP RAHEN TO (JAHAN ARA) USED SILENCE ITSELF AS MUSICAL TEXTURE**

*Hamare Baad Ab Mehfil Mein (Baaghi)* proved that he was able to conjure so many melodies within the same song.

One of the tragedies of Madan Mohan’s career was that his refined musical sensibility did not always align with the commercial trends of the time. Madan Mohan’s greatness lies not merely in melody but in emotional intelligence. He understood silence, poetic cadence, emotional hesitation, musical understatement and the psychology of longing. His music never shouted for attention. It revealed itself gradually, deepening with repeated listening. That is why his music survives not merely as nostalgia, but as art. ▼

*(Manoj K Arora is a former civil servant)*

# GALAXIA QUEST- Why?

*Why another magazine when millions already exist?*



**Dr. AMIT GOEL**  
*Printer and Publisher*  
GALAXIA QUEST

“PUTTING TOGETHER EVERY ISSUE OF GALAXIA QUEST IS A LABOUR OF PASSION, TEAMWORK, AND COMMITMENT. BEHIND EVERY PAGE LIES THE EFFORT OF WRITERS, EDITORS, DESIGNERS, PHOTOGRAPHERS, CONTRIBUTORS, AND CREATIVE MINDS WORKING TIRELESSLY TO BRING MEANINGFUL CONTENT TO YOU.”

QUEST CONTINUES

Every person on Earth has two eyes, two ears, and two legs — yet no two individuals are the same. Millions of love songs have been composed, yet each carries its own melody and emotion.

Among the countless magazines already in existence, ours too is a new-born child — a symbol of new beginnings, hope, and purity. Perhaps that is why new creations attract us so deeply. They arrive untouched by bitterness, ambition, or prejudice, reminding us of something adults slowly lose and spend much of life searching for again: innocence, trust, and the feeling that life is still entirely ahead.

Through these pages, we bring you destinations to dream about, luxury homes to admire, extraordinary products to desire, and stories that are effortless to read yet rich in aspiration. Hope, after all, is emotionally intoxicating.

We want the GQ family — of which you are the most valued member — to momentarily forget stress. These 60 pages are meant to help you live many lives without bearing their real cost: to feel brave, romantic, inspired, and victorious, all while sitting comfortably in your chair.

Every issue of Galaxia Quest is crafted with the belief that today's readers seek not merely information, but inspiration — stories, experiences, and ideas that enrich life in meaningful ways.

This month's edition takes you on a journey through diverse worlds: from health and mental well-being to luxury living, from soulful music to unforgettable travel destinations. We have attempted to curate a blend that reflects the evolving aspirations and lifestyle of modern Indian readers.

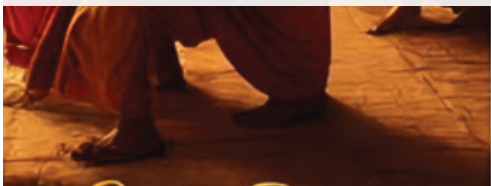
Putting together every issue of Galaxia Quest is a labour of passion, teamwork, and commitment. Behind every page lies the effort of writers, editors, designers, photographers, contributors, and creative minds working tirelessly to bring meaningful content to you.

I sincerely hope you enjoy reading this edition as much as we enjoyed creating it for you. Your encouragement continues to inspire us to aim higher with every issue. ▀

**GALAXIA**  
**QUEST**  
*Leisurely Yours*



**FROM RED FORT TO THALI. ROTI, DAAL, JALEBI, GARAM MASALA. EVERY BITE HOLDS CENTURIES. THIS IS INDIAN CULTURE, ONE SPICE AT A TIME.**



GALAXIA  
**QUEST**  
*Leisurely Yours*

GALAXIA QUEST  
THE ENDLESS JOURNEY OF CURIOSITY