

SPECIAL ISSUE

Vol. 1, Issue 6

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GALAXIA QUEST

Leisurely Yours

South Africa

EVERY SUNRISE BRINGS AN ADVENTURE

LOVE AGAIN

Second Marriages
Through History

ALZHEIMER'S DISEASE -

A New Dawn of Hope

MONSOON SKINCARE PROTECTION

Ayurvedic Tips to Keep
Your Skin Healthy During
the Rainy Season

THE SOUND OF A LIFETIME

Still Lives Within
Our Hearts

BEYOND CHARITY

Why India Must Build
Communities, Not
Dependence



MAHJONG

Why Indian Cities Love
This Chinese Game?



WELLNESS

Proving the truth of
"Health is Wealth"



CINEMA

Dev Anand: The
Eternal Romantic



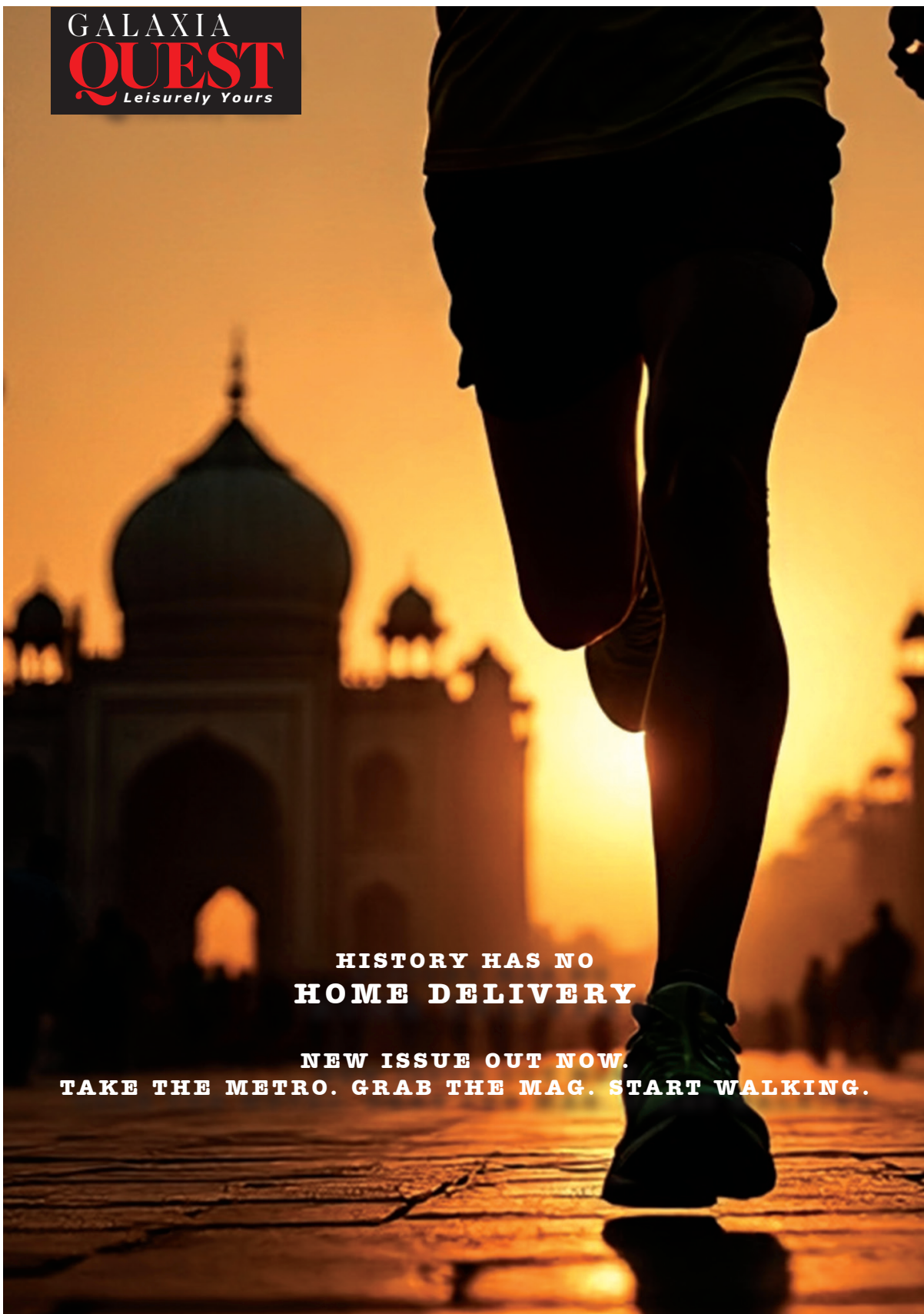
ART

A New Visual
Vocabulary



**GALAXIA
QUEST**
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COUNTLESS TRADITIONS. ONE LIVING
CIVILISATION. THIS IS INDIA

A full-page photograph of a person running, shown from the waist down in silhouette. The runner is wearing dark shorts and bright green sneakers. They are running on a paved surface that reflects the warm light of the sunset. In the background, the iconic domes and arches of the Taj Mahal are visible, bathed in the golden glow of the setting sun. The sky is a deep orange, and the overall mood is one of movement and exploration.

**GALAXIA
QUEST**
Leisurely Yours

**HISTORY HAS NO
HOME DELIVERY**

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

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Photo Courtesy: AI generated, Unsplash

E20 BEYOND THE FUEL PUMP

Should you or shouldn't you? It's a question we can ask ourselves about pretty much everything. However, when it comes to petroleum consumption, the government has taken that right away from us. E20 fuel—a blend of 20% ethanol and 80% petrol—is a reality. Now, we can argue that it has been thrust upon us, that there wasn't any nationwide debate or consensus. But such has become the volatility of geopolitics and the fuel-based world order that each country will ultimately have to look after its own interests.

The automotive landscape has been evolving rapidly. Beyond the garage, however, lies a critical macroeconomic and geopolitical reality: E20 is no longer just an alternative fuel choice; it is an economic necessity.

The economic background is stark. Importing nearly 88% of its crude oil leaves India intensely vulnerable to global price shocks. When international crude oil prices have historically surged to USD 135 per barrel, unhedged fuel prices have threatened to spiral beyond ₹125 per litre. By substituting a fifth of every litre with domestically produced bio-ethanol—sourced from surplus grains and sugarcane—the Ethanol Blended Petrol programme has successfully

FROM THE EDITOR



accumulated more than ₹1.97 lakh crore in foreign exchange savings and redirected over ₹1.65 lakh crore directly to farmers.

Politically and strategically, E2O serves as a vital national insurance policy. Critics frequently debate the marginal trade-offs in fuel efficiency, but viewing E2O through the narrow lens of daily pump economics misses the larger picture. It decouples domestic mobility from volatile geopolitical flashpoints, strengthens long-term energy security and fulfils international climate commitments by reducing carbon emissions.

Ultimately, embracing E2O future-proofs our economy against external disruptions while empowering the domestic agricultural sector. So, the next time you go to the fuel pump and see your mileage perhaps dropping a little, just remember this: if you don't compromise on your mileage, you may well end up compromising on your wallet.

Happy reading

The **GALAXIA QUEST** way

Bhupendra Chaubey

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EVERY SUNRISE
BRINGS AN
ADVENTURE

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THE NEXT FRONTIER OF HOSPITALITY

Innovation, Expansion and the Tivoli Vision

GALAXIA QUEST

Leisurely Yours





ISSUE #6 ARRIVES!

**FROM THE BREATHTAKING LANDSCAPES
OF SOUTH AFRICA AND CAPE TOWN TO THE
WORLDS OF ART, CULTURE AND GIVING BEYOND
CHARITY. DISCOVER DEV ANAND'S ETERNAL
ROMANCE, THE SOUND OF A LIFETIME,
NUCLEAR MEDICINE, WELLNESS, MONSOON
SKINCARE, MAHJONG MANIA—AND MUCH MORE**



麻将热 Mania

**[WHY INDIA'S CITIES ARE FALLING IN LOVE
WITH AN ANCIENT CHINESE GAME?]**



*Across Delhi, Mumbai, Gurugram, Chennai and Bengaluru, the clatter of Mahjong tiles is replacing card shuffles. This 150-year-old Chinese game is drawing Indians to cafés and living rooms for strategy, conversation, and a rare chance to disconnect and reconnect face-to-face, writes **Team GALAXIA QUEST**.*

Some revolutions announce themselves with fanfare. Others unfold quietly, almost imperceptibly, until one day they are impossible to ignore. The growing popularity of Mahjong in India's metropolitan cities belongs to the latter category.

How people choose to spend their leisure time has always fascinated society. Ironically, even those glued to their smartphones scrolling endlessly through social media are curious about what their friends are doing offline. In Delhi, Gurugram, Mumbai, Chennai and Bengaluru, a new pastime is steadily capturing attention. In clubs, cafés and living rooms, the familiar shuffle of playing cards is giving way to the rhythmic clatter of ivory-coloured tiles. An ancient Chinese game, Mahjong is quietly becoming one of India's fastest-growing social and intellectual pursuits.

BEYOND EAST ASIAN COMMUNITIES

Until fairly recently, Mahjong was largely confined to a small circle of enthusiasts in India. Many belonged to Army families or communities with historical ties to East Asia, where the game has long been part of the cultural fabric.

THAT HAS CHANGED DRAMATICALLY.

Today, professionals, entrepreneurs, homemakers, retirees and young adults are discovering a pastime that offers something increasingly rare in the digital age—meaningful face-to-face interaction. While technology has made communication easier than ever, it has also made genuine social engagement less common. Mahjong offers an antidote. It combines strategy, conversation and companionship in a way few modern hobbies can.

AT A GLANCE



MAHJONG BY THE NUMBERS

Country of origin	China
Approximate age	Over 150 years
Players	Usually 4
Tiles	144
Average game duration	2–3 hours
Skills required	Memory, strategy, observation and probability
Fastest-growing Indian cities:	Mumbai, Delhi NCR, Gurugram, Chennai and Bengaluru

The game's appeal beyond Asia is not new. It found a devoted following in the United States during the early twentieth century, where its exotic origins and strategic complexity made it especially popular among women's groups and immigrant communities. More than a game, Mahjong became a social institution, bringing neighbours together and fostering lasting friendships.

India now appears to be following a similar path.

AN ANCIENT GAME WITH MODERN APPEAL

Mahjong traces its origins to nineteenth-century China, although historians believe its roots may extend even further back. Played with 144 beautifully crafted tiles featuring Chinese characters, bamboo, circles, winds, dragons and flowers, the game is often compared with rummy. Yet the comparison barely scratches the surface.

Unlike many card games that rely heavily on luck, Mahjong demands sustained concentration, sharp observation and strategic thinking. Players must remember discarded tiles, anticipate their opponents' intentions, calculate probabilities and





IN AN AGE OF ENDLESS SCROLLING, MAHJONG OFFERS SOMETHING REFRESHINGLY RARE—A REASON TO PUT AWAY THE PHONE AND RECONNECT WITH PEOPLE

constantly adjust their tactics as the game unfolds.

Success depends on recognising patterns, building winning combinations and making the right decisions under pressure. While fortune influences every game, skill almost always separates experienced players from beginners.

This rich blend of strategy and unpredictability explains why Mahjong has survived political upheavals, wars and changing social fashions for well over a century. It continues to evolve without losing its essential character.

MORE THAN ENTERTAINMENT

One of Mahjong's greatest strengths is that it offers benefits extending far beyond recreation.

The game requires players to exercise memory, concentration, analytical thinking and decision-making simultaneously. Every discarded tile conveys information, every draw changes the

strategic landscape and every move requires careful judgement.

Medical experts increasingly encourage people of all ages to engage in mentally stimulating activities alongside physical exercise, healthy eating and adequate sleep. While no game can prevent conditions such as Alzheimer's disease or dementia, activities that challenge the brain may help support cognitive health as people grow older.

Mahjong provides exactly this kind of sustained mental engagement.

Perhaps equally important is its social dimension. Loneliness and social isolation have become significant challenges in modern urban life. Unlike solitary digital entertainment, Mahjong encourages conversation, laughter and genuine human interaction. A typical game lasts two to three hours, creating opportunities for friendships to deepen naturally around the table.

THE ANATOMY OF A MAHJONG TILE

144 TILES. ENDLESS POSSIBILITIES.

Each tile carries a story, a strategy and a symbol from centuries of Chinese tradition.

BAMBOO

36 tiles
Represent sticks or bamboos.
Numbered 1 to 9.

1 2 ... up to 9 3 4

THE SUITS – 108 TILES

CIRCLES (DOTS)

36 tiles
Represent coins or circles.
Numbered 1 to 9.

1 2 ... up to 9 3 4

CHARACTERS

36 tiles
Represent ten thousand things.
Numbered 1 to 9.

1 2 ... up to 9 3 4

WINDS – 16 TILES

Represent the four directions.
Each wind appears 4 times.

東 South 西 North

DRAGONS – 12 TILES

Represent virtues and prosperity.
Each dragon appears 4 times.

Red (Center) Green (Prosperity) White (Purity)

THE HONORS – 28 TILES

FLOWERS – 4 TILES

Symbolize the four seasons.
Each appears once.

1 2 3 4

SEASONS – 4 TILES (used in some versions)

Represent the passing of time.
Each appears once.

Spring Summer Autumn Winter

HOW IS MAHJONG PLAYED?

- Four players sit around the table. Each is dealt 13 tiles.
- Players take turns drawing a tile and discards a tile.
- Build sets (melds) and a pair to complete a winning hand.
- The first player to complete a legal hand declares "Mahjong" and wins.

A WINNING HAND

Usually consists of 4 sets (melds) + 1 pair

Pung Chow Kong Pair

QUICK FACTS

- Origin: China, 19th century
- Total Tiles: 144
- Players: Usually 4
- Game Duration: 2-3 hours
- A game of skill, strategy, memory and people.

“ It's not just a game. It's where strategy meets tradition, and friendships are built—one tile at a time. ”

AI Generated

FROM DELHI'S ELITE CLUBS TO GURUGRAM'S TRENDY CAFÉS, THE CLICK OF MAHJONG TILES IS BECOMING THE SOUNDTRACK OF A NEW URBAN PASTIME

In an era when many conversations are reduced to emojis and text messages, Mahjong restores the simple pleasure of spending uninterrupted time with others.

DELHI NCR DISCOVERS MAHJONG

Nowhere is this changing trend more visible than in Delhi NCR.

What was once largely restricted to a handful of elite clubs and Army circles has expanded into a thriving community of enthusiasts. Coaching sessions are attracting newcomers eager to master the game, while private social groups regularly organise weekend Mahjong afternoons.

Unlike traditional card games, which are often associated with gambling, Mahjong enjoys a reputation as a game of intellect, patience and

companionship. Winning is satisfying, but it is seldom the only objective. Many players value the conversations, friendships and mental stimulation just as much as the competition itself.

This distinction has helped broaden Mahjong's appeal among families and professionals looking for a sophisticated yet relaxed leisure activity.

GURUGRAM ADDS ITS OWN STYLE

As expected, Gurugram has embraced Mahjong in its own distinctive fashion.

Lifestyle cafés, boutique clubs and premium hospitality venues have begun hosting themed Mahjong afternoons where strategy meets sophistication. Participants enjoy gourmet coffee, artisanal cuisine and leisurely conversation while



FROM CHESS TO MAHJONG

Chess	Mahjong
Two players	Usually four players
Complete information	Hidden information
Long-term planning	Constant adaptation
Pure strategy	Strategy + probability
Silent game	Highly social
Little luck	Moderate luck, high skill



**ITS GREATEST APPEAL
ISN'T SIMPLY WINNING—
IT'S THE FRIENDSHIPS
FORGED AROUND THE
TABLE**

immersed in a game that demands complete concentration.

These gatherings reflect a broader shift in urban lifestyles. Increasingly, people are seeking experiences rather than merely entertainment. Mahjong offers exactly that—a blend of intellectual challenge, social connection and understated elegance.

For many participants, the game becomes less about winning individual rounds and more about creating an enjoyable shared experience.

MUMBAI SHOWS THE WAY

If Delhi represents Mahjong's newest frontier, Mumbai remains its most established home in India.

Several sports clubs and private members' clubs have hosted regular Mahjong sessions for years. Competitive tournaments now attract participants from across the country, while experienced players willingly mentor newcomers, ensuring that the community continues to grow.



CONNECTION.
CONVERSATION.
COMMUNITY.



Perhaps the game's greatest success in Mumbai lies in its ability to bridge generations.

Grandparents teach grandchildren. Parents compete with their children. Families spend entire afternoons around the same table, each player equally absorbed in the game regardless of age.

Few recreational activities today possess this remarkable ability to unite three generations under one roof. In a city where demanding careers and hectic schedules often leave little room for family interaction, Mahjong has become an unexpected bridge between the old and the young.

It is a reminder that some of life's richest conversations still happen not on digital screens, but across a table shared with family and friends.

CHENNAI AND BENGALURU JOIN THE MOVEMENT

The Mahjong wave is no longer confined to India's traditional metropolitan centres. Chennai and Bengaluru have also embraced the game, each in its own way.

In Chennai, learning circles and neighbourhood groups have emerged over the past year, introducing newcomers to the game's nuances. What begins as a curiosity often develops into a regular social activity, with players meeting weekly to hone their skills and enjoy each other's company.

Bengaluru, with its cosmopolitan workforce and technology-driven lifestyle, has found in Mahjong a welcome counterbalance to digital living. Professionals who spend their working day in front of computer screens increasingly seek hobbies that offer intellectual stimulation without involving another device. Mahjong fits the bill perfectly. It is strategic, absorbing and, above all, deeply social.

As India's cities become more digitally connected, people are paradoxically searching for opportunities to disconnect. Mahjong provides that rare chance to switch off notifications, put away smartphones and engage in uninterrupted face-to-face conversation. ▶

GALAXIA
QUEST
LEISURELY YOURS

**EXPLORE
BEYOND ORDINARY**





PROVING THE TRUTH OF “HEALTH IS WEALTH”

*In today's world, luxury is no longer defined by material possessions alone. Good health, inner balance, and overall well-being have emerged as the most valuable assets, inspiring people to embrace preventive care and holistic wellness for a healthier, more fulfilling life. Writes **KALPONA MOITRA***



India's Five Finest Luxury Wellness Retreats Where Health Becomes the Ultimate Luxury

The definition of luxury has undergone a sea change in the last two decades, especially since the global pandemic in 2020-2021. People worldwide are awakening to the realization of the value of good health as the ultimate luxury. They have also woken up to the truism: “An ounce of prevention is worth a pound of cure”. Nowadays, people are jumping on to the wellness bandwagon as they are increasingly becoming aware that physical and mental health are critical to our overall well-being. They have understood that wellness is no longer the absence of disease, especially stress. Rather, it is the feeling of wellbeing encompassing the mind, body, and spirit which enables meaningful engagement with colleagues, friends, and the community.

HEALTH IS THE REAL WEALTH

The wakeup call came when even young executives in their 30s and 40s were suddenly struck by grievous cardiac issues, or died. Work pressure causes serious sleep deprivation among many professionals and business folk which has a downward spiral effect on mental health. Sedentary lifestyle, especially professionals being chair bound for long stretches, has been blamed for a slew of diseases like obesity, cardiovascular issues, metabolic disorders, type 2 diabetes, and musculoskeletal challenges which in turn impair mental health. To make matters worse, lifestyle choices like smoking, imbibing alcohol, depending on fast food for nutritional needs, and complete lack of physical activity, especially the strenuous kind, has increased health risks radically. The

THE NEW LUXURY

Yesterday's Luxury	Today's Luxury
Designer labels	Good health
Exotic holidays	Restorative retreats
Fine dining excess	Nutritional wellness
Late-night parties	Quality sleep
Material possessions	Mental peace
Status symbols	Longevity and vitality



worst threat to health and even longevity is the overpowering stress that most people are facing these days in their day-to-day life. This has underscored the importance of enjoying mental peace and calming the spirit.

THE PROLIFERATION OF WELLNESS RETREATS OWES MUCH TO THE REALIZATION OF THE VALUE OF WELLNESS

Most high-profile people in the world – be they corporate top brass, business tycoons, or stars from the entertainment industry or from

international sports — are opting for wellness retreats over glamorous getaways for their vacations. They want to emerge rejuvenated and reenergised from their holiday to be better able to cope with the challenges of daily life. This has made wellness tourism one of the fastest-growing segments in the travel industry worldwide. India with its centuries-old traditions of Ayurveda, yoga, naturopathy, and holistic healing is a natural destination for people desirous of rejuvenating their body, mind, and spirit. These parallel methods of healing are no longer considered alternative medicine. Rather, even people in Europe, the Middle East, North America, and Southeast Asia have realised their value, and are coming to India to benefit from them.

ANCIENT WISDOM WRAPPED IN FIVE-STAR LUXURY

Forget about the austere health centers of the past when you enter a modern wellness center. Most high-end real estate complexes incorporate a wellness center as one of the facets which make them premium properties. However, the modern-day wellness retreats incorporate contemporary medical science with traditional therapies to make you feel you have been reborn. You get the complete package with a personal physician specifically assigned to you; nutritionists, yoga experts, and therapists working alongside chefs. Here are five extraordinary destinations that represent the pinnacle of India's wellness industry.



ANANDA IN THE HIMALAYAS

The palace where wellness became an art.

Much before wellness tourism became a buzzword, Ananda in the Himalayas was already considered India's most celebrated tourist hotspot for preventative and restorative care. It nestles within the former palace estate of the Maharaja of Tehri-Garhwal, high above Rishikesh. The majestic panorama overlooking the Ganges valley where the mist-covered mountains, ancient forests, and temple bells creates the right kind of ambience for inner peace.

WHERE PERSONALIZATION TRUMPS EXTRAVAGANCE

International travelers feel they have arrived at a sanctuary rather than a resort. Living up to its reputation for exclusivity, Ananda in the Himalayas has served royalty, celebrities from diverse fields, and some of the most influential global business leaders. However, its winning edge lies in the personalization of the care offered to each and every guest. Ayurvedic doctors, nutritionists, and wellness experts focus on



individual needs and wellness goals after carrying out an intensive assessment of the guest's current health status to draw up a customised regimen for weight management through detoxification. Stress reduction is brought about through yoga, which automatically improves the quality of sleep to promote emotional well-being.

A HOLISTIC APPROACH TO WELLNESS

Traditional Ayurveda is paired with breakthrough treatments, which is then complemented by menus which integrate delectable food within healthy parameters. Therefore, guests participate in daily yoga sessions, which are then followed by guided meditation to engineer wellness through mindfulness. The idea is that no single kind of treatment can give the kind of wellness outcomes which ensure mental and physical health as the two kinds of health are interdependent.

EASE OF ACCESS

You can reach The Palace Estate, Narendra Nagar, Tehri Garhwal, Uttarakhand — with ease as it is a bare 40 kilometers Dehradun's Jolly Grant Airport. For those who need it, luxury transfers and helicopter services can be arranged. If you contrast the cost of going on an exclusive vacation to an exotic location; the per person cost for a week of ₹3.5 lakh to ₹8 lakh with the additional benefit of being rejuvenated in mind and body seems reasonable. The main amenities on offer are Ayurveda and panchakarma therapies; yoga and meditation; stress management programs; personal fitness sessions; sleep enhancement therapies; emotional wellness consultations; and organic food.

FOLLOW THE GROUND RULES

It would be desirable to follow the regimens which have been advised, cultivate the ability to be in the present, and take part in the yoga classes which



have been suggested with your special wellness goals in mind. You should definitely avoid smoking, partaking alcoholic drinks, and bringing in food from outside. With an estimated annual revenue of ₹250–300 crore, Ananda in the Himalayas has set the benchmark in wellness tourism.

THE GLOBAL WELLNESS ECONOMY

Indicator	Figure
Global Wellness Economy	US\$ 6.3 trillion+
Wellness Tourism Market	US\$ 1 trillion+
Annual Growth Rate	8–10%
India's Wellness Market	Among world's fastest-growing
Average Wellness Traveller Spend	30–50% higher than conventional tourists



SIX SENSES VANA

Quiet sophistication to enable wellness.

The first thing that strikes you when you reach Six Senses Vana is the precious gift of stillness. Originally called Vana Retreat before it was taken over by the prestigious Six Senses group, it nestles amidst sal forests on the outskirts of Dehradun, and has become one of the most respected wellness destinations in Asia. In typical luxury resorts spa treatments are optional, but Six Senses Vana hinges entirely on wellness. That is why every guest is encouraged to participate wholeheartedly in the healing process through consultations, specially designed meals, and different kinds of therapies.

INSTILLING A SENSE OF CALM TO ACCELERATE HEALING

The overarching defining aspect of the retreat's philosophy in its architecture, which uses muted colors, spartan design, and sprawling gardens. Here the principles of Ayurveda are integrated with traditional Tibetan medicine called Sowa Rigpa — a rare combination of therapies to ensure desirable outcomes. Put away gadgets and various electronic devices to reconnect with yourself by beginning the day with meditation, and ending it with tranquil introspection to analyze what carries the greatest meaning for you, and which of your



priorities you can afford to dispense with. It is an ideal getaway if you are looking to make a fresh start in life.

EASE OF ACCESS

Since Six Sense Vana is a bare thirty-five kilometers from Dehradun Airport, arriving at Mussoorie Road, Malsi, Dehradun, Uttarakhand — is not a major challenge. Plus, it is easy enough to reach the Jolly Grant Airport in Dehradun from most parts of the country. It costs anything from ₹4 lakh to ₹9 lakh for a week per person. The main amenities offered are Ayurvedic treatment, Tibetan medicine, meditation programs, functional fitness, nutrition

consultations, and emotional wellness sessions among others.

EMBRACE DIGITAL DETOX TO REJUVENATE BETTER

Actively participating in activities, respecting silence, and complete avoidance of imbibing alcohol, smoking, and excessive use of mobile devices will enable you to respond better to the therapies and regimen drawn up for you. The retreat enjoys an estimated annual revenue of ₹180–220 crore. So, if you want to put the hustle bustle of daily life on hold for a few days, head for Six Senses Vana as soon as you can.





ATMANTAN WELLNESS RESORT

Luxury in spectacular settings.

Atmantan Wellness Resort enjoys a spectacular setting as it overhangs Mulshi Lake near Pune. Spread across forty acres, it is surrounded by rolling hills of the picturesque Western Ghats with their lush landscapes. The pristine air of the place refreshes you before you have even stepped into the retreat, which has emerged as one of India's most successful contemporary wellness destinations. Add to that, the sweeping water views create a sense of calm long before any therapy begins. Atmantan is owned by the Indian Hotels Company Limited. Its philosophy centres on preventive healthcare by identifying lifestyle imbalances, and correcting them before they become crippling.

HOLISTIC LINE OF TREATMENT

Ailments and health conditions arising from lifestyle choices such as obesity, diabetes, stress, insomnia, and chronic fatigue are addressed through their programs. Some of the programs include hydrotherapy, physiotherapy, nutritional





counselling are used to complement yoga and traditional healing systems. Atmantan uses its programs to strike a balance between discipline and indulgence. Therefore, those who desire to improve their health without compromising on comfort love to come here to pursue their wellness

goals. The spacious rooms combined with attentive service and world-class facilities make the guests feel pampered.

EASE OF ACCESS

Reaching Atmantan is a piece of cake as it is located approximately forty-five kilometers from the Pune Airport. It is located at Village Palse, Tamhini Ghat Road, Mulshi, Maharashtra.

The distance from Mumbai is around 140 kms. making it easy for international guests to reach it. It is relatively affordable as the cost for a week per person ranges from ₹2.75 lakh to ₹6 lakh. The amenities include hydrotherapy, physiotherapy, detox programs, lifestyle disease management, fitness coaching, sleep enhancement clinics, and nutrition counselling. It would be advisable to follow meal schedules, remain hydrated, and complete all consultations. However, you must abjure smoking, drinking alcohol, and eating junk food. Atmantan promises to be the wellness center to watch out for in the coming years as it already enjoys an estimated annual revenue of ₹100–150 crore.

SWASWARA

Rediscovering your inner voice



Swaswara encourages a slower rhythm of life to heal yourself, rather than depending on a slew of medicines. It is perched above Karnataka's stunning Om Beach, and is owned by the celebrated CGH Earth group. The name of the retreat comes from two Sanskrit words "swa" (own or inner) and "swara" meaning "voice". As a guest you are encouraged, even enabled to rediscover your inner voice. Therefore, massages and other treatments are complemented by art therapy sessions, meditation classes, and nature walks.

LET THE ARABIAN SEA FORM THE BACKDROP TO YOUR HEALING

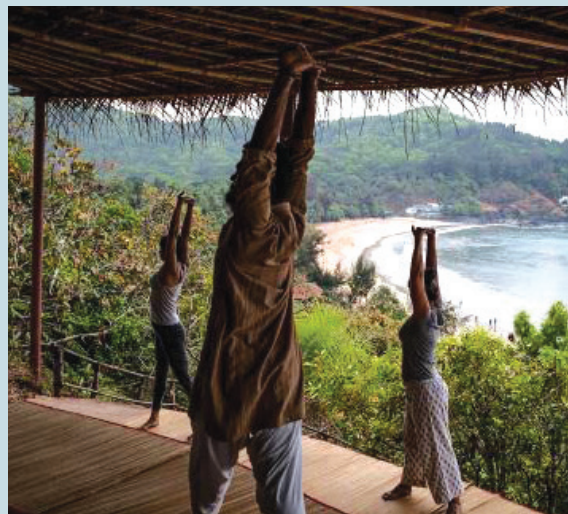
The regimen is centered around yoga sessions at sunrise, which is followed by leisurely breakfasts to participation



in creative workshops. The day winds down with a peaceful evening watching the sun disappear into the horizon. An atmosphere of privacy and serenity is created by putting up the guests in spacious villas surrounded by greenery. People looking to escape the pressures of urban living, especially writers, artists, entrepreneurs, and couples love to come here to revitalize themselves.

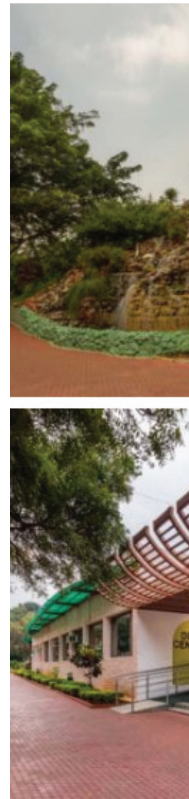
EASE OF ACCESS

Those who desire to reach the temple town of Gokarna via road can do so using the state highways. You can also reach Om Beach, Gokarna, Karnataka — via railroad alighting at the Gokarna station. However, international travelers might prefer arriving through the Goa International Airport, and driving down from Panaji which is approximately 140/150 kilometers away. At ₹3 lakh to ₹6.5 lakh per person per week, it is an affordable luxury retreat. Its facilities include treatment using Ayurveda; yoga and pranayama; art therapy; holding meditation sessions; providing meals which use organic food; going on nature walks; and staying in private villas.



ENJOY THE LUXURY OF SLOWING DOWN

You will be better able to enjoy the luxury of slowing down if you respect nature, embrace mindfulness, and participate in yoga sessions regularly. However, you must not host or join loud parties, litter the place with plastic waste, and smoke in public spaces. SwaSwara earns an estimated annual revenue of ₹80–100 crore. If you are seeking peace rather than procedures, head there at the earliest opportunity. ▼



JINDAL NATURECURE INSTITUTE

Let the body heal through discipline.



Bengaluru's Jindal Naturecure Institute is widely respected throughout the country as it places medical outcomes at the centre of the experience. Combining naturopathy with evidence-based therapies, the institute focuses on its basic philosophy that given the right conditions, the body possesses the ability to heal itself. It is spread across nearly one hundred acres where thousands of patients arrive every year for treatment for lifestyle induced ailments like obesity, hypertension, diabetes, and stress-related disorders.

ENFORCING DISCIPLINE WITHOUT FOREGOING COMFORT

Guests receive customised treatment schedules after undergoing detailed medical evaluations to



assure the best possible outcomes. Comprehensive programs are built by integrating hydrotherapy, mud therapy, yoga, acupuncture, and physiotherapy. Despite the institution's disciplined approach, comfort is assured with premium accommodation so that guests enjoy both healing and hospitality. Jindal offers remarkable value for money which makes it particularly popular among retirees and long-stay guests.

EASE OF ACCESS

Located in Jindal Nagar, Tumkur Road, Bengaluru – the Institute can be reached easily since it is approximately forty kilometers from Kempegowda International Airport, in Bengaluru. This relatively affordable wellness center costs ₹1 lakh to ₹2.5 lakh per person per week. The amenities offered include hydrotherapy; yoga therapy; acupuncture; mud therapy; physiotherapy; lifestyle disease management; and weight-loss programs. It is vital to follow dietary discipline and attend prescribed therapies. On the other hand,

you need to avoid tea, coffee, processed foods, alcohol, and smoking during your stay. Jindal Naturecure Institute enjoys an estimated annual revenue of ₹120–150 crore as it offers individuals measurable improvements in health, rather than a conventional holiday. ▼

TAKEAWAY

Wellness tourism has become a multi-billion-dollar industry as globally people of all ages and professional profiles are getting rushed off their feet all the time, resulting in inordinate levels of stress. India's enjoys a competitive edge given its unique blend of ancient wisdom and modern hospitality. From the Himalayas to the Arabian Sea, India offers experiences that remain unrivalled in terms of both outcomes and affordability. People have realised that there can be no substitute for robust health, and mental wellbeing. And, Indians are fulfilling a major need felt by people globally.

ALZHEIMER'S DISEASE — A NEW DAWN OF HOPE

- Understanding the Past, Embracing the Present, and Looking Towards the Future
- Few medical conditions evoke as much fear as Alzheimer's disease



Dr. YUVRAAJ SINGH

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

ALZHEIMER'S IS SHIFTING FROM INEVITABLE TO TREATABLE. EARLY DETECTION THROUGH BIOMARKERS AND IMAGING, PLUS NEW THERAPIES THAT SLOW DECLINE, OFFERS REAL HOPE. BRAIN HEALTH NOW TIES TO WHOLE-BODY HEALTH, GIVING FAMILIES MORE TIME, OPTIONS, AND SUPPORT THAN EVER BEFORE

PRECISION HEALTH

For decades, Alzheimer's disease was viewed as an inevitable consequence of ageing, for which medicine had very little to offer. Physicians could diagnose it, prescribe medications that provided modest symptomatic relief, and support families through what was often an emotionally overwhelming journey. The diagnosis was frequently accompanied by a sense of helplessness, as both doctors and patients accepted that little could alter the course of the disease.

Today, however, we find ourselves standing at the beginning of a remarkable new chapter.

While Alzheimer's disease remains one of medicine's greatest challenges, our understanding of it has advanced more in the past decade than at any other time in history. What was once considered an untreatable disease is now the focus of unprecedented scientific research, offering genuine reasons for optimism.

One of the most important discoveries has been the realisation that Alzheimer's disease does not begin when memory loss first appears. The biological changes responsible for the disease often start silently, sometimes fifteen to twenty years before the first symptoms become noticeable. During this period, abnormal proteins gradually accumulate within the brain, inflammation develops, nerve cells become damaged in small, isolated areas that gradually spread to involve larger regions of the brain, and communication between brain cells begins to deteriorate.



Healthy Brain Neurons



Subtle Protein Plaque
Buildup + Inflammation

AI Generated Image

ONCE CONSIDERED AN UNTREATABLE DISEASE, ALZHEIMER'S IS ENTERING A NEW ERA OF SCIENTIFIC DISCOVERY. FROM EARLY DETECTION TO DISEASE-MODIFYING THERAPIES, MEDICINE IS OFFERING HOPE WHERE LITTLE EXISTED BEFORE

This shift in understanding has completely transformed how we approach Alzheimer's disease. Instead of waiting for significant memory impairment before intervening, modern medicine is increasingly focused on identifying individuals at risk much earlier, when meaningful intervention may have the greatest impact.

Advances in brain imaging, blood-based biomarkers, and sophisticated laboratory testing are making earlier diagnosis more achievable than ever before. Investigations that once required invasive procedures are gradually being complemented by simpler and more accessible diagnostic tools. Early detection provides patients and families with valuable time—not only to plan for the future but also to benefit from therapies and lifestyle interventions at a stage when they may be most effective.

Perhaps the most exciting development has been the emergence of disease-modifying therapies. Until recently, available medications were aimed primarily at temporarily improving symptoms. Today, newer therapies have demonstrated the ability, in carefully selected patients, to reduce amyloid plaques in the brain and modestly slow the progression of cognitive decline. Although these treatments are not cures and are not suitable for everyone, they represent a historic milestone. For the first time, medicine has begun moving beyond simply managing symptoms towards altering the underlying disease process itself.

Equally encouraging is our growing understanding that brain health is influenced by the overall health of the body, which in turn reflects the complex interactions between the immune, hormonal, and metabolic systems.

Conditions such as diabetes, hypertension, obesity, sleep disorders, hearing impairment, physical inactivity, smoking, and vascular disease are increasingly recognised as important contributors to cognitive decline. Protecting the brain therefore extends far beyond crossword puzzles and memory exercises. It includes controlling blood pressure, maintaining healthy blood sugar levels, engaging in regular physical activity, prioritising restorative sleep, eating a balanced diet, remaining socially connected, and challenging the mind through lifelong learning.

A DIAGNOSIS OF ALZHEIMER'S NO LONGER MEANS THERE IS NOTHING TO BE DONE. EXPLORE THE REMARKABLE SCIENTIFIC BREAKTHROUGHS THAT ARE RESHAPING THE FUTURE OF BRAIN HEALTH AND DEMENTIA CARE



This holistic view of brain health is perhaps one of the greatest strengths of modern medicine. We no longer see Alzheimer's disease solely as a neurological condition. We increasingly recognise it as a complex disorder influenced by genetics, metabolism, vascular health, inflammation, and lifestyle—each offering opportunities for prevention and intervention.

An increasing body of evidence suggests that interactions between the gut microbiome, the immune system, systemic inflammation, and neuroinflammation may play an important role in the development of Alzheimer's disease. Several early clinical studies have shown promising results, although further research is needed before these findings can be translated into routine clinical practice.

As physicians, this transformation gives us renewed optimism.

Throughout medical history, we have witnessed diseases once considered untreatable gradually become manageable because science continued to ask better questions. Heart attacks that were once frequently fatal are now routinely treated. Many cancers have become increasingly curable. Chronic viral infections that once carried devastating consequences can now be effectively controlled.

While robust scientific evidence remains the foundation of medical progress, pioneering

clinicians continue to refine practical treatment approaches through their daily clinical experience, many of which subsequently become the subject of formal scientific evaluation.

Alzheimer's disease is now entering that same era of scientific transformation.

Progress will not happen overnight, and significant challenges undoubtedly remain. However, every new discovery deepens our understanding, every clinical trial moves the field forward, and every breakthrough brings us closer to more effective therapies.

To families caring for a loved one living with Alzheimer's disease, I offer this message of reassurance.

While memories may fade, the capacity for love, comfort, music, gentle touch, familiar voices, and human connection often remains remarkably resilient. Your patience, compassion, and presence continue to have profound meaning, even when words become difficult. The journey may be challenging, but you are not walking it alone. Healthcare professionals, caregivers, support groups, and an ever-expanding body of medical knowledge stand beside you.

Medicine has always progressed through hope supported by science.

Today, that hope has never been stronger. ▀

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A/c No. : 50200122552498
Bank Name : HDFC Bank Ltd.
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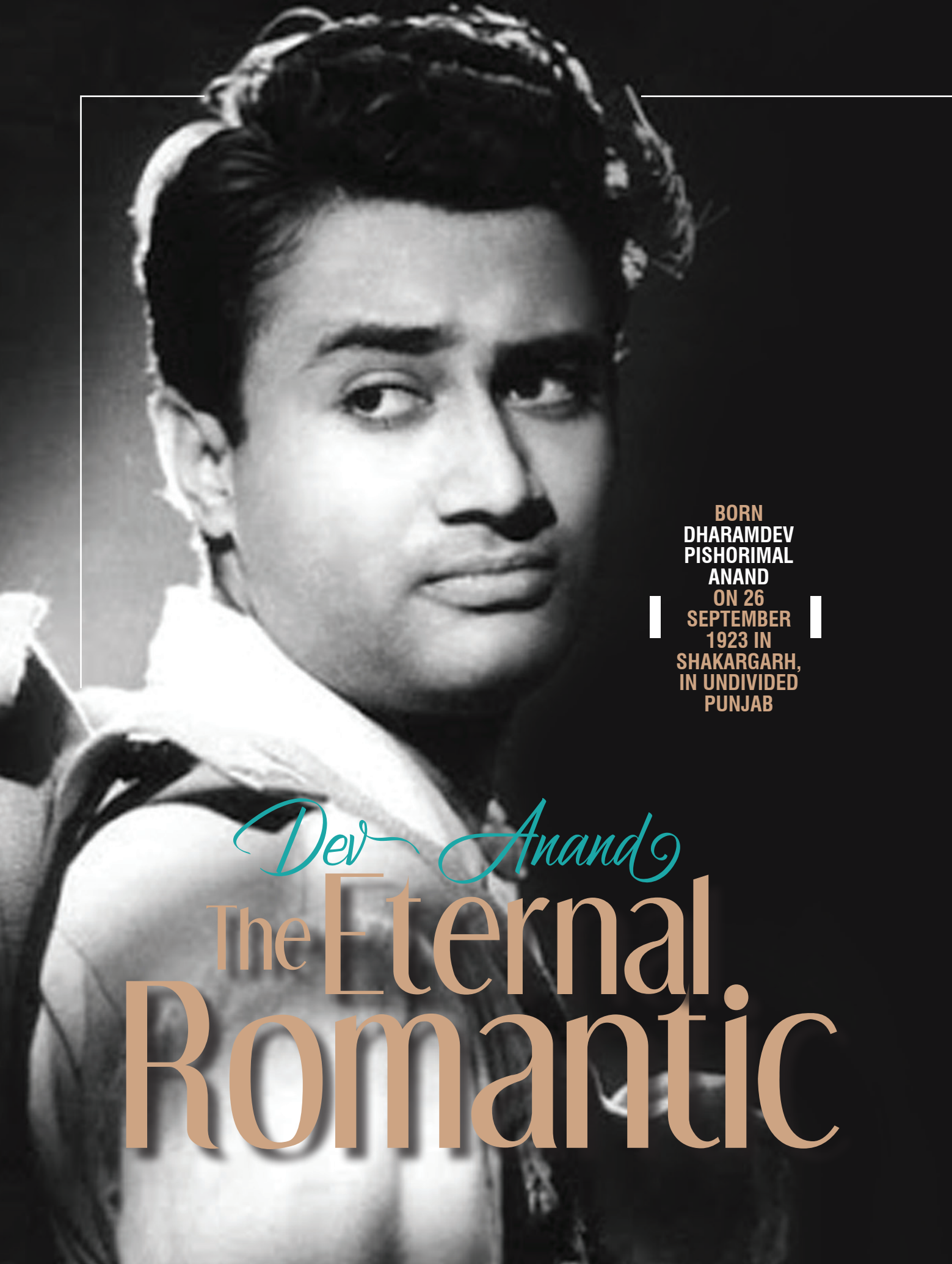
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A black and white portrait of actor Dev Anand. He is looking slightly to his right with a soft expression. He has dark, wavy hair and is wearing a light-colored shirt with a dark strap over his shoulder. The background is dark and out of focus.

BORN
DHARAMDEV
PISHORIMAL
ANAND
ON 26
SEPTEMBER
1923 IN
SHAKARGARH,
IN UNDIVIDED
PUNJAB

Dev Anand
The Eternal
Romantic



Hum Ek Hain, 1946

September celebrates legends of old Hindi music. This month, we spotlight Dev Anand — actor, producer, style icon. From Ziddi to Guide, his Navketan films with S.D. Burman gave us timeless songs and defined sophisticated, restless masculinity in Indian cinema, writes **MANOJ K. ARORA**

September is a rather “heavy” month from the perspective of a seeker of old Hindi film music like me. Lata Mangeshkar, Asha Bhosle, Sadhana, Tanuja, Dev Anand, Hrishikesh Mukherjee and Jagmohan Sursagar were all born in September. Each is a treasure in that seeker’s endless hunt. I have chosen Dev Anand and his songs as my pursuit for this month.

Dev Anand was not merely a successful film star. He was an attitude, a rhythm and an idea of sophisticated masculinity in his time. His swept-back hair, bright scarves, tilted walk, rapid dialogue delivery and irrepressible smile created a screen personality that was instantly recognisable. Yet behind the celebrated persona stood a consummate actor, an adventurous producer and a man obsessively in love with life.



Ziddi, 1948

Born Dharamdev Pishorimal Anand on 26 September 1923 in Shakargarh, in undivided Punjab, he studied English at Government College, Lahore. Drawn towards films, he moved to Bombay. He initially worked at the military censor’s office, reading letters written by soldiers to their families. His first film, *Hum Ek Hain*, appeared in 1946, but real recognition came when Ashok Kumar helped him secure the leading role in Bombay Talkies’ *Ziddi* in 1948. Its success gave Dev the confidence to become not just an actor but also a producer. Soon afterwards, in 1949, he established Navketan Films, creating one of Hindi cinema’s most influential banners. He was just 26. Navketan allowed Dev Anand to build a distinctive cinematic world.

The triumvirate of Navketan Films, Dev Anand and S.D. Burman produced some of Hindi



Baazi, 1951



Taxi Driver, 1954



FROM YEH RAAT YEH CHANDNI TO PHOOLON KE RANG SE, DEV ANAND'S CINEMATIC JOURNEY WAS INSEPARABLE FROM SOME OF HINDI CINEMA'S GREATEST SONGS. THIS NOSTALGIC TRIBUTE EXPLORES THE MAGIC OF THE ACTOR, THE MUSIC AND THE ERA THEY DEFINED

cinema's greatest musicals. *Baazi*, *Jaal*, *Taxi Driver*, *House No. 44*, *Paying Guest*, *Kala Bazar*, *Nau Do Gyarah* and *Kala Pani* not only defined successful cinema but also transformed him into the quintessential urbane hero. These films were not only superhits but also featured some of the most memorable songs, thanks to the enduring partnership between

Dev Anand and S.D. Burman: *Tadbir Se Bigdi Huyi Taqdeer Bana Le* (*Baazi*), *Yeh Raat Yeh Chandni Phir Kahan* (*Jaal*), *Jaayen To Jaayen Kahan* (*Taxi Driver*), *Chand Phir Nikla*, *Maana Janaab Ne Pukara Nahin* and *O Nigahen Mastana* (*Paying Guest*), *Hum Bekhudi Mein Tumko* (*Kala Pani*) and my all-time favourite Lata Mangeshkar number, *Phaili Huyi Hain Sapnon Ki Baahen* (*House No. 44*).

But two films from this triumvirate stand apart in the category of "all songs hit" films—*Guide* and *Prem Pujari*. *Guide* was a milestone in the history of Indian cinema from multiple perspectives. Its unforgettable songs include *Kaanton Se Kheench Ke Yeh Aanchal*, *Piya Tose Naina Laage Re*, *Din Dhal Jaaye*, *Tere Mere Sapne*, *Gaata Rahe Mera Dil*, *Mose Chhal Kiye Jaaye* and *Wahaan Kaun Hai Tera*. *Prem Pujari* did not succeed at the box office, but every one of its songs became a hit: *Prem Ke Pujari Hum Hain*, *Shokhiyon Mein Gholi Jaaye*, *Dungi Tainu Reshmi Rumaal*, *Taaqat Watan Ki Humse Hai*, *Rangeela Re Tere Rang Mein* and, of course, *Phoolon Ke Rang Se*. The last song, shot in Switzerland, was originally based on a Bengali composition by S.D. Burman, *Barne Gandhe Chhanda Gitite*, which, incidentally, was penned by Burman Da's wife, Meera Dev Burman.

Dev Anand ruled Hindi cinema during the 1950s. In that decade alone, he acted in 48 films, mostly as the lead actor. Although the number of



Paying Guest, 1957



Kala Pani, 1958

films he made declined thereafter, he continued to deliver major hits over the next 15 years, including *Hum Dono*, *Asli Naqli*, *Tere Ghar Ke Saamne*, *Teen Devian*, *Jewel Thief*, *Gambler*, *Tere Mere Sapne*, *Hare Rama Hare Krishna*, *Banarasi Babu* and *Chhupa Rustam*. His acting style divided critics but delighted audiences. He nodded, leaned, gestured and spoke at a breathless pace, as though remaining still would allow life to overtake him. Young men copied his puffed hairstyle, clothes, gait and speech, while women responded to a romanticism that was flirtatious without appearing threatening. He was frequently a taxi driver, journalist, gambler, guide, black-marketeer, fugitive or detective rather than a conventional aristocratic romantic lead. Even when his characters operated outside the law, they possessed charm, vulnerability and an instinctive decency.

Dev Anand's romance with singer-actress Suraiya was the great heartbreak of his youth. They worked together in several films and fell deeply in love, but Suraiya's family—particularly her grandmother—opposed the relationship. As a

result, the two could not marry, and Suraiya remained unmarried throughout her life. In 1954, Dev Anand married his *Taxi Driver* co-star Kalpana Kartik, born Mona Singha. The wedding took place with extraordinary secrecy during a shooting break: a registrar was brought to the studio, the couple signed the documents and returned to work. Much later, Dev wrote in his autobiography, *Romancing with Life*, that he had developed intense feelings for Zeenat Aman.

Dev Anand's optimism was not merely a publicity pose. Even when his later films failed, he continued writing, directing and planning new projects. He encouraged new performers and filmmakers because he regarded cinema as a constantly renewing medium rather than a private kingdom. Dev Anand received the Padma Bhushan in 2001 and the Dadasaheb Phalke Award for 2002. He died in London on 3 December 2011, still discussing future films. Dev Anand never seemed to be concluding anything. He was always entering another frame, pursuing another story and walking—jauntily, rapidly and stylishly—towards tomorrow. ▀

HE WALKED WITH A TILT, SPOKE WITH UNMATCHED ENERGY AND SMILED AS THOUGH LIFE ITSELF WERE AN ADVENTURE. DEV ANAND WAS MORE THAN A FILM STAR—HE WAS AN ENDURING PHENOMENON. A TRIBUTE TO THE MAN AND THE MUSIC THAT MADE HIM IMMORTAL



PLAN 10 DAYS FOR CAPE TOWN'S ROMANCE
AND LUXURY. BUDGET ₹4.5-6 LAKHS FOR
TWO, WITH FLIGHTS VIA QATAR, EMIRATES,
OR ETHIOPIAN. STAY AT COMMODORE OR
SOUTHERN SUN. EXPLORE TABLE MOUNTAIN,
BO-KAAP, CAFÉS, AND AWARD-WINNING
DINING, INCLUDING INDIAN CUISINE.



SOUTH AFRICA

Every
Sunrise
Brings an
Adventure

A 10-Day Romantic Escape for Couples



Cape Town

By **TEAM GALAXIA QUEST** *Travel Desk*

For more than a century, most people thought of apartheid whenever they heard the name South Africa. For Indians, there was the bitter memory of Mahatma Gandhi getting kicked out of a first class train compartment, despite having a valid ticket, simply because he was not a white. In the last three decades, however, Indians think cricket when they think of the country, especially the iconic players who have emerged from there. Yet, there is much more to South Africa from a traveler's perspective. It offers you some of the most beautiful natural scenic sights, the opportunity to observe wildlife at close quarters, and a rich cultural heritage which is reflected in their food, especially the fine dining and wine experience.





KEEP THESE DETAILS IN MIND BEFORE YOU GO

A 10-day schedule is ideal for couples, honeymooners, and luxury travelers. You need to have a minimum budget of ₹4.5–6 lakhs, including flights, for two people. Depending on how early you book your return tickets, they could cost between ₹60,000–90,000 per person. The local currency is the South African Rand (ZAR). Indian passport holders need to acquire a South African tourist visa before traveling there. Your flight time could vary between 14–17 hours. One of the easiest options for reaching South Africa from India is via the Middle East. Your options as far as the best airlines to book are:

- ❑ **QATAR AIRWAYS**
(Delhi–Doha–Cape Town)
- ❑ **EMIRATES**
(Delhi–Dubai–Cape Town)
- ❑ **ETHIOPIAN AIRLINES**
(Delhi–Addis Ababa–Cape Town)



REMARKABLE VALUE FOR MONEY

Compared to the Indian Rupee (INR), the South African Rand is relatively weak. This ensures that stays at luxury hotels, fine dining, and even world-class wines here are not as expensive as in Europe or North America. September is one of the finest months to visit. Since it is in the southern hemisphere, it is spring in the Cape. With flowers beginning to bloom, and the weather pleasantly mild, there are no extreme temperatures to worry about. At this time, wildlife sightings at the Kruger National Park are at their peak as animals gather around shrinking waterholes. For couples, it is an ideal getaway for a leisurely, even romantic vacation.

GET READY TO BE SEDUCED BY CAPE TOWN

Reserve days 1–4 for Cape Town. With the Table Mountain watching over the city while the Atlantic Ocean sparkles below, it is one of the world's most livable cities. Roam around the city to savor the elegant cafés, admire the colonial architecture, be blown away by the colorful Bo-Kaap houses, and enjoy meals at the award-winning restaurants. You could stay at the Commodore Hotel, where it costs ₹18,000–24,000 per night per person; or at the Southern Sun Newlands which is more affordable at ₹7,000–9,000 per night per person. The additional attraction is the acclaimed Indian restaurant onsite.



Pier Restaurant , V&A Waterfront

Instagram

START YOUR VACATION ON A RELAXED NOTE

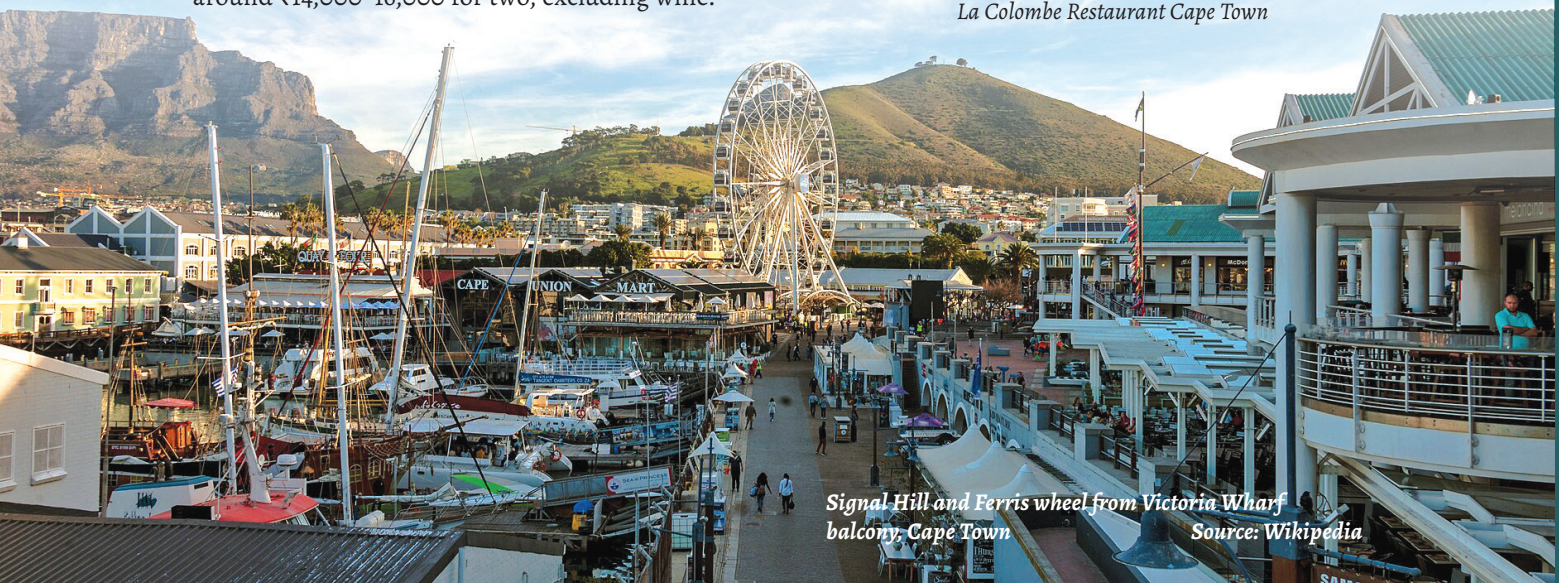
Expect to spend day 1 on your arrival, and settling in. In the evening, you could stroll through the V&A Waterfront, and wind up the day with dinner at the Pier Restaurant, where the fresh seafood is exceptional. It is likely to cost ₹6,000–8,000 for two. On day 2, you can take the cable car up Table Mountain – the name originating from the flat plateau top which runs for 3 kms. It is home to the dassie or rock hyrax, porcupines, mongooses, snakes, lizards, tortoises, and a rare endemic species of amphibian the Table Mountain ghost frog. The rotating aerial cable car up to the summit offers a panoramic view of Cape Town, the harbor, and the Atlantic Ocean.

VARY YOUR EXPERIENCES

Visit Bo-Kaap which is a historic, culturally vibrant neighborhood in Cape Town, located on the slopes of Signal Hill. It was a settlement built to house workers brought from Malaysia. Remember to visit the Awal Mosque, which is South Africa's oldest mosque. Later, head to Camps Bay to enjoy the sunset. With the Twelve Apostles mountain range and Lion's Head as its backdrop, palm lined promenade, and the icy blue waters of the Atlantic, a walk on the white sand beach is an experience to remember. Round off the day with dinner at La Colombe, which has consistently ranked among Africa's finest restaurants. Typically, a meal would cost around ₹14,000–16,000 for two, excluding wine.



La Colombe Restaurant Cape Town



Signal Hill and Ferris wheel from Victoria Wharf balcony, Cape Town
Source: Wikipedia



Table Mountain, Cape Town

MAKE DAY 3 ABOUT BREATHTAKING SCENES

The drive to Chapman's Peak showcases dramatic cliffs, sparkling ocean vistas, and the rugged beauty of Table Mountain National Park. From there you could visit Cape Point, which is a promontory at the southeast corner of the Cape Peninsula at the extreme southwestern tip of the African continent. Next try visiting the Cape of Good Hope which was first rounded by Bartolomeu Dias enroute to India. Though it was named Cape of Storms by him; the Portuguese King John II renamed it to Cape of Good Hope as signaling the opening of the spice route to India. Then, Boulders Beach should be on your itinerary. Watching hundreds of African penguins waddle across the sand is one of the most unforgettable experiences in South Africa. Round off the day with dinner at The Codfather, Camps Bay. It is likely to cost ₹5,000–7,000 for two.

DEDICATE DAYS 4, 5, AND 6 TO VISITING ROBBEN ISLAND, FRANSCHHOEK, AND STELLENBOSCH

To get a better understanding of South Africa's history, you should take the ferry to Robben Island where Nelson Mandela spent 18 years in imprisonment. You can spend the afternoon shopping at the Waterfront. Visit the wine country on days 5–6. Franschhoek and Stellenbosch are in the Western Cape, and lie only an hour from Cape Town. While the former is celebrated as the gourmet food and wine capital with its iconic hop-on hop-off Wine Tram to go hopping between vineyards; the latter is a university town, notable for the Dutch architecture which often distinguishes the region. It is considered one of the world's prettiest wine regions. Even if you aren't a wine enthusiast, the scenery alone is worth the journey. Rolling vineyards stretch endlessly beneath rugged mountains. Stay at the Le Franschhoek Hotel, which would cost ₹15,000–22,000; or at the slightly more affordable Protea Hotel Stellenbosch, where each night stay costs ₹11,000–15,000 per person.



Robben Island

FLATTER YOUR TASTE BUDS

The estates you might like to visit are Boschendal, Babylonstoren, La Motte, and Grande Provence. The cost of wine tasting could vary from ₹600–1,500 per person. Round off the day with dinner at Le Coin Français, which offers one of South Africa's finest dining experiences. The cost for two would range from ₹10,000–14,000.



Kruger National Park, South Africa

COMPLETE YOUR VACATION WITH A TRIP TO KRUGER NATIONAL PARK

Take a 2 hour flight from Cape Town to Johannesburg, then connect to Skukuza or Nelspruit. Alternatively, you could drive onward to your safari lodge. Domestic flights typically cost ₹7,000–15,000 per person depending on when you booked your flights. You have the option of staying at the Kruger Gate Hotel, which would cost anything ₹18,000–28,000; or you could stay at the Skukuza Safari Lodge

which would cost between ₹20,000–30,000 per person. Book your safari trip for the morning game drives which usually begin around 5.30 am. Look forward to encountering lions, leopards, elephants, rhinos, buffaloes, giraffes, zebras, and hippos. September offers some of the year's best wildlife viewing as vegetation is sparse, and animals congregate around water sources.

FOOD WILL BE THE LEAST OF YOUR WORRIES

Most safari lodges include breakfast and dinner. Savor the traditional South African cuisine which include grilled fish, vegetarian curries, and various kinds of fresh breads rounded off with excellent desserts. If you need to go shopping to take home mementoes, look for South African wines, Rooibos tea, handmade jewelry, Ostrich leather products, and African artwork.





KEEP IN MIND THESE TRAVEL TIPS

Hire a self-drive car in Cape Town for maximum flexibility, or use Uber within the city. Keep valuables out of sight, and avoid deserted areas after dark as you would in any new travel destination. Carry layered clothing as Cape Town mornings and evenings can be cool even in September. It is customary to tip about 10% of your bill value in restaurants.



WHAT MAKES SEPTEMBER SO SPECIAL?

The arrival of spring in the Western Cape in September brings with it mild temperatures, colorful wildflowers, and fewer tourists than the peak summer months. It is also one of the prime seasons for whale watching around Hermanus, and for special game viewing in Kruger National Park as animals congregate around shrinking water holes.

GALAXIA QUEST VERDICT

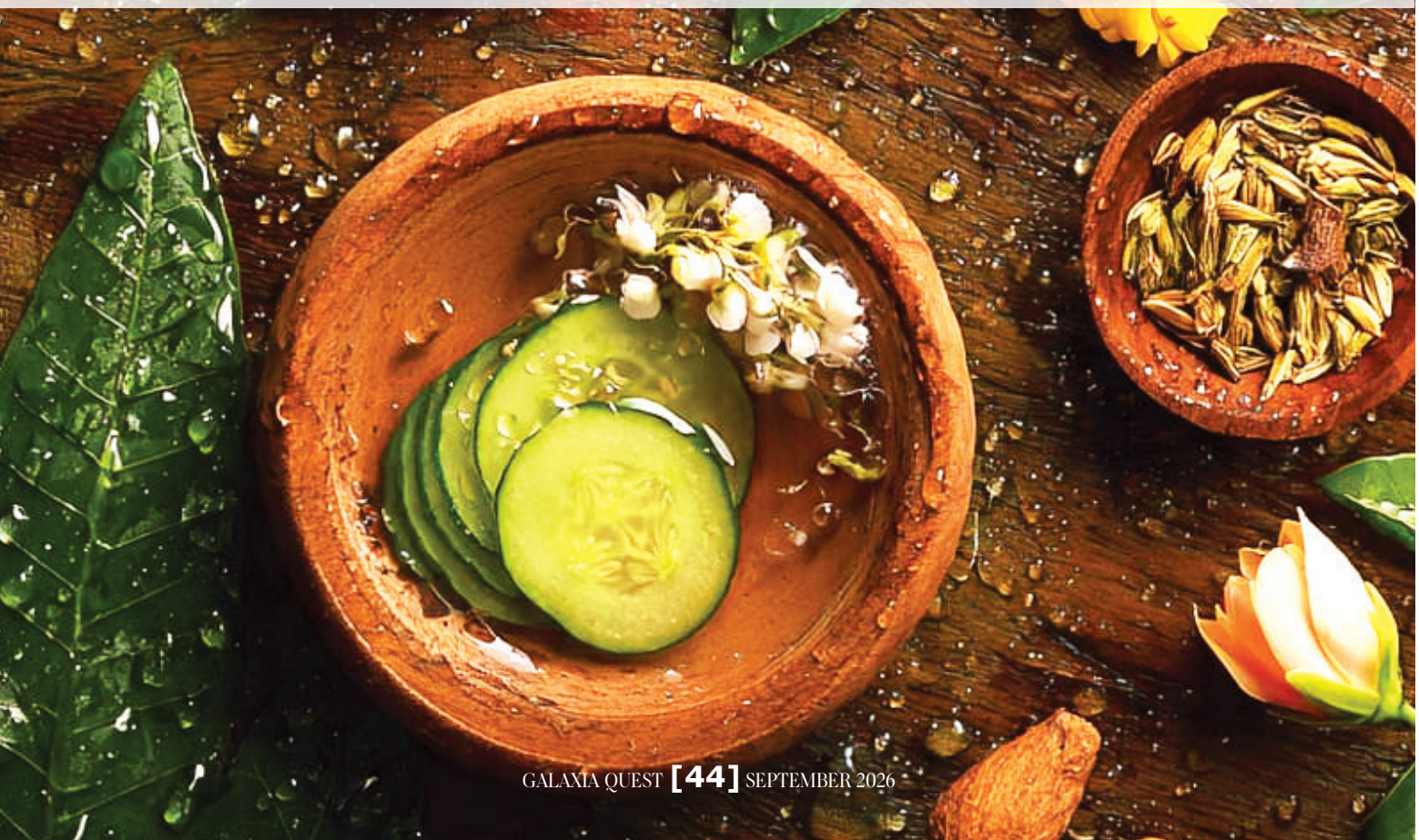
Head for South Africa in September to enjoy a collection of unforgettable moments. You could be sipping a crisp Chenin Blanc one day while taking in the lush vineyard covered mountains one day. The next day you could be observing a leopard slip silently through the African bush. Scenic coastline complement world class cuisine, while the hospitality provides you with excellent value for money. This kind of multidimensional experience earns South Africa a place on every traveler's bucket list. For couples seeking romance, adventure, and luxury in equal measure, few destinations can match the Rainbow Nation. ▀





Monsoon Skincare Protection

Ayurvedic Tips to Keep Your
Skin Healthy During the Rainy Season





The rainy season demands a thoughtful skincare routine that works with nature, not against it. Ayurveda offers simple, time-tested practices to protect, nourish, and maintain naturally healthy, radiant skin throughout the monsoon.

— BY **NILOFAR CURRIMBHOY**

The monsoon brings welcome relief from the scorching summer heat, but it also creates conditions that can challenge your skin. High humidity, fluctuating temperatures, pollution, and damp weather can disrupt the skin's natural balance, leading to excess oiliness, clogged pores, sensitivity, fungal infections, and occasional breakouts.

According to Ayurveda, every season calls for changes in lifestyle and skincare. During *Varsha Ritu* (the monsoon season), *Vata dosha* tends to become aggravated while *Pitta dosha* begins to accumulate. Rather than treating skin problems after they appear, Ayurveda emphasises preventive care that strengthens the skin's natural resilience and helps maintain its balance.



CLEANSE AWAY HUMIDITY AND IMPURITIES

The combination of sweat, dust, and moisture provides the perfect environment for impurities to accumulate on the skin. Cleansing your face twice a day with a gentle herbal cleanser helps remove dirt and excess oil while preserving the skin's natural protective barrier. Whenever possible, choose natural ingredients instead of harsh chemical-based cleansers.

Some time-tested Ayurvedic ingredients include:

- **Neem** – helps purify the skin.
- **Turmeric** – supports healthy-looking skin.
- **Sandalwood** – soothes and cools the skin.
- **Rose water** – refreshes and tones naturally.

PROTECT YOUR SKIN'S NATURAL BARRIER

A healthy skin barrier is your body's first line of defence against environmental stressors. During the monsoon, excessive washing, harsh scrubbing, or alcohol-based skincare products can weaken this protective layer.

Instead, opt for lightweight, non-greasy moisturisers that keep the skin hydrated without clogging pores.

Beneficial botanical ingredients include:

- **Aloe vera**
- **Cucumber**
- **Lotus extracts**

These ingredients help soothe the skin while maintaining hydration in humid weather.



DON'T SKIP SUN PROTECTION

Cloudy skies do not block harmful ultraviolet (UV) rays. Even during the monsoon, UV radiation can penetrate cloud cover and contribute to premature skin ageing and pigmentation.

Apply a broad-spectrum sunscreen every morning, even on overcast days, and reapply if you spend long hours outdoors. Choose a lightweight, water-resistant and sweat-resistant Ayurvedic sunscreen enriched with natural ingredients to provide effective protection without exposing your skin to unnecessarily harsh chemicals.



LET YOUR DIET NOURISH YOUR SKIN

Ayurveda believes that healthy skin begins with a healthy digestive system. During the monsoon, digestion naturally weakens, making it important to eat fresh, light, and easily digestible foods.

To support healthy skin:

- Eat warm, home-cooked meals.
- Include seasonal vegetables and fruits.
- Stay adequately hydrated.
- Enjoy herbal teas and infusions.
- Limit oily, fried, and highly processed foods.

A balanced diet not only improves digestion but also reflects positively on your skin.



CHOOSE HERBAL FACE PACKS OVER HARSH TREATMENTS

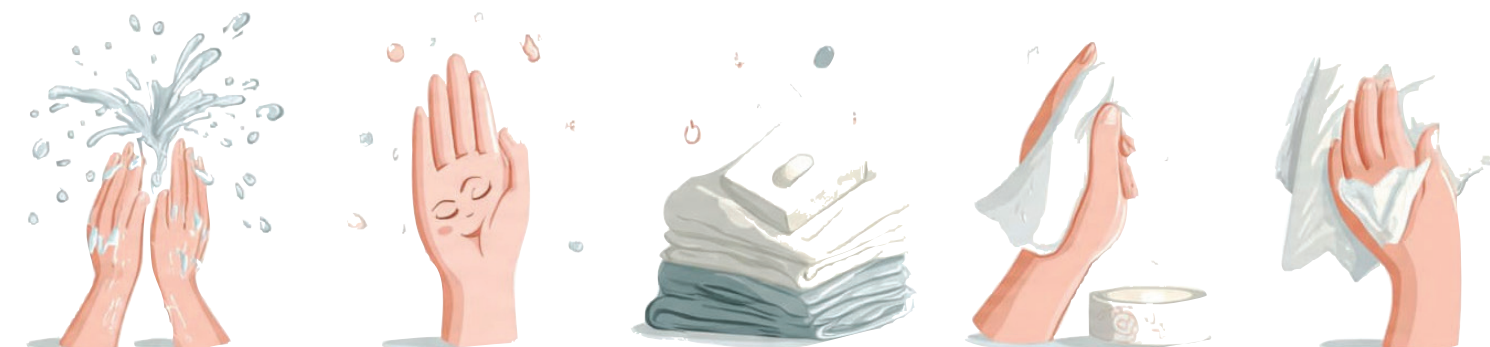
Instead of aggressive exfoliation, nourish your skin with gentle herbal face packs once a week. They help cleanse, refresh, and rejuvenate the skin without stripping away its natural moisture.

A simple traditional face pack can be made using:

- Besan (gram flour)
- Sandalwood powder
- A pinch of turmeric
- Rose water to form a smooth paste

Apply the mixture evenly, leave it on for about 15 minutes, and rinse with lukewarm water.





HEALTHY SKIN BEGINS WITH HEALTHY HABITS

Monsoon skincare extends beyond creams and cleansers. Everyday hygiene plays an equally important role in keeping your skin healthy.

Remember to:

- Wash your face after getting drenched in rain.
- Avoid touching your face with unclean hands.
- Use clean towels and change pillowcases regularly.
- Remove all makeup before going to bed.
- Change out of damp clothes as soon as possible.

These simple habits can significantly reduce the risk of skin irritation and infections during the rainy season.



HEALTHY SKIN BEGINS WITH SEASONAL AWARENESS, BALANCED NUTRITION, AND GENTLE DAILY CARE

AYURVEDA TREATS SKINCARE AS PREVENTIVE CARE—STRENGTHENING THE SKIN BEFORE PROBLEMS ARISE



THE AYURVEDIC WAY TO HEALTHY SKIN

Healthy skin during the monsoon does not require complicated routines or expensive products. It is achieved through consistency, seasonal awareness, balanced nutrition, and gentle skincare that works in harmony with your body's natural rhythms.

By following Ayurvedic principles and adopting healthy daily habits, you not only protect your skin from seasonal challenges but also support its long-term health and natural radiance throughout the year. ▀



BEYOND CHARITY

WHY INDIA MUST BUILD COMMUNITIES, NOT DEPENDENCE

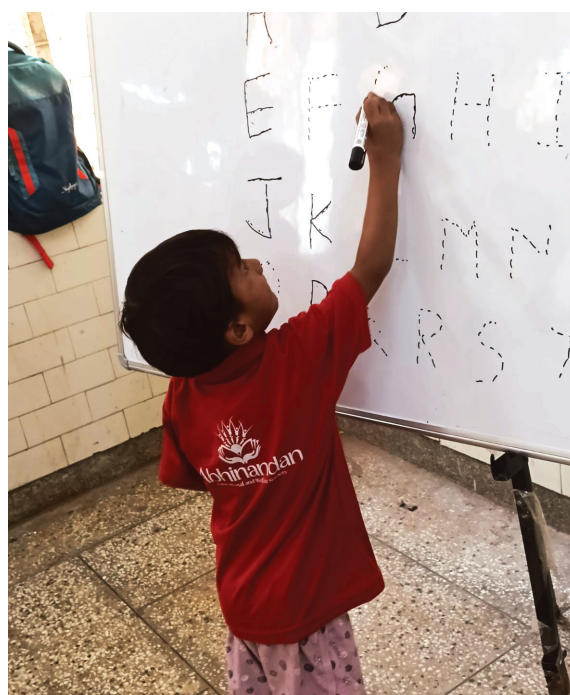
*As India eyes 2047, true progress lies not in charity but in empowered communities. **ABHINANDAN EDUCATIONAL & WELFARE SOCIETY** emphasis on shifting from aid to agency, where dignity, local leadership, and integrated action build self-reliant people who drive their own transformation, not dependence.*

As India advances towards its aspiration of becoming a developed nation by 2047, the conversation around social development must move beyond the familiar vocabulary of charity and welfare. While philanthropy has long

played an important role in addressing immediate needs, the country's next developmental leap will depend not on how much aid reaches vulnerable communities, but on whether that aid enables them to become self-reliant.



Children at Abhinandan



Across India, a new generation of development practitioners is challenging the conventional understanding of social work. Among them are leaders such as Manisha Bhatia, Founder and CEO of Abhinandan Educational & Welfare Society, who advocate a model in which communities are not passive recipients of support but active architects of their own progress. This philosophy reflects a broader shift taking place across India's development sector, one that prioritises dignity, participation and long-term resilience over dependency.

For decades, development interventions have largely been measured through numbers: children enrolled, meals served, women trained, or households reached. These indicators matter, but they often fail to answer a more fundamental question: Did people's lives change in a way that allowed them to shape their own future?

The distinction between assistance and empowerment is critical.

A child who receives school supplies for a year certainly benefits. But a child who receives quality education, emotional support, family engagement and a safe learning environment acquires something far more valuable: the ability to break the cycle of poverty. Likewise, vocational training for women has limited impact unless it is accompanied by financial literacy, market access, confidence-building and opportunities for entrepreneurship. Development becomes sustainable only when individuals gain agency over their own lives.

India's development challenges are deeply interconnected. Educational exclusion is often linked to migration, poor health, inadequate livelihoods, gender inequality and environmental vulnerability. Addressing these issues through isolated programmes rarely produces lasting outcomes. Instead, the country requires integrated, community-based models in which education, livelihoods, health, environmental stewardship and local leadership reinforce one another.

Some civil society organisations have already begun demonstrating what such an approach can



FOR DECADES, DEVELOPMENT INTERVENTIONS HAVE LARGELY BEEN MEASURED THROUGH NUMBERS: CHILDREN ENROLLED, MEALS SERVED, WOMEN TRAINED, OR HOUSEHOLDS REACHED. THESE INDICATORS MATTER, BUT THEY OFTEN FAIL TO ANSWER A MORE FUNDAMENTAL QUESTION: DID PEOPLE'S LIVES CHANGE IN A WAY THAT ALLOWED THEM TO SHAPE THEIR OWN FUTURE?

look like. Through initiatives that combine education, women's economic empowerment, youth leadership and environmental sustainability within the same ecosystem, organisations such as Abhinandan Educational & Welfare Society illustrate how development can become transformative rather than transactional. Their work underscores an important lesson: when communities participate in designing solutions, interventions are more likely to endure beyond project cycles.

Equally important is the recognition that women and young people are not merely beneficiaries of development but its most effective

drivers. Women's economic participation improves household incomes, children's education and community well-being. Young leaders bring innovation, digital skills and civic engagement that are essential for addressing emerging social challenges. Investing in both groups creates multiplier effects that extend across generations.

The role of partnerships is also becoming increasingly significant. Governments alone cannot solve complex developmental challenges, nor can civil society or corporate philanthropy operate in isolation. The future lies in collaborative governance, where public institutions, businesses, academic institutions and community



MANISHA BHATIA
Founder & CEO of Abhinanda Education
& Welfare Society



organisations contribute their respective strengths while remaining accountable to local communities. Such partnerships can shift CSR from cheque-writing to long-term institution-building.

Technology, too, offers unprecedented opportunities. Digital platforms can improve learning outcomes, strengthen programme monitoring, increase transparency and enable evidence-based policymaking. Yet technology must remain a tool rather than an end in itself. Without community ownership, even the most sophisticated digital solutions risk becoming temporary interventions.

As India prepares for the next quarter century of nation-building, its development discourse must embrace a simple but transformative idea: people are not problems to be solved; they are partners in creating solutions. As Manisha Bhatia has often emphasised through her work, sustainable development begins when dignity, opportunity and local ownership become the foundation of every intervention, rather than its eventual outcome.

The future of inclusive growth will therefore be determined not by the scale of charity, but by the strength of communities. India's greatest development success will not be measured by the number of programmes it launches, but by the number of communities capable of leading their own transformation. That is the shift the nation must now embrace: from delivering services to building capabilities, from welfare to empowerment, and from charity to transformation. ▀





The Sound of a Lifetime



JENNY JOSE
Co-founder, Bass N Treble
www.bassntreble.com

For me, hi-fi began at 10, with Dil Hai Chhota Sa on TV and a Roja cassette on our National Panasonic stereo. We instantly felt something was missing. That search led from Avantgarde's statement horns to TAD's detail, and to systems anyone can afford. This hobby isn't about luxury. It's about legacy, music, and creating memories that outlast any brand name.



FROM ₹2 LAKH STARTER
SYSTEMS TO ₹3 CRORE
MASTERPIECES, DISCOVER
WHY HIGH-END AUDIO
IS AS MUCH ABOUT THE
SOUL AS IT IS ABOUT
TECHNOLOGY

I was 10 years old when I heard *Dil Hai Chhota Sa* on television for the first time. I remember how magical it felt—a fresh new sound unlike anything we had ever heard before. My brother quickly bought the *Roja* cassette, and we played it on our National Panasonic stereo. For the first time in our lives, we felt that something was missing—that our beloved stereo was not delivering the song in all its glory.

That was how our quest for a hi-fi setup began. It eventually led us to open one of India's finest

luxury high-end stereo experience centres, where every brand tells a story of where it comes from and the journey it has taken.

Take Avantgarde speakers from Germany, for example. With their signature horn-loaded drivers and imposing appearance, Avantgarde doesn't just play music—it becomes the centrepiece of the room. No matter where you place them, they command attention.

"I didn't choose Avantgarde speakers because of their specification sheet. I chose them because,



SOME PEOPLE
COLLECT WATCHES.
OTHERS COLLECT
CARS. AUDIOPHILES
COLLECT MOMENTS—
ONE PERFECTLY
REPRODUCED NOTE
AT A TIME

at low volume, late at night, the music still breathes. The horns give you the very first instant of a note—the strike, the bow, the breath—before the room has time to blur it,” says Major Nirvikar Singh (Retd), an advocate practising in the Supreme Court of India, who recently acquired the Avantgarde Opus 1 speakers.

Starting at ₹17 lakh a pair, the higher models can cost anywhere from ₹1 crore to ₹3 crore and can be customised in a variety of finishes to suit different tastes, personalities, and interiors. Owing to their size, Avantgarde speakers are best suited to larger rooms. Many eminent personalities across diverse fields in India have an Avantgarde system in their homes.

When it comes to high-end stereo, big is often beautiful. But there are also brands such as TAD Labs from Japan that produce compact bookshelf speakers as well as floor-standing models. A perfectionist’s brand, TAD Labs also manufactures the complete electronics chain, including digital-to-analogue converters (DACs), pre-amplifiers, and power amplifiers. A complete TAD system can cost even more than the top-end Avantgarde setups.



“It really is all about passion. What are you most passionate about? For me, it’s music, and I pursue it with everything I have. You can call me an audiophile—I research extensively. That’s how I discovered Bass N Treble and Denny, and through him, I found TAD. With TAD, I finally feel I’ve found what I was looking for,” says Arvind Pani, Co-founder and CEO of Reverie Language Technologies.

Owning a high-end audio system is a luxury of the quiet kind. The watch you wear may be recognised and admired. The car you drive





**LUXURY ISN'T ALWAYS WORN
ON THE WRIST OR PARKED IN
THE DRIVEWAY. SOMETIMES, IT
SITS QUIETLY IN YOUR LIVING
ROOM, WAITING FOR THE
MUSIC TO BEGIN**

announces your arrival before you do. A high-end music system does none of that. Most of your family and friends may not even recognise these brands. That is, until you turn the system on.

Is high-end audio exclusive and unaffordable for most people? Brands like Avantgarde and TAD Labs certainly can be. But there are many excellent brands that cost no more than the latest iPhone. Even a budget of ₹2 lakh can transform the way you listen to music or experience sound. Whether it is a pair of headphones, a wireless speaker, a soundbar, or a stereo system, there is something for every enthusiast.

But the true magic lies in two-channel stereo.

A good starter system could include a pair of bookshelf or floor-standing speakers in the ₹60,000-80,000 range from brands such as Monitor Audio, KEF, or Wharfedale, paired with an all-in-one streaming amplifier from Marantz in a similar price bracket. Add an entry-level Audio-Technica turntable, and you're ready to rediscover the joy of spinning vinyl.

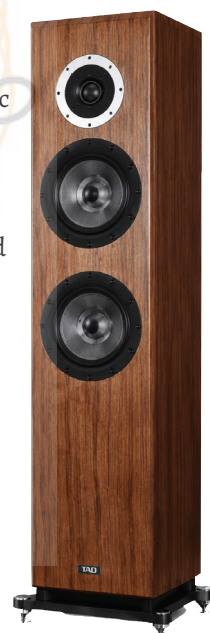


In our experience, owning a high-end audio system is perhaps the most personal hobby one can have—whether enjoyed alone or with family. It is about carving out moments of solitude, with your favourite drink in hand and your favourite music filling the room for hours. Or spending a lazy Sunday with your family, arguing over playlists and rediscovering old favourites together.

A home with a hi-fi system is never without music drifting through its windows. It becomes that house in the neighbourhood—the one where music is always alive.

To me, this hobby is less about luxury and more about legacy. It is a love for music that you pass on to your children, a space you create for art, contemplation, and shared memories. And sometimes, it is simply an excuse to turn up the volume and have a rocking good time.

Your friends may never remember the brand of your audio system. They will, however, always remember how it made them feel. ▼





A New *Visual Vocabulary*

*Tanvi Kulshreshtha and the Evolution
of Contemporary Indian Abstraction*





*Tanvi Kulshreshtha is redefining Indian abstraction. An engineer-turned-artist, she creates immersive, tactile canvases where architecture, emotion, and space meet. Her layered works don't decorate rooms, they transform them, marking a confident new voice in contemporary Indian art, writes **RITIKA LALL CHAKRAVARTTY***

There are moments in the evolution of an art market when an artist emerges whose practice signifies more than individual success. It signals the arrival of a new visual language. Tanvi Kulshreshtha belongs to this generation of contemporary Indian artists redefining abstraction; not as decoration, but as an immersive experience that engages architecture, emotion, and spatial perception.

An engineer and MBA by training, Kulshreshtha left Bengaluru's startup ecosystem to pursue a full-time artistic practice. That transition continues to inform her work. The precision of engineering underpins compositions that appear spontaneous, while her entrepreneurial mindset has enabled her to challenge conventional expectations of what contemporary abstraction can be within the Indian art market.

Entirely self-taught, she has developed a highly individual practice free from academic orthodoxy. Her studio is as much a laboratory as a workspace, where kitchen spatulas, dishwashing sponges, foam rollers, cardboard, and industrial tools become instruments for creating richly layered



surfaces. These unconventional methods are not novelty; they are integral to an artistic language that is tactile, experimental, and deeply personal.

At first glance, Kulshreshtha's canvases appear intuitive, expanses of vibrant colour interrupted by





**SUNAYANA MALHOTRA REIMAGINES THE LOTUS
AS A CONTEMPORARY SYMBOL OF MEMORY,
SPIRITUALITY AND REFLECTION, CREATING
IMMERSIVE PAINTINGS WHERE TRADITION,
ABSTRACTION AND INNER CONTEMPLATION
COEXIST IN LUMINOUS HARMONY**

gestural marks, textured passages, and fragmented forms. On closer viewing, however, their compositional discipline becomes evident. Negative space carries as much weight as painted form, while successive layers of pigment reveal traces of earlier decisions. The paintings feel less like surfaces that have been painted than landscapes that have gradually evolved.

Rather than narrating stories, her works create environments. They invite viewers to move through memory, emotion, geography, and personal experience without prescribing a single interpretation. This openness reflects the artist's belief that the emotional journey belongs to the viewer. The paintings succeed not because they explain themselves, but because they trust the audience to discover meaning within them.

Materiality is central to this experience. Texture in Kulshreshtha's work is never merely decorative; it is a language in itself. Thick impasto, mineral-like finishes, translucent washes, and luminous colour fields create paintings that demand physical presence. From a distance they command architectural space; viewed closely they reveal intricate micro-landscapes of experimentation and process. It is this continual dialogue between control and spontaneity that defines her practice.

While Kulshreshtha acknowledges the influence of artists such as Vasudeo Gaitonde, Jackson Pollock, Yayoi Kusama, and Frank Stella, these references function as philosophical touchstones rather than stylistic templates. Her work retains a distinctly individual identity,



TEXTURE IN KULSHRESHTHA'S WORK IS NEVER MERELY DECORATIVE; IT IS A LANGUAGE IN ITSELF. THICK IMPASTO, MINERAL-LIKE FINISHES, TRANSLUCENT WASHES, AND LUMINOUS COLOUR FIELDS CREATE PAINTINGS THAT DEMAND PHYSICAL PRESENCE

shaped by an unmistakable Indian sensibility expressed through rhythm, chromatic confidence, layered complexity, and spatial intuition rather than overt symbolism.

Her visual vocabulary has also been shaped by place. Growing up on a university campus surrounded by murals, frescoes, and sculpture fostered an early engagement with art, while living in Rajasthan, Bengaluru, and Pune expanded her understanding of colour, form, and atmosphere. An avid traveller, expanded her artistic horizon and has further enriched her practice. Rather than depicting these places literally, she absorbs their emotional and architectural character, translating experience into abstraction.

This openness to experimentation is matched by a refusal to repeat herself. Each body of work becomes an opportunity to rethink technique, material, and composition while maintaining an unwavering commitment to craftsmanship. For Kulshreshtha, originality is not a stylistic choice but an artistic responsibility.



That philosophy has naturally led her beyond the gallery. Her paintings increasingly function as architectural interventions rather than decorative objects, resulting in collaborations with leading design practices including Neterwala & Aibara, Sanjay Puri Architects, Studio Osmosis, Design Hex, ACKM Studio, and Ali Baldiwala.

From an interior designer's perspective, Kulshreshtha's work possesses a rare architectural intelligence. Her paintings anchor a space without overwhelming it, introducing movement, depth, and identity while allowing the surrounding environment to breathe. Whether placed in luxury residences, hospitality projects, corporate environments, or cultural institutions, the works transform the spatial experience. The room begins to converse with the artwork rather than simply containing it.

Collectors are responding to the same qualities. Today's art buyers increasingly seek works that sustain engagement over time rather than offering immediate visual gratification. Kulshreshtha's

abstractions reward slow looking. Their layered complexity reveals new relationships with every encounter, allowing the paintings to evolve alongside their owners. They become deeply personal works that retain both emotional resonance and formal integrity.

Her significance, however, extends beyond individual collectors.

Kulshreshtha represents a broader shift within the Indian art market. While collecting has long centered around established modernists, a younger generation of globally aware, design-conscious collectors is creating new demand for

contemporary abstraction. Her work speaks directly to this audience, offering paintings that are intellectually rigorous yet emotionally accessible, equally at home in private collections, architectural spaces, and institutional settings.

In doing so, she is helping expand not only the audience for contemporary abstraction but also the confidence with which it is collected. This is

**KULSHRESHTHA'S
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SLOW LOOKING. THEIR
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FOR KULSHRESHTHA, PAINTING IS NOT SIMPLY A PROFESSION BUT AN INSTINCTIVE NECESSITY. INSPIRED AS READILY BY MOLECULAR GASTRONOMY, THE MEDITATIVE CADENCE OF THE VISHNU SAHASRANAMAM, OR JOHN LENNON'S IMAGINE, HER PRACTICE REMAINS GROUNDED IN CURIOSITY, OBSERVATION

how art markets evolve, not simply through the production of new work, but through the creation of new ways of seeing and collecting.

Recognition from publications such as Architectural Digest, Filmfare, India Today Home, and Good Homes and installation at the Encalm Lounge, Terminal 3, Delhi International Airport, Kulshreshtha has established herself as a significant voice in contemporary Indian abstraction. She reflects the growing visibility of her practice beyond conventional gallery circuits. Collectors frequently speak of recognising fragments of their own emotional landscape within her paintings, a testament to the openness and universality of her visual language.

For Kulshreshtha, painting is not simply a profession but an instinctive necessity. Inspired as readily by molecular gastronomy, the meditative

cadence of the *Vishnu Sahasranamam*, or John Lennon's *Imagine*, her practice remains grounded in curiosity, observation, and an enduring desire to experiment.

Looking ahead, her ambitions naturally extend towards museum-scale installations, major architectural commissions, and international collaborations. Her objective is not simply to participate in the global discourse on abstraction, but to contribute a distinctly contemporary Indian voice that is both confident and original.

As India's collector community continues to mature and the dialogue between art and architecture grows increasingly sophisticated, artists like Tanvi Kulshreshtha are helping define the future of contemporary Indian art. Not by following global trends, but by creating a visual language that is unmistakably their own. ▼



THE QUIET REVOLUTION

How Nuclear Medicine Sees What Others Can't

DR. DEEPANJAN MITRA, *Head, Department of Nuclear Medicine & PET CT, North City Diagnostic Centre, Kolkata*
DR. PARAG ALAND, *Head, Department of Nuclear Medicine & PET CT, Saifee Hospital, Mumbai*

It sounds like science fiction — injecting radioactivity into a patient to diagnose or treat disease. But nuclear medicine is one of the quietest, most elegant revolutions in modern healthcare, and chances are you or someone you love will encounter it.

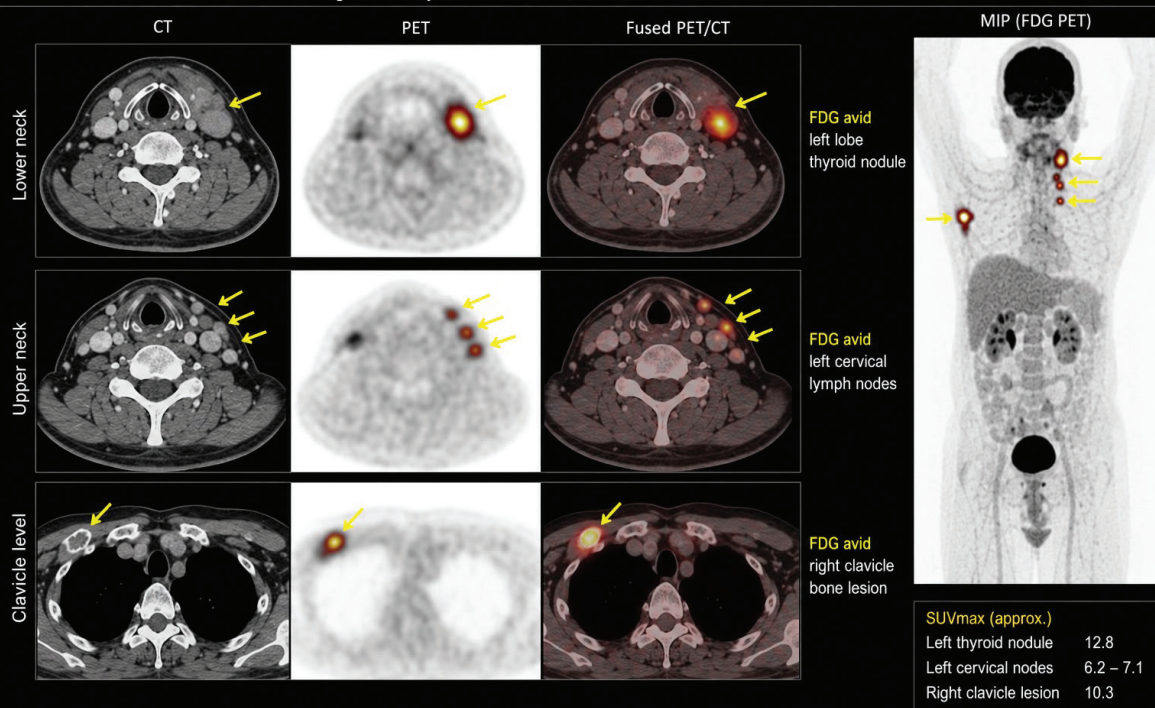
Mrs. Kulkarni had been “just tired” for three months. Her blood tests, ultrasound, and CT scan all came back unremarkable. Then someone suggested a PET-CT. About sixty minutes after a simple injection, a radioactive tracer — chemically disguised as sugar — drifted through her bloodstream. Cancer cells are gluttons for sugar,

and wherever they were hiding, they lit up like windows in a city seen at night.

The scan found the known thyroid nodule, a lymph node no one had felt, and a third, smaller spot near her collarbone, invisible on CT. Nuclear medicine doesn't ask what does this look like; it asks what is this actually doing. Weeks later, after surgery and a single capsule of radioactive iodine, her thyroid tissue and any stray cancer cells were gone — quietly, precisely, from the inside. It isn't about more radiation; it's smarter radiation: the same molecule doing two jobs, find it, then finish it.

¹⁸F-FDG PET/CT

Malignant left thyroid nodule with nodal and osseous metastasis



¹⁸F-FDG PET/CT. Malignant left thyroid nodule with nodal and osseous metastasis

FIRST, LET'S KILL THE FEAR FACTOR

The word “nuclear” conjures reactors and radiation leaks — misleading here. Patients receive a tiny, carefully calculated radiopharmaceutical, usually by injection or capsule. Unlike radiotherapy, which aims radiation at you from outside, nuclear medicine works from within, attached to a molecule that knows exactly where to go.

PART ONE: THE DETECTIVE WORK

X-rays show you the map; nuclear medicine shows you the traffic. A CT or MRI shows structure but not always whether it's working normally. A radiotracer follows a biological pathway — sugar metabolism, bone turnover, blood flow — while a PET or SPECT camera tracks where it accumulates, producing a picture of function rather than anatomy.

- **PET-CT**, the whole-body cancer detector, lights up cancer cells long before a lump might be felt.
- **Bone scan** detects cancer's spread to bone, or a hidden stress fracture, weeks before an X-ray would show anything.

- **Thyroid scan** reveals whether the gland is overactive, underactive, or hiding a nodule.
- **Heart scan (MPI)** shows whether blood reaches the heart muscle under stress, catching blockages before a heart attack.
- **Renal scan** shows how each kidney functions and drains, often gatekeeping surgery.

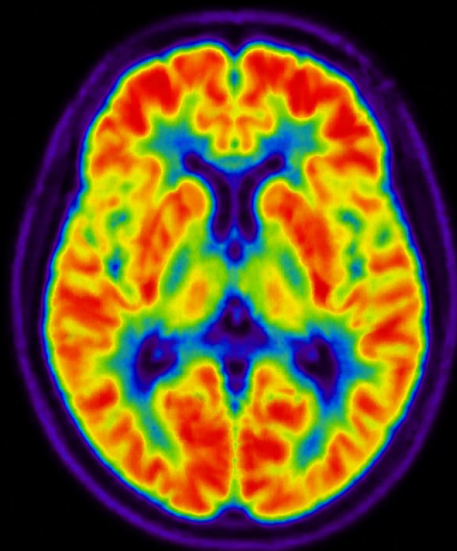
Finding, though, is only half the story.

PART TWO: THE PRECISION STRIKE

Nuclear medicine doesn't just diagnose — it treats, with a precision chemotherapy or radiotherapy can't always match. This is theranostics: the molecule that finds disease is re-engineered with a radioactive particle and sent back in to destroy it — exactly what happened, in miniature, inside Mrs. Kulkarni's body.

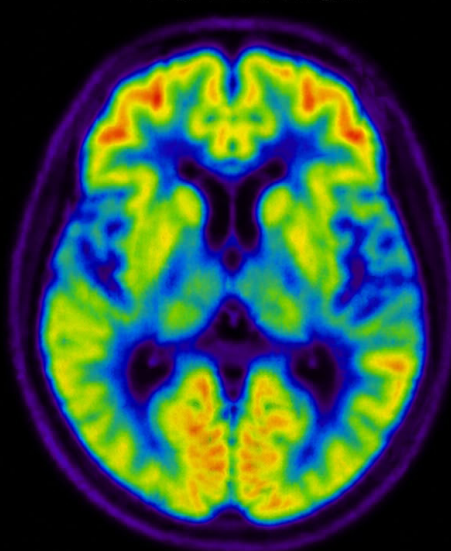
- **Radioactive iodine** for thyroid disease — the original theranostic success, used safely for over seventy years.
- **Lutetium-177 PSMA therapy** for advanced prostate cancer resistant to hormone treatment:

Normal FDG PET Brain



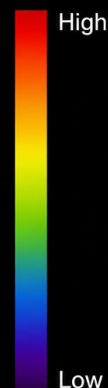
Normal metabolism
(High FDG uptake in cortex)

Alzheimer's Disease FDG PET Brain



Reduced metabolism
(Low FDG uptake in parietal and
temporal lobes)

FDG Uptake



a PET scan confirms the tumour's molecular address, then a drip delivers radiation over a very short distance.

- **PRRT** (Peptide Receptor Radionuclide Therapy), a lock-and-key treatment for neuroendocrine tumours resistant to standard chemotherapy.
- **Radium-223**, which mimics calcium to travel straight to cancer-affected bone.

This isn't a sledgehammer. It's a scalpel that travels through the bloodstream and finds its own target.

A NEW WINDOW INTO DEMENTIA

When Mr. Banerjee began repeating questions and got lost on a familiar route, his family wondered: stress, or the start of Alzheimer's? An MRI can rule out a stroke or tumour but may not explain fading memory. Nuclear medicine looks deeper, at the brain's activity and, sometimes, the proteins building up inside it.

The FDG PET brain scan shows how the brain uses sugar; in Alzheimer's, memory-related areas may use less energy in a recognisable pattern, sometimes before structural scans show anything. The amyloid PET scan looks for plaques linked to

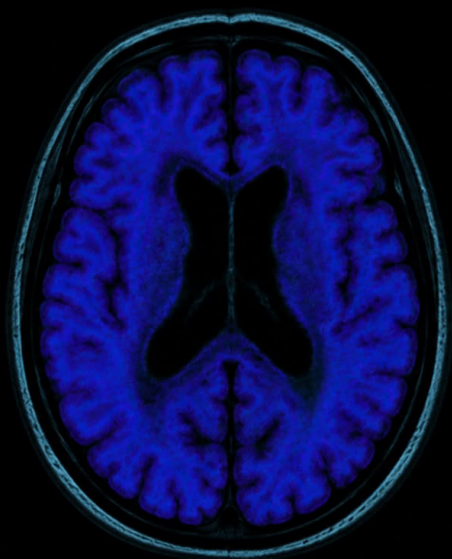
Alzheimer's — a negative scan makes the disease much less likely, while a positive one is read alongside symptoms and memory testing. Newer scans can also detect tau, though availability varies.

None of these is a crystal ball, and amyloid can appear in people who never develop dementia. But for a family living with uncertainty, a clearer answer is invaluable — helping distinguish Alzheimer's from other causes of decline, aiding diagnosis of Parkinson's, and guiding treatment planning.

WHY THIS SHOULD MATTER TO YOU

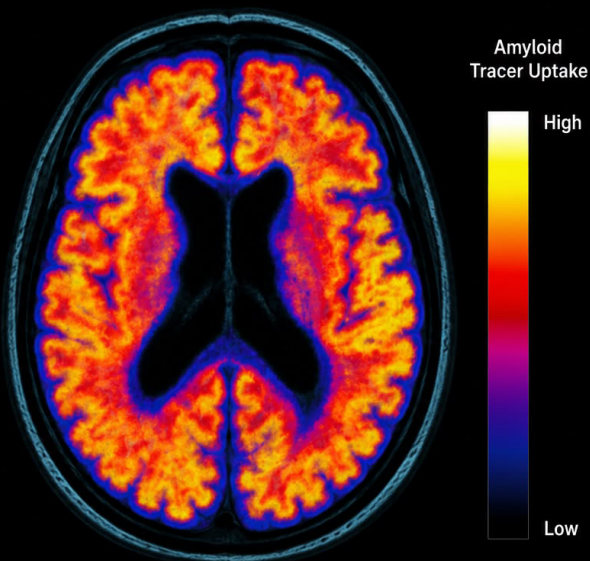
You may never personally need nuclear medicine. But if a loved one is told "let's do a PET scan" or "we're going to try a targeted radioactive therapy," you'll know this isn't fringe science — it's one of the most sophisticated branches of modern medicine, built on a simple idea: if you can see disease precisely, you can treat it precisely. Nuclear medicine, quiet and often unsung, has been rehearsing for this future for seventy years. It's just now stepping into the spotlight.

Normal Amyloid PET Scan



No significant amyloid deposition
(negative scan)

Alzheimer's Disease Amyloid PET Scan

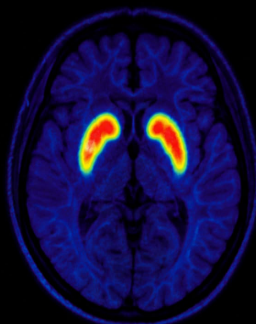


Extensive amyloid deposition in cortex
(positive scan)

FIVE THINGS PEOPLE GET WRONG ABOUT NUCLEAR MEDICINE

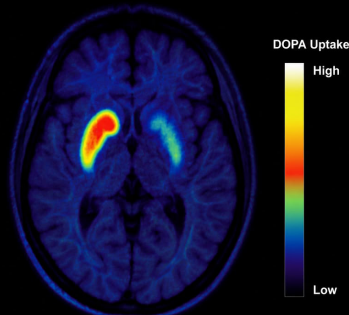
1. "Am I radioactive after this?" Almost never a concern — diagnostic doses are tiny and clear the body within hours.
2. "Isn't this the same as radiotherapy?" No. Radiotherapy aims a beam at you from outside; nuclear medicine sends a molecule inside that finds its own destination.
3. "This sounds experimental." Radioactive iodine for thyroid disease has been used safely since the 1940s.
4. "CT, MRI, PET — what's the difference?" CT and MRI show structure; nuclear medicine shows function.
5. "Isn't this dangerous for staff and the environment?" Nuclear medicine departments are among the most tightly regulated spaces in any hospital.

Normal DOPA PET Scan



Normal: Symmetric, intense uptake in both putamen (comma-shaped)

Parkinson's Disease DOPA PET Scan



Parkinson's Disease: Asymmetric, reduced uptake in the putamen, markedly decreased on the left side

The quiet revolution does not stand still. The Association of Nuclear Medicine Physicians of India (ANMPI) will bring clinicians and researchers together at its 24th national conference (ANMPICON 26) in Kolkata to examine the technologies and trends shaping what comes next — from smarter imaging and theranostics to more personalised care. ▶

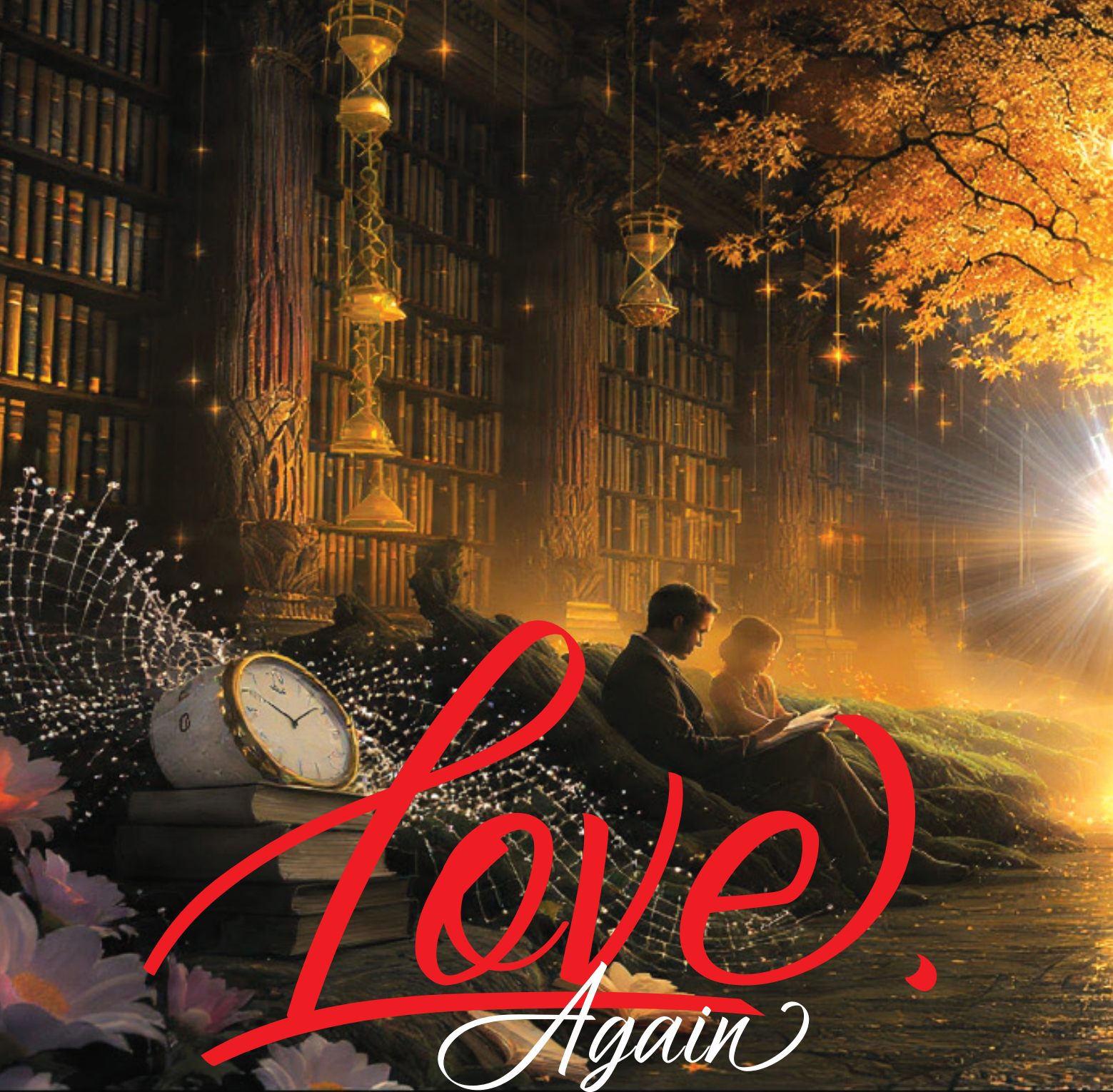
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FROM SHAKESPEARE'S HAMLET TO JEFF BEZOS, SECOND MARRIAGES HAVE ALWAYS SPARKED DEBATE

Second chances in love. Shakespeare questioned it, history proves it, and today even Jeff Bezos embodies it. Is remarriage a triumph of hope over experience, or wisdom choosing not to surrender to disappointment? A timeless debate on courage, companionship, and beginning again, writes **AMIT GOEL**

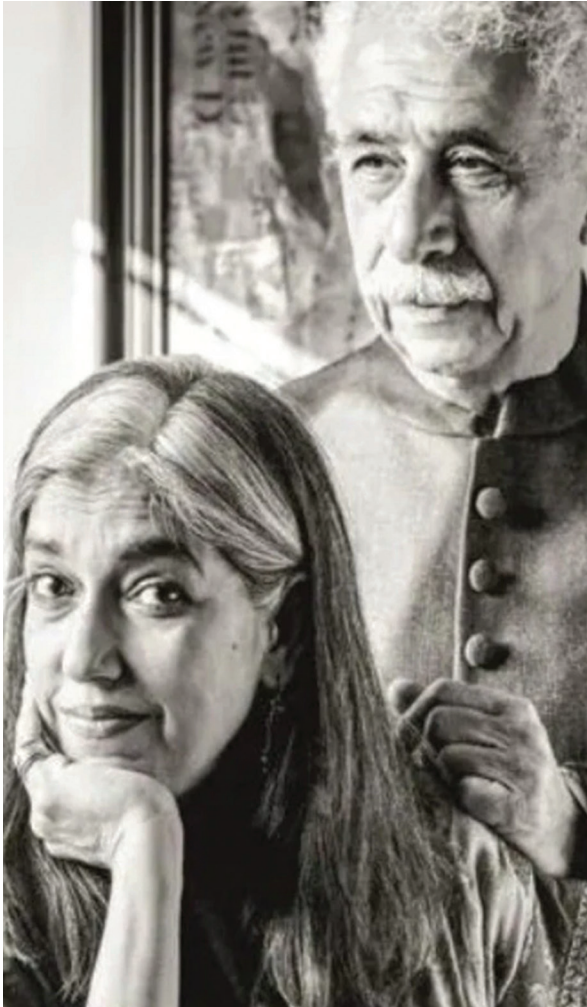


Are they a triumph of hope over experience—or proof that experience teaches us to love better?

While many people talk of King Henry VIII's six marriages or Elizabeth Taylor's seven, remarriage has been a part of human history for centuries. Monarchs, artists and ordinary people have married more than once for a variety of reasons. Yet second marriages continue to provoke a philosophical question: do they reflect wisdom gained from experience, or an optimistic refusal to be defeated by it? The issue is as relevant today as it was in Shakespeare's time.

A SECOND MARRIAGE IS RARELY ABOUT ROMANCE ALONE

Prince Hamlet bitterly condemns his mother Queen Gertrude's swift remarriage after his father's death, believing it was motivated less by love than by political necessity. Shakespeare recognised that second marriages are often shaped by practical considerations such as security, companionship, social standing or financial stability rather than romance alone. There is nothing inherently wrong with choosing these over youthful passions. History,



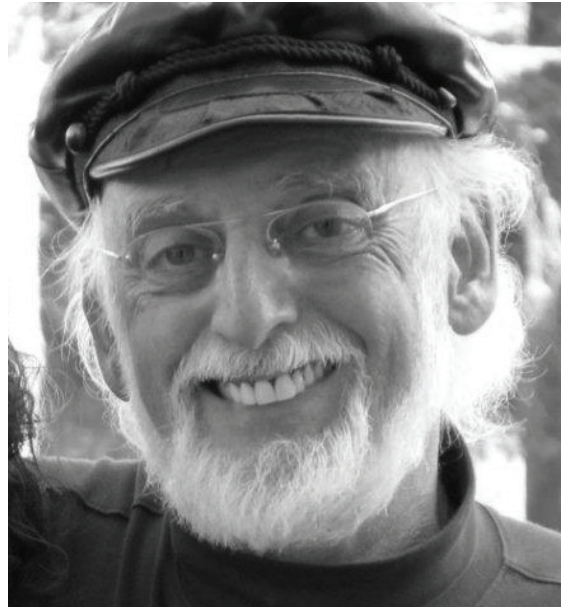
Naseeruddin Shah and Ratna Pathak

however, also offers examples such as Mehrunissa—better known as Nur Jahan—who, after being widowed, married Emperor Jahangir, the man she had loved in her youth.

TRIUMPH OF HOPE

Samuel Johnson famously observed, “A second marriage is the triumph of hope over experience.” His remark has endured because it captures a common scepticism. Why would someone who has already experienced the compromises, disappointments and emotional upheavals of marriage willingly take that journey again?

Yet modern relationship experts argue that experience need not discourage commitment. Whether a first marriage ended in divorce or



John Mordechai Gottman

Source: Wikipedia



PSYCHOLOGIST JOHN GOTTMAN ARGUES THAT LASTING RELATIONSHIPS DEPEND PRIMARILY ON COMMUNICATION, FRIENDSHIP, EMOTIONAL CONNECTION AND HEALTHY CONFLICT MANAGEMENT, RATHER THAN WHETHER A MARRIAGE IS FIRST OR SECOND

bereavement, entering a new relationship with greater maturity and realistic expectations can be a strength. Successful marriages are ultimately built more on companionship, trust and mutual understanding than on romantic idealism.

EXPERIENCE CAN BE AN ASSET

Experience often makes people better partners. Psychologist John Gottman argues that lasting relationships depend primarily on communication, friendship, emotional connection and healthy conflict management, rather than whether a marriage is first or second. Those who remarry frequently possess greater self-awareness, clearer expectations and a better understanding of the qualities they truly value in a partner.



Billionaire entrepreneur Jeff Bezos and Lauren Sánchez

FAMOUS EXAMPLES ON BOTH SIDES

When billionaire entrepreneur Jeff Bezos married Lauren Sánchez in June 2025—a second marriage for both—the lavish Venice wedding attracted worldwide attention. Supporters saw it as proof that companionship and commitment can flourish after earlier relationships end. Critics viewed the marriage as one shaped more by wealth, influence and lifestyle than romance. The contrasting reactions illustrate that society remains divided on the meaning of remarriage.



Saif Ali Khan and Kareena Kapoor Photograph: (X)



BILLIONAIRE ENTREPRENEUR JEFF BEZOS MARRIED LAUREN SÁNCHEZ IN JUNE 2025—A SECOND MARRIAGE FOR BOTH—THE LAVISH VENICE WEDDING ATTRACTED WORLDWIDE ATTENTION. SUPPORTERS SAW IT AS PROOF THAT COMPANIONSHIP AND COMMITMENT CAN FLOURISH AFTER EARLIER RELATIONSHIPS END

SECOND CHANCES IN BOLLYWOOD

Bollywood offers many examples of enduring second marriages. Naseeruddin Shah's marriage to Ratna Pathak has stood the test of time, while Javed Akhtar found lasting companionship with Shabana Azmi after the end of his first marriage. Saif Ali Khan's marriage to Kareena Kapoor following his divorce from Amrita Singh similarly demonstrates that happiness can sometimes emerge from a second beginning rather than a first attempt.

GIVING HAPPINESS A SECOND CHANCE

Remarrying is ultimately about giving oneself—and life—a second chance. It reflects a willingness to learn from the past without becoming imprisoned by it. Far from being hope defeating experience, a second marriage is often experience choosing not to surrender hope. That may well be one of the most courageous decisions a person can make. ▀

The Next Frontier of Hospitality

INNOVATION, EXPANSION AND THE TIVOLI VISION

*Tivoli Hospitality Group is redefining luxury in India with 10 new projects focused on Wedcation, MICE, and lifestyle experiences. In an exclusive interview, **AKSHAY GUPTA**, Executive Director, shares how technology, sustainability, and strategic expansion across North India are shaping Tivoli's future-ready hospitality vision.*

AKSHAY GUPTA, Executive Director, Tivoli Hospitality Group



Tivoli Hospitality Group is charting an ambitious new course in India's luxury hospitality landscape. With 10 new hospitality projects in the pipeline, the group is expanding beyond conventional hotel development to create destinations where luxury stays, destination weddings, MICE (Meetings, Incentives, Conferences, Exhibitions), leisure and lifestyle experiences come together.

As it expands across North India, Tivoli is also focusing on technology-led operations, sustainable development, intelligent resource management and enhanced guest experiences.

In this exclusive interview, Akshay Gupta, Executive Director, Tivoli Hospitality Group, discusses the group's expansion strategy, the evolution of its Wedcation concept, the growing MICE opportunity, Midori by Tivoli and the future of luxury hospitality.

Tivoli is embarking on an ambitious growth journey. What is driving this new phase of expansion?

We are entering a new phase of growth



with 10 properties at different stages of planning and development. The focus is not simply on adding assets, but on creating a future-facing portfolio. Technology, responsible resource use and operating efficiency will be integrated much earlier into development, while Wedcation and MICE will remain important engines of demand.

Which destinations are strategic growth markets?

Sohna, Noida and Rajasthan are among the markets linked to our wider growth strategy. We are also exploring destinations with the potential to generate business across weddings, leisure, corporate travel and large-format events.

How will these projects strengthen Tivoli's portfolio?

Tivoli currently operates 15 hospitality assets across Delhi NCR and North India. The 10-property pipeline represents a significant expansion of our footprint and will allow us to diversify both our destinations and demand segments.





How is Tivoli incorporating technology into future developments?

We plan to bring a stronger technology layer across guest engagement, event coordination, service delivery, internal processes and resource management. The objective is to improve the guest journey while making operations more responsive and efficient as the portfolio grows.

What is Tivoli's approach to sustainability?

Sustainability will influence the planning of future projects, covering energy efficiency, water use, waste management and resource optimisation. Rather than adopting a uniform template, we will assess solutions according to the geography, scale and operating requirements of each property. Technology and sustainability can no longer sit on the sidelines; they have to be integral to creating efficient, future-ready destinations.

How do you see the Wedcation concept evolving?

We see significant potential in multi-day residential weddings. The market is moving beyond the conventional venue towards destinations where accommodation, dining, celebrations, entertainment and leisure form one connected experience.

Families increasingly look at the complete journey of their guests, not just the main ceremony. This gives hospitality companies an opportunity to rethink how celebrations are designed, and we see considerable headroom for Wedcation to evolve further.

What role will MICE play in Tivoli's future growth?

MICE will become a stronger pillar of our upcoming portfolio. We are looking at adaptable formats capable of hosting conferences, leadership retreats, corporate offsites and residential business gatherings, while also serving weddings, leisure and social demand at different times of the year.

How does Midori by Tivoli fit into the expansion strategy?

Midori by Tivoli in Karanki, Sohna, Gurugram, is among the latest additions to our expansion momentum, with development work already commenced. It reflects our approach of creating differentiated hospitality destinations in high-potential markets.

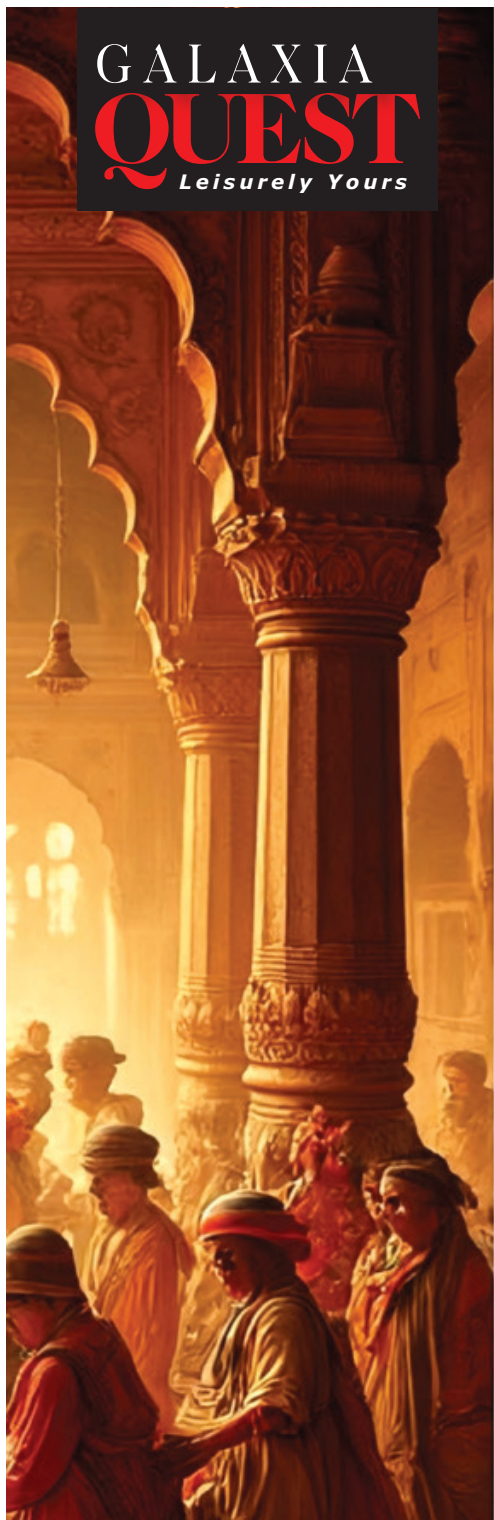
What is your long-term vision for Tivoli Hospitality Group?

With 15 operational assets and 10 additional properties moving through planning and development, we are looking to scale through new-market opportunities, diversified demand and future-ready hospitality formats.

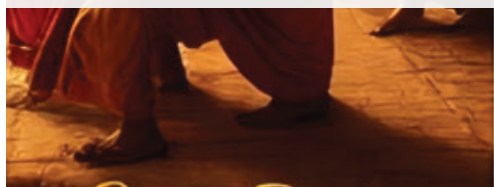
Our next chapter will be defined by how thoughtfully we grow. We want to create destinations that respond to changing patterns in weddings, business travel and leisure, while becoming smarter and more resource-conscious in the way they operate. That is the direction of Tivoli's new expansion phase. ▼

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.**



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