

tathaastu

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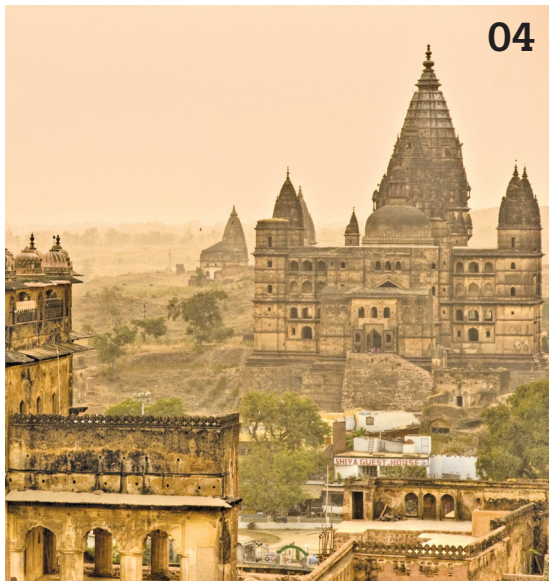
Volume 2 | Issue 1



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Dear Readers,

It is indeed a pleasure to welcome you to the fifth issue of Tathaastu. This edition offers a 360 degree perspective of the lifestyle spectrum.

We all are well aware of the fact that real estate is an investment. And there is no denying that this is the best time to plan your real estate investments. So, if you are planning to buy a property worth more than ₹ 50 lakh then you should know that one per cent of the price of the property is to be deducted before paying the amount to the seller.

Indulging in adventure sports helps in team building spirit and managerial knowhow to its participants. In the Skill section of this edition, we learn about different sports such as paragliding, river rafting, bungee jumping and camping that teach practical expertise essential in our daily lives.

Take a break and immerse yourself in the pastoral landscape of Orchha in Madhya Pradesh. The calm atmosphere here serves as the perfect historical platter to one and all visiting the place. Orchha, with its out-of-the-world civic infrastructure, boasts of a rich historical legacy. The temples of the region not only testify the city's religious bent but showcase a definite sense of craft and artistry. While the Art section in this edition highlights the vibrant depiction of Rajasthan school of paintings, the Culture section throws light on Chhau, a genre of Indian tribal marital dance popular in West Bengal. These varied facets of our diversified culture reveal how rich our tradition is.

Further, it has been our constant endeavour to support efforts undertaken by different organisations to make India a better and brave place to live in. Estimating the dire need of blood units in Mumbai, Think Foundation has helped in coordinating blood donation camps throughout the year. Also, taking a step forward, the organisation has helped in setting up six new thalassemia day care centres.

Know more about the latest book launches, restaurants in town and have a perfect home decor with DIY tips to make your room look more colourful with handmade flower vases.

We always look forward to your feedback and suggestions.



TRIDHAATU CORE TEAM
(From left) Yashodhan Sandu, Krishnan Muthukumar,
Dhananjay Sandu and Pritam Chivukula

**The Culture section
throws light on
Chhau, a genre of
Indian tribal marital dance
popular in West Bengal**



TRIDHAATU®

| JOURNEY |

ORCHHA

THE HISTORICAL PLATTER

Located on the banks of Betwa river in Madhya Pradesh, Orchha, with its fabulous architecture, bears striking resemblance with Khajuraho. We suggest you take a trip to this medieval city

WORDS **DHRUV BANSAL**





(Left) Phool Bagh (Right) Ram Raja Temple

Nestled in the heart of the country, the medieval city of Orchha in Madhya Pradesh is a haven for history buffs and architecture enthusiasts. The rich historical legacy of the city is preserved in the beautiful stone sculptures and ancient forts. Located 18km from Jhansi railway station and 119km from Gwalior airport, it once had the distinction of being the capital of one of the largest and most powerful kingdoms of central India, the Bundelas.

Founded by Rajput king Rudra Pratap in the 16th century, Orchha means hidden. It was when the ruling Tughlaqs pushed the Bundelkhand kings out of Garkhundar, they retreated and settled in Orchha, making it their capital. The atmosphere here is laidback and hassle-free, making it an ideal place for a relaxing holiday.

The moment you reach the city, you are welcomed by rich architecture and historical sites. Its palaces, temples and forts still retain their original grandeur. If you have an inclination towards capturing frames, visit Orchha Fort. The best

If you have an inclination towards capturing frames, visit the Orchha Fort during sunrise and sunset

time to capture it is during sunrise and sunset. A historical landmark of the city, the fort is divided into three parts – Raj Mahal, Jehangir Mahal and Rai Praveen Mahal. Raj Mahal was built in the 17th century and its plain exteriors give way to interiors with exquisite murals. Jehangir Mahal was constructed by Raja Bir Singh to commemorate the visit of Emperor Jehangir to the city. It is known for its trellis work and is the single specimen of Mughal architecture in the city. Rai Praveen Mahal was constructed in the honour of the Nightingale of Orchha, Rai Praveen who was well known for her charming beauty as well as for her poetic and musical skills.

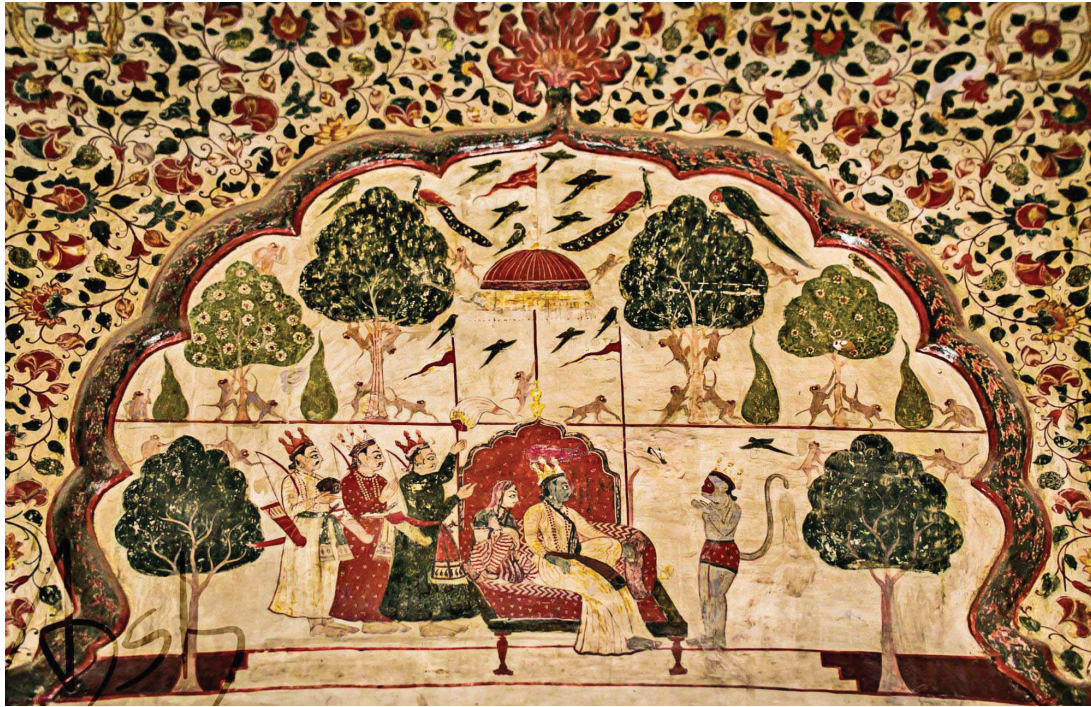
The ruins behind the fort complex make a tourist travel back in time

and is an integral part of a visit to Orchha. It houses the residences of military officers and ministers. Take a walk in Phool Bagh and you are sure to get overwhelmed by the refined aesthetic qualities of the Bundelas. A row of fountains concludes in an eight-pillared palace pavilion. There was once a subversive structure beneath the fountains which was used as a summer retreat by the Orchha kings.

The city of Orchha also boasts of impressive temples with Ram Raja Temple being the most visited one and around which the life of Orchha revolves. Lord Rama is the presiding deity here. It is the only temple in the country where Lord Rama is worshipped as a king inside a palace. Another important temple is Chaturbhuj Temple. Built in 17th century, the temple was



Cenotaph of Bir Singh Deo



(Above) A painted mural at Lakshmi Narayan Temple and (Right) an overview of the Orchha city

Richly ornamented with lotus symbols, Lakshmi Narayan Temple is a blend of temple and fort architecture

constructed by Madhukar Shah but was completed by his son, Vir Singh Deo. It has tall spires and is built on a huge platform. Richly ornamented with lotus symbols, the building is a blend of temple and fort architecture. One must also visit Lakshmi Narayan Temple to witness the vibrant murals covering a variety of spiritual and secular subjects.

Orchha is known for its *chhatris* (cenotaphs). Made as memorials to the rulers of the city, these *chhatris* are grouped along the Kanchan Ghat of the Betwa River. Built during the 17th and 18th centuries, these *chhatris* have temple-like spires but

only the Bir Singh Deo's *chhatri* has veracious Islamic features on it.

Apart from these architectural marvels, you can visit Shaheed Smarak, built in the honour of freedom fighter Chandrashekhar Azad who hid in Orchha between 1926 and 1927. Other places worth seeing are the shrines of Siddh Baba Ka Sthan, Jugal Kishore, Janki Mandir and

Hanuman Mandir at Ochharedwara.

If you want to delve into the history of Bundelkhand and revel in its beauty, you must witness the mesmerising sound and light show that takes place at various destinations in Orchha every evening. These destinations include Chaturbhuj Temple, Raj Mahal and Jehangir Mahal. ▲



VINTAGE FLAVOURS OF PESHAWARI CUISINE

Known as the foundation stone of many culinary branches of the North Frontier cuisine, Peshwari cuisines' beauty is not only its inventive use of beef but old traditional spices that gives it its rustic charm and simple yet interesting taste maze

WORDS **MADHULIKA DASH**

Often Peshwari cuisine is easy to explain. It's the food from across the border, In other words, the cuisine of Pakistan. To a certain extent, the description is true as well. After all, the cuisines of

Lahore and Karachi today are the only ones that speak the vocabulary of what the real Afghan-developed Peshwari cuisine is all about, which, says Chef Mujbeer Rehman, has been the bud that led to the emergence





(Clockwise from top left) : Chapli Kebab, Lahori Machhi and Peshwari Mutton

The pilaf (or palou) too are very different from the ones that are popular in India.

of the other culinary branches of the popular North Frontier cuisines. In fact, adds Chef Rehman, "Peshwari cuisine is reminiscence of how the original Mongol cuisine was when it first arrived in India, especially in its techniques of how things are made, and the evolution."

Take the case of Chapli Kebab for instance, says Chef Pawan Uppal of Indian Habitat Centre. "It is a kebab made purely of beef, and the style of marinating it still remains close to the times of Chengis Khan who first introduced the concept of kebabs, by roasting cumin-salt-rubbed meat chunks on fire, with the sword serving as the skewer."

Of course, adds Chef Uppal, "The kebab that we get today has been tweaked to appeal to the modern

palate with the use of *atta* (wheat flour) that gives it a much milder taste. But the benchmark of a good kebab is still the one that uses spices, especially the *anardana*, that were native to Afghanistan."

Likewise is the case with Lahori Gosht, Pindi Chhole and the iconic Peshawari Raan that while have their own distinct identities somehow are still the closest one comes to tasting the real Afghani cuisine, thanks to the use of spices and culinary techniques.

While this lends Peshwari cuisine its rustic identity, it also binds it well with the North Frontier culinary weave and waft.

Consider the list of spices that are often used in making a Peshwari dish (or most of it): garam masala, coriander, tamarind, cinnamon, cardamom, nutmeg, cashewnut, jaggery, saffron and cumin, to name only a few. It is similar to those used in any Indian cuisine, and that is where the confusion initiates.





(Clockwise from top left): Dal Makhani, Rajma Masala, Peshwari dessert and Kulfi Falooda

Karachi Halwa is still akin to the original halwa that came from India with the Turks and Afghans



However, there is a fine difference. Even, adds Chef Uppal, "The Punjabi cuisine developed majorly in the erstwhile kingdom of Patiala. The twin cities of Lahore and Amritsar too were famous for their culinary excellence and had two different food styles, proof of which are the Lahori Machchi and Amritsari Machchi. Or the Kali Dal – which was made of Urad exclusively – that arrived to India and became Dal Makhani with the addition of Rajma that gives it that creamy rich texture and taste.

"The pilaf (or *palou*) too are very different from the ones popular in India. Like the Challo Palao and the all-time favourite Sohbat. "While", adds Chef Rehman, "Challo is made of rice, chunks of mutton, carrots and raisins and is fluffier than the Pilafs here; Sohbat is fragrant rice with generous amount of meat and spices and is a rather tantalising take on the Yakhni."

But there are dishes that find resemblance in Indian cuisine as well.

Like the Gajrela (which is a richer version of the Gajjar Ka Halwa here), the Burani and the Peshawari Murgh Tikka (not red but green in colour due to a marinade of mint, coriander and green chillies). Then there is the aromatic sherbet – a cool drink made of vermicelli, soda, milk and ice – which many say gave Shah Jahan the idea of introducing the falooda which was the emperor's favourite too. Yet another dish that gives Peshwari its Indian connect (and confusion) is the Jualaibis, a breakfast staple that often is explained as fried *puris*, thanks to its looks and is often high on the

must-eat list of anyone visiting the erstwhile land of the Afghans. The beauty of the Peshwari cuisine, end the chefs, "is that while it has many resemblance with the North Frontier cuisine of India – be the use of curd and spices, or the use of Halal meat and the tradition of *tadka* that gives the *dal* its subtle flavours – unlike Awadhi that works on a complex maze of spices, fruits, perfumes, colour and meats, Peshwari is all about the interesting use of beef and spices like saffron, cinnamon and pomegranate. And that is what makes it unique and vintage too!" ▲





HOUSE THAT?

It's the obligation of a buyer of an immovable property to withhold tax at the rate of 1% from the seller if the amount is more than ₹50 lakh

WORDS **BINOD MILI**



Planning to buy your dream house? Well, if the property happens to be more than ₹50 lakh, then you should know that you're supposed to deduct 1 per cent of the price of the property before paying the amount to the seller. It is the responsibility of the buyer to deduct the tax from the payment to the seller and deposit the same in the government treasury. The rule, however, does not apply if the property purchased (land, flat, apartment or shop) is a rural agricultural land.

While most individuals are aware of the tax benefits available for repayment of housing loan and the principal payment, few are aware of the Tax Deduction at Source (TDS) obligation imposed on the buyer. The rule came into effect in June 2013.

In case you have purchased a property from a builder, it is the responsibility of the buyer to inquire about TDS deduction. A developer may or may not inform the buyer. In case of resale too, it is the responsibility of the buyer

If advance payment is being made, then TDS would be required to be deducted at the time of advance payment itself

to deduct 1 per cent of the sale value and deposit the same with the government.

If advance payment is being made, then TDS would be required to be deducted at the time of advance payment itself. Where the payment is made in multiple installments, the taxes are required to be withheld from each installment where the total consideration is ₹50 lakh or more. One per cent TDS rate is required to be applied on the total consideration and not just on an amount exceeding ₹50 lakh. The taxes deducted are required to be deposited into the government account within seven days from the end of the month in which the tax is deducted. A new circular has extended this time period to 30 days effective June 1, 2016.

In case there is more than one buyer and the individual purchase price of each buyer is less than ₹50 lakh but the aggregate value of the transaction exceeds ₹50 lakh, Section 194-IA would be applicable and the TDS on property would be required to be deducted





Delay in submission of Form 26QB would trigger a fee of ₹200 per day for the period of delay

and deposited with the government before the due date.

Similarly, if there is more than one seller and the individual sale price of each seller is less than ₹50 lakh, but the aggregate value of the transaction exceeds ₹50 lakh, Section 194-IA would be applicable and TDS would be required to be deducted by the buyer at the time of making the payment to the seller.

The buyer of the property has to furnish information regarding the transaction online on the website of the Tax Information Network (TIN) of

the Income Tax Department of India (www.tin-nsdl.com). Once the details are submitted online in Form 26QB, the buyer can either immediately make the payment online, or subsequently through e-tax payment option or by visiting any of the authorised bank branches.

However, the buyer is not required to apply for a Tax Deduction Account Number (TAN), the taxes need to be remitted by quoting the Permanent Account Number (PAN) of both the buyer as well as the seller. If a valid PAN is not provided by the seller, the tax rate would go up to 20 per cent.

The purchaser is required to generate a challan-cum-statement in Form No 26QB which is the online form for furnishing information regarding the taxes withheld. The purchaser is also required to issue a tax withholding certificate in form 16B to the deductee (that is, the seller of property). The buyer is required to download Form 16B from the website of Centralised

Processing Cell (www.tdscpc.gov.in) and provide the same to the seller within 15 days from the due date for remittance of taxes.

Where the buyer does not withhold the tax, he shall be liable to pay simple interest at 1 per cent per month on the amount of tax from the date the same was deductible to the date on which tax is actually deducted. However, if the buyer has deducted the tax and has failed to remit the same within the due date, the interest rate applicable shall be 1.5 per cent per month.

Delay in submission of Form 26QB would trigger a fee of ₹200 per day for the period of delay which shall be remitted by the purchaser before submission of the Form 26QB. The quantum of fee, however, shall not exceed the amount of taxes to be remitted. Delay in submission of Form 26QB beyond one year from the due date could attract penalty ranging from ₹10,000 to ₹1 lakh. ▲



LEARN IT AT PLAY

Take a page out of the book of extreme sports and
prepare yourselves to be better leaders.

WORDS **RAJANYA BOSE**

So true it was when author Mariah Nelson said, "Think of yourself as an athlete. I guarantee you that it will change the way you walk, the way you work and the decisions you make about leadership, teamwork and success." To be a sportsman, it is essential to know how much winning means along with the ability to accept a loss. Integrity and passion are the virtues that should be close to the heart of any entrepreneur as well. In fact, several involve themselves closely with a sport that helps them achieve the qualities of a leader. Here, we present five qualities that are absolutely must for a leader to possess and five adventure sports that could help imbibe those.

TEAM SPIRIT

A good leader always has a vision to follow but needs a team to turn the dream into reality. And there is nothing better than rock climbing to nurture the feeling of fellowship, trust and confidence among colleagues. Tying the knots, climbing rocks and mountains, providing first aid to each other in an emergency situation, trusting each other: rock climbing sessions, especially with colleagues prepare you better for the next boardroom meeting or a strategy planning sessions.

TAKING RISKS

This is the most crucial ability for a leader and any adventure sport that pumps up the adrenaline works. However, there is perhaps nothing better than bungee jumping to let go of fear. It typically involves jumping from a tall structure like a high rise building or a bridge even as you are tied to an elastic chord for safety. The free fall is what kicks in the exhilaration and the moment when you take the leap, it is at that moment that you believe you can do



Clockwise from above: Camping, river rafting and paragliding

**A good leader
always has a vision
to follow, but needs a
team to turn the dream
into reality**





Left: Skiing on white snow; Below: Enjoying bungee jumping

it. This is like undertaking every day decisions in life. The cliché of 'no risks, no rewards', holds true for this adventure sports and even more so for a leader.

PERSEVERANCE

While passion is what will give you the first push into a business, it is your strength and perseverance that will keep you going to make it big. Look no further than river rafting to teach you the art to be persistent and keep calm in tough times. Continuous paddling helps in building excellent team spirit. Also, when one moves through rough waters, one's manoeuvring skills are further tested, just like it is when one meets a client or an investor.

PATIENCE

Patience, ability to be calm and stress-free often helps even to get out from the worst of situations. And while meditation and spending time with oneself helps, make this more fun by learning scuba diving. Going into deep underwater with no sounds except for one's



Patience, ability to be calm and stress-free
often helps you get out from the
worst of situations

own heartbeat and getting closer to nature, often puts problems in perspective. It heals the mind and creates inner strength to fulfill your dreams.

Thinking of indulging in any such sport and you are sure to imbibe most of the team building qualities. So which one are you trying next? ▲



TRIBUTE TO CHILDREN THEATRE

We present to you the best of both European and Indian children's theatre

WORDS **CHANDREYEE BHAUMIK**

Healthy entertainment is always advisable for any child. And what better way than creative theatre. March 20th was the World Day for Children's Theatre, celebrated and promoted by professionals making work for young audiences all over the world. In India, theatre "for" kids is usually interpreted as theatre "by" children. But this might

not necessarily be the situation. Since the last decade, extensive effort is being constantly made by the adults to create meaningful theatre for children. In India, children theatre received majority of its plots from various mythological tales. Further, in certain renditions of the religious texts, children played the protagonist (like Sita, Lord Krishna and Radha).

As time progressed, short stories of Rabindranath Tagore were gradually experimented on stage. In 1925, Karnataka saw Gubbi Veeranna, a theatre company, emerging with children's theatre. Later, G R Shiropikar brought Marathi children from rural background and involved them in theatre. With time, motivation came from late Prime Minister, Pt

THE WIZARD OF OZ

Based on a novel by L Frank Baum, the story narrates the tale of Dorothy, a young girl, along with her friends in the land of Oz. Vital themes like self-contradiction and others are explored in the play.

A LITTLE BLUE PLANET

Although primarily aimed to be a child's theatre, this play deals with a social concern of combating against climate change.

ONCE UPON A TIGER

At a deeper level, the play deliberates on a crucial social issue of tiger conservation.

THE LITTLE PRINCE

Based on the book of the same name by Antoine de Saint Exupery, *The Little Prince* play was adapted by Rick Cummins and John Scoullar before 2000. While Cummins did the music for the play, Scoullar wrote the script and the lyrics. However, there are some deviations from the text too.

GARBAGE MOUSE

The play is all about delightful performance, perfectly designed with the right wit and imagination. It narrates the adventure of a little mouse (Mullmaus). One day, she finds that she has no refuge to call her own. With strong streak of imagination, she resorts to novel ways of finding her own shelter.

BOY WITH A SUITCASE

This is a fantastic tale emphasising on the strong bond between Ranga Shankara in Bengaluru and Schnawwl National Theatre in Mannheim talking about two contradictory yet strong emotions of disillusionment and hope at one and the same time.



Clockwise from top: Wizard of Oz; The Little Prince; Boy with a Suitcase



In the last decade, efforts were made by the adults to create meaningful theatre for children

Jawaharlal Nehru when he initiated policy of constructing auditorium for children in major cities. In 1973, Barry John worked with especially disabled children to make great contribution to remedial theatre. Gradually, several theatre groups

such as I-Entertainment, ANANT and many others emerged with their own productions.

In India, theatre for children sometimes works in a different format than the European names. ▲



Thalassemia Minor Screening Camp organised at Axis Bank for screening youngsters

CHARTERING NEW HEIGHTS

Think Foundation believes in extending help and maintaining a positive balance of blood units in blood banks in the city

WORDS **CHANDREYEE BHAUMIK**

In more than often situations, in the absence of a centralised blood service in the country, the onus of organising blood units is transferred to the patient's relatives and friends. In this situation, numbed at the urgency of the situation, we find it difficult to respond to such situations.

It is here that Think Foundation plays a major role in establishing a well-knit structure of blood donation camps in Mumbai, with the objective

of maintaining a positive balance of blood units in blood banks in the city.

The organisation strongly believes in estimating the need for blood units in Mumbai, identifying regions where blood donation camps could be organised, schedule and coordinate blood donation camps throughout the year, and ensure a continuous flow of blood units into blood banks in the city. Vinay Shetty, Vice President, Think Foundation, says, "We are the

largest organisers of blood donation camps in the city and are confident of being able to provide blood units against requirements of patients. The search for blood should not begin after the patient is admitted to a hospital."

In its effort to reach out to the masses, Think Foundation has been able to convince a large number of corporates to conduct blood donation camps in their offices across the

country. By advising corporates on scheduling of drives, blood units are provided, during emergency situations to blood banks in various cities in the country. Talking in this regard, Shetty avers, "We are the first and probably the only organisation coordinating pan-India blood donation camps for corporates." The organisation has also designed and printed posters, manuals, donor tags and recognition material on behalf of the State Blood Transfusion Council for distribution to all blood banks and camp organisers in Maharashtra.

Further, in recognising the role played by day care centres in providing comprehensive treatment for thalassemia, the Foundation identified the geographical gap

areas in Mumbai, and set up six new Thalassemia Day Care centres. More than 250 thalassemia patients receive free blood transfusions and other aspects of their treatment in these centres. Emphasising on the role of these centres, Shetty says, "Our Foundation is responsible for meeting all the needs of these centres on a daily basis."

Also, Think Foundation, through sponsors and support groups, provides life-saving iron chelators to more than 130 thalassemia patients in Mumbai.

Think Foundation does not believe in one time achievement. It knows that efforts are meant to be continuous... ▲

Think Foundation provides treatment to thalassaemics living with Hepatitis C in Mumbai



Blood donation camp in corporate office



Entertainment programme organised for thalassaemic children by Mahindra Tractors in partnership with Think Foundation

AMONG THE MANY SIGNIFICANT AWARDS

Award of Excellence - 2015

Presented to Think Foundation by National Aids Control Organization (NACO) and National Blood Transfusion Council (NBTC), Ministry of Health & Family Welfare, Government of India, for significant contribution to the cause of voluntary blood donation

No. 1 Camp Organizer - 2013

Presented to Think Foundation by the State Blood Transfusion Council at the hands of the Chief Minister of Maharashtra for being the largest provider of blood units to the city of Mumbai.

Mother Teresa Memorial Award for Social Justice - 2012

Presented to the Vice President by the Harmony Foundation for contribution to the cause of voluntary blood donation and thalassemia.

A N Kashyap Award - 2010

Presented to the Vice President by the Indian Society for Blood Transfusion and Immunohaematology (ISBTI) for vital contribution to the cause of voluntary blood donation.

Vishesh Gaurav Puraskar - 2007

Presented to Think Foundation by the State Blood Transfusion Council for contribution to the cause of voluntary blood donation and thalassemia.

Certificate of Honour - 2005

Presented to the Vice President by the Health Minister, Maharashtra, for handling of the 'platelet crisis' after the floods in Mumbai in July 2005.



INTRICATELY CARVED

Reflecting a strong tradition of artistry and history, Rajasthani paintings are beyond the apparent vibrant colours

WORDS PRERONA BASU

The Rajasthani painting, alternatively known as the Rajput painting, is celebrated for its sensitivity, exuberance and tenderness. This craft, which prospered from 15th century AD, is a creative marriage of art, religion

and storytelling. It also reflects the tranquility of Indian life.

The two crucial factors that propelled the growth of Rajasthani paintings were primarily, the economic prosperity of the Rajput clans and

secondarily, the resurgence of Vaishnavism. Poetic influence on this form of art is also evident as a substantial amount of these paintings draw inspiration from Tulsidas's Ramcharitmanas and Jayadeva's Gita Govinda. Largely traditional in

The entire process of developing appropriate dyes was a complex procedure requiring weeks

its style and technique, Rajasthani paintings are replete with a plethora of theme ranging from Vaishnava literary depictions of Krishna-Lila, manifestations of Indian ragas, celebrated episodes from Indian epics, legendary Puranic stories and incredible folklore. The influence of Mughal artistic traditions became apparent in the depiction of courtly life, candid scenes from harem, royal attires, architectural elements, landscape designs and various other artistic motifs. Although the preference was for miniature paintings, a wealth of creative endeavour was undertaken to paint the facades of palaces and the inner chambers of royalties.

The procedure involved in these paintings is reminiscent of Ajanta frescos and the Jain art of Gujarat. After obtaining a satisfying outline Havelis ornated with traditional



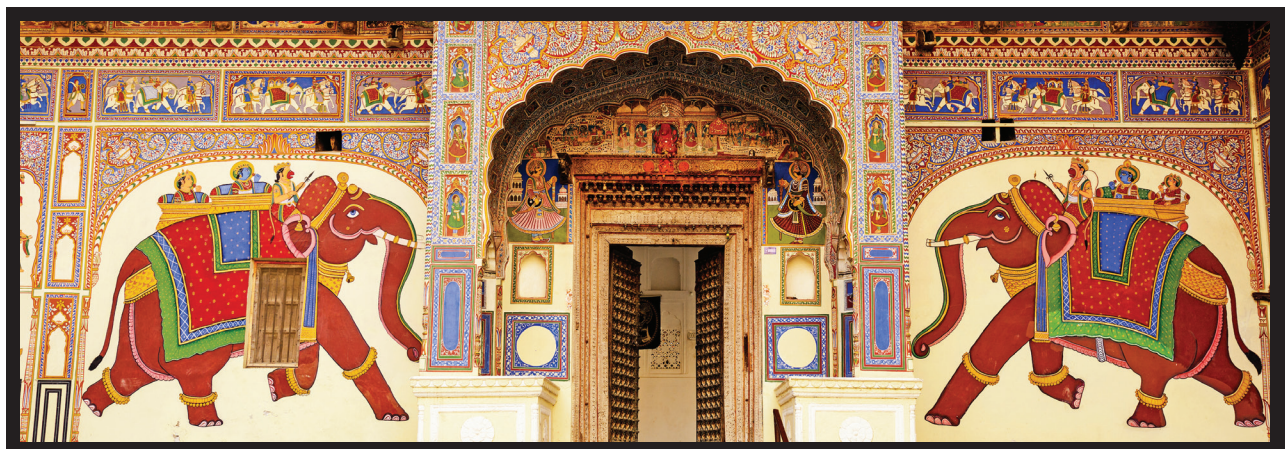
Frescoed havelis in Shekhawati

intricate designs of the subject a coat of starch paste was applied. After starch dried up completely did a painter paint the visualisation with organic dyes.

As time flew, the pictures began to bear resemblance to the artistic environment its royal patrons emerged from. The art was influenced by foreign as well as indigenous creative elements. Depending on the principles of artistic styles employed, Rajasthani paintings can be divided into four major schools namely – the Mewar School of Painting consisting of bright bold strokes depicting sharp passionately charged visages and

stout figures, the Marwar School of Painting where Mughal artistic influence seemed to be at its sharpest, the Hadoti School of painting which excelled in depicting Indian epics and portraying sensuous situations and the Dhundar School of Painting which rendered life-size portraits and depictions of ragas and Indian philosophies.

Be it the bronze shimmer of uninhabited deserts, surreptitious royal indulgence in private courts or intricate representations of religious processions, the medieval Rajasthani School of paintings rendered it all with vivid artistic brilliance. ▲



Havelis ornated with traditional intricate designs

THE THEATRE VETERAN

Mahesh Dattani is an actor, stage and film director and a teacher. Also the only English playwright to be honoured with the Sahitya Akademi Award, Dattani says he loves theatre for the opportunity it provides to learn all art forms

WORDS CHANDREYEE BHAUMIK



Theatre personality Mahesh Dattani is one of the people known for injecting new life to play writing. The man who won Sahitya Akademi Award for his book of plays, *Final Solutions and Other Plays*, has done it all, from acting to writing and directing plays. His *Dance Like A Man* was awarded the *Best Picture in English* by the National Panorama in 1998. He has also worked as director for the movies like *Mango Souffle*, *Morning Raga*, *Dance Like a Man* and *Ek Alag Mausam*.

When did you realise your theatre spirit was calling you?

I think I was 12 years old when I saw my first play. It was a Gujarati play that gripped my attention for more than two hours. I guess, I fell in love with the entire theatre culture right then and immediately I felt I had to be a part of this world. It took me another seven years before I directed my first play.

How does it feel to be the first English playwright to receive the Sahitya Akademi Award?

Sometimes I do not believe it myself! But the Sahitya Akademi Award was surely an endorsement I needed to prove that Indian English theatre is very much a part of the changing face of the nation.

Why did you choose theatre as your medium of work?

It is hard for an artist to state exactly why a particular medium is more interesting over another. A sculptor who works with wood may not find stone very interesting, or vice versa. For me, interestingly, the world of theatre provides myriad opportunities to understand and learn almost all other art forms, including the art of living.

What kind of themes interest you the most?

My plays prominently revolve around human condition in relation to, and often at odds with, society. Of course, internal conflicts in human psyche are also something that have always interested me. I feel my plays have a combination of both conflicts.

How do you think the theatre festivals cultivate a spirit of true culture among the audience?

A festival is always a great attraction for the public. Once, an interesting experiment was done in a city in the US. They declared that every Wednesday, art galleries would be open to the public. Attendance rose and there were more people visiting the art galleries. In fact, they could do that on any day of the week. Somehow, a more inclusive invitation

was needed to dispel the myth that art is exclusive. Art is more inclusive than language or culture or organised religion because it connects us to our collective humanity.

Theatrical techniques for you...

I do not think techniques should be employed for their novelty alone. If they serve well in narrating a story through a medium of theatre, that is a reason good enough to deploy them.

Any book you wish you had written?

Charles Dickens' *Great Expectations!*

What kind of places or environment instigate your writing the most?

I prefer open spaces. I now have a separate flat in Mumbai where

I write. It overlooks the sea. It is important for me to sit where my eye can wander.

If not a writer, then?

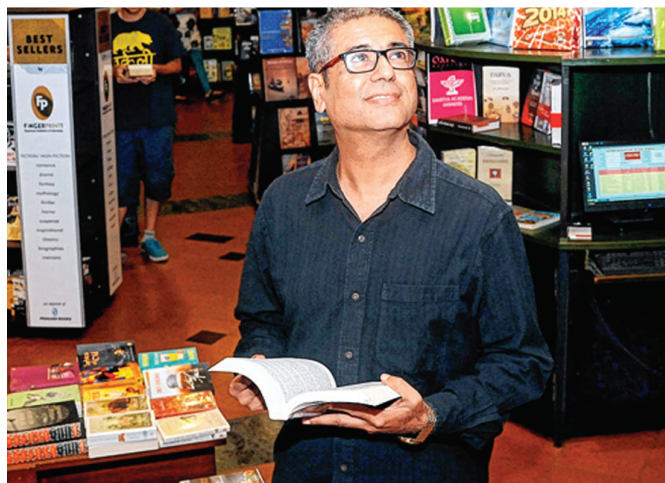
A very unhappy human being!

What are we expecting from you next?

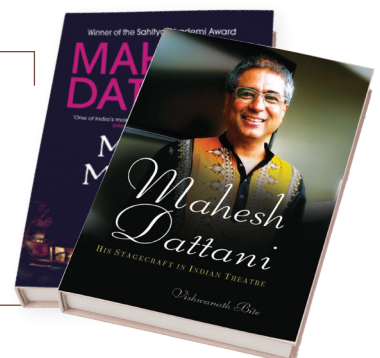
I am currently in New York directing *Chokher Bali* for the drama students at Columbia University. Along with writing a new play, I will be directing another play in New York later in the year.

Your message to the budding playwrights

Be prepared for a lot of heartache, criticism and rejection. But when your characters come alive on stage, it will be worth all of that. ▲



Internal conflicts in human psyche are something that have always interested me





INHALE AROMA FOR WELL-BEING

Balance your body and soul with essential oils for rejuvenation. It's that time of the year when you head for an ambrosial and soothing experience with aromatherapy. Highlights from the spa treatment...

WORDS VANI MALIK



Use of essential oils in aromatherapy releases stress and pain

Our ancestors used aromatic scents and oils lavishly to ward off ailments and to rejuvenate. Encompassed under the umbrella term of 'aromatherapy', the essential oils are implemented into one's lifestyle for health and medicinal purposes across the world. With years of practice and study, we can enjoy soul-soothing benefits of nature's essential oils and their aromas after understanding their therapeutic effects. The oils and other plants' impounds are crafted carefully and used in the process to improve a person's health and mood.

Time to de-stress

In today's time when everyone is running around to achieve their goals and make their dreams come true, we are more than often endowed with several ailments. Overbearing stress continuously hovers over our well-being. In this situation, the first step that can bring relief is surely a holistic approach like aromatherapy promoting positive physical and mental balance.

Backache, fatigue and irritable bowel syndrome are the results of acute stress. These are not actually part



Lavender oil

of any ailment. And, to tackle this, aromatherapy is considered the best option as it soothes the mind and provides the much required relief from fatigue and pain.

Holistic approach

What makes this therapy a success is its overall effect on the body and

mind. Before the initiation of this spa treatment, the medical history, lifestyle, emotional balance and general health of an individual are considered. The primary objective of this therapy is not only treating the symptoms but also help in refreshing a person, both emotionally and physically.

Inhale life

The natural essential oils not only stimulate the brain, but when inhaled into the lungs, they release related therapeutic benefits. To cite an example, eucalyptus oil is diffused to clear congestion. Also, aromatherapy is one such treatment that makes one mentally fit and relaxed to face the mayhem with a smile.

Bliss for skin

Apart from the many health benefits, this therapy works wonders for skin. The oils get absorbed in bloodstream, rendering that added glow to your skin. However, one must be careful while using these oils as they are extremely strong. So, the right way of application of essential oils in aromatherapy for therapeutic benefits can do magic for your skin. ▲

Factfile

Use of lavender oil makes needle sticks less painful for people receiving dialysis

It provides relief from anxiety and depression

Pregnant women should consult a doctor before undergoing aromatherapy

A SAGA OF MASKS, MOVEMENTS AND MYTHOLOGY

The postures of the tribal dance form, Chhau, are
influenced by marital arts

WORDS PRERONA BASU



Purulia Chhau dance

India has immeasurable varieties of artistic expressions to offer. Among its assortment of classical art, theatre, music and dance is Chhau, a traditional form of dance drama which originates from the eastern region of the nation. Chhau's fluent movements and striking postures are influenced by martial arts, wildlife and primarily women of the household.

There are three recognised forms of Chhau originating from three different parts of eastern India. These are the Seraikella Chhau of Jharkhand, Mayurbhanj Chhau of Odisha and Purulia Chhau of West Bengal. These dance forms were often patronised by royal families who took keen interest in it and ensured a continuation of its traditions by encouraging performances to commemorate special occasions.

Interestingly, some of the greatest male Chhau performers were also descendants of princely lineage. The etymological derivation of the word *chhau* is debatable. Some

scholars opine the word *chhau* is derived from the Sanskrit word "*chaya*" which means a shadow or a mask, in reference to the vibrantly stylised picturesque masks replete with mythological contextual motifs. Another school of thought believes the word *chhau* refers to number six symbolising six essential parts of the human face namely eyes, cheeks, nose, forehead, lips and chin – all of which get prominently depicted in the elaborately decorated masks.

Chhau masks have multifarious roles. Not only do they visually enrich the performance, they help the performers attain distance from their physical bodies and social identities. It is as if donning the mask imbues

Chhau, a traditional form of dance drama, originated in eastern India



Representation of deities through Chhau

the dancers with a sense of trance-like abstraction which liberates them from their biological confines and transports them far away from their immediate surroundings.

The Seraikella Chhau and the Purulia Chhau dancers wear intricately designed masks attached with headgears and the aid of swords, shields, bows and arrows are taken to enact dramatic episodes of mythological significance and folklore. Dancers use masks to play central characters from epics like *Mahabharata* and *Ramayana* to represent the seasons of a year and to depict the maladies of the common man. Mayurbhanj Chhau does not require masks. In recent times, it has attained a great deal of popularity because of its characteristic movements which adapt deftly with changing traditions.

Included in the UNESCO's Representative List of the Intangible Cultural Heritage of Humanity, Chhau dance was initially finding it difficult to sustain its ritual. Fortunately, the Government of India has stepped in and has issued various funds and grants to safeguard the traditions of Chhau. ▲



A group dance performance

FIRST DRIVE

MAHINDRA KUV100

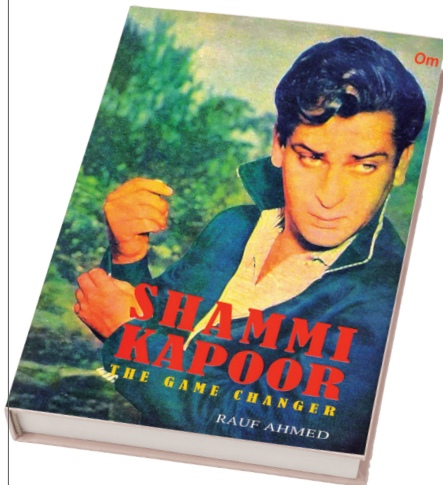
Not long ago, most veterans from the auto industry would have had scoffed at the idea of Mahindra making a hatchback. Not today though. Mahindra has gone ahead and done exactly that. For the first time ever, the SUV specialist has developed an indigenous hatchback for India. Christened KUV100 (Kool Utility Vehicle One double Ohh!), it is the latest addition to Mahindra's portfolio. Mahindra has successfully straddled between the design languages of an SUV and a hatchback. The front fascia is sleek. The slender grille and the sleek headlamps give the KUV100 a solid presence. The KUV100 is powered by a choice of newly developed mFalcon range of 1.2-litre, 3-cylinder petrol and diesel engines making 82bhp and 76.5bhp respectively.

The grey and black scheme of colours works well and makes the interiors look sporty. The gear lever has been shifted onto the dashboard with an idea of liberating space in the front for seating three persons. Both the petrol and diesel engine options get 7 trims to choose from with the prices for the base petrol model starting at ₹4.42 lakh and going up to ₹6.76 lakh for the fully loaded trim with the diesel engine option. ▲



BOOKWORM

ROCK 'N' ROLL ROMEO



Published by: Om Books International, ₹595

Rauf Ahmed's *Shammi Kapoor: The Game Changer* talks about how this megastar ventured into Bollywood, having a unique style of own, trying to break into the unbreakable cordon of the big three names reigning in the film industry then; Raj Kapoor, Dev Anand and Dilip Kumar.

He was far from the 'righteous' heroes of that time. However, his charm, his hunger to learn the trade, his individual mood and talent seeped in every character that he bagged. This biography is a mirror to the lives of the Kapoor, his love for theatre and how he ventured into mainstream cinema during those times

when war, agitation, Partition and difficult situations were a common phenomena.

Rauf Ahmed once stated, "No one dances like Shammi Kapoor," and his uncanny resemblance to Elvis Presley gave him that boost to move a step ahead into the mainstream cinema. With extracts on how bestowed he was with Madhubala, quotes from the charming Sharmila Tagore on how he always taught her to ask for better facilities at work and his journey of ups, downs and success; this biography is beautifully pictured by Ahmed, talking about those major turns of his life. ▲

RESTAURANT REVIEW

RADIO BAR

Creating airwaves since its launch, Radio Bar makes an entry into the bustling area of Bandra, Mumbai. It is the brainchild of Hitesh Keswani of Silver Beach Hospitality fame. As the name hints, each corner at Radio Bar exudes audio, music, news and chatter all around!

This 5000 sq ft area has been skillfully transformed into a Shangri-la for its food and music admirers who would love an evening at an uber yet fun place. Simple decor elements like the superimposed speaker console, microphone lamps, audio tape murals and a shelf full of antique radio sets, summarise the look and feel of Radio Bar.

The menu at Radio Bar has been composed by ex-Marco Pierre White

– Chef Rohan D’Souza, also known for his gastronomic creations at Silver Beach and The Treesome Café. Offering delicacies resembling that of a global cuisine, the menu consists of dishes created by binding Eastern and Western flavours to a classic one. One such example is Chef’s signature creation – *Singapore Rock Crab Lasagna*. The menu also includes a section of bar bites served on skewers and pizzas served on LPs.

Interestingly, the bar menu also matches up to the frequency of ambience with its signature concoctions such as Radio Special Mojito, Creme Brule Martini, Avocado Margarita among others.

There is also a special music menu that boasts of varied genres frequenting from Techno, Deep & EDM, live percussionists. Radio Bar has all the more an exciting news for the music lovers. Soon, Radio Bar will be hosting various artists apart from the already present in-house DJ. ▲



DIY

DECORATING YOUR SWEET HOME



The arrival of the spring season brings with it a clear fragrance of several colours. Garnishing with the perfect home decor is the dream of everyone. What about doing it with your own hands this time. Put the best of the blooms in the best of the vases handcrafted by you only.

Step 1: Select few sets of colourful satin ribbon and coloured papers

Step 2: Wrap them along the girth of the glass jars. One can also paint any design on these papers

Step 3: Put a contrasting ribbons on the coloured papers.

Step 4: Garnish the vases with colourful seasonal flowers ▲



now in fitness

ALL ABOUT RELAXATION

Tired of your sedentary profession? Living Earth Crafts brought to India by Cardio Fitness India showcased the first salon treatment table made out of sustainable bamboo. The premium softness of four-layered strata and plus memory foam cushioning system with silky-smooth nature of soft upholstery provides one the apt comfort. It has fully articulating and multi-sectional salon top for individualised positioning at the touch of a button. The power port surge protected outlets and a hot towel ready cabinet with innovative pocket doors are just there for easy access. The bamboo wood base offers natural inlaid style that is strong and beautiful. ▲

now in accessories

ULTRA-STRIKING DECOR

Art has yet again found its way to reach the hearts and homes of its lovers in the form of sculptures from Frazer and Haws. Being a prized possession for art appreciators, this concept is the next level of accessorising your own home. Not only does it give the house the vibe of well decorated set-up but at the same time it creates a different ambience altogether. Furniture so far had conquered most of our thoughts along with most of the space in the setting. This season, Frazer and Haws presents this novel design and decor concepts that are sure to grab all eyeballs. Ranging from abstract to reality and decor to utility too, they can become the centre of attraction for any room. ▲



now in interiors

TO LOVE WITH LOVE

Wedding season has begun in full swing. Make this special occasion a memorable one for the newly-wed couples by selecting from a wide range of gifting options from Pepperfry. The online home and furniture store offers plethora of selection ranging from romantic to the most endearing keepsakes, décor accents to beautiful homeware. In addition, there is an incredible range of products that the online store has to offer. So, now is the time to present a wedding gift from *Pepperfry.com* that one will always cherish. ▲



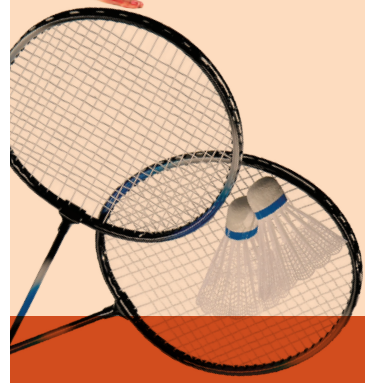
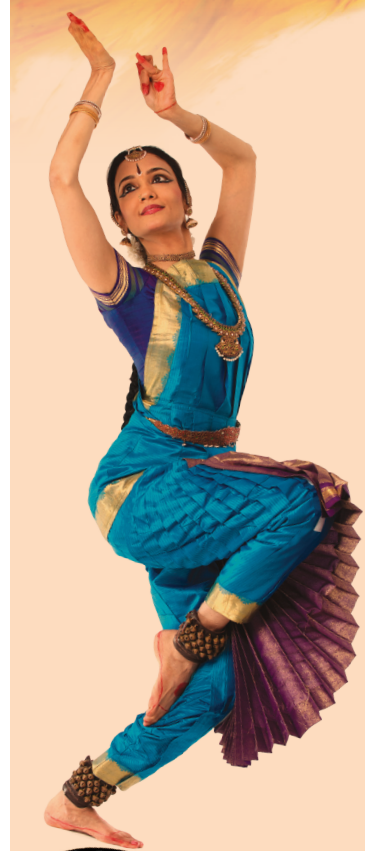

 TRIDHAATU®
 प्रोत्साहन

As part of Tridhaatu Protsaahan, we conducted a Blood Donation Drive on 30th April, 2016. Tridhaatu with support from its employees has donated a staggering 47 blood bags in one day. Tridhaatu thanks everyone who participated in this drive.




TRIDHAATU®
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TH!NK
 FOUNDATION



TRIDHAATU®
 प्रोत्साहन
 Encouraging Sports & Healthy Lifestyle

Tridhaatu Protsaahan has been launched with the thought of supporting young Indian sportspersons and sports in general. Tridhaatu endorses sportspersons from various disciplines such as Basketball, Badminton, Cycling and Running. Tridhaatu also supports the cause of special children with the help of this initiative.

TRIDHAATU®
 संस्कृति
 Promoting Indian Culture & Arts

Tridhaatu Sanskruti aims to promote Indian Culture, Arts and Music by supporting various music and cultural events. Music and arts are important aspects of Indian culture and Tridhaatu aims to keep this tradition alive for future generations. Tridhaatu Sanskruti also supports the cause of Fine Arts, Indian Classical Music & Dance on a regular basis.

TRIDHAATU®
 सारक्षण
 Conserving Environment

With the idea of conserving our environment and supporting green initiatives, we have launched the Tridhaatu Sanrakshan program. The aim is to take efforts to not only sensitize the public but also be actively involved in creating a positive change. We are actively associated with Bombay Natural History Society (BNHS) and conduct educational walks, workshop and meets.

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