

THE
EXCELLENCE
PORTAL

JANUARY-FEBRUARY 2026

EXCELLENCE PORTAL

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Your Gateway to Knowledge



Tourist Circuit

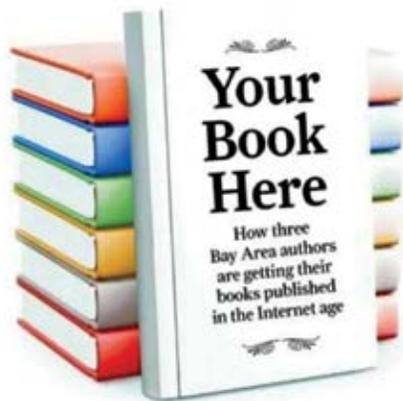
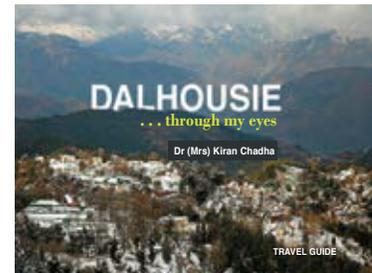
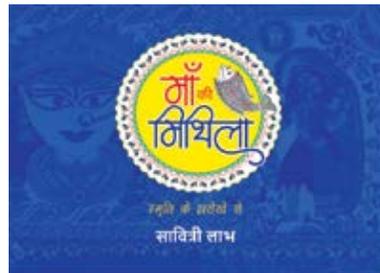
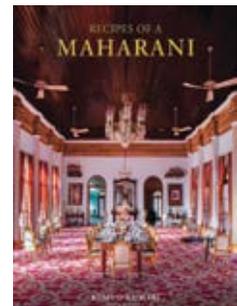
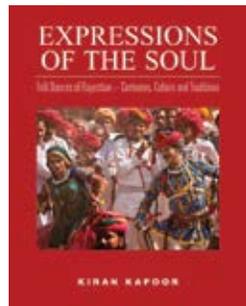
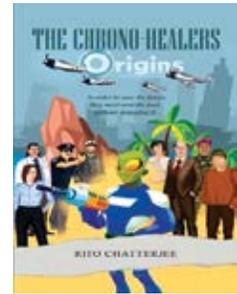
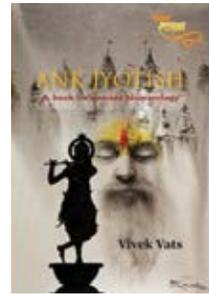
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From the Publisher's Desk

Dear Readers

As we welcome 2026, this Jan–Feb issue of The Excellence Portal is curated around mindful living, meaningful experiences, and conscious choices.

We begin with inspiring journeys through the Sariska Circuit and Dilli Haat, celebrating travel, culture, and heritage, followed by our Food & Beverage section that brings comfort and flavour to the season. In a world driven by screens, Digital Fasting encourages us to pause and reconnect, while Living Beyond the Apartment reminds us that true living in high-rise communities extends well beyond our homes.

This edition also features insightful brand stories, TAP, and reflective pieces on Spiritual Wellness and Numerology, offering guidance and balance as the New Year unfolds.

As 2026 begins, we hope this issue inspires you to live consciously, connect deeply, and embrace new possibilities. Wishing you and your family a year filled with health, harmony, and growth.

You can download the soft copy of earlier issues from the website: <http://www.authors-point.com>

Also you can scan the QR code to download



Raaj Verma

Author's Point, The Excellence Portal

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Travel

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Sariska National Park & Tiger Reserve—
Sileserh Lake—Bhangarh

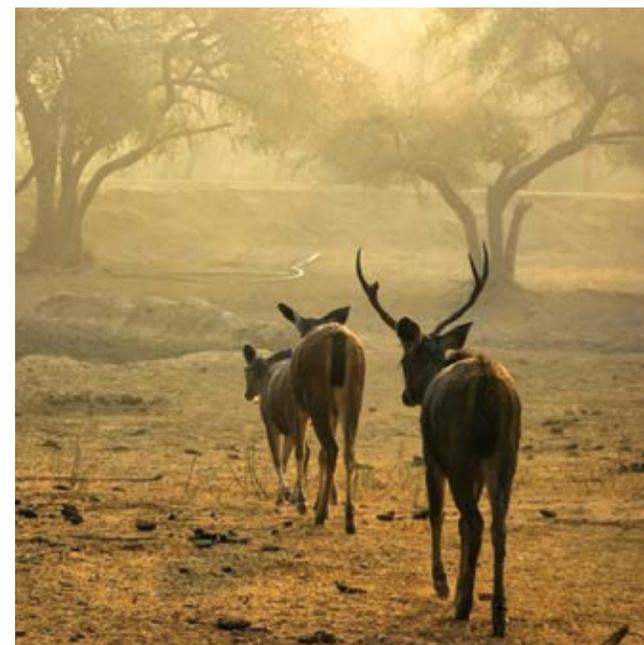


By Ranees Sahaney

Sariska National Park, remarked for its dense jungles filled with dancing peacocks and herds of sambar, is one of India's best success stories for the return of the tiger. Unknowingly to the public at large, Sariska had been, over the years, slowly losing its tigers—till 2005, when it was discovered that not a single member of this species remained. The culprit, not death by natural causes—but unstoppable poaching.

This horrific reality forced the government to finally, in 2008, step in and do something serious about it. To repopulate the park with the apex predator it set into motion the process of bringing in new tigers, two male and three female, from Ranthambore National Park by 2010. Alongside this, 10 wireless towers were set up at the reserve. The radio collars (the hi-tech Very High Frequency (VHF) tracking device strapped around the neck of the big cats) were connected to these towers, to send signals to a satellite connected with a control room in Sariska. Two decades on Sariska is now home to 50 tigers. A cause of high celebration for both wildlife authorities at the park as well as the public. Tigress ST-19 is said to have been a major contributor to Sariska's tiger population with nine cubs; her daughter ST-2302's two new cubs have brought the tally to 50 recently.

Located in the Aravalli range about 35 km from Alwar in north-east Rajasthan this terrain once served as the private hunting grounds of the Alwar royals. After being acquired by the government, it was declared a sanctuary in 1955 and in 1978 it was declared a tiger reserve under Project Tiger; it was elevated to the status of a National Park in 1979. The 866 sq km jungle terrain, set in the world's oldest mountain ranges, is home to leopards, jungle cats, hyenas,



FACTFILE

Location In the Aravalli hills, 35km from Alwar
Area 800 sq km
Attractions Tiger, leopard, avifauna
Best time to visit Nov-Mar
Timings 6.00 -10.00 am-3.00 -6.00 pm
Access Jaipur is the nearest airport (110 km), Alwar the nearest railhead (35km).
Accommodation Govt and private hotels
Website <https://obms-tourist.rajasthan.gov.in/place-details/Sariska-Tiger-Reserve>
Excursions Neelkanth Temple complex, Siliserh, Bhangarh, Jaipur





The Info

ACCESS

Rail Alwar Railway Station (35 km)
 Road NH8 from Jaipur to Shahpura via
 Amber and Chandwaji; state road to
 Sariska via Bairat and Thanaghazi
When to go October to March. The park
 is open all year round but closed for
 wildlife tours during the monsoon
Park Timings 6-10 am, 3-6 pm

WILDLIFE/ FOREST DEPT OFFICE
 +Field Director, Project Tiger
 Sariska Tiger Reserve, Sariska PO
 Alwar District

jackals, chital, sambars, langurs, wild boar, chousingha and 355 bird species. Hunting was banned in 1955, giving some respite to the tiger as a trophy animal for shikar enthusiasts. But then the poachers stepped in. Today grazing and encroachment on the forested expanses remain a growing concern.

Sariska’s undulating hilly expanses are pierced by three major water bodies — Mangalsar/ Mansarovar, Siliserh and Somasar. From its two plateaus— Kankwari and Keraska, visitors can enjoy proprietary views of the reserve. Apart from its wildlife heritage there are the ancient temples, dating to the time of the Partiharas from the 6th to the 10th centuries and rescued from the tangles

of the jungle in the buffer zone. The Neelkanth Mahadev complex, atop a hill in Tehla village, is home to ruins of about 200 shrines, laid to waste by Aurangzeb. The carvings here are reminiscent of the Chandelas of Khajuraho and probably date to that time (9th-10th centuries).

Also worthy of interest is the Nauga-ja Jain temple, the Talvriksh Temple on the northern edge of the park, the Naldeshwar Temple, located just off the main way to Sariska from Alwar; the Bhartrihari Temple, south of Kushalgarh in the sanctuary area, is famous all over Rajasthan for its fairs.

The ruins of the Kankwari Fort are a reminder of the time when Mughal emperor Shahjehan’s son Dara Shikoh was imprisoned here by his brother Aurangzeb.

The primary entry point to Sariska lies northwest of the core area. The safari route leads you down the main road to Pandupol past the primary wildlife spotting hubs — Karnakabas Lake, Brahm-nath, Kalighati Chauki and Bhaironghati.

Bookings for jeep safaris are available online at <https://obms-tourist.rajasthan.gov.in/place-details/Sariska-Tiger-Reserve>;

Siliserh Lake

This tranquil, uncrowded lakeside retreat has recently hit the headlines as one of India's newest Ramsar wetland sites. India is home to 96 Ramsar Sites found across diverse ecosystems — ranging from high-altitude lakes in the Himalayas to mangroves in the Sundarbans and coastal lagoons in the south.

Ramsar wetlands are of global ecological importance under the Ramsar Convention. Wetlands are among the most productive ecosystems on earth; their significance lies in their ecological and socio-economic functions, which include water purification, groundwater recharge, flood moderation, carbon storage, and habitat support for biodiversity.

Ramsar Sites are wetlands identified under the Ramsar Convention as being of international importance owing to their ecological, biodiversity, hydrological, or cultural values. Both natural and human-made wetlands can qualify, provided they meet criteria such as:

supporting vulnerable, endangered, or critically endangered species; being representative or unique wetland types; supporting significant numbers of waterbirds; providing vital ecosystem services

Siliserh, set in proximity to Alwar city by about 15km, and within the buffer zone of Sariska Tiger Reserve (30km), is a man-made freshwater lake formed out a tributary of the Ruparel River. It was commissioned by Alwar's Maharaja Vinay Singh in 1845 to supply drinking water to Alwar city. Located in a semi-arid zone, the site serves as an important water source for diverse species of the region. Its environs are the safeguard of the Endangered / Threatened tigers in the forests and avian species such as the vulnerable River Tern and Endangered / Threatened: Black Stork (*Ciconia nigra*) on the lake. Among the 149 bird species and seventeen mammal species supported by the Siliserh Wetland and its catchment.

Siliserh is a marvelous retreat for

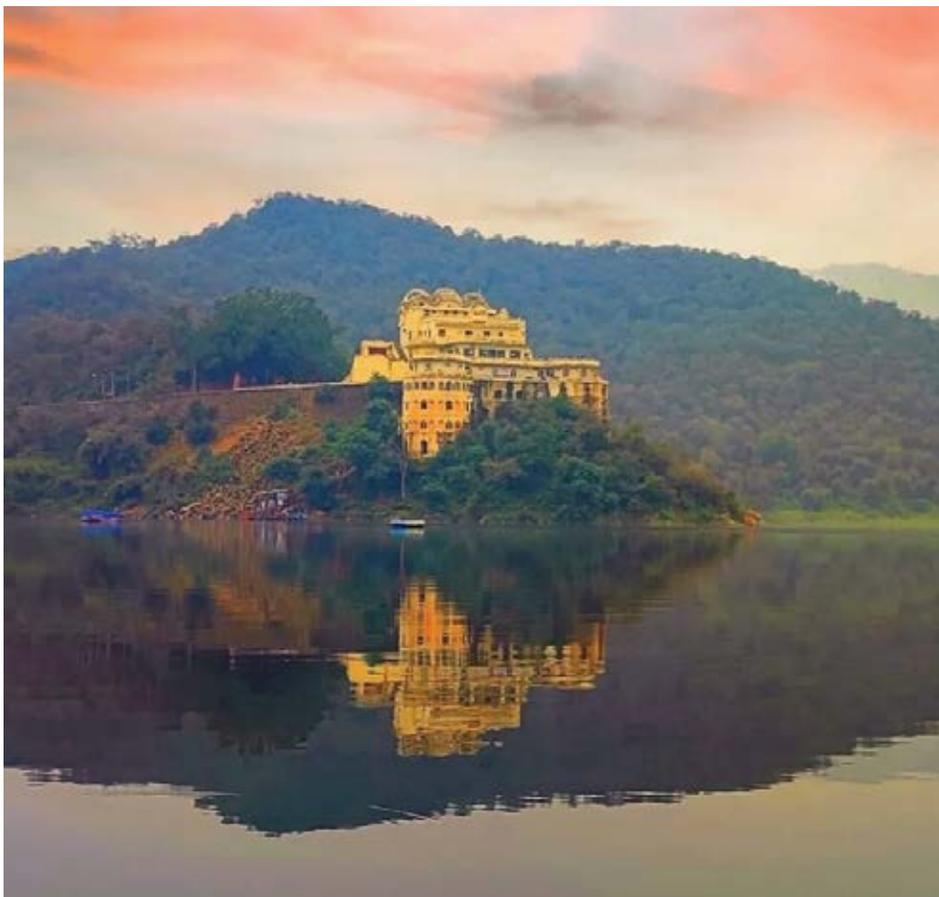
birding buffs, and this recognition has provided the heft it has long needed for the protection and conservation of its avian denizens.

The place to spend a weekend sojourn here is the serene Siliserh Palace Resort run by Rajasthan Tourism Development Corporation (RTDC). Surrounded by hilly wooded slopes and the lush verdure of the Sariska buffer zone overlooking the placid waters of the lake it is an idyllic spot to relax and rejuvenate body and soul. Originally the resort served as a private hunting lodge for the Alwar royals.

Between boat ride and birding, and the crocodile-spotting on the lake and gentle walks in the jungle trails, Siliserh offers a less hectic exploration of Rajasthan's ravishing landscapes.

The lovely palace with its elegant architecture, featuring arched windows, domes, and intricate carvings offers rooms with peaceful lake and hill views.

Accommodation Siliserh Palace Resort



Bhangarh

Abandoned since the 18th century, the haunted sprawl of the ghost town of Bhangarh, at the edge of Sariska's forest lands, draws immense interest from ghost-hunters, looking for an otherworldly experience. Wrapped in myths and mystery, the aura of the mystique of paranormal activities here is further heightened by the fact that entry is banned to visitors after darkness falls. Bhangarh figures in India's list of the top haunted destinations in the country.

Just 30 km away from the game park, Bhangarh was constructed by Amer's Kachchwaha ruler, Raja Bhagwat Singh, for his son Madho Singh in 1537. Madho Singh rose to become a Diwan at Emperor Akbar's court. His brother Man Singh was Akbar's famous general. Madho Singh was succeeded by his son Chhattar Singh.

A spicy version of the ruin and abandonment of Bhangarh is rooted in the legend of a tantrik who became enamored with Princess Ratnavati, Chhattar



Singh's daughter. Infuriated by her rejection he decided to cast a spell on her. He slipped a love potion in the oil her maid had bought in the market. On being questioned the maid revealed her encounter with the tantric in the bazaar and what he had done. Now Ratnavati, who was quite alert about the tantrik's devious ways and being no stranger to the dark arts herself, took the bottle of oil and flung it against a boulder, which is said to have started moving, and eventually rolled over tantric, who was lying in wait nearby. His dying words were a curse of Ratnavati, the house of Madho Singh and the citizens of Bhangarh. One year later there was a battle between Bhangarh and neighbouring Ajabgarh during which Ratnavati passed away, and shortly after, the citizens, remembering the curse of the tantric, also started abandoning Bhangarh,

According to another legend, a curse

was put on the house of Madho Singh by a local sage, Guru Balu Nath, who had permitted him to build his fort, provided it did not cast a shadow over his abode. At first, all Bhangarh's rulers respected this condition, but Raja Ajab Singh, Chhattar Singh's son, decided to raise the height of the citadel as a protective measure against possible enemies, thus placing sage's residence in its shadow. Balu Nath's curse on Madho Singh's citadel came true as, at the end of it all, the town was abandoned by everyone and eventually left in ruins. Another reason for this, according to some historians, is that Ajab Singh established a new fort after his father Chhattar Singh died. The famine that followed in 1783, forced the rest of the villagers to leave the town.

The atmospheric ruins of Bhangarh comprise the remnants of the palace, havelis, temples dedicated to Someshwar (Shiva), Hanuman, Ganesh, Vishal

Devta, Mangla Devi and Keshav Rai, a few shops and a tank.

At the entrance visitors pass through the crumbling ruins of a row of shops on either side of what was assumed to be the famous bazaar where the maid bought the oil for Ratnavati and where she was stopped by the tantric. The trail snakes out to the Someshwar Temple whose walls still stand. Explore the crumbling Nartaki Ki Haveli and Purohit Haveli, the Tantrik ki Chattri on the hill, and a small mosque. Massive locks on the gates keep people out of the havelis. The ruins of the palace itself lie at the far end of the township. In an advanced state of ruin, it now only has four stories out of the original seven. At night muffled screams and eerie sounds are said to take over this space now inhabited by bats and other creepy denizens.

Accommodation Nearest places are Sariska and Alwar townships.



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Dilli Haat

Delhi's iconic Regional Cultural Hub

By Raneesahaney

For a full-blown commerce and cultural experience for your out-of-town guests this holiday season, Dilli Haat, located opposite the INA Market near AIIMS, is just the ticket.

A gem of a place on the shoppers go-to retail therapy list, Dilli Haat wins on many counts. Its accessibility for the differently-abled, easy transport a stone's throw away,

an alluring line-up of shops hawking traditional regional hand loom, jewellery, leather goods, woolens, furniture, home décor items, handicrafts etc, eateries with all manner of inviting dishes from the different states, live cultural performances, seasonal food festivals... A notable component of the Dilli Haat experience is some unique insights into India's less known, lesser explored states in the remote expanses of the North East.

What's not to like about it?

Dilli Haat is a treasure trove for self-indulgence, gifting, and immersive cultural experiences. It's the perfect place to uncover the treasures of India's artisanal heritage, drawn from villages scattered across the length and breadth of the country.

Shop for applique work and patachitra paintings sourced from the villages of Raghurajpur and Pipli villages respectively in Odisha. Pick up the unusual Manipuri eco-friendly phak mats made from the local spongy kauna reeds; the black pottery items are unique to the village of Andro in Manipur. Bags and purses created from pineapple fibre are on offer from Meghalaya. Pick up beautifully woven shawls with traditional motifs and earthen pots made in Nagaland. Did you know that Nagas for centuries made pots without using a wheel?

From Tripura come beautiful bamboo screens, lamp stands, tablemats and sitapati items — and there are thangka paintings from Sikkim and Arunachal Pradesh. Bags, jackets, and shoes from Mizoram are precious for their traditional Puan patterns featuring bold stripes, checks, and geometric motifs. For the summer stock up on Assam's traditional bisoni or hand fans, made of strips of bamboo or cane. You can pick up a simple, no frills one, or choose a more ornately woven one with a painterly or embroidered finish.

You'll find Warli paintings from Maharashtra and dokhra metal works from Chhattisgarh and neighbouring Madhya Pradesh. Buy bidri ware, along with beautiful pearls from Hyderabad.

The allure of mirror-work bags and skirts from Rajasthan and Gujarat is an enduring reality of Dilli Haat's regional delights. And who can resist the wonders of the hand-block printing traditions of Bagru and Sanganer from Jaipur and its surrounds. Textile buffs will discover the silks from Kanchipuram and Mysore,





brocade work from Varanasi, ikats from Assam, and tussar silk from Madhya Pradesh. The exquisite Nawabi chikankari work of Lucknow finds voice in kurta-pyjama sets, sarees and even curtains and table linen. The Kashmiri stalls are thronged by visitors picking up gorgeously embroidered pashminas, phirens, woollen caps and on the occasion even traditional crewel-embroidered bedspreads. Handwoven rugs and carpets arrive from Agra and Mirzapur.

A mini-Taj carved out of soapstone or marble, Blue Pottery bathroom sets, ashtrays and tiles from Jaipur, Kolhapuri chappals from Maharashtra, beaded bags from Lucknow are unmissable offerings from crowded shelves.

On the occasion Dilli Haat also arranges state-themed craft melas, where one can enjoy the full gamut of their

centuries old crafting traditions. It's the perfect platform for visitors to buy goods directly from artisans whose work you can observe first hand.

You can even pick up state-centric fresh spices (both in whole and powdered form), dry fruit, nuts, pickles and

A notable component of the Dilli Haat experience is some unique insights into India's less known, lesser explored states in the remote expanses of the North East

chutneys, sherberts, tamarind paste, candied fruit, mouth fresheners, herbs, loose tea from Assam, vadian and papads from Punjab, kokum from Mumbai, cashews from Goa, saffron and honey from Kashmir, petha from Agra—and much more.

The open-air eateries bring you momos from Sikkim and Ladakh, the pork thali from Nagaland, makki ki roti and sarson ka saag from Punjab, nadru yakhni from Kashmir and idlis, dosas and appams from the South. And that's just for starters--- and how about dab chingdi and mache jhol from West Bengal, gudak with sticky rice from Tripura, galawti kebabs from Awadh?

What are you waiting for? Dilli Haat awaits you with open arms—inviting you to open up the windows of your mind, and your wallet! ■

Fresh on the Plate

*Delhi NCR's Best New Restaurants
and Menus to Try Right Now*

By Amit Dixit



From thoughtful regional Indian kitchens to globally inspired dining rooms, these new openings and revamped menus are setting the tone for how Delhi NCR is eating right now

Trouble Trouble

Chef Radhika Khandelwal's popular Fig & Maple restaurant has returned in a new avatar. Trouble Trouble positions itself as a neighbourhood restaurant with global instincts and a mischievous streak. The space is warm and unfussy, leaning into comfort rather than formality, with illustrated menus and playful typography setting the tone before the food arrives. It's the kind of place that invites long lunches to drift into evening, helped along by a room that feels lived-in.

The kitchen mirrors this easy confidence. Salads and small plates mix freshness with indulgence—watermelon with coconut and sesame sits comfortably alongside warm chicken salad or fig and maple dressed leaves—while the mains travel widely without losing focus. Pastas, risottos and noodle bowls share space with slow-braised meats, grilled fish and Brazilian moquecas, all executed with restraint rather than excess. Pizzas keep things familiar but thoughtful, from margheritas to truffle mushrooms and hot honey, pitched squarely at the crowd that wants comfort with a twist.

Drinks are where the restaurant's personality sharpens. The cocktail menu, structured around moods and impulses, reinforces Trouble & Trouble's core idea: food and drink as emotional punctuation. The cocktail menu reads less like a list of drinks and more like a group chat with your most impulsive friends. Titled *Intrusive Thoughts*, it leans fully into the modern condition of overthinking, bad decisions and selective restraint, neatly categorised into chapters that mirror states of mind rather than drinking styles. There's something disarmingly clever about ordering from sections like *'I Hate Having to Decide'*, *'I'm Flirting with Poor Decisions'* or *'I'm Not Drinking This Entire Month'*, each framing cocktails as emotional responses rather than beverages.

The drinks themselves balance wit with genuine technique. A Lao Gan Margarita spikes familiarity with chilli crisp swagger, while Pandan-Monium and Smoke & Jitters show a bartender's confidence with layered flavours and cultural cross-references. Even the nerdy end of the spectrum—*'Clear Conscience'* or *'Why Is Shiso Serious'*—manages to be self-aware without tipping into parody. Importantly, the zero-proof section isn't treated as an afterthought; the non-alcoholic and dessert cocktail options feel grown-up, composed and intentional.

What holds the menu together is voice. Every description knows exactly how funny it needs to be—and when to stop. It's irreverent without being exhausting, clever without being smug. You may come for the cocktails, but you'll stay flipping pages because the menu understands you a little too well.

Address: *Trouble Trouble, Second Floor, M27, M-Block Market, Greater Kailash II (GK 2)*





Tangra

At The Westin Sohna Resort & Spa, a new Chinese restaurant—Tangra—turns the spotlight firmly on the Hakka kitchens of Kolkata, offering a menu that feels both comfortingly familiar and quietly distinctive. Rooted in the culinary traditions shaped by generations of Chinese immigrants in eastern India, the food here privileges balance over bravado, restraint over excess heat.

The meal begins with small, well-judged openers—curried pickled vegetables, crisp lotus stem, crackling spinach with almonds—before moving into a repertoire of appetisers that echo Kolkata's Indo-Chinese canon. Chilli chicken arrives glossy with dark soy and vinegar; prawn gold coins are crisp-edged and succulent; hot chilli fish leans on garlic and fermented chilli paste rather than brute spice.

The main courses are where the kitchen's confidence shows. Buddha's Delight is a gentle, nourishing medley of vegetables in a clean cilantro-soy broth, while steamed fish in lemon chilli sauce nods to home-style cooking with ginger, scallions and sesame oil. Dragon chicken brings back the city's love for sweet heat and roasted peanuts, and Yaw Mein—braised noodles in the Cantonese style—makes a compelling case for simplicity done right.

Desserts stay true to the brief: honeyed, sesame-laced Darsaan and cornflake-crusted fried ice cream offer a nostalgic, satisfying close. It's a restaurant that understands its lineage—and serves it with warmth.

Address: *Tangra, The Westin Sohna Resort & Spa, Vatika Complex PO Dhaula, Karanki, Road, Sohna, Haryana 122103*



Indian Accent's New Menu

At 16, Indian Accent feels less like a restaurant marking time and more like one quietly reaffirming its place in contemporary Indian dining. The new tasting menu, unveiled to mark the milestone, looks backward and forward in equal measure—anchored in memory, sharpened by technique, and unmistakably confident in its voice. This is Indian Accent doing what it does best: reworking familiar flavours without nostalgia, and global ingredients without gimmickry.

Chef Shantanu Mehrotra's long association with the kitchen lends the menu a sense of continuity. Dishes reference regions and restaurants that shaped his journey—Kashmiri aab gosht, Bengal-inspired eggplant, southern touches like popcorn upma—yet they arrive reframed, lighter in form and precise in execution. The vegetarian progression is particularly assured, moving seamlessly from festive classics such as dahi gujiya to composed plates where spice, acid and texture are tightly controlled. Desserts

resist excess, closing the meal on subtle sweetness rather than spectacle.

The experience remains deeply tied to Indian Accent's setting at The Lodhi: calm, polished and quietly luxurious, with service that favours rhythm over ritual. The introduction of a Lite Tasting Menu acknowledges evolving dining preferences without diluting ambition. Sixteen years on, Indian Accent isn't reinventing itself—it's refining what it already does remarkably well.

Address: *Indian Accent, The Lodhi, Lodhi Rd, CGO Complex, Pragati Vihar, New Delhi, Delhi 110003*



At Majlis

At Majlis, the newly opened restaurant in Noida, draws its name and spirit from the *majlis*—a gathering space in royal courts and noble homes where food, conversation and culture came together with effortless grace. Rooted in the refined culinary traditions of Awadh and the broader Indo-Islamic world, the restaurant positions itself as a modern-day durbar, where hospitality is unhurried and flavours are layered with memory and technique.

The menu at At Majlis—by culinary revivalist Chef Osama Jalali—is anchored in classical recipes, executed with restraint and respect rather than theatrical reinvention. Slow-cooked gravies, delicate use of spices, and time-honoured methods such as *dum* define the kitchen's approach. Kebabs arrive tender and nuanced, biryanis are aromatic without excess, and vegetarian preparations hold their own through careful spicing and texture rather than compro-



mise. Each dish reflects a lineage of royal kitchens where balance mattered more than bravado.

The space mirrors this philosophy. Designed to evoke quiet luxury, At Majlis favours warm tones, traditional accents and an intimate layout that encourages lingering meals. It is a setting meant for conversation as much as consumption—whether over a formal family dinner or a leisurely business lunch.

In a dining landscape often driven by novelty, At Majlis in Noida stands apart by looking inward—to history, craft and the timeless pleasure of a well-set table. It is less about rediscovery and more about remembrance, offering guests a chance to experience the elegance of royal Indian dining, thoughtfully translated for the present day.

Address: *At Majlis, HA-22, Block A, Sector 104, Noida, Uttar Pradesh 201304*



Amrai by Café Lota

Amrai, the newest restaurant from the much-loved Café Lota team, brings a quietly confident take on regional Indian cooking to Noida. Staying true to the philosophy that made Café Lota a benchmark for thoughtful Indian food, Amrai shifts the focus firmly to everyday, seasonal dishes drawn from across the country—food that is deeply rooted, unpretentious, and cooked with restraint.

The menu reads like a map of India's home kitchens rather than its banquet tables. There are comforting vegetarian preparations built around grains, lentils and vegetables, alongside carefully chosen meat dishes that reflect regional techniques rather than excess. A simple dal here carries the weight of tradition; a vegetable stir-fry or chutney reveals how much flavour can be coaxed out of minimal ingredients when technique is sound. Breads and rice are treated with equal respect, anchoring the meal rather than playing second fiddle.

What stands out is Amrai's refusal to dramatise regional food. There's no over-plating or needless fusion—instead, the emphasis is on balance, texture and the natural rhythm of Indian meals. The space mirrors this sensibility: warm, relaxed and unfussy, designed for lingering lunches and easy dinners.

In a dining landscape crowded with novelty, Amrai offers something rarer—familiarity done exceptionally well. It's regional Indian food that feels lived-in, thoughtful and deeply satisfying, much like a meal cooked by someone who truly understands where it comes from.

Address: Amrai by Café Lota, Jaypee Wishtown, Max Square, Plot No C3-C, Noida-Greater Noida Expy, Sector 129, Noida, Uttar Pradesh 201304



DIGITAL FASTING: *Finding Balance in a Screen-Driven World*

In today's hyper-connected world, digital screens have become a constant companion for people across all age groups. From online classes and social media to remote work, entertainment, and instant communication, technology shapes modern life in countless ways. While it offers convenience and efficiency, excessive screen time is increasingly affecting mental well-being, physical health, and real-world relationships. This is where the idea of **digital fasting** becomes relevant—not only for the young generation, but for everyone.

What Is Digital Fasting?

Digital fasting refers to the conscious practice of taking planned breaks from digital devices such as smartphones, laptops, televisions, and social media platforms. It is not about rejecting technology; rather it promotes mindful and purposeful usage. Just as physical fasting allows the body to reset, digital fasting gives the mind space to slow down, refocus, and recharge.

Why It Matters for All

Young people are particularly vulnerable to constant digital stimulation. Endless notifications, online comparisons, gaming, and scrolling can lead to anxiety, reduced attention span, sleep disturbances, and emotional fatigue. At the same time, adults and senior citizens also experience digital overload—work-related stress, information fatigue, and reduced personal interaction.

A recent and relatable cultural example of this concern is the ZEE5 series *Thode Door Thode Paas*, starring Pankaj Kapur. The show explores what happens when a family is encouraged to step away from their digital devices



to reconnect with one another. Through everyday situations, it highlights how excessive dependence on screens can distance people emotionally, and how consciously unplugging—even temporarily—can help rebuild relationships. The series effectively demonstrates that digital fasting is relevant across generations.

Mental and Emotional Benefits

One of the strongest benefits of digital fasting is improved mental clarity. Reducing screen exposure lowers

information overload and the pressure of constant online engagement. Young individuals often experience better focus and emotional balance, while adults report reduced stress and healthier work-life boundaries.

Digital breaks also promote mindfulness and self-reflection—essential tools for emotional resilience in an always-connected world.

Reconnecting Beyond Screens

When screens take a step back, real-life connections move forward. Digital fasting encourages face-to-face conversations, family bonding, outdoor activities, reading, and creative pursuits. These experiences strengthen relationships, improve communication skills, and nurture emotional intelligence—qualities important at every stage of life.

For the young generation in particular, such interactions play a crucial role in developing confidence, empathy, and social awareness.

Physical Health Advantages

Extended screen use contributes to eye strain, poor posture, headaches, and sedentary habits. Digital fasting naturally encourages movement—walking, stretching, sports, or yoga. Limiting screen exposure before bedtime also improves sleep quality, benefiting people of all ages.

Digital fasting is not about turning away from technology, but about restoring balance. By learning when to unplug, people can improve their mental clarity, physical health, and emotional well-being. For the young generation, it helps build healthy habits early; for others, it offers a chance to slow down and reconnect.

In a world that rarely switches off, choosing to pause is a powerful step toward a healthier and more meaningful life. ■

Living Beyond the Apartment: The Essence of Society Life

Life in a high-rise society like DLF Capital Greens goes far beyond the walls of your apartment. It is about belonging to a vibrant, inclusive, and well-planned community where people of all ages thrive. From children playing safely to seniors finding peace and connection, this lifestyle is a celebration of well-being, convenience, and community spirit.

Here's what makes it special:

Green Spaces Everywhere

You wake up to landscaped gardens, and open lawns — a refreshing contrast to concrete streets.

Community Events

Festivals, health camps, art workshops, and seasonal celebrations bring residents together — fostering friendships and a strong sense of belonging.

Safety and Security

Professional security, CCTV surveillance, and controlled access give peace of mind, especially for children and elderly family members.



Clean, Managed Environment

Dedicated housekeeping and waste-management teams keep common areas pristine — enhancing comfort and hygiene for everyone.

Being a Responsible Resident: Little Actions, Big Impact

There are many amongst us who have dogs as pets in our homes which have even become an integral part of the family. But there are also those who don't share this

perspective. Respect needs to be accorded to both sentiments.

A happy community flourishes when every resident contributes positively.

One such simple but impactful habit is responsible pet ownership.

If you are a dog parent, remember:

- Always carry a scooper and waste bag while walking your pet.
- Clean up after your dog immediately.

This isn't just etiquette — it's respect for your neighbours, your community spaces, and the environment we all share.

A Life Well-Lived

High-rise society living, such as what we all enjoy at DLF Capital Greens, offers a beautiful blend of comfort, community, convenience, and care. It enriches life at every age — from playful childhood to productive adulthood and contented senior years. When each resident embraces shared responsibilities and community values, the result is not just happy living — but a meaningful life lived well. ■



ILLUSTRATION CONTRIBUTION: RAJVINDER SINGH

UNIFLY

Hydration For All Lifestyles



MADHUSUDAN AGGARWAL
(Founder, Unifly)



Staying hydrated isn't just healthy — it's a way of life. Whether you're a child heading to school, a professional navigating a busy workday, a fitness enthusiast powering through a workout, or someone catching up with friends over coffee, the right bottle becomes more than a container — it becomes a trusted companion. Unifly's range of bottles is designed with this everyday diversity in mind, combining leak-proof, rust-free, BPA-free construction with easy-to-carry ergonomics and vibrant designs that appeal to all ages and routines.

What makes Unifly bottles stand out is their versatility. Built from high-quality stainless steel, they are durable, safe and ideal for daily use — from school backpacks to gym bags, office desks to travel kits. The leak-proof design means no spills in your bag, while rust-free and BPA-free construction ensures the water you drink stays fresh and safe, free from unwanted chemicals. The ergonomic shape and lightweight feel make these bottles easy to carry around, whether you're heading out for a long day or just stepping out for a quick walk.

You'll find options like the Unifly Stainless Steel Water Bottle 1 Litre and the Unifly Stainless Steel Water Bottle 950 ml, perfect for everyday hydration at school, work, gym or travel. For those who prefer a slightly more insulated option, the Unifly Insulated Water Bottle (750 ml) offers a sleek choice for on-the-go lifestyles.



Go the Unifly way to stay hydrated. Let it become a simple, pleasant and sustainable part of your daily life.

These bottles are great alternatives to single-use plastic and support a more sustainable, health-oriented daily routine. This broad appeal was evident when Unifly participated in BNI TAP 2025 — “Network to Abundance” —

held on 19–20 December at Yashobhoomi, New Delhi. TAP 2025 brought together thousands of entrepreneurs and exhibitors for meaningful networking and discovery. While Unifly engaged with B2B visitors exploring distribution and retail partnerships, the display also attracted direct consumer interest. Attendees of all ages were drawn to the colourful range of bottles on show and appreciated their practical design and everyday utility — prompting numerous enquiries from individuals as well as businesses. This mix of interest affirmed Unifly's broad resonance as both a lifestyle choice and a business product.

Scan the QR code to watch a short video featuring Mr. Madhusudan Aggarwal, Founder, Unifly. Unifly's products are easily accessible on popular e-commerce platforms like Amazon India — so customers nationwide can choose a bottle that matches their lifestyle without compromising on design or quality. ■



Unifly Private Limited
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Delhi-110039 Mobile: +91- 99535-43435

Why Your Best People Keep Leaving: *The Hidden HR Crisis in SMEs*



It's 9 PM on a Tuesday when the message arrives: "I QUIT." Your top performer—the one carrying the team—is gone. No warning, no negotiation. Just months of lost productivity and thousands in replacement costs ahead.

If this sounds familiar, here's the uncomfortable truth: the problem isn't the job market. It's systemic, and it starts before day one.

The Promise vs. Reality Gap

Most attrition begins during the interview process. You talk about growth paths, flexible culture, and exciting opportunities. You genuinely mean it. But what happens after they join?

Career discussions that never materialize. "Flexible work" that vanishes when business picks up. Role responsibilities that expand overnight without discussion. This gap doesn't just disappoint employees—it breaks trust. Once broken, even salary increases won't keep them. They're already updating resumes.

The Real Cost Nobody Calculates

When an employee leaves, you lose 1-2 months in recruitment and another 3-6 months for the replacement to reach full productivity. For a mid-level employee earning ₹50,000 monthly, total replacement costs can exceed ₹3-5 lakhs. Multiply that by last year's departures.

Most SMEs view this as "the cost of doing business." But what if it's the cost of not having proper systems?

Why SMEs Struggle

The typical pattern: HR falls to a junior admin. Hiring becomes a "we need someone yesterday" scramble. Interviews focus on "can

they start immediately" rather than "are they the right fit." Onboarding is a desk tour. Performance reviews happen randomly. Policies exist in the founder's head, changing with circumstances.

This isn't strategic HR. This is crisis management disguised as people management.

The Leadership Blindspot

Most SME owners are excellent operators but untrained people leaders. You understand your product intimately, but managing people requires different skills: empowering instead of micromanaging, creating psychological safety, building environments where mistakes lead to learning, not blame.

Employees don't just leave bad jobs—they leave bad bosses and toxic cultures. No salary compensates for daily humiliation or constant fear.

What Employees Actually Need

It's simpler than you think: clarity about roles and success metrics, consistency in policies, respect for their time and boundaries, real growth opportunities, and fairness in decision-making.

None of this requires massive budgets. It requires intention, structure, and consistency.

The Hidden Compliance Risk

Beyond attrition lurks legal danger. Without proper HR oversight, SMEs expose themselves to PoSH violations, labour law penalties, improper termination disputes, and statutory compliance gaps. One harassment complaint or legal notice can cost lakhs—far more than proper systems would have cost.

The Choice Ahead

You can continue treating HR as administrative burden, handling employees reactively, accepting high attrition as normal. Or you can recognize people management as the strategic function it is—one directly impacting your bottom line and growth potential.

Your people problems don't disappear at scale—they multiply. You can't grow bigger without fixing this first.

The question isn't whether you can afford to invest in proper HR systems. The question is: can you afford not to?

Because your business is only as strong as the people who run it. And if those people keep leaving, no amount of operational excellence will compensate for the constant disruption.

What is your current approach to people management actually costing you—not just in money, but in lost opportunities, your own time, and the stress of wondering who'll quit next?

SAEJ Solutions works with SMEs to build sustainable talent systems—from structured hiring and compliance management to performance frameworks and employee engagement—at a fraction of the cost of an in-house HR department. Because your people deserve better systems, and your business deserves to grow without the constant drag of avoidable attrition. ■

Contact: **AMRIT PAL**
Founder Director : Saej Solution
Email: Amritpal@saejsolution.com
Mobile: 7669906799
Website: www.saejsolution.com

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BNI TAP25

AN EYE OPENER FOR LEARNING AND NETWORKING



By Viraj Puri

As the cold winter morning chill spread across the open grounds and slipped into many indoor parts of Yashobhoomi at Dwarka, I stood frozen outside. Not by the weather, but by the overwhelming sensation I felt attending my first conference of this kind.

Everywhere I looked, I saw people, all suited and booted, talking the corporate talk, passing around business cards, sharing their ‘Business Models’ and Ideas. There were huge signboards emblazoned with logos and messages and proclamations; there were gaily decorated stalls and displays of technologies as well as niche business areas, and a host of other new sights to behold for a fresh graduate like me.

I had spent the past three and a half years of my life doing a bachelor’s degree in commerce at Amity. I learnt so



much about businesses, corporate operations and other areas like marketing, PR, Finance, etc. Every day was a quest to cram my head with as much information as possible about this that and the other. I thought I’d have a pretty good grasp of what this event would be like; but the BNI TAP25 networking event gave me a reality check I didn’t even realize I needed.

Every stall was advertising their products and services, with the bigger stalls using clever design tricks to guide the viewer’s eyes in a delicate dance to

see their services and products; the tech companies had a line-up of items like prototypes for drones, smart electronics and even some truly unconventional products such as a 3-in-1 mirror, cabinet and tablet at the artist’s live counter.

The medium and smaller stalls seemed to focus more on 1-on-1 interaction with people to drive engagement. I particularly liked the deconique stall, showcasing high class home decorations. The fancy glass plate clocks were truly beautiful in their design, with exquisite free form shapes that really stood out to me.



real estate business, interior design and a variety of construction projects. They had clearly invested big bucks in the space and design of their stalls. I guess high capital investments need heavier marketing. The other larger stalls were mainly captured by the furniture business interspersed alongside many smaller businesses, some which managed to stand out even more, like the aforementioned Design and Décor stall.

The networking part was the most intimidating, but exciting part. I'm a shy person and haven't had much 'formal communication' outside of that with my teachers and guides; so, seeing and learning to communicate 'naturally', with people, who in my head were always 'the adults' in the room, certainly felt intense, if it did not look at it from the outside.

Every stall had a representative or the business owner themselves, brimming with knowledge and enthusiasm, and setting themselves apart from the crowd with their unique products, ideas and even the way they carried themselves.

I saw fancy glassware, the sight of which made my eyes widen and my wallet cry; I saw drones, exotic furniture, decorations, homeopathic medicine and so on. Every stall was more exciting than the last.

By the end of the day, I walked away feeling like I had learned something—and it was not just because of the work I was there for, but because I truly got to see business and networking in action. At every turn, there was a new thing to look at, a person to meet and interact with.

If there's one big takeaway from this experience, it was that my knowledge, even projects and achievements, are nothing without the skills and experience to look interested and approachable and hold a conversation revolving around something I'm passionate about.

If there was ever a place I recommend businesses, and fresh faces in commerce to go to, it's to events like the BNI TAP networking event which are truly invaluable. ■

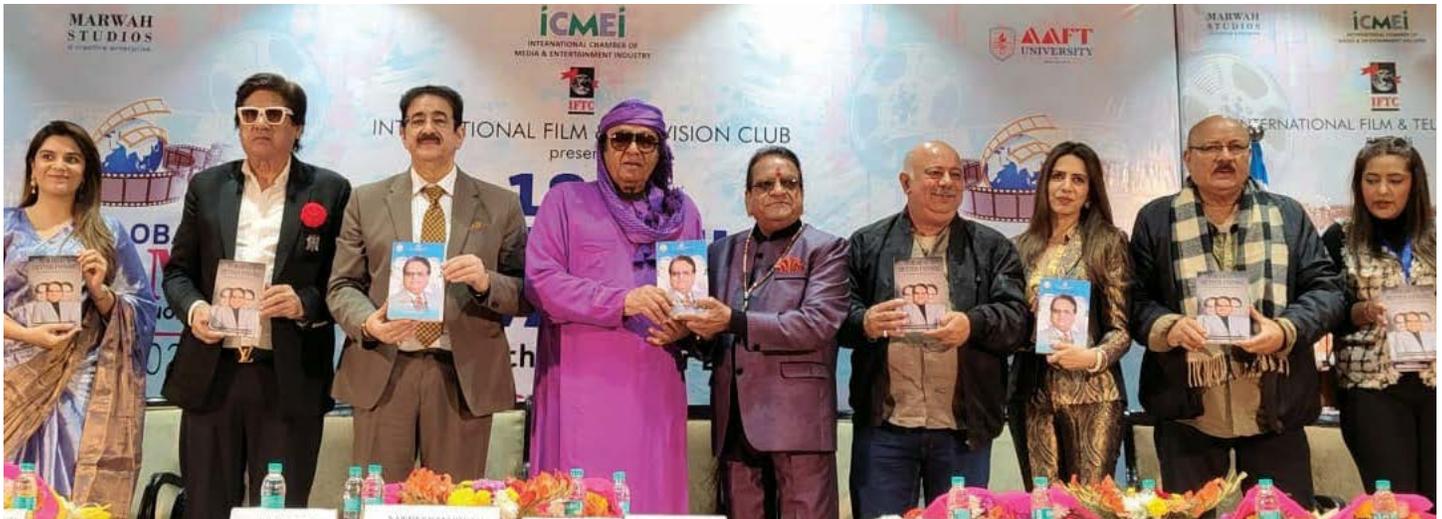
Some got particularly creative, such as the Design and Décor stall by Hari Ram Suraj Bhan; it had walls and floor being adorned with these soft woven carpets and sheets, and even from far away you could tell what their product was, and even the quality.

The whole convention was like being at a buffet for my eyes, I didn't know where to look first.

I was there as a trainee under the Author's Point Publishing House. With the guidance of my supervisor, I went from stall to stall, learning about each business' products and networking.

What I found particularly interesting were the types of stalls present. The biggest stalls were dominated by the

REDISCOVERING TOGETHERNESS: *Understanding and Overcoming Loneliness*



In today's fast-paced, highly individualistic world, loneliness has quietly yet steadily become a silent epidemic. Dr. Kumar Prashant Manav, in his insightful reflections, identifies loneliness as a root cause of depression and a significant barrier to personal fulfillment and societal harmony. This chapter explores the deeper causes of loneliness and offers remedies inspired by age-old wisdom and modern introspection.

The Four Causes of Loneliness

- 1. Lack of Proper Education and Values** The family is the first school of life. Unfortunately, the erosion of value-based education and a lack of proper guidance in the family unit have deprived many of a moral compass at an early stage in their lives. Parents and elders are often themselves unaware of the knowledge and virtues they need to pass on to the next generation. Without this direction, children often grow into adults disconnected from society and themselves.
- 2. Disconnection from Social and Cultural Traditions** Our traditions, festivals, and community gatherings once served as occasions for connection and collective joy. These social and religious rituals were designed to create a sense of belonging and purpose. However, the decline of these practices

and the meaning they hold has left individuals isolated, lacking meaningful interactions.

- 3. The Collapse of the Joint Family System** The breakdown of joint family structures has intensified individualism. Where once people lived in large, interconnected families that offered emotional and practical support, nuclear families and single-person households have increasingly become the norm. This fragmentation of the familial tapestry fosters emotional distance and solitude.
- 4. The Influence of Technology** While technology connects us globally, it often isolates us locally. Television and mobile phones dominate our attention, reducing the quality of real-life interactions. People are increasingly engrossed in virtual worlds, which results in the neglect and deterioration of mindful face-to-face relationships.

The Debt We Owe in Life

According to Dr. Manav every person is born carrying four sacred debts or duties that give life meaning and direction.

- 1. Debt to Parents and Family** We owe our existence to our parents. Respecting, caring for, and fulfilling our responsibilities toward them is a moral obligation. Many people today focus solely on their spouse and children, ignoring the

importance of their parents and extended families. This narrow view of family life often results in regret and emotional isolation later in life.

2. **Debt to Society and the Nation** Every individual is part of a larger society and nation. Our contributions—no matter how small—can have a monumental impact. Dr. Manav urges us to look beyond personal gain and work toward the collective welfare of humanity. Only then do we leave behind a legacy worth remembering.
3. **Debt to Humanity** Divisions of caste, creed, and religion are human constructs. In truth, we are all part of a single human family. Recognizing and embracing this unity, and contributing to humanity without discrimination, leads to inner fulfillment and societal harmony.
4. **Debt to Nature and God** Gratitude toward the universe and its creator is expressed through service to living beings. Selfless service elevates the soul, brings peace, and dissolves loneliness.

The Consequences of a Fragmented Society

Dr. Manav laments the changes that have crept into the concept of human relationships in modern times. Small misunderstandings now lead to permanent estrangement between friends and family. People have become increasingly self-centered, retreating into emotional isolation, even cutting off ties with their parents or siblings.

The collapse of the joint family system, once a bastion of support, is cited as a primary factor in this loneliness epidemic. The desire for “freedom” without accountability has eroded social bonds. While discipline in joint families provide guidance, its absence in nuclear families often leads to confusion and isolation.

Moreover, the obsession with wealth has distorted human relationships. Once, virtues and character earned respect; today, financial status dictates social standing. As a result, relationships have become transactional, leading to disillusionment and deeper loneliness.

Remedies for Loneliness and Depression

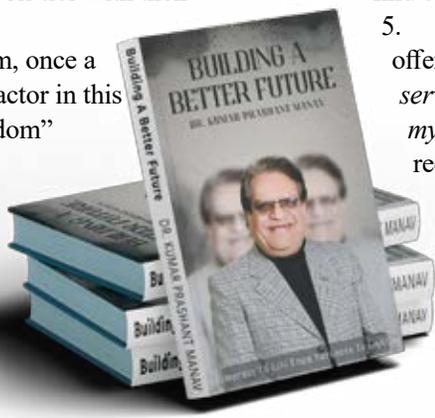
Understanding the root of loneliness is only the first step in rectifying matters. Listed below are Dr. Manav’s practical solutions to help individuals overcome isolation and find purpose in life.

1. **Strengthen Willpower** Cultivate inner strength through self-discipline and determination. A strong will helps navigate emotional challenges and resist the temptations of isolation and self-pity.
2. **Rebuild Social Bonds** Give each relationship its due importance. Engage sincerely with family, friends, and commu-



nity. Share love and support unconditionally; kindness and compassion are often returned manifold.

3. **Balance Material and Spiritual Life** Recognize that money is a means, not an end. Prioritize relationships, personal growth, and community service alongside professional success.
4. **Practice Self-Reflection and Self-Realization** Each day make it a point to dedicate some time for introspection. Analyze your actions, thoughts, and emotions with honesty. Identify and correct mistakes and strive to become a better human being. As Sant Kabir wisely said, “When I set out to find evil, I found none worse than myself.”
5. **Engage in Humanitarian Service** Dr. Manav offers a simple prayer: “*Let me live as long as I can serve humanity. The day I can no longer do so, let my life end peacefully.*” Serving others brings joy, reduces loneliness, and fosters a sense of belonging.



The Power of Positive Action

Change can happen at any stage of life. As Dr. Manav asserts, “*When you awaken, that is your dawn.*” Whether at 30 or 70, it is never too late to reflect, reform, and reconnect.

By thinking of others and acting for their benefit, we inspire them to reciprocate. This mutual care creates a supportive, nurturing community in which loneliness finds no home.

The Path to Togetherness

Loneliness is not just a personal issue; it is a social challenge that requires collective effort. By embracing values, strengthening families, engaging in community life, and practicing self-reflection, we can overcome loneliness and its painful consequences.

Dr. Kumar Prashant Manav is of the firm belief that by serving others and living a purpose-driven life, we illuminate not only our own path but also the path of those around us.

As he sees it—in togetherness, we rediscover ourselves. ■



Numerology Outlook 2026: *What the Year Holds for You*

As we step into 2026, a year that reduces to the powerful Number 1, themes of leadership, ego, new beginnings, and decisive action dominate the cosmic blueprint. This is a year that asks you to step forward, take charge, and execute boldly—while remaining mindful of balance, humility, and inner clarity.

Here's a curated numerology outlook for readers born on different dates—offering insights into how 2026 may unfold for you.

Number 1. (Born on 1, 10, 19, 28)

2026 is your launchpad year. Bold moves, leadership roles, business execution, and long-pending decisions finally gain momentum. Legal matters or delayed outcomes may turn in your favour. However, heightened ego and impatience could trigger conflicts if unchecked. Health-wise, take care of skin, eyes, inflammation, and heat-related issues. Meditation will be your anchor.

Theme: Lead boldly, but wisely.

Number 2. (Born on 2, 11, 29)

This year brings support, validation, and emotional visibility. Your words carry weight, making you natural counsellors and peace-makers. Relationships, marriage, and domestic harmony improve. However, emotional turbulence, overthinking, and hormonal imbalance may surface. Especially for those born on 29, professional or personal disagreements may arise—patience is key.

Theme: Listen deeply, respond calmly.

Number 3. (Born on 3, 12, 21, 30)

Expansion is your keyword. Your ideas, opinions, and knowledge finally receive recognition. Business, family, and wealth can multiply—especially if you invest in learning new skills. Beware of the “I know it all” mindset, as ego could strain personal relationships.

Theme: Learn, share, and grow without judgment.

Number 4. (Born on 4, 13, 22, 31)

A year of earned rewards and goodwill. You emerge as the problem-solver, negotiator, and dependable force in chaotic situations. This forms an indirect Raj Yog for many. Planning delays, mechanical issues, and travel expenses require foresight. Those born on 22 may experience emotional duality but possess sharp intuitive judgment.

Theme: Structure, discipline, and inner strength.

Number 5. (Born on 5, 14, 23)

Charisma, mass appeal, and communication are your superpowers in 2026. A booming year for business, networking, and influence. However, consistency is your biggest challenge. Health caution is advised, especially for 14s. Avoid mis-selling or over-promising.

Theme: Freedom with responsibility.

Number 6. (Born on 6, 15, 24)

A year of luxury meets spirituality. Family life flourishes, relationships deepen, and financial ups and downs coexist with comfort. Attraction, negotiation skills, and daily productivity are highlighted. Men should pay attention to private health, sleep, and eye care.

Theme: Balance pleasure with purpose.

Number 7. (Born on 7, 16, 25)

Your precision, expertise, and analytical skills earn recognition. You may remain reserved, yet people seek your counsel. Material upgrades and lifestyle benefits are indicated, especially for 25s. Control anger and ego—one misstep can undo progress.

Theme: Mastery with humility.

Number 8. (Born on 8, 17, 26)

Authority, governance, and professional stature take centre stage. A favourable year for those in law, administration, or leadership roles. Financial caution is advised for 26s. Emotional sensitivity and low energy cycles call for physical fitness and mental care.

Theme: Power with restraint.

Number 9. (Born on 9, 18, 27)

A transformative year of closure and renewal. Humanitarian instincts intensify, and behind-the-scenes growth sets the stage for visible success. Arguments may arise, but they pave the way for fresh beginnings. Watch your tone—your words are powerful.

Theme: Endings that lead to elevation.

2026 is a year of decisive momentum. Each number carries a unique role, but the universal lesson remains—lead with clarity, act with intention, and stay grounded. ■

For a detailed numerology consultation, you can reach out to Dimpeysh Rajani at +91 9711243334; Instagram: @dimpeyshrajani



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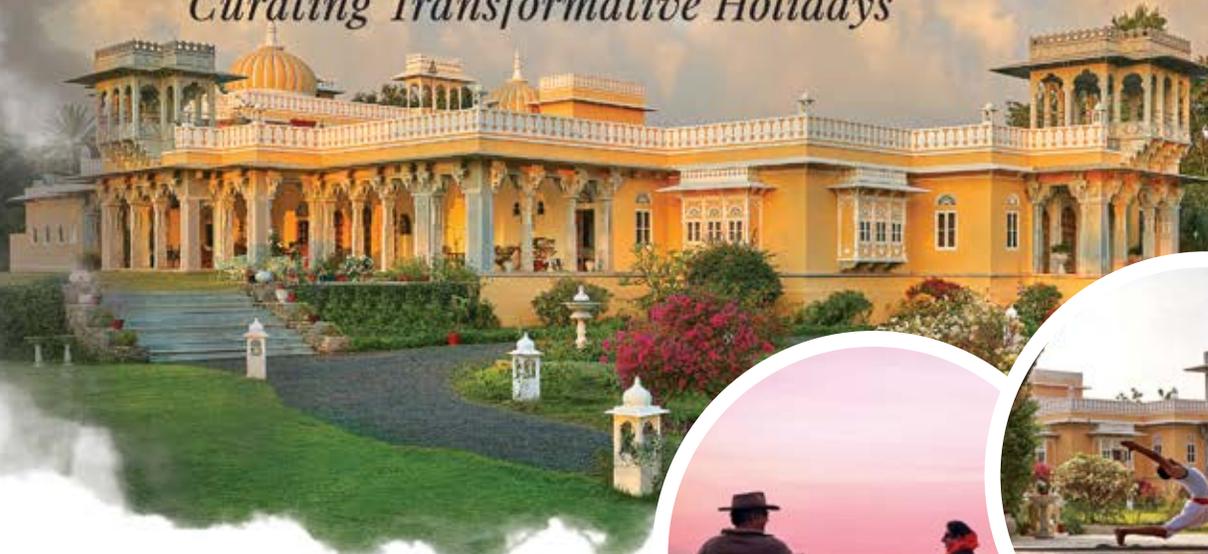
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DEV SHREE DEOGARH

Curating Transformative Holidays



A visionary outlook has created a ripple-like effect in the quietude of Deogarh, a quaint and charming village in the heart of Rajasthan. Propelled by Shatrunjai Singh Chundawat, a scion of the Deogarh family, Dev Shree Deogarh embodies his aspirations to rebuild a heritage home that resonates with the royal lineage of his ancestors.

Adding even greater heft to this have been the amazing experiences of his beloved Deogarh he and his wife Bhavna have shared with countless travellers from home and abroad. The stately Dev Shree Deogarh is an idyllic space where tradition and tranquillity meld into a seamless holiday experience for all age groups. This boutique residence is nestled by the lovely Ragho Sagar lake, upon a plateau in the ancient Aravalli hills. Located mid-way between the cities of Jaipur, Jodhpur, Udaipur and Ranthambore, Dev Shree Deogarh is the perfect jump-off point for exploring some of Rajasthan's most loved destinations.

CREATING TREASURED MEMORIES

What travellers have loved most about Dev Shree is its warm and homely vibe, further enhanced by the wonderful hospitality Shatrunjai and Bhavna who live here in a separate wing with their two sons and beloved pets.

Dev Shree offers travellers that much needed respite in their journey where they can enjoy walks in the countryside, interact with the village folk on a rural train journey, go cycling or hiking to a hilltop in the Aravallis. Unmissable too is the evening sundowner experience with drives in open jeeps with a member of the family pointing out the birds, sipping on sundowners by the lakes, or chasing sightings of the elusive leopard.

PERSONALIZED PLEASURES

The 10 stylishly decorated suites at Dev Shree open onto a central courtyard where guests mingle over drinks and a brazier under a star-spangled sky. Many new friendships have been forged between strangers in these convivial environs. Meals are the real deal, with menus curated specifically to tempt individual tastes and preferences; the family is happy to assist when it comes to addressing matters like food allergies and the like. Meals at Dev Shree are driven by the fresh

produce from the farms.

Though the fare remains largely Indian, favouring traditional recipes, guests can also opt for continental alternatives.

Taking a cooking course here is well recommended if you want to take home a taste of Rajasthan. Secret family recipes and cooking methods are happily shared with the guests.

EMPOWERING THE LOCAL COMMUNITY

Built in local stone from Chittorgarh and crafted by the local artisans this stately home is not just a structure but a canvas that showcases the local craftsmanship. Inclusivity of local skills, architecture and materials were intrinsic to creating the ambiance of Dev Shree. Its décor is a showcase of Rajasthan's fantastic artisanal heritage.

Empowering the local community is an integral part of Dev Shree's operations. Women, who form 70 percent of the workforce at Dev Shree, are all from the village. The Dev Shree Charitable Trust, sponsored by guests, friends and family, has been able to support 135 schools in and around Deogarh town. A school for girls was established under the auspices of a donor, James Heneage of the King Charles Foundation, who wished to support the girl child and embolden their future. Teacher's training, medical education and nursing are also sponsored by the Trust. One hundred semi fowler beds, including an Intensive Care Unit, were donated at the government hospital by an actor friend Sir John Standing after whom it has been named.

A sojourn at Deogarh is not just a stay but an opportunity to clamber on to a time machine and journey back in time as each nook and cranny echoes the history of the royal lifestyle of the yesteryears.



Log on to www.devshreedegarh.com to dive deeper into the Dev Shree Deogarh story.



Discover Wellness at The Healing Kitchen, Roots Café!

Nestled in the heart of N-Block Market, Greater Kailash 1, The Healing Kitchen at Roots Café is where wellness meets indulgence. This isn't just a café—it's a haven for conscious living.

Savour dishes crafted to heal and delight, from vibrant, gut-friendly salads to curated meals packed with plant-based goodness. Quench your thirst with nutrient-rich, cold-pressed juices or treat yourself to guilt-free desserts, like the anti-inflammatory chocolate cake or naturally sweetened sweet potato halwa.

At Roots Café, we believe in food as medicine, sustainability as a lifestyle, and community as our core. Every bite and sip nourishes your body, mind, and soul in our serene space designed for connection and mindfulness.

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