

THE
EXCELLENCE
PORTAL

JUNE-JULY 2026

THE EXCELLENCE PORTAL

RS. 145, VOLUME 2, ISSUE 6

Your Gateway to Knowledge



**TRAVEL: PHOTO JOURNEY
TO SRI LANKA**



**PERTH AND THE PLEASURES
OF ITS SURROUNDS**



**FOOD & BEVERAGE:
SUMMER ON
THE PLATE :
DELHI'S
RESTAURANTS
TURN UP THE
SEASONAL
FLAVOUR**

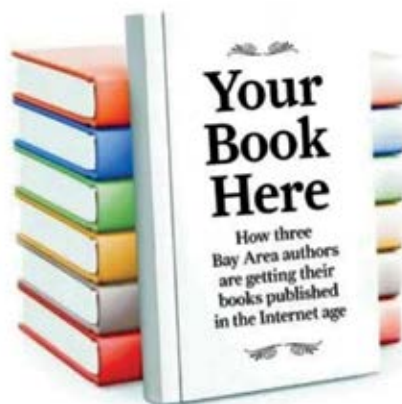
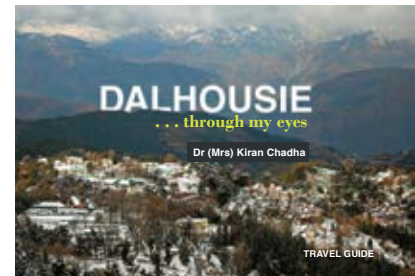
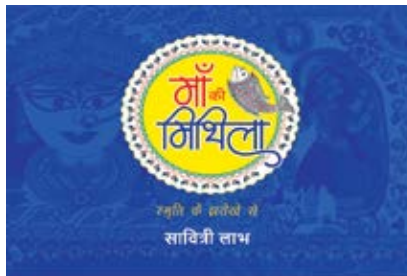
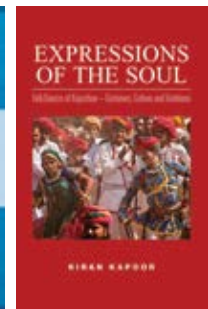
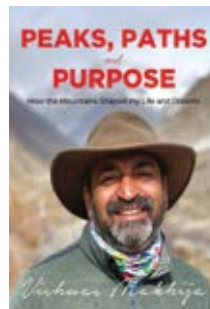
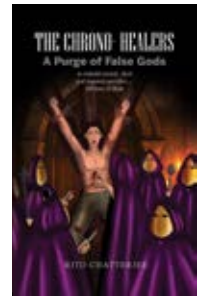
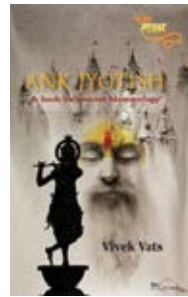


Where Ideas Become Influential Publications

Looking to publish more than just a book?
At Author's Point, we transform ideas into professionally crafted publications that inform, inspire, and endure.

Our Expertise

- ❖ **Book Publishing** – Fiction, non-fiction, academic & business
- ❖ **Editorial Solutions** – Concept, content, editing & curation
- ❖ **Coffee Table Books** – Premium storytelling with striking visuals
- ❖ **Magazine Concept & Production** – From theme to print-ready perfection
- ❖ **Design & Production** – Layout, graphics, printing & finishing
- ❖ **Digital & Audio Books** – Future-ready formats for modern readers



Whether you are an author, corporate, institution, brand, or thought leader, we provide end-to-end publishing solutions—from concept to creation, and from print to digital.

Why Author's Point

- ❖ Editorial excellence backed by media expertise
- ❖ Bespoke publishing solutions—not templates
- ❖ High-quality design and production standards
- ❖ Print, digital, and audio—seamlessly integrated

Your story deserves more than publishing.
It deserves precision, presence, and purpose.



Author's Point

Ph: +91 9811920133

Email: raj.verma@authors-point.com

Website: www.authors-point.com



Click on the link
to purchase these
literary gems.

Om Sai Ram

TEAM AUTHOR'S POINT

Monali Banerjee

Amit Dixit (Senior Consulting Editor)

Ranee Sahaney (Senior Consulting Editor)

Black Innovation (Design Consultant)

Copyright © 2026 The Excellence Portal

All rights reserved.

No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law.

All articles:

Copyright©individual contributors

Disclaimer

Due care and diligence have been taken while editing and printing the magazine. The Publisher does not hold any responsibility for any mistake that may have crept in inadvertently. The views expressed by contributors in this magazine do not necessarily reflect the opinions of Author's Point, and the magazine cannot be held responsible for them. Readers are advised to crosscheck the information and verify the credentials of the experts before availing their services. All disputes are subject to Delhi jurisdiction only.



Author's Point

DLF Capital Greens, A-183 Shivaji Marg,
New Delhi-110015

For inquiries about advertising opportunities,
please contact at
info@authors-point.com or
call us at +91 9811920133

From the Publisher's Desk

Dear Readers,

Welcome to another engaging edition of *The Excellence Portal*.

This issue takes you on inspiring journeys through the scenic beauty and cultural richness of Sri Lanka and Australia. Perfect for family holidays both!

We also bring you insightful features on beauty, health, and spiritual wellness, highlighting the importance of achieving balance in today's fast-paced world.

Our astrology feature offers a unique perspective on life's possibilities, while expert articles on property wills and NRI taxation provide valuable guidance on important financial and legal matters.

We are pleased to present a profile of a young author whose literary journey reflects the creativity and promise of the next generation of writers.

As always, our endeavour is to offer a thoughtful blend of travel, lifestyle, wellness, knowledge, and inspiration. We hope you enjoy this collection of stories and insights and find something meaningful in every page.

Thank you for your continued support.

Happy Reading!

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

Contents

Vol. 2, Issue 6 • June-July 2026

Travel

PHOTO JOURNEY TO SRI LANKA

06



Beauty

DR BLOSSOM KOCHHAR'S BACK TO BASICS OF AROMATHERAPY AND BODY CARE FOR NEWBIES

20



TRAVEL

PERTH AND THE PLEASURES OF ITS SURROUNDS

14



Food & Beverage

SUMMER

ON THE PLATE: DELHI'S RESTAURANTS TURN UP THE SEASONAL FLAVOUR

28



Business

NRI TAXATION IN INDIA: WHAT YOU MUST KNOW

34



OTHERS

Interview

INTERVIEW BHUVAN KUMARI: THE
COTTAGE JEOLIKOT 19

Spiritual Wellness

THE PERIL OF DUALITY:
BREAKING FREE FROM THE
DOUBLE STANDARD 22

Astrology

MARRIAGE BEYOND PLANETARY
COMPATIBILITY 24

Health & Wellness

EMOTIONAL HEALING TRAVERSING
THE BRIDGE BETWEEN SILENCE
AND SUPPORT 25

Law

TO WILL OR NOT TO WILL THAT IS
THE QUESTION DEAR HAMLET 26

Brand Feature

THE NYRO WORKCLUB WAY 35

Books

BOOK READING AND BOOK
PUBLISHING: THE POWERFUL
COMBINATION HELPING
ENTREPRENEURS STAND OUT 36

MEET THE MIND BEHIND THE
CHRONO-HEALERS:
RITO CHATTERJEE 37

Tribute

REMEMBERING TREENA
MUKERJEA: A GENTLE
LITERARY SOUL 38

MUST FOR ALL STUDENTS



- Interactive Sessions
- Fun Activities
- Expert Guidance

The internet is an amazing place to learn and explore, but it also comes with risks! Our Cyber Security Awareness Program teaches students how to stay safe online, protect personal information, and avoid cyber threats.

What Students Will Learn:

Introduction to Information Security Fundamental

Operating System Concepts

Understanding of Different Cyber Attacks

Internet Security

Securing Social Networking Sites

Securing E-mail Communications

Securing Mobile Devices

For further information, please contact us at

Ph: +91 8595773885

Travel

Photo Journey to Sri Lanka





Led by Abhishek Hajela, founder of Unique Photo Adventures, and a recipient of the Nikon World Photography Award this tour captures some of the most alluring aspects of Sri Lanka monumental and natural heritage. It allows you to immerse yourself deeply in the island nation's history, culture and spiritual diversity—no holds barred. Abhishek's inspirational images have appeared regularly on the cover and pages of National Geographic India and a host of other publications. Abhishek vision has been enriched by continual cross-cultural immersions through the photography tours he leads across India and the sub-continent for top international companies and celebrated photographers.

Unique Photo Adventures is celebrated for its meticulously crafted itineraries, small-group formats, and access to rare, off-the-beaten-path experiences, enabling participants to not only capture stunning imagery but also engage meaningfully with local landscapes and communities. Through his work, Hajela continues to inspire a growing community of travellers to see the world through a more thoughtful and artistic lens.





COLOMBO

TWO NIGHTS (DAY: 01 - 03)

DAY 1: ARRIVE IN COLOMBO

At Colombo International Airport, you will be greeted by a representative of Unique Photo Adventures and transferred to your hotel.

Colombo, the bustling capital of Sri Lanka, is a vibrant city where history and modernity blend seamlessly. Explore the colonial architecture and historical sites in the Fort area, wander through the colorful and lively Pettah Market, and enjoy the serene beauty of Galle Face Green by the ocean. Visit the tranquil Gangaramaya Temple and the picturesque Viharamahadevi Park. Colombo's diverse dining scene offers a taste of Sri Lankan cuisine alongside

international flavors. Whether you're interested in culture, history, or simply soaking up the lively atmosphere, Colombo has something for every traveler.

Rest of the day is free to relax.

Stay at Colombo Courtyard Hotel & Spa.

DAY 2 - COLOMBO

THIS MORNING AFTER BREAKFAST YOU WILL VISIT THE NEGOMBO FISH MARKET.

Negombo is a modest beach town located just 10km from Bandaranaike International Airport, an interesting old quarter and a reasonable (though somewhat polluted) beach, Negombo is a much easier place to find your Sri Lankan feet than Colombo. The Dutch captured the town from the Portuguese in 1640, lost it, and then captured it

again in 1644. The British then took it from them in 1796 without a struggle. Negombo was one of the most important sources of cinnamon during the Dutch era, and there are still reminders of the European days.

The busy centre of Negombo town lies to the west of the bus and train stations. Most places to stay, however, line the main road that heads north from the town centre, with the beachside hotel strip starting about 2km north of town.

Each day, fishermen take their *oruvas* (outrigger canoes) and go out in search of the fish for which Negombo is famous. They're a fine sight as they sweep home into the lagoon after a fishing trip. Fish auctions on the beach and sales at the fish market near the fort are a slippery and smelly affair, but one that's well worth forgo-



ing some pool time for.

Later you will enjoy deeper explorations of Colombo.

Stay at Colombo Courtyard Hotel & Spa.

SIGIRIYA

THREE NIGHTS (DAY: 03 - 06)

DAY 03: COLOMBO TO SIGIRIYA VIA PINNAWALA ELEPHANT ORPHANAGE

This morning after breakfast you will head to the Pinnawala Elephant Orphanage, which is situated northwest of the town of Kegalle, halfway between the present capital Colombo and the ancient royal residence Kandy. It was established in 1975 by the Sri Lanka Wildlife Department in a 25-acre coconut property adjoining the

Maha Oya River. The orphanage was originally founded in order to afford care and protection to the many orphaned Elephants found in the jungles of Sri Lanka.

In the evening proceed to Sigiriya declared by the UNESCO as a World Heritage Site and identified as the 8th Wonder of the World by science fiction writer Sir Arthur C Clarke. Climb to the top of this the 5th century CE Rock Fortress with its panoramic views. The vision of a patricidal king named Kasyapa transformed this awesome monolith into a cloud-swept city. The mirror wall, which protects a series of exquisite frescoes of celestial maidens which are murals using natural pigments and the Lion's Paw entrance to the ruined palace on the summit, are well worth the effort of the ascent.

Rising dramatically from the cen-

tral plains, the enigmatic rocky outcrop of Sigiriya is perhaps Sri Lanka's single most dramatic sight. Near-vertical walls soar to a flat-topped summit that contains the ruins of an ancient civilization, thought to be once the epicenter of the short-lived kingdom of Kassapa, and there are spellbinding vistas across mist-wrapped forests in the early morning.

Stay at Sigiriana Resort by Thilanka, Sigiriya.

DAY 04: EXCURSION TO POLONNARUWA

After breakfast you will leave for Polonnaruwa, another UNESCO World Heritage site and a former capital of Sri Lanka 11th to 12th century CE. You cannot miss the South Indian influence in the architecture here. The Gal Vihare comprises four colossal



statues of the Buddha; carved out of the living rock they stand testimony to the skill of master craftsmen. The reclining Statue of Lord Buddha is 14 metres long.

Lankathilake or the Image House was one of the most splendid shrines in Asia in the 12th century. The Watadage and the Hatadage, Gal Pota, and Kiri Vihara are also included in the visits. You will also explore Tivanka Pilimage with its priceless murals and the vast man-made lake that is the Sea of Parakrama – an astonishing feat of ancient engineering.

Stay at Sigiriana Resort by Thilanka, Sigiriya.

DAY 05: EXCURSION TO ANURADHAPURA

This morning you will head to Anuradhapura world renowned as one of the ancient capitals of Sri Lanka. Anuradhapura is known for its well-preserved ruins of an ancient Sri Lankan civilization. It was the third capital of the Kingdom of Rajarata, following the kingdoms of Tambapanni and Upatissa Nuwara. The ruins of Anuradhapura are one of South Asia's most evocative sights. The sprawling complex contains a rich collection of archaeological and architectural wonders: enormous dagobas (brick stupas), ancient pools and crumbling temples, built during Anuradhapura's thousand years of rule over Sri Lanka. Today, several of the sites remain in use as holy places and temples; frequent ceremonies give Anuradhapura a vibrancy that's a sharp contrast to the museum-like ambience at Polonnaruwa.

Stay at Sigiriana Resort by Thilanka, Sigiriya.

KANDY

TWO NIGHTS (DAY: 06 - 08)

DAY 06: SIGIRIYA TO KANDY VIA DAMBULLA

You will start your day early today with a visit to Dambulla, another UNESCO World Heritage Site. The focus here is the rock cave temple, comprising a series of 5 caverns with ceilings of natural rock covered with intricate paintings. The natural folds of the



rock have been skilfully used to give the illusion of cloth. Forty-eight statues of the Buddha and images of the various deities can be seen inside the cave.

Then leave for Naula to visit Karu Arts where you can see wood carving process and you can also try your hand at it.

Enjoy a city tour of Kandy – drive around the beautiful lake and the upper lake drive. Visit the Kandy Market – a colourful array of local fruits and vegetables.

The city of Kandy, a sacred Buddhist site, popularly known as the city of Senkadagalapura, was the last capital of the Sinhala kings whose patronage enabled the Dinahala culture to flourish for more than 2,500 years until the occupation of Sri Lanka by the British in 1815. It is also the site of the Temple of the Tooth Relic or the Dalada Maligawa (the sacred tooth of the Buddha), which is a famous pilgrimage site. It enjoys UNESCO World Heritage status.

Join in the ‘pooja’ or act of worship along with the devotees who walk in a sombre mood bearing flowers and offerings

Stay at Athulya Villas, Kandy.

DAY 07: KANDY, THREE TEMPLES LOOP

Today we will visit what is famed as the Three Temples Loop. This includes the Monasteries of Gadaladeniya, Lankatilake and the Embekke Devale, which date back to the 14th century. The Gadaladeniya Temple is built of stone and reminds

us of the South Indian influence of the period. The Lankatilaka Temple is a magnificent brick building in white; in the shrine room is a superb, seated image of the Buddha. The Embekke temples are famous for their carved wooden pillars with intricate designs.

GADALADENIYA

This Buddhist temple with a Hindu annex date from the 14th century; the main shrine room houses a stunningly beautiful, gilded seated Buddha. Built atop a rocky outcrop and covered with small pools, the temple is reached by a series of steps cut into the rock. You may encounter it protected by scaffolding and a tin roof to prevent further rain-induced erosion. It lies 13km southwest of central Kandy.

LANKATILAKE

This impressive 14th-century temple, mounted on a rocky bluff, is the most imposing in the region. It's divided

Rising dramatically from the central plains, the enigmatic rocky outcrop of Sigiriya is perhaps Sri Lanka's single most dramatic sight



into two halves – one half is Buddhist and the other half Hindu – and features an image of a seated Buddha, Kandy-period paintings, rock-face inscriptions and stone elephant figures. A caretaker or monk will unlock the shrine if it's closed. A perahera (procession) takes place in August. The setting is as memorable as the temple. It's located 15km southwest of Kandy.

EMBEKKE DEVALE

Dedicated to the worship of the Hindu deity Mahasen, this beautiful temple with its finely carved wooden pillars depicting swans, eagles, wrestling men and dancing women, was constructed in the 14th century. The best carvings are in the so-called drummers' hall.

Stay at Athulya Villas, Kandy.

NUWARA ELIYA

ONE NIGHT (DAY: 08 - 09)

DAY 08: KANDY TO NUWARA ELIYA

Today you will enjoy a leisurely drive out of Kandy, making several photo stops as you cruise along mountains carpeted with emerald, green tea plantations and gushing waterfalls. Your destination is the colonial hill town of Nuwara Eliya, which became a popular 19th-century resort for British tea planters seeking respite from the low-land heat. Today, the town continues to produce some of the world's finest tea. Explore this "Little England" on foot, photographing colonial-style bungalows, red telephone boxes, and the town's brick Victorian post office.

In the afternoon, document the tea harvesting process as we hike the terraced fields of a tea estate, capturing portraits of local tea pickers.

Stay at Mirage Kings Cottage, Nuwara Eliya

ELLA

ONE NIGHT (DAY: 09 - 10)

ELLA FLOWER GARDEN RESORT, ELLA

DAY 09: NUWARA ELIYA TO ELLA

You will board the train which journeys from Nuwara Eliya to Ella. You will enjoy a box lunch aboard the train along the way.

Ella is a pretty hill-country town, set among some of the most

beautiful mountain views in Sri Lanka. Set on the southeastern edge of Uva Province, Ella is one of the hill country's most appealing destinations. This is the closest thing to an English country village you'll find in Sri Lanka, where you can enjoy a pleasantly temperate climate and idyllic green hills blanketed in tea plantations. This picturesque setting offers some excellent walking trails, as well as one of the finest views in Sri Lanka.

Stay at Ella Flower Garden Resort.

GALLE

TWO NIGHTS (DAY: 10 - 12)

DAY 10: ELLA TO GALLE

After breakfast you will head out to Galle, the seafarer's capital. The natural harbour and the Dutch Fortress with its towering ramparts, and the medieval Dutch buildings, are part of this UNESCO World Heritage Site.

Stroll around the Fort with its paved driveway, alleys, shops, restaurants and guest houses. Galle Dutch Fort has a magical feel to it taking you back in time, perhaps 400 years ago. Photo opportunities are everywhere!

Today on the way you will get a chance to shoot the stilt fisherman.

Stay at Mango House, Galle.

DAY 11: GALLE

This morning thrill to the many opportunities of a sunrise shoot of fisherman. Later you will head out to enjoy the pleasures of a lovely beach.

The section of coast between Dalawella and Ahangama is the best place to witness one of Sri Lanka's most emblematic sights—the stilt fishermen. The stilts consist of a single pole and crossbar planted out in the sea, on which fishermen perch while casting their lines when



the currents are flowing in the right direction, especially at sunset. Positions are highly lucrative thanks to the abundant supplies of fish, even close to shore, and are handed down from father to son.

This area is predominantly filled with fishing villages and local fish markets. You will also spend some time at a village and a local school. Spend quality time enjoying the golden sandy beaches and warm waters of the India Ocean.

Stay at Mango House, Galle.

COLOMBO

DEPARTURE

DAY 12: DRIVE TO COLOMBO AND DEPART FOR HOME

Today, you will head to Colombo, where the bus will directly drop you to the airport. Before the airport you can indulge in some last-minute shopping before your journey home. ■

For more information and trips visit <https://www.uniquephotoadventures.com/> or follow https://www.instagram.com/abhishek_hajela/ and <https://www.instagram.com/unique-photoadventures/>

The Info

COST PER PERSON:

INR 4,50,000/- per person

INCLUSIONS:

- Accommodation for a double room for 11 nights
- The cost on all-meals basis
- Accompanying escort throughout the trip
- All ground transportation, including airport transfers
- Services of an English-speaking chauffeur guide and a helper.
- Services of local guides, drivers
- All sightseeing's as in the itinerary

NOT INCLUDED:

- Airfare
- Excess baggage charges, departure fees, and airport taxes
- Private arrivals and departure transfers
- Gratuities for the Guides & Driver
- Personal expenses and incidentals, such as alcohol, and laundry
- Trip cancellation, travel delay, and baggage loss insurance
- Charges incurred as a result of delays beyond one's control



Perth and the Pleasures of Its Surrounds

By Ranees Sahaney

‘Down Under’, or Australia as we also know it, is not all about cricket for Indians. Western holiday destinations are becoming somewhat suspected because of the war situation. So, if you remember your schoolroom geography lessons, this massive country, and continent, nestled between the Indian and Pacific oceans in the Southern Hemisphere, should be where you should be heading for your summer holidays.

Australia has long been reputed as

a family-friendly, all-year-round-vacation hub, and you would do well to set aside 10-15 days to enjoy its many allurements. Most visitors to Australia, more so if they are going there for the first-time, head for Sydney, Melbourne, Brisbane, Cairns, and Great Barrier Reef, located in the eastern states of New South Wales, Victoria and Queensland.

This time round we suggest you explore the less touted allurements of Western Australia.

This is a lovely all-year-round destination, but the weather gods are excep-

tionally kind in the merry month of May and June, if you are visiting this part of the country at this time. The region is now gently slipping out from balmy autumn to cooler, wetter winter weather, more so in the southwest expanses. Destinations like Perth, are loved for their Mediterranean climate, with hot, dry summers and mild, wet winters. So, if you want to escape the boiling heat of an Indian summer it's a lovely time to make the most of your retreat here with family and friends.

This is one of the loveliest times to visit Perth and its gorgeous surrounds. If



you plan it right, you can make the most of Perth's many allurements in its winter months, rain and thunderstorms notwithstanding. What's great is that the city has a host of thrilling activities driven by its seasonal weather conditions. The other enticement, if you are on a family holiday, is that it has tons of things to do for all age groups. Perth's nightlife has its own heady offerings to keep the buzz going. And on days when it's wet and windy, there are all manner of exciting things to do indoors for both adults and kids.

Perth residents know how to enjoy

its short winter, which runs from June to August, so take a cue from the locals and create brand new memories in these Mediterranean climes to mull over long after you return home.

Residents are pulling out light woollies from camphor boxes and lacy summer bedspreads are giving way to quilted eiderdowns to give bedrooms a cosy vibe. Wellingtons, macs, gloves, light jackets, stoles appear to counter the morning and evening chill and sudden downpours. It may come as a surprise for some that Australia could weather this kind of cold, even snow in some

places. That's just one of the awesome things you are going to discover about this country, mostly associated with beaches, vineyards, rainforests, and the desert expanses and the great outback of the central region.

A great way to get your bearings around Perth is to sign-up for a hop-on-hop-off tour. Not only does the bus tour give you an excellent lay of the land, but it also helps you pick and choose where you want to go exploring more deeply. The bus tour routes pick up popular attractions such as Kings Park, Northbridge, Elizabeth Quay, the Perth Bell



Tower, the Swan River, the Perth Museum and Art Gallery, the Town Hall, and the Perth Mint. You can go online for the tickets or just pay on the bus itself.

When the sun's out, be like a local and head for one of the beaches. You will love the uncrowded experience this time of the year. A popular spot is Scarborough Beach, which has a nice line-up of cafes; it's also a magnet for surfers when the weather is more clement. Though the sea is rough there are many sheltered spots to enjoy its lively vibe. The kids will love it because it also has a skate park and adventure play-

ground. Browse to your heart's content in the pop-up sunset markets. Another great place is the laid-back waterfront area of Elizabeth Quay. This is also a jump-off point for a lovely Perth River Cruise. You should come here to enjoy the nightlife which is a peppy affair with its bars and cafés and great options for casual dinners or fine dining. Its live music events are a huge draw.

Both kids and adults will be fascinated by the marine life on display at the Aquarium of Western Australia (AQWA). Tours are enhanced by marine biologists who are on site to

conduct talks on marine conservation and feeding sessions. You will love the 98m walkthrough Tunnel from where you safely view stingrays, turtles and sharks swimming overhead. Looking for something more interactive? Go for the guided snorkel and dive experience. In the kiddy pool watch your kids thrill to touching sea stars, sea cucumbers, and other marine creatures.

For the restless, soft adventure buff, don't let a rainy day thwart your holiday plans. Did you know that Perth has several indoor rock-climbing venues? At the Urban Jungle Indoor Rock Climbing

let off steam speed climbing and bouldering. Adrenaline Vault is another good option as is The Boulder Hub; this one is the city's first dedicated bouldering and training facility.

Perth's Trampoline parks are another indoor hit. Unleash the child in you and rid yourself of stress as you bounce about at Flip Out, which also has a bunch of other activities to explore. Go after dark to experience these thrills with disco lights.

Nightlife is a spiffy affair in Perth with its stylish bars, cafes and fine dining options. An evening at one of the heritage pubs can transform your nightly adventures around town.

An unmissable and rare experience is the Gold Tour at the Perth Mint. This is one of the oldest working mints in Australia. Watch how live gold is poured into the melting house, savour the delights of the humongous gold exhibition, and don't miss the opportunity to even engrave your own medallion. Did you know that this mint houses Australia's largest coin? It weighs a massive one ton of solid gold.

Missing your golf? Fret not. Go enjoy a session at the 3D Mini Golf at Glowing Rooms on Hamilton Hill, just 15 minutes away from downtown Perth. Get ready for a true-blue unique mini-golf experience. You will simply love this glow-in-the-dark mini-golf session as you move from one hole to the next in a different themed room, with bright murals that seem to jump out of the walls in 3D. The Matagarup Mini Golf Course is another great place to tee off.

If gardens revive your mojo the best place in Perth to reenergise yourself is King's Park (Koomba). It is both one of the world's largest and most beautiful inner-city parks and a rich cultural heritage site. Sequestered in its vast expanses is the splendid Western Australian Botanic Garden, with over 3,000 species of the State's unique flora - a sight unlike anywhere else in the world. Its lazy sprawl is packed with vibrant cafes, bushland walk trails, immaculate



gardens and a variety of children's play areas. You can even sign up for a fascinating Aboriginal walking tour through the King's Park.

Love shopping but it's pouring outside? Perth has the perfect answer. Head for the indoor Fremantle Markets established in 1897. Lose yourself in the welter of offerings from local stall holders. From fresh produce to vintage clothing and artisan goods, it has it all. There are great international culinary experiences to sample as well. It is a lively space with live music events, buskers and artisans showcasing their

works. This heritage hub opens at 9 am and closes around 6 pm from Friday to Sunday, so you have plenty of time to visit during the day on a long weekend. This vibrant cultural hub is one of Australia's most popular shopping venues. Another great place to shop your heart out is DFO Perth, where you can pick up great bargains at this Direct Factory Outlet.

Sign up for a tour of Rottnest Island to discover these tiny marsupials locally known as Quokka. The kids will love this unique species, known as the "happiest animals on earth". You can



see but not touch and feed these friendly animals.

Just 25km away from Perth have an indulgent time exploring the wineries of the Swan Valley. Also known as the “Valley of Taste” it’s a fabulous place to unleash the gourmand in you.

Want to go whale watching? Head to the Margaret River Region, whose great expanses, which stretch from Augusta in the south to Busselton in the North, are also renowned for wineries. The three-hour drive from Perth is a magical experience. The migration of the Humpback Whales takes place between May and August.

Another unmissable wonder is the unique Busselton Jetty, a 1,841 km long finger, which lies over the protected waters of Geographe Bay. Situated in the Margaret River Region, it is roughly a 2.5-hour drive south of Perth. The heritage-listed Busselton Jetty is the longest timber-piled jetty in the Southern Hemisphere and is home to one of six Underwater Observatories in the

world! Underwater Observatory Tours and Train Rides are bookable all-year round based on weather conditions and no two days are ever the same.

From the ocean depths ... to the world of the galaxies, Western Australia summons up the most exciting expe-



riences in these grand spaces. Around two hours away from the Perth, lies the Pinnacles Desert in Nambung National Park. Why you need to be here is to revel in the most rewarding stargazing experiences. Astro Tourism Western Australia named the small fishing town of Cervantes, gateway to WA’s Pinnacles Desert, an official Astro Tourism town in August 2018.

Just 50km away from Perth lies Yanchep National Park where you can enjoy a full day’s experience of the legendary Aussie natural bushland and native wildlife. This is also a great spot for koala bear viewings from the dedicated enclosure along the Koala Boardwalk. You can also spot kangaroos in the parklands around the area.

Western Australia offers an endless array of activities, some exotic, some plain comfort giving, to enjoy in its short winter months, so make the most of the time you have here, even if the weather sometimes turns inclement. ■

Interview Bhuvan Kumari

THE COTTAGE JEOLIKOT

What inspired you to share your home as a homestay?

The Cottage as a homestay in 1997. I had earlier transformed it as a summer home for myself. I started the cottage in 1997. I had transformed as a summer home for myself. It had been a dream for me to have a house in Jeolikot since I had been a student at a boarding school in Nainital. Some friends, having enjoyed the charming colonial-era vibe and its gorgeous surroundings, suggested I make The Cottage into a homestay.

What are the unique aspects of The Cottage...its history...its location... etc?

The Cottage is a Victorian-era building, which along with Jeolikot, was once part of Vergomount Estate. Sir Vergomount smartly chose this an 'all-weather' location where he could live at ease all year round instead of getting involved in the hassle of staying at a 'proper hillstation' in the summer and the plains in the winter, a regular yearly migration for the British in India.

Moreover, Jeolikot is blessed with a Mediterranean climate and is lush with Nature's bounty, where flowers and fruits flourish, both in the gardens and in the wild. It's also long been a hub for honey collection.

Back in the day the likes of Sri Aurobindo and Swami Vivekananda were hosted at the estate, beloved for its serene and meditative atmosphere. The Cottage was originally established as a health resort run by a Scottish lady and her daughter till Independence.

Taking over the cottage in 1994 gave me an opportunity to slowly transform it into my dream summer home. The structure itself was built in the 1880s.

I designed The Cottage in a typical English-cottage style. But I wanted to also bring in something of its Kumaoni roots. Once passing through a nearby village I saw some abandoned window and door frames piled up on a rubbish heap. The villagers apparently were going 'modern', tearing out things like these beautifully carved traditional Kumaoni woodworks and floorings to replace them with tiles! I rescued these beautiful woodworks and had them fitted into the cottage doors and windows. Some bits even served as table tops and frames for mirrors and pictures. This woodwork goes by the name of Likhai. There are no more artisans left practicing it. These carvings are 200-700 years old.

From a friend who exports house linen and lawn soft furnishings I sourced the floral quilted bed covers, cushions and gossamer-thin curtains which I placed in all the rooms. My daughter-in-law is an artist, and she has painted the bathrooms with some lovely wall illustrations, giving The Cottage that extra homey feel.

This area where we live in the Kumaon hills is full of quirky stories from British times. There was a little bungalow at the end of a sylvan trail which was the home of a direct descendant of Napoleon Bonaparte. Legend has it she fell in love with a local boy and chose to stay on. Then there's the house of Warwick Sahib, a retired major of the British army, on whose death it was discovered, was actually a woman! Locals claim 'she' still haunts the place.

Initially I started with two rooms. Now I have six. I have kept it small so that it does not become too commercial



and lose the personal touch.

I have made the most of the immediate greenery around The Cottage. Initially I tried to contain the lush offerings of Nature; now I've decided to let it just run wild... tripping down the slope to the road below which leads up to the government-run horticulture centre which serves as a honey collection hub and also sells saplings. My guests love to take home these souvenirs of Jeolikot for family and friends.

What were some of the challenges you faced establishing it as one of Kumaon's most popular homestays?

It was tough initially, getting the infrastructure in place. Marketing was also a problem, but I got a lot of guests through word of mouth.

What's exciting about running a Homestay?

The high point of running the homestay are the guests. The guests who have come to The Cottage are exceptional. I've had artists from Japan, who just loved the peace and quiet of our surrounds...I've had families who prefer to stay away from the crowded summer vibes of Nainital and use The Cottage instead as base to explore the lakes around Nainital. Jeolikot is a haven for birdwatching enthusiasts. We get businessmen with their family and friends; we get trekkers and nature lovers, poets and writers...all kinds of creative people looking for a slice of the quiet life in healing environs. ■

DR BLOSSOM KOCHHAR'S BACK TO BASICS OF AROMATHERAPY AND BODY CARE FOR NEWBIES

A smooth blemish-free body will help you feel just wonderful. While we spend hours on our face and hair, we tend to neglect our bodies. Besides regularly visiting the beauty salon for waxing, there is not much that most women do for their bodies. Here are some simple, but essential tips to have a super body...

Body Scrub Use a homemade scrub of sugar, salt and honey. The granules of the salt and sugar help to take away all the dead cells and eruptions of the skin. If you are allergic to honey substitute with glycerine to which lemon juice is added. Use essential oils of jasmine and sandalwood. Use 1 drop of each essential oil in the scrub. Do not add any water. Apply the scrub onto the whole body, from feet to neck. Let this stay for 3-8 minutes. Then massage in circular motions gently to take away the dead cells. This will aid blood circulation in the body. Do this twice a week.

On the other days of the week when you are not using a scrub, add a tablespoon of salt and a few drops of lavender to your bath water. It is very cleansing and wards off negativity too.

Self-Massage: For body massage, take a bowl of yogurt. Add a tablespoon of almond oil to it. Also add 2 drops of sandalwood and one drop of rose oil. Massage the body. Leave on for 15 minutes. Yogurt is an excellent toner for the skin and also takes away the tan. This would soothe the skin which can be irritated due to the



scrub. Rose is an excellent skin oil for effective toning while sandalwood softens the skin.

Aromatic Bath Oil added to the bath helps to soften and nourish dry, damaged or stressed skin.

The warmth of the bath helps the oil to be absorbed into the skin and provides an excellent moisturizing effect. Add oil to bathwater prior to immersion. Some good choices are coconut, olive, sesame, or joboba oil. Essential oils of ylang ylang, geranium, neroli and orange or any essential oil can be used.

Blend 1: Rose oil - 5 drops, Neroli - 5 drops, Sandalwood - 4 drops

Blend 2: Jasmine - 3 drops, Ylang Ylang - 3 drops, Orange - 3 drops



Hands and feet Spend a little time to nourish your hands and feet. Here are a few tips:

- Wash your feet/hands with water to take away all dirt. Take a little salt and with wet hands, rub over the feet/hands in gentle circular motions to exfoliate the dead skin. Then take carrier oil in a bowl, warm it a little. Add 1 drop of orange, vanilla oil and pepper mint.
- Soak your feet/hands for 20 minutes. Your skin will absorb the oil and become soft and supple. This is an excellent remedy for dehydrated skin especially during winters. Gently massage the oil on to your nails and cuticles.
- Remember to use a hand cream every time you wash your hands. Apply colourless nail polish on your nails and toes for nail cultivation. Keep them well shaped.

Diet: Your diet has to include food that will mineralize your system. Along with fruits and vegetables, include sprouts and paneer (cottage cheese) in your diet. You can also eat brown bread or rotis with the vegetables. Ensure that your chicken and fish is grilled or in salads. Combine it with vegetables to make sure that it is easier for digestion. Your system will be cleansed and mineralized. So you can indulge in the food that you enjoy eating. But don't overdo it. Eat 6 light meals instead of 3 heavy ones.

BODY PACK

Prepare your own uncomplicated body pack at home.

- Half a cup of oatmeal or bran
- 1 cup dried and crushed rose petals
- A tablespoon of orange peel
- A tablespoon of sandal wood powder
- 1 drop orange essential oil
- 1 tablespoon honey

Mix all this in milk to make a paste. Apply generously all over the body. Wait till it dries. Then slightly wet the pack and gently rub all over the body and wash off. Use a body lotion all over or better still mix one drop of each of rose and orange essential oil in a light carrier oil and use all over the body after shower.

Exercise Remember to go for a morning walk when the air is fresh. This does wonders to your body and skin. Regular walking and exercise will get your blood circulation going and will also keep the body toned and fit. Nothing can substitute for an outdoor walk. Also do some light exercise, following the walk. While doing the workouts, pay some attention to your problem areas to keep them toned. ■

THE PERIL OF DUALITY

Breaking Free from the Double Standard

In Chapter 6 of his book BOOK OF LIFE Dr Prashant Manav puts the spotlight on how living a dual life harms not only society and relationships, but most importantly, the individual.

The Mask We Wear

In today's world, duality—living with double standards—has quietly become a part of everyday life. People often say one thing, think another, and act differently altogether. This disconnect may seem harmless, but its consequences run deep.

The Trap of Dual Character

People with a dual character may believe they are clever, managing different faces for different situations. In reality, they inflict the greatest damage upon themselves. They lose inner peace, credibility, and ultimately their identity.

Dr. Manav explains that success often attracts envy. Those unable to achieve similar heights may resort to gossip, criticism, or deceit to pull others down. He shares an allegory of three jars filled with frogs from different countries. While frogs from other nations escape when the lid is opened, the Indian frogs remain trapped because each one pulls the other back down. This reflects a mindset driven by jealousy and insecurity, where growth is hindered by mutual negativity.

The Folly of Undermining Others

This behavior is self-destructive. Dr. Manav compares it to

the story of Kalidas, who once cut the branch he was sitting on. When we try to harm others out of envy or duality, we ultimately harm ourselves. Growth cannot come from pulling others down; it comes from rising through integrity and effort.

The Curse of Hypocrisy

Hypocrisy appears when people praise someone publicly but criticize them privately. Successful individuals often face such behavior. Dr. Manav points out that criticism is, in many ways, a by-product of success.

He cites the example of Prime Minister Narendra Modi, who faces constant criticism. Much of it, he notes, comes from those who cannot match his achievements. Such criticism often reflects the insecurities of the critic rather than the flaws of the person being criticized.

The Vulnerability of the Innocent

Honest and simple individuals are often the easiest targets for people with dual intentions. Their trusting nature makes them vulnerable to manipulation and betrayal. Dr. Manav advises maintaining awareness and discernment. Sweet words are not always sincere; sometimes they conceal hidden motives.

True honesty may sound blunt, but it carries authenticity. Therefore, one must balance kindness with awareness to avoid being misled.

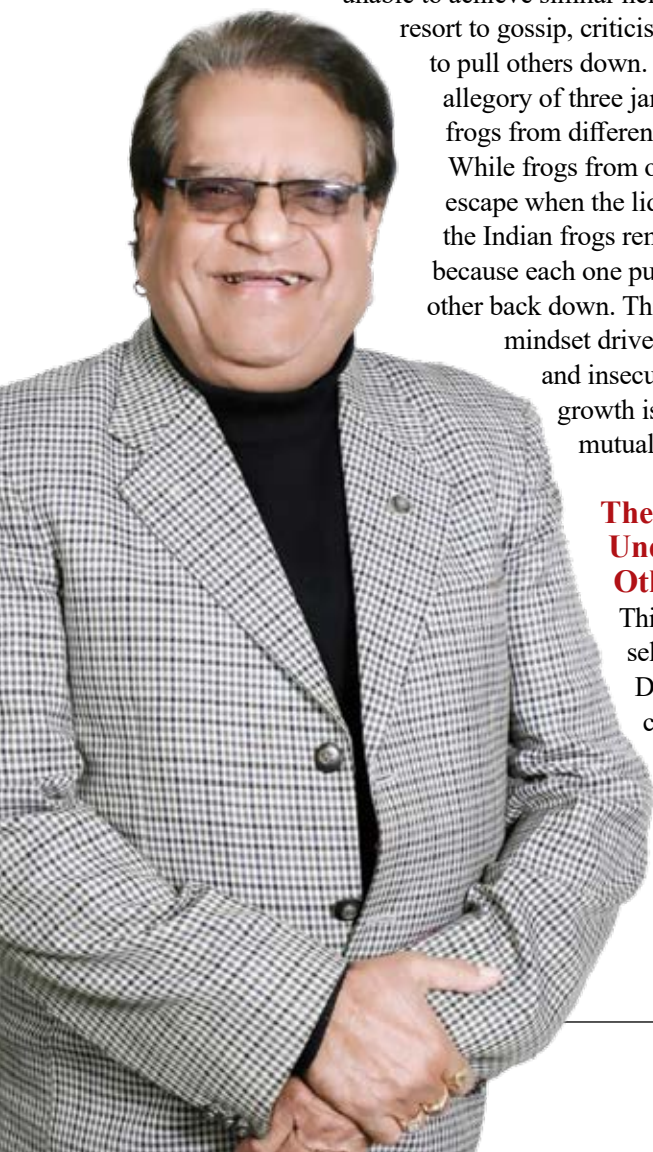
The Inner Destruction Caused by Duplicity

Living a double life leads to inner conflict. A person consumed by duplicity cannot experience true happiness or peace. Dr. Manav describes it as a fire that burns from within, draining emotional and mental energy.

In trying to maintain appearances, individuals lose their connection with their true selves. Credibility, which is built on consistency between words and actions, begins to erode. Without integrity, no lasting respect or trust can exist.

Purpose and Accountability

Dr. Manav encourages introspection: Why are we here? Are our actions aligned with a higher purpose? Those who live with duality often believe they are deceiving others, but in truth, they are deceiving themselves.



Over time, people recognize insincerity, and once trust is broken, it is difficult to restore. Accountability towards one's actions is essential for a meaningful life.

The Importance of Credibility

A person's word should carry weight. It should be as firm as a line carved in stone. When words and actions align, trust is built naturally. Whether in personal relationships or professional life, credibility forms the foundation of lasting success.

Living with Integrity and Purpose

Dr. Manav emphasizes that what is destined for us will come to us. There is no need to adopt negative behaviors or double standards out of fear or insecurity. Our actions determine our outcomes. Good deeds bring positive results, while deceit and malice lead to suffering.

Accepting life with dignity and acting with righteousness creates inner stability and peace.

The Origin of Duality

Duality often begins at home. Children learn by observing their surroundings. If they grow up witnessing gossip, hypocrisy, or negativity, these behaviors become ingrained in their personalities.

Although our conscience warns us when we act wrongly, repeated disregard can silence it over time. Once that inner voice fades, individuals lose their moral direction.

The Golden Rule: Practice Empathy

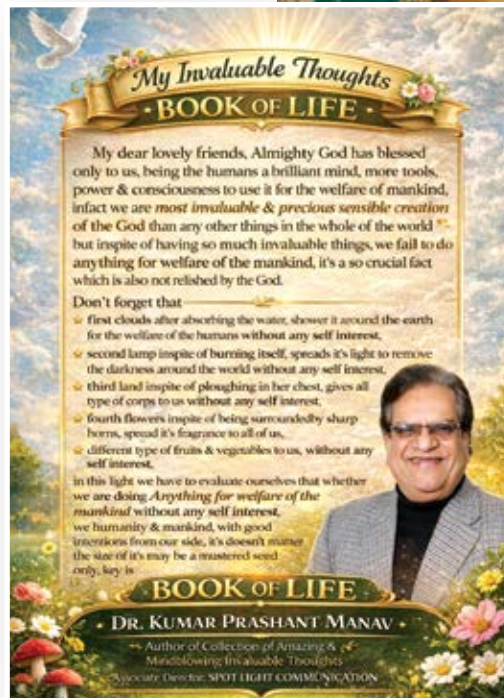
A simple yet powerful principle can guide us: treat others as you wish to be treated. Before acting against someone, we should reflect on how we would feel in their position. This practice fosters empathy and prevents harm.

A life rooted in sincerity, compassion, and integrity naturally leads to peace and fulfillment.

Raising a Virtuous Generation

The values we practice are passed on to the next generation. Children absorb behaviors more from observation than instruction. When parents engage in gossip or duplicity, children learn to replicate the same patterns.

Dr. Manav reminds us that our actions today shape the character of our children tomorrow. If we want a society based



on respect and honesty, we must embody those values ourselves.

The Lesson of Impermanence

Dr. Manav recounts the story of Alexander the Great, who wished to be buried with empty hands visible to the world. His message was clear: no wealth or power accompanies us after death.

This reminder of mortality brings clarity. If nothing material lasts forever, why live with deceit, envy, or malice? A meaningful life is built on values, not possessions.

Self-Cleansing and Awakening

Inner peace requires inner cleansing. Negative traits such as envy, hatred,

dishonesty, and hypocrisy must be consciously removed. Only then can we experience genuine happiness.

Dr. Manav shares an example of a child who, observing how his parents treat their elders, prepares to treat them the same way in the future. This illustrates how behaviors repeat across generations unless consciously changed.

The Call for Self-Purification

Transformation begins with self-awareness. By purifying our thoughts and actions, we not only improve our own lives but also influence those around us positively. Inner clarity invites peace, love, and harmony.

The True Dharma of Humanity

Dr. Manav concludes that the true purpose of life lies in serving humanity and embracing love. When we free ourselves from duality and live with sincerity, we align with our highest potential. ■



MARRIAGE BEYOND PLANETARY COMPATIBILITY

By Deepti Gupta

Marriage is a sacred institution where not only two souls meet, but it is also the union of two families. Then why do we find this sacred institution increasingly plagued by domestic violence and a growing number of divorces?

We usually consult an astrologer or a pandit for matchmaking. This involves matching horoscopes based on Gunas and assessing wealth and health parameters. However, an astrologer or pandit often misses critical questions that the couple and their families should ask each other—questions related to how individuals behave in real-life situations that they will inevitably face after marriage.

While selecting a bride or bridegroom, the most common questions revolve around family background, profession, earnings, qualifications, hobbies, and family assets. As an astrologer, I would like to point out that while planetary compatibility can be assessed, it is not possible to determine the compatibility of nature or behaviour in real-life situations.

As a counsellor to young individuals seeking a life partner, I would urge them to seek answers to questions based on practical scenarios. The responses will provide insight into how a person thinks, reacts, and behaves in real-life situations, enabling a more objective decision about marriage.

In today's times, traditional questions about background, education, and salary are gradually losing relevance. Changing circumstances demand a more practical approach. It is important to ask questions

that reveal a person's upbringing, mindset, and ability to handle challenges, rather than relying only on theoretical compatibility.

Below are a few indicative questions that can help in understanding a potential partner better. There are no right or wrong answers—only honest reflections of thought and attitude:

1. A girl has a 9 am to 6 pm job but has an important meeting at 7 pm on the same day as a family function at the boy's home. What would the boy expect her to prioritise?
2. If the boy plans a night out with friends while the girl wants him to attend an important event with her, how will both respond to each other's expectations?
3. If the couple disagrees on having a child, how will they arrive at an amicable decision?
4. If both partners are working and stressed, how will household responsibilities be managed?
5. If the families of both sides do not get along, how will the couple handle the situation?
6. If, after the birth of a child, there is pressure for expensive gifts from the girl's parents, how will the boy respond if her parents are unable to afford it?
7. If both partners are earning, are they willing to share financial information, including assets and liabilities?

These questions are only indicative of the kind of discussions that should take place before marriage. Addressing such practical aspects can lead to better understanding, stronger compatibility, and more informed decisions for both the couple and their families. ■



EMOTIONAL HEALING

Traversing The Bridge Between Silence And Support

There is a curious thing about being a human. We spend hours comforting a friend, being there for a loved one and reminding others that asking for help is sign of strength. Yet when it comes to our own struggles, the conversations can sound a little different. *"I'll be fine", "It's not that serious", "Other people have bigger problems", "I should be able to handle this myself"* and just like this another difficult day passes.

What surprises me the most is that people do not seek help because they are unaware of their own mental health. We live in a time when conversations around emotional wellbeing are more visible than ever. The word 'therapy' is no longer whispered behind closed doors. We hear about it in our workplaces, on social media, among friends and within our communities. Yet, despite this growing awareness, many people continue to struggle in silence as they fight their inner devils..

This paradox became the foundation of my study on attitudes towards professional help-seeking. I wanted to explore that even though support is readily available, why reaching out feels so difficult for people. My findings were deeply human. I found that people were not against seeking help, they were, in fact, aware that they were experiencing stress, anxiety, emotional exhaustion, self-doubt, loneliness, grief or relationship difficulties. The challenge is not recognizing the struggle but taking the next step.

Some people fear that they are going to be judged, others worry that seeking support might make them look weak. Many of them think that their concerns are not "serious enough" to deserve professional attention. Some also felt uncomfortable opening up to a stranger, and many have spent years believing that strength means handling everything on

their own. This indicates that many of us grow up learning how to be resilient but not necessarily how to be vulnerable.

We are taught to achieve, perform, adapt and keep moving forward. We also learn to show up for others, but very few of us are taught what to do when the person who needs support is ourselves.

As I listened to stories and experiences of young adults, I noticed something interesting. Beneath all the barriers was often the same questions: *"Do I deserve support?"*, not everyone expresses it directly, but it appears in different forms such as, *"Maybe I am overreacting", "Maybe I should wait a little longer", "Maybe I just need to be stronger"*. The result is that people become remarkably skilled at carrying things quietly. They continue meeting deadlines, attending social gatherings, fulfilling responsibilities and smiling when expected to. From the outside, everything seems normal and fine, yet internally many are shouldering far more than anyone realizes.

What stood out most in my study were not only the barriers against professional help seeking but also reasons people eventually choose to reach for it. Sometimes it was a friend who listened without judgement, sometimes it was a family member who responded with understanding and support and sometimes it was learning more about mental health and realizing that therapy is not reserved only for moments of crisis. These moments may seem small but are powerful. They remind us that help-seeking does not happen in isolation. It grows in environments where people feel safe, understood and accepted.

One of the biggest misconceptions about therapy is that it is only for people who are falling apart. In reality, people seek professional support because they

want to understand themselves better. Therapy provides a space to navigate uncertainty, strengthen relationships, build self-awareness, process emotions, manage stress or simply pause and reflect in a world that rarely encourages us to slow down.

The more I reflected on these conversations, the more I realized that help-seeking is not really about weakness or strength, it is more about acceptance. Acceptance to acknowledge that something feels difficult, acceptance to not have all the answers, acceptance to be vulnerable and permission to ask for support before reaching a breaking point.

We often wait for our struggles to become unbearable before believing they deserve attention. Yet emotional wellbeing is not something that should only matter in moments of crisis. Just as we care for our physical health before it becomes severe, we deserve to care for our emotional health before exhaustion becomes overwhelming.

If there is one thought I hope stays with you after reading this, you do not have to earn support, you do not need to prove that you are struggling enough, and you do not have to wait until everything falls apart before reaching out. Sometimes the more courageous thing we can do is acknowledge that we cannot carry everything alone.

Sometimes healing begins not with a solution but with a conversation. ■



SIMRAN TANEJA
Rehabilitation Psychologist
simrantaneja2002@gmail.com

TO WILL OR NOT TO WILL THAT IS THE QUESTION DEAR HAMLET

By Sangeeta Gulati

Buried deep in our psychosis is a lingering fear of death as the ultimate reality of life. For centuries man has sought a solution for our desire for immortality. Forget man—even the gods and demons have fought an epic battle for the elixir of eternal life, beautifully captured in the timeless Hindu myth, of the fight between them over the kumbh containing the nectar of immortality.

That said, people's reluctance to forge their wills also stems for other conflicting fears and emotions—superstition (that you might be inadvertently inviting your demise), deflecting the evil eye, avoiding conflicts in the family, lack of trust, thinking there's time enough...

Let's see how this plays out

Ratan was a loving father of two and the proud owner of a small house in Delhi. He always believed his children would share everything equally after him. Sadly, Ratan passed away suddenly without leaving a Will.

At first, the family grieved together. But soon, questions arose:

- *Who would inherit the house?*
- *What about the savings in his bank account?*
- *Who would take care of his elderly mother?*

His children, once inseparable, at first began to argue; then started squabbling more aggressively. Relatives stepped in with their own opinions. Eventually the matter went to court, dragging on for years. The house stood locked, gathering dust, while the family bonds broke apart.

The unbearable pain and stress

emanating from this fraught situation might have been eased considerably if Ratan had set aside his own fears and chosen to draft a will. Human beings find it difficult to function in a vacuum. This creates chaos in its wake, because it often brings out the worst side of us. A Will gives your heirs half a chance to become better versions of themselves, as it can also indicate the trust you reside in them.

All this pain could have been well avoided if Ratan had written a simple Will. With a Will, his wishes would have been clear, his property distributed peacefully, and his family spared the bitterness of disputes.



Why Wills Matter

In India, many families face disputes and prolonged litigation after the death of a loved one because of unclear succession planning.

Countless families are torn apart after the death of a loved one—not because of grief alone, but because of disputes over property and inheritance. Court cases drag on for years on end, draining money and emotions. Property disputes tear apart relationships, drain savings, and cause endless stress.

A Will is the foundation of estate planning—it secures your family's future. And when life changes, you don't always need a new Will; your hands are further strengthened by a Codicil. A Codicil is a simple legal amendment that keeps your Will up to date, ensuring your wishes remain clear and valid.

A Will and its legal supplement, the **Codicil**, are vital tools to ensure that property and assets are distributed according to the wishes of the deceased. Sadly, the lack of, or poor, awareness, about these documents leads to unnecessary conflicts and financial strain.

What a Will does is, it ensures that your property and assets are distributed according to your wishes after your passing. For your own comfort you should know that you can resort to a supplementary move—you can add a Codicil, which allows you to make legally valid amendments to an existing Will without having to rewrite it entirely. Together, the Will and the Codicil provide clarity, flexibility, and legal protection in inheritance matters.

Let's explain this further in layman's terms:

THE WILL

A Will is your voice after you're gone. It ensures:

- Your property and money go to the people you choose.
- Your dependents are cared for.
- Your estate is managed by someone you trust.
- Who inherits your property, money, and possessions.
- Who will take care of dependents.
- Who will manage your estate as executor.

Without a Will, the law decides who gets what—and that may not match your wishes.

THE CODICIL

Life changes. You may buy new property, welcome new family members, or want to change your executor. Instead of rewriting your entire Will, you can add a **Codicil**:

- A legal amendment to your Will i.e. a Mini Will
- It allows you to update beneficiaries or asset distribution.
- It must be signed and witnessed like a Will.

Importance of a Will

- **Defines asset distribution:** A Will specifies how property, money, and possessions should be divided amongst heirs.
- **Avoids disputes:** Clear instructions reduce family conflicts and legal battles.
- **Executor appointment:** You can name a trusted person to manage your estate.
- **Legal recognition:** Under the **Indian Succession Act, 1925**, a properly executed Will ensures enforceability in probate courts.
- **Flexibility:** *You can revoke or replace a Will anytime during your lifetime.*

Importance of a Codicil

- **Acts as an amendment:** A Codicil modifies, clarifies, or adds to the original Will without replacing it.
- How you can use it:
 - ❖ Changing or replacing an executor.
 - ❖ Adding or removing beneficiaries.
 - ❖ Adjusting property distribution due to new acquisitions or sales.
- **Legal validity:** A Codicil must follow the same execution and attestation rules as a Will under Indian law.
- **Efficiency:** Useful for minor changes; avoids the need to draft a completely new Will.

Caution: Too many Codicils can create confusion—major changes are better handled by drafting a fresh Will

Governing Laws in India

- Governed by the **Indian Succession Act, 1925** (except for Muslims, who follow personal law).
- A Will or Codicil must be signed by the testator and attested by two witnesses.
- Registration is optional but it must be duly registered as it adds authenticity.
- Probate (court validation) is compulsory in states like West Bengal, Maharashtra, and Tamil Nadu.

Essential Mind Reset

- **Break Superstitions:** Many avoid writing Wills, fearing it invites death.
- **Leave Ignorance:** People don't know the simple legal steps involved.
- **Avoid Disputes:** Families suffer years of litigation without clear succession documents.
- **Ensure Right distribution of Modern assets:** With rising property ownership, investments, and digital wealth, succession planning is more important than ever.
- **Talk openly:** Break the taboo around Wills.
- **Act early:** Don't wait for old age—write a Will while healthy and clear-minded.

- **Update regularly:** Use Codicils for small changes, or draft a fresh Will for major ones.
- **Seek guidance:** Consult a lawyer or financial advisor to ensure compliance.
- **Spread the word:** Encourage friends and family to secure their legacy.

Important Considerations When Framing Your Will: -

- Bring out Clarity, which is essential in a Will: Ambiguous Wills or Codicils often lead to inheritance disputes.
- Always go for registration of will: Though not mandatory, registering a Will or Codicil adds legal strength.
- At times, there could be a probate requirement: In certain states (like West Bengal, Tamil Nadu, Maharashtra), a probate (court validation) is compulsory for Wills.
- Must be professionally drafted: Consulting a lawyer ensures compliance with succession laws and avoids loopholes/

Professional drafting ensures: -

- **Legal Validity:** A lawyer ensures the Will meets all requirements under the Indian Succession Act, 1925—proper signatures, witnesses, and clear language.
- **Clarity of Intent:** Lawyers use precise wording to avoid ambiguity. A poorly worded Will can be challenged or misinterpreted.
- **Customized Advice:** Every family situation is unique. A lawyer can provide guidance on matters like guardianship, trusts, tax implications, and community-specific succession rules.
- **Avoiding Disputes:** A professionally drafted Will reduces the chances of heirs contesting it in court.
- **Safe Custody & Registration:** Lawyers can help register the Will (optional but recommended) and advise on secure storage.
- **Codicil Guidance:** When life changes, a lawyer can draft Codicils correctly, ensuring they don't conflict with the original Will.

A Will written with a lawyer is not just a document—it's a shield against disputes and a guarantee that your voice will be heard even after you're gone."

A Will is not about death—it's about love, responsibility, and peace. A Codicil keeps that love alive as life evolves. Together, they ensure your family remembers you with unity, not conflict

So, what are you waiting for?

Your time begins Now to take the right action !

The article has been written by Advocate Sangeeta Gulati who practices in the High Court and District Courts ; she handles all types of civil litigations, GST litigations ITAT litigations and high court petitions. Adv Gulati specialises in property disputes, commercial disputes, corporate disputes, drafting of all types of documentation, employer-employee disputes to name a few. she can be reached at adv.sangeetagulati@gmail.com

Summer on the Plate

*Delhi's Restaurants Turn Up
the Seasonal Flavour*

By Amit Dixit



From mango-forward menus and cooling cocktails to regional summer delicacies, Delhi's F&B scene is embracing the season with a fresh crop of limited-edition offerings.



Manam Chocolate

Manam Chocolate has introduced '*A Summer Somewhere*' – *Summer Edition 2026*, a seasonal menu available from May 15 to July 15, inspired by nostalgic summer memories, familiar flavours, and sun-soaked indulgence. Designed as a multi-format experience, the menu moves across fruit-forward desserts, ice creams, beverages, and a savoury café selection, making it the brand's most expansive summer offering yet.

The Ice Cream Sandwiches & Soft Serve range reimagines classics with options like Malt & Chocolate, Cherry & Vanilla, and Mango & Citrus, alongside a limited-edition Guava Chilli Soft Serve blending fruit with spice and sea salt. The Classic Summer Desserts include Pineapple Coconut Lamington, Mango Custard Tart, Tres Leches with mango saffron milk, and the Tropical Summer dessert with mango caramel and coconut mousse.

The Mango Summer Sundae stands out with Himayat mango, vanilla sponge, pineapple coconut gelato, and molten craft chocolate. The Summer Beverage Bar explores bold pairings with drinks like Guava Chilli Iced Chocolate, Milk Chocolate Mango Shake, Mango Jasmine Iced Chocolate, and Kokum Iced Chocolate. Rounding off the menu, the savoury offerings feature Prawn & Mango Salsa, Raw Mango & Papaya Salad, and Mango Avocado Toast.



Haute Patisserie, The Imperial

Our beloved Imperial has a new pastry shop and it could not have come at a better time. At Haute Patisserie, a dialogue between two timeless traditions unfolds through creations inspired by Europe's great pastry lineages — from the Parisian stagecraft of the Opéra cake to the ceremonial finesse of Vienna's Hofkultur (having an Austrian executive chef at the helm really helps). Every creation is guided by rigorous attention to detail, from the meticulous selection of ingredients to the final presentation. Freshness and seasonality guide the menu, ensuring that every bite carries a sense of place and time.

At the heart of the menu lies the Imperial Fruit Cake, a curated procession of flavours that celebrates both orchard and garden with a refined balance of texture and sweetness. Haute Patisserie's interpretation of tradition is also evident in their Sacher, a Viennese classic featuring a moist sponge, orange jam filling, and a glossy bitter chocolate glaze, while the Black Forest showcases dark cherry, cream Chantilly, and delicate chocolate flakes, all reimagined through The Imperial's lens of elegance and precision. From Mango & Coconut to a Gluten-Free Orange and Chocolate, each piece is a delight in its own right, while eggless options like Classic Vanilla, crafted with Madagascar vanilla, Cinnamon Caramel, Imperial Pineapple, Banoffee with banana jam and dulce de leche creux plus digestive crunch, and a Vegan Chocolate cake offer inclusive indulgence without compromise.

Signature creations extend beyond the cake case into a grandma-style repertoire of tarts that uphold texture and finish with equal rigour. The Pecan Nut Tart pairs sable shortcrust with caramelised toasted pecans, Frangipane Fruit Tart presents a sweet pastry base layered with seasonal fruits and a crisp frangipane, and the Apple Caramel Tart combines sable, almond cream, and caramelised apple. On Sundays, you can pick up Apfelstrudel, a nod to tradition presented with Haute Patisserie's distinct polish.



Chor Bizarre

This summer, Chor Bizarre's kitchen turns to seasonal produce and bright, light-handed flavours. The menu opens with four salads: Murgh Tikka & Litchi (Chicken Tikka with Iceberg Lettuce, Green Onions and Chaat Masala Dressing), Tandoori Ananas (Pineapple, Mix Lettuce, Cherry Tomatoes and Lime Dressing), the simple and refreshing Peach & Mango in a Honey Chilli Dressing, and Ghugni Chana Kachumber with Mix Chana, Cucumber, Coconut and Raw Mango.

The starters feature Gondhoraj Mahi Tikka (Sole Fish in a Gondhoraj-based marination), alongside Pahadi Murgh Tikka in a Mint & Coriander marination. Vegetarian options include Gulkand Paneer Tikka with rose petal-flavoured cottage cheese and the Tawa Makai Tikki, a corn pattie lifted with basil and mint.

Main course highlights span coastal and northern Indian flavours: Malvani Fish Curry (River Sole in a Coconut-Kokum gravy), Mangshor Malai Curry (mutton with coconut milk), and the herb-forward Dhaniya Murg. Vegetarian mains include Haryali Paneer Korma in a mint-coriander-coconut gravy, Kathal Kofta Pukhtan (young jackfruit dumplings in a bottle gourd gravy), the simple Tambdi Bhaji of stir-fried red amaranth with garlic, and a Tawa Pulao with broad beans and ivy cucumber. Desserts round off the season with Jigarthanda (Almond Gum, Basil Seeds, Nannari and Ice Cream) and Kulfi in three summer flavours — Lychee, Jamun, and Aamras.

The beverage menu features a curated selection of summer cocktails and coolers. Spirit-based offerings include the Earl Grey & Papaya Martini, Mango Chili Fizz, Watermelon Cooler, Plum Spritzer, and Wood Apple Sour. For those seeking something alcohol-free, the non-alcoholic list brings equal imagination — Aam Mint Shikanjvi, Rose & Berry Sharbat, Wood Apple Soda, and the Plum Highball.



Farzi Café

Farzi Café Cyber Hub is serving summer on a plate with numerous mango-led innovations. The Summer Menu captures the spirit of the season through refreshing flavours, tropical ingredients, and playful contemporary creations. Known for its progressive approach to modern Indian cuisine, the restaurant blends nostalgia with innovation in a menu crafted for indulgent summer dining. At the heart of the seasonal showcase are mango-forward creations that celebrate the vibrancy of Indian summers with Farzi Café's signature contemporary twist. Guests can indulge in Mango Burrata Chaat (burrata, ripe mango cubes, chaat masala, and basil mint chutney), Mango & Sago Pudding with Kala Til & Coconut Crisp (a refreshing dessert of fresh mango and chilled sago, served with sesame and coconut chips for added crunch), Mango Malai Toast (brioche topped with luscious mango rabri), Mango Picante Cocktail (a vibrant summer cocktail infused with tropical mango flavours), and much more.

Designed as the perfect antidote to the summer heat, the menu brings together cooling textures, refreshing tropical notes, and vibrant seasonal pairings that evoke the nostalgia of Indian summers while offering a refined modern presentation. Guests can look forward to a lively dining experience that pairs Farzi Café's energetic ambience with flavours inspired by the essence of the season.



Latoya

Latoya's newly launched summer menu, has been thoughtfully curated around cooling, seasonal ingredients and tropical Caribbean-inspired flavours perfect for Delhi's peak summer season.

The menu highlights fresh and hydrating ingredients such as kokum, watermelon, cucumber, mango, citrus, basil, coconut, mint, yuzu, and avocado across both food and cocktails, bringing together freshness, smokiness, and light tropical flavours. Signature dishes include the Seabass, Kokum & Melon Ceviche, Mango, Avocado & Cucumber Salad, and Shrimp & Mango Tacos, while the limited-edition Summer Slushies feature refreshing combinations with watermelon, passion fruit, tamarind, coconut, mint, and citrus.

Chef Arun Karara shares that the idea was to create a menu that feels vibrant, cooling, and comforting during the intense summer months, while drawing inspiration from the laid-back warmth and flavours of the Caribbean coastline.



QLA

QLA brings a sharper, more produce-led summer to Delhi's dining scene as robata cooking, citrus-led flavours and globally influenced dishes shape Chef Dipender Tiwari's latest seasonal menu. Set against the backdrop of the Qutub Minar, QLA has long held its place among the capital's most recognisable contemporary dining destinations. This season, the restaurant introduces its Summer Menu 2026, led by Chef Tiwari and shaped around smoke, fermentation, bright acidity and ingredients closely tied to the warmer months.

The menu moves through Japanese, Mediterranean, Korean and Latin American influences while remaining rooted in produce such as Alphonso mangoes, peaches, lychee, melon, pineapple, celeriac and summer chillies appearing across the menu in layered forms and textures. The smaller plates establish much of that direction early on. The Himachi + Pineapple Crudo combines pineapple citrus sauce, pineapple pearls and chipotle dust in a dish that feels simultaneously cold, bright and smoky. Elsewhere, the Gochujang Aubergine Steak arrives with mojo rojo, goat's curd and crispy shallots, carrying a slower, deeper warmth.

From the robata section, the Lamb Loin with burnt labneh, green atom and cumin jus reflects the kitchen's growing interest in high-fire cooking, while the Charcoal Lobster paired with cashew curry sauce and Thai crepes anchors the larger plates with a richer, more expansive profile. Preservation techniques run quietly throughout the menu. Fermentation, pickling and curing are

used less for theatrics and more for depth, flavours built gradually rather than immediately. Steam cooking also appears across several dishes, helping ingredients retain freshness and clarity during the warmer months.

Desserts remain closely tied to the season. The Passion Fruit + Coconut Tres Leches balances lightness with acidity, while the Alphonso + Basil combines mango cremeux, mascarpone and basil soil in a composition that feels distinctly summer-driven without becoming overly sweet. The Earl Grey Tart introduces a more restrained finish through lemon curd and Earl Grey meringue. Alongside the food programme, Mr. Ganesh leads a cocktail menu designed around freshness and structure, with pairings available throughout the experience.

Speaking on the menu, Chef Tiwari shares, "This season, we wanted the produce to dictate the direction of the menu. There's a strong emphasis on ingredients that naturally belong to summer, mango, melon, pineapple, peach, balanced with smoke, fermentation and carefully controlled heat. The idea was to create food that feels layered yet clean, expressive yet restrained." Available through the summer season, the menu will also coincide with weekend live performances from Friday to Sunday, alongside QLA's Sunday Summer Brunch on Table experience.

ant that understands its lineage—and serves it with warmth.





**Because they can't tell
you where it
hurts—give them
the care they deserve.**

Expert physiotherapy for your pet's pain relief,
recovery, and renewed joy of movement.



Why Pet Physiotherapy Matters:

- Effective pain relief
- Improved mobility and flexibility
- Faster post-surgery recovery
- Prevention of future injuries
- Enhanced quality of life
- Rehabilitation for neurological conditions
- Support in managing obesity
- Boosts emotional well-being

Pet physiotherapy is more than just treatment—it's a powerful tool for healing, comfort, and long-term wellness. Especially vital for senior pets or those with chronic issues, it offers a holistic approach to health and happiness.

Book a session with our certified pet physiotherapist today—and help your companion feel better, move better, and live better.

**CALL
NOW!**

9811299059, 93104 45969

Main Center: B-6/147-148,
Sector 8, Rohini, New Delhi -85
Branches: Sector 24, Rohini,
Paschim Vihar, Derewal Nagar
Website: www.doggyworld.in



NRI TAXATION IN INDIA: *What You Must Know*

By CA Ashish Goyal

For many Non-Resident Indians (NRIs), taxation in India often feels like a grey area—filled with assumptions, half-knowledge, and missed opportunities. A common misconception is that once you move abroad, your tax obligations in India disappear.

The truth, however, is far more nuanced.

India follows a source-based taxation system, which means your tax liability depends on where your income is generated—not where you reside. Simply put, if your income arises in India, it is likely to be taxable here.

Who is an NRI?

Your tax status is determined by the number of days you stay in India during a financial year. If you spend less than 182 days in India, you generally qualify as an NRI. This classification is critical, as it defines the scope of your tax obligations.

What Income is Taxable?

NRIs are taxed only on income that is earned or received in India. This includes:

- Rental income from property in India
- Capital gains from sale of assets such as property or shares
- Interest earned on NRO accounts or fixed deposits
- Salary earned for services rendered within India

However, income earned abroad—such as foreign salary or overseas investments—is not taxable in India, provided your NRI status is maintained.



The TDS Factor

One of the most important aspects of NRI taxation is Tax Deducted at Source (TDS). In many cases, taxes are deducted before the income reaches you. Whether it is rent, interest, or proceeds from property sales, the applicable TDS rates for NRIs are often higher than for residents.

This makes tax planning essential. In some cases, NRIs may end up paying more tax than required, only to claim refunds later.

Capital Gains and Property Transactions

Property transactions are among the most complex areas for NRIs. When selling property in India, TDS is often deducted on the total transaction value rather than the actual gain, which can significantly impact liquidity.

Understanding the difference between short-term and long-term capital gains—and the exemptions available—is crucial to optimizing tax liability.

Avoiding Double Taxation

To prevent being taxed twice on the same income, India has entered into Double Taxation Avoidance Agreements (DTAA) with several countries. These agreements allow NRIs to claim tax credits or benefit

from reduced tax rates, ensuring fair treatment across jurisdictions.

Deductions and Compliance

NRIs can still claim deductions under various sections such as investments, insurance, and certain capital gains exemptions. Filing an income tax return is also necessary if your income exceeds the exemption limit or if you wish to claim a refund.

The Takeaway

NRI taxation is not about paying more—it is about understanding better. With the right planning and awareness, NRIs can manage their Indian tax obligations efficiently while avoiding unnecessary outflows.

In an increasingly global world, staying compliant is not just a legal necessity—it is a smart financial strategy. ■

For further information, contact:

CorpAcumen

CA Ashish Goyal (Partner)

(CorpAcumen Global Consultants Co LLC)

Email: Ashish.goyal@corpacumen.com |

Caashishgoyal1@gmail.com

Phone +91 99994 61827

The NYRO WorkClub Way

The growing demand for flexible work space over traditional offices is moving by leaps and bounds. Not only is it attracting corporate entities for extra workspace, but even young start-ups and freelancers are also finding it a great option to unleash their creative abilities in a work environment, as working from home has just too many distractions to cope with.



Also, a big incentive to opting for coworking spaces is that you can leverage their affordable, flexible office solutions without getting wrapped up in the coils of long-term contracts.

With the number of independent workers soaring, more so with the hybrid work mode initiated by Covid, coworking is now being deemed to be one of the fastest-growing aspects of the office world, not just worldwide, but even here in India itself.

This paradigm shift has given people time, balance, and control. But while work has evolved, workspaces largely haven't.

At NYRO WorkClub, we're building for this new reality.



We created a members-only neighbourhood workspace for people who want a distraction-free place to work without leaving their neighborhood. A space that blends the structure of an office, the warmth of a café, and the comfort of home — with private cabins for deep focus, open desks for everyday work, meeting rooms and phone booths for conversations, and a creative studio for ideas that need room to grow.

Because the future of work isn't remote or in-office. It's in between.

Sociologists call it the "third place" — not home, not office, but a place where people think, connect,



and belong. That's exactly what we're building at NYRO WorkClub.

For the first time in history, people are choosing how and where they work. We're here to make sure that "where" feels just right.

NYRO WorkClub — built for the future of work, right inside DLF Capital Greens.

So, what are you waiting for?

Be smart... Be flexible...

Save costs... Enjoy a high-quality workspace—all in one go.



For further details, contact: +91 88103 89468
3rd Floor, Community Building, DLF Capital
Greens, Moti Nagar, New Delhi – 110015

BOOK READING AND BOOK PUBLISHING:

The Powerful Combination Helping Entrepreneurs Stand Out

In today's fast-paced digital world, where attention is limited and competition is fierce, books continue to hold a unique place in shaping ideas, building credibility, and creating lasting influence. While book reading remains one of the most effective ways to gain knowledge and broaden perspectives, an exciting trend is emerging among entrepreneurs and professionals—getting their own books published to establish themselves as experts in their fields.

Reading has long been considered a habit of successful leaders. From business icons to industry pioneers, many attribute their growth and decision-making abilities to the insights gained through books. Reading exposes individuals to new strategies, experiences, and viewpoints that can accelerate both personal and professional development.

At the same time, publishing a book has become one of the most powerful tools for building authority. Entrepreneurs, consultants, coaches, doctors, lawyers, and corporate leaders are increasingly turning their expertise into published works. A book serves as more than just a collection of ideas—it becomes a personal brand asset that showcases knowledge, experience, and thought leadership.

Unlike social media posts or short-form content, a book offers depth and permanence. It allows professionals to share their journey, insights, and solutions in a meaningful way. When potential clients, partners, or audiences see an author credential attached to a name, it instantly enhances trust and credibility.



Publishing a book can also open doors to speaking engagements, media interviews, networking opportunities, and business growth. Many professionals find that becoming an author helps them differentiate themselves in crowded markets and positions them as go-to experts within their industries.

The relationship between reading and publishing is a natural progression. Those who read extensively often develop unique perspectives and valuable knowledge worth sharing. By transforming their expertise into a book,

they contribute back to the community while strengthening their professional reputation.

As the knowledge economy continues to grow, books remain one of the most respected mediums for learning and influence. Whether you are an avid reader seeking inspiration or a professional considering authorship, embracing the world of books can be a transformative step. Reading expands your mind, while publishing amplifies your voice—and together, they create a powerful pathway to success and recognition. ■



Meet the Mind Behind The Chrono-Healers:

RITO CHATTERJEE

What happens when a passion for history meets an obsession with science fiction? In the case of author Rito Chatterjee, the result is *The Chrono-Healers*—an imaginative series that blends time travel, alternate history, extraterrestrial intrigue, and edge-of-the-seat adventure.

Rito's fascination with history can be traced back to his middle-school days. A devoted reader of Scholastic's *Horrible Histories* series, he found himself captivated by the stories behind historical events and personalities. An inspiring history teacher further deepened his appreciation for the subject, transforming what many consider a collection of dates and facts into a living narrative of humanity.

At the same time, young Rito was discovering the wonders of science fiction through the works of legendary authors Jules Verne and H.G. Wells. The possibilities of futuristic technology, alien civilizations, and journeys through time further sparked his imagination. He was just 14 years old when his first serious attempt at writing a novel unfolded in the form of a science-fiction story.

As the years passed, these twin passions continued to grow. One of the

major influences on his creative thinking was the acclaimed *Assassin's Creed* video game series, which seamlessly combines historical settings with fictional narratives. Then came the defining moment. One evening, while playing *Assassin's Creed Origins*, set in ancient Egypt, a powerful idea struck him. He immediately switched off his laptop and

history and influencing events for their own gain.

The first adventure follows a diverse team of human and alien heroes who find themselves pursuing a rogue agent armed with stolen time-travel technology. Their mission takes them into the turbulent final days of World War II, where the villain attempts to alter history by helping Imperial Japan reverse its fortunes after Nazi Germany's surrender.

What follows is a thrilling race against time, featuring secret plots, advanced technology, alternate-history scenarios, and the looming threat of irreversible damage to the timeline itself. Even after one catastrophe is averted, the heroes discover that the rogue agent has tampered with multiple periods of history. To restore balance and protect reality, they unite under a common banner—*The Chrono-Healers*, guardians dedicated to repairing breaches in time.

Packed with action, historical intrigue, and thought-provoking “what if” scenarios, *The Chrono-Healers* series offers readers an exciting journey across centuries and civilizations.

Published by Author's Point, the series invites readers into a world where history is not merely studied—it is defended.

To discover more, pick up *The Chrono-Healer Origins* and *The Chrono-Healer: A Purge of False Gods*, available on Amazon. ■



spent the rest of the night making notes. By morning, the foundations of *The Chrono-Healers* had been laid.

The series is built around a fascinating premise. Imagine an intergalactic peacekeeping organization that functions much like the United Nations—but on a planetary scale. Its agents secretly operate on Earth using advanced holographic technology that allows them to assume flawless human identities. Now imagine that some of these agents go rogue, infiltrating key moments in human

REMEMBERING TREENA MUKERJEA:

A Gentle Literary Soul

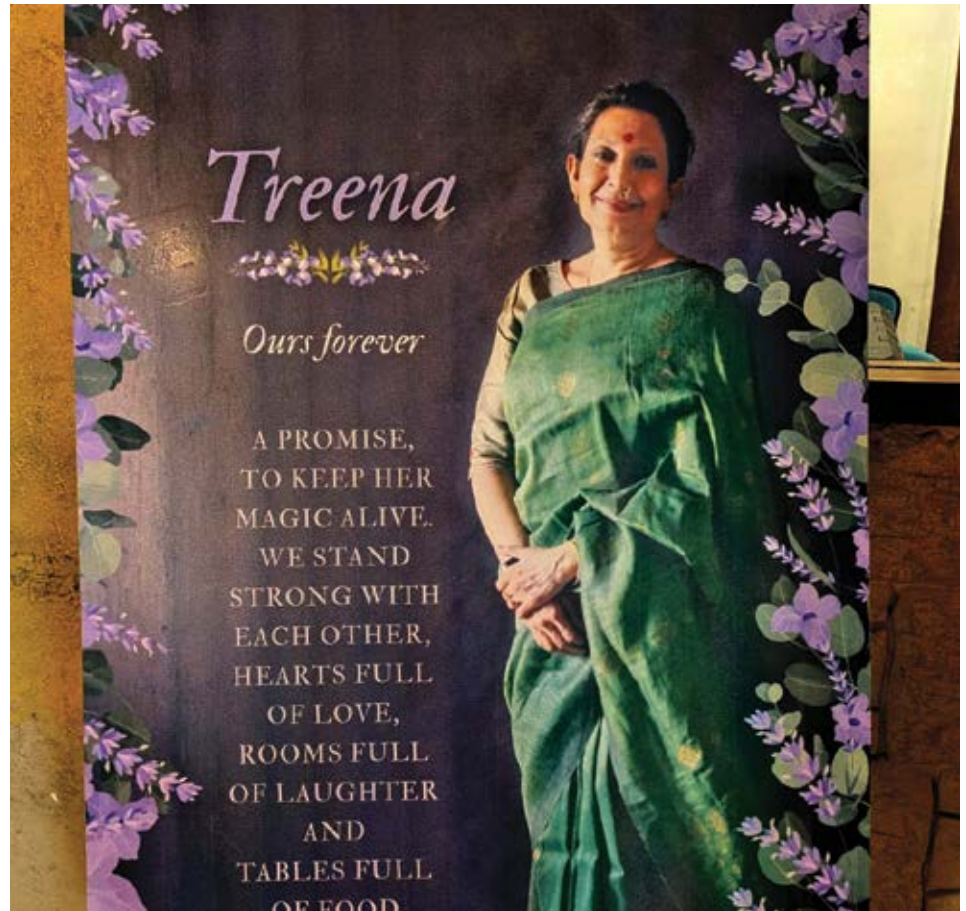
Some individuals leave behind not just books and translations, but a quiet legacy of kindness, grace, and an enduring love for words. Treena Mukerjea was one such person.

It is difficult to speak of Treena in the past tense. Her warmth, humility, and passion for literature made her a cherished presence among readers, writers, translators, and publishers alike. Though her passing came far too soon, her words continue to resonate, reminding us of a life devoted to learning, storytelling, and cultural understanding.

Born in Delhi, Treena spent her formative years moving across India because of her father's job as a government official. Living in different cities exposed her to the rich diversity of the country's languages, traditions, and cultures. These experiences shaped her worldview, making her deeply inclusive, respectful of differences, and appreciative of the invisible threads that unite Indians despite their varied backgrounds.

Her relationship with literature began early and blossomed into a lifelong passion. Books were not merely a hobby; they were companions, teachers, and sources of endless inspiration. The works of literary masters from India and around the world left a profound impression on her mind and heart. Alongside literature, she nurtured a deep love for music, cinema, and travel, all of which enriched her understanding of life and human nature.

Treena's literary journey found expression through both original writing and translation. Her first collection of poems, *Aaghaaz*, was published in 2013, followed by *Antarman Ka Panchatantra* in 2023. Through her poetry, she explored emotions and experiences with sensitivity and depth,



touching the hearts of her readers.

Translation was another dimension of her literary calling. For more than a decade, she worked tirelessly to bring ideas, stories, and perspectives across linguistic boundaries. One of her notable translation works was *The Enigma of Arrival* by Sir V. S. Naipaul. Her contributions also extended to digital platforms, where she helped make important content accessible to a wider Hindi-speaking audience.

Perhaps the most revealing insight into her life came from a remark she often made with characteristic simplicity: "I would love to breathe my last either telling my own story or translating

someone else's. I would love to be surrounded by words till the very end."

Few statements could capture her spirit more completely. Literature was not merely what she did; it was who she was.

As publishers, we remember Treena Mukerjea not only as an accomplished writer and translator but also as a gentle and graceful soul whose love for words enriched everyone who knew her. Her journey may have ended, but her voice continues to live on through the stories she told, the books she translated, and the lives she touched.

May her words continue to inspire generations of readers, and may her memory remain a source of warmth and inspiration for all who value the written word. ■

The Cottage Jeolikote

A Tranquil Retreat in Nainital



Tucked away in the misty hills of Uttarakhand, The Cottage Jeolikot is a picture-perfect retreat steeped in history and charm. Once part of the grand Vergomount Estate, the Victorian-era homestay welcomes guests with its red sloping roofs, ivy-clad walls, and intricate Likhai-carved doors that whisper stories of a bygone era. In 1994, the present owner, Bhuvan Kumari, brought it to life by restoring it lovingly and making it her holiday home.

Spread across 8 acres of lush gardens and fruit orchards, The Cottage offers an intimate escape with just six exquisite rooms and suites, all personally designed and decorated by Bhuvan Kumari. Each space exudes warmth, featuring antique wooden furniture, cozy fireplaces, and private sit-outs that open to breathtaking views of the surrounding hills. Here, time slows down as you sip on a cup of freshly brewed tea, listening to the melodies of chirping birds and rustling leaves.

The in-house kitchen crafts delicious homemade fare, blending Indian, Kumaoni, and global flavors for a truly soulful dining experience. Beyond its serene setting, The Cottage is a gateway to adventure—whether it's exploring the vibrant markets of Nainital (just 15 km away), trekking up Naina Peak, boating on Naini Lake, or stargazing at the ARIES Observatory.

Jeolikot itself is a hidden treasure, known for its organic honey, seasonal fruits, and a spiritual legacy tied to Swami Vivekananda and Sri Aurobindo. Whether you seek tranquility, adventure, or a blend of both, The Cottage Jeolikot offers an enchanting escape where heritage meets nature in perfect harmony.

For Bookings Contact

Aditya: Mobile: 075348665481

Start With a Conversation.

Sometimes that's where healing begins.

मन Charcha

Conversations for the mind.

“ Creating a space where conversations feel *safe*, emotions feel *valid*, and support feels accessible.

— Simran Taneja ♡

RCI-APPROVED REHABILITATION PSYCHOLOGIST

■ BA (Hons.) in Psychology

■ M.Sc. Psychosocial Rehabilitation (RCI Approved)



Why Seek Support?

Some things feel lighter when they are spoken out loud.

Support For



Stress & Anxiety



Emotional Wellbeing



Relationship Concerns



Self-Esteem & Confidence



Academic Stress



Child & Adolescent Support



Let's Connect
■ @manncharcha
■ simrantaneja2002@gmail.com



Scan to Start the Conversation
OR
[Click To Access The Form](#)