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Discover
Shanghai
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BUSINESS & LIFESTYLE MAGAZINE



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BY KYLIE JENNER

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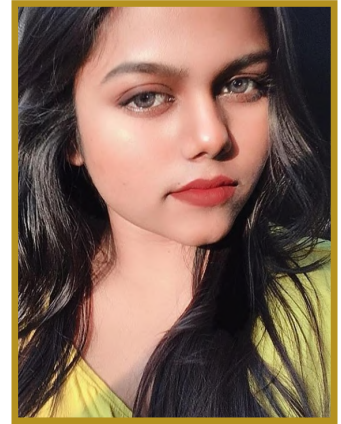
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The gorgeous beauty & former Miss Universe Sweden, Camilla Hansson embracing the cover of this edition. She was also crowned Miss Earth Sweden in 2012. Eager enough to know more about her? Read her story and exclusive interview with us where she talks about how she won the pageant and faced all the challenges. This Swedish beauty is also a nutritionist who believe in making the world fit.

The most paramount international fashion week in Asia: Thailand Fashion Week is calling worldwide designers for their runway show. Registrations are open now, to apply for your slot you can log on to www.thailandfashionweek.org and win a chance to have an exclusive interview with us.

Michael Foust, official photo-journalist (Fashion) explored and covered the glamorous event "Toronto Kids Fashion Week". He took amazing shots of the cute collections & little models showcasing on the runway. On the other hand, Baran Altindag: The highly-skilled photographer from Istanbul took some of the best shots from the catalog shoot of "We Are Not From Here".

Beauty N The Box showcased their jaw-dropping collection at Cannes.

Make your home look like a hotel with the safety features a hotel has. Parvathi S. Rao founder & owner PSR Architecture discusses about the measures inside.

Azusa Uchida, shares a travelogue for Shanghai that will help you decide where to stay and what to eat. Feed yourself with mouth-watering dishes from the Shanghainese cuisine recipes.

Hold a cup of coffee & enjoy reading the MAY-JUN 2019 GLOBAL EDITION of DÉ MODÉ and share your feedback at www.deltaaegis.com

Anushka Singh

CHIEF CO-EDITOR



DÉ MODÉ

WORLD'S NO.1 FASHION, BUSINESS & LIFESTYLE MAGAZINE

CONTENTS

COVER STORY

- 03 *THAILAND FASHION WEEK: THE MOST PARAMOUNT INTERNATIONAL FASHION WEEK IN ASIA, STARTED TAKING APPLICATIONS*
- 06 *CAMILLA HANSSON TALKS ABOUT HER LIFE AFTER WINNING MISS UNIVERSE SWEDEN PAGEANT*
- 10 *ANDREA DENVER COLLABS WITH CHRIS BROWN: EXCLUSIVE STORY INSIDE*



SHANGHAI

TRAVEL WITH AZUSA UCHIDA: A COMPLETE TRAVEL GUIDE BROUGHT TO YOU STRAIGHT FROM HER CAMERA
Curious to know about it? / Pg 54

EVENTS

- 16 *BEAUTY N THE BOX AT CANNES*
- 21 *GLAMOROUS & CUTE COLLECTIONS FROM TORONTO KIDS FASHION WEEK 2019*



SHANGHAISE CUISINE

Taste some of the mouth-watering dishes from the cuisine of China. / Pg. 57

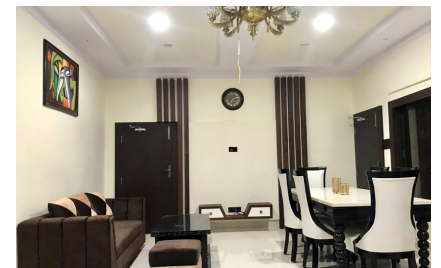
FEATURES

- 31 *BEST READS THIS MONTH: BOOKS THAT WILL KEEP YOU ON THE EDGE OF YOUR SEAT*
- 37 *ARTIST OF THE MONTH: NITHYA RAJENDRAN (EXCLUSIVE INTERVIEW)*
- 44 *PLUS SIZE MODEL DOING WONDERS IN FASHION INDUSTRY: READ ABOUT TANYA GARG'S JOURNEY ON HOW SHE IS MAKING A CHANGE*



BARAN ALTINDAG

ISTANBUL, TURKEY
Amaze yourself with the photographs from "WE ARE NOT FROM HERE" catalog shoot in Istanbul by the amazing photographer, Baran. /Pg 41



STYLISH INTERIORS

PLANNING TO GIVE YOUR HOME A MAKEOVER?

We got the best designs inside. / Pg 47

Starring

Camilla Hansson

FORMER MISS UNIVERSE SWEDEN

Photography: Jodie Morris
Retouch: Anushka Singh
Glam: Jessica

COVER STORY | PAGE 06

Camilla Hansson is a Swedish celebrity, actress, fashion model and beauty pageant titleholder who was crowned Miss Sweden 2014 and represented her country at the Miss Universe 2014 pageant. Previously, she was crowned as Miss Earth Sweden 2012 at the same pageant but unplaced at the Miss Earth 2012.

BOILING HOT



COVER INTERVIEW

Q: When did you first realize you wanted to be into modelling industry?

Since I was a child, I was always playing and pretending to be a model and Miss Universe.

Q: Tell us about the experience you had on returning home with the Miss Universe Sweden crown.

I just remember sleeping with the crown right next to me on my bed and my bedroom was filled with presents. I felt such a sense of happiness and excitement for what was to come.

Q: What preparations one should do before entering a beauty pageant?

Working on your fitness is very important. I trained myself like an athlete almost before the Miss Universe competition. Work on the interview section in terms of what do you want to say about yourself. What is unique about you? Why should you win? Have answers to these types of questions. Make sure you nail the catwalk and most importantly have confidence!

Q: Are you involved in social work? If yes, what was the last activity you took part in?

Yes I've been involved in a fair share of charity work mainly involving children and women's well-being. I believe giving back is an important part of life. The Charity organisation I've been an ambassador for the longest is called Happy Kids Healthy Kids foundation.

They provide free food, education and healthcare for children in need in India. I went there to see all the wonderful work that they do which was an amazing experience.

Q: How much did your family support you to win the Miss Sweden Pageant?

Going into the Miss Sweden competition was something I wanted to do rather than my family pushing me to do it. But my mother and sister came to the final when I had my winning moment which was special to have them there to witness it with me.

Q: How did you feel when you had your first live interview?

Terrified! I had to go through media training afterwards because I didn't find myself to be a natural in front of the camera. This is something I'm still learning to be better at. Most people are not that good in front of the camera in the beginning but rather after a lot of practice.

Q: Life can be tough before winning a title that everybody in Europe or worldwide recognizes. Was it the same for you? If yes, how did you overcome that situation?

It was tough in the sense that I felt I wasn't living life true to myself in terms of what I wanted to do, even though I had a high paying job at the time. I think it is so important to listen to that inner voice & intuition inside of you that says if you are on track or off track with where you are in life.

Q: What were the type of opportunities you received after winning the title?

Winning the pageant gave me a platform. It enabled me to start working for myself. I received brand ambassador work and opportunities to get involved in interesting philanthropic projects.

Q: What are your upcoming projects this year?

I am looking at different business opportunities in the health and wellness sector atm. I'm in the process of starting to film a documentary and I am also involved in an electric vehicle company that's helping the planet to become more environmentally sustainable.

Q: Tell us something about your college life? Were you popular in college?

I don't look back at my school years with very fond memories I must say. I never felt like I fitted in. I was bullied and always felt like I was an outsider not really knowing my place. I believe its partly what has inspired me to be successful. I've realized a lot of my successful friends have similar stories like that.

Q: How much do you like traveling?

I love travelling. But there must be a balance. I've had times when all I do is travelling which becomes too much for me and then I don't enjoy it anymore as it becomes stressful. I like having a base in London and then travel maybe once or twice a month depending on my schedule. There are so many places in this world

I still haven't seen which I would like to visit!

Q: Do you love pets? How many you have?

Yes I love animals! Unfortunately, because of my schedule I can't have one on my own at the moment so I borrow my friends dogs! But my dream is to have my own Dachshund dog. Pets give you so much joy and love.

Q: How often you find time to meet your childhood friends?

I only have two childhood friends that I am still close with today and they are in Sweden so I try to see them whenever I visit. Having known someone for a long time is a good feeling but at the same time I believe you meet people depending on where you are in life. Sometimes you outgrow old friends and that's ok. We all know how important the people we surround ourselves with are for our success and growth in life.

Q: How was your experience shooting the DÉ MODÉ cover?

It was amazing and I'm really honored being on the cover for this month's edition of DÉ MODÉ Magazine! I must say it is one of my favorite cover shoots that I have ever done. Thank you for letting me be part of it!

- *Camilla Hansson*







Andrea Denver

Italian fashion model, Andrea Denver, has 1.2 million followers on Instagram @AndreaDenver3 which secured him a campaign for BMW in addition to the collaboration this article details. Andrea has modeled for Ralph Lauren, Hugo Boss, Brooks Brothers, and Abercrombie to name a few. Coveted amongst fashion's elite, The model has been featured on the cover of Men's Health, L'official Hommes, and Taylor Swift's "Blank Space" music video which received over two billion views.

Now the model's fanbase can access his sense of fashion while bringing home a piece of him for themselves with the release of **"Andver Jewels"**. The jewelry collection is sexy but also unisex. It offers luxurious, yet minimalistic accessories made with the highest quality gold and diamonds. Designed by Andrea and equally as gorgeous, just like the model himself, the jewelry collection is sure to catch anyone's eye. Each piece is fashionable for either a man or a woman and versatile enough to be coupled with jeans to elevate your everyday-wear but also able to be worn at fancy venue for a black.



Recently, **Andrea Denver teamed up with Black Pyramid, a fashion brand owned by Chris Brown**. He brought Andver Jewels to an exclusive photoshoot with Director of Photography, Cavier. The project came together with the help of social media. The model discovered painter and photographer on Instagram @cavierart and reached out. The unlikely pair discussed Cavier's contemporary art photography and the jewelry collection. Cavier contacted Peter Paul, the Director of Brand Marketing for Maxima Apparel which encompasses Black Pyramid, Rich Star Brands, Pro-standard, and much more. With 20+ years in the industry as former Creative Director for Tommy Hilfiger, Peter Paul immediately saw synergy and enlisted Cavier to customize a photoshoot highlighting Andver Jewels as the perfect compliment to the Black Pyramid most recent designs.



To check out ANDREA DENVER, join the rest of his 1.2 million followers @andreadever3. To accessorize like a fashion expert, follow @andverjewels or purchase on website <https://www.andver.com>. To view Cavier's photos, paintings, and more find him on Instagram @cavierart and to view the full "Cavier Menu" visit his website <https://www.cavierart.com/>

RODNEY JR.

AKA RODNEY SHEAD

is an emerging International 12 Yr old half black and half laotian model from Sacramento, California. He has walked in LAFW, NYFW, and PFW. He is due to walk in Australia Fashion week, and at the Eiffel Tower fashion show later this year. He is scheduled to be the face of a number of kids clothing campaigns in the USA.



CANNES 2019

BEAUTYNTHEBOX FASHION WEEK



PRESENTED BY Nick Miller

PHOTOS BY Mariana Cattoir

BNTB

FASHION WEEK

THE NEW BNTB CANNES COLLECTION IN MACY'S

Disruptive lingerie and swimwear brand Beauty N The Box hosted Cannes Fashion Week from 12th to 15th May'19. The prestige of the Azure coast was the perfect setting for the new high-end designer lingerie and popular SORRY I ONLY DATE MODELS collection for men and women.

The Cannes Fashion Week coincides with the famous Cannes Film Festival, and many celebrities and top designer attended Fashion Week. Miss Ivory Coast, the head designer for Fendi, head blog writers for Channel, celebrities such as Sylvester Stallone and others attended the show, where among others, gorgeous **fitness influencer, hardbodybarbie** walked in the fashion show.

Martin Washington that runs BNTB Fashion, shared his excitement with the event in Cannes: "We are very excited to bring our top-notch designers to Cannes and really do something different and bring excitement to the festival. We will be showing some of our new high-end designer lingerie pics and out new swimwear prices as well New items from our very popular SORRY I ONLY DATE MODELS COLLECTION FOR MEN AND WOMEN."

BEAUTY N THE BOX IS A DIFFERENT LINGERIE BRAND

With more than 20,000 happy users BNTB in three years rose on top of the lingerie market with its unorthodox approach. The subscription-based lingerie business became a fashion platform with organizing fashion events like the Cannes Fashion Week and opening an online fashion magazine.

BeautyNTheBox is designing lingerie pieces to fit all kinds of personalities and body types. The idea behind BNTB is to inspire and encourage women to love the skin they are in. The brand is a lingerie dreamland that will add sexy to every woman, and that is the part of the reason for the fast growth.

THE NEW CANNES COLLECTION

The BNTB will announce the new collection inspired by the beautiful Mediterranean weather and the opulence of the Cannes area. When you combine these two main influences, the outcome is sexy Swarovski crystal bikinis. *All BNTB lingerie pieces in the new Cannes Collection are hand made with premium material and decorative Swarovski crystal add-ons.*

GOING BEYOND THE SUBSCRIPTION MODEL

BeautyNTheBox is a value-oriented lingerie boutique with an active subscription base, and it slowly became mainstream. The new Cannes Collection will be featured in the a reputable fashion magazine. At the same time, BNTB will go to another level as a company. Their collection of lingerie will now be sold in Macy's. On July the 1st, the brand will mark this new achievement with a launch party in Macy's in Las Vegas.

BNTB is growing fast with their collection revolving around the lingerie that can be fit towards the personality of the customer, unlike wearing a familiar generic brand. BeautyNTheBox tries to uplift women, give them a boost of confidence, and add a bit of sexy.

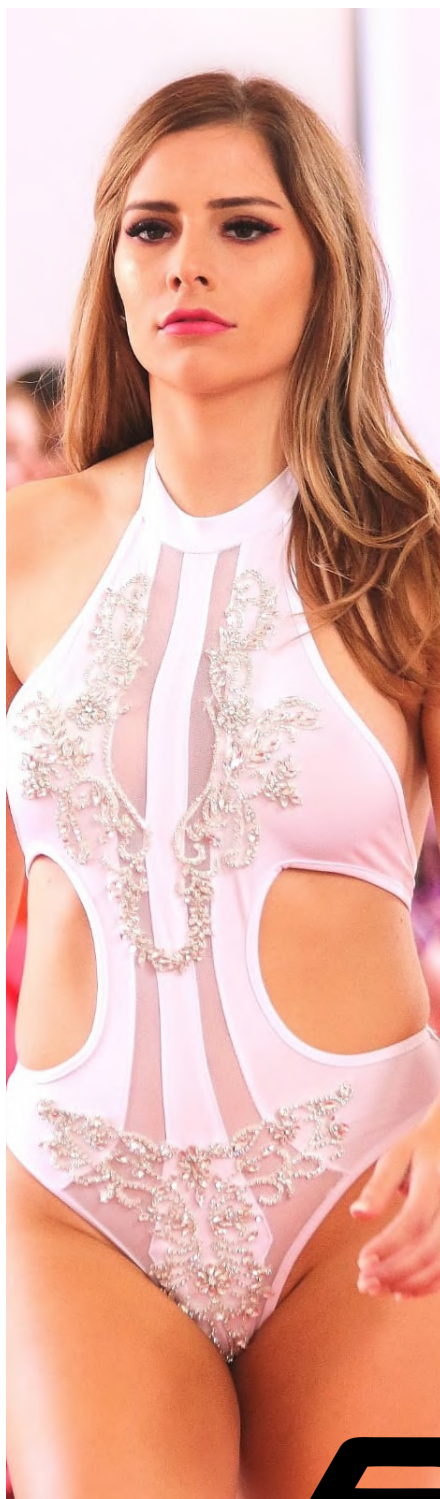
UPCOMING BNTB EVENTS

Besides a robust online presence and vast subscription base, BeautyNTheBox has a new fashion week company that promotes designers in worldwide events. After a successful Cannes Fashion Week, there are other upcoming fashion shows around the Globe:

- Vegas Fashion Week
- Thailand Fashion Week
- New York Fashion Week
- Bet Fashion Week
- Dubai Fashion Week
- Paris Fashion Week

Global fashion shows, appearance in reputable fashion magazines and selling products in Macy's are all stepping stones in brands rapid success.

CANNES | MAY 2019



BNTB

RUNWAY

BEUTYN THE BOX HOSTED CANNES FASHION WEEK, FIRST IN MANY WORLDWIDE FASHION SHOWS

Laid back and fancy at the same time, beautiful Cannes on the French Azure coast makes you feel alive. The heartbeat of the Mediterranean, pristine beaches and vibrant culture culminating with Cannes Film Festival was a perfect setting for BeautyNTheBox fashion event.

MEDIA AND CELEBRITIES ON CANNES FASHION WEEK

BNTB fashion brand focused on woman lingerie and men urban clothing attracted big designer names such as Fear of God, Off White, COMME DES GARÇONS, and the Supreme Brand on Cannes Fashion Week.

It was also an excellent opportunity for BeautyNTheBox to showcase new Cannes Collection that combines the feel of the Cannes area and draws inspiration from the beautiful Mediterranean weather. The results are stunning and sexy Swarovski crystal bikinis showcased in front of established celebrities crowd.

The first BNTB Fashion event in Cannes attracted relevant fashion media like Fashion Channel, Fashion TV, and a new reality show on BBC Young Rich Welch. Many celebrities enjoyed the walks.

Among notable attendees, you could spot the head designer for Fendi, Channel blog writers, other major designers and celebs such as Sylvester Stallone, Miss Ivory Coast, and the ambassador for Australia.

BNTB introduced a new and trendy collection SORRY I ONLY DATE MODELS with daring urban men and women clothing and loads of plans.

WOMAN, MEN, AND DOGS COLLECTION

SORRY I ONLY DATE MODELS COLLECTION features products for young adult men. The most popular categories are men, jackets and sweater and hoodies. Provocative, youthful, and challenging clothing in SORRY I ONLY DATE MODELS COLLECTION also has a special category for dogs.

The collection will add kids and women products as well as new categories for men and dogs. The stellar success of the BNTB collection dictates the introduction of new products that are in the pipeline.

With its urban style and moving the boundaries mentality, it was only natural that the SORRY I ONLY DATE MODELS COLLECTION has a shoe line that is in the works. There are more product categories like female cosmetics and wine collection in their plans.

The quality and the attitude of SORRY I ONLY DATE MODELS COLLECTION caught the eye and will be featured in the opinion-making fashion Vogue magazine. BNTB collection items will also be carried in Macy's starting from July, which is another crucial step for the fast-growing brand.

SORRY I ONLY DATE MODELS COLLECTION BRAND AMBASSADORS

Why is the concept of the brand ambassador so valuable? Well, for starters, brand ambassadors are the most loyal customers that already like the brand. Having big names behind SORRY I ONLY DATE MODELS collection is part of the fast growth and expansion process.

Miami based rapper, songwriter and record producer Sean Kingston and Georgia native hip-hop mogul Offset are among celebs that have worn SORRY I ONLY DATE MODELS COLLECTION as well as many others.

BNTB fashion was working on online fashion Magazine and started an event spinoff enterprise. The BNTB Fashion Week is the latest project, and it's run by **Martin Washington** who was excited about the premiere event in Cannes, said " We are very excited to bring our top-notch designers to Cannes and really do something different and bring excitement to the festival. We will be showing some of our new high-end designer lingerie pics and out new swimwear prices as well New items from our very popular SORRY I ONLY DATE MODELS COLLECTION FOR MEN AND WOMEN."

BeautyNTheBox brand started 3 years ago. Women lingerie and swimwear fashion brand are growing its subscription base by the day, counting over 20K subscribers. Urban men and women clothing behind SORRY I ONLY DATE MODELS COLLECTION is also getting traction. All this is followed with an online fashion magazine and with BNTB Fashion Week worldwide events.

CANNES | MAY 2019



BIV7'B

RUNWAY



Alysia Official

AKA HARDBODYBARBIE

FOR

BIVTB

IN

CANNES



TORONTO KIDS FASHION WEEK

Covered by
Michael Foust
Official Photo-Journalist (DÉ MODÉ)

- XIAN
- BELLE ANNE
- NORTH KINDER
- SUPAYANA
- PRIMI PASSI
- TETER WARM
- THE NEW
- AGGIE & FRANCOIS
- CARMEN'S DESIGN
- NOKA COLLECTION
- ZARA
- BRANDY MELVILLE
- GLAMOUR KIDS
- JOHN ABLAZA
- ANTI BULLY

TORONTO KIDS FASHION WEEK SCHEDULE

June 1st 2019

Daniels Spectrum in Toronto, Canada

SHOW 1:

XIAN
BELLE AMIE
NORTH KINDER
ANTI BULLY
SUPAYANA
PRIMIE PASSI

SHOW 3:

MOKA
COLLECTION
ZARA
BRANDY MELVILLE
ANTI BULLY
GLAMOUR KIDS
JOHN ABLAZA

SHOW 2:

TETER WARM
CARMEN'S
DESIGNS
THE NEW
AGGIE & FRANCOIS
ANTI BULLY



XIAN



BELLE AMIE



NORTH KINDER



SUPAYANA



PRIMI PASSI



TERTER WARM



THE NEW



AGGIE & FRANCOIS



CARMEN'S DESIGN



MOKA COLLECTION



ZARA



BRANDY MELVILLE



GLAMOUR KIDS



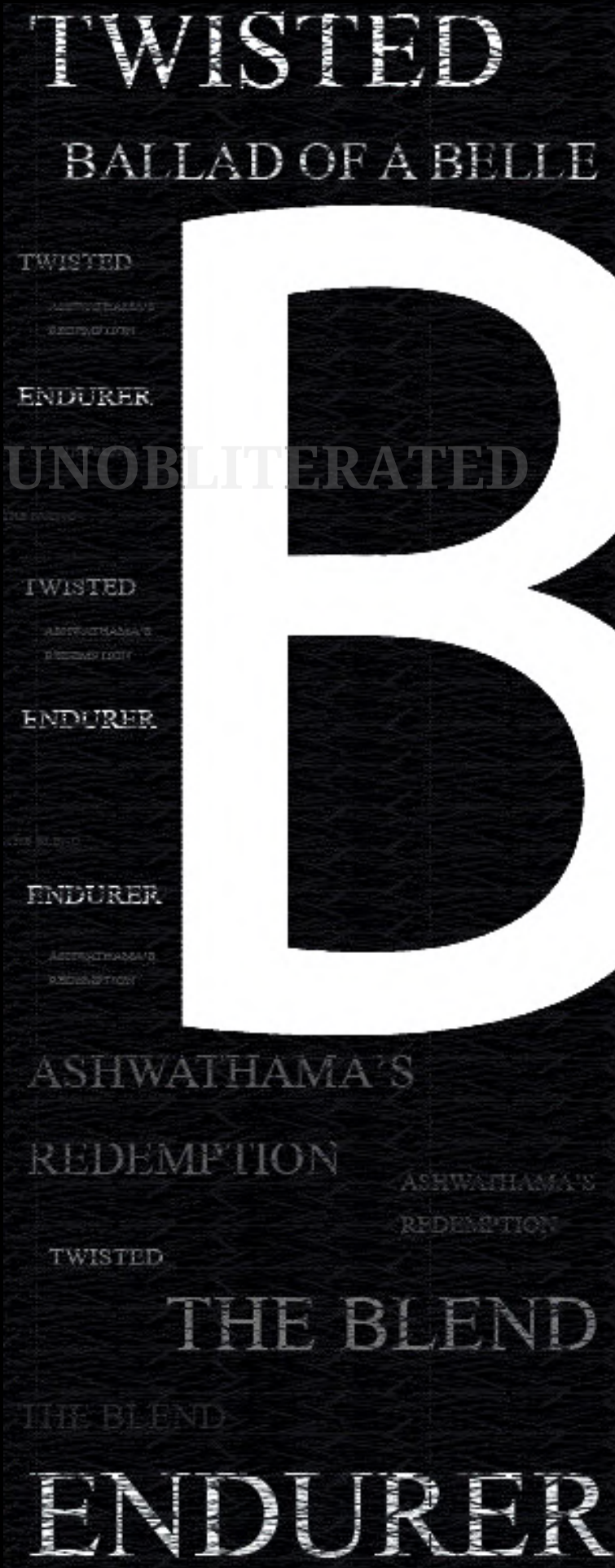
JOHN ABLAZA



ANTI BULLY

"You can have anything you want in life if you dress for it."

—Edith Head



BEST
 oooks
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 THIS
 2019

BY:
 MANASVI AGARWAL

TWISTED

 by Shirish Thorat


Book available to be purchased on Amazon

There is nothing more terrifying than a human being that stalks and kills for the touch, taste, and empowerment of human flesh. There are cannibals, pedophilic killers, necrophiliacs and sadists who kill in unimaginable ways and violate the human body in every way possible and they walk among us like ordinary people.

Twisted takes us into the minds of some of the most demented, cruel and emotionless serial killers of India. These are men, women and even a child that killed repeatedly leaving entire communities and cities paralyzed in the grip of fear and compelled us to peek into the darkest recesses of our worst nightmares. Written by a former Police Officer and a forensic criminologist this book is the first authentic analysis of the serial killer phenomenon in India. It explains how each was caught, including an analysis of psychological profiles, method of operation and their similarities to other serial killers in the world. This book is a must read for the thrill seekers and students of criminology alike and guarantees a slow chill that intensifies with each heart pounding page.



ABOUT THE AUTHOR:

Shirish served with Goa Police service before heading to the Royal Military College at Cranfield University, UK. He then did a stint in the aviation sector in the Middle East before returning to India where he ran a security audit, training and consultancy; He also dabbled in the development of innovative software for law enforcement agencies. Shirish is considered an authority on terrorism, radicalization and risk mitigation and is the author of 2 previous books; A ticket to Syria and The scout – the definitive account of David Headley and the Mumbai attacks. He lives in New Jersey, USA and is generally found walking in the neighborhood parks with Maximus his German shepherd.

INTERVIEW HIGHLIGHTS

What is the most unethical practice in the publishing industry?

In my experience, the total hegemony of the large distributors is a cause for worry. They work at their own pace and books are known to not reach the bookstores for weeks or even months at times. These distributors have such a stranglehold on the market, that even the biggest publishing houses are helpless and held to ransom by them.

Does a big ego help or hurt writers?

An ego, big or small, can be helpful as long as it is not too delicate. Take criticism and analyze it. If it's something that can help you, then benefit from it; if not then shrug it off. A criticism can be an informed opinion, and why to let that trouble you?

Do you try more to be original or to deliver to readers what they want?

Yes, I always bring out a different angle and perspective and one of the ways I do that is by not hesitating to bring in a co-author for a project if I feel my knowledge base is inadequate, especially in nonfiction where authenticity and accuracy of the content matters.

What do you think, is the meaning of being a writer?

For me being a writer is being able to give back the sum total of my knowledge and experience till date. People have this tendency to retire after say 30 or 40 years of working. I think what use is this huge reservoir that you have accumulated if it can't benefit anyone? So I am now giving back, it's for anyone and everyone out there to find wisdom, wit or thrill in what I write.

UNOBLITERATED

by Samriddhi Mandawat



INDEPENDENCE (n):
In Deepened Ends
Tied Independence of Society!
Tied with In Deepened Ends of the Society!

Grab this book and dive into the spectrum
of emotions!

Book available to be purchased on Amazon

ABOUT THE BOOK:

Ever wondered the emotions of

- a girl who is in love for the first time
- a girl who gets her periods for the first time
- successful woman who undergoes an emotional stress
- women who breastfeed
- emotions running through a rape survivor
- a widow who masturbates out of her unusual sexual desires
- desires and hopes of a prostitute from the society
- a girl who celebrates her last birthday before her marriage
- emotions undergoing a Me Too survivor
- desires of a man, who has a woman within himself
- of all the women, there is one woman of tornadoes – Mother
- but again, what if she is a mother of a terrorist?
- a woman who is celebrating her first night and promises the rest of the nights to her man!



ABOUT THE AUTHOR:

On Professional fronts, she has served as the first female Chartered Accountant Student to take up the chair of Secretary at Ahmedabad CA Students' Association, an association which caters to the needs of more than 30,000 CA students across Ahmedabad and it's adjoining towns and villages. Being a National Speaker, she speaks on Finance, Economics, Management & Taxes and has delivered lectures to more than 13,000 CA students in India. She is also a Motivational Speaker and has trained Chartered Accountants on Emotional Quotient through her unique EQ Management Tests.

INTERVIEW HIGHLIGHTS

Is writing your passion or emotion?

I feel writing can't be passion or emotion. It has to be sincere dedication with lots of research and open minded perspective. Nonetheless, it requires love for literature and understanding of words.

Do you believe in awards or rewards?

Of the materialistic world, I do believe in awards and rewards. Because, they become our benchmarks and we strive to do better and better with each growing day, just to get them. They, according me, are drivers of anyone's success.

How can you bring up a change in the literature world?

I am very small to bring any change, but my constant practice would be to keep up the work as real as possible. Fantasies and Fictions are good for entertainment purposes. But at the end of the day, what matters is realistic style of writing.

What is your favorite Quote?

My favourite quote is "मुख बनकर चलो, दो बातें सिखने को मिलेगी" (Just pretend that you don't know anything, the world will teach you everything. Experience is the wisest teacher.

How do you feel being an author? What are common traps for aspiring writers?

Being an author is surreal. Although professionally, I hail from Chartered Accountancy background and pursuing Masters in Economics, but as an Author, when you know you can connect to people is true sense of living. My suggestion for new comers would be - Be as natural and real as you can, imaginative stories are bestsellers but not critically acclaimed.

Which is your next book? Can you give us a brief intro?

My novel Infamous 5 is soon to be launched. Genre – Crime Thriller based on scams that have happened in our country.

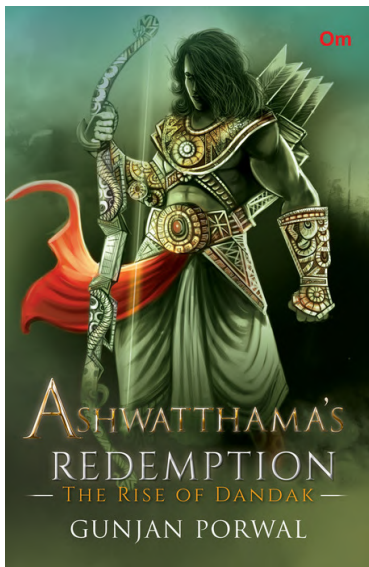
What kind of research do you do, and how long do you spend researching before beginning a book?

My books speaks on varied off beat topics - periods, breastfeeding, widow masturbating, prostitutes' expectations from society, mother of a terrorist, etc. So my primary research was to meet such women and interact with them and feel their stories. And it took me 2 years to write this book.

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Blog: www.smandawat.wordpress.com
Instagram: @authorpreneur_

AHWATHAMA'S REDEMPTION

by
Gunjan Porwal



Book available to be purchased on
Amazon

The story of this book is set a hundred years after the Mahabharata War, when an ancient power threatens to destroy the new Age of Men, by establishing the Age of Terror of the asuras, long believed to be extinct. The only hurdle in its path is Guru Dronacharya's son, the mighty but accursed warrior Ashwatthama, who lost all his powers following Lord Krishna's curse and who unwittingly finds himself drawn into the quest of the lost bow of Lord Rama, the Kodanda. As ghosts of the distant past return to haunt him and the line between friends and enemies blurs, Ashwatthama must fight his inner demons to emerge victorious. He undertakes a perilous journey—across the vast plains of the Ganges, to the snow-capped peaks of the Himavnt where the price of failure is a fate worse than death and death is a privilege not granted to Ashwatthama.

Is this all part of Lord Krishna's great plan? Will Ashwatthama be able to regain his lost glory? What is Ashwatthama's destiny?

The book is a mythological thriller, spanning timelines over 5000 years. It combines elements from both Ramayana and Mahabharata and blends both fact and fiction to take the reader on a thrilling journey of love, duty, friendship and redemption.



Gunjan Porwal, an engineer by day and writer by night, is fascinated by Indian mythology, especially the Mahabharata and Ramayana. During his schooldays, he was awarded the prestigious NTSE scholarship and stood on top of his class at St Xavier's school, Ranchi. Gunjan graduated from the Indian Institute of Technology, Kanpur in 2002. He then went on to work in different MNCs at Bangalore, Hyderabad, Singapore and Pune. He worked primarily in the field of Computer Graphics where he holds 20 patents to his name. An avid reader, Gunjan reads anything that he can get his hands on. In his free time, he likes to watch movies or web-series, mostly in the thriller genre. Although he might not enjoy the daily traffic to work, during weekends, Gunjan loves to go on long drives with his family and friends and enjoys spending time with nature. Gunjan lives in Pune with his wife, kids and parents. Ashwatthama's Redemption: The Rise of Dandak is his debut novel.

INTERVIEW HIGHLIGHTS

What literary pilgrimages have you gone on?

None so far. It is long overdue, and I intend to do it shortly. However, now, whenever I am travelling, I am more observing and see the world through a different lens, and that makes any journey more interesting.

How does writing bring out the best in you?

Writing helps me get into the self-reflective mode, and drives me to get better into my craft. When I wrote this book, I was unaware of many things I need to take care in the story. However, during the process, I learnt those elements and it helped me grow as a writer.

Do you believe in awards or rewards?

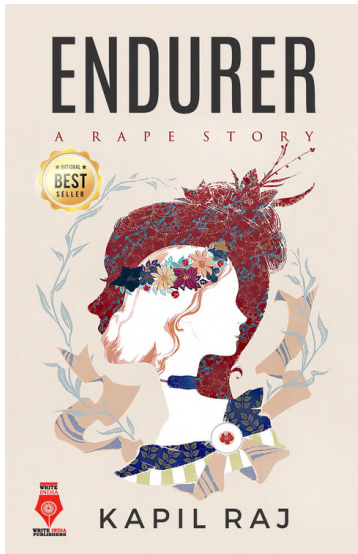
Both are important in their way. Awards help us validate our writing and to get recognition in the community.

I feel rewards are when readers, on the whole, enjoy reading your work. For a writer, the biggest joy is when people appreciate their work and are waiting excitedly for the next book. This also makes it a little bit scary as with each good book, the bar is raised higher, and expectations are raised.

How do you feel about being featured under "BEST BOOKS TO READ THIS 2019" by DÉ MODÉ Magazine?

It feels fantastic. Like I said earlier, for a creative artist, the appreciation of his or her work holds the highest meaning, and I am glad and thankful that DÉ MODÉ considered my debut book to be part of this list.

ENDURER by Kapil Raj



Book available to be purchased on Amazon

Life was a fun fed roller coaster: New found love, drugs, cat-fights, patch ups, crushes, night hangouts, and unplanned trips. Like any girl, not in the wildest dream, Palak could imagine that after attending a Rave Party, she will wake up to the horror of finding herself raped.

In traumatic conditions and struggle between sanity and hallucinations, she is compelled by the circumstances to leave her world. Already fighting a war within, her stances takes a toll witnessing horrifying tales of women and girls. Little did she knew that this catastrophe was not enough for one lifetime, and a storm - was just cooling its heels.

Will she be able to carve her path while facing the rapists, her tyrant father, appearances of her passed away mother? Should Palak let her life to be decided by people, society, and taboos? Would justice return her life or revenge lend her peace?

A heart-rending story of a girl, whose beliefs and honor has been battered, stands up to make choices, rediscovering the meaning of life.

"The book challenges various beliefs and social taboos like 'she deserved it' because of being drunk or dressing. Alternatively, the story takes you through the lives of women who face physical tortures on a daily basis, forcing a need to rethink upon women's conditions. All the concepts including justice and revenge are taken up with no direct narrative, but blending them in the scenes and story line, which will impact the reader psychologically."



Kapil Raj is an author and a professional based at New Delhi, India. His writing reflects the understanding of the social functioning and human psychology. With the heart of a philosopher, mind of a realist, and a deep-rooted non-conformist, he lives many lives, yet stealing the time for the most precious thing which matters to him: crafting plots, playing with characters and weaving the stories with inscribed messages. The Nirbhaya case had a huge impact on Kapil's consciousness and left him feeling angry and frustrated. Around the same time, one of his house staff's acquaintance lost her two-year-old daughter to gruesome rape committed by a known member from the neighbourhood. The fact that the victim's family did not report the incident to the police fearing the societal backlash they may have to face, made Kapil realize that inspite of the media uproar around this theme, the problem was far from being over. "Every news update in local newspaper about incidents of rape kept on triggering more and more emotions in my mind and that's when I started putting down my thoughts. I decided to weave a story around my objective of making a reader realise how as a society and individuals we have failed to support women on many occasions. We keep on blaming police and laws but fail to introspect on our own selves." "Our behaviour towards victims are still based out of deep-rooted social coding. Even the sufferer, forces self to blame and undergoes a torturous and harrowing time, getting secondary wounding by the near and dear ones. Even today, a larger percentage of cases never come to surface with fear to loss of respect. The reason to write is to assert those age-old reactions and taboos associated with rape" He believes that if this book results in changing the mindsets of even few, that will be enough to pay for all hardships and would define the success of the book.

INTERVIEW HIGHLIGHTS

What does literary success look like to you?

Success is not the end, it is just part of the journey. I feel more confident and relaxed while working on my next non-conventional assignment.

Do you try more to be original or to deliver to readers what they want?

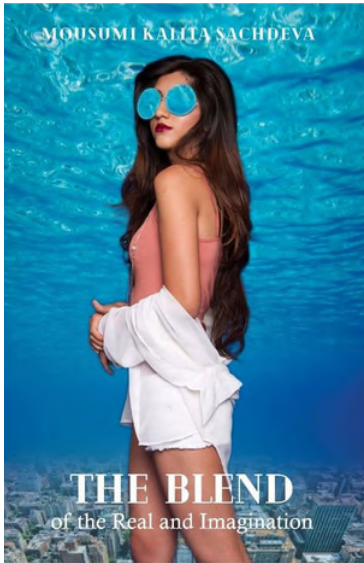
Customizing work as per the readers and market is a safe play but, in the end originality creates a trend which others follow.

ENDURER A Rape Story is your debut novel. What inspired you to start your literary career with such a sensitive topic?

There is no inspiration but only the frustration behind writing this novel. The shrieks of the victims, the horrors of mental and physical violation, the void of depression and the secondary wounding by the society which includes myself, used to choke my heart during the research or while listening to a story on the news or from the victims.

Instead of rapists, I wanted to focus upon the society as a whole. It is the judgemental behaviour towards the victims which inflict upon a greater misery, also termed as "secondary wounding." I believe firmly that #sheisnotavictim but #sheisanendurer which was my fuel to write on this subject.

THE BLEND OF THE REAL by AND IMAGINATION Mousumi Kalita



Book available to be purchased on
Amazon

THE BLEND OF THE REAL AND IMAGINATION is a collection of varied emotions flowing from the heart of a poet experiencing different stages of life in real and in her imagination. It carries the emotions of every human in the form of love, passion, boldness defeating the stigmas of the society, pain, motivation, humour and poetry as a life. The book is an attempt to project the beauty of micro poems with different forms of poetry such as Haiku and Senryu which are the popular styles of Japanese Poetry. The poetry presented in the book can be felt as a life story expressed with deep emotions exhibiting the real and carrying you to the land of Imagination.



The Author of Love Remains Undefined and Making Impossible Possible, and the Poet of The Blend of the Real and Imagination, Mousumi Kalita Sachdeva serves as Skill Development Trainer, an NLP Practitioner, author, an international poet, motivational speaker and the Editor at Damick ,a Self-Publishing House and the Traditional Publishing Head Editor of Turquoise Publication. She is a ghost writer too and has contributed richly in the contribution of books and poetry. She is also an Expert Guide of LAABh, a non-profitable organization (Pune) which serves the deprived in Legal issues and Education. She has been training and teaching in many institutions in various parts of India and has established herself as a writer contributing in many Newspapers, Magazines and Anthologies. She has edited many books and has contributed to 10 National and International Anthologies such as Zindagi Rewind, That Friend of Mine, The 13 Alphabet E Magazine (Bangladesh), Spilling Essences, Voyage, I am a Woman (USA), Flames (USA), Shadows of Placid Sanguine, The First Anthology of World Gogyoshi(Japan/Tokyo), 100 Bards-An International Anthology, World of Women and many are on the way. She has been awarded the excellence trophy of Best Author (2017-18) by Indian Awaaz and has been honoured with the Most Inspiring Author Award (2018) among the 100 winning aspiring Authors. Her views can be read in the two very popular newspapers 'Daily Excelsior' and 'Early Times' of Jammu and Kashmir. Life is a travel for her, filled with teaching, training, social service and attending and delivering training workshops at various universities, colleges and organizations.

INTERVIEW HIGHLIGHTS

When did you first realize you wanted to be a writer?

It was not a realization, but a sudden evolution – creation of my own self as a writer, perhaps because it was in me since I had first learnt the letters. My first poem was published when I was in the third standard. And that can be

Is writing your passion or emotion?

Passion and emotion are interconnected. Emotions give rise to our passion. Writing is all emotions expressed with words and thus, it has become my passion as I love to release my emotions rather than masking them. And what can be the best way to unveil your emotions – of course writing!

Do you believe in awards or rewards?

Awards and rewards are certainly the force of encouragement; yet the awards and rewards must be genuine and not the paid ones. However, I do not work for awards and many a times I have said no to the proposals sent to me for consent or pay for awards. Rewards for me are the love of my readers and their words of appreciation for my writings. They are immaterial and of course the euphoria.

How do you feel being an Author?

Being an author is an amazing feeling. People read me; they know me through my words. Many have never met me, yet they are so well acquainted and give so much love only because I am an author. Being an author has helped me to build my identity- the identity of my name without any suffix or prefix.

BALLAD OF A BELLE

by **Rahul Tushar**



Book available to be purchased on Amazon

Smitten completely, love was all that Aarti desired as she stepped out of Panditpora, Sopore, a small town in Kashmir, with dreams of a glorious tomorrow in her eyes. She was ready to merge with varied colors that life had painted for her, surreal most of the time. With sprinkles of love and care from Priya, her leading light, the game-changing journeys across various cities of the world strengthened her resolve to fight back every time fate besmirched her. Although, Priya helped Aarti wriggle out of decaying associations that had become possessive, self-centered and oppressive, could she teach Aarti all about life in a world full of envy, jealousy, greed, and treachery?



Born to a family of broadcasters, Rahul secretly desired growing up in the corridors of National School of Drama at Mandi House, Delhi. However, with 'chakras' in his feet and Mars as his ruling planet, destiny had already charted a different course of life for him. Travelling across the entire length and breadth of the country, he was destined to fall in love with the concept of India. His wanderings turned him into a die-hard patriot and a moderate nationalist. He scribbled whatever touched his heart, till one day when he decided he must 'write'. Since then, he has been in overdrive. Besides 'Ballad of a Belle', Rahul is simultaneously working on his next work of fiction, 'The Sinful Oracle' Weaving lives around the entire spectrum of human emotions, yet unsure if the characters had been portrayed close to their true selves, was a challenge Rahul faced every single day while composing the 'Ballad'. He wonders if he has been able to do justice to these mortals in not making them absolutely villainous or too saintly to be true. He holds himself completely responsible for their deeds. Life in this maddening city drives him to the wilderness of the mountains every now and then. He believes, till the time he adopts some hill top as his abode, he has to continue residing in Delhi with his wife.

INTERVIEW HIGHLIGHTS

When did you first realize you wanted to be an author?

As a teenager in 1978, I composed my first poem and read it over to my father, who was a published author himself. Having heard me he said, "Son, this is where your heart lies, pursue it". I guess that was the spark that ignited the passion for writing.

What literary pilgrimages have you gone on?

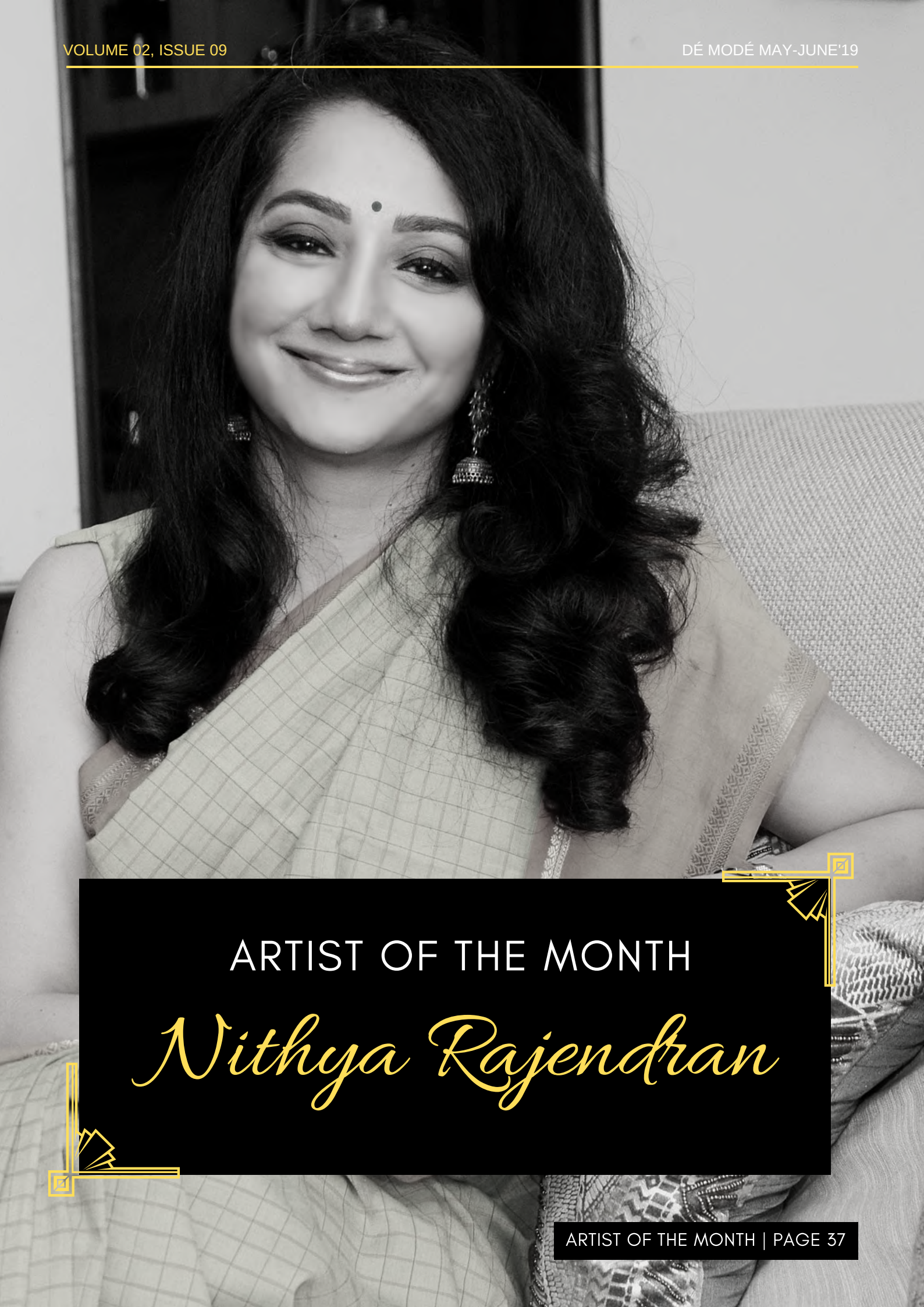
I would love to believe that every time I read a book that enriches my understanding of human behavior I am on a literary pilgrimage. However, talking of popular lit fests, Delhi, Jaipur and Chandigarh are the ones which I do not miss.

Is writing your passion or emotion?

When the emotions, which form the basic building block of human nature, overflow unabated, it gives rise to passion. Writing, like any other art cannot be meaningful without passion. An author perpetually remains in emotional labour pain till he delivers.

Do you believe in awards and rewards?

Rewards are intrinsic need of any human being. A positive remark or a happy exclamation by genuine readers makes all the effort worth taking. Unfortunately the same cannot be said for awards which may not always be to the most deserving. Awards at best are good for selling your product.



ARTIST OF THE MONTH

Nithya Rajendran

INTRODUCTION



Nithya Rajendran is an Indian Classical Music vocalist with over 30 years' training behind her. A unique aspect of Nithya's classical music journey is her versatility – she is an accomplished professional performer of both the Hindustani and Carnatic forms of music. During her various performances at forums such as the World Vegetarian Congress, Shanmukhananda Fine Arts, the Chembur Fine Arts Society, St Xavier's festival and SoBo Fest and many such forums, she often uses her intricate understanding to perform the same Raaga (Indian melodic scale) in both forms, while still keeping integrity to each form independent and distinct. She is an empaneled artist with the All India Radio, and has been invited as a judge for various classical music competitions in music circles, colleges and schools.

So how did this musical journey come about? Nithya shares that she has been fortunate to be born into a musically accomplished family. Her grand-uncle Sri A.S. Raghavan was renowned for his compositions of Tamil devotional poetry of over 500 poems (Thirupugazh), and his compositions are sung all over the world by the Tamil diaspora even today. Nithya won many state and national level contests and scholarships for classical music in her early years, including the prestigious Bharat Kalachar and Central Govt. cultural scholarships. After her masters in communication, she spent a few years as an advertising professional with McCann Erickson and as a professional portrait photographer, while still keeping music very much alive through her performances, until she heeded the call of her passion for music more than a decade ago. Over numerous years, she has had training and guidance from eminent gurus across the two genres, including Padma Shri Gayatri Sankaran, Smt. Bhushany Kalyanaraman, Sri. T.V. Gopalakrishnan, Smt. Ashwini Bhide Deshpande, Smt. Usha Deshpande and Smt. Thara Vijayaraghavan, which spanned training across different gharanas or Baanis (styles of singing), making for her voice versatility.

ABOUT MUSIC VRUKSH

Nithya founded Music Vruksh driven by a deep belief in the incredibly deep impact that Indian Classical Music can have on people's lives. Music Vruksh is a venture that aims to demystify Indian Classical Music and make it accessible to everyone so that it is available for its aesthetic, emotive, spiritual and transformative potential.

INTERVIEW

Do you consider music your passion or your work?

I used to think that work and passion cannot go together. But I now realize that if you are passionate about something, you will do well at it, and a viable career usually follows. During my years in advertising, I used to think of music as just a wonderful hobby - something I was good at and could pursue on the side. But over the years, I've proved myself wrong. Music for me is more than just passion or work. Music enables me to transform and touch people's lives, and has profound significance for me. It is work I do with reverence.

You have been in other careers briefly earlier. What was the turning point that led you to take up music full-time and to the formation of Music Vruksh?

Music has a certain addictive quality about it. During my early professional years, I believed that music could not be made into as successful a career as a corporate job. But it kept calling out to me. Finally, I gave in to the magic, and don't regret it one bit. Every aspect of music has become a pivotal aspect of my life - singing, hearing, teaching and initiating people into its life-changing abilities. It gives me much more meaning and purpose than any other career could have.

What does Music Vruksh offer?

Through Music Vruksh, I hope to make all the benefits of Indian Classical Music accessible to a wide gamut of people through engaging concerts, lecture demonstrations, interactive workshops, online and offline masterclasses, and customized programs.

The programs target specific needs of a wide spectrum of people who can access it for its transformative potential - right from school and college students, young working professionals and new mothers to senior management of corporates, working women and senior citizens.



What potential do you think is there that Music Vruksh can access to change people's lives?

The potential is limitless! Music is one of the few things that can transcend age, gender and socio-economic differences. Right from being a stress-buster and mood elevator to an aid to meditative practice, being a thorough voice-training platform, opening up creativity in children and adults, and being a support in healing, pain alleviation and mental health, to just being a source of great pleasure, the list is unending. All of us stand to benefit from accessing the beauty and transformative powers of Indian Classical Music.

You have had intense professional training in two different forms of Indian Classical Music. How does that help you?

Hindustani and Carnatic music have many differences, but there is also a basic commonality which I am fortunate to experience and hope to harness – which is the emotive power of Raagas.

I think performing in both forms gives me the power to reach out to a wider audience and speak their musical language better. It is also interesting to see that people who identify with one form through my music, want to know about how the same Raaga is performed in the other form, since there are many common Raagas between the two forms. This gives me an opportunity to bridge cultural gaps.

What does it mean for you to be an Indian Classical Musician?

Earlier, earning appreciation from audiences used to mean the world to me. That was my high, my reason for being a musician. But now, if the appreciation and validation come from having helped Indian Classical Music touch people's lives and enabled them to emote and transform spiritually, it feels even more profound and meaningful.

-Nithya Rajendran

PHOTOGRAPHY

Baran Altındağ

Production: Artplus Istanbul
Production assistant: Yusuf Koç
Photo Assistant: Büşra Şengül
Make-up: Tuğba Kayar
Stylist: Eylül Alici
Brand: WE WEAR NOT FROM HERE
Location: Istanbul (TURKEY)

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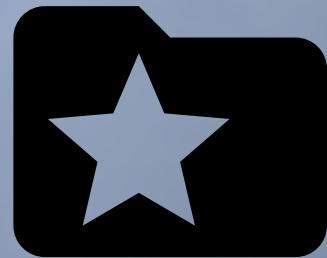
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starring

TANYA GARG



CURIOSITY

ENDS HERE

Tanya Garg, a 21 year old girl from Delhi (India) is chubby and full of life. Tanya is a **PLUS-SIZE** model with **NO LIMITS**. It was all miracle for her. Suddenly one day she saw notification regarding one of the beauty pageant and she registered herself. And she won Miss Delhi Globe 2018 in her first show. After her first show she didn't looked back. She started her career in modelling in May 2018. After her first show she proved that the greatest pleasure in life is doing what people say you cannot do.

She won Alina Miss India 2018 beauty pageant and also was the 1st Runner-Up of Ginni Fashion Icon 2018.

She won many titles in various shows such as Miss Best Beautiful Smile 2018 at Summer Icon, Miss Best Looks at Ginni Fashion Show, Miss Best Walk at Ginni Fashion Show, Miss Active at Alina Miss India, Miss Delhi Traditional in Miss and Mrs. Traditional of Delhi NCR 2018.

Recently she won Miss Plus-Size Model of the Year 2019 on 7th April 2019 and also got Women Empowerment Award 2019 in the field of Fashion.

Tanya lives her life on one motto only "Let's get out of our comfort zone and show the world how much we can do." She believes that if we can dream it than we can do it.

Tanya's mother is her support system. She believes in her and always motivates her to give her best in every field. Once her mother told her "Tanya you have your own set of unique and individual gifts, talents and abilities for a reason. They are the exact things you need to achieve your impossible dream. So use your gifts, develop your talents and master your abilities on your journey. You lack nothing. Use what God has given you." Tanya turned her cant's into cans and her dreams into plans.

She had done various theme shoots such as Save Trees (VIP'S Couture & Events), Crime Against Women in Society (Dowry Shoot in a Women's Magazine). She won National Icon Achievement Award in the field of fashion. She had done shoot with various stars too such as Rannvijay Singha (Model, Actor & MTV Splitsvilla and Roadies fame), Ashutosh Kaushik (Bigg Boss fame) and many more. She had done various Clothing shoots for Nirmal Wedding House.

Tanya was called as Guest Of Honour in various shows such as Hopes Entertainment, Handsome and Beauty of Delhi NCR 2018. She judged many shows such as Kids Fashion Week 2018, Beauty Saga Mrs Karwachauth 2018, Moms and Kids Runway 2018, Mr. And Miss Glam Face of Delhi NCR 2018, Mr and Miss Delhi Youth 2019.

For Tanya "Your self worth is determined by you. You don't have to depend on someone telling you who you are. Your dreams, desires and ambitions aren't some magical accident that have chosen you. They are yours for a reason. When something's got your name on it, all you have got to do to claim it, is BE YOU. The dream in your heart is yours for a reason. You've got access to the skills, talents and abilities to bring it into the world around you. Your world needs your dream, but more importantly, your world needs you to become the person your dream needs you to be. If your dream has name on it, it's yours! Time to step up, be the best version of yourself and claim it! When something is FOR YOU, all you have to do to receive it is BE YOU."

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SPACES THAT BRING CHEER TO REDUCE FEAR

BY PARVATHI S. RAO
FOUNDER & OWNER - PSR ARCHITECTURE



When confronted with physical ailments or mishaps, it is common for people to be overcome by feelings of fear and panic in addition to intense pressure and anxiety associated with treating problems. Patients often seek comfort and reassurances from family, following which they look to medical care facilities to help find solutions.

Keeping this in mind, healthcare facilities would benefit designing their establishments making it as patient friendly as possible. In addition, equal importance should be given to ease the stress on doctors, medical, non-medical staff and visitors.

The planning of many establishments may be driven by functional, practical and financial considerations which is integral to the efficient working, movement and circulation of the organization. While budgets might be limited, architecture and design can play a pivotal role in enhancing the services and care rendered both to the emotional and mental well-being of those unwell and their families.

When confronted with physical ailments or mishaps, it is common for people to be overcome by feelings of fear and panic in addition to intense pressure and anxiety associated with treating problems. Patients often seek comfort and reassurances from family, following which they look to medical care facilities to help find solutions.

Patients visit hospitals, spas, physiotherapy units, boutique clinics, yoga studios and other establishments with cutting edge facilities to recuperate and recover. In addition, there are other factors that could contribute to a person's healing which may help the family members and staff deal more effectively with the stress of providing care. This would assist in shifting the focus from illness to wellness.

POTENTIAL BENEFITS FOR HEALTH CARE FACILITIES

While constructing a new facility or upgrading an existing one, there may be certain design features that could be integrated thereby having a positive affect both on the patients and staff. For example, in an efficiently planned establishment, the building can use elements such as natural light and ventilation thereby reducing the overall running costs of the unit and making it more comfortable for people within the building.

For employees, break-out spaces, restful lounges and green terraces are likely to contribute to better staff morale and lower attrition rates thereby augmenting their output. This in turn would help in retaining their employees and improving performance to bring additional credit to the professional standards of the unit.



A 3-D VIEW SHOWING A RESTFUL LOUNGE SPACE WITH AN ADJOINING GREEN TERRACE

FIRST IMPRESSIONS MAKE A DIFFERENCE

While approaching the unit, visitors might feel the assistance rendered may be a reflection of the quality of care and infrastructure provided. Keeping a patient's requirements in mind and the attention to detail could begin with providing a leveled sidewalk with a well finished road abutting the building. Steps and ramps with appropriate traction surfaces to the facility would help support those with physical challenges. Precautions could be taken to ensure outpatients and their families are not disturbed by in-patient and emergency care.

A person's recovery may not be linked only to the treatment and cure of physical ailments. It could also be connected to the physical environment of the facility which in turn has an emotional impact on the people. Easy methods that might positively distract and engage people may include playing soft calming music, placing non-medical reading material in waiting areas and the use of TV screens and paintings to show visual material that aid in joyful and humorous distractions. Engaging local artists to produce attractive murals and paintings might enhance clinical areas making them visual points of interest.



A 3-D VIEW SHOWING THE ENTRANCE TO A MEDICAL FACILITY WITH LEVELED SIDEWALKS AND TRACTION SURFACES TO ASSIST THE DISABLED



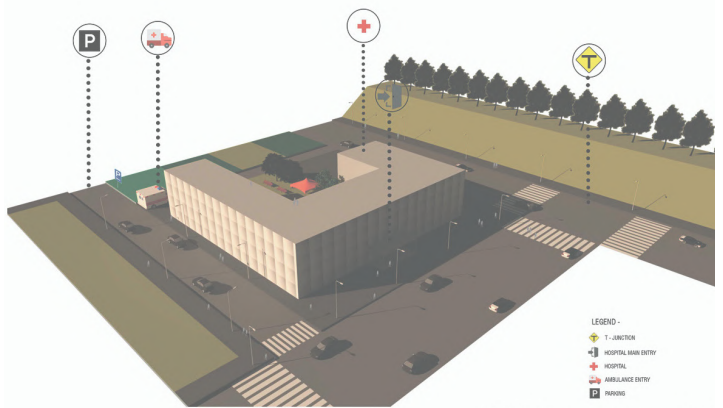
A 3-D VIEW SHOWING THE RECEPTION AREA WHERE VISUAL MATERIAL IS USED AS A POSITIVE DISTRACTION

The use of light, aromas and colour most often contributes to a pleasant ambience. In a medical facility, the application of these to create a recovery backdrop can be done by placing paintings and pictures to make blank and sterile walls attractive. Redirecting light in the recovery rooms by altering the angles of mirrors and prisms can softly illuminate the space to create a soothing ambience. This, along with calming colours in the interior fabrics and textures of the room to induce sleep and relaxation, would likely contribute to a more tranquil space.

PLANNING AND THE FOCUS ON LANDSCAPE

At the entrance of the facility, designing ways and paths for people to navigate with ease would allow for access to the required spaces without encountering or disturbing other patients and departments particularly those patients brought in an ambulance. The layout and planning could contribute to the efficiency of both time and space within the unit, enabling the easy and quick use of specific infrastructure.

Providing healthy plants wherever possible would probably prove beneficial owing to the proven therapeutic effects of greenery. Designing windows and skylights allowing for views and natural sunlight by incorporating large floor-to-ceiling glass to overlook internal gardens and courtyards wherever possible might calm and pacify patients, personnel and visitors.

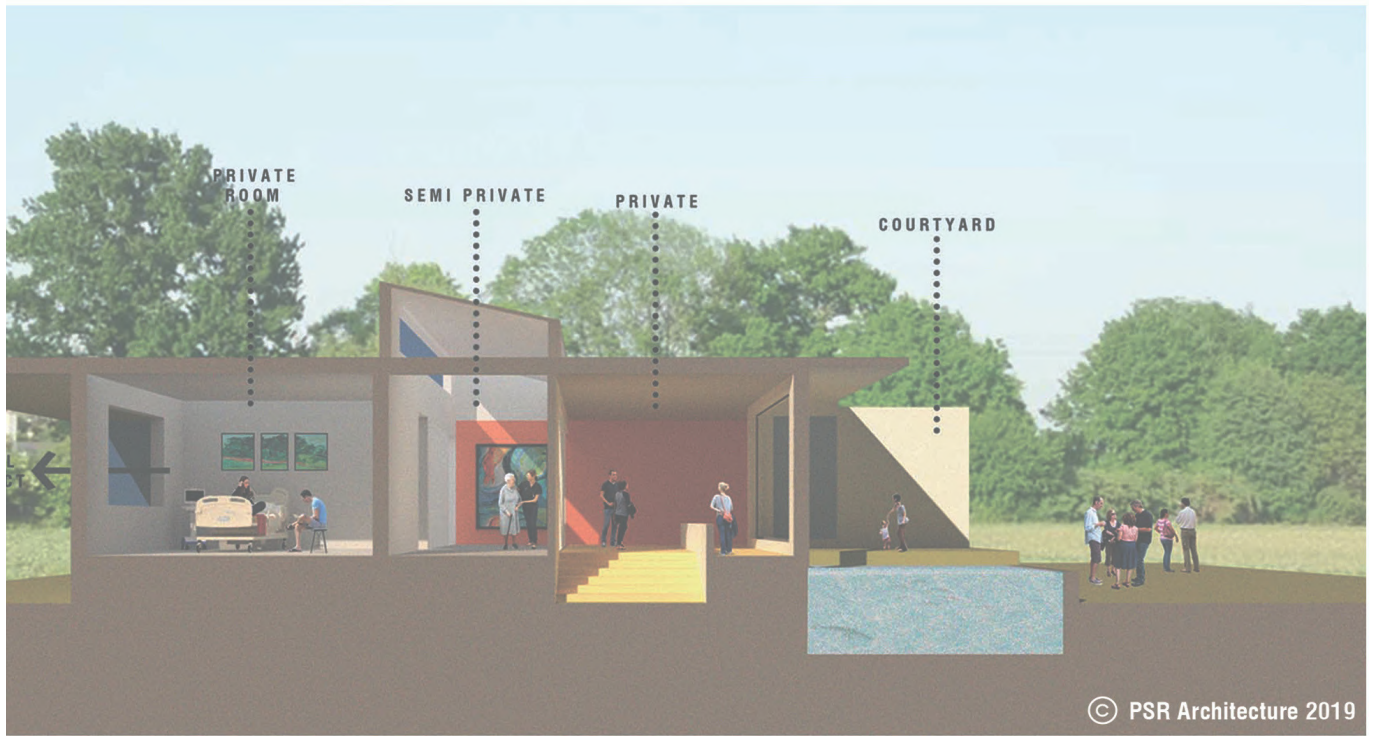


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A SCHEMATIC LAYOUT SHOWING THE CIRCULATION AND PLANNING OF THE FACILITY



A 3-D VIEW SHOWING AN INTERNAL GARDEN SPACE WITHIN THE UNIT



A 3-D VIEW SHOWING A RESTFUL LOUNGE SPACE WITH AN ADJOINING GREEN TERRACE

AREAS TO CONSIDER ADDING CURATIVE COLOURS

Colours have an integral role in evoking feelings within people causing people to react to colours. Therefore, in a healthcare environment, the application and location should be carefully planned. In recovery rooms where a person is in the supine position, shades like peach, coral and light yellow on the floors, walls and ceiling could provide a warm atmosphere thereby making the atmosphere more cheerful and bright. This could assist in a person's recovery making them feel more positive.

A comforting environment of a patient extends to the home, wellness centres, spas and several other spaces where people visit and stay to de-stress, unwind and convalesce. As suggested, modest design changes can be integrated irrespective of the scale of the renovation of a facility in order to foster a sense of well-being and reassurance. Although most establishments have to work within a tight budget, the effort spent on the initial phase of designing could in the long run, yield positive effects.

These varied design recommendations would benefit both the comfort and welfare of not only those who seek medical attention but also the caregivers.

ABOUT AR. PARVATHI S. RAO

She is the principal architect of PSR Architecture. The firm was established in 2011 and specializes in the research and design of a wide spectrum of projects ranging from residences, retail, corporate, hospitality, renovations and institutions.

The firm may be contacted at E: info@psrarchitecture.com.
W: www.psrarchitecture.com | T: +91-9008271612

In operation theaters and waiting lobbies to reduce glare and calm the medical team and visitors, colours such as turquoise blue and green have a calming effect and create an overall soothing environment.

In conservatories, the use of brighter colours such as coral, terracotta and indigo could be used to as an engaging backdrop against the green and colourful flowers.



A VIEW SHOWING THE INTERIOR COLOURS USED IN A RECOVERY ROOM INCORPORATING WARM COLOURS AND SCENIC VIEWS INTO THE DESIGN



EXQUISITE INTERIOR DESIGNS BY AAMNA MULLA & ANKIT AWATWANI

Known for their exquisite design solutions. AA Designs aims to convert living spaces into an elite experience through client satisfaction and optimum space utilization. The key motive and objective of this firm is to endeavoring for long, trustworthy client relationships through integrity.



KNOW **Aamna
Mulla**

Interior Designer Aamna Mulla's creative journey began during her High School days which gave her the direction and desire to pursue Interior Designing through her instinct and interest. She has great listening skills and has the ability to multi-task. She has obtained a degree in Interior Designing from NIMS University, Jaipur & New York Institute of Art + Design

KNOW **Ankit
Awatwani**

Interior Designer Ankit Awatwani has obtained a degree in Interior Designing from NIMS University, Jaipur. Belonging to a business family with a history of a furniture firm which inspired him to embark his skills in Interiors. He has a very detail oriented nature and holds knowledge of diverse design styles.



What they have to say as a team

The team has established the firm in Pune, which holds clientele in various parts of India. They believe that the best design concepts should be functional, highly efficient and should reflect the lifestyle of the client. They are driven by an urge of passion to create unique spaces that are tailor-made to suit their client's style and preference. They are a team of high dedication and with a perfect mind to interpret the likes of their client and customize the interiors in accordance with their style, needs, and budget.

What they have to offer as a team

They offer comprehensive interior design services for both residential and commercial spaces. They provide services from high end to exclusive residential spaces like flats, bungalows & commercial spaces like small workplace to corporate offices. They have executed many residential projects as well as commercial projects ranging from a single room to a 2-storeyed bungalow. They believe in deploying a platform for design with the help of their passion & dedication.

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DISCOVER SHANGHAI

A TRAVELOGUE \ By AZUSA UCHIDA

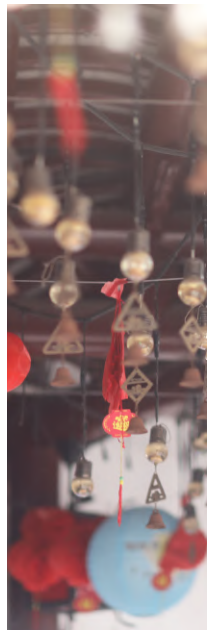
OFFICIAL TRAVEL PHOTOGRAPHER OF DÉ MODÉ IN HONG KONG, CHINA



01



02



Where to visit in Shanghai?

Azusa Uchida traveled & photographed some of the most famous places of this city. She picked up her camera with her 3 daughters in aiming to find you the way to explore the hidden beauty of this bustling commercial city. As one of the major tourist destinations of China, Shanghai enjoys superb cultural and natural resources. Travel with DÉ MODÉ, you will not have chance to visit the modern side of this city, you will be impressed by the elegant gardens, ancient temples and multi-cultured architectures that were built decades ago.



03

1. TIANZI FANG (SHANGHAI'S "ART STREET")
2. THE BUND (OLD ARCHITECTURES)
3. NIGHT VIEW OF CITY FROM HUANGPU RIVER

04



azusa
uchida

A professional travel photographer in Hong Kong with Japanese roots, is passionate about travel, maternity, baby & family photography. She loves the uniqueness that each place brings to the table. Her clients love the tangible feeling of love in her photographs. Her desire is to become so integrated in her work that when anybody sees it, one can easily recognize that it is Azusa's click. She is a personable individual who loves to have fun with clients while maintaining a professional standard of ethics.



(01) Tianzi Fang (田子坊) is an area with full of arts, crafts and narrow alleys that has developed in the former French Concession. It's a perfect place to walk around with a camera!

(02 and 03) Speaking of Shanghai's night view, it can not be talked without the Bund (外灘). There are many classic European buildings lighten up with the same color along Huangpu River and we also see a beautiful night view around the Oriental Pearl TV Tower, the symbol of Shanghai, opposite side of the river at the same time!

(04 and 05) Yu Yuan Garden (豫園) is one of the famous places for tourists in Shanghai. It's a classical garden with many old Chinese style buildings with a history of over 450 years, was a private garden of the Pan family in the Ming Dynasty. Yu Yuan is also a place where most of the traditional rituals and events take place during Chinese New Year and we can see many colorful decorations then!

05



HOW TO REACH SHANGHAI FROM INDIA?

From New Delhi to Kathmandu by train. From Kathmandu to Lhasa by taxi. Then board a train from Lhasa to Shanghai. We think it will be a crazy idea. But one should try this if he/she is a true adventurer. You should also have a visa.

WHERE TO STAY IN SHANGHAI?

Choosing where to stay in Shanghai can be challenging especially if it's your first time. Living here with my husband & 3 beautiful daughters (left), I can help! Places are The Bund and People's Square, Old Town, French Concession, Jing'an, Pudong, Hongkou and North Shanghai, Xujiahui, South & West Shanghai.

WHAT TO EAT IN SHANGHAI?

You can enjoy a great variety of local food like Soup Dumplings, Fried Pork Buns and Shanghai Snacks at most of the tourist attractions like Yu Yuan Garden, Tianzi Fang and Qibao (七宝).

上海

SHANGHAINESE CUISINE

by



DÉ MODÉ *food*

XIAOLONGBAO OR SOUP DUMPLINGS



INGREDIENTS

Soup

- 10 cups plus 3 tablespoons (or more) water
- 2 3/4 to 3 pounds chicken wings, backs, and necks
- 2 1/2 ounces Chinese-style cured smoked ham, cut into 4 slices
- 3/4 cup coarsely chopped green onions (white parts only)
- 2 (1-inch-diameter 1/2-inch-thick) slices peeled fresh ginger
- 1 whole dried shiitake mushroom
- 1 large garlic clove, flattened
- 1 tablespoon soy sauce
- 2 teaspoons Shaoxing wine (Chinese rice wine)
- 1 tablespoon unflavored gelatin (from 2 envelopes)

Sauce

- 1 cup black vinegar
- 6 tablespoons soy sauce
- 2 tablespoons very thin matchstick-size strips peeled fresh ginger

Filling

- 1 pound ground pork
- 1/4 pound peeled deveined uncooked shrimp, finely chopped
- 1/3 cup finely chopped green onions (white parts only)
- 3 tablespoons sugar
- 2 tablespoons soy sauce
- 1 large garlic clove, minced
- 3/4 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon finely grated peeled fresh ginger
- 1/2 teaspoon Shaoxing wine (Chinese rice wine)
- 1/4 teaspoon Asian sesame oil

Dumplings

- 75 (about) 3-inch square or round dumpling wrappers (from two 14-ounce packages)
- 1 large head of Napa cabbage, leaves separated

Xiaolongbao is one of the most famous Chinese steamed dumplings, but one of the most time-consuming to make from scratch. Inside the dumpling are little pockets of gelatinized broth made from chicken, pork and cured ham. When you steam the dumpling, the broth gelatin melts. It is a type of Chinese steamed bun from the Jiangnan region, especially associated with Shanghai and Wuxi. It is traditionally prepared in Xiaolong, which is a kind of small bamboo steaming basket, which give them their name.

These soup dumplings should be your first meal in Shanghai. Delicate thin-skinned dumplings, with pork/vegetable/chicken/shrimp or crab fillings inside with a delicious hot broth, each is an explosion of flavor in the mouth.

INSTRUCTIONS

Stock your pantry

Look for the ingredients and supplies featured here at an Asian market or online at adrianascaravan.com: Chinese-style cured smoked ham (or use Smithfield ham), dried shiitake mushrooms, Shaoxing (also spelled Shao Hsing) wine, black vinegar, dumpling wrappers (don't use wonton wrappers; they are too thin), and bamboo steamer sets.

Make the soup

Combine 10 cups water and all remaining soup ingredients except gelatin in large pot. Bring to boil, spooning off any foam that rises to surface. Reduce heat and simmer, uncovered, until chicken pieces are very soft and beginning to fall apart, adding more water by cupfuls if necessary to keep chicken submerged, about 2 hours 30 minutes.

Strain and chill

Strain soup; discard solids. Return broth to same pot. Boil until reduced to 2 cups, about 35 minutes. Season with salt and pepper. Pour 3 tablespoons water into small bowl; sprinkle gelatin over. Let stand until gelatin softens. Add to hot broth; stir until gelatin is dissolved. Transfer to 13x9x2-inch glass dish. Cover; refrigerate aspic overnight.

Make the sauce

Mix 1 cup black vinegar, 6 tablespoons soy sauce, and 2 tablespoons fresh ginger strips in small bowl. DO AHEAD Can be made 1 day ahead. Cover and refrigerate. Bring to room temperature before serving.

Make the filling

Combine all filling ingredients in large bowl and mix with fork just until blended. Cut aspic into 1/3-inch cubes. Add aspic to pork mixture; stir gently with wooden spoon just until incorporated. DO AHEAD Can be made 1 day ahead. Cover and refrigerate.

Assemble the dumplings

Line 2 rimmed baking sheets with parchment paper. Place 1 dumpling wrapper on work surface. Spoon 1 very generous teaspoon filling onto center of wrapper, including at least 2 or 3 aspic cubes.

Pleat the wrapper

Lightly brush edges of dumpling wrapper with water. Bring 1 corner of wrapper up around filling, then pleat remaining edges of wrapper at regular intervals all around filling until filling is enclosed and wrapper forms bundle-like shape with small opening at top.

Twist the top

Gather top edges of wrapper together and twist at top to enclose filling. Place on baking sheet. Repeat with remaining wrappers and filling. DO AHEAD Can be refrigerated, covered, for 1 day, or frozen in single layer in covered containers for 2 weeks.

Prepare the steamer

Line each layer of bamboo steamer basket with cabbage leaves; place over wok filled with enough water to reach just below bottom of bamboo steamer basket. (Or line metal steamer rack with cabbage leaves and set over water in large pot.) Place dumplings atop cabbage, spacing apart.

Steam the dumplings

Bring water to boil. Cover; steam until cooked through, adding more water to wok if evaporating too quickly, about 12 minutes for fresh dumplings and 15 minutes for frozen. Serve dumplings immediately, passing sauce alongside for dipping.

SHANGHAI SMOKED FISH, XUN YU



INGREDIENTS

For the fish and marinade

2½ pounds of small buffalo carp, pomfret, or king fish, cut into ¾-inch thick cross-sections
 4 tablespoons Shaoxing wine
 ½ teaspoon ground white pepper
 ½ teaspoon salt
 3 teaspoons grated ginger

For the "secret" sauce

3 cups water
 4 slices ginger
 2 star anise
 1 Chinese cinnamon stick (gui pi)
 5 bay leaves
 90 grams brown rock sugar
 ½ cup Shaoxing wine
 1 tablespoon oyster sauce
 5 tablespoons light soy sauce
 1½ tablespoons dark soy sauce
 ½ teaspoon Chinese black vinegar
 4 scallions
 ½ cup orange juice

Shanghai-style Smoked Fish, Xun Yu is another traditional Shanghai dish. Ideal for those who like highly spiced food, Shanghai's "smoked" fish slices (fresh fish marinated and spiced to taste like smoked fish) make a tasty dish. The fish is usually a carp and is prepared in a way that it tastes smoked and delicious. It has a crispy outer skin and the meat inside is beautifully cooked and tender, thanks to all that deep frying goodness!

INSTRUCTIONS

Step 1

Wash and clean the fish pieces, and pat them thoroughly dry with a paper towel. Gently mix the fish and all of the marinade ingredients, spreading them out to a single layer on a baking sheet, uncovered. Let the fish marinate in the refrigerator for 4-6 hours. Overnight is best. The fish will dry out slightly, which is perfect for frying later.

Step 2

For the sauce, add the water, ginger, star anise, cinnamon and bay leaves to a small pot, and bring it to a boil. Turn the heat down to low, cover, and simmer for 15 minutes. After 15 minutes, remove the star anise and cinnamon. Add the brown rock sugar, Shaoxing wine, oyster sauce, light soy sauce, dark soy sauce, Chinese black vinegar, scallions, and orange juice. Simmer slowly over medium low heat until the sauce reduces to about 2 cups (about 20-30 minutes). If necessary, remove the lid towards the end to achieve a slightly thicker sauce, but do keep an eye on it to avoid over-reducing the sauce. Once it's done, scoop out all the solid spices with a slotted spoon, and let the sauce cool completely. Then it's ready to use.

Step 3

Now, to fry the fish. Add 2-3 inches of canola or vegetable oil in a deep, small pot (to avoid using too much oil). Heat the oil to 375 degrees F, and fry the fish in batches of three to four pieces until they turn golden brown. Do not stir the fish around until there is a golden crust, or the delicate fish might fall part in the cooking oil. It's also best to fry the fish once to get a golden brown color, and then fry the fish again until it's a dark golden brown. There is no need to worry about over-frying the fish.

Step 4

Next, put the sizzling fried fish directly into the prepared sauce. Ensure all of the pieces are totally coated. The golden brown crust on the fish will soak up the sauce and flavor the fish. Let the fish soak in the sauce overnight, or at least for a few hours before serving. To serve, plate a few pieces and leave any leftovers in the sauce in the refrigerator until you're ready to serve it.

GRILLED OYSTERS



Shanghai is sea food foodie heaven and we have an entire street dedicated to oysters, mussels, scallops, crawfish and abalone (and for cheap!) to prove it. Every vendor on Shouning Lu has a slightly different take on three preparations of grilled oyster: oysters with black bean sauce, oysters with chili oil and garlic, and wannabe French oysters in "cheese" sauce.

INGREDIENTS

- 2 cups butter, softened
- 1/2 cup finely grated Parmesan cheese
- 1/4 cup finely chopped parsley
- 2 garlic cloves, minced
- 1 tablespoon Worcestershire sauce
- 1 teaspoon paprika
- 1/2 teaspoon ground red pepper
- 1/2 teaspoon hot sauce
- 2 dozen large fresh oysters on the half shell

INSTRUCTIONS

Step 1

Preheat grill to 450°. Pulse first 8 ingredients in a food processor until well combined.

Step 2

Arrange oysters in a single layer on grill. Spoon 2 tsp. butter mixture into each oyster; grill, uncovered, 7 minutes or until edges curl.

Step 3

Broiled Oysters: Preheat broiler with oven rack 3 inches from heat. Prepare recipe as directed, placing oysters in a single layer in a jelly-roll pan. Broil 4 minutes or until edges curl and butter drips over the shell.

SHANGHAI COCKTAIL



Shanghai cocktail is a cool and interesting cocktail recipe. This sweet drink is popular in China and its surrounding regions. It is generally made by using a combination of dark rum, pastis and grenadine and some other ingredients. Because dark rum has a sweeter and stronger taste, it perfectly suits the pastis which is anise-flavored and has a dry taste.

The grenadine also complements the drink as it is non-alcoholic and adds a sweet and tart flavor to the cocktail. Grenadine also gives the Shanghai Cocktail that pink/reddish color that characterizes most cocktails. The drink is really perfect for everybody; the taste of the lemon juice that's distinctively mouth-puckering sour will be tempered down and counteracted by some other sweets ingredients. Pack some Shanghai cocktail in a smart thermos from Vaya and have on the go! The Shanghai cocktail has many varieties. A common type of this drink is made using brandy, maraschino, bitters and Curacao.

This sweet and strong drink is usually served in a cocktail glass. Shanghai cocktail is traditionally inspired by some flavors of the Orient. Anybody can drink this sweet drink. There is no time you can't down this cocktail, you can drink it in the morning, afternoon or late in the evening. Also, Shanghai cocktail can be drunk anywhere (it is however not advisable to drink at the office though). The little alcohol content it has means that pregnant woman and people with certain medical conditions should not gulp too much if this drink.

INSTRUCTIONS

Step 1

Take a cocktail shaker and put a few ice cubes in it.

Step 2

Measure the anisette, grenadine, lemon juice, and light rum, and then pour into your cocktail shaker.

Step 3

Place the lid of the shaker back on it, and then shake very well.

Step 4

Strain the contents of the cocktail shaker into your long cocktail glass.

Step 5

If you want to garnish, cut the lemon wedge in a slit and then slide it in the edge or side of the cocktail glass.

INGREDIENTS

50 ml or 1 2/3 fl ounce light rum

1 tsp or 3.75 ml grenadine

15ml or ½ fl ounce anisette

15ml or ½ fl ounce lemon Juice

Lemon wedge, for garnishing (optional)

Ice cubes

SHANGHAI WONTON SOUP



INGREDIENTS

For the stock:

1½ pound chicken bones
1½ pound pork bones
9 cups of water
2 slices of ginger
Salt, to taste

For the pork filling:

½ pound ground pork
¼ teaspoon salt
2 teaspoons shaoxing wine
2 teaspoons light soy sauce
¼ teaspoon ground white pepper
1½ tablespoons water
¼ teaspoon sugar
1 teaspoon sesame oil
1 slice of ginger, finely minced

Making & cooking the wontons:

½ a pack of thin wonton wrappers (double the filling to finish the whole pack) [The original little wonton wrappers are white, but in the US, you can generally only find yellow thin wonton wrappers that are made with egg.

A few drops of sesame oil in each bowl.

A pinch of ground white pepper in each bowl.
Chopped scallion (about ½ a scallion per bowl is plenty)

If you ask a Shanghainese person what their favorite breakfast or afternoon snack is, it's probably going to be a steaming bowl of xiao hun tun, or "little" wonton soup. Most of you have probably never seen this Shanghai Wonton Soup before, because they're typically only found in Shanghai and surrounding areas.

There are two things that set this Shanghai wonton soup apart from all the other wonton soups: the wrappers and the stock. The wrapper is super thin: silky and light as a cloud. It cooks in seconds. That's why it's important not to over stuff these little wontons, so as to avoid overcooking the skin and undercooking the pork filling.

INSTRUCTIONS

Step 1

In a soup pot, bring all the ingredients to a boil, scooping away any impurities (i.e. foam, etc.) that float to the top. Simmer at your burner's lowest setting for at least 3-4 hours. A slow simmer makes the stock tasty, yet clear. When the stock is finished cooking, add salt to taste. You can also use this stock for other dishes—the flavor is clean and delicious.

Step 2

Mix everything together, stirring in one direction for about 5-8 minutes until the mixture takes on a paste-like texture. This is best done by hand rather than with a mixer get your arm workout in for the day!

Step 3

To wrap the wontons, place a ½ teaspoon of filling on the wrapper. Fold in half, and gently squeeze around the top of the filling. Heat up the stock if you made it in advance or if it has cooled. In a separate pot, boil the water for cooking the wontons. While you're waiting, add the sesame oil and ground white pepper to each of your serving bowls.

Step 4

Once the water boils, add the wontons, and stir lightly. The wontons are done once they float to the top. Use a slotted spoon to scoop up the wontons, and add them to the soup bowls. Ladle over the stock, top with the chopped scallions, and enjoy!

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