

YOU CAN'T HAVE ENOUGH of a good thing and Jyoti Rahul Dwivedi's ground floor apartment in Shipra proves it. Right from the word go, it's a delight to walk in. With elegance marked all over it, the house is a labour of love. "My home is a reflection of the collective tastes of my mother-in-law, my husband Rahul and myself," says this hotel management graduate, who while managing her two young tykes, also takes time out to add personal touches to her house.

With two small daughters always skipping about the house, the Dwivedi dwelling is all about clean cuts and child proofing. "All of us are very keen on cleanliness and safety. Because of my daughters, I make it a point to decorate the house with child-proof items like cushions and low-seating arrangements," she tells us. With everything cleaned regularly, Dwivedi likes her house to be spotless. Understated elegance is her designing mantra and to achieve that she steers clear of anything branded and has achieved a look that has her personal touch. "I don't believe in expensive items, so, I generally pick up stuff from Dilli Haat or the handloom emporiums." She says, "These are the places where you can get exclusive stuff that's also pocket friendly." From greenery to lights, her house has it all.

Blessed with the green thumb, she likes to potter around in her common garden that she shares with her neighbour, Dr Madhu Gupta. "Green symbolises prosperity and growth. So, I keep

She may be no flower child, but Jyoti Rahul Dwivedi's house is all about flower power as Debanjana Choudhuri finds out

inside information

Jyoti Vidya



(From left) The colourful corner of the living room; her daughter reclines on the lounge and Jyoti relaxes on the throws: COLOURFUL CAPERS

growing plants in pots both inside my drawing room and in my lawn," she beams, "I personally love colours so I keep on innovating with the flower arrangements." The flower arrangements in the corners and the green ornamental plants at the entrance are testimonial of her passion for the posies. While colours are her touch to her home, the graceful steel chandelier in the living room is her hubby's idea. "Rahul loves

chandeliers and bought a light and sober one for the living room," she shares with us. To coordinate the lighting, the Dwivedis found lamps of the same pattern. "I like soft and subtle lighting that shouldn't be jarring, yet adequate enough for people to see clearly," she adds.

A vaastu and feng shui believer, she has tried to incorporate such elements in her designing. "In order to ward off evil, I have used a peacock feather at the door. It

might sound funny but its kind of a superstition," she says. Candles are also extensively used by Jyoti to lighten up her family's spirits. "Both me and my mother-in-law go out shopping for different stuff for our house and we end up buying loads of things. Though the basic upholstery can't be changed frequently, we keep on changing the seating arrangements, cushion covers and all," she tells us. Definitely, home is where the heart is!



Single in the City

From being home alone to getting married and settling down in the City, we caught techie Nitin Bhatia right in time, as he gets ready to tie the knot next month

DO YOU KNOW HOW tough it is to find a single guy in the City? Well, let's tell you it's quite difficult. Because, we began our search for the single in the City right from day one of the SSCN and finally zeroed in on Xansa employee Nitin Bhatia right on time. After all, Bhatia is soon going to be part of the SINKs (Single Income, No Kids) of the City!

Call it *kismet* or pure luck, but Bhatia is finally our single in the City for this issue and we'll be sure to feature the Bhatia couple-to-be in the forthcoming issues as the newlyweds would be settling down in your neighbourhood after their wedding next month.

"I'm looking for my very own flat for next month to move in and have decided upon Shipra as it's my kind of place," says this

guy from Panipat, who started living in the City with his friends. "Earlier, I used to share the flat with a few friends, but later on when one by one all of them relocated themselves in different parts of the country, I got the flat to myself," he tells us. Nitin might be living alone, but with his job to keep him busy, he rarely finds time to feel lonely. "But I do make it a point to go back to my ancestral place in

Kurukshetra over the weekend or to my sister's if anytime I feel alone," he says.

Though lonely days are soon going to be over, Bhatia loves sitting in his balcony overlooking the Central Park and the market. "It's a pleasant view from the balcony," he shares with us. "The park is always buzzing with activity and it's a great way to pass time while watching the kids play, perform during some functions or festivities," he adds jovially. Landing up in Shipra upon the recommendation of his roomie's brother, "who used to stay here," Bhatia is charmed by the City enough to stay on forever. "I moved in August 2002 when we found the landlord of this apartment was going abroad and was keen on renting out the place," he tells us, "We acted upon the situation and shifted to this flat."

Since then Bhatia doesn't re-

gret this situation even though he's not fully satisfied with the water and electricity situation here. Apart from that, he has no grouse with the City and loves every minute of his bachelorhood here. Lamenting at the inadequate numbers of ATM vestibules in Shipra, Bhatia feels that getting more such amenities would make life easier for professionals like him.

For his daily routine, he loves to take regular walks around the City and on his way back enjoys a morning cuppa at his favourite tea stall. Initially, cooking was big hassle as he's not too fond of cooking. "I used to survive on eggs, bread and milk earlier but soon discovered the City is surrounded by very good restaurants and *dhabas* and that's definitely made life easier for me," he mentions. "Shipra's also ideal for me as it's close to my office," he adds.

There are times when he feels lonely and so he keeps his weekends open to go back home to the family. Not anymore as he's soon going to step into the nuptial knot. We wish him the very best!



PRIVATE CIRCULATION FOR RESIDENTS OF SHIPRA SUN CITY



Sonia Garg, Convener Art of Living, Shipra



1 Let's get physical Since yoga is a major part of Art of Living, it works like magic with diseases such as diabetes, arthritis, high BP and breathing disorders

2 Cool and calm With so many expectations to live up to in our daily lives, Art of Living helps you attain equilibrium and calm down overworked muscles, thus helping you unwind

3 Power of one It helps you take charge of your life and soothes your inner self bringing in mental peace thereby improving concentration and willpower.

4 Love thy neighbour Art of Living improves relationships and helps you analyse things neutrally. The meditation and yoga exercises make life easier and simpler.

5 Find thy focus It improves concentration levels, which is so important, especially for students and professionals for whom focus and tenacity hold the key to success

changing | times

New Year New You!

THE NEED FOR change bulldozed a road down the centre of my mind," wrote Maya Angelou in *Know Why the Caged Bird Sings*. And that's how it happens: One day you're content as a loafer-sporting dark-haired lass; the next you can't deny your high-heeled, platinum blond side. That's why this, our first issue in 2005, is packed with remarkable makeovers: stories that will leave you awed and inspired. Some makeovers, however, are subtle - small changes that you make oh-so-discreetly,

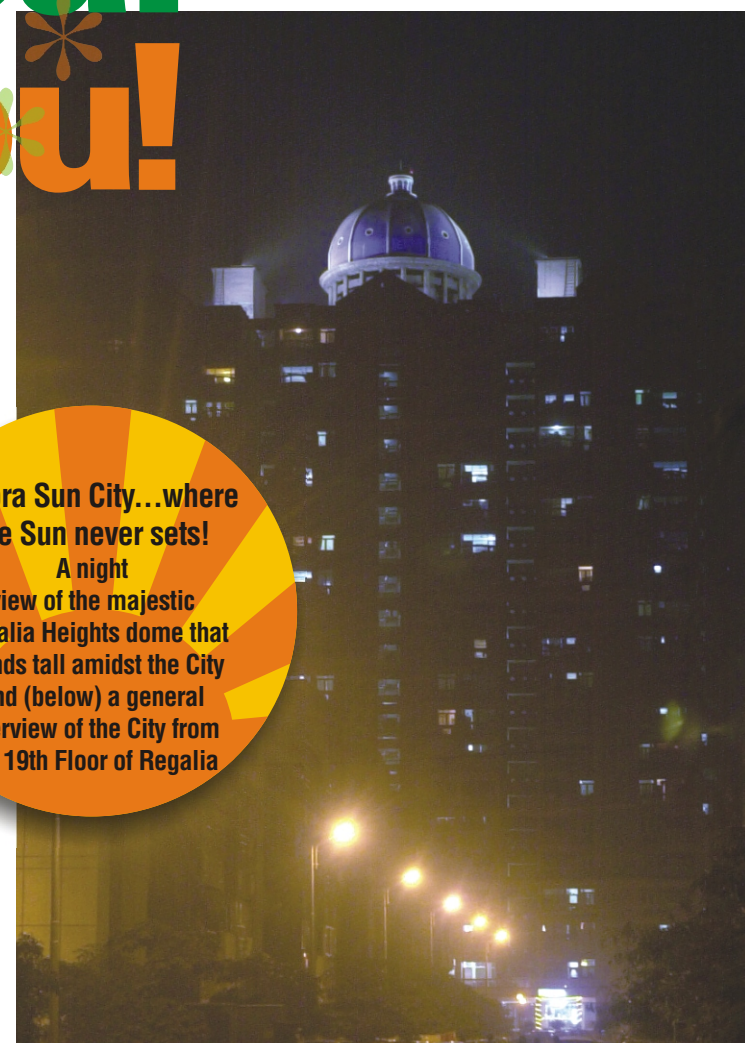
young couples at Shipra needed the most. There's Nitin Bhatia, too, living all by himself in a three-bedroom Regal flat. Single in the city, Bhatia, however, is in for a major change in his life: he's getting married! "But Shipra would remain my home," he says. *Whoa!* We have silver citizens Kanwajias, who've made Shipra Sun City their abode after a long and wonderful stint with the Indian Navy. With both their sons married and settled abroad, one thing

>>> *home, sweet home!* Single in the city, Nitin Bhatia, who lives in a three-bedroom Regal flat, however, is in for a major change in his life: he's getting married! "But Shipra would remain my home!"

hoping no one will be able to figure out exactly why you look so much better afterwards. Like this happy bunch of women who swear Art of Living has helped them change into fabulous versions of themselves. Or the kindergarten teacher Shivani Singh, who put her heart and soul into running a crèche in the City once she realised this is one thing

that hasn't changed for the couple, however, is discipline - something that you find in abundance at Bhamini Shekhar's *Bharatnatyam* classes for kids. "Before I shifted to the City, I could speak four languages: English, Tamil, Telugu and Malayalam. Now, I can speak Hindi also," she says. So here's to a 2005 filled with great changes for you, too.

Shipra Sun City...where the Sun never sets! A night view of the majestic Regalia Heights dome that stands tall amidst the City and (below) a general overview of the City from the 19th Floor of Regalia



Let us put the cream in your coffee!
 Advertise with Shipra Sun City News and get best returns
 Focussed Readership + Targeted Distribution = Maximum Mileage

For advertisement tariff
 Call 9511 51401702/03
 OR e-mail: saamag.media@rediffmail.com

the city's talking about...

PEACE OFFERING!

They meditate, do yoga and go out for *satsang* together. Bored of dreary existence, escape's close — in the fantastical world of Art of Living
TEXT BY **Nupur Amarnath**



ALL'S QUIET AT SONIA GARG'S THIRD-FLOOR REGAL APARTMENT AS PEOPLE FILE IN, TAKE OFF their shoes and sit themselves quietly on crisp white sheets on the floor. A picture of a bearded Sri Sri Ravi Shankar in white robes sits at the front of the room with a tiny offering of fresh flowers. Another picture of the *Guruji* hangs on one of the walls of the detoxed house. There are at least 20 people and they are here to tell us about their Art of Living experience. The group of well-dressed, soft-spoken and cheerful women draws people ranging in age from their 20s to their 50s, including a jewellery designer, a public school teacher, few college students and plenty of housewives. Not that the Art of Living philosophy doesn't attract any City men to the fold. It's just that on a Tuesday afternoon, most men are busy working. Talking to these women, you feel every single day is a box of sequined delights waiting to be opened. But you better be warned: it isn't all a glittering carousel of chuckles and song. It's just that when everyone's got issues, these people have got answers. "Thanks to Art of Living, the world is such a beautiful place to live in," says the lady dressed in a pink sari, who can't stop raving about the time spent with *Guruji* in Bangalore.



course that lasts six days," explains Sonia. "The beauty of the course is that it brings greater awareness, a fuller and happier life, less stress, greater mental focus, and a bevy of other health benefits." Of course, less fights with the spouse.

A meditation and yoga practice started by Sri Sri Ravi Shankar, who once studied with Maharishi Mahesh Yogi of the transcendental meditation fame, its centerpiece is Sudarshan Kriya. "Different rhythms of breath have a connection with different states of mind," says Gunjan, who teaches at DPS, Greater Noida. Like several other City kids, both her adolescent children have taken Art Excel, which has been specially designed for the minors. "Art of Living is an intensive breathing

The idea that breathing techniques can benefit one's emotional health is widely accepted, both in everyday life and

the world of science. When we are upset, nervous, about to run a race or perform on stage, we urge each other, "Take a deep breath." Sonia informs us doctors and psychiatrists in various parts of the country say the special breathing technique taught in the course can help relieve depression, post-traumatic stress disorder, insomnia and anxiety.

"One of those is Dr Vinod Konchupillai of the Metro Hospital, Noida, who has not only taken the Art of Living course, but also endorses it," she says. Not just that, studies of yoga, which places a lot of emphasis on breath, have demonstrated its effect on reducing blood pressure, relieving anxiety and boosting the immune system. "It's been successfully tried with Tihar inmates, too," informs Gunjan. If you believe her, one of her friends even conducts regular Art of Living sessions with the Kashmiri separatists! Not just that, they are doing their bit for the slum-dwellers around the City organising free medical camps. "We even give them meditation lessons which help them get over anxieties and depression," says one of the followers. So far away from home, the *juggiwallahs*, too, need to know the Art of Living, after all!

DANCE LITTLE LADY DANCE

AS SOON AS YOU ENTER *Nrityalaya*, you are greeted with happy and smiling faces of girls aged between 3-13 years. Ganeshji's idol sits in one corner and the unmistakable air of incense fills the air even as the stereo plays a foot-tapping Malayalam melody. This is as close as you can get to recreating the magic of a dance school specialising in bharatnatyam. And, of course, the ideal place for your loved one to take up her first hobby lessons. Says Bhamini Shekhar, a professionally-trained bharatnatyam danseuse, "I started with a few kids four years ago, but now the number has swelled to 39." A master of three south Indian languages,

Bhamini, however, gives full credit to the parents for being so supportive of her. "Though they do not understand Malayalam, they still help their kids in memorising the songs on which they have to perform," she smiles. *Nrityalaya* is currently buzzing with activities, as the sub-juniors' group is busy preparing for the Republic Day celebrations. So excited are they for the R-D function at the Central Park that they are not only practicing to a patriotic number, but are actually lip-synching. "The parents take a load off me as they help kids in dressing up and also managing them on stage," beams Bhamini. "I haven't introduced any exams for the kids so they don't feel bogged down with pressure. Even her own daughter, Maneesha, who has won accolades for her various performances, doesn't hold any certificate as such.

Sadly though for Maneesha, she's missing all the current activities due to



her Class X Boards in March. As for *Nrityalaya*, classes are held thrice a week for an hour or so. Both the sub-juniors and the junior groups have classes scheduled for the same day. By the way, *Nrityalaya* is a hit not only among the City residents, but also people living in the adjoining areas like Rail Vihar and Indrapuram. In order to cater to their demands, Bhamini has also started holding classes outside the City. With more than a decade of experience behind her, Bhamini sure has made a place for herself among the art loving families in the City. **_DC**

With this delectable delight we guarantee that apart from the Iglesias trio of dad Julio, Enrique and I'll bro' Julio Jr, Spanish Rice will be the next thing that will make you go loco for Spain

Viva Español!



WHAT'S COOKING
SPANISH RICE
Recipe by **Meenakshi Kapoor**

WHEN IT COMES TO LIVING IT LARGE, nobody does it better than the Spaniards, after our very own *Punjus*, that is. So, when City nutritionist Meenakshi Kapoor, mentioned something about cooking up Spanish rice, we lapped up the offer. Just because we were sure that like Punjabi *pulao*, Spanish rice would be full of the joie de vivre that's Spain. And since we have already started the trend of featuring cross-over cuisine with Chinese *Idlis* in our very first edition of *What's Cooking*, we wanted to carry the tradition further. This recipe is for you if you are bored with the mundane mutton *biryani* or gulping down the oft repeated, almost formulaic fried rice. Then say "Si, Senora" and get ready to follow this easy to make and quick to eat recipe that will definitely have you crying for more.

SPANISH RICE

(Serves: 10)

- Ingredients**
- Uncooked Rice 1 1/2 cups
 - French Beans 100gm cut into small pieces
 - Potatoes 100gm cut into small pieces
 - Carrots 100gm cut into pieces
 - Green Peas 100gm (boiled)
 - Onion 1 (finely chopped)
 - Capsicum 1 (finely chopped)
 - Tomato 1 (finely chopped)
 - Curd & cheese 2 tbs
 - Garam masala* 1 tsp. *Garam masala* has cloves, pepper & cinnamon
 - Garlic 10 pods
 - Kashmiri Chillies 10
 - Salt to taste
 - For Garnishing Slices of tomatoes, 4 tbsps grated cheese

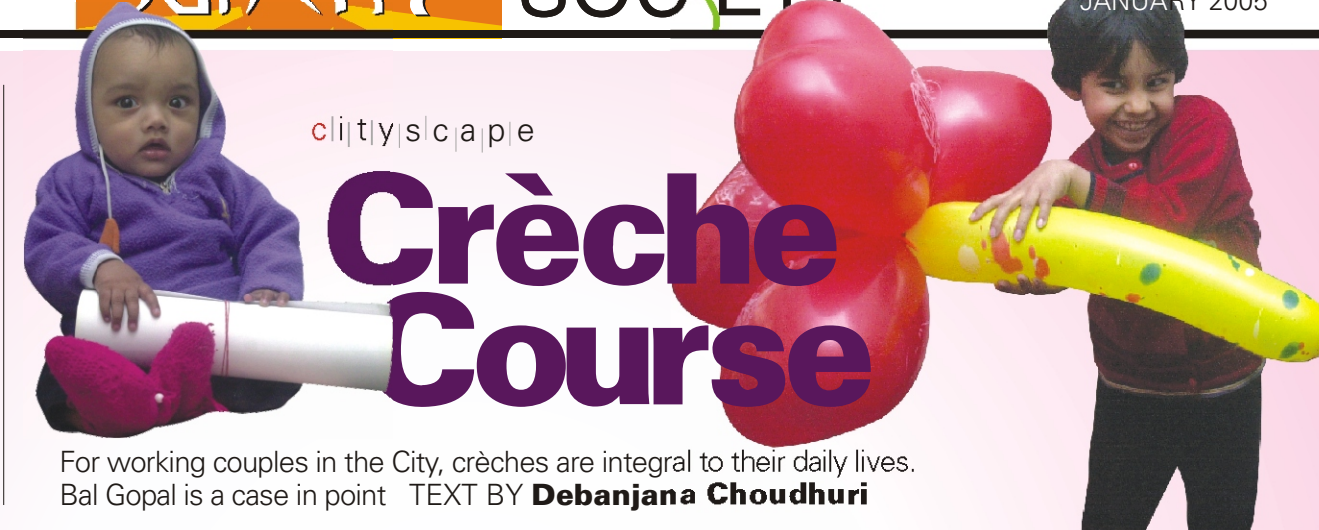
Method

- 1 Boil the rice such that the grains don't stick to each other. Then roast the red Kashmiri chillies in a frying pan for a few minutes. Pound it along with garlic and set aside.
- 2 Then take a non-stick frying pan (ideally as it uses less oil) and heat oil. Add onions and fry them for a minute. To this, add crushed garlic and the chilli mixture.
- 3 Fry for 2 minutes. Add capsicum, tomatoes, curd and grated cheese to it. Cook it for 4 to 5 minutes.
- 4 Finally add the boiled rice, salt, vegetables and *garam masala*. Mix well.
- 5 Now grease a baking dish and pack it with the rice. Garnish it with tomato slices and grated cheese. Bake in an oven at 400F for 10 minutes. Then serve hot with *raita* or Manchurian sauce.

If you think you are gifted in the kitchen and have the genes to cook up something unique yet delectable, then share your talent with the City residents through this column. If we like your recipe, we'll feature you along with it in What's Cooking. E-mail us at saamag.media@rediffmail.com



AS MORE AND MORE DINKS (Double Income, No Kids) become DISKS (Double Income, Single Kid), crèches are becoming almost endemic to modern lifestyle. So, how do you expect City residents that usually keep up with the trends, to be lagging behind? After all, Shipra has probably the largest number of working couples with nearly half of its population falling in the latter category. This is something that prompted Shivani Singh, a resident of Sector 25, NOIDA, to up and come to the



For working couples in the City, crèches are integral to their daily lives. Bal Gopal is a case in point TEXT BY **Debanjana Choudhuri**

city's scape

Crèche Course



Kids doing their own thing at the crèche: GOOD TIMES

City to set up Bal Gopal, a popular City crèche.

Bal Gopal is a boon to the working parents of Shipra, who trust Singh enough to leave their bundles of joy with her from morning to evening. Singh, a former kindergarten teacher herself, was inspired to start something of her own after she saw the resultant success of her neighbour in NOIDA in a similar venture. "I chose Shipra because it has a lot of

working parents," she tells us. That coupled with the fact that it has "good ambience, too." Singh looks after all age groups from 8 months to 13 years.

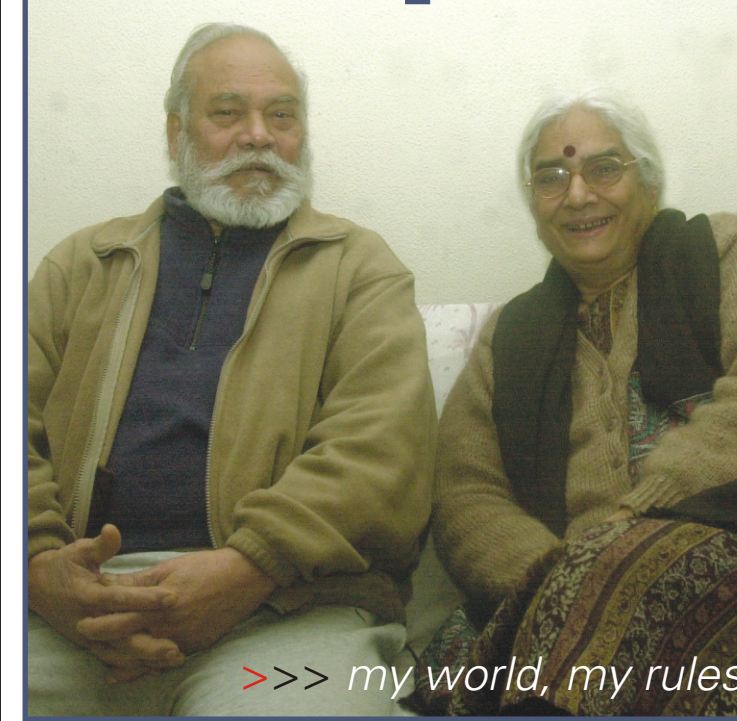
With facilities for a play school, crèche and day boarding, Singh is following her dream in the City. "Many kids come after school or during vacations as in most the cases their parents are working," she says. "Even my daughter, Rishika comes directly here and goes

I chose Shipra as it has a lot of working parents, also it has great ambience!" SHIVANI SINGH, Owner, Bal Gopal

back home with me in the evening." Definitely not a child's play, Singh is on her toes since morning and has hired three helpers to assist her in engaging the kids productively. However, handling tantrums of the kids, engaging them with toys, keeping a track of their food habits require a lot of patience and tact and

Singh owes her days as a KG teacher as the training ground for running a successful crèche. "I have invested in various games like building blocks, tricycles to a television to keep the kids occupied," she tells us. From eight in the morning to eight in the evening for Singh each day is a new adventure and a new beginning!

Aye, Aye Captain!



One of the early settlers of Shipra Sun City, retired navy officer Bhagwan Kanwajia and his wife, Kamlesh Kanojia, are making their peace with the changing world around them

SAILING ALL OVER THE WORLD AS AN INDIAN NAVY OFFICER, WHEN Captain Bhagwan Kanwajia finally decided to hang his boots, he chose Shipra Sun City to set anchor. Moving into the City four-and-a-half years back, the Kanojia couple have seen the City evolve from a two-tower settlement to a thriving township. Such change within so less a time has made them a trifle unsettled in the modern world. "We love the place," says wife Kamlesh. "But people have to live up to their social responsibility."

Agrees the Captain, who moved into the City upon the insistence of his daughter who has also bought a flat here, "But they will move in after some years." Putting his sailing days behind him, the man from Bhopal decided upon the city because of its connectivity. With both the sons settled in the US and daughter happily married, the couple likes to take long strolls around the City to keep in touch with its metamorphosis.

"Within the next three years, Shipra is going to see a sea-

change with increasing number of houses, vehicles and shopping centres making it a booming City," he says. Wife Kamlesh feels Shipra is very safe for silver citizens. "You do have to be careful and alert, but mainly people do watch out for each other here," she tells us.

"The neighbours are helpful, friendly and warm," she further adds, "It's a self contained city." Living a quiet retired life in the City, the duo is very particular about their morning and evening rounds of the City. Being a well-travelled man who has served with the Indian Navy in both the pre- and post-independence era, the septuagenar-

ian believes education and liberal outlook towards life is of utmost importance. The couple, however, feels people around lack civic sense. Stray dogs are yet another menace that bothers the Kanojia couple. "Personally, I feel flats are no place to keep pets," Kamlesh tells us. "There are many who dump garbage indiscriminately outside their houses," says the Captain, while adding that rickshaws should be completely banned from entering the City as they create a mess on the roads.

"It will be a welcome change if these problems are tackled by the residents," she adds. Aye, aye, ma'am!

"Discipline refines a man. *Apni karma indriyo ko anusashan me rakhna hi dharma hai*" **CAPT (RETD) BHAGWAN KANWAJIA**

>>> my world, my rules