



Dental Do's and Don'ts

WITH Dr ARUNIMA SINGHAL

1 DON'T CARRIES ON Make your kids stand in front of the mirror under a yellow light and look for brown dots on their teeth. The brown dots are the regions where there are caries and these need to be filled up.

2 BRUSH EFFECT Do not use just about any toothbrush. The shape of the toothbrush should be compatible with your facial structure.

3 MUSCLE MANIA As opposed to the general belief, chewing gums are good for facial muscles and the new whitening gums are good for consumption as they have medicinal properties.

4 PASTE PROPERTIES You should be aware of the properties of your toothpaste because one paste doesn't suit all. While for some fluoridated paste is recommended, whereas for others non-fluoridated brings amazing results.

5 RINSE RUSH Rinsing the mouth after eating or after every smoke prevents the teeth from getting stains.



Dr Arunima Singhal has a full time dental clinic at Shipra Sun City and has been practising for the past three years

Even though starvation, dysentery and typhoid fever were rampant, colonies in the New World did protect its guys from the biggest health hazard of the day: eating a deadly arrow. In 2005, however, a city needs more than a decent set of wooden palisades to support a healthy ZIP code. It has to be a statistical standout. Prostate cancer can deliver a low blow, but it can't score a



Healthy CITY

Like disease, well-being is contagious, especially among our readers, who've made it a habit to turn their colony into a city of joy, says **Debanjana Choudhuri**

knockout. Same goes for heart disease, stroke, cancer and the other killers. And, because a longer life span doesn't mean much if it's idled away in traffic, there can't be congested roadways. Or air that tastes like tailpipe. The neighbours count, too. They have to be fit, not fat. Neither armed nor dangerous. With a healthy smattering of

white-coat professionals. Sounds like too much to ask?

Not for the Shipra Sun City, which perfectly fits our bill for keeping a guy safe, sane and living a healthy life in his sack. Though it doesn't need any arithmetic to know how much energy is there in the City or how health-conscious are the Citywallahs, still we had our cri-



Every morning you'll find people taking rounds in the Jogger's Park. It's a healthy sight to see people of all age group jogging and walking.
Dr Amit Bhargav, Sr Oncologist, Fortis



WALK FOR LIFE Shipra residents love their Jogger's Park. That's why come evening and many of them hit the tracks

teria before calling it a healthy city. Just for the record, instead of asking our interns to count blades of grass in the green lung being developed outside the City, or drive around with a stethoscope in one hand and a thermometer in the other, we crunched numbers to diagnose the health of the City. This involved parameters covering the general areas of health, fitness, and the environment. To be honest, willingness to get off one's butt and walk around the block a few times scored big in the survey. Which makes a lot of

sense, since anyone who's visited the City knows there aren't many reasons to stay inside.

In fact, if you were here in the evening, you would quickly dub it as the walking city! And why not? The air makes for better breathing and the roads are clean and discounting the occasional Romeos zipping in their dad's cars, are literally hassle-free for the health-conscious to make the best use of. Dr Amit Bhargav, Sr. Oncologist, Fortis, and a Shipra resident, is all

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Peace. inside information by piece

TEXT BY **Debanjana Choudhuri**

Young and restless before she moved in her Windsor flat, Nidhi Kapur is now a contented soul, thanks to vastu and clutter-free interiors



HANDLING A SMALL SPACE WITHIN A limited budget is an art and it most certainly is a big challenge. But we all want houses that are aesthetically appealing. What is needed here is lots of creativity, style and big ideas for

little spaces _ and voila! You have a house that takes your breath away! "Though it applies to every room in your home, decorating with what you care about the most is very important," says

Nidhi Kapur, who swears by vastu and would gladly give her right hand for peace and harmony at home. "When we relocated to this flat, I was very restless and impatient. So I switched over to vastu to make the house a better place to live in," says the Modern Academy,

Whatever doubts you might have had are put to rest by the clutter-free interiors that reflects the trust so very well. "The *bagua* mirror acts as a deterrent to all evil energies invading the serenity of my home," says Nidhi.

Not just vastu-proof, her home is also child-proof. "I have even placed swastika in the kitchen and crystal balls in Tamanna's room as these help in bringing peace and safety," she explains. After seeking help from a vastu consultant,



>>> *my house, my space*

"I have stayed close to the principles of vastu while doing up my house like placing swastika in the kitchen and crystal balls in my daughter's room for peace and safety." **NIDHI KAPUR**



Noida, teacher and mother to seven-year-old Tamanna. Simplicity is the keynote of the Kapurs' Windsor home that celebrates the simple essentials of a good home namely clean, straight lines, monochromatic colours, reflective surfaces, mirrors, and diffused lighting.

"All these go a long way in creating a feeling of visual spaciousness," informs Nidhi. Right at the entrance, where she's put a colourful *bagua* mirror, the Kapurs make sure they are die-hard vastu followers.

the Kapurs did up their house strictly on the lines told to follow. "As my drawing room is in the south-west corner and it is a fire corner, I have matched the upholstery accordingly," she informs. "I have picked up little showpieces from Chandigarh and Sanjay has assisted me in choosing the right stuff," Nidhi says.

Furniture being one of the most important ingredients of a house, the Kapurs have chosen simple wood and cane pieces, which are light and airy

and create a feeling of space. A small house needs to be well-ventilated and airy, so they have light cotton printed curtains that also add a dash of colour to the interiors. Rust is the predominant colour in her fire corner, but it is complimented with a dash of orange and yellow. The laughing Buddha facing the entrance to her apartment is a catchy sight. The tinge of greenery in form of ornamental money plant and bamboo shoots add colour to the room. Apart from making

her house vastu-proof, Nidhi lights camphor lamps and fire glass bowl to prevent negative vibes from being circulated in her home. "I light them in the evening for at least two hours and play some devotional songs to add to the holy and serene mood," she adds.

The friendly neighbours and like-minded people are the other things that keep the Kapurs ticking and help them in their quest for harmony. The Kapurs are definitely in a harmonious balance with the environment, thanks to making their home a relaxing and enjoyable place to live. As they say, a little bit of order in your home goes a long way to making your life feel less cluttered. The end result is a well-planned house where one is not constantly bumping into or tripping over objects. A house, which leaves people with the thought that "the best things in life come in small packages." ●

>>CONTD. FROM PAGE 1 Healthy CITY

smiles talking about the fitness fad catching up fast in the City. "People in general have good habits here," he says. "Every morning you'll find people taking rounds in the Jogger's Park. It's a healthy sight to see people of all age group jogging and walking." Agrees City paediatrician Kanwal Raina. "Shipra Sun City is a healthy city and the kids out here are reasonably well taken care of." But Jogger's Park _ right behind the site office _ isn't the City's only claim to park fame where you can walk, run or flick some discs with the junior.

At least five other green expanses in the City give its people reasons to get outside and burn off their flab, or just be happy to be alive. The City is also quick to confirm the old saw about friends in high places. So that every now and then you have health camps being organised here that not only spread awareness, but also motivate the residents to keep fit and healthy. General practitioners are dime a dozen in the City and if indeed you get really sick, you might actually have a shorter wait hotfooting it to bigger hospitals in the vicinity. "Now with Fortis only a five-minute-drive from here and Max, too, coming up close to the City, handling emergency cases won't be problem," says Dr Bhargav.

Resident dental surgeon Arunima Singhal, who has at least nine dental specialists visiting her set-up in the City, however, has some reservations. "World-class super-speciality hospitals are fine, but what about an effective ambulance facility?" she asks. "I would earnestly emphasise on a 24-hour ambulance service in the City." But once the hospitals are here, can such necessities be far behind? Rest assured, we know the sun will always cast its perfect Shipra sunset, summer, winter, spring, or fall. Isn't that motivation enough for taking a walk? ●

ONLY SIX ISSUES DOWN THE lane and the City can't help talking about Shipra Sun City News. While men would love to see more of themselves in these columns. But that's something beyond our control: women seem to be in the forefront of all the

Write-in you City wallahs! Your City needs you. NOW!

hip and hot happenings in the City. Though we aren't complaining, but all ye City men need to pull up your socks. Create a buzz and you bet, we'd be there with our cams and stuff to cover it all. So pick up that phone or put that laptop to good use and get in touch with us. If it makes sense to you, it would make sense to us, too. >>> Call 5140 1702/03 or write to



AS A YOUNG LANDOWNER FROM DANKAUR, VIPIN KRISHAN Garg would often gallop on horseback along the Yamuna whenever Delhi beckoned. "It was hardly a distance if you followed your nose" says the farmer-at-heart Garg. "We owned a huge stretch of land in this part of the world and riding a horse to the Capital would be so much

fun." Listening to Garg, pushing 84, is no less than leafing through A.L. Basham's *The Wonder That Was India*. Nothing short of amazing, the agriculture graduate-turned-bureaucrat-turned-author has numerous files and sepia-toned pictures to prove his lineage. "This is our Dankaur house," he gets all misty-eyed. "Don't miss the beautiful engraving at the entrance done by experts from Agra."

All signed and documented by the Brit top hats, the archives talk of whole villages being owned by the Gargs. "We were originally called the Dhoolias because my grandfather moved in a caravan and it would raise a lot of dust." Just like other happenings in his life, this one has a story, too. After the Sepoy Mutiny of 1857, Indian soldiers in the British Army were thrown out. Since they didn't own any land, they started looting villages. "So, the villagers put up huge machans and every time they saw looters approaching the village, they would start beating drums so that the villagers could hide their belongings safely," he informs.

"But once they realised it was just another caravan, they would laugh it off. This is how we got this name." In fact, Dhoolias of Ronija is also the name of the book Garg is writing. "It's only the sixth draft as of now and I need someone to do the illustrations," says the man, who has several technical books on trade practices and foodgrain distribution systems in India to his name. "This one is a historical document with social relevance," says Garg, who can proudly pass off as no more than your friendly 60-year-old.

"Thanks to all the yoga asanas I learnt from Swami Dharendra Bahmachari, I have never dyed my hair and I still boast of a mouthful of original teeth." That's the case with wife Poornima also. "I'm not into yoga so much as him," she says in fluent English. "I do asanas whenever I need to exercise." In fact, Garg's younger son, Sushil, a post-graduate in Economics from Tufts University, USA, gave up a cushy corporate career with the Birlas after working as a research associate at IIM Ahmedabad to pur-

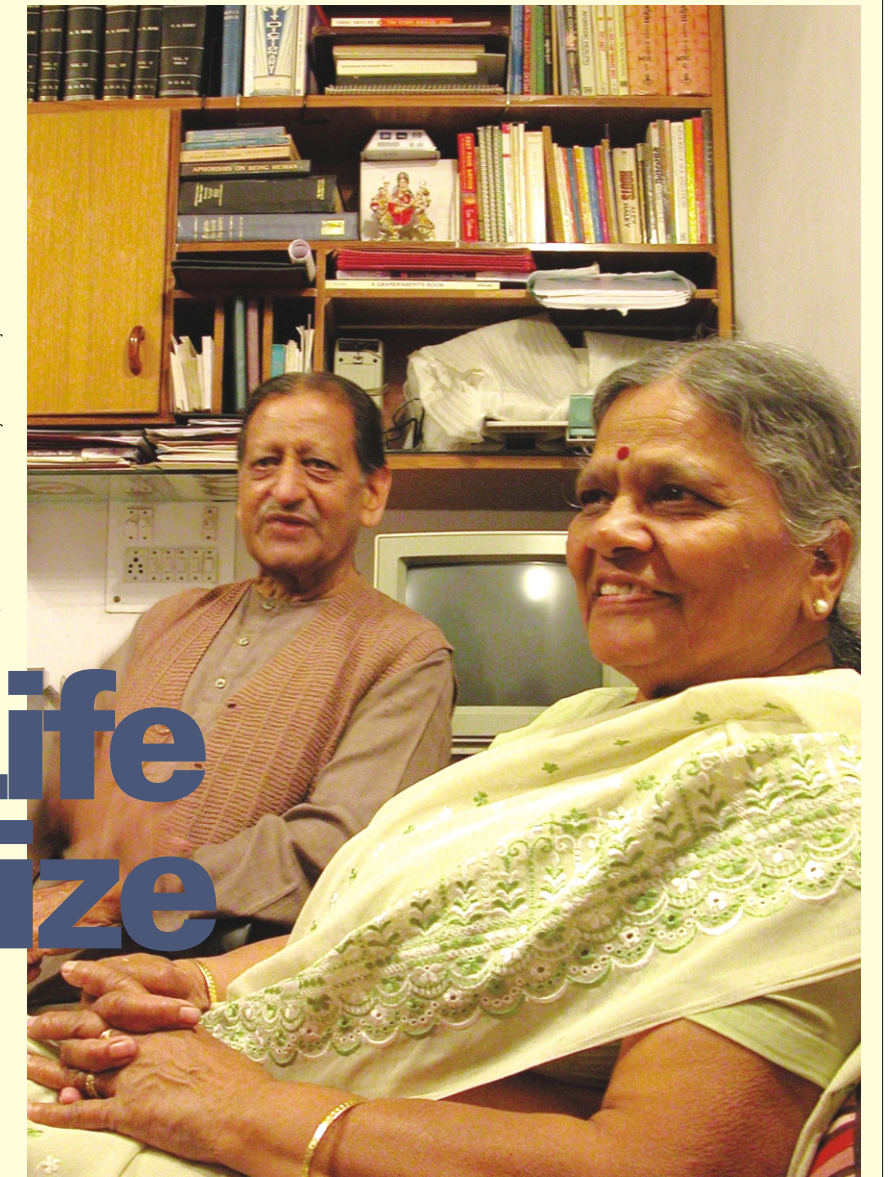
sue full-time yoga. "I got the yoga bug from him," says Sushil, who lives in Mayur Vihar, but keeps visiting his parents in the City.

"I have evolved my own unique style of yoga called Krisnayoga after having been trained in three different traditions of yoga as propagated by Swami Sivananda of Rishikesh, Swami Dharendra Bahmachari as well as BKS Iyengar." The talented Gargs have so much more to write home about. Besides their other son, Sunil, who is married to an American and settled in the US, is

living in the city

Live Life Kingsize

The Gargs might have given up on a luxurious lifestyle and living in a 108-acre farmhouse, but the hardy couple loves the challenges that life keeps throwing at them



>>>past perfect

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GARG with wife Poornima

a painter with solo exhibitions to his name.

"But he isn't a painter by profession," chuckles the proud father. "He graduated in Chemistry from St Stephens before he went abroad." One of Garg's brothers, a Professor at the University of Berkley, US, authored books that are a must for IIM students, while another founded the Khurja as well as Chinhat potteries in Lucknow. What brings the couple to the City is "good location, friendly neighbours and security that's so important for a couple like us," says Poornima, who lets us leave only after we agree to come by next time and savour her delicacies. "She's a wonderful cook," says the husband, who's obviously fond of her fusion cuisine that Poornima has learnt staying abroad for several years.

Styling Secrets

With four boutiques in the City, Anita Gautam of Aanchal boutiques and beauty parlour fuels the city with her passion for fashion. From colours to cuts, Gautam is in tune with what the City ladies look for. So, when we set out to look for pointers on summer trends in the City, we didn't have to go far

Anita Gautam, Aanchal Boutique

HIGH FIVE



1 Fabric Fetish

Cotton, chiffon and chikan are the preferred fabrics during summers as they are breathable and help the body temperature to remain cool, thereby preventing rashes. Synthetic and its blends are best avoided during this time of the year.

2 Shade Sense

When it comes to colour the

lighter, the better. Colours like pink, peach, white and sky blue are en vogue and the best part is that these shades suit everybody regardless of age.

3 Cutting corners

Most of the cuts have now become very free flow. Especially with fabrics like chiffons and crepes hitting big time drapes

have now become very fluid. Boat cut necks with mega sleeves or no sleeves is that fashion that the City women follow and cock a snook at tanning during summers.

4 Best of West

Long cotton skirts, capris and stretchable tops are most preferred as they help to handle the high temperature.

Capris are especially comfortable when worn with sleeveless tops or shirts. Girls and women of all age group can wear shirts as it not only gives shape to the body but also looks elegant. is possible

5 K-Effect The K soaps might be losing its TRP ratings but it has gained a strong foothold in the



fashion industry. In Shipra most of the women like to wear Tulsis saris and Komolika blouses paired with similar accessories.

talent in town Designs ON YOU



Dividing time between activities as ranging from jewellery designing to spirituality all the while raising a six-year-old, Deepika Goel's cup runneth over but she's enjoying every minute of it ●●● **TEXT BY** Debanjana Choudhuri **PHOTOGRAPHS BY** Nupur Amarnath

IT'S DIFFICULT TO SLOT DEEPIKA GOEL. AFTER all, we are talking about somebody with as diverse interests as jewellery designing, spirituality, dancing and garment restoration, all this while raising a precocious six-year-old. But if Goel were to take her pick from her many vocations, she'd definitely nail it down to jewellery designing. "Not that my other interests are any less but then jewellery designing is something that I've inherited," says this woman who hails from a family of jewellers. It's for this reason that Goel never did any course to learn interpreting her designs on jewellery.

"I was introduced to gems and other stones at a very young age and picked up designing, its nuances and limitations as I grew up," she tells us. On the right side of thirties, the diamond diva of the City deals in semi-precious metals and stones and attributes many of her friends to her business. "Making friends was another reason for starting the business," she mentions, "And active support from my husband Gaurang made me venture into the business."

With a room reserved for showcasing her designs and

orchestrating client meetings, Goel does brisk business during the Durga Puja and shaadi season. "I keep very affordable jewellery with me," she informs, "And most of my sales are for everyday



wear; though I do make heavier pieces, too." Apart from fashioning her own line, Goel also recreates customer ideas on metal.

"Women are very influenced by K-soaps and demand a certain design worn by the central char-

acters in certain serials." Besides being hung over Hyderabad pearls and going gaga for gold, Goel also connects to her spiritual self through Art of Living and Reiki.

"Art of Living has taught me to be patient and has brought positive changes to my life," she tells us. "In fact, sometime when I come across a trying customer, I think about Guruji and it gives me a lot of courage and patience," she informs us. A woman

>>> *my spiritual self* Art of Living has taught me to be patient and has brought positive changes to my life. In fact, sometime when I come across a trying customer, I think about Guruji and it gives me a lot of courage and patience

of myriad talents, Goel is also a Kathak exponent and takes semi-classical dance classes.

"I have almost fifteen students and many of them are women in early 30s. They find the classes to be very rejuvenat-

ing," she smiles. And jewellery designing, spirituality and dance are only the tip of the iceberg.

Goel is also into sari restoration apart from getting saris embroidered, "specially from Kolkata. Restoration of saris is very dear to my heart. But I do it only on demand from customers," she says. After all this Goel still manages to find time for the family and has hit upon the right balance for all her activities and her family life. As for the future,

Goel plans to start an invitation card venture with her sister-in-law who used to design customised cards earlier. "I like to keep myself busy and active," she mentions. And looks like she's got her wish!



TRENDS on TV

When it comes to jewellery, Shipra women take their tips from telemoms (and vamps). Here are the five women who inspire their everyday looks



STYLE BEHNJIS

1. Smriti Malhotra aka Tulsi of Kyunki...
2. Shweta Kwatra or Pallavi of Kahani
3. Urvashi Dholakia as Komolika of Kasauti zindagi Ki
4. Saakshi Tanwar (Parvati) of Kahani...
5. Juhi Parmar in and as Kumkum

>> Always apply make-up, oil your hair, or wear cologne before you put on your gold and silver jewellery.

>> Keep both your skin and your gold and silver jewellery clean and free of oil.

>> Using an absorbent, abrasive-free body powder on areas that your gold and silver jewellery touches your skin can help with skin discoloration.

>> Never swim in a chlorinated pool while wearing gold and silver jewellery.

>> Don't be afraid to wear gold and silver jewellery together. Artful use of accessories that use both metals provide an effective visual segue or bridge.

>> For daily cleaning, it is recommended to use a simple jewellery polishing cloth that is impregnated with special jewellery cleaner. These are widely available and are



Jewels Rules

Jewellery can be beautiful to look at, fun to buy, and can make bold and revealing statements about you. Here are some tips for greater enjoyment of your favourite gold & silver jewellery

very easy to use.

>> Store your cloth in a plastic zip-lock bag, and keep in your jewellery drawer or armoire. It is a good idea to have one cleaning cloth for gold and one for silver.

>> Are your gold and silver chains all tied-up in knots? If so, here's a nifty little trick for straightening them out: dust your chain with a little talcum powder and then try to

un-knot it. If the knot is stubborn, place a small drop of baby oil on a sheet of wax paper. Lay the knot in the oil and work it out with two pins; then clean the chain as instructed below:

>> Mix 1cup of clean warm water with ½ cup of ammonia. Soak your jewellery in this solution for about 15 minutes; gently scrub with a soft, clean toothbrush, then

rinse in warm water. Air dry on an absorbent paper towel. When thoroughly dry, you may lightly buff with a soft flannel cloth.

>> For a slightly more "in-depth" cleaning, you may want to use a liquid jewellery cleaner.

>> For cleaning badly tarnished silver, here's a neat little trick: cover the inside bottom of a heat-proof glass dish or bowl with a piece of aluminum foil, shiny side up. Now place the tarnished silver in the bottom of the dish, contacting the aluminum foil.

>> Add 1 tablespoon of baking soda, and then slowly pour boiling water to cover the piece. The tarnish will gradually collect on the aluminum foil. Remove your silver, rinse thoroughly, and polish. ●