



Know Your Town



Fazlani  
Natures Nest

A WELLNESS RETREAT

# A God's Own Wellness Centre

Dr. Abdul Kader Fazlani  
Fazlani Natures Nest Resort, Lonavala

# Know Your Ingredient: Soba (Buckwheat)

**Bhavya Pande**

Soba Noodles are a form of Japanese noodles made up of Buckwheat flour which is gluten-free, a good source of fibre and rich in essential minerals and various plant compounds. Buckwheat consumption is linked to many health benefits, including improved blood sugar control and heart health.

## Soba (Buckwheat) Recipe

Preparation Time: 30 minutes

Sufficient for: Two people

### Ingredients:

- 1 Soba noodle bundle (generally it comes as a pack of four bundles)
- 2 tbsp sesame oil/any vegetable oil
- ½ tsp freshly grated ginger
- ½ tsp garlic paste
- ½ tsp chilli flakes
- ¼ tsp black pepper powder
- ½ cup shredded red cabbage (recommended) or green cabbage
- ½ cup sliced mixed bell peppers (green, yellow, red)
- 1 carrot thinly sliced
- Some chopped spring onion greens
- ¼ cup toasted white sesame seeds
- 1 tsp white vinegar
- 1 -1.5 tsp soya sauce or as per taste (optional)
- 1 tsp honey
- Any herbs of your choice (optional)
- Salt to taste



### Procedure

1. Keep all the ingredients ready.
2. Boil the noodles by adding 1 tsp oil in the boiling water.
3. Once the noodles are done, remove them from heat and strain the excess water.
4. In a small bowl, mix vinegar, soya sauce (optional) and honey and keep it aside.
5. Toast the sesame seeds and keep it aside.
6. In a wok, heat oil. To this add ginger -garlic paste and chilli flakes. Sauté for a while.
7. Add the chopped vegetables to it. Cook the vegetables till they become a little soft/tender (make sure it's not too soft; it should have some crunch to it as well). Add salt and pepper and mix well.
8. Once the vegetables are done, add the noodles and the vinegar-soya sauce-honey mix to it. Give everything a nice toss and switch off the flame.
9. Plate the noodles and garnish with toasted sesame seeds and herbs of your choice.



## Editor's Note

# MIND GAME, VACCINATION AND US



Best Wishes,

**Miilind Ballal**

Editor, Know Your Town

A part from various changes human mind has been undergoing of late the worst is that it has stopped believing in itself. The innumerable myths and conclusions all indigenously manufactured in the WhatsApp factory have cast spectre of suspicion around the vaccine that is administered to keep oneself at least few 'gaj of doori' from the dreaded and invisible virus. After hundreds of scientists burned the midnight oil to get the near accurate formula for the jab to combat the coronavirus, the humanity which has fallen prey to the pandemic is behaving rather strangely. Instead of welcoming the long awaited invention that will give atleast 80 to 90 percent survival chances, rumour grinding mills are producing fodder of fake news that the vaccine is actually a killer! Such delusions make a stumbling block in the drive which is seen as the sure shot ploy to arrest the pandemic. This prompts for a mass public awareness drive to be simultaneously taken to advocate the jab. Now that is really unfortunate considering the state machinery already grappling the second surge. To urge people to take the jab is paradoxical thereby raising questions of how the mind has lost its very function of believing what is good for it.

Anyways, the number of vaccinated people is growing and no sooner the entire country after receiving both the doses will

merrily announce the 'jab' we met!

The mind's queer behaviour can be tracked ever since the advent of pandemic. The last time it may have reacted similarly was during the time of Spanish flu, almost a century ago. The reason apparently is that it never handled a calamity of this magnitude and that too related to life and death. The casualties that are still taking place has numbed the nerves of reasoning and common sense that make up a sound mind. We list faith in hospital managements, the treatment prescribed by doctors and the exorbitant bills that they slapped, the shortage of medicines and their black marketing, the alleged corruptions in construction of hospitals or for that matter malpractices in supply of food and other logistics became sources for the mind to look at everything with suspicion. The general belief that corona was an instrument of making a quick buck. Hence the government notifications are still being wrongly interpreted only to make the mind feel that nothing in the world is pure, true, honest and ethical.

The pandemic has indeed taken a heavy toll, but the biggest casualty is the killing of the mind and it is the villain within who has murdered it. A trustworthy vaccine can be invented in a lab, but where do we get the ingredient called trust to prepare it?

To end up, we can say get vaccinated and start believing in yourself. It's a mind game after all!

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## Fazlani Natures Nest

# A GOD'S OWN WELLNESS CENTRE



**Nikhil Ballal / Juili Kulkarni**

The Pandemic induced lockdown has brought about a number of changes among people, especially, the way they perceive their personal life, their work life, and their work-life balance. The "work from home" which started garnering a lot of popularity over the last one year or so, has inadvertently changed colours from being a boon to a bane. A research carried out by Microsoft in 2020 posit two glaring findings: 1) 41% of workers cite lack of separation between work and personal life as negatively impacting their wellbeing and 2) Close to one-third of workers in India face increased burn out at work.



**Mr. Asif Fazlani, Managing Director**

Cognizant of these findings and many related ones, the Wellness Centre, resorts, and hotels are tailoring their packages to offer a rejuvenating experience to

their guests. One of the Wellness Centre that has taken the internet by storm and has been very popular among people, off late is Fazlani Natures Nest (Fazlani Natures Nest) located in Maval Taluka, Old Mumbai-Pune Highway, Lonavala. Started on October 4, 2018, Fazlani Natures Nest is spread across a sprawling lush green land of 68 acres, overlooking the stellar waters making it nothing less than a God's Own Wellness Centre.

So, how did it all begin? Dr. Abdul Kader Fazlani, one among the 10 siblings, with a strong vision to give back to the society, acquired the piece of land in 1996. Over the last two and a half decades, the existing land was converted into a beautiful masterpiece, thanks to Dr. Fazlani's effort. Over the years, Fazlani Natures Nest is proud to have many facilities





under one roof, namely, school, home for underprivileged children, restaurants, cafes, living rooms, and ofcourse, state of the art Wellness Centre.

The much talked about Amarine Wellness Centre at Fazlani Natures Nest offers unique holistic Wellness Retreats that are designed to bring balance and enhance one's general well-being. It houses a team of expert doctors and Wellness practitioners that emphasize on the use of Naturopathy and Ayurveda. Their daily Wellness schedule includes personalized daily consultations, nature cure and Ayurveda treatments, yoga, guided meditations, acupressure, acupuncture, physiotherapy, alternative therapies like equine and eco therapies and wellness cuisine.

Fazlani Natures Nest has five personalized Wellness Retreats to offer

as the brand firmly believes that 'one size doesn't fit all.' The five Retreats are, Relaxation Retreat (03 night onwards), Deep Cleanse – Detox Retreat (07 night



onwards), Immunity Enhancement Retreat (07 night onwards), Weight Management Retreat (14 nights onward), and Lifestyle Disorder Management (14 nights

onwards).

Further, the Wellness Retreats can be broken down into five fragments; Naturopathy, Ayurveda, Yoga and Meditation, Physiotherapy, and Animal Assisted Therapy.

In Naturopathy, Fazlani Natures Nest strongly believes in "let nature heal you." An art, science, philosophy, and practice of diagnosis and treatment, Nature Cure is a comprehensive combination of traditional therapies, healing remedies and healthy habits. Naturopathy helps enable the body to heal by curing the source, not the symptom. The expert Naturopaths at Fazlani Natures Nest, curate bespoke Retreats as per the individual's health objectives.

Next is about Ayurveda. Ayurveda is known to be the world's oldest healing system for overall well-being. This ancient





system of healing and living is a distinctive cure to one's physical, emotional, and spiritual well-being. The healing practice of Ayurveda is established on the five elements of life: Earth, Fire, Air, Water, and Ether. Ayurveda not only cures your ailments, but it also crafts

out a chart translating a complete lifestyle for healthy and disease-free living. At Fazlani Natures Nest, the Ayurveda experts and practitioners, help cleanse the body and make the inner self healthy by restoring the balance of the five elements with traditional and



Further, Yoga and Meditation aids in creating a space for individuals to learn how to be one with nature.

It is a synergy between mental, physical and spiritual well-being and helps in attaining and sustaining overall well-being. Yoga maintains and improves vigour and vitality. At Fazlani Natures Nest, yoga and meditation helps in healing and rediscovering one's body through the ancient and holistic yogic disciplines

such as body movement, meditation, breathing exercises, or relaxation. In

addition to these, there is physiotherapy, which is a designed treatment that encompasses rehabilitation, injury prevention, healing and fitness. This restoration course nurtures your body to manage a range of physical conditions through evidence-based natural methods like exercises and a range of massages.





authentic Ayurveda therapies such as Abhyanga, Pizhichil, Anuvasanvasti, Shirodhara, Vamana, Nasya, among many.

Apart from the five Retreats, Fazlani Natures Nest's unique selling proposition has been the Animal Assisted Therapy (self-discovery with horses, fishing for weal and art of birding). It is an approach that incorporates animals into the psychotherapy process. Emotional recovery and positive psychological transformation often occur when the relationship between humans and animals grows, thus improving the patient's consciousness through specific therapeutic goals and outcome measures. Restorative experiences include walking, brushing, petting an animal. It has been proven beneficial because animals are accepting, nonthreatening, non-judgmental, and unconditional, making it easier for people to open and heal from within. There have been instances when this therapy has helped people to break the shackles; both mental and physical. People who were low on confidence witnessed a paradigm shift after undergoing this therapy as well as those who had physical immobility miraculously started showing signs of mobility.

Rearing to take out some time and visit Fazlani Natures Nest? Be assured, it will be one of the best gifts that you can give yourself, especially after successfully surviving the testing time all through the last year.

Fazlani Natures Nest, thus boasts of an avalanche of amazing facilities mentioned, as well as many more. Fazlani Natures Nest is undoubtedly an elixir to those, who are looking at welcoming the balanced mind, body and soul back into their lives while free falling into the lap of nature.



# Summer Tips for a Good Health

**Dr. Purva Joshi**

**T**he introduction of the medical vaccine against corona is a crucial milestone in the fight against corona; the vaccine being safe and efficacious, everyone should intend to get vaccinated as their turn comes.

Along with following Covid appropriate behaviour, there are few things we should take care of in order to have and maintain good health as the summer approaches.

Adequate hydration of the body is essential to have an optimal level of metabolism. Nutritious food with physical exercise and a healthy lifestyle are key towards a healthy being.

Here are a few tips which we can try out to keep fit.

1) Drinking ample amounts of water - drinking safe and healthy water is a good habit. Daily intake of 3-4 litres of water is a good practice. Fresh fruit juices, vegetable soups, and milkshakes may be added to pamper the taste buds. Try to avoid synthetic preservative - used liquids. Avoid consuming canned food.

2) Sunlight is a rich source of vitamin D which is essential for growth and development of skin and skeletal tissues

including bones. Adequate exposure to sunlight (preferably morning hours) and protection from UV rays with use of sunscreen and aloe vera gel is a healthy mode.

3) For most, summer is coherent with mangoes. We can have mangoes in moderate amounts, as mangoes are a rich source of vitamin A. Also, keep in mind to balance the diet by adding juicy fruits like oranges, melons, berries etc.

4) Having green leafy vegetables, salads, sprouts to compliment the full course meal which should include carbohydrates, proteins, and fats in optimal amounts. Avoid eating raw/uncooked food.

5) Having adequate amount of micronutrients (vitamins and minerals) which are essential to boost up the immunity

5) Having adequate sleep and maintaining personal hygiene.

6) Use of air conditioners, coolers, and other cooling devices only when required and to switch off devices when not required, in order to save electricity and aid in conserving natural resources through which we can contribute towards preserving mother nature.





# 4 lesser known forts in Mumbai



Bollywood celebrities reside. Today, the fort partially lies in ruins but that has not stopped travellers from exploring the site. The fort was constructed by the Portuguese in 1640 and served as their watch tower.

**Worli Fort:** Built by the British in around 1675, the Worli Fort overlooks the Mahim Bay. During that time, Mumbai was a city made up of seven islands. This lesser-known historic fort in Mumbai is in Worli Village, which is a small locality of fishermen. There are narrow winding streets that will take you to the fort. A small well and a temple can be found inside the fort while on the borders of the fort, there are rock cannons.

**Bombay Castle:** Bombay Castle or Casa da Orta is among the oldest defensive structures in the history of Mumbai. The castle was built by the British on the same site where a Portuguese nobleman Garcia de Orta had built the Manor House. The land was leased by Orta from the King of Portugal between 1554 and 1570. The first Governor of Bombay Gerald Aungier used to live in the castle.

**M**umbai, the city of dreams, is known for its stellar entertainment industry, but you cannot simply take away from it the fact that it boasts of some of the greatest forts in Maharashtra. Mumbai used to be the home of the Maratha empire and surrounded by Sahyadri ranges, Marathas had built several forts in the region that speak volumes about their valour, defense tactic and artists. Some of these marvellous architecture are among the top tourist attractions in the city.

**Sewri Fort:** The Sewri Fort in Mumbai was constructed by the British in 1680 as a watchtower. It was built when Portuguese were still in Mumbai. Overlooking the Mumbai Harbour, this fort today has small inner entrances. People can enjoy stunning views of the harbour from atop the fort which is a reminder of British period in the country.

**Bandra Fort:** Popular as the Bandra Fort, Castella de Aguada is set inside the post suburbs of Bandra where most of the famous



# MMRDA plans to cut travel time from Colaba to Nariman Point to just 5 mins



**C**olaba and Nariman Point represent the southernmost tip of Mumbai and are known to house important business commercial centres as well as elite and expensive residential properties. They are also home to a lot of the Maharashtra government's administrative activities.

Geographically, the distance between

Colaba and Nariman Point is just over a kilometre but the traveling distance between the two points using the city's road network is almost five kilometres and can take well over 20 minutes during peak traffic.

In view of this, the Mumbai Metropolitan Region Development Authority (MMRDA) is now working

towards reviving an old project to establish a direct link between Colaba and Nariman Point, which will reduce the distance from five kilometers to just over one and a half kilometer, thereby cutting down the travel time from 20 minutes to just five minutes.

The MMRDA has appointed a project management consultant for the new connector, who has been tasked with formulating detailed plans within four months. The appointed consultant will be responsible for preparing a detailed project report, suggesting alignment, conducting a traffic survey and studying about necessary permissions that need to be obtained for carrying out the project. The 1.6 km connecting bridge will be built over the Arabian Sea, and the consultant will determine the project cost and also oversee the tendering process. The new connector, which the government has termed as "the missing link," will eventually feed into the coastal road being built from Nariman Point to Worli.

The Brihanmumbai Municipal Corporation (BMC) is building the coastal road between the two points by boring an under-sea tunnel and reclaiming land. Since 2019, the work on the multi-crore project has been going on and the civic body is targeting a deadline of July 2023 for project completion.

## Mumbai police collects Rs. 4 crore fine in a month from maskless people

**I**n the wake of rising COVID-19 cases in India, especially in Maharashtra, Mumbai police have collected a fine of Rs 4 crore in less than a month from two lakh people in the city, who were found guilty of not wearing masks. Though the cases have seen a huge surge, there are still people, who are not taking the virus seriously and violating the norms prescribed by the government bodies. The whopping sum of Rs. 4 crore as fine has been collected from different parts of the city.



It is known that 50 percent of the collected fine will go to the Brihanmumbai Municipal Corporation (BMC), the rest of the amount will be used for the police welfare activities. The Mumbai police will continue with this drive.

In view of the increasing COVID-19 cases, 39 active containment zones have been marked in the city, which includes slums and chawls, while 432 buildings have been sealed so far after patients were found there, as per the reports.

# Only 41 out of 120 double decker buses operating on Mumbai roads

**T**he double-decker buses which once upon a time plied the city roads have seen a steep fall in numbers. It has been reduced to just 60 percent. According to a senior Brihanmumbai Electricity Supply and Transport (BEST) committee member, it will further shrink by 20 percent. Out of the total 120 buses, only 41 will ply on city roads.

The BEST administration has no plans to get new buses soon. Earlier in February-March, the number was reduced to 51 from 120, which will further drop to 41 as 10 other buses will be phased out soon.

Some of the 10 buses will be sent for scrap, while others may be given away for tourism purposes. The official also added that the plan was to get 100 new buses with the latest BS-6 diesel engines and automatic transmission for ease of driving. The report also suggests that the new double-decker buses will have two doors and two staircases for passengers' safety.

Till the times the new buses arrive, the



commuters will feel the pinch as there will be fewer double-decker buses on Mumbai's roads. Since they have good carrying capacity and are a favourite with

several Mumbaiers, it is expected that the ruling government will push for the early procurement of new buses as they also cater to many busy routes.

## Mumbai will continue to host IPL matches despite lockdown in Maharashtra

**T**here has been an announcement of a partial lockdown in Maharashtra on weekends in order to break the chain of the rising COVID-19 cases. Among the relevant measures announced is night curfew from 8 pm to 7 am, weekend lockdown – from 8 pm on Friday to 7 am on Monday. With the lockdown in place, the matches of the upcoming IPL 2021 to be played at the Wankhede Stadium in Mumbai are under a cloud of concern, but it seems the Mumbai Cricket Association (MCA) is confident of hosting the matches without any problems.

The MCA has assured that the recent government orders to impose restrictions in the whole state to curb the surge of the COVID-19 cases, will have no impact on the smooth functioning of the IPL matches to be played in Mumbai.

"We have had a call from the city



municipal commissioner. The association has been assured that the lockdown measures will have no impact on the IPL 2021 games.

The other cricketing activities will, however, have to be immediately stopped. "Any cricket activity that is part of a bio-secure bubble will be permitted uninterrupted," an office-bearer of the MCA told Cricbuzz.

Wankhede Stadium in Mumbai will be hosting 10 games and some of them will be played on weekends. The Mumbai leg runs from April 10 to 24 with six teams – Chennai Super Kings, Delhi Capitals, Punjab Kings, Royals Challengers Bangalore, Rajasthan Royals, and Kolkata Knight Riders – playing at the Wankhede Stadium.

With Mumbai reporting an increasing number of cases each passing day has left the BCCI looking for alternate and backup venues, as reported, with Indore and Hyderabad in contention. However, assurances from the state government and MCA should calm the nerves of the BCCI officials.



# Pitambari's Indradhanu Village; a nature's retreat

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# Money Matters - More of Emotions and Less of Numbers

**Nikita Vete**

**D**id it ever cross your mind that our simple behavioral instincts can trigger our investments decisions than any other factors out there? Surprisingly, it is true. Let me walk you through this thought. How many times has it happened that you felt that the market was going to crash, and you have withdrawn your investments, and the market did not crash? Or felt that the market has given corrections and you have booked the profit, but the market further corrected to give better results? Have you observed that a procrastinator always files taxes in the last week? Or someone who is confused by nature fails to make important financial decisions at the right time? Have you ever observed those parents who have spent their childhood in a financial crunch merely with a desire to provide an extraordinary life for their children? Or even in cases where one has seen the downside of having financial loans in family, prefer staying miles apart from debt. Those who lost their money in stock market scams become anti equity investments. Boiling down, the simple decisions like how much should one



save and spend from their paycheck is reflected by one's behaviour.

The movie 'Ta Ra Rum Pum' although was not a box office hit but gave the most important learnings of Financial behaviour. The Protagonist



played by Saif Ali Khan has been shown under the light of a young charismatic race car driver. He earned a lot of money by winning races but used to splurge it all right away. His character arc is of a very carefree person who emphasizes on staying in the present and making the most of it. Later he is faced with an accident and the source of income suddenly stops. He never believed in the idea of savings because of which his family has absolutely no savings or investments to bank on and are forced to cut down their standard of living. Though a very fictional illustration about behavioral impact and finance but in the real world every bit of it stands true.

Human mind is indeed very complex and we as individuals make absolutely biased calls. We are by nature very lazy and prefer our comfort zone which is why many prefer a gym trainer. Similarly, in the world of investments one needs a "financial coach". A financial coach gives an unbiased opinion, keeps the investor on toes and prevents one from taking bad financial decisions. He designs the portfolio giving proper justice to the needs and dreams of the investor. Investments are by nature

a very personalized thing and thus, many prefer to confide it to a close one or a trustworthy person. Thus, if your advisors know more about you than yourself, then my friend your investments are in the right hands!

Another pro tip which I would like to give you all is focus on linking each of investments to a goal or a dream. Make sure that this dream is very personalized in nature and you are very much connected to it. In this way, your chance of breaking this investment reduces. Thus, you will enjoy the compounding benefit and inculcate good investment habits. While doing this, don't forget the golden mantra of asset allocation- it will do systematic risk dispersion. Also, if your portfolio is inclined to a particular asset class then it is an alarming sign.

Lastly, the more you will understand, that investments and money matters have to do a lot with your personality the better you will be able to treat it. Just like one experiences a difference when trained by a trainer versus self-training, the same is felt when your financial decisions are taken with the help of an expert. Don't let your emotions drive you away from your goal.

Inspiration is always a better alternative to perspiration



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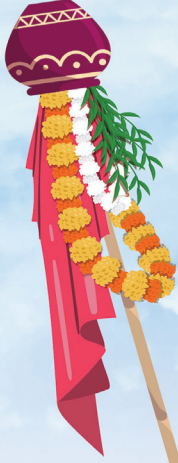
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