



Know Your Town



# MANGO FOR ALL SEASONS!

Mr. Pravin Chheda & Mr. Sitanshu Chheda  
Mango

# Know Your Ingredient: Coconut

Bhavya Pande

Coconut is a fruit of the coconut palm. It is grown in tropical regions and widely known for its flavour and potential health benefits such as regulating blood sugar and promoting heart health. Coconuts are high in carb and good fats and are rich in manganese which promotes bone health and aids in metabolism. They are also rich in copper, iron, selenium, magnesium, phosphorus, potassium, dietary fibres and antioxidants. Here's a recipe of healthy coconut biscuits which can be easily baked at home. Hope you like it.

## Ingredients:

Whole Wheat Flour: ½ cup  
Desiccated Coconut: 1 cup  
Castor/powdered sugar: 3 tbsp  
Ghee: 2 tbsp  
Milk: 2-3 tbsp (to bind the dough)  
Baking Soda: ¼ tsp  
Vanilla essence: 1 tsp

## Procedure

1. Keep all the ingredients ready.
2. Sieve wheat flour and baking soda. Mix desiccated coconut in it.
3. Beat ghee and sugar till it becomes a little creamy and add essence to it.
4. Add ghee-sugar-essence mix to the flour mix and knead with milk. Make a tight dough.
5. Cover it and keep it in the refrigerator for 10 -15 mins.
6. Divide the dough into suitable balls and roll into chapatis. Cut the chapatis using a cookie cutter.
7. Grease a baking tin and place the cut-out cookies on it.
8. Bake in a preheated oven at 180 degrees Celsius for 15-20 minutes.
9. Remove from the oven and let it cool for some time.
10. Store in airtight containers.
11. Enjoy with tea, coffee or just as a mini snack.



## Editor's Note

# NEED OF THE HOUR: AN 'ADAR' CARD!



Best Wishes,

**Miilind Ballal**

Editor, Know Your Town

Which is the best place on earth where your modesty can be outraged at the drop of the hat or your self-respect ripped off and crumpled beyond recognition? If you have started scratching your head for the right answer, you are in urgent need of any optician who will correct your eyesight. The answer is India. Like before you are cut to size for yet another time by power mongers ruling us. The governance which is also incidentally called democracy needs a jab to overcome the chronic dysfunction. The latest case of Adar Poonawala is a glaring example of how the power peddlers blatantly humiliate, threaten, mitigate, and hold somebody on ransom to make him yield or bend according to their whims and fancies.

That Mr Poonawala who was just being displayed as the posterboy and saviour to crores of panic stricken people across the length and breadth of the country to get the much awaited vaccine had to reportedly flee the country in the midst of the unprecedented chaos. It's a classic example of pandemic being pushed under the carpet and the basic instinct of thrusting on the vulnerable, notwithstanding that their role is significant in controlling the overwhelming pandemic crisis. Going by the various statements, cleverly drafted as to not antagonize the power corridor any further, the meaning derived

after reading between the lines clearly pointed to the leaders that they had misbehaved and prompted the owner of the country's largest manufacturer to safeguard him from the politicians. That is unfair and undermines the legacy of Indian culture and value system.

The pandemic has not only exposed the missing links in our health system, it has brought to the fore the ugly face of inefficiency camouflaged with inherent arrogance and how it plays havoc with the lives of the commoner to the affluent. The reason for this large scale misbehaviour can be attributed to the system which has become immune to common sensitivity. The tests which are in vogue nowadays, can be done at any politician's office worth his salt (though there are exceptions who shockingly behave very well) and the subordinates of government employees who will cut you to size and with a menacing glance making you feel like Mr Poonawala! A vaccine that will create an antibody called empathy is what will heal our society. Scientists must be roped in to create such magic potion to tame the wild behaviour. It's high time we inject the medicine or eject those who deny taking it. And that's really very urgent.

For that an 'Adar' card would be better than the ubiquitous Adhar card, to give the first dose.

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Founder Pravin Chheda along with the young Turks Sitanshu Chheda and Mahesh Chheda.



# MANGO FOR ALL SEASONS!

**Nikhil Ballal / Juili Kulkarni**

In India, the month of May is synonymous to Mangoes and while we all are enjoying the season of the king of fruits to the core, there is another Mango, which is available across the year, bringing smiles to our faces.

Mango, the world class stationery brand was born in 2004 and since then has completely

transformed the conventional stationery retail experience. Pravin Chheda and his brother were the pioneers of Mango, which has become a household name in Thane and Navi Mumbai with two stores in each of the cities. Having been around in the retail industry for over three decades, Chheda is well-known for his brands like

**Expressing about his future plans, the young businessman says, "We would like to start a few more stores in the MMR (Mumbai Metropolitan Region) and then have a presence in Gujarat. Apart from this, somewhere down the line, we would look to go into manufacturing."**





Hastakala, Silklina, Cotton Bazaar, among many. With Mango, the enterprising retailer added one more feather to his hat and enhanced his existing repertoire. Around four years back, Pravin's son Sitanshu joined the family business, determined to take his father's legacy forward.

Sitanshu, who has a penchant for stationery, avers, "Stationery business was not that big in India. A typical stationery shop would have pens, pencils, erasers, sharpeners, and that would be it. However, my father, who is a globetrotter, saw a dream to change the stationery landscape of the city. During one of his business trips to Thailand, he came across a Japanese stationery brand 'Loft'. It is a very big brand in Japan and has an eight storeyed building in Tokyo. Unlike India, the definition of stationery is very broad overseas. Inspired by 'Loft' my father decided to start something similar in Thane. This is how Mango was started to offer a classic stationery retail experience."

Be it the name or the wide avalanche of quality products that it houses, Mango stands apart from its peers. The Chheda scion states, "While my father was thinking about the brand name, he simply happened to consult one of his photographer friends. That friend posed one simple question to my father, 'What is the one thing that you like the most?' My father quite naively said, 'Mango' and this is how the name 'Mango' was fixed."

Sitanshu adds, "Mango is a small name, easy to recall, and ofcourse most of the people love it. Also the colour yellow is a sign of prosperity and happiness." Speaking about colour, the Mango store is an epitome of beauty and elegance, thanks to the extravagant range of

colourful products it offers. There are over 20,000 different products which the customers can choose from.

He opines, "Shopping is a therapeutic experience. When it comes to something like stationery products, which are full of vibrant colours, the shoppers simply tend to forget everything and get immersed in the joy of buying. We at Mango ensure that we offer the best stationery retail experience to our clients by letting them touch and feel the products and just let them be by themselves during their visit."



The budding entrepreneur, who wants to spread joy with stationery believes, "Art is essential for all of us. Art can be anything from drawing to singing to pottery. Any art works wonders. It helps you to not only



**Before signing off, Sitanshu Chheda gives a humble message to the upcoming businessmen, "Keep trying different things. You never know what will work. Don't fall in love with your idea. Be humble enough to realize your mistakes. Surround yourself with people from whom you can learn. And finally, invest in good people because in your business, you are not expected to do everything on your own."**





be calm but also connect with your inner self. For adults, it certainly reduces anxiety and stress, while for children, it aids in developing their cognitive skills, creativity and motor skills." Mango hosts different workshops to cultivate different arts among people. People from varied age groups join these workshops and by the end of it they not only learn new things but also bring about a positive change in their personalities.

Over the years, Mango is known to embrace innovations with open arms, whether it is computerized inventory management or the use of ERP for its daily functioning. Recently, it introduced "the yellow box". Sitanshu describes, "The yellow box is an ultimate art, craft, stationery and lifestyle subscription box. It is a surprise box specially designed to ignite customers' creativity. It contains a bunch of delightful goodies and other little surprises. It is delivered to the doorstep and at present has three subscription options; three months, six months and 12

months."

Expressing about his future plans, the young businessman says, "We would like to start a few more stores in the MMR (Mumbai Metropolitan Region) and then have a presence in Gujarat. Apart from this, somewhere down the line, we would look to go into manufacturing."

From being the first in the market to letting customers inside the store shop for their favourite school, college and office essentials to delivering

the accessories online, Mango has redefined the stationery business.

There is seldom any doubt that the brand totally stands by its tagline "Makes my day."

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different things. You never know what will work. Don't fall in love with your idea. Be humble enough to realize your mistakes. Surround yourself with people from whom you can learn. And finally, invest in good people because in your business, you are not expected to do everything on your own."

**There are over 20,000 different products which the customers can choose from.**



# Bike worth Rs. 1 crore hits the ground



**O**n May 10, Combat Motors unveiled their latest machine, a 254 kg torque monster called the Wraith. The Combat Wraith is a very different bike. The brand isn't all that well known in India, but it is known for some very limited edition motorcycles that look more like they belong in an artist's studio rather than out on the street.

The Combat Wraith evolves on the design that the company started with. It

is built with military-grade lightweight aluminium. But like the rest of the company's lineup from the F-117 fighter onwards, the unique touches are very visible. The fuel tank, air box, throttle body and even the cam timing cover. They're all transparent.

Next is the engine. The 2,163cc V-twin engine is capable of 110.5 PS of maximum power and a gut-churning 195 Nm of torque. The Wraith is also one of the rare motorcycles on the street that

features a girder double-wishbone front suspension and an offset cantilever rear monoshock. What makes the Wraith truly unique is that it has two set of footpegs with two sets of foot controls. Basically, you can stretch your legs to cruise and bring it back under your legs when you're feeling sporty.

The Combat Wraith like the rest of the Combats is very limited, only 21 units to be exact. It is priced at \$1,55,000 or roughly Rs 1.14 crore.

# 5 best trolleys to set up in any corner of your house

If you have space constraints, then trolleys are a great way to add a little storage which can up snuck up in any corner of the house. These can be used as a mini bar set-up or can be used to keep your essential in the kitchen, bedroom or even bathroom. Here are some of the best ones that would look good in any corner of your abode.



**Steel trolley:** The top part of the kitchen trolley is loose and can be used both as a tray and as a space to put things on. Stainless steel is very easy to clean thanks to its smooth, non-porous and hard surface.

**Trolley table with storage, rattan/anthracite:** The living material rattan makes each trolley unique. Put your coffee on the tray and a newspaper in the basket and bring it to your favourite place at home. It is a great way to invite nature into your home.

**Black trolley:** This trolley fits in the smallest of spaces and can be moved to wherever you need it. Use it as extra storage for all your kitchen utensils, desk accessories or for gloves, keys and mobile phones. These trolleys are available in different colours as well.

**Minimal style trolley:** This trolley can be used in different ways, including as an extra work



area in the kitchen, as practical storage in the hall or as a different bedside table in the bedroom.

**House of Pataudi wooden carved service trolley/ bar trolley/kitchen trolley:** Handcrafted in India from high-grade Sheesham wood in a traditional natural finish, this wooden service trolley measures 30x18x31 inches (approximately). Since the device is handcrafted, it makes a lovely present for every reason. A trendy rolling cart is a perfect addition to every gourmet bar.







# History and celebrations of Eid Al-Fitr

**E**id al-Fitr is commemorated on the opening day of the Shawwal month and Muslims across the world pay their honour to Allah for offering them health and resistance through the month-long fasting time called Ramzan or Ramadan.

The occasion signifies the end of Ramadan, the Islamic sacred month of fasting and is observed by Muslims all across the world. Eid al-Fitr means the "Festival of breaking fast." The festivities will begin on May 23 and continue until May 24, though, the exact timing may differ as per the moon sighting.

The commencement date of any lunar Hijri month differs according to the spotting of the new moon by

religious scholars, and because Eid al-Fitr also indicates the opening day of Shawwal month, it is commemorated on multiple days across areas.

## History

It is generally accepted that Prophet Muhammad received the first vision of the Holy Quran during the holy month of Ramzan. Eid al-Fitr signified the end of fasting from dawn to dusk throughout Ramadan and the opening of the Shawwal month. Eid al-Fitr is also observed to pay tribute to Allah for bestowing strength and courage during the month-long fasting customs.

## Celebrations

It is a common belief that good actions are repaid 10 times in Islam and

therefore the 30-day fasting season of Ramadan furnishes prosperity, harmony and peace to all individuals who endorse and dedicate themselves to the sacred cause.

Muslims across the world observe Eid al-Fitr by exercising prayers that are succeeded by a sermon shortly after sunrise. The day proceeds with devotees slipping in new clothes, offering greetings by saying "Eid Mubarak", and also by sharing sweets. Children are given gifts and cash from elders which is termed as Eidi.

The celebration is unfinished without a comprehensive food menu including a host of delicacies like Haleem, Kebabs, Biryani, Nihari and mouth-watering desserts like Seviyan.

# Why Indian Railways blocked James Bond movie in India



**S**kyfall was originally supposed to film in India until production fell through over a list of conditions put forth by the Indian Railways.

In 2011, officials working on the 23rd James Bond film approached the Indian railway ministry for permission to film a scene atop a moving train.

Former Indian railway minister Dinesh Trivedi told The Hollywood Reporter at the time that producers were told filming could take place dependant on three criteria.

"I put three conditions: that they will not show that passengers in India travel on roofs of trains; that there will be no compromise with safety during the shoot; and that James Bond [played by Daniel Craig] would sign up as a brand ambassador for Indian Railways," Trivedi said.

"As per the third condition, which was only added in jest, James Bond would be required to say that 'Indian Railways is



stronger than James Bond."

He revealed that while the makers of the film were prepared to consent to the second and third requests, they had no desire to shoot in India if they couldn't show individuals on the roof of a train.

"There will be a scene where James Bond is going to fight on the roof of a train. Otherwise, why would we come to India?"

the film officials told Trivedi.

The talks fell through on the grounds that the minister didn't permit the film crew to show India "in poor light".

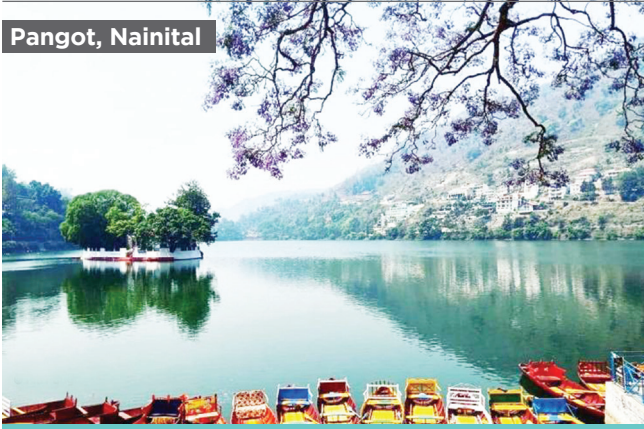
Another market chase sequence was likewise expected to be shot in India. However, director Sam Mendes told The Hollywood Reporter that it was too dangerous to even think about shooting in the narrow streets of Mumbai.

"It is logistically incredibly difficult to shut down the centre of an enormous Indian city," he explained. "We tried to make it work and to embrace the chaos, but in the end, there were too many dangers – I don't mean from people trying to sabotage production, but there are narrow streets that are difficult to film in. I was very disappointed."

The production crew ended up filming the market and train scenes in Istanbul and Turkey respectively.

Source: The Independent

Pangot, Nainital



Naukuchiatal, Uttarakhand



## 5 picturesque lakeside towns to explore in India after the pandemic

**A** Himalaya-clad mountain range will not be found elsewhere globally, perhaps the pine trees are the most stunning and beautiful, and still, waters cover all the spell-bounding lakes.

Following the pandemic, here are some charming lakeside destinations in India to help inspire your upcoming vacations. Visit these strange, lesser-known five destinations while maintaining a social distancing and networking at the same time.

### Bhimtal, Nainital

Bhimtal, located in the foothills of the Nainital District, is only 4500 feet above sea level. It is about 22 kilometres from the central city of Nainital. It plays host to a beautiful lake with an island in the centre. Considering it is only a short drive away from Delhi, Bhimtal makes an ideal place for a weekend getaway. There are a few ancient temples that you can visit if so inclined. The 17th century Bhimeshwar Temple is one of them. The small town of Bhimtal has recently seen an influx of new resorts and hotels being built, drawing in more and more people to its quaint life and solitude.

### Pangot, Nainital

Pangot, in the state of Uttarakhand, is just 10 kilometres from Nainital, the state capital. It is 6510 foot above sea level and has some of Kilbury's most lush mountainous forests, as well as some of the state's most beautiful landscape and Snow View. Mountain biking, parasailing, and mountain climbing are only some of the sports available at a range of camps.



Gavi, Kerala

### Gavi, Kerala

Gavi is part of the Kerala Forest Development Department's ecotourism belt. Green hills and valleys, cascading waterfalls, tea gardens, and cardamom plantations characterize the area. The forest is host to many bird species and big animals, including the Indian elephant and the Nilgiri Tahr and boating in Kochupamba Lake. Also, in the vicinity of Gavi, there are forest camps, or you can remain in Pathanamthitta.

### Prashar Lake, Himachal Pradesh

Prashar Lake, commonly known as 'Parashar Lake', is a famous camping spot in Himachal Pradesh, about 50 km from Mandi. The undulating meadows around the lake are surrounded by dense forests and snow-capped peaks of the Dhauladhar region. At the height of 2,730 meters, the lake features a floating island in the middle. It bears the name of the eponymous sage. A pagoda-shaped temple dedicated to the sage stands next to the pool. While vacationing, you may choose to remain in Mandi or camp by the bank.

### Naukuchiatal, Uttarakhand

Naukuchiatal, a lakeside hideaway in Uttarakhand, is about 21 kilometres from Nainital. It is a more well-known neighbour. A seasonal source fills the nine lakes, which sits at 1,220 meters above sea level. You should simply go canoeing in the pool. You might also try your hand at angling if the surrounding hills provide quiet walks and opportunities for birding. The Brahma temple is an excellent place to visit if you want to go on a holy run. In addition to the Kumaon Mandal Vikas Nigam (KMVN) tourist cabin, there are numerous homestays around Naukuchiatal.



Prashar Lake, Himachal Pradesh



Bhimtal, Nainital



# Can walking help in burning calories ?

Let's find out

**W**alking for weight loss is an excellent way to achieve your weight-loss goals and exercise routine. The same aids for a steady weight loss, and it has been known that walking can keep you healthy and fit. Walking is the most convenient, safe, low impact aerobic exercise you can do. In addition to all that, you will save time.

## Sheds extra inches

Walking at a brisk pace of six miles per hour for one hour will lead to better health, but only if you do it the right way. The most important thing to keep in mind is that you are still burning calories regardless of whether you are on a treadmill or just walking on the ground. To lose weight, you only have to do a little every day or a little every day to stay lean. It is best to expend a bit of energy even when your energy expenditure decreases (such as while you are simply walking for only a block or two). However, if you want a faster weight loss, it would be better to walk on an incline at least three times a week.

## Flexibility

Walking helps expand your range of motion and improve your flexibility. It is also true that lots of doctors would advise their patients to go for moderate exercise if the joint pain is persistent. Strength in muscles can also be gained through physical activity, such as walking. Walking is good for strengthening your legs, hips, lower back, and shoulder, and abdominals. Walking has the same effect on both muscles in the lower body and abdominal and other parts.

## Aids to a 'hale and hearty heart'

A well-functioning heart is necessary for good health, and physical activity is an excellent way to achieve this. The new, higher flows of oxygen and blood available in your body can help you better circulation and help to prevent the accumulation of fatty deposits in the arteries, which reduces the likelihood of stroke. Walking, or walking workouts, because of the increased oxygen consumption, helps your metabolism work more effectively, helping you burn more calories. As a result, there is a loss of weight.





# India women will play Test cricket after 7 years

The Indian women's cricket team will play a historic one-off Test against England in Bristol as part of a multi-format series that will also feature three ODIs and as many T20 Internationals across June-July. The Test will be played at the Bristol County Ground from June 16-19, kicking off the England team's summer.

While the Indian women's team will take part in a Test for the first time since 2014, England last played a red-ball game

during the 2019 Ashes. The one-off Test will be followed by three ODIs and T20Is each with the tour concluding on July 15 in Chelmsford. After the India series, England will host New Zealand.

Following the engagements against India, The Hundred will take place, after which the England women's side will face New Zealand in three T20Is and five ODIs respectively, in September.

## India's tour of England

June 16-19 -	Test match - Bristol County Ground
June 27 -	1st ODI - Bristol County Ground
June 30 - 2nd ODI -	The Cooper Associates County Ground, Taunton
July 3 - 3rd ODI -	New Road, Worcester
July 9 - 1st T20I -	The County Ground, Northampton
July 11 - 2nd T20I -	The 1st Central County Ground, Hove
July 15 - 3rd T20I -	The Cloudfm County Ground, Chelmsford.

# 10 ways to grow your money

**I**nvesting is an art that requires excellent planning and execution. A person needs to do thorough market research and know the tax legislation before parking his/her money somewhere. There are plenty of ways to make steady money. Here are ten options that you can explore to make the best use of your savings:

**Stock market:** Stocks are top-rated assets. Stock market investment is risky due to the market's volatile nature. But, the right kind of research can always reveal safe and balanced options for optimal yet steady returns.

**Mutual funds:** Investing in a mutual fund is the best option for anyone looking to make steady money with a moderate return rate. There is low to moderate risk, depending on the fund size.

**Real estate:** Due to the volatile nature of the stock market, many investors prefer investing in real estate. Once a property is purchased, its value increases by 50-80%, depending on the location and amenities. Investing in real estate also has tax exemptions, especially



when someone is paying off a loan.

**Fixed deposits:** This is the most common form of investment, with sure returns. The return rates are comparatively lower than that of mutual funds. But, the risk factor is almost zero. An FD is a good long-term investment option.

**Public Provident Fund:** This is the commoner's go-to option. The principal investment amount has a mandatory lock-in period of 15 years. The invested amount is exempted from tax under section 80C of the Income Tax Act of 1961.

**Taxable bonds:** In the current scenario, where return rates on investments are plummeting, a sure-shot way to make money is through a

taxable bond. They have return rates of up to 7.5%, depending on the economic condition and risk elements.

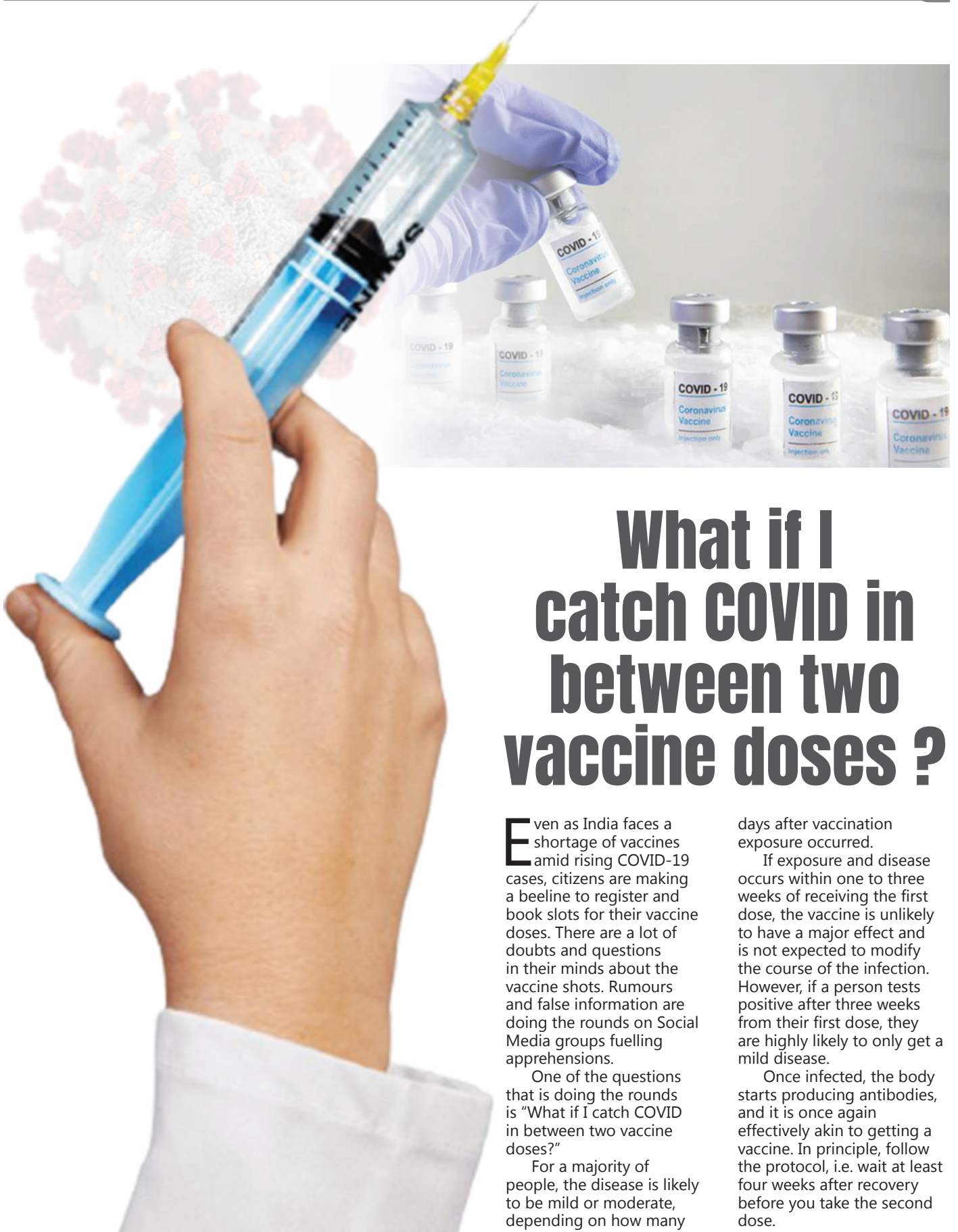
**Gold:** The rate of gold increased by 30% during the pandemic. Investing in bullion or jewellery has always been considered an auspicious form of investment. Gold can also secure a personal loan in case of an emergency. Gold rates hardly fall and always see a steady increase over time.

**Post Office Monthly Income Scheme:** It is one of the highest-earning schemes with an interest rate of 7.6%. It is one of the safest ways to make money for conservative people who want to invest with no risk involved.

**National Pension Scheme:** Often considered as a retirement fund, a small amount of money put in the scheme every month can yield a handsome sum at the end of your work life.

**Owning a business:** Entrepreneurship, when successful, pays a lot more than a traditional desk job. A successful business is worth double the investment once it is up and running.





# What if I catch COVID in between two vaccine doses ?

**E**ven as India faces a shortage of vaccines amid rising COVID-19 cases, citizens are making a beeline to register and book slots for their vaccine doses. There are a lot of doubts and questions in their minds about the vaccine shots. Rumours and false information are doing the rounds on Social Media groups fuelling apprehensions.

One of the questions that is doing the rounds is "What if I catch COVID in between two vaccine doses?"

For a majority of people, the disease is likely to be mild or moderate, depending on how many

days after vaccination exposure occurred.

If exposure and disease occurs within one to three weeks of receiving the first dose, the vaccine is unlikely to have a major effect and is not expected to modify the course of the infection. However, if a person tests positive after three weeks from their first dose, they are highly likely to only get a mild disease.

Once infected, the body starts producing antibodies, and it is once again effectively akin to getting a vaccine. In principle, follow the protocol, i.e. wait at least four weeks after recovery before you take the second dose.

# Inspiration is always a better alternative to perspiration



# 200

## eminent Indians already interviewed



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