

Rain Edition. September 2021

*Life @ hfc*

P A N V E L

Picture Courtesy : Penny Braganza, Aura

# THE EDITORIAL

**It can't get better than this.....the words resonate almost every month as seasons change at hfc. If the sky full of clouds were a delight for the urbanite, rains, rains and more rains is pure bliss at hfc**

Welcome to Rains at hfc. Well rains are not a season. Rains are celebrations at hfc. It's that time of the year, when dark clouds hover over your every morning cup and the sound of torrential rains serve as bedtime chime.

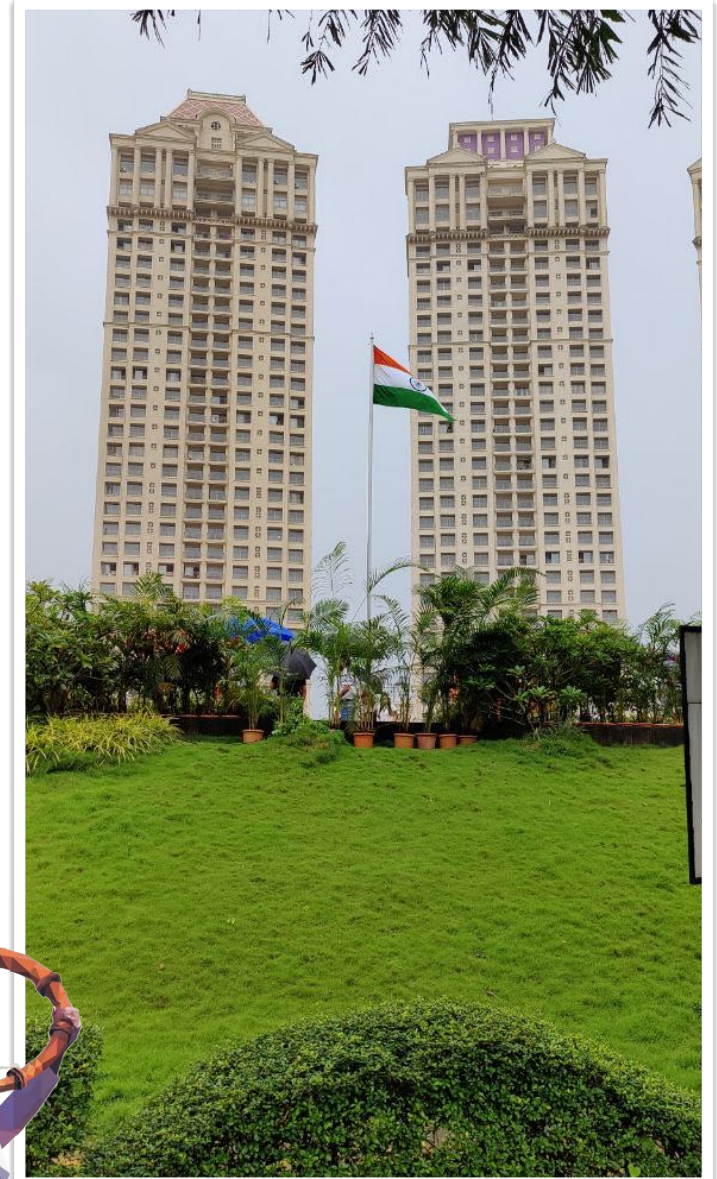
Rains are vibrant than ever before at hfc. You'll find an array of colours across umbrellas out in the walks as the day trickles along a drizzle. Colours and Umbrellas are growing at hfc.

Rains are vibrant than ever before at hfc. The aroma of cuisines of all flavours are fast converting the hfc campus into a culinary destination. From the professional Chef to the newly crowned SuperChef, from amateur weekend cook to new found entrepreneurial one, it's a feast for the foodie at heart.

In this special Rain Edition of Life@hfc, we shall showcase aspects of life that are bound to entice, attract, appeal and turn compelling for our audience, many of them several thousands of miles away.

We are extremely happy about the warm reception that this initiative of Life@hfc has received from the hfc community. Since going live, we've been viewed across 30+ countries and over 70+ cities around the world.

Rains are vibrant than ever before at hfc. Our gardens are brimming with sounds of cheerful children and pets wagging in joy. Out in the gazebo, a mindful group of volunteers gathered to plan the arrival of Ganapati, our first ever celebration at hfc. Bonhomie is in the air. A gush of purpose seem to have arrived with the winds of change at hfc. One that's all set to blow away inhibitions, sweep many more off their feet, and rain it hard and happy. Welcome to Rains at hfc. Welcome to Life@hfc.



# HOW THE PANDEMIC

***Changed the view from my workstation.....all for good. Penelope writes from her new found "Best Place to Work", Home@Aura***

The year is 2020, the month January. I look up from my laptop across at my colleague sitting opposite me, his brows furrowed concentrating hard on his excel sheet. Beside me in the next cubicle another colleague is typing away on his laptop, lashing out in an email. In the board meeting room nearby, I can hear a heated discussion on the sales dip post festive season and how to get things back on track. I hunch back over my own laptop and get back to work. Its noisy, its chaotic, its work life in the office.

The year is 2020, the month August. I look up from my laptop and all I see is a thousand shades of green and hills as far as the eye can see. I cast my eye upward and I can see grey clouds rolling in, a sudden shower of rain and then the pitter patter of the raindrops splattering on the window pane. In the distance I hear the muted horn of a train and then hear it chugging along, I look up

and I see it far in the distance, sliding out through the tunnel between 2 hills and gliding along like a thin silver snake ducking its head again quickly into another tunnel with its tail disappearing as swiftly as it appeared. Its quiet, its calm, its work life from home.

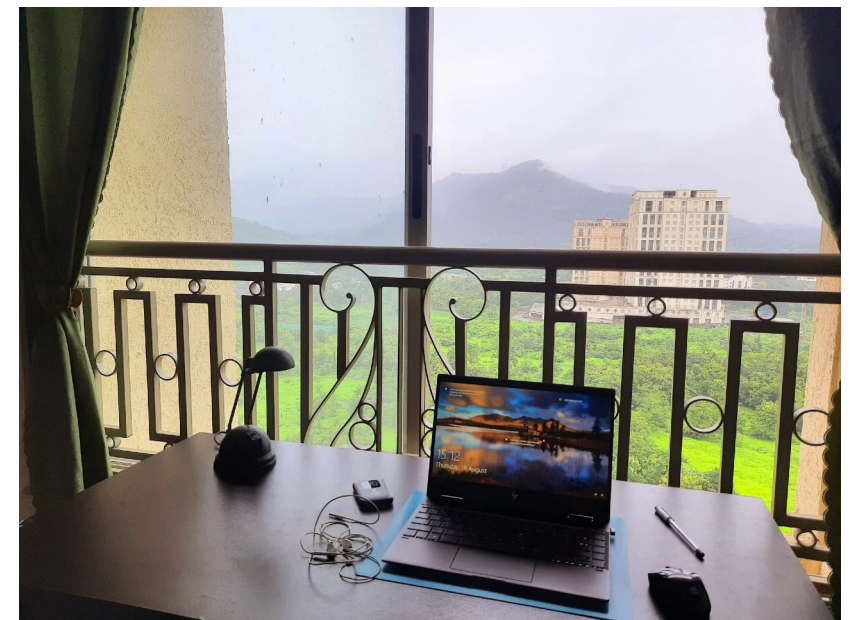
I have been transported to the heart of nature, to a land where birds chirp melodiously through the day, where crickets and frogs (and sometimes dogs) can be heard at night and yet there is a calm and it is quiet and it is peaceful.

I have been transported to a place where between work zoom calls, I can take my cup of coffee/tea/ hot chocolate to the balcony and breathe in deliciously fresh air and get energized for the next few hours of work.

I have been transported to a place where evenings are spent walking or cycling in the sprawling campus, around the playground where the peal of laughter and squeals of joy from children playing is music to my ears instead of blaring angry horns from cars on my drive home from work.

I have been transported to HFC – a home in the midst of mother nature.

The year is now 2021, the month August. The Pandemic has most definitely changed my workstation view this past year and while working in an office environment has a charm of its own, this past year of working from home in the heart of nature has been an exhilarating experience.



# TREKKING AROUND

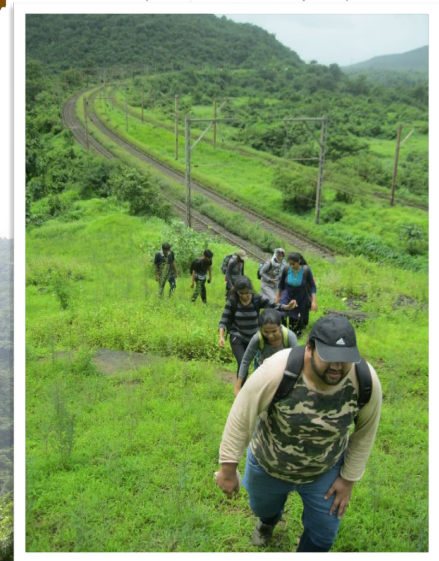
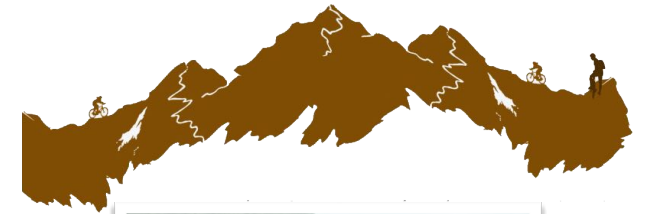
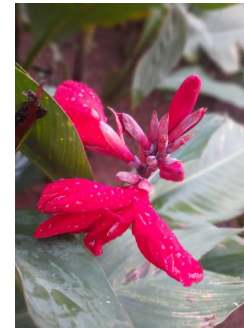
**The adventurous and outdoor bound are an increasingly happening lot at hfc. Rains is when leaves turn green and the surroundings are at their lively best. Our Explorers find it irresistible.....savour their narrative of a recent trek.**

*"The journey only requires you to put one foot in front of the other ... again and again and again. And if you allow yourself the opportunity to be present throughout the entirety of the trek, you will witness beauty at every step of the way, and not just at the summit."*

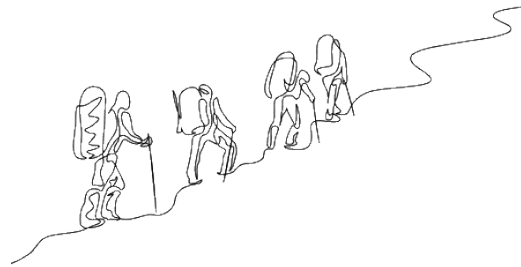
Songiri fort is a fascinating trek in the Sahyadri ranges of Maharashtra. This small hill fort situated in Raigad district is one of the scenic treks especially during the monsoons when it is blessed with mesmerizing views of lush greenery and gushing waterfalls; making it almost a perfect haven for the trekkers with pleasant weather and enthralling views.

Located near Palasdhari station on the Karjat - Khopoli railway line; this Fort is called Palasdhari Fort. This trek also happens to be one of the unexplored forts near Mumbai and Pune with a great opportunity for the trekkers to challenge themselves of the unknown.

The landscape views during the trek and from the summit are incredible. If lucky you could also see rain clouds moving like wagon and also touch the monsoon clouds while climbing uphill.



# PALASDHARI FORT



You could see Fire-Ant nests, Spittle Bugs, Land Crabs, variety of Skinks, species of Grasshoppers and their eggs, Signature Spiders, exotic Ladybugs, colourful Caterpillars, Indian Blister Beetles, Black Dump Flies, wild species of Sesame flowers, Flame Lilies, Sadaphuli flowers, Bracket Mushrooms, Orlaya meadows, Ghost trees, Pipeworts, Begonia flowers (which are edible and sour in taste), Wild Turmeric flowers, and many more.

Our trek was hosted and organized by Dr. Ashish Nanabhai (young at heart trekker) along with a group of 25 doctors. On reaching the station we could spot the triangle-shaped mountain and the fortress standing high.

To begin climbing, we had to go towards Palasdari tunnel. There is one lineman cabin near the tunnel. Behind the cabin, there is way which go towards top of fort. We started ascending the fort and soon we realized that, this climb will become challenging as the forest became very dense and we are struggling to locate the proper route.

Fortunately for us, we were on the right path and after climbing for an hour, we encountered a rocky patch which was not that difficult, but a bit challenging.



Entire Bor ghat region was looking spectacular after climbing the rocky patch and we reached on a huge plateau. We still had covered only half distance. We decided to have some light breakfast and retire for a bit. Now, to go further, we had to search for "Forest department compound" and with that compound we had to climb up to go on top of the fort. These compounds lead you to another plateau on top, leaving you with a last 15 to 20 minutes climb of way.

The view of the surrounding area from top of the fort is spectacular. We rested here for another 10-15 minutes looking at beauty of the nature. There were water cisterns on the fort. This water is not much portable.

We then decided to descend the fort as we need to catch the local train.

Soon, we completed our descending of Songiri fort and reached near tunnel. It was indeed quite memorable experience.

Remember the last local from Palasdari is 6:30. Schedule your time accordingly as it may take 3 to 4 hours to go on top and 2 to 3 hours for descending.

# PALASDHARI ...

**Height:** 2,500 feet above sea level

**Time required:** 2-4 hours to ascend to the top

**Difficulty level:** Medium

**Base village:** Avalas village, near Palasdhari station.

How to reach Palasdari Fort: You can reach Palasdhari station by taking a Khopoli train, or a Karjat train from Mumbai

Staying Options: There are no caves or any staying options at the top of Palasdhari fort. You can carry your tents and set them up.

Restaurants / Food Options: Carry your own food & sufficient water along with you while visiting Songiri fort. There are 2 water tanks at the top but it is not advisable to drink that water.

## Things to see at Palasdhari Fort:

There is a secret waterfall hidden in the dense forest you can use help from the locals to reach it.

Palasdhari dam located near the Fort.

You visit the Swami Samarth Math in Palasdhari village.

You can see the fantastic [Rajmachi Fort](#), Bor Ghat, [Dhak](#), [Prabalgad Fort](#), and Bhivgad from the summit of Songiri Fort.

## Tips and Suggestions:

Carry a light trekking sack with adequate water and some food.

Make sure you carry a poncho or raincoat rather than umbrella.

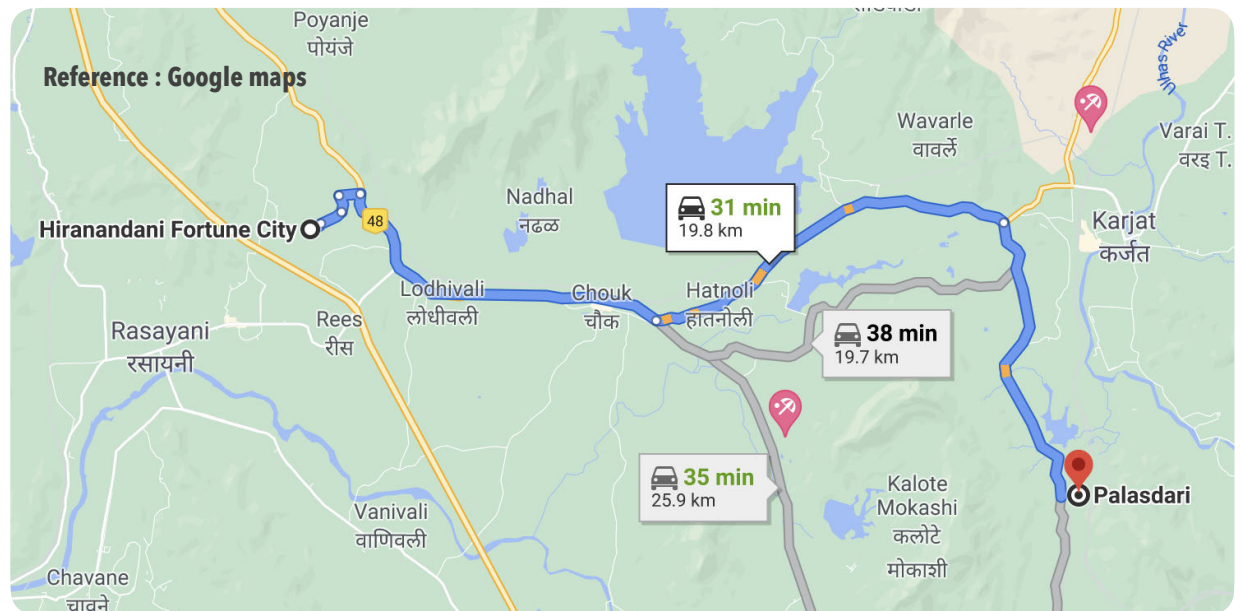
Carry an extra set of clothes for emergency.

Carry a stick while trekking through the jungle as it can help you make way through the shrubs and thorns. It will also be very helpful during monsoon where the path can get a little slippery.

## 19.8 Kms from Hiranandani Fortune City

Plan your trek according to the first and last local from Palasdhari station.

**Sagar Kansara is an Homeopathic Physician by profession. He runs his clinic at New Panvel named Vytal. Apart from being a qualified physician, he's keen interest in nature and love for music. His passion for trekking has taken him to several places in and around Mumbai. Dr Kansara is a Member of Mellona at hfc.**



# STAYING FIT

## An Ayurvedic approach to build immunity and stay fit during the Rains. An article by Madhavi Bhojwani, Hermes

The first showers after a hot summer are welcomed with a sigh of relief, however this respite from intense heat also brings in many health challenges. Low temperatures combined with high humidity triggers growth and proliferation of many harmful micro-organisms.

A robust immune system will assist in keeping the body healthy during this period and there are many kitchen staples that can aid in this effort.

### Ginger

Ginger is known to keep the immunity high in any season. It improves the digestive ability which in turn improves assimilation and transportation of nutrients to the body's tissues.

*The best way to have it:* Add slices of ginger in boiling water along with pepper and turmeric. Add jaggery for sweetness. Sip while warm.

### Turmeric

Turmeric is a staple of Ayurvedic medicine where it is prized for its anti-bacterial, anti-viral, anti-septic and anti-inflammatory properties.

*The best way to have it:* Turmeric milk or turmeric latte is a perfect beverage for the monsoon season. Add a pinch of black pepper to help absorb the greatness of turmeric.

### Rock Salt

Rock salt is packed with minerals and when used during rainy season, it increases the fire element of the body while promoting digestion and absorption of nutrients.

*The best way to have it:* Use while cooking or as seasoning.

# GANAPATI AT HFC

## Our First Ever Ganapati Celebrations

Organised by enthusiast Residents at hfc

🌸 Join us in this Celebration of Togetherness 🌸



**Herbal Tea**

Treat yourself to a warm, healthy cup of herbal tea and stay energized all day long. Packed with anti-oxidants, it is known to strengthen the immune system and help in detoxification of the body

*The best way to have it:*

Boil Tulasi leaves, lemon grass, ginger, fennel seeds, cumin seeds, black pepper and jaggery for sweetness.

**B. FEW WEEKS POST-VACCINATION**

1. Is it Safe to travel ?

# CDC Guidelines suggest fully vaccinated people can travel locally and internationally in most countries (carrying Vaccination Certificate), but Still will have to follow Corona Guidelines like double masking and Safe distance. One has to be extra-careful, because of emerging New Strains.

2. Is it Safe for Fully vaccinated people to meet Other Vaccinated People ?

#Acc to CDC Guidelines, it's almost very Safe to meet, however in small groups only.

3. Can vaccinated person transmit Corona Viruses.?

# Yes. One can still be carrier. However, Covid vaccines can reduce the asymptomatic infection by about 80-90%.

4. Is Corona vaccine Safe for pregnancy or for one, Who is planning baby.? Vaccine neither affects menstrual periods, nor changes DNA

# Yes

5. Is Corona Vaccine compulsory.?

# No. However, it's almost mandatory for major Corporates, Semi-Government institutions, Airports, Trains, All major Hotels and Several other places. It's strongly recommended by All Governments.

6. When can a Corona patient take Vaccine.?

# After 3 months of Corona Infection

# BEYOND VACCINATION

**Dr Dipak Parikh, Hermes**

**MD Physician, with over 25 years of Clinical practice in India & abroad. Dr Parikh has special interest in driving awareness about the ways to deal with life alongside the virus**

**A. IMMEDIATE POST-VACCINATION**

1. What precautions I need to take immediately after vaccination. ?

# Drink atleast 10-12 glasses of water

# Eat light, well balanced and healthy home made food.

# Only Light Exercise

# Mild Fever, Bodyache and Pain Site are usual and treated by Paracetamol.



7. Can I mix Covishield and Covaxin Vaccines ?

# At present, it's debatable issue. However, ICMR and several other countries have recommended Mixing up of Vaccines

8. Can other vaccines be taken, alongwith Corona Vaccine?

# It's advisable to keep a Gap of 28 days between two different vaccines.

9. What about Vaccines for Children ? What's the Care to be taken ?

# Soon, India will have it's Covid Vaccine, which will be Safe for Children. As regards to Other care, fully Vaccinated Parents or other relatives, meanwhile, can meet or go near to children.

10. Should All follow Corona Guidelines, after two doses of vaccine ?

# As Corona Viruses are smartly changing its structure, hence the evolving Strains, All vaccinated people should compulsorily follow All Corona Guidelines...

11. Do I have 100% Protection after two vaccines ?

# The protection varies from 80-95%, depending on age, overall health, habits, coexisting diseases and types of Vaccines. Nonetheless, Even if vaccinated person develops /redevelops Corona Infection, it will be very mild and will not need in Hospitalisation in 99% cases.

12. Can I just have one dose of Vaccine...?

# Johnson and Johnson is bringing out single dose Vaccine to India in coming month.

13. Do I need to get any blood tests to find out Corona Antibodies level .?

# NO

14. Who can develop Corona infection, even after Full Vaccination ?

# All immune- compromised patients, like Cancer, Renal or Liver Failure, Organ transplant patients, patients on immunosuppressive drugs, extreme Old age etc are at high risk of developing Corona infection, may be Serious one, even after Vaccination. Nonetheless, Vaccination certainly provides significant

protection in majority of patients.

15. Last and Very Important Question : when will be third Wave in India ?

The answer is not as simple as question. Some authorities believe, we have slowly slipped into third wave, as cases in India haven't fallen below 25000 patients per day and deaths remaining around 500 per day. Now, it's Difficult to say whether it's thick tail of Second wave of Covid19 or It's slow and relatively mild beginning of third wave, which has slowly encroached. Indian health ministry believes the peak of third wave could be in October. No one actually knows the reality, as these are all speculations. However, it's almost certain that We have to be very careful for next 4 months. If Corona cases and don't rise steeply for next months, we can conclude finally it's all Over, as in next 4 months, India would have certainly achieved Vaccination target of more than 75%, which is ideal.

**Picture Courtesy : Penny Braganza, Aura**



# BROADBAND INTERNET

## Status Update by Sushil Joshi, Mellona

Broadband raises lot of questions in the minds of HFC residents .....Is high quality Broadband a mirage in HFC ? Can we expect quality and reliable broadband players in 2021 ?

Indeed, so far it has been a mirage. Current service provider, One Touch (Den's distributor) so far has disappointed the residents due to its frequent outage & speed drop, primarily due to its sunset technology.

In WFH era, this is a real spoiler.

Three Broadband service providers are in talks with the Township Management.....Jio Fibre, TataSky & Airtel. Depending upon their negotiations with builder, we are hoping light at the end of tunnel in Q3, if not Q2.

Indeed, it'll be great to have all top brand service providers in HFC, so that residents have multiple options to choose from.

While Broadband issue is resolved, it is prudent that residents keep Broadband mobile dongles of Airtel/Jio as



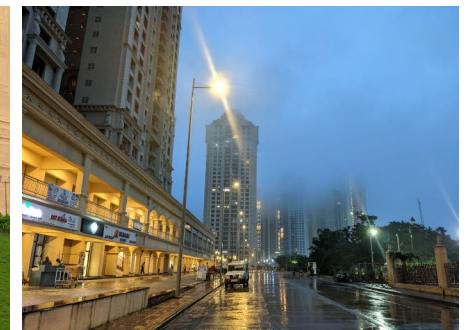
back up to OneTouch. Having said that, based on information received from reliable sources, TataSky Broadband services with speed up to 300 mbps is likely to be made available in September 2021 itself.

Till such time the bandwidth of our internet connectivity at hfc broadens enough, enjoy the serenity of the locale and the charm of incessant rain drops on your balcony n the grey skies. Keep smiling.



BE A PART  
of  
Life@hfc

You can participate and contribute in the next edition of Life@hfc by sending in your entry at [lfeathfc.thejournal@gmail.com](mailto:lfeathfc.thejournal@gmail.com)  
You can send stories of nearby places, eateries, places of interest, pictures clicked by yourself, poem, painting or even narrate a story - just ensure that it involves life at hfc.  
You can even suggest sections that don't yet feature and contribute towards building this initiative of Celebration of Life at hfc.



# SUPERCHEF

## Shibani Mukhopadhyay, Apollo

A teaching alumni of St Anne's, Colaba. An addiction for books. Follows Sadhguru. Loves nature. Travelling. Singing. Writing.....and penchant for Cooking

Savour her bengali delicacy in this special Rains Edition of Life@hfc



Lau Chingri (Prawns cooked with bottle gourd)

### Ingredients

1. Bottle gourd (1no)
2. Shelled and deveined prawns (200 gms)
3. Onion finely chopped (1no)
4. Mustard oil ( 50gms)
5. Turmeric powder
6. Kashmiri red chilli powder
7. Kashmiri whole red chillies ( 2)
8. Ginger paste 1/2 tbsp
9. Salt
10. Coriander leaves finely chopped (2 tsp)
11. Green chillies slit (2)

### Steps

1. Peel the skin of the bottle gourd and cut it into long thin strips like finger chips.
2. Marinate the prawns with 1/4 tsp of salt and turmeric powder.
3. Wash it thoroughly and pressure cook it to 2 whistles by adding 1/2 tsp of salt , 1/4 tsp of turmeric powder and 1/4 th cup of water.
4. Keep it aside to cool.
5. Take a wok , add oil and let it heat for 30 secs, then add 1/4 tsp of beer and 2 whole red chillies,



fry a little till the aroma comes out , add sliced onion and fry till it turns light brown.

6. Now add the marinated prawns to it, give it a nice mix for about 30 seconds( prawns should not be overcooked), add the ginger paste and fry for 10 seconds more.

7. Open the cooker and strain the boiled vegetable. Keep the stock for some other use.

8. Pour the vegetable into the wok. Mix all ingredients thoroughly till it becomes mushy. Check salt to taste.

8. Garnish with coriander leaves and green chillies.

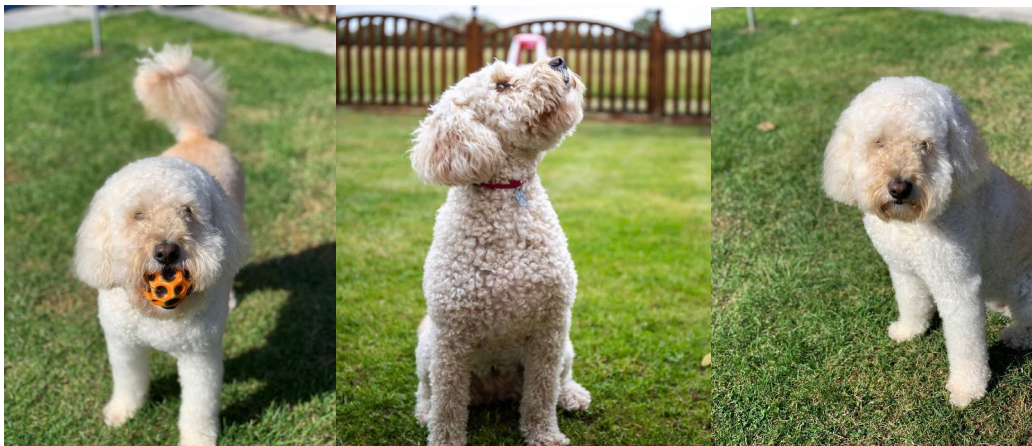
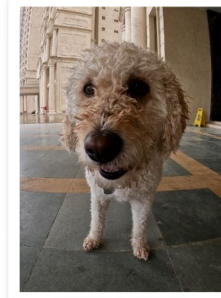
9. Cook till all water evaporates.

10. Serve hot with basmati rice.



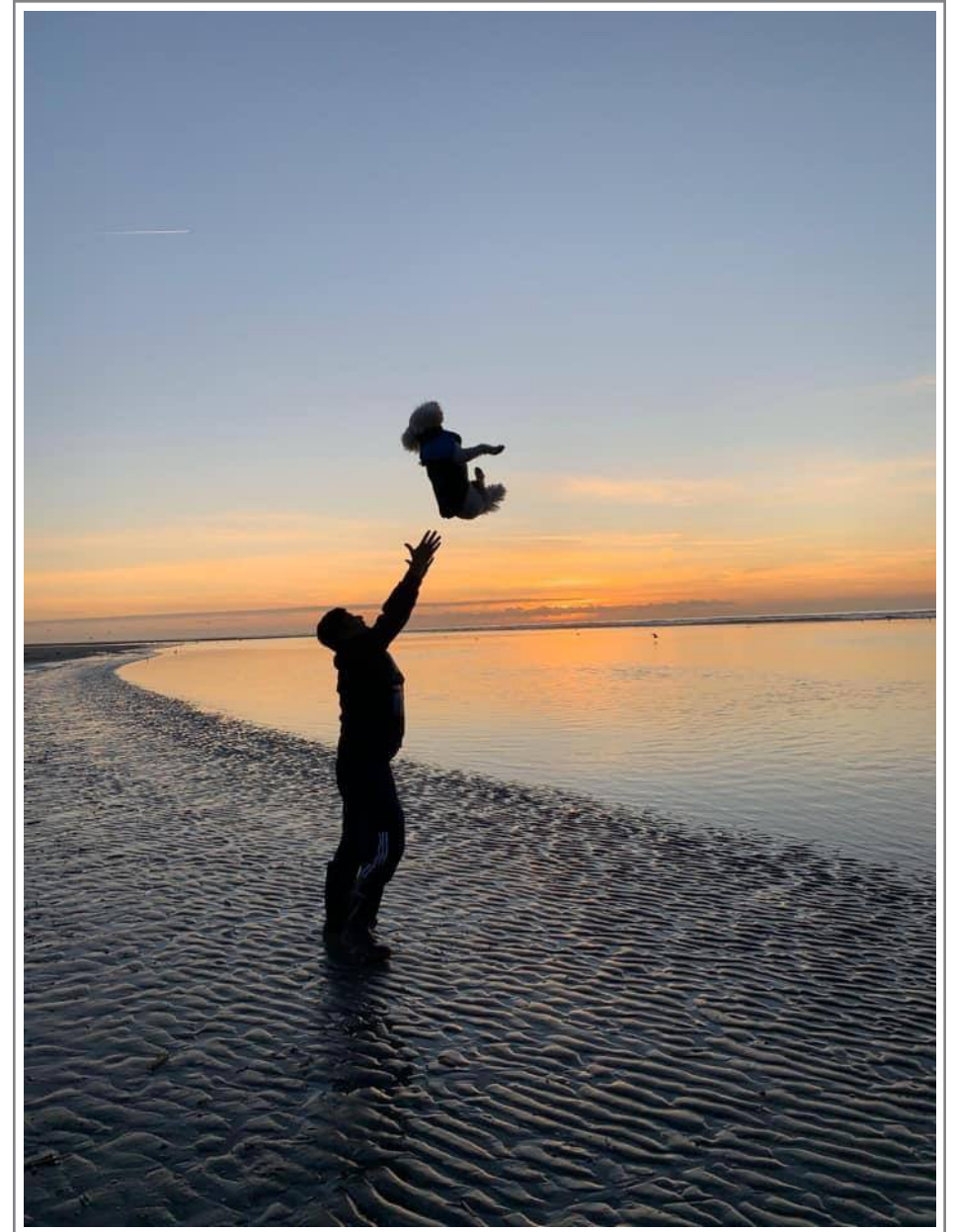
# MEET PIXIE

**Pixie, with more pixels than the palette can hold, is our bundle of joy and colours at hfc. Your introduction to hfc is incomplete without her. Remember to greet her with a smile when you meet her in person...**



Introducing our four legged fairy Pixie. Gentle, loving, playful, energetic, calm, friendly, peaceful dog, who knows to only spread love and smiles. British born Pixie has become the cynosure of all eyes since setting paw at hfc.

Avani and Amit Patil are proud parents of Pixie. The family has recently moved in to hfc after having spend over a decade in Europe. For the uninitiated, Pixie is fond of the shutter and happily poses with her fast growing fan following at hfc. She loves long drives over the weekends and very regular with her evening stroll in the park.



# Meet the ENTREPRENEUR

**Life@hfc caught up with Akansha n Karan for a candid conversation. Here's an excerpt from the interaction....**



Akansha Arora, Masters in Economics and an Ethnic wear Exhibitionist, turned Chef & Baker thanks to the pandemic that hit the country in 2020, confining professionals to their homes. She was too busy mixing and matching materials to create unique designs to really be bothered with whisks and measuring spoons, though being a foodie definitely helped.

At the start of 2021, Akansha n Karan moved to HFC. The young couple were always appreciated by friends and family for the magic in their food and it came as no surprise when Akansha's Kitchen Magic was born. Starting a venture in a new location is always mired with uncertainties of unfamiliarity that adds to the anxiety for success. What started with a simple dosa batter and thandai served during a holi party transpired into a brand, blossoming Moksh Food Services at hfc. Punjabi at heart and food, a near religion, the duo have since got into baking and offer customised cakes for every occasion.

Karan Arora, a techie by profession and a foodie at heart is now the full-time Operating Officer for their budding venture. Hfc is located amidst greenery. For this very enterprising couple, Akansha n Karan, the greener pastures of hfc is turning out to be the calling of a lifetime.

**Akansha & Karan Arora are residents of Atlas**

# TEA WHILE IT RAINS

**Rains can do amazing. A professional in Finance, engaged in financial R&D for a global FMCG giant chooses to write an article on Chai, a drink that she's fond of. Informative as it can get, this piece is intricately woven with the finer flavours of life. Enjoy her Magic with tea.**

The mystical season of droplets always engages all our senses at once. Rains usually encapsulates our mind with nostalgia. Just as the rains splatter the windows of our house, memories start to splatter on the windows of our heart, making it the perfect time to indulge in the most romantic love story of all times – Barish and Chai. The subtle flirt between the aroma of the boiling tea and fresh Gili Mitti ki Khushbu calms the senses like a warm hug.

If we look at the history of Chai, we will realize that why does this beverage never fails to bring a sense of calm and relaxation to its drinkers, Afterall this is the drink of the Monks. Originally Chai's Hometown is China and

not Assam or Darjeeling. The Chinese emperor who discovered Tea thought that this discovery had been addressed to him by the celestial gods, which I now believe must be the Gods of rains too hence it can be conveniently concluded that this is truly a match made in Heaven. The Chinese tea culture also connects Tea with Tao wisdom and teaches that the goal of life is not perfection but embracing each moment as it is just like one embraces the bitterness of the tea along with its rejuvenating quality, precisely like we Mumbaikars embrace the monsoon floods along with the unplanned office Chuttis that it brings.



Picture Courtesy : Seema Mishra, Clio; Penny Braganza, Aura



Coming back to how Chai got its prestigious title the Drink of the Monks, it's because from China it travelled to Japan with the help of the Buddhist Monks and soon became a drink of the religious classes in Japan. Some even compare the importance of tea in Buddhism to the importance of wine in Catholicism. The Japanese tea ceremony called Sadō or Chadō is the ceremonial presentation of a powdered green tea called matcha and a deliberate exercise in being present in the moment, focusing on one task and appreciating the simple things in life with the emphasis that awakening does not always happen by deep thinking, but most of the time it happens by just doing daily routines with mindfulness. An earnest tea drinker will deeply understand this concept because he very well knows how a simple well brewed Chai can change the mundane into extraordinary in a matter of few sips.

In 2019 the world was buzzing with the word Ichigo Ichie which was made familiar to everyone by famous writers

Hector Garcia & Francesc Miralles authors of Ikigai – the Japanese secret to a long and happy life, through another bestseller book, The Book of Ichigo Ichie. But the phrase 'ichigo ichie' was originally coined by Li Naosuke, a Japanese tea master, yes, a Tea Master not any philosopher or spiritual teacher, in one of the tea ceremonies in Kyoto. The literal translation of Ichigo Ichie is one time, one meeting. Let's understand this in context of Monsoons and nostalgia, every nostalgic moment that hits you is just a happy memory of the past that you remember now with a tiny bit of sadness in your heart, which means no incident will ever be replicated in the exact same way, not even in your remembrance and thus each moment is always a once-in-a-lifetime experience.

Going back to the Brits and their gift, along with the Beatles, Zeppelin and Queen, another pre-eminent contribution by the British to the world is High Tea which we Indians assimilated so well in our culture. Can you imagine Barish and Chai without pakodas or ever detest

the Chai Parle -G Jodi or even imagine letting your esteemed guests leave without serving a malai masala chai, no right, exactly my point. While the Chinese and Japanese enjoyed the spiritual essence of tea, the Brits made drinking Tea an extravagant affair, making it a drink for the rich and upper class. Giving rise to the garden tea parties, elevenses and the high tea ritual. Gradually tea became a national drink, in Britain, just like it is now in India, a cup of tea is the answer to every problem. Fallen off your bicycle? Nice cup of tea. Your Boss sacked you & your house has been destroyed by a meteorite? Nice cup of tea and a biscuit. Your entire family has been eaten by a Tyrannosaurus Rex that has travelled through a space/time portal, or if you are just tired after a long commute in the local. There is nothing a nice cup of Chai can't solve.

**Seema Mishra, the explorer at heart, the artist by soul, an avid tea lover, is a resident of Clio, hfc.**

**Picture Courtesy : Santanu, Mellona**

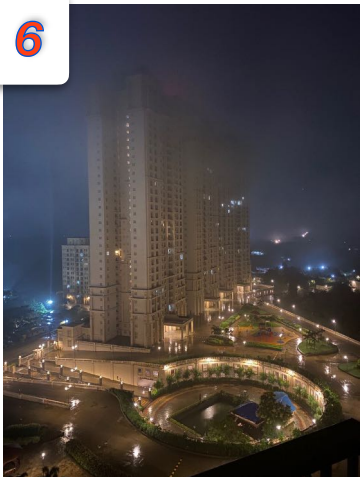


# THROUGH THE LENS

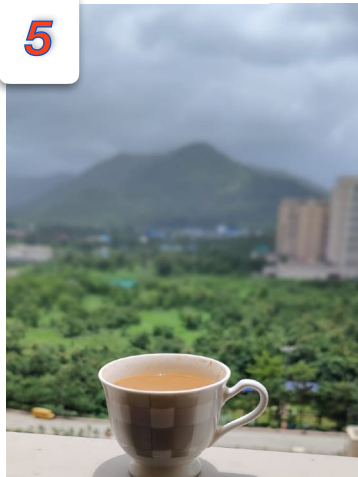
We've some brightest minds when it comes to the art of photography at Hfc. This time we've invited some of the most enthusiastic ones to share snippets of Hfc through their lens. Encourage by choosing your picture of this Edition by casting your vote at

<https://pollunit.com/polls/2qivrahc8ilaruvruztuvvg>

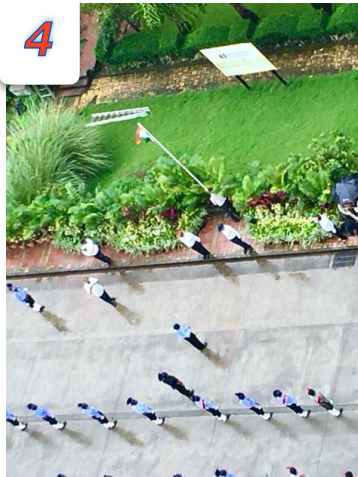
6



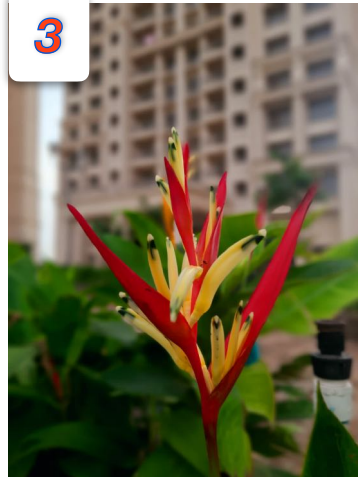
5



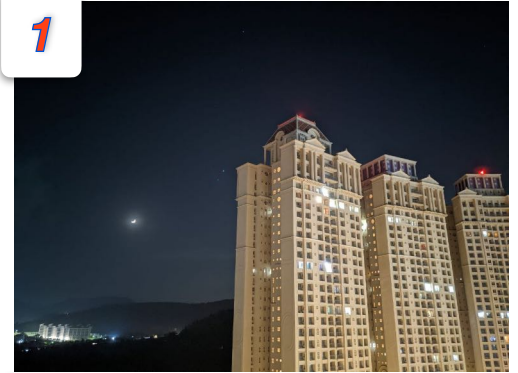
4



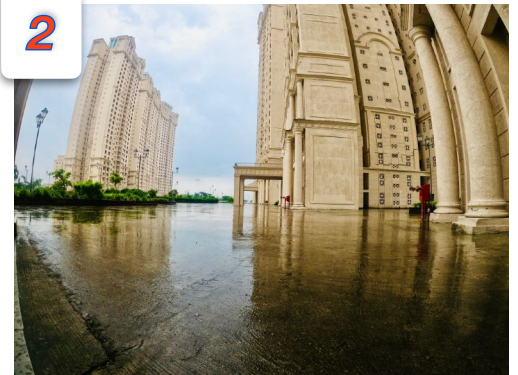
3



1



2



Picture Courtesy : Karthikeyan, Aurora; Penny Braganza, Aura; Anand Talari, Argus; Lavanya Senthil, Aura; Nazia Syed, Mellona; Vijay Sharma, Aura; Santanu, Mellona

7



Cast your  
Vote



Conceived, Created, Edited &  
Published by Santanu,  
Mellona