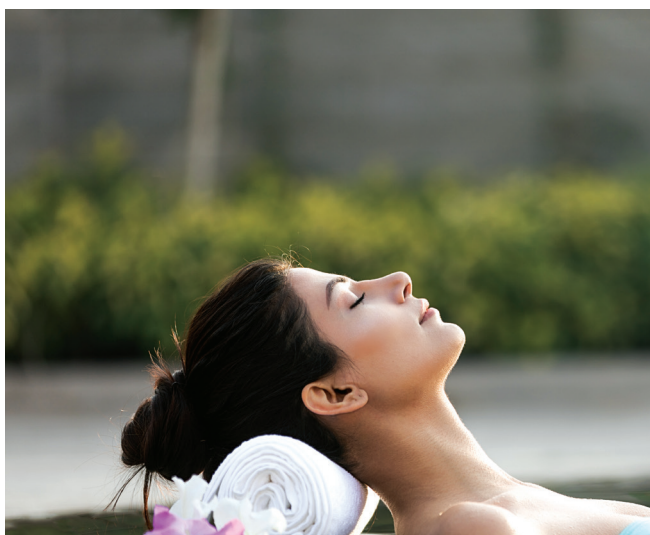


Of sound mind and soul — a wellness centre that heals all your senses



DELHI | NIVI SRIVASTAVA

Do you recall that feeling when you return from a car service, driving back a spick and span motor after servicing? Well, that's exactly how I felt after my short but very memorable stay at the Naad Wellness — except, in this case, I would like to clarify that human body is way more complicated than a machine and it is very important to undergo a healing process that cures your body and soul once in a while.

Naad Wellness is located in Sonapat, Haryana and is a stone's throw away from Delhi NCR. While some people might call it a detox or wellness centre, I would say it is a place that rejuvenates the five senses of the human body which usually gets affected with time due to factors like sedentary lifestyle, stress, pollution and so on. I went there with an open mind and stayed for three days to undergo a program designed and recommended by the in-house Chief Ayurveda Consultant, Dr Hrishikesh Ashok, BAMS, MS (Ayurveda). The three-day stay for me was something very new, as I have never been on detox diet before, and never followed a disciplined lifestyle. For those who wish to stay for longer periods, there is a maximum of a 28-day package which includes all sorts of prescribed massages, therapies, nutritional consultation, and yoga sessions.

I have worked as a journalist for more than a decade now, and my work involves a lot of travelling, eating and drinking



outside, typing for hours with my neck and back bent, and due to all the stress, a very bad sleeping cycle. So, the doctor advised me to go on a complete detox during my stay, which included no greasy and oily food, no caffeinated beverage (tea and coffee both excluded), a pure vegetarian diet with very less sugar in the form of jaggery (*gur*) and no alcohol or cigarettes at all. In fact, for people who are addicted to cigarettes, this could be a challenge as there is a fine of INR 5,000 if you are caught smoking.

Thankfully, I don't suffer from any major disorders or addiction but I did miss my daily cup of lemon tea. For people who are addicted to tea or coffee heavily, a detox like this will give an acute headache initially, but eventually, the body learns to cope. Now my treatment for insomnia included three sessions of *Shirodhara*, a couple of yoga sessions every morning and a clean diet which was prepared by the in-house nutritional consultant and chef. I stayed at the royal suite, which was attached to a plunge pool and a terrace garden. Each category of room in this centre has a balcony and windows for fresh air and sunlight. Depending on the kind of the package you opt for, you can choose and customise your stay. There is also a beautiful blue centre created for 'Ariel yoga', a well-equipped gym and a mini-golf zone on the terrace.

After a traditional welcome with beads and *tikka*, a set of white *kurta-pajama* and slippers is given to the guests on arrival which they have to wear during the stay. In these three

days, I tried some very interesting therapies and thought about my life and well-being in general – I felt a strange calmness and my energy levels went up in the daytime. Usually, I consider myself to be a night person but the detox brought out an unexpected side of me and I could wake up early with the help of an alarm clock. In my world, it was a huge change that I have been meaning to see for a long time.

On the day of my arrival, my first *Shirodhara* treatment was accompanied by an Ayurvedic *abhyanga* massage. During *Shirodhara*, almost 2 litres of medicated oil is poured into your head with the help of a brass vessel and it increases your blood circulation. As you can imagine, I was slathered in oil every day (one session each day) and the oil doesn't go off your hair easily - no point trying to shampoo it more than two times. The doctor also recommended a 10-minute Himalayan salt cave therapy, where I sat inside a room and inhaled the salt fumes that are good for skin and respiration. On one of the days, I was taken to a Turkish *Hamam* (bath), where I was given steam and bath after a full body scrub. Apart from all the therapies, the best thing I liked about my stay was the diet of fresh veggies and juices that started working by the next day of my stay.

During my stay, I really enjoyed the intense one-hour yoga session in the mornings, an invigorating reflexology walk and foot massages, and by the end of everything -- a relaxing swim in the pool. Overall, I learned about the importance of an organized routine in life, the benefits of sleeping well and of course, eating right as much as possible. I even



got a dental consultation and scrapping, which is part of all packages. To be honest, I wasn't really sure if I could follow everything prescribed to me, but surprisingly, I did it and without any qualms - so my only advice would be to make sure you muster a lot of willpower before you book a stay here and be open to change. After all, you have to give something to get something - and giving up on toxicity was the best thing we could do for ourselves, and this happens at the centre. The packages here start from INR 49,000 (inclusive of all taxes).

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Contact: +91 70566 15555 / www.naadwellness.com

City man delivers organic greens at your door



CHENNAI | CHITRA THIRUNAVUKKARASU

In the hustle and bustle of cities like Chennai, a 37-year-old man, R Jagannathan, owns an organic farm called Nallakeerai. He produces over 40 varieties of crisp greens in his land and these are delivered at your doorstep. In 2011, inspired by various organic farmers across the state, Jagannathan started a model farm to cultivate greens. From then on, the firm developed gradually and today, home deliveries of greens are carried out, with a large team working behind it.

He says, "We mostly cultivate greens and apart from this, we also grow rice and pulses. From one-time crops like *sirukeerai* (tropical *amaranth*), *mulaikeerai* (raddish leaves), and *araikeerai* (red spinach), to multi-harvest crops like *ponnanganni* (dwarf copperleaf), *karisalanganni* (false daisy), *palak*, *gongura* can be found in our fields. Small tree crops such as *agathi* (humming bird tree leaves), drumstick, *thulasi* (tulsi leaves) and curry leaves are also cultivated. Also, we raise greens with medicinal properties such as *perandai* (veld grape), *thudhuvalai* (climbing brinjal), *manathakkali* (black night shade), and *vallarai* (*brahmi* leaves)." The entrepreneur says, "We also invite people to visit the farm and explore the cultivation process practically".

With the annual subscription of Rs 4,500 people can get greens door-delivered twice in a week.

Contact: www.nallakeerai.com