

# Mid-week break for Delhiites



Rewa band played some entertaining tunes for the guests

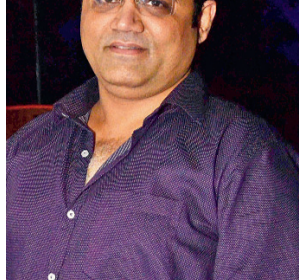
**POSE PLEASE:** Kavita Bhatia **NAKHRA NAWABI:** Ashok Mastie

With the grand opening of The Cave, Hauz Khas Village, a new destination for party animals, the nightlife of Delhi has got a little more fun. Not only the weekends, even Wednesdays will be celebrated with the same enthusiasm. Every Wednesday, the outlet hosts Live and Melodious Nights featuring various bands that entertain the guests with Sufi, Punjabi, Bollywood and Western beats. Last Wednesday, Rewa band and DJ Golz performed at the venue that has classy interiors and yummy food.

Said, MD of the outlet, **Rajesh Mann**, "Wednesday is specially meant to be a couples' night with special packages for couples, kitty or group parties. We also have special offers for singles."



Sinhakaa and Rahul Sharma



Rajesh Mann

# On a musical odyssey

Internationally acclaimed singer **Ameya Dabli** launched his music album *Ekam Satt - One Truth, One Humanity, World Music* at the hands of global humanitarian and spiritual leader **Rev. Dada JP Vaswani** as part of the latter's centenary birthday celebrations in Pune. The album is available on all digital platforms through Times Music. Inspired by respected Dada's message of selfless love and service for humanity, the album features the works of legendary poets and saints such as Kabirdas, Mirabai, Narsinh Mehta, Guru Nanak Dev, Khwaja Garib Nawaz, Buddha, Tukaram, Tulsidas, Gospels and others.

Given the continuous stress and turmoil that individuals across the globe face, there is an urgent need for each of us to pause, reflect and connect with each other, cutting across our religious, social and cul-



Ameya Dabli and Dada JP Vaswani

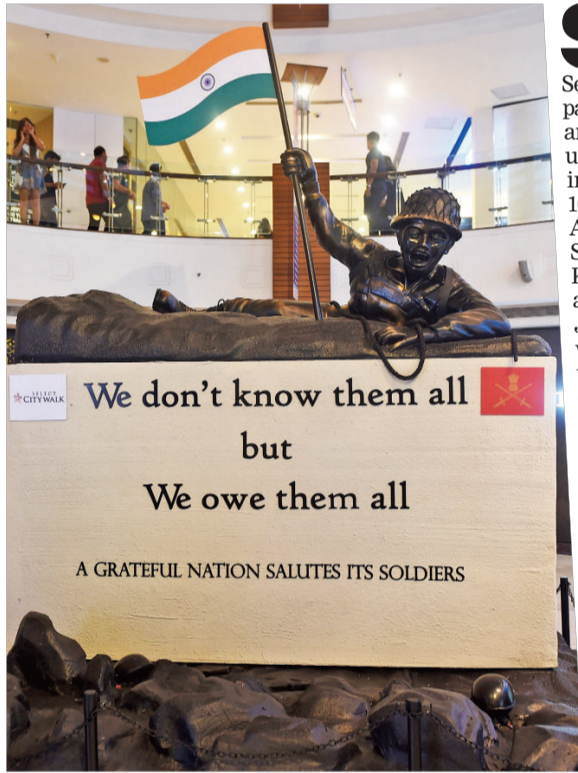


The launch was attended by a large number of people

**Purvi Soali** quit their successful corporate careers to become social entrepreneurs. A versatile singer, Ameya has performed over 1,500 concerts across 15 countries. The music from the album is already a rage with live renditions by Ameya across 25 locations including for large corporates like Aditya Birla Group and at the Indian High Commission in London. He is currently touring India, US and Dubai for his other musical concept 'Heart 2 Heart' covering melodious ghazals and folk music.

His 10 city 'Heart 2 Heart' tour covering melodious ghazals kicked off in Mumbai yesterday and will further move to Bangalore, Pune, Hyderabad, Kolkata and other cities.

# Colourful tribute to brave soldiers



An art installation in the mall showcasing a soldier

Saluting the courage of the soldiers, Select CITYWALK paid a tribute to the army men on Saturday. Kick-starting the occasion, 100 students of the Army Public School, Dhaula Kuan, painted army vehicles on July 17 and conveyed their gratitude to the soldiers.

The visitors also witnessed an interesting art installation of a soldier in the mall premises. Soulful performances, speeches and video films in the Plaza were organized on July 22 in the presence of martyrs' families, war veterans, dignitaries from the armed forces, students and a huge gathering of shoppers and visitors.

Guests also enjoyed a musical tribute on sitar, army band display, an interesting laser show and a mini-film festival based on the forces. **Colonel Dharam Vir**, who fought the Battle of Longewala, was the guest of honour. He told us, "I fought the 1971 war,



Army School students painted a few army vehicles that were on display at the mall



Colonel Dharam Vir

and in fact in *Border* movie, Akshay Khanna plays my role. When I met school children for Kargil Diwas celebration at Select CITYWALK, I told them to join the Indian Army because it is an honour to serve your country, and now, we also have women joining the army at higher ranks. These students of Army School are bright and they performed well. The jeeps that they painted also looked very nice."

**Inder Sharma**, chairman of Select CITYWALK, said, "It's a moment of pride for us to be able to host an evening for our heroes and their families. We can never forget how courageously they've fought for the nation and continue to do so selflessly. We salute their spirit - always and every time!"

— Inputs from Niharika.Lal@timesgroup.com



Cultural shows were also organised



Colonel Dharam Vir

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Suniel Shetty on his recent visit to the capital

# 'Delhi is one place where I always cheat on my diet'

**Suniel Shetty** is known as one of the most fitness-conscious personalities in Bollywood. Even though the actor is in his mid-50s, the fitness buff never skips a day in the gym and is known to be particular about what he eats. However, we recently learnt that the one city that manages to throw his diet plan into disarray is Delhi. When we caught up with him during his recent visit to the capital, the actor told us, "Delhi is known for its food. Every time I come

to the city, I cheat on my diet. And how could I not? The capital is one place where you have to cheat! You have such amazing food here, be it *chhole* or *gol gappas*. Here, *bhaturas* are twice the size of what we get in Bombay." The actor, however, clarified that cheating on the diet isn't as catastrophic as one might think. He said, "If you don't cheat, you will never be conscious about what you should eat and should not. So cheating is essential to staying fit. Of course, you should only do it occasionally."

**DELHI IS KNOWN FOR ITS FOOD. EVERY TIME I COME TO THE CITY, I CHEAT ON MY DIET. AND HOW COULD I NOT? THE CAPITAL IS THE ONE PLACE WHERE YOU HAVE TO CHEAT! YOU HAVE SUCH AMAZING FOOD HERE, BE IT CHHOLE OR GOL GAPPAS. HERE, BHATURAS ARE TWICE THE SIZE OF WHAT WE GET IN BOMBAY...IF YOU DON'T CHEAT, YOU WILL NEVER BE CONSCIOUS ABOUT WHAT YOU SHOULD EAT AND SHOULD NOT. SO CHEATING IS ESSENTIAL TO STAYING FIT**

The actor also talked about his new association with boxing. He said, "I have a connection with boxing because I used to kickbox when I was younger. Whatever I am in my career as an action star, I owe it to that skill. I felt that getting involved with boxing was something I could do. Additionally, these newer leagues can use some support and help. Be it *kabaddi*, wrestling or boxing, sports that need some push should be supported. I am just happy that sports apart from cricket are being seen as career options these days."

— Abhimanyu.Mathur @timesgroup.com

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