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ISSUE 21

THE WOMAN 女人



THE LIFESTYLE MAGAZINE FOR WOMEN



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Michael Magtoto

- BS, MD, MHPED, PhD
- Social Media Influencer



Ms. Crisel Consunji

- M.Ed. Early Childhood Education
- Creative Arts Professional
- Founder of Baumhaus HK



Dr. Saqiba Gul Rashid

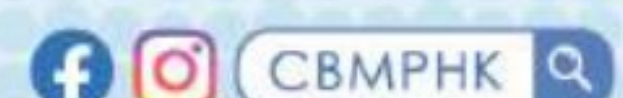
- M.B.B.S (Sir Syed College of Medical Sciences)
- Doctor in Gynecology & Obstetrics

No prior academic qualification

Organisers:



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READY-TO-EAT TOFU CREATES A TREASURE ON THE TIP OF YOUR TONGUE

FOOD

Adhering to tradition and incorporating treasures" - "Master of Bean Art" PFAFF® soy products continue the essence of bean art for more than 30 years, using local inherited techniques to innovatively integrate ginseng extract into tofu, and uses whole black beans to make black bean smooth tofu, and creatively presents the new "Precious Tofu Series".

Momofuku® Bean Products will launch two new bean products - Momofuku® Black Bean Steamed Smooth Tofu and Momofuku® Ginseng Steamed Smooth Tofu. They use ready-to-eat delicacies tofu to sublimate the taste of home cooking and create a treasure on the tip of the tongue.

Extract rare ingredients into the dishes to create a "precious" experience that is ready to eat right out of the box. The new Momofuku® "Precious Tofu Series" uses ingenious tofu technology to extract the

essence of traditional high-end ingredients. Momofuku® Ginseng Steamed Smooth Tofu selects traditional precious ingredients and blends ginseng extract into the smooth tofu.

The sweet ginseng flavor of the ginseng smooth tofu leaves a fragrant aroma on the teeth and cheeks. Momofuku® Black Bean Steamed Smooth Tofu is made from carefully selected high-quality black beans, using whole black beans.

The black bean slider tofu has an elegant gray color, is tender and smooth in the mouth, and shows the true taste of

soybeans; Momofuku® Treasure Tofu series can be eaten as soon as it is opened, and Pair it with different precious ingredients to add flavor, such as ginseng smooth tofu with shredded scallops or scallops, black bean smooth tofu with abalone or sea urchin.

It can also be made into a refreshing and appetizing salad, steamed or put into soup to sublimate the taste of the treasures. Delicious meals add healthy surprises to life!



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HONG KONG, SEPTEMBER 25, 2024

Popinjays is a contemporary rooftop restaurant and stylish bar with a wraparound terrace, perfect for appreciating the Instagram-worthy views and mingling with the fashionable crowd. To complement the experience are dishes of European fare, a world-class selection of classic cocktails, specialty spirits, and bar snacks.

Popinjays Set Lunch is a two- to four-course medley at the guests' choice, inspired by the finest Italian ingredients and authentic regional recipes, yet featuring a contemporary touch of modern

culinary techniques. Scrumptious appetizers such as Angus Beef Carpaccio are a flavourful treat, garnished with Grana Padano, arugula, and black truffle. Polipo Al Ferri consists of tender and juicy grilled octopus served with soft potatoes, padron pepper, and romesco sauce.

In the middle course, guests can savour pasta or soup, for example, Calamarata with lobster ragout, bagna cauda sauce, and taralli; or Zuppa di Finocchi, a vegetarian creamy fennel soup with carasau bread and lemon-scented ricotta.

Guests can relish their preferred main course, ranging from Pollo — devil chargrilled chicken leg with caponata, Branzino — pan-fried Atlantic seabass with cannellini beans and guanciale, to Portobello Gratinato —plant-based veal

complemented by spinach and Parmigiano fondue.

Complete the lunch experience with decadent desserts, including the signature Popinjays Tiramisu, infused with ristretto and mascarpone cream, crunchy hazelnut, and espresso ice cream, or the crispy Millefoglie di Fragole, carefully crafted with filo pastry, strawberry textures, Chantilly cream, and raspberry sorbet.

Other a la carte items are also available during the lunch session, such as the crudo of jet-fresh raw seafood, an array of fresh oysters, caviar, gamberi rossi, scampi, and more. Zuppa di Pesce is a seafood soup rich in sweet and umami flavors. Filetto alla Rossini features grilled wagyu tenderloin topped with a piece of foie gras, truffle mash, and morel mushrooms.



COSMIC EDUCATION GROUP CELEBRATES GRAND OPENING OF FOUR NEW GUIDEPOST MONTESSORI CAMPUSES IN HONG KONG

EDUCATION



a leading provider of exceptional Montessori education, is thrilled to announce the grand opening of four new Guidepost Montessori campuses in Hong Kong.

The new campuses are located in Mid-Levels, Repulse Bay, and Sai Kung, bringing the total number of campuses under CEG across Hong Kong, Singapore, Bali, and Mainland China to 27, including 13 in Hong Kong. This strategic expansion strengthens CEG's position as a premier provider of Montessori education in the Asia-Pacific region.

The four new Guidepost Montessori campuses in Hong Kong feature beautiful and purposeful Montessori learning environments and enriching indoor and outdoor gross motor playground spaces. Scientifically structured to support the

developmental needs of all children, the authentic Montessori programs at Guidepost are uniquely customized to each individual child's needs and interests. In addition, Guidepost's approach to dual-language learning ensures that the entire curriculum is available in both English and Mandarin, with every classroom staffed by a full-time English teacher and a full-time Mandarin teacher.

GUIDEPOST MONTESSORI MID-LEVELS is conveniently located on Caine Road and offers three floors of spacious learning environments and beautiful shared play spaces for children. It also sits directly across the street from Guidepost Family Club Mid-Levels.



GUIDEPOST FAMILY CLUB MID-LEVELS

CEG's second family club in Hong Kong, is also located on Caine Road, across from the Guidepost Montessori Mid-Levels campus.



Guidepost Family Club hosts a range of engaging programs for parents, infants, and toddlers, and has a massive outdoor play area with more than 5,000 square feet of space and a neighborhood cafe with exclusive benefits for Guidepost families including private events and special offers on food & drinks.



GUIDEPOST MONTESSORI REPULSE BAY, boasting stunning ocean views, is situated across the street from Repulse Bay Beach and The Pulse shopping center. This campus serves children from 6 months to 6 years old with a range of accompanied and unaccompanied programs and features both private indoor and outdoor play areas. The Repulse Bay campus also has private parking offered free to Guidepost families across the network, just steps away from the beach.



GUIDEPOST MONTESSORI SAI KUNG, conveniently located in the Marina Cove development, serves families from across Sai Kung and the surrounding areas. In addition to spacious classrooms filled with natural light, this campus offers private indoor and outdoor play spaces for children.



"We are thrilled to celebrate the grand opening of these four new Guidepost Montessori campuses in Hong Kong, providing more families with access to exceptional Montessori education," said Steve Xu, CEO and founder of Cosmic Education Group.

"THIS STRATEGIC EXPANSION FURTHER EXTENDS OUR REACH IN THE REGION AND OUR COMMITMENT TO FOSTERING SUPPORTIVE COMMUNITIES AND EMPOWERING CHILDREN TO REACH THEIR FULL POTENTIAL."

The grand opening of these amazing new Guidepost Montessori campuses in Hong Kong is a significant milestone for CEG on its path towards its aim of transforming education for families in Hong Kong and beyond.



CELEBRATING THE 20TH ANNIVERSARY OF CBMP



The Capacity Building Mileage Programme (CBMP) was pioneered by the Women's Commission, and is run jointly by the Li Ka Shing School of Professional and Continuing Education (LiPACE) of the Hong Kong Metropolitan University (HKMU) and the Metro Broadcast Corporation Limited.

The CBMP is designed to encourage women of different backgrounds and educational levels to pursue life-long learning and self-development. It aims to equip women with a positive mindset and enhance their inner strength so that they can cope with different life challenges. The CBMP offers a wide range of tailor-made and barrier-free learning courses, which

are taught through face-to-face classes. It is open to everyone and no academic qualifications are required. Certificates of different levels will be issued to encourage students on self-enhancement.



Dr. Saqiba Gul, M.B.B.S (Sir Syed College of Medical Science) Doctor in Gynecology & Obstetrics

Teaching courses:

- CBMP1002ET Child Development and Care
- CBMP1054ET Food Safety and Food Hygiene

There are three intakes each year, starting in March, July and November. The length of each course is 4 to 6 weeks. The flexibility of the learning mode caters to women's needs in the arrangement of daily routines as well as learning hours.



Dr. Michael Manio, BS, MD, MHPed, PHD Social Media Influencer

Teaching courses:

- CBMP1022ET Women and Society
- CBMP1031ET Computer Literacy Made Easy
- CBMP1054ET Food Safety and Food Hygiene

INTERVIEW CBMP INSTRUCTORS

WHAT DO YOU THINK ABOUT CBMP?

DR. MIKE:

The Capacity Building Mileage Programme for ethnic minorities in Hong Kong is a customized educational programme designed to empower women from ethnic minority background. The programme aims to enhance their knowledge, skills, and confidence in various areas such as language proficiency, leadership, career development, and personal growth. The programme is designed to help participants overcome barriers and obstacles they may face due to cultural or linguistic differences and to help them fully integrate into the wider community. Overall, CBMP is an important initiative that supports diversity and inclusion in the city.

DR. SAQIBA:

The Capacity Building Mileage Programme is a great resource for people from a variety of backgrounds who are driven to learn and grow despite their busy schedules. Participants in the programme can learn essential skills and knowledge that they can readily apply to their everyday lives. They are better equipped to handle obstacles and adjust to the fast-paced environment from the learning experience.

HOW DO YOU INSPIRE STUDENTS' INTEREST IN LEARNING CBMP COURSES?

DR. MIKE:

To inspire students' interest in learning CBMP courses, it's important to highlight the practical benefits of the programme and provide examples of success stories. Engaging students through interactive learning and fostering a supportive learning environment can also help increase their interest.

DR. SAQIBA:

The programme places great emphasis on face-to-face teaching, which I use as an opportunity to gauge their interest in their subject matter. Particularly, making sure that the engagement level is high in classrooms by asking questions, having group discussions, and having adequate interactions ensures students are enthusiastic about what they are learning.

WHAT IS THE ATMOSPHERE LIKE IN THE CLASSROOM?

DR. MIKE:

Vibrant and positive classroom atmosphere where CBMP students foster a love of learning, promote academic achievement, and a supportive environment.

DR. SAQIBA:

It's a relaxing and supportive environment. Students find the course materials easy to grasp due to the variety of teaching activities provided alongside each unit and enjoy giving their thoughts on what they're learning.

WHAT DO YOU LIKE MOST ABOUT CBMP?

DR. MIKE:

The tailor-made courses for the students; most definitely the CBMP students--they are far better than my university students (smile).

DR. SAQIBA:

The curriculum is adaptable. Students were able to enrol in the courses based on their availability and pace. This enables students to continue learning even on hectic days. Additionally, the course material is interesting and practical.

WHAT IS YOUR MOST MEMORABLE EXPERIENCE IN TEACHING CBMP COURSES?

DR. MIKE:

I cannot point to just one...a lot.... but I think the course Women and Society when students share their stories of ups and downs. And Food Safety and Food Hygiene about testing the pesticide content of different fruits and vegetables. It was an eye opener for all of us.

DR. SAQIBA:

My most memorable experience in teaching the CBMP course was seeing the satisfaction in my students' eyes when they completed the course and gained valuable knowledge. The students were happy and content with what they had learned, and they were all actively and enthusiastically discussing the new information they had acquired. Finding out my students valued the lessons and that I was able to impart fresh knowledge to them pleased me.

INTERVIEW CBMP STUDENTS

WHICH CBMP COURSE DO YOU LIKE THE MOST? WHY?

MARY JANE:

Interpersonal Relationships and Communication. This course taught me how to control and manage my emotions in every situation, to find my inner peace. And more realistic, to stay positive and calm. I also learnt that setting boundaries is very important.

MARIANO:

I really enjoy studying Women and Society, because it shows me how women have shaped history and continue to make a difference today.

SUSAN:

In Food Safety and Hygiene, we can learn how to take care of ourselves and live healthy lives.

WHAT HAVE YOU LEARNED FROM CBMP? WHAT HAVE YOU GAINED OUTSIDE OF THE COURSE?

HANNAH:

The importance of continuous learning. CBMP gives us the opportunity to learn for free (scholarships) and apply those learning in our everyday living. What I gained outside the course is the people that I became friends with.

MARY CHRISTINE:

I learned a lot through CBMP, I learned that no matter where you are from, you can always do your best and show people who you really are.

ANNIE:

It was really such a great honour for us to have this opportunity, especially us FDH to gain more knowledge and more confidence in ourselves and to become an empowered woman. The CBMP has been a valuable experience, not only enhancing my professional skills but also impacting my personal life. Through this programme, I have gained a more positive attitude towards continuous learning. The programme has shown me that there is always room for growth and improvement, regardless of one's level of experience or expertise.



PANDA WAACK (LIU QIANER) WON THE RED BULL DANCE YOUR STYLE HONG KONG CHAMPIONSHIP

AROUND TOWN

Panda Waack (Liu Qianer) won the championship in the Red Bull Dance Your Style Hong Kong Finals, a hip-hop hall-level event held at the Hong Kong Cultural Center Piazza on Saturday September 14 in front of thousands of spectators.

On September 9 , Hong Kong will represent Hong Kong in the world finals in Mumbai, India, competing with 40 champion dancers from all over the world to compete for the championship trophy.

Red Bull Dance Your Style first landed in Hong Kong last year. The second edition of the competition continues to attract nearly 2,000 people to watch Red Bull Dance Your Style.

The long staircase in the open-air plaza of the Hong Kong Cultural Center was packed with seats, and even the waterfront promenade next to it was packed with people. There were also crowds of people, the atmosphere was fiery, and the audience cheered and shouted one after another. The competition started at 5 pm on Saturday, and the 16 participating dancers competed in a one-on-one battle and single sweep competition system. The winner of each round is determined by the live audience vote. There is no professional review, and the victory or defeat depends entirely

on the live audience vote! The competition from the top 16 to the semi-finals is divided into two rounds. In each round, the DJ will randomly play popular music, and each dancer will have one minute to show off their dancing skills.

The finals is a three-round competition, and each dancer also has one minute to display their dancing skills in each round. Each registered audience will receive a red or blue voting tool at the competition site. At the end of each round of Battle , the audience will vote to determine the winner based on the performance of the dancers.

Panda Waack first eliminated WAN J, a member of the well-known dance group " Pentaverse " in the quarterfinals , and then defeated Ivonne , a member of the local hip-hop group The Quickies, to reach the top four. In the semi-finals, she defeated LuenMo LegionX, a member of the world-renowned dance group LegionX . After reaching the finals, Panda Waack faced OCEAN, who was good at

House and Choreography , but she lived up to expectations. After three rounds of competition, she won the support of the majority of the audience and won the championship as expected.

Panda Waack, who is engaged in choreography and physical coaching, participated in Red Bull Dance Your Style as Wilcard this time . She has been developing in Barcelona, Spain for the past 6 years.

She has been working in the " La Vispera " theater company since 2021 , performing the duet " La Identidad de Vesania " with Vinka Delgado , and touring Europe. In the same year, he performed solo works " Beautiful Chaos " and " S1950 " at the Festival Corto in Danza (Italy) , the 2022 Marballus Festival (Italy) and the 2023 Dansa Metropolitana (Barcelona) . She made a special trip back to Hong Kong to compete this time. She said that she came firstly to meet her family and friends, and secondly to get together with local dancers.

She said: "What I want to thank most for winning the championship is my family. Without their continuous support, she would not be where she is today. Seeing them standing in the audience, I feel that it has always been worth it. I just want to go all out. This is enough." , treat it as a win. "She is looking forward to representing Hong Kong in the World Finals in India because she can meet many dancers from different countries and cultural

different countries and cultural backgrounds. In addition, India has always been her favorite place. When it comes to places I want to visit, I like the strong local cultural atmosphere, food, etc.

In addition to the intense competition, the event also includes different performance elements. Red Bull athlete Timothy Ho , a two-time individual champion of the World Rope Jumping Championships, who has broken the 3- minute endurance world record many times, together with

members of Jumpy soul who will represent Hong Kong in the World Interchange Rope Championships for two consecutive years in 2023 and 2024 , together for the event Bring on the interactive rope show. In addition, before the finals, BOBBY, the first champion of Red Bull Dance Your Style Hong Kong, performed with 3H, the top 16 Hong Kong beatboxer in the world, pushing the atmosphere to a peak.

There are 16 local hip-hop elites participating in the Hong Kong Red Bull Dance Your Style Street Dance Competition. They are composed of 10 male and 6 female dancers. Each is good at different dance types, including: Popping, Hip hop, Waacking, House, Voguing, Krump, Locking and Freestyle. The 16 contestants include HIM J, a member of the well-known Hong Kong hip-hop group "Strangers" and "Pentaverse", Popping dancer G.FLOW who once won the championship at JBS, Hip Hop dancer WAN J, who won the 2024 Energy Wifi Vol.4 championship,

HO TUNG , a top 12 Waacking dancer from the Netherlands Summer Dance Forever - Waacking Category, KAYI , a Locking dancer from the top 6 of the Netherlands Summer Dance Forever - Locking Category, Krump dancer YUEN AKA HOAX, a member of the local dance group "19 Cavalierz" and "Hoodlum", new generation Waacking dancer TINT TIN, Red Bull Dance Your Style Hong Kong 2024 University Qualifying Competition Champion TOMMY,PANDA WAACK who works in Barcelona and focuses on the development of Waacking and Flamenco, Hong Kong who is good at dance types Hip Hop, House, Choreography Freelance dancer OCEAN, LUEN-MO LEGION Member IVONNE, the champion of "Star Making 3", BEN (Zhao Xiangcheng) , a free-style dancer who is good at Flexing (bone-breaking dance) style and combines HIPHOP, POPPING, and KRUMP elements, and APRIL, a member of the International House of Nina Oricci and Kiki House of Marciano .



IMMERSIVE ART INSTALLATION BY CELEBRATED ARTIST ELAINE YAN LING NG EXPLORES THE RELATIONSHIP BETWEEN ARTISTRY, SCIENCE, AND CULTURAL HERITAGE

AROUND TOWN

Elaine Yan Ling Ng, Phantasmagoria, 2024, LED panels, 3D print recyclable transparent polycarbonate modules, handmade non-woven textiles & 3D knit textiles, The Macallan House.

Image credit: Tracy Wong



[12 September 2024, Hong Kong] Award-winning Hong Kong-based artist, and textile and materials designer, Elaine Yan Ling Ng, unveiled her most recent large-scale installation, *Phantasmagoria*, at The Macallan House Hong Kong. In celebration of the first flagship store in the city, Ng was commissioned to create an installation that reflects The Macallan's commitment to excellence in whisky-making, and deep respect for nature. Utilising handcrafted materials blended with cutting-edge digital technology, the installation seamlessly fuses these elements to tell a story of artistry, scientific discovery, and cultural heritage, while simultaneously creating a unique sensory journey and exploration opportunity for visitors to immerse in.

Ng's installation encapsulates The Macallan Six Pillars Foundations, which include: The Estate, Curiously Small Stills, Exceptional Oak Casks,

Sherry Wine Seasoning, Natural Colour and Mastery. Inspired by the poetic and symbiotic relationship between the oak cask and the initially transparent spirit, Ng envisions this work as an intersection between reality and imagination, humanity and nature, motion and space.



The making of *Phantasmagoria* at The Macallan House Hong Kong Image credit: Tracy Wong

Phantasmagoria is constructed with a combination of over 200 unique 3D printed polycarbonate structures, LED panels, as well as handmade non-woven and 3D knit sheer textiles.

Spanning over seven metres wide, two and half metres high and weighing approximately 200 kilograms, each of the work's three complex layers were individually positioned onsite. The chosen colours depict the natural distillation process as the colour of whisky slowly develops from the oak cask during the maturation process. The micro-movement of wood grain, humidity, and temperature are all repeatable, but not perfectly replicated, creating the illusion of being immersed in a golden flow. The surreal and unexpected realisation of interactivity that the illuminated installation unveils in the presence of visitors add playfulness and whimsy to the work.

Additionally, the 3D printing process resulted in 70% less waste than traditional structural methods, and the material was chosen for its durability and strength, ensuring the sculpture's longevity.

Each module has been designed so that it can be expanded in a larger organic form to continue the heritage story of The Macallan, extending future possibilities for this work. To create an immersive whisky experience, a curated journey was actualised through four key factors including *Walking Through the Estate*, *Unique Tasting Experience*, *Understanding the Natural Colour*, and *Embracing the Journey*.

Ng created software that will enable control through manual digital activation where each whisky tasting session can be elevated with a heightened sensory experience. The 3D installation creates a virtual reality experience of the Estate, transporting guests to a whisky journey in Scotland, transforming The Paragon into a monumental whisky glass where the kinetic animation of light mimic guests' swirling tippie in hand.

Respecting the interior of copper walls, Albariza stone, and oak

flooring offset with warm, deep red accents, Ng adds a personal interactive dimension that enhances the sense of space and intimacy, while emphasising The Macallan's respect for heritage, progress, artistry, and nature. Inspired by the poetry of the relationship between the oak casks and the initially transparent spirit, Phantasmagoria too transforms into hues from pale gold to deep burgundy through audience interaction with the wood grain, humidity, and temperature – all mirrored through 3,000 unique handmade petals.

Artist Elaine Yan Ling Ng said, *"Nurture by Nature is one of The Macallan's key values, and using our senses to celebrate the magical moment when our body choreography becomes a part of the artwork makes it unique. The sculptural form representing fluidity is one of the most significant and instrumental parts of the design. The installation only comes alive when there are people around it, and only then do they understand the sensory link to whisky craftsmanship, as this work of art is meant to be studied with all five senses. Through movement and light, the installation reflects our relationship, both personal and collective, with nature*

and, in turn, nature's effect on us."

The Macallan House Hong Kong will continue to host exciting events and programmes to showcase collaborations with artists, designers, luxury partners and prestige brands.

Peter Woo, Marketing Director of The Macallan Hong Kong commented on this unique collaboration, *"Elaine has created a wonderful and mesmerising piece of artwork. We are thrilled to see that the installation captures three of the most important elemental foundations of The Macallan, The Curiously Small Pot Still, The Exceptional Oak Cask, and The Natural Colour. This one-of-a-kind work of art echoes exceptionally well with The Macallan whisky and is certain to captivate whisky enthusiasts as they are savouring our whisky while appreciating the wonder of Phantasmagoria!"*

For more information and reservations, please visit [Book The Macallan House Hong Kong | The Macallan®](#) to indulge in an elevated whisky experience at The Macallan House Hong Kong.



CELEBRITIES JEFFREY NGAI AND JENNIFER YU ADORN HEARTS ON FIRE'S VELA COLLECTION AT FIRST RETAIL STORE IN CENTRAL

AROUND TOWN



HONG KONG, SEPTEMBER 26, 2024)

Hearts On Fire, the international jewelry brand known for the unparalleled sparkle of its diamonds, has opened its first retail store in Central, Hong Kong.

Designed in collaboration with acclaimed interior designer, Joyce Wang of Joyce Wang Studio, this inviting retail concept departs from traditional formats, envisioned the private residence of a worldly curator. Rich timbers are paired with rust travertine and taupe leather, offering a warm and welcoming space that opens up the world

of diamonds. In conjunction with this opening, the brand is also launching the new creations of VELA collection. To celebrate this occasion, Hearts On Fire specifically invited Hong Kong celebrities Jeffrey Ngai and Jennifer Yu, who showcased the unique charm of the VELA collection in stylish all-black outfits, reinterpreting the essence of the series.

Inspired by the beautiful form and ethereal lightness of a feather, the VELA Collection is an ode to the multifaceted nature of love, celebrating the beautiful moments when love takes flight.



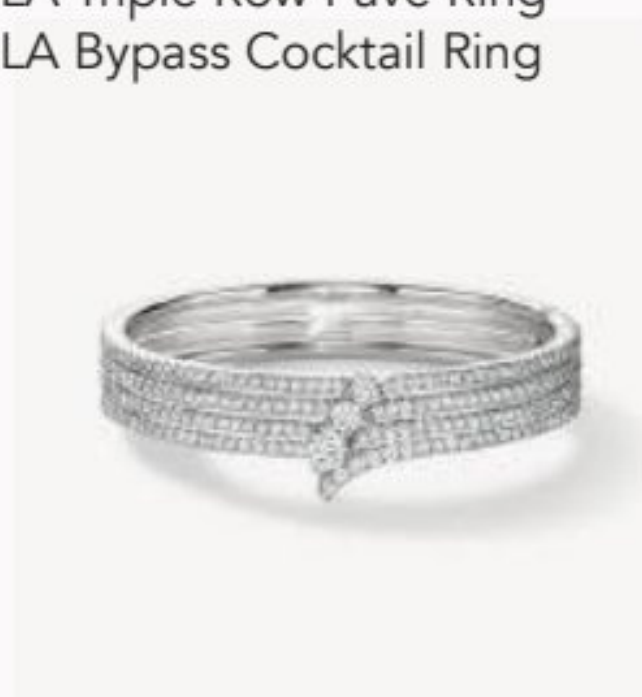
Jeffrey Ngai showcased a series of VELA jewelry pieces in both white gold and rose gold, adding a radiant shimmer to his overall look and showcasing a sense of stylish elegance.



Jennifer Yu wore a series of VELA white gold and rose gold jewelry pieces, adding a touch of luxury to her look, showcasing an elegant and stunning fashion style, exuding confidence and charm.

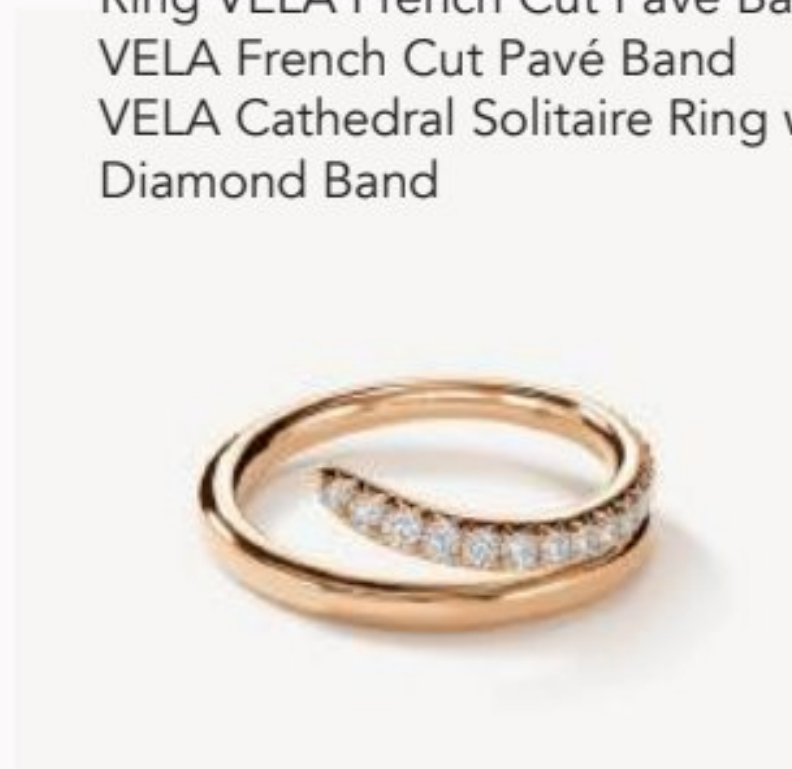
PIECES ON JENNIFER YU

VELA Crossover French Cut Pavé Neck-
lace VELA French Cut Pavé Floating
Diamond Earrings
VELA French Cut Pavé Diamond Bangle
VELA Crossover Pavé Diamond Brace-
let VELA Cathedral Solitaire Ring with
Diamond Band
VELA Double Row Pavé Ring
VELA Triple Row Pavé Ring
VELA Bypass Cocktail Ring



PIECES ON JENNIFER YU

(p. 16)
VELA French Cut Pavé Diamond Drop
Earrings VELA Crossover French Cut Pavé
Necklace VELA Halo Ring with
Diamond Band
VELA French Cut Pavé Diamond Wrap
Ring VELA French Cut Pavé Bangle
VELA French Cut Pavé Band
VELA Cathedral Solitaire Ring with
Diamond Band



PIECES ON JEFFREY NGAI

(p.16)
VELA French Cut Pavé Diamond Asym-
metrical Climber Earrings
VELA Crossover Pendant
VELA French Cut Pavé Diamond Brooch
VELA Halo Ring with Diamond Band
VELA French Cut Pavé Diamond Wrap
Ring VELA French Cut Pavé Cocktail Ring





MTR CORPORATION'S 45TH ANNIVERSARY CARNIVAL "CHILL FUN TRAINIVAL" AT CENTRAL HARBOURFRONT

AROUND TOWN

HONG KONG, SEPTEMBER 25, 2024

MTR Corporation is sharing the celebratory spirit of its 45th anniversary with the community at the carnival, "Chill Fun Trainival", taking place from 25 – 29 September, 2024 at the Central Harbourfront Event Space.

Through numerous railway-themed amusement rides, game booths, and photo spots, the Carnival aims to connect the community in a manner reminiscent of daily railway service, fostering enjoyable and memorable experiences. No pre-registration is required for the Carnival from Wednesday to Friday (25 – 27 September): come make some joyful memories with your loved ones! Opening until 9pm every day, the carnival is a must-visit for all – be it couples or families, colleagues or friends, adults or kids. During happy hour after work, you can also enjoy special discounts! Spanning an area of approximately

36,000 square metres, the carnival features five zones with a wide range of fun attractions to experience the footprints connecting railways and community. Featuring Hong Kong's first outdoor train driving simulator, "Chill Fun Trainival" offers citizens a unique opportunity to step into the shoes of a train captain. Moreover, visitors will have the chance to view a variety of MTR maintenance vehicles for the first time so you can honour unsung heroes of the railway. An iconic highlight of the carnival will be a giant eight-metre-high inflatable train, accompanied by numerous railway-themed amusement rides, game booths, photo spots plus local delicacies and treats. Visitors will also have an exciting opportunity to win more than 10,000 event-exclusive prizes, creating joyful memories for all attendees!

The "Chill Fun Trainival" opens from 1pm from 25 to 27 September, 2024, and offers free admission to the public without the need of pre-registration. Visitors spending

a specific amount on e-Store and food and beverages on weekdays can have a chance of getting Ngong Ping 360 admission ticket for free. For Saturday and Sunday, two separate sessions will be organised on each day. Visitors can enter the Carnival by presenting the QR code admission tickets for their specific sessions booked in advance in MTR Mobile.

8m-tall Giant Inflatable Train and other Appealing Photo Spots

"Chill Fun Trainival" features a number of appealing photo spots including an 8 metre-tall Giant Q-Train alongside 45 mini-trains, MTR mascots and mosaic station cubes so visitors can indulge themselves in the world of railways in ways never seen before! The Maintenance Vehicle Display reveals its fleet in public for the first time ever so you can honour unsung heroes of the railway. These include the Electric Tow Tractor, Light Rail Road-Rail vehicle.

Superstars Perform at the "Chill Fun Trainival Live Jam"

Bringing Different Genres of Music MTR Corporation has long stayed abreast of pop culture; so aside from a myriad exciting entertainment and photo spots, the "Chill Fun Trainival" also brings the "Chill Fun Trainival Live Jam", where renowned Hong Kong singers and performers will take the stage. They include Hins Cheung, Deep Ng, Wilson Ng, Cath Ng, Kiri T, Zpecial, VIVA as well as Arts Without Boundaries' Happy Go Lucky and Hong Kong String Orchestra.

The "Chill Fun Trainival Live Jam" will also feature a diverse range of independent performers in different music genres and performances to connect to and bring little blessings to our every day. Finally, don't miss out on the finale performance by Hins Cheung, who will make a special appearance with his classic tune. Come cheer him on and relish in the myriad exciting entertainment, performances and amusement facilities at "Chill Fun Trainival"!

LIMITED-EDITION MTR SOUVENIRS PLUS A NUMBER OF EXCITING SURPRISES AT THE CARNIVAL,

the MTR e-Store sales booth offers a variety of MTR-themed souvenirs, including MTR music boxes and a sports kit plus a charging set, as well as train models, lifestyle products and more!

SAY "CHEESE" WITH MTR MASCOTS, PLUS BOOTH GAMES TO WIN MORE THAN 10,000 SOUVENIRS

T Chai, Green T Baby, K T Chai and Captain Go will greet friends at the "Chill Fun Trainival"! Seize the chance to take a picture with them! Visitors can also purchase MTR goodies or try their hand at the MTR-themed game booths to win more than 10,000 "Chill Fun

Trainival"-exclusive souvenirs to celebrate MTR Corporation's 45th anniversary!

Five Railway-themed Zones at "Chill Fun Trainival" Bring Captivating Fun Driving Simulator Goes Outdoors for the First Time Ever

THE "CHILL FUN TRAINIVAL" FEATURES FIVE ZONES FOR FUN-FILLED EXPERIENCE FOR VISITORS:

- **POP-UP DRIVING CAB**

the first of its kind to take place outdoors, this driving simulator is typically used for providing training for train captains. Visitors can have a first-hand experience of the role of a driver and enjoy the interactive railway amusement facilities.

- **NEW RAIL WONDERLAND**

sees a supersized inflatable slide where you can learn about future railroad projects while feeling the thrill!

- **RAIL + COMMUNITY MAZE**

Reflects MTR Corporation's mission of connecting communities through a supersized maze, where you can explore railway plus community development over the past 45 years.

- **LET'S GO GREEN**

aside from booth games hosted by beloved mascot Green T Baby, you can also see MTR's first electric bus to realise a greener future!

- **FLOATING CITY**

buddies Captain Go and KT Chai have been blown up to 3 metre-tall inflatables to soar in the skies. Don't miss the fun-filled installation themed after the adorable mascots!



A Plethora of Delicious Treats for Delicious Fun. What's a carnival without food? The "Chill Fun Trainival" is home to a number of snack booths featuring a number of local delicacies and innovative goodies such as train-themed smiley egg waffle; Takoyaki; ice-cream scallion pastries; soft-shell crab buns with tom yum kung; satay skewers; crispy chicken; pepper bun; gua bao and so much more! Let your hair down after work by filling your bellies and clinking glasses with your loved ones as you relish in exciting fun against the panoramic Victoria Harbour.



Free Entry Wednesday to Friday without Need for Registration

The "Chill Fun Trainival" is free to the public from 1pm to 9pm on 25 to 27, September 2024 (Wednesday to Friday) without the need of registration. Visitors can enter on the weekend by presenting the QR code available for registration earlier this month.

Take part in simulated driving experiences, snap photos and watch performances, as well as purchase tokens to participate in exciting attractions and games.

The MTR e-Store will also be set up to offer a variety of train-themed souvenirs, including two different MTR music boxes, sports and charging sets, as well as a series of six, newly launched train-shaped magnets, railway models, lifestyle products and more! Spend designated amounts for a chance to win Ngong Ping 360 admission and MTR Edition Monopoly Board Game. Don't miss out!

THE LONGINES HONG KONG INTERNATIONAL HORSE SHOW SET TO DEBUT IN FEBRUARY 2025, BRINGING WORLD-CLASS EQUESTRIAN EXCELLENCE TO THE REGION

AROUND TOWN



HONG KONG, SEPTEMBER 27, 2024

The premiere event will feature top class show jumping, spectacular equestrian displays and performances, and luxurious experiences at AsiaWorld-Expo. Tickets are now on sale on HK Ticketing

Set to become an annual event in Hong Kong, LHKIHS is organised by Clarion Events Asia Pte Ltd with HPower Group providing the Sports and Equestrian Management, the same team behind the prestigious London International Horse Show which has been running for over 50 years.

It is a joint collaboration to bring world class equestrian excellence to

Hong Kong, and Longines, the Title Sponsor of LHKIHS, together with the Founding Partner – The Hong Kong Jockey Club, and partners, Cathay Cargo and the Hong Kong Tourism Board, have thrown their full support behind LHKIHS, to create one of the most distinguished events in the equestrian calendar.

This 5-Star (most elite event in the equestrian calendar) International Jumping event will be a celebration for all, featuring competition from outstanding international horses and riders, thrilling equestrian displays, national showjumping competition and dressage displays, and a programme of lifestyle entertainment.

A three-day showcase of equestrian excellence

The London International Horse Show has a long and distinguished history. It first took place in the Olympia halls in 1907. The London

International Horse Show in its present format, was founded by Raymond Brooks-Ward in 1972 and has run annually in December for nearly 50 years. With this experience, the show will now take place in Hong Kong with the aim to entertain, astound, educate and excite.

Five arena performances will span the three-day event in February 2025. Each performance will feature a 5-star international show jumping class, two equestrian displays, and two additional show jumping classes or dressage displays. Thirty international 5-Star show jumpers have been invited to compete for the total prize money of approximately HK\$6.5 million in the show jumping classes. Each athlete will bring two horses. In addition to the normal jumping competitions, 10 of the world's best 'power jumpers' will be invited to take part

in the Puissance (the human equivalent is the high jump) and other power competitions, which will result in a total of 70 international horses being flown in to participate in the event.

In addition to the traditional show jumping and dressage classes, attendees will be treated to The Shetland Pony Grand National (SPGN). Shetlands are small ponies and they compete like racehorses over small brush fences. They will be joined by a performance from the Spanish equestrian artist, Santi Serra, with his four Arabian horses. Presiding as President of The Longines Hong Kong International Horse Show Honorary Committee, Michael Lee, Chairman of The Hong Kong Jockey Club and President of the Equestrian Federation of Hong Kong, China, commented, "The Hong Kong Jockey Club is a long-standing supporter of equestrian sport in the city, both through its public riding schools and through the HKJC Equestrian Team. As we celebrate the Club's 140th anniversary, we are excited that Hong Kong audiences will be able to watch such a world-class equestrian spectacle. Through it, we hope to increase local interest in equestrianism and foster a stronger equestrian community in Hong Kong and beyond."

Richard Ireland, CEO of Clarion Events said, "We are delighted to be creating this new Show for Hong Kong and the Greater Bay Area. Building on the success of the London International Horse Show, I am convinced that we can create a long standing and highly successful event for the region, bringing the best experience to the audiences."

Dane Cheng, Executive Director of Hong Kong Tourism Board said, "The Longines Hong Kong International Horse Show stands among the world's most prestigious equestrian events. Making its debut outside of London, this grand spectacle has chosen Hong Kong as its first host city in Asia, reaffirming our unique position as the 'Events Capital of Asia'. Moreover, over its three-day run, the event is expected to draw tens of thousands of visitors and locals alike, providing a boost to Hong Kong's tourism industry and benefitting the mega events economy benefits."

Immersive lifestyle shopping and entertainment

Alongside the competitions, the event will provide a mix of exhilarating entertainment and fine dining options. The Luxury Lifestyle Shopping Village will feature more than 100 shops, offering a range

of products including fashion, food and beverage, homeware, and equestrian goods. Furthermore, gastronomy enthusiasts can be immersed in the Chefs Kitchen, where chefs will demonstrate their culinary skills; and parents can take their children to Kids Zone where they can experience hobby horse riding and try their hand at equestrian art.

The Hong Kong Jockey Club Live Zone will display a rolling programme of activities throughout the day, including rider interviews, advice and insights into riding in Hong Kong and entertainment. Visitors can also view the Warm Up Ring where they will see all the riders gently exercising their horses before they take them through to the main performance arena to compete.

Book now: An unforgettable three-day extravaganza awaits

Tickets are now available on HK Ticketing from today, starting at HK\$560 for a Grandstand Pass that includes access to the competition arena and Luxury Lifestyle Shopping Village. VIP tables are also available, offering first-class views of all the sporting action and top-end hospitality experience.



WISHING YOU HAPPY DIWALI 2024

May the Glow of Joy, Prosperity, &
Happiness Illuminate Your Days
in the Year Ahead





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2024



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Phase 1

Phase 2

Phase 3

(15-19th Oct)

(23-27th Oct)

(31st Oct- 4th Nov)

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UNLOCKING GLOBAL TRADE: JOIN US AT THE 136TH CANTON FAIR!

BUSINESS

HONG KONG, SEPTEMBER 27, 2024

As the official promoting partner of the China Import and Export Fair, widely recognized as the Canton Fair, we are excited to support this premier event that serves as a vital channel for China's foreign trade and a showcase for global economic exchange. Celebrated as "China's No. 1 Fair," the Canton Fair has been held biannually since 1957, drawing thousands of exhibitors and buyers from around the world.



The 136th Canton Fair, opening on October 15, 2024, promises

to be a remarkable platform, spanning an impressive 1.55 million square meters. This year's fair will emphasize an enhanced exhibition structure, focusing on advanced manufacturing, quality home life, and emerging consumption trends. Attendees can expect to engage with over 29,000 enterprises, including more than 2,600 distinguished brands and numerous high-tech innovators, all presenting a diverse array of high-quality products at competitive prices.

Highlights of this year's event include an emphasis on cutting-edge technologies such as intelligent mobility and sustainable solutions, alongside various supporting activities that encompass over 200 industry-themed events. These gatherings aim to foster connections and provide valuable insights into market trends and innovations.

Additionally, with improved registration processes and a new mobile app, navigating the fair will be more convenient than ever. As we prepare for this significant occasion, our VIP services will ensure that our clients experience the best that the Canton Fair has



to offer, from exclusive access to innovative products to personalized business matchmaking.

Join us in Guangzhou to unlock unparalleled business opportunities and explore the latest advancements in global trade at the 136th Canton Fair! For more details, contact us on WhatsApp or WeChat at +86 18718411622, or email us at cantonfairatcantonfair@163.com. We look forward to assisting you!



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**ADDRESS:ROOM 1711,17 FLOOR, BEVERLEY COMMERCIAL
CENTRE,87-105 CHATHAM ROAD, TSIM
SHATSUI,KOWLOON,HONGKONG**

EMAIL:Cantonfairapril@163.com Wechat/Whatsup +8618718411622

CULTURE MEETS COMMUNITY AT THE SPARKLE N SHOP DIWALI POP-UP 2024

CULTURE



HONG KONG, SEPTEMBER 27, 2024

Lighting up Lyndhurst Street, a delightful two-day pop-up held on September 27 and 28, 2024, in the heart of Central, Hong Kong, brought together a curated collection of Diwali-inspired products, allowing attendees to celebrate this cherished festival with style and flair.

The pop-up featured an impressive range of products including contemporary Indian jewelry, elegant home decor, beautiful sarees, ethnic wear, organic spices and produce and sweets, all lovingly sourced from talented mompreneurs. Each item told a story, connecting visitors to the rich traditions of Diwali.

Why was this event so different from others?

It cultivated a friendly and welcoming atmosphere, from the time you stepped in, you were greeted by warm smiles, big hugs, not to forget a glass of rose accompanied by delicious Indian snacks, encouraging attendees to network and connect.

The interior was lit up with sparkling lights and tasteful décor with a beautiful arrangements of flowers, lending an earthy fragrance, a cozy corner with comfortable sitting space within the shop, creating a warm and inviting atmosphere.

The ambiance was further enhanced by music, encouraging lively conversations and connections among the attendees. This enchanting setting perfectly complemented the energy of the gathering, making it a memorable experience for all.

Visitors had the opportunity to engage with passionate vendors, learn about the cultural significance of the products, and enjoy the camaraderie of fellow participants from both the Indian and local Hong Kong communities.

Located at 52-60 Lyndhurst Street, the street-level venue offered easy access, making it a perfect spot for busy shoppers of all abilities. The event's timing, spanning both a weekday and a weekend, accommodated diverse schedules, ensuring that everyone could partake in the festivities.

With Mums@PLAY's motto of "SHOP, EAT, NETWORK," the event successfully created an intimate setting for personalized shopping experiences. As part of a well-established tradition now in its seventh year, this festive event has become a highlight of the annual calendar, drawing a sizable and enthusiastic audience eager to embrace the spirit of Diwali.

The Sparkle N Shop ~ Diwali Pop-up 2024 was a celebration of culture, community, and entrepreneurship. Mums@PLAY continues to provide a vital platform for women entrepreneurs, enabling them to showcase their products while fostering meaningful connections. The success of this event promises a bright future for the Diwali celebrations in Hong Kong, as it beautifully blends tradition with modernity.

For those who missed this year's event, stay tuned for future pop-ups that promise to bring more sparkle to our community!

OUR VENDORS AND PARTNERS:



KALASIDDHIART CONCEPTS

BY POOJA RAI: A luxury home decor brand with meticulously handcrafted products that blend rich Indian traditional art with a modern approach.

Instagram: @kalasiddhiarth



DN FLOWERS BY NAOMI HO AND DAWN

LUK: As expert floral stylists and event decorators, we specialise in bold and imaginative floral installations that transform any private or corporate event into a stunning visual experience. Join our workshops to explore the beauty of floral design firsthand!

www.dn-flowers.com/

Instagram: dnflowers.hk

VINI'S KREATION BY BHAVINI SHAH:

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Beautiful home décor to suit modern taste and luxurious lifestyle

Instagram @sanskriti.amc

WRAPPEDBYRACH BY RACHNA

SAMBWANI: Your one stop shop for gifts for all occasions.

Instagram: @wrappedbyrach

3030THIRTYTHIRTY BY HEBEE TONG:

Handmade Aromatherapy Bath salts with unique scents.

Instagram: 3030thirtythirty



SOHAMNA ORGANICS BY MUNIRA SONI

Nature's best ingredients for a happier and healthier you. Our products help to create a long-lasting impact on your lifestyle so make the right choice! Shop online for pure goodness.

Instagram @sohamnaorganics

ETHNICA HK BY TANUSHREE SAHA

Ethnic wear and sarees depicting the culture and tradition of Incredible India.

Instagram: @ethnicahk_



GIVING A VOICE TO THE DIASPORA IS THE MANTRA OF LIFE WHICH NAARI MAGAZINE HAS ALWAYS FOLLOWED TO THE CORE

CULTURE



THEREFORE MAKING IT A GALLOWS OF EXPERIENCE TO UNDERSTAND THE PHILOSOPHY OF LIFE BY MEETING SUCH AMAZING PEOPLE

HONG KONG, SEPTEMBER 27, 2024

There are over 40 million South Asians – Indians, Pakistanis, Bangladeshis, Sri Lankans, Nepalese and Afghans – settled outside their homelands. They are entrepreneurs, artists, professionals and workers who migrated to create a better future for themselves and their

children, but as they say, a change in passport doesn't change the insides. We, the members of the diaspora, crave our culture, customs and of course cuisine no matter where we reside. It is no exaggeration to say that we are stewards of a rich, millennia-old multi-layered heritage that we have taken with us to far off shores, and we have an abiding need to stay closely connected with our roots.

We increasingly find fellow South Asians in positions of influence in business and power politics. The list of CEOs, MPs, ministers and prime ministers of South Asian descent outside the subcontinent is at once impressive and inspiring. That – and the fact that the average South Asian has three times the disposable income of their North American

or European counterpart – is and rightly should be a matter of great chest-thumping pride for us. Yet we find that we punch well below our collective weight: our voices and viewpoints do not get their fair share of airtime, literally and figuratively!

Enter Network South Asia, a Hong Kong initiative with ambitions to create a global audio platform that airs topics of interest to the international South Asian: culture, arts, showbiz, cricket, entrepreneurship, finance, wellness, relationships and even subjects considered taboo within the diaspora. Add to that list loads of

music, covering Bollywood classics, contemporary hip sounds, Sufi ballads and Hindustani and Carnatic art music, and you have a bouquet of programmes to cater to every mood and taste.

Founded jointly by Saadia Usmani (a broadcaster with 30 years on BBC regional radio in the UK), Muskan Samtani (entrepreneur, digital marketer and emcee) and Jayang Jhaveri (entrepreneur, music producer and curator), NSA commenced as a one-hour programme in May this year airing every Sunday at 9 PM on RTHK's primary English language channel Radio 3. It has already gathered a committed audience of listeners across the globe – with feedback pouring in from the USA, Canada, UK and the subcontinent. In the six months that NSA has been on air, it has featured conversations with an Indian chef couple, survivors of life-changing near-death experiences and culinary enthusiasts. On key anniversaries of music and film

personalities, there are special programmes that celebrate the careers and contribution of these stalwarts featuring interviews with close friends and family. A recent episode marking the birthday of Lata Mangeskar featured her lesser heard songs and priceless anecdotes, getting NSA their highest audience till date, with rave reviews flooding in from as far afield as the USA and Pakistan.

Speaking of the feel of the show, co-host Jayang says: "We go for a balanced overall 'sound', whether it is our curation of music or topics". Muskan adds: "It is always a challenge to make sure our output appeals across not only age groups but also ethnic sub-groups. We need to constantly fine tune what we produce." "Radio is under challenge from podcasts and streaming services", says Saadia, adding that what makes radio relevant even today is curation and presentation. Bearing this in mind, NSA launched their own channel on

Spotify, featuring all past episodes and some bonus material.

The founding team gives away little in terms of what is in store for NSA in the future, but their website (www.nsa.media) has clues: five channels dedicated to music and a 24-hour talk channel. There are audio trailers giving a taste of the variety of programming on offer. It would be fair to say that the diaspora has finally found its voice in the form of NSA.



JULIEN'S AUCTIONS ANNOUNCES THE SALE OF GEORGE HARRISON'S "FUTURAMA" GUITAR AT THE BEATLES STORY IN LIVERPOOL

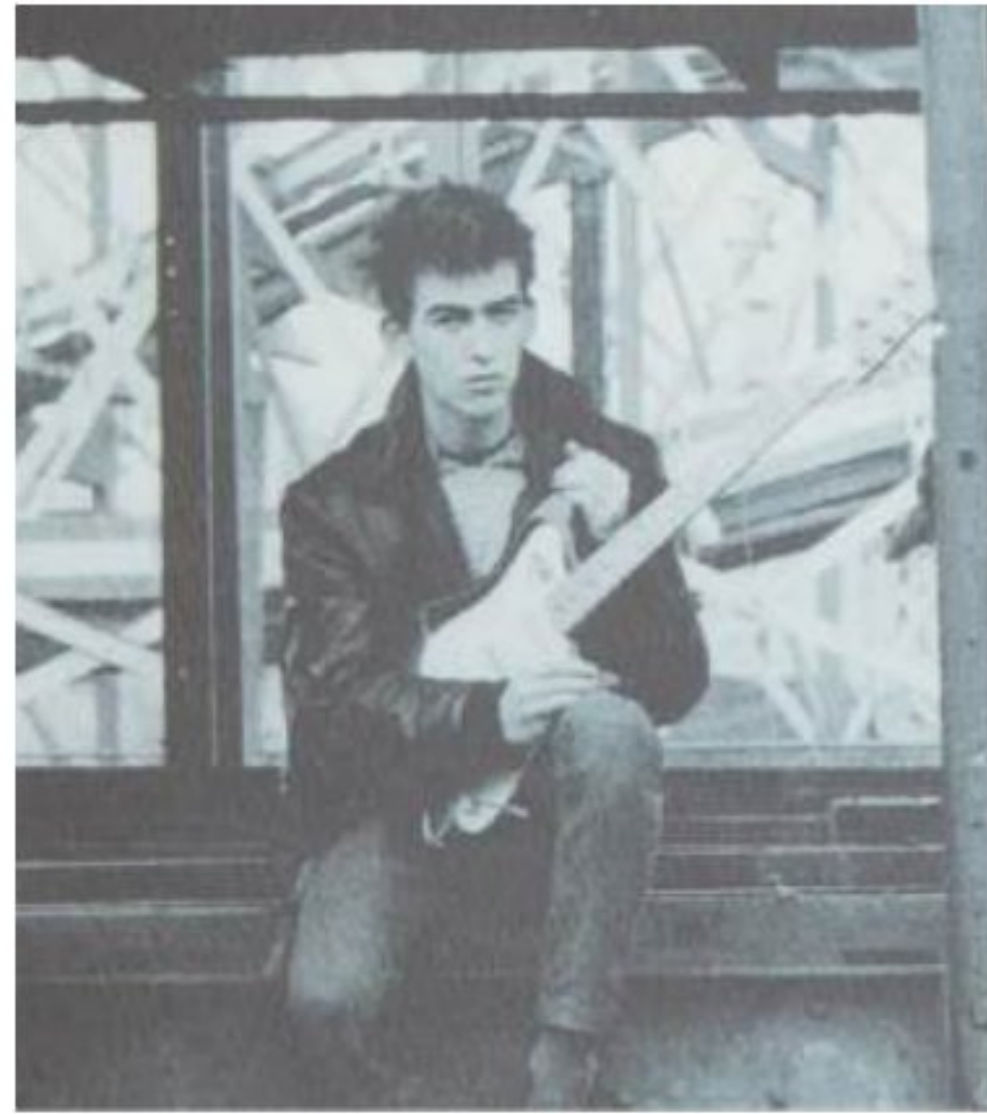
BUSINESS

Julien's Auctions announces the sale of GEORGE HARRISON's "FUTURAMA" guitar at THE BEATLES STORY in Liverpool. Used at over 324 Beatles gigs including the Cavern Club, first studio recording for Polydor, the 1960-61 Hamburg tour and the Beatles' last visit to Hamburg in 1962.

The guitar that marked the Beatles' early days returns to Liverpool for the first time since the band performed in 1961.

Julien's Auctions announced the sale of George Harrison's Futurama guitar at a press conference at The Beatles Story, Liverpool, one of the most important and most played guitars in the history of the legendary Fab 4, will be auctioned in the three-day "PLAYED, WORN AND TORN II" auction from November 20th to 22nd. The auction was held at the Musicians Hall of Fame and Museum at the Historic Civic Auditorium in Nashville, Tennessee, USA, and simultaneously accepted online bidding from music fans around the world on the official website of Julien's Auctions at www.juliensauctions.com.

The guitar, which marked the early days of Beatlemania and is considered one of the holy grails of Beatles history, is expected to exceed its auction estimate of \$600,000 to \$800,000 (£485,000 to £647,000) and go on the auction block this November. Making history again.



HARRISON'S only Futurama guitar was one of the two most important guitars he played during his Beatles days. This 1958 Resonet Futurama solid body electric guitar, serial number #1126, with red sunburst, was Harrison's most played guitar in the early Beatles' years and was used at more than 324 Beatles shows, including the band's early Cavern Club used during performances and on the legendary Hamburg tour of 1960-1961, and on the Beatles' first official recording for Polydor in 1959-1961. Harrison purchased this Futurama guitar in 1959 at Hessy's music store in Liverpool. At the time, British guitarists coveted the Fender Stratocaster guitar popularized by their idol, American singer Buddy Holly. However, it was difficult to obtain American-made musical instruments due to the British embargo on American imports. As a result, budding British musicians had to choose European-made guitars, such as the Grazioso, also known as the Futurama, made by Czechoslovakian instrument manufacturers.



HARRISON later commented: "If I had my way, I would have wanted my first guitar to be a Strat. I saw Buddy Holly's Strat guitar on the cover of Chirping Crickets and really wanted to own one, but I was in Liverpool at the time and the only guitar I could find that resembled a Strat was the Futurama...it was very difficult to play, with an action about half an inch from the fretboard, but nonetheless, it did look a bit futuristic."

Harrison admitted in *Guitar Player* magazine in 1987 that his Futurama guitar was terrible. He adds, "It sounds great, and it's nice to switch the three pickups and all the combinations."

Harrison was playing guitar when the band auditioned for famed British manager Larry Parnes, which gave them the opportunity to tour as the backing band for singer Johnny Gentle.

Soon after, Liverpool promoter Alan Williams extended the fateful invitation to the Silver Beetles (as



the Beatles were then known) to perform in Hamburg, Germany. The Futurama guitar was the only electric guitar Harrison played during his iconic three-month residency at the Indra and Kaiserkeller clubs in Hamburg. The Beatles played a total of 106 shows over six nights on their first trip to Hamburg, and Harrison played his trusty Futurama guitar at all of the Beatles' shows.



THE BEATLES made their triumphant return to Litherland Town Hall in Liverpool on 27 December 1960 and played a midday show in February 1961, followed by a gig at the Cavern Club before returning to Germany on 1 April 1961, and played a 92-night residency at Hamburg's Top Ten Club with British rock guitarist Tony Sheridan.

Martin Nolan, executive director and co-founder of Julien's Auctions, said: "George Harrison's Futurama guitar was the Beatles' North Star and one of his favorite instruments in his collection of legendary and rare guitars. "The mysterious guitar, aptly named the Futurama, was played at countless seminal early Beatles performances, from Silent Night at the Cavern Club in Liverpool to the famous gigs in Hamburg where they

honed their sound and style and allowed Beatlemania to really take off. "

Harrison's Futurama guitar can be heard on "Ain't She Sweet" and "Cry For A Shadow", which was later released as a single by Polydor and officially released by The Beatles on Anthology 1 in 1995. In 1964, Harrison donated a Futurama guitar to Beat Instrumental magazine as a competition prize. The winner of the guitar was AJ Thompson of Soldin, Sussex, but he preferred the cash prize to the guitar, which went into the hands of Sean O'Mahony, editor of Beat Instrumental magazine.

The auction also features a photo of the Beatles taken by photographer Astrid Kirchherr in November 1960 at the Heiligengelsfeldplatz in Hamburg, Germany. Part of the first ever Futurama guitar-themed photo collection. Pictured showing (left to right) Pete Best, George Harrison, John Lennon, Paul McCartney and Stuart Sutcliffe. Stuart Sutcliffe stands next to a Hugo Haase train car in an amusement park.

Julien's Auctions is the world auction record holder for Beatles memorabilia, with the sale of John Lennon in May this year (John Lennon) Long-lost Hootenanny guitar sells for unprecedented \$2.9 million, making it auction

Most Expensive Beatles Guitar Sold on , Along with John Lennon's Acoustic Guitar That Earlier Auctioned for a Record-breaking \$2.4 Million Deal; Ringo Starr's Ludwig drum set sold for record \$2.2 million; Ludwig Beatles Ed Sullivan Show drum head sold for record \$2.1 million US dollars; and The Beatles White Album owned by Ringo Starr sold for US\$790,000. Harrison's Futurama guitar will be on display at the Beatles Museum in Liverpool from October 3 to 17, giving fans the chance to see it up close ahead of its US auction in November.

Liverpool Beatles Museum
Exhibition The Beatles Story
Britannia Vaults, Royal Albert Dock,
Liverpool L3 4AD, UK Opening
hours: 9:00 a.m. – 6:30 p.m.
Sunday to Friday: 9:00 a.m. – 5:30
p.m. Saturday and public holidays:
9:00 a.m. – 6:30 p.m.

Tickets and inquiries: www.beatlesstory.com

Opened in May 1990, the Beatles Museum is Liverpool's first Beatles museum and tells the incredible story of the Beatles' life and music. The museum allows visitors to experience Beatlemania first-hand, offering immersive experiences at key locations in the band's career, including Hamburg, the Cavern Club, Abbey Road Studios and more.

The Beatles Museum houses an impressive collection of original, authentic memorabilia. From George Harrison's first guitar to John Lennon's last piano, we embark on a long and winding journey. The audio guide is available in 12 different languages to meet the needs of music fans around the world, and is narrated authentically by John Lennon's sister Julia.



The museum features two atmospheric Fab4 cafes, and fans can purchase official Beatles merchandise in the Fab4 store.

TO BOOK TICKETS VISIT:
WWW.BEATLESSTORY.COM
REGISTER ONLINE AT:
WWW.JULIENSAUCTIONS.COM

PERIOD UNDERWEAR NUSHU LAUNCHES IN HONG KONG REDEFINING MENSTRUAL HEALTH

HEALTH



HONG KONG, OCTOBER 8, 2024

Nushu, a reusable period underwear and menstrual health brand, is proud to announce its launch in Hong Kong this October. Established a year ago, Nushu aims to revolutionize the way women experience their menstrual cycles through innovative period underwear that seamlessly merges comfort and sustainability. The brand's mission goes beyond providing an alternative to traditional menstrual products; it seeks to redefine the conversation around menstruation, fostering empowerment, unity, and

conscious consumption.

The brand's name, inspired by a historical Chinese language that empowered women to express themselves freely, encapsulates its commitment to fostering self-respect and confidence among women today. Founder Avisha Jhunjhnuwala explains, "Whenever I pass by a Watsons or Mannings, I always step in to check out their menstrual care aisles, which are frequently categorized under baby care, placed right next to baby diapers. The lack of thoughtful brands and menstrual products has been a source of motivation and a clear distinction that a brand like Nushu is needed in Hong Kong." Nushu's defining innovation lies in its commitment to crafting reusable period underwear featuring advanced absorbent and leakproof technology. This pioneering approach offers women

an eco-friendly alternative to pads, tampons, and cups. The period panties are thoughtfully designed, combining super-soft bamboo fabric, Lenzing Modal cores, microfiber absorption, and a sealing TPU-coated layer. Nushu provides a range of styles tailored to meet different needs, ensuring maximum comfort and protection.

Nushu offers a variety of styles to suit different flow needs, ranging from HK\$119 to HK\$135. Whether for heavy night protection, moderate flow coverage, or something light and stylish for everyday wear, Nushu has options available. Each product is designed with comfort, breathability, and leak-proof features in mind, ensuring protection and comfort throughout the period.

Building on its diverse range, Nushu introduces the "Fantastic Five,"

a curated collection of period underwear designed to suit every day of the menstrual cycle. Priced at HK\$599, customers have the flexibility to purchase these styles individually, opt for the complete Fantastic Five collection, or mix and match according to their specific needs.

FOR THOSE CONSIDERING THE SWITCH TO NUSHU UNDERWEAR, THE BASIC WASHING INSTRUCTIONS ARE SIMPLE AND ECO-FRIENDLY

RINSE

After use, thoroughly rinse the underwear in running water until the water runs clear, ensuring all blood is removed. A pro tip is to rinse it while showering to save time and water.

WASH

Once rinsed, machine wash or hand wash the underwear with detergent.

DRY

Hang dry the underwear and reuse. It is important to note that they should not be put in the dryer.

Each pair of Nushu underwear is designed to be reused for up to 2 years, making it a more cost-effective option than purchasing a 2-year supply of generic pads. Investing in 3-4 pairs of Nushu underwear is recommended to ensure enough underwear to last through a cycle.

Nushu (www.nushucare.com) not only focuses on menstrual care but also addresses a broader spectrum of women's health needs, including postpartum bleeding and bladder leaks, catering to various life stages. The brand is dedicated to reshaping the narrative around menstruation by offering medically approved education that empowers women with valuable knowledge.

Founded in 2023 by Avisha Jhunjhnuwala, Nushu is a trailblazing brand committed to transforming how women experience their periods.

The innovation lies in crafting reusable period underwear that merges comfort and sustainability. Nushu's approach combines advanced leak proof technology,

offering a comfortable and eco-friendly alternative to traditional menstrual products such as pads, tampons, and cups. Crafted from luxuriously soft bamboo fabric, enhanced with Lenzing Modal cores, microfiber absorption, and a TPU-coated layer, Nushu panties are available in multiple styles, each tailored to different needs.

Nushu's commitment extends beyond menstrual care. The period panties address a range of situations, from postpartum bleeding to managing bladder leaks and incontinence, making them versatile companions for various life stages. The brand's name, inspired by the historical Chinese language that empowered women to express themselves without any limitations, reflects our mission to instill self-respect and confidence in women today. As we reshape the conversation around menstruation, Nushu fosters a supportive community where women can embrace their bodies and experiences without limitations. Join us in embracing a future where comfort, sustainability, and empowerment intersect seamlessly.



AYURVEDA, ONE OF THE WORLD'S MOST ANCIENT HOLISTIC HEALTH SYSTEMS, HAS ITS ROOTS DEEP IN THE INDIAN SUBCONTINENT.

HEALTH



HONG KONG, SEPTEMBER 27, 2024

Ayurveda, one of the world's most ancient holistic health systems, has its roots deep in the Indian subcontinent. Evolving over thousands of years, it offers profound insights into wellness, focusing on how to live in harmony with both nature and oneself. Unlike modern medicine, which often focuses on disease management, Ayurveda emphasizes prevention and the attainment of balance in life. The name Ayurveda is derived from the Sanskrit words "ayu," meaning life, and "veda," which translates to knowledge.

This combination speaks to its goal: to provide wisdom for a long, healthy, and fulfilling life.

Ayurveda teaches that true health is not merely the absence of illness but the harmonious balance of the body, mind, and spirit. It views every individual as a unique blend of these three elements, and maintaining balance among them is key to overall well-being. This balance is not only internal but is also about harmonizing the body with the surrounding environment, a principle rooted in the understanding that the microcosm (the individual) is deeply connected to the macrocosm (the universe). Our interactions with the world through our senses—what we see, smell, taste, touch, and hear—are essential to maintaining this balance.

At the core of Ayurveda lies the concept of Pancamahabhuta, or the theory of five elements: earth, water, fire, air, and space. These elements exist both in our bodies and in the external world, and their proper balance is crucial for maintaining health. Each element corresponds to one of our senses: earth with smell, water with taste, fire with vision, air with touch, and space with sound. While these five elements form the foundation of all things, they do not act independently within the human body. Instead, they combine in specific ways to create doshas, the governing forces that shape our physical and mental states.

IN AYURVEDA, the three doshas—Vata (air and space), Pitta (fire), and Kapha (earth and water)—are the essential bio-energies that regulate all bodily functions. The unique constitution of each individual,

known as prakriti, is determined by the dominant dosha(s). The balance or imbalance of these doshas influences everything from metabolism to emotional well-being. To stay healthy, it is vital to maintain this balance through diet, lifestyle changes, and therapeutic approaches tailored to each dosha.

ONE of the most celebrated and beneficial practices in Ayurveda is the use of oil therapies, collectively known as Snehana. In Sanskrit, the word "Sneha" not only means "oil" but also translates to "love" and "affection." This is a poetic reflection of the nurturing and soothing qualities that oils bring to the body. Just as love nourishes the heart, the application of oils in Ayurvedic therapies replenishes and revitalizes the body, mind, and soul. Oil is more than just a therapeutic medium in Ayurveda—it is seen as an expression of care and compassion, delivered through the warmth and touch of the hands.

DURING winter, when cold, dry weather tends to increase Vata dosha, oil therapies become even more crucial. Winter can cause dryness, joint stiffness, and lethargy, all of which are alleviated through oil treatments. By applying warm, herbal oils, the body's natural moisture is restored, muscles are relaxed, and joints are kept supple. This is particularly important because Vata governs movement, and when it becomes imbalanced, it can lead to issues like anxiety, restlessness, and physical discomfort.

ONE of the most popular and deeply relaxing oil therapies is Abhyanga, a full-body massage with warm herbal oils. Abhyanga improves circulation, nourishes the skin, promotes detoxification, and provides a sense of calm and groundedness. It is a treatment that not only relieves physical tension but also balances the mind and spirit. This therapy is especially effective during the colder months, as it combats the dryness and stiffness brought on by the cold.

SHIRODHARA is another widely practiced oil therapy. In this treatment, warm, medicated oil is gently poured in a continuous stream over the forehead. This soothing therapy helps calm the nervous system, reduce stress, and promote mental clarity. It is often recommended for individuals dealing with insomnia, anxiety, or mental fatigue.

ADDITIONALLY, KIZHI is an important therapy, where herbal poultices soaked in oils are used to treat specific areas of the body. These poultices are applied with pressure, which helps relieve muscle tension, joint pain, and stiffness. Kizhi is particularly effective in managing conditions like arthritis or rheumatism, and it provides deep relief for aches and pains that are common in winter.

AFTER these oil treatments, an Ayurvedic steam bath, known as Swedana, is often used to enhance detoxification. The warmth of the steam opens up the pores, allowing the body to absorb the

healing properties of the oils more effectively. The steam bath also helps release toxins from the body, leaving you feeling lighter, more energized, and deeply rejuvenated.

TO MAKE sure that the people of Hong Kong and China gets Ayurveda just like how it's done in India, Innate Ayurveda, located in Sea World, Shenzhen, offers all these treatments, ensuring that they are carried out with the same authenticity and precision as in Kerala, where these therapies originated. The therapies at Innate Ayurveda are designed to provide a luxurious and premium experience, blending traditional wisdom with modern sophistication. With advanced techniques and attention to detail, they offer an experience that not only relaxes but also deeply heals and nourishes the body and mind. The therapies here are on par with the best Ayurvedic centers in Kerala, offering the same care, but with added refinement and comfort.

IN AYURVEDA, oil is more than just a treatment—it is an act of love. During winter, when the body is more susceptible to dryness and imbalance, regular oil therapies help keep the body hydrated, flexible, and in harmony. These treatments provide not only relaxation but also essential nourishment, creating a sense of well-being that resonates from the inside out. Whether you are seeking to restore balance or simply indulge in a moment of peace, Ayurvedic oil therapies are a perfect way to nurture yourself during the colder months.



ELITE SWIMMERS AND BUSINESS LEADERS MAKING WAVES TO ADDRESS CITY'S CHRONIC SWIM ILLITERACY

HEALTH



HONG KONG, OCTOBER 8, 2024

On Friday, November 8th, five relay teams representing a cross-section of Hong Kong's diverse community will undertake a unique challenge - to swim the 45 kilometres around Hong Kong Island. The teams include Olympians Geoff Cheah and Hannah Wilson, fourth-generation Hong Kong jeweller, Jada Lam, and migrant domestic worker, Josephine Tolentino.

Geoff Cheah, an alumnus of Stanford University working on start-up initiatives at Wheelock and Company, represented Hong Kong in the Rio Olympics. "It shocks me that 47% of Hong Kong secondary school students don't know how to swim and may never have had the

opportunity. Swimming has opened so many doors for me personally. All my best friends are those who I grew up competing and training with. I'm doing this challenge so we can improve swimming lessons for kids and adults in Hong Kong." Despite having the longest coastline of any city and an abundance of swimming pools, around half of Hong Kongers, mostly women and children from low-income communities, are unable to swim. The beneficiary of the event, Splash Foundation is a charity dedicated to improving access to swimming for disadvantaged children and adults. Their programmes are free-of-cost to learners across the city and see a 90% success rate at the end of 20 hours of instruction. in the city.

Josephine Tolentino is one of Splash's first graduates. Since learning to swim in 2016, she has competed in many local open water swim races and made several podiums. "Swimming became the

best solution I had to the stress and homesickness that comes with being a migrant worker," she said. "I took the first step to learn to swim and found there was so much I could achieve. I want everyone to have the opportunity I had."

Jada Lam, who turned 50 this year, wanted a new challenge to mark the milestone: "Swimming is an incredible exercise that teaches you that nothing is impossible. When I started swimming again in my 40s, I couldn't even manage two laps of the pool! But I've found this incredible sense of fulfilment and camaraderie with other swimmers as I've progressed. There will definitely be some friendly competition between the teams, but the main motivation for all of us is to help break down the barriers of learning to swim." Supporting the event are Simpson Marine, Asia's leading new yacht sales, brokerage and service company.

"We have been supporting Splash for the past eight years, providing safety and support vessels, and around-the-clock strategic, logistical and safety assistance for these epic fundraiser swims", says Ewa Stachurska, Vice President, Marketing, Partnerships and Business Development. "As ocean lovers, we're committed to water safety and to give more people the opportunity to enjoy the water."

Simpson Marine are joined this year by Lead Sponsors Henderson Land Group, Shanghai Commercial Bank and Kiri Capital who through generous contributions are helping Splash Foundation turn the tide on swimming literacy in the city.



THE EVENT

Make Waves for Hong Kong is a 45 km multi-relay swim around Hong Kong Island taking place on Friday 8 November, with 5 teams, composed of 30 elite swimmers and business leaders.

The annual event builds awareness around the city's historically low swim literacy rates, where nearly half the population is unable to swim. The teams aim to raise HK\$3.5million for Splash Foundation

to help thousands of disadvantaged children and adults experience the transformative impact of learning to swim.

The swim will start in the early hours of Friday morning and is expected to take around 12 hours to complete. Relayers will take turns swimming in 30 minute intervals, braving the elements and changing sea conditions.

Henderson Land Group, Shanghai Commercial Bank, Kiri Capital and Simpson Marine are Lead Sponsors supporting the event.

ABOUT SPLASH FOUNDATION:

Splash Foundation creates opportunities for kids and adults from disadvantaged communities to experience the transformative impact of learning to swim and enjoy lifelong access to the water. Through teacher training, programme delivery and public advocacy, Splash improves access to the water and enables thousands of people to learn a life skill that keeps them safe and improves their physical, mental and social wellbeing. Beneficiaries include migrant domestic workers and other ethnic minority groups, kids and parents from low income communities, and kids with special educational needs. By 2030, Splash Foundation aims to teach 25,000 people how to swim.

KEY FACTS

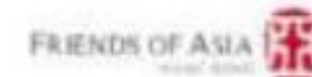
- Despite having the longest coastline of any city and an abundance of swimming pools, 47% of Hong Kong secondary school students cannot swim.
- More than half of people worldwide cannot swim, and women account for most of them: 2 out of 3 women cannot swim.
- After Splash programmes, 95% of participants shared that they are comfortable going to public pools to swim or to practise their swimming.
- Swimming is a low impact, low cost exercise that can be enjoyed at any age by everyone.
- Swimming is medicine and has been linked to lowering stress, anxiety and depression.
- 86% of migrant domestic worker participants reported feeling "less lonely" after Splash programmes.
- Parents who can swim are more likely to ensure their children know how to swim.
- 76% of parent learners feel more connected with their children after starting their own Splash Foundation lessons.



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KARMA FILTER TIPS DRIVING SUSTAINABILITY WITH ENVIRONMENTALLY FRIENDLY RYO FILTERS AND TIPS

SUSTAINABILITY



HONG KONG, SEPTEMBER 27, 2024

The profound "Cigarette smoking is injurious to health" has been the icon for the healthy vision to create a fraternity of a vivacious environment in the whole world and that is the reason behind creation of butts using 100% organic and non-toxic paper, made of fruit pulp, using pure vegetable extracts and herbal and flowering seeds.

To cater to the conducive environment All the users are urged to stick the butts in the soil or chuck them into the fields to let the seeds emerging from the butts turn into different plants and Just imagine that onset of the era where we can plant 5 trillion trees on this planet instead of polluting it for the successive generations.

LET'S TALK ABOUT THE KARMA TIPS IN ORIGINAL FORMAT

For the The real hand-made Filter Tips with live plant seeds which when rolled up with These RYO Filter Tips then they are 100% biodegradable and 100% Chemical free ensuring a high tar and nicotine absorption while eradicating all chemical that is passed on to the



consumers from other filters and tips. Very importantly tip about the sizes that are Available are in two sizes Regular and XL.



KARMA TIPS (SEEDLESS)

These hand-made Tips are highly absorbent and remove excess percentage of tar and nicotine to give you an unsurpassed experience. These are 100% biodegradable and 100% Chlorine Free. Karma Paper Bags and Stationary have always given a brand Brand the 'Wow' factor with the Seeded Paper Bags and Stationary. Which are extracted from our unique Karma paper, sprout plants Tearing them up and planting them in pots will grow plants like Basil, Amaranth, Celosia etc.

With almost 6 billion trees being cut every year for the paper industry alone, the Karma wood-less paper bags and Stationary, not just saves a tree but actually plants more them for a greener future,

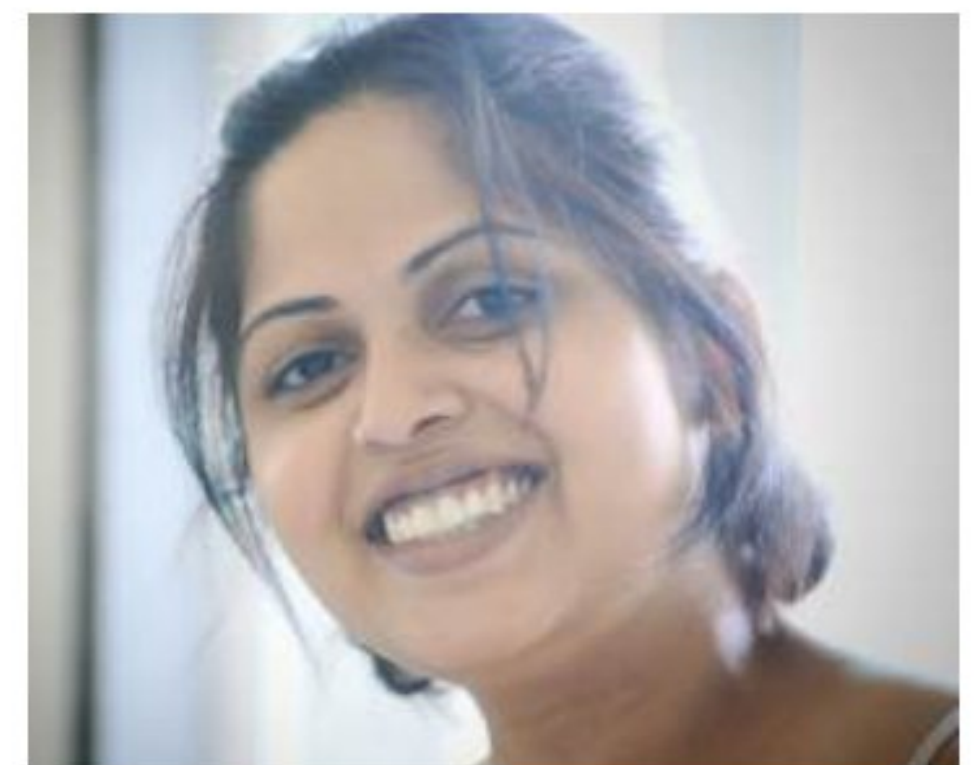
NATURAL ROLLING PAPERS

Made from Natural ingredients to offer you the most natural and pure experience that enhances the very flavour you are rolling with them. They leave no chemical aftertaste and when combined with the Karma Tips experience is unsurpassed. Available in Chemical-Free Browns, Superfine Whites and Organic Hemp, both in Kingsize and Minis. Karma Tips (Floral)

These hand-made Tips are highly absorbent and remove excess tar and nicotine from your cigarette to give you an unsurpassed smoking experience. The Tips contain flower seeds and they will soon blossom into flowers wherever you throw your cigarette butts. These are 100% biodegradable and 100% Chlorine Free. Available in two sizes Regular and XL.

ROARING20S ROLLING PAPER

These brown beauties are made exactly the way the connoisseurs loved it when rolling your own was the thing to do, in the Roaring 1920s. These are pleasurable slow burning, chlorine free papers have no chemical aftertaste and are delightfully 'even burning'. They get our votes too when they're called "...the best papers, ever!". Available only as a Chlorine-free, brown rolling paper in Kingsize and Small.



Founder and CEO: Cheeta Roy

TIMEOUT 1: *Diwali Wordsearch*



WORD LIST

celebration
 prosperity
 fireworks
 tradition
 blessings
 sparklers
 festival
 lantern

rangoli
 lakshmi
 ganesh
 harvest
 october
 pumpkin
 candles
 bonfire

diwali
 lights
 sweets
 family
 autumn
 colors
 joyful
 wishes

gifts
 unity
 aroma
 puja
 diya
 joy

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TIMEOUT 2: *Halloween Crossword*



ACROSS

2. Beverage made from pressed apples
5. Celebrated on October 31st
6. Large fire used for gatherings during the
8. Spirit often seen in Halloween decorations
9. Figure used to scare birds away from crops
11. Common fruit harvested in October
12. Often associated with Halloween decoration
13. Character often depicted in Halloween lore
14. Popular decoration for Halloween
15. Popular flower for fall gardens
16. Bird often associated with superstition

DOWN

1. Nocturnal bird often linked to Halloween
2. Treat often collected while trick-or-treat
3. A staple crop harvested in the fall.
4. Sharp teeth often associated with vampires
5. Time to gather crops
6. Creatures that are symbols of Halloween
7. Weather phenomenon that can be spooky
10. Outfit worn for Halloween celebrations
11. Season that October falls in

SEND US YOUR ANSWERS AT:

tanyarakeshsingh@gmail.com on or before 30th of November, 2024.

Take a screenshot of the Timeout page and send us a clear picture along with your **NAME** and contact **NUMBER** on the email.

THE WINNERS WILL BE NOTIFIED ON SOCIAL MEDIA

(Facebook page of NAARI Magazine) on 30th of November, 2024.

NO ENTRIES WILL BE CONSIDERED AFTER NOVEMBER 30TH 2024.

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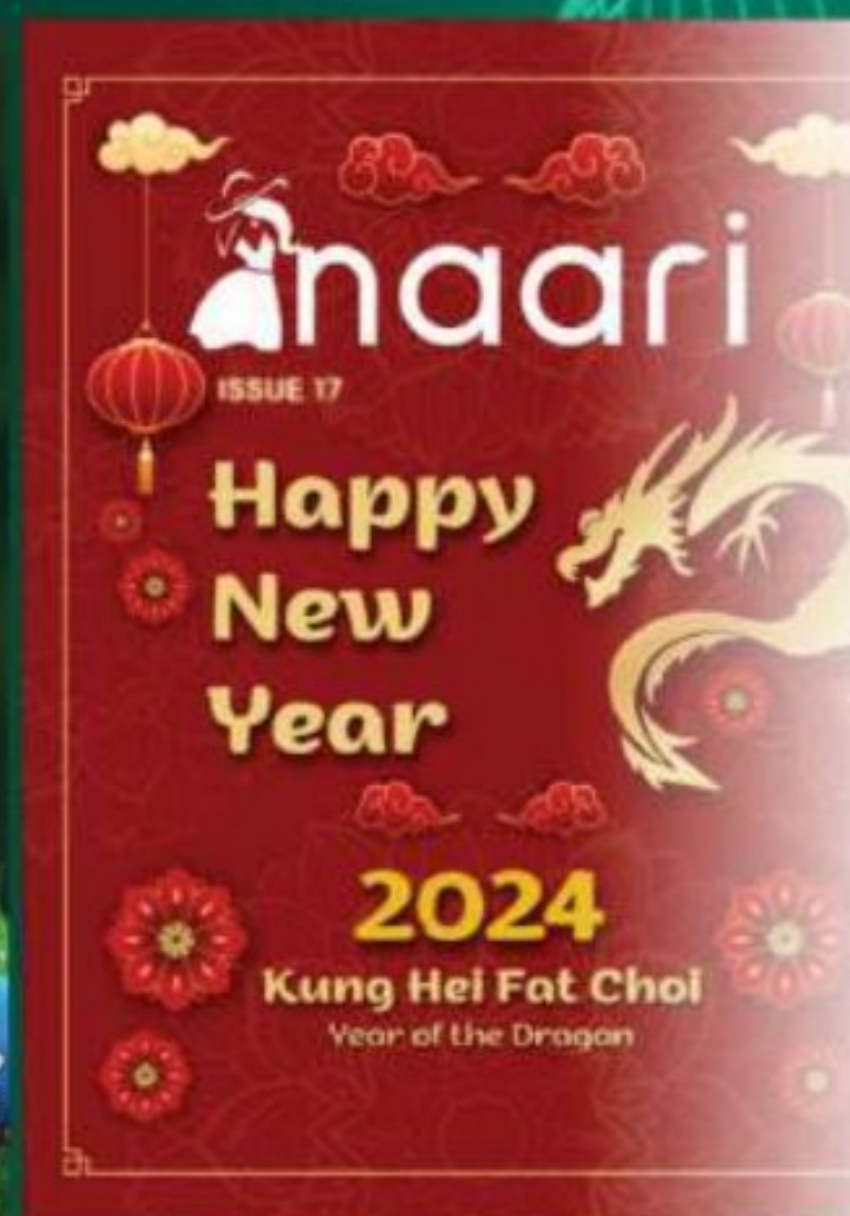
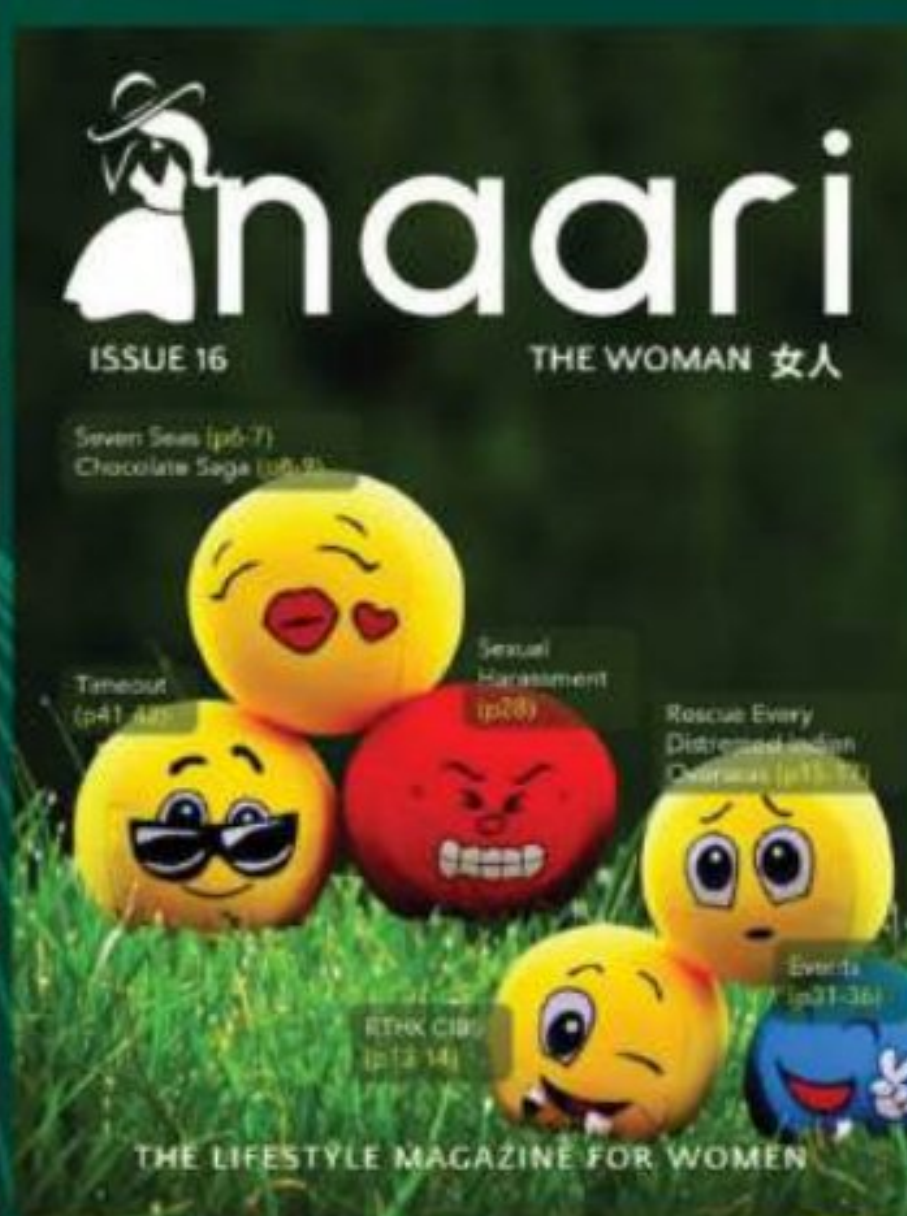
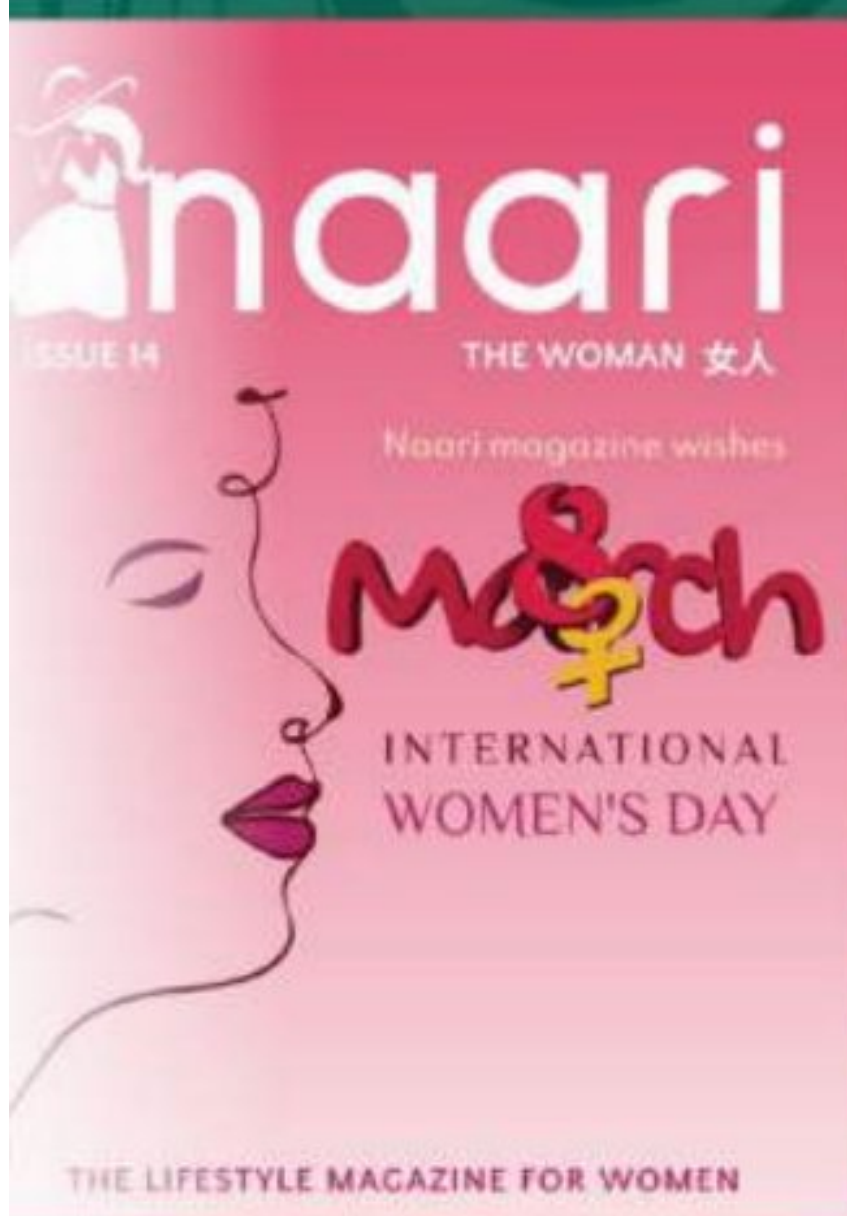
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