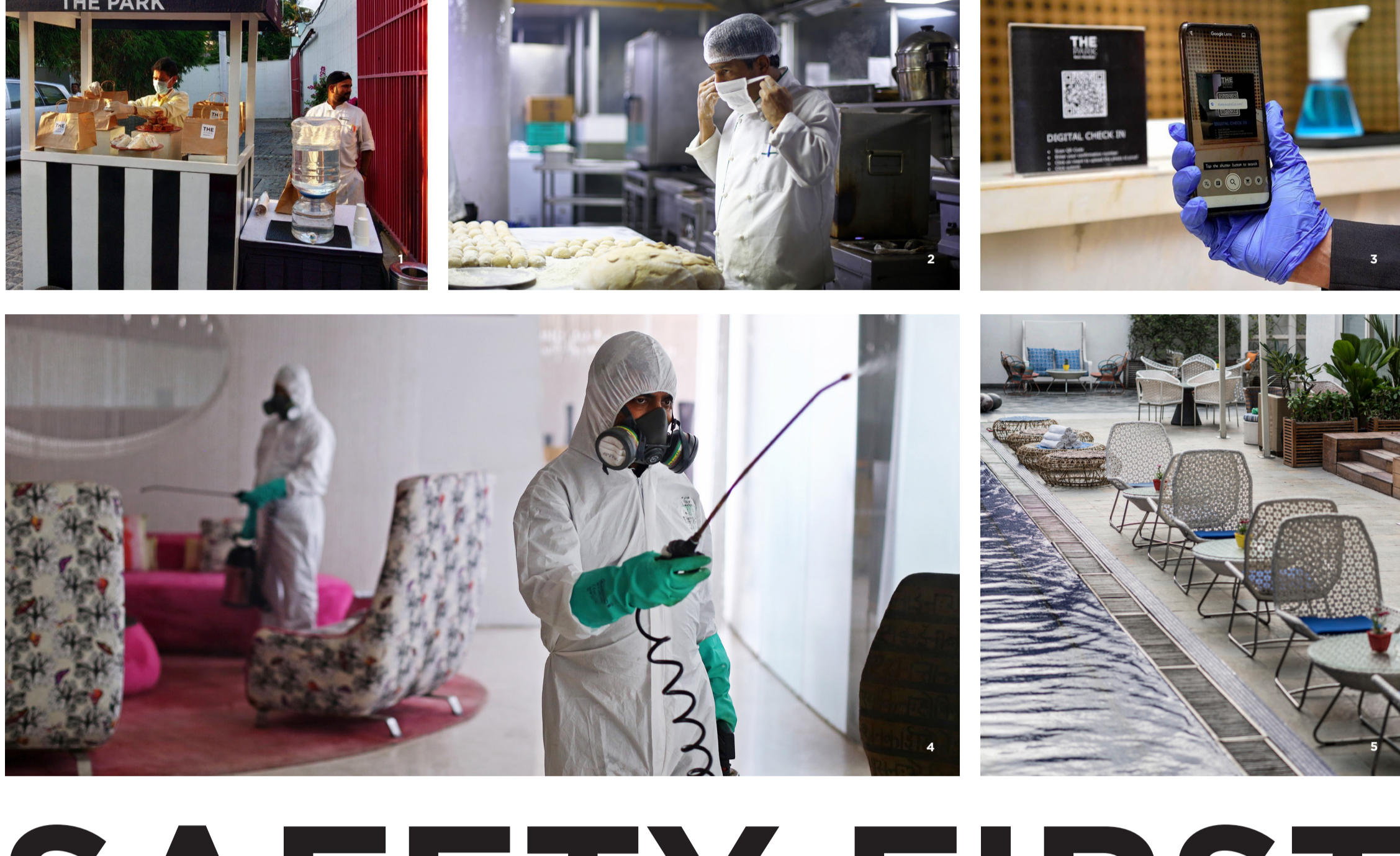




Haldi Doodh
What: Turmeric-infused milk
A.K.A: Ayurveda's golden immunity power-punch
Found: In Indian kitchens and artisanal lattes around the world
Used: As a sleep aid, a comfort-for-the-soul drink and as a panacea for every disease known to humankind
Design: Flawless
Perception: Taken for granted as Ordinary
Reality: Anything But



SAFETY FIRST

It's been a while since we connected with you. And what a tumultuous time it has been! This issue of Living is a departure from the usual, a reflection of these times; yet full of momentum and hope for the future, as we open up to guests again. During the lockdown, we've been busy catering to our special guests — medical and frontline professionals — with the best protocols for safety and hygiene possible being offered by our own staff COVID warriors. We've been serving our community through CSR measures like food distribution camps and 24/7 helplines. We've been boosting the morale of our loyal employees, and training them vigorously. And we've made sure our fabulous cuisine is on hand to fulfil your food cravings right in your own home: through deliveries and our exciting Chef at Home service. And of course, we're adding fuel to our penchant for entertainment with LIVE sessions on SoundCloud and pulsating virtual concerts by some legendary musicians.

Our energies have also been focused on getting our hotels ready and pandemic-proofed in order to welcome you back for an experience of safe luxury, whether it's regular stays or best-deserved staycations. We've recalibrated our offerings with SHIELD — an all-encompassing programme combining the well of luxury, hygiene, design and service — layered onto our usual remarkable hospitality. We are delighted to welcome you again, the people who love THE Park Hotels, and are overwhelmed with your response and love. This issue of Living gives you a glimpse into our trajectory through Covid times and what we have achieved in order to serve you even better. For us, our normal has always been new!

1 Food packet distribution during the lockdown at THE Park Bangalore through our #THEParkHeartofHope initiative 2 Under THE Park Hotels' gold certified hygiene and safety programme, SHIELD, every team member is trained in mandatory hygiene, safety, sanitisation and social distancing, including in the kitchens 3 The touchless check-in at THE Park, Navli Mumbai with all health and sanitation SOPs in place. For check-outs, digitised forms are used, and guests are encouraged to pay digitally 4 THE Park's unique SHIELD-D programme (Sanitization, Hygiene, ISO Standard Equipment, Excellence, Luxury Redefined, Distancing) extends to our rooms which are thoroughly cleaned and sanitised using electrostatic gun sprayers and VIREX fumigation, and left vacant for 72 hours between guests 5 Fun movie nights or relaxed socially distanced dinners at the poolside of Aqua at THE Park Bangalore 6 Flush suite rooms at THE Park Chennai which indulge guests with safe, luxurious hospitality and exciting staycation/daycation packages 7 The Peace Bar at THE Park Calangute, the perfect spot to enjoy your Goa getaway from the tedium of WFH

EAT | Hearty Healing

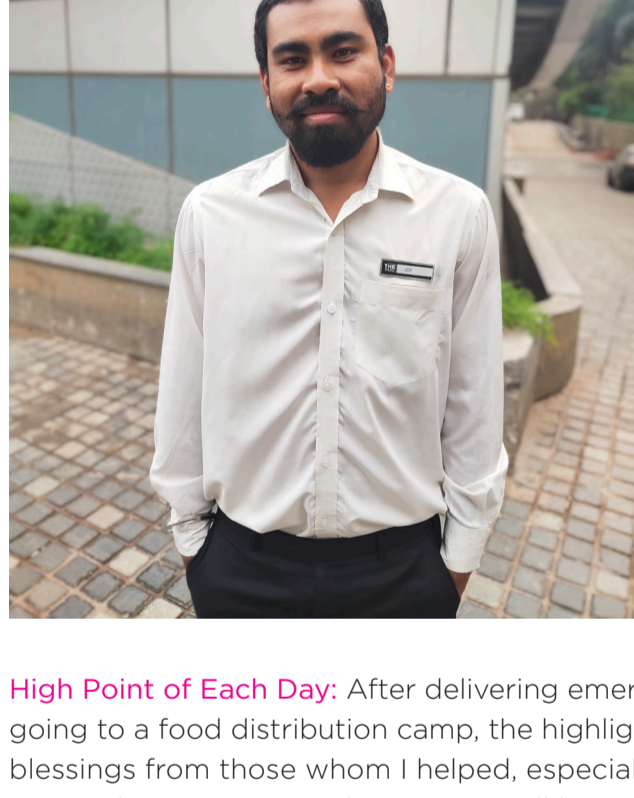
Carrot and Ginger Soup

THE Park Hotels have ways to rev up your metabolism as well as your good times. This velvety broth, from the chefs at THE Park Kolkata contains simple, effective ingredients that bolster immunity. Get a booster shot of antioxidants from the ginger, and beta carotene for fighting infections from the carrots. Pepper and garlic are excellent for healing colds and soothing inflamed throats. Besides the medicinal benefits, there's nothing like a bowl of soup to add warmth your soul. What more could you ask for in the fight against the virus?

- Ingredients:**
- 1 tbsp extra-virgin olive oil
 - 1 cup white onions
 - 3 garlic cloves
 - 2 cups chopped carrots
 - 1^{1/2} tsp fresh ginger, grated
 - 1 tsp apple cider vinegar
 - 3-4 cups vegetable stock

- 1/2 tsp maple syrup
 - Sea salt, to taste
 - Freshly crushed black pepper, to taste
 - 1 sprig dill for garnish
- Method:**
- Cook the onions in olive oil with a pinch of salt and pepper until transparent.
 - Smash the garlic cloves and add to the above.
 - Add roughly chopped carrots to the pot.
 - Cook for about 8-10 minutes, stirring occasionally.
 - Stir in the ginger. Add the apple cider vinegar, then add the vegetable stock.
 - Bring to a boil and then reduce to a simmer and cook until the carrots are soft.
 - Take off the flame and let cool slightly. Blend in a food processor until smooth.
 - Taste and adjust seasonings. Add maple syrup.
 - Serve with few drops of fresh ginger juice and a sprig of dill leaves.

MEET | A Touch of Joy



Since lockdown 1.0, Joy Ramchary has taken on responsibilities at THE Park Hyderabad on with a ready smile and a gallant demeanour. He's the head of security, but he also handled all the online and food deliveries during that first uncertain period of the pandemic. He's also been our person on the frontline, going out for medicines and other necessities, as well as handling all the food drives we have conducted for those less privileged. Joy's first priority has been his work, and we're proud he's on our team!

High Point of Each Day: After delivering emergency medicine or supplies, or going to a food distribution camp, the highlights for me were the smiles and blessings from those whom I helped, especially old people on the road.

An Incident You Remember: I got a call late at night on our 24/7 Neighbourhood Services helpline from a lady whose father was paralysed and needed urgent help. I had to look in a few places before I could find the medicine she needed. When I got there, she was so relieved to see me with the medicines that she had tears in her eyes.

Toughest Item to Source: Nothing is impossible! This is something I have always thought even before Covid 19 hit us. Yes, sometimes people didn't have prescriptions and so procuring their medicine was tough, as shops weren't even giving normal medicines without prescriptions.

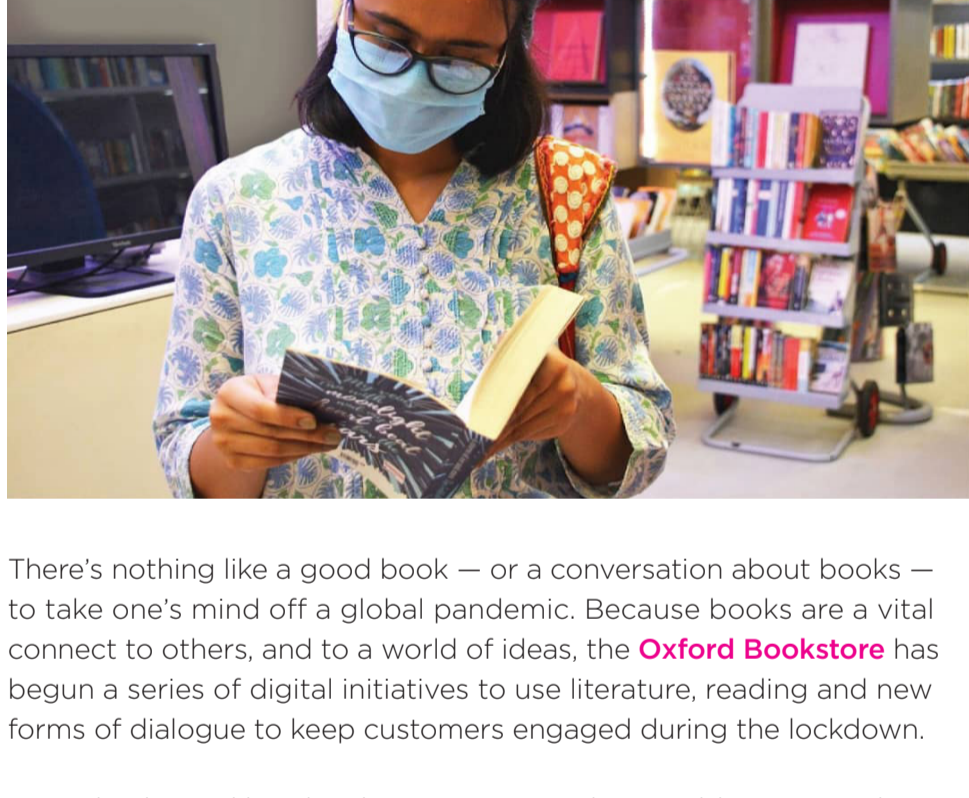
Biggest Challenge: There was a lot to do and 24 hours seemed too little. I had long shifts and public transport was not available, so I would walk from home to office which was approximately 4 kms. I had a lot on my plate but still was motivated to make sure that I completed all my tasks with utmost care.

Safety Tip: I always wear a mask, disposable gloves and repeatedly use sanitiser. I make sure to dispose of my gloves after each delivery. Non-touch delivery is my most important key for safety as it not only keeps me safe but others too.

Last Family Visit: I haven't gone home for the last two years. Here in Hyderabad, I manage my life and work alone. Video calls and phone calls are the only thing that has kept me in touch with them, which was good as they were righting a lot about me during this crucial time.

* THE Park Hotels' Neighbourhood Services is a 24x7 helpline for emergencies and procuring medicines for people, especially senior citizens, living within a 5km radius of the hotel with no additional charges

SPOT | Lockdown Lifelines



There's nothing like a good book — or a conversation about books — to take one's mind off a global pandemic. Because books are a vital connect to others, and to a world of ideas, the **Oxford Bookstore** has begun a series of digital initiatives to use literature, reading and new forms of dialogue to keep customers engaged during the lockdown.

Using hashtags like #booksconnectus and #socialdistancing, the store has kept things alive and buzzing with a burst of events. These include LIVE workshops on social media on subjects as diverse as children's writing, magazine-making, travel writing, poetry and craft by some of the best practitioners of these skills. There are storytelling sessions, panel discussions on topical subjects and of course digital book launches of both Hindi and English titles consisting of lively conversations with authors and other enlightened folk like Andrew Sean Greer, Namita Gokhale and Rakshanda Jalil. Naseeruddin Shah and Shrabani Basu have participated in video chats and book related interactions, too.

The store has collaborated with Penguin for the digital launch of the book 'The Corona Virus: What you need to know about the global pandemic', by Dr. Swapani Parikh, neuro-psychiatrist Dr. Rajesh M. Parikh and clinical psychologist Mahera Desai. The book is an essential guide to the virus that's brought the world to its knees. Add to this mix digital meek evenings and quizzes, and the tremendously popular Harry Potter Week called the Wands and Charms Festival, and it all adds up to an engaging few months at the Oxford Bookstore.

<https://www.instagram.com/oxfordbookstore/>

EXPLORE | Vizag Through the Eyes of...



beach, there is a natural arch, and if you take a picture there, you look like you're suspended in the water. Close to this is the ancient Buddhist monastery complex at Thotiakonda — which I was introduced to by a Japanese coffee buyer Much written about is the little village of Etikoppakka where they make the famous and very funky wooden children's toys. You can go there, mingle with the tourists, see the space. You can do a trip to the well-known Borra caves, stalagmites and stalactite formations, and quite well maintained. Always drives home how insignificant our time on the planet is.

One of the best trips you can make from Vizag, is what we call the Sunrise to Moonrise trip to Araku which is where we have our plantations. This is 2.5 hours away from Vizag. Once you go beyond the township of Araku you enter an unspoiled world. There are nature trails, the lovely Kothapalli waterfall, dense forests, and trees older than your great-grandfather. Trees that are huge and giving that make you just want to stay there. There is a dam that has created a water body, and in the middle of that is an uninhabited island with 40 acres of coffee estates... it's like life of P! You need to take this trip to really appreciate Vizag district, soak in nature and lose sense of time, especially since there is no network in the villages.

To really experience the natural beauty of Vizag, stay at THE Park Hotel which is right on the water, with stunning rock formations and a beautiful beach. We can curate interesting trips in Vizag district for you, including to the incomparable Araku valley.

I always say, Vizag is the Nice of the East. I have been visiting the city for more than 22 years, and I must have been here over 500 times. The beauty of Vizag is that it's a well-kept secret.

Vizag is one of the neatest and best maintained cities in India. There is a spectacular coastline, with a beach road great for walking, which is closed for motor vehicles at peak pedestrian time — a very civilized way to do it. Don't come to Vizag if you want to go to malls or shop. Come if you want to reflect and introspect, cleanse yourself, look inwards, be by nature and get lost in time. I would say, avoid the city, but go to the spots a little away. In an hour you can reach Kondakarla Ava, a bird sanctuary, an unspoiled place, a bird-watcher's paradise, which reminds you of the backwaters of Kerala, complete with water lilies and wonderful scenery. The beautiful Bheemili beach is a few kilometres away. Vizag has a strong Dutch connection, and nearby there are Dutch bungalows and ruins, complete with a lovely cemetery. Today's world is a selfie's world, so here's an insta photo-op. On the Mangamaripeta

Manoj Kumar wears two hats with ease. As a social entrepreneur, he runs a very large non-profit with 6,000 employees called Naandi Foundation, which recently won the Food Vision 2050 award from the Rockefeller Foundation. And, working with the tribal people of the region of Araku in Vizag district, he has created a coffee that has been rated the best in the world.

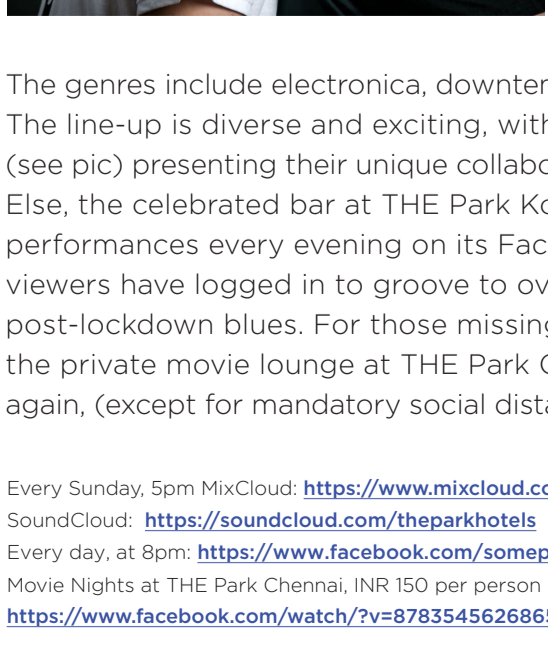
Rewind Travelling Back in Time...



The nightlife at THE Park Hotels has been the stuff of partying legend. Amazing music, our always outstanding F&B, and rocking events with the coolest people have made our bars, lounges and restaurants the places to head to for a good time or a special celebration. We can't wait to reclaim that joyous time again with our guests, so here is a memory to transport us to parties past and get us all set for the spectacular parties to come!

Rewind is a cheeky wink at the years of party-creators, rule-makers and trend-setters that have shimmied through our doors. Everything else changes, but THE Park has, and always will be host to the world's most unique people. Here we feature photographs and stories that capture some memorable times.

SCOOP | Back in the Groove



THE Park Hotels have no intention of letting a pandemic take away from providing a vibrant nightlife, LIVE. If you've always loved the vibe at the alfresco Aqua at THE Park, log in every Sunday evening to score your own weekend sunset party with curated tracklists on MixCloud and SoundCloud by some of the country's best artists and music producers.

The lines include electronica, downtempo, house, and world music. The genre-up is diverse and exciting, with artists like Nosh and SJ (see pic) presenting their unique collaborative 'Tracklist 24'. Someplace Else, the celebrated bar at THE Park Kolkata hosts LIVE rock'n'roll performances every evening on its Facebook page. Over 3,60,000 viewers have logged in to groove to over 35 artists, dispelling their post-lockdown blues. For those missing a night at the movies, book the private movie lounge at THE Park Chennai to feel almost normal again. (Except for mandatory social distancing, of course!).

Every Sunday, 5pm MixCloud: <https://www.mixcloud.com/THEParkHotels/> SoundCloud: <https://soundcloud.com/theparkhotels> Every day, at 8pm: <https://www.facebook.com/someplaceelsethepark/> Movie Nights at THE Park, Chennai, INR 150 per person (equipment available): <https://www.facebook.com/watch/?v=81835456268501>