

LONDON • CAPE TOWN • MUMBAI

# SUTRA™

Issue 21

*Miss SA finalist*  
**GRACE RHEEDERS**  
*with fashion GURU*  
**HAROUN HANSROT**

**WHY DO  
BUSINESS  
ONLINE?**

*Fashion*  
**PRE-WEDDING  
FASHION FOR  
GUYS, GIRLS  
AND FAMILY**

*Project Outsourcing*  
**CAN IT WORK?**

*Culture*  
**WHY DO  
WE FAST?**

*Food*  
**TOP 10  
INDIAN SPICES**

*Diwali message*  
**FROM RAMAKRISHNA  
CENTRE OF SA**

RSA R29.95 - UK £1.99 - India Rs 85.00

10021

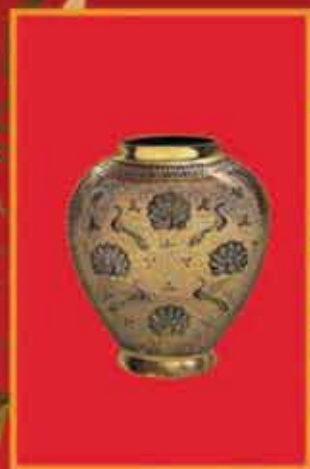
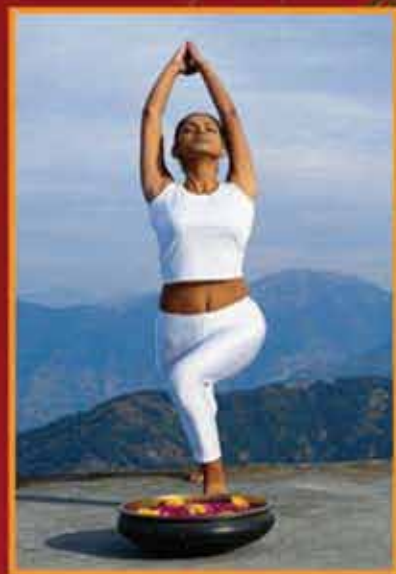


Issue 21

9

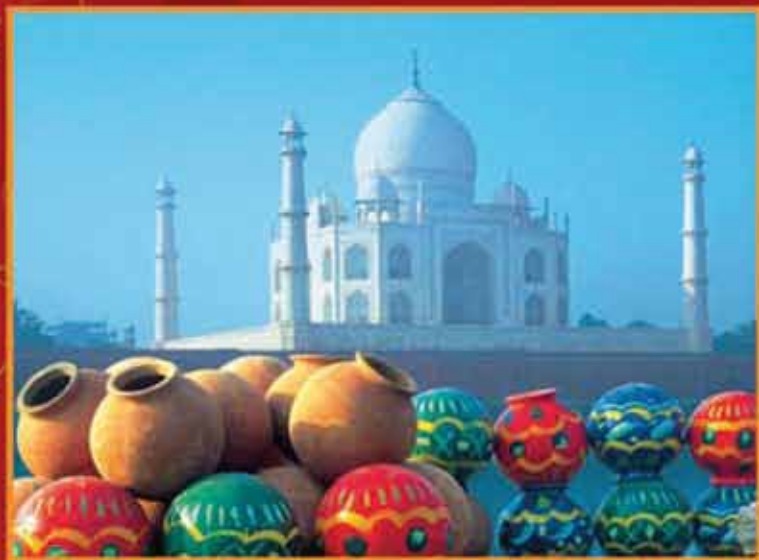
771996

123509



## One lifetime is too short

There are enough reasons to call India the land of contrasts. Starting from the landscapes, you'll find variety in every street, slope and turf. From mountains to deserts, it has more than plenty to offer. Visit any time of the year and discover a new India, each time. Even a day in this incredible land is worth many lifetimes.



# Incredible!ndia



# CONTENTS



30

## FEATURE

### COVER FEATURE:

Grace Rheeders 10  
Haroun Hansrot 13

### LOCAL DIASPORA:

Roy Jamowanth 38

### INTERNATIONAL DIASPORA:

Wilson Sudhakar 42

### SPECIAL FEATURE:

Saiyan Naidoo 52

### BODY AND SOUL:

Fun With Children 56  
Indian Head Massage 66

## FASHION

Pre-wedding Fashion for Grooms 22  
Pre-wedding Fashion for Brides 24  
Jewels of India 26  
Naleen Collection 30

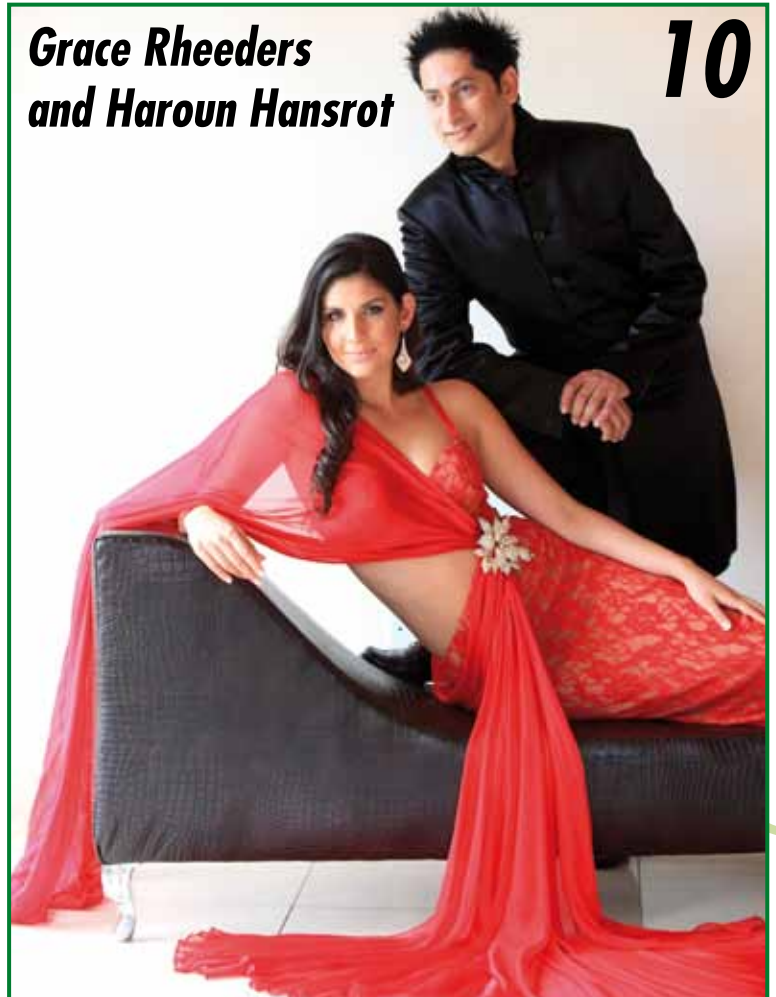
## WEDDING

WIN a weekend away 34

## ON THE COVER:

*Grace Rheeders  
and Haroun Hansrot*

10





## CULTURE

Meaning of Eye Expression in Indian Dance 15

### HERITAGE:

King Goodwill Zwelithini 17

Diwali 20

Vrata or Fasting 46

## BUSINESS

The Power of Now with Social Media 44

Project Outsourcing 48

## LIFESTYLE & ENTERTAINMENT

### BOOK REVIEW:

Journey into the Unknown 18

Whiskey Tasting **GIVEAWAY** 51

Happenings 53

Travel 58

Astrology 70



## FOOD

Fenugreek 60

## ENTERTAINMENT

Bollywood 72

Humour 78

## CREDITS

**Publisher / Editor-in-Chief**  
Dr. Terrence O. Kommal

**Copy Editor**  
Teddy Kommal

**Managing Director**  
Sherita Kommal  
Cell: +27 (0)84 484 1163  
Tel: +27 (0)12 343 1145/2772  
Email: sherita@kommal.com

**Sales**  
Shyam Trishen  
Vera Naidoo  
Tel: +27 (0)12 343 1145/2772  
Email: advertising@sutramagazine.net

**Online Sales**  
www.zinio.com/sutramagazine

**Facebook Marketing**  
Tel: +27 (0)12 343 1145  
Email: facebookmarketing@sutramagazine.net

**Design & Layout**  
Eye-4-D'zine

**Contributions**  
Eddy Cassar Public Relations  
Hassim Jagee  
Faizal Sayed Media  
Marina Smithers PR

**Photography**  
Faizal Sayed Media  
Kevin Joseph  
Jacky Claasen

**Cover Model**  
Grace Rheeder

**Printing**  
Tandym Print

**Distribution**  
R.N.A

**Publishing**  
Kommal Publishing (Pty) Ltd  
(An "AA" rated BB-BEE Company)

Kommal Publishing (Pty) Ltd (South Africa) is a wholly owned subsidiary of Kommal Holdings (Pty) Ltd (South Africa)

Address:  
21/26 Rosemead Court, 659 Church Street, Pretoria, 0083  
Tel: +27 (0)12 343 1145/2772  
Fax: +27 (0)86 614 2455  
Email: info@sutramagazine.net  
www.sutramagazine.net

The opinions expressed in SUTRA MAGAZINE are not necessarily those of the publisher.  
SUTRA MAGAZINE © 2011  
All rights reserved.  
No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means, without prior written permission from the publisher.

2011 All Rights Reserved.



## PUBLISHER/ EDITOR-IN-CHIEF'S NOTE

It is indeed that time of year again when it is not yet time to let loose and celebrate a year well done, but it is indeed time to reflect on the year that is passing by and how close we are to our goals, both

personal and professional. Of course, we at SUTRA™, are doing exactly the same thing, but in somewhat different ways.

To us the readers are most important, as we believe that if you are making the time to read our content, we should provide both value and engagement. Now some may question my semantics, of the word 'engagement', but it is indeed true. Reading a magazine may be for a multitude of reasons, and if it does not in some way stimulate you for even a moment, then we have lost the chance to make an impression on you.

On another level engagement is about your responses to the content, its relevance, its style, its pictures or even your complaints. It is in support of this that we have worked intensively with our partners and team at SUTRA™ Media, who are working daily to bring you engaging experiences online via our website: [www.sutramagazine.net](http://www.sutramagazine.net), our community site: [www.sutravip.com](http://www.sutravip.com), and our various social fan pages on facebook, twitter, and others.

As many of you will note in the pages of this edition, there is more business related content and more profiles. This is as a response to our research that has indicated that many readers like you, are either directly or indirectly involved in business, as part of daily life. With respect to the profiles, we realised that there are just so many people to celebrate and highlight, waiting for a next edition is just not enough. Hence more profiles that are a celebration of more great people and their achievements.

All in all, as we approach the end of the year, it is about reflecting on where we as a company have been and what we have been able to offer the readers vs where we intend to be and take our readers. It is with great joy that we share with you, that based on our new growth strategies and partnerships, the publication will be published monthly from early 2012, which marks a great milestone, for both readers and publisher.

Do feel free to share with us your thoughts, submissions and feedback via email or directly on our social media profiles, and we look forward to working with you as a part of the team in growing the SUTRA™ Lifestyle!

Dr. Terrence O. Kommal

## KEEP IN TOUCH

[www.facebook.com/sutramagazines](http://www.facebook.com/sutramagazines) • [www.facebook.com/terrencekommal](http://www.facebook.com/terrencekommal)

Follow me on : @terrencekommal

For more insights on SUTRA™ and my thoughts,  
follow my blog on [www.terrencekommal.com](http://www.terrencekommal.com)

*Coca-Cola*

# Happy Diwali

Wishing all our  
Hindu customers peace and  
prosperity in the New Year



125 years of  sharing happiness

*Face of*  
**SUTRA™**  
**2011**

**AMBASSADOR**

***Ashvini Pillay***

***SPECIALISED IN ACTING  
AND STAGE MANAGEMENT***

***“SUCCESS  
is the progressive  
realization of a  
worthwhile dream”***

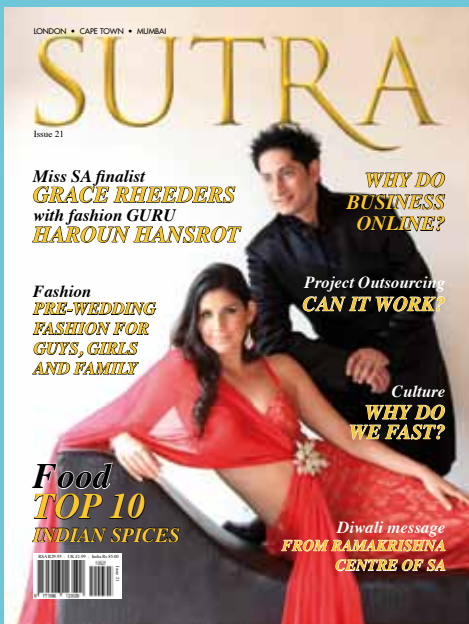
**We at SUTRA™ magazine welcome Ashvini Pillay as the new  
Face of SUTRA™ 2011 and Brand Ambassador.**





SUTRA Magazine is on facebook. Read all about what happens 'behind the scenes', discuss Indian related issues, post questions and answers and interact with other SUTRA fans.

[www.facebook.com/sutramagazines](http://www.facebook.com/sutramagazines)



## GIVEAWAY!

Next issue's  
winning letter  
will receive  
**A YEAR'S SUBSCRIPTION  
TO SUTRA™ MAGAZINE**

# LETTERS TO THE EDITOR

Dear SUTRA™ Team please speak to your distributor. I live in Durban North and we do not receive SUTRA™ at the local chain store. My friend sells the publication which gives her an income. For this I would like to thank you to give her this opportunity. I noticed that the local temple also sells the publication. I was told that the profits are given to the temple. Keep up the good work. I wish more people can take advantage of this opportunity.

**Ronnie Govender  
Durban**

Being a fashion student we are asked to buy many magazines. SUTRA gives us a very good understanding of Indian fashion and the different designers. I wish one day that I will do some good designs and be featured in SUTRA™. That is my dream.

**A. Singh  
Ladysmith**

I was taught by my son how to keep up with what is going on in the world and South Africa by sitting at home. SUTRA's website was the first that I looked at. I am a fan and I noticed that you are doing very well online. Your Facebook fans are growing and the information is very good. The responses are very interesting. Many of them bring back many memories but we did not have a platform to express them then. Well done. I am 66 years old.

**Kris Gordon  
Midrand**

The food section is the first section that we open at home when we receive our copy of SUTRA. The information and the recipes are very interesting. I tried many of them. My sister has an Indian boyfriend and she uses your recipes to impress him. She is getting very good at Indian cooking.

**Ann David  
Cape Town**

## WINNING LETTER

I get my copy of SUTRA online and I am very happy with the price and the content. When I read a copy of SUTRA™ at night in New Zealand, it makes me very proud to be a South African Indian. We did work very hard to get to where we are. I did not leave my motherland South Africa but I am here for work. SUTRA™ helps me feel at home. I love South Africa and your magazine. Keep up the good work!

**Dinesh Jayram  
New Zealand**

## SEND US YOUR LETTERS

Address: P.O. Box 12334 • Hatfield, 0028 • South Africa

Email: [editor@sutramagazine.net](mailto:editor@sutramagazine.net)

# TANZANITE BLUE™

THE TRUE COLOUR OF LOVE

Tanzanite is the rare and precious blue-violet gemstone that is 1000 times rarer than diamonds. Tanzanite Blue™ is the prestigious, exclusive range of exquisitely crafted tanzanite jewellery that is a thousand times more sought after than any other.

Tanzanite Blue™ takes its name from the precious blue-violet gemstone found in one only place in the world – at the foothills of Africa's majestic dormant volcano Mount Kilimanjaro in Tanzania, East Africa. Tanzanite is a geological miracle so rare this is the only place on earth where you will find this unique and precious gem. An incredible shift in the earth's crust combined with both heat and pressure and the presence of vanadium transformed the mineral called zoisite into tanzanite – a one of a kind gemstone of unmistakable distinction and colour.

Elegantly designed and expertly crafted by South African manufacturing jewellers, Tanzanite Blue™ is proud to represent the finest in quality jewellery using tanzanite as its centre-piece.

The Tanzanite Blue™ collections include bespoke items with larger fine quality tanzanite and diamonds, as well as a selection of more affordable, yet equally beautiful pieces.

All pieces are fashioned using 18ct white or yellow gold and are accompanied by a Tanzanite Foundation endorsed certificate.

The Tanzanite Foundation is a non-profit, industry-supported organization established to ensure social responsibility, a tanzanite industry free from exploitation, and that Tanzanian communities share in the rewards that the tanzanite industry earns. In fact, to date, community projects supported by the Tanzanite Foundation include the building of the Nasinyai Primary School which educates 420 children, the expansion of a Secondary School for boys and girls aged between 12 and 18, the construction of a medi-clinic and a much valued community centre for social gatherings and church congregations, the provision of a fresh water supply for 2,000 villagers and 4,500 cattle in Northern Tanzania and the environmental rehabilitation of flora, fauna and prolific birdlife in former mining areas.

According to mysticism, tanzanite is a gemstone said to integrate the energies of the mind and heart – helping you remain centred in the heart's wisdom while evaluating the ideas of the activated mind. It opens a cascade of thoughts and insights, but it keeps you calmly anchored upon the inner throne of compassionate humanity so that you are not carried away by thoughts of little true value.

Tanzanite Blue™ is a range of jewellery designed to celebrate love, the spirit of the great heart and being at one with the world. It is ideal for anniversaries, celebrating a birth or a great achievement – or just as a symbol of shared love and a celebration of joy in life.

Tanzanite Blue™ is owned by The Tanzanite Company, which specialises in supplying fine quality tanzanite sourced directly from the mines in Tanzania – providing a large selection of superb loose tanzanite, cut and polished to the ultimate proportions that ensure maximum brilliance and easy setting.

Marilyn Chaimowitz, Managing Director of The Tanzanite Company is determined to demonstrate South Africa's gemstone handling and manufacturing jewellery prowess. She says, "We continually strive to create unique pieces that celebrate the spirit of our land and to all those who visit South Africa and want to take a precious piece of Africa home with them, we say – show the true colour of your love with Tanzanite Blue™ – a gift of the finest jewellery made with the stone that reflects the wisdom of your heart and allows you to experience the wonder of simple joy, deep inner pleasure and true love".



# TANZANITE BLUE™

THE TRUE COLOUR OF LOVE

It's rude not to stare...



Tanzanite Blue™ is an exclusively designed collection of Jewellery, finely crafted by master jewellers to eye-catching perfection. Set in 18ct white or yellow gold and graced with a gem 1000 times rarer than diamonds, Tanzanite Blue™ is The True Colour of Love.



All Tanzanite Blue™ jewellery is accompanied by a Tanzanite Foundation™ endorsed certificate  
For your nearest stockist call 011 214 1007 or visit [www.tanzanitecompany.co.za](http://www.tanzanitecompany.co.za)

# Grace



*Grace Rheeders, born and raised in the small, warm city of Durban, started her professional career in the sport of surfing from the young age of just 13 years. Right from her very first surfing competition, she was a fierce competitor, often making the finals of many competitions. For the duration of her surfing career, Grace has represented the mega international clothing brands Billabong, Von Zipper, Spider Surf Boards, and Kustom shoes. Grace has represented KZN in surfing, volleyball and swimming. She travelled the country extensively and was one of the main features of the popular reality surf TV series, "The Billabong Girls Get out There" which was aired on MNet and Super Sport channels.*



At the age of just 19, Grace had decided that she had come to the end of her professional surfing career and decided to retire from the competitive side of the sport.

She then moved on to studying business management, public relations and marketing, where she got the opportunity to move to India for a year to take up a marketing position for the launch of the proudly South African, Durban product, "Frys Vegetarian." During her India adventure, she took up modelling as a side profession, gracing the

ramp for renowned India designer, Manish Malhotra and the European brands Vero Moda. She had the privilege of an audience with His Highness, the Dalai Lama, which left her very inspired and motivated to play her part in this world.

Grace moved back to the warm city of Durban late in October of 2010, where she decided to continue her studies and is now working as a national lifestyle manager for IBV International Vaults' lifestyle division, "IBV Super Car Club South Africa".



# Questions & Answers

*During the shoot Sherita wanted to know more about Grace and her feelings about being a South African Beauty Finalist and here are some of the questions and answers that we would like to share with you.*

Your advice to the youth of South Africa?

Always be yourself, no one is perfect. It is your imperfections that make you different.

.....

How, where, why and when did you decide to enter the Miss South Africa Pageant?

Haroun Hansrot and my mom actually mentioned to me that I should enter many years back and I feel this year was the right time for me to enter. I feel I am in the right head space and am ready for the responsibility of the title and what it entails.

.....

What opportunities are there for young girls to enter the pageant?

There are many opportunities. They get exposed to many of the industry's leading professionals where they groom you from head to toe, from the inside and out. When you leave the workshops, you walk out a completely different person, a refined lady with an in depth knowledge and confidence in who you are.

.....

What have you done towards becoming a finalist?

I have prepared myself mentally, physically and emotionally.

.....

What is your personal feeling towards this pageant?

I feel that the Miss South Africa Pageant is an awesome platform for any girl as I have learnt a lot on this journey. I have developed into a lady with an opinion. The pageant will test my character, and I can really define who I am and what it is that I want from life.

.....

What is the reaction of your family?

My family supports me 110%.

What grooming have you done that is different for this pageant?

My vast experiences in life has groomed me as a person and prepared me in my own unique way for this pageant.

.....

Who is your role model?

The normal definition of a role model is aspiring to be like someone else and I don't want to be like anybody else but myself.

.....

Who is designing your outfits?

Haroun Hansrot is my designer of choice for any outfit I wear. I also love to support young and upcoming South African designers.

.....

Share your experience of modelling in India.

Modelling in India was an eye opener for me. I did a lot of growing up and character building through that experience.

.....

What is your view of India and its culture?

Colourful, tasty, holistic, spiritual!

.....

Share some of your experiences of working in India.

Working in India pushed me to the limit! It is amazing at the rate they can get vast amounts of work done in such short space of time! I learnt to be disciplined and survived on very little sleep. Living in India has definitely opened my mind, enriched my soul and made me a stronger person.

.....

Some of your favourites?

Food - salad, aloo parathas and sushi

Curry - Lamb curry

Country - India and South Africa

Holiday destination - Maldives and Cape Town

Colour - Turquoise, as it is the colour of the perfect ocean and it reminds me of peace and tranquillity

Dress - trendy, chic and sophisticated

Designer - Haroun Hansrot

Car - Aston Martin



# Haroun Hansrot

Hansrot has made a name for himself on the local and worldwide fashion ramps over the last 12 years. His fabulous gowns have been worn by Miss World contestants and celebrities. He was Italian trained and awarded a scholarship where he spent four years at the ACADEMIA ARTE MODA & DESIGN College in Florence, Italy.

Haroun has showcased in Italy and in Berlin, this time with world-renowned artist Jean Paul Christo and has had shows in India, Mauritius Fashion Week and South Africa. Bespoke designs and an impeccable sense of romantic style, he uses glorious fabrics which have made him a recognised design icon. His use of intricately beaded and detailed fabric for evening wear, as well as his daywear ranges capture the essence of ethereal and classic design in each unique garment. This slight quietly spoken, modest man was involved with Julia Morley owner of the Miss World Organization, where

he judged top swimwear models and top models. He was also commissioned as 1 of 6 designers to design for finalists for Miss World. His fabulous gowns have been worn by Miss World contestants and celebrities including Bollywood and Broadway stars, models and top models. Haroun Hansrot's collections have shared the ramp with the likes of fashion luminaries Roberto Cavalli, Versace and Zuhair Murad.



# S COVER FEATURE



Picture by Waheeda Peters





# MEANING OF EYE EXPRESSION IN INDIAN DANCE

BY Guru Shri Manesh Maharaj

Indian classical dance is considered to be the hidden language of the soul with the eyes of the dancer being the windows to the soul. As an inner emotion is projected through an array of codified hand gestures ('hasta mudras') and facial expressions ('abhinaya'), the eyes of an Indian dancer form the most attractive and important feature used to convey a particular mood or emotion ('bhava'). The spectator is then drawn into the magical world of the dancer and experiences the 'rasa' or sentiment.

KATHAK, BHARAT NATYAM, ODISSI, KUCHIPUDI, MOHINIATTAM, KATHAKALI and MANIPURI comprise the seven major classical dance styles of India. Each is unique in its technique and presentation yet they share a common thread – that of divinity.

Each one of these classical dance styles emphasize the importance of 'Netra abhinaya' (expressions of the eyes) therefore eye make-up forms an essential component and embellishment.



A popular 'Thumri' (abhinay or expressional poem) in the Kathak repertoire, makes reference to the 'Kajal' or kohl applied around the eyes of the 'Nayika' or maiden. 'KAUN GALI GAYE SHYAM?' The forlorn maiden addresses her 'Sakhi' or friend asking her: 'Which path has Krishna gone into?'

As she applies the line of 'Kajal' around her eyes, she imagines the line to be the pathway and the rich blackness of the 'Kajal' to be the dark-complexioned Lord Krishna. This analogy skillfully enhances her 'Abhinaya' expressing her search and longing to unite with her Lord.

Indian classical dance, according to the Natya, comprises of four major categories used to convey 'abhinaya' or expression. These are:  
 'Angika abhinaya' - using the body, hand gestures and facial expressions.  
 'Vachika abhinaya' - using speech and the lyrics of the subject matter.  
 'Aharya abhinaya' - the use of costumes, jewellery, make-up and stage props.  
 'Sattvika abhinaya' - an emotional state producing a particular physical reaction such as tears, perspiration, change of complexion etc.

Applying kohl to accentuate the eyes is an integral part of classical dance and forms part of 'aharya abhinaya'. A thick line of kohl is carefully drawn around the eyes and extended

at the corners giving them definition and prominence. Care has to be taken as to the thickness of the line so that the eyes do not appear disproportionate in comparison to the rest of the face. Some dancers apply a thin layer of white eyeliner on the inner bottom eyelid making the eyes appear larger, giving them brightness. Adorning the eyes with kohl will differ slightly according to the dancer's facial features. Make-up artists specializing in dance make-up are skilled in studying a dancer's face and ensuring the appropriate application of kohl for the eyes.

Some dancers however prefer doing their make-up themselves. With the help of the Guru, it takes practice by the student before reaching the desired effect. Achieving this helps the dancer embrace a particular character with confidence.

In 'aharya abhinaya', the dancer employs the concept of 'solah shringar' which uses sixteen types of adornments - the eyes being one of them. A dancer is adorned to portray a god or goddess as Indian classical dance is steeped in religion and spirituality. Make-up and the rich black 'kajal' around the eyes of the dancer provides an effective tool in conveying the 'navrasas' or nine sentiments prevalent in Indian dance. These include:

- 'Shringar' (beauty)
- 'Veer' (valour)
- 'Hasya' (happiness)
- 'Adhbhut' (wonderment)
- 'Karunya' (pathos)
- 'Bhayanaka' (fear)
- 'Raudra' (fury)
- 'Vibhasta' (disgust)
- 'Shanta (peaceful).

Facial muscles are skillfully manipulated in order to capture the desired expression or mood. This is achieved after years of practice and close inspection by the guru who pays extreme importance to 'Netra abhinay' or the natural expressions of the eyes.

**Expressions**

Widening of the eyes portrays surprise, rolling of the eyes depicts wrath, a



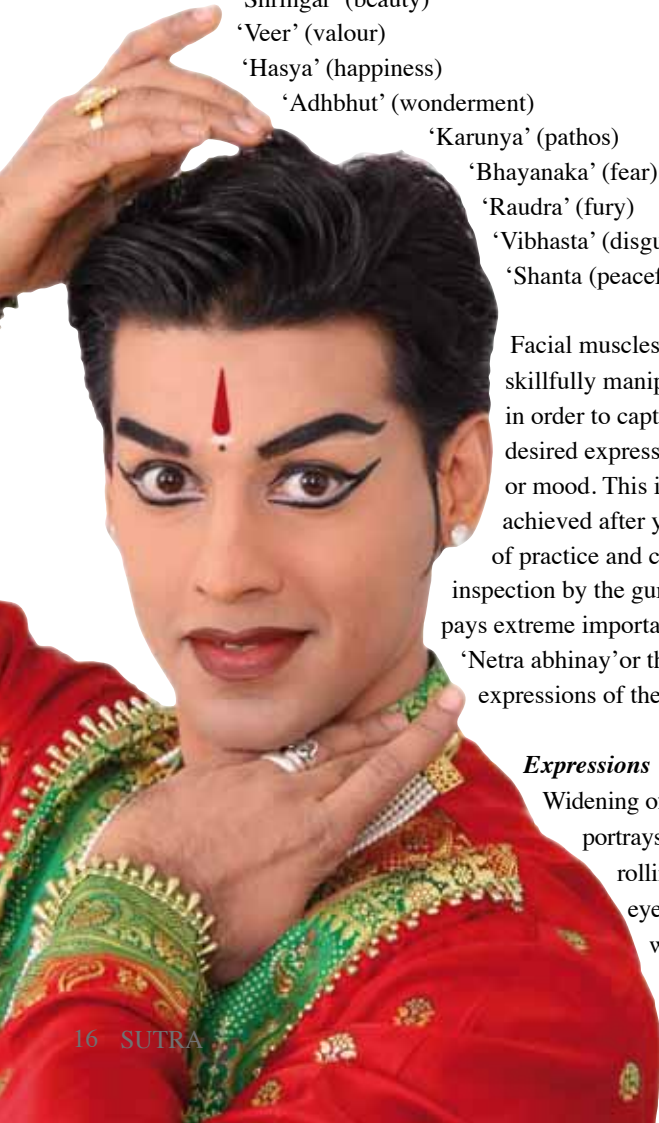
lingering glance depicts love, raising the eyebrow expresses doubt, eyes almost closed depicts peace or meditation, a sideward glance suggests disinterest or rejection and lowering the eyes depicts shyness.

This technique once mastered becomes a unique and natural part of a dancer's persona which he or she will continue to pass on to the next generation of dancers.

With the kohl adorned eyes of the dancer as a medium to reach the final result which is 'rasa', 'abhinaya' in Indian classical dance is defined by the following Sanskrit verse-

'YATO HASTAS TATO DRUSHTI  
YATO DRUSHITIS TATO MANAHA  
YATO MANAHAS TATO BHAVO  
YATO BHAVAS TATO RASAHA'

'Where the hand goes, there should follow the eyes, Where the eyes move, there should follow the mind, Where the mind goes, Bhava or emotion is created, When the Bhava is created, the sentiment or Rasa shall arise.' ●



# KING GOODWILL ZWELITHINI

BY Ishwar Ramlutchman



## Celebrates 40 Years at the helm of the Zulu Monarchy

His Majesty had words of advice for members of the Zulu nation, saying that being Zulu means unity, love, respect for all of God's creation, respecting all cultures and religions and working with dedication to uplift the Zulu nation and promoting tourism to KwaZulu – Natal, locally and internationally. King Goodwill Zwelithini has been an ardent campaigner for the well-being of his subjects through various programs including the fight against poverty, HIV and Aids, the promotion of education and the revival of age old customs that have seen the Zulu nation earning the respect of many nations. Africa is blessed with diversity and striking beauty. You will get a full spectrum of skin tones, hair textures and rich, religious cultural practices.

*“We are not Africans because we are born in Africa, we are Africans because Africa is born in us” Cherter Higgins, Jr. quotes*

*“As eighth monarch of the Zulu Kingdom, I, King Goodwill Zwelithini, urge you to support the Bayede! Venture and thereby participate in the upliftment and building of a nation.*

*I hereby give my support and blessing to the bayede! Project, which puts people to work, shares expertise and resources and, as a result of combined input, produces unique goods.*

*I thank you.” - His Majesty, King Goodwill Zwelithini Kabhekuzulu*



King Goodwill Zwelithini was born in July 1948 at Nongoma in KwaZulu -Natal. He is the eldest son of King Cyprian and his second wife, Queen Thomo. He was educated at the Bekezulu College of Chiefs and then privately tutored. He lived at his father's official residence at Khethomthandayo and received formal instruction in traditional Zulu customs. In 1968 his father died and a regent was appointed to look after the administration of the Royal Affairs while Zwelithini completed his education. He became king on the death of his father, His late Majesty, King Cyprian Bhekuzulu kaSolomon in 1968. HRH Prince Israel Mcewayizeni KaSolomon acted as the regent 1968-1971 while the King took refuge in St. Helena for three years to avoid assassination. After

his 21st birthday and his marriage, Zwelithini was installed as the eighth monarch of the Zulus at a traditional ceremony at Nongoma on 3 December 1971, attended by 20,000 people. The area is currently part of the Republic of South Africa as KwaZulu-Natal, one of the country's nine provinces, and a large portion of the territory is made up of wildlife reserves and a major contributing source of income is derived from tourism – the area is known for its beautiful savanna covered hills and stunning views. It is home to a WWF Black Rhinoceros reintroduction project known as “The Black Rhino Range Expansion Project”. As a constitutional monarch of the Kingdom of KwaZulu-Natal, he is the head of the Ubukhosi (Monarchy), the institution of Traditional Leadership. His



leadership role also entails his being chairman of the Usuthu Tribal Authority and Nongoma Regional Authority, both established under the provisions of the KwaZulu Amakhosi and Iziphakanyiswa Act. As the custodian of Zulu traditions and customs, he has revived cultural functions such as the Umhlanga, the colourful and symbolic reed dance ceremony which, amongst other things, promotes moral awareness and AIDS education among Zulu women, and the Ukweshwama, the first fruits ceremony, which is a traditional function involving certain traditional rituals. In June, 1994, the University of Zululand honoured him with a honorary doctorate in agriculture. He is Chancellor of the South African branch of the American-based Newport University. In March 1999 Cocker College of South Carolina, USA awarded the King an honorary doctorate in law. During the first half of 2001 he was inaugurated as Chancellor of the M L Sultan Technikon in KwaZulu-Natal.

### ***The Zulu King's Reed Dance (uMkhosi woMhlanga) at eNyokeni Palace***

Every year in September over 25 thousand Zulu Maidens gather at King Goodwill Zwelithini's Royal Palace for the Zulu Reed Dance (uMkhosi woMhlanga). The Reed Dance is a colourful and cultural celebration that promotes respect for young women, and preserves the custom of keeping girls as virgins until marriage.

### ***A long line of Zulu Kings***

1781 to 1816 Senzangakhona  
 1816 to 1828 Shaka  
 1828 to 1840 Dingane  
 1840 to 1872 Mpande  
 1872 to 1879 Cetswayo  
 1879 to 1916 Dinizulu  
 1916 to 1933 Maphumazana  
 1933 to 1968 Cyprian Bhekuzulu  
 1968 to date: His Majesty, King Goodwill Zwelithini kaBhekuzulu

### ***Family History***

#### **Wives**

- Queen maDlamini (born Sibongile Winifred Dlamini), married 1969 at St Margaret's Church, Nongoma.

- Queen Buthle MaMathe
- Queen Mantfombi Dlamini, daughter of Sobhuza II of Swaziland and sister of Mswati III, married 1973. A condition of this marriage was that she become first wife, which determines the king's successor.
- Queen Thandi (born Thandikela Jane Ndlovu).
- Queen Nompumelelo Mchiza, married 1992.
- Queen Zola Zelusiwe Mafu, married 2004

#### **Some of his 27 Children as at 2003**

- HRH Prince Lethukuthula Zulu (by Queen MaDlamini), born 1970.
- HRH Princess Sibusile Zulu (by Queen Buhle MaMathe), born 1972.
- HRH Prince Dennis Njeru Mucheke aka Charles, born 1984, is currently pursuing aviation studies in Florida.
- HRH Prince Misuzulu Zulu (by Queen Mantfombi), born 1974, is currently pursuing a degree in International Studies in Jacksonville, Florida, and is a strong candidate as King Zwelethini's successor. He is unmarried and has one son.
- HRH Princess Ntandoyesizwe Zulu (by Queen Mantfombi), born 1976, married in 2002 at Enyokeni Royal Palace, Nongoma, to Kgosi Oupa Moilwa, Chief of the Bahurutse Bagamoilwa. 2004 in Pongola.
- HRH Princess Nandi Zulu (by Queen Buhle MaMathe), born 1977, married to Chief Mfundo Bovulengwa Mtirara, born 1973, Acting Deputy Paramount Chief of the Thembu from 2000, Chief of the Matye'ngqina Traditional Authority Area.
- HRH Princess Lomkhosi (by Queen Mantfombi), born 1982, fiancée Melusi Moyo
- HRH Princess Bukhosibemvelo, (by Queen Mantfombi), born 1985, married Sipho Nyawo, who paid 120 cows as part of ilobolo for the Zulu princess.
- HRH Prince Shlobosenkosi Zulu (by Queen Buhle MaMathe) born 1988 is a student at Kearsney College in Botha's Hill, Durban.

### ***Zululand***

The Zulus are the largest South African ethnic group, with an estimated 10–11 million people living mainly in the province of KwaZulu-Natal. Small numbers also live in Zimbabwe, Zambia and





Mozambique. Their language is Zulu. The Zulu Kingdom played a major role in South African history during the 19th and 20th centuries. Under apartheid, Zulu people were classed as third-class citizens and suffered from state-sanctioned discrimination. They remain today the longest ethnic group in South Africa, and now have equal rights along with all other citizens. Zulus also play an important part in South African cultural, political, academic and economic space. The African National Congress (Pixley Kalsaka Seme) and Inkatha Freedom Party (Mangosuthu Buthelezi) were both established by the Zulus. Pixley Kalsaka Seme's philosophy was to form a non-tribal political movement that would fight for the freedom of Black people, whereas the Inkatha Freedom Party was initially a Zulu cultural movement but later became a political party.

### *Zulu clothing that speaks its own language*

Zulus wear a variety of attire, both traditional for ceremonial or culturally celebratory occasions, and modern westernised clothing for everyday use. Traditional male clothing is usually light, consisting of a two-part apron (similar to a loincloth) used to cover the genitals and buttocks. The front piece is called the umutsha and is usually made of springbok or other animal hide twisted into different bands which cover the genitals. The rear piece, called the ibheshu is made of a single piece of springbok or cattle hide, and its length is usually used as an indicator of age and social position; longer amabheshu are worn by older men.

Married men will usually also wear a headband, called the umqhele which is usually also made of springbok hide, or leopard hide by men of higher social status, such as chiefs. Zulu men will also wear cow tails as bracelets and anklets called imishokobezi during ceremonies and rituals, such as weddings or dances. The women on the other hand dress differently depending on whether they are single, engaged and married. An unmarried woman who is still eligible is proud of her body and is not ashamed of showing it. She only wears a short skirt made of grass or beaded cotton strings and spruces herself up with lots of beadwork. An engaged woman will let her traditionally short hair grow. She will cover her bosom with a decorative cloth which is done out of respect for her future relatives and to indicate that she has been spoken for. The married woman covers her body completely signalling to other men that she is taken.

### *Zulu beliefs*

Zulus retain their traditional pre-Christian belief system of ancestor worship in parallel with their Christianity. Traditionally, the more strongly held Zulu belief was in ancestor spirits

(Amatongo or Amadhlozi), who had the power to intervene in people's lives, for good or ill. This belief continues to be widespread among the modern Zulu population. Then, a herbalist (inyanga), prepares a mixture to be consumed (muthi) in order to influence the ancestors. As such, diviners and herbalists play an important part in the daily lives of the Zulu people. Christianity had difficulty gaining a foothold among the Zulu people, and when it did, it was in a syncretic fashion.

### *Language*

The language of the Zulu people is "isiZulu", which is more specifically a part of the Nguni sub-group. More than half of the South African population are able to understand it, with over 9 million first-language and over 15 million second-language speakers.

### *History*

The Zulu Kingdom, sometimes referred to as the Zulu Empire or, rather imprecisely, Zululand, was a monarchy in Southern Africa that extended along the coast of the Indian Ocean from the Tugela River in the south to the Pongola River in the north. The small kingdom grew to dominate much of Southern Africa, but when it came into conflict with the British Empire in the 1870s during the Anglo-Zulu War, it was defeated despite early Zulu victories in the war. The area was subsequently absorbed into the Colony of Natal and later became part of the Union of South Africa.



Shaka Zulu was the illegitimate son of Senzangakona, chief of the Zulus. He was born circa 1787. He and his mother, Nandi, were exiled by Senzangakona, and found refuge with the Mthethwa. Shaka fought as a warrior under Dingiswayo, leader of the Mthethwa Paramountcy. When Senzangakona died, Dingiswayo helped Shaka claim his place as chief of the Zulu Kingdom. After Dingiswayo's death at the hands of Zwide, king of the Ndwandwe, around 1818, Shaka assumed leadership of the entire Mthethwa alliance. Shaka initiated many military, social, cultural and political reforms, forming a well-organized and centralised Zulu state. The most important reforms involved the transformation of the army. ●



**TYAGA**  
(sacrifice),

**SEVA**  
(service)

**and PREMA**  
(love)

BY Swami Vimokshananda Ramakrishna Centre of SA



*Diwali is indeed a glorious and colourful festival that is celebrated by all Hindus internationally. How Diwali unites and brings people and families together is a matter of experience for the millions of Hindus worldwide.*

*The beautiful array of clay lamps in all Hindu households creates an atmosphere of love, warmth, sharing, and more importantly, reminds one of the existence of God in all beings.*

*Therefore during this auspicious time, we should all try and improve ourselves spiritually. At this point, three important ennobling qualities come to my mind: tyaga (sacrifice), seva (service) and prema (love).*

Diwali has become an occasion for charity of all sorts. However much you may give materially, if it is not done with love, it does not mean much. If you give with love, even if you do not give much of anything else, it matters much. And so it is love that makes all giving meaningful. I would like to relate a popular legend of how love of virtuous deeds brought blessings from Mahalakshmi, the Goddess of Fortune.

Once upon a time the village of Nagpur in India was experiencing famine. There was such a scarcity of food that many people were starving and dying of hunger. A poor widow named Kamala and her little daughter Kanama lived in this village. The mother fell ill suddenly and she was worried about her little daughter. Kanama tried begging at several households with no luck. Exhausted, the little girl finally rested under a tree. In the distance she saw a lady making roti. Kanama ran to her and begged for a piece of roti. So the lady offered her one piece of bread and Kanama accepted the bread gratefully and she said, "O, Mother! My mom has not

eaten anything for the last week and if only I can get one more piece of bread, I will really be grateful." The kind lady gave her another piece of bread. Kanama was returning home happily and on the way she saw a hungry dog looking for food. "Oh! What a pity! The dog cannot beg for food!" so she thought and lovingly offered the dog one piece of bread. The dog ate the bread happily. When Kanama reached home, she narrated the incident to her mother. Kanama's mother was happy to know her daughter was so





***🔥 Aum asato ma sat  
gamaya | Tamaso ma  
jyothir gamaya | Mrityor  
ma amritam gamaya | Om  
shanti shanti shanti 🔥***

compassionate. As they were about to eat the remaining piece of bread, they heard a voice at the door... “O Mother! I am dying of hunger; please give me something to eat.”

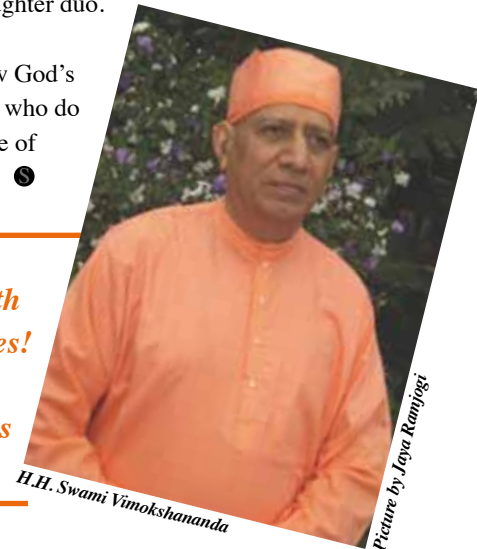
The virtuous Kamala said, “Someone is suffering from hunger, give away my share”. The compassionate little Kanama said, “How can this poor beggar appease his hunger with half a piece of bread? Let me give him my share as well.” The beggar ate with great relish and said to Kanama, “May God bless you, my child.” When the beggar left, both the mother and daughter fainted from hunger. Then Kamala had a dream in which Goddess Lakshmi, the divine consort of Lord Vishnu appeared to her and said, “O Kamala! Even though you and your daughter were starving, both of you lovingly gave away whatever you had to the hungry dog and the famished beggar. It was I who appeared in these forms



to test you. I am very pleased with your loving concern for others. May you have enough wealth and live happily.” Their meritorious act brought rain to the village. The people of Nagpur were relieved of the sufferings due to the tyaga, seva and prema of the mother-daughter duo.

This story shows us how God’s grace overflows to those who do sacrifice all in the service of others in unselfish love. ●

***It is my fervent prayer that  
each one of us be blessed with  
such noble and divine qualities!  
May the light of the spiritual  
lamp burn brightly in our hearts  
on this holy occasion of Diwali!***

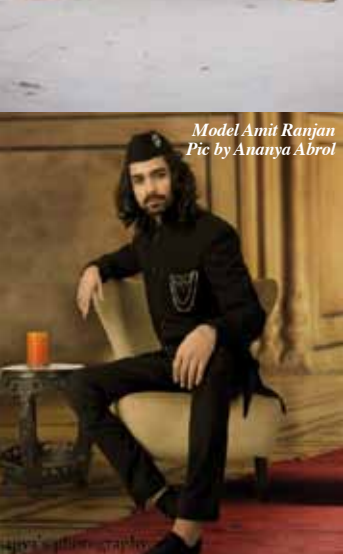


H.H. Swami Vimokshananda

Picture by Jaya Ramji

# PRE-WEDDING FASHION & STYLE: *Groom*

BY Sandeep Verma



Model Amit Ranjan  
Pic by Ananya Abrol

## Dressing the grooms

Indian marriages are known for their larger than life image and grand functions. And long gone are the days, when only the bride used to shop around in excitement for the D-day. Clothes for the grooms have also gone through tremendous metamorphosis through the years. Now it is no more limited to wearing those heavy sherwanis or kurta pajamas to look sober. Today's men are ready to experiment and look updated in their style statement, and wedding is no exception to it. However, with so many pre and after marriage functions to cater to, choosing your wardrobe may become a difficult job, but in hindsight could also be fun too.

## Mascot the look

### Haldi:

As it involves a lot of playing around with the pastes and oil made products, we suggest a nice pair of kurta pajama with some light work done on it. Earlier the length of the kurta (the top) that was worn, used to be till the knee, but with changing time its length has gone short, which can give you a modern yet traditional look. Add a touch of embroidery work and the look goes much richer.

The pajamas (lowers) that are in vogue are the churidars (these are tight to the ankles and lose at the hips) and should always be in contrasting colour to that of the kurta. Traditionally the colour that the groom wears is off white. But today the grooms are more inclined towards colour play and are moving to darker colours like maroon, dark blue and even black. The fabric used could be anything from pure silk, brocade to terry wool and silk. You could also add a stole in a colour that complements the outfit.



### Sangeet:

This function of dance and music is celebrated couple of days before the wedding, where all the family members take pleasure in dancing and having fun. And if you are one of those grooms who don't mind dancing at his own wedding function, then a semi formal look is the best bet, says fashion designer Gautam Gupta.

"A nice pair of denim with a slim fit shirt in polka dots or stripes and a matching blazer shall do the trick here for the groom. Though the idea is to have fun, the style quotient cannot be ignored," adds Gautam.

### Reception:

"It is best to stay traditional when it comes to reception outfits. The sanctity and relevance must stay intact. Keeping this in mind, one can always experiment with slight variations in a more contemporary fashion teamed with colours and embellishment techniques. Colour stories make very good sense in weddings and can give the look more becoming," says fashion designer Nida Mahmood.



Ask her for the outfit for this day and she says “Jodhpuri suits are the perfect fit for receptions, as they suffice for both – the modern and traditional look. As they are similar to western suits, the Nehru collar and upfront buttons give it the traditional touch that one can look for.

There is usually embroidery work on the collar and in the centre along the button line, and can be worn with trousers that match the colour of the jacket”. It is always advisable to opt for personalized styling from a designer, as that would leave no room to regret later.

### Cocktail:

Before we get into some of the specific types of cocktail outfits, just remember that there is a common rule of thumb for most of them, and that is – carry it well. And if you are still thinking old ways, well, excuse us to differ. From the options that are available to your needs these days, a tuxedo outweighs all the outfits for this occasion. Though it cannot be termed as the latest trend, you cannot for sure call it ancient either.

A perfect foil for the evenings, a tuxedo always exudes class and unspoken elegance which is there in men too.

You might wear the best of the clothes, but if you do not match them with the right shoes, get ready for a flanking says shoe designer Samir Singh. “The big change in men’s shoes is that, thankfully men have realized the importance of footwear and how it makes a big difference in the complete look and to the outfits.

Whilst at one time it was only Indian embroidered shoes, which were worn by everyone in weddings, today with Indians becoming global travelers, they come back with studded Zanotti shoes or Louboutins which they co-ordinate with their outfits,” he further adds.

Though the jutis or mojaris (slip on ethnic shoes) complement the ethnic dresses well, there is no dearth of options now to match your western looking outfits. ●



# PRE-WEDDING FASHION & STYLE: *Bride*

BY Sandeep Verma

They say marriages are made in heaven, but with its varied culture and buoyant nature of celebrating each occasion of life, people could use some help from India.

That we marry only once, may not be hundred percent true, however, that doesn't change a bit about the excitement that one feels during the marriages; especially the brides to be!

From papa's little daughter, they become the centre of the spotlight, and the person who 'has to' by all means, look the best among others on D-Day. Different wedding traditions in India have many similarities too, despite linguistic and cultural differences that exist. And with the changing time, the style quotient that wedding outfits bring to the glory of the brides have taken a huge step towards being more chic and vibrant.

Traditional Indian wedding dresses are one of the most glamorous and colourful wedding dresses in the world that one can come across. Though the signature red colour are symbolic of the cultural existence and its values, with changing time and taste, today many brides consider different colours for their weddings and the pre-functions. Gautam Gupta, who specializes in ethnic wear and is a known face in the Indian fashion fraternity, shares his view on the same: "Due to westernization in our society, every bride wants to look contemporary and flamboyant. These days the lehengas (a long skirt which reaches up to the ankles), are given a gown



like structure from the bottom. Earlier the ghera (fit) of the lehenga used to be around 4 meters, but now it stretches up to 7-8 meters, and is more fitted from the waist to the knees, giving it a mermaid look with slight variation". With so many pre and after marriage functions i.e. haldi, sangeet, reception and cocktail that one has to cater for, it provides the bride and the family members ample opportunities to play with their style statement and colours. And here is the way...

## Haldi:

"As it is more of a family function, the bride can take it a bit easy and experiment with her looks. She can match either sleeveless shirt/kurti or standing sherwani collar & kurta style neckline crowded with stonework with stone spray arranged along shirt/kurti teamed with red jamawaar pajama or salwaar," shares Jaya Rathore, ace Indian fashion designer. For siblings overdressing is a strict no. "A sari or a dress could be the perfect outfit for the bride's sister to give her the elegant look. For brothers I would suggest embroidered kurta pajama or a dhoti with nice kurta and a stole," she adds.

## Footwear:

Though they are poles apart, you either go for flats or stilettos.

## Sangeet:

What would an Indian wedding be without dance and music? This function brings the best out of the youth of the family and of course the bride too. As the mood of the evening remains upbeat and involves a lot of dancing, the clothes need to be comfortable

yet attractive. The bride can choose a flared light weight lehenga with matching choli, which looks fabulous while dancing. The most in demand are the kalidar lehengas that can have different styles of work done on it i.e. patch work, pearl work, mirror work or sequin embellishments, depending on the liking of the bride. Suggestion for the mom's – wearing a bright colour sari in Zari with pearl jewellery, shall do the trick for you.

## Footwear:

Keeping the occasion in mind, flats are your best bet to free those feet for some dancing steps.

## Reception:

Since it is not a ritualistic function where any puja or rites are to be performed, the look could be very contemporary and modern, depending on the locality and the family culture. A sari gown with attractive motifs and prints is probably the easiest and the sexiest way to be the fuse of the western style and Indian sensibilities. If you are slim around the shoulders and heavy at the hips, then opt for a fitted look at the top. For the bottom, a voluminous look, which is high on drapes and nets, will work wonders. Add the glitter to the look with some heavy jewellery that give a traditional look to them and you are ready to walk down to the awe of the people.

## Footwear:

This is your time to go for high heels and be a class apart.

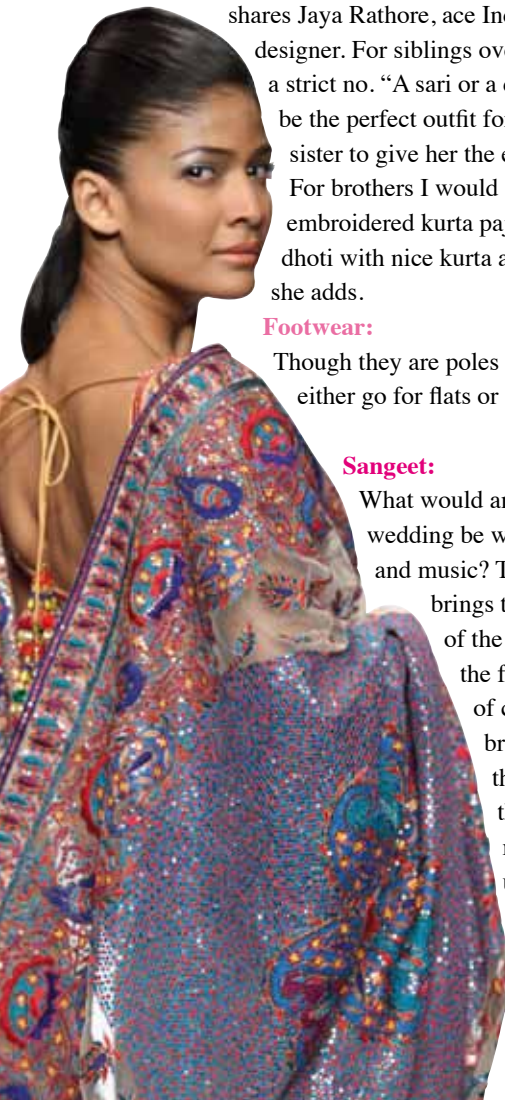
## Cocktail:

It's the easiest, yet the trickiest of the lot. On one hand it gives you the leverage to be at ease, but at times, family obligations might not allow you to show it all. But here is a cool tip for the situation: Gowns that have the same volumes of a lehenga, involve typical Indian draping and accentuate femininity with structured styling are the ones to go for. Match them with classical diamond jewellery with pearl drops and we bet there would be no eye that would want to wander away from you.

## Footwear:

Bring out the best of your wedges and pumps, for the party has just begun.

As far as jewellery for the bride is considered, polka jewellery is by far the most preferred today, apart from diamonds. ●





# Jewels of India

## and its modernization

BY Sandeep Verma

*Jewellery designer: Anuradha Chhabral*

Indian jewellery and its history, go long back. But with changing times, there have been revolutionary steps in the way jewellery is designed now all across the globe in the 21st century and India is no exception. The emergence of young and talented jewellery designers and retail brands in India, has ensured that the designs today are designed keeping in mind the modern woman's wardrobe and taste. Though the designs remain trendy, the affordability factor doesn't go unnoticed. Therefore contemporary jewellery is designed, keeping in mind the taste of the suave urban

woman, who is fashionable and wants value for money.

Indian jewellery has a long history of various art forms originating from its varied cultural heritage. Be it Rajasthan's Thewa and Meenakari work, Andhra Pradesh's Filigree work or Temple Jewellery of Karnataka, they all go a long way back in history. Indian jewellery also has a lot of influence from the Mughal Era of Polki and Kundan work, which are still very popular among the locals and the people abroad who like wearing Indian designs. In India, jewels act as ornaments that are made virtually for

Design by Rachna Kapoor



every part of the body. There are jewels for the head, hair, ears, neck, wrists, arms, fingers, hips, ankles, and toes. Just name it, and you would find it. The wish to adorn one's self with these jewels is to satisfy the thirst to beautify one's self.

Over the years, due to modernization, the jewellery needs as well as the trends have also changed. Today, Indian ethnic jewellery is a mix of the traditional art form with contemporary designs. The contemporary designs are influenced by the Victorian designs and are very modern and creative.

These also help the manufacturers and the designers in inculcating a variety of coloured gemstones to match the fast changing tastes and needs of the modern Indian woman. As per jewellery designing duo of Praveen & Pradeep Goel, "The concept of wearing an entire set is out these days and people now prefer wearing one big piece of jewellery, e.g. either a cocktail ring or a big pendant or for that matter, a set of big earrings. The only exception to this is the bridal jewellery where the brides adorn jewellery from head to toe".

One of the most prominent figures in the jewellery designing industry in India, Anuradha Chhabra, still likes playing with the designs that have some history connected to them. "I work with a traditional Indian art form; Thewa, which is a 400 year old Mughal Art of fusing 23K gold with multicoloured handmade glasses to have the glittering effect which in turn, highlights the intricate gold work," says Anuradha.

Such has been the change of waves in designing that most of the designers now have started to look beyond the books of theories




and take inspiration from the sources that have ample to give in terms of creativity. It is no more limited to history or any province, but has moved on to the areas of nature, symbolic sources (zodiac signs, organization signs and symbols, monograms and logos) and themes and concepts that gives the consumer a wider range of designs to choose from, not to mention it showcases the ability and creative bend of mind from the designer who sketches them down on the paper.

The young Indian woman today likes being the trendsetters now and does not want to compromise on her looks and what she wears. However, with the ever rising inflation and the sky-high prices of gold and precious stones, there has been a fast change of guards in the approach of the buyers and the sellers in the

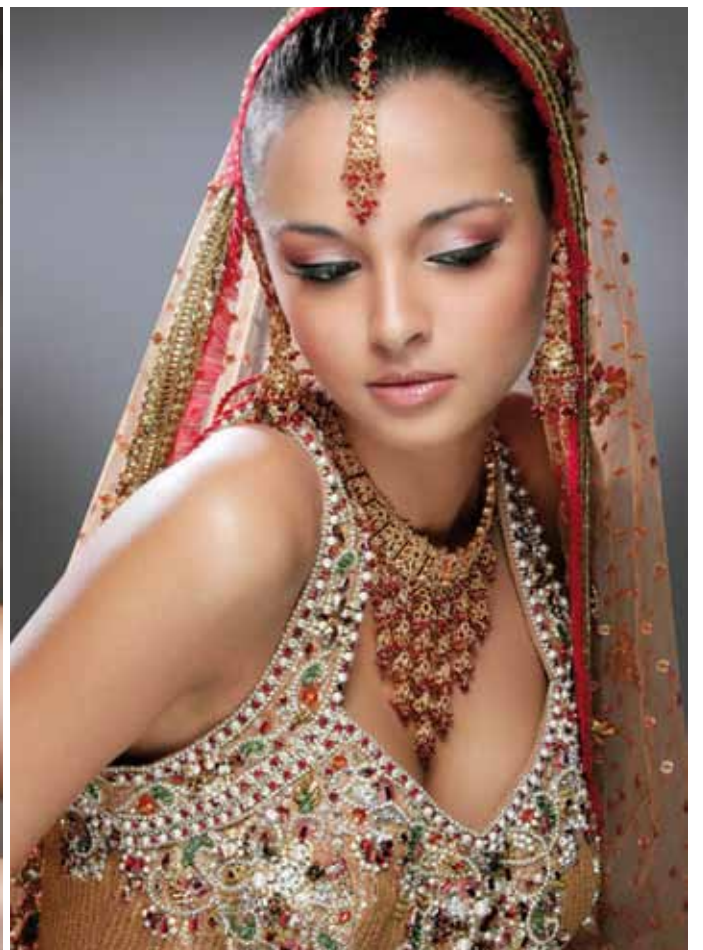
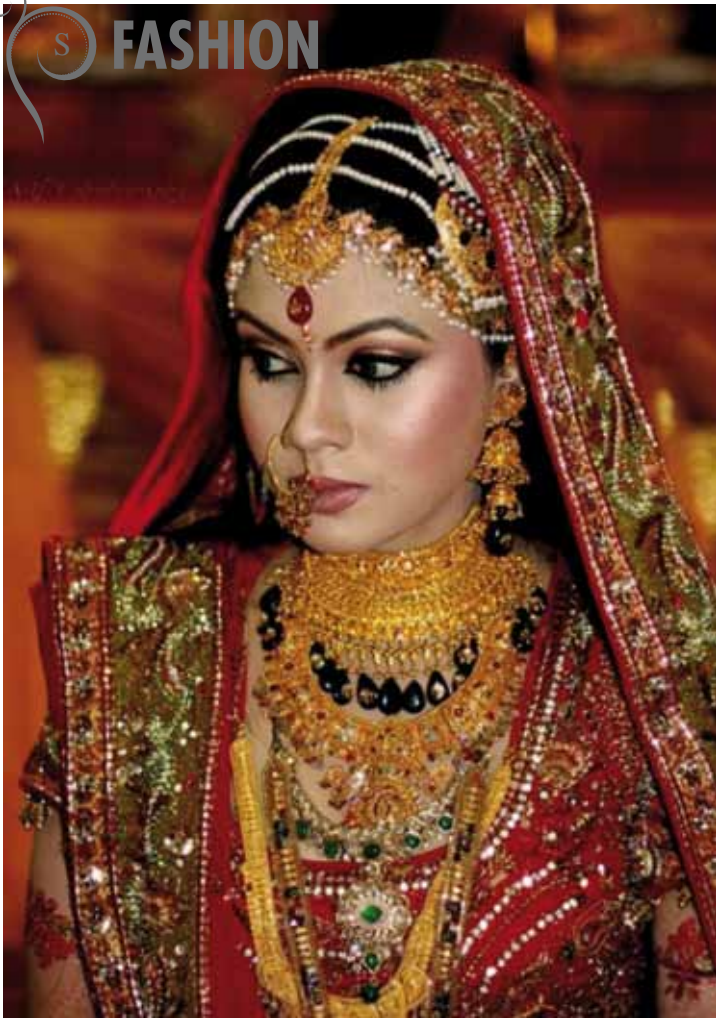
Indian market. Semi precious stones such as topaz, peridot, pearls, onyx, coral, agate, and zircon from all over the world are fast becoming the substitute of diamonds, rubies, emerald, basra pearls and sapphires, that were used extensively not so long ago. The use of coloured gemstones compared to the precious and semi-precious stones used earlier, is also becoming a trend.

Over the years there has been a few fundamental changes in the metals that are used in jewellery manufacturing. A large number of consumers favour silver, platinum and other metals that look trendy and up to date with today's life, instead of going for traditional ways of buying only gold ornaments.

And for all of you who thought that jewellery in India is just for dressing up, here is a cool tip: Jewellery in India also works as an investment tool and is seen as a tactical buy for long-term financial security. People often buy it to keep their purchasing power in check and for any unforeseen financial hiccups. 



A Bridal Polki set with colourful semi precious stones and pearls lending a contemporary look - Designers Praveen & Pradeep Goel





# Naleen Collection



*Do your shopping online*

*If you need assistance:*

*Mobile: 084 484 1163*

*Office: 012 343 1145*

*Email: [info@naleencollection.co.za](mailto:info@naleencollection.co.za)*





# Naleen Collection

*Naleen Collection will allow you to design your garment. We will personalise your order.  
We will help you to "Do It Yourself."*

# Naleen Collection



*Do your shopping online*

*If you need assistance:*

**Mobile: 084 484 1163**



**Office: 012 343 1145**



**Email: [info@naleencollection.co.za](mailto:info@naleencollection.co.za)**



# Naleen Collection

*Naleen Collection will allow you to design your garment. We will personalise your order.  
We will help you to "Do It Yourself."*

**Mail us a  
picture  
of your**



*Wedding Car*

**& you could** *Win*

**a weekend away to**

*Lulu Nyala Game Reserve*







# FROM RAGS TO GETTING RICH: Roy Jamowanth

*“Working hard will never kill you but laziness will.”*

*“We did not have any desires because we did not know what it was to dream.”*



The legacy of survival was my only desire, something that came as a part of our heritage, and is a part of our history in South Africa,” said Roy Jamowanth of Verulam on the Durban North Coast.

Roy Jamowanth (Kamdav Jamowanth) was the eldest son of five children. His parents, Jamowanth Kalkapersad and Sumithra Ramjathan lived in Umdloti near Verulam on the Kwazulu-Natal North Coast. Due to the challenging times that they experienced in his childhood days, he does not have many good memories of that period of his life. He witnessed much family violence first hand and there was nothing that he could do to stop it. Roy also came from a home where the woman of the house was never respected and alcohol was blamed as the cause of the family’s problems. These are two things that Roy vowed he will never adhere to. His mother, 76, still lives in her original house, and is still strong and healthy.

Roy met his wife, Pravitha, 32 years ago. After marriage, they had their first and only child, a son, 13 years later. Livesh, now 18, finished his matric (grade 12) and is studying through correspondence whilst getting first-hand experience in the family business. He is a fun-loving and respectful person that wants to learn and understand what it takes to be a successful entrepreneur. Getting an education for their children was not a major focus for Roy’s parents, as they were aiming to get by and survive. His first employment gave him a salary of R20,00 (twenty rand) per week. The entire wages was brought home and he was only allowed to take his travelling expenses from that amount. Travel to and from work was then limited to either the train or bus. During that time, about 30 years ago, he worked briefly for a company that made sweetmeats. Later, Roy gradually started doing this privately from home too. From about 18:00 to sometimes up to 01:00,

the sweetmeats were made and packed for sale. They were then sold during his lunch break the following day. When his employers’ company finally closed, Roy was at the same time on the verge of getting his first government house in Oaklands, a suburb in Verulam. He needed R 3 000,00 (three thousand rand) deposit and a monthly instalment of R 235,00 (two hundred and thirty five rand). He had a burning desire to own his own home, and realised that whilst being an employee, this was never going to be possible, especially with the income that he earned. Many years later he moved to the home that he is currently living in and working from.

With limited resources and starting out on his own, was never an easy decision. Being resourceful, and out of sheer desperation, he began to look at what was at hand. He had a karai (black pot) and a three- legged stand that was given to them as a gift from his mother-in-law. He began making the sweetmeats using these basic utensils and sold them to the local shops. As time went by, his sales slowly but steadily grew and spread to different areas. As his business spread to the city, he began acquiring better utensils. Currently all the utensils that he uses, are state of the art. As a couple, he and his wife worked long, tedious and painful hours with very little money for food. There were days that they shared the little food that they had. To save on cash and limit spending the already limited income, his wife used vegetables from the garden for their meals. With her immense and invaluable support, Roy attributed her as his main source of strength and support. As time went on, and with very minimal





margins, their home sweetmeats industry grew into the very popular ‘Kwik-Bites’ brand, with an addictive range of products, from tantalising savoury snacks to sugary sweetmeats. Of course, due to his wife’s dedicated support, Roy attributes his successes to her and she still oversees the staff and production. According to him, she was and still remains a very humble person who cares for all in the family and at work.

Looking back Roy tearfully stated: “We did not have any desires because we did not know what it was to dream. We thank God every day for what we have. We did not borrow money from anyone and we only did what was needed to help us have a better life.” As their business began growing rapidly, Roy decided that it was time to expand and acquire a larger work area. As one of his only desires, Roy

always wanted to grow the business to the point where he owned his own factory. As fate would have it, and as fruit of their success, in January 2012 they will be moving to their new factory. His only lasting desire from that point on is for his son to take over at the helm of the business.

- Roy detailed that they still love their simple meals like gram dhal and spinach herbs.
- Roy likes the colour green because it reminds him of growth.
- He loves his garden as a place to relax and unwind after a long day whilst doing some gardening or merely appreciating and respecting his environment.
- He does not desire any fancy cars because he believes that a vehicle must not be a burden but something that is functional and that can assist you grow.
- Savoury snacks are their daily seller and sweetmeats are seasonal, according to the festivities and special occasions. All their items are freshly made on a daily basis, on a fairly large scale volume. Their fastest selling sweetmeat is Jalebi (a special sweetmeat).



They are sold at cost because this item is one of many that are used for prayer and it must be affordable to all.

### *Current business*

- 25 staff
- 4 vehicles
- 350 stores that stock his product

### *Some of the most used ingredients per week*

- 1 000 litres of vegetable oil
- 250 kg of butter ghee (clarified butter)
- 2 000 kg sugar
- 2 500 kg of nuts
- 480 kg gas



### *Roy’s message to other families:*

“Think and plan what would you like to do with your life. With or without academic knowledge you must not waste time. Stay focused on your goal. You must have the courage and never worry about what people will say about you. You must be true to yourself and your family. Working hard will never kill you but laziness will.”

### *Roy’s motto in life:*

***BE HONEST TO YOUR FAMILY  
AND YOURSELF.***

## DIY Organic veggies in your backyard with



Home Organic – it’s quite revolutionary. Now YOU can control exactly what you and your family are eating. No more pesticides, insecticides or fertilisers - just home-grown, natural, organic

veggies all grown in the comfort of your garden. Former Engineer for Toyota SA, Andrew Donkin and his wife Karen came up with this effective and easy system for the urban-living, busy professional.

[www.homeorganics.co.za](http://www.homeorganics.co.za)

The secret to rich  
and radiant hair colour.

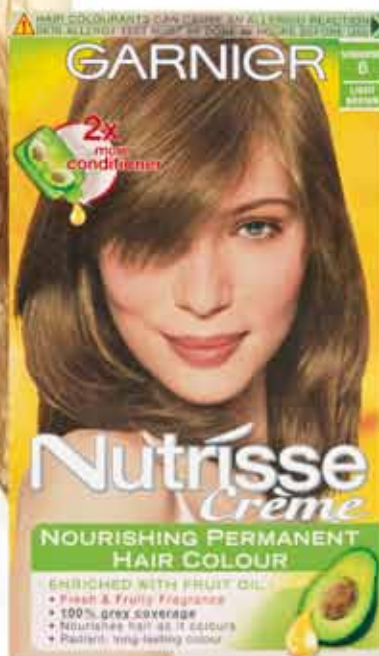
**GARNIER**  
**NUTRISSE**  
PERMANENT HAIR COLOUR

**UP TO 6 WEEKS**  
**NUTRITION**



"I've got the secret...  
for richer, more radiant colour"

Sarah Jessica Parker  
wearing Sandalwood #6



**2x MORE**  
CONDITIONER

NOURISHED HAIR\*, BETTER COLOUR.

100% grey coverage.

Nutrisse nourishes with grape seed and avocado oil.

Nourished hair takes colour better and holds it longer.

For richer, more radiant colour – root to tip.

[www.garnier.com/nutrisse](http://www.garnier.com/nutrisse)

Take care.  
**GARNIER**

\*Garnier Nutrisse comes with 2x more conditioner.

# *Drashti*



Specialising in:

**INDIAN SAREES**

**PUNJABI DRESSES**

**IMITATION JEWELLERY**

**MEN'S WEDDING SHERWANI**

**NEHRU SUITS**

**...AND MORE...**

Grand Bazaar, Fordsburg, Johannesburg  
C/154 B, Oriental Plaza, 1st Floor  
Tel: (011) 838 3253 • Cell: 083 282 4809

Laxmi Centre, 64 Gemsbok, Lenasia • Tel: (011) 852 8859

# WILSON SUDHAKAR

## DIRECTOR OF INDIA TOURISM



*Visit India and you will come back for more!*

Marketing India has become a way of my life. When a person leaves his or her country, it is natural to miss home (in my case it is India) but coming to South Africa has brought back the pride that I have for India ten fold but I am still not missing home. South Africa is home to many Indians. The rituals, culture, food and fashion are very much alive here in this beautiful country, South Africa. Marketing India to all South Africans is such a pleasure. India is appreciated by all South Africans. Visiting the historical places and temples in South Africa made me realise that South African Indians are very proud of their motherland, "India". Their homes and cultural values that are implemented, make them proud South African Indians. For this I would like to personally thank the older generation that kept the culture alive. It is every South African Indian's dream to visit India. This is what makes my task in South Africa as the Director of India Tourism so much more exciting.

My marketing objectives when I got to South Africa was to understand the strengths and weaknesses, and the business environment that I operate in. My objectives are also linked to my overall business strategy. I worked on the strengths mentioned above and I have increased tourism to India by 36.7% in the past three years, to more than 60 000 per annum.

I used different strategies to showcase India in Africa and South Africa:

We hosted 85 major events relating to tourism and culture; advertised in all major newspapers and magazines; advertised on 20 buses in Cape Town and Johannesburg; bill board advertising was done in 20 different areas in Cape Town and Johannesburg and a road show for the Commonwealth Games as well as national

radio and talk shows were done nationally.

We participated in 30 major expos and won many awards for the Best Exhibition for the personalised expo booths of Incredible India!

When I return to India, South Africa will be a country that will be remembered forever. I am the son of the late Barnabas and Josephine who were teachers in Kalulapadu District in Andhra Pradesh. My one brother and two sisters are working for the Government of Andhra Pradesh. I completed my Masters Degree in Commerce at the University of Andhra. My MBA was done at Manila University. My first employment was with a broadcasting station, RADIO VERITAS, in Manila. This helped me have a better understanding of the media world and what it means to



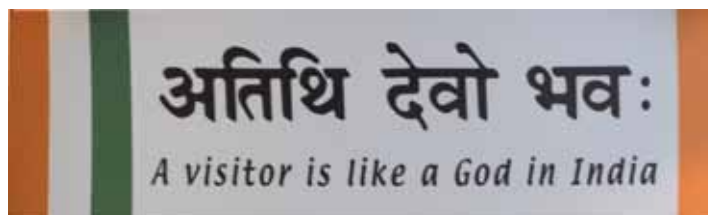
work for the government. That love increased and I applied for employment with the government and had to pass the exams with the Union Public Service Commission. I was awarded a sponsorship of studying in Belgium at a time in my life that I did not own a jacket. That was my first European winter but I enjoyed the experience of the cold and most of all the medieval aspects of the old towns of Burges and Ghent. This wonderful experience of moving from one city to the other in Europe helped me go back home with a 'Diploma in Tourism Marketing Planning' and I learnt how to organise travel fairs.

I was thereafter posted to Kerala as the Director for five years and moved to Japan, Hyderabad, Bangalore and now this wonderful land South Africa. I moved to South Africa with my wife, Vijaybharti, but my son, Sandeep Praharsha, who is studying MBBS and my daughter, Ramya Deepika who is studying engineering are still in Hyderabad, India.

My hobby is to look back and focus on the "poorest of the poor" by writing poetry in my mother tongue, Telugu. Many of my poems were published in MUSE India and at various universities in America. This is for us not to forget our past and to create awareness of the poor.



*My advice to all wishing to experience an enchanting destination and an enthralling place showcasing its rich cultural heritage and notable contemporary wonders, is to visit India and to breathe the aura of the Mystical Land on different platforms from spiritual, adventurous, ancient, wild, unexplored, real and business. You will enjoy and get great value for money. Your Motherland is calling out to you to come and experience a mother's love! Visit India and India will welcome you! ●*



**Winner of SAHITYA ACADEMY for the poetry writing in Telugu.**

**Also won VIMALA SHATHI PURASKARAM for the poetry book 'DALITA VYAKARANAM'**

*Poem on page 51...*



# **BUSINESS** **AND THE** **‘POWER OF NOW’** **WITH SOCIAL MEDIA**

BY Dr. T.O Kommal

In this hyper-speed age of real-time communication and sharing, the world is now literally at your fingertips. With the advent of online social media and business tools from a range of providers to the fiercely contested offerings of tablets and smartphones, all these benefits offer one main feature... “The Power of NOW!” It would be an almost pointless matter to even consider what was ‘social media’ or ‘social tools’ prior to the days of facebook and twitter. I agree that there was Myspace and other offerings, but they were not very popular in South Africa and other developing nations, when contrasted to the popularity of facebook, twitter and the recently launched google+.

Many corporates when first exposed to social media tool/sites like facebook and twitter, rushed to the IT departments to have

them blocked. Actually many of them still have them blocked. On one occasion back in 2009, I happened to be in the Cape Town office of a family member that worked for one of Africa’s largest insurance companies. The manager of that office was raving how he had just got his ‘IT people’ to block access to facebook and twitter from all offices so that the consultants could ‘focus better on selling services and products, rather than wasting time online.’ I pondered his decision for a while, and the logic behind it. Having worked closely with this family member for years and together with my own business experience, I found this decision not just counterproductive, but almost ludicrous. Essentially, the sites like facebook and twitter, are like being in a room full of people who are networking and all want to make available their



personal information, demographics, likes, wants, needs and are also constantly vocal about what they are currently busy with or thinking, except, however, there are millions of people who are having these conversations, every day, all the time, both on their pcs and on their phones. Now from a simple look at the 'job' of these consultants, it was essentially to go out 'network, identify potential clients' needs and offer them services and/or products.'

All the information, conversations and needs of millions of potential clients' are there for the picking by the discerning and genuinely interested consultant, who is willing to invest time and effort cultivating relationships, via these 'social media tools': facebook, twitter and others. Yet, the manager was proud that his consultants were barred from using the tools/sites, and need to get out there and 'get networking.' I then very politely made my thinking known to the same manager, and detailed him the actual benefits of using these tools properly. Once the details were made known, he was very intrigued by the potential and value of what was initially seen as a distraction from work.

The potential benefits of social media and social tools are limited only to the imagination and efforts of the person/company using it. These tools essentially require dedicated skills, effort and time that many business owners and/or organisations cannot afford to dedicate. The current situation especially in SA in which the growth and uptake of social platforms for brand engagement is still relatively slow, it makes sense to use the services of specialised professionals and companies that have skilled staff and teams.

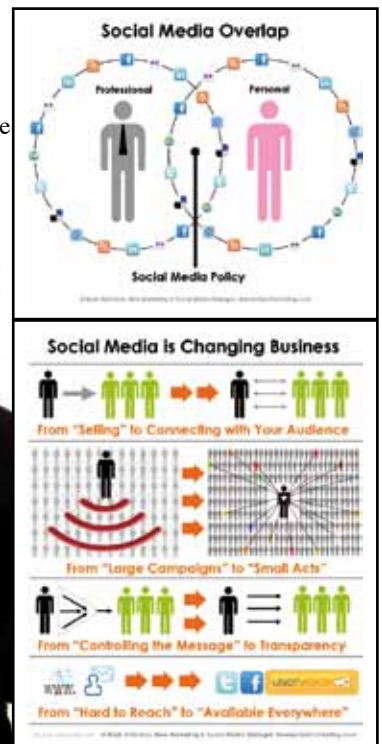


Many still believe being successful with fan pages is simply about having a fan page, and posting and sometimes spamming it to all their friends, family and other pages and groups. Then some go further to the point of 'almost begging' people to 'like our page'. This can and will always be met with limited and short term success. Engaging with fans and real people is mainly about value. Not company value, but actual value that fulfils the wants and needs of the consumers.

Value is all about being able to become a part of conversations, contribute meaningfully, as one would in any other social setting, and in this process build trust. People are always looking for people to be able to share and exchange ideas with, and more importantly, being able to receive the same from others. The key factor to keep at the top of the mind about these social engagements, is the ability to connect with people from just about anywhere, and finding common friends and associates that can be a part of the growing network.

LinkedIn.com is a specialised site that caters for professional networking, detailed profiles and recommendations. It also provides a multitude of special interest groups in which one can participate either by 'open access', or by acceptance of the administrator of the group.

SUTRA Magazine has its own similar social community, [www.SUTRAVip.com](http://www.SUTRAVip.com) in which users share, engage and entertain each other, whilst profiling their business and personal interests. The site is also integrated with facebook and twitter so that you can always share your content and engagements directly with all your friends and followers wherever in the world they may be. ●





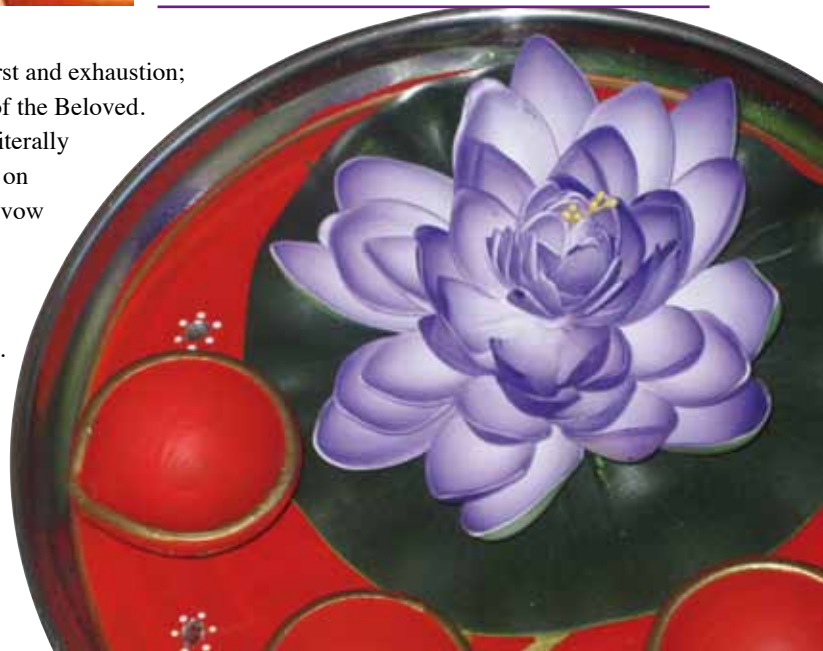
# VRATA OR FASTING

*Physical fasting is not a source of God's rewards, nor is it a good to becoming pious.*

*Today's fast is something infinitely more rewarding than the physical act of starving ourselves.*

The purpose of fasting is not physical training to endure hunger, thirst and exhaustion; rather, it is disciplining the ego to relinquish the loved for the sake of the Beloved. The loved are the desires of eating, drinking, sexual activities etc. Literally "what is willed, vowed". It is believed that if one imposes restraints on one's behaviour or diet to please the gods, the act becomes a sacred vow or religious observance. Vrata refers to such a religious observance undertaken as the result of a vow.

It is a means of drawing a deity's attention to something one desires. By sacrificing something dear that desire will be fulfilled. Those undertaking a vrata are required to pay special attention to personal hygiene, pray regularly, have pure thoughts and live austerely. A vrata entails many restrictions, usually on food, drink, or speech.





The most characteristic feature of a vrata is complete abstention from all food or cooked food, and giving up or reducing the consumption of water. Another popular form of vrata is the vow of silence or mauna vrata, in which one refrains from speaking. Other vows include giving up meat, salt and sweet food. A vrata could last from a day, week, month or longer intervals.

**Vratas are undertaken for different reasons:**

To commemorate the birth of a deity, for example on Janmashtami; to commemorate a specific incident in the past, like Savitri`s devotion to her husband, with the Vata Savitri Vrata, on a certain day of the week for the deity associated with that day, (on Mondays for Shiva) or on a certain day of the week which serves a specific purpose, like Fridays for making wishes come true.

**Some important vratas are:**

***Karva Chautha:***

An important vrata, women fast on this day to ensure a long and happy life for their husbands. This vrata is a nirjala vrata



or a fast without water. Women break their fast only after sighting the moon in the evening and offering water to it. They then drink some water, indicating the end of the vrata.



***Navaratri:***

Literally “nine vratas”, this vrata is observed in most parts of the world from the first till the ninth day of Ashvin. It commemorates the victory of Durga over a demon of the name. During Navaratri, devotees of Durga fast and pray for health and prosperity. They worship a different manifestation of Durga, Luxmee and Sariswathi during the 9 nights. The tenth day is celebrated as Vijayadashmi (the tenth day of victory).

***Makara Sankranti:***

This is the winter solstice and the day the sun enters the sign of Capricorn or Makara. It falls in Margashirsha or Pausha. Because it marks the beginning of longer days and shorter nights, it is believed to be an auspicious time. People observe vratas by fasting and praying to the sun. Vratas are also observed on other sankrantis.



***Vata Savitri Vrata:***

This vrata is observed on the full moon night in Jyeshtha in honour of a mythical princess named Savitri, who like the Greek queen Alcestis, brought her husband back from death. By observing this vrata, women hope to prolong their husbands` lives. At this time, women fast and pray to the vat or banyan tree, because it was under this tree that Savitri`s husband, Satyavana, came back to life.

***Ekadashi:***

In Jyeshtha, a nirjala vrata or fast without water is observed on Ekadashi, the eleventh day of the month. Observing this vrata is believed to ensure spiritual benefits. ●

# PROJECT OUTSOURCING:



***Why ALL businesses should consider outsourcing an integral part of business***

BY Jack Thompson

## ***OUTSOURCING: AN OVERVIEW***

Businesses of all kinds can and do benefit from the tool of outsourcing every day. Businesses large and small have been outsourcing every day projects for many years. The businesses that use outsourcing as a tool to enhance and grow their business already know the value that outsourcing brings to their organisation. Outsourcing is a business process term for what has literally become known as hiring a consultant, independent contractor, or freelancer to do a specific task or tasks for an organization in which the organization either does not have the time or the expertise to do on their own. The organizations that have used outsourcing for many years know that with the positives it brings to the organization, that it is also important to have a well-managed plan of action for hiring a consultant or contractor for a business task. This includes deciding which projects or tasks to outsource, whom to hire for these tasks, how to manage the project, how to agree on payment terms, and how to achieve the desired results. There are many forms of outsourcing ranging from outsourcing payroll to outsourcing package handling, to everything in between. Small businesses hiring a self-employed accountant to handle the corporate tax returns are in essence hiring a tax consultant. Large corporations that hire outside customer service firms to handle their customer support are outsourcing that function of their business to focus more on their core business functions. It is entirely possible to outsource practically every business process within an organization.

## ***OUTSOURCING TOOLS***

There are a wealth of tools available for the organisation looking to outsource business processes. Companies such as odesk.com, enable a business to post a project to a project marketplace and receive bids from experts in the field. There are many advantages for a business to use services such as odesk.com. First, the marketplace enables businesses to use a centralized location to post their project, receive bids on that project, communicate with potential providers, choose a winning bid (either based on lowest cost or based on the credentials, expertise, or prior feedback of a particular provider), manage the project specifications, receive the delivered project and make final payments based on the terms of the auction. This centralized marketplace provided by odesk.com greatly streamlines the entire outsourcing process and enables the business owner or manager to have greater control over the entire outsourcing process.

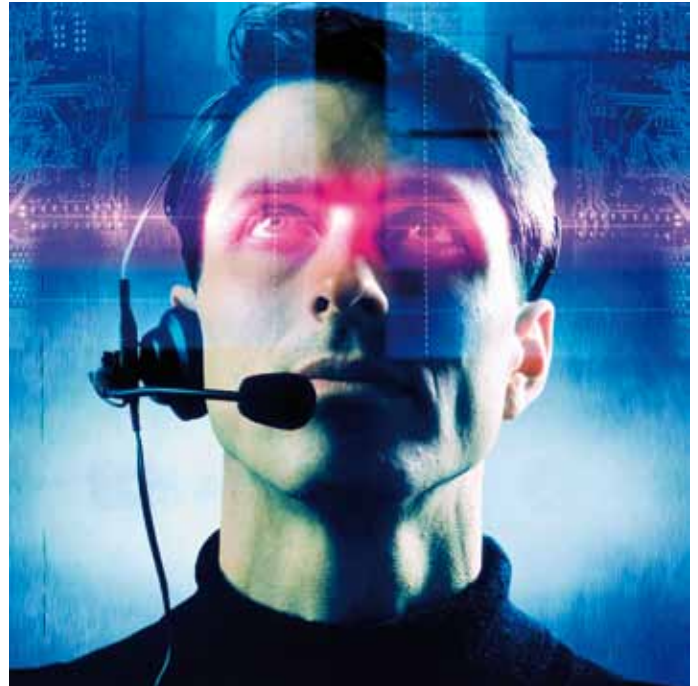
## ***INCREASING COMPETITION***

Competition is a complicated subject for many people. Ultimately, competition is good for the consumer, whether the consumer is an individual or a business, competition enables products and services to maintain high quality and low cost. Although many people dislike competition because it forces action to improve quality, it benefits the overall economy and even results in improved products and services for the very people that dismiss competition and the headaches it sometimes brings.

## **TO OUTSOURCE OR NOT TO OUTSOURCE?**

This is the question many small business owners and large corporations alike are asking themselves each and every day. Risks are inherent in any new business strategy or thought process. However, like any business decision, risk can be managed. By intelligently choosing a provider that matches your intended skill requirements, carefully detailing and outlining your project requirements, and ensuring that you maintain the requirements within budget, the benefits can far outweigh the risks.

One of the more common fears among some larger organizations that may be reluctant to outsource projects is a fear of the unknown. This fear stems from the inherent inability to oversee each and every aspect of the project from start to finish and to evaluate each step along the way. Internal employees devoted to a project are more easily evaluated and can be guided through performance and work appraisals. Managers may feel that outsourced projects are more difficult to oversee and manage with an eagle eye. The fact of the matter is that as long as there are well-defined contractual obligations and project reporting requirements, an outsourced project can in fact result in a more manageable outcome than actually thought.



consistently looking for ways to increase productivity and lower costs. From an economic standpoint, increasing productivity and lowering costs are essential elements for business success. Business success, in turn leads to more growth, which leads to new job creation, be it in a more specialized skill area or through the development in new types of jobs in new specialized areas.




## **OUTSOURCING CONTROVERSY**

The outsourcing controversy that is making headlines today is the public opinion of outsourcing jobs to other countries. This includes manufacturing of products such as those that are “Made In China” as well as service outsourcing such as computer programming that is outsourced to skilled workers in India. One can argue that outsourcing projects overseas is taking opportunity away from workers in their native country. Others may contend that outsourcing projects, whether it’s overseas or in the same country is a great opportunity that will improve business processes, improve productivity, reduce costs and have an overall positive effect on the economy, thus creating more new jobs and specialized jobs in specific skill areas. All businesses are

## **OUTSOURCED BUSINESS PROCESSES**

As mentioned previously, practically any business process not related to the core business activity can be outsourced. Some examples of commonly outsourced business processes include: **Accounting and Finance, Graphic Design & Multimedia Sales and Telemarketing, Web Design and Development Administrative Support and Data Entry, Business Strategy, Advertising, Business Plans, Consulting, Legal, Contracts, Copyright, Corporate, Incorporation, Software and Technology, Database Development, Writing and Translation, Copy Writing, Creative Writing and Press Releases.**

## **CONCLUSION**

These are only a few examples of the many opportunities that exist as a freelancer. Whether you are a small business, an individual, or a large corporation, this article simply serves as a guide to help you in your quest to use outsourcing to your advantage to help your business grow and flourish. Outsourcing, when done correctly, can benefit your business in so many different ways. The two most obvious benefits are a savings of time and money. 

**SUTRA Media is a broad-based media, brand engagement and advisory company. It specialises in a range of outsourced services, so that you can focus on your core business. Go check out their fantastic services and special offers online.**

[www.sutramedia.com](http://www.sutramedia.com) • [facebook.com/sutra.media](https://facebook.com/sutra.media) • [twitter.com/sutramedia](https://twitter.com/sutramedia)

*Crippled with grief, they did everything in their power to face the enormous challenge of living without their children...*



# Journey into the Unknown

*will inspire people everywhere to face tragedy and loss with the knowledge that grieving is Nature's way of healing.*

Book completed by Dr. Adam Mahomed

I am Adam Mahomed, a practising dentist, originally from Balfour in Mpumalanga and now living Durban since 1972.

I married Noorjehan Latiff from Middleburg in 1973. We had three children, girls named Shamima, Humeira and Nadia.

The three girls, aged 12, 9 and 6 died in a car accident whilst on our way back from visiting my sick mother in Balfour. The accident occurred between Volksrust and Standerton on 1 March 1986. My three daughters passed away within the space of a few hours. I was hospitalised with spinal and arm injuries and Noorjehan had broken ribs.

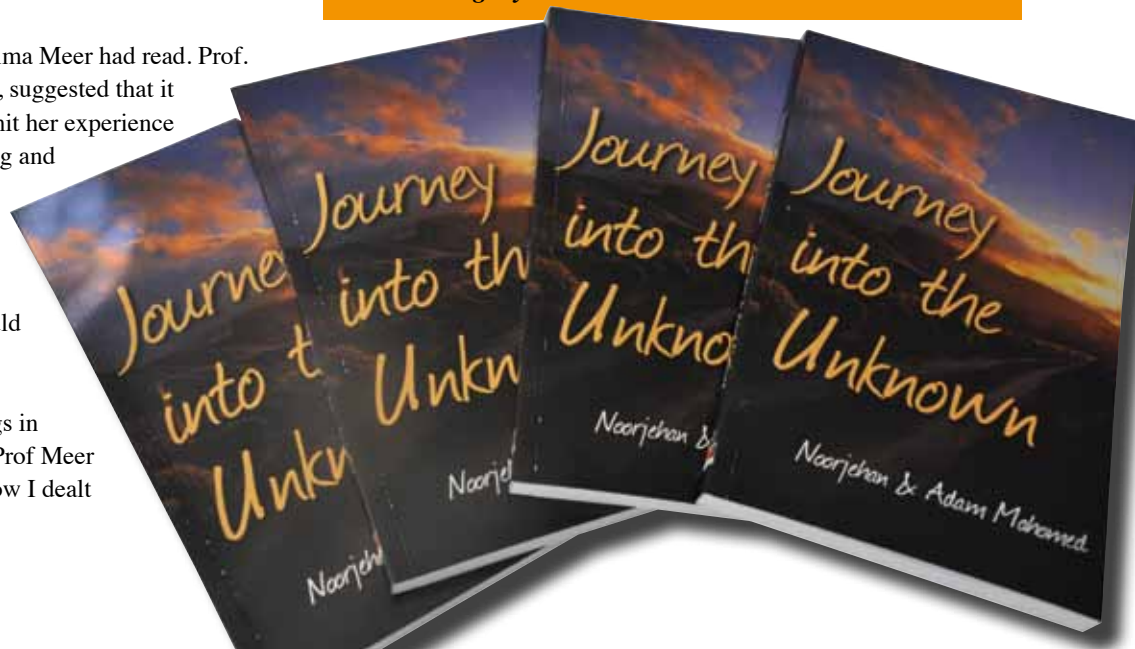
The funeral took place the next day, and Noorjehan and I were taken straight from the hospital to the funeral. That three hour drive seemed like three years.

Noorjehan kept a diary that Prof. Fatima Meer had read. Prof. Meer, whom Noorjehan visited often, suggested that it would be therapeutic for her to commit her experience to paper. Noorjehan found that writing and speaking to others about the tragedy was cathartic. She subsequently spoke to various groups, e.g. the Rotary Club. Prof Meer encouraged Noorjehan to publish as the book could be of assistance and benefit to other bereaved families.

Noorjehan had completed her writings in 2003, seven years ago. At this point Prof Meer asked me to write my version, and how I dealt with it.

I procrastinated until Noorjehan died five years ago, in 2005 of a heart attack. I then found it necessary to complete the book, but could not find the courage to do so. Finally, at the beginning of 2010, I found the strength to put my thoughts and experiences to paper. Once I had merged both our stories, I handed the manuscript over to Prof Meer to edit. Unfortunately, before she could do so, she fell gravely ill. I then asked Aziz Hassim to edit the book which was published in November 2010. ●

*Dear reader, we have 4 books to give away, if you would like to receive one kindly e-mail [editor@sutramagazine.net](mailto:editor@sutramagazine.net) and tell us what got your attention about this review.*



...Continued from page 43

## LIFE IS A COLOURFUL PAINTING

By Wilson Sudhakar

As though somebody with determination  
Spinning the wheel of seasons,  
Trees get dressed with colourful sarees  
Twigs don red coats and start  
speaking the language of summer, sprinkling colours.  
Leaves consider themselves as butterflies but  
When they will realize that changing colours means  
The soul leaving its body!

Autumn...  
Leaves change their cells and batteries  
Ripened leaves resemble colour paintings  
Like the jobless workers of a lay-off factory  
They drop down from their branches

Some fall in heaps with selfless intention  
They remind me  
The tricolour flag that adorned  
The physical body of a dead warrior  
Who gave his life for his country.

Like the last wish  
Of a prisoner before the day of hanging  
To cover the bare skeleton

Or the nude body  
With seven coloured rainbow  
The trees with shame smear their face red  
  
All their life  
Like powerhouses they produced chlorophyll  
They remind me of the selfless fathers  
who worked till their last moments  
For the welfare of family and just fade away  
without waiting for the compliments from anybody.

If thoroughly analyzed  
The trees with leaves and  
The society with people  
They look similar to me  
Before the fall.

Leaves that leave its tree  
Drop down to become nitrogen  
That again gives strength to the tree  
Doesn't it remind us,  
the life cultivating its own life!

(After visiting the 'Hacone National Park', near Tokyo)

## WHISKY TASTING GIVE AWAY

The **FNB Whisky Live Festival**, which runs from 2 - 4 November 2011 in Cape Town, and 9 - 11 November 2011 in Johannesburg, is set to take both whisky connoisseurs and novices alike on an unforgettable journey through the allure, origins, flavours and history of whisky.

Building on its reputation as the largest, liveliest and most entertaining whisky lifestyle show of its kind, the ninth annual festival will showcase more than 180 local and international whiskies, a choice of whisky liqueurs, a range of luxury lifestyle products and a host of whiskies new to South Africa.

Last year, the Johannesburg leg of the **FNB Whisky Live Festival** sold out. Little wonder when the likes of award-winning whisky writer Dave Broom dubbed the South African FNB Whisky Live Festival as "the benchmark for spirit shows globally, the innovator" and a show that "continuously smashes all barriers to entry into the whisky world, making whisky exciting, fun, youthful and sexy". According to festival co-founder, Sian Neubert, you do not want to miss out on this year's show.

Sutra readers could

**WIN 2 DOUBLE TICKETS FOR CAPE TOWN AND JO'BURG**

Mail us the name of your favourite whisky and tell us why, and you could be a winner!

Competition closes 1 November 2011. Email [sk@sutramagazine.net](mailto:sk@sutramagazine.net)

# Saiyan Naidoo

## GUITAR MAESTRO

*A Stanger Manor, Grade 1 pupil who loves anything that is red and the Fantasy Forest in Gateway, is a Guitar Maestro and loves his dogs.*



Still regarded as a baby by his parents Darryl and Benita, his grandfather, Sydney Naidoo saw his talent and took Saiyan under his care to bring out the talent. Saiyan was always at his side during his rehearsals from the time he was in diapers.

Described by many as “unbelievable”, this 6-year-old guitar extraordinaire has been leaving masses of people spellbound all across South Africa. Humble beginnings and being inspired by watching his grandfather, Sydney Naidoo, play guitar, Saiyan began learning the mesmerising instrument at the tender age of four.

While most kids his age would be playing with toys, Saiyan focused on tapping into something greater that was inside of him. With perseverance, hard work and enviable dedication, Saiyan began to perfect his playing style and sound. What takes scores of musicians years to discover, the little boy, then aged 5, was unravelling at lightning quick speed.



He made his first public appearance as a performer at 5 years old when he played alongside The Tyles, a band his grandfather, Sydney, belongs to. Hard work and dedication certainly paid off as Saiyan recorded his debut album later



that year and became the youngest ever recorded artist in South Africa. Saiyan achieved this at the mind-boggling age of five. Saiyan later performed with American Jazz legend Ronny Jordan at 5 years of age, at an event hosted and co-ordinated by the Department of Arts and Culture. Widely regarded the world over as the founder of Acid Jazz, Ronny Jordan burst into tears while playing alongside Saiyan.

---

*“I only cried twice in my life, once when my daughter passed away and the other when I saw this incredible child play guitar”.*

---

Known for endorsing only the most widely recognised musicians and artists, Donovan Rasch, was so impressed by what he saw that he sponsored Saiyan R35 000.00 worth of equipment including a brand new Fender guitar and Marshall amplifier.

Favourite Song: Sultans of swing by Dire Straits. ●

## SUTRA™ Team was invited by the Consul-General of Durban, Anil Sharan, to celebrate the hoisting of India's Flag in Durban.



### 65th Independence Day of India

**THE PRESIDENT OF INDIA - H.E. SMT. PRATIBHA DEVISINGH PATIL** spoke in India and this was read out by CG Anil Sharan after the flag of India was hoisted.

This significant day in our nation's calendar takes us back to the events that made our country a free nation. It is to Mahatma Gandhi - the Father of our Nation, to all the other leaders of our freedom movement, and to the millions of people of our country, who fought with bravery and courage, that we pay homage. Our independence was won on the principles of truth and non-violence. It is this, as well as the transformational impact it had in other parts of the world, that makes

our freedom struggle exceptional. In Asia and in Africa, voices of freedom against oppression and colonial power, were encouraged by India's example. We can be proud that we all belong to a country that has proved its greatness through values, which have found such a wide resonance. We, as the inheritors of that great legacy, carry a responsibility to stand by truth and justice; to continue to conduct ourselves, in a manner that is in consonance with India's standing as a progressive and responsible country, where values of democracy, harmony and tolerance are deeply embedded... Whatever task you are doing in the interest of the country is important, and I call on all citizens to pledge that they will work with full commitment and dedication, honesty and integrity and with a sense of pride. If we do this, there is much that we will be able to achieve as a nation.

With these words, I wish all citizens the very best on the occasion of Independence Day.

**JAI HIND!**

*In the following picture, Mr. Anil Sharan, CG Durban is with Mrs Sarojini Naidoo, Deputy Principal, Star College and students from the college who are presenting a handcrafted memento to Mr. Sharan.*



## PROMOTE AND FACILITATE THE GROWTH OF TOURISM FROM SOUTH AFRICA TO OTHER RESPECTIVE DESTINATIONS

### *The role of ANTOR*

To provide a fraternal forum for its members to meet and exchange ideas, to forge close relationships with all other sectors of the travel industry; to be recognised as one of the foremost advocates of responsible tourism and to comment on a wide range of issues affecting worldwide travel and tourism, to grow and facilitate the information transfer process inherent in selling destinations in today's environment.



#### **From left to right:**

- Mr Salad Nthenda - Malawi Tourism
- Mrs Este McGalty - Lloyd Orr Communications
- Ms Lorraine Louis - Seychelles Tourism
- Mrs Marie-Therese Mueller - Atout France
- Mrs Hélène Bezuidenhout - Atout France and President Antor
- Mrs Ndaipayeni Mukwena - Zimbabwe Tourism
- Mr T.W. Sudhakar - Incredible India
- Mr Wener Schutte - Dubai and Namibia Tourism
- Mr R.C N aik - RCNAIK Travel
- Mr Sudhakar's assistant Vidya

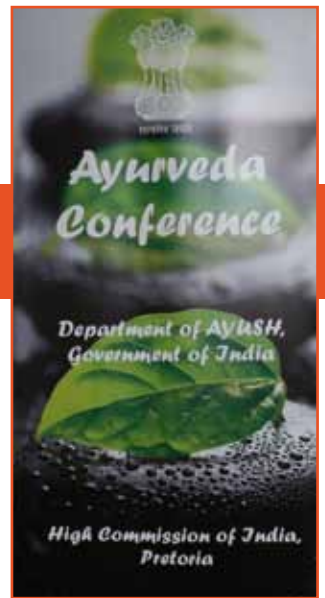
# AYURVEDA

*The science which imparts knowledge*



## COMING TO SA!

*Ayurveda Conference was organized by the High Commission in Pretoria in collaboration with the Dept. of Ayush, Government of India (Ayush) and The Ayurveda Foundation of South Africa (TAFSA) in Johannesburg, Durban and Cape Town. The aim of the conference was to create awareness and acceptability of Ayurveda as a system of medicine.*



### The following were discussed during the inaugural session:

- Evolution of the traditional system of Ayurveda and current research and scientific developments.
- Institutional set-up and rigorous nature of academic studies of Ayurveda and its professionalization.
- Business opportunities in Ayurveda in India and also its growing acceptability in various parts of the world including the west.
- South African perspective on Ayurveda and the need for simplification of procedures for recognition of Ayurveda medical professionals.
- Need for setting up of a fund to support small business and entrepreneurs to facilitate Ayurveda in South Africa. It could be in the form of a India-South Africa institutional mechanism which would provide financial support to Ayurvedic ventures in South Africa.
- Pro-active engagement of regulatory bodies in South Africa to create a favourable institutional mechanism for Ayurveda professionals in South Africa.



- Establishment of linkages between South African universities and academic institutions of Ayurveda in India.
- Assistance in delivery of Ayurvedic services through primary healthcare centres in South Africa.

The session provided useful insight into the Ayurveda industry in South Africa. It emerged that while there existed a tremendous opportunity for Ayurveda in South Africa due to the majority of the population being outside the institutional health system, the harnessing of the business potential required investment in creating awareness and development of distribution network to reach large sections of South Africans.



In Durban an MOU between Durban Institute of Technology (DIT) and Central Council for Research in Ayurvedic Sciences (CCRAS) was signed for the establishment of the 'Ayurveda Chair'. The MOU was signed for an initial period of 3 years which may be renewed for another 5 years.

This conference focused on creating awareness about the well developed institutional network for the academic studies and undertaking research in Ayurveda. The topics which were discussed:

- Role of Ayurveda in primary healthcare and integrative medicine.
- Nutritional issues.
- Treatment of major illnesses in Ayurveda.

The session witnessed intense discussions on the identified topics and the following suggestions inter alia emerged:

- Increasing awareness about study of the discipline of Ayurveda.



The Ayurveda Conference was successful in bringing together various stakeholders from govt., medical profession and industry and encouraged discussions on various critical issues on Ayurveda. It was also able to engage importers, Ayurvedic companies and other key players in the Ayurveda sector in South Africa with a view to build a support network which would be vital in the development of the Ayurveda industry. It may be noted that the Conference is now increasingly being seen as a regular feature and has developed synergies around it by way of dedicated professionals who want to participate in the deliberations and contribute to the development of Ayurveda in South Africa. ●



## GARBA CELEBRATIONS IN LENASIA FOR DUSSERA (AFTER THE 9 DAYS FAST)



## RAM LEELA IN JOHANNESBURG

*“UBHAS was formed in 2008 in SA to keep Indian traditions alive overseas and has chosen the Dussera Festival to celebrate the victory of good over evil and to spread Indian culture in South Africa.*

*Over the past 3 years, the Dussera Festival and Ramleela have become synonymous with UBHAS.”*

*UBHAS is also engaged in a lot of CHARITY work and the support of the Hindi language.  
(visit-[www.ubhas.co.za](http://www.ubhas.co.za))”*





# Fun this spring with children

By Lisa Ray

*Springtime reminds me that there is always hope for everyone. At the end of winter much of nature (trees, flowers, bushes) looks dead. They appear completely lifeless. But I know there is still life in them and they will come back like new in the spring. If I prune them back, then they come back even more beautiful than the year before. So, I always have hope for them! Every year that passes, parents have to also increase their energy levels to keep up with their beautiful and energetic children. Below are some activities that will bring back the fun at home with your child.*

### **Painting With A Scent**

We will start with your senses: encourages children to incorporate their sense of smell in an activity often associated with touch.

#### **Materials:**

Paper (prefer stiff)  
Several flavours of Kool-Aid  
Paint brushes

**Description:** Mix each flavour in a separate container with about half a cup of water. Allow the children to paint on the paper with the brushes after dipping them in the flavoured water. The painting looks just like watercolour paints and it smells so good. Actually the whole art area smells great! The children love dipping their brushes in and smelling them before they paint and they try to guess what flavour it is. They come up with some pretty interesting guesses. After the painting has dried, the children can scratch their painting with their finger and smell the paint on their picture. Just like scratch and sniff stickers.

**Comments:** I found the children just loved this. They were so excited to be able to view and have a pleasant smell around them to paint with a drink they often have. The colours are perfect for spring too because they are watercolours and appear pastel. It's also a really cheap activity because the drink mixture is very inexpensive. They can make birthday or any special cards for family members.

#### **A Note of Caution:**

The diluted Kool-Aid stains clothing and countertops or tables. You will be able to get it out of the table tops, but not the clothing and we strongly recommend that children wear smocks to protect their clothes.



### **Cooking: Ice Cream Sundaes**

Young children create their own ice cream delights using fine motor control during this fun activity.

#### **Materials:**

Ice cream  
assorted ice cream toppings  
assorted sprinkles  
cool whip  
cherries  
nuts  
edible bowls.





**Description:**

We do this for our spring parties. We allow the children to make their own ice cream sundaes and they have an absolute ball. They are able to add their own toppings as much or as little as they want. The only thing we as grown up do is to put the ice cream into the edible bowls because the ice cream is frozen and too hard for the children to scoop. Both the parents and the children enjoy this extremely well.

**Game: Caterpillars and Butterflies**

This group activity helps build relationships. Young children join a group, take turns and use gross motor skill as they run around a circle and find their place again. This is very challenging for all children.

**Materials:**

A circular mat to sit round, a large model butterfly suitable for the children to hold.

**Description:**

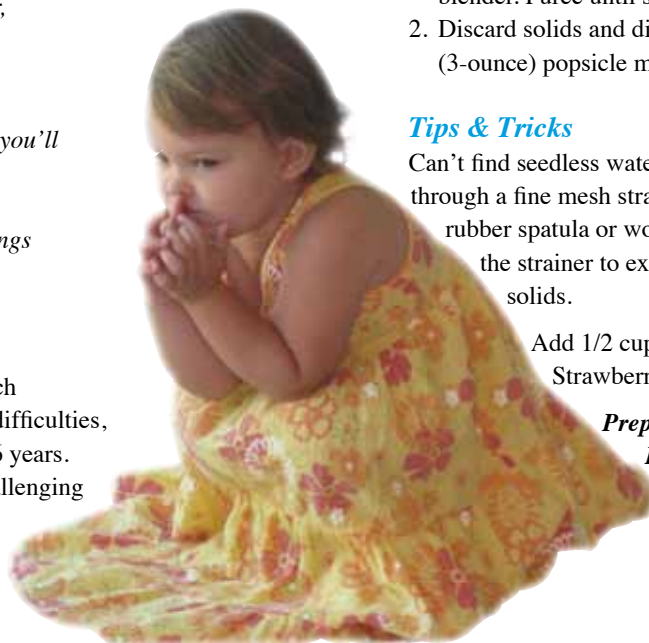
Sit together in a circle and recite and act out the poem Fuzzy Wuzzy Caterpillar. At the end choose one person to get up and fly round the circle holding the butterfly model.

The group sings together:

*Fuzzy wuzzy, creepy crawly  
Caterpillar funny,  
You will be a butterfly  
When the days are sunny.  
Winging, flinging, dancing, springing  
Butterfly so yellow,  
You were once a caterpillar,  
Wiggly, wiggly fellow  
Little fuzzy caterpillar  
In your warm cocoon  
The cold winter's over and you'll*

*be hatching soon.  
Then you'll spread your wings  
On a warm summer's day  
And wave us all goodbye  
As you fly, fly away.*

**Comments:** This will help teach children with severe learning difficulties, ASD's and PMLD's from 2 - 6 years. The children find this very challenging but particularly the children



with challenging behaviour are motivated by the fact they have to sit still to get the butterfly to stop on them.

**Paper Plate Umbrellas:**

This is a work of art.

**Materials:** Large paper plates, markers and crayons.

**Description:**

Give each student a paper plate with a small hole poked in the middle. Let the youngsters decorate the backs of their plates with crayons or felt tip markers. When they have finished, have them stick their index fingers up through the holes in their plates to make the umbrellas.

**Comments:** The children walk around in a circle saying this rhyme:

*It's raining, It's raining,  
Oh me, oh my!  
But our umbrellas will keep us dry!  
Lots of Windy March, Rainy April and spring for us to have  
fun on the green grass.*

**Give your child a different treat to enjoy our spring**

Looking for a healthy alternative to ordinary frozen snacks? Real fruit puree provides flavour and body to these easy to make frozen treats.

**Ingredients**

- 5 cups seedless watermelon (about 1/4 of a large watermelon), diced
- Juice of 1/2 lime
- 2 tablespoons sugar

**Cooking Instructions**

1. Combine all ingredients into the bowl of a food processor or blender. Puree until smooth, about 2 minutes.
2. Discard solids and distribute the puree evenly among eight (3-ounce) popsicle moulds evenly. Freeze overnight.

**Tips & Tricks**


Can't find seedless watermelon? No problem! Pour mixture through a fine mesh strainer set over a medium bowl. Using a rubber spatula or wooden spoon, press the watermelon through the strainer to extract the most juice and pits out of the solids.

Add 1/2 cup strawberries for a delicious Watermelon-Strawberry Popsicle.

**Preparation Time:** 6 minutes

**Ready In:** 12 hours

**Servings:** 10 popsicles

**Chilling Time:** 12-24 hours 



# SURENDRAPURI

a new wonder of the world, still to be discovered



## “An abode of all celestial Gods” Vishwa Kala Dhamam in Hyderabad, India

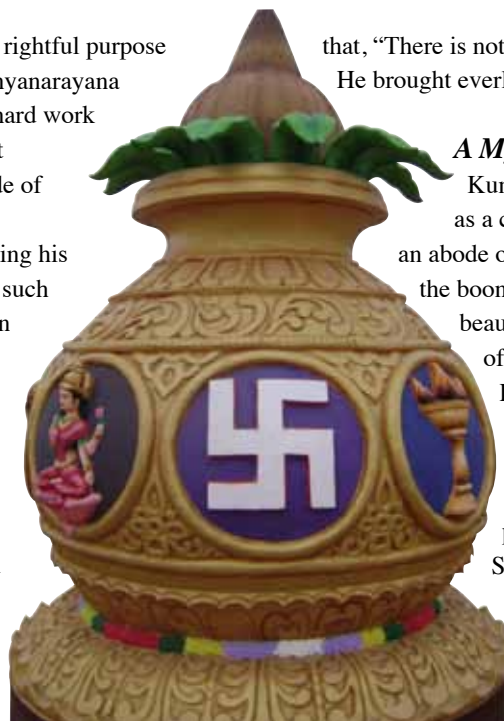
Many earn money. However, to put it to rightful purpose is not possible for everyone. Kunda Sathyanarayana deserves to be congratulated for all the hard work exerted by him for the illustrious Project ‘Surendrapuri’ to take shape as “an abode of all celestial Gods”.

Overcoming the difficult task of organizing his financial resources, agonizing over why such a huge project has been undertaken when he was suffering from ill- health, his anguish of how this will be completed for his burning desire to construct “Surendrapuri”, completing the Temple Complex and going ahead with utmost determination for the completion of ‘Vishwa Kala Dhamam. He has proved

that, “There is nothing which is not achievable with hard work”. He brought everlasting glory.

### ***A Mythological Awareness Centre***

Kunda Satyanarayana Kala Dhamam is created as a centre of artistic and sculptural excellence and an abode of all divine worlds. It bestows on the visitors the boon of vision of all gods. The wonderful and beautiful sculptures make them recollect the skills of the creator. The Kunda Satyanarayana Kala Dhamam is a Mythological Awareness Centre (Padmavyuham) that everyone must see to get transported into a new world of joy. One can have the Darsan of the deities of all the pilgrimage centres of India at this all-in-one Surendrapuri Centre.





**By rail:** The nearest railway station is Raigiri (about 1km) where “Passenger” trains halt. Autorickaws ply regularly from Raigiri Station to Surendrapuri. The nearest railway stations for express trains are Bhongir (9km) and Aler (11km) where you can get the express trains towards Vijayawada, Nagpur & Hyderabad.

It is truly a rare opportunity and a boon that give us the pleasures of the ephemeral world and divine gods. The fascinating events of the Ramayana, the Mahabharata, the Bhagavata and other Puranas are carved out as eye-catching sculptures in an unparalleled and unprecedented way employing ultra-modern artistic techniques and they all give us an inexplicable experience. Equally fascinating is the dancing of Balakrishna on the hoods of the snake-king Kaliya. The sculptures showing Lord Krishna lifting the Govardhana Mountain, his romantic acts, deeds with the shepherd maids-Gopikas and taking away their robes in fun.

The story of the future Brahma, Hanuman is made out in captivating sculptures, showing the major events in his life from childhood to the events of Ramayana. The modules showing the birth of Anjaneya, his learning the scriptures, his marriage with Suvarchala, killing of demon Lankhini; bringing the Sanjivani Mountain; carrying of Rama and Lakshmana, flying in the skies and bringing them to Sugriva - are all really surprising. The visitors get awe-struck with the sculptures of events like Hanuman killing the Akshayakumaras; Indrajit holding Hanuman with Brahmastra and Hanuman giving prasada to the devotees with his own hands. One can drink a cup of hot coffee made from the milk straight coming from the cow.

Many more wonders showing delightful events from the ancient classics await the devotee visitors at the Surendrapuri Kunda Satyanarayana Kala Dhamam – the Artistic Mythological Awareness Centre. This stands as a creation against creation and one has to experience the divine thrill beyond description and to enjoy the wonderful holy complex.

### **How to reach**

Surendrapuri is well connected by road, rail and air. It is on the road from Hyderabad to Yadagirigutta (Nalgonda District), about 1.5km before Yadagirigutta bus station and 55km from the city of Hyderabad.

**By road:** There are a number of buses from Hyderabad, Secunderabad and other parts of the state to Surendrapuri. It is just an hour’s drive from Uppal circle, if you are travelling by car.

The nearest airport is Rajiv Gandhi International Airport, Hyderabad. Surendrapuri is about 75km from the airport.

### **Suggestions & Facilities**

Ideal time to visit the museum is before 15:00. It takes about 3 hours to cover the entire exhibit area. Please plan accordingly. No guide is required, just follow the directions starting from the entry to exit. The description of each exhibit displayed in Telugu & English.

The museum is an open place and exposed to sun and rain. Please carry necessary protective headgear such as caps, umbrellas, etc. Any electronic item including mobile phones, still cameras and video cameras will not be allowed inside the museum. A cloakroom facility is available for safe deposit of your belongings. Explosive or inflammatory articles or material should not be carried inside the premises. This is done to protect all visitors to the wonderful museum.

This is something that you must add to your itinerary on your next trip to India. 🌟



# FENUGREEK

*Flavour and health comes in small packages!*

BY Shuchi Kalra

## Introduction and Origin

It is difficult to imagine authentic Indian cuisine without the robust pungent flavour of Fenugreek, or Methi, as it is commonly called. Why only Indian, even African, South East Asian and Mediterranean people have cultivated and embraced this spice for centuries. The plant belongs to the legume family and gets its name from the Latin word 'Foenum Graecum', which means 'Greek Hay' (since the plant was commonly used as cattle fodder in Southern Europe). The ancient Egyptians used parts of the plant in medicinal preparations before it acquired its place in kitchens.

## The Plant

The Fenugreek plant is a herb that stands a little over a foot and grows best in South Asian and Mediterranean regions. In India, a large chunk of Fenugreek produce comes from Rajasthan, where it is grown as a semi-arid crop. The plant thrives well in cold temperatures and is reasonably tolerant to frost. Because of its leguminous nature, Fenugreek is popular as a cover crop as it enriches the soil.

## Culinary Uses

Fenugreek seeds are small, brownish-yellow, flat and angular, with a furrow dividing them into two halves. They are bitter in taste but when used in small quantities, they impart an earthy aroma to a culinary preparation. The leaves are small and light-green in colour, and have a characteristic pungent fragrance. While the seeds are used to temper curries and pickles, the strongly-flavoured leaves are used in Indian breads, or may be eaten on their own as a green vegetable. Methi seeds complement fish dishes and a paste of the leaves is sometimes used to marinate meat kebabs. The seeds may also be consumed as sprouts. In the northern part of India, typically in the states of Punjab, Haryana and Uttar Pradesh, hot Methi parathas make for a popular breakfast in winters. Here's how you can make some for yourself:

## *Methi Ke Parathe (Fenugreek Leaf Parathas)*

### You will need:

- 2 bunches fresh methi leaves
- 5-10 green chillies (depending on your taste)
- 2 cups wholewheat flour
- 10 pods of garlic
- Salt to taste
- Oil or ghee

### Preparation:

- Clean methi leaves and wash under running tap water to remove dirt

- Whizz the leaves along with green chillies, salt and garlic in a blender
- Use the paste to knead dough. Use just enough dough so that you don't have to add any water.
- Pinch out some dough and roll it as you would to make a chapatti
- Toss it on a pan and baste it with oil on both sides to make crisp parathas. Keep the heat medium-high. Serve with butter, yogurt and pickles.



Many people like to use dried and preserved methi leaves (called ‘Kasuri Methi’) when the fresh stuff is not in season.

Drying the leaves intensifies their flavour and a spoonful is often enough to spice up a dish. Methi seeds are also used sparingly since too much can result in an overwhelming and bitter taste.

Methi seeds are one of the five spices that make up ‘panch phoron’ (an Indian spice mix). The other four are nigella, fennel, cumin and black mustard – all in equal quantities.

This mix, widely used in Bengali and Assamese cuisines, can “lift” a humble potato dish to another level.

Here’s how:



## ***Aloo Panch Phoron (Potatoes in Panch Phoron spices)***

### **You will need:**

- 4-5 boiled potatoes, broken into pieces
- 1 teaspoon panch phoron
- 2 tablespoons mustard oil
- 2-3 green chillies, chopped
- Salt to taste

### **Preparation:**

- Heat the oil in a thick bottomed pan
- Add the seeds and allow them to cackle
- Add the chillies
- Toss in the potatoes, season with salt and sauté till they turn golden-brown
- Serve hot as a side-dish

## **Medicinal Properties and Health Benefits**

Methi is known for its culinary uses as much as it is for its medicinal benefits. Over the years, it has found a place in traditional home remedies and natural healing. Fenugreek seeds are said to have estrogenic properties and are known to alleviate ailments of the female reproductive system.

They have proven to increase the production of milk in lactating mothers and in many cultures, they are also used to relieve menstrual pain and induce labour. Apart from being digestive and effective appetite stimulants, Fenugreek seeds are believed

to have therapeutic benefits against Diabetes, Hypertension and Arthritis, when combined with conventional modes of treatment. In traditional medicine, a poultice of Fenugreek seeds is applied to relieve itching, rashes and inflammation.

The leaves are a rich source of iron, folic acid, antioxidants and fibre. Even though Fenugreek is not a regular part of western diets, people do recognize its multiple health benefits and consume it in the form of commercially available supplements, capsules and powders.

## *Aloo Methi Tamatar with lamb or chicken cubes*

*Preparation: 30 min. • Serves 3-4 persons • Cuisine: North Indian*



### **Ingredients:**

1 cup cubed chicken/lamb  
 3 potatoes, peeled, boiled and cubed  
 1 tomato, finely chopped  
 1 cup packed fresh methi leaves, add little salt and sugar and leave aside for few minutes.  
 1 small onion, finely chopped (optional)  
 1 tsp. grated ginger  
 big pinch of asafoetida (optional)  
 1 tsp red chilli powder  
 1/4 tsp. turmeric powder  
 1/2 tsp. coriander powder  
 garam masala powder (2 cloves, 1/2" cinnamon, 1 cardamom)  
 salt to taste  
 1/2 tbsp. oil

### **Method:**

Stem for 15 minutes and cut into cube and fry in oil, set aside.

1. Add big pinch salt + big pinch sugar to the methi leaves and let it rest for a few minutes. Squeeze excess water from methi and keep aside.
2. Heat ghee or oil in a vessel, add the grated ginger, asafoetida, coriander powder, turmeric powder, red chilli powder and a tablespoon of water and saute for a few seconds. Add the chopped tomatoes and cook till soft. Add salt and combine.
3. Add the boiled potatoes and combine. Place lid and cook for 6-7 mins. Add the methi leaves, cubed chicken or lamb and combine. Cook till the leaves wilt. (This is a dry saute dish)
4. Add garam masala powder and combine well. Turn off heat and serve hot with rotis/parathas.



## *Malai methi mattar*

*Cooking Time: 7 min. • Preparation Time: 20 min.*

### **Ingredients:**

1 1/2 cups chopped fenugreek (methi) leaves  
1/4 teaspoon cumin seeds (jeera)  
1/2 cup green peas  
1/2 cup milk  
3 tablespoons cream  
a pinch sugar  
2 tablespoons oil  
salt to taste

To be ground into a paste:

1 onion  
1 green chilli  
12 mm. (1/2") piece ginger  
1 clove garlic  
2 tablespoons cashewnuts  
2 teaspoons poppy seeds (khus-khus)

### **Method:**

Wash the fenugreek leaves, add 1/2 teaspoon of salt and leave aside for 10 minutes. Then, squeeze out the water.

In a glass bowl, combine 1 tablespoon of oil with the cumin seeds and fenugreek leaves and microwave on HIGH for 2 minutes.

Remove and keep aside. In another glass bowl, combine the green peas with 2 tablespoons of water and microwave on HIGH for 1 minute.

In a glass bowl, add the remaining 1 tablespoon of oil, the prepared paste and microwave on HIGH for 2 minutes.

Add the milk, cream, sugar, salt and the cooked fenugreek and peas and microwave on HIGH for another 2 minutes.

Serve hot.



## Methi leaf rice

### Ingredients:

2 cups rice  
 1 medium bunch methi leaves  
 ½ cup green peas  
 2 potatoes  
 1 onion  
 6 clove crushed garlic  
 1tsp garam masala powder  
 4 tbsp oil  
 Oil for deep frying  
 Salt to taste

### Method:

1. Wash the rice and soak in water for 20 minutes.
2. Chop methi leaves and cut onion finely.
3. Peel potatoes and cut into cubes. Heat oil in a shallow fry pan and fry the potato cubes. Remove and sprinkle salt and pinch of garam masala powder.
4. Heat oil in a pan, add onions and fry till soft, add green peas and methi leaves. Stir fry for a minute.
5. Add soaked rice and salt with crushed garlic and stir for few minutes.
6. Add 4 cups of water, garam masala powder and allow it to cook on a low heat, covered with a lid.
7. When the water is fully absorbed and the rice is cooked. Add the fried potato cubes and take off the heat.
8. After 20 minutes, serve hot with fresh curd.

## TOP 10 INDIAN SPICES

### 1. SAFFRON:

Saffron is one of the most delicate spices in the whole world. It is derived by drying the stigma of the flower Saffron Crocos. This spice is used both as a colouring as well as a seasoning agent.

### 2. BLACK CARDAMOM:

Black Cardamom also known as “Bada Elachi” (Big Cardamom in Hindi) is well defined by the smoky aroma. It is widely used as a flavouring agent like its green cousin.



### 3. GREEN CARDAMOM:

Green Cardamom is a small seed pod with black seeds in the shell. This is used primarily for flavouring anything from drinking water to a cup of Chai (Indian Tea).

### 4. CINNAMON:

Cinnamon is a spice derived from the bark of an evergreen tree. Cinnamon is native to India and as such, its uses range from that of a flavouring agent to a medicinal agent.

### 5. GINGER:

Ginger is a perennial plant that adds its own bite to the food and is more of the stem than the root as is commonly believed. Ginger is found all over India and it has a pungent taste that is unmistakable.

### 6. CORIANDER POWDER:

Coriander also known as Cilantro is a herb with a fresh, sweet aroma. The coriander powder also known as dhania powder is an essential item in almost every single Indian household.

### 7. ASAFOETIDA:

Asafoetida also known as ‘the devil’s dung’ is known for its pungent odour. It originated in the Americas but, in the recent past, seems to have made its home in the sub-continent.

### 8. CUMIN:

Cumin is widely used in Indian kitchens, mainly as a flavouring agent and as a condiment in certain dishes. Evidence of cumin usage have been found to date from the second millennium B.C.

### 9. PEPPER:

Pepper is known as the ‘King of all spices’ and with reason.

### 10. CURRY LEAF:

Curry leaves are as essential to Indian cooking as bay leaves are to European ones.

## Methi Leaves Dal Ingredients:

prep & cooking time: 20-30 mins • serves: 2-4

1/2 cup toor dal  
 1 bunch methi leaves  
 1 onion (chopped)  
 1 tomato (chopped)  
 6 green chillies or to taste  
 1/4 tsp turmeric powder  
 1 tbsp tamarind pulp  
 salt to taste

### Seasoning Ingredients:

1/4 tsp mustard seeds  
 1/4 tsp cumin seeds  
 1/4 tsp fenugreek seeds  
 few curry leaves  
 a pinch of asafoetida  
 1 tbsp oil

### Methi leaves dal preparation:

- Clean and wash the toor dal and methi leaves.
- Add methi leaves, toor dal, chopped onion, chopped tomatoes, chopped green chillies, turmeric powder, tamarind pulp and salt in a pressure cooker.
- Pressure cook for 2 to 3 whistles.
- Remove from heat and allow to cool for some time.

- Now mash the pressure cooked items with a wooden masher and keep aside.
- Heat a pan with oil.
- Add mustard seeds.
- When they start to pop, add cumin seeds, fenugreek seeds, curry leaves and asafoetida.
- Saute for few seconds and add the cooked and mashed dal.
- Combine well, adjust salt and remove from the stove.
- Methi leaves dal is ready to serve.
- Serve with plain white rice, roti or chapathi.

## Did you know...

*India also has the only known 'Spice exchange' in the world, in the town of Kochi in Kerala? So the next time you are in Kerala, take a breather and pay a visit to their Spice Exchange.*



## HEALTH TIP OF THIS ISSUE



Think of water and exercise as food groups in your diet.

Water helps flush our system of waste products and toxins.

Yet many people go through life dehydrated - causing tiredness, low energy and headaches. It's common to mistake thirst for hunger, so staying well hydrated will also help you make healthier food choices.

Find something active that you like to do and add it to your day, just like you would add healthy greens, blueberries or salmon.

The benefits of lifelong exercise are enormous and regular exercise may even motivate you to make healthy food choices a habit. 🍷



# Indian Head Massage



The Indian head or therapeutic massage has many advantages, having been used in India for more than 5000 years. Through the manipulation of sappy tissue, scalp massage professionals make use of numerous physical methods as well as diverse sets or stress, sometimes keeping and often causing the head to move throughout the treatment.

The fundamental goal of Indian head massage therapy is to release tension associated with headaches, relieve rigidity or even muscle tissue, help in sleeping restfully and this usually increases health and wellbeing.

Touch may be the core component associated with Indian mind therapeutic massage, which the practitioners claim is really a balanced mixture of technology as well as art. Indian head therapeutic massage is a dressed therapeutic massage and can end up being practiced at the office or house.

### *Can Indian Head Massage help me?*

Indian head massage encourages relaxation and helps to ease tension which is often locked in the head and neck. The therapy involves the use of therapeutic massage, shiatsu and acupressure methods on the head, throat, arms, shoulders as well as the face. This particularly relaxes tight muscles and at the same time, helps you to re-balance your body's organic movements, clearing any kind of obstructions or even areas of negative thoughts. Indian head massage is suitable for people of all ages hence anyone can enjoy the treatment and the sense of relaxation, calm and wellbeing that it offers.





- Indian barbers use head massage therapy for their customers after a haircut whereas in the Western world, the actual Indian head therapeutic massage has been modified to deal with the signs of stress, exhaustion and to enhance blood circulation.
- The Indian head massage could be either a stimulating encounter or a calming one, with respect to the requirements of the subject. It treats the whole body. This particularly enhances the blood flow towards the neck and head motivating recovery through the entire body.

If you are suffering from physical, mental or even emotional problems, you may find that Indian head therapeutic massage helps you feel good as it relieves your own signs and symptoms. Below are a few examples of common problems that sufferers have found are solved with a span of Indian head therapeutic massage remedies:

- Neck and shoulder pain
- Tension
- Stress
- Depression
- Insomnia
- Migraine
- High blood pressure
- Poor circulation
- Low energy levels

These are merely a few of the conditions observed from re-balance.

### Benefits of Indian Head Therapeutic massage

The Indian head therapeutic massage is actually targeted at calming the body by reduction of tension and headaches, giving relief from eyestrain, decreasing tension levels, lowering anxiety as well as assisting control and lower sleep issues, during a period of time. The other health advantages for individuals going in for an Indian head massage therapy include enhanced blood circulation as well as hair growth. Indians think that a thorough massage along with essential oils and also the correct rubbing-in techniques creates a healthy head, fortifies follicles of hair, improves texture as well as encourages thick hair growth.

### Features of Indian Head Massage

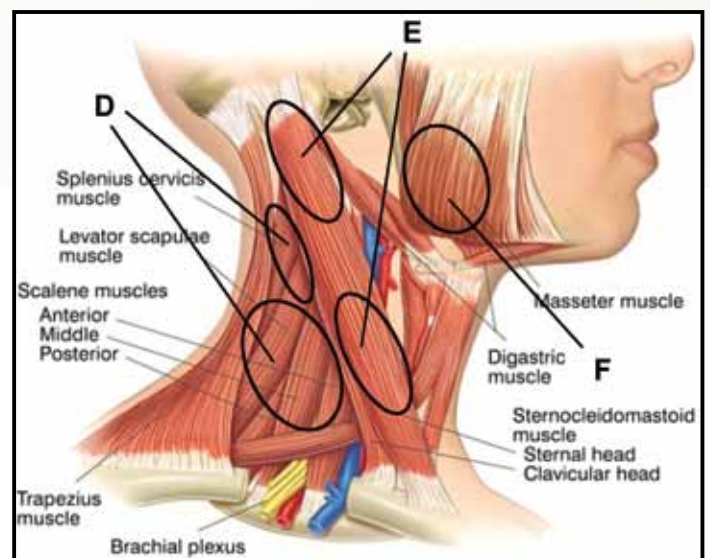
The Indian therapeutic massage is a therapy based on ancient Ayurvedic techniques which combine work on the upper back again, shoulder blades, neck, head, face and fingers. Versions of massage techniques utilized, relieves pressure, promotes circulation as well as enhances combined versatility.

- The Indian head massage therapy can be done along with or without essential oils. The oils utilized are those that help the system.
- It allows the subject to become seated as well as stay fully dressed. For those that go for a good oil-head massage, the towel is actually draped round the shoulders. The actual masseuse utilizes calming as well as invigorating actions on the scalp, shoulders as well as throat, with age-old techniques passed on from generation to generation.
- The Indian head therapeutic massage is also used on babies and children.

- The Indian scalp massage helps to recover balance in the body's power flow by leaving one having a sense of peace.
- A great Indian head massage additionally aids in the activation of lymphatic system water flow by assisting to get rid of waste products; thereby it restores and tones the muscles as well as improves joint movement.

### Following therapy

To get the best from an Indian head therapeutic massage, it is advised to take a few minutes to relax after your own therapy. You'll probably feel relaxed and sleepy even though some individuals have been recognized to encounter lightheadedness following therapy. You should drink plenty of water to improve the actual eliminating of toxins from your body and to ensure that your body is nicely moisturized. It is also better to consume light foods and steer clear of stimulants for example tea, coffee, alcohol and nicotine for at least twelve hours after your own treatment. If your therapist utilized oil for your hair, it is suggested to leave it in your locks for at least two hours following your treatment. Whether sesame, fairly sweet almond, coconut or even olive oil has been used, a noticeable difference in the appearance as well as manageability of the locks ought to be observed. ●



# Leaps of glory



For a free booklet on India, write to: **India Tourism**, PO Box 412452, Craighall 2024, Johannesburg, South Africa



Incredible!ndia  
[www.incredibleindia.org](http://www.incredibleindia.org)

# *The Art of Dream Interpretation*

BY Sandeep Verma

It was way back in 1899 that the famous Austrian neurologist Sigmund Freud, in his book - *The Interpretation of Dreams*, first talked about the motivation of dreams. And if we go by what he said, then dreams are a mirror to what you wish for in life, and are often a result of the day preceding the dream, which he called the day residue.

As much as it is human to see dreams, it is also human to try to figure out the meaning attached to them. Hence, came forth Dream Interpretation.

Dream interpretation is a form of reading out hidden thoughts of an individual, stored in his/her subconscious. It is not exactly a form of divination but it isn't far from it either.

“Our dreams are nothing but the culmination of our memories, wishes, fears, needs, wants and many other things and within these lay the complex symbols. Interpretation of these symbols into a language could be termed as dream interpretation,” shared Rohit Dhawan, a leading Tarot Reader & Crystal therapist.

Colours, numbers, animals, and shapes, all have different meanings in our dreams and recalling the dreams is not an easy task. Almost 70% of the people forget their dreams when they wake up, 10% forget their dreams within 10 minutes after they wake up, 5% forget it within 20 minutes and another 10% remember their dreams, but in fragments. Only a mere 5% of people are able to recall their dream properly enough for a reading by a psychic.

However, have you ever wondered how one can get their dream interpreted and what are the after effects of it on the interpreter?

Reading dreams require conversion of complex occult symbols, into something meaningful. The psychic (interpreter) asks the person to recall fragments from his/her dreams and make a note of them. Once the psychic has enough information that they need to know, they start connecting the occult symbols piece by piece like a story and gives out the reading. This is only possible when the individual has enough data for interpretation.





Another way of interpretation is that the psychic takes the dreamer in a subconscious state of mind and then makes an effort to take the information out of the person. An experienced psychic can also enter the mind of the person who has seen the dream and talk to the individual about it. "For this to work, the person who has seen the dream shall have to be in a complete relaxed state of mind and easy on his senses. This helps in organizing the mind, making the person aware of what is going inside, instead of what is happening around. The tools that we use for this can range from candles, pendulums and music. At times even just a calm conversation with the dreamer can help the cause," Rohit added.

### ***Do Tarot cards help?***

Tarot is a different form of divination. Using Tarot in dream interpretation is possible, but it depends a lot on the type of Tarot cards used and on the psychic. Tarot cards are also made of occult symbols, but they differ from dreams. They could be used as a helping tool but you cannot rely on them alone to interpret a dream. The real test of a psychic comes when he has to directly engage with the individual using only the body and the mind as tools to read the dream. This form of interpretation is not common but is normally exploited only by an experienced psychic.

### ***Spiritual Connection***

Spiritual power is nothing but a mind trained and perfected to the point where it can travel between a conscious and subconscious state at will. Spiritual powers cannot make their home in a disturbed mind. To enter into that kind of state, where your mind cannot feel your conscious body, requires years of training and practice. When you're in that deep and calm state of mind, you hear nothing but your body breathing constantly. Proper interpretation of dreams requires deep knowledge of kabala i.e. language of occult symbols. Without knowledge of occult, one may find it difficult to practice this art.

### ***Effects on the psychic***

Knowing the real essence and the meaning of your dream may prove an exciting experience for you, however, for the psychic

it is a draining procedure; both physically and mentally. The psychic who reads the dreams does undergo a lot of stress during the sessions, depending on the duration and intensity of the sessions. After extended reading sessions, a psychic might feel completely drained of energy and may also complain of body fatigue and headaches. When a psychic is taking sessions he is constantly pushing his brain to an area which doesn't work while fully conscious. He also has to stay aware of his physical body or else he'll feel sleepy and won't be able to conduct the reading properly. The best way to overcome these difficulties is through regular meditation to make the inner senses stronger.

### ***Most Common Dreams and their meaning***


**Snakes:** Snake is related to hidden fears, it can also be quoted as an individual who is acting as a villain around the subject. It is also taken as a symbol of sexuality.

**Lizards:** A person dreaming of lizards should be aware of all the circumstances and situations that he might encounter in the near future.

**Fire:** It is a complicated symbol. The actual interpretation would depend on other symbols that appeared along with this. Fire means creativity, destruction and also sudden change. It also denotes anger, rage, and an uncontrolled situation.

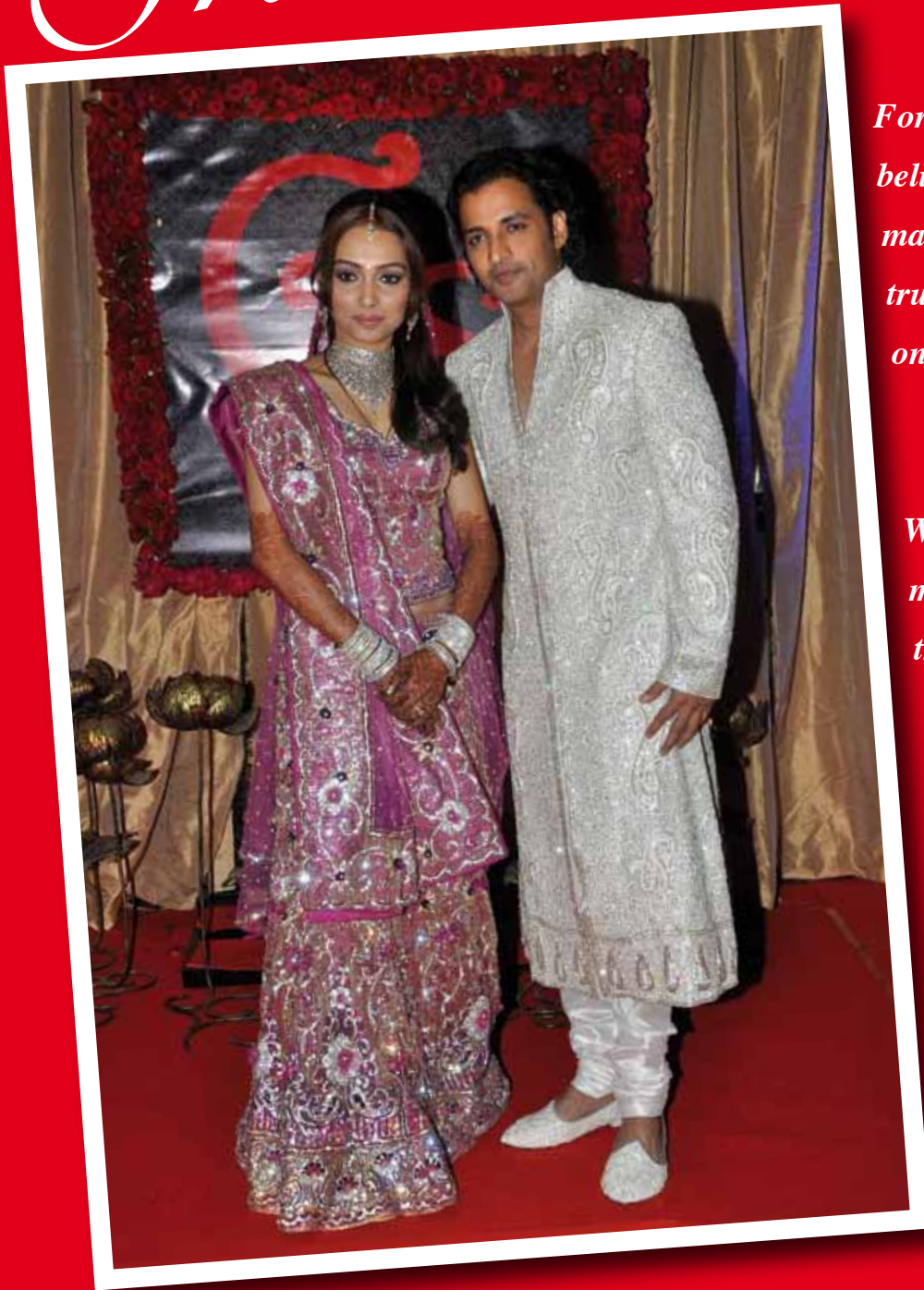
**Being chased:** This also can have multiple meanings to it! It might involve a situation that one might be trying to avoid and run away from, or moving away from a person he/she might not want to be with.

### ***Can you learn it? Yes, of course!***

There are colleges that teach how to interpret dreams when you study Psychology. You can also learn the same via a short term course in Hypnotherapy. The most important of all while you try to master this art is to understand the language Kabala i.e. the language of symbols and also a form of divination, e.g. tarot cards. 



# GANESH HEGDE'S *Grand Wedding...*



*For ages it has been believed that marriages are made in heaven but the truth lies in their survival on earth.*



*While some prefer the modern way, some go the traditional one.*



*The year 2011 witnessed a beautiful wedding of one of India's well known Bollywood choreographers, actor and singer, Ganesh Hegde.*

Ganesh Hegde belongs to a traditionally valued Bunt family and his stepping into Bollywood has not been an easy journey. Since childhood he was crazy about dancing. He turned his passion into his profession and today he stands in Bollywood's leading choreographers with his own dancing academies, where he teaches other aspirants his style of dancing and choreography.

On 5 June 2011, Ganesh Hegde tied the knot with Sunayna Shetty. Sunayna and Hegde had known each other for over 10 years and she had styled him for many of his performances. Since both, Ganesh and Sunayna belong to the same community, their wedding ceremony was held in the traditional Mangalorian style with rituals and cultural values.

Although their wedding was a simple affair with the near and the dear ones (friends and family members), their grand reception was definitely the talk of the town. The Bollywood film fraternity had been invited to witness the spiritual affair and shower the newlywed couple with blessings for their new beginning.

The reception was held in one of Mumbai's five star hotels "Hyatt" and the affair was grand. The guest list had almost all the Bollywood celebrities and it was a surprise that most of them turned up. The bride looked delicate in a baby pink lehenga with Swarovski diamonds. Her studded bangles added to the sparkle of the night. She definitely caught the attention of the guests and stood as the center of attraction. Not to forget the groom with his curly locks, looked stunningly smart. Ganesh was dressed in the traditional white sherwani with Swarovski and complemented the bride. The couple looked fabulous together.

### *Bollywood Guest List...*

Let's not forget the guest list which included the biggest of stars. The living legend Amitabh Bachchan accompanied his son and actor Abhishek Bachchan and both looked stunning in suits. How could King Khan stay out of it? Actor Shahrukh Khan's humility and warmth definitely caught the attention. Another Bollywood beauty who attended the affair was actress Juhi Chawla who came in a beautiful Anarkali suit and yet another beauty queen and former Miss World Priyanka Chopra draped herself in a gorgeous shimmery sari and looked classy and delicate. One other guest who caught the attention was singer Bappi Lehri, who came in his usual attire and not to forget his gold chains and rings.

The rising prices of gold had definitely not affected him. Besides Fardeen Khan, son of late Firoz Khan was also seen with India's biggest comedian played, Johnny Lever. The reception was nothing less than a celebrity meet or a Bollywood party, but the reception was also for the friends and the family members.

The Big Brother girl, Shilpa Shetty was spotted with sister Shamita Shetty who looked stunning in a pink net saree. Ganesh Hegde has not only a great fan following but also a list of great friends and well wishers who were present to make his big day, his most memorable one. 



# *Bollywood-Town*



*One of the most awaited festivals of India is the Ganpati Festival. Ganpati is also known as Lord Ganesha and is known as the Lord of peace and knowledge. Hurdles and problems are all part and parcel of life and where there are blessings of Ganesha, all the stones of inconveniences turn into opportunities.*

# welcomes Ganpati

And where can there be more hurdles than the Bollywood industry, where one actor takes the lime light while the other is trying hard to over shadow and where one has got offers while another is flooded with no dates to shoot? So Lord Ganesha definitely has been welcomed with pomp and show into the houses and lives of actors.

For years together, the Khan family has been bringing Ganesha to their home and the same was seen this year, so this makes Salman and family a huge believer. This year actor Govinda welcomed Ganpati at home with love and affection, while actor Nana Patekar went the traditional Maharashtrian way of worshipping. The new girl in town Sonakshi Sinha, also known as the famous Dabang girl, daughter of actor Shatrugan Sinha also kept Ganpati at home, not to forget by the grace of God, not only did her debut movie hit the blockbuster charts but it also created a fan rage for her.

While some welcomed the Lord at home, others went to the Lal Baug where one's wishes come true. From actresses Shilpa Shetty with sister Shamita Shetty, Katrina Kaif, Amruta and even Priyanka Chopra to actors like Mr Amitabh Bachchan, Sanjay Dutt, Ranbir Kapoor and Salmaan Khan, all bow with respect to the great Lord. ●



# India Bridal Week

**O**ne of the most recent events that has been the talk of the town is the India Bridal Week. India Bridal Week is a platform where the biggest of the designers portray the best of their creations from modern to contemporary and from dressing to accessories and even exquisite jewellery.

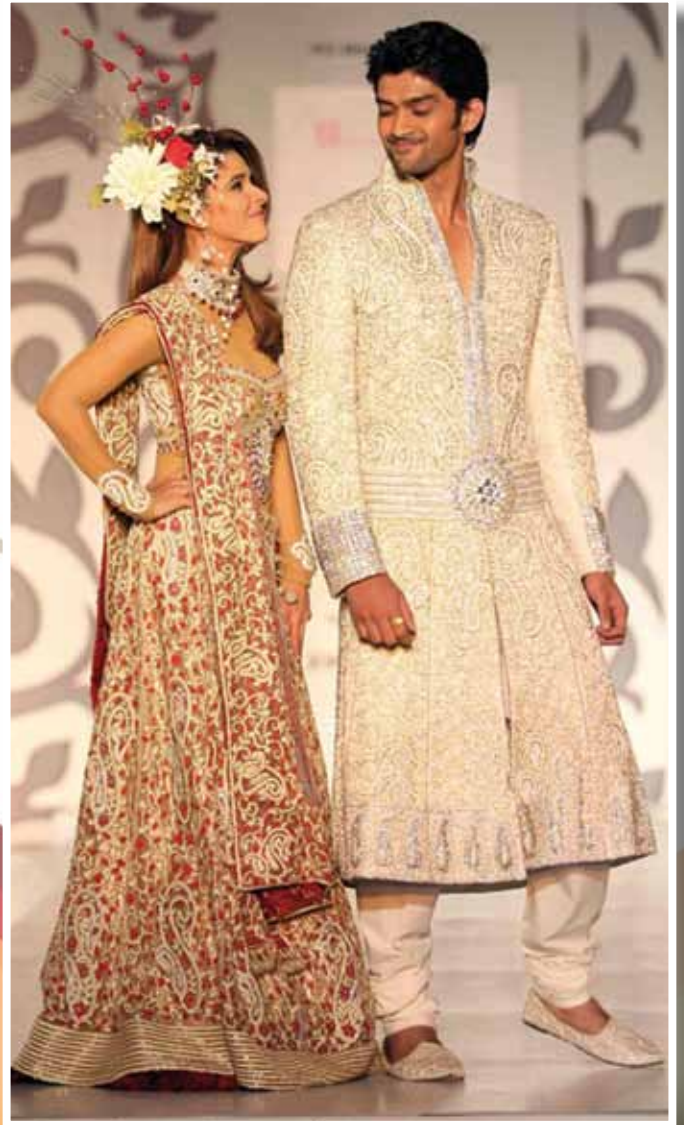


The year 2011 was great for the Bridal Week which was hosted in the last week of September at one of the biggest five star properties, the Sahara Star Hotel, and not only was the ramp walked by the B-town women but the audiences were flooded by them. While some preferred walking the red carpet some actresses walked the ramp as showstoppers for the biggest of designers.

Actresses like Malika Sherawat, Neha Dhupia, Zarine Khan, Diya Mirza and Kagna Ranawat were seen walking the ramp with wedding extravaganza and not to forget

these divas looked liked goddesses. Their designers had definitely highlighted their personal qualities to glitter their collection. While other actresses like Sophie Chowdhary, the Kapoor family, and Shri Devi were spotted in the audiences.

The Bridal Week is a celebration of Indian wear and Bollywood is one of the most watched and followed platforms so a combination of the two definitely portrays the traditional work to the world opening its arms to view the cultural heritage. ●



# Let's travel with LAUGHTER

A woman telephoned an airline in Johannesburg and asked, "How long does it take to fly to New York?" The clerk said, "Just a minute."  
"Thank you," said the woman, and hung up.

The meanest man in England stopped a taxi in Durban.

"How much to the station?" he asked.

"Fifty rands, Sir," said the taxi-driver.

"And how much for my suitcase?"

"That's five rand," said the taxi-driver. "Right," said the mean man.

"Then take my suitcase to the station. I'll walk."

A bus driver and a priest died at the same time. The bus driver went to heaven and the priest went to hell.

"Why?" the pastor asked St.Peter.

"Because everybody fell asleep when you preached," said St. Peter,"but when the driver drove, everybody prayed.

The newly arrived young Chinese lad from Hong Kong telephoned his brother who was living in Manchester. The young man was speaking in laborious English when his brother interrupted him, saying, "Why don't you speak in Chinese?"

"Oh," said the newcomer, "I didn't know English telephones could speak Chinese!"

A boastful American from Texas was being shown the sights of London by a taxi-driver. "What's that building there?" asked the Texan. "That's the Tower of London, Sir," replied the taxi-driver. "Say, we can put up a building like that in two weeks," drawled the Texan. A little while later he said, "And what's that building we're passing now?"

"That's Buckingham Palace, Sir, where the queen lives."

"Is that so?" said the Texan. "Do you know back in Texas we could put up a place like that in a week?"

A few minutes later they were passing Westminster Abbey. The American again asked, "Hey cabby, what's that building over there?"

"I'm afraid I don't know, Sir," replied the taxi driver.

"It wasn't there this morning!"



Just as the Jumbo jet was about to take off, a nervous old lady called for an air-hostess. "I've never been in an aeroplane before," she said. "Tell me, my dear, what happens if we run out of fuel?"

"Don't worry Madam," replied the cheeky young woman, "We all get out and push!"

Mr. Silly suffered agonies from large bunions on his feet, and his doctor advised him to take a vacation by the sea and soak his feet in salt water. Mr. Silly had never been to the seaside before and was quite excited by the prospect. He picked a pretty little fishing village in Maine and on the first morning walked eagerly down to the quayside. And there he saw a fisherman, who was cleaning his nets, hauling a bucket of seawater up on the end of a piece of rope. Mr. Silly thought that the fisherman was selling the seawater and asked him, "How much is a bucketful?" Now the fisherman was a crafty fellow, and seeing the chance to make some money replied, "Five dollars to you, Sir." "Very well, here you are," said Mr. Silly, handing over the money. The fisherman took it and put the bucket down. Mr. Silly stood in the bucket for half an hour or so, enjoying the sun and the view, and then, after drying his feet and putting his shoes and socks back on, decided to go for a walk. A few hours later he found himself back at the quayside, by which time the tide had gone down and hardly any water was to be seen. "My goodness!" he said admiringly to the fisherman, "you must have marvellous business here!"

After the night out 3 friends had nothing to eat and all they had to drink was a bottle of wine. So very naturally they decided to wait as long as possible and then have one third of the bottle each. But the morning after the life-giving bottle had been found, friend one and two were appalled to find it empty! "Where did the wine go?" they demanded angrily of friend three. "Well, I wanted to drink my share," he replied reasonably, "but as my third was at the bottom I had to drink through yours to get to it!"

Mr. and Mrs. Shaw were on safari in darkest Africa. They were walking cautiously through the jungle when suddenly a huge lion sprang out in front of them, seized Mrs. Shaw in its jaws and started to drag her off into the bush.

"Shoot!" she screamed to her husband, "Shoot!"

"I can't!" he yelled back, "I've run out of film!"





# SUTRA<sup>TM</sup> MAGAZINE

would like to wish  
all our Hindu readers  
a very

*Happy Diwali*



**KEEP IN TOUCH**

[facebook.com/sutramagazine](https://facebook.com/sutramagazine)

**Share your story with SUTRA<sup>TM</sup> readers.**

**Email: [info@sutramagazine.net](mailto:info@sutramagazine.net) • Tel: 012 343 1145 / 2772**

## SUBSCRIBER'S DETAILS

**Yes, please! I would like to subscribe to Sutra Magazine.**

Title: \_\_\_\_\_ First Names: \_\_\_\_\_

Surname: \_\_\_\_\_

I.D Number: \_\_\_\_\_

Delivery Address: \_\_\_\_\_

\_\_\_\_\_ Postal Code: \_\_\_\_\_

Telephone: (    ) \_\_\_\_\_ Fax: (    ) \_\_\_\_\_

Cell: \_\_\_\_\_

E-mail: \_\_\_\_\_

**6 issues (R160)**

**12 issues (R320)**

**New subscriber**

**Renewal**

**Bank details:**

Kommal Publishing (Pty) Ltd.  
Nedbank Hillcrest, Pretoria  
**Account no.:** 1602359865  
**Branch Code:** 160245

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**Fax this form to Sutra Magazine - 086 614 2455 or email to [info@sutramagazine.net](mailto:info@sutramagazine.net)  
Please include proof of payment.**

# WIN A WEEKEND AWAY!

## Elephant Lake Hotel, Inn and Safaris

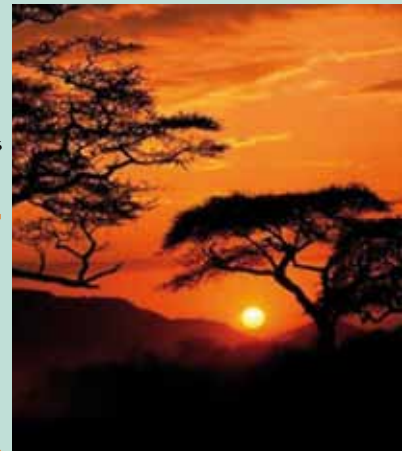


**Subscribe and**

Sit on your own private balcony and watch the hippos come down for a drink on the banks of the St Lucia Estuary - it is a magical experience not to be missed!

Located just 25 kilometers from the N2 freeway between Durban and Swaziland, the Elephant Lake Hotel and Inn is ideally situated right on the shores of one of the waterways that form part of the iSimangaliso Wetland Park – South Africa's first World Heritage site.

Meaning "miracle and wonder" in Zulu, the iSimangaliso Wetland Park is aptly named. It is a protected natural wonderland consisting of interlinking eco-systems, breath-taking landscapes, featuring some of the highest coastal dunes in the world. Here there is always that exciting feeling that you could come across a rare bird, a White Rhino, an ever elusive leopard, a rare red duiker or Kudu to name a few.



There is no better way to experience all of this at your fingertips than in the comfort of a modern, well-equipped room, some with a private balcony, at the Elephant Lake Hotel.

Open air 4 x 4 safaris arranged by Elephant Lake Safaris to the nearby Hluhluwe/Umfolozzi Game Reserve come tailor-made, with an experienced guide that will bring you up close and personal as well as a host of choices of tours to the nearby Veyane cultural village, to the quaint shops in the town of St Lucia or slightly more further afield to watch the crocodiles and birds.

For those that love the ocean, there is chance to go deep sea fishing, kayaking or catch a boat cruise.

[www.elephantlakestlucia.co.za](http://www.elephantlakestlucia.co.za)



**MOGALE COUNTRY LODGE**  
AND CONFERENCE CENTRE



*Indian*

**WEDDINGS**

WHERE EAST MEETS WEST

**ONLY AT MOGALE COUNTRY LODGE**

- Scenic settings for those special photo moments
- World class cuisine to tantalize your taste buds
- Full Service Bride and Groom Ready Rooms
- Indoor & Outdoor Function Venues
- Kids area with Chaperone
- 4 Star full service accommodation



[www.mogalelodge.com](http://www.mogalelodge.com)  
[events@mogalelodge.com](mailto:events@mogalelodge.com)

(40 Minutes from Johannesburg on the edge of  
the Krugersdorp Nature Reserve)

Tel: 011 952 9910  
Cell: 079 527 1223

MOGALE COUNTRY LODGE IS A PROUD MEMBER OF SA LEISURE & HOTELS - [WWW.SALEISUREANDHOTELS.CO.ZA](http://WWW.SALEISUREANDHOTELS.CO.ZA) - [RESERVATIONS@SALEISUREANDHOTELS.CO.ZA](mailto:RESERVATIONS@SALEISUREANDHOTELS.CO.ZA) - 086 145 0000



## ZULU NYALA

*Experience the Magic of Africa*

Zulu Nyala Private Game Reserve provides a unique and authentic taste of the African bush.

Sandwiched between World Heritage Site St. Lucia and Marine Reserve Sodwana Bay, it is close to Hluhluwe, Kwa-Zulu Natal. This stretch of paradise is home to a wide variety of game, from the majestic elephant to the elusive leopard and cheetah. With 52 beautiful and ethnic style rooms, Zulu Nyala is the ideal location for your family holiday, bush experience, wedding, conference and team building.

+27 35 562 0177

reservations@zulunyala.com

www.zulunyala.com

27°54'0.50"S - 32°16'20.67"E

---

Based in Fourways Johannesburg, the Country Manor offers up-market, affordable accommodation along with a variety of distinctive rooms and halls for conferencing, year-end functions, team-building, product launches and weddings.

+27 11 702 9300

zncmres@zulunyala.com

www.zulunyala.com

25°59'30.46"S - 27°58'32.37"E

