

#FOOD-TALK

A Taste of Vintage

Serving up history on a plate at these bakeries in India



Here's an iconic thing parents say, "We have seen the world more than you." While we cannot contest that, these iconic bakeries in India can. Why? They have been around for almost a century, some even more. Today, we are looking at these iconic pre-Independence bakeries in India. These bakeries have stood witness to the most historic political event in India, the Independence. Almost more than 100 years later, they are still relevant, pull in crowds, and have remained legendary amongst all the new bakeries that have popped up in recent times.

Having built their legacy since Victorian times, these bakeries in India have stood the test of time. Trust a true gourmand to know where to find the best hidden gems across India, and when we set out on the search, these are the seven best vintage bakeries across India that we found.

Nahoum & Sons, Kolkata
One of the last few standing Jewish establishments in Kolkata, Nahoum's history dates back to 1902. Started by Nahoum Israel Mordcael, a Baghdadi Jew, this place is still run by the third generation of the same family. Talking about its popularity now, the long queues outside the shop till date is proof that heritage and history hold a special place in the heart of Kolkata.

From their fragrant Marzipan fudge cake to the Christmas special Plum Pudding Buns, Baklavas and Cheese Puffs, every single item here will give you a taste of history!

Shaiikh Brothers Bakery, Guwahati

Established in 1865, Shaiikh Brothers Bakery is a pioneer bakery located in Panbazar, Guwahati. Known for their stunning designer cakes and goodies, they have been the Holy Grail for over a century now. It was started by Shaiikh Ghulam Ibrahim, a young boy hailing from Hooghly, West Bengal, who came to Assam for his construction business. Assam had no bakeries back then, and he saw it as a great opportunity to serve the British officers and planters who had settled in Assam, as the Guwahati-Shillong Road was being rebuilt around the same time.

Glenary's, Darjeeling
A cult among Bengali tourists flocking to Darjeeling, Glenary's has been around since the colonial days. It was called Vado back in the day, and was named to what it is today after independence. While the years have passed by and even the ownership of this iconic bakery in India changed at the time of independence, the one thing that has remained constant is the unmatched quality of the food served here.

The Blueberry Cheesecake, Chocolate Triangle, Almond Sponge, Coffee Pastry, Chocolate Tart, among others are some of their must-haves.



Confeitaria 31 De Janeiro, Goa

A quaint little Portuguese cafe in Panjim, this bakery is located very close to the High Court of Bombay in Goa. Having been around from the pre-Independence era, this place was set up in 1930! Using the age-old technique of baking goodies in a wood-fired oven, this place will transport you back in time as soon as you step in. This place is widely loved for its swiss rolls, date, plum and walnut cakes, and even breads which sometimes, wait for it, come to you piping hot straight out of the oven!



Maharaja Gaj Singh II of Jodhpur.



Maj Chandrakant Singh Vrc (Retd) Military Historian

#GRANDEUR

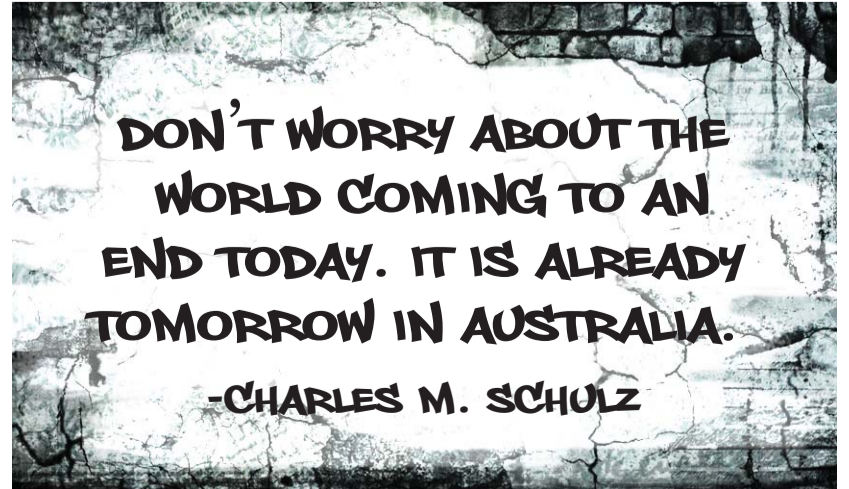
The people of Marwar and his well-wishers of whom there are many all over the world, will be celebrating the 75th birthday of His Highness Maharajah Gaj Singh of Jodhpur. A few days later on 26 Jan is the 71st anniversary of his accession to the Gaddi (throne) of Jodhpur at the age of four, after the tragic death of his father in an air accident on 26 January 1952. The longest reigning English monarch the late Queen Elizabeth II whose platinum jubilee was celebrated last year a few months before her passing, succeeded to the throne of England on 6 February 1952, which was 10 days after the accession of Maharajah Gaj Singhji. This makes Maharajah Gaj Singh the longest surviving ruler not only in Rajasthan and India but in the whole world.

Baapji was lucky that his grandmother Rajladi Sahab and mother Rajmata Sahab ensured that he received the best possible education. He first attended a prep school in England and then Eton. After Eton he went to Christ College Oxford where he graduated in a degree in Philosophy, Politics and Economics. These have stood him in good stead on his return to India and assuming charge of his inheritance. He married Princess Hemlata Rajye of Poonch and they have two children, Princess

Shivranjini Rajye and Yuvraj Shivraj Singh. He may not enjoy ruling powers, which his father surrendered unilaterally for the greater good of India, but in the hearts and minds of the people of Marwar and the regions of his admirers and well-wishers, Baapji is the Maharajah, and may he remain so for very many more years to come. We need him for the person that he is, for his leadership, and also for his many patronages and initiatives, which have been a tradition of his family and ancestors.

HAPPY BIRTHDAY YOUR HIGHNESS, AND MANY HAPPY RETURNS OF THE DAY. INITIATIVES AND PATRONAGES OF BAAPIJI

THE WALL



Recognised by UNESCO as 'Peoples Platform for Creativity and Sustainable Development'. It is an initiative of the Mehrangarh Trust and Jaipur Virasat. Baapji is the Patron in Chief of the festival and Mick Jagger of the Rolling Stones is the International Patron. The festival is the biggest folk music festival in the world which provides a platform to folk artistes from India and all over the world to perform in front of an international audience. It is held every year during Sharad Purnima. The setting is the magnificent Mehrangarh Fort. Many well-known and aspiring musicians come to the festival not only for its visual and listening pleasure but also for inspiration, for folk music is the very root of all music and is the foundation from which both classical music traditions and present day pop-music draw inspiration.

Happy Birthday Baapji!!

was published by the trust and released by Baapji. The trust is a recipient of UNESCO Asia-Pacific Award in the field of Architectural Conservation, Cultural Heritage and adaptive reuse.

Rajasthan International Folk Festival

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BABY BLUES



Umaid Bhawan Palace largest palace in the world royal family of Jodhpur.



Rao Jodha Park.

Project Shiksha- runs two girls hostels for marginalized girls from rural areas, aiming at their empowerment through proper formal education and digital literacy.

Project Sahayata- working for sustainable development and sanitation in tandem with the National Campaign of Swatch Bharat. It works to conserve water and provide accessible drinking water.

Project Shakti- dedicated to the empowerment of women through adult education, skill development and multifarious vocational skills. It helps women to face and overcome societal and financial obstacles.

The Geological Survey of India has declared the park as a National Geological Monument. Inspired by

Jal Bhagirathi Foundation

The foundation is driven by a vision of water security, sustained by responsive governmental and public participation. The foundation exists to provide an enabling environment in which the desert communities can access adequate drinking water for both humans and animals. It leverages local traditional knowledge and methods and encourages communities to take charge and assume responsibility conservation and equitable

Local musicians who are given an opportunity to perform at the festival attain national and international recognition and many are invited to perform overseas.

Get Organized Month

Are you organized? It's an important question. There are many ways of being organized, but some of us certainly have better organizational skills than others. A bit of organization can make even the most chaotic of spaces relatively manageable. Sometimes being organized is actually a safety issue. After all, when was the last time that you spent an hour looking for something in the closet and had to dig through the mess only to have to put it all back?

this park, the Government of Rajasthan has commissioned Pradeep to create a similar park on the outskirts of Jaipur.

The park has around 250 species of native plants and hundreds of species of birds, butterflies and moths. Amongst the animals the park is home to, both langurs and rhesus monkeys, desert fox, jackals and it is only a matter of time before panthers make it their home for there is enough prey for them to hunt and feed upon.



Indian Heritage Hotels Association

Baapji is the President and patron of the Indian Heritage Hotels Association, in which capacity he has played a leadership role in guiding and helping owners of heritage properties to conserve their properties and make them economically viable assets as well as giving employment to lakhs of people. These heritage properties have now become a favoured destination of celebrity and destination weddings. It is these heritage properties which bring in the millions of tourists both Indian and foreign to Rajasthan. Tourism is the biggest revenue earner and job provider in Rajasthan.

Polo and Equestrian Sports

Marwar has always been known for the excellence of its breed of horses and the finest cavalry in the world. It was the Jodhpur Lancers, three

hundred horsemen armed with swords and lances who at Haifa in 1916 routed a Turkish force of about fifteen hundred men armed with modern weapons and offered by German officers, a feat unparalleled in the annals of warfare. The Commander in Chief of the Turkish army was the legendary Kamal Attaturk who had earlier defeated and forced to retreat, the allied armies at Gallipoli and became the president of Turkey after WW1 and banishment of the Caliph. It is to the Jodhpur and Mysore Lancers that the cavalry monument outside Teen Murti Bhawan is dedicated. By their unexpected victory they helped to release from unjust captivity Abdul Baha the head of the Bahais, for which the Bahais all over the world are greatly appreciative.

There was a time when Jodhpur was the leader in the field of Polo. Their team was unbeatable, but the Second World War and the untimely death of Maharajah Hanwant Singh, interrupted the sport in

Jodhpur. However Baapji has revived the sport in Jodhpur, which has now again become a major centre for the sport.

His full title when he ascended the throne of Marwar at the age of four in 1952 was 'His Highness Rajeshwar Sarmand-i-Raja-Hind, Maharajadhiraj Maharajah Gaj Singh Sahab Bahadur, Maharajah Gaj Singh He is a Maharajah by birth and inheritance, but the name/title Baapji by which he is respectfully and fondly addressed as, is very much an earned sobriquet. Today in Rajasthan, the land of many rajyas and maharajas, when any one says Baapji, every one knows who is being referred to. Baapji could have easily lived a life of leisure and privilege, but mindful of his inherited legacy he chose to work in the service of his land and his people just as his forefathers had done before him.

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#PSYCHOLOGY

Home Strife as 'Mood Repair'

Our experiences in our home lives are deeply connected to how we think, feel, and behave at work



While it's not ideal, experiencing some unpleasantness with your partner in the morning can lead to some productive coping mechanisms during the workday, research indicates.

Having a rude encounter with your spouse or partner at home may seem like the first ingredient in the recipe for a bad day at work. But according to researchers at the University of Arizona Eller College of Management, employees may be more likely to connect with their colleagues and be more helpful at work after experiencing minor incivility at home.

It's a practice that researchers call "mood repair." Essentially, when someone's day gets off to a bad start at home, they might try to make themselves feel better by being of service to their co-workers later in the day. A study in the Journal of Applied Psychology examines the phenomenon.

"Our experiences in our home lives are deeply connected to how we think, feel, and behave at work," says lead study author Mahira Ganster, a doctoral degree candidate in management and organizations. "Anything from making a rude comment while brewing coffee to ignoring one's spouse while getting ready for the day leads employees to have to process and cope with those experiences while at work."

Ganster, along with professor of management and organizations Allison Gabriel and collaborators, tracked 92 couples for 10 working days. One member of each couple was designated as "employee" and the other as "partner," such as a spouse, fiancé, or long-term romantic partner. The partner documented each morning how they treated the employee before work. Later in the workday, the employees rated areas including how fatigued they felt, the degree to which they were in a negative mood, and how much they helped other people at work. "What we saw was that employees engaged in 'mood repair' that negative mood made individuals more likely to help co-workers with personal problems or their work," Gabriel says. "They were trying to repair the bad mood they were experiencing by trying to connect and interact in the workplace."



Ganster says the positive effects of helping others depended on the type of help the employees provided. Those who helped their co-workers with personal problems felt better in the evening when they came home from work, but those who helped with work-related problems felt worse. The team theorizes that's because personal help allows employees to rebuild personal relationships without adding to their workload.

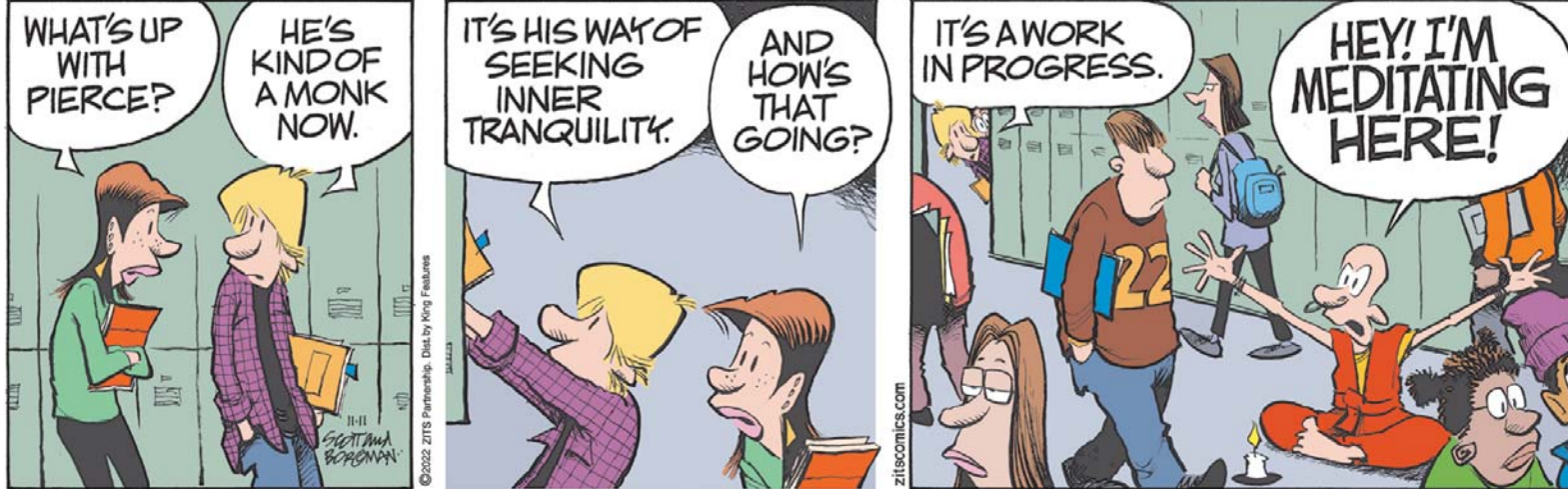
"So, employees looking to cope through helping should look for opportunities to help that foster greater social connections, rather than take on additional work tasks," Ganster says.

Ganster and Gabriel are quick to point out that even though incivility in the morning can lead to some positive effects during the workday, that doesn't mean it is an ideal situation.

"We are certainly not saying that it's a good thing to have uncivility by your partner because you're going to go to work and be a good citizen," Gabriel says. "But it does illustrate a possible adaptive coping mechanism that people can use when they start their workday on the wrong foot." The team says there are lessons to be learned from the research for both employees and managers. The researchers suggest workers can reduce the effects of an unpleasant morning by engaging in perspective-taking, or trying to see things from others' point of view. Ganster says employees who reported higher levels of perspective taking tended to experience less of a negative impact at work. For employers, Gabriel says empathy is key.

By Jerry Scott & Jim Borgman

ZITS



By Rick Kirkman & Jerry Scott