

# Delhi honchos take a break to discover city's heritage on foot

**EXPLORING HERITAGE** Business leaders take a walk around Hauz Khas on a pleasant Sunday morning



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**NEW DELHI:** Delhi's top business leaders woke up early on the cloudy Sunday morning to participate in an HT and India City Walks initiative, "Power Break — A Walk in the Rain — Decoding Hauz Khas". The two-hour heritage walk began at 8am on Sunday with corporates and their families eager to explore Delhi's rich heritage.

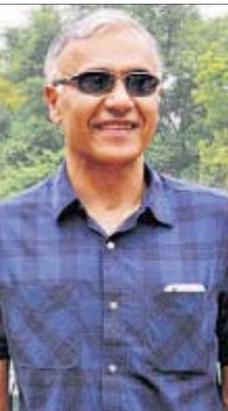
Naveen Jain, president, Duet Hotels has been a resident of Delhi all his life, but this was the first time he was coming to the monument complex. "I am very happy that through HT and India City Walks, I have had an educational Sunday morning," Naveen said. The walk was led by Nidhi Bansal, co-founder of India City Walks. She was accompanied by professor Najaf Haider who teaches history at JNU. Both familiarised the group with the local history by narrating stories and local myths associated with each building.

The walk began from The Project At Park Balluchi in Deer Park and proceeded towards Munda Gumbad, the headless tomb. After strolling around the lake, the group went ahead to explore the madrasa and tomb structure. "I came here about 15 years ago with friends, but this time it's a new experience," S Nagarajan, managing director of Mother Dairy, said. "I think this is a great platform for people to interact, destress and discover the past," he added. After a long walk in and around the complex on the pleasant morning, the group headed back to The Project for a replenishing breakfast.

Mayank Ashar, MD and CEO Cairn India, said, "Through this walk, I have developed a deeper understanding. I think it is the best way to learn about our past". Highlighting the need for corporates to step out of their offices, Sanjay Chadha, Partner, Global Hospitality said, "There is a big need for CEOs and managers to step out of the office and wander in the city. This is very rejuvenating and is a brilliant start for my day". On the motive behind the initiative, Nidhi Bansal said, "The focus



of our tours is to combine places of interest, insights into the city's myths and legends. There is no more inspiring way to experience some of the most captivating areas of a city than taking a walk." JS Chadha, hospitality partners for the event said, "We are humbled and excited to offer our hospitality for 'The Power Break'. The Project at Park Balluchi is delighted to see a confluence of great minds over good food and service."



(Clockwise from top) Business leaders gathered at the Deer Park on Sunday morning to participate in the HT and India City Walks initiative, Power Break - A Walk in the Rain - Decoding Hauz Khas; Jaspal Singh Chadha (blue turban), owner of The Project at Park Balluchi; Mayank Ashar, MD and CEO Cairn India; Nidhi Bansal, co-founder of India City Walks; S Nagarajan, MD and CEO of Mother Dairy.

### DECODING HAUZ KHAS

**HAUZ KHAS**

- The second Khilji ruler, Alauddin, founded the city of Siri in the 14th century where his armies met Mongols. Outside the walls of Siri, he built a large hauz (tank) to supply water to the new city. Firoz Shah Tughlaq restored it.

**MADRASA**

- When Tughlaq restored Hauz Khas, he also built the Madrasa-e-Firoz Shahi or the College of Firoz Shah.

**FIROZ SHAH'S TOMB**

- Though Tughlaq died in AD1388, he built his own tomb at the same time as the madrasa, in the 1350s.

**DEER PARK**

- The place is popular for walking, jogging, and outings.

# 22-yr-old killed by three men in busy market as people look on

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**NEW DELHI:** A 22-year-old man was stabbed to death by three bike-borne assailants on Saturday evening following an argument in northeast Delhi's Jyoti Nagar.

The crime occurred around 6.30pm in a crowded market but nobody came forward to help the victim. After stabbing the victim, the assailants fled on their motorcycle.

The deceased, identified as Salman Khan, was visiting his relatives in Jyoti Nagar on Saturday. In the evening, Salman stepped out with his friends. "He was standing near a two-wheeler

when three men on a motorcycle arrived. While parking the bike, they hit Salman on his leg and his bike. When he protested, the three entered into an argument with Salman, which soon turned into an ugly fight," a police officer said.

Within minutes, one of the three men took out a knife and stabbed Salman twice. As Salman fell on the road and began screaming for help, the attackers fled on their motorcycles. Salman's friend immediately informed his family members and the police about the crime.

"He was immediately rushed to Guru Teg Bahadur Hospital

where he succumbed to injuries," the officer added.

Salman lived with his parents and five siblings in Zakir Nagar in south Delhi's Jamia Nagar. Salman's father Naiullah Khan runs a canteen at a local engineering college. Salman and his elder brother Aamir, 24, helped their father at the canteen, the police said.

Police have registered a case of murder and are looking for the suspects whose identities have not been established, sources said. Investigators were also looking for clues from CCTV footage and by speaking to eyewitnesses to ascertain the identity of the assailants.

## HTMIND&BODY HEALTH CONCERNS

# True or false? Busting some health myths

**WATCH OUT** Experts warn against relying on detox diets for long, say anti-ageing products may not be effective

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**NEW DELHI:** Search engines have brought health information to our doorsteps but the sheer volume of the sometimes conflicting theories often makes it very difficult for many people to absorb. Do detox diets cleanse your body of toxins? Are e-cigarettes less harmful than cigarettes? HT speaks to experts to bust popular health myths.

**Myth:** Anti-ageing products make you look younger

**False:** If experts from Mayo Clinic in the US are to be believed, those looking for a face-lift in a bottle will not find it in over-the-counter wrinkle creams or gels. The benefits of these products are modest at best, but since over-the-counter products are not classified as drugs, there is scant scientific evidence to prove their effectiveness.

"There is no cream or gel that can make you look younger; not that I know of. There is no watchdog to check how effective these products are," says Dr Shahin Nooreyzeedan, senior consultant, cosmetic surgery, Indraprastha Apollo Hospital. "Crow's feet, for instance, is a result of a muscle that is working under the skin and not due to the skin. The only way to get rid of it is through botox."

**Myth:** Anti-glare glasses lower eyestrain

**Uncertain.** The jury is out. People love using anti-glare glasses but how effective these are is yet to be proven. "Whether or not these glasses work has not



A juice-only diet may be very unhealthy to subsist on.

been proven yet. They may offer some respite from eye fatigue when focusing on computer screens but that too depends on the quality of the lens and the type of coating," says Dr Mahipal S. Sachdev, chairman and medical director, Centre for Sight group of eye hospitals.

"If a product is picked from a non-standard company, it may have asymmetric coating that can cause damage to the eyes. Also, if the material used to make the lens has impurities that will also affect the efficacy of the glasses," he added.

**Myth:** E-cigarettes help to quit smoking

**False.** There is no evidence to show that e-cigarettes help people quit smoking, says the World Health Organisation. Created by a Chinese pharmacist in 2003, e-cigarettes soon became the replacement addiction for smokers. Its proponents say e-cigarettes are an effective and safe way to quit smoking as it lowers dependence and the cigarettes produce no second-

hand smoke.

"The few studies available on e-cigarettes are not adequate. These are short-term studies and tell us nothing about the long-term health impact of its use," says Sonali Jhanjee, in-charge of tobacco cessation clinic at the All India Institute of Medical Sciences' (AIIMS) National Drug Dependence Centre. "Also, we don't know exactly what goes into e-cigarettes, especially the ones available in India," Jhanjee says.

"A bigger concern is that these are a hook to get young people to start smoking, even as those who are trying to quit end up using e-cigarettes as well as regular cigarettes," Dr Jhanjee said.

**Myth:** Detox diets cleanse

**False.** Promoters of detoxification diets — where people only have fruit and vegetable juices — insist having mostly liquids for a fixed period cleanses the body and leads to weight loss, but experts warn against doing it for more than one or two days, "It can help if you for a day or two, but using it as a weight-loss plan is not healthy," said says Rittika Sammadar, regional head, dietetics, Max Healthcare. A juice-only diet provides simple carbohydrates and sugars that are needed for instant energy, but are very unhealthy to subsist on.

Human are primed for cleaning out toxins, with the liver and kidneys playing a key role in the process. "Detox diets may lead to weight loss but most of it is water and muscle loss. There is little fat loss," she said.

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