

Bringing a delectable Pan-Asian dining experience to your plate

Yazu Pan Asian Experience, which won the award at the Times Food & Nightlife Awards 2026 in the Best Asian Premium Dining category, believes in the philosophy of turning every plate into an immersive journey. And for that very experience they infuse the bold, comforting and the atrial flavours of Pan Asia.

The restaurant balances authenticity with innovation as it pairs iconic Asian techniques with contemporary presentation. Their signature dishes include Cheung Fung, handcrafted Gyoza and the indulgent Japanese Pizza. The Charcoal Noodles brings visual appeal with deep umami notes, while the live-fire Robotayaki selection showcases traditional Japanese grilling. Their Dynamite Prawns deliver crisp textures, creamy spice and explosive flavour. Besides tasty food, they also offer a choice in desserts and elevated mixology. They serve Matilda Pull Cake and classic Tiramisu to add sweetness to the eating out experience. Yazu's signature cocktail program highlights modern

Asian nightlife where cocktails like Osamu, Pickle in my Tickle surprises with bold and unexpected pairings. The Rasa Tropic captures tropical Asian notes. "This award belongs to our guests who celebrate Pan Asian culture with us every day," said the Yazu team.

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Bringing out the art and warmth of hospitality through cuisine

For chef Lallan Kumar the cuisine is one of the most powerful expressions of hospitality. He terms it a language that connects people, cultures and emotions with flavors adding to the backdrop. Chef Lallan, who has a deep passion for food, believes that dining is more than simply serving a meal. He feels creation to presentation, each aspect matters here.

He says, "It's about how you craft moments of comfort, joy and connection." The dishes he creates, he says, works on a pattern with a balance of authenticity and creativity. For



him, hospitality begins in the kitchen, where fresh ingredients, passion and precision come together to create an experience. The food, as per him, is about turning things memorable which the guest cherishes later. Chef Lallan preserves authentic flavors while adapting to evolving guest prefer-

ences. He combines traditional cooking techniques with modern presentation to add appeal to the dish. Beyond culinary innovation, Chef Lallan keeps inspiring his team in the hospitality operations. He focuses on consistency, guest satisfaction and continuous improvement.



Transforming a vast landscape into a sustainable eco-sanctuary



The Forest Hill Resort (FHR) has collaborated with Afforestt to turn the landscape into a sustainable eco-sanctuary. Devinder Sandhu, director, FHR said, "Our aim is to position the Chandigarh-Shivalik region through our place, prominently on the eco-tourism map." Gaurav Gurjar, director, Afforestt, said, "Native forest restoration, biodiversity revival and water conservation will help shape a new ecotourism destination near Chandigarh."

According to Devinder Sandhu, the initiative reflects a commitment towards preserving the natural character of the resort, which is spread on nearly 2,000 acres, located adjacent to the 10,000-acre Sukhna wildlife sanctuary. Afforestt's director Gaurav Gurjar along with designer Varsha Gurjar was on a visit to the resort. He said, "The site lies within the watershed of multiple seasonal streams and supports rich biodiversity, making it an important ecological extension of the surrounding wildlife corridor."

About rewilding stages, Gaurav said, there is research and audit: PNV

(Potential Native Vegetation) mapping, soil study, water movement analysis, identifying what is suppressing native life. Second, clearing: removing invasive and non-native species to open the ground. Third, water design: slowing and sinking rainfall through lakes, channels, and retention features. Fourth, planting:



native species across all layers, from canopy to ground cover. From there, the forest takes over. Varsha Gurjar said, "The restoration focuses on rewilding the mixed forest ecology native to the area. Species such as Jhingan, Phulai, Surteli, Dhayda, Kaim and Khair, along with indigenous grasses, are being prioritised."

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Hacks to avoid workout burnout



Schedule rest days, recovery is just as important as the workout itself. Plan at least one or two rest days each week to allow your muscles to repair and recharge.

MIX UP YOUR ROUTINE
Doing the same workout every day can lead to boredom and strain. Alternate between strength training, cardio, and lighter activities to keep things interesting.

SET REALISTIC GOALS
Avoid putting too much pressure on yourself. Set achievable goals that motivate you rather

than overwhelm you. **MAKE SURE TO FUEL YOUR BODY RIGHT**
Proper nutrition and hydration play a big role in energy levels. Eating well helps your body recover and perform better.

LISTEN TO YOUR BODY
Pay attention to signs of fatigue or discomfort. If something doesn't feel right, ease up or take a break to prevent injury.

STAY CONSISTENT
Progress comes from regular effort, not overexertion. Focus on building a sustainable routine rather than pushing too hard too quickly.



ARIES

You may be more stubborn. You need to be careful with your investments and how you handle your family wealth, too. Work faster, and make more money. A brilliant insight requires quick action. Schedule what you can do, and delegate the rest. Schedule flexibility pays off, and you see the path ahead clearly. Chances are you will be able to acquire exactly what you want, ahead of everybody else. Once you get it, however, it isn't going to be anything like you thought it would be.



TAURUS

Towards the beginning of the week, you can expect some good news, good food, and gain valuable things. Protect yourself from the heat and keep yourself well hydrated. Venus is well-positioned now to bring financial opportunities and gains.



GEMINI

Don't try to understand the bigger picture. Just keep looking out for the next stepping stone and plod on. Since challenging times are no problem for you, coping with the energy rush despite a certain tension will be quite easy. Belligerence on your part will unnecessarily stoke up people's emotions. Search for an intelligent solution. Step out of the present situation again and again to obtain a different perspective and a clearer assessment.



CANCER

A brilliant insight opens up a new possibility. Investigate all considerations before embarking upon this path. Double-check the data and make a thorough plan. Share insights with others. Watch for opportunity at the top, and be prepared to move. Be on guard if a usually gruff associate is suddenly nice to you. It won't take much to figure out that he or she wants something extreme from you. When negotiating with another, find the middle ground, no matter how long it takes. Whatever agreement you form, it must be fair and benefit each party equally.



LEO

New career opportunities are waiting for you. You'll know when you're ready. Another brilliant idea tempts. Working together allows you to overcome the problems that arise and accomplish your objective. It may require wheeling and deal-

FINOLEX FORTUNE

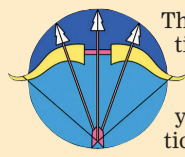
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See what the stars have in store for you - according to your moon sign.



look at the situation, act, look once again, and make corrections.



SAGITTARIUS

The exceptional energy-high benefits you particularly in the first half of the month. Yet pause time and again to check the situation. Just take a deep breath and look around to check whether those you imagine being behind you are actually still there. Always keep your communication flowing and allow yourself to be carried by the wave of your enthusiasm and inspiration; renew your approach, your visions, values, and your philosophy of life.



CAPRICORN

Unexpected company may arrive, or an invitation may be extended. Use good judgment and set realistic boundaries to protect your valuable personal time. You have everything going for you this week, so make the most of it. You are capable of handling many projects and equally capable of asking for help if you need it. A new career direction, social life, home life, and material bottom line are in the works. Life has a way of working out when you rise to meet it. Allow energy, urge, knowledge, or potential to lead you. Create from the present—don't rehash from the past.



AQUARIUS

Don't expect fast results, but powerful efforts will be worth it. There's potential for making money now. Meditation brings insight. Add color to your home. Now is a good time for changes, which may shake you up a little at first, but will soon give you a broader foundation, enabling you to accept and enjoy life with all its facets. Offer corrections to erroneous assumptions, even if you have to do it in writing. Then take time for a long walk or a trip.



PISCES

Expect an improvement in your financial affairs as well as in your authority at work. Professionals can look forward to better relationships with seniors and also benefit in terms of a raise in position, if not salary. Just be patient this week, as professional matters as well as business deals will look better from next week onwards. Mid-week is best for planning professional goals for success. A good time to spend with family at home.



A debate on history, belief & truth keeps this drama gripping

Review in short

AAKHRI SAWAL (Drama) ★★½
Cast: Sanjay Dutt, Namashi Chakraborty, Sameera Reddy, Mrinal Kulkarni, and Amit Sadh
Director: Abhijeet Warang
Duration: 1 hour, 57 minutes
Language: Hindi (U/A16+)

Namashi Chakraborty brings emotional intensity to the film. Though heavy and verbose in parts, the film succeeds in provoking discussion. —Abhishek Srivastava



Should you watch it?

Watch it for the intense ideological face-off between Sanjay Dutt and Namashi Chakraborty.

A messy comedy that gets tangled in its own confusion

Review in short

PATI PATNI AUR WOH DO (Romance, Comedy) ★★½
Cast: Ayushmann Khurrana, Sara Ali Khan, Rakul Preet Singh, Wamiqa Gabbi, Vijay Raaz, Tigraanshu Dholia
Director: Mudassar Aziz
Duration: 1 hour, 57 minutes
Language: Hindi (UA)



Should you watch it?

With few entertaining moments and an uneven script, this situational comedy is easy to skip.

make the screenplay even messier. Ayushmann Khurrana brings energy to his role, although he occasionally goes over the top, while Sara Ali Khan, Rakul Preet Singh, and Wamiqa Gabbi provide able support. Vijay Raaz and Tigraanshu Dholia are effortless in their comic scenes. —Dhaval Roy

RATING SCALE

TRASH ★ | BELOW AVERAGE ★★ | AVERAGE ★★½ | ABOVE AVERAGE ★★★ | GOOD ★★★½ | VERY GOOD ★★★★ | OUTSTANDING ★★★★★ | MASTERPIECE ★★★★★

Want a more detailed review? Head to etimes.in