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Jigyasa Giri

Chandri Bhat

Photos: Seven Shots
Shylaja

GETTING BOOKED!

After the roaring success of *Cooking at Home with Pedatha*, the duo who authored the book are back with a bang and launched their second book 'sukham ayu' - cooking at home with Ayurvedic insights at the *Duchess Club* meet on Thursday. Danseuse Jigyasa Giri and Pratibha Jain have based this book on their tryst with Ayurvedha - a combination of recipes and basic Ayurvedha concepts - all researched at Kare in Pune under the guidance of Dr. Prakash Kalmadi. Nina Reddy and her team of *Duchess Club* members gave the authors a very warm welcome and the launch was a rather serene event which began with an invocation to Goddess Saraswathi. Congress MP Jayanthi Natrajan was the chief guest for the morning. Actress Reyathy Menon and culinary expert Chandri Bhat received copies of the book. Spotted at the launch were also Shylaja Chetlur, Rathi Nilakantan, Sujatha Mundhra, Anu Agarwal and Anu Sachdev.

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Jayanthi Natrajan



Sujatha Mundhra,
Anu Sachdev and Anu Agarwal