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LIFESTYLE, FASHION & FOOD PROMOTIONAL FEATURE



Peace Out

The latest health trends you need to follow — from detox diets to kundalini yoga and exercises for expectant mothers
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OUR PICK OF THE BEST COFFEE TABLE BOOKS TO CUDDLE UP WITH THIS MONSOON, AND HOW TO GET THAT GLOW DESPITE THE RAINS



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THE PRETTIEST PLACES TO VISIT IN MALTA, AND A LOOK AT THE HOTEL WHERE RUDYARD KIPLING WROTE HIS MAGNUM OPUS

The Design INNOVATORS

GROUPDCA is a multi-disciplinary architecture and interior design firm, based out of New Delhi. Founded in the year 1996, the firm has to its credit, remarkable, award-winning and widely acclaimed projects across diverse typologies such as residential, retail, hospitality and workspaces. With core values of design excellence, innovation and customer satisfaction, the firm has been able to successfully partner with various brands (both national and International) in the conceptualisation and implementation of brand identities.

With an in-depth desire to redefine the paradigms of design, group DCA has been focused in its approach as a skillful balance of talent, experience and hard work. Spearheading groupDCA are architects Amit Aurora and Rahul Bansal, who graduated in 1993 from the esteemed School of Planning and Architecture (SPA), New Delhi.

Both the partners, through their individual expertise have contributed towards the firm's robust image in the design industry, with a special focus on delivering design excellence with innovation, collaboration and value engineering. With their dedication towards contextual and sustainable designs, inspiring young talent and nurturing human relations, today, they lead an energised and enthusiastic team of over 40 professionals.



Group DCA partners, architects Amit Aurora (left) and Rahul Bansal (right).



The firm has designed some of the leading restaurants in the Capital, such as Town Hall (above) in Gurugram and The Backyard (left).

Each project is treated individually, with an approach that is most appropriate to the project's identity, vision, business format, target clientele, code of ethics, site location and budget. Rather than following current trends or designing for the short term, the studio believes in sustainable design, which is exclusive, well-balanced, contextual and fosters longevity and practicality. A conscious effort is made to use local and sustainable materials/ technology. This, in turn, reinforces traditional crafts and skill sets of the craftsmen, while minimising the impact

on the environment. Each project is therefore not a cookie-cutter solution, but is instead climate-appropriate and designed to meet specific needs that create an exclusive, yet relevant product. Their projects have included leading restaurants in New Delhi like Amour Bistro, Town Hall in Khan Market and in Gurugram, Hunka Hunka Town in Chandigarh, and The Backyard in the Capital. Through its contribution in the realm of architecture and interior design, Group DCA has made a mark across India, South Asia, Africa and the Middle East.

BEAT THE CANCER WOES WITH DENVAX



Dr. Sharmin Yaqin, director at The Denvax Clinic aims to bring relief to cancer patients with her research and innovations.

The sight of patients gravely ill in the cancer ward of a medical college, in deep pain and suffering, looking at their doctor with eyes full of hope for a normal life inspired Dr. Sharmin Yaqin, director, The Denvax Clinic studied, inspired her to work towards bringing relief to the cancer patients. She soon got

involved in cancer research, treatment and patient care.

An MBBS and MD in medical biochemistry, Dr. Sharmin along with her husband and cancer immunotherapy specialist Dr. Jamal A. Khan, introduced the term cancer immunotherapy at a time when it was rarely known amongst doctors and

researchers. She shares, "It was nearly 14 years ago when there was no concept of customised treatment plan or any other way in which the cells could possibly help cure cancer, it was then we introduced Dendritic Cell Therapy or Denvax and happened to be the pioneers of the practice in India."

There is no single test that can accurately diagnose cancer which is usually silent during the early stages. Pain, weight loss, bleeding or loss of appetite when cancer has grown to a certain size, are some of the early signs which should not be neglected. Abnormal signs, if any, should immediately be brought into the doctor's attention. Complete evaluation starting with examining the patient's history to conducting diagnostic tests that confirm the presence of the disease in the body can help treat cancer in time.

Once diagnosed, the patients are advised to undergo conventional methods of treatment namely surgery, radiation and chemotherapy followed by Denvax, an adjuvant treatment meant for solid tumours and also the fourth modality in cancer treatment. Dr. Sharmin mentions, "This autologous treatment based on ex vivo technology spans across as a course of three months which comprises 6 doses given at every 15 days

interval. Here, the patient's own mononuclear cells transformed into cancer-specific dendritic cells are further transferred to the patient's body. In this process, only the cancer cells are targeted and the immune system, which is failed, is taught to recognise and kill these types of cells. Killing cancer cells is not enough if we don't treat the pain, anxiety and depression that come along with the diagnosis. Hence, cancer is best treated using a multi-disciplinary approach."

Being customised in nature, Denvax is safe and has almost negligible side effects. It works by enhancing the immune system against cancer thus improving the quality of life of

the patient. It also helps in preventing relapse by targeting the micrometastasis. At times, it helps in reducing the side effects caused by chemotherapy. On the other hand, in some cases, where the disease has taken over the entire body, Denvax might not work at all.

Ask Dr. Sharmin her plans for the future and she shares, "We are in the process of developing a bio tech park in Sohna Road, Gurugram which falls under special economic zone and will comprise an R&D centre and a treatment manufacturing."

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