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Duchess Of Cornwall Enjoyed South Indian Cuisine

Rejuvenated Camilla says au revoir to city

TIMES NEWS NETWORK

Bangalore: Fresh soups, low-fat and low-oil South Indian food, yoga and meditation... the five-day sojourn for Camilla, the Duchess of Cornwall and wife of Prince Charles, in Bangalore's Soukya holistic health centre was truly rejuvenating. Camilla left the city on Saturday and will join her husband in New Delhi for the gala inauguration of the Commonwealth Games on Sunday.

The Duchess, her close family and friends were accompanied by Scotland Yard police during their Bangalore visit. They stayed at the 30-acre green environs of Soukya.

"She had a wonderful time and appreciated the treatment. She experienced integrated medicine comprising homoeopathy, ayurveda, yoga and naturopathy. She was friendly, unassuming and was very warm towards all the staff," medical director of Soukya Dr Issac Mathai told STOI.

During her stay at the Whitefield spa, she did yogasanas, meditation and had medicated oil massages. She is said to have relished the different kinds of dal and yoghurts, besides South Indian food.

The duchess enjoyed walking in the garden, knowing more about the 100-odd medicinal plants and livestock grown in Soukya. Besides, she was curious about the varieties of flowering plants at the centre.

A special classical music programme by seven South Indian musicians was organized to entertain the duchess.

She planted the Indian Medlar (*Mimusops Elengi*), which grows to a tree measuring about 16m in height and bears white fragrant flowers. This is another of those trees whose



BIDDING ADIEU: Dr Issac Mathai and his wife Suja say goodbye to Camilla, the Duchess of Cornwall, at Soukya holistic health centre

flowers, fruits, bark and bark root are used for medicinal purposes.

Scotland Yard police, too, were impressed with the security made by Karnataka police. They specially thanked SP Mahesh and DySP Kumaraswamy for the special arrangements made during the duchess' stay in the city.