

# LA POLO

INTERNATIONAL

*Hundred+29<sup>th</sup>  
Edition*



*Expert Tips From*

# FARRIER

— Bernard Duvernay —

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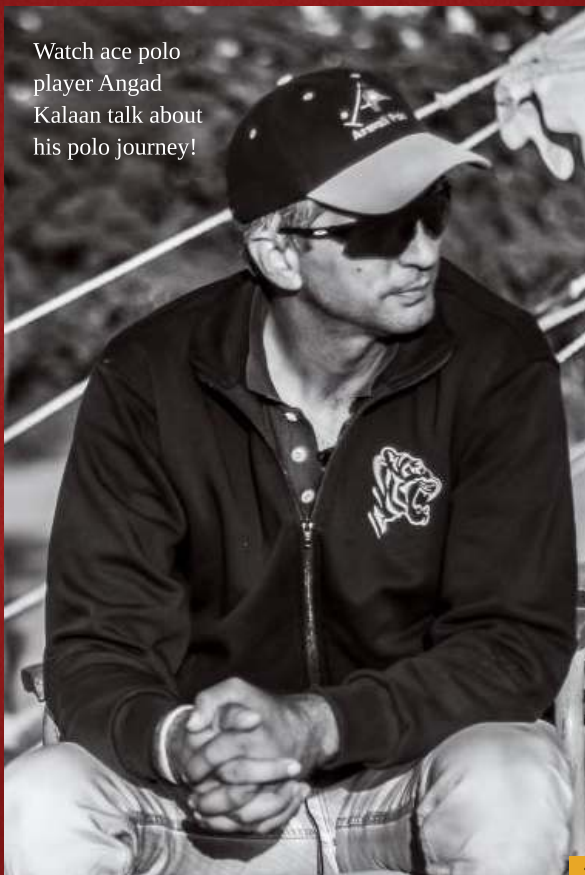
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Ethical & Eco-friendly Fashion

# POLO

Watch ace polo player Angad Kalaan talk about his polo journey!



Asian Stories

## The Beginnings

*Polo, the Sport of Kings, flourished in Persia (now Iran) during the 16th and 17th centuries as a training game for royal guards or elite troops in preparation for war. It evolved into a national sport played by noblemen and women, and is recognized as a professional sport that continues to be popular in over 16 countries around the world today.*

Click Here



IT ALL STARTED HERE!  
"THE SPORT OF KINGS," POLO  
FLOURISHED IN PERSIA (NOW  
IRAN) DURING THE 16TH AND  
17TH CENTURY AS A TRAINING  
GAME FOR ROYAL GUARDS OR  
ELITE TROOPS IN PREPARATION  
FOR WAR

*From The Magazine*



Polo boots get the final touches at D Minsen & Co.

## Sole Masters

*In New Delhi's Connaught Place, a quaint shop stands testimony to the legacy of handcrafted footwear. D Minsen & Co, steered by Edward and Violet Chiu, has been creating handcrafted boots for generations of polo players.*

*LA POLO unravels one of the city's best-kept secrets. Amid the many famed eateries at Connaught Place, that date back to the 1960s, reflecting the vintage of the region, stands a shop that might go unnoticed. Unless, like us, you are looking for this unique legacy to unfold.*

***Read the complete story now on  
LA POLO in a free online edition.***



From The Magazine



Violet Chiu

## The Perfect Pair

*The moment comes when the rider understands his horse; that's the moment when they become one, and Polo is born. The sport of Polo continues to fascinate sports enthusiasts far and wide.*



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High On Polo

## High On Polo With Angad Kalaan

*Here's a detailed interview with ace polo player Angad Kalaan where he gets candid with LA POLO and shares some mesmerizing memories from his polo journey. He is passionate about the sport and has spent nearly 20 years around horses, farms and polo championships, and would find it difficult to not think, walk or talk about Polo. Angad's family has had legendary players like Uday Kalaan and the late Col Raj Kalaan. He talks about his passion for polo, his ideas and vision for the game.*

Watch him talk in this video!



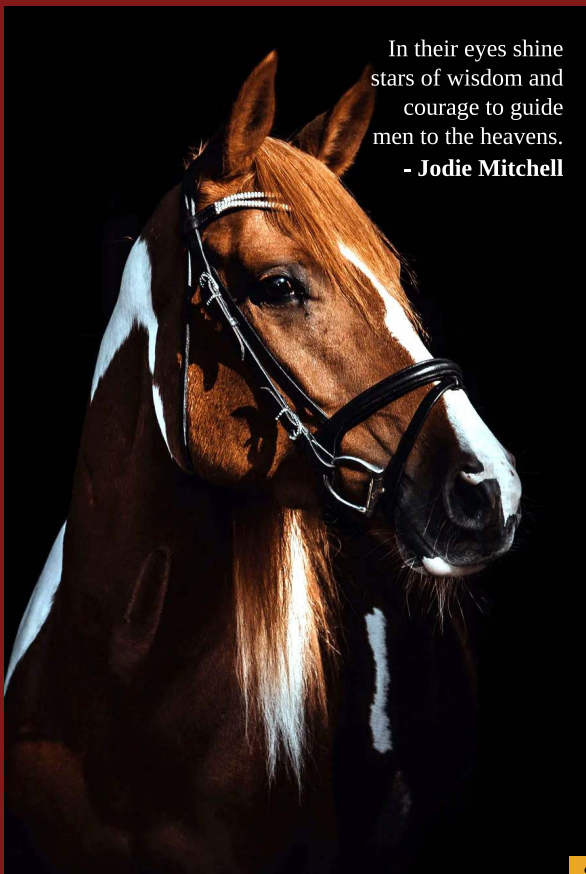
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# LA EQUUS

In their eyes shine  
stars of wisdom and  
courage to guide  
men to the heavens.

- Jodie Mitchell







Brushing is one of the essential horse care steps

## Horse Care with Farrier Bernard Duvernay

*The horse is not just an epitome of speed, beauty and grace. It's much more, a soul probably filled with love and care. The horse's loyalty and its royal demeanour is legendary.*

*With the neo coronavirus outbreak, there has been a drastic change in our routine lives. We are not alone affected by it; polo aficionados would know that it's equally important to take care of the horses in these trying times.*

*To get a better grip of how the horses must be taken care of, LA POLO connected with Bernard Duvernay, an expert farrier. He remarked: "In most countries, like in Europe, and in the USA, the farriers are still allowed to travel and to take care to their clients." Concerned about the safety measures that must be taken, he said it is important to stay hygienic...*





Bernard Duvernay working on a horse shoe

## Keeping The Horse In Top Shape

**Bernard Duvernay says:** “The diet of the horses has to be adapted for low exercise time. Please do not overfeed them, reduce the rich, energetic food with a high percentage of protein. Horses who have a tendency to be fat are at high risk to develop laminitis when we stop or reduce their exercises.”

**Furthermore, he said:** “Exercise is very important for the health of the horses, and their feet. Leave them in a paddock a few hours daily or exercise them but please don’t leave them in the stables for days without any movements.”

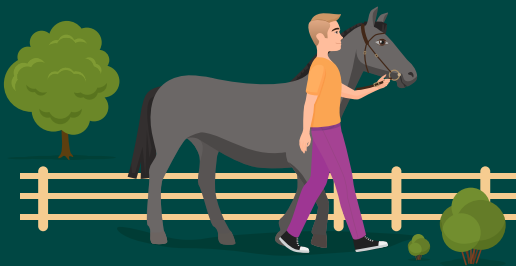


Quick Tip

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**#TakeCareOfTheHorse**

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## Pro Tip

*If you can't ride anymore keep your horses moving on a low level: increase field time, add extra walks by hand, treadmill, aqua trainer. Lounging the horse at a quiet pace to keep up the stamina is a good idea but again do not overtrain.*

# BEYOND

It isn't enough just looking for the quality in the products we buy, we must ensure that there is quality in the lives of the people who make them.

- Orsola De Castro



Feature

## Need For Sustainable Fashion

*When it comes to fashion, we have more choices than ever before. However, we are also becoming increasingly aware of the impact fast fashion is having on our planet and the people and animals involved in the manufacture of textiles. There are a number of reasons why fashion needs to change.*



Sustainable fashion is the call of the time

Feature

## Ethical & Eco-friendly Fashion

*As we get more and more conscious about climate change, fashion and its carbon footprint also needs to be examined. Here are some reasons why we need to make ethical choices in the brands we wear:*

***Chemicals used in textile production can be harmful to animals, the environment and our health:***

*You may never have thought about it, but how aware are you of what it takes to make the bright colours of your clothes stand out? There are a number of hazardous chemicals routinely*

*used in clothing production. These chemicals are polluting our seas, and may even have a harmful impact on our health, particularly those who work in clothing manufacture. It is essential that we educate ourselves on the consequences of using such chemicals, and find alternatives. Paying more attention to sustainability will not only benefit the environment but our long-term health too.*



Need of sustainable fashion

***Too much clothing goes to landfills:*** *The level of waste produced in the fashion industry is high, and brands must commit to reducing the impact of both their operation and packaging options. Can it be recycled? Is it biodegradable? Could the products be packaged 'naked'? These are questions brands should be asking.*

***There is a massive human cost to the clothes we wear:*** *Fair wages, working conditions and quality of life are at the bottom of the agenda for many large fashion brands using factories overseas to produce their goods. We are often not as educated as we could be about the ethics and supply chain of the brands we choose. A good example is natural mica (used in dye or in cosmetics) which is often the product of child labour. Companies struggle to trace where mica comes from and often are unknowingly complicit.*

Quote of the week

A portrait of Livia Firth, a woman with long, wavy brown hair, looking directly at the camera. The image is semi-transparent and serves as a background for the quote text.

Fast fashion is like  
fast food. After the  
sugar rush it just  
leaves a bad taste in  
your mouth.

Livia Firth,  
ethical fashion advocate  
and founder of sustainable  
fashion consultancy Eco-Age



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details of Polo, Editor's picks, social  
events, interviews with trailblazers  
and in-depth articles.

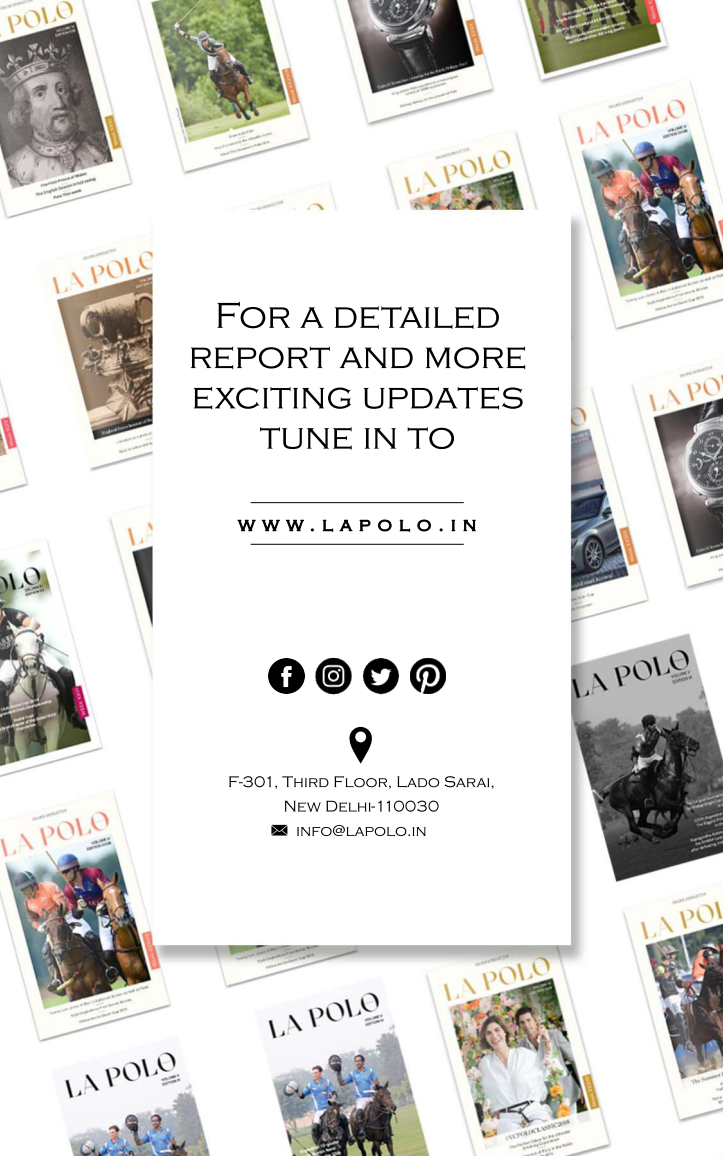
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