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Vol. 13
Issue 05
JANUARY
2020



Rashmika Mandanna

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Come January and our office just resets. At JFW, rather than nailing down time-worn resolutions and vision boards, we choose to reflect and recharge. I believe that is our strength, and that is how we've evolved into an empowering force and forum and continue to inspire our readers.

On that note, this month's edition tracks down all that's following us into 2020, in the worlds of decor, fashion and more. You will find our pages especially loaded with style alerts from the latest couture, with side notes on how they can be worked into everyday looks. Get a taste of the colour of the year as well – it's a real goodie! Our food and wellness sections work in tandem this month, aiming for a healthier you – after all, merely slimming down isn't everything. Yes, and then there is our very charming cover girl, Rashmika Mandanna who opened up to us this month in a tell-all interview – she might be young, but she's a tough spirit. Read about her reasoning behind her decisions and you'll know what I'm talking about.

There are a few more surprises in our content this month, but I won't get into those here. Discover them all for yourself! As you tear into a new calendar, I wish you a year of ripe opportunities and memorable moments!

CHEERS!



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Chennai - 600018. Phone : 6111 1749 / 50
E-mail: sales@optionsmediagroup.in
Web: www.jfwonline.com

Published and owned by Bina Sujit at E-6, CDS Avenue, 4 Cart Track Road, Velachery, Chennai-600 042, and printed by B. Ashok Kumar at Rathna Offset Printers, 40, Peters Road, Royapettah, Chennai-600 014.
RNI No. TNENG/2007/21186

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Mailbox

LOVE WHAT YOU SEE?
Don't forget to share your thoughts and suggestions. Tag us, drop us a comment or just email us at jfw@optionsmediagroup.in

With reference to the articles on women of power - Whilst many have swayed with the times and moved away from the things that truly matter, bringing out stories like these, enrich the soul and assure you of time well spent.
- Parvathy M.





Nice 2019 movie list. Could have had so many more but then again 2019 has been a good year for movies.
- Shilpa



Very pretty! I loved your ideas on how to look ready for the holiday season. There is something magical about red, white and green. Isn't it?
- Rhea, *Chennai*

Good variety of articles this month. A perfect mix of everything. Loved the must-watch movie list. Sure to watch a few!
- Malini, *Chennai*

I subscribed to JFW after a friend recommended it to me; and I am not dissapointed. Excellent stories, relatable skincare solutions, easy-to-follow recipes. I love them all. 😊😊
- Sri Shashini, *Coimbatore*

Hi Sri Shashini,
We are ecstatic to know that you love our magazine. This edition too should keep your spirits up as we embrace the New Year. Happy Reading!



I really loved reading the skincare suggestions you had this month. In a whirlwind of products and promotions, it is sometimes so easy to separate the line between what you want and what you need.
- Smiti, *Kochi*

SOME SERIOUS **SLEEVE STATEMENT!**

You can carry all the drama up your sleeve this year as power shoulders are not calling it quits anytime soon. If you are looking for more inspiration, here's a starter pack to all the sleeve drama you'll need this season.



Moschino
Spring '20
Ready-to-Wear
Collection



Draped sequined chiffon mini dress by **Redemption**



Isolated Treasure puff-sleeve satin dress by **Johanna Ortiz**

Rayne puff-sleeve polka-dot organza midi dress by **Lee Mathews**

Petra Tencel top by **Cult Gaia**



Sylvie metallic crepe mini dress by **Anna Mason**

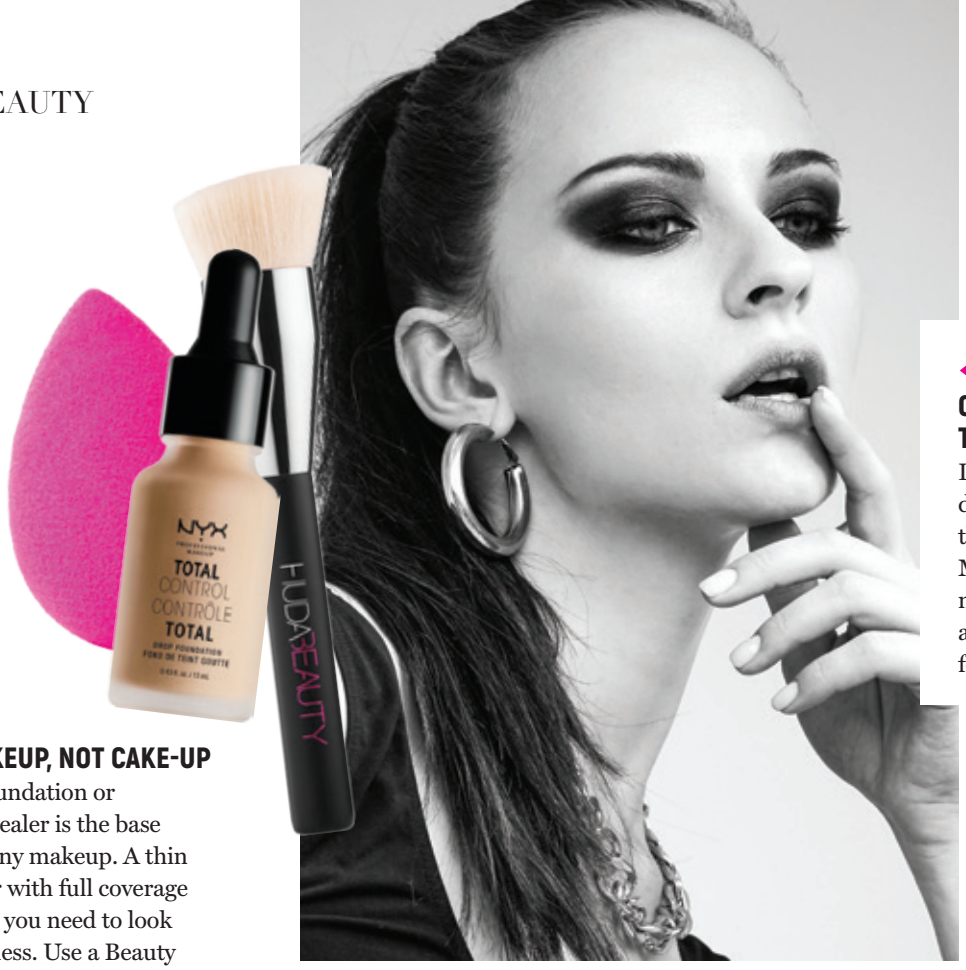
Eccentric Words puff-sleeve vase-print mini dress by **Johanna Ortiz**

Irene metallic floral-jacquard peplum top by **Stine Goya**

#STYLE TIP

SASSY SLEEVES

We saw plenty of exaggerated sleeve styles come down the runways during the spring 2020 season, at Richard Quinn, Moschino, Marc Jacobs, Rodarte, and more. If you are a beginner, start small. Pair a puff-sleeve with straight cut skirts or trousers, along with sneakers or platform sandals. Keep accessorising and makeup minimal.



MakeUp Quickies

Two out of three women do not wear their makeup right. Most tend to go a bit heavy-handed with cosmetics. While purple lipstick with smoky eyes is going to make a statement at red carpet, it's not going to help you on your dinner date. Here are five guidelines that will help you get your makeup right.

MAKEUP, NOT CAKE-UP

A foundation or concealer is the base for any makeup. A thin layer with full coverage is all you need to look flawless. Use a Beauty Blender or a foundation stippling brush to get a full coverage and a thin layer. Make sure to check your product's expiry date as outdated products can cause the foundation to thicken and give a cakey finish.

CHOOSE ONE FEATURE TO HIGHLIGHT

If you're going for smoky dark eyes, lay low with the lipstick and blush. Make sure you chose one main feature to highlight and use neutral shades for the other.

PANDA EYES

We all know it's a task to get your mascara right. Using a powdered concealer or applying foundation as a base might help keep the mascara from smudging and giving you panda eyes.



LIP SMACKING

From picking the wrong shade to smothering it all over your face, there are a million things that can go wrong with lipstick.

First the shade: Dark lipstick makes your lips seem thin, while lighter lipstick gives a fuller appearance to your lips.

Prepare your lips: Use sugar or a toothbrush to gently scrub your lips to exfoliate them. This will prevent them from getting dry and chappy. Use lip balm or a lip primer before applying your lipstick for a more smooth texture.

Wipe out the excess: That includes wiping off the stains that have found their way to your teeth.

2020 TREND REPORT



· ALL'S OLD, YET ALL'S NEW ·

EXPLORE CLASSIC COMEBACKS THAT ARE STAYING PUT THIS YEAR, WITH A GREATER IMPACT.
BY SRUTHI RAVINDER

The year is about to begin and already four fashion tarot weeks have passed predicting what people will be wearing in 2020. The advent of resort and cruise collections and the frequency of capsule collections released by designers have filled the gap between Spring-Summer and Autumn-Winter runways. And this has over time removed the significance of what is "in" right now. The new-age fashion is pushing people to think of how long they can wear it rather than how long the trend will last.

One look at the Spring-Summer 2020 collection and you will see the beginning of change. If there are two things that the runways this season are pushing, it is practicality and longevity. The previous foes of fashion are now all that matter. Tiny micro bags are replaced with sensible totes, suede sneakers with platforms, gold is the new glitter, and leather is not just for cold weather anymore. As you flip through the trend report of the year, you will find the biggest hits of the season's runways right in your closet, as this year many classics have made a comeback with a deeper meaning.



MATERIAL
SOFT LEATHERS

Leather has made its striking presence all the way from fall to spring-summer. Think pops of greens, yellows, orange, reds and in all forms from leather pants, miniskirts, shorts, jackets to boots and bags. Oversized silhouettes from Alexander McQueen and Valentino, feminine cuts in Marni, and cool colours at Coach 1941; it's time to take out your good ol' leather a little early this year.

THE MATERIAL WAS SPOTTED IN SS20 RUNWAYS IN SHADES OTHER THAN THE USUAL BLACK AND TAN

Ditch Latex / Pick Leather

Miu Miu
Madras Crystal
Star Bracelet

Simon Miller
Lunchbag
Leather Bag



Christian
Louboutin
So Kate 120
Metallic Patent-
Leather Pumps

Givenchy
Embroidered
Leather Pouch



DOLCE & GABBANA





NOIR KEI NINOMIYA

Oscar De La Renta Jungle Horn Earrings





MARNI

VALENTINO

HRISTIAN DIOR

DOLCE & GABBANA

VALENTINO



VERSACE'S ICONIC TROPICAL DRESS THAT WENT VIRAL WITH JLO'S STRIDE ON THE RUNWAY

Valentino Garavani Tropical Dream Thong Sandals



Furla Jungle Print Swing Mini Round Crossbody Bag





Versace Jungle Print Chain Reaction Trainers

IT'S A JUNGLE OUT THERE

Dior's wild safari themed collection, Marni's range built around the beauty of nature, Noir's plant headgears, Valentino's jungle prints with monkey motifs: the SS20 runway turned into a canvas of what could be lost, scenery of exotic flowers, wild leaves, and greens set in whites, orange and even pastels. Environment and climate change has become an elephant in the room fashion cannot ignore anymore.

Ditch: See you later, sea prints!

Pick: Wild tropic

SHEER

Transparent and completely see through, sheer dresses continue to be fashion's obsession. Sheer clothing has established itself as one of those trends that doesn't feel quite a trend anymore because it's so ubiquitous. Gucci went bold and celebrated sexuality with a collection of sheer skirts, tops, and dresses, layered with intimate wear. Dior presented elegant evening wear in sheer, and Chanel and Prada had sheer blouse paired with skirts and pants.

Ditch: Satin / Pick: Sheer





WHILE LAST YEAR WAS ALL ABOUT MIDIS, THE YEAR IS BACK TO EMBRACING THE SHORTER HEM

SHORTS

Tom Ford's Bermuda suits, knit shorts at Hermès, Louis Vuitton's leather paperbag and hot pants styled with stockings in Chanel, SS20 has brought back shorts in all its glory. And right in time for the weather ahead!

Ditch: Midis / Pick: Hot pants

CROCHET

Embracing femininity and handicraft, crochet is the prettiest trend of SS20. So if you have treasured your grandmother's knits, it's a good time to dig them out. Don't have one yet? We suggest you invest in one that you can pass down as heirloom. Think ultra-feminine skirts, polished suiting, and elegant eveningwear.

Ditch: Prairie dress

Pick: Crochet dress



DOLCE & GABBANA

Nannacay + Net Sustain Manu Fringed Crocheted Tote



Stella Mccartney Falabella Crochet Tote



ISABEL MARANT



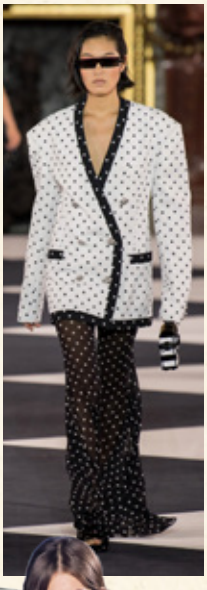
Alexandre Birman Natural Jenne Crochet High-heel Sandal

BALMAIN





BOTTEGA VENETA



BALMAIN

BALENCIAGA



ALEXANDER MCQUEEN



SAINT LAURENT

VESTS, SHOULDER PADS AND UTILITY POCKETS, WERE ADDED TO THE 70'S SUITS, GIVING AN EDGE TO THE DECADE'S BOSS LADY LOOK.

POWERDRESSING

If one thing the decade of womenswear has established, it is that suits are not borrowed from men. Making a stronger appearance than ever before - boxy, tailored, over-sized, cropped, paired with skirts, co-ords, shorts, slouch-trousers - it's going to be a good year for suits.

Ditch: Nothing. Blazers work all ways!

Pick: Vest

MARC JACOBS



BLUMARINE



BRANDON MAXWELL



CELINE



BALENCIAGA



HERE'S AN OFFICIAL RUNWAY STATEMENT FOR THE YEAR AHEAD: 'IF YOU MUST PARTY, DO IT IN GOLD!'

Jennifer Behr Adele Gold-Tone Headband

Versace Gold Medusa Tribute Pendant Earrings



FOR THE PARTY SEASON
GO FOR GOLD

From Balenciaga's golden foil fairytale gown complete with a big bow, Marc Jacobs textured golden full maxi, Rocha's golden slip dress, almost all the designers had a standout moment in golden party wear.

Ditch: Glitter and sequins

Pick: Metallic gold

Gucci Gold Bee Motif Earrings



Versace Gold Palazzo Pumps

Dolce & Gabbana Sicily Mini Mirrored-Python Shoulder Bag



Gucci Gold-Tone Guccy Mini Shoulder Bag





VALENTINO

CHLOÉ

CHLOÉ

WHITE SHIRTS

Bishop sleeves, frilled, cropped, feathered, transparent, wrap-overs, disco collars and more hardly cover the number of variations this wardrobe staple saw in this season's runway.

Ditch: Basic full sleeve

Pick: Power shoulders

BORROWED FROM SPRING/SUMMER '19

Neon, ruffles, the colour beige, and cycling shorts, continue to have their high-game even as the year ends. They appeared just as frequent in SS20 runways as they did in the bygone year.

KEY ACCESSORIES OF SS20

THE RETURN OF PRACTICALITY! OH THANK GOD!

BIG BAG ENERGY

We can't exactly say it's the end of tiny bag frenzy, as we still spotted variations of it this season too. But the good news is that the greater half was dedicated to big bags and practically sized totes. Bucket bags are this season's hottest trend, followed by roomy shoppers.



ALBERTA FERRETTI

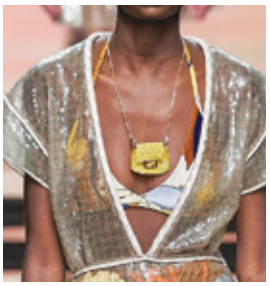
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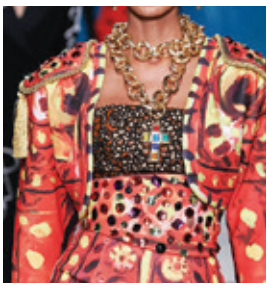
MIU MIU



PRADA



FENDI



MOSCHINO

PLATFORMS FOR FEET

The comfy sneakers craze has a new substitute – the just-as-practical platforms and Mary Janes. Glamorous and dressy platforms came from Valli and Simone Rocha, while the basics were presented in Prada and Teva.

CHAINS AND CHOKERS

Close-to-collar chokers remain high on must-have lists, along with links and layering. The new touch comes from Moschino and Fendi: chains that come attached to tiny handbags. ■



1. Ruffled wrap-effect cotton dress by **Sea**
2. Lilou crocheted cotton wide-leg pants by **Akoia Swim**
3. Palazzo Empire Greca leather strap watch by **Versace**
4. Raphia embellished strappy suede sandals by **Jacquemus**
5. Venice one-shoulder stretch-crepe bikini top and briefs by **Marysia**
6. Collared tie-front cropped top by **Jacquemus**
7. Le Vernis longwear nail colour in Bleu Trompeur by **Chanel**
8. Blue GG Marmont mini velvet bag by **Gucci**

Salvatore Ferragamo Spring 2020 Ready-to-Wear Collection

Gucci Spring Summer '20 Collection

WHY SO BLUE?

"Classic Blue, a solid and dependable blue hue we can always rely on," said Executive Director of the Pantone Color Institute Leatrice Eiseman announcing the 'Pantone Color of the Year 2020.' This timeless choice is the perfect reflection of our need for stability amongst troubled waters. A shade lighter than navy, its versatility makes it that much easier to embrace this 'reassuring' shade.





Sunny side UP
ANU HASAN

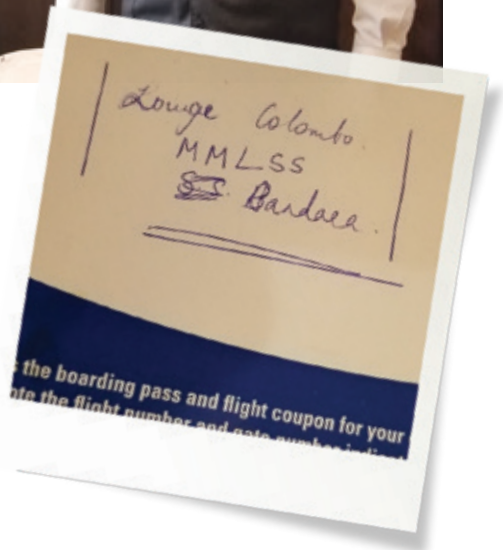




Two Sides of a Coin

When they spoke about not sweating the small stuff, I must have been wearing earmuffs! Because I DO sweat the small stuff. Big things not so much. Which is odd - but small things tend to affect me much more than they should. Thankfully it is two sides of a coin. I am as easy to upset as I am to make happy





"IT WAS SAID IN SUCH AN INDULGENT TONE THAT I FELT A RELUCTANT SMILE MAKE ITS APPEARANCE. HE GOT ME SOME TEA AND THEN ADDED "EAT SOMETHING" AGAIN IN THAT TONE THAT WAS INDULGENT YET SOOTHING. HIS NAME TAG SAID HIS NAME WAS BANDARA.

I was transiting via Colombo and I was at the lounge. A six hour transit added to a four day trip to UK was making me a bit disoriented. I thought maybe a short nap would help. I noticed there was a quiet area that had been set aside for people like me. I tiptoed into the section. (Felt odd walking past sleeping strangers and picking a recliner next to someone. But needs must and all that...)

Just as I was about to close my eyes, the man on the recliner next to me started snoring. He would start softly and then build up the tempo and the noise level until he reached a peak and then one long loud indrawn snore which came to a sharp stop. Silence for a minute which feeds the hope that maybe he has stopped snoring. But no. He would resume from the lower volume. And build it again to the crescendo.

As fascinating as it was, I thought it was a bit weird that I was intently clocking a stranger's snoring pattern. So, I forced myself to mentally mute him and closed my eyes.

No sooner had I drifted off to sleep, when I heard footsteps thumping along. I half opened my eyes and saw a man muttering to himself as he walked. I followed him through half closed eyes as he headed to the recliner next to me.

Something warned me that this man was going to be loud and I could feel the clouds of sleep clearing and my brain getting ready to spew forth disapproval over the anticipated inconsiderate behavior.

The thing about my instinct is this. It is almost always - annoyingly - right. As it was this time. The man zipped open his carry on bag in a loud impatient movement, and pulled out a sheaf of papers, which he then proceeded to loudly shuffle through. I opened my eyes more fully and half sat up and said in a whisper, in Tamil "Please do that a bit softly. People are sleeping." Only a blind man could have possibly missed seeing 15 grown adults sleeping on recliners!

The man looked at me belligerently and said loudly "I haven't even started doing anything and you're telling me, I am making noise?" I raised my eyebrows at this statement. Did he mean he was going to start doing something that was going to be noisier?

By this time, I was completely awake and my brain warned me to stop. He was clearly from a rural area and experience has taught me that men from the villages are less likely to take kindly to a strange woman telling them what not to do. And certainly not a city chica dressed in jeans at that! I snapped my mouth shut and tried to go back to sleep.

And he showed me what he meant about "starting"! He unfolded a stiff plastic bag and started stuffing things into it. Now you all know how noisy that can get. People started stirring. Even the snoring man woke up and glared at him. But this one blithely continued doing what he wanted to. And much to my bewilderment, finished it, and took his things and went out to eat! Had he come in to do this stuff in an area where no one would see? – maybe he was smuggling something? And how could he just not worry about disturbing all the people who were sleeping?

"AS I WALKED AWAY, I NOTICED THAT MY SPIRIT WAS UP AGAIN. THE WAY BANDARA HAD LAVISHED HIS ATTENTION ON ME AS WELL AS OTHERS DURING MY STAY AT THE LOUNGE HAD HAD ITS EFFECT. I FELT SOOTHED AND COMFORTED. AND I SMILED.

I was too tired not to mention totally cheesed off with him to analyse this. I sighed at how these small things get to me and got up and went outside. As I went past the man, I couldn't resist saying "It would be nice if you had some consideration for other people" Before he could respond, I stalked off.

I must have looked really mad because one of the guys serving the lounge came up to me and said,"Is everything ok?" and I irritatedly explained what had happened. He smiled gently at me and said,"He is an old man. Come have some tea"

It was said in such an indulgent tone that I felt a reluctant smile make its appearance. He got me some tea and then added "Eat something" Again in that tone that was indulgent yet soothing. His name tag said his name was Bandara. And I said,"Thank you Bandara" I settled down to my tea and snacks.

I watched him as he moved around the lounge. Bandara was a natural host. He made people drinks, brought snacks, chatted with them and generally made an effort to make everyone comfortable. There were other people doing the same job but he did it with a kind of gentle affection and dignity that made him stand apart. It was in the little things that he noticed. Like how, when I was scanning the room for a bin to throw the tea bag cover, he appeared beside me with a smile saying "Give it to me" And as I sat down to have my tea again, the way he quietly came and placed a napkin next to me. And he didn't do it just for me. He was like that with everyone.

As I was about to leave the lounge, I approached him and said,"You are such an asset to the team. Thank you for making the effort to keep us comfortable. May I mention your name in the article I would like to write?"

He beamed at me "Yes , it is Bandara. Please note the initials"

I nodded at his name tag "Yes I see that it is SS Bandara." He said,"No. The full name is MMLSS Bandara."

I dutifully wrote it down. I thanked him once again, took his picture and bid him goodbye.

As I walked away, I noticed that my spirit was up again. The way Bandara had lavished his attention on me as well as others during my stay at the lounge had had its effect. I felt soothed and comforted. And I smiled.

Small things do have a big effect on me. Like I said – two sides of a coin. ■

Connect with Anu Hasan. Send in your suggestions and feedback at *www.facebook.com/anuhasan.india* or mail her at *anufbpage@gmail.com*



What's in for SKIN

Seems the upcoming year is all set to follow and extend the current trend of clean skin and hair care. Right from naturally sourced ingredients to cruelty-free manufacturing, all the way up to recyclable packaging, green is the buzzword of the season.



About the writer:
Dr Renita Rajan is the Chief Consultant Cosmetic Dermatologist at 'Render Skin and Hair', clinic for skin, hair and body concerns. She is one among the top consultant cosmetic dermatologists in Chennai.

Well, going naked may still not have worked for Lush's balance sheet, but it has definitely upped the game for unpackaged/ minimally packaged products. This means product formulations have to be robust, but it also means product shelf life may not be all that long. Extending from no packaging, physical stores are making a comeback, mostly for a touch and feel experience, but also for conscious consumers who are aware of shipment resources. Gender-neutral products are also coming of age, with consumers realising that perfumes and packaging are not adequate to differentiate products for men.

INDIE MAY STILL CONTINUE ITS HOLD ON SOCIAL MEDIA, DRIVING BETTER-PRICED, CUSTOMISED PRODUCTS, WHICH MAY ALL RELY MORE ON THE CONTENT THAN ON THE PACKAGING.

SUGAR, SPICE AND EVERYTHING NICE

Cut to ingredients, animal testing is nearly extinct, with cell cultures taking over the burden of product testing. However, not all products can opt out, but luckily for skin care products and cosmetics, human volunteer testing has always been easier and more applicable, so no worries there.



OFFLINE BEAUTY

Physical stores are perfect for those who are very careful about not making the wrong choice. Taking us far from drowning in a sea of packaging waste, the choice has become more abundant, and unfortunately, more confusing than ever, with many indie brands getting online.

ALL INCLUSIVE!

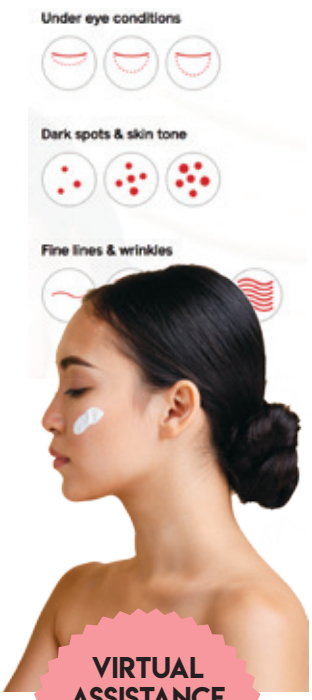
Inclusive beauty has reached over to skin care, courtesy Fenty, so now we have skin care lines for all skin types and complexions. However, the craze for lightening/ whitening still continues, even though people are aware of the problems of long-term hydroquinone use and topical steroid use for skin lightening. India rang in regulations on over-the-counter steroid use, but the internet, and YouTube particularly, still continues to be abuzz with videos and tutorials on using steroids for well, fairness.



IS THAT FAIR?

As more and more skin and hair care products come into the online domain, the need for better regulation rises higher. So this space needs continuous monitoring, which would be a welcome trend for 2020.

Personalised Skincare Consultation by Shiseido



VIRTUAL ASSISTANCE FOR A PERFECT MATCH

WHAT'S TAKING ONLINE FURTHER?

AI, of course. With big brands like Shisheido and Neutrogena, going all out to develop apps that can provide you with personalised skin and hair care product recommendations, and cosmetic consultati ons, AI is fully powered to oust humans in this domain.

2020 MAY WELL BE THE YEAR THAT CEMENTS A DECADE OF INDIE EVOLUTION IN THE SKIN AND HAIR CARE MARKET. STILL, PHYSICAL STORES PAVE THE ROAD AHEAD, WITH EVEN LARGER BRANDS LIKE GLOSSIER AND NYKAA PUTTING DOWN WELL, BRICKS AND MORTAR.

Insta-gorgeous?

DIY is empowering, and AI combined with DIY is simply outstanding! This is a space that might truly take 'home remedies' to a new level, especially with the advanced scientific know-how that is being ploughed into these apps. And of course, humans will compete with AI as always. Microinfluencers and beauty bloggers have taken it over from doctors and beauty salons, for advice related to skin and hair care products. Social media, particularly, Instagram is brimming over with self-made beauty gurus, with 47.7M posts tagged skin care and 7.6 M tags for hair care. Still far from make up posts with 260M tags, but this is a trend that cannot be ignored, though it remains to be seen if this is good or bad!

Safe stuff stays

What about the products themselves? With more and more people, men included, getting their hair texture changed, sulfate-containing shampoos find themselves edged off the shelf. What's actually trending here is DIY shampoos, which offer to mix up the various ingredients, as per the user's discretion or desire. While this is truly interesting, the shelf life and stability of these products are seriously questionable, leave alone the potential for allergy and irritation. Products behave differently from ingredients, which is not always remembered, given the novelty of the idea and the experience itself! Also, bigger brands are constantly regulated and policed for ingredients, which is missing in indie skin and hair care.

Custom-made for you

Minimalistic skin routines are in, with staples being vitamin C and A products. The former is applicable to anyone looking for managing pigmentation, and the latter, fights ageing. Lifestyle contributions to healthy skin and hair are being looked at again, with apps dedicated to sleeping your way to youth and beauty. A natural extension of this, would be caring for the ages, with product lines targeting the very young and the very old.

So well, the bottom line is this: there's something new out there no matter your age, gender, race or want. Whether that something satisfies your needs and your skin goals, is a completely different matter altogether. Ultimately, the winner will be the one who has the knowledge and self awareness, to be empowered to make the right choices! ■



THE FOUNTAIN OF **YOUTH**

While the eternal battle against fine lines, wrinkles, dark spots and dullness is bound to wage on forever, it is vital to realise that to be a worthy contender the earlier you start taking care of your skin, the better! This means incorporating the right anti-aging products suited to your skin type amidst eating right, drinking lots of water and getting enough sun protection.


GIAMBATTISTA
VALLI
PARIS



BIG CITY DREAMS!

SOUTH INDIA'S YOUNGEST SENSATION, KOLLYWOOD'S MOST AWAITED ENTRANT AT JUST 23, **RASHMIKA MANDANNA** HAS BUILT QUITE AN EMPIRE FOR HERSELF IN SOUTH CINEMA. FROM BEING VULNERABLE TO DOUBTING HERSELF, THIS YOUNG LADY IS MORE RELATABLE THAN ONE WOULD THINK. AS SHE SITS DOWN FOR A LUNCH AROUND FOUR IN THE AFTERNOON, AFTER A BUSY DAY SHOOTING THE COVER, AWAY FROM HER ENTOURAGE AND THE CAMERA LIGHTS, RASHMIKA MANDANNA OPENS UP TO **SRUTHI RAVINDER** ABOUT LIFE IN CINEMA AND BEYOND.

PHOTOGRAPHER ESHAAN GIRRI

STYLIST **PAVITRA SAGAR, (INSTAGRAM: @STYLEMUZE)**

HAIR AND MAKE-UP **BHAGYALAXMI R PADYA & HARIKA MARUMAMULA**

LOCATION **THE PARK, HYDERABAD**



Leggings: ***Giambattista Valli***
Sandals: ***Prada***
Earrings: ***Valliyan***



DONNING PRADA HEELS AND VALLI STOCKINGS, IT'S HARD TO BELIEVE THAT THIS STUNNING YOUNG LADY BEHIND HER SMOKEY EYES, INTIMIDATING COSTUME AND COOL DEMEANOUR, IS ACTUALLY A SMALL TOWN GIRL FROM COORG, AND WAS ONCE AFRAID OF THE "BIG CITIES".

Born in the small town of Madikeri in Karnataka, Rashmika had a simple upbringing. Her parents, not being ready to send their daughter to the big city, let her pursue her high school in Mysore, before moving to Bangalore to pursue her undergraduate degree in psychology, journalism and literature. Two weeks into college, one of Rashmika's friends signed her name up for the Fresh Face Bangalore competition. Rashmika, who was completely unaware of what she was getting into, found out that her name was enrolled only a day before. However, she went for it.

"I was extremely shy but participated. I ended up winning at the college level and then it was with other colleges in Bangalore, and finally I was representing the city in an all-India competition. I was called for the finals, went to Bombay and ended up winning the final round."

The limelight suddenly found her. Her name and pictures grew prominent in social media. Front pages of papers started carrying images of a young girl smiling, with a sash that said Miss Fresh Face. "People started noticing me. I would be roaming around and people would call out: "Hey you're that Fresh Face girl, nah?" I had a feeling something big was going on around me but I was not able to wrap my head around it," she recalls.

Unaware of what was happening, Rashmika went back to her regular life, diving into a pool of assignments for the next semester. But things weren't the same again.

She started auditioning for a couple of movies, series, and short-films, but they weren't just working out at that time. "The last audition, I went in as a favour for a friend. And I got selected for that. I prepared for the character for three months but unfortunately, the movie never got released."

Just as she was about to give up all hope, destiny rang her through a phone call. "I got a call from the assistant director of the movie Kirik Party. I remember going to the audition with least confidence. One of my best friends who accompanied me, advised me to give my best shot, as this was a huge opportunity."

Rashmika walked into that audition believing she won't make it. But life had its own plans. She got a call back, and soon, she was reading lines out of the



"HEY YOU'RE THAT FRESH FACE GIRL, NAH?" I HAD A FEELING SOMETHING BIG WAS GOING ON AROUND ME BUT I WAS NOT ABLE TO WRAP MY HEAD AROUND IT



script of her first movie. Even after the completion of her debut film, Rashmika was still not very sure about herself. Before the movie could even hit big screens she was ready to pack up and start planning her future away from cinema. "I felt I had done something, given my best. The team said it was good enough, but I honestly felt it was time to go back home and probably get into dad's business."



ACTING COMES TO ME NATURALLY. I WAS WATCHING THE MOVIE AND I FELT I DIDN'T DO MUCH.



Acting comes naturally to me

Once her debut movie was released, it was a hit and people fell in love with the new charming girl they saw in screen.

"That's the thing about me; I'm still not sure about my work. Acting comes to me naturally. I was watching the movie and I felt I didn't do much. I just remembered I used to do the shots and they used to be okay within the first two takes. This used to shock me. The same thing happens even now. I don't know if I know acting. I'm not someone who looks into the monitor to analyse my performance. I leave it to the director's eyes. If he is happy, I'm happy."

After her first hit, Rashmika had a string of movies in line. Her second was Telugu rom-com Chalo, on the side was Anjaniputra in Kanada, and in the mean time she was making an announcement

Dress: ***Zimmermann***
Sandals: ***Sophia Webster***





Top: ***Zara*** *Skirt:* ***Asos***
Earrings: ***Mango***

about Geetha Govindam. And then came Chamak, Dev Das, Dear Comrade and now Sarileru Neekevvaru where she stars along with Mahesh Babu.

She is currently shooting for Beesham in Telugu, Sultan in Tamil and Pogaru in Kannada.

If they treat me as an actress with very little to contribute to the film, I do not like it.

While the privilege of choosing films isn't handed down early in filming career, Rashmika likes to choose her scripts carefully. "What draws me to a script is how different the character is, and whether I feel strongly about the content. Even if there is a louder voice in the film that is delivering a good message, I'll extend my support," she reveals. "It is also important to me that I be included in the narration from the initial script. Only then I feel like I'm a part of the film. If they treat me as just a heroine playing second fiddle in the film, I do not like it. If the team is getting together, sitting on a script narration, I know that I need to be there." she says.

It was the first film that I poured in so much of myself into. Physically, mentally, emotionally.

This is one of the reasons that the Oscar-nominated Dear Comrade remains close to Rashmika's heart. She played the role of a star cricketer, for which she had to train four months before the shooting even began."From the script narration, to moulding myself mentally and physically, into the role of the tough cricketer, I was very involved in the movie. The output

RASHMIKA Mandanna'S FAST FIVE

THREE THINGS YOU'D LIKE TO TELL YOUR YOUNGER SELF
Don't worry Rashmika you will get there. Patience, smile, and have more self-confidence and do what you're doing!

WHAT DO YOU LIKE TO DO IN YOUR FREE TIME?
I love staying home and Netflixing. This is the 5th time I'm re-watching the whole Friends series. I'm also an anime person, I love Naruto.

PARTY PERSON?
Believe it or not I have been to exactly three parties in all my life. And by that I mean, go inside, get over-whelmed by the crowd, just turn back and run away.

CHEAT DAY FOOD
Desserts. I love sweets. When I'm home it's only sweets. My mom is scared that I will turn diabetic. No mummy, I work out too much!

FAVOURITE FITNESS
I love mixing it up and don't stick to any one routine. I do cardio, weights, functional, dance, swim... never let my body get used to one thing.



Jumpsuit: ***Zara***
Earrings: ***Joules by Radhika***

from all the training was only a two-minute scene; they could have edited or just put in a double or something like that. But the director came to me and said he wanted very specific behaviour for this cricket-oriented character, and that it was important for me to know the game. The team would call me when they played matches. Dear Comrade was the first film that I poured so much of myself into, physically, mentally, emotionally. They made me work harder, and that's when I became a true part of the movie."

I don't consider myself as a sensation yet.

With more than 3 million followers on Instagram, movies from three languages, commercial hits and more, Rashmika is the south's newest sensation. At just 23, all this can get a bit over-whelming, but Rashmika is a far from taking herself too seriously. "For me, nothing was an overnight sensation, it was a whole process. I find myself journeying with each of my movies. Even if it is a massive hit, it doesn't go to my head. Even now when I'm in my hometown not many people recognise me. Apparently I look very different off-screen. I look like a little girl off-screen, and very mature on screen. I get a lot of 'Are you Rashmika Mandanna?' to which I reply 'No sorry, a lot of people get me confused with her a lot.' I know that's evil but I do it for the kick of it," she laughs. "I don't take myself as a sensation yet. I want to grow more and I want people to appreciate my work."

For an outsider, the film industry can look like a very scary field to be in

When Rashmika was new to the limelight and was taking her initial steps into the film industry she was warned by her close ones to be careful, since the cine field is most of the time not considered safe especially for "young girls" and she was barely 19 when she started her career. "Growing up, there were a lot of such negative people I had to deal with in my life. But when I came into the industry, what I personally realised was that we have some of the sweetest people here. Everyone I've met so far in the industry and worked with are such nice people, I don't mind working with them a hundred more times. I have no complaints. This was a shocker to me, when I was about to enter the industry, all my friends and relatives warned me to be careful," she says looking back. "Thank god I'm in the film industry, I feel blessed. Not because of the fame and all that but for the love I get, from the people here. It is amazing. It was rather a beautiful surprise than a shock delving this deep into the film industry."

YOUR CHECKLIST TO MAKING IT IN THE FILM INDUSTRY

- PATIENCE
- BE NICE
- BE GENTLE
- BE GENEROUS
- WORK HARD
- FOCUS

When you get into the industry, do not look at anything else but just your goal. Focus on where you want to be. And if you make it into the field, good for you.You've just found yourself a big, happy family!

With success comes failure. I have to work harder to give people what they deserve

While she has enjoyed her share of blockbusters, not all her films did great at the box office. "With success, comes failure. If there are no downs, you can't really celebrate the ups," insists Rashmika. For her, success and failures don't matter as much. All she sees is a girl who's giving it all she's got. Trying to work hard and make people around her proud, make people smile. "If there are a few of my characters that the audience don't like then I have to work on it better. I like working harder; I'm this very ambitious, competitive person. So I have to work harder to give people what they deserve," she says determinedly.

I can use a little drama

Being under the public eye and speculations is a cross every actor must bear. Rashmika has not gained a million hearts without making a few haters. "I truly believe now, that if you are not vulnerable to backlash, then there is no fun. I'm now a public figure, I'm an actor. If you don't have someone talk something about you then where is the fun? You can't have only the positive comments all the time. 'Dude this film is horrible, this girl is so mediocre. If she can get it we can get there.' Bring it on, I can use a little drama," she declares with her buoyant spirit.

No one has the right to comment or talk about my personal life

With that being said, there is a thin line that divides her professional life from her personal life, and this line has often been grossly overlooked by the public. In recent times, Rashmika has been subjected to cruel trolls aiming to malign her image. To that, the fierce young actress has only one thing to say: "No one has the right to talk about my personal life or have a say on my personal decisions. I think it was partly my fault that I was allowing someone else comment on my private life. I've learnt from my mistake, and going forward, I'd like to ensure that my private life stays private and is not open to comments and opinions of those it does not concern."

You can't exactly describe a guy you need or crave for in words. It's an emotion. Or I've never experienced love at first sight.

Rashmika is not someone who believes in love at first sight. "He should be a home away from home. You are hustling the whole day, so when you go back you need calm, you don't need drama. You just want that person to be there and be calm. That is what I crave for. He needs to be my home. Wherever he is, I should feel perfectly safe and respected. I've never experienced love at first sight," she lets on. ■









DECOR TRENDS 2020

It's that time of the year when many homeowners think about a quick home makeover as they welcome a new year. ***Suraksha Acharya*** outlines some of the hottest designs, styles, colours and decor elements that are set to make an impact over the next twelve months.











SUSTAINABLE DESIGN

An entire generation is turning towards a greener (amplified by Greta Thunberg's global movement), cleaner and a more planet-friendly lifestyle. Vintage is definitely making a comeback and antique wall signs, décor and accessories in the living room are all the rage. Jump on this trend, shop eco-friendly and be a part of the trendy green wave. Nothing needs to be wasted and everything in your storeroom can acquire a second life with a little DIY creativity!

TEXTURED WALL FINISHES

Another trend we are ready to embrace is textured wall finishes. Though colour is the first thing we turn to when the home feels lacklustre or flat, never underestimate the power of texture. Now more than ever, we see a return to custom-made applications, showcasing craftsmanship as we move into 2020. Introducing texture to a space gives a lot of depth and when applied with a flat plaster paddle rather than a roller or brush, the paint will give your walls some three-dimensional wow factor.

CLASSIC BLUE

Last week, Pantone named its 2020 colour of the year: Classic Blue. House Beautiful predicted that French Blue was "the new Millennial pink." Coincidence? Not really. The world that we live in shapes our tolerance of colours, and it's no surprise that blue and white seem like a combination made in colour palette heaven. Previews of the year's furniture show an abundance of blues in every shade, with product and furniture designers treating it as much of a neutral as gray or beige.



Pantone named its 2020 colour of the year: Classic Blue.
House Beautiful predicted that French Blue was "the new Millennial pink." Coincidence? Not really.



Trunk, Cabinet and Wing Chair by Pepperfry





Lena Table Lamp by FabIndia

Floor Cushion by Pepperfry

The trend is towards being clean and luxe,
with layers of natural, organic accents within a neutral backdrop.



Park Residences Condominium by Midori Architects

BOLD BLACK & WHITE

Black and white is indeed an enduring colour combination that is here to stay! There is an emotional connect with this dynamic duo that always look modern. It is a trend that echoes minimalism and there is a perfect balance of opposing tones. Get ready to jazz up your living room with geometric pillows of your choice; cushions with tribal prints for example, will get you there.

SUBTLE LUXURY

Modern minimalism is everywhere and it's an easy choice for staging a new interior design concept for the new year. The trend is towards being clean and luxe, with layers of natural, organic accents within a neutral backdrop. To emulate this trend, try to incorporate subtle patterns, textures, and modern shapes, without 'trying too hard'—in a rich but casual vibe.

CURVES,CURVES,CURVES!

A rectangular sofa? So last decade. Nowadays, designers and homeowners are opting for the soft, romantic feel of curved furniture. The 80's are having a big comeback, and while most of the trends from that era are hard to swallow, the tubular forms we're seeing in furniture can be really fun and modern if done tastefully. From designer sofas, to curved-back armchairs and dining chairs, we're looking at a curvy road ahead for design! 2020 is the year of the gentle curve as we move away from more rigid, structured, rectilinear styles and towards elegant, curved and asymmetrical pieces.

A DASH OF FIBRE

Cork is the new "it" material and it's getting more popular due to its versatility and recyclability. Over half of the volume of cork is made up of air, thus rendering it an exceptionally light material. Moreover, cork is completely waterproof and flexible, an excellent sound and heat insulator, and a natural fire retardant. Cork floors have been going strong for years, but think about the possibilities that come with cork furniture, tiling and cork walls! Start small if you feel so inclined with this organic inspiration!



Chaise Longue by Designer Daniel Michalik

Pipo Chair by Designer Alejandro Estrada

The 80's are having a big comeback, and while most of the trends from that era are hard to swallow, the tubular forms we're seeing in furniture can be really fun and modern if done tastefully.

Serpentine Sofa by Designer Vladimir Kagan





ANOTHER YEAR OF THE OUTDOORS

The social kitchen connected with the backyard, the lovely dining space that opens into the patio or the spacious living room connected visually with the cityscape in the distance – it is another year where outdoors will wait right outside the interiors. The emphasis on turning the view into the real showstopper of the living room, while the décor and ambience plays second fiddle, is the look to aim for in coming months. Even if you are not blessed with the best of views, try to bring in more natural light and ventilation giving the room a less 'boxed in' feel.

This year, enjoy bringing home the best in new design.

Happy decorating! ■

A True Warrior

When a woman sets her heart on a mission, she is an unstoppable force. We see a living example of this in ***Priya Ravichandran***, Joint Director of the Fire & Rescue Department, Chennai. As she sits down for a conversation with ***Radhika Ramesh***, this courageous officer puts into words her journey; and while it sounds heroic, it reveals years of struggle, motivation and a support system as strong as her.



Photo Credit: Arjun Jawahar

Her resolve and mettle are plain as day in her choice of words, and in her unique perspective. Here's Priya, fierce firefighter and inspiration, for you:

Humble beginnings

Priya always felt that service to the government was her calling. Hailing from a conservative family she reveals, "My father has always been my strongest support as he has always backed me in whatever I aspired to do. He was by no means hesitant to send me to JNU, Delhi for my higher studies, a very rare thing in those days." And go to Delhi she did, completing her Masters and M. Phil in Sociology, while simultaneously preparing for the UPSC and TNPSC exams.

However, Priya did not clear the UPSC and her TNPSC results came out right before her wedding

MY FATHER HAS ALWAYS BEEN MY STRONGEST SUPPORT AS HE HAS ALWAYS BACKED ME IN WHATEVER I ASPIRED TO DO.



time she went to a major accident spot as an officer. "I remember workers trapped beneath the collapsed ceiling of a temple. Since the cement was wet, we had to act quickly. One worker was stuck in the cement right up to the hip!" She pulled through the nerve-wracking incident successfully and has ever since believed in putting other's lives ahead of her own. January of 2012 beckoned her in the dead of the night, on a public holiday to Kalas Mahal in Chennai. "Though we called in all fire tenders and a good number of metro water sources, we couldn't put out the blaze because we were unable to identify its source. Panic arose and I realised I would have to go in to locate the fire source myself."

The ceiling collapsed on her, leaving her injured under the debris. While her colleague tragically passed away, she managed to make it out and was rushed to intensive care. "I was out of my senses for quite a while. I sit here today, despite suffering 45% percent burns across my body, only because of all the support I received. I am grateful to the heartfelt prayers of thousands of nameless, faceless people who heard of the incident," she affirms. Dr. Ganapathy Krishnan helped her recover from the burn injuries while Dr. Sasikumar helped her recover mentally, while giving her post-operative advice and treatment. Priya received the President's Award for Gallantry in 2012 for this life-altering episode.

I WAS OUT OF MY SENSES FOR QUITE A WHILE. I SIT HERE TODAY, DESPITE SUFFERING 45% PERCENT BURNS ACROSS MY BODY, ONLY BECAUSE OF ALL THE SUPPORT I RECEIVED.





day. "Though my results came out on that day, the decision about my post was made only later on. In fact, I was called for physical training, just a month after delivering my first baby," she added. "My husband, who is also a government official, encouraged me wholeheartedly to go ahead, and my family did everything they could to make it easier for me to complete the strenuous training."



A haunting first

Priya recalls the first

Meeting the 'Iron Lady' herself

Priya vividly recollects her conversation with late Chief Minister of Tamil Nadu Ms. J.Jayalalitha. "I remember Amma (Jayalalitha) walking in to the ICU. She greeted my family, looked at me and said 'I have seen your pictures. I know how beautiful you look. Do not worry, it is the government's responsibility to meet your needs in every way possible. You have done a terrific job. We will see to it that you come out the way you looked in your pictures.' And they were not just words.

She would constantly follow up and I was given the best treatment. She and my family were my pillars of strength."

The case of Sujith

Officer Priya headed the operations of one of the most startling news in Tamil Nadu – the rescue of 2-year-old Sujith. "Yes, a life was lost, and it is indeed tragic. I do believe however, that the team poured its everything into this operation," says officer Priya. "We rushed there as soon as we received the call and found him at a depth of 24 feet. Bore well rescue is unsupported by technology anywhere around the world, not just here. The position of the child, the soil of the bore well and its diameter, as well as many other influencing factors had to be considered," says the officer. "We have done around 12 borewell rescue operations and only two were successful." However, this was sensationalised negatively on social media. Those who did not know what was actually happening on-field, weighed in. Why was this blown out of proportion? "You need to tell me why," she replies.

Priya had the chance to talk to Sujith's parents. "The mother was devastated. The father prepared himself for the worst and supported the family."

A challenging emotional process

Watching someone die is no mere experience. And in Priya's life, it comes with the job description. "I have seen various deaths, including an old woman who succumbed to the fire. It was extremely difficult, it still is. But, we have, over the years learned to put on a brave face," she discloses, and it is clear that such occurrences have taken their toll on her.



Family: the wind beneath her wings

Priya believes in the importance of a supportive family and considers herself blessed in that regard. "Fire officers have postings during all government holidays. My family comes over to keep the house full and in good spirits, so that my two children never feel my absence," she beams. "Even during my unforgettable fire accident, my husband was my rock." she adds.

THE WOMEN IN MY FAMILY HAVE ALWAYS BEEN THE DECISION-MAKERS. I WAS BROUGHT UP TO BE COURAGEOUS AND STRONG.

Strong women are game-changers

"The women in my family have always been the decision-makers. My mother and my grandmother would handle all the finances and manage the family. I was brought up to be courageous and very strong. When I learned driving, my mother's words to me were: 'Only if you practice on a daily basis will you master it,'" she says, as she looks back fondly. And these are the women she takes after proudly: "I believe women can achieve anything they want, anything. Believing in yourself is crucial. That's what takes you and your ambition a very long way." ■

what's trending @ jfW digital

STORIES OF THE WEEK *jfwonline.com*



Keerthy Suresh To Play Rajinikanth's Sister In Thalaivar 168; Check Out Khushbu And Meena's Role!



Chinmayi Sripaada Dubs Her First Tamil Film After The #MeToo Reveal; Says It's Been "An Uphill Battle"!



5 Simple Ways You Can Break The Stigmas Surrounding Periods!

LATEST VIDEOS *youtube.com/jfw*



Types of TV Watchers at Home | JFW Exclusive



When your friend acts like your mother | Being Saru | JFW Exclusive

TOP QUIZ ON FACEBOOK *@jfw*



Who is your favorite father-son duo?
A. Vikram-Dhruv
B. TR-STR
C. Karthik-Gautham Karthik

LATEST TWEETS *@jfwmagofficial*

We love the expressions @KeerthyOfficial parents have while she humbly accepts the National Award! **P.S. Congratulations on the massive win!**

WATCH! **How to cancel a plan professionally?**

WATCH! **Anoushka Ajith Wins Heart With Her Voice; Video Goes Viral!**

INSTA-BEAT *@jfwdigital*

#1 Actress Khushbu's Daughter Anandita Has A Fan Girl Moment With Superstar Rajinikanth; Says 'No One Can Be Any Cooler'!
#2 Friday Fashion Face-Off! Who wore the red blazer pantsuit better? @shrutzhaasan or @ihansika





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Busy, Yet Centered

Model, designer, stylist, fashion and fitness influencer, mother – ***Shilpa Reddy*** dons many hats and with so much elan. Winner of the Gladrags Mrs India Contest, stylist and designer for the bigwigs of tinsel town – her achievements only continue to abound. Shilpa joins ***Niharika Reddy*** in a tête-à-tête to tell us about her latest collection, her inspiration and what gets her going.



You are a designer, model, fitness and fashion influencer apart from being a mother. Share with us the secret to all this multi-tasking

Multitasking can happen only with a healthy body and a healthy mind.I always try to keep myself fit so the body or the mind does not come in my way of wanting to do anything in my life. For a healthy body I train hard and have nutritious food. For the mind I do my Yoga Sadana and meditate.

You are one of the very few designers who does both Indian and Western wear. Which one are you more enthused about?

For me fashion is all about relevance and appropriateness. I like to be creative with my designs and style keeping the occasion in mind.

Tell us about your latest collection.

My latest is a conscious collection with a modern twist. I am using hand-woven Chanderi from Maheshwar with digital printing, hand embroidery using traditional techniques of Aari, Zardozi and pearl work. Silhouettes are going to be Indo-Western modern using traditional fabric and techniques of embroidery. I would sum it up as juxtaposing the old with the new.

> MULTITASKING CAN HAPPEN ONLY WITH A HEALTHY BODY AND A HEALTHY MIND.I ALWAYS TRY TO KEEP MYSELF FIT SO THE BODY OR THE MIND DOES NOT COME IN MY WAY OF WANTING TO DO ANYTHING IN MY LIFE.



PEOPLE ARE TALKING ABOUT SLOW FASHION REPEATING, RECYCLING, REVAMPING, RECONSTRUCTING. SUSTAINABLE SOLUTIONS ARE GOING TO BE BIG IN FASHION FROM THIS POINT ONWARDS. IT IS GOING TO BE THE GENERATION OF CONSERVING, PRESERVING AND SUSTAINING.



What does fitness mean to you? I am sure you must have inspired a lot of people to take care of themselves.

Fitness to me is more mental than physical. It has taught me to keep pushing boundaries, keep enduring, not settling, keep learning, keep experimenting, keep changing, keep failing. It brought discipline , regimentation and focus to everything I do.

Sustainable fashion is the new buzzword. Thoughts?

It's very important for every designer to come up with at least one collection which is sustainable and eco-friendly. The fashion industry is one of the largest polluters on the planet. We all have to start making choices that will divert our spending to eco-friendly and conscious brands. I would say the first step is to start wearing only natural fibres which can be digested by the planet: cottons, blends of cotton, jute, silk, flax, hemp, khadi and all the blends amongst these. Polyfibres are extremely toxic and are quietly getting into our food chain and water resources which will cause a greater havoc on our well-being and health.

What changes do you see in the world of fashion in the immediate future?

People are talking about slow fashion repeating, recycling, revamping, reconstructing. Sustainable solutions are going to be big in fashion from this point onwards. It is going to be the generation of conserving, preserving and sustaining.

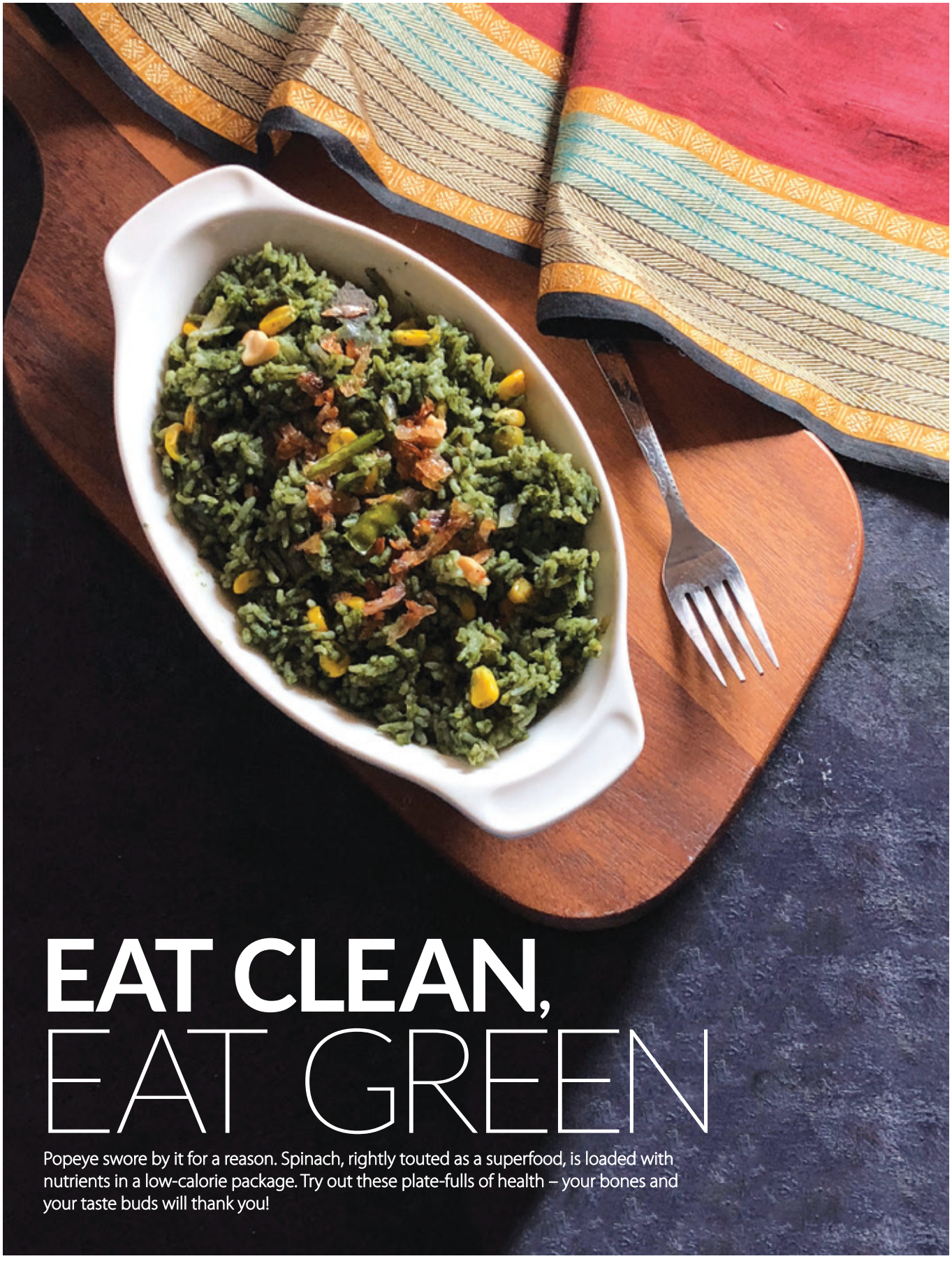
WHAT INSPIRES YOUR DESIGNS? WHAT IS YOUR DESIGN SENSIBILITY?

My design sensibility is all about comfort and lightness. I give a lot of importance to the cut, fit and finish of my outfits. I don't follow strong trends and colour palettes. I like my clothes to have versatility and a sense of timelessness.

Style is a very personal thing, it's like your own DNA. No one can teach you style. Style evolves with you as you grow with your experiences, with your thought process your surroundings, beliefs and aspirations. All I can share with the readers is that one should wear or experiment with something that does not make them feel like someone else or make them feel uncomfortable. One must be happy in what they are wearing. ■







EAT CLEAN, EAT GREEN

Popeye swore by it for a reason. Spinach, rightly touted as a superfood, is loaded with nutrients in a low-calorie package. Try out these plate-fulls of health – your bones and your taste buds will thank you!



About the writer:
Uma Raghuraman is a passionate food blogger. Her repertoire mainly spans creative representations of healthy and traditional Indian foods. She has been recognized internationally for her work, especially on social media and in the blogosphere.

PALAK MAKAI RICE

Preparation time: *10 minutes*
Cooking time: *25 minutes*
Serves: *4*
1 cup = 250 ml cup

INGREDIENTS

To steam and grind

½ kg	Spinach leaves (wash and chop roughly)
1	Onion, large (chopped roughly)
4-5	Garlic cloves, peeled
1	Green chilli

To fry

1 tsp	Ghee (or oil for vegans)
1	Onion (finely chopped)
1-2	Green chillies (cut lengthwise)
½ tsp	Sugar (optional)
5-6	Cashew nuts

Other Ingredients

2 cups	Basmati rice
2 cups	Water
½ cup	Sweet corn
¼ cup	Fresh peas
1	Bay leaf
2	Cloves
1	Green cardamom
1 inch	Cinnamon stick
2 tsp	Ghee
	Salt to taste



METHOD

1. Wash basmati rice and cook along with 'Other Ingredients' in an open pot or pressure cooker.

Chef tip: *Pressure cook for up to one whistle only. If cooking in open pot, make sure that the rice does not become mushy.*

2. Steam all ingredients under 'To steam' for 10 minutes.
3. Once cool, grind it to a paste and set it aside.
4. Heat a kadai/small wok with ghee and fry onions and green chillies till the onions are brown (caramelised) and transfer it to a different vessel.
5. Place the kadai back on the flame and add 2 teaspoons of ghee, the ground spinach paste and salt.
6. Fry for 4-5 minutes, then add the cooked rice and switch off.
7. Mix the rice well.
8. Garnish with the fried onions, cashew nuts and green chillies.

SPINACH AND SPROUTS SALAD
WITH COCONUT DRESSING

Preparation time: *10 minutes*
Cooking time: *10 minutes*
Serves: *4*
1 cup = 250 ml cup

INGREDIENTS

To Steam

1 cup	Green moong bean sprouts / green gram sprouts
1 cup	Spinach, finely chopped
	Salt to taste

For Dressing

¼ cup	Fresh coconut (chopped roughly)
¼ tsp	Cumin seeds
¼ tsp	White pepper (you can also use white pepper powder)
1-2 tsp	Coconut oil

Other Ingredients

½ cup	Coloured bell peppers (finely chopped)
1 tsp	Juice of freshly squeezed lemon

METHOD

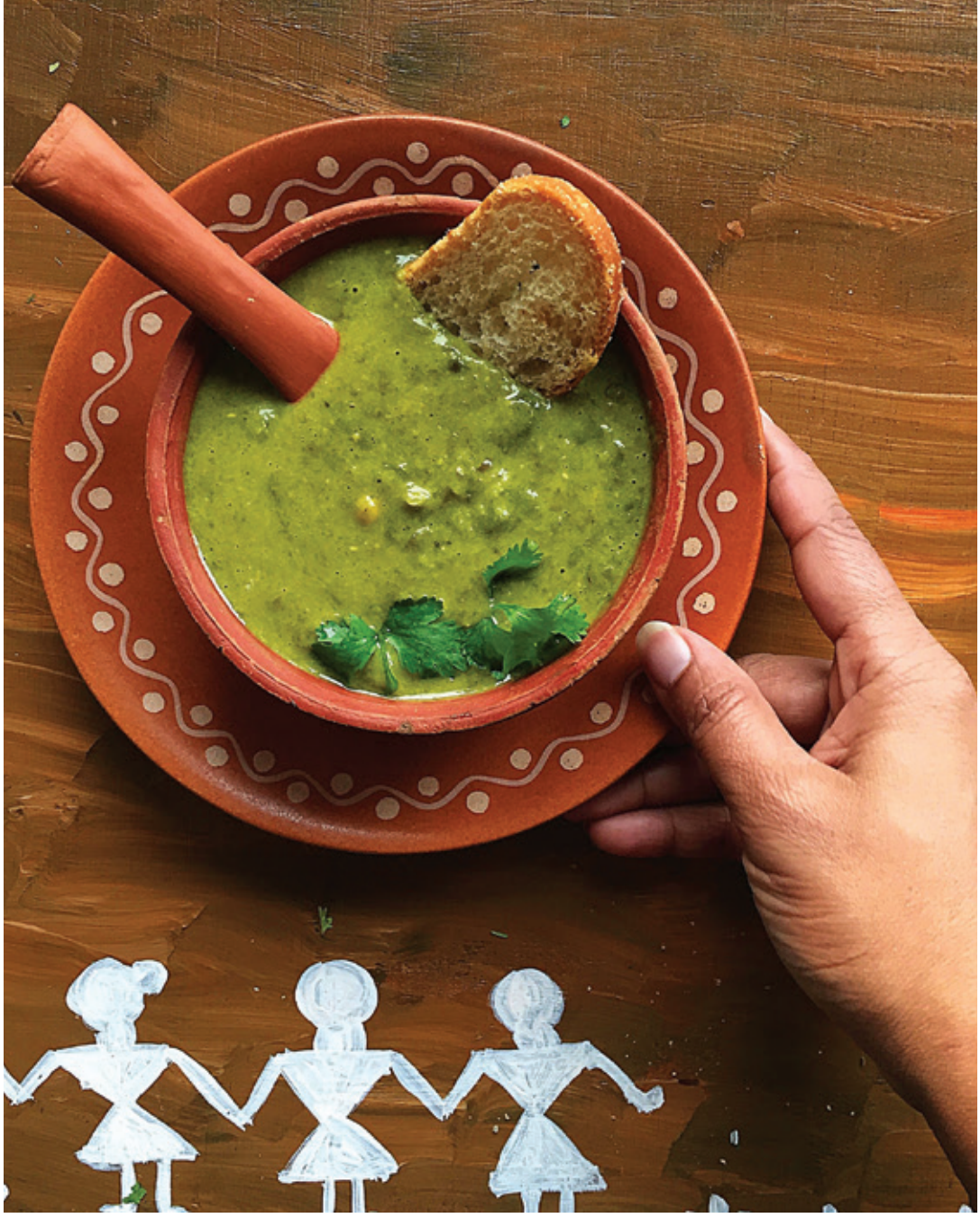
1. Grind all the ingredients given for dressing with few tablespoons of water.

Chef tip: *If you are using coconut milk, then just powder cumin and white pepper and mix with the milk. You can add the oil and mix well to make the dressing.*

2. Steam spinach and sprouts.
3. In a wide bowl, add the steamed spinach and sprouts, chopped raw vegetables, salt and mix well.
4. Squeeze lemon juice into the salad, mix and then add the coconut dressing.

Chef tip: *You can add the dressing just before serving. Same holds good for the roasted nuts as well.*





MULLANGI KEERAI SOUP

RADISH GREENS SOUP

Preparation time: *10 minutes*
Cooking time: *25 minutes*
Serves: *4*
1 cup = 250 ml cup

INGREDIENTS

To be pressure cooked

2 cups	Radish greens (clean by removing thick stem in the centre of leaf)
¼ cup	Mixed dal /lentils (I added a teaspoon of channa dal, masoor dal, split black urad dal, toor dal , green moong dal)
2	Garlic pods
1	Green chilli, small (optional)
¼ tsp	Turmeric powder

Other ingredients

½ tsp	Peppercorns (coarsely powdered)
	Salt to taste
1 tbsp	Lemon juice (adjust according to taste)

For garnish (optional)
Toasted bread, cream , fried onions, fresh coriander or mint

Note: *I have used mixed dal in this recipe but you can use one or many dals of your choice.*

METHOD

1. Pressure cook the cleaned and washed radish greens along with dal, garlic pods and turmeric powder with 3 cups of water, up to 3 whistles over medium flame.
2. Allow it to cool completely and grind the mixture coarsely.
3. Transfer it back to the pressure cooker or any other pan; place it over low heat and adjust water quantity according to the soup consistency you like.
4. Add peppercorns and salt and allow it to simmer for 5 minutes.
5. Taste and adjust spice and salt according to your taste and switch off.
6. Stir in the lemon juice, garnish and serve hot.

MORINGA CHUTNEY

Preparation time: *10 minutes*
Cooking time: *10 minutes*
Serves: *4*
1 cup = 250 ml cup

INGREDIENTS

1 cup	Murungai keerai/ moringa leaves (cleaned and washed)
1 tbsp	Urad dal/split, husked black gram
4-5	Dry red chillies
¼ cup	Fresh coconut pieces (finely chopped or grated)
1 tsp	Thick tamarind paste or marble size tamarind (deseeded)
1 tsp	Sesame oil
	Salt to taste

To temper (optional)

1 tsp	Sesame oil
¼ tsp	Mustard seeds



METHOD

1. Heat a pan over low heat with oil and add the urad dal and dry red chillies and fry till they turn fragrant and slightly brown.

Chef tip: *Do not over-fry the chillies and the dal . Make sure to keep stirring to avoid burning of the spices. Adjust the number of chillies according to the variety of chillies you are using and your spice preference.*

2. Switch off the gas and transfer the contents to a mixer and grind it along with coconut and tamarind using a tablespoon of water.
3. Heat the same pan and fry the moringa leaves over low flame, stirring continuously till they shrink and the moisture is absorbed.
4. Switch off and add it to the mixer, add salt and grind again.

Chef tip:
a) A coarse texture gives the thogayal its authentic taste. Add less water, and approximately 1 to 2 tablespoons only in this recipe, unless you are serving it as side dish for tiffin.
b) You can lightly roast the tamarind(optional) just a few seconds (30 seconds approximately) in the pan along with the urad dal and chillies before grinding.

5. Transfer it to a serving bowl.
6. Heat the pan with oil, and temper with mustard seeds.
7. Pour it over the chutney.

MASIYAL KOFTA CURRY

(MASTERCHEFMOM'S FUSION RECIPE)

Preparation time: *15 minutes*
Cooking time: *50 minutes*
Serves: *4*
1 cup = 250 ml cup



INGREDIENTS

For the Kofta

2 cups	Bottle gourd (peel, de-seed and grated)
1	Onion, small (finely chopped)
1	Green chilli (finely chopped)
¼ cup	Cilantro/coriander leaves, finely chopped
¼ cup	Chickpea flour/besan
1 tsp	Corn starch (optional)
½ tsp	Red chilli powder (I used Kashmiri chilli powder)
¼ tsp	Jeera powder/ roasted cumin powder
⅛ tsp	Turmeric powder
	Pinch of asafoetida
	Salt to taste
	Oil to fry

For the Keerai Masiyal

3 cup	Spinach, fresh (washed and finely chopped)
1	Tomato (finely chopped)
1	Onion
2	Garlic pods
½ inch	Ginger
2-3	2-3 green chillies
¼ tsp	Thick tamarind paste or marble size tamarind (deseeded)
¼ cup	Toor dal/pigeon peas
	Salt to taste

For tempering

1-2	Oil
½ tsp	Mustard seeds
1-2	Dry red chillies (halved)
2	Garlic pods (finely chopped, optional)
1	Sprig curry leaves (torn roughly)

METHOD

1. In a heavy bottom vessel or kadai, add the spinach, tomato, onion, garlic, ginger, green chillies and tamarind.
2. Add salt and let them cook over low flame for 10 minutes and switch off.

Chef tip: *You can add 1/4 cup of water if required. Spinach leaves water and you can also cover the vessel with a lid. Alternatively, you can also steam the vegetables.*

3. Once the mixture cools, add the cooked dal with the boiled spinach mixture and grind into a creamy masiyal and set it aside.

4. In a wide bowl add all the ingredients under 'For the Kofta' and mix well to form a stiff dough. Roll them into equal size balls.

Chef tip: *Squeezing water out of the bottle gourd is an important step. Also add more flour in case the dough is runny. The dough must be a little sticky.*

5. Heat oil in an iron kadai/ wok.
6. Drop a small piece of the dough to check the temperature of oil.
7. If it instantly sizzles, the oil is ready to fry the koftas.
8. Gently drop the koftas in batches and fry them till they are fully done on all sides.

Chef tip: *Once the oil has reached the right temperature, reduce the flame to low/medium to retain the temperature.*

9. Drain the fried koftas on a kitchen towel .
10. Repeat the same process for the remaining batter.
11. In a wide pan or vessel, add the ground masiyal and adjust water quantity.

Chef tip: *You can add 1- 1.5 cups of water.*

12. Add salt and let the mixture simmer for 10 minutes.
13. Add the koftas and switch off.
14. Heat a small ladle/pan with oil and temper with all the ingredients given for the same.
15. Pour it into the Masiyal Kofta Curry. ■

The Desi Way

EAT LOCAL, EAT TRADITIONAL, EAT SUSTAINABLE



About the writer:
Sharmila Ribeiro is an agricultural economist and mother of 3 ever-hungry boys. She is the author of an award-winning family cookbook– Everyday Love – A Mother's Guide to Healthy Cooking for Kids.

If you have been following food gurus or influencers of India on Instagram and other social media, you would know that the food trends for this year (and last year too) includes statements like 'ordinary vegetables will be the new exotic' and 'indigenous grains will be revived'. Buzz words include regional, local, sustainable, heritage and traditional.

So, my New Year food-related resolution is to eat more local, seasonal and traditional. One of the many people that inspire me is Chef Thomas Zacharias (of the Bombay Canteen in Mumbai which celebrates Indian food and takes it to another level), who has started a movement for local, sustainable food - food that is good for the economy, ecology and the environment. The message is that if we keep eating more imported food, the demand for local vegetables will decrease and we will slowly lose our diversity. This has already started to happen. In the last decade our diets have been limited to 15-20 basic vegetables. Growing the same vegetables and fruits on the same soil (or lack of crop rotation) also results in loss of the nutrient content of the soil, and therefore the farmers have to use fertilizers and pesticides to increase productivity. By eating different types of locally grown fruits and vegetables, farmers will get better returns and reduce their investment in fertilizers. This is a win-win, it's good for the health of the planet and our own health.

"THE MESSAGE IS THAT IF WE KEEP EATING MORE IMPORTED FOOD, THE DEMAND FOR LOCAL VEGETABLES WILL DECREASE AND WE WILL SLOWLY LOSE OUR DIVERSITY. THIS HAS ALREADY STARTED TO HAPPEN.





My Shopping List

So recently, I went to my neighbourhood vegetable shop and bought myself a basket of all the locally grown vegetables available. Here's what it contained

- Bottle gourd
- Bitter gourd
- Snake gourd
- Ridge gourd
- Ivy gourd/Tendli/Kovakkai
- Drumstick
- Parwal/Pointed Gourd
- Raw banana
- Banana flower
- Banana stem
- Sweet potato
- Colocasia/Taro Root/Arbi
- Malabar Cucumber
- Elephant Yam/Suran
- Hyacinth Beans/Avarakkai
- Bunches of local greens (not spinach)

NUTRITION PROFILE & HEALTH BENEFITS



ELEPHANT YAM (SURAN) is good for the digestive system, being high fibre and helps in weight loss. It also helps reduce LDL (the bad cholesterol), has anti-ageing properties and helps maintain hormonal balance in women.

BANANA STEM is a rich source of fibre, helps in weight loss and constipation and is also rich in potassium and vitamin B6 just like the fruit. It is a diuretic, helps detoxify the body and is used to prevent and treat kidney stones.



BANANA FLOWERS help in boosting progesterone levels and regulate women's hormone levels, resulting in regular menstrual cycles. They are high fibre and high iron so are excellent for diabetics, heart disease and treating anaemia.

BOTTLE GOURD is low calorie, high in dietary fibre, multiple vitamins and minerals (similar to ridge gourd). Bottle gourd juice is cooling and is a great way to start your day or as a post work out drink.

RIDGE GOURD is extremely rich in dietary fibre and is also enriched with Vitamin C, zinc, iron, riboflavin, magnesium and thiamine. It helps with weight loss and cholesterol and is used in Ayurveda as a treatment for various fungal, viral and bacterial infections.



MALABAR CUCUMBER is mostly water and therefore aids digestion, eliminates toxins from the body, helps with weight loss and eye care. It is an excellent source of potassium, calcium, protein, and vitamins C and K.



SNAKE GOURD helps in detoxifying the body, improving digestion, increasing hydration, strengthening the immune system, managing diabetes, improving hair quality, and aids in weight loss.

DRUMSTICKS are a superfood, high in calcium and iron. Their anti-inflammatory properties and high Vitamin C levels helps relieves respiratory disorders.



FOOD FACT: While the elephant ear leaves are very nutritious and used all over India in different ways, the roots (arbi) are much more nutritious than potato and contain fibre, manganese, potassium, Vitamins B, C and E.

These vegetables are indeed a powerhouse of nutrition and potential good health. So, let's ponder for a minute and consider this. How many of these local, traditional vegetables do we actually use in our daily cooking? If we live in the South of India, the answer probably is several of these, since they are easily available and part of our traditional diets. The second question is, are our kids eating these vegetables too, in reasonably good portions? How do we get our kids to eat sustainable? The answer is to give them food that is healthy but tasty, interesting and fun. Here's a baked version of a classic Sindhi recipe using arbi/colocasia that is easy, chatpata-tasty and guilt-free.

Baked Arbi Tuk

INGREDIENTS

500 gms	Arbi/Colocasia
1½ tsp	Kashmiri chilli powder
1 tsp	Coriander powder
1 tsp	Amchoor powder
1 tsp	Chaat masala
¼ tsp	Haldi
½ tsp	Salt or to taste
2-3 tbsp	Mix of ghee and oil
2-3 tbsp	Rice flour

METHOD

1. Pressure cook the arbi for 2 whistles or 10 mins. Peel. Let cool completely and then smash each one pressing down on it to flatten or as needed. Cut the few big ones in half. They are sticky, so oil your hands.
2. Make a dry mix of the masalas above along with the rice flour. Mix in 2 tablespoons of oil-ghee. Sprinkle this coating over the arbi and press the coating to stick to the pieces.
3. Preheat your oven to 200 degree Celsius.
4. Grease an oven roasting pan really well with one tablespoon of the oil ghee mix. Spread the arbi on the pan.
5. Bake for 30 mins till golden brown. Scrape the bottoms to loosen them and baked for another few minutes, if needed. Serve warm, straight out of oven. ■

Follow her blog at ***www.sharmilacooksforkids.com***

Yearly Forecast 2020



ARIES

22ND MARCH - 21ST APRIL

TAROT INSIGHTS:

Professionally this is a great time to be in as new beginnings will be rewarding and growth oriented. Financially you shall do well and improvements through your investments are a strong likelihood. Health keeps you in a robust shape all through the year. Your family also helps you and supports you in your endeavours as the month's progress. Travels however, are not very recommended unless or until extremely essential. Matters of the heart needs more patient handling and more love and nurturing from your end. Any problems in between the two of you can be resolved through dialogues. Possibilities of stress from the end of your children can be a cause of stress especially in the first quarter of the year. The second quarter needs more patient handling and there are possibilities of some legal hassles around this time. Health changes can be adversely affected for someone in the family and needs proper care and nurturing. You will enjoy your life the most as you phase in to the last quarter of the year.

ASTROLOGICAL INSIGHTS:

Astrologically, you are in the best phase of your life as Jupiter is already transiting to your house of luck and will enhance your name, fame and success in life. Saturn's transit to its own house Capricorn shall bring in laurels and gains in your professional front. There are also possibilities of promotions and gains in life. Rahu and Ketu will transit to your second and eighth house respectively will bring in sudden materialistic gains and also deep spiritual insights.

REMEDY: Drink water in silver glass in the morning for good fortune.

LUCKY CRYSTALS: Citrine



TAURUS

22ND APRIL - 21ST MAY

TAROT INSIGHTS:

Professionally, new beginnings will shape up as the year progresses. Any new project started around this period shall be truly growth oriented and will stand the test of the time. New investments made during this year shall be financially rewarding. Health too keeps you in a fit shape all through this phase of your life. Matters of the heart shall be pleasant and romantically inclined. You might want to make few investments to strengthen your matters of the heart. Travels however are best avoided in this phase of your life as it can lead on to unnecessary tiredness. You might feel a little lonely when it comes to your family and certain issues of the family will build up some grief in life which you will be unable to share with others.

ASTROLOGICAL INSIGHTS:

Saturn will shift to house of luck from 24th January 2020. This is going to be an excellent period bringing you gains and growth in life and sudden opportunities flowing in. However, Jupiter's transit to your eighth house can be a bit challenging to handle. Spiritual insights will be plenty and meditating for a while shall be blessed. Rahu and Ketu in your ascendant and seventh house post September 2020 can have mixed results. You will develop extremely sharp intuitive instincts. You will make new friends and relations improve. However, a laid back approach towards your marital life can be a cause of concern.

REMEDY: Draw a key in green color on white paper and fold it thrice. Keep it in your wallet for abundance.

LUCKY CRYSTALS: Amethyst



About the writer:
Acharya Nandita Pandey is an Astro - Vaastu - Tarot Consultant, Spiritual Healer and PLR Therapist



GEMINI

22ND MAY- 21ST JUNE

TAROT INSIGHTS:

Financially this is going to be a good time to manifest success and growth through your investments. Sudden windfalls will save your day as the year progresses. Health shows a lot of improvements in this year and the more you are oriented towards outdoor activities the better you health shall be. Matters of the heart shall be extremely favourable and romantically inclined all the year through. A man who has reached a position of strength will be the person to help you in matters of your heart. A woman who is single by choice can be a cause of stress in your work front. Travels made during this year will be more towards highly sought after places. There are possibilities of few exotic places in your itinerary while planning journeys during this year. The latter half phase of the year shall be more prolific than the first half.

ASTROLOGICAL INSIGHTS:

The year starts with a bang as astrologically, Jupiter is transiting to your seventh house building up growth patterns in life, you shall gain from inherited properties, your radiance will enhance, PR skills improve a lot and marital bliss accomplished. However. Around mid half of the year ie April – June 2020, there are possibilities of health issues related to your spouse, you should avoid any new financial transactions around this time. There will be a lot of relief and foreign travels that might surface up in September/ October 2020.

REMEDY: Spend time in a children's park for opening up new channels of good luck for you.

LUCKY CRYSTALS: Opal



CANCER

22ND JUNE - 21ST JULY

TAROT INSIGHTS:

A woman will help you in your financial front and shall help you achieve growth and success through your investments. Professionally, you need to work in coordination with your colleagues as minor setbacks can be expected in work area and handling them with emotional balance will be quite challenging. Being futuristic will be beneficial for you when it comes to dealing with your love life. health matters can be challenging to handle and needs more nurturing. Travels made during this year will have mixed results. A careless attitude towards your family can cause you a lot of anxieties. You will have a great time in the first three quarters of the year. However the last quarter needs more balanced outlook towards life.

ASTROLOGICAL INSIGHTS:

Jupiter is transiting to your sixth house and along with other planets this house is getting activated as the year dawns for you. You will be involved in your daily chores and a lot of clarity will come in this front. The best would be to face it and resolve them. Saturn's transit to your seventh house will build up positive reflections in life and will create happy marital status. Business partnership will flourish in this year. Legal matters will be won and growth will start seeping though with few hurdles in life. you will also be able to won over your competitors. Health will be an area of concern.

REMEDY: Write number 28 with pink pen and keep it in your wallet for good luck.

LUCKY CRYSTALS: Rose Quartz



LEO

22ND JULY - 21ST AUGUST

TAROT INSIGHTS:

Financially, there will be growth patterns that will start emerging out in life. a focused approach in this front shall build up strong financial standing. Health is an area of concern especially for women who are looking forward to motherhood in this year. Travels are not very favourable and they should be taken only if they are of utmost necessity. Matters of the heart shall have mixed results and though love life will be romantic yet you need to learn the finer nuances to handle them with balance. Slow steady changes in the family will bring in happy memories and strengthen bondings in between the members of the family. Be careful that the promises made in the second quarter of the year might not get fulfilled easily. The year ends on a positive note.

ASTROLOGICAL INSIGHTS:

The transit of Jupiter in your house of children will bring in happiness from the end of children. This year shall be extremely good when it comes to your romantic life. You will pursue new study streams and would develop interest in para-sciences. You shall be your creative best in this entire year. Growth, honours and success will be all yours to achieve. Legal battles will be won as Saturn transits to a favourable position and helps you in creating special bonds with people working under you. Financially, this is a good time as loans etc. will be resolved in time. Students who have been planning to sit for an examination or an interview shall pass with good marks.

REMEDY: Wear a silver bracelet or pendant to enhance your good fortune.

LUCKY CRYSTALS: Carnelian / Garnet



VIRGO

22ND AUGUST - 21ST SEPTEMBER

TAROT INSIGHTS:

New beginnings in the work front shall be prolific and growth oriented. You will be in harmony with your environment, which helps in building up special growth patterns in life. Office romance is a strong likelihood for some of you in this year. Financial matters are gaining strength slowly and steadily and as you look back towards your finances after your year-ends, you shall be happy with the way things have progresses. Health keeps you in a fit shape and you will come across multiple health activities that might interest you the whole year through. Celebrations in the family are also strong likelihood during 2020. There are strong possibilities of a marriage celebration in the family in this year. Travels indicate average growth patterns and should be done only if they are of utmost necessity. Matters of the heart can still be challenging to handle and should be dealt with more love and care. There are strong possibilities that you might feel a little left out or ignored in love matters. The year ends on a positive note. The first quarter will be positive and the remaining ones would need more balanced handling of situations.

ASTROLOGICAL INSIGHTS:

The transit of Jupiter goes to your fourth house and this house will get activated as the year dawns on you. Saturn shifts to the fifth house and relieves you from a lot of stress and anxieties in life. You will be interested in the philosophical aspects of life and romances will strengthen. There are some pressures in your love life from April – June and then from November / December onwards. A lot of confrontations or discussions might shape up with your business partners. People working under you shall be very happy and will abide by your decisions. Health issues for your mother can be a bit sensitive at in this phase of life. Foreign travels are a strong likelihood. I also see few renovations at the home front. There are possibilities of religious tours and travels in this period especially by year-end.

REMEDY: Paint a heart in red color and write number 7 on it. it shall help lady luck smile on you all the year through.

LUCKY CRYSTALS: Amethyst / Green Tourmaline.



LIBRA

22ND SEPTEMBER - 21ST OCTOBER

TAROT INSIGHTS:

Professionally, this is a great time to make fresh changes in your work front. New opportunities shall knock in and growth patterns will emerge from more than one resource. Financial growth patterns will be great and new investments made during the first quarter shall bring you huge gains in times to come. Matters of the heart shall be pleasant and romantically inclined all through the year. You would also indulge into renovating your property or in a shopping spree along with your loved one. Health will improve as the year progresses. You would know how to deal with difficult situations in the family and would learn the art of turning tables in your favour. Travels however, are not worthy and should be avoided if possible. There are possibilities that sudden problems might arise while on a journey. Mid year crisis are a strong possibility and yet you enjoy good phase in the beginning of the year and also as the year ends.

ASTROLOGICAL INSIGHTS:

Jupiter transits to your house of strength and along with other planets activate this house as the year's dawns in your life. Your PR skills will improve tremendously and shall bring you growth and success in life. Saturn transits in the beginning of the year to your fourth house and boosts the possibility of buying a new vehicle or renovating your house. Celebrations in the family are foreseen in this year. Marriage proposals will come in for Librans who are single and ready to mingle. Relations with younger siblings will also improve tremendously. April – June 2020 can be tough on your mother's health and also in dealing with your family life.

REMEDY: Write your surname on a paper and encircle it with golden color for abundance and growth.

LUCKY CRYSTALS: Sapphire / Amethyst



SCORPIO

22ND OCTOBER - 21ST NOVEMBER

TAROT INSIGHTS:

Financially this is a great time to indulge in new investments. A man who has good sharp intellect and is a go-getter helps you in achieving financial success as the year progresses for you. Professionally things improve though a little slowly and subtly in this year. New health activity helps you in improving your health and rejuvenating your mind, body and soul. This turns out to be quite a romantic year for you and good news knocks

your door in this front. Happiness from children is also a string indication in this phase of your life. A woman who is single by choice helps you in your endeavours and in matters related to your family. Happiness and harmony seeps in this front as well. You need to look forwards when it comes to your travels patterns and journeys in life. you shall be in a blessed situation the whole year through.

ASTROLOGICAL INSIGHTS:
Jupiter shifts to your house of earnings and will bring in good gains financially. This house again is getting activated due to other planetary influence in this house as the year dawns for you. Saturn shifts to your house of strength from January end and suddenly will develop strong bonding's with your younger siblings. Your PR activity increase and you shall be able to communicate better and make new friends who shall help you in the longer run. Foreign travels shall be favourable and enjoyable. Expansions in the family are also a strong indication. Health improves and spiritual insights pour in easily in life. Career growth patterns will also merge and inheritance of some sorts will be gained.

REMEDY: Decorate your home with six flowers as it will act as luck bringer for you in this year.

LUCKY CRYSTALS: Turquoise.



SAGITTARIUS

22ND NOVEMBER - 21ST DECEMBER

TAROT INSIGHTS:
Your family will come forward and support you in all your endeavours in life as the year progresses. Professionally, there are mixed results as few good things shape up and yet there are few hurdles that you will have to tackle in order to manifest success in life. a careless approach in life can lead on to financial stress but more or less you will gain in financial matters as the year progress. You need to be futuristic in life when it comes to dealing with your finances. Old memories flash back in Matters of the heart and sudden positive news about your love life can be heard from unexpected quarters. Health improves tremendously and a motherly figure helps you in sorting out your health issues in life. There are possibilities of celebration while on a journey during this year. The first two quarters will show a lot of growth patterns in life and possibilities of celebrations while on a journey. There are possibilities of some stress in the last quarter of the year.

ASTROLOGICAL INSIGHTS:
The transit of Jupiter to your ascendant is an excellent stage to be in. You will achieve growth, success and accolades in life. Your ascendant is activated, as the year dawns on you and this will bring in a lot of introspections and changes in your life style patterns. Saturn transits to your financial house and will build up good money patterns and growth patterns in this area. You will gain name and fame amongst your kith and kins along with monetary gains that will come easily and investments will be rewarding. April – June can be a bit stressful and can be bit-challenging money wise. Keep a check on your speech as any harsh language can cause you anxieties in life. A lot of spiritual insights will shower on you all through this year. Happiness from children will come through, married life will be blessed and lady luck will smile on you in most parts of the year 2020.

REMEDY: Keep a ship figurine inside your home in such a manner that it is moving inwards.

LUCKY CRYSTALS: Blue Agate.



CAPRICORN

22ND DECEMBER- 21ST JANUARY

TAROT INSIGHTS:
This turns out to be quite a positive and romantic year for you as the year progresses. Travels made during this period shall be productive and growth oriented. You would want to travel to new destinations and will bring in gains and growth. Your family supports you in your endeavours and will stand by you and help you in your thick and thin. Professionally though, there are few setbacks that you might have to incur especially due to lack of communications. Financial burdens might increase of you do not handle your investments properly. Health can act adversely as you undergo sudden emotional upheavals. Inspite of your hurdles , you are more or less blessed by the Divine and certain changes will keep protecting you in times of your distress.

ASTROLOGICAL INSIGHTS:
The transit of Jupiter to your twelfth house might create few setbacks in life but also enhances the chances of gains from foreign shores. This is the house, which is the most activated house as the year dawns in your life. Saturn transits to your own house and creates a sense of peace. This however will create Sadesaati anxieties in life and yet since Saturn is in its own sign will help in balancing a lot of negatives in life. You will undergo huge Spiritual transformations. Past life reflections will be witnessed as the year progresses. Jupiter's transition in Capricorn creates 'neech-bhang' yoga and will create comparatively easy situations instead of harming you in this phase of your life.

REMEDY: Keep a pen in golden color to achieve success easily.

LUCKY CRYSTALS: Rainbow Opal



AQUARIUS

22ND JANUARY- 21ST FEBRUARY

TAROT INSIGHTS:

Professionally, you will be in a good transition phase and this will help you in achieving growth and gains in life. Youngsters in life come forward and help you sail through the most difficult times in life. In 2020, you will be involved in a number of health activities and this will be your focus all through the year. Financially, there are growth patterns emerging and yet you will be under the control of unexpected financial obligations all through the year. Being too possessive about your love life can boomerang back at you. The best would be to analyze the situation and give enough freedom to your partner to express her/his thoughts. You will get good support from your family all through the year. Travels will be a bit challenging and would need extra effort from your end to manifest success in life. the first and the third quarter of the year shall be extremely favourable for you as the year progresses for you.

ASTROLOGICAL INSIGHTS:

Your house of gains will get activated as the year 2020 dawns on you. Jupiter in the house of gains brings in huge gains from multiple angles and shall be extremely prolific in creating abundance in life. Property gains are sure to come in this phase of life. Saturn goes to your house of expenses in its own sign. Gains from foreign shores shall be extremely favourable. Your mindset will turn more spiritual and philosophical. Honours and accolades are all yours to enjoy. Anything that you plan and work towards it shall be extremely growth oriented and successful.

REMEDY: Meditating for some time shall create positive energies and open up more avenues in life. Number 9 will be a fortune finder for you in this year.

LUCKY CRYSTALS: Carnelian / Coral.



PISCES

22ND FEBRUARY - 21ST MARCH

TAROT INSIGHTS:

Financially this is a good time to manifest success and growth from your investments. A bit of patience and dollops of diplomacy shall help you in strengthening your finances as the month's progress in 2020. A fatherly figure can demand a lot of attention in your projects. Work matters would need more emotional balancing in order to achieve success in life. health improves slowly and subtly as the year progresses. A woman who has good communication skills helps you in matters of your heart. Love life will be romantically inclined and pleasant. Happiness floats in your family life as well and you experience the kind of comfort that no one else brings in. Travels made during this period shall be extremely favourable and enjoyable. The latter half phase of the year shall be more interesting and happy.

ASTROLOGICAL INSIGHTS:

As the year dawns on you , your tenth house gets activated bringing you laurels, success and happiness in career related activities. This is a year of planning's and implementation of the planned projects. Saturn shifts to your house of gains in January end 2020 and then onwards creates huge patterns of abundance from many quarters. Gains from property are expected. You might inherit some and might plan to buy new ones. Foreign travels are also a strong likelihood around this time. Happiness from the home front is also expected as the year progresses for you. You might renovate your house or buy a new vehicle around this time. Health too improves tremendously and you are able to overpower your competitors and enemies with your wit and intellect. Celebrations in the family are indicated in the third quarter of the year. There will be partial stressful time from April to mid June though it will not be as bad as you have been thinking it to be. Jupiter in debilitation in house of gains does not harm a person. It instead indicates new projects or new life patterns that will emerge as the year progresses.

REMEDY: Keeping a picture of a musical instrument with you shall enhance good luck.

LUCKY CRYSTALS: Citrine

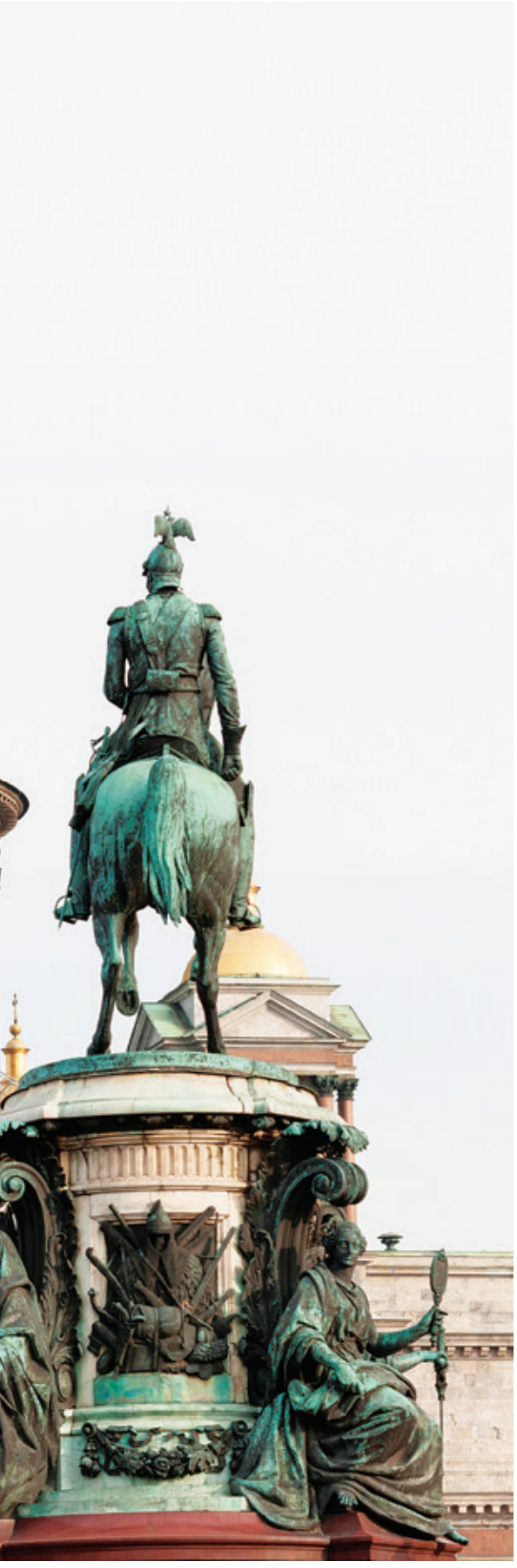


From the land of Lost Poems & Unsung Heroes

The transcontinental beauty of Russia calls out to be explored!

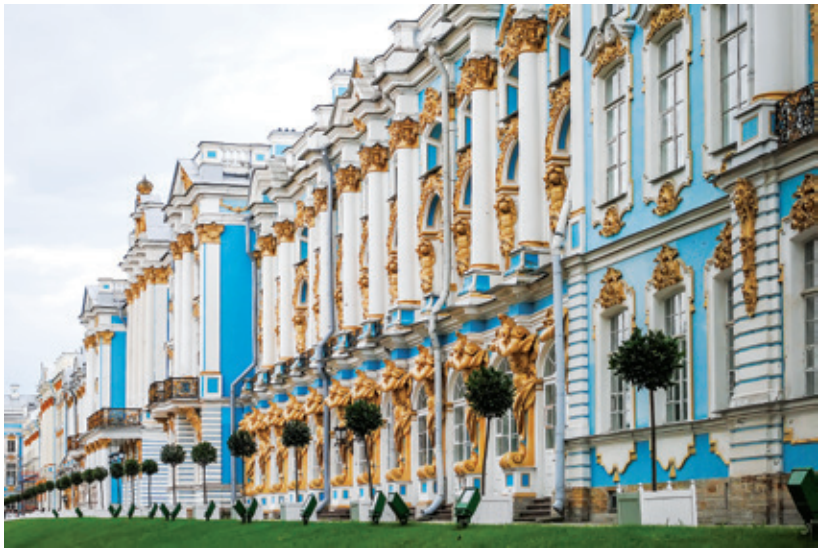
By ***Radhika Ramesh***





With a history so lost and literature so rich, it is only astonishing to see Russia left unexplored by many who consider it unsafe. Thanks to FIFA 2018, Russia has been put back on the map of tourism. Let's start with two beautiful cities – St. Petersburg and Moscow. There is another side to this beautiful country no one is quite aware of and it starts right from the flight. A flight trip from India to Russia is surely a vision to behold.

From the beautiful greens and the desert lands to snow plains, it is a breath-taking change one wouldn't want to miss. As the pilot takes a sharp turn near the Arctic Circle, there is nothing but sheets of snow that has covered the land. The piercing cold maybe the only thing that runs through the mind as we land, but the vodka or piping hot coffee (vodka still works better, honestly) will always be there to save the day.



Left: Saint Isaac's Cathedral, St. Petersburg; Catherine Palace is undoubtedly Tsarskoe Selo's top attraction.

ST. PETERSBURG IS OLDER THAN MOSCOW which makes the city rich in history, culture and literature. Most of their streets have beautiful statues of famous Russian poets who have written some resonating phrases during war, about love and about peace.

St. Petersburg

St. Petersburg is definitely a city that would make it to the "love at first sight" list. Known as the land of museums, the city owns up to 100 museums beginning from the very first Kunstkammer to even small apartment museums today. But, honestly, the people are terrific. They are warm and welcoming and most of them have learned to communicate in English with the tourists. St. Petersburg is older than Moscow which makes the city rich in history, culture and literature. Most of their streets have beautiful statues of famous Russian poets who have written some resonating phrases during war, about love and about peace. They have also had goodbyes as romantic and as heart-breaking as the Americans and the Europeans. Unfortunately, it was never heard by the world.

Apart from the famous Winter Palace, The State Hermitage Museum, The State Russian Museum and the Kunstkammer, here are some of the places you mustn't miss out on:

Below: General Staff Building, Saint Petersburg; Known to be one of St. Petersburg's instantly recognisable landmark, the 'Church of Our Saviour on the Spilled Blood' could remind you very much of the Italian architecture

CARLO ROSSI'S PETERSBURG: This Italian-born architect may not be well-known outside Russia, but his work in the Central St. Petersburg will leave you spellbound. The best way to look around would be to take up a walking tour because it takes around three hours. Carlo's most famous buildings include the General Staff Building on Palace Square, the Alexandrinsky Theatre, the senate and Synod Building and the Mikhailovsky Palace (The Russian Museum). All these buildings are located in the Golden Triangle of St. Petersburg.

OUR SAVIOUR ON THE SPILLED BLOOD: With its strikingly colourful Russian Revival architecture and a contrasting interior with rich history and refinement, the cathedral in itself depicts a different environment on the inside and the outside.

PETERHAOF ROYAL FRONT: The city has as many gardens and palaces and one such proud palace would be this one. This would apparently be Peter the Great's summer residence and it reflects his tastes and choices. However, the park was expanded by his daughter, Empress Elizabeth. The Statues in the Upper Garden is made of gold and the lower gardens pave a beautiful way to the beach which mostly remains frozen. It is best to allocate a day for the Peterhof Royal Front.











Clockwise from Top: The Bronze Horseman, St. Petersburg; People Walking Near St Basil's Cathedral, Moscow; The Kremlin is flanked by 20 towers with the walls being built in the 15th century.

PETER AND PAUL FORTRESS: The fortress was the original citadel of St. Petersburg. Founded by Peter the Great in 1703, it was used as a prison and an execution ground by the Bolshevik Governement. It is a museum today and a wide tourist attraction.

THE BRONZE HORSEMAN: Based on a romantic trilogy written by Paullina Simons, this statue of Bronze Horseman is now a popular tourist attraction.

Apart from these, do not miss out on visiting the Mariinsky Theatre, taking a river cruise, taking in the St. Isaac's Cathedral and Colonnade, Dostoevsky's St. Petersburg, Tsarskoye Selo, Nevsky Prospekt, and the Yelagin Island.

Moscow

Moscow has got its fair share of museums and palaces but nothing beats its ecstatic nightlife, food from around the world and not to mention terrific cocktails made of vodka that will give you a hang of the life whilst keeping you warm. Moscow was only recently developed and was made the capital too, only during the late 90's. It was St. Petersburg before. Moscow has a life of its own. When you travel from St. Petersburg to Moscow, it is almost as if there's a culture shock - they're both two different, beautiful worlds.

THE RED SQUARE: Considered to be the most famous city plaza in Moscow, the Red Square has the most important buildings - St. Basil's Cathedral and The Moscow Kremlin. The former is a 16th century cathedral which was initially built in white. However, the architects re-modelled it in the 17th century, adding astounding colours and patterns to it.

The Moscow Kremlin is the fortified resident of the President of Russia which is also a terrific museum to the tourists. The museum of Armoury in the South and the Arsenal in the North may be museums, but the military is very much active and houses the Kremlin Regiment.

Cathedral of the Annunciation, Cathedral of the Archangel, Cathedral of the Assumption, the Patriarch's chambers, Church of the Deposition of the Robe, Ivan the Great Bell Ensemble and Sobornaya square are also a part of the Red Square and are a must-visit.







Pelmeni (A kind of pasta with minced meat filling)

Borscht (Beetroot soup)

Paskha (Sweetened cheese cake dessert)

FAMOUSLY KNOWN AS THE UNDERGROUND PALACES OF MOSCOW, the metro station is an important tourist destination. Many of the objects in the stations are particularly protected by the State as valuable cultural objects.

From top: Elektrozavodskaya Metro Station, while the old, pre-war stations show the industrialisation of Russia, the post-war showed the pride and achievement of Russia as a nation; The skylines, large glass buildings, malls and walks down the road are sure to entice.

THE MOSCOW METRO TOUR: Famously known as the underground palaces of Moscow, the metro station is an important tourist destination. Sokolnicheskaya is the oldest and Majakovskaya is considered to be the most beautiful station of them all. Many of the objects in the stations are particularly protected by the State as valuable cultural objects.

BOLSHOI THEATRE: The Bolshoi ballet and opera is by far the biggest ballet company with over 200 dancers. Its neoclassical facade depicts a 100-ruble banknote. Earlier known as the Petrovka theatre, this was built in the year 1780.

Apart from these, do not forget to go for a romantic cruise ride on the Maskav River, Gorky Park, Pushkin Museum, Sparrow hills, Tsaritsyno, the Alexander garden and GUM if you have some shopping to do.

Food, Food Everywhere

Although, the Indian food in Russia tasted like home away from home, the local cuisine is impeccable in its own right. Russia has a variety of delectable meat varieties, but, bursting that myth, Russians love their vegetables with their meat, and a lot of them at that. Their daily lunch typically includes buckwheat, rye, cabbage, onions, turnip, beetroot and potatoes along with their choice of protein. Russian cuisine has a strong Italian flavour; influenced by the Italian craftsmen who entered the country in the early 14th century. It is then these men introduced spices, pasta and frozen dessert (gelato and sherbet) to the Russian meal.

GET A TASTE: *Salat Olivier* (Russian vegetable Salad), *Shchi* (Cabbage soup), *Solyanka* (thick soup comprising sausage, bacon, ham, beef along with veggies), *Ukha* (Fish soup with vegetables), *Pirozhki* (Pie with meat, vegetables and cheese), *Blini* (Wheat pancake rolled with jam, cream cheese, caviar, onions or sometimes Kvasschocolate syrup), Smetana (Traditional Russian dessert, also called a crepe) Kvass (Beer but fermented using Rye instead of barley. ■

Is egg really your diet villain?

Egg is a very nutritious food. But over the years it has become something that people fear because there is an overall perception that it adds cholesterol. In fact, even young children and teenagers are worried about eating egg yolk because they believe it adds weight. But that's not entirely true.



WHAT CAUSES CHOLESTEROL

Sugar, sweet, maida, too much rice, and fewer vegetables, soft drinks, hydrogenous fat (vansapathi), ignoring fruits and veggies.

SLEEPING IN TIME

Getting enough sleep in improper timings does not count. For example sleeping at 12pm and waking up 8am is not a healthy sleep. You have to go to sleep at 10pm! Try waking up at 5am in the morning. Your body will get a proper rest and also this will help secrete growth and sex hormones. Sleeping on time also helps put a pause to sugar and starch cravings. So you are not found guilty of eating midnight sweets.

Oh please do not throw away the egg yolk! It has been scientifically proven that eating egg (even the yolk) does not add cholesterol.

AN EGG IS A PERFECT HEALTH PACKAGE. It contains protein, iron, lepsin, and also biotin that helps in hair growth. People who ignore egg yolk in diet might have hair fall problems.

FRIED EGGS, BOILED EGG OR AN OMELETTE with many vegetables will make for a perfect breakfast even for young children who rush to school. They boost satiety and keep you filled for longer.

YOU CAN EAT ONE EGG A DAY WITHOUT ANY FEAR. People in sports and young children can eat up to 2-3 eggs a day.

EGGS HELP IMPROVE METABOLISM. That's why they make for an ideal pre-workout snack. A medium-sized egg contains 6 g of protein and other essential nutrients.

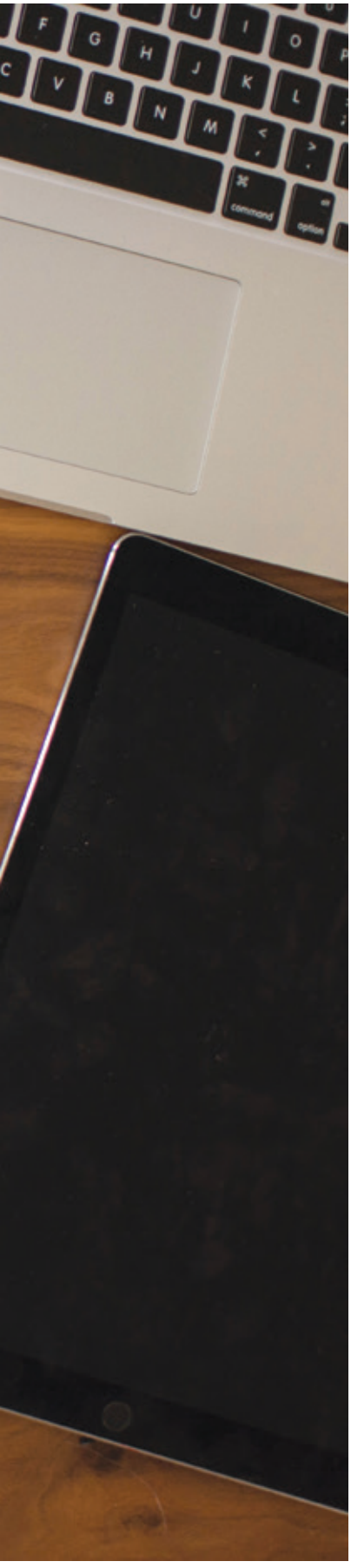
EGG YOLK IS AN EXCELLENT SOURCE OF IRON. It contains heme iron, a kind of iron that absorbs nutrients faster than others.



Making a New Year's resolution is only the beginning. The real work is in creating a suitable plan and support system to help turn these new behaviors into habits.

Work Resolutions, That Work

A large part of many of our lives is spent at work, so why not turn the clean slate of a New Year into an opportunity to improve workplace productivity.



As the New Year begins, resolutions are the highlight for many. But if you're like most people, no matter how many sticky notes you put on the fridge or reminders you set on your phone, it is most likely you would give up on the same before the week ends. So this New Year let's get a fresh yet simple perspective on how to set goals that can enhance productivity at the workplace.

IT'S NOT ALL BAD

It's easy to get bogged down in the 'same old, same old' routine. Taking advantage of the energy of a new year is perfect to incorporate change. But let's face it, one bad day is all it takes for all this positivity to dwindle. One way to avoid this is to keep a file of positive notes, messages or momentos of your successful ventures for a quick morale boost.

KEEP IT REAL

The real problem arises when resolutions are too generic and impossible to measure or ambitious to the point of being unrealistic. Remember, change does not have to be drastic to be effective. For instance, 'I'd like to use my time wisely this year' - don't go downloading a time tracker but instead use your commute to get a head start on email or focus on offline work like organizing and outlining tasks. Minor tweaks and shifts in daily routines can help refocus and realign yourself to attain a much larger goal in the long run.

THINK SMALL

If you set a long list of resolutions where a majority of the goals are going add more hours to your workday, you're eventually going to burn out. As a result, find it hard to keep up with everything. For instance, 'I'd like to become a better leader' - voicing your opinions might not be the solution everytime. Lending a ear can empower colleagues/ staff to solve problems on their own. Think small and you'll find that those little things add up.

Another example, 'Grow my business' - sounds great, but also meaningless. 'Acquire five new clients a month,' or 'Schedule a productivity meeting every fortnight' on the other hand, allows you to determine the steps you should take to meet that goal.

ONE AT A TIME

Nothing says that you have to tackle every single problem at once. Choose goals that most resonate with you, those will be the resolutions you're most likely to stick with. Then divide these larger goals into smaller more realistic tasks that can be achieved at a pace most suited to you. By setting everyday goals you savor the small victories allow yourself to feel good about yourself everyday. You don't have to wait for 'someday' to feel good about yourself.

The real problem arises when resolutions are too generic and impossible to measure or ambitious to the point of being unrealistic.

Goal Acheivement Ideas

LONG-TERM GOAL	TO READ MORE	TO STAY HEALTHY AT WORK	BE MORE ORGANISED	BE MORE SOCIAL
SHORT-TERM TASKS TO ACHIEVE THE LARGER GOAL	Read atleast one industry relevant material once a week. Be it a book or research on an additional topic/ skill that might come in handy in future.	Start taking the stairs. Or pick a day a week to opt for a sensible meal. Gradually increase the frequency until it comfortably fits in your daily routine.	Spend 5 minutes at the beginning of each day to mentally visualise what your day is going to look like. Then transfer this from your head and onto paper.	Make sure that you attend at least one professional meeting each month. Look up support groups/ clubs meant for industry professionals. ■

What's On Your Mind, Mom?

While parenting should come to us as naturally as breathing, the complexities and dynamics of modern lifestyles make it a tough task. Mindful parenting might just open the door to guilt-free, fair and sound family life. ***Niharika Reddy*** unpacks the gains of this meaningful approach.



Being a parent is without a doubt the most stressful job on the planet. Ask Michelle Obama. She attributes her husband's early grey hair not so much to the running of the country as she does to dealing with their two daughters. There are as many parenting styles as there are days in a year but we pick the simplest and most profound method of them all: parenting with a purpose.



What do you reap as mindful parents? The rewards are well worth it:

1. Researchers noticed that parents who practice mindful parenting demonstrate more positive emotions in conversations with their children.

2. Children of mindful parents show high self esteem and decreased drug use leading to harmonious homes and improved inter-personal relationships.

3. It eliminates the emotion of "loss of control". Constant loss of control can take a heavy toll on your general sense of well being.

4. It helps raise more confident, responsible and well-adjusted children who are aware of their actions and its consequences.

5. Reduces stress and anxiety. For a change you start feeling in control.

6. Mindful parents become less critical and more accepting of themselves, others and most importantly their children.

7. As a parent you will always find yourself at a tipping point and mindfulness is the only way to respond constructively. Problems will eventually appear smaller and you will end up feeling happier.

8. Mindfulness helps us sleep better and improves the immune system. It brings about a sea change in the way we look at life.

YOU TOO CAN ADOPT THESE BASIC TENETS OF MINDFUL PARENTING

Observe your own feelings when in conflict with your child; it puts you on the path to conscious parenting.

Learn to pause before responding in anger. Take a deep breath. Acting in haste only leads to a world of regret.

Listen carefully to a child's viewpoint even when you are unconvinced. They may actually have a point that you failed to see.

Admit you made a mistake. This sets a good precedent for your child's future behaviour as well. Do not allow your age and authority to colour good judgement.

In order to make changes in your behaviour, **start by identifying and becoming aware of your "stressors "or "triggers"** and work on them. Miracles will not happen overnight, so a consistent practice is the way to go.

Deal with conflict through compassion and curiosity. Ask yourself if you would have behaved any differently in a similar situation and try coming to grips with why your child is exhibiting a conflicting response.

React less and connect more. Look at the picture in its entirety. Your views may not find acceptance with the younger generation. Remember that everyone including your child is a product of their times and need not concur with your ideals.

Let everything become your teacher. Your body, thoughts, pain, joy, suffering, success, failure. Be open-minded.

One effective suggestion is to maintain a shared journal of sorts, where both the parent and child record their feelings about a particularly unpleasant incident that transpired between them. After the wave of emotions have made way for calmer thoughts, read each other's accounts and try to understand and empathise with the other person's feelings. A self-aware parent can mould a self-aware child more effectively. Defensive talk in a conflict can only put off your child; pause and reflect instead, allowing active reasoning to override explosive reactions.

So, next time you feel an impulsive outburst building within you, just take a beat and breathe. Perspective will find its way to you, as will a peaceful home! ■

CINEMA CHRONICLES

Your monthly dose of Hollywood, Bollywood and South Cinema



KEERTHY SURESH RECEIVES THE NATIONAL AWARD FROM THE PRESIDENT

Keerthy Suresh has proved her mettle as an actress in the recently released Savitri biopic Mahanati (Nadigaiyar Thilagam in Tamil) where the actress played the late superstar with utmost grace. With critics and audiences lauding her performance, it's clear that the actress has finally shed her cute-girl image and has embraced a more mature persona on screen. Keerthy Suresh's 'Mahanati' completed a year in cinema and even today it is one of the finest films ever made not to forget the impeccable acting Keerthy did don the role of superstar Savithri. The actress has now won a National Award as the best actress for her excellent performance in the biopic.

ADITI BALAN CONFIRMS HER NEXT WITH ACTOR NIVIN PAULY

After almost two years of Aruvi, advocate-turned-actor Aditi Balan has signed yet another film and there is huge anticipation on this one as it also has Nivin Pauly in the lead. "Starting a new project after almost 2 years. I am filled with so much excitement, fear, curiosity, and happiness. It has definitely been a long wait during which my life has had a lot of ups and downs.espective of all of that, I 've really grown to be much stronger than before," states Aditi on social media.





PIC TALK: FIRST LOOK OF SNEHA AND DHANUSH FROM PATTAS RELEASED

Post the critically acclaimed film 'Pudhupettai' we never got to see the duo do films together. It was earlier confirmed that the duo will be seen together in a film. Little did we know that they were a part of Dhanush's next, Pattaas. However, looks like the actor will be seen donning a double role – a younger and an older version of the character. While the younger Dhanush is seen romancing Mehreen Pirzaada, a new picture of the old Dhanush is seen alongside actress Sneha.



FINAL SCHEDULE COMPLETE FOR JANHVI KAPOOR'S GUNJAN SAXENA: THE KARGIL GIRL

Gunjan Saxena made history when she flew into the combat zone during the Kargil War successfully evacuating the injured soldiers from the zone. The film starring Janhvi Kapoor in the lead began the first schedule last year. Directed by Sharan Sharma, the film also stars Pankaj Tripathi and Angad Bedi in pivotal roles. The film is slated to release on March 13th, 2020. Janhvi Kapoor penned down a heartfelt note on the birthday of Gunjan thanking her for the opportunity.

SIDDHANTH CHATURVEDI, ANANYA PANDEY AND DEEPIKA PADUKONE TO STAR IN A FILM TOGETHER

The Gully Boy fame Siddhanth Chaturvedi is all set to be a part of Shakun Bhatra's next also starring Deepika Padukone and Ananya Pandey. The film is touted to be a romantic drama based on unconventional relationships. Talking about her excitement to work with Deepika, Ananya said, "Deepika Padukone is an actress I truly love and I also really enjoyed watching Siddhant in Gully Boy."



RYAN REYNOLDS ALL SET TO ROLL DEADPOOL 3 ON THE FLOORS

It was only recently when Ryan Reynolds confirmed that there is indeed a Deadpool 3 in the pipeline and Marvel Studios are working on the team, script and more. On the Holiday episode of 'Live with Kelly And Ryan', the 43-year-old actor confirmed the news. "We're working on it right now with the whole team. We're over at Marvel, which is the big leagues all of a sudden. It's kind of crazy," stated Ryan.





KEVIN SPACEY'S YET ANOTHER #METOO ACCUSER TAKES HIS OWN LIFE

The ex-husband of Princess Martha and Norwegian author Ari Behn took his own life shocking everyone. Along with Ari, an anonymous massage therapist and whistleblower Linda Culkin had accused Hollywood actor Kevin Spacey of sexual abuse exposing him and were an active part of the #metoo movement. The other two accusers, Culkin and the therapist also took their life earlier this year. It was in the year 2016 when Kevin Spacey's accuser Behn had come forth to talk about his unforgettable incident with the actor. ■

KAREENA KAPOOR KHAN LAUNCHES THE FOREVER 21 STORE IN ORION MALL



BENGALURU: The new remodeled Forever 21 was launched by Bollywood star Kareena Kapoor Khan at the Orion Mall. The store at Bangalore houses the edgiest and up-to-date trends, to make you feel fashionable, and Holiday Ready, this season.Customers can now explore exciting, chic pieces inspired by the best of fall-winter'19, to give them a fresh new wardrobe look and be pap ready. The #aboutlastnight, Ice Baby, Luxe Lodge, Cherry Bomb and Urban Youth are some of the newly launched collection names.

INTERCONTINENTAL CHENNAI MAHABALIPURAM RESORT HOSTED THE CHRISTMAS TREE LIGHTING

CHENNAI: The InterContinental Chennai Mahabalipuram kicked off its Christmas celebrations with its Christmas tree lighting ceremony, themed 'Coastal Christmas tree'.
In an effort to blend luxury and environment, the resort created a 15-feet tall tree made of 700 coconuts. in the middle of their artfully decorated lobby, stands a perfect tribute to the Kalpavriksha, where every part of the coconut tree is used.


Sawyer


Woosic and Laya


Vandana


Simar





HYATT HYDERABAD GACHIBOWLI LAUNCHES THE TEA LOUNGE

HYDERABAD: Hyatt Hyderabad Gachibowli launched The Tea Lounge launched on 15th December 2019, which is celebrated as international Tea Day. The event was hosted by Hyatt Gachibowli and taken forward by CEO of Tea Swan. Tea Lounge offers a variety of 100 types of exquisite teas and chef crafted baked cookies everyday and tea cakes.











THAMBI

A GOOD PLOT VEILED BY MEDIOCRE FILM MAKING

DIRECTOR: Jeethu Joseph
CAST: Karthi, Jyothika, Sathyaraj, Sowcar Janaki

Director Jeethu Joseph is known to weave family emotions and thriller seamlessly into a realistic plot and is back with another family thriller, Thambi, starring Karthi, Jyothika, Sathyaraj in lead. Lacking the sharp writing and the quick phase of his previous family thriller Drishiyam, a good story is what saves this otherwise average film.

Vicky played by Karthi is a conman by profession who changes identity by the day. By charm or cleverness, he uses whatever works best to his advantage to swindle the unsuspecting target. His current project is playing Saravanan, a long lost son of a wealthy political family who resides in Ooty. Enter the family – Parvathy (Jyothika) politician father Gnanamoorthy (Sathyaraj), mother (Seetha) and grandmother (Sowcar Janaki) all who waited for Saravanan's return for 15 long years.

A not-so-convinced sister, a suspicious police officer friend, a lover, a paralyzed grandmother who knows the truth, and in middle of all that an anonymous thug set to kill the family, will Vicky be able to pull off this scam? What happened to the real Saravanan? Will he show up? Who wants Vicky dead and why? All these questions will be answered by the end of Jeethu Jospeh yet another family thriller.

The long con gets you entangled and leaves you rather distracted than curious. The storytelling leads one into assuming cliches but the final big reveal is worth the sit through. Jothika's presence in the movie is feeble in contrary to the title of the movie that emphasis on a brother-sister relationship. However we see a calmer and a more subtle side of her acting in this movie. It's a delight to watch Sowkar Janki return to big screens and Karthi charms his usual way in a character that he is used to playing by now.

VERDICT: An outdated family thriller that is worth a onetime watch.
RATING: ★★½☆☆



KNIVES OUT

A QUINTESSENTIAL MURDER MYSTERY WITH QUIRKS THAT PROVIDE IT A UNIQUE CHARM

DIRECTOR: Rian Johnson
CAST: Daniel Craig, Chris Evans, Ana de Armas

For many, nothing beats a good detective novel, evidenced by the success of characters such as Hercule Poirot and Sherlock Holmes; proving the genre timeless. If you count yourself as one of the countless detective story afficionados, Knives Out, directed by Rian Johnson, is a thoroughly enjoyable, must watch movie.

The story revolves around a classic premise; the death of the patriarch of a rich family under mysterious circumstance, countless potential suspects all with potential, but weak motives, investigated by a charismatic but odd private investigator played by Daniel Craig, assisted by an uninquisitive police team. Rian Johnson excellently crafts an entertaining storyline around this Whodunnit plot. The film has it all; the red herrings, the big twists and the compelling characters that define an effective murder mystery as well as involving elements of humour that add to the spectacle rather than remove the overhanging tension required to keep viewers invested in this type of feature.

Of course, a good story is nothing without good acting. The ensemble cast, featuring a number of very talented actors including the likes of A Listers like Chris Evans and Katherine Langford of 13 Reasons Why fame, all deliver great performances, with the stand outs being the central characters of Marta Carbrera, an innocent, good natured nurse who finds herself in the middle of an extraordinary situation far outside her comfort zone, played by Ana de Armas, and detective Benoit Blanc, a quirky but brilliant detective with a southern drawl and a quick wit, played by Daniel Craig, who will also be sharing the big screen in the upcoming Bond movie. Ana de Armas continues to excel in her relatively young Hollywood career, in what is her first performance in American cinema as the leading role in a movie. She manages to keep the audience thoroughly invested in her character, making sure viewers root for her despite the dubious situation surrounding her. Daniel Craig was surprisingly convincing in his role, considering the last time he portrayed a man from southern USA was in the underwhelming Cowboys vs Aliens.

With an engaging storyline and good performances, Knives Out manages to do justice to the quintessential murder mystery with quirks that provide it a unique charm; providing viewers with an entertaining watch that ensures 2 hours goes by like a breeze.

VERDICT: An easy and enjoyable ode to classic detective stories!
RATING: ★★★½☆



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