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Vol.8  
Issue 11  
July  
2015

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# Dear Mom-to-be, Know what to expect from the experts at Motherhood.

Pregnancy is a lovely time in the lives of both the mother and the father. However, it can get difficult at times. And at such moments, mothers require the most nurturing care and attention, which we promise to give at Motherhood.



When someone talks about pregnancy, we always like to hear from experienced people. One of our such mothers is Mrs. Priyanka Acharya and this is what she had to say about us.

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# from the EDITOR



**A** Time is flying in fast forward mode as we approach the completion of eight years of *JFW*. Yes you heard that right! In two months we will be stepping into our 9th year and just that thought is enough to give us our current dose of adrenalin rush. To say this is an absolutely enjoyable journey is an understatement. All the frenzy, the deadlines and burning the midnight oil become completely worth it every month when our glossy, new edition comes fresh from the printing press.

At *JFW*, it has always been about celebrating the spirit of success of women and their achievements. And women have been making waves in every conceivable field. Take for instance our entertainment industry. Behind all the glitz and glamour we see on screen, there is so much hard work that goes on and there are many women who have made an indelible mark in their respective departments. This month, we decided to focus on three such women who have crossed several milestones in their paths to get where they are today. Who could've been a better option than a choreographer, a dubbing artist and a costume designer? It was great fun shooting with Brinda master, Savitha and Poornima in our bid to get them in front of the camera. Catch up with them in our cover feature as they share their delightful journey and experiences.

There is plenty more interesting reads in this issue – Kavitha Emmanuel's noble cause and her fight against discrimination based on colour, an interesting short story about being single, our travel feature on Barcelona, some lip-smacking recipes from Southern regions and much more. Get yourself a steaming cup of coffee and get cracking with it!

Cheers  
***Bina Sujit***



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**AMRAPALI**

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# Mailbox

We'd love to hear from you. Mail in your suggestions and feedback to [jfw@optionsmediagroup.in](mailto:jfw@optionsmediagroup.in)



It was very nice to see character artists like Saranya on the cover instead of just the heroines. Her performance as the mother of the heroes stands out in every film. Often it has made me wonder if she is the same in person. The article gave a deep insight into her life as the on screen and off screen mother. It was a surprise to know that she is into designing and has a design school of her own too. Thanks to the team at JFW for putting a story together on one of the most talented actresses in the industry today. **Poornima Krishnan, Kochi**



I am writing in reference to JFW's article on "New girl in the city" from the June edition. I would like to say that when it comes to finance, we often think an article would be complete Greek & Latin as it is always assumed that it would be about accounts and numbers. It's refreshing to see how simple and straight forward the article was. I have moved to 3 different metros in the past 5 years and often find it difficult to manage my expenses. I am sure the girls just out of college who move into new cities will find your article very resourceful. Thanks again for this simple write up. Keep it up! **Paulomi Ghosh, Hyderabad**



We come across tons of articles on the internet today about fad diets and fitness. Most often than not I read about losing weight but what we don't understand is that there are some specific areas in our bodies which need special attention. Your article on *Tackling problem areas* was just a good read about the simple home-based exercises we can take up to reduce fat and tone up. Thank you for coming up with day to day issues women deal with. Keep up the good work!  
**Kajal Sabharwal, Chennai**

Black is almost always followed by beauty, especially in the world of fashion. But the article on tangerine was a refreshing change. Normally people have concerns about wearing bright colours like orange and lime yellow because it attracts too much attention. I especially liked the ideas that it gave on sporting tangerine somewhere in one's looks even if they are not too comfortable wearing the colour.  
**Rakhi Sahni, Bangalore**



A computer mouse is the central focus, rendered in a dark grey, glossy style. It has a silver cord extending from the top right. The mouse is lit from below, creating a soft yellow glow. The text is printed in yellow and white on the mouse's surface.

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# What's New

## THIS MONTH



### FRAGRANCE

#### INCENSE AND CEDRAT LIMITED EDITION - JO MALONE

Lovers of deep, woody and smoky scents can get excited now! Jo Malone has created a really sensual take on a unique type of incense created in Oman. The result is the Jo Malone Incense and Cedrat scent and it is absolutely beautiful. The incense has been harvested from the Boswellia sacra tree and then recreated in the lab using natural ingredients. The flavours come from unfurling resins woven with the brightness of cedrat. There is a luminous citrus twist that is majestic yet mystical.

PRICE ON REQUEST

#### CHANCE EAU VIVE - CHANEL

Chance Eau Vive blends sparkling notes of grapefruit with juicy, explosive red orange, providing citrus splash to elegant jasmine and white musk. Base notes of the composition mix vetiver, cedar and iris, leaving a fresh, gentle, elegant and subtle trail. This perfume brings energy and vitality with its floral zesty notes. ₹7,900



### GADGETS



#### THE TOUCH HAIR IRON - CLOUD NINE

Cloud Nine has come out with an absolute best hair straightener. Its irons are made with mineral infused plates that leave hair glossy and polished. The straighteners are switched on as soon as they're plugged in, and switch off after 30 seconds of not being used - so there's no worrying about whether they've been left switched on.

PRICE ON REQUEST

## COSMETICS



### BRONZE GODDESS COLLECTION - ESTEE LAUDER

It is summer time and Bronze is one of the safest shades out there that suits all skin tones and does not look too heavy or overdone.

Estee lauder has launched its limited edition Bronze Goddess Shimmering Nudes collection. This divine edition lets you pick from a trio of new bronzers, the Bronze Powder Gelee, stunning shimmering eye shadow palettes and bronze lip and nail colours.

₹1,400



### LIPSTICK - LAURA MERCIER

Treat your lips to a succulent colour with a wet shine in just one stroke. This tempting treat transforms lips with an ultra thin balmy formula that provides the comfort of a lip balm, the coverage of a lipstick and the shine of a gloss. In addition to colour and shine, this multi-functional formula features a mix of vitamins and butters along with smoothing and volumizing ingredients for the ultimate seductive and youthful looking pout. This guilt free treat is available in 12 shades. ₹1,600

### HAIR OIL - THE BODY SHOP

The Body Shop introduces its summer collection in hair oil with the newest flavour being Rainforest Coconut hair oil. The first thing that will undoubtedly grab your attention is its scent. It is summery, fruity and fresh and feels edible, though it is not! Applying this on your mane will make it smell delectable. Its ultra soothing properties promises to work wonders even when applied to dry or damp hair. ₹700



### LIP AND CHEEK BLOOM - BURBERRY

Burberry has launched its own multi-tasker lip and cheek bloom for the fast paced and multi tasking woman. The pigments can be used sparingly for a soft sweep of colour or built up for a brighter pop of floral fun. It is available in six floral inspired hues including purple tulip, peony and poppy. ₹2,400





## WATCHES

### CHAMBERS ROSE GOLD TONE LINK WATCH - DKNY

The Chambers watch is as robust as it is elegant, meeting the demand of today's modern woman. With its classic lines and clean face, it fuses timeless elegance and modern sophistication. This statement making watch has an imported polished rose gold tone and a unique link closure that sets one apart from the usual. ₹12,600

## HOME

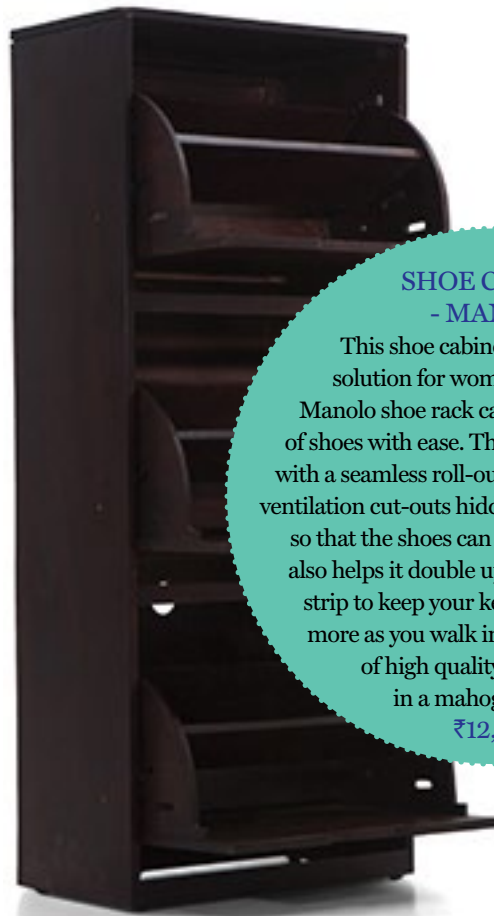
### FREE STANDING GAS DOUBLE OVEN WITH CONVECTION RANGE - GE APPLIANCES

The latest kitchen appliance in the market that is making waves is the gas and oven double unit. The capacity of the oven is 6.7 cu.ft, which is the largest in the industry. This means cooking more at once and in less time too. It has a gas convection oven that circulates heat for high-quality results. Apart from this, it also has the standard four burner gas cook top that one can use for normal cooking. It is deep-recessed that contains the spills for a quick and easy cleaning. ₹ 2,09,500



### LYON MIRROR - DESCASA

Get a taste of life in a country side chateau with this mirror. The design is distinctive French provincial that gives it a royal and timeless look. This free standing mirror can swivel on its base to give you the best view possible. It is made of a high quality mango wood with a distressed finish. Combine it with a drawer chest to use it as your dresser. PRICE ON REQUEST



### SHOE CABINET - MANOLO

This shoe cabinet is the ultimate solution for women. The generous Manolo shoe rack can hold upto 24 pairs of shoes with ease. The compartments open with a seamless roll-out mechanism, and have ventilation cut-outs hidden discreetly at the back, so that the shoes can breathe. The top shelf also helps it double up as a hallway landing strip to keep your keys, mail, wallet, and more as you walk in and out. It is made of high quality Mango wood in a mahogany finish.

₹12,000

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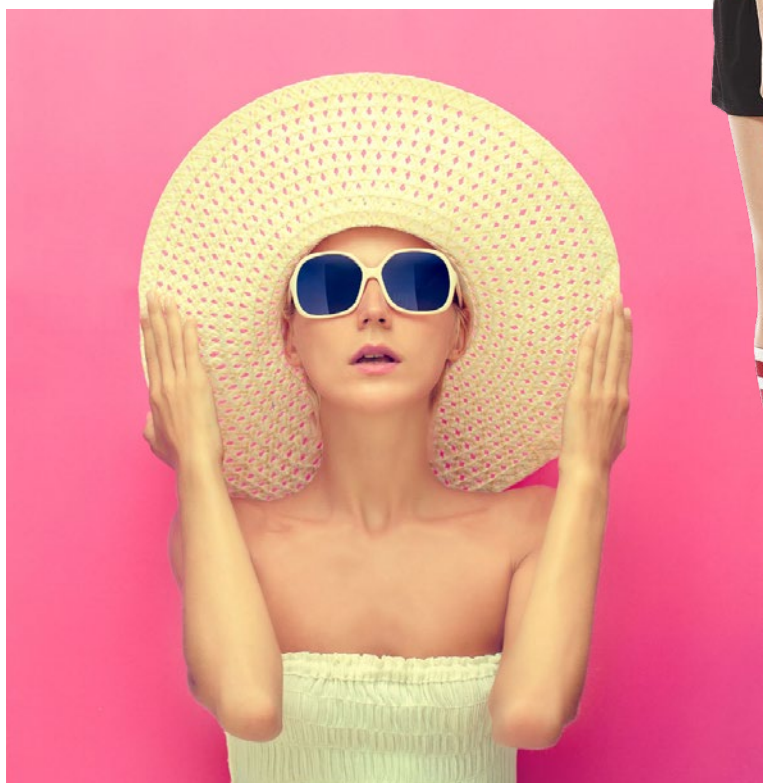
& lots more!



# BE A FASHION REBEL

## *Cropped Tops*

Though a simple black dress might not seem too rebellious and antiestablishment today, in an era where flounced gowns and everything over the top were the order of the day, Coco Chanel's little black dress ushered in the trend of sleek silhouettes and minimalism. Women who were brutalized by breath sucking corsets, hats that meant nobody could come close by a yard and whose dresses had more feathers than the nearby zoo were glad to welcome fashion that was refreshing and comfortable. By **Niharika Reddy**



**T**oday fashion has come a long way and has drawn from eclectic sources, but despite this, popular fashion has always bordered on the uncomfortable. A spunky group of girls and women have however turned the tables on the big fashion houses of

Europe. Cropped tops and chunky clogs have upstaged billowing gowns and diamante stilettos from the ramps. Truly a bottom up revolution orchestrated by women who refuse to follow the herd and know that fashion is where the heart is; so welcome to the world of the Fashion Rebels!

It always seemed unfair that the part of the female body that required a great deal of effort to maintain in shape, never really had an item of clothing that displayed it as well as could be worn daily. The cropped top just bridged that gap and for lasses with enviable abdominal genetics and those who spent hours in Pilates glass could now show off their abs very coyly, looking demure yet setting the fashion meter soaring high. The wonderful thing about cropped tops is that they flaunt while making you look like the cute girl next door. It is no wonder fashion icons like Miranda Kerr and Kristen Stewart have made them their very own. Indian designers too have incorporated crop tops with élan and every third bridal lehenga flaunts a cropped top.

## Chunky Wedges



Stilettos with their icicle like heels might make you look like a diva, but the person wearing them knows the agony of walking on half a foot stilts. Enter chunky wedges with pop art and sculpture on the heels. So very avant garde, individualistic, yet comfortable and with the presence to make heads turn. Andy Warhol and Salvador Dali would have approved. Though stilettos might win the battle in the long run, chunky wedges are likely to get more than their 5 minutes of fame, a fact corroborated by catwalks world over. So go on and enjoy the comfort and the stares while it lasts.

## Sling Bags



The Hermes Birkin deserves the singular distinction of damaging both bank accounts and the delicate wrists of numerous women. Fashionistas like Victoria Beckham have also popularized the trend of oversized bags and style imitators have had to pay dearly with bruised shoulders and strained necks. Chunky oversized bags are being carried near the wrist, something it was not meant for and paying dearly in the process. Sammy Margos, a London based physiotherapist, explains it a bit further: “Women may think they are following a catwalk trend but they are storing up trouble. We have seen a huge increase in shoulder and neck problems and killer heels can add to the pressure on posture. We have seen handbags that weighed a huge 1.5 stone. It can cause severe strain to the shoulder and neck.”

Yet numerous women bore the pain with a smile, for the precious bag dangling from their delicately perfumed wrist was what more than a million women across the globe would literally give an arm and leg for. But now the Birkins are so passé and have made a silent exit. It is now the era of the sling bag- light, comfortable and leaving the hands free to do the things that it is meant to. From earthy straw to exotic leathers, glitzy studs to foot length fringes, these bags come in all shapes and sizes and mind you, all prices. Sling bags have been welcomed as a breath of fresh air, for their irresistible combination of style with functionality. From the busy mother of two to the supermodel negotiating her multi- million dollar contract, they seem to be everybody's favourite.

## *Palazzo Pants and Bohemian skirts*



## *Stick on Nails*



Though its been drilled into all our heads that a weekly clipping of nails is a hygienic habit, next only to godliness, we have all been guilty of breaking that rule in the pursuit of fashion. Long nails unfortunately are susceptible to breaking and chipped nail paint can be an ugly sight. For women dealing with pets and small children, long nails can very well be a hindrance. But every woman worth her salt covets long, well manicured nails, painted in luscious shades of polish and decorated with the latest fad- nail art. Acrylic nails provide the solution by being easy to stick on and remove and also come in an array of colors and designs. A working woman with children can easily transform into a long nailed diva by night, by just a wave of the magic wand, sorry glue stick. Magic without a wand, that's what these colorful, blingy contraptions are and you can sure cast a spell on both men and women.



The whims of fashion always seem to be working against the comfort and easy movement of women. Once in a while we do get fashion that comes like a messiah to save tightly bound and wound mummified women. Palazzo pants are fluid and light weight and usually are high waisted. So no more looking around and pulling your pants up before you bend. Tight jeans and leggings which highlight every cellulite dimple and untuned muscle have graciously made way for light and swishy palazzo pants. Palazzo pants have been embraced eagerly for their sinuous grace and height enhancing quality. These pants deserve a pride of place for upping the ante in both style and comfort. A woman in long swishy skirts has always been and will be the epitome of feminine grace and online polls have proven this fact. Comfortable, sensuous, ethereal and timeless, there really is something about skirts.

Scarab fringed leather clutch  
**Valentino**



Cupidity fringe bag  
**Bagslounge.com**



Fringe Hinge  
Sling Bag  
**Shopclues.com**



Blue lapis goddess fringe  
statement earring  
**Jewellery.fashionmag.com**



Bright bead fringe necklace  
**Zad-Jewelry**

Leather fringed  
hand cuff  
**shopbop.com**



Studded fringed  
checked heels  
**Onlymaker, Amazon.com**



Belle chain fringe  
T-strap sandal  
**Jimmy Choo**



Beaded Fringe jacket  
**Topshop.com**



Nylon fringe dress  
**Amazon.com**



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**Missselfridge.com**



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**Ebay.com**



# TAILORED TASSELS

Fringes are the new black! Leave your hemlines and accessories rustling in threads and flaunt that swish of style.

FASHION | Trend alert

Marsala cuff  
**Trendywardrobe.com**



Marsala flower necklace  
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Dark Marsala studd earrings  
**Kokopalenki.com**



Marsala coloured tear drop shaped pendant  
**Palamutishop.com**



'Abel' pumps  
**Jimmy Choo**



# Mystique MARSALA

Just like it derives its name from the fortified wine, Marsala is as rich and elegant when added to your wardrobe. Fulfill your vanity thirst with the chic colour this season.

'Marc' watches  
**Marc Jacobs**



Marsala hand bag  
'Peekaboo'  
**Fendi.com**



V-neckline dress  
**ModCloth.com**



Marsala glitter dress  
**Payal Kaira**



Dune dorisey bag  
**Starstyle.com**



Rabbit fur hat  
**Matchesfashion.com**



Giambattista Valli skirt  
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FASHION | Trend alert



Luxor polka dotted golden bangle  
**Sweetcouch.com**



Blue polka dot bangle bracelet  
**Hullabaloo**

Polka dot belt  
**Loft**



Blue polka dot belt  
**Happy Socks, Lyst.com**



Teal coloured polka dot earrings  
**Catslikeus.com**



Multi colour beaded polka chain  
**Camille.co.uk**



# go DOTTED

Defy age and go dotted! Polka dots are trendy, young, retro and they never go out of fashion. Check out these accessories to go with all kinds of plain or printed garments.

Multi colour strap watch  
**Shopprimadonna.com**



Polka dotted watch  
**Timex**

Tote bag  
**Isbags.co.uk**



Dotted heels  
**Aldo, Heels.com**



Black polka dotted leather pumps  
**Kate Spade, Lyst.com**



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KNK ROAD : ANANTA THAI & ORGANIC SPA, NO.28,2ND STREET, WALLACE GARDEN, KHADAR NAWAZ KHAN ROAD, NUNGAMBAKKAM, CHENNAI - 600 004.

BESANT NAGAR : ANANTA THAI SPA, MIG FLAT M2/2, NEW NO.13/02,OLD NO.26 (GROUND FLOOR), 4TH MAIN ROAD, BESANT NAGAR, CHENNAI -600 090.

KOTTIVAKKAM : ANANTA DAY SPA, NO-35 KAVERI NAGAR, BAY VIEW ROAD, KOTTIVAKKAM

SRIPERUMBUDUR: ANANTA DAY SPA,NO.1507 ,INSIDE LE WATERINA RESORT & SPA, SRIPERUMBUDUR



# LOOK(S) *I know*

I have never considered looks very important - which is a good thing considering I am no Cleopatra. But it is hard when people keep thrusting upon me their version of how I should look.

A recent update of my picture on Facebook caused quite a furore. For once I posted a selfie of myself where I wasn't grinning like a monkey. In this particular picture I was smiling rather coyly at the camera and I think it captured a facet of my personality that made people uncomfortable.

Me? I thought it looked different and blithely posted it.

People who had always looked at me as the good girl next door suddenly didn't

like the coy look at all. Now, usually if I don't like someone's picture or post on Facebook, I simply don't comment on it. Either say something good or say nothing is my principle when it comes to making public statements of any kind.

Obviously that wasn't a principle many subscribed to. While I had many comments that were positive, there was a rash of negative comments. You look too old. You look scary. You are dieting too much.

One was truth. One was perception. The third one - anyone who knows how much I love food will know dieting is anathema to me. And then there was the comment that I should wear traditional clothes and then see the number of likes I get.

To the “old” comment – I replied “Thanks” to the “scary” comment I said “Be brave. I am sure you look in the mirror” and to the “dieting” comment – “I am not dieting – I am still as plump as ever.”

I also disabused them of the notion that I was competing for “likes” on Facebook. I am too old for those juvenile games.

The fact that I reacted to the comments in a lazy manner didn’t take away from the fact that I was obliged to react at all. To be honest I have never been shy of talking about my age. At 45, I think I am well past the age where I need to hide the fact. Even if I wanted to say I was only 25 years old, my face and body would give me away. Besides who gives a... you know what...? (and I had this attitude even when I could have passed off for a 25 year old despite being older.)



**I posted another picture which conformed to the public image of Anu Hasan. A happy cheerful smile. And I noticed that the negativity was very much lesser. How curious!**

And then as an experiment - I posted another picture which conformed to the public image of Anu Hasan. A happy cheerful smile. And I noticed that the negativity was very much lesser. How curious! So- as long as I remain in the box people put me, they are comfortable.

The moment they feel I am not in that box, they want to say anything at all to make me go back into it.

I’d like to think I am a bit like Maria – a flibbety gibbet – a will o’ the wisp..A clown....how do you keep a wave upon the sand...

My new agent, Jane Hollowood had remarked, “You have the face of a chameleon.” This was after she had seen my pictures as a Muslim mother, a police officer, a bomb squad leader and a reporter. I was thrilled. And I realised that is what I wanted people to see. Not what I am but what I can be.

So when I went to a professional photographer to update my close up shots for my portfolio, I deliberately went for 4 different looks. I didn’t want the casting directors here falling into the same trap of trying to box me. Not that there was any chance of me getting cast as a James Bond girl –or aunty... unless James Bond is played by an octogenarian, but hey – weirder things have been known to happen.

Tom Barker – the photographer I was working with had looked at the pictures and said, “All your pictures are so different. I thought they were taken over several years.” Whereas, as a matter of fact they were all mostly done in the same year. I explained to him what I was hoping to achieve and we started off on the shoot.

Tom would describe a scenario and I would adopt a suitable expression – happy, relaxed, sad, intense, angry, focused, and smirking. Then suddenly he would say “constipated” and I would burst out laughing. He captured that too. He tried to get me to do street, glamorous, femme fatale and man eater – but I only ended up giggling when I tried those expressions. In the typical understated British way, he said “Well, I don’t think that’s working quite the way we want it to, is it?”

So we left those expressions out.

When we finished the shoot and Tom said

we had shot over 500 pictures, I quailed at having to shortlist from those. After all I only needed 20. But after some ruthless edition I do have the 20 that I think will showcase all the boxes I can fit in. And so ladies and gentlemen here are the new pictures! Tadaaaa!



Pity about the femme fatale bit though – as an actress I think I would love to try that role on screen. If nothing else it would be a source of endless amusement for my friends – and a source of great disturbance to the people who follow me on Facebook – and therefore a source of gleeful amusement for me!

Guess that is one box I cannot fit into even if I wanted to...But you must admit, it would be fun to try – especially knowing I am no Cleopatra! •



## WATCH THOSE *HANDS!*

On any normal day, we look at our face in the mirror a minimum of 10 times. Our hands do not get any special treatment from us except perhaps, the occasional manicure at the parlour. Our hands need equal attention and care, after all they are the ones that help us get through our day. By **Sumitra Sundaram**

You cooked all morning, drove to work, came back, did the dishes and are now sitting with cotton and cleansing milk to clean your face. You cannot hear it, but your hands are silently imploring you to take a look at them too. But like any other day, you do not and call it a night. Sounds familiar? This is something that all women are guilty of doing.



## NAIL STAINS

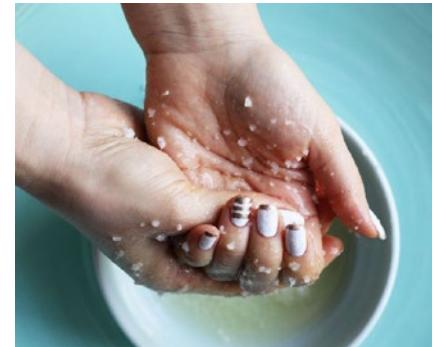
Instead of trudging to the parlour, try these simple homemade quick fixes to get rid of nail stains.

- Mix one tablespoon of hydrogen peroxide with two and a half tablespoons baking soda in a small bowl. Using a cotton swab, cover your entire fingernail with this paste. Leave this mixture on for about three minutes and then rinse. Repeat this treatment every month.
- Fill a bowl halfway with fresh lemon juice. Soak your nails in it for about fifteen minutes. Then use a soft toothbrush to gently scrub the nails. Rinse your hands with lukewarm water and apply moisturising lotion.
- Whitening toothpaste comes in very handy to clean nails too. Apply a small coat of toothpaste and leave it on for about ten minutes. Using a nail brush, scrub your nails gently. Wash the toothpaste off with a soft cloth.

## SOFT HANDS

The more we work, the more our hands take the brunt of it and the skin becomes hard and rough. It is possible to maintain a baby like softness with these methods.

- Mix 1 teaspoon of glycerine, half a teaspoon of lemon juice with a few drops of rose water and apply it twice a day. You can do it at any time of the day.
- Blend a banana, add 1 teaspoon of honey to it and apply it on the hands. Wash it off after it dries.
- Mix a teaspoon of honey with a tablespoon of beetroot paste. Add a few drops of glycerine and apply it.
- The easiest way is perhaps to mix Bengal gram flour with milk and lemon and apply it regularly.



## CHAPPED HANDS

Nothing is more unattractive than dry and chapped hands. Hands are capable of showing one's age as they age faster than other parts of the body. These remedies are very effective to cure chapped hands.

- Apply vinegar diluted in a little water and put on a pair of soft gloves. Leave it for 15 minutes. Wash with warm water and pat it dry.
- Wear gloves while doing housework like washing dishes to protect your hands from the harsh chemicals.
- Massage your hands with olive oil or sunflower oil every day.
- Mix fresh cream with a teaspoon of sugar, few drops of lemon juice and massage your hands till the sugar granules dissolve.
- Massage almond oil mixed with egg yolk and a little honey on your hands. Wash with warm water after 15-20 minutes.
- If you do not have time for elaborate treatments, just apply coconut oil mixed with petroleum jelly (Vaseline).

## DISCOLOURING

If you ride around the city with no protective gloves for your hands, chances are that your hands resemble a duet of ebony and ivory! It might not be much of a hazard, but it does become apparent when you wear evening dresses. Try these remedies for satisfactory results.

- Mix almond powder, sugar, milk cream and lemon juice together and use that as a scrub. When you powder almonds, make sure they are not finely grounded. The almonds act as a natural scrubber.
- Mix the white of an egg, 1 tablespoon glycerine, little honey and powdered barley to make a soft paste. Apply it on your hands and leave it to dry. Wash off with warm water.

## MANICURE AT HOME

Not all of us have the time to head to a parlour every now and then to get pampered. A manicure, apart from giving beautiful hands, is also extremely beneficial. It improves blood circulation, removes dead skin and relaxes the body and mind. Follow these steps to an easy manicure in the comfort of your home.

- Clean your hands well and remove old nail polish stains with remover.
- Take lukewarm water; add a few drops of shampoo, some rock salt and lemon juice.
- Soak your hands in this for about fifteen minutes. With a toothbrush, clean your nails.
- Cut your nails and remove dirt from under the corners.
- Apply olive oil on the base of your nails and gently massage them. Wash and pat dry with a soft cloth.
- Apply moisturising cream. You could either leave it as it is or apply nail polish.



So, ladies, next time you pamper your face, take a look at your hands too. They deserve the pampering too!

# POCKET *full of* ROSES

What every makeup kit needs is a touch of pink – here are the best beauty tools to get it right!

- 1 Caresse Lip colour  
**L’Oreal Paris**
- 2 Pink eyeshadow  
**Estée lauder**
- 3 Flavoured lip gloss  
**Victoria’s Secret**
- 4 Face brightener lotion  
**Street Wear**
- 5 Beauty rush gloss  
**Victoria’s Secret**
- 6 Long wear nail lacquer  
**Dior**
- 7 Master Glaze  
**Maybelline**
- 8 Rouge coco lip colour  
**Bobbi Brown**
- 9 Pinkluxe eye shadow palette  
**MAC**
- 10 Soft cosmetic makeup brush  
**Ebay.com**





# THE UNSEEN DIVAS

Behind every man's success, there's a woman and behind every film there are hundreds of unseen divas contributing to its success. Art directors, make-up artists, choreographers, costume designers, the list is endless. A film, good or bad is a result of the entire crew's hard work and more often than not, the ones behind the camera are not in the limelight. By **Deepa Kalukuri** and **Sumitra Sundaram**

Photography **Karthik Srinivasan**

Styling **Sandeep Ravi, Studio 9696**

Hair & Make up (Poornima Ramaswamy & Savitha Reddy) **Shawn & Michelle, Studio Profile**

Hair & Make up (Brinda master & Savitha Reddy) **Rose, Stylesmith**

Jewellery **Amrapali** • Location **The Brew Room, The Savera**

We caught up with three women from the South Indian film industry, who are celebrated in their own right and have been striving to do their best behind the scenes. Famous choreographer and National award winner, Brinda master, creative costume designer and a recipient of National award, Poornima Ramaswamy and the voice of all actresses, dubbing artist Savitha Reddy — take us through a journey of their best moments and memories of their successful career.

# Brinda Master

## Dancing Diva

Dancing is a skill. Choreography is an art, an art that has evolved so much in the past few years that it is impossible to miss. Kollywood has really stepped up its choreography game giving its audience with hundreds of incredibly memorable and spectacular moves. One of the most popular choreographers behind this development is Brinda Master who has been making actors and actresses dance to her tunes for around two decades.

### NATIONAL AWARD

She received the National award for best choreography in the song *Swargam thedi vannore* in the Malayalam movie *Daya* in the year 1999. This was the first time a woman dancer was given an award at a national level. "I am not a materialistic person and for me to have won this award meant more than just the award. It was all of the emotion and pride that usually comes with a nation full of people showering their accolades on me."

### THE BREAK

"I learnt Bharatanatyam under Raghu Master (popular choreographer and sister Girija's husband) when I was fifteen. One day my sister Kala, also a popular dance master, was to assist him at a shoot. But she couldn't turn up as she was ill. That was when Girija asked me to assist him. I was very unsure of what I was doing but I was able to sail through with a lot of help from my uncle and other people." Her first film on her own was *Nandavana Theru*

and then she did Sunder C's directorial venture *Ullathai Allitha*. The rest as they say is history.

Her tryst with acting in *Nammavar* garnered rave reviews. "Working with Kamal sir was a dream come true. I totally loved sharing screen space with him; I never thought I would get the opportunity to do so."

### DANCE AND CHOREOGRAPHY

Choreography is not limited to songs and dancing behind trees. It is essentially a part of the story that the director is trying to weave. Montages of real life experiences that flow as poetry is essentially what choreography is all about. "It is not enough if you just know dance. A choreographer should know which angle would be best for what movement. And in situations like a dream sequence, one cannot expect the hero to just jump up dancing. It should flow with the story. That is my favourite style of choreography."

### WHAT'S UP IN DANCING?

"I love looking at small children

dancing on the streets. It is just so pure and straight from the heart. My main inspiration comes from these kids. When I work on a particular film, I keep all that in mind and accordingly tweak the styles." Her take on reality shows in dancing is very positive. She believes that the kids on such shows have some real talent and they are the forerunners of the dance industry.

### DANCING SISTERS

The whole family is into dancing. It is no wonder that she is such a success story. When one is surrounded by people whose interest lies in the same field, one is bound to be captivated. Another success story in her family is Brinda's elder sister Kala, also a popular choreographer. But she says that there is no rivalry between them. "There is absolutely no competition between us. Infact, we do not inform each other where we went for shoots or what we did during our shoots. She doesn't compliment me often on my work. I think it is a good thing because it keeps me grounded."

### FAVOURITE DANCER

"Hrithik is an absolute dream to work with. He is a naturally gifted person and I adore the way his passion comes into play in every single move."



**SHOOTING  
FOR JFW**

“It was brilliant. I think it is a very noble initiative to bring us all together. We always work behind the scenes and this is one opportunity where people can see what we actually do. I had a lot of fun.”



## SHOOTING FOR JFW

Being behind the scenes and working with the team is a different experience and this was the first time she faced the camera. She nervously says, "I was way too conscious! I am very camera-shy and it was quite a task."

Costumes pour confidence into actors and help them bring the characters to life. Period films require extensive research, planning and most importantly team work. Costume designers are required to not only know the script, but also feel the characters in order to sync the costumes with the roles.

Poornima Ramaswamy, a National award winning costume designer stunned the audience with her work in her debut movie *Paradesi*. The period film required her to design clothes which made the Madras Presidency era look unbelievably real.

## A DEBUTANTE'S DREAM

Poornima hails from the famous Naidu Hall family in Chennai and working with garments and textiles was not an unfamiliar territory to her since childhood. She learnt the art of designing through the hands on experience she gained while helping out in her family business. Like they say, luck happens when preparation meets opportunity; ace director Bala approached her for his period film *Paradesi* in 2013. She says she was very nervous as she knew costume designing for films was a lot different than textile designing. But she jumped at the offer and never looked back. "I have known Bala sir and his family for at least a decade now and I am a big fan of his. His movies are

# Poornima Ramaswamy

## The Queen of Threads

a cult and *Paradesi* was no different. There was no narration of the script; I was just told that I would have to feel the characters. What followed was tremendous hardwork, nail biting moments and a great team working together to make it a success.”

*Paradesi*, was set in the early 1900s, presenting some true incidents in the pre-independence era in the then Madras Presidency. The movie required Poornima to make unstitched garments, with ragged edges and the garments were handmade as there were no machines used. The costumes had to depict the poor economic situation of the era. All the hardwork paid off and Poornima received a call which changed her life for good. She bagged the prestigious National award for costume designing and received critical acclaim for her work in her debut movie.

### CHALLENGES FACED

Poornima speaks about the challenges faced during the initial days and thanks her team for helping her sail through. She says, “Since *Paradesi* was my first movie and it was with Bala sir, it felt like I was just out of college and was interning with him. I got a lot of support from my team; they gave me the book *Red Tea*, which was the inspiration of the movie and that helped me design clothes for the movie.”

“Sometimes it gets challenging to have some actors wear your clothes. Some disagree with your costumes and you need to convince them that the director wants the character in a certain way. It takes a lot of convincing sometimes and that’s when the director steps in. We are here to communicate what the director wants out of the character through the costumes,” she adds.

It gets challenging to have some actors wear your clothes. Some disagree with your costumes and you need to convince them that the director wants the character in a certain way

### WEAVING THE THREADS

Poornima has worked on four films and her latest release was Jyotika’s comeback and highly successful film *36 Vayathinile*. Poornima is known to create costumes which keep pace with the commercial storyline. Keeping it real, she brought in beautiful cotton sarees and unlike period films this wasn’t as difficult for her. She says, “Making costumes for the movies

which are set in current times is very simple and I didn’t find it very difficult to put together clothes for them. Commercial films are fun and songs are colourful and young. So you are a lot at ease and have the liberty to experiment.” Talking about her next movie, she says, she is excited about the release of *Irudhi Suttru*, Madhavan’s bilingual sports drama.

### MUSES

When asked about the one star she would love to dress up, without a blink she says, Kangana Ranaut. “Kangana has the right attitude to carry off anything. She is trendy and quirky. Down south, I would love to work with Suriya. He carries himself really well in anything.”

### A MULTI-TASKER

Costume designing for movies is a combined effort of the art department, the director’s team and the design team. More often than not it requires long work hours and being a mother of one, Poornima says she is glad she got to work with supportive directors. “Women are inherently multi taskers. My daughter is still young and at this age she needs me the most. I am fortunate that I am in the film industry as we have the leverage to easily balance the schedules.”

# Savitha Reddy

## The Voice of Heroines

Dubbing is a very important part of the South film industry today, because most of our actresses are from various parts of the country and speak different languages. Savitha Reddy, one of the most popular dubbing artistes talks about her action behind the mic, her career so far and more.

Guess what Sneha, Simran, Jyothika, Nayanthara, Hansika, Genelia and a few other actresses have in common? Savitha's voice. Entering the industry with the help of her grandmother who was a classical singer, she made her debut with the movie *Jeans* where she dubbed for Aishwarya Rai. "Getting the chance to dub for the Miss World in my very first movie was a very pleasant surprise. Aishwarya has a base voice and I had to maintain it throughout. It was a bit challenging since it was a double role. My second film was *Vaali* for Simran. The story of the movie was so thrilling and captivating that I literally had my heart and lungs in my mouth in every scene I dubbed! Though I had worked as a child artist in dubbing, I never knew then that it would become my career."

### IDENTITY CRISIS

After two glorious decades, she can confidently say that she has no identity crisis when it comes to her voice. "Every actress is different and so are their characters. When I dub for them, I become their character. It changes with every film. So there is no identity crisis." Each actress has her own style of dialogue delivery and the dubbing artist is required to change their tones

accordingly. "It is not an exaggeration to even call us chameleons because that is what we do with our voices," she smiles.

### AN ASSET OF A VOICE

An MBA graduate who majored in advertising, her career and livelihood is her voice. Quiz her on how she takes care of it and pat comes her response, "I love ice creams and eat them all the time!" On a serious note, sleepless nights bother her more than ice creams as they tend to give a rough edge to her voice the next day. "I drink cold water and juices but slowly and in sips. I take a gulp, keep it in my mouth for a few seconds and then swallow. This is basically good for anyone and not just dubbing artists. I also avoid speaking in loud voices or screaming." Again, something that everyone can practice!

### DUBBING INDUSTRY – NOW AND THEN

The dubbing industry has evolved a lot from the past. In the olden days, they followed the loop system where a movie would be cut into 300 loops or parts. Each loop had a mix of characters and all the artists would be asked to dub for that particular scene at the same time. Even if one artist fumbled, they would redo the whole process! "As a child artist, I started like that. It used to be like a family get together of all the dubbing artists. But now, everything has changed and there is no loop system anymore. We all come and go as we please. Even if we falter, re-taking is easy since sound

engineers are always on hand to modify and rectify errors."

### VOICE MODULATION

Laughing is the easiest emotion and the best stress reliever. But that is not the case when it comes to dubbing. Laughing is actually the most difficult to get right. "Crying is easy; I read the scene and imagine a loved one in that particular situation and that usually does it for me. I find laughing very difficult because for me, it is a fake laugh. I have to laugh even if I don't find that situation funny. I have to imagine everything inside my head and emote accordingly."

Savitha has two daughters, aged 10 and 1. And the elder one Shringa is already following her mum's footsteps in dubbing! She dubbed for child actor Sara Arjun in the movie *Deiva Thirumagal* and *Saivam*

### BEING ON SCREEN

Sometimes, there are movies or specifically some scenes that even people behind the scenes love so much that there is an innate need inside them to be a part of the scene in front of the camera. Does she ever get such a feeling? "I love my job. I love dubbing. I haven't felt like that at all. But in

recent times, when I dub for certain actresses who don't know the language, I feel like being in front of the screen and showing them how to enact it! But otherwise, I am quite content being behind the scene."

### *Favourite Dialogues*

*Po ya, po*  
from *Jayam*  
for Sadha

*Pardon*  
from *Boss*  
*Engira*  
for  
*Bhaskaran* for  
Nayanthara

*Loose ah*  
*pa nee?* from  
*Pithamagan*  
for Laila

### **ACKNOWLEDGEMENTS**

Dubbing is one of the most underrated jobs in the industry but there are a few who artists who acknowledge its importance. "All the actresses that I have worked for are friendly with me and thank me after the shoot. But Sneha goes out of the way in mentioning my name every time her movie releases."

#### *Actresses she has dubbed for*

Aishwarya Rai, Simran, Jyothika, Trisha, Genelia, Shriya, Asin, Nayanthara, Tamannaah, Hansika, Taapsee, Kajal Aggarwal, Bhumika, Laila, Nandita Das, Sneha, Sadha, Amala Paul, Ileana, Aarthi Aggarwal

### **SHOOTING FOR JFW**

We asked her on how it felt being in front of the camera for a change. And this is what she had to say. "It was a very nice and refreshing change. But it made me realise how difficult acting is and how easy it is to dub! Just looking at the camera and smiling or fake laughing is so hard and definitely not my cup of tea. Hats off to the actors!"





A few decades ago, being environment conscious meant separating paper from plastic in your recycling bin and buying organic fruits and vegetables that you carried home in a reusable bag. However, these days, there is a lot more you can do to create a greener and healthier home.

Your home is where your health begins—making your home green can mean good things for your mind and body. Whether you want to help the environment or just feel good about making a difference to the world, here are some easy tips and tricks to embrace a greener, environmental friendly surrounding.



## REDUCE, REUSE AND RECYCLE

This may seem like a no-brainer; however it is one of the most difficult tasks to implement. Reduce the use of electricity in your home, buy reusable products as much possible and recycle biodegradable products every day!

People on an average produce up to two kilograms of waste on a daily basis. By making recycling a priority, you can help cut down on what ends up in landfills.

## KEEP A GARDEN

Not many of us have the greenest of thumbs in the world, but setting up a garden and maintaining it will inculcate

a deep sense of appreciation for Mother Nature. Plant a few vegetables or a plethora of wildflowers and revel in the beauty of your lush green space.

## MAKE YOUR OUTDOORS HABITABLE

A part of sprucing up your outdoor living space can also include welcoming birds into your backyard! While you are busy arranging your exquisite lawn furniture, also think about including a few attractive birdhouses, water bowls and feeders to make your garden or backyard an oasis for birds too!



## SAVE ENERGY

### *Switch to fluorescent lights:*

These lights are available to fit many fixtures and use just a quarter of the electricity of regular incandescent bulbs.

*Turn off the lights:* While it's important to illuminate your home, leaving the lights on can be an unnecessary waste of energy. If you are forgetful, install automatic timers for lights frequently left blazing in empty rooms.

### *Set the temperatures correctly:*

Your refrigerator and freezer are probably the biggest electrical energy consumers in your house. Take steps to make sure they're not working harder than necessary. Be sure to close the fridge and freezer doors. Leaving them open for just a few extra seconds wastes a lot of energy. Also, don't leave the air conditioner on for a long time, switch it off once the room gets cold.

*Get unplugged:* Electronic appliances, including TVs, laptops, washing machines and grinders consume almost as much energy when in standby mode as they do during the relatively small amount of time they're being used.

*Let the sun shine:* Open drapes and shutters to let solar energy warm and brighten your home naturally.

## VINTAGE ALL THE WAY!

As you are aware, indulging and investing in vintage and second-hand pieces will not only help you reduce your personal consumerism levels, but it will also offer an instant infusion of character into your home. From clothes, furniture to home accessories, buy them all from flea markets and garage sales!



## ECO-FRIENDLY HOME DECOR ACCESSORIES

Choose absolutely perfect eco-friendly home accessories to decorate your living room, bedrooms, kitchen and even bathrooms. Add those special touches with terracotta vases, cane shelves, organic cotton bed-sheets, biodegradable kitchen napkins and

bath towels. There are all sorts of stylish choices available today that are created using environmental materials.

## INDOOR PLANTS

Growing plants in your home is great for the environment, as they express your desire to be environmentally sound and help process and clean the air inside your home. Place some lush green shrubs in your home (any room of your choice) and breathe in the fresh air!

## COMPOST

It may not be an appetising subject to bring up at the dining table; however, it is an imperative step towards living green and healthy. Also, you can create a compost corner in your garden and cut down on the fertilising costs season after season.

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Add those special touches with terracotta vases, cane shelves, organic cotton bed-sheets, biodegradable kitchen napkins and bath towels. There are all sorts of stylish choices available today that are created using environmental materials

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## REPAIR IT!

Sometimes, it may be tempting to throw out that broken shelf, ripped sofa and faded mats, but instead of getting rid of them, choose to repair them instead—it is a more eco-friendly approach. Having an object for a long time increases the sentimentality of it and with time, something ordinary can be transformed into a family heirloom.

## TRY IT!

Don't expect you or your family to become perfect 'green' citizens of the world overnight. One of the most important things anyone can do when attempting to embrace easy green living is to simply stick with it—keep minimalistic goals and follow through with them before adding to them. Over time, you will be living the green life full-time.



## THINGS TO DO

- Make sure that there are no leakages and all taps and faucets are in good condition. Turn off taps in intervals while brushing or shaving.
- Regularly clean out the filter in your AC. This will ensure that your AC's perform better and give you more cooling in less power.
- Get rid of plastic as it is non-biodegradable and chokes the eco-system with toxins.
- House cleaning products are full of toxic ingredients like ammonia. Use organic cleansers like baking soda, vinegar, lemon juice and borax to make home cleaning items for floors, doors, windows and grills.
- Instead of using paper towels, use cloth cleaners. Save paper, save trees.

# COMMON BEAUTY MYTH CONCEPTIONS

When it comes to beauty, there are several misconceptions that float around but we don't know the extent of their truth. By **Kavya Sridaran**

## MYTH #2

### OILY SKIN — NO MOISTURISER

Not true at all! No matter what skin type you have, its vital to moisturise everyday. Applying moisturizer won't make skin oilier or cause a break out, it just hydrates the skin initially after you take a shower. Rather than eliminating moisturizer from your routine completely, substitute your heavy based cream to a slightly lighter solution.

## MYTH #3

### SUBSTITUTING ACNE CREAM WITH TOOTHPASTE

If you find that you have a mammoth pimple anywhere on your face and you need a quick fix, your first instinct will tell you to apply toothpaste to get rid of it. But that trick doesn't work very effectively. The menthol element in toothpaste actually ends up irritating your skin rather than soothing the area. If you are prone to break outs and acne, visit a dermatologist and get a prescribed cream.

## MYTH #1

### CUT YOUR HAIR EVERY 6 WEEKS

Pay a deaf ear to people who suggest to you to cut your hair when you want it to grow longer, because it won't. If you want long hair, just let it grow out. You should only get a haircut if your hair looks unhealthy, or has split ends.

## MYTH #4

### CUCUMBERS DON'T LESSEN EYE PUFFINESS

There is no particular element in cucumber that reduces the puffiness of your eyes. It just has the ability to stay cold for a long period of time. The coldness of the cucumber causes blood vessels around the eyes to contract, reducing swelling. Then again, you can just apply anything that's cold on your eyes, it's not just limited to cucumbers!

# SOUTHERN *Fare*

Digging deep into the heart of the South, here is a collection of recipes that are not just out of the ordinary, but also make a hearty mouthful.

Recipes by **Alok Anand**,  
Executive chef - Taj Coromandel





## CRAB RAWA FRY

### *Ingredients*

- 4 soft shell crabs
- 1 tbsp chilli paste
- 1 tsp ginger garlic paste
- ½ tsp turmeric powder
- 1 tsp lime juice
- 100 g rice flour
- 75 g semolina
- Salt to taste
- Refined oil to deep fry

### *Method*

- Cut soft shell crabs in half and thoroughly wash and clean the insides. Drain it on a paper towel.
- In a large mixing bowl, make a marinade of chilli paste, ginger garlic paste, turmeric powder, lime juice and salt.
- Apply the marinade on to the crabs and allow it to marinate for a minimum of two hours in the refrigerator.
- Heat refined oil in a wok.
- In a tray mix rice flour and semolina.
- Dust the crabs evenly and deep fry till golden brown.

## KUZHI PANIYARAM

### Ingredients

- 500 g raw rice
- 150 g boiled rice
- 125 g urad dal
- 25 g grated coconut
- 2.5 g mustard seeds
- 10 g cashew nuts
- 5 g channa dal
- 15 ml refined oil
- 5 g green chilli
- 1 tsp ginger
- Curry leaves
- Salt to taste

### Method

- Take the raw rice, boiled rice and urad dal in a vessel.
- Wash the above ingredients thoroughly and soak it in water for an hour.
- Now strain the water and grind the mixture to a smooth batter.
- Keep the batter in a warm place and allow it to ferment for 3 hours.
- Finely chop ginger and green chilli and set aside.
- When the batter is fermented, add salt and beat thoroughly.
- Heat oil in a pan; add mustard seeds, chana dal, grated coconut and the chopped ingredients.
- When the coconut begins to brown, remove the mixture from the flame.
- Add the tempered ingredients to the batter and mix well.
- Now heat little oil in the kuzhi Paniyaram kadai (a dish with concave mould) and gently pour the batter in the moulds.
- When one side of the Paniyaram is cooked gently turn around to cook the other side.
- Let the Paniyaram cook in the mould over a slow flame for the inside to get cooked. Serve hot.



## MOREKALI UPPU URUNDAI



### *Ingredients*

- 250 gm rice flour
- 200 ml sour curd
- 2 tsp channa dal
- 2 tsp mustard seeds
- Curry leaves
- 2 tsp asafoetida powder
- 40 ml coconut oil
- 20 g ghee
- 50 gm idly gun powder

- Salt to taste

### *Method*

- Mix rice flour, salt and yoghurt to make a batter without lumps.
- Heat coconut oil, splutter mustard seeds, channa dal, curry leaves and asafoetida powder.
- Add the batter and cook. Make sure to scrape the bottom and whisk

continuously as this mixture sticks to the pan. Cook till it forms a thick lump and leaves the sides.

- Remove from heat and spread evenly on to a plate and allow it to cool.
- Make even half inch sized balls.
- Steam these for 6 to 8 minutes in a steamer.
- Heat ghee in a skillet and toss these with the gun powder.

## KAIR KATTI KOLA URUNDAI

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### Ingredients

- 1 kg minced lamb
- 150 g onion
- 40 g garlic
- 20 g ginger garlic paste
- 30 g chopped green chilli
- 20 g turmeric powder
- 50 g red chilli powder
- 20 g fennel seed powder
- 50 g fresh coriander
- 150 g ghee
- Salt to taste
- 75 g Bengal gram
- 50 g broken cashew nut
- 15 g fennel seeds
- 15 g whole cardamom
- 10 g cinnamon
- Banana fiber soaked in water for tying the meat dumplings
- Oil for frying

### Method

- Heat ghee in a thick bottomed vessel. Add chopped onion and sauté till translucent.
- Add chopped garlic and sauté well, then add chopped chillies to the mixture and sauté for 2 to 3 minutes.
- Add the ginger and garlic paste and cook well.
- Add the lamb mince and sauté for 5 minutes; add the spice powders and cook till the excessive water from the pan dries up and the spices are thoroughly cooked.
- Add chopped fresh coriander, check seasoning and set aside.
- Separately dry roast the Bengal gram, fennel seeds, cinnamon, broken cashew nuts, cardamom and grind to make a fine powder.

- Add this powder to the lamb mixture and cook again for 5 to 7 minutes.
- Allow the mixture to reach room temperature and then form round dumplings of approximately 30g each.

### FOR TYING THE BANANA FIBER

- Soak the banana fiber in water to make it soft and drain the water completely.
- Hold the dumpling in one hand delicately and keeping at least 1 cm of the thread loose, tie around the dumpling with the rest of the banana fiber in criss-cross manner so that the lines always converge at the two ends.
- When finished tying, the dumpling will resemble a globe with longitudinal lines.
- Now tie the loose end left in your hand and twist it tightly.
- Crisp fry these lamb dumplings in hot oil.



## INJIPULI MANGAI KOSAMBARI



### Ingredients

#### FOR INJIPULI

- 100 g tamarind pulp
- 50 gm ginger
- 20 ml coconut oil
- 20 g jaggery
- 2 button chilli
- 1 tsp mustard seeds
- ½ tsp fenugreek seeds
- ½ tsp asafoetida powder
- Salt to taste

#### FOR MANGAI KOSAMBARI

- 500 g moong dal
- 1 green chilli
- 5 sprigs coriander
- 1 tsp lime juice
- 1 green mango, cut in small dices
- 1 carrot
- 2 tsp oil
- ½ mustard seeds

- 1 ginger
- Salt to taste

#### FOR ASSEMBLING

- Lettuce leaves
- Hung yogurt

#### Method

- Wash, peel and finely shred the ginger.
- Heat coconut oil in a pan, add button chilly, mustard seeds, fenugreek seeds and asafoetida powder.
- Add the shredded ginger and cook till the ginger is completely cooked through and is golden brown in colour.
- Add the tamarind pulp and cook for another 15 to 20 minutes till the mixture thickens.
- Crumble the jaggery, add salt and cook for another 5 to 10 minutes.

- Keep aside to cool down before use.
- Wash the moong dal and soak for an hour or until the dal is soft.
- Finely mince the ginger and green chilli.
- In a pan, temper oil, crackle mustard seeds and add the minced ginger and green chilli.
- Add this to the soaked dal.
- Mix in the chopped coriander, diced green mango and grated carrot and lime juice.
- Adjust the seasoning.
- Cut iceberg lettuce in the shape of cups and fill them with the kosambari.
- In a mixing bowl mix equal parts of injipuli and hung yogurt.
- Make quenelles of this mixture and place it atop the kosambari in lettuce cups.



# A WOMAN OF WORTH

There are women who do the ordinary and then there are women who do the extraordinary. **Kavitha Emmanuel** is one such woman who has done the extraordinary. **Sumitra Sundaram** is in conversation with her.

Kangana Ranaut, fresh from the success of *Tanu Weds Manu returns*, recently surprised everyone by not agreeing to endorse a fairness cream brand. It came quite as a shock to an industry which swears by the 'fair and handsome' and 'fair and beautiful' taglines. The fairness cream industry is solely to be blamed for the toxic belief that a person's worth is measured by the fairness of their skin. This is what prompted Kavitha to start the 'Dark is beautiful' campaign in 2009.

“

*If you are someone who does not believe fair is beautiful but have a friend who is constantly trying out new fairness creams, it automatically becomes your duty to talk to them and make them understand the importance of being themselves*

”

## WOMEN OF WORTH (WOW)

On the one hand, we have women who are breaking out of stereotypes to achieve what their hearts desire. But on the other hand, we also have women struggling to make ends meet and are discriminated on the basis of caste, culture, colour, body image and more. Women of Worth was born in the midst of these realities. “We don't just fight for women's rights; we also help in restoring the rights that have been denied to them. Our core mission is to help women lay hold of their true value and worth and not discriminate against themselves in their mind.”



“

*For someone to be a star that has a huge fan following, it sort of becomes their responsibility to guide them. I don't think that the celebrities who endorse such products actually use them, but it would be nice to see them take up some responsibility and not endorse such brands*

”

## DARK IS BEAUTIFUL

This awareness campaign was started in the year 2009 and it draws attention to the unjust effects of skin colour bias. It also celebrates the beauty and diversity that each skin tone has. Societal attitudes and media messages are the main reasons for countless girls and women judging themselves and their worth. In a country where a majority of the revenue comes from the fashion and film industry, it is taken for granted that only fair and skinny is beautiful and not otherwise. The main mission of the campaign is to break this stereotype.

The campaign received a lot of support right from the moment it started. “But in March 2013 when it viral on social media, we received support from several Bollywood actors like Nandita Das, Tanishtha Chatterjee, Gul Panag, Shekar Kapur, Vishaka Singh and others.” One would think that skin colour is an issue that affects only women, but the campaign drew an overwhelming response from the male gender as well.

A lot of work went in shaping up the movement and launching the campaign. “The initial interactions and surveys on the issue revealed that women with darker complexions are seen as the second or last option and are put down and treated differently. They suffered from detrimental effects on their self-esteem that came from their own family and relatives. Our first step was then to eradicate this social stigma from the minds of the people.”

## THE BLAME GAME

On being asked who is to be blamed, Kavitha says, “We are all to be blamed. From the beginning, bias has always been there but we did not take any step against it. Urban India and the so called educated youngsters are also not free from believing these ubiquitous claims that the fairness cream industry offers. The change has to come from within and has to be spread around. If you are someone who does not believe fair is beautiful but have a friend who is constantly trying out new fairness creams, it automatically becomes your duty to talk to them and make them understand the importance of being themselves.”

As far as actors endorsing these brands are concerned, Kavitha feels that everyone has a moral responsibility that has to be followed. “For someone to be a star that has a huge fan following, it sort of becomes their responsibility to guide them. I don't think that the celebrities who endorse such products actually use them, but it would be nice to see them take up some responsibility and not endorse such brands.”

## VISIBLE OUTCOMES

The Campaign has been around for quite some time and has seen improvements in people's mindsets. “The one that I am most glad about is the Advertising Standards Council of India drafting a set of guidelines to be followed in products that claim whitening of skin tones. We feel this is a huge first step in ensuring responsible advertising. But we are also aware that mindsets still need to change and it may take a long time to see beauty being redefined in the psyche of the common person.”

## IN THE LONG RUN

Women of Worth is not just about fairness as a social stigma but it also deals with the aspects of weight issues, unnecessary dieting, peer pressure to use drugs for health and more. The team is working on more campaigns that deal with these issues. But as of now, the ‘Dark is beautiful’ campaign is being started in other countries with local support. “We know that it is not easy to stand up to discrimination and that is why with these campaigns we hope that more men and women will join us in taking the movement forward. We are fully convinced that change is within oneself and that a person should first believe in themselves completely and wholly for that change to arise.” •



## Ask Dr. Gita

**D**ue to the high prevalence of diabetes in the Indian population, 8-10% of pregnant Indian women run the risk of developing diabetes. Sometimes, a woman may already be diabetic but it may be discovered for the first time in pregnancy.

It is a good idea for women who are planning a pregnancy, to have a thorough checkup prior to conceiving. Checking the blood sugar levels is an important step to rule out diabetes before the pregnancy.

Women may face complications if their blood sugar levels are very high at the time of conceiving, and in the first three months of pregnancy. Since the growing fetus is very susceptible to high sugar levels, the risk of miscarriage is high. Secondly, the baby's organs form in the first three months and they are very vulnerable at that phase. High sugar levels at this stage can result in abnormalities in the baby, of which heart or spine abnormalities are the most common.

# DIABETES IN PREGNANCY

## PART 2

Changes happen in pregnancy, which make a woman prone to getting diabetes. There is an increase in pregnancy hormones such as estrogen, cortisol, and placental lactogen that may interfere with the body's normal ability to use insulin to keep blood sugar levels normal. This is known as insulin resistance.



**Q** *My 30-year old daughter is pregnant for the first time and is now 7 months far along. Last week she was told she has developed diabetes. Since she was living alone in Bangalore with her husband, she has moved back to stay with me so that I can take care of her. I am very worried.*

*Please tell me what I can feed her. Will this affect her baby?*

I can understand your concern for your daughter and her baby. When diabetes is first diagnosed in the routine test done at 6-7 months of pregnancy, it is called gestational diabetes. With good sugar control, this usually has very little effect on the baby. However, it is a warning sign for your daughter that she should

be on a lifelong healthy diet to avoid developing diabetes later.

A diabetic diet is basically a very healthy one. In pregnancy, it is based on the mother's weight. Usually a diabetic mother is advised to have 30 calories per kg per day, if she has a normal weight to begin with. For women who are overweight, this is reduced. Your daughter's doctor will ask you to see a dietician who will calculate the dietary requirements for her.

Let me break this down for you. If your daughter weighs 60 kilos, and her BMI is normal (23-25 kg/m<sup>2</sup>) she should consume 30 x 60 i.e.1800 calories in a day. It is important that the food is divided into 3 meals (breakfast, lunch and dinner) with 2 mid meal snacks and a glass of milk at bedtime. Of course, the most important thing is calorie restriction. Will your daughter starve and therefore, will the baby starve? Absolutely not! When the correct amount of food is consumed, the normal weight gain in pregnancy will also continue.

Since the body cannot handle sugar in diabetes, it is important to stop all sugars, including honey and jaggery. Vegetables with high sugar content like sweet potatoes, carrots and beetroot should also be avoided. Fruits that can be eaten are apple, guava, grapes that are not too sweet, or a small cup of pomegranate. Mangoes, bananas and coconut are loaded with calories and have to be avoided. Fruit juices are not recommended because they are high in fruit sugars. Rice should be included in only one meal. Oats, wheat and millets are good substitutes for rice.

The fact that your daughter is now staying with you worries me for only one reason. You might get a little overprotective and tell her to take it easy. Letting her just laze around, watching TV and reading magazines is the worst thing you can do! One of the most important factors in controlling blood sugars is exercise. The more physical work your daughter does, the

better the control of blood sugar levels. She should help with the household chores and also take a brisk walk twice a day, for at least 45 minutes to an hour.

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**The first step to controlling blood sugar levels in pregnancy is by modifying your diet and by increasing exercise. In spite of this, if the sugar levels do not come to normal, insulin is started. As soon as you have delivered the baby, your sugar levels will get back to normal and the insulin will be stopped.**

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*Q I am 26 years old and this is my second pregnancy. I had diabetes in my first pregnancy that was discovered when I was 6 months pregnant. I was very careful, followed my doctor's instructions and kept my sugar levels under control. My daughter was born healthy and she is fine. However, I put on a lot of weight between the last pregnancy and this one. I weigh 74 kilos. This time, I have again developed diabetes but the sugar levels are not staying normal, in spite of controlling my diet. My doctor has started me on insulin. I am extremely concerned. Will the insulin affect my baby?*

Let me first start by reassuring you

that the insulin will not affect your baby. In fact, by keeping your sugar levels normal, it will protect your baby from becoming overweight. If your sugar levels do not go down to normal, the baby will convert the excess sugar in your blood stream into fat. If your baby becomes overweight while in the uterus, it can cause you problems during delivery. Your chances of having a cesarean section will also go up.

The first step to controlling blood sugar levels in pregnancy is by modifying your diet and by increasing exercise. In spite of this, if the sugar levels do not come to normal, insulin is started. As soon as you have delivered the baby, your sugar levels will get back to normal and the insulin will be stopped.

Please remember that having had diabetes in both pregnancies makes you a candidate for developing diabetes over the next few years. The one thing that you can do to postpone the condition is to exercise regularly, eat healthy and maintain a weight appropriate for your height. A diabetic diet is an extraordinarily healthy diet- it has all the right things and cuts out all the foods that are bad for you.



Mail in your queries to [doc@jfw.in](mailto:doc@jfw.in)  
(Dr. Gita Arjun is an obstetrician and gynaecologist practicing in Chennai. She is the author of 'Passport to a Healthy Pregnancy'. Visit her at [www.passport2health.in](http://www.passport2health.in).)



# THE NIGHT-TIME DUTY

The very thought of waking up to last night's "clutter" is unappealing. Here is a quick guide to wake up to a clean and tidy kitchen the next day! By **S. Priyanka**

**W**hether you're planning dinner for your guests or just a simple meal at home, one thing is absolutely certain – after consuming your scrumptious meal, you'll be left with a bit of a mess! It's absolutely tempting to close your kitchen door and get that much needed shuteye. However, if you go to bed with a clean kitchen, you will wake up to a clean kitchen. No one wants to wake up to a sink full of dirty dishes, or greasy gas stoves or damp washcloths! And it is a well known fact that if you wake up to a clean kitchen, your morning and the rest of your time in the kitchen will not only be pleasant, but efficient as well!

## FIRST THINGS FIRST

Once you are done with your meal, store your leftovers! Empty your serving dishes into storage containers and refrigerate them for later use. Also, don't forget to put your snacks and nibbles back into their packets and boxes – only if they are crunchy!

## ORGANISE THE SINK

After you have put away your leftovers, it is time to organize your dirty dishes. Rinse them thoroughly and organize them in the sink for efficient washing the next day – stack the plates together, the bowls together (large ones first and the small ones go inside) and the spoons and other cutleries together. This way, you don't have to witness the unsightly dirty dishes poking out of your sink and what's more? the pre-rinsing makes washing easier!

## CLEAN YOUR KITCHEN

Wipe out your greasy stoves and counter-tops after the days cooking. It is a lot of work, but greasy stove and counter tops are a breeding ground for insects and other pests. Also, don't you like your counter and stove to be sparkling clean while putting on the pot of coffee first thing in the morning?



## EMPTY YOUR TRASH

You have taken a lot of effort to clean your kitchen, why not put in a little more effort and empty your trash can? You don't want your kitchen to smell of decayed fruits, vegetables and meat – especially the moment you wake up.



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## FRESH TOWELS!

You have had a busy day in the kitchen, it is evident that your dish towels and cleaning cloths are wet, and may even give out an unpleasant aroma. Throw them into the dirty laundry and set out a fresh, clean tea towel and dish cloth for the next day. Sometimes, it may not be feasible to use new towels everyday – have a rotation cycle every week; it is more pocket friendly.

## *Other things to do!*

Before you close your kitchen for the night, make sure you have done the following:

### Set up your breakfast

The only thing that is better than walking into a clean kitchen is to have breakfast that can be made in minutes. Keep your dosa batter, oatmeal or even noodles ready for the next day. Another thing you can do is get your coffee or tea ready for a quick brew the next day.

### Turn it off

Be sure to turn off all the appliances in your kitchen – the microwave, oven, blenders and mixer-grinders. You can also remove the respective plugs off their sockets for safety. While you're at it, don't forget to turn off your gas cylinders – it is a safety measure. Recheck if your stove knobs are turned off as well.

### Check the water faucets

Make sure that before you go to bed, you turn off your water faucets.





# THE *Other* WOMAN!

Women still may not have the room to choose their life partners but they certainly have one to choose their maids. One relationship wives don't want to lose out on is the one they have with their maids. Once you get hold of the right one, never let her go. By **Deepa Kalukuri**

**E**ver thought how your morning would be when you realise your maid hasn't turned up? Hell breaks loose and hits you right on the face! You have 30 minutes on the clock and the entire house is shoddy. With women balancing their professional and personal lives, they definitely cannot do without domestic help. A baby-sitter and a house maid always come to your rescue. It won't be a gross exaggeration to say that at times, we await our maids' arrival more than our husbands'.



## MAID-HUNTING

When you move into a new neighbourhood, the first person you need is a maid. You ask around the neighbourhood. The selection process is no less than bride-hunting. Some go by word of mouth and some look for maids whose timings suit their routine. After the screening process of the eligible candidates, you zero in on that one perfect maid. She suits the timings of your family members. Believe it or not, some women make sure they have their family adjust to the timings of their maids. A maid is finally chosen after a lot of negotiation and you are definitely the happiest woman on earth when you realise you don't have to do the dishes, laundry and you can hit work right on time. You make sure no one in the family upsets your maid, or you might just end up losing your chosen one.

## RELATIONSHIP DEEPENS

Slowly, your relationship blossoms. She gives you all the required gossip from the neighbourhood. Your neighbour's wife would not be aware of her husband's wrong doings, but your maid is. The network of your colony's maids is stronger than any other workers union. They are capable of making or breaking your image in the neighbourhood. Make sure you don't upset her.

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## CELEBS AND THEIR NANNIES

Ever wondered how Angelina Jolie manages her brood of six? How does she manage to tour the world for work and is a United Nations ambassador? The one person she needs the most is her nanny. Talking of nannies, at a recent event, actor Jyothika, who made a grand comeback with *36 Vayadhinile*, gave a heart-warming speech and attributed her comeback to her nanny among others. We would probably find it beyond difficult to focus on our passion if it wasn't for our domestic help.

## TECH-SAVVY MAIDS

Some maids communicate with their employers on Whatsapp. Now that's swag, isn't it? Imagine she isn't coming on time, not returning your calls but is online on Whatsapp. Is she going to work for my neighbour? Am I going to lose out on her because my nosy neighbour is luring her away? Too many questions and doubts occupy your mind. Now you know why it's called marriage.

## YOUR FRIEND IN NEED IS YOUR MAID INDEED

She is the only one who looks at you and knows you are happy, upset, angry, sad or if you have just had a tiff with your man. Your mother-in-law has just ticked you off and you want to spill the venom. You can't tell your husband, you can't tell your neighbour and you don't have a friend who can share your misery right away, so you turn to the other woman, your maid. Sometimes, all you need is a good listener and your maid more than listens to your ranting.

## DON'T LET GO

The day she comes over and tells you she wants to move on and leave, you are devastated. You imagine waking up and realising that she is not a part of your life anymore and you have to find someone who could take her place. You get another maid but the perfect maid seldom comes by.

On a lighter note, Charlotte from *Sex and the City* dreads losing her baby-sitter than losing her husband when she realises he must have been cheating on her with her beautiful and sexy nanny. Makes us think how badly we need our domestic help. •

# WOMAN FOR WOMEN

Spearheading initiatives to find employment for women with career breaks, **Saundarya Rajesh** stands tall among soldiers working towards improving quality of life for women.



When Veena Mukund walked into AVTAR's in Chennai, in 2006, she was a woman with a 2-year break in her career. After a survey of her r sum  and a discussion about her domestic responsibilities, she was granted a job within AVTAR as Front Office Executive. Within a few months, Veena progressed into handling the assessment and profiling of candidates. A few months later, she developed an interest in managing client relationships and moved into a client-facing role. Today, nine years later, Veena is among the few recruitment consultants in India who has a strong track record of placing many hundreds of second career women into jobs. She is Manager – Client Services at AVTAR and is truly a role model.

Veena is just one of the many women whose lives were touched by Saundarya Rajesh. Running the recruitment consulting firm AVTAR Career Creators since the year 2000, she is the sole reason the firm has established itself among the formidable players of the national league of human resource consultancies. With its main role as a liaison between multi-national companies across the country and women seeking to re-enter the work force after a hiatus in their respective stints, AVTAR is now more than an agency – it is a vocational rehabilitation centre for Indian women.




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Once a woman decides to set out after a purpose, there is no stopping her; she faces odds, fights them and comes back for more! It also got me thinking as to what kind of woman I wanted to grow up to be

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### LIFE BEFORE AVTAR

Saundarya Rajesh was born into a joint family set-up. She attributes this to having taught her how to take matters in her own hands when the situation arises. “Growing up in a noisy home has a million pros and cons,” she reminisces. “Your smallest decision is never your own – unasked opinions will bombard you; your school grades are never a secret; and your packed lunch is the same as all your cousins, aunts and uncles. But the flip side of it all? You are mercilessly thrown into such diverse situations, you emerge an equipped and

composed person. Ever since I was a little girl, my mother was a beacon of light in my eyes. She was brought up in a nuclear family and was raised in the city. Yet, when she married my father, she expertly and without complaints, donned the triple-threat mantle of wife, daughter-in-law and mother, managing each life role with such inspiring beauty. Whatever curves life threw at her, she deftly found her way through them, making the most of it for all of us. It helped me recognise the strength of a determined woman. Once a woman decides to set out after a purpose, there is no stopping her; she faces odds, fights them and comes back for more! It also got me thinking as to what kind of woman I wanted to grow up to be. After my studies, I met, fell in love and married my college sweetheart. I was soon blessed with two children and had to pull out of my job at Citibank in 1990. After that, when I was resuming my career, I dabbled in a few designations such as producer for All India Radio and a lecturer at MOP Vaishnav College for Women. I found that while it was certainly a wonderful experience, it didn’t quite stimulate me in the way that I expected.”

### THE INNER CONFLICT

She struggled internally with locating her identity. “I spoke about this many times with my husband and each time, he encouraged me to turn into the entrepreneurial avenue, given my organisational abilities. But it seemed at the time, he was more confident of my competence than I was of myself. So I did not give it much thought, but the fact that I did not find fulfilment on the work front remained. Finally, my mother-in-law decided it was time I let go of things not meant for me and fervently chased my real passion. Shelling out ₹60,000 of her own, she told me to take the plunge. Again, here was another woman in my life, a driving force helping me recognise where my interests lay.”



### A MODEST INCEPTION

The name for the firm, AVTAR, was inspired by the various characters a woman plays throughout the many phases of her life. “If there is one thing I have always believed in, it is the power



of change. Personally, when I look back on my life so far, I see the trajectory was never a straightforward one. Be it the frequent change in home base, the academic maze I put myself through, the career shifts or the various parts I played in each of these stages – there was constant change. It is what has brought me where I am today, the ability to propel myself into an unknown path and still come out successful. When I started AVTAR, we were a humble office on Lloyd’s Road, Chennai, waiting for women to enlist our help. There were parts of me that were still unsure as to whether I had made the right move, but I was determined to see this venture through and through, before I threw in the towel. One by one, the women came. To this day, it overwhelms me when I think of where we began and where we are today.”

## HURDLES ALONG THE WAY

Of course this does not mean her enterprise saw only a rosy road from there on. “Far from it, actually,” she laughs. “Sure, the whole patriarchal society and its pressure on women were daunting, but I also found that some women who came forward lacked the drive. They would approach me with the hope of finding a job, but that was all. There would be no desire to accomplish something new, exercise a rusty skill or even re-discover themselves, which is what a return to the work life means. To get through to these women, I hired special consultants. There would be no tolerance towards apathy; they were expected to want a career as much as we wanted to give it to them. On the contrary, I also came in contact with women whose needs did not end at

finding a job again. Some of these women were depressed and were looking at job prospects as a way of distracting them from dealing with it. To grapple with this, I brought in a team of psychiatric consultants, who looked into such matters. They would probe and probe until the woman searched herself and faced the truth of her condition. Only when they were emotionally stable enough to handle the external world, were they considered for jobs.”

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## MILESTONES

Saundarya Rajesh has certainly earned the accolades heaped on her. “I have been asked to deliver lectures across the world – Shanghai, New York, London and so on. At all these conventions, people are genuinely interested in this approach, especially as it concerns Indian women. AVTAR has grown from a single entity to having many lateral ventures – AVTAR I-WIN (which stands for Interim Women Manager’s Interface Network), FLEXI Careers and SEGUE Sessions, to name the most prominent initiatives so far. We now have over 36,000 women all over India, who have been contentedly placed in MNCs with suitable job profiles! And every year, when we meet at our annual convention, I see the women have found satisfaction and a rewarding engagement in each of their new careers and it is indeed, a gratifying knowledge.” •



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# Being OFFICE WISE

We spend 40 per cent of our daily life at work. The rapport we share with our colleagues often affects our competency. Make sure your relationship with your co-workers is pleasant, so you can stay focussed on your success and goals. By Deepa Kalukuri

**E**very day when you return home, you are often asked, “How was your day at work?” It’s not just because of courtesy that people ask you that question. It’s because your professional relationships are directly proportional to your peace of mind and efficiency. A bad day at work can spoil your well planned evenings with family and friends. Your colleagues don’t have to be your best buddies. But make sure you get along with all of them over and above the issues you might face. Just keep the following points in mind to make sure you build a successful professional relationship with all your colleagues. After all, every relationship needs hard work.

**BE A PEOPLE’S PERSON** — Be approachable. Make sure your colleagues feel comfortable approaching you with any queries that they may have. Be a good listener and hear them out.

Do not jump the wagon and give out your expert opinions without giving an ear to the problem. Help them out if you can and most importantly don’t question their ability to perform. Especially if you are a senior worker, mentor your juniors and guide them patiently. Remember, all of us have gone through the ‘first day at work jitters’. Communication is the key. Sharing experiences and talking about how to help maintain teams’ rigor will help you be the go to person for your colleagues.

**GOSSIP MONGERS, LOSERS** — How many times have you been in a situation where something you have said has put you in trouble? That’s the result of negative gossiping. Actually there is nothing called negative gossiping. It’s plain vileness. Use your time productively. What your colleague’s boyfriend bought for her or if they have fought, is not your business. You can listen to your

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Talking about someone without their knowledge is not the right thing to do if you are looking to succeed. Sooner or later, your co-workers will find out that you are the cupid of rumours

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colleague’s emotional ranting but don’t go back to others and gossip about it. Talking about someone without their knowledge is not the right thing to do if you are looking to succeed. Sooner or later, your co-workers will find out that you are the cupid of rumours. Securing their trust should be your top priority. Office politics as they call it kills the team work and affects the entire office’s



energy. Negativity has never helped career graphs. Stay away from it!

**LOVE AFFAIR AT WORK** — At the end of the day we are humans with emotions and feelings. It's not in your control if you end up falling in love with your boss or a co-worker. What's in your control is the way you handle the love affair. It may get difficult to draw a line between personal and professional life in this case. Learn the art of segregating both the aspects of life. If you are in a relationship with your boss, do not boss over your colleagues because you are romantically involved with your boss. Most importantly, please keep those steamy cabin or pantry sex for your bedroom. It may look interesting on screen, but in reality it breaks your career

pyramid. For years people will talk about your sex tales at work and word of mouth spreads faster than light. Avoid being a topic of discussion.

### **DON'T COMPLAIN –**

Complaining about the errors your colleagues make to the management is just not the right thing to do. It will make things worse. Try talking to your colleague first and figure out a way to solve the problem. When you complain to your boss, in most cases he or she will advise you to go back and speak to your colleague. Why try gaining brownie points with the boss? Use the energy helping your team member instead.



**Try talking to your colleague first and figure out a way to solve the problem. When you complain to your boss, in most cases he or she will advise you to go back and speak to your colleague**

### **APPRECIATE OTHERS**

— If your team member has done well, do pat him or her on the back and appreciate the efforts. It motivates one to work harder and they will strive to do better which will help you maintain the organisation's productivity targets.

This is where you can talk to your boss. No harm in diverting your boss' attention towards a good team player. A lot of people take credit for others' work and that's professional plagiarism. Keep away from it! •

### **Experts say**

Jyoti Macherla, an HR professional, says that she deals with all kinds of issues which crop up between the professionals they hire. "Unpleasant work relationships have been one of the biggest reasons for attrition. People working in the same team need to communicate and help each other towards their teams' goals. Competitive spirit is good as long as it's positive. You can't do much if your team members are hell bent on pulling each other down to reach the targets. Goals can't be achieved if you fight amongst each other."

Sathya Mani Karri, a professional psychologist from Hyderabad, says "We spend considerable amount of time with our colleagues. Any negativity prevailing at work place affects your mental ability to work and it hampers your success path. I have met a lot of people who have turned to depression due to failed work relationships. You need to understand that if you find out that a colleague of yours is depressed, you should take up responsibility and help them. A lot of companies have a counselling cell these days to help people manage work related stress. If you are suffering from depression, get professional help and focus on your career goals. Set your priorities right and tackle stress. I suggest meditation to relieve yourself from any kind of stress. It does wonders."



# STORY

## *weaver*

Hyderabad-based Archana Rao's label spells individuality and a touch of nostalgia. By **Shilpa Agarwal**

Classic, luxe yet understated and functional – these words perfectly sum up the DNA of Archana Rao's eponymous fashion label. Growing up, she engaged in many DIY projects constantly trying to revamp old with the new. After graduating from NIFT and Parsons School of Design (New York), Archana realized how much she loved creating products. “The process of using unexpected materials and creating something new is what I enjoy. My focus has always remained on making products that aren't necessarily fashionable or trendy. It's to make long lasting, timeless products.”

“

*My focus has always remained to make products that aren't necessarily fashionable or trendy, it's to make long lasting, timeless products*

”

Winning the Vogue India Fashion Fund in 2012 gave her national exposure allowing her to debut in Lakme Fashion week the same year. There has been no looking back for her since. Her vintage-inspired prints, fabrics and silhouettes are refreshing and have garnered lot of accolades all over India.

She is really drawn to the old-world charm of vintage collectibles, old photographs, and textiles, family heirlooms that heavily inspire her collections. Her label's aesthetic is very clean, wearable and effortless. It's easy on the eyes with her choice of colors primarily being pastels, nudes and white. While designing she first sees herself as a client and makes things she can see herself wear or believe in. To me its all about making garments very wearable and giving it a certain factor that makes it special, It could just be some small detail hidden in the garment or something that stares at you immediately”.

## PERSONAL STYLE

Her personal style, which is very relaxed and comfortable extends to her designs as well. “Fashion to me is more about exploring your personal style as opposed to following seasonal trends. I see confident women who don’t impose fashion upon themselves wearing my clothes”. She focuses on designing ‘separates’ because as a designer she doesn’t want to dictate how the piece is meant to be worn. “I want the ultimate consumer to bring in a little bit of their own personality into the look by styling it in their own unique way. I do make one-piece solutions as well but even they have tremendous scope of versatility.”

### BEST FASHION ADVICE

What really grounded Archana in her design sensibilities is something she read long back, “there is beauty in things imperfect and fashion or design is not only about making beautiful things. I always remember that and make things that I believe in, pretty or not, there is definitely a story behind it.”

*I want the ultimate consumer to bring in a little bit of their own personality into the look by styling it in their own unique way*

## STYLE INSPIRATIONS

Worldwide, film and fashion go hand in hand. This young label has been spotted on actresses like Deepika Padukone, Sonam Kapoor and Jacqueline Fernandez. “Having a celebrity wearing your creation creates great visibility for the designer. Also my garments are very wearable and I

find it interesting to see how different actors style the garments to suit their personality. Aditi Rao Hydari recently played the perfect muse at my show at Lakme fashion week and it was such a joy to watch”. She is humbled by the recognition from Bollywood but her real style inspirations are from real people. “I love people who are natural and comfortable in their own skin. One could wear a high-end designer bag and slippers from Goa and still look stunning”.



## THE YOUNG BREED

Indian fashion scene is at an exciting stage right now, all the young designers are doing great work and getting noticed for it. Archana feels lucky to be part of this new breed of talent and on getting her due. The designer’s in-house studio is setting up in Hyderabad and has promo-events happening all

over India. When asked about the difficulties faced in the South Indian fashion market the designer responds, “I do think they are specific of what they want. I cater to a large clientele from my city itself and here I notice a huge bloom for young designers. Lately the market has become saturated with similar styles and people want to break away from that. Right now is the best time in India for young designers like myself.”

## FROM CONCEPTION TO THE FINISH

Her unusual concepts like ‘Teaism’ and ‘Family Laundry’ and the recent one ‘The Apartment’ showcase her unique voice and revolve around interesting themes. “My favorite part of designing is the conceptualization stage of the collection. I research quite a bit and turn it into an experience. For me, each collection is like reciting a story and I like it that way. Archana enjoys being part of evolution of each piece and loves the freedom, which comes from being an entrepreneur. “Best part is you are not answerable to anyone, you have a gut feeling about a design move and you make it. It’s exciting and scary too but in a good way”.

She has already forayed into Men’s wear and is keen on designing accessories too. After a prêt line with Westside, her recent collaboration with EKAYA was an instant hit where they worked together on a fun collection of hand woven saris, which are hassle-free. “Our main idea was to cater to a younger audience and make saris in colors and motifs that are very true to me as a designer. I am trying to make clothes that are easy to wear, especially Indian wear. I don’t want it to be a hassle to wear a sari; it should be easy and fun. The whole idea is to make the customer enjoy what they are wearing”.

Archana Rao’s label is available online on [Perniapopshop.com](http://Perniapopshop.com) and [Exclusively.in](http://Exclusively.in).

TRAVEL

# BARCELONA

*all the way!*

Popularly referred to as the second capital of Spain after Madrid, Barcelona is an integration of historical architecture and new world structures. With its quiet streets and beautifully maintained surroundings, it is a perfect amalgamation of tradition and modernity, discovers **Dhwani Giri**



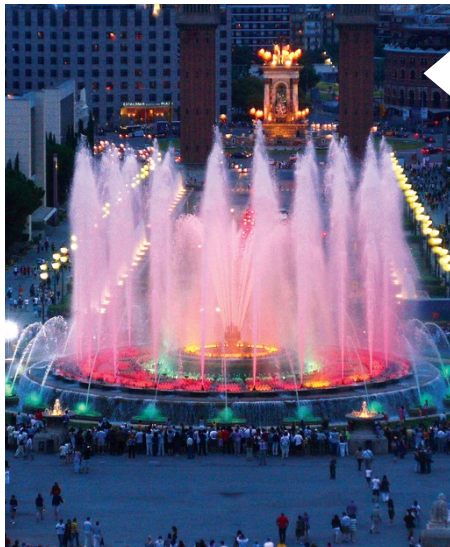


*Brimming with history and full of innovative spirit, this Mediterranean city is all about having fun. Enjoy the myriad restaurants, cafés and theatres packed with visitors and tourists from all over the globe. The weather is mild enough to support palm trees and parrots, and there's loads to do for all kinds of travellers -outdoors enthusiasts, shoppers, foodies and art aficionados. From its scintillating churches to its perfect blend of culture, class and harmony – here's why Barcelona should be the next place on your travel list.*

## MUST SEE

### LA SAGRADA FAMILIA CHURCH

Designed by Anton Gaudi, this unfinished yet hauntingly beautiful 100 year old church should be #1 on your must see list. Famed to be one of the most eccentric constructions, this church is Barcelona's most visited tourist attraction. It is free to see from outside but to explore the insides you need a couple of free hours as the ticket queue itself takes up about two hours in waiting. Late afternoons are the best time to visit the place since the mornings and evenings are rather crowded.



### THE MAGIC FOUNTAIN OF MONTJUIC

This is a one of a kind, extraordinary magic fountain show. You'll feel the magic creeping into the atmosphere as the show starts off with extravagant lighting, music and water. Built in 1929, it is also one of the most visited places in Barcelona and sees approximately 2.5 million visitors on a yearly basis. In the summer, the shows from Thursday to Sunday are free, so make sure you set an evening aside to witness the amazing show unravel.

### MUSEU PICASSO

Set beautifully in a series of gothic structures, this museum features Pablo Picasso's lesser known works and sketches from his formative years as an artist. Picasso lived in Barcelona from 1895-1904 and his work was largely influenced by Barcelona. The museum does not have his famous painting but does put together a very intriguing collection of Picasso's sketches and artwork that demonstrates his growth and development as an artist. The queue for tickets are usually long so ensure you make prior bookings as part of a tour package. The first Sunday of every month allows visitors free entry into the museum and every Sunday after 3pm is free.





### LA RAMBLA STREET

Once you enter this street, you'll wish it would never end as it is lined with trees, cafes and souvenir kiosks. It isn't a spectacular sight but it provides for a pleasant stroll and lets you enjoy Barcelona in its real form. Always open and free, the street is safe to visit in the day and evening, however you should be aware of your bags/pockets at all times. Pickpockets are quite common in this part of Barcelona.

### CAMP NOU

If you can see Barca play a match on their home ground, then that is the best Camp Nou experience you can ask for. The vibe, the exhilarating feeling of cheering for a team along with thousands of other people is a larger than life experience. The Camp Nou stadium and the FCB museum is a must visit in Barcelona. It also has one of the largest Nike stores in Europe packed with Barcelona merchandise. It has an admission fee that is subjected to change from time to time but rest assured the admission fee is completely worth the experience.



### PARK GUELL BY GAUDI

A UNESCO world heritage site, this is hands down one of the most beautiful places you will visit in all of Barca. Park Guell is located on Carmel Hill which means quite a long uphill walk if you're planning to take a bus to the foot of the hill. If you're not a walker, then take a taxi to the front gate of the park. The original plan for Park Guell was to build a residential garden village of sorts with about 60 houses. However, this didn't click as a business idea and hence was made into a park that became public. Tickets for the park can be booked online, so try to do that and avoid a queue.

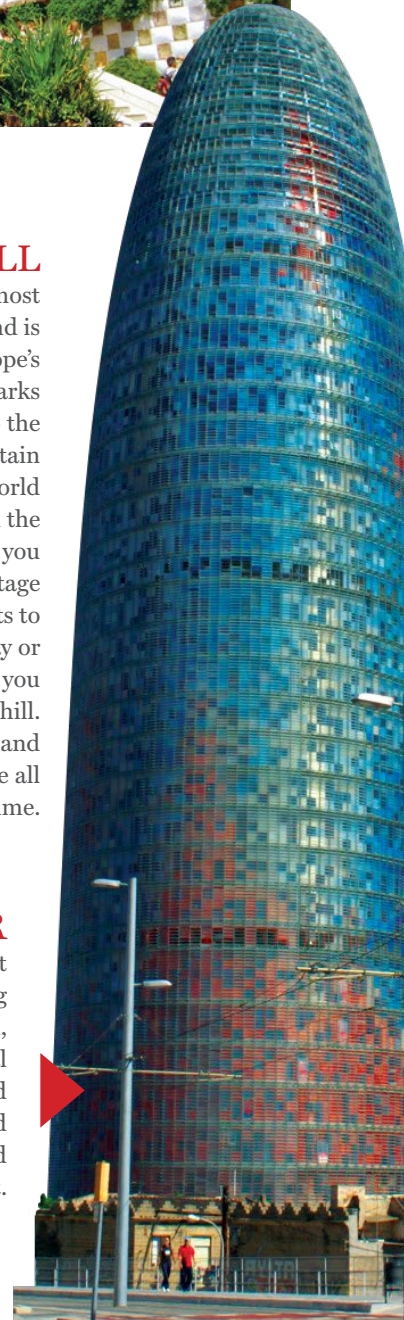


### TIBIDABO HILL

This is one of the most scenic mountains and is home to one of Europe's finest amusement parks and a church. Rising to the North West, the mountain provides an out of the world view of the city and the coastline. To get here, you can either take the vintage tram which connects to a mountain railway or take a bus that drops you directly at Tibidabo hill. The skywalk, the view and the amusement park are all worth the money and time.

### TORRE AGBAR

This 38 storey skyscraper is one of the most important landmarks and one of the most splendid looking structures in all of Barcelona. 50, 693 m in total, 30,000 sq m of which are offices and 3,210 are technical facilities, 8,132 are services including an auditorium and 9,132 sq m is separately allocated for parking. It is said to have cost a whopping 130 million Euros to build and is worth every single euro spent on it.



## MONTSERRAT

Open all year and free to visit, Montserrat is a range of mountains with a monastery and basilica one hour away from Barcelona. Take in the amazing view; the panoramic view of rock formations is one of the calmest places you will ever visit.



## SANTA MARIA DEL MAR

One of Barca's most beautiful churches located in the Ribera district, Santa Maria is the icon of Catalan Gothic. The church is one of the most important landmarks of Barcelona. The church is complete with grand stained glass windows and gothic architecture, soaring columns and 3 naves. If you are an architecture enthusiast or just have a general liking for pretty buildings, this is a must visit.



## LOCAL ACTIVITIES

### INDULGE IN WINE TASTING

We know this has secretly been on your bucket list. Indulge in some wine tasting in Barcelona and learn all there is to know about wine through this delicious experience that is also highly educational. The guided tour includes tasting several wine flavours of various colours and fragrances coupled with some tasty local snacks.



### TAKE A HIKE UP MONTJUIC

For a breathtakingly spectacular view of the city, take a hike up Montjuic and find a spot that isn't too crowded with tourists. Let the foggy grey skies and the lush green trees paint one of the most serene paintings for your eyes. You can also explore the Palau Sant Jordi and the buildings from the Olympic Games of 1922 that are still intact.



### BRIDGE JUMPING

If you are an adventure lover and love trying new experiences, bridge jumping is something you should not miss out on. Jump off a local bridge in Barcelona (with the guidance of a professional, of course) and feel the adrenaline soar. You have the option of choosing the intensity of the jump as well. The feeling of tearing down the panoramic view of lush green trees, bright blue skies and cold wind in your hair is something else.





## SWIM IN THE MEDITERRANEAN

We know you want to do this the most; especially if you're from a place where it is eternally hot all around the year! The Mediterranean Sea flows into Barcelona's many beaches so pick one and cool off. You can also take a sailboat out on the waters and cool off with some fancy cocktails at the beach bars.

## RIDE A 'STEEL DONKEY'

Don't worry; the 'Steel Donkey' is just a figure of speech for an ordinary bicycle but with a twist. Steel Donkey Bike Tours will allow you a tour of the streets of El Borne, the district of Grazia, recycled workshops, flea markets and squat houses. Barcelona's original and only bike tour, this is an action packed day out on two wheels and is an experience like no other.



## FAMOUS LOCAL DRINKS



### CRAFT BEER

With a microbrewery around every corner of every street, a mug of craft beer is a must in Barcelona. Barcelona's most famous and largest selling beer is 'Estrella' produced by Damm, a company that produces 15% of Spain's beer. One of the famous local breweries is Moritz that has been around over 140 years and produces its own lager and craft beer.

### CAVA

Popularly referred to as the 'Champagne of Spain', Cava is one of the most iconic sparkling wines that come in white and rose variants. Its name comes from a variety of grape. Cava is an important part of all Catalan and Spanish traditions and functions. No celebration is complete without a bottle of one of the finest champagne – Cava!



### ORXATA/HORCHATA

Another one of Barca's traditional beverages, this drink is made of sesame seeds, ground almonds, rice, barley and yellow nutsedge. Considered one of the healthiest and most important non-alcoholic drinks, this is a must try in Barcelona. It is however, an acquired taste, so preferably ask for a smaller serving first. Sirvent is famous for its chilled Horchata/Orxata and gelatos, so don't miss it.



## MUST HAVE FOOD



### 1 TAPAS

They are a wide variety of appetizers or snacks that are usually served with drinks or with traditional spaghetti and pastas. They may be served cold or hot. In certain places in Barcelona, Tapas have evolved into an entire cuisine of sophisticated food. Try Tapas 24 in Carrer de la Diputació for it serves more than 25 different varieties of mouth-watering tapas and some beer to go with it.

### 2 PAELLA

The traditional Valencian Paella is a dish made with chicken, rabbit meat, vegetables and white rice. However, there are different varieties and the Paella is available with seafood as well as mixed vegetable dish. Extremely healthy and a delight for your taste buds, paella combines white and green beans, different varieties of meat/seafood and vegetables to provide an

exquisite dish as a result. Restaurant 7 Portes serves some of the best Paella and other rice dishes in all of Barcelona and is surprisingly affordable on the pocket.

### 3 ESCALIVADA

Again, one of the tastiest yet healthiest dishes you could ask for. Escalivada is a traditional Catalan dish of smoky grilled vegetables that includes simply dressed roasted peppers, eggplants and other fresh vegetables. The best part about this dish is that you can eat it at any temperature because the taste remains intact. You can find Barcelona's best Escalivada in a restaurant called Sésamo.

### 4 ALLIOLI


Traditionally, this is a typical Catalan sauce that is similar to mayonnaise. It is made entirely of garlic, olive oil

and salt and has a rather large list of variations. It is ideally eaten with bread, boiled or mashed potatoes, fish, meat or vegetables and adds an amazing twist to an ordinary dish. Some of the very best Alloli dishes are served at Els 4Gats, so make sure you try them!

### CREMA CATALANA

5 This is nothing but a fancier Spanish name for crème brûlée. With a rich custard base topped with a contrasting layer of delicious burnt caramel, it is one of Barcelona's favourite desserts and almost every place in Barcelona serves amazing crème brûlées.

All this with some sparkling white Cava, exquisite wine or beer and great company will make your trip a memorable one! •



*a Bedroom*  
*of* **EQUALS**

Lovemaking is that aspect of a relationship which requires satisfying both the partners equally. Making love is an art and if either of the partners is not satisfied, what's the point? Learn to balance the sex act. By **Deepa Kalukuri**



If you don't know how to do it right, ask your partner. There's a lot of fun learning it from your better half too.



**S**exual desires are natural human feelings. You fall in love, you care for your partner emotionally and physically. Does a relationship survive if the sex life is not as satisfactory as the emotional bond you both share? We give you tips which you can use to make sure you and your lover are as happy and satisfied as you want each other to be.

### **KISS AND MAKE-UP**

Kissing is one part of sexual activity which sets the mood just right and breaks the ice. The love in your partner's eyes is most often evident when he/she comes forward to kiss you. If you are the kind who doesn't like the kissing act, and you fake a passionless kiss, rest assured your partner will know. It's not only a way to move forward and make love but also to know how much you love each other. It doesn't matter if you aren't a great kisser, just do it. If you don't know how to do it right, ask your partner. There's a lot of fun learning it from your better half too.



## GO DIRTY IF HE LIKES IT

Where's the fun in getting right to the act? Try experimenting if he wants you to. Clear out all the notions you have in your mind. Accept the fact that you both should get comfortable with each other's bodies. Some men like making love in more ways than one. Just go with the flow and the results will surprise you. If he likes it dirty, no harm! Try it.



**Sex is a feeling to be felt just when both of you want it. Don't put a number on it, just indulge when you both want to**



## TELL HIM WHAT YOU NEED

If you don't like it dirty, tell him. If you don't feel comfortable, talk it out. Find a mid path where both of you agree on making your rules of satisfaction. Tell your man you like it wild or you like it slower. Go his way sometimes and let him do it your way sometimes. Both the partners should know what turns each other on. It's not a compromise; it's an act of love which can do wonders to your relationship.

## PRACTICE SAFE SEX

Some of you like using contraceptives and some of you don't. Make sure you practice safe sex and by that we mean, if you don't want to regret sex later, take precautions. Sex should be experienced when both of you are mentally ready to understand the repercussions of having unsafe sex. If you don't want to worry about pregnancy, take precautions. Respect what she wants in bed. An act as beautiful as lovemaking should be stress-free. Be aware and feel every touch the way it should be felt.

## TRASH THE TIMETABLE

We have met so many women who say, "Oh he wants to do it only twice, thrice a week,"... "He wants to do it only on weekends," Sigh! It's not a walk on the treadmill people. Sex is a feeling to be felt just when both of you want it. Don't put a number on it, just indulge when you both want to. Throw those calendar bookmarks out and explore the fun! Surprise sex is so much more passionate than planning it.

## INVEST IN THE FUTURE

If one of you is not satisfied in bed, it may kill the romance. Some couples adjust and some don't, leading to a broken relationship. Take it seriously, understand each other's physical needs and pamper it with love. Don't let your sex life be boring, spice things up. •



# SINGLE SOME MORE

A short story by **Sujata Tarakesan**

“Sure, I’ll call you...” she drawled cheerily as she hung up the phone on Arun, her latest date. Laya then immediately swivelled her chair around to face her co-worker and bestie Shalini. “...when hell freezes over.” she finished with a comical, droll expression. “Matter?” asked Shalini smirking. Laya’s parents wanted her to meet these ‘suitable’ boys hoping she would settle down soon with a dream groom.

“Men and matters” retorted Laya. “I thought I would absolutely fall asleep while this Arun was talking last night at dinner. The thought that kept me awake through his blah blahs was: What if I start snoring right there? I wasn’t bothered about Arun, but I did care for the dashing guy at the next table who sneaked enough glances at me to make the evening worthwhile.” Catching Shalini’s raised eyebrows, Laya correctly interpreted the question and added, “He was dining with two other guys; there was no wifely figure in sight, so HAH!” They both quietened down as their permanently-stressed boss Sanjiv Das came loping towards their cubicle with some papers in hand. He looked

severe when he said, “Shalini and Laya, I need this report compiled by end of day tomorrow. Systems and processes for filing the report are on your mail. Do you want me to explain them right now?”

Before she could stop herself Laya exclaimed, “Dear God, no!” And catching his puzzled frown, she hurriedly added, “Sir, we can easily go through them and come to you with doubts if any.” Nodding, he backed out.

“So Arun was a bore?” asked Shalini as though there had been no Mr. Das interrupting their chat. “Not just a bore, he doesn’t believe in conversations. Only monologues do it for him. I just sat inanimate right through starters and main course – don’t ask me what he spoke about, I’m carefully clueless. His voice bored me to the brink of insanity. I had this wild thought in the middle of my tiramisu that I should stand up on the chair and scream gibberish out loud, then jump off and run screaming from the room. That way, he would be too shocked to follow, and no one else would consider restraining me either.”

Shalini cracked up laughing, thoroughly entertained. “But then, what happened?” “Oh, the tiramisu was awesome and no way was I paying for the dinner cum snore fest, so I just let my eyes take on that glazed look I sometimes get when Mr. Das gets going on ‘corporate protocols’, and let my mind wander to the next table to Mr. Dashing.”

“Huh, so how are you going to break the news of your utter boredom to Arun and his people?” Shalini asked her, fully clued in on the sticky business of extricating one’s self from prospective suitors and their extended, eager families. Laya mused aloud thoughtfully, “Should be Ok. His folks seem reasonable especially his Dad. You know...I rather like Arun’s Dad...a LOT.”

“What?!” exclaimed Shalini on high alert.

“Yeah” continued Laya...”he is taller than Arun, seems fitter, grey hair of course,

but very charming, I wonder if he would like a second wife. ”

Shalini nodded full of sarcasm and mock approval, “Yes, what an idea. It’s very ‘Bold and Beautiful’. Now shut up and make plans to meet the next hunk.”

Laya grinned and turned back to her computer and as she left the office for the day, she considered Shalini’s advice on meeting the next hunk, focussing on the word “next” rather than “hunk”. She knew “hunks” were out of the question since they were all busy in various Mills & Boon series across the world. She had already met 4 guys in the last 6 months and she was just 24. Her parents were rather cool but under some amount of social pressure now regarding her marriage. However, they were not (yet) exasperated that she had not found THE one. They were clear that she should be happy with her choice. “Thankfully!” she thought to herself. True, her parents had wanted her to get married by the age of 24, but was that her goal in life?

“Why should life be all about ‘appropriate’ ages to do the mundane marriage, in-laws politics, child-rearing, nose-wiping, butt-washing?” she burst out to her parents over dinner that night at home. Her Dad looked up sharply from his phulkas while her mother flinched. “What’s bothering you now?” asked her dad, watching her keenly. Why couldn’t she just tell her parents that she needed more time to enjoy her single status, earn a lot more money, travel a bit, meet people and in a few years or maybe sooner, find someone to bond with for the rest of her life if it happened naturally? She decided she could tell them and proceeded to explain her thoughts to them haltingly at first, and then with greater gusto, listing out the points she was basing her decision on. “After all, medicine has advanced a great deal beyond ‘have-your-children-by-30-or-else,” she went on “Marriage is a huge commitment. Considering that there would ideally be no turning back, can’t I just have a few more years of freedom? You know marriage is almost always followed by babies. And once a parent,

always a parent – well, look at you both! Can’t the joys of the Great Matrimonial Quest be deferred a bit?” she finished and took a gulp of water.

Phulkas and subzi were forgotten as her parents gazed at her. Their initial expressions showed that they were aghast, and then rather resigned and finally, they assumed a poker face totally in sync with one another. Wow, she thought. Why hadn’t she just thought earlier to explain all this to her parents? She felt relieved now.

“Ok” was all they said.

She nudged Shalini an hour into work the next day, “Psst. I had a heart-to-heart with my parents last night – it was quite a speech from me.” Shalini, who was staring at her computer screen unblinkingly lost in a world of software problems without solutions, looked startled as she swung around and stared, then hissed, “PLEASE tell me it’s not about Arun’s Dad!”

Laya suppressed a snort and said, “How did you guess? Ah I love the \*Ajit-salt and pepper look. Older men are so attractive!” \*Actor Ajit Kumar.

“But, but...AJIT’s still young and full of style! Don’t compare him with this Arun’s Dad ...” Shalini sputtered indignantly, jumping to the defence of her favourite actor and was all worked up for a few seconds until she noticed Laya’s toothy smile.

“Relax, I just need to put off Boy Next for a while, to enjoy few years of freedom and my parents needed to hear this from me. They said OK yesterday, but I do believe they need to be softened up some more...maybe with a wonderful dinner before they become wholehearted about it. So, I will take off early today. Please cover for me?”

She spent her lunch hour pondering over which restaurant served the best Italian or some other bland cuisine. It just wouldn’t do to add spice to her rattled parents’ plate of food right now. •

# GREEN

*appearances at IIFA'15*



## JACQUELINE FERNANDEZ

Here comes the cape queen! Jacqueline stunned the onlookers when she arrived in a cape style white Anamika Khanna outfit. She paired it with Goenka jewels and plumped up her lips with classic scarlet red lipstick. Now that's what we call the perfect experiment.



## MALAIKA ARORA KHAN

Munni had gone royal! Malaika made heads turn with her Ashi Studio gown and Louboutin pumps, looking like an ethereal princess. Bejewelled with Anmol jewellers' earrings and her hair tied in a sleek bun, she looked like she is ready to represent India on the Oscars' red carpet.

## SHRADDHA KAPOOR

Bold Shraddha Kapoor couldn't be prettier in a black Mason dress that just looked simple and elegant. She made heads turn in a black sequined Georges Chakra leather and tulle couture dress. Looks like there is another upcoming fashionista in the making!



# CARPET



## SONAKSHI SINHA

Following a tremendous weight loss regime, Sonakshi left fashion police awestruck. With a Victorian hairdo and classic red lipstick, she rocked the thigh-split black Monisha Jaising number. The fish tail train and the backless ensemble flaunted her curves at the fashion gala.

## ANUSHKA SHARMA

The actress looked just about perfect in her minimalistic look that she pulled off with the all-time favourite red lipstick. She chose a strapless red Gauri and Nainaka that complemented her skin tone. The figure hugging bodice clinched in perfectly at her petite waist, whilst the trail cascaded elegantly down the star's legs.



## DEEPIKA PADUKONE

The gorgeous Deepika never disappoints. She brought in the bling back to the green carpet in red and gold Sabyasachi saree. The star's nude make up, glittering earrings and the push back bun looked beautiful, and complimented her star status.



# A MELODIOUS TRYST

Brought up in a family where four generations have been scoring music for the South film industry, Achu Rajamani proves that music runs in his genes. Achu is a singer, actor and a music director and has composed music for over 20 films. The young composer humbly welcomes us to his studio and takes us through his musical journey. By **Deepa Kalukuri**

Music has no language, no boundaries and lives forever. Many musicians may have passed through generations, but live forever through their music. The sound of the strings and the voices which bring songs back to life, are the result of hundreds of passionate musicians' teamwork and dedication. Music is a huge part of our film industry and many marvels have left footprints in the streets of musical notes, and many young music lovers are following their footsteps.

## FIRST MUSICAL STRINGS

Achu remembers, he was a 10 year old when he would come back from school and visit his dad, Rajamani, an accomplished music director, who composed for over 1000 films. He says, "It was surreal to see so many musicians striving to make music and the results most often surprised me. I understood then, that music was my passion and I wanted to bring my music out to the world. Each person has music in him and her. One needs to get in touch with the music within to bring out the best. I have learnt a

lot from my father, and my guru, M. M Keeravani."

## THE FIRST BREAK

Achu recalls, "I was working under my godfather Keeravani and composed a promotional track for a Telugu movie. Actor Manoj recognised my kind of music and that's when director Ajay Sastry gave me my first break in *Nenu Meeku Telusa?* The movie was well received by the audience in both Tollywood and Kollywood, as it was a bilingual. That's how I landed here and am still learning and striving to do my best."

## WORKING WITH KOLLYWOOD

"I have done 20 films in Telugu and have started blending into the Tamil film industry as well. My best until now has been my latest movie *Urumeen*, and the audio releases in June. However, *Maalai Pozhudhin Mayakathilaey* was a musical which was well received by the audience. I don't find any difficulty with languages as I speak all four south Indian languages. Then again like I said, music has no language," he adds.

## BEST MUSICAL MOVIE

"Right from *Roja* to *OK Kanmani*, every Mani Ratnam movie which A. R Rahman has composed music for, is the best musical. These two legends can make a movie seem like a poem. The rhythm that the duo brings on screen is beyond brilliance."

## BEST ACCOMPLISHMENT

Belonging to a family of musicians, the pressure on Achu was massive and he says it wasn't until he finished his 20th movie, that his father said he was proud of him and that was his biggest accomplishment. He says, "Earlier, I would get really angry when people would criticise my music and I would just be impatient and upset. That's when my mother would ask me to relax and take criticism in the right way. She has taught me calmness and patience. Now when someone criticises my work, I take it as a challenge and strive to do better."

## MUSIC INSPIRED BY LOVE

All musicians are great lovers they say. We asked Achu if a love story of his has

“

*It was surreal to see so many musicians striving to make music and the results most often surprised me. I understood then, that music was my passion and I wanted to bring my music out to the world*

”

inspired his music, “The love story that inspired me the most was the one I grew up with. My parents have been married for 32 years and that is an inspiring love story,” he adds.

### **AN ACTOR WHO INSPIRES YOUR MUSIC**

“Revathi, Aishwarya Rai and Madhuri Dixit are actors who have the power to inspire any musician. Their work is poetic and they paint art on the screen. With all due respect to the recent actors, I would like to say the kind of artists these actors are, it’s really difficult to find someone that inspiring,” he says.

### **LEGENDS WHO WEAVED THE STRINGS**

Every musician is inspired by other artists. You learn, criticise, challenge and appreciate other musicians. Every artist’s inspiration sets an example in their lives. We ask Achu for his inspirations and he says, “More than international musicians, I have been inspired in a big way by S.D Burman, R.D Burman, A.R Rahman and Amit Trivedi. They make composing music look really effortless.”



# HER 10 BEST EVER!

## EMMA WATSON

Fiercely smart, spirited and stylish - Emma Watson is the new face of feminism. She's no wallflower! The evolution from Hermione Granger to being the goodwill ambassador of the UN, Emma has always amazed us. She is the leading lady with perfect poise taking her fashion duties very seriously. Emma has been one of the top favourites in the couture front, leaving her fans eagerly waiting for her next chic and classy appearance.





10 Emma was spotted in a Christian Dior couture outfit paired with Repossi and Anita Ko rings, and Dior earrings at the 2014 Golden Globes Awards. She swept the red carpet with her backless feature and front slit style. Her blue Roger Vivier Ergo pumps completed the look.

9 Lady in action! Emma stole the ocean themed floor in her white thigh slit and alter top neckline gown designed by Ralph Lauren at the premiere of Noah. Nothing is more summery than a modest sleek bun hairdo and wedding-y look. She accessorised her outfit with silver clutch, court shoes and golden bracelets.

8 Just after being the poster girl for Burberry spring/summer collection in 2010, she arrived at the Burberry catwalk show at London Fashion Week with a touch of magic. She wore a metallic gold Burberry shimmer dress with dark eyed make up and loose hair-up do, outshining Victoria Beckham who arrived in a knee length black dress.

7 The wizard girl was the only star to get a second look for the 2012 MTV Movie Awards after-party. Emma was spotted in a lime Notte by Marchesa silk and organza dress with ruffle element. She shined in her gold accessories including Ferragamo pumps and a Daniela Villegas ring. Her orange pout took the cake though!

6 Doesn't this take you back in time to prom days? Emma looked playful in her sophisticated Oscar de la Renta gown at the World Premiere of Harry

Potter – Deathly Hallows. The 82-year-old designer couldn't go wrong when it came to this dreamy dress that made a lot of girls go ga ga.

5 The punk - chic look ensemble! The young actress toughened up her fashion statement wearing Mc Queen's tartan wool puffball mini dress and Christian Louboutin Pigalle Spikes studded leather pumps. She completed her look with a remarkable cropped biker jacket.

4 As glamorous as NYC, Emma Watson walked the red carpet of the premiere of Harry Potter and Deathly Hallows part 2 for the last time in a stunning strapless creation by Bottega Veneta.

3 Watson looked picturesque at the Annual 2013 Met Ball in New York in this black Prabal Gurung gown with a cut out style above the waist. She accessorised her figure hugging dress with an asymmetric earring that screamed contemporary.

2 The actress glammed it up at the 2014 Oscars in a metallic, gunmetal and black Vera Wang dress. The lustrous, shimmering top was a gunmetal shade, while the bottom half of her buckled dress was black, emanating an overall radial effect. The messy hair and berry stained lips were beyond sexy. The British beauty took the metallic route this time, impressing us more than ever!

1 It was a night of absolute glamour! This dramatic movie actress carried off a very short graphic cut-out dress which emphasized her slender figure at The People's Choice Awards in Los Angeles. The Peter Pilotto dress was harmonized with an extremely hot pair of shoes designed by the Brit-born designer Tabitha Simmons.

# CINEMA CHRONICLES



## PAPANASAM AUDIO LAUNCH

The audio launch for Kamal's latest venture *Papanasam* happened amidst a lot of fanfare. But unlike some of his earlier films, the film had a soft launch for its soundtrack with just the cast and crew present for the occasion. The audio was released on a popular radio station in Chennai where the listeners got a preview of the songs. Not just this, the show also featured an hour long chat with Kamal Hasan. Double treat for the listeners!



## SIMBU STANDS UP FOR VIJAY

Simbu is a self-confessed fan of actor Ajith and he recently proved that by asking the actor's fans to stop trolling actor Vijay. It seems like the actor was frustrated with the non-stop trolls on Vijay's upcoming release *Puli*. He urged the people to live and let live and also said that it was not in good intention to constantly troll someone, especially when they are only trying to entertain the audience.



## KAVYA MADHAVAN TAKES THE ENTREPRENEURIAL ROUTE

Malayalam actress Kavya Madhavan is the latest to join the bandwagon of actors and actresses who have taken the entrepreneurial route. The actress recently launched her own online clothing store called *Laksyah.com*. The site is being launched by her with the help of her brother Midhun Madhavan who is a fashion designer. The launch saw the attendance of many celebrities from Mollywood, most prominent of whom was actress Amala Paul. She showed her support to Kavya by sharing some pictures on her social media account and congratulating her on becoming an entrepreneur. It looks like there are still some actresses who have kicked catfights out of the window.

## SUDEEP THE MULTITASKER

The second quarter of 2015 brought in a lot of offers for *Naan E* actor Sudeep. He is all set to enthrall the audiences in three languages in three different films, all at once! Sudeep, who is basking in the success of *Ranna* at the box office is now gearing up for possibly two of the biggest releases in the South Indian industry in the recent times – *Baahubali* and *Puli*. In spite of the fact that both are period films, Sudeep has a very different look in both of them. He plays a long haired villain in *Puli* which has already garnered enough attention in the minds of the audience. In *Baahubali* he plays the role of a Persian noble.





## FIR FILED AGAINST SUNNY DEOL FOR ABUSIVE LANGUAGE IN MOHALLA ASSI

An FIR has been filed against actor Sunny Deol and director Chandraprakash Dwivedi in Varanasi for the usage of abusive language in their movie *Mohalla Assi*. Complainant Sarvajin Jagruti Sanstha has alleged that the language used in the film violates moral ethics and also shows Varanasi in poor light. The social organisation is asking for a stay on the movie's release, adding that it should be banned for hurting people's religious sentiments.



## ALIA BHATT INJURED ON SETS OF KAPOOR AND SONS

While the entire world was celebrating International Yoga Day, Alia Bhatt posted a picture of a fractured hand on Instagram. Alia has been posting pictures of her stay at Coonoor where the cast and crew were shooting for *Kapoor And Sons*. Reports suggest, Alia hurt herself while shooting a sequence with her co-stars Siddharth Malhotra and Fawad Khan. She expressed her disappointment of not being able to celebrate the International Yoga Day.

## NO PRODUCER CAN AFFORD ALL THE THREE KHANS, SAYS SALMAN

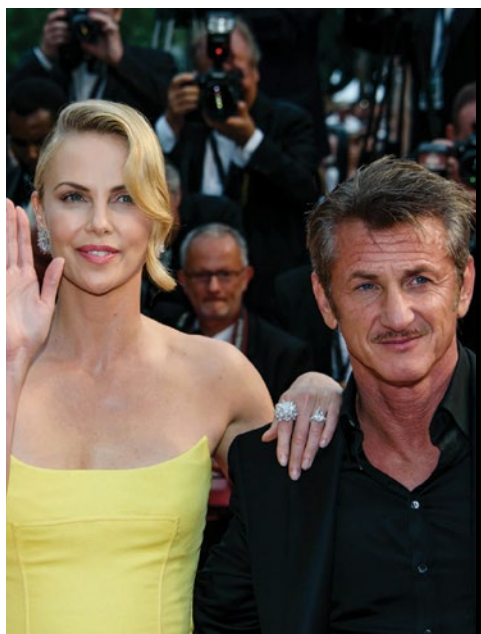
At the launch of the trailer of his much awaited Eid release *Bajrangi Bhaijaan*, Salman told reporters that there isn't a single producer in the industry who would be able to cast Shahrukh, Aamir and himself in a movie. Shahrukh Khan and Aamir Khan unveiled the movie's posters on their twitter accounts displaying a possible end of the infamous Khan rivalry! Salman Khan thanked the stars for their humble act.



## PARINEETI REACTS ON 'CATFIGHT' WITH SONAKSHI

The Mumbai edition of a popular daily carried a report on how miffed Parineeti Chopra was with the IIFA organisers for not giving her a chance to sing at the gala. The daily said that the organisers took the limelight away from Parineeti, who is a trained singer and Sonakshi Sinha was asked to sing instead. What followed was a cold war and the so called catfight among the actresses. Parineeti took to twitter and slammed the daily for its insensitive and untrue reports.





## SEAN PENN AND CHARLIZE THERON CALL IT QUITS

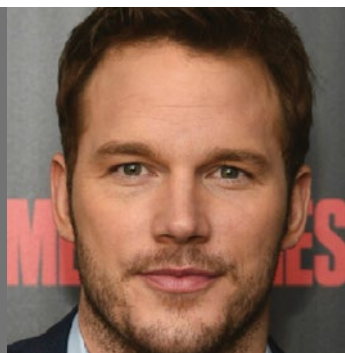
High-profile couple Sean Penn and Charlize Theron, after nearly a year and a half together, decided to call off their engagement and part ways. Several sources claim that the couple developed issues in their relationship after their recent trip to Cannes Film Festival, where Theron was promoting her movie *Mad Max: Fury Road*. It is rumored that Theron was the one to break things off with the Oscar winning actor. Penn and Theron who have known each other for decades got engaged secretly in Paris last year.

## TOM HOLLAND TO STAR IN 2017 SPIDER-MAN MOVIE

After a long wait and several casting calls, British actor Tom Holland, 19, is the latest actor to throw on the red and blue Spider-Man suit following Andrew Garfield and Toby Maguire. Sony Pictures and Marvel Studios announced that Holland has bagged the iconic role after producers fell in love with his work in *The Impossible* and the acclaimed BBC TV miniseries *Wolf Hall*. The movie will be directed by Jon Watts, director of the upcoming thriller *Cop Car*. The next *Spider-Man* movie is scheduled for release in IMAX and 3-D on July 28, 2017. "...I'm thrilled at the new course my acting career is taking #Spiderman," Holland tweeted after the news broke.

## JENNIFER LAWRENCE AND CHRIS PRATT IN A SCI-FI ROMANCE

Leading actors of Hollywood, Jennifer Lawrence and Chris Pratt, are all set to star in a romantic sci-fi movie titled *Passengers*. This Morten Tyldum movie will have the romantic duo falling in love in space. The movie that is in its pre-production stages is believed to be on the realms of *Gravity* and *Interstellar*. The storyline is about a spacecraft that transports people to outer space. Due to some malfunction in the sleep chamber, one person wakes up and now the dying alone instincts come to bite him, so he ends up waking another passenger. This epic space drama is likely to be a 2016 release, reports say. Lawrence will nab an astonishing salary of \$20 million, while Pratt, will be receiving a whopping \$12 million for this project.



## KIM KARDASHIAN PREGNANT WITH BABY BOY

Now it's one of each! American TV star Kim Kardashian announced on Father's Day that she and her husband Kanye West were pregnant with a boy. The 34-year-old shared a photo on her Instagram account confirming previous rumors that she was pregnant with a boy. Along with the picture of her husband and their daughter North West, Kim added the caption: "You're such a good daddy to North & you will be the best daddy to our new son too!" Kardashian, who skyrocketed to fame after appearing on a reality television show that has been running for more than 10 years, announced her second pregnancy in May and is expecting her second child in December.



# *Bid goodbye to* **PEELING SKIN!**

You're getting ready for a night out and you take a last look in the mirror, but to your dismay you find that your skin is peeling! Yikes! Even if you somehow avoid this nightmare how can you prevent this from happening again?

## **WATER FRIENDLY**

No article can stress the importance of water when it comes to health and beauty. The more cheaper and effective solution is water because it flushes all the toxins out of your system and nourishes all the organs in the body. Now don't forget the body's largest organ, the skin. If you find that you have dull and dry skin, it may be because you aren't drinking an adequate amount of water. Keep a bottle of water with you at all time, and drink at least 2-4 bottles a day. This will slowly freshen up your skin and decrease the amount of dryness caused by dehydration.

## **HOME REMEDIES**

Invest time to improve your skin, make every Sunday your rejuvenation day. Try these simple home-made facials to moisturize your skin and get an inexpensive and chemical free method to get a salon-like experience. Combine a teaspoon of honey, sunflower oil, and one egg in a small bowl and stir until the mixture gets thick, apply generously on your face and let it sit for 10 minutes, then rinse with warm water. The choices are endless; you can mix just about any fruit or essential oil to combat dry skin. Try honey with bananas, and yogurt or even a delicious avocado and honey mask.

## **EAT MORE**

If eating more of certain foods helped you overcome dry skin, wouldn't you jump at it? Sounds like a dream. Most of the food that you consume contains certain vitamins and nutrients. One way to deal with dry skin is to eat more zinc enriched food. Zinc is essential in healing wounds, as well as repairing damaged skin. So indulge in more of beans, turkey, and crab! Other food that equally helps repair dry skin would be those rich in vitamins E and A: carrot, avocado, broccoli and leafy greens. Stock your fridge with these veggies to get healthier skin.

## EVENTS



### YTALKIES.COM HOSTS PREMIERE SHOW OF JURASSIC WORLD IN HYDERABAD

Ytalkies.com in association with Inox movies, Hyderabad, hosted the premiere show of the most awaited movie of the year, Jurassic World on June 11. Celebrities and film enthusiasts graced the occasion with their presence. The event was sponsored by CARZ — the multi brand car care centre, VNEXGEN, Healthy heart oil, with TV5, 92.7 Big FM and jfW as media partners. All in all, the show was a success and Jurassic World has been declared as the biggest blockbuster of the year.

## KASHMIRI WAZWAN FOOD FESTIVAL HELD AT HYATT REGENCY, CHENNAI

Hyatt Regency Chennai hosted the Kashmiri Wazwan food festival by serving the authentic Kashmiri Wazwan cuisine for food lovers at Spice Haat from 10th to 20th June, 2015. All the dishes were specially curated by the Executive Chef, Subrata Debnath and an authentic Waza (chef),

Bashir Ahmad from Kashmir. Chef Subrata Debnath, Executive Chef-Hyatt Regency

Chennai, says, "It gives me great pleasure in curating authentic Wazwan cuisine in Chennai which is not very well known in the city right now. We have dished out popular Wazwan dishes that will showcase Kashmir's authentic cuisine and the rich culture that it is proud of."



## THE AUSTRALIAN FOOD WEEK

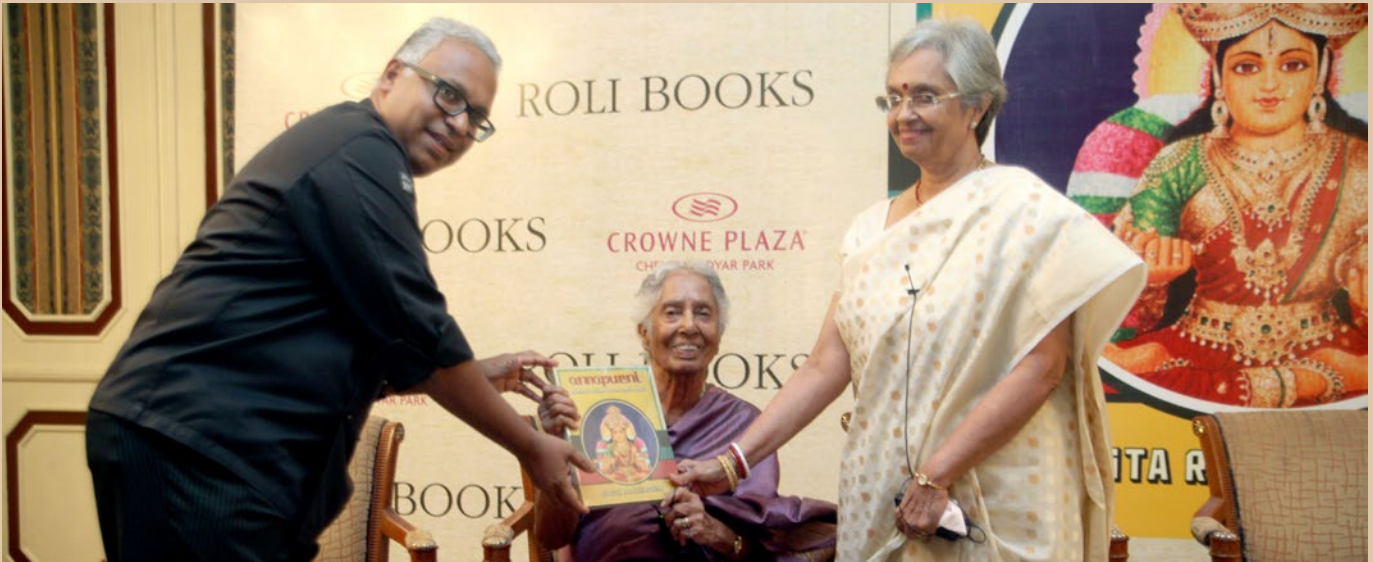
Under the proud patronage of Australian Consulate General, Chennai, in collaboration with the Australian High Commission New Delhi, Park Hyatt Hyderabad hosted, 'The Australian Food Week' from 23rd to 30th June 2015 at Tre-Forni Bar & Restaurant.

The Australian Food Week was inaugurated by the honorable Parliamentary Secretary to The Ministry of Trade & Investment Australia, Mr Hon Steven Ciobo, among elite guests and media. Mr Ciobo declared the Australian Food Week open by cooking some delicious Grilled Lamb chops and tossing pasta. He spoke about the vast cuisine of Australia, its tradition and wine. He also demonstrated his culinary art with a simple Australian recipe and spoke about his passion for cooking. Chef Steven Beaumont from Grand Hyatt Melbourne brings to the land of Nizams, a slice of Amazing Australia through simple cooking with exotic ingredients as his philosophy in culinary art.



## COOKBOOK LAUNCHED AT CROWNE PLAZA ADYAR PARK, CHENNAI

Crowne Plaza Adyar Park Hotel, in association with Roli Books recently launched Sabita Radhakrishna's latest cookbook titled 'Annapurni: Heritage Cuisine of Tamil Nadu'. The author is a Chennai based freelance writer, playwright, textile expert, social worker and foodie. She has been associated with national radio and television. While there, she scripted Doordarshan's 'Beyond the Storm' which went on to win an international award. A multi-tasker by nature, she has also served on the Central Board of Film Censors.



On the food front, she has authored three cookbooks, two of which won her international recognition. In this book, she has concentrated on the varied facets of Tamil Nadu cuisine. She cooks up a delicious feast of traditional Tamil dishes that are authentic, time tested as well as easy to prepare at home. The recipes in the book are directly borrowed from the diverse locals belonging to different communities that settled in the state. These recipes not only give the reader an accurate collection of ingredients but also incorporate the original style of cooking.

One can find delectable dishes from the communities of Mudaliars, Vellalas, Naidus, Tamil Anglo Indians, Chettiars and Tamil Muslims. Inspired by her family's appreciation of good home-cooked food, she has also shared some of her mother's trademark dishes that define the Mudaliar community. The name of the book has been chosen carefully keeping in mind the treasure trove of food that Tamil Nadu is and also to give a look and feel of what could have been one's grandmother's diary of recipes. The book promises to leave the readers salivating as it takes them on a mouth-watering journey across the flavours of South India.

The event saw the chefs at the kitchens of the hotel lay out an impressive array of food inspired by the cookbook itself.

# CHILLING FRUITS

Yes, it might be the waning days of summer, but it is still hot out there. Stay cool and comfortable by consuming healthy fruits that have natural cooling effects on your body.



## #1. WATERMELON

It's the end of summer, so bring this seasonal staple back in your diet. Watermelon is made up of 90 percent water, which assists in keeping you well-hydrated in the heat. Have a big wedge of this tasty fruit every day and that is sure to refresh you.

## #2. TOMATO

This lush red fruit is not only good for your health, but also for your skin. Lycopene, the carotenoid present in this fruit will help in protecting your skin from sunburns. Consuming tomato juice everyday will leave you refreshed.

## #3. ORANGE

A delicious fruit, it not only helps in keeping your body cool during summer but also aides in good health, due to its wide array of phytonutrients that function as antioxidants, including flavanones, anthocyanins, polyphenols and vitamin C.

## #4. LEMON

Considered as a super food, they are the most cooling of all fruits. Aside from cooling the body, lemons also help in re-energizing and replenishing it. An excellent hydrating agent, starting your day with a chilled glass of lemon juice will prove beneficial.

## #5. COCONUT

Known for its re-hydration properties, coconut is the best fruit to fight the sweltering heat this summer. It helps in regulating body temperatures and hydrates you like no other fruit. Drink tender coconut water every day and keep cool.



# Yaadon ki Baaraat

*A treat for R.D. Burman fans*



For the lovers of retro music, the perfect way to spend a rainy day is to snuggle up at home with a plate of hot munchies, a cup of chai and listen to timeless classics of R.D. Burman. The man and his music live on in the minds of countless people even after years of his passing on. Such is the magic of this legend's music.

Club Class magazine recently played host to a musical evening by award winning playback singer Srinivas and Sharanya Srinivas who elated everyone at The Presidency Club by crooning some unforgettable numbers of the legend. With an amazing orchestra as support, Srinivas started off with the "Musafir hoon yaaron" and set off a romantic mood with "Kora kaagaz tha yeh mann mera" and "Yeh jo mohabbat hai."

Saranya, daughter of the playback singer enthralled the crowd with her angelic voice. Having performed with her father in the past, she pulled this off to an exceptional response from the audience. The music lifted the mood of all those present in the club who took to dancing when Srinivas sang "Mehbooba mehbooba" and "Yeh jawani hai deewani." The repeated requests of the audience boosted the singers as they belted out hits like "Chura liya hai tumne jo dil ko", "Dum maaro dum" and "Jai jai shiva shankar."

The evening that saw everyone in high spirits, also had a lucky draw organised by the sponsors Ozone Group and Aditya Birla Finance with audience taking home some attractive prizes.

Title Sponsor



Associate Sponsor



# GENERIC FORECAST

# July 15

for the month of



By **Acharye Nandita Pandey**,  
(Astro - Vaastu - Tarot consultant, spiritual healer and PLR Therapist)



## ARIES: (22nd March - 21st April)

Financially, this is an excellent time for you to manifest desired changes so as to enhance your monetary strengths. Investments made during this period shall be prolific and rewarding. The more you planned investments are the better the result shall be. News related to love life can create a sense of anxiety during this month. Children too will turn out to be very demanding in this phase of your life. Professional situations might upset you and new projects will take some more time to manifest. There will be celebrations and reunions as the month comes to its close. **Lucky Colour:** Red

## TAURUS: (22nd April - 21st May)

Matters of the heart shall be extremely pleasant and enjoyable. You will be very happy with the way things progress for you during this period. Professional delays are indicated and business trips are best avoided in this phase of your life. Financial benefits will be in plenty. Investments shall give in due returns as the month progresses. A little bit of risk in your investments will give you better results. A lot of positive changes will be taking place as the month progresses and it will also help in rejuvenating your mind, body and soul. You might indulge in bringing upon positive changes in your life by the end of the month. **Lucky Colour:** Orange



## GEMINI: (22nd May - 21st June)

Matters of the heart will be romantically inclined. You shall be in harmony with your environment and romance will breeze in softly creating peace and happiness all around you. A woman who has a domineering personality and believes in taking actions will help you in your romantic endeavours. Old stuck up investments will bring in better gains and monetary gains will strengthen your financial status. New projects will turn out to be quite prolific. Creative pursuits shall be positive and growth oriented. Two or more health activities shall help in rejuvenating your health status. The more courageous decisions you take by the end of the month the better the results shall turn out to be. **Lucky Colour:** Red

### CANCER: (22nd June - 21st July)

Using your PR skills to its best will help in creating peace and harmony in your love life. You shall be in a pleasant phase of romantic life where most of your wishes are being fulfilled. You would want to take constructive steps towards your future considering the past experiences. Financial changes are subtle and yet positive. A feeling of restlessness will seep in life as far as your work is concerned. Being too restless and taking rash decisions in work matters can affect your projects adversely. There will be a lot of positive reflections that can take place by the end of the month. You need to be more attentive to your environment in order to trap the opportunities in life. **Lucky Colour:** Pink



### LEO: (22nd July - 21st August)

Matters of the heart shall be extremely pleasant and romantically inclined the whole month. You will be happy with the way things progress in your love life. Thoughts of settlement shall be high and your partner shall shower due attention and love on you the whole month. A woman who is like a motherly figure to you will help you in rejuvenating your health. Professionally though these are not the right time to take up important decisions. Business trips are best avoided too. Financial obligations will be on the higher side. Transitions of any sorts should be avoided by the end of the month. **Lucky Colour:** Blue

### VIRGO: (22nd August - 21st September)

Financially, this is a good period. You will be happy with the way things shape up with your investments. This is also the time to relax a wee bit and enjoy the fruits of your smart monetary returns. Professional gains will come through only if you are more focused in life. You will be too busy the whole month and this might cause you delays if proper focus is not taken towards it. Sudden changes will bring in peace, harmony, romance and passion in the latter half phase of the month. You will be happy with the way things shape up as the month progresses. A youngster will help you in your endeavours as the month comes to its end. **Lucky Colour:** Red



### LIBRA: (22nd September - 21st October)

Financial changes will be good and growth oriented. Financial trips made during this month shall turn out to be prolific. Professionally, one needs to communicate more and be more flexible in one's attitude when it comes to deadlocks in your projects. The more stubborn your attitude turns out to be the worse the condition can become. The same phase is true to your love life as well. News related to matters of the heart might not be as pleasing as you would want it to be. Perhaps, your own inner stubbornness will create more emotional gaps in between you and your loved one. **Lucky Colour:** Pink/White

### SCORPIO: (22nd October - 21st November)

Good news related to love life will knock on your door right from the beginning of the month. Outdoor trips and activities too shall rejuvenate your mind, body and soul. Financial benefits will come through only after a series of hard work and consistent efforts. Professional changes will be fruitful only if you act with a more practical mindset. Emotional anxieties can cause distress at the work front. You would also need to pep up your rapport with your juniors at work place to get desired changes. You will be happy with the way things will turn up by the end of the month. **Lucky Colour:** Yellow/Magenta



### SAGITTARIUS: (22nd November - 21st December)

Financially, this is an excellent time for you to manifest positive changes in life. Risks in investments can be taken during this period. However, you would still want more from your investments. You might feel a little lonely or let down in matters of the heart. Legal matters can create hassles for you. New beginnings at the work front shall be prolific and yet one would need to be more careful and attentive towards one's projects the whole month. All the efforts that you make in this period will bring in benefits and positive changes in the times to come. **Lucky Colour:** Silver/Blue



### CAPRICORN: (22nd December - 21st January)

New beginnings in your work area shall be extremely favourable and growth oriented. You will benefit from your PR skills and developing good rapport with your colleagues. Matters of the heart shall be romantically inclined and will enhance with a dose of wisdom, patience and diplomacy. Financial obligations shall be on the higher side the whole week through. Avoid investments in partnerships throughout this period. Health shows average improvements during this month. A lot of subtle changes will be taking place in your life as the month comes to its end. **Lucky Colour:** Yellow

### AQUARIUS: (22nd January - 21st February)

Professionally, there are a lot of positive changes that are taking place in your life. Good news can be expected in recent projects that you have been involved with. Also working in co-ordination with your juniors will bring in more benefits and positive changes in life. Financial restrictions might come through and might confine you to limited resources. Emotional insecurities and anxieties will be on the higher side as far as your love life is concerned. A woman with whom you share excellent rapport might be a cause for worries by the end of the month. **Lucky Colour:** Green



### PISCES: (22nd February - 21st March)

Financially, this is an excellent time to take up some innovative investments. A woman who has a very pragmatic outlook towards life shall help you and guide you well in enhancing your money matters. Professionally, there are changes that might take some more time to manifest. Working in co-ordination with your juniors will help you further in achieving your targets in time. Being too stubborn about your attitude in romantic life can cause more rifts in between you and your loved one. Health issues might crop up. Health of a woman might be a cause for concern the whole month. A lot of positive changes will take place in life as the month comes to an end. **Lucky Colour:** Pink

## YEARLY FORECAST FOR CANCER

Financially, things will shape up as per your expectations as the year progresses for you. New beginnings in the work front will open up bringing in fresh opportunities in your life. Matters of the heart would need more attention, love and nurturing.

Financial growth will be good and result oriented. Financial trips shall be successful. Health is an area that you need to work on during this year. Family matters might create some restlessness in your life. The latter half of the year shall be more peaceful and pleasant.



## JURASSIC WORLD (ENGLISH)

**Director:** Colin Trevorrow  
**Cast:** Chris Pratt, Bryce Dallas Howard, Vincent D'Onofrio, Irrfan Khan

Nostalgia! That's one feeling you are bound to have when you watch the larger than life dinosaurs trolling around the giant screen. When we were introduced to Steven Spielberg's Jurassic Park in 1993, the world watched in awe of these extinct species. Releasing 20 years after the first instalment, there couldn't have been a

better sequel to Spielberg's blockbuster.

As much as the freakish, giant dinosaurs look scary and entertaining through your 3D glasses, the script disappoints you! Jurassic World is the direct instalment to the 1993 film and completely overlooks The Lost World and Jurassic Park III. John

Hammond's dream was squashed in the prequel and come 2015, a brand new dinosaur-themed park reopens. With a new name and built on Isla Nublar, the park is run by hot headed Claire (Bryce Dallas Howard). The script revolves around the hybrid dinosaur, Indominus Rex, which is created to be scarier because Claire believes ordinary dinosaurs are just plain boring. Well! She was wrong. Indominus creates havoc and puts everybody's life on the edge.

While the massive creature swallows a huge shark in style, and Jurassic World gulps down previous box office records, the plot is a shame. There is absolutely no chemistry between the stars of the movie and the "siblings running for their lives" kind of plot with cheap stunt at emotions bores you. The dino trainer, Owen Grady (Chris Pratt) struggles to keep the velociraptors under control and forms a strong bond with the species but definitely fails to hold the movie's burden on his strong shoulders. The only actor who keeps you entertained is Irrfan Khan. He plays Simon Masrani, the billionaire owner of Jurassic World.

The merciless Indominus goes on a killing spree and as every plot has it, the hero of the movie rescues all the survivors. Though the script is lame, Trevorrow should be applauded for taking on Spielberg's magnum opus. His direction doesn't disappoint you and the 3D effects team deserves a bow. They have done a brilliant job. You won't regret this ride if you just want to watch the magnificent seaworld park with the long lost dinosaurs who once called our planet home.

**Verdict :** Jurassic World is the biggest blockbuster of this year and rightly so! Don't miss this delayed sequel. Grab your popcorn and enjoy the ride. After all, the blockbuster has given us a ₹3,000 crore Khan!

**Rating :** ★★ ★



## ABCD 2 (HINDI)

**Director:** Remo D'Souza  
**Cast:** Varun Dhawan,  
Shraddha Kapoor,  
Prabhu Deva

Two years back, a dance teacher took on the challenge of mentoring a group of untrained dancers to set up the best dance squad in the country. That was ABCD. The sequel ABCD 2 is based on this true story of the gang from Mumbai suburbs that reached the

finals of the Hip Hop international dance championship in Las Vegas. The plot of the movie has all the ingredients to be a chartbuster – unrecognised but talented people from the slums, one angelic mentor who comes and changes their lives and then an awe inducing

high class championship setup in foreign lands.

The movie is a creative ensemble of well choreographed moves, emotions and a passion that streaks through the actors in every move. The dance sequences are a treat to watch and the film makes use of 3D to make the visuals even more stunning. The director proved his mettle in the first film itself when he came out with a creative storyline and backed it up with out-of-the-ordinary dancing. In this film however, he has managed to retain the dancing part and in fact has taken it up a notch but somehow missed the storyline.

Varun Dhawan and Shraddha Kapoor are a part of a motley dance group in the Mumbai suburbs. They reach the finale in a local TV competition and get a standing ovation for their act. However, they are disqualified after the judges find out that they had indulged in plagiarism and copied all of their moves from a dance group in Las Vegas. Enter Prabhudeva as the mentor and the group sees itself performing in the very same Las Vegas competition that they copied from.

ABCD 2, without doubt has some mesmerizing dance sequences and brilliant dancers but is a let-down every time the characters talk. The dialogues were in dire need of reinvention and the plot just begged one to move on to the dance instead. Varun Dhawan's performance as the ambitious and earnest dancer is highly applaudable. Being a naturally good dancer paid off for him. Shraddha Kapoor is a fine revelation in the movie as one of the lead dancers. The end of the film is a refreshing break from all the stereotypical Bollywood climaxes.

**Verdict :** Leave the brain at home and definitely watch it for the dance performances

**Rating :** ★★☆☆

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