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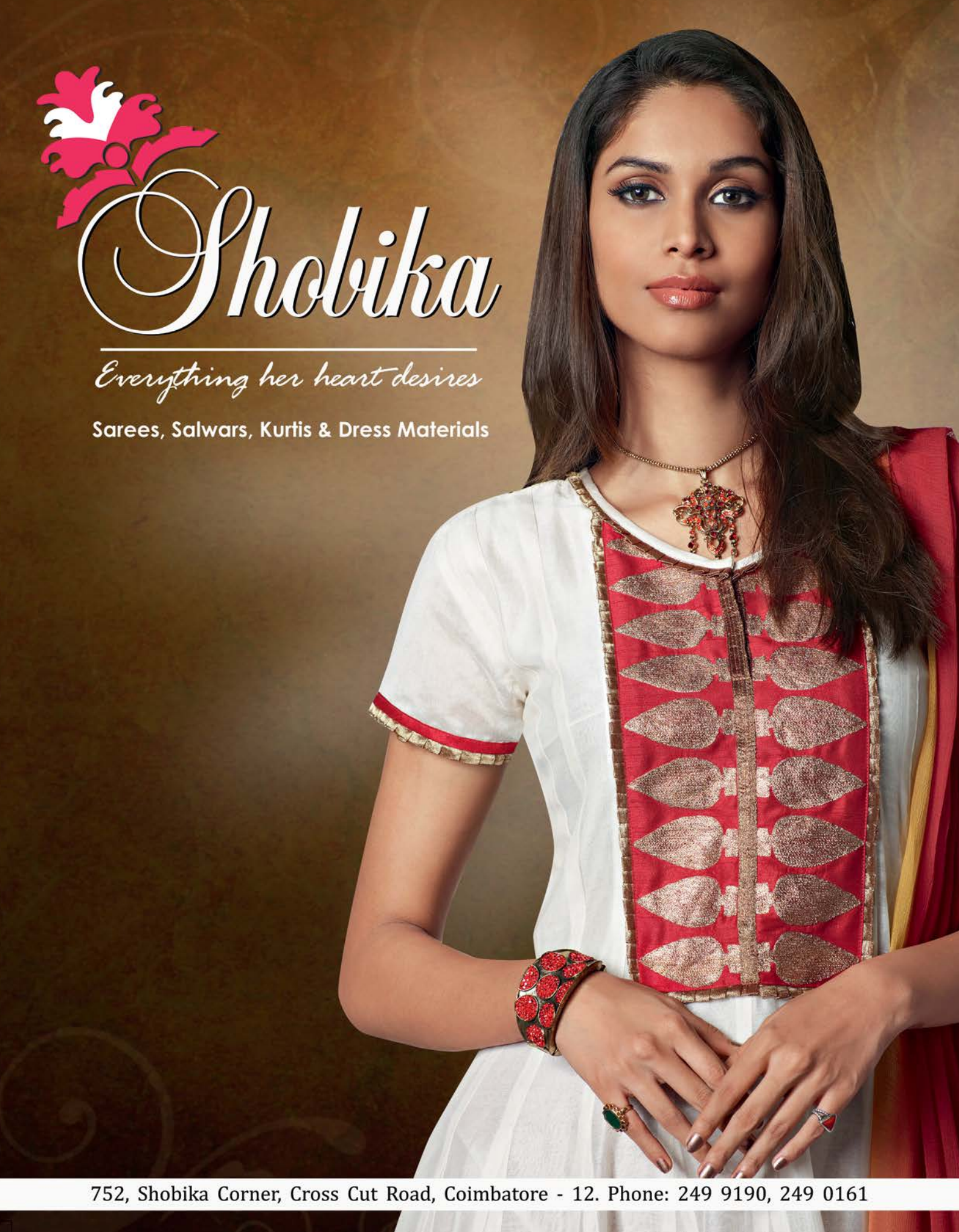
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jfW WOMEN ACHIEVERS AWARDS 2014

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EDITOR'S NOTE





It was a glorious evening at our 7th *JFW* Women Achievers Awards as our tradition of honouring women achievers through our much-awaited annual awards unfolded in style as always. My team and I are filled with satisfaction and pride as we watch the rushes of the event at the edit table where post-production of the show is happening in full swing!

The endless days of preparation and the mayhem that goes on to put together an event of this scale, always seems inconsequential as the event comes to an end and we receive appreciations from everybody. In a conversation with Ms. Sowcar Janaki on the day of the event, she kind of summed up our state of mind in her inimitable style, "You and your team can be proud of yourselves at the success of this initiative and all the hard work would be completely worth it by the end of this eve."

All our celebrated guests ensured that their presence added to the splendour of the show and my team and I are right now doing our best to capture all the great moments of the evening through our pages in this edition. Our awards will be telecast on Sun TV shortly, so watch out for the announcement of the details soon.

When it comes to our line of work, there is no calm after the storm. After an eventful month, we are back to the grind to put together yet another "delicious" issue!

Have a great month!

Cheers,

Bina Sujit



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I am a huge fan of Priya Anand and I was delighted to see her on the cover of *JFW*! She is one actress who has proved her worth and caliber in the recent times; she surely deserves a place on the cover. Looking forward to see more of beautiful women with enticing personalities in the forthcoming issues.
Kalarani, Salem

Right from the cover to the last page, the bridal issue was one awesome issue! The colours were spectacular and the best article was "The Wedding Cake Diary". It's amazing how some pastry chefs can make such beautiful cakes; I would never have had the heart to cut them! I liked "A Meal for Two" and though I am single right now, I tried it with my mom and we both loved it.
Devi Gupta, Chennai

This is such a perfect time for a bridal issue to come out because my wedding is in another few months. I loved the articles, especially setting up a home for the newlyweds! The wedding planning list article was also such an eye-opener. I loved all the glossy saree ads too and the entire issue was an idea guide for a perfect wedding!
Suji Johnson, Bengaluru

The bridal guide can be summed in one word - WOW! I cannot believe there are these many innovative ideas that go into wedding preparations! I am not getting married anytime soon as I am only 22, but the guide made me want to read the magazine all over again.
Dhanya, Hyderabad



I am not an avid reader, but I buy *JFW* every time I spot it at the stands and this time the sheer beauty of the cover beckoned me! Priya Anand looked gorgeous in the main story and the spread was just magical. I loved the Mehendi look and the reception lehenga was gorgeous!
Sreeja, Bengaluru





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WHAT'S NEW THIS MONTH

ACCESSORIES



What? Autumn Winter' 14 Collection
By Caprese
Caprese has launched its chic, high fashion, lifestyle collection for Autumn Winter' 2014. Colour block, pop colours and aesthetic detailing define this collection of Caprese and is sure to amp up the style quotient of a fashionista's wardrobe. The collection comprises of eclectic, fashionable and stylish handbags in various styles and sizes. The collection also comprises of hobo, satchels, wallets, clutches and slings crafted for today's urban woman.
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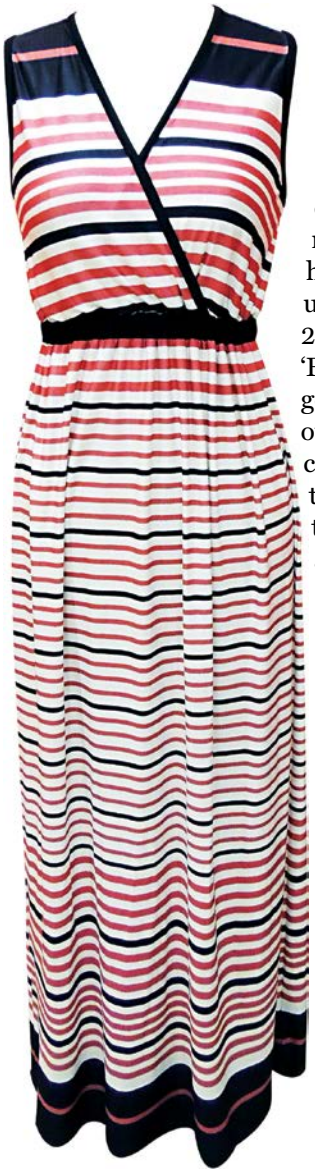


What? Slim Classics
By Vans
Vans latest Autumn-Winter offering, the Slim Classics for Women, strives to create durable footwear for those that value quality and freedom of expression. Those beach staples have evolved into a full line of Vans Classics that pay homage to Vans' surf and skate heritage. The slimmed-down construction of classic silhouettes has created a collection truly unique to a feminine look and fit. The collection is available on all leading shopping websites.
Price ₹2,799 onwards





What? 8th Limited Edition BHI bag
By Tommy Hilfiger
Made of Italian pebbled leather, this versatile bag embraces Tommy Hilfiger's classic, American aesthetic with an effortlessly chic appeal. Additional features include asymmetrical pockets, gold hardware and a keychain with red, white and blue tassels. The detachable tan strap allows for using it as a shoulder bag. Proceeds of the bag's sales will be donated to Breast Health International's (BHI) Fund for Living Programme. BHI is a leading non-profit organization that works towards the advancement of breast cancer research and treatment.
Price ₹24,999 onwards



What? Autumn-Winter 2014
By 109°F
109°F is known for its chic, fashionable and trendy collections and this year is no different. Inspired from high-winter fashion, 109°F unveils its Autumn-Winter 2014 collection positioned as 'Fashion that makes the world go round'. It is a collection of different moods a woman can experiment with in order to define who she is. Classic trends take centre stage with a whimsical air of youthful charm of this modern day. The incorporation of skin prints, hand painted stripes, lace, checks, and floral and colour blocking patterns create a new visual chemistry. Warm colour shades ranging from deep reds, blacks, rich gold, blues, browns, beige with hints of pop colours are all elements that make this collection a class apart.
Price on request



What? Utsav Collection
By Fusion Beats
Fusion Beats has launched its new, colourful range of clothing - The 'Utsav' Collection. The Festive range comprises of contemporary silhouettes of finely crafted fabrics like cotton jacquards, cotton silk, brocades and chanderi. An explosion of exotic turq, pink, emerald green, golden yellows and vivid reds makes this range vibrant and festive. A montage of zari and Indian paisley embroideries on brocades symbolizes celebration. This attractive collection, with its blending fabrics and incorporation of different types of embroidered patterns keeping the aesthetic appeal in mind, will be a great addition to your wardrobe. ***Price on request***

What? Great Indian Saree Festival
By Limeroad
Limeroad, the one-stop site for clothing presents its new collection of Banarasi sarees. Crafted in Handloom Banarasi silk, this dazzling saree features heavy traditional brocade work with a Dhup-Chhaya effect. In bright hues of purple, green and gold, these sarees can be paired with glitter pumps and kundan bangles that can also found on the website. Visit the site limeroad.com right now for some fabulous offers.
Price ₹2,950 onwards



AT HOME

What? Festive Collection
By Bracialeto & Beyond
This festive season, Bracialeto and Beyond (B&B) a newly launched bespoke cutlery brand introduces its first ever elegantly designed festive collection that can be customised with beautiful natural stones, wood and glass beads to make your dining experience a memorable one. Classically designed to perfection and exquisitely hand crafted out of food grade steel, B&B Cutlery sets are not your ordinary piece of stamped flatware!
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What? Gifts Galore
By plushplaza.com
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Price on request



JEWELLERY

What? Festive Galore
By Zaveri
In line with the celebratory mood, Zaveri & Co. has introduced its festive collection of inimitable earrings of gold, diamonds and pearls. The earrings are designed to exude luxury and charisma, with its royal antique finish. These pieces are crafted to suit women of all ages and they are also versatile – you could pair them with any outfit on any celebratory occasion. These jhumkas are especially created for women who prefer their jewellery to be creative and flamboyant.
Price on request



BEAUTY



What? Absolute Gel Addict Eyeliner
By Lakme
From the bridal box of Lakme, Absolute Gel Addict Eye liner has a Soft gel texture and is easy to apply with its small brush attached with cap. This professional finish gel liner comes in very intense, vibrant colours like gold, purple, teal and more. It is smudge proof and water proof with a long lasting formula and is recommended by Lakmé's makeup experts.
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jfW WOMEN ACHIEVERS AWARDS 2014

A night of glitz, glamour and substance, *JFW* Awards marked the contributions of 10 successful women from diverse realms.

The 7th edition of our *JFW* Women Achievers Awards was held in Chennai on October 31, 2014 in our trademark class and style! A much applauded annual endeavour to honour the accomplished women of South India, this edition was a reigning success as well, with its acclaimed awardees, radiant performances and a highly exclusive set of attendees. The awards housed an enormous group of A-listers that evening - Trisha, Amala Paul, Jayaprakash, Unni Krishnan, Parthiban, Bobby Simha, Nadhiya, Mirchi Shiva, Bhagyaraj and his wife Poornima to name a few from the film fraternity; and Mr. Vasudevan (President of Embassy Residency), Ms. Revathy (Assistant General Manager of Embassy Residency), Mr.Suresh (Vice President of Embassy Residency), Mr. Vethanarayanan Seshadri (Executive Vice President of MS Cholamandalam General Insurance), Mr. Neeraj Moorjani (Head of Marketing, Ms Cholamandalam General Insurance) from the business industry.




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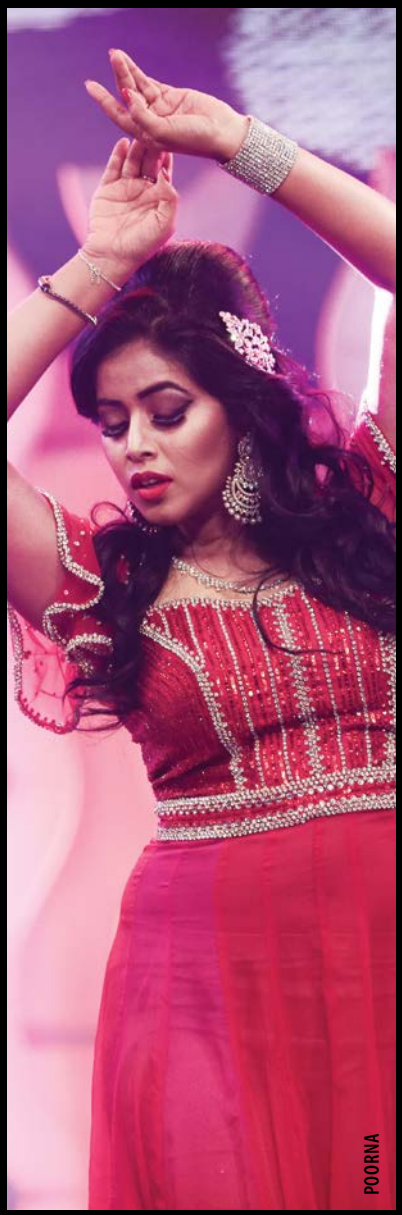


The pioneering women who took home awards this time were Sania Mirza (Newsmaker of the Year), P V Sindhu (Excellence in Sports), Shruti Hassan (Sensation of South Indian Cinema), Saranya Ponvannan (Excellence in Cinema), Sowcar Janaki (Legend), Mariazeena Johnson (Excellence in Education), Priyadarsini Govind (Excellence in Dance), Lakshmi Menon (Rising Sensation), Kala (Excellence in Choreography) and Manju Latha Kalanidhi (Social Cause – Special Recognition).





RANJIT, RAHUL NAMBIAR AND AALAP


POORNA


NANDITA SHWETA

The entertainment for the evening included a mesmerizing musical performance by playback singers Ranjit, Rahul Nambiar and Aalap who kept the audience enthralled with their customised covers of famous numbers. Poorna, Bindu Madhavi, Nandita Shweta and Sanchita Shetty, with their individual dance performances had the crowd begging for more, colourfully marking their presence on stage with their breath-taking moves that accompanied the soaring grooves. The connecting thread that ran through all the items on the program was the anchoring pair of Deepak and Aishwarya, who hosted the event and kept everyone in splits with their playful banter and unique style of compèring.


BINDU MADHAVI


SANCHITA SHETTY


SHRUTI, AMBIKA AND BHAGYARAJ


KALA AND POORNIMA


SANIA AND TRISHA


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VETHANARAYANAN SESHADRI, MIRCHI SHIVA, NEERAJ MOORJANI AND PV SINDHU


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The main segment of the programme, the awards themselves, were a striking spectacle, as each awardee came forward to receive her golden statue from some distinguished presenters. The most anticipated award of the evening was the Special Recognition title of Legend, which was given to an overwhelmed Sowcar Janaki. Ms Janaki graced the occasion in all her splendour and had the audience and the other awardees awe-struck as she launched into a heart-felt oration of her professional journey. It was a rather immense moment for onlookers and her alike, as references were made to iconic milestones from her life with which every cinema-wary south Indian is familiar.

As the ceremony came to a close and the red carpet was rolled back up, everyone was wishing the night could extend a little further. Looking back at the enormous success of the event, Sujit Kumar, Managing Director of Options Media Pvt Ltd., publisher of JFW magazine said, "The magazine is intrinsically a tribute to South Indian women, celebrating their region-specific uniqueness with sophistication. The *JFW* Women Achievers Awards is a gesture to commemorate those women who have reached for the stars and maximised their potential in their respective fields, and we at Options Media are glad it has stayed true to its purpose."

The show produced by *JFW* in association with Chola MS General Insurance and Embassy Residency will be telecast on Sun TV soon.







MIRCHI SHIVA AND BOBBY SIMHA



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SARTORIAL LESSONS FROM *THE SILVER SCREEN*

We've always envied fashionistas of the silver screen. Often, we even put ourselves in their shoes. If you are blindly taking fashion cues from films, let them be from these style icons well-known for instigating some everlasting fashion trends.



When it comes to fashion makeovers, you can never go wrong if you base your look on a movie scene. Fresh out of the screen, you can easily ramp-walk away on the streets and bet your money on these heroines who have done it right in front of millions of audience. If you have always wondered how to get a similar piece of clothing that looked oh-so-gorgeous on the actress, here is a guide to help you get the look:



SEX AND THE CITY

Sex and the City is the library of stylish looks for the amateur and expert alike. When it comes to basing your wardrobe on a movie, Sex and the City is a no-brainer option. If Audrey Hepburn made the 'LBD' legendary, it is Sarah Jessica Parker alias Carrie Bradshaw who made the white dress astonishingly famous. Take a simple white dress with V neck and long sleeves and pair it with gold accessories for a glamorous look. A white dress can make you look chic and enhances the appeal of your jewellery. The white dress featured in the movie is by Halston from the 'Heritage' series. The outfit is elegantly paired with Swarovski neckpiece in a Tetris pattern with multi-colour embedded stones. The actress in the scene is wearing a classic Dior gold Sunglasses; although Dior has stopped producing the same, similar designs can be found in the Dior gold sunglasses collection. Gold can speak volumes for a white or black dress and here, Carrie is wearing a gold glitter pump from the 'Pigalle Pumps' collection by Christian Louboutin.

Also note: Gold bling clutch by Chanel



THE DEVIL WEARS PRADA



When a movie title has Prada as part of its title, you know it is going to be a fashion blockbuster for years to come. While Anne Hathaway's character Andrea "Andy" Sachs is naïve about fashion in the beginning of the plot, she slowly transforms into a fashionista with a style statement of her own. One of the very memorable scenes is when Andy walks into Runway (her office) wearing a Chanel inspired outfit. Known as the Chanel – Cruise Navy no5 jacket, the jacket is made of velvet blue with buttoned down front and pockets in the front. The neck of the jacket is patented by Chanel, and lends a very sophisticated feel to the entire ensemble. Paired with thigh high boots, which are also from Chanel, Andy is wearing a sequined top and mini skirt within the jacket. Although thigh high boots are not very popular in India because of the heat, thigh high boots of various other cooler materials than leather can be found at www.koovs.com.

Also note: Gold layered necklace and olive green knitted bag



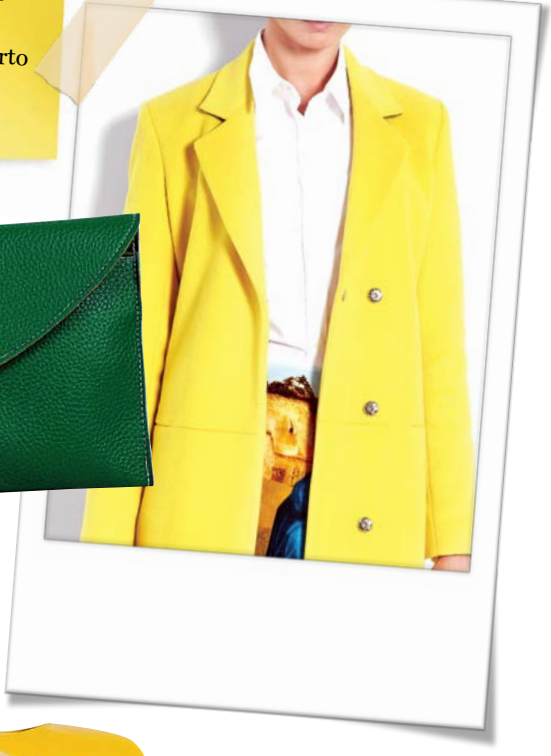


CONFESSIONS OF A SHOPAHOLIC



Neon has been all over the runways for a few years now. Carrying off bright shades of neon is not a cake walk. If you over do it, you might end up looking like a traffic post. Knowing how to mix and match neon is tricky and there is no better movie than Confessions of a Shopaholic to learn the same. Your ensemble cannot be dominated by neon; you either complement your outfit with a hint of neon or match your neon outfit with subdued accessories to offset the brightness. And that's exactly what Isla Fisher (Rebecca Bloomwood) does in the movie! Bloomwood loves colours but also loves layering her clothes – every part of the ensemble is carefully selected to complement each other. The movie pays tribute to several brands, especially Henri Bendel. In one iconic scene however, Rebecca can be seen wearing a vintage yellow jacket with the ever loved Christian Louboutin yellow pumps. The black and white dress by Vicki Tiel is yet again paired beautifully with yellow belt and gloves.

Also note: Kelly green metallic Nila Anthony bag and Roberto Cavalli horn earrings



Clueless



The film that put Alicia Silverstone and plaid skirt back on the map, Clueless brought back back to school fashion with a bang! A quirky adaptation of Austen's Emma, the film was path breaking in the high school teen movie genre but more importantly, Cher Horowitz's style in the film was way ahead of its time. From refusing to date a guy wearing baggy pants to always finding solace in retail therapy, the fashion trends in the film holds good till date. Like Cher believes, if someone with great taste made something sexy to wear, don't hesitate to wear it and so she wore that sexy body hugging Calvin Klein white dress on a date with Christian. Almost 20 years later, body hugging dresses are still making the rounds on runways! No one wore blazers with plaid skirts, crisp collared shirts, chunky heels and classic berets like Cher – the Jean Paul Gautier yellow plaid skirt is a timeless classic that tops the fashion trends even today. The 90's fashion is on an all-time high today where crop tops and Mary Janes are all over the high street, and there is no better time to take fashion cues from Ms Horowitz than now.

Also note: Heart friendship bracelets and flirty red dress





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BREAKFAST at TIFFANY'S



From full-length black Givenchy gown, to layered pearl necklace, kitten heels and dark armoured sunglasses, Holly Golightly (Audrey Hepburn) changed the way women perceived fashion in the 60's and the trends she began still lies fresh in our minds. The Manhattan Callgirl or the "Authentic American Geisha" as Truman Capote referred to her, Golightly had a mind of her own when it came to fashion. Though Chanel invented the LBD, the legendary opening scene with Hepburn in Givenchy's black dress made it a rage in the 60's – it became a norm at parties and fancy events. What the movie teaches us even today is how to be fashionable on a budget – if you notice, she wears the same black dress on several occasions; on her way to Sing Sing, she wears it with a small black hat with a white muff, again at her party she wears the same dress with sparkly earrings and statement necklace and yet again she returns home after a date wearing the same dress with a white silk scarf. After the movie, it became possible to be fashionable on a budget, only if you knew how to accessorize like Holly! The penny-pinching diva taught us more about fashion than just the LBD – from huge black hats, long black gloves, white pearls to magical hairdos, Breakfast at Tiffany's is one of the best fashion forward films Hollywood has ever had.

Also note: Oliver Goldsmith Sunglasses and Burberry Trench Coat





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FIGHT *FOOD* FADS!

Popular food expert and cook, Sabita Radhakrishna shares her food wisdom and decodes myths that often haunt our kitchen. By ***S. Priyanka***

Often you may find yourself in situations that come very close to breaching your grandmother's covert advice for faster, better and healthy cooking. Old style chefs and cooks grew up learning kitchen secrets from their mothers and grandmothers, who learnt from theirs. These days, professional and home cooks are more empirical when it comes to culinary arts; nevertheless, there is still that 'old-wives tale' that prevents people from cooking factually and wholeheartedly. "We have heard so much from our friends and relatives, or we have learnt from other sources like journals and online forums and take it at face value. However, we need to be sure about the myths and the facts, especially when it comes to food - to have a nutritional diet every day and lead a healthy life," says Sabita.

One of the most common cooking misconceptions that people come across is about the kind of food that they need to eat. There are many arguments pertaining to the way one has to consume food - should it be raw or cooked? "Both raw and cooked food provides plenty of health benefits. It is essential to have a balance of both - if cooked food is completely avoided, then one is eliminating various food groups like meat, dairy, fish and most grains and if raw food is evaded, then one is avoiding the many health advantages of fruits and vegetables."

Other common kitchen fables include labelling certain vegetables and fruits as being unhealthy:







Potato: most loved and most consumed food product in the world is believed to cause heart ailments and arthritis flare ups while eaten excessively. Sabita disabuses this myth saying, "My grandfather consumed potatoes every day and he did not suffer from any heart disease or joint pains. It is a nutrient dense vegetable and should be consumed on a regular basis."

Tomato: Poor man's apple, this delicious fruit is said to cause kidney stones when consumed. "Consuming tomatoes does increase the oxalate level (a main component of calcium stones), but only by 10%. The rest is naturally produced by the body. Tomato has lycopene, which is instrumental in preventing cancer."

Carrot: This orange coloured vegetable helps in improving eye-sight. "Carrot has beta-carotene that helps the retina and other parts of the eye to function smoothly. However, for improved vision, apart from this, other vitamins and minerals are essential."







Papaya: Men and women alike do not prefer eating this fruit as they consider it to be 'heat inducing'. "It is a very healthy fruit and good for the skin. It helps in cleansing the body from inside as well as outside. This fruit has myriad health benefits and can be used as a facial pack as well."

Dal: Consuming horse gram and Bengal gram causes flatulence, but Sabita says, "Eating dal in small quantities will not cause gas, it is a good source of protein and fibre and must not be avoided in a person's diet. It is necessary for a person to consume one cup of dal every day."

Ghee: Though the smell and the flavour are mouth-watering, consuming too much ghee will cause adverse effects on health. "It is a common misconception that ghee helps in digesting food. May be to an extent it may be true, however, it does not mean that you can fry your food in ghee. That will increase the cholesterol in your body and ultimately affect your heart."





Coconut: It is one of those ingredients that seem to be oscillating between the good and bad food category. "Every part of a coconut is healthy, including coconut oil. Our ancestors used to cook in coconut oil and they lived long and healthy. Though coconut oil is high in saturated fats, it is good for the body."

Gingelly oil: Made of sesame seeds, it is considered bad for health. "Our ancestors used gingelly oil for cooking, but after various controversies surrounding its ill effects, they stopped. However, today research shows that it is good for health and can be used for cooking."

Fish: Seer fish is the healthiest fish to consume as it does not have many bones and a lot cleaning is not required. "It is not the only fish that is good for health – mackerel, sardines and tuna are also equally healthy."





Eggs: Regularly consuming raw eggs can be bad for your health. Many believe that cooking an egg makes it lose all its nutrients, but that does not hold true. "Cooking an egg will not break down its nutrients into unusable pieces. Egg can be consumed however a person desires but consuming it raw sometimes may have adverse effects." Also, most people consider egg whites to be healthier than yolk, this is not true. It is a misconception that whites are protein rich, whilst yolks are full of cholesterol and is bad for the heart. "Egg yolks have good cholesterol required for the body. It is incorrect to consume only the white or the yellow – consuming whole egg has more health benefits." Eat an egg every day to stay healthy and happy.

Meat: Consuming red and white meat is good for health as they contain proteins, carbohydrates, vitamins and minerals required for the body. "Initially meat was considered to be a powerhouse of nutrients, however, after the concept of processed food came into being, people have become wary. Meat causes various types of cancer and heart diseases. It is best to avoid it."

Before following such baseless myths, it is imperative to consult a nutritionist or a health practitioner to cross-check the various illnesses or health benefits that a food product is said to hold.

Both raw and cooked food provides plenty of health benefits. It is essential to have a balance of both - if cooked food is completely avoided, then one is eliminating various food groups like meat, dairy, fish and most grains and if raw food is evaded, then one is avoiding the many health advantages of fruits and vegetables

Other cooking myths...

- Seeds make tomato sauce bitter.
- Cold water boils faster than hot water!
- Warm lemon produces more juice than a cold lemon.
- Searing meat seals in the moisture.
- Cooking in microwave destroys nutrients.



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Ode to OSCAR!

"Any girl from any walk of life dreams of that special dress, and I try to make that dream a reality for her." – ***Oscar De La Renta***, July 22, 1932- October 20, 2014

We remember his hues, his patterns and his style that took over the world by storm. We remember the first ladies he has dressed - Jackie Kennedy, Nancy Reagan, Laura Bush and Hillary Clinton. We remember the red carpet outfits he has made for Amy Adams, Sarah Jessica Parker, Taylor Swift, Jessica Biel, Jennifer Hudson and more. We also remember some of his best works in the form of bridal gowns for Amal Alamuddin, Kate Bosworth and Jenna Bush. We remember the legend that is Oscar de la Renta.

The dresses

Oscar was a man who believed in balance - an outfit should match the reputation of the person. Although one can get lost in the layers of prettiness of Oscar's dresses, it wasn't just about the fashion. Oscar firmly believed that the appeal of a person should match their sense of fashion. Often he would tell his ladies to walk a certain way just so it will enhance the glamour of a dress. Oscar quite often told his models that a woman should carry herself in a way that she would if 3 men were looking up to her. Laces and frills were his signature style and joy was his inspiration.

A favourite amongst brides

Bridal was his forte and nothing can match his bridal gowns, especially with unconventional brides. Saturated hues coupled with sheen were his specialty. No surprises there, but Oscar was the favourite amongst most celebrity brides. Dressing the then president's daughter must have been tough but with laces that fell like a silent river, Jenna Bush's wedding dress made the headlines for so long. The Indian inspired dress he created for Huma Abedin was the talk of the fashion circle for a long, long time! The last bridal dress Oscar had worked on was Amal Alamuddin, George Clooney's partner. And who can forget the bridal gown Carrie Bradshaw wore in Sex and the City (film)?!

Soulful man

The man loved gardening as much as he loved fashion. He always believed patience is the key to growth and that's the way he loved to live. Of his lifestyle and warmth, there are a million recounts; Sarah Jessica Parker was recently heard saying that she has lost a part of herself since Oscar's death. Most leading ladies agree that Oscar was not just a man of style but also of soul. The countless times he has dressed up his favourite ladies just because he loved doing so is a known fact. Oscar did not just revel in women's fashion but found solace in the whole matriarchal part of the world. Oscar rightly summed it up when he said, "What women have achieved in the last 50 years, I wish men would have achieved in the last 100." ||



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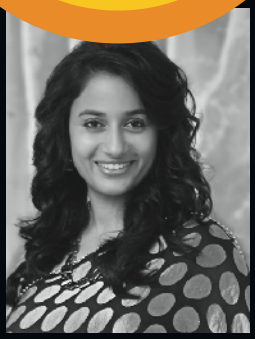






SUNNY SIDE UP

ANU HASAN





What you are capable of?

Whenever people told me, "You never know what you are capable of" I used to scoff at them. I know myself pretty well and I would like to think that I know what I am and am not capable of. But I was wrong.

And while we are making confessions, I never thought being pregnant would be so much fun. And before you start congratulating me – hold on to your horses – I was talking about my character in a BBC series in the UK.

I had trumpeted this particular victory to anyone who was willing to listen.

I was delighted about the role. Even more so when I was told that I was going to be given a silicone body suit with a big belly.

I was called for a costume check and I literally bounced into the room. I couldn't wait to put on my suit. And once I did, I laughed for almost a whole minute. It was an amazing piece of work. The belly was humungous and the sheer weight made me waddle exactly like a pregnant woman. I couldn't even sit on a chair – I had to lower myself clumsily on to it.

The comments I received were "You look 22 months pregnant!", "Is it a baby rhinoceros or an elephant? Or both?" I made a flippant crack to my mother about having brought shame to the family and got told off for making a joke in poor taste. So I closed down that line of humour.

Until I tried on the suit, I was a bit nervous about how convincing I would be. But after the costume trial, I had no doubts. There was no way anyone looking at me would doubt that I was really pregnant and about to pop a baby any second! But I was still nervous about my dialogues.

My friends, who know me, know that for all the modern, free thinking, liberal woman that I am, I don't curse. I say "Sh*%" and "idiot" and "fool" but that is about it. I cringe at using the "f" word and while I am cool being around people who do, I could never



be comfortable using it myself. And my dialogue had the "f" word.

When I spoke about my reticence to my friends – without exception – they offered to help me to practice my dialogue! I thanked them for their obviously gleeful need to help and decided to work on my lines on my own.

My dialogues had other uncomfortable phrases, but I found those words no problem at all. The racial slurs I had to spout happened with an ease that would make British people cringe. But every time I came to the line which had the "f" word, my voice faltered and I fumbled to a stop.

I had to learn my dialogues, so I decided to learn the rest of the lines and work on this particular line at a later stage.

I had practiced the previous evening saying the word aloud. Can you imagine how weirdly funny I must have looked doing that? I had said it so many times that I could hear the word in my head but every time I tried saying it out aloud as part of the sentence, my voice got all breathy and funny. I was getting quite irritated with myself. I mean, even my mother was unable to comprehend what the big deal was. So, I gave myself a good talking to, reminded myself that I was a professional and this was just a role, and I should stop being such a prude.

The next day, I landed on the sets... well I sailed on to the sets really, with my magnificent belly protruding well ahead of me. As luck would have it, they were starting with the very scene that I had reservations about. I took a deep breath and got ready for the shot. And that is when something amazing happened. After days of not being able to say it, the moment the director said "action", the dialogues flowed smoothly and I delivered every word with precision and clarity that astounded me. I thought maybe it was a one off. But we did the shot from 6 different angles and several takes for the other artists, and each time, I delivered the line without faltering.

By the time we had done the 8th take, I was beginning to think I was getting altogether too comfortable. There was a certain relish in breaking free of my self-imposed restraint. I revelled in the freedom, and I have to say that I delivered one of my best performances. I start all sweet and demure and by the end of the scene I am vitriolic. Just the kind of role an actress loves to sink her teeth into.

I was floating by the end of the day and when I told my cousin that I had done rather well, she wanted to see me enact the role. I promised that I would do a special performance for her.

So the next day, I landed at her place and started off the scene...I did exceedingly well until I reached the all-important line and I faltered and fumbled to a stop. I was so disappointed. I tried again but it was no use. The prude was back!

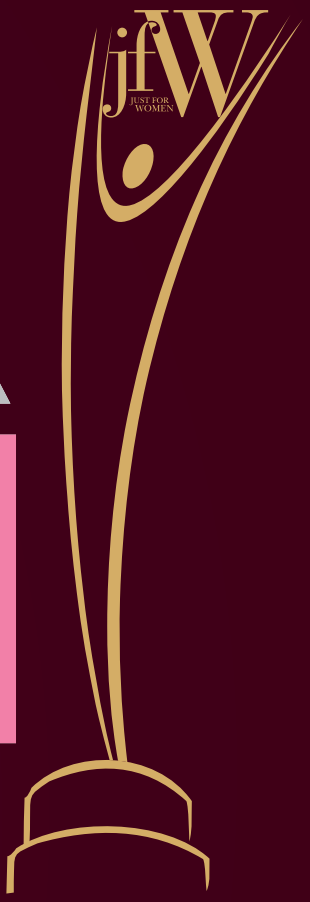
But this time I wasn't fooled. All it needed for me to drop years of restraint was a silicone body suit and a director to yell "action!"

Just goes to show, you never know what you are capable of!

WON
WO



DER MEN



The strength of a woman can never be underestimated, more so when it is a woman who has come a long way in her field. In a patriarchal society like ours, climbing to the top is not an easy feat. There are many obstacles a woman has to brave. No matter what comes their way, some women don't let anything deter their vision and they become ever so powerful. In this glorious 7th Women Achievers Awards, *JFW* pays tribute to such women, who have and continue to channel their brilliance in their respective fields; in spite of all the odds, they have stood true to what they believe in and followed their passion.

Ever since its inception, *JFW* has always seen eye to eye with women who are dreamers, who are believers, and supported them in every way possible. The Women Achievers Awards was born in favour of bringing to light the sophisticated divas, the unsung heroines, the upcoming talents and the legendary ladies of the South. As a token of encouragement and to celebrate their achievements, this year too, *JFW* raises a toast to the cream of women from a range of categories – performing arts, sports, entertainment, social work and more. The awards are our way of saluting these women who have pushed their realms of possibility and lent a wonderful flavour to womanhood and the society at large. In this 7th successful year, we have bestowed these awards to ten beautiful women, with more passion, more glamour, and in a bigger and better way than ever.

Photography: G Venket Ram



Sowcar Janaki

LEGEND

Being in cinema for nearly 7 decades, this legend has worked with veterans in the industry and has given life to every character she has played thus far

South Indian cinema found its irreplaceable empress in 1950, the year Sowcar Janaki made her debut in the film *Shavukaru* with co-star N.T Rama Rao. With 385 films as part of her repertoire, Janaki has worked in all South Indian languages and their respective leading actors like Nageswara Rao, Jaggaiah, Sivaji Ganesan, M.G.R, Gemini Ganesan and Dr. Rajkumar. She gained her moniker 'Sowcar' after finding recognition through her first film. She entered Tamil cinema with the blockbuster hit *Oli Vilakku* along with co-stars MGR and Jayalalitha. Sixties was not just the golden era for cinema, but Janaki as well – with films like *Puthiya Paravai, Uyarntha Manithan* and *Iru Kodugal*, Janaki became popular for her strong acting skills. While emotional roles were a cake walk for her, she also carried off humour with such spontaneity and finesse in films like *Bama Vijayam* and *Thillu Mullu*.

A stage performer with over 300 shows to her credit, she started her career at 11 as a radio artist. This senior artiste is now the proud owner of the 'Kalaimamani' title and also holds an honorary Doctorate from University of Arizona.

"Everybody keeps talking about what women have achieved and how much further we have gone but there are forces that are working constantly against us. How can you instruct a toddler on how to dress? We women should not only work out way to the top but show we are here to stay! Break a stereotype today and confront the evil in front of you and tomorrow will be a lesser battle."

Sania Mirza
NEWSMAKER OF THE YEAR

Being consistent in the world of sports has never been a slight feat, especially when you are a woman; but she has made it look easy with the slew of laurels she has been bringing home since the beginning of her career



She has played a significant role in prominently placing India on the world of tennis. She won the prestigious Arjuna Award at the age of 18 and a Padma Shri at the age of 20. Her individual potential as a player and her team spirit has constantly proved to be a winning combination that today, she ranks No 5 in doubles in the world. Very recently, she played the mixed doubles in the US Open with Bruno Soares and won the Mixed Doubles Championship, therefore winning the 3rd Mixed Doubles Grand Slam in her career. This year has been rather prosperous for the tennis diva, as she also won the much coveted gold and bronze medals at the 17th Asian Games in Incheon. Sania is a fighter, not just on the court but also in life. She is known for her candidness and standing up for what she believes in. Not paying heed to the controversies that constantly hound her, this achiever has time and again proved that she has a complete grip on the racquet as well as her life. The grit with which she has poured herself into all her endeavours – Cafe Ristretto and Sania Mirza Tennis Academy, are significant of her unstoppable and growing strength. And it is this resolve that has won her constant recognition and applause world over. This year in particular has given her several reasons to celebrate!

“Demanding yet rewarding. I’m taking home 3 major golds, and it’s incredible! Winning the WTA doubles title is something I will always value above many other wins. 2014 is undoubtedly the best year of my career yet!”



PRIYADARSINI GOVIND
EXCELLENCE IN DANCEE

A Bharatanatyam prodigy, she has not only elevated the ancient native art, but has also taken it places like never before, ever proving she was born to dance.

Having devoted her life to the art of Bharatanatyam from the tender age of six, Kalaimamani Priyadarsini Govind is known for her enrapturing, abhinaya driven performances. After graduating in commerce from the University of Madras and completing a diploma in Mass Communication, she realised that her heart and soul lies with dance. She learnt the art of abhinaya from Kalanidhi Narayanan and trained under Bharatanatyam exponent Swamimalai K. Rajaratnam of the Vazhuvoor School. She has been performing since the age of 16 and is a particular favourite among the connoisseurs of dance in India and abroad. She had the honour of being selected to perform at the Festival of India in Paris at the young age of 20 and has extensively performed world over since then. For her expertise in Bharatanatyam, she holds many prestigious accolades including the Vasantha Lakshmi Narasimachari award, the Kalaimamani title and the Yuva Kala Bharathi award. In 2013, she created history by being appointed as the Director of Kalakshetra in spite of not being an alumnus of the institution.
Priyadarsini strongly believes that dance is the truest form of expression.

"A fine art like dance is a complete line with visuals, poetry, drama and music. A person's love for dance can be felt with each movement made with body, mind and soul."

Shruti Haasan

SENSATION OF SOUTH INDIAN CINEMA

She may be the daughter of a legendary actor, but this young lady, has carved a niche for herself in the industry with her hard work, talent and dedication to the art

Shruti Hassan is one of the very few actors who is both a musician and an actor. She first appeared in a guest role in a film called *Benki Shivanna*, before making her making her debut in the 2009 Bollywood action drama, *Luck*. She later went on to win critical acclaim for her role in the Walt Disney fantasy film in Telugu, *Anaganaga O Dheerudu*, following which she was part of the blockbuster hit *Oh My Friend*. She was appreciated by critics and audience alike, for her performance in *7aum Arivu* with Suriya. In 2012, she starred in *Gabbar Singh*, a Telugu remake of *Dabang*, which also was her first major commercial success as an actress. She is one of the most sought after heroines in the Telugu industry today, after being part of blockbuster hits like *Balupu, Ramayya Vasthavayya, Yevadu* and *Race Gurram*. Shruti is also regarded as one of the most upcoming and promising actresses of Bollywood, with her being signed on to act in several big banners like *Gabbar* and *Welcome Back*, which are currently under production. Blessed with a resounding voice, her style of singing is distinctive and all her songs have made an everlasting impact on the audience. As a child, she gave soul to the famous *Pottri Paadadi Ponne*. Now, her voice has perfectly bloomed and has lent its success to songs like *Adiye Kolluthe, Unnaipol Oruvan, Kannazhaga* and more.



"It is a male dominated industry no doubt. What we need to do is accept our strengths and talents and capitalize on it. Never tell your daughters to think like a man because they need to think like themselves and pave a new way for women all over the world. Family will be there, but it is your achievement that will precede you!"



KALA

EXCELLENCE IN CHOREOGRAPHY

A revolutionary in the field of dance, she has been ruling the dance industry with her admirable choreography

Many achievers have become popular by way of an opportune moment. We have among us one such go-getter, a dancing queen, who started her career at the age of 12 as an assistant choreographer in 1982. Kala, filled dance master Raghuram's shoes for K.Balachander's *Punnagai Mannan* in 1986, a film that till date is known for its brilliant choreography. In 1989, she again worked with KB sir on *Pudhu Pudhu Arthangal*, after which, there was no looking back for this genius dancer. She has since choreographed over 4000 songs and has worked for hundreds of blockbusters in various languages. Fondly addressed as "Kala Master" by many actors, she is known to have made even actors with two left feet brilliant dancers. Dance is such an integral part of Indian films, and Kala is known for her creativity and her ability to combine different styles of dancing to produce a style that is unique. She has trained stars like Dhanush, Vikram, Surya, Jayam Ravi, Vishal, Arya and Ajith before they embarked on their film journey. She was awarded the National Film Award in 2000 for her work in the Malayalam film titled *Kochu Kochu Santhoshangal* and bagged the Tamil Nadu State Film Award for Best Choreographer for *Chandramukhi*. Kala proudly admits that *Kozhi Koovuthu Neramachu* from *Azhagan* is by far her best choreography. She is one of the first choreographers to open a cinematic dance school along with her sisters to train budding dancers. To add to her myriad credentials, she is also popular for inventing an ingenious fusion style of dancing that blends classical, Indian folk, bhangra and western styles.

"When your moves are sensitive to the lyrics, they seem more appealing. When the dance moves, lyrics and music synchronise, the best choreography is created! Dance should be felt and enjoyed, always!"

Saranya Ponvannan
EXCELLENCE IN CINEMA

Some actresses do not just fade away with time. They grab hold of mature and elderly roles and play it to perfection with no inhibitions.

After winning many a heart as the coy Neela in the critically acclaimed *Nayagan*, Saranya Ponvannan went on to become a successful lead of the 80's with films like *Manasukkul Mathappu* and *En Jeevan Paduthu*. After a successful stint in both Tamil and Malayalam film industries, Saranya took a sabbatical, only to come back as the people's most favourite onscreen mother. She is one actress who stands an example to the fact that time and age don't stand in the way of true talent. The motherly instinct she brought to her characters, especially in films like *Raam*, *Em Magan*, *OKOK* and the recent *VIP* to name a few, has consistently moved Tamil fans across the globe. In 2011, Saranaya Ponvannan had the honour of winning the much coveted National Award for her role as *Veerayi*, where she played a fiercely combative single mother who shields her son to the point of sacrificing herself, in the film *Thenmerku Paruvakatru*. Being a mother herself to two lovely daughters, being a mother onscreen perhaps comes so naturally to her.



"If I spent too little time on sets, they would term me a bad actor; if I spent too little time with family, they would call me a bad mother. Success for me is the fact that I can boldly say I have no regrets because neither have I compromised on my career nor on my family. Now my daughters say they want to be just like me!"



Manju Latha Kalanidhi

SPECIAL RECOGNITION FOR HUMANITARIAN WORK

Charity starts from home and that is rightly proven by Manju Latha Kalanidhi, a humanitarian who lives by the motto 'You do not discard, you donate!

Manju Latha Kalanidhi shot to fame overnight with the revolutionary idea of 'Rice bucket challenge'. Inspired by the "ice bucket challenge" that went viral this year the rice bucket challenge was initiated with a view to donate either rice or medicines worth Rs 1000 to the needy. Since ALS or amyotrophic lateral sclerosis is not a prevalent disease in India, Manju Latha decided to focus on more local problems.

A 38 year old from Hyderabad, Manju Latha has already been honoured with several awards like Karmaveer Chakra and the Rex Karmaveer Global Fellowship for her contribution to the society. Her innovative way of feeding the poor spread like the storm across social media with over 5 lakh responses, and an estimated 10,000 kgs of rice was donated to the underprivileged. Manju Latha has inspired many to recognise issues closer to home like poverty and hunger. Seeing her contribution to social causes we honor her spirit through this special recognition.

"What I did is just a drop in the ocean. I just wanted to do what little I could and that resulted in a mass donation of 60,000 kg rice bags to 60,000 people. I dream of the day when everybody in our nation, including politicians, working class, game-changers, entrepreneurs and diplomats come together as one big wave and eradicate poverty and hunger altogether!"

Dr. Mariazeena Johnson

EXCELLENCE IN EDUCATION

A pioneer in the field of education, she has contributed unequivocally in shaping young minds

A great leader and an intellectual, Mariazeena has always focused on moulding students by imparting value based education. Following her father, Colonel Dr. Jeppiaar's footsteps, she forayed into the realm of education with immense enthusiasm, talent and dedication. A revolutionary in her field, she has always felt that her students must learn to work hard with perseverance, integrity and strive to bring about novel changes globally. Today, this Chennai based educationist is the Director of Sathyabama University, and she is also deeply committed to imparting wholesome education to the less privileged of the society. Under her guidance, the educational institution has grown leaps and bounds; from a few thousand students, the university has expanded to produce more than 40,000 professionals every year. Deeply committed towards the betterment of the society, this noteworthy humanitarian has adopted many panchayat schools and provides them with interesting and stimulating learning experiences and her university also funds meals for various orphanages. She also helps destitute women and provides them with livelihood. An inspiration for many, has always encouraged her students and her colleagues to embark on charitable activities to help educate the under privileged. She is truly a great role model to the women of today. Mariazeena believes education is power.



"Imparting and gaining knowledge based education is a must for all. Disabled students have special schools for them, but they should be one amongst others – no one should be left behind."

> Strength and endurance are true marks of a sportswoman. Knowing your strength is half the battle, and staying committed to it come what may, is the clincher.

P V Sindhu

EXCELLENCE IN SPORTS

Indian women have P V Sindhu to thank for the deftness she has displayed on court and for the road she has carved for women sports aspirants across the nation



She comes from a parentage of volleyball veterans, but has made her own mark in the world of sports. With athletics deep-seated in her blood, P V Sindhu began playing badminton at the age of eight and ever since, there has been no looking back. Acing out her rivals on a national level, she made her foray into the international realm, stringing coveted medals along the way – a bronze at the 2009 Sub-Junior Asian Badminton Championship and a silver at the 2010 Iran Fajr International Badminton Challenge and even before she became an Indian National Team member, at the 2010 Uber Cup. She then began to take down some high-profile foreign rivals, claiming victories at the Tata Indian International Championship, the Asia Youth Under 19 Championship, the Malaysian Open, the Youth Commonwealth Games 2011 and the Macau Open Grand Prix Gold, to name a few. The first Indian to win consecutive medals in the World Badminton Championships, she occupies the ninth spot in the Badminton World Federation rankings. With accolades in plentitude to adorn her career, the country can definitely expect much more from this rising star. She is an inspiration for young women out there who aspire to carve out a similar path in their lives.



Lakshmi Menon
RISING SENSATION

It is never too late nor too early to start. At a very young age Lakshmi Menon has captured hearts and has proved her worth as an actor

Considered a lucky charm by many in the film industry, Lakshmi Menon, the rustic, small-town girl found fame at a tender age of 17. Watching her performance in Malayalam films, director Prabu Solomon cast her in *Kumki* that turned out to become a mega blockbuster. Soon, Lakshmi found herself working with big banners and as every one of her film consistently became a commercial success, she earned the much coveted label of being the fastest rising star of Tamil cinema. In a span of just one year, all her films including *Soundarapandia*n, *KuttiPuli* and *Pandianadu* became huge money spinners. Her demure, girl-next-door appeal in critically acclaimed films *Manjapai* and *Jigarthanda* struck a chord with the audience instantly. In an industry where success is proportionate to the years of expertise, this young actress has risen to fame in a very short span and for that very reason; it is a no-brainer that she is now known as the rising sensation. Lakshmi Menon believes, success is measured by hard work and not by age.

"I have miles to go and ladders to climb; I am too young to talk about achieving now. That being said, I am looking up to my seniors and doing the walk. I am trying to enjoy life on my terms and also work my way up with honesty and sincerity. That's the best kind of success you can have."



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Fashionable teal necklace
Elegant Collections



Translucent teal earrings
Elegant Collections



Teal titanium bracelet
LTHR



Stylish teal shoes
Clarks

The Zeal *of* Teal!

Teal is just not a colour of the ocean anymore! This lovely hue is just what the fashion doctor ordered for this season. It not only adds a cool touch to your wardrobe, but also spreads a mood of serenity all around. Adorn yourself with this tranquil colour from head to toe, as an ensemble or in small bursts, as an accessory.



Teal scarf with black pom trim
Elizabeth Koh

Teal bridesmaid dress





Elegant teal watch **Fossil**



Sleeveless teal dress
Kaila

Designer teal clutch
Bijoux Hut

Teal bag
Fossil



Glitter teal clutch **Juvitus**

LIGHTS, CAMERA, YOU'RE *e-HIRED!*



Virtual interviews are the 21st century 'walk-in's. They may feel a lot less stressful, but they're every bit as real, and need just as much preparation.

When you're attending an interview right from your cosy crib, it's easy to forget the formal nature of it all. Try remembering these pointers if you have a video job interview coming up:

Before the interview:

The setting

Ensure you are in a noise-free room. If you have company at home, tell them to leave you undisturbed for the duration of your interview. Set your phone to silent mode and also make sure there is no loud music or traffic that can be heard from outside.

The stage

You don't necessarily have to be on an ergonomic chair, but you do need a seat that looks presentable and keeps you in the right posture. If your computer chair has a ripped cushion or a piece of laundry hanging from it, discard the offending item. Also, be sure to check if the camera and your chair are at par, such that your entire upper torso is in view and your head does not appear to be missing a portion.

The costume

Imagine knocking down a drink on the table and springing up from your chair, only to reveal your polka-dotted pyjamas below that elegantly collared work blouse! Not a pretty sight. Expect the worst and dress your formal best from head to toe.

During the interview:

Eyes on the prize

Whether it is your turn to speak or not, always make eye contact with your interviewer. You don't have to stare riveted at the person, but you do have to convey through your gaze that they have your full attention.

Nothing left, nothing right

Keep all distracting visuals away from your line of vision. If there are any enticing posters beyond your screen that you're bound to keep peering at (one of George Clooney, for example), cover it or ditch it!

Set your phone to silent mode and also make sure there is no loud music or traffic that can be heard from outside

After the interview:

Take a bow

Once all questions have been thrown about and answered, let the interviewer be the first one to make conclusive remarks. Then, thank the person for their time and wait for them to log out before you do.

Breaking character

Always make certain all participants of the interview are offline before you are about to change your body language or facial expression to something you would only do in private. Leaping for joy or cursing the rude interviewer can wait till you are 100% positive that nobody from the interview can see or hear you anymore. ||

OF COLOURS AND *Contrasts*

Don't let this season dampen your spirit. Make vibrant colours part of your décor to brighten up your home and elevate your mood. By ***S. Priyanka***



Décor is very much like fashion; it has to change in tandem with the weather. Why let the murky, grey skies get the better of you when your ambiance indoors can very much be under your control? Colours create happiness and adding a pop of colour with contrasting patterns is a smart way to liven up any part of your home. Simple alterations like placing a couple of neon cushions on your corner chair, painting your bookshelf with rainbow hues or placing a vase with an assortment of colourful flowers on your center table, can make your home a vivacious space to live in.



Doors and windows

Your entrance door might seem insignificant to you, but that is the first thing people notice as they walk past or into your home. The main door can be reflective of the personalities of people living inside. If you have a soft corner for antiques and tradition, leave the door as it is but make it an attraction anyway by painting the juxtaposing wall with a colourful Warli art or fixing a colourful name-board on the wall. If you like to be playful and whimsical, make your door an eye candy by painting it with bright colours. Decorating windows is equally important as they are considered to be the 'eyes' of a home. Before you dash off to buy a shade of neon green or orange, step back and make a note of the style of your door and windows along with the trim and siding that frame it. Depending on your personality and choice, adding the right colour can make it look quirky with a touch of sophistication.

Tip: Accentuate the door or windows by placing colourful potted plants beside or beneath it.



Living room

The living room is the heart of your home; it is where we all sit together and spend time as a family or where we entertain guests. The whites, browns and beiges need a break – make the sombre walls stand out by painting one side with a bright colour with textural pattern. Place colourful and complementing cushions on the sofa that add instant pizzazz to the entire room. Fill the space with multi-coloured baubles; think, hand painted colourful wooden photo frames, vibrant flowers and bright-hued candles. For a master stroke, make your living room sing with eye-popping window curtains.



Tip: Enhance your living room by placing decorative and colourful objects in your display shelf or wall unit.



Bedrooms

Let's be honest, we can't afford to get overly ambitious with our bedrooms; waking up to a neon pink wall every single day is certainly not pleasant. The key to a dreamy bedroom colour palette is to not overdo any single element—mix up textures and patterns with bold and sombre colours. Make your bed linen the pièce de résistance, by choosing cheerful bed covers and pillow cases. Add a touch of colour to your dresser and wardrobes that tie everything in the room together. The best possible way to make your bedroom standout is to have vibrant bed lamps on your side tables. Choose colours that are vibrant but are soothing to your eyes – your bedroom is your private sanctuary after all.

Add a touch of colour to your dresser and wardrobes that tie everything in the room together. The best possible way to make your bedroom standout is to have vibrant bed lamps on your side tables

Tip: Liven up your bedroom with colourful yet aesthetic curtains and accent cushions.

Kitchen

Cooking in a kitchen sans colour can be boring. Imagine waking up every morning and stepping into the same old kitchen with a dark granite counter and dull storing cabinets. While it's not possible to change the colour of your counter and cabinets overnight, you can make your kitchen cheerful by adding accessories that are bright, like colourful spoon and fork stands and canisters. If you don't want to alter too much in the kitchen but still make it cheerful, adorn your fridge with colourful magnets.

Make your kitchen cheerful by adding accessories that are bright, like colourful spoon and fork stands and canisters







Tip: Add colour to your kitchen by introducing colourful storing jars, containers and cutlery.



Study

This season is all about breaking the rules. Your study can steer clear of plain formal and can be a beautiful mix of formal and fun. It might be a space where serious work goes on but with seriousness should come a touch of jollity. Place colourful, origami pen stands on your study table. Decorate the walls of your room with bright shaded clock and paintings. Your study can be your den, where you write, research or even read a book – break the weightiness with fun, colourful decorations for more productivity.



Tip: Paint the back of your bookshelf with bright hues, it will add more colour to your study.

Colour Pad Check List

Floor mats

Have colourful and funky floor mats at the entrance of every room.

Ceiling fans

Add a pop of colour to your ceiling fans. You could paint it yourself when you have the time.

Lighting

Make your lighting fixtures as colourful as possible to add warmth to your living space.

Shoe racks

Instead of having the basic neutral toned shoe rack, have something more colourful.

Paintings

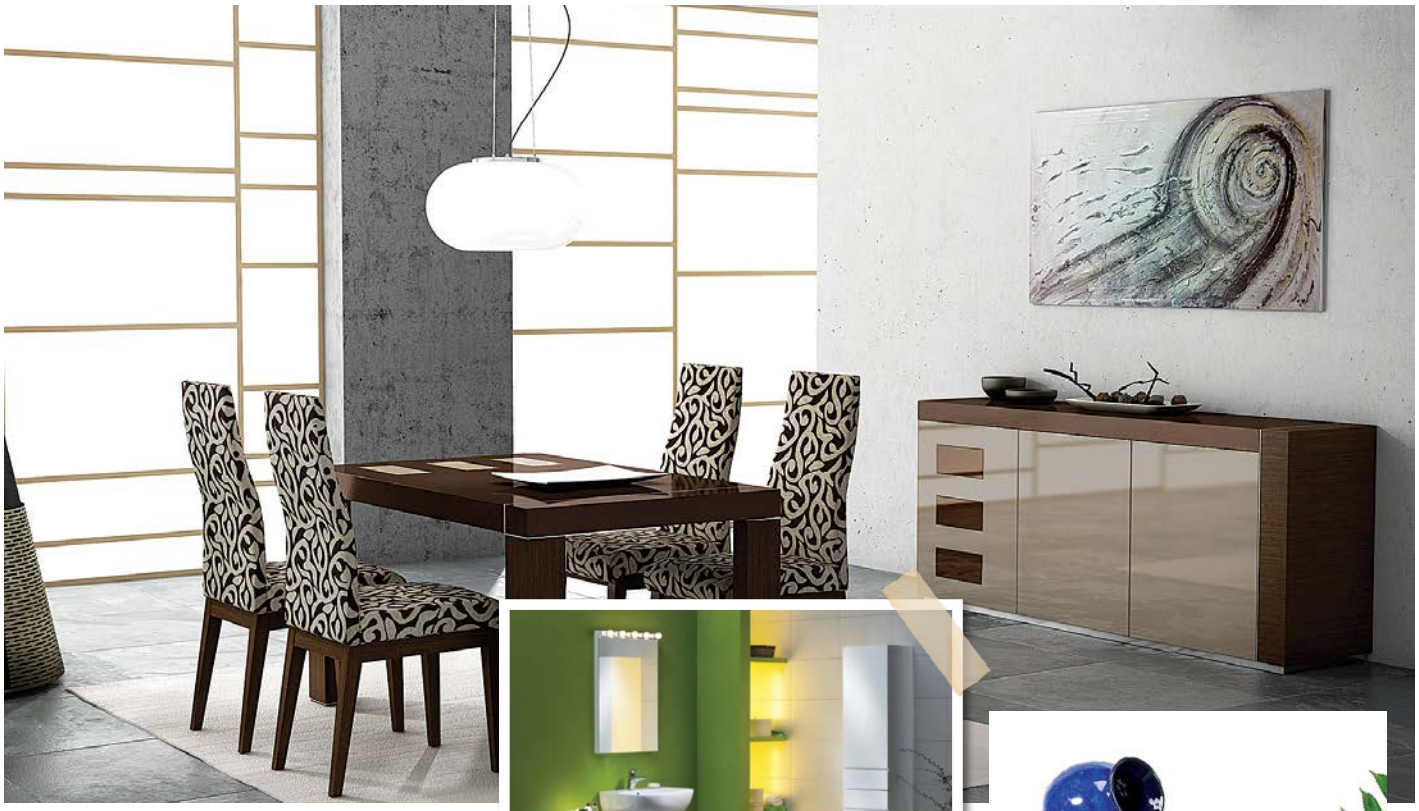
A single, big, colourful wall painting is enough to brighten up an entire room.

Indoor Plants

Deck your home with plenty of indoor plants in colourful pots.

Accessories

Invest in bright baubles like bright, retro photo frames or a colourful prayer flag that you can tie across your window.



Dining room

Most homeowners want their dining room to be colourfully dramatic yet sophisticated; nevertheless some prefer it to be crisp and white. However, finding a middle ground is best – break your white walls with colourful accessories. Place paintings of flowers and fruits on the wall to lend a touch of dynamism to the room. If you prefer a more bold approach, you could try adding some warm tones to your dining room chairs.



Tip: To add more colours to the dining room, use bright coloured table cloths, mats and runners.

Make your toiletry bounce with colours – think, bright toothbrush holders and colourful soap dispensers

Bathrooms

Add lively colours to one of the most used rooms of your home. Remember, it is the only room where you have time and space for yourself—it need not reflect your personality as such, nevertheless it has to be your comfort zone. Choose tiles that are bright and textured, or colour your ceiling with a bright shade. Place a bright, porcelain vase by the window sill and make your toiletry bounce with colours – think, bright toothbrush holders and colourful soap dispensers.

Tip: Add zing to your bathroom by placing a mirror with colourful and decorative frame.



Tips to make your home lively

- Place a fountain or a golden Buddha statue at the entrance foyer.
- Colourful paintings on the wall will spruce up your living spaces.
- Add decorative mirrors to liven up a room.
- Textured walls of bright hues will make your house lively.
- Vibrant home textiles like cushions, curtains, bed and table linen is a must.

DARK Beauty

One of world's most hedonistic pleasures, chocolate is adored by children and adults alike. Though it tastes just as good individually, chocolate when paired with the right ingredients sends you to heaven with just a spoonful. Here are some decadent chocolate recipes that will definitely have you coming back for more!





Triple Chocolate Brownie

Ingredients

- 2 eggs
- 75 grams unsalted butter
- 5 grams cocoa
- 175 grams sugar (powdered)
- 75 grams flour
- 1 tsp baking powder
- ¼ tsp salt
- ½ tsp vanilla essence
- 50 grams grated dark chocolate
- 50 grams chocolate chips

Method

- Preheat oven to 180°C.
- Melt chocolate, cocoa and butter in a microwave.
- Take pan off heat and stir sugar till dissolved.
- Add eggs and beat well with an egg-beater.
- Combine flour, baking powder and salt. Sieve flour into the chocolate mixture.
- Add vanilla essence and lastly the chocolate chips.
- Turn mixture out onto a greased, floured baking dish.
- Bake for 30 minutes.
- Don't over bake the brownie. You want the middle to be all soft and gooey!

Recipe courtesy: *Frangipani Culinary Expressions, Chennai*

Chocolate Cupcakes

Ingredients

- 1 cup cocoa powder
- 1½ cup all-purpose flour
- 1/2 tsp baking powder
- 1/4 tsp salt
- 225 grams butter
- 2 + ¼ cups of sugar
- 5 eggs
- ¾ cup buttermilk
- 1 tbsp vanilla essence

Method

- Preheat the oven to 175°C.
- Cream the butter with sugar until light and fluffy. Add eggs, one at a time and beat further.
- Sieve flour, cocoa, baking powder and salt.
- Add flour and buttermilk to the butter mixture alternatively, beginning and ending with flour.
- Scoop cupcake batter into a muffin pan and bake for 20 minutes.



Chocolate Mousse with Cinnamon Crumble

Ingredients

FOR MOUSSE

- 450 grams dark chocolate
- ½ cup + 1tbsp hot Water
- 1 tbsp dark rum
- 3 egg yolks
- 5 egg whites
- 2 tbsp sugar
- 2 cups whipped cream

FOR CINNAMON CRUMBLE

- 200 grams flour
- 80 grams butter
- 150 grams brown sugar
- 2 tsp cinnamon

Method

- Melt the chocolate.
- Beat the eggs whites till stiff.
- Add hot water and rum to the melted chocolate.
- Fold in the whipped egg whited and add the yolks.
- Fold in whipped cream and combine. Refrigerate.
- For the crumble, mix flour and butter with the help of your fingers and then mix in the brown sugar. Then, sprinkle some cinnamon and bake it in a 180° preheated oven for 15 minutes or till golden brown.
- To assemble, scoop out some set mousse and add to a stemmed glass half way up. Sprinkle the crumble mixture on top. Serve immediately.





Mochaccino Double Chocolate Chip Cookies with Coffee Fondant Glaze

Ingredients

- 170 grams butter
- 200 grams sugar
- 50 grams light brown sugar
- 2 eggs
- 2 tbsp coffee granules (instant)
- 1 tbsp vanilla essence
- 400 grams all-purpose flour
- 50 grams unsweetened cocoa powder
- 1 tsp salt
- 1 tsp baking soda
- ½ tsp baking powder
- 250 grams white chocolate chips

FOR THE GLAZE

- 1 cup icing sugar
- 1 tbsp + 2 tsp hot water
- 1 tbsp instant coffee

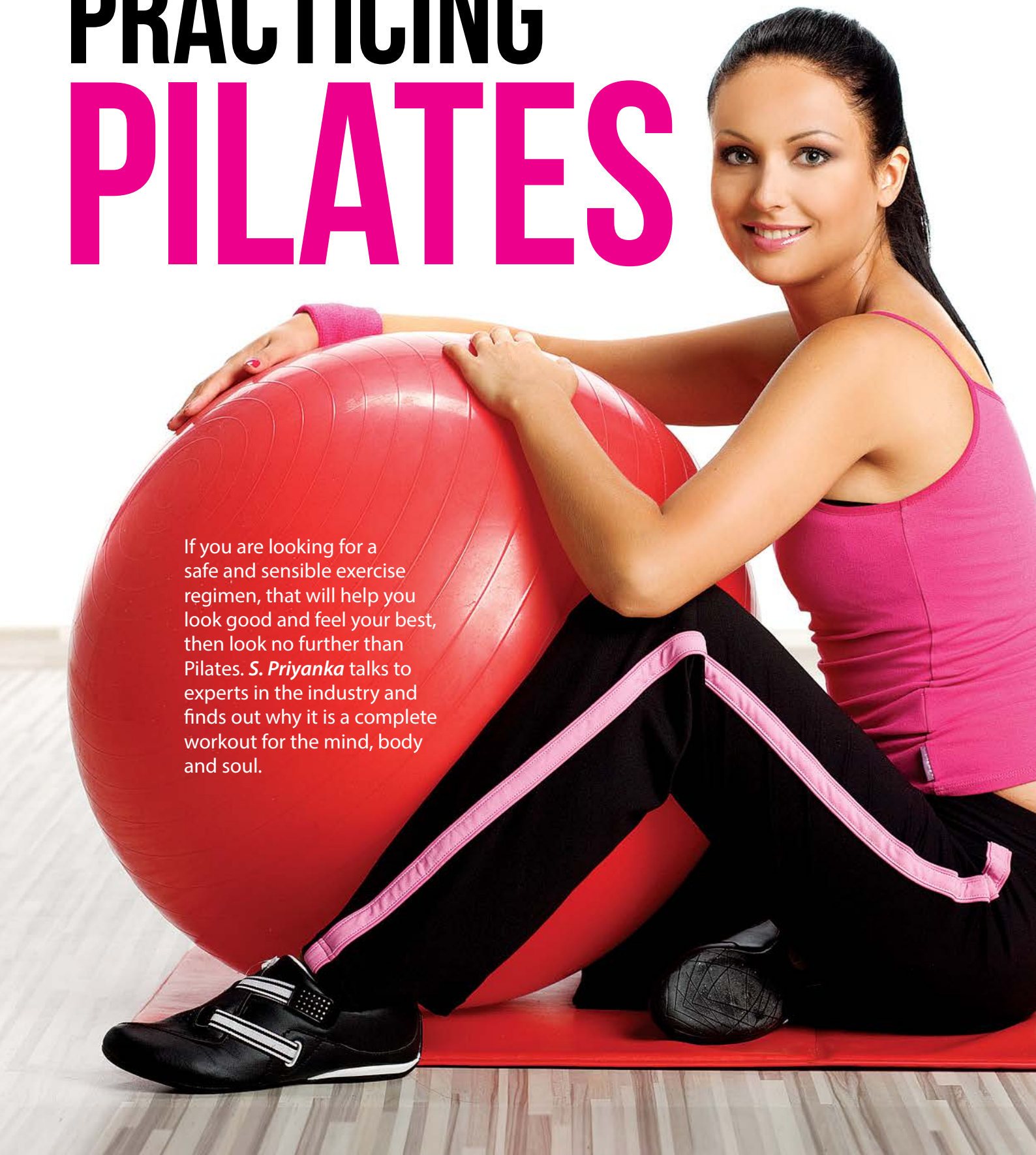
Method

- Preheat oven to 180°C.
- Sieve flour, cocoa, salt, soda and powder in a bowl.
- Cream butter and sugar in the bowl till the butter becomes light and pale.
- Add the eggs one by one and then add the instant coffee powder.
- Add the sieved flour to the mixture and then add the white chocolate chips.
- Drop a tablespoon full of the cookie batter on a greased baking tray, leaving 1 inch gap between each cookie. Bake for 15 minutes.
- For the glaze, combine icing sugar and coffee powder. Add hot water and mix. Dip the cookies in the glaze and serve.



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PRACTICING PILATES



If you are looking for a safe and sensible exercise regimen, that will help you look good and feel your best, then look no further than Pilates. ***S. Priyanka*** talks to experts in the industry and finds out why it is a complete workout for the mind, body and soul.



Fitness and wellness are the two different aspects of life on which individuals are investing more time and money. This is the best time to cash in on the opportunities and reap the various benefits available in these fields. Pilates is one such exercise regimen that is trending, amongst the different age groups and strata of the society, including celebs. Remember the song '*Kamli*' featuring Katrina Kaif? The leggy lass got that gorgeous body by doing Pilates.

An intelligent and effective exercise session, it teaches the body to move in the most efficient and safest way possible by stabilising and mobilising the muscles

This extraordinary exercise system was created in the early 20th century by Joseph Pilates, a German fitness trainer. Pilates is a workout that comprises of mindful and bodiful movements, which can positively change lives. An intelligent and effective exercise session, it teaches the body to move in the most efficient and safest way possible by stabilising and mobilising the muscles.

Pilates can be classified into two—the mat and the machine workouts. The most popular is the mat workout, where much time is spent on the floor using the concept of gravity and your own body weight to create resistance. The machine workout uses the same concept of resistance, but with the use of external elements, such as weights. Both the methods are effective as they focus on strengthening the core muscles.

Who can do it?

The great thing about Pilates is that just about everyone—from lazy couch potatoes to fitness freaks can do it. "Any person can do this workout, as it focuses on the core muscles—not just the lower back and abs, but the very core of your being," says Sucheta Pal, a piloxing expert from Mumbai. "Your fitness level does not matter as this exercise regimen can be adapted to suit your comfort level. It is great for people with back injuries, weak muscles and bad postures because it encourages you to strengthen your problem areas in a relaxed and low impact way," she continues. Age is also not a factor—it can address the needs of a wide spectrum of people, right from youngsters to seniors and all in between—people who want to stay fit and healthy can practice Pilates.

Why is it different from other workouts?

This routine requires a lot of commitment in terms of the mind, body and soul. Nita Futnani, owner of Leap Wellness Studio, Chennai says, "It is a balance training exercise. Utmost concentration is required while practicing it. A wholesome workout, the routine varies every few minutes—the idea is to do many different kinds of exercises with few repetitions." Unlike a normal gym session, Pilates need not be done continuously for 45 minutes to an hour; 10 minutes every day should suffice. She adds, "It is the essence for any workout. It works on the core muscles—making them strong and more flexible."



It is a balance training exercise. Utmost concentration is required while practicing it. A wholesome workout, the routine varies every few minutes—the idea is to do many different kinds of exercises with few repetitions

Does it help in weight loss?

As this workout focuses on the major muscle groups with slow and intentional movements, Pilates has become widely popularised as a perfect weight loss regimen. Nita says, "Many people are successfully losing weight with Pilates because they become much more aware of their bodies and learn to treat it better and make healthy food choices. Awareness is a key element for weight loss."

What are the benefits of Pilates?

This exercise is a combination of strengthening and relaxation technique. Sucheta says, "It helps in lightening the weight on the spine and joints by correcting the imbalances caused due to a bad posture or misuse of muscles." The key benefits of Pilates are proper body alignment, core strengthening, flexibility, muscle toning and stress busting. This workout also helps you rediscover your body's natural movements and progress to become more graceful.

Pilates vs Yoga

Pilates is similar to yoga on many levels, but at the same time this workout is different. The intrinsic elements of both are the same—concentration on breathing, strengthening of the core and spine and flexibility.



Pilates: It focuses more on strengthening the core muscles and proper body alignment. It is a slow and intense work out, which felicitates the body by aligning it properly.



Yoga: The fundamental nature of yoga is to offer inner peace to anyone who practices it. This can be achieved through meditation. Apart from that, it also focuses on stretching and toning all the muscles of the body with various exercises ||

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Q I am 43 years old. I put on 4 kilos after my first child and another 5 kilos after the second child. I used to be very thin before marriage. Now I am definitely overweight though my friends say I look good. So what is a healthy weight for me?



What is a healthy weight is a complicated question. We take an overview of several issues- a person's bone structure, if she is having physical or medical problems due to her weight, and whether she feels good about herself.

Don't go by the skinny bodies that populate current movies and TV shows. Much as we would like to look like them, it is more reasonable to aim for a weight we are comfortable with. As long as you know you look good and feel great, that is the ideal weight for you.

The best way to determine if you're at a healthy weight is by getting a measure of your Body Mass Index (BMI).

To figure out your BMI, divide your weight in kilos by your height in meters squared. For example, if you weigh 70 kilos and are 1.6 meters tall, then your BMI is 70 divided by 1.6 x 1.6 i.e. 27.3. If the BMI is over 25, you are considered overweight and at higher risk of developing related complications. If it is lower than 25, you are at a lower risk for developing complications.

Even a small weight loss (just 10 percent of your current weight) will help to lower your risk of developing diseases associated with obesity.

Ask Dr. Gita



A HEALTHY WEIGHT: PART 1

It is the classic Indian paradox: in a country well-known in the past for its starving population, a large portion of the health care burden is now arising from diseases that are a direct consequence of obesity! Indian women are paying the price for being overweight. More than half of the female urban population and more than one third of the female rural population come under the category of being overweight or obese. This not only has dire consequences on the mother and child during pregnancy, it also is detrimental to health in the long term. Diabetes and high blood pressure are on top of the list of diseases that can be modified by reducing weight.

Q I am 27 years old. I had a medical checkup recently and my doctor said that my fasting blood sugar placed me at risk for developing diabetes later on. He said I should reduce weight. Why does my weight place me at risk for diabetes?

Being overweight can be dangerous for you if you are already at high risk for developing diabetes. You are at high risk for developing diabetes if:

- your fasting blood sugar 110 mg or higher
- there is a family history of diabetes in a parent, sibling, or child
- you are overweight, especially if more than 20 percent overweight
- if you have excess fat around your waist



"Excess abdominal fat is associated with high levels of cholesterol and triglycerides and may lead to diabetes and heart disease. This risk increases with a waist measurement of over 100 cm in men and over 85 cm in women."

- you have had diabetes during pregnancy (known as gestational diabetes) or delivered a baby weighing more than 4 kilos
- you have high blood pressure
- you are not exercising

In your case, since your father is a diabetic, you already have a greater chance of developing diabetes. If you add the fact that you are overweight, it might just tip the balance. If you lose weight and try to get as close to your ideal BMI as possible, you can postpone the development of diabetes by many decades. Exercise is also an important factor. Brisk walking, at least for 30 minutes 5 days a week, can reduce your risk dramatically.

Q What exactly is meant by being 'apple shaped' or 'pear shaped'? How does that affect my health?

If you look at an apple, it is widest in the middle whereas a pear is 'bottom heavy'. If you carry excess weight around your abdomen, and your waist measurement is more than your hip measurement, that means you are an 'apple' shape. Those who carry excess fat around the bottom and thighs are 'pear' shaped. Excess weight anywhere on the body needs to be reduced, but weight around the waist has serious health implications.

A measuring tape is the cheapest health tool available! Knowing your waist circumference will tell you if you are living with health risks.

Determine your waist circumference by placing a measuring tape around your waist at the level of the umbilicus. It is a good indicator of your abdominal fat.

Q My husband is 54 years old. He has just been diagnosed as having high blood pressure. He is overweight. I want to help him reach a healthy weight. Any suggestions?

I think the entire family should to move towards eating heart-healthy foods. Let there not be two rules: one for the adults in the family and one for the children. If your husband has developed high blood pressure, your children too are at risk for developing hypertension and diabetes as they get older. If you switch to healthier foods, everybody benefits.

The best thing that you can do for your hypertensive husband is to use less salt in cooking. Each day, cut back a little on the amount of salt you add to foods. In the beginning, everybody in the family will complain about it but once the palate gets used to less salt, the inherent tastes of the ingredients in the dish will come through.

Avoid pickles. Papads are high in salt content. One thing to remember for your children is that ketchup (tomato sauce) is high in salt content. When you shop, buy fruits and vegetables instead of chips and savoury snacks.

Switch from rice to wheat and oats. If your family wants rice, restrict it to 1 meal a day (remember idlis and dosas are also rice and need to be counted as a meal with rice).

Make sure to trim the fat from any meat that you are cooking. The skin of chicken should be discarded. Egg yolk should be eliminated from the diet or restricted to a maximum of two per week. Use heart-friendly cooking oils like sunflower, safflower and olive oil. Eliminate coconut oil, ghee, butter and hydrogenated oil from your cooking.

Skim milk which contains no fat, and double toned milk which contains 2% fat, still contain the milk protein and calcium that adults and children require.

The most important thing that you can do for your husband and your family is to create a culture of exercise. Brisk walking would be an ideal start.

Mail in your queries to **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.)

One a penny, Two a penny

The latest generation in the making will do well to know a thing or two about the value of money. Introduce the little ones to the potential of economy early on. By ***Susanna Selwyn***



We want them growing up without a care in the world. We don't deny them the good stuff and they know they can come to us for more. But is that the only way we want them growing up – always assured they have a piggy bank in us? Children do need to be provided for unconditionally, but at the same time, it must be understood that they will eventually need to make it on their own and (some light) preparation toward that can never begin too early.

The pre-teens

Dr. Saras Baskar, a Counselling Psychologist and Coach who runs her own facility in Chennai advices to refrain from actually using the words 'value of money', especially when dealing with 6 to 10 year olds, and to instead talk to them about 'responsible use of money'. This means mentoring them on ways to prioritise their buys, while providing examples. To achieve this, she says it helps to incorporate it into one of your casual conversations with the child, rather than setting aside a sit-down for this lone purpose.

How to go about it

It could be one of those days when you and your little one feel particularly chatty, or a rainy day when the bored child, forced to stay indoors, decides to pelt a million questions at you about how things in the universe work (which, most of the time, would leave you at a loss for words, considering you've never wondered those things yourself). These instances actually provide the perfect opportunity to bring up the money conversation.

Role play

It has been proven by various studies that children absorb enactments better and also pay more attention to them. Play out

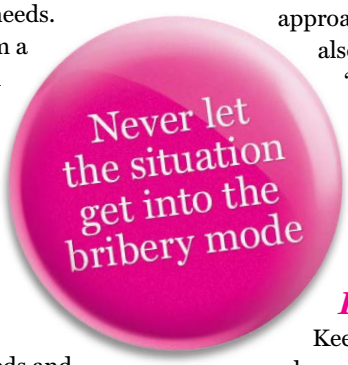


Let them not associate chores with income, but rather understand the concept of 'honest living'

a situation where one character has in hand, an insufficient amount of money, and a list of needs. For example, hand them a fifty-rupee note and tell them they are required to buy a pen worth ₹10, a strip of postal stamps worth ₹20, a paper weight worth ₹40, and a bag of chips worth ₹15. Ask the child how he or she would prioritise the needs and spend accordingly. Evidently, the choice here is to rule out the paper weight purchase as any heavy object can always become a makeshift weight. This would also simultaneously cover lessons on practicality and presence of mind.

Not for sale

Children of this age group, according to Dr. Baskar, tend to get attached to the idea of being rewarded every time they complete a chore or activity. It is important to make it clear to them that their duties do not count as a paid job offer. "Never let the situation get into the bribery mode. Let them not associate chores with income, but rather understand the concept of 'honest living'. The lesson to be learnt is – 'In order to earn money, I must put in effort' – in that order and not the other way round, which is, 'If I am expected to put in effort, I can expect money'".



The teens

"Children of this age are actually way more ahead than you could possibly imagine," observes Dr. Baskar. In her experience and study, teenagers of today come to grips with ideas at an accelerated rate, when compared to teenagers of yesteryear. "With the onset of materialism in the society, children tend to approach every venture from a monetary point of view. Knowing how to handle money is a process that must happen over time, but never transform into an obsessive engagement."

How to go about it

In their teens, kids are already familiar with the worth of objects. Allure for them rests in gadgets and clothes, rather than candy, which is what the former group gravitates towards. So the approach to be adopted here must also be altered accordingly. "You can never talk down to teens, but you can also never treat them as someone at par with your level of understanding," warns Dr. Baskar.

Have 'the talk'

Keep all money conversations only as real as required. Do not let them in on debts or financial crunches that the family is facing, as this takes a toll on their self-esteem and ultimately their self-expression. At the same time, if you find they have been exceeding a reasonable spending bracket, call them on it. They need to know that an extravagant splurge is never justified unless it has come out of their own savings. Cordon off their pocket money as their personal land, and everything outside of it as your jurisdiction. So any purchase of theirs that must come out of your pocket, besides the bare necessities, needs your go-ahead.

Do not let them in on debts or financial crunches that the family is facing, as this takes a toll on their self-esteem and ultimately their self-expression



Some blanket techniques for raising smart savers:

- The piggy-bank – make it a traditional clay hundi coin bank that's not re-sealable, so they'd have to wait a year (or however long the decided period) to open it.
- At monthly supermarket purchases, give them age-appropriate lists; they need to familiarise themselves with current prices of things.
- A log of expenses – get them a notepad to (honestly) record each of their expenses to examine at the end of every month.

Books equal notes

Since kids above 13 have usually grown out of the dreamland of bribery (somewhat), they can be trusted and entered into deals with. This is also the age for them to discover numerous distractions and abandon academics in the process. So get them back on track – promising a fair sum of money for every grade they make. They may start out poring over pages just for the easy dough, but over time, the curiosity to build over existing knowledge will get the better of them and they will proceed to learn for the sake of intellectual growth as opposed to monetary growth. Give them a gentle prod in the right direction and they'll surprise you with their take on handling money. They may not all grow up to be finance experts, but ingraining little pointers on how to avoid money issues ensures greater chances of them skirting spending blunders. ||



RULES OF PARENTING

It is important for parents to establish a close bond with their children, however, it is necessary to set rules and principles for them to follow that best ensure their safety and well-being. Here is a quick guide on how to strike a balance between being a friend and a disciplinarian. By ***S. Priyanka***

Parent-child relationship is purely built on love and affection. Nevertheless, as time goes on, parenting should be a functional role, not just an emotional one. The emotional side of parenting is when the child's mother or father demonstrates their love by holding, talking and singing to the baby, while the functional role involves feeding, changing diapers and bathing the baby. It is important for parents to understand that one without the other is damaging for their children. If parents just loved their children and didn't do the responsible things, the children may be at great risk of being harmed and neglected. If it was vice versa, then it may stunt the children's emotional growth and have ill effects on their development.



If you have a tendency to treat your child as a friend, then learn to be a responsible friend. There is a big difference between the two, as children and adults have very different notions about what they should be doing

Dr. Sangeeta Madhu, Founder and Consultant Clinical Psychologist, Chennai Institute of Learning and Development (CHILD) says, "It is imperative for parents to understand that as the child grows older, their roles become more functional and less emotional. It is a hard lesson to learn for parents who want to be their children's best friend. As a parent, you may feel mixed emotions inside, but you have to think of your children's wellbeing and set limits." The emotional and functional parenting roles go hand in hand. It's not healthy to emphasise one at the cost of the other. Bengaluru based child psychologist, Dr. Sulata Shenoy says, "There are a few misconceptions about setting limits and there have been arguments regarding the same. There is nothing wrong with setting limits. It is how children learn to figure out what's safe and not safe and what's appropriate and not appropriate."

Don't make your children your confidante

More often than not, parents make the mistake of making their children their confidante and that is against the rules of being functional parents. Dr. Madhu says, "As a parent, the feeling that you need to be a friend to your child is good, however, most parents misunderstand this and make their children their confidante. Being a friend and making your child your confidante are two different things. Your children are not morally, emotionally or intellectually prepared to play the role of your confidante."

Always support authority figures

Dr. Shenoy says, "If your child complains about a teacher from school and you think it is the teacher's fault, keep it to yourself. Do not put down authority figures in front of your child, as at a later date, your child may disrespect you. Instead, you can always say, "I hated that too, but one must follow the rules." This is more effective because, children know that you understand their feelings and that you empathise with them."

Seek your child's opinion, not advice

When you make your child your friend, you think that you and your child are co-decision makers. But the fact is, you and your children are not co-decision makers in any realistic way. Children can offer you their opinion and they can tell you what they like and dislike. However, decisions – minor and important ones – have to be made by you as a parent. Children have to understand that adults make the decisions in the family.

What you should not share with your children

- Your children need not know what you really think of your neighbours
- Don't talk ill about your relatives in front of them
- Never discuss money matters in front of your children



Don't try to parent your child the way you wish your parents had parented you

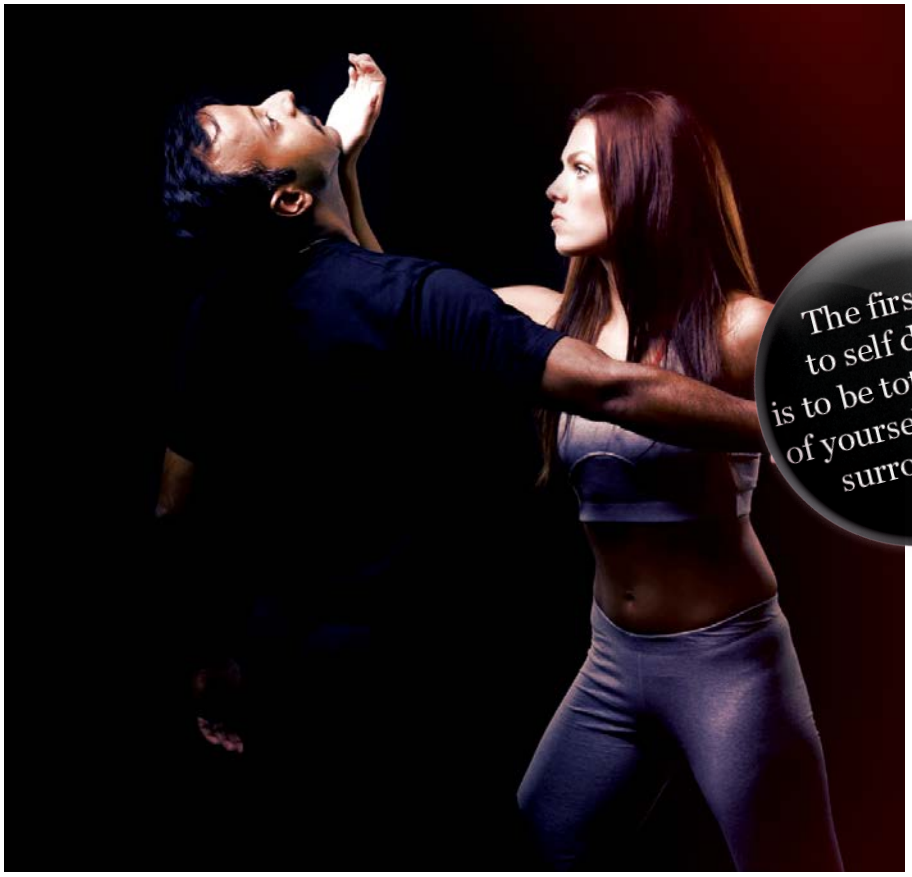
Dr. Madhu says, "If your parents were rigid, or seemed uncaring or self-involved and didn't give you the guidance you needed, you shouldn't overcompensate for that by violating parent-child boundaries with your own child." The biggest problem with parent-child friendships is all the unforeseen consequences. Parents tend to look only at the foreseen consequences; for example, my children will like and trust me more if I'm their friend. Parents don't look at the unforeseen consequences such as they won't listen to the word 'no' because I have never used it with them or taught them how to deal with certain situations. ||





Think Quick, DEFEND HARD

With violence and abuse against women on the rise, self-defense has become the need of the hour. Irrespective of how you are built, with these self-defense techniques and presence of mind, it is entirely possible to protect yourself from violence says ***S.Priyanka***





The first step to self defense is to be totally aware of yourself and your surroundings

Approximately, 93 women are being raped in India every day. The number of rape incidents has gone up from 25,000 in 2012 to 33,000 in 2013. But these are just statistics at the end of the day. While rape is one part of the problem, sexual assault and domestic violence are other deep-rooted evils that happen on a daily basis in our society. It is frivolous to typify one city as being unsafe for women because of the large number of crimes reported there, considering violence against women is not restricted to a state or a nation, it is indeed a universal malice. It's unfortunate, but as women we need to prepare ourselves for danger, given the current state of affairs. While a paradigm shift has to take place in terms of gender equality, the first and the foremost thing to do is to learn to think on our feet and fight back. Self defense is one of the many ways in which women can protect themselves from the social perils that prevail against them. A few experts tell us everything we ought to know about self defense:

Self defense begins even before the actual physical contact happens between the assailant and the victim

Sense of Awareness

Before learning to kick on the crotch and punch on the face, the first step to self defense is to be totally aware of yourself and your surroundings. Studies reveal that assailants always attack targets who seem to be less aware of what is happening around them. Self defense begins even before the actual physical contact happens between the assailant and the victim. S. Sreeram, coordinator and instructor of Krav Maga's Tamil Nadu Chapter says, "Sometimes women are so engrossed in their mobiles, that they don't sense the imminent jeopardy that is about to take place. Attacks usually happen in fringe areas such as car parks and dark alleyways. When women come face-to-face with their assailants, they don't know how to react and are helpless."

Cary Edwards, instructor and owner of First Contact MMA, Chennai says, "Women should start observing their surroundings. They should analyse the patterns of criminal behaviour and start recognising familiar faces in the crowd, ponder if they are being followed and constantly be on guard. When they are out all by themselves, they should be vigilant, that may help them be safer."

De-escalating the Problem

If you find yourself in a compromising situation, then you must learn how to de-escalate it. De-escalating a situation is essentially avoiding it. "Avoid the person as much as possible; if your assailant continues to follow you, then run. If he catches up and manhandles you, talk to him—not conversationally—just say things like 'don't touch me' or 'leave me'. If you speak more than that, then he will take that as an invitation and think that you are interested. If that doesn't stop him, then use the objects in your hand like your bag, phone or anything that you are carrying. If he continues to misbehave, that is when you should resort to physical contact and defend yourself," says Sreeram. If you can avoid a situation then there is no question of fighting it. "Men who resort to such cheap tactics are the ones who are frustrated in life. They think women are inferior and they can easily get their way with them. Nevertheless, men are frightened of confrontation—if women assert themselves and clearly show their displeasure, then these men will back off," he says.

Studies have shown that out of every 100 men who indulge in such crimes, 60 of them are drunk and 30 of them do so just for the sake of it—if women take a stand, then these two categories normally back off. It is the other 10 that women should be wary of, which is why it is important for women to learn the art of defending themselves and take classes.



There are a few vulnerable points women could target, like the assailant's eyes, nose, mouth, chin and groin

To Spray or not to Spray?

As a measure of safety, many women have started carrying pepper sprays in their bags. However, according to Cary such sprays are not advisable. "It is very difficult to work with them. When a woman is attacked, she may panic and accidently spray it on herself; and sometimes even the weather may not be in her favour. Why use something in your hands when you can use your hands to defend yourself?" Sreeram adds, "There are a few vulnerable points women could target, like the assailant's eyes, nose, mouth, chin and groin. These body parts cannot be strengthened with any amount of exercise. Women should learn how to use their strengths and target these areas when they are attacked."



What Victims have to Say..

My aunt and uncle had a love marriage and she always used to say, "Your uncle was the best thing that has happened to me." I had always been fond of my uncle; he was like a second father to me. Once when we were home alone, my uncle tried to molest me. I kicked him on his shins and ran away. I couldn't talk to anybody regarding this episode, not even my parents. Today, I am glad that I could defend myself, otherwise he would have ruined my life forever.
Anita Febi George, Kochi*

As a teenager, I hung around a lot with my cousin and his family. I was 15 and my cousin was 23; I had always considered him as a big brother. One day, when we were travelling from Mysore to Bengaluru, he suddenly stopped the car on the road. When I asked him what happened, he said, "You look too hot in that dress; I want to have you now," and started touching me all over. He managed to unbutton my shirt and pushed my skirt behind; I slapped him hard and then he stopped. He apologised, started the car and dropped me back home.
Geetha Raman, Bengaluru*

I am a South Indian, but I was born and raised in North India. I got placed in a prominent MNC in Hyderabad. I was in good terms with all my male and female colleagues. From the lot, one woman hated me for no apparent reason. After a presentation, we were alone in the restroom; that is when she started acting funny. She caressed my face and ran a finger over my lips and suddenly yanked a fistful of my hair. I started crying and she slapped me, kicked me, pinched me, dragged me into a cubicle and told me to clean myself up and not to speak of it to anyone. After I had composed myself, she told me to take my dark skin and my fake accent back to my hometown. I directly went to the HR and complained about the atrocity that had happened to me; she was fired immediately. My company started conducting weekly classes on self defense for all women and men alike after the incident.
Radhika Vijayanand, Hyderabad*

I work in an event management company and sometimes I have to work late. The street I stay in is very narrow and I have to park my car at the end of the road and walk 100 meters to reach my apartment. One day, when I was walking back, I was attacked by two assailants. They pushed me against the wall and ripped my clothes apart. One of them almost had their way with me, until I managed to scratch his face with my ring; I had even mustered the courage to poke him in the eye with my fingers. Before anything more could happen, a security guard came rushing to my rescue. The crooks took my handbag, kicked me twice and ran away. The guard looked away the whole time until I had managed to look decent and then helped me get up. He accompanied me till my apartment and explained the incident to my parents. We thanked the guard and tried to pay him, but he refused to take any money. He asked me to file a complaint with the police, but I was too embarrassed to do so.
Manika Arun, Chennai*

***Names changed on request**



The Right Moves

While women readily enrol themselves for aerobics, salsa and Zumba, self defense is the last thing on their minds. Mostly, they take self defense classes only after a bad experience. Instead, women can take classes in the following—they are whole body workouts as well as forms of self defense:



Karate

It is one of the most dynamic martial arts. A trained karateka can coordinate the mind and body perfectly, thereby unleashing tremendous physical power at will. Upon developing this ability, even the smallest person finds that she has the power to deliver a devastating blow to any would-be attacker.

Jiu Jitsu

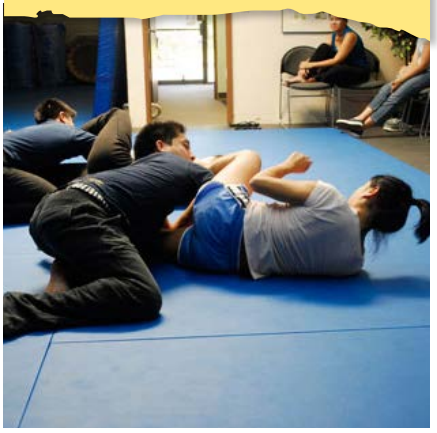


It is a martial arts discipline that originated in Brazil. This technique uses elements of judo and ground fighting that can help a smaller fighter defeat a much larger opponent. It uses a combination of choke holds, grappling and joint locks that offer a system of self defense. It also focuses on physical and spiritual fitness.

Kick Boxing



Though kick boxing is technically a sport, some aspects of it can be used for self defense. Kick boxing is good from the standpoint of learning punching and kicking skills and applying those skills in a practical way.



Jiu Jitsu uses elements of judo and ground fighting that can help a smaller fighter defeat a much larger opponent

Who is to Blame?

A global issue that is plaguing this world—violence against women has happened to women, known and unknown to us. A well-known social activist and co-owner of Prajwala (NGO), Sunitha Krishnan says, "The number of rapes hasn't increased; reporting of such incidents has increased and that is a good thing. However these women do not report of such crimes immediately; they also lose their self-confidence and self-esteem after the attack. I work towards strengthening their minds, so that they have enough courage to break their silence and seek justice."

Women feel helpless in such situations, because in most cases, the perpetrator is known to the victim – assailants are mostly brothers, uncles, fathers or close friends. "Internet is not the only culprit. Parents and society should also take the blame. Boys and men alike view something on the internet or on television and get influenced. But parents should raise their children in such a way that they know what is morally and socially correct."

Every day an incident of a woman being raped or assaulted is reported. "It is unfair to rape a woman because she was dressed "provocatively". Why should a woman learn the art of self defense? She should be able to walk on the road without fear. Every day, I strive towards that waiting for a paradigm shift to happen."

Self Defense: *Must Haves in your Bag*



- ***Pocket knife:*** This knife will open easily with a quick movement of your thumb. The ease of only having to use one hand is extremely important should you find yourself in an emergency situation. Just flip it open, stab your attacker and run!



- ***Paracord monkey fist:*** Also known as the monkey ball, it is a steel ball bearing wrapped in paracord. The advantage of this is that it looks like a keychain, but can do some serious damage when swung on a person's head. Hit and run!

NOTE: After you use these weapons on your assailant, notify the police. You don't want such goons on the prowl.

From the Experts...



Cary Edwards, Instructor and Owner, First Contact MMA

"My partner Sahithya Jagannathan and I had a client who was emotionally wrecked. She came to my class to learn to defend herself as she was physically abused by a person whom she knew and trusted. Whenever we tried to teach her the moves, she would play the victim and break down—it was heart-breaking to watch her as she was always scared and frightened. It was very difficult for us to teach her self defense and it was even more difficult for her to come out of it and learn the art. Now, we are proud to say that she is well trained and can defend herself from any assailant."



S.Sreeram, Coordinator and Instructor, Krav Maga's TN Chapter

"One of my clients was constantly beaten up by her husband. He was trying his luck in the film industry. He would drink every day, grab hold of her hair and bang her head against the wall. I taught her how to release the attacker's grip from hair hold and she mastered the technique."

"Another incident happened with my daughter. Thankfully she was trained in the art of self defense from a very young age. When she was working as an assistant director—they had a shoot in ECR. After the shoot, the production manager had organised a cab for her and one of her colleagues. On her way back home, the driver started acting funny and started misbehaving with both of them. My daughter kicked the driver out, took the car, dropped the girl at her place and came back home safely. She called the production manager and narrated the entire incident and asked for an explanation."



Sunitha Krishnan, social activist and co-owner of Prajwala (NGO)

"A few years ago, a woman came to me as she was molested by her brother. She was terrified as she had never expected such a thing to happen to her, who would? She was unable to speak about it to anyone and went into a shell; I helped her regain her confidence and encouraged her to take action but she refused. I left it at that. Nevertheless, I learnt something from that—it is not enough for a woman to speak about it, she should also seek justice; in fact, she should become an example to show the perpetrator that she will not keep quiet if injustice happens. I work towards that."



A woman should become an example to show the perpetrator that she will not keep quiet if injustice happens

Self Defense Classes

CHENNAI

First Contact MMA
2nd Floor, #179 Lloyds Road,
Gopalapuram
Ph: +91 (44) 42185130

Krav Maga
II Floor, Jammi Buildings, 122,
Royapettah High Road
Ph: +91 (44) 41764207

COIMBATORE

Martial Arts Academy
4 Sri Sakthi Nivas, Vnr Nagar, R R
Avenue 5th Street North, Vadavalli
Ph: +91 9894165724

Idk – Academy of Martial arts
284, Ellen Junction, Sathy Road,
Gandhipuram
Ph: +91 8754118763

BENGALURU

The Zone
4th Block, Koramangala
Ph: +91 (80) 25529366

Xtreme Muaythai Academy
#34, Manikanta Sankeerana, 1st Floor,
Javaraiah Garden, 3rd Cross, 3rd Block,
Vidya Peeta Circle, Thyagarajanagar
Ph: +91 (80) 64521308

HYDERABAD

Iskimos Kickboxing Club
Mahila Mandat Community Hall,
Behind Taj Deccan, Panjagutta
Ph: +91 (40) 67110887

Asian Martial Arts Academy
Aman Nagar, #18-7-198/E/26,
Hyderabad G.P.O
Ph: +91 9391688712

KOCHI

Budokan Karate Academy
Muvattupuzha, Ernakulam
Ph: +91 (484) 2837318

Krav Maga
Sacred Heart College, Thevara
Ph: +91 9810412442



THE SON RISES

It was no surprise when this star-kid forayed into the realm of cinema. His sheer talent has led him to where he is right now, not his surname. He won over people's hearts with *Ye Maaya Chesave* and there is no stopping him since. ***Radhika Rajamani*** talks to Naga Chaitanya Akkineni about *Manam*'s success, acting on sets with his father and grandfather, venturing into unexplored genres and more

Sunny days are here again for Naga Chaitanya Akkineni. His film, *Manam* with his father Nagarjuna Akkineni and grandfather Akkineni Nageswara Rao (ANR)–a landmark film where three generations of the Akkinenis acted together, was a smashing hit. This family is the only one after the Kapoors to have done a film together, nearly after four decades. Incidentally, *Manam* proved to be a befitting last film of the thespian ANR. Chaitanya proved his mettle in two different roles in this film based on rebirth and held his own in front of ANR and Nagarjuna.

YOUR D-DAY IS COMING...

WE'RE ALREADY ON THE NEWS STANDS.

The fifth edition of The Hindu Bridal Mantra is out. The picture-packed volume with Esha Gupta gracing the cover focusses on the palette and its influences over fashion, jewellery, make-up and interiors. Get an update on trousseau trends from top designers and tips on bridal make-overs from the experts. You will find plenty of wedding-related information and inspiration in this 144-page magazine that has in-depth features, check-lists and to-do tips. Just pick up a copy and plan ahead.



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Chaitanya has evolved as an actor from his first film *Josh* (2009), which received mixed reviews. He is best known for his romantic films like *Ye Maaya Chesave* and *100% Love* even though the actor has displayed good potential as an action hero. His career graph after *Tadakha* and *Manam* is on the upswing.

After the roaring success that *Manam* was, a busy Chaitanya just wrapped up his next film *Oka Laila Kosam* and took some time off for this rendezvous. "At first when I heard *Manam*'s script, I was nervous to play my dad's dad and I had to mouth dialogues to my grandfather. Once we went on the floors it was comfortable. My dad and grandfather were living their characters. That's what acting is all about. The atmosphere at home and that on the sets were different. The film helped me discover and get to know them as fellow actors. I will never get such a film again."

My dad and grandfather were living their characters. That's what acting is all about. The atmosphere at home and that on the sets were different

Chaitanya had tough roles in two different time spans and he carried off both with finesse. Of the two, he found playing the father more challenging. "Normally I relate my roles to real life. Being a hubby and a dad took some time to get used to. The present role was challenging as well, except for the 'drunkard' parts." Appreciating the director of the film, Vikram Kumar, Chaitanya says, "When he says cut he would either be laughing or get teary-eyed – he reacts as the take is on. That helps the performance a lot. He is a like a small child."

In *Manam* Akhil Akkineni finally stole the thunder in the end, thanks to Nagarjuna's and Chaitanya's generosity in allowing him to do so. "It was completely Vikram's idea. He asked Akhil and he felt it was completely cool. Akhil is lucky to get a launch like that." Chaitanya has done three films *Ye Maaya Chesaave*, *Auto Nagar Surya* and *Manam* with Samantha and their chemistry surely crackles on screen. "We began our journey at the same time. We are comfortable on and off screen. We interact with each other and bond. The familiarity level is such that now I know how she reacts during the shots." Even though he has acted with several other actresses, Chaitanya's rapport with Samantha seems to be the best. "All heroines are cool but I know Sam the best. We are good friends."

Chaitanya is modest enough not to let the success of *Manam* go above him. "It feels good. We were under pressure as it was grandfather's last film. It had to work. It has been appreciated for the kind of film it is even though it was not in the regular format." He has been acclaimed for his acting in this film and his feet are firmly rooted in terra firma. "It feels good when people appreciate. Ups and downs keep you going. You enjoy and learn from the lows."

In between the triumph of the film, Chaitanya also juggled shooting for his next film *Oka Laila Kosam*, "Which I finished by the end of July." His next project is a film with Sudheer Varma which he will start shooting for soon.

Chaitanya did go through a lean patch in between and faced criticism for his choice of films which did badly. This has not deterred this actor who has taken all this in his stride. "When people criticise I try to take it positively and evaluate what they say." For a person who loves acting, he sees all this as a way to get better in his craft. Better known for his romantic roles on screen, Chaitanya says, "I have broken away from one genre – the romantic one. As a growing actor, I want to venture into other genres too."

Being a romantic hero, the women fan following for this bloke is enormous.

> *It was completely Vikram's idea. He asked Akhil and he felt it was completely cool. Akhil is lucky to get a launch like that*

"It is flattering to have female fans. Everywhere I go it feels good when a girl wants to get an autograph. It makes me go red time and again," he sings off.



Chaitanya Unplugged

Craziest letter or line from a female fan? To marry her
Which film would you act again in if you had to? Nothing
Dad and I are: good friends
Game for films in other languages? Yes, definitely
A film with all the cousins? Nothing as of now, but it will be fun if something comes along
Being a foodie is: the other part of me
Fitness to me: is a state of mind
Bikes are: my first love
What do I see in a girl: honesty
Marriage plans? As soon as I find the right person ||



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T.NAGAR : +91-(44)-4352 2226 / +91-(44)-4357 7722

ToniandGuyIndia ToniandGuyIndia toniandguy01

CINEMA CHRONICLES



Kamal's injury blown out of proportion

Recently, the paparazzi went abuzz about the news of Ulaganayagan having an injury on the sets and very soon, pictures were being circulated. Padma Bhushan Kamal clarified on the same saying, "Before various new ailments are endowed upon me, I hasten to clarify that all is well. It is not true that I was injured while shooting. It was a makeup rubber prosthetic that slipped into my nasal passage and it had to be carefully removed under medical supervision. It was a stunt scene, so I had simulated injuries on the face. A visit to the hospital with a bruised face led to the interpolated news. I am alright."

Bharathiraja bags US Award

Veteran director Bharathiraja was bestowed with an award at a function organized by America Tamil Sangam in New York last month. Nassau County Executive (Mayor) Edward Mangano, honoured the director with the American award for his service to cinema and the America Tamil Sangam also gave him the title 'Tamil Ratna'. In his speech, Bharathiraja said that the Tamil diaspora excelled in various fields such as politics, medicine and law due to their hard work and dedication. He complimented the Tamils in the US for fostering their roots in Tamil Nadu and the America Tamil Sangam for promoting Tamil culture in the US.

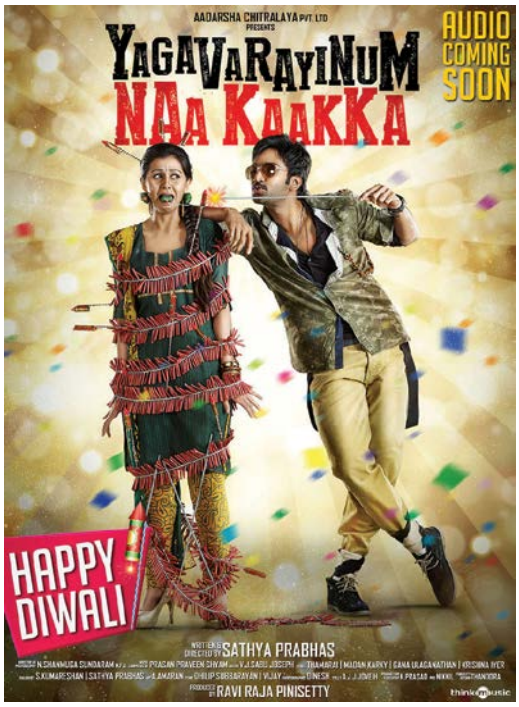


Kappal creates waves

The single track launch of 'Kappal' happened amidst an ocean of people at Express Avenue, Chennai. The film backed by ace director Shankar, is directed by none other than his protégé, Karthik. In keeping with Shankar's signature style of grandeur, the single track launch was extravagant too. The entire cast and crew of Kappal - director Karthik, cameraman Dinesh, lyricist Madhan Karky, music director Natarajan Shankaran, hero Vaibhav and actors VTV Ganesh, Karunakaran, and the producers of I Studios were all present.







Yagavarayinum Naa Kakka's rocking poster

Yagavarayinum Naa Kaakka's poster, an upcoming film directed by Sathya Prabhas Pinisetty starring Aadhi and newcomer Nikki Galrani, was released recently. It is a bilingual film shot in both Tamil and Telugu. Pasupathy, Richa Pallod and Mithun Chakraborty (in his first appearance in a South Indian film), are playing the supporting roles. Yagavarayinum Naa Kaakka is based on a real incident that happened in Chennai; it is the story of a happy go lucky man and the shocking incident that turns his life upside down and his search for Mumbai based underworld don Mudaliar.

Kaaviya Thalaivan trailer promising

The song 'Mr.Minor' from Kaaviya Thalaivan is making a buzz in social media and the trailer even more so. The upcoming Tamil historical fiction film written and directed by Vasanthabalan is set in the early 20th century. The film is about the lives of two theatre artists played by Siddharth and Prithviraj and the competition that exists between them in a small drama troupe. The film that also has Nassar playing the role of a guru and actress Vedhicka playing a K.B. Sundarambal inspired role looks like it's going to be a visual treat!









Daisy sure to send shivers down the spine

Daisy, an upcoming Tamil film is officially in the last stages of its post-production. A horror flick directed by debutant Srinath Ramalingam, was launched in an innovative way - for its promotions on social media, fans were asked to upload pictures similar to the film poster. Daisy is a story about an 8-year-old girl. The cast includes newcomers Deepak Paramesh, Gunalan Morgan, Jaqlene Prakash, Mourhrna Aneetha and "Mime" Gopi playing pivotal roles in the film. Protagonist Deepak says, "It seems like a right time for a horror film and I can assure that Daisy is very fresh and unique in terms of its script; it will definitely be a whole new take on the horror genre!"





Retail therapy in the BRITISH CAPITAL

Splurge and indulge in the ultimate shopping paradise in London: the legendary Oxford Street

Under the perennially overcast London sky, through the gloomy days and windy nights, what infuses a little joy and happiness into the English winters is the prospect of being absorbed in the lights and lure of the 1 and a ½ mile long Oxford Street. The name is something you will hear of as soon you express the slightest intent of shopping to any London commoner. It draws strong emotions and opinions from everyone who has been there. But the bottom line is to experience it for yourself and not be swayed by the barrage of responses you are likely to get. If you consider shopping therapeutic, then this place will definitely offer you one of the best therapies of your life. Of course, if you prefer a saner shopping experience or if you are travelling with sulky spouses and cranky children, there are always options like Westfield and Covent Garden. The latter is particularly attractive with its ambience and spectacle shows on the weekends, designed for the roving tourist eye.

What is unique about London is that it offers a wide range of shops that cater to varied tastes, styles and financial capacities. These options are all usually concentrated within the same area, perhaps helping you plan in advance, and separately for your "looking" and "buying" time! From brand Primark, a year round attraction for the teeming student populace of London and beyond to high end shops like FCUK and John Lewis, all exude their own charm. A quick tour of all the fashion stores is a must do in London, especially if you recollect your younger years being marked by star struck flipping through fashion magazines. It feels surreal as the highlights from those pages come to life, teasing your senses inadvertently.



Spoilt for choice!

The most popular and by virtue of that, the most crowded destination on Oxford Street is Primark, with its 'Big Bazaar of India' reputation within the Desi community. It is located close to the Marble Arch station and is a massive two-floor space that stocks some great essentials for the London winter in the 1 and 10 GBP scale. Mufflers, thermals, knee-high socks, scarves, gloves, earmuffs and nylon tights are some of the essential winter wear. Apart from offering a great variety of these, Primark also stocks the fancy (read endearing) nightwear for children and adults alike. Before being completely consumed by the almost unbelievable prices, it is of vital importance to make sure that the clothes are in perfect condition. With all its noble intentions, Primark is like a game of cards i.e. a huge gamble. So, the best advice would be to choose your cards wisely, and well! If you are travelling from the tropics during winter, then Primark is ideal for the use and throw regime.



A quick tour of all the fashion stores is a must do in London especially if you recollect your younger years being marked by star struck flipping through fashion magazines. It feels surreal as the highlights from those pages come to life, teasing your senses inadvertently

The mid range stores like New Look and H&M offer fantastic deals during the month long winter sales in London. These shops offer genuinely worthwhile











One practical thing to remember while shopping at Oxford Street is that there are multiple branches of each of these stores on the one stretch. And all of them hold the same collections. So it is pragmatic to buy it from the branches closer to the tube or bus stations, or carrying these bags through the narrow footpaths with the huge crowds can be inconvenient

discounts beginning towards the end of December and continuing through January. Boxing Day is traditionally the first day when these sales begin and the spirit is quite remarkable. The best collections are, in the mad rush for the best, wiped off the shelves within the first week itself unfortunately. Both New Look and H&M stock the best of cardigans, English style pants and skirts and in unconventional colours. It's a must to indulge in the bright red skirts and violet trousers that seem wonderfully compatible with the dull colours of wintry England. The pleated and flared styled skirts are a huge favourite in New Look and they come in short as well as mid length sizes. Their pencil skirt collection, suitable as formalwear comes in plain colours and checks and is a hit among the young working population of the city. While at it, it is best also to pick up some floral printed skirts for the fast approaching spring and summer seasons.

The trouser collection in New Look is bound to tug at your heartstrings if your body type is more compatible with trousers. Particularly, their belted chinos and slim leg ones are completely worth the price. Jumpers and blazers at H&M during the sale season are highly popular choices, given that London dips below freezing temperatures till the end of January or middle of February. Most of their quality wear is discounted between fifty and eighty percent. So, that would again be a great bargain. NEXT falls in a similar category as well and is popular for its early and massive winter slashes.



M&S, Monsoon and Exclusives

Marks and Spencer's is another retail store to look out for. Placed at a higher range than New Look and H&M, it has the best of tweed jackets and tunics. They come in plains and bright floral prints. So depending on what season/ destination or purpose it is for, you can make your choice. M&S sales though, are best capitalised on their yummy lingerie collection from the sexy reds to the tantalising animal prints.
Monsoon, another popular brand, offers the prettiest range of overcoats and knitwear. The sweaters are ideal for the mild Indian winters and the guaranteed quality makes it a sensible investment. Accessorize and Claire are accessory shops whose products have a classy touch; a signature style that sets them apart from the rest. So, if you are looking for something distinctive that does not seem like it might have been bought at a dirt cheap flea market then this is the place to be and buy.

M&S sales though, are best capitalised on their yummy lingerie collection from the sexy reds to the tantalising animal prints

Good footwear is best explored by wandering into exclusive shops like Clarks and Office. They have all the variety you would want to explore and dedicated collections for sports, formal, party categories.

The high-end multinational brands like GAP, United Colours of Benetton, ZARA and FCUK offer smaller discounts in comparison to others during the sale season. The maximum figures hover between twenty and thirty percent. If you are a stickler for brands, you can explore the collections here that bear much resemblance to their overseas branches but are also modelled upon the local taste and requirement.

Covent Garden and a different charm

While Oxford Street is undoubtedly the major attraction in the London metropolis, its smaller counterparts can be quite popular too. Covent Garden, in the centre of the city again offers a more wholesome experience with manageable crowds, a huge one-of-a-kind Apple store and sometimes, if you are lucky, weekend revelry. You have exotic and often whimsical shops selling candy and antiques tucked between rows of high-end, dignified stores selling what can only be described as fine 'English Sensibility'. The fancy pubs, poetry inspiring coffee shops, and restaurants lining a tiny, well-lit lake add to the whole charisma of Covent Garden. While the view shall remain ingrained in your memory, the smells and sounds of this will buzz for days subsequently. Be warned: the withdrawal symptoms may be rather severe!

So, the next time you are in London and raring to go, pamper yourself and revel in its abundance. While a hole in the pocket may be inevitable, there will certainly be no regrets that will haunt this indulgence!

More than just shopping

One practical thing to remember while shopping at Oxford Street is that there are multiple branches of each of these stores on the one stretch. And all of them hold the same collections. So it is pragmatic to buy it from the branches closer to the tube or bus stations, or carrying these bags through the narrow footpaths with the huge crowds can be inconvenient. Plus, the streets offer delectable food that is a must, especially during winter. Waffles with hot Belgian chocolate are great crowd pullers, crepes are a ubiquitous delight, and churros with chocolate dip are not far behind. Roasted peanuts are great for munching on while shopping as well. The food is an essential part of the whole shopping experience at Oxford Street and these easy bites can easily relieve your fatigue in a few minutes, prepping you for another round!



GENERIC FORECAST *for the month of* Nov '14



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





ARIES: (22nd March - 21st April)

Matters of the heart will keep you busy. There will be celebrations and get-togethers that will charge up the happiness quotient in your life. You would also make plans to shift to a better place or buy a new property. This is a good phase to take your relationship to the next level. Romance will breeze into your life, creating a sense of happiness and harmony. Professionally too, good news will knock at your door. More projects and avenues will open up and a positive feeling of growth and expansion will take place during this period. However, you still need to learn to monitor your financial matters in a better format. Legal matters will turn out to be very demanding thorough out this month. A woman who is excellent in *finances will* help you in your endeavours.

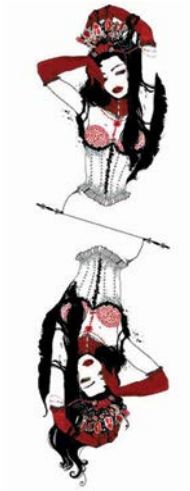
Lucky Colour: Dark Green



TAURUS: (22nd April - 21st May)

Outings and journeys along with your loved one shall be happy and memorable. You are about to witness a lot of positive changes in matters of the heart. There is a divine cycle which shall turn the tides in your favour, bringing you peace, happiness and love. Financial benefits will be good and a fatherly figure with whom you bond well will help you in monetary matters. However, you still need to be more organized in work related issues as there might be problems that might surface up because of your stubborn attitude or inflexible approach. Being easy with your communications will help you in professional endeavours. The cards guide you to not to worry too much as a lot of favorable incidents are round the corner, which might save you from many a trouble by the end of the month.

Lucky Colour: Silvery White



GEMINI: (22nd May - 21st June)

Financially, this is going to be a good week where situations will suddenly be in your favour and investments will start giving you excellent results. Professionally, this is the time to maintain your cool and be less aggressive in your approach. Legal matters if any can test your patience and might cause you anxieties for a while longer. The cards guide you to be firm and determined in matters of the heart and take actions accordingly. Having a courageous mindset helps in overcoming any obstacles that you might otherwise face in your love life.

Lucky Colour: Turquoise



CANCER: (22nd June - 21st July)

Financial matters shall be pleasant and result oriented. You will feel relaxed and happy with the way things progress in money matters. You will enjoy excellent understanding and harmony along with your colleagues during this month. This will also help you in achieving further success in the professional front. A partnership shall be extremely favourable as the month progresses. However, patience and diplomacy is the key to happiness in love life. There will be situations which might push you into having an emotional outburst, but guarding them and nurturing your relationship help in overcoming any stress that you might have to face regarding the same.

Lucky Colour: White



LEO: (22nd July - 21st August)

A man who is either a financial expert or has good knack with money matters will help you in enhancing your monetary worth. Good news follows you as the month progresses. Investments shall be prolific and rewarding. Professionally too, you shall come across a number of opportunities throughout this month, which will bring in growth and open up more opportunities. Targets will be achieved on time and appreciation for your efforts will come from unexpected sources. However, matters of the heart will need more love and nurturing during this period. A child might be a cause of anxieties in your love life. However, this is just a transient phase as you will tend to be extremely busy as the month comes to an end.

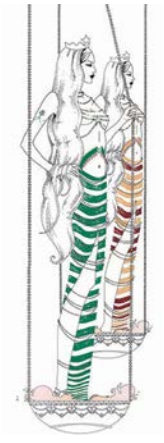
Lucky Colour: Orange



VIRGO: (22nd August - 21st September)

Professionally, this is an excellent time to expand your base. You will be in an emotionally happy state and projects will also show expected progress. Creative ventures shall be exceptionally rewarding throughout this period. Good news in money matters can be expected as well. You shall gain from investments which you had made in the immediate past. Being in the company of children shall be therapeutic. Avoid any transitions in matters of the heart. Journeys or holidays are also best avoided in this phase of your life as they might not show expected results. You will find help from unexpected sources suddenly as the month comes to its close.

Lucky Colour: Green



LIBRA: (22nd September - 21st October)

Matters of the heart shall be pleasant and romantic throughout this phase of your life. You shall be in an emotionally happy state and romance breezes back into your life like a whiff of fresh air. Celebrations are round the corner and family get-togethers are in the pipeline. You might also plan to buy a property or invest in them during this period. A fatherly figure with whom you bond well will help you in your professional matters. His guidance is worth following during this crucial period of expansion in your life. Financially though, there are a few setbacks and the cards guide you to avoid any new investments. Legal matters will turn out to be more expensive than expected. There are possibilities of dental problems that might suddenly need your attention. You shall win over your adversaries as the month comes to its close.

Lucky Colour: Orange



SCORPIO: (22nd October - 21st November)

Professionally, you will gain from your projects. This is a good time to expand your business or line of work. Creative ventures shall be exceptionally rewarding. Financial benefits shall start seeping in as the month progresses and there will be slow and subtle positive changes in this front. Communication is the key to your happiness in matters of the heart. There are possibilities of ego clashes or stubborn attitude which might turn the tables against you. Having a heart to heart conversation will help you in resolving deadlocks in your love life. Travelling is best avoided this month.

Lucky Colour: Rust



SAGITTARIUS: (22nd November - 21st December)

Professionally, you shall be appreciated and rewarded for your efforts in your projects. Your wisdom and patience will help in winning over even the most difficult of situations. You might want to shift to a better place or to a better project during this month. Financial benefits will be in plenty and yet you will develop a feeling of not having enough. Matters of the heart indicate soft and subtle romance seeping in as the month progresses. A happy reunion with someone you are fond of will take place as the month comes to an end.

Lucky Colour: Peach



CAPRICORN: (22nd December - 21st January)

A proactive attitude with dollops of enthusiasm will help you in achieving a lot of success in professional life. Things shall turn up as per your expectations and growth will come in due to your consistent efforts. The key is to listen to the needs and demands of the youth and the rest shall follow as per your expectations. This is the phase when you would want to relax with your loved one. Romance will seep in softly and subtly as the month progresses. Keep a watch on what you write related to your finances as a minor error might cost you drearily during this period. It is always better to double check before you sign on a financial document. Journeys by the end of the month shall be favourable and successful.

Lucky Colour: Yellow



AQUARIUS: (22nd January - 21st February)

Matters of the heart shall be relaxing and enjoyable. You shall be your romantic best throughout this phase of your life. There might be plans to buy a property or make new investments. Professionally, there are a lot of changes that will take place. Old patterns will bow out and new ones will emerge in the work front. These will be in your favour and shall put you in a new growth cycle. Financial benefits shall by and large be good and advices from elderly male members will help in boosting your monetary status further. New beginnings by the end of the month shall be rewarding and successful.

Lucky Colour: Fiery Red



PISCES: (22nd February - 21st March)

Your inherent charm will win over many an enemy and obstacles in life. Work indicates growth and success as the month progresses. This is an excellent time to venture into or expand any creative projects that you have in mind. A youngster with whom you bond well will help you in this front. Matters of the heart shall be pleasant and romantic. You shall be showered with a lot of love and attention from your loved one during this period. Legal matters if any will turn in your favour as the month progresses. However, a woman can be a cause of lot of anxieties and unnecessary expenses in this phase of your life. There will be a lot of changes that are round the corner which will be eventually for your good. It's the time to celebrate and rejoice as the divine cycle has started churning the wheel in your favour.

Lucky Colour: White

Yearly Forecast for Libra

Professionally, this is a year when situations shall turn in your favour. A woman colleague or a female boss shall be the one who will help you in your endeavours as the year progresses. Health wise, you will be in a sporty and energetic self throughout this week. Matters of the heart might cause you a lot of anxieties during this year. A property matter might be tough to handle. Family matters shall resolve and they will give you a lot of inherent strength in the coming year. You shall be extremely busy in your the latter half of the year.



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Happy New Year

Directed: Farah Khan
Starring: Shah Rukh Khan, Deepika Padukone, Abhishek Bachchan, Sonu Sood, Boman Irani, Vivaan Shah and Jackie Shroff

Happy New Year is one of the most hyped and highly anticipated movies of this year. This film has been creating a lot of buzz in the media ever since its making was announced and why wouldn't it? The last time SRK and Farah worked together, the whole of Bollywood was taken by storm, with a full blown entertainer like *Om Shanti Om*. Now, after a four year break, the duo has come together yet again, to deliver yet another entertainer.

The story revolves around Charlie (SRK), who is seeking to avenge the humiliation of his father who was strong-armed by Grover (Jackie Shroff). And of course, after tracking the villain for eight years, the only way to seek revenge is by stealing his diamonds!

The protagonist builds a team of people whom he calls Charlie's Angels (no surprises there!) to participate in 'World Dance Championship' which will lead them to the diamonds they want to steal. Nandu Bhide (Abhishek Bachchan), Jags (Sonu Sood), Tammy (Boman Irani) and Rohan (Vivaan Shah) along with their dance teacher Mohini (Deepika Padukone) train for the championship. How a bunch of losers manage to sneak out the diamonds from the world's safest locker forms the rest of the story. A series of events and a tight climax leads to the downfall of Grover whom Charlie had plotted against for eight years.

SRK keeps the dull film moving with smart thinking and crazy dance moves. Deepika Padukone flashes her dimples at every opportunity she gets (which is not much). Abhishek, Boman, Sonu and Vivaan go unnoticed and their talents are wasted, however that is expected in a multi-starrer like this one. Even Jackie is unable to show off his acting prowess because his role as a villain barely allows him anything.

With a huge star cast and no roles to play, the director has clearly managed to create a lot of confusion where the characters are concerned. The storyline by itself is misguided and misfired and even Farah Khan (the script writer) doesn't know where it has to end. The humour is forced and lame (come on, no one enjoys in-your-face puns anymore) and unfunny, perverted jokes were (many many) excruciatingly painful to sit through.

Though *Om Shanti Om* was a typical Bollywood entertainer, it made sense and kept the audience engaged, but this one is in no way entertaining and in some parts is mind numbing! ||

Verdict
It is a muddled mess.

Rating
◆◀

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