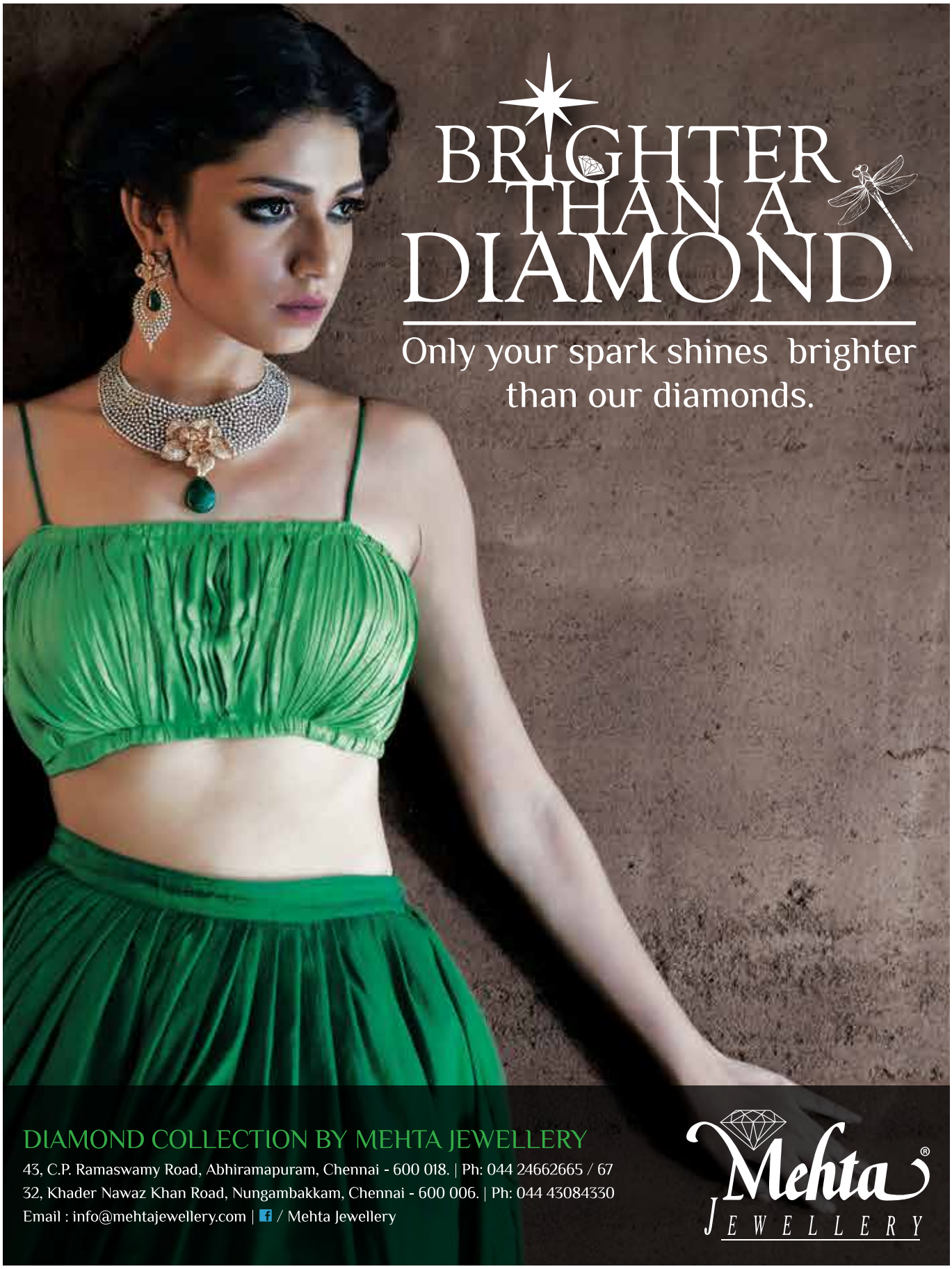

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BRIDGING THE GAP
Is age just a number in the language of love?
STARTING OVER
Childhood superstar Shamlee on her return to the silver screen
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from the EDITOR



One of Bollywood's biggest romantic blockbusters, DDLJ completed 20 years of its release last month. SRK and Kajol revisited and recreated the film's famous poster and the social media went on a frenzy with repeated shares and re-tweets. It also made an entire generation realize how the years have flown by. For them this cult entertainer was an integral part of their teenage years and the endearing romance of Raj and Simran could never become outdated.

If team DDLJ revisited a 20 year old memory, our JFW edition this month will take you a couple of years further back to re-visit another indelible memory. It was probably the first time a toddler was cast in such a pivotal role that had millions of movie lovers move to tears as she strutted around in her white dress and messy hair. There could not have been anyone who did not leave the theatres with a heavy heart after the movie's poignant climax. That little child who played baby Anjali is all grown up now, raring to get back in front of the camera as a leading lady and repeat her dream run in tinsel town. Catch up with our cover girl Shamlee as she fills us in on the years post her sensational child artist days to the time she decided to get back to familiar territory. And what better way to mark her re-entry into films than to get a portfolio done by none other than her famous brother-in-law Ajith Kumar?

It seems to be a season of nostalgia and with Diwali round the corner, the happy memories will only multiply this time of the year. The festival of lights always brings back pleasant memories of the celebrations of the past years adding extra joy and cheer to the rest of the festive season ahead.

Happy Diwali ☺
Bina Sujit

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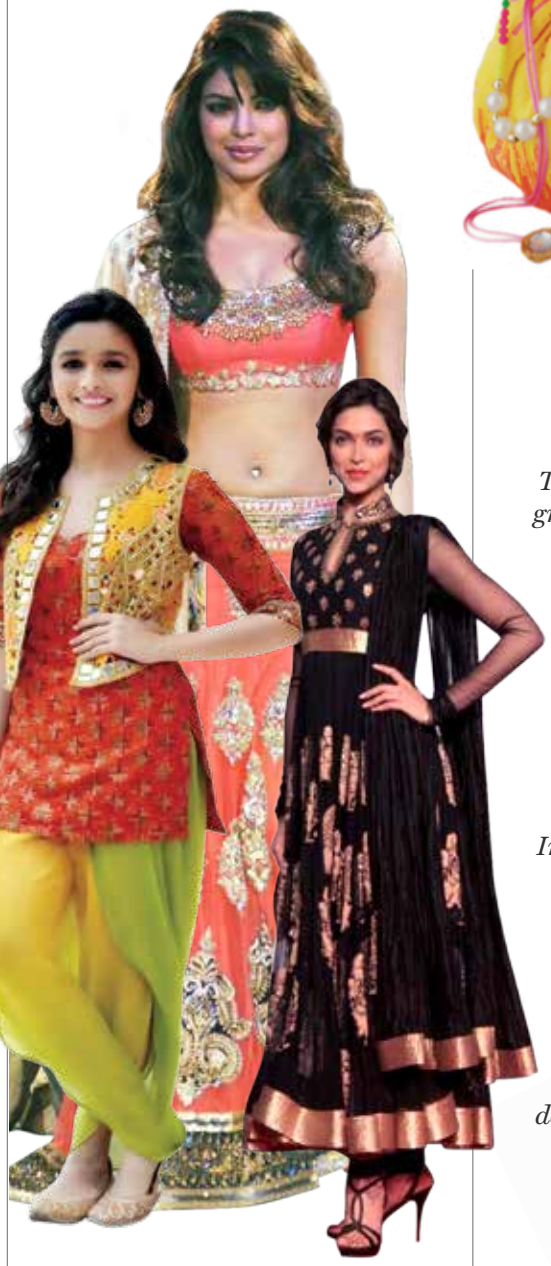
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Ajith Kumar



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Tea Tree Oil & Honey

For Normal Skin

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SPOTLIGHT

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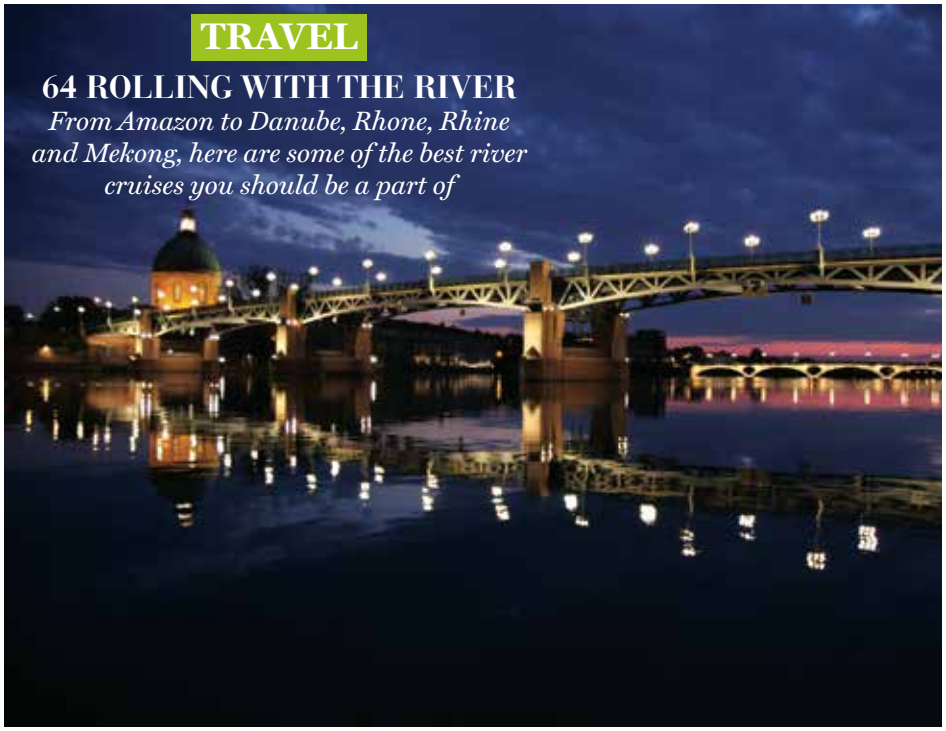
Burn off those calories from all the festive sweets and snacks with these hassle-free workout routines



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64 ROLLING WITH THE RIVER

From Amazon to Danube, Rhone, Rhine and Mekong, here are some of the best river cruises you should be a part of





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I absolutely loved the Mono Mania article in the last issue. Being a monochrome person myself, I found the tips extremely helpful. The part on how to wear neon with monochrome really caught my attention because I either like my clothes in black and white or I prefer bright and vibrant neon tones. So the tips on how to mix both the trends gave me an all new perspective! Can you please do an article on how to wear all neon too?
Anusha Jay, Bangalore



I am writing to your team with regard to your story on the differences in nutritional value of veggies. It's an informative piece and a good read. There are hundreds of articles floating around about nutrition and and none of them are advices given by experts. It's a relief that you provided the relevant information through an expert and that helps in trusting the nutritional facts mentioned in the article Rainbow on a plate.
Anu Davulur, Coimbatore

Being a nature-lover, I've always wanted to have a mini-garden at my place but never had the right information on the dos and don'ts. However, The Over The Top article in the October issue gave me some serious inspiration. My balcony is now just about 2 plants away from being called a mini garden. The article would have been even more useful if you had suggested alternate gardening tools which are easily available at home instead of the professional tools used.
Meenakshi Reddy, Chennai



Whenever I surf my television channels and find stock market related news, I immediately change the channel. I was always interested in knowing what the whole drama about stocks was, but never really tried reading up about it. You article Beginners guide to stock bazaar gives the basic knowledge about the market and about the terms used. It's nice that you used simple layman language to make us understand the subject. Keep up the good work! Preeti Chilukuri, Hyderabad

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WHATS NEW THIS MONTH

FRAGRANCE

What? **Tuscan Scent Golden Acacia**
By? Salvatore Ferragamo
Induced with the captivating twinkle of golden acacia honey, Salvatore Ferragamo launched this mystic perfume for women. The scintillating and rich fragrance is for the ones who love the adventures of life but stay classy at all times. Available only in 50 ml, the scent is a part of the luxury brand's "Quintessential Collection". The perfume is intense, fierce and stronger than the other perfumes in the collection. Grab this one if you're looking for bold and classy wonder.
Price: INR 15,000*

What? **Magnetism Parfum pour Femme**
By? ESCADA
The fragrance and clothing brand launched a range of sweet and mild perfumes for women this winter. The Fuschia pink bottle adds to the floral quest and sweet scent. Available in 25 ml, 50 ml and 75 ml, the perfume's magnetising fragrance evokes feminine sensibilities. This beauty is for the feminine belle who likes to paint her vanity case in gorgeous pink. The vanilla extracts blended with rose petal makes for a diva's box of beauty.
Price: INR 4700* for 75 ml

JEWELLERY

What? **Mise En Dior Ring**
By? Christian Dior
When Dior says "Be Dior" you just abide by it! The sparkling range of rings and necklaces in Dior's latest collection will leave you spellbound. This "Mise en Dior" ring combines cream resin beads with shimmering white crystals. The luxurious design is big and bold. For the mysterious princess in you, the festive season will be no less than a fashion extravaganza when this beauty hits your jewels' collection. The entire collection is bulky, bold and chic. Dior's range of rings this season is all about going big.
Price: Price on Request

BEAUTY

What? **Fuji Green Tea body butter**
By? The Body Shop
Say hello to hydrated skin with the invigorating and fresh scent of Fuji green tea. This body butter's light and fluffy texture provides intense moisture and leaves the skin feeling plump and refreshed. Enriched with revitalizing green tea from Japan and community fair trade shea butter from Ghana, it is a must-buy for healthy and happy skin.
Price: INR 1,095

What? **KeraShine Ionic Airstyler**
By? Philips
The new range of hairstyling products from Philips makes the process of styling hair easier and quicker than ever. Aptly named "Airstyler", its unique combination of a brush and a blow dryer helps in drying hair without the frizz and hence makes it more manageable and smooth. It dries and styles your locks in minutes while the induced keratin makes it shiny and soft.
Price: INR 2,295



ACCESSORIES

What? **Amelia belt**

By? Vivienne Westwood

The richly studded Amelia belt from Vivienne Westwood's exclusive jewellery collection is particularly inspired by the royal heritage of India. Embedded with Swarovski crystals in Emerald, Sapphire and Siam, this ornate piece is crafted from rich Italian leather. The contrasting colours of the luxurious stones against the nude belt make it an elegant accessory for a stylish outfit.

Price: INR 30,900*



What? **Cobalt Blue Shoulder Bag**

By? Proenza Schouler

Grab it and bag it as the dynamic duo Jack McCollough and Lazaro Hernandez launch a range of comfortable, sassy and funky accessories this season. The talented founders of PROENZA SCHOULER know how to please the street fashionistas with their colourful box of accessories. This sling bag is only available in cobalt blue and we aren't complaining! This chic shoulder pull is for the carefree style queen who wants to carry less baggage. The bag is beautified with a sparkling silver lock for that added bling factor.

Price: INR 92,700*





FASHION

What? **Autumn/Winter 2015 Collection**

By? Alexander McQueen

Winter is kicking in and global fashion houses are ready with their Autumn/Winter collection. Alexander McQueen showcased its collection last week and yet again befuddles fashion connoisseurs with its remarkable style. The collection brought in the love for floral prints and the colour of the season - plum. Maxis ruled the red carpet and flowy gowns made for a perfect floral princess look. The collection also has a range of trench coats to welcome the winter chill with a bang. The gorgeous collection comes with rope belts, beautiful accessories and is available in all Alexander McQueen franchises.

Price: Prince on Request

HOME DECOR

What? Diwali Ceiling Lanterns
By? Available on Flipkart

While traditional diyas are all set to be our favourites this Diwali season, the new range of ceiling lanterns have hit the markets. Available in crystal glass, the lamps will add the much needed dazzle to your house. The glass lantern is available in small and medium sizes and is plated with silver. The lamps are also available in golden and metallic colours. Available on all the online home decor websites, the range is shimmery and bright.
Price: INR 2,499



GADGET

What? Xperia Z5 Premium
By? Sony

For the upcoming festival season in the country, Sony has launched two flagship mobile devices, Xperia Z5 and Xperia Z5 Premium. However, the Xperia Z5 is an upgrade to Xperia Z3+. The interesting point is that Xperia Z5 Premium is the first smartphone in the world with a 4K display on it. Priced at INR 62,990*, the phone comes with 5.2 inch full HD IPS display and has a scratch resistant screen. The phone supports Android 5.1 OS and has 32GB of storage capacity. The phone gives you an added facility of extending storage through a micro SD card. A brand new 23 MP sensor has been added to the device with a front camera of 5 MP sensor.
Price: INR 62,990*



BOOK

What? Career of Evil
By? J. K. Rowling
Published under the pseudonym Robert Galbraith

The third book in the highly acclaimed crime fiction series authored by J. K Rowling, Career of Evil was launched in October. Written under the pseudonym Robert Galbraith, the book has garnered rave reviews for its crisp and interesting read. When a mysterious package is delivered to Robin Ellacott, it turns her life into a nightmare as it contains a severed leg of a woman. Her journey along with private detective Cormoran Strike in investigating the mystery is thrilling and is filled with suspense. The third edition of the novel series has topped the bestsellers list this season.
Price: INR 699

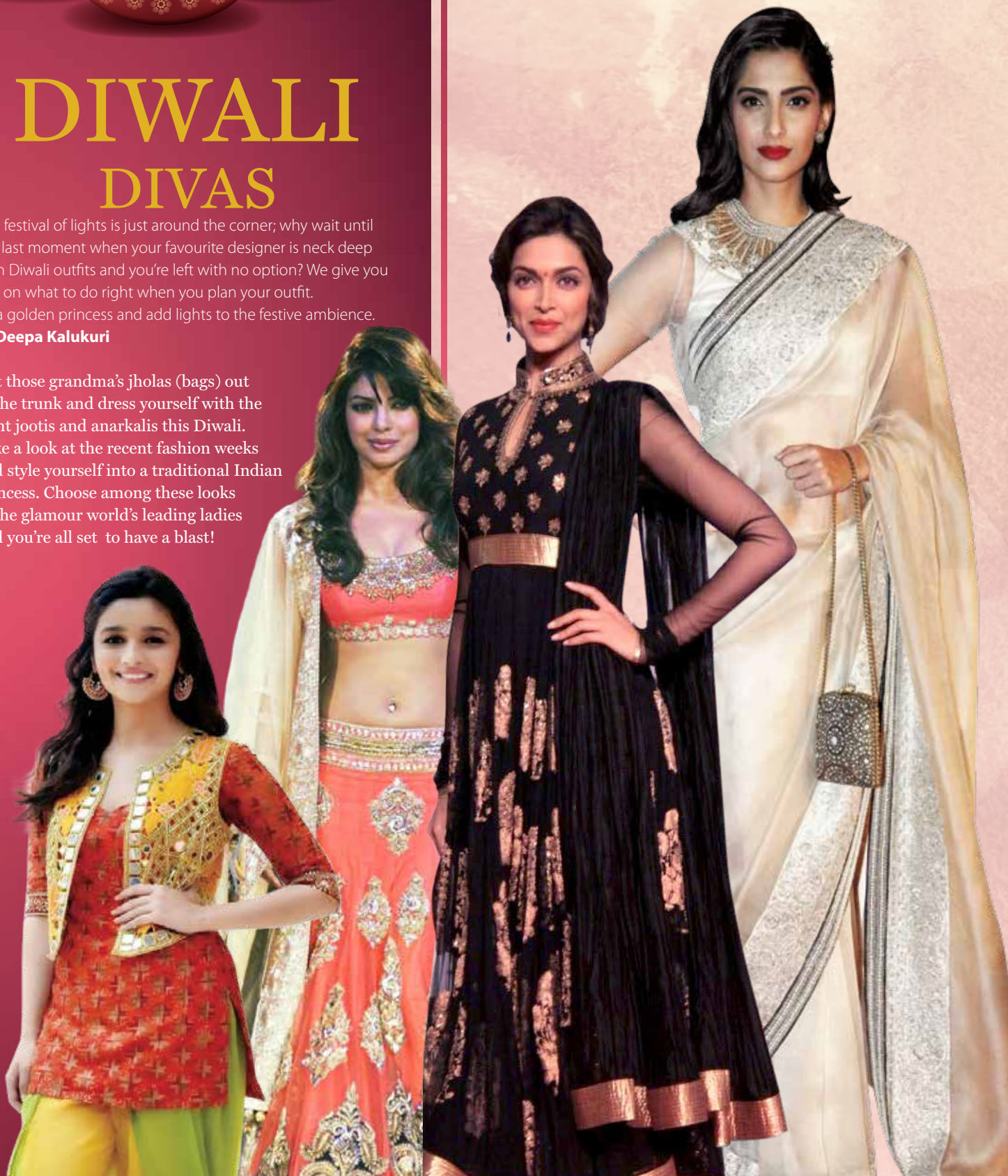

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DIWALI DIVAS

The festival of lights is just around the corner; why wait until the last moment when your favourite designer is neck deep with Diwali outfits and you're left with no option? We give you tips on what to do right when you plan your outfit.
Be a golden princess and add lights to the festive ambience.
By **Deepa Kalukuri**

Get those grandma's jholas (bags) out of the trunk and dress yourself with the right jootis and anarkalis this Diwali. Take a look at the recent fashion weeks and style yourself into a traditional Indian princess. Choose among these looks of the glamour world's leading ladies and you're all set to have a blast!



DAZZLING DEEPIKA

With a mesmerising smile, washboard abs and beautiful big eyes, Deepika dazzled on the silver screen with her debut in Om Shanti Om. Apart from her great performance, she was remembered for her ethnic and 60s style mantra in the movie. Her black and gold lehenga is still a huge favourite amidst ethnic wear lovers.

The diva has never hesitated from trying different ethnic outfits whether it's an anarkali, saree or a fusion number.

Take a look at the gorgeous actress's choices and style your outfit for the celebrations.

- Include happy and bright colours this season with fuchsia, red and orange dominating the outfit.
- Bring in the EBD (Ethnic Black Dress) and experiment with black in combination with golden, pink, red, magenta and more.
- Team up you saree with chandbalis (moon shaped earrings) or jumkas to add some heavy duty jewel love.
- Go for a contemporary clutch with a bling if your outfit is a fusion of crop top blouses and block print sarees.
- Sarees look just hot when teamed with spaghetti blouses and sexy doris.
- Keep the makeup minimal if your outfit is shiny and shimmery.





PUNKY PIGGY CHOPS

From being one of most popular Miss World winners to being the face of ABC's latest TV series Quantico, Priyanka Chopra has achieved what many can just dream of. The beauty has always professed her love for her roots and her culture. Being one of representatives of the Indian cinema, the actress has sported some of the most beautiful sarees and anarkalis both in films and the red carpet. Her style is all about voluminous hair, gorgeous lehengas and well-designed blouses.

Check out the desi girl's style and elegance.

- Priyanka is all about fusion; add a dash of global trends to your traditional lehenga or saree.
- Sport a noodle strap sports blouse with a crepe or free flowing saree.
- Keep the jewellery minimal to suit the fusion number.
- This look is for the ones who are carefree; so keep those potlis and clutches behind!
- Add a festive bling to your outfit with a thin sequinned border to keep in touch with the Diwali dazzle.
- If you are going for the traditional lehenga, keep the makeup minimal and try different styles with the dupatta.
- As a rule from the fashion bibles, choose a statement jewellery to go with the outfit.

CHARISMATIC KANGNA

A million dollar smile, gorgeous mane and a bag full of box office hits best describe Indian cinema's latest Queen, Kangna Ranaut. The Himachali beauty brings out the best of Parisian chic elegance and traditional Indian beauty together. She's fierce, vibrant and colourful.

Try going the Kangna way if you want to be the most noticed one this season. Yellows and pinks have been the beauty's all time favourites and she continues to wear her gorgeous curly locks to perfection.

- Add an embroidered ethnic bust jacket to your full sleeved anarkali to bring in the style quotient.
- Skip the maang teekas and bindis and speak of cultural diversity with a jhumar (head ornament) on your beautiful hair.
- Floor length anarkalis are best worn if you're taller or are comfortable in high heels.
- Don't follow the regular red colour marathon and bring in some sunshine with yellow.
- If your love for pastels doesn't end, go for a pastel saree with silver embroidery and add a tote to zest up the look.





STUNNING SONAM

Born into an ultra-stylish family, Sonam Kapoor is a huge style icon. From her Alexander McQueen Cannes' look to beautiful Sabyasachi anarkalis, the diva is ethereal and princely. When she dons a traditional number, royalty screams out loud. From the beloved red lipstick to the 70s bouffant, all her looks have been classic and gorgeous. Have a look at our most favourite Sonam outfits.

- Beige and black make for a classy combination; just add a kundan neckpiece to give it that festive aura.
- Bun and bouffant are comfortable and chic. Have your hair up high and enjoy the festivities without hassles.
- Red lipstick can change your entire ensemble.
- Sonam is known for her love for jhumars and jhumkas. She chooses one statement neckpiece or earrings for her anarkalis and sarees. Follow suit!

ALLURING ILEANA

A typical Bombay girl goes South and leaves everybody spellbound. Ileana is one of the most curvaceous actresses around who always dresses up according to her body type. Ileana's saree looks are hot, sexy, modern yet traditional. It's not always necessary to go by any rule book.
Even if it's a plain saree, a dash of pink lipstick or an eye shadow will give a simple yet classy look. Remember Ileana's red bindi in Barfi? That is exactly what you need!

- Braids are back in fashion. Tie your hair in a braid, could be French or the regular braid but dress it up with a nice shiny hairpin.
- Shocking pink and scarlet red can be teamed with beige clutches and stilettos.
- Take a cue from Ileana and keep the heavy jewellery aside.
- Get a zari work anarkali and work on smoky eyes to add a tinge of black to the outfit.





ADORABLE ALIA

She's young, bubbly and adorable. The Bhatt princess has passed with flying colours in the game of roll, action and cut. With a promising career and a line up of designers waiting to style her, the pretty belle has a lot to offer to the world of ethnic fashion. Her style is very trendy, light and simple. Each outfit Alia dons speak of her youthfulness and funkiness. Her white and blue outfit at Shahid Kapoor's wedding told the world that she is anything but traditional. Alia has managed to accept the traditional couture and added her own style and punk to her outfits.

- The festival season is not all about following the decades old couture rules, it's about adding your own rules to the existing ones.
- Alia stunned the fashion police when she arrived at Shahid Kapoor's wedding in a simple yet beautiful white and blue outfit.
- The look is perfect for your pre-Diwali parties, cocktail and poker nights just before the festival.
- Keep the makeup natural and add a dash of gloss.
- Forget your bags and clutches at home and give gold a break; welcome your diamond pendants to your Diwali jewellery box.
- Patialas are gorgeous and comfortable. Take a cue from Alia's look in 2 states and pair your patialas with embroidered jootis, and jhumkas.

Perky Potli

Fashionable and trendy, Potli bags are waiting to be a part of your unsurpassable accessories collection. This festive season, add a touch of potli to your ethnic attire.

1. Purple beads and satin potli **zohraa.com**
2. Pink And Blue Jute Potli **Sanskrriti.com**
3. Blue Velvet Bugle Beads Potli **Indianweddingsaree.com**
4. Handmade Pink Velvet Potli **Xquisite**
5. Brocade Square With Coconut Shell Handle Potli – **Theindiacrafthouse.com**
6. Rajwadi Finish Potli **Tambulya**
7. Pink And Magenta Silk Cotton Potli **Indianweddingsaree.com**
8. Silk Cotton Golden Dots Potli **Wedtree.com**
9. Dotted Jamavaram Potli **Tambulya**
10. Bhamini Multicolour Potli **Craftsvilla.com**
11. Golden Brocade Potli **Zohraa.com**
12. Royal Raw Silk Potli **Craftsvilla.com**



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Desi Girl!

It's all about that backless choli and funky blouses this festival season. From shimmery knots to sequin sarees, get ready to be a hot Desi bombshell!



1. Black Gold Leaves Blouse, **Namratajoshipura.com**
2. Ivory and Gold Embroidered Blouse **Pinterest.com**
3. Mint Green Mirror Work Blouse, **Pinterest.com**
4. Black And Pink Sabyasachi Blouse **Sabayasachi.com**
5. Peach-pink floral applique work blouse, **perniapopups.com**
6. Green Star Lattice Angarakha Blouse **Perniapopups.com**
7. Orange Pinkish Fern Embroidered Blouse **Perniapopups.com**
8. Multi coloured gems jewelled blouse **pinterest.com**
9. Gold Embroidered Floral Blouse **Perniapopups.com**
10. Nachiket Barve Knot Blouse, **Pinterest.com**
11. Embroidered Floral Blouse **Taruntahiliani.com**

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1. Bronze Maxi Dress
   Missselfridge.com
2. Crystal Bronze Shades
   Lovelemonade.com
3. Bronze Chandeliers
   Macys.com
4. Vintage Roman Scale Watch For Her
   Aliexpress.com
5. Annix Bronze - Girls' Mini Skirt
   Pinterest.com
6. Burberry Bronze Bag
   Lyst.com
7. Esprit Alma Bronze Ballerina Shoes,
   Surfdome.com
8. Nike Blazer Bid Metallic
   Nike.com
9. Across-Body Bag By Dolce & Gabbana,
   Picvpic.com
10. Bronze Feather Leaf Necklace
    vintagefashionjewellery.com
11. Pelle Moda Favilla Metallic Leather
    Estylishshoes.com

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ANU HASAN





THE ETERNAL **LOVE OF BASKET** (CASE)

Everyone has a never ending love affair in their lives. Mine has been with basketball and that started when I was about 8 years old, I think. There is something about that game that thrills me. But I don't care much for watching other people play. I want to be in there – on the court.

I still remember how obsessed I was with the game. I would play it before school. I would play during lunch break. I would play after school. And as I have said before, just like in life, what I lacked in skill, I made up for with enthusiasm.

So throughout my school and later on in college as well, I continued my love affair with the game. And then like all romances, it slowly faded. And one day there was no basketball in my life. Even the intensity with which I missed the game slowly diminished.

Until I met Appu and TP. And I resumed playing sporadically. And that too didn't last long, for I moved to the UK shortly after.

And living in the UK meant there were fewer opportunities and I had almost given up being on the court again. And every time I walked past a basketball court I would pause and stare longingly. So when I heard that the Hampshire League team was willing to take on new players, I promptly landed up. So what if I hadn't played for the better part of three years? Surely it would all come back to me.

I walked in to the court and looked dubiously at the floor. I had played on sprung wooden boards and on concrete. But never on what looked like concrete with rubber paint on it.

I swung around to look at the other players. All of them under 30. Some barely in their teens. Okay. So Anu Aunty was going to slow everyone down. But they were welcoming and so I jumped straight in. After a few minutes, I realised that I was almost as good as they were. The only difference was they were faster and stronger. (Hmmm ok maybe saying I was "almost as good as they were" is a teeny bit of exaggeration. Let's call it creative license shall we?)

I was sprinting back from the other end of the court when one of them stretched to intercept a pass. The ball deflected off her hand and ricocheted at an angle slightly to my right. Instinctively, I lunged as I pivoted. Only thing was, the rest of my body moved while my toe remained stuck on the rubbery painted floor long after I had made the lunge. I felt a horrible give in my knee which I ignored, lifted my foot off and continued running a few steps.

And then it hit me all of a sudden and I froze. This wasn't an ordinary sprain.



"One day, whether you are 14, 28 or 65,you will stumble upon someone who will start a fire in you that cannot die. However, the saddest, most awful truth you will ever come to find--is they are not always with whom we spend our lives."

I thought how sadly romantic and then realized that was the case with me and basketball.

So maybe I will have the occasional flirtation with the love of my life until it hurts too much and I wait on the sidelines for the next time I can feed the flame.

But this is one love affair that will never die completely. But what can I do –tis the Eternal love of a Basket (case).

This was something worse. I hobbled off to sit on the side. And did what I hated – watched other people play.

While I was doing that, my knee decided to become nice and fat, so I gingerly hobbled back to the car and drove home.

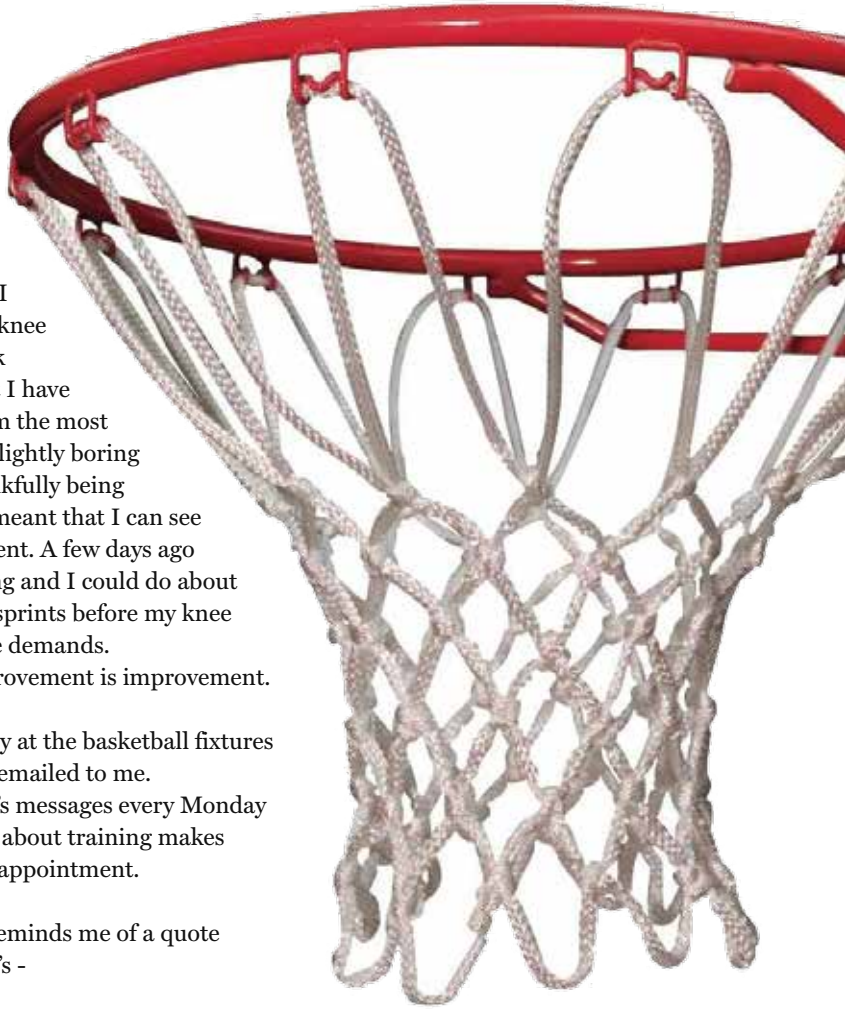
The previous owner must have been psychic because when he sold the place, he left behind a few things - one of which was a pair of crutches!
A few days hobbling using crutches and then a doctor's appointment and the verdict was – probably a minor tear but take it easy for some time.

What I didn't realise was that "some time" could be anywhere between 2 weeks to 3 months.
The good news is that I am extremely stubborn.And so I determinedly tackled my prescribed exercises every day.
I use the word "determinedly" because surely telling someone who has been used to jump squats, lunges and sprints, to gently extend and bend the knee for three minutes has to be the most frustratingly boring thing.

It has been nearly 3 months and I know that my knee isn't quite back to normal. But I have graduated from the most boring to the slightly boring exercises.Thankfully being stubborn has meant that I can see the improvement. A few days ago I tried sprinting and I could do about 5 short uphill sprints before my knee objected to the demands.
But hey – improvement is improvement.

I look longingly at the basketball fixtures that had been emailed to me.
And the coach's messages every Monday reminding me about training makes me pout in disappointment.

My situation reminds me of a quote of Beau Taplin's -



Tress Distress

Rapunzel did not have to do much to take care of her gorgeous locks. Modern day Rapunzel cannot afford to do that and in a bid to keep the locks shining and beautiful, she ends up damaging it beyond repair. Try these DIY hair remedies for healthy hair, both inside and out.

Pollution, dust and grime, frantic last minute hair treatments at the parlour and even food are some of the main causes of hair fall, hair thinning, dandruff and countless other problems that are faced by women and men alike. There is no need for expensive hair treatments if you just follow some of these really easy DIY tips at home. Eggs, yogurt and honey are, at first glance, all components of a tasty breakfast—but they also happen to be hair treatment ingredients, and affordable, all-natural ones at that. And they're not the only ones.So, the next time, your locks need a lift, save money by using these home fixes.

Eggs

Use the entire egg to condition hair and egg whites to treat oily hair and egg yolks to moisturize dry, brittle hair.

- Use 1/2 cup of whichever egg mixture is appropriate for you and apply to clean, damp hair. Leave on for 20 minutes, rinse with cool water and shampoo hair.
- Whole egg and yolks-only treatments can be applied once a month and whites-only treatment can be applied every two weeks.

Sour Cream or Yogurt

Lactic acid present in sour cream and yogurt helps in returning moisture and shine that is lost because of pollution.

- Massage 1/2 cup sour cream or plain yogurt into damp hair and let it sit for 20 minutes.
- Rinse with warm water, followed by cool water, then shampoo hair as you normally would. This treatment can

Cornstarch

Cornstarch is an inexpensive way to remove oil and grease from your hair.

- Pour 1 tbsp cornstarch into an empty salt or pepper shaker and sprinkle onto dry hair and scalp until you've used it all.
- After 10 minutes, use a paddle hairbrush to completely brush it out. Treatment can be applied every other day.

Lemon Juice and Olive Oil

Poor diet, stress and climate changes can make hair and scalp extremely dry and itchy.

- Mix 2 tbsp fresh lemon juice, 2 tbsp olive oil and 2 tbsp water and applythis mixture on your hair. Let this sit for 20 minutes.
- Rinse and shampoo your hair.

The acidity in lemon juice helps rid your scalp of any loose, dry flakes of skin, while the olive oil moisturizes the skin on your head rendering it baby soft. This treatment can be done applied every otherweek.





Beer

Here's some news - Beer is not just good for a buzz but also gives volume to your hair! This unlikely beauty beverage contains generous supplies of yeast, which works to plump tired tresses. But remember to use it only after keeping the beer out for a couple hours to get rid of the carbonation.

- Mix 1/2 cup flat beer with 1 tsp light oil and a raw egg. Apply to clean, damp hair, let sit for 15 minutes, then rinse with cool water. Treatments can be applied every other week.

Avocado

Avocado oils are light and moist like our own skin secretions and they are the best for smoothing or weighing down unruly hair.

- Mash up half an avocado and massage into clean, damp hair. Let sit for 15 minutes before rinsing with water.
- If you want more moisture, then combine mashed avocado with 2 tablespoons of a hydrating ingredient like sour cream, egg yolks or mayonnaise. Treatment can be applied every two weeks.

Baking Soda

Pollution harms your hair on a daily basis. Baking soda has sodium bicarbonate that breaks down anything acidic.

- Mix 2 tablespoons of baking soda with small amounts of water untila thick paste forms. Massage into damp hair and let sit for 15 minutes.
- Rinse with water and then shampoo hair. Treatment can be applied every two weeks.







SHIMMER & SHINE

Sparkle this Diwali with a shimmery blush and golden eyes! Your hot and saucy saree won't be the same without these shining pieces of festive make-up.

1. Excess Shimmer Eyeshadow, **Max Factor**
2. Beam Splash Of Sheer Shimmer Lipstick, **Lip 22**
3. Golden Sparkle Le Vernis Nail Polish, **Lancome**
4. Glam Bronze Bronzing Shimmer Trio Powder, **L'Oreal**
5. Sun Shimmer, **Rimmel London**
6. Première Eau de Parfum, **Gucci**
7. Kohl Eyeliner Pencil in Gold, **Sleek Makeup**
8. Golden Gloss Shimmering Lip Gloss, **Yves Saint Laurent**
9. Liquid Minerals A Foundation Golden Glow, **Jane Iredale**
10. Shimmer gold mascara, **Golden Rose**




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Back in the Game

It was the year 1990 and Mani Ratnam's Anjali was the talk of the town. Wherever you went, people talked about the child prodigy and her acting prowess. In the years that followed, she continued to play endearing characters on screen and established herself as one of the most popular child artistes on screen. So intense was her popularity, that she is still known to everyone as **Baby Shamlee**. Today, she is all set to face the camera once again and has three upcoming projects that she is very excited about. In her usual bubbly and chirpy self, she talks to **Sumitra Sundaram** about her childhood days, schooling and her sudden disappearance from the silver screen, upcoming projects and more.

Anjali saw Shamlee portray the role of a special child to perfection and she went on to win the National Award for Best Child Artist. By mid 90s, Shamlee had her hands full with projects in all four South Indian languages and was juggling them with ease. She did close to 60 movies as a child which was a pretty big feat for a child at that time.



Photography Ajith Kumar



"I used to take a nap every day after lunch and the entire crew would just wait for me to wake up to start shooting again!"

I took a break because I wanted to concentrate in school." Studying and acting happened simultaneously for most part of her initial childhood till she decided to take a break from acting and concentrate full time in studying. "I basically did movies till 1999. After that, I sort of cut down partly because my school had very strict rules on modelling and doing movies and also partly because I wanted to concentrate on my studies and stay away from the limelight. Once school was over, I did my graduation in Visual Communication because that was something I was very interested in. By this time, I was far from movies, so I decided to pursue my masters too because I wanted to do something behind the camera."

"*Oy* happened when I was considering doing masters."

Once she finished her graduation, the interest in film making really piqued Shamlee and that is when she decided to pursue the course somewhere abroad. "Visual Communication really got me interested in filmmaking and film



PHOTOSHOOT DIARY WITH AJITH

Ajith has always been supportive of my career choices and when we decided to do a photo shoot for me, he helped me in every way possible. He even helped me in choosing the clothes, accessories and the pose. The perfectionist that he is, he didn't mind waiting to get the perfect shot.

studies and I started applying to colleges outside the country. This is the time I got an offer to do *Oy*, a Telugu movie with Siddharth. I decided to give it a shot because I wanted to weigh on my options. While shooting for the film, my admission from Singapore came through and I flew there to study. I was there for 3 years and it felt like second home to me."

"Facing the camera for *Oy* was scary."

As a child artist, it was very evident that Shamlee was a natural in front of the camera. Judging by the way she continued to act continuously, it did look like the camera was her best friend. "It was nerve racking to be in front of the camera for *Oy*. I was very scared to face the camera after my tryst as a child artist. I wasn't prepared at all at that point in time because I was still considering other career options. Now, it is different because I am more planned and know exactly what I want to do."

"I have watched *Anjali* at different stages of my life and felt overwhelmed each time."

Shamlee was one and a half year old when she filmed for Anjali and 2 years old when the movie came out. Too little to actually remember filming, she gets nostalgic about her very first film. "I have vague memories of filming for the movie. I was never allowed to comb my hair and it always used to be a mess because that's what the look was supposed to be. I used to roam around in a white frock and put my feet in the shoes of the other kids. Mani Ratnam met me at a party recently and told me that apparently I used to take a nap every day after lunch and the entire crew would just wait for me to wake up to start shooting again! I also remember watching footages of a real child suffering from a mental disorder that Mani sir wanted me to watch to help me with my role.

People have been talking about the movie and my role till today so the memories haven't faded away."

People have been talking about the movie and my role till today so the memories haven't faded away.

"Working with animals came easily to me."

Durga was another popular movie for Shamlee where she played a double role.

Her role warranted her to act with a few animals too. "I don't know if I can call myself an animal lover but I was certainly very comfortable working with them in the movie. I loved working with the elephant and was very close to him throughout the shoot. But I wasn't comfortable with the monkeys because they are so unpredictable and used to create havoc on the sets. In fact one of them tried to bite me too so I wasn't too keen on them being around."

"Wanting to become an actress after my education was not something that came naturally to me."

As sensational as she was as a child star, she surprised everyone by taking a decision to continue her education rather than make a career out of acting. "I had been getting offers to do title roles ever since 9th standard.
But I could never take it up because school didn't allow it and I didn't want to get into movies halfway through my college because then completing my graduation would have been difficult. So the whole idea just kept drifting away from me until recently when I decided that I ought to give it a try again."

The sibling connect

Shamlee is the youngest of three kids in her family and is the most pampered one too. By the time she started acting, Shalini had almost stopped acting. Elder brother Richard is also an actor in Tamil and Telugu movies.
"The three of us were in a Telugu movie *Jagadeka Veerudu Athiloka Sundari* which was a huge hit then. My brother and sister are so much older to me that I was never in their scheme of things. I either have been bullied to no end or protected. My sister and I have been pretty close always and she is always there for me whenever I need advice or just want to talk to her about random things. That connect has passed on to my niece too and she treats me more like a sister than her aunt which is how both Shalini and I prefer it to be. We spend a lot of time together travelling within and outside the country. As child artists, Shalini and I never exchanged notes on movies because by the time she was slowly fading out of the movie scene, I was entering it. At home, we are very different people and if I don't like some movie of hers, I tell her that. In fact, I think *Alaipayuthey* is her best movie ever."

Upcoming projects

After a hiatus, Shamlee is now all set to be back on the silver screen. She has three projects in the pipeline and is all excited. "My first Tamil movie is *Veera Sivaji*, I am starring with Vikram Prabhu and the film is set in Pondy. I play a girl from the current generation so I could relate to the character very much and the story is a romantic comedy. It is directed by Ganesh who did *Thagararu* earlier. My second movie is with Dhanush who is playing a dual role in the film and it is being directed by Dorai Senthilkumar who directed *Ethir Neechal* and *Kaaki Sattai*.
My third film is in Malayalam with Kunchacko Boban and is being directed by a debutante Rishi. Incidentally, Shalini also made her debut in Malayalam with him."

Shamlee is a multi-faceted person. Apart from acting, she does contemporary dance, paints and plays the drums!

As a child artist, she juggled multiple movies in multiple languages but she says it is difficult to do three movies at the same time now. "One movie is based in Pondy, one in Pollachi and the other one in Palakkad.
As a child, you are carried around everywhere and you just have to perform when the time comes but now that is not the case. Especially when all three movies converge at the same point, it gets a little tough to manage.
This time when I faced the camera, it felt new. There is a certain amount of familiarity in terms of the processes but everything else is different and I feel like a beginner."

"I am a total foodie!"

"I used to think I was obese at one point of time in my childhood!
I am a total foodie by nature and love eating, but I also like working out which has worked in my favour.
There are a lot of times when on my way home from the gym, I pick up a cupcake and enjoy it because I know I would be back at the gym the next day burning it off. I don't follow any particular diet regime mainly because I know I wouldn't be able to resist the temptation.
I love chocolates, so instead of excluding them once and for all and then bingeing on it, I eat a little every once in a while. It helps me satiate my cravings and also doesn't send me on a guilt trip."

"I consider myself to be very friendly but I don't reveal much about me to everyone I meet."

"I don't know anyone in the industry since I am very new. All my friends are in different parts of the world so I am just content with the one or two that are here. I consider myself to be very friendly but I don't reveal much about me to everyone I meet.
In my free time, I catch up on movies with my friends or go to parties.
But mostly, I just drive around the city with them in the car because I love driving and it gives me that adrenaline

As child artists, Shalini and I never exchanged notes on movies because by the time she was slowly fading out of the movie scene, I was entering it. At home, we are very different people and if I didn't like some movie of hers, I told her that. In fact, I think *Alaipayuthey* is her best movie ever."

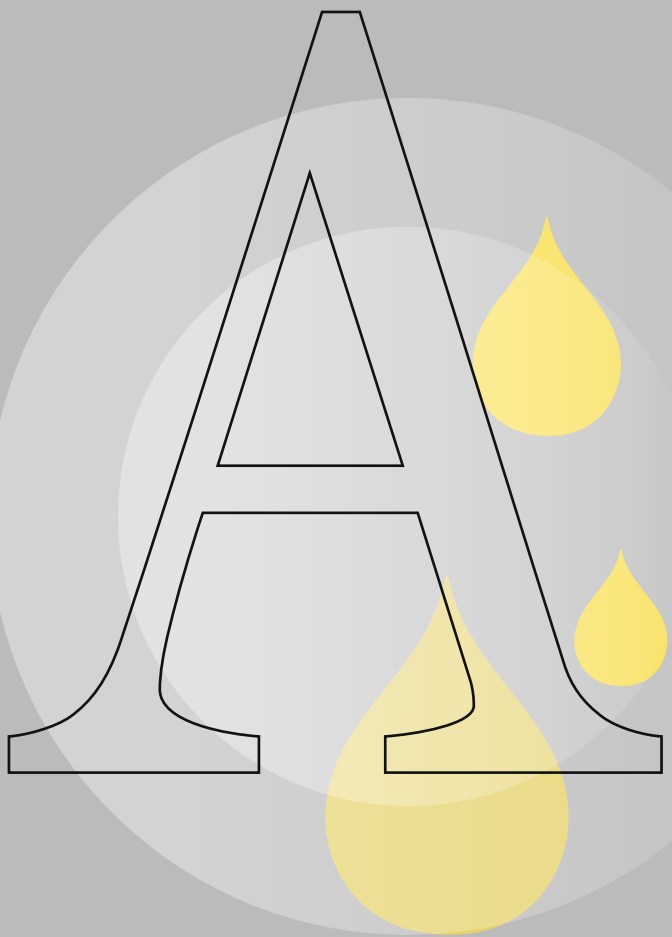


"I have signed a lot of autographs but never enjoyed doing that. I always shy away from attention. Even now, I don't like to be recognised."

kick. We pretty much eat inside the car and have our chats inside the car too! I love adventure activities and have tried a couple of things when I was away from the country and since there is not much scope for that here, I just have fun whichever way I can."

THAT 'SINK'ING FEELING

Basins have moved on from being just a space to wash hands to a quintessential piece of home decor. When it comes to basins, one size doesn't fit all purposes. This is exactly why choosing an amazing basin is of utmost importance. By **Sumitra Sundaram**



A basin is one of the most used fixtures in your bathroom, so functionality and quality are important considerations. Whether you are looking for a practical and family friendly piece or an innovatively designed one, think about where your basin will go – above the counter, recessed into the vanity counter, wall-mounted, under the counter as a bench top or something more. Apart from these, there is a range of stylish washbowls and basins with integrated worktops if you want a bathroom sink with an enhanced sense of style.

The first essential step to choosing a basin is to decide who will be using it. Remember that home decor is not just for you, it is also for the adults and children in your house or the occasional guest who also needs to be kept in mind when choosing articles for home decor.

The second step is to keep the size of the house in mind. This is important when considering how many basins you need, what shape and material. You can experiment with the sizes and shapes if you have the need for many basins. But if the need is minimal, it is better to stick with one or two shapes because as far as home decor is concerned, less is always more.

The third and final step is to decide what you need. Are you someone who prefers soft-edged basins with ornate taps? Or perhaps you are someone who prefers a minimalist yet contemporary looking basin. You may also be an eccentric someone who likes having a different basin at different corners of the house.



PEDESTAL BASIN

The pedestal basin is the most common basin in India and is found in most houses and hotels. Unlike abroad, almost all of our waste pipes go through the floor and cannot be changed. If your basin preference is a simple wall-mounted basin, then this is the best option you have.
The pedestal is an extra stand that sits between the underside of the basin and the floor concealing all the pipes in between. It looks aesthetically pleasing while adding a very classical vibe to the room.

Minus: There is no storage space or bench space around or under the basin. Also, it is a little tricky to clean since there is a gap between the wall and the back of the pedestal.

TOP-MOUNT BASIN

This is one of the most commonly used basins around the world. Also known as 'drop in sink', this sink sits on top of a table or counter providing ample space to keep bathroom essentials or a vase of flowers, for that extra glamour.
Most of the basin sits below the bench top and just the rim of the sink is visible outside. Some top-mount basins come with a counter fixture right under it, which not only conceals the pipes but also acts as shelves for your sanitary products.

Minus: Since the rim of the basin extends above the counter and is not in the same level, it is difficult to wipe away the water and spills straight from the bench to the basin.



UNDER-MOUNT BASIN



If there is a top-mount basin, there has to be an under-mount basin. There is not much of a difference between the two. This basin sits on the bench top too but the rim does not extend above it. The entire sink is hidden from view except the tap, which makes it easier to clean the dirt and just swipe it down to the sink. This basin creates a very neat and seamless look as less of the actual basin is visible.

Minus: These basins do not seal well against moisture. If your countertop is not solid enough, the moisture seeps in and rots the basin from inside.



More and more homes these days are turning to wall-mounted basins for their bathrooms as it looks classy. It looks streamlined and gives a minimalist feeling to the room. Since it does not have any cabinets below, it saves space and also leaves more visible floor area making it easy to clean and make the room feel bigger, thus making them the best choice for small spaces.

Minus: There is no storage space and all the pipes and plumbing work must be positioned in the wall to get that clean look.

WALL-MOUNT BASIN



SEMI-RECESSED BASIN

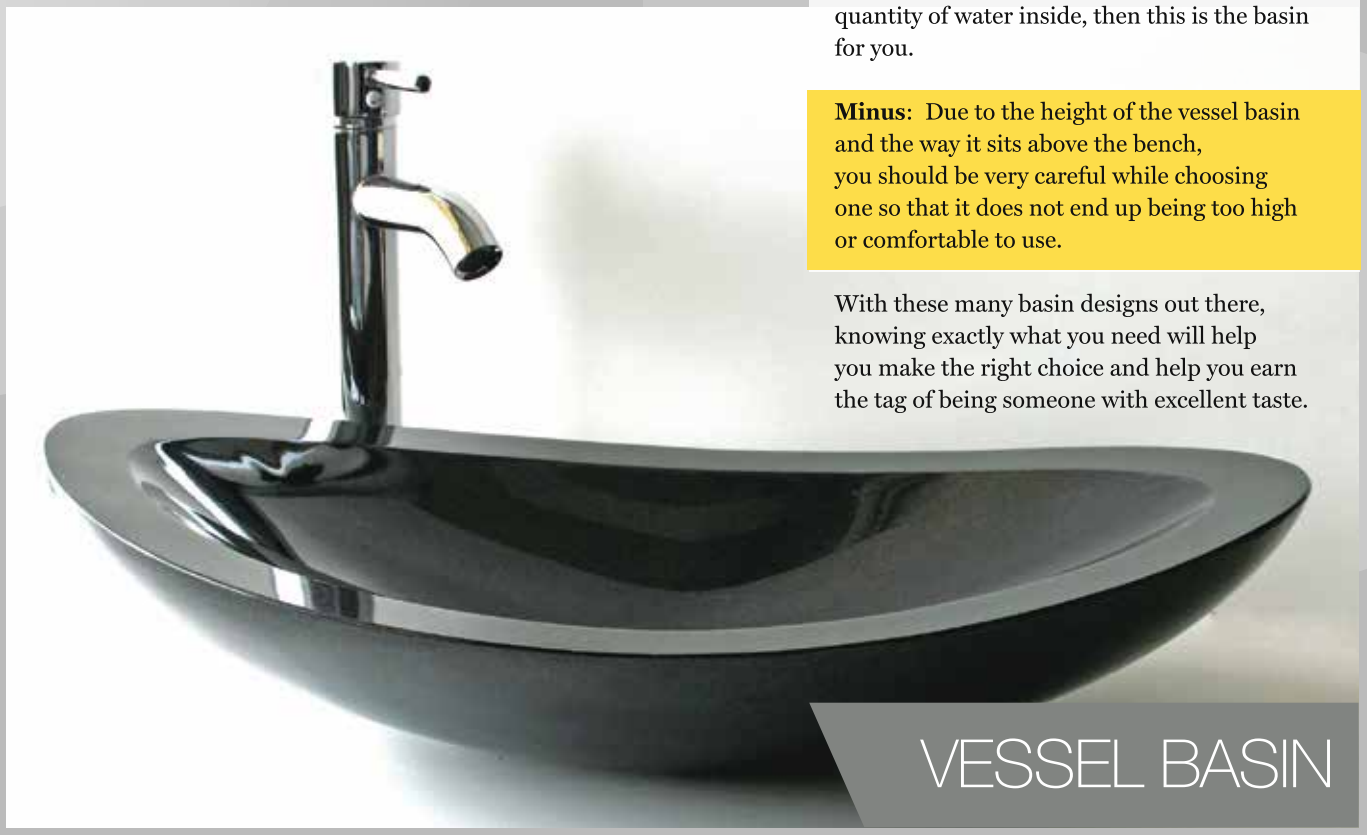
This is a mix of the top-mount and under-mount basin and specifically for those who cannot decide between the two. If your bathroom has limited space but you would still like some vanity cabinets below your basin for storage, then this is the basin for you. This basin sits on a bench top allowing you to have shallow cabinets for your needs. This is also a good option for young children and people with limited mobility because they can get really close to the top without any obstructions.

Minus: There isn't any bench top around the front of the basin to catch splashes of water and thus, floor spills are common especially if there are children around.

This basin sits completely on the bench top with nothing concealed under the sink. These basins are a great way to demand attention because they almost scream at you to look at them and their beauty. If you are someone who likes a deep basin that can hold a large quantity of water inside, then this is the basin for you.

Minus: Due to the height of the vessel basin and the way it sits above the bench, you should be very careful while choosing one so that it does not end up being too high or comfortable to use.

With these many basin designs out there, knowing exactly what you need will help you make the right choice and help you earn the tag of being someone with excellent taste.



VESSEL BASIN

GO NEON

Brighten up your home this season with a bunch of these neon elements!
If you are someone who loves flashy colours, now is the time to show it off.
These pieces of home decor are vibrant and inviting without being tacky. Go Neon!



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Diwali Dollops

Diwali is the one time of the year that everything feels just right. It is also the time for sinful temptations and satiating that sweet tooth of ours. Here is a collection of ultimate Diwali recipes straight from our grandmother's kitchen. For those who are always in a hurry, there are some quick fixes too!

Recipes by: **Nandita Iyer,** nutrition expert, food writer and owner of food blog Saffron Trail

Beetroot Halwa

Much like its counterpart Gajar Halwa, this is a healthier option that also has a striking appearance.



Ingredients

1 tsp ghee
3 cups bottle gourd, grated
1 beetroot, grated
1 cup whole milk
½ cup sugar
100 gm khoya (solidified milk)
A pinch freshly grated nutmeg

Method

- In a pan, add a tsp of ghee. Add in the grated bottle gourd and beetroot. Saute for 2-3 minutes.
- Add sugar and milk to the mixture. Boil them together for around 10 minutes until the mixture is soft and cooked.
- Add in the khoya, grated nutmeg and keep stirring vigorously until all the milk has evaporated. This will take at least 15 minutes. The fudge will be a pale pink colour and will start forming into a ball around the sides of the pan. Take it off the flame.
- Remove mixture and place into a deep dish. Flatten well with spatula. Once it has cooled a bit, chill it in the refrigerator for 30 minutes. Remove and cut into desired shapes.

South Indian Mixture

No Diwali is complete without bingeing on this homemade mixture. This can be stored in an air tight container for many days.

Ingredients



1 ½ cup omapodi
1 ½ cup kara boondi
¼ cup peanuts
¼ cup fried gram dal
12 – 15 cashew nuts
½ cup aval (flattened rice)
2 sprigs curry leaves
½ tsp salt
1 tsp red chilli powder
½ tsp sugar
3 tbsp ghee



For omapodi

1 cup gram four
½ cup rice flour
1 tbsp butter
2 – 3 tbsp oil
1/8 cup omam (caraway seeds)
As needed, salt
Oil, for deep frying

For Kara Boondi

1 cup gram flour
½ cup rice flour
1 pinch cooking soda
As needed, salt
2 tsp, pepper powder
Oil, for deep frying

Method

- For the omapodi, dry roast omam, just till warm and powder it in the mixer. Then add 1/4 cup water and grind again.
Filter this and keep aside.
Sieve gram flour and rice flour together and add salt, butter, hot oil and the omam extract and mix well.
- Add water as needed and mix well to form a sticky dough.
- Press through the omapodi/idiyappam press in heated oil. Form a circle in the oil and make sure you don't overlap.
- Turn carefully immediately and cook till the bubbles cease.
- Drain in paper towel and repeat the process for rest of the dough.
- For kara boondi, mix gram flour, rice flour, cooking soda, salt and add water gradually to make a batter.
- Heat oil in kadai. Pass through one ladle of batter over the ladle with holes holding it just above the oil and spread it.
- Wipe the ladle. Fry, constant turning to ensure even cooking and drain once the bubbles ceases or until golden colour.
- Repeat the process to finish the remaining batter.
- For mixture, heat ghee or oil in a pan and fry broken cashews first. Then fry the peanuts and fried gram dal. Fry everything in medium flame with constant stirring. Peanuts should be fried until they pop.
- Add curry leaves along. Fry the aval next.

Transfer all the fried items to a mixing bowl and add salt, red chilli powder and asafoetida to it. Toss the mixture carefully.

- Add kara boondi and broken omapodi and toss gently.

When cooled down completely, add sugar and mix well. Transfer to airtight container.



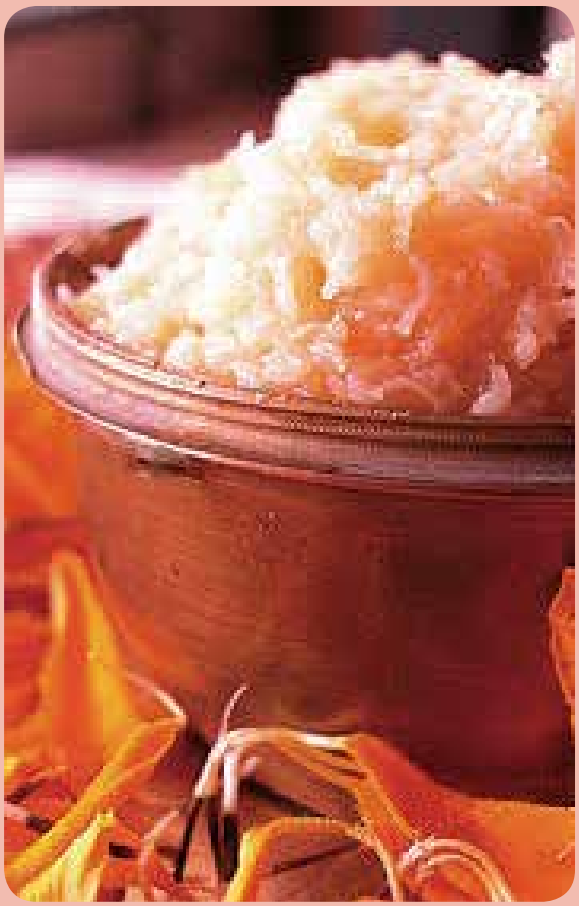
Chocolate Burfi

Easy to make and a little different from the usual burfi versions, this is usually a big hit among kids too

Ingredients
500 ml milk
1 cup sugar
4 tbsp ghee
1 tbsp semolina
2 tbsp cocoa powder + 4 tbsp warm milk

Method
- Line a deep dish or a baking tray with a parchment paper and keep aside.
- In a heavy bottomed pan, add the milk, sugar, ghee and semolina. Bring to boil on a high flame with constant monitoring and stirring.
- Once it comes to the boil, reduce flame and allow simmering with reasonably constant stirring to make sure the milk does not burn or catch at the bottom of the pan, or doesn't boil over.
- After stirring and simmering for around 20 minutes, the milk will turn much thicker, roughly the consistency of dosa / pancake batter. Infused cocoa powder in warm milk and whisk it in and pour in the condensed milk while constantly stirring.
- In another 5-8 minutes (continue stirring); the mixture will turn much thicker leaving the sides of the pan. At this point switch off flame, because it will continue to thicken in the residual heat.
- Pour the mixture over the greased parchment, taking care to spread over a smaller area if you want thicker pieces.
- Let this cool for 15 minutes after which you can cut into squares / rectangular bars.
- Store in airtight container and consume within 3-4 days.





Teratti Pāal

One of the easiest and uncomplicated sweet delicacies, it is a hot favourite among the old and the young alike.

Ingredients
1.5 litre milk
1 cup sugar
1 tsp ghee

Method
- Pour the milk into a clean wok or kadai. Bring it to the boil and then keep the flame on minimum. Let the milk simmer for around 25-30 minutes.
- Keep stirring on and off so that as the milk thickens, it does not stick to the bottom.
- After around 25 minutes, the milk will thicken into a thread like consistency. At this point add the sugar and keep stirring. It will take another 15 minutes or so, until the sugar and milk have turned into a semi solid consistency with no liquid floating around.
- Turn off the flame. Mix in a tsp of ghee and remove and transfer to a bowl.

Okkarai

A traditional dish from the Tamil household kitchens, this delicacy is long forgotten these days but is getting back its recognition due to its taste.

Ingredients

1 cup chana dal
1 cup jaggery
5 – 6 cardamoms
½ cup coconut, grated
2 tbsp gingelly oil
10 – 12 cashews, halved
2 tbsp ghee
Handful, raisins







Method

- Dry roast the chana dal till golden brown and aromatic. This will take about 7-8 minutes on medium heat.
- Dry roast the coconut flakes till golden and aromatic. This will take around 5 minutes on low flame. Keep aside.
- Remove the cardamom skin, grind the seeds along with a tsp of coarsely granulated sugar in a mortar and pestle till you get a fairly fine powder. Keep aside.
- Heat 1-2 tbsp ghee and fry cashews and raisins till golden. Keep aside.
- Grind the soaked chana dal to a fine paste, adding as little water as possible, to get a fairly thick doughy paste.
- Add 3 cups of water in a big pressure cooker (5L+). Make loose dumplings of the ground dal and place in a deep, big vessel that fits in the cooker. Close the lid of the cooker and steam for 20-25 minutes on medium flame. Let it cool.
- Crumble the dumplings with your hands.
- In a large wok, hear 2-3 tbsp of gingelly oil and fry the crumbled mix on a low flame for 5-7 minutes. Keep aside.
- For vella paagu, pour 1/2 cup water in a heavy bottom pan.
- Add 1 cup of crushed jaggery to this and let it melt on a high flame, with constant stirring.
- Once the jaggery melts thoroughly, lower the flame and keep stirring till it gets a deep colour and starts to thicken.
- Turn off the flame and remove the wok from the stove and start adding the ready dal crumble in batches, giving it a good mix to coat evenly.

Once the crumble is all evenly mixed with the jaggery paagu, it will be soft, sweet and not sticky, but like perfectly cooked basmati rice - fluffy, dry and separate.

- To this, add the roasted coconut, cardamom powder and fried cashews and raisins and mix gently





No Ordinary Feast!

"Too many cooks spoil the broth," they say, but the culinary panel at Crowne Plaza has just proved us wrong. In-house restaurant Cappucino featured a special menu designed by talented and award-winning chefs from the hotel's Culinary Ambassadors' group. From Vikas Khanna's mouthwatering desserts to Sam Leong's yummy Thai Grilled Lamb, the food fest was every foodie's dream.

A sip of the lemongrass juice and a bite of the scarlet red beetroot salad brought global tastes on to the platter. Savouring the taste of multi cuisines was a reality at this food gala. The panel of chefs brought together their kitchen secrets to pamper the food lovers' taste buds. Each dish represents the delightful culinary journeys of the chefs.

SALT ROASTED BEETROOT SALAD BY THEO RANDALL

Chef Theo Randall needs no introduction. The Michelin star chef's recipes are internationally famous for bringing the best of Italian food to your platter.
His recipes were inspired from his childhood holidays in Italy.
Salt Roasted Beetroot salad was one of the best one could ever savour on this menu.
Tossed with a pinch of beetroot salt and dressed with cabernet vinaigrette, the dish was a perfect symphony of flavours. With nutritional valueup in its ingredients, the salad was served with a dollop of sheep's milk curd.
The dish was a perfect blend of saltiness and tanginess.

PAN SEARED CHICKEN TIKKA MIRZA HASNU BY VIKAS KHANNA

Our very own Vikas Khanna dished out the perfect chicken dish with a touch of Indian spices. The award-winning New York chef is known for his traditional yet international cuisine inspired dishes. The menu had one of the tastiest chicken dishes in town which is a result of Vikas' experiments with global spices. Chicken cooked to perfection, with a tinge of French Mesculan greens and paired with lemon and garlic bread; the dish was beyond delicious.

GRILLED LAMB WITH THAI HOLY BASIL BY SAM LEONG

Thai cuisine is one of the most popular throughout the world. Thai recipes are a wonderful mix of Asian traditional spices and green herbs.
Trained by his father, Cantonese food expert Sam Leong carved a beautiful and traditional Thai dish for the food lovers. Lamb was grilled just right and was served with Thai Holy basil to add a dash of Thainess to the festival.

CHOCOLATE PUDDING BY DEAN BRETTSCHNEIDER

One of the most popular baker and patissière and an author of twelve cookbooks, Dean Brettschneider's chocolate pudding is to die for.
Nobody can go wrong with chocolate but Dean's pudding makes the dessert experience heavenly. Any food festival is incomplete without desserts and the menu had unique desserts designed by Dean and Vikas Khanna.

Advertorial



Thai ABSOLUTELY!









Absolute Thai is one of the newest fine dining destinations on the food map of the city. It offers authentic Thai cuisine in a setting that takes one to the midst of Thailand. This new restaurant ticks all the right blocks. Known for its aromas and heady use of spices, Thai cuisine has found a strong foothold in terms of a customer base in the country. Not wanting to leave Chennai behind in this development, the idea for Absolute Thai came up in the minds of three young men, who run the restaurant today.

Located on the very posh Cenotaph Road, one can immediately guess the kind of clientele that this restaurant targets at. The interiors have been very well thought out with the walls covered in the Thai alphabets. The seating area is spacious and there is plenty of room to walk around and take in the ambience while you taste the food. The table mats double up as their menus and for all those first-timers; there is a pictorial representation of most of their signature items as well as English translations. The lighting is just adequate and reminds you of the ultimate reason for the chaotic lives we lead – eating in peace.

With its delicate balance of flavours and strong emphasis on taste, Thai cuisine not only tickles your taste buds, but also pleases your palate. Absolute Thai has been launched for just that. To give whoever walks in at the door, a pleasing and wholesome dining experience.

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foodies Kitchen

absolute thai

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FOR THE LOVE OF KUCHIPUDI

Born in Madras, an 8-year-old girl with a thirst for dance, curiously followed Kuchipudi. Now, after two decades, she is one of the most popular Kuchipudi dancers in the country. A disciple of Kuchipudi legend, Vempati Chinna Satyam Garu, **Sandhya Raju** travelled across boundaries to keep the art alive. In a chat with **Deepa Kalukuri,** she gives an insight into her tryst with the centuries old dance form. Sandhya proves dance lies in the soul of a performer.

Married into the business family of the Rajus, Sandhya has taken a path of her own with Nishrinkala, a Kuchipudi academy in Hyderabad which imparts this classical dance form.

Tell us about the beginning of your journey towards being a Kuchipudi dancer?

I remember I was 8-years-old and I was on a family holiday in Bangalore. My family took me along for Vempati Chinna Satyam Garu's performance. That performance changed my life. It was better than Disneyland. I knew then that Kuchipudi is what I would like to pursue.
Master Garu's academy was just down the lane from my Chennai house and my mother would take me to the classes. I was 9-years-old and he insisted I come back after a year as I was too young. For the whole year, I would just sit down and watch beautiful dance moves.
Kishore Mosalikanti was another master who taught me my second step.
He was a junior dancer at Vempati Garu's academy then. I just can't thank them enough, it has changed my life.

Being a Chennai girl why did you choose Kuchipudi over Bharatnatyam?

I am a Telugu girl who was settled in Chennai. My inclination towards Kuchipudi was obvious and Master Garu's act was enough to fuel my love for the art. I have never tried learning any other form of dance apart from Kuchipudi.

How different is the art culture in Hyderabad from Chennai?

I was born and brought up in Chennai and I moved to Hyderabad after I got married.
I was in for a surprise as I thought it would be easier to make a career in Kuchipudi in the state where it belongs to.
However, I realised the art scene in Chennai is a lot more active with all the sabhas and kutcheris.
One would think since Kuchipudi is from Andhra it would have been much easier to perform, but it's not.

Has the scenario changed in Hyderabad now?

Yes, definitely! Over the years it has changed a lot. Now art lovers have a lot more options to learn from many dance schools and the love for the art has been on the rise.

Which has been your most memorable performance till date?

In my 12th grade we went for a world tour and Master Garu's Gopika Krishna was his final ballad. I was not a great dancer but I was passionate. I wasn't one of the best students but he required a Krishna for the ballad. He chose me and it was an honour to be the chosen one. I watched dozens of black and white videos of him to perform better. I had to train myself and that performance was the turning point of my career.

When did you perform your Rangapravesam?

When I turned 17, I left Master Garu's academy and joined Kishore Mosalikanti Garu.
Two years after being trained by him, I performed my rangapravesam (arengetram/debut-on stage).
That's when I started performing as a solo performer. I learnt the honesty and loyalty towards the dance from Vempati Garu and Kishore Garu taught me how to train myself better.

Has our generation failed in worshipping the art?

I believe internet and technology has helped spreading the love for art globally. People are now a lot more passionate about learning Kuchipudi than ever before. I don't believe that art is dying. It should be enhanced with time and I guess art lovers are doing a great job.

Have you never been interested in acting?

I love being on stage and I have a passion for acting too. I am doing an independent film which is based on the life of a dancer and it's about to be released soon. I do keep the actor in me alive as I take part in theatre shows with different theatre groups. If I do get an offer to do a movie, I would definitely love to give it a try.

Any plans of performing at the Chennai music festival this December?

No, not this year. I don't have a troupe as such and two of my students from Nishrinkala are performing their rangapravesam soon. I am busy with their training but will definitely perform in Chennai soon.



IT'S ALL ABOUT THE SKIN!

Of all the things we need to take care in our body, the skin is one of the most important ones and ironically, it is also the one that gets abused the most. By **Sumitra Sundaram**

Dr. Maya Vedamurthy is one of the most popular cosmetologists/ dermatologists in Chennai whose experience with skin related issues and solutions led her to open the RSV Skin and Laser Centre. Born in a village called Ayanambakkam in Tamil Nadu, she realised her passion to be in the medical sciences from a very early age. Headstrong by nature, she knew what she wanted to do her specialisation in and did it with panache. After the completion of her dermatology training, she chose to specialize in aesthetic medicine for which she travelled to all parts of the world and spent time in mastering her dream specialty.

HYPER PIGMENTATION

"The skin is your body's largest organ. It covers and protects your body. It holds the fluids in, prevents dehydration, acts as a shield from harmful chemicals and prevents infections. There is a lot more to skin than what you can just see with your eyes. People only start to take action when it is too late. The skin is the first one to show how old you are and thus should be given equal prominence but sadly that is not the case", she says.

Hyper pigmentation is one of the most worrisome skin conditions that are common among women. Darkening of the skin, in medical terms is hyper pigmentation. It can either be restricted to one part of the body like your face or be distributed throughout. There are numerous causes for this particular disease ranging from hormonal and medicine to specific conditions like a rash. Too much sun exposure is also an aggravating factor. Sensitivity to chemicals in hair dyes, cosmetics and fragrances could also lead to pigmentation.

WHERE SKIN CARE STARTS

Skin issues start for men and women alike around puberty and this is the time for extra care and precautions. But in most cases, using certain beauty products or eating certain kind of foods, aggravates the skin issues that are most likely to remain permanent scars. "People usually come to me from their teenage years and most of their problems have the same base – puberty, junk foods, cosmetics or allergies. But in the recent past, new-born babies are being brought to me by the mothers who are really conscious of their baby's skin the moment they are born! They exhibit concerns on some white or black patches that they found and come wondering if it is a birth mark or something more harmful."

"Thanks to incessant advertising on being fair and beautiful in this country, the effects have started showing on new mothers too. They even come to me if the baby's skin is a little tanned asking me if it will remain tanned or would change colour as time passes!" As much as skincare is important, it should not be done at the cost of your health and that is where the doctor's role comes to play."

CAUSES FOR SKIN ISSUES TODAY

People's lives have changed and how! Everything is fast paced, right from food to the mode of travel, from technology to processes, from basic living needs to luxury. In this fast paced lifestyle, people forget about themselves and only realise it when it is clearly too late. "Everything contributes to the health of skin today – lifestyle, weather, medicines, peer pressure, cosmetics and creams and probably more. But according to me, it is all this but the biggest of all of them is stress. We lead such stressful lives that it is no longer considered odd for a kid to come and tell his parents how stressed he is at school. What is worrisome is that they are expected to be stressed! People don't eat well, sleep well, don't exercise at all and all that shows on the skin. The skin is the mirror index of our health. So if we do not take care of our health, it indirectly shows on our skin."

> "People don't know how to use sun screens properly, choose a product properly and in fact don't even know how to bathe properly!They unnecessarily use loofahs, scrubs and stones to scrub their skinwhen it is really not needed. All it needs is a simple soap that is not perfumed or harsh and water. Simple things like this are often neglected and that leads to bigger issues."

Stress and emotions have a huge impact on our skin. The mind and skin are intimately intertwined and many skin disorders take their roots from the psyche. This new field is being called 'psychodermatology'. The simplest way to explain this is probably pimples. When someone is tense, the body releases stress hormones including something called cortisol which increases the oil production in the body, making someone prone to pimples.

Simple ways to take care of your skin at home:

- Always remember less is more
- Do not buy all the creams and cosmetics that are being advertised and use them on your skin. The effects of using creams in combined compositions are more deadly than you can imagine.
- Concentrate on diet – take less fat, more fiber, eat coloured food like a lot of fresh vegetables and less of white foods like rice and sugar.
- Cut down on alcohol
- Exercise everyday. Meditation, yoga or any form of exercise that suits you.
- Bathe twice daily.

Quick facts

The fine line between dermatology and skin care - Preventive health is skin care and care for skin diseases is dermatology. Dermatology includes skin care but not vice versa.

Can skin problems be genetic – Yes, just like any other organ in the body, skin can be affected by genetic diseases or acquired.

Dermatology and Cosmetology – In medical terms, cosmetology is called aesthetic dermatology. Cosmetology is a very superficial term and gives you a wrong notion of being just about beauty.

Symptoms of skin issues – Rashes, change in colour, itching flaking, general irritation and the need to keep washing the area are generally flags that your skin is going through a problem.

Doctor's take on Botox

If used properly, it is amazing and there is nothing wrong in it. It has been there for decades and it is not just used for beautification, but is also used in Neurology. Most people do not know the actual use of Botox and they just shun it because of lack of awareness and critical advertising.

FESTIVE FIT

Festivals in India change the dynamics of working out. Once busy gyms look like ghost towns and the fitness kits lay dormant and dusty under the bed as everyone indulges in sweets and delicacies of every kind. We'll show you how to avoid piling on the pounds, while indulging in all that sumptuous festive feast.
By **Sumitra Sundaram**





Diwali is round the corner, and so is Dussehra and before you know, it will be Christmas and it will be time for all the sweets, late nights, late mornings and holidays. The one thing that seldom features in anyone's agenda during festivals is keeping fit. This is a common issue with people who have worked hard to lose weight, only to succumb to the temptation. These simple workouts can be done in the pleasure of your home if you do not want to hit the gym.

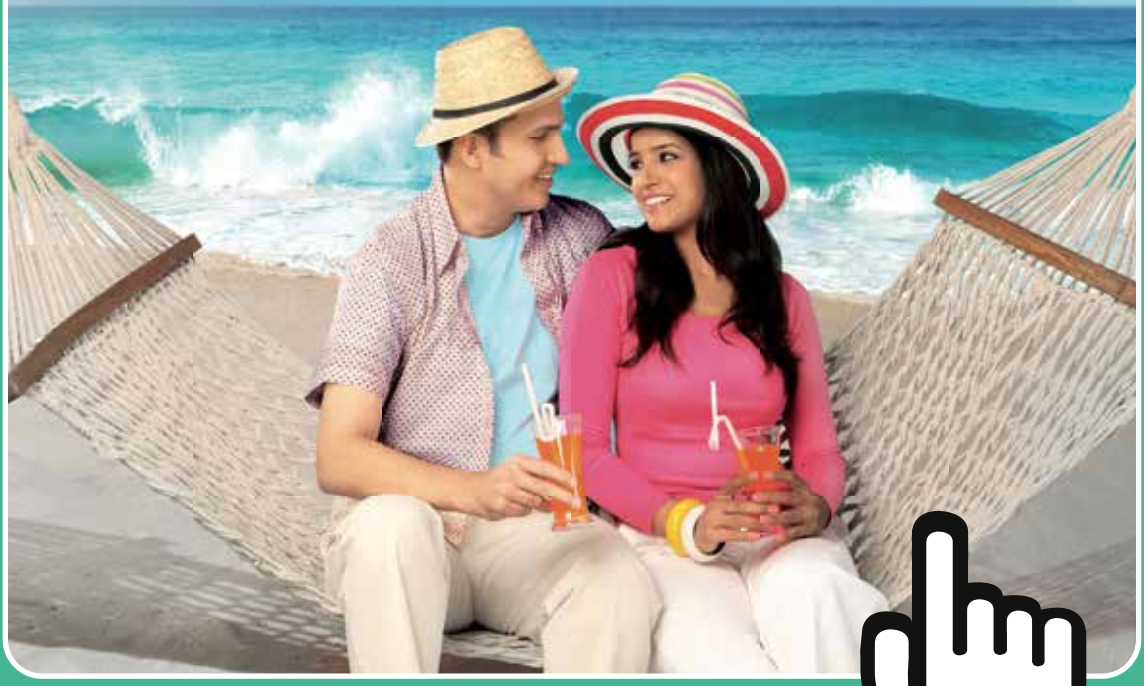
RUNNING

Running is perhaps one of the most underrated forms of exercises known to humanity. It is the easiest and the most fun too. Gather your friends or cousins around for an early morning session of running. You could indulge in competitions to see who runs the fastest. India has lovely weather in the mornings till 9 a.m in October, no matter which city you are in. End the run with resistance exercises like squats, push ups, dips and lunges.

ROPE JUMPING

Rope jumping might look extremely simple but is in fact hard and very effective to clock in the calorie burn when you are running short of time. Invest in a simple rope available across all sport stores and get cracking. You could start with 10 minutes and progress to 15 or 20 minutes, alternating between a slow and fast speed.

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BURPEES 3

Also known as squat thrusts, Burpees are one of the most effective equipment-free exercises that you can do at home. It works your entire body and gives your metabolism a great boost. It is also one of those exercises that everyone loves to hate but they offer so many health benefits that their popularity is spreading. A 20-25 minutes routine every day for a week before the D day helps a lot.

JUMPING JACKS 4

Used to be fun when we were kids but somehow the novelty wore off when we realised that they are a great way to lose weight too! Since we are also good at coming up with excuses, this is for those who are sceptical (read lazy to buy a rope) about rope jumping. Jumping jacks require you to use your whole body as well and in fact, should use up more of your energy as you're moving your arms up and down in quick motions too. As with everything else, start with 10 minutes on the first day and progress.

MOUNTAIN CLIMBING 5

Mountain climbing is another good one as it requires you to engage your arms, legs and core (don't worry, we are not asking you to go to an actual mountain). Make sure you move at a consistent pace which is neither too fast nor slow and don't drop those knees. This exercise will need some getting used to so start off with 10 at a time, then progress it to 20 with breaks in between.

Festivals should be a time for fun and celebrations and not for fear and anxiety about health. Before you take the high road and shun the festival season altogether, try these simple yet effective tips at home.But remember, put your heart to it!

Praylady*

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Cook Healthy! Eat Healthy!!

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Ask
Dr. Gita

DEPRESSION

The stresses of life can sometimes overwhelm us and till we find the strength to go on, we may go through short periods of depression. Unfortunately, for some women, these phases may stretch into weeks or even months. Persistent feelings of irritability, low self-esteem, lack of energy, and intense sadness may be signs of clinical depression.

Depression is a common medical problem that leads to disruption of daily life. It affects thoughts, feelings, behaviour, and physical health. Unfortunately, people around the affected person tend to dismiss it as over-dramatization, a weakness or a personality defect. It is important to remember that clinical depression is a major health problem and must be taken seriously. Major depression and chronic depression affect approximately twice as many women as men.

In women, depression may be triggered by certain life events associated with fluctuation of hormones. These could be pregnancy, birth of a baby (postpartum depression), infertility, loss of a baby, and menopause. Most women will have mood swings premenstrually (premenstrual syndrome or PMS) but some women have an extreme form called premenstrual dysphoric disorder (PMDD), which may cause severe depression.

Q I am 45 years old. I am a working woman and usually enjoy my work. My daughter just went abroad for her studies and for the past month I have been feeling extremely depressed. I cannot sleep, and even if I fall asleep for a short while, I wake up exhausted. I feel I am going mad. Please help.

The good news is that you have a specific and, more importantly, an understandable trigger for your depression. Sending your first child away for the first time, whether it is to college or to her husband's house after marriage, is an extreme life stress. If you talk to other parents who have been through a similar experience, you will realize that you are not alone in feeling this way.

You have spent 18 years or more of your life taking care of your daughter. She grew to be not only a daughter but has become your friend, confidant and travel companion. It is not surprising that you are now grieving for the loss of this closeness. I remember sending my son away to college- I cried for a whole year before he left! I thought it would be easier when two years later, I sent my daughter away to college. It was not. The pain and depression will affect us every time we send our children away.

The fact that you will be seeing you daughter during her holidays makes coping much easier. You should not fight the sadness but wait for it to pass. You will be surprised at how the pain dulls over time. Take up new activities and spend the free time that you have on stuff that excites you or inspires you. Talk to other mothers in this situation. In this age of connectivity, you will be able to Skype or FaceTime with your daughter and that will make it easier. However, do not squander the whole day waiting for the specific time that you can chat with her. Figuratively speaking, that will only make the cutting of the umbilical cord, all that harder.

Q It has been six months since my daughter broke up with her boyfriend. I am very worried about her. She pays no attention to the way she looks, she hardly sleeps and cries all the time. She has lost a lot of weight. For the past week she has been saying that life is not worth living. I don't know what to do.

Though the breakup with her boyfriend triggered the onset of depression in your daughter, the worrisome issue is that she has now progressed to chronic depression and is finding it hard to pull herself out of her state of unhappiness.

People with depression lose interest in things they used to enjoy. They feel intensely sad. They might slow down or act completely restless, not even



being able to sit still for a few minutes. They feel worthless or guilty. They may be unable to concentrate, think things through, or make decisions. They may become extremely forgetful. They may constantly sleep or not be able to sleep at all. They complain of lack of energy and feeling tired all the time. Depression can cause changes in appetite leading to a loss or gain in weight.

Depression may be mild, moderate, or severe (major). With mild depression, it may take extra effort to carry on normal work but the capacity to carry on is still there. With moderate depression, a person's usual activity starts getting affected and she may not be able to carry out all her normal work. With major depression, the affected person may not be able to do any of the daily tasks that need to be done. In severe cases, depression can lead to recurring thoughts of death or suicide or can lead to attempted suicide.

Regardless of the intensity of depression, suicidal feelings and attempts must be taken very seriously. It is important that you get professional help for your daughter right away.

Psychotherapy (counselling) alone helps about half the people with mild to moderate depression. Just being able to discuss her emotional problems with a professional counsellor can lead to mental healing for your daughter. If psychotherapy does not work, antidepressant medication may be prescribed to treat severe depression.

Antidepressants often are used to treat depression. Antidepressants work by changing the balance of chemicals in the brain. It is well known that an imbalance of certain chemicals in the brain may lead to depression. One of the commonly implicated chemicals is serotonin. Most antidepressants will restore the balance of serotonin in the brain. The majority of people who take them start to feel better after a few weeks.

Keep supporting your daughter in every way and she will come out of this bad phase soon.

More on digestive disorders in my next column.

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.)

CRUISING ALONG

From lush greenery, spectacular fauna to stunning edifices and fragrant vineyards, discover the treasure troves of the world through these seamless river cruises.

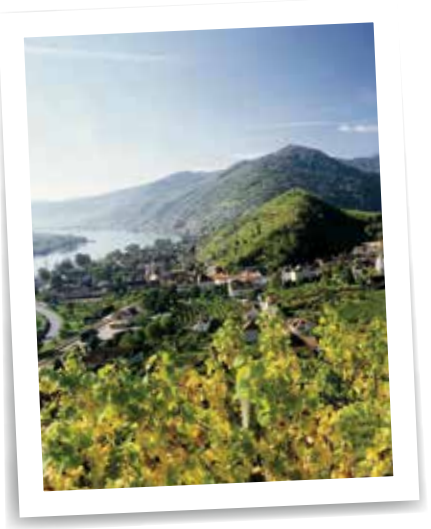


Cruising on a river is a serene experience devoid of the leaps and throws that you might encounter on an ocean cruise. If you want to discover a place in its minutest detail, there is no better way to do it than a river cruise. Traipsing through the wonders of the world through a river is suitable for all types of travelers - ones who like to revel in the presence of nature, ones who would kill for a rough adventure and even those who prefer to escape into a city and bask in its architectural allure. From the very wild Amazon to the picture-perfect Rhone, here are the world's most fascinating rivers to cruise in.



Danube

FOR THE ARCHITECTURE LOVER



If you have witnessed Europe by land, it is time to do it all over again, but this time through the beautiful Danube River. Along with Rhine, the Danube is considered one of the most preferred river cruises in Europe. The river seamlessly flows through Germany, Austria, Slovakia, Hungary, Romania and other countries, spanning over 2000 miles. The sights from the cruise would make for a picturesque holiday postcard – the stunning vistas of Europe, from Black Forest to Black Sea, the lovely Wachau Valley that is dotted with old churches, abbeys and castles, the great Danube bend where the river turns south as it approaches Budapest, the legendary Iron Gates Gorge past Belgrade andthe ornate parliament building of Budapest to mention a few. Most cruises run between Hungary and the German city of Nuremberg, touching Austria on its way. The cruise covers a cluster of medieval towns filled with Gothic and Renaissance architectural structures, like the Roman influenced Regensburg, Passau with its tapering streets and Italian buildings and Melk that is famous for its 900 year old Benedictine monastery. Most Danube cruises include a visit to the Hofburg Palace in Vienna as well as a glimpse of the Slovakian city of Bratislava. For a complete European experience through the Danube River, some cruises also come with the Amsterdam-Koblenz stretch that covers the wonderful Main-Danube canal.

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THE AMA WATERWAYS
has plenty of 7-night danube cruises between April and November

Rhine

FOR THE RIVER CRUISE BEGINNER

The Rhine cruise is an obvious choice for every traveler who wants to experience a river cruise for the first time; but every time is a first time, of fairytale castles, snow flecked Swiss Alps, derelict windmills and more. The Rhine takes you from the coast to the mountains (or the other way around), from Amsterdam to Basel, touching Germany and glimpses of France and the highly developed city of Strasbourg. The most theatrical views include the flatlands of Netherlands and the photograph-worthy windmills of the UNESCO listed Kinderdijk. The entire stretch, as a matter of fact, is scattered with UNESCO world heritage sites like the ancient castles around the German towns of Koblenz and Rüdesheim and Speyer's 11th century Romanesque cathedral. You can escape into Cologne, a German city flanked by the Rhine on both sides, for a visit to the famous Cologne Cathedral or unwind at one of the countless pubs to chug some beer. A trip through the Rhine is full of surprises as every point of the river plays host to the view of lovely mountains, vineyard terraces, historic riverside towns and gigantic cathedrals.





THE AMA WATERWAYS

7-night cruise between Amsterdam and Basel, touching Switzerland



You can escape into Cologne, a German city flanked by the Rhine on both sides, for a visit to the famous Cologne Cathedral or unwind at one of the countless pubs to chug some beer

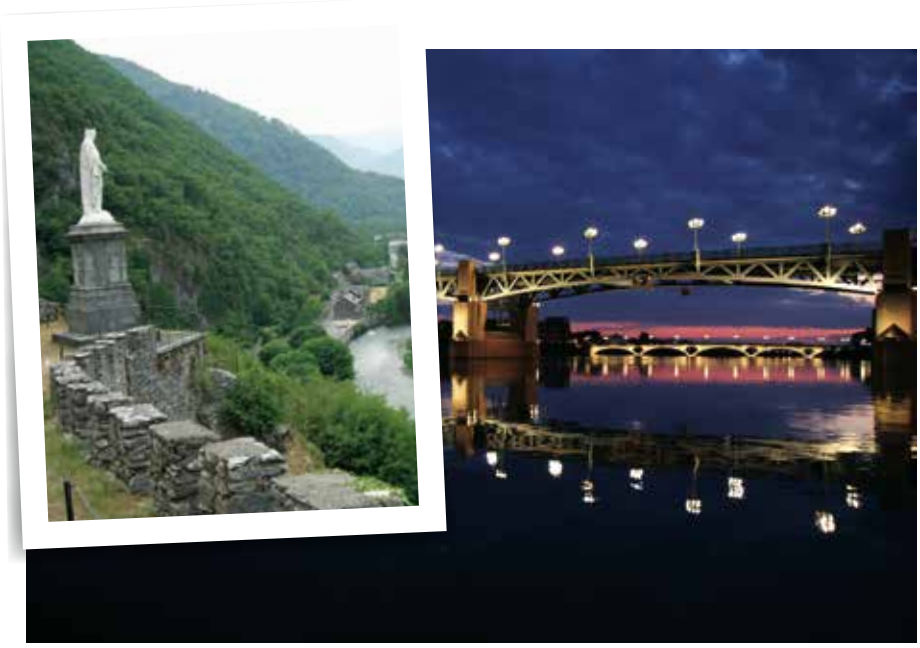




Garonne, Dordogne and Gironde

FOR THE OENOPHILE

Imagine sipping on some of world's finest wines while soaking in the scenic beauty of serene Southern French Rivers that cascade through the cities of Saint-Émilion, Pomerol, Sauternes, Médoc, Margaux and Bordeaux – the cruise along the rivers of Garonne and Dordogne offer best of both worlds to the discerning traveler. A short halt at Libourne on the Dordogne region paves way to the UNESCO protected town of Saint-Émilion that has archaic streets bearing wine caves carved beneath them. The views from the rivers include breathtaking mountains enveloped by sun kissed vineyards and châteaux. A visit to Blaye's 17th century citadel that sits atop a rock alongside the river is a must on this cruise. Most cruises in this region offer a short stint for vineyard tours and tastings along with dinner at a château.







The views from the rivers include breathtaking mountains enveloped by sun kissed vineyards and châteaux



BORDEAUX RIVER CRUISE

A 11-day Bordeaux cruise through Médoc and Cognac regions departs in July every year



Mekong

FOR THE SPIRITUALLY BOUND

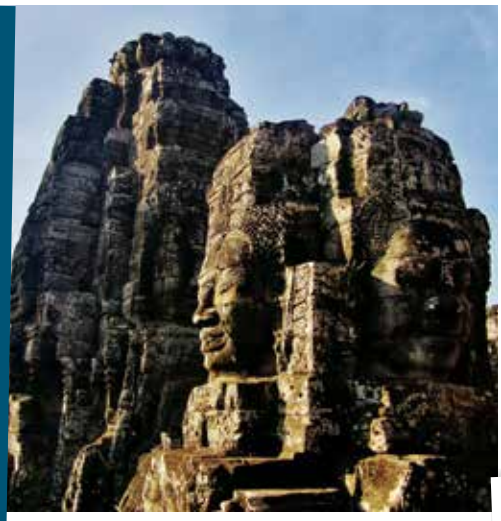
There is no better way to immerse in the Far Eastern Culture of Vietnam than by a long and winding journey through the Mekong River that is speckled with floating fish markets, ancient temples, thick jungles and colonial-style mansions. Almost all Mekong cruises travel between Siem Reap in Cambodia and Ho Chi Minh City, passing by the Tonle Sap lake, which transforms into an inland sea after a torrential downpour. The cruises come with short excursions to the famous Angkor Wat temple, the Cambodian capital of Phnom Penh which has a French-style riverfront and the Killing Fields where several Kymer Rogue victims died tragically.



UNIWORLD RIVER CRUISE

17 day cruise, including a 7-night cruise on River Orchid, 3-night stay in Siem Reap and halts at Ho Chi Minh city and Hanoi







The cruises come with short excursions to the famous Angkor Wat temple, the Cambodian capital of Phnom Penh which has a French-style riverfront and the Killing Fields where several Kymer Rogue victims died tragically



Rhône and Seine

FOR THE HOPELESS ROMANTIC

For connoisseurs of food and wine, a journey through the Rhône River is mandatory. You will need anywhere between a week and ten days to explore the bottom half of France, from Lyon, the gastronomic capital of France, to Roman ruins in Arles and the ancient Avignon that is home to the partial bridge. The neighbouring Roman aqueduct of Pont du Gard and Camargue Delta famous for its active bird life and white horses are also places worth a visit. Most Rhône cruises journey through the wine regions of Burgundy and Beaujolais where one can visit estates and indulge in wine tasting. The Seine runs from the heart of Paris to the sea at the medieval port of Hornfleur, where the bystander can get quaint views Paris, the city of love and the Channel estuary that flows through fields, small villages and châteaux. Art lovers shouldn't give the Gothic cathedral of Rouen a miss, for it was immortalized by artist Claude Monet. Between Paris and Rouen, there are plenty of places of historic interest like Auversur-Oise, a village that was once home to the legendary artist Van Gogh, Napoleon Bonaparte's Château de Malmaison and Giverny, the house of gardens where Monet painted his Water Lilies.







The Seine runs from the heart of Paris to the sea at the medieval port of Hornfleur, where the bystander can get quaint views Paris, the city of love and the Channel estuary that flows through fields, small villages and châteaux

VIKING RIVER CRUISE

7-day Bordeaux cruise including shore excursions between March and November





Amazon

FOR THE WILD AND FREE

If you are someone who likes to dazzle it up in the wild, with the birds and the bees, look nowhere beyond the boundless Amazon river. While at the river, you are present in the epitome of nature, with water lilies growing up to 6ft wide, neon coloured parakeets squawking in the background and monkeys conversing with each other in their green abode. If you are lucky, from the boat, you might even get a glimpse of pink dolphins swishing across the river. The river plays host to several exotic aquatic species including caiman, piraracu - one of the world's largest freshwater fish, piranhas and river turtles. The Amazon cruise is perfect for adventure lovers – piranha fishing and long jungle walks where you might spot a three-toed sloth are activities you must definitely indulge in. The sprawling Pacaya-Samiria National Reserve is one of the world's largest protected areas in Peru and the widely favoured activity here is skiff riding at sunrise. If you have a thirst for meeting new people and learning about their cultures, you can escape into one of the many villages to get to know the indigenous folks of Amazon. Most cruises begin at Iquitos, a Peruvian cosmopolitan city that is dotted with beautiful buildings; but the city cannot be reached by road. However, the Amazon is so vast in its expanse that smaller ships sail across the river and take you to Manaus, a big city where several cruises depart.





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7-Night cruise year around by
AQUA EXPEDITIONS

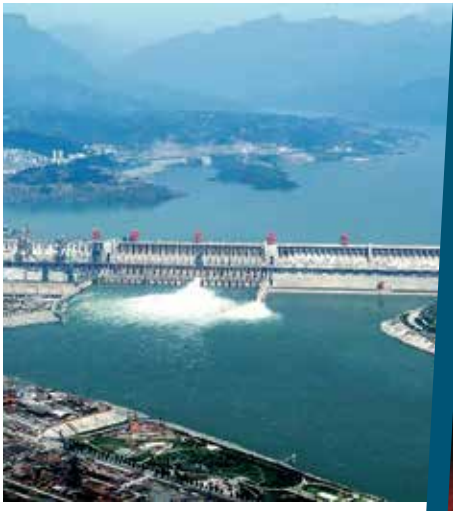




Yangtze

FOR THE HISTORY ENTHUSIASTS

A cruise on the Yangtze River through the breathtaking Three Gorges is probably the best way to see China. The eternal river covers the main Chinese cities of Shanghai, Nanjing, Chongging, Yangzhou and Yichang. The Three Gorges region spans across 150 miles and its dam is China's largest engineering project after the Great Wall. Smaller boats take you to the Lesser Three Gorges where you can get a sight of cloud-cloaked mountains and the hanging coffins of the Ba people. Apart from the century old pagodas on the river banks, a short trip to Snow Jade Cave – an underground labyrinth of caverns and the Chongqing Zoo famous for its pandas should definitely be on your itinerary.



THE VICTORIA CRUISE
Trips between March and November





The eternal river covers the main Chinese cities of Shanghai, Nanjing, Chongging, Yangzhou and Yichang. The Three Gorges region spans across 150 miles and its dam is China's largest engineering project after the Great Wall









Age Defying Love

Love and its rules never stay the same. Some love beyond geographical boundaries, some love and never meet, some love and don't express. But there is something special about couples who have a wide age gap between them, and such relationships have also always garnered limelight. **By Deepa Kalukuri**

How do you fall in love with pre-decided conditions? Some fall in love for the love of conversations, excitement and care. How did words like cougars, sugar daddy and toyboys come into the new generation's dictionaries? Many couples around the world have broken the rules and have proved age is just a number, especially when in love. We take a look at some rock solid special love stories and give you a sneak peek into what is in it for you if you love someone older or younger.

LOVE AT THE 6TH MINUTE

Love at first sight is debateable. However, some get attracted to older men or women in just 5 minutes of a conversation. When attraction to a person's wisdom is teamed with maturity, some do fall in love. What does it feel like to fall in love with someone who had seen life twice as much as you? Their experiences teach them the art of living. When you look for the partner who knows how to deal with relationships, it's not as bad as the taboo it seems like it is.

CROSSING THE BRIDGE

Relationships can only get as complicated as we let them be. With the right understanding and compatibility, relationships work irrespective of age and nationality. An older life partner brings in the right kind of maturity and experience to a relationship. There are dozens of reasons why and why not a relationship with a huge age gap may succeed or fail:

Understand that as much as you want to have a ball of a time at a club, your partner has been there done that decades before you.

- An older partner is bound to have had either a former partner or children. Accepting the fact that you are not the first one he/she has fallen in love with will help deal with the baggage.
- Your partner may have had the time of his/her life when they were younger. Dating someone who was young during the 80s is different from dating someone in 2015. Expecting your older lover to be a part of you crazy rave parties would be ridiculous unless the partner is up for it.
- The energy and tastes as you age change and some older partners may choose to have a quiet home night compared to your love for the disco balls. Understand that as much as you want to have a ball of a time at a club, your partner has been there done that decades before you.
- If you decide to marry your partner, understand that children are a huge point of agreement and disagreement.

If your partner has had children who have grown up, make sure you talk it out and agree to have a baby only when both of you are ready.

- If you are a woman and your partner is half your age, reproductive cycles will definitely be a cause of concern. Women's fertility decline by the age and menopause would restrict baby plans. Accept and decide on how you would like to solve the issue of having a baby. Science can help!
- The best part about being in a relationship with an older partner is that, they are sensitive about human feelings and the care factor is higher when compared to a lover our own age.
- Make sure your relationship is miles away from "Mid-life crisis".

TABOO IS IT? — Some celebrity couples have been slammed for being in a union for money and fame. However, many celebrity couples have trashed this myth. Michael Douglas and Catherine Zeta Jones have been married for 15 years even after their 25-year age gap. The couple have been through rumours of separation. They continue to be one of the most successful Hollywood marriages till date.

Fame, Love and Age

JENNIFER LOPEZ AND CASPER SMART—The couple has been dating for 5 years. Jennifer was 42-years-old when she started dating Casper who was just 24-years-old.

HARRISON FORD AND CALISTA FLOCKHART — The heart-throb has been with Calista for over a decade. Ford, 72 is 22 years older than Calista, 50.

JASON STATHAM AND ROSIE HUNTINGTON-WHITELEY The action star and his beautiful model girlfriend Rosie are going strong for over 6 years despite the 20 year age gap. Jason is 47 and Rosie is just 27 years old.

JOHNNY DEPP AND AMBER HEARD — The Pirates of Caribbean star dated and married a much younger Amber Heard in 2013. The couple are 23 years apart and no one's complaining and all is beautiful in their paradise.

DILIP KUMAR AND SAIRA BANU— The majestic legend was every woman's dream boy during the 50s and 60s. He broke a million hearts when he married Saira Banu who was 20 years younger. The successful union has lasted for a beautiful 49 years.



Naina's Secret

When she turned her head to admire the sunset, Naina realised she should have left home earlier. Night was falling fast; she still had to drive for another 90 minutes to reach her parents' home in Kothagiri. Usually, she left Coimbatore before noon so that she could reach well before sunset. But today, she'd been delayed by her cousin Anu who had dropped in without notice to grumble about her new in-laws! Naina was forced to lend her able ear and so, ended up leaving home only in the afternoon.

Although she could have put off her visit to the following weekend, she was keen on meeting her parents that very day; she had detected a different note in her father's voice when he had called her that morning.

Naina turned her mobile off after sending a text to her parents saying that she would be reaching later than usual. She did not want to call and tell them this because they would then persuade her to postpone her visit. She was 25, but they still considered her their baby and just allowing her to work living alone in Coimbatore was a big deal!

However, Naina now started having serious misgivings about her decision. Should she have cancelled for this weekend? But she knew her parents well and there was definitely something wrong. What could have happened to make her Dad sound so morose, she wondered for the n-th time. Had the worst happened to anyone they knew? She couldn't bear to think on those lines. She had been home a month ago and they had hosted a wonderful party for all their close friends and relatives. She had enjoyed herself a lot, happily hanging out with her childhood friend and soul mate Hamsa after many years – they even resembled each other with thick black waist-length hair, big, dark eyes and heart shaped face. They were known to be inseparable as kids.

Only in their late teens had their different career paths forced them to grow a bit apart though they remained emotionally connected.

Naina and Hamsa had giggled and chatted through the night, gossiping, discussing men... and what not. She's been surprised to notice Hamsa blushing about 'men



and matters' but could glean nothing more from her. Both girls respected each other's space, so Naina decided to wait until Hamsa was ready to share.

Driving on the hills at night was not Naina's forte and when the rain started to come down, she felt she was in big trouble. Half of her problem was sheer panic and half of it was the fact that it was a heavy downpour; she wanted to take a few minutes' break at some comfortable spot. It was off-peak season in the popular mountain range and the roads were lonely. She began to wish she had some company. Hmm..was it time to find herself a boyfriend? She could use a strong, comforting, male presence right now, she mused. She thought she saw some creature dart on to her path and she swerved, braking suddenly and sharply. The tyres slipped and slid; she screamed and fought to get the car back in control.
Stalling in the middle of the road, she was out of breath, tearful and frightened. The rain and dark enveloped her car and its headlights only made things appear more eerie. She began to pray; she didn't even think to take her mobile phone from her handbag.

In a few minutes, she mustered up enough courage to drive slowly ahead, wondering whether to just carry on or stop at the next sign of life to ask for help. She soon came upon a deserted bus stop. Driving slowly past it, she spied a lone figure standing in the bus shelter. On closer look Naina was taken aback, for the figure was Hamsa looking serene and gazing through the rain at her with her usual sweet smile in place. Naina beckoned to her, opened the passenger door and ushered her in. "What are YOU doing here and how are you not wet... or panic-stricken like I am?" Naina asked Hamsa, babbling in amazement. Hamsa merely shrugged and smiled.

Naina went on, "I was simply petrified driving in the dark and rain, praying for some company and even pushed to thinking of somehow landing a boyfriend! It's in these lonely times that one needs a man!" Naina chuckled and glanced at Hamsa for response. Hamsa had a rather wistful smile on herface.

Naina became concerned. "What's wrong? And by the way, what on earth are you doing here alone?"

"Just here for you." replied Hamsa and though she caught Naina's surprised look, she merely gestured ahead indicating a big rut on the road that Naina should avoid.

"I am just so relieved you're here, Hamsa. I was so scared to be driving further by myself today." Hamsa just smiled, sighed and leaned back in her seat, looking out at the dark slopes. Naina too sighed in relief, and concentrated on the road as they continued their journey in a companionable silence.

Hamsa's house was on a street just a few hundred metres ahead of Naina's parents' home. Once they reached it, Hamsa held out her hand for Naina to halt the car.

"C'mon, it's dark and the road is still wet, let me drop you at the door," said Naina to her friend, but Hamsa shook her head and opened the car door,

"Hamsa!" Naina exclaimed as her friend started to step out, "Thanks, you were a Godsend tonight!"

Hamsa smiled again, nodded and waved. Then she turned and walked away without another word. Naina was taken aback, but it was too late; Hamsa was out of sight, and she was too weary to ponder over the brisk exit of her friend. Anyway, Hamsa's house was just a few metres away she told herself and drove up to her parents' place.

As she got off, the porch lights came on and her parents stepped out.

"What the hell is wrong with you?" her father shouted.

Naina replied at once, "Sorry, I started out late, but didn't want to worry you and without the rain, I would have reached earlier."

"You didn't even have your phone on!" bellowed her outraged Dad.

"Maybe no signal," she replied meekly, trudged indoors and plonked herself on the sofa. Her mother started to cry. Completely bewildered, and not knowing what else to do, Naina told her parents she was very tired and hungry. This usual tactic of hers to avoid big showdowns did the trick. Her father subsided at once and her mother immediately set about the routine of serving dinner.

After dinner, as they sat down together for a chat before bed, she noticed that her mother's eyes were too swollen and her father was not making eye-contact with anything other than the television.

"Now, can you please tell me if something is wrong?" she asked her father.

So was it true that the dead we love never truly leave us, but walk beside us unseen and unheard?

He sighed heavily. He had been expecting this. "Maybe we can talk about it in the morning…" he said rather softly.

"No, I need to know what it is right NOW…" "Ok…" said her father slowly, "It is very bad news and I don't know how you will take it."

Naina stared at him willing her heart to slow down.

"It's Hamsa," he continued, putting a hand over hers.

"Well, what about her?" she asked him curiously, feeling oddly relieved. After all, she had just been with her the past hour.

Her father hesitated again, and then said heavily, "She died on Tuesday, my dear."

"WHAT? That's impossible." Naina exclaimed with a jerk.
Her father continued, "Sorry, but it's true. She committed suicide -- overdosed on pills after retiring early to bed on Monday evening and they only found her the next morning. The cremation is over – her parents did not want to tell anyone…we didn't know how to tell you this on the phone."

Naina was speechless and numb for a while.

Then, "Did this really happen a few days ago?" she asked her father without meeting his eyes. "Yes, my dear… on Tuesday."

"Why did she do it?" she whispered tearfully.

"She was hopelessly in love with a man she had met last year. Nobody knew this except her parents. They wanted to meet him, but she would not oblige.
Then one day last week she returned home late, crying non-stop. She didn't leave home after that. Her parents told us later that they had tried talking to her, but she would say nothing, nor is there any evidence or news as to who the man is. He remains a secret."

Naina saw that this was the time to share her evening's experience, but knew she would raise alarms if she told them or anyone else about Hamsa having given her company during her lonely drive. It would have to remain a secret or they would think she had lost it completely.

Well, had she lost it? She wondered. No, she told herself. Not everything in life can be explained.
She was in a state of panic, praying for some company and perhaps Hamsa decided to…wait, how could she decide anything when she was dead?
Naina shook her head, shivering.

So was it true that the dead we love never truly leave us, but walk beside us unseen and unheard?

Naina felt so and cried softly, thinking of her sweet friend Hamsa.

Sujata Tarakesan.

GENERIC FORECAST *for the month of* *November* '15



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





ARIES: (22nd March - 21st April)

This is an excellent month for you when things will shape up as per your expectations. You will be in a harmonious zone and situations shall easily turn in your favour during this period. Matters of the heart will blossom with love and contentment. Planetary positions will help you in your quest for peace and love. Professional changes can be expected as the month progresses. Subtle improvements are indicated in the work patterns. However, this is also the time for you to manifest growth and success through new ventures and absolutely fresh areas of work. Emotional happiness is expected in financial matters. Joint investments shall be favourable and rewarding. Investments in creative ventures too shall be growth oriented. Subtle health improvements are witnessed as the month progresses.

LUCKY COLOUR : Sky Blue



TAURUS: (22nd April - 21st May)

New beginnings in matters of the heart reflect love and romance throughout this phase of your life. You will be happy with the way things shape up during this period. A fresh leash of energy burst can be experienced in matters of the heart. Help from motherly figures will aid you in boosting your monetary strengths. Creative ventures shall be pleasantly rewarding. News related to work area can be a bit disappointing in this period. Working in coordination with your juniors will help you in achieving success and growth in life. Any new health regime that you start up in this period shall bring in tremendous positive changes in your health. There are possibilities of emotional anxieties that might surface up as the month comes to its end.

LUCKY COLOUR : Red



GEMINI: (22nd May - 21st June)

New investments that you plan to start up in this month shall turn out to be quite rewarding eventually. All you need is to be more patient with them. Health too will indicate subtle improvements in this period. There are also situations that need to be dealt with patience and wisdom. Professionally, a man who has excellent financial knowledge might not agree to your view points. Communications should be kept open and flexible in order to gain from your present status. Thinking about your past shall only bring in more pain in matters of the heart. You need to be more futuristic in this front and should learn to nurture your present relationship with love. Journeys by the end of the month shall be favourable.

LUCKY COLOUR : Yellow



CANCER: (22nd June - 21st July)

Matters of the heart shall be emotionally enriching and harmonious. You shall be showered with a lot of love and attention in your life. Wedding celebrations for some of you is high on the cards. You would also want to take your relationship to the next stable level and will feel very protective towards it. Joint investments will be extremely prolific and growth oriented. Someone who is an expert in financial dealings will help you in your money management. News in work area shall bring in more growth and success in life. Your juniors will support you in all your endeavours. Being too particular about your health activities might cause you stress and anxiety. This is the time when relaxing and letting go off old patterns helps in rejuvenating your mental, emotional and spiritual system. Good news can be expected as the month comes to an end. LUCKY COLOUR : Green



LEO: (22nd July - 21st August)

A number of professional opportunities will knock your door as the month progresses. You need to be a little patient and wait to analyze which one acts on you better. Financially, there are positive reflections that take place during this month. You shall slowly know the nuances of how to enhance your monetary status and would be able to turn the tides in your favour during this month. Money matters will be growth oriented and rewarding. Health too will indicate a lot of positive changes in life. A lot of transitions will take place during this period which will bring in more clarity and happiness in life. A man with a dominating personality will help you in your endeavours in the latter half phase of the month. **LUCKY COLOUR : Indigo**



VIRGO: (22nd August - 21st September)

This is an excellent time for you to manifest love and happiness in your romantic life. A woman who has a pragmatic approach towards life will help you in your romantic pursuits. Financial trips made during this month will be rewarding and successful. Money matters experience a lot of boost and expansions are sure to knock on your door. Professionally, there will be setbacks and one should avoid taking any major transitions in life. Good news will follow you in the latter half phase of the month. Children are instrumental in energizing your environment with peace and harmony. **LUCKY COLOUR : Rust**



LIBRA: (22nd September - 21st October)

This month turns out to be quite a romantic month for you with a lot of positive reflections of love and harmony seeping in your life as the month progresses. Help from female colleagues will help you in achieving your targets in time. A woman who believes in hard work and consistent efforts in life helps you in your projects. The Tarot however, warns you to stay away from unnecessary rash investments. Being careful about your money matters will help you in balancing a lot of sudden outflow of cash. Health shall be good and you undergo emotionally enriching experiences. There will be inclinations to think in details and then act upon a project or a decision. The week ends on a blessed note. **LUCKY COLOUR : Yellow**



SCORPIO: (22nd October - 21st November)

Good news in work related matters is sure to knock on your door during this period. Creative ventures shall be extremely favourable and enjoyable. You are probably ignoring an important aspect in matters of the heart. Having a myopic approach will only restrict your happiness quotient in life. The cards guide you to look around and feel the positive energies floating in your environment. Health might make you more sensitive to any changes in your life. You need to be more careful as situations and circumstances shall be quite aggressive and demanding and can affect your health adversely. Good news follows you in the latter half phase of the month. **LUCKY COLOUR : Blue**



SAGITTARIUS: (22nd November - 21st December)

Financially, there will be positive changes and growth that will be witnessed in your investments. You will experience a lot of monetary boost as the week progresses. Promises made in work related matters might not be fulfilled unless or until you act fast with alternative back up plans. A property problem as minor as a plumbing problem might create deadlocks and obstructions in life. Subtle and sweet romance can be witnessed in matters of the heart. Health indicates subtle improvements as the month progresses. There are a lot of positive changes taking place in life as the month comes to its end.
LUCKY COLOUR : Sky Blue



CAPRICORN: (22nd December - 21st January)

New beginning in work front will help you in accepting more challenges and winning them over too. Following your intuitive instincts helps you further in enhancing your professional growth patterns. Targets are achieved in time and growth is manifested as the month progresses. Focusing on what you want in matters of the heart will help you in bringing in peace and harmony in love life. Good news can be expected in financial matters. A youngster with whom you share excellent rapport will help you in enhancing monetary status. Patience and wisdom are the key to good health and rejuvenation of the mind, body and soul. Help from unexpected quarters will be witnessed as the month comes to an end.
LUCKY COLOUR : Dark Green



AQUARIUS: (22nd January - 21st February)

Celebrations in matters of the heart are quite a strong possibility. You would spend quality time along with your friends and family. This is also the time to enjoy the rhythm of life and also to manifest happiness and harmony in matters of the heart. Financially this is an excellent time for you to make fresh investments in life. News related to money matters will be growth oriented. Legal matters related to work can cause you stress and anxieties. You might feel a little ignored and left out in matters of your work related matters. Joint health activities shall be favourable and will help in rejuvenating your mind, body and soul. A man who has reached a position of strength will help you in your endeavours in the latter half phase of the month. **LUCKY COLOUR : Orange.**



PISCES: (22nd February - 21st March)

Financially, you will experience a lot of growth and success from your investments. The more determined and action oriented you are, the better the finances will turn out to be. Professional partnerships might not turn out as per your expectations and can create emotional challenges in life. Any important decisions related to creative ventures should be postponed for the future. Emotionally, this month will seem to be pretty challenging for you. Your relationship shall turn out to be quite demanding and you wouldn't know how to shape it up as per your expected. A child can cause you worries during this period. However, this is all very transient as the latter half of the month helps you in overcoming your stress in life. New beginnings by the end of the month shall be favourable and enjoyable. **LUCKY COLOUR : Blue**

YEARLY FORECAST FOR SCORPIO

Overall, the year brings in good news and lot of emotional happiness in life. However, subtle positive reflections are witnessed in matters of the heart. Professional deadlocks can be sorted out by having back up plans for your projects. New health activities shall rejuvenate your mental, emotional and physical system. Financial monitoring is required the whole year through. Avoid any external interference in your family matters to sustain peace and harmony in this front.

Gift–O–Mania

Forget the basket of nuts or the box of sweets. This Diwali, it's time to get innovative and add some character to your gift. Let your gift be a presentation of yourself. Here are a few ideas to get creative and let your friends relate your gift to you.



FOR THE HIPPY OF THE GROUP:

So you are the free-spirited, happy-go-lucky, organic food eater of the group who believes in karma. You can opt for classic Buddha timepieces, or go for spunky Diwali cushions, or Ganesha inspired pop-art lampshades.







FOR THE FASHIONISTA OF THE GROUP:

From your hats to your heels, you are all about labels and making a style statement. Extend that to your gifts by opting for designer products. Anything from a potli bag to the Lady Gaga lipstick from MAC reflects your sense of style.



FOR THE NERD OF THE GROUP:

You are the smart one of your group (no guesses there!). Get smart and gift your friends something which can make their lives easier. Think daily organiser, wallets and simple gadgets or get thoughtful and gift him/her a paid membership to a website or a club.







FOR THE TOMBOY OF THE GROUP:

You are not typically the girly girl. Extend your attitude into your gifts and think of presents which emphasize on the bond you share with your friends. A game of jenga, a poker set or a custom-made set of cards are perfect to liven up those endless conversations.

FOR THE INNOCENT ONE OF THE GROUP:

Your sweetness is what your friends love about you. Add a personal touch to your gifts by making a gift on your own. From DIY photo collages to scrapbooks, the world is your oyster! Think photo mugs, hand written letters or paper-mache jewellery to instantly melt their hearts.

FOR THE QUEEN OF THE GROUP:

So you are the leader of your group. Your friends have been your support system. It's time to show them some support now. Go in for a theme like different labels, high-school inspired gifts (to bring out nostalgic tears) or feel lavish and use some influence to get discounted rates on a weekend trip!

CINEMA CHRONICLES



NAYAN IS STILL THE QUEEN OF BOX OFFICE

Nayan continues to be the queen of box office with three of her latest releases faring beyond expectations. Her latest release 'Naanum Rowdy Thaan' is creating magic at the screens with people flocking to see the adorable chemistry between her and Vijay Sethupathi. Maya showed the classier side to Nayanthara who seems to be re-inventing herself by performing author backed roles. 'Thani Oruva'n saw her in a role that wasn't just restricted to playing the love interest of the hero. As a forensic officer, she held her ground and made her presence felt in each scene.

Today, her credibility is increasing with each movie and it seems like her presence is enough to make things work and create magic on screen.

NEWLY FORMED NADIGAR SANGAM



The long-standing war of words between two star groups in the industry finally came to an end with the results of the Nadigar Sangam elections being announced. Nasser is the new president while actor Vishal holds the position of the new General Secretary of the South Indian Film Artistes' Association. Kamal Haasan will be one of the trustees and actor Karthi is the new treasurer of the association. The newly elected team is all set to perform as per the election manifesto that they created. Some of the promises in the manifesto include a small amount of money as compensation and free education to the children and grandchildren of the deserved members of the association.

BALA'S THARAI THAPPATTAI DUE FOR PONGAL RELEASE



National Award winning director has wrapped up the shoot for his upcoming movie 'Tharai Thappattai'. The movie is based on the folk dancers of Tamil Nadu and their hard lives and has director Sasikumar and Varalaxmi playing the lead roles. This film also happens to be Ilaiyaraaja's 1000th movie as composer. Meanwhile Bala met actor Vikram in a recent function and spoke about a possible script that got the latter interested. It was 'Sethu' that gave Vikram a much needed break during his initial days as an actor. After that, the duo teamed up for 'Pithamagan' that won the actor a National Award. Now, if everything goes well, he will team up with the ace director once again.

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SIDDHARTH'S SECOND PRODUCTION VENTURE PROGRESSING

Actor Siddharth is busy producing his new project 'Jill Jung Juck' that promises to be a path breaking action comedy film. The film has been directed by newcomer Dheeraj Vaidy and will have Radha Ravi playing an important role. Interestingly, Siddharth will not be romancing anyone in the film. Etaki is the name of Siddharth's production house and this is his second production. His first co-production venture was 'Kadhalil Sodhappuvadhu Yeppadi' with Y Not Studios. On the acting front, Siddharth is busy with multi starrer 'Aranamanai 2' in Tamil and also debuting in Malayalam with 'Kammarasambhavam'. The movie is being directed by ad-film maker Rathish Ambat

SHRUTI HAASAN-TAMANNAAH'S COLD WAR?



Rumours are rife that all is not well between "good friends" Shruti Haasan and Tamannaah. Reportedly, the latter's super hit movie 'Awara' is all set to be remade in Hindi with Vidyut Jamwal in the lead. The makers of the movie have given Tamannaah a miss and have reportedly roped in Shruti Haasan. Rumour mills are working overtime on how the Baahubali star is miffed. It would be interesting to see how the actress would react to the rumours about her actress friend grabbing a role in her blockbuster remake. Someone's gain is another's loss, isn't it?

MOHANLAL'S RANDAMOOZHAM TO START ROLLING BY NEXT YEAR

Mohanlal's latest release' Kanal' has been on the receiving a lot of wrath from the audience and people from the industry alike. The superstar has been criticized for his recent choice of films all of which have had a very lukewarm response at the box office. The actor is now hoping to make a comeback with 'Randamoozham' that was announced quite a while back but was postponed due to various reasons. The huge multi starrer has been scripted by M T Vasudevan Nair and directed by Sreekumar Menon and will supposedly have Amitabh Bachchan and Nagarjuna playing important roles.



RAM CHARAN DUBS FOR PREM RATAN DHAN PAAYO

Salman Khan's Diwali gala is all set to light up theatres in Telangana and Andhra. The Telugu version of the movie is all set to release in the states and none other than superstar Ram Charan is dubbing for Salman's role. In an attempt to woo the regional audience, the producers have brought in his starry charm. This is now a matter of worry for other upcoming releases as Charan's Dasara release *'Bruce Lee'* has left other movies with empty theatres. Filmmakers are now worried that Charan's fans will flock the cinemas to watch *PRDP,* and the makers will end up with empty box office collections.





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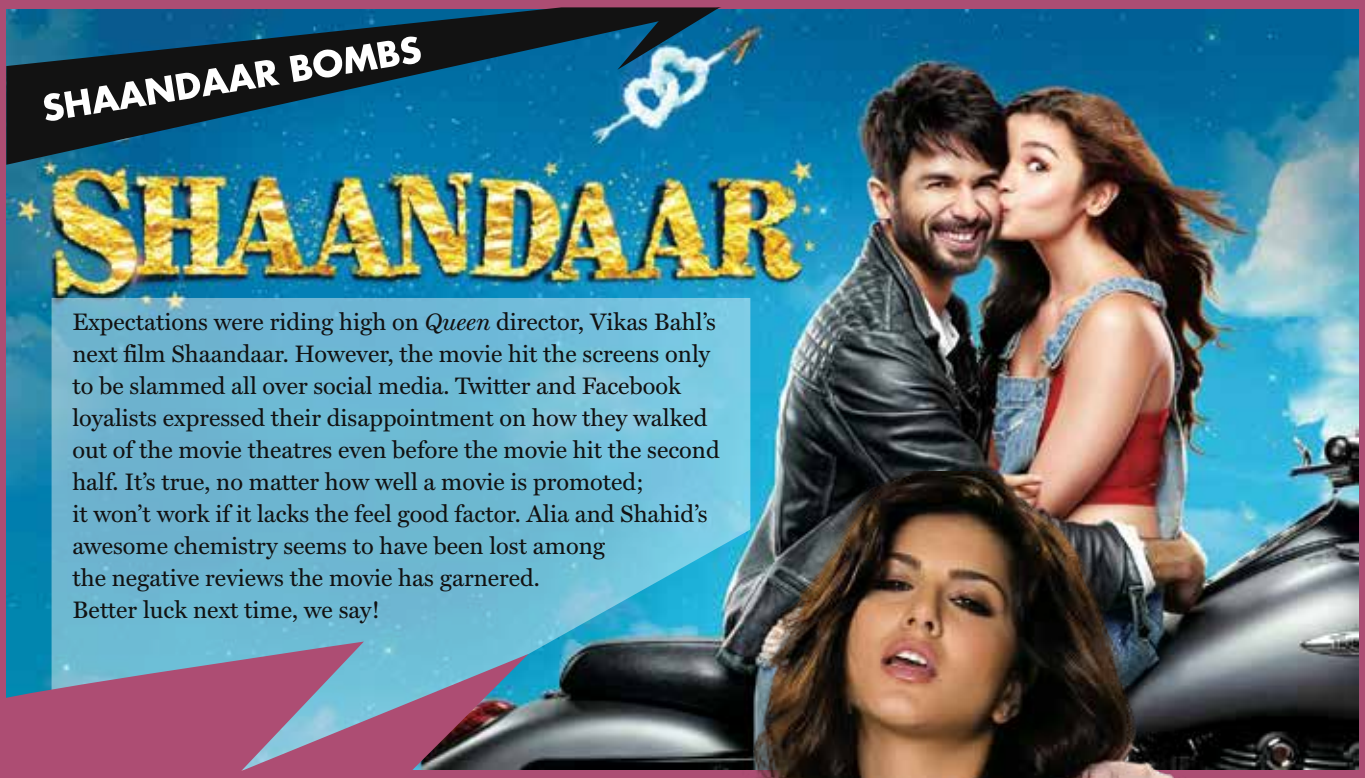
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SHAANDAAR BOMBS



Expectations were riding high on *Queen* director, Vikas Bahl's next film Shaandaar. However, the movie hit the screens only to be slammed all over social media. Twitter and Facebook loyalists expressed their disappointment on how they walked out of the movie theatres even before the movie hit the second half. It's true, no matter how well a movie is promoted; it won't work if it lacks the feel good factor. Alia and Shahid's awesome chemistry seems to have been lost among the negative reviews the movie has garnered. Better luck next time, we say!

"NOT INSECURE ABOUT RANBIR-DEEPIKA" SAYS KATRINA



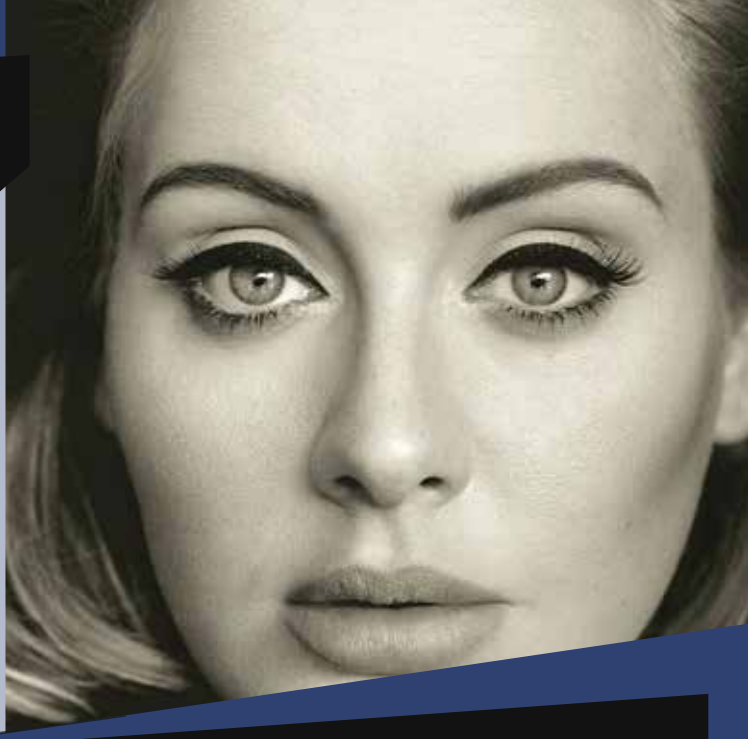
Where there's love, there's jealousy; not for Katrina. Ranbir Kapoor and Deepika Padukone's sizzling chemistry in their next release 'Tamasha' has left tongues wagging. Media was quick to carry reports on how Katrina was reportedly jealous about the hot chemistry her boyfriend and his ex share. In an interview, Katrina's spokesperson was quick to slam the reports and said, "These rumours are clearly someone's imagination running wild. Though this makes fodder for gossip, it is categorically and entirely untrue. These stories are misleading to the audience and fans in general. Such idle gossip is really avoidable and childish." Tamasha is all set to hit the screens on November 27.



SUNNY LEONE SLAMS CONDOM AD CRITICS

The gorgeous star expressed disappointment about the criticism she received for her starring in condom ads. Right from Rakhi Sawant to a senior Delhi Commission of Women, the former porn star was ridiculed by them for endorsing condoms. The actress kept mum on the criticism but finally reacted in an interview given to a tabloid. She said, "I am promoting safe sex and unwanted pregnancies. If a family isn't ready to have a baby, it's a good method of contraception as it doesn't affect a woman's health, as compared to birth control pills, which affect a woman's body, mind and hormones. I don't see it as a bad thing." Adding to her reaction, she condemned online trolls on making her a soft target.

ADELE CONFIRMS NEW ALBUM '25'



She's back! Four years after the record-breaking smash success of her album '21', British-singer Adele has officially confirmed her next record '25', which will release on November 20th. The 27-year old Grammy winner took to Instagram to post a stunning black and white headshot with the caption "25 out November 20th." She also released her first single, "Hello," which has already racked up more than 25 million YouTube views. The single is currently the number one downloaded song in 102 countries. She also explained about her upcoming album on social media, calling it a 'make-up record'. Her previous album was all about break-up. She wrote, "I'm making up with myself. Making up for lost time. Making up for everything I ever did and never did. But I haven't got time to hold on to the crumbs of my past like I used to. What's done is done." She also went on to explain the relevance of the title of her new album '25' as it was about the impact that particular birthday had on her as an artist and a person.



KALEY CUOCO'S EX-HUSBAND REQUESTS FOR SPOUSAL SUPPORT

Nearly one month after Kaley Cuoco filed for divorce, former tennis star Ryan Sweeting is reportedly seeking spousal support from his estranged wife.
The 29-year old Big Bang Theory star is worth an estimated $US45 million and spousal support is reportedly included in the pre-nuptial agreement that the couple had in place. The pair announced their separation on September 25, thus ending their marriage of 21 months. "Kaley Cuoco and Ryan Sweeting have mutually decided to end their marriage," they said in a statement at the time.
"They ask for privacy at this time. No further statement will be issued regarding this matter." Several rumors state that the cause of their divorce was Sweeting's never-ending dependency to prescription drugs as he was plagued by injuries. The couple married on New Year's Eve 2013 after a whirlwind three-month romance.

KIM KARDASHIAN HAD A 'TROOP BEVERLY HILLS' THEMED BABY SHOWER

Just days after rapper Kanye West threw a star-studded glamorous birthday party to his pregnant wife Kim Kardashian-West, the 'first family of television' are back with a bang to host the coolest baby shower for her. A very pregnant Kim who is soon to welcome a baby boy had a camp-themed baby shower at the Azoff House in Beverly Hills.
The ladies of the household have been lighting up the social media with pictures and tweets from the epic baby shower. Due to Lamar Odem's (Khloe Kardashian's husband) recent health problems, the typically flashy Kardashian family went low-key on their party planning. There was a pyjama-only dress code and the girls were seen sporting coordinated stripped pyjamas. The glamping-themed shower was complete with linen teepees with a sign reading 'Troop Beverly Hills', Louis Vuitton luggage, hot chocolate and Girl Scout cookies. Other guests included Caitlyn Jenner, Kyle Richards, Maria Menounos, Rachel Roy, and Cara Delevingne.



FIRST DATE BIBLE



With hundreds of dating apps all over your smart phones, it's practically impossible to not find a date these days. As exciting as it is, it is also dangerous and making sure you don't make silly mistakes is the goal. When you go on a first date, you don't want to seem desperate.

THE 7 MOST IMPORTANT RULES TO FOLLOW ON THE FIRST DATE

LOCK UP HONESTY — No matter how badly you want to discuss your ex flings with your date for the sake of conversation, just don't! You have no idea what a big mouth your date is and you don't want the entire social media or common friends to know little secrets about your past.
GO DUTCH — It's not very attractive to act like a diva who's forgotten her wallet at home. Whether or not your date offers to pay, you should offer to split the bill.

We must have read dozens of articles on why you should not kiss on the first date.

ANTI-CREEP DRESS — You don't know what a creep your date is, so it's always good to dress modestly. Refrain from flashing those beautiful assets.

NO KISS, NO TELL — Well, we must have read dozens of articles on why you should not kiss on the first date. Though it's very subjective, it won't be as much fun if he doesn't call you back and you will definitely regret it. Let the lust wait for a few more dates.
WATCH, OBSERVE, RUN! — At any given point you realise that the date is going downhill, grab your pumps and run.
ALCOHOLIC LOVE — No matter how welcoming the bottle of wine is, keep the spirit levels low to make sure you don't let your senses sleep. Passing out on a first date is just not cool.
DITCH THE DIVA — Respect the fact that a guy is making an effort to impress you and refrain from being the 'oh I care a damn' kind of a diva. Guys do not appreciate women who can't strike a down to earth attitude. Be reserved but approachable.
BREAK THE STEREOTYPE — It's no longer applicable only for the man to call you back. If you are impressed with your first date, call him and have a short but effective conversation post the date.



Designer Tina Vincent presents "Possibility" – Spring Summer 2016 Collection

– Spring Summer 2016, in a glitzy fashion show followed by an art auction in aid of charity last month at Crowne Plaza, Chennai.
Tina Vincent brought out a vibrant and colourful floral rhapsody of exquisite Indian wear and for the first time introduced Men's Collection. Tina has created an exclusive niche for herself in the plus size range and now has designed a collection for men and women across all sizes.
The show also featured an "Art Auction" by Gallery Veda. The proceeds of the auction will go entirely towards Tina's pet project "Prema Vasam", an orphanage for differently-abled kids in the outskirts of Chennai.
The fashion show was attended by fashionistas from all across the city.



Hyderabad glitters with style at **ABsalut Style** event

Archie Paranji and Bobby Kandhari, curated and hosted an Exhibition and sale titled ABsalut Style on the 19th October at Taj Krishna, Hyderabad. For the first time, 8 prominent designers, from across the country, attended and interacted with their clients, to showcase a collection, specially put together for ABsalut Style. The venue was beautifully designed, to create the experience of shopping at a Five Star Shopping Arcade. Spacious changing room, full length mirrors and a coffee lounge, added to the comfort of the patrons. Stars and celebrities attended the fashion gala to mark the celebration of luxury fashion.























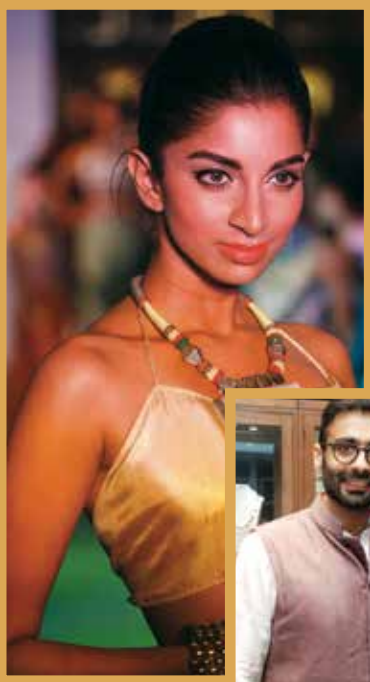
AMRAPALI LAUNCHES
NEW SHOWROOM IN CHENNAI

Amrapali Jewels and The Amethyst Room hosted an event to celebrate the launch of the store and a new space of the celebrated cafe. The evening was a celebration of a long and successful association between Amethyst and Amrapali in Chennai.
A contemporary dance performance by Bangalore sisters Mayuri & Madhuri Upadhya of the well-known dance company Nritarutya was followed by a catwalk preview showcasing Amrapali's beautiful jewellery and Amethyst's designer clothing that will be available at the new space. "We have had a wonderful relationship with Amrapali since the very first time they showcased their jewellery at the old Amethyst. We are delighted to have Rajiv, Rajesh and Tarang here with us this evening as we launch this beautiful new showroom," said Kiran Rao, Owner, Amethyst.
Amethyst's Khader Nawaz Khan Road boutique will showcase the country's finest jewellery, silver, clothing and accessories by some of India's leading designers, offering carefully curated luxury to the patrons of fine living. With Amrapali moving in, the Amethyst group's Khader Nawaz Khan Road outlet promises to translate into a destination for brides.





































Park Hyatt hosts annual food and wine gala in Hyderabad

Park Hyatt's Masters of Food & Wine returned with its fourth season in Hyderabad. The event brought together some of the best chefs from around the world. The guests were presented with the 1000 year old Sichuan art of noodle making by Chef Zang Yajunat from Oriental Bar & Kitchen. Chef Zang Yajun boasts of an expertise in this art for decades. The Chef conducted a detailed noodle making class and guests were very excited to try out the art. Chef Giovanni Parrella from southern Italy says, "The soul of Italy lies in the South," while presenting the best of coastal Italian delights. Chef Giovanni confidently initiated a culinary battle with Chef Daniele from Northern Italy.
The event was an extravaganza of culinary expertise and global flavours. When the age old legacy of Scotch met the traditional offerings of Sichuan, the guests were given a taste of global tastes on a platter.

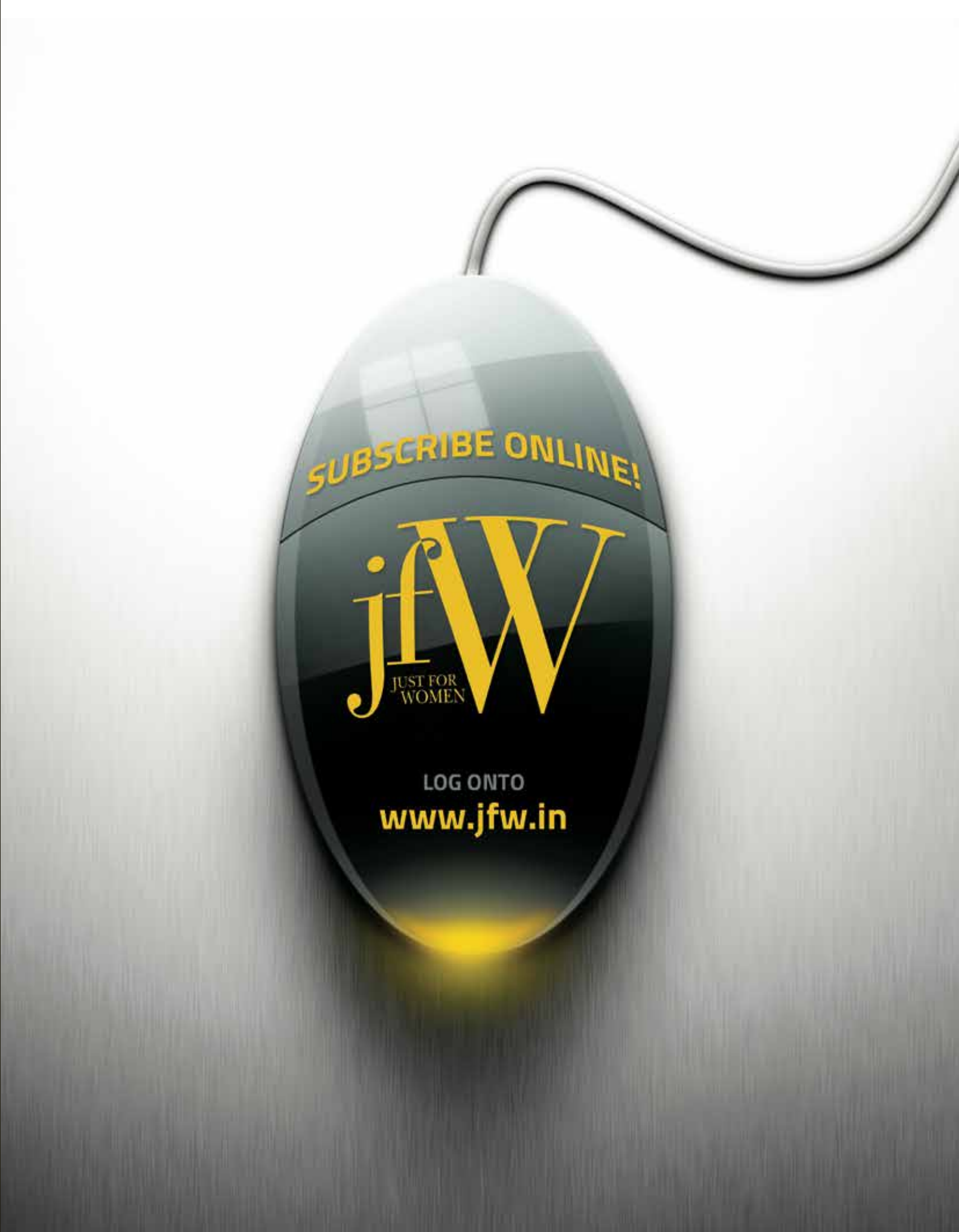











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Celebrity Chef Kunal Kapurr dishes out Satvik spread for **Prime Minister Modi**

Celebrity Chef Kunal Kapur pulled all stops with a carefully thought out 'Satvik menu' for Prime Minister Narendra Modi at the National Association of Software and Services Companies (NASSCOM) event held at The Leela, Bangalore. The event was hosted by PM Modi to discuss the role of technology and innovation in manufacturing and IT services for the government's 'Make in India' and 'Digital India' initiatives. As an ode to PM Modi's Make in India campaign, Chef Kapur presented a delightful culinary theatre of India with a focus on South Indian cuisine and Satvik food.

Talking about his experience and the menu, Chef Kunal Kapur, Executive Sous Chef, The Leela Group said, "It was an honour to cook for PM Modi ji & other dignitaries at the NASSCOM event. With PM's effort to bring India together through his Digital India campaign, the team also tried to bring this alive through a culinary fare, thereby bringing food from across the country at the same platform. In accordance with Mr. Modi's preference, we presented him home style food cooked with authentic and simple recipes to keep the meal light, healthy and delectable."





Kitchen Classics

Indian cooking is one of the most sought after cuisines in the world today. In the olden days, our cuisine did not need a lot of fancy and sophisticated equipment. A lot of cooking was and still is done in brass pots and cast iron pans. But food has evolved globally and so has our way of cooking and the equipments we use. Here is a compilation of a few long-lost kitchen equipments that are a rarity to find in South Indian homes today.

Mortar & Pestle: This device is used to crush and grind dry ingredients into a fine paste or powder.
The mortar is a bowl and the pestle is a small but heavy club shaped object and both are made of iron.
But these days, variations of the same are available in ceramic and wood.

Padi (Measuring cups): This device was an absolute essential in any Tamil household in the olden days. They were used to measure rice, lentils and other items when large quantities were to be cooked. These days, we have the modern variations a vailable in stainless steel and plastic.

Aruvamanai: Called aruvamanai in Tamil and bonti in Hindi, this very effective tool is used mainly to scrape coconut and even cut vegetables.
The wooden base acts as a support to the vertically erect sharp knife.
Now of course, there are food processors to cut the vegetables that also come with electrically operated coconut scrapers.

Winnow: Called Murram in Tamil, this is mainly made of bamboo but the plastic version is also available.
It was used to remove dust particles or small stones from rice and other grains.
The air would blow off the thin particles and the grains would fall on the winnow which would then be used for cooking.
Every grain comes packed and wrapped today and so the winnow has just become a show piece in some homes.

Ammikallu: This is a masala grinding tool that is made of stone. Designed in a way to grind dry ingredients into a paste form for curries, it was also used to make thick chutneys and thogaiyals.
The flavour of the masala that is made in this cannot match those made with a blender or food processor.



Pickle Jars: These pickle jars were made of ceramic and porcelain and came in various shapes and sizes.
It was used in the olden days to store various varieties of pickles, salt, dry spices and masala powders.
They have been replaced by pre-packed pickle containers.

Tiffitn carriers: The traditional tiffin carrier came in brass which later progressed to stainless steel. It used to have 2 or more compartments and used to keep food warm for a long period of time.
They have been replaced by stainless steel tiffin boxes and more recently, Tupperware plastic boxes.



10 ENDRATHUKULLA (Tamil)

Director: Vijay Milton
Cast: Vikram, Samantha, Pasupathy

Much anticipation surrounded this movie since it was Vikram's next big release after his mega performance in the movie 'I'. This is one of the many usual commercial entertainers that largely target only Vikram's fans.

Vikram plays the role of a car driver who is known for his antics behind the wheel. Touted as the best driver in the city, the story revolves around him and his job - just transporting things. Interestingly, he calls himself by various names like James Bond, Mani Ratnam, Sunil Gavaskar and more but never actually reveals his actual name. Samantha plays his love interest and someone who has no knowledge about cars or driving. He meets her in an interesting turn of events when he is asked by the local goon to deliver a package to someone else. That package is Samantha and after which the movie transforms into a road movie similar to Hollywood flick 'The Transporter'. Whether or not he manages to complete the task and the problems he is faced with during the same forms the rest of the story.

> **Pasupathy as the bad guy delivers yet another stellar performance and his interaction with Vikram is one of the high points in the movie.**

Vikram, as the unnamed car driver carries the entire movie on his shoulders all the way through and it was quite refreshing to see the actor in a light hearted role after a long time. Samantha gets quite a meaty role but fails to deliver in terms of performance. For a road film that depends on the main characters to sail it through, she falls short in terms of expressing herself.

Pasupathy as the bad guy delivers yet another stellar performance and his interaction with Vikram is one of the high points in the movie. The top notch camera work by cinematographer Baskaran K.M really stands out in the movie. The visuals are one of the biggest strengths of the movie which was otherwise let down by poor screenplay and only average performances.

VERDICT: Poor screenplay and clichéd story line. It is a movie that will only be appreciated by Vikram fans.

RATING: ★ ★

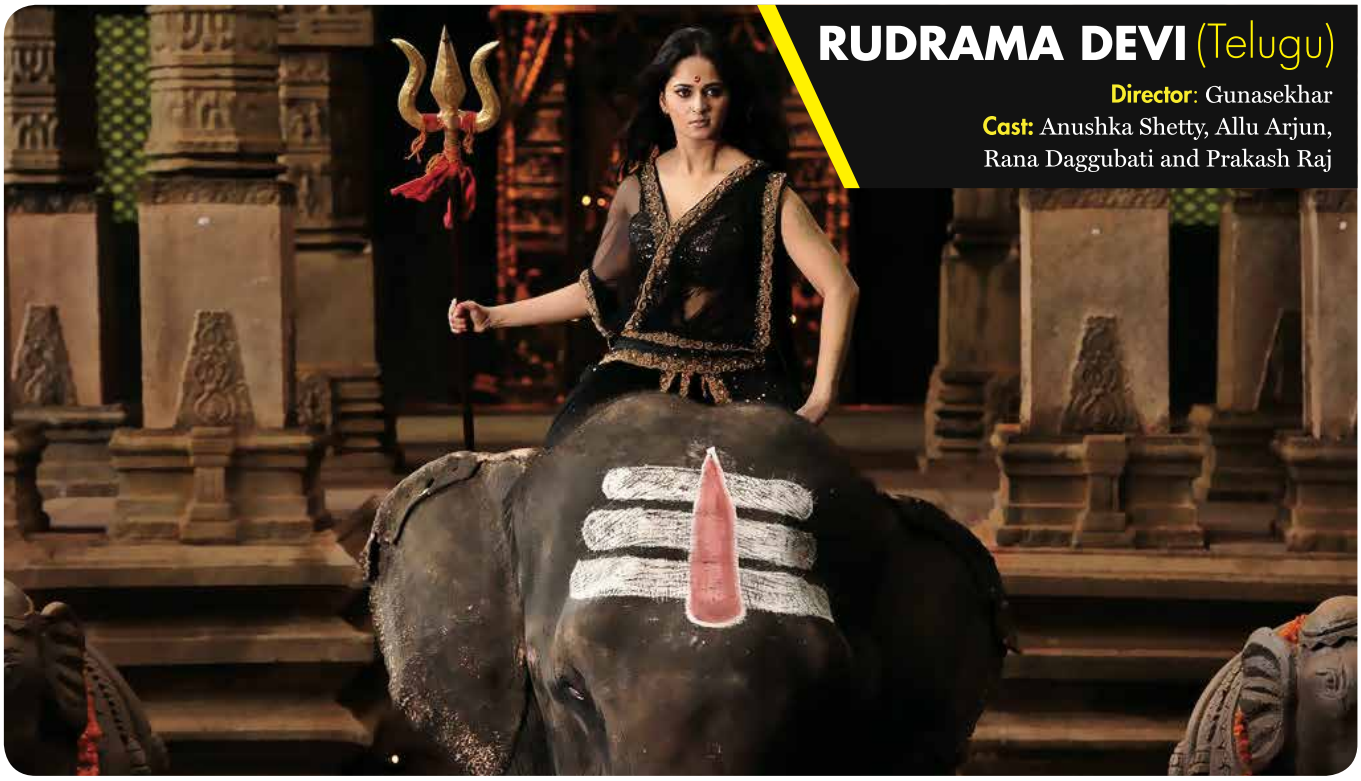


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RUDRAMA DEVI (Telugu)

Director: Gunasekhar
Cast: Anushka Shetty, Allu Arjun, Rana Daggubati and Prakash Raj

Period dramas are a tricky affair. The sets, costumes, technical know-hows and story reliability are most crucial. Gunasekhar's take on the feisty, strong and powerful warrior princess of the Kakatiya dynasty, Rudrama Devi is interesting but loses the mark. The 3D version of the 12th century period drama is grand, elegant and filled with great performances. However, there's very little that you can take away from the movie post the second half.

Rudrama Devi (Anushka Shetty) plays the brave princess' role with fierce passion and style. Her tale is narrated by Marco Polo, the renowned traveller who was enchanted by the dynasty. Fearing that the ministers and people of the kingdom of Kakatiya dynasty will never accept a girl child as the heir, emperor Ganapatideva (Krishnam Raju) officially introduces his daughter as a boy. On his Prime Minister, Prakash Raj's advice, Rudramadevi is introduced as Rudrama deva. The journey of the princess from being secretively brought up in a remote forest as a boy, to being the knight of shining armour for the people of her kingdom, the story unfolds into a drama of emotions and political wars. What happens when the princes find out she is not a man but a woman in disguise? Gona Gonna Reddy (Allu Arjun) and Veerabhadra (Rana Daggubati) are two princes who befriend the brave princess only to be involved in a messy love story and political mess. At some point during the 50th minute you start to question the presence of Nitya Menen and Catherine Tresa in the film.

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Anushka is marvellous, majestic and regal in her performance. She takes you back to the Arundhati days and leaves you nostalgic. Allu Arjun as Gona Reddy is as usual impressive even though he has limited screen time. Rana as Veerabhadra, Rudrama Devi's lover is exceptionally charming. The screenplay and cinematography are crisp and impressive. Illayaraja's music is a breath of fresh air as it blends perfectly with the background score. The costumes and sets are grand and take you back to the 12th century and its enigma.

The movie takes a stark dip in the second half with tacky 3D effects and lengthy and never ending war scenes. We wish the dubbing artists were professionals as you can't help but note how the characters on screen are not in sync with the voices. There is not much to talk about the story as it's a popular history period drama and one can't help but wish the movie was over by the end of the first half.

Gunasekhar's direction is commendable but the technical amateurism weighs the movie down. Let's just say you will not miss much if you miss this one.

VERDICT: Watch it only if you still have an Arundhati or period drama hangover. Make sure you walk out before the second half, just a friendly advice.

RATING: ★ ★



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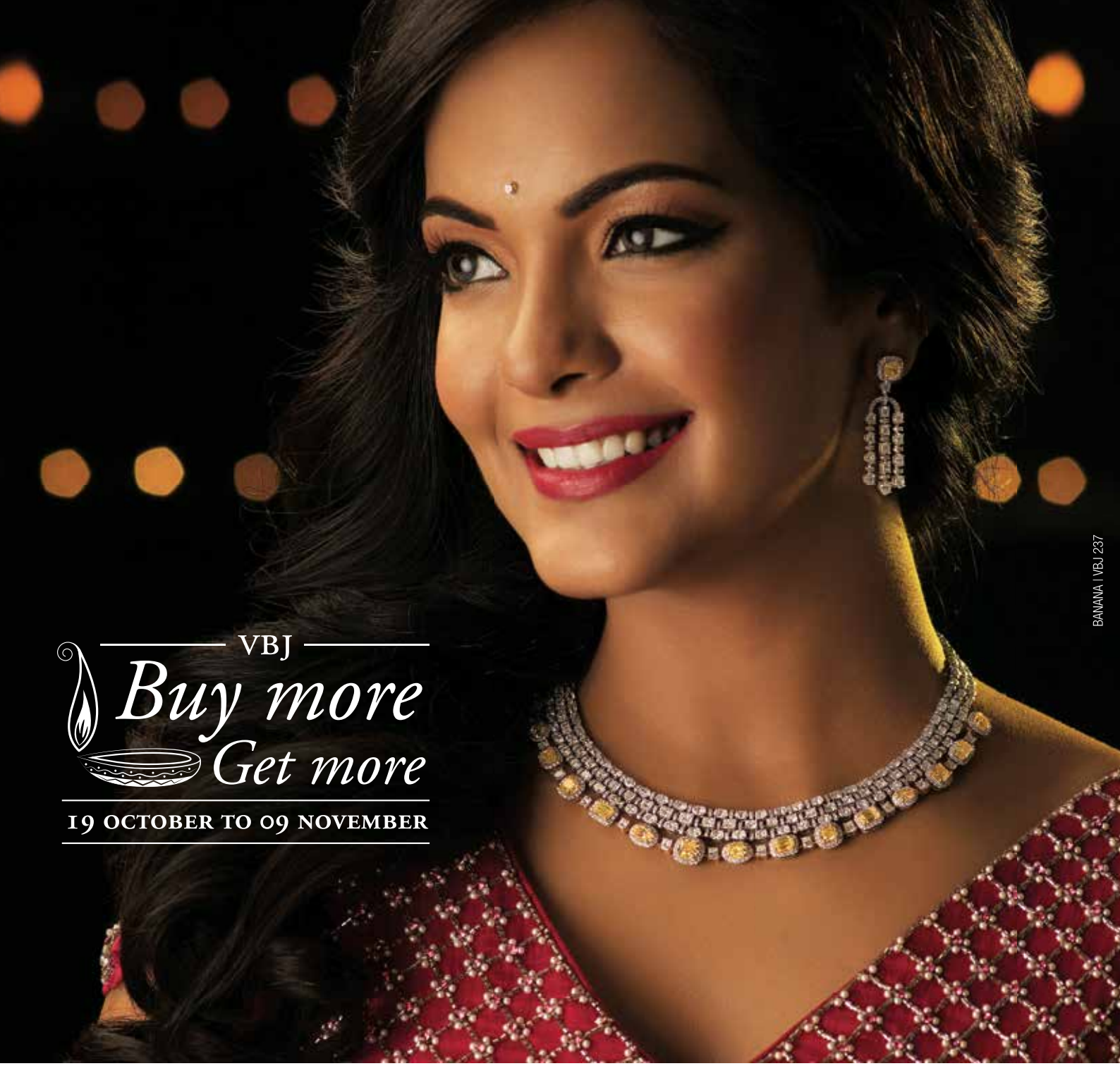
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