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Vol.9
Issue 2
October
2015

Be a black & white diva as mono mania hits the ramps

OVEN-FRESH

Easy bakes to entice your taste buds

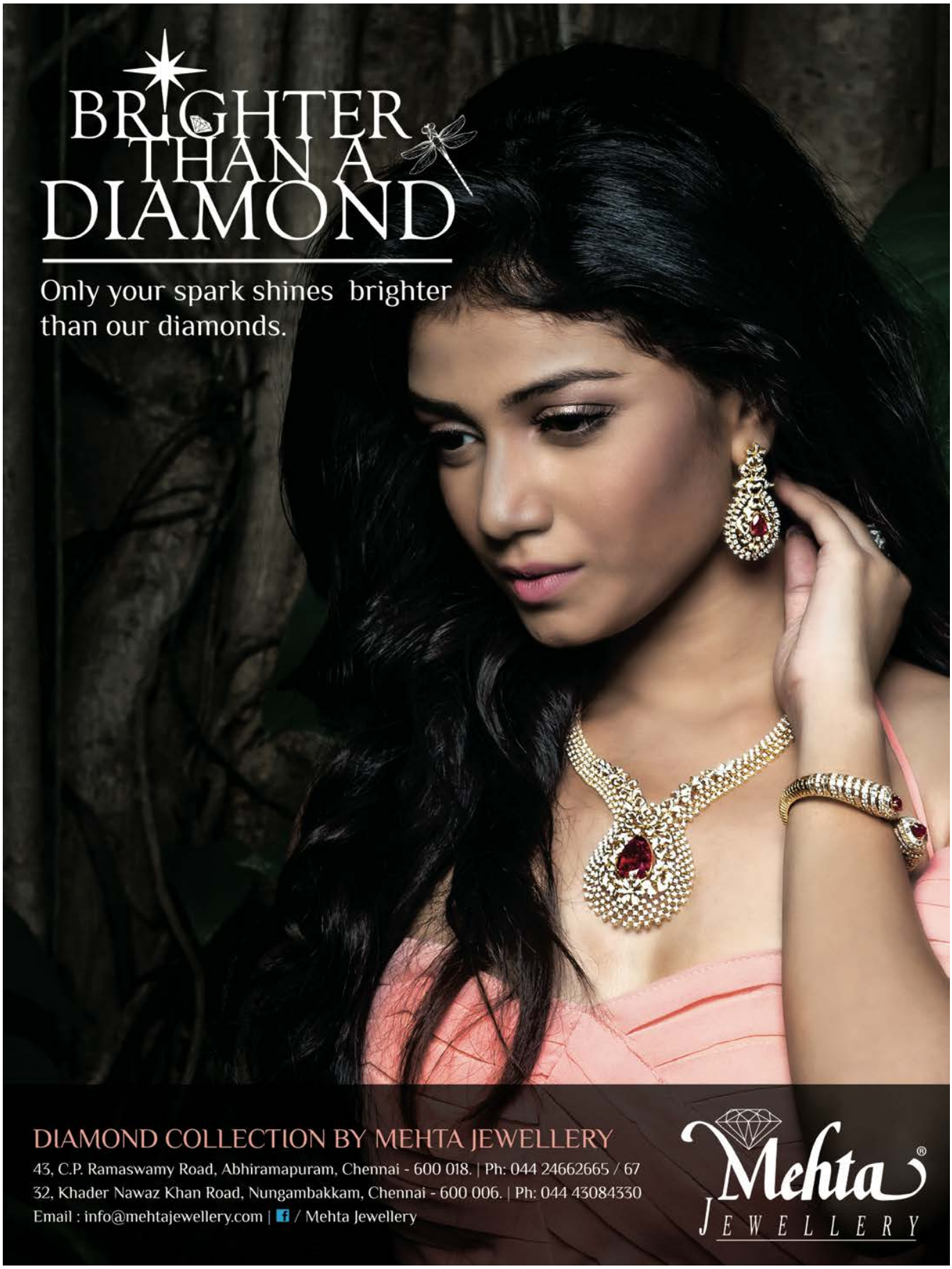
Romance tips to date on World Wide Web

"I AM YET TO FIND MR.RIGHT"

Kajal Aggarwal
on her ideal date, marriage and more

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from the EDITOR



I love how our simple break-time conversations at work spark off some interesting story ideas for our various sections. We have several such features this time, those that have been pitched during arbitrary conversations during lunch or coffee breaks. For instance, a few of us were talking about our trysts with the stock market one day, about the best investment options and the current hot picks. At the same time there were others who were totally clueless about the topic but were inquisitive enough to throw in a question here and there. *A beginner's guide to Stock Bazaar* was the outcome of this conversation to familiarize all those who feel intimidated with some of the commonly used financial jargons.

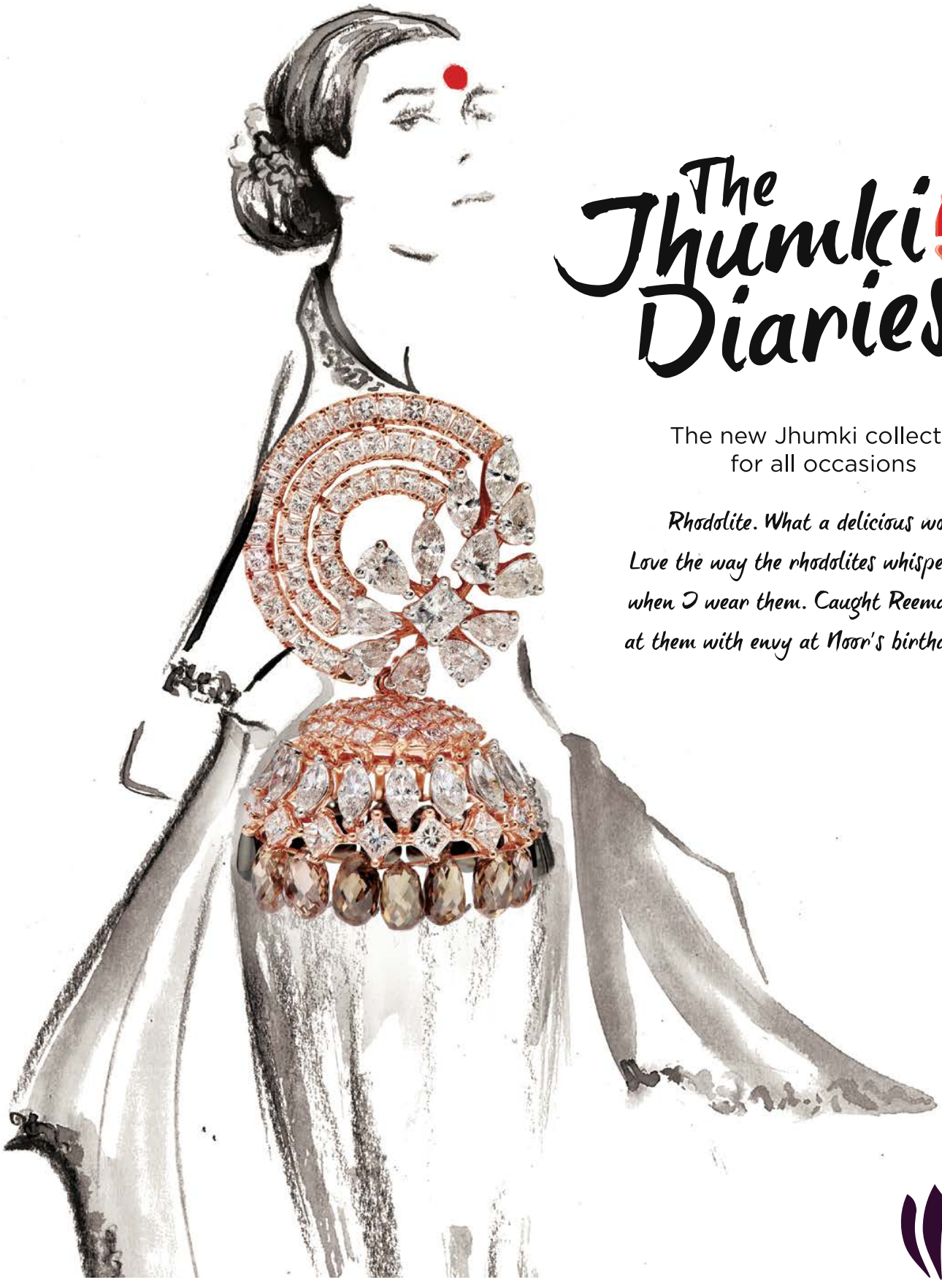
At lunch another day, one of the girls had brought a salad made of yellow and red bell peppers. She was insisting that yellow and red ones have higher nutritive value than green (capsicum) and we were wondering why that might be. That's when we thought it would be interesting to talk to an expert who could explain the importance of the colour of a fruit or a vegetable. Check out our nutrition pages for some interesting insights on this.

I don't know if it's some mysterious telepathy, but at least once a week two of us in the team end up coming colour coordinated to office. And one day all the ladies turned up in a Black and White combo. That was an inspiration enough for our fashion feature *Mono Mania*. Black and White is such a classic combination and it is very easy to go wrong with it. Our story focuses on how you can make the monochrome interesting and standout.

The all-new rage - the #100sareepact was also an idea that brewed during an inadvertent conversation that took place between two ladies at work. And look at where they are now! When you are parched for new ideas and your brain is fried from all the thinking, breathe and take a break! You will come up with the best of ideas.

Cheers,
Bina Sujit

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The Jhumki Diaries

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Rhodolite. What a delicious word. Love the way the rhodolites whisper to me when I wear them. Caught Reema staring at them with envy at Noor's birthday bash.

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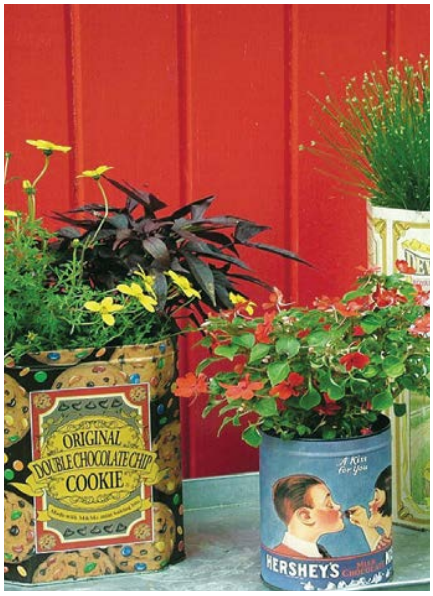
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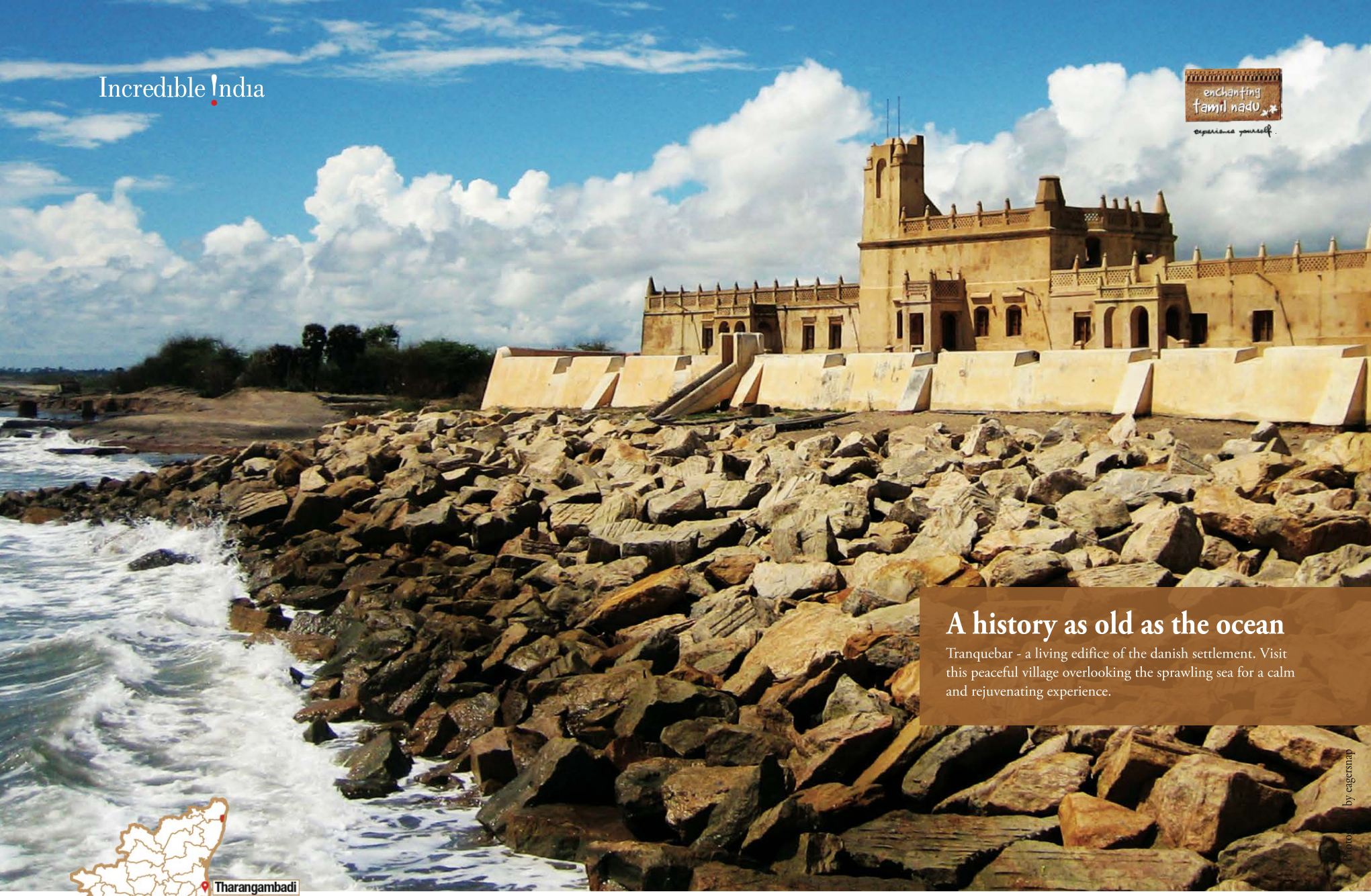
TRAVEL

68 THE LAND OF DREAMS
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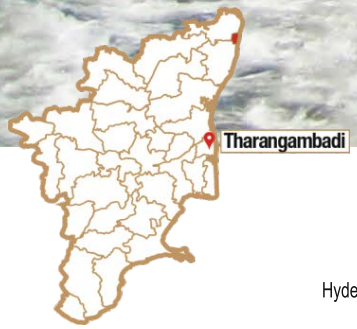
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Photos by cagersnap



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Mailbox

We'd love to hear from you. Mail in your suggestions and feedback to ***jfw@optionsmediagroup.in***





The cover story was very apt for your anniversary issue and cover girl Tamannaah did complete justice too. I really admired her wardrobe for the shoot. All the glitter and shine added extra glamour to the anniversary special. It was an entertaining read all in all. But it just goes to show how many of today's heroines are from the north but have embraced our culture as their own. The South film industry is a big example of a potpourri of different languages, cultures and people.

Chaaya Ravindran, Kochi



I loved reading the fashion spread in the anniversary special. While there is a pictorial representation everywhere of all the latest collections by the designers, there is hardly any space that describes them in words. For people who do not follow fashion very closely, the descriptions and style tips really are of great help. Some of the collections in the article are extremely suitable for women in different fields of work and not just celebrities which is really commendable

Parul Seth, Chennai

I am a student living away from my family which stays in Bangalore and I really can understand how difficult it is to do your assignments, study and work simultaneously. I read your article You, me and Skype and I completely understand how it feels to stay away from your loved ones. However, why should all long distance relationships be about girlfriends or boyfriends? It would have been refreshing to read something about families too. The article was well written but could have been better if there was focus on other long distance relationships too.

Shristi Bhandaru, Hyderabad





Being a party lover, I keep wondering how to impress my friends and family when it comes to cocktail parties. Being a host isn't as simple as shows on TV portray. Sometimes, it becomes really difficult to put together a simple recipe or a theme. I have hosted parties and have been doing well with the food spread but cocktails have always been tough to handle. Your article on cocktail etiquettes has really put down most important to-dos at a party. As a host and as a guest it gives me a fair idea on how one should go about it.

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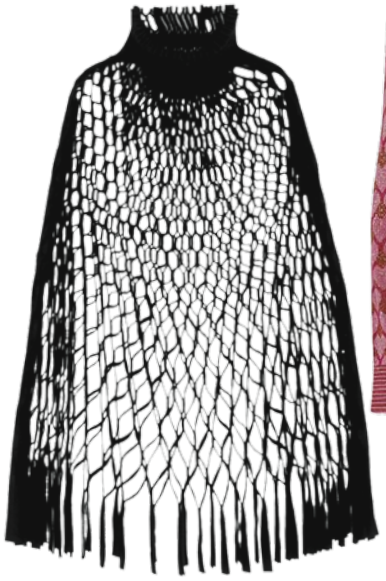
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WHATS NEW THIS MONTH





CLOTHES

What? Honeycomb pleated wool blend cape
By? Junya Watanabe
Inspired by mathematics, Junya Watanabe's Fall runway collection captured a textural play of geometric shapes. The honeycomb pleated cape has been skilfully constructed from panels of soft black felted wool-blend to create a dramatic three-dimensional effect. You can layer this striking piece over formal and casual looks alike and rest assure that all eyes will be on you.
Price: INR 2, 71,785

What? Metallic jacquard-knit dress
By? Gucci
This pleated dress by Gucci attracted a lot of attention in their Fall '15 runway collection. Knitted in a heart motif with flecks of shimmering metallic threads, this romantic piece is finished with a sharp collar and flattering fitted waistband. Also available in Opal rose, raw Sienna and Raspberry juice colours.
Price: INR 2, 08,900

FRAGRANCE

What? Acqua Di Gioia Essenza
By? Giorgio Armani
The latest from the house of Giorgio Armani is Essenza. It is a more sophisticated, sensual and intense interpretation of Acqua di Gioia.
The fragrance is woody and floral.
These smells are created around a sensual trio of jasmine with hints of citrus, crushed mint and pink pepper.
The end notes are elegant cedar, brown sugar and cashmeran wood.
Price: INR 7,270



ACCESSORIES

What? Rose Gold Diamond Ring
By? Diane Kordas
Believing that jewellery should be both classic and casual, Diane Kordas has designed the pop art ring with a zigzag band. This sculptural piece is crafted from 18-karat rose gold and set with 0.50 carats of pave diamonds. One can choose to wear it for both day and evening. It's designed to interlock neatly with the collection's other rings. So mix and match to make a personal statement.
Price: INR 2, 48,750

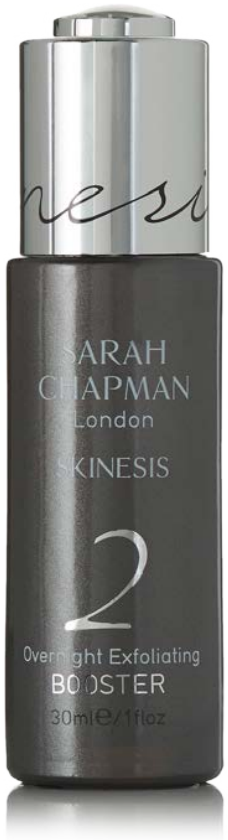


What? Alix textured leather shoulder bag
By? Tom Ford
Tom Ford's latest 'Alix' bag has been crafted in Italy from exceptionally soft textured-leather. The tactile faux suede-lined interior is roomy enough for a tablet, cosmetic case and wallet, while the outer zipped pocket is ideal for storing smaller essentials like a compact or keys.The label's signature padlock charm lends a polished finish to the bag.
Price: INR 1, 67,550

What? Croc effect and gold tone watch
By? Michael Kors
The latest Michael Kors watch is a classic style you will wear for years to come. Made from polished gold-tone stainless steel and croc-effect leather, this timepiece has a large, reflective face and is complete with a functioning date feature. You can slip it on as an everyday signature. It is water resistant up to 50 metres and comes in a designer-stamped presentation box, in case you are gifting it to someone.
Price: INR 44,400

What? Sequined velvet Mary Jane pumps
By? Dolce & Gabbana
Dolce & Gabbana's latest velvet pumps are covered with silver sequins and finished with a floral crystal embellishment. Perfect for glamorous evenings, they have an on-trend block heel and elasticised strap to ensure a comfortable fit. This Italian- made pair looks best when paired with an all-black outfit.
Price: INR 1, 10,400





BEAUTY

What? Overnight exfoliating booster
By? Sarah Chapman
This overnight exfoliating booster is imbued with non-abrasive defoliants to encourage natural dermis regeneration while you sleep. Supporting and accelerating cell renewal, this anti-aging formula targets fine lines, dullness and uneven tone. It shrinks pores and refines texture of the skin. Its ingredients include Lactic Acid, Willow Bark and Retinol.
Price: INR 9,400



GADGETS

What? Galaxy Note 5
By? Samsung
Samsung is out with its latest offering in the name of the Note 5. The Note has always announced that bigger is better. It changed the world of smart phones with its S Pen that is a versatile tool synonymous with ideas, goals and dreams. The Note 5 is still as big but slimmer, framed by sleek metal and glass. The newest feature is a shoot-and-share option that lets you shoot awesome videos and broadcast them live.
Price: INR 55,000

HOME DECOR

What? Patchwork Shades of Red Throw
By? Chumbak
Chumbak is out with its newest range of throws that will keep your home stylish. These amazing patchwork throws have a soft, cloud like texture and beautiful patterns and colours. Drape them on your couch by day, and curl up with them for your daily dose of primetime TV at nights.
Price: INR 3,500

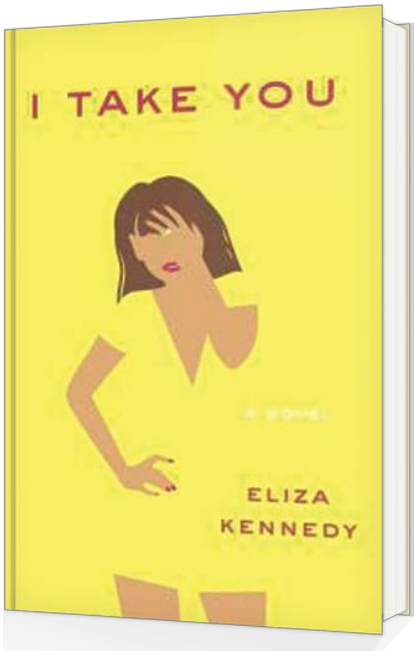




What? Air brush
By? Temptu
The Temptu air pod and airbrush device is easy-to-use, portable and creates a perfected complexion in minutes. It has three speeds that allow you to customize the level of coverage, focus on specific areas and erase blemishes.
The Soft Touch control regulates the amount of makeup released, ensuring precise application and natural-looking, luminous finish. The device is globally compliant and has a rechargeable battery that lasts up to three weeks per charge.
Price: INR 21,275

BOOKS

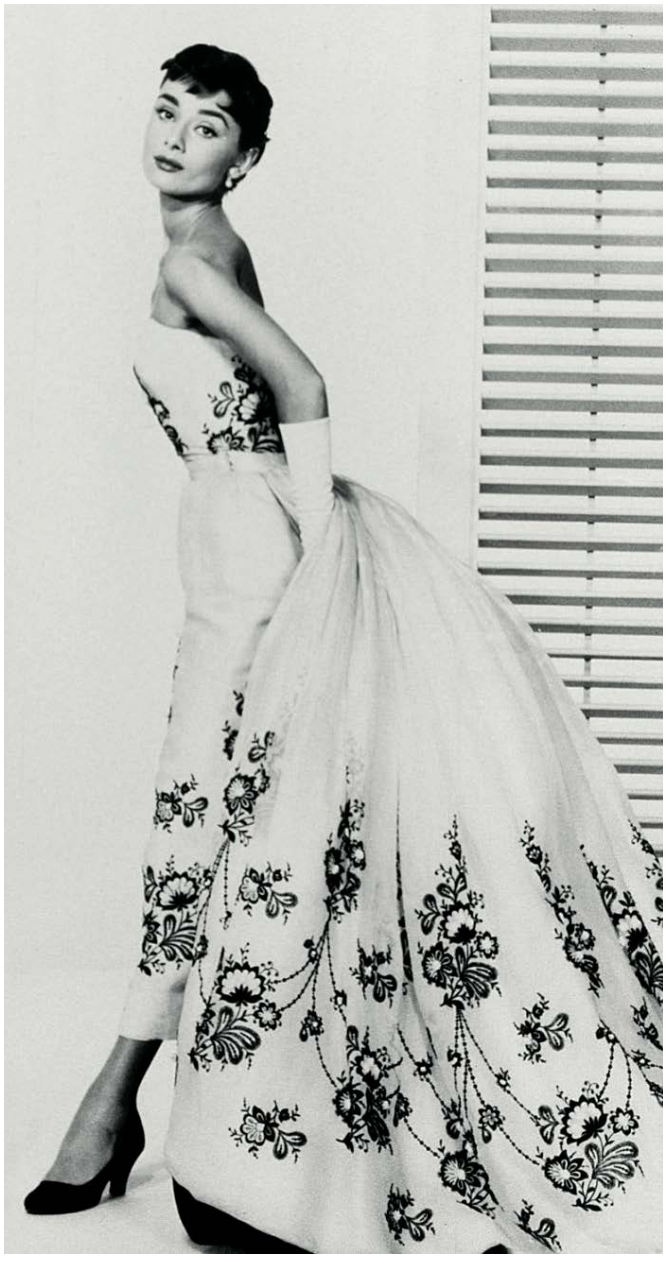
What? I Take You
By? Eliza Kennedy
This delightful novel features a dysfunctional bride-to-be as she gears up to enter wedded bliss (or not).
Lily Wilder, the protagonist of the story is a promiscuous lawyer in New York and is preparing to marry her archaeologist fiancé Will. The novel follows her difficulties in embracing monogamy both in theory and in practice. The tale is generously laced with the author's humour.
Price: INR 1,500

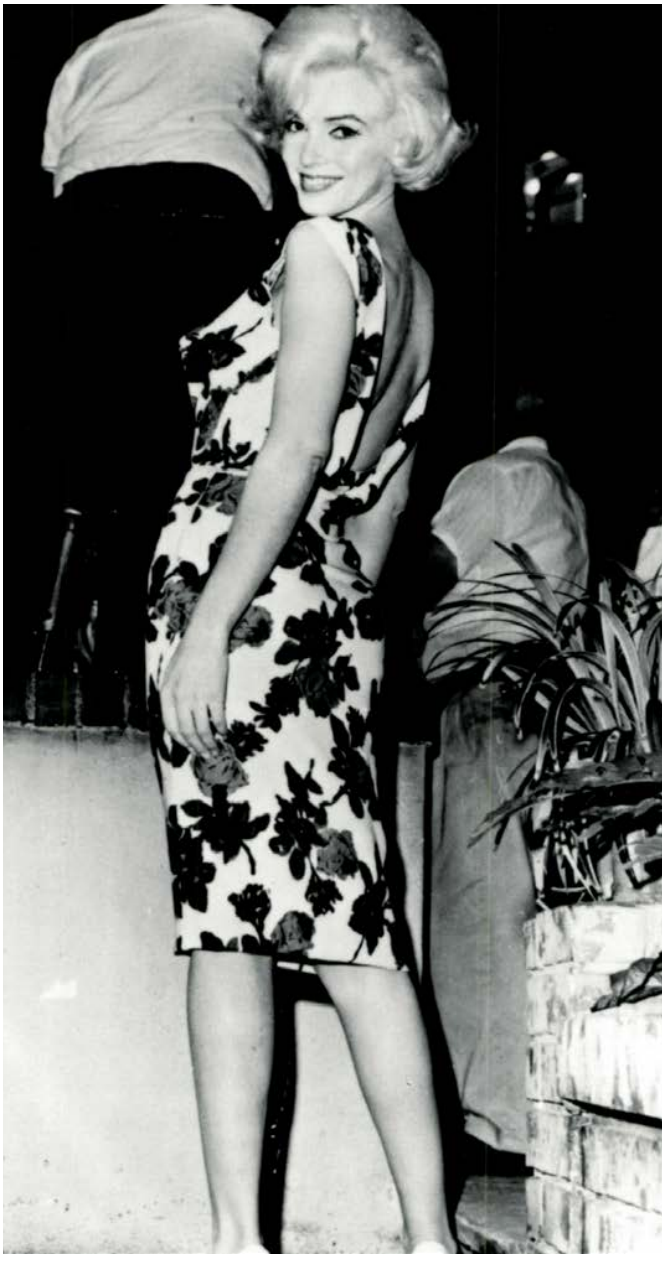



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MONO MANIA

There are some combinations that are made in heaven, and black and white is one of them. You don't have to be a mock of some shoddy airhostess – if you pair them right, black and white emanates a classy, chic appeal. **By Deepa Kalukuri**





This spring, all designers worldwide swore by the Black and White combination. The monochrome trend ruled the ramp and continues to grace the global fashion bibles. The trend is chic, classic, elegant and is sure to turn you into a Marilyn Monroe or an Audrey Hepburn. A little bit of gothic black and a little bit of angelic white will do the job just right. We get you tips on how to rock the monochrome number and be a black and white queen.

DITCH THE 50 FADES OF GREY



Make sure there are no grey areas in your wardrobe. Grey is dull, faded and boring. Dip into the mono mania and replace your LBDs and grey dresses with sleek monochrome dresses. Next time you go shopping, do not pick the same old grey trousers or leggings. Grab those Zebra print trousers, add a dash of colourful tote and you are ready to roar.

FOOL THE FASHION POLICE





Yes, black gives you a slimmer look. While you're working on those bulges, you don't want to miss out on the latest trends. Don't let go off that body hugging latex dress. Go get the monochrome slim tool number which is sure to confuse the fashion police.

PARISIAN MONO BABE



Right from the streets of Paris and Milan, comes the perfect street fashion advice. Dior, Chanel, Cavalli and many other fashion pundits brought out their latest monochrome collections to the ramps.
Get a colourful tube on your favourite denims and wear a monochrome blazer. Or go grab pretty mono stilettos for a minimalised Parisian look.



HOW TO ROCK THE 60S LOOK







Designers like Victoria Beckham and Alexander Wang brought out their entire collection inspired by the sixties. A floor length monochrome Maxi dress teamed with scarlet lipstick and a high Victorian bun will give you a 60s diva look. Carry a mono clutch with your LBD and stay loyal to the mono trend.

MONO AND NEONS











For the neon lovers, here's some fashion advice — Do not believe anyone who says neon can't be teamed with black and white. Jazz up you pink neon dress with monochrome stilettos or a monochrome sling bag. If you want to minimalize the mono look just add black and white accessories to your outfit. Be it a belt, earrings or a watch; it will leave a colourful statement.

ZEBRA PRINTS



Monochrome trend is sure to please the animal print lovers. Don't overdo the leopard prints this season.
Move on to zebra prints instead.
A full black outfit can be teamed with a Zebra print blazer or a zebra print scarf.
Zebra print bags are a big hit if you don't want to include the mono look in your clothing.



MONO FOR THE MINIMALIST



For the ones who refuse to bluntly follow the latest trends and just want to add a tiny tinge of mono in their wardrobe, just get minimal accessories to stay in style.
Get a monochrome phone cover, a tiny stud or a mono pendant and team it up with your outfit.
Wear a slim mono belt on any casual clothing and you are in sync with style without going OTT.





1960S Vintage Dress, Claire Layton
Melamela.co.uk



Fuchsia Skirt With Flounces
Melijoe.com



M.a.c Amplified Creme Lipstick Batom Full fuchsia
Maccosmetics.com



Glossy Full Couleur Lip Gloss
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Swarovski Fuchsia Drop Earrings
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YSL Matelasse Leather Clutch
Antonia.it



Fuchsia Tailored Blazer
Citalois.com

Camille Fuchsia Necklace
Tothemarket.com

FUCHSIA FANTASY

Jazz up some colour and pamper the fuchsia princess in you. A dash of fuchsia in your wardrobe will make you the most desirable.



Nike Women's Sneakers
Nike.com



Skinny Fuchsia Belt
Adacollection.com



Valentino Medium Lock Sling Bag
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SPIKE IT ON

Go bold and edgy this fall and spike up your wardrobe essentials. Go grab spiked boots, bags, and accessories and unleash the wild and adventurous you!



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Pyramid Spike Bracelet
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Zamina Black Spike Studded Peplum Frill Dress **Melijoe.com**



Women Metallic Spike Studs Rivet Bustier Strap Crop Top. **Prettyguide.com**



Gothic Punk Mini Spike Earrings **Sortandpepper.com**



Gothic Punk Mini Spike Earrings **Sovrtandpepper.com**



Neon Pearl Spike Ring, **Anthemwares.com**



Christian Louboutin Spike Bag
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Geneva Platinum Goldtone Cone Spike Watch. **zulily.com**



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Womanmagazine.co.uk



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Actually all these abilities are not learnt, but are inherent.

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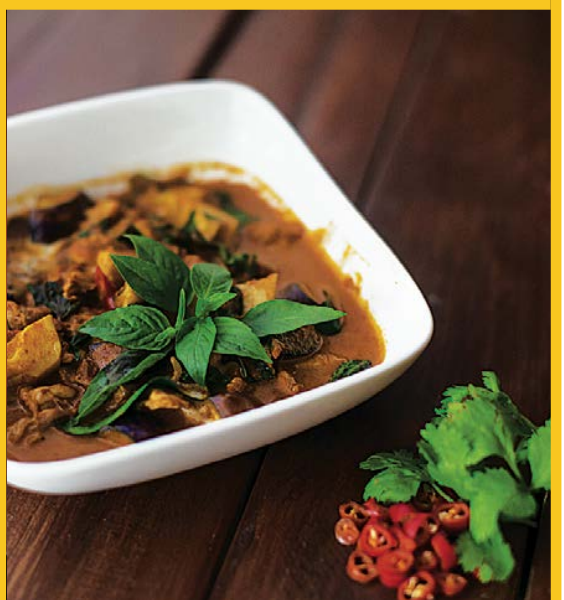
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Advertorial



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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.

---

foodies Kitchen

absolute thai

No. 24, Cenotaph Road,
Opposite Lanson Toyota,
Teynampet, Chennai 600018
Phone : 044 30205518





Sunny side UP
ANU HASAN





"COAT"ED *with* HAPPINESS

Life is filled with unplanned moments and surprises. We have to grab the good ones, hold them close and allow it to warm our hearts. I believe that these moments give us the strength to face the nasty surprises. I call such moments anti-oxidant shots for my soul.

And so I go from day to day collecting these anti-oxidant shots. The good news? There never is a dearth of them, if you keep your eyes open.

I was in Florence for an unplanned catch up trip.

The day was spent chatting and seeing monuments. We walked past the Duomo - a rather splendid piece of architecture but my eyes caught sight of a cycle with a bent wheel doubling up as a dustbin. It made me smile. We saw David at Piazzelle Michelangelo and hesitated about taking his picture considering he seemed to have a real shortage of clothes. And then it was time for goodbyes and I had almost a whole day ahead of me before my flight back to the UK.

I set off to Florence station stopping every now and then at the many shops that lined the pavement. Boots have always been my weakness and so when I saw Italian handmade shoes, there was no way I was going to go past that shop.

I stepped into a small space crammed with shoes and gloves and all kinds of jackets and coats. Every available space had been put to use and everything was tastefully displayed.

A young girl came up to me and took me to the women's section. I immediately found the pair of boots I wanted. Having done plenty of window shopping in UK I knew they were competitively priced and so didn't bother haggling for a few euros.

We went back upstairs to the desk and an old man in his late sixties walked up to do the billing. I smiled at him and said "I love these shoes ..they are gorgeous"

He did the kissing his fingers thing that I've seen many Mediterranean men do and rattled off in Italian. I looked at the girl and she said, "He say -it's a beautiful piece and that you have good taste. Beautiful shoes for beautiful lady."

I laughed at the blatant Gallic charm and said thank you and went to pay the bill. As I finished, he suddenly bustled away telling the girl something. The girl said "He is designer. He want you to wait. He show you something and give you good price."

I laughingly declined saying I had no intention of buying anything else but I didn't want to offend the poor man so I waited. He came back with a stylish black trench coat - which would have looked gorgeous on someone half my size. On me? I looked alarming, like a whale.

They both were nodding their approval but I firmly told them, "no thank you - it's a beautiful piece but I am too big for this style." The old man looked shocked that I would say something and said "no no bellisima" and I laughed again and said "no no not my style." And I thanked them again and made to go.

The old man barked at the girl and bustled off again to the ladies section, this time imperiously asking me to follow. The girl said, "He like you. He want to gift you something at good price."

I just didn't have the heart to say no and so although I protested, I went with him and the girl. He pulled out a huge blue wool coat and skirt and insisted I try them on. I resignedly did.

He spoke in rapid Italian and the girl obligingly translated, "He say the blue brings out the colour of your skin and this is a classic piece." I still felt like a whale and while I was looking doubtfully at the mirror, the old man held out his hands and drew me in and started dancing around in a circle. I started laughing and when he twirled me, I completed it and did a curtsy, still laughing. And then I explained my whale complex again.

He tsked in that very European way and gestured me to wait and pulled out yet another jacket in pure merino wool. I caught a glimpse of the price tag and my eyes widened. I told him to stop and that there was no way I was going to be able to afford that jacket. But he was a force unto himself. The girl shushed me saying, "he is very famous local designer - he has worked with Roberto Cavalli. He has great taste, you try what he says ..you like. "

By now I felt the marketing act was beginning to wear thin and I was anyway not going to buy but I still couldn't resist trying the jacket. Which was a mistake because it fitted beautifully.

I reluctantly took it off and gently told her I couldn't afford it (They were beautiful but spending nearly a lakh on two jackets and a skirt was simply not me.)

By this time the old man had shuffled off to the counter. I followed him and gestured no, thank you. He saw my eyes lingering on the brown merino coat. And he barked at the girl again. The girl asked me, "He asking you if you like brown coat?"

I said, "Yes I do. But I wasn't planning on buying anything other than my shoes. I am not bargaining with you, I can see that it's a beauty but it is out of my budget. Maybe next time."

She rapidly translated it to the man and he shot back a long response and went back to his desk. I expected to be told off for not appreciating a beautiful piece but I was taken aback when she said in a disbelieving tone, "he wants you to have the coat. What is your budget?"

I replied, "Honestly, I know how much a coat like this is worth. I do not have that kind of budget. And I do not want to offend you by naming a price that is below its value. So let's keep this for the next trip ok?" And I made to move to the door. I was genuinely beginning to get embarrassed. If I had been bargaining this would have been a game. But I wasn't.

She translated what I had said and grabbed my hand and said, "He say he not be offended. You take coat, what is your budget?"

I fumbled and came up with a figure that we would pay for a good quality sweater in India. And with the speed of greased lightning the old man said "okay" and I was flabbergasted. I said, "But no! This coat is worth much more. I wasn't bargaining with you."

The man spoke again and the girl said, "He say you beautiful, he see your soul in your smile. He gift you."



The cynic in me shut up because even for a marketing gimmick, dropping the price to nearly a 10th of its original price couldn't be anything but a generous gesture from a kind old man who had taken a liking to me.

I smiled at him and said the only thing that I could repay his graciousness with, "I really appreciate the gesture and thank you for it."

He smiled and nodded and packed my purchases. The girl said in a slightly envious tone, " He has given you the jacket for lesser than the price he spent to make it." The man sharply interrupted her. I didn't know if it was a reprimand.

As my eyes darted to him, he was smiling kindly at me and nodding his head.

The girl said, "This jacket is a prototypo..." (I assumed she meant it was a prototype) and he say he happy that you like it and that he hope it give you many years of good memories."

I turned to look back at him but he wasn't there.
He had gone to a shelf and was busy doing something else.

I paused and then softly said, "Thank you very much."
He didn't look up and then just as I was turning away to leave, he looked up and smiled and said "ciao" and went back to his work.

I walked out with a vague sense of poignant emotion mixed with the guilty happiness of having gotten a great jacket. But I felt gentle warmth creeping within me and a burst of laughter gurgled out.

Here was another anti-oxidant shot for my soul. And I walked on with a smile in my heart ready to face the next surprise.



Purple Eyeliner
Iherb.com



Christian Dior Rouge Dior Couture Color
amazon.com





Cream Face Care Whitening Make Up
Aliexpress.com



Dior Vernis Froufrou Nail Polish
Swatchfest.com

PURPLE PASSION

Paint your makeup closet purple this season and throw in all these spunky and pretty purple essentials. It's quirky, vibrant and girly!



Make Up For Ever Artist Shadow I918
Sfchronicle.com



Blush Brush Purple Makeup Kit
Xmycosmetic.com

La-Splash Cosmetics Crystallized Glitter **www.sleekhair.com**





Maybeline Falsies Purple Mascara
Hectormreyes.com

MAC Cosmetics Toledo Pearlglide Intense Eye Liner
Iherb.com





BEAUTY *JUNKIES* Checklist

Don't let your make up bag overflow with unused products, know what works best with your skin and stick with a few high-quality items. Minimise your expenses and the load you have to carry everywhere. Here are the essentials you should invest in. By **Kavya Sridharan**



NO-SHOW FOUNDATION

A good foundation is the building block of any great structure; well it's the same with your skin. An excellent foundation can go a long way. Can't find your right shade? Leave the hard work to the professionals, head over to the cosmetics counter and let them work their magic.

BLUSH BEAUTY

Before you try a daring red or pretty pink blush, go neutral. The basics are important in terms of clothes and makeup, so invest in a neutral shade. Not only will this add a slight shimmer to your cheeks, but it'll be as if you aren't even wearing any blush - the perfect combination. So start with lighter shades that leave people curious.

NO-CLUMP MASCARA

First of all, gloopy mascaras are a big no-no. Over time, mascaras thicken and become gloopy with exposure to air and other particles. Basically, after 3-5 months that mascara needs to go into the bin. You're dealing with your eyes which are sensitive and over-used mascara can house bacteria that are just not good for your eyes. Try out different brands of mascaras until you find one that works with you and not against you!

LIFE-SPAN OF YOUR COSMETICS:

One thing to remember is that all good things in life expire, even makeup. For the sake of saving money, don't keep the same cosmetics over the years, be aware of the lifespan of each product you own. Hereis a little chart to help you with that:

Mascara: 3-6 months
Blusher: 12-18 months
Lipstick: 18 months
Foundation: 6 months
Eye shadow: 12 months
Liquid Eyeliner: 3-6 months
Lip gloss: 18-24 months
Powder eye shadow: 2 years
Cream eye shadow: 12-18 months



Think it, *Ink it!*

Are you a tattoo addict?
Well then, that's one addiction that's not leaving you for a good few years.
Many tattoo lovers that we have come across have never stopped with just one.
Each and every tattoo is personal, has a deep memory and is going to be your lifetime companion.
So take your time to get the perfect tattoo that echoes your personality.
By ***Deepa Kalukuri***



You go through dozens of designs and can't zero in on one. Should you get a portrait, a phrase, a quote or that pink butterfly? It's a great pressure to decide on the perfect one for your body. Many celebrities like David Beckham, Rihanna, Angelina Jolie and Saif Ali Khan have sported their tattoos with élan. But if you get it wrong you are about to carry that silly mistake to your grave. Have fun getting inked but make sure you follow these tips so you can flaunt your tattoo with great style and panache.

THE BODY TEMPLE

• Deciding which part of your body you should get inked can be a long process. First, decide if you want to flaunt it or keep it hidden for a special someone. If it's an attention seeking tattoo like our good old barbwire, it's got to be on your arms.
Complete black tattoos are a bore; add a dash of pink to fill your barbwire tattoos. Girls, don't even think about getting a barbwire tattoo on your neck or your back, you will for sure regret it!

• If you want a feminine touch to your tattoo get an ankle string done just like our very own Deepika Padukone.

• Literature lovers can get their favourite phrases and Shakespearean quotes inked on the wrists or their navels like Angelina Jolie.

• If you are a rock chick, your neck is the perfect place for your tattoo. Select a rock band portrait or your favourite rockstar and ink your neck.

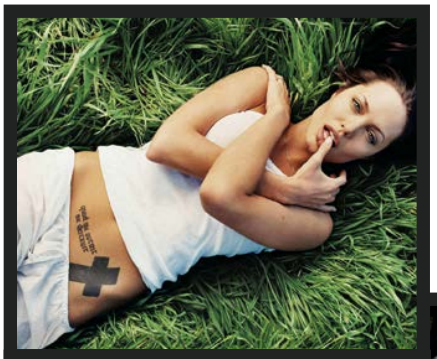
TO NAME OR NOT NAME?

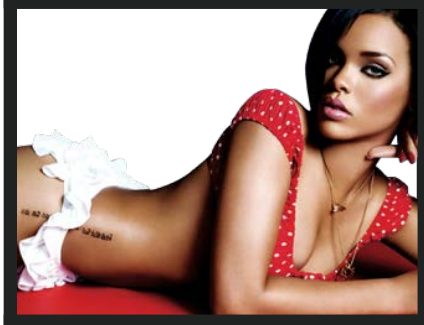
• You and you partner have had a beautiful bond and you would like to surprise him/her.
• You decide to ink their name on your body. Think again!
Not to be pessimistic but to bring in some reality, what if you end your relationship in the future?
• You don't want a silly mistake to ruin your future relationships. Be wise and keep away from inking your partner's name if you are not sure about handling it in the future.



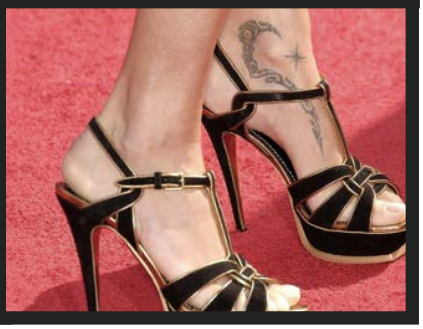
KICK THE CONTROVERSY

• Be very careful when you choose your tattoos. Don't go overboard with your anti-anything phrases and designs.
Respect political boundaries and people's religious beliefs.
• If possible, stay clear of any controversial tattoo especially if you are a traveller.









THE PERFECT DESIGN

• What really matters is that you choose the right design which goes with your personality. Make sure you are confident about carrying the tattoo off with ease.
• If you want to go tribal, make sure you choose the right size and colour for your design. Tribal tattoos can go wrong if the size is not in sync with the particular part of your body.
• If you want a text based tattoo of a language you are not sure of, make sure you get it translated through a trusted source. You don't want to travel to a particular country and flaunt a native language tattoo which just isn't correct. Keep yourself from the embarrassment.



RULEBOOK OF TATTOOING

• Practice safe inking procedures and understand that tattoo removal procedure is painful and a lot more expensive than your tattoo.
• Think about it thoroughly before you decide to ink yourself.
• Make sure your tattoo artist is using a fresh needle for your tattoo.
• Note all the post tattoo care procedures from your tattoo artist.
• Check for any skin irritation which may arise post inking and consult your dermatologist immediately if you notice any abnormal burning or irritation.
• It's normal for skin to shed after a few days of tattooing. Don't panic as it's just your dry upper layer shedding itself to bring out the inked layer on the surface.
• Use clean towels to dap your tattoos post shower.
• Do not scratch when it itches.
• Keep the areas around your tattoo clean to avoid any infections.



THE CRYSTAL PRINCESS

A typical South-Mumbai girl grew up in a fun loving Punjabi family with dreams of being the CEO of a marketing company. Little did she know that the theatre plays she acted in during college days would become her dream career. Kajal Aggarwal needs no introduction as she continues to woo the audience with her young, vibrant energy and a smile to die for. In conversation with ***Deepa Kalukuri*** she speaks about her rocking career and her future aspirations.

Photography G. Venket Ram

Stylist : Lakshmi Krishnaswamy | **Hair :** Seema Mane | **Make-up :** Adrian Jacob
Location : Hotel Le Meridian | **Clothes and Accessories :** Lux 214

Kajal was just 15-years-old when she made a cameo appearance in Aishwarya Rai starrer Kyun! Hogaya Na. Today, she is among the top actresses in the South Indian film industry, stealing billions of hearts with every release. With a successful debut in the Telugu film *Lakshmi Kalyanam*, she set foot in the top league of stars. She continues to impress the audience across the industry with her finesse and elegance on the screen.

Do you have any formal training in acting?
I don't really have any formal training in acting, however, I am from Jai Hind College and we had a pretty active theatre group. I just took it up as a hobby and the rest I have managed to learn on the job as I never had the time. Like I said, I had no plans of entering the industry and I always thought I would be an out and out corporate person. It's been a decade since I started acting and I consider *Lakshmi Kalyanam* as my first movie.

There were rumours that Anisha Ambrose's exit paved way for your entry into Pavan Kalyan's next movie *Sardaar*, is it true that you were the first choice?
Well, the director will be able to answer this question better. I was offered the movie and I just said yes because it's a young, hardworking team and the script is great.
I have never worked with Pavan Kalyan before and I always wanted to do a movie with him as I am a huge fan. I will start shooting this month and am looking forward to having fun.

There were reports that at a recent audio function you lashed out at the crowd. What went wrong?
These rumours aren't true at all. I have never lashed out at anybody. At the audio function or any other event I always have people around me and have been given enough security in case of any breach.
I don't think I have any reason to get angry or lash out at anyone for that matter. It's been quite a

Being a Mumbai girl how difficult was it to fit into the South Indian film industry?
Touchwood, I have had a smooth journey until now and I didn't really find it difficult. It was challenging but not difficult. I consider myself as a South Indian and I know more about the culture than my own Punjabi culture. Initially, shooting in the interiors of Andhra Pradesh and Tamil Nadu was a little different but I had a lot of fun learning about the culture. I speak Telugu and I understand Tamil, so now I am pretty comfortable with where I am.

How was the experience working for Maari?
Maari was a great experience and Dhanush is a fabulous actor. I always maintain a good work relationship with my co-stars.

They say actresses can never be friends; do you have an actress friend from the industry?
I get along really well with Tamannaah. I don't believe in the story that actresses can't be friends. Tamannaah and I have similar backgrounds with regards to our upbringing, so we had an instant connect. Whenever both of us are in Mumbai, we catch up and hang out together. I have done a lot of two-heroine films and have always had a cordial relationship with my contemporaries. As long as I am happy with my role, I don't really care about what the other person is doing. Having said that, most of my best friends though are from outside the industry.

How did you manage to keep away from co-star link-ups all these years especially when you have been surrounded by good looking men?
When there is no spark there is no fire. I have never had a relationship with any of my co-stars. We all share a great work rapport. I have kept my journey simple and professional. Of course, we are all great friends.

Are you dating someone or getting married soon?
No, I am single at the moment and focussed on my work. I will get married but not for a couple of years.

Are the roles given to female leads justified in the industry?
Things are changing and earlier I wasn't sure of this fact. However, these days there are scripts being written with women in mind. On the whole, the audiences are changing and one can't fool the audience. They are smart and your story needs to go hand-in-hand with logic. The way women are perceived is also changing with time and it shows in the movies as well.

When there is no spark there is no fire. I have never had a relationship with any of my co-stars. We all share a great work rapport. I have kept my journey simple and professional. Of course, we are all great friends.

Singham and Special 26 both were box office hits. Are you doing any other Bollywood movie?
Yes, I just wrapped up the shoot for my next Bollywood movie, *Do Lafzon Ki Kahaani* with Randeep Hooda. It should hit the screens end of this year or next January. It's a beautiful and intense love story and I am looking forward to it.

What are your upcoming South Indian movies?
I am all set to do a movie with Vikram and one with Jiva. Will start shooting soon for them and simultaneously I am doing two Telugu movies. One is *Bramhotsavam* with Mahesh and *Sardaar* with Pavan Kalyan.

That looks like a very busy year ahead. No holidays planned?
I can't work on New Years at all. I am on a 5-day break at the end of this year. This year all the single ladies are going to Bali for New Years. This is going to be my third trip to Bali. My family travels with me too. I manage to take time out with my family and friends.

What do you like the most about Chennai?
I am a complete foodie and I love South Indian cuisine. Chennai has some of the best restaurants which I have discovered lately. I love the food there. I am from Amritsar and Punjabis love food.

Are you a beach girl or a hill station lover?
I need a balance of both. Sometimes I want the ocean and sometimes I want the mountains. I basically want it all!

Post Baahubali, the world has paused and noticed the Telugu film industry. How do you feel about this recognition that the industry has received?
I am so proud of being a part of the industry which gave the world a film like *Baahubali*. I am so proud of Rajamouli sir and I worked with him in *Magadheera*. He is a perfectionist and the entire team deserves the recognition that they have received.

Which is the one role that you would you have loved to play?
Kangana Ranaut's role in *Queen* is amazing. She carried it off with genuineness and cuteness. I would have loved to do that one. In real life, I am not as naive as her role is but yes I would like to believe am humble and down to earth. I have been born and brought up in Mumbai and this city teaches you a lot.

Have you ever regretted being a part of any of the unsuccessful films that you have worked in?
Oh yes! I don't feel bad about being a part of a project like that but I think I was stupid because I knew all along that it won't do well. I have had this experience where while I was shooting for a movie I knew it was not going as I expected and once I have committed to do it I just can't back out. When you are doing a film you know it then and there.

BIG BOX

Favourite dish?
Appam with coconut stew.

What kind of guy are you looking for?
Someone who is independent, mature, ambitious and has a great sense of humour.

Do you love cooking?
Yes, I have a sweet tooth and I love baking. My love for desserts is long lasting.

Are you a vegan?
I was a vegan for 2 years but it's just too difficult to be one. It was the best time of my life but I love eggs and can't stay away from it for too long.

Shopaholic?
Oh no, I don't have any patience. I just enter a store and pick anything. It depends on my mood. I may pick up ten things which look absolutely the same.

Ever done a road trip?
Never. I would love to do a road trip and I am planning to do it in Europe someday.

Favourite Hollywood stars?
Johnny Depp and George Clooney. I think George Clooney is just so dreamy. I am glad he married a gorgeous woman.

What will your ideal date be like?
I am a diehard romantic but I haven't been on my ideal date as yet. It depends on my mood and how much I am involved with a person. I may just want to stay home, watch a movie eating popcorn and sometimes would love to be swept off my feet. I would love to be flown to another destination for lunch and just fly back. That would be awesome.

Have you had a relationship before?
Yes, I have been in a relationship long ago. Now I am single though!



Over The Table Decor

Decorate that elegant looking table with some of these newest accessories.



Branch Brass Pillar candle holder
Crateandbarrel.com



High Dancing Couple Structure
Lampsplus.com



Cauldron Of Light
Homesake.in



Teak Table Mirror
Thehomelabel.com



Kairos telescopic retro flip down clock **pepperfry.com**



Ethnic Roots Brass Finish Tripod Table Lamp **Pepperfry.com**



Halo Table Lamp
Urbanladder.com



Poppadum Kettle Jewellery Stand
Fabfurnish.com



Ashwa Tri Photo Caterpillar Frame
Limeroad.com



Cooper Vases
Crateandbarrel.com



Brass and black finish magazine holder **lampsplus.com**

VANITY INSANITY

Did you think insurance was only for life? Think again. Unless you are an alien, or have been buried under the ground for a good part of the last decade, you would have heard of Kim Kardashian's butt insurance. The curvaceous American star is more popular for her oh-so-famous-and-curvy butt than well, anything. Apparently, she got it insured for a whopping $21 million!

This is not an unusual fad and a lot of celebrities have gotten their assets insured for a huge sum of money. Let's take a look at some of the most popular ones. And guess what? Our very own Bollywood is also not too far behind in this deal.

John Abraham: The man gave us a little sneak peek of his butt in Dostana and had us drooling over him for quite some time. Apparently, he has insured his butt for 10 crores. Definitely an ass-et!

Mallika Sherawat: The bold beauty that rose to fame with Murder has her whole body insured for a sum of whopping 50 crores!

Priyanka Chopra: The lady with many feathers in her cap is known for her bold and beautiful smile. She got her smile insured for a mammoth $10 million.

Mariah Carey: The celebrity with the highest valued legs is none other than Mariah Carey. The lady apparently has insured her legs for a sum of $1 billion!

Jennifer Lopez: Talking about celebrities and their body parts insurance, how can this curvaceous beauty be far behind? Well, beauty does come at a price. And in this case, it comes at the extravagant price of $300 million.

David Beckham: Legs are the most important asset of footballers and this is exactly why our man here has insured his beauties for $70 million.

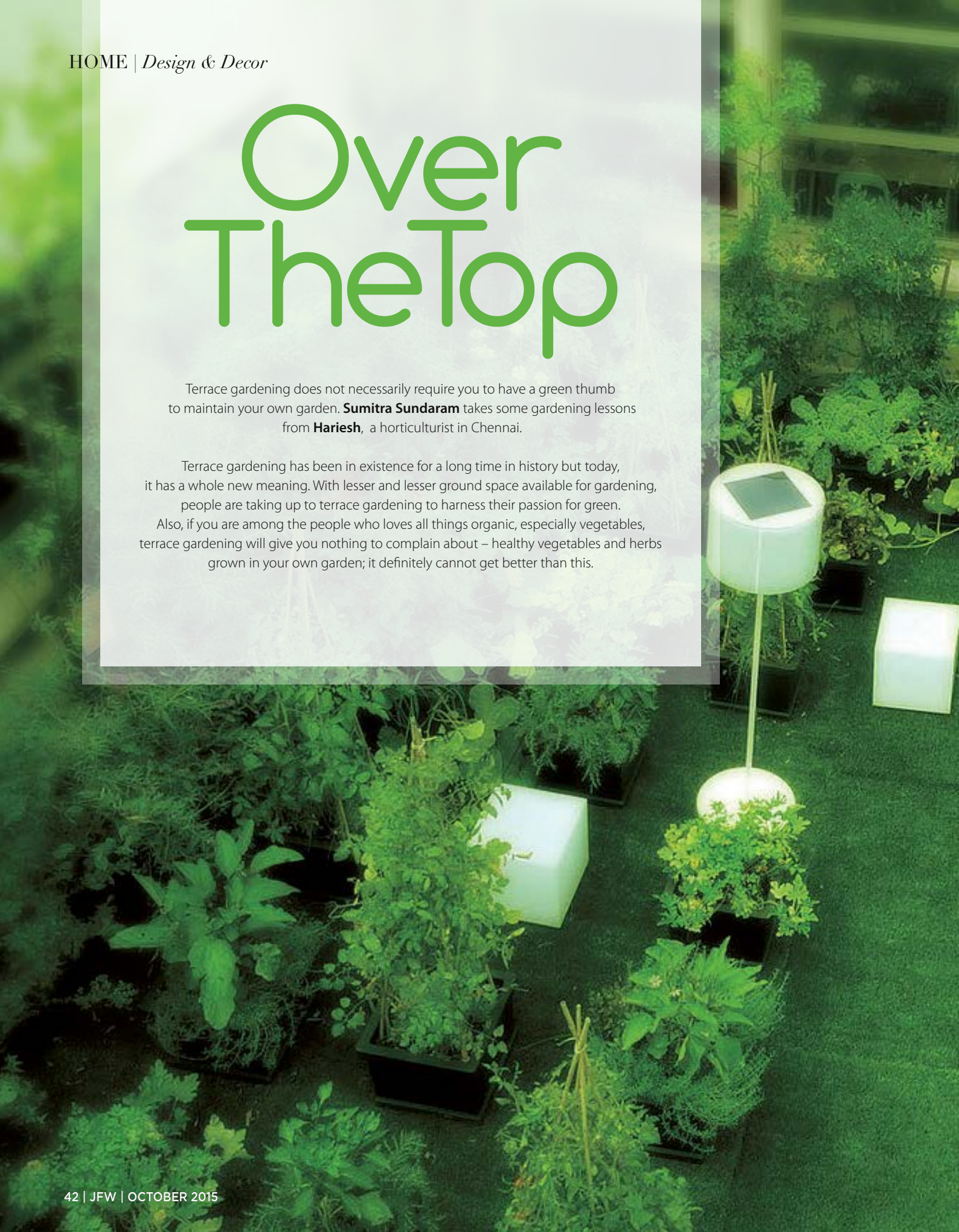
Julia Roberts: The moment you think Julia Roberts, you think of her smile. Her smile is fresh as dew. It requires maintenance evidently. The star has insured her beautiful smile for $30 million.

Daniel Craig: James Bond also needs protection sometimes! While filming Quantum of Solace, the actor did most of his stunts without using a body double. Soon after which, he insured his body for $9.5 million. •

Over The Top

Terrace gardening does not necessarily require you to have a green thumb to maintain your own garden. **Sumitra Sundaram** takes some gardening lessons from **Hariesh**, a horticulturist in Chennai.

Terrace gardening has been in existence for a long time in history but today, it has a whole new meaning. With lesser and lesser ground space available for gardening, people are taking up to terrace gardening to harness their passion for green. Also, if you are among the people who loves all things organic, especially vegetables, terrace gardening will give you nothing to complain about – healthy vegetables and herbs grown in your own garden; it definitely cannot get better than this.







EVERYTHING YOU NEED TO KNOW

Planting a terrace garden, apart from being a passion or a hobby, is also therapeutic in nature. It is a great way for busy, stressed out people to relax and get back in touch with nature. For first timers though, it can be quite a challenge and an overwhelming task but once they learn the basics, it is really not that hard.

Some of the easiest things to grow on your terrace garden are some things from your kitchen shelf that are used in everyday cooking like coriander, fenugreek, gram and chilli. Other vegetables that you can possibly move on to are tomatoes, peppers, radishes, lettuce, beans and broccoli.

SPACE

Any location in your house that gets 2-3 or more hours of direct sunlight is good enough for gardening. This can be a balcony, ground space or terrace. But for a balcony, make sure that there is a drainage outlet.

SUNLIGHT

Different plants have different sunlight requirements. For instance, radishes, broccoli and lettuce do not need as much sunlight and can grow perfectly well with some shade. Tomatoes, peppers and beans require the full thrust of sun but these vegetables can also be grown in pots on a sunny patio.

CONTAINERS

Think beyond the pot! For all first time gardeners, anything can become a suitable container. It should be capable of holding water and soil. Oil cans, unused helmets or a vegetable crate all make up for good containers.

WATER

Watering is of utmost importance. It is more important to not over water or under water. As with sunlight, different plants have different water requirements. Watering every alternate day is good enough.



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All The Best!



GARDENING TOOLS

A good garden is not just the result of a good location and what you choose to grow, it is also a result of what tools you use to get that perfect landscape garden. These are some tools that every gardener worth his salt would swear by.

SCISSORS

We do not mean big, fancy, hard-to-hold scissors. Just plain old kitchen scissors would do too. Use them to deadhead flowers, snip herbs or just open seed packets.

WEEDERS

These little tools are perfect for prying up unnecessary weeds from under the soil that take up space and use plant nutrients.

SOIL KNIFE

This is a Japanese tool with a sharp edge on one side and a serrated edge on the other. It can be used for cutting through roots, transplanting, dividing perennials, slicing through sod, weeding and more.

WATER HOSE

An absolutely imperative tool is this hose that comes with a little brass piece at the end so that you can shut off the supply once you are done without having to go back to the main valve.

SHOVEL

Another most important tool for gardening is the shovel. It is used to dig up the soil before planting and also to level the soil in uneven places and scooping debris.

PRUNING SHEARS

Also known as trimmers, these come in handy when you have small plants and cannot afford to mow down the whole place.

RAKES

Rakes are just like shovels but have other purposes too. A rake will fit into tight and small spaces and fan off leaves and also collect them till you are ready to dispose them off. You can also use it to smooth out the soil and blend it.

SOIL COMPOSITION

The better your garden soil is, the better your plants grow. Plants thrive in soil that have suitable composition, great nutrition, lot of organic matter and balanced soil pH. Usually, soil composition takes longer to get right if you have a bigger ground space and plan on growing your own vegetable garden. For terrace gardening however, little research is enough to give you the perfect soil composition.

- Soil is rated on a pH scale with a pH of 1 being most acidic and a pH of 14 being most alkaline. Most vegetables and ornamentals grow well in a slightly acidic soil with a pH between 6 and 7.



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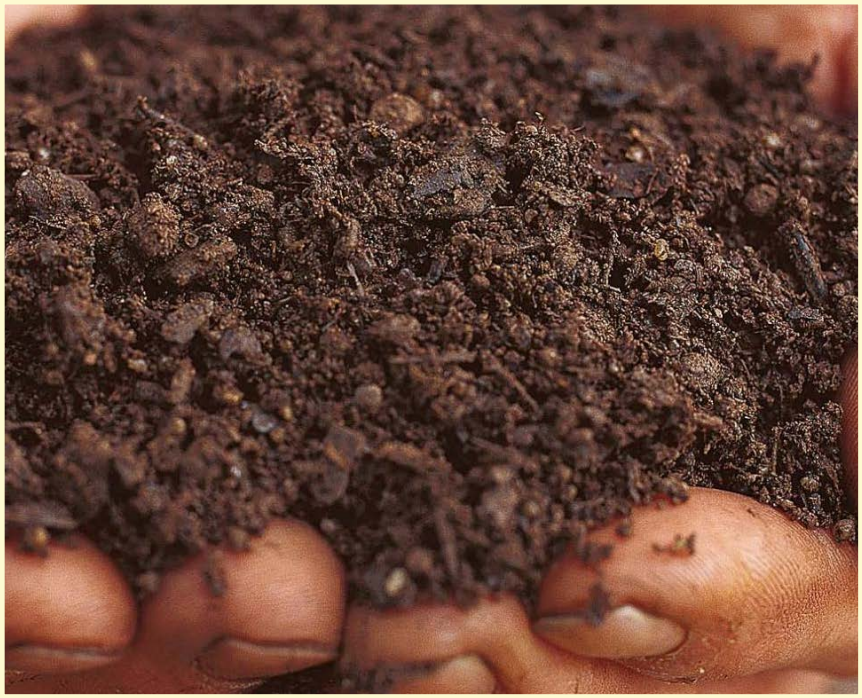
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• You can test the soil at home with a simple DIY soil kit from the nearest nursery by following instructions.
You could take it to a soil testing lab if you want to dig more.

IDEAL TYPE OF SOIL - LOAM

This soil is the ideal type that gardens and gardeners love equally. It contains a balance of all three soil materials —silt, sand and clay—plus humus.
It has a higher pH and calcium levels because of its previous organic matter content.

Coco Peat is made of coconut husks and contains coir fibre pith or coir dust. It can hold large quantities of water like a sponge which makes it a great replacement for traditional peat in soil mixtures. But, it is not used as a primary component due to low levels of nutrients but rather as an additive. Coco peat generally has acidity in the range of pH - 5.5 to 6.5 which makes it a good supplement. This can be re-used up to 3 times with little loss of yield.

• Coco peat should be applied basally before sowing.

• In terrace gardening, while preparing the potting mixture, 20% of coco peat can be mixed with the soil and sand before filling it in the pot.

HERBS GALORE

Herbs are very easy to grow with a little sunshine, soil that drains well, some watering, and a little fertilizer or compost. Herbs can be grown in pots; however, the plants always prefer to be in the ground where they can spread out. If you plan on growing herbs on your terrace garden, then make sure there is some shade through which sunlight passes on to the herb pots as they cannot take strong sunshine and wilt away soon.

• You can use a clay pot that is at least 8 to 10 inches in diameter because herbs need space to fan out.

• A good potting soil (loam) would do to get the best quality herbs.

• An organic herb or vegetable fertilizer as an add-on would do wonders.

• Water regularly. Since temperatures and humidity cause drying times to vary every week, you must check the soil often. Do not over-water.



MAYO *magic*

We've slathered it on our sandwiches and blamed it for making us gain weight, but mayonnaise has more than just a fatty facade. It can be used for non-food purposes as well, whether it's for your hair, face or skin, this time you won't regret using it. By Kavya Sridharan

SUNBURN BE GONE

If you find that after a long day of outing you are horribly sunburnt, then look no further than your fridge. Mayonnaise can soothe sunburns giving it the moisture it lacks. The vinegar acts as a natural anesthetic.

LICE PROBLEMS

Lice are very tricky and pesky creatures. If you want to get rid of existing lice, then lather a thick layer of mayonnaise from your roots to ends and leave it overnight. This suffocates lice, killing them, in fact any treatment with vinegar kills lice. Then simply comb your hair. This is effective in killing active lice, but not nits. But hey, it beats using harsh and expensive chemicals on your scalp.

HAIR NOURISHMENT

Applying hair masks once a week ensures that dry or damaged hair recovers. Mayonnaise has special moisturizing agents: oil and egg proteins which help revitalize hair; this is especially for those who have dry hair. Its best to make your own mayonnaise rather than buying store bought mayo. This way you can control the source of ingredients and the proportion of elements. Once a week, liberally apply mayo throughout your hair and wrap it around a warm towel, this allows the follicles to open and absorb the nutrients. This brings back the shine and luster of once dry hair.

FOR FEET BEAUTY

Constant exposure to the sun can form calluses and an accumulation of dead skin on your feet. But don't fret, mayonnaise is the perfect exfoliator. Give your feet a mayo bath, rubbing it gently on every inch of your feet and wear socks over them. Leave them overnight to see them work their magic, it's advisable to cover your feet with plastic wrap or cover so that the mayo doesn't seep out.

D.I.Y FACIAL

You don't have to shell out a fortune to get a fancy facial, when you can have one right at home. There are endless recipes for D.I.Y face masks online, and most of them involve mayonnaise. You can combine mayo with honey, oatmeal, bananas, etc. Its high protein content strikes again, soothing skin and giving a soft glow.





NEENA *unplugged*

Actress, writer, director and more, Neena has had a stint in both the big screen and television. With a degree in Sanskrit and a passion for all things Indian, she has lived and loved on her own terms. A doting mother to a successful daughter, Neena gets candid about her life on and off camera. By **Sumitra Sundaram**

Neena Gupta comes across as a no-nonsense person with a fierce attitude that not many can handle. But underneath that hard exterior is a soul that is soft, compassionate and has a never-let-go attitude.

> *"If you want to live in the society, you have to do certain things in sync with its belief system. You cannot do what I did and in fact you should not do what I did."*

Early Days

The daughter of a government officer and a teacher, Neena didn't have any sort of radical upbringing. "When I was growing up, my mother was so strict that I wasn't even allowed to go to a movie with my girlfriends, let alone have a stay over at one of their houses. Looking back, I am thankful to that sort of an upbringing." She moved to Mumbai in the 80s to become an actress after a lot of hesitation from her mother.

She is best known for writing one of India's most progressive TV shows, *Saans* (about the relationship between a man's wife and his mistress). She also played a dominant role in the parallel cinema movement of the 80s with roles in *Gandhi (1982), Jaane Bhi Do Yaaro (1983) Mandi (1983) and Utsav (1984)*. She had a brief stint with a game show *(Kamzor Kadi Kaun)* that failed to generate any interest among the public and was later scrapped off.

Proud Mother

It has always been just the two of them. From being an over-protective mother who fussed about her child's whereabouts, her friends, her grades, her career and her life, Neena now takes care of the finances of the 'Masaba brand'. Talking about her daughter, there is a broad smile on her face that can only suggest that she is extremely proud of her achievements.

"Of course, I am very proud of where Masaba is today, career wise. But more importantly, I am proud of who she is as a human being. After years of treating her as a child, today, when I see her from far as this woman who just got engaged recently, I am amazed at how she reacts to situations. I realise how much of the parent gets imbibed in the children. More than anything, they grow up looking at you and hearing you speak."

On Masaba

Career wise, both women are poles apart. Yet there is a harmony in their relationship that is not purely because of genes. When Masaba decided to launch her own fashion label from home, Neena, with little knowledge about it, was with her from the start. She took care of all the heavy duty managing part leaving Masaba to her creative side. "Having Masaba and bringing her up is the best decision of my life and I would not trade it for any other experience that I have had. She is a lot like me in some ways and a lot like her father in some other ways. She is as stubborn as me, ambitious but a tad lazy! She does not live with me anymore but I will continue to be proud of her and be with her every step of the way."



"I realise how much of the parent gets imbibed in the children. More than anything, they grow up looking at you and hearing you speak"

Word of Advice

She went the unconventional way when she took the decision to stay single and bring up her child; it was a decision that took many people by surprise and they in turn advised her not to continue with her decision. Today, she is considered a role model for women all around. She on the other hand, denies being one. "I can confidently say that if you want to live in the society, you have to do certain things in sync with the belief system of the society. You cannot do what I did and In fact you should not do what I did."

As she continues to talk, she picks up a copy of the JFW and flips through the pages casually and remarks "Nowadays there is so much written about women empowerment, their rights, fashion and more that you don't know what to follow. It was not the case in our days and I don't know if I am happy about that time or today." Ask her to give a piece or two of advice to the readers of the magazine and she modestly quips, "I don't consider myself to be in a position where I can advice people but based on my experience, you should take risks only if you know that you are brave enough to handle them. Being a single mother and bringing up a child, for example, is not easy. I did it because I knew I will be able to handle it and my situation was different. The same does not apply for everyone else. In my opinion, it is the hardest decision; one that should be taken only if you are aware of the consequences."

As she says goodbye, you get a glimpse of the strong-willed woman that she is and you know in that instant, that not everyone can be Neena Gupta. •

CONTI CLASSICS

Fancy food does not mean a lot of work. A combination of amazing ingredients and the perfect recipe is enough to bring out the master chef in you. Try these ultimate comfort food recipes



Recipes by Sara Koshy

ZUCCHINI AND COTTAGE CHEESE QUICHE

INGREDIENTS

For Pastry

100 gm chilled butter, diced
200 gm plain flour
½ tsp salt
Ice cold water

For Filling

2 tbsp butter
1 zucchini, sliced
150 gm diced cottage cheese
10 cherry tomatoes, halved
½ tsp chopped rosemary
3 eggs
180 ml cream
100 gm grated Cheddar cheese
Salt and freshly ground pepper to taste



METHOD

- Sieve flour and salt into a mixing bowl.
- Rub in the butter till it resembles breadcrumbs.
- Add a tablespoon of iced water at a time and gather the crumbs into a ball.
- Wrap in cling film and chill in the fridge for about 30 minutes.
- Roll out the pastry and line a 9 inch flat tin with it.
- The pastry lined tin should be refrigerated while preparing the filling.
- Heat the butter in a skillet, toss in the zucchini and gently cook it for about 7 minutes or till all the water dries up.
- Add in the cottage cheese cubes, season to taste and remove when warm through. Stir in the rosemary.
- Cool to room temperature.
- Arrange the filling into the prepared pastry, place the tomato halves on top.
- Beat together the eggs and cream.
- Check the seasoning, pour carefully over the filling.
- Sprinkle the grated cheese on top.
- Bake in a preheated 190°C oven for about 40-50 minutes.
- Allow it to rest for about 20 minutes, slice and serve.

HERBED SEAFOOD PIE

INGREDIENTS

350 gm grey or black Pomfret, filleted and cut into cubes
350 gm large prawns, shelled and deveined
1 bay leaf
10 peppercorns
5 sprigs of parsley, chopped
1 tsp vinegar
5 sprigs of thyme
600 gm floury potatoes
50 gm soft butter
50 ml milk
30 gm butter
30 gm plain flour
200 gm milk
100 ml cream
Salt and freshly ground pepper
A little extra butter
2 tbsp breadcrumbs

METHOD

- Pour 150 ml water into a wide saucepan, place the fish in it.
- Also add in the bay leaf, peppercorns, parsley stalks, vinegar, thyme and a little salt.
- Bring the pan to the boil.
- Reduce the heat and allow it to simmer for about 7 minutes, add in the prawns and let it all cook for another 3 -4 minutes.
- Lift out the fish and prawns gently, strain and save the stock.
- Boil the potatoes and when cool enough to handle, peel and mash.
- Mix in the butter and milk, season to taste with salt and pepper, set aside.
- Heat butter in a skillet, add in the flour and stir with a whisk.
- Add in the milk, a little at a time and stir until it turns into a smooth sauce.
- Stir in the cream.
- Thin down the sauce with some of the poached fish liquid; gently mix in the fish and prawns.
- Mix through the chopped parsley, season with salt and plenty of freshly ground pepper.
- Place the seafood sauce in a greased 1 litre casserole and cover the top with the mashed potatoes.
- Place in a preheated 190°C oven and bake for about 20 minutes, remove and sprinkle over the breadcrumbs, dot with a little butter and return to the oven for another 20 minutes.
- When the top is golden brown and the breadcrumbs are crisp, remove the pie.
- Allow to stand for 20 minutes before serving.



MINTY CHICKEN AND MUSHROOM BUNS

INGREDIENTS

For dough
500 gm plain flour
1 tsp gluten or bread-tex
50 gm sugar
2 tsp salt
2 tbsp milk powder
40 gm soft butter
2 tsp instant yeast
1 egg, beaten
200 ml water

For dough
1 beaten egg
Sesame seeds

METHOD

- For the filling, marinate the chicken in lime juice for about 15 minutes.
- Heat the oil in a pan, sauté the onions and chilies till glassy.
- Add in the ginger garlic paste and when it is cooked, stir in the curry paste.
- At this stage, add in the chicken and salt and cook till tender.
- Add in the mushrooms and cook till most of the water has evaporated.
- Sprinkle over the garam masala, add in the mashed potatoes, mint and coriander leaves.
- Mix well, check the seasoning and leave to cool down to room temperature.
- For the dough, sieve flour into a mixing bowl, add in gluten or bread-tex, sugar, salt, milk powder, instant yeast and mix them together.
- Make a hollow in the centre of the ingredients and add in beaten egg and half the water.
- Mix into a dough and add in butter.
- Remove it onto a sturdy countertop and knead into soft dough, adding more water as needed.
- Place the dough into an oiled container with a lid and leave in a warm drawer for about 40 minutes or till doubled in size.
- Remove the dough, punch it down to expel all the air, knead briefly for a minute.
- Divide into 15 pieces, round each into a ball.
- Roll each piece of dough into a 5 inch circle and place some of the filling in the middle.
- Wet the rim, gather into a ball and place on a greased or parchment lined baking sheet. Ensure the folds are placed on the base.
- Arrange the buns on the sheet, leaving 2 inch of space between them.
- Brush with egg and sprinkle some of the sesame seeds over.
- Leave to prove again for about 20 minutes or till doubled in size.
- Bake in a preheated 200°C oven for about 12 - 15 minutes or till golden.
- Remove from the oven and transfer to a wire rack to cool.



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FREE- FORM FOCACCIA

INGREDIENTS

For Bread

250 gm plain flour
1 tsp yeast
1 tsp salt
1 tsp sugar
½ tsp dried oregano
1 tbsp olive oil
¾ cup water

For Topping

3 tbsp olive oil
½ onion, sliced
2 tbsp sliced olives in brine, rinsed
8 – 10 cherry tomatoes, halved
2 cloves garlic, crushed and chopped
Rosemary sprigs
3 tbsp grated Parmesan cheese
¼ tsp salt

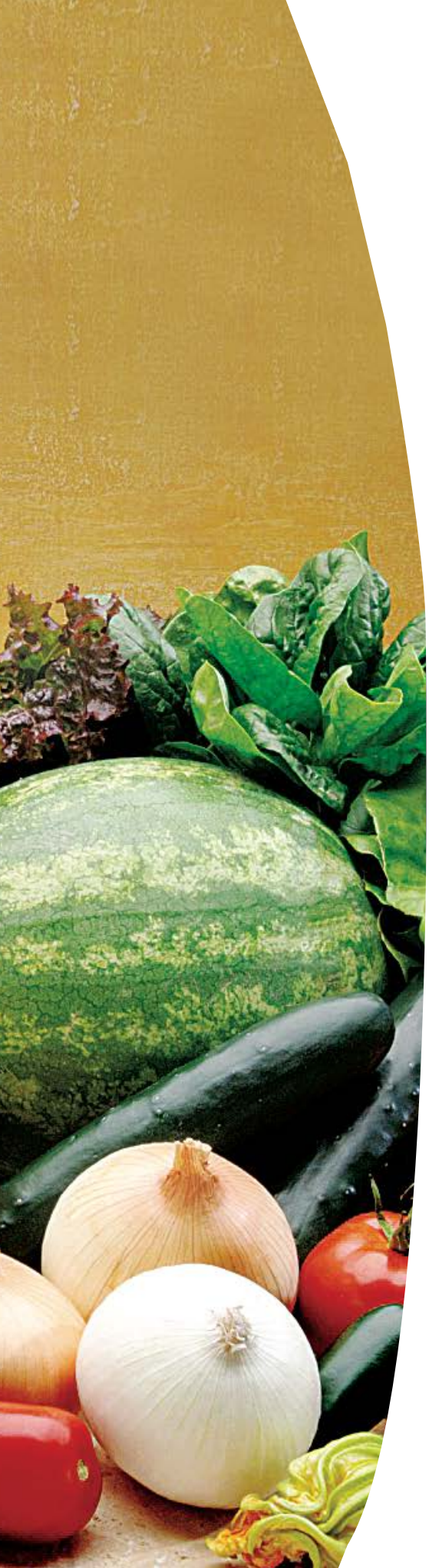
METHOD

- Sift flour into a mixing bowl, stir in the yeast, salt, sugar and oregano.
- Make a well in the centre, pour in the oil and most of the water and mix into a dough.
- Transfer onto a sturdy worktop and knead into soft dough, adding a little more water only if necessary.
- Place in a greased bowl, cover with a well-fitting lid and allow to cure for about 40 minutes or till doubled in size.
- Take the dough out of the bowl and punch it down to expel the air.
- Knead it briefly, roll out into a ½ inch thick rectangle and place on the back of a large baking sheet.
- Leave the dough undisturbed for about 10 minutes and then make well-spaced indentations with a finger.
- Brush oil over the dough, arrange the onion slices, olives, tomatoes, garlic and cheese over it.
- Push in tiny sprigs of rosemary, sprinkle salt and leave it for another 15 minutes.
- Bake in a preheated 200°C oven for about 15 – 20 minutes or till the bread is risen and the skins of the tomatoes have shriveled just a tiny bit.
- Remove from the oven, cool on a wire rack and slice into squares to serve.

Rainbow on a plate

Why choose yellow over a green pepper? What is the difference between a white and purple cabbage? What do the colours of the vegetables mean for their nutritional value and also our health? **Sumitra Sundaram** decodes the colour jargon with inputs from **Sabita Radhakrishna,** food columnist and cookbook author.





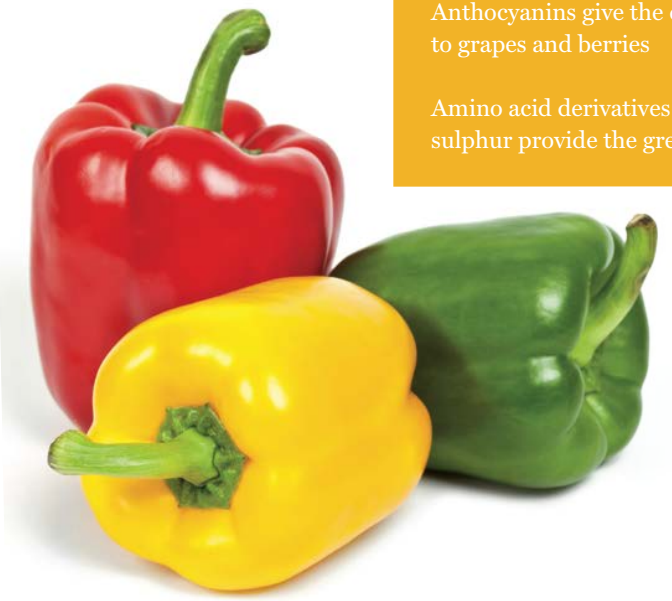
Ever wondered where the colours in vegetables come from?

Carotenoids give the orange colour to carrots, mango and pumpkin

Polyphenols give the red colour to tomatoes

Anthocyanins give the colour purple to grapes and berries

Amino acid derivatives containing sulphur provide the green colour



BELL PEPPERS

Red, Yellow and Green:
A wonderful combination of tangy taste and crunchy texture, bell peppers are the decorative pieces of the vegetable kingdom. With their beautiful shiny gloss exterior and vivid array of colours, they capture eyes easily.
They are an excellent source of Vitamin C, provide dietary fibre, have low calorific value and rich in oxidants.
Green bell peppers are harvested before they are fully ripe. If left to grow, these peppers first turn yellow and then red. They have a slightly bitter flavour but are crunchy and tasty nonetheless. Yellow and red peppers have a sweet, almost fruity taste. Red peppers are richer in nutrients and contain more Vitamin C than its other counterparts.

Best ways to eat:
Cut these peppers into small pieces and toss them up in a salad with salt, pepper, rosemary, oregano, basil and a few drops of lime juice. Keep the freshness intact.



EGG PLANT

Purple and Green:
Eggplant, also known as Brinjal and Aubergine belongs to the nightshade family and is technically a fruit that is officially classified as berries and eaten as a vegetable! This is a low calorie vegetable that has a very good nutritional profile. This vegetable is good news for weight watchers because they get cooked in little or negligible amount of oil. The skin of the eggplant contains anti-oxidants that have potential strength against cancer.

White eggplants are smaller and more firmly textured. They are considered to be denser, creamier, milder, less acidic and less bitter. The skin of a white eggplant is tougher than the purple eggplant and thus needs to be peeled off before cooking. However, the same quality also makes it more suitable for baking, steaming or frying as they hold their shape better. But they are available only seasonally and are nowhere close to being as popular as the purple ones.

Purple eggplants, on the other hand, are more popular than white eggplants and are available throughout the year. They have glossy, purple skins and are oval and oblong in shape, and tend to be wider at the end. They have sponge-like texture qualities, which allow it to easily take on flavourings. Purple eggplants tend to have thin, delicate skins, which are easily edible.

Best ways to eat:
- Cut the eggplant in big rounds and keep it on the grill. Season with salt, pepper and spices of your choice and eat.
- Place eggplant on fire and keep turning it so that it does not get charred. Remove the skin and mash it. Fry onions and tomatoes with salt, pepper and spices in a little oil and add the eggplant mash to it and fry for a few moments. This can either be eaten as it is or as an accompaniment to Indian flatbreads.



ONIONS

White and Red Onions:
Onions are an indispensable part of every kitchen and almost every cuisine imaginable. While onions bring tears to your eyes and pungency to your breath, they also bring delight to your taste buds. Onions are good for increasing immunity in the system,regulating blood sugar, reduce inflammation and heal infections. Plus, every peel of the onion is rich in anti-oxidants.

Red onions are the all-purpose onions. With their pinkish flesh, their layers are slightly less tender and meaty. Red onions are most often used in salads, salsas, curries and other preparations for their colour and relatively mild flavour. The lovely red colour becomes washed out during cooking and it turns transparent.

White onions are sweeter and cleaner in flavour, but do not store quite as well as yellow onions do. Milder in flavour, a white onion can be eaten raw too. Because of their crisp texture and mild flavour, white onions are great in salads, thinly sliced on sandwiches, or scattered over a pizza. They also tend to be tenderer and have a thinner, more papery skin.

If you thought there are only these types of onions, think again!

Scallions - Bright white at the bottom with hollow, dark green tops, they are long, thin and mildly sweet. Best when used along with ginger and garlic in stir fries.

Spring Onions – They look like scallions, except with a bulb at the bottom instead of being flat. Mild in flavour, they have a touch more spiciness when eaten raw. When cooked, they are tender and sweet. Best when used as a garnish.

Shallots – Otherwise known as baby onions, they are small, slender and lighter in colour than red onions, with pinkish-orangey papery skin and light purple flesh. They are milder in flavour than red onions, but more assertive than yellow, with a hint of garlic flavour. Best when used as thinly sliced or fried for topping noodles.

Pearl Onions - Tiny and sweet, pearl onions come in yellow, red, and white varieties. They are milder and sweeter than large bulb onions. Best when used as a creamy glaze sauce or pickle them with vinaigrette.



CABBAGES

Purple (Red) and Green: Cabbages are round in shape and composed of superimposed leaf layers. It is a member of the food family traditionally known as cruciferous vegetables and is related to kale, broccoli, collards and Brussels sprouts. No matter what colour cabbage you choose, you cannot go wrong with this vegetable. They are both very low in calories and high in fibre and nutrients.

Purple (Red) cabbage has leaves that are either crimson or purple with white veins running through it. This cabbage has ten times more Vitamin A than green cabbage. Flavour wise, they are deeper and earthier. The red cabbage boasts of an extra nutrient that is not found in green cabbage – Anthocyanins. These are the anti oxidants that are known for their health-boosting benefits including cancer-fighting and memory improvement.

Green cabbages are the king of cabbages with wide fan-like leaves that are pale green in colour. They have a slightly rubbery texture when eaten raw but get sweeter as cooked. Green cabbage has the upper hand when it comes to vitamin K and one cup of chopped green cabbage has 57 percent of the vitamin, compared to 28 percent in red cabbage. But they are also more prone to worms, so a thorough wash of the vegetable is mandatory.

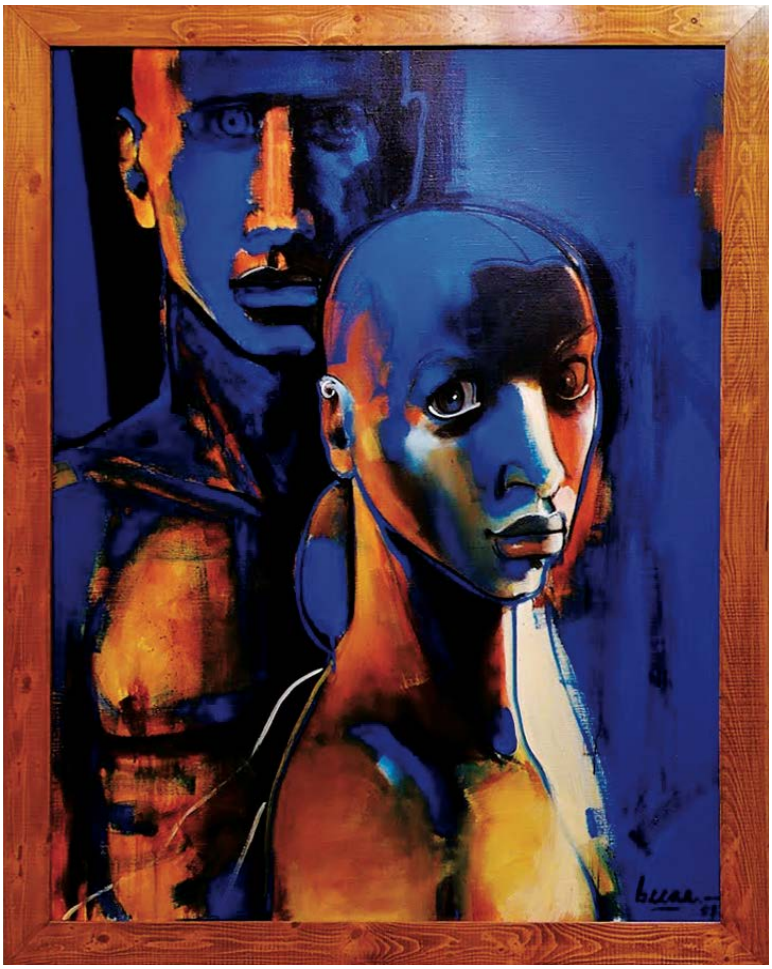
Best ways to eat: Salads are the best ways to eat cabbages. Either include them with your other veggies and season with salt, pepper and lime juice or slice thinly, add onions and mix them with mayonnaise, mustard and vinegar dressing to make a coleslaw.

Napa cabbage- Also called Chinese cabbage, this oblong-shaped cabbage has thick, crisp stems and frilly yellow-green leaves. Best when used as a filling for dumplings.

Savoy cabbage – Often termed as the prettiest looking cabbage, it is shaped like the green cabbage but leaves are deep green with a mild and earthy flavour. Best when used in soups and stir fries.

Bok Choy – The stems are white and water-crisp with tender deep green leaves. The flavour is similar to baby spinach. Best when used in Chinese soups and mixed vegetable gravies.

Choy Sum – Called Chinese cabbages, they are longer and slimmer than the Bok Choy. The leaves are tender so they can be eaten raw. Best when soaked in vinaigrette and used in salads.





GROWING OUT OF PASSION

Namu Kini, owner of Kynkyny Art, Bangalore dons many hats - hostess of a women-centric talk show, marathon runner and mother of two being a few. We spoke with Namu about the gallery and how she juggles it all with ease and élan. **By Ranjini**

Tell us about the gallery. How did you start it?

Back in 2004, I decided to quit my corporate job in the U.S. to follow my entrepreneurial instinct. My husband and I moved back home to Bangalore. Soon after, we set up Kynkyny Art, a gallery for contemporary art and a friendly and unpretentious space for art lovers.

How do you select your artists?

At Kynkyny Art we have represented over 300 artists in the last 10 years. Our team has travelled to all corners of the country to unearth talent. Apart from a strong portfolio, we like to hear the artist's story and communicate the same to our clients.

How do you create awareness / promote your artists?

Apart from art shows, we host artist camps and interactions.
We recently developed the 'Paint with a Master' experience where you can spend a day and create a masterpiece in collaboration with master artists.
We run various talks and events at the gallery as well via the Kynkyny Culture Club, a platform to bring the community together to share ideas and promote creativity.

How would you describe the art scene in India?

It is influenced by geography.
Delhi galleries tend to promote North Indian artists, Kolkata promotes the Bengal school, and so on.
At Kynkyny, we have a good cross section of contemporary Indian artists.
The art market has followed the financial market with its highs and lows, and many galleries have been forced to shut shop unfortunately.
The ones that have survived are here to stay! There is still plenty of room for growth, with new buyers and amazing talent surfacing every day.

Your advice to first-time buyers?

To expose yourself to many galleries and different styles, and sleep over a purchase!

Tell us about the women-centric talk shows you gave hosted.

'Conversations with Namu Kini' was a talk show that I hosted every

month at the Taj West End featuring guest speakers who are successful, independent women from across the country. It was a platform for discussion, networking and entertainment all rolled into one.
We recorded in front of a live audience of women and the show was broadcasted online via my YouTube channel.
Our guest speakers included singer Usha Uthup, film actress Kalki Koechlin, founder of Chumbak, Shubhra Chadda, award-winning author Lavanya Sankaran, film director Gauri Shinde and many more.

You ran a 42km marathon in New York. What was the experience like?

Life changing! I went from never having run a single km to 42. I joined a 6 month training and fundraising program with a team. I gave up my social life and committed myself to running 6 days a week! I ran along the East River, the streets of New York and the famous Central Park. Reaching a goal like this gives you a great sense of accomplishment. You can't buy it or delegate it, you have to earn it with your own blood sweat and tears. It taught me that commitment and consistency can help you reach your goal, no matter how big it is!

What are the projects you are working on currently?

I am working on an organic food start up.

Upcoming shows at the gallery.

We have a big show with father-daughter duo Paresh and Aditi Hazra running at present. We also have a solo show of illustrations by Bakula Nayak. She collects old vintage paper from the 90's and uses it as her medium. Her illustrations are an unfinished inventory of her day dreaming, showcasing her love for all things vintage and reflecting her insane desire for romance. Also in the pipeline is a three-day exhibition of tribal antique rugs, which will be hosted by Danny Mehra.

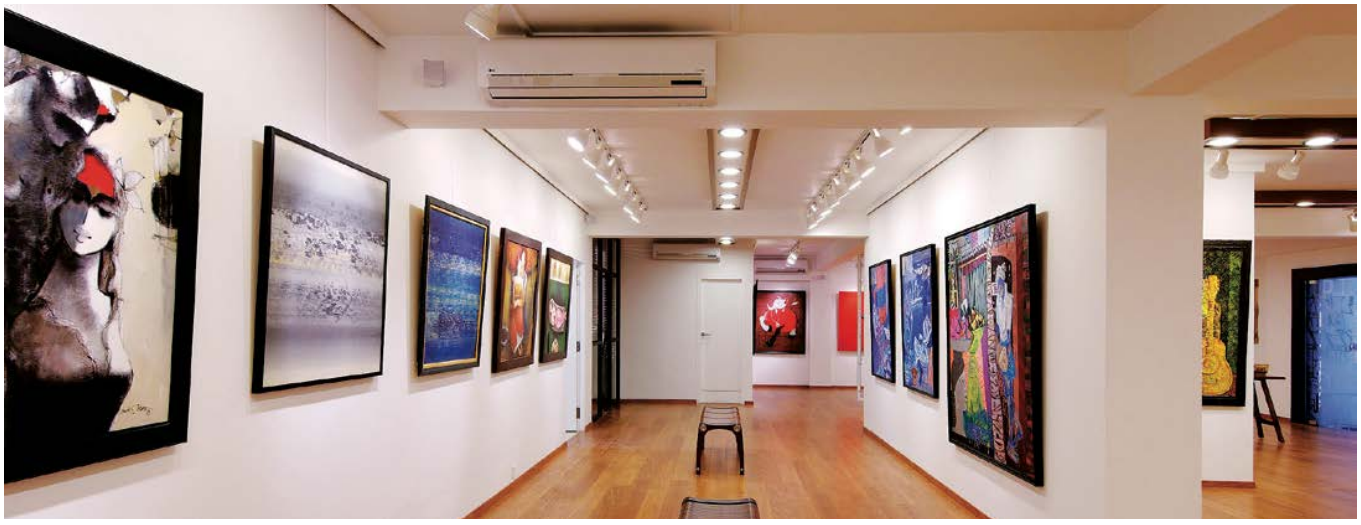
What do you do when you're not working?

I am passionate about healthy food, fitness and living! I make my own nut butters to unwind. I am also currently training in triathlon for a half ironman in Phuket later this year. What can I say - I love a good challenge!

Who do you draw inspiration from?

People who live passionately and compassionately!







CHEAT YOUR WAY TO A PERFECT **BODY!**

Been on crash diets for months now? Give yourself a break. Hit the gym, eat healthy, but don't stop living. Whatever diet regime you are on, it is okay to indulge in healthy cheats. We spoke to accomplished dietician, **Shiny Surendran** from Chennai, who gives us simple tips to manage our cheat days and lets us in on some secrets to cheat healthy. By **Deepa Kalukuri**







CHEATING MAY HELP

Cheat days can actually boost your motivation to stick to your weight loss goal. Forsaking your beloved cravings might end up in an overeating spree. No sweets, no pizza and no sweet cravings imply no fun! This will lead to demotivation and you will soon get bored of your diet; next thing you know, you will binge eat and pile on those unwarranted calories.

Do not compromise on your food cravings. Remember, portion control is key. As long as you eat sensibly and are on a healthy diet, you can make space for your carb cravings and sweet yearnings.

TACKLE THE LOVE-AFFAIR

Anything in moderation is definitely welcome. Yes you should fulfill your hunger pangs but too much of it will spoil the relationship food has with your body. Learn to balance the cravings, healthy eating and workouts. If the diet is beyond limits, sooner or later you will let go off it. Don't go overboard thinking about the guilt of having that piece of cake. Love for food is one relationship all of us want to work on.

MAKE THOSE TINY CHANGES

If you do end up wanting to have that chocolate muffin or a slice of pizza, have it, relish every bite and then take a walk around the office with your colleagues. You'll burn it off and it will also help you manage your daily intake of calories. Instead of indulging thrice a week on those wants, get the indulgence down to once a week when on diet. As and when you get cravings, write them down and make a list. On Sunday, pick one dish that you really crave and eat it during the day. Avoid giving into your cravings at dinner.









EAT IN SMALL QUANTITIES

It's your cheat day and you would love to savour the authentic, mouth-watering biryani. Have it, but divide it in smaller portions. Do not eat it all at once. That will click a reset button on your entire week's hard work. Consume small portions through the day.
Dr Shiny suggests, "I would always advise clients to eat their favourite meal on Sunday for breakfast or lunch. This calorie spiking actually helps in normal thyroid function and also in conversion of T4 to T3 (the active form of thyroid hormone). This way the body doesn't think that one is on extended periods of calorie restriction (aka famine)."

EMBRACE GHEE AND EVOO

You love your dal tadka and you love it when it has tablespoons of ghee. Ghee is not really unhealthy as you think it is. You can still go ahead and cut down on the amount of ghee used but you can use ghee. Out of 5 tsp oil allowance per day, you can use 1-1.5 tsp ghee per day. Use grass fed cow's milk and the ghee from it has higher amounts of CLA, a healthy fat which helps in fat reduction and supports increase in lean muscle. Replace the cooking oil with olive oil. EVOO (extra virgin olive) can be used for salads and to make dips.

BUDGET YOUR CALORIES

An adult needs at least 2000-2500 kcal per day to stay healthy and energetic. When it's your cheat day, don't overshoot on that budget. Make sure what you have doesn't go beyond the above stated number of calories. Cheat within the limitations of your calorie intake required per day during diet.
It's about the right food combinations. Eating 3 glycemically balanced meals is the key. Include protein, fibre and little complex carbs if required. Plan meals around dal + veg + fish/ chicken / eggs / paneer/ tofu . Keep a check on portion sizes and stop when you feel 80% full. Just taking 20 mins to eat a meal and chewing helps in curbing overeating.

WORK THOSE CARBS OUT

You will need to at least take a walk or a stroll on your cheat day. Make sure you don't hit the sack post your heavy slice of pizza. If you aren't hitting the gym that day, take a stroll post supper. Remember, whatever is consumed has to be burnt on the very day.

NO ALCOHOL? NOT TRUE

If you are someone who loves their peg of whiskey or vodka, go for it. Though keep in mind that alcohol directly interferes with fat breakdown. So if you must drink, choose whisky or vodka and keep to small drinks each time. Eat a sandwich, 2 idlis or a cube cheese before you step out of home. Alcohol reduces blood sugar levels, which means your eyes are larger than your stomach and you eat a lot more after drinking a few drinks. Beer has gluten (it's made from fermented barley) so all those who are gluten sensitive – steer clear of beer. Replace those side dishes or starters with salad or tangy masala sprouts. Let go off the mixes and have it with diet coke or better coke zero since it's available in India now. If you do not want to compromise on those tasty crunchy peanuts or coke, go dance the night away and burn those calories while you have fun.

4 *After-Dark* SKIN RITUALS

Whether it is foundation or BB Cream, we all wear some amount of make-up before we step outside our homes. Over the make-up settles grime, dust and the sediments of pollution, not to mention the harmful UV rays. At the end of the day, your skin becomes lifeless with no room for breathing. Here are a few beauty hacks you must follow before you go to bed in order to rejuvenate the skin. By **Neha Sabnani**



REMOVAL OF MAKE-UP

– we are all guilty of sleeping with our make-up on at least once. But if it becomes a regular affair, you will be prone to clogged pores, dry flaky skin and early ageing. Eye make-up if not removed can cause hair follicles and oil glands to get clogged and cause sties and irritation. However drained and exhausted you might be, removal of make-up is a must. Do not suffocate your skin. It needs to breath, rejuvenate and repair itself at night.

CLEANSING

– using a good cleanser or face wash helps to exfoliate dirt, leftover make-up and bacteria. Cleansing of the face helps rehydrate your skin, leaving it healthy, refreshed, supple and clean.

TONING

- though many people don't use toners, toning is necessary for the skin. A well-formulated toner can work wonders for your skin. Used right after cleansing, toners help to balance the pH of your skin. They reinstate and repair its surface giving your face a younger and fresher look.

MOISTURIZING

– moisturizing your face and body makes your skin feel soft, smooth and hydrated. Usually, the skin is more receptive to cream treatments at night. They help to replenish the moisture elements in the upper layers of the skin.

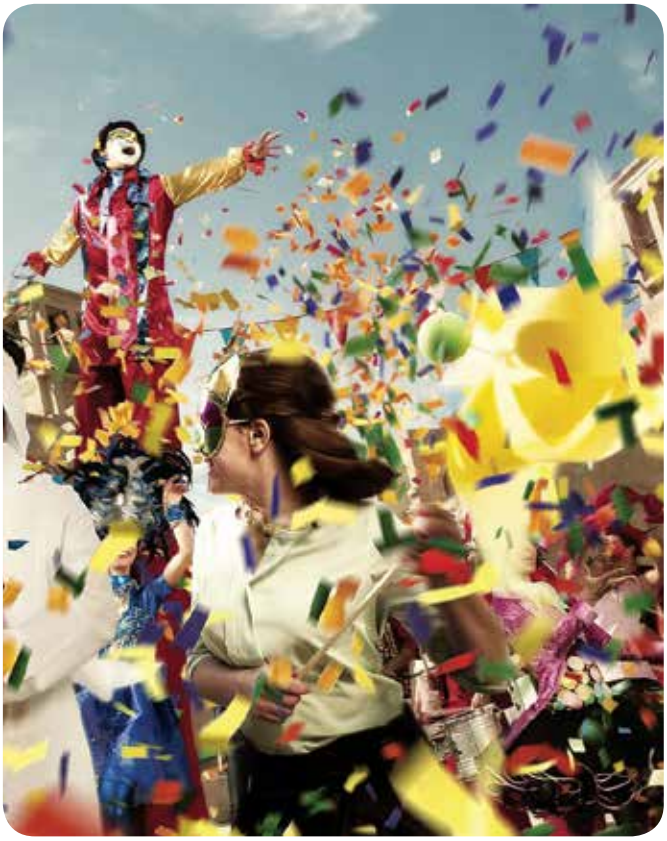
THE LAND OF DREAMS

With traces of its past instilled on every stone, the ultra urban city screams of uniqueness. With open arms, the landscapes of Dubai welcome wanderlusts with a promise of long lasting memories. By **Deepa Kalukuri**



The city of dunes never fails to surprise its visitors. Unique landscapes paint different colours in different parts of the world. Dubai brings a box of surprises for a perfect vacation with family and friends throughout the year. A traveller's quest to experience a fusion of ancient footprints on modernity is fulfilled by this desert city. The city holds Shopping festival, Summer Surprises and Motor Festival to keep fun intact all around the year. The exciting summer surprises festival is held in Dubai all through July to September and is an instant hit with international tourists.





DUBAI SUMMER SURPRISES

'The 45 days of Summer' organised by the Dubai government is a call to all the families in the world seeking to include fun, knowledge and entertainment into their vacation.
The series of events planned cater to the children and people across all ages. The festival's mascot is called 'Modhesh', which in Arabic means amazing and incredible.
The event kicked off in 1998 to promote the infrastructural beauty and modernisation of the city to the rest of the world. The festival showcases the Emirati culture and speaks about the history of the land's art and traditions.

One among the seven Emirates, located in the Arabian Peninsula, Dubai startles the tourists with its unconventional culture and lifestyle. Housing underwater aquariums, restaurants and world's biggest luxury houses, the city is way ahead of its time. Scorching summers are well taken care of with world class infrastructure to cool down a tourist's dream vacation.





BURJ KHALIFA

Ever wondered what the world looks like from the top most point of the earth? Standing at 160 floors, Burj Khalifa is the tallest building in the world. The infrastructural wonder with stunning work of art and distinctive engineering has no competition in the world. Termed as Dubai's beacon of success and mascot of its progress, the structure is based on human talent and vision. Standing proud at 2,716 feet, Burj Khalifa holds the record of being the highest outdoor observation deck in the world.



MODHESH WORLD

While children are the stars of any family and their happiness matters the most, Modhesh World brings the best of the gaming world under one roof. The entertainment centre is the largest indoor edutainment destination in the region. Spread over an area of 34,000 square metres, the gaming centre is every child's dream playground.

FOODIE'S HAVEN

With a population of more than 200 nationalities, Dubai offers multi-cultural cuisine to the travellers. You never miss home food as the city is home to some of the most exquisite Indian restaurants, including Michelin Chef Vikas Khanna's tasty recipes at Junoon. As Arabian coffee remains the authentic drink of the region, it doesn't shy away from welcoming the popular cappuccino culture of the western world. The city is also a great hit with the pub hoppers who experience live music from music bands from all over the world.





TRAVELLERS' SHOPPING CART

Retail therapy is the most soothing thing after an adventure filled day. The city is home to the world's largest shopping centre, Dubai Mall. With over 1,200 shops to choose from, the centre is also home to the Dubai Aquarium which houses almost every sea animal. From sharks to piranhas and from Australian crocodiles to penguins, the aquarium is a manmade wonder. Art lovers' and a shopaholic's paradise, the mall also has the Paris Gallery, which takes you through the world of retail luxury and style. The mall broke all records with a whopping 5 million visitors in 2010. It's a tourist's perfect shopping and entertainment destination. A shopper's greed for luxury never ends, and the city's offer to the retail world is spread throughout the city. Dubai's City centre Deira is another favourite destination which houses over 350 brands and is set in the old architectural hub Deira.

FEEL THE RUSH - DUBAI MOTOR FESTIVAL

While Dubai Shopping festival provides a perfect family vacation, automobile lovers flock the city for its Motor Festival. The third edition of this high-octane extravaganza, held under the patronage of His Highness, Sheikh Hamdan Bin Mohammed Bin Rashid Al Maktoum, Crown Prince of Dubai, DMF 2015 will run from 10-21 November with its alluring tagline of 'Feel the Rush', reflecting the experiences that residents and visitors will enjoy during the event. In 2014, Dubai Motor Festival scaled glorious heights by registering two Guinness World Records — one for the largest number of car brands in a parade and another for the longest selfie relay. Last year's festival also featured crowd favourites such as the Dubai Grand Parade, the Supercar Rides and Motor Village - the first of its kind to be launched in the Middle East region.

TRAVELLER'S TIPS

"When in Rome, do as the Romans do," and that sums up what you should do when in Dubai. Though a shimmering metropolis region, Dubai has its laws and precautionary regulations in place so make sure you read up a little so you can enjoy your vacation to the fullest.

Dress appropriately:

There is no ban or a rule which stops you from wearing what you like.
However, being a part of the traditional Emirates, you are expected to draw a line between dressing stylishly and vulgarly. The people are welcoming of all cultures and you will find young girls walking around in the latest of fashion trends but with a tinge of appropriateness. Yes, minis are a huge trend there too!

Money Exchange:

Do not exchange your currency at local street stores. That's a risk so make sure you do it at a bank or at the airport when you arrive.

Leave PDA's at home:

No matter how much you love your partner and want to express your love, please do not indulge in public kissing or any display of affection physically. Holding hands and hugging your friends is not a part of this list. It's not as bad.

Do Not Do Drugs:

You will be all set to feature in the next season of "Banged up abroad" if you involve in any illegal drug trafficking activity not only in Dubai but anywhere in the world where it's illegal. Keep away your toxic habits if you have any.

Drink and Stay Safe:

Alcohol is not banned in Dubai, however, you can consume alcohol only at hotels and licensed bars. Public drinking (on the roads) is completely prohibited.



Ask
Dr. Gita

DIGESTIVE DISORDERS

PART 2

The digestive tract is designed to take in nutrients to feed every cell of the body. Problems with digestion or problems relating to the digestive tract can be annoying, cause discomfort and also affect your sense of well-being. A healthy digestive tract is critical to feeling good and functioning well.

***Q** I am 35 years old. I have always enjoyed drinking milk. In the past year I have found that milk makes me nauseous and I get stomach cramps after taking anything with milk in it. Sometime I even end up having loose motions. Do I have lactose intolerance?*

It seems that you have developed lactose intolerance. Though you love milk, your body has developed an allergic reaction to it. You might find that you have a reaction to any milk-containing beverages such as tea or coffee. Ice-cream and milk sweets may also prompt this reaction.

Between 30 minutes and 2 hours after eating a dairy product, you may develop mild or severe nausea, bloating, gas, cramps and diarrhea.

Milk and other dairy products contain a sugar called lactose. Lactose intolerance means that you are unable to digest this sugar. Like you, many people who did not have this problem at a younger age may develop lactose intolerance, as they grow older. This is because the small intestine starts to make less lactase, the enzyme that normally digests lactose. Lactose intolerance is quite common, especially in Indians. It is not curable, but there are many ways to decrease your symptoms. Even with lactose intolerance, some people can tolerate a certain amount of lactose.

You can probably eat some foods with lactose and not have symptoms. The best option is trial and error to figure



out what foods and how much of them you can tolerate. You may find that you are able to tolerate some dairy products such as curd, paneer and hard cheese.

A woman should ensure adequate calcium intake. If you have had to decrease your intake of dairy products, talk to your doctor about taking calcium supplements.

Q I am 42 years old and work in a multinational bank. Due to long working hours, my meal times are very erratic. For the past few months, I have been getting severe stomach pain especially on an empty stomach. I just thought it was due to stress but when I saw my doctor, she diagnosed a peptic ulcer and placed me on some medicines. She says that if the pain does not subside with the medicines, I might require endoscopy. I am quite worried. How should I make sure that I get completely cured?

You seem to have all the classic reasons why people get a peptic ulcer! A high-pressure job combined with irregular meals and long intervals of starvation can precipitate the problem.

A peptic ulcer is also called gastric ulcer (if it is in the stomach) or duodenal ulcer (if it is in the first part of the small intestine). It is a break in the lining of your stomach or the duodenum. Most people will experience a burning stomach pain with a peptic ulcer. The pain may come and go and may worsen when the stomach is empty. Eating often relieves the pain.

Normally, the acidic gastric juices in the stomach digest food but do not digest or damage the lining of the stomach or intestines. When, for some reason, gastric acids injure the walls of the stomach or duodenum, it results in peptic ulcers. No single cause has been found for ulcers. However, it is now clear that an ulcer is the end result of an imbalance between digestive fluids in the stomach and duodenum.

The most common cause is infection with a bacterium called H. pylori. Repeated and frequent use of non-steroidal anti-inflammatory medicines (NSAIDs) such as aspirin and ibuprofen, may also lead to damage. Stress and spicy foods do not cause ulcers but can aggravate them.

You have nothing to worry because peptic ulcers will only get worse if not treated. You have done the right thing by consulting a doctor and starting treatment.

Treatment may include medicines to block the production of stomach acids. You will also be given a course of antibiotics to kill ulcer-causing H. pylori. Avoid any spicy food that aggravates your pain. Alcohol is definitely to be avoided. If these measures do not work, you will be asked to undergo an endoscopy, which is a simple outpatient procedure. A flexible lighted tube will be inserted into your stomach and duodenum to actually look at the ulcer. This helps to decide on further treatment.

Q I had a baby a year ago. I developed piles during my pregnancy. I still occasionally get pain due to the piles. What should I do?

Many women develop hemorrhoids (or piles) and it can occur even without pregnancy. Hemorrhoids are swollen veins that line the anal opening and are caused by chronic excess pressure from straining during a bowel movement, persistent diarrhoea, or pregnancy. When they are pushed down into the anus as a result of straining, they become irritated and start to bleed. Ultimately, hemorrhoids can come down far enough to protrude through the anus and can be felt as little lumps.

You should avoid constipation and



should eat greens and a high-fibre diet. If the pain is persistent, you may require a stool-softener. When hemorrhoids are still small but bleed regularly, a technique called rubber-banding can be used. Rarel

Q For the past month I have been having severe pain when I pass motion. The whole area is tender and I find it difficult to even sit down sometimes. Please help!

You most probably have an anal fissure. Fissures are splits or cuts in the lining of the anal opening. The most common cause of an anal fissure is the passage of very hard stools. An anal fissure can be an intensely painful condition. Sometimes the fissure can be accompanied by bleeding or spasm after bowel movements.

Initial treatment for anal fissures includes a local anesthetic ointment and Sitz baths (sitting in a basin of warm water) to relieve the pain. Constipation must be treated with stool softeners and a high-fibre diet. If the pain is not relieved in spite of this treatment, minor surgery might be needed to decrease spasm in the sphincter muscle.

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'.

Beginner's Guide to Stock Bazaar!

Numbers! That's one word that lays a foundation to your mathematics in school and to your business when you're an adult. Stocks are also all about numbers! All the figures on a business news channel on TV may be Greek and Latin to you, but if you get into the basics, following stocks is indeed not that difficult says **Deepa Kalukuri**





Understanding stocks is not difficult as the news shows put them through. It's like a playing a video game but only your favourite Batman is replaced with that stock broker who gives you the right advice to invest at the end of the bell. Before investing, make sure you know the market behaviour well or you are bound to lose thousands and crores of investments. We have jotted down a simple guide to give you the basic knowledge of what the stock market is all about.

BEFORE INVESTING

If planned well, stocks could be a great investment. If you are in touch with news and know how a company is performing, you can go bullish and make profits. Remember these dos and don'ts before you decide to invest.

Be very cautious about investing in stocks as the prices spurt suddenly and you need to follow the trading activity time to time.

DOS AND DON'TS

- Never deal with any market intermediaries who are not registered with the SEBI or the Exchanges.
- Make sure you give clear instructions to your agent/ broker/ depository partner.
- Before you get a broker involved, do a thorough check about him and his company's profile, credentials and fundamentals.
- Keep a copy of every transaction between you and the stock brokerage.
- Check if the company has adhered to and has implemented SEBI regulations up to date.
- Never trust any online spam websites which may give you incorrect and malicious information.
- Always follow the stock patterns and company information only on the exchanges' official websites.
- Always remember every investment carries risk; make sure you are financially sound to take a hit if the market crashes or your investment is bearish.
- Be very cautious about investing in stocks as the prices spurt suddenly and you need to follow the trading activity time to time.
- Read financial magazines and newspapers to get a fair idea of the knowhows.
- Never believe stock market rumours, always cross check with the broker and the exchange website.
- Do not fall prey to promised returns which claim they are 'guaranteed'.
- Never leave the custody of your account on Demat and the transactions with an intermediary.
- Don't fall for over the top, classy advertisements of companies, there are small scale industries which can be a profitable investment.

WHAT ARE STOCKS/SHARES ALL ABOUT?

In simple words, it's a share in the entrepreneurial ownership of the company. A company's assets and revenues are represented as claims in the form of a share. If you invest in buying more shares of a company, your ownership widens. Do not fret, equity, stocks, shares — they all mean the same.

WHO IS A SHAREHOLDER?

You are! If you have invested little on shares then you are a small but important part of the company. However, like mentioned above, the more shares you invest in, you become a more active and important shareholder. You do not have a say in the business decisions of the company, but you do have a share in the returns and risks.

DO YOU NEED A BROKER?

If you are a beginner or a businessman who has no time, yes! You will need a broker to read trading patterns right from the opening bell to the closing bell. A broker is a subject matter expert who is proficient with his knowledge on stocks. He will buy and sell the securities for his clients, either at the exchange

counter or online.

WHICH COMPANIES TO INVEST IN?

There is no stock bible to refer to in this case. Your investment in a company depends on a lot of factors. Make sure you follow news and sit with your trustworthy stock broker to decide on what to invest in and how much.

DECODING STOCK TERMS

Equity Share

If you invest in equity shares which are a fraction ownership, it means that you are a shareholder and you have voting rights in the company. It also means that if you invest in an equity share you will bear the entrepreneurial risks associated with the company's stock behaviour.

Securities

It's a financial tool which represents ownership in a public trading company or a creditor relationship with a government body. It's a negotiable instrument which represents the financial value of any asset. Companies issue securities in financial markets (stock market).

Dividends

When a company's board of directors decide on a certain portion of the earnings which would be distributed among the shareholders, it's called a dividend. In simple words, it's the returns the shareholders receive from the company they have invested in.



IPO

Initial Public Offering (IPO) is the process through which a private company can go public and announce the sale of its shares to public.

Bonds

Bonds are debt instruments which are issued for a period of at least more than a year in order to raise capital by borrowing.

SEBI

Securities and Exchange Board of India, is the main regulator for the securities market of the country. It has statutory powers to make amendments and implement regulations with regards to the exchanges like NSE and BSE.

NSE

National Stock Exchange is the top most stock exchange of India and is located in Mumbai. NSE's index CNX Nifty (Nifty 50) is used as a barometer to determine the capital market behaviour of Indian companies. Most of the top investors include the banks and government institutions like the LIC. The list has top revenue generating companies from all over the country.

BSE

Bombay Stock Exchange is the oldest stock exchange in South Asia. It's located in Mumbai and is also Asia's fastest exchange. According to the latest list, more than 5000 companies are listed with the BSE. Just how the NSE's index is Nifty 50, the BSE's index is called Sensex. The list has small, medium and large scale companies.






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The Rules of Petting

A hard day at work drains you down by the time you reach home. Just when you step inside the house, the first one to come up and greet you is always your beloved pet. They wait desperately for your return and don't leave your side until you hit the bed. Pets are a man's best friend, but have you tried being your pet's best friend instead?

The pup, the parrot, the cat or any pet you get home, becomes a part of your family. Given the fact that the trust among humans is depreciating, the relationship animals have with us is not only faithful, but also truthful, genuine and unconditional. With our busy lives, we tend to ignore these lovely family members and they end up as living things that merely share space with us. Meet them, greet them and return the love they deserve. If you haven't met your pet yet, go back home today and treat them the way they treat you.

HONOUR THE COMMITMENT

When we invest our time and energy in relationships which sometimes end up in heartbreak, why not honour a relationship with your pet? Rest assured this is one relationship which is unconditional. Take some time out of your busy schedule; take your pet for a walk. If you have scheduled 10-15 minutes for your pet, make sure you adhere to it. The walk will help you bond and will keep yours and your pet's day going.

> Keep your pets clean and healthy. Having a pet is no different than having a baby. Feed them with nutritional food and keep a check on any worms that are affecting their health



PAMPER THAT KID

We all love some pampering and affection. Your pet is bound to feel lonely if you ignore him or her. Indulge in physical gestures like patting or simply letting them lie on your lap. Your pet craves your attention and they are capable of de-stressing you after a hectic day at work. Make sure you return this affection to your pet.

KEEP YOUR PET HEALTHY

Meet a vet and make a to-do list of how to take care of your pet. Keep them clean and healthy. Having a pet is no different than having a baby. Feed them with nutritional food and keep a check on any worms that are affecting their health. Visit the vet regularly to make sure your pet is far from any medical complications.

PETS NEED VACATION TOO

If the entire family is going for a yearly



vacation, the one and only family member bound to be left out is your pet. If it's difficult to travel with your pet, which is always the case, make sure you hand him or her over to a trustworthy friend or pet care. While on vacation, the last thing that should worry you is the wellbeing of your pet. This is why leaving them with your trusted friend is the best option. Keep a check! If travelling locally, take that bundle of joy along for a long drive. Pets love long drives!



If it's difficult to travel with your pet, which is always the case, make sure you hand him or her over to a trustworthy friend or pet care. While on vacation, the last thing that should worry you is the wellbeing of your pet

PROVIDE PROTECTION

Street dogs, pet-stealers and animal traffickers exist all over the world. Do not let off your pet on a busy road for the fear of accidents. Pets tend to escape and wander if not guarded. You don't have to tie them up, just make sure the house is locked.

TREAT THEM WELL

No living or breathing life on this earth deserves to be abused physically or mentally. Humans are privileged with the senses we are born with. We can talk, scream, fight and express ourselves. Animals have no way of expressing when they are abused. If you are training your pet, be gentle. Do not indulge in any kind of abuse. The pets turn violent and are expected to attack you in return if kept under harsh circumstances. Live free and let them be!

THE SOCIAL ANIMAL

We have friends and we love hanging out with them. When taking your pet for a walk let them socialise with other adorable beings in the neighbourhood. In an unspoken language, they converse, play and feel happier when let free. Keeping them lonely will make them aggressive and uncontrollable. •

Search Click Date

A boring evening and an internet connection is a very dangerous combination for all the twenty-something single women out there who are looking for companionship, from any source. But as much as the online world has its perks, it also has its fair share of perils. By **Sumitra Sundaram**

Meeting and building a quick rapport is very easy online but women all too often let their guard down, lose their common sense and abandon their self protection to a complete stranger. With too many online dating sites and services mushrooming on the internet, it is very hard to keep track of the ones that are honest and well-intentioned. As with everything else, there are certain rules to online dating and with proper internet dating precautions in place, chances of putting yourself in a risky situation are reduced.





Limited Personal Information:

First things first, reveal as little about yourse as you can. A semi-anonymous approach allows you to keep your personal details to yourself. The lesser they know about you, the less exposure to risk you have. If you share your full name, phone number, address, workplace and other details, anyone with access to the dating site could track you down.

- Set up a separate email account just for online dating.
- When choosing the email address, avoid using your full name or other information that gives away your identity.

Quality of the site:

With hundreds of online dating sites on the internet, analysing the quality of the site you use is of utmost importance. In general, a site that requires payment offers more security features than the free ones. The reason is that paying sites require a credit card so it is more difficult for someone to sign up anonymously.
That said, however, keep in mind that not all credit card holders are trustworthy so you should definitely not forego your safety precautions.

Danger Zones - Be Aware:

Online communication makes it very difficult to figure out the intentions of the other person since there is virtually no physical contact in the beginning.
But if you are a little alert, there are certain red flags that may raise your suspicion.

- Keep track of who controls the conversation.
- Check whether they avoid direct questions but keep probing you to reveal information
- Disrespectful mannerisms
- People whose stories don't add up

Transit from virtual to reality

Once you have zeroed in on the suitable man, it is time to move the meeting in reality. But don't let your guard down as yet and also keep in mind that he might not turn up to be as you expected. The first meeting should definitely take place in a public space. Never meet a man at his home or have him pick you up from your house. It is not a good idea to let him know of your address on the very first date (he might turn out to be a stalker).

Dos and Don'ts on the meeting

Tell a friend or family member about your date.

Give them details on where and when you are meeting, his name, contact number and any other information you have about him. During the date, keep messaging the family/ friend about your whereabouts. If not for anything else, in case the meeting is not going well enough, you can have the person call you in the middle and pull you out of the date on an emergency.

Drive yourself to and from the date.

It is always better to have your own wheels as it gives you a sense of control over the situation. In case the date is not going as you planned, it is very handy to make a quick get-out. The worst thing is to be reliant on someone else to drive you back because it gives your date control on how long you spend together and that can turn sour.

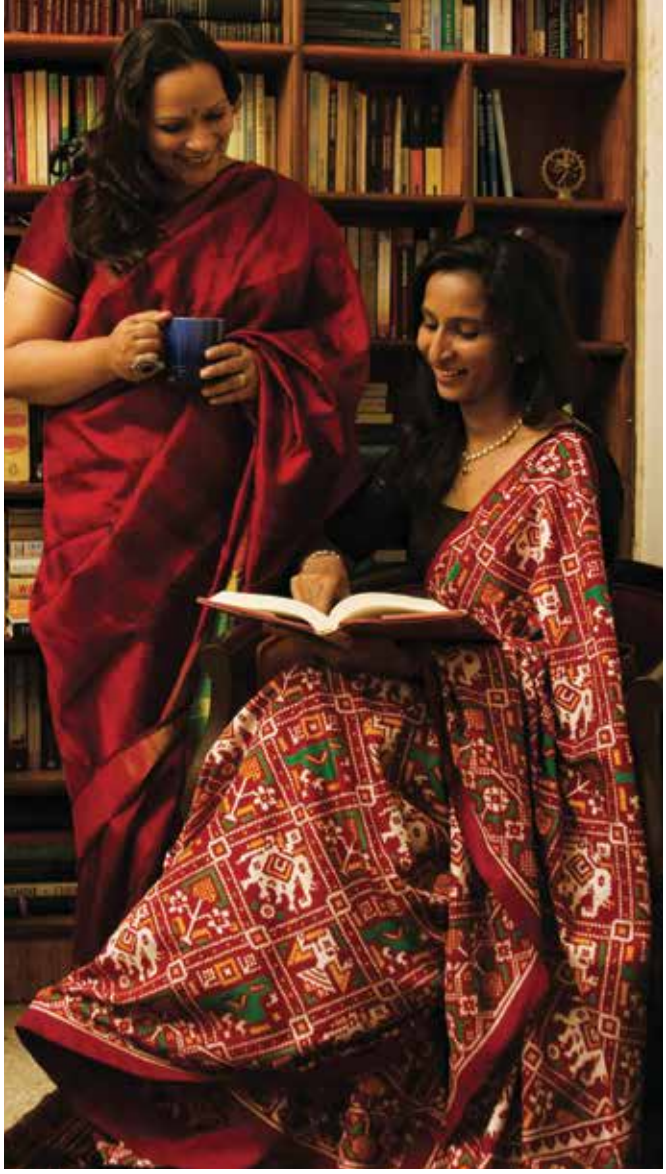
Stay away from alcohol.

Alcohol impairs your judgement skills so it is always best to stay sober before and during your date. And let's face it. If the date was bad, there is nothing like coming home to a glass of wine to wash away the memory!

DRAPING A VALUABLE CULTURE

We may have bid goodbye to our much precious sari tradition, but over 4 lakh women are today bringing the saris out of their closets, thanks to #100sareepact.

By Ranjani



Anju Maudgal Kadam and Ally Mathan in a casual conversation happened to speak about their love for saris and how they were guilty of leaving them behind in their closets. In a 'let's-do-something-about-it' moment, Anju and Ally promised among themselves to wear 100 saris this year. Anju being a communications consultant in rich media and Ally a perfumer, their natural flair for storytelling made them treat the pact with a difference. Starting March 1st this year, they started taking pictures of themselves in saris, weaved those memories attached to each sari into stories, and started posting them online. What followed was a landslide of a movement! Women started becoming a part of the pact and soon the internet was set on a sari spree. Laden with memories and emotions, women are sharing their love for the sari and the rich tradition that it is. Here we converse with Anju Maudgal Kadam on the wave that #100sareepact has created.

What is it about the pact that struck a chord with so many women? Have women now found a new medium of expression through sari?

The sari in itself holds so many memories and emotions that when each of us drapes one, those emotions come rushing back. Women who have embraced the pact started reliving the sari memories. We saw that all of us are trying to answer some questions – who we are, where we come from and what matters most to us. It is a pattern that I am seeing in all of them. They might not be consciously answering the question, but it gives us, the listeners, an insight into who the storyteller is. There are common threads running through the sharing, and that commonality, of belonging to a narrative that unfolds, has been my most delightful discovery. I think women have found their medium of expression through the #100sareepact and the sari has become the narrative.

Through the #100sareepact, a lot of women have found the courage, perhaps, to overcome their inhibitions. Otherwise, where does one express so much over the social media? The #100sareepact has been able to make people reach out and reach in. Each storyteller is reaching out to an audience and the audience is reaching in by saying 'I understand'. Apart from the whole 'you're looking gorgeous' part, the #100sareepact has been able to bring out the better side out of everyone. We've never seen any negative comments at any point in the pact and the whole experience has been extremely positive. I think it has left a little magic dust on everybody.

How many stories have been shared in the #100saree pact till date and what are your favourite ones?

A very conservative estimation would be that over 4 lakh women have taken up the pact, and we are simply amazed at how so many women have made this their own. There are memories of special moments, gifting of saris and mother & daughter relationships that have been shared. Also strong statements about being comfortable

in one's skin, colour tone, gender diversity, choice and prevailing prejudice have emerged. My friend Rekha wrote about wearing a sari that her mother had worn 56 years ago and how she remembered her father being stunned every time her mother wore that sari. He would sing for her, in front of the children, much to her chagrin and embarrassment, and laugh away her protest. "There, I hear him sing a song", she wrote wistfully about her parents that are no more. A gentleman wrote in to tell us how the smell of eau de cologne would remind him of his grandmother in her many saris. She has passed on. She would keep cotton soaked in her cupboard of saris which she draped, every single day. A Spanish professor opened his talk on the history of the sari in a museum in Madrid, with the story of the #100 sareepact and how the story of the sari is told in modern times. The canvas of the stories is growing in expanse every day, with every post.

How gratifying has it been for you when thousands of women started embracing your idea?

More than gratifying, it has been a humbling experience. Ally and I have become better people because of all these wonderful stories. It's never like we brought the sari back, the sari never went away. We've brought the sari back to 'our' wardrobes. We have women who wear saris and construct buildings, who are we to say we brought the sari back. But #100sareepact has become a catalyst of something magical. This is something we hold very dear.

Each storyteller is reaching out to an audience and the audience is reaching in by saying 'I understand'.

For you, what does a woman in sari convey?

To me a woman in sari is someone who is liberal, who is accepting of things around her and is confident. I always feel that I am in control when I wear a saree. A lot of women forsake the sari for the western wear to be accepted in the boardroom and in workplaces. Now with the #100sareepact she's confident to make a statement, "This is me and I am in a sari."

You took the #100sareepact to your Europe tour. How different was the experience?

I travelled to Europe, for three weeks, and I wore a sari in each country I visited. Rome in Italy. Zermatt in Switzerland and Paris in France. Every time I wore my sari, I proudly walked with my head held high, meeting the eyes of strangers as they looked at me. Remember sari wearing has, till now, not been my usual habit. This time I stood out. I chose to. I felt confident enough to do so. So this is how the #100sareepact changed me. It made me confident in my skin to walk amongst crowds of all nationalities in my saree. To pose in the middle of a crowded boulevard and smile at the camera, to stand in the path of a tram, in the centre of a church or even on top of a bench and pose a *namaste* so as to get the tall Eiffel Tower in frame.

What's the best compliment you got for the pact?

Someone wrote to us saying "In this world of gloom and doom, you put a smile on people's face and that is more than enough". Also a lot of people said they have got closer to their families because of the storytelling.

What has the #100sareepact in store for the future?

We have a book coming! So wait for that. Also, Ally and I are going to wear our 100th saree on December 21st and declare it the World Saree Day. On the 21st our pact comes to a culmination and we are going to celebrate it like never before!



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



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





ARIES: (22nd March - 21st April)

Professional help comes in from unexpected quarters as the month begins for you. This is an excellent phase were your PR skills help you in achieving your targets in time. You would do well with outdoor activities and cardio exercises. Money matters need better monitoring throughout this month. There are chances when you might get tempted to manipulate situations in your favour but the Tarot guides you against it. Having an ethical mindset will help you in bringing in the desired changes in life. Outings and journeys in matters of the heart might turn to be very disappointing. An extra effort from your end in the latter half phase of the month will help in creating further enjoyable and successful zones for you.
LUCKY COLOUR : Yellow



TAURUS: (22nd April - 21st May)

Patience is the key to a lot of success and happiness in life. This is the time when you need to relax a bit more and create your own personal space in life. Matters of the heart might turn out to be very demanding the whole month. Outings in love life are best avoided during this period. A reasonable approach and the wand of lady luck is all you need to enhance your financial status during this phase of life. Money matters indicate subtle growth only if not monitored properly. Health will improve during this month though you still need to be a lot more patient in dealing with your health factors. Emotional anxieties might be on the higher side in the latter half of the month. **LUCKY COLOUR : White, Sea Blue**



GEMINI: (22nd May - 21st June)

New beginnings and fresh approach in dealing with matters of the heart will create a lot of happiness. This is also the month when your intuitive instincts are high, helping you in achieving peace and harmony in matters of the heart. Be careful while dealing with feminine forces in work related matters. Any aggressive sudden decision too can turn around and hit you on the wrong side unexpectedly. Financial changes will come through only if you are determined and dedicated towards enhancing your finances. Expenses on unnecessary travels might cause you further disappointments in life. Health needs better monitoring the whole month. Avoid taking any new major health changes in this period. Anxieties are high and sleep patterns will be disturbed causing you further distress in life as the month ends.
LUCKY COLOUR : Blue



CANCER: (22nd June - 21st July)

Professionally, new beginnings shall be result oriented and rewarding. Excitement and enthusiasm will bring in excellent positive changes in life. Financial benefits shall come through easily and will be favourable as the month progresses. Flexible communication is the key to happiness in matters of the heart. Being too stubborn in love life will lead you nowhere and can cause further anxieties in life. Joint investments shall be prolific and rewarding during this period. Creative ventures shall turn out to be quite fruitful. You will be happy and emotionally content during this week. New beginnings in the latter half of the month shall be quite enterprising and satisfactory. Emotional happiness quotient will be high in the latter half of the month.

LUCKY COLOUR : Green



LEO: (22nd July - 21st August)

Good news can be expected in money matters this whole month. The month begins with sudden news related to growth and money enhancement. A youngster who is a banker or has an excellent aptitude towards finances will help you in creating growth and expansion in money matters. Renovating or redecorating your personal space shall be very therapeutic in life. Avoid unnecessary travels especially if it has to do with business related matters as this can cause you a lot of anxieties and disappointments in the following weeks. Matters of the heart shall be demanding and legal matters if any can cause you a lot of stress in this month. However, this phase is very transient as you witness growth and happiness in times to come. Latter half of the month shall be peaceful and enjoyable. **LUCKY COLOUR : Pink**



VIRGO: (22nd August - 21st September)

Professionally, there is a good amount of projects that you might get involved with. You will witness a lot of positive changes in life as the month progresses for you. You might get too engrossed in work related activities so much that it might become difficult for you to take out time even for yourself. A woman with keen financial knack will help you in all your financial endeavours. This is the time to seek and follow her advice ardently. Health will be robust and you will be fit throughout this phase of life. Matters of the heart might create a stalemate situation and yet shall bring in good amount of positive reflections in life. You might enter into a quiet and introspective time zone as the month ends. **LUCKY COLOUR: Yellow**



LIBRA: (22nd September - 21st October)

Good news related to love life is foreseen in matters of the heart. Children bring in a lot of happiness and love in your life and help in bonding with your loved one as the energies they work in will help in creating peace and happiness. Professionally, creative ventures shall be successful and result oriented. Projects and targets will complete in time bringing in a lot of satisfaction to you. Financial gains will be achieved if you follow your own inner gut instincts. Health shall be pleasant and robust. You will become more responsible towards your friends and family in the latter half of the month. **LUCKY COLOUR : Orange**



SCORPIO: (22nd October - 21st November)

Matters of the heart shall be extremely pleasant and romantically inclined throughout this month. Wedding celebrations for some of you is a strong likeability. Situations and circumstances will suddenly turn in your favour boosting your monetary strengths. You will enjoy mutual trusts and harmony in love life. A sensible and practical attitude towards your projects will help you in creating growth and success stories. There will be a lot of drastic changes in your health which in the process will help in rejuvenating your mind, body and soul. Following your inner instincts will help you in achieving further success by the end of the month.

LUCKY COLOUR : Sky Blue



SAGITTARIUS: (22nd November - 21st December)

Professionally, this is an excellent time for you to embark onto new projects, look out for better opportunities around and create a lot of growth options in the near future. You might want to shift to a new office or take up a new project in this phase of your life. Financial opportunities are plenty and monetary strengths builds up from various resources. Matters of the heart might cause you a lot of anxieties in life and the emotions involved at times might go beyond your control. New health activities will help you to rejuvenate your mind, body and soul. Avoid unnecessary travels around this time.
LUCKY COLOUR: Pale Yellow, Cream



CAPRICORN: (22nd December - 21st January)

Being in the company of your loved ones will enhance your mental, emotional and physical strengths. Financially, there are a lot of positive changes that are taking place for you during this period. Investments in creative ventures will help in enhancing your money matters. Matters of the heart will need to be worked upon with ease and flexible mindset. You might feel a little lost in your love life during this time. Professionally, there are a lot of changes taking place and news related to a certain project might not be to your liking. Soft and subtle growth patterns will emerge in life by the end of the month. **LUCKY COLOUR : Pink**



AQUARIUS: (22nd January - 21st February)

New beginnings in matters of the heart will create a sense of peace and inner contentment in life. A child will bring in happiness and harmony in life. Financial expansions will help in strengthening your money matters. Financial trips taken during this month shall turn out to be quite prolific and growth oriented. Professional projects need flexibility and relaxed handling. Being too possessive about your projects might cause them to get stuck up further. It is best to let go and delegate down some of your responsibilities. A woman will help you in achieving further success in your health related matters. Promises might not be fulfilled in the latter half of the month until or unless you take firm decisions and act with a backup alternative towards achieving it. **LUCKY COLOUR : Orange**



PISCES: (22nd February - 21st March)

Matters of the heart will turn out to be quite demanding throughout this period. Situations and circumstances will be tough to handle and would require a lot of temperamental balance to handle them. Your partner too will turn out to be very dominating and attention seeking in this phase of life. A motherly figure or a woman with whom you share great rapport might not agree to your view point in things or issues related to your professional projects. Financial changes would need more time to manifest desired changes. Restrictions in movements might be on the higher side in the latter half of the month. **LUCKY COLOUR : Blue**

YEARLY FORECAST FOR LIBRA

Matters of the heart shall be pleasant and romantic throughout this year. You would want to take your relationship to the next stable level. Professional anxieties can be high and there are possibilities of projects lingering on air until or unless you do something about it with a firm note. Health will keep you in a fit shape throughout this year and your family will support you in your thick and thin the whole year.





FICCI FLO LAUNCHES TWO NEW INITIATIVES FOR WOMEN

FICCI Ladies Organisation (FLO) is committed towards the inclusion of women's talents, skills, experiences and energies across all sectors and levels. With this in mind, it recently launched two new initiatives for women.
The WE project aims at empowering women in the fields of education, transport and security. The initiative will encourage more women to get employed in the education sector, as cab drivers and security guards with the promise of creating an environment that is safe and secure for them as well as their family. The event saw the presence of Ms Radhika Sarathkumar, Mr. Santosh Kumar, Chairman of Poompuhar, Dr. Vijaya Barathi Rangarajan and Director of Sundaram Medical Foundation among others.

The second initiative is Swayam which aims at supporting existing and budding women entrepreneurs in establishing new businesses. The initiative will educate them on marketing and branding, government finance promotion schemes, equity funding, tying up with employment agencies and more. Some of the FLO members who are mentors in this initiative will provide the consultancy required to start a business or to ensure its smooth functioning.
The event saw the presence of Mr. Gautham Menon, Mr. C K Ranganathan, CEO Cavinkare, Mr Murugavel, Founder, Tamil Matrimony and Ms Mariazeena, Founder & Director, Sathyabhama University among others.







WOMEN 2 WOMEN – DIABETES AND PREVENTION CARE

One of the popular endocrinologists in Chennai, Dr Usha Sriram of ACEER clinic launched an initiative called women 2 women to address the rising epidemic of diabetes in India. The event saw a coalition of women endocrinologists coming together to be trained on diabetes prevention and care with major focus on women and their health post marriage and kids. Various tools with relevance to this initiative were launched in the presence of senior doctors and the chief guests for the evening Ms Radhika Sarathkumar, Ms Lakshmi, Ms Tamilisiai Sounderrajan and Ms Nina Reddy. The first phase of the program is designed to reach 2500 women physicians and 50 lakh women across the country.













BRUCE LEE AUDIO LAUNCH





The audio launch for Ram Charan Tej's upcoming action entertainer Bruce Lee- the Fighter was recently held at Hitex Hyderabad with much fan-fare. Most of the Tollywood big-wigs were in attendance. The main attraction for the evening was mega star Chiranjeevi who announced to his fans that his cameo in the movie was just a teaser for his 150th film.

He also added that his wife Surekha and his son would be producing his 150th film. A huge cheer erupted from the crowd when he revealed a dialogue from the movie. Bruce Lee stars Rakul Preet as the leading lady while Tisca Chopra, Nadia, Brahmanandam, Kriti Kharbanda and Rao Ramesh play other important roles.

DHOOM MACHALE

INDIAN IDOL JUNIOR TOP 4

LIVE IN CHENNAI

POWERED BY jfW

Options Live, the events division of Options Media Group, delivered yet another fabulous live event at Sir Mutha Venkatasubba Rao hall. The stage was set and the hall was packed. The audience waited with bated breath to witness the performance of the Indian Idol Junior sensations from the recently concluded season. And what a performance it was! The four finalists completely owned the stage from the start and entertained the audience with their blockbuster performances.

Chennai's very own singing sensation Nithyashree kick started the show and worked her magic on the audience with her mellifluous voice and commanding stage presence. Emerging from among the crowd, she playfully interacted with them when she sang *'Eena Meena Deeka'*. Her near-perfect rendition of the old Tamil classic *'Paatum Naane'* by the legendary T.M. Soundarrajan mesmerized everyone.

Nahid Afrin who came next, cast a spell on those present with her angelic smile and beautiful hair. Her mix of old songs like *'Oh saathi re'* and *'Mera naam'* with new ones like *'Hai Junoon'* and *'I love you'* had the audience swaying to her tunes.

Vaishnav Girish, the crowd favourite crooned to *'Tu Hi Re'* and the audience was hooked to him. His powerful rendition of *'Aromale'* garnered the most appreciation and the hall reverberated with the sound of claps.

Finally, it was the turn of the winner Ananya Nanda to take centre stage. She stole hearts with her innocence and child like expressions and transported the crowd to the 90s when she sang *'Hai Rama Ye Kya hua' and 'Morni Bagama bole'*.

The show, powered by JFW, in association with Prince Foundation ended with a dramatic rendition of '*Jhoom Barabar Jhoom*' that they sang together and left the audience asking for more.

IN ASSOCIATION WITH	RADIO PARTNER	HOSPITALITY PARTNER	AN EVENT BY
PRINCE PROMISES DELIVERED	Radio One 100% Bollywood 100% Chennai	HYATT REGENCY	options LIVE





























NO SECOND THOUGHT

A Short Story by **Sujata Tarakesan**

"I can't leave home unless you eat your breakfast," he coaxed his wife Jaya whom he had been married to for 18 years. She was in bed, wan and listless.

She shook her head and said, "I'm not hungry." This was a painful routine for many months now. Her beautiful black eyes could not hide the misery she felt and even her normally healthy plait of hair was now rather limp.

"Even so, just eat for my sake. As much as it hurts, life does go on, no matter what." He thrust the bowl of porridge in front of her, and took a spoonful to her lips. Reluctantly, she opened her mouth and accepted it before taking the bowl from him to eat the rest by herself. Muthukumar sighed and watched her eat. He was a tall, well-built man, dark and imposing with sharp eyes and a robust, black moustache.



He held the post of Deputy Superintendent of Police in a fast-developing town in Tamilnadu and was rough and tough as cops popularly go. He'd married Jayalakshmi, a homely, pretty girl when he was just 23 years old and full of righteous energy. They soon had a handsome baby boy fondly named Jaikumar – a combination of both their names. Life went on at a brisk pace. A policeman's job is no piece of cake especially when the lines between right and wrong often blur because of ulterior motives, but Muthu made it work.

He made the little time he got with his family count with short excursions to scenic spots and visits to friends' and relatives' homes. While Jai played with the other kids full of a happy energy and confident gait startlingly similar to his Dad's, Muthu entertained the adults with stunning stories from his experiences in the Force. Nothing enthralled people as much as details of gory cases and alarming atrocities as long as they were far removed from it all!

Jai was soon a tall strapping young man with a zestful outlook. He had no trouble getting admission into a renowned engineering college much to his parents' delight. Life gave them nothing to complain about until one afternoon. Muthu received a call from his wife. She was incoherent and sobbed relentlessly. He rushed home trying to keeping his mind blank, refusing to think about anything terrible. But when death descends on your family there's no escape and no mercy and most terribly, the victim turned out to be the youngest and most beloved member. Jai had drowned in the ocean during an outing with his college mates. It was a freak, unavoidable accident. His teachers and friends who accompanied him were as inconsolable as Jaya and his own heart.

He had a hard time believing his own eyes even though his lifeless son lay in front of him in final proof. But then, death never cares who believes what. It's a reality that is left for the painful acceptance of those left behind to mourn and grieve forever.

Jayalakshmi and Muthukumar could not recall any details of their life in the months that followed though they moved house and he received another promotion. Jaya suffered the anguish of losing her beloved son every waking hour. Muthu was not half the man he used to be and was caught between wanting to give vent to his own grief by working overtime and spending time with Jaya to help stall her downward spiral. He ensured he joined her at mealtimes just so she would eat even if it meant working late nights and weekends to make up for these breaks in the work schedule. His seniors and colleagues in the Department were silently supportive – after all, no words can succeed in consoling bereaved parents especially on the loss of their only child. Life did not seem to make much sense to Muthu any more.

One morning, he came out of his room at the station and chanced upon a woman in her late 40s who had just shuffled in wearing a faded blue, printed saree. She had a heavyset face and rather burdened eyes. She looked around helplessly and before the constables could raise a query, she approached Muthu directly and as he took in her appearance fully, he did a double take. In her arms was a tiny life wrapped in a white mull cloth.

"Sir, please help me. I found this baby hidden below my table – I am a flower seller near the Shiva temple close by. I don't know what to do and I can't keep her." So saying, she held out the baby for him to see better.

"What are you saying? You can't just bring her here and leave her with such a flimsy explanation..." Muthu said, taking a closer look at the baby girl. She seemed to be just a few days old. He stared down at her in fascination. What a perfect little human though unwanted and abandoned, he thought. He asked the woman sternly, "Are you sure you don't know who the mother or father is? Did you see anyone leave the child and run away or any strange woman lurking near your place?"

"I have no idea at all sir and I didn't see anybody. Please take charge of this, I am already 2 hours out of business and can't manage to eat dinner if I don't go back to sell flowers before the temple closes at noon." Muthu told her to wait and gave instructions for the case to be dealt with as per protocol and continued his work. But he found himself strangely drawn to the baby girl's case and after an hour, he realised that he was repeatedly posing this question to himself: "What if I take this baby home?"

He made the decision swiftly.
He spent another hour making a few calls even as he made arrangements for the baby's health check up, etc. He had the woman thoroughly interrogated, and then allowed to go after handing over the baby to him. The woman was highly relieved though utterly astonished at this turn of events. She left at once but not before grumbling aloud, "Someone clearly planned to get rid of her and didn't even leave a note. She was just lying on the ground! Anything could have happened to her, what with stray dogs and rats all around!"

Muthu felt a strange knot form in his stomach as he himself took the baby into his big arms with great caution – she was so tiny! The knot travelled from his stomach up through the tightening of his chest before settling in his throat as a lump. The mixture of many emotions welled up and threatened to burst his ribcage. He looked down at the sleeping baby and noticed the periodic trembles and shudders that ran through her tiny body as common in newborns. Her tuft of black hair was soft and wavy and her eyes were squeezed shut. Her soft, tender knees were visible and he drew the white cloth protectively over her legs.

He was vaguely aware that he would have a lot of documentation work and procedures to complete for this adoption. He swallowed the lump in his throat and looked up and around the station as he exited his office flanked by assisting officers, his eyes bright with tears. The rest of the station members were either staring at the baby in curiosity or at him in undisguised surprise and awe.

All the way home in the jeep, Muthu told his disciplined mind to focus on first things first - Get the best child specialist in town to determine the child's health and administer the necessary vaccinations, and also visit his neighbour who could help with certificates and documents required for this baby to become his daughter. Their daughter, he corrected himself with a start. Jaya! What might happen now, he wondered belatedly as he got down gingerly from the jeep and rang his doorbell. Jaya slowly opened the door after a full minute, and stared in surprise at him and the baby, her eyes wide. He brushed past her in to their house and entered their bedroom to lay the baby down on their bed. Jaya came in to take a closer look and turned to him, "What's happening here? Whose baby is this?"

"It's a girl. Abandoned." said Muthu cryptically.

"Ok, it's a girl. But I asked..." and before she could finish her sentence, Muthu interrupted, "She is now ours. That's it." Jaya gaped at him and then at the baby.

After some heavily silent moments, she asked, "What if she's a Muslim child? Or a Christian..."

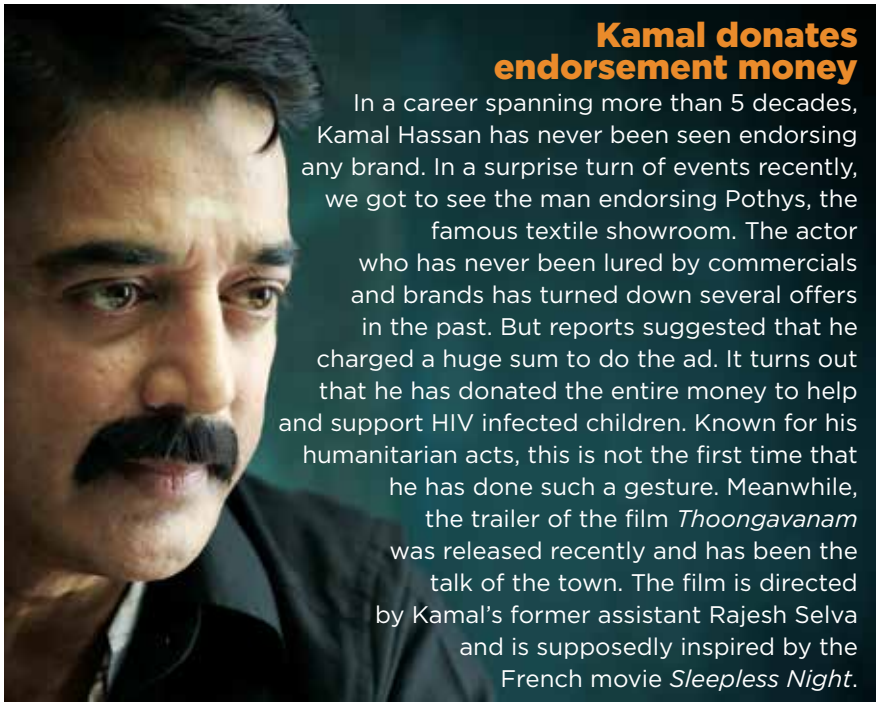
"It doesn't matter. She's now ours and is what we are." Muthu told her simply. "Take care of her. I'm going to see a child specialist first and then get some advice on what formalities we have to complete for this adoption," and he turned to leave for the doctor's clinic with bated breath, but he need not have worried. Jaya didn't seem to have anything at all to say. His driver lounging by the jeep outside straightened up on seeing him emerge so soon and saluted. He got behind the wheel in a jiffy and then paused, working up the nerve to ask his boss, "Sir, what you're doing is great. But are you sure about this?"

Muthu replied without hesitation, "Yes, no second thoughts. Let's go to Dr. Sairam's clinic in the next street," as he swung himself in to the vehicle. He looked towards his front door and his heart turned over, for Jaya stood just inside the front door rocking the baby in her arms. She looked from her husband to the baby in her arms with an expression of tenderness typical of a new mother. He noticed that she looked wan no more, and must have pretty much swept the baby into her arms and rushed to reach the door so fast. When was the last time he had seen her move with energy? He could not recall. He didn't push his memory beyond the past year as the last time he had seen her in full form was when Jai was still alive.

8 years later...
They were in a luxury A/C bus heading towards their friends' home 200 kilometres away. They had named her Anbuselvi meaning 'beloved wealth'. Jaya was in the seat in front of him with a bag at her side while he and Selvi sat close together. He didn't miss a chance to hold his beloved daughter close. Selvi was a brilliant student with a quick wit and hearty laugh. She tugged gently at her mother's plait and asked her, "Biscuit-time?" Before Jaya could reply, Muthu chimed in, "I also want one." Jaya raised her eyebrows, then opened her bag and handed a tin of cream biscuits to her daughter with a warning, "Only two for you now."

She accepted a biscuit from his daughter without a second thought.

CINEMA CHRONICLES



Kamal donates endorsement money

In a career spanning more than 5 decades, Kamal Hassan has never been seen endorsing any brand. In a surprise turn of events recently, we got to see the man endorsing Pothys, the famous textile showroom. The actor who has never been lured by commercials and brands has turned down several offers in the past. But reports suggested that he charged a huge sum to do the ad. It turns out that he has donated the entire money to help and support HIV infected children. Known for his humanitarian acts, this is not the first time that he has done such a gesture. Meanwhile, the trailer of the film *Thoongavanam* was released recently and has been the talk of the town. The film is directed by Kamal's former assistant Rajesh Selva and is supposedly inspired by the French movie *Sleepless Night*.



Mani Ratnam's next untitled film delayed

Looks like Nithya Menen and Dulquer Salman have found a permanent spot in Mani Ratnam's repertoire of late. He has signed both of them on for his next untitled movie that happens to be a thriller. Along with them, Keerthi Suresh will play another female lead with actor Karthi. The film is supposed to start rolling by the end of this year and will of course have A R Rahman composing the music. Nithya has been on a high lately after *OK Kanmani* and also has a meaty role in the upcoming bilingual *Rudramadevi* where she shares screen space with Anushka Shetty and Catherine Tresa.



Ajith plays don

The shooting for Ajith's upcoming film has been going on for a while and now, the first look poster of the movie is out. Titled *Vedalam*, the poster has Ajith featured in a red shirt, crop hair and bracelets and studs, akin to a don. It may be noted that this look is similar to the one he sported in his 2002 movie *Red*. Produced by AM Ratnam, the film has Shruti Haasan, Lakshmi Menon, Kabir Singh, Soori, Rahul Dev and many others. *Vedalam* is slated to release on Diwali this year making it extra special for his fans.



Inji Iduppazhagi creates buzz

Inji Iduppazhagi has been creating a buzz for all the right reasons. The bilingual which is releasing as *Size Zero* in Telugu has Arya and Anushka in the lead and is expected to be a new path breaker in the movie scene. However, actor Arya is on an all time low these days with all his recent movies sinking without a trace. There was much anticipation surrounding the release of *VSOP* as it brought together the hit combo of Arya and Santhanam but even that failed to create its magic on the box office. His earlier films like *Yatchan, Meaghaman, Purampokku* and even a Malayalam film called *Double Barrel* failed to hit the mark. Though he has always been a more than average actor, of late almost all of his films have been mediocre.

Fahadh Faasil is back

Good news for all the fans of Fahadh Faasil! The man, who has not had too many outings after his marriage to actress Nazriya, will be seen as a small time photographer in his upcoming flick *Maheshinte Prathikaram*. He runs a studio and goes around town taking up wedding photography assignments. The film is themed on love and revenge and is directed by debutant Dileesh Pothan who has been in the industry for the past 12 years as a scriptwriter.







Nag Chaitanya to romance Shruti Hassan

Nag Chaitanya, who is busy with the shooting of *Saahasam Swasaga Saagipo* is all set to be paired with Shruti Hassan in his next film. Shruti meanwhile is on cloud nine with the success of the recently released *Srimanthudu*. The two are being cast in this movie which happens to be a remake of the Malayalam super hit movie *Premam*. Nag Chaitanya will be playing the character of George from the original, whereas Shruti would be playing the role of Malar. The film is set to start rolling early next year.



Dangal look provides comic relief in Twitter

Aamir Khan weighs a humongous 95 kilos but his fans don't really seem to mind. With the first look for *Dangal* out, there is a lot of anticipation surrounding the film. His face, with an intense gaze emerges out of what seems to be a mud wrestling pit. The movie is based on the life of wrestler Mahavir Phogat and the shooting is currently happening in Ludhiana. The Twitterati meanwhile, has not been able to stop trolling Aamir and his look in the film. It began doling out entertaining tweets, touching topics ranging from the actor being really down to earth (literally) to equating his 'mud face' with chocolate ice cream.

So not a *Man's World*

The web series titled *Man's World* shows what happens in a hypothetical world where the typical attitude towards women and men are swapped in today's time.Written and directed by Vikram Gupta, it is an initiative to spread awareness about gender equality. The protagonist is a 25 year old Gaurav Pandey who believes that the world is unfair to men who goes around saying, "No one has ever made a film called Father India". The trailer, which is set in time zone featuring topsy-turvy gender roles, also has Parineeti Chopra, Kalki Koechlin and Richa Chadha at their quirky best.



Aditya Chopra announces new film

Aditya Chopra, the man behind the magic that was *Dilwale Dulhania Le Jayenge* has emerged from his hibernation. Speaking on father Yash Chopra's birth anniversary, he announced his next directorial venture titled *Befikre*. Aditya, who last directed *Rab Ne Bana Di Jodi* in 2008 admitted that this film will "probably not" have the potential to be as successful as his earlier films but is sure to win hearts with its light hearted romance. On the personal front though, the man has some exciting times ahead as wife Rani Mukerjee was spotted with a baby bump and reports have confirmed that she is indeed pregnant.







KRK and Rishi Kapoor: The Twitter War

The Twitter war between Rishi Kapoor and Kamal Khan reached new heights with KRK threatening to block all the celebrities if they don't follow him on Twitter! His tweet says, "Today I will block each celebrity who is not following me. Bye bye stars." KRK, who is known to irk everyone in the industry in one way or the other, recently irritated Rishi Kapoor with his constant barrage of tweets. He even called Rishi a failure and asked his son Ranbir to go on a honeymoon with Sanjay Leela Bhansali to get launched in a film! Meanwhile, Rishi is an actor who is never behind to give his perspective on issues and thus, complained to the Twitter authorities to block KRK's account. But so far, nothing has seemed to stop KRK from lashing out unnecessarily at celebrities and it looks like he will continue doing it.



Viola Davis becomes the First African-American to win Emmy

How to Get Away With Murder star Viola Davis created history at the Emmys 2015 as she became the first African-American woman to win the award for best actress in a drama series. Fellow nominee Taraji P. Henson stood and applauded, Kerry Washington cried as Davis, in her acceptance speech, delivered a stirring message on diversity and the lack of opportunity, women of colour face in Hollywood. "Let me tell you something—the only thing that separates women of colour from anyone else is opportunity. You cannot win an Emmy for roles that simply are not there," an emotional Davis said. Her historic win and speech were met with several congratulatory messages on social media. "Wow, WOW! Another proud to spell my name W.O.M.A.N. Moment," talk show host Oprah Winfrey tweeted following Davis' speech. "AMEN!!!! Best speech of the night. #Emmys," Washington wrote on Twitter.



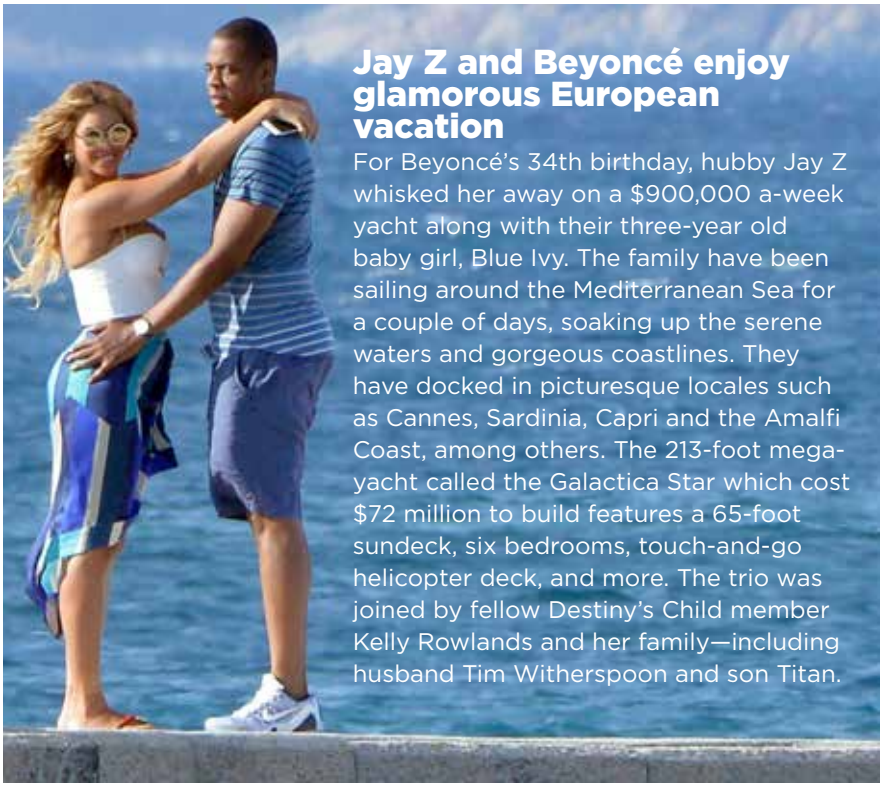
Usher is now a married man!

Usher and his long-time girlfriend Grace Miguel called off an elaborate wedding in Atlanta and secretly eloped before taking off on their honeymoon in Havana, Cuba. Usher and Miguel who have been together since 2009 revealed their engagement early this year. The couple had plans of marrying before a 100 guests, but decided to have secret nuptials. Miguel uploaded a photo on Instagram, in which Usher's new gold wedding band is on full display. They two seem to share a truly happy life together along with the R&B singer's two sons from his previous marriage.

AFI FEST

World premiere of the big short to close AFI fest 2015

Hollywood's awards season has a surprise new entry, *The Big Short*. Paramount Pictures and Regency Enterprises movie will close the prestigious AFI Fest on Nov. 12 before hitting the theatres this Christmas. Directed by Adam McKay with screenplay by Charles Randolph and McKay, the movie stars Academy award winners and nominees, Christian Bale, Steve Carell, Ryan Gosling, and Brad Pitt as four outsiders who predicted the economy crash down of the late 2000s, betting against the banks when no one else would. The movie is based on the 2010 non-fiction Michael Lewis book, 'The Big Short: Inside The Doomsday Machine.' With so many talented and good-looking men in one movie, this flick is touted to grab all the awards next year.



Jay Z and Beyoncé enjoy glamorous European vacation

For Beyoncé's 34th birthday, hubby Jay Z whisked her away on a $900,000 a-week yacht along with their three-year old baby girl, Blue Ivy. The family have been sailing around the Mediterranean Sea for a couple of days, soaking up the serene waters and gorgeous coastlines. They have docked in picturesque locales such as Cannes, Sardinia, Capri and the Amalfi Coast, among others. The 213-foot mega-yacht called the Galactica Star which cost $72 million to build features a 65-foot sundeck, six bedrooms, touch-and-go helicopter deck, and more. The trio was joined by fellow Destiny's Child member Kelly Rowlands and her family—including husband Tim Witherspoon and son Titan.



THE INTERN (English)
Director: Nancy Meyers
Cast: Anne Hathaway, Robert De Niro, Rene Russo, Adam DeVine, Andrew Rannells, Zack Pearlman

Nancy Meyers makes everything look so warm and beautiful that for a minute you are so engrossed in the aesthetics of the film rather than the film itself; but she usually pulls you back into the heartwarming story through her pristine narration. The Intern is not very different, except that it is not a gooey romantic film but one that centers on the relationship of a 70 year old retired widower Ben Whittaker (De Niro) who experiences chronic feelings of emptiness and 30 something tech savvy, micromanaging, entrepreneur Jules Ostin (Anne Hathaway).

Ben is lonely and is desperately seeking to fill the hollowness within with something exciting, which is when he chances upon a senior intern program at a happening e-commerce portal called About the Fit. Ben is assigned to the founder herself, an overworked, multitasking, ambitious lady who rides around her office in a bicycle (to save time?) and personally sits on customer relationship calls herself. She is absent minded to the extent that she is unaware about the intern program.

The film encapsulates the generational conflict through earnest humour – Ben is old school, methodical, he wears a tie and a suit, leaves work only when the boss does and is technologically challenged. He is trying to adjust to the sneaker-wearing, instagram obsessed young'uns around him. But the kids also learn something from the simple, hardworking, "company" man while they orient him into Facebook and fist bumps.

At first, Jules is almost apathetic towards the idea of the intern program, she doesn't even know what to do with him. But Ben's Zen-like calmness and sincerity are hard to resist even to an indifferent boss like Jules. De Niro is fantastic as Ben, he carries off the "old at age but young at heart" role with such poise. But, at the heart of the film is Hathaway, as you watch her being the quirky, absent-minded go-getter, you want to be her. But make no mistake, when she struggles to manage time between her company and her family (her stay at home husband and adorable daughter), you most definitely feel sad for her.

There is nothing over the top about The Intern, which is a good thing– the humour is gentle and the plot doesn't get melodramatic even when "shit hits the ceiling" for Jules both in her personal and professional accounts. The second half might have gotten a little too long in a very "what next?" sort of way but the film is still more than ordinary, where Meyer takes you along on a beautiful journey of new age work culture and familial relationships.

The placid irony of how an old age man, who you would think is conservative, appears as a guardian angel only to make a young, successful woman understand that "you can indeed have it all" is very heartening and optimistic.

Verdict: Romance doesn't always have to be at the epicenter of a gentle comedy to enjoy it and The Intern is a true testament to that.
Rating: ★★★★

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