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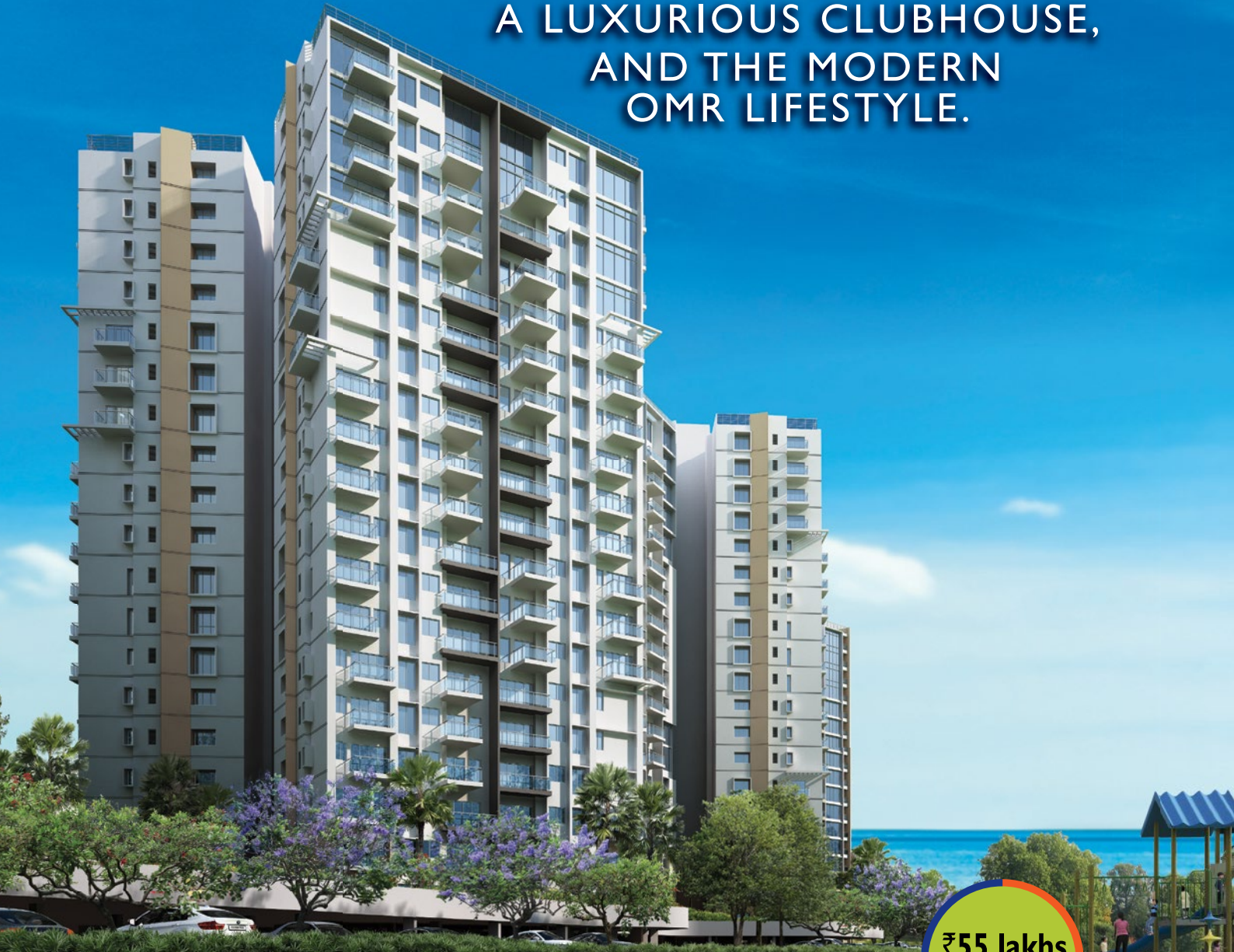
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# Editor's Note

It's time to raise a toast as *JFW* turns 7 this month! Every edition during these past 84 months has given us several memorable moments; what an amazing journey it has been!!

As we gear up to ring in our anniversary celebrations it is but natural to look back at all the high points of the year gone by and the most significant of the ones was the institution of our *JFW* Women's Summit in March 2014. A one-of-a-kind event in South India, our inaugural edition had the patronage of reputed panelists and a large section of intelligent audience who helped us prove that there's more to women than just fashion and food.

Our cover girl this month, Samantha Ruth Prabhu also proves to us there is more to her than just the controversies that surround her, with her down to earth personality and all the good work she is carrying out without any pomp. *JFW* salutes her for her initiative, her NGO Pratyusha, through which she extends medical support to children from weaker sections of society.

In tune with the celebratory mood, we take you on a tour through our pages, to some of the most famous carnivals of the world that have visitors thronging the cities to partake in the festivities every single year. Continuing the festive spirit, we also have a vibrant spread on cocktails – we hope to inspire you to get behind the bar counter and show off your mixing skills at your next home party!

From fashion to beauty and meeting women from different walks of life, *JFW* has always been an eclectic mix of style and substance and we shall continue to exceed your expectations in the years to come.

As we slip into party mode, team *JFW* is busy multi-tasking (as usual) and putting together our forthcoming *JFW* Women Achievers Awards 2014, South India's most prestigious event that continues to be a trendsetter of sorts. Look out for news on this event in our forthcoming editions.

Cheers,

  
Bina Sujit



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# Mailbox

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



JFW's Friendship Special was an interesting read! Selfies are such a rage these days and having a cover with the same concept was a novel idea. I especially enjoyed reading 'Gossip Girls' and 'The Girl Code' as they threw light on how one can have fun with girlfriends without breaking the golden rules. Looking forward to more such interesting specials!  
*Gayatri Dinakar, Bengaluru*



I have never been good with eye make-up; every time I try it smudges, spreads or looks amateurish. Reading 'Eyes to Kill for' helped me master the art and technique of eye-make up. The step by step guide for different looks and easy ways to avoid the make-up faux pas was really good.  
*Lakshmi Jayachandran, Coimbatore*

Last month's edition was a lot of fun! I had also participated in the #JFWBFF contest and I got shortlisted! I still cannot believe that my selfie with my best friends got featured in the magazine! Thank you JFW, for making the friendship month even more special for us!  
*Beatrice G, Hyderabad*



I have only recently become a fan of your magazine! I have never been interested in following fashion forecasts or trends as such, but that changed after I read August edition's 'From New York to Paris' article on the A/W collection. The thorough insight it gives to international fashion trends is just brilliant. Keep up the good work!  
*Deepthi Shankar, Chennai*



  
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# WHAT'S NEW

## THIS MONTH

### Accessories

**What?** Handbags

**By** Esbeda

Emanate uncompromised charm with Esbeda's "Essential" collection that is set to lend the urban wardrobe, unparalleled glamour. Spacious designs, sassy snakeskin patterns and a lovely colour palette of subtle hues are the characteristic details of these arm candies. They are the best options to go for when you want to carry all the necessary belongings of yours without sacrificing style and luxury. The Essential collection comprises of stylish and amazing vibes and design solutions to spice up your ensembles for the coming season!

**Price:** ₹2,680 onwards



**What?** Clutches

**By** Nivedita Saboo

Designer Nivedita Saboo extends her couture range with an array of handcrafted clutches. Modish texturing, digital prints, intricate needlework and opulent embellishments on Indian inspired designs and silhouettes, distinguish these designer clutches from the rest.

**Price:** ₹4,500 to 16,500

**What?** Footwear

**By** Metro

Metro shoes have churned out some amazing footwear the last few seasons and Fall 2014 is no exception. Add a little ole to your favourite silhouette with the latest footwear from the house of Metro. Presenting some uber-comfy and chic varieties for both men and women, you can pick from the most diverse design patterns and shades from the collection.

**Price:** ₹1,490 onwards



**What?** Footwear

**By** Mochi

From statement making peep-toes to absolutely breathtaking stilettos, Mochi's Fall 2014 collection has it all! Pick from a variety of stylish footwear for women as this collection presents a wide range of comprehensive and cute styles and shapes, including sporty looks, classic forms, and comfy flats.

**Price:** ₹1,890 onwards





**What?** Pen

**By** Montblanc

Montblanc pays homage to the revered goddess of Hollywood's Golden Age, Rita Hayworth, with a pen that captures all her glamour. This limited edition fountain pen in green is elaborate in terms of design and style. The wavy guilloché on the cap, the barrel crafted from 750 solid gold and the mandarin-coloured citrine on the clip are synonymous of her quintessential beauty. The diamond-studded cap top and cap ring are a reference to the glamour she projected. The handcrafted 750 gold nib features a hole shaped like a heart in honour of the love goddess, while the pen is crowned with the Montblanc emblem in the finest mother-of-pearl. This pen is limited to 46 handcrafted pieces.

**Price on request**

## Luxury



**What?** Watches

**By** Ice Watch

Ice Watch launches its new stunner and trendsetter, 'Ice-Style' collection. A fashionable timepiece with bold silicon band and steel case, this watch is what you need to complete your look.

Ice-Style a chic and elegant collection accentuates your feminine wrist.

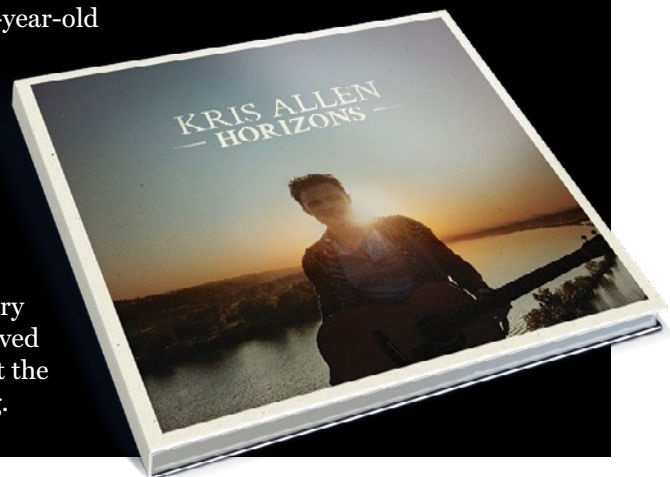
The stunning, bold and alluring collection features a magnificent pink gold steel case to magnify your style and concentrated glamour. It is available in striking black, brown, dark knight, oxford blue and white colours. These analogous watches are available in the unisex size of 43mm and a big size of 48mm.

**Price:** ₹13,290

**What?** Horizons

**By** Kris Allen

Kris Allen, Season 8 winner of American Idol, released his third album Horizons after a short break. Floating below the mainstream pop radar, this 29-year-old shows off his song-writing and musical talent once again. The opening track of this album, 'Young love' is an exquisite acoustic track, which reminds us of his first few songs, post winning the talent show. His other number 'Lost' is a piano ballad, which is very soulful and heart-warming, especially when he sings the lines 'Maybe I'm lost, but at least I'm looking.' Stepping out of his comfort zone, Allen has tried an Adele-style soul jam with gospel touches in 'Don't set me free.' His number 'Beautiful and wild' borders on Southern folklore, infusing country vibe into the album. No surprises there, as it is said the artist moved to Nashville to write and compose most of his songs. Throughout the album, the uncompromising theme of love is sweet and touching.



## Music

## TechSavvy

**What?** XS Powercard

**By** Xyra

Xyra has launched its new tech product, XS Powercard.



The XS Powercard is a portable charger, a data storage device, and a USB syncing cable – all in one. The device is available in both Micro USB and MFi Lightning Connector versions. The device is equipped with a 2200 mAh rechargeable battery that provides a smartphone one full charge on-the-go, a detachable flash drive (8/16/32GB) to facilitate easy data storage and sharing, and over 1 ft. long built-in cables to enable data transfer between your smartphone and PC. The hyper-compact ergonomic design makes the XS Powercard shorter than a credit card, allowing it to fit easily in a wallet or purse. When connected to a power source, the single-port smart charge feature first prioritises the phone, charging it to a 100% and then charging the XS Powercard, eliminating the need to charge both devices separately.

**Price on request**

## Jewellery



**What?** Emerald Collection

**By** Diagold

Go Green this monsoon and shower yourself in the latest collection of Exclusive Emerald Jewellery by DIAGOLD. Emerald which is considered as the stone of planet Mercury is a symbol of love, understanding and nobility. The collection comprises of exquisite pieces made with an amalgamation of diamonds, baguette diamonds and emerald, set in white gold. These contemporary, lustrous earrings, bracelets and beautiful neck pieces will pair well with both Indian and Indo-western outfits.

**Price on request**



## Beauty

**What?** Lip colours

**By** Soul Tree

Looking for stunning and long-lasting lipstick shades? Soul Tree recently launched its latest collection of lipsticks that has new-age secrets to make your lips soft, smooth and plump. The lipsticks are available in different shades of pinks, plums, corals, reds, nudes, browns and more.

**Price:** ₹450 onwards



## AtHome

**What?** Throw cushions

**By** Houseproud.in

Adorn your home with fresh and cosy collection of cushions that will undoubtedly add a quirky edge to your décor. The inspiring designs are bold and ethnic, with a contemporary twist, making it easy to reinvent your home inside and out in an affordable manner. The cushions are very distinctive, depicting diverse patterns such as replicas of the historical era, marching band with trumpets, aquamarine inspired themes, in vibrant colour schemes such as shocking orange, electric blue, purple, supple olive green and beige.

**Price:** ₹999 onwards



## BooksCorner

**What?** SKIN TALKS

**By** Dr. Jaishree Sharad

After making waves in her field with her very own skin clinic, Skinfinitti, Dr. Jaishree Sharad, a cosmetic dermatologist has launched her book, Skin Talks. The foreword to her book has been written by her idol and mentor, Amitabh Bachchan. This book is a simple and holistic approach to understanding your skin and a practical guide to looking after it over different ages, times and occasions. The first of its kind, it dispels several myths and even offers home remedies for many ailments.

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# GOLD RUSH

Sequin animal print top  
**Just Cavalli**

Golden maxi dress  
**Laurence**

Gold is back. When you have a bit of gold on, mix and match with muted accessories or clothes to offset the sparkle

Sequin peplum top  
**Club L**



Gold watch  
**Marc Jacobs**

Gold mini skirt  
**DSQUARED 2**

Golden leather satchel  
**Emilio Pucci**

Antique gold box clutch  
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# TWO OF A KIND

Best pairs are a match made in heaven and this holds good when it comes to your wardrobe as well. Here is a list of duos that always work well together whatever the occasion may be



## *Bright White & Baby Blue*

We all know that denims are a girl's best friend. However, you need to find the right companion for your worn-out, faded, light blue denims. For the much needed sophistication and well styled appeal, pair your favourite jeans with a crisp white shirt. Tuck in your shirt if you like, to mean all business, without giving away your supercool attitude. For a more fun occasion, like a walk in the park, go for a white tee and a pair of well fitted denim shorts; it's a timeless mishmash that always works!



### **[Style notes]**

Keep your denims skinny or straight. Let the white shirt be loose by a size or two.

**E**very woman is different and unique in her own way. However, there are certain pairs of clothing that looks good on any woman regardless of her body type. These fusions are a must-have for any closet and have been so for ages. When you feel like you have nothing to wear and you are having one of those panicky moments, find a blouse from one end and a skirt from the other to make a winning combination. Use the following cues to help you understand the dynamics of arriving at the perfect mixed double:

## Formal Friends

A formal shirt and a high-waisted pencil skirt that drops till the knee or just below the knee is the perfect formal outfit for every woman. For an added feminine appeal, pair the skirt with a sleeveless shirt or ones with frilly patterns on the sleeves and the collar. And to complete your look, throw in a pair of pencil heels. When you look good, you feel good and your office is the best place for you to feel good.



[Style notes]

Pair it with a peplum top. Strap on a skinny belt. Try not to pair a pencil skirt with flats.

## It's all Black

What would we do without the existence of the LBD? Even the thought of not having one as part of our closet is frightening. But must you go all black? Well, if you are going for the "black widow" look, sure. You could pair your LBD with a pair of strappy black stilettos. However, there are other interesting ways to brighten up your all black avatar – how about a tinge of blood red in the form of a clutch or a shade of lipstick? Keep it clean and simple; you don't want to take away too much from black beauty.



[Style notes]

Pair it with gold or nude accents if you don't want to be as bold as blood red.

## It's Raining Crops

The crop top which was a fad back in the 80's and 90's, is doing its rounds now and it looks like it's here to stay for a while. Slip on a crop top with high-waisted shorts or even low waisted ones, if you want to show off your perfectly toned stomach. If you are top heavy, slip on your crop top over a button-down shirt; you will be carrying out a trend which will sure have followers after you.



[Style notes]

Long skirts, mid-length skirts and trousers are totally allowed too.



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## Varsity Chic

Relive your school days by pairing short skirts with full sleeved tees; it makes you look sporty and young. As the upper half of the body is enveloped by that full sleeved tee, all the attention goes to your toned legs that you have been longing to flaunt for a long time. If you are wearing a fitted tee, pair it with an A-line short skirt. If your tee is a little loose, wear it with a fitted mini skirt.



[Style notes]

Strap on a pair of sneakers in bright colours to add a zing to the ensemble.

## Tight Booty

Look like a flippant beauty with a body-con dress and ankle boots made of leather, as this outfit is sure to turn heads your way. Who wouldn't want to gape at a woman dressed in a sultry figure-hugging dress with lofty leather boots? Black or tan, leather boots are versatile and can be worn with body-con dresses of any pattern. If you want to look dressier, pair it up with a pretty neckpiece and you're set.



[Style notes]

Make sure your boots are well heeled.

## Frills & Flairs

Maxi skirts flowing all the way up to your ankles worn with tank tops, makes you look as elegant as ever. The style statement originated from Spain, as colourful long skirts are what Spanish women usually drape around their waists. Apparently, most men love women dressed in maxi skirts as it has a feminine quality to it. Additionally, the tank top has to be of one colour, a colour complimenting the skirt. You could wear flip-flops or strappy sandals to unleash the beach gal within you.



[Style notes]

Wear beaded jewellery to complete the look.

# 7 Must-DOS this MONSOON

Rains are a reason to over indulge in small pleasures of life, like eating fried stuff, drinking hot cocoa and cuddling up to your loved one. Here is an addictive list of things you can take pleasure in this monsoon

**M**onsoon to people in the tropics has long been a beacon of hope and happiness. It is a time when everything that once seemed dull and dreary looks fresh and joyous. The smell of rain, the deep-grey skies, the sight of rain powering down on a bed of ocean and the feel of fierce wind sweeping you off your feet, are all experiences worth revelling in. There are also things you can do at home to make the monsoons extra special. During rainy season, it is hard not to go back to sleep when your alarm goes off but watching raindrops falling on your windows with a hot cup of coffee is something to get you started off on your monsoon revelling mission.

## *Hot Cup of Love*

Rain or not, a cup of hot cocoa boosts up your feel-good meter to another level. So why do rains and hot chocolate have such an unfathomable connection? Perhaps the wetness in the air calls for something warm and soothing and chocolate is known to cure the saddest of hearts. Before you tuck in for the day, be sure to pour yourself a hot cup of cocoa this monsoon for that instant happiness quotient (*Ps: You will also sleep like a baby*).



## *Rainy-day Romcoms*

Rain, romcoms and a big bowl of popcorn – there's your million dollar feeling, right there. Heavy rains can bring you down and prevent you from doing outdoorsy things. Capitalise on the opportunity; watch all those romcoms that turn your hearts warm and gooey, perfect for the rain! Start with Notting Hill or You've Got Mail.



## *Steer the Wheel*

You've done everything possible to make yourself feel better at home and it has gotten to a point where you need to get out. A short drive through the rains might help. Just watching the raindrops falling on your windshield is a pleasure but don't get carried away; driving down during heavy rains might be dangerous. Also, make a playlist of rainy day tracks for the drive.



## *Become a Bookworm*

Is your collection of newly bought books piling up? Everybody is so busy in life today that reading has become a chore. This monsoon is your chance to redeem yourselves. Find a cosy corner and get cracking on the pile of books you've been wanting to finish. Fantasy or romance would be a good genre to begin with.



## *Host a Game Night*

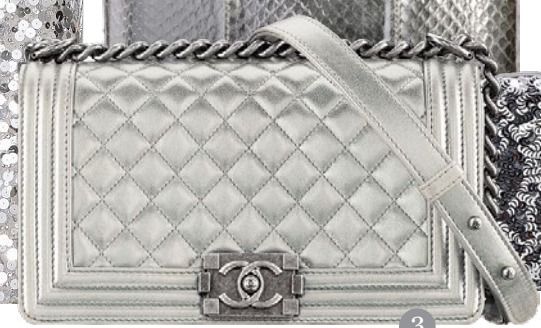
One of the joys of monsoons is to be able to have fun at home as much as you would outside. If you are not able to do the routine Saturday night partying, bring the party home! Get some board games out and make a game night out of it. Pizza, beers and monopoly – if your guests don't appreciate the combination, they are not worth being your guests at all.

## *Food for the Rain*

Something about the rains makes you want to dig into hearty, comforting food. While chai and pakodas is a classic combination, there are also healthier albeit tastier alternatives; a one pot meat dish or a big bowl of roasted tomato soup is perfect for a cold, rainy night. Whatever it may be, it's time to stock up your pantry for the monsoons and indulge in some rainy day cooking!

## *Go out, Get Wet!*

Pick a day, perhaps a day when you have an off; head to your terrace and allow the rains to shower upon you. It's an experience worth enjoying at least once in your life time. Don't forget to dry yourself up nice when you get back! ||



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BY NATHELLA  
JEWELLERY FOR THE STYLISH



My friendships have always been founded on a strong foundation of love and trust but built on flippancy and gibberish. It is good to have a ridiculous sense of humour, but it is brilliant to have friends who can enjoy it and even go one step higher... (or lower as the case usually is.)

Yesterday was a day that underlined exactly that.

Three of us were setting out to Mudaliarkuppam. With me were Ranga and Anantha - BITSians who have known me for 25 years. So there is a high degree of comfort that exists between us.

# Time ut

Spending time with friends for me is chicken soup for the soul. But don't you go thinking that it is time spent doing meaningful things, discussing topics of monumental importance or expounding deep philosophies.

I had made detailed plans for the day knowing fully well that getting them to stick to time and agenda was going to be a somewhat futile exercise.

We were to leave at 11, have lunch on the way, continue to Mudaliarkuppam, do some canoeing, ride water scooters, take pictures, set back at 4, and reach my apartment at 7 in time for a larger get-together that was to start at 7:30. Ambitious plans and me, we are great friends too!

True to form, we didn't leave at 11. We ended up setting out at 12 since it was declared that hydration was crucial before setting out on a long drive.

As we hit ECR, we decided to trip on one of our more serious friends who was doing what normal people did. That is - go to office to work.

Friend's message: "Anu sorry I cannot make it this evening as I will be stuck in a workshop."

Anantha and Ranga chortled with glee and said, “tell him we are on our way there...can he give us all a job?”

As I faithfully reported, the conversation between my friend and I turned out to be like this:

**Friend's response:** I will lose mine if I continue talking to you. Catch you later.

**Me:** See you in ten minutes.

**Friend's response:** a resounding silence...

**Me:** Anantha wants to know if your initial is S...

I then asked Anantha, why he wanted to know that. He chuckled and said “No reason. But that will make him wonder no?”

**Ranga:** And he might think we are at security and we need that information to fill in at the register and he might be having a little panic attack no?

We all chuckled gleefully imagining our friend's plight and since we had derived our amusement from this exchange, we didn't bother that there was again no response from the other end after this. Ranga declared it was essential that we nourish ourselves and swung into Vivanta. As we walked into the lobby, I headed for the restaurant and had taken a few steps before I realised the other two were not going in the same direction. They had taken a detour. So I had no choice but to follow them and order my French fries at the bar instead.

What was meant to be a half an hour pit stop, turned into an hour and a half long one. I glanced at the time and saw that it was nearly 2:30. I suggested we skip Mudaliarkuppam, as we needed to be back at my apartment by 7:00.

**Ranga:** So tell everyone to come later, no?

**Anantha:** Like tomorrow?

I hid my mirth and sternly told them I was not going to do that.

**Ranga:** But it's ok. We'll go to Mudaliarkuppam spend lesser time there and return.

**Anantha:** No problem Anu. Don't stress.



I shepherded both of them out, firmly took the car keys from them and told them that I was the only one capable of driving and they should just shush and sit. They obeyed part of my instructions.

They sat. But shush – they didn't.

I was driving too slowly. I was driving too much to the left. A Nano has overtaken me and I should just die of shame. Speed limits are only guidelines...see?? No one sticks to speed limits. Soon a cycle would overtake me. Maybe they should start walking now and they might reach Mudaliarkuppam before me? Should we write and ask the government for permission to overtake that bullock cart?

The litany went on and on. And my laughter only served to spur them on to make more and more outrageous comments. Amidst much laughter, we reached Mudaliarkuppam and spent a glorious half an hour in the same vein whilst walking on the beach and taking pictures. There was no time for doing anything else but I wasn't bothered. I didn't feel the slightest regret that we couldn't ride the water scooter or go canoeing. The time spent laughing with both of them was worth its weight in gold. I thought back at all the times I had gotten upset that plans weren't

stuck to and while fretting about that, missed out on moments that I could have cherished. And I made a mental note not to do that in the future.

There is something to be said about being flexible when you are planning a day out. After all, the whole idea is to be happy and be with people you want to be with. It really doesn't matter what you do or whether you stick to a plan, does it?

Later that evening the party was in full swing. There was much laughter, good natured ribbing, pretend challenges and anecdotes being bandied about. To borrow a comment from my friend Priya, there was a gardener, a tech boss, two authors, a private equity consultant, senior level software employees and entrepreneurs; a richly diverse group of accomplished individuals indeed.

One of my friends, Suresh, had published his book “The Pilani Pilgrims” and I had told him I wanted my own personally signed copy. As he signed my copy of his book, I looked around at my living room packed with fellow BITSians...

My Pilani Pilgrims were treasures, every one of them. My cup runneth over ||



# CHROMATIC TRESSES

Beauty comes from within or from how good your hair looks! Your hair might be lovely as it is but for a little oomph, add a touch of colour to it. Choosing the right hair colour can be a daunting task. Here are a few tricks to help you pick the right shade

**W**hy do you need to colour your mane? Ask yourself this question in advance and not after you are disaster personified. Choosing your hair colour is like choosing the right clothes to wear. You wouldn't just wear something unless it suits you, would you? Even when a dress looks good on you, you still shuffle through the myriad choices

that are available at the store, making yourself feel perplexed. Choosing a hair colour is a lot more difficult. The array of brilliant colours available can leave you confused. Not to mention there are times when a colour would look amazing on the palette, but not so good on your beautiful tresses. There are many factors to analyse before choosing a hair colour and here's how we break it down for you:

## Understanding your skin colour

Before jumping to conclusions of those few colours you find sexy and ravishing, the cardinal rule is to sit back and analyse your skin tone. What is the colour of your skin? Does it have hues of pink, is it pale or dusky? Understanding the colour of your skin can help adopt shades that will best suit you. Figure out what your skin tone is, based on which you can choose colours that will blend into your skin. Famous hair expert Jawed Habib agrees, "Hair colour to the hair these days has become what lipstick is to lips! It reflects everything about you. And while choosing a hair colour, the skin colour is of foremost importance. India is a culture oriented country. The colour range is limited here and for Indians, subtle shades are what suit the skin best. No matter what colour, be it blonde, copper or red, brown is often the base." There is definitely much more to hair colouring than just aesthetics. "You should also remember that the choice of colour for your tresses reflects who you are and your lifestyle. Another important factor that should be considered while determining the best, suitable colour is age, it cannot be ignored."

One of the easiest ways to determine your skin tone comes down to your everyday attire. Pick out clothes of a varying colour range, moving from warm tints to cold. Try them all on and see which ones look best on you. If oranges, reds and yellows make you look gorgeous, then the warmer ones will be the perfect colours for your hair. Likewise if blues, icy silver, greens are nice on you, the corresponding hues will be just fine for your tresses.

## Prismatic Preferences

While some colours stand out and give you the Lady Gaga look, others are classy and popular. If you want the latter, here's a list of what to look out for:



### Brown

For most Indian skin tones, brown is a safe bet. One of the advantages that this colour has is that it is low-maintenance unlike most of the other colours. Here are some of the shades you can try if you choose to have a change that isn't too drastic: golden brown, natural brown, red brown, burgundy, ash brown, chocolate brown, black brown, copper brown and the list goes on. You can decide on the density of the shade as you wish.

## For the perfect look

Determining the skin tone is not the only factor behind choosing a hair colour. It is only the beginning to choose the right shade. Just because warm colours suit you, doesn't mean any one of them will suit you. It's not only the hair that glorifies you, the rest of you matters just as much. Hence, the basic idea is to make the colour look natural and make it blend beautifully with your entire look. Ask your stylist to give you a picture of how you would look eventually or you can always fall back on the new age technology called the internet.





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## Red

Red is all rage today. It gives the edgy look. If you are pink skinned, go for dark icy or cold shades of red. But if you are pale, you will look good in pretty much any shade; it could be vivid or something as natural as ginger. Eventually, it comes down to what you think best suits you. In case you are olive or dark skinned, dark red-brown will look stunning. Even shades of auburn are a good option.



*Note:* If you want to be bold and try shades of neon, leopard prints, vivid blues and vibrant reds, don't hesitate. Nevertheless, be sure to pull it off!



## Blonde

Remember to go for golden or warmer blondes or icy blondes depending on the hue of your skin. Warmer skin tones will go best with golden shades while those with cool tones will look nice in cold shades of blonde.



## ! Colour disaster alert!

- Blondes and silvers are high-maintenance colours. They are going to need all the attention they can get. So be careful before you jump in. Constant root-touch ups will be needed.
- Silver or white tones can be extra damaging to your hair as they do not extract natural hair colour and add new colour to them. Instead, they strip your hair off its colour, in other words, they bleach it. Go for this only if you have healthy hair.
- Conditioning is necessary. Your hair is bound to be deprived of vitalities and can become frizzy or dry. So take good care and lock the moisture.
- Some colours may not have the effect you expected; the outcome might be lighter, especially in the case of blond. This may be because your hair is darker than you thought. Hence, check on your undertones before colouring.
- If it is your first time, it is advisable to go to a professional than trying to colour your hair yourself at home.



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Rose gold ring **Vikas Chain & Jewellery**

# *There's something about Sam...*

People from the film industry are always diplomatic or politically correct. However, Samantha Ruth Prabhu's candidness surprises you. There is no meek demeanour or evasive replies as far as she is concerned. A bubbly romantic, Samantha aka "Sam" (as she is lovingly called) doesn't mince words. In a conversation with **Bina Sujit** and **S. Priyanka**, this brutally honest, doe-eyed beauty talks about her upcoming movies, exploring new characters and how destiny has changed her life.

Photography: G Venket Ram



*Styling*

Anisha Jain

*Hair*

Ambica, Stylesmith

*Make-up*

Ravi



As a debutant, she stole many a heart with her role Jessie in *Ye Maaya Chesave*. In the subsequent years, she sealed her position right on top with super hits like *Dookudu*, *Eega* (*Naan Ee* in Tamil), *Attarintiki Daredi* and recently, *Manam*. While she is completely aware of her success in the Telugu Industry, she realises that she needs to go that extra mile to climb up the ladder in Tamil cinema. And she firmly believes that she is on the right track with her upcoming Tamil releases with bigwigs such as Suriya (*Anjaan* – already released), Vijay (*Kaththi*) and Vikram (*10 Endrathukulle*). Samantha Ruth Prabhu is here to stay and she might very well be the next big thing in Tamil cinema.

**“I did not want people to assume what characters I can or cannot play.”**

Known for her demure, girl-next-door roles, Sam has taken the film industry by storm with her glamorous avatar in the recently released *Anjaan* (*Sikander* -Telugu). “It was a conscious decision to go all out this year. Many said that I don’t have what it takes to do glamorous roles in commercial films and that I cannot step outside my comfort zone. I didn’t want people to stereotype me as the ‘girl-next-door’ and I also did not want people to assume what characters I can or cannot play. That is why I chose to act in mass entertainers like *Anjaan*, *Rabhasa* and *Kaththi* and try out roles that I have never explored before.”

**“ANR garu loved to laugh and loved people who made him laugh.”**

One of her big releases this year was *Manam* where Sam had the rare opportunity to act with the three generations of the Akkineni family—ANR garu, Nagarjuna and Naga Chaitanya. Talking about this film and in particular about the legendary Nageswara Rao she says, “To share screen space with an icon was very memorable. He was so unaware of his iconic status. He loved to laugh and loved people who made him laugh. Even at that age, after doing so many films, he was very curious about the next scene, what outfit he would be wearing or how the cameras would be placed. One of the greatest lessons I learnt from him was the fact that I should never feel complacent and think that I have nothing more to prove. I will keep that with me forever.”

**“An experimental and complicated film, *Manam* had every chance to go wrong.”**

In *Manam*, Sam played Naga Chaitanya’s wife and love interest and Nagarjuna’s mother. For such a young person to play a mom was no easy feat. “Well that is what an actor is supposed to do. When director Vikram narrated the story, I loved it. I would have done the film even if it was with three random actors and not the Akkineni family. An experimental and complicated film, *Manam* had every chance to go wrong. There were so

many moments between Nag garu and me in this film, if shot slightly different could have been easily misinterpreted as sexual. It was almost like playing with fire. But thanks to Vikram, I managed to pull it off.” Talking about Nagarjuna she says, “I had a very good rapport with him. I don’t think I have ever spoken to him like he was my senior off screen; I guess that helped me with my performance on screen.”

**“You need to take lessons on life before you come into the industry, because it can break you.”**

From being a humble girl at Stella Maris College (Chennai) to becoming the queen bee of Telugu cinema, Sam has come a really long way. “Personality wise I haven’t changed one bit, but I have become much stronger as a person. To every girl who aspires to be a part of the film industry, I would only say one thing— more than grooming yourself outward, start grooming yourself inward; your character and personality are more important than your looks. You need to take lessons on life before you come into the industry because it can break you.” Thoughtfully she adds, “If someone like Robin Williams who made millions smile can commit suicide, imagine what could happen to you and me. This industry is cut throat and it is difficult to fail in front of millions. You may eventually become thick skinned, but you are still human at the end of the day.” Talking about negativity, she says, “When I get

*“It was a conscious decision to go all out this year. Many said that I don’t have what it takes to do glamorous roles in commercial films and that I cannot step outside my comfort zone.”*



more than 200 negative comments a day or harsh criticism on social media, it affects me, but it can either make or break me. I take both the positives and negatives in my stride and choose to work harder and become stronger.”

**“Today, the strength of social media is huge and whatever you say or do goes viral in seconds.”**

Sam is very active on twitter and she says it is a conscious decision to stay connected to people. “Social media is addictive. Of course, it has its negatives. Somebody from some unknown place can get into your private space by commenting or posting something about you, which can affect you. Earlier, actors would have been much happier without the social media. Fortunately or unfortunately, today, the strength of this medium is huge and whatever you say or do goes viral in seconds.” After thinking for a few moments she adds, “It is choice – one either gets into it or doesn’t. I really like to be in touch with the reality. I don’t want to zone out into this star space and be in denial of my position and standing in the industry– even if I am falling, I don’t want to think that I am

at the top. I want be aware of the outside world, I want to know what people think of me. Also twitter allows me to keep tab of current issues, world politics and everything; it is not only about the fan following.”

**“Every single ailment that one could think of was on the front page of the papers. It wasn’t my duty to inform everyone about what I was suffering from.”**

There are many issues that tested Sam’s strength. There have been times when she just wanted to quit. “After coming into the industry, there have been many times when I would just breakdown. One such incident was when I got sick and was on a break; people assumed so many things- there was skin disease, cancer, plastic surgery and even black magic.” Unforgiving about the trauma the media put her through, she says, “Every single ailment that one could think of was on the front page of the papers. It wasn’t my duty to inform everyone about what I was suffering from, especially when I didn’t know what it was myself. When a person is feeling low, you don’t push them further down, you wait for them to rise

a little and then push them. You let them feel better and then you strike them. I had an infection that was just not going away. It was becoming antibiotic resistant. It was something that the doctors were not able to figure out. Every antibiotic I was taking stopped working after 21 days. I was on intravenous therapy for a long time. The high dosage kept me out for a while. Now I am fine.”

**“I am literally god’s favourite child!”**

When Sam was ill, she had to give up movies of two of the biggest directors –Mani Ratnam and Shankar. “I am literally god’s favourite child! Out of 12 films in Telugu, 10 have been blockbusters. Whatever he gives me and whatever he takes away, I believe it is for the best. I don’t have any regrets. My family and I were more concerned about my health than the movies that I had to give up. I have done good films so far and I hope the good phase continues.” Sam’s illness affected her mother more than anyone else. “More than me, it was my mother who suffered the most. She was constantly by my side, supporting me and praying for me.”

*“Whatever god gives me and whatever he takes away,  
I believe it is for the best. I don’t have any regrets.  
My family and I were more concerned about my health  
than movies that I had to give up.  
I have done good films so far and I hope the good phase continues.”*





## Life Unexpected

I have been brought up in a very modest home; I would even say lower middle class. We did not have any kind of luxury. What I have now is way more than what I need. I have been raised with much less— that also gives me a lot of strength as I have seen and experienced hardships as a child. All this fame I have now doesn't really get to me. I have worked throughout college to pay for my education. I have even worked as an usher at hotel events. I used to work for hours together just to earn ₹ 1,000. Modelling did not start until after I finished college. I was out with some friends at a party and my photograph came in one of the newspapers. Ace photographer Venket Ram knew one of my friends and contacted me through her. That is how my first modelling assignment happened. It was for Naidu Hall and I got paid ₹ 2,500 for it! Audition for *Ye Maaya Chesave* was held in Chennai. I refused to even try it out because I was scared. My coordinator pushed me, which is why I auditioned. I didn't expect to get the part as there were so many beautiful women from the North who were also auditioning. It was nerve wracking as I had to enact a scene with Gautham himself. I remember every moment of that audition. Today, I am glad that I auditioned for that film as it changed my life.

## “Naga Chaitanya and I are best friends and I adore him!”

Naga Chaitanya is not only her first co-star in Telugu but also a very good friend. Commenting on their friendship she says, “We are best friends and I adore him! He is such a sweetheart! While shooting for scenes in *Ye Maaya Chesave*, I was so nervous. Each dialogue was two pages long! There were scenes in the film where I had to hold his hand and I would be pressing it so hard and he would say, ‘Babe you are holding my hand too tight’; I was that scared! Everything about that film is special to me. Some scenes were shot in New York and that was the first time I was going out of country. People whom I worked with in that film left a permanent mark in my heart. I might forget other things, but I just can't forget the experience of *Ye Maaya Chesave*.”

## “I have had a good relationship with all my co-stars and share a friendly rapport with every one of them.”

The chatterbox that Sam is, her co-stars have no other option but to let her in. “I just talk too much! I have had a good relationship with all my co-stars and share a friendly rapport with every one of them be it Jr. NTR, Mahesh Babu or Pawan Kalyan. And that can be seen on screen – that is why the chemistry

is so good; the friendship with your co-stars matters a lot.”

Talking about her *Anjaan* co-star Suriya she says, “He is a perfectionist. I remember, we had to shoot a song sequence in Goa and it was extremely hot! The heat was getting to me and I was not able to get a step right. I was so frustrated that I just gave up. Suriya came to me and said, “Come on, you can do it. It is your song, how can you give up?” It is very difficult to get that kind of encouragement from your co-star and that is what sets him apart from the rest.”

Moving on, she talks about her *Kaththi* co-star, “Vijay is a very polite person. He is very soft spoken – you will never hear him scream or shout. His decibel level will not cross a certain point; he is very calm and composed. But when he comes in front of the camera, he transforms. It is almost a 360 degree turn! Sometimes, I wonder what his real character is.”

In awe of her other Tamil co-star Vikram she says, “In every movie of his, you can see the effort that he has put in. I think he is the poster child for all actors – he does a different role in every film and he becomes one with the role. I have seen some pictures of his from *IO Endrathukulle* and the transformation he has undergone is unbelievable. It is almost inhuman. I can't wait for people to see him in this film.”

*“What I have now is way more than what I need. I have been raised with much less— that also gives me a lot of strength as I have seen and experienced hardships as a child. All this fame I have now doesn't really get to me.”*

## **The Anjaan Experience**

We speak only English at home and I had never seen a Tamil film before *Kaakha Kaakha*. Like all teenage girls, I became a huge fan of Suriya after watching that film. I still remember after *Ghajini* released (when I was in college), he had come to Stella Maris for some event. I was one of those girls who stood in the front row and screamed 'I love you Suriya!' It was so surreal when I got to act with him in *Anjaan*. When I signed the film neither my friends nor I could believe that it was really happening.

**“I have not got my big break in the Tamil industry yet and I am working on that. I wanted to be accepted by every member of the audience”**

On her choice of films this year, Sam says, “This year, I have made a conscious decision to be a part of commercial pot boilers. *Neethaane En Ponvasantham* may not have done well in the box office, but it was a milestone for me in my career. Also it is one of my most favorite roles I have done till date.” After seeing that film, N. Lingusamy and AR Murugadoss signed her on for their films. “I have not got my big break in the Tamil industry yet and I am working on that. I want to be accepted by every member of the audience—not just in A centres and multiplexes but all around.”

**“I am not denying the fact that I am in a relationship.”**

When questioned on the constant rumours linking her with actor Sidharth, Sam is quick to respond saying, “I am in a happy relationship, but I don't want to disclose with whom. I don't want to read dirty or nasty

comments about us. For the pessimist that I am, it will have a very negative impact on me. I get influenced easily. I just don't want that to happen to us. I don't want our relationship to be discussed on a public platform – I don't want to jinx it. At least, unlike others, I am not denying the fact that I am in a relationship.”

**“I understand the value of help. When I have so much today, it is only right that I give to people who need it the most.”**

Marriage is not part of Sam's agenda right now. “I have so much to do in terms of my career and helping people. I run an NGO called Pratyusha which means New Dawn. My mother taught me to help people in need- even when we didn't have enough, she would always give to others. I also remember the time when we were struggling, how much it meant when someone helped us. I understand the value of that help. When I have so much today, it is only right that I give to people who need it the most. Whatever endorsements I do, all the money goes into this NGO. We have tied up with hospitals in Andhra Pradesh and we fund operations for children. It is really unfair for a parent to see their child suffer – especially when they hardly earn 1000 or 2000 rupees a month and they are expected to fund for an 18 lakh liver transplant for their 6 month old baby. There is no pain greater than that of not being able to do anything for your child. Parents would sell their souls if they could and I know that. I use my stardom for a good cause; I am also associated with Make A Wish Foundation, where a dying child's wish is fulfilled. It is really heartbreaking to watch such children undergo such pain at a very young age,” she says as we conclude a very meaningful interaction.

Apart from helping people, Sam is also an animal lover. Commenting on the recent puppy she adopted she says, “I named her Nori. She was running on the streets, bruised and beaten and overnight she has become a star. I don't believe in buying expensive pets, I prefer adopting them. I had taken Nori to the vet, all bundled up recently. Every person had giant pure breeds sitting beside them and I had her in my arms. People were so curious and were wondering what breed it was. Buying a dog is ridiculous; there are so many cute stray dogs around, just adopt one!”

*“I am in a happy relationship, but I don't want to disclose with whom. I don't want to read dirty or nasty comments about us.”*





# SHAKE & STIR

You don't really need to head to a club to giddy up on your favourite cocktail. It's time to bring home the party with these stunning, mouth-watering cocktails that can be made from scratch in a jiffy

If diamonds are a girl's first best friend, cocktails come second. We all empathized with a self-involved Carrie Bradshaw who poured out her feelings to her girlfriends over sleek glasses of cosmopolitans in *Sex and the City*. Like Carry, every woman has her favourite poison that unleashes the wild side within her. Perhaps it's the look and feel of a cocktail that makes it such a great hit amongst women – they are ladylike, delicious and above all, they make you feel uninhibited. It's alright to head to your favourite watering hole once in a while to savour your poison but every now and then, you can take pleasure in making your own cocktails at home and make a pyjama party out of it.



**Party Animal**  
If you favour this drink, then you definitely are a party animal. You love hanging out with your gang of girls, enjoy loud music and dancing.

WHAT YOUR COCKTAILS SAY ABOUT YOU?

## Cosmopolitan

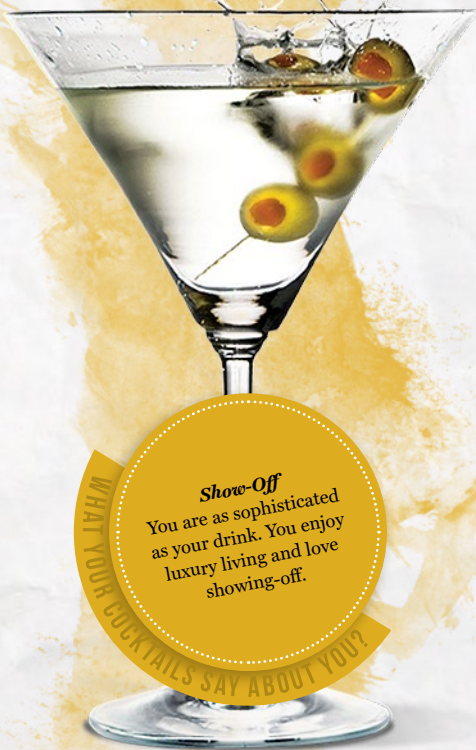
Hailing from Provincetown, Cosmo gained popularity in the 90's through the popular television series *Sex and the City*

### Ingredients

- 150 ml cranberry juice
- 45 ml vodka
- 30 ml Cointreau
- A generous squeeze of lemon juice
- Ice cubes
- Lemon slices, to serve

### Method

Pour cranberry juice, vodka, Cointreau and lemon juice into a cocktail shaker. Add ice cubes to the mix, cover and shake well. Pour into glasses and serve immediately with a slice of lemon.



**Show-Off**  
You are as sophisticated  
as your drink. You enjoy  
luxury living and love  
showing-off.

WHAT YOUR COCKTAILS SAY ABOUT YOU?

## Martini

*The credit of Martini's invention goes to America; a Martini is not a Martini unless it is served in a Martini glass, garnished with an olive*

### Ingredients

- 75 ml gin
- 15 ml dry vermouth
- 3 olives for garnish
- Ice cubes
- Orange or Angostura bitters (optional)

### Method

Pour the ingredients into a mixing glass filled with ice cubes and stir for 30 seconds. Strain into a chilled cocktail glass. Add a dash of orange or Angostura bitters, if desired. Garnish with an olive or lemon rind.



**Drama Queen**  
If you enjoy a good  
mojito, then your heart is  
in the right place. You are a  
blend of different emotions  
and you don't like hiding  
your feelings.

WHAT YOUR COCKTAILS SAY ABOUT YOU?

## Mojito

*Touted as author Ernest Hemmingway's favourite drink, Mojito is originally a traditional Cuban highball*

### Ingredients

- 60 g white sugar
- 12 sprigs of fresh mint
- 6 lemon slices, thinly sliced
- 300 ml lemon juice
- 250 ml white rum
- Crushed ice
- Chilled soda water, to serve

### Method

Divide the sugar, mint leaves, lemon slices equally in two serving glasses. Add lemon juice and white rum in a cocktail shaker. Shake well and pour it equally into the glasses; add crushed ice to this mix and top it with soda water and mint leaves.



**WHAT YOUR COCKTAILS SAY ABOUT YOU?**

**Experimenter**  
If you like Margaritas, you definitely are experimental in nature. You love trying out new things and others' opinions do not matter to you.

## Margarita

*There is no one single origin to this legendary drink; with several backstories, the Margarita is a powerful blend of tequila, Cointreau and lemon juice*

### Ingredients

180 ml tequila  
90 ml Cointreau  
90 ml freshly squeezed lemon juice  
Ice cubes  
Sea salt, to serve

### Method

First, place the cocktail glasses in the fridge so that the drink can be served in chilled glasses. Add tequila, Cointreau, lemon juice and ice cubes in a food processor—pulse on and off until ice is crushed and everything is mixed well. Spread sea salt on a sheet of baking paper and dip the rim of each glass into the salt. Fill the glasses with margarita mix and enjoy the drink!



**WHAT YOUR COCKTAILS SAY ABOUT YOU?**

**Bold and Beautiful**  
If you like long island ice tea, you are certainly bold. Adventurous by nature, you like it rough!

## Long Island Iced Tea

*As the name suggests, this drink is believed to have originated in Long Island, NY. The cocktail is a lethal combination of vodka, tequila, white rum, gin and Cointreau*

### Ingredients

80 ml vodka  
80 ml tequila  
80 ml white rum  
80 ml gin  
60 ml Cointreau  
60 ml lemon juice  
Chilled cola  
Ice cubes  
Sliced lemon

### Method

Pour vodka, tequila, white rum, gin, Cointreau and lemon juice into a cocktail shaker. Cover it and shake it well. Pour it in a tall glass with ice cubes. Add sliced lemon to garnish. Serve immediately.

4<sup>th</sup>

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**Bookworm**  
You love curling up on a couch with a good book and a drink. You prefer being in a world of your own and enjoy spending time with yourself.

WHAT YOUR COCKTAILS SAY ABOUT YOU?

## Sangria

*Sangria is from Spain and Portugal. This wine based cocktail consists of red wine, chopped fruits, sugar and a touch of brandy*

### Ingredients

- 1 ltr red wine
- 70 ml orange juices
- 120 ml brandy
- 3 lemons, juiced
- 1/3 cup caster sugar
- 2 apples peeled, cored and diced
- 4 strawberries
- Ice cubes
- 1 lemon, thinly sliced

### Method

Combine red wine, orange juice, brandy, lemon juice and sugar in a large jug. Stir until sugar has dissolved. Add the apples and strawberries. Place ice cubes in tall glasses, pour the sangria into them and garnish with lemon slices. Serve immediately.



**Gossip Girl**  
You love getting chatty with your friends over good food and drinks. You can talk about anything under the sun, including the sun!

WHAT YOUR COCKTAILS SAY ABOUT YOU?

## Pina Colada

*A perfect blend of pineapple, white rum and coconut cream, Pina Colada is dessert in a glass*

### Ingredients

- 500 ml chilled pineapple juice
- 125 ml white rum
- 125 ml coconut cream
- 2 tbsp finely chopped palm sugar
- Crushed ice

### Method

Combine pineapple juice, rum, coconut cream, palm sugar and ice in a blender and blend until smooth. Transfer to a serving jug and serve immediately over crushed ice.





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# Redefining Style & Elegance

Adding that special touch to your personal and professional spaces is no easy feat. However, Sadhana Srinivasan of Neeras Design Studio does it with great élan. By *S.Priyanka*



“

*I am a perfectionist—the way you begin a project should give the clients confidence that the outcome is going to be spectacular*

”

**B**efore redecorating spaces, as laymen, we look at magazines and books for inspiration, and pull out ideas that appeal to us. While most of us are sure about what we want, our preferences have to be feasible, be in sync with our personalities and most importantly, they should be aesthetically pleasing. The ingredients for a well-planned and decorated living space are function, mood and character, all of which requires an expert's touch. Sadhana Srinivasan, Founder and CEO of Neeras Design Studio, Chennai, does exactly that – creating spaces that best reflect your personality.



### ***A new beginning***

Passionate about design from a young age, Sadhana has been experimenting with colour and décor for a long time. After receiving positive feedback from her friends and relatives she decided to take up design as her career. “Analysing people and creating a space that reflects their personalities has always interested me. I always knew that I had good taste in design, however, I did not have any formal training in the field to make it my profession.” Understanding the need for a relevant background, she studied at the Inchbald School of Design in London, specialising in Interior designing. Before Neeras commenced, Sadhana was freelancing for nearly two decades. “I had too many projects in the pipeline and started a company on 17 April 2013; that is how Neeras came into being.” An unusual name for a design studio, she explains, “In memory of my grandparents, I named my design studio Neeras; a combination of all our names Neela, Ramakrishnan and Sadhana.”

### ***Design mantra***

As one of Chennai’s first luxury, fully-equipped interior design studio, Sadhana says, “My firm is a class apart from the rest—I focus on classic and

bold designs, that way the interiors look more sophisticated. I feel that elaborate designs will clutter and ruin a space; the simpler the design, the more elegant it will look.” However sometimes clients don’t understand the intricacies that goes into designing a space, they have their mind set on a particular concept. Commenting on that she says, “When it comes to clients, it is a very delicate situation—I sit them down and explain the pros and cons, sometimes they understand and sometimes they don’t. Whatever it is, I aim to please my clients and give them what they want. At the end of the day, it is their personal space and it should make them happy.”

### ***Planning and execution***

For any project, proper planning and execution is required and Sadhana is all about that, she says, “I am a perfectionist—the way you begin a project should give the clients confidence that the outcome is going to be spectacular. It is a step by step process—firstly, I have several sessions with my clients to ascertain their taste, requirements and budget. Secondly, my team and I draw up plans, begin sourcing materials and start hunting for the perfect furniture and furnishings to give the space its unique



*I feel that elaborate designs will clutter and ruin a space; the simpler the design, the more elegant it will look*



personality with absolute precision. And finally, we work towards giving our clients’ space the ultimate ‘wow’ look.

### ***Happiness unlimited***

Sadhana focuses on infusing traditional concepts with contemporary designs. “No matter how modern the clients’ outlook is, the vastu factor is always in vogue. I make sure that the colours used bring luck and prosperity to their homes and offices.” This is perhaps why her clientele is endless, speaking about it she says, “I have designed home interiors for Nalini Chidambaram and Prakash Kovelamudi and office space for Shyam Ganesh’s Elysium Spa and Sri Raja Rajeshwari Builders.”

### ***An international edge***

It is a general norm to browse through websites and flip through international magazines to know more about interior

“

*It is not work, it is my love. Sometimes I work for more than 18 hours a day to finish the work on time*

”



Picture credits: Janeesh

designing and get decor ideas before seeking help from a professional. Acknowledging that fact Sadhana says, “Clients are very smart these days. They scout all over the city and find the best deals; there is no question of deceiving them with over-the-top profit margins. The only factor I give importance to is luxury. Though Indian brands have great designs, international brands provide additional elements like comfort and durability. That is why I have tied up with international brands like Linge Roset, Varena Kitchens, Porada and Cassina—clients who select products from these brands avail a good discount when sourced through Neeras.”

### ***Time factor***

To give the clients what they want, Sadhana has to work round the clock. Laughing she says, “It is not work, it is my love. Sometimes I work for more than 18 hours a day to finish the work on time. Most clients give me a short time frame, while some give me all the time in the world to finish designing.” Such a profession contributes to physical and mental stress. “Definitely, it is important to stay fit physically and mentally. I exercise every day—rain or sunshine and strive to stay fit by eating healthy.”

### ***Sadhana’s Decor Tips***

- Make your home look spacious by painting the ceiling white and the walls ivory.
- Add a touch of colour to your space by painting a single wall in bright hue.
- Indoor plants (real and artificial) are in vogue.
- Place colourful artefacts to spruce up your living spaces.
- Let your children’s room be colourful with themes such as Ironman, Spider-man, Barbie Doll and alike.

### ***Neeras Design Studio***

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*a Match  
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Here are handy tips and tricks to make an evening of wine and cheese an experience worth revisiting



**E**veryone likes to play the host from time to time.

However, the same old dinner with drinks affair can be monotonous, not to mention the preparation you need to make ahead of time to make a three course meal. An evening of just wine and cheese might seem intimidating at the beginning, as something only five star restaurants can pull off, but it is easier than you think it is. Proper planning and knowing your wines and cheeses will go a long way. Kumar Shobhan, Executive Assistant Manager, Food and Beverage, Park Hyatt, tells us everything we need to know about wine and cheese pairing before kick starting the party.



### *First things First*

Decide on how many guests you want to invite to your party and make a comprehensive list. Don't swallow more than you can digest—don't invite numbers that you can't handle. It is after all a wine and cheese soiree, the group can be close knit and small. Send out e-invites at least two to three weeks prior to the party—it will give your invitees enough time to clear their schedules and moreover, you will also have enough time to prepare for the event.

### *Appropriate Décor*

When decorating for your party, keep it minimalistic and classy as you don't want to draw focus away from the

main highlights of the evening—wine and cheese. A rustic background with rugged accessories would work well, as it would bring a nice vintage feel to the party. The entire setting could be held outdoors—in your backyard or garden. Add coloured paper bunting and a few candles around the place for a sophisticated touch. Decorate your tables with simple table cloths and runners and have place mats and coasters around for guests to place their wine glasses on.

### *Serving Wine & Cheese*

It is essential to stock more than enough glassware for the soiree. Ideally, red and white wines should be poured into different kinds of glasses. Placing

## *White wines & cheese mates*



wooden cheese boards with knife sets along with silver cutlery and porcelain plates will give your party the much needed sophistication. Set plates and other cutlery along with different kinds of cheese and wine varieties on the table, with labels—the guests should be aware of what they are consuming, so that they start from lighter wines and fresher cheese varieties and make their way towards those that are full on sharpness and depth.

**Two of a Kind**

Wine and cheese are two of life's greatest culinary pleasures and finding the perfect match can be a delicious undertaking if done correctly. While pairing a wine variety and a

cheese slice, there are a number of considerations to make such as texture, acidity, fat and tannin. If you are not a connoisseur, then play it safe—adhere to tried and tested combinations.

**Consummate the Meal**

Since wine is really the essential element of a wine and cheese party, it's best to restrict the meal to a range of appetisers—simple hors d'oeuvre, salad and some dessert, at the most. However, some dishes work really well in a wine and cheese soiree:

**Appetisers**

- For vegetarians:** bruschetta with simple tomato and basil or mushroom topping
- For meat eaters:** Prosciutto and melon,

*Serving palate cleansers in between wines is a must or the taste of the spirit might overwhelm your guests*

salami or tuna or anchovy crostini

**Main course**

**For vegetarians:** Pesto spaghetti squash with mozzarella or mushroom artichoke casserole

**For meat eaters:** Braised lamb with garlic and cinnamon or chicken breast with pears and Zinfandel

**Dessert**

Mascarpone brûlée with fresh berries or fruit trifle cake.

*Red wines & cheese mates*



- 1 Pinot Grigio+Ricotta
- 2 Sauvignon Blanc+Mozzarella
- 3 Chenin Blanc+Goat's cheese
- 4 Beaujolais+Feta
- 5 Chardonnay+Brie
- 6 Pinot Blanc+Taleggio
- 7 Sparkling wine+Robiola
- .....
- 1 Merlot+Gouda
- 2 Cabernet Sauvignon+ Cheddar
- 3 Zinfandel+Double Gloucester
- 4 Valpolicella+Pecorino
- 5 Chianti+Parmesan

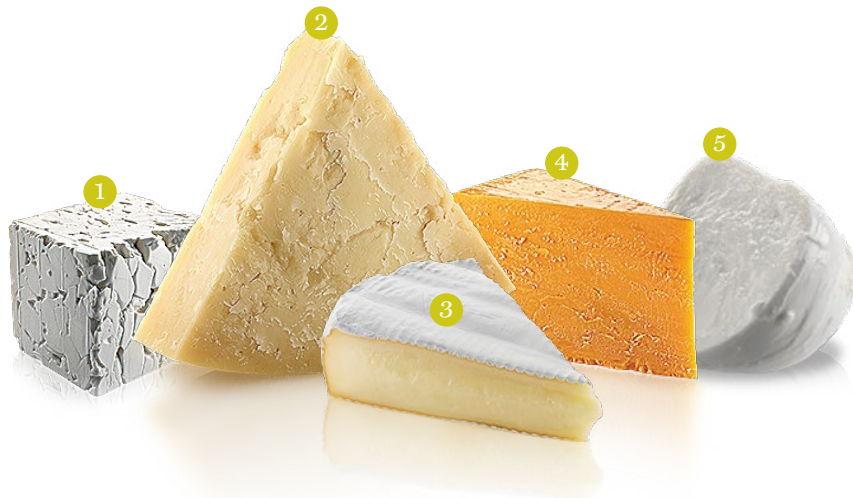
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*Wine and cheese are two of life's greatest culinary pleasures and finding the perfect match can be a delicious undertaking if done correctly*

---

### **The Cheese Platter**

The word cheese and vice can be used interchangeably because of its unequivocal ability to leave us melted. Here is a sneak-peek into some of the world's finest cheeses:



**1 Feta**  
Greek salad would be incomplete without the inclusion of Feta. This tangy cheese is often referred as 'white cheese' because of its milky white colour and soft texture. Since the brine content in this type of cheese is high, it is best eaten with roasted red peppers, on pizza, pie and with fruits like watermelon.

**2 Parmesan**  
Often found in pasta, soups and risottos in Italy, this cheese is a hard cheese that has become popular all over the world. Parmesan is made from cow's milk and has to be processed within 24 hours to ensure high quality.

**3 Brie**  
Brie is known as the queen of cheeses. It was the most expensive tribute paid to French kings several hundred years ago. Brie is a dessert cheese and is best served at room temperature. Smoked salmon and

fruits are great accompaniments to Brie.

**4 Cheddar**  
Crumbly texture and distinct pale yellow shade are qualities exclusive to Cheddar. Hailing from England, Cheddar was said to be invincible and contributed heavily to export income. Cheddar is used widely to season various food items; chips in particular. One of the cheeses that go into the making of the legendary dish Mac n' Cheese is Cheddar.

**5 Mozzarella**  
The highest cheese grosser, Mozzarella, has to be consumed within hours of processing and making. Unlike other cheeses, Mozzarella can be made at home and can be paired wonderfully with salads, meats, seafood and vegetables. Mozzarella rose to fame when Italian chefs used them in their staple food, pizza.

### **Wine and Cheese Etiquette**

- The best wine and cheese parties are those that encourage the guests to interact with each other. Keep the conversation light, yet classy.
- Invite a sommelier (wine connoisseur) to speak about wines and their growth process, as well as recommend favourite pairings.
- Serving palate cleansers in between wines is a must or the taste of the spirit might overwhelm your guests. Also, serving anything beyond plain crackers and bread during a tasting is not a great idea because it is too distracting and may also fill up the guests.
- Food is best served in small and light portions or it might leave your guests overwhelmed.






Padmashri Shobana

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# *Costume Fairies*



In the world of fame are a few special people who make celebrities look as gorgeous as they do on silver screen. This month we celebrate the power of costume designing by bringing to you some of the best designers from Tinseltown

**T**he art of costume designing is a deft craft that only the best of the lot get to practice. We all know that plenty of work goes behind the stars' stunning screen presence and every bit of hard work and effort is taken by the designers to make them look a certain way. As Donna Karan rightly said, "Design is a constant challenge to balance comfort with luxe, the practical with the desirable." It is a skill that requires a sharp eye for detail.

It takes a lot of effort to make someone look effortlessly beautiful and not everybody can create such unbelievable elegance. All that the designers get is a brief of the character and from a mere description, a badass villain, a tomboyish heroine or a sci-fi hero come alive. Beyond their creative minds and unmatched eye for aesthetics, these designers stand taller for something more—they hold with them the power to set trends.





*I feel I have been very lucky that I got the opportunity to work for such big banners, directors and actors at the very start of my career*

## Neeraja Kona

**Stylist and Costume Designer**

Neeraja's love for fashion comes from her parents as she feels that they are the best dressed couple she has ever seen till date. As she went to the US to do bachelors in fashion, she realised her heart lies in fashion. So, she decided to do her second bachelors in fashion and merchandise in Los Angeles. "I got an opportunity to work with big brands like Louis Vuitton and various other international brands while I was studying. Then I went to London to do an exchange program." Returning to India, as Neeraja was figuring out her career options, her brother Kona Venket suggested the option of styling for films. "My first film was *Baadshah*. My brother was in the film and he introduced me to Subbairaju and Ashwin who were already working on the film. So, I started off by assisting them. My first interaction was with Jr.NTR and Kaajal and the journey instantly kicked off from then." During the making of *Baadshah*, she started working on *Gundejaari Gallantainde* with Nithin. Both the films released and fared well at the box office and that is how the initial popularity came in. "But the turning point in my career was with *Attarintiki Daredi* and *Ramaikyya Vastavaiyya*. I have to thank Samantha for believing in me and choosing me to style for both the films. I feel I have been very lucky that I got the opportunity to work for such big banners, directors and actors at the very start of my career." Neeraja's exposure to international fashion helped her through these films. She is working on multiple projects right now and has her day packed. "My hands are full with various movie projects: *Rabhasa* with Jr.NTR, *Alludu Seenu* with Bellamkonda Srinivas, *Power* with Ravi Teja and *Oka Laila Kosam* with Naga Chaitanya. I am also working on *Romeo Juliet* (Tamil), *Govindudu Andarivadele* with Ram Charan, Punit Rajkumar's Kannada film and soon, I will be starting work on Samantha-Allu Arjun film by Trivikram Srinivas."

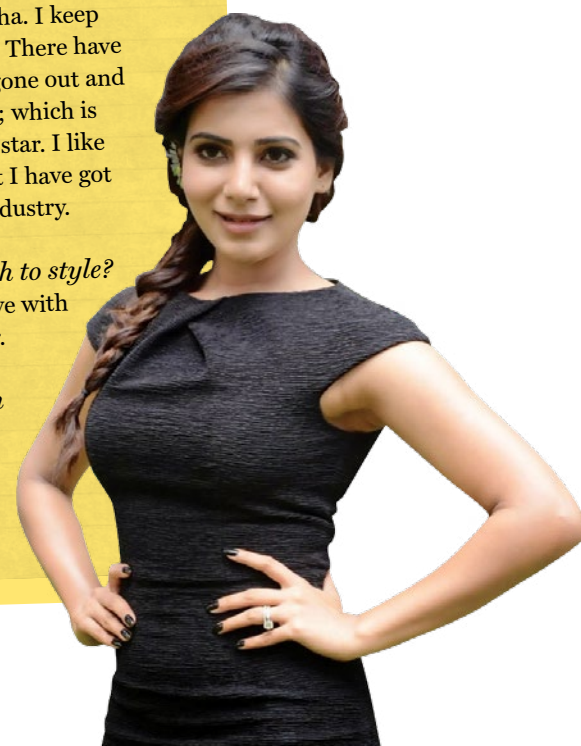
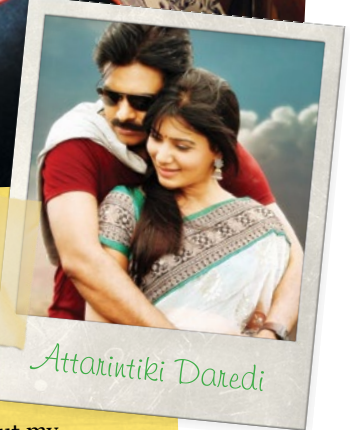


*What's your favorite film?*  
Attarintiki Daredi because it gave me my first platform.

*Who is your favorite actor?*  
I have many people in mind, but my favourite would be Samantha. I keep forgetting that she is a star. There have been times when we have gone out and been surrounded by a mob; which is when I realise that she is a star. I like Nithin too. I feel lucky that I have got such good friends in the industry.

*Name one actor you wish to style?*  
Suriya! I have been in love with him since I was a teenager.

*Do you have any dream director(s) you would like to work with?*  
S S Rajamouli,  
Chandrasekhar Yeleti  
and Surender Reddy.





by Jayadevi Cholayil



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for Gentle purification & Dead cell removal*



*Made from Vegetable glycerine,  
Olive oil, Wheat germ oil,  
Grape seed oil, Loofah &  
Aloevera extracts*



*Hand Painted  
Kalamkari bags & Clutches*



Right now I'm happy with the good projects that are keeping me busy

## Deepali Noor

### Costume Designer

Deepali got into costume designing by chance. She had little idea about costume designing let alone films. "I was studying Hotel Management and this friend of mine is a director. He was shooting for ad films and he asked me to help him. Yes, I was into fashion and stuff, but I was still reluctant." Fortunately for Deepali, her friend liked her style very much and she gave three teenage girls the exact look he wanted. "I slowly began working with him as an assistant director and that's how it all started." For many years, she continued working only on ad films because she thought films weren't her cup of tea. As luck would have it or in this case skill, while working on a shoot with actor Suriya, he asked her if she would do his costumes for *Sillunu Oru Kadhal*. "That was my first break and I had a lot of fun working on that film. I still continued to work on ad films." Soon, Deepali started working with director Vijay on all his films. When *Madrasapattinam* came up, he insisted that she does the costumes for the period film. "He said that I know if someone can do it, it is you. He told me that if I took the project, he can concentrate on other things and not worry about the costumes." Moreover, for Deepali it was a huge project. There was plenty of research that went into it and every single look had to be created from scratch. Since it was a period film, the clothes had to speak about the person, his character and emotions. "It was like telling a story through clothes. So, when I got this movie, I was like 'Woah!' I had fun working on it. I got a few awards for it as well. And working for films gives you a different kind of high." Deepali is currently working on big banners with bigger directors. "I am working on *Ai* for Shankar, *Anjaan* for Linguswamy and *Kaththi* for Murugadoss. Right now I'm happy with the good projects that are keeping me busy."



Picture credit Kiran Koushik



*What is your favourite film?*  
Too many to mention!

*Who is your favorite actor?*  
They are all amazing and I love working with each of them. For example, there is Samantha and Suriya who are really nice people to work with. They have never doubted my choice. Arya is wonderful to work with too. He puts forth his idea and he lets me go ahead with what I have to do.

*Who is your favourite film director?*

All my directors have complete faith in me. They have always given me an idea of what they have in mind and they let me know what I have to do. I have a good rapport with everyone I work with.





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*When it comes to the work you love, recognition or awards do not really matter, it's always about the journey*

## Anu Parthasarathy

### Costume Designer

Anu Parthasarathy got into costume designing while she was training as an assistant director. Being in the cinema industry since 1993, Anu has dabbled with many fields including working as an art assistant. "In 1997, I decided to stick to one field. I didn't have anyone to guide me in the field of costume designing. I found it interesting and wanted to give it a shot." The very first person Anu designed was for actor Prashanth in the song *Adisayam* in *Jeans*. After *Jeans*, she worked for blockbusters such as *Vaali* and *Kushi*. "Since then, I've worked with several heroines including Simran and Jyotika. I also worked on Ramya Krishnan's costumes in *Panchatantiram*." Anu has also worked with the more recent stars like Trisha, Asin and Anushka and has a few Hindi films to her credit, like *Bhool Bhulaiyaa* and *Phir Milenge*. "When it comes to the work you love, recognition or awards do not really matter, it's always about the journey. I always believe that when it comes to costume designing, it is about dressing a character and not a star. You need to do what the script demands!" Partly why Anu loves her job is because it's demanding and the fact that there are deadlines to meet. "It's a beautiful journey and that's all that matters at the end of the day. I would much rather move forward as a costume designer in the industry than sit at a boutique. What I do right now is interesting and it defines me as a person."



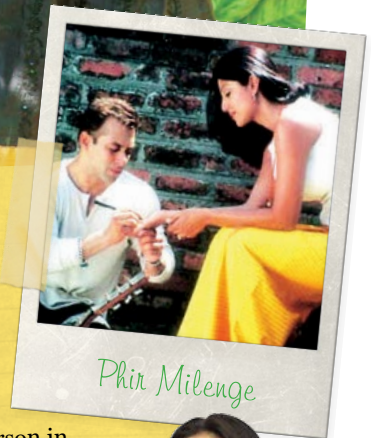
*What is your favourite film?*  
Phir Milenge.

*Who is your favourite actor?*

Jyotika! She will be the top person in my chart any day. Vidya Balan is my all-time favourite too.

*Who is your favourite director?*

I respect Revati for trusting me so much when I was working on *Phir Milenge*. She could've always chosen a designer from Bombay. I also love to work with Mani Ratnam. He gets the best out of anybody he works with.



*Phir Milenge*





# WISH YOU GOOD HEALTH!

## WHEAT GRASS POWDER



**Benefits :** Rich Anti-oxidant, helps in body detoxification, improves immune system, helps digestion and relieves constipation, improves eyesight, hemoglobin and known to be the Best Supplement against cancer, diabetes & arthritis.

**Direction for use :** Consume 1 sachet mixed with a cup of water preferably on empty stomach. New user may consume at bedtime for 7 days. Upto 4 sachets may be consumed per day. To enhance taste, few drops of honey may be added.

## PREMIUM FLAX SEEDS



**Benefits :** Rich in Omega-3 Fatty Acids and thus protects against heart disease, arthritis, asthma, diabetes and cancer. High in Fiber and thus helps in lowering cholesterol, stabilize blood sugar level and proper functioning of the intestines. Also Good for Weight loss, Cough & Cold, Cholesterol control and joint pain.

**Direction for use :** Having a handful of flax seeds for your evening snack can be a great choice. You can also blend flax seeds with your meals or as salad toppings to add to their flavor. Drink water after eating flax seeds.

## JAMUN CHIPS

**Benefits :** Jamun Chips which has worked wonders for diabetic patients are made from pure pulp of jamun. These fruits are sweet, Acidic, Tonic, Cool & also has good source of minerals & Vitamins. It is also useful in heart & Liver - Dysfunction, stomach disorder & gingivitis (pyorrhea).



**Direction for use :** 1-2 Chips a Day (5 to 10 gms approx).

## ROASTED FLAX SEEDS



**Direction for use:** Having a handful of roasted flax seeds for your evening snack can be a great choice. You can also blend flax seeds with your meals or as salad toppings to add to their flavor. Drink water after eating flax seeds.



## JAMUN POWDER

**Benefits :** Jamun is a rich source of iron. It is this iron content which purifies your blood, thereby keeping your skin clean and beautiful. Also, the iron in it helps in increasing the haemoglobin. It also cures indigestion, treats diabetes and acne.

## AMLA POWDER

**Benefits :** Amla powder can be used to promote healthy hair and make hair appear more glossy and shiny. Amla powder is also rich in fiber, which helps support digestion and prevents constipation. It may also help reduce acidity in the gut, protect from gall bladder infections, treat diabetes, prevent heartburn, reduce the risk for gastrointestinal cancer and cancer of the respiratory tract. Other components of amla powder include: albumen, iron, calcium, protein, phosphorus and carbohydrates.



## AMLA JUICE

**Benefits :** Amla juice is helpful in relieving constipation in piles. Also, it helps in regulating bowel movements and cures chronic constipation. It is very useful in improving eyesight. It also counters diseases like reddening, itching and watering of eyes. And last but not the least, daily intake of amla juice helps in fighting bad breath and strengthens teeth.



**Direction for use :** Shake well before use. Juice contains suspended nutritious Amla fibers that settle at the bottom. Drink amla juice with honey in the morning to get that perfect glow on your face and blemish free skin.

**Direction for use :** Our Amla Powder (which has a somewhat spicy taste) blends well with soups, salads, sauces, gravies, meat and vegetable pies, rice, pastas, flours, spicy foods, pasta shell fillings and can be added to a variety of recipes. 2 tsps per day is the suggested use of the powder.

## JAMUN JUICE



**Benefits :** Jamun is a rich source of iron. It is this iron content which purifies your blood, thereby keeping your skin clean and beautiful. Also, the iron in it helps in increasing the haemoglobin. It also cures indigestion, treats diabetes and acne.

**Direction for use :** Drink 40ml everyday on empty stomach, mix with water or have it plain.

## AMLA SQUASH

**Benefits :** Amla squash is Healthy squash which helps the skin and is good for digestion.

**Direction for use :** Shake well before use. Juice contains suspended nutritious Amla fibers that settle at the bottom.



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*The first offer that I got came as quite a surprise to me. I think I received that offer only because of my personal sense of style and my way of putting different components together*

## Asmita Marwa

### Costume Designer and Stylist

Asmita Marwa had her own label. She was designing clothes and holding exhibitions when she got her first offer. "I don't have a professional background in styling and the first offer that I got came as quite a surprise to me. I think I received that offer only because of my personal sense of style and my way of putting different components together." For Asmita, her journey of costume designing and styling has been a smooth one. From *Manmathudu*, *Santhosham*, *Gharshana* to *Athadu*, *Ravoyi Chandamama* and *Premante Idera*, she has only been a part of blockbusters. She has styled for big names in the industry like Nagarjuna, Balakrishna, Preity Zinta, Anjala Zaveri, Shriya, Mahesh Babu, Tabu, Asin, Charmee, and Anushka. "At the moment, I am styling for younger actors like Rana Daggubati. Now, I sign up for movies only if it is interesting with a lot of scope for invention." Right now, Asmita is concentrating on her eponymous label 'Asmita Marwa'. "I'm supplying clothes to huge fashion houses in Bombay and Delhi. There are big boutiques carrying my label and I'm busy promoting my brand as of now."



P.S.

*What is your favourite film?*

Ravoyi Chandamama is probably my most favourite film. Manmathudu and Gharshana are also very close to my heart.

*Who is your favourite actor?*

I'm not going to answer that question because I have more than a few favourites and I wouldn't want any of my dear friends to get upset!

*Which actor you would love to style?*

I would love to style Jennifer Lopez.

*Any dream director(s) you would like to work with?*

I would love to work with Imtiaz Ali; he's my favourite! Also other Bollywood directors like Farhan Akhtar, Zoya Akhtar and Ayan Mukherjee.



As told to **Vidhya Anand** and **Vilani Senthamil**



For a touch of freshness and femininity, add shades of pink to your vanity case this season

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- 2 Soak up the sun **Jessica**
- 3 Express finish nail paint **Maybelline**
- 4 Beauty-pose perfecto **Givenchy**
- 5 La Rouge lipstick **Givenchy**
- 6 Rouge plump plus lipstick **Chambor**
- 7 Cheeky glow blush **Maybelline**
- 8 Ultimate stay lip colour **Revlon**
- 9 'Take me as I am' lip colour **Colorbar**
- 10 Colourburst laquer balm **Revlon**

# LOVE AND THE 7 YEAR ITCH...

As *JFW* celebrates its 7th anniversary, my thoughts turned to why love happens, how it grows and why some relationships flounder in the seventh year



By *Dr. Gita Arjun*



**S**amhita has hardly slept all night. Or for that matter, for the past few nights. Her heart is pounding, her pulse is racing, she feels like she's floating in the air. Her senses seem to be heightened - colours are brighter, an unseen orchestra seems to be providing a background score for her life, and happiness seems to have taken permanent residence in her heart. At the same time, she feels jittery, her palms are sweaty, she has lost her appetite. Is she ill? Cynics might say she is, but the more romantically inclined ones will acknowledge that she is in love.

Almost all human cultures recognise the sometimes evanescent, often devastating but mostly delightful condition, love. It should come as no surprise that the symptoms of early love do not differ based on country, race or religious beliefs. In fact, the madness of love is not restricted to the young: people at any age can feel the same driving passion when love strikes. Every culture

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*If one is lucky, infatuation soon develops into the next stage: romantic love*

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has tales of star-crossed lovers crazed and demented by this thing they call romantic love!

When asked, a couple in love will say, 'Oh there is chemistry between us'. Little do they know how true that is. What they are feeling is indisputably due to a heady mixture of chemicals coursing through their veins!

The early stages of love are due to the effects of phenylethylamine (PEA), also known as the 'love molecule'. This chemical sets off the first stage of falling in love: infatuation. PEA in turn sets off a cascade of other chemicals like

dopamine and norepinephrine that fill one with a sense of well-being and also heighten one's senses. Looking deeply into the loved one's eyes or a mere brush of his or her hands can result in a racing pulse, a pounding heart, a dry mouth, and sweaty palms.

Norepinephrine is a precursor of adrenaline, the chemical which is normally released in times of danger and stress. Adrenaline provides a huge surge of energy which explains why a person in love can spend hours talking to the loved one, even forgoing sleep. This combination of chemicals is intensely addicting and a person in love keeps wanting more and more of these highs.

If one is lucky, infatuation soon develops into the next stage: romantic love. The sight, sound and presence of the object of affection become central to living. This state is characterised by 'feelings of exhilaration, and intrusive, obsessive



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thoughts about the loved one', says Helen Fisher, anthropologist and author of several books on love.

An interesting study from the University College, London, scanned the brains of people to understand romantic love. Interestingly, the area of the brain that lit up on seeing a photo of the loved one was the one associated with using cocaine. Love, in other words, uses the same neural mechanisms that are activated during the process of addiction!

### *The maturing of love*

"But in love our hearts are as red earth and pouring rain: mingled beyond parting..." proclaims a poem from the Sangam literature. Anyone falling in love and feeling the intoxicating effects of romantic love wants the feelings to go on forever.

"I thought love would last forever: I was wrong", says W H Auden. The seven year itch was a term coined because it seemed that relationships failed or at least faltered around that time. There is no scientific basis to the exact number of years but we do know that the effect of PEA tends to wane in 18 months to 4 years. So is all love doomed? Will love fade when the effects of PEA wane?

The immediate effects of PEA may weaken but luckily the next chemical takes over. The release of oxytocin is what defines and cements long term commitment and lifelong affection.

Oxytocin is also called the 'cuddle hormone'. It is released in large amounts during childbirth and breast feeding, seemingly forming the basis for a woman's strong instinct to nurture her offspring. Oxytocin has also been

shown to be responsible for the comfort that caring and affection bring into a relationship. Both men and women release oxytocin and it seems to trigger the creation of deep and lasting bonds, the foundation for love and trust. Since oxytocin is released while making love, having a satisfying physical relationship with a loved one may work towards long term commitment.

### *Is it just chemicals?*

Though there is definite evidence that chemicals are involved in the different stages of falling and staying in love, it would be simplistic to reduce the entire gamut of love-centric emotions to the effect of chemicals. Socio-psychological conditioning and environmental factors have a large part to play. Falling in love is a strong genetically programmed instinct which ensures reproduction and the continuity of the race. Enjoy the addictive and exhilarating elements of love but moving on to the more gratifying stage of commitment and bonding is what ensures lasting attachment.

### *How does romance last?*

When couples in a long lasting relationship were asked why they were still in love, one of the consistent statements was that they found their partner attractive, funny, kind, gentle and perfect for them in just about every way. It did not matter if the partner had become bald or fat and absolutely different from the younger version that they had been attracted to. This ability to blur reality and hold on to the magic is what keeps the blaze of love from sputtering and dying.

Couples who have found comfort and affection in a long term relationship have truly learnt the secret of transmuting the heat of passionate love into the glow of enduring devotion ||

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*Socio-psychological conditioning and environmental factors have a large part to play*

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



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# Wholesome Health with Whole Grains

Stocking your pantry with whole grain flours in place of refined flours is a good approach to adopt for a healthier lifestyle. By *Vijetha Rangabashyam*



'Gluten-free' is the new buzzword these days. An entire niche of gluten-free products is available in the market and today it's a thriving business. But before we take the plunge and embrace healthier eating options by buying gluten-free flours, we should understand that gluten-free is not synonymous with good health. If you are not allergic to gluten, reaching for gluten-free products at the grocery store is a bad idea considering you'll be giving up essential vitamins, minerals and fibres in the bargain.

But what's a healthier alternative to refined flours then? That's the right question to ask and the answer is 'whole grain'. Whole grains are packed with more fibre, protein, vitamins and and it has been proven that a whole grain diet reduces the risk of heart disease, diabetes and obesity. However, most of us still go for the refined option because of the 'taste' factor and sheer ignorance on our part about what whole grains are.

### ***Whole grain power***

Now that we know the real meaning of whole grains, it's time to understand the basics of whole grain flours—to use in our cooking if not every day, may be every other day. If you are used to eating refined-flour based foods, then it might take some time for your palate to get adjusted to whole grain eating, but eventually, you will enjoy the fuller taste of whole grains, their wide range of irresistible flavours and textures. Here are some wholesome, whole grains to get started with; they may not be available with your local grocer, however, they are available at big grocery stores, health food chains and specialty shops.

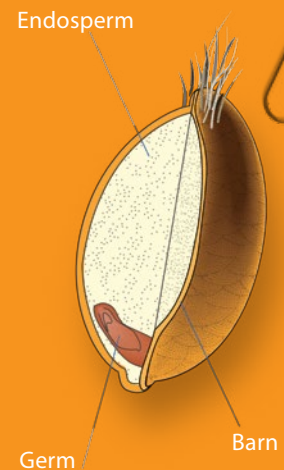
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*A whole grain diet  
reduces the risk of  
heart disease, diabetes  
and obesity*

---

### ***What are whole grains?***

A whole grain comprises of all edible parts of a grain—the bran, germ and endosperm and when the grain is milled into flour, all three elements are retained to give us whole grain flours which are extremely nourishing and help in good digestion.





### QUINOA SALAD

¾ cup quinoa  
1 tbsp chopped fresh mint  
3 finely chopped spring onions  
2 tbsp finely chopped coriander  
yellow and red bell peppers  
chopped  
2 tbsp olive oil  
salt and pepper to taste

In a saucepan, add quinoa and a little more than ¼ cup water. Cook it on medium heat without a lid and simmer for 15 minutes. Drain the quinoa and set aside. Combine the remaining ingredients and add to the drained quinoa. Season with salt and pepper.

### QUINOA 1

Think about healthy eating and one of the first things that pops up on Google is quinoa (keen-wah). Someone popularised the magic behind this humble grain that was first cultivated in the slopes of the Andes mountains in Peru and Bolivia, now it is a darling ingredient for chefs world over and a favourite ingredient among health conscious mums and food bloggers. While quinoa is considered a whole grain, they are actually seeds which can be cooked like other grains such as rice and barley. The nutrient profile of quinoa is phenomenal with plenty of amino acids and high protein content. The grain is completely devoid of gluten and cholesterol. Be sure not to overcook quinoa though, considering half the flavour lies in its nuttiness.

### 2 BUCKWHEAT

Another gluten-free power food, buckwheat has nothing to do with wheat. Like quinoa, buckwheat is again a fruit seed related to rhubarb and sorrel and is becoming a popular substitute for wheat-based flours. Originally cultivated in China, buckwheat found its way to Europe and America where the grain was consumed as porridge. Buckwheat is a healthier grain option because it is packed with fibre and slows down the rate of glucose absorption in the body and hence helps fight diabetes. The grain is also filled with other nutrients such as magnesium, copper and zinc which are essential for our immune system.



### BUCKWHEAT PANCAKES

1 cup milk  
1 egg  
pinch of salt  
1 tsp oil  
cup whole wheat flour  
cup buckwheat flour  
3-4 tbsp honey  
oil to cook

In a bowl, combine milk, egg, salt, both the flours and honey. Mix well until you obtain a smooth batter. Allow the batter to rest for half an hour. Place a flat pan over medium heat and add a teaspoon of oil. Once the pan is hot, pour a ladle of the batter and cook for 1-2 minutes on each side.



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### 3 BROWN RICE

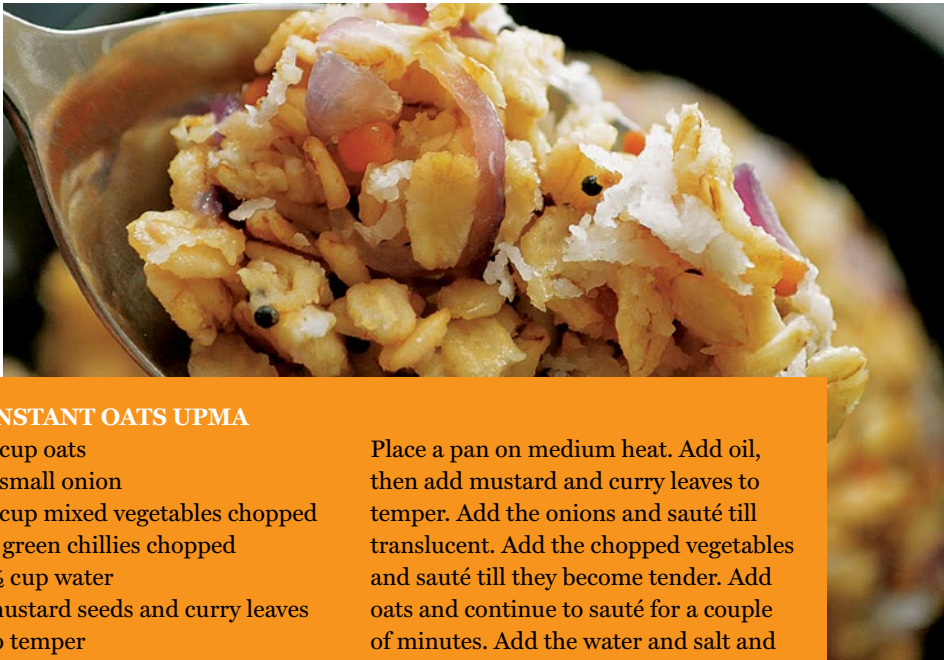
Brown rice is better than white—you know that, we know that and everyone who has adopted healthy eating habits know that. But many of us don't know why brown rice is good for us. The reason is crystal clear—it negates the word 'refined'. The white rice we include as a staple in our everyday diet is polished and refined but brown rice is unrefined, containing the hull and bran, aiding in easier digestion. Brown rice is full of protein, calcium, magnesium, thiamine, fibre and potassium—all of which aid in weight loss.



#### BROWN RICE RISOTTO

1 tbsp olive oil  
1 cup brown rice  
1 large onion chopped  
2 garlic pods chopped  
2 cups boiling water  
1 tbsp soy sauce  
½ cup peas  
½ cup corn  
handful of parsley chopped  
salt and pepper to taste  
oil to sauté

In a pan, add some oil, sweat the onions gently until they turn translucent. Add the chopped garlic and continue to sauté. Add the rice and sauté for a couple of minutes. Add the soy sauce to boiling water and add that to the rice in the pan. Bring to the boil and gently simmer for 15 minutes. Add sweet corn and peas and simmer for another 20-25 minutes until the rice is cooked. Season with salt and pepper and add the chopped parsley.



#### INSTANT OATS UPMA

1 cup oats  
1 small onion  
1 cup mixed vegetables chopped  
3 green chillies chopped  
½ cup water  
mustard seeds and curry leaves to temper  
salt to taste

Place a pan on medium heat. Add oil, then add mustard and curry leaves to temper. Add the onions and sauté till translucent. Add the chopped vegetables and sauté till they become tender. Add oats and continue to sauté for a couple of minutes. Add the water and salt and cover the pan and cook for 3 minutes.

### 4 WHOLE OATS

There is no better way to kick start your day than a bowl of oats. Bursting with fibre and rich in nutrients, oats is definitely a heart-healthy food. It is added to breads and other baked goodies to increase their nutritive value. Whole oats (known as groat) are readily available in markets today in the form of steel-cut, rolled and old fashioned. All types of oats are good for you; however, the steel-cut type is proven to have lesser calories and ranks lower on the glycemic index.

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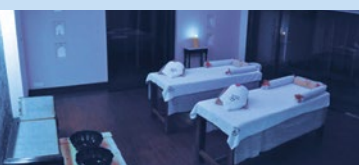
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### TABBOULEH

½ cup bulgur  
 juice of 1 lemon  
 1 large bunch of coriander chopped  
 1 large bunch of mint chopped  
 1 big onion chopped  
 1 big tomato chopped  
 ¼ cup extra virgin olive oil  
 salt to taste  
 ½ tsp ground cumin

Add bulgur to a bowl and pour boiling hot water just till ½ inch above bulgur. Cover the bowl and set aside for 20 minutes. When the bulgur is done, drain the water. Add olive oil, lemon juice and salt to bulgur. Add the chopped onions, tomatoes and coriander to the bulgur and toss to combine. Reserve some tomatoes for garnishing. Add remaining olive oil and season with ground cumin. Garnish with reserved tomatoes. Serve at room temperature.

### BULGUR 5

Bulgur is a staple in the Middle Eastern region where it is used in dishes like tabbouleh and pilafs. Bulgur is what's left over after the wheat kernels have been steamed, dried and crushed. For years, bulgur was consumed because it was an inexpensive source of protein and just like whole wheat, bulgur is also a standout grain in terms of fibre. In fact, a cup of bulgur is believed to have less calories than quinoa, aiding in faster satiety than any other grain.



BUCKWHEAT

2



WHOLE OATS

4



QUINOA

1



BROWN RICE

3



BULGUR

5

### NUTRITION

- Well known for its ample protein content, **QUINOA** is quick-cooking and gluten-free. It's also rich in magnesium and phosphorus.
- **BUCKWHEAT** grains have B-complex group of vitamins like riboflavin and niacin. It is also rich in minerals like copper and magnesium.
- **BROWN RICE** is low in saturated fat and cholesterol. It is also rich in Selenium and Manganese.
- **WHOLE OATS**, low in cholesterol and sodium is rich in dietary fibre, thiamin, magnesium and phosphorus.
- **BULGUR** is 100% whole wheat, rich in fiber, protein, iron and Vitamin B-6. 1 cup of cooked bulgur has 5.6 grams of protein ||



# Layers of Goodness

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## *For healthy skin...*

- 1 Onion juice can be used to remove dark pigmentation and other marks because of the presence of vitamin C, which helps in rejuvenating the skin. Dip a piece of cotton ball in onion juice and dab it lightly on your face—wash it off after 15 minutes. If you have sensitive skin, then do not apply the juice directly—mix it with equal amounts of turmeric powder or gram flour along with milk cream.
- 2 Onions also possess antiseptic qualities—they help in fighting acne and other skin infections caused by insect bites and burns. Combine onion juice with olive oil and apply it on the affected area; the blemishes will disappear in no time.
- 3 Onions are packed with antioxidants and nutrients for the skin. These antioxidants counter premature ageing caused by the harsh UV rays. Onions also help to make your skin wrinkle-free, and keep a check on other signs of skin ageing.

## *For healthy hair...*

- 1 Raw onions help in hair growth. Massage a piece of onion on your scalp to stimulate hair growth. Mix equal portions of onion juice and almond oil and apply it on your hair—rinse it off after 30 minutes. You will have silky tresses in no time.
- 2 Onions are also a great dandruff fighting agent. Apply a combination of lemon and onion juice on your hair—rinse it off after 45 minutes and you will see results immediately. You can also mix onion juice with curd and use it as a hair pack—wash it off after 15 minutes to get dandruff free hair.
- 3 If your tresses are showing signs of aging then use onion juice instead of hair colour. Mix onion juice with mustard oil and massage it on to your scalp—this stimulates your hair follicles and improves blood circulation to the head and prevents greying. ||



### **WARNING:**

To make sure you are not allergic to onion juice, do a small patch test on your skin and scalp before applying it all over.

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# GENERIC FORECAST *Sep* 14



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



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

**P**rofessionally, this is an excellent time for you to indulge in fresh projects and expand your business. You will witness subtle positive changes in your money matters during this phase of your life. Avoid any transitions in matters of the heart. Also outings and journeys along with your loved one might create further anxieties in life during his month. You shall come across a number of opportunities as the month comes to its close.

**Lucky Colour:** Green

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

**P**rofessionally, you will witness a lot of positive changes in life. You will contemplate your past achievements and work towards future ones. This is the time to explore new opportunities and indulge in fresh projects. Financial matters will be tough to handle as situations and circumstances might not be as favourable as expected. A woman with excellent PR skills might be a cause for stress in matters of the heart. A dominating elderly man will be very demanding by the end of the month.

**Lucky Colour:** Deep blue



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

**T**his is the month when wisdom and patient attitude will sail you through your obstacles that you might have to face in life. Avoid any new financial dealings this month as it might not give you expected results. In matters of the heart, you might have to deal with a man who has a practical outlook in life. Professionally, there will be issues that would need a calm and patient approach. Subtle property related problems at work front might arise during this week. Doing charity will create an abundance of good fortune in life as the month progresses.

**Lucky Colour:** Green

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- A plush sink-in with wooden panelling on the arms makes this sofa irresistible. Ergonomically designed with restful flexibility preventing a lousy sitting posture.
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- SIZE:  
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2 SEATER: 1470mm (L) x 770mm (D) x 950mm (H)  
1 SEATER: 1000mm (L) x 770mm (D) x 950mm (H)
- SOFA SET: 3+2+1



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

**M**atters of the heart shall be romantically inclined and you will feel blessed by the way situations turn out for you during this phase of your life. Journeys and outings along with your loved one shall be pleasant and successful. Professionally, growth patterns will emerge bringing you laurels and appreciations from your colleagues and contemporaries. Financially, this will be an excellent time for you to explore new opportunities and make fresh investments. However, there will be subtle anxieties that you might have to face as the month comes to its end.

**Lucky Colour:** Red



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

**F**inancial dealings need better communications and flexible approach to achieve desired success. There are possibilities of a joint investment not giving due returns. Professionally, one needs to be more proactive and decision oriented. Any form of carelessness can cause you further anxieties in this front as well. The cards guide you to avoid any professional or personal outings or journeys in this phase of your life. However, this is just a very transient phase which shall ease out by the month end.

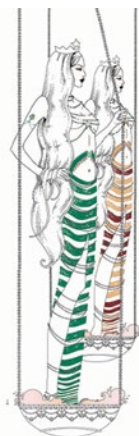
**Lucky Colour:** Blue



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

**P**rofessionally, there will be a few deadlocks but sudden developments in the latter half of the month might get you back on track. Financial expenses will be high and sudden obligations might surface creating monetary outflow. There will be a few property issues which might lead to further expenses in life. A child or news related to your romantic life might cause you anxieties this month. Minor abdominal problems might come up and this might adversely affect your busy life during this period. Good news follows you as the month comes to an end.

**Lucky Colour:** Green



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

**P**rofessionally, projects will bring in huge returns and rewards as the month progresses. This is an excellent time for you to expand your base. Projects done in partnerships shall be favourable and positive. Sudden problems might arise related to your investments. There are property issues or renovation that might turn out to be more expensive than your desired budget. News related to matters of the heart will be disappointing. Your partner might also be very demanding in this phase of your life in matters of the heart. Slow and subtle changes will take place as the month comes to its end.

**Lucky Colour:** Soft pink



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

**C**ommunication is the key to enjoy love and happiness in matters of the heart. The cards guide you to be more flexible and open in your life in order to understand what your partner has to say. Professionally, there will be some pleasant changes that might even surprise you as the month progresses. However, looking at the possibilities in life, you might still feel dissatisfied and would want more from your projects. Avoid new investments in this period as expenses are on the higher side and they might just turn out to be more expensive than expectations. You will feel rejuvenated and excited about the turn of events in life and will vibrate good health and vigour. You might want to learn new things or skills by the end of the month.

**Lucky Colour:** Pearl White

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### **SAGGITARIUS: (22nd November - 21st December)**

Good news in professional area will be growth oriented and shall be rewarding. A youngster who has a dynamic personality with a go-getter attitude will help you in your endeavours in the work front. Friends and family will support you in your monetary endeavours. Matters of the heart, however, might turn out to be very demanding and you might feel that you are being misunderstood or ignored in love life. A woman with a practical mindset will help you in your endeavours by the end of the month.

**Lucky Colour:** Orange



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

Professionally, there will be issues that might need to be dealt with carefully. Applying enough wisdom and patience towards issues related to your projects will help you sail through them easily and effortlessly. A junior in your office might be very demanding in this phase of your life. Your attention will be diverted towards a motherly figure which might affect your love life adversely. Financial expenses are on the higher side due to a youngster being overly demanding. A little bit of risks in life will help you in overcoming your anxieties by the end of the month.

**Lucky Colour:** Dark Green

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

Matters of the heart shall be extremely pleasant and enjoyable. Blessings from elders and also celebrations at home will create a positive aura all around you. Wedding celebrations for some of you is a strong likeability as the month progresses. Professionally, there are two or more projects that might create insecurities in life. Finances need a lot of effort and focused attitude from your end in order to get you desired results. The cards guide you to keep a check on your emotional outbursts as the month comes to its end.

**Lucky Colour:** White



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

Professionally, this is a good time for you as most of your projects will be completed on time. You will relax and enjoy the fruits of your hard work this month. Financial investments shall give you results, yet there will be a feeling of sadness as few obligations have to still be fulfilled. Matters of the heart indicate soft and subtle romance in life. Having a diplomatic and patient attitude will save you from a lot of troubles by the end of the month.

**Lucky Colour:** Dark Green

### **Yearly Forecast for Virgo**



You will be happy with the way your finances turn up this year. Old investments shall open up path for fresh ones and they too shall eventually bring in prolific results. Matters of the heart shall be pleasant and romantic during this coming year. Children too will bring in a lot of happiness for you. Being practical with an open mind and flexible approach will save you from a lot of professional dilemmas. Homebound journeys will need better handling. You shall be in a socializing spree in the latter half of this year. A fatherly figure will be your guiding light in the second phase of the year.



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# Celebrate the World!

Enjoy the festivities and experience different cultures of the world first hand, by visiting these exotic locations and parading with the locals. By *S. Priyanka*

**I**t's time to travel with a twist. Wave banners and throw beads in New Orleans, move your body to the heady samba beats in Brazil, drink beer like the Germans or be a part of the tomato craze in Spain. It's time to include these world class festivals in your travel itinerary and imbue yourself with different cultures of the people world over and revel in their archaic heritage.



**Location:**

Plaza del Pueblo,  
Buñol,  
Valencia, Spain

**Date:**

27 August 2014

**Essentials:**

Goggles and cameras

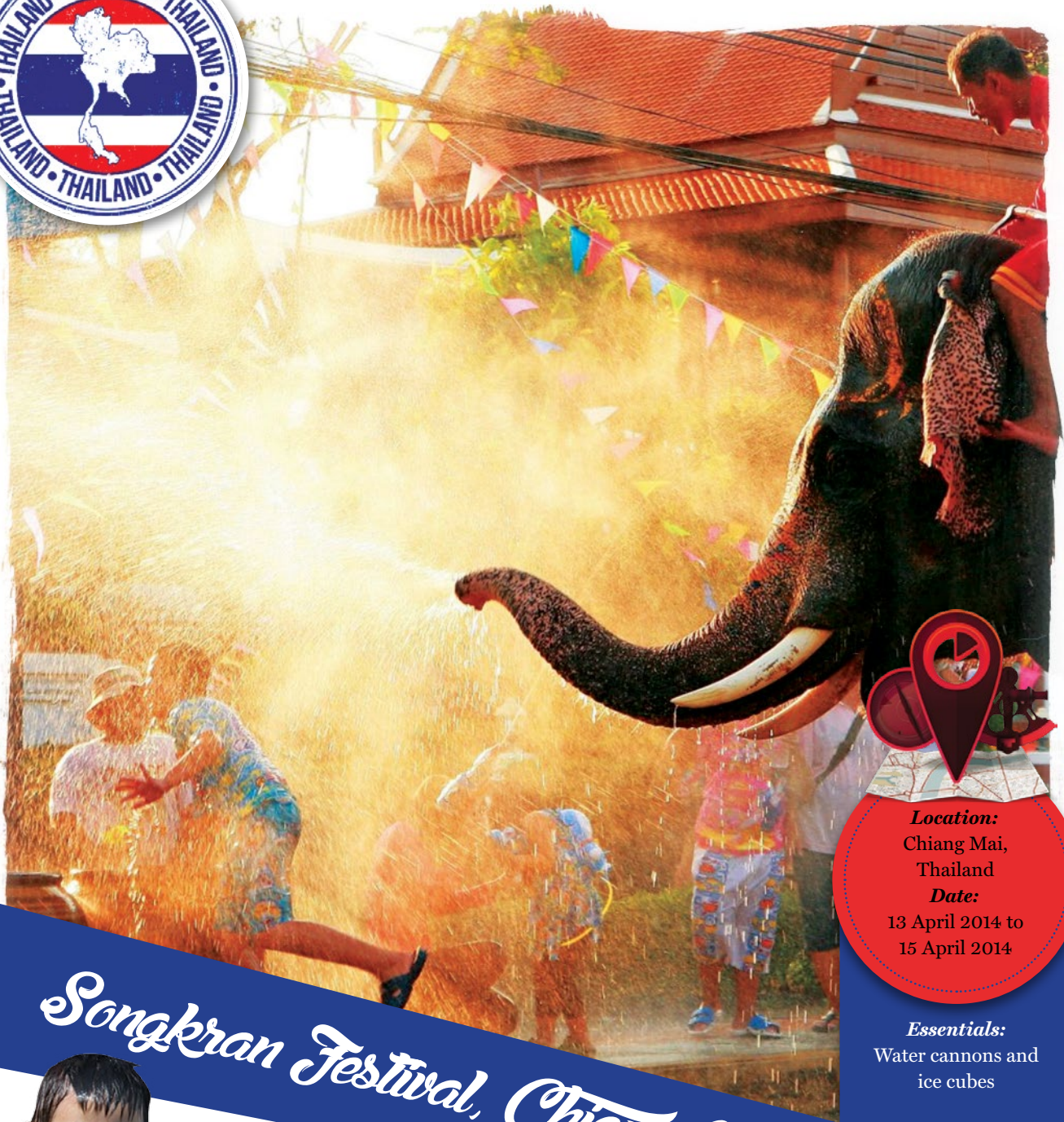
**Remember:**

When the tomatoes are supplied, ensure that they are squashed or the fruit will not be the only bruised body in town.

## La Tomatina Festival, Buñol

La Tomatina began in 1945, possibly as an anti-Franco protest or simply as a food fight between friends in the small town of Buñol in eastern Spain. Every year since then, on the last Wednesday of August, the people of this town gather together for the world's greatest hub of tomato fight! Getting pelted with tomatoes may sound similar to a punishment for performing badly on stage, nevertheless, it is an experience worth adding to your bucket list. More than 140 tonnes of plump tomatoes are trucked for the raging battle, which is concentrated around Plaza del Pueblo and around 30,000 visitors come every year to be a part of this festival. When this red riot is over, peace and cleanliness is restored to this beautiful, serene town of Buñol. Fire trucks hose down the splotchy tomatoes and the storekeepers remove splattered plastic sheets from their shops.





**Location:**

Chiang Mai,  
Thailand

**Date:**

13 April 2014 to  
15 April 2014

**Essentials:**

Water cannons and  
ice cubes

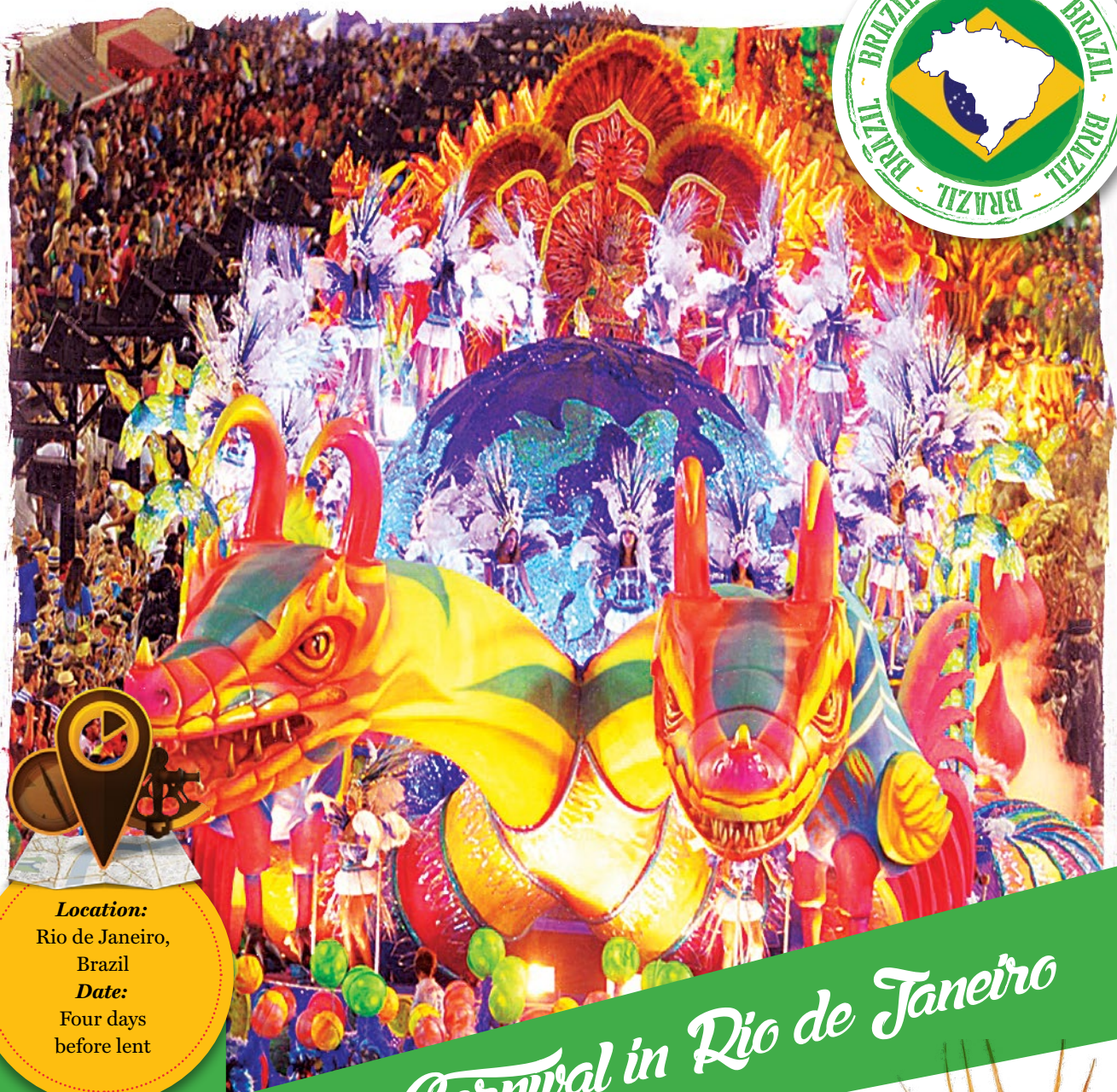
**Remember:**

If you are new to the city, understand that sprinkling people with water is significant of washing away bad thoughts and actions as the act brings them good luck in the following year; so don't get annoyed if you get sprinkled at!

## Songkran Festival, Chiang Mai

Marking the New Year of Thailand, the water festival or Songkran is celebrated every year in the hottest month of April. Spanned over three days, it is one of the largest water fights in the world that involves wet, rowdy fun! This water festival is about cleansing, purification, and a fresh beginning. Houses are cleaned, Buddha statues are gently washed with scented water and elders of the house are honoured by pouring water over their hands. Though Songkran has a religious connotation, splashing strangers with cool water has become one of the main attractions of the festival. Apart from dousing people with water, dance and party are also always in order.





**Location:**

Rio de Janeiro,  
Brazil

**Date:**

Four days  
before lent

**Essentials:**

Masks and stylish  
outfits are a must!

**Remember:**

The Samba Schools' Parade (Desfile das Escolas de Samba) is the high point of the Carnival in Rio where everyone from the crowd can also participate. So learning a little samba can go a long way!

## The Carnival in Rio de Janeiro

Over two centuries old, the Rio de Janeiro Carnival is rooted in religious virtues of the natives. The carnival is celebrated every year, starting on Saturday and ending on Tuesday, with the beginning of Lent on Wednesday. The Rio Carnival, as it is known today was an attempt to make the festivities more 'civilised' in the European manner. Rich costumes and masks were introduced by the bourgeois who paraded them up and down the city streets in their open carriages. With drinks, food and music, this carnival continues throughout the day and into the early hours of the morning. This party is concluded by the Samba Parade, where people are dressed in bright attires and Samba dancers perform the world famous Latin dance forms.



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## Oktoberfest, Munich

One of world's largest annual fairs, Oktoberfest begins late-September and goes on till mid-October in the Bavarian city of Munich. It is a sixteen day festival of joy and pride enjoyed by the Germans! The festival first began in 1810 to celebrate the wedding of Crown Prince Ludwig and Princess Therese of Saxe-Hildburghausen. The festival starts with an opening ceremony on the first Saturday at the Schottenhamel tent. Since 1995, it has become a ritual for the Mayor of Munich to tap the first keg of the festival's beer crying O'zapft is! (It is tapped!) The main attraction of the festival is the beer and traditional Bavarian delicacies like chicken, roast pork, grilled ham, grilled fish, sausages, pretzel, dumplings, cheese noodles, potato pancakes and red cabbages. Apart from that, people parade around the city wearing traditional Bavarian costumes like lederhosen and dirndls.



**Location:**  
Munich, Germany  
**Date:**  
20 September to  
05 October 2014

**Essentials:**  
A massive appetite for  
good beer and food!

**Remember:**  
7,100,000 litres of  
beer, 40,000 litres  
of sparkling wine,  
200,000 pairs of  
pork sausages and  
700,000 chickens  
are consumed  
during the fest.



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## Mardi Gras, New Orleans

**Location:**  
Streets of  
New Orleans

**Date:**  
04 March 2014

**Essentials:**  
Bright masks, beads  
and clothing

**Remember:**  
The festival also  
happens in Belgium,  
Brazil, Germany, Italy,  
Netherlands and other  
parts of the world.



The term Mardi Gras is French for 'Fat Tuesday'. The festival commences on King's Day and finishes one day before Ash Wednesday, where indulgence in rich and fatty food is propagated before Lent begins. The origin of Fat or Shrove Tuesday can be traced to Medieval Europe, passing through Rome and Venice to the French House of Bourbons. From France it passed down to the USA and made an impact in New Orleans in the early 17th Century. The tradition became so big in New Orleans that the city became synonymous with the words "Mardi Gras". Every year, dozens of themed Mardi Gras floats carry krewe royalty, celebrities and masked members, lead marching bands and riders on horseback and others through the streets of New Orleans, bestowing beads, doubloons, and other prized trinkets to millions of revellers witnessing one of the greatest shows on Earth.



## Calabar Carnival, Nigeria

Calabar Carnival aka Africa's Biggest Street Party, began in the year 2004 to make the Cross River State and Calabar a major tourist attraction. The carnival mainly focused on promoting the local culture and heritage. An annual event, many locals participate in various events organised like singing, dancing and parading around the state wearing brightly coloured, traditional outfits and accessories. The dynamic street dances performed by various institutes are the main attraction of this carnival, apart from food and beverages.



**Location:**  
Cross River State  
and Calabar  
**Date:**  
29 July 2014

**Essentials:**  
The Nigerians' spirit to  
party wild and hard!

**Remember:**  
International artists  
like Akon, Fat Joe,  
Young Jeezy and Nelly  
have honoured the  
festival and turned the  
crowd ballistic over the  
last 4 years.



## St. Patrick's Day in Dublin

**Location:**  
Dublin, Ireland  
**Date:**  
17 March 2014

**Essentials:**  
Anything green!

**Remember:**  
In the mid 90's the government of Ireland utilised St. Patrick's day to promote Ireland and its culture.



St. Patrick is considered to be the Patron Saint of Ireland as he brought Christianity to this land. According to folklore, the saint is known to have driven away snakes from this land, bringing in luck and prosperity. To celebrate luck as such, the Irish parade around the city wearing anything and everything in green, gold and carry shamrock (a metaphor for the Christian Trinity) to signify luck. Celebrated on 17 March in memory of St. Patrick (the day he died), people attend masses and indulge in Irish food and drinks. St. Patrick's Day is not only celebrated in Ireland, but all over the world. It gained popularity because it was synonymous to joy and luck. Irish diaspora in Britain, Canada, United States, Argentina, Australia and New Zealand celebrate this auspicious day following the same traditions.



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