

Hashtag

www.hashtagmagazine.in

June 2021

"I BELIEVE IT ALL
COMES BACK"
**HAPPY, ANGRY &
PONDERING**

EXCLUSIVE WITH

SALMAN KHAN

*Fashion
cues*
Millennials &
Gen Z

**DON'T GO
BROKE:**
TRENDING
THRIFT STORES

COVID HELPGUIDE:

- DIETS & NUTRITION
- MASK TO MASK KISSING
- HANDY APPS & MORE

SUPERSTARS OF THE SEA:

A YACHT CLUB WITH A VISION

EAT, DRINK & STILL SHRINK

Avika Gor on her new
healthy avatar

LOCKDOWN NIGHTLIFE
DIY COCKTAIL
RECIPES

+ REVIEWS,
TRAVEL,
FASHION & MORE

CONTENTS

EVENTS IN TOWN

PAGE: 05

Lockdowns are in place again and everything has moved online, right from book meets, to poetry readings, and of course, workshops of all kinds. Sign-up for some stimulating meets and activities to keep yourself occupied this lockdown.



TRENDING NOW

PAGES: 07-09

Salman Khan delivered on his Eid promise this year too, amidst a devastating time for the country. Our cover story this edition, the veteran actor gives us a piece of his mind on the covid scenario in the country, and what the release of *Radhe* means for him.

START UP INC

PAGES: 11-12

A Bengaluru-based start-up is transforming homegrown MasterChefs into foodpreneurs all through their passion for bringing people together through food.

CHANGE MAKERS

PAGES: 13-14

Read about an organisation that is uplifting the lives of thousands of underprivileged kids in Hyderabad through the sport of sailing, while allowing India to leave its mark on the international arena.

DUSK TO DAWN

PAGES: 15-16

Recreate some club classics right at home as you sit back and have a chilled lockdown 2.0

RETAIL THERAPY

PAGE: 20-21

Thrift is in! Check out the best thrift stores around the country, and what they have to offer.

FASHION FORWARD

PAGES: 23-26

Read about what the cool new kids today think of fashion as Hashtag chats with some up and coming influencers on social media about fashion trends for Gen-Z.

HEALTH & FITNESS

PAGES: 28-31

Hashtag brings you nutrition, health and fitness tips especially for resistance against covid. Also read about a first-hand experience with the ailment, and find out what former Miss Universe Puja Gupta counts as her fitness mantra.

WELLNESS

PAGES: 33-34

Mask-to-Mask kissing is a weird new trend catching on these days, but is it really a good idea? Read on what the experts have to say. Also find out about how you can make your braces-phase a little less painful.

BEAUTY & SKINCARE

PAGES: 36-40

From herbal teas to bath salts, beauty is all about what soothes and heals and cleanses you from within. Also read about actor Avika Gor's tryst with beauty and body image.

FOOD INC

PAGES: 42-45

With restaurants having to force their doors shut amid the pandemic, there are some coming forward with a novel scheme to help those in during these times from Bengaluru.

AUTO & TECH

PAGES: 46-47

With people scrambling for crucial resources such as medicines, oxygen cylinders and hospital beds amidst the second wave, several apps and websites have sprung up providing a verified database for those in distress.

ARTS AND THEATRE

PAGE: 49-51

From a quirky town in Puducherry that's recreating the yesteryears down to the last detail to preserve the arts and the artefacts, to new-age artists and artists and artpreneurs changing the tapestry of art as we know it, this edition takes you on quite a journey through the ages of art.

TRAVEL

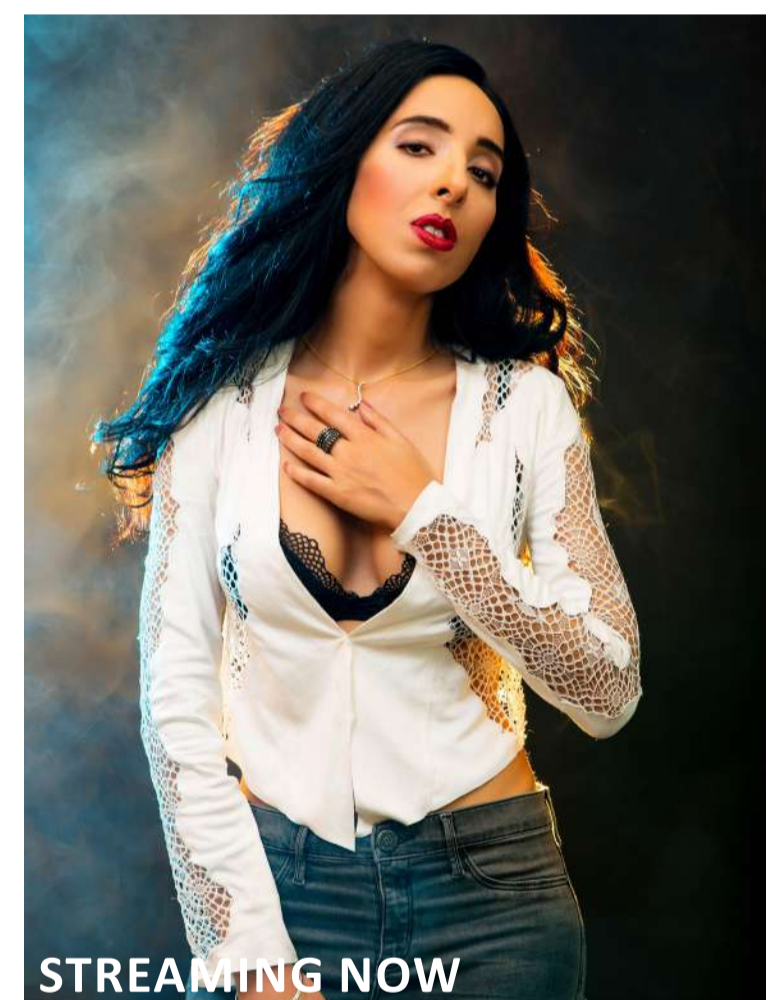
PAGES: 53-56

Read up on accounts from a cosy homestay tucked away in quaint Himachal Pradesh, to the upheaval in the airlines industry thanks to the pandemic.

INTERIORS

PAGES: 61

If you are going to be crafting cocktails in your living room, you might as well do it from a suave at-home bar. Find out how to create your own home bar from the experts!



STREAMING NOW

PAGES: 63-67

Hashtag brings you stories of two talented up-and-coming artists in the film industry. Also read on the best Tamil movies to check out on OTT platforms this month.

NRI - IN THE SPOTLIGHT

PAGES: 68-69

Settling in takes a whole new meaning for this group of passionate filmmakers from India, settled in Melbourne, Australia. Learn how they're changing how snug a fit Indian and Aussie cultures can be.

Editor

Sinduri Vuppala

Copy Editor

Juveria Tabassum

Contributors

Lipika Varma
Canta Dadlaney
Mahati Salike
Avanthika Reddy
Rashmi Gopal Rao
Mallik Thatipalli
Juveria Tabassum
Nikita Biswas
Abhishek Dubey
Bindu Gopal Rao
Indira Penubolu

Website & Design Team:

Abhinay Raj
Mohammed Farhan

Social Media

Samarpita

Influencer Marketing

Tanvi Macha
Tanvi@hashtagmagazine.in

Editorial & Marketing Office

B 10 Vikrampuri, Karkhana,
Secunderabad, 500009.
Contact: 6269 000 666

Cover

Salman Khan

Website:

www.hashtagmagazine.in

Hashtag India Magazine
is published and promoted by
Nirvana Media House
Hyderabad

From the Editor

WE ARE THE SURVIVORS. LET'S MAKE IT COUNT...



Another 6 months have passed this 2021 and here we are still locked up at home! Lockdowns... restrictions... curfews... this entire covid journey has changed lives forever. While some have lost loved ones, some have seen their entire family fall prey to this deadly virus. Over the last year and a half we got to experience life in its full flavour- the good, the bad and the ugly!

While on one side we had social organisations and individuals step forward to raise funds, provide free food and shelter to ensure the effects of the pandemic are mitigated, on the other hand we had hoarders black marketing essentials like oxygen cylinders and crucial medicines. A season of darkness like this brings out the best and worst among people. I urge each of you to pick the right side. Sometimes it's hard to know what the right thing to do is. It's okay if you can't empathise, but don't criticise either! One thing we can and should be doing right now is making an effort to make others feel better.

Honestly, it's just a matter of time until we move on because that's what humans do. I don't know whether it's a boon or bane, but we humans have this unique ability to forget, adapt and move on—from massive earthquakes and cyclones, to a 9/11 episode, we've moved past everything eventually, and the pandemic will be just the same. It will only be days before we forget about it and go back to our normal ways. Until then, recognise that people have different levels of comfort and don't make assumptions.

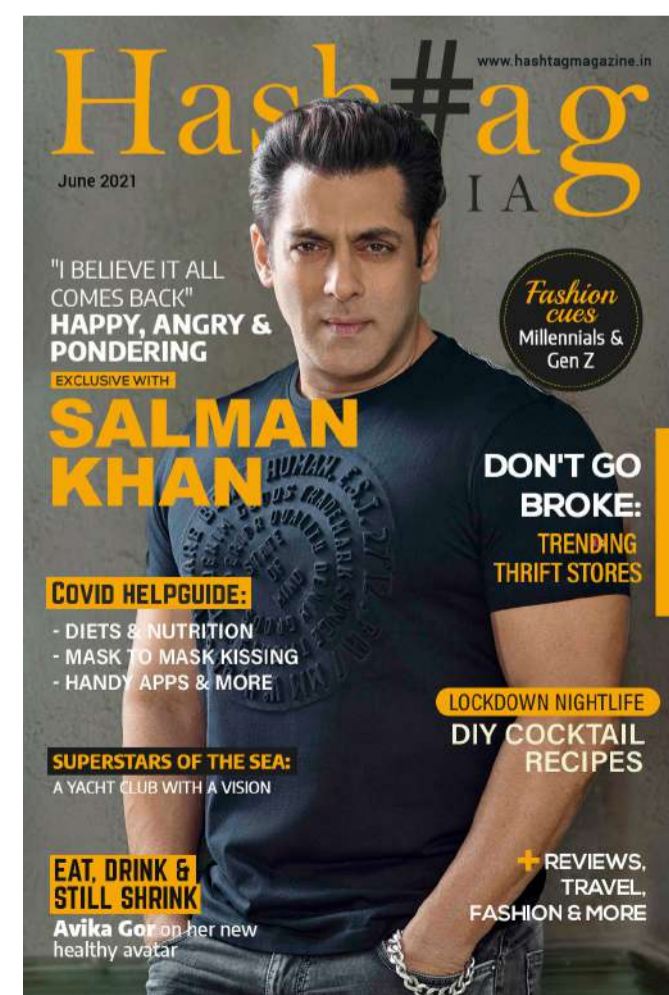
Dwelling on this issue, we have given you a good mix of covid-relevant content. From diet and nutrition to handy apps and restaurants serving

covid-adviced meals, we hope you will find our content handy. For those of you who are staying away from all the covid talk, we have a lot more for you. From motivating fitness talk and tips by celebrities such as Avika Gor and former Miss India Puja Gupta, to the latest in fashion and trends from Gen Z it's all in here. We are also proud to discover and interview Suheim Shaik, former national level sailing champion and founder of the Yacht Club of Hyderabad, who is helping less privileged kids sail towards a brighter future. Having started out with just three boats today he has produced six national Champions, 25 national medalists, 10 State Champions and counting.

I would really like to thank my team of journalists who in spite of personal issues, and sick family members are working towards meeting deadlines. Despite having her mother hospitalised for covid, my journalist went out of her way to get me none other than the Bhai of Bollywood, Salman Khan himself, for an exclusive cover story. From movies to his disapproval of the current covid scene, he chats wholeheartedly with Hashtag. We have given you a content-packed issue and we hope you enjoy reading it.

Wishing all of you loads of antibodies and a safe time. For better or for worse, we are survivors of the pandemic, so let's make it count.

SINDURI VUPPALA



Hashtagmagazine.in



@hashtagmagazine.in

www.hashtagmagazine.in

**THE
HAPPINESS
CO**



**DELICIOUS
AND
CRUNCHY**

UPCOMING EVENTS

JUNE 2021

Harry Potter Book Night

A hark back to the fantastic world of Harry Potter is probably the medicine we all need right now. Organised by Astrix study, the book night is themed around Diagon Alley, and will take participants on some exciting activities and discussions on their favourite wizard boy and his magical world.

Date: 24 June 2021

Time: 5 PM

Mode: Online

Registration: Free

24
Jun 2021



Dialogues with Poetry Meet-Up : Letter Writing



2
June 2021

Dialogues with Poetry have themed their monthly meet on letter writing this time around. The online event will celebrate iconic letters from the past, offer participants some handy tricks on the art of letter writing. It is a great opportunity for the readers also to read their letters aloud. All that you need is a pen and paper. No shilly-shally, get set go!

Mode: Online

Date: 2 June 2021

Time: 6 PM

Registration: Free

Fluid Art Workshop

Fill Your Life With Color

Fluid Art
Workshop



13
June 2021

Fluid Art is an intricate art form that involves pouring paints and making exceptional art. This art is gaining much popularity nowadays. This workshop enhances your skills in making something captivating. As a part of the session, participants will be painting their initials. All the required material are sponsored by the event faculty. So, why not, let's get creative.

Date: 13 June 2021

Mode: Online

Time: 4 PM

Registration: 2360/-

String Art Workshop



12
June 2021

String Art may not be a new art form, but it is absolutely authentic. It is the geometric arrangement of the different coloured strings to make a pattern or a design. The event is a 2-day workshop where participants are expected to excel in advanced art skills. The workshop is ergonomic and therapeutic. For more details, click on the link below.

Mode: Online

Date: 12 June 2021

Time: 5:30 PM

Registration: 900/-

To get your events featured mail us at contact@hashtagmagazine.in



FRESH AND ORGANIC DELIVERY

PROMOTING HEALTHY LIFESTYLE THROUGH
AVANT GARDE GROCERIES

TRENDING
NOW



Salman Khan

**“I AM DISTURBED BY PEOPLE USING
THIS DISEASE TO MAKE MONEY.”**

Even in times as dire as these, **Salman Khan** has managed to live up to his Eid promise, delivering yet another special with *Radhe: Your Most Wanted Bhai*. After all, what is Eid without *sheer khurma*, *biryani* and a Bhai special? In an exclusive interview for **Hashtag India** with **Lipika Varma**, Salman speaks about his Eid promise and his thoughts on the massive humanitarian crisis caused by the second wave of the pandemic in India



“ If we had the hospitals or the medication, we would have been able to save a lot of lives. People are either losing their loved ones or going through 20 days of sheer misery. ”

Your Eid-special *Radhe* was yet another OTT release...do you miss the big screen?

The release on an OTT platform has increased the risk of loss, but we decided to go ahead with the film in such unprecedented times to hopefully provide a hint of relief and let the audiences entertain themselves. The film got a theatrical release overseas but in India there are very few theatres left which are operating; the figure is around 25-30. Fulfilling the Eid commitment was the right thing to do in the lockdown, as it is more financially viable for the fans too in these times. For now, it is good to watch the film in the safe environment of your house.

There was talk that whatever *Radhe* will be earning will be donated to the COVID relief efforts. How true is that?

We aren't going to earn anything. No theatrical release means we are only going to lose. Whatever loss, it will be from our end and Zee's end. People must be wondering why we decided to release the movie if we weren't going to make any money. Last time we donated between Rs 3000-1500 to around 25,000 workers in the industry, and this time too, there are around 45-50,000 people from the industry who will get an amount on which they can survive for some time. We are also arranging some concentrators. I also saw some fan clubs of mine who did a commendable job by helping people and I am truly grateful they all recently tweeted about it.

In these unprecedented times, how have you been keeping up with everything, and what's your plan to help those in distress?

It's a very difficult time. You can only say things like 'be strong', 'be safe', and 'stay at home', which you have heard a thousand times. But how does one do that if somebody at their house is suffering from COVID, or somebody has lost a person to COVID. Everyone needs to work to earn their daily bread and butter. *Khane ko paise nahi hai to davaaiyo ke liye kahan se layenge paise?* (People don't have money for food, where will they find money to buy medicine?) And yet strictly following the lockdown is our only hope to reduce cases. I have also had people suffer from COVID, and I have been getting lots of calls from my friends asking for medicines and injections, and oxygen and ICU beds. I have not been able to do anything. If you manage to snag a bed for one person, it means you're snatching it from another. Just to help somebody whom I know, I might be taking out somebody else's mother or father or sister or brother; so I do not wish to do that. The common man is facing a lot more pressing issues by the hour.

What has been your ray of hope in the last few weeks?

I was at the farm, taking in some fresh air. It wasn't specifically bought for corona (*chuckles*). It's a place we have had for 30 years, and we're using it now for isolation. It is a blessing. Imagine four or five people living together in one house, they must be facing so many issues right now. Even staying at home might have become difficult for them. Lockdown is hard as it is, and every family is dealing with multiple issues right now. Isolation must be hard for them if anyone gets sick. They don't have the resources required at this time to get out of this safe and sound. There is only so much we can do. People are losing loved ones, and even comforting them seems like mere courtesy right now because misery is just everywhere.



What has upset you the most about the current situation?

I am extremely disturbed by the business the black market is doing during these times. People using this disease to make money. Medicines and oxygen cylinders are being sold in the black market. I don't understand how this can happen. Families with sick and critical patients are paying lakhs to get their hands on life-saving drugs. Quite a few of them are getting scammed as well. What kind of people are these? You can save somebody's life, and you choose to harass innocent, distressed people to make a quick buck. I don't understand how death and suffering doesn't move these people, but I believe it all comes back; it will come back to haunt them.

Your jodi with Prabhudeva is a superhit. What brings you together on the same wavelength?

I think he is a very talented actor, director and choreographer. He knows the heroes and the pulse of the audiences. I worked on *Wanted* with him, and it was a super hit. Last year too, our film *Dabangg* suffered losses because of the lockdown. This Eid looks like it will pan out the same way for us thanks to the virus. We just hope that things go well for the film industry and the entire world especially for the daily wage workers. I was at the farm so there was no network. But I drove back here and saw the traffic and I wondered why there was so much traffic during a lockdown, only to realise that really, I was complicit too in that moment. The only way to overcome this is by not stepping out of the house for sometime.

“ Strictly following the lockdown is our only hope to reduce cases. ”

And yet people are out there breaking protocol. What would you like to tell them?

What should I tell them? It's been a year and a half and the wave that has occurred this time is the most dangerous one. Up until now, we used to hear about people we don't quite know getting struck by the virus, but this time around, the ailment is in our families. I just pray that everyone stays safe, and gets vaccinated at the earliest. Research does say that even if you contract the virus after getting vaccinated, it won't be as severe, and that's something. More importantly, the chances of you infecting someone else being responsible for their suffering and possible death is also reduced. I have taken it and will be getting my second dose in 10-15 days.

Our medical infrastructure is exhausted. There is no space in the hospitals, which is why people are dying. The government is opening up centres now, but they keep filling up. If we had the resources, we would have been able to save a lot of lives. People are either losing their loved ones or going through 20 days of sheer misery. And when we see how horrifying the situation is, I believe it should be enough to convince us to watch how we conduct ourselves, and strictly follow lockdown protocol.

TELANGANA POLICE
THANKS FOR THE SUPPORT



Seva Ahaar



**FREE LUNCH
AT YOUR
DOORSTEP**



Contact us for lunch if you are
COVID positive and in isolation.

WhatsApp



77996 16163

HOW TO ORDER?

SEND YOUR REQUEST ON
THE MENTIONED WHATSAPP
NUMBER WITH THESE DETAILS:

NAME:

LOCATION:

CONTACT NUMBER:

DATE OF ISOLATION/
TESTED POSITIVE:

NO OF PEOPLE:

NUMBER OF DAYS REQUIRED:



TIMING & DETAILS

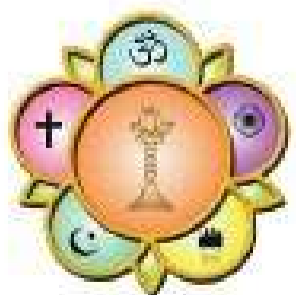
- ONLY LUNCH WILL BE PROVIDED
- PLACE YOUR REQUEST BEFORE 7 AM
- REQUESTS RECEIVED AFTER 7 AM SHALL BE CONSIDERED AS NEXT DAY ORDER



Senior citizens and children
in isolation are a priority


**NUTRITION
ADVICE**

**CONCERN
UNLIMITED,
NOT QUANTITY**



Sri Sathya Sai Seva Organisations
Telangana



LEAD LIFE
FOUNDATION



HOPE TEAM





Tales Behind the Tadka:

How a startup is enabling home cooks to create their space in the limelight.

Whether you admit it or not, the lockdown has made all of us chance our hand in the kitchen, hoping we could unearth some hidden MasterChef capabilities as we desperately missed being able to eat out with friends and family. Community through food or food through community is a chicken and egg question for a young startup in Bengaluru that is empowering home chefs to build their culinary business based on ingenious food stories. **Juveria Tabassum** chats with the team of **Conosh...**

Vaibhav Bahl and Neha Malik live through food as an experience. Each recipe, they believe, has behind it a fascinating origin story. And it is the stories behind these recipes and their creators that they wished to provide a platform to through their Bengaluru-based startup Conosh. Vaibhav, who completed his MBA in Paris always enjoyed a good pop-up, meeting and jamming with strangers over good food. When he met Neha in 2018, it didn't take too long for the idea of Conosh to materialise—a platform where homecooks can bring the best of their recipes to a diverse group of people to bond over.

"We look for a home chef with a story to tell. An interesting heirloom recipe, a modern take on an old classic, chefs who have overcome all odds to pursue their love for food, moms who've turned their modest kitchens into a masterclass workshop; these are the stories we have been getting our hands on, and are waiting to be told," says Vaibhav. Once a home chef is on board, the Conosh team works towards background and location checks, to assess the seating capacity, ambience and hygiene of the homes. The team also coordinates the menu for the meet, helps with the costing structure, and most importantly, comes up with a narrative that best tells the chef's story, which then shines through with the help of the food and the decor. The home chefs earn an income from the events, but the owners believe that there is more to it than just money.



Vaibhav Bahl and Neha Malik



“A Conosh workshop is built on community teaching and interaction. Upscaling the community will eventually upscale each home cook,” says Neha.

The lockdown in 2020 put an effective stop to the pop-up events, but even from that adversary, the team managed to find a ray of hope, both for their home chefs, and for lovers of food in Bengaluru and Delhi. “When COVID struck, we pivoted and something great happened for us. Families were all at home, and they wanted to learn how to cook. We started having workshops, with our home chefs as the trainers. We also called upon some professional chefs from India and abroad to contribute. In fact, to celebrate our two-year anniversary, we had MasterChefs Gary Mehigan and George Columbaris join us all the way from Australia for a special which was attended by over 400 happy, overwhelmed people,” shares Vaibhav. The initiative began in May last year, and they have already conducted 200+ workshops, with an average attendance of 70-80 people.

Ideas continued to blossom, and soon people began requesting home deliveries from these chefs. In times where safety and hygiene were priorities, the customers had faith in these home chefs, and were reassured at the thought of a familiar face behind their food. “Eid ki Biryani and Haleem were one of the first meals we delivered. The chefs provide food from different cuisines at two to three slots per day, and they truly are foodpreneurs now,” the founders exult.

Vaibhav believes that people who have a story behind the food they cook, are important nodal points in history. “They add to and create a great sense of community. What we want to do with Conosh is empower people who want to learn. When you attend a Conosh workshop, you will be able to sell, host and teach. Conosh is an ecosystem,” believes Vaibhav.

“The attendees at these events give them an audience for their story and their food. That brings them the validation that they don’t get when they are alone toiling away in the kitchen day after day. That appreciation is the biggest plus that we provide,” believes Neha. One such story is of home chef and grandma Nazneen, who makes Syrian Christian cuisine. Traditional delicacies such as *Pathri* aren’t found everywhere, and from her mother’s cookbook, Nazneen manages to recreate the magic of these dishes for a very different community of people.



• **A food affair at the farm:**

Diwali 2019, Delhi: We had just started in October, and we decided to host a huge pop-up in December, European style, at a cool farm house. We had Pavlovas and grilled chicken. We had all our home chefs in, doing their thing. We wanted to sell 30 seats, but we had to finally stop at 70. There was singing, chatter, eating; a piece of community came alive. Strangers came together, interacted and had fun. We finally saw what we had first envisioned.

• **Believing in Food:**

Our community in Bengaluru got a memorable start. We got a home chef, Bobby, who had just moved from Goa with his wife, and was looking to sell his food. They were uptight about a pop-up, but we said we'd take care of everything. We met a French expat soon after, and told him about this pop-up, and gathered eight other people from different walks of life just by word of mouth. These people came. That was special. They shared stories, and bonded over some amazing food. By the time we finished, it was 3.00am. The joy of eating together is Conosh.

SAILING TO THE TOP: HOW A HYDERABAD NGO IS CHANGING THE FACE OF THE SPORT IN THE COUNTRY



Telangana is fast becoming the hub for sailing in the country, and there is one man to thank for that fact. **Suheim Sheikh** and his **Yacht Club of Hyderabad**, has gradually, painstakingly enabled hundreds of impoverished kids take over and excel in what was once an elite sport. **Juveria Tabassum** finds out how.

Paddling around in a little red canoe at age 12 because he thought his older brother looked cool sailing, is a very innocuous start to a career that has shaped the lives of countless impoverished children in Hyderabad. A thorough watersports person at heart, Suheim Sheikh left his burgeoning software company in the financial services industry and set up the Yacht Club of Hyderabad, a not-for-profit organisation, at the Hussainsagar Lake, in June 2009. “The goal we had in mind was to make sailing an inclusive sport, accessible to underprivileged kids. More importantly, we wanted to create an ecosystem where they were able to stand on their own two feet with a strong sense of dignity and confidence by providing them competition, and supporting their education,” says Suheim.

The YCH also conducts the annual National Monsoon Regatta at the Hussainsagar Lake, which is a prestigious event for the sport in the country. In 2019, YCH sailor Preethi Kongara created history by becoming the first girl to win the event

Trainees from the YCH were always part of the junior fleets and youth categories, but they really started making a mark on the national level in 2014. Since then, there have been numerous transformative stories of victorious national and international regattas, and admission into the Indian Navy. “Just as we speak, eight of our kids have been selected for the Army and the Navy,” Suheim points out.

“The Club exclusively takes in children from government schools, and trains them in the sport, whilst providing a holistic environment for them to develop into confident individuals.”



Among these kids is Gautam Kanpatla who missed the national selections because of his Class 10 boards, and couldn't make it to the Navy School. However, he kept at it, became the national champion, and represented India at the World Championship in China. Such was his prowess at the sport, that he got directly selected to the Navy. Durgaprasad, who is also among the fleet of kids joining the Navy, has a similar story of hard work and resilience. Durga's mom works as a cleaner, and his father is a xerox shop owner. He followed a school senior into the club, and has been working on his skill set ever since. Twice a national champion, he represented India at the World Championship in Thailand, and ended up claiming the top spot.

“ Members have gone on to represent India in World Championships and other international events, and earn laurels. ”

More recently, Jhansipriya Laveti(India No.1) and Vaishnavi Veeramsham(India No.2) have been selected for the Under-16 World Championship in Italy this year, making it a first for the state to have two girls from the same batch selected at once. But this seems like an inevitable outcome once you consider the fact that there are barely 250 people in the country who play the sport professionally. And thanks to the work put in by the YCH, Telangana boasts of the largest fleet of boats and sailors across India.

Jhansipriya, whose mother works as a cleaner at a local hospital, and Vaishnavi, whose mother is employed as a domestic help, are products of Project Navika, which YCH undertook in collaboration with the Nandi Foundation in order to empower girls to flourish in the sport. The project was flagged off with 80 girls(or Navikas, as Suheim calls them) from government schools, who have now been all over the world, representing the country in various international competitions.

YCH's expertise lies in the fact that it has taken kids from disadvantaged backgrounds, and made them leaders in what has traditionally been an elite sport. Suheim believes that this was done by replacing an uninspiring ecosystem which government schools unfortunately provide, to one of decent role models, good nutrition, and discipline. The organisation also works on ensuring the kids have stable jobs once they turn 18, so they are able to continue supporting themselves.



“ The Club conducts the prestigious National Monsoon Regatta at the Hussainsagar Lake annually. ”

While Suheim credits government institutions and bureaucrats for their support in the recent years with infrastructure and facilities, it is undeniable that the establishment wouldn't have been forced to sit up and take notice of these young kids, if the organisation hadn't been putting in relentless efforts to empower, train and uplift these young sailors. The small team at YCH consists of kids they've taken in, who learned the sport, and have stayed back as trainers.

Suheim, who has represented India himself, has cultivated his passion to grow into something far greater than himself. His quiet contribution might only have made a small blip on the radar of sports news in the country, which is run over by cricket, but it has made all the difference to lives of the kids living in this City of Nawabs.



**DUSK TO
DAWN**



SUMMER COOLERS

to Beat Lockdown Blues at Home

Covid 19 lockdown has halted nightlife in the country. Grooving to the DJ's beats, sipping a favourite drink, socialising is something we all miss. Until things ease, here is a fix for bar patrons to recreate nightlife at home. **Bluma Peters** speaks to bartenders who share cocktail recipes to beat your lockdown blues.



There's nothing a tequila can't fix **Sandy Dunes**

Devi Singh, a Goa-based mixologist who bagged the best mixologist title in 2016-2017 and the title winner of the world-class cocktail competition 2019, shares a cocktail recipe to sip on. If you're looking for what to mix with a Tequila, this one's for you.

Ingredients

Jose Reposado 50 ml
Lime juice 15 ml
Apple juice 50 ml
Tobasco 2 dash
Britvic Ginger beer

Glass

Tall glass

Method

Take a tall glass
Add two cubes of ice, pour all the ingredients in it, and stir
Top with Britvic ginger beer to finish
Garnish with a slice of orange and mint leaves and serve.



Calling out Gin lovers!

Southside- A delight for Gin lovers!

Delhi-based creator Vikas Uppal who loves mixing drinks, started his Instagram page @theoldfashionedmonk during the first wave of the pandemic to share his ideas with the world. If you are looking for a short and simple recipe, the old fashioned monk got it covered for you.

Ingredients

Gin 60 ml
Lemon juice 25 ml
Simple syrup 20 ml
Mint leaves
Dehydrated lemon
Ice cubes

Glass

Terroir coupe glass

Method

Take a mason jar, add gin, syrup, lemon juice, ice cubes, mint leaves and muddle the ingredients together. Shake to combine, Strain the mixture into a terroir coupe glass, add mint leaves and dehydrated lemon to garnish

Here's one for the Rum addicts.

Beat the heat

Pooja Kulkarni, bartending student from Mumbai, shares a refreshing summer drink to beat the heat that will help you chill and enjoy some summer fun.

Ingredients

White rum 2 1/2 oz
Pineapple juice 2 oz
Malibu 1 oz
Lemon juice 1/2 oz
Mint leaves
Pineapple leaves
Handmade lemongrass straw

Glass

Handcrafted pineapple glass

Method

Take a pineapple cider or knife, carve the pineapple from the top, making it hollow in the centre.

Add all the ingredients to a shaker and fill it with crushed ice

Shake to combine

Pour the mixture into the handcrafted pineapple glass

Garnish with mint leaves, pineapple leaves, and lemongrass



MISSION
HOPE

#HULStandsWithTheNation



Hindustan Unilever Limited



KVN

MISSION HO₂PE IS NOW LIVE IN

8 CITIES

Free Oxygen Concentrators at home

**Chandigarh, Bengaluru, Hyderabad,
Delhi NCR, Lucknow, Chennai,
Mumbai, Pune**

 **080 68065385**

Give us a missed call & we will contact you.
Return on time to save more lives.

*T&C Apply



THOSE
NEED



Free Ambulance Service

Call 011 6119 8168

This service is only for Economically Weaker Section
(EWS) COVID positive patients.

Location: Delhi/NCR



**#Oxygen4India
Help Save Lives**



Support and Donate at <https://www.ketto.org/oxygen4india>

Lawyers against COVIFRAUDS

Catch the scammers

If you come across any case of **fraud,**
black marketing or illegal act being
done to take advantage of covid patients

CONTACT US:

+91-9650716993

heena.j@lawsikho.in

Lac@lawsikho.in



 LawSikho

Karun Raman: *Jack of All Trades*

Hashtag Magazine catches up with fashion choreographer, stylist and now, entrepreneur **Karun Raman**. Once a dancer in the nightclubs of Paris, Karun charted an enterprising journey which has now seen him launch a handy app, Barman, that forms a smooth contactless bridge between party lovers and party scenes. Juggling many hats with ease, he opens up about his career, how living in Paris shaped him and outlines his future plans...

"I used to be called Curry Boy in the fashion world in Paris while the nightclubs in which I used to dance gave me the moniker of Roop Raja," laughs Karun Raman while reminiscing about his days in Europe where he danced and was a part of many fashion shows.

After finishing school, Karun followed his passion of dance. One of the first Indian dancers in Europe (in the early 2000s), apart from Bollywood dancing he also dabbled in fashion choreography. He soon realised that that was his forte, and transformed himself into a much sought-after professional in the field. "I fell for the wrong person and moved to Paris, and after a while I was alone and had to earn a living. I danced at gay nightclubs to pay the bills and gained a lot of experience and life lessons," he recalls.

The 37-year-old calls his stay in Paris as a defining moment of his life, where he shed his inhibitions and metamorphosed into an independent person. "I became stronger emotionally. I was just a mama's boy when I left, though I still am one, living alone made me value everything around me," he says.



Passion Calling

Karun made his debut with the Tamil film, *Ethiri* that starred R Madhavan but has not been seen on the silver screen since. He says that movies were an experience which was not memorable and adds, "I faced a lot of judgement on account of my sexuality from the stunt boys and other members. Back then, only a few gay people were out so those of us who were out were looked at unkindly."

Dance however has been the one big passion of Karun's life. Even as a kid (he studied at Santhome School and counts actor Silambarasan as a schoolmate) he was interested in dance. "I was a part of dance groups as a lot of good-looking boys were members," he laughs and adds, "I was really excited as it was a way to express myself and I found that I was good at it."

Karun made his debut with the Tamil film, *Ethiri* that starred R Madhavan in 2004

Juggling different roles

Karun has always been vocal about his sexual identity. He says that he never had to 'come out' as his parents always knew his preferences. He's also the South India ambassador for Balma, a social network app for the South Asian LGBTQIA+ community. The app, created by London-based Peter Singh, is available in multiple languages and is easy to use. "The app is available in eight languages, including Tamil, Telugu, Marathi and Bengali. Often there are people who do not get onto social networking sites as they are not confident of interacting in English. This will help them chat in a language they are comfortable in," shares Karun.

He has also recently been associated with another app called Barman which helps people get into a nightclub and order in a contactless manner. It is useful in connecting the party world with people via a no contact policy. He explains, "You can book a table, know about a club capacity and get cash backs via the app. Especially in times of Covid, it is a seamless way to go out."

Is it difficult to balance so many different activities? "Not really", says the entrepreneur and states, "I'm a very friendly person who finds it easy to get along with others. I have many interests and each thing I do is an extension of my personality."



The way forward

Karun's latest undertaking is taking the distribution for St. Nicolaus vodka for South East Asia. He laughs saying that liquor is one business that is never down! As someone hosts his own talk shows (All tea no shade/After hours with Karun Raman and A sip of my Cosmo, a radio show on Chennai Live), and was a senior columnist for the Deccan Chronicle for five years, Chatterati with Karun Raman, he seems to have done it all.



Rapid fire with Raman

Dream Date: Ranveer Singh

An animated character I resemble: Olive Oyl from Popeye

Comfortable in: Palazzos and loose ganjis

Currently watching: Shadow and Bone

On my checklist: To act with Rajnikanth

Having been through personal experiences of abuse and even being stabbed in a bar by a bunch of people, he remains upbeat and curious about what life has to offer. "All these things keep me alive," he confesses and adds, "Sometimes I ponder about my love life, I would like to find a partner and adopt a child but that remains elusive. So, all these things keep me alive."

Has the representation of the gay community changed over the years in popular media and films? "It really depends. For example, Vijay Sethupathi's role in Super Deluxe was nothing short of amazing. But then, I wore a skirt to a show a month back and people were aghast. I mean, Ranveer Singh can do it and people will applaud him but judge others."

As someone who has worked all over the world and in different mediums/industries, things have come to a full circle for Raman as he is receiving a lot of film offers. Apart from that he reels off a long list of things which will keep him occupied for some time to come: opening a nightclub, launching a no fuss brand of make up for men and building toilets for the transgender community. Who says passion and empathy cannot go hand in hand?

B.Yond™

Limitless Passion

For your endless
CULINARY CREATIONS



Baking Powder



Custard Powder



Icing Sugar



Corn Flour



Cocoa Powder



Drinking Chocolate



CONTACT FOR ORDERS
reachus@byond.co.in
+91 91 00 33 33 90

The New Fashion Mantra: Sustainable Thrift Stores

Thrifting over the years caught the eye of many fashion lovers. From making fashion available at reduced prices to being sustainable, thrifting created a huge impact on how people consider wearable fashion. Thrifting has modernised from big stores to tiny little squares on Instagram, where people can easily buy and sell epic pieces from their wardrobes. Thrifting is more than selling pre-loved clothes, it's all about making fashion affordable, sustainable and of course being a boss to your own little business. **Avanthika Reddy** takes a look at the hottest thrift stores in town right now...

Catching up with the trend, Instagram thrift stores are worth the stalking. With the most aesthetic layouts and stunning fashion picks, Insta thrift stores are the contemporary store fetish. Various aesthetics, trendy picks, affordable prices and great quality is the new buzz with thrifting.



1. Deja New

The brand Deja new is all about keeping up with the latest aesthetic. Along with their quality game, they also focus on being light on your pocket. Size inclusiveness is a key standard of fashion for Deja New. Ranging from XXS- XXXL, they leave no customer behind in the fashion game. Deja New does not only concentrate on the business side of thrifting but also works in eco-friendly ways such as using recycled paper and minimising plastic packaging.

I would recommend this thrift store to all the y2k aesthetic lovers who are head over heels for baguette bags, minimal fashion and an absolute cute girl vibe.

Price range: Rs.150/- to Rs.1299/-
Products: Bags, Jewellery, clothes
Instagram: @dejaa.new



2. Urban House

Urban House knows the perfect way to make their customers look great with a little hint of wit in making them shop sustainable. From intimate wear to corsets, they've got you covered. They specialise in curating special pieces for women and they also put out a bunch of unisex clothing. Urban House reels in the creative side of their customers with eclectic mix and match pieces at affordable prices. I would recommend the store to all lingerie lovers. The alluring collection of pieces that are worth the price.

Price Range: Rs.399/- to Rs.1299/-
Products: clothing, lingerie, essentials.
Instagram: @urban__house

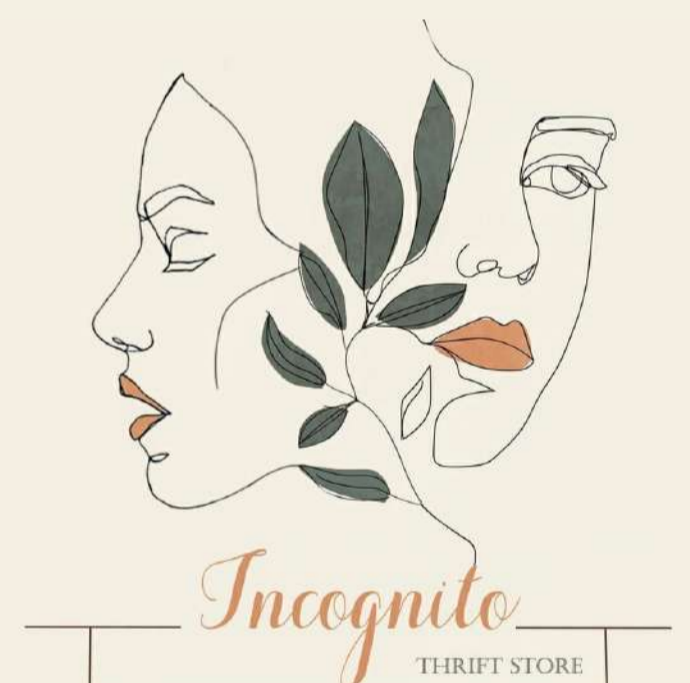


3. Hara Thrift

Hara Thrift works with a passion to build wardrobes in the style of sustainable fashion. Quality and recycling are the two central points of focus for team Hara. Currently, Hara focuses on selling clothes for women but

they soon want to make their versatile range of fashion accessible to all. Hara recently started with an aim to normalise thrifting in India and popularise the pre-owned culture. I would recommend Hara Thrift to all fashion buzzers who are looking forward to some quirky styles and supporting a business that has a mission.

Price range: Rs.250/- to Rs.1500/-
Products: women clothing
Instagram: @thrift_hara



4. Incognito Thrift

Incognito focuses on promoting sustainable fashion which includes vibrant apparel and customisable accessories. They believe in curating pieces that are not just perfect for your style but also have a hint of "you" in every customisable. Incognito Thrifts make rummaging through applications and physical stores to search for a particular jewellery item that you probably saw on a Pinterest board easy by customising it for you right away. Incognito promotes second-hand shopping or sparsely used clothes to keep the cycle of wasteful clothing in check. It is a brand that wants to contribute to the environment, and lets you be a significant part of it.

Price Range: accessories- Rs.150/- to Rs.600/-
thriffs- Rs.250/- to Rs.899/-
Products: customised jewellery, accessories, clothing
Instagram: @incognito.thrift



HERE WE GO THRIFT

5. Here We Go Thrift

Just like the name suggests, this store is all about providing modern fashion at comparatively less prices. Good prices and great quality is what they consider as basic pillars of business. With jeans priced as low as Rs.380, they intend on giving just that to you. With absolutely sensational bottom-wear and a unique set of clothes, this store is the true implication of thrift for benefit. Not just eye-candy pieces but affordable prices are the most impressive features of this brand. I would recommend this to all the fashion junkies who want to revamp their jeans and pants collection.

Price range: Rs199/- to Rs 380/-

Products: jeans, clothing

Instagram: @here_we_go_thrift

6. Mumbai Thrifts

Thrifting is all about making fashion available to everybody and being aware of sustainability. Mumbai thrifts have a unique collection of handpicked thrifts that would suit all sizes and be perfect for all aesthetics. They are proud of their inclusivity and quality standards. Handmade jewellery also makes a splash on their page.

I would recommend this to all those who have a niche for trendy, funky and fun aesthetics.

Price range: Rs.400/- to Rs800/-

Products: Handmade jewellery, clothing

Instagram: @mumbaithrifts



7. The Thrift Boutique

Thrift Boutique is a brand that focuses on progress for all. They bring in all kinds of items that cater to lots of different aesthetics and looks that you can rock for a long time to come. Styles, sizes and sustainability is the go-to mantra for thrift boutique. Plus, they have managed to stay gender-fluid in their offerings. I would recommend this brand to anybody keen on lingerie picks. Their price range is an impressive deal alongside the amazing collection of clothes they have. They also donate 10% of their total proceeds each month to furry four-legged strays who need caring.

Price range: Rs.100/- to Rs.1000/-

Products: clothing



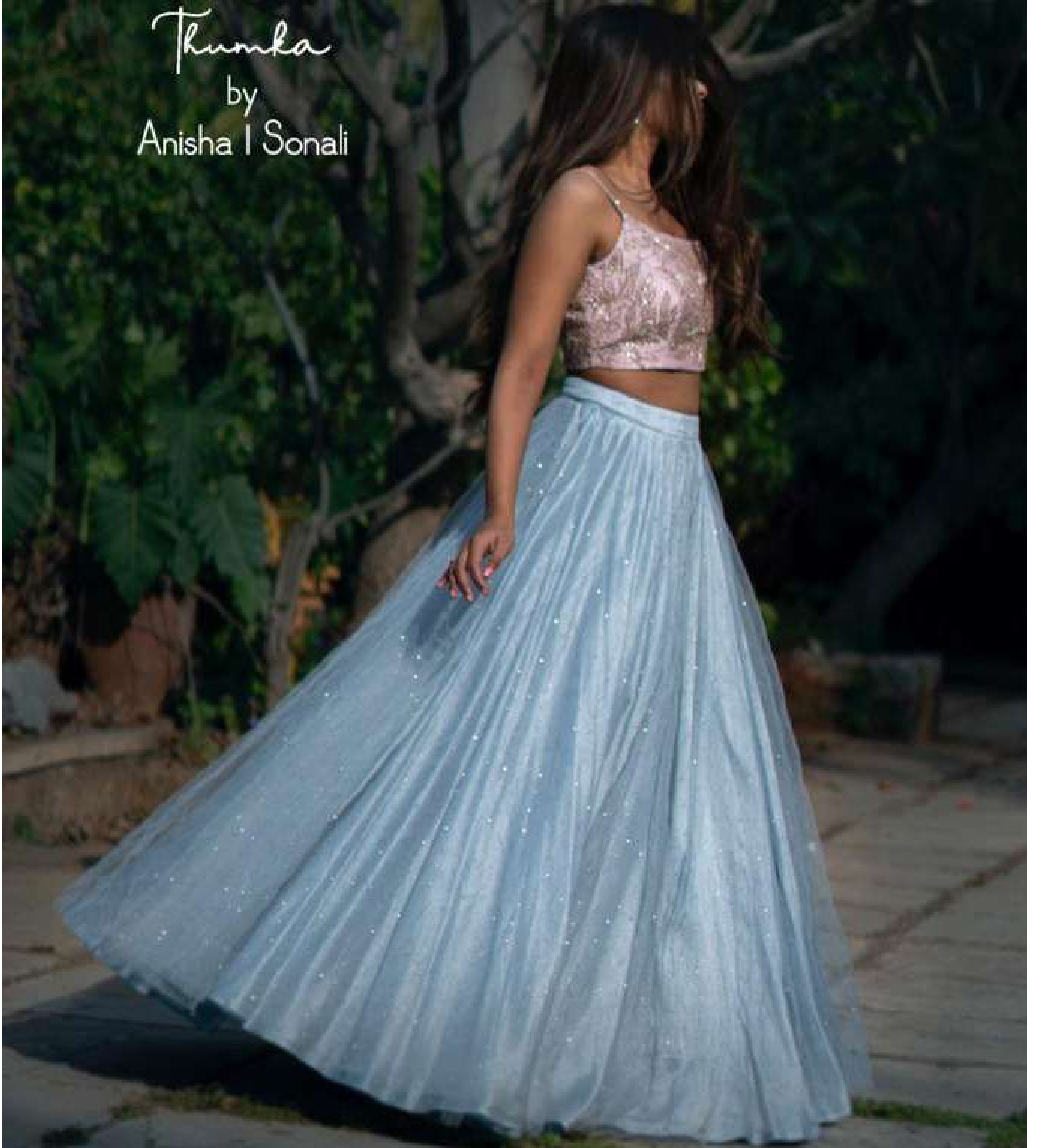
Mr.Gunpowder
TRY OUR AUTHENTIC
HOMEMADE GUNPOWDER
Now available across India!



For orders contact +917893565262



Thumka
by
Anisha | Sonali



8-2-547/R, Road no 7
Banjara hills, Hyderabad



@thumkaofficial

thumkaofficial@gmail.com

FASHION '21: THE GEN-Z EDIT

Fashion has since time immemorial been both an assertion of personality, and an expression of thoughts and ideals. Each era has its own signature style that defined the times, and managed to capture the mood of the masses. In our personal embellishments, we have often found solidarity with popular emotion of the times. Gen-Zs too have managed to make a statement on the times with the fashion trends they conjure and follow.

Avanthika Reddy picks the brains of some new age influencers to get a feel of what defines gen-Z fashion.



Prableen Kaur Bhomrah, 24, influencer, Mumbai
@prableenkaurbhomrah

What does today's young generation perceive fashion as?

"Fashion to me is confidence. When I think of fashion I think of an outfit that makes me feel empowered and confident. Although fashion varies from person to person according to their aesthetic, I believe fashion is what gives me the power to look exactly like who I want to be."

Fashion Pickings : Fashion doesn't have a limit, you can go above and beyond.

Yashwant Singh, 22, influencer, New Delhi.
@yashwantsngh

It is often said that fashion has no limits. Is that just a myth, or is there any truth to it?

"Honestly just like skincare I feel fashion too is a very personal thing and one can choose to express themselves the way they want. I or anyone for that matter don't get to decide limits for another person. I just feel fashion shouldn't be taken too seriously or else you lose the fun and creative side of it. Let people just explore the creative side."

Fashion Pickings : One tip would be to start experimenting until you find your style. While getting inspired from people and the internet is fine, I think how you dress up reflects your personality, and following too many people might dent that. When you find your style you'll be more confident and comfortable in everything you choose to wear.



Nikita Nagaraj, 28, Social Media Manager, Bengaluru
@thelifestylefiesta

How have fashion trends evolved for this generation?

"Fashion became a lot more inclusive. Earlier, you had to look and dress a certain way to be considered fashionable but now people are all for self-expression. Even brands are coming up with clothing and accessories that are gender neutral and body inclusive. Also, fashion used to be only for people in a certain industry but now it's becoming for all and I love that!"

Fashion Pickings : Your style should show who you are so wear what makes YOU feel empowered. Wear what makes you feel good. Restyling your clothes is the new cool so play around with your wardrobe and have fun. Fashion is all about enjoying it!



Snigdha Polapragada, 25, Digital Content Creator, Influencer, Entrepreneur, Hyderabad. @snigdhapv

What do you think have been the fashion potholes of this generation?

"Some trends we've fallen prey to are impulsive buying, self-doubt, body image issues, and a never ending obsession for branded products. I believe in sustainable fashion. Quality should be intact, and it should be affordable and environmentally friendly. Not everyone can invest in Gucci. People need motivation and creativity to style their outfits in a way that expresses them best, without blindly following unhealthy trends."

Fashion Pickings : Make a statement with whatever you have. A single piece of cloth can create wonders. I believe every person has a unique way of interpreting fashion. I define my style as comfortable, minimalistic, and classy.

Vaishnavi K U, 25, Content Creator, Bengaluru. @grubmode

What rules does this generation go by when it comes to fashion?

"There are certainly no rules in my perception. Komal Pandey is one amazing example. She is a creator who breaks stereotypes and creates magic in everything she wears. It's really therapeutic to watch her videos. It's a fresh take on fashion. Fashion changes according to the person's mood and aesthetic. You wear what you like and how you like."

Fashion Pickings : Fashion is not what you wear, it's who you are. Always choose comfort and wear your confidence.



Krishna jain, 19, influencer, Mumbai. @krisha_jain

What is the gen-Z take on fashion stereotypes?

"I personally hate fashion stereotypes. Fashion is for all and it doesn't mean that if you're a girl you are supposed to wear only dresses, or being a boy restricts you to wearing pants. Just like how people explore their sexuality, exploring fashion and men trying on makeup or women preferring to shave their head doesn't have to define their character or make their sense of fashion bad. Fashion is a choice and people can choose what they want."

Fashion Pickings : There are no rules. Do not let anything compromise your style. If you have a scarf, wear it as a top, a hair bandana or even as a skirt. There are no limits to exploring creativity.

Mohd Nabeel Afridi, 22, Youtuber, Influencer, Warangal.
@iamnabeelafridi

How has fashion empowered this generation?

"Fashion gives me motivation and strength because a good outfit speaks for itself. It gives me the power to make myself stand out and look different. When my outfit is speaking for itself and making heads turn, that vibe is indescribable."

Fashion Pickings : Do more of what makes you happy. Fashion should be giving you confidence and happiness, do not dress to impress but dress up to look fabulous!



Rahull Gaur, 18, Influencer, Kota.
@rahullgaur

Is there something that holds this generation back in terms of fashion?

"This generation is struggling to break perceptions that people carry about young people, to break free from what people want us to be. Being confident in your fashion choices is important, and one should never feel shy to explore."

Fashion Pickings : Fashion isn't about wrong or right; it's about finding your style. And experimenting with various aesthetics is the way to ace it.



Sukh Dukh Helpline
759 405 2605

*Have you lost a loved one ?
Are you finding it hard to cope ?
Do you feel sad, lonely or angry ?*

Free Emotional Support from Trained & Experienced Counsellors

Available in 8 languages:

Assamese, Bengali, English, Hindi, Malayalam, Kannada, Telugu & Tamil

Time: 9.30 am-6.30 pm, Monday-Saturday

DIVYA BOPPANA'S FASHION FAVOURITES

In conversation with **Avanthika Reddy, Divya Boppana**, Digital Creator from Hyderabad with over 20K followers shares her top 3 go to styles that she can't do without.



"My style is extremely versatile and I won't miss a chance to experiment with it," exclaims Divya Boppana. Always one for exploring new styles, Divya believes in adding that personal touch to your style for it to truly shine. "I make sure that I have a certain element of me in everything that I put together, a statement outfit that reflects 'Divya Boppana,'" she shares.

A fan of the classics, she isn't shy of putting her spin on some crowd favourites. Here are Divya's wardrobe must-haves:

FAVOURITE COLOUR PICK :

I'm never tired of styling white silhouettes and I'm never bored of it. My Instagram profile and stories say the same and reflect my aesthetic and style. The colour is super versatile to style and resonates with my personality.

FAVOURITE STYLING ELEMENT :

Accessories are my favourites. They don't have to be big or chunky. I can put on a minimal pair of earrings and I'm good to go. For me, picking the right accessories plays a big role in styling. When required my accessories make a statement and when necessary they stay minimal and let the dress do the talking.

FAVOURITE CLOTHING PICK:

Pants are my absolute favourite. I can't stop myself everytime I see a good pair of high waisted pants! I love styling them. Since I'm not much of a shorts or a skirt girl, pants are my go-to anyday. From solids, to prints and textures, I love them all!

FUND RAISING FOR OXYGEN CONCENTRATORS

Post the success of **N95 Mask Distribution Drive** and **Hand Sanitizers Distribution Drive** in Hyderabad, we are now planning to get a few **Oxygen Concentrators** on behalf of **Covid Task Force**.



This is to help those in need as there is a huge requirement.
Requesting all to pitch in.

Together let's save lives 🙏

Ajuli Tulsyan
Founder, Covid Task Force
Contact:
+917702800012
(GPay/PayTM on the same number)



RR Steel



Strength to stand for life...

**GET 10 gms
SILVER
FREE***



***On every ton of RR Steel TMT Bar**

Let the light into your house

Get RR Steel today - High Quality Premium Steel



CONTACT US

87881 30856
92259 08903

EMAIL

rspl@rediffmail.com

WEBSITE

www.rrsteel.co.in



A lifestyle change results in a change in our diet routine. The last two years have caused an upheaval of life as we've known it, and thrown routine out the window. To keep our diet cycle aligned and our health secure during times that are playing havoc with our physical and mental wellbeing, **Avanthika Reddy** discovers some suggestions from certified nutritionists and fitness experts.

Health, diet and nutrition at Home during the Pandemic

The pandemic has brought into the world a lot of stress, sorrows, struggles and setbacks yet our health, diet and nutrition should be given precedence to keep ourselves and our family healthier during these rigorous times. A lot of us are at home and keeping a track of a healthy lifestyle during such disheartening times might be hard but it is not impossible. A nutritious meal, basic workout and a timely diet can work wonders on your physical and mental well being. Knowing what must be done clears a lot of concerns most of us have. Alongside our diet and fitness, safeguarding our immunity is all the more essential.

How to eat healthy during a pandemic

Rachna Parmar, a certified nutritionist and health coach based out of Bengaluru is of the opinion that eating unprocessed food is a good start. "Fresh home cooked meals are key to a good diet. Spices like turmeric and pepper must be added whenever possible in all cooked meals to boost immunity. Turmeric is proven with plenty of health benefits and is a great antioxidant. Turmeric milk before bed is a really great immune booster and helps in a good night's sleep. Every Indian household swears by it, hence adding it to our meals advantages our immunity and health," she adds.

A good home cooked meal often includes whole grains, pulses and lentils alongside protein in the form of eggs, paneer, meat or dairy which make for balanced, nutritious meals. "In case it's inconvenient to get fresh supplies, try frozen fruits and



vegetables. They have a great shelf life, and are generally cheap and high in nutrients. Healthy fats like nuts and seeds are also important for our nutrition," Rachna shares.

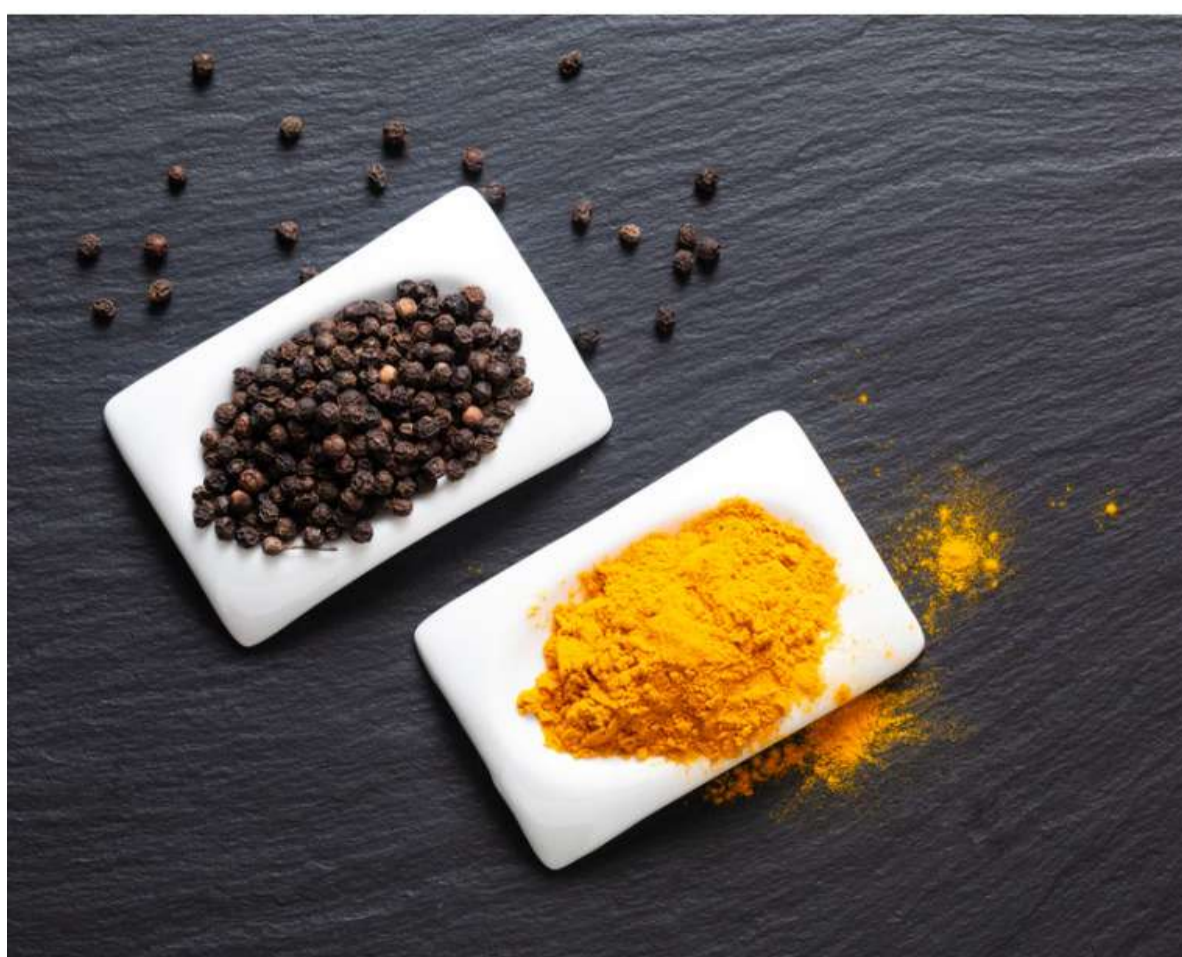
Experts have also been harping about the importance of consuming a good amount of fluids. Drinking enough water, and including fluids such as buttermilk, coconut water and lemon juice all make for good options during these times to keep the body hydrated.

Rachna also says there's no overstating the need for nurturing good mental health. "Regular exercises and meditation help with anxiety and stress. Adequate sleep is essential to keep the body and mind robust," Rachna shares.

Vitamins and Health

Celebrity fitness trainer Aakash Mishra swears by the role vitamins play in maintaining a healthy body. "Covid-19 brought about awareness for consumption of healthy food, regular diets and taking care of ourselves. Consuming vitamins regularly and in the right proportions can make a lot of difference in how our body and mind feels," he insists.

There has been enough said of late about the importance of Vitamins D and C in particular. Vitamin D deficiency might lead to decreased functioning of the lungs. Additionally, Vitamin D also supports the immune system, and helps with cell formation. Sunlight is the best source of this crucial vitamin, so a decent hour-long exposure to sunlight is essential for healthy living. Vitamin C, or ascorbic acid, is a water-soluble vitamin well known for its role in benefiting a healthy immune system. "Vitamin C deficiency results in impaired immunity and higher rate of infections. More





importantly, our body cannot produce vitamin C; it is procured from what we consume,” shares Aakash. Some of the best sources of Vitamin C are tomatoes, potatoes, strawberries, green and red bell peppers, broccoli, brussels sprouts and kiwi.

Aakash also swears by a 30-minute daily workout session to help improve overall stamina and lung capacity. “A decent workout session can uplift you for the rest of the day. Yoga, especially *pranayam ‘anulom vilom’* can be a game changer,” Aakash states. Speaking on the importance of additional supplements in order to support the immune system, Aakash says it is always more advisable to opt for probiotics over antibiotics. “Probiotics balance the system better, and garlic, onion, and bananas are dietary fibres that feed on the good bacteria, which helps inculcate microbiome,” adds Aakash.

“Vitamin C deficiency results in impaired immunity and higher rate of infections. Our body cannot produce vitamin C; it is procured from what we consume. Citrus-rich fruits are a good source of Vitamin C.”

Plan your diet

Dietitian Syeda Aziza Fatima from Hyderabad believes that immunity enhancing foods can be found in the pantry of most Indian kitchens. “Foods with good ORAC (Oxygen Radical Absorbance Capacity) include turmeric (*haldi*), cloves (*laung*), cinnamon (*dalchini*), carom seeds (*ajwain*), black seeds (*kalonji*), ginger (*adrak*), basil leaves (*tulsi*), cumin seeds (*jeera*), black pepper (*kali mirch*), and mustard seeds (*rai*),” she lists.

Apart from the regular intake of fibre-rich whole grains such as *jowar*, *bajra*, *agi*, oats and brown rice, protein in the form of chicken, legumes, soy, dry fruits and fish is also necessary. The real need of the hour however, are foods that can nourish your body with vitamins and minerals in abundant quantities. Aziza adds citrus-rich fruits such as orange, sweet lime, grapefruit, gooseberry and papaya to the list of condiments that are a good source of Vitamin C. “For Vitamin D, we must ensure a decent amount of sun exposure each day, and then supplement that with foods such as whole grains, almonds, chickpea and soy milk,” says the dietitian. Vitamin E and minerals, especially zinc, are an essential aspect of our immune system. Seasonal fruits, pumpkin seeds, chia seeds, peas, lentils, guavas and pomegranates are good sources for the same. “To keep yourself healthy and hydrated, I also suggest including probiotics and electrolytes in your diet in the form of yogurt, buttermilk, and ORS,” signs off Aziza.

It is perhaps poignant to remember that there is, as of yet, no cure for COVID-19. And as long as the disease continues to ravage the world, the only protection we have is maintaining good hygiene, keeping our masks on, and boosting our immune systems with as many nutrients as possible. And while a good healthy diet has always been important, it is imminent now, more than ever.



Rachna's Easy Upma

Upma is a favorite breakfast in south india. It is traditionally made with rava . This recipe is a little bit different as it is prepared with vegetables and dalia .

PREP TIME : 10 MINUTES

COOK TIME : 30 MINUTES

CALORIES : 253 kcal

INGREDIENTS

- 1 cup broken wheat couscous or dalia
- 1 onion finely chopped
- 2 tomatoes finely chopped
- 2-3 green chillies slit in half
- 1 sprig curry leaves
- 1 tsp. urad dal split black lentil
- 1 tsp. chana dal split Bengal gram
- 1 tsp. mustard seeds
- 1 tsp. cumin seeds
- 1 tsp. vegetable oil
- ½ tsp. turmeric powder
- Salt to taste
- 1 cup vegetables finely chopped beans, carrots, mushroom
- Garnish
- 1 tbsp. cilantro finely chopped

INSTRUCTIONS

- Heat oil in a pan.
- Add mustard seeds and allow to sputter.
- Add cumin seeds, urad dal and chana dal and fry till golden.
- Add curry leaves and then add onion.
- Saute for about 5 minutes.
- Add split green chillies and tomatoes along with chopped vegetables and saute for 3 minutes.
- Now add broken wheat and fry for about 2-3 minutes. Add about 2 cups of water. Also add turmeric powder and salt. Mix well. Cover and cook.
- It takes about 15-20 minutes for the broken wheat to cook. You may add more water if needed.
- Once cooked, taste and adjust seasoning. Garnish with chopped cilantro leaves and serve hot.

Your upma is ready to serve.

For more such healthy recipes visit WWW.RACHNACOOKS.COM

B eauty with B rains

Former Miss India and actress **Puja Gupta** has a figure to die for. With over 1.1 million followers on social media, every move makes this beauty with the perfect curves an inspiration to many. **Hashtag Magazine** gets an exclusive interview with the bold, hot and sexy Punjabi girl from Delhi who swears by yoga and consistency as the key to a perfect body...

From winning the pageant to movies, modelling and more it's been quite a journey for you over the past decade. What projects are you currently working on now?

Professionally, I've always wanted to explore theatre as a medium. There's a project I'm working on that has been delayed because of Covid but hopefully will be on stage this year. I'm excited about that. There are also several scripts I am reading for OTT projects.

A dog mom, we see a lot of your pooches in your posts as well. Tell us a little about your involvement with Lwiro Primates, and your work for animal protection.

I love animals in general. I have several dogs whom I adore. Lwiro Primates is a rehabilitation centre for chimpanzees. They save the chimpanzees from poachers, help them regain their strength and then release them back into the wild. I'm honoured to be chosen as the face for their brand, because I feel passionately for this cause and want to make a difference. I raise funds for them through my followers on social media and I am hoping to visit the centre in Africa after the pandemic.

OTT is now a big platform with a lot of opportunity, are you looking at any new characters to play?

I would love to play an Avatar sort of role where I get to actually do some martial arts. I have a brown belt in kickboxing and would love to get an opportunity for some of that on screen!

On Fad Diets:

I'm a Punjabi girl from Delhi, who loves food! I haven't ever followed diets and wouldn't recommend them to others.



Since winning the Miss Universe pageant back in 2007 until today, you have managed to maintain a svelte figure. How do you manage to keep fit?

I am a fitness fiend! I have a home yoga, gym and a workout routine that I follow religiously. My main practice is yoga. I have been practising flow yoga for over a decade with my guru Dattatray Kudekar, who's quite amazing and has even trained the Russian Prime Minister Putin. I'm consistent with my practice and put in at least an hour, because I truly believe that practice makes you perfect. It takes both practice and determination, which in turn teaches me patience. That's the core of my fitness journey and I'm still learning.

What does your average diet consist of? There are so many theories on nutrition, what is your take on it?

I don't believe in diets really. I prefer other methods like portion control and that works really well for my body. There's enough awareness for everyone now on what is beneficial for the body and what is simply for pleasure. Harsh diets I feel, usually end up as self-destructive, because they are hard to sustain and people lose hope. I start my day with a protein packed breakfast and then I eat whatever I want, but always control the portions.

What are your top 5 fitness rules?

1. Remember that fitness is not just about looking good, it's also about feeling good and having enough energy to do all that you want in your day, effectively
2. Get enough rest. A good night's sleep is essential. In the lockdown many people's sleep patterns have got affected – this can harm your long term wellbeing, so make sure you rest.
3. Workout religiously. Make it your anchor. Put aside at least an hour a day, and do it!
4. Hydrate: Drink enough water every day. Our bodies are mostly made up of water and when we lose this it is important to replenish.
5. Make good food choices. Don't expect a miracle in a day, give yourself time to become the best version of you!



Quick Take :

One fitness mantra you can't go wrong with
Portion control with food

On cheat days
I eat Maggie

Any fitness writer/influencer you look up to
My guru is my inspiration Dattatray Kudekar. Humble and simple, he is my inspiration for fitness.

How do you control binge eating?
Intermittent fasting - I fast for 16 hours so I stop eating after 8 pm and that has helped me a lot with binge eating at night.

Any quick fixes for weight loss
I wish, but quick also goes fast so be careful

Hottest actor in the industry
Hrithik Roshan

Hash#ag INDIA

INDIA'S FIRST INTERACTIVE MAGAZINE

GET YOUR BRAND FEATURED...

Get your brand featured in India's first interactive magazine - Hashtag India that provides users with an eclectic mix of art, music and lifestyle content in a digital magazine that is shrouded with interactive features. We also invite freelance writers/ experts/ bloggers to contribute articles and reach out to readers across the globe.



- ✓ Travel & Lifestyle
- ✓ Fashion
- ✓ Fitness & Beauty
- ✓ Movies & Entertainment
- ✓ Reviews
- ✓ Start-up stories
- ✓ Coupons, Marketplace & much more



Change the way you read...

India's first interactive digital magazine- Hashtag India provides users with an eclectic mix of art, music and lifestyle content in a digital magazine that is shrouded with interactive features. Make your way through the endless pages of visual content and click through to shop directly for featured items. The engaging content is delivered through state-of-the-art technology platforms and is available to subscribers on the web, iPad and Android tablets.



contact@hashtagmagazine.in



www.hashtagmagazine.in



62690 00666

Clear Aligners for Your Dental Fix



Dental braces can be a painful phase in a teenager's life. A good number of youngsters often feel self-conscious when they're required to put on braces in order to fix teeth alignment. Clear aligners have been doing the rounds in recent times as a viable alternative to traditional braces. **Dr Amit Sachdeva** BDS, MDS (Orthodontics) shares the good, the bad and the ugly about this technology with readers of **Hashtag India**

Much like traditional braces, invisalign aligners work by slowly moving the position of your teeth. They can be used for different kinds of misalignments like gaps between teeth, crooked teeth, forwardly placed teeth, or rotated teeth to help you achieve your desired smile. While there are many options available in market, there are a few questions to be strongly considered as a parent:

1. How many patients have been treated successfully with a particular brand?
2. Is it approved by the United States Food and Drug Administration (FDA)?
3. Are there any shortcomings or side effects?
4. Can the clear aligner treat complex cases as seen in teenagers?

In most cases clear aligners can be used from any age between 13 to 65 years. Invisalign has a successful database of treating 10million+ patients all over the world. These removable aligners have to be used for 20 hours in a day. Unlike fixed braces which may hurt the soft tissues of the mouth due to the wires present, invisalign teen aligners are made of patented softrack material which is extremely comfortable for the mouth. The material also takes care of gum and bone health, and is a lot easier to maintain than traditional braces. The treatment may last from 6months to 18 months depending upon the severity of the alignment issues.

The advancement in technology has left its mark on the dental arena too, and the invisalign iTero scanner has the ability to visualise the final outcome of the treatment, making it an enticing option for many. The rest of the process is also smooth enough, not requiring too many repeat visits to the dentist; you can make do with online consultations if and when required. And while braces come with a pesky list of things you can't eat, teen aligners come with no such restrictions, leaving you free to gorge on your favourite meals.

Free Oxygen Concentrator



CONTACT
63097 62801
MOHD SUJATULLAH

Note: Deposit and Doctor's Prescription is mandatory for all

Terms and Conditions:

- Deposit of 25000/- to be kept as security and is refundable upon return within timeline.
- Doctor's latest prescription mentioning Oxygen supply is required.
- Two Id Proofs to be deposited (Aadhar copy and RC of vehicle).
- For any damage, amount will be deducted from deposit.
- Oxygen concentrator should NOT be transferred or given to any other person other than the assigned patient.
- Patient with SPO2 (saturation level) below 85 can't avail this facility.

NOTE : This service is only Available for Hyderabad

website : www.hffhyd.com

Published on 23rd May 2021

GET VACCINATED HERE!

Radisson
HYDERABAD
HITEC CITY

IT'S OUR PLEASURE TO SERVE YOU

VACCINATION PACKAGE

RS. 2999/-*

INCLUSIONS

- Comfortable stay
- Vaccination by experts from a renowned hospital
- Enjoy a healthy breakfast & dinner (Included in package)
- Clinical consultation on request
- Wi-Fi available



+91 9246890797

How safe is mask-to-mask kissing in a PARTIALLY VACCINATED WORLD?



Mask-to-mask kisses have become a new trend, freshly emerged from the west. Many celebrities have been spotted kissing publicly with their masks on. Recently Kamala Harris, Vice President of the United States and second gentleman Doug Emhoff kissed before heading their separate ways on flights with their masks on. **Hashtag India** gets you some expert opinion on how safe or otherwise mask-to-mask kissing actually is.

Spillsvilla and *Khatron Ke Khiladi 11* contestant Varun Sood kissed his girlfriend Divya Agarwal at the Mumbai airport with a mask on as he was leaving for Cape Town, South Africa for the competition. Since last year, all the experts, doctors, and medical practitioners have suggested that the best way to keep the deadly virus at bay is to avoid making physical relations with people outside their homes.



Dr Shweta Goswami, Senior Consultant IVF from Jaypee Hospital, is of the opinion that conditions in India are a world apart from those in the US right now. "In the United States, a large part of the population is now vaccinated, but in India, we are yet to see the deadly second wave peaking, even as the virus continues to mutate. Even vaccines cannot offer 100% protection, and hence, we should not drop our guards at this point in time," she shares.



New Delhi-based gynaecologist, Dr Anubha Singh agrees, and stressing on the importance of proper mutual masking, she adds, "A mask protects the other person in how it limits the spread of your respiratory droplets. For masks to truly reduce the risks of getting COVID-19, mutual masking is necessary."

The consequences of dropping mask etiquette and kissing publicly can go beyond one person getting COVID-19. Dr. Shobha Gupta explained, "It's very dangerous as the outer surface of the mask has the maximum germs. Close contact with a mask on could be risky. Hence, I would advise avoiding face-to-face contact or closeness." The experts all warn against the transmission of aerosols that might take place if you attempt mask-to-mask kissing.

COVID-19 transmission risk would also be impacted by a number of other factors, such as the degree of face-to-face contact and how fatal the infection is. Right now, there just isn't enough data to be definitive, but it is advisable to have some more patience and maintain distance. Avoid kissing, hugging in public places and prioritise your health and the safety of others too.

Hare Krishna Movement

**Introducing Home Delivery
Meals for Families and
Individuals.**

SATVIK MEAL BOX

Cooked and Delivered following COVID-19 Protocol

**Healthy, Hygienic,
Homely Food.**

3 Meals @ Rs. 200 /-

7 days / 14 days package available.

Doorstep Delivery. Delivery charges as applicable.

For Orders Call 9666611108/ 966676 2108



Beyond Beauty- **Avika Gor** on settling in your skin

Lipika Varma gets an exclusive interview with actor Avika Gor, who gets talking about her long journey to becoming fit, eating healthy, and taking the internet by storm with one single sizzling click.

What is your fitness mantra?

I don't have any particular fitness mantra, because I am really lazy (chuckles). At one point, I did not respect my body enough but now I understand that being fit isn't about being slim, it's just about feeling better. Now that I'm eating better I have been noticing a lot of difference emotionally and physically too. I can notice the difference in my skin; it's glowing and I feel peppy. The day you decide to be fit, nothing can stop you. There was a time I saw myself and felt unhappy. I never thought I looked good but now when I look at myself I have that feeling that I didn't see my own potential. I feel sorry about that.

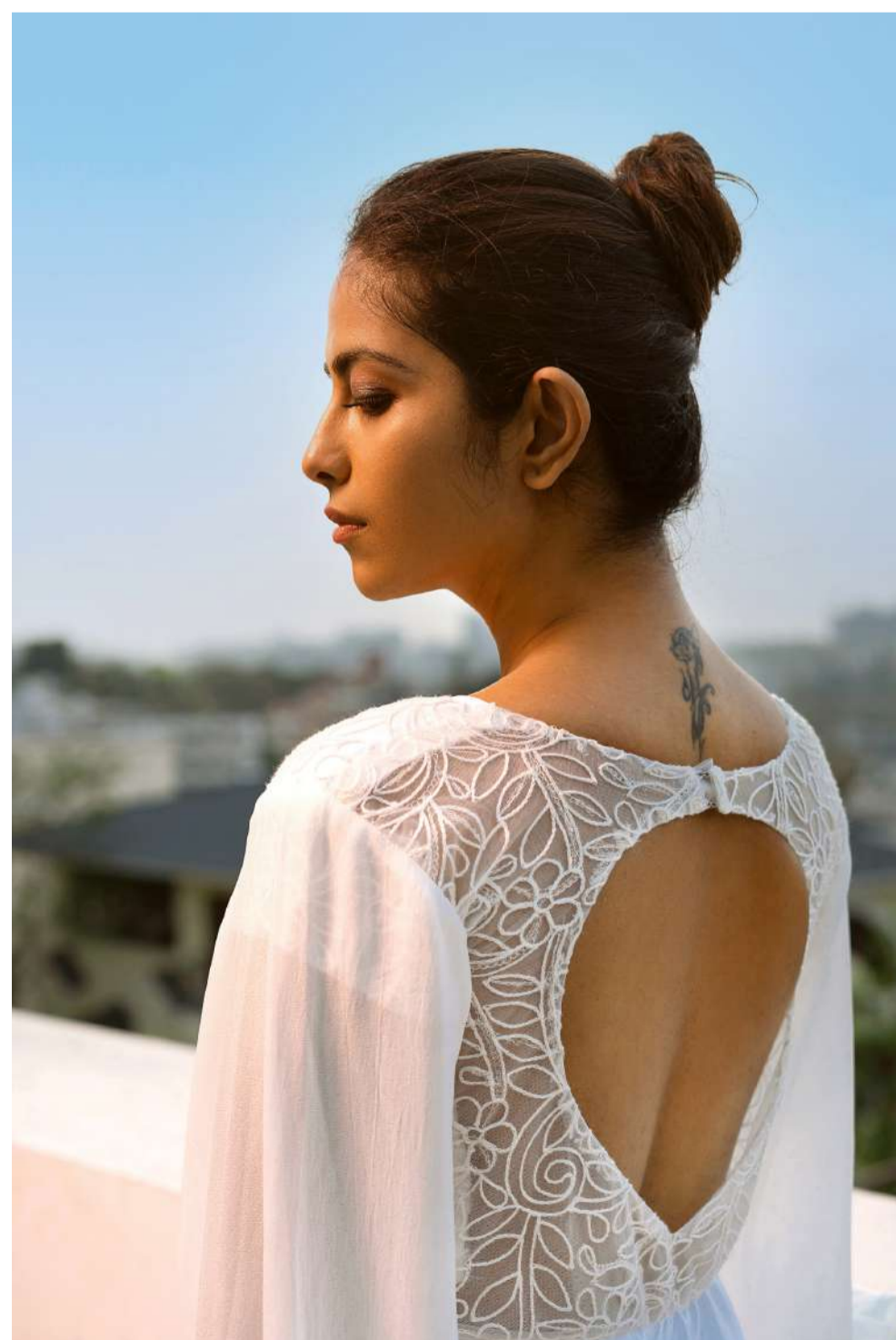
“Nothing wrong with wanting to show off your body”

What was the weight-loss experience like for you?

It took a lot of time in my case. I followed no diet mantra. I just did that balancing act with the calories. How much ever eat, you need to burn. That is what excited me and I did that. I get bored of things easily so every day I would do different things, right from yoga to pilates to boxing, running, cardio, and weights. My fiancé Milind Chandwani made sure I do different things, so I don't get bored. I was quite saddened after working for almost one year. There was no noticeable weight loss. My body had become rigid. I ate home cooked food- dal- rice hence weight loss was going at a slow pace. I wanted my body to get used to my eating pattern. It builds muscles as I don't diet. My workouts involve less cardio. My parents would cajole me to continue with the exercises. I had almost given up, but because of their advice I tried to remain patient and kept at it. I decided to give myself a little more time.

How has the reaction been from your supporters, and how crucial is that for you?

Everyone liked my transformation. I mentioned my weight loss wasn't done on diet. Thus weight loss did not give me any weakness. Usually weight loss gives weakness to a lot of people. I remember people warning me about the weakness. I did not want to follow unhealthy ways. Whatever pictures I posted on social media, I don't look weak. So my fans were not posting any negative comments, they were appreciative of it. My captions on the pictures worked for me. When I started sharing my pictures, I honestly spoke about everything I went through.





You took Instagram by storm with your click in a swimsuit? What was that moment all about?

I just had one picture clicked during a vacation and posted it. It wasn't planned. Nothing wrong with wanting to show off your body. It's not about flaunting; it's about being comfortable in any kind of attire. When you have no doubts about your persona you can go ahead clicking pictures. I am so comfortable in my skin, that these days while taking a flight I do not wear any makeup. It's as good if you are proud of something you don't mind showing it.



What's your take on artificial methods to enhance one's look?

I have personally done nothing artificial like a lip job or anything in order to look different. When I see my own photographs that show me before and after, I believe the transformation isn't just because of the weight loss, it's also because my habits have changed. I've been especially careful with what I eat. They say you are what you eat, and I really believe in that now.

How has the experience been like working in the industry in the South?

Down south, kilos aren't an issue. Even now, the director of a movie I shot before lockdown told me, 'Please put on weight.' I told him, 'Now that I have lost weight, please don't tell me that.'

Back to the Basics: 5 Must-Have Products in Your Makeup Kit

Snigdha Polapragada (@snigdhapv), a Digital Creator with over 20K followers, in conversation with **Avanthika Reddy** shares five makeup tips and suggestions that she personally finds effective.



Instagrammer Snigdha Polapragada was alien to the concept of makeup up until Lockdown 2020. Tied up at home like everyone else, she binged on makeup tutorials, tried and tested some products and finally, she began conjuring some tips of her own. "I liked makeup before the lockdown, but I was never too familiar with the nitty-gritties of it all. The lockdown changed that, though," says Snigdha.

From the legions of makeup tutorial videos up on social media, one can always stumble on a style and an artist that works best. Snigdha believes in a thorough skin care routine that can support and enhance a decent makeup session. "With makeup, what I have learned is that less is more. The makeup itself will only shine through if you've managed to maintain a good skincare routine with products that work well for you. Making sure that the routine actually has purpose, and isn't just a product line-up is important," stresses Snigdha.

Here's Snigdha's list of 5 must-haves in your kit:



1. Maybelline Age Rewind Concealer: My first recommendation would be a full coverage concealer. A concealer is a genius fix for dark eyes, spots and pigmentation. I swear by the Age Rewind Concealer from Maybelline because it provides a wonderful, smooth finish.
2. Anastasia Beverly Hills Brow Kit: Up next would be an eyebrow pencil with a spoolie brush! Perfectly done eyebrows can make or break the look, and the brow kit from Anastasia Beverly Hills will help you make a clean job out of it.
3. Maybelline Duo Stick: Who doesn't like a sharp nose? The good ol' highlighter and contour duo stick is what I religiously use to give sharp lines and a chiseled shape to my nose and jawline.
4. Mac Powder Blush or Cheek Tints by Ilana and Daughter Earth: Sun-kissed look? Check! A couple sweeps of blush or tint on your cheeks and nose would lend a natural, warm finish.
5. Colossal Voluminous Mascara: Finally, a good mascara can enhance your entire look. A voluminous mascara defines your eyelashes and makes your makeup stand out, making sure you grab those eyeballs easy.

COVID-19 MENTAL HEALTH Helpline
8297488444, 8297499444
/ArogyaAndhra /arogya_andhra

Introducing CAREWAGON PTV SERVICES
Services Offered: Patient Transportation from Home to Hospital, Quarantine Centers, Vaccination Centers, Diagnostic Centers & Vice Versa.
Available for Covid Patients and Non Covid Patients
SCAN TO GET IN TOUCH
HELP LINE: 98853 54321
Packages starting @ ₹ 2,999*
Note: This is not an Ambulance with Paramedical Support
ptv@carewagon.in

Hopping onto HERBAL TEAS

Herbal teas are all the rage these days with people becoming increasingly health-conscious thanks to the ongoing pandemic. **Hashtag India** gets you some expert insight into this new fad with dietitian **B. Vaishnavi Satheesh**, and lists out some cool recipes for you to try.



Herbal teas are beverages made with the process of infusion or decoction of herbs or spices in hot water. The word tisane is usually used to refer to herbal tea, because these teas are non-caffeinated. While most herbal teas are beneficial for health, they are some which pose some ill-effects. In today's pandemic days, herbal teas are getting some spotlight, and are believed to build immunity, reduce weight, and much more. Thus it has become a trend to have a sip of herbal tea every morning.

Here are some interesting tisane recipes you can try:

Hibiscus tea

Hibiscus tea is a herbal tea that is made from the infusion of deep magenta coloured hibiscus petals. The tea is prepared by steeping 1.25gm of the dried flower petals into $\frac{3}{4}$ cup of water, and bringing it to a boil for 5-10 minutes. This tea is effective in the treatment of hypertension, weight loss and boosts liver health. Several studies claim that the polyphenols present in the plant possess an anti-cancer property. The best time to consume hibiscus tea is after your dinner. This is because the flavonoids present in the flower have the ability to reduce fat absorption, thus sipping the tea after dinner aids your body not to cling on to the excess fat deposition.



Chamomile tea

Chamomile tea is a herbal infusion of the chamomile flowers, which is an herb that belongs to the daisy family. These chamomile flowers are reported to produce calm in an anxious mind and also settle the stomach. Chamomile tea is prepared by mixing the fresh chamomile flowers in hot water and it is allowed to infuse for two to three minutes. Adding honey would improve its quality. This tea helps with diabetes and menstrual pain. The anti-inflammatory property is a good remedy for long term inflammations such as auto-immune disorders, gastrointestinal problems and so on. This tea can be consumed at any time of the day, but it is mostly recommended during evenings due to its relaxing properties.

Fenugreek Tea

Fenugreek is an important spice in South Indian kitchen pantry. Fenugreek seeds are thought to work well for breastfeeding moms. One can drink fenugreek tea up to three times a day. Dry roast the methi seeds and grind into a grainy form. Boil water and add the seeds. Rest the extract for a few minutes. Sift the tea and enjoy. You can add basil leaves or regular tea leaves for taste. Adding a teaspoon of honey would improve its flavour and nutritional profile. Do try fenugreek tea if you are tackling diabetes.

Peppermint tea

This tea has gained popularity due to its antimicrobial and antiviral properties. It is effective in fighting infections and thus benefiting your immune system. Boil two cups of water and add 15-20 fresh mint leaves. Turn off the flame. Allow this mixture to rest for 5-10 minutes. Strain and enjoy the tea. A tea after a meal aids in digestion, while a tea at evenings and nights may boost your energy and relax your mind respectively.

Cinnamon tea

Cinnamon, one among the most flavorsome spices, helps in treating many major disorders like obesity, diabetes and so on. The preparation being very simple, this tea has acquired popularity. Place a cinnamon stick in a mug. Add boiling water into the mug and cover it and let it steep for a few minutes. Add a tea bag and let it rest. After a few minutes, take out the stick and tea bag, and enjoy the tea. To improve its medicinal property, one can add ginger, honey and other spices like black pepper.



Turmeric tea

Turmeric is an important spice that has proven health benefits, and is known to improve immunity. Turmeric is rich in curcumin, a nutritive component which has low bioavailability. The ideal way to make turmeric tea is to brew a grated turmeric root. Turmeric helps in reducing arthritis symptoms, reduces the risk of cardiovascular disorders, treats irritable bowel syndrome, and boosts immune function. To brew this tea, boil four cups of water and add a few gratings of turmeric root (1-2 teaspoons of powder). Simmer and allow it to boil for a few minutes. Strain and enjoy the tea. To improve its medicinal quality, addition of black pepper powder, honey, ginger or lime is recommended.



Matcha tea

Matcha tea is a Japanese green tea powder, made with finely dried tea leaves. Despite its slight bitter taste, it has gained much popularity in the health industry. When you make matcha tea, remember to whisk the tea powder in hot water or milk. This tea helps in lowering blood pressure, reducing the risk of heart disease, and boosting metabolism. The antioxidants present in the tea have proven to provide significant benefits to one's health. And to add to its nutritional quality, this tea is absolutely caffeine-free. I personally recommend my clients to enjoy matcha tea with a few drops of maple syrup.



Tisane to the Rescue:

- Protects the body from aging.
- Reduces nausea
- Promotes relaxation and induces sleep
- Relief from cold and cough
- Reduces inflammation
- Cleans the kidney and other vital organs
- Aids in digestion

Hash#ag INDIA



Subscribe for free

Visit:

www.hashtagmagazine.in

SUBSCRIBE

BENGALURU RESTAURANTS LEND A HAND

The deadly second wave of the coronavirus has left the restaurant industry in a lurch and business that was just picking up is hit again. Restaurants in Bengaluru have come up with a novel way to keep these blues at bay, and help the community in these distressing times. **Bindu Gopal Rao** discovers...

On 27th April Chef Manu Chandra, Chef Partner Olive Group of restaurants made an announcement on his Instagram handle that was a reality check for the survival of the restaurant industry. In a gist he stressed the importance of ordering directly from restaurants as the only way patrons can support the industry that has always typically been a place where everyone celebrated special occasions. It is now time to support the industry and in Bengaluru that is seeing a surge in cases, it becomes more important to do your bit to save restaurants. We list some restaurants that are not just doing their bit to help in this crisis but also have launched special menus.



Café Reset

Café Reset Koramangala has launched a special menu for COVID patients and their families. The meals offered are healthy and holistic which helps in faster recovery and building immunity. Anyone looking for healthy and nourishing meals can call the café directly, Dunzo it or order through Zomato. They have both south Indian and north Indian options and prices are subsidised. Breakfast options include Ragi Set Dosa, Millets Upma and Masala Omelettes.

Price: between Rs 80 - Rs. 150.

Orders: Call 063606 54040



Patios – Progressive vegetarian kitchen

Patios have launched 14-day food packs for the needy. The best part is that they make homely phulkas, subzi, salad, daal and rice, which does not make you feel like eating restaurant food every day.

Price: Free for the people who need it, and if you wish to pay, it is priced at Rs. 149 per box.

Orders: Order on Zomato or direct delivery in South Bengaluru via Dunzo. Call 8884999805 or 08026548805.



Esplanade

The popular Bengali restaurant Esplanade has started their own delivery since last year because of the challenges brought forth by the pandemic. The menu consists of authentic, traditional dishes and the crowd's favourite Dhakai Biryani, a *Nawabhi* style biryani with a Bengali twist all the way from the City of Joy to *Namma* Bengaluru.

Price: Starts from Rs. 225

Orders: Whatsapp for direct delivery on 08040927878 or 7204636284



Lazy Suzy

LazySuzy is a restaurant in Indiranagar, offering pastries, bread, sandwiches, salads, and beverages. The cafe offers world cuisine and the menu has been designed by owner and chef Udayshankar Shenoy, who functions on a philosophy of simplicity detailed with perfection. The current menu has been curated to offer popular cuisines and dishes from across the globe so people don't miss out on the food even though they cannot travel. The menu is available on their Instagram page @lazysuzyblr

Price: Starts from Rs.250

Orders: To order call on 08025272737 and 9886877665



Geist Brewing Factory

From April 26th Geist Brewing Factory have been making 20 extra portions of their daily vegetarian lunch (*dal, palya/sabji and rice*) and having them available for home delivery on weekdays to COVID-19 patients who live within 4 km of the Geist Brewing Factory in Nimbekaipura/Hoskote. The meals need to be reserved and are free.

Price: Free

Orders: Call Drona on +91 8861557576 by 8:00 am (Mon - Fri).



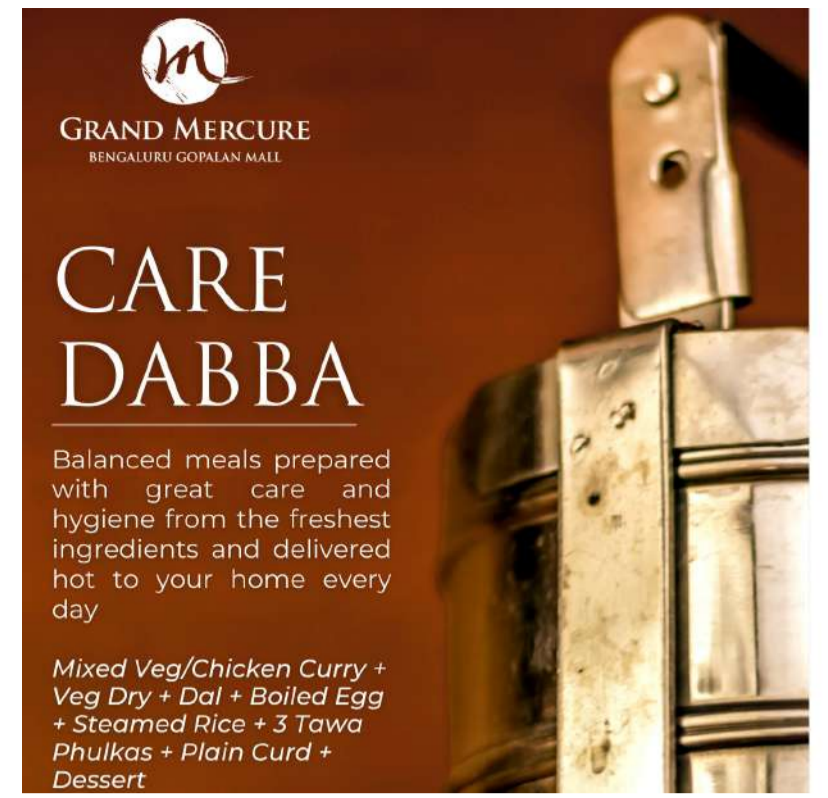
Asia Alive, Double-Tree Suites by Hilton Bengaluru

Over the course of the past year, DoubleTree Suites by Hilton Bengaluru's delivery format has changed with a shift to deliver to individual households. The menu includes popular items and Chef Specials' from Asia Alive such as Chicken 65, Fish Fingers, and Veg Manchurian. For appetisers, they offer veg and non-veg options in burgers, sandwiches and wraps, Thai and Chinese cuisine, Indian staples such as Biryani, Chicken Chettinad, Paneer Makhani to name a few along with delectable desserts. They also create special menus during festivals or holidays so guests sitting at home can still enjoy great food without compromising on their safety.

Price: INR 195 + taxes onwards.

Orders: Phone/ Whatsapp: +91 9606 082 301;

Email: BLROR_FB@hilton.com
On Swiggy and Zomato



Grand Mercure Bengaluru At Gopalan Mall's The "Care Dabba" Initiative

In light of the current scenario, Grand Mercure Bengaluru at Gopalan Mall has launched 'Care Dabba,' a Covid care meal subscription plan. The initiative targets on providing healthy balanced meals to quarantined individuals at a subsidised price. The vegetables are sourced from organic farms and the menu has been carefully designed to cater to daily nutritional requirements. Meal Box includes Mixed Veg/Chicken Curry + Veg Dry + Dal + Boiled Egg + Steamed Rice + 3 Tawa Phulkas + Plain Curd + Dessert

Price: starting at INR 2100

Orders: +91 95132 8992



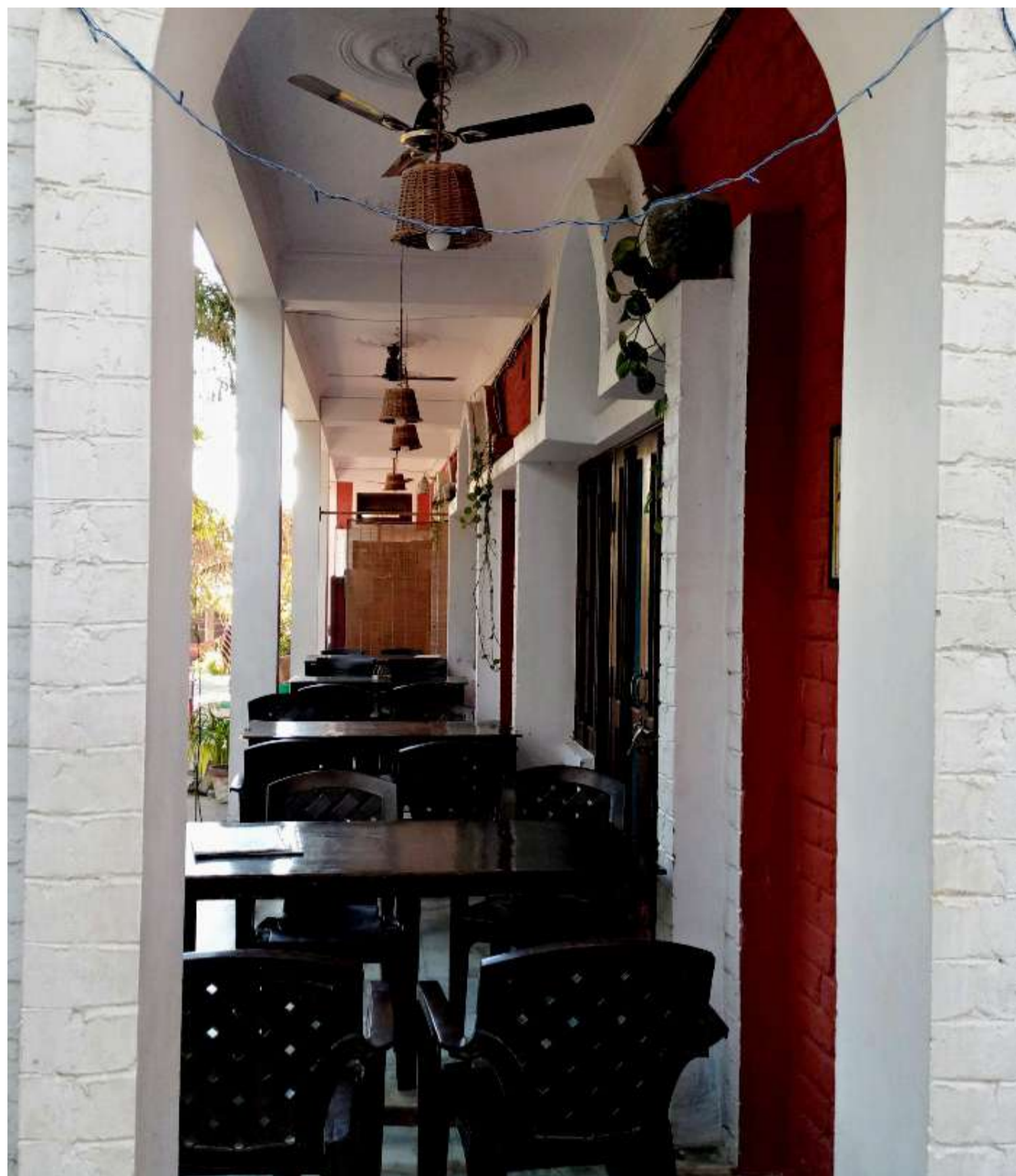
Olive Beach

Chef Manu Chandra's bespoke menu offers old-fashioned tasty food that you can eat from the comfort of your home, relishing the integrity and top-notch ingredients in every morsel. This is food prepared by him directly for you and is also a tribute to those who have taught him. Quantities are limited as it is with any bespoke, curated menu. You will need to Whatsapp, pay and Dunzo the food

Price: : Rs. 295 onwards

Orders: @obblr

Leisurely breakfast at Ira's Kitchen Tearoom



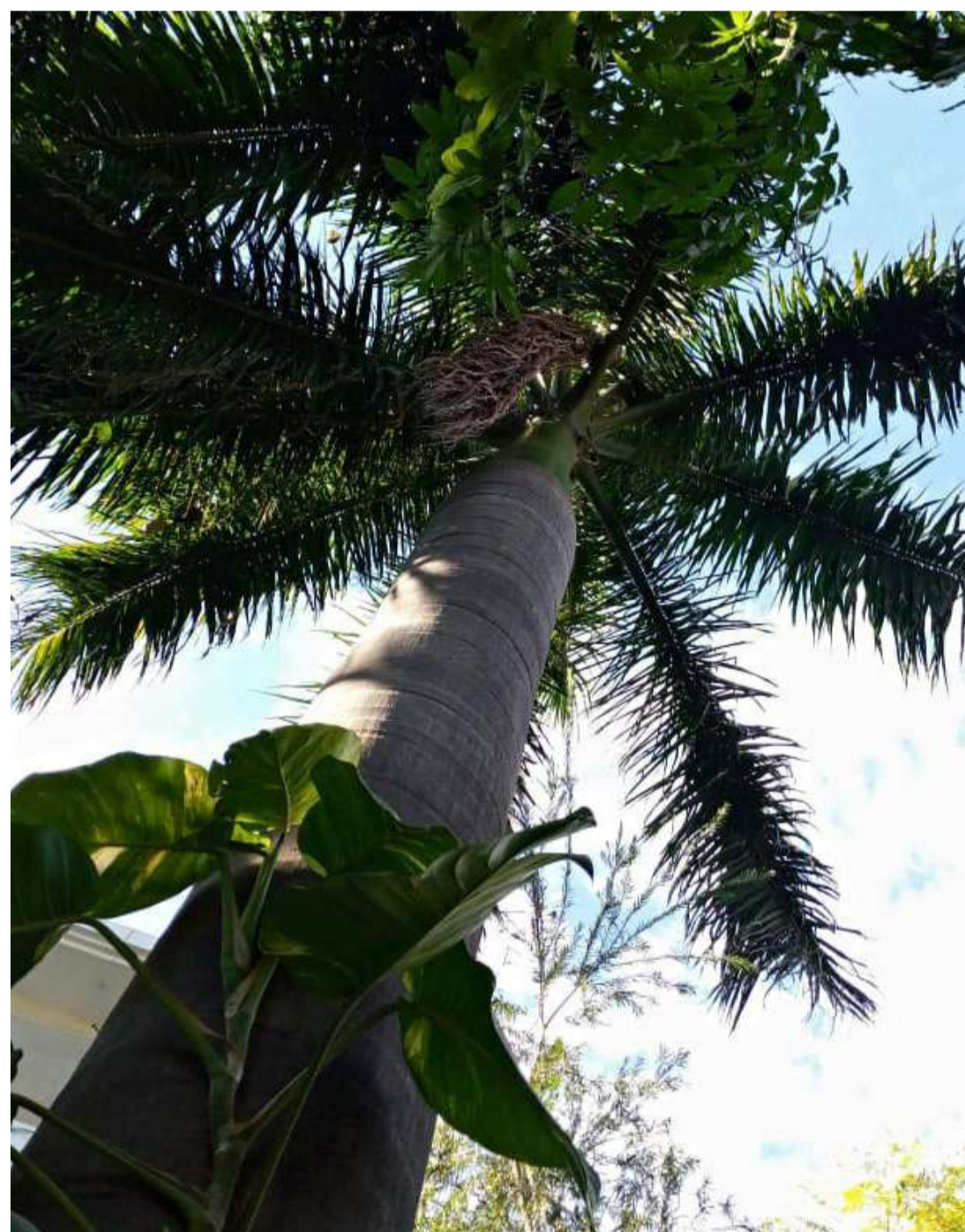
Looking to find a fulfilling breakfast in Rishikesh? Ira's Kitchen and Tearoom presents you with some mouthwatering staples served with a twist. **Nikita Biswas** and **Abhishek Dubey** have a taste.

We sat on the open bench. There were travellers like us, busy enjoying the delicious looking breakfast and healthy conversation. We ordered Bread Toast, Masala Egg Bhurji and the mandatory Masala tea.

The breakfast arrived in some time and every bite of the richly toasted bread and Spiced Egg Bhurji graced our palette. The Masala Chai, sweetened with powdered jaggery instead of sugar, added to the rich taste of the spicy Bhurji. Some other options for breakfast include pancakes, tea fusions, juice, and porridge.

Rishikesh is the land of travellers and they have some great cafes and restaurants. The concepts, art and infrastructure of the cafes exude positive vibes and enamored feeling.

Located in the bylanes behind Balak Nath Mandir, Ira's Kitchen and Tearoom is a beautiful small cafe in Rishikesh. The red and white walls and the modern seating lend it an artistic touch. Out for a nice, open cafe, we stumbled upon this quaint establishment.



The place is spick and span. The staff is friendly in nature. Exchange of smiles will make your day as a traveller. We finished our breakfast and a quality time at Ira's kitchen and Tearoom which is a hit among the foreigners as well.

Location –

Address: Ira's Kitchen and Tearoom, Near Balaknath Mandir, Tapovan, Rishikesh

Timings: 7:30am to 2pm

Cost for two – Rs. 450(approx.)

FUSION SWEETS TO SALVAGE YOUR GIFTING CONUNDRUM

A quirky mix of Indian and western delicacies come intricately wrapped from Delhi-based Saffron Gourmet. **Juveria Tabassum** finds out more about the enterprise...

Akansha Kohli is not fond of traditional Indian *mithais*. And nor do western desserts appeal to her. Based out of Delhi, the 28-year-old decided to take matters into her own hands and concoct a perfect mix of both cuisines, and sell them to willing buyers. Such was the origin story behind Saffron Gourmet. The brand offers what Akansha calls "fusion" sweets and savories, decorously packaged, making them an ideal solution for your gifting fix. "My husband is associated with the weddings industry, and we identified scope for a one-stop solution for gifting at these occasions," shares Akansha about the idea behind the project.

Saffron Gourmet began online sales via Instagram in July 2020, with eccentric-sounding sweets and *namkeens* on the menu such as vanilla-flavoured *kaju katli* and *bhujia* tarts. Operating out of their base kitchen in Delhi, Akansha guides her in-house chefs in the process of creating these recipes which seem to have found takers among elders and millennials alike. "We might be cooking up things that sound quirky, but we are as particular about taste as any other brand. We carefully curate and test our recipes, and take feedback from friends and customers before putting them up on the roster," says the entrepreneur. A couple of bestsellers have been the rosewater-infused grilled almond *sag*, and the saffron *khalakhand*.



Akansha Kohli

Gourmet Picks for the Summer:

- Bhujia tarts - flavoured with saffron, pineapple and rose.
- Dried rose with nutty delights- a slab of premium nuts infused with rose water; makes for a healthy munching option.
- Beetroot pedas - traditional pedas with a punch of tangy beets.

The packaging is also another strong point, designed around the season and the occasion. For example, the Diwali hampers last year came with a gift, so the customers wouldn't have to bother getting one themselves. And while Akansha says that being an entrepreneur has been a challenging task, especially as a new mother, she still has plans to venture into retail, and set up a store in South Delhi some time late this year.

Instagram: @saffron_gourmetfoods
Tel: 9999665060
Price Range: Rs 1,200 onwards



Kandala Vari
Mudda Pappu
Brahmin Food

Covid Quarantine Thali

We are your Family. With you, in your needs




Serves you Hygiene, Healthy, Pure vegetarian Food (no onion, No Garlic)

Meal for 1 Rs.130/-	Meal for 2 Rs.200/-
2 - Curries	2- Curries
1 - Dal	1 - Dal
1 - Sambhar	1 - Sambhar
1 - Plain Rice	1 - Plain Rice
1 - Curd	1 - Curd
3 - Phulka	6 - Phulka
1 - Chutney	1 - Chutney
Rs.1400 /-	Rs.2520 /-

Note : 14 days quarantine package

Available for Lunch & Dinner

Contact us for Pre-booking **9100230888**

Order Online -   

Delivery charges applicable

Wear Mask, Use Sanitizer, Follow Social Distance & Stay Safe

www.muddapappu.com @ /Kandala Vari Mudda Pappu

#GharJaisaKhana

Home's
Kitchen

Safe & Homely
Quarantine Meals
With Contactless Delivery
To Your Doorstep!



Call Us At:
(+91) 91210 06852
040-42606852



Tech Comes TO THE RESCUE

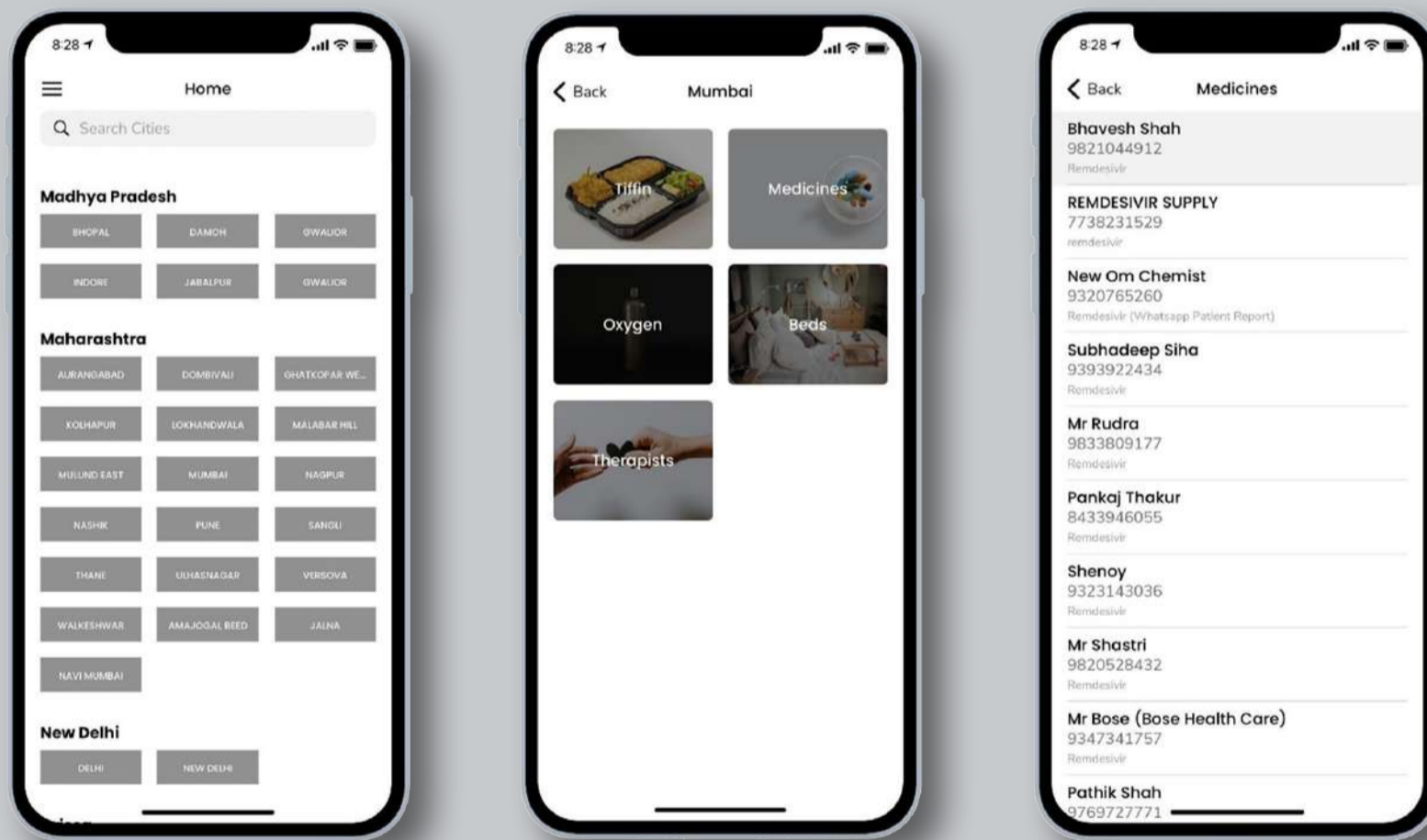


The COVID-19 pandemic has been taking an incalculable toll on the people of India this year. Just when we thought the worst was past us at the end of 2020, the second wave of the pandemic has caught everyone unawares, and put several systems of the society out of gear. The common man, grappling with sickness and helplessness has been running from pillar to post trying to source healthcare utilities which have become more precious than gold.

Times like these have brought out the best of humanity. Everyday we encounter strangers coming to each other's rescue, just to save a life, compiling and verifying lists of resources and reaching out to those in need. **Aniket Pandey** lists some apps and websites that have been supporting these initiatives.

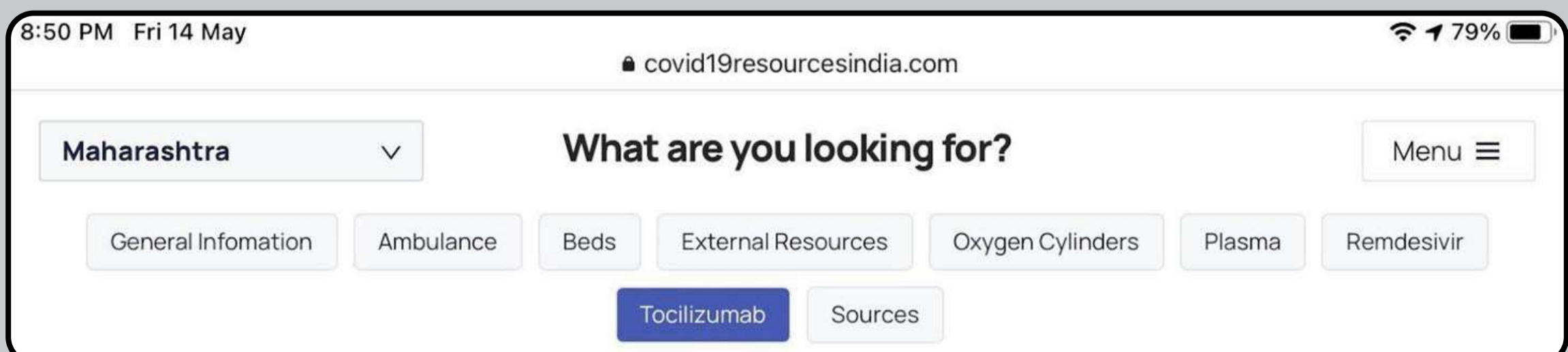
covidresource.glideapp.io

Now this is a very useful web application which will help you find all the useful contact numbers of people who can provide you resources such as food tiffin services for COVID patients, medicines, oxygen and hospital beds and you can search this according to your state and city.



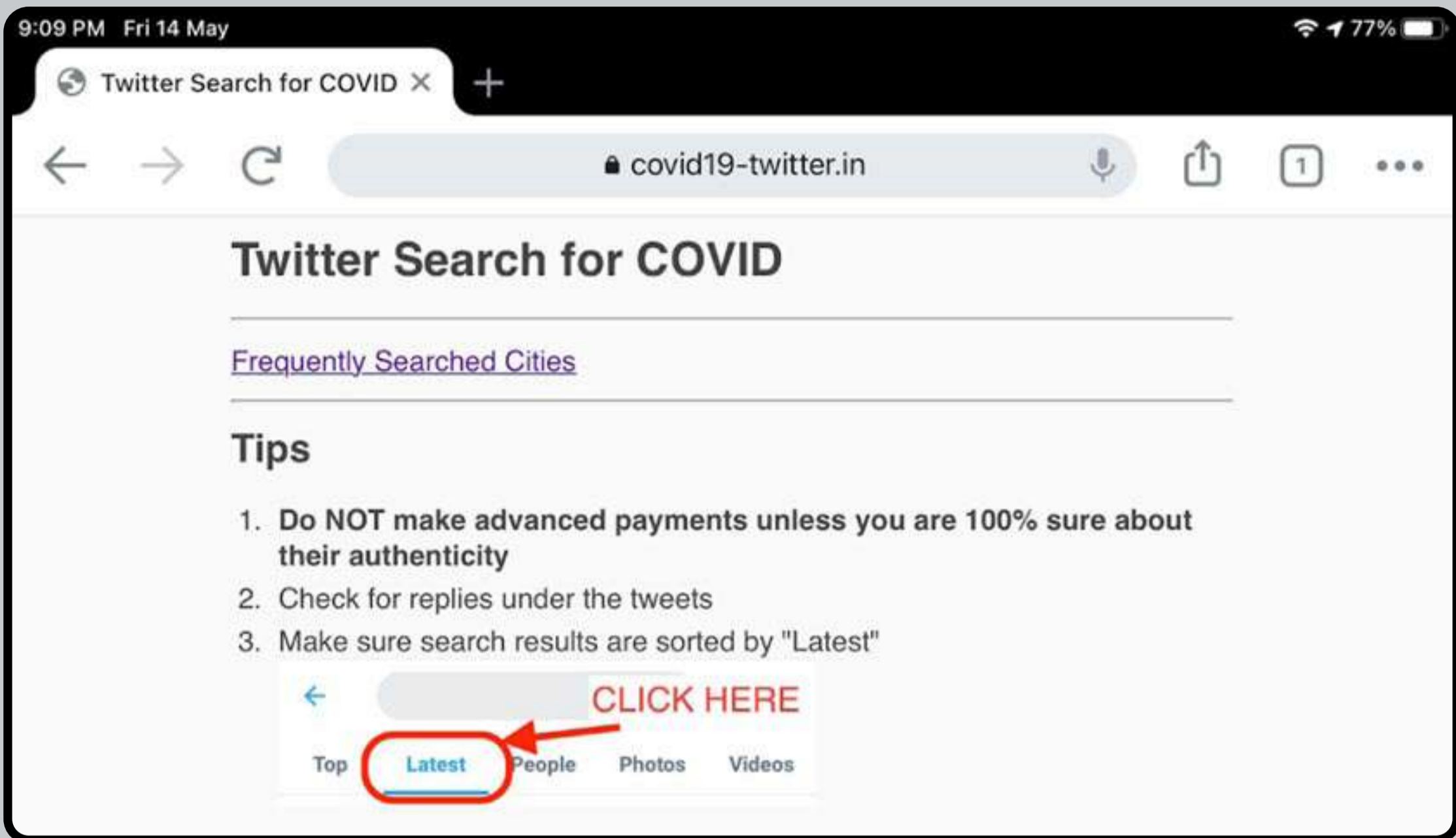
covid19resourcesindia.com

This is a website which provides information about some additional resources such as oxygen cylinders, plasma, and drugs such as Remedesivir, Tocilizumab, among others. You can search according to your state and get required addresses and contact numbers.



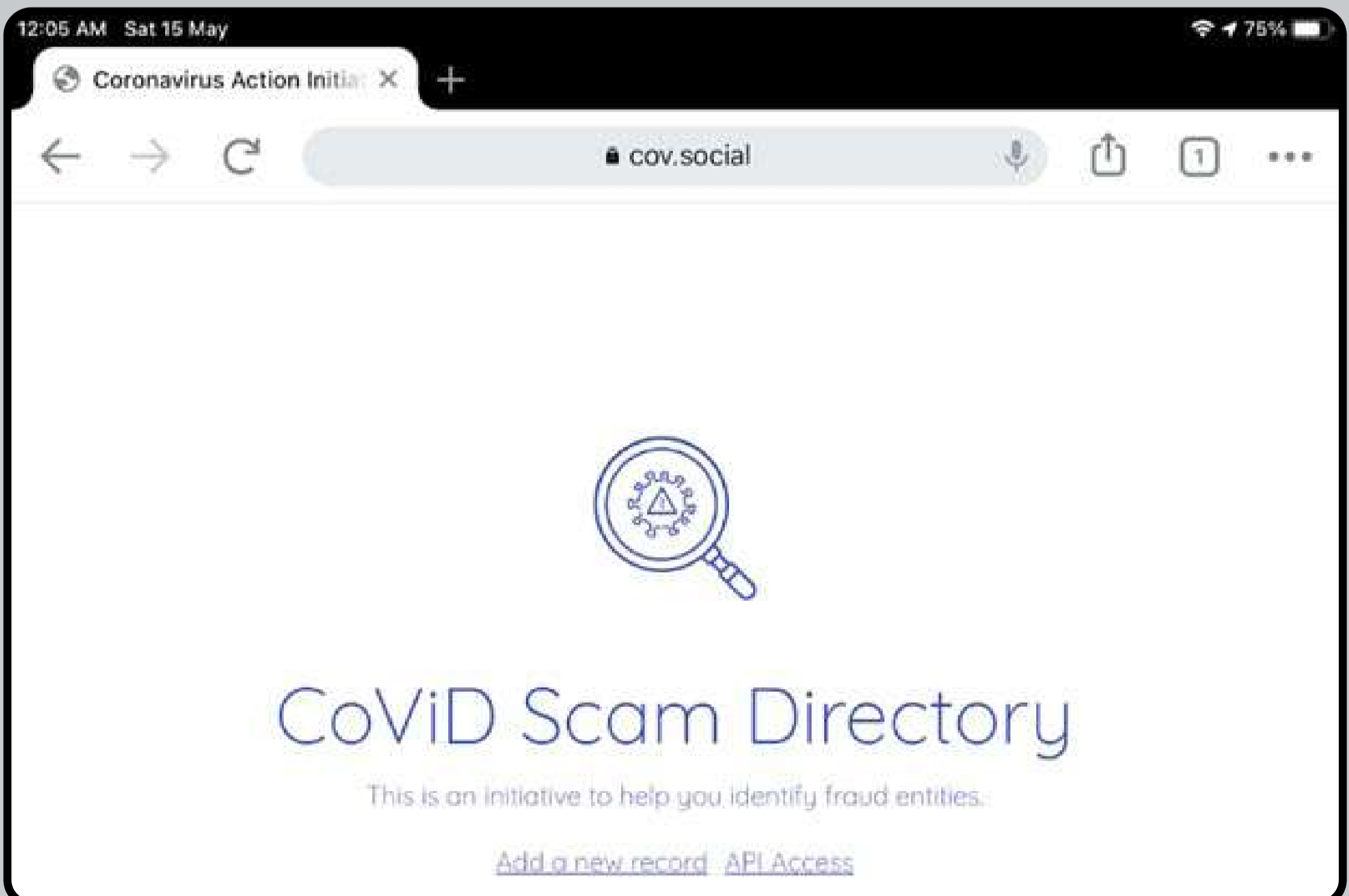
covid19-twitter.in

In this dire situation, social media has become a vehicle of help for a lot of people, sharing leads and information. But in thousands of daily tweets on Twitter it can become difficult to sort them as per a person's requirement. covid19-twitter.in website is a very helpful website for this. You can select your city and check mark the resources which you are looking for and then click on 'Search or Generate Links' and it will show you all the relevant tweets by people who are providing these resources.



cov.social

Even in times like these, there are still blackmarketers trying to profit off of people's desperation. Fraudsters claiming to provide essential medicines and other resources are accepting cash in advance, and then simply disappearing. To prevent such scams, the website cov.social might come in handy. The site contains a repository of phone numbers and UPI IDs which have been reported as fraud and spam. It is advisable to verify any dealer you may be in contact with with the list on the website, just to be safe.





VIBRANT 



GACHIBOWLI
+91 96036 14000

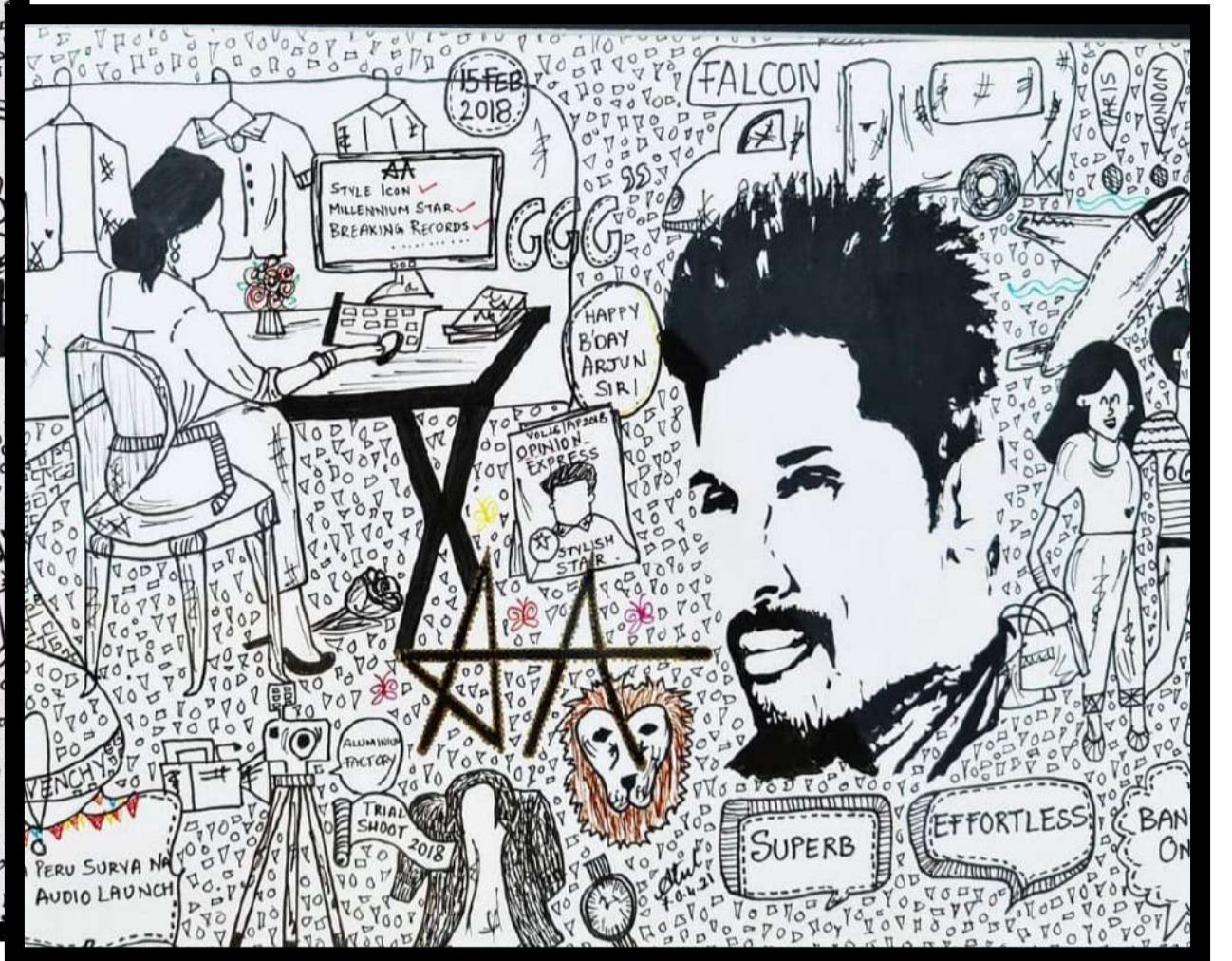
ERRAGADDA
+91 96037 14000

SECUNDERABAD
+91 96669 13000

All New Nissan **Magnite** Price Starts from
₹4.99 (MT) and **₹7.89** Lakhs* (CVT Automatic)

25-year-old art enthusiast **Atul Kabra** has always lived with a dash of creativity. The artist has elevated the humble habit of doodling into a practise of perfection. **Mahati Salike** gets a low down from the artist on his process and love for doodling.

The DoodleKabra



The two important women of Atul Kabra's life—his mother and grandmother, have been a huge source of creative inspiration for him. Atul stresses on the fact that he spent a considerable amount of time watching his grandmother excelling in art. Furthermore, he had a slew of creative influence around him and this paved the way towards his love and passion for doodling.

"I approached doodling as a form of escape from stress, But this pandemic forced my hand into taking it seriously. I turned something that was an indulgence into a passion," says Atul. On securing good reviews and appreciation for his art, Atul began taking orders to keep his passion alive. Based out of Hyderabad, he also has received orders from across the country, and abroad.

The art, usually done on an A4 Sheet, unfolds a peculiar episode of life that the client wishes to vivify. The process is led by speaking to the client about the kind of story they would like portrayed on paper. "Although the art itself is never planned, it is good to have an idea about what the client would like to see," says Atul, adding that the doodle takes shape practically all by itself.



"Art has always been a part of my life and listening to the client's stories has given me a better understanding of human beings and their emotions," says the artist. He believes positive reviews from clients have a huge effect on the motivation to invest in his passion. Atul's eccentric art has caught the eye of renowned personalities too, and he had an opportunity to introduce his doodles to famous actors such as Allu Arjun, and Rana Daggubati, and also to the honorable Chief Justice Raghavendra Chauhan for his 60th birthday.

Price range: Rs. 3000/- to 4000/-

Duration: 2 days to complete the art and delivery depends on the location of the client.

For orders: Atul (@doodlekabra) • Instagram photos and videos





Located in Muttukadu, about 25 kms as you exit Chennai towards Pondicherry, off the East Coast Road, Dakshina Chitra is a quaint, live museum of ancient South Indian traditional homes, crafts and culture. Here one can explore an exquisite amalgamation of South Indian art, architecture, lifestyle and performing arts. From witnessing live performances to participating in pottery, this day getaway has a lot to offer for those who are artistically bent. **Indira Penubolu** explores Dakshina Chitra and its museum of homes, for **Hashtag India**.

TRAVEL THROUGH TIME

How it came together

Established in December 1996, Dakshina Chitra aims to represent the late-eighteenth to mid-twentieth century, framing that vaguely bounded period of intensive British colonisation. Founded by the Madras Craft Company and spread over 10 acres, the master plan was laid out free of cost by Laurie Baker, and houses 18 heritage homes of vernacular architecture, which were mostly transplanted from the states of Tamil Nadu, Kerala, Karnataka and Andhra Pradesh and then recreated by a team of carpenters and masons also known as *Stapathis*. The architecture was designed using dismantled components that were transported to the museum site and recreated at the allotted space in their exact original form. Apart from reconstructing homes, roads and all other features that existed in the old village sites were refabricated.



Homes That Tell Tales

You can easily spend a day here and lose yourself in the beauty of community living amongst the old urban Indian middle class of bygone eras. Each home is a museum in itself showcasing the lifestyle and wares of artisans and craftsmen such as weavers, potters, and the likes. The Tamil Nadu section depicts the lives of yesteryear merchants, Brahmins, silk weavers, agriculturists and potters. The Andhra Pradesh segment features the Ikat weavers house and coastal Andhra house. The Ilkal weavers house and a house from Chikmagalur are on display in the Karnataka unit. The Syrian Christian house known for its distinctive layout with the entrance leading directly to the granary, the Hindu house built using jackfruit wood and Palmyra and the Calicut house representing homes in Kerala are also part of this live museum.



Workshops are also conducting for training in traditional crafts such as indigo dyeing.

Culture Vulture

Also facilitating as a center for living traditions of performing arts and crafts, it is set up with the objective of preserving and promoting South India's heritage and culture. One can experience distinctive programmes featuring dances, crafting of jewelry, pottery, basket weaving, stoneware, applique-work and puppet shows organised here. Classical dances such as Bharatnatyam, Mohiniyattam and Kuchipudi, and music concerts are regular events held in the large brick amphitheatre. Dakshina Chitra also holds workshops for training in traditional crafts such as indigo dyeing. Potters trained at the center are issued a certificate of their skills by the regional office of the Department of the Development Commissioner of Handicrafts. It is also home to a library of 14,000 books and journals on South Indian arts, crafts, performance, anthropology and folklore and accepts donations in the form of such books. You can also explore the culinary delicacies in the restaurant at Dakshina Chitra.

Entry fee: Rs.150/- for India adults; Rs.250/- for Foreign Adults

Timings: 10 am to 6 pm; Tuesday holiday.

Contact: 044 27472603

Address: East Coast Road, Muttukadu, Chengalpet District – 600 118.

Making ART A UTILITY



Hastha is a start-up handcrafting table lamps that incorporate some traditional Indian art forms. Founder Meghana shares her journey as an ‘artpreneur’ with **Hashtag India**, letting us in on how she decided to bring art to the common man’s table tops.

Hyderabad-based Meghana quit her high-paying job as a corporate executive and plunged into the world of entrepreneurship. Driven by her passion for art, she set up Hastha, which means handcrafted, a startup that creates lamps inspired by traditional Indian art forms.

Crafted using a combination of silk and handmade paper, the front panel of the lamp consists of a traditional painting done by artisans, attached to a leather base. Meghana compiles the rest of the lamp. The lamps were exhibited at the recently concluded Business Women Expo organised by Hitex and COWE, and are gradually gaining popularity among the masses too.



“There is endless scope for designer innovation to make art viable to the masses”



“Art cannot flourish unless and until it is clubbed into a daily utility,” says Meghana. The lamps come in four different art forms of Madhubani, Tholu Bommalu, Patachitra and Kalamkari. The lampshades are hand-painted. While the art forms are age-old, Meghana believes that incorporating Patachitra, which is a traditional, cloth-based scroll painting practised in the eastern Indian states of Odisha and West Bengal and known for its intricate details and mythological narratives and folktales, was quite an interesting experiment. The move has made Meghana believe that there is endless scope for designer innovation to make art viable to the masses. Hastha has also adopted Tholu Bommalata in its products, which is a shadow puppet theatre tradition of Andhra Pradesh.

“I obviously don’t earn as much as I did with my job in the corporate world, but the satisfaction that comes with handling these art forms, and bringing people closer to them is unparalleled,” shares Meghana, who plans to take her products online in the next couple of months.



Hash#ag INDIA

INDIA'S FIRST INTERACTIVE MAGAZINE

BE A CONTRIBUTOR...

- ✓ **Travel & Lifestyle**
- ✓ **Fashion**
- ✓ **Fitness & Beauty**
- ✓ **Movies & Entertainment**
- ✓ **Reviews**
- ✓ **Start-up stories**
- ✓ **Coupons, Marketplace & much more**



If you are a lifestyle expert or even an experienced blogger, we invite you to share your knowledge with our readers....Articles can range from arts, fashion, health, lifestyle, beauty, fitness, wellness, social causes, startup, pets to reviews and latest discoveries in food, beauty, fitness centre's, retail, books and more. We welcome any contributions that enhances lifestyles!

Change the way you read...

India's first interactive digital magazine- Hashtag India provides users with an eclectic mix of art, music and lifestyle content in a digital magazine that is shrouded with interactive features. Make your way through the endless pages of visual content and click through to shop directly for featured items. The engaging content is delivered through state-of-the-art technology platforms and is available to subscribers on the web, iPad and Android tablets.



contact@hashtagmagazine.in



www.hashtagmagazine.in



62690 00666

Guidelines for Pandemic Travel



Travel was gradually crawling back to normal in the months since the first wave peaked in September, and the country was forced to shut down again thanks to the new wave. However in the few months that we did function, air travel established certain rules that help passengers feel safe as they traverse a pandemic-ridden world. **Captain Rasika Singh, First Officer, Air India Express**, shares her experience with **Hashtag India**



Captain Rasika Singh

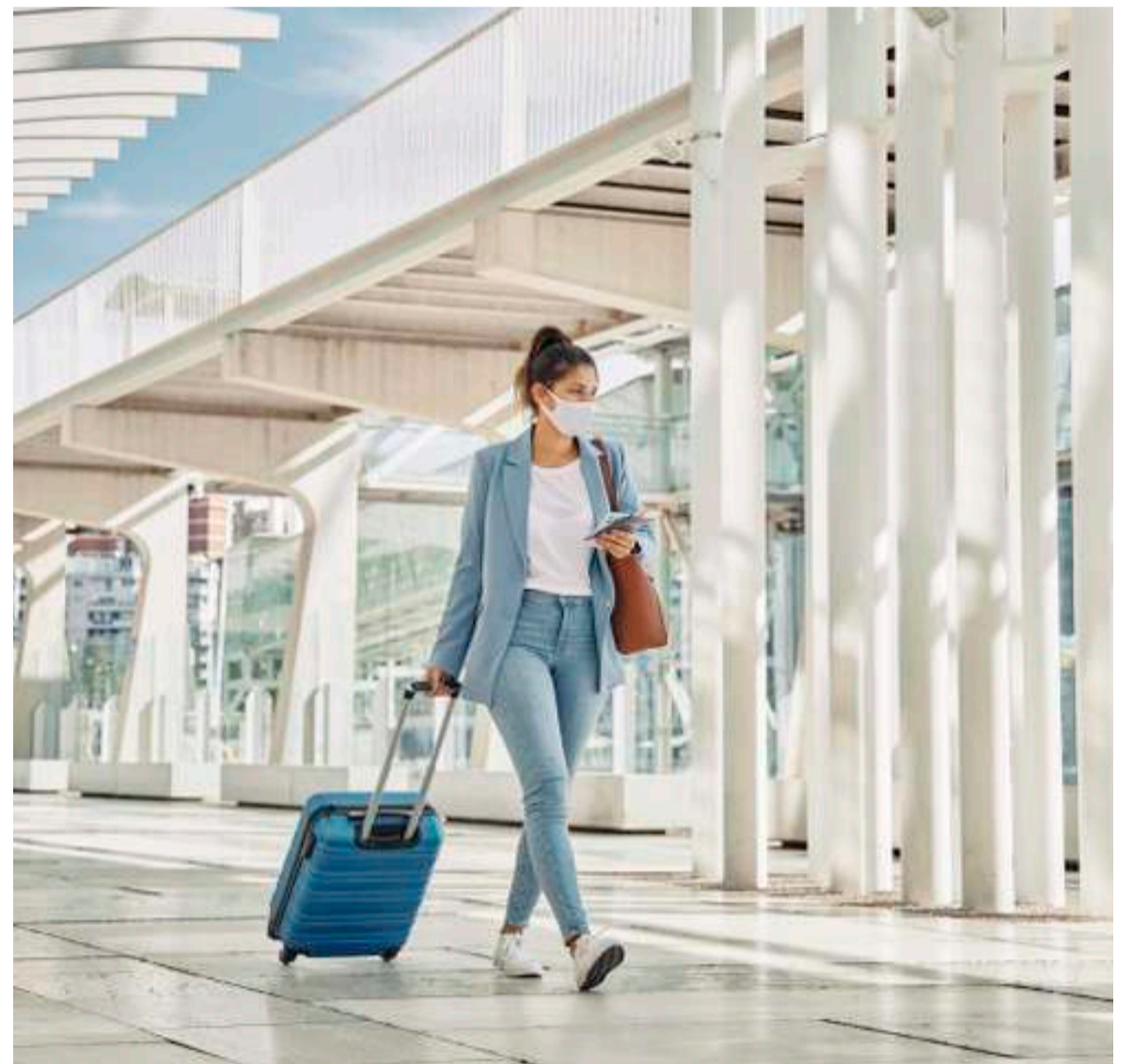
Air travel was inching back to its pre-pandemic days with officer travellers, stranded families, migrant workers, students, and essential workers all boarding flights in and out of India. Domestic travel for one had seen a steep rise since the countrywide lockdown opened up with almost 2.5 lakh passengers this January. I personally got back to the cockpit in June '20 owing to the Vande Bharat mission being carried out by Air India as one of the biggest repatriation missions ever undertaken. located in the heart of the woods, the GPRS works perfectly.

The air travel landscape has changed and adapted to the pandemic world. The procedures that get you in and out of airports have seen a shift, as have the people who board airplanes. Here's what we're looking at in air travel this year:

Step 1- The Airport : For most of you getting back to airports after a year will bring with a sense of excitement and curiosity. You will be greeted by substantial long lines at the entrance as everyone is temperature-checked before entering the airport apart from usual tickets checking by the CISF (airport police)

Step 2- Check-in : As you walk towards your check in counters you will be surprised to see the number of people who are travelling along with you. Especially if you are boarding from a metro city, expect crowds—large masked crowds. Sanitisation stations are placed every hundred meters for you to clean your hands in case you touch any kiosks/stands. Check in counters have glass barriers to protect the staff from direct contact with any passengers. Your tickets and approvals (for entering certain states) are checked and boarding cards emailed to you, along with baggage tag to avoid hand contact. International travel requires negative covid tests as per country rules.

Step 3- Security : That's one thing which hasn't changed. Long lines. Remove all your metal objects out in trays. Make sure you don't carry any guns and bombs because pandemic or not that still is not allowed in an aircraft.



Step 4- Waiting Area : Here is where things get interesting. All alternate seats are blocked with stickers so people don't sit too close. Restaurants have glass panels on all counters to avoid direct contact and you will see people walking around in various gears. Most shops and restaurants are open and thoroughly sanitised at frequent intervals. Prior to boarding you will be handed a safety kit comprising mask, faces shield and sanitisers which you must wear before boarding. Middle seat passengers are given PPE kits which are to be worn over their clothes.



Boarding cards and baggage tags are emailed to avoid hand contact.

Step 5- The Aircraft : Each airline is spending lakhs each day to ensure passenger safety and hygiene. All aircraft seats are sanitised prior to boarding and cabins fumigated to ensure clean air. Airlines are also adopting UV ray robots to sanitise their planes from every corner. Every modern airliner is equipped with HEPA filters (High Efficiency Particulate Air) which kill 99.9% virus in the aircraft. So no matter which airline you fly in India, be rest assured your aircraft has HEPA working all the time.

Being an airline crew through the pandemic has had its share of benefits. We might have been risking our lives everyday but we did get to travel for work while most people were stuck inside their homes. It made us observe life from pre and post-covid lockdown days.

With all these new rules and protocols, one cannot discount the human factor, and how people have been choosing to react to the steps they need to take. Typically, you'll find five types of travellers during these times. Here's my take on the kinds of people you will see at the airport if you choose to travel once the situation recovers.



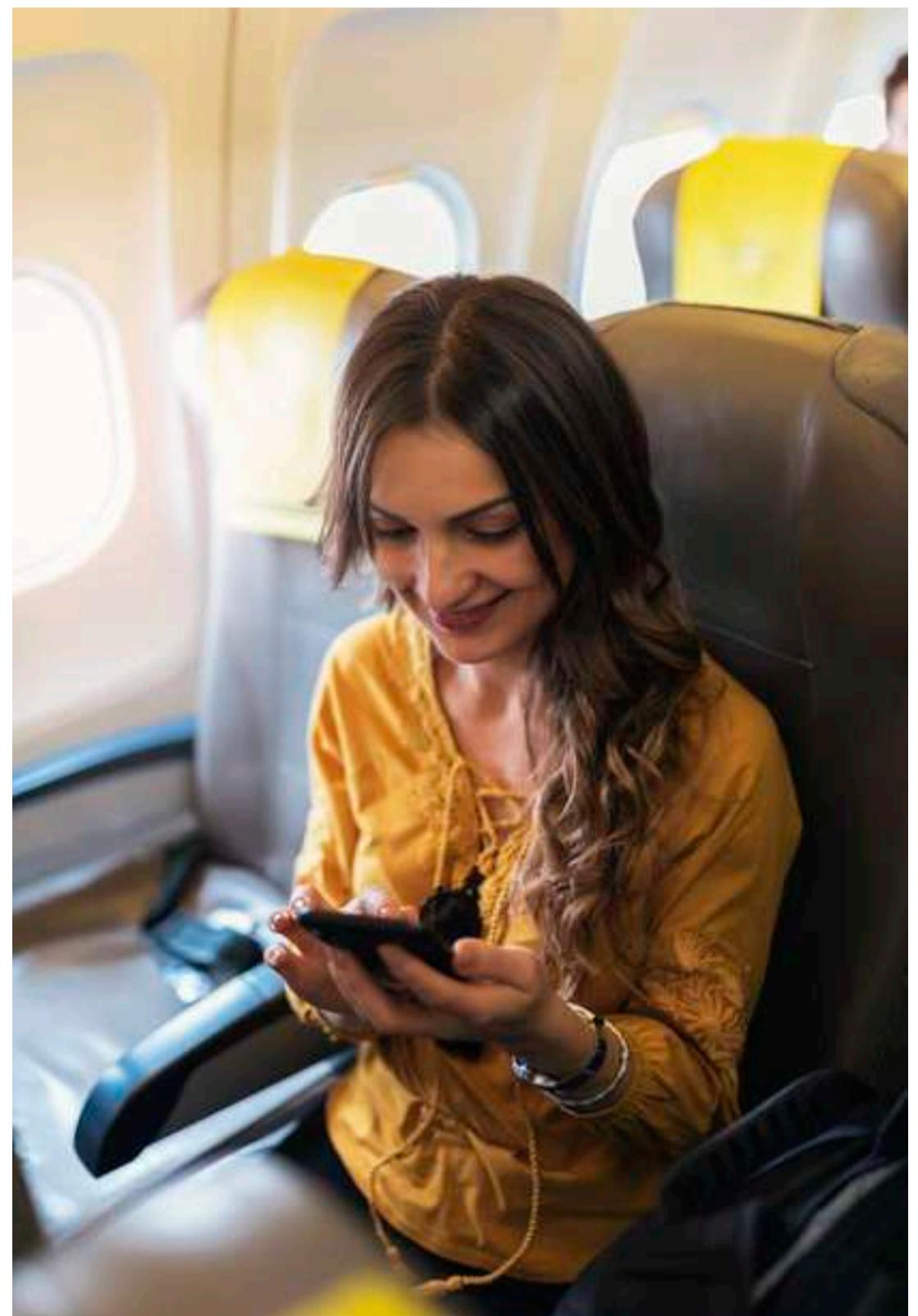
The Frequent Flier : Mask only. This guy has been flying since the skies opened up. He's used so much sanitiser in the initial post lockdown days, his sweat smells of it. So now he walks around only with a thin paper mask on. Sometimes as a beard and sometimes as an ear accessory.

The Family Traveller : Groups of people travelling for a holiday or a wedding with the same undying travel spirit as before. Noisy, cheery, excited, masked. This time you find their snack bags filled with sanitiser, tissues, extra cloth masks made by a family member plus a face shield. Also, they keep reminding each other to keep their masks on and distributing sanitiser like *prashad*.



The Storm Trooper : These are the league of passengers who have decided to take their star wars fascination to the skies. They come equipped with Vizors from their bike helmets which they use as face shields and N95 face masks over a homemade cloth mask. Also found frequently equipped with surgical gloves and sanitisers to zap off any virus which comes close to their intercelestial being.

The First Timers : They come equipped with paranoia which manifests itself in the form of masks, shields, PPE kits, gloves, sanitisers (*gel and spray*) and wet wipes. You will find these people not eating or talking at the airport. They keep to themselves as seclusion wards off the virus. They don't use the restrooms or eat at the restaurants. They only breathe, pray, sanitise



Every modern airliner is equipped with HEPA filters (high efficiency particulate air) which kill 99.9% virus in the aircraft.

The Airline Crew : Many like myself who you will find in the waiting area of the airport or the emergency exit row seats in the aircraft. We fly passengers so much to connect to our destination that the virus is wary of us. So you will mostly find us with our masks & headphones on, staring into a screen unbothered by life and bothered by late departures!

Hopefully this gives a little idea of what to expect when you plan your travel to the next destination. Wishing everyone smooth skies and safe times ahead.



To the Hills: Homestay in a sacred Himachal forest

A 100 year old traditional Himachali house nestled in the lap of Himalayas is now turned into a homestay. Surrounded by mystic tales of Ringu Nag Devta, authentic village cuisine and feels, wonderful treks, Kamtan is the last village at that height which houses one big Indian family. **Nikita Biswas** and **Abhishek Dubey** were propelled to pack their bags and leave for Kamtan, the hidden village paradise...

We have been travelling enthusiastically in order to search for hidden and unexplored places, away from the city crowd.

Our search ended at the Rabbit House Homestay. Kamtan, a quiet village that's almost 300 years old, is located uphill near Raila village, Sainj Valley. You might not find a lot of information online about this village.

The Rabbit House Homestay is a 100-year-old structure, constructed in what is commonly known as the Kathkuni built. Kathkuni is an age-old construction art used in Himachal Pradesh. The houses are made up of wood and natural stones dug from the same land.





The human spirit needs places where nature has not been rearranged by the hand of man. When we left bustling Delhi for Kamtan Village, we had no idea about this picturesque location—a place in the wilderness, a community that takes pride in rich culture and folklore. The host is an entire family who possess rich knowledge of tourism and want to hold on to the old school idea of tourism. Honest and welcoming, they emit a warmth that will put you at ease.

At the homestay, we enjoyed the authentic Himachali Siddu with green chutney and oodles of ghee. The host was happy to also share the recipe and we spent time making them together.

This Kamtan family has been actively taking part in multiple treks, hikes and believes that life is incomplete without adventure. Father Vicky, mother Nimmi, and kids Mohit and Anju. Their daughter Sheetal is in Shimla pursuing medicine.



We undertook a short trek to fill water from the nearest natural stream. It definitely gets challenging at times but the view made it worth it. On our way we talked about the Ringu Van and how married women and outsiders are not allowed inside the van. Only males and unmarried ladies are allowed in the Ringu Van on an empty stomach. The forest is considered sacred and under the benevolence of the Lord Ringu Van.

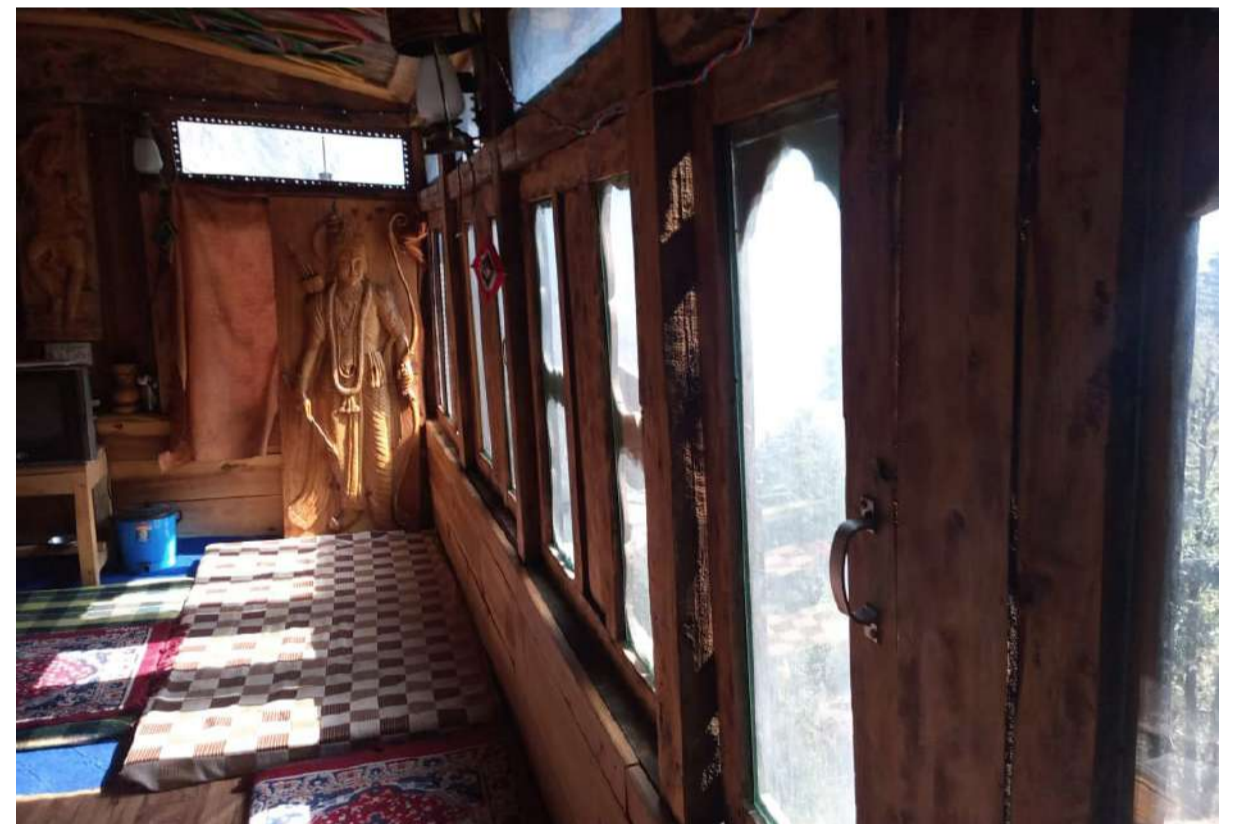
The homestay is a sweet getaway into what almost feels like ancient times and perfect isolation. A quaint place to recharge your batteries and breathe in some fresh air.

Location

The Rabbit House Homestay
Upper Raila, Kamtan Village, Near Sainj Valley
Himachal Pradesh

Cost

- **Mixed Dorm** – Ranges between Rs.900 to 1200 including meal per day
- **Private Room** – Ranges between Rs. 1800 to 3000 including meal per day



How to get there

- Take a bus either from Delhi or Chandigarh and reach Aut. From Aut one has to take either a bus to Sainj Valley or a direct to Raila (the last stop). The direct buses from Aut to Raila have only two timings including a 2:45pm and a 3:15pm respectively. If you happen to miss these timings, you can take a bus till Sainj valley and hire a cab till Raila from Sainj Valley.
- You can also choose to take a direct taxi from Aut to Raila which shall typically charge you a Rs. 1500 where as direct bus will cost you a Rs. 80 per person

Things to experience

- A hike to the twin towers
- Multiple treks are available as this place surrounded by The Great Himalayan National park
- Sainj Valley and small trails to look forward to



Money flows to me abundantly

pure abundance.



I love & approve of myself!

pure love.

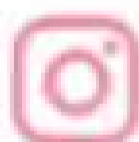



I am happy, healthy & safe.

pure heal.

Pure soy and coconut wax blend.
Fragranced with a mix of essential oils.
Hand poured and infused with crystals.

ORDER NOW 

 [livepure.co](https://www.livepure.co)

 95501 01333

 reachus@livepureco.com



A School for Your

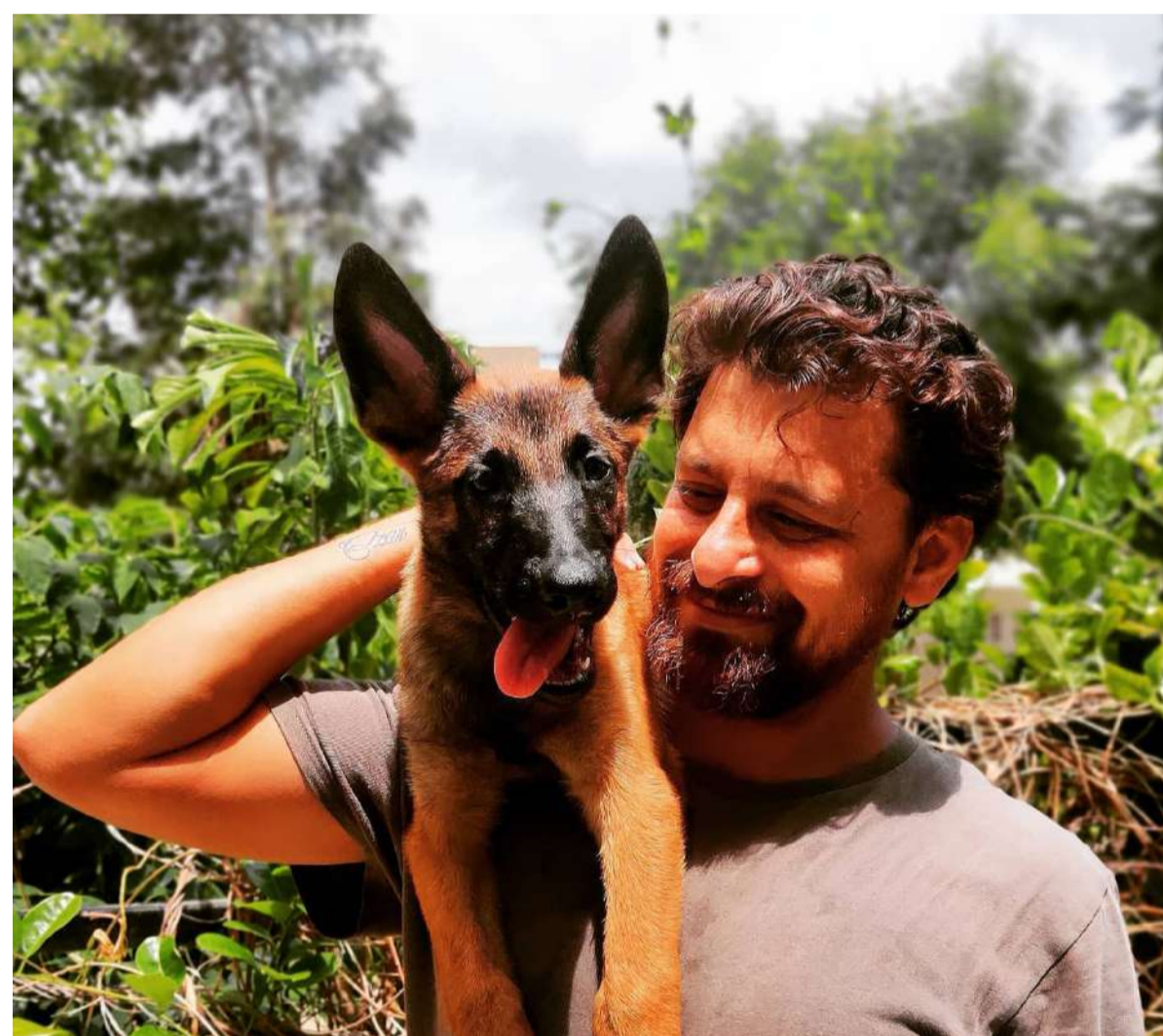
Pooch!



A boarding school for dogs that has it all! To call Mantravadi Chandrashekhar a dog aficionado would be a gross understatement. His love for dogs has allowed him to make a giant impact on how dogs are trained in India. **Juveria Tabassum** discovers more...

In Hayathnagar, Hyderabad, professional dog trainer, Mantravadi Chandrashekhar runs a state-of-the-art facility for training and boarding dogs. In the field for 18 years now, Chandrashekhar's first flirt with dog training tells an incredible tale. As a youngster dabbling in dog training, he managed to hide and train a little puppy in his room for over six months to avoid detection from his grandfather who was averse to the idea of a pooch in the house. When the pup did get out of the bag, however, his acuity and skill had won his grandpa over. Fast-forward a few years, when Chandrashekhar wanted to learn dog training professionally, his grandpa had no qualms lending him financial assistance.

"I've been hooked on dog training since 2004. At the time, I tried my hand at things ranging from web designing to fashion designing, but I kept meeting people from the dog training circuit. In 2006, I got a call from Lalit Dukkitati, a local trainer, to come and train with him. Lalit was my mentor, the first of many to come," shares Chandrashekhar about his early days.



It didn't take long for him to complete an international dog training course from Pune, and in 2012, he had set up his first dog training school in his early 20s. At the time, he used to go from house to house, training dogs individually. The facility at Hayathnagar came up in 2014, after Chandrashekhar had spent time mastering his skills under some stalwarts such as Jerry Bradshaw, John Rogerson, Andre vandergeten, Jeff Riccio, and Col. Shyam Hattangdi.

These mentors taught him the ins and outs of various streams in dog training such as basic obedience, advanced obedience, nose work including narcotics, ascending, and protection. "I learnt bits and pieces from all these names, and put together my own system of training over the years," says Chandrashekhar. At Progressive Canines, he trains the pet parents to train their dogs for better bonding and behaviour. Pets can spend time at the facility which is equipped with a swimming pool and an agility course.

The pet boarding service allows parents to leave their pets at the complex if they happen to go out on a vacation, or have an event at home. This facility has especially come in handy during the pandemic. Sequestered in their houses for months together, pets have reported various anxiety and attachment issues. Covid times right now are probably (hopefully) as hard as they can get. Almost every family is reporting at least one positive case, and the effort that goes into the rehabilitation of a patient is no mean feat.

In situations this dire, parents can leave their pets for a period of time at Progressive Canines, in order to shield them from stress. “The pandemic was bad for pets. People were stressed and had to cut down on finances. There are a few who just left their dogs with us, and we still take care of them,” Chandrashekar shares. The organisation also offers a pick-and-drop facility, for which they had to take special permissions from the government. “We take care of their needs and their emotional well-being too so that they don’t feel the absence of their owners,” Chandrashekar adds. The facility, which currently houses around 150 dogs, also allows for parents to bring their pets in for day outings and other fun activities such as birthday parties and fashion shows. Plans are in place to open up a 2-acre facility closer to the city at Gandipet.



Chandrashekar with his ace dog Yodha.

While his first pup was a beagle, Chandrashekar’s second fur baby was a handsome Belgian Malinois named Czar. “I wanted to know where I stood in terms of how much I had learned. But there were no dog sports in India at the time. Jerry Bradshaw introduced me to the US-based Protection Sports Association. I entered Czar in the competition, and we ended up earning the top spot in India. That legacy has continued, and I entered higher levels of the competition with one of Czar’s sons, Yodha, who won the top dog positions in 2018 and ‘19,” shares Chandrashekar, attributing the high scores the duo received to good training and great genes; the dog that tracked down Osama bin Laden was also from the same breed.

Chandrashekar’s organisation supplies Belgian Malinois puppies to National Security Personnel including the Border Security Force and the local police. They are trained according to the Navy Seal Super Dog Programme in the USA from the third day of their birth. Personnel from the security forces are also part of the clientele at Progressive Canines, as they come in to learn some methods of dog training deployed here.

Importing of dogs is banned in India by PETA to curb unethical breeding. But Chandrashekar has acquired a special license to import dogs and get them registered with the Kennel Club of India. Dogs have been known to detect ailments such as cancer and depression, and Chandrashekar says it is quite possible to train them to detect Covid.



Tips for the summer:

- Feed your dog in the cooler parts of the day like morning and evening
- Don’t walk them when it is hot
- Keep them cool water to drink
- Give them semi-solid food because there is less activity
- Keep them cool, especially foreign breeds such as Huskies, who will require ACs.

The school also offers dog training courses to those interested in a career in the field. The programme has garnered students from all across the world. “We don’t offer the old yank and crank kind of training. We follow humane methods, and make sure the dog enjoys the process of learning, and is responding positively. Our training isn’t based on fear. It’s based on rewards,” stresses Chandrashekar.

Homely & Nutritious

Food Deliver to Your Doorstep

Vegetarian

Breakfast (8 am to 10 am)
Idli with Chutney
Dosa / Rava Dosa
Puri with curry
Uthappa/Pesarattu
Poha/Sprouts

Lunch (12 pm to 2 pm)
Rice - Dal - Curry - Rasam - Salad

Dinner (6 pm to 8 pm)
Rice - Roti - Curry - Curd - Fruit

7 Days - Rs.3000/- 14 Days - Rs.6000/-

Non - Vegetarian

For Lunch & Dinner include Chicken Curry or Fish Curry
Non veg curry will be served for Lunch only.

7 Days - Rs.4000/- 14 Days - Rs.8000/-

Free delivery with in 5 Kms radius, there after delivery charges will be extra.

For Enquiry & Place Order Please Contact Us:

8919900376 7386147147

8247650675

ICMR APPROVES 'COVISELF' KIT FOR TESTING COVID-19 SYMPTOMATIC PATIENTS AT HOME

The self-test rapid antigen COVID-19 testing kit 'Coviself' is developed by Mylab Solutions

Using the kit people can collect their nasal swab and check results

The kit costs ₹250 and gives results within 15 minutes

A COMMENDABLE MOVE THAT WILL ENSURE AN EARLY AND QUICK DIAGNOSIS OF COVID-19!

RELIEF RIDERS
Cycling Community of Hyderabad
9566170334

WE DELIVER

- ▶ Medicines / Essentials for the Vulnerable and Elderly.
- ▶ Free Food to Covid Patient's Home.

REACH OUT TO US

SECUNDERABAD : MEDICINES - 9566170334 FOOD - 8686866801
In & Around: • Padmarao Nagar • Bowenpally • Marredpally • Punjagutta • Begumpet • Bala Nagar • Shamirpet • Nacharam • Ameerpet • Alwal • ECIL • Uppal • OU

OLD HYDERABAD : MEDICINES - 9959771673 FOOD - 8686866801
In & Around: • Rajendra Nagar • RTL Cross Roads • Mehdiapatnam • Falaknuma • Charminar • Kachiguda • MJ Market • Nallakunta • LB Nagar • Nampally • Abids • Attapur

CYBERABAD : MEDICINES - 9701744814 FOOD - 8686866801
In & Around: • Nanakramguda • Banjara Hills • Jubilee Hills • Gachibowli • Manikonda • Film Nagar • Kukatpally • Madhapur • Kondapur • Narsingi • Miyapur • BHEL

WE ARE A PART OF THE SOLUTION NOT A PROBLEM

THE ART OF LIVING IAHV INTERNATIONAL ASSOCIATION FOR HUMAN VALUES

FREE NATIONAL HELPLINE

Doctors On Call

- ☑ Initiation of treatment and follow up of mild Covid cases
- ☑ Allopathic, Ayurvedic & Homeopathic Doctors
- ☑ **FREE** Service

CALL FOR TELE-CONSULTATION 1800-123-8837

MISSION ZINDAGI
COVID RELIEF SEVA - INDIA

EVERY LIFE MATTERS

Tele-Consultation For Covid Home Care. In Case Of Emergency Please Contact Nearest Hospital

Say Cheers to that PERFECTLY DESIGNED HOME BAR

While gyms and bars have always been an integral part of a well-designed house, it has become more of a convenience factor and a necessity to many ever since our lives have come to be dominated by the ongoing pandemic. **Rashmi Gopal Rao** finds out ways to put together a perfect home bar for you to sit back and chill...

There is no denying the fact that homes today are just not spaces where you retire after a hard day of work; it has become a safe haven for all our activities whether it is office work, working out and even socialising. "Today, everyone wishes to live life comfortably and with a lot of facilities at their homes. Thus, apart from regular rooms, living spaces, balconies and gyms, home bars are an excellent add-on to homes these days," says Swati Santani, VP - Design R&D, Design Café. While the idea of a home bar is conventionally associated with a large villa, setting up a bar at home can be done even in a small apartment. It is not about having a large space; it is about setting up something that is functional and in sync with the theme of your home. .

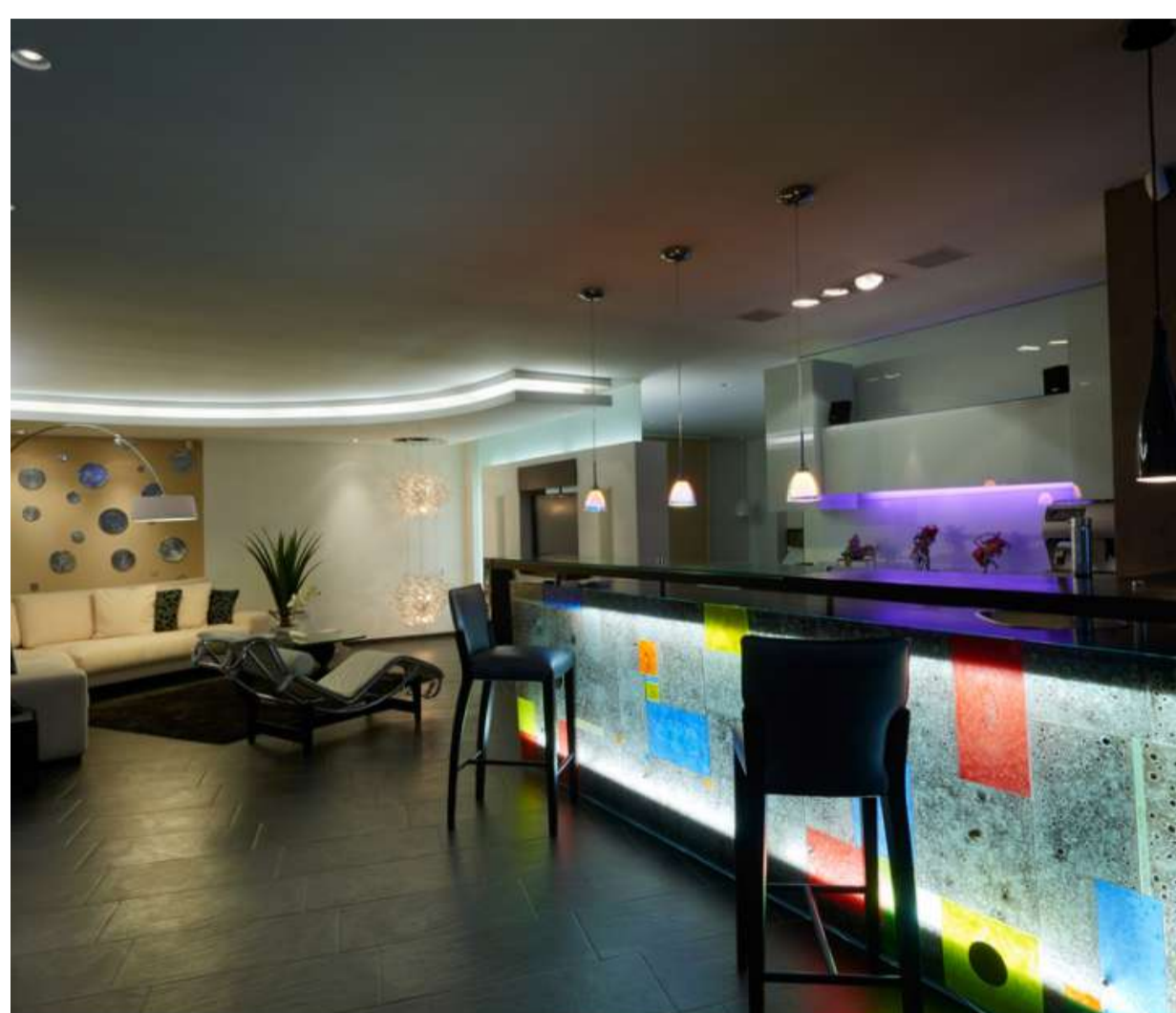


bar was not in your scheme of things during the building phase, you can opt for a dry bar which includes storage and a counter to serve drinks. Depending on the size of the space, you can either dedicate an entire corner of your living or dining for the bar or go in for the multifunctional built-in bars or even combine the console with a bar in case you are short of space. "If you are short on space, a wall mounted bar with a multipurpose foldable table works best. You can also use the visual divider used in many houses to separate the living and dining areas as a bar unit," says Pankaj Poddar, co-founder of Hipcouch. Utilising unused corners is also a great idea to set up a small yet functional home bar. So, whether you plan for a bar unit in your garden, or as a DIY mounted on the wall or even under the stairs, it is important to pay attention to the main design elements which are the workspace, storage, seating and electric connectivity. "For built-in bars countertops act as the workspace and provide the ideal platform to prepare drinks. Storage is a very important aspect for bar units and this is not just restricted to wooden shelves or cabinets with glass shutters. One can also have trendy wine holders, glassware sockets and much more to give it an elegant and classy look," adds Swati. Comfortable seating and ambient lighting are some of the other elements that go a long way in making the bar chic and functional. "One can use an eclectic pendant as well as layered lighting to illuminate the bar. Recessed or focus lights work best for the glass cabinets," says Smitha Zachariah, Creative Head, ZXP Design.

Design Cues and Trends

As they say the devil is in the details and attention to detail goes a long way in making your bar stylish and trendy. From the colour palette to wall papers and mirrors to fancy countertop materials, there are several ways you can make your bar stand out. "Bringing back the art deco style from the glamorous '90s to the 21st century by choosing bold colours and rich textures makes for an opulent look and adds a hint of glamour to the bar," explains Pankaj.

Home bars come in a plethora of themes and nothing is more alluring than the rustic style with distressed wood, stone, bricks, and sturdy stools. "Mirrors are a great way to add oodles of glitz to your bar. They reflect light, make the space look bigger and also add in the pub-like vibe to the space. It is also a good idea if you have an enviable collection of drinks as mirrors help you showcase them better," adds Swati. Bar carts, backlit onyx countertops and specially designed dishwashers for crystal barware are yet other trends in vogue.



Planning and design elements

The ideal way to start your bar design is during the construction stage where you have the luxury to decide whether you want to have a wet bar or a dry bar. The former comes with a sink and hence the provision for water supply and plumbing needs to be done during the planning and inception stage. Nevertheless, if the

CLUB NAME



Our Contact
9618969696



10 Little Fingers

DO-IT-YOURSELF STATION

India's



First



DIY Brand



Home deliivery available

Engage your childi creatively...

STREAMING
NOW



“I’ve listened to Shreya Ghosal everyday for ten years”

UK-based singer **Arzutraa Garielle** is leaving a mark on the music scene in India with her soulful tracks. In conversation with **Hashtag India** she talks about her beginnings as a non-native Hindi speaker, why she loves Shreya Ghosal, and what she has in line for the year...

Is it true that your debut album Woh Pal, was inspired by Bollywood singer Shreya Ghosal, your early idol? Did you get to meet Shreya, what about her inspires you?

I was obsessed with the way she sang. I looked up to Shreya Ji wishing one day I would be a singer just like her. I listened to her daily for ten years, paying attention. I used to repeat her lines a thousand times over. The emotion in her voice entralls me.

What next? Any other big plans in the pipeline?

I am proud to announce I have started working on my 3rd album. This one will be totally different to my previous two albums. I want to give something new to my fans. I’ve had to reinvent myself for this one.

Who would you like to collaborate with in the future?

I dream of collaborating with Aamir Khan to do playback for one of his movies. In addition, Atif Aslam too. I really adore him.

What do you think is the future of concerts given covid?

I do feel concerts will return. I am confident they have to return. Art and entertainment is a fundamental part of everyone’s life. Artists and audiences simply cannot survive without live entertainment

Tell us about your association with music. When did you start?

I started learning at the age of 11. I used to sing along to Bollywood songs and record my voice on my father’s tape recorder then play it back. I got really insecure about the sound of my voice because I thought it sounded like a man’s. I used to think my voice sounded like a man’s voice. I then decided to sing along to the female voices of Bollywood in an attempt to improve the sound of my voice. I didn’t think I wanted to become a singer at that time. It was only during University that I decided I wanted to learn how to sing. I started singing live then, and was introduced to my current producer fortunately who has stayed with me for two albums now.

Despite being from the UK, you have an immense love for Bollywood music. How did this happen?

I used to watch Bollywood movies with my father, and we’d have Bollywood songs playing in the car. I was surrounded by Bollywood everywhere during my childhood. I could never understand the language but I could relate to the clothes and the music. The melodies mesmerised me, and have influenced a lot of my work.

We are told you were discouraged in your initial years from singing in Hindi, because you didn’t speak the language. How did you overcome these barriers?

Since I don’t know the language, it was believed I wouldn’t be taken seriously. I decided that I wanted to follow my inner calling, and signed up for Hindi speaking lessons to improve my diction. It’s the hardest thing I have done in my life.

Quick take:

- 1) **Your all time favourite song**
- Dheere Dheere Se
- 2) **Two things you love about India**
- Food and Fashion
- 3) **Your dream team would consist of...**
- Aamir Khan and Atif Aslam
- 4) **Your personal favourite amongst your own albums**
- Zaalim

Instagram - [Click here](#)

YouTube - [Click here](#)

STREAMING
NOW



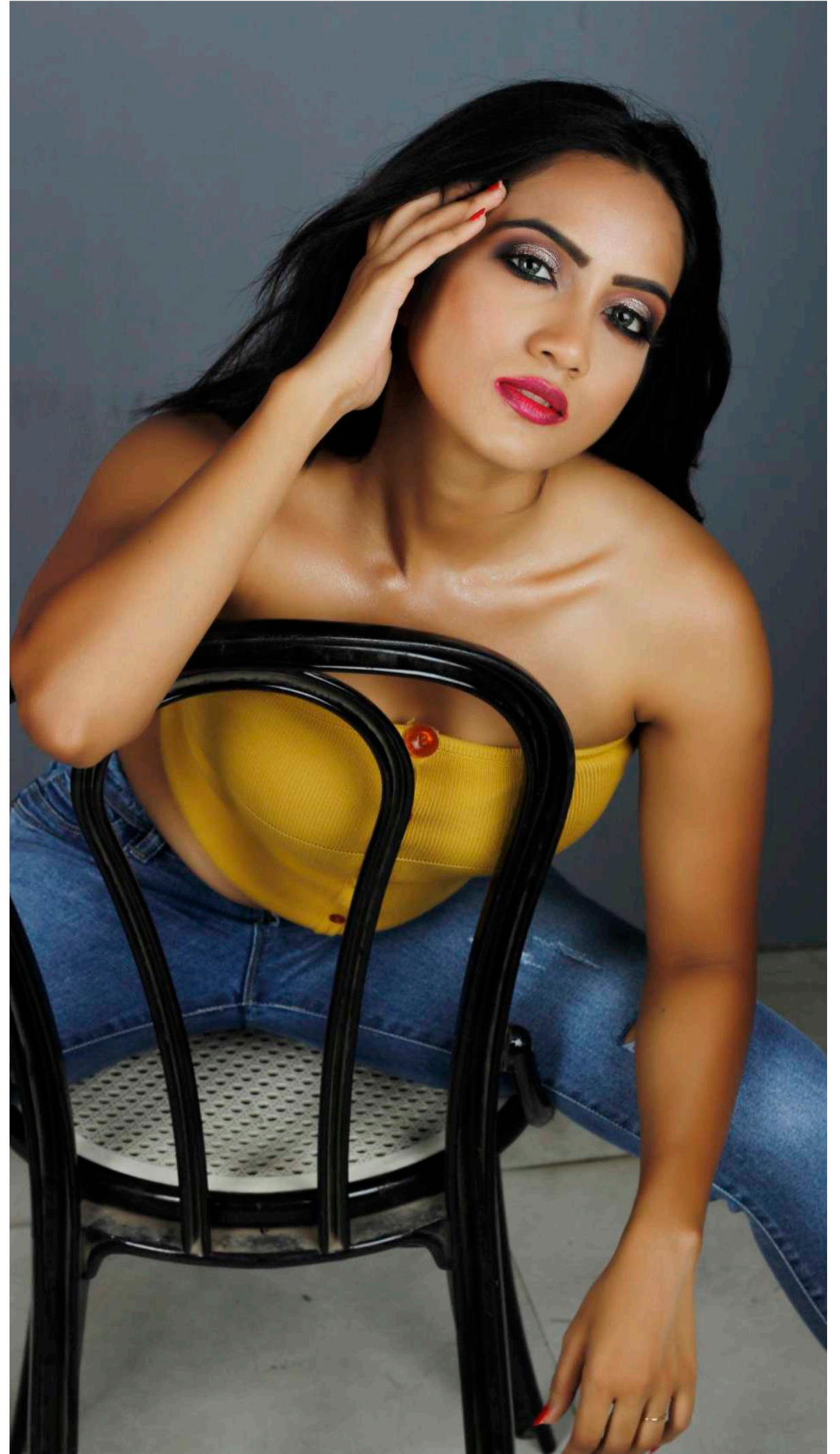
Finding her Rhythm : Amika Shail

Having been a part of five digital shows and two television shows including the popular *Gandi Baat 5* and *Mirzapur 2* last year, Kolkata actress **Amika Shail** is all set for two more pivotal roles, with *Chattis Aur Myna* on Hotstar and *Video Call* on Cine Prime. **Hashtag India** gets an exclusive...

From starting your career as a singer at the age of 5 to becoming a famous artist on Indian Television tell us a little about your journey. You have been a part of several shows like Naagin, Divya Drishti and Baalveer Returns, when did you decide you wanted to switch from a career in singing to acting?

As a child I was inspired by my mother. She was my first teacher. I got into professional singing after I shifted to Mumbai post my graduation. But prior to that I was a part of a lot of reality shows. So Mumbai was like a second home I visited frequently to participate in singing reality shows like *Sa Re Ga Ma*, *Little Champs*, *Amul Star Voice of India*, and *Bharat ki Shaan*.

I have been a professional singer for seven to eight years now. I have sung for music albums and movies. I have released a few music albums as well. I have my own YouTube channel which has like 80k+ subscribers. Acting happened accidentally. My first show as an actor was *Udaan* on Colors TV. With the rise of OTT platforms in the country I was fortunate enough to be a part of a number of web series like *Mirzapur 2*, *Mask Man*, *Gandi Baat 5* and many more. I am looking forward to the release of three new web series which includes *Chattis aur Myna* on Disney Hotstar, *Video Call* and *Nachaniya* on two new OTT platforms.



Tell us a little about your upcoming shows *Chattis Aur Myna* and *Video Call*, what kind of characters do you play? How different are these roles from your previous performances?

Chattis Aur Myna is my next series which is slated for release on Disney Hotstar. Directed by Shraddha Pasi, the series revolves around the story of three female friends who entertain people in villages with dance performances. It also features actors Vikram Singh Chauhan, Sandeepa Dhar, Nimai Bali, and Deepak Qazir. I play Dhaani, a naive village belle, who isn't serious about dance, and wants to get married. It took me some time to understand Dhaani since we're quite opposite in nature. It is a challenge to portray that simplicity on screen.

Video Call is a horror show with love and betrayal built into the story. Horror is an interesting genre that lends immense scope for experiment. I played the lead, and this happens to be my first horror outing.



You have featured in popular web series such as *Gandi Baat 5* and *Mirzapur 2*. How different is acting in a web series to acting in a daily soap?

As an actor you get a bigger platform to experiment with your skills in web series. Also with the rise of OTT platforms the kind of content that web series are providing to the audience is quite diverse. The kind of roles that I have played in the web series to date is also varied. Therefore I believe that as an actor I like performing for web series more than performing in a daily soap which is very mundane.

What entices you as an actor before taking up a project?

I look towards roles that give me a wider scope to perform on screen even if it is a small role. If it is powerful enough to leave an impact on the people I will definitely take it.

You are a trained classical singer mentored by Gurus like Kaushik Bhattacharya and Nanda Das. What singing projects are you taking up in the near future?

I have been fortunate enough to learn from these legends. I did sing for a movie as well. But right now I am mostly singing for the web series I am part of as an actor. I recently sang the title song of *Gandi Baat 5* and also for my upcoming web series *Nachaniya*.

You were a part of the *Laxmi Bomb* co-starring Akshay Kumar, how was your experience on the set?

I have shared the screen with Akshay Kumar in the movie *Laxmi*. The complete sequence that I shot with Akshay sir is memorable. I play the role of one of the antagonist's girlfriends. I am completely smitten by the kind of person Akshay Kumar is. What could have been better than sharing the screen space with one of the most loved superstars of the Hindi film industry? Even though it was a small role in the movie I did not think twice before accepting it. I was looking forward to watching it on the silver screen though.

Tell us a little about your fitness regime. Apart from yoga, how do you keep fit? What are the three mantras you follow to keep fit?

Oh I am a fitness freak! What started as a preparation for becoming an actor has now turned into a full time passion. None of my days go without working out. I spend almost 2-2.5 hours in the gym. Now that the gyms are closed due to the pandemic, I make sure that I work out at home.

3 mantras that I follow to keep fit are:

1. Eat clean. I eat only home cooked food. During these unprecedented times, it is very important to keep your immunity intact and eating the right kind of food, will surely help you achieve that.
2. I give a lot of importance to mental health. As they say a healthy body resides in a healthy mind. So along with a fit body it is equally important to have a healthy brain.
3. DO not skip workout at all.

Finally, what's in the pipeline? Future plans and projects

I believe in going with the flow. I have never had a checklist to myself. I have few web series lined up for release. I will talk about them when the time is right. My immediate release is this web series called *Chattis aur Mayna* on Disney + Hotstar. Incidentally, another of my upcoming series on Tamasha is also titled *Nachaniya*. I play the main lead in this one.



Quick take:

- 1) Your Favourite websites
- Shopping Websites
- 2) Dream role
- I definitely wish to do an action film
- 3) Singing vs acting, what gives you a bigger high
- It is extremely difficult to choose between acting and singing. It is like choosing between your body and soul.
- 4) One recent show you would have loved to be a part of...
- 4 more shots please
- 5) One thing you cannot live without.
- Food

STREAMING
NOW

“Prepping for the character is too sensationalised”

Actor **Abhishek Khan** might be a die-hard fan of King Khan, but he isn't vying for superstardom any time soon. The Bard of Blood artist is looking to enact roles that add to his ability as an actor, and find his footing in the industry. He shares his journey with **Hashtag India** in an exclusive chat.

Yours has been an amazing journey. From standing outside Shahrukh Khan's house as a fan to being given a dream debut by him with Bard of Blood, walk us through it all...

Amazing but very tough. I am still learning and unlearning everyday. Hoping for things to happen and at the same time, trying to be true to myself. I started with theatres when I was 15 and now I'm 25. I didn't do anything path-breaking when I was at the theatres, but I learnt a lot. I'm still striving to do something great. Slow and steady, things will happen, if they have to.

When did the acting bug get you?

Because of the kind of films I was exposed to, I realised that I wish to be an actor first and being a star isn't in my hands. The films I saw in the 7 days at the Mumbai Film Festival also impacted my perception and changed me a lot as an artist. I feel acting is precious to me and nothing makes me happier than to just act and perform a certain character.

You lost 9 kgs for your role in Bard of Blood. What kind of preparation did you go through your role for Project 9191?

I'm not really fond of answering questions regarding transformation and prep. Because with time, I realised losing weight or getting tanned or doing anything specific to get into the character isn't really something to garner attention for or from or sensationalised. It's our job to look like the character and act and that's it. Also Bard of Blood ended in March 2019 and Johnny happened to me in 2020 September. I was back to normal by the time I got Johnny. So no changes as such. But to answer your question, I had nothing specific in my mind. I just wanted to keep Johnny as simple as possible. Away from all the clichés.



What are you working on right now?

There's an English music video written and sung by Markand Soni which is directed by my friend, filmmaker Vidar Joshi.

How do you pick your roles?

Actually I don't get to choose or pick roles yet. I still have to audition for parts where I fit as an actor. But I'm consciously trying to audition for parts where I can show a different side of me as an actor. After Nusrat, Johnny felt appropriate to me.

Quick take:

- 1) **Your top three shows on OTT?**
 - Mozart in the Jungle
 - Ramy
 - Red Oaks
- 2) **One role you would love to play?**
 - I don't have anything in my mind yet.
- 3) **On screen inspirations?**
 - There are so many of them. Can't name one.
- 4) **What do you do in your free time?**
 - Read, and make music or discover new artists.
- 5) **Currently watching on OTT?**
 - Spaced by Edgar Wright



WATCH OUTS FOR THE WEEKEND!

Another time all of us have to miss out on the huge buckets of popcorn, big screens, and the theatre ambiance. But no worries, as the OTT platforms have been a savior in kicking out boredom then and now! Hashtag picks a few must-watch for the weekend. What's the delay, get reading and hop on to watch some amazing movies.

1. Wild Dog

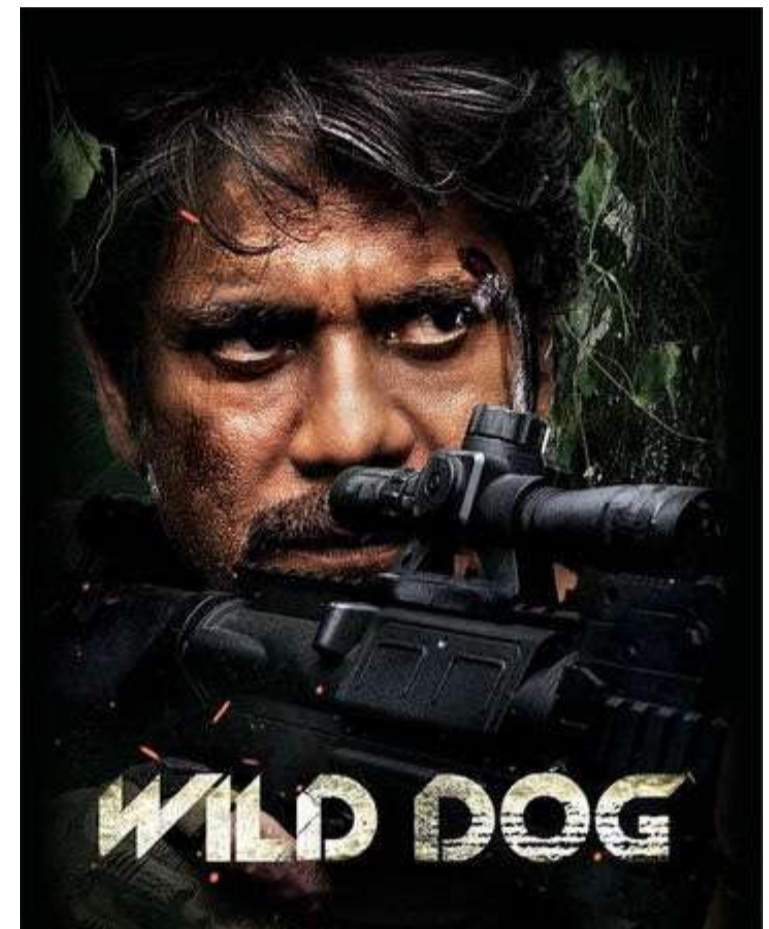
Cast: Nagarjuna Akkineni, Dia Mirza, Saiyami Kher, Atul Kulkarni, Ali Reza.

Director: Ashishnor Solomon

Streaming: Netflix

Language: Telugu (also available in Tamil, Malayalam, and Kannada)

Nagarjuna Akkineni is back in the field with an action thriller written and directed by debutant Ashisor Solomon. The film focuses on the terrorist attacks that happened in India including the Gokul Chat bomb blast in 2007. It is the journey of an NIA agent trying to get their hands on the cold-blooded criminal Yasin Batkal. In his comeback, Nagarjuna's performance was impressive. If you are in spirit for some action over the weekend, then Wild Dog is the right choice.



2. Jathi Ratnalu

Cast: Naveen Polishetty, Rahul Ramakrishna, Priyadarshi, Faria Abdullah.

Director: Anudeep KV

Streaming: Amazon Prime

Language: Telugu

A 2 and a half hour laughing riot, Jathi Ratnalu is a comedy-drama film directed by Anudeep KV, produced by Nag Ashwin and Swapna Cinema. The plot focuses on 3 happy-go-lucky men who move to the city from a town for a better life and a respectable job but end up in prison for the crime they didn't commit. The movie is an easy watch if you wish for relaxation and full-on entertainment. The acting was impeccable too.

3. Ajeeb Daastans

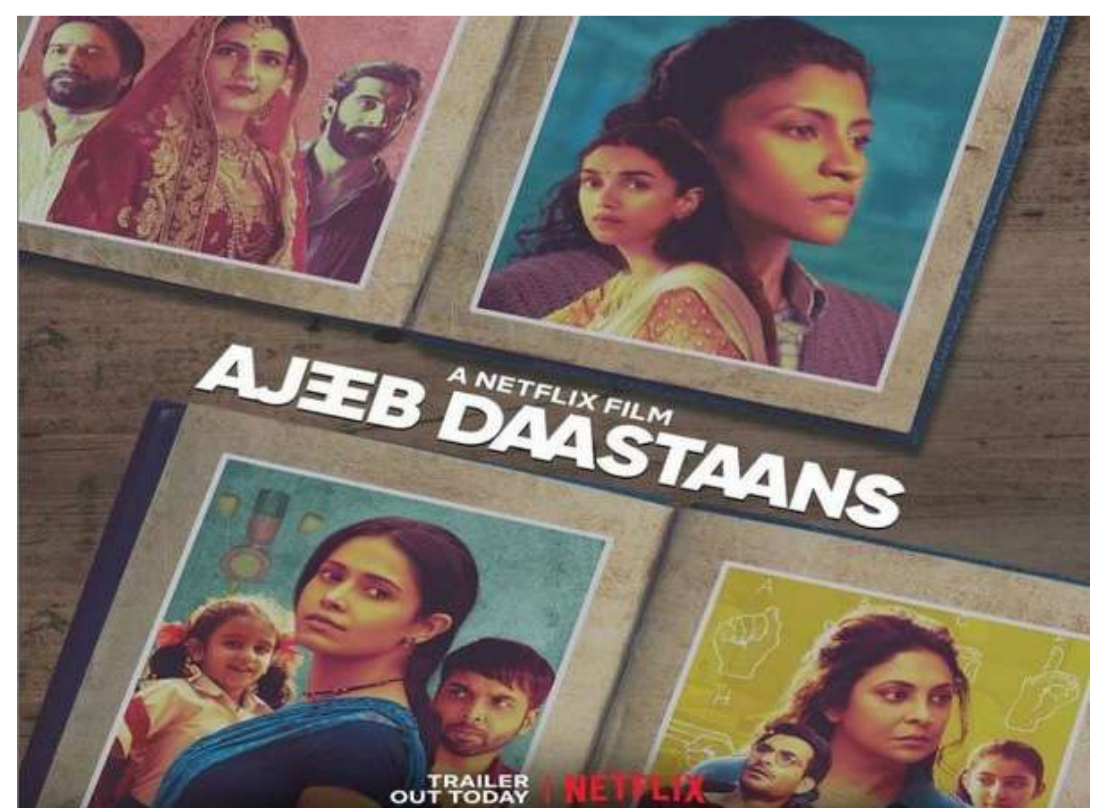
Cast: Aditi Rao Hydari, Fatima Sana Shaikh, Nushrat Barucha, Manav Kaul and Shefali Shah.

Director: Khaitan, Raj Mehta, Neeraj Ghaywan, Kayoze Irani

Streaming: Netflix

Language: Hindi

A Hindi language anthology that is composed of 4 short films – Manju, Khilauna(Toy), Geeli Pucchi, Ankahi. The stories deal with the lives of 4 women facing dissimilar, miserable situations in life. The film emphasises concepts such as betrayal, love, retrieval, caste, sexuality, and ambitions.





Desi Slice in the Land of Oz

A Melbourne-based organisation is bringing local and Indian art and culture to the forefront, giving young students a chance to assimilate better into their adopted homes. **Juveria Tabassum** chats with co-founder **Satish Verma**.

For Satish Verma, the NRI experience has been a two-way street. The osmosis of his adopted culture into the inherent spirit of home and its quirks drove him to set up Melbourne MAMA, an organisation that works towards creating a strong support structure for Indians living in Australia. A production house and a business hub act under the organisation's umbrella and provide facilities to let young students explore new avenues in the land Down Under. The organisation chiefly conducts, often in coordination with the local government, festivals and other Indian cultural events to help the Indian community get a taste of home.



They were chief promoters of the Rana Daggubati-starrer Aarya in Australia





Satish was pursuing his MBA from the Charles Darwin University in Melbourne in 2016, when he decided to explore his passion for filmmaking. "I was introduced to the Melbourne Telangana Forum, and I wanted to create culture-based films that would expose Australians to the land I come from," says Satish of the beginnings. Today, Melbourne Mama is the official media partner for international powerhouses such as Euros International and Zee Studios. They were also the chief promoters of the Rana Daggubati-starrer Aarya that released earlier this year. Additionally, they are creating a web-series co-produced by Chai-Biscuit, which is slated for release soon. The business hub connects young Indian entrepreneurs living Down Under with investors from across the globe.

The organisation is a hub for students to fetch vital information regarding networking for jobs, immigration news updates



With the 30,000 strong Indian student community in Australia, there was never any dearth of expat-talent to bring to the limelight. Satish believes that the push from Melbourne Mama helped the NRI community in Australia break through their shells and experience and celebrate their culture with the locals. "There has been a drastic change in the perception of people," Satish observes, adding, "they only communicated within themselves. We've opened up channels of communication with local and new talent." Apart from that, the organisation is also a hub for students to fetch vital information regarding networking for jobs, immigration news updates, and generally learning how to live in Australia.

However, integration isn't a one-way street for Satish and his team. He recognises the need to learn from the locals in terms of dignity of labour, culture, staying independent, and not limiting oneself to expectations and responsibilities. Satish cites the diversity of culture in native Australians, and stresses the importance of celebrating their music, art and handloom too. With a system like Melbourne Mama in place, living abroad can be a grand celebration of the different walks of life we all hail from.

This section is dedicated to Indians across the globe. We believe that it takes a lot of determination and effort to achieve success. Every achievement, whether big or small, deserves to be celebrated and by sharing your story you inspire others to follow in your footsteps. To share your story mail us at editorial@hashtagmagazine.in

Product Picks

Hashtag's picks of the month



Origami's Wet Wipes

Price: Rs 75

Given the whole covid scare, the newly launched anti bacterial wipes by Origami are extremely handy. Infused with 70% isopropyl alcohol, the wipes sanitise and protect the skin from harmful virus. Soft and absorbent, they are easy to use and these wipes are mildly perfumed and keep your skin refreshed and moisturised with an easy to carry packaging. Made of non-woven fabric, these wipes provide a quick and versatile clean on most surfaces.



Ankle Skip Jump Ropes for Kids

Price: Rs 499

Are the kids driving you crazy? Are they in desperate need of some exercise and fitness? Then these ankle skip ropes are the perfect way to engage them into a fitness routine with some hop, skip and jump. Challenge your child's imagination and keep them active.

Patch & Marshall Dog Training Potty Pads

Price: Rs 499

The lockdown has seen the highest sale of pets, especially dogs, in recent years. If you're one of those proud owners struggling to train your puppy and keep your place clean, these training pads are a boon in disguise. Highly absorbent, these pads attract the puppies, which means faster and more successful potty training. With a non-woven fabric top layer these pads absorb liquid instantly and prevent overflow. These are great for both indoor and outdoor usage.



Slickup, Anti Flyaway hair wand

Price: Rs 499

This is the perfect solution to tame your baby flyaway and stray hair ends. Infused with jojoba oil and fruit extracts which help strengthen and nourish your hair all whilst giving you the perfect hold, Slick Up will hold your hair up all day. The product doesn't leave your hair hard or sticky so you can simply brush your hair out at the end of the day.