

Hash#ag

www.hashtagmagazine.in

July 2021

IAg



REVIEWS
TRAVEL
FASHION
& MORE

"I introduced
costume
to Bollywood"

**MANISH
MALHOTRA**

SINGLE
DAD DIARY:

TUSHAR KAPOOR

SUPERFOOD:

EASY ON THE
POCKET & PALATE

"I WILL NEVER WISH ANYONE
TO BE IN MY SHOES"

**ASSAM
ALIVE:**

THE ZULUK
DISCOVERY

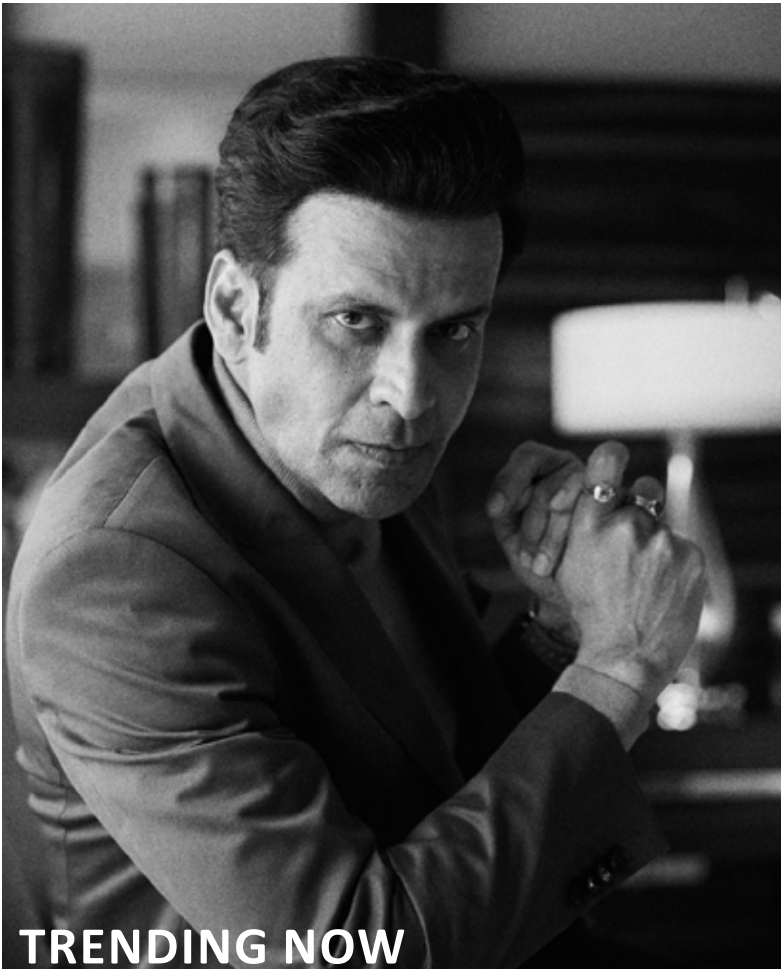
**MANOJ
BAJPAYEE**

CONTENTS

EVENTS IN TOWN

PAGE: 05

Life seems to be opening up again post the second wave of the pandemic. Read where you can head out this month to let your hair down, indulge in some art and spirituality, and check out a curious exhibit of bridal couture.



TRENDING NOW

PAGES: 06-11

India's favourite actor of the day, Manoj Bajpayee, is definitely no minimum guy. In an exclusive chat with Hashtag India, the renowned artist opens up about his mighty struggles in the industry, his favourite part about being an actor, and the bones he's got to pick with the term "Bollywood."

START UP INC

PAGES: 13-15

Read up about the growing mock meat industry in India, in what can be the perfect impetus for you to finally go vegan.

CHANGE MAKERS

PAGES: 16-19

Get up to date with the incredible and inspiring tale of India's band of specially-abled cricketers.



DUSK TO DAWN

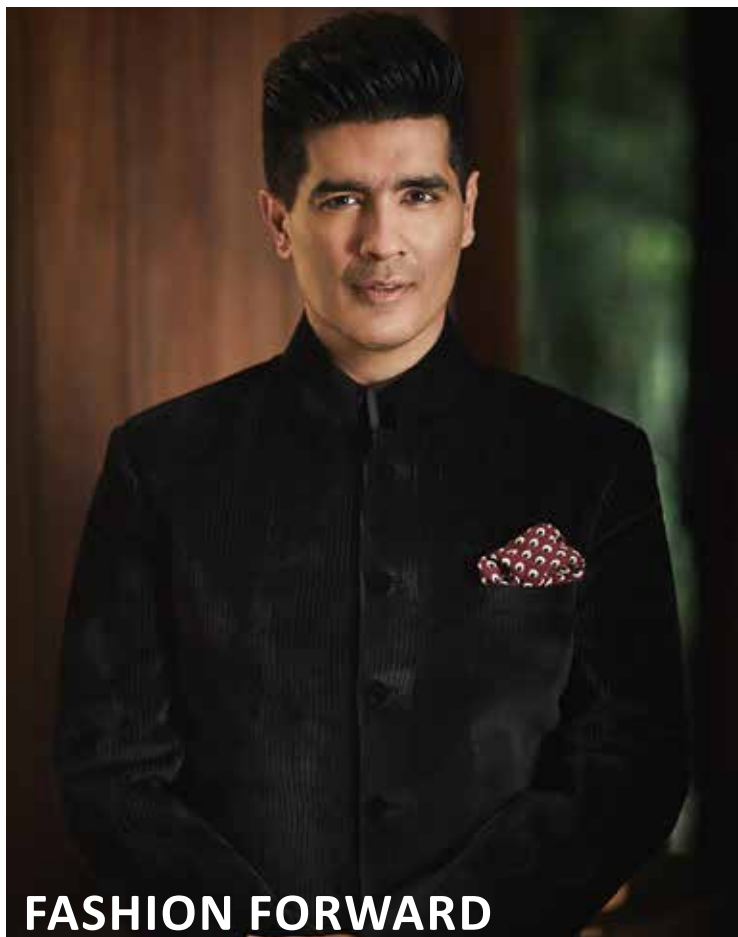
PAGES: 20-23

What goes into your favourite spirits is a question you've probably never asked. But we provide the answer anyway, as we explore the liquor industry in India.

RETAIL THERAPY

PAGE: 25-27

Small businesses have found a fresh way to thrive in the Insta Age. Check out Hashtag's picks of the best stores on Instagram that you should definitely be paying a virtual visit to.



FASHION FORWARD

PAGES: 29-37

Hashtag catches up with the Father of Fashion in India, Manish Malhotra, and takes a trip down the long winding, gilded lane that is his career in the industry.

HEALTH & WELLNESS

PAGES: 39-46

Ranvir Shorey's undertaking for World Environment Day, to yoga's role in a speedy post-covid recovery, read through some true wholesome stories. Also tap into the rage that superfoods are right now.

FOOD INC'

PAGES: 47-49

Home bakers have been all the rage thanks to the pandemic and the lockdown. Check out Hashtag's picks of the best in the business in India right now, and what has made them stand out.

AUTO & TECH

PAGES: 50-51

We've followed the Juhi Chawla scene over 5G and are probably waiting for the Airtel girl to tell us what the fuss is all about. Worry not. Hashtag has got your back as we dig deep into this new tech and its nitty-gritties.

ARTS AND THEATRE

PAGES: 53-55

Read about Kuchipudi goddess Sandhya Raju and how she has learned to live through dance.

TRAVEL

PAGES: 56-58

If you're looking to make some impulsive post-pandemic travel plan's you might want to check out this hidden gem of a spot tucked away in Assam.

INTERIORS

PAGE: 63-64

Incorporating art into your home is more than just hanging paintings on the walls. Get some expert advice on how to spruce up your nest with the right art.



STREAMING NOW

PAGES: 65-71

From Tushar Kapoor's adventures as a single dad to the amazing run that Adivi Sesh is on, indulge in a couple of delightful interviews.

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

Editorial & Marketing Office

B 10 Vikrampuri, Karkhana,
Secunderabad, 500009.

Contact: 6269 000 666

Cover

Manoj Bajpayee

Photographer: Meetesh Taneja

Website:

www.hashtagmagazine.in

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

From the Editor

GOOD NEWS FOR THE HYPOCRITE MEAT EATING ANIMAL LOVERS...



Are you amongst those who love your pet and then enjoy a good grilled chicken for dinner? Do you cringe at animals in the wild being subjected to abuse, but enjoy an exotic dish of lamb on skewers? Well, there are a lot of frustrating contradictions meat eaters battle each day that may seem baffling to many, especially the vegans. I don't blame them, because our intimate relationship with love for our animals and love for meat is a perfect example of hypocrisy at its best.

I'm guilty of it too. Coming from a vegetarian family, I love anything chicken. All my will power, logic and love for animals goes straight out the window when the chicken converts itself into a plate of hot 65 or kebab. I've tried to turn vegetarian several times over, but all my self-control runs out but when the aromas from the hot pot of biryani fill the room. But, in between meals, I'm guilty.

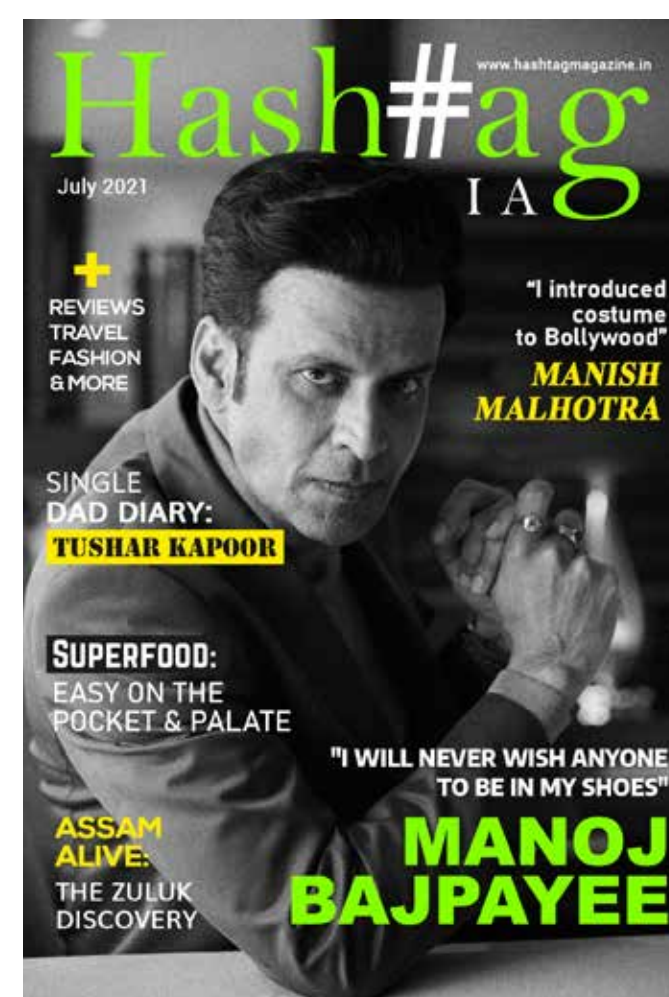
In fact, according to research conducted by a vegan society, more than 47.8 percent of meat eaters felt a certain amount of guilt. In addition to this, 85% of survey respondents classified themselves as 'animal lovers.' It is evident that there is an upsurge of untapped hearts and minds to be won over to a compassionate, vegan/veggie way of life. This issue features a slew of new start-up launches that are helping vegetarians add the elusive

protein element in their diets even while ensuring that it is as sustainable as it is tasty. Enjoy exploring the growing mock meat market in India, because now, that delicious vegetarian meat burger is soon going to be a reality! Oh and once they make the perfect mock meat biryani, I'm surely going to turn vegetarian. Do stay hooked to this column to find out.

Moving on, we have a content packed issue this month... Enjoying the success of his recent series The Family Man 2, actor Manoj Bajpayee, in an exclusive interview with Hashtag talks about his struggles, rejection and failure, to finding his spotlight on screen after two decades in the industry. "I will never wish anyone to be in my shoes: my shoes are torn and feet are bruised," he shares. From Tushar Kapoor talking on single parenting, to trending home bakers across the country, to popular small business on Instagram, travel discoveries and more, it's all in here.

Enjoy the reading and stay safe!

SINDURI VUPPALA



Hashtagmagazine.in



@hashtagmagazine.in

www.hashtagmagazine.in

THE
HAPPINESS
CO



DELICIOUS
AND
CRUNCHY

UPCOMING EVENTS

JULY 2021

Ostend Beach Festival 2021

Ostend beach festival is the world's number 1 beach festival happening in the country. This is an ecologically friendly festival established in 2010 where all the visitors are cohered by the fervent love for electronic music. The fest also incorporates a seaside retail event with four distinct stages every day including domestic and international dance artists and DJs rendering an unravelled experience of music.

Date: 9th – 12th July 2021

Time: 4:00 am – 5:30 am

Venue: Belgium Glass Center, Latur

9-12
July 2021



Mine N Yours Wedding Show

23-24
July 2021



Discover the luxurious exhibition displaying the finest and unique assortment of bridal couture, beautiful jewellery, and marriage accessories from the realm of wedding. The exhibition is for all of the aspiring women out there, and it will assist women in planning their perfect wedding.

Date: 23rd – 24th July 2021

Time: 11 am – 8 pm

Venue: Taj Krishna, Hyderabad

Bakers Technology Fair

Bakers technology fair is a chance to learn, connect, as well as acquire but also market the most diverse range of high-quality and cost-effective Bakery Materials, Machinery, Uses, and associated goods and services. The exhibits present all the required equipment and its applications.

Date: 9th – 11th July 2021

Venue: Codissa Trade Fair Complex, Coimbatore

9-11
July 2021



Jagannath Rath Yatra



12
July 2021

Each year, Odisha commemorates its biggest festival, Jagannath Rath Yatra, in the holy lands of Puri. It is regarded as one of the Char Dham pilgrimage sites. The Puri Rath Yatra has 3 magnificent chariots carrying deity religious figures: Lord Jagannath, Lord Balrama, and Devi Subhadra. The festival is attended by a myriad of attendees from across the globe.

Date: 12 July 2021

Time: 8:19 am

Venue: Shri Jagannath temple, Puri, Odisha

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



h a s h t a g

TRENDING NOW

Manoj Bajpayee

**"I DON'T THINK THE INDUSTRY OWES
ME ANY KIND OF DUES."**



For lovers of good cinema, **Manoj Bajpayee** is the oasis that promises and delivers stirring performances that befit the title of an actor. Ever since Bhiku Mahtre in the 1998 film *Satya*, Manoj Bajpayee has been cementing his identity as a reliable, clean and captivating actor who knows how to bring a character alive with literally zero fuss. From the poignance of Professor Siras in *Aligarh* (2016) to the zest of Sardar Khan in *Gangs of Wasseypur* (2012), Manoj has been adding a rare tone of brevity, class and perfection to Indian cinema.

In 2019, with the Netflix series *The Family Man*, we saw Manoj portray intelligence officer Srikanth Tiwari with his usually enigmatic brilliance. The series saw its second season releasing to rave reviews, not just for the tight plot but also the amazing delivery.

His new project *Hungama Hai Kyon Barpa*, a part of an anthology celebrating 100 years of Satyajit Ray premiered on Netflix on June 24th, and in an exclusive interview with **Juveria Tabassum**, Manoj speaks about his appreciation for the revered storyteller, his experience as Srikanth Tiwari, and his journey of many troughs and crests in the industry so far.

On The Family Man:

What was the best part about working with Raj and DK? What has made this partnership work for two great seasons now?

The best part about working with Raj and DK is that they are not only modern and liberal in their approach, they also look at any kind of incident from all angles and perspectives. They never take a one-sided look at anything. They are in with the times, changing themselves whenever required. They also welcome and incorporate all valid ideas. With them, the set is comfortable, collaborative and creative. I love being on the set when I am shooting for them.

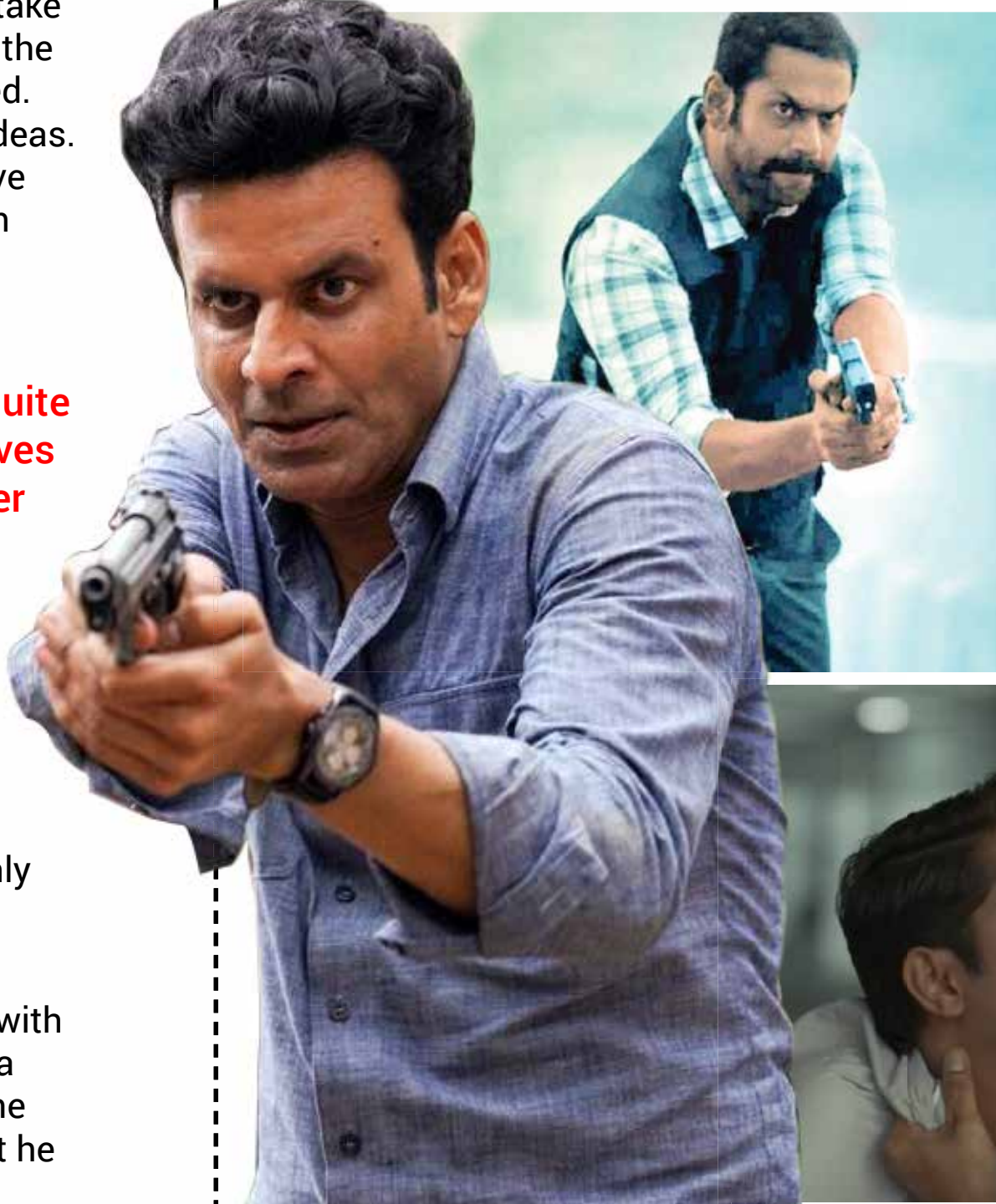
In a fast-paced professional world, it is quite easy to spot Srikant Tiwari within ourselves too, sometimes. What about his character convinced you to play the role?

Srikanth Tiwari is each and everyone of us. He is struggling to find a balance between a demanding family and a demanding job. This is what people are relating to. This is the element that interested me, and led me to join the project, apart from the fact that it was coming from Raj and DK, who are so highly talked about.

In Season 1, he was in all of his elements, jumping with confidence. He could negotiate with anyone, in any kind of situation. He was truly a maverick. In the second season, he is someone who is burdened and troubled. Everything that he treasured is taken from him.

Your camaraderie with Sharib Hashmi(JK Talpade) was spectacular, and it brought the show to life. How did you build that on-screen chemistry?

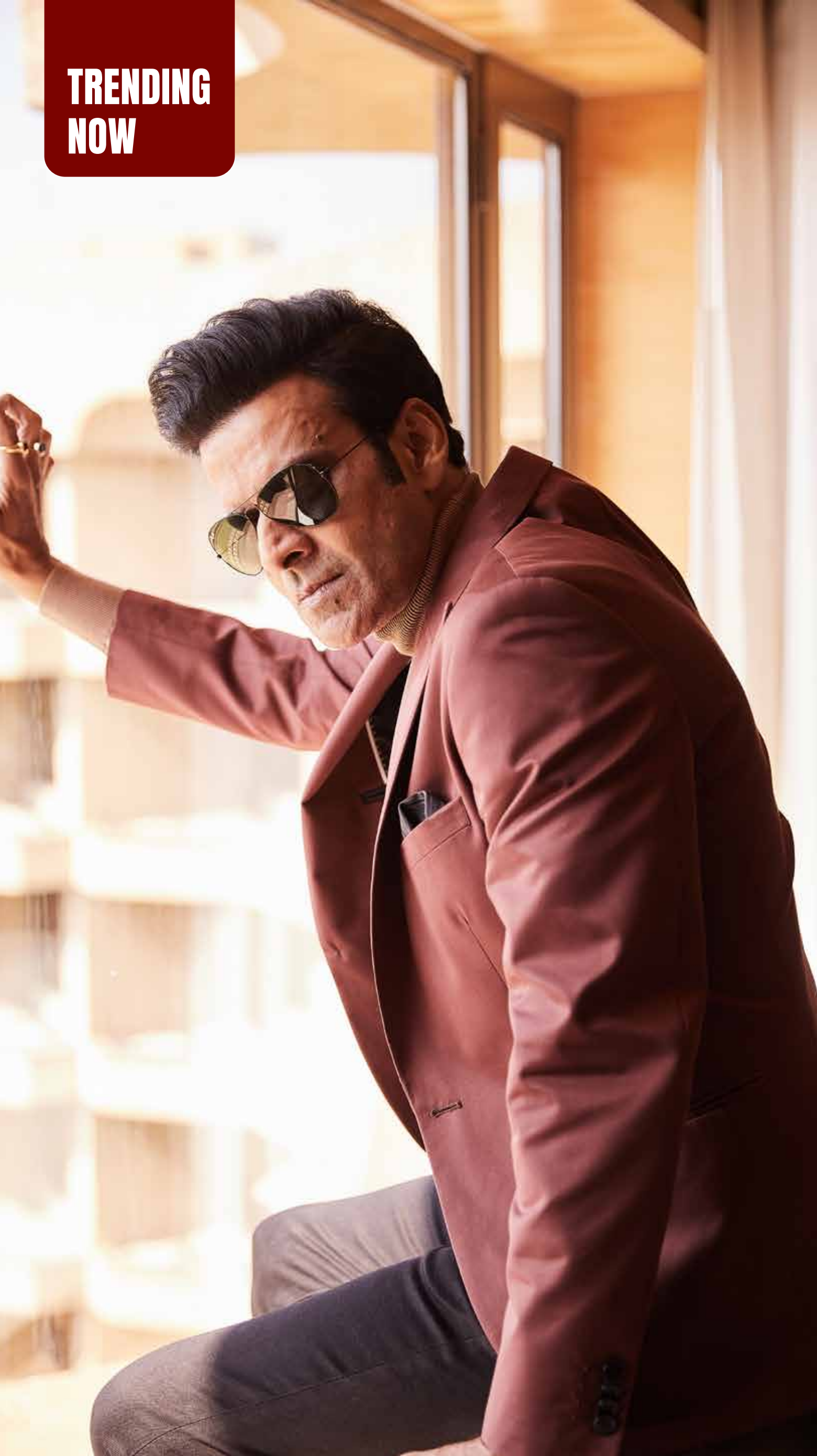
My chemistry, as you call it, with Sharib Hashmi, has been on spot since the first day. It took a little bit of time to get into this relationship/association that we have in the series. We really wanted to take it somewhere else. At rehearsals and even during conversations we'd share feedback and suggestions. We were working for the project, rather than working for ourselves. And that is true with each and every one. My association with the kids, and with Priyamani(who plays Suchitra Tiwari), is also on another level. We do a lot of rehearsals, and it isn't a competitive atmosphere. We are collaborating to reach the same goal. And that goal is to make each and every scene interesting.



This season's release was mired in a few controversies. Were you anticipating them when you read the script?

I don't think any one of us expected any controversy, or anyone pointing fingers at us because Raj and DK, the writers, and the rest of the team, have always intended to make a good project which has depth, nuances, and is well-layered. At the same time, we wanted it to be quite interesting and entertaining for everyone. We don't do anything we are not convinced about. So all the controversies that were thrown at us were not justified. We are not those people. We don't want to offend or hurt anybody. We are only interested in storytelling and in respecting all cultures and languages.

"All the controversies that were thrown at us were not justified."



On his journey in the industry:

You are considered to be one of the best actors in the country. In the course of work, have you ever come across an actor you think is right up there, or even better than you?

I don't think I am one of the best. This is not a statement out of any humility. I sincerely think that way. You can take it at face value. I am not anywhere close to the best from my generation, or gen-next. All of them are far far better than me. I am learning, and trying to evolve as an actor and as a person. All those appreciations, they overwhelm me, at that I don't personally think I am anywhere close to anyone in this industry who is considered good. I still have a long way to go before I can actually call myself a good actor. This is a thing that always goes on inside me. Every actor who is being celebrated, or who is getting admired for the work that they are doing, you should always consider me lesser than them, and I sincerely feel that way. I really believe in it. The journey of learning is always, always, always on. I look at myself and I always feel like I can do better; tweak some performances here and there or point out the mistakes that I have made.

“ I look at myself and I always feel like I can do better; tweak some performances here and there or point out the mistakes that I have made. ”

Do you believe storytelling via OTT platforms will allow Bollywood to get over its “Star Syndrome”?

There is no point guessing. Let the theatres open, and let things get back to normal and let's see how audiences respond, and how much cinema has an impact on OTT. OTT is the only medium of entertainment left to the public during the lockdown. Let's see where it goes from here. It is true that OTT has thrown up many performers, who would have otherwise found it very difficult to find a place or respectful place in cinema. I would like to see how things pan out once corona is out and masks are off and the lockdown is lifted.

Do you think if you were in your early 20s again today, and were applying for the National School of Drama, would you have gotten a different response than you did back then?

I don't think I would have taken a different route. I would have still gone to the National School of Drama. It is a great institute which has delivered some amazing actors and directors. NSD's contribution to cinema is immense. There are no two opinions about it. I have always been interested in learning and evolving. I would have taken the path of trying to get into NSD, do some theatre, and then come to Mumbai and try my luck in the industry. I'm more interested in learning than doing anything else.

It is almost cliched now to ask you about method acting; you are the veritable pioneer in the field in that regard. How would you say you've built that skill to bring out those delectable nuances onto the screen?

I have been an actor for many years now. I have attended many workshops, I still do. I keep reading books. And I look up and learn from performances to innovate my methods and approach according to the genre given to me. I don't know how to tell anyone about my preparation. These are things an actor who is interested in learning about the methods, and understands his own methods so well that all of us can sit together and exchange notes, would understand. It is very difficult to put it out in interviews.

You've played more than your fair share of gangsters and policemen. Do you think you're routinely offered these roles?

I am not routinely offered these roles. There are other roles I am offered too. But these roles somewhere were the best ones from the offers that I took up. There have been some incredible roles such as Aligarh, but unfortunately, they aren't talked about as much. I am offered all kinds of roles. I found those roles you talk about much more interesting. Why would I do anything in the name of being different? Why do anything bad in the name of being different?

I have done gangsters, but can anyone find a similarity between *Bhiku Mhatre* and *Sardar Khan*. Every time I am asked this question, it is about the job. However, we are trying to explore the person, not the job. So yes, in the future too, I will play gangsters and policemen if the roles are fantastic and demand me to meet those requirements and make it look really really interesting. You play a hundred lawyers, but each lawyer is not the same. It is the character that we are focusing on.

Do you believe luck played a role in deciding how you've fared in the industry in terms of popularity? Do you ever compare yourself to contemporaries who have managed to gather a mass following?

Luck is a factor which plays a role in every professional's career. But there is also the hard work, the roller coaster ride; it hasn't been easy. I will never wish anyone to be in my shoes. These shoes are completely torn and bruised; my feet are bruised. If anybody has the patience and ability to endure all kinds of rejection, and failure, they can very well wear my shoes.

Why should I compare? I take great pride in my journey and in the person and actor that I am, and I believe that is enough. I also take great pride in saying that I am still learning. People who have gathered a mass following are bigger people. I am a very small guy, my goals are very small. I never wanted to reach anywhere. I just wanted to do this job because I am very passionate about it.

"I have played gangsters, but can anyone find a similarity between Bhiku Mhatre and Sardar Khan? We are trying to explore the person, not the jobs."



Stardom has run the industry for many years now. But there has also been a camp that has stayed true to genuinely good actors and artists. Do you believe there are distinct "audience banks" for these two sides to Bollywood?

First of all, I don't call it Bollywood. I think it is too demeaning for an industry which has been creating such great content. It has space for every genre. And gives freedom to all filmmakers to make their own kind of films. Actors have been doing different kinds of things, and they all have their fair share of audiences. Independent cinema has been thriving for a few years now. It offers a different kind of storytelling and treats cinema as an art. I am part of that too. We all have our set of audiences interested in those films. Aligarh doesn't enjoy the same kind of audience as *Satyamev Jayate*. The audiences for Aligarh or Bhosle are different from the audience of mainstream cinema.



On Ray:

As an actor, your pool of versatility runs as deep as it gets. What specific emotion did you have to pull out from that experience to play Musafir Ali for this anthology?

My story is one part of the anthology. The story is called *Hungama Hai Kyon Barpa*. It is directed by one of the best directors of this industry, Abhishek Chaubey. He is a director I am a big fan of. He helped me perform Musafir Ali, and perform it right. I just hope that the audience, and all those who love Satyajit Ray find it a good performance. With Abhishek Chaubey's help, I tried to do complete justice to it. If I talk about the emotion or the role, I would be giving it away, so I better stay away from that. I learned quite a lot in those 10-12 days we shot the story for.

When did you shoot for the film, and how hard was it for you to work in the middle of a pandemic?

As soon as the lockdown was lifted last year, we shot the story. We rehearsed, and then shot it for 10-12 days. The shooting was done with extreme precaution, following the protocol.

"Raghuvir Yadav is the acting god of this country."

Quick takes:

Most memorable scene from TFM season 2

The dinner sequence that happens on our marriage anniversary. I enjoyed doing that. It had too many layers. We constantly worked on little details and the nuances, which gave me quite a kick.

Three things that define your approach to acting

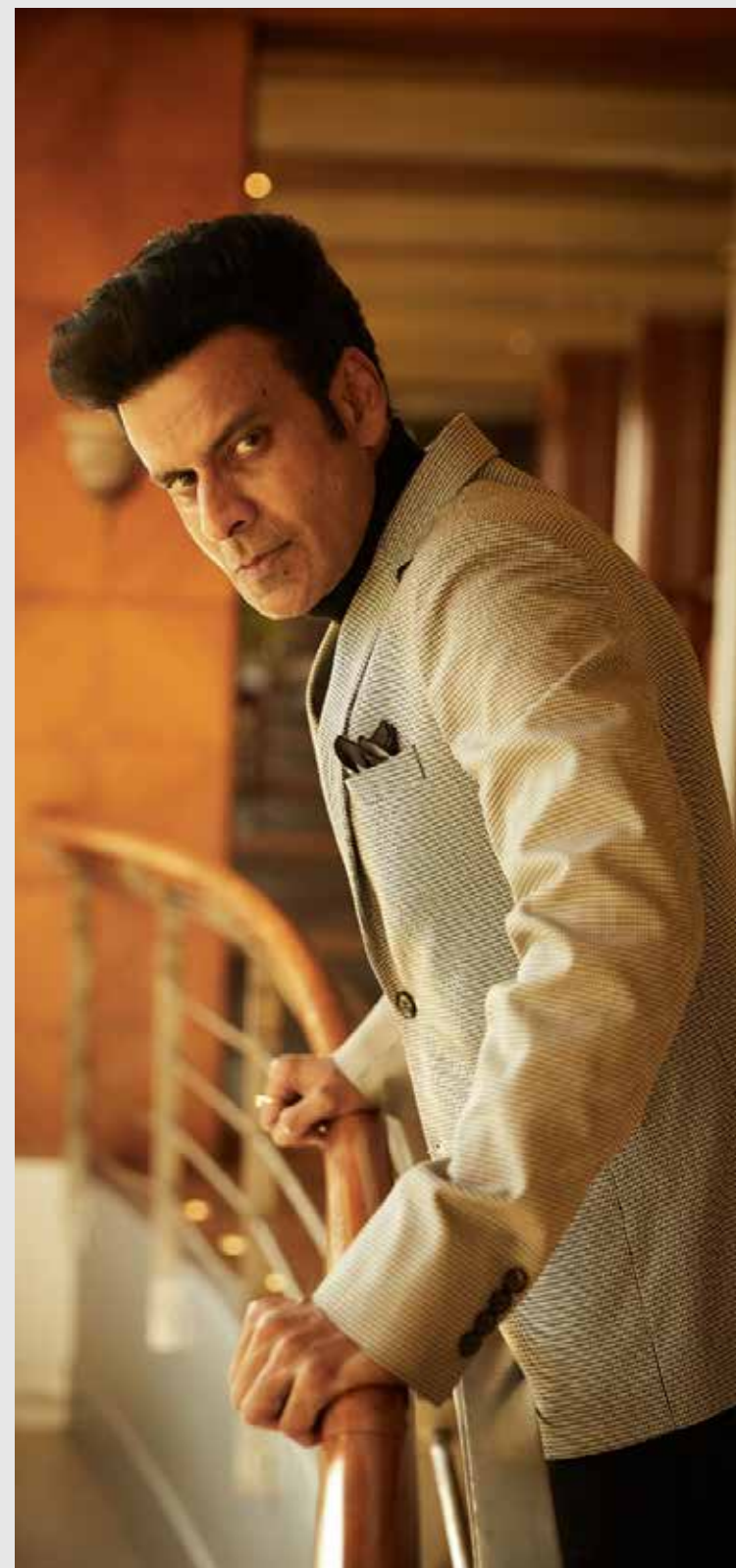
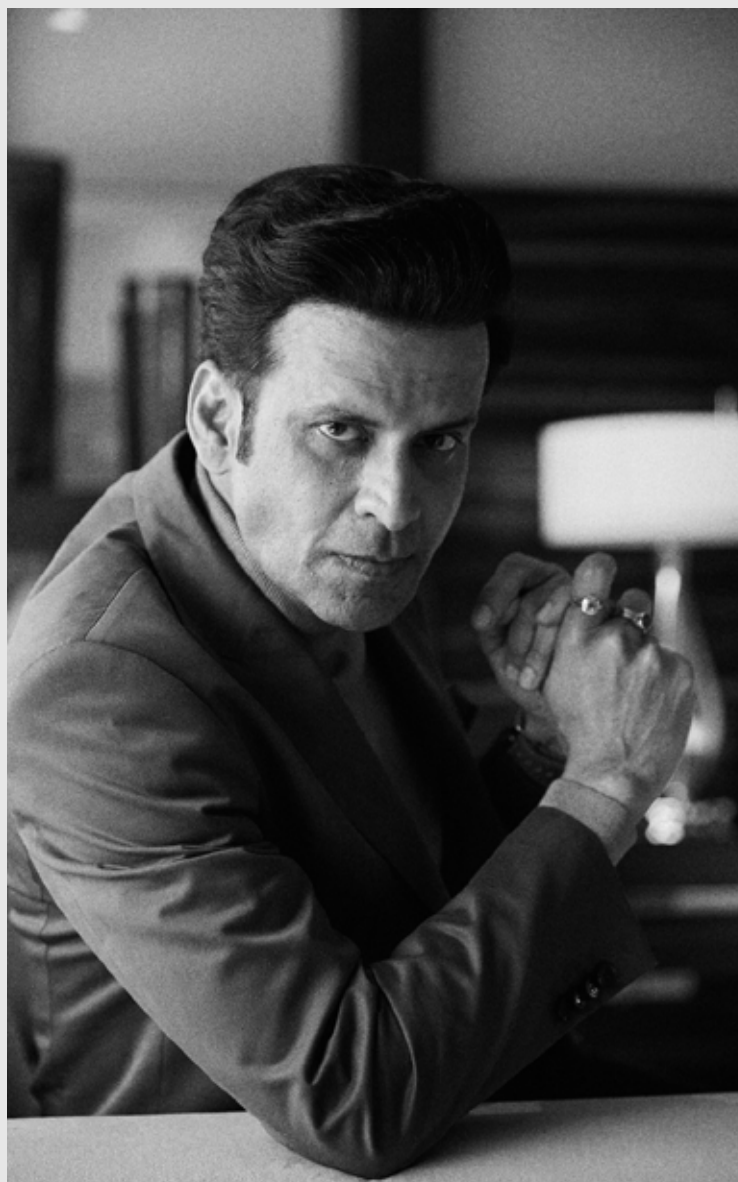
Script. Noting down the back story. Characterisation. Without writing down the characterisation, I don't move an inch.

One role from your earlier films that you think would be better received, appreciated and loved by the audiences today.

1971, or *Budhiya Singh*. These two films, or for that matter, *Pinjar*, would have been really celebrated. I think people should watch *Budhiya Singh* on Netflix, which, according to me, was my topmost performance. It really satisfied me in totality.

The director that you think has understood you best over the years

It's hard to name one or two. Ram Gopal Verma, along with Hansal Mehta and Anurag Kashyap really understood the intensity with which I have been working on my roles, and that is what they admired the most. Shekhar Kapur, Abhishek Chaubey and Neeraj Pandey know my strengths and weaknesses and work on those limitations, and force me to be a better actor in their projects.



3 most underrated actors in the industry today

Aditya Menon is someone I think is an amazingly gifted person. He is also extremely hard working. His craft is quite enviable. Raghuvir Yadav, I think is the acting god of this country. Sometimes he gets his kind of roles that respect him, and sometimes he doesn't. I would like him to do very, very well, and be respected for the kind of actor that he has been. People should show loads of respect to Vinay Pathak and Ranvir Shorey just by giving them great roles. I know they will come out with flying colours with the kind of zeal, and craft and intensity that they have.

What music are you currently listening to?

What music are you currently listening to?

What's in the pipeline for the rest of this year?

To finish all my backlogs. Be it Ram Reddy's film, Kanu Behl's film, or Abhishek Chaubey's next projects. These are going to keep me busy this year. There's also another film by a new director called Rahul, and I have to finish that backlog. This year is going to be quite busy. Two months are gone due to covid restrictions and lockdown, and I just hope that the shootings resume in full swing soon.

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





h a s h t a g

START UPS



Vegetarian Protein Push

A slew of new launches is helping vegetarians add the elusive protein element in their diets even while ensuring that it is as healthy as it is tasty. **Bindu Gopal Rao** explores the growing mock meat market in India...

Did you know that your body needs 60 grams of protein to meet its daily requirement? If your diet is plant-based, you might be struggling to meet your daily protein requirement. About 73 percent of India suffers from protein-based deficiencies while almost a considerable 90 percent remain unaware of their daily protein requirements. As a nation with a thriving vegetarian majority, the traditional Indian diet offers very little variety when it comes to plant-based protein options. Proteins not just have a high nutritional value, but also help in weight management and strengthen your immune system. events, but the owners believe that there is more to it than just money.

Understand Plant Proteins

India's first 'Protein Day' which was on February 27th this year to raise awareness around the numerous health benefits of protein had the theme 'Power with Plant Protein'. So, what are plant proteins? Simplistically these are

a source of protein which comes from plants. This includes pulses, tofu, nuts, seeds, soya, tempeh and seitan. Pulses like chickpeas, lentils, beans and split peas are also a source of plant protein.

New Vistas

India's first 'Protein Day' which was on February 27th this year to raise awareness around the numerous health benefits of protein had the theme 'Power with Plant Protein'. So, what are plant proteins? Simplistically these are a source of protein which comes from plants. This includes pulses, tofu, nuts, seeds, soya, tempeh and seitan. Pulses like chickpeas, lentils, beans and split peas are also a source of plant protein.

“Tempayy is made with a controlled fermentation process and has protein, fibre and good fats. It is also a great food option for diabetics and helps in muscle gain and weight loss,”



**Mr. Siddharth Ramasubramanian,
CEO & Founder Vegolution**

Health Factor

According to a report by Indian Market Research Bureau (IMRB) 93 percent of people are unaware about their daily protein requirements. Another challenge faced by vegetarians is the sheer volume of food that must be consumed in the form of pulses, seeds, nuts and vegetables to fulfil their daily protein intake. Plant-based proteins are a credible source of protein and can be easily incorporated into daily cooking to make home food protein rich.

Product Mix

“The products being offered are protein rich, 100% plant-based, tasty and have ready to cook ingredients. To top it up, they are highly versatile and can be a great addition for someone looking to make their everyday meal protein-rich. The products are also cholesterol free, trans fat free etc. apart from being cruelty free and highly sustainable for the planet, which is the need of the hour. Our products are made using soy protein and available in two variants: Evolved Alt protein is firm but has softer bite which is specifically developed for vegetarians who may not prefer a meaty texture, whereas Evolved Alt Meat aims to give the consumer similar experience as their favourite meat,” says Roma Roy Choudhury and Pradeep Rao, Founders, Evolved Foods.



Roma Roy Choudhury and Pradeep Rao

Tipping the Protein Scale

Likewise, Bengaluru based food start-up Vegolution’s mission is to offer vegetarian food solutions to bridge the protein gap in India. They recently launched Tempeh in India for the first time under the brand name ‘Hello Tempayy’ to address this very protein gap issue. This is a super bean-based, easy to cook food that can be adapted across cuisines, meal occasions and cooking styles. Tempayy (also known as Tempeh or Tempe) is a delicious, nutritious, wholesome and 100% vegetarian protein-rich food made by fermenting the best quality non-GMO soybeans. “Tempayy is made with a controlled fermentation process and has protein, fibre and good fats. It is also a great food option for diabetics and helps in muscle gain and weight loss,” says Siddharth Ramasubramanian, Founder & CEO Vegolution.



Plant-based proteins are a credible source of protein which can be easily incorporated into daily cooking to make home food protein rich.

Jackfruit Rules

The year 2020 has been a challenging one for each one of us and with the world coming to a standstill, there has been a complete reversal of what was considered to be normal. People now have become more open to trying new things and want to adapt to a healthy lifestyle. And to address this Goa based Wakao Foods decided to use the local superfood Jackfruit as its main ingredient. “We are the first Jackfruit (Vegan) Meat brand in the country. We process Raw Jackfruit into an altogether different avatar, proving the public ready-to-eat and ready-to-cook versions of this superfood. After a year of R&D we have developed a guilt-free Jackfruit product that recreates the texture of meat,” explains Sairaj G. Dhond, Founder and CEO, Wakao Foods.

Bollywood actor couple Genelia and Riteish Deshmukh have also announced their entry into this space with Imagine Meats, their plant-based venture. The couple who turned vegetarian, have said that they decided to launch the venture after they attended The Good Food Institute's Good Food Conference in San Francisco. Plant-based food and diets are the big rediscovery in the health and wellness circuits and products in this space are certainly going to be the gamechanger for vegetarians.





h a s h t a g

CHANGEMAKERS

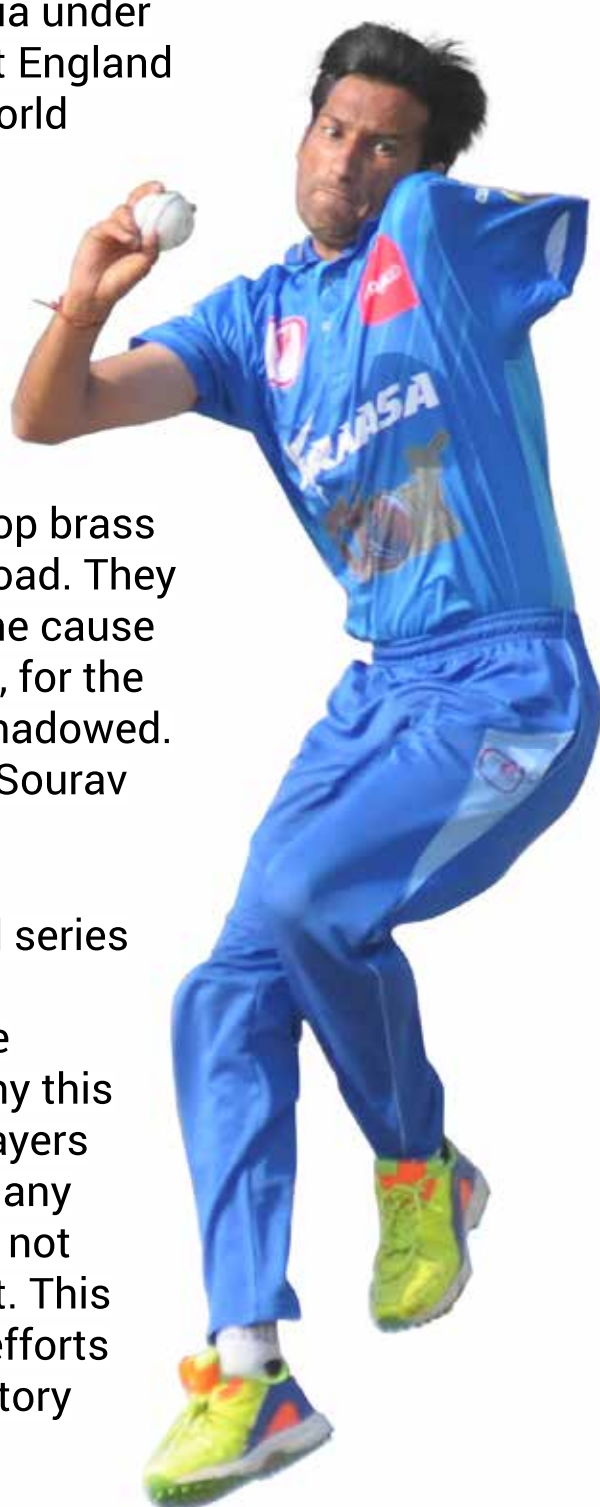


The Winning Stroke

The physically challenged cricket team have fought their circumstances undaunted and proved themselves with deep passion for the sport. But recognition seems a far cry. SURELA CHAKRABORTHY in conversation with Vice-President SANGEETH SILVERI and Secretary-General RAVI CHAUHAN discovers how PCCAI is helping the disabled players to tide over these tough times and ensure victory belongs to them.

The unforgettable victory of Team India under the captaincy of Vikrant Keni against England in the first ever Physical Disability World Cricket Series held in 2019 made the entire cricket fraternity in India sit up and take notice. Team India not only remained undefeated throughout the six-nation tournament including the warm up games but defeated the host England by 36 runs. What the players achieved in terms of batting, fielding and wicket mesmerised the top brass of many cricket associations in India and abroad. They were inspired to come forward and fight for the cause of the physically disabled cricket players who, for the lack of resources and awareness, were overshadowed. There was media fanfare and BCCI president Sourav Ganguly awarded the team.

Surprisingly, even after winning the first world series against England disabled cricketers were not getting recognition. Not many know about the Indian Physically challenged cricket team. Why this apathy towards disability cricket when the players are no less able, passionate and sincere than any other abled player? After all, the disability lies not in the person but the society's perception of it. This holds true when it comes to recognising the efforts of the disabled players who have clinched victory more than once.



Physically Challenged Cricket Association of India (PCCAI) is a Public charitable Trust registered in Faridabad. PCCAI was formed to encourage differently-abled players by organising competitions and tournaments at the block, district and state level to scout for talents.

They encourage the physically challenged players by introducing them to regular cricket as a way to instill confidence in them. There are twenty-eight state associations and one thousand five hundred players affiliated to the PCCAI.



Sangeeth Silveri (Vice President)



HAP Final PCCAI

The goal is to “Spread the message of happiness and the benefits of an inclusive society while celebrating their special abilities.” PCCAI looks into the welfare of individual players and their families at a micro level.

Every sportsman has one dream- to represent their country in national and international matches, earn victory for their country and some recognition for themselves too and a stable income.

A differently-abled player is not an exception. However, lack of support deters them from achieving this dream, which enabled cricket players to have access to. It falls under PCCAI’s duty to give the disabled players the necessary exposure to hone their skills, remain physically active and spread happiness among them through the game of cricket. It is to make them believe that happiness belongs to all.



Presently, there are more than six nations who have a national disability cricket team the UK, Afghanistan, Pakistan, Bangladesh, Sri Lanka and India.

Sangeeth Silveri, the Vice-President of the PCCAI informs, “Many players come from the economically weak sections of the society, they require food and medical aid during these trying times. It is an attempt on the part of PCCAI to establish social justice and establish an inclusive society based on compassion and humanity.”

However, as an organisation it is yet to get its due support from the Board of Control for Cricket in India (BCCI).

The Lodha Committee appointed by the Supreme Court had recommended the formation of a ‘Disability Cricket Committee’ for the development of Physically Challenged Cricket in India, that is when the BCCI included it in their constitution.

While the pandemic has hit the players and their family hard, it has not affected their spirit. They are training with sincerity but in isolation to prepare for the upcoming season and can’t wait to come back on the field. This has been possible since team PCCAI have raised funds to support the family of the disabled sportsmen. ICCL supported 300 PCCAI families in COVID time last year. Presently PCCAI is looking forward to more people coming forward to donate for the cause.



Ravi Chauhan (Secretary-General)

DCCI (Differently-Abled Cricket Council of India) was created under the command of the BCCI so that all the support can be directed to one central organization that controls the functioning of disability cricket in India. DCCI came into existence in 2021 under the guidance of Mr. Jay Shah after a discussion meeting held in the presence of BCCI top brass.

The aim was to bring all the associations that look into welfare of the disabled players at the block, district and state level under one umbrella organization. While the physically challenged, visual and hearing-impaired sportsmen get support from these respective organizations such as the Physically Challenged Cricket Association of India (PCCAI), Cricket Association for the Blind in India (CABI), Wheelchair Cricket Federation of India (WCFI) and Deaf International Cricket Council (DICC) a lot more effort needs to be put for the overall welfare of the players and their families.



Ravi Chauhan, secretary-general of PCCAI and a member of Differently Abled Cricket Council of India (DCCI) is hopeful that BCCI will support PCCAI by providing technical know-how, infrastructure and financial support required for differently-abled cricket players to hone their skills and create employment opportunities. Since, there are multiple bodies that look into disability cricket, a structure needs to be put into place to streamline the process of fund allocation and event organisation. This will mitigate the confusion that arises from having a multi-association set up.

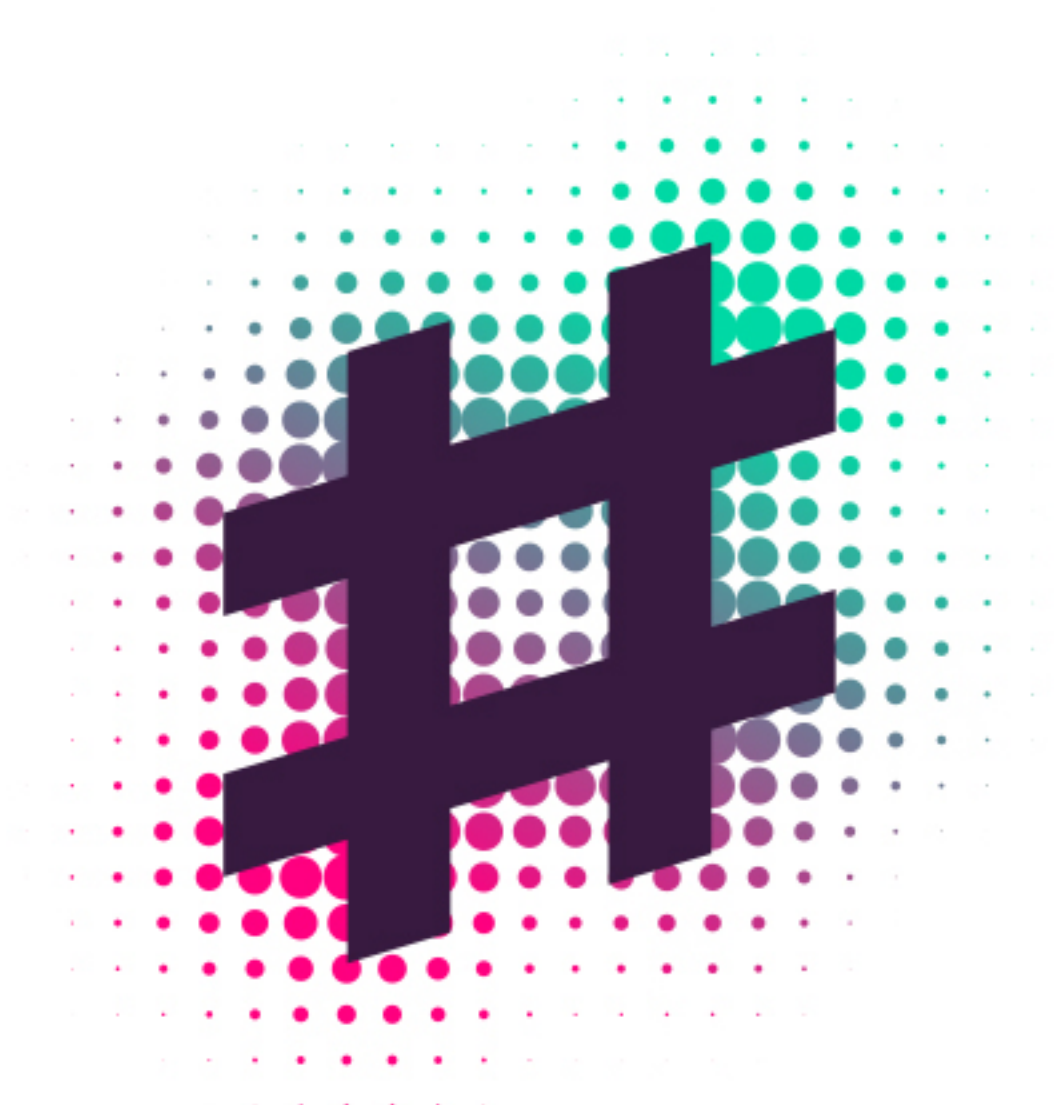
The players are selected by a separate selection committee based on the level of their disability and their previous performances. For example, in blind cricket there are eleven players in each team, where at least four players who are completely visually-impaired are classified as B1, the three partially blind players as B2 and four partially-sighted players as B3. The ball used is larger than the regular cricket ball so that it is visible to partially sighted players. It is filled with ball bearings so that they can get audio clues. The wicket stumps are larger than usual, made of metal tubes and painted with fluorescent colours so that partially sighted players can see it easily.



Ravi Chauhan, aptly puts, “Through PCCAI disabled players were given regular cricket balls to play with. The idea is not to make the players feel they are physically handicapped, rather inculcate self-confidence by ensuring an equal playing field.” He sees a very bright future for disabled cricket in India and if BCCI takes them under their wings, sky’s the limit for them.

Currently, only the men’s disability cricket team is present, but a women’s team will come up soon. Disabled women from all categories will get an opportunity to prove their talent. Ravi Chauhan mentions, “We plan to purchase fifty acres of land to set up one of a kind state of art cricket academy for the disabled where they will receive proper training and nutrition.”





h a s h t a g

DUSK TO DAWN

THE LIQUEUR *Low-Down!*



With such a prevalent drinking culture that is finally losing its tag of being “taboo”, Indians are finally stepping out of their comfort zones and experimenting with the many flavours, varieties and possibilities that alcoholic beverages have to offer. That said, it also wouldn’t hurt to actually know where we get our favourite drinks from, some interesting history around their origins, and the often tedious process that goes into making them. Mixologist **Dushyant Tanwar** dishes out some Alcohol 101 for **Hashtag India**.



Let’s take a small dip in some of the more popular categories available in our Indian Market.

Whiskey

Whiskey is the favorite spirit when it comes to India. Indian whiskey brands bag about 6-7 places in the Top 10 Alcohol sold over the world (in terms of Volumes). But most people internationally believe that the bulk of Indian Whiskey brands are neutral alcohol mixed with flavourings which are sold at a cheaper price.

It is a distilled alcoholic beverage that is made with grains. Wheat, barley, rye, corn, and oats are some of the more popular grains that are employed around the world for whiskey production. The Irish were the first ones to have started the distillation of whiskey. In around the 6th century, the phrase ‘uisce beatha’, literally ‘water of life’, was the name given by Irish monks to distilled alcohol. The word ‘whiskey’ itself is an anglicised version of the phrase, stemming from a mispronunciation of the word uisce in Ireland. The world’s Oldest Licensed Whiskey Distillery is the Old Bushmills Distillery, located in the Antrim County of Ireland. They have been producing whiskey since the year 1608.

Scotch, Irish whiskeys, Bourbon and Japanese Whiskeys are amongst the most recognised sub categories in the whiskey world.

“Single Malt” is a term that is heard a lot and is generally associated with good quality. What single malt means is that the whiskey in the bottle has come only from a single distillery and is made with malted grain. These can be made at a single distillery anywhere around the world.

***Fun Fact:** Brenne, a Single Malt Whiskey from France, gives off aromas of Bubble Gum when mixed with soda or sparkling water.*

Gold Rush

- Bushmills Black Bush – 45 ml
- Lime Juice – 15 ml
- Honey Syrup – 15 ml

Shake all ingredients with ice and strain into a cocktail glass.

Garnish with an Orange zest.

In around the 6th century, the phrase ‘uisce beatha’, literally ‘water of life’, was the name given by Irish monks to distilled alcohol. The word ‘whiskey’ itself is an anglicised version of the phrase, stemming from a mispronunciation of the word uisce in Ireland.



Post Office

- Diplomatico Mantuano - 45ml
- Fresh pineapple juice - 30ml
- Honey syrup (1:1) - 20ml
- Fresh lime juice - 15ml
- Aromatic bitters - 2 dashes
- Prosecco – Top Up

Shake all ingredients with ice and strain into a cocktail glass.

Garnish with an Orange zest.



Rum

In India, rum did not have a very big standing. One name that is extremely popular in India is Old Monk, a brand which is a favorite of many students, artists and many more who did not like the taste of whiskey + water and soda. Loyalists preach its name and given what the weather may be, The Monk is what they stand by.

A distilled alcoholic beverage made of sugarcane juice or its by-products in a sugarcane producing country is known as Rum, Rhum or Ron. This spirit was a result of the sugar industry and the slave trade. The slaves that were forced to work on the sugar cane plantations started making this spirit to calm their heads. Soon enough rum grew in popularity and demand came from across the globe.

The Caribbean islands where the sugar production was rampant became the hubs of rum production. Till date some of the best rums in the world are produced around the Caribbean Sea. Places like Barbados, Venezuela, Puerto Rico, Jamaica and Cuba are few of the Caribbean nations that offer quality rums.

There are several styles of rums available; You have your white rums that have been bottled after distillation. Dark rums, or gold rums that simply look so because they have color added to them and you have rums that have been aged for that delicate yet complex flavors. You also have spiced rums and flavoured rums with things like coconut or coffee.

***Fun Fact:** The Diplomatico range of rums use 3 distinctive style stills of distillation and 6 different kinds of barrels for ageing.*

Rum was a result of the sugar industry and the slave trade. The slaves that were forced to work on the sugar cane plantations started making this spirit to calm their heads.

Fermentation is the name given to the simple process where a micro-organism named yeast eats sugar to produce ethanol and carbon dioxide as the two main products. A lot of flavor compounds are also generated during this process which are responsible for the final taste of the beverage being produced. A lot of producers cultivate their own yeast in labs. This helps them get consistent flavors in every batch that they make.





Vodka

A clear spirit with a mild flavor and aroma is produced from any raw material that has starch in it. Russia and Poland are the top contenders who claim to have first produced the spirit. Vodkas are generally made using a Coffey still and are generally judged on their smoothness.

Producers have used potatoes, beetroot, grapes, wheat, rice and many other raw materials for making their vodka. Black cow vodka is a brand made from milk.

Vodka as a spirit is great for mixing drinks. From a lack of too many flavors, it mixes well with various ingredients without any hassle. Although, we do find various brands of flavored vodka in the market. If you can imagine it, someone has flavored their vodka with it.

Fun Fact: Russian Standard Platinum is filtered through a filter made of Silver.

Café Chaud

- Coffee Syrup – 30ml
- Belenkaya Gold – 50ml
- Hot water – 90ml
- Whipped cream - Garnish


Mix all ingredients in a heat resistant glass, and garnish with a small amount of whipped cream.

Coffee Syrup

- Instant Coffee – 200 gms
- Brown Sugar – 200 gms
- Water – 1Ltr

Add all ingredients in a heated pan. Stir until the sugar dissolves.

Distillation is carried out in equipment called “Stills”. A still is an apparatus used to distill liquid mixtures by heating to selectively boil and then cooling to condense the vapor. There are 2 basic kinds of Stills—the traditional pot stills and the commercial Coffey stills (developed by scientist Aneas Coffey). The shape, material, volume and other factors affect the final products in their own different ways.



Gin

A spirit that is flavoured with juniper berries and other botanicals. It originated around the 16th century in Holland where a malt-based spirit flavoured with juniper and other medicinal plants was being used to cure stomach and kidney ailments. Known as Genever at that time, gin is an anglicised version of the same name. Gin became super popular and its evolution in the British hands gave rise to the Old Tom and the London Dry styles of gin. Genever, Old Tom, London Dry, Cold Compound and other modern styles of gin all shine on the shelves of shops around the world.



Cold Compound gins are the ones that do most volumes in India. This is a neutral spirit that is mixed in with the essence of juniper and other botanicals. It's cheap to make and can have a bit of harshness to it. Old Tom gins from the Victorian era have been resurrected with the rise of the cocktail culture and have even made their way to India.

Fun Fact: The Gin and Tonic was invented here in India. The British soldiers to prevent contraction of malaria mixed and consumed quinine and gin, giving rise to the first gin and tonic.

50/50 Martini

- Boodles London Dry Gin – 45 ml
- Dry Vermouth – 45 ml

Stir both ingredients over ice and strain into a chilled coupe glass. Garnish with 3 olives on a cocktail stick.

Gin has lost its tag of being a women’s drink and the popularity has grown immensely in the market.

Wine

A fermented alcoholic beverage made from fruit, 95% of the wines across the world are made from various varieties of grapes. There are two types of grapes depending on their color—red and white (which look green) which are used to produce red wine, white wine or rose wine. Red wines get their colour from the skin of red grapes. The more the skin is in contact with the juice the deeper the color is.

Wines are very simple to make. Just juice your fruit and leave it out to ferment. Wild yeast from the air will start eating the sugars in the juice and produce wine.

The world of alcohol is as diverse and rich as the various cuisines across regions. Try out a different beverage at least one out of the five times you are indulging. Explore the vast array of drinks and ideas available around you. It will help your palate evolve and you might even discover something new and unique.

B.YondTM
Limitless Passion

For your endless
CULINARY CREATIONS



Baking Powder



Custard Powder



Icing Sugar



Corn Flour



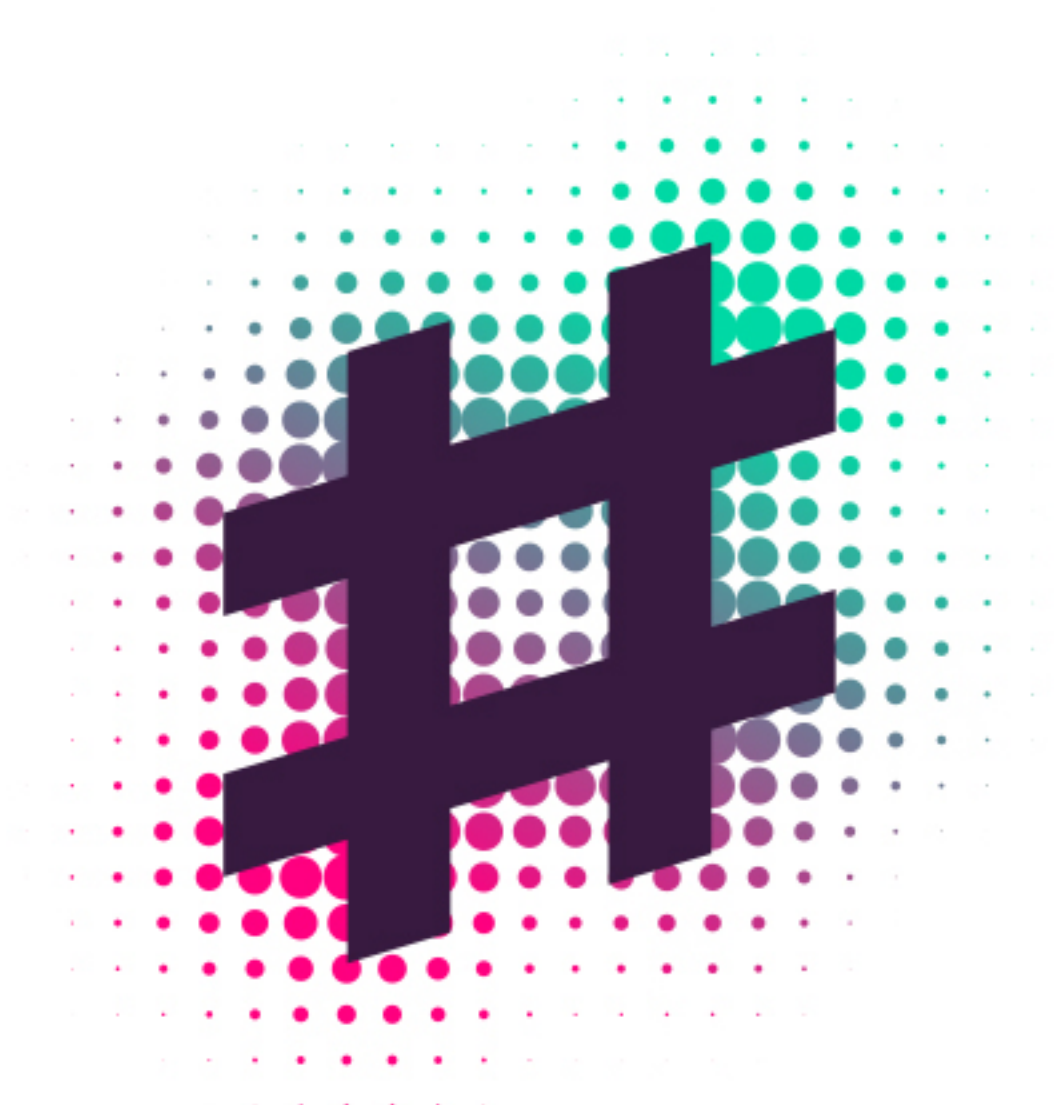
Cocoa Powder



Drinking Chocolate



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



h a s h t a g

RETAIL THERAPY



SHOPPING TRENDS ON INSTAGRAM: SMALL BUSINESS EDITION

Social media has bridged gaps between people, and brought the world right at our fingertips. Businesses on Instagram are the new bling, making buying easy and leaving no stone unturned in supporting entrepreneurs. **Avanthika Reddy** discovers some interesting businesses on Instagram that you could buy from.



Knits and Knots

INSTAGRAM: @knits.and_knots

Knit and Knots is a small business located in Jodhpur, Rajasthan with shipping pan-India and overseas. With a wide collection of purses and handbags, Knits and Knots has got a bag for every occasion, right from some trendy bags for grocery shopping to the chic picks for your workplace.

PRICE RANGE: Rs 300/- to Rs 1300/-

PRODUCTS: Exclusive purses, clutches, bags, slings and wallets.

RECOMMENDATION: Knits and Knots has some exclusive bags with the most reasonable pricing. I would recommend this brand to all bag lovers who are looking for stylish and affordable bags for daily use, parties, work or college.

The Crochet House

INSTAGRAM: @the.crochethouse

Located in Mumbai, The Crochet House is a handmade store that sells exclusive clothing pieces. With the key intention to promote slow and sustainable fashion, The Crochet House provides a wide range of products for you to choose from. Macrame products are another speciality for the brand. This is a very unique business run by women who make all kinds of handmade crochet and macrame products that perfectly match your style and aesthetic.

PRICE RANGE: Rs 20/- to Rs 1250/-

PRODUCTS: Handbags, clothing, accessories, masks

RECOMMENDATION: The collection at The Crochet House is not only light on the pocket but is elegant and aesthetic. Being handmade just makes the brand even more special. If you are looking for some cute tops and masks, The Crochet House is the place for you.



Lil Witchy Shop

INSTAGRAM: @that.lilwitchyshop

For every crystal lover out there looking for some fabulous and mesmerising crystals, then this is your shop spot. A small business based out of Delhi, Lil Witchy Shop sells authentic crystals that are totally worth the price. For all those who believe in magic, this store is perfect for all your crystal needs. From crystal jewellery to customised boxes, this store has it all.

PRICE RANGE: Rs 150/- to Rs 2,700/-

PRODUCTS: Jewellery, crystal boxes, crystal towers

RECOMMENDATION: This store is not just unique but is also eco-friendly with their packaging. The crystal journey is always personal and Lil Witchy Shop ensures your crystal experience is fabulous. The colours, designs and pricing are definitely a charming point for this store.



The Sparkle Story

INSTAGRAM: @thesparklestory.in

Cute and charming stationery is always a favourite choice of many. The Sparkle Story is a trending business on Instagram with some uniquely curated products and pocket-friendly prices. Sparkly mugs, adorable pens and many such eye candy products are some of the top hits at The Sparkle Story.

PRICE RANGE: Rs 90/- onwards
PRODUCTS: Stationery, home decor, party supplies and lifestyle goods.

RECOMMENDATION: The Sparkle Store has some of the most unique pieces in the stationery biz. If you're looking for cutesy objects to pepper your work station, then this is the store for you.



Popcessories

INSTAGRAM: @popcessories

Trending jewellery and accessories are a necessity in every fashionista's wardrobe and Popcessories makes sure to satisfy all your trendy accessory needs. The bags and accessory collection at popcessories is one of its kind that makes the brand a trendsetter. Apart from the products, another unique element of the brand is that it is co-owned by three strong women, who are determined to make their brand a classic hit.

PRICE RANGE: Rs 500/- to Rs 850/-
PRODUCTS: Bags, jewellery, scrunchies.

RECOMMENDATION: Cruising through their Instagram page, you'll find an ocean of the most trending products. Their pricing definitely does justice for the quality of the products they sell.



For orders contact +917893565262



Thumka
by
Anisha | Sonali



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



@thumkaofficial
thumkaofficial@gmail.com



h a s h t a g

FASHION FORWARD

FASHION *de luxe* 2021

The luxury fashion world is a gala on its own. With brand new releases and collections, they never miss a chance to make an exclusive statement. **Avanthika Reddy** picks some exclusive releases from popular luxury brands from the fashion realm.



Hermès is a traditional luxury brand that has been family owned for five generations. The brand is widely known for its exclusive collection of handbags and leather products. Hermès stands for exquisite craftsmanship and deep-rooted history in the fashion world.

The recent spring collection 2021 was a massive success with elegantly crafted fashion pieces. The structure, fluidity and warm colours tenderly interacting with the design, brought out the spirit of the Spring season.



GUCCI



The infamous Italian fashion house Gucci is one of the most loved luxury fashion brands around the globe. High-quality manufacturing makes Gucci one of the biggest fashion brands. The impressive line of handbags, footwear, ready-to-wear and accessories makes Gucci a feast for all the lux fashion enthusiasts.

The Fall 2021 collection was more than just a new collection for the brand. It was the celebration of 100 marvellous years of Gucci. With Lil Pump setting the ramp on fire with the Gucci Gang song, the collection brought in an aura of success, celebration and luxury. The collection was a collaboration with yet another striking brand Balenciaga.



Customisation is what makes LV people's favourite. Luxury and your style customised into an iconic piece is a no brainer for luxury enthusiasts. The LV monogram appears on all of its designs making a statement. The products range from huge luggage trunks to mini-sized purses, watches, clothing, shoes, jewellery and accessories.

The Summer 2021 collection was well received as it brought upon feelings of relief and happiness with the perfect pick of colours, structure of the pieces and the concept of shooting. Taking their inspiration from sunsets and the vibe it gives out, the 2021 LV collection was impactful and turned heads.



Coco Chanel, a well-known personality in the fashion world, made some iconic statements with her brand Chanel over the years. The French luxury fashion house expertises in making clothes, perfumes, accessories and bags. The timeless designs and her trademark suits and little black dresses made the foundation of Chanel.

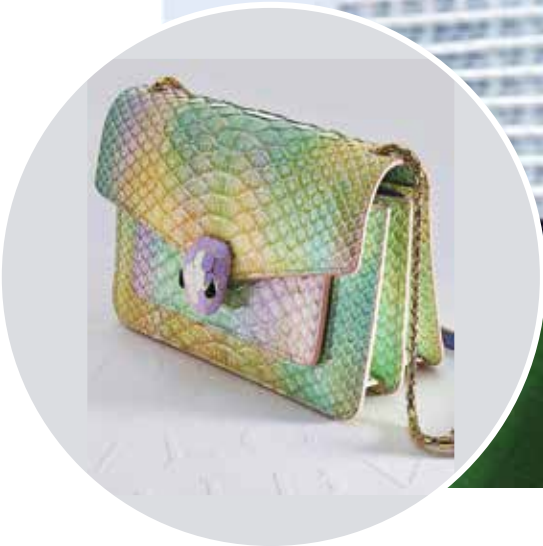
The Chanel Spring 2021 collection was a theme to capture the glory and glamour of actresses with whom the fashion house closely resembles. From Bermuda shorts to crop tops with blazers, the Spring collection brought out the elegance of cinema from the golden age. The recent collection proved the immense creativity held within the fashion house.



BVLGARI

The renowned Italian luxury brand known for its jewellery, watches, fragrances, accessories and leather goods. The brand earned its reputation from delicate craftsmanship and extraordinary jewellery pieces. It is one of the most remarkable and renowned brands of luxury.

The Summer/Spring 2021 launched an exclusive collection of Serpenti bags with bright colours and structured designs. The brand also launched classic accessory pieces that symbolise lux fashion. With an exclusive array of colours and gemstones, the brand curated an exclusive versatile and urban collection.





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

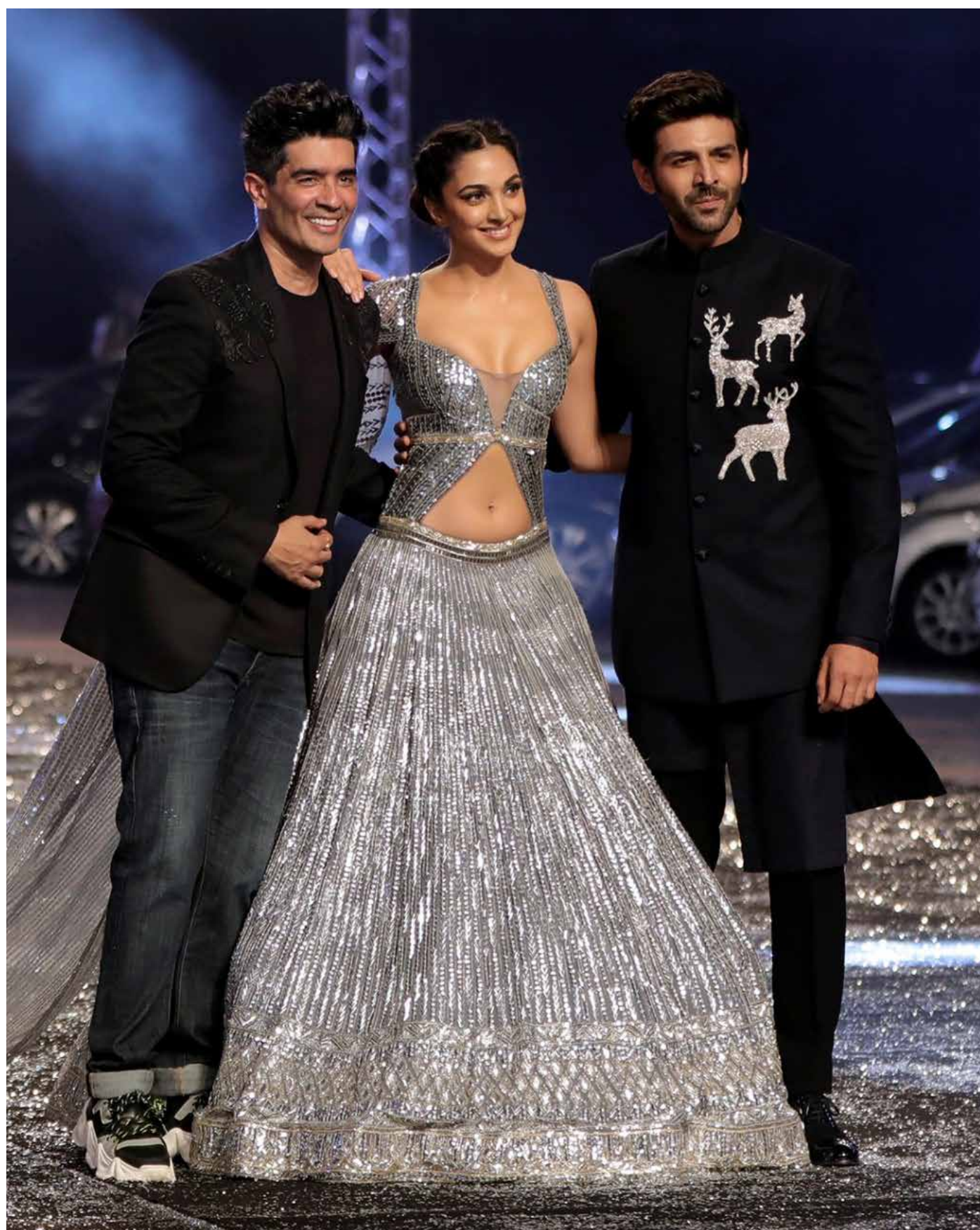
Time: 9.30 am-6.30 pm, Monday-Saturday



MANISH MALHOTRA:

We need to re-write the idea of design

From Kajol to Kareena, and from Malaika to Urmila (maybe throw a Reese Witherspoon in there, too), anyone who is worth a mention in the Indian film industry has once adorned a MANISH MALHOTRA outfit, becoming a part of the annals of India's fashion history. "Costumes are a key ingredient of storytelling," says Manish in this exclusive chat with JUVERIA TABASSUM for Hashtag India. Celebrating 30 years in the industry, we get you the man behind the drapes, tap into his creative cloud, and find out how deep the well of Manish Malhotra's designs really runs.



Manish Malhotra knew he had to design for movies even before styling characters was a thing in the industry. His love for the Silver Screen coupled with his inquisitiveness about fashion set the tone for his foray into the world of haute couture and the shimmer of Bollywood all at once. Juhi Chawla was his first Bollywood muse for the movie *Swarg* in 1990.

After styling big names such as Sri Devi in the years that followed, Manish kept creating looks that have now become part of folklore, as synonymous with the times as *The Rachel* was for the 90s in the West. Think Kareena Kapoor, and the dazzling shimmer of the sharara from *Kabhi Khushi Kabhi Gham* flashes in front of you. A throwback to the OG Kajol only brings forth images of the stunning green lehenga from the song *Mehndi Laga Ke Rakhna* from *DDLJ*.

When Manish first graced the runways in 1998 with his eponymous collection, *Reverie*, he wowed one and all with a bold take on traditional cuts and colours. And that has been the Manish Malhotra brand over the years. Taking the ordinary, and with sheer creativity and craft, making it something entirely special. Manish also turned a new chapter in the fusion of fashion and film when he became the first designer to introduce a showstopper from Bollywood at his runway outings.

His years in the limelight have gifted him worldwide recognition, and endless adoration in his own land. Manish has flagship stores in cities around the country, including a massive 9000 sqft undertaking in Delhi, and one in Dubai as well. When the lockdown happened, the team launched a virtual store, in order to continue bringing high fashion to the people. Manish also released a fashion couture film, Nooraniyat, earlier this year, starring Sara Ali Khan, and featuring some truly spectacular creations.

Even 30 years down the line, when Manish showed up at the FDCI X Lakme Fashion Week this year, his collection seemed to fit right in with the times, enthralling one and all and not skipping a beat. Perhaps staying on top of the rhythm, and trusting his sense of style and fashion is what lies at the heart of demystifying the success story of this designer.

Hashtag India celebrates Manish Malhotra's journey through the years in this exclusive conversation:

Tell us about the collection showcased at the FDCI X LFW this year

Design is a continuous process, and we are always ideating and creating new things at my workshop. At Manish Malhotra, we keep the newness at the center of focus. I've always loved the dramatic silhouettes and things that go beyond the regular theories of bridal couture. I wanted to bring together a new composition balanced in its heterogeneous elements, much like the NEXA colors, where everything exists.

We need to re-write the idea of design, which is not bound to a similar thread of uniformity. Each garment is a new and individual visual expression and explores a possibility of a free monologue, thus establishing a discerning connection with the wearer.

“When I entered films in the 90s, I wanted to change the way movies looked. I introduced the structured role of costume, from the place when the costume wasn't even given any importance.”



On the film

How did the idea for the couture film come about?

With regards to the digital fashion films, I will be honest, I was apprehensive about it to begin with, but I loved the experience. I created two digital couture films – one for India Couture Week and another for Lakme Fashion Week, and the entire experience was so satisfying. The videos are done entirely under Manish Malhotra Productions, launched in 2018 with Ambani's wedding. It teams my twin passion for films and fashion. It was all me, the clothes and the characters.

You might be surprised to know, we did a fashion film with Vidyut Jamwal and other models long back, more than a decade ago, when fashion films weren't even heard of.





“I love sitting in the directors' chair, and it entwines my twin passion for films and fashion.”

What elements have you incorporated into the film that make it stand out?

The music was handpicked by me. We've collaborated with various artists over the last year for our couture fashion films, and in a way, emboldened a community of our local singers. Our couture films were critically received, and the singers were given due credits and have got an equally good response from our fans and loyalists worldwide.

Besides that, there is always a story. I love sitting on the directors' chair, and it entwines my twin passion for films and fashion.

What surface embellishment techniques and motifs did you use for the collection?

The collection was in a medley of hues. It was a mixture of sorbet and

blush shades - vibrant pink, lilac, and grey-blue and royal beige-gold. Powder blue played a major role, while metallic gold-silver shimmered with monochrome black and white. These were NEXA colours.

The fabrics matched the variety of colours as pure two-toned silks and Dupion silks, with gold silks, sheer organzas, lush crepes, and elegant tissue fabrics.

Our ever-popular Kalidar kurtas, the diaphanous lehengas, dramatic gowns, swirling shararas, kurtas, palazzos, striking jackets, and of course, the traditional dupattas.

The Manish Malhotra aesthetic has always been Bollywood-inspired. How is that captured in the current collection?

Everyone knows about my love for films. I still can spend a whole day

just watching movies and doing nothing else. In fact, this has always been my alternate career. When I entered the films in the 90s, I wanted to change the way movies looked. I introduced the structured role of costume, from the place when the costume wasn't even given any importance.

This was not just a job for me as a customer then, but my overall love for films, scripts, and storytelling. I wanted to make characters that are relatable and one that has some realness in them.

It's not that I necessarily try to make it into Bollywood, but I do love its drama. People want to celebrate, and I enable their dreams. This collection retains the same signature of our dramatic, fashion-forward approach to bridal couture and sticks to our brand's core aesthetics.

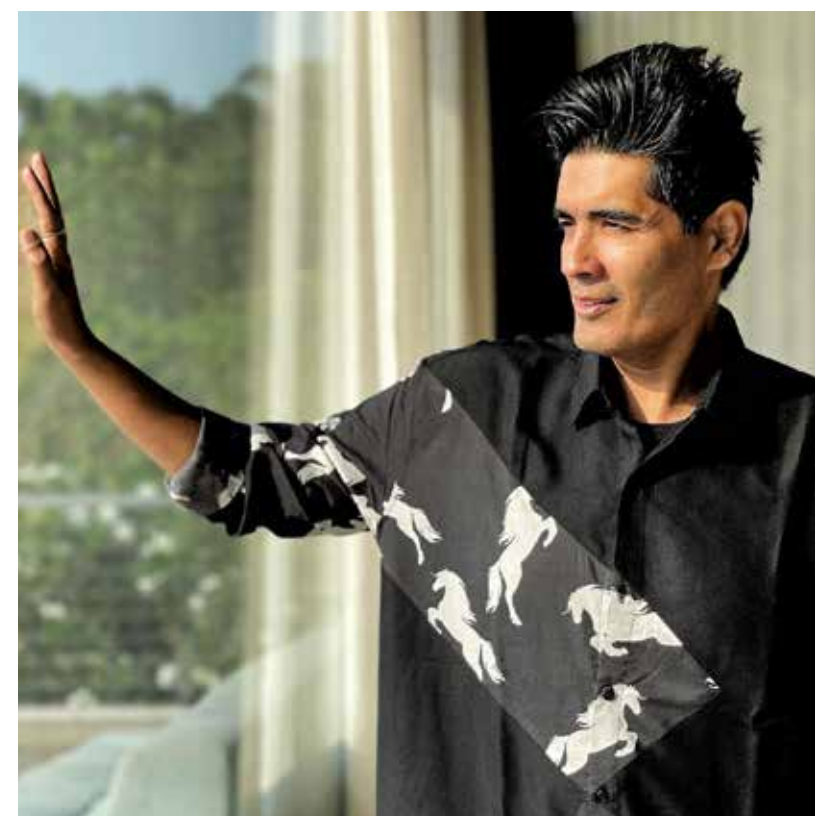




The virtual collection

Talk us through the process behind setting up the virtual store.

Just around April-May, when we were grappling with the first wave of the pandemic, we realised the importance of digital dependence. The decision to launch the virtual store was long overdue but intensified due to the pandemic. While our customers have been able to shop via our e-commerce site, we wanted to offer our brand a seamless experience, even though they can't make our stores lockdown. With this new virtual experience facility, we hope to bridge the serendipitous joy of shopping at our exclusive physical outlets.



The man and the designer

What are some of the changes you have observed in the industry and how has this upheaval impacted your work?

The operations, logistics, and overall business took a great hit for sure. And I'm sure we are not alone in this. But today, if I look back, I feel the design process has become more succinct and centralised. Moreover, today's brides are open for zoom for e-consults, earlier I used to take flights every time. So, a lot of good has come out of it. Maybe this change was necessary, and it's all for good. As a person, I tend to look at the positive side of things, and post-pandemic, I'm doing more of what I enjoy.

What was the thought process behind the jewellery used for this collection?

We've an association with Raniwala 1881. Business is secondary to quality and customer satisfaction. Manish Malhotra Jewellery is entirely handcrafted in pure gold; the jewellery dazzles with flat cut diamonds, gorgeous rubies, majestic pearls, and magnificent Russian and Zambian emeralds.



You have been designing for the leading ladies of Bollywood, creating some timeless looks, and you've managed to create a universal impact on India's fashion landscape. What is the one trend that a design of yours has inspired that you are most proud of?

Everyone knows the fandom for chiffon sarees, which has received cult status in Bollywood and beyond. Similarly, just recently, all of 2019 and 2020 and even now, our sequin sarees have been received enormously well by people across, and almost everyone in Bollywood has worn them. We've launched the second edition of two-tone sequin sarees, and the response is equally encouraging.



What artisan clusters have you supported and imbibed in your work over the years?

I adopted a village of Mijwan in UP to put Lucknow GI Chikankari on the global center stage. 2020 celebrated a decade-long association with this craft cluster. What started with 40 women now boasts a strength of over 400, which is growing each day. Similarly, we have also adopted clusters in Kashmir, Banaras and continually work with many other craft clusters in India for seasonal collection long before Made in India or Atmanirbhar became every millennial's language.

Through our proximity with Bollywood, we helped the craft penetrate the farthest of the circuits by having almost the entire Bollywood wear it on-ramp, red carpet, events, and other parties, which eventually created great interaction spots for these crafts.

What are some recurring techniques you've used in your work over the years?

A lot of people believe it to be sequins and glamour on a more significant level, and while that may be true, we also do a lot of other things. One thing we stand for really is customisation; we mean it and imbibe this in a way like no other. Today is the age of hyper-personalisation, and I've personally believed in collaborative aesthetics; I try to enable the wearer's aesthetics rather than force my design upon anyone. And hence, my collection is diverse and wide. We've staid chikankari, and on the other hand, I love the magnanimity of trails and veils. It's the age of fashion inclusivity; everything exists here, so no singular design, no singular aesthetics, and no superior style. That is the recurring philosophy of our brand.

Quick takes

1. The most timeless piece

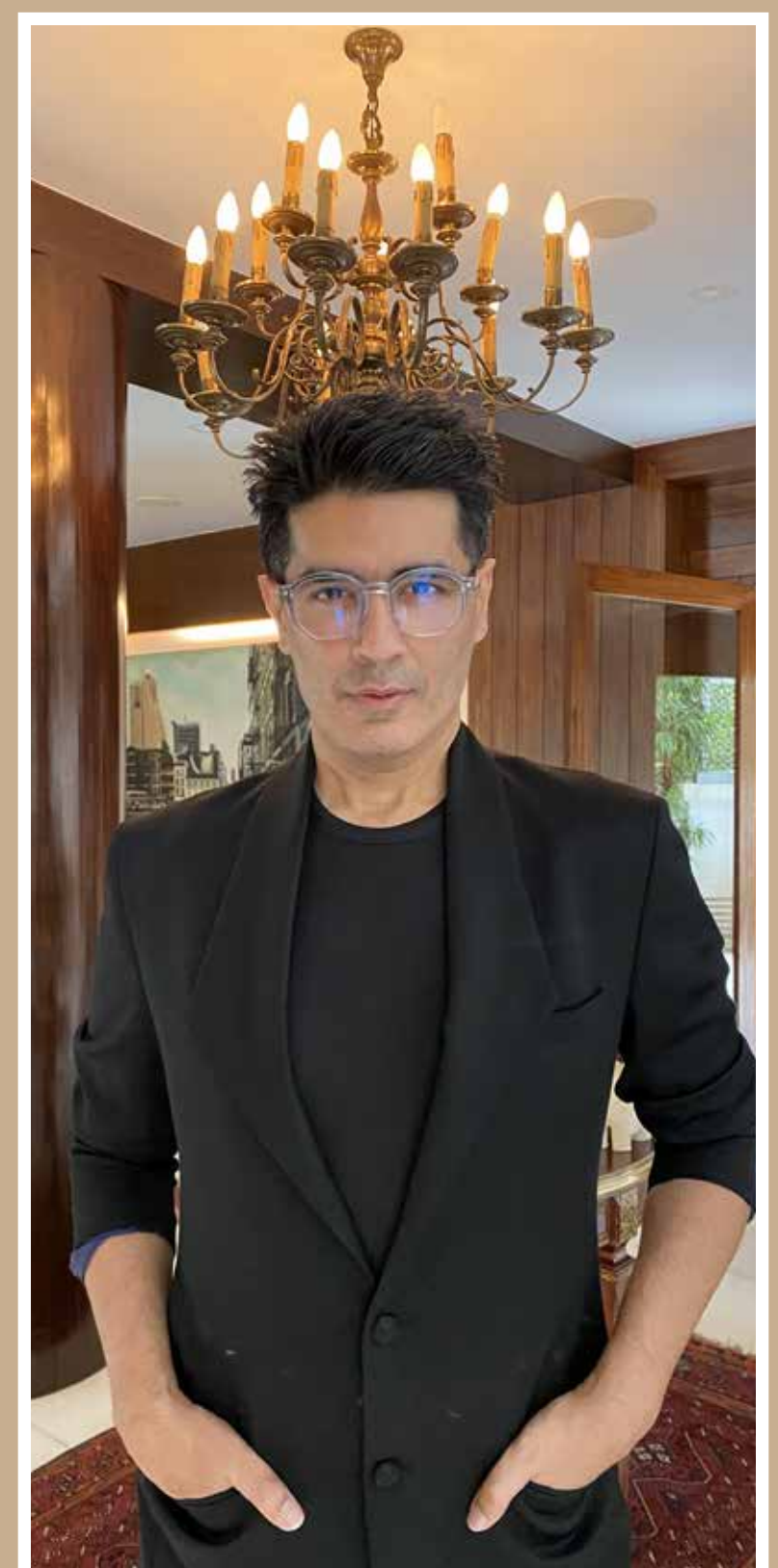
All outfits are special to me. Each outfit required its own time and dedication and the number of man-hours. It's like picking one against another when everything is yours, so I would say I love everything we've created.

2. Things on your mind that you want to implement in the future collection

It's always continuous; I won't have anything concrete to say at the moment.

3. A style that you've admired from afar but have as yet to incorporate in your collections

I admire so many things, especially the cinemas. The classic aesthetics of the black and white period of the 50s and 60s is something I truly adore and wish to emulate in one of my collections.



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

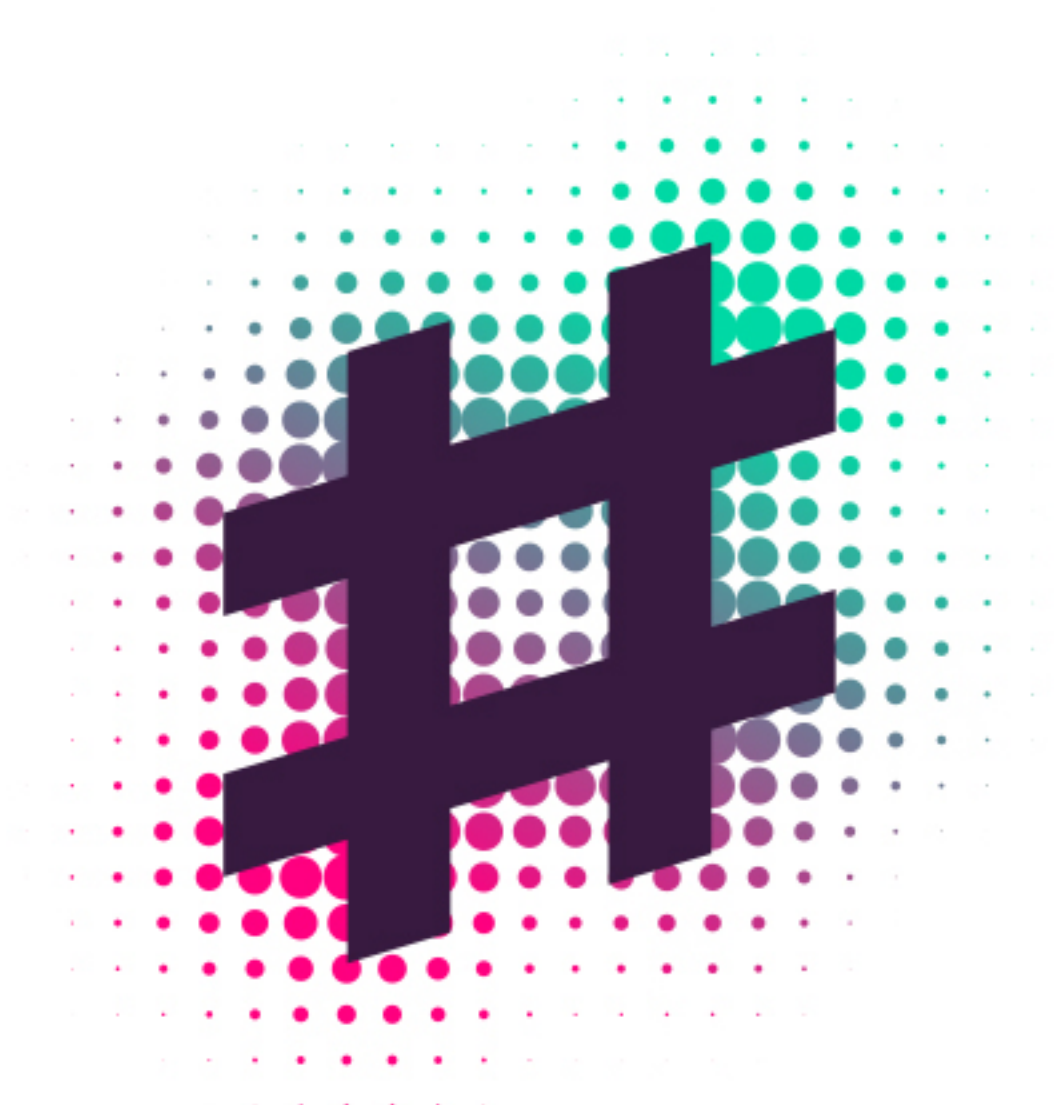
87881 30856
92259 08903

EMAIL

rspl@rediffmail.com

WEBSITE

www.rrsteel.co.in



h a s h t a g

HEALTH & WELLNESS



SIMPLY SUPERFOODS!

While the concept of superfoods has been gaining steady traction over the years, it seems to have exploded now, given the times. **Hashtag** India picks the brains of celebrity **Chef Kaviraj Khialani** on how best to incorporate superfoods into our diet, and whether they really are worth the hype that they've attracted.

Is the term superfoods misleading in any way, and has it been recognised by the experts?

Many experienced chefs from our community would not say it's misleading. We need to highlight the importance of healthy eating and involve certain essentially nutritive ingredients in our kitchens.

What are some seasonal superfoods in the summer?

I would personally recommend watermelon, mangoes, pineapples, pomegranates, and alkaline foods such as spinach, beetroots, carrots, and sweet potatoes. Also amla or our Indian gooseberries are very beneficial. I also include fresh and medicinal herbs such as tulsi, ashwagandha, and brahmi since they help detoxify the body, soothe nerves and help reduce stress levels.



Tips to economically include superfoods into our diets:

- Superfoods are good to add to your bowl of daily salads and give them a light toss of freshness and crunch, add in seeds like flax, sunflower, chia, melon seeds and enjoy it.
- We can also choose to add superfoods to our in-between meal binge and cravings to ensure that we are consuming the right foods. Have a few nuts, pick on a few options of healthy shakes.
- Seasonal superfoods are economical and healthier than most other options.



What is the best way to consume superfoods?

Enjoy the seasonal fruits freshly cut at room temperature; avoid juicing up your fresh fruits. Berries can be added to your breakfast cereal bowl, into shakes, smoothies, and health drinks. Legumes should be just cooked to the point and prepared in mild spices with fresh ingredients. They are not to be overcooked and reheated several times since it kills the nutrients. Foods like ginger, lemon, turmeric can be added to our detox water jars or make a nice kadha with them and add in some cinnamon, pepper, cloves.



Chef Kaviraj Khialani

Most superfoods are ingredients and condiments that come straight from our grandma's kitchens, so to speak. Why has the rage taken over the west now?

When the Covid pandemic started last year, and with the lockdown happening across several parts of the world, people were forced to stay in-house and work was shut too for many. The situation offered a lot of free time on hand to explore, read up and look for immunity boosting ingredients. It forced people to go back to our grandma's days and cooking styles, lost recipes were revived and a lot of people turned home chefs sharing their healthy ideas with food on social media as well. It was an apt moment to bring about a hype around superfoods and to get people to be more receptive of the trend and incorporate them into shopping lists, conversations, advice sessions, and counselling classes which kept happening during the lockdown.



What are the top 3 benefits of superfoods?

1. Helps us to maintain high levels of immunity in order to be strong internally. Superfoods serve the purpose of picking local, grown on the same land we live in.
2. Keeps the essential nutrients flowing in our body if practised wisely and regularly. Keeps various other complications away. They are also rich in micronutrients and taste too.
3. It also adds a touch of variety and balance into our day to day meals and offers us a rainbow of colors and textures to treat our palate and add diversity in our menus and diet as well.

Chef Kaviraj's Shopping List: Top 4 Superfoods:

1. **Berries:** While they are expensive, berries can be used in a cyclic manner, two or three times a week. Be it black, blue, strawberries, cranberries, or raspberries, all of them come handy in our fruit salads, as in-between munchies and delicious breakfast bowls!
2. **Turmeric:** Turmeric in all forms has been a long standing staple for all cures in the typical Indian kitchen. This humble spice is an absolute superfood, and is used in turmeric water, detox versions, adding to subzis, marination, pulaos and other preparations. Of late, we have even heard of turmeric latte!
3. **Seeds:** The benefits of the variety of seeds available to us such as chia, flaxseeds, pumpkin seeds, sunflower seeds, sesame seeds, have a great role to play nutritionally. Sprinkle them into health shakes, smoothies, raitas, breakfast choice of cereals and choice of freshly tossed salads too.
4. **Salmon:** One of the best rated superfoods when it comes to seafood for its omega 3 fatty acids, salmon is easy to use. Simply marinate and grill, or bake, add an interesting citric flavoured sauce to a poached version, or knock up a salmon cakes with dill cream dip.



Super Drink!

Green Tea: A good cuppa green tea ideally has no sugar, no spices, no acids, no milk added to it. Avoid honey and jaggery as well. Have it first thing in the morning after a glass of simple lukewarm water, and a cup after meals.





The Covid-19 pandemic and the subsequent lockdown has increased the risk of prenatal anxiety and depression. In times that have already left all and sundry stressed, new parents, or parents-to-be have been suffering from extreme unease and uncertainty over the future and health of their kids and overall health. **Dr. Shobha Gupta**, Medical Director at Mother's Lap IVF Centre discusses the discomforts and solutions couples can work towards with HASHTAG INDIA.

Covid-19 anxieties for parents to be

With the burden of insecurities and anxieties that the Covid-19 pandemic has unleashed on young parents, it is important to strengthen the support for women and to reduce their fear and anxiety. The current, hopeful assessments of the new coronavirus are based in large part on a study published online in June in The Lancet of nine pregnant women in their third trimester in Wuhan, China, who had pneumonia caused by COVID-19. None of the women developed severe illness, and all of their babies were born healthy. The risk of passing the infection to the fetus appears to be significantly low, and there is no evidence of any fetal malformations or effects due to maternal infection with COVID-19.

Pregnant women are more vulnerable to infection with COVID-19 compared to the general population, based on the incidences of corona-affected patients in China and knowledge of viruses that cause severe respiratory illness. But the anxiety that has built up around the pandemic is getting worse day by day. Smriti Arora (name changed) a 33-year-old who is full-term pregnant via IVF and due any day now said, "I am too worried about my baby catching the virus. I am being extra cautious and not only following my doctor's advice, but also ensuring social distancing in my house as well. Despite all that, I have to admit, the anxiety does get to me."



Pregnant women are being advised to avoid routine antenatal checkups, if they are not in the high-risk category or in the last trimester of pregnancy. Sumit Sharma said that his wife Ritika(32), is six-months pregnant and currently managing without routine check-ups, while staying indoors to be safe. "The current scenario of the pandemic is very stressful for our family. There's no cure yet, and no one knows how long it will last. The enormity of its effect on us makes us more fearful," he said.

Increased demand for cesarean section births

Amid all the chaos surrounding the pandemic, medical experts say that there has been an increased demand for elective cesarean sections. “A lot of pregnant women have been requesting us for early C-sections, because they are scared of involuntarily contracting the coronavirus and passing it on to their unborn kids. For some reason, they think they can protect their children better once born. My advice has been to wait till they are full term, 39-40 weeks, as a baby is any day safer in the womb than outside.

No nanny or house help available

It’s standard practice in most households to hire external help for postnatal care, including herbal oil baths for mom and child. “We had found a nanny to help me after the delivery, including the oil massages for both me and baby and other needs of the child, but with the ongoing virus, I am not sure if we are comfortable in calling her home or maybe she also won’t be able to come anytime soon,” said Smriti Arora.



Limited post-delivery care

The fact is that new mothers are being sent home as soon as possible after delivery. In fact, new mothers are being sent home within 24 hours of delivery to avoid infections. Many are still processing these sudden changes. Normally, we would have kept them for a few days, depending on the type of delivery, which also allowed us enough time to help them understand the needs of the newborn. But these are extraordinary times, and we cannot afford those luxuries. Even routine scans and consultations have been halted for women in earlier stages of pregnancy.

Take necessary precautions

The precautions for pregnant women are more or less the same, such as washing hands regularly and effectively with soap, avoiding large gatherings, and social distancing. Adequate rest and a balanced diet are also important in maintaining the health of the immune system. Fetal kick count should be checked daily and online routine checkups should be considered as much as possible.

Be very aware of the potential symptoms of COVID and the regular flu symptoms so that pregnant women can call their health provider if they have any which include fever, respiratory symptoms or possibly even diarrhea. Additionally, if you have been in contact with someone who has tested positive for COVID-19, you should monitor your own temperature and be especially aware of any respiratory symptoms. Your doctor can advise best steps for care and testing.

A study of nine pregnant women in their third trimester in Wuhan, China, who were infected with COVID-19, showed that none of their babies were affected by the virus. The virus was not present in amniotic fluid, the baby’s throat, or in the breast milk. The risk of passing the infection to the fetus appears to be probable but very low and there is no evidence of any fetal malformations or effects due to maternal infection with COVID-19.

Remedies to boost a pregnant mother's immunity.

Remedies to boost a pregnant mother's immunity.

Stock up on C

Vitamin C is by far the most powerful and important vitamin when it comes to immune system support. As with any vitamin, your body is more easily able to absorb vitamin C when the source of the vitamin is the food you eat rather than taken from a capsule. Therefore, it is ideal to add foods rich in vitamin C to your diet. These include citrus fruits, broccoli, kale, and strawberries, just to name a few.

Include probiotics in your diet

Yogurt is the best source for probiotics to add to your pregnancy diet. Probiotics aid your body in digestion and colon detoxification, both of which have an impact on keeping your immune system healthy. Yogurt has other pregnancy health benefits, too, like a high serving of calcium and vitamin D.

Spice drink

Take three to four cups of water in a saucepan and add a teaspoon each of cumin seeds, coriander seeds and crushed pepper. To this, add some turmeric and three cubes of ginger chunks. Bring the mixture to a boil. Let cool. Strain and drink.

Neem flower drink

Boil neem flowers in a pan with three cups of water. Turn off the flame and let it cool. Add lemon juice and a teaspoon of honey and drink.



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

Ranvir Shorey :

I think- all the acrimony and differences should be set aside for the child



Critically acclaimed actor Ranvir Shorey was in news recently for his Adopt a Fallen Tree Pit Campaign in association with the Make Earth Green Again (MEGA) foundation and the Municipal Staff of K-West Ward. Along with his 9-year-old son Haroon Shorey, the actor planted a Sita Ashoka (Saraca Asoca) tree for the campaign in support of World Environment Day. Ranvir speaks to Hashtag India about being a father, and how his living arrangement with actor and ex-wife Konkana Sen Sharma has proved to be a genius move for his son.

Adopt a Fallen Tree Pit Campaign with your son Haroon Shorey was quite interesting. What was the discussion like with Haroon about the project?

Haroon has attended a couple of events with me. We have been to arm wrestling events together. This one was special because in school they teach a lot about the importance of conservation of nature, trees and wildlife. So he is already aware about the environment, but this will properly reinforce the importance of taking care of trees and plants around us.

RANVIR SHOREY is immersed into environmental conservation these days. From planting trees, to teaching his son Haroon about the importance of keeping the earth green, he has been right at it. The actor also talks to LIPIKA VARMA about his relationship with son, and how Haroon enjoys the company of both parents who are also neighbours.

Your love for green pastures must have started from your home town in Jalandhar. Any memories of having a small farm house or garden?

I have been a fan of quite, serene, green lands throughout my school years. We used to go out on our summer holidays to the farm. Every year for a month or two we were at that full-fledged farm with wheat, rice, potatoes, carrots, you name it. I can actually drive a tractor very well.

What sort of significance does planting trees hold for you? Do you believe humans are responsible for the worsening state of our environment?

We made a deep impact on our natural habitat. We need to curb it, definitely step back and undo all the damage that we have done. We depend on the environment. We draw from our ecosystems, and over the years these have been depleting fast. It is our responsibility to replenish these ecosystems. Trees support a variety of life, including animals, insects, birds, soils, and all these are crucial for the survival of human life. There has been this wild, uneducated notion of medical oxygen increasing through afforestation during the pandemic period, but this is of course, a fallacy [laughs]. Increasing oxygen has nothing to do with planting trees. It is just our duty to do our best to conserve them.

How was it like working with the Brihanmumbai Municipal Corporation (BMC) and Anusha Srinivasan Iyer of Make Earth Green Again (MEGA) Foundation on their initiative?

I think BMC and the Make Earth Green Again (MEGA) Foundation both are doing a commendable job with the tree plantation drive. It's a great idea to keep track of every tree that is uprooted and make sure it's replanted. Anusha does some great work for the environment. She runs a cat and dog shelter called Positive, and is a good-hearted human.

Have you started spending more time gardening with Haroon ever since the campaign?

Well we don't do gardening but we have a lot of plants around the house. Our window space is filled with plants. We water them every alternate day and generally ensure that everything is fine with them. In our little ways, we try to remain connected to nature.



You and Konkana separated last year. How has it been like raising a kid in this scenario. Are there any pointers you've specifically kept in mind?

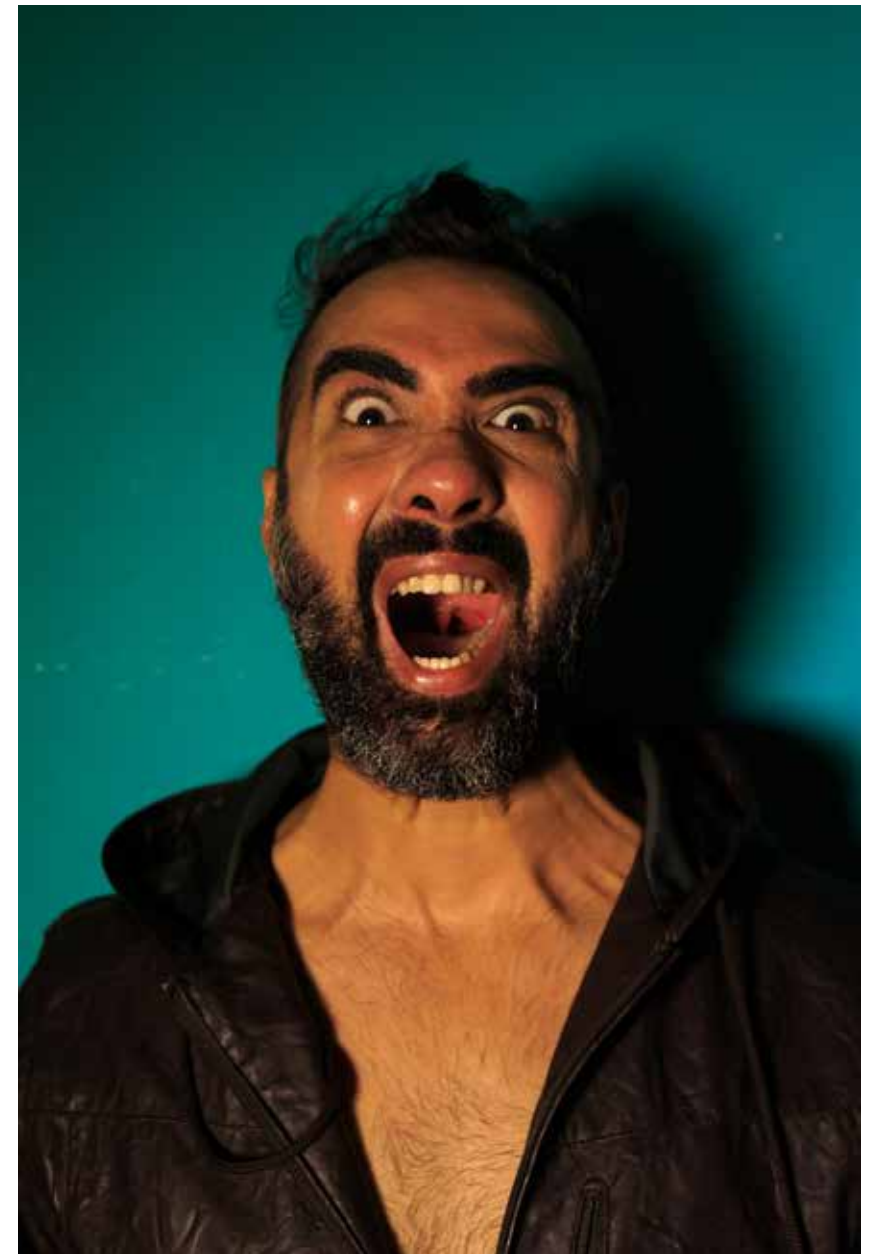
I think all the acrimony and the differences need to be set aside for the child. That's the only way you can look after the well-being of your child. Parents should be mature enough to put all differences and negative feelings aside so that they do not affect the child. We should also try our best for a seamless transfer of the living situation. Between me and Haroon's mother, we are not rigid about whom he stays with and for how long. We keep it fluid. We are neighbours so it's easy for him to visit both of us. If we couldn't give him one home we have managed to give him one neighbourhood at least. He feels this neighbourhood is his own and these houses are just like rooms; whenever he wants he goes from one house to the other.

How do you two spend a typical day together? What sort of chores and games do you engage him in?

He is my little helper. He helps in setting and laying the dining table, keeps utensils in place. I keep him doing all this so that it's an inculcated habit. We also play a lot of games. Our favourite is Uno. Haroon wins most of the time. He is quite good at it.

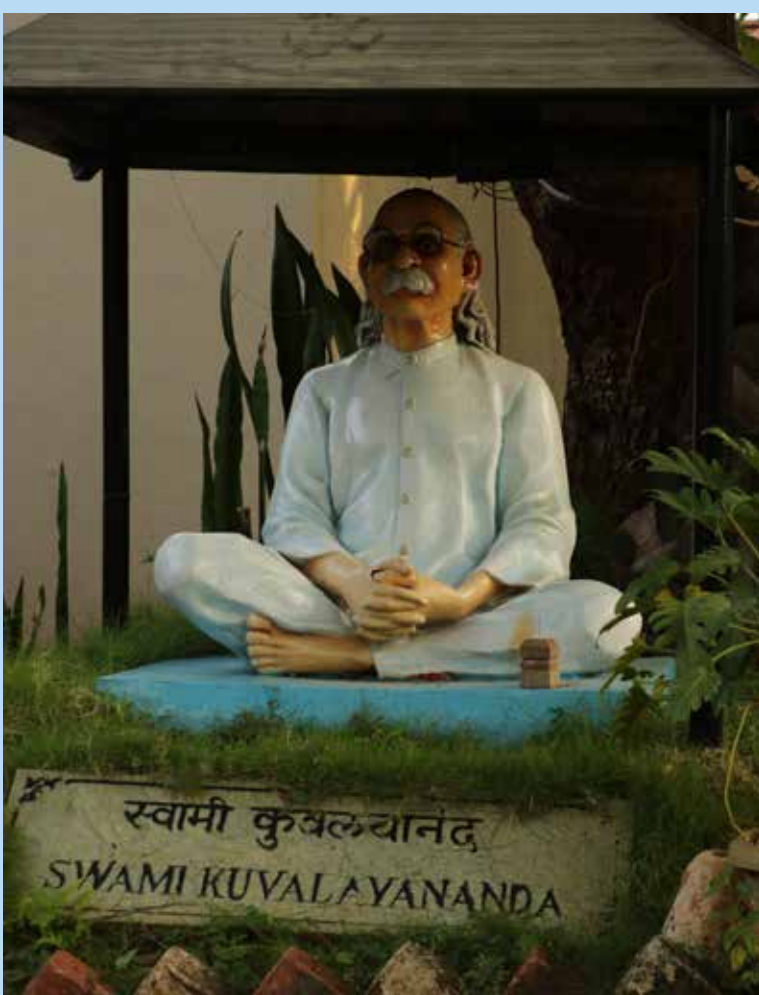
You and Konkana both enjoy reading books, and are thorough actors. Has Haroon developed this habit too?

He isn't into acting yet, but he definitely enjoys reading. We encourage him as much as possible. He has just started Harry Potter and seems to be loving it.



BINDU GOPAL RAO discovers Kaivalyadhama, a traditional yoga school located in the serene Sahyadri mountain ranges of Lonavala that can help people bounce back after a Covid-19 infection.

Holistic Recovery Post COVID-19



Spread over 180-acres of scenic lush-green landscape and pristine flora, Kaivalyadhama was founded by Swami Kuvalayananda in 1924, with the purpose of merging yoga tradition with science. Located in the serene Sahyadri mountain ranges of Lonavala, the yoga centre launched

Prabalatwam', a two-week programme especially designed for the individuals who have recovered from COVID-19.

"The programme aims to improve lung capacity, provide total body detoxification, and above all help in accessing peace and harmony within. The integrated approach of Yoga Therapy, Sattvic diet, Ayurvedic detoxification treatments and Naturopathy in a natural healing environment are the key highlights of Prabalatwam," claims Subodh Tiwari, CEO, Kaivalyadhama.

The programme costs Rs. 20,000 for two weeks and participants can additionally choose the accommodation from choice of standard to deluxe rooms or even cottages.

"All programmes are offered in multiples of one week and include stay, sattvic meals, yoga, cleansing practices and various therapies. We also offer several online workshops on different topics such as emotional healing, pranayama, yogic diet, stress management, and COVID-19 recovery," says Tiwari.

The Institute continues to test the effects of the intervention of yoga, Ayurveda and Naturopathy on post COVID-19 patients. Looking ahead, are currently building a centre to focus on cancer survivors and those suffering from non-communicable diseases.





h a s h t a g

FOOD INC'

Instagram trending: *Home Bakeries*

Home bakeries have recently been creating a buzz on Instagram. With a splash of talent from baking marvellous cakes to customised cookies, they made their spot in being people's favourites. AVANTHIKA REDDY discovers some fascinating home bakeries for you to try from.



The Wired Whisk

Located in Hyderabad, The Wired Whisk is a home bakery that believes in "baking the world a better place with love." It's a fabulous duo of immensely talented sisters curating some of the most eye-candy and mouth-watering cakes and desserts at reasonable prices. They believe that desserts can light up your mood even during your lowest times. Starting from scratch, The Wired Whisk is now one of the well-known home bakeries in Hyderabad.

PRODUCTS: Brownies, Cookies, Cupcakes, Cakes, Tarts, Cake jars.

PRICE RANGE: Starting from Rs.75/- (cost depends on quantity and customisation)

INSTAGRAM: @the_wired_whisk

Itswhipped

This Bengaluru-based home bakery was started by a mother-daughters trio. Their speciality lies in making 100% eggless baked items. Self-taught and trained, this trio leaves no stone unturned in curating some of the best cakes for their customers. Dedication towards managing their quality is something Itswhipped is well-known for.

PRODUCTS: Layered cakes, Bento cakes, Cupcakes, Desserts and a whole range of savoury bread.

PRICE RANGE: Rs.150/- onwards sweets: Rs.400/-

INSTAGRAM: @itswhipped



Bakespells

With an intention to make delicious food affordable, this home bakery in Chennai started its business last year. FSSAI certified Bakespells curates some amazing desserts and cakes for every occasion. Not only is it delicious, but their products are also affordable, making them lighter on our pocket. From customised cakes to classic fudge brownies, this bakery does it all.

PRODUCTS: Cakes, Cupcakes, Brownies.

PRICE RANGE: Rs.40/- to Rs.3500/-

INSTAGRAM: @bakespells

The Cupcake Window

Located in Hyderabad, The Cupcake Window is a home based bakery born out of sheer passion and love for desserts, everything that goes out of their kitchen is packed with flavour and finesse. They specialise in a range of buttercream customised cakes and don't believe in using fondant as a primary medium of customisation. From beautiful layered cakes to the perfect theme of cartoons for your kids, the cupcake window has it all.

PRODUCTS: Cupcakes, Cakes and Brownies.

PRICE RANGE: Rs. 500/- for cupcakes
Rs. 1,400/- for cakes

INSTAGRAM: @thecupcakewindow





BAKE YOUR OWN BROWNIES

Located in Delhi this home bakery is a perfect blend of perfection and quality. Bake your own brownies is a boutique bakery customising designer cakes and bakes. They expertise in desert table setups for birthdays, anniversaries and weddings.

PRODUCTS: Cakes, bakes, hampers

PRICE RANGE: Rs.1500/- per kg

INSTAGRAM: @BAKEYOURNBROWNIES

SISTER'S CAKE STUDIO

Sister's Cake Studio located in Dehradun was started by a talented sister duo with a flair for baking. The youngster is a former professional pastry chef who started her own business and makes sure to deliver some of the best cakes for her customers.

PRODUCTS: Bakes, Cupcakes, Cakes and desserts

PRICE RANGE: Rs.260/-

INSTAGRAM: @sisterscakestudio



CAKEATOUILLE

Based out of Green Park, Delhi, Cakeatouille is a custom cake boutique specialising in eggless cakes and cupcakes with whimsical decorations. Theme based cakes are one of their top sellers. Their cakes are handcrafted and best picked ingredients are used to make the cake you desire. From simple cakes to absolutely decked up ones, Cakeatouille gets them all right.

PRODUCTS: Cakes,Cupcakes

PRICE RANGE: Rs.1950/- to Rs.2250/- per kg.

INSTAGRAM: @cakeatouille

PEACH STREET BAKERY

Located in Gurugram, Peach Street is a brand that looks to provide desserts that comfort your soul. Mom(Bobby) and daughter(Evani) started it during the first lockdown to share Hearty Meals and desserts with family and friends.

"Good food can make just about anything and anyone feel better and happier!" says Evani.

Their entire menu is food that is Ooey, Gooley and Delicious. Monster Cookies Cakes are their bestsellers on the menu and their favourite thing to make as well.

PRODUCTS: Monster cookies, Cheesecakes, Loafs, Celebration cakes (all can be customised)

PRICE RANGE: Rs.295/- to Rs.1700/-

INSTAGRAM: @peachstreetbyevani



OH SUGAR

Located in Ahmedabad, Oh Sugar is a home bakery that was started with pure love for baking. Creativity is something this brand never misses out on and taste is something customers tend to never forget. From passion to purpose this bakery fulfills all your baking needs.

PRODUCTS: Cakes, Cupcakes

PRICE RANGE: Rs.50/- depends on customisation

INSTAGRAM: oh_sugar_



h a s h t a g

AUTO & TECH

5G IN INDIA

From Juhi Chawla's lawsuit against the potential launch of 5G network in India, to the continuous delay in the launch of the auction for the proposed network, it is true that the 5G "Spectrum" is already causing a buzz amongst tech geeks in India. For an informed opinion, Hashtag India turns to Aniket Pande of BlazeTechnica to solve the 5G conundrum for us, and lay down exactly what it has on offer.

What you should know about 5G

5G is the fifth generation technology standard for broadband cellular networks. Every generation network technology is just a small incremental upgrade over the previous generation but 5G is just miles ahead compared to 4G. For setting up a wider range of such high speed internet, a lot of mini network towers need to be set up within every few kilometres which eventually increases the cost.

The 5G network capacity has increased to handle 10 times more users in a specific area which will help get better reception in overcrowded places such as stadiums. Another major improvement is in terms of latency or response time, with its Ultra low latency 5G will help in seamless connectivity and data exchange which would be beneficial in various fields like medical science where realtime remote surgeries would be possible. Over 50 billion IoT devices could connect at a time, Online Gaming experience would be even better and many more.

The Department of Telecom has allotted spectrums to telecom operators to start 5G trials in the country and the spectrums allotted are in 700 MHz, 3.3-3.6 GHz and 24.25-28.5 GHz bands. Initially the 5G trials will be conducted in all the major cities like Delhi, Mumbai, Bengaluru, Hyderabad, Kolkata and some other cities might also get added to the list soon.

The 5G network has increased capacity to help get better reception in overcrowded places such as stadiums.



Source: Smart Cities World

Which 5G smartphone should you buy

Most of the 5G smartphones available in India supports only 1-2 5G bands which doesn't give you assurity that when 5G services will start in India your smartphone would be compatible with the available band. So before buying a new 5G smartphone make sure it supports the maximum number of 5G bands.

Health Concerns due to 5G

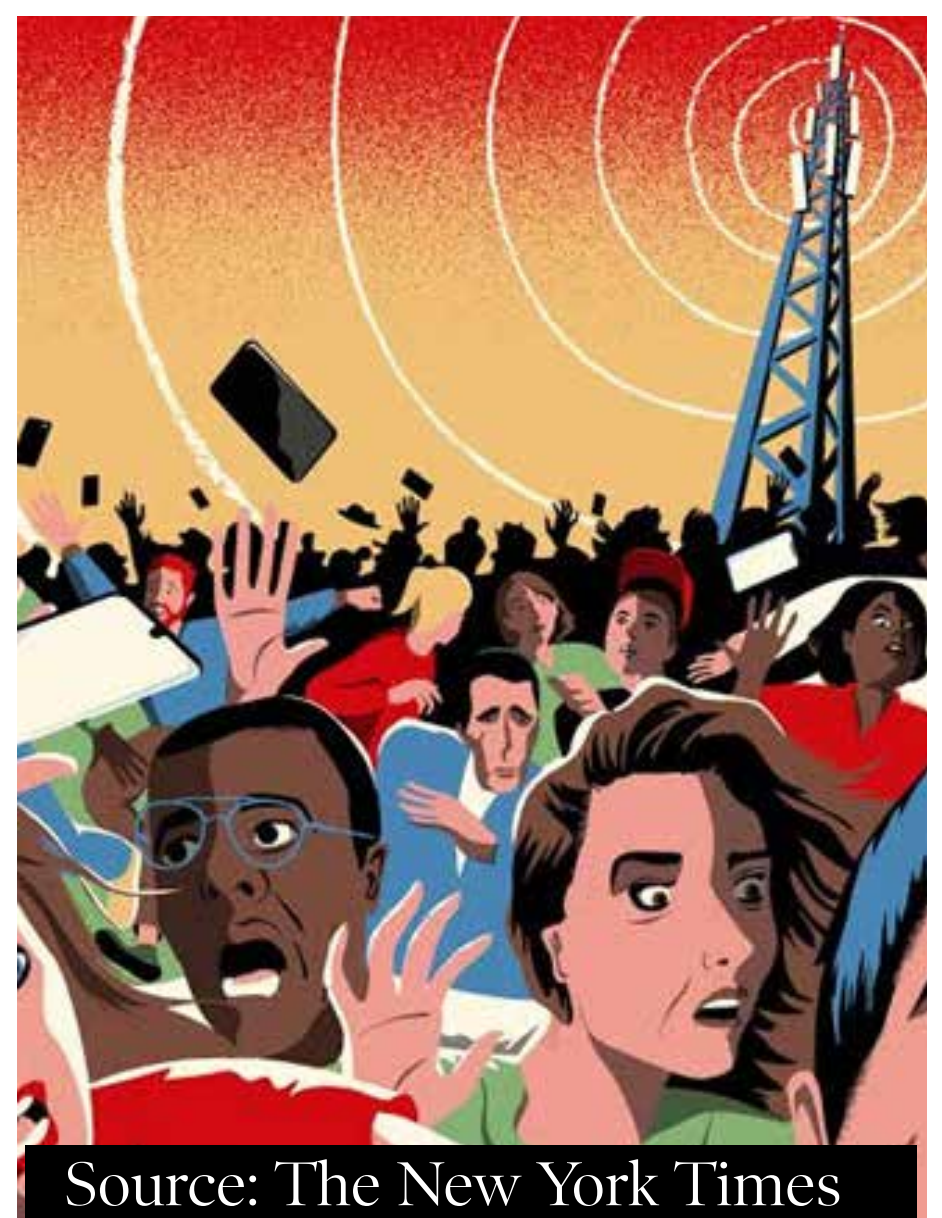
Since the 5G network operates on a very high frequency and emits radiations, a lot of questions were raised with regards to health. Cellular Operators Association of India (COAI) have stated that the 5G technology is totally safe and India already has strict regulations and prescribed standards for electromagnetic radiation limit.



Source: Samsung

Current status of 5G in India

Looking at the current scenario, 5G rollout might start by the end of this year or in the first quarter of 2022. Currently four telecom operators in India are working on 5G which are Jio, Airtel, VI and MTNL. Back in January 2021 Airtel conducted their first 5G trial in Hyderabad and in the month of June they tested 5G in Gurgaon.



Source: The New York Times



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)



h a s h t a g

ARTS AND THEATRE

Sandhya Raju: Dancing to Delight

A danseuse, a member from two of south India's most prominent business families and now an actress, SANDHYA RAJU is hard to slot under one role. In an exclusive interview with HASHTAG INDIA, she speaks to MALLIK THATIPALLI about her foray into acting and why dance is a passion



Belonging to two of south India's most prominent business families (her father PR Venketrama Raja, is the Chairman of Ramco Group, while her father-in-law, Byrraju Ramalinga Raju, is the founder of Satyam Computers Services Ltd) Sandhya Raju prefers to charter her own path. As a dancer, founder of Nrishinkala Academy, a Kuchipudi dance school and now an actor, she dons many a hat with ease.

Dance as a passion

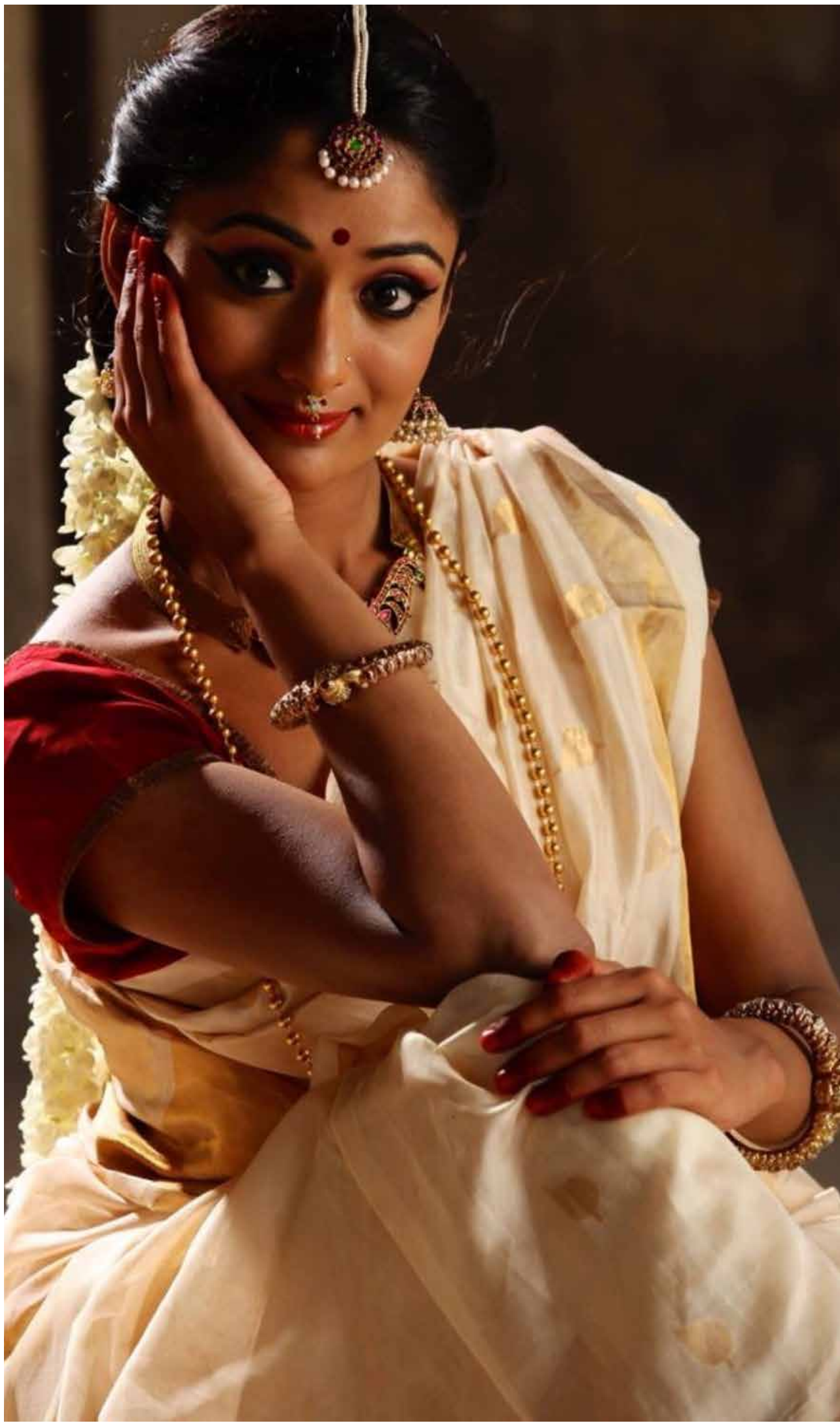
"I started trained with the great Vempati Chinna Satyam who was an institution unto himself. I was consumed and captivated with his larger than life personality. He was six feet high, wore a white dhoti and looked like a freedom fighter," recalls the kuchipudi exponent. Living just down the lane from the iconic Padma Bhushan awardee who taught the likes of the late Tamil Nadu CM, J Jayalalithaa, Hema Malini and Bhanupriya, Sandhya remembers coming home, tossing her bag and running to his home where he used to teach to almost 200 students. Having learnt under his tutelage for almost a decade, she feels that her personality was shaped during this period.

Never without a break

Dance is *sadhana* through which one loses oneself. It is all consuming and all pervasive. Sandhya agrees and adds, "It is the biggest passion of my life, greater than even falling in love. It is an intense process and the thought of looking perfect in my teacher's eye and making him proud really drove me."

She confesses with a smile that when she got married the only question on her mind was if she could keep dancing, something which her in-laws not only agreed but also welcomed her by arranging her to perform at Hyderabad's Ravindra Bharati.





It was exactly this dedication towards dance that made her start Nrishinkala, a dance school which teaches Kuchipudi. Shinkala means a chain used to bound an elephant, and Nrishinkala translates into being unbound or free. The ethos of the academy is twofold as the founder explains, “At times, I feel that it is a living museum where I can preserve what was taught by my guru. The authenticity with which he taught us the art form can be passed on to another generation. Secondly, it is where I explore the dance form which I learnt and inculcate new vocabulary into it. The academy explores these two dimensions parallelly.”

Making a debut on the silver screen

Performing Kuchipudi on stage and facing the camera are two different things. Sandhya makes her debut through Natyam, a film centered around dance, as the name suggests. Incidentally, she acted in a short movie of the same name a couple of years ago (completely different from the movie) which was very well received.

Sandhya explains, “I was dabbling in theater at that point of time and yes, though the short film was a precursor to my acting career, it is not related to the movie. Natyam’s director Revanth Korukonda wrote a script about a commercial movie based on dance and he believed that people wanted to see a women centric movie about dance.”

Different roles

Sandhya isn’t only acting in the movie but is also the costume designer, production designer and choreographer for Natyam. She recalls, “It was mentally taxing of course as each subject is an ocean. But as they say, what doesn’t break you, only makes you stronger. Each time, I got into a role, I had to wear a different hat which was simultaneously exciting and tiring.”

The experience helped the artist disassociate herself from the vanity which comes with being an actor, which is inevitable considering that an actor is the cynosure of all eyes. She agrees and adds with a smile, “An actor is consumed by oneself: their role, their expressions and their character. As I was involved in various roles, I saw the movie as a whole and understood what was best for the movie. For example, when I was acting, I suddenly saw that a vase didn’t match the backdrop of the set, so all roles culminated bringing out the best in me. That I had a forgiving director helped too.”

For an artistic person like herself, the movie is more in line with the K Vishwanath genre of Telugu film where classical arts take centerstage. Sandhya nods saying, “I wanted to create an opportunity for myself and this is the stage for that.”

Life in Covid-19 and the future

Natyam was supposed to be released in May but got postponed due to the second wave. The actress wants to wait it out for a couple of months till the pandemic slows down for a release. The trailer though was much appreciated and reached a lot of people.

The last one year has been full of lockdowns and isolation. Sandhya put it to good use when she spent time to be with family, learnt to cook, and created eight new dance choreographies. She signs off saying, “I could be still knowing that the world around me was still. *Natyam* was an intensive process so it gave me some breathing space.”



Quick Takes:

- A movie centered around dance I like:** Swarna Kamalam
- Director I want to work with:** Nandini Reddy
- Dancer I admire:** Bijayini Satpathy



h a s h t a g

TRAVEL



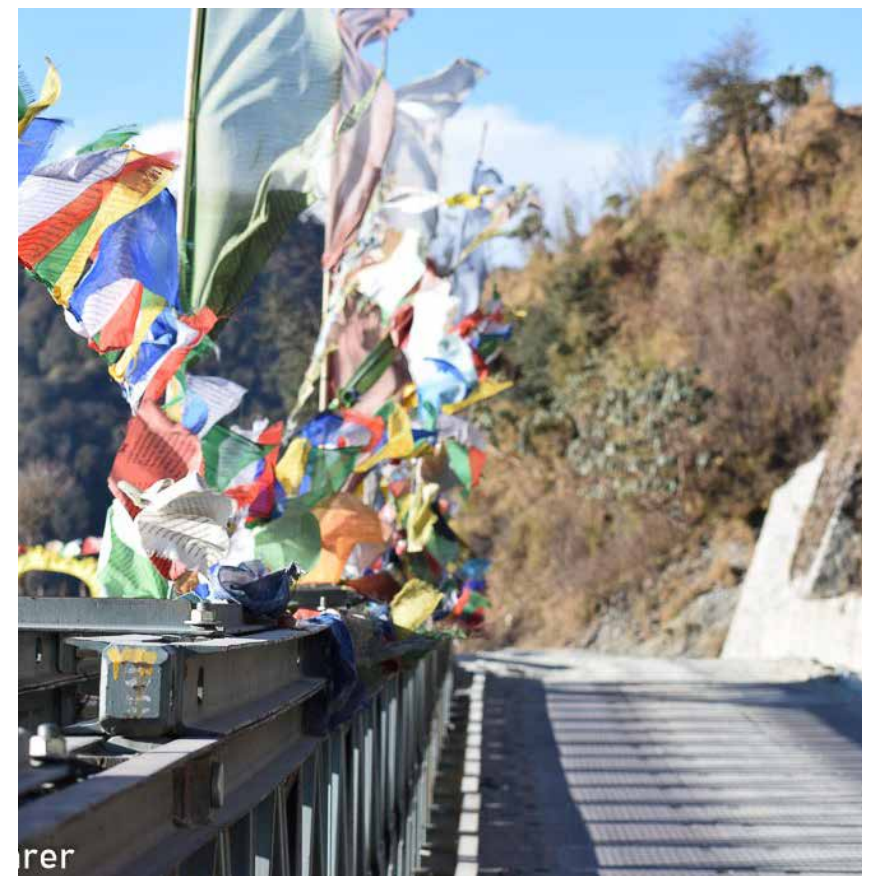
Nestled between the craggy peaks of high Himalayas in Sikkim, Zuluk is a picturesque hamlet that is called home by a handful of Gurung families, transient troops of Indian armed forces and nomadic yak herders. History tells us Zuluk has been an important stop on the Old Silk Route operational until the Chinese invasion of Tibet. Zuluk sits atop a daunting height of 9000 feet. MADHURIMA CHAKRABORTY explores this rather offbeat destination, which remains hidden under the obscure folds of the mountains guarding northeast India.

Knocking at the HEAVEN'S DOOR AT ZULUK, SIKKIM

Despite being a small state, Sikkim has countless defined tourist routes. While most people visit north Sikkim and a few head to Pelling in the west for a personal rendezvous with the towering range of Sleeping Buddha, Zuluk from the eastern part of Sikkim is often overlooked. Most tourists prefer to set base in the thriving capital of Gangtok, and pack a day's picnic to the Changu lake. A sacred glacial lake, Changu is locally known as Tsomgo lake. On an ideal East Sikkim tour itinerary, often termed as the Old Silk Route by the numerous tour companies, Zuluk should be the starting point of the loop and Changu must be the penultimate stop before you reach Gangtok!

roads by BRO India but driving to Zuluk in one day seems a bit far-fetched. Firstly, you have to sort out your entry permit to Sikkim. After that, an entry to Zuluk needs to be sorted at Aritar upon providing your ID pass. Moreover, Zuluk is sitting at an astounding height of 9000 feet. Not all human mechanisms are built in order to face that sheer change in altitude in a day.

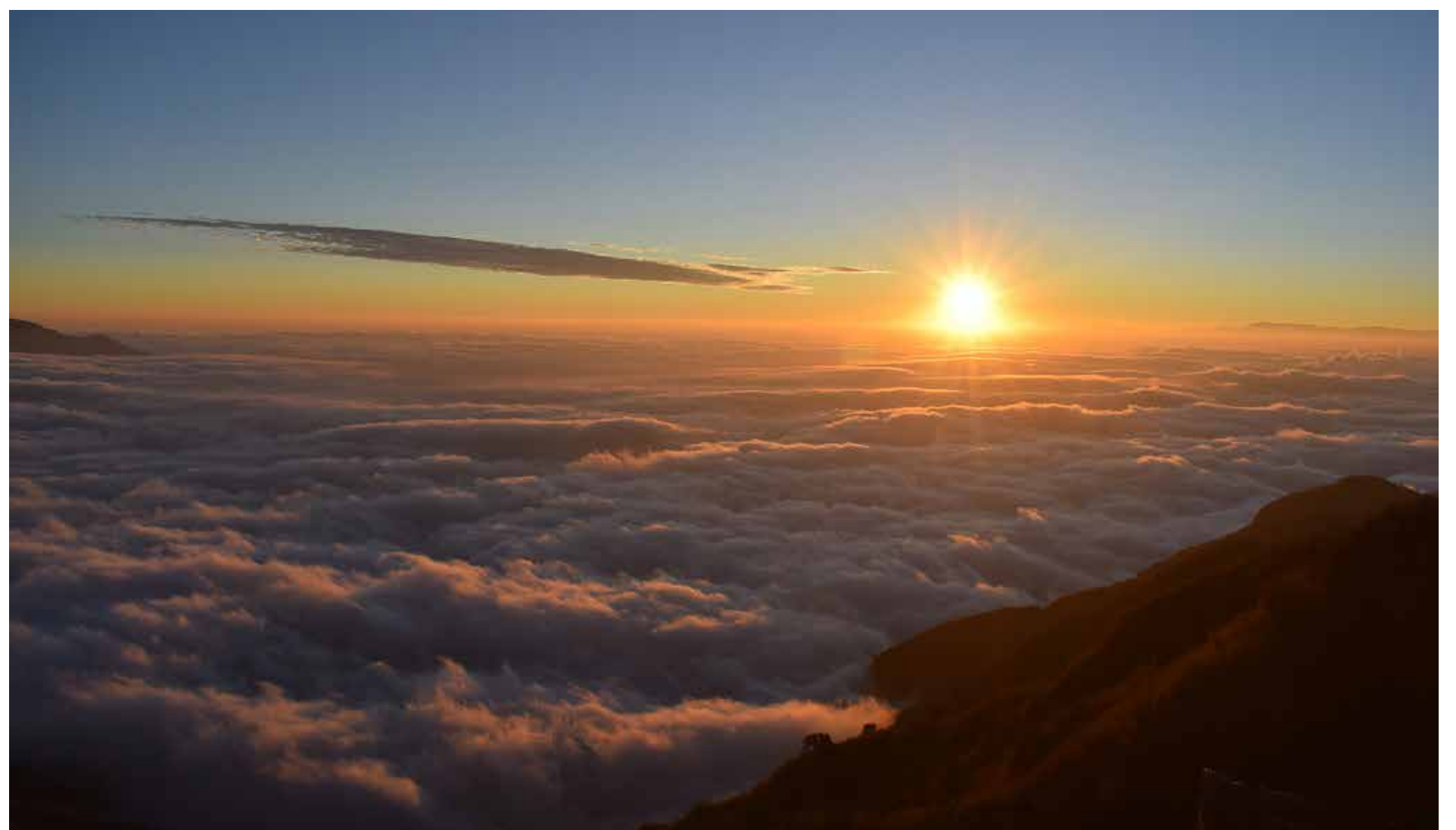
Allow the first night at Aritar for a proper rest and start the morning with a relaxed drive that will span for three hours. The entire range of Sleeping Buddha will appear on the left of the road, granting your journey to the forbidden land of the mountain!



Getting there

Upon reaching Bagdogra airport, a small army airport connecting the north of Bengal and the state of Sikkim, you should hop onto an Innova or any big car. Avoid hatchbacks because the tiny cars often fail to trudge through the serpentine roads of the Old Silk Route that get painted with white snow. The ascent to Zuluk starts right from the Bagdogra airport.

The night before reaching Zuluk can be spent at the beautiful riverside village named Reshikhola. A handful of resorts abound in the area. You can proceed a bit further and reach Aritar to spend the night. In April, Aritar is painted bright in hues of Rhododendron bloom to welcome spring. Zuluk is reachable through paved





Life in Zuluk: Serenity Redefined

Zuluk is a small village divided in two segments, Upper Zuluk and Lower Zuluk. Zuluk’s alluring proximity to the high Himalayas also translates into the village being scarily close to the Chinese border. In fact the Old Silk Route loops around Nathang valley and Nathula Pass which straddle the border with Chinese occupied Tibet. Needless to say, men in uniform dominate the horizon starting from Zuluk. This is a rest stop for Indian Armed forces before they venture into posts located further up in higher altitudes.

Alongside setting up army camps, makeshift tents and a place of worship used by every faith, the Indian army has also set up a water tank clearly marked in olive green and red that takes care of water supply for the whole village.

Sans occasional tourist footfall, Zuluk has not more than 20 local households. The quaint village homes are equipped to host tourists in humble clean homestays. All of them grow their own vegetables in the backyard. Plants include potatoes, cabbages and spinach during the short stint of summer. A cow or a zombu (a mix breed between a yak and a cow) takes care of the family’s dairy needs.

Zuluk has no more than 20 local households. The quaint village homes are equipped to host tourists in humble clean homestays. All of them grow their own vegetables in the backyard.

Thambi View Point, Zuluk’s Crowning Glory

If life is hard and resources are scarce, why do travelers rank Zuluk so high? The answer is buried at Thambi view point! About two hours (14 km) drive from Zuluk village through hairpin bends, you reach the proverbial doorstep to heaven. Thambi View point bestows you with a memorable panoramic view of Mount Kanchenjunga and the entire sleeping Buddha range of mountains while clouds kiss you at the feet at a sheer height of 11,800 feet! From Thambi view point, you will get a clear view of the Old Silk Route, the serpentine routes that curve the mountain heads and look extremely pretty during golden hour. In case you are visiting Zuluk during January or later, the roads (Old Silk Route) will dazzle in bright white snow!

Zuluk is a safer bet to spend the night in the mountains, when compared to the Lungthung village, which is accessible from the Thambi view point. Zuluk is better equipped with tourist infrastructure although power supply is frivolous. You may also need to turn the heater on from midnight to get warm water in the morning. Often, water supply is clogged due to sub zero temperature at night. You need to wait till the Sun rolls his magic wand.



The Snow Lion Resort in Zuluk is a decent hotel with running water and electric backup that may fail if power is not restored for more than 8 hours. So is the Zuluk Sojourn Homestay. Please note, the village relies on military facilities for sudden medical requirements. You may check out Padamchen at a lower altitude for better facilities including a small market.

Onwards from Zuluk, Completing the Loop at Old Silk Route!

From Zuluk, you may stop for a night at the Nathang Valley, a small village sprang up on a valley on the west of which the towering Sleeping Buddha Range stands still. The next day, start early and complete the loop of Old Silk Route at the Tsomgo lake. True, Changu has become an apple in the eyes of tourists in recent times, but the changing colours of the glacial lake will inspire you to find your own quiet. Gorging on a hot plate of “mountain maggi” is a prized experience you will find only at the Changu lake.

Lungthung Village, the Shepherds’ Abode!

A short hike from Thambi View Point will bring you closer to Lunthung village. Only a handful of homestays run the show here. Lunthung was not developed to be a village for local’s stay. There is scarcely any water here. However the makeshift homes are the sole respite for yak herders or nomadic mountain tribes during prolonged nights of snowstorm. You may choose to stay in Lungthung to witness a stunning view of sun kissed Kanchanjunga during sunrise. However beware of the hissing mountain winds. If the weather is spoiled, Lungthung becomes merciless.

Planning a trip to Zuluk:

Usually the Old Silk Route remains open throughout the year barring a few nights of particularly heavy snowfall in winter. If that happens, a permit to drive towards Zuluk will not be issued at the Aritar check post. You should plan your trip to Zuluk barring the monsoon months from June to September. Peak of winter usually paints the Old Silk Route in sparkling white but the road remains open with enormous military supply trucks braving the snow with special chains tied to wheels.



*Money flows to
me abundantly*

pure abundance,



*I love & approve
of myself!*

pure love,

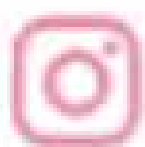
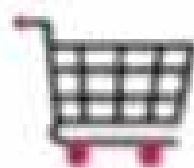


*I am happy,
healthy & safe.*

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



95501 01333



reachus@livepureco.com





h a s h t a g

PETS



Pet Love

Influencers Edition

From following Instagram trends with their dogs to pampering them with utmost care and affection, these influencers ace their pet parent game. In conversation with **Avanthika Reddy**, famous influencers share the fantastic bonds they have with their pets.

DIVYANSHI TRIPATHI, Influencer, Mumbai

INSTAGRAM: @DIVYANSHITRIPATHII

Since she was a kid, Instagram influencer Divyanshi Tripathi has wished for a dog. In Summer 2013, sweet little Oreo entered her life. Oreo was a gift to her from her school friend and since the time she opened the basket and saw his shiny little eyes, Oreo has given her memories she would cherish for life. Oreo is a 8 year old handsome hunk and Leo, her german shepherd is 3 years old.

“Dogs came into my life at a very early age and they made me experience a side of me that I never knew existed,” says Divyanshi. She learnt the great task of being responsible, she learnt to care for their food more than hers. She realised very quickly that owning a dog isn't just cute pictures and playing fetch; it was bonding and learning valuable lessons like trust and empathy. “I feel dogs bring a sense of calm and are a reflection of spreading unconditional love. I love being around pets and people who love pets,” says Divyanshi.



SINDHU KATIE, Content Creator, Hyderabad

INSTAGRAM: @sindhu.katike

Olaf, a 3-year-old Shih Tzu and Khaleesi, a 1-year-old Indie are the most joyous part of Sindhu's life. Sindhu was always fond of having pets, but her folks at home didn't allow her to own one. On her father's 50th birthday she decided to surprise him with a dog. That is when she found Olaf, curling up in the corner of a cage at a pet store. “Olaf was happily a part of us. I love the movie Frozen. It is close to my heart because the bond that the two sisters share, reminds me of my own sister. In the movie Olaf says, ‘Some people are worth melting for.’ When he settled in my arms it reminded me of that,” says Sindhu.

Khaleesi came into her life with a beautiful story. A dog in their community gave birth to a dozen puppies but the community members were not okay with it and informed the municipality. In a strong urge to provide them with a good home, she got them to her house. All the puppies were adopted, but one stayed back as it didn't have a limb. “I always felt like she was a fighter and named her Khaleesi,” says Sindhu. A lot of people took her but returned her and after almost 3 months my sister's friend came up to adopt her. This time she wasn't returned, in fact, she was adopted into a family that was surely going to take fabulous care of her.

PRIYA BHATIA, Fashion Content Creator, Hyderabad

INSTAGRAM: @priyabhatiaa

“He makes my heart full and gives meaning to my life and I wouldn’t trade this for anything in this world,” says Priya Bhatia, super cool dog mom to Leo, a two-year-old Shih Tzu. She first met Leo in Summer 2019 when her life was falling apart. “Leo is everything I ever wanted. He makes me a better person and fills my life with so much love,” says Priya.

Taking care of a pooch is a roller coaster ride to say the least. Right from food to meds, everything requires attention to detail, but according to Priya, it is all worth it when she comes home to her furry baby eagerly waiting for her, tail wagging full speed!



VAKSHIKA, Model, Hyderabad

INSTAGRAM: @_.vakshika._

Vakshika and her Indie pup Shiro share a special bond. Vakshika adopted Shiro when he was 2 months old and since then Shiro has become the most significant part of her life. Being a full time model and a content creator, Vakshika always comes back home to her cheerleader, Shiro.

“He is my biggest stress buster and always keeps me active,” says Vakshika, adding, “Adopting him was one of my best decisions; I am extremely lucky to have found him.” Pets can create miracles in your life, Vakshika believes. “They can make your bad days a little better, and teach you responsibility. Shiro is my little ray of hope,” shares the youngster.

SHARMILA SETTIGAR, Networking Success Strategist, Mumbai.

INSTAGRAM: TOKYO: @MINIJHALLIPATHAACA
SHARMIL: @JHALLIPATHAACA

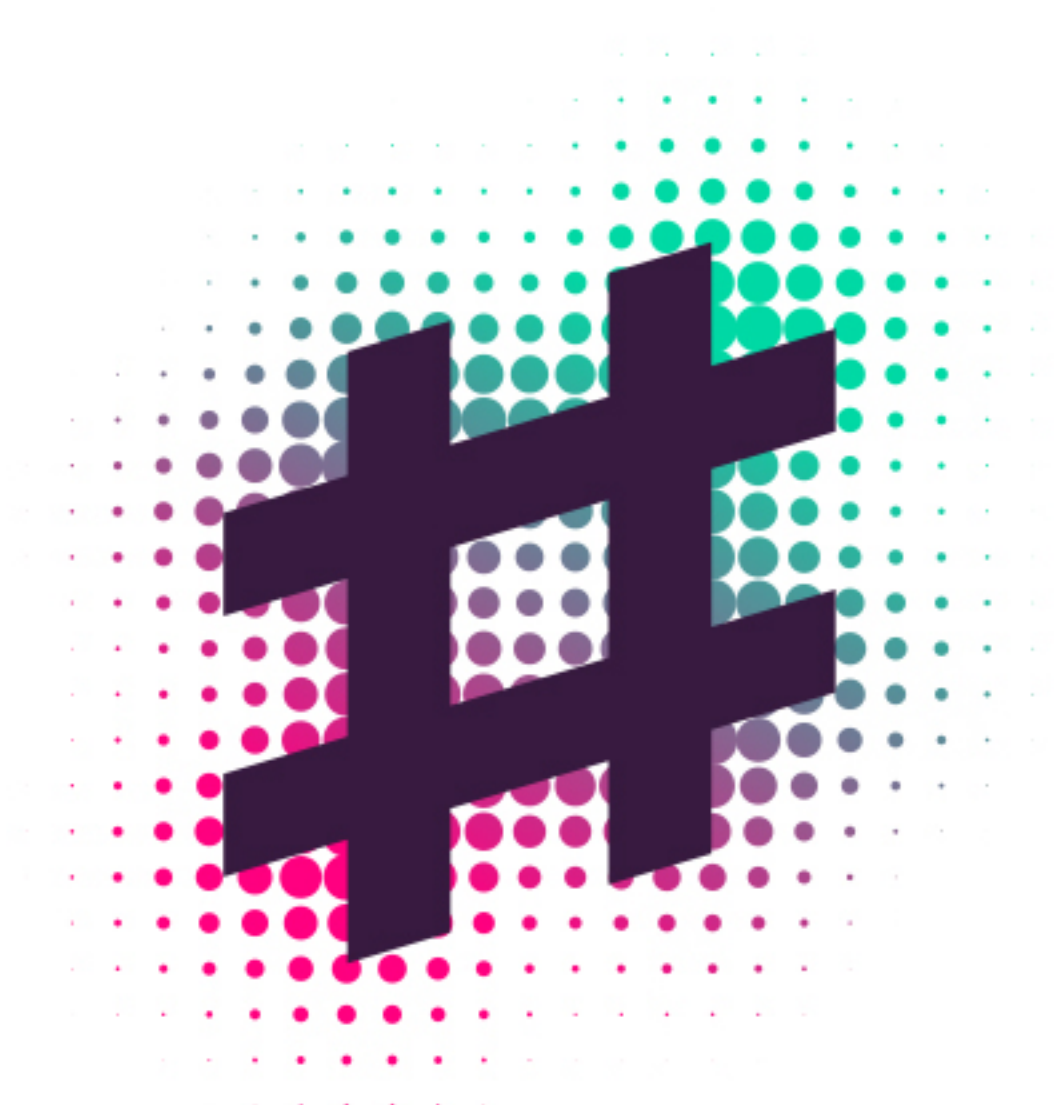
Finding Tokyo was a story to tell. Sharmila says “Post midnight during our nightly feeding walks for the strays in and around our area, we heard a puppy howling in vain. We found her stuck on the higher floors of an under construction tower in my residential complex. We tried to catch her to get her down where her biological mom was waiting for her with her other tiny siblings but I believe the security guards spooked her which resulted in her running for her life only to fall 12 floors down through the bathroom duct. I ran down the steps fearing the worst. But there she lay still with her beautiful green eyes blinking back at me, silently asking for help. I rescued and nursed her back to health, the vet called her a miracle baby because she came out of that incident with no internal injuries and 4 days later my husband and I decided to adopt her when she was about 2 months old. That’s how she actually got her name Tokyo - from the character in Money Heist, who comes out of any situation boldly and fearlessly.” she exclaims.

Growing up with pedigree dogs all her life, Tokyo was indeed something new for her. With Tokyo entering her life, she felt they were bound to find each other and since then they’ve been the perfect match for each other. Tokyo is a star too, He has been the first indie dog to be featured on Dogsofinstagram and has his own fandom on instagram. Tokyo is a great communicator and also loves to exercise and keep herself physically active.

“Well, she has taught me how compassionate and smart Indie’s are, sometimes even more so than other pedigree dogs of her age. Nevertheless, every dog is special and has a purpose - She came with a purpose of being an advocate for her own kind i.e, Indie’s and their adoptions. Because every dog deserves a home but not every home deserves a dog.

My relationship with Tokyo has taught me that where there is love and faith, anything is possible. Most importantly, we aim at leaving this planet better for the dogs who have no one to call their own than we found it.” Sharmila says.





h a s h t a g

INTERIORS

Art for INTERIOR STYLING

Incorporating art to your walls is one of the most fascinating design tricks you can add to your interior style. There is nothing more appealing than building a space with a good painting on a wall, a majestic sculpture with the purpose of creating good vibes and high standards at the interiors. **Shruti Vij**, designer and visual artist based in Gurgaon shares some pro tips on getting your house decked to perfection with some choice art.

Contemporary art includes paintings, photographs, sculptures, and found objects. The textures, colours and forms which the art features have a great visual impact on an interior space. A great way to make your home feel cosy and relaxed is by making your artwork reflect this. Art is connected with interior design through the aesthetic and emotions that it communicates. It's a trend nowadays that interior designers and interior stylists develop their spaces, basing their project on a piece of artwork, implementing their colourful palette, their fabrics and decorative details, in a painting essence or some other art piece.



How to display your artworks

Art can act as a framework for a room. It is a guide to position pieces of furniture to make the most of the room. A well chosen artwork can transform any room and tie together the cushions and furniture to create the finished look. Larger works give proportion and bring scale to a room, which can enhance a space. It is key to consider the artwork you are hanging, as some pieces deserve to be alone. Others, such as sketches, photos and small-scale prints, work best in groups, clustered by a staircase, above a sofa or simply strung along a wall.

Firstly, make sure that you always consider three elements: composition, scale and balance to showcase your art. Work on an interesting combination of these elements, analyse it and see how you feel.

Secondly, display in such a manner that the sizes of the different artworks complement each other, and do not overpower one another.

Lastly, art is subjective, and there is no right way to showcase it. It is more about the fondness it gives you and your family. When you embrace and adore it, everyone else will.

A well chosen artwork can transform any room and tie together the cushions and furniture to create the finished look.



CLUB NAME

Our Contact
9618969696

10 Little Fingers

DO-IT-YOURSELF STATION

India's



First

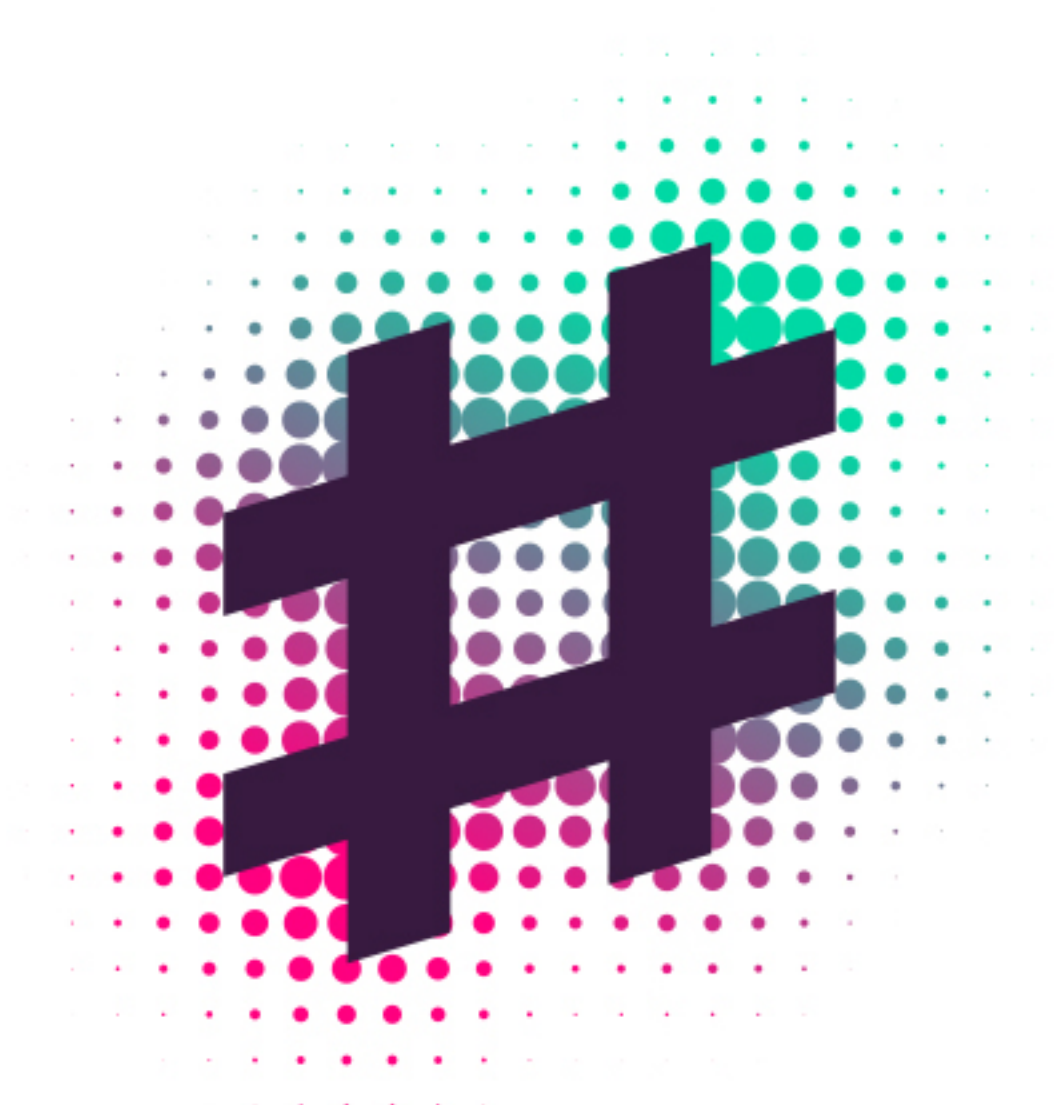


DIY Brand



Home delivery
available

Engage your child creatively...



h a s h t a g

STREAMING NOW

“If director Rajamouli asks me to hold a coffee cup and walk behind him like a junior artist, I’ll do that too.”:

ADIVI SESH

Actor Adivi Sesh talks to Lipika Varma in an exclusive interview for Hashtag India about his much awaited next, *Major*, a pan-India film, talked highly of in Tollywood and Bollywood circles. Although he was brought up in the US, Adivi Sesh, a Hyderabadi at heart, has been starring in some spectacular Telugu movies over the years. A director, producer and actor, his notable performances and commercial success include *Evaru* and *Goodachari*, which brought him into limelight. *Major* is a biographical action film directed by Sashi Kiran Tikka. Shot simultaneously in Telugu and Hindi and later dubbed into Malayalam, it is based on the life of 2008 Mumbai attacks martyr Major Sandeep Unnikrishnan.

Martyr Major Sandeep Unnikrishnan was an absolute real life hero. How was it capturing his spirit on screen?

I think genuinely there were several moments that we recreated. Including the clothes, and the posture. It’s so important not to feel it’s an imitation. Conceptualising is very important for me. Director Sashi Kiran Tikka and I had a lot of discussions. As far as his real life is concerned, we tried our best to capture its true spirit. Some incidents may have happened while he was 19 but we show it in the film when he is 29. I don’t look at it as an issue.



Have you completed writing *Goodachari 2*? Where will it take the story from *Goodachari 1*?

The writing isn’t complete yet for *Goodachari 2*. My focus is on *Major*. Once I complete it, I’ll shift my focus to *Goodachari 2*. It will be a continuation from where the first part had ended. The last we saw him was in the middle of the ice cold Alpes Mountains. He is in the middle of something that we are curious to know about. That’s where part two will begin, and show us what he is up to.



After your film *Kshanam*, you rejected a couple of scripts. Why did that happen?

Yes I did reject a few scripts. At the end of the day you have to find a script that you find engaging as an audience. The first time when we read a story we always try to visualise a story which I can enjoy as an audience. If it involves me, I'll do my best to not let it go but only if it involves me and if it doesn't involve me, my heart's not going to be in it. At cross roads actors try to compromise with the director. But no matter what, the thought of convincing yourself should never have to happen.

How do you feel about being tagged as the lucky charm for filmmakers?

(Laughs) Hard work. Work hard enough until the time the audiences are seeing you as the reason to watch the film. Success follows. The day when you stop working hard is the day when you become unlucky.



You've worked with Director Rajamouli, do you have a script for him or would you prefer working as an actor?

Whatever, he [Director Rajamouli] asks I'll do it. If he asks me to hold a coffee cup and walk behind him like a junior artist, I'll do that too. Most of the actors across India will do the same *(smiles)*.

You've signed *Hit-2*. How did that come about?

Nany is a dear friend and one of my favourite actors. It is my second time in a row when an actor is producing a film with me. That's a coincidence, and it's good to enter that universe where people will think what kind of a film it will be. They have a specific texture to the *Hit* franchise. This one is an expansion of the first.

Adivi Sesh's next, *Major*, is a biography on 26/11 martyr Late Major Sandeep Unnikrishnan.

STREAMING
NOW

20 Years and Counting: Tushar Kapoor

Actor and producer **Tushar Kapoor** completes twenty years in Bollywood this year. He also completes 5 years of single father-hood status to his son Lakshaya. Speaking with **Lipika Varma** in an exclusive chat for **Hashtag India**, the actor discusses his experience in the industry, turning producer with Laxmi Bomb, and watching his son grow up.

What changes do you see in yourself in these 20 years?

I got more illuminated and enlightened I can say. My management skills are better now. I have stopped worrying about small things. You focus on more important things since you don't have enough time. I have become more confident, organised and purposeful. I keep chanting a lot as I follow Buddhism. I think genuinely there were several moments that we recreated. Including the clothes, and the posture. It's so important not to feel it's an imitation. Conceptualising is very important for me. Director Sashi Kiran Tikka and I had a lot of discussions. As far as his real life is concerned, we tried our best to capture its true spirit. Some incidents may have happened while he was 19 but we show it in the film when he is 29. I don't look at it as an issue.

How were the initial days of dadhood like?

My son's birth and pre-birth phases have brought in a lot of peace, harmony and compassion. This can be noticed in our persona. I started following, Buddhism because of my friends. I started this practice just when I was getting into the process of being a father, and this happened simultaneously.



We don't believe in manipulation. My father has always advised us to work hard and be patient. My mom is also focused and so are we. That's probably how I managed to sustain in the industry for 20 years.

What has Buddhism taught you?

It's about facing and cleaning your Karma. Going about in this world and realising the kalyug that it is. It's our mission to be victorious and set an example for others so they can also be happier. It's not about having this perfect life in the mountains, with absolutely no worries. It's working on it and leading a happy life. So it's no escapism. Changing philosophy increases your strength and resilience. It is beautiful. It's definitely the most liberating practice that I have indulged in.

What changes have you seen in the industry having been here for almost 20 years?

Things have changed, but on the whole, success and failures and rules and regulations of the industry are still the same. Just the packaging has changed in many ways. OTT has gotten strong. The methods of reaching people changes. The processes of filmmaking have enhanced. But the content and the *masala* that people like, storytelling, performances, these are the basic ingredients, and I don't think that changes. The grammar really changes a lot but the novelty of bringing new stories, innovative ways of presenting your films by and large needs improvement. People want entertainment. That will never change.



Usually it is said a single parent faces a lot of difficulties in bringing up kids. Any message you would like to share as you have opted to be a single father?

I don't think there's much of a difference. So many times either one of the parents takes things for granted. The other person does little work, thinking they've done their duties by being the breadwinner. It might be hard for couples too to give their kids equal love.

I'm doing everything as a single parent. I can't cheat myself. If I do less for him, I'll be cheating myself. I'm not depending on anyone else. It's about unconditional love, regardless of whether you are a single parent or not. At the end of the day a child should feel happy and complete. If your son or daughter is happy that's because of your love, not just because you are married. We know at times just to keep up appearances as a happy family, couples stay together.

Do you expect your son to carry your legacy in the industry?

I hope I'm alive to see that. *(chuckles)*. I'm 45 now and my son is 5 years old. If I'm alive I will be sitting here and giving an interview talking about their milestone and not mine.

How much time do you spend with son Lakshya now?

I spent a lot of time with Lakshya because we do his online studies. I also get to spend more time because my parents are with him most of the time. Everything is planned according to his time. He wishes to spend more time with his friends. He gives more importance to his friends so sometimes I feel I am doing something wrong *(laughs)*..

It is being said that the third wave of Covid will affect kids. What sort of precautions are you planning on implementing for Lakshya?

I have taken proper precautions from the beginning of these trying times. If he is going to grandparents also we take him safely and we just take him to the neighbourhood only. We hear the third wave will affect children only, but I feel there is no such evidence. Covid has no strategy. The more we go out, we contribute to the third wave. I don't believe we can safeguard ourselves and our kids but being fearful is good.

It's about unconditional love, regardless of whether you are a single parent or not. At the end of the day a child should feel happy and complete.



BTS Breaking records:

In a first of its kind BTS's latest song **Butter** *Tops* Billboard Hot 100 for a record-breaking 5th consecutive week. **Butter** had sold at least 100,000 downloads in each of its first five weeks, the first song to do so since *Despacito* in 2017. According to Billboard, **Butter** is just the 11th song out of the 54 songs that have debuted at No 1 to spend its first five weeks at No. 1 in the history of the Hot 100. The group is set to release their new single *Permission to Dance* on July 9, and rumour has it that it might be a collab with British pop icon Ed Sheeran *Shape of You* fame.



Bebo back on the sets...

Guess who is all set to get back on sets! Our very own hot mommie Kareena Kapoor Khan. Before going on a baby break the-mom-to-be had finished shooting for *Laal Singh Chadha* with Aamir Khan. Now the actress is busy reading scripts and if rumor mills are to be believed she will be back on the sets this October for a project with her bestie Karan Johar. The last time the duo came together they created magic on screen and we have no doubts they can create history once again.

Dhanush on a roll

Dhanush, known for movies such as *Aadukalam* and *Raanjhanaa*, is set to make his debut in Hollywood as the actor has joined the cast of Ryan Gosling and Chris Evans-starrer *The Gray Man*. Even as the actor is busy shooting for the project based on Mark Greaney's 2009 novel of the same name and revolves around freelance assassin and former CIA operative Court Gentry, he has already gone on to tweet about his next project with director Shekar Kammula for a trilingual. Shekar is known for his offbeat movies and subjects and all expectations are riding high on this one.



Sheer Qorma ends Pride Month on the right note

Written and directed by Faraz Arif Ansari, *Sheer Qorma*, starring Swara Bhasker and Divya Dutta in lead roles, is earning plaudits in film festivals around the world. Also starring Shabana Azmi, the film, which features two queer muslim characters, played by Swara and Divya won the Audience Choice Award for Best Film at the Connecticut LGBT Film Festival. The film also won the Grand Jury Narrative Short at the Gasparilla International Film Festival. No better way to end Pride month!

Hash#ag INDIA



Subscribe for free

Visit:

www.hashtagmagazine.in

SUBSCRIBE