

Hash#ag

www.hashtagmagazine.in

D I A

January 2022

10

CELEBS
NEW YEAR
RESOLUTIONS

1st Anniversary
special

CARE TO DARE
5 Rainbow
Revolutionaries

Hangover
Remedies
Start the year
with a clear
head!

&
AHAN SHETTY
TARA SUTARIA
The YOUTH
Sensations

UNSTOPPABLE:
Sara Ali Khan

READ
NOW



TRAILBLAZERS
IPS ANJANI KUMAR
in an unfiltered
interaction...

CONTENTS

EDITOR'S NOTE

PAGE: 03

Message from the Editor.

EVENTS IN TOWN

PAGE: 05

Plan your month ahead!



TRENDING NOW

PAGES: 08-16

From the newsmakers of 2021 to celebs and their new year resolutions.

TRAILBLAZERS

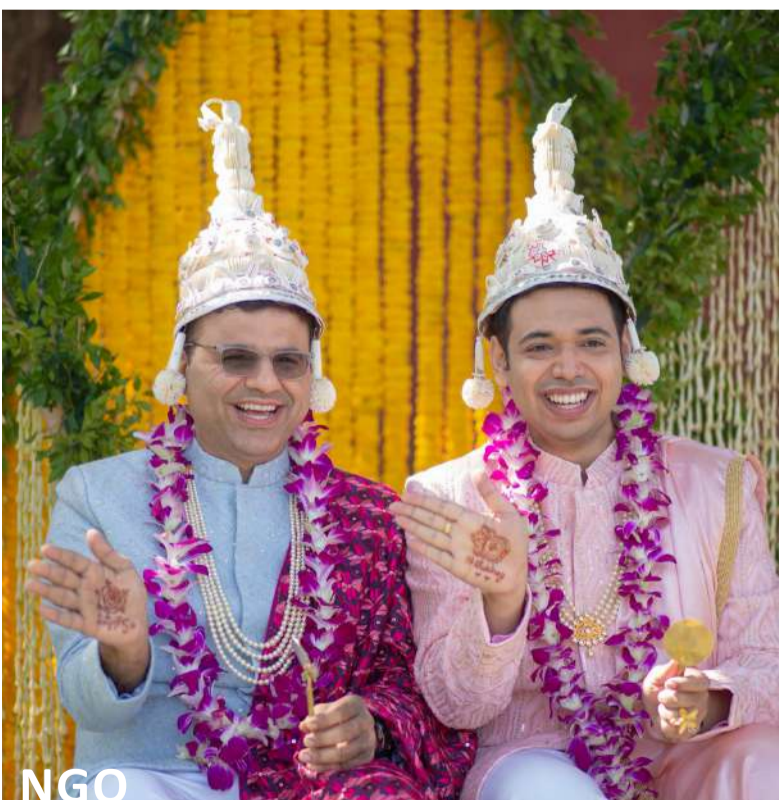
PAGES: 17-20

In a candid discussion with Hashtag, IPS Anjani Kumar delves into the rigours of the profession.

START UP INC

PAGES: 21-23

Neuphony is a smartwatch for the brain. Co-founder Ria Rustagi talks about melding technology with medicine.



NGO

PAGE: 24-28

From revolutionaries expressing their pride to Telengana's first homosexual wedding, there's something for everyone.

DUSK TO DAWN

PAGE: 30-32

Hashtag rescues you from hangovers after all-night parties with some morning after remedies.

HEALTH AND WELLNESS

PAGES: 35-38

From sports injuries to the health benefits of jackfruit, Hashtag helps you set your goals for the new year.



FOOD INC

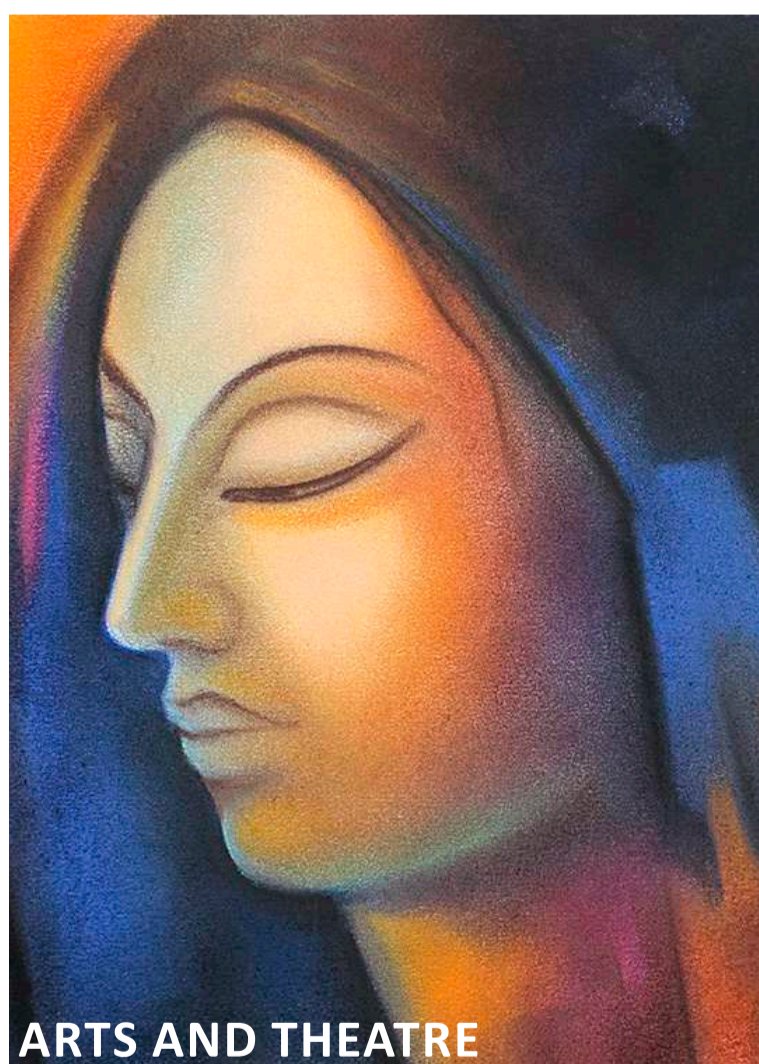
PAGES: 40-44

In an exclusive review, we pick must-have goods and desserts from Spero, Hyderabad's best café.

AUTO AND TECH

PAGES: 46-48

Come 2022, there will be a flurry of upgrades and new smartphone models to pick from. We bring you exclusive insight.



ARTS AND THEATRE

PAGES: 49-51

Through his work, artist MG Doddamani conveys a positive message of change.



TRAVEL

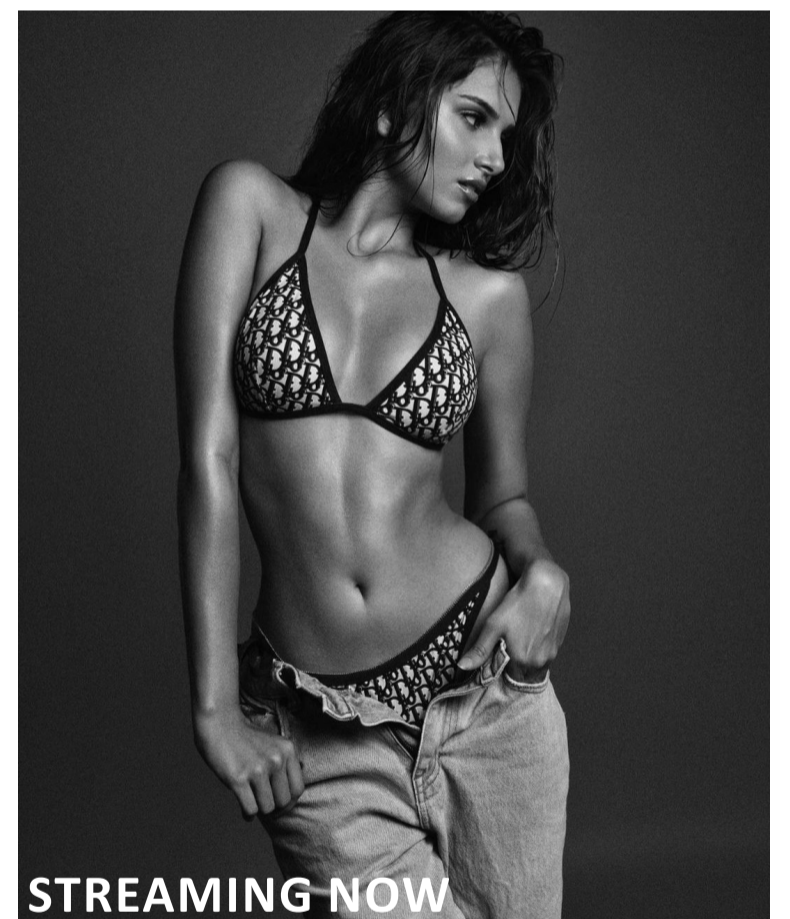
PAGE: 52-56

Fulfil your travel resolutions and visit Camp Amer Dera and Wunderhaus, where relaxation meets art and nature.

PETS

PAGE: 58-60

Your pet's celebration bash cannot go wrong with goodies, treats and cakes from these pet bakers.



STREAMING NOW

PAGE: 61-70

Learn about the latest in movies, must-read books and get a peak of Tara Sutaria and Ahan Shetty's unfiltered conversation about their upcoming movie.

Editor

Sinduri Vuppala

Copy Editor

Aditi Paul

Contributors

Lipika Varma	Abhishek Dubey
Bidisha Barik	Bindu Gopal Rao
Canta Dadlaney	Indira Penubolu
Mahati Salike	Mehak Walia
Avanthika Reddy	Gauri Hukkeri
Rashmi Gopal Rao	Aakanksha Bajpai
Mallik Thatipalli	Swati Sucharita
Nikita Biswas	Shraddha Reddy

Designer

Abhinay Raj

Website & Social media

VHonk

Editorial Office

B 10 Vikrampuri, Karkhana,
Secunderabad, 500009.

Contact: 6269 000 666

Marketing Office

B19, Avenue 5,
Banjara Hills, Hyderabad
Phone: 040 23355485

Cover

SARA ALI KHAN

Photographer

Shivangi Kulkarni

Website:

www.hashtagmagazine.in

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

From the Editor

RAISE A TOAST. WE TURN ONE!



A special shout out to our marketing support Atin Ooh, who constantly gives us the much-needed reinforcement and backing, and of course our advertisers. We thank you greatly for your continued confidence and friendship.

The Hashtag team would like to specially raise a toast to the readers for all the love. A big thank you to everyone who reads, shares, likes, and talks about our little labour of love.

I hope you enjoy this annual issue; we've packed with great content. Do let us know if there are any topics you'd like to see covered in the future. Until then, let's raise a toast – We turn one!

We wish you a warm, joyous, and happy holiday season.

SINDURI VUPPALA



Hashtagmagazine.in



[@hashtagmagazine.in](https://www.facebook.com/hashtagmagazine.in)



www.hashtagmagazine.in

Today marks a year since we launched Hashtag India Magazine. This time last year it all didn't seem so easy. The pandemic had taken over the nation; chai and newspapers were replaced with news at our fingertips... Everything about Hashtag was vague. It was just a bunch of ideas getting tossed around in a room and there was scepticism about everything.

Today, we know we have done the right thing. With 12 successful issues, and over 1.5 lakh global subscribers, we have reached over one million viewers and readers. Seeing Hashtag Magazine turn one is such a surreal experience. It's incredible to see how far we have come in twelve short months. From glam covers to insightful stories on health, travel, wellness, and all things lifestyle, we have accomplished to maintain a fine balance with our stories. If you know it's trending, then it's surely on Hashtag! A lot of love, time, and effort has gone into nurturing Hashtag and there is no way we would be what we are today without my dedicated team of writers who bring in the best content, interviews, and discoveries from across the country and of course my team of designers, social media managers, SEO and outreach experts, photographers, videographers, editors and the copy edit team.

UPCOMING EVENTS

JANUARY 2022

Zakir Khan - Live on Tour

Zakir Khan is back on the road with his latest stand-up performance following two enormously successful specials, Haq Se Single (2017) and Kaksha Gyarvi (2021), which sold out 100,000+ tickets throughout the world. Zakir Khan is noted for his "uniquely Indian" brand of humour, which entails him flawlessly latching on to the emotions that are shared by every Indian home.

Date: 5 January 2022

Time: 8:30 pm

Venue: Sanjeev Kumar Auditorium, Gujarat



5
Jan 2022

Yesterday Once More...



7
Jan 2022

As the title implies, "Yesterday Once More" is a trip down memory lane as we recall the tunes we grew up with, the songs we fell in love with, and the melodies that bring a sense of nostalgia to our hearts. Take a tour through pop music's Golden Age. This diverse group of artists will leave you wanting more, including songs by the Carpenters, Barbra Streisand, and Dionne Warwick, among others.

Date: 7 January 2022

Time: 7:00 pm

Venue: NCPA, Mumbai

Manali Winter Carnival 2022

Over the course of five days, visitors will be exposed to local culture, dancing, singing, sports, local foods, tableaux, winter sports, and much more. Winter activities such as skiing and snowboarding will be conducted at Solang Valley, while colourful programmes to entice tourists will continue throughout the town. To give the event a local flavour, almost 4,000 local women will actively participate.

Date: 2 January 2022

Time: 7:00 am

Venue: Manali, Himachal Pradesh



02
Jan 2022

Melodious Moments with Sunitha



08
Jan 2022

It's her first time performing in front of an audience since the lockdown. Let us take you on a musical trip with Sunitha Upadrashta, the queen of melody. This will be more than simply a musical performance; it will be a whole experience.

Date: 8 January 2022

Venue: Shilpakala Vedika, Hyderabad

Time: 6:00 pm

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

As we move into 2022, we eagerly look forward to leaving the old behind in exchange for the new. We thought of sneaking a peek into what lies ahead for a look into all that is to come! **Muskan Bhandari, Tarot Reader and Manifestation Coach**, presents a holistic and complete reading for all the 12 Zodiac signs for the upcoming year. Learn what your career goals, love life, and personal achievements will look like through the powerful insight of Tarot.

Horoscope for 2022



Aries

2022 for Aries will be a life-changing year. Major changes are about to come in terms of career and personal aspects. All personal career-related goals will be achieved; however, Tarot suggests you don't let your emotions get the best of you and remain practical throughout. Allow yourself to use all your potential. Don't compete and remain confident. Be very cautious in aspects of your love life. You know what you are looking for in a partner but a sense of fear holds you back.



Cancer

There's a mental block that will stop you from taking chances in 2022. You are currently facing it. However, 2022 is the year of executing your plans. Don't allow your overthinking to take control. Use all resources you have and give your best to what you do. Your monetary situation will improve next year. Love seems tense; you are trying to look at the positive side of things. However, too much mental activity restricts you from being yourself to enjoy love and romance. Move beyond the comfort zone.



Taurus

2022 is all about new beginnings for Taurus; with the Page of Wands, any new career or project will be successful. Ten of Cups indicates that personal life will feel stable and content. However, it is time for you to take charge of things and become more active. There is a particular goal – personal or professional – that you are aiming for. Most likely, the result will be coming in 2022. Remain positive! It's a year of fresh start and achievements.



Leo

Career seems strong. However, you have plans but no strategy. The cards suggest planning and execution to avoid disappointment next year. Right now, work is stable and at its optimum best but requires planning to remain so. A cycle is ending and a new one is beginning in your love life; it will head in a more positive direction and things will change for the better. Just be open to love and emotional assistance.



Gemini

There are important decisions that are to be made. Don't make them in haste. You do seem restless. Advice is recommended for any money investments or any job opportunities. Analyse the situation properly before being a part of it. Personally, this year indicates a lot of focus on self-growth. There will be love prospects coming in as well as year of enjoying the new company. Just go with the flow!



Virgo

With the Ace of Wands, career seems to be progressing well in 2022. However, it will be a year of extensive hard work to achieve stability and success. You are also probably in a dilemma to make a change or shift in your career; clarity will come in 2022. A lot of attraction is in play for singles. You might end up finding someone for the long haul if you move beyond your perspective of a relationship. For couples, the relationship gets stronger. There might also be a possibility of marriage for some of you. Overall, taking the relationship to the next level is in play.



Libra

You will be able to reach halfway through your career goals and aspire for more. A celebratory year, but you have a long way to go. This just the beginning. New beginnings and new projects will come through which will be successful but not necessarily as much as you want them to be. Your love life may seem overwhelming as you try to cope up with a lot of things at once.



Aquarius

Career for Aquarius seems good. You will explore different opportunities for yourself this year. Family support is always with you and seems like a good family year! Love-wise, it seems you have created a block and are not willing to move beyond your comfort zone.



Scorpio

You're heading in the right direction. After a long wait, this year will bring the best of career growth that you have been looking forward to. You will also experience emotional contentment with the career growth. Your practical approach will help you grow and keep you motivated. Love life seems stable and balanced with the Two of Cups card. You will put in a lot of effort and even your partner will be happy to be there for you!



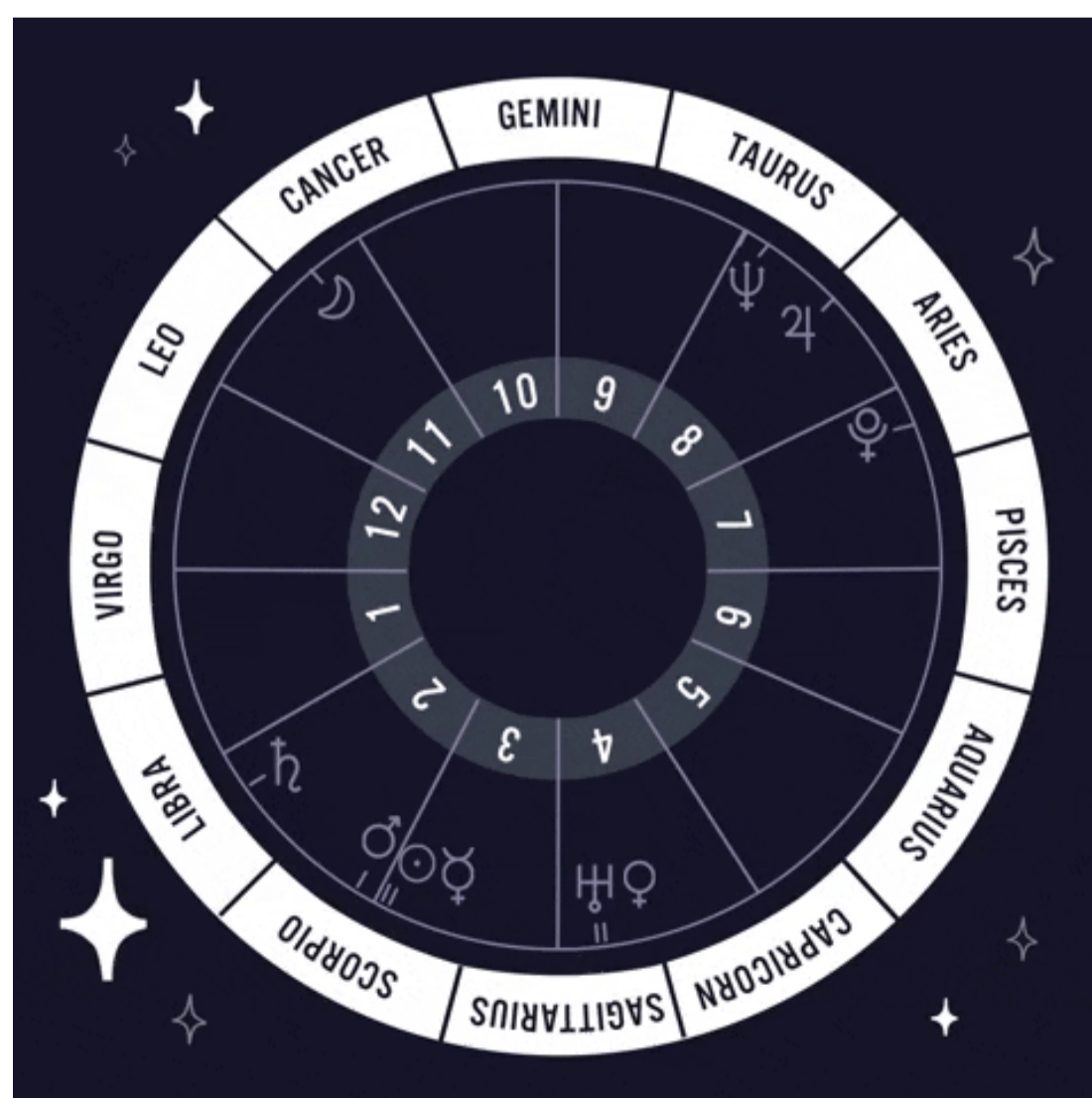
Pisces

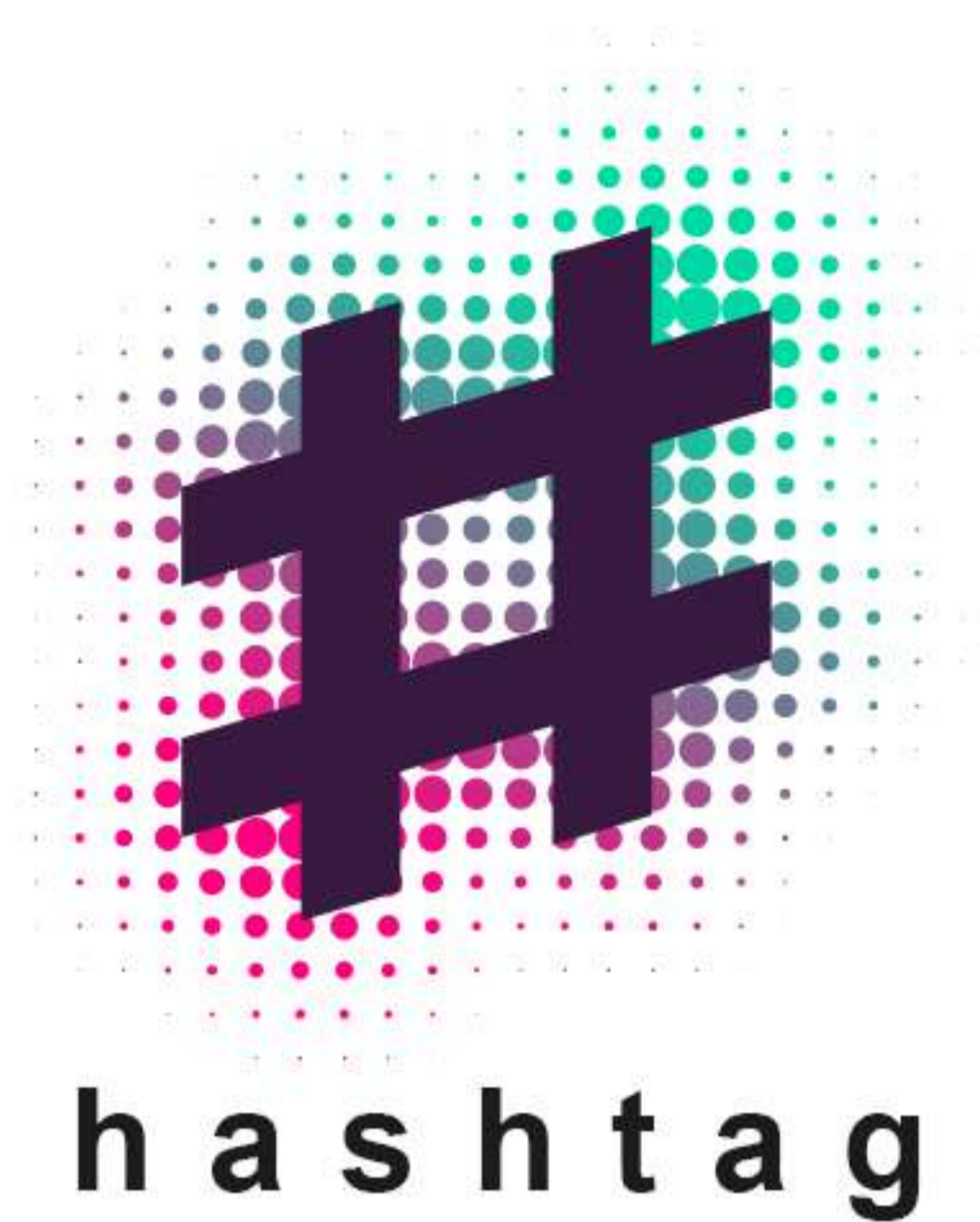
Career in 2022 requires your patience. Things will process slowly so you must keep working towards it. Don't be disheartened by the slow growth rate. Just go with the flow and focus on the process, not the end goal. Love-wise you seem to be at your best; however, the fear of heartbreak keeps you from feeling free. You feel caught up in your emotions of fear and insecurity. Allow yourself to breathe.



Capricorn

Career-wise, you will feel you deserve better and that your growth isn't headed in the direction you want. Don't limit yourself because of these thoughts. It is all in your head, so just get to work and you will see the results. Love life is at its peak – all seems good and healthy. Singles are likely to find prospects and couples feel a sense of stability.



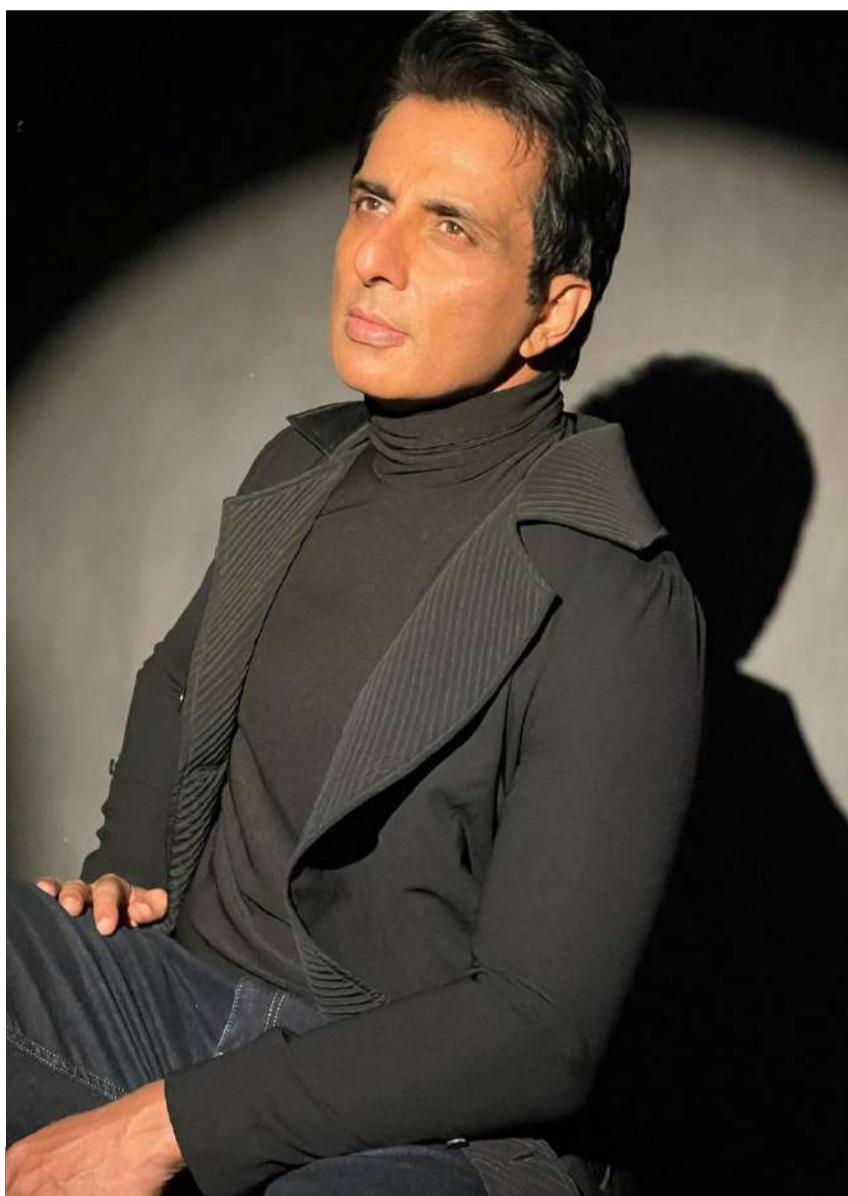


TRENDING NOW

Celebrities share their New Year Resolutions

Check out the New Year resolutions our favourite celebs are making this NYE! Be it Bollywood or Tollywood, these superstar resolutions will make you smile. Every year, we make promises to push ourselves and break out of our comfort zones in order to touch the sky with no limits. Stars are exactly like the rest of us! From fighting to give up sweets to becoming friendlier and achieving greater objectives, we've all come a long way. **Hashtag** brings you the exclusive resolutions of celebrities like **Sonu Sood**, **DSP Anjani Kumar**, and many more. Have a look at what they have in plan for the future year.

Actor Sonu Sood



"There are no resolutions for the new year. I suppose I have been trying to make new resolutions every day for many years, with two years of experience dealing with the common man and assisting others. My New Year's resolution, I believe, should be to link people, to inspire and be inspired by them, and to engage them in some type of good activity. As a result, we can change more and more lives. That's something I'd like to accomplish in the new year and in the years ahead."

Actor/Director Adivi Sesh

"Perhaps this moment in time is a great reminder that nothing is permanent. It's important to stop and smell the roses once in a while. I hope to live a little, laugh a lot and love like there's no tomorrow."



Actress Daisy Bopanna



"Be more self-conscious and observant of others. I want to be aware of my own behaviours and take responsibility for my choices. I'm not a big fan of making resolutions, but since the beginning of 2018, I've been trying to be more self-aware. There is a lot of commotion in social media today, and it is always good and bad. So, I believe that being aware of everything helps us improve year after year."

Miss India Earth 2014, Alankrita Sahai

"My resolve is to be kinder to myself and more conscious of how I spend my time and energy. To be able to love freely and to live a psychologically, emotionally, and physically healthy existence. Spend less time with devices and people that deplete my energy. Healthy connections should be nurtured. Also, read all of the novels that are published this year."



Actor *Sunny Hinduja*



"This year, I want everything to be smooth and uncomplicated for everyone. I want to concentrate on my own and my loved ones' physical, mental, and emotional well-being."

Actor *Ranjit Punia*

"This year, I'm looking forward to acting in some fantastic films and preparing for some memorable parts. All I wish for is for everyone to be kind to one another."



IPS *Anjani Kumar*



"Every year, I make and violate the resolution to avoid sweets. I have a sweet tooth, but I'm hoping to renew my goal to quit eating sweets in the new year and stick to it this time!"

Actress *Tanya Choudhary*

My goal for 2022 is to make a modest impact in someone's life on a daily basis because not everyone is happy all of the time. People nowadays are going through a lot. As the saying goes, "If you're feeling down, the only way you can go is up." My new year's resolution is to bring modest yet good changes in people's lives.



Actress *Digangana Suryavanshi*



I did make a promise to myself this year - that I'm going to try to be better and better every single day. I hope I keep up with it.

Actor *Nani*

"Especially after 2020 and the pandemic I don't want to think about tomorrow or the day after or the future. I just want to live every single day and be happy. I want to be with friends and family and be good above everything else."



NEWSMAKERS OF 2021

Bidisha Barik reviews the news cycle of the year that has been, recalling those who dominated our trends to become the newsmakers of 2021.

With controversies, criticisms, scandals, and achievements galore, it surely has been the year of newsmakers. The buzz of COVID-19 and the rise of the second wave dominated the first half of 2021. Despite the pandemic, 2021 saw a robust news cycle. We list those celebrities and entrepreneurs who made it big in the press and created a buzz that has had an impact on the country's demography.



Aryan Khan

October was a tense month, with everyone rooted to fresh news every minute for Shah Rukh Khan and Gauri Khan's eldest son, Aryan Khan. The voiceover artist and rising actor usually crashes the internet anytime he shares a photo on social media. He was on his way to a party on the Cordelia Cruises' Empress ship, which was part of a two-day musical cruise organised by a Delhi event company. He made news for his suspected involvement in a narcotics raid on a cruise liner in Goa by the Narcotics Control Bureau (NCB) and was arrested on 3rd October.



Kangana Ranaut

Kangana Ranaut is known for her versatility and portrayal of strong women in female-centric films. She has been awarded several awards including Padma Shri in 2020. The *Manikarnika* actress and controversies go hand in hand – she generated headlines throughout 2021 for her numerous conflicts involving entertainment, politics, social media... the list continues.

Shilpa Shetty and Raj Kundra

Raj Kundra, businessman and husband of popular Indian actress Shilpa Shetty, was voted 198th richest British Asian. He was linked to investments in cricket and mixed martial arts, and he joined the top five newsmakers list in 2021 after being charged with producing and transmitting pornographic content, gaining infamy for the couple.



Vir Das

Vir Das, who began his career as a stand-up comedian before moving on to Hindi films such as *Badmaash Company*, *Go Goa Gone*, and *Delhi Belly*, has now been criticized for the views he expressed in *Two Indias*, a stand-up special he performed throughout the world. He was also up for an international Emmy Award in 2021 for his Netflix comedy special, *Vir Das: For India*, which touched upon the already sensitive subject. After it went viral, he insisted that his monologue was pure satire and that he'd continue to work as a comedian.

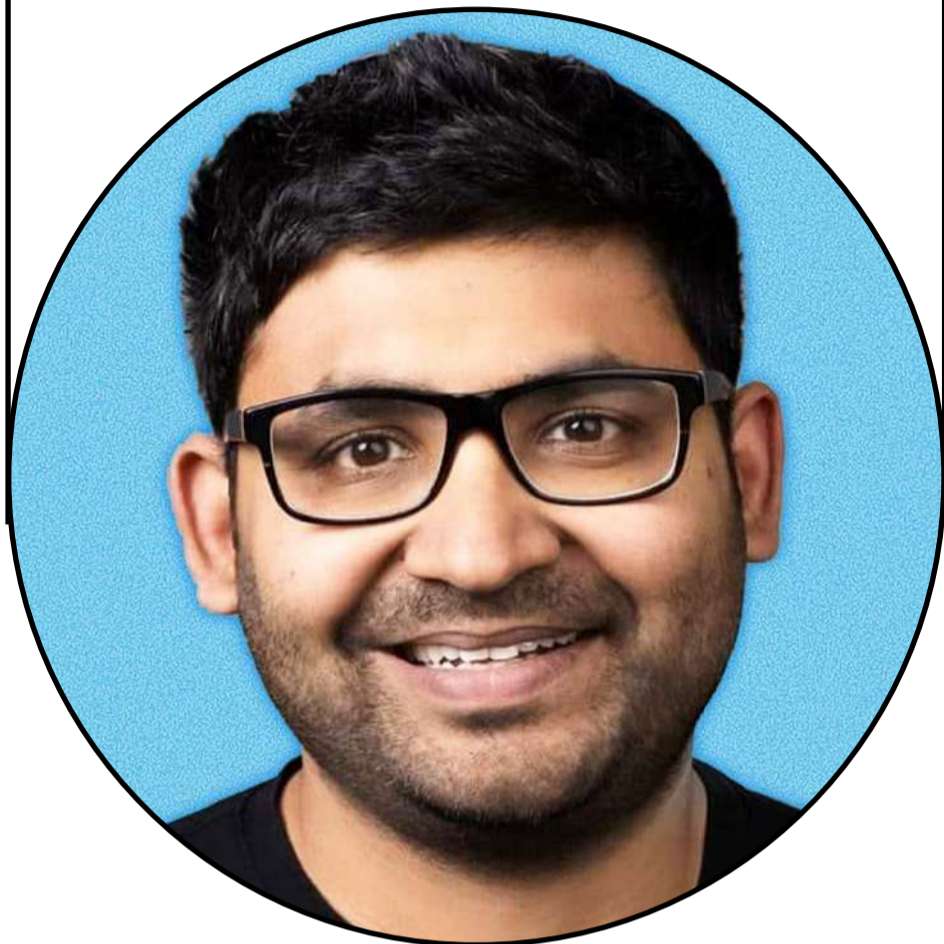
Falguni Nayar

After serving as managing director of the Kotak Mahindra Group, Falguni Nayar established herself as a retailer of beauty and personal care items. She is the CEO and Founder of Nykaa, and in 2021, she became India's first self-made female billionaire. Nayar's choice to launch Nykaa at the age of 50, following more than two decades in the banking industry, has boosted female motivation and has been received with grave praise.



Parag Agarwal

In 2000, the now well-known CEO from India placed 77th in the IIT combined admission test. He later relocated to the United States to earn a doctorate in computer science from Stanford University. Jack Dorsey's unexpected resignation in 2021 saw Parag, a 37-year-old Indian-American, rise from software developer to Twitter CEO, having worked at the company for 10 years.



Adar Poonawalla

The current CEO of Serum Institute of India joined SII soon after his graduation and was designated CEO in 2011. In 2014, he founded and released the Serum Institute of Oral Polio Vaccine, which quickly became the company's best-selling product, and he was enthused about producing flu and cervical cancer vaccinations the same year. Adar Poonawalla and Serum Institute of India (SII), the world's largest vaccine manufacturer, made headlines at the start of 2021 for developing the COVID-19 vaccine Covishield, a SII/AstraZeneca vaccine manufactured in India. They were also noted for providing preventative and protective supplies for the medical personnel, the elderly, and the general public.



All-Women Cockpit

Captain Zoya Aggarwal, Captain Papagari Thanmai, Captain Akansha Sonaware, and Captain Shivani Manhas of Aviation India's AI176 all-female cockpit crew conducted a record voyage over the North Pole on the world's longest air route from San Francisco to Bengaluru on January 9, 2021. The All-Women Crew completed the first non-stop flight over the North Pole, spanning over 16,000 kilometres. The aerial distance between San Francisco and Bengaluru is one of the longest in the world.



Bajrang Punia

Punia is the only Indian wrestler to have won three World Wrestling Championship medals. For his wrestling practice, this man with a grandiose vision would skip his school. In 2021, Indian wrestler Bajrang Punia won his second straight gold medal in the 65 kg freestyle category in the Matteo Pallicone Ranking Series tournament in Rome, defeating Mongolia's Tulga Tumur Ochir 2-2 by criteria. This victory places Punia as currently the world's No. 1 in the 65 kg class.

Ajaz Yunus Patel

New Zealand cricketer and orthodox left-arm spinner Ajaz Patel was voted Men's Domestic Player of the Year at the New Zealand Cricket Awards in April 2018. Patel of New Zealand couldn't stop breaking records in India's second Test match against New Zealand, which took place at Wankhede Stadium on December 10, 2021. After taking all 10 wickets in the first innings, Patel's four-wicket spell in the second innings helped him break Ian Botham's 41-year-old record.



RIDING THE WAVES OF SUCCESS

Sara Ali Khan

The svelte **Sara Ali Khan** ventured into acting with *Kedarnath* and *Simmba*. Since then, there has been no looking back for this petite beauty. Since her debut, and following the commercial success of her films, she has gone on to work in a variety of advertisements. Her latest venture, *Atrangi Re*, saw a Christmas Eve release on Disney+ Hotstar. Produced by Yellow Productions and T-Series, and directed by Aanand L Rai, the film stars Akshay Kumar, Dhanush and Sara Ali Khan in the leading roles. Sara discloses her wish of working with filmmakers Zoya Akhtar and Sanjay Leela Bhansali, her relationship with her mother and her sibling and more in this enticing interview with **Lipika Varma**.



We have a lot of expectations from director Aanand L Rai's film. How was your experience working with him?

Insha'Allah, I hope people love it. I would like to say that I had a lot of fun working with [Director] Aanandji. More than anything, what is special about him is that he is an extremely simple person. This is not a simple story. But Aanandji is so simple, emotional, and sensitive that he has managed to present his character in the same light. I have learned so much through Aanandji. Himanshu [Writer] pens it beautifully; both don't give weightage to the lines as much as the character. He wants you to understand the thought of the character. He wants your eyes to speak differently than your words. This is the first time the director has told me 'You are mouthing cuss words with your tongue, but your eyes are filled with tears...*aankhen ro rahi hai*.' I was like 'How do I do this?' Slowly and gradually, I started understanding Aanandji's language.

'Chaka Chak' is a peppy folk number and you have danced so well. How many days have you rehearsed?

It wasn't that; we were in lockdown. We were shooting in March 2020 in Banaras and then the lockdown happened. No sooner was the lockdown to open that we were to do this song. Thus, I got 5-6 days to shoot. But my body had not moved for so long. I was locked down. We didn't do anything for almost 6-7 months. All that irritation of not working was put into this song. Vijay Ganguly [Choreographer] made me sizzle to his tune very nicely.

Will we see you working down South? Any discussions in the offing?

I would love to work in every language. Not only South films, but I wish to work in Punjabi films, and Bengali films. Undeniably, I am Indian, and wish to do any film from any territory of our country. I only intend to make a mark of my own first in Hindi films. In the meantime, if I get offered films from any region of our country I shall do it happily. I have yet to get any offers from down South.



This is the first time the director has told me 'You are mouthing cuss words with your tongue, but your eyes are filled with tears ... *aankhen ro rahi hai*.'"





Any future films signed?

There will be an announcement. From the very beginning until today the two things that have been important to me is that I want to be a part of stories that deserve to be told and I want to work with filmmakers that will help me perform. I think I am trying to do that with films.

Would you like to name the filmmakers that you wish to work with?

I want to work with everybody. Mr Bhansali, and Zoya Akhtar are the names that excite me, off the top of my head.

Would you like to work for any particular genre?

I don't think there is any genre I don't wish to do. *Kedarnath*, *Simmba*, *Luv Aaj Kal* and *Atrangi Re* are all different films. Whether people appreciate my films or not, I feel good. Even my songs are so different; *Aankh Mare* is not the same as *Chaka-Chak* which is not the same as *Husnn Hai Suhaana*. All are very different. If I can sit in my room and have fun watching YouTube videos of my work my songs, I feel like I have done different stuff. I need to do much more; I would love to explore action.



***I need to do much more;
I would love to explore action.”***



The Professional Side

What are some technical know-hows you have learnt from your co-stars and directors?

All my directors have been very supportive for me. Right from Gattu [Abhishek Kapoor] sir to Aanandji, if the continuity AD comes to remind me of something, they will tell him to go away and encourage me to do whatever I want to do. The technical thing about Aanandji is that he is emotionally very strong. He is sensitive but does not want to limit you technically. You learn so much. I learned that when you scream with blank eyes, it's irritating. From my co-stars...I remember all the actors, right from Shushant to Dhanush, who've told me this – 'Since this is a tight close-up shot, don't shake your heads and eyebrows too much. Be natural.' Varun [Dhawan] and Ranveer [Singh] also all gave me these tips.

Dhanush is known to be a very disciplined actor. Did you give him a tough competition?

Not at all. That was never the intention. It was great as he is so senior. He is a multiple National Award winner. He is called *Thalaiva* for a reason. I remember, when we were shooting in Madurai, it was so crowded, and people were yelling *Thalaiva* at the top of their voice. I was like wow, what's this? He has also worked with Aanandji before and so they had that kind of rapport. Aanandji was like my father figure and Dhanush was like my fairy godmother, that was the dynamic. It was never 'Actor hai aur usko takkar dena hai!' That can never happen. No one can give him any competition. He is outstanding. The intention was to be inspired by him and learn from him and perform to the best of my ability.

Do you agree that down South, the fans hero worship actors?

I don't know about this; all I can say is that people in places all over the world have a different way to do it. When I worked with Ranveer [Singh] and walked with him in malls, people were screaming his name as loudly as they were screaming *Thalaiva*. If you idolize or are a fan or a well-wisher then the language you follow does not matter. Of course, there is hero worship down South that is more prevalent than with us. But in our industry – with whatever I have gauged through social media – there is an element of aspiration which is not so much about 'Yeh Bhagwan Hai' but 'I can become this,' especially with the girls in our generation. I feel relatability is an aspect and very important in today's day and age, rather than that godly kind of fan worship.





ee

There's not a single day when she does not go to work excited and comes back doubly excited.

aa

You have a close bond with your mother Amrita Singh. Have you learnt from her work ethic?

With her work, my mom believes and realises you need to give your 100%. Only then will you be able to give anything back. She believes in this even today, though she is not working very much. Sometimes she is lazy and sometimes she is willing to do it. There's not a single day when she does not go to work excited and comes back doubly excited. As soon as she returns home, she says, 'I had a lot of fun and did such good work.' Mom was an actor before she became a mom and is still very much a fiery actor.

Your commercial with mom is so lovely. Will you do any films with her?

I don't think she likes to work with me because she is my mom and I think I won't like cutting her shot. I don't want to rob her of that privilege [of working as an actor] while working with me, looking at my hair and make-up instead of performing. Mom will always be a mom. If a hair of mine appears on my face while the shot is on, she might say cut and try to put my hair straight. I just have this visual of her, wanting to make me look the best as I am her daughter. I don't think I will want to put her in such a situation.

The Personal Equation

What did you do during the lockdown?

I spent a lot of my time with my mother and forced my brother to spend as much time as possible with me. I watched movies and read; in fact, I had stopped reading. Life had gotten so busy in 2019. By the end of 2018, two films of mine had seen the light of the day. The entire year of 2019, I was either shooting or doing some brand adverts, working on covers etc. It was a beautiful year for me but very hectic. Between all this, getting time for myself and with my books stopped. So, I think a large part of the lockdown was kind of family time. More than family time, I love my mom and my brother. I was happy to have some, me time. Even if I must sacrifice work sometimes to be with my mom and brother I shall do it. But prioritizing time for myself, and my reading, that was important.

What books did you read?

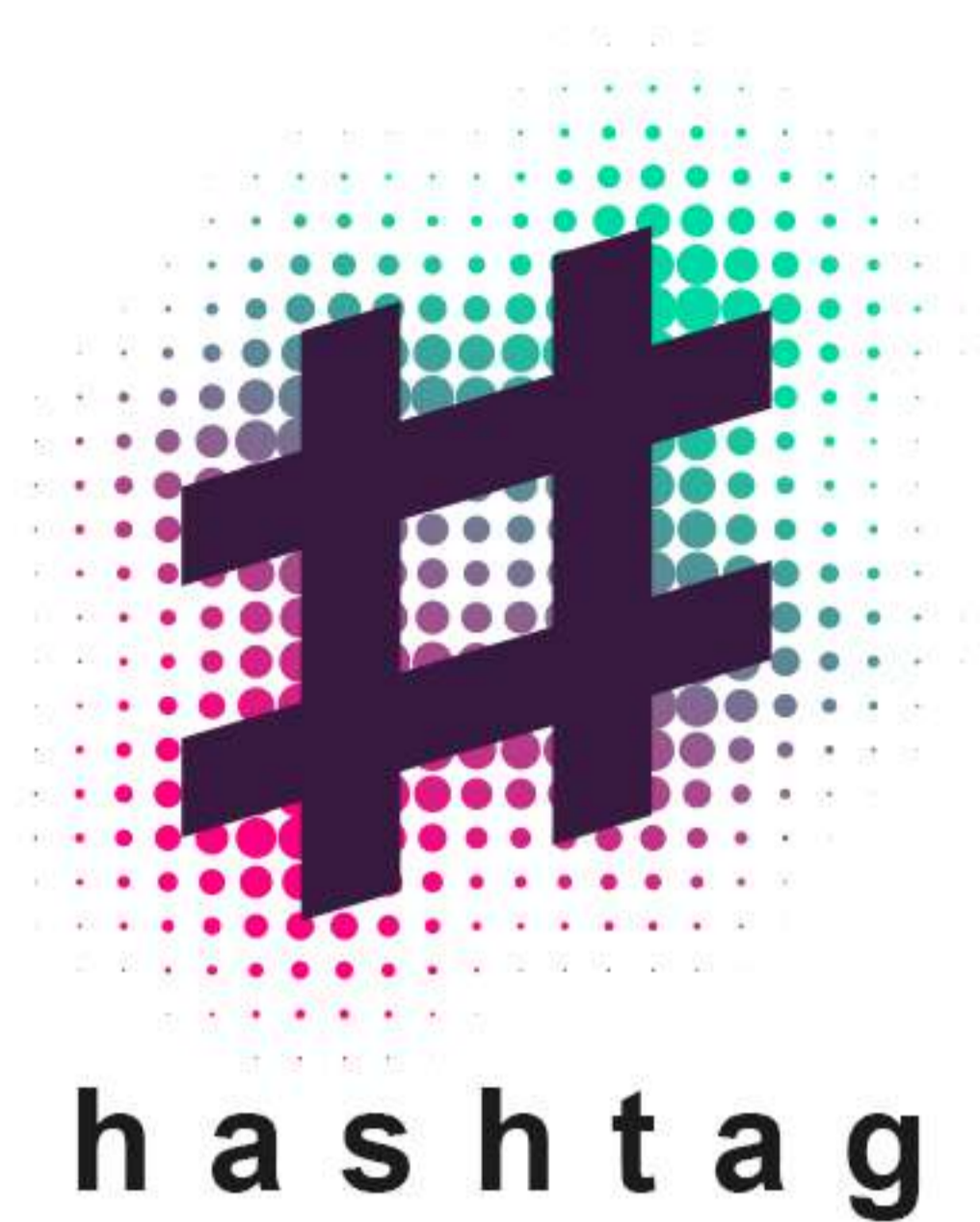
I did a lot of reading. I finished Anna Karenina which is just a beautiful book and I'm happy about it. I also completed *Madame Bovary* and finished a lot of [Leo] Tolstoy books consisting of short stories. I read a lot of Russian literature. I read a lot of love poems by William Wordsworth, the nature poet.

ee

I think a large part of the lockdown was kind of family time. More than family time, I love my mom and my brother

aa





TRAILBLAZERS

MAKING A MARK:

Director General of Police

Anjani Kumar



As the current Director General of Police, IPS officer **Anjani Kumar** wears many hats. Having witnessed the growth of the Indian police force, right from the time it was heavily reliant on manpower to its current scenario, where the police can deploy technology to a great effect, he has seen and done it all! In an exclusive interview with **Mallik Thatipalli**, the decorated officer talks openly about the pressures and demands of such a job and position. The newly appointed Director General of Police articulates on his journey and reveals his humorous side in this unfiltered interaction.

As the Police Commissioner of a city as diverse and varied as Hyderabad, whose population is an astounding one crore people, life is never easy. IPS officer Anjani Kumar however, handles it with the ease of a pro, be it elections, floods, or cybercrime. As the face of Hyderabad Police, Kumar is the very representation of modern-day police: savvy, sensitive and successful.

An IPS officer of the 1990 batch, Kumar agrees that it has been an interesting journey. "It has been a very eventful journey and at every stage I'm thankful to all those who helped me, from my parents to my teachers. In life, on many occasions, one faces twists and turns that push you to take a decision, I feel that, at those junctures, the decisions that I took were correct. For any person, this decision making is very crucial," he states.

Born in Bihar, he received his schooling in Patna. Kumar attended the University of Delhi where he studied History and which he credits for his joining the IPS. "Delhi at that time had the best students in the humanities courses," he recalls and adds, "I was lucky to get good teachers in college. Those days, there was a passion for everyone to opt for the civil services. I sat for the IPS in 1990. Since then, I have been serving the people of my country."



Starting Out Young

A popular story goes that when Kumar was seven years old, he donned the police uniform for the first time. He laughs and reminiscences, “My mother tells me this story quite often. She had bought me a *khaki* uniform when I was in school, and I was very fascinated by it. I didn’t get out of it for two to three days. I don’t know if it was destiny which was foretelling something or the glamor of the uniform but yes, I did always like the police force. No job can be more satisfying than the job of the police in India.”

Most jobs have well defined contours and timings, save for the police force, which can be challenging. Kumar agrees and says, “The sheer number of different situations we face is staggering. Be it a natural disaster or the pandemic, every year something or the other happens for which society and even the police department isn’t prepared. Still, we are expected to deliver, and we deliver it well. That’s why this profession is matchless.”

Anjani Kumar’s first posting was as the Assistant Superintendent of Police in the Jangaon region of the Warangal district. The early 90s was a hotbed for the Maoist movement and saw the district emerge as a flashpoint in which many civilians, police, and Maoists themselves were killed. “It was baptism by fire,” he recalls, “I remember those days when were on our guard every moment, concealing our presence, and doing tactical things in order to bring things to normalcy. It was a tough posting, but there was a lot to be learnt and today, after the creation of Telangana, the state is peaceful, with tremendous development all-round. So, all our hard work was worthwhile.”

"We are expected to deliver, and we deliver it well. That’s why this profession is matchless."



A Career Full Of Challenges

With over three decades spent in the police force, there is a wealth of experience which has been accumulated. Kumar has been awarded the United Nations Peace Medal twice, while serving with the United Nations at Bosnia in 1998-99. He is also an accomplished swimmer.

Has any posting been the hardest, one wonders? Kumar answers that each posting has its own challenges and adds, “In the rural areas. we see issues like caste conflicts and factional violence. When I was posted in urban areas, there were different nuances of crime – be it crimes against women, drug menace, or cyber issues. I have seen the evolution of police and can say that whatever the posting, the job of the police is never easy.”

Today, we are at the cusp of the traditional meeting the modern and the police needs to be always on the alert. Kumar agrees, “Hyderabad is an old city where traditional crimes like rowdyism and theft still happen while the hi-tech cities face issues like credit card fraud and use of dark net. The force needs to be competent in handling extremes of both the traditional and modern crimes. We have to see that there is no delay in handling justice.”

"The force needs to be competent in handling extremes of both the traditional and modern crimes."

Do the police have it tough on all fronts? They are condemned for both reacting and not reacting to a situation. The Police Commissioner ponders and answers, "The Police and the Army are the only two forces in service uniform where the visibility is high. While the Army saves the country from external aggression, they are deployed at borders where perhaps the people around them are either an enemy or is one among them. The Police department works from within the heart of the society where we can say that the opponent is one among us, so it is difficult to identify them. Hyderabad has a population of one crore, so even if one percent has criminal intentions, it is very difficult to monitor."



The Journey So Far

Criticism is part and parcel of every job and Kumar surprises us in saying that criticism is always welcome; there no improvement in an individual or an organization without it. He explains, "Criticism comes from the fact there is expectation. If society is criticizing us, it means that they are expecting something from us. It only spurs us to do better."

Having taken over the reins in 2018, the Commissioner has overseen both state and central elections, as well as the local GHMC elections. He adds, "The tough part was when the Musi river was overflowing due to sudden rains, and 20,000 people were evacuated overnight. We did it in a smooth manner and with help from the community. Any energy remaining was spent on COVID contact tracing and in enforcing the lockdown."



It was during COVID that the police force really showed the extent of their work. From working in the Gandhi hospital where constables were posted inside the COVID ward, to providing help to migrants, they were involved in a gamut of activities. Of a robust force of 15,000, nearly half were infected with COVID while nearly sixty others lost their lives.

Two incidents which have put the spotlight on the Hyderabad police were the Disha encounter case and the recent news of police randomly checking the phones of youngsters. Kumar answers, "The first matter is sub judice and under the scrutiny of law, so I cannot discuss it. In the latter, it was blown out of proportion due to social media. All we were checking were cases of cell phone snatching."

As we draw the interview to a close, one wonders how Kumar and his wife, who is an IRS officer, unwind. He starts by sharing that the last movie he watched was Baahubali five years ago and adds, "We are like any other family. There are no taboos, and we discuss society, our departments. and other family matters. Police officers have no private time, so my phone is always ringing. Demarcation of private and public life is not possible for us, but I have no regrets as my work gives me the highest thrill."

"Criticism comes from the fact there is expectation...It only spurs us to do better."

QUICK TAKES

Favourite reads:

Books on history. I love reading scriptures of all religions and on diverse subjects.

Favourite pastime:

Riding horses. I have always been a big lover of horses.

Do you ever party:

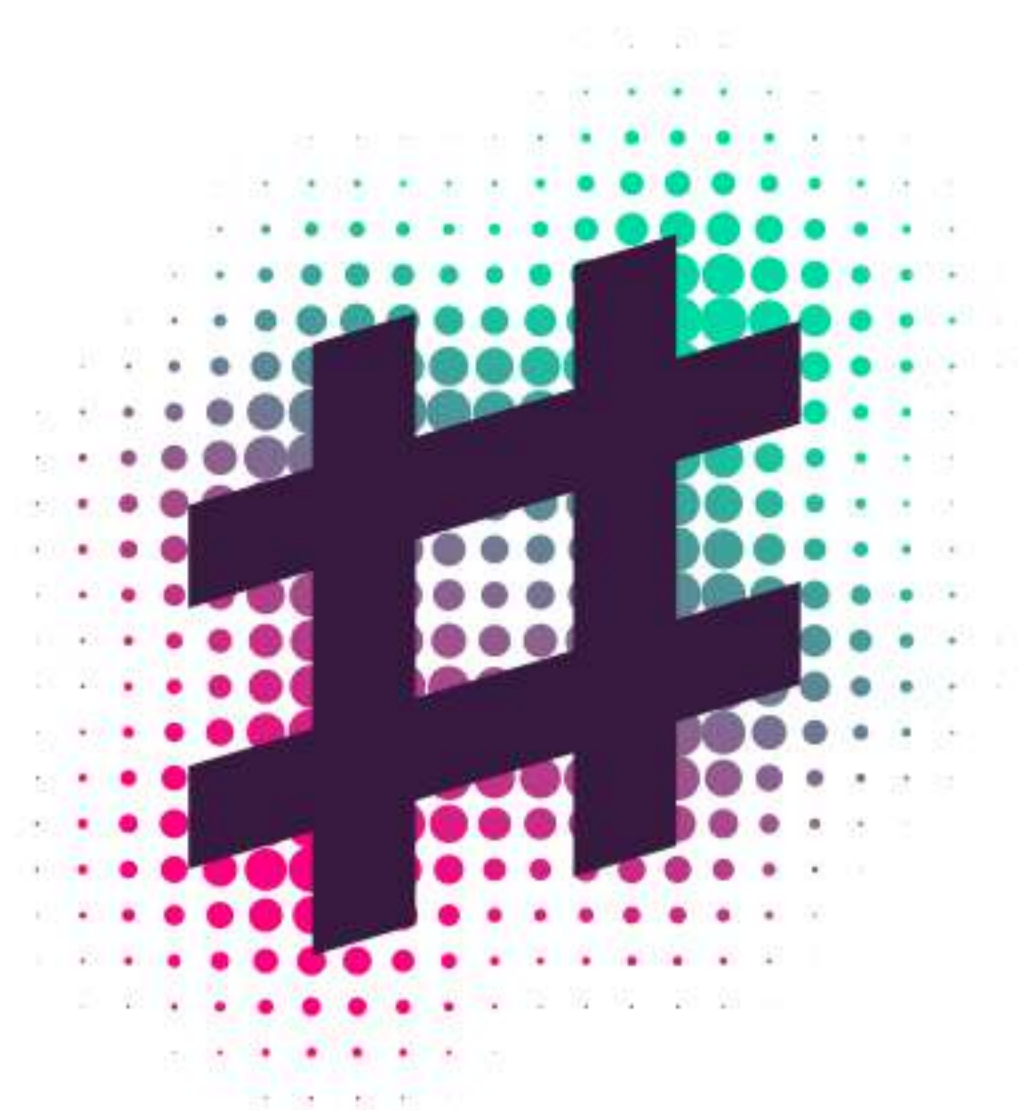
No, I don't! I attend social dos, but otherwise I am not a party person!

On my checklist:

Travel. In the last two years, I have taken just two leaves.

Who does your shopping?

(Laughs) I just wear what I like!



h a s h t a g

START UPS

NEUPHONY: A DEVICE FROM THE FUTURE

A brain wearable device which can help train your brain to become a better version of you might sound like something straight out of a utopic sci-fi movie for the ages. A new start-up's latest launch however, is close to making this a reality. **Neuphony** boasts of being the smartwatch for your brain. **Aakanksha Bajpai** in a conversation with cofounder **Ria Rustagi** finds out more about this enterprising venture, their goals, aims and future plans.



Imagine a wearable device for your brain, equipped with sensors that can monitor your brain wave patterns. To help you understand your brain better, it also transmits these waves through Bluetooth to your mobile app. The device sounds like a thing of the coming future but has already been brought to reality by co-founders of Neuphony, Ria Rustagi and Bhavya Madan.

Neuphony is headquartered and was designed in Germany. Talking about Neuphony, Ria Rustagi says, "If I have to summarize it, it's a smartwatch but for your brain. We're all engrossed with keeping our physical health in check. We track our steps, calories and even the number of micronutrients we intake. But what about our mental and cognitive health? People usually try to suppress their daily mental health challenges, whether it's getting a panic attack, forgetfulness, or even overwhelming thoughts due to our regular activities. With Neuphony, that changes. The headset tracks your brain activity to help you become calmer, and happier."

The idea started when Ria and her family unfortunately lost her sister to a rare brain infection. On the other hand, co-founder Bhavya became fascinated with EEG and wanted to take the technology ahead. Ria says, "Bhavya came for his masters in Germany and shared his interest with me. At that time all I could think of was what if we could create a device that could have helped me with my sister's condition and could now help others." The duo thus started with a simple attitude to help people.



“ All I could think of was what if we could create a device that could have helped me with my sister’s condition and could now help others. ”



Ria Rustagi

However, when one talks about being able to interpret what goes on inside our brain and the data being sent to us through a mobile application, one tends to develop some questions about safety. Ria clarifies, "The device is completely safe, your data is not going anywhere. We do not provide the data to any third party or grant anyone access to it, even for research."



“We do not provide the data to any third party or grant anyone access to it, even for research.”

On the other hand, with the neurofeedback from the device, one can not only improve their brain health, but also work on improving memory, sleep quality and reducing stress and anxiety. Talking about its various functions Ria says, “One cannot retrieve a memory that has already been lost but with early detection, one can start working towards a better brain health.” Apart from improving your brain health Neuphony can also help researchers develop other brain-controlled applications.

Ria expands, “With the Software Development Kit (SDK), researchers can develop brain-controlled games, VR headsets, wheelchairs, home automation and even brain-controlled robotics or many other applications that can make someone’s life much easier.”

Neuphony had an earlier launch last September. The team has already sold 25 plus devices across the world and has shipped ten plus devices for other collaborations and promotions. Ria concludes, “With Neuphony you can build a proactive approach towards your mental health, track your stress levels with brain steps daily, and keep a check on your mental well-being and will know when you need to take action.”



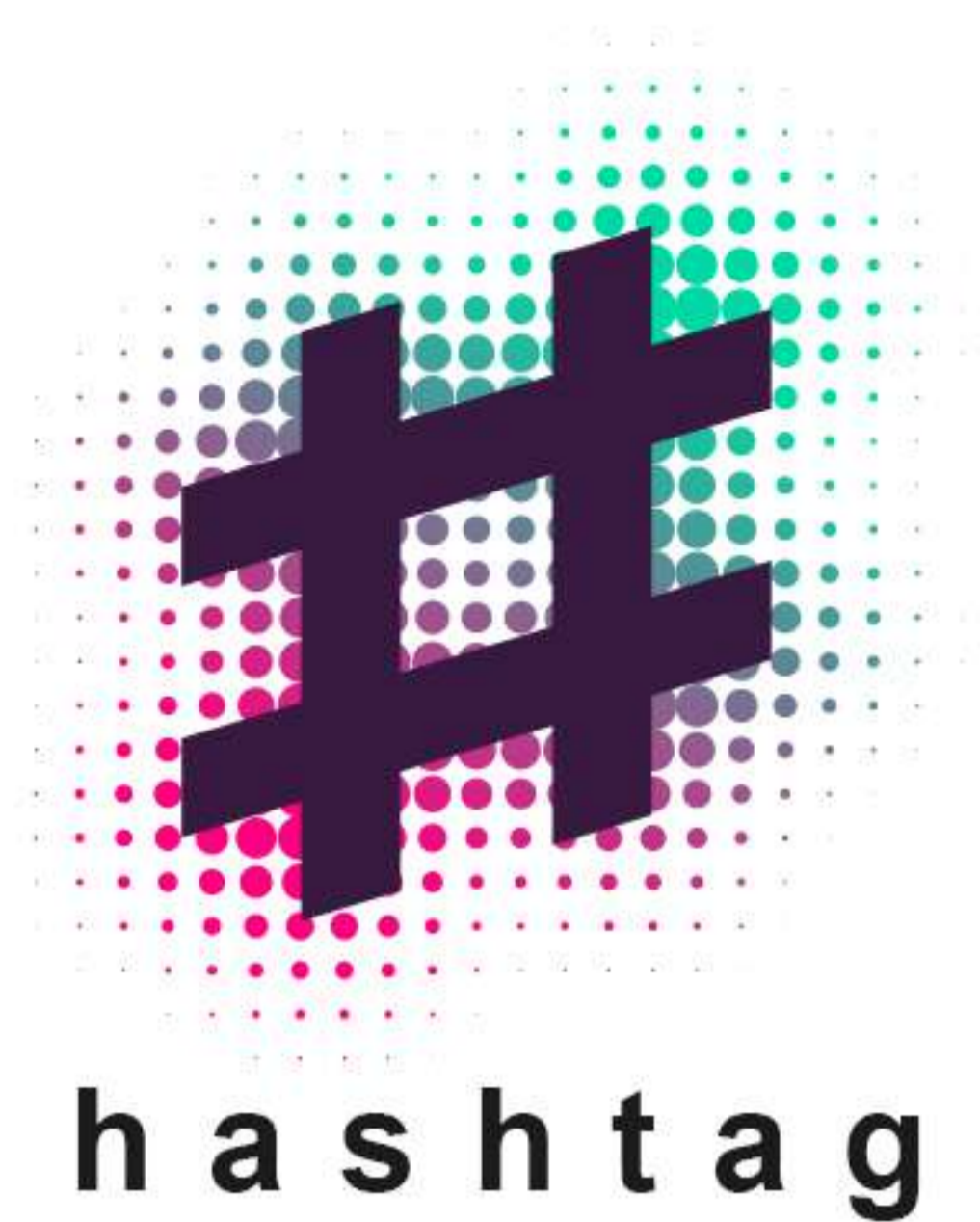
Learn More at:

Instagram: @neuphonyforu

Website: <https://neuphony.com/>

Youtube: Neuphony

Facebook: <https://www.facebook.com/neuphonyforu/>



CHANGEMAKERS

THE RAINBOW REVOLUTIONARIES OF 2021

It has been over four years since section 377 was struck down in a landmark ruling by India's Supreme Court. Since then, the queer community of India has been actively reasserting their rights in their fight for freedom and equality. The past year has seen five such game-changers from the community take to public platforms and change the narrative of the LGBTQ+ people for the better. **Mehak Walia** talks to the five talented individuals who have unleashed their pride in order to change the world for themselves and others.

In the sad and devastating year of 1861, section 377 was established by the colonial British. What followed were various acts which criminalized being homosexual as well as transsexual. 1992 brought with it the winds of change as India turned a new leaf in queer history. The first protest for gay rights in India was held in 1992 and the first pride parade in India was held in Kolkata, in 1999.

These beautiful and colourful wins paved the path for many more people to speak up and fight for their rights along with those of the community as a whole. Our revolutionaries are among these people, the ones who care enough to dare.

Dr Trinetra Haldar Gummaraju (She/Her)

(@trintrin)

Dr Trinetra Haldar Gummaraju is a digital content creator and doctor, currently completing her medical training. Through powerful imagery, writing, art and other means of expression, she delves into the realities of queer lives in India. Speaking with a pinch of sass, she addresses an audience of over 120,000.

An out and proud transgender woman, she has extensively documented the highs and lows of her transition and life in general, and now seeks to better queer lives through her content and work in healthcare alike.

At the young age of 24, Dr Trinetra Haldar Gummaraju has worn many hats. But one thing has remained constant: "I was always the woman I am."

Dr Gummaraju, who is interning at one of India's top teaching hospitals – KMC in Manipal, Karnataka – hopes that her rising profile will help younger transgender people realise that "life does get better."

"As doctors, we know human beings are resilient by default. Have faith in your ability to heal," she says with a smile.



Apurupa Vatsalya (She/They)

(@inapurupriate)

Apurupa is an intersectional, sex-positive, neuroqueer feminist. A lawyer-turned-sexuality educator and POSH Trainer, she has been researching, creating modules, and teaching CSE through workshops for young people between the ages of 6-25 years, their parents, and educators.

She works with young adults to enable them to understand and comply with anti-harassment workplace laws along with being the founder of Bibliotherapy – a safe space for healing through reading and psychoeducation.

"I work at the intersections of gender, sexuality, safety, body neutrality, and identity, and their interplay with emotional well-being and social justice," she adds.

Apurupa, who has been conceptualizing and facilitating courses addressing themes of pleasure activism for women for over four years, believes that "Challenging gender stereotypes looks like using more gender-neutral language and affirmative terms and titles – something as simple as using the right name and pronouns. This is something that may not come naturally to us and we will falter. We may even find it frustrating at times. However, that's when we must challenge ourselves to do better and keep trying."

“Something as simple as using the right name and pronouns...may not come naturally to us. However, that’s when we must challenge ourselves to do better and keep trying.”

Maya the Drag Queen aka Alex Matthew (He/She)

(@Mayathedragqueen)

Maya is a fabulous Indian drag queen, TEDx Speaker, Emcee, Influencer, Activist and Actor who has been doing drag for about 7 years now. Her love for performing started with her being a theatre geek, where she realized that being an out and proud queer person in theatre is hard.

Serendipitously, she came across an art form that resonated with her and helped her be proud of herself, and that was drag. She comments, “Drag culture in our country has not yet established itself to the point where one could walk to a gay bar and see a drag queen perform but let’s hope we get there, soon.”

Along with promoting local cultural identity in the art form drag, she engages with social issues of gender and feminism.

She further adds, with a determined smile, “I acknowledged that I was gay in September 2014. My mother is the one who helped me gain the courage to do so, but this doesn’t happen for everyone. The patriarchy has taught us that only masculine men are desirable and not the ones who choose to embrace their feminine sides. This needs to change.”



“The patriarchy has taught us that only masculine men are desirable and not the ones who choose to embrace their feminine sides. This needs to change.”



Roshini Kumar aka Rosh

(@Rosh93)

Roshini is a photographer, activist, proud vegan, cancer survivor and ‘feminist as fuck.’ She believes in using her voice and art to stand up for many causes and bring awareness.

From body positivity, mental health and misogyny to environmental causes and animal cruelty, she will keep raising voices for all causes that need focus and importance.

She exclaims, “What do I do? Everything I can!”

Her work is based on her values and her personality. She likes creatively pushing the boundaries and firmly believes that every artist should have their own creative style. She believes in being the change she wants to see in the world, while of course being as colourful and herself as she can be doing that.

“What do I do? Everything I can!”



“I have been through severe body image issues, and I was trying to get over them. When I was in a space of being body neutral and hadn’t reached body positivity yet, I did a nude shoot of myself to be okay with my body and its flaws. I put it up on Facebook and it got a lot of positive responses, which encouraged me to do more because it made me realise that people want and need to see more real bodies as opposed to photoshopped ones,” she comments.



Sonal Giani (She/Her)

(@Sonalgiani)

Known for her pioneering work in highlighting lesbian and bisexual women’s issues as well as LGBTQ+ youth work, Sonal Giani is a very vocal LGBTQ+ activist, filmmaker and feminist.

She identifies as a polyamorous and bisexual woman. She has also co-founded some of India’s largest LGBTQ youth initiatives, including Yaariyan and Umang, a lesbian-bisexual-transgender initiative in Mumbai.

When it comes to talking about exploring her sexuality, she said, “I have been attracted to men since puberty and continue to be till this day. I’ve had some wonderful relationships with men and women, both of which have helped me explore my sexuality to its fullest.”

She is one of the most prominent youth icons of the LGBTQ+ rights movement in India. She hails from Goa and after completing her studies there, she moved to Mumbai for work. The city of dreams is where she got access to support spaces for LGBTQ+ individuals and got actively involved in the fight against discrimination.

Sonal believes that “It is important to recognize that this is not a straight society. Countless people don’t identify as that but are in the closet because of non-representation. This could change if more queer people come out and occupy spaces and are given more platforms.”



“It is important to recognize that this is not a straight society.”

This list is in no way exhaustive. There are various members of the beautiful community who are making their names grand in the country while motivating others to do the same. There are also people who are making a change and contributing to the community’s overall growth.

This means, you can do this too! Don’t give up or bend. Never. Go wild, be your best self and let your rainbow shine on.

“LOVE IS LOVE,” SAY #SUBHAY

Swati Sucharita was there at Telangana’s first gay wedding or their ‘promising ceremony’ as hospitality professional Supriyo Chakraborty and software developer Abhay Dang would prefer to call it. She presents to us a firsthand account of the ceremony, complete with traditions for both grooms, and with leading IT consultant Sophia David as the officiator for the happy couple. Read to learn more about how crucial this landmark wedding stands to be in the current landscape of gender politics in India.

At first look, it resembled just about any big, fat Indian wedding, held outdoors at a tiny resort in Hyderabad’s suburbs on a pleasant December afternoon. However, it ended up being perspective-altering in its takeaways. To begin with, it was the first gay wedding I was attending, but it didn’t feel any different. This was true right from the time I had received the elegantly designed invite card. It could be perhaps because I knew my host Supriyo Chakraborty as one of the gentlest and nicest human being, with a sensitive bend of mind and creativity to boot.

All his bong creativity was on display from the word go, right from the flower-bedecked entrance and podium from which the couple – his live-in partner of nine years Abhay Dang and him – were to take their wedding vows, to the little bag containing a tiny bell to be rung when the couple declared their vows, and some grains of rainbow-colored rice to shower on the duo post the ceremony when the couple would walk down the aisle. Since gay weddings are yet to be legalized in India, the welcome boards called it a ‘promising ceremony.’

I had missed the *sangeet* and mehndi ceremony the previous evening, so I was keen on reaching the venue in rather-distant Moinabad on time. Yes, there had been a proper Bollywood-styled *band-baaja-baarat* the previous evening, with a bit of *Banglaina* thrown in with the *topor* – the head gear worn by the bride and groom in traditional Bengali weddings.

Assembled was a small but meaningful gathering, consisting of family – including the couple’s parents – and friends, as well as colleagues from either side. In fact, it felt very normalized to see that there were children too, adding to the inclusive feel around the wedding festivities.



Assembled was a small but meaningful gathering, consisting of family – including the couple’s parents – and friends, as well as colleagues from either side.



Officiating the ceremony was the extremely inspiring Sophia David, leader-coach, IT consultant and facilitator. A trans woman herself, she won everyone’s admiration with her anchoring skills, keeping a firm hand on both the flow and tenor of the evening’s proceedings. The vows were made, the declarations of loving and looking after each other in health and sickness were announced and they were pronounced husband and husband, to a cheering and applauding gathering. Fireworks, music, and dance followed, along with raising a toast to the couple, with much happiness all around.

When friends and family came on the podium to say a few words, it was heart-warming to see a young gay couple come forward to express their aspirations for hosting their own such wedding soon.

Like Sophia said, “I saw an example in the #Subhay promising ceremony in that it would encourage many more gay couples to come forward and get married. Representation and allyship are so vital for the queer community. It’s about time that gay marriages were legalized as there are now over 2.5 million gay humans in India and these are just the ones who have ‘come out.’ There will be many more closeted people, so the figure will be much larger.”

Amen to the thought!



For your endless
CULINARY CREATIONS



Baking Powder



Custard Powder



Icing Sugar



Corn Flour



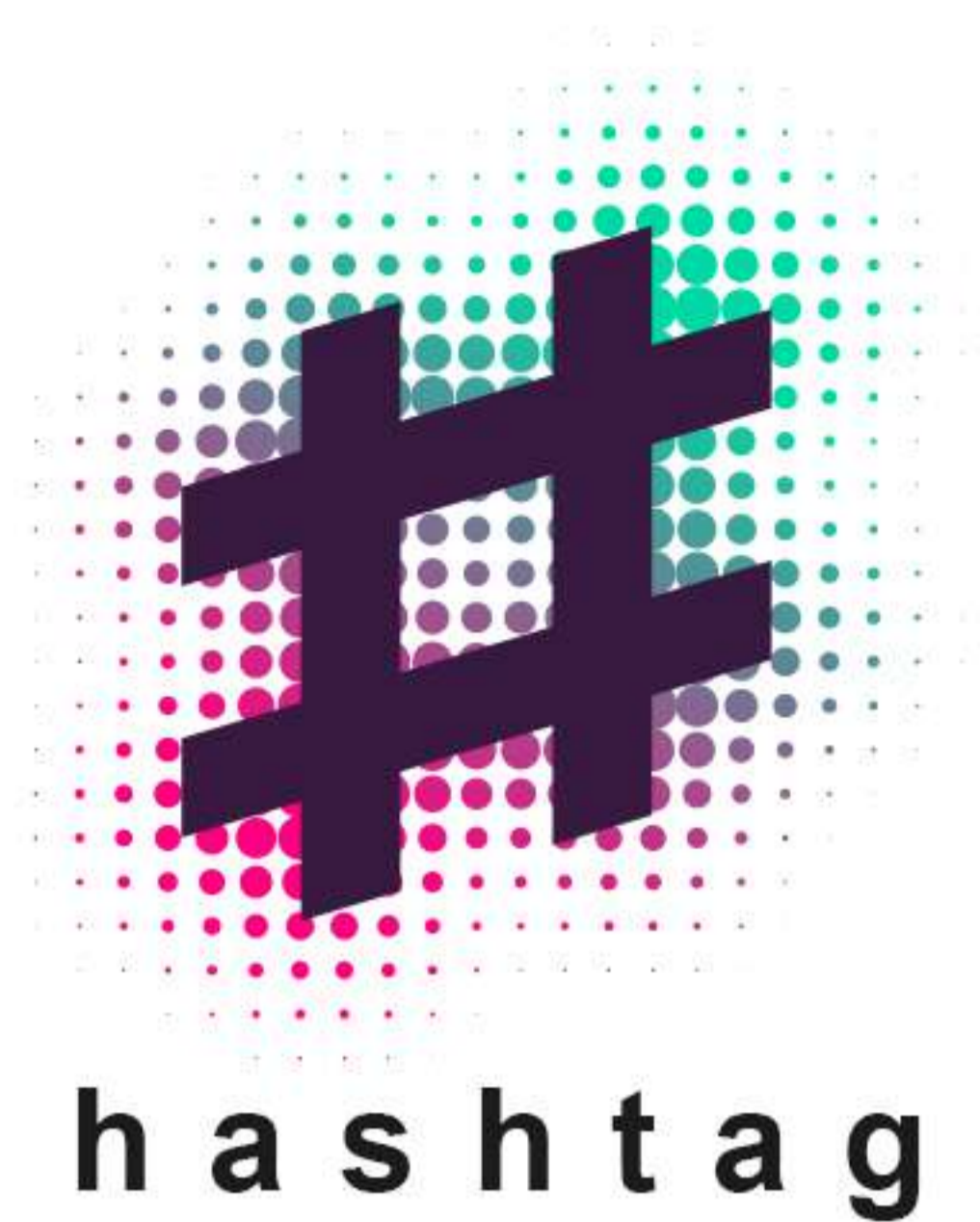
Cocoa Powder



Drinking Chocolate



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



DUSK TO DAWN



FIGHT THOSE TERRIBLE HANGOVERS

It's a new year, and it's all about starting new. We have **Bidisha Barik** pick up a few effortless solutions that can rescue your hangover mornings. From a quick chat with **Nutritionist Ruchita Batra and Independent Beverage Consultant Olson Pereira**, she gathered the easiest and funkiest recipes to fight the nasty hangover mornings after the thrilling party week you had. We know how to get you going for a fresh start for the year because you don't want to go wrong after partying too hard. From crazy smoothies, to drinks, to cocktails again, we have you set for another party!

We've all experienced the worst hangover that might occur after a night of partying a bit too hard, and we understand how miserable those horrible hangovers can make you feel. Getting rid of a hangover is difficult; after all, who has the energy to get up and eat, let alone be eager to cook?

Here are some of the easiest and greatest hangover drinks for you to try, ready in no time. You've got another party sorted with only a few items here and there!

Virgin Mary

It could be tedious to only gather a few fruits! This virgin mary is made with tomato juice, spicy sauce, and additional seasonings like black pepper, lemon juice, and a garnish of your choice.



Why It Works: Tomatoes are high in vitamins A and C. Serving this drink with bread will help you get rid of a terrible hangover faster since carbohydrates absorb excess alcohol.

Blueberries and Spinach Smoothie

To combat a hangover, just combine the ingredients in a blender and mix until it turns to be a smoothie. There's nothing wrong with a bowl of smoothie, full of good nutrients.



Why It Works: Blueberries and spinach are high in antioxidants and proteins.

Ginger Tea

Here is something that requires little effort but nonetheless allows you to get rid of your uneasy stomach and feel comfortable as you begin your day's activities. All you need is a nice cup of ginger tea to feel revitalised. A saviour is a piece of lemon, honey, warm water, and ginger!



Why It Works: It will aid in the reduction of nausea, dizziness, discomfort, and general ickiness.

Peanut Butter Chocolate

For when you don't want to ruin the flavour, here is a mouth-watering recipe to help you get over the hangover. Magnesium is lost when drinking, but nuts come to our rescue later, so combine peanut butter, chocolate, and milk with oats.



Why It Works: This protein-rich beverage aids in the replenishment of amino acids.



Nutritionist Ruchita Batra says, “Buttermilk never fails,” and continues to explain the reason behind it, “They aid in the absorption of nutrients in the intestines, as well as mild diarrhoea induced by excessive drinking. They are also beneficial in helping faeces bind together and rehydrate. As a result, drinking buttermilk to cure diarrhoea is also useful in alleviating constipation, even though a single glass contains 8.1g of protein. It supports liver function and helps cleanse your body from toxins while also preventing acid reflux due to the beneficial gut flora contained in it. It neutralises acid and relieves the burning feelings brought on by excessive alcohol use. Buttermilk is also beneficial because it aids in the healing of the stomach lining and lowers inflammation-related discomfort, acting as a natural electrolyte drink.”



Masala Chaas by Ruchita Batra

To a large blender, add and blend together:

- o 1.5 cups of chilled or cold curd (yogurt)
- o 1 teaspoon of roasted ground cumin
- o 1 tablespoon of chopped mint leaves or coriander leaves (cilantro if available)
- o ½ teaspoon of black salt (or regular salt, as needed)

For a spicy version of masala chaas, add ½ teaspoon of freshly grated ginger and ½ teaspoon of chopped green chillies OR ¼ teaspoon of black pepper.

Ever heard of Hair of the Dog? Well, here we have booze to cure the horrible hangover. Yes, you read that correctly!

Olson Pereira, an Independent Beverage Consultant, presents the “Hair of the Dog” recipe, saying, “Hangovers are caused because alcohol drains away from the necessary vitamins and minerals from your body. A Michelada helps to charge you up with the lost vitamins and minerals, like how Mario feeds on Super Mushroom.”

Michelada by Olson Pereira

- o 330ml lager beer
- o 12.5ml freshly squeezed lime juice
- o 02 dashes Tabasco sauce
- o 7.5ml Worcestershire sauce
- o 02 grinds of black pepper
- o 02 pinches of salt

Glassware: Beer mug

Garnish: Salt rim and lime wedge

Method: Add all ingredients except beer into a salt-rimmed and ice-filled beer mug. Top up with beer and give a gentle stir. Finish with a squeezed lime wedge.



You are now well set to get rid of those morning hangovers with all of these simple methods. These concoctions are the way to go if you want to beat the hangovers with flair!





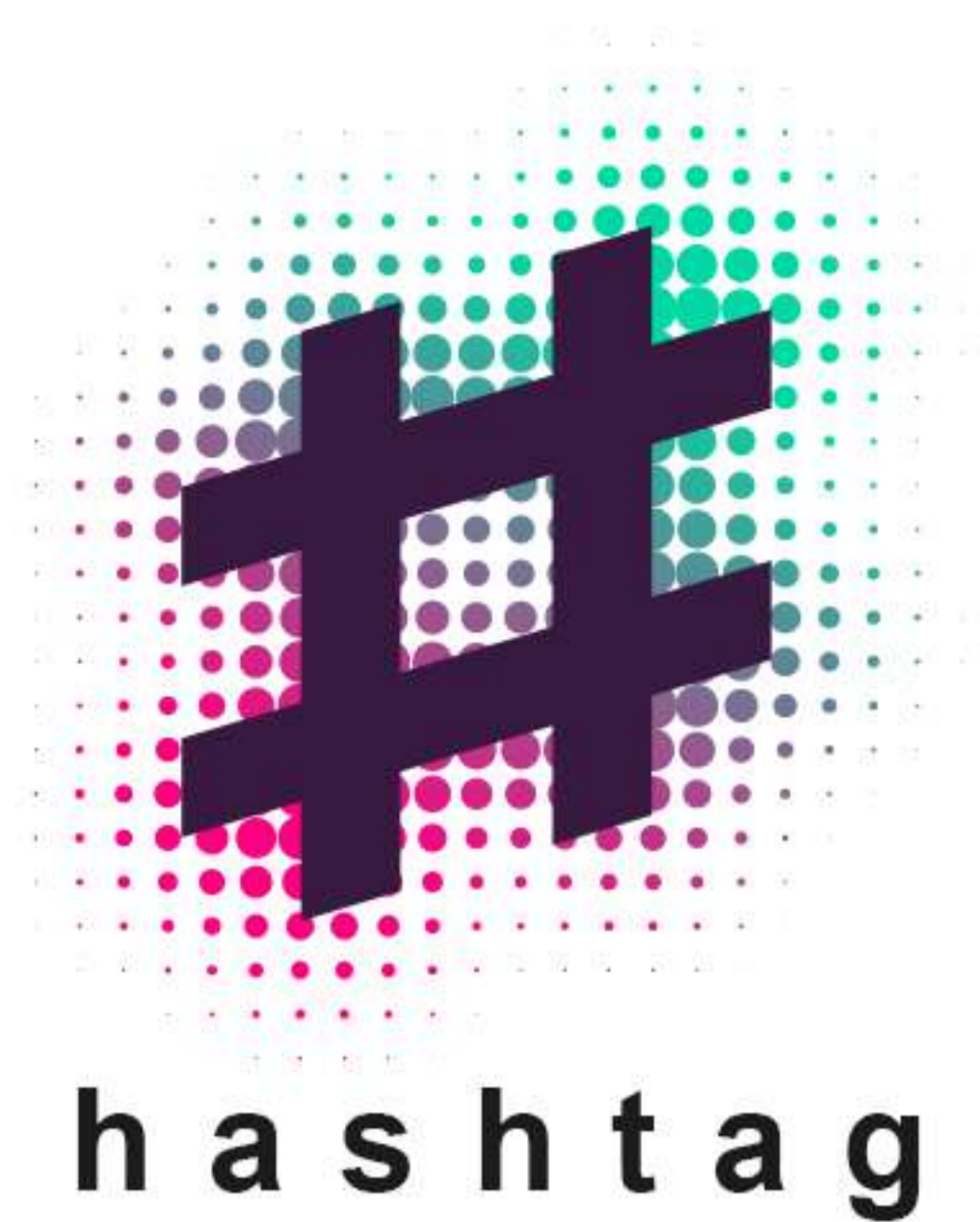
Thumka
by
Anisha | Sonali



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



@thumkaofficial
thumkaofficial@gmail.com



HEALTH & WELLNESS



Sports injuries are injuries that occur when playing sports or exercising.

Such athletic injuries are, while unintentional, quite common. Risk of injury should not prevent you from playing sports, but possible prevention measures can go a long way. **Hashtag India** speaks to **Dr Biren Nadkarni** on how one can care better for themselves while playing sports and exercising.

Sports Injury: Types and Prevention

Sports injuries are very common and most of these injuries are caused by overuse of our muscles and joint or when greater pressure than what can normally be applied to a joint or muscle is exerted. Sports injuries occur during exercise or while participating in a sport. Children are particularly at risk for these types of injuries, but adults can get them too. Dr Biren Nadkarni, Sr. Consultant Orthopaedic and Joint Replacement Surgeon at Sitaram Bhartia Institute and Holy Family Hospital, and Medical Director at Joint and Bone Solutions, New Delhi, gives us a quick brief on the types of injuries and how one can prevent them.

You're at risk for sports injuries if you:

- Haven't been regularly active
- Don't warm up properly before exercise
- Play contact sports

Let's take a look at some of the common sports injuries and their prevention methods:

1. Ankle sprains : Ligaments are pieces of tissue that connect two bones to one another in a joint. Overstretching or tearing the ligaments results in a sprain.



2. Muscle pull : Muscle pulls are very common and can happen to any athlete. Small tears occur within that lead to a strain when the muscle is stretched too far or exceeds its tensile load. Inadequate warm up exercises, muscle fatigue, lack of flexibility, and muscle weakness can cause all kinds of athletes to pull a muscle.



3. Lower Back Pain : Usually affects runners, cyclists, golfers, tennis, and baseball players. Bulging discs, back spasms, stress fractures, and sciatica are some types of lower-back pain. Improper training techniques, weakness (especially of the core muscles) and poor preparation are the most common reason for sports-related back pain. The slightest discrepancy in leg length can also cause back pain in runners as well as poor lower limb biomechanics or inadequate footwear.

4. Shin splints : It is mostly caused by inflammation of the muscles and their attachments to the shin bone (Tibia); it causes aching or stabbing pain on the insides of the lower leg. It mainly occurs in runners when the muscles around the tibia become inflamed.





5. Tennis Elbow : One develops a tennis elbow when the forearm is overused by repetitive movements in sports like tennis, golf and badminton. These are the muscles that pull the wrist back. The tendons of the forearm that insert into the side of the elbow region tend to inflame that results in acute pain.

6. Groin Strain : It results from putting too much strain on the muscles of the groin and the thighs. Athletes are more at risk of groin strain in sports like soccer, hockey, basketball, volleyball and even racket sports, as it is usually caused by sudden movements like twisting while running or jumping; the muscles situated in the upper thigh area that serve to pull the legs together tends to get strained.

7. ACL injuries : The anterior cruciate ligament (ACL) holds the leg bone to the knee. It is the most common knee injury. Sudden cuts or stops or getting hit from the side can strain or tear the ACL. A complete tear can make the dreaded pop sound. According to the severity of the injury, to regain full function of the knee, ACL reconstruction surgery may be required.



How Does One Prevent Sports Injuries?

The immediate treatment for most of these injuries is following the RICE protocol – Rest, Ice and Compression, and Elevation. One must seek advice of an orthopaedic doctor for further treatment and rehabilitation. For best results, follow the RICE method within the first 24 to 36 hours after the injury. It can help reduce swelling and prevent additional pain and bruising in the early days after a sports injury. While the recovery period of some injuries may span from few days to weeks, other injuries like meniscal tear, cruciate ligament tear, or focal cartilage defects may require a surgical treatment.

Caution! Please do follow the following points to avoid sports injuries:

1. Use the proper technique

Learn the proper way to move during your sport or activity. Different types of exercise requires different stances and postures. For example, in some sports, bending your knees at the right time can help avoid an injury to your spine or hips.



2. Have the proper equipment

Wear the right shoes. Make sure you have the proper athletic protection. Ill-fitting shoes or gear can increase your risk for injury.



3. Don't overdo it

The precaution is that don't overdo anything, be it sports or exercise. If you do get hurt, make sure you're healed before you start the activity again. Don't try to 'work through' the pain.



4. Cool down

Remember to cool down after your activity. Usually, this involves doing the same stretching and exercises involved in a warmup.

5. Resume activity slowly

Don't be tempted to nurse your injury for too long. Excessive rest may delay healing. After the initial 48-hour period of RICE, you can start using heat to help relax tight muscles. Take things slowly, and ease back into exercise or your sport of choice.





JACKFRUIT FLOUR : WONDER FOOD FOR DIABETES

Adding a tablespoon of green **jackfruit flour** to one's daily meals is significantly effective at lowering the plasma and glucose level in patients with Type 2 Diabetes. **Hashtag** speaks to **Ruksana Sultana**, a consultant clinical dietitian who holds a PGDND and a Master's in Clinical Nutrition and Dietetics while being a lifetime member of Telangana chapter of the Indian Dietetic Association on how this superfood works, its various benefits, and how one can incorporate it in their diet for better living.

In a new study, Kochi researchers have discovered that green jackfruit powder decreases blood sugar and glycosylated haemoglobin (HbA1c) in diabetes patients. The research, published in a prominent journal, suggests the therapeutic potential of green jackfruit powder in improving glycaemic control in Type 2 Diabetes Mellitus.

Jackfruit (*Artocarpus heterophyllus* Lam) is an ancient fruit that is widely consumed as a fresh fruit. The use of jackfruit bulbs and its parts has also been reported since ancient times for their therapeutic qualities. The health benefits of jackfruit have been attributed to its wide range of physicochemical applications.

When it comes to diabetes, what sets jackfruit apart is its medium glycaemic index (GI). This means a lower spike in blood sugar levels. Your body break down the fruit slowly, particularly the seeds which are a good source of both soluble and insoluble fibre. According to the Food and Drug Administration (FDA), soluble fibre can help lower LDL cholesterol levels and slow the absorption of carbohydrates into the bloodstream, which can help prevent spikes in blood glucose after eating.

The jackfruit flour is low in carbs, has moderate amount of fibre and protein, and is rich in protective antioxidants, which makes it a wonder food for people with diabetes.

Recommended Dose:

- A single serving of 100 g of jackfruit only contains 94 calories. It is a rich source of potassium – 303mg of potassium can be found in 100 g of jackfruit.
- 2 tablespoons of jackfruit flour can be included in a meal.

Caution!

Certain people are allergic to jackfruit, especially those who are allergic to birch pollen (22). Moreover, due to its potential to lower blood sugar levels, individuals with diabetes may need to have their medication dosages changed if they eat this fruit on a regular basis.

RECIPE

How To: Jackfruit Flour Roti

Ingredients

- 2/3 cup jackfruit flour
- 1/3 cup wheat flour/ *jowar* flour
- 1/2 to 1 cup water
- 1/4 tsp salt



Method of preparation

- Take jackfruit flour and wheat flour in a bowl. Mix salt in it. Add a bit of water and begin to knead.
- Keep on kneading till the dough becomes pliable and soft.
- After kneading the dough rest it for 15 minutes.
- 4. Make balls of the dough in the palm of your hands.
- Flatten the ball. Sprinkle some jackfruit flour to the dough ball.
- Pre-heat the griddle or *tawa*.
- While *tawa* is getting hot, start rolling the dough ball into a flat round circle using a rolling pin.
- Now put the *roti* on a hot *tawa*. First cook one side, it should be less than 1/3rd cooked. Turn and cook the other side, this should be a little bit more cooked than the first side – about 1/2 cooked.
- Now hold the *roti* with a tong and keep the first side which was cooked, directly on fire. The *roti* will start to puff. Turn and keep the other side on fire, *roti* will puff more until fully cooked.

Super-powered fruit!

Jackfruit contains vitamin A, vitamin C, thiamine, riboflavin, calcium, potassium, iron, sodium, zinc, and niacin among many other nutrients. It has low calorie content.

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

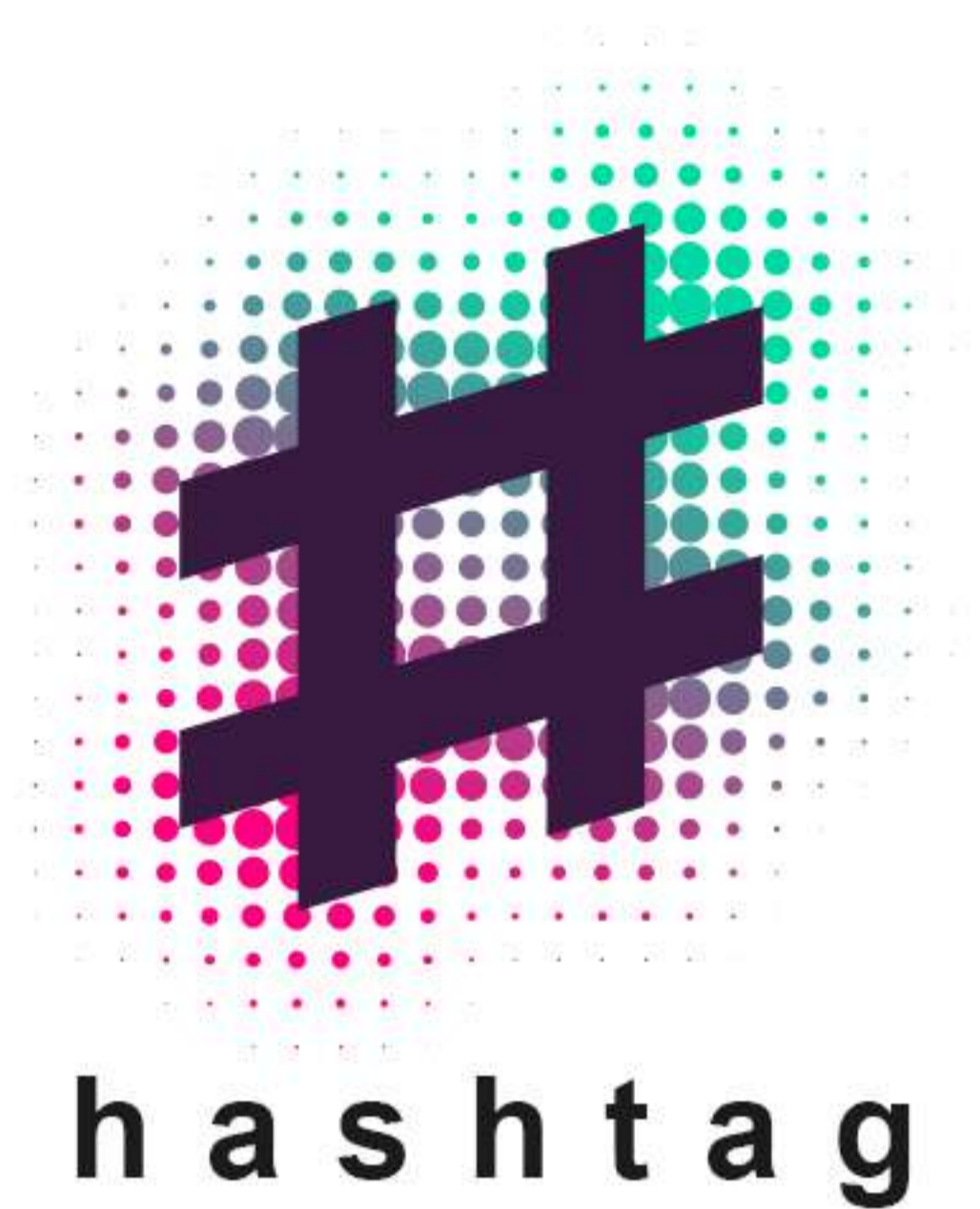


Change the way you read...

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



FOOD INC'



Chef Chalapathi Rao needs no introduction for the die-hard patrons of South Indian cuisine. A chef par excellence, he has all enthralled with his sense of spice and everything nice, including Rocky & Mayur, the Highway On My Plate foodie duo, who make it a point to have a meal with the humble chef whenever they find themselves in Hyderabad. Having just wrapped up the first season of MasterChef India-Telugu and launched his partner venture Simply South's second outlet in Secunderabad, Chef "Challu", as he is fondly called, shares some rare milestones of his culinary journey with **Swati Sucharita**.

Chef Chalapathi Rao: The Ace Masterchef

This chef would have worn a different white uniform, had destiny not intervened. Chef Chalapathi Rao had been waitlisted on the medical entrance list, and would have perhaps become a doctor, had it not been a chance visit to his cousin's house in Chennai which got him interested in hospitality instead. "My cousin's friend was doing his hotel management at IHM Chennai, and it was by chance we got talking about the course he was doing. Something appealed about the scientific aspects of hospitality education, and I decided to apply for the course and got selected too! This was back in the early 90's, when professional cooking was still looked down upon in middle class families like ours, so my father thought that this was a stopgap arrangement until I got onto more serious stuff like medicine. How things have changed since then," he remarks.

There is a distinct verve in the chef's stride, as he walks into 'Simply South by Chalapathi Rao,' the now-iconic restaurant in Film Nagar, Hyderabad, which bears his brand name, and which he co-partners with former colleague Amita Lulla and others. The noticeably chuffed expression is courtesy of a couple of significant milestones occupying centre stage right now.



"Back in the early 90's...professional cooking was still looked down upon in middle class families like ours, so my father thought that this was a stopgap arrangement."

For starters, after an extended lull in operations when the restaurant was closed post-pandemic since March last year – though catering and cloud kitchen business was on – things are looking up, with Simply South not only buzzing with business in Film Nagar but readying to get busier at their just-launched second outlet in Secunderabad.

The amiable chef has been basking in the success of the reality show MasterChef India-Telegu, where he appeared as a judge alongside co-judges Sanjay Thumma and Mahesh Padala. He is very happy to have chosen Krishna Tejasvi as the first-ever MasterChef India-Telugu winner. "The irony is that Tejasvi faced the maximum number of black apron or elimination challenges amongst all contestants, including a round in which she refrained from displaying her creation to the jury as she did not like it personally! Ultimately, her White Chocolate Dome with a Pineapple Consommé won unanimously among all judges. I have been very impressed by her confidence, grit, and determination. As an engineering graduate who is a home baker and chef too, she is bound to go places," says the chef.



MasterChef India-Telugu is the first regional format attempted – besides the Tamil version too – outside the MasterChef India aired in Hindi since 2010 for a national audience. Produced by the original team of Endemol Shine India, MasterChef Telugu was co-produced by Innovative Film Academy, Bengaluru, on whose sets the reality show was shot over a period of nearly four months.

Interestingly, he had been invited for auditioning as jury for the very first MasterChef India season in 2010, “but the condition of a six-month sabbatical from work was not okayed by the ITC Hotels’ management,” recalls Challu.

Instead, he filled in as an expert chef for the first two seasons of MasterChef India, devising culinary challenges for the teams, and working behind the scenes. “The learning curve with this experience has been impressive. Sometimes, you can be forgiven for thinking that these contestants are not professional chefs, but home or hobby chefs; they are so creative. But then, these days, the exposure is so much, with online media opening the floodgates of information.”



Interestingly, Chef ‘Challu’ as he is affectionately known, began his career at a Chinese restaurant in 1994 at the Park Sheraton in Chennai and only later moved to Dakshin, under the tutelage of creator and brand custodian Chef Praveen Anand. “There was no looking back after that. Chennai was the first city to start off with Dakshin early in 1989. The second Dakshin was launched in Hyderabad in 1996 which I handled from start; be it researching recipes from across districts of then undivided AP to then presenting it in a fine dine format, I had complete autonomy.”

Diplomats, politicians, and royal guests have been fans of Dakshin’s excellent South Indian fare, besides countless admirers. After working at the Hyderabad Dakshin outlet for a decade, he moved to ITC Maurya, Delhi around 2008 or so and then took up the corporate chef mantle of Green Park Hotels in 2011, doing the pre-opening of Avasa Hotels. But by 2014 he was getting restless for a change. And the wheels of destiny moved once again as old buddies Amita Lulla and her husband Jagan Mohan, (who had years of real estate experience behind him) were also looking around to start an F&B venture.

***On his MasterChef India-Telugu experience:
“Sometimes, you can be forgiven for thinking that
these contestants are not professional chefs.”***



Recalls Jagan, “I was looking around to invest in a casual dining space and got to hear of the Thea – the continental restaurant which used to exist on the same premises – owners wanting to sell out. Around the same time, I get a call from Challu anna saying, let us meet for a drink, which is I think an ‘once in a purple moon’ kind of occasion for anna. We talked over drinks, and he opened up about wanting to create something on his own. Ironically, I while had thought of a South Indian restaurant with his Dakshin experience, he was not so willing!” he guffaws.

“I wanted to continue with the continental menu of Thea and in fact, we ran Thea for three months as it was,” says the self-effacing chef, who took some persuasion to lend his name to the brand.

Eventually they had to buy out Thea in whole i.e., brand name and kitchen equipment included, as the owners were not willing to sell out the place. The name ‘Simply South’ was coined by Jagan and after exactly three months of running Thea and about five days after acquiring the place, their restaurant was open for business. But not exactly to an encouraging response!

“We would have old customers of Thea walk in and who would literally get into a start, saying, ‘What’s this? We don’t want South Indian food!’,” recalls the chef. “But one thing was clear, we wanted to stay true to our motto, which was only South Indian food of all five southern states and no dilution of the menu with Chinese, or multi cuisine options, which most South Indian eateries indulge in. We ran no ads, there was no budget for publicity. In fact, it was only word of mouth which helped,” he adds.

Today, Simply South is not only much awarded and endorsed by culinary enthusiasts like the lovable HOMP duo Rocky and Mayur, it’s pretty much a loved household name in Hyderabad. And amen to that!



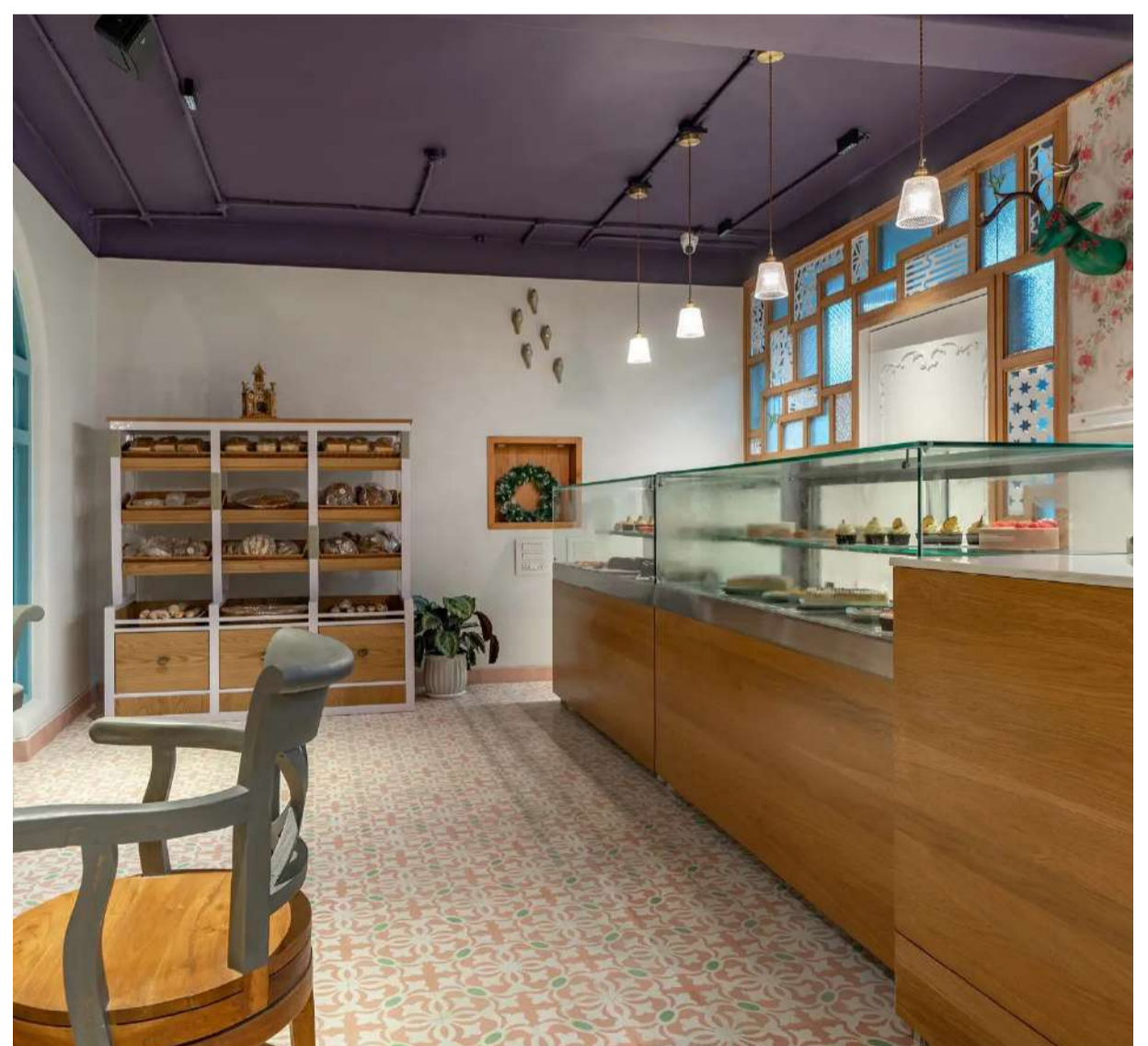


An Evening Well-Spent at SPERO PATISserie & BOULANGERIE

With the holiday spirit all around, cheer is in the air! Indulging in the high spirits of the season necessitates delving into the greatest pastries and cakes and pre-booking ourselves a table at one of our favourite spots in the city. **Bidisha Barik** starts up a conversation with **Priya Bhoopal** about the background of Spero Patisserie and digs into the superb and delectable desserts as she arrives for weekend quality time at the nicest café in town. The high-quality chocolate has her swooning. "It's akin to going to a café in London," she says.

It's a gloomy evening, and you're drinking your hot chocolate while admiring the gorgeous vista outside the window. The entire scene plays out like a lovely evening in Paris, complete with lanterns, lit up for the evening's glitter. Everything right now appears to be absolute happiness.

While I was Sunday-ing my Christmas weekend at Spero Patisserie & Boulangerie, I captured this entire feeling; it didn't seem like a typical evening spent sitting in a café, reading my favourite book. It was fresh and different, much like the decor, you'll see here. The entire look of the establishment is designed to transport you to a French café, complete with delectable pastries, lanterns hanging overhead the tables, and colours that blend into the softness of the bright light.



Priya Bhoopal, the founder of Spero, was ecstatic to talk about the effort that went into creating the recipes all the way from London, and how the taste stayed the same all the way to our tables. "Our products are crafted to suit the refined Indian palate and our menu has products which every household would like to have at hand, either for daily or special occasions. We have also been experimenting with a lot of vegan and gluten-free variants," says Priya. This mother of three is an expert at her job, aiming to reach the proper degree of excellence while aiding the pros in making the art that adorns the background.

"Our products are crafted to suit the refined Indian palate."



Talking about the ambience, she states, “The kitchen is equipped with state-of-the-art kitchen equipment, takes up the centre stage with a café built adjacent to it for dining in. ‘Handmade with love’ is our simple objective. We aim to create quality, which resonates with a boutique brand like ourselves.”

When asked about how she came about her food business journey, she says, “I am a master’s graduate in Business Administration from the University of Wales. I worked as a Financial Analyst in a Venture Capital Firm way back in 2000. My journey with pastry started when I was exploring the art of baking for my kids, which landed me in Le Cordon Bleu, London. I did a short-term cake decorating course and then made my way to Le Cordon Bleu, Paris, where I pursued a diploma in Patisserie. I then worked in a pastry shop in Barcelona, Spain.”

Currently, she is working on expanding her skill set. “I am now extending my bag of baking skills by pursuing an online diploma in Sourdough, focusing on Gut Health, Nutrition and Digestibility of bread, from a reputed Sourdough school in the UK. I have also attended several workshops under Chef Gregory Doyen, Chef Yann Couvreur, Chef Johan Martin, and Chef Jordi Bordas. I have translated my passion and learnings into my new venture of Patisserie & Boulangerie in my city Hyderabad. Spero is the dream of a mother of three, who is keen on quality.”

Details

Place: Spero Patisserie & Boulangerie
Location: Jubilee Hills, Hyderabad
Founder: Priya Bhoopal (Instagram: @priyabhoopal)



“Handmade with love’ is our simple objective.”



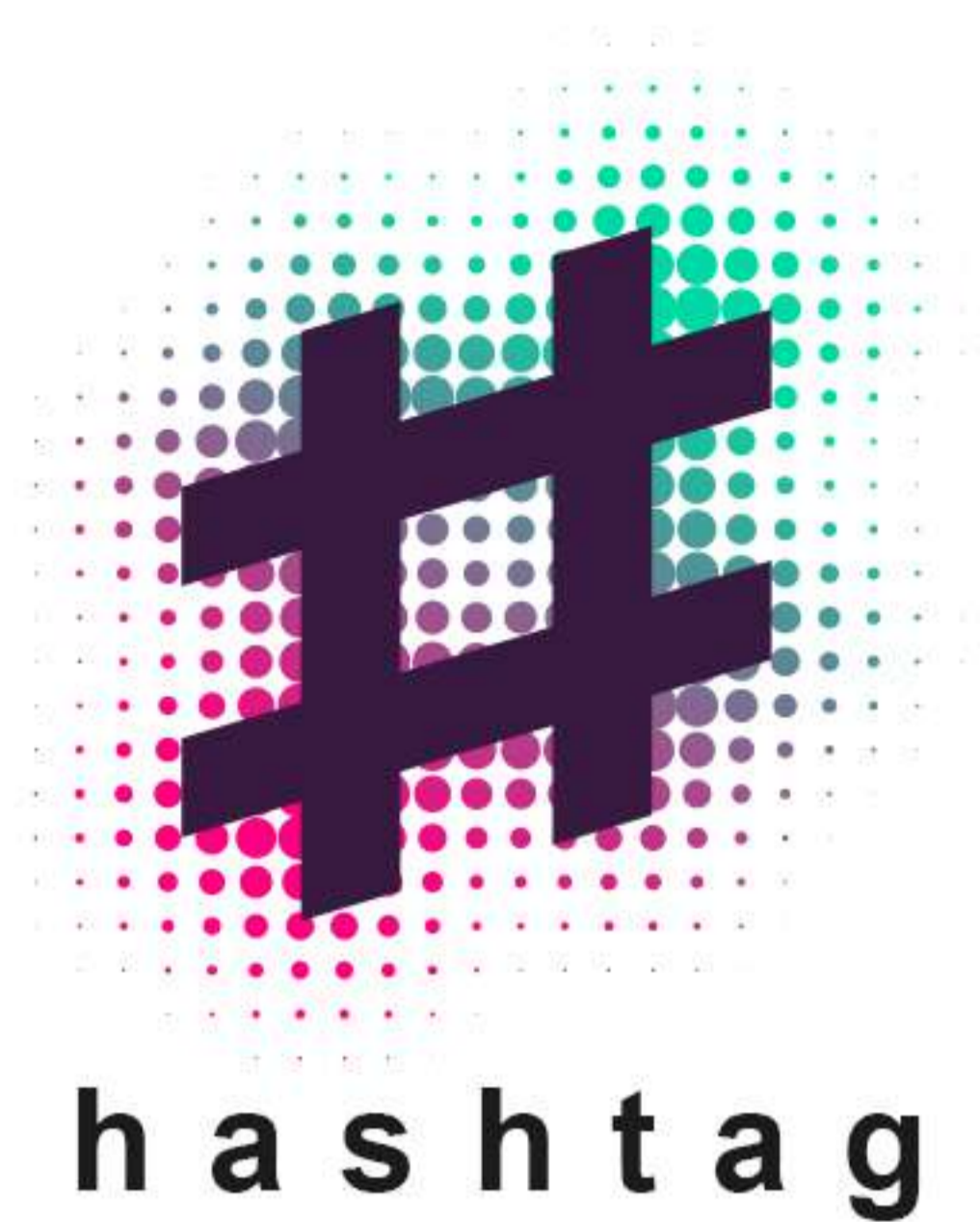
Hashtag Reviews:

It was wonderful experience; my sense of taste swayed to the song of me celebrating Spero’s finesse, while I savoured the exquisite croissant and hot chocolate. Sweet treats require just the proper amount of sweetness, and our palates accept just the right amount of sugar. I’ve been blown away by the quality and precise combination of flavour and sweetness in all of Spero’s desserts. Of course, I did not stop at just a couple of desserts. For a wholesome experience, you must make it a point to spend a wonderful evening at this café, which is nothing short of a dream come true: an attractive and homey café serving the tastiest desserts in town.

To get you started while you’re in Spero, here is a short, curated list of our favourites:

- **Blood Orange and Chocolate Verrine :**
Chocolate and Orange can never go wrong. This four-layer mini jar will have you drooling over the perfect freshness of chocolate, tanginess of orange and crunch of it all in one. The taste melts in divinely!
- **Spero’ Rocher :**
All the Ferrero Rocher fans have got to dig into this differently made Rocher. Get ready to forget about the original Rocher as this is going to win your heart, dipped as it is in lots and lots of chocolate.
- **Chocolate Framboise Petit Gateaux :**
Tastes have a lot connected to happy moments, and when you take the first bite of this delectable cake, you will have a whole moment seized for you. The surprise of crunchiness will make you crave another one soon!
- **Hot Chocolate and Croissant :**
The perfect blend of chocolaty sweetness and a soft bite of the croissant had me diving deep into a major foodgasm. The best croissant to go for in Hyderabad is Spero.





AUTO & TECH



Tech Update: ***SMARTPHONES FOR 2022***

ANIKET PANDE from BlazeTechnica brings us the latest news for upcoming releases for smartphones across tech giants.

In the past decade, smartphones have grown to become one of the most important part of our lives. Incremental upgrades make it fascinating to know what's coming next. 2021 did not see any major upgrades. However, with 2022 right around the corner, rumours are rampant of upgrades and new models to be launched. Here are some of the smartphones which we will be seeing in the coming months.

Samsung Galaxy S22 series

S series has always been Samsung's most popular line-up, as it includes the flagship smartphones offered by the company having the best possible hardware and features. Just like every year Samsung is expected to launch their latest flagship line-up Galaxy S22 series in February 2022.

There will be 3 models: Galaxy S22, S22+ and S22 Ultra. Galaxy S22, S22+ and S22 Ultra will be featuring 3 different display sizes—6.1, 6.5 and 6.8 inches respectively—and all of them will be Samsung's 120Hz Super AMOLED. From some leaked images we can see there will be slight design change in camera layout on the S22 Ultra.

In terms of performance, Samsung's S series devices are always launched in two variants: one powered by the Qualcomm Snapdragon processor, exclusively for US and China; and another powered by their own Exynos processors for other parts of the world, including India. Qualcomm's announcement that 50% of Samsung's Galaxy S series smartphones launching in 2022 will be powered by their Snapdragon processor makes us believe that the Galaxy S22 series will launch in India with Qualcomm's upcoming flagship processor Snapdragon 898/8 Gen 1. Other variants of the series will be powered by the Exynos 2200 processor. Quad cameras are also expected to get better as the Galaxy S22 Ultra is rumoured to feature an upgraded 108 MP main camera and a 40 MP front camera. Battery capacity is rumoured to be 5000 mAh, supporting 45W fast charging.



Source: Sammobile

Word On The Street

Samsung has officially killed their Galaxy Note series, but some rumours indicate that the legacy will be continued by S22 Ultra as it is expected to come with the S Pen.



Source: OnLeaks

OnePlus 10 series

OnePlus has always been known for their powerful flagship devices and its great software experience has made it a favourite among tech enthusiasts. Rumours say OnePlus might launch their 2022's flagship OnePlus 10 series sooner than expected.

As per some leaked images of OnePlus 10 Pro we can see a new camera layout blending into the side frame, which looks good and somewhat inspired from the Samsung flagship. OnePlus 10 Pro is expected to feature 6.7-inch 120 Hz LTPO Display with the same punch hole design just like previous models. OnePlus will continue using the Hasselblad lens on their newer models, but with an upgraded set of triple cameras. Processors used will be Qualcomm's latest Snapdragon 898/8 Gen 1. The OnePlus 10 Pro is expected to come with a 5000 mAh battery, with fast charging supported up to 125W; a huge upgrade compared to the 65W on the OnePlus 9 series.

Word On The Street

While some indicate that the OnePlus 10 series might launch in China by February 2022, the global launch is expected in March or April.



Source: OnLeaks



Realme GT 2 Pro


Realme is expected to launch their flagship smartphone Realme GT 2 Pro early in 2022. Some rumours indicate that the smartphone will be powered by Qualcomm's latest Snapdragon 898/8 Gen 1 processor. Display will be a 6.51-inch Full HD+ AMOLED along with a punch hole housing the 32 MP front camera. On the back, it may feature a triple camera setup where the main camera will be 50 MP—8 MP for Ultrawide and 5 MP for Depth/Macro. Battery capacity is expected to be 5000 mAh along with support for fast charging up to 125W.



Xiaomi 12 Ultra and 12 Ultra Enhanced

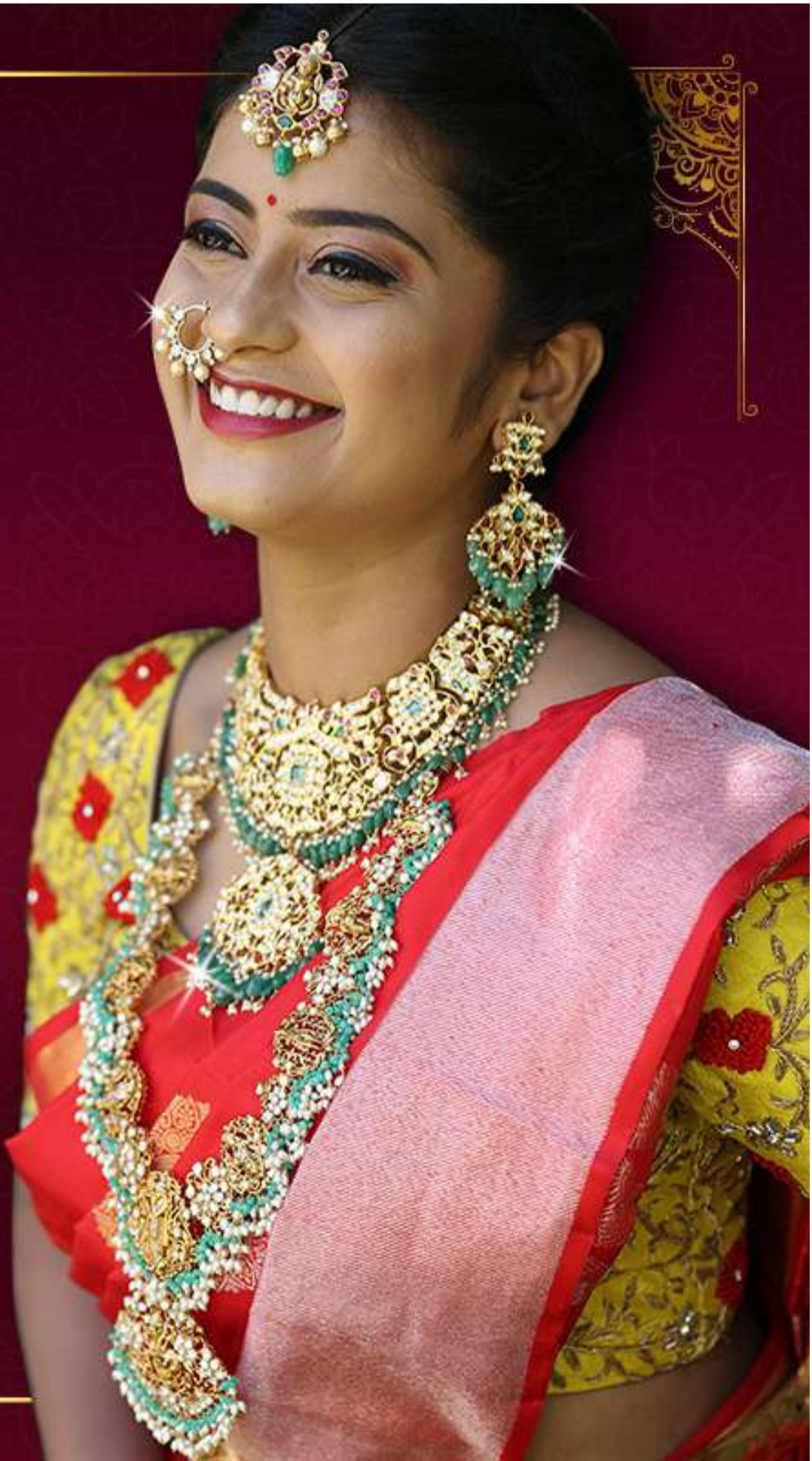
If rumours are to be believed, Xiaomi will be launching two of their premium flagship smartphones in the second quarter of 2022. Xiaomi 12 Ultra and 12 Ultra enhanced are expected to be the successors of Xiaomi Mi 11 Ultra. Both the smartphones are expected to come with Qualcomm's latest Snapdragon 898/8 Gen 1 processor. The main highlight of these smartphones will be the cameras: the main camera is likely to be a 50 MP Samsung GN5 sensor; there will be three more 48 MP cameras for Ultrawide along with a periscope telephoto which can zoom up to 120x. Xiaomi is also expected to use an upgraded next generation in-display fingerprint scanner on both the smartphones.

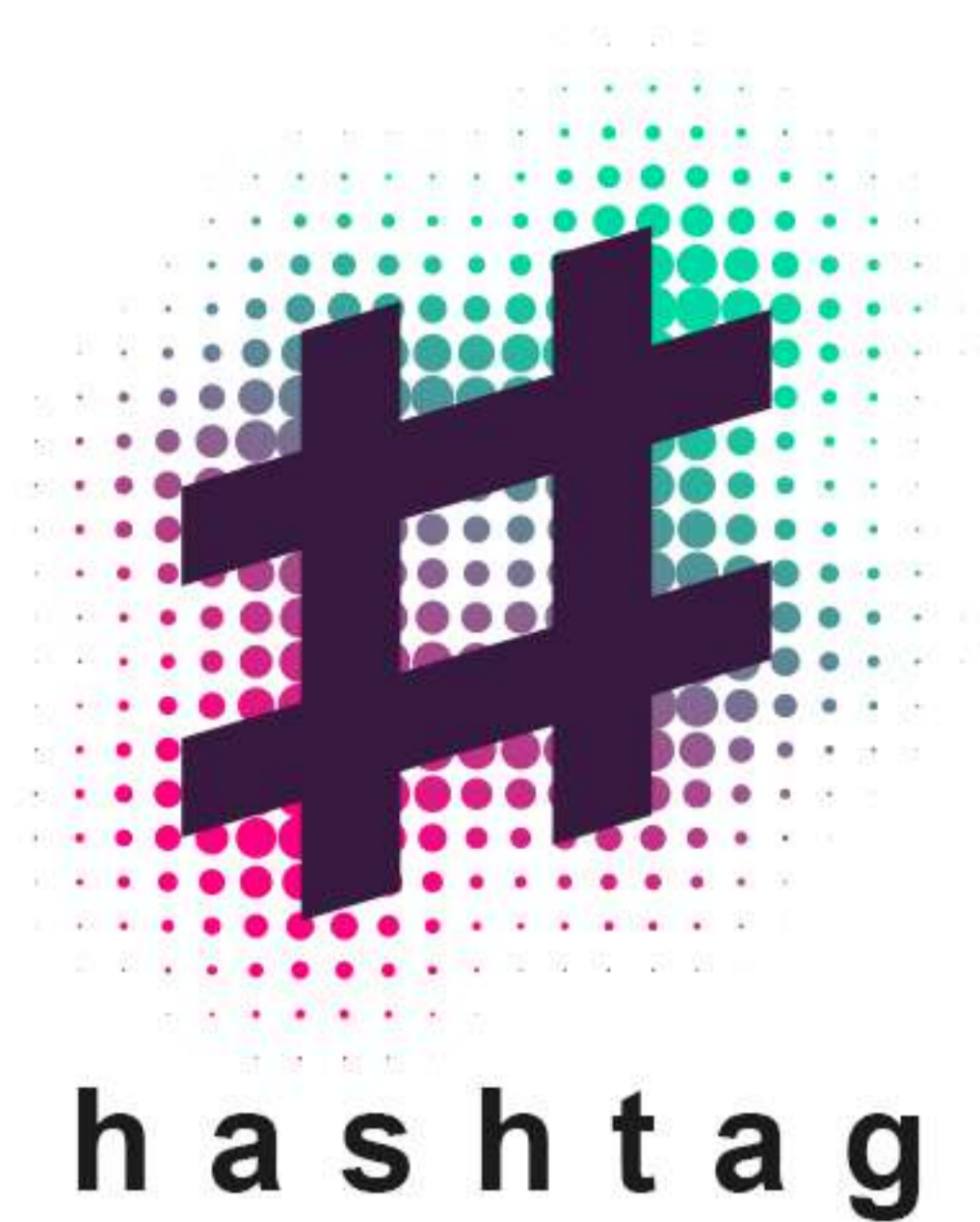
Prices of all these smartphones might be similar or slightly higher compared to their previous models; we will get to know more once these gets officially launched in India.



Treat yourself with authentic traditional designs at very affordable prices

Manikonda | Santoshnagar
Ph no: +91 98668 85215



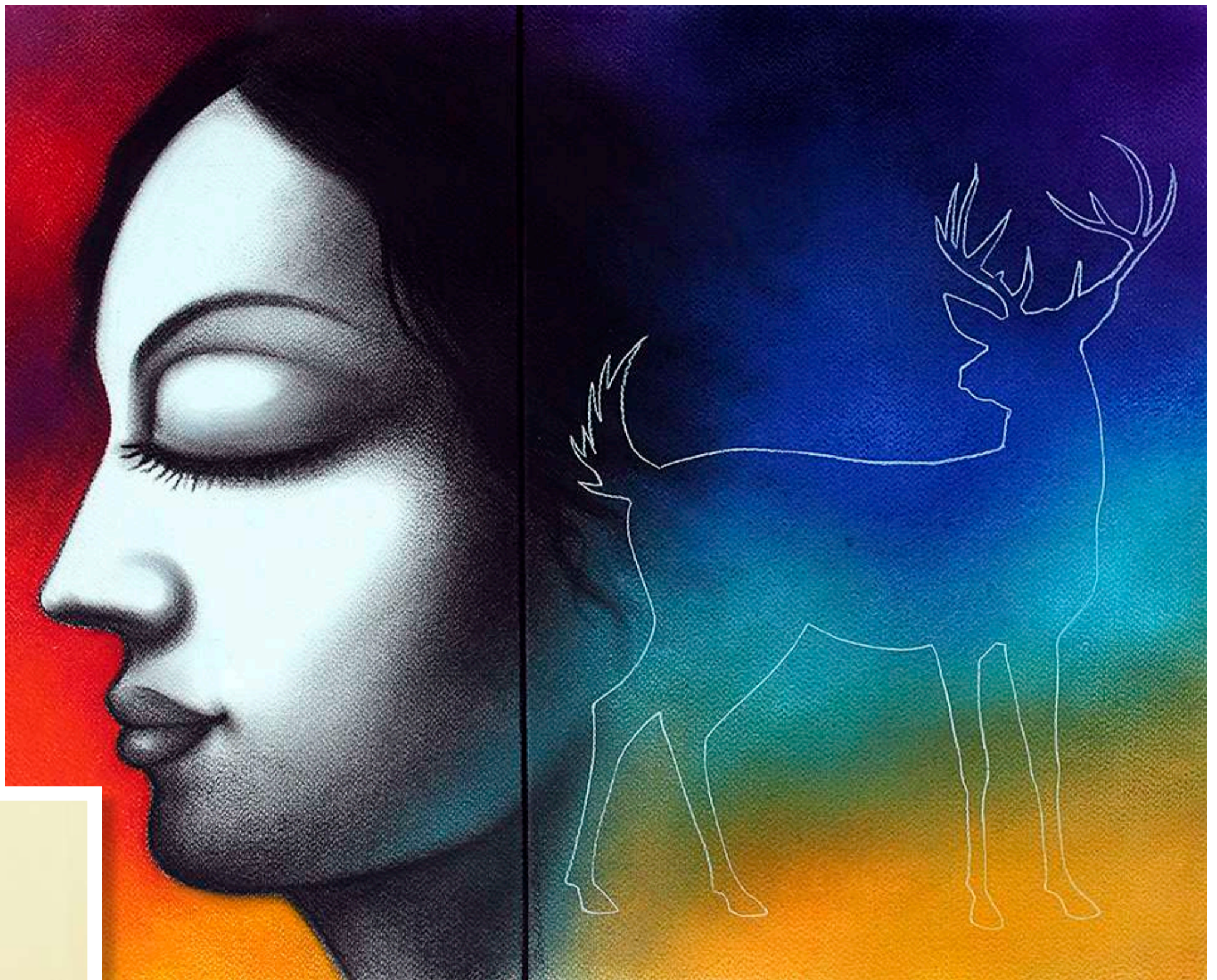


ARTS AND THEATRE

The Artist with a Golden Heart

Ace artist **MG Doddamani**, in a conversation with **Surela Chakraborty**, reveals how he intends to pave the path for young artists to grow and convey positive messages through his work.

Sifting through the dreamlike paintings by artist MG Doddamani has a calming effect. While the vibrant colour palette of red, green, and yellow brightens up the mood, it does not take away the serene aura imparted through the figure of the monk deep in thought. The golden light shining down on the monk's face creates a meditative stillness and effectively brings out the central theme of his recently concluded solo show 'Introspective Meditation' held at the Manjushree Khaitan Foundation Museum of Art. We learn more about his styles, themes, and beliefs.

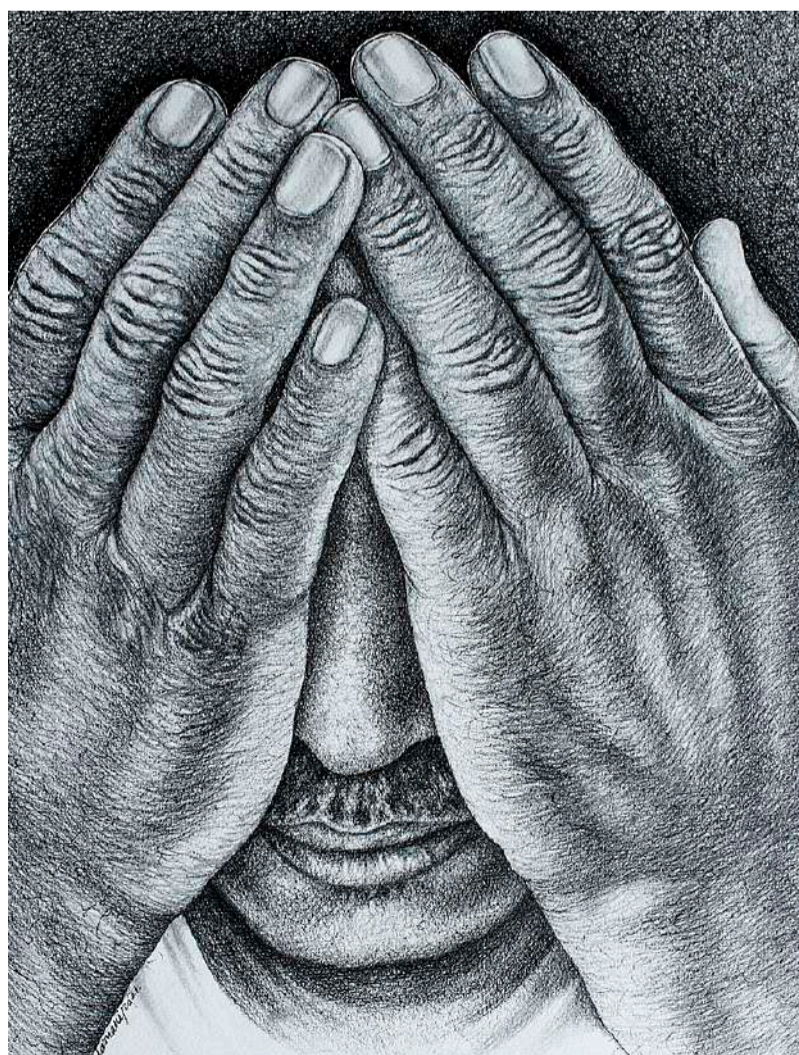


Prominent Themes

He has been working on the Buddha series for a while now to express the decline of nature caused by man's unbridled avarice. He started painting this series to express his grief over the destruction of the Bamiyan Buddha statues in Afghanistan. The monk is a symbol of his belief in the Buddhist philosophy of 'Middle Path' and conscious effort to spread positive energy by being a better version of oneself. His works reflect the constant struggle to find inner peace, which has become priceless in these turbulent times.

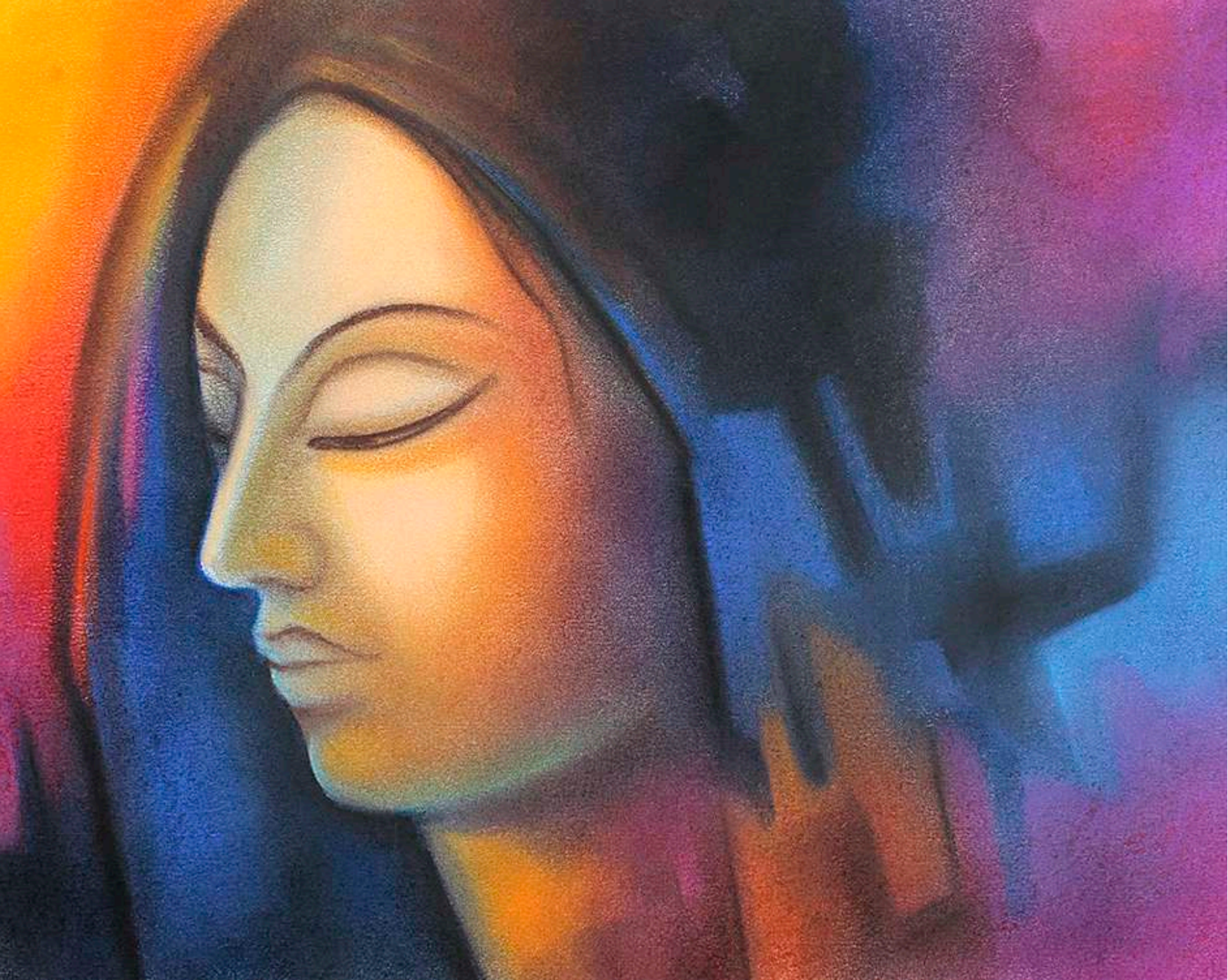
The deer is another recurring figure in his work and a symbol of all the living beings in a forest. This soft and sensitive animal is a reminder of how man is destroying the forest and occupying more space than necessary. The helplessness of the deer is prominent through its various figurative interpretations. The figure of the deer looks at a bleak future where

extinction is inevitable if environmental destruction continues unabated. The deer is also a reminder of Lord Buddha's respect for mother nature and effectively conveys the relevance of Buddhist teachings in the modern era.



Having completed his BFA with first rank and a gold medal from Gulbarga University in 1990, he went on to get his MFA from Visva-Bharati University, Shantiniketan in 1992. He started his art journey in Bangalore by setting up and running Images Gallery, one of the prestigious art galleries of Karnataka, for more than a decade.

Fondly remembering his art education at Shantiniketan, he informs, "The teachers there taught us how to be analytical about our work. While discussing our work, they always questioned the purpose of making a particular choice. This taught me to have a logical approach to art. I was also inspired by the natural beauty of Shantiniketan." The 'romanticism' associated with the Bengal School of Art often finds expression in his style.



Painting the Pandemic

His recent work is an extension of the artist’s peaceful demeanour and down to earth nature. Being a figurative artist, all the men and women in his work have a calm disposition. It is through the monk in reflection the artist expresses the human quest for inner peace, harmony and self-realization in a world riddled with challenges. His Buddha paintings emit positive energy, using light that emanates towards those who seek happiness, peace, and elation.

This same aura is reflected in the works he created during the pandemic; as the situation persists, these paintings depict the resilience despite facing life changing experiences and challenges, providing some hope and help to keep pain at bay. As an artist, the moment he stood in front of the canvas to paint, all worries melted away as if it was like meditation for him. Thus, he aptly titled his artwork for his recent solo show as ‘Introspective Meditation.’

Having concluded the solo show, he is presently working on paintings which is an extension of the Buddha series where he aims to shows how technology has overtaken human lives. Doddamani also plans to create massive environmental themed art installations, sculptures, and murals in open public spaces where everyone can access his artwork. He believes, “As artists, we are inspired by the society at large. Through our paintings, we can create awareness for social causes that afflict the society today. I work towards peace and harmony through a play of light in my artwork, to display the positive energy that will help create an all-inclusive world, for humans, animals, and the whole of nature.”

Apart from paintings, he has also created sketches of ordinary men and women to capture their emotions during the pandemic. These sketches portray the class divide and disparity in society, capturing the resilient spirit of humans in the face of crisis.

He has worked with various mediums like water colours, acrylic and oil on canvas, charcoal, and mix media to create drawings, murals, and installations. Using a double framed canvas gives him the freedom of expression and enables him to bring out the character of each medium.

The illustrious artist has truly led a rich life, having received awards and accolades from The Central and State Lalit Kala Academy, the State and National AIFACS and the Camlin Art Foundation. He has participated and conducted many state, national, and international art camps and has been invited as jury for many prestigious art competitions. He is the visiting faculty at Davanagere College of Visual Arts, Karnataka and Chitrakala Parishath, among others. His works are in government museums, and private and public collections, India and abroad.

Notable Shows

Solo

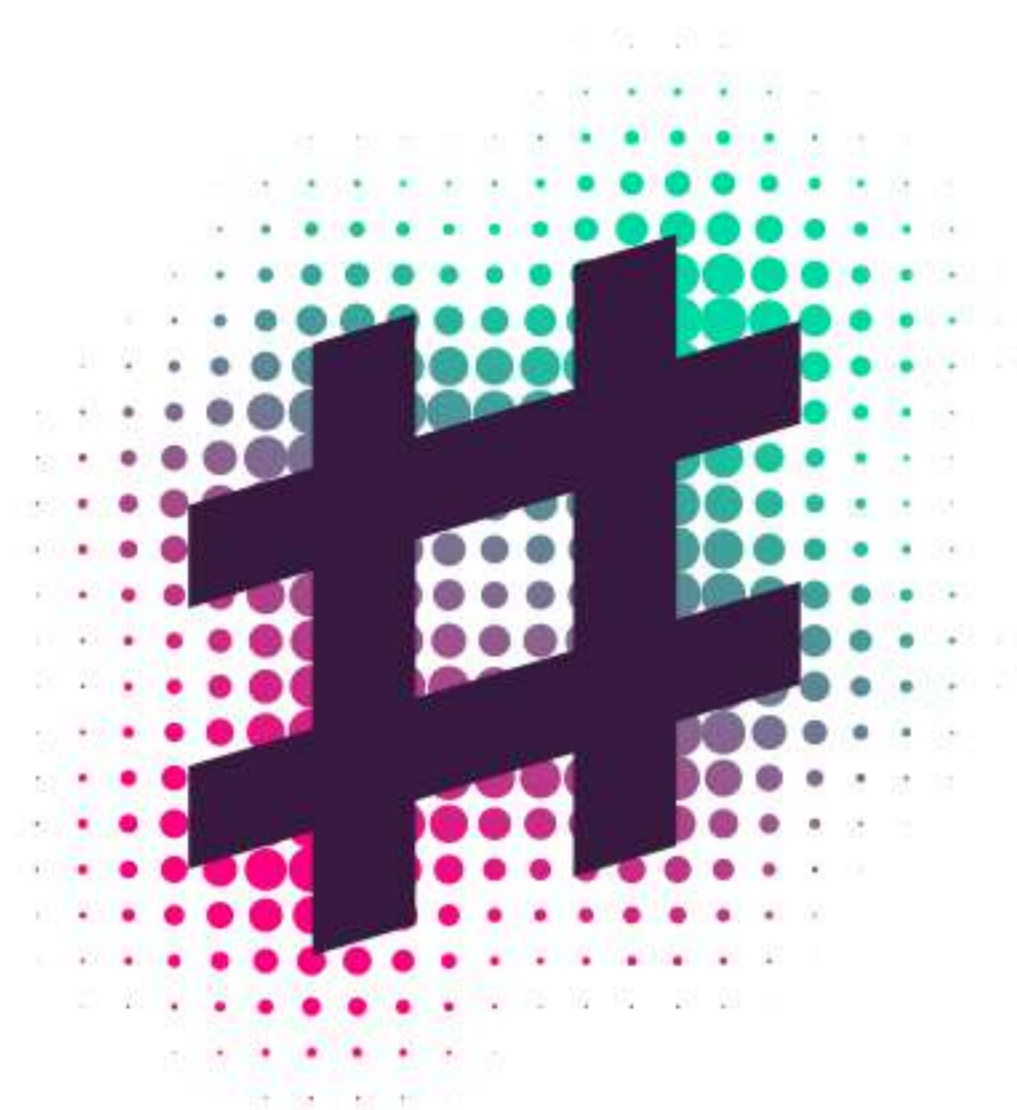
- Shantiniketan (West Bengal)
- Right Lines Art Gallery (Bangalore)
- Clour Crew Gallery (Pondicherry)
- Museum Galleries (Mumbai)
- World at Astana (Kazakhstan)

Group

- “Korea & Karnataka” (Academy of Fine Arts, Kolkata)
- “Chitrayatra” All India Touring Exhibition (Karnataka Lalitha Kala Academy, Bangalore)
- “Delta” (Venkatappa Art Gallery and Ravindra Bhavan, Bangalore)
- “Human Form and Art” (National Lalit Kala Academy, New Delhi)
- Group Show (The Gallery Chennai, Hongkong)
- International Artist Camp (Central Lalit Kala Academy)
- “Metaphorical Spring Image” (Gallery Leela and Sir J J Gallery, Mumbai)
- “The Harmony Show” (Reliance Group, Mumbai)
- Inaugural Show (Reflections Gallery, Hong Kong)
- “Indian Art at London” (Maya Art)
- “Indian Art” (Art Mantram, Paris and London)
- “Indian Art” (Kynkyny, USA)
- Kala for Vidya (Rotary Club, Taj Westend Bangalore)
- Oorja Exhibition (Taj Westend, Bangalore)
- “Unbound” (Oorja Online Art Show)
- “The Kisans” (White Rose Online Art Show)

Future Plans

This year too he plans to curate another edition of the online art exhibition. He explains, “I felt bad seeing artists suffer during the pandemic and wanted to do something for them, so I came up with the idea of hosting an online art show. Online is a good platform these days, providing greater reach. I also want to enable students who complete their art education develop a bright future in arts.” Keeping up with name– ‘oorja’ means energy or potential–this initiative provides more than just encouragement to talented artists, creating life changing experiences for them. As an artist, he truly believes in recognizing a talented artist at the right time goes a long way to add value to the art community. It is beneficial to both connoisseurs of art and the artists themselves. He strongly believes in working together and moving forward.



h a s h t a g

TRAVEL



Tucked away in the suburbs in a village called Kulapalayam, between Pondicherry and Auroville, is **Wunderhaus**—an artist's getaway and a quirky homestay. Just a kilometre away from Auroville Beach and Serenity Beach, this solar-powered, ecologically conscious homestay is an architectural love letter to nature. Founder and manager Keddar Maddula sought a place that provided the genuineness of small-town life. The result was this carefully built homely destination, designed for all those seeking to be far from the maddening crowd. **Indira Penubolu** discovers what sets this particular destination apart.

WONDERFUL WUNDERHAUS

The devil is in the details at Wunderhaus, Pondicherry. Right from the famous aged stained glass window at the entrance, to the ancient wooden doorway, the beautiful vibrant blue Athangudi tiles that you step on as you enter and the Chettinad pillars that adorn the central courtyard—everything embodies creativity and art.

Founded and managed by Kedar Maddula, a fashion and space designer, this solar-powered homestay also has a beautiful indigenous organic garden. It is home to fruit trees such as cashew, mango, papaya, chikoo, soursop, banana, and kumquat, as well as other interesting flora and fauna.

The tiny details on the walls, the cubby holes that hold lamps and candles, shelves holding unique items from the past, as random as a brass tiffin box carrier right to the collection of brightly coloured wooden animals such as a frog, a walrus, a fish, a cow, a pig, a crow, and a rooster—the house is composed of souvenirs from different parts of the world. At the foot of the semi-circular white wall onto which movies can be projected, you can also find a few mice painted; one holding an Indian flag and a couple smooching away in love.

The rectangular pond with a tall skunk tree on its island is filled with lotus plants, fish, and frogs. The vibrant mosaic wall art of a woman basking near the pond with a bottle by her side is visually enigmatic.



Stay long enough and you may be able to make friends with the shy freshwater shark in the other pond hidden under the staircase.

Artistically Architectural

Listed on Airbnb, this homestay is primarily nomadic and deeply rooted in local culture. Kedar brings back little souvenirs and cultures to the home which in itself is an institution. Each piece of furniture is handpicked and unique, be it the custom-made bamboo recliners, the wooden benches and trunks, the swing near the entrance or the hammocks in the courtyard hanging on the branches of the cashew tree.

The windows of Wunderhaus deserve a special mention and are nothing short of a visual treat, each a unique shape, size, and colour. Some are embellished in the beautiful stained glass of different colours while others have ancient tiles with roses on them, yet others have artistic cement grills depicting creepers and flowers.





Each of the guest rooms has a unique name and theme. The Sea Room is large and blue, with a semi-circular wall with waves painted on one end and a surfboard propped on the other to finish off the look. The ceiling sparkles with sequins and is studded with round paper lanterns. The bathroom wall of this room is partly made of quarried rocks with conch shells built-in and has pebbled flooring. The Budget Backpackers Room is also in blue, decorated with Athangudi tiles. This small cosy room comes with a single bed and no attached bath. The Berlin Room, decorated in paraphernalia from Berlin, has a cemented double bed with an interesting cement bag-finish ceiling. Then there's the terrace, whose flooring is covered in little bits of mosaic tiles and is home to the dining area covered with a perennially blossoming Rangoon creeper for shade.

There's also the Jasmine, Garden, and Artist's Rooms, all unique to their themes. The bathing rooms, whether common or attached, have a special place in the homestay, decorated in mosaic tiles and with walls made of old glass bottles and cement, giving it a unique feel.

The common kitchen, painted in deep blue with a caricature of a cat and fish on one wall and terracotta fish and snails embedded in another, is a clutter of utensils—some steel, others brass and copper, and some beautiful hand-glazed terracotta mugs and plates. Equipped with a mortar and pestle, an oven, and a refrigerator, and stacked with a variety of cold-pressed oils and spices, one could cook up anything from mushroom stuffed grilled chicken to a black rice *payasam*.

Slice of Heaven

Wunderhaus is famous for its breakfast which is inclusive for the houseguests. Be pleasantly surprised by the visually beautiful cold red banana and millet smoothie bowl, or the double beans and pumpkin hummus served with sourdough bread. There's also a tomato, egg, and chicken spinach salad or a simple red rice *dosa* and coconut *chutney*, with a side of fruits harvested from the garden. The absolute star is the vegan coconut milk coffee.



The Wunderhaus Studio

Wunderhaus isn't just a cool homestay. It's also a studio for creating avantgarde and indigenous unisex clothing. The philosophy here revolves around exploring the narrative of historical craftsmanship in the fields of textiles and handicrafts across India.

The intent is to bring these into focus and carve out various interventions, collaborations, and skill exchanges in the rural sector in a language that appeals to the youth, to create economic opportunities for them and the people in rural India. Wunderhaus also collaborates with artisans with special skills in craft and textiles to create short capsule wearable art fashion collections to sell to a global audience.

The label "Wunderhaus" presently makes all-wear clothing and accessories and has a strong focus to popularise the Indian handloom, indigenous cotton, and handicrafts amongst the youth.

For those looking to get their creative juices flowing or seeking an elegant workcation, Wunderhaus in Pondicherry is the right place to visit.

Wunderhaus Culturals

Just when you think there's nothing more left to explore at Wunderhaus comes more. Kedar Maddula, the founder, often curates and hosts cultural soirees for intimate crowds in this space. It could be anything from a simple movie night to a musical storytelling session by travelling artists or even a food festival.



Bookings and Queries

Contact: wunderhauspondy@gmail.com
Instagram: @wunderhaus.pondicherry



Living with the Elephants at Camp Amer Dera

The beautiful Amer Dera Wilderness Camp is a 180-acre family-run wilderness camp and farm, founded by Mr Udaijit Singh. The land was bought in 1981 and after declining several real estate offers, the family decided to rewild the area and adopt misused animals from the city of Jaipur, allowing visitors to interact with them in a safe and natural environment. **Shraddha Reddy** chats with Mr Udaijit Singh's nephew, **Bharat Singh**, who helps his uncle run the property. In a candid interview with **Hashtag**, Bharat tells all about this one-of-a-kind family-run venture and why glamping is making waves in India.

For Mr. Singh, an avid wildlife lover and birder, the motivation to start camp Dera was simple; to rewild the land with native trees and shrubs, rescue the domesticated Jaipur elephants from a rigorous lifestyle in the city, and bring them out into the camp where guests can interact with them in their natural habitat.

With this being the passion behind the project, raking in the big bucks is far from his list of priorities. He runs the camp to sustain the land and its staff and is content by just breaking even. What matters most to him is creating a balanced, sustainable, and eco-friendly camp that provides a haven for animals, both wild and domestic, and gives visitors an opportunity to spend time with animals in their natural environment, while still enjoying all the luxuries one would experience in a hotel.

Can you tell us what the Dera Amer Wilderness Camp is all about?

The family at Dera Amer consists of 2 adopted Asian elephants, both of whom are females, a rescued dromedary camel, two rescued pariah dogs, and a cat. At our wilderness camp, visitors get the opportunity to interact with the animals by walking with them in our private jungle, feeding them and learning about them, always accompanied by a member of the family to answer any questions guests may have.

The camp also boasts of six sumptuous safari tents, designed for comfort and luxury, where guests can come and camp in style. One wakes up to peacocks, babblers, and our elephants having their breakfast outside their tents, with lots more activities and experiences that can be tailor-made.



ECO-TOURISM DONE RIGHT

Today, Dera Amer stands as an exemplary example of sustainable afforestation, restoring the eco-system of the bush jungle, which in turn has led to the return of wild animals such as leopards, hyenas, foxes amongst other bird and animal life.



What is the most popular feature at the camp?

Spending time with the elephants and walking with them in their natural environment in our private protected jungle is the USP of our camp. The luxury tents are also a popular feature of the camp, as the option of true “glamping” isn’t available around Jaipur.

Walk us through the different activities at the camp.

As we call it, ‘Rhythm with the Elephant’ is the first activity we offered at our camp. The idea is to spend quality natural time with the elephants in the sanctity of a private, protected jungle by way of walking with them, feeding them, and if the weather permits, giving them a scrub and wash. The activities are enjoyed best exclusively, and guests are always accompanied by a member of the family.

“LIVING WITH THE ELEPHANTS”

Another popular glamping activity at Dera Amer, where guests stay in the luxury tents, enjoy breakfast with the elephants, go for bird walks, and handpick their own vegetables from the Dera Amer farm. There are also lots of hiking trails around the area.

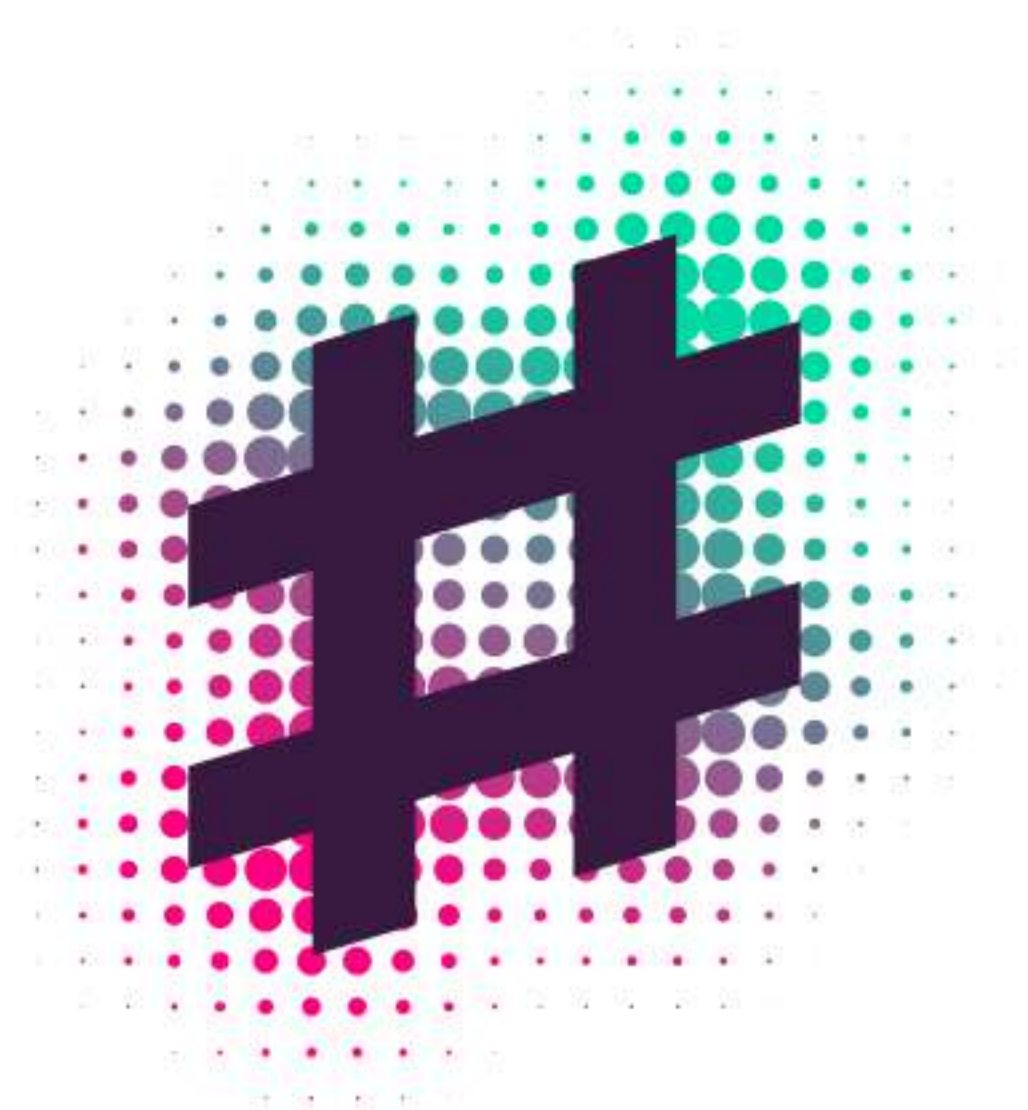
What do guests typically enjoy the most?

As I mentioned earlier, the USP of the camp is the two adopted rescue elephants that live with us as part of the family. Typically, guests enjoy spending time with them in the outdoors, surrounded by wilderness, birds, and blue skies. Birding walks are also fancied by nature enthusiasts, along with hikes in the surrounding hills. Nowadays people also enjoy taking Lucky, our adopted camel, for grazing, walks in the jungle!

Where are most of your employees/staff from?

Most of our team is from rural Rajasthan. We have a mix of employees from the local village and our own hometown, situated in the east of Rajasthan and western part of Uttar Pradesh. We have mahouts from Bihar and our primary chef is from the Himalayas! All in all, there is a mix of employees, all from the rural belts of India.





h a s h t a g





Pet Bakeries

One-stop destination for your pooch's birthdays

It's said that if you're lucky, a pet will come into your life. Our four-legged friends are emotionally honest and bring us compassion and love, significance, and sheer delight. Merely petting a pooch, kitten, or any other animal could indeed alleviate blood pressure and reduce anxiety. In turn, our warmth can be comforting for them, especially when they are feeling under the weather. It is not always about wanting to take; it is also about wanting to give. To help you celebrate the important days in your pet's life and make them even remarkable, **Mahati Salike** recommends a couple of **pet bakeries** that you check out.

Hooch and Bailey's Barkery, Kochi

INSTAGRAM: @hoochandbaileysbarkery

Jayalakshmi, a trained pastry chef at Sugar Craft in Kochi, has been baking since 2012. Jaya raises two female boxer dogs who acquired allergy symptoms in their early months because of eating the wrong food. She thus started baking and producing goodies for her canines, and they reciprocated wonderfully. As she started baking for others too, Hooch and Bailey was born. Jaya adds, "Hooch and Bailey started in April 2018 and ever since then, I've been excited to bake delicacies for pets." Based out in Kochi, the patisserie of Hooch and Bailey creates cakes and pastries for the clientele depending on their specifications and charges correspondingly. They also ship Pan India.

BEST SELLERS: Customised birthday cakes, jerkies, chicken treats, banana and peanut butter treats.

PRICE:

Cakes – Rs 850/- onwards

Treats – Rs 160/- per 100 grams



Piper's Pet Bakery, Mumbai

INSTAGRAM: @piperspetsybakery

Erika, a former aspiring pilot and piqued musician, began preparing nutritious cakes and snacks first for her labrador. Starting January 2018, she has been baking for many other doggies in Mumbai as a home baker, with the help and guidance of her mother. The bakery later transitioned into a Belgian-style artisanal pet bakery, manufacturing pet food with an additional dash of love, compassion, and warmth. The last two years have been traumatic for everyone, but they've also been quite a blessing in disguise for some of us. Ecstatic, Erika continues, "With several individuals adopting dogs during the outbreak, it has been a milestone in my baking path that people have become acquainted with Piper's, and since then I have not had to think past."

BEST SELLERS: Muffins and Cakes

PRICE:

Cakes – Rs 900/- for ½ kg

Muffins – Rs 400/- for 4 pieces

Cakesicles – Rs 600/- for 4 pieces

The Floof Pet Bakery, Delhi

INSTAGRAM: @thefloofpetbakery

Apoorva Piplani, who is presently getting a diploma in Canine Nutrition, has had a passion for baking since she was a youngster. The Floof Pet Bakery arose from an inventive enthusiasm for baking. Apoorva couldn't obtain a cake for her pet's birthday since pet bakeries were unheard of a few years ago. That's when she began creating nutritional treats for a variety of different dogs in and around Mumbai. The 25-year-old home baker was able to effectively establish her brand in 2018. When asked how the outbreak affected her company, she smiles and explains, "COVID had influenced us favourably since people devoted more time indoors with their dogs and it was the appropriate opportunity to experience such possibilities."

BEST SELLERS: Caricature cakes, Chicken pies

PRICE:

Cakes – Rs 800/-

Treats – Rs 300/- per 200 grams



Waggy Tales Pet Bakery, Mumbai

INSTAGRAM: @waggytalespetsbakery

Purva Sawant, the founder of Waggy Tales Pet Bakery, started baking 5 years ago and all the conceivable fusions in her cake and treat recipes to develop a peculiar brand that she didn't believe would've been ultimately flourishing. "It was my pets that encouraged me to open a bakery and feed a zillion pets," she exclaims. She further adds that "Baking brings me joy, and yes, my adventure commenced in 2020."

Purva also caters for animals at an adult shelter where she volunteers on a daily basis. She added several more products to her menu along with skincare and pet care products after receiving a fantastic reaction from her customers.

BEST SELLERS: Pup Cola, Petflix and Chill Boxes, cakes

PRICE:

Small Cakes – 675/-

½ kg Cakes: 1150/-



For orders contact +917893565262

CLUB NAME



Our Contact
9618969696



10 Little Fingers

DO-IT-YOURSELF STATION

India's



First



DIY Brand



**Home delivery
available**



Engage your child creatively...



STREAMING NOW



MOST ANTICIPATED MOVIES OF 2022

2022 is set to be the year we reclaim our theatre-going experiences. Hashtag has curated the most anticipated of releases across industries for your viewing pleasure.

Since we enter the second year of the decade, get ready for the most nostalgic movie releases of the year, as most of them are sequels to previous films that haven't lost their lustre even after years of release. But, as 2022 approaches, there is a glimmer of hope that you may once again be able to stroll into theatres and pop popcorn as you hear the laughter and mixed emotions when your favourite hero makes their entrance.



RRR

This upcoming Telugu action-drama boasts of a star-studded cast with the likes of N. T. Rama Rao Jr., Ram Charan, Ajay Devgn, and Alia Bhatt, among others. The writer of blockbuster films like *Baahubali*, *Maghadheera*, and others now presents a fictional story about two Indian rebels who fought the British Raj and the Nizam of Hyderabad respectively.

Directed by: S.S. Rajamouli

Release date: January 7, 2022

Radhe Shyam

Prabhas returns to our screens in a new strong persona, this time for a romantic sci-fi film with Pooja Hedge. This is a romantic drama set in 1970s Europe.

Directed by: Radha Krishna Kumar

Release date: January 14, 2022



Deep Water

This psychological thriller, based on Patricia Highsmith's 1957 novel of the same name, raises suspicions in the audience about how a married pair engages in mind games that result in the deaths of others.

Directed by: Adrian Lyne

Release date: January 14, 2022



Scream

The fifth instalment of the *Scream* series is set to launch in 2022 to essentially relaunch the franchise for a new audience. Courteney Cox, Neve Campbell, and David Arquette star reprise their iconic roles in this must-watch.

Directed by: Matt Bettinelli-Olpin and Tyler Gillett

Release date: January 14, 2022

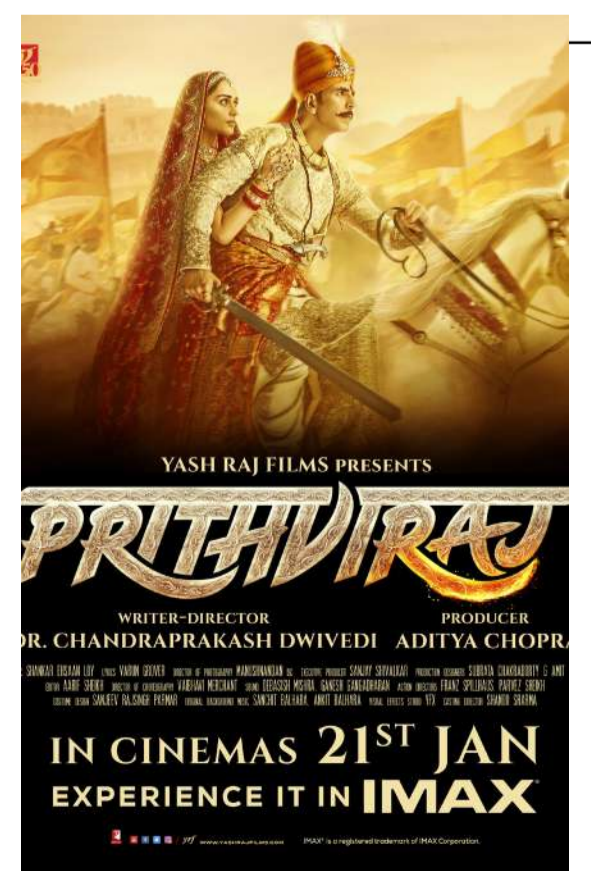


Prithviraj

Prithviraj, a biopic of famed Hindu Rajput warrior monarch of the Chahamanas Dynasty that chronicles his life events, stars Akshay Kumar, Sonu Sood, and Miss World 2017 Manushi Chhillar in her debut role. Let's roll up our sleeves and wait to glimpse at Manushi Chhillar's performance.

Directed by: Chandraprakash Dwivedi

Release date: January 21, 2022

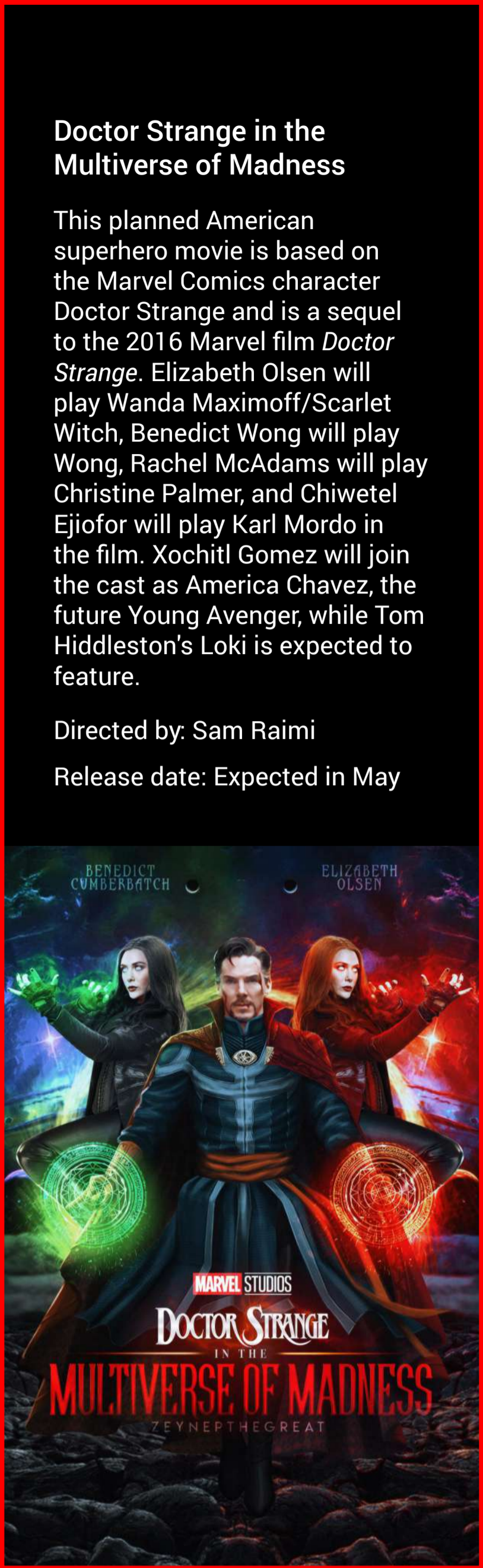




Redeeming Love

Francine Rivers' historical romance tale, set in the 1850s, deftly retells the narrative of Hosea and Gomer. Adapted into a movie, this tale of love and romance is set against the backdrop of the California Gold Rush.

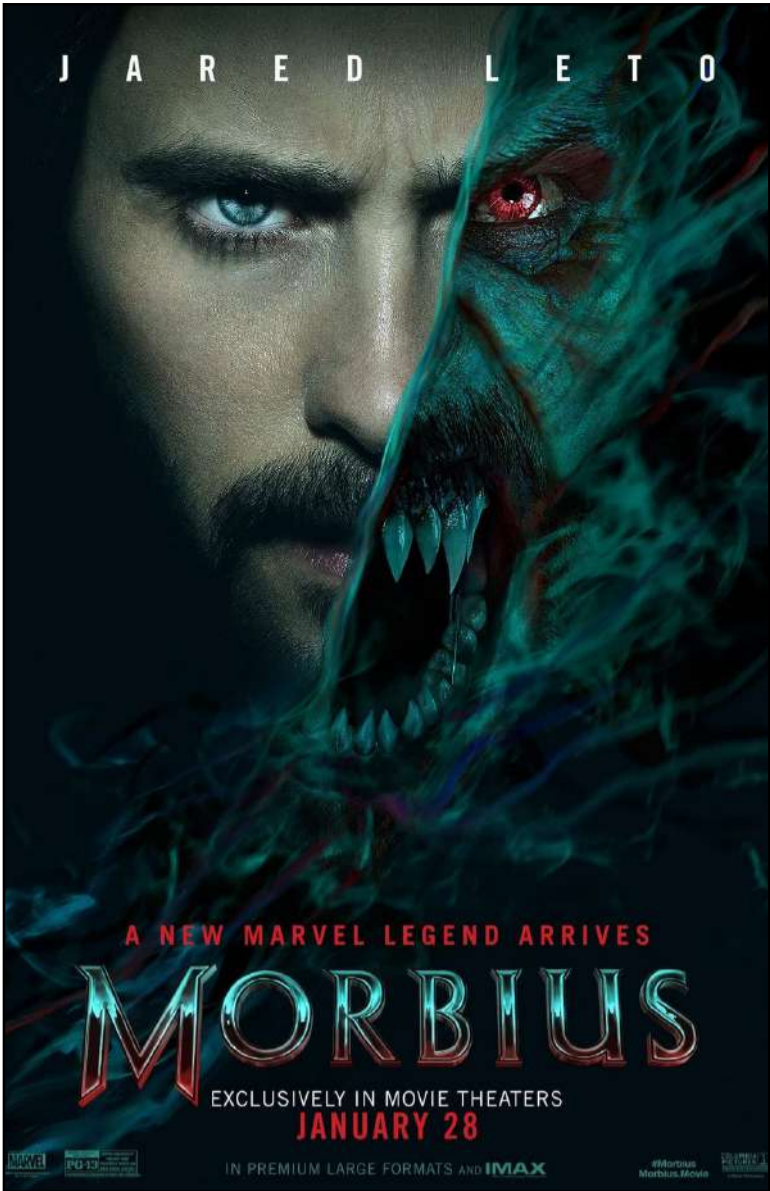
Directed by: D.J. Caruso
Release date: January 21, 2022



Doctor Strange in the Multiverse of Madness

This planned American superhero movie is based on the Marvel Comics character Doctor Strange and is a sequel to the 2016 Marvel film *Doctor Strange*. Elizabeth Olsen will play Wanda Maximoff/Scarlet Witch, Benedict Wong will play Wong, Rachel McAdams will play Christine Palmer, and Chiwetel Ejiofor will play Karl Mordo in the film. Xochitl Gomez will join the cast as America Chavez, the future Young Avenger, while Tom Hiddleston's Loki is expected to feature.

Directed by: Sam Raimi
Release date: Expected in May



Morbius

Sony's next superhero project is *Morbius*, starring Jared Leto as the legendary living vampire. Spiderman appears to have already been squashed in the teaser. Even though Morbius is part of the MCU, the movie alludes to Venom as a homage to its own role as a Spiderman villain.

Directed by: Daniel Espinosa
Release date: January 28, 2022

Khiladi

Ravi Teja will appear in the film in two roles. The release date has been pushed back because of the COVID pandemic. However, we're all gearing up for the action crime picture in 2022.

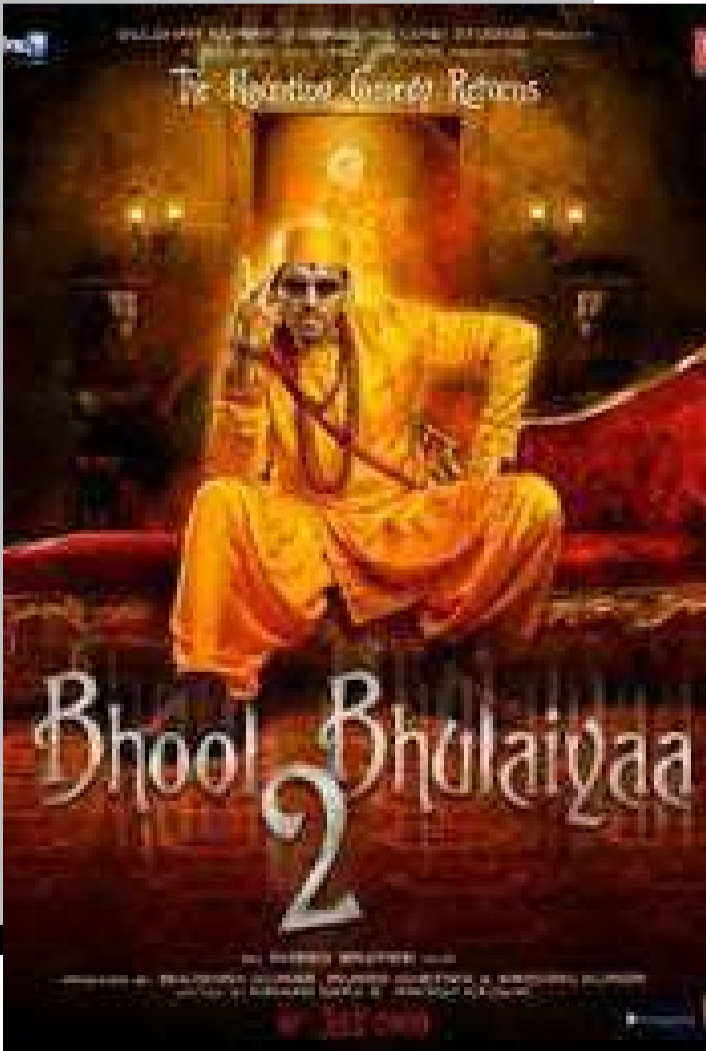
Directed by: Ramesh Varma
Release date: February 11, 2022



Bhool Bhulaiyaa 2

The sequel to the suspense thriller *Bhool Bhulaiyaa*, which was delivered in an appealing manner, is set to be released to jazz up our mood. This follow-up features Karthik Aryan and Kiara Advani in the lead roles. Whether this instalment will live up to its predecessor's fame is yet to be seen.

Directed by: Anees Bazmee
Release date: March 25, 2022



AHAN SHETTY

Meet the aspiring Military Man turned Actor!

With rave reviews constantly pouring in, **Ahan Shetty** has become the man of the hour! In an exciting interview, **Tapasvi Vibhute** speaks to the freshly minted star kid on his debut and the goals ahead.

One of the most promising debuts of this year has been that of Ahan Shetty. 2021 saw him make his official entry into the industry with the Milan Luthria film *Tadap*. The entire Shetty clan, right from Suniel, to Athiya, to now Ahan, have been doing wonders on the work front. Post his debut film's release, the newest Shetty on the block has received great reviews from the audience. We roped him in for an exclusive interview to talk about his experience working on his debut film, the family's reactions and much more!

What was the response like from your family on your debut film?

Their reaction was very emotional. Mom was emotional, Dad was happy, Athiya was also happy. So overall it was a great response.

Many say you resemble your father a lot. Do you agree?

A lot. I'm my father's son, so I do have a lot of traits like him, but my mom gets slightly upset when someone says "Oh, you look like your father." But I am glad, and those comparisons are going to keep coming up, but I take them as a compliment. Which son wouldn't want to be like his father?

Do you think there is pressure on you, as you are the son of a well-known actor?

No, I feel like you should not take that pressure. Don't let it get inside your head because once you do, you lose your sense of self.



Father's Advice: "If you aren't known as a good actor, that's okay, just be known as a good human being."



Did superstar father Suniel Shetty give you any tips before your journey into the industry?

When I realized that I wanted to be an actor, he told me, “If you aren’t known as a good actor, that’s okay, just be known as a good human being.” That struck me! That’s how I try to live my life.

What have you learned from your mother?

Mom has always been an incredible support system for me. She has been a part of the industry while also not being a part of the industry. We live in town, so dad too is a part of the industry while not being a part of it. We have always lived a secluded lifestyle, not like going to Bollywood parties but we have always been outside. I was in the American School of Bombay, so no one cared who my father was. So that was a good thing for me. My mom also knows nothing about the industry and that was great. I think when you get home, you need to cut yourself off from Bollywood. In terms of personality, I am completely like my mom. We have the same amount of innocence and patience and on the other hand, Athiya and Dad are the same.

You are known to be inclined towards sports and music. What made you choose acting?

I wanted to join the army. I joined drama when I was in the 6th grade, but I wanted to join the army. When I started investing more time in dramatics, it became therapeutic for me. I started to express my emotions which I was hiding. It was mentally very beneficial for me, and I enjoyed doing it. Music is my hobby which could be used in films. My dad is an actor and after watching him, I wanted to get into films.

Do you have a particular friend circle within the industry?

I don’t interact much but as I play football, I have met with Ranbir Kapoor, Aditya Roy Kapoor, and Kartik Aaryan. We play together. I have known Ibrahim since I was a kid. So, I meet them here and there.

As Tara Sutaria is a senior to you, what was your first meeting like?

I met her first for the screen test. We had to do some romantic scenes from the film *The Dirty Picture*. I had to stand close to her and my legs were shaking; I was very nervous. Sajid sir still makes fun of me for the same. Tara never bossed me around in any way.

You are gentle with your fans so will this be continued when you become an actor?

Of course. You must always remember your roots even after getting stardom. You shouldn’t let that enter your brain. You can’t change the way you behave with people, especially when you get fame.

“In terms of personality, I am completely like my mom. We have the same amount of innocence and patience.”



The Youth Sensation, **TARA SUTARIA!**

Tara Sutaria makes a spellbinding return to the silver screen in her latest release *Tadap*. **Tapasvi Vibhute** catches up with one of the most recognisable faces of the industry to have a candid chat about her latest release, her experience in the industry, and more!



With Ahan Shetty being a debutant in *Tadap*, did you get a chance to showcase your seniority?

(Laughs) No, nothing like this happened. No one is a senior; we are of the same age. I have hardly been a part of a couple of films in these last 3 years, so I don't think I am eligible to advise someone at this stage.

Your career had just taken off when the pandemic hit. What was your reaction? How did you spend your lockdown?

I was anxious and nervous, but that's part and parcel of the same. In order to make my lockdown a bit more productive, my sister and I took some important dance lessons. We also cooked together and did everything that helped us keep ourselves sane.

We have grown up watching Suniel Shetty and you have now worked with his son Ahan Shetty. Are there any similarities you can list between the father-son duo?

There are many similarities but also there are also many differences that make Ahan unique. Mainly, his vulnerability and his sensitivity, which is seen on the screen as well.

Tara's motto: "Do that which makes me happy."



An actor who has successfully carved a niche for herself right from the day when she stepped into the industry, Tara Sutaria is gearing up to be a force to be reckoned with. Since her debut with *Student of the Year 2*, she has been on a spree of signing projects one after the other and is today a prominent and recognizable face of the industry. The actress, who started her career with *Oye Jassie* and *The Suite Life of Karan & Kabir*, is the primary choice for several filmmakers casting their leading lady on-screen.

We roped in the petite starlet for an exclusive conversation wherein she spilled the beans about her recently released film *Tadap*, working with a newcomer like Ahan Shetty, her journey of 3 years, and more!

How was your first meeting with Ahan? And what was your first talk about?

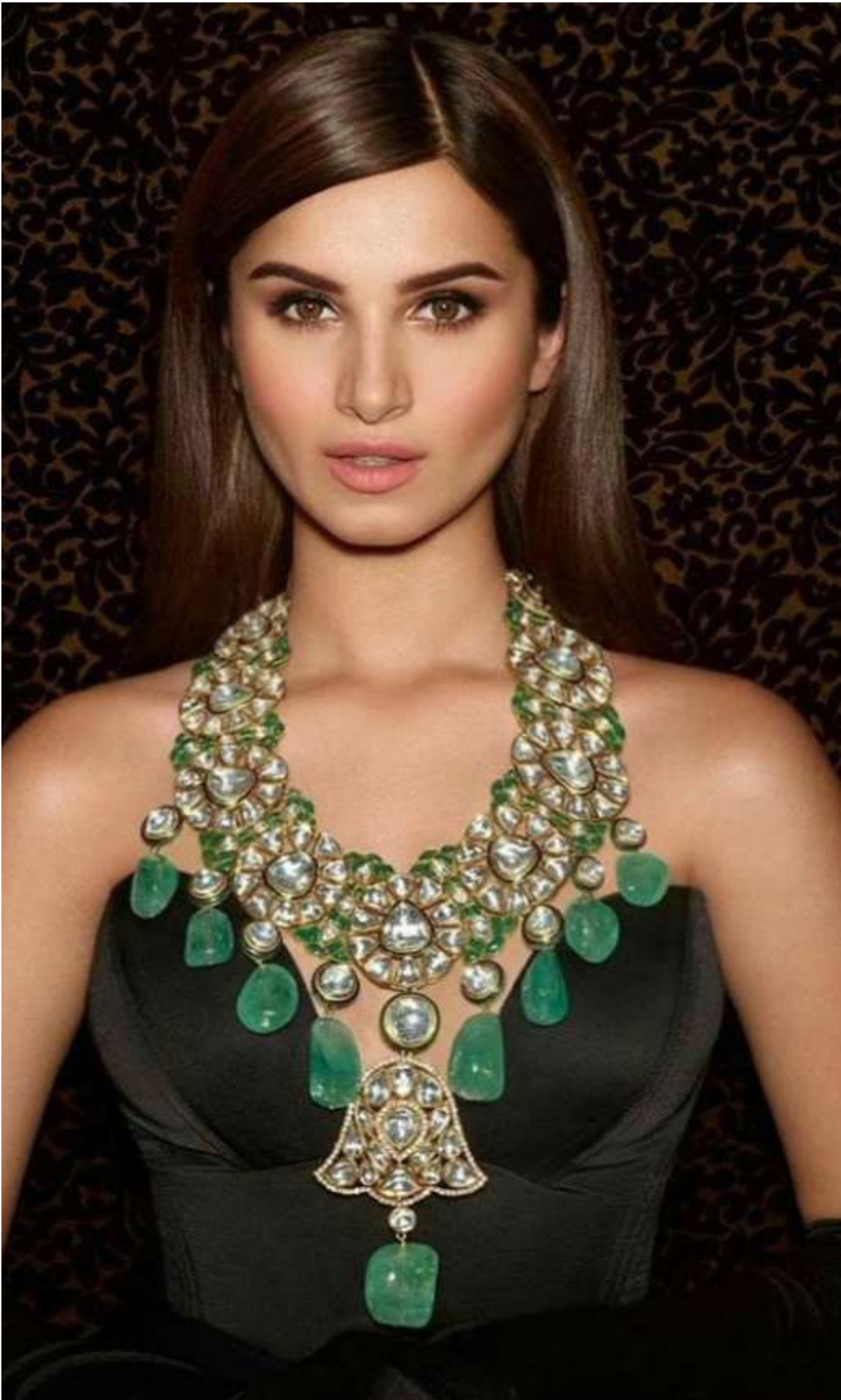
We met at Sajid Nadiadwala's office before I signed the film, and Ahan was already on the board. We were asked to read a scene from the movie *The Dirty Picture*.

You are known to be a very good singer. Why didn't you take this forward?

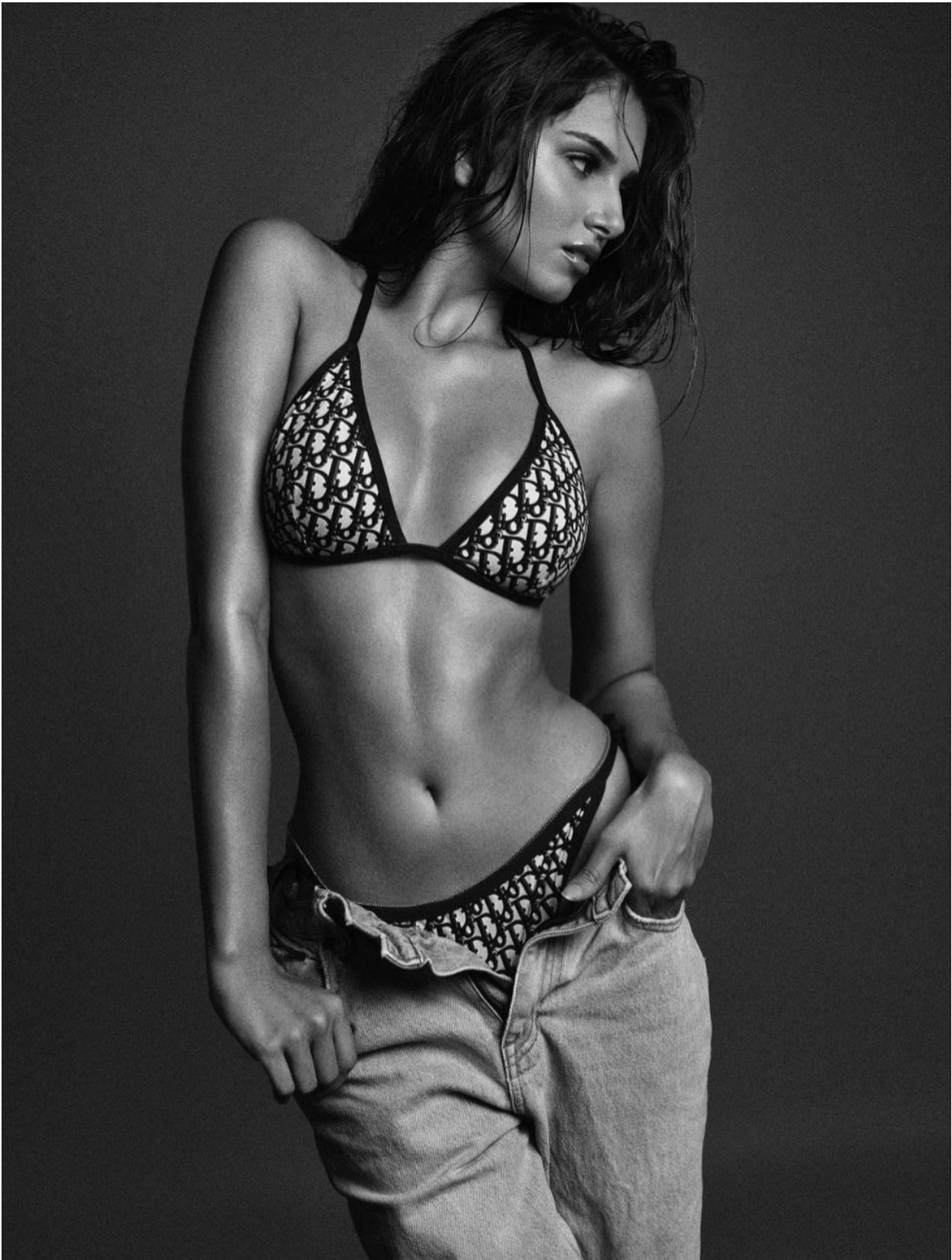
I'm singing in my next film *Ek Villain Returns*. I can't wait for those songs to go on-air and the kind of reaction it will get from the audience.

Given your background, we know you are a great dancer. How much would you rate co-star Ahan on his dancing skills?

I don't think so I can rate him, as we haven't danced a lot in the film. We were shooting in Rishikesh for a song, but it was more like lifting and very simple and fun steps. He did a couple of difficult lifts in the song which required a lot of practice. According to me, he is a very good dancer.



“Having a great support system is very important and a blessing in disguise.”



Everyone emphasizes more on physical fitness. What do you do for your mental well-being and fitness?

It is the most important aspect, and we should support ourselves personally to maintain our mental well-being. Having a great support system is very important and a blessing in disguise. The ones whom we can easily rely on – for example, our parents, friends, and close ones –who are warm, genuine and, supportive and stand by our side like a rock when we need them in crises are important.

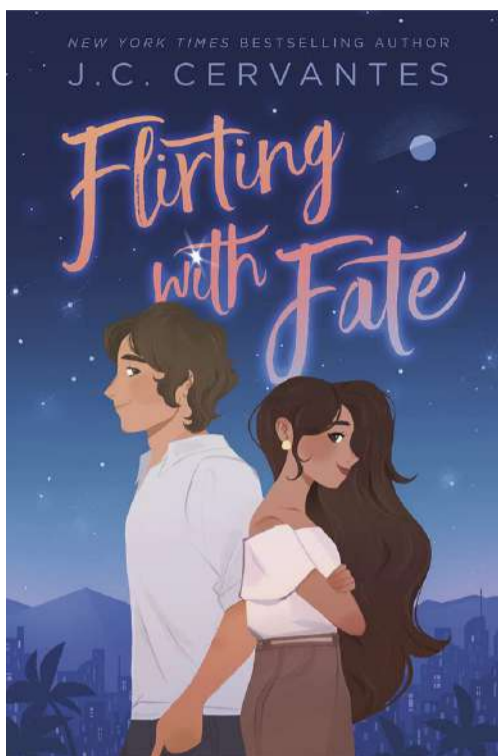
What do you think about social media?

I think being real and being myself is much more important. ‘Do that which makes me happy’, and that’s the reason why I am not active on social media. Although it’s a great platform, for someone like me I would prefer things that make me mentally happy and help in my overall growth.



HASHTAG'S MUST READS FOR 2022

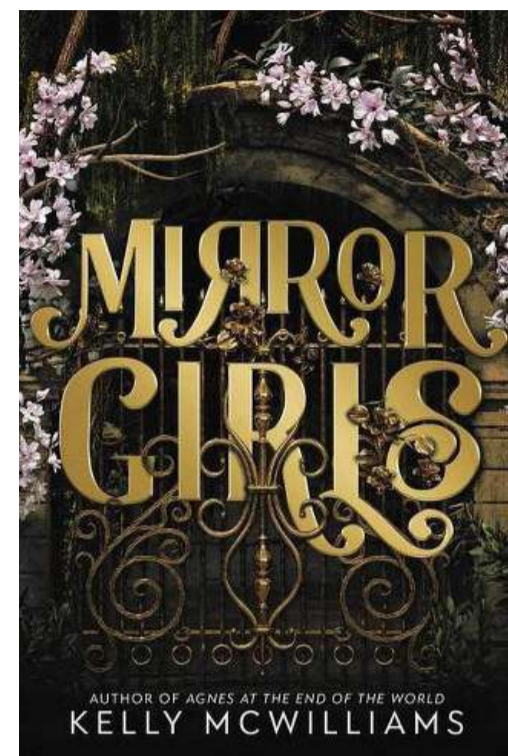
Upgrade your bookshelf and get started on that reading list early in 2022! **Bidisha Barik** brings to you the most anticipated releases for the upcoming year.



Flirting with Fate by J.C Cervantes

Release date: April 19, 2022

Ava Granados can never forgive herself for being late to Nana's deathbed. When Nana's spirit guide protects her, she wonders if the dangers she has been avoiding are worthwhile. In this gushy, cheerful young adult debut, New York Times bestselling author J.C. Cervantes presents a gripping tale about family, fate, and discovering love where you least expect it.



Mirror Girls by Kelly McWilliams

Release date: February 8, 2022

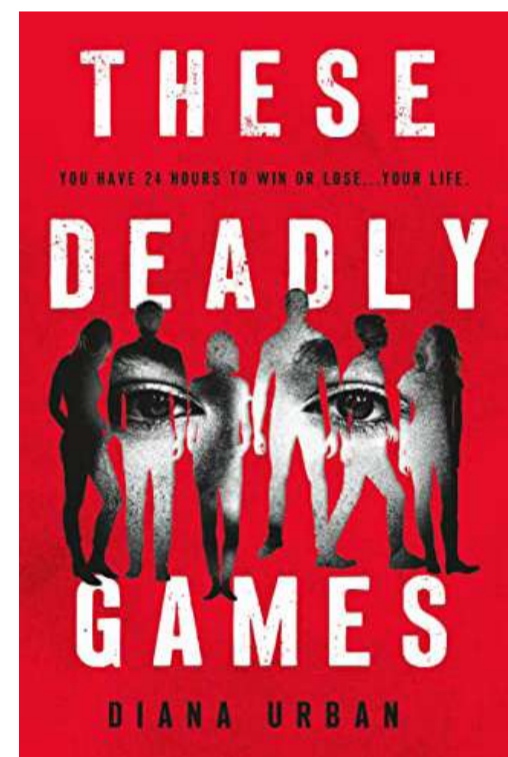
This exceptional narration will send chills down your spine as you are transported to the 1960s American Civil Rights Movement and the ghostly city of Eureka, Georgia – a wonderful addition to your inspiring young adult library.



This Rebel Heart by Katherine Locke

Release date: April 5, 2022

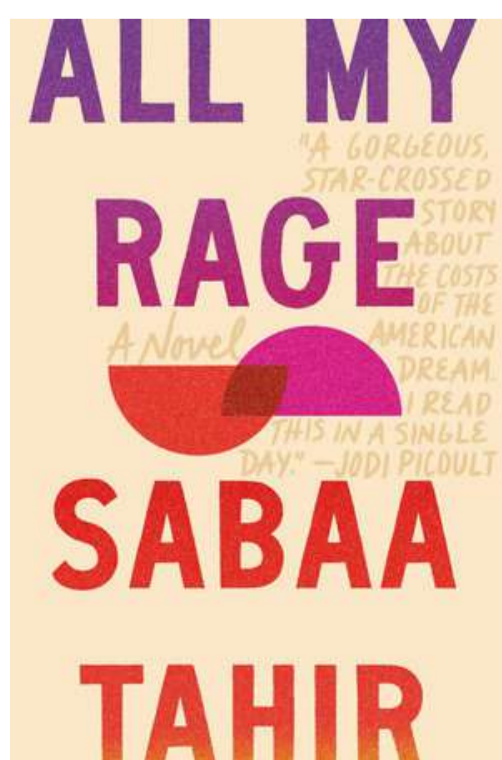
This historical fiction is set in post-World War II Budapest, dealing with themes related to the Holocaust and the resulting political ramifications. Focusing on the personal strife of Csilla, separated from friends, families, and neighbours, and revolving around the evolution of her personality, notions, and ideologies, this book is a must-read.



These Deadly Games by Diana Urban

Release date: February 2022

This psychological thriller will have your heart in your throat as it unfolds, loaded with suspense and turns. Diana Urban is a skilled storyteller who understands where the tale must go and how to deliver it to the audience while keeping the suspense alive!



All My Rage by Sabaa Tahir

Release Date: March 1, 2022

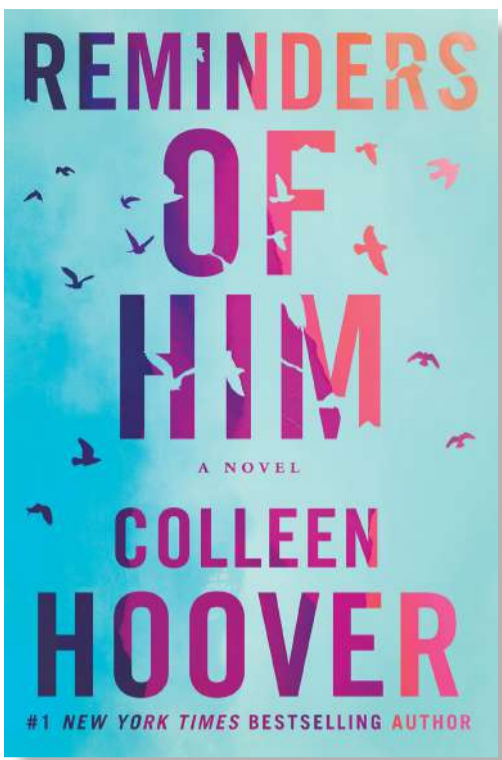
Sabaa Tahir is a bestselling young adult novelist who writes about youthful love, old regrets, and forgiveness. One of her most devastating and poignant works is set to be released this year. A piece of realistic fiction, the book deals with themes of South-East Asian diaspora, family and forgiveness across generations and continents.



Right Where I Left You by Julian Winters

Release date: March 15, 2022

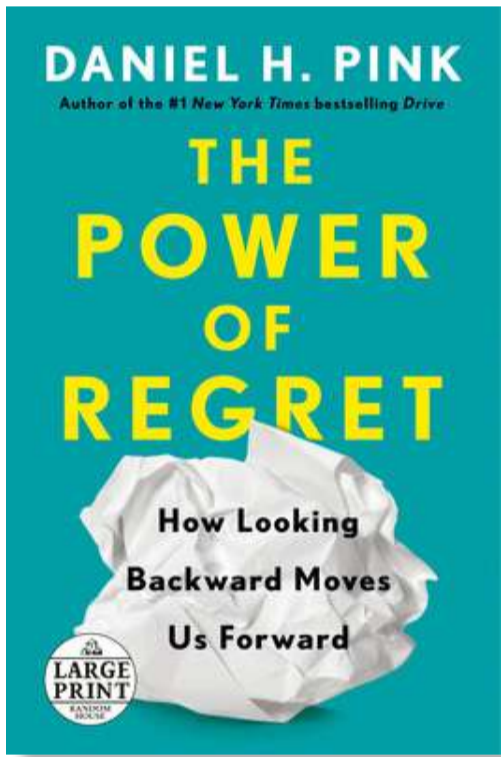
The book extols the virtues of embracing and exploring one's queerness. Nothing is flawless; emotions, friendship, and love are all messy, and the answer rests in this messiness. This year's must-read is a wonderful story about love and friendship!



Reminders of Him by Colleen Hoover

Release date: January 18, 2022

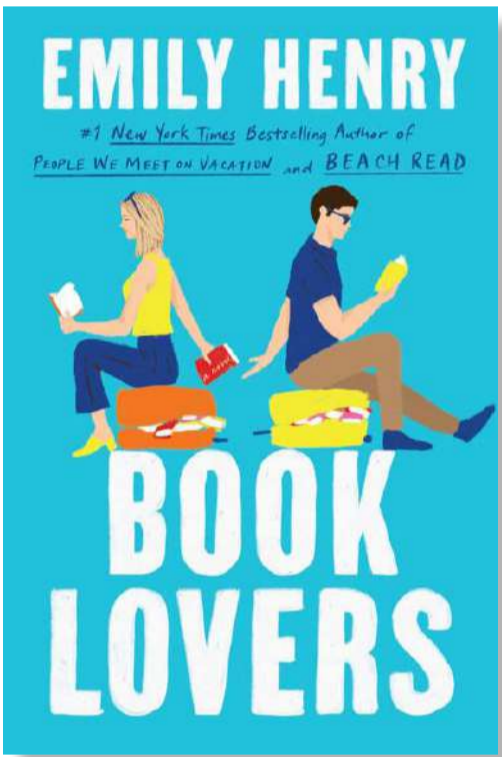
Colleen Hoover is someone who never fails to touch our hearts with her words and repair you in the process. In this tragic yet inspiring novel from #1 New York Times bestselling author Colleen Hoover, a disturbed young mother yearns for a chance at redemption, seeking to reconnect with her daughter and her past.



The Power of Regret - How Looking Backward Moves Us Forward by Daniel H. Pink

Release date: February 2022

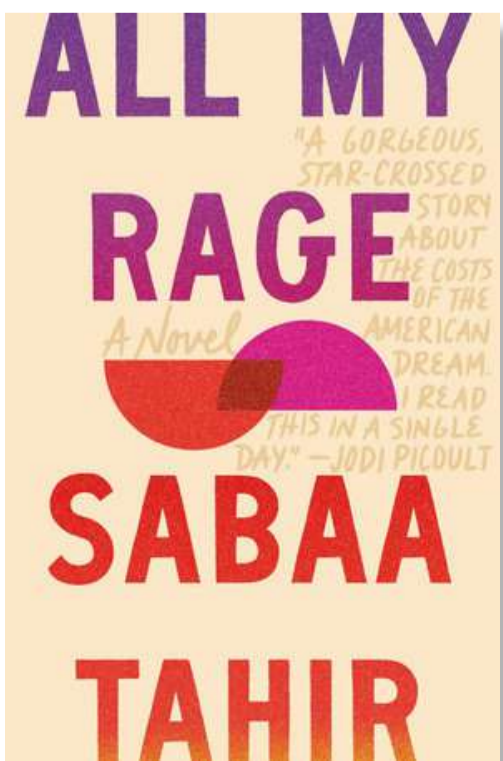
Regret is the most powerful and useful emotion. We all have misconceptions about regret, and Pink debunks the clichés that surround it. He transforms remorse into a constructive force by reinventing it. This is something you'll want to have in your library as soon as possible as part of your new year's resolve to live better.



Book Lovers by Emily Henry

Release date: May 3, 2022

Emily Henry, the author of *Beach Read* and *People We Meet on Vacation*, is back with another book about books, and everyone who knows Emily Henry's work knows it's a kiss to the soul on those days when you need a hug.



At the End of Everything by Marieke Nijkamp

Release date: May 15, 2022

This post-apocalyptic thriller is rife with youthful narrators. A group of shattered, criminal youths who have lost their path and have no possibility of getting back on track are now tasked with dealing with a spreading plague! This suspenseful, surprising, and multi-narrated thriller has at its centre the struggle against injustice. This is a read you wouldn't want to miss.

Swirl around the library and select the ideal book to begin a new chapter this year, as best-selling writers have already figured out how to deliver to you the best of their writing.

Hash#ag INDIA



Subscribe for free

Visit:

www.hashtagmagazine.in

SUBSCRIBE