

# Hashtag

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INDIA

November 2022

8

BEST TRILOGY  
SERIES TO  
READ

**LIVING GURUS:**  
Spiritual masters  
of India

BEST CAMERAS FOR  
BLOGGING

**MITHILA  
PALKAR**

"MY JOURNEY HAS BEEN SURREAL"

**FORCES  
OF FASHION**  
Designers  
that wowed at  
**LFW2022**

**EXCLUSIVE:**  
The godfather of  
Indian cinema  
**KARAN JOHAR**



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TRAVEL  
FASHION  
& MORE

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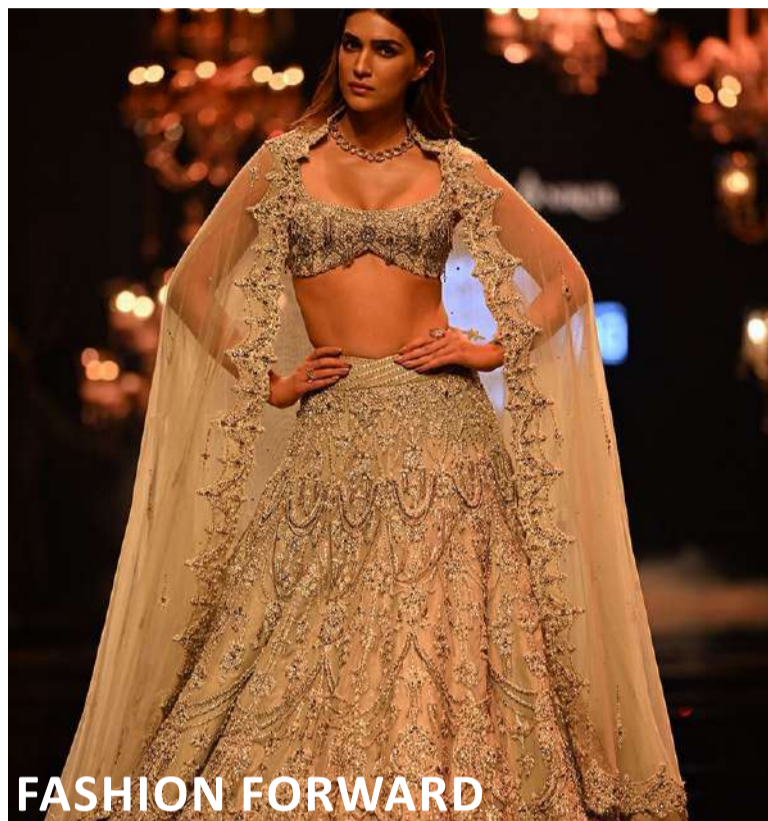
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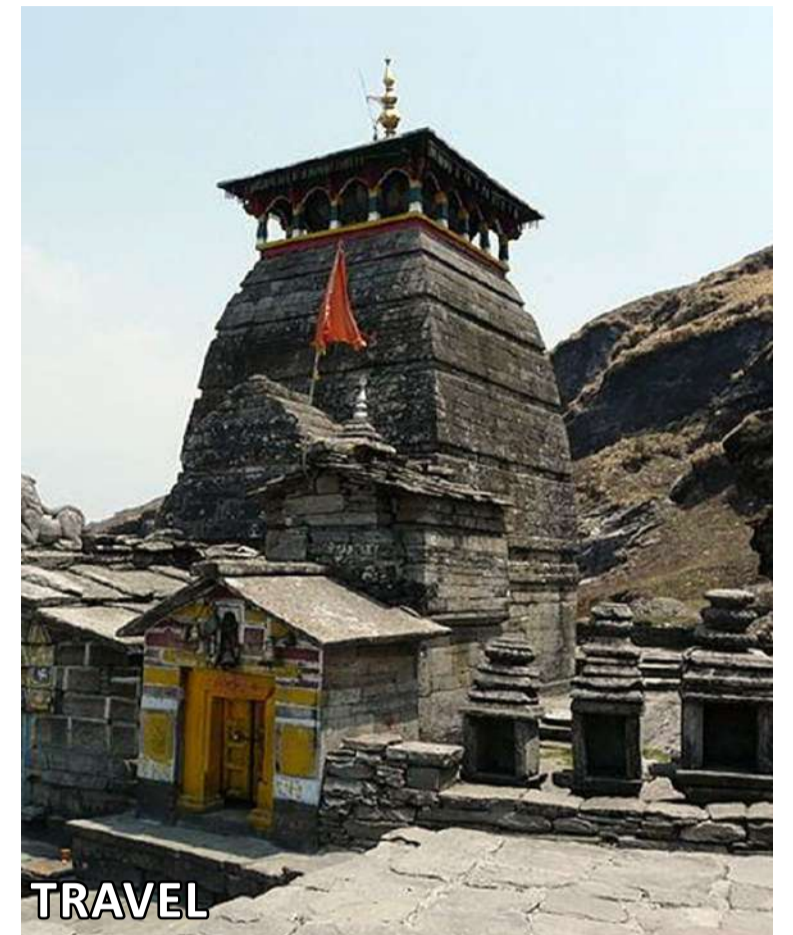
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# From the **E**EDITOR

## Do you need a brand to feel good?



relationship with his mom, actress Mithila Palkar shares her journey from the web series to the cinema. We also have a lot of recommendations in this issue, from the best of travel to the latest in technology we have it all in here....

Happy reading!

“

**T**he world has gone brand crazy! Did you know that the sales for Louis Vuitton increased 44% in 2021 to €64.2 billion (\$71.5 billion), during the pandemic? Brands like Dior and Gucci are gobbling up the world market like never before... As long as you buy a luxury brand because you can afford it or it gives you a sense of accomplishment, it's great, but once people start buying luxury brands to increase self-esteem or provide a sense of belonging, they lose the plot! Suddenly, it becomes an obsession, you want a new bag at every party and the loudest pair of branded shoes. How much is too much? Well, it comes down to each individual. As long as you're not losing your mind and sleep over your next purchase, you're good to go!

Dressing well and feeling confident are of course interrelated. Perhaps it's pretentious to place such a high value on the power of dressing your best, beyond other apparent characteristics. However, what an individual considers to be aesthetically pleasing attire can contribute a big portion to his or her self-confidence. Fashion can be bought, but style is something that one must possess.

In our issue, we have handpicked designers who have managed to create distant identities in designs. They are carving out their niche with brand and fashion philosophies of their own. In the future, you must slow down and become more mindful of what you shop or wear. You need to balance peer culture and your individuality. The next time you go to a store and pick up that bag, don't forget to ask yourself - Do I need a brand to feel good?

Don't miss our other stories and exclusive interviews. While Karan Johar talks of parenting and his

”

Sinduri Vuppala



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INDIA  
INDIA'S FIRST INTERACTIVE MAGAZINE

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**THE  
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**DELICIOUS  
AND  
CRUNCHY**  
  


# UPCOMING EVENTS

## NOVEMBER 2022

### Comic Con India 2022

Comic Con India is the grand celebration of pop culture. There will be multiple shows held across the country. The 9th edition of Bengaluru Comic Con is here, and the event brings together a series of fandoms of various elements of pop culture like comics, movies, anime, merch, gaming, and more. If you are a fan of comics, and superhero movies then this is the event for you.

**Date:** 19th Nov- 20th Nov 2022.

**Price:** Rs 799/- onwards.

**Venue:** KTPO Trade Center, Whitefield, Bengaluru.

19-20  
Nov 2022



### ACETECH Mumbai 2022



ACETECH is Asia's leading trade fair for architecture, building materials, art, and design. The forum offers opportunities to exhibit and create an impression on the decision-makers of the architectural industry. At this event, there will be designers, builders, and architects from India and around the world.

**Date:** 10th Nov- 13th Nov 2022.

**Price:** Rs 500/- onwards.

**Venue:** Bombay Convention & Exhibition Centre: Nesco Mumbai.

### Sunburn Arena ft. DJ Snake

The biggest Sunburn Arena tour is here. Witness DJ Snake perform live on his famous songs like Disco Maghreb, Taki Taki, and Magenta Riddim. The event is scheduled in six cities across India this November. You do not want to miss this event because the event will be packed with breathtaking performances. There are limited early bird tickets available online.

**Date:** 20th November 2022, 4 PM

**Price:** Rs 999/- onwards.

**Venue:** Hyderabad

20  
Nov 2022



### Armaan Malik India Tour-Bengaluru.



Swiggy SteppinOut is collaborating with Envision to host the youngest singing sensation of the nation, Armaan Malik in the Next 2 You India Tour. The tour will be held in major cities like Bengaluru, Kolkata, Delhi, Hyderabad, and Mumbai. Book your tickets and get a chance to dance to the melodious tunes of Armaan Malik.

**Date:** 19th November 2022, 7 PM

**Venue:** UB City, Amphitheatre, Bengaluru.

**Price:** Rs 999/- onwards.

To get your events featured mail us at [contact@hashtagmagazine.in](mailto:contact@hashtagmagazine.in)



**TRENDING NOW**

# RISE OF THE STAR

# MITHILA PALKAR

**Mithila Palkar**, a personality to reckon with in Hindi and Marathi, turns her attention to Tollywood with her Telugu debut as a female lead in *Ori Devuda* opposite Vishwak Sen. The film is a remake of the Tamil romantic comedy blockbuster film *Oh My Kadavule* directed by Ashwath Marimuthu who directed the original as well. Mithila, who was also a YouTube sensation has shared the screen with legendary actors like Irrfan Khan, Kajol, Dulquer Salman and Abhay Deol. Her popularity with the youth and audience has enabled her career graph to go on the rise. In conversation with **Lipika Varma**, she talks about her Tollywood debut and her journey so far.



**Excerpts:**

**How did you bag a debut role in the Telugu film *Ori Devuda*?**

This film is the remake of the Tamil romantic comedy blockbuster film *Oh My Kadavule*. The director of the film, Ashwath Marimuthu called me and asked me to watch the Tamil version first, then we could take the conversation ahead. I watched the film and it was indeed a fun watch. It was a meaty role. I always like to be part of a film which has a good story and a good character. I enjoyed the film, the character and watching the film as an audience so I said let's do it!

**How did it feel working in the South industry, especially as it was your first time?**

Ashwath my director, told me for the first time that there are people who will speak Hindi and English, it was great being on that set and that's where I got lucky. The crew was from the Tamil industry and they didn't speak Telugu. But there were a bunch of people who spoke Telugu so obviously, we heard Tamil, Telugu, English and Hindi which were the languages majorly spoken on the sets. Hyderabad folks speak Hindi in their dialect and I enjoy it when people speak different languages. I didn't feel alienated at all.

**You have worked in all industries from Bollywood, Tollywood and Marathi, how did you manage it all?**

I have been lucky to have worked with like-



-minded people in these industries and on these sets as a newcomer. This is my big screen release after *Karavan*, although, I am new to the industry, I have gotten a lot of love, respect and support and I feel very privileged.



**I have been extremely grateful for everything that has happened professionally. I have learned so much from everybody I have worked with.**







**How has your journey been? You have caught the public eye as a YouTube sensation and have worked with Dulquer Salmaan, Abhay Deol and the late Irrfan Khan.**

It's been incredible, surreal, and beyond my imagination. I have been extremely grateful for everything that has happened professionally. I have learned so much from everybody I have worked with. So many people I meet say, oh my god, you have worked with Irrfan sir and that feels like something else. I am grateful to work with an actor who did unknowingly teach me so much with a very child-like curiosity without having any air about who he is. He was always willing to learn. I know he was going to start working on some digital project and he knew that's the space I came from. He would sit with me and ask me questions about wanting to learn/understand it better. He never felt why I should learn from this little girl, he just wanted to get all the information. We dearly miss Irrfan sir.

Abhay continues to be a friend. Everyone knows he is extremely genuine and honest. He is there for me no matter what.

I was nervous the first day when I was working with Kajol. Having grown up watching her and then, sharing the screen with her, and playing as her daughter, I had to pinch myself. I was so nervous, but she gave me her infectious laugh and that's it, I was so comfortable after that. I am grateful for this journey.

Recently, I watched two of Dulquer's films- Sita Ramam and Chup. I met him after watching his work. I am glad these are people who are still accessible and not that they have worked with me and forgotten me.

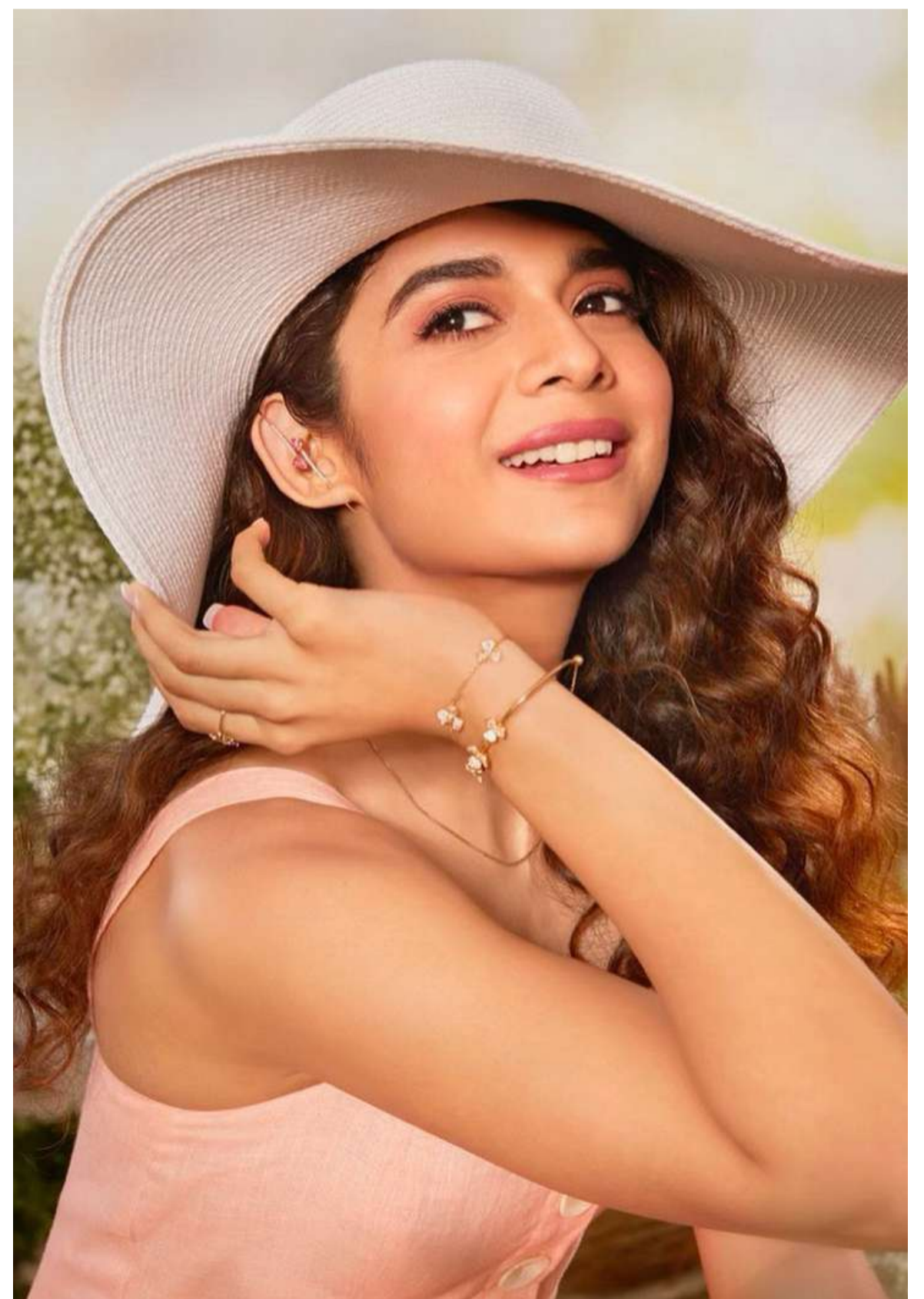


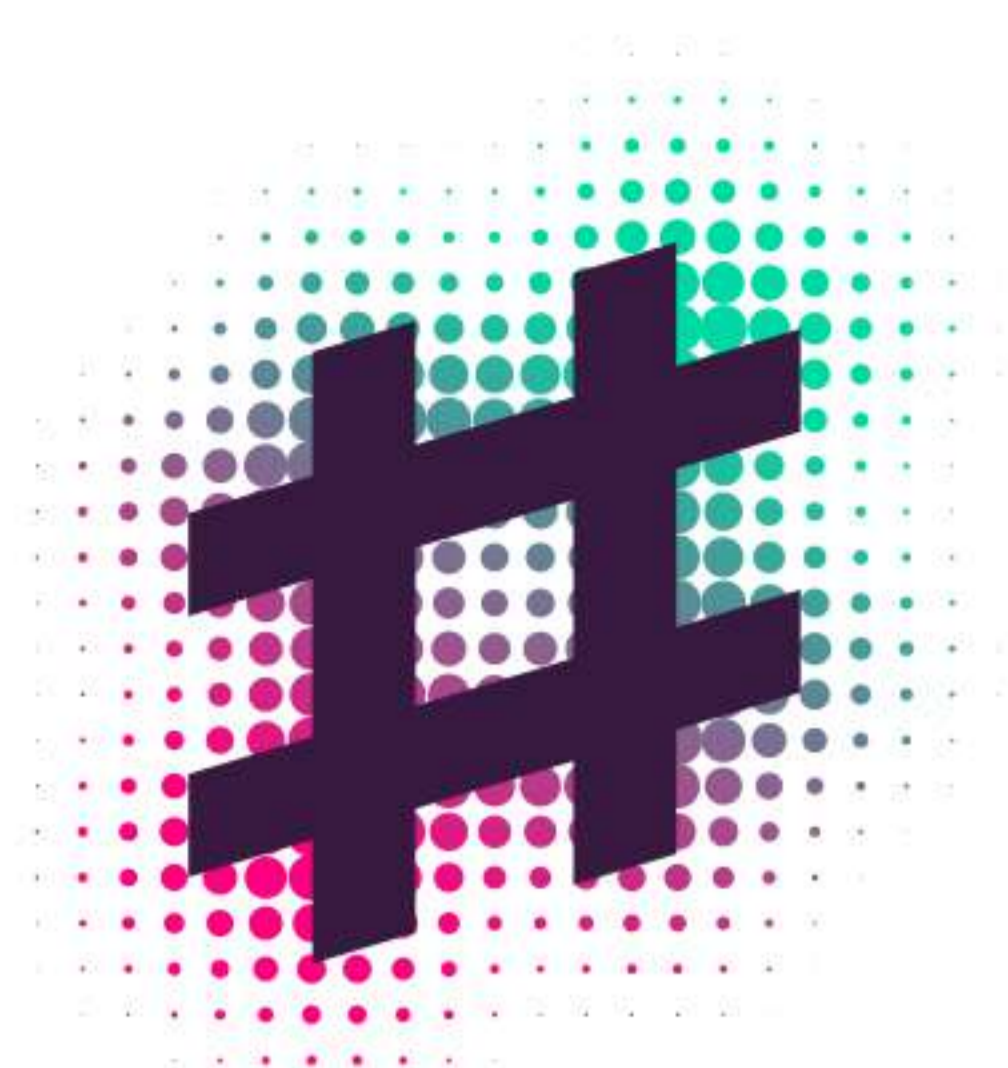
***Although I am new to the industry, I have gotten a lot of love, respect and support and I feel very privileged.***



**How was your experience shooting in Hyderabad, what would you like to say about the city?**

I was in Hyderabad for more than 6 months and it just felt like home. I am recommending places for people to eat the food I love. It is such a clean place. I have had the best Andhra food from Vishwas's mother. The entire cast and crew sat together and had a community meal, no one went to their van to eat. Hyderabad is a mix of Nizam and Andhra-Telangana, you get the best of both worlds. I relished *biryani* and had the best *sambar*, *chutney*, *idlis* and *dosas*. I am a huge foodie, and being in Hyderabad was heaven.





h a s h t a g

START UPS

# SNATCH A SNITCH

A 21st-century fashion station for the millennial generation, 'Made in India, For the World', Snitch is a men's apparel startup brand growing in leaps and bounds. Encapsulating inspirations from around the globe, the company designs styles in response to the latest trends. **Bindu Gopal Rao** in conversation with the founder talks about how the brand started and more.



Siddharth, Snitch, Founder

## The Story behind Snitch

Siddharth R Dungarwal, the founder of Snitch explains why he chose the name, "We have always known the word 'Snitch' in a negative light. So, we took it and turned it into something cool and quirky. That was the idea behind our name. Who knew that our customers would grow to use the word as a verb too? So, now we Snitch on trends." Dungarwal introduced Snitch as a B2B company in 2018 with a vision to meet the latest fashion demand for men daily. Later in 2019, the company moved to the D2C model and launched its website with just 30-35 products. Envisioned as a fast fashion brand in India, Snitch now delivers world-class trends, designs and fashion daily.



*"Most apparel brands make collections as per seasons. To break the norm of a limited collection, we design and produce fashion daily."*

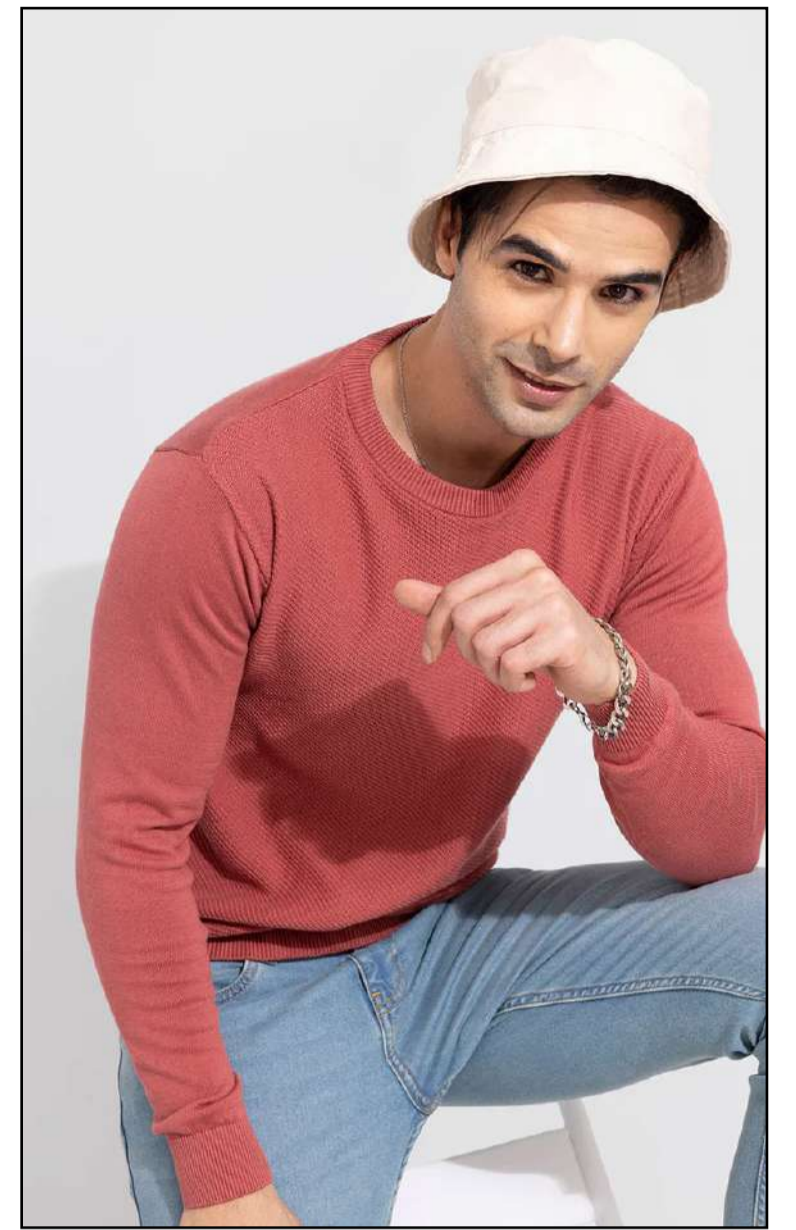


Snitch is not just a product-selling brand, instead, they narrate the story of fast fashion. "Most apparel brands make collections as per seasons. To break the norm of a limited collection, we design and produce fashion daily. Now the company has built a robust system from designing a product to making it available for sale in less than 20-25 days," says Dungarwal. The strategy is paying off as they registered a 100 per cent growth in FY 2021 – 22. "I believe that if your only competition is yourself, then nothing can stop you. Our ability to adapt to the changing environment has led to this kind of growth. We started as a small startup, but our dreams have always been to acquire a big name in the industry," says Dungarwal. With consistency as the key, the team plans everything and never misses out on adapting to the latest technology. Having employed proactive personnel, the team has developed an online community and kept producing quality clothing for their customers.

## Contemporary Cues

In the age of Tinder and Instagram, everyone wants to look trendy, and men are generally left behind. Catering to such fashion needs specifically for men, Snitch was started to fulfil the fashion and styling needs of men. "Meanwhile, running the race of limited collections, the majority of fashion brands tend to forget that the end customers seek the latest styles and trends at affordability. Keeping such exotic fashion choices and price factors in mind, Snitch is a limitless and experimental fashion brand that offers a quirky and outlandish range of everyday staples like formals, party wear, leisure wear, and much more that gives the brand a runaway success in India in the men's apparel category," says Dungarwal.

The organization has a clear focus on customer satisfaction and believes that the kind of service they receive from the brand when things go wrong is important. Snitch also ensures that men must not compromise in style choices by adopting a thoughtful approach to advocate sustainable fashion. A whole new landscape of recycled and upcycled fabrics has enabled Snitch to create fashion pieces for our customer base that have a minimum impact on the environment. "With end-to-end technology that helps in the manufacturing process, we use tools that help us forecast trends that are later converted into the final design. We use ERP tools to help in the overall production/ manufacturing process," says Dungarwal.



## Future Plans

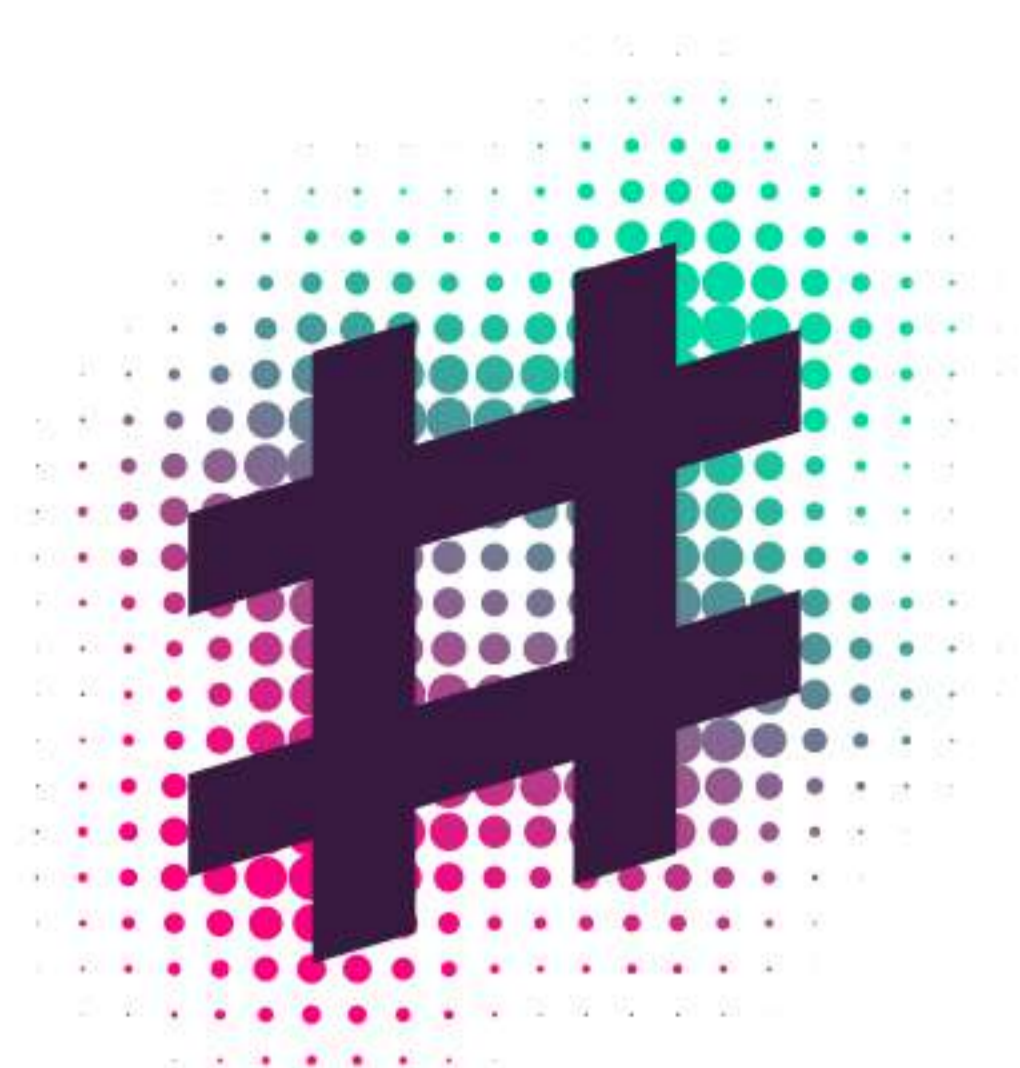
Fashion is a nonstop industry, and the team is always on their toes to ensure they offer the latest fashion that is liked by their target audience. This, however, also has its own challenges. "Tapping into trends and designing our collections based on the latest fashion choices is quite a challenge. We also face many technical challenges on the front be it delivery related, production centric or return/ sizing issues faced by customers that we are trying to nullify," says Dungarwal.

***"We started as a small startup, but our dreams have always been to acquire a big name in the industry."***

al. Since Fashion is meant for every body type, Snitch Plus is a collection provisioning plus sizes (2XL – 5XL) offering an unconventional style statement for men of all sizes. It brings out the best of personalities through the transformative power of fashion. The brand recently introduced Snitch Luxe, personifying sartorial elegance inspired by the rich standard of Egyptian Cotton as the world's finest, to deliver craftsmanship in classic and luxury forms.

Looking ahead, Snitch aims to cross the turnover of 350-400 crores in the next 3-4 years. The company wishes to expand into the women's apparel segment as well. Snitch is planning to open 6 to 8 digital experience stores across India in the next six months for an offline – digital experience. Their stores (500-800 square feet) will open soon in Delhi-NCR, Karnataka, Telangana, and Maharashtra. So let's say cheers to men's fashion, shall we?





h a s h t a g

FOR A CAUSE



# Top Indian Startups Working For *The Greener Earth*

Startups are working to make environmentally conscious decisions and encouraging people to protect the environment. Here are the top startup companies that are manufacturing eco-friendly products.

## Banyan Nation



Banyan Nation is a waste management company founded by Mani Vajipeyajula and Rajkiran Madangopal. It is India's first vertically integrated plastic recycling company. The startup company helps global brands to use more recycled plastic instead of contaminated plastic. The company also uses eco-friendly detergents in cleaning plastic that removes contaminants. The company has won the World Economic Forum Global Technology Pioneers in 2021, and the Circulars Award at the World Economic Forum in 2018.

## Ather Energy

Ather Energy is a startup company founded by Tarun Mehta and Swapnil Jain that manufactures electric vehicles to reduce air pollution. The company aims to redefine the automobile sector by introducing electric scooters that are powered by Artificial Intelligence. The company has more than 350+ charging stations across 38 cities in India. The company is looking to expand its manufacturing facilities for testing and the launch of the vehicle.



## Phool



Phool is India's first biomaterial startup and fragrance wellness brand founded in 2017 by Ankit Agarwal and Prateek Kumar. To produce organic fertiliser and charcoal-free incense products, the startup company collects floral waste from temple waste in rivers. By doing this, they have stopped 13 tonnes of waste flowers and harmful chemicals from entering the river each day. Additionally, the business offers floral foam, a moldable material made from recycled flowers.

## Beco

Beco is a sustainable startup company that is known to develop sustainable products made with Bamboo and cornstarch. The company is founded by Aditya Ruia, Anuj Ruia, and Akshay Varma. The company aims to reduce the usage of plastic products and also offers alternatives to products like tissues, and cotton balls by offering a wide range of home and personal care products.



## Zunroof



Zunroof is a leading solar energy startup in India that is creating waves by providing the best on-grid solar solutions. The company was founded in 2016 by Pranesh Chaudhary and Sushant Sachan. The company helps its customers to harness the power of the sun and use it as energy. The company has installed over 10,000 plus residential solar rooftops in Ahmedabad, Surat, and Vadodara. The company is divided into residential, commercial, and industrial scales where the sizes of the project vary.

## Just Organik

Just Organik was founded by Pankaj Agarwal and Richa Agarwal. It is a certified organic food manufacturing company that aims to make safe and healthy organic food more accessible to customers. The company started in a basement in 2013 and now there are two major branches across the nation. They motivate the farmers to start practising organic farming in India. The company supplies chemical-free, affordable, healthy, and tastier food.



## Takachar



Takachar is a startup company that has developed a machine that converts agricultural waste biomass into marketable products. We all are aware of the fact that India is one of the world's largest agricultural economies and it also generates a lot of agricultural waste. This agricultural waste is burnt down which is the major reason for air pollution. To stop this, Takachar's affordable and innovative machines will help farmers turn agricultural waste into products like fuel and fertilizers.

## Boss Lady

Boss Lady is a Mumbai-based startup company founded by Kajol Bafna. They aim to sell cosmetic products that are Vegan, natural, and cruelty-free. The products are made using ingredients like sunflower wax, almond oil, calendula wax, and others. They have launched about 15 products that contain various shades of lipsticks, eyeliners, and highlighters.



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**RETAIL THERAPY**

# BEST CAMERAS FOR BLOGGING

With the help of a camera, you can step up your game and capture high-quality photos and videos. These are some of the best cameras that are versatile with many amazing features.



## Fujifilm X- S10



Fujifilm X- S10 is one of the best cameras for blogging. It has a 26 Megapixel sensor camera and it delivers impressive image quality. In this camera, you can also use film simulation profiles to get various looks and tones for the photos. Fujifilm camera comes with an in-body image stabilization to reduce camera shake when taking photos or videos. The camera supports USB Charging, and you can use the camera when it's charging.

Price of the camera: **Rs 86,990/-**

## Canon Powershot G7 X- Mark 2

Canon Powershot G7X- Mark 2 is an amazing camera that comes with a 20.1 MP that takes amazing photos. The camera comes with a slim and compact body that is ideal for daily use and travel vlogging. The weight of the camera is extremely light and it comes with a 3-inch touchscreen that can be flipped up to 180 degrees and down to 45 degrees. It has built-in Wi-Fi with NC Support remote control.

Price of the camera: **Rs 1,02,453/-**



## Canon 80D



Canon 80D is a mid-range SLR camera with amazing features. The camera comes with compatibility features with Canon EFS and EF lenses. Canon 80D has amazing features like 7 fps continuous shooting, a 45-point autofocus system, and Speedlite flashes. It comes with a 24 MP image sensor and built-in Wi-Fi that syncs with the flash. You can also use Eos utility webcam beta software to turn your compatible camera into a high-quality webcam.

Price of the camera: **Rs 90,495 to 1,04,000/-**

## Sony Alpha ILCE 6000y

If you are a beginner, then Sony Alpha ILCE 6000y is the best camera for you. It has a 24.3 MP Exmor HD CMOS sensor camera with 11 fps continuous shooting and 1080p FHD Video recording. It has amazing AF and face tracking ability with which you can take amazing pictures and videos.

Price of the camera: **Rs 53,990/-**





# PRODUCTS REVIEW

What's in your shopping cart this month? Hashtag gives you a few picks to try out this season!

1



## Beetroot Lip Balm

By T. A. C- The Ayurveda Co.

**Price: Rs 199**

If you're having trouble with chapped lips, this rich and hydrating butter enhanced with plant-based essential oils might be the ideal remedy for you. It also gives the lips a pretty lush appearance. Its purpose is to naturally hydrate the skin. Natural humectants like theobroma cacao seed, shea, and beetroot are used to make this chemical-free lip butter, which nourishes lips, lightens pigmentation, and repairs damaged skin cells to give lips excellent pigment.

2

## Liquid Lipstick

By Health & Glow

**Price: 199 onwards**

Health & Glow recently launched 'Work, Play, Party', a new range of vegan, cruelty-free cosmetics line. Offering a wide palette of Ultra-rich Liquid Lip Colour and Bullet Lipsticks, they have more than 20 shades to pick from. With a long-lasting matte and creamy satin finish for a smooth and even texture, these lipsticks contain vitamin E and last over eight hours. So next time you want to glam up for an affordable price, you know where to look.



3



## Get even concealer! By TYPE

**Price: Rs 999**

With the power of science, cleanly crafted formulas and high-performance ingredients TYPE offers a wide range of concealers. Infused with the multifaceted combination of Niacinamide and Bakuchiol, it helps treat hyperpigmentation while also strengthening and restoring signs of ageing. This lightweight formula is easy to apply, gives full coverage, and also repairs the skin from the inside out.

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**FASHION FORWARD**

# AN ODE TO FASHION

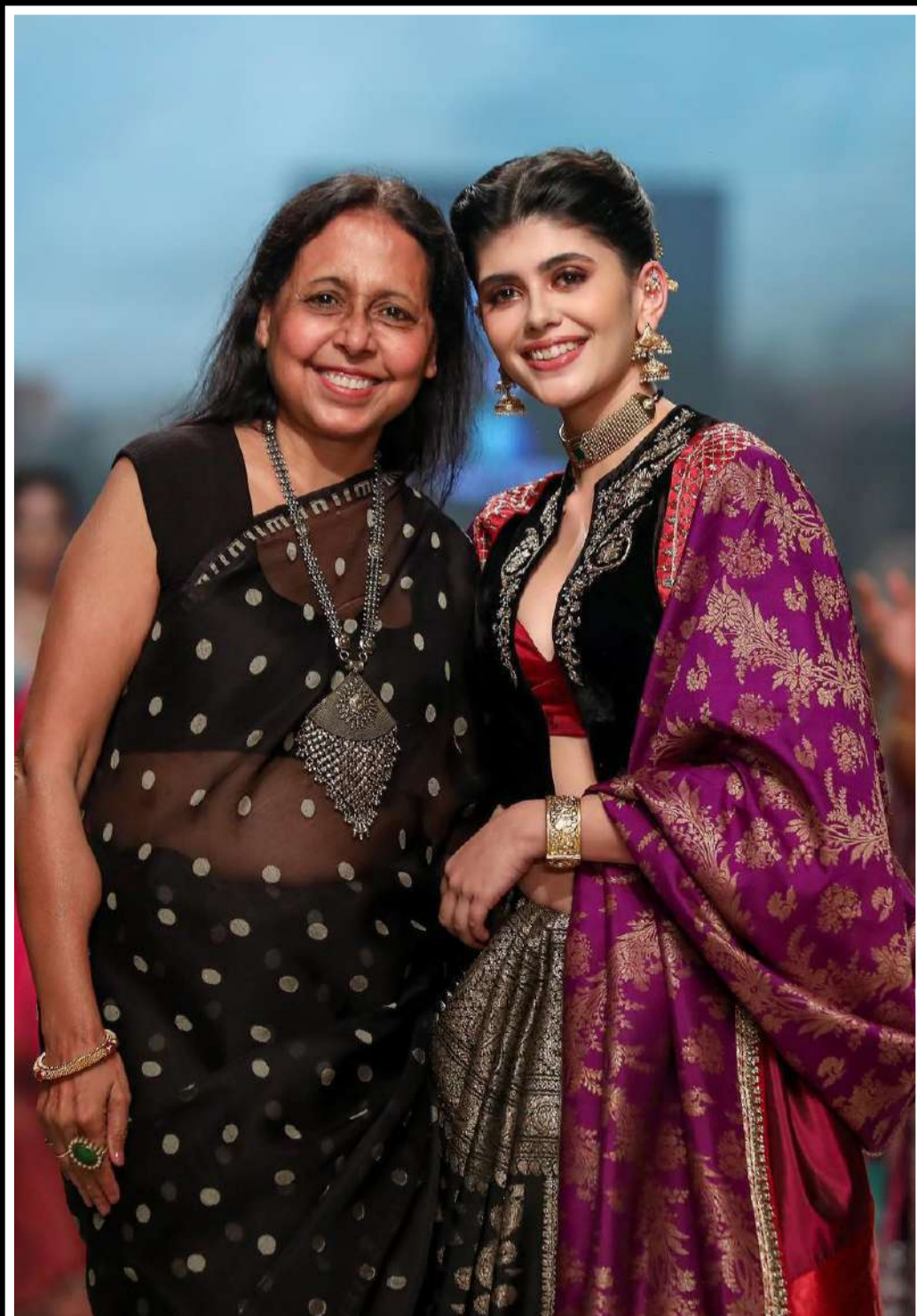
## LAKME FASHION WEEK 2022

Many eyes were drawn to the **Lakme Fashion Week**, which took place in Mumbai's prestigious and sentimental Jio Convention Center during the third week of October. After almost two years, the LFW reopened in this exquisite event on October 12th with a bang and continued throughout the entire week. The LFW 2022 is one of the most popular events in the wake of the pandemic, from the elegance of seasoned designers to the fervour of the new debutants. Let's take a closer look at a few of the show's stunning performers.

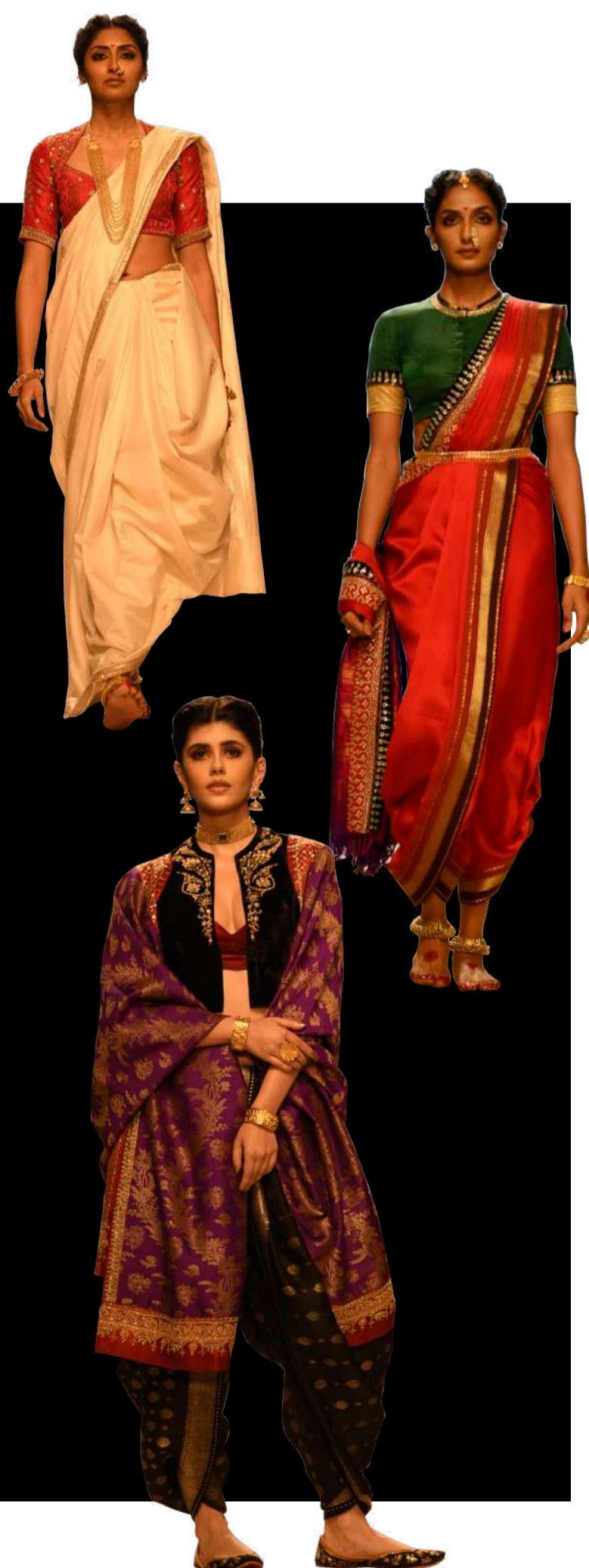
### VETERANS

#### **Anju Modi (X Tencel)**

*Collection Name: Damayanti*



Anju Modi with her showstopper Sanjana Sanghi



Collaborating with the sustainable textile brand Tencel, Anju Modi brings to the show a classic touch celebrating femininity with her collection 'Damyanti'. Inspired by Indian mythos, her latest collection showcased pieces induced with regal jewel colour tones, classic blacks, gold palettes, glitters & velvets.

Deserving of the title, the Showstopper Sanjana Sanghi presented the best of the collection standing out with a black velvet, cropped jacket adorned with gold detailing and accentuated with a deep red bralette. Paired with a purple shawl, she stands as a queen among the princesses.

#### USP

Traditional classic outfits, sustainable fabric, feminine aesthetics & Indian handicrafts.



**Shahab Durazi**  
Collection Name: *A Retrospective*

After a break of over 2 decades, Shahab Durazi returns to the ramp with a collection apt to his experience, *A Retrospective*. With a first in his career, he presented a collection of 50% menswear and brought back the iconic Aishwarya Rai Bachchan's saree look as a symbol of reminiscing the past. The collection, apart from following trends also adds a sense of sentiment and nostalgia with old pieces included in the repertoire of the collection.

Revered with a standing ovation from the audience, Durazi presented an ensemble of tailored separates, evening gowns, soft blouses, impeccably cut jackets, boleros and sharply tailored pants for both genders. Durazi has proved to be the highlight of the show and recreated the magic of classic black & white in LFW 2022.

**USP**

soft tailoring and feminine detailing, classic couture



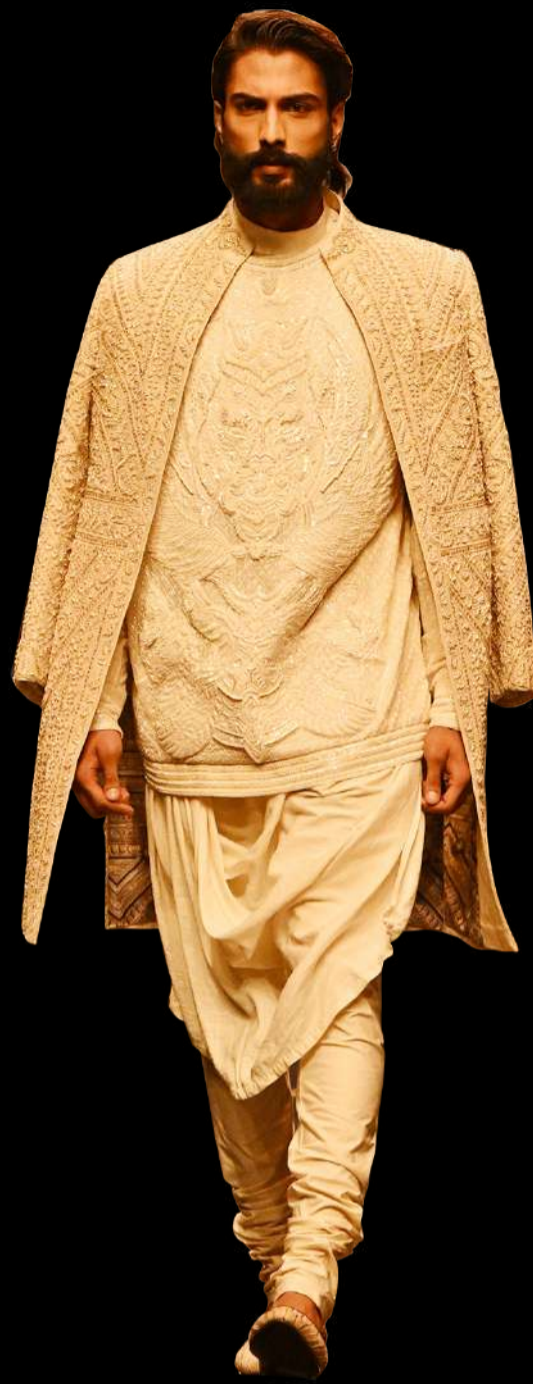
Shahab Durazi at Lakme Fashion Week Oct 2022



**Shantanu & Nikhil**  
Collection Name: Capella



Shantanu & Nikhil with showstopper Kriti Sanon at LFW2022

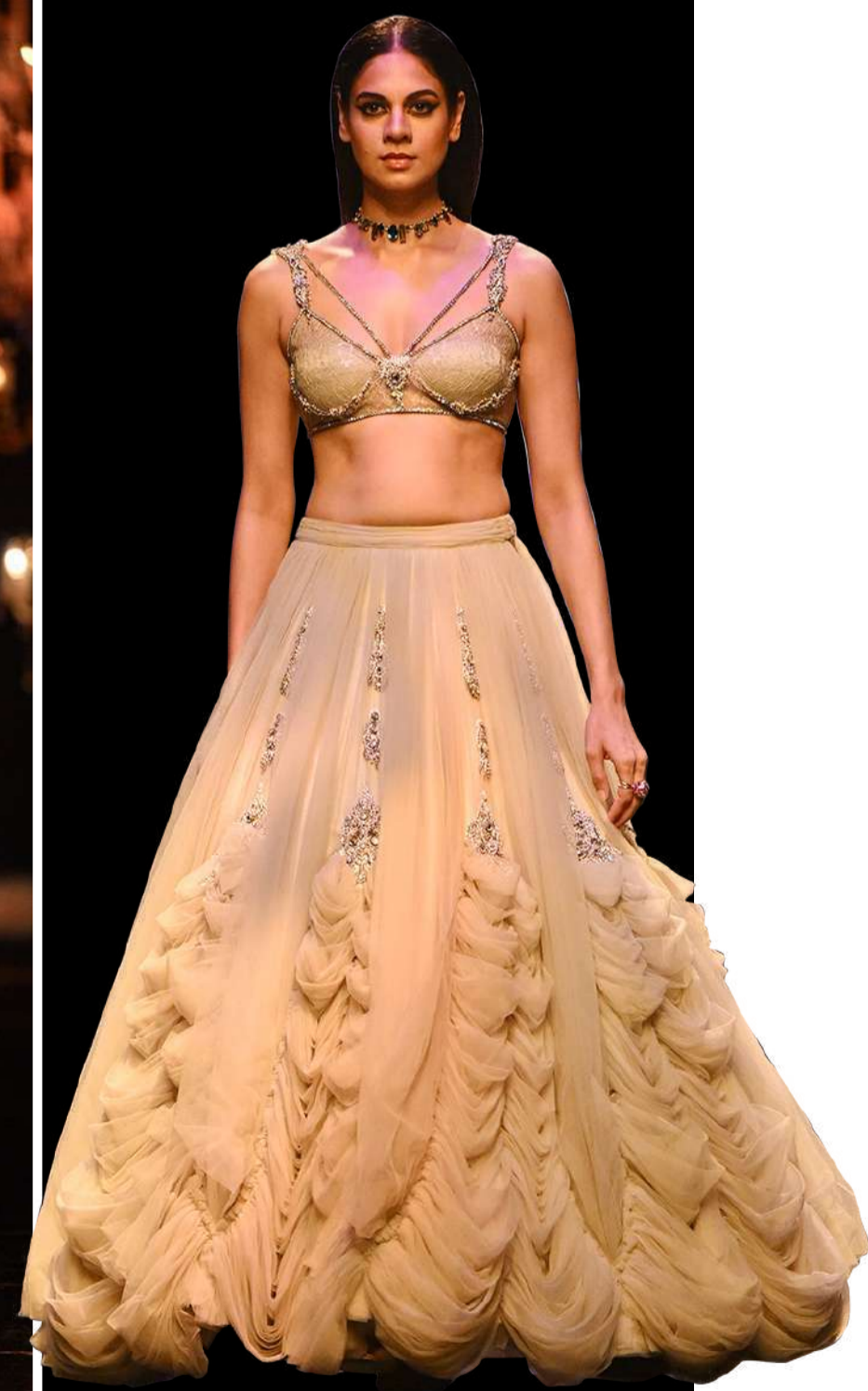
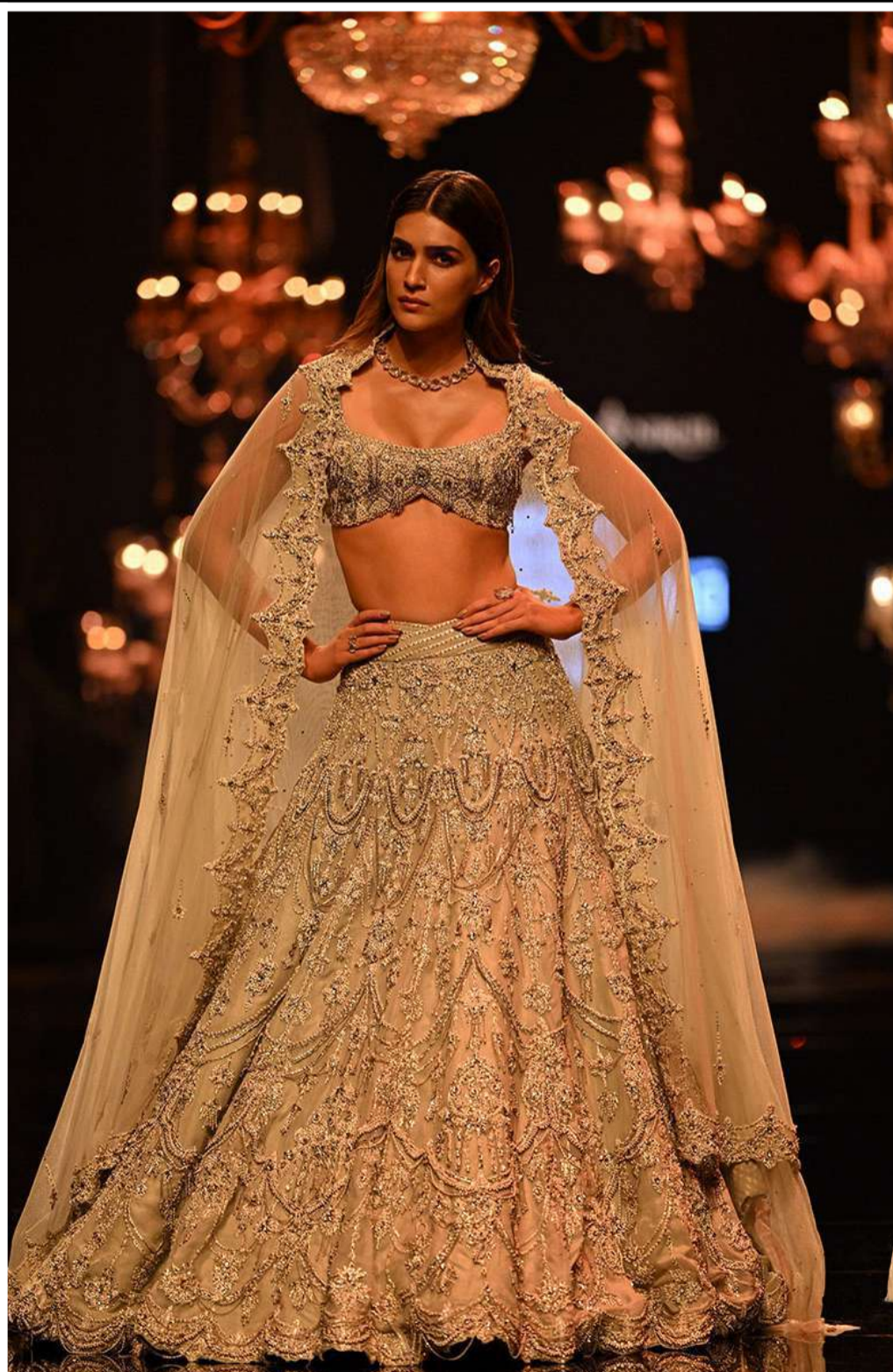


Inspired by the art and culture of the Baroque Era, Shantanu & Nikhil, the duo famously known as the brand S&N, presents their collection, Capella infused with embroideries of motif leaves lace and architecture exaggerated silhouettes. The collection bears the name of the star in the sky that shines the brightest, and it lives up to its name by shining the brightest on stage.

This collection is an ensemble of luxurious designs for modern brides to celebrate a memorable day of life. The Capella collection personifies the grandeur of the chandeliers of the Baroque era and enamours with a sense of regality.

**USP**

motif work, lace details, veils.



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## Anamika Khanna

Collection Name: AK-OK

---

This couture collection adorning the stage of the Lakme Fashion Week 2022 was a deserving kickstart for the amazing show. Designed to embody athleisure and futuristic inspirations, the AK-OK Collection grants full fashion freedom, with no rules, and no traditions.

Experimental and fun, the AK-OK collection caters to everyone irrespective of gender references. From the intent of the designer, the AK-OK focuses on and brings to life the philosophy of "you wear it how, when, and where you want".

---

### USP

---

3D floral shapes, fluidity in tailoring, handloom techniques like Shibor, digital abstract and floral prints on silks, satins, and denim.



An outfit from the AK-OK collection that took the ramp for LFW22.



## Gaurav Khanijo

Collection Name: Into the Labyrinth



Khanijo with his models at LFW Oct '22



Inspired by Greek culture and mythos, Into the Labyrinth is Gaurav Khanijo's work of illusions with the cuts and silhouettes reflecting the Indian trends and the textures and patterns collaborating with the roots of Greece. This collection is one part of his brand's three categories, which are Lab-high, streetwear; Roots- ethnic, classic and timeless Indian wear; and Soul- leisure clothing with linens, khadi, hemp, and bamboo which is all vacation-friendly. The presented collection is imbued with street fashion with irregular pleats, twisted seams, and a dark palette accentuating the style.

### USP

Blacks and greys, designed creatively from fabrics that had piled up as dead stock, traces of illusion, Loose, comfy silhouettes.



Envisioned as “a tatted nostalgia of a vintage Kanni Jamevaar” by the designer Aseem Kapoor, his presentation of the Ambi Collection at LFW 2022 remains a devastatingly talented fashion designing proficiency of the gen-next of INIFD. He took inspiration from his mother’s spliced Byzantium jewels, and aged metal yarns to create this astounding collection.

The duo’s extensive and in-depth fashion knowledge is evident in their collection Ambi which is an amalgamation of natural crepes and mushroom twills, accentuated with gemstones and beadwork and print appliques, zardozi, marori work in fine zari forming their essence.

**USP**

digitized prints of hand-painted motifs, zardozi marori work in zari and gemstones beadwork.



Aseem Kapoor & Pooja Halder on the ramp at LFW Oct'22



## Somya Goyal

Collection Name: New Light

Focusing on contemporary fashion, Somya Goyal, a graduate of marketing and styling from Central Saint Martins, and a chosen winner of INIFD introduced her 'New Light' collection.

This collection is sustainable in both spirit and material made from experimental fabrics like Tencel, Cupro, and Viscose and also features environmentally friendly practices uncompromising on the sense of fashion with hand weaves with PVC cords, and creative use of leftover fabrics.

### USP

eight looks, sustainable and upcycled clothing, accessibility of movement and wearability.



Somya Goyal presenting her collection at Lakme Fashion Week Oct 2022

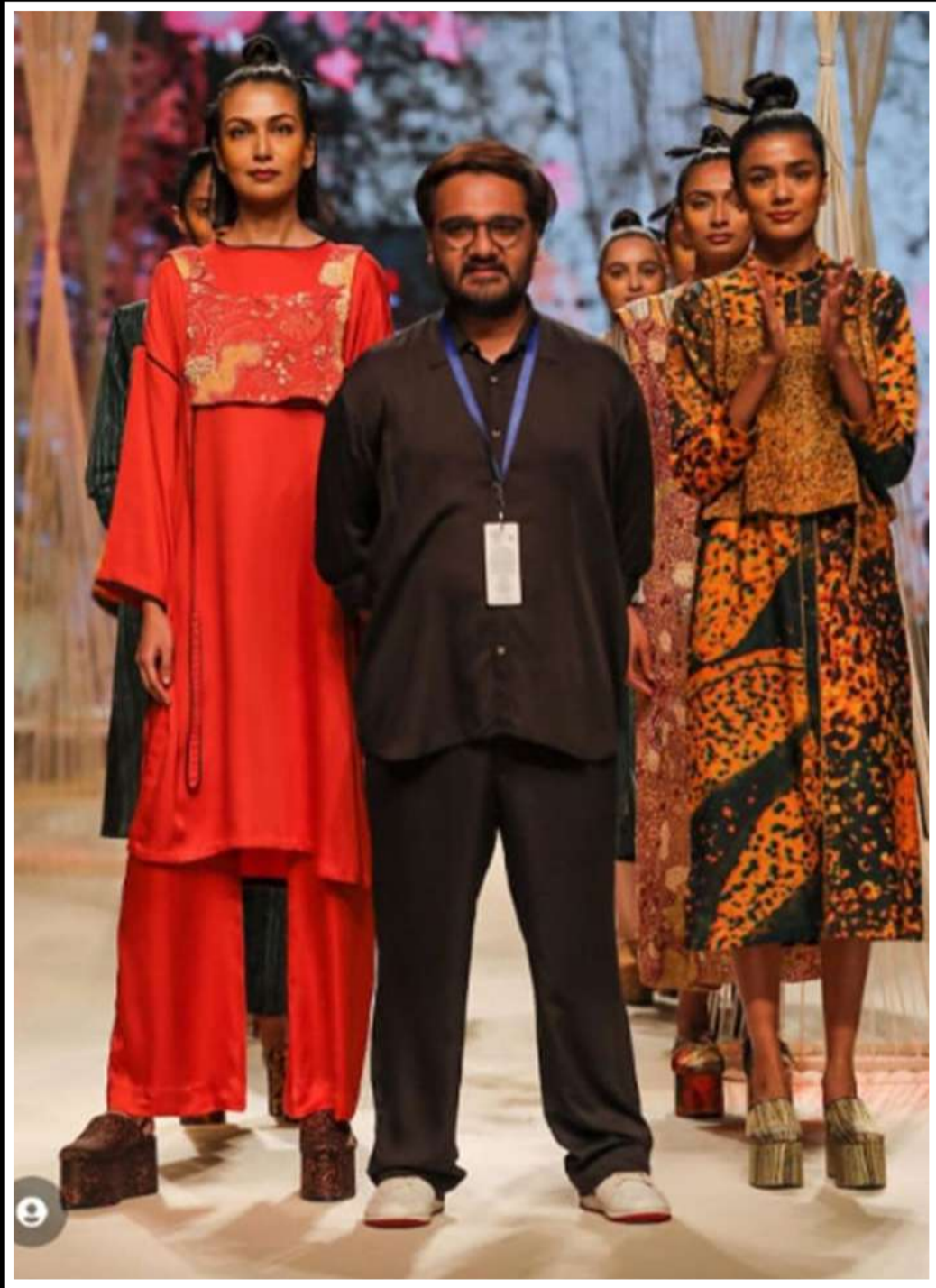


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## Ankur Verma

Collection Name: Khwaab

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Brand Til by Ankur Verma at LFW Oct '22



Categorizing responsible fashion into the fashion scenario of today, Ankur Verma with his brand Til and mentored by Bottega Veneta, Armani, Sabyasachi and Varun Bahl, presents an outstanding collection, Khwaab, at the Lakme Fashion Week 2022.

Khwaab collection showcases a seasonless collection adorned with handprinted digitalized designs, textures, patterns and silhouettes imbued with the art of *Zardozi*, features outfits of *kurta* sets, embroidered dresses, *sarees*, gilet, and co-ord sets.

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### USP

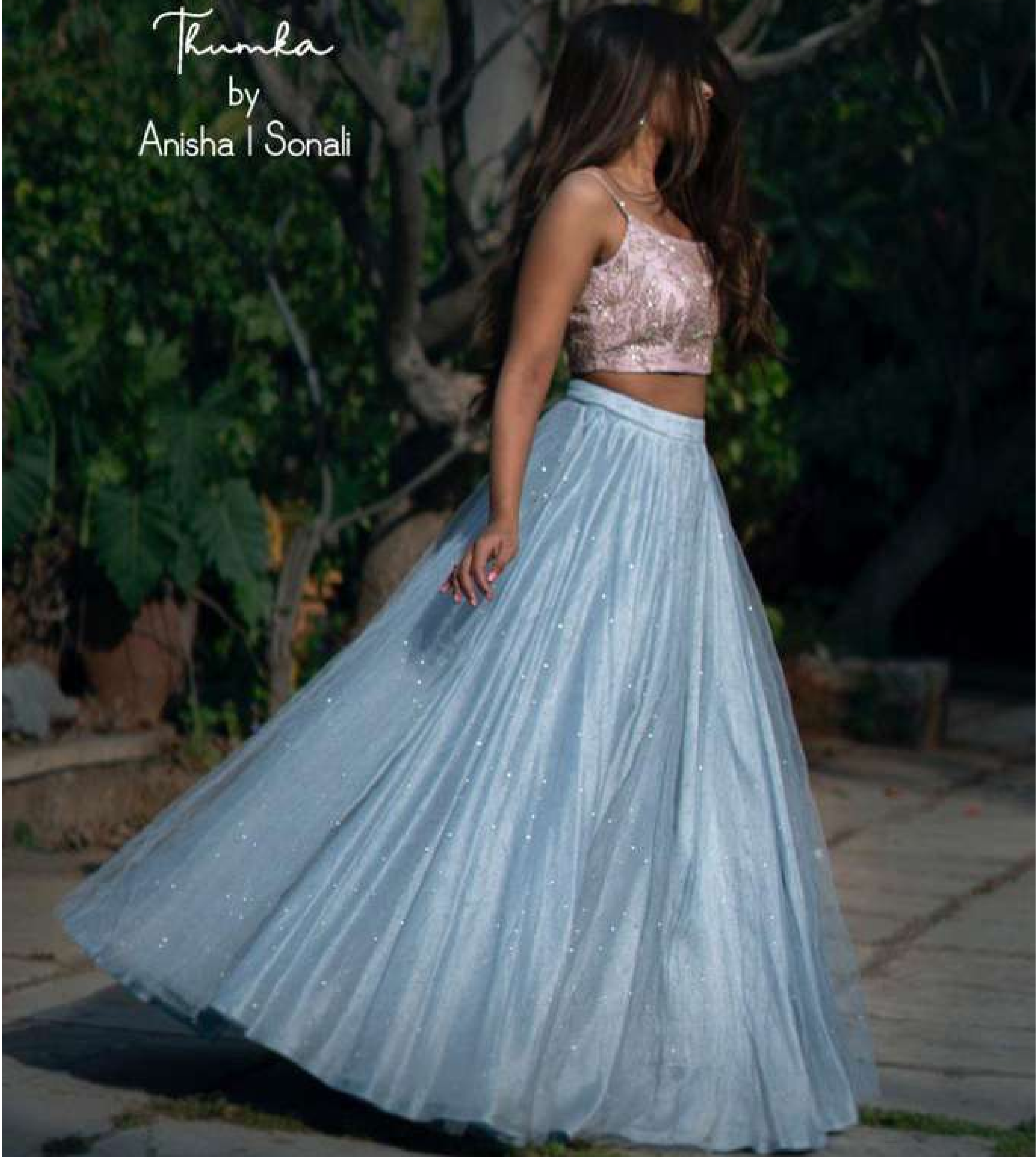
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Digitised handpainted artworks, hand embroidery, *zardozi* work





Thumka  
by  
Anisha | Sonali



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**HEALTH & WELLNESS**

# REDUCE YOUR STRESS TO GET PREGNANT

It can be challenging to identify all the factors that contribute to why some couples have less difficulty getting pregnant than others. But research suggests that stress may be one factor that can affect the conception of math. **Dr Shobha Gupta, IVF Specialist from Mother's Lap IVF Centre, New Delhi** shares some tips on reducing stress.

**S**everal recent studies have found links between women's levels of day-to-day stress and lowered chances of pregnancy. Anything that you see as frightening or harmful might cause stress. A single occurrence or excessive anxiety over anything might cause stress.

Chronic stress, or being stressed out all the time can lead to depression, and sleep disturbances. It can also make it more difficult to fight off common infections.

## ***Is stress to blame for the inability to conceive?***

Yes, most likely. According to a study done in the United States, too much stress might lead to infertility in

women. The researchers discovered that women with high levels of stress were 29% less likely to become pregnant each month than those with lower levels. Too much stress in an occasional woman might alter her hormone levels, causing her egg release to be delayed or not occur at all.

## ***Is infertility causing stress?***

It's possible. Many women undergoing infertility treatment are under as much stress as those suffering from cancer or heart disease. Each month, infertile couples face stress: first, they hope that the woman is pregnant; then, if she isn't, they must deal with that sadness.



**Dr Shobha Gupta, IVF Specialist**

## ***Why is infertility stressful?***

Most couples are accustomed to making plans for their future. When a couple is told they are infertile, they often feel helpless and lose control of their bodies and their lives. They feel that if they work hard enough, they will be able to attain their goals. When it's difficult to conceive, people feel as if they have no control over their bodies or their desire to become parents. It may not be feasible to have a kid with infertility; no matter how hard you try. Tests and therapies for infertility can be physically, emotionally, and financially draining. Infertility can lead a couple to become estranged, which adds to their stress.





### ***Factors contributing to stress which causes infertility :***

- Unhealthy lifestyle choices such as smoking, alcohol, and drugs
- Marital disturbance
- Job or business stress
- Personal injury or illness
- Death of a close family member
- Late marriages

Women with hectic jobs are those most at risk and are often most in denial about the stress in their lives.

### ***What are some ways to reduce stress?***

- 1. Sleep is beneficial to your health**  
- It is essential to maintain a consistent sleeping routine, with at least 6-7 hours of sleep every night.



- 2. Avoid reading emails or making business calls before going to bed;** instead, spending time with your partner may be calming at times, so simply speak it out.
- 3. Sex is also important:** Having a healthy sex life with your spouse improves your relationship and helps you conceive.



- 4. Quit smoking and drinking—** these habits can cause serious difficulties and make it difficult to conceive.



- 5. Limit your use of laptops, computers, and phones,** especially at night, since the radiation they emit can seriously affect your fertility. Invest your time in your partner instead of working late.
- 6. Finally, but certainly not least, seek expert guidance-** You are the greatest person to know about your body. But, when you feel like things are going wrong and not going your way, it's time to seek fertility help from a specialist.



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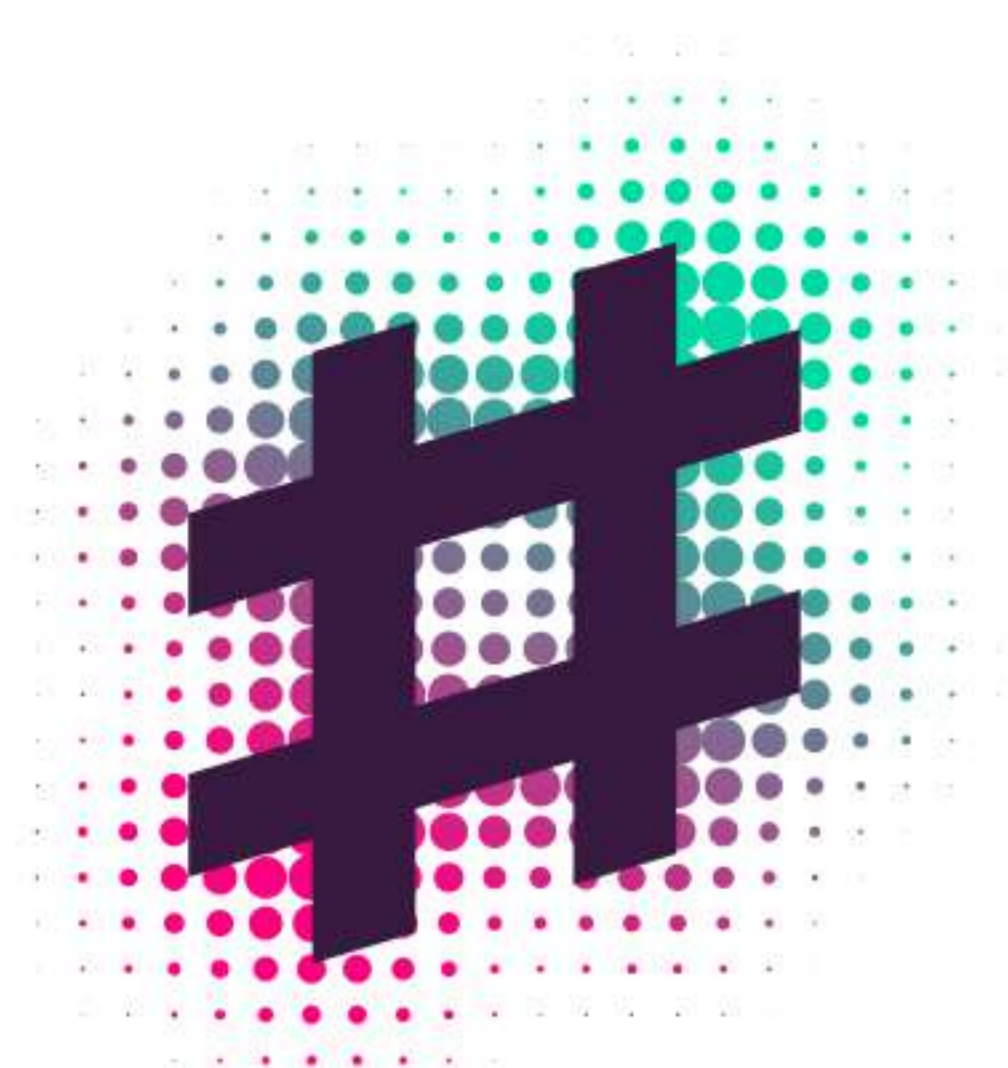


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h a s h t a g

FOOD INC'

# Magnolia Bakery Opens First Store in Hyderabad



New York's famous Magnolia Bakery, popular for its freshly baked desserts, including cupcakes, cakes, pies, cheesecakes, icebox desserts, cookies and its signature banana pudding, is opening its first Indian store to customers in Hyderabad. Since it first opened its doors on Bleecker Street in NYC's West Village in 1996, the brand has been delighting patrons with its warm, inviting décor, baked-from-scratch desserts and beautifully decorated cakes and cupcakes.

Brought to India by Spago Foods in 2019, the new store in Hyderabad is Magnolia Bakery's first outlet outside of Bangalore city in India. Today, Magnolia Bakery has corporately-owned locations in New York City, Chicago and Los Angeles in the United States, with franchise locations in Dubai, Abu Dhabi, Riyadh, Amman, Doha, Manila, and Istanbul internationally.



The 3,000 square foot space, which is situated in the Jubilee Hills neighbourhood of Road Number 45 in the centre of Hyderabad, gives visitors the chance to eat a freshly baked dessert at one of the 23 tables, admire the artistically decorated cakes and cupcakes, or take pictures in front of the mural.

The mural features caricatures of Hyderabad's Charminar & monolithic Buddha statue, along with New York City's Statue of Liberty & iconic yellow taxis coupled with the brand's iconic banana pudding, cupcakes, and cake slices. Talking further about the opening, partner Spago Foods, Nischay Jayeshankar says, "We have worked very closely with the New York team to ensure the same quality of scrumptious goodies are brought to the Indian market, as they are in the United States."



@magnoliabakery.india  
ADDRESS: #776- A, Ground Floor, Manakchand Plaza,  
Road Number 45, Jubilee Hills, Hyderabad - 500033  
NUMBER: +91 805054600

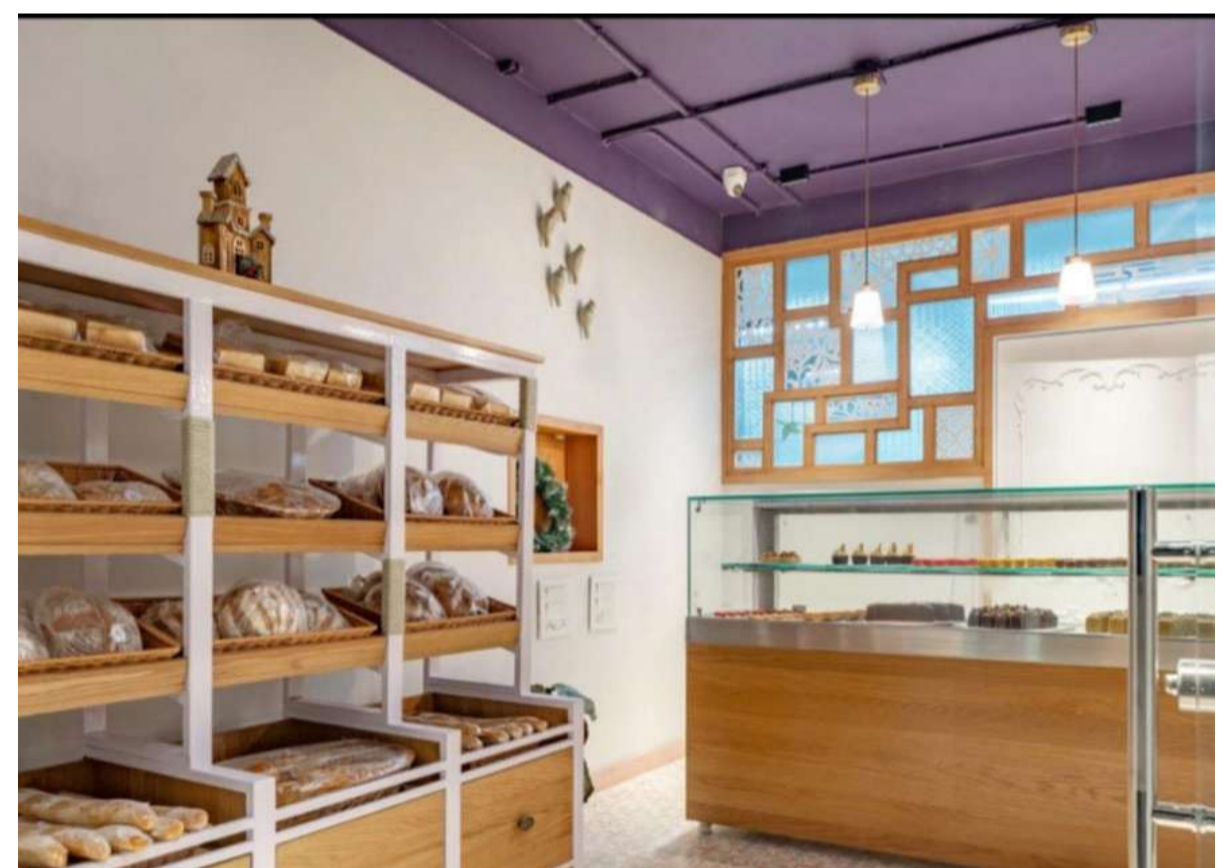


Rashmi Bhumi Reddy has provided a list of some of Hyderabad's cafés that serve the best and scrumptious breakfast you've ever had!

## Top 3 Hyderabad cafés *which cater scrumptious breakfast*

### 1 Spero Patisserie and Boulangerie

Have you ever visited a café that offers an affordable, delectable western breakfast? One such cafe is Spero, which offers its patrons a top-notch western breakfast. Priya Bhoopal is the owner and businessperson of the cafe. She smiles and says, "I want to feed the public with food of the highest calibre," when asked what her vision is for running a cafe.



Only delicious English food is offered here. The breakfast options are quite appealing to customers. They serve a variety of foods, including Egg Benedict, pancakes, muesli, waffles, sourdough, and croissants. Egg Benedict, sourdough, and croissants are a few of the popular breakfast foods. The cafe provides Ala Carte menus for all of its services.

**Price for 2 persons:** Under Rs 800

**Address:** 1272, Road No: 63A, Jubilee Hills, Hyderabad

**Contact:** +91 8247313435

# 2

## Simply South

"The chief ingredient in a good recipe is love," is the quote you find everywhere when you open this restaurant's menu. Simply South is the place to go if you want to savour delicious authentic South Indian cuisine. Chalapati Rao is the restaurant's founder and chef.



For breakfast, the restaurant has an Ala Carte Menu. The restaurant's major goal is to provide customers with a genuine South Indian taste of food. They cater breakfast meals such as *Upma, Masala Dosa, Idly, Uttapam, Puri Bhajji, Kappi, Onion Pesarattu, MLA Pesarattu* etc. Customers favourite meals are *Masala Dosa, Pongal, Upma, and Vada*.

**Price for 2 persons:** Under Rs 300

**Address:** Plot No: 258, Road No: 82, Film Nagar, Hyderabad.

**Contact:** +91-9100717999

# 3

## Cafe Paaka

Paaka organic cafe is a one-of-a-kind cafe with a rustic or village vibe. It's a very innovative and creative idea of designing the cafe as a hut by the founder Bharat Dantuluri. "I want to generate a sufficient time to develop a particular link with the elders, especially with the parents and grandparents over food," he said, when asked what inspired the café's operation. It also provides a cultural place where individuals can participate in different arts or performances.



They only serve South Indian cuisine. Breakfast foods are very appetizing. *Idly, Millet Pongal, Gaare, Poori* and other meals are served here.

**Price for 2 persons:** Rs 500

**Address:** Tellapur Road, Fair Lands, Tellapur, Hyderabad.

**Contact:** +91 88827 89999



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**AUTO & TECH**

# Popular Electric Bikes



Electric vehicles have a wide range of options for buyers. An electric bike or scooter gives you the liberty to use the vehicle without looking for a gas station. But before you get an electric bike, there are several things you should keep in mind. When you are looking for an electric bike, things like range, speed, battery capacity, technology, features, and style should be considered. These are some new electric vehicles that have some amazing features.

## Revolt RV400

**Price: Rs 1.24 lakhs.**

Revolt RV400 is one of the best electric bikes out there. It is a regular sports commuter motorcycle that comes with a 4kW electric motor and offers 170 Nm torque with a top speed of 85 kms/hr. On a single charge, the bike riding range comes up to 150 kms. Revolt RV400 comes with a removable battery and fully charges in 5 hours. This is an AI-enabled electric motorcycle, that has a muscular design and comes with features like a side stand sensor, combi brake system, and artificial motorcycle sounds.



## Bajaj Chetak

**Price: Rs 1 Lakh- 1.49 Lakhs.**

Bajaj Chetak is one of the most popular scooter brands in India. Due to some reasons, they had to stop manufacturing the scooters. Now, they got a second life with its new electric avatar. Bajaj Chetak has recently launched two electric vehicle variants that are urbane and premium. You can travel up to 95 kms on a single charge and it takes 5 hours to fully charge from a regular power socket. The top speed of the Bajaj Chetak electric vehicle is 78 km/h.

## Komaki Ranger

**Price: Rs 1.74 Lakhs.**

Komaki Ranger is a unique electric motorcycle that is styled in the format of a cruiser. It comes with a 3.6 kWh battery and it has a maximum range of 200 km on a single charge. The bike comes with an attractive look and amazing balance and it is equipped with a 4 kW BLDC motor that gives it a claimed top speed of 80 km/h. Komaki Ranger has amazing features like the faux exhaust system, LED lights, and speakers to produce an artificial engine sound.





## TVS iQube

**Price: Rs 96,510 - Rs 1.25 Lakhs.**

TVS iQube 2022 comes with three variants that are iQube, iQube S, and iQube ST. Right now, iQube ST isn't available yet, the remaining two models are available in the market. iQube and iQube S are equipped with a 3.4 kWh battery and offer a claimed range of 100 kms on a single charge. The battery can be fully charged in 2 hours and 50 minutes with a 950 kW output. TVS iQube electric bikes have features like a smart HMI controller, smart LED headlight, large touchscreen displays, turn-by-turn navigation, and music control.

## Pure EV E Pluto 7G

**Price: Rs 93,000/-**

Pure EV E Pluto 7G is a new electric bike that comes with a 2.5 kWh battery pack. The E Pluto bike comes with a range of 120 kms on a single charge. The bike accelerates from 0 to 40 km/h in just 5 seconds. Some other amazing features of Pure EV E Pluto 7G are an LED headlamp, a digital instrument cluster, and controls to change riding modes. The battery fully charges for up to 4 hours and the battery unit is removable so that you can charge it at home.



## Ola S1 and S1 Pro

**Price: Rs 99,000- 1.29 Lakhs.**

You might have heard about Ola S1 and S1 Pro for all the wrong reasons. The company has admitted that there are some issues with the software and production work. They are sorting out the problems now, but, Ola S1 and S1 Pro are quite the best ones when you look at their features. Ola S1 comes with a range of 121 kms on a single charge, while S1 Pro comes with 181 kms. The top speed of the Ola S1 is 90 kms, and the S1 Pro is 150 kms. Ola S1 and S1 Pro come with a proximity unlock, a giant dashboard, and voice control features.

## Bounce Infinity E1

**Price: Rs 45,000- 70,000/-**

Infinity E1 is the first electric scooter from a Bengaluru-based EV startup company. The scooter comes with a unique battery as a service option in which the customers can buy the electric bike with battery and charger or they can opt for a battery pack on a rental basis. The electric bike is equipped with a 2 kWh lithium-ion battery with a certified range of 85 kms per single charge. The top speed of this vehicle is 65 km/h and it fully charges in 4-5 hours.



**These are some of the popular electric bikes, that are alternatives to vehicles powered by petrol and diesel. Electric vehicles have higher efficiency than ICE vehicles, and they come with zero emissions and low maintenance.**



VIBRANT 

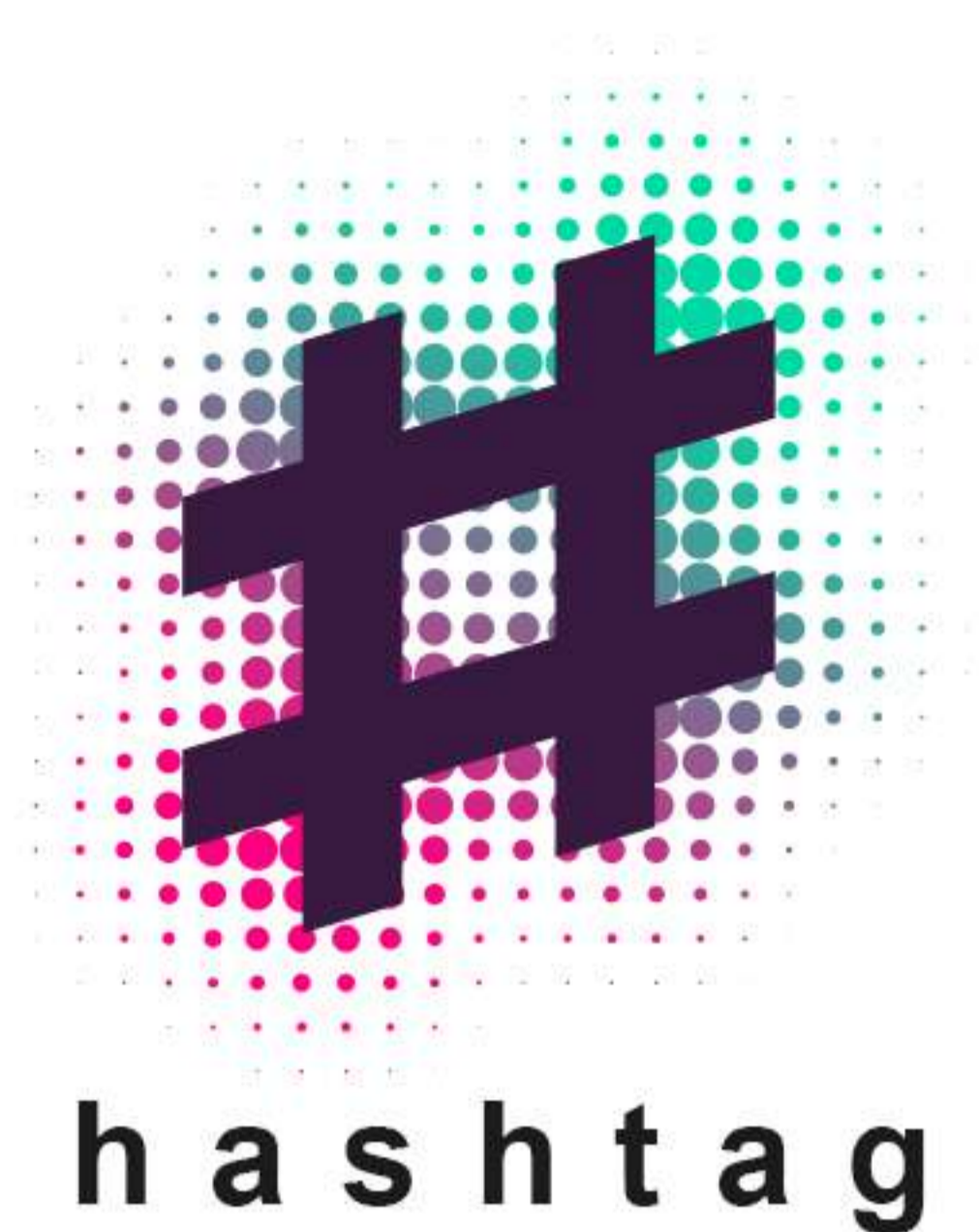


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**ARTS AND THEATRE**

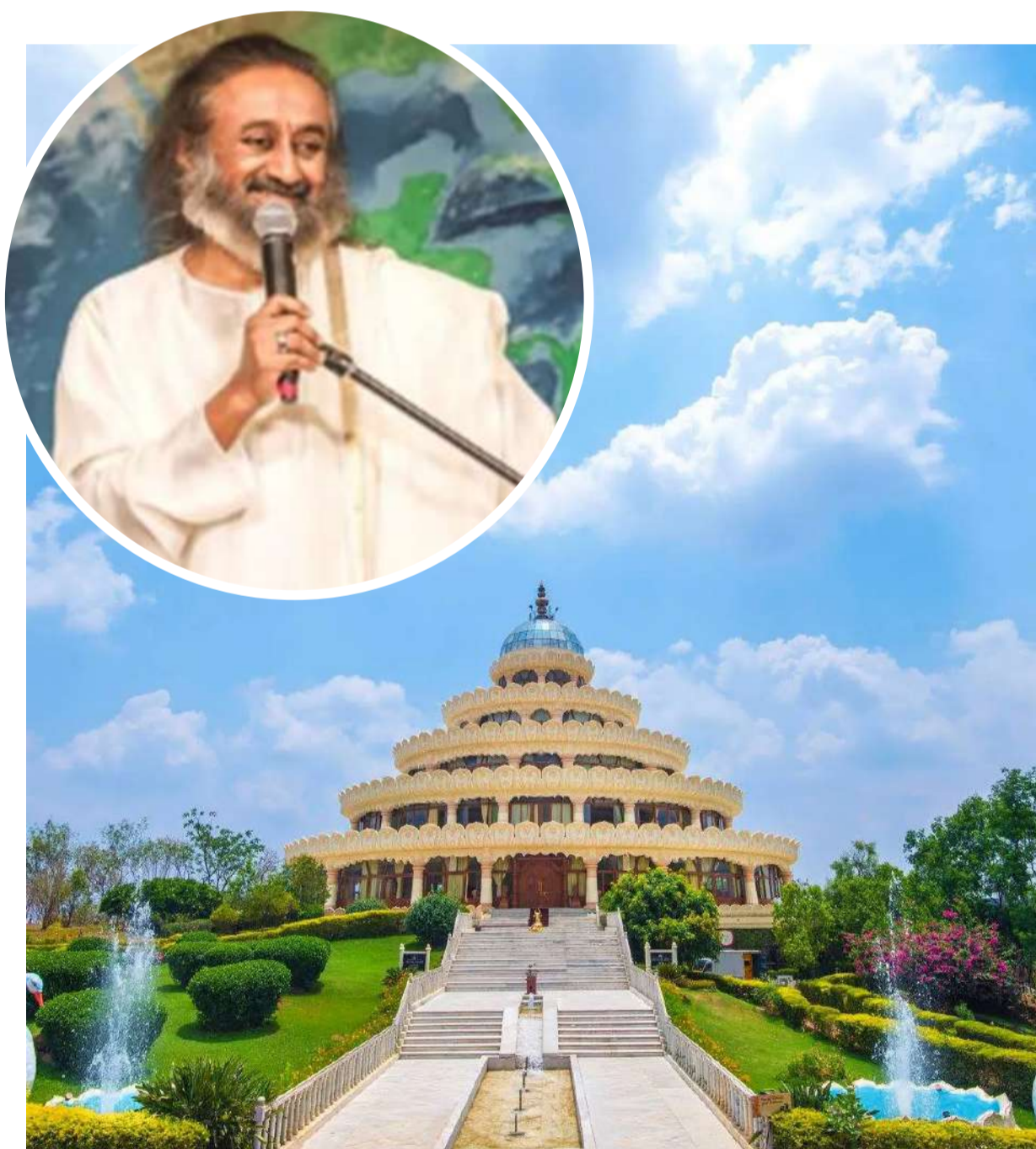
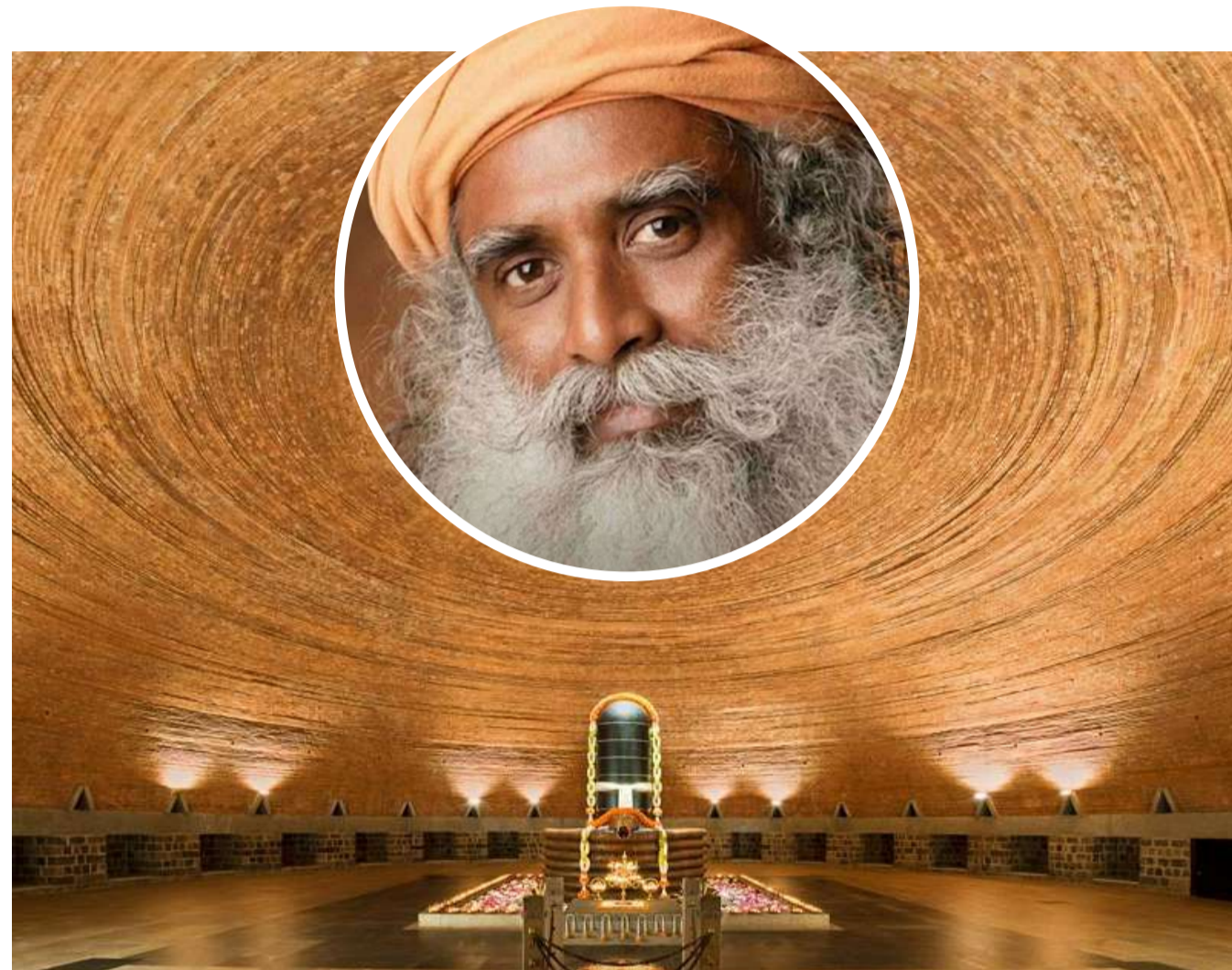
# Modern Indian Yogis

India has always been a philosophical nation driven by the concept of learning and teaching. In this context, Indian yogis or better referred to as philosophers are revered and loved across nations and beyond. Here we present a few influential yogis with great spiritual essence and followers.

## 1. Jagadish Vasudev

Fondly known as Sadhguru, Jaggi Vasudev is the perfect amalgamation of contemporary storytelling and ancient tales. A guru riding motorcycles, speaking impeccable English, witty with words and Indian in roots, Sadhguru has won the hearts of Indians and foreigners alike, with his philosophies explained suitably to the palette of the current generation.

Practising and preaching yogic sciences and spirituality, Sadhguru stays impactful through his activities that include ISHA Foundation, Rally for Rivers, Gramotsavam (Rural Games Festival), Education, Plantation, Agriculture, Ecology, Mental Health, Bike rally to understand native Americans and more. He is the most active and followed philosopher in the modern age living up to his name of "YouTube Guru" with his channel The Mystics of India and is an active Twitter member.



## 2. Shri Shri Ravi Shankar

Famous for his teachings through "The Art of Living," Shri Shri Ravi Shankar has the dream of building a world where people are content with themselves as well as with others. Standing apart from teachings solely focused on spirituality, Shri Shri Ravi Shankar's interaction never adheres to any particular religion, caste, or creed. He also practices what he preaches through various programs supporting the economically and socially backwards and believes that spirituality magnifies basic human values.

## 3. BK Shivani

More relevant and known by the name sister Shivani, BK Shivani is a member of the Brahma Kumari's and is quite famous on social media through her outlook on life and philosophies. Coming from a background of Engineering and marriage, sister Shivani truly understands the two sides of life and searches for the answers of peace and contentment within oneself rather than from the reprieve gained from the materialistic world. Her speeches and seminars mostly concentrate on the motivational aspect urging the young generation as well as all those who follow her to find inner peace.



#### 4. Mata Amritanandamayi

Affectionately referred to as “Amma” meaning mother in most South Indian languages, Mata Amritanandamayi is a spiritual guru with religious roots. With strong devotion towards her beloved deity Lord Krishna, Mata Amritanandamayi believes and preaches that knowledge, action and devotion are the three elements that drive humanity towards a better and caring world.

Her compassion is so great that people lovingly call her “Hugging Saint” for the affectionate hugs that she gives to those seeking her irrespective of their caste, creed, ethnicity, and religion. She believes that she has to serve the people and through these bring about changes in the world.



#### 5. Osho

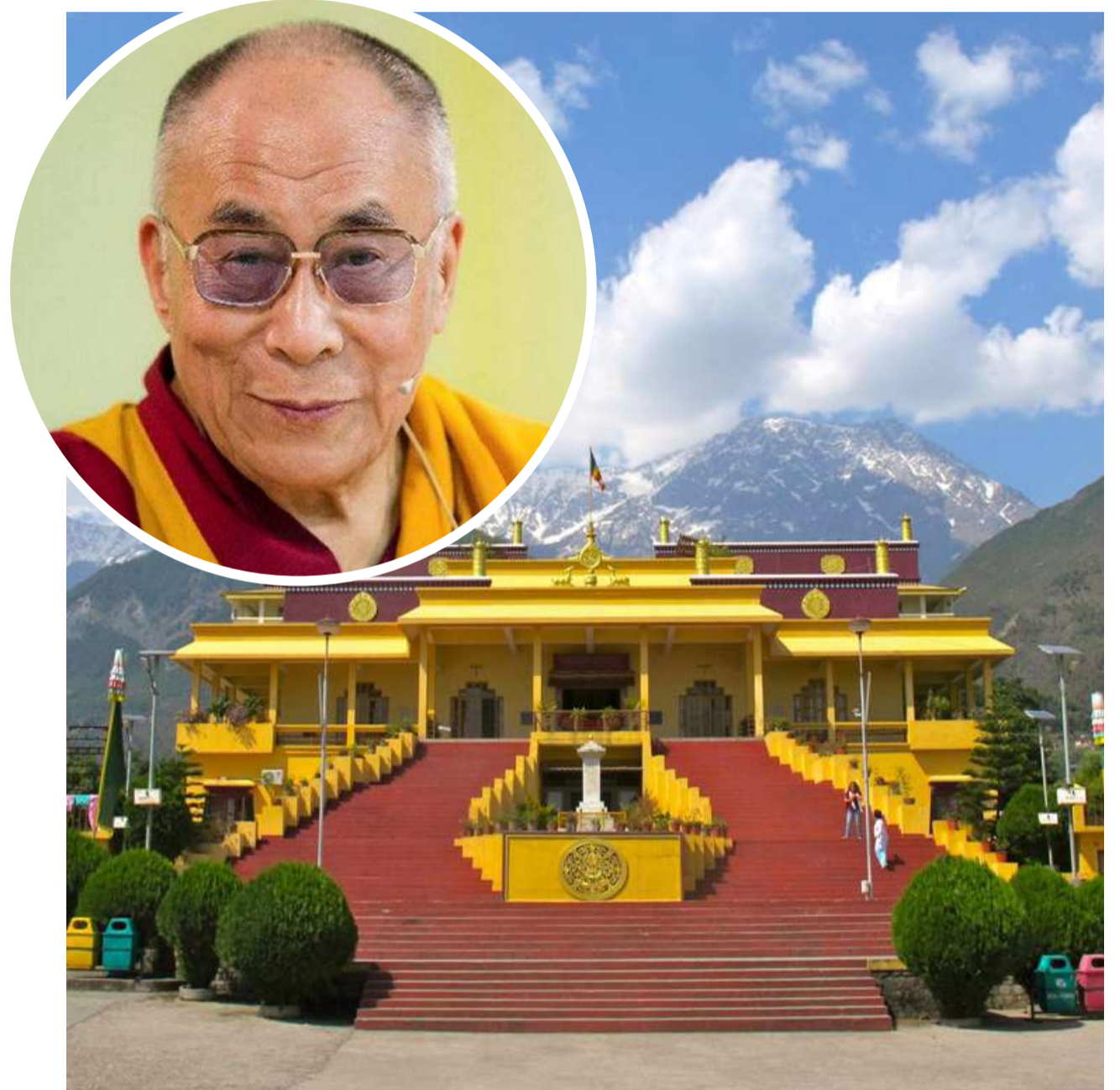
Quite possibly the most controversial spiritual head to have ever existed is Osho. He is known, followed, and also scorned by various people of the society for his unique philosophies. With the given name Rajneesh, Osho is said to have attained the divine state of Samadhi at the age of 21. He has not been aligned with any religion, but the philosophical nature embedded in the Indian culture. His teachings concentrate on importance of freethought, meditation, mindfulness, love, celebration, courage, creativity, humour, and sexual freedom, that according to the widely believed religious philosophies need to be absconded to understand the true nature of life which he opposed.



#### 6. Dalai Lama

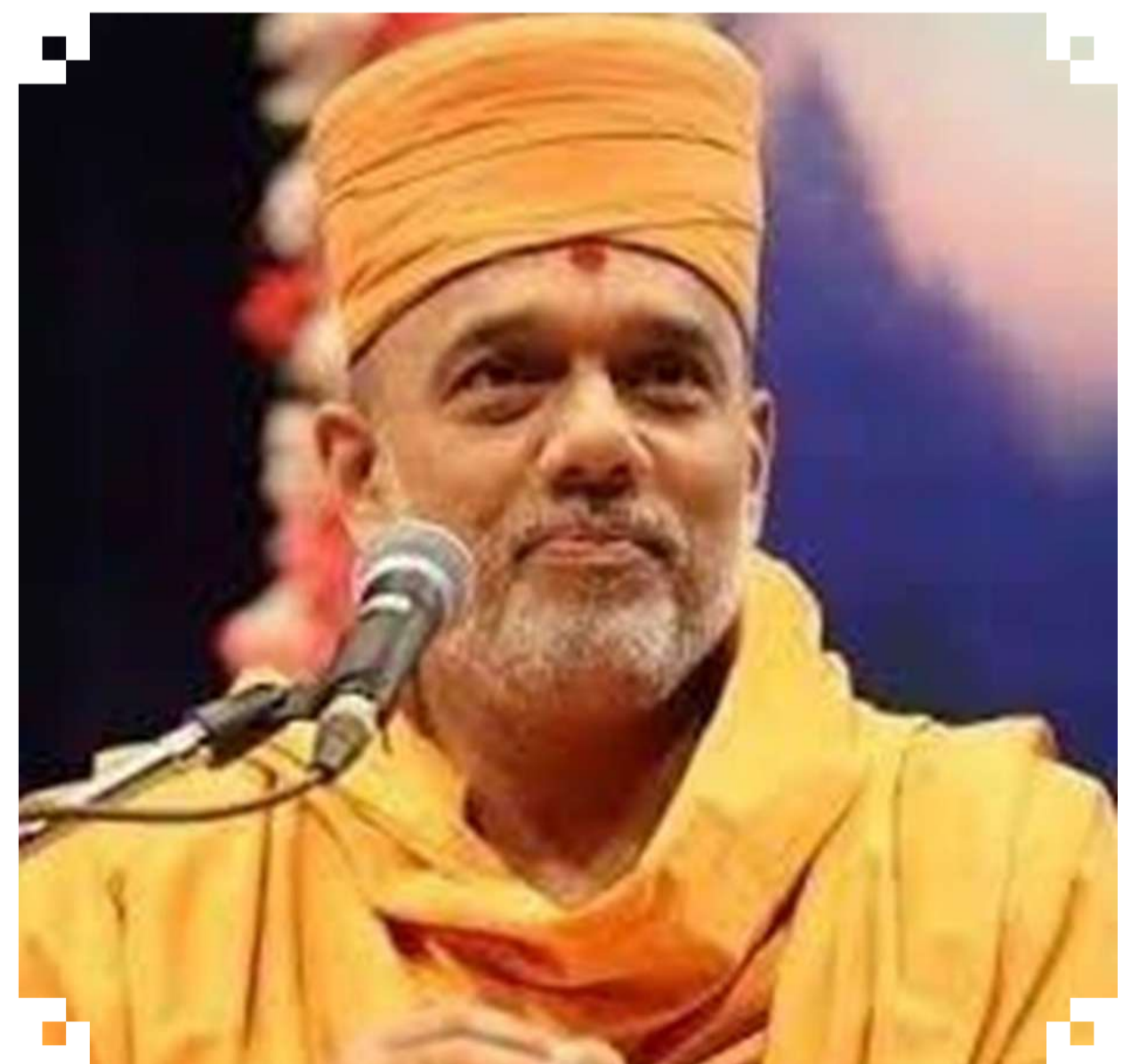
The current Dalai Lama is undoubtedly belonging to both the countries of Tibet and India, and it is not an exaggeration to include his name in the list of the most followed spiritual gurus of India. A winner of the Nobel Peace Prize in 1989, Dalai Lama has a huge political impact though his teachings are based on Buddhist religious and spiritual practices.

Believed to be the reincarnation of the previous Dalai Lama, the current Dalai Lama is revered in India and has conducted many seminars and humanitarian works in schools, colleges, offices, and other institutions around the world.



#### 7. Swami Gyanvatsal

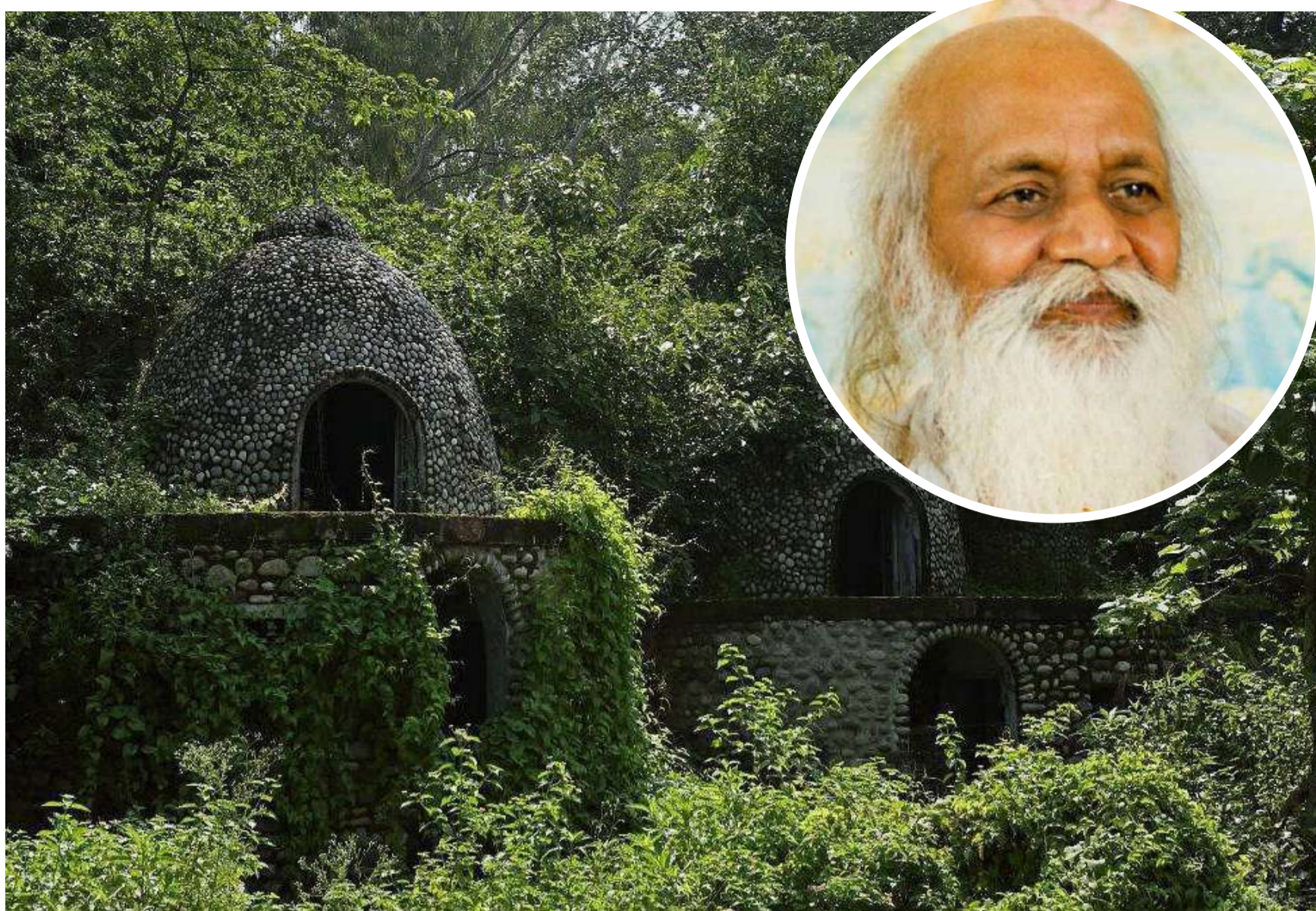
Popularly known as the Management guru, Swami Gyanvatsal is the founder of Swami Narayan Sanstha, preaching the principles of unity, non-violence, selflessness, good karma, and faith according to Hinduism. He believes and implements that morality is the highest pinnacle of spirituality and urges everyone to follow Dharma.





## 8. Maharishi Mahesh Yogi

The pioneer of transcendental meditation, a meditation technique recommended even by psychologists, Maharshi Mahesh Yogi studied under Guru Dev for 13 years. He is the one who introduced this form of meditation to the Western world, specifically to America and Europe. The Beatles and other famous people once used this technique, but they have since left it. Nevertheless, it is still widely used to enhance mental health.



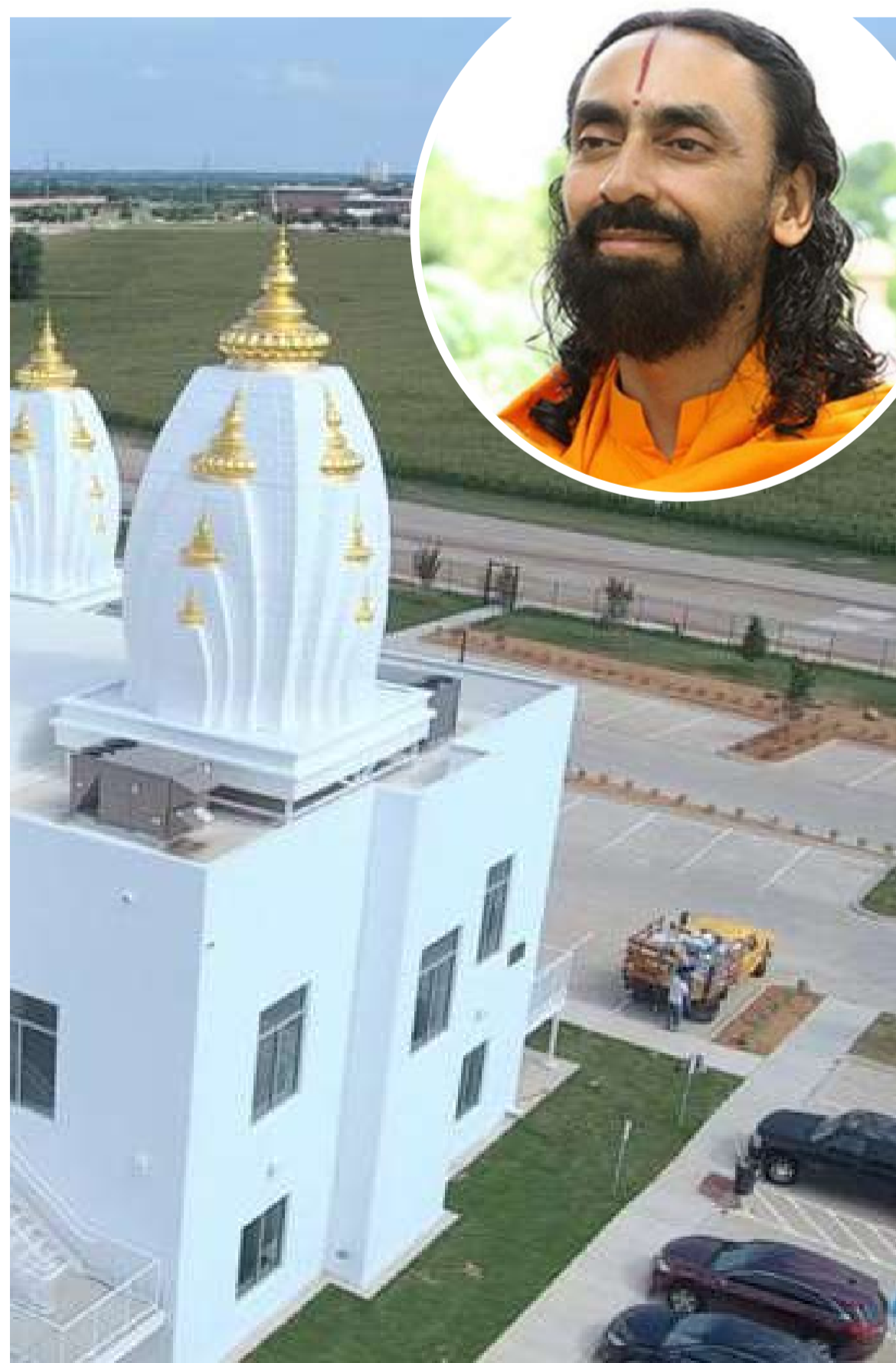
## 9. Gaur Gopal Das

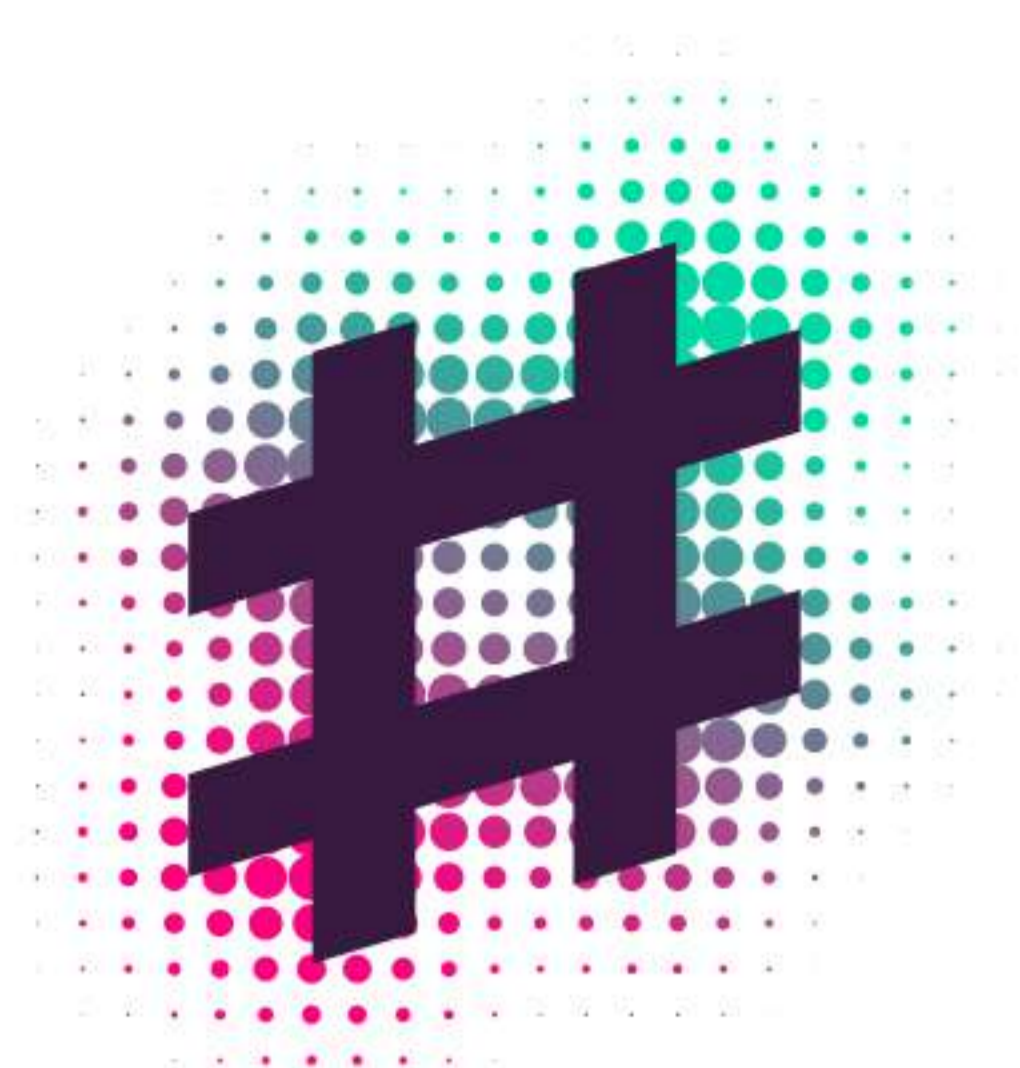
Better known as a monk, Gaur Gopal Das has been a practising monk for 23 years. Fulfilling the role of a storyteller, life coach, author and friend to millions, Gaur Gopal Das preaches and discusses spirituality and delivers motivational speeches. His logical anecdotes, humour and wit associated with Vedanta teachings have made him a great keynote speaker. His speech "The Monk who stole his Ferrari" at Ernst and Young, London is by far the most famous of his speeches.



## 10. Swami Mukundananda

A spiritual leader who has a simplistic way of explaining scriptures, Swami Mukundananda has dedicated three-and-a-half decades of his life studying and practising the principles of mind management. He has great proficiency in Vedic scriptures, Upanishads, Bhagavad Gita, Bhagavatam and the Indian and Western systems of philosophy. His teachings explained in simple-yet-scientific approach, have garnered a large following worldwide.





h a s h t a g

TRAVEL



India is known for its religious faiths, cultures, and traditions. For those who are interested in studying spirituality, and the intriguing history of India, there are countless historical temples spread across the landscape of the country. Thousands of people from across the globe come to India to visit these amazing places. Here are some of the ancient temples in India that have attracted archaeologists, and spiritual followers.

# ANCIENT TEMPLES IN INDIA



## 1. Brihadeshwara Temple, Thanjavur, Tamil Nadu

The Brihadeshwara Temple was built in Dravidian style by King Rajaraja Chola in 1002 A.D. The temple was dedicated to Lord Shiva and is a testimony of the combination of architecture, sculpture, painting, and other arts. The temple is a part of the UNESCO World Heritage and is known as the Great Living Chola Temples. The temple roof stands at a height of 66 meters. Many devotees visit this amazing temple during Mahashivaratri.

## 2. Konark Sun Temple, Odisha

Konark Sun Temple is another UNESCO World Heritage site that was built in the 13th Century by the Kings of the Eastern Ganga Dynasty. The temple is designed in Kalinga Architecture. The temple stands at a height of 229 feet, built in the shape of a chariot with 12 pairs of wheels and seven horses.

To signify its importance to Indian Cultural heritage, The Konark Sun Temple is depicted on the Indian currency note of 10 rupees. The temple is designed in such a way that the first rays of the sunrise strike the main entrance and the wheels of the temple are sundials that can be used to calculate time accurately.



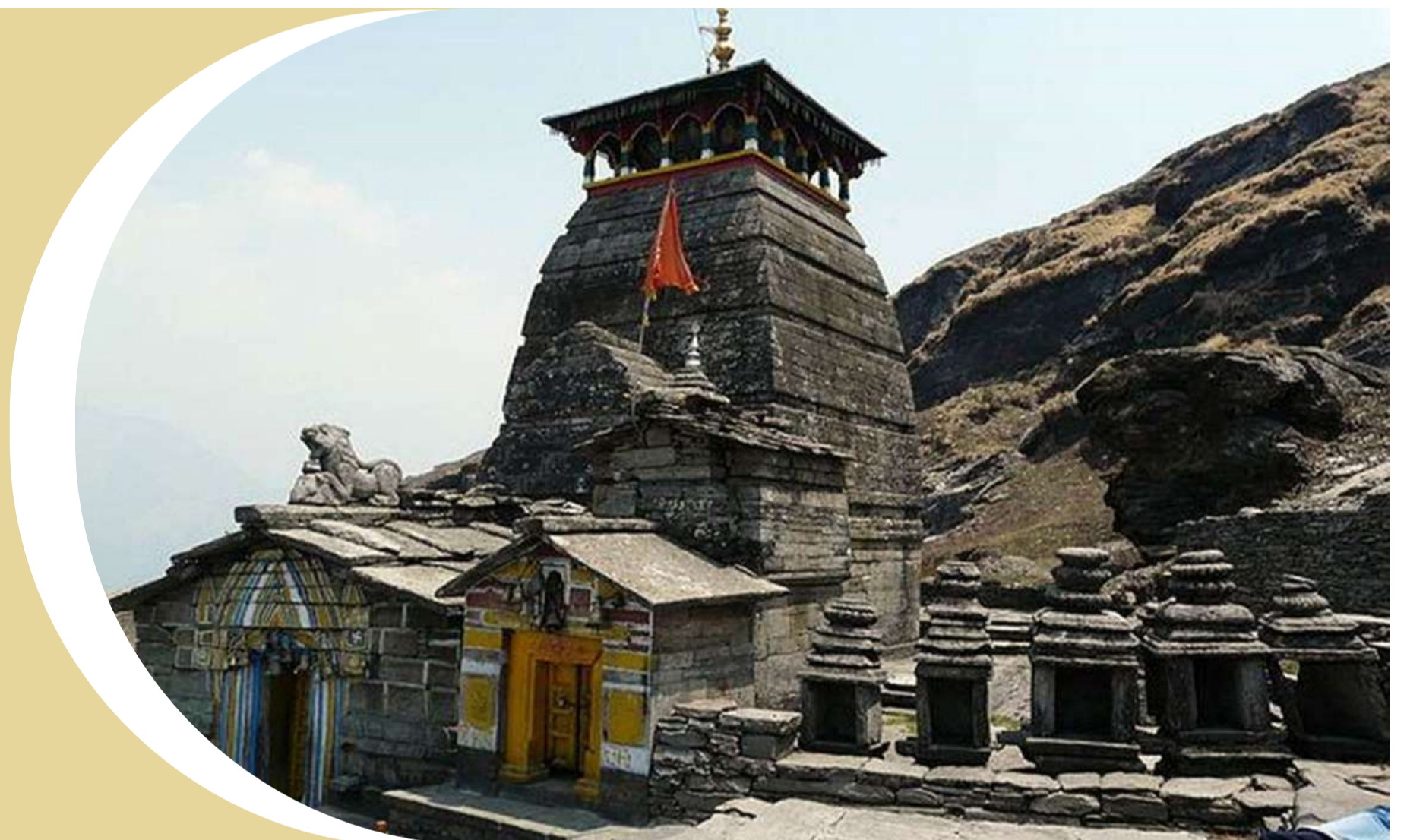


### 3. Kailasanath Temple, Ellora

The Kailasanath Temple is dedicated to Lord Shiva and is made out of a single rock. The temple has traces of Pallava and Chalukya styles of architecture. It took 18 years to complete and it was built using ancient traditional methods. The temple was carved in such precise proportion and alignment to its adjacent structures which is why Kailasa Temple is considered one of the most impressive cave temples in India.

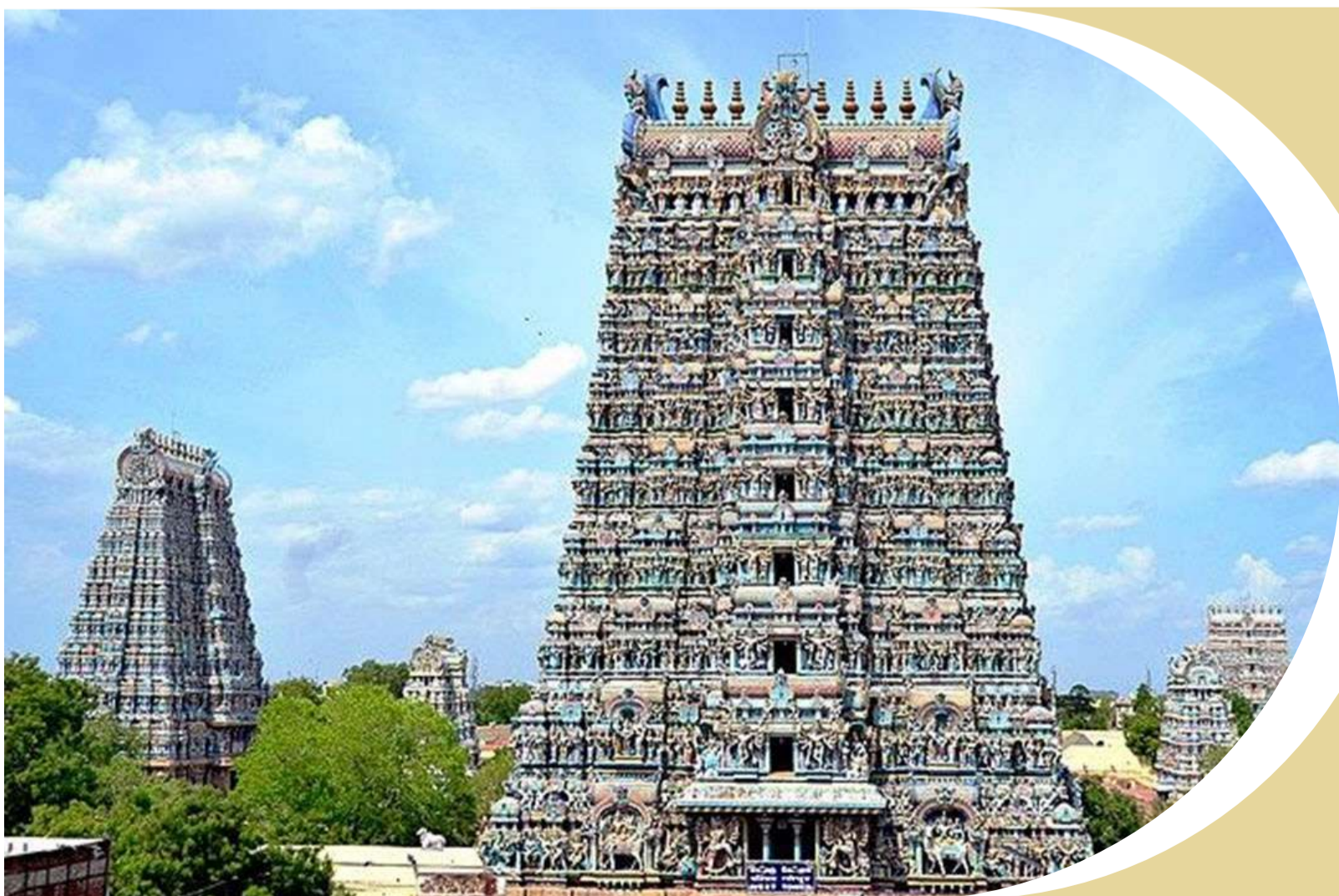
### 4. Tungnath Temple, Uttarakhand.

Tungnath Temple in Uttarakhand stands at a height of 3,680 meters. The temple dates back to Ramayana where Lord Rama meditated to release the curse of Brahmahatya for having killed Ravana. The temple entrance door is small, which is why only 10 people are allowed into the shrine at a time. The temple remains open for only six months. If you are lucky enough, you will see Monal birds and Snow Musk Deers while trekking towards the temple.



### 5. Meenakshi Temple, Madurai.

The Madurai Meenakshi Temple is believed to be 2,500 years old. The massive 14-acre large structure is known for its astonishing architecture and the temple was nominated for the Seven Wonders Of The World. It is believed that the Goddess Parvati married Lord Shiva at this place. The divine couple resides here as Meenakshi Sundareswarar. Navaratri is celebrated grandly at this place.



## 6. Brahma Mandir, Rajasthan

Brahma Mandir is dedicated to the Lord Brahma, the creator. The temple was built in the 14th century on the banks of the River Pushkar. The temple was constructed using marble and stone. The walls of this temple are decorated with peacock figurines and attractive practices of the Goddess Saraswati. The Lord Brahma is worshipped as Chaturmurthi. Devotees visit this temple during Karthika Purnima and perform special rituals and also participate in the Pushkar Fair.



## 7. Mahabalipuram Temples, Tamil Nadu

Mahabalipuram is a group of monuments that reflects the amazing art and architecture of the 7th and 8th centuries. There are different types of temples like chariot temples, and cave temples dedicated to Lord Shiva. Now the place is considered a UNESCO World Heritage Site. Every year during December and January, the Mamallapuram Dance Festival is organized by the Government of Tamil Nadu.

## 8. Temples of Hampi, Karnataka

Hampi is a popular place known for its amazing architectural brilliance. The relics of this Hampi date back to the glorious Vijayanagara Empire. There are many popular temples to visit in Hampi which are Virupaksha Temple, Vijaya Vittala Temple, and Lakshmi Narasimha Temple. The historical ruins of Hampi are breathtaking and a treat to explore.





# Best Sky Diving Places In India

If you dream of gliding through the blue sky, it is time to finally try the amazing experience of skydiving in India. As you plunge through the air and take part in an exhilarating skydive, take in the magnificent scenery all around you. There are three kinds of skydives- Tandem jump, static line jump, and accelerated free fall. If you aren't afraid of heights and are searching for the best spots in India for this extreme adventure, these are the best skydiving places in India.



1

## Mysore- Karnataka

One of the best skydiving spots in India is in Mysore, across the famous Chamundi Hills. The spot provides an amazing skydive experience with a bird's eye view of the beautiful region. You will have to go through a day of ground training for your first solo parachute jump from an altitude of 4,000 feet.

### Price details:

Tandem fall- Rs 35,000/-

Accelerated free fall- Rs 25,000/-

Timings: 7 AM - 9 PM.

## Narnaul, Uttar Pradesh

Narnaul in Haryana offers an amazing skydiving experience at the Bachhod Airport. This initiative is taken up by the Haryana government to promote adventure tourism. When you take the jump, you will see a beautiful view of the hilly region, valleys, and beautiful waterfalls.

### Price details:

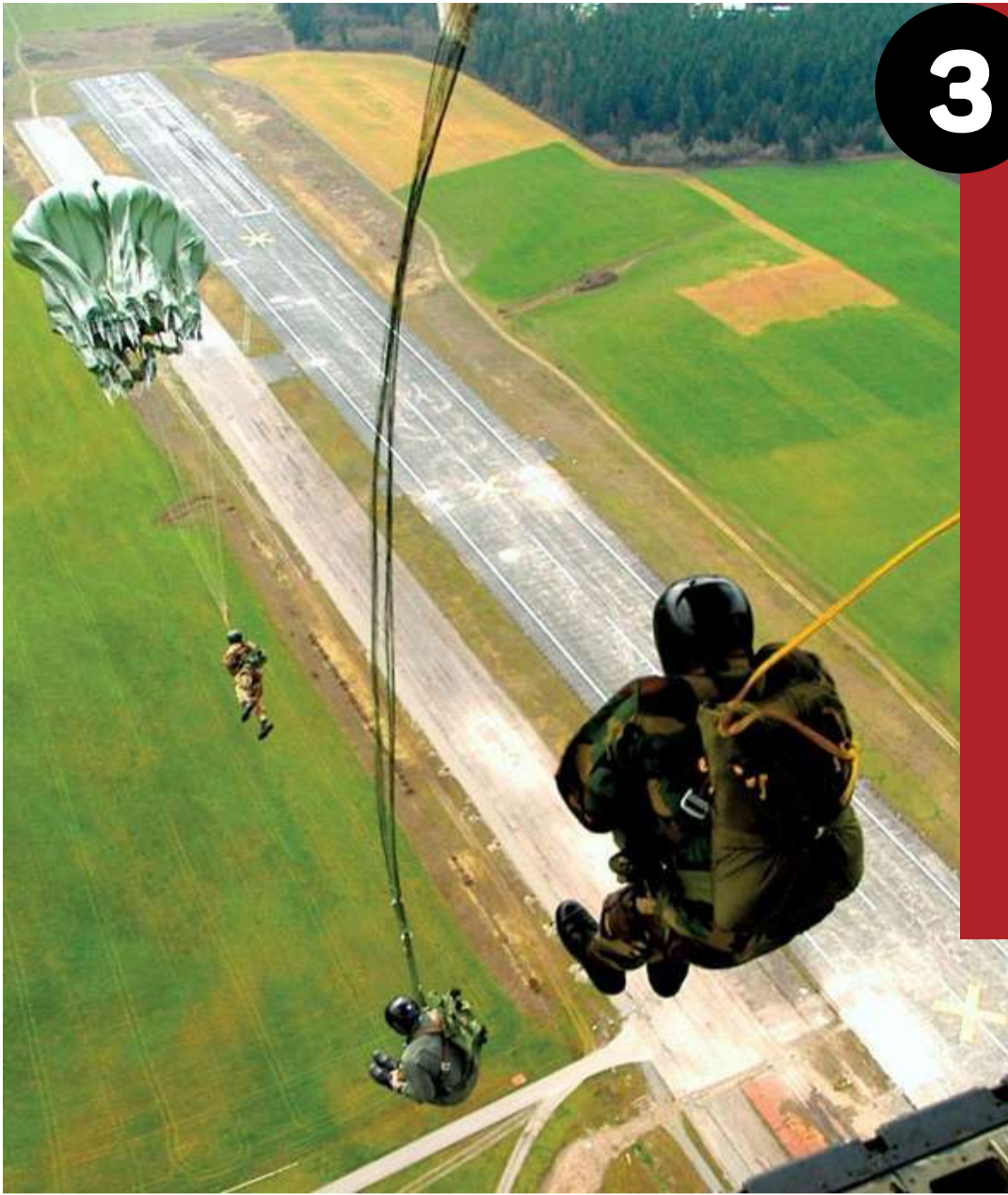
Tandem fall- Rs 27,500/-

Accelerated free fall- Rs 18,500/-

Timings: 10AM-1PM, 2PM-5PM.

2





3

### **Dessa, Gujarat**

Dessa sky diving spots in India is a joint effort of the sports authority of Gujarat state and the Parachuting Federating Organization. They organize various skydive camps, and this is one of the top destinations for skydiving in India. When you glide through the sky like a bird, you will surely be treated to some surreal views from up there.

**Price details:**

Tandem jump- Rs 33,500/-

Static line jump- Rs 16,500/-

Accelerated free fall- Rs 37,500/-

Timings: 7 AM - 9 PM.

### **Aligarh, Uttar Pradesh**

Aligarh has one of the best skydiving spots in India. It is an internationally recognized skydiving spot and the perfect place for deciding between skydiving and paragliding. They take every precaution, and part of this is undergoing a fitness test to check if you are medically fit or not.

**Price details:**

Tandem jump- Rs 27,000/-

A jump to remember- Rs 31,000/-

Timings: 9 AM-12 PM.

4



5

### **Aamby Valley City, Maharashtra**

If you are an adventure seeker, then head to Aamby Valley to have one of the most thrilling experiences in your life. There are trained American and European instructors to ensure a safe experience for every skydiver. The valley has breathtaking views, especially once you dive.

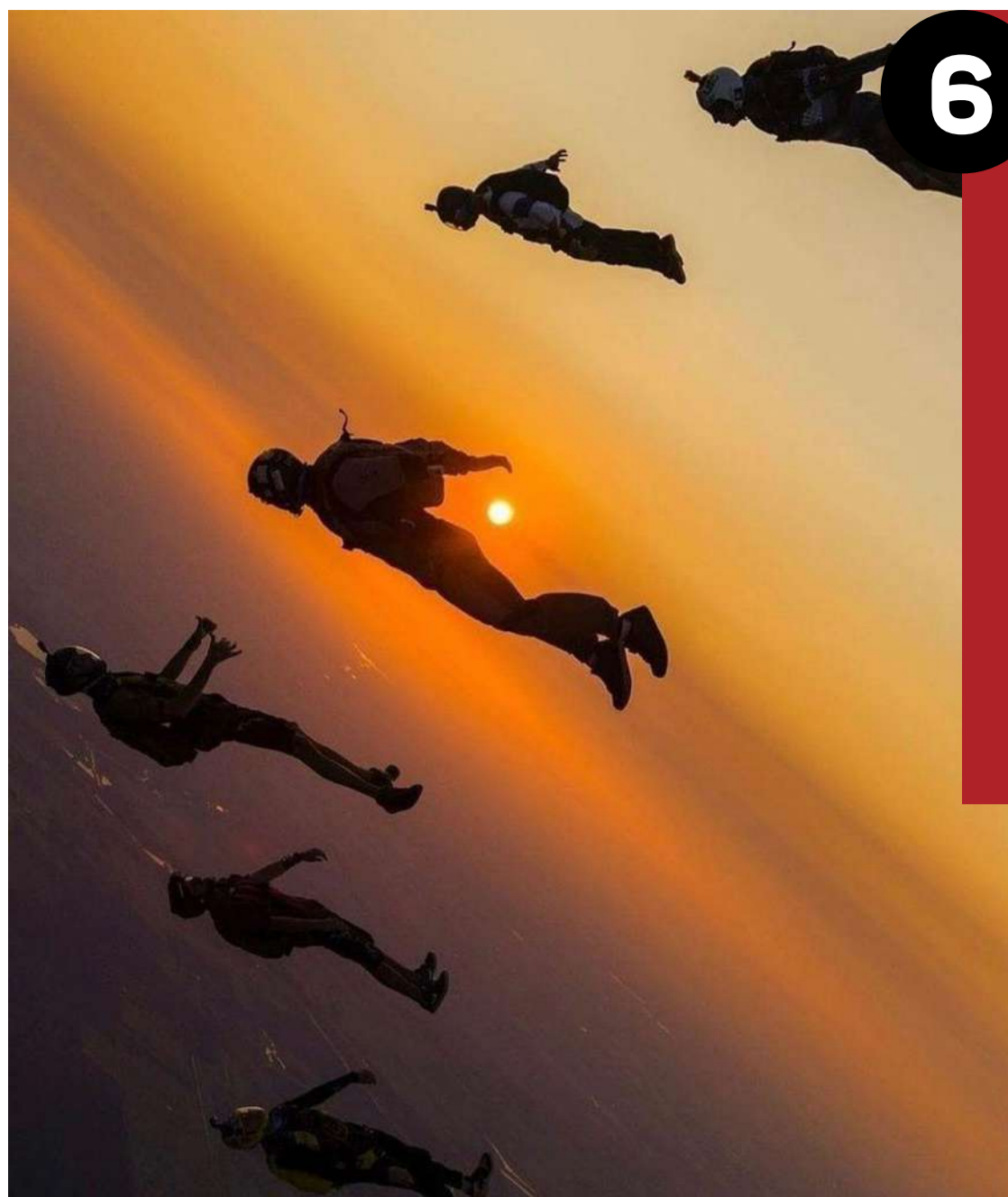
**Price details:**

Monday-Thursday- Rs 25,000

Friday-Saturday- Rs 30,000/-

Timings: 7 AM - 9 PM.





6

## Pondicherry, Tamil Nadu

Pondicherry has one of the most beautiful skydiving spots in India. Imagine diving to an aerial view of the white sand beaches and beautiful waters. The regular skydivers organize camps here based on the weather conditions. The drop zone is in Pondicherry air base and the camp offers tandem jumps and static line jumps.

### **Price details:**

Rs 18,000- 62,000/-

Timings: 7 AM-9 PM.



7

## Hyderabad, Telangana

Hyderabad has one of the best skydiving spots for tandem jumping. Here you can fly like a kite from the Nagarjuna Sagar Airport. The US parachute association licensed the skydiving spot. There are experienced trainers, and they will prepare for 3 days before you take the final dive. You can also take a video of your skydiving experience by paying extra Rs 1,000/-

**Price details:** Rs 19,500/-

Timings: 8:30 AM-10 PM.







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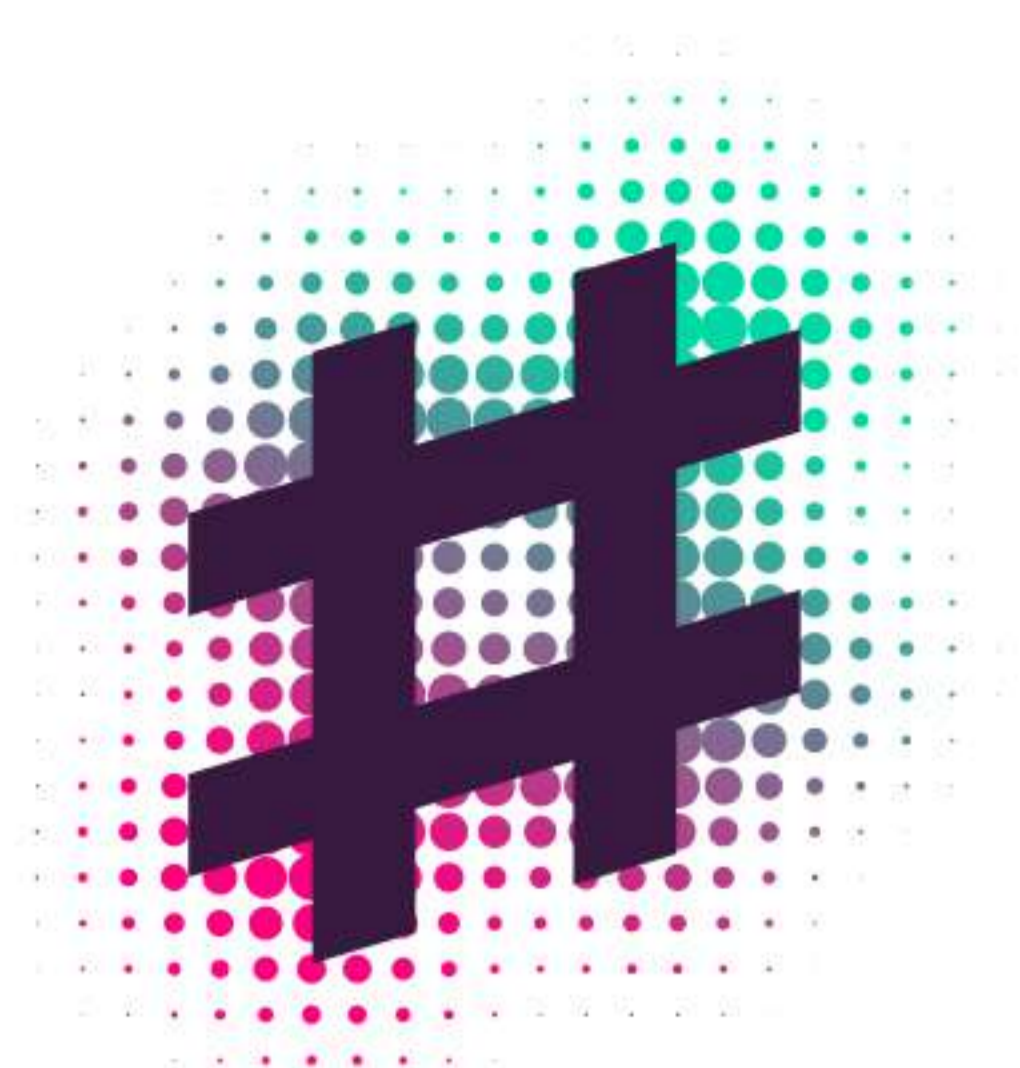
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h a s h t a g

**INTERIORS**



# Fengshui plan for luck

There are many plants out there that have amazing benefits. But feng shui plants have more benefits as it focuses on balancing the positive elements in your house. Feng shui plants strengthen the wood element in your house and it is believed that the colour green is the colour of regeneration and renewal. Having feng shui plants in your home brings positive energies and good luck into your house. Here are some of the best feng shui plants you can keep in your home.

## 1) Money Plant

Pilea Peperomiodes or money plant brings good luck, prosperity, and financial abundance. According to Feng Shui, these plants bring good fortune, and the plants require medium sunlight and low maintenance. Placing a money plant in your home brings an ample amount of positive energy.



The best direction to place: North.

## 2) Lucky Bamboo

Lucky bamboo is one of the best feng shui plants and it is easy to grow inside the house. The plant is the symbol of prosperity and good luck. Lucky bamboo is also an attractive plant that modifies the décor of the house. It is believed that the number of stems in the lucky bamboo plant determines the luck of an individual.



The best direction to place: East and South Corner.

## 3) Snake Plant

The snake plant is highly beneficial, and it brings tons of positive energy and good luck. The pattern of snake plants represents upward-growing chi. Not only do snake plants purify the air in the house, but they also produce oxygen 24/7. The plants can survive in direct sunlight and also in low light.



The best direction to place: South, or east direction.

#### 4) Peace Lily

The peace lily is a beautiful plant that brings good fortune and luck. The plant has bright white flowers and long strappy green leaves. When you have a peace lily in your home, it creates a pleasant environment and purifies the air. Not only that peace lilies are believed to bring peace and prosperity into the house.



*The best direction to place: East Facing, or North Facing window.*

#### 5) Aloe Vera

The Aloe vera plant is one of the most common plants in households. According to feng shui, Aloe vera symbolizes healing. They have air-purifying, antibacterial, and antioxidant properties. The gel inside the leaves is used for healing several troubles and they also bring vibrant and protective vibes to homes.



*The best direction to place: East or North*

#### 6) Morning Glory

Morning glory is a beautiful flower plant. The plant looks beautiful when they bloom during the earliest hours of the morning. Morning glory flowers bloom completely when they are exposed to full sunlight. Morning glory brings good luck, peace, and happiness and prevents bad dreams. The plants prefer full sun and tolerate very light shade.



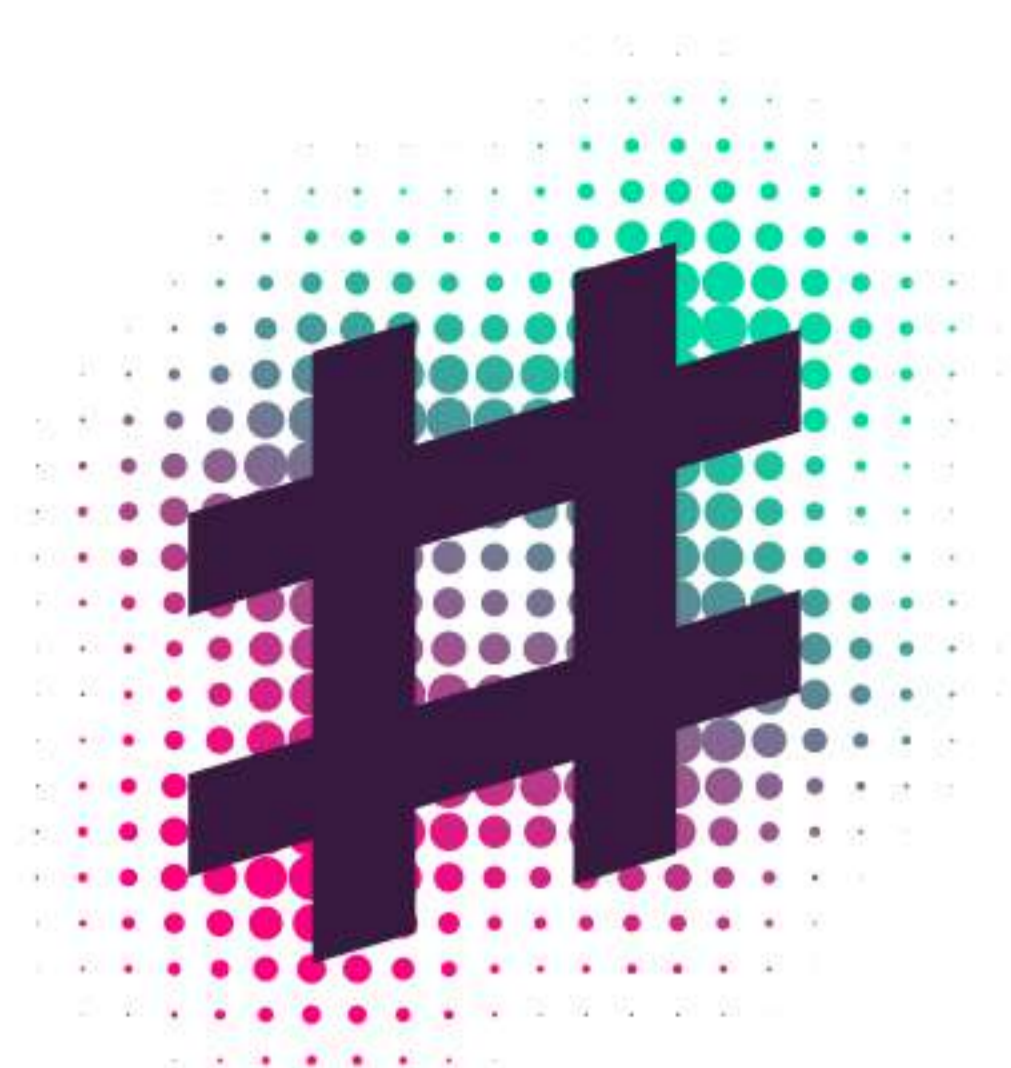
*The best direction to place: East or North.*

#### 7) Basil

Basil or Tulsi is a sacred plant, and they are worshipped throughout the year. According to Vastu, and Feng Shui, the Basil plant brings many benefits like wealth and luck. The Basil plant is also an ayurvedic plant that helps cure colds, and inflammation problems, and improves blood circulation. The plant prefers warmer conditions with good sunlight.



*The best direction to place: North, East, or Northeast.*



h a s h t a g





It is quite common for dogs to get bored of eating the same food over and over again. You can always switch up their food to something new. There are some homemade foods that dogs can eat containing proteins, fats, carbohydrates, vitamins, and minerals. But foods such as Chocolates, Lemons, Grapes, and Onions should be avoided, as they are poisonous to dogs. We have listed down some best homemade foods for dogs that they can have within limits.

# EASY HOMEMADE RECIPES

## 1) Boiled Eggs



Boiled eggs are great for dogs because they are rich in protein and they are easy to cook. Not all dog breeds like eating eggs, but they are beneficial for your dog. You can include boiled eggs in their diet once a week. Do not serve boiled eggs with chapatti or bread and other biscuits because they are high in gluten which isn't good for your dog's health.

## 2) Boiled Chicken and rice

Most dogs love this food combination of boiled chicken with rice. This can be consumed by your pet every day, as it is healthy. Chicken has an abundant amount of protein which is quite good for dogs. If you have a puppy without developed teeth, you can remove the hard bones. You can also include vegetables like spinach, cabbage, carrots, and beans that are nutritional to your dog.



### 3) Vegetables



Vegetables like spinach, green beans, beetroot, carrots, and sweet potatoes, are quite suitable for dogs because they are packed with minerals, vitamins, and other healthy ingredients. You can cut them into pieces and feed them directly or you can mix the rice and vegetables which is a quick and easy recipe for dogs. Make sure to mash the vegetables properly and serve them warm to your dog.

### 4) Fruits



You can feed your dog watermelon, guava, cucumber, apples, mango, and banana. Avoid citrus fruits like oranges, lemons, and others. Apples, strawberries, and bananas are also great fruits for your dogs because they contain Vitamins, and magnesium that promotes good bone health. During the summer season, cucumber and watermelon help to keep your dog hydrated.

### 5) Peanut Butter

Dogs love eating peanut butter because they are rich in protein. But make sure that you are using peanut butter that doesn't contain excessive salt and harmful artificial sweeteners. Do not feed too much peanut butter either, as it can cause stomach upset or severe stomach issues. A small amount of peanut butter is perfectly fine for your dog.



### 6) Pulses

You can give pulses to your dogs, but only in moderation and when it is properly cooked. Cooking for your dog is a little different because it requires only washing and boiling the pulses. Do not add any spices that can upset your dog's stomach. Do not overfeed your dog with pulses because it can cause gas or any other digestion issues. Some pulses like Chana Dal, Masoor Dal, and Lentils can be fed very easily.



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# HERE TO WIN

## Karan Johar

In an exclusive with **Hashtag**, Karan Johar talks about being a judge on reality show *Jhalak Dikhhla Jaa*, the industry, and more...

**You never shy away from shows while you dance on *Jhalak Dikhhla Jaa* and other dancing platforms.**

Right from my childhood whenever I watched films I would dance in my bedroom, especially, dancing to Hindi film numbers would be my favourite time pass. Nobody in my locality would watch Hindi films as much as I would watch. I used to dance on my own and believed it as if no one was watching me.

When I was younger, I took formal training for two years under filmmaker Siddharth Roy Kapur's mother, who taught ballroom dancing. I learnt a few dance forms like the foxtrot, waltz, and the jive etc. Once, when I met Siddharth Roy Kapur long back I asked him if he was Saloni Roy Kapur's son who taught me dance. If you have that lachak in your body and have that energy in your mind and personality you can easily sizzle to any dance numbers. I never wanted to go beyond that, so I started working in films.



**Have you ever felt a king of monotony, especially being a Judge on a reality show?**

*Jhalak Dikhhla Jaa* was the first reality show that I ever judged. It has been a ten years ka safar [journey]. In the year 2012, when I decided I would start judging reality shows. I remember all the fun I have had in JDJ with Madhuri and Remo, we formed a Jodi. It was so fun sitting and judging along with Madhuri because she is so cool and easy, and so relaxed. I have been her fan, so I love her as a person. We both would sit and chat all the time, and the reality show teams would come and check us to stop chatting at times. I don't feel there is any monotony as every day with every episode there is new energy, and we get personally involved discussing contestants being amazing and at times not being good today.

***“No matter what you achieve in life-if today there is success there is a failure as well. You have to be prepared for that.”***

As a judge, it's not just a job as people do feel for us. At times when we get personally involved and when some contestant is being eliminated it feels sad. I feel a member of our family has left. I remember crying on the JDJ sets when participants were leaving. The first time, when Farhan's wife, Shivani Dhandekar who was a contestant, was eliminated very early. I remember getting teary and emotional. I kept pondering why I was being so personally hurt about it. You know you are doing a job, but unknowingly you get involved.



Today there are a lot of talks going around about Hindi cinema and Bollywood, there is always going to be a huge love for our cinema when films will fall perfectly, and business will return. The audience has become far more intelligent they are more in touch with what is good and what is not. So, if you serve them half-baked product they will not take it. So now whatever is good it has not been anything less than brilliant.

### What does competition mean to you? Do you believe in winning?

I am very competitive. Who doesn't want to win? Anyone who says he/she doesn't want to win, they are lying. We are here to win, here to compete. You are here to be better than someone else. But one thing about a competition I must say is- You must be aware of the fact that you can compete. You must be aware you are not as good as your competition. Delusions sometimes can take away from you. So, if I am competing with somebody, I need to know if I am really better than that person and may not be. Therefore, I cannot compete without a brain, and have to do extra mehnat. It happens with films as well. In a year you might feel you will make a good film, but you will not make the best film always.

When I was making Kabhi Khushi Kabhi Gum, I felt that it was the best film of the year. The cast was fantastic but when I watched Lagaan I felt my film was not good as Lagaan. I should not be stupidly competitive. You should know who is your competitor and how? So, when I watched Lagaan I felt it was an excellent film, but I had made a family entertainer. They both deserved to be the best that year and they were.



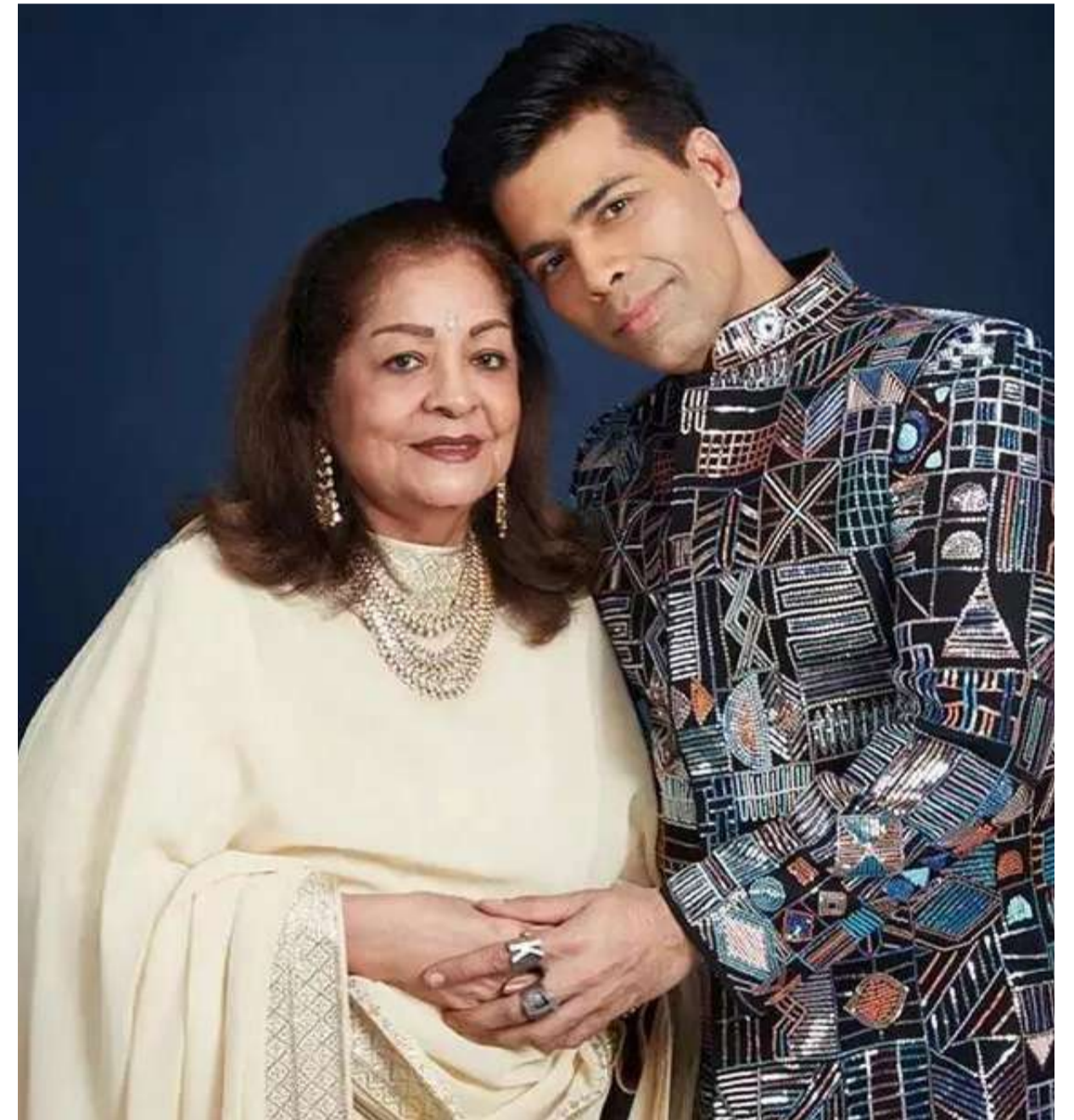


## How are you able to remain so cool and affable belonging to the glitz and glamour world?

It's my mother. She is my grounding factor in life. Some mothers and parents are fans of their children. They feel their child is the best. My mother feels just the opposite. She will all day try to ground me, if something good has happened she will just say— it's okay. Don't get carried away. Just look for what's next. Today you have done well, tomorrow it might be taken away from you, so she grounds me. Sitting in my room, I may be Karan Johar in my head but for her I am nobody, she will say- guests have come so you have to come down. Even if I may have come back from work she will not spare me. Make sure you comb your hair and wash your face before coming down. Imagine she is telling me all this even now. It's so embarrassing. Even if I am out at 2 am, I will get a call from her, 'Where are you? You have to get up early in the morning so come back soon.' I live with my mother and never want to change that— Yash and Roohi get fired, so do I. All three of us are scared of my mom. I believe that's one factor which has kept me grounded. No matter what you achieve in life- if today there is success there is a failure as well. You have to be prepared for that.

## Your fashion sense has evolved over the past year, you have been donning vibrant colours and are always trying to be different from the crowd. Any reason?

*Bahut Ranveer Singh ka influence ho gaya hai mujh par.* He is my hero now. I feel if you give me dull clothes, I will not feel happy at all. If I had to just wear a plain black suit and reach any event, I would not feel happy from within. I feel just like dance, fashion is a form of expression. If you feel comfortable from within, you will look the same from outside too. If you are conscious from within, it will show. I feel if I am wearing anything walking out of the house I should feel happy.



## At this juncture of your age can we call you an obedient child?

*[Laughs]* I am a very obedient child...This I want to tell with my mother's permission, I get fired even today if she doesn't like something. My children are very well behaved. They will not have it any other way, because she has raised me that way and she is raising them that same way. All three of us have that fear— I keep telling them to keep quiet or mama will come and scold all of us.

***“I feel just like dance, fashion is a form of expression.”***

# Best Trilogy Series To Read

Trilogies are a fun tradition that combines an epic tale into three consecutive novels. There are standalone novels, duologies, and long series which are amazing, but the trilogies are the best out there. There are many amazing trilogies out there like The Lord of the Rings, and The Broken Earth Trilogy, that has set the benchmark with its amazing storyline and characters. If you are looking for a trilogy series to read, then these are the best trilogy series you can add to your bookshelf.

## ▼ LORD OF THE RINGS

by J.R.R.Tolkein



Dive into the fantasy world created by J.R.R.Tolkein where the author takes you on an adventurous journey set in the fictional world of Middle Earth. J.R.R.Tolkein wrote these amazing stories after the end of the war. The Lord of the Rings Trilogy includes the Fellowship of the Ring, The Two Towers, and The Return of the King. There are amazing characters, magical rings, monsters, and epic battles which makes it the greatest trilogies of all time. Even today, the trilogy stands at top of the stack.

## STRANGER TRILOGY ▼

by Novoneel Chakraborty



The Stranger Trilogy Series is a thrilling trilogy written by Novoneel Chakraborty. The novel revolves around Rivanah Banerjee, a young and independent girl who moves to Mumbai. But there is a secret person who calls himself the stranger. He has no identity, but he has an intention. The Stranger Trilogy is cleverly plotted and it will keep you on the edge of your seat as Rivannah's life turns upside down.

## ▼ A GOOD GIRL TRILOGY

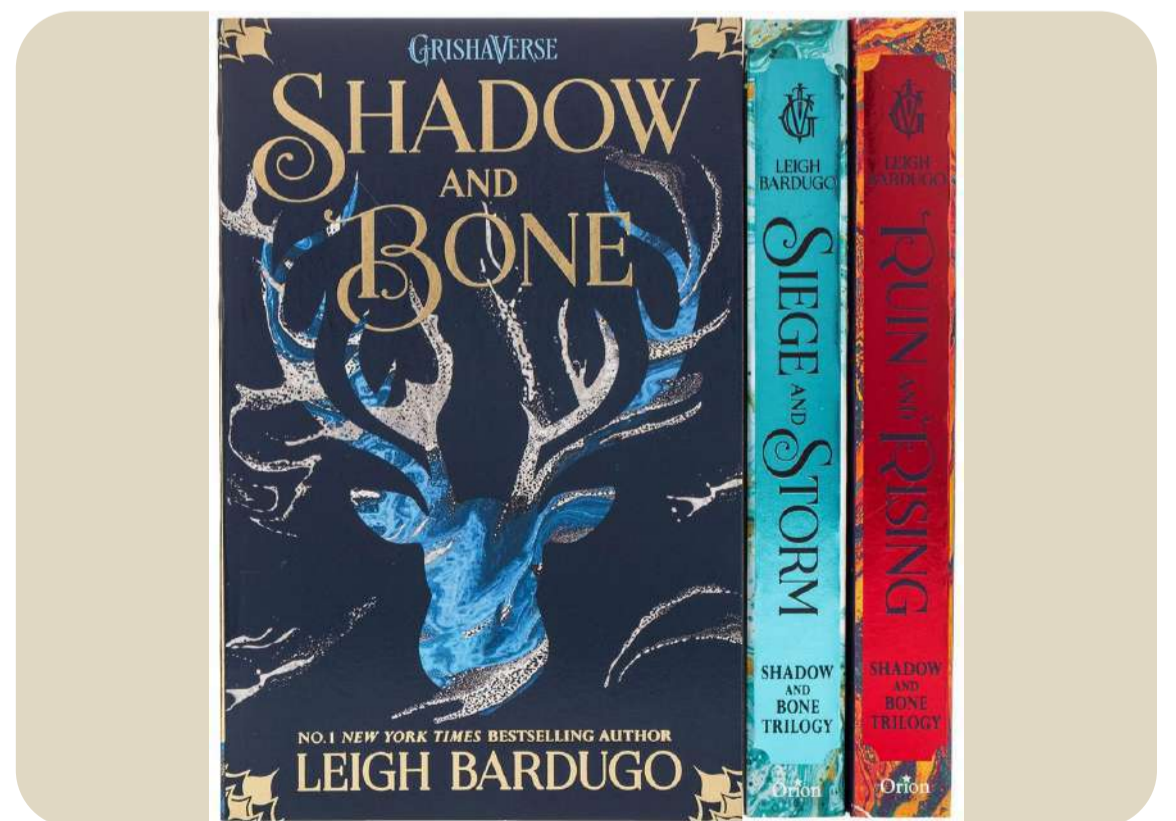
by Holly Jackson



A Good Girl Trilogy by Holly Jackson is a New York Times bestselling series. The novel series include A Good Girl's Guide to Murder, Good Girl, Bad Blood, and As Good as Dead. The story revolves around Pip and the mystery cases she solves in each novel. You will fall in love with the writing and the character development. With each book, your curiosity increases, and putting the book down is a challenge!

## GRISHAVERSE ▼

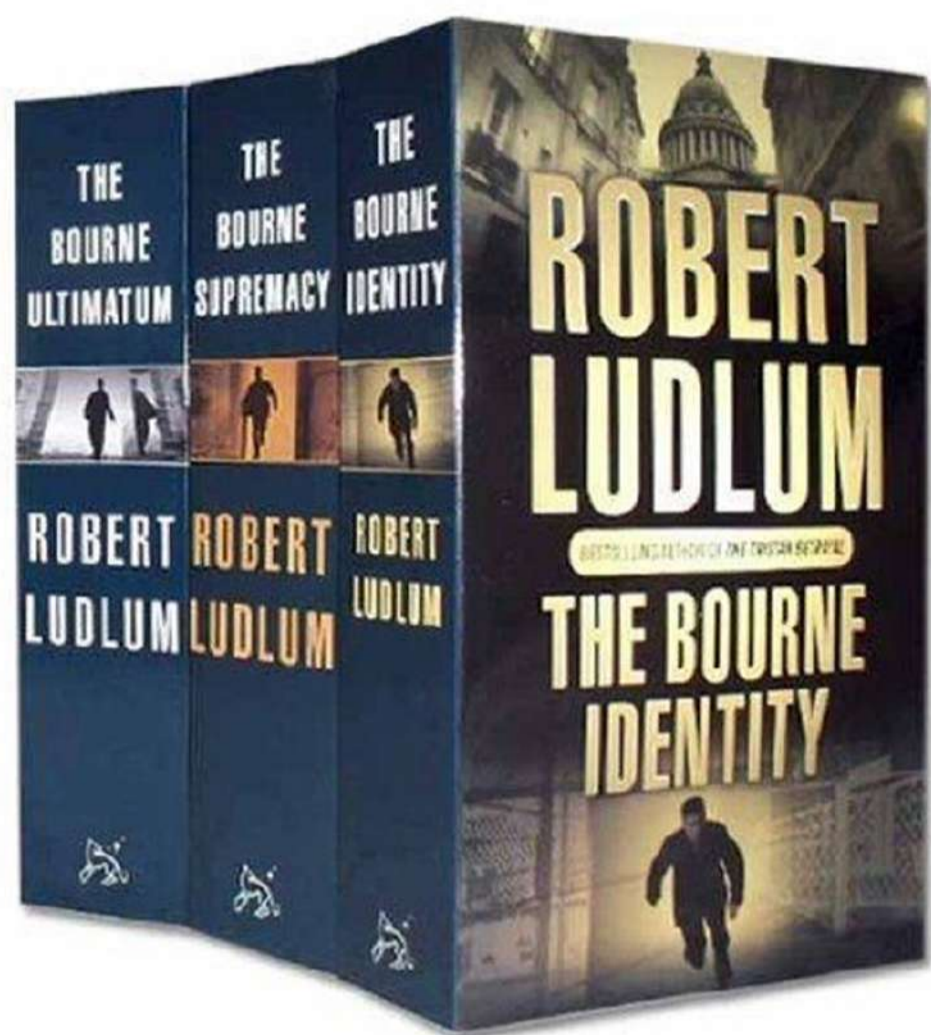
by Leigh Bardugo



Grishaverse written by Leigh Bardugo is a fun trilogy series to read and there is also a Netflix series based on this novel. The trilogy series include Shadow and Bone, Siege and Storm, Ruin, and Rising. The writing style is easy and engaging and it is a highly enjoyable book, set in a magical world with amazing characters.

## ▼ THE BOURNE TRILOGY

by Robert Ludlum



The Bourne Trilogy includes Bourne Identity, The Bourne Supremacy, and The Bourne Ultimatum which revolves around Jason Bourne and his adventures. These are the best novels written by Robert Ludlum. The storyline is fascinating with amazing action, and a lot of twists, and turns. The characters are well developed and the novel is intelligently crafted. If you are looking for an action thriller trilogy series then this is the best pick for you.

## ▼ THE HUNGER GAMES

by Suzanne Collins



Suzanne Collins is a successful writer who has written the amazing trilogy series called The Hunger Games. The trilogy series is a worldwide bestselling series and it is one of the best young adult books with engaging characters and amazing narratives. The writing is crisp and excellent, and it feels like you are watching a movie while reading the series.

## KALKI TRILOGY ▼

by Kevin Missal



Kalki Trilogy by Kevin Missal is all about Kalki who is born in Shambala and is drawn into the battle with the evil king Kali. In his journey to stop Kali from destroying the world, Kalki has to master his warfare skills and he doesn't know that he is the avatar of Vishnu. To help him realize that some immortals like Hanuman, Kripacharya, and Ashwathamma help him to channel his inner strength. The novel is full of battles, twists, turns, and amazing characters which will leave a mark when you finish reading the series.

## HARAPPA TRILOGY ▼

by Vineet Bajpai



Harappa Trilogy by Vineet Bajpai is one of the best trilogies to read and it is now adopted into a web series. The books are written in multi-linear narration. One part of the story tells us the story about the history of the Harappan Civilization, and the other part happens in modern times where a secret society holds a powerful secret and they are bound to guard it against dangerous people who are looking to destroy that secret.

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