

Hash#ag

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DIA

March 2023

**BREAKING
TABOOS:**
INDIAN SEX TOY
START-UPS
REDEFINE PLEASURE

**SNACK SMART,
TRAIN HARD:**
PRE-WORKOUT
FOODS

**LESS IS
MORE :**
The Benefits
of Capsule
Dressing

**RAMAPPA
TEMPLE:**

A Timeless Masterpiece
of Indian Architecture

From South India to Bollywood:

**RASHMIKA
MANDANNA'S**

Journey to the Top

+
REVIEWS
TRAVEL
FASHION
& MORE

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From the **E**EDITOR

Happy Summer Reading

“

We are thrilled to present our latest issue, packed with informative and entertaining features that we think you will love.

On our cover, we have the talented and beautiful actress Rashmika, who opens up about her journey in the film industry and the importance of representation and diversity.

Inside, we have a feature on a sex toy start-up that is helping to destigmatize and democratize conversations around sexuality, empowering people to explore their desires with confidence and safety.

We also have an exciting travel piece on the stunning Ramappa temple, a UNESCO World Heritage site in Telangana that is rich in history, culture, and architectural marvels. And for our women readers, we have a roundup of the best safety apps that can help you stay secure and connected when you're on the go.

For parents and educators, we have a selection of insightful and engaging books for kids that can help cultivate a love of reading and spark curiosity about the world around them. And in keeping with the festive season, we have some valuable tips on how to celebrate Holi safely and responsibly.



Whether you're looking for inspiration, education, or just some good old-fashioned entertainment, we hope that this issue of our magazine will meet your expectations. As always, we value your feedback and ideas, and we look forward to hearing from you.

Happy reading...

”

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Hash#ag INDIA

INDIA'S FIRST INTERACTIVE MAGAZINE

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THE
HAPPINESS
CO



DELICIOUS
AND
CRUNCHY

UPCOMING EVENTS

MARCH 2023

Sunburn Arena Ft. Martin Garrix

Sunburn is coming up with events across eight cities this Holi Season with the world's number-one DJ Martin Garrix. Watch him perform live on some of his best songs like In the name of love, Tremor, So far away, Scared to be lonely, and others. What are you waiting for? Book your tickets right away as only limited bird tickets are available.

Date: 4th March 2023.

Price: Rs 1,250/- onwards.

Venue: GMR Arena, Hyderabad



04
Mar 2023

Holi Hai 4.0



08
Mar 2023

It's that time of the season when the sky is painted with rainbow colours. Holi Hai 4.0 is an amazing event where you will play with organic colours, and simultaneously there will be live DJ performances of DJ Parama, Carnivore, Rishabh, and Rabz. It is a fun-filled event with many games like balloon combat and rain dance.

Date: 8th March 2023.

Price: Rs 499/- onwards

Venue: Prism Club and Kitchen, Hyderabad

A.R. Rahman Concert For Feeding Smiles

Oscar Award Winner A.R. Rahman is one of the best singers and musicians in the world. He is known for his soulful music which is trendy also. Watch the maestro perform a full-fledged live concert for feeding smiles in Pune for this Holi Season. Only limited tickets are open for this event online. Get them quick.

Date: 7th March 2023

Price: Rs 999/- onwards.

Venue: The Mills, Pune



07
Mar 2023

Conscious Culture Festival, Mumbai



4-5
Mar 2023

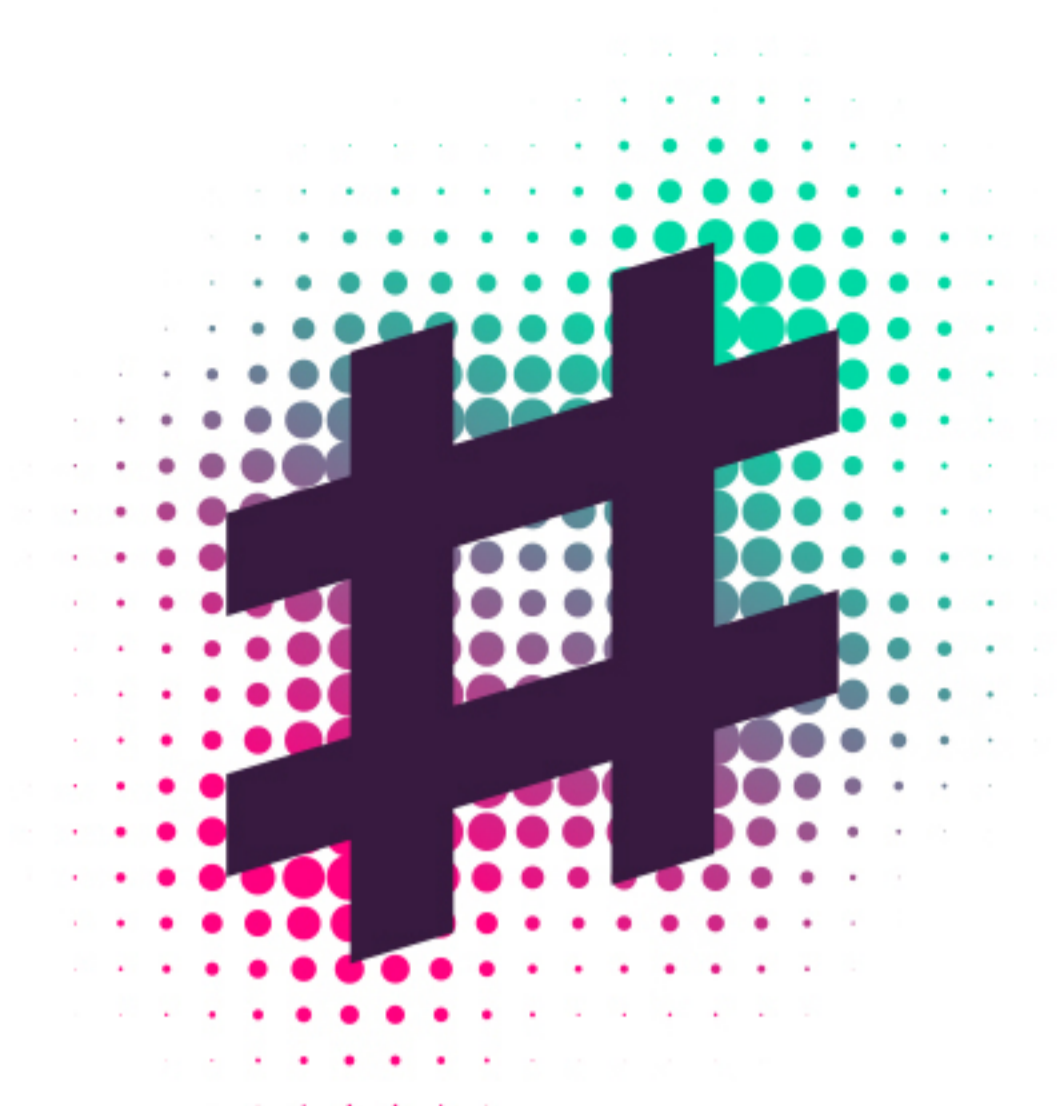
Conscious culture festival is designed to teach sustainability. The event will help you build long-lasting conscious habits where some brightest minds, creative talents, and passionate individuals talk about the sustainable movement in various categories like fashion, lifestyle, art, and others. There will be various seminars, workshops, and also music performances throughout the event.

Date: 4th-5th March 2023

Venue: Jio World Drive, Mumbai

Price: Free

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



h a s h t a g

TRENDING NOW



Rashmika Mandanna

Rashmika Mandanna, widely known as the National Crush, in conversation with Lipika Varma. She was seen on a patriotic high with a ride on emotions in the film, *Mission Majnu* with Sidharth Malhotra, which went down well with the audiences. Rashmika is very happy with the way 2023 begins as she has a few films lined up.

How are you looking at 2023, the New Year which has just begun?

I am very excited about this year. I have four films that are set to be released, and will also be starting three new films which I can't talk about right now. *Vaarisu* will be released on August 11th in Tamil, Telugu and Hindi. Then, I have one more release towards the end of the year.

The pairing of you and Siddharth has been appreciated a lot. Do you think a new jodi is born? What do you have to say about the pairing?

We have received loads of love from the audiences and our fans. We do work to entertain them, if they like the pairing it feels good. I hope it is working, as they are the ones watching us, so they have to tell us.

It was your first time working in the Hindi film industry, how was your experience working in *Mission Majnu*?

Initially, I was very scared as it was a new team. Whenever I am starting a new film of course the butterflies are always there. In one or two days I found myself very comfortable with the team. All of them made me much more at ease.

***Mission Majnu* had the '70s backdrop, what is the best thing you like about the 70s era?**

It was the vision of the director that I had to present honestly to the fullest. Whatever we have been exposed to is what we know, but in reality, we don't know what exactly happened in the seventies. It was a period of utmost innocence, we enjoyed the family life and the friends we grew up with. It was all about close-knit family and friends. Life was just around that.

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Initially, I was very scared as it was a new team. **Whenever I am starting a new film of course the butterflies are always there.**

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Industries don't have any difference, I feel it's the character and the story that you are saying and the team you are working with, that makes the difference..



Are you happy with the way Bollywood has welcomed you?

I am very happy, with the love and warmth I have received from the Bollywood folks, it feels great. I love Mumbai, thanks for having me here!

How do you look at the pap's attention? Do you not have the pressure that you have to look good all the time?

I don't look at it as attention. In fact, they are also doing their job. Everyone's life is very difficult. I just want to have that 30 seconds conversation with them. I feel it just brings about niceness. I have maintained it with the paps, so I don't feel there will be any problem. I don't really have that pressure, it is the way you want it to be. By the end of the day, no human is perfect.

Would you like to do an out-and-out action film?

I would like to do an out-and-out action movie. I was just going to say- I would go to Siddharth for training in action.

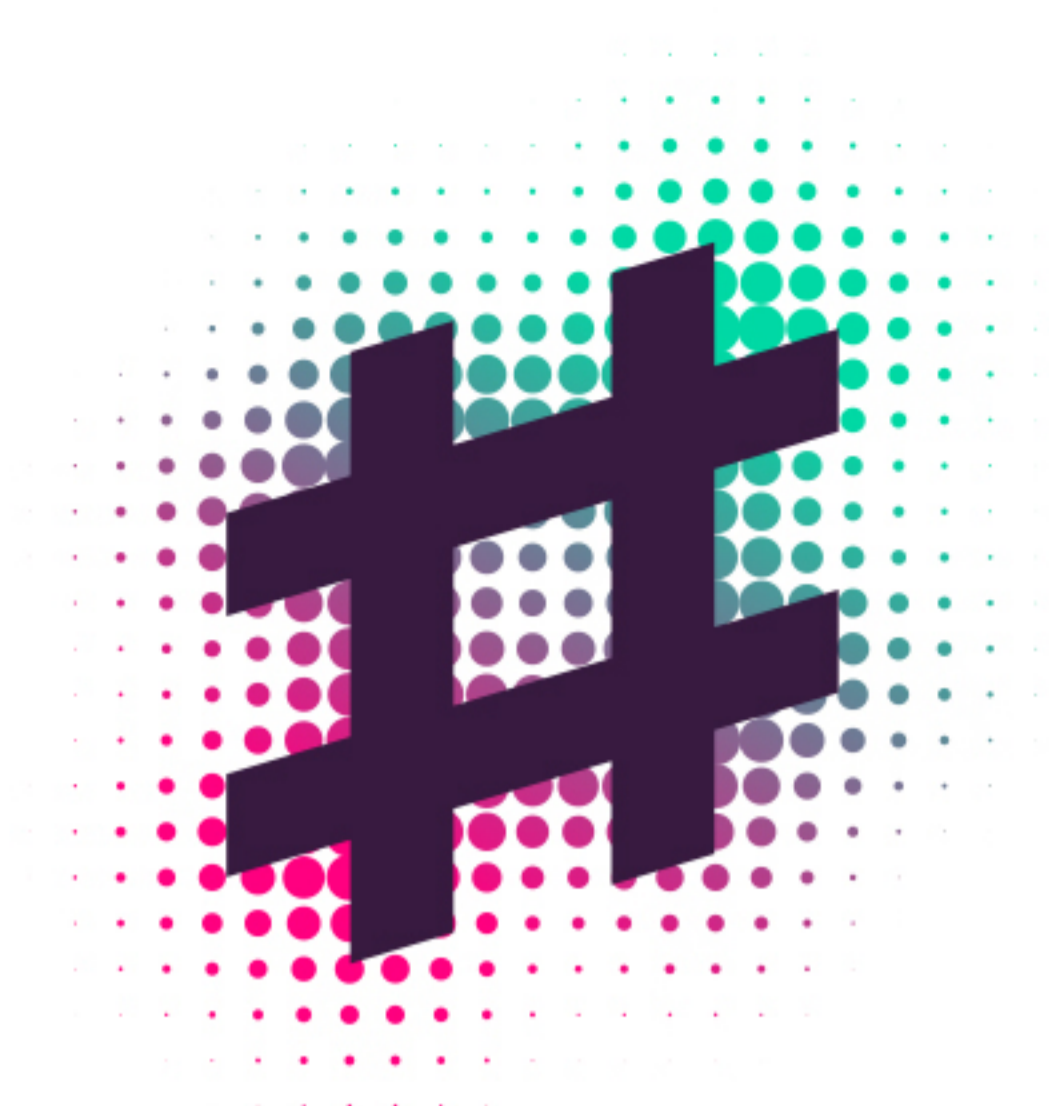
How different is it working in Bollywood and Tollywood?

I don't think there is any difference. The difference comes in with different teams. I have felt this since the beginning as I worked in different industries. I made a debut in Kannada and it's the same generally. Industries don't have any difference, I feel it's the character and the story that you are saying and the team you are working with, that makes the difference.

Pushpa turned you into a global actor. How responsible do you feel as an actor today? How do you look at your career from there on now?

Since the beginning of my career, there have been different characters that people have recognized me by my character's name. There is Geeta, Lilly, and Shrevali. Sheravali is such a loud name, so as an actor if I do another character, and I can make my audience call me by my character's name equally as strong as this one, then it will feel great. My whole motivation and entire career is doing extremely good characters and being called by the character's name. Pushpa 2 is again going to make it bigger.





h a s h t a g

START UPS



SEX TOYS: A Revolutionary Step Towards Sexual Liberation, Growth & *Redefining* PLEASURE!

This is mainly due to misinformation and distrust, ironically, more than half the people around the country still believe that sex toys are illegal. To date, there is no legislative provision in India that expressly bars or permits the sale of sex toys. These tables seem to have turned during the lockdowns when people were compelled to stay indoors. They learned more about these tools and turned to sex toys for satisfying their desires. Thus, the e-commerce sector experienced a boom in the sales of sex toys.

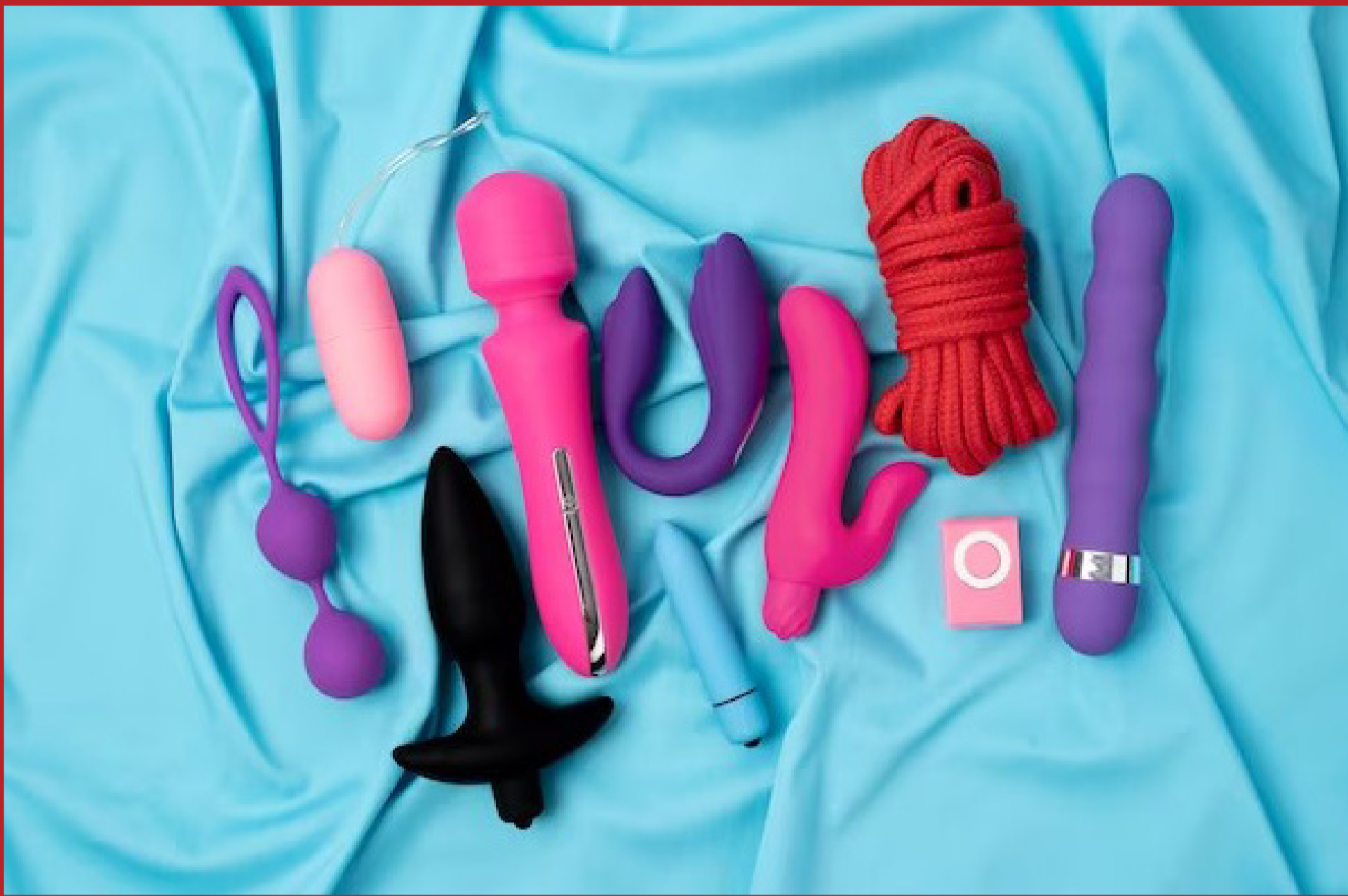
After all, it is essential for our modern Indian society to also focus on sexual well-being and sex toys play an undeniably important role in this. They not only help in awakening our libido but also have many health benefits, both physical and mental. Sex toys also help treat the symptoms of certain disorders, like erectile dysfunction, genital arousal disorder, hypoactive sexual disorder, and orgasm disorder. They can also provide relief to menopausal women with various issues. On top of this, they can also help lower your stress level and relax you. You see, sex toys can be the saviours that our sexual health needs and deserves. Therefore, we as a society need to stop shunning them but create a buzz and start appreciating sex toy brands.

India, the birthplace of the most ancient manuals of sexual pleasure, Kamasutra, is not unknown to the wonders of physical pleasures. However, with time, instead of understanding and appreciating the value of pleasure, we started attaching the notions of indecency and shame to this natural and essential process. Thankfully, the times have evolved, and the ideas and notions created by society are being changed to appreciate the value of pleasure, once again. **Mehak Walia** in an interesting conversation about sex toys with **Aastha Vohra**, the founder of Manzuri and **Aashish Mehrotra**, the founder of Sangya Project.

Meet Aastha Vohra, *The Founder of Manzuri*



Manzuri is one of the brands that are trying to redefine pleasure. 'Manzuri', the word in itself translates from Hindi to 'consent'. But the lesser-known meaning of this term in Japanese is 'female pleasure'. This is a beautiful term that is solely dedicated to denoting female orgasm. These are the bedrocks that Manzuri wants to bring out in the open. Manzuri's founders Aastha and Ritesh live in Pune. Aastha found her passion in exploring gender inequality and the myriad of ways it impacts our ability, no matter the gender, to be authentic to ourselves. She started with herself and set roots that felt genuine and sincere. Her sexual liberation was the key to her journey along this path- She felt ready to build a world that helped everyone find the person they were meant to be and allowed them the freedom to make that transformation fearlessly.



"You see, a lot of women around the country deserve this chance. If you allow yourself the freedom to be, everything can change for you. This openness to pleasure has a butterfly effect and rubs off on the other aspects of our life, it's very essential."

Aastha exclaimed, "the mission of our organization is to say the word 'sex' out a lot so that it gets normalized. You should be able to discuss this natural topic openly. Furthermore, very few people are aware of the fact that 70% of women can only orgasm through clitoral stimulation, this has somehow, been kept a 'secret' for ages that has been guarded. We aim to change this, this is why our community i.e., @get_cliterate exists."

Aastha strongly believes that various studies state that the more women orgasm, the more money they make. There are a ton of studies talking about this correlation. This is something that she has personally discovered from her journey of sexual exploration, and she believes that it has been quite a 'ride'. This has allowed her the freedom to take control back from a lot of aspects of her life. She explained, "You see, a lot of women around the country deserve this chance. If you allow yourself the freedom to be, everything can change for you. This openness to pleasure has a butterfly effect and rubs off on the other aspects of our life, it's very essential."

Aastha further added with a smile, "People in the masses need to understand that if you hand a vulva owner a vibrator, they are going to hand the entire information about what works for them and their bodies to their partner. This recognition of

their pleasure points can be very advantageous. Sex toys can never replace the touch, feelings and intimacy but they can increase them and improve your sex life as a whole- Collaboration, not competition, it's very essential to understand that."

Manzuri is also actively trying to break the stereotype that sex toys aren't affordable. Sex toys and pleasure should come at a cost that you can afford. Manzuri has products starting from Rs. 399 just to make sure that all parts of the masses are catered to.

Aastha strongly believes that brands can play a very essential role in this industry's progress. She said, "We live in an era where the sky is the limit in terms of people wanting to educate themselves on any topic. If you go on a journey and learn more, there is an uncountable amount of information. Still, cumulatively, our society is in a negative when it comes to sex toys and basic information. At Manzuri, we try to bring this to zero from the negative. A point where people are receptive to education and information on this topic. Every Saturday, we host #AskWithManzuri and the number of anxieties, curiosities and questions that we receive each week, is shocking. The reason why people are sending these questions to us instead of researching them is that they trust us. This trust needs to be increased in the market."



Another brilliant brand working towards a similar mission is Sangya Project. Sangya Project is a sex-tech start-up founded by a queer and poly family. They are currently the only brand to manufacture sex toys in India. This includes the Sangya S6 Strap on, the Omega Series of butt plugs, the S6 Dildo, and more. The founders Aashish, Shweta and Tanisha live in Pune, India. Aashish is a writer, producer, director & Erotic artist with 15 years of experience in multi-media. Having struggled with his sexuality as a bisexual man, Aashish dreamt of an India where literature & tools for discovering one's sexuality would be more accessible. He hopes to achieve that dream through Sangya Project.

Aashish exclaimed with a smile, "with our brand, we aim to create destigmatized, trauma-informed and kink-affirmative education that continuously makes room for new stories and new perspectives— where people's needs will always come first."

Meet Aashish Mehrotra, The Founder of the Sangya Project



"with our brand, we aim to create destigmatized, trauma-informed and kink-affirmative education that continuously makes room for new stories and new perspectives— where people's needs will always come first"





Aashish strongly believes that sex education in India has always been abstinence/biology-based and not pleasure based. With social media and access to quality pleasure-based education, people are understanding themselves a lot better and require the appropriate tools on that journey of self-discovery. Understanding yourself leads to a better quality of life concerning physical and mental health. This is very essential. Sex toys and fetish gear need to be looked at as tools to enhance your sex life. It is not a competition for your partners but something to make your sexual life better and more fulfilling.

Aashish thinks that we as a society need to put in the work to achieve sexual equality and curb the orgasm gap. He believes that this can be achieved by, "Making sure sex education is not only abstinence/ biology-based but also pleasure based. Understanding that these products are tools to enhance your life, understand yourself better and your wants. Education & awareness like this can't be restricted to English-speaking social media and needs to expand to written material. We need to be open enough to speak about it to our friends, our circles and not look at it as something that needs to stay hidden."

It's about time that we let sex toys enhance our lives and bring the much-needed revolution to the country's concept of sexual health. This will not only help the masses avail their benefits but also cast away the shame attached to pleasure and sex. While brands like Manzuri and Sangya Project are taking much-needed steps in this direction, we, as a society, need to do our bit too. The first step towards doing so would be normalizing the conversation about sex, pleasure and sex toys. Remember, only together can we encourage each other to shatter the boxes of shame and begin to explore, learn, and grow!





For your endless
CULINARY CREATIONS



Baking Powder



Custard Powder



Icing Sugar



Corn Flour



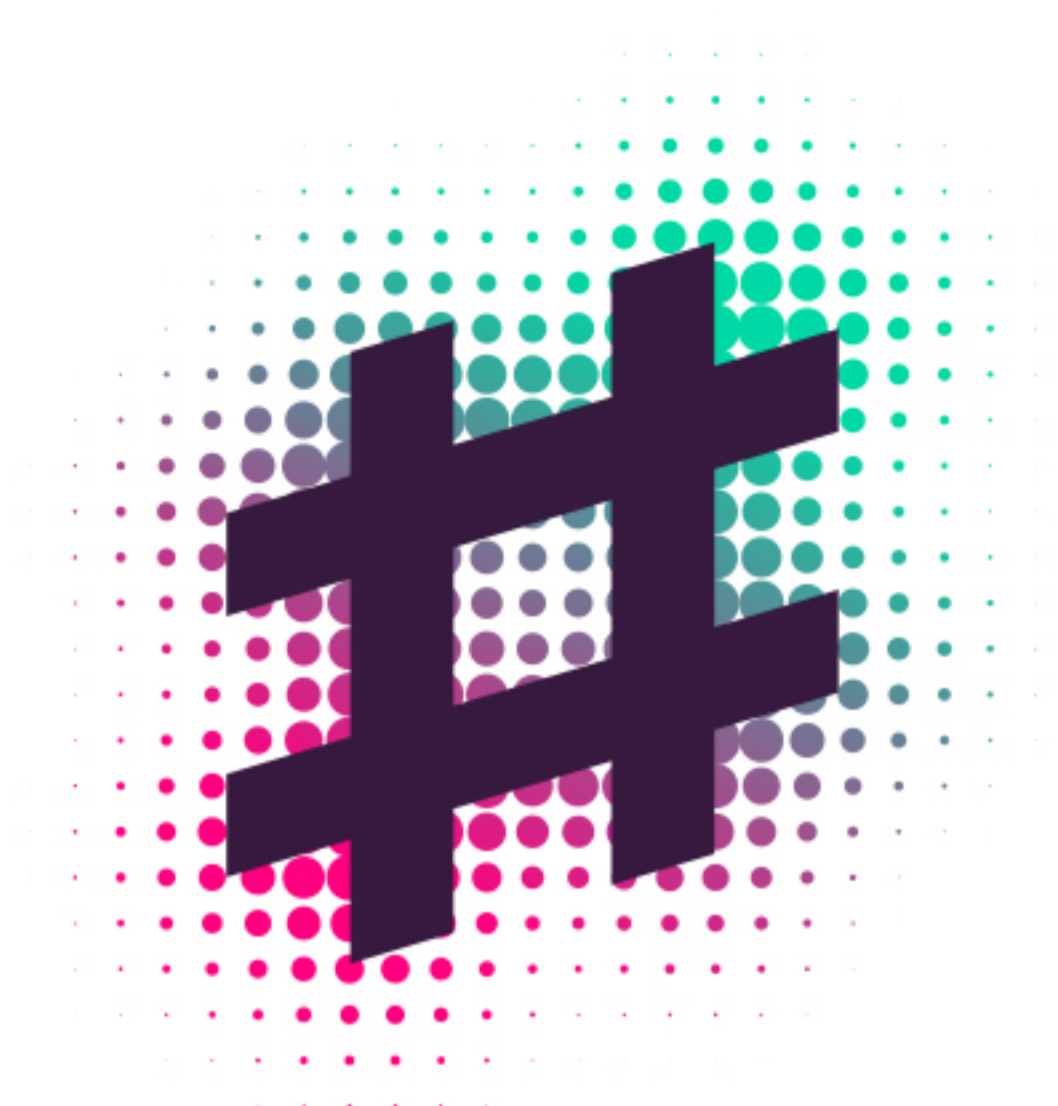
Cocoa Powder



Drinking Chocolate



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FASHION FORWARD



4. Saves your Money

A capsule wardrobe only needs a small number of garments, which means there are fewer garments to purchase altogether. The clothing will last for a very long time. The wardrobe will include a selection of high-quality garments that you may combine and match to make different outfits for any occasion. It prevents you from spending money on things you wouldn't wear.

5. Will give you confidence

When all the components of your capsule wardrobe are put together, you will look and feel trendy. When you feel good about the way you look, your confidence will grow in all facets of your life. Additionally, it encourages you to think creatively. Having a capsule wardrobe that accurately represents your style is a wonderful way to simplify your life and put your attention where it counts.

6. Good for the planet

It is a proven fact that we wear 20% of what we own, and throw away 80% of our clothing each year. That's a lot of waste to the production and the planet as well. A capsule wardrobe is made up of pieces you love, and you will wear more than you have. When you start buying fewer clothes and wearing them longer, you will start decreasing the demand for clothing production which has a positive impact on the environment and the planet.

These are some of the amazing benefits of a capsule wardrobe. It is an amazing way to save time and money. Many popular people like Mark Zuckerberg, Bill Gates, Mary Kate, and Ashley Olsen have mastered this amazing practice of capsule wardrobe and inspiring others to do the same.



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Mr.Gunpowder
TRY OUR AUTHENTIC
HOMEMADE GUNPOWDER

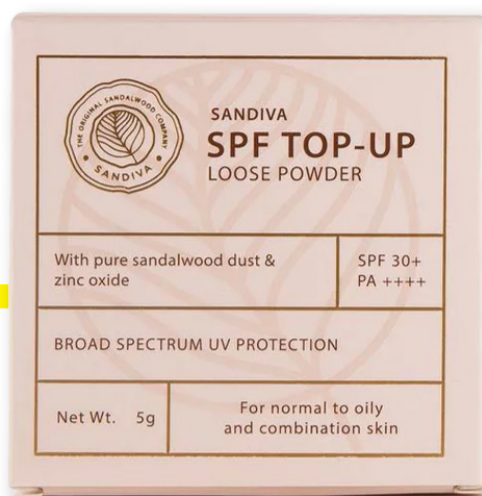
Now available across India!



PRODUCTS REVIEW

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

1



SPF Top Up Loose Powder by Sandiva Price: Rs 500

A Chennai-based home-grown brand, Sandiva offers a high-protection lightweight loose powder that acts as an on-the-go SPF shield, offering you sun protection along with an airbrushed smooth finish. With SPF 30+, it protects your skin from harmful UVA and UVB rays and reduces the risk of skin damage and ageing. Available in four shades, it has sandalwood that further protects your skin and soothes any inflammation. Get rid of that greasy mid-day shine in seconds and stay bright, fresh, and sun-protected throughout the day!



All-Natural Anti-Aging oils by Iris Price: Rs 2,499

As the temperatures soar, it's important to adjust your skincare routine to ensure that your skin stays hydrated and protected. Iris

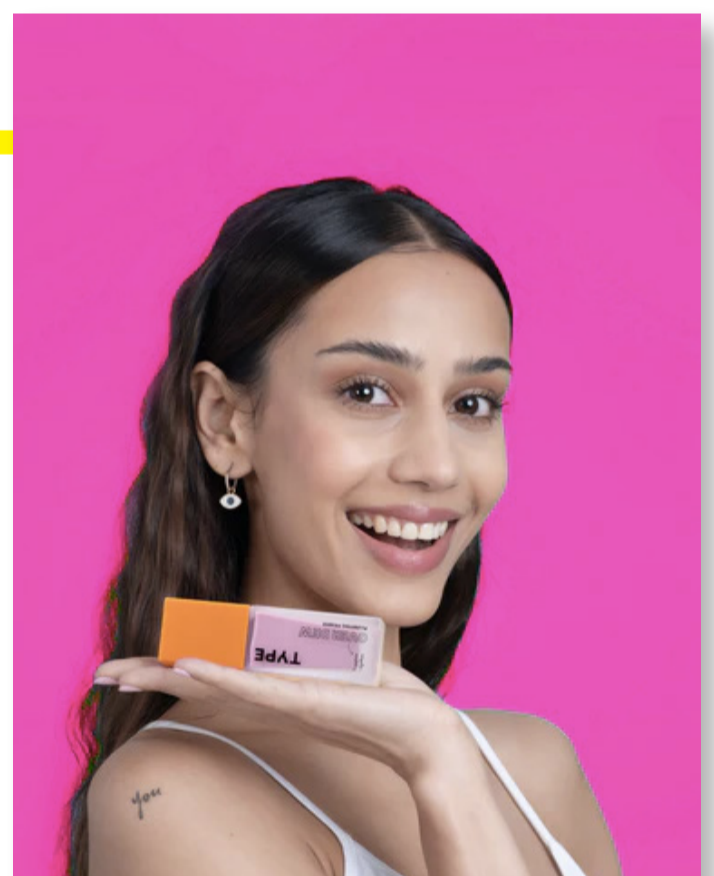
Cosmetic's winter skincare products are specifically formulated to nourish and protect the skin the harsh and extreme weather. A must-try is their All Natural Anti-Aging Oil that's backed with a blend of essential oils, antioxidants, and minerals like jojoba oil, almond oil, rosehip oil, and more. It is non-greasy, a few drops of oil on your skin instantly makes it more manageable and keeps the skin supple and revitalized all day.

2

4

Over Dew Face Primer by Type Beauty Price: Rs 1,150

A deeply hydrating cream, Over Dew, blends seamlessly into the skin without clinging to dry patches or settling into creases. With a luminous purple tint, the cream gives your skin a natural glow and eliminates dullness. For the ideal glass-skin appearance, apply this primer with or without makeup. Tripeptides and squalane are combined in this product to hydrate the skin while assisting in the battle against age-related symptoms. Tripeptides fight signs of ageing, while Squalane hydrates from within. Also, this product contains sodium DNA, a topical filler for any wrinkles that plump the skin from the inside out.



3



Bomb Bum Cream by Skinvest Price: Rs 999

Yes, your tushy is as important as your face. Infused with opulent butters and naturals, Skinvest's fast-absorbing body cream Bomb Bum addresses stretch marks and visibly tightens skin appearance. High quality, cruelty-free, vegan, paraben and phthalate the tube comes with a 5 metallic ball massager that smoothes cellulite, exfoliates stretch marks and enhances firmness and elasticity. Skinvest believes that skincare goes hand-in-hand with mental health and its products help you feel empowered from within.

FOR PRODUCT REVIEWS/ FEATURES/ ADVERTORIALS
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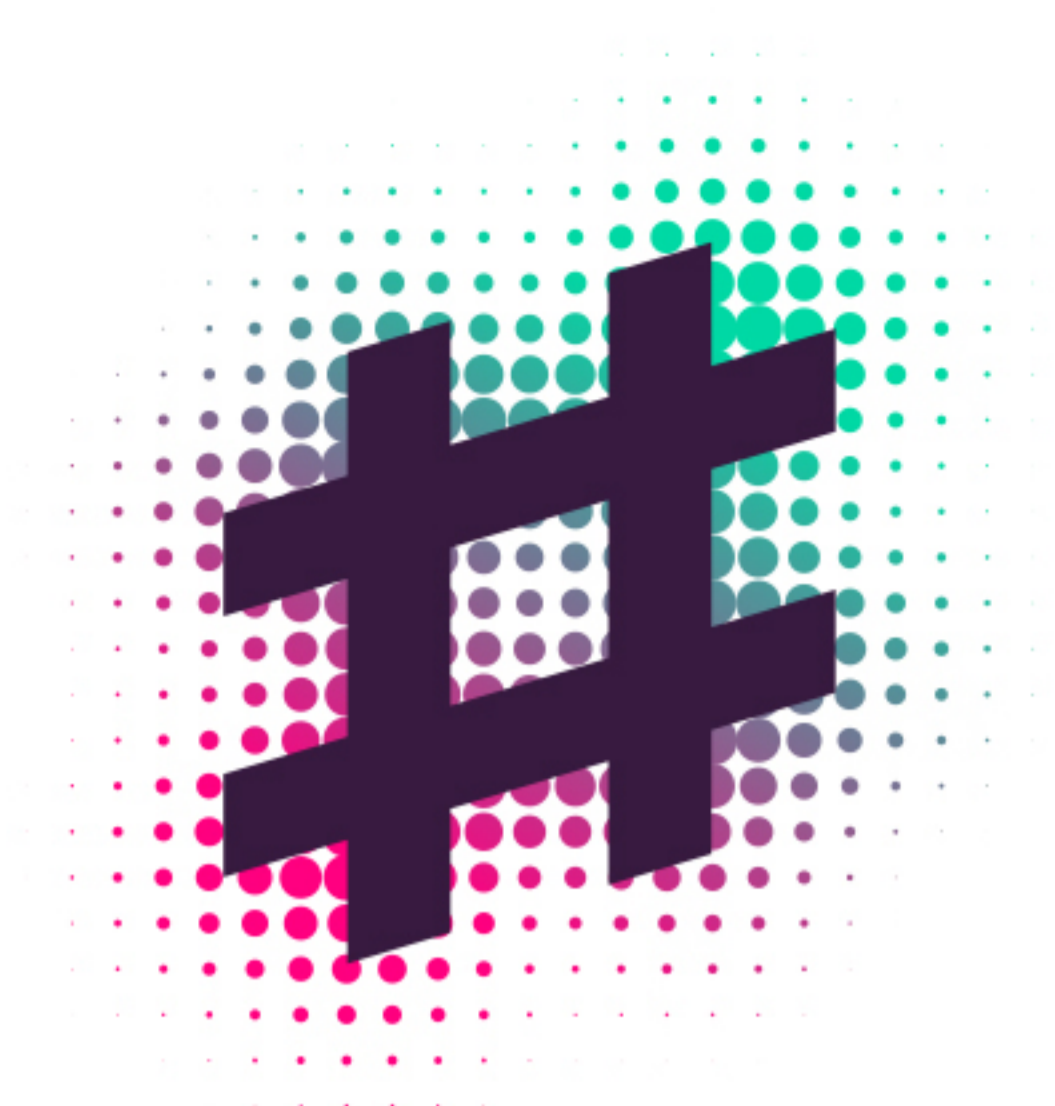
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h a s h t a g

HEALTH & WELLNESS



RESTORE YOUR GLOW: GET RID OF HOLI COLOR IN NO TIME

Holi, the festival of colours is a popular festival that is celebrated across India. The colours are an exciting part of the celebration, but they are quite difficult to remove. But with the right approach, you can get rid of them in no time. **Dhanush Kumar** lists a few quick and easy solutions to get rid of colour stains with the help of simple, natural household ingredients to professional products.

Natural Products:



1. Lemon Juice

Lemon juice is one of the best products to lighten Holi colour stains. It is a natural bleach and mixing lemon juice with water can be quite helpful. Apply lemon juice to the area and leave it for 10-15 minutes and then rinse it off. You can also make a pack with curd, or *besan* to get back the glow quickly.

2. Honey

Honey is a natural moisturizer, and it can help in an amazing way to lift colour stains from the skin. Mix honey with a bit of warm water, and then apply it to the skin. Leave it for 10-15 minutes before rinsing it off. You can also mix lemon juice with honey to remove colour stains.



3. Cider Vinegar

Cider Vinegar is acidic, and it can help to remove Holi colour from the hair and skin also. Mix vinegar, water in equal parts, and apply them to the hair or skin. Leave it for some time and clean it off. You can also use vinegar to remove Holi stains from clothes.

4. Coconut Oil

Coconut Oil is a common product used to remove Holi colours. It helps to dissolve Holi colour stains on the skin and hair. Just massage the coconut oil, and after 15-20 minutes. Wash your face with soap and remove the stubborn stains in one or two washes.



5. Baking Soda

Baking soda is a gentle product that can help to remove colour stains from the skin. Mix 2 tsp of baking soda with warm water to form a paste first, and then apply it to the skin. Scrub gently for a few minutes and then wash it off with water. You can also soak your clothes in a bucket of water and add 1 cup of baking soda to remove stains.



Professional Products:



1. Shampoo and Conditioner

With the help of shampoo and deep conditioning treatment, you can remove Holi colour from your hair. You can also use natural products and apply them to your hair and scalp. Leave it for 30 minutes and wash it off with shampoo and warm water.

2. Color Removing Products

Colour-removing products are one of the best ways to remove Holi stains. You can use a hair colour removal product that is designed specifically to remove semi-permanent and temporary hair colour. You can also use almond oil as an alternative to help remove the stains.



3. Scrub

Using Scrubs like sugar or salt scrub can help to remove Holi colour from your skin. Gently massage the scrub into the skin and rinse thoroughly with water. Scrubs gently remove off the top layer of skin.



4. Skin-lightening products

Skin-lightening products like creams, gels, or serums can help fade the colour stains on the skin. Apply the products to the skin or hair, and follow the instructions that are written on the product label for the required time. Rinse minutely with water.





WHAT TO EAT BEFORE HITTING THE GYM?

Nutrient timing is a strategy that emphasises the significance of what you consume ahead and after your drill. There are specific meals to eat before working out that will assist our bodies prepare and will help you get the most out of your workout. Dietician Rakshita Mehra lists a few pre-workout snacks, she also says, “while we all have distinct nutritive requirements, there are some well-known pre workout meals – which have the adequate ratio of fats, carbohydrates, and protein.”

Quick Snacks to Consume Before a Workout:



Oatmeal with a Glass of Milk

Oats are high in dietary fibre and gradually release carbohydrates. Due to this gradational release, your energy levels remain stable throughout the workout, allowing you to train harder for longer. Grabbing a bowl of vegetable oatmeal when you need a fast, easy pre-workout snack is a great go-to choice. If you're going to do a long workout, drink a glass of non-fat milk to get some extra fluids and calories. Additionally, you'll receive water as well as sodium to help replenish the electrolyte lost through sweat.

Delicious Style Fruit Smoothie

Since your muscles are around 75% water, make hydration precedence before each sweat exercise. Sipping a healthy fruit smoothie is a delightful way to pre-hydrate. Smoothies have the potential to be a healthy light snack, but they should be approached with caution because they can contain too many sweet calories. Making your own low-calorie smoothie is your best bet. Stick to fruits, flax seeds, and double toned milk or curd. Smoothies are an excellent pre-workout nutrition item since they are easily digestible. It will aid in increasing your strength and endurance.





Fruit and Nuts

Bananas, sometimes known as nature's power bar, are high in carbohydrates and potassium, which helps nerve and muscle function. Carbohydrates provide energy to our bodies and brains, and they account for 90% of banana calories. Fruits are high in vitamins, minerals and dietary fibre, and others. Fruits like bananas, apples, melons, and mixed berries are excellent pre-workout snacks. Add a couple almonds, walnuts before your exercise regimen for some healthy fats that will push it up a notch!

Yogurt

Plain fat-free yoghurt is a great post-workout snack- it's rich in good quality protein, keeps you full without being heavy on the system, and convenient to have on the move. In addition, they are also a great source of probiotics which keep your gut micro biome intact and give you energy to keep going at the gym.



It's Critical to Schedule Your Pre-Workout Meal

The timeframe of your meal is also a pivotal factor to consider when it comes to pre-workout nutrition. To avoid feeling bloated, eat your meal and snack 30-90 minutes prior to working exercise. Wait the whole 90 minutes if you're eating a larger meal, but 30 minutes should be plenty if you're just having a snack.

Don't forget to refuel subsequently, just as crucial as pre-exercise nutrition is. A well-balanced post-workout snack can provide the nutrition tired, exhausted muscles require refuelling, recovering, and repairing.





NUTRITIOUS HIGH-CALORIE FOODS FOR A HEALTHY WEIGHT GAIN

Gaining weight can be just as challenging as losing weight. While exercise plays a significant role in weight gain, your diet also has a crucial impact. That is why it is important to incorporate high-calorie foods into your diet. High-calorie foods not only increase your calorie intake, but they also provide your body with the nutrients it needs for overall health. **Dhanush Kumar** lists the best foods for weight gain and health improvement.

Nuts

Nuts are a great snack option for those looking for weight gain. They are high in healthy fats, proteins, and calories. To get the best benefits of the nuts, try to eat unsalted, raw, or dry roasted nuts rather than sugar or oil-coated ones. They help to reduce inflammation and decrease the risk of blood clots that can lead to heart strokes.



1

2



Avocado

Avocados are one of the best foods for weight gain. They are an excellent source of healthy fats and fibre. They are also high in potassium and can help to reduce the risk of heart disease. Try to eat avocados in their natural form, like the sliced ones. Avocados support heart health and lower cholesterol. They also keep your eyes healthy.

Ghee

Ghee or clarified butter is the best food for those who are looking to increase their weight. It is high in calories and healthy saturated fats. Ghee can be used for cooking, and you can add them to dal, or use it as a dip for bread. Make sure that you look for pure, grass-fed ghee to get the best benefits. Ghee is also helpful in strengthening your immune system.



3

Almonds

Almonds are a popular snack in India, and they are high in healthy fats, proteins, and calories. Almonds can be consumed directly, used as a topping for oatmeal, or ground into almond butter. By consuming Almonds daily, your bones will get stronger, and your blood sugar control will get better. To get the best benefits, take unsalted, or raw almonds.



5

4



Nut butter

Nut butter is the best and most tasty way to add healthy fats and calories to your regular spread. They can be spread on toast, or you can mix them into smoothies and also as a baking ingredient. Some popular nut butters are peanut butter, almond butter, and cashew butter. Nut butter keeps the cholesterol in check and the fibre keeps you feeling full and energized.

6



Red Meat

Red meat like pork, lamb, and goat are high in protein and fat. They are a very good option for weight gain. You can grill them, and bake them, or you can also add them to the soup and stews for added flavour and nutrition. But you must limit the intake of red meat for maximum health benefits.

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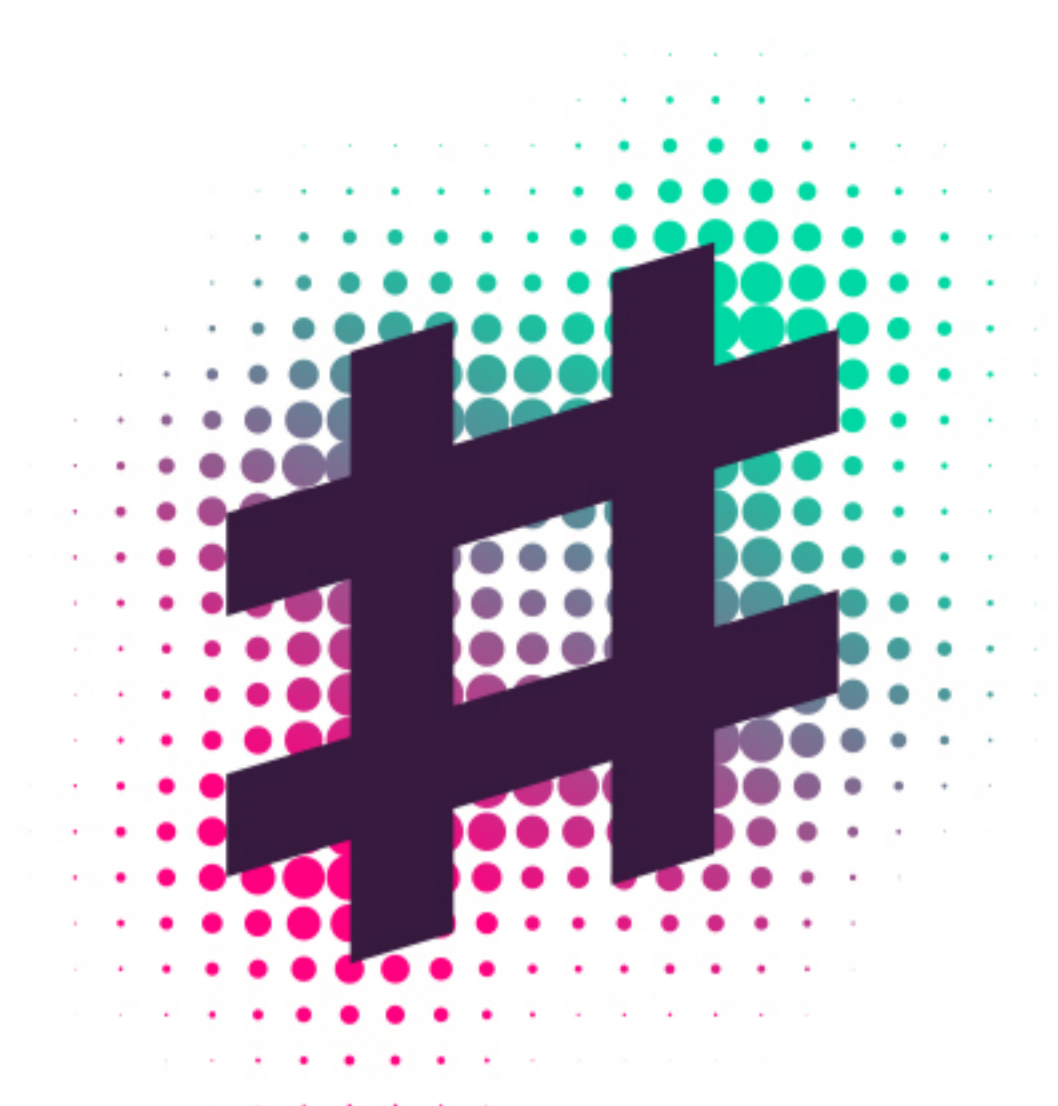


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FOOD INC'



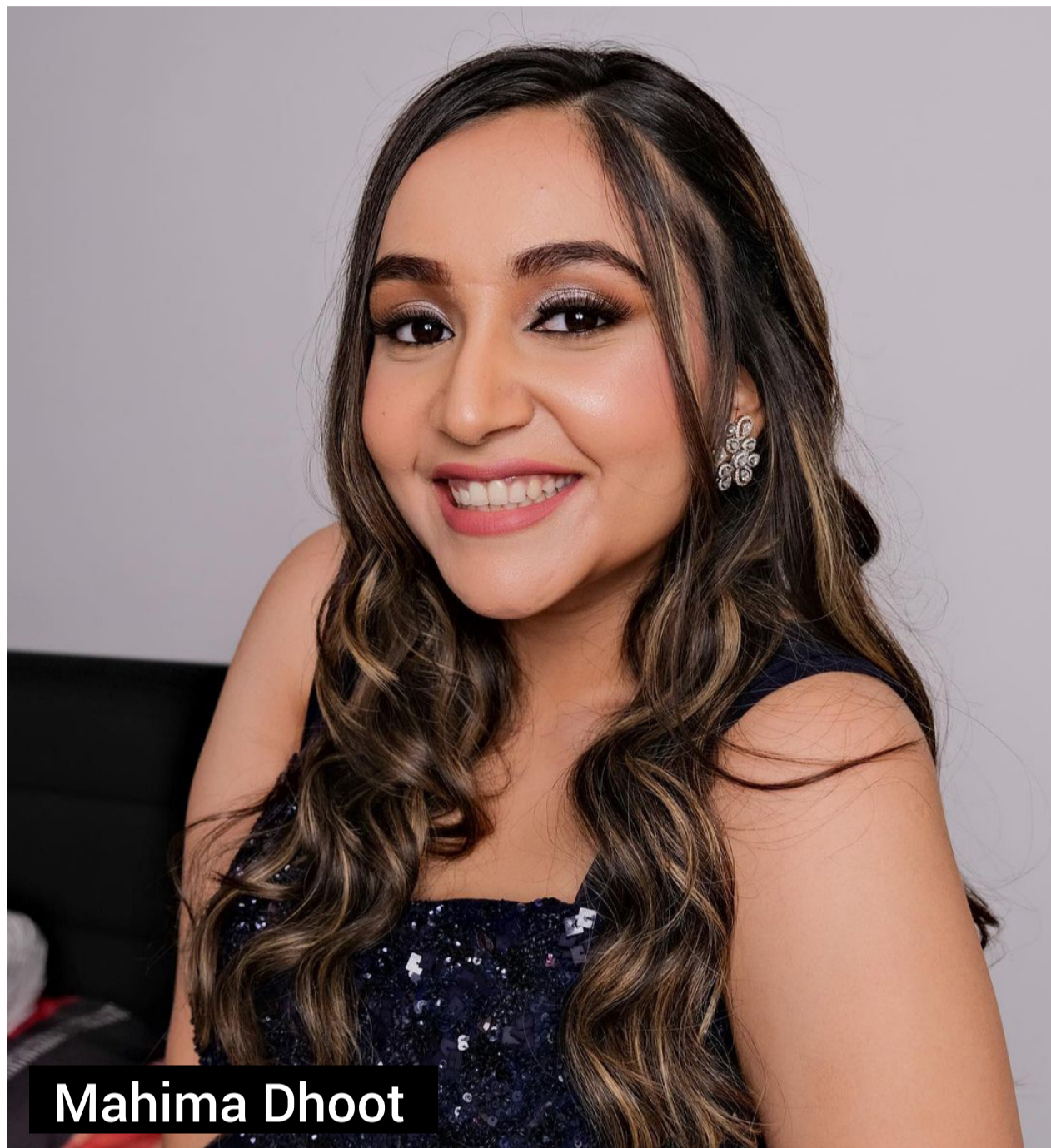
POPULAR FOOD BLOGGERS TO FOLLOW

One of the most fascinating careers is food blogging. They utilise it to create and share their recipes and culinary advice, from everyday cooks to well-known chefs. In conversation with four well-known food bloggers who share advice with **Rashmi Bhumi Reddy** to assist newcomers.

MAHIMA DHOOT

Blog Name:- Dining with Dhoot

Mahima Dhoot is a Mumbai-based food blogger who has captured some of her most fascinating cooking experiences.



Mahima Dhoot

Regarding her story behind the blog, she says, "I've always been passionate about food and used to enjoy discovering new places and dishes. During the lockdown, I couldn't explore, so I started cooking some of my favourite foods at home. That is how dining with dhoot started. It was initially a hobby or passion project during Covid, but I quickly fell in love with content creation and sharing recipes online. What inspired me to become a food blogger was simply the fact that I love food."



“

What inspired me to become a food blogger was simply the fact that I love food.

”



Her love of cooking ends up being a doorway to her ideal world. Additionally, she channelled her enthusiasm for cooking into the creation of a virtual food blog on Instagram, where she engaged her audience by sharing several recipes from diverse cuisines.

Her signature dishes include potato dishes like *Jeera Aloo*, *Aloo Chokha*, and *Aloobhujia*.

Her preferred technique of cooking is in the oven since she enjoys roasting the ingredients, which enhances the flavour of the food. Her long-term goal is to expand her audience by starting a new YouTube page.

ISHITA DAN

Blog Name:- Littlehealthyish

Ishita Dan, a food blogger from Kolkata, started her blog called 'littlehealthyish' four years ago after being inspired by recipes and videos posted on Pinterest and YouTube.

Most of her content is produced at home. She also offers a key piece of advice to beginners for producing quality Instagram content: shoot in direct sunlight. If the light is good, you can film high-quality videos without a very expensive device.

She loves baking because she finds it to be so therapeutic. Additionally, baking recipes are frequently highly forgiving, so you can still produce good results even if you don't measure everything out.



Ishita Dan

For beginners, her main advice is to maintain consistency even on days when you don't feel like producing the content or when you lack motivation, or when your blog reach is low. Simply continue blogging without worrying too much about the reach.



UMA RAGHURAMAN

Blog Name:- Masterchefmom

Uma Raghuraman, a food blogger from Delhi says, "I dream that the world will know and acknowledge the 'Real Indian Cooking' which is an ancient art where 'Food is considered a medicine that heals'. I wanted to inspire young mothers to cook healthy, creative, and interesting dishes that will not only excite the person who eats but also excite and bring loads of enthusiasm to the person who cooks."



Uma Raghuraman

Her blog is popular for Indian cuisine, exclusively homemade and lunch box ideas. She also shares the recipes for the dishes to aid young mothers who are going through similar challenges every day.



Her signature dishes are traditional South-Indian recipes. Moreover, she describes her style of cooking in their words - Simple, Tasty, and Healthy.

Her favourite method of cooking is slow cooking using traditional vessels like clay pots, bronze, etc., as she finds pleasure in it. Regarding her future goals, she says, "there are no goals but milestones in this journey. I just wish to keep cooking and sharing different, innovative, tasty, and healthy recipes with the world."

Finally, her key advice for beginners is to thoroughly enjoy what you are cooking and keep practising and perfecting yourself before blogging about the recipes.

SHUBHANGINI BHOJAK

Blog Name:- *bliss_is_food*

Shubhangini Bhojak, a Vadodara-based food blogger, says, "My love and passion for food has inspired me to become a full-time blogger and Chef. Good food has always been a mood lifter & a way to bring people together. Additionally, I love trying out different cuisines & soaking in the culture".

Her signature dish is Khichdi. She loves experimenting and creating different varieties of Khichdi with seasonal veggies and Indian spices. Additionally, she also shares that the dish reminds her of her home.

Her favourite method of cooking is simmering and steaming as she finds that it retains the nutritional value of the ingredients. Moreover, this method is exclusively implemented while preparing traditional dishes of the place where she is grown.



Her future goals are to possess a kitchen studio and to write and publish a cookbook that inspires people.

Her advice for beginners is consistency, hard work and having a learning attitude, which is the most important aspect of blogging, and it adds value to your audience's life with your food blogs.



Shubhangini Bhojak





WHITE MANGO OUT OF THE BOX!

Have you ever heard about a pickle with green apples? Or the *Paan*-flavoured pannacotta? Then, you must visit the newfound White Mango gourmet kitchen in Jubilee Hills. This recently opened-up gourmet kitchen offers you a plethora of new and different combinations of cuisines. Situated in the city's heart, this is a perfect spot to hang out with your loved ones. Vimal and Srikanth, the owners of the place, talk about the restaurant with Sharon.

"It took us three months to fix the menu," says Vimal, co-founder of White Mango. They say good things come to those who wait, and we have cherished the "good items" from the menu. After a friendly chat with the owners, they left us to relish the food. We ordered Creamy De Chicken and Parmesan Potatoes for starters and the Signature Frappe and Midnight Mango for drinks. As we wait for the food, we look around, a water fountain on the right corner with white interiors on the left, sets the mood of the place, creating the perfect ambience.



The tables and furniture are made with one log, and that too, a 75-year-old log. If you are asking if the ambience is instagammable? It's a definite YES! The lights in the evening, the art on the walls, and the food are a perfect 10/10 for the restaurant. The food is served with exemplary service. Creamy De Chicken and Parmesan Potatoes are a must-try for their rich and creamy texture. The sauces, made with in-house products, is not too spicy, yet has so much flavour. Midnight mango, a pulpy mocktail is very refreshing, while the frappe is a treat for all coffee lovers. Then, comes the star of the meal, Bento Boxes. As we went through the main course menu, we found something quite intriguing- bento boxes. We ordered veg and non-veg bento boxes, which included a curry, a fry, salad, and green apple pickle with roti or rice as per your choice in a cute, little red box. It is quite filling and very delicious.



The green apple pickle was a surprise with a mix of sour, sweet and spicy. And finally, the desserts have a line-up of Choco Hazelnut, Classic Red Velvet, Tres Leches Blueberry, Tiramisu Jar, and *Paan*-Flavoured Panna Cotta. "We didn't believe in serving regularly. We wanted something different, apart from the ambience, there should be something different from the regular outlets," adds Vimal upon ordering the *paan* pannacotta. It was again a big surprise to us when we took the first bite with apprehension. The first bite is an explosion of flavours to your taste buds; the rich textured dessert, with a different fusion, is the best you can find in town.

White Mango is everything the city needs: a bit of Hyderabadi, a sprinkle of fusions, and lots of flavours!

Address: Plot 97/A, Road 14, Near Chiranjeevi blood bank, Jubilee hills, Hyderabad.

Timing: 11.00 am to 11.00 pm

Meal for two: Rs 1,000

Our pick: White Mango signature frappe

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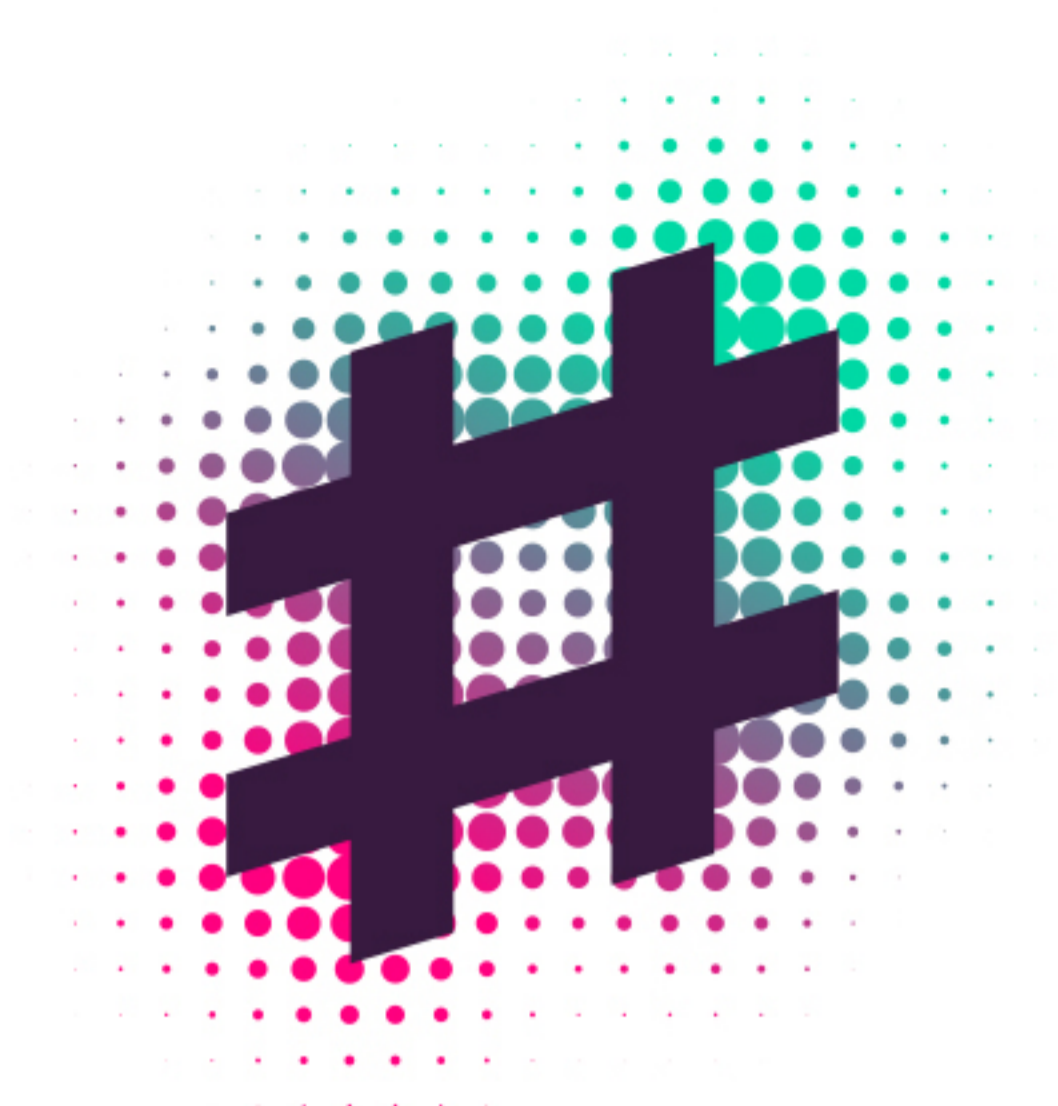
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AUTO & TECH

Best Drones for capturing breathtaking shots

Drones have revolutionized the way we capture photos and videos from a higher perspective. Whether you are a beginner in photography or a professional, there's a drone that suits your style. **Dhanush Kumar** has put together a list of the best drones for photos and videos. Get ready to soar to new heights and capture some stunning aerial shots like never before.



DJI MAVIC MINI

DJI Mavic Mini is one of the best and most affordable drones for photos and videos. It is a portable and compact drone that is equipped with a 2.7K camera and a 3-axis gimbal that provides stability and clear footage. The flight time of this drone is up to 30 minutes and you can capture some wonderful aerial shots in one go. It also has obstacle avoidance and GPS positioning to ensure a safe and enjoyable flying experience.



Price: Rs 31,990/-



DJI PHANTOM 4 PRO

DJI Phantom 4 Pro is a high-performance drone that is used by professionals. It comes with a 20MP camera and a 3-axis gimbal. The drone also features 4K Video recording with a 60 fps slow motion video option that allows you to capture the best aerial shots. The flight time of this drone is up to 28 minutes and it comes with obstacle avoidance as well.

Price: Rs 1,80,000/-



PARROT ANAFI

Parrot Anafi is one of the versatile drones that offers a 4K HDR camera and a 3-axis and 180-degree tilt gimbal with 32x digital zoom. You can use this drone to capture unique aerial shots from various angles, and it also features GPS and GLONASS positioning. The flight time of this drone is up to 25 minutes. It comes with advanced features like Follow Me, Flight Plan, and Hyperlapse. It is lightweight and offers high-quality aerial imaging.

Price: Rs 17,000/-

AUTEL ROBOTICS EVO II

Autel Robotics EVO is one of the costliest and most high-performance drones that offers 8K video recording and a 3-axis gimbal. The additional features like obstacle avoidance, GPS and GLONASS positioning can capture stunning aerial shots with ease. It also features a flight time of up to 40 minutes. It has a long-range remote control and can be operated with the Autel Explorer app.

Price: Rs 90,000/-



DJI MAVIC AIR 2

DJI Mavic Air 2 is a compact and powerful drone that is great for photos and videos. It features a 48MP camera with 4K Video recording capabilities along with a 3-axis gimbal. It has a flight time of up to 34 minutes and comes with advanced features like ActiveTrack, Quickshots, and Obstacle Avoidance. It also has a long-range remote control that can be operated with the DJI Fly app.

Price: Rs 1,00,000/-



HUBSAN ZINO PRO

Hubsan Zino Pro is a budget-friendly drone that offers exceptional performance for its price. The drone is equipped with a 4K Camera and a 3-axis gimbal that provides clear footage. It also features GPS positioning with a flight time of up to 23 minutes. The drone is lightweight and compact, making it easy to carry and store. It is a great option for beginners looking to get started with aerial photos and videos

Price: Rs 30,000/-



DJI MAVIC 2 PRO

DJI Mavic 2 Pro is a high-end drone that offers professional-level photography. It features a Hasselblad camera with a 1-inch CMOS Sensor and 4K Video recording along with a 3-axis gimbal for stable shots. It has a flight time of up to 31 minutes and comes with advanced features like ActiveTrack, Obstacle avoidance, and hyper-lapse.

Price: Rs 2,10,000/-



MEET THE APPLICATIONS THAT EVERY WOMAN SHOULD HAVE ON THEIR PHONES

We are living in a digital world which is so well-connected that we just need one mobile phone with an internet connection to have access to all kinds of information and services from around the world. From real-time communication to shopping for groceries and necessities, from getting daily news updates to tracking our health and even safety, everything is covered by applications. These apps have become integral parts of our lives and have helped everyone to lead better and safer lives, especially true for women. These apps have eased and upgraded the lives of women who were earlier, in some ways, dependent on the male members of the family for banking services to even finding a plumber. But now, women can do it all themselves with a tap.

This interrelationship of technology and women's empowerment is being celebrated on International Women's Day 2023 (IWD 2023), with the theme being, "DigitALL: Innovation and technology for gender equality."

In the spirit of International Women's Day and achieving gender equality through technology, we list a few mobile applications that every woman should have on their phone.

1

Mint

Keeping track of finances is one of the most essential skills needed to survive in this world, Mint helps us with exactly that. It is one of the best budgeting apps for keeping track of everything we spend. It also helps to make monthly budgets.

2

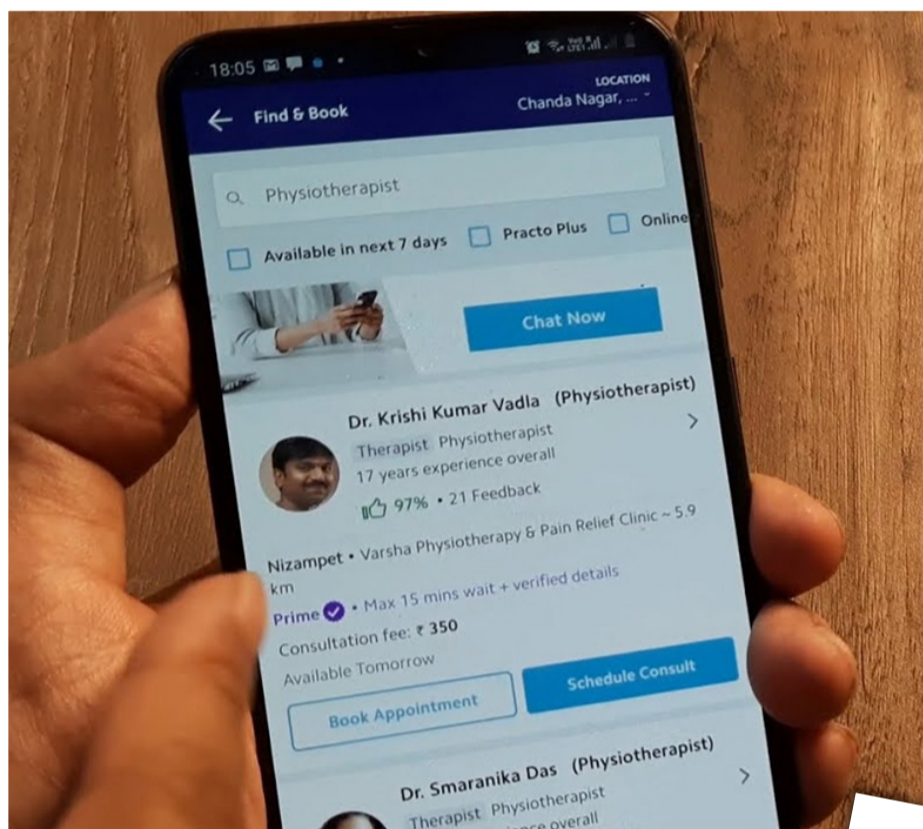
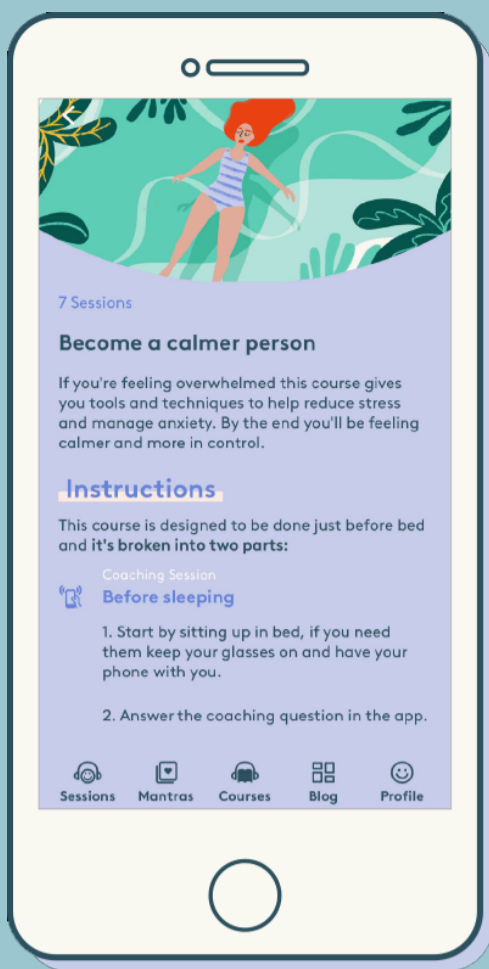
Flipboard

It's important to keep ourselves updated with what is happening around the world, but reading long articles and flipping through newspapers is a leisurely activity for which we don't have enough time. Flipboard organises the news you care about into one convenient location and helps you stay up to date on the topics that interest you the most.

3

Clementine

This is a hypnosis app to help you relax. It helps you achieve inner peace, reduce worry, eliminate self-doubt, and sleep better. This app can help your mental health and increase your confidence.



Practo

Practo helps you improve your healthcare knowledge and its utilization. It is a one-window app for all of your healthcare requirements, it allows you to schedule doctor appointments, get medication online, and keep track of your medical records in one place.

4

5

112 India

One of the biggest worries of women is their safety. This app makes your journey substantially less frightening at the touch of a button. It was launched by the Central Government of India. It is an all-in-one women's security app; it can be used to issue an SOS alert with only a single tap in any situation. It is like a quicker way to call for help when needed via a single number to call in an emergency.



6

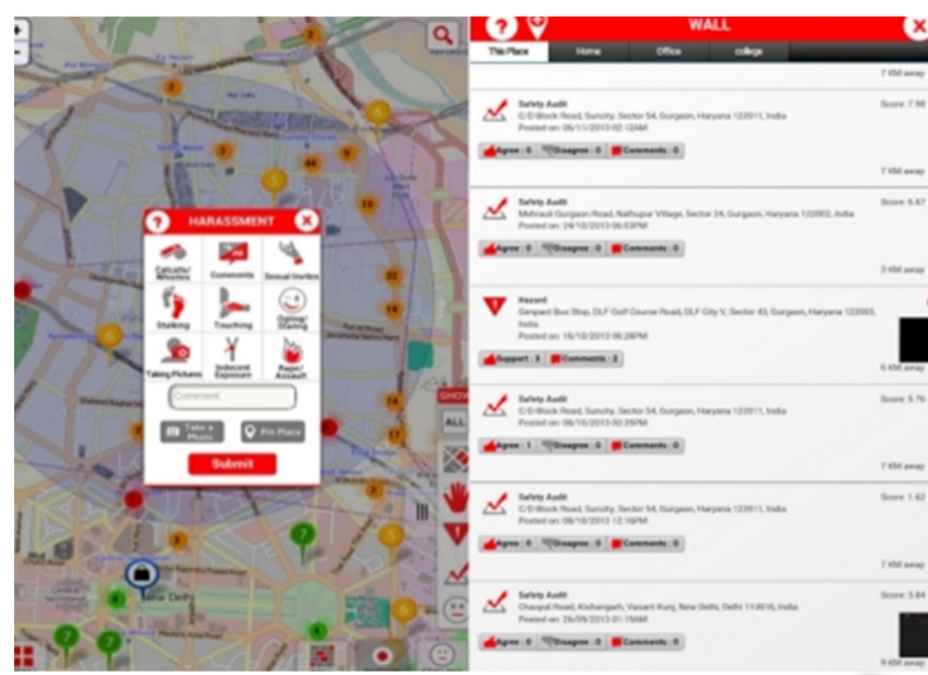
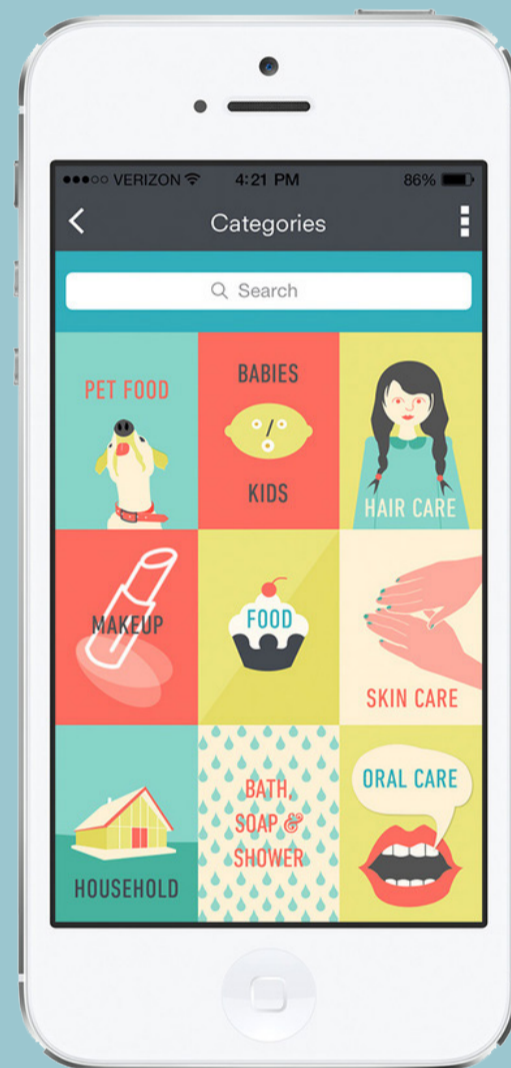
Clue

Clue helps you track your menstruation and ovulation cycle. The app also keeps track of your cramps, skin, hair, and sleep. The sophisticated software examines this information and finds patterns to provide you with useful information about your body.

7

GoodGuide

It's a difficult task to determine which products are good for you and which are not. GoodGuide makes conscious consumerism easy. It rates all kinds of products according to the ingredients used; it provides you with all the information to buy the products best for you.



8

Safetipin

Safety is a big issue for women, so another good option for safety apps for women is Safetipin. This app is specifically designed keeping in mind the concept of personal safety. It includes essential features such as GPS tracking, and emergency contact numbers and also gives directions to safe locations. It pins the safe areas along with their safety scores to go at the time of any problem.



VIBRANT 

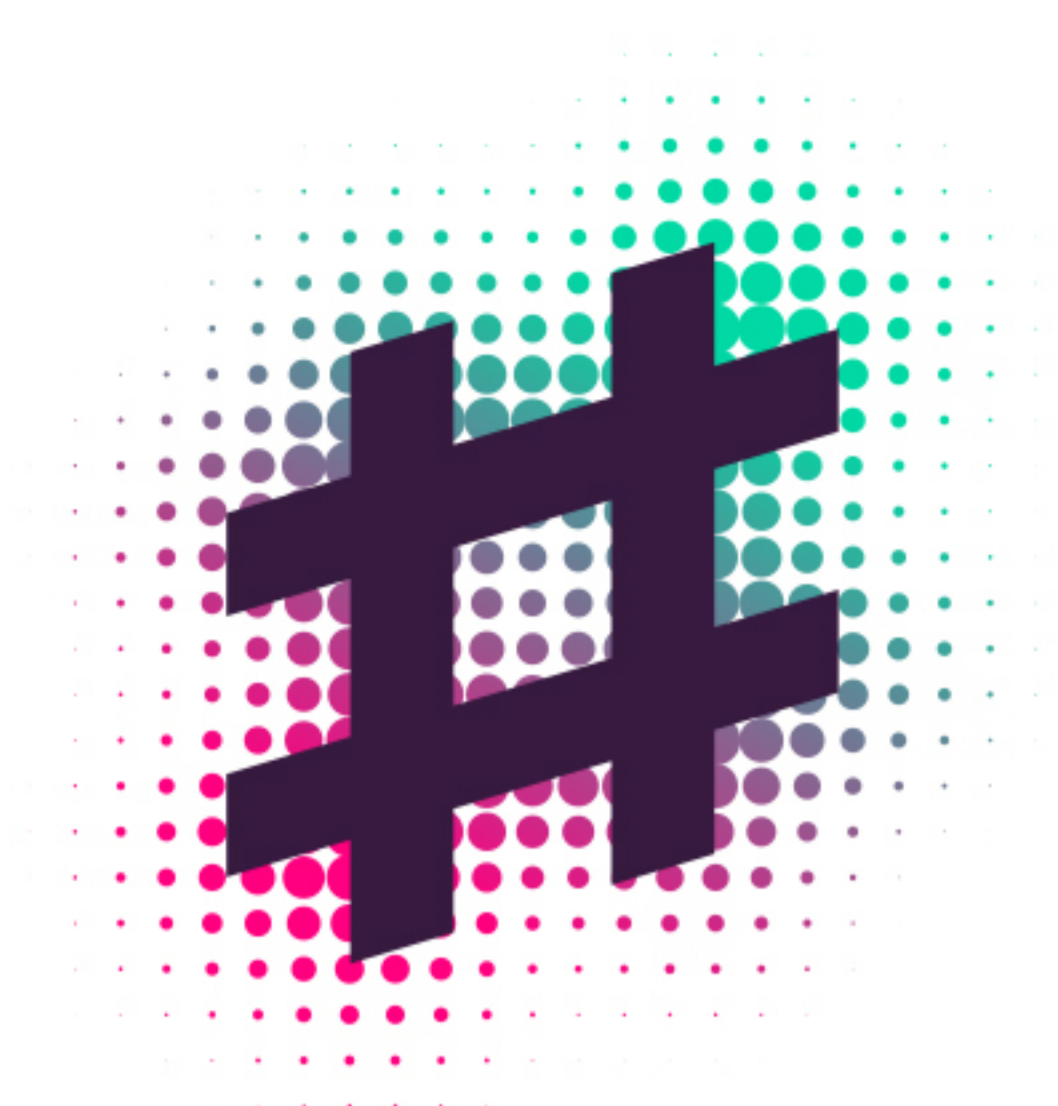


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TRAVEL



The Glory of RAMAPPA TEMPLE

On June 25th, 2021, UNESCO declared the Ramappa temple a World Heritage site, making it the 40th UNESCO site in India. The Ramappa Temple is a prime example of the superb craftsmanship produced by the iconic Kakatiya dynasty. When Marco polo visited the Kakatiya empire, he called the temple "The brightest star in the galaxy of temples."

History of Ramappa Temple

It is located at the foothills of the forested area amidst agricultural fields, close to the shores of Ramappa Cheruvu. This choice of setting for the temple is sanctioned in the dharmic texts that temples are to be constructed to form an integral part of a natural setting that includes hills, forests, springs, streams, and agricultural lands.

The magnificent structure of Ramappa is dedicated to Lord Shiva, and it is located right in the heart of Warangal which was the ancient capital of the Kakatiya dynasty. The temple construction began in 1213 AD and finished in 1253 AD. The temple was built by the chief commander Rudra Samani under the leadership of Kakatiya ruler Ganapathi Deva.



The temple derives its name from the sculptor Ramappa who built the statue of Lord Shiva. This is the only temple in India that is named after its craftsman. Even though there were many wars and natural disasters the temple has managed to remain intact to this date.

The temple is also called Kakatiya Rudreshwara Temple, and the Shivling inside the temple is placed at a height of 9 feet. Sitting in front of the Shivling is the majestic Nandi vigraha carved out of a single black basalt rock.



The Architecture of Ramappa Temple

The Architecture of Ramappa Temple is an example of the Kakatiya style of architecture. There are lotus motifs, and elephants carved on the pillars in different poses. The prominent designs amongst them are sculptors of Hindu mythology that cover the temple from its base to its wall panels and ceilings.

The temple is constructed with light bricks that can float in water. The temple is divided into three different places that are *garbhagriha*, *maha mandapam*, and *antarala*. The walls of the temple showcase complex carvings. Every pillar and ceiling has been engraved beautifully. The three entrances have a total of 12 sculptures of *madanikas* that are marvellously carved in different poses.

When you visit this temple, you will be awestruck by the amazing art of the temple. There are carvings on the walls near the *Garbhagriha* entrance that show off various dance styles and musical instruments. The ceilings consist of various carvings, depicting scenes from *Shiva Purana*, *Mahabharata*, and *Ramayana*. The work is so precise and exquisite because the sculptures in the temple are sharply chiselled. The temple's chamber is crowned with *Shikharam*, and it is surrounded by *pradakshinapatha*.



The temple is constructed with light bricks that can float in water. The temple is divided into three different places that are *garbhagriha*, *maha mandapam*, and *antarala*.



Along with the Ramalingeswara Swamy, there is the Kameswara temple which is in ruins and the Kateswara temple. It is said that if you hit a pillar or a stone in this temple, you can hear musical sounds (*Sa Re Ga Ma Pa Dha Ni Sa*).

After UNESCO has recognized this magnificent temple as a heritage site, the temple will get financial assistance to maintain it. There are some cottages set up by the Telangana tourism department where you can sit and soak in the magnificence of this temple. Maha Shivaratri is grandly celebrated for three days at this temple. The timings of the temple are 6 AM-6 PM.



BUNGEE JUMPING SPOTS IN INDIA

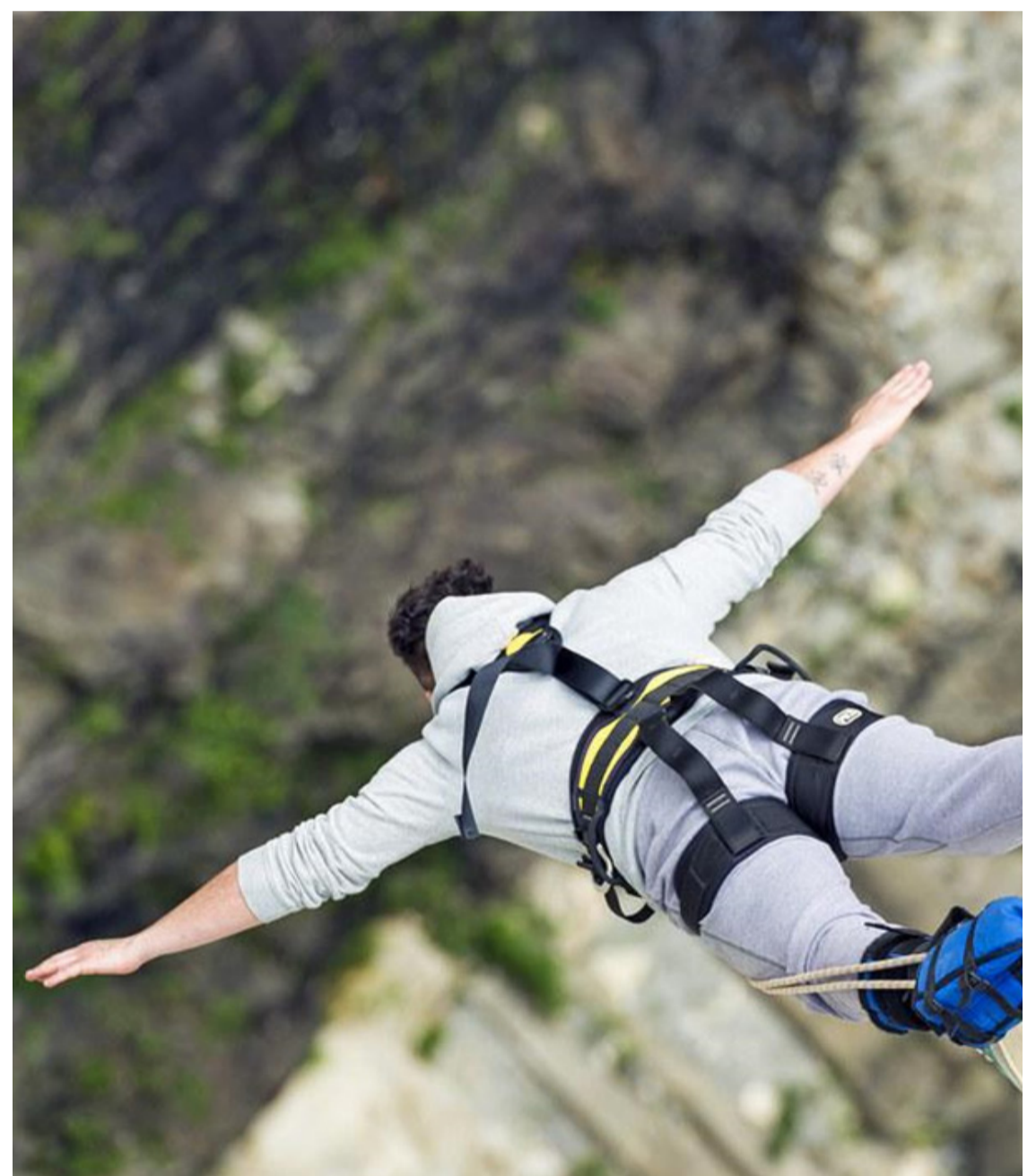
Bungee jumping is an amazing activity that allows its participants to overcome their fears and test the limits of their comfort zone. It is a thrilling sport that is worth trying at least once in a lifetime. If you are up for some thrill and adventure, **Dhanush Kumar** lists down the top places for Bungee jumping in India.

Wanderlust, Delhi.

Wanderlust is Delhi's first-ever official bungee jumping experience centre. They have partnered with Delhi tourism to provide the best adventure and safety built with the help of German Safety and Japanese technology standards. There is an apparatus attached to the crane at a height of 130 feet. The participants who take the jump will be given a certificate, a T-shirt and a cap with 'I Did it' written on it.

Cost per jump: **Rs 3,000/-**

Best time to visit: **October-March**



Jumping heights, Rishikesh

Rishikesh is also called the Adventure capital of India. Jumping heights is an amazing place to try bungee jumping. You will be tied with a strong elastic cord and pushed over from the edge of the elevated platform that stands at a height of 83 meters.

There is a qualified team of jumping masters from New Zealand to ensure the safety of people who try various adventure activities. You will also get a jumping certification, and you can purchase photographs and videos of your jump.

Cost per jump: **Rs 3,500/-**

Best time to visit: **October-May**



Gravity Adventure Zone, Goa

Gravity adventure zone is one of the busiest spots in India where there are a various range of adventure activities. The bungee jumping tower is installed by a US-based company at a height of 25 meters. To participate in this activity, the participant must be 10 years and above and the weight must be within the range of 35-150kgs. You can ask the operators for photos and video shoots of your bungee jump.

Cost per jump: Rs 500/-
Best time to visit: October-March.



Della Adventure Park, Maharashtra

Della adventure park in Lonavala is one of the most popular bungee jumping places in India. To take part in bungee jumping you must be 10 years and above and the weight must be more than 35kgs. From an elevated platform of 150 feet, you have to take the jump that lasts for 7-10 minutes, and before that, you will be given some instructions for safe bungee jumping. After that, a certificate will be given to you that you have successfully overcome your fears.

Cost per jump: Rs 1,500/-
Best time to visit: Throughout the year.



Ladakh Bungee Jumping

Ladakh has launched a new bungee jumping experience for its visitors. It is said that it is the world's highest bungee jumping site which stands at a height of 190 feet. The time duration is from 3 to 4 minutes. The location of the bungee jumping platform offers a view of Tsongsti village and the Zanskari river. The activity will be done under the supervision of a professional and the jump master will give you basic instructions.

Cost per jump: Rs 4,000/-
Best time to visit: April to July.

Ozone Adventures, Karnataka

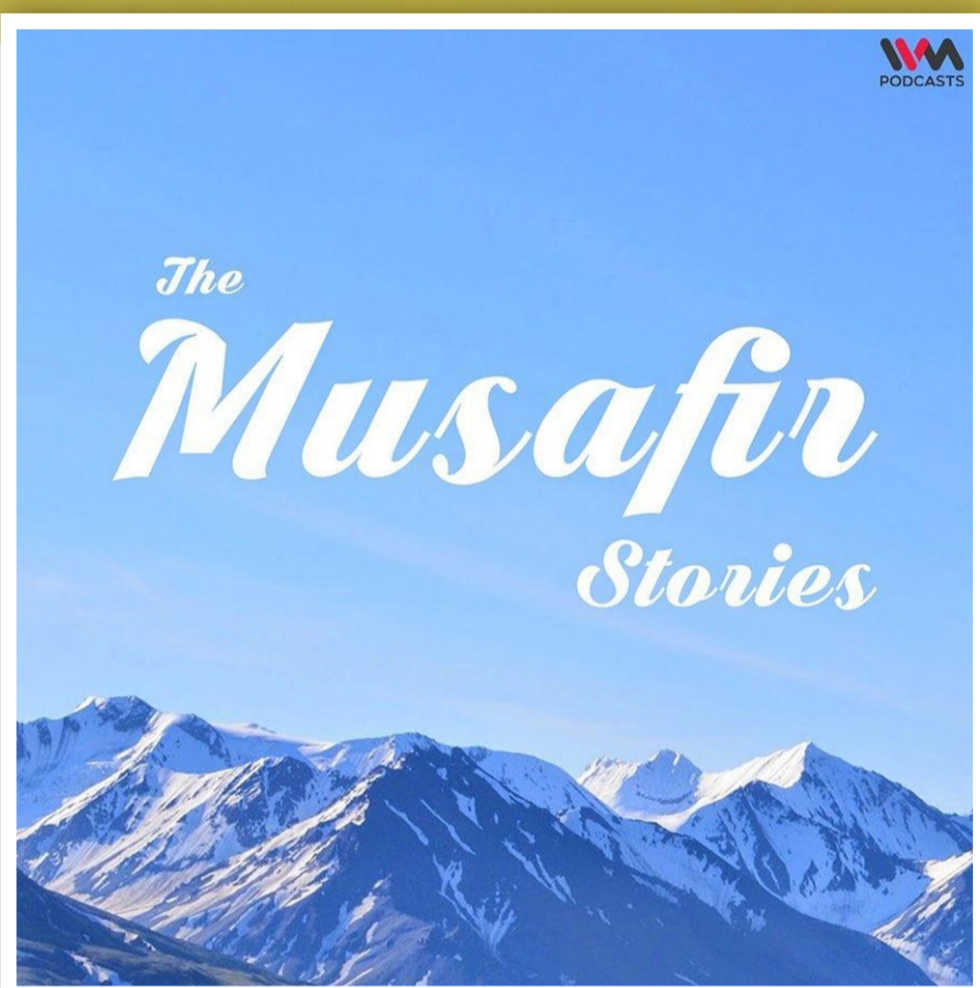
Ozone adventures is a place full of adventure activities. Head straight to the Bungee jumping section and sign up for the adventure activity. You will be taking the free fall from a height of 130 feet high crane. The unique thing here is that when you reach close to the ground, you will be pulled back up again and there is no fixed platform here. The authorities have made sure that they included all the safety measures.

Cost per jump: Rs 400/-
Best time to visit: Throughout the year.



7 BEST TRAVEL PODCASTS TO LISTEN TO

Podcasts are the latest trend in producing great content in the audio space. Travel podcasts help you to experience the traveller's personal experiences, and inspire you to pack your bags and travel. So, sit down, and plug in your headsets to fall in love with travelling as **Dhanush Kumar** lists down some of the best travel podcasts to listen to.



Musafir Stories

Musafir Stories is hosted by Saif Omar and Faiza Khan. The episodes help the audience to discover various new places like remote villages, river islands, and historically significant cities and monuments. Every week, the hosts bring in new guests who share their tales of travelling experiences through various regions.

Available on: Apple Podcasts, Jio Saavn, and Spotify.



Zero To Travel

Zero to travel gives you various tips to not only travel to various places but how to live on the road. It is packed with life-changing perspectives and some advice on travelling to new travellers. This podcast is hosted by James Moore, who has an experience of 15+ years of road life. He discusses travel hacks, budget travels, and offbeat travel destinations.

Available on: Spotify, and Apple Podcasts.



Travel With RV Show

If you are interested in unheard travel stories of Indian travellers about tourism then, Travel with RV Show is the best option for you. The podcast is hosted by Rushi who shares the thrilled and rich experiences of different travellers across the country. The podcasts have inspired many listeners to explore new places and understand the Indian tourism industry.

Available on: Apple Podcasts, and Radio Public.



India Chalo

India Chalo is quite similar to Musafir Stories. The podcast is hosted by Rohan Bansal who shares engaging and inspirational conversations on exotic destinations. The guests on this show talk about the range of Indian destinations and the motivation behind their passion to explore new places.

Available on: Apple Podcasts, Jio Saavn, and Spotify.

Brewing Travel Shots

Brewing Travel shots in one of the best podcasts hosted by Flapper Life which is a women's travel and lifestyle company. The podcast helps in exploring a career in the travel industry. Each episode is filled with interesting tales of unsung female travellers. Many travellers like archaeologists, wildlife lovers, entrepreneurs, and bikers share their experiences about the natural world, travel hygiene easy for women.

Available on: Apple Podcasts, and Spotify.



Episode 3

KOHIMA

The
reDiscovery
Podcast

reDiscovery

reDiscovery podcast focuses on places in India, hosted by the couple Ambika and Hoshner who quit their well-paying jobs to explore India through culture and communities. They speak about their journey on road, and they believe that every street or corner in India has a story to tell.

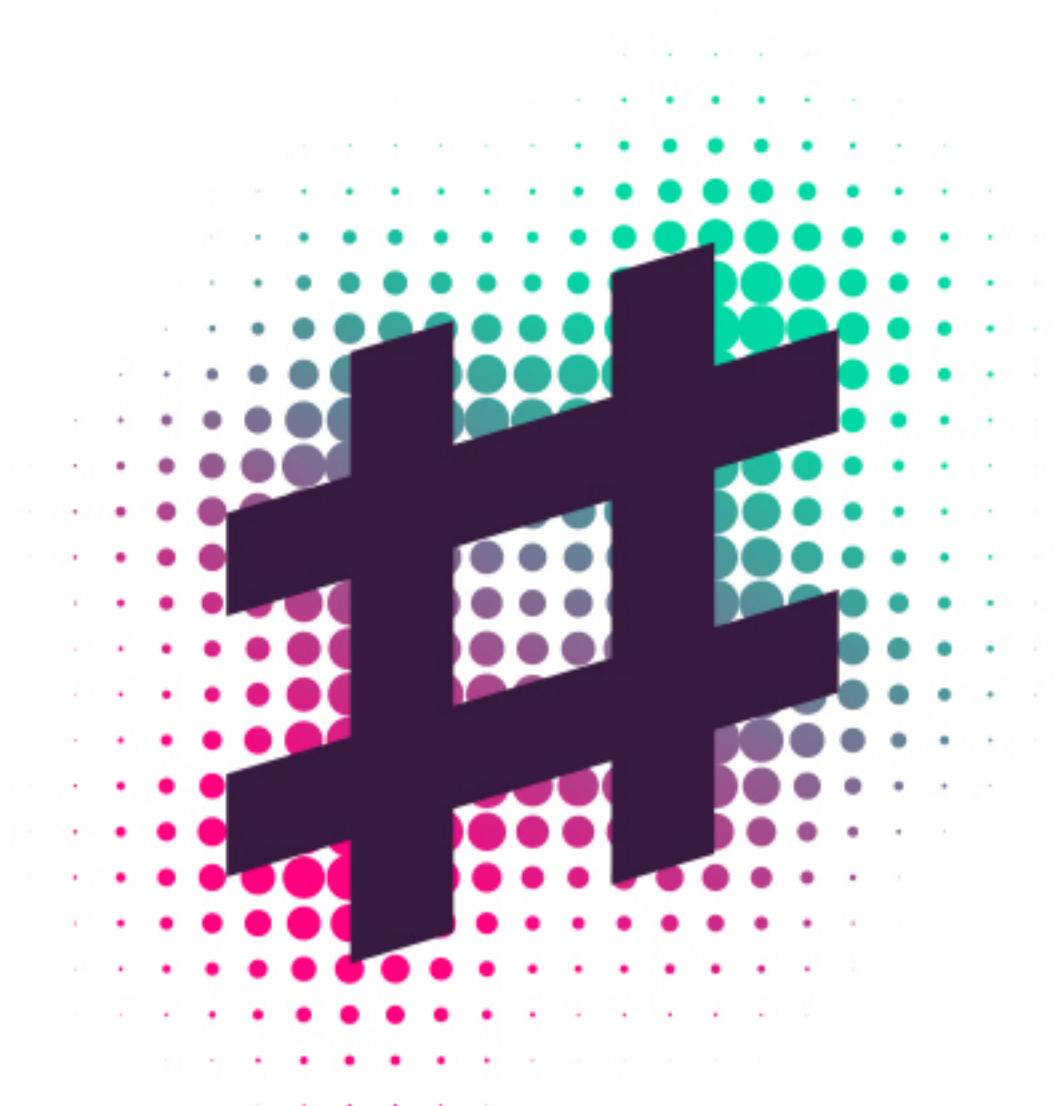
Available on: Apple Podcasts, Gaana, and Wynk.

Travel Stories by RK

Travel Stories by Raman Kumar aka RK is all about discovering India. RK was a techie who quit his job for his passion for travelling. He holds the Guinness World Record for the longest journey by scheduled transport in a single country. He has covered all the states of India and explored more than 20 countries. He shares his life stories and some valuable tips for budget travelling.

Available on: Jio Saavn, Apple Podcasts, Audible, Spotify, and Amazon.





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INTERIORS



Small Space Gardening In Urban Environments

Small-space gardening is a great solution for those who want to grow plants, herbs, or vegetables but have limited outdoor space. Whether you live in an apartment or a small house, you can still create an amazing garden with the right plants, and containers. **Dhanush Kumar** will help you explore some ideas that help you create a beautiful and functional garden in any small space.

Choose The Right Plants

The first and basic step in small-space gardening is to choose the right plants. Herbs and small flowers are well-suited for small spaces because they are low maintenance and can grow in containers. Herbs are well-suited for small-space gardening as they require very little space and can also be used for cooking. Herbs like basil, thyme, and mint are some popular herbs you can grow. Marigolds and Calendula are the best options for flowers.



Use Vertical Space

In small-space gardening, it is important to use every inch of available space. One of the best ways to maximize your space is to use vertical planters and hanging baskets. These things can be attached to the walls, balconies, and ceilings. Some plants like tomatoes, cucumbers, and peas are quite suitable for vertical gardening.



Get creative with containers

The fun part of small-space gardening is becoming creative with container ideas. There are many options for containers like traditional terracotta pots or repurposed objects like old teacups and jars. You can also use hanging planters, shoe organizers, teacup planters, and tyre planters for your small-space gardening.



Repurpose Household items

There are endless number of options for small-space gardening. You can turn anything into a unique planter that includes old furniture, and tyres or you can even use a bathtub. Use your creativity or you can take the help of an expert gardener to repurpose the items that you no longer need. It is a great way to reduce waste and add greenery to your home.

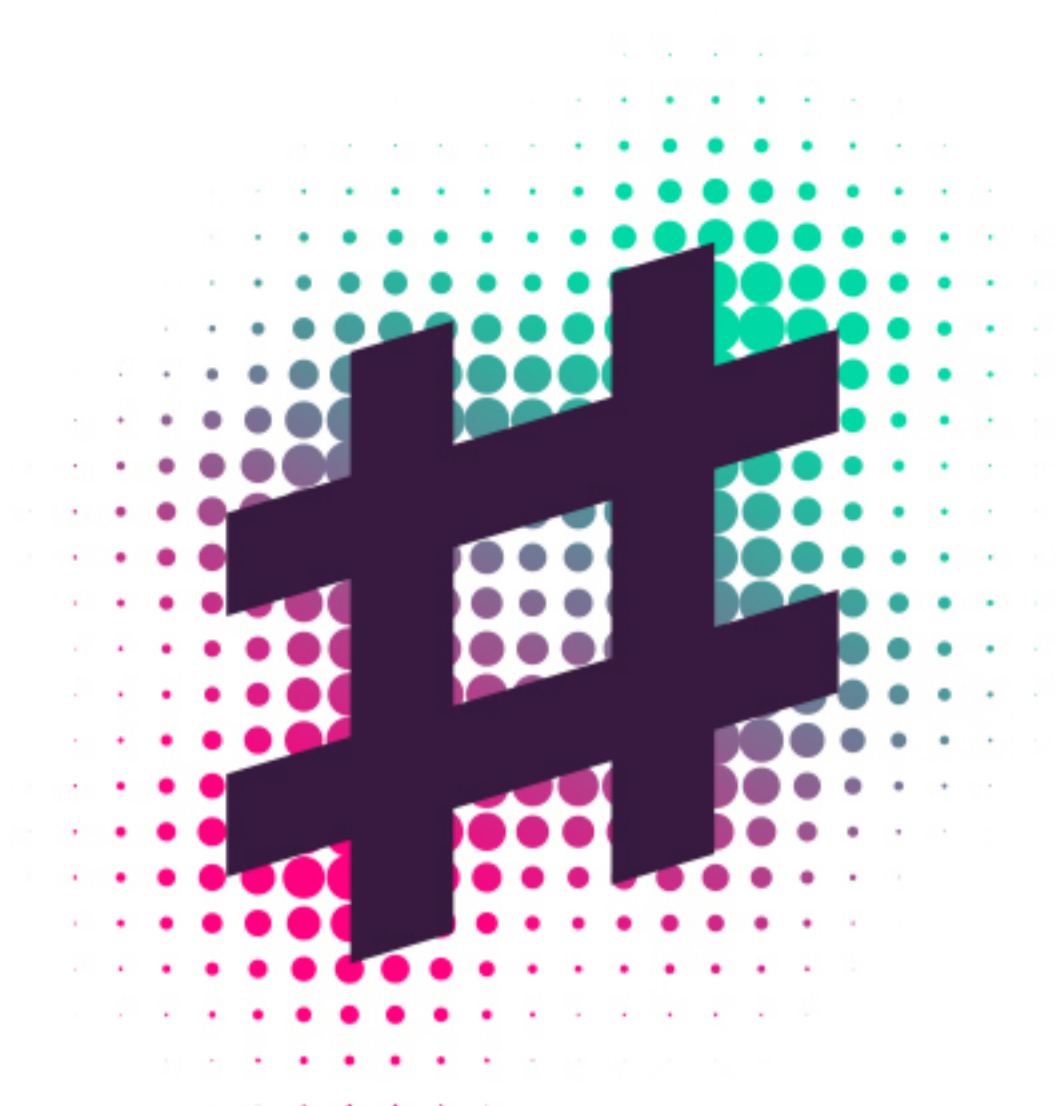
Keep it simple

When you think about starting a small space garden, you must keep it simple. Don't include too many plants and make it complicated. Start with small plants that are easy to grow. The main goal of small-space gardening is to create a relaxing and enjoyable hobby. You can try the Spider plant, Jade plant, and Snake plant for your garden.



Enjoy the benefits

Small-space gardening has many benefits beyond just growing plants. It improves the air quality by absorbing pollutants and reduces your stress levels by providing a calming environment. It gives you immense satisfaction in growing your beautiful plants with utmost care and love.



h a s h t a g

PETS



LET'S RECONNECT WITH OUR FOUR-LEGGED BABIES, ONE WALK AT A TIME!

We all know how much our four-legged companions love to walk. The mere mention of the word sends a pulse of excitement, as our dog's tail begins to wag relentlessly, and they excitedly start pacing to and fro with the most adorable and innocent smiles on their faces. This excitement just makes the world seem beautiful, happier and brighter, doesn't it? But, did you know that dog walking has many fabulous benefits for pet parents as well? Many of us have discovered the inherent joys of dog walking but, there are still others who have not. If you're one of these people, it's time to educate, and inform you about these secret benefits of dog walking:

1. Keeps You Both in Shape

Walking is a great form of exercise. Regular physical exercise will improve your and your beloved pet's quality and duration of life. It is proven that walking has numerous health benefits and can help you avoid many physical ailments.



2. Reduces Your Stress Levels

We live in a fast-paced world where we tend to face a lot of challenges in different aspects of our lives, which causes extreme stress in our lives. Walking with your dog can significantly lower these stress levels and act as a very good self-care activity. Scientifically, walking your dog can increase levels of the stress-reducing hormone, oxytocin, and reduce cortisol which is a stress-producing hormone in your body.



3. An Easy Therapy Session

Dogs are proven to be excellent therapy animals for people with mental health conditions. Their friendly and affectionate nature creates a calming effect. They can make you feel loved and provide you with the confidence to banish your negative thoughts. So, a walk with them can easily be a way to connect with your dog when they are happy too.

4. The Opportunity to Socialize

Humans are naturally social beings, when we go for a walk with our dogs it provides us with an opportunity to talk to new people or interact with our neighbours. Dogs also get a chance to socialize with other pets or street dogs which is good for their well-being. It can also be a social event which can lead to new friendships and a newfound sense of belonging with a community comprising other dog owners.



5. Improve Your Dog's Behaviour

A happy, fulfilled, and balanced dog will be a better-behaved dog. Dog walking provides you with the opportunity to help your dog burn off that excess energy that they have built up, but also allows you to seek teachable training moments for a better-behaved pet. It can alleviate hyperactivity and destructive behaviour in your dog.

Muskaan Ahluwalia strongly believes that “every pet-baby is different and it’s essential to understand that. My dog doesn’t adore very long walks. He likes to go out on trips and travel, but he doesn’t like walking for more than 30 minutes and we never push him too much. After all, your baby’s happiness and comfort should always matter more, right?”



Thus, a simple walk can solve a lot of your problems and without a lot of effort can provide you with great benefits. A 30-minute walk with your dog every day can help stimulate your dog's mind enough to prevent behavioural problems like digging, barking, and other noisy habits that many dogs exhibit when they get bored or frustrated.



Arun Malik says, "Dogs have a spectrum of personalities like us humans, even within the same breed. If you feel like your dog is prone to aggression, it is wise to keep them on a leash in public places. And it's better to opt for different routes because they provide different stimuli to the dog, which is especially important in puppyhood, as they need to get accustomed to various stimuli, some known, and some unknown, including but not limited to objects, people, and behaviour of people around them. This helps them develop a nature to deal with unknown circumstances and they grow to be confident adults. Confident and accustomed adult dogs are less likely to snap at people under stressed environments."



Himanshu Pohani says, "We should take care of the dogs the same way they take care of our mental and physical health. Make sure you have them under control because the presence of your dog is not always as cute to other people as it is to you. Carry the poop scooper if possible, and make sure the harness is comfortable. Don't let your puppy eat things from the road or unknown plants because you don't know the risks."



Devika Bahl also gives her insights that "Always carry a poop bag with you, to collect the poop once he/ she is done. We should always look out for cars and other vehicles on the road, because it may make the dog anxious or scared. Not every person in the park/ on the road is a dog lover, so limit dogs to people meeting on your walk and also don't let them off the leash in public places. And lastly, don't use a retractable leash because that makes it difficult for you to control your dog."



Apoorva Jain advises other dog owners, "When you take your dog on a walk, it's good to take a stick with you to protect your dog from other street dogs. You can also carry a water bottle with you in the summer, to quench your baby's thirst during the walk. And make sure that you don't let your dog pee or poop on pavements or the middle of the road, but only in mud-covered areas. It's important to take the dog out for at least one run daily, especially the bigger dogs, to maintain their health."

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10 Little Fingers

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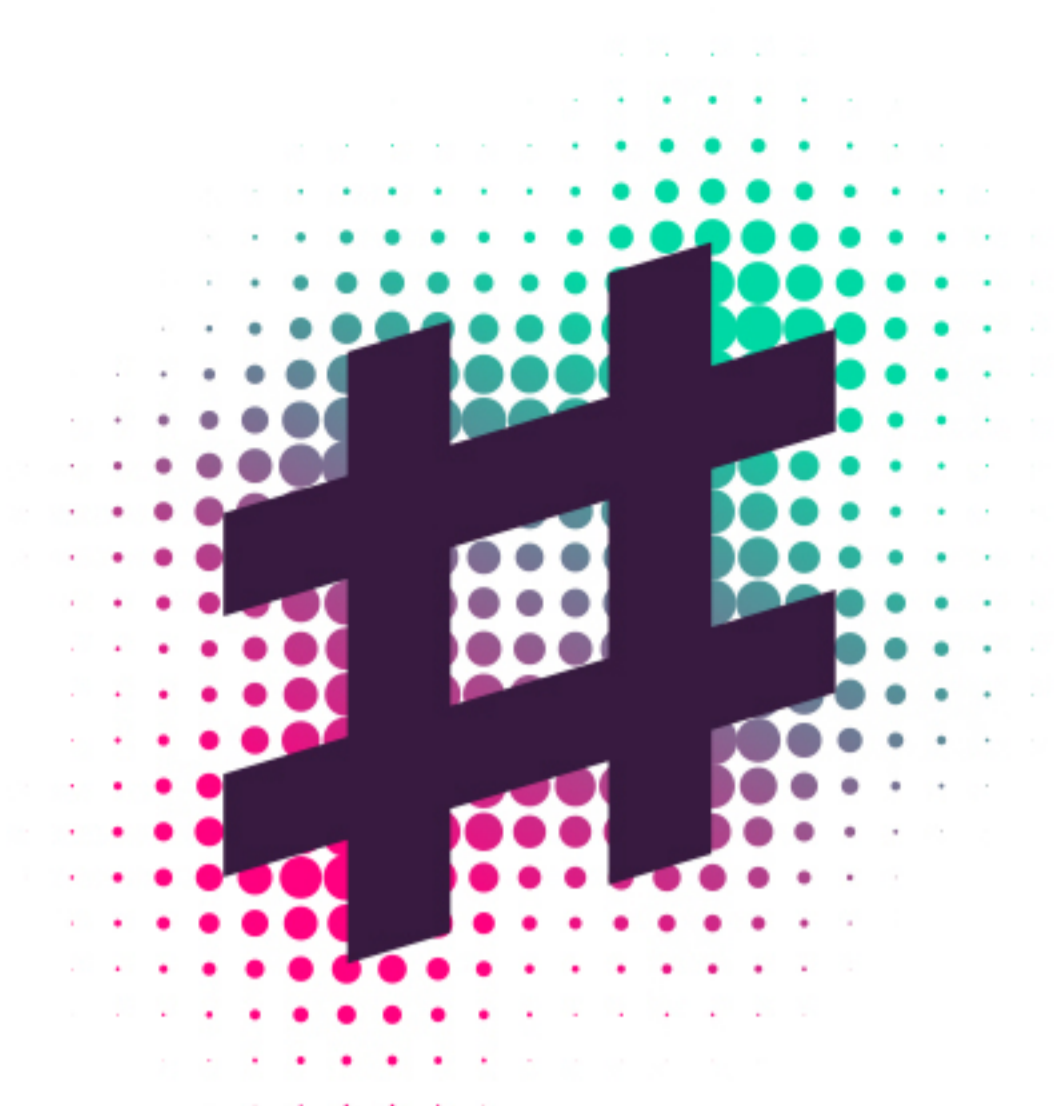
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h a s h t a g

STREAMING NOW

ON THE RISE : *Sheena Chohan*

From Hollywood movies to web series, Sheena Chohan is a versatile actress on the rise. Most recently she was seen alongside Madhuri Dixit in Netflix's *Fame Game*, and Disney Hotstar's *City of Dreams*, directed by Nagesh Kukunoor. Her latest feature film *Justice* is also being released at various international film festivals this year and she'll next be seen starring in *The Good Wife* opposite Kajol and soon will be seen as the female lead in a Hindi feature film with Subodh Bhawe in a historical biopic, directed by Aditya Om. In conversation with **Hashtag India**, she talks about her journey from being crowned Miss Kolkata to her rise in the industry...

From being a versatile actor, and doing humanitarian work, to running a podcast, you are multifaceted; tell us a little about your journey...

I was born in Punjab, but we moved to Kolkata when I was very young. My mother always encouraged me to take part in various activities like swimming, karate, violin, sculpture, and theatre, but it was acting—the creation of characters, that always struck a chord with me. I had a lot of success in Kolkata as a model and while I was still in school, I used the money I made to fund my move to Delhi where I did five years of theatre with experimental director Arvind Gaur. I won a crown under Miss Universe and because of that the South megastar Mammooty cast me as the lead in National Award Winner, Jayaraj's *The Train*, which was my launch into feature films.



Your comedy series ExMates is out now, tell us a little about your role in the series...

My character was fun to create because my role in the series is like so many modern Indian women—ambitious, intelligent and hard-working, but yet trapped in a relationship with a man who is just her opposite. I love to research for a role and for this one I spent time talking to friends who had that kind of situation—where they were being held back by the man in their life. Of course, once I do the research I then take it to my director and we integrate it with his vision. ExMates is a comedy-drama and we had a lot of fun delivering it.



What’s the biggest takeaway from the two web series—The Fame Game and City of Dreams that you have been a part of recently? How different is working in Hollywood, as compared to working in India?

In my movie, *The Ant Story* (Sheena was nominated as Best Actress at the Dubai and Shanghai film festivals) I played a superstar actress who gets in a lot of trouble, so it was interesting for me to watch Madhuri Dixit ma’am, playing a similar character. When I shot *The Fame Game* I was just back from shooting a Hollywood feature. It was new for me to see how Netflix and Disney were operating in India. No matter how big or small the production company is, it’s the filmmakers’ passion and commitment that makes a film, and nowhere in the world are the crews and directors as passionate as in India.

“We spread awareness of basic rights and equality to 100 million Indians in a year, by working with stars like Preity Zinta, Sonakshi Sinha, Raveena Tandon, Sonu Sood and many more”

You made your debut with the Malayalam megastar, Mammooty. Are you open to doing South projects as well?

Definitely, the South has been teaching the entire industry some lessons in movie-making. They love telling big stories and are not afraid to do so as Indians. South movies are packed with culture and that is what we love about films. So, yes, I would love to work in the South again.

Tell us a little about your feature film Justice, it has managed to grab international attention as well.

This was a special one, the late Bappaditya Bandopadhyay directed it and in the film, I play a ghost looking for its coffin. Bappaditya Bandopadhyay wasn’t a typical director. We worked on this movie together; we would discuss ideas and even the storyline. We would have long conversations and he incorporated a lot of my research and suggestions into the character. I’m glad the movie is now trending in international circles.





Tell us about your work as a Human Rights South Asian Ambassador and podcast, Born Free and Equal, where you brought together many of Hindi cinema's biggest names on one platform to communicate the rights from the United Nations Universal Declaration on Human Rights.

We spread awareness of basic rights and equality to 100 million Indians in a year, by working with stars like Preity Zinta, Sonakshi Sinha, Raveena Tandon, Sonu Sood and many more. Each artist we worked with discussed the human right that they found most important and gave us insights from their own life. I along with my co-host would further use this information to educate the audiences on human rights laws, their application in our day-to-day life and more.

What are the next projects on which you are working?

I just got back from shooting, where I played the wife of Sant Tukaram, directed by the talented director Aditya Om, alongside the Marathi star Subodh Bhawe. It's a biopic set in the 18th Century, just after the famine, and the Sant is so beloved in Maharashtra, so Aditya Sir had to be very sensitive, consulting priests and professors to make sure that my character was portrayed correctly both in terms of realism and also with respect to his followers. For my part, I was up at 6 am working in the fields with the villagers to get in character! It was a lot of hard work and a joyful experience.

“I love to research for a role and once I do the research, I then take it to my director and we integrate it with his vision.”



Quick Takes:

The show I am currently watching.

Trial by Fire

Favourite series of 2023?

The Wheels of Power

One series you watched and wished you were a part of?

Same as above - what production values - they spent a billion dollars on it!

One thing people don't know about you.

I'm extremely open and honest. In reality, I'm very emotional and sentimental; I feel everything on a very deep level.

Three must-watch recommendations for the readers?

Avatar: The Way of Water, Ex Mates (my comedy-drama series) and *Sant Tukaram* (my upcoming Hindi film).

Message to readers:

Be True to Your Own Goals!!

Photography: Akshay Kerlekar

Styled by: Riecha Mallick

Makeup: Mukesh Patil

Hair: Sasmita Dash

Production Manager: Anagha Rane



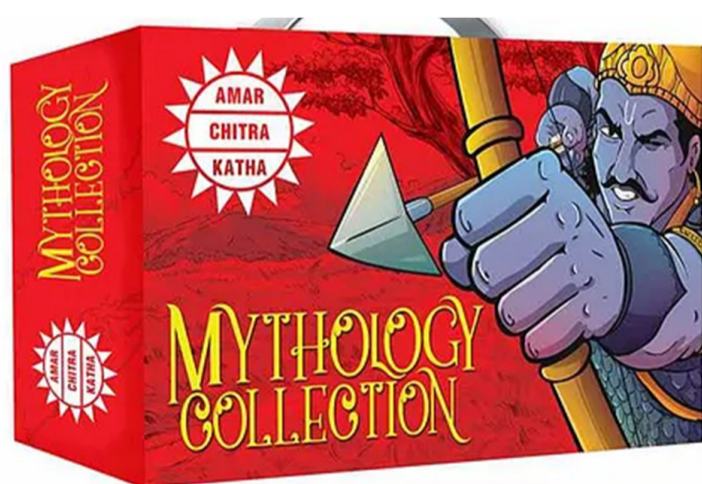
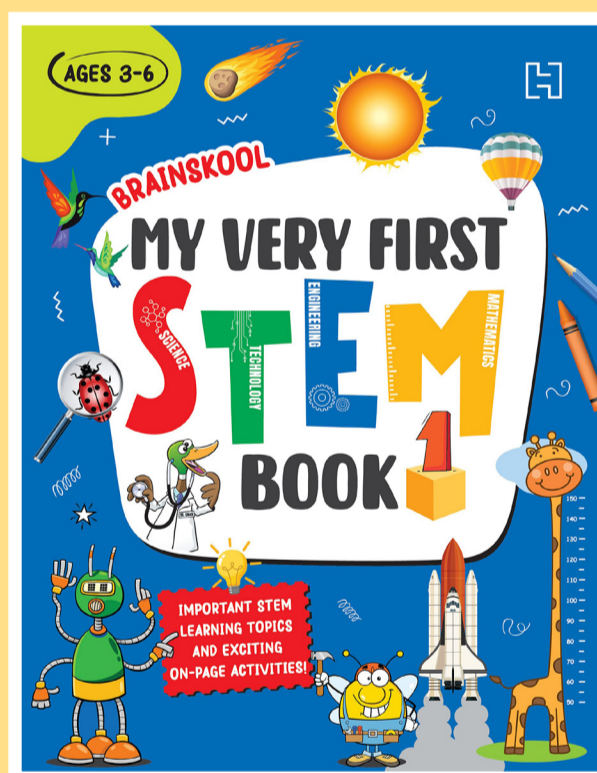
Learning Made Fun— The Best Educational Books for Kids

Education is a key factor in the growth of a child, and books play an essential role in this. There are many books on various topics like heritage, fun stories, and other stories that can be shared with children through a variety of educational books. The books are designed in such a way that they provide fun and engaging ways for kids to learn and explore. Dhanush Kumar highlights the top eight educational books for kids to enhance their behaviour for good.

MY VERY FIRST STEM LIBRARY by Hachette India

Price of the book: Rs 710/-

My Very First STEM Library is a set of 40 books that covers a wide range of STEM topics in an interactive way with a focus on science and technology. The books are filled with colourful illustrations and fun experiments, making them an ideal educational tool for kids.



AMAR CHITRA KATHA by Anant Pai

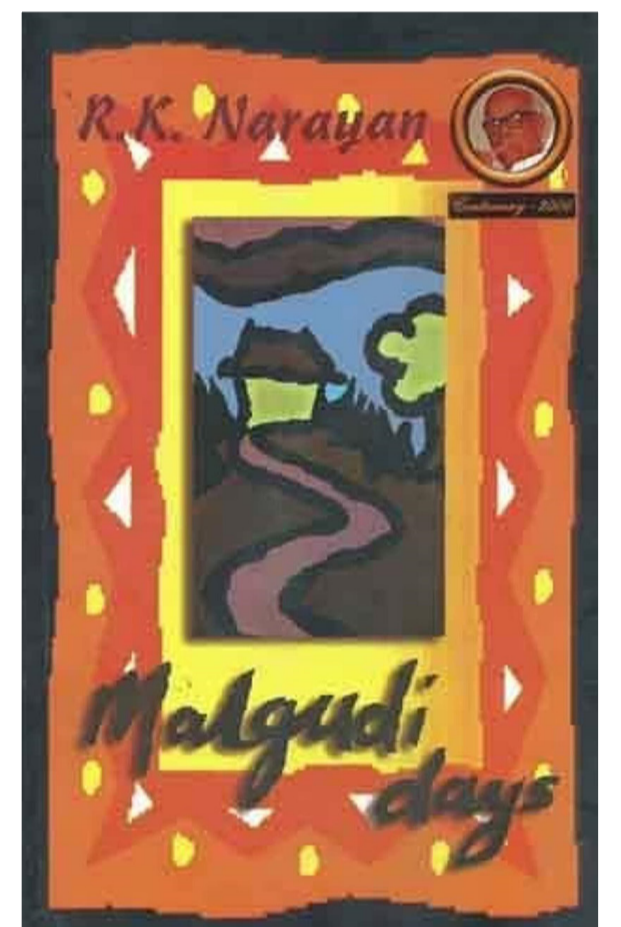
Price of the book: Rs 4,185/-

Amar Chitra Katha is a popular series of comic books that tells stories from Indian history, mythology, and folk tales. It has some beautiful illustrations and engaging storytelling that keeps the children interested throughout the comic series. It is a great way for kids to learn about culture and history and also some important life lessons.

MALGUDI DAYS by R.K.Narayan

Price of the book: Rs 192/-

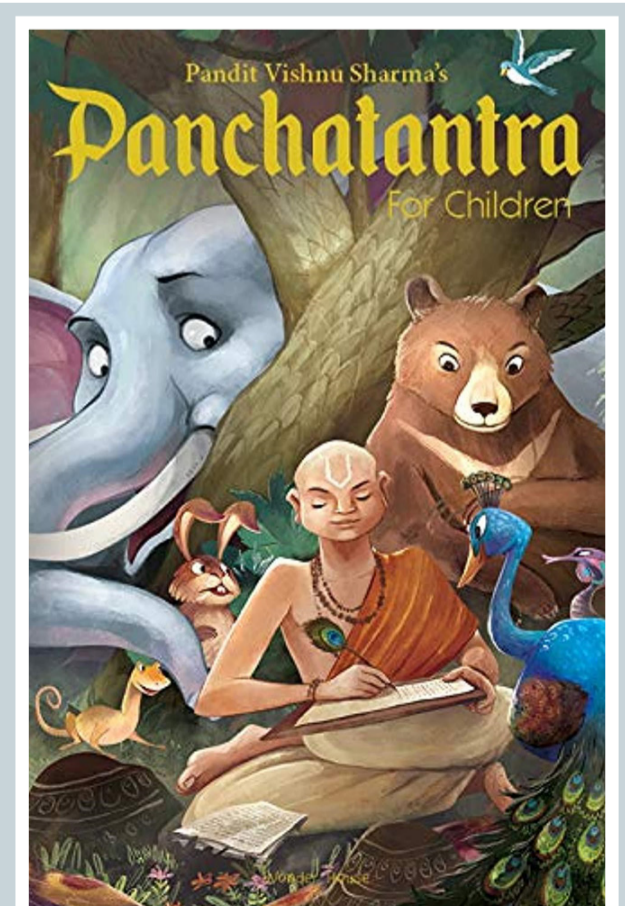
Malgudi days is a collection of short stories that are set in the fictional town of Malgudi and it offers a glimpse into the everyday lives of people in India. The stories are full of humour and they provide a unique window into Indian culture and society.



PANCHATANTRA by Vishnu Sharma

Price of the book: Rs 169/-

Panchatantra is one of the best and most renowned educational books for kids. It is a collection of fables and it teaches valuable lessons on morality and wisdom. The stories are filled with animals and personified objects, which makes it more fun and engaging for the kids to learn about life and its lessons.

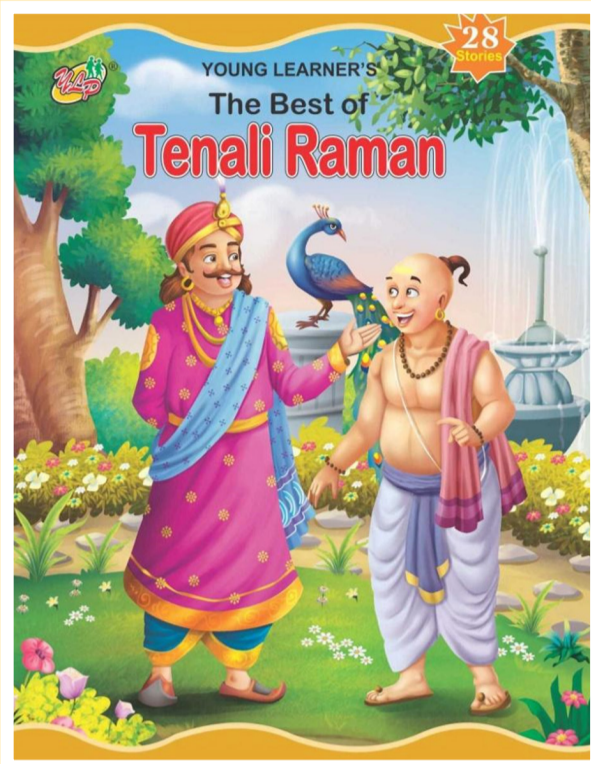


TENALI RAMAN STORIES

by S.Krishnaswamy

Price of the book: Rs 189/-

Tenali Raman Stories by S. Krishnaswamy is a collection of stories that tell of the adventures of the legendary court jester Tenali Raman, known for his wit and humour. The stories are full of jokes, while also educating the kids about Indian history and culture.

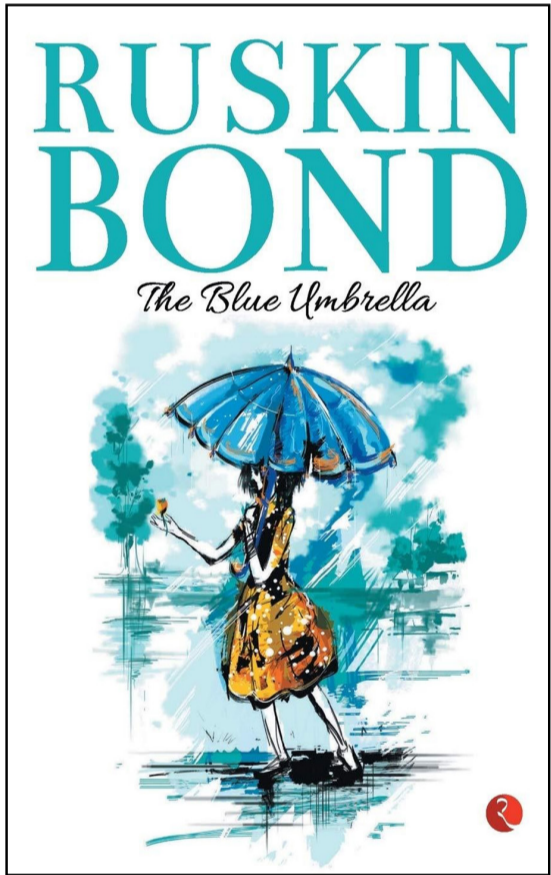


THE BLUE UMBRELLA

by Ruskin Bond

Price of the book: Rs 90/-

Ruskin Bond is known for his amazing books, and Blue Umbrella is one of the best books that he has written. It is a heartwarming story of a young girl in a remote Indian village who trades her leopard's claw pendant for a beautiful blue umbrella. It offers a unique glimpse into Indian culture and society.

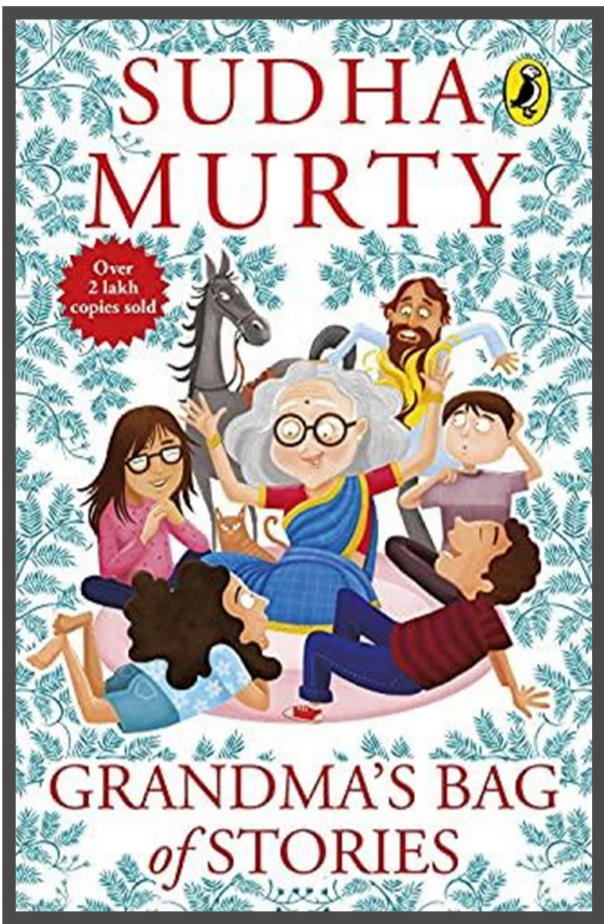


GRANDMA'S BAG OF STORIES

by Sudha Murthy

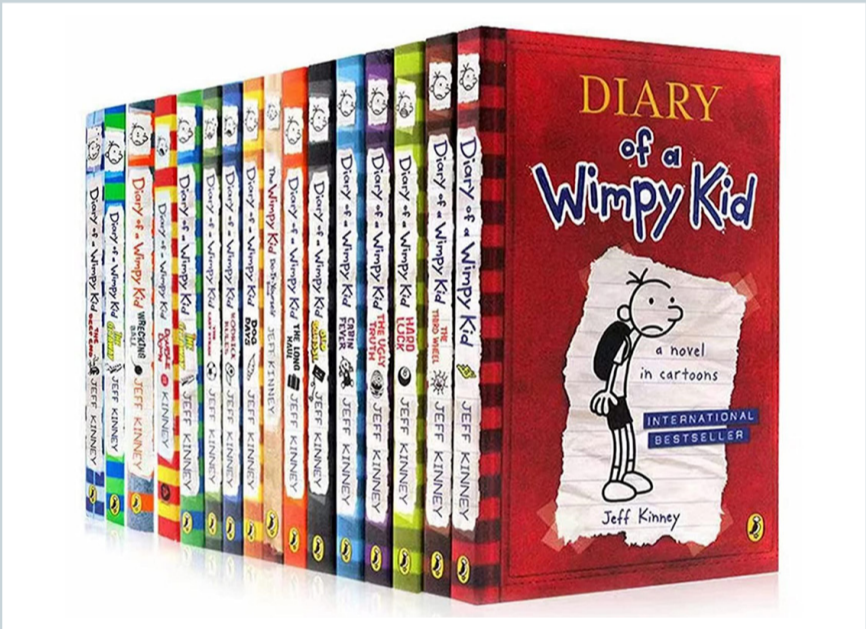
Price of the book: Rs 188/-

Sudha Murthy is known for the simplicity of her writing. In this book, she instils some lifelong values in the kids. Short stories that teach your children about companionship, harmony, love, and sharing are all in Grandma's bag of stories. It is an enjoyable read that a parent can also read with their kids.



THE DIARY OF A WIMPY KID

by Jeff Kinney



Price of the book: Rs 2,750/-

The Diary of a Wimpy Kid is a popular collection of humorous novels. It focuses on Greg Heffley and the story is completely written in the form of a diary. The stories are full of humour and wit, and they are accompanied by illustrations that help bring the characters to life. The series is a massive hit and it has been adapted into successful movies as well.



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