

Hashtag

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AUGUST 2023

THE BRIDAL
GUIDE -

**NEETA
LULLA**

**WANDERLUST
ON WHEELS**
Rv-ing in India

MEN & NUTRITION
HOW TO
OVERCOME THE
CONCERNS

•
**SAFE BETS,
BIG WINS**
**BETTING APPS
IN INDIA**
•

POSITIVE HOMES
Expert Tips for
Infusing Good Vibes

+

**REVIEWS
TRAVEL
FASHION
& MORE**

"I am in competition with myself"

VIDYA BALAN

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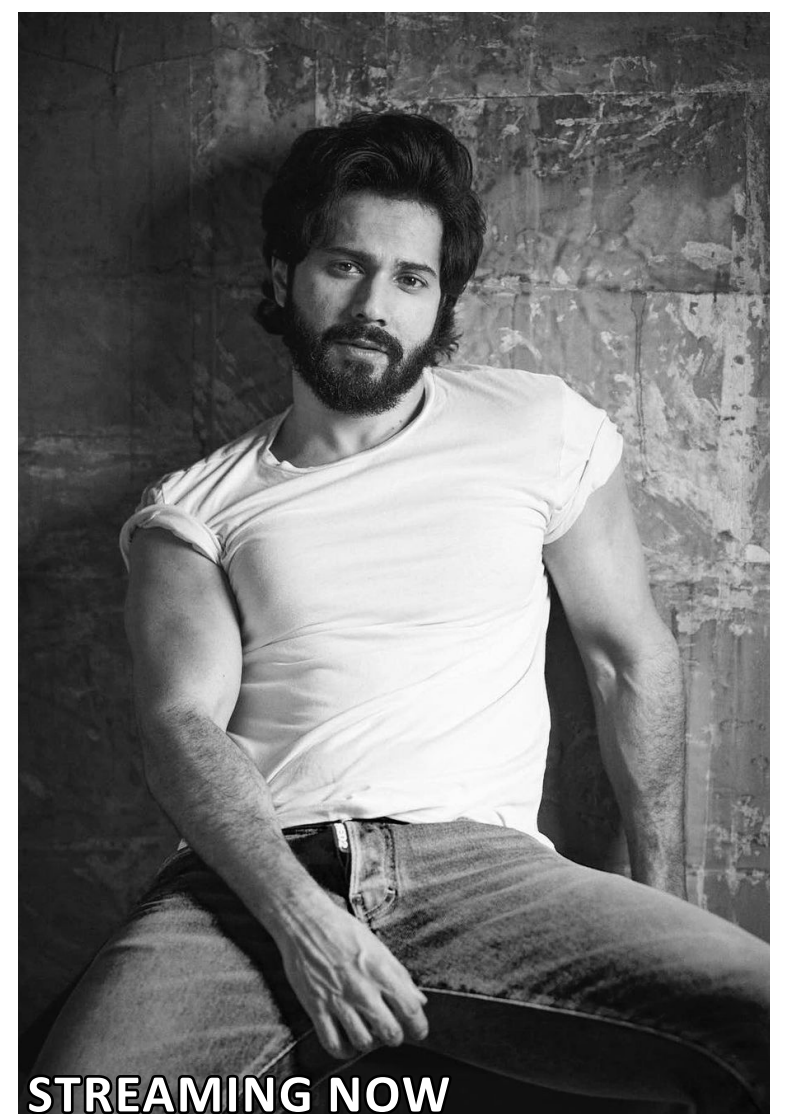
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From the **E**EDITOR

Embrace your Unique Journey!

“

In a world that constantly urges us to compare ourselves with others, it's essential to remember that each one of us walks a different path. Our journey is uniquely ours, shaped by our experiences, passions, and dreams. In this edition, we celebrate the spirit of individuality and delve into stories that inspire us to compete not with others, but with ourselves.

Especially in the age of social media, we may wonder why our career hasn't taken off like a friend's or why we haven't found the perfect relationship. Such comparisons only diminish the value of our journeys. Our cover girl, the charismatic Vidya Balan, exemplifies the beauty of self-competition, sharing how she finds fulfilment by measuring her progress against her own goals rather than comparing herself to others. In a candid interview, she reveals her secrets to staying content and joyous, proving that true success lies in pursuing our personal best.

Let us remind ourselves that our journey is our own! Let's celebrate our individuality and find contentment in striving to be better versions of ourselves.

Moving on to our August issue, which is brimming with something special for each one of you. Whether you're an adventurous traveller, a wellness enthusiast, or a soon-to-be bride, we've got you covered!

For all our wanderlust-filled souls, we invite you to step beyond the ordinary and discover the enchanting world of RV-ing in India. If your focus is on wellness and nutrition, our feature on men's health will be your go-to guide. Unravel the secrets of healthy eating and lifestyle choices specially tailored for men.

Turning to the realm of entertainment, we delve into the thrilling world of betting apps that are capturing hearts



across India. From cricket enthusiasts to gaming aficionados, these apps are igniting a passion for responsible gambling and thrilling wins.

But that's not all – we have a treat for all the lovely brides-to-be out there! Designer Neeta Lulla shares with us her expert tips and trends that will inspire you to craft your perfect bridal look, reflecting your unique style.

We hope you enjoy this issue as much as we enjoyed creating it for you and here's to embracing our uniqueness and celebrating the extraordinary within each one of us!

”

Sinduri Vuppala



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Hash#ag INDIA

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THE
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DELICIOUS
AND
CRUNCHY

UPCOMING EVENTS AUGUST 2023

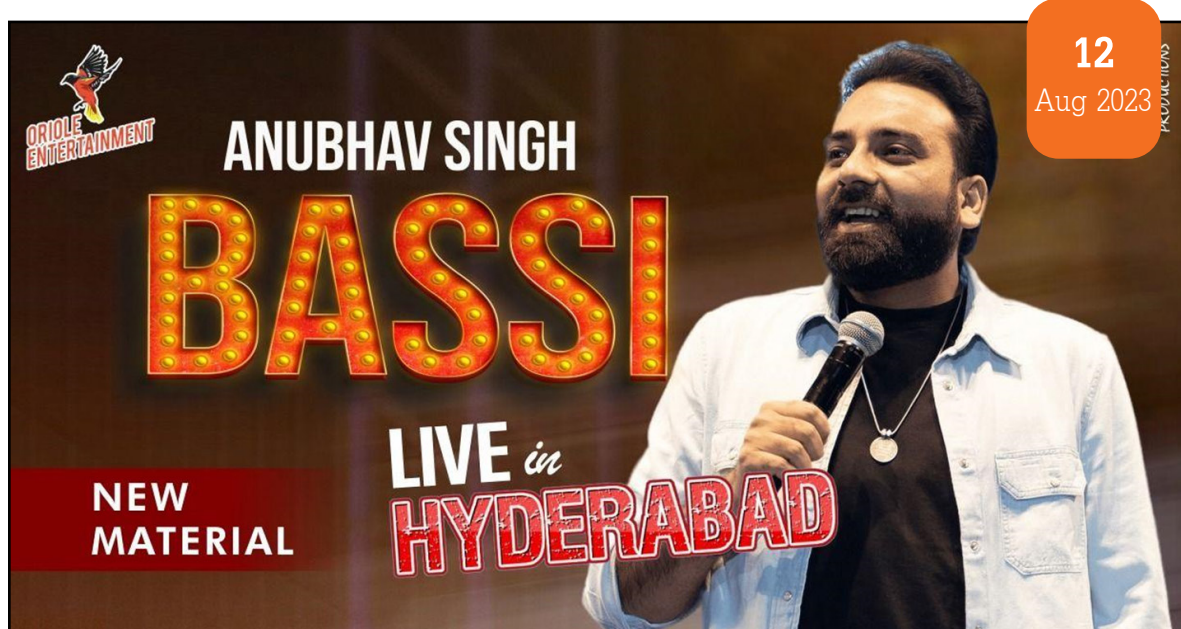
Anubhav Singh Bassi, Hyderabad

Don't miss the highly anticipated upcoming event featuring the comedic genius, Anubhav Singh Bassi. With his witty charm and relatable anecdotes, Bassi promises an evening filled with unstoppable laughter and unforgettable moments. Get ready to witness his unique take on everyday experiences, cultural quirks, and societal observations. Book your tickets now for an evening of pure comedic brilliance.

Date: 12th August 2023

Price: Rs 1,200/-

Venue: Shilpakala Vedika, Hyderabad



HillTop Goa Presents Monsoon Blast



Experience the ultimate music festival extravaganza as HillTop Goa Presents Monsoon Blast. Get ready to be swept away by the electrifying beats, vibrant ambience, and pulsating energy. Set amidst the lush green landscapes of Goa during the magical monsoon season, this event promises an unforgettable experience for all music lovers and party enthusiasts. With an incredible line up of renowned DJs and artists from around the globe, the dance floor will come alive with non-stop music that will keep you grooving all night long.

Date: 12th-15th August 2023

Price: Rs 1,300/- onwards

Venue: HillTop Vagator, Goa

Sunidhi Chauhan Live In Mumbai

Get ready for a musical sensation like no other as the sensational Sunidhi Chauhan takes the stage in Mumbai for a live concert that will leave you mesmerized. Known for her powerhouse vocals and electrifying stage presence, Sunidhi promises to deliver an unforgettable performance that will have you dancing and singing along to her chart-topping hits. She will showcase her versatility as a singer and entertainer, from soulful melodies to high-energy dance numbers.

Date: 20th August 2023, at 6:30 PM

Price: Rs 699/- onwards

Venue: Dome, NSCI, SVP Stadium, Mumbai



Soundsworth Presents AGAM



Soundsworth Presents AGAM, a transcendent musical experience that will transport you to a realm of ethereal melodies and soul-stirring rhythms. AGAM, the progressive rock band hailing from India, weaves a magical tapestry of Carnatic and contemporary music, creating a symphony that defines boundaries. With their mesmerising vocals, intricate instrumental arrangements, and captivating stage presence, AGAM promises an evening of musical bliss.

Date: 19th August 2023

Venue: Hyderabad

Price: Rs 499/- onwards

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h a s h t a g

TRENDING NOW

“
*I am in
competition
with
myself-*”

VIDYA BALAN

Vidya Balan returns to theatres with *Neeyat*, directed by Anu Menon, after her successful stint on digital with three super hits. Vidya is a very choosy actor and is one such actor who never takes up projects easily. Vidya answers a volley of generic questions with **Likpika Varma**.



Excerpts-

After a long time coming on the big screen, what are the emotions you have right now?

I am excited and nervous, I am just praying that people should come to the theatres. Nowadays, you cannot predict anything, let's hope it does well. I feel this film should be seen on the big screen. Some of the sweeping shots of the castle won't allure you watching on your mobile phone or small screen.

When you watch a thriller film what are the ingredients you look for?

Unpredictability, and when you feel it's going in a certain direction with a lot of red headings, then it becomes more interesting. You try to figure out what exactly is going to happen. The joy is when the storytelling outsmarts you.

Do you like to make changes to the script?

As we know various drafts are written before finalizing the script, we just like to work on the script together. Sometimes we work on it for betterment. Sometimes the energies of one and all involved in the filmmaking, but at times we turn blind to the flaws. So that's the process which keeps us going.

What keeps you going?

I am hungry to work on something exciting also while working on the sets. Everything should interest and allure me. Since our industry is going through a tough time, people are not able to judge what to make and what not to make. Films are being offered but I have to get that feeling so to choose. I believe when the time will come, it will happen.



“I am hungry to work on something exciting also while working on the sets. Everything should interest and allure me. ”



“ I have no competition with anyone. I have never compared my work to anyone else. My journey is mine, you learn as you experience it. ”

But *Ishqiya* came to you after it was offered to others, any comments?

Ishqiya was one film which came to me after being offered to many. It was my luck, guess it was an excellent opportunity and whatever you are destined for will come to you.

What are the challenges you face when you are taking up a role?

It's just like I am trying to challenge myself and do it to the best of my abilities. I am well aware that sometimes it does well and may not work other times. The only thing I do is follow my instinct. I am meant to go through a film for whatever reason. Sometimes it may be a roaring success and sometimes it may be heartbreaking, all of which happens for a reason. I am constantly looking for challenging roles. But I have done 20-odd films, so it's tough. Thankfully, I had the fortune of doing varieties of roles. At times when scripts are offered to me it fails to bring forth newness, which is why currently I have not said yes to any film. I have been grappling with an idea that I have not seen myself yet. But I have a film called 'Lovers' that will be released. I have said yes to one film that will start next year and will share it once I sign it.

What is that particular skill you want to learn apart from acting?

I have always wanted to learn how to swim. Maybe I would like to learn an instrument. Also maybe horse riding.

How much do you believe in luck or hard work?

I believe fortune favours the brave, but you have to follow your instinct and do it. Luck is not something external, if you make the right decision then it will serve you very well. Then you will be lucky.

Do you look at any competition with anyone?

I have no competition with anyone. I have never compared my work to anyone else. My journey is mine, you learn as you experience it. For example, when you refuse to do any film and it does well, many question me how do you feel, I just respond by saying I don't feel anything. Because I feel if I was in the film, it wouldn't have been successful or the film or vice versa. It works both ways.

How do you feel, when you get a film which must have been offered to someone else and then offered to you?

I don't feel anything. I guess - *Daane Daane par likha hai khane wale ka naam*. I remember reading reports about the film *Namkeen*, the first choice was *Rekha ji* and then *Sharmila ji* ended up doing its luck.





h a s h t a g

START UPS



HOLISTIC FINANCIAL EMPOWERMENT

Holistic Corporate Advisors Pvt Ltd, founded by seasoned professionals **CA Rajesh Donkeshwar** and **CA Sandeep Das**, is an innovative and dynamic consulting firm with over 15-20 years of corporate experience. The firm's leadership includes three directors: **CA Rajesh** (Founder and Managing Director), **CA Sandeep** (Director), and **BTECH and MBA Deepti** (Director), together, this dynamic team is committed to providing diverse clients like Caps Gold, Manepally Jewellers, Vijaya Diagnostic Centre, Vasavi Group and many more with optimal financial structures and holistic services. Exploring financial solutions with Rajesh Donkeshwar, director of Holistic Corporate Advisors Pvt Ltd, shares insights with **Surabhi Goel**.

Rajesh's passion for finance and business was evident from his early days at Nirmal, but due to family circumstances and financial considerations, he initially veered towards employment in the corporate world. Nonetheless, his heart always longed for the thrill of entrepreneurship and making a difference both at home and in society. Despite a successful career and a comfortable life, he sensed a lingering void, leading him to introspect deeply about his true calling.

The partners of HCAPL derived their expertise from extensive professional experience in corporate settings. Rajesh gained valuable insights from his work at Dr. Reddy's Lab and Maytas Properties, handling large real estate projects. Meanwhile, Sandeep Das's tenure at Deloitte and Middle East companies exposed him to major corporations and their growth strategies. Drawing from these



Rajesh Donkeshwar
- Founder and Managing Director

experiences, they aim to educate and provide clients with successful organizational philosophies and strategic advisory services.

”
RAJESH
GAINED VALUABLE
INSIGHTS FROM
HIS WORK AT
DR. REDDY'S LAB
AND MAYTAS
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HANDLING LARGE
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Deepthi Donkeshwa (Director)

In 2016, Rajesh decided to take a leap of faith and pursued his dream of venturing into corporate finance and management consulting, ultimately co-founding SBS and Company, where he spearheaded the investment banking division. As the years passed, Rajesh realized that the ideologies and strategies at his previous firm didn't entirely align with his vision for building a holistic approach to corporate advisory services. The year 2019 became a turning point, as he made the bold decision to establish Holistic Corporate Advisors Pvt Ltd, a firm that epitomizes his values and aspirations. The auspicious day of Basant Panchami on 20th Feb 2020 marked the official incorporation of the company.

The initial steps to establish the company were challenging yet driven by their desire for independence and soul satisfaction. With a small team of just three employees, they focused on investment banking, corporate finance, and virtual CFO services. Despite the initial struggles, their dedication and perseverance helped them secure deals and gain visibility, gradually paving the way for growth and success in the years to come.

Rajesh said, "Our team identified a specific gap in the market that we aimed to address. We noticed that while big corporate firms had well-qualified Chartered Accountants on their teams, small and medium-sized companies often faced challenges in retaining such high-quality professionals due to budget constraints. As a result, these companies lacked experienced and qualified CFOs or management advisors to guide them strategically."

To bridge this gap, Holistic Corporate Advisors recognized the need for virtual CFO services, where companies could avail of advisory support on a part-time basis. By offering periodic visits and consultations, the firm could address the strategic and financial concerns of these businesses, helping them grow, raise finance, and plan for the future. Moreover, they observed that many successful companies lacked a succession plan or strategy for unlocking their value, leading to

potential disruptions in the long run. Holistic Corporate Advisors sought to assist such MSMEs in structuring their companies and protecting their assets, while also providing investment banking solutions to aid their growth and expansion.

Holistic Corporate Advisors Pvt Ltd is guided by a vision to empower entrepreneurs, achieve sustainable growth, and unlock business value. Differentiating itself with a holistic approach, the firm prioritizes innovation, employee support, and stakeholder value creation. They offer comprehensive services, going beyond audits, to provide strategic guidance for business success.

The firm distinguishes itself through its industry expertise, drawing from



Sandeep Das (Director)





over 15-20 years of experience in corporate transactions. The firm takes a systematic approach to solutions, providing clients with structured learning and holistic advisory services. Their reasonable charges and continuous engagement with clients set them apart from traditional audit-focused firms. Additionally, they have a division called Vasavi Holistic Corporate Services, managed by Rajesh's wife Deepti Donkeshwar, which handles a large portfolio of residential units and provides housing loan solutions. The company's vision includes expanding into international finance, particularly in investment banking, to make a meaningful impact on clients' growth and value unlocking. Ultimately, the firm's success lies in contributing to society and making a positive difference in clients' businesses.

“
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Quick takes-

What helps your de-stress when not working?

Apart from work, I find joy and relaxation in walking, watching movies, travelling, and practising yoga and meditation. These activities serve as refreshing breaks for me.

Aside from being a workaholic, what gives you satisfaction?

I find immense satisfaction in accomplishing specific tasks and achieving goals, especially when they make a positive impact on employees, clients, and society. Making a meaningful contribution that benefits the community is deeply fulfilling for me.

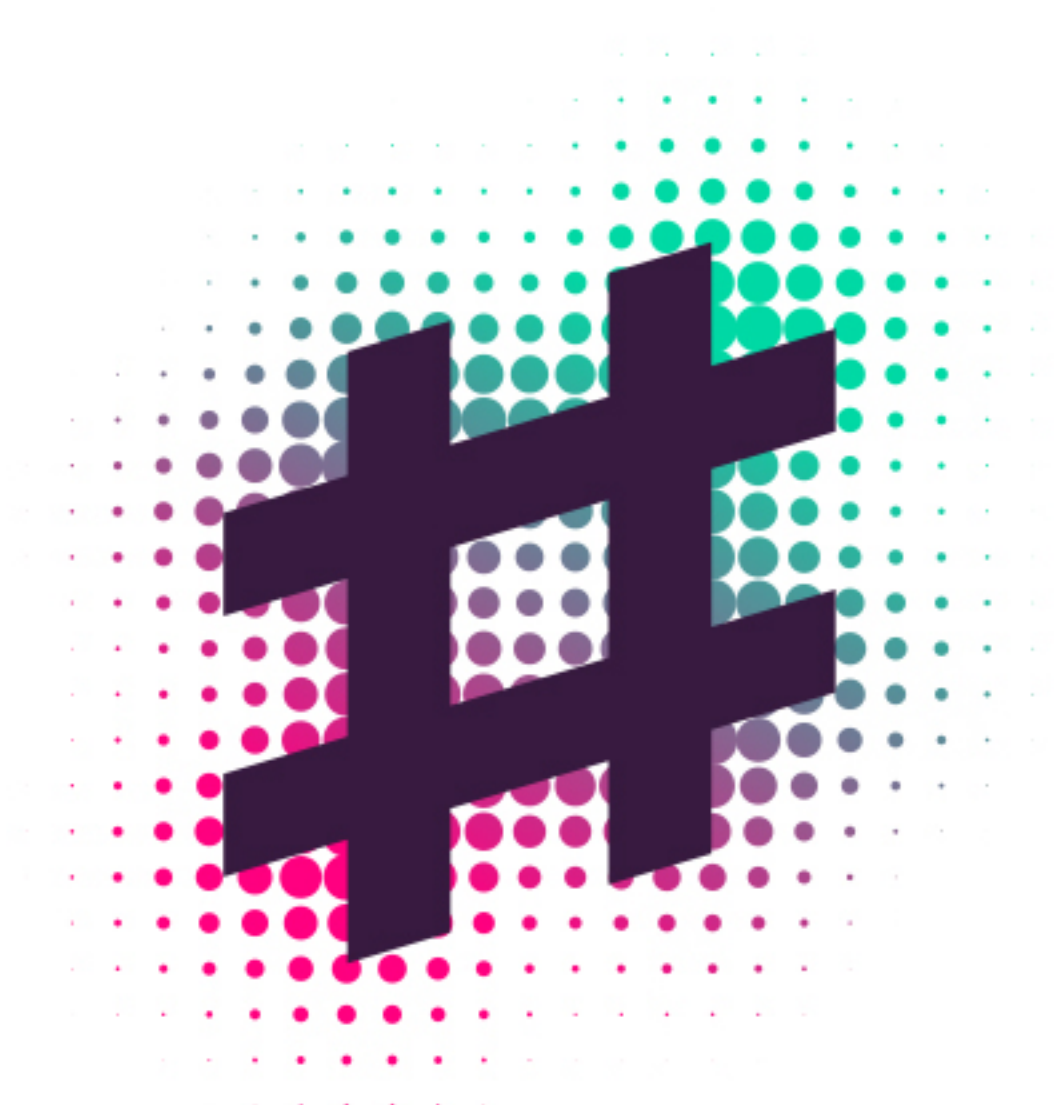
Do you prefer solo travel or travelling with family? What is your favourite travel destination?

I absolutely love to travel, both alone and with family and friends. With family, I prefer destinations with greenery and serene spaces. For trips with friends, Goa is always a favourite choice. Internationally, Spain is a place I have always wanted to visit, and my kids are excited about going to Disneyland. There are still a few destinations on my bucket list that I hope to explore in the future.

What are your health objectives?

I prioritize discipline in my daily routine and enjoy starting my day with a morning walk or run, as well as engaging in yoga and meditation. Health is of utmost importance to me, as I firmly believe that without good health, wealth loses its significance. Additionally, I find pleasure in reading books to nourish my mind and soul.





h a s h t a g

FOR A CAUSE



A Guide to WOMEN'S SAFETY IN INDIA

India, a country known for its rich cultural heritage and diversity, is also grappling with a significant issue: the safety and security of its women. Despite progress in various fields, the safety concerns faced by women in India continue to persist. However, it is crucial to acknowledge that change is possible and that empowering women with awareness and taking decisive action can lead to a safer and more inclusive society for all.

However, in recent times, the safety of women in India has taken centre stage due to the concerning surge in crimes against them. India has witnessed several high-profile incidents of violence against women, triggering widespread outrage and demands for change. The brutal gang rape and murder of a young woman in Delhi in 2012 shook the nation and sparked a national conversation about women's safety. While steps have been taken since then to address the issue, there is still a long way to go. Therefore, women must arm themselves with knowledge about the laws, resources, and rights available to navigate their lives confidently.



So, let's embark on this empowering journey together, as we strive to create a society where every woman feels safe and secure. We will delve into the multifaceted realm of women's safety in India while uncovering the intricate web of laws, unveiling ingenious mobile apps, showcasing emergency numbers, and championing women's rights. Let's dive right in.

“
The brutal gang rape and murder of a young woman in Delhi in 2012 shook the nation and sparked a national conversation about women's safety.”

Laws Protecting Women in India:

India has implemented several laws to safeguard the rights of women and provide them with legal recourse in cases of offences or violence. Understanding these laws is essential for women to assert their rights and seek justice. Let's delve into key legislation that shapes women's protection:



1

The Protection of Women from Domestic Violence Act (2005):

This act recognizes domestic violence as a criminal offence and offers protection to women facing abuse within their households. It enables women to obtain protection orders, residence orders, and maintenance orders, among others. In case of domestic violence, women can file a complaint at the nearest police station or approach a designated Protection Officer.



2

Sexual Harassment of Women at Workplace (Prevention, Prohibition, and Redressal) Act (2013):

This act ensures a safe and harassment-free work environment for women. It mandates the establishment of Internal Complaints Committees (ICCs) in workplaces and provides a comprehensive definition of sexual harassment. Women facing harassment at the workplace can file complaints with the ICC or the Local Complaints Committee, depending on the nature of the workplace.

3

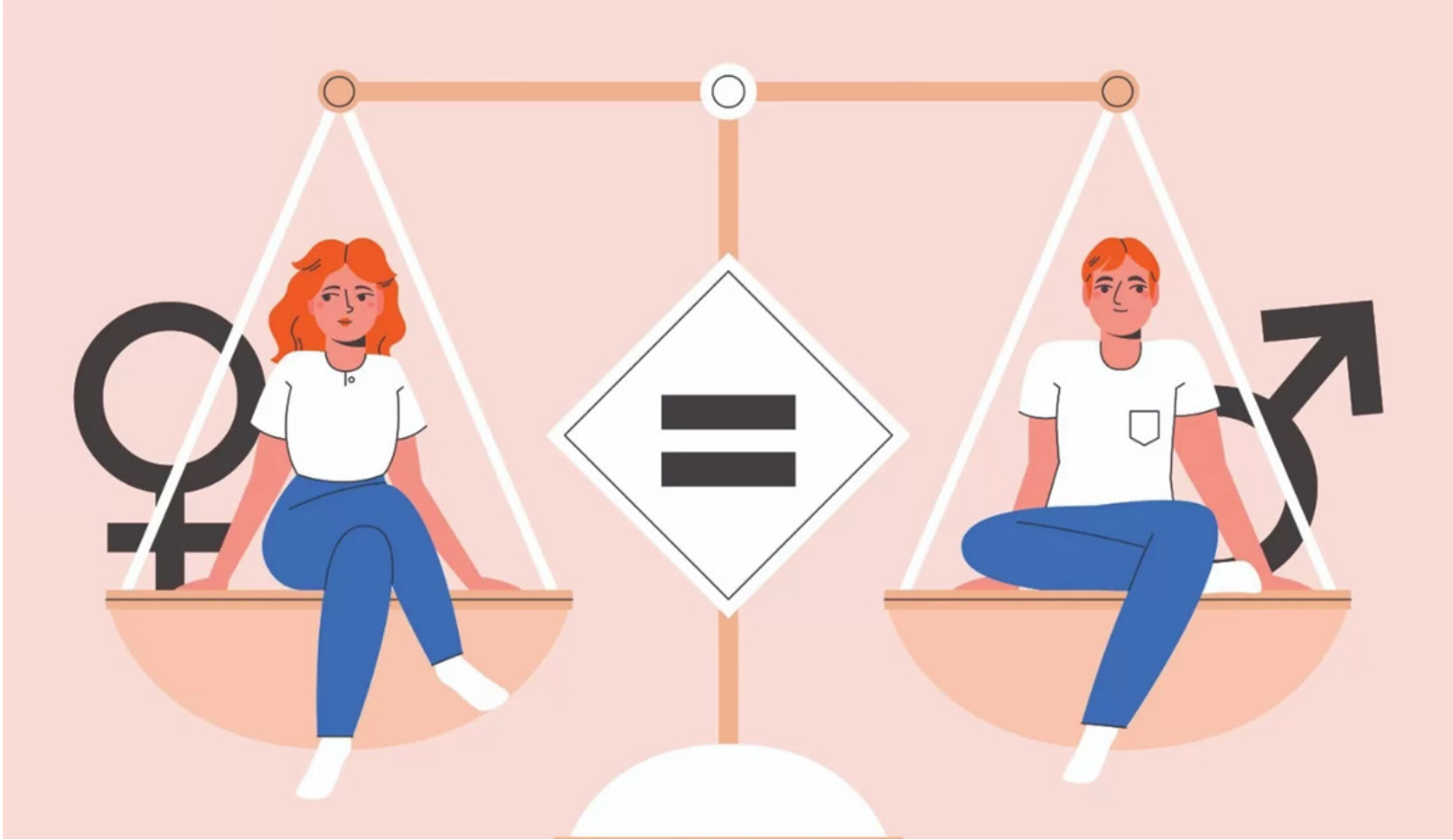
Criminal Law (Amendment) Act (2013):

This amendment to the Indian Penal Code (IPC) brought significant changes in addressing crimes against women. It introduced new offences such as acid attacks, stalking, and voyeurism, while also amending the definition of rape to make it more inclusive and stringent. The act increased the punishment for various sexual offences and provided for the death penalty in cases of rape leading to the victim's death or leaving her in a persistent vegetative state.



Mobile Applications for Women's Safety:

In the era of smartphones, several mobile applications have been developed to enhance women's safety and provide immediate assistance in times of distress. Here are three popular safety apps in India:



1. Himmat:

The Himmat app, launched by the Delhi Police, allows users to alert their emergency contacts and the police in case of an emergency. It offers features such as real-time location tracking and audio/video recording, ensuring quick response and support.



2. Safetipin:

Safetipin is a safety app that allows users to assess the safety of their surroundings. It provides information on well-lit areas, crowd density, and safety scores based on crowd-sourced data. Users can also report incidents and unsafe locations, contributing to a safer community.



3. Raksha:

The Raksha app offers various safety features, including panic alerts, audio/video recording, and location sharing with trusted contacts. In case of an emergency, users can trigger the panic alert, which sends an SOS message to emergency contacts along with the user's location.



Emergency numbers that every woman should know:

Knowing the relevant emergency helpline numbers is crucial for women to seek immediate assistance during critical situations. Here are two types of emergency helpline numbers in India:



1. National Emergency Helpline Numbers:

In India, the primary emergency helpline number is 112. This unified emergency response number provides access to police, fire, and medical emergency services across the country.

2. Women Helpline Numbers:

Various helpline numbers specifically dedicated to women's safety and support are available in different states. Some important helpline numbers include 181

(All India Women Helpline), 1091 (Women Helpline), and 1090 (Women Powerline).

Rights and Resources Available For Every Indian Woman:

Empowering women extends beyond knowledge of laws and helpline numbers. Here are additional rights and resources that women should be aware of, let's get to know more about them:



1. Awareness Campaigns and NGOs

Several awareness campaigns and non-governmental organizations (NGOs) are actively working to promote women's safety and provide support. Getting involved in such initiatives can not only contribute to the cause but also help women connect with a supportive community.

2. Self-defence Training:

Learning self-defence techniques can boost confidence and provide valuable skills to protect oneself. Several organizations and programs offer self-defence training across India. Women should seek reputable and certified training institutes.

3. Right to Safety and Dignity:

Every woman has the fundamental right to safety, dignity, and freedom from violence. It is important to understand that reporting incidents and seeking justice can contribute to creating a safer environment for all.

4. Mental Health Aid

Many NGOs like the Minds Foundation have a large network of social workers who organize camps in various areas around the country where people with mental health issues are provided free treatment. Various brands like IAMH and Better Help also provide affordable online therapy for women in the country. This might be very essential for every woman given the current scenario.

The world we live in demands that women equip themselves with this knowledge as by being aware of these crucial points, women can enhance their alertness and take proactive measures to protect themselves. Together, let us foster a society where women are not only aware but also confident in their ability to navigate through any challenges that come their way. Stay informed and stay vigilant.





h a s h t a g

RETAIL THERAPY

PRODUCTS REVIEW

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

1



Shoonyaakar Bhumija hair

Price: Rs 699

Bhumija hair oil is a 100% natural Ayurvedic hair oil, comprising 30 natural herbs and cold-pressed oils. The infusion of Ayurvedic herbs works wonderfully on stimulating hair growth and regulating hair fall and dandruff. This natural oil deeply conditions the scalp and reduces dryness and breakage. Formulated through traditional ways, this chemical-free hair oil is completely safe to use. Ideally, use this oil twice or thrice a week to enhance your hair quality by making it stronger and healthier.

2

Jivraj9 Premium Tea

Price: 730

Give your taste buds the royal treatment and strengthen your immunity with Jivraj9 Premium Tea's relaxing aroma. The rich flavoursome tea is made from premium tea leaves that are handpicked from Assam's Tea Gardens. Offering a whole array of options like instant mixes, ice teas, coffees and tea dust, the masala premixes teas from Jivraj9 are ideal for those who are always on the go. The sachet is a blend of exotic tea and is available in flavours like cardamom, ginger, lemon grass and masala.



3



BiE All-in-one Under Eye Gel

Price: Rs 1099

Say goodbye to multiple under-eye concerns with BiE's revolutionary All-in-One Under Eye Gel. Designed to target a range of eye area issues in one powerful treatment, this gel delivers coveted results that will leave you feeling refreshed and rejuvenated. From dark circles, puffiness, fine lines, wrinkles, and crow's feet, this product not only combats all concerns effectively but also provides a cooling effect on the eyes. This gel infused with gold and silver leaf is soothing and can be used on lip lids as well. Use this every morning and night for the best results.

4



Wearified Soft Focus Buildable Blush

Price: Rs 799

The Wearified Soft Focus Buildable Blush is a finely milled, pigmented powder that will add a flush of colour to your look. This lightweight, long-lasting formula has a soft velvet matte finish that will leave your skin looking luminous through the shades formulated to work well across all skin tones. You can use just a touch of this for a natural flush or play it up for a more dramatic, colourful look. The blush comes enriched with hyaluronic Acid and mango butter, nourishing your skin while adding its tint to your face.

**For product reviews/ features/
advertorials email us at**

contact@hashtagmagazine.in



For your endless
CULINARY CREATIONS



Baking Powder



Custard Powder



Icing Sugar



Corn Flour



Cocoa Powder



Drinking Chocolate



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h a s h t a g

FASHION FORWARD



ETERNAL ROMANTIC COUTURE

Step into the world of enchantment and passion with Neeta Lulla's latest masterpiece, Vrindavan Symphony. Renowned for her innate ability to weave tales of love through her designs, **Neeta Lulla** has once again surpassed all expectations, leaving us in awe. Since 2016, Vrindavan Symphony has been thriving, with its inaugural photoshoot featuring Pooja Hedge. Inspired by the eternal romance of Radha and Krishna, this collection will transport you to a realm of magic, where music, flowers, and the mesmerizing ambience of Vrindavan converge in perfect harmony. Neeta Lulla, a true romanticist at heart, has poured her soul into every intricate detail of this collection. **Surabhi Goel** gets an exclusive look at **Neeta Lulla's** new bridal collection while the designer imparts her wisdom on wedding style.

What inspired your latest collection, Vrindavan Symphony, and for what occasions are these outfits perfect?

Vrindavan Symphony is an embodiment of my philosophy, intertwining love, sensuality, and timeless elegance. The epitome of happiness, love, and romance between Krishna and Radha in Vrindavan, depicted through dance and folklore, serves as the foundation for this collection. Through Vrindavan Symphony, I aim to capture the essence of their eternal love and bring it to life through the medium of fashion. The collection effortlessly combines the essence of romance with flowing fabrics, delicate pastel hues, and alluring ensembles. Stealing the spotlight are captivating gowns, skirts, and jackets adorned in rich shades, making them a perfect choice for resort wear or a radiant bride's special day or for post-bridal functions like sangeet, mehndi, or cocktail night.

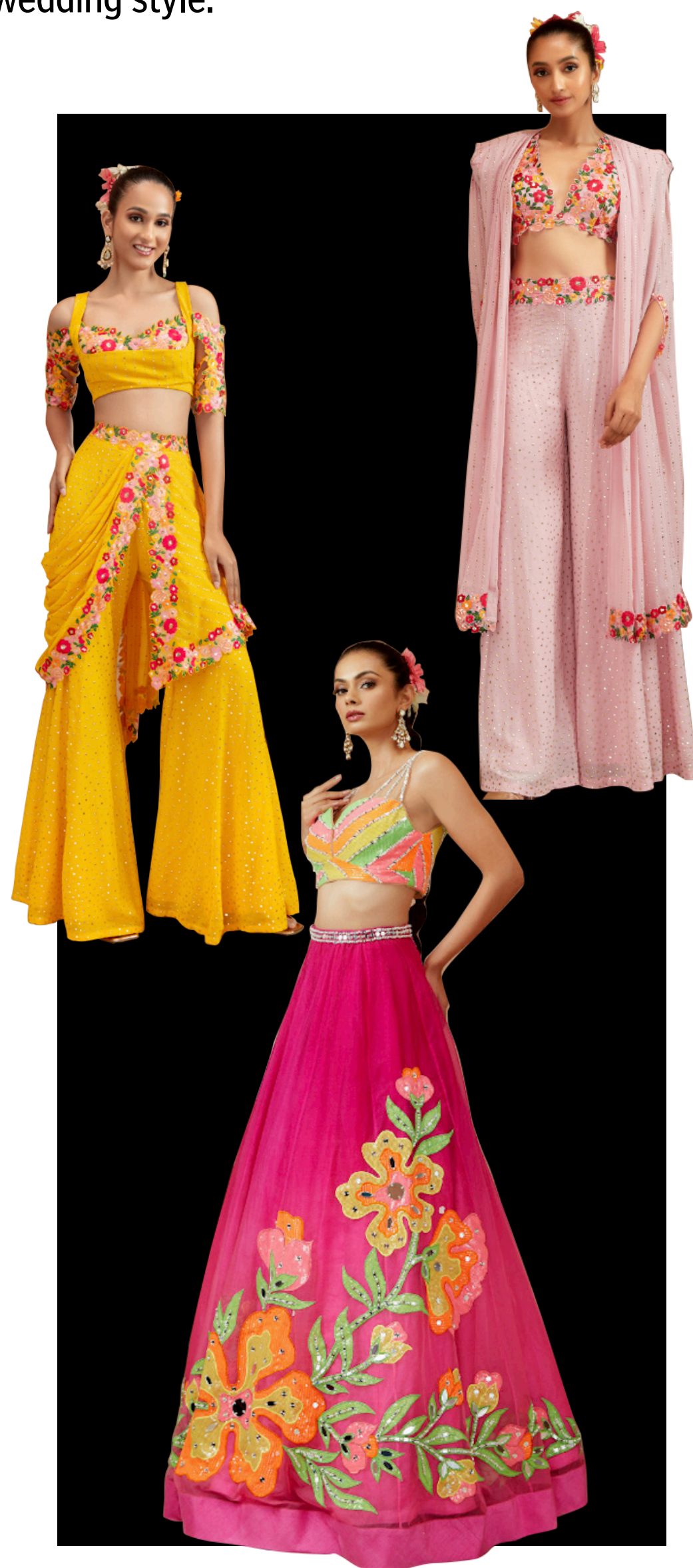
What are some key factors that brides should keep in mind when choosing their wedding trousseau?

As a designer, when it comes to a bride-to-be shopping for her trousseau, I believe it's essential

to prioritize timeless pieces and versatile jewellery. The key is to select classic items that can be worn beyond the wedding day and easily incorporated into her everyday wardrobe. These pieces should have the ability to be styled differently, offering a distinct look with various garments. For instance, investing in classic jewellery allows for multiple outfit pairings, extending its wear beyond the wedding ensemble. In fact, I personally have repurposed embroidery from my bridal lehenga, transferring it onto another fabric, which took around three months to accomplish.

What are some of the latest wedding fashion trends that brides should consider?

When it comes to selecting bridal attire, the latest fashion trends are not of utmost importance. Brides nowadays prefer outfits that they can cherish for a lifetime and wear on multiple occasions. Comfort plays a significant role alongside aesthetics. Ultimately, the choice of bridal attire is a personal decision for each bride, allowing her the freedom to design it according to her preferred style and colour. The most crucial factor is how confident she feels while carrying herself in that outfit.





Can you give some tips on choosing the perfect wedding outfit for a bride based on her body type?

When choosing the perfect wedding outfit based on your body type, it's important to consider the silhouette that flatters you. Opt for a style in which you feel comfortable and have received compliments in the past. For top-heavy brides, a long deep neckline with a low waist long skirt can create a balanced look. Hourglass figures look stunning in A-line lehengas, while bottom-heavy brides can rock a high-waist lehenga to highlight their curves. Ultimately, choose what makes you feel confident and consult with a trusted designer or stylist for personalized advice

What are some popular colour palettes or combinations that you recommend for bridal outfits this 2023?

When it comes to popular colour palettes for bridal outfits in 2023, I recommend considering classic red, ivory, copper, gold and rose gold. These colours are currently trending and can add a touch of elegance and sophistication to your wedding ensemble. Red is a timeless choice that symbolizes love and passion, while ivory exudes a sense of purity and grace. Copper and gold tones bring warmth and richness, while rose gold adds a hint of softness and femininity. These colour combinations are sure to make a statement and create a stunning visual impact on your special day.

Can you share some insights on accessorizing bridal outfits for a complete and balanced look?

Firstly, consider mixing and matching different accessories to create a unique and personalized style. Experiment with various pieces and styles to give your outfit a fresh look each time you wear it, as long as you feel comfortable in them.

- One essential accessory is a perfect Maang Tikka that suits your forehead and complements your overall outfit. It adds a touch of elegance and tradition to your bridal look.
- When choosing wedding shoes, prioritize comfort over excessive embellishments. Opt for comfortable footwear that allows you to walk and move with ease throughout the day, ensuring your comfort is not compromised.



Neeta Lulla

- Belts are a trendy accessory that can enhance your waistline and add definition to your silhouette. Consider incorporating a stylish belt that complements your outfit and helps achieve a more balanced look.
- Don't forget about the accessories for your hands. Bangles and large rings are prominent accessories that can beautifully complement your bridal outfit. Ensure they match and coordinate with your overall ensemble, creating a harmonious and cohesive look.

The key is to choose accessories that enhance your bridal outfit while reflecting your personal style. Strive for a balanced and complete look that makes you feel confident and radiant on your special day.

With destination weddings becoming more popular, what kind of outfits do you suggest for brides getting married in different settings (beach, mountains, etc.)?

For beach weddings, muted shades and calming hues work wonderfully. Opt for bridal dresses in colours that complement the beach environment. Additionally, choose fabrics that are flowy and lightweight, allowing you to move comfortably in the beach breeze.

For weddings in mountainous regions, darker-shaded bridal outfits are a great choice. These colours not only keep you warm in chilly temperatures but also help you stand out against the backdrop of the

mountains. Consider fabrics that provide warmth while maintaining an elegant and stylish look.

When it comes to garden destinations with neutral and breezy temperatures, vibrant shades are ideal. Choosing a vibrant bridal dress not only enhances your aesthetic appeal but also has a psychological impact by boosting your mood. It helps you embrace the joyful atmosphere of your destination wedding and keeps any cold feet at bay.

Can you share some do's and don'ts for brides when it comes to selecting their wedding outfits?

When it comes to selecting wedding outfits, there are several do's and don'ts that brides should keep in mind. Here are some key tips:

- Choose your jewellery before selecting your outfit. This allows you to coordinate your accessories with your dress seamlessly.
- Look at your most flattering colours and select your outfit accordingly. Avoid choosing a dress based solely on how it looks on a hanger. Opt for colours that enhance your natural beauty and make you feel confident.
- Opt for classic cuts and styles. Classic designs have timeless appeal and can be worn even after the wedding day, adding to their wearability and versatility.
- Pick shoes with minimalistic or no embroidery. This ensures that you can move comfortably without getting caught up in the layers of your outfit.
- Consider a classic hairstyle that enhances your overall look. Avoid experimenting with new hairstyles or makeup on your wedding day to avoid any unexpected surprises

What are your thoughts on sustainable and eco-friendly wedding fashion, and how can brides incorporate these principles into their outfits?

I believe sustainable and eco-friendly wedding fashion is a wonderful approach that brides can embrace. When it comes to bridal outfits, it's important to select something that can be enjoyed and worn beyond the wedding day. Sustainability is about creating pieces that have longevity and can be cherished for years to come. Opt for timeless designs with classic styles that won't go out of fashion. This ensures that your outfit remains relevant and wearable in the future, reducing the need for frequent updates.



Instead of letting your bridal outfit gather dust in your closet, explore options for repurposing it. You can transform it into a different ensemble or reuse certain elements in other garments or accessories.

What are some common mistakes brides make when it comes to choosing their wedding attire, and how can they avoid them?

- Avoid choosing your outfit before selecting the jewellery; instead, start by choosing your jewellery and then find an outfit that complements it.
- Don't succumb to external pressure or choose an outfit solely to please family, relatives, or fiancé; prioritize your own preferences and select a dress that resonates with your personal style and makes you feel confident.

By being mindful of these common mistakes, brides can make more informed decisions when choosing their wedding attire. Trust your instincts, prioritize your own preferences, and surround yourself with supportive loved ones who respect your choices. Ultimately, selecting a bridal outfit that reflects your style and makes you feel beautiful will ensure a memorable and joyful wedding experience.

Quick takes

1. Reel screen vs Real brides:

Both reel screen and real brides present their own challenges, each in their own unique ways.

2. Perfect Pre-wedding outfit:

An ideal pre-wedding outfit can be a stunning saree or an elegant Anarkali, as it's all about exuding grace and feeling absolutely stunning.

3. Your favourite Bollywood bride?

All Bollywood brides have their own unique elegance and distinctive styles, making it difficult for me to choose just one. Each bride brings something different to the table, making them all memorable in their own way.

4. Which celebrity do you enjoy styling the most?

When it comes to styling celebrities, I particularly enjoy working with Kangana Ranaut. Her bold attitude and ability to carry outfits with great confidence make the styling process a delightful experience.





Thumka
by
Anisha | Sonali



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h a s h t a g

HEALTH & WELLNESS



In the realm of superfoods, Moringa has gained significant attention for its remarkable health benefits. This nutrient-dense plant has been used for centuries in traditional medicine and is now taking the wellness world by storm. **Dhanush Kumar** delves into the incredible health benefits of Moringa and uncovers the secrets behind this natural powerhouse.

UNLOCKING THE POWER OF MORINGA

Immune System Booster

Moringa is an exceptional source of immune-boosting nutrients. Packed with antioxidants, vitamins A, C, and E, as well as minerals like zinc and iron, Moringa helps fortify your immune system, shielding you from various illnesses. Regular consumption of Moringa can enhance your body's ability to fight off infections and reduce the severity of common ailments like colds and flu.



Vital Nutritional Profile

Moringa leaves are a treasure trove of essential nutrients, making them a highly nutritious addition to your diet. This natural wonder contains a wealth of vitamins, including vitamin B6, vitamin K, and folate, which are crucial for maintaining optimal health. Moreover, Moringa is an excellent source of protein, fibre, and minerals such as calcium, and magnesium, making it an ideal choice for vegans and vegetarians.

Healthy Skin and Hair

If you are aspiring to have healthy skin and hair, Moringa can work wonders. Rich in antioxidants, Moringa helps combat free radicals, preventing premature ageing and promoting youthful-looking skin. Its anti-inflammatory properties can alleviate skin conditions like acne and eczema.



Enhanced Digestion

Moringa's high fibre content supports a healthy digestive system by aiding in smooth bowel movements and preventing constipation. Additionally, the plant's anti-inflammatory properties can alleviate gastrointestinal issues like gastritis. Consuming Moringa regularly can promote a balanced gut flora, supporting overall digestive wellness.

Energy Booster

If you are feeling drained, then Moringa can help replenish your energy levels. With its impressive nutritional profile, including iron and Vitamin B, Moringa aids in the production of red blood cells and increases oxygen transportation, reducing fatigue, and boosting vitality. Including Moringa in your diet can provide a natural energy lift, allowing you to tackle your daily activities with renewed vigour.



Blood Sugar Regulation

For individuals with diabetes or those concerned about blood sugar management. Moringa can be an excellent addition to their diet. Studies suggest that Moringa leaf extract may help regulate blood glucose levels, improving insulin sensitivity and reducing the risk of blood sugar levels. However, it is important to consult a healthcare professional before making any significant dietary changes.

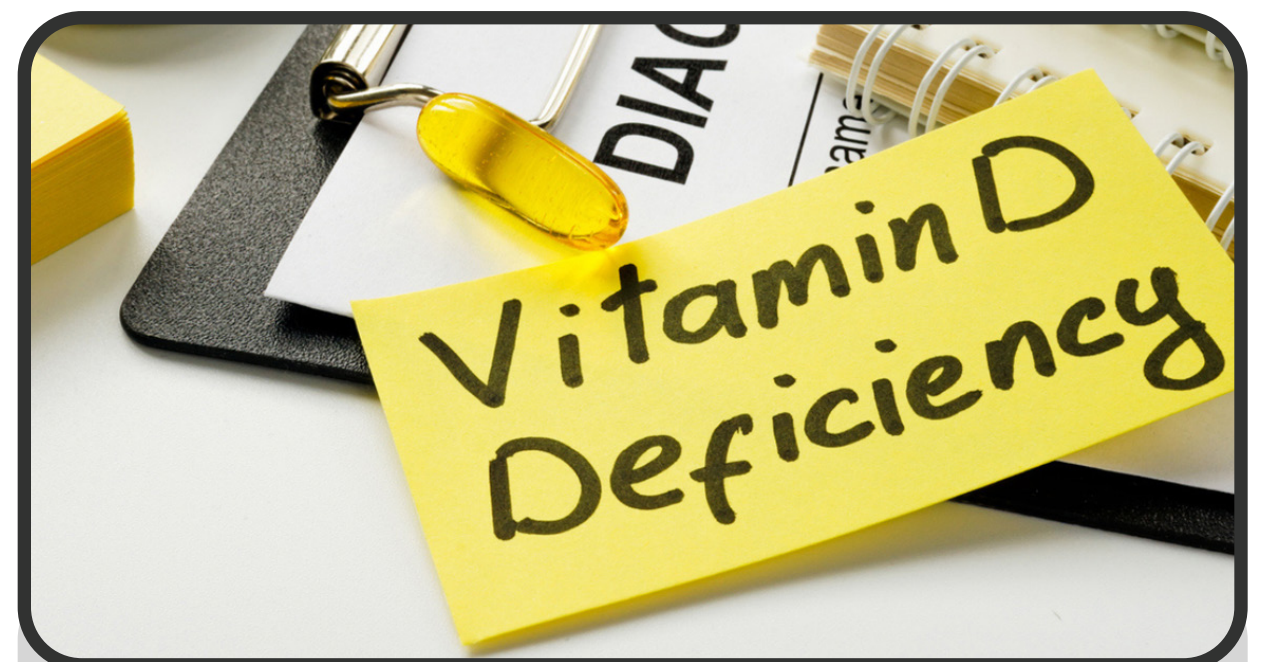


Maintaining a balanced and nutritious diet is essential for overall well-being, and men are no exception. However, due to various factors like hectic schedules, poor dietary choices, and lifestyle habits, men often fall victim to nutritional deficiencies. **Dhanush Kumar** explores the most common nutritional deficiencies that men encounter, their potential health impacts, and strategies to combat them for a healthier and more fulfilling life.

Men's Nutritional Deficiencies: Unveiling the Hidden Gaps

Iron Deficiency

Iron, an essential mineral, plays a crucial role in the production of red blood cells and oxygen transport throughout the body. Iron deficiency affects men too, though it is more prevalent among women. The lack of iron can lead to fatigue, weakness, and decreased cognitive function. Encouraging iron-rich foods such as lean red meat, spinach, lentils, and cereals can help combat this deficiency.



Vitamin D Deficiency

Vitamin D, often referred to as the 'sunshine vitamin' is synthesized in the body when the skin is exposed to sunlight. However, due to modern sedentary lifestyles and limited sun exposure, many men suffer from inadequate levels of Vitamin D. This deficiency has been associated with decreased bone health, increased risk of certain cancers, and weakened immune function. Including Vitamin D-rich foods such as fatty fish, and dairy products, and spending time outdoors can help address this deficiency.

Vitamin B12 Deficiency

Vitamin B12 is vital for nerve function, red blood cell production, and maintaining cognitive health. Symptoms of deficiency include fatigue, memory loss, and numbness or tingling in the extremities. Incorporating foods like lean meats, fish, eggs, and plant-based alternatives can help address this nutritional gap.



Magnesium Deficiency

Magnesium, an essential mineral involved in over 300 biochemical reactions in the body, is crucial for muscle function, energy production, and maintaining heart health. Men who engage in intense physical activity, experience high-stress levels, or consume excessive alcohol are prone to magnesium deficiency. Inadequate magnesium levels can lead to muscle cramps, sleep disturbances, and an increased risk of cardiovascular issues. Incorporating food like nuts, seeds, and whole grains can help bridge this gap.



Omega-3 Fatty Acid Deficiency

Omega-3 fatty acids, particularly EPA and DHA, play a crucial role in brain health, heart function, and reducing inflammation. Men with a low intake of fatty fish, nuts, and seeds often have insufficient omega-3 levels. This deficiency has been linked to an increased risk of cardiovascular diseases, cognitive decline, and mood disorders. Incorporating fatty fish like salmon, flaxseeds, chia seeds, and walnuts into the diet can help replenish omega-3 levels.



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h a s h t a g

FOOD INC'

Simply Sourdough:

Goa's Healthy Twist on Crusty, Gluten-Free Bread



Prepare to tantalise your taste buds with an extraordinary twist on bread! Step into the world of Sourdough, where crusty perfection meets yeast-free, flour-free, and sugar-free delights. Join **Avril Dias** as she delves into the enchanting story of 'Simply Sourdough,' a Goan cafe curated by Satyashree Gandham (Satya), where bread takes on a whole new dimension of healthy goodness

Speaking about where she is originally from, Satya says, "I have no idea where I am originally from... my first years were spent in Delhi and the later years were pretty much all over the world." She was working remotely from Goa as a consultant, a year before the lockdown. Before she began selling sourdough bread from home during the beginning of the lockdown, Satya worked as a filmmaker, software engineer, then a corporate coach, counsellor, television journalist and a bunch of other things. She then embarked on a new adventure—a quaint, aromatic café named 'Simply Sourdough.' Alongside a dedicated team of bakers, she proudly presents an array of gluten-free sourdough creations, including bread, cakes, pizzas, and more.

Oftentimes gluten and other allergies stand in the way of enjoying a beloved slice of mushroom on toast or a pizza or even a cake, but with Satya's experiments in gluten-free indulgences, this can now be a treat for everyone to enjoy, minus the constant allergy alerts!

In conversation, Satya explains, "Simply Sourdough is a 'Concept Café,' whose aim is to communicate and explain through workshops, tastings and conversations what sourdough is, how it is healthy and also demonstrate the length of the baking process, bring awareness to its low glycaemic index as well as educate people about the



concept of sourdough in general." The café also hosts regular events and game nights to spread the word on the world of gluten-free foods. Satya believes that the café creates a space for people to connect in a playful and stimulating way and bond over shared interests. She credits her grandma as a source of inspiration for the concept of her café and dedicates it to her. She describes her grandma as a great host and a cook, with their living room always abuzz with visitors and good food. Simply Sourdough is not only an extension of that living room but certainly a reincarnation of her grandma's best qualities.



Stepping into 'Simply Sourdough' feels like entering a cosy kitchen, accommodating around five to six people. Its homely ambience evokes memories of cherished gatherings, where friends share tea and relish warm croissants on the countertop. If that's not enough, Satya's warm and quirky personality along with the exciting bites are sure to make you stay and cherish the sourdough for a while longer!

Socials- on Instagram (@sourdoughsimply)
Location: Shop No 19, Models Millennium Vistas, Caranzalem, Goa, 403002
Number: 9717477035
Timings- (Mon- Fri) 9:00-13:00 and 16:00-20:00, Closed on Sundays



From promoting healthy digestion to reducing the risk of chronic diseases, oats are truly a superfood that should be included in everyone's diet. Not only are they delicious, but they are also packed with many benefits. In this article, we explore the many benefits of oats and how they can help us lead healthier and happier lives. Whether you enjoy a bowl of oatmeal for breakfast or use oats in your baking, there's no denying the many benefits that this humble grain has to offer. So, sit back, relax, and let's dive into the world of oats!

OATS ON-THE-GO: HEALTHY RECIPES AND BENEFITS OF OATS

Low in Calories

Oats are a nutritious and popular breakfast option that offers a range of health and wellness benefits. Besides being low in calories, oats are packed with fibre, protein, and other essential nutrients. A half-cup serving of dry oats typically contains around 150 calories, making it a great option for those watching their calorie intake. Additionally, oats are a great source of complex carbohydrates that are slowly digested by the body, keeping you feeling full and satisfied for longer periods.

Some Oatmeal recipes

Oatmeal is a versatile and nutritious breakfast option that can be incorporated into a variety of recipes. Here are some oatmeal recipes that are not only delicious but also offer a range of health benefits:

Oatmeal

✓ Cholesterol-Free

✓ Good Source of Fiber

✓ Low-Fat

The fiber in oatmeal can help lower your LDL cholesterol levels, but check ingredients for added sugar or fat

verywell

140

CALORIES

4G

FIBER

2.5G

FAT

5G

PROTEIN

28G

CARBS

(per 1/2 cup,
dry rolled oats)



Overnight oats

Overnight oats are a simple and nutritious breakfast that can be customized with your favourite toppings. Here's an easy recipe:

Ingredients:

- 1/2 cup rolled oats
- 1/2 cup almond milk
- 1 tablespoon chia seeds
- 1/2 teaspoon vanilla extract
- Your favourite toppings (such as berries, nuts, or honey)

Method:

1. Combine oats, almond milk, chia seeds, and vanilla extract in a jar or container with a lid.
2. Shake or stir well until evenly mixed.
3. Refrigerate overnight or for at least 4 hours.
4. Before serving, add your favourite toppings and enjoy!

Oatmeal smoothies

This oatmeal smoothie recipe is a delicious and healthy breakfast option that's perfect for a quick and easy meal on the go.

Ingredients:

- 1/2 cup rolled oats
- 1 banana, peeled and sliced
- 1 cup almond milk
- 1/2 teaspoon vanilla extract
- 1 tablespoon honey (optional)
- 1 handful of ice cubes

Method:

1. Add the oats, banana, almond milk, vanilla extract, and honey to a blender, and blend until smooth.
2. Add the ice cubes and blend again until they're fully incorporated.
3. Pour the smoothie into a glass and enjoy!



You can also add other ingredients to this recipe, such as frozen berries, protein powder, or peanut butter, to customize it to your liking.

Oatmeal pancakes

These oatmeal pancakes are a healthy and filling breakfast option that will keep you satisfied until lunchtime.



Ingredients:

- 1 cup rolled oats
- 1 cup all-purpose flour
- 2 tablespoons sugar
- 2 teaspoons baking powder
- 1 teaspoon salt
- 1 1/4 cups milk
- 2 large eggs
- 1/4 cup vegetable oil

Method:

1. In a large mixing bowl, whisk together the oats, flour, sugar, baking powder, and salt.
2. In another mixing bowl, whisk together the milk, eggs, and vegetable oil.
3. Add the wet ingredients to the dry ingredients and stir until just combined (don't overmix).
4. Heat a non-stick skillet or griddle over medium heat.
5. Using a 1/4 cup measure, scoop the batter onto the skillet and cook until bubbles form on the surface of the pancake, about 2-3 minutes.
6. Flip the pancake and cook for another 1-2 minutes, until golden brown.
7. Repeat with the remaining batter, adding more oil to the skillet as needed.
8. Serve the oatmeal pancakes with your favourite toppings and enjoy!

Oatmeal energy balls

These oatmeal energy balls are easy to make and are a great snack for when you need a little boost of energy.

Ingredients:

- 1 cup rolled oats
- 1/2 cup peanut butter
- 1/4 cup honey
- 1/4 cup mini chocolate chips

These energy balls are a delicious snack that you can enjoy any time of day. They're packed with protein and fibre, and the mini chocolate chips add a sweet touch.

Method:

1. In a mixing bowl, combine the rolled oats, peanut butter, honey, and mini chocolate chips.
2. Stir the ingredients together until well-mixed.
3. Cover the bowl with plastic wrap and refrigerate for 30 minutes.
4. After the mixture has chilled, use a tablespoon to scoop out portions and roll them into balls.
5. Store the oatmeal energy balls in an airtight container in the refrigerator.



Oats Nutrition Benefits

Oats are often hailed as a superfood and for good reason. These tiny grains pack a nutritional punch, making them a healthy addition to any diet. Oats are naturally gluten-free and can be consumed in a variety of forms, such as oatmeal, granola, energy bars, and more. Here are some of the many health benefits of oats:

Rich in fibre:

Oats are an excellent source of both soluble and insoluble fibre. Soluble fibre helps to lower blood cholesterol levels, while insoluble fibre promotes healthy digestion. A 1/2 cup serving of rolled oats contains about 4 grams of fibre, which can help keep you feeling full and satisfied for longer.

Helps regulate blood sugar:

The fibre in oats can also help to regulate blood sugar levels, making them a great choice for people with diabetes. The slow-digesting carbohydrates in oats release energy gradually, which can help maintain steady blood sugar levels.

Good source of protein:

Oats are also a good source of plant-based protein. A 1/2 cup serving of rolled oats contains about 5 grams of protein, making it a great addition to a vegetarian or vegan diet.



Packed with vitamins and minerals:

Oats contain a variety of vitamins and minerals, such as iron, magnesium, and zinc. These nutrients are important for maintaining a healthy immune system, regulating energy metabolism, and promoting overall health and wellness.

Helps reduce inflammation:

The beta-glucan fibre in oats has been shown to have anti-inflammatory effects. Inflammation has been linked to a variety of chronic diseases, such as heart disease, diabetes, and cancer.

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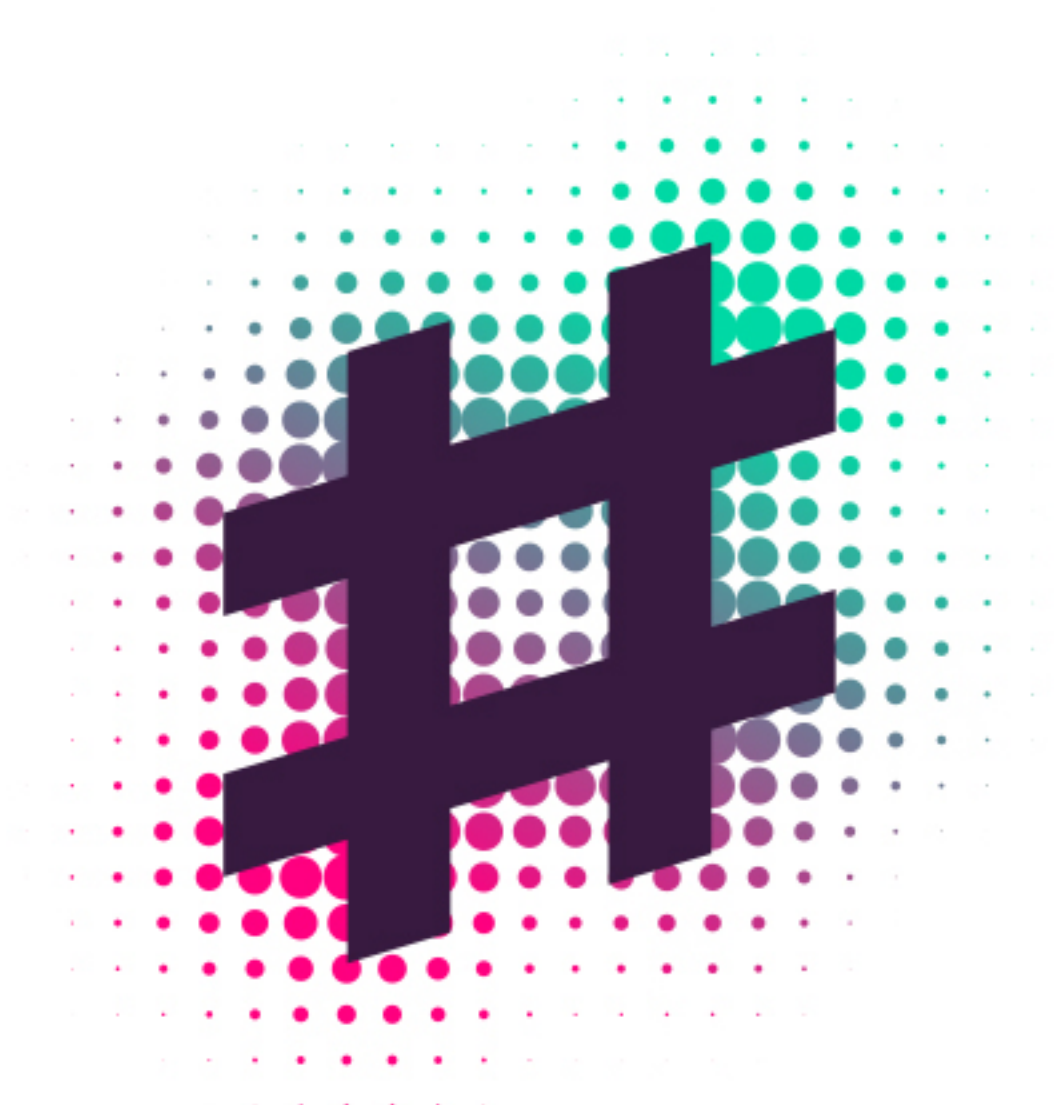
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AUTO & TECH

A dive into the best SPORTS BETTING APPS IN INDIA

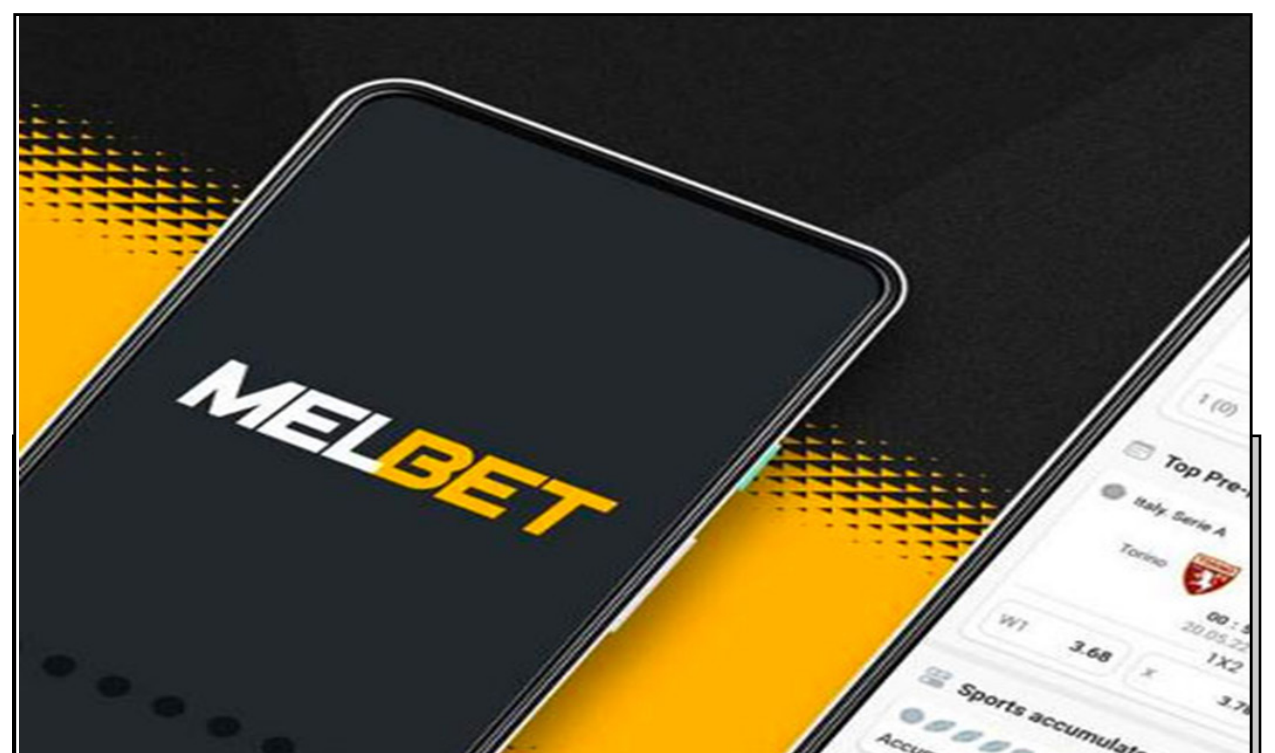
Gambling isn't new to the Indian landscape it has been mentioned widely in historic epics like *The Mahabharata* and *The Ramayana*, trickling down generations the dice and card games are also stated in the scriptures of the Mughal Empire.

In the 21st century, with the advent of technology and the rise in internet usage, the ways of gambling have evolved. One such way of gambling is Online Sports Betting Apps. With sports like cricket, football, and basketball gaining huge popularity, several sports betting apps came into existence. These apps provide users with a platform to place bets on a variety of events and sports. The IPL and The Premier Football League are a few popular events that receive huge interest from the bettors. Using celebrities, and cricketers as ambassadors, these apps entice viewers to download and start placing bets. Promising huge rewards, winnings, and exciting gifts these apps appeal to a wide audience who are eager to make money. **K. Hari Krishna** lists the famous sports betting apps below.



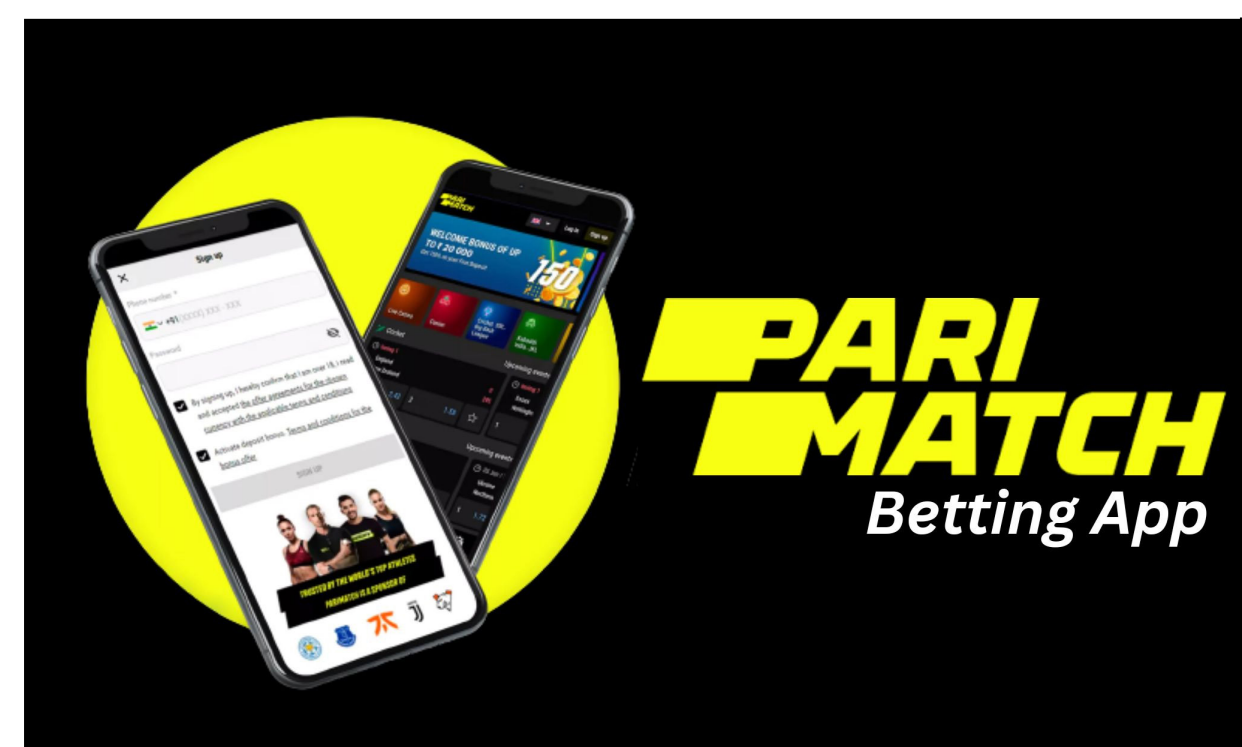
1) 1XBET

The app was developed in Russia, and provides a variety of sports and events for users to place bets on. The app also provides live betting where users can change their predictions midway. The app interface is easy to understand and use. The app supports net banking, UPI, wallets, and cards and the winnings can be withdrawn to desired bank account. There are about 4 lakh users of the app in India.



2) MELBET

The app was launched in 2012, the app offers 30+ plus sporting events to place bets on and supports 44 languages including several languages spoken in India. The app provides joining bonuses, and rewards and facilitates payments from Visa, MasterCard, and UPI. The App also provides a customer support system which helps solve issues faced by the users.



3) PARIMATCH

Parimatch is an international sports betting app established in 1994 in Europe. The app allows users to bet on virtual sports in addition to several tournaments in sports like cricket, football, and horse racing. The app provides live and pre-match betting features. The app is available across the google play store and Appstore and has 1 million active users, it is simple to create a profile and start playing. Parimatch supports payments from UPI, cards and wallets making transactions and withdraws easy.

FANTASY SPORTS APPS: HOW ARE THEY DIFFERENT FROM BETTING APPS?



While watching The IPL, it is impossible to miss the advertisements of cricketers promoting Fantasy sports apps. These fantasy apps have gained huge popularity among the fans of the sport. Dream 11, a fantasy sports app being one of the title sponsors of the tournament proves its demand. The app has over 140 million users.

Dream11 provides a fixed virtual purse to all its users, each cricketer has a price tag, and the better the player, the greater the price tag. The users have to predict and pick an 11-player team for the match, who they believe are most likely to perform well. The prize pool is distributed to those participants whose predicted teams perform the best. The participant's rewards depend on the accuracy of predictions and wagers placed. The app and users argue that fantasy sports are a game and a skill which requires insight into the sport and players. The analysis and knowledge of the user greatly influence the probability of success.

My11 Circle and Mobile Premier League are a few similar fantasy sports apps, which provide users a platform to draft their fantasy sports team and place bets. These apps support UPI, cards and wallet transactions. The fantasy sports industry is gaining huge attraction and popularity and is expected to grow rapidly in the future.

The Article in no way or form promotes the mentioned apps nor encourages the readers to participate in gambling activities. The article is devised purely for informational purposes only. The readers are advised to perform thorough research before using such betting apps.





VIBRANT 

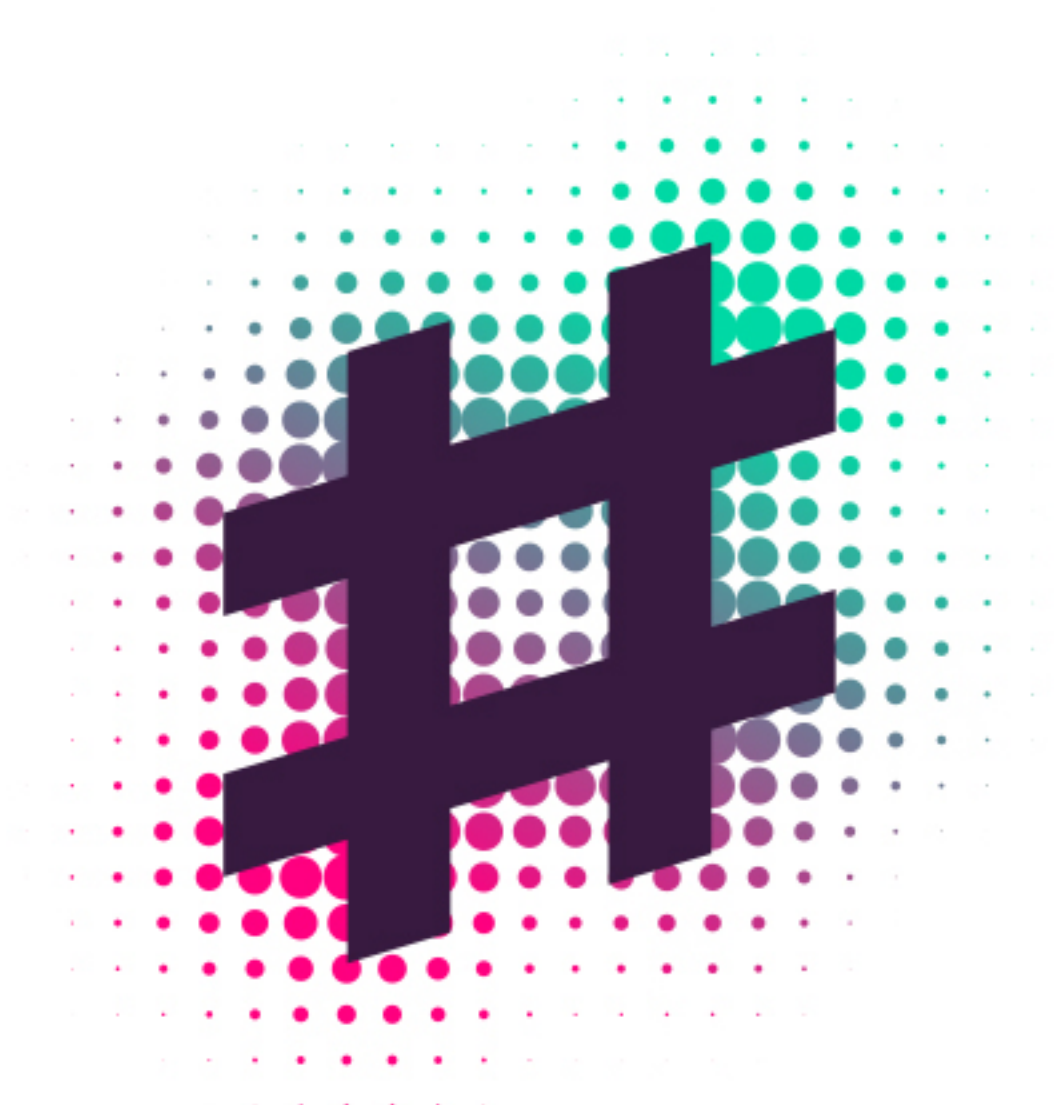


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h a s h t a g

ARTS AND THEATRE

Heritage meets *Innovation*

Lipsa Hembram, a visionary fashion designer, has devoted herself to preserving the exquisite Santal tribal sarees. Galang Gabaan, her label established in Bhubaneswar in 2014, embraces a contemporary approach, showcasing modern Santal sarees. Surabhi Goel in conversation with **Lipsa Hembram**, who talks about the journey of Galang Gabaan.

Having grown up in the Santhal tribe of Dandbose village, Mayurbhanj district, Odisha, Lipsa witnessed her family adorning the Santhali traditional dress during festive occasions and gatherings. However, during her tenure at the National Institute of Fashion Technology, Hyderabad, she truly grasped the cultural significance of this attire, immersing herself in the world of fashion.

Lipsa Hembram's journey as a designer is driven by her deep-rooted connection to the Santhal tribe and her passion for preserving their rich heritage. Through Galang Gabaan, she merges tradition with modernity, ensuring that the beauty and cultural significance of Santal tribal sarees continues to captivate and inspire generations.



Lipsa Hembram



Challenging conventions, Hembram chose her mother and aunt as models, proudly adorning the iconic red and white chequered drapes in promotional images. Today, Galang Gabaan, based in Bhubaneswar, captivates patrons nationwide with its stunning collection.

As the maverick behind Galang Gabaan proclaims, "My inspiration stems from the vivid memories of my village, drawing upon the captivating designs etched on walls, motifs derived from nature, and everyday materials. To maintain their uniqueness, I create limited editions that transcend the notion of a uniform and become cherished pieces of art, infused with all my love and passion." While exploring the history of Santal costumes, she discovered a scarcity of photographic evidence and research. Most of her knowledge is derived from the older generation's memories and stories. She says, "As I delved deeper, I made it my mission to translate these cherished memories into the designs of the sarees I create."

”

**MY
INSPIRATION
STEMS FROM THE VIVID
MEMORIES OF MY VILLAGE,
DRAWING UPON THE
CAPTIVATING DESIGNS
ETCHED ON WALLS, MOTIFS
DERIVED FROM NATURE, AND
EVERYDAY MATERIALS.**



Galang Gabaan prioritizes using natural materials and strives to sustain the traditional design sensibility of Santal sarees amid their recent evolution in colour combinations and motifs. Lipsa's ongoing efforts aim to ensure that the essence and authenticity of Santal sarees remain intact while incorporating contemporary elements that resonate with modern tastes.

The designer's plans revolve around staying true to her ideology and continuing her efforts in preserving and promoting the culture. She expresses her commitment to creating designs that resonate with the world and serve as a means of initiating conversations about their rich heritage.

To partake in the endeavour of preserving and promoting Santal sarees with modernised motifs and patterns, unite with Lipsa Hembram's journey through her Instagram and Facebook pages.

Instagram: <https://www.instagram.com/galang.gabaan/>

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

Quick takes

1. What is your favourite outfit that is comfortable at work?

In terms of attire at my workplace, I gravitate towards loose, breathable garments, particularly those made of cotton. Cotton fabric is my preferred choice due to its comfort and versatility.

2. When you are not designing, what do you love to do?:

When I am not designing, I find immense joy in indulging myself in the world of movies. They have a transformative effect on my state of mind, uplifting my mood and serving as stress busters.

3. Which non-professional activities give you satisfaction and enjoyment?

Trekking is my greatest escape, providing immense satisfaction and enjoyment.

4. Which trekking trip holds the most memorable experience for you?

The most unforgettable trekking experience for me was the Chopta Chandrashila trek in Uttarakhand, where I had a spine-chilling moment that made me feel as if I had come close to losing my life.

5. One thing that you cannot miss at work?

One thing I absolutely cannot miss at work is staying organized. I rely on my trusty notebook and pen to meticulously plan out my daily tasks, ensuring everything has its place on my work desk.





h a s h t a g

TRAVEL



As an avid traveller, imagine having the comfort of home on wheels and embarking on a journey of freedom, and adventure. RVing allows you to traverse diverse landscapes, experience breathtaking places, and immerse yourself in the essence of India. **Dhanush Kumar** delves into RVing and how to engage in this lifestyle.

RVING IN INDIA: EXPLORING BREATHTAKING DESTINATIONS

What is RVing?

RVing, short for recreational vehicle-ing is a travel lifestyle that involves using a camper van or motorhome as a means of transportation and accommodation. It offers you the flexibility of exploring new destinations while enjoying the convenience and comfort of having all the required items on board. RVing enables you to create your itineraries, discover some amazing treasures, and make unforgettable memories.



Choosing the Right RV

- A self-contained unit with living space, kitchen, bathroom, and bedroom is ideal for long journeys or extended stays. This is called a motorhome.
- The compact and versatile ones are the camper vans which offer the convenience of a smaller vehicle while providing the necessities.



Incredible RVing Destinations in India:



- **Leh-Ladakh, Jammu, and Kashmir:** Embark on a thrilling journey through the scenic mountain passes, pristine lakes, and ancient monasteries of this Himalayan region.



- **Rann of Kutch, Gujarat:** Experience the vast white salt desert, vibrant culture, and participate in the renowned Rann Utsav.



- **Goa:** Enjoy the sun, sand, and sea in the tropical paradise of Goa. Numerous RV-friendly campsites dot the coastline, providing an ideal base for exploration.



- **Coorg, Karnataka:** Immerse yourself in the lush greenery, coffee plantations, and cascading waterfalls of Coorg while indulging in outdoor activities.



- **Rajasthan:** Explore the vibrant cities of Jaipur, Udaipur, and Jaisalmer, and camp amidst the golden sands of the Thar Desert.



- **Kerala Backwaters:** Cruise along the serene backwaters of Alleppey or Kumarakom, absorbing the tranquillity and beauty of Kerala's picturesque landscapes.

RVing is a unique opportunity that blends the joys of travel and the comforts of a home, and it allows you to create memories that last a lifetime. You will have the freedom to decide your course and the ability to immerse yourself in travel. RVing is a unique travel experience, so embrace your wanderlust and hit the open road. Happy RVing!



India is a land of rich culture and history, and its temple is some of the most beautiful and awe-inspiring examples of this. From ancient structures that have stood the test of time to modern marvels that are still under construction, there is a temple in India for everyone. **Dhanush Kumar** lists the five upcoming temples in India that are sure to be popular tourist destinations once they are completed.

UPCOMING INDIAN TEMPLES: A BLEND OF HISTORY AND SACREDNESS

Vrindavan Chandrodaya Mandir

The Vrindavan Chandrodaya Mandir, currently under construction in Vrindavan, India, will be the tallest religious monument in the world, reaching a height of 700 feet. Dedicated to Krishna, it follows the architectural style of the original Krishna temple destroyed in the 16th century. Expected to be completed in 2025, the temple complex by ISKCON will feature a main temple, a planetarium, a museum, and other facilities.



Temple of the Vedic Planetarium

The Temple of the Vedic Planetarium, located in Mayapur, West Bengal, is being built by ISKCON as a centre for learning about Vedic culture and philosophy. With its planetarium, museum, and other facilities, visitors will have a unique opportunity to explore the wonders of the universe. The temple is anticipated completion in 2023.

Ayodhya Ram Temple

The Ayodhya Ram Temple is under construction in Ayodhya. The temple, dedicated to Rama, is being built by the Shri Ram Janmabhoomi Teerth Kshetra Trust. With the completion set for 2023, this temple holds immense significance in Hindu mythology. Half the temple's work is already done, and devotees are eagerly waiting for a glimpse of Lord Rama in his birth land Ayodhya.

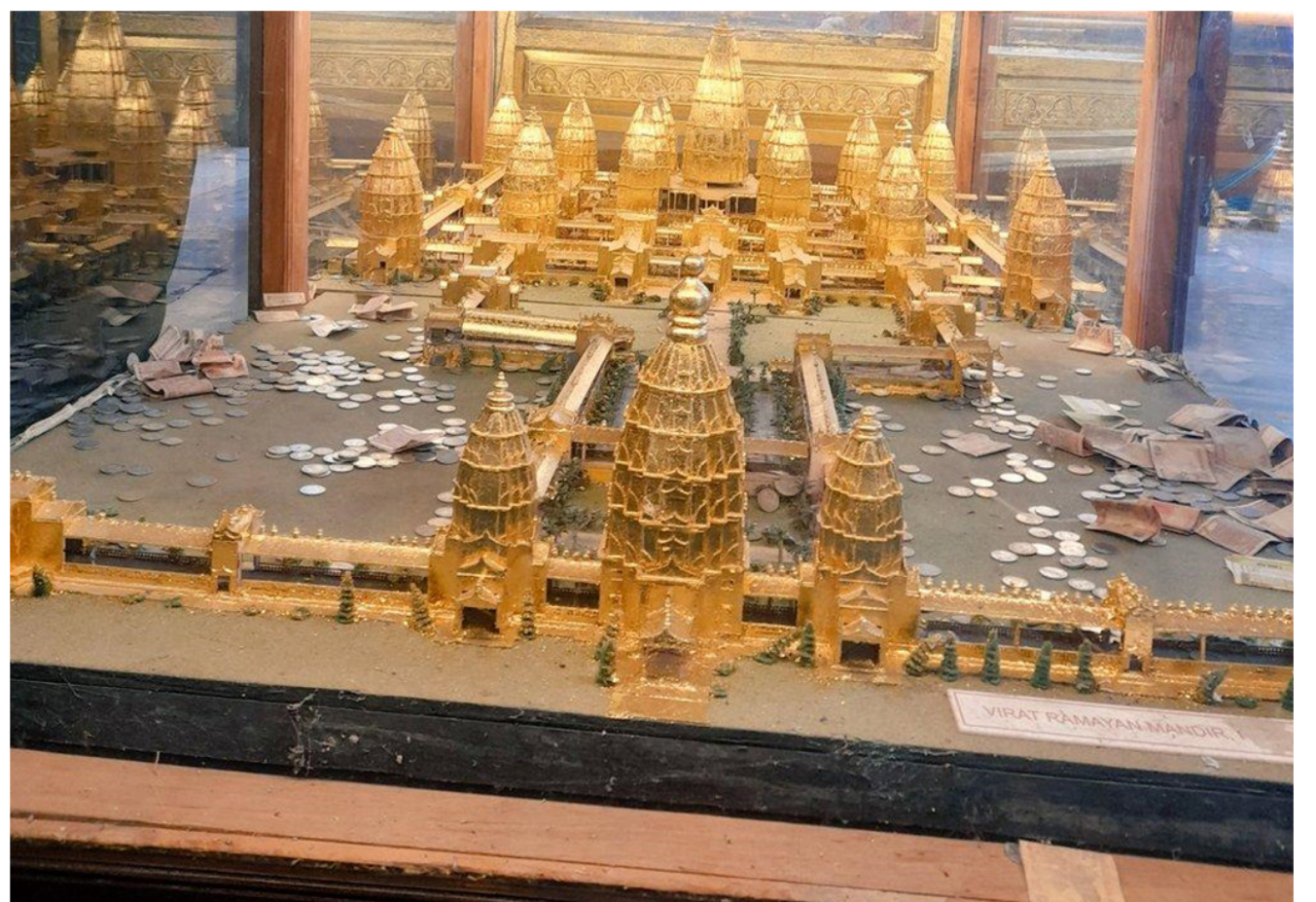


BAPS Shri Swaminarayan Mandir

In Abu Dhabi, United Arab Emirates, the BAPS Shri Swaminarayan Mandir is currently under construction, representing the first traditional stone temple in the Middle East. This temple, built in the Gujarati style by BAPS, will boast a 108-foot-tall spire. The expected completion date is 2023.

Virat Ramayan Mandir

The Virat Ramayan Mandir, situated in Ramgarh, Uttar Pradesh, India, aims to become the largest religious monument globally. Built by the Ram Janmabhoomi Nyas, the temple will honour Rama and replicate the architectural style of the original Rama temple in Ayodhya. Its completion is scheduled for 2025.





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of myself!*

pure love,

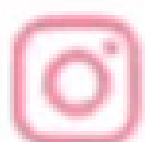
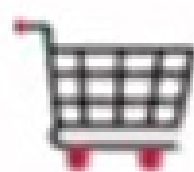


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INTERIORS



MAKE YOUR HOME A HAVEN OF WELLNESS AND POSITIVE ENERGY

It is often said that home is where the heart is and as cliché as it may sound, there is no place quite like home. While we may travel all over the world, the feeling of coming back to the comfort of your own home cannot be compared to any other. After all, your home is your haven; a safe place where you can sit back, relax and most importantly be yourself. So, what does it take to build a home that is a sanctuary of positive energy and rejuvenating vibes? Rashmi Gopal Rao lists all the things you need to know.



Komal Mittal & Ninada Kashyap,
Co-Founders and Principal Architects of Alkove-Design

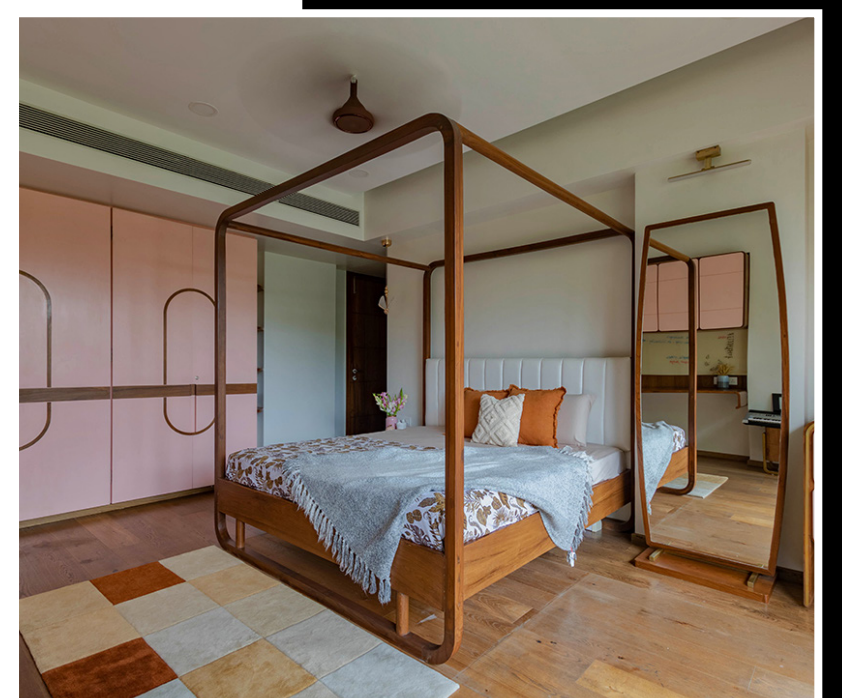
Natural light, fresh air and the power of plants

There is no denying the fact that a well-lit space always induces a sense of positivity and well-being. Hence, it is always recommended to make the most of the natural light in your home. "Open your windows and drapes; use lamps that produce natural light to illuminate your home's darkest

spaces. An easy way to create a pleasant atmosphere in your home is to simply leave the windows open for cross ventilation and natural light. This boosts one's spirits and makes people happy," says Ninada Kashyap and Komal Mittal, Co-Founders & Principal Architects, Alkove-Design. To maximise natural light, keep your curtains and blinds open at least for a few hours in the morning. Opt for sheer curtains that allow diffused light to enter while still maintaining a level of privacy. Ensure that windows are easily accessible so that you can easily open and close the shutters as required rather than having heavy furniture block the space. The latter will also obstruct light from entering the room, so having chunky pieces against your windows is a strict no-no!

The power of plants in keeping your home healthy is undeniable. They not only enhance the aesthetic appeal of any space but also helps improve air quality. Snake plants, pothos, spider plants as well as chrysanthemums are known to purify the air around them by

absorbing pollutants and releasing oxygen. The best part is that they are easy to maintain as well. So, add a splash of green to reduce stress and increase feelings of serenity in your abode.





Manjul Jayakumar, founder of Cananor Guild

Chemical-free, Natural and Sustainable Materials

Natural, organic and tactile textures go a long way in improving the ambience of your home. Cotton, jute, bamboo, rattan and stone are some popular materials that are calming and can boost your wellbeing. “Invest in a high-quality cotton bed linen set as it can not only enhance your sleep experience but also give your bedroom a plush yet comfortable feel,” says Manjul Jayakumar, founder of Cananor Guild.



When it comes to cleaning, make sure you avoid strong chemicals replete with compounds like phosphates, parabens, chlorine, ammonia and sodium lauryl sulphate (SLS). They have a harmful effect on the space as they release Volatile organic compounds (VOCs) which are a main source of indoor air pollution. “Vinegar is a versatile cleaning agent that can effectively remove stains, grease, and odours. Mix it with water in a spray

bottle to clean surfaces like countertops, windows, and floors. Further, use essential oils for fragrance instead of synthetic air fresheners. Add a few drops of your favourite oil to a diffuser or mix it with water in a spray bottle for a delightful yet natural aroma,” says Akshay and Avani Khurana, Co-Founders & Principal Architects, of Beyond Dreams. Always select essential oils that best suit your needs because each one has unique traits and characteristics. “Essential oils increase your energy levels, lower your stress levels and aid in eradicating any possible mental tiredness. Our personal favourite is lavender as it is calming and helps in relieving anxiety and stress.” adds Ninada Kashyap and Komal Mittal.



Avani Khurana and Akshay Khurana, Co-Founders of Beyond Dreams



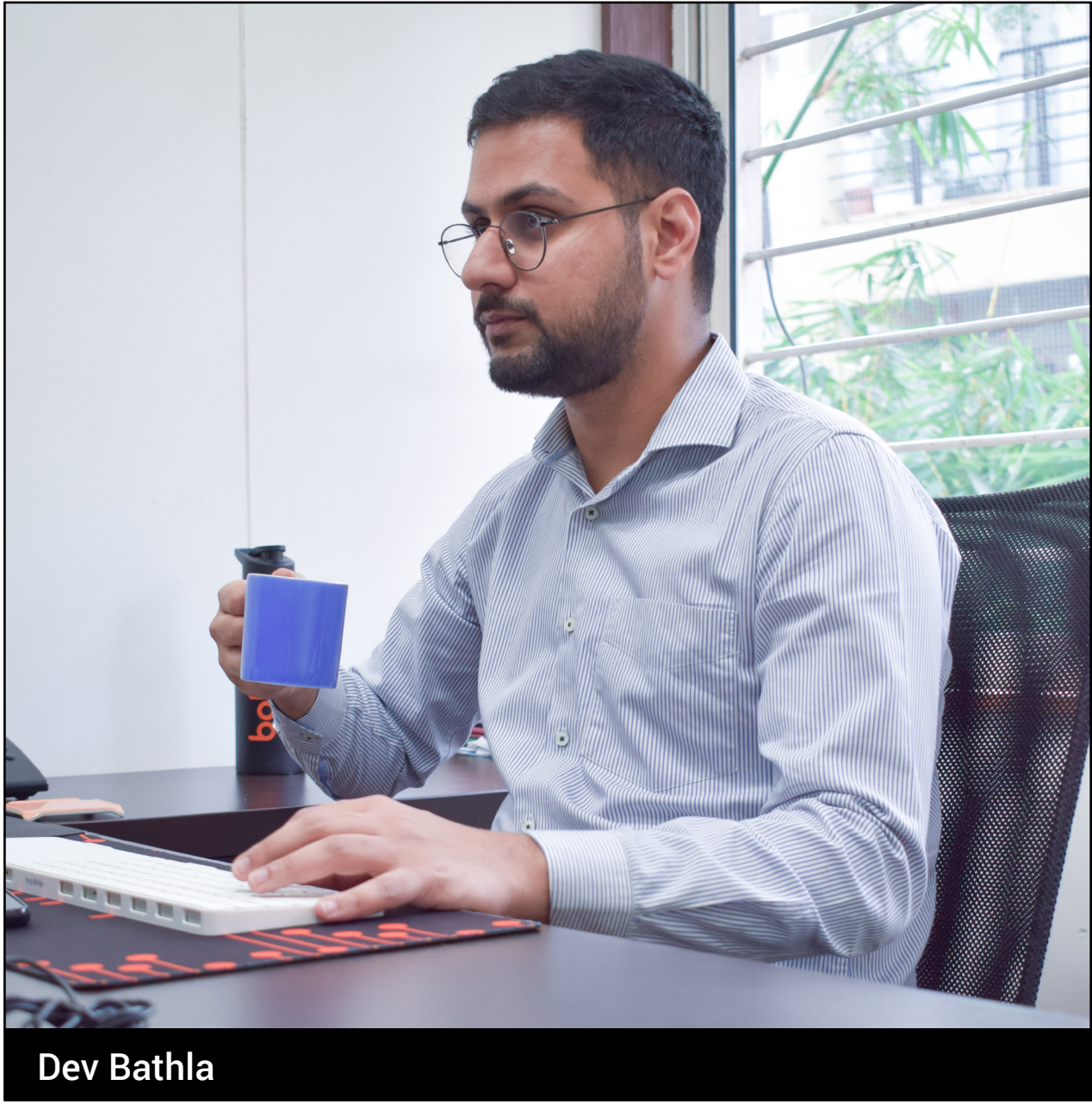


Abhishek Kathuria, Founder & Principal Designer, Rosabagh.

Colours, candles and more

Choose a colour scheme for your home that promotes happiness and relaxation. This includes soft pastels, earthy tones and light neutrals. Calming hues are of utmost importance in spaces like the bedroom. Further, it is important to surround yourself with decor that reflects your personal style and spark joy. “Personalize your home by adding things you love and trinkets that make you smile. Just thinking about it can make you feel good. For instance, hanging inspirational art on the walls makes a big difference in bringing good vibes into the house,” adds Abhishek Kathuria. Aromatic candles are also a great idea for creating an inviting and soothing atmosphere at home. Depending on the weather, choose fragrances like jasmine, spiced pumpkin, sandalwood or even citrus to elevate your mood and energy.

It always helps to reimagine your spaces at home with a focus on physical, mental and psychological wellness. “Create dedicated areas for relaxation, meditation, or yoga. Designate a quiet corner with comfortable cushions, blankets or a meditation cushion to encourage moments of calm and self-reflection. A cosy reading nook is again a good way to unwind after a long day,” adds Akshay and Avani Khurana.



Dev Bathla

Less is more: Clean and Clutter-free Mantra

The importance of keeping your home neat and tidy can never be underestimated. Clutter is a key source of negative energy and it is critical to keep your house organized. “Use smart storage tools and organizers for things you use on a daily basis, whether it is socks or spices! Always remember that less is more; be mindful of what you purchase. While we love to improve our spaces it is equally important to reduce what we own,” says Dev Bathla, CMO at Bathla. Clutter induces stress and chaos; hence it is imperative that one focuses on keeping spaces clean. “Avoid a buildup of allergens such as dust, pet dander and dust mites. Regular vacuuming, dusting and washing of home furnishings goes a long way in making your home a haven of positive energy,” says Abhishek Kathuria, Founder & Principal Designer, Rosabagh.





h a s h t a g

PETS



BEYOND THE ORDINARY: EMBRACING EXOTIC PET COMPANIONS

Some extraordinary creatures of nature have captured the hearts of pet enthusiasts seeking companionship beyond traditional pets. However, the realm of exotic pet ownership demands a bit of knowledge, and also there is huge responsibility upon your shoulders to take care of them. **Dhanush Kumar** unveils the captivating facts you need to know about exotic pet ownership.

1) Legal Considerations

Before getting an exotic pet, you must know about the web of legalities. Each region possesses its own set of rules governing these fascinating creatures. Each city has its regulations, and some species may be prohibited, while others may require special permissions or licenses. You must be familiarized with the laws and regulations in your area to ensure that you can legally own an exotic pet.



2) Specialized Care

Exotic pets have specific needs that differ from traditional pets. Research the dietary requirements, habitat conditions, and environmental needs of the exotic pet you are considering. Some animals may require specialized diets, temperature-controlled enclosures, or specific lighting conditions. It is important to create an environment that closely mimics their natural habitats.

3) Socialization and Training

Exotic pets, like any other animal, require socialization and training to thrive in a domestic environment. Research the social needs of the specific species you are interested in and find out if they can be trained or not. Building a bond with your exotic pet will contribute to its overall well-being and happiness.



4) Potential Health Risks:

Owning exotic pets carries certain health risks for both you and the animal. Some exotic species may have specific diseases that can be transmitted to humans, while others may have specific health issues. Regular veterinary check-ups and hygiene practices are essential to tackle these risks. Consult with a veterinarian who is experienced in exotic pets to ensure the health and safety of both you and your pet.



5) Financial Commitment

Exotic pets come with a higher price tag than traditional pets, and their maintenance can be costlier as well. In addition to the initial purchase cost, you need to factor in some expenses such as equipment, veterinary care, and high-quality food. Be prepared for these financial commitments before bringing an exotic pet into your life.



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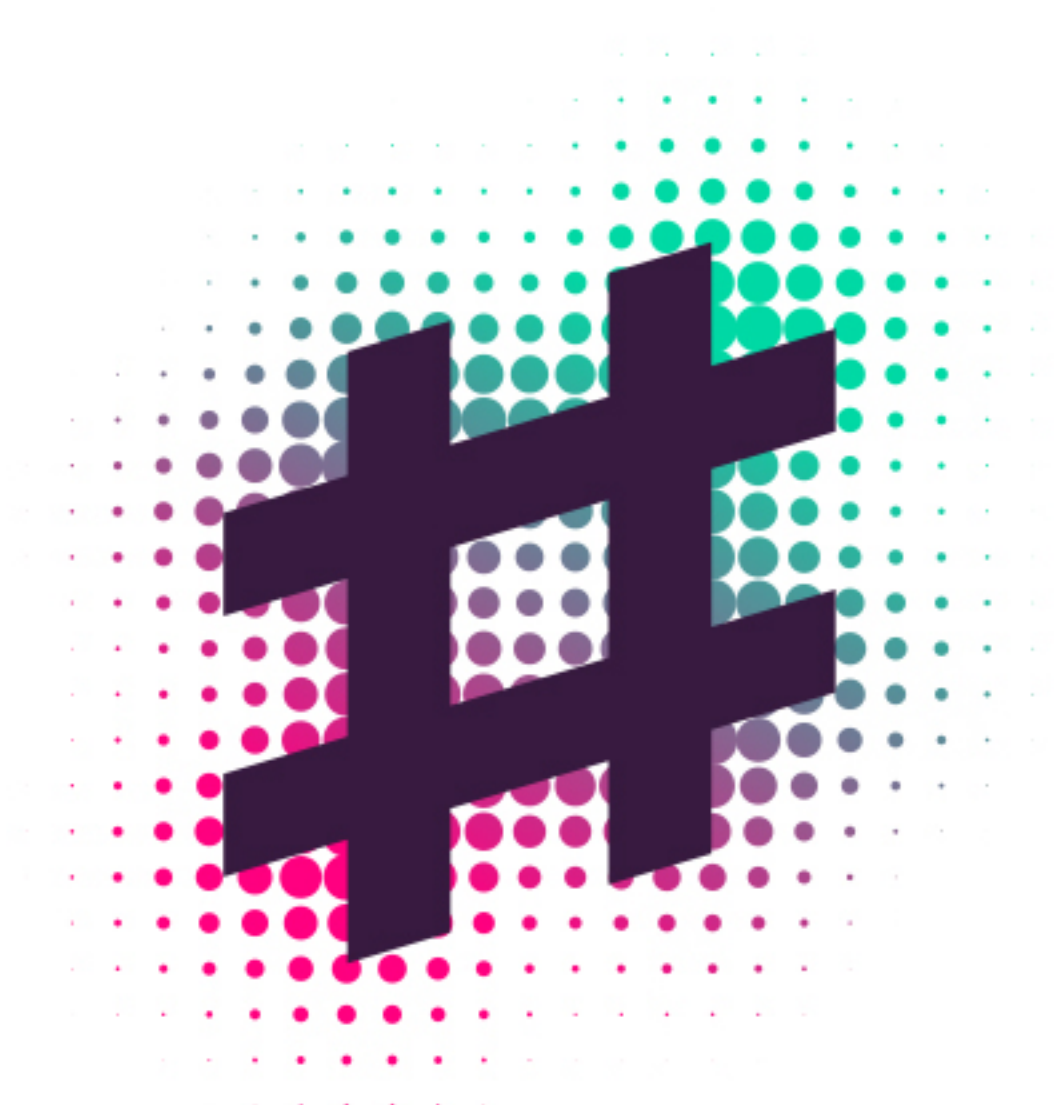
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STREAMING NOW

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Varun Dhawan

Get ready for the much-anticipated romance-drama *Bawaal*, as the team unveiled its thrilling trailer at a global press meet in Dubai. Media from across the world joined in-person and virtually at the Queen Elizabeth II in Port Rashid to witness this exciting event. The presence of Varun Dhawan as Ajay Dixit (*Ajju Bhaiya*), a history teacher, and Janhvi as his wife Nisha, added to the excitement. Alongside, Nitesh Tiwari and Sajid Nadiadwala graced the event. Mark your calendars for the OTT premiere on July 21, 2023. Varun Dhawan talks about his latest film and more with Lipika Varma.

Excerpts-

How was your chemistry and working together with Janhvi in *Bawaal*?

It's been wonderful, it's intriguing, I have been asked this question many times. So I want people to watch the film about how we look working together. We belong to different schools of acting and probably



come together under one umbrella of Nitish sir's teachings, I feel, hopefully, this is our best chemistry.

***Ajju Bhaiya* [Ajay Dixit] is a History teacher in the film, how much does History interest you?**

If you are studying in 10th –be it History or Geography, you have to learn. I had to beat my brother's percentage in the tenth class, so I had to study very hard for those exams. These subjects are always important. History is a subject which prepares you for the future. You learn so many things through history and that's the part of *Bawaal* also. Though, I don't want to reveal more about the story.

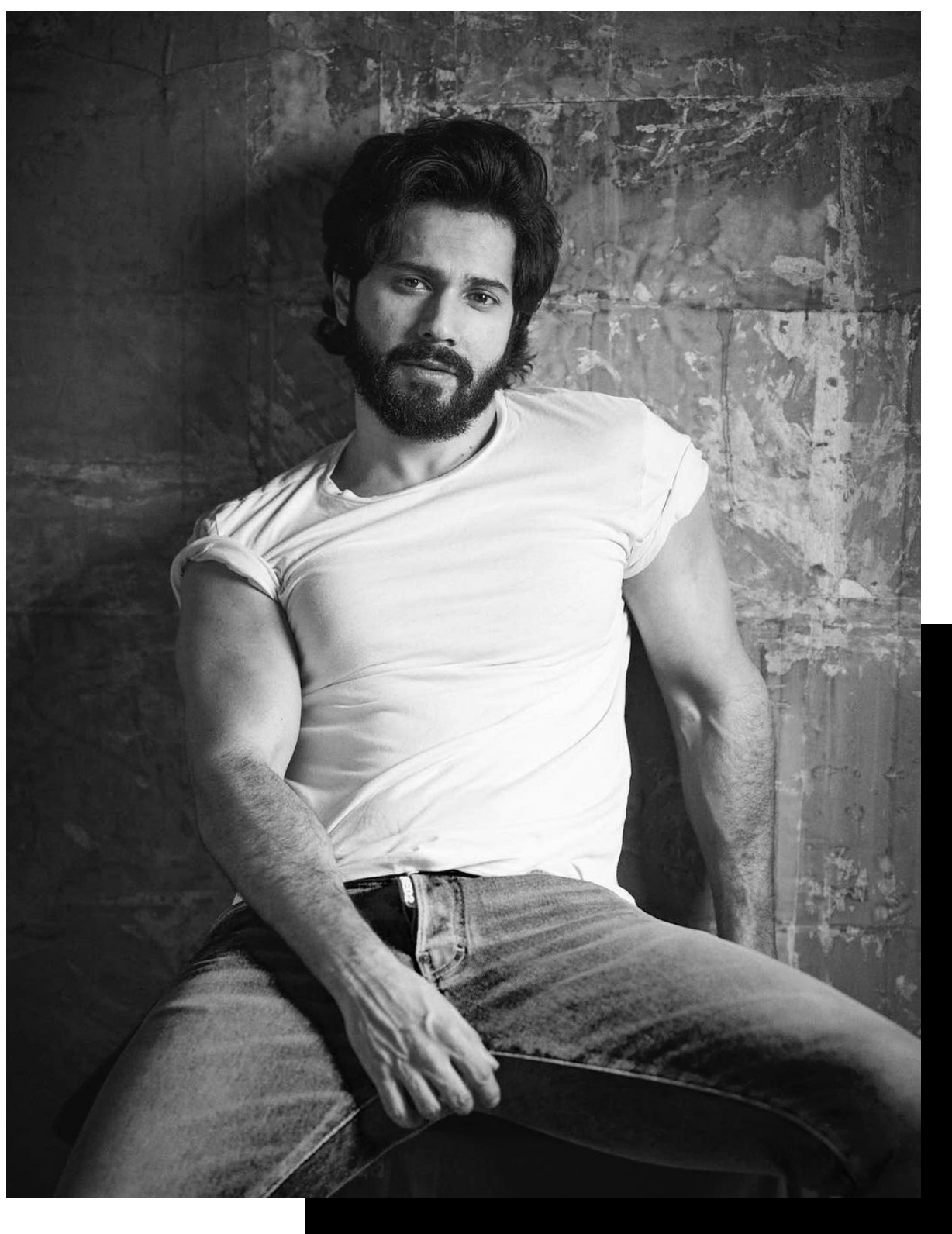
“As an actor, it's difficult to be fearless and fight your insecurities. Every individual cares so much about their image.”

What do you expect from this movie, what difference will this film bring to your film career?

Working with Nitish [Tiwari] sir has always been on my bucket list, especially after watching *Dangal* and *Chhichhore*, I wanted to work with him. I remember during Covid, I would call him up and ask him for work. One day, I reached his office and I was requesting him to think about some story in which I could be a part. Almost after 8 or 9 months, I got to know I was cast in the film *Bawaal*. I feel there is an arch and a realization in this character. In today's times, everything is manipulated and not organic, however, this film will be giving an important message.

You transient different emotions, showcasing light emotions as well as serious ones, was it challenging?

It wasn't challenging because Nitish sir, told me not to prep and just come to the office and we would read the script and find a rhythm. This made me very comfortable with his humility in portraying my character on the reel.



How would you rate your role in Bawaal and how much do you push yourself as an actor when you take up an unconventional role?

In this, I am playing a very different role in comparison to my real life. I am always in search of different roles. As an actor, it's difficult to be fearless and fight your insecurities. Every individual cares so much about their image. *Filter laga kar zindagi jeete hai aajkal, Zindagi mein aap ko kya chahiye?* What are your priorities? All this has been depicted in this film as well, life has to be experienced and touched upon. This is also shown in the film. Hope the film will be received by the people.

What were your magic moments?

There is a lot of humour in this movie, I enjoyed doing Salsa during the chilly weather in the middle of the road, besides, all the acting moments I can't reveal.



"For me, shooting in Kanpur was the most memorable moment. *Jis school mein Aju Bhaiya* history teacher hai, my father was a student at that school."

Any memorable moments while shooting in any location?

For me, shooting in Kanpur was the most memorable moment. *Jis school mein Aju Bhaiya* history teacher hai, my father was a student at that school. As he lived in Kanpur for many years, I would talk to him and reminisce about certain moments while shooting there. Surprisingly, three directors I worked with- David Dhawan, Nitish sir and Amar Kaushik, all of them belonged to Kanpur. It was wonderful to shoot with people from this place.



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