

BEST AI TOOLS

Canvas Meets Code THE SINHA TWINS' ART STARTUP

NIGHTLIFE:

Inside Jugnu Goa's Flavorful World

REAL QUEENS, REAL WELLNESS:

CONFIDENCE, CULTURE & CLEAN LIVING!

Zainab Jama | Jéssica Pedroso | Idil Bilgen

(Miss World Somalia)

(Miss World Brazil)

(Miss World Türkiye)

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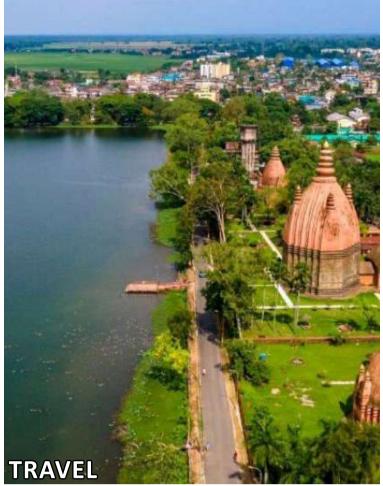
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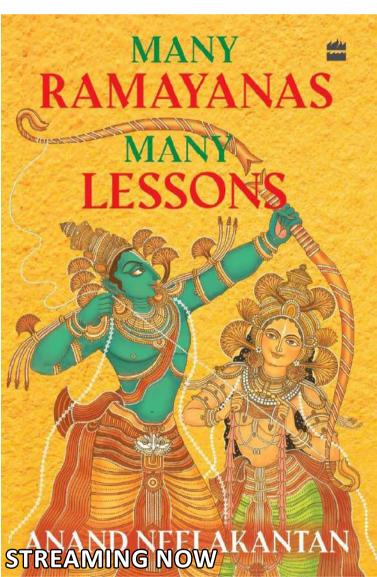
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From the EDITOR

Life Is What We Make of It!



his morning, as I sat down to write this editorial, my phone lit up with dozens of messages about the "red moon"—a total lunar eclipse where six planets align, just as they did during the epic Mahabharata war. Apparently, today is a powerful day to reset, realign, and reflect. And it got me thinking—what truly needs resetting?

Our minds.

We often talk about decluttering our homes, our closets, even our social feeds. But the real chaos often lives in our own heads. Life, I've come to believe, is only as complicated as we make it. We carry stories that no longer serve us, replaying past criticisms like broken records. Someone may have called us a failure once, but we replay that line a hundred times. Why? Our heads are full of stories we've been told or have told ourselves. "You're not good enough," "You're too old to try again," "You're not qualified." These phrases, often planted by someone else, are replayed endlessly in our minds until we start believing them. What if today, like the moon, we allowed ourselves to reset? What if we just... stopped?

We also spotlight inspiring stories like Luv and Kussh Sinha, twin sons of Shatrughan Sinha, who chose creativity over convention with their art start-up. In Delhi, we explore spaces that have become proudly queer-friendly. Because at the end of the day, we're all chasing one thing—to feel seen, to feel safe, to feel joy. It is a sign that cities, too, are learning to embrace inclusivity.

Our travel stories take you to peaceful sanctuaries like Santani Wellness in Sri Lanka, while our food section dives into playful, summery mango recipes. We're also excited to bring you exclusive insights from the Met Gala, wellness routines from beauty queens, and interviews with changemakers across the globe.



So, on this powerful day of planetary alignment, maybe it's time to ask: What are we choosing to carry into tomorrow?

Here's to new beginnings, lighter thoughts, and stories that remind us of the joy in being fully, unapologetically ourselves. So here's my pledge today: I will stay calm and joyful no matter what. What's yours?

Welcome to the latest issue of Hashtag Magazine—May it inspire you to reset your thoughts, reclaim your peace, and rewrite your story.







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INDIA'S FIRST INTERACTIVE MAGAZINE

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UPCOMING EVENTS JUNE 2025

Candy City in Mumbai

Candy City is a magical, candy-themed attraction at Phoenix Marketcity, Mumbai, designed to delight children aged 4 to 12. This immersive experience brings a world of sweets to life with vibrant installations like a Candy Castle, chocolate slides, candy rain, and a chocolate ball pit. Creative workshops such as face tattoos and candy crown making add to the fun. Plus, kids can meet the cheerful mascot, Mr. Candy, every weekend. It's a perfect summer treat packed with imagination and joy.

Date: Daily until June 30, 12 PM − 9 PM Price: ₹499 (Weekdays), ₹699 (Weekends)



Experience an enchanting evening with the soulful melodies of Rekha Bhardwaj in her live concert, *Humari Atariya Pe*. Renowned for her unique voice and emotive renditions, Bhardwaj will perform a selection of her most beloved songs, including Kabira, *Phir Le Aya Dil*, and *Sasural Genda Phool*. This 90-minute performance promises to transport audiences through a journey of Sufi, Bollywood, and *Ghazal* music, highlighting the depth and versatility that have earned her national acclaim.

Date: Sunday, June 1, 2025, 7:00 PM onwards

Price: Starting from ₹885/-

Venue: Phoenix Marketcity, Whitefield, Bengaluru

Tarangini Jun 2025

Experience an enchanting evening of Indian classical music and Rajasthani folk at Tarangini Jun 2025. This cultural initiative by the Mitra CanCare Foundation unites seasoned maestros and emerging talents, including cancer survivors, to celebrate resilience through the arts. The event features an exceptional performance by Grammy Award winner and Padma Bhushan recipient Pt. Vishwa Mohan Bhatt promises a soulful journey through India's rich musical heritage.

Date: Sunday, June 1, 2025, 6:00 PM - 9:00 PM

Price: ₹550 onwards



LIVE CONCERT TO RAISE FUNDS FOR CHILDHOOD CANCER PATIENTS





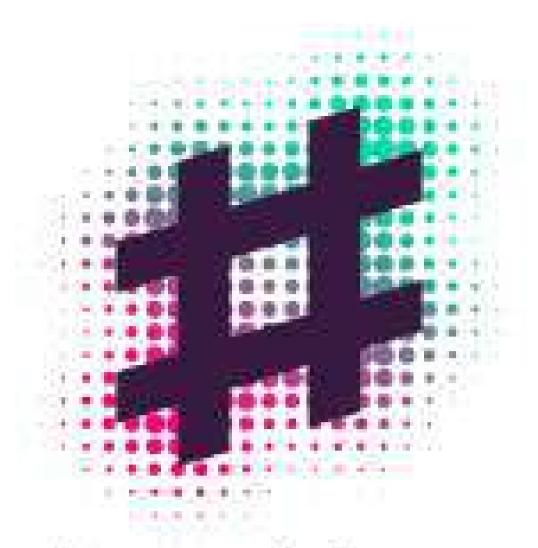
Renowned stand-up comedian Anubhav Singh Bassi returns to Delhi with his latest show, *Kisi Ko Batana Mat*. Known for his relatable storytelling and sharp wit, Bassi promises an evening filled with laughter and fresh anecdotes. This performance is part of his India tour, offering fans a chance to experience his humor live. The show is suitable for audiences aged 16 and above and will be conducted in Hindi.

Date: Saturday, June 7, 2025, 7:00 PM onwards

Venue: Talkatora Stadium, Delhi

Price: ₹999 onwards

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



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START UPS

HOUSE OF CREATIVITY:

SINHA BROTHERS REDEFINE INDIA'S ART SCENE WITH A LEGACY-FUELLED VISION

In a world where creativity often competes with commerce, Luv and Kussh Sinha are merging both purpose and passion. Drawing from their rich cinematic heritage and a lifelong connection to the arts, the Sinha twins have launched The House of Creativity (HOC)—a platform dedicated to showcasing and supporting contemporary Indian artists. Their goal is to democratize access to visual art, giving emerging talents a space to thrive while also expanding the reach of Indian artistry on a global stage.

In conversation with Sinduri Vuppala, the duo shares how their entrepreneurial journey is not just about art, but about creating a movement that celebrates originality, honours legacy, and nurtures the future of India's creative community.

1. Can you take us back to when your relationship with visual art truly began?

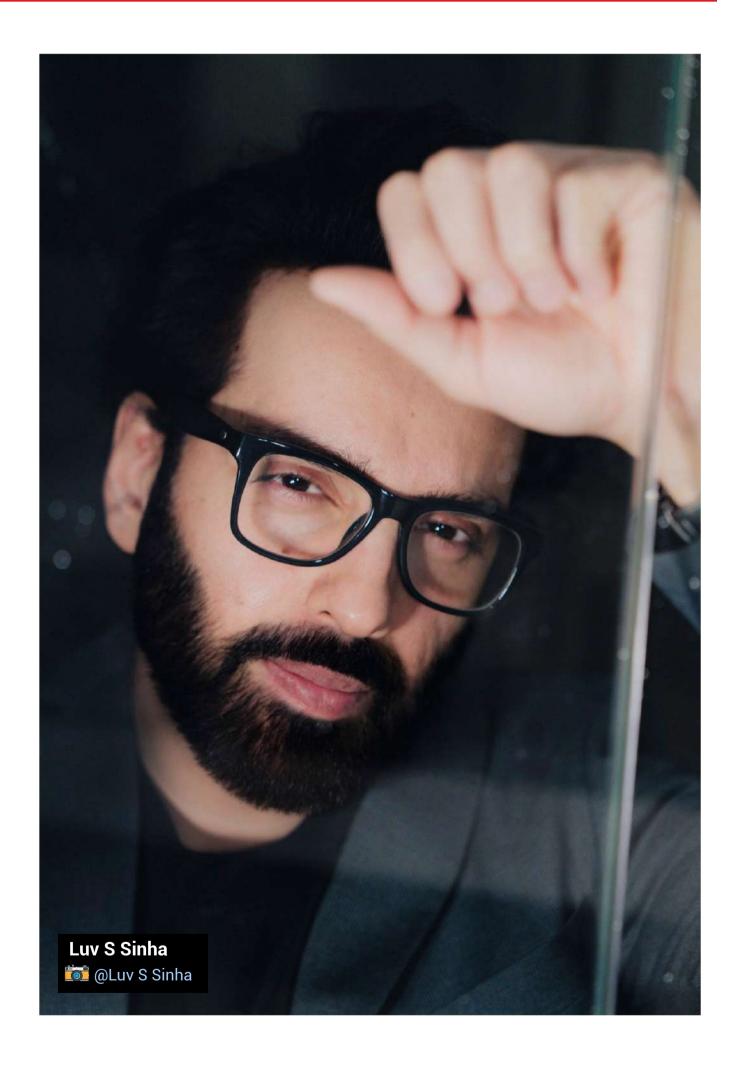
Luv:

My relationship with visual art began at a very young age. I was deeply influenced by Hindi cinema—the films my father acted in, those of Mr. Bachchan, and other legends. As I grew older, Japanese animation, video games, and comic books also left a huge impression on me. Each artist, every inker, has their own style—those differences fascinated me. Film too, being a moving image, played a huge role. Pause it, and it becomes a photograph. That connection influenced me tremendously.

2. What led to the birth of House of Creativity? Was there a defining moment or conversation?

Luv:

It started with conversations at home during the lockdown. I kept thinking about the number of immensely talented artists who just don't have a platform. Art can be an exclusive world, but coming from the film industry, I felt we could help expand its reach. The idea of starting digital-first made sense due to restrictions, but our long-term vision is definitely to open physical galleries and make art more accessible.



Luv: "My relationship with visual art began at a very young age. I was deeply influenced by Hindi cinema—the films my father acted in, those of Mr. Bachchan, and other legends."



3. HOC brings together distinct artistic voices. How do you maintain individuality while building a shared creative vision?

Luv:

Kussh and I have very different styles. His is more grounded, relatable, almost poetic, while mine is a bit more commercial or playful. That contrast works in our favor. It helps us build something unique while retaining our individual creative identities. We complement each other through our differences.

4. How do your backgrounds in cinema, production, and politics shape the art you gravitate toward at HOC?

Luv:

Cinema taught me to look for compelling visuals—moments that capture attention and emotion. Politics, on the other hand, reminded me to stay grounded, to understand lives beyond the film world. These influences help me approach photography with both intensity and depth.

Kussh:

Cinema teaches you to make every moment matter—you can call for a retake if needed. But photography doesn't allow that luxury. You have to get it right the first time. That discipline shapes how I shoot: instinctively, yet with a deep sense of awareness.



Kussh: "Cinema teaches you to make every moment matter—you can call for a retake if needed. But photography doesn't allow that luxury"

5. The Art of Confluence marks a major physical showcase for a digital-first platform. How did that transition shape your curatorial approach?

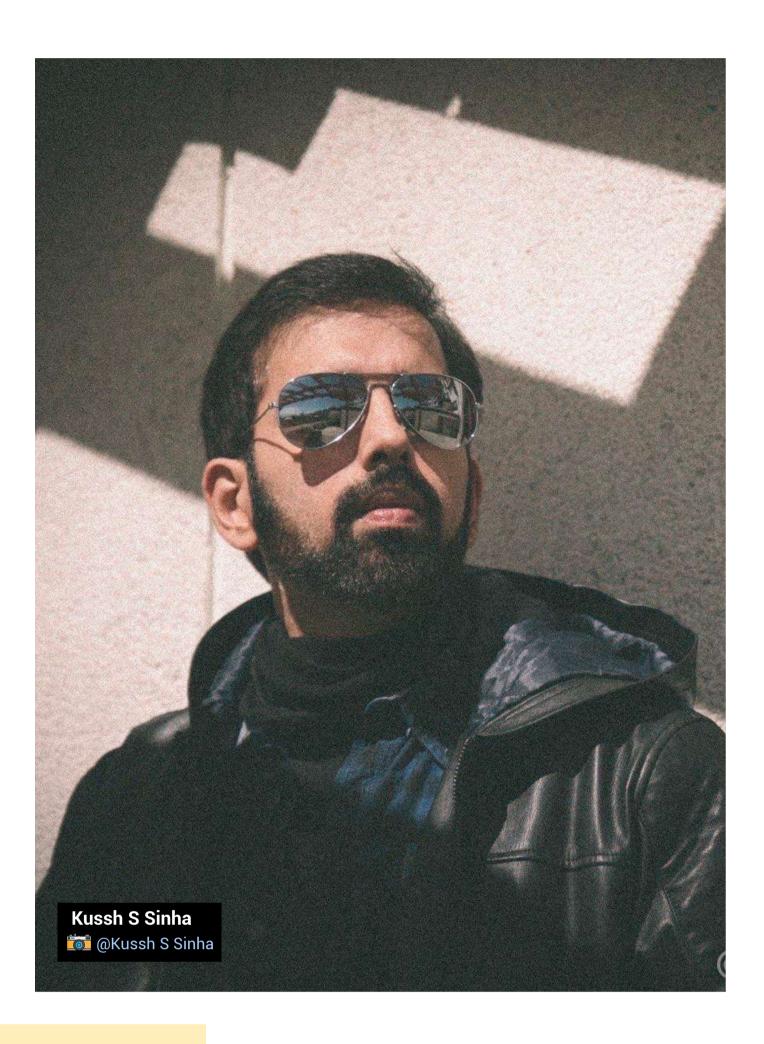
Luv:

It's been a rewarding step. We collaborate closely with gallery partners on every decision, blending our perspective with theirs. The physical show is a milestone for us and for the artists, giving their work a tangible, immersive presence beyond screens. Working with the Designera team was smooth and insightful.

7. How has the response been to the exhibition so far?

Luv:

The response was phenomenal. The preview night had a great turnout, and we saw genuine interest—not just from art lovers, but from collectors. Still, I always want to push the bar higher. Every show teaches us something new. But this one, with Amrita and the Designera team, was a real highlight.







8. Luv, your photos feel cinematic—are they spontaneous captures or carefully composed stories?

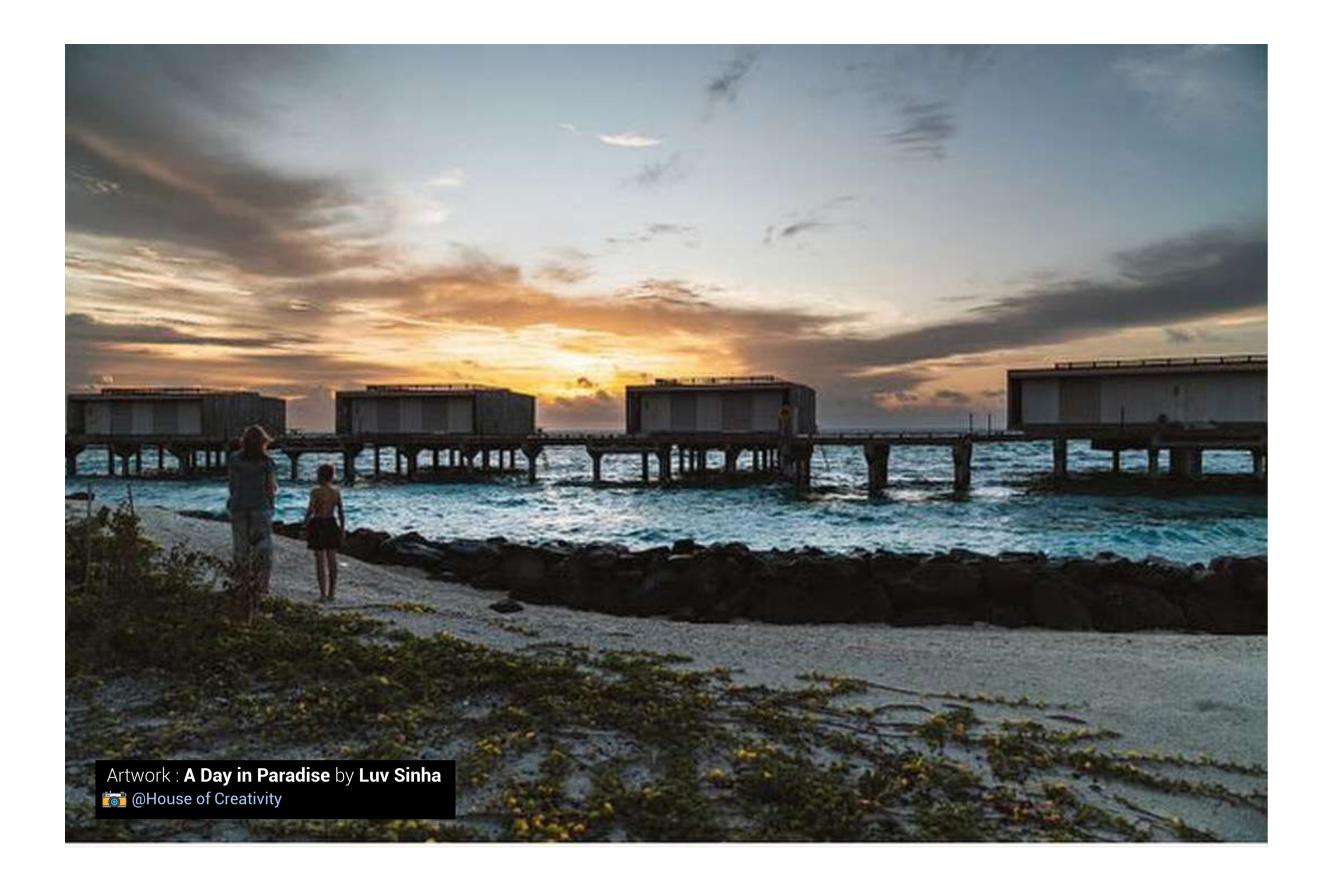
Luv:

A bit of both. I do shoot spontaneously, but I'm always prepared. My camera is with me wherever I go because I never want to miss a moment. So while the moments are real, the intent behind capturing them is definitely planned. You have to be ready for the story before it unfolds.

9. Kussh, your photography was largely private until now. What made you decide to share it publicly?

Kussh:

Photography has always been personal—something I do to observe and explore the world. But I've come to see the value of feedback. Honest critique helps you grow. So I decided to include my work in *The Art of Confluence*—to open up that conversation and evolve as an artist.



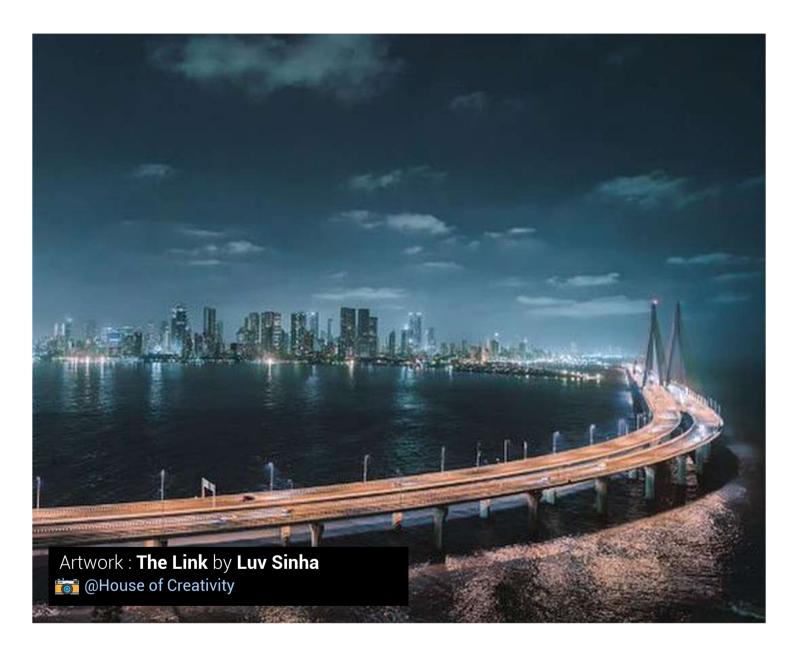
10. What is it like working creatively with your sibling? Do disagreements ever lead to breakthroughs?

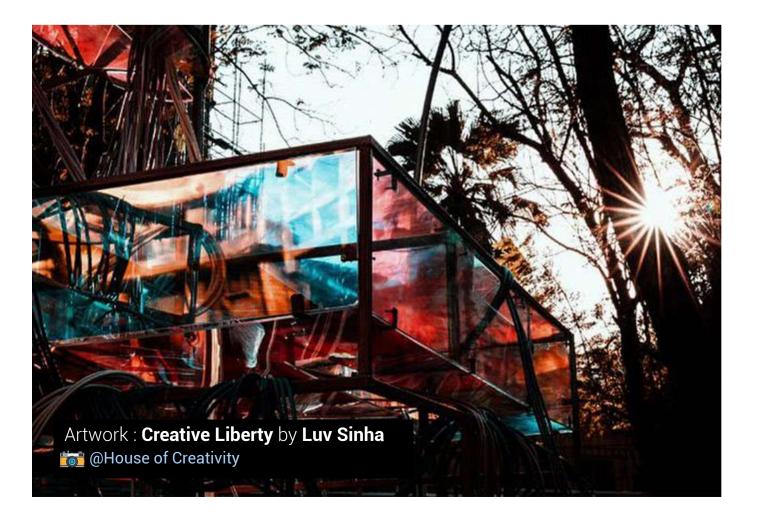
Luv:

Working with Kussh is straightforward. He knows what he wants. I give him options, he picks what resonates. We respect each other as artists first. If I tried to dictate his vision—or if he did the same—it would take the soul out of the art. Creative freedom is non-negotiable for both of us.

Kussh:

We work well because our styles are different. I'm drawn to street photography—capturing fleeting, human moments. Luv brings a more cinematic lens. That contrast creates a diverse visual language. We don't need to agree all the time. That's part of what makes it interesting.





11. Are there plans to take HOC global, or into more offline/physical spaces? What kind of impact do you hope to make on emerging Indian artists and collectors?

Luv:

Absolutely. We already have an international partner in Dubai—Paintbrush Art Company—and we're looking to expand further. I want to open a gallery space in India too. But beyond infrastructure, our impact should be emotional and cultural. We're not just offering exposure—we're building a family of artists. The name House of Creativity reflects that. Our artists support us as much as we support them. It's a shared journey—and we're just getting started.



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RETAIL THERAPY

HOT new LAUNCHES

At **Hashtag Magazine**, we bring you the hottest and most exciting product launches—from beauty and wellness to fashion, tech, and lifestyle essentials. Whether you're looking for the newest skincare must-haves, game-changing gadgets, or stylish fashion trends, we've got you covered!



Karmic Beauty Organic Moroccan Argan Oil & Keratin Shampoo

PRICE: RS: 421 ONWARDS

Karmic Beauty is a luxurious, high-performance hair cleanser formulated to repair dry, damaged, frizzy, and colour-treated hair. Enriched with 100% certified organic Moroccan argan oil and hydrolysed keratin sourced from the USA, this shampoo revives hair from the first wash, restoring shine, hydration, and strength. The unique 4-in-1 formula deeply nourishes, reduces split ends, smooths frizz, and prevents breakage, making it ideal for chemically processed or keratintreated hair.

Crafted with 91.8% natural origin ingredients, it's free from sulfates, parabens, mineral oil, and alcohol. The shampoo is USDA Organic & ECOCERT certified, cruelty-free, vegan, and safe for daily use. Its gentle formula promotes a healthy scalp and vibrant strands, delivering salon-smooth results at home.

Named 'D2C Brand of the Year – Organic Products' at the D2C Awards 2025, Karmic Beauty ensures ethical and effective beauty solutions. This shampoo is more than just hair care—it's self-care powered by nature.

ZOFF Spices

PRICE: RS: 50 ONWARDS

Introducing ZOFF (Zone of Fresh Foods) - a spice brand redefining how India experiences flavour. Proudly featured on Shark Tank India, ZOFF is committed to delivering pure, authentic, and high-aroma spices directly from the farm to your kitchen. What sets ZOFF apart is its Cool Grinding Technology - an innovative, fully mechanised, low-temperature grinding process that preserves essential oils and natural flavours, ensuring maximum freshness in every pinch.

Their diverse product portfolio includes a wide variety of Veg Spices and Non-Veg Spices, tailored to elevate everyday meals and festive feasts alike. From classic Pure Spices like turmeric, red chili, and coriander to a rich assortment of Whole Spices such as cumin, cardamom, and bay leaves, ZOFF brings authentic flavour to every kitchen.

Beyond technology and quality, ZOFF spices make a true culinary impact. They transform everyday cooking into rich, flavourful, and health-conscious experiences. From turmeric to garam masala, each ZOFF product guarantees purity, potency, and performance.







Gemeria Hair

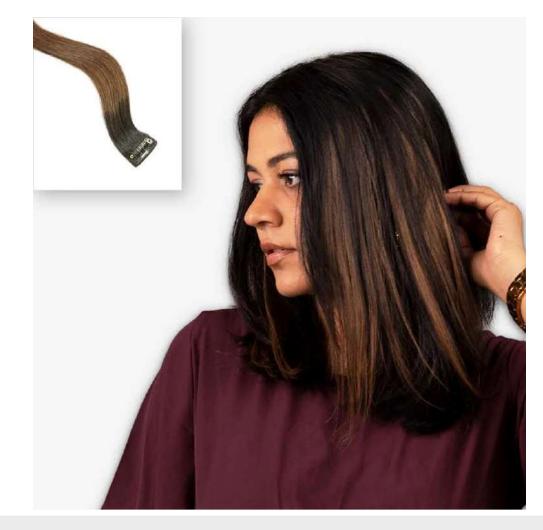
PRICE: RS: 8,999 ONWARDS

Gemeria Hair is more than just a beauty brand—it's a story of integrity, empowerment, and excellence. Founded in 2013 by Shashi and Mani, Gemeria emerged from humble beginnings in a small Indian village and has since grown into a globally recognised name in premium hair extensions.

What sets Gemeria apart is its unwavering commitment to ethical sourcing. The brand offers 100% virgin Indian hair, meticulously sourced from South Indian temples, ensuring authenticity while honouring age-old cultural traditions. Each strand tells a story of heritage, purity, and craftsmanship.

Gemeria's product line is thoughtfully designed to meet a wide range of hair needs. From ready-to-wear clip-ins, seamless extensions, and wigs to salon-grade keratin-bonded tips and I-Tips, the brand offers transformative solutions for every woman. Their new I-Tips installation service showcases innovation, making professional, long-lasting hair transformations more accessible than ever.

Driven by strong family values and a mission to uplift women, Gemeria crafts products that radiate resilience, elegance, and empowerment. Whether you're looking to enhance volume, length, or confidence, Gemeria Hair delivers beauty with purpose. It's not just hair—it's a movement.





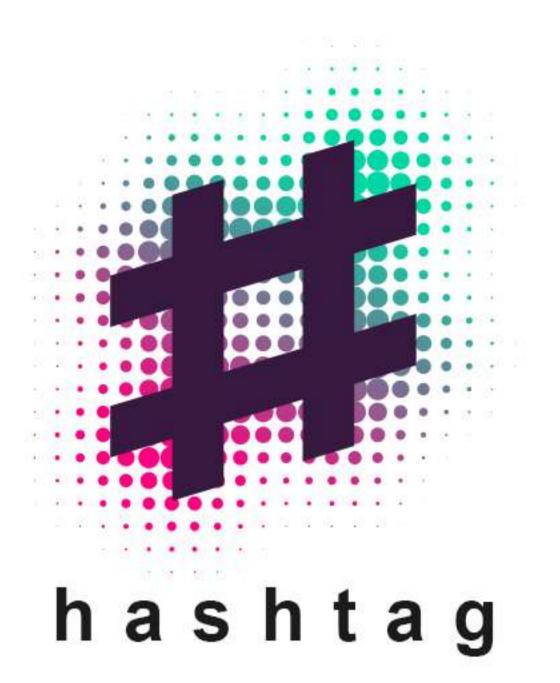
Want your product to be featured? Write to us at **contact@hashtagmagazine.in**, and let's showcase your innovation to our wide audience. Stay tuned for the best in new arrivals, expert reviews, and exclusive insights, only at **Hashtag Magazine!**











DUSK TO DAWN



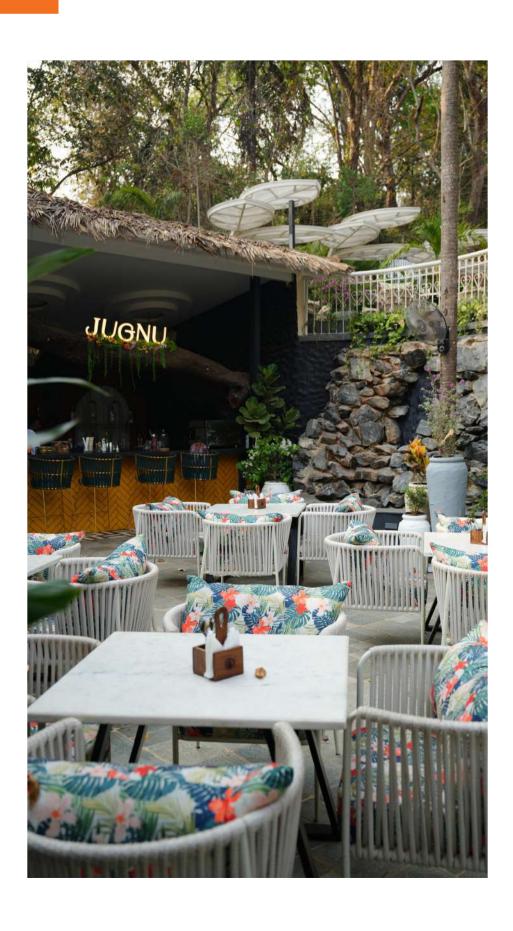
A Culinary Odyssey Illuminated by the Glow of a Firefly

In the lush landscapes of Assagao, Goa, Jugnu emerges as more than just a restaurant—it's an immersive journey through flavours, stories, and spaces. Housed within a meticulously restored 160-year-old Portuguese villa, this destination dining spot seamlessly blends tropical nostalgia with bold Indian culinary artistry, all under the creative vision of founders Sandeepraj Salian and Vicky Bachani.

he name "Jugnu,"
meaning firefly,
aptly symbolizes the
restaurant's ethos: a
wanderer illuminating diverse
culinary paths. Sandeepraj
Sailan, Co-Founder, says, "Just
like a firefly is a wanderer,
our menu is a journey too—
celebrating coastal flavours from
across India, the Mediterranean,
and even Thai influences, all
curated with care to spark
curiosity and comfort in equal
measure," and it does just that!

Ambience: A Tapestry of Spaces

The eclectic space with a glass roof ensures that the indoors and outdoors merge seamlessly with each other. The drinks at TYD have been crafted consciously to reflect what the brand calls 'liquid poetry that tantalizes the senses.' There is an extensive



selection of handcrafted cocktails and mocktails, fine wines and spirits, and more than one can choose from here. The trained mixologists work their magic behind the bar to create a story in your drink where each sip will leave you pleasantly surprised. With a drink available to match every mood, they have signature cocktails like 'Bitter Heart Know Better' a combination of hibiscus infused gin, elderflower syrup, tonic water and jasmine perfume and Celestial Infusion made with blue pea tea infused gin, rosemary and lime syrup, tonic water and topped with a delicate mango air. Sorbet Float Cocktails, Twisted Clarified Classic Cocktails, Spiked Ice Teas, Spritzers, Shooters, Aperitifs and beers on tap; there is a small selection of mocktails.



Assagao Seafood



Culinary Artistry Rooted in Tradition

Under the guidance of celebrated Chef Ajay Chopra, Jugnu's menu celebrates India's tropical belt and its shared culinary DNA with coastal cultures worldwide. Dishes like the *Khandeshi Raani Noir*—a slow-cooked mutton raan with black masala from Maharashtra—and the refreshing Watermelon Somtam showcase this global yet rooted approach. The Jugnu Butter Chicken pays homage to Delhi's legendary Pandara Road kitchens, offering a comforting yet elevated experience.

During our visit, the Pan-Seared Chilli Cheese Toast Pudding, drizzled with sriracha honey and garlic, stood out for its bold flavours, though its uniqueness might not appeal to all. The *Bhatti Ke Aloo*, accompanied by charred eggplant moutabel, provided a delightful start, balancing spice and smokiness. The highlight was the Jugnu Fish Wish, where we selected Chonak fish, marinated in Recheado masala and rawa-fried to perfection—tender, flavourful, and arguably the best dish of the day.

Jugnu's wood-fired Neapolitan-style pizzas are a must-try, with options ranging from the classic Margherita to the locally inspired Goan Chorizo pizza. For mains, the Burnt Garlic Smoked Butter Noodles paired with Kung Pao Chicken offered a harmonious blend, though the chicken was slightly dry, the rich gravy compensated well. The menu also features regional delights like Sea Bass Chonak Curry, Chicken *Donne Biryani*, and Solapur-style Country Chicken, ensuring a dish for every palate.

The Rich Chocolate and Almond Cake, complemented by sea salt ganache, seasonal gelato, and Biscoff ice cream, is a decadent treat. The Ispahan Tres Leches, blending rose, raspberry, and lychee, offers a refreshing and unique end to the meal.

Cocktails: Artistry in a Glass

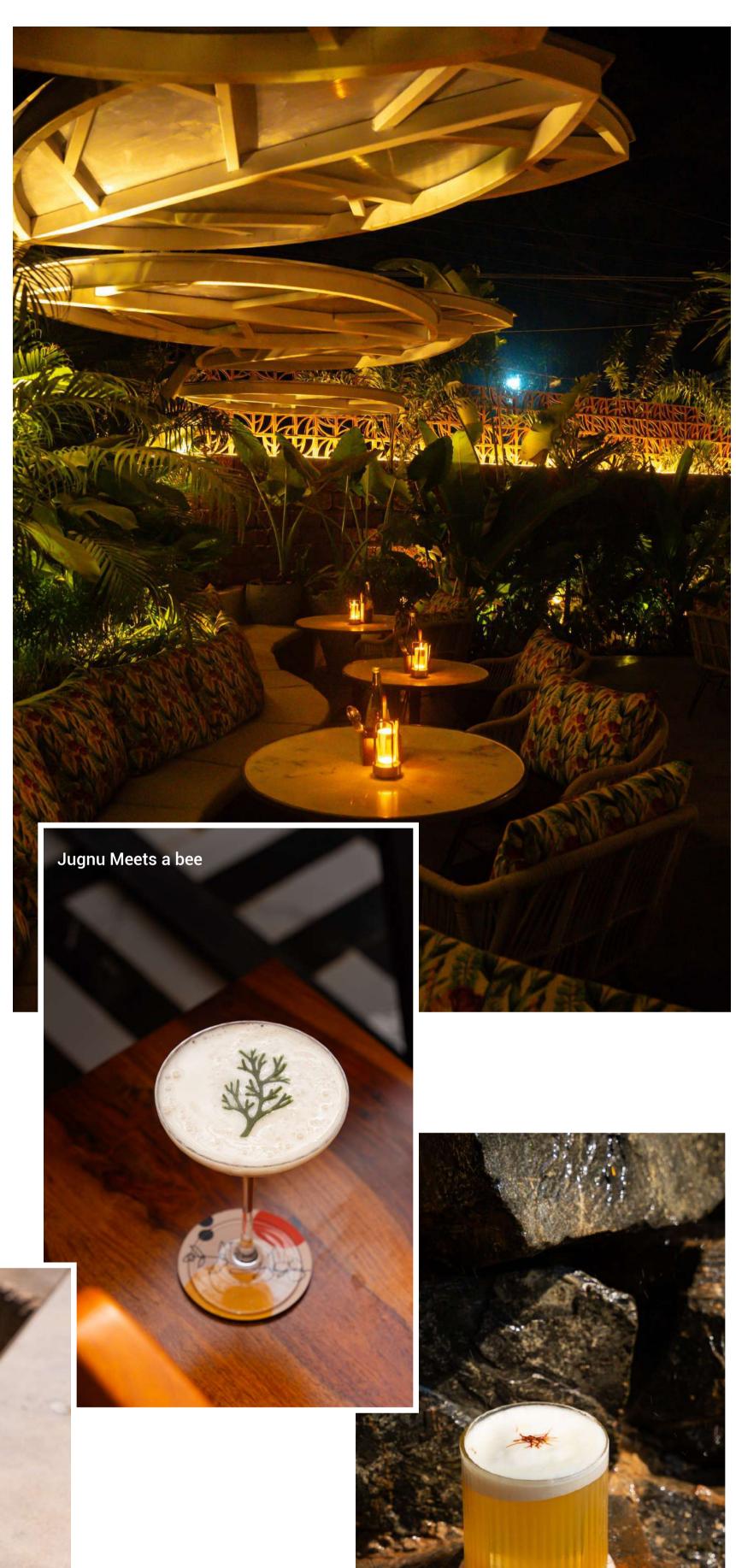
Jugnu's cocktail menu, curated after experimenting with over 76 cocktails, is impressive. Each drink is a visual and sensory delight. We tried the Aguava: A harmonious blend of tequila, herbs, citrus, Bianco, and guava, delivering a sweet and sour profile that's both invigorating and smooth. The Purple Zest: This visually striking purple cocktail combines vodka with spiced jamun, offering a taste as delightful as its appearance. Crème de la Crème: A dessert-inspired concoction where rum meets cheesecake, resulting in a creamy, indulgent drink. Jugnu Sour: For those preferring less sweetness, this takes on the classic whiskey sour balances tartness with depth. Let's Go to Mexico: Tequila and Bianco come together with the oceanic zest of celery and the spiciness of jalapeño, creating a cocktail that's both sweet and spicy.

A Commitment to Sustainability and Community

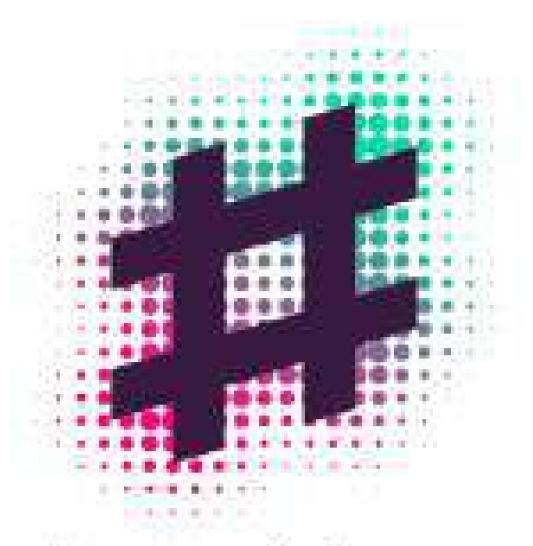
Jugnu's commitment to sustainability is evident in its locally sourced ingredients, vegan-friendly dishes, and thoughtful packaging. The restaurant also engages with the local creative community through events, popups, and cultural collaborations, ensuring that every visit offers something new—a moment, a feeling, a connection.

In the words of co-founder Vicky
Bachani, "Jugnu isn't just a
restaurant—it's a mood, a memory in
the making." This sentiment resonates
throughout the space, making Jugnu
a must-visit for those seeking a dining
experience that feeds both the soul and
the senses.





Jugnu Sour



hashtag

FASHION FORWARD



Tailoring, Tradition & Trailblazers — How Indian Stars Redefined the Red Carpet

The 2025 Met Gala dazzled with its theme "Superfine: Tailoring Black Style," a celebration of precision tailoring, cultural identity, and the elegance of Black dandyism. From custom sherwanis to futuristic corsets, Hashtag Magazine shares some standout moments—and key style takeaways—from a night where tailoring met timelessness.

Key Fashion Takeaways from the 2025 Met Gala

Theme: "Superfine: Tailoring Black Style"

The 2025 Met Gala red carpet was a masterclass in tailored elegance, artistry, and personal expression. Celebrating Black dandyism and the power of tailoring, this year's looks blended historical homage with modern flair, resulting in a parade of bold silhouettes, precision cuts, and inventive interpretations of classic menswear.

Tailoring as Art

Tailoring took centre stage, not just in the form of suits but as a vehicle for storytelling. Think asymmetrical lapels, reimagined tuxedos, and sculptural drapes. Both men and women leaned into sharply cut silhouettes with exaggerated shoulders, nipped waists, and dramatic fabric plays.

Menswear Reimagined

Menswear wasn't just for men. Female celebrities, too, embraced power dressing through androgynous ensembles—blazers, wide-leg trousers, and three-piece suits, often styled with pearls, hats, and luxe textures like velvet and silk.

Hyper-Personalised Couture

Custom-fitted, one-of-a-kind garments were the norm. Designers focused on craftsmanship and personal narrative—every stitch, pleat, and detail tailored to the wearer's identity and story.



Ethical Fashion

. The red carpet dress code, aptly titled "Tailored For You," encouraged guests to embrace sharp suiting, personalised silhouettes, and expressive detail. True to the spirit, Indian celebrities brought their A-game—merging tradition, innovation, and individuality on one of the world's most-watched fashion stages.

Indian Celebrities Who Stole the Spotlight

Shah Rukh Khan

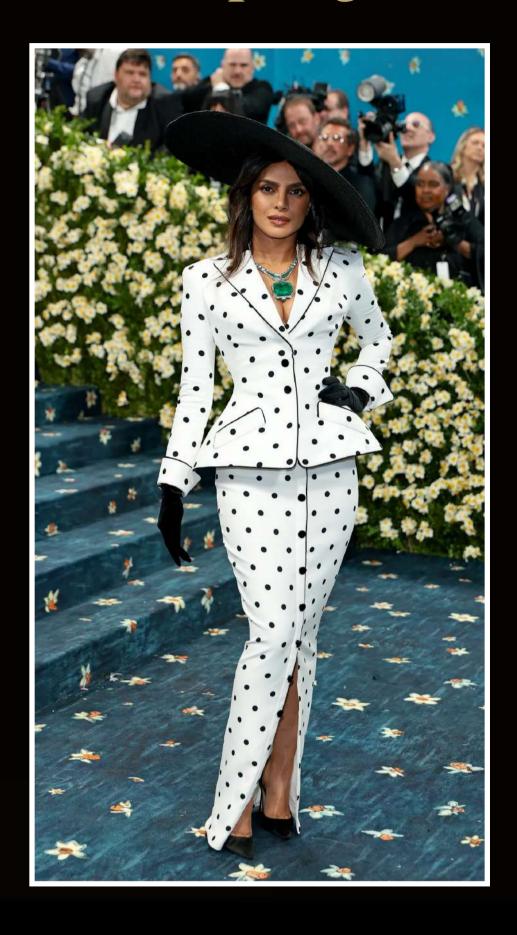
Making history as the first Indian male actor to walk the Met Gala red carpet, SRK arrived in a regal black Sabyasachi *sherwani* updated with futuristic accents. A rhinestone-studded 'K' pendant, layered jewels, leather boots, and a cane added an air of theatrical charm. The tousled hair and signature sunglasses sealed the look—classic SRK with a twist of dandy.

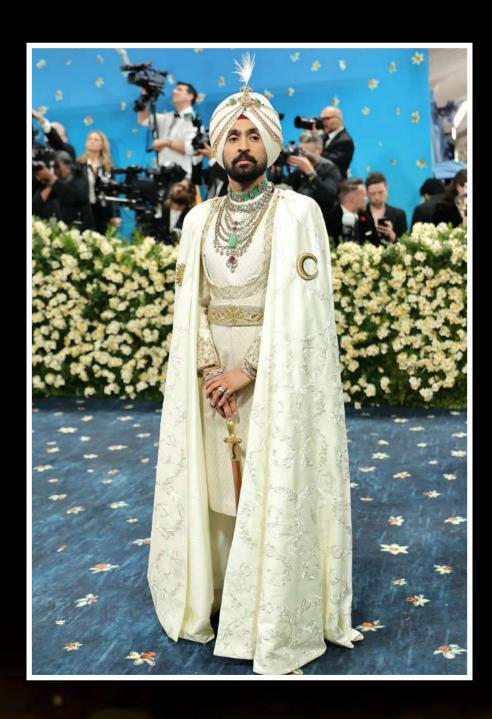
Priyanka Chopra Jonas

A Met Gala veteran, Priyanka channelled vintage glamour in a polka-dotted Balmain gown with power shoulders and a cinched waist. She topped it with a dramatic wide-brimmed hat and Bvlgari's 241-carat Magnus Emerald necklace—the largest gem ever set by the brand. In an earlier appearance, she also turned heads in a futuristic Ralph Lauren mesh dress, hand-set with 50,000 crystals and a sweeping cape, capturing the essence of fashion-forward elegance.

Diljit Dosanjh

For his Met debut, Diljit exuded royal Punjabi pride in a custom Prabal Gurung *sherwani*, complete with Golecha jewels, a perfectly coordinated turban, and a *Kripan* in hand. His look balanced tradition and modernity, effortlessly fusing cultural depth with contemporary tailoring.







Kiara Advani

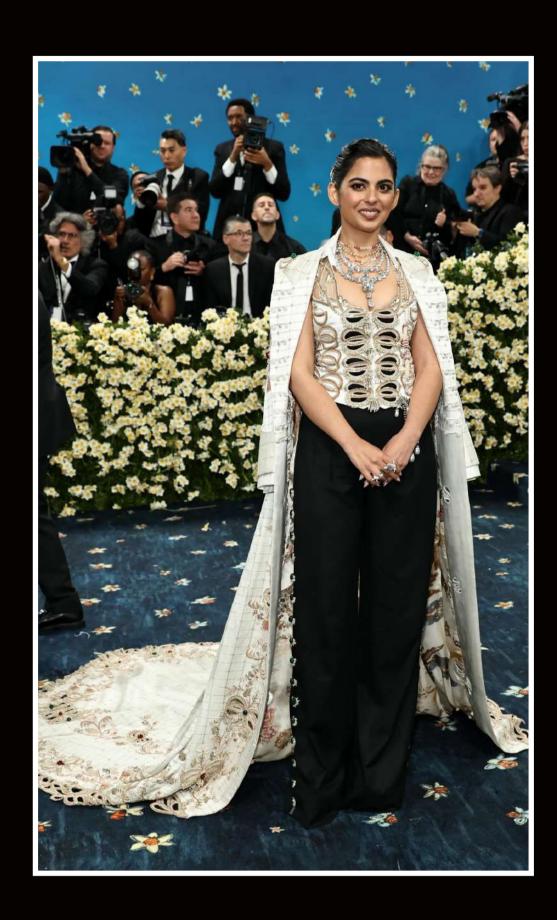
Glowing in more ways than one, Kiara made her first Met Gala appearance in a custom Gaurav Gupta offshoulder gown, accentuated by a gold sculptural corset. Proudly showcasing her baby bump, she redefined maternity style, blending strength and softness in a look that celebrated modern motherhood.

Isha Ambani

A staple on global fashion carpets, Isha dazzled in a custom hand-embroidered ensemble that effortlessly combined Indian artistry with avant-garde tailoring. Her look, crafted in collaboration with an Indian designer, added further weight to the growing global presence of South Asian fashion.

Sabyasachi Mukherjee

The legendary designer made his presence felt without stepping onto the carpet himself. His creations were worn by multiple attendees, including SRK, reinforcing his position as a torchbearer of Indian design on the international stage. The fusion of heritage silhouettes and futuristic detailing cemented his mastery of modern Indian couture.



Fashion Takeaways & What's Next

Tailoring Takes Over: Suits, *sherwanis*, and gowns with strong structural elements dominated, emphasising clean cuts and custom fits.

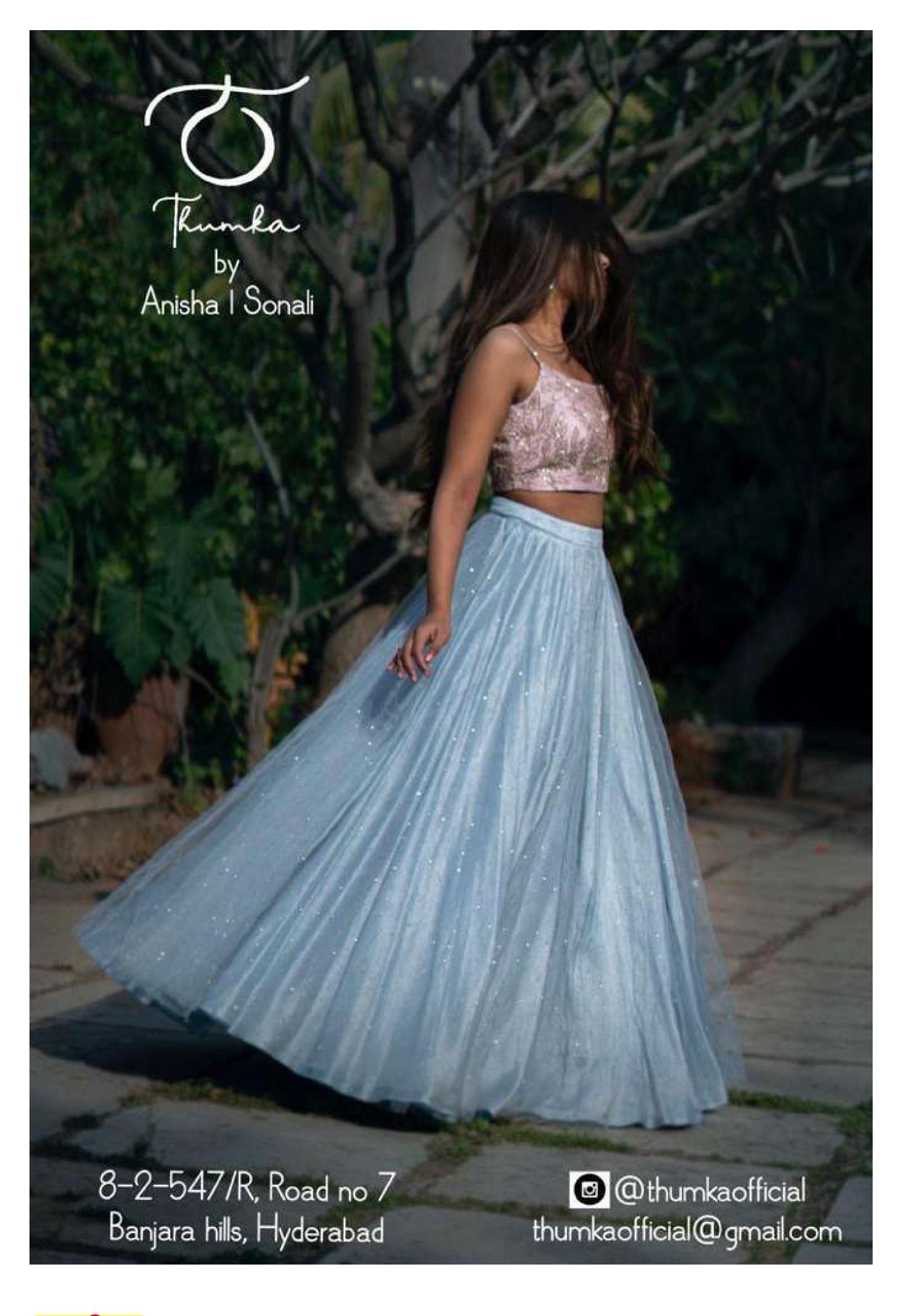
Cultural Storytelling: Indian attendees embraced their heritage through thoughtful detailing, like Diljit's *Kripan* and Kiara's gold corset, symbolising protection and strength.

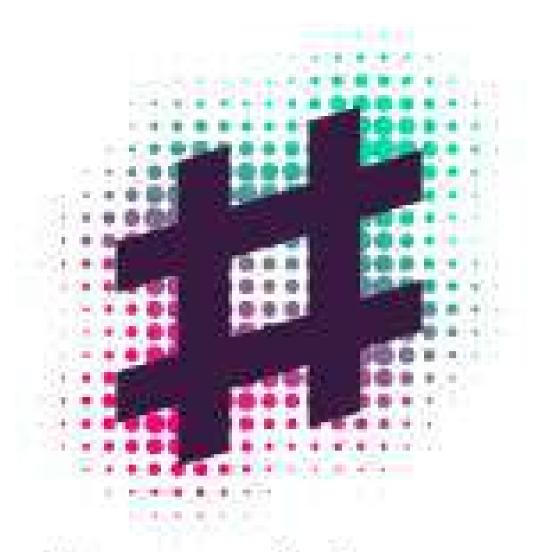
Menswear for All: Both men and women leaned into androgynous styling and power dressing, pointing to a rising trend in gender-fluid fashion.

Craft Meets Innovation: From intricate embroidery to futuristic textiles, the focus was on artisan techniques reimagined for the now.

Global South Rising: With designers like Sabyasachi and Gaurav Gupta commanding attention, Indian fashion is no longer peripheral—it's leading conversations on global red carpets







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HEALTH & WELLNESS

BEAUTY QUEENS' IFITNESS DIARIES:

Real Talk on Health, Diet & Confidence

As the **72nd Miss World pageant** graces the vibrant city of Hyderabad, Telangana, global beauty meets grounded wellness. In an exclusive interview with **Manogna Reddy**, the queens from **Brazil**, **Somalia**, **Namibia**, **Scotland**, and **Türkiye** open up about the real secrets behind their fitness, beauty, and confidence, revealing that what lies beneath the crown is discipline, balance, and self-love.

Miss World Brazil Jéssica Pedroso

Fitness Starts in the Mind: Miss World Brazil on Balance & Body Positivity

ehind the poise and pageantry, Jéssica Pedroso-Miss World Brazil 2025 is a grounded educator and wellness advocate who believes the key to fitness isn't about perfect abs or long workouts, but about mindset. Coming from a family of teachers and currently teaching English herself, Jessica blends knowledge with compassion. In an exclusive conversation, she opens up about busting beauty myths, maintaining wellness on the go, and how staying active isn't about gym time—it's about daily intention.

What is a fitness myth you've heard that you want to bust?

One of the biggest misconceptions I've come across is the idea that fitness is purely physical—that it's all about how toned your body is, or how many hours you spend in the gym. For me, fitness begins in the mind. The body

simply follows where the mind leads. When you're mentally strong, focused, and motivated, that energy flows into everything you do, including your physical health.

I think people underestimate how much of our physical well-being is tied to emotional and mental health. When we exercise, our brain releases dopamine, a feel-good hormone that lifts our mood and gives us motivation. So really, working out should never just be about weight loss or appearance—it's about feeling good inside. When you prioritize your mental wellbeing, your body responds in powerful and positive ways. That's the real foundation of fitness.





With such a busy schedule, especially while traveling, how do you maintain your fitness and diet, particularly during your time in India?

It's a challenge to stay consistent when you're constantly on the move or living out of a suitcase! I've learned to be flexible and adapt to my environment. Even if I don't have time for a full workout or access to a gym, I try to keep my body active—simple things like stretching, walking more, or using stairs instead of elevators. Movement doesn't have to be intense to be effective.

As for food, India has been such a pleasant surprise. There's an incredible variety of healthy, flavourful options here. I tried appam with coconut milk stew and vegetables—it was not only delicious, but it left me feeling light and energized. I believe food should make you feel nourished, not sluggish. That's how I approach eating while traveling: try local dishes, choose fresh ingredients, and listen to how my body responds.

What's one food you never skip in your daily routine?

Eggs—definitely! They're my daily go-to. I love that they're quick to make, packed with protein, and give me steady energy throughout the day. Especially when I'm traveling or in between events, I know I can count on eggs to fuel me without weighing me down.

Since arriving in India, I've noticed they're a big part of breakfast here too, which makes it easy to stay on track. Whether it's boiled, scrambled, or in an omelette, I make sure I include them in my meals every day. It's my simple secret to staying full and focused.

How do you handle cravings for foods you love but are trying to avoid?

I believe in moderation. I don't believe in completely cutting out foods you love—that just leads to guilt or bingeing later on. If I'm craving something sweet or indulgent, I'll have a small portion and truly enjoy it. Food is part of life's joy—it connects us to memories, cultures, and comfort.





I love healthy food and usually crave things that are nourishing, but I also allow myself those little indulgences. The key is to listen to your body and not punish yourself. I always tell people: balance is better than restriction. Eat with joy, move your body, and you'll naturally find your rhythm.



Miss World Somalia Zainab Jama

Powered by Plants: Miss World Somalia's Inspiring Journey to Wellness

t just 23 years old, Zainab Jama, crowned Miss World Somalia 2025, embodies a rare blend of grace, intelligence, and heartfelt compassion. An aviation graduate deeply committed to humanitarian service; Zainab uses her platform not only to represent her country but also to champion a comprehensive approach to wellness. Her dedication to a vegetarian lifestyle reflects her belief that true beauty and fitness come from nurturing both body and soul—a powerful message every woman can embrace.

What is a common fitness or diet myth you'd like to bust?

One of the biggest myths I encounter is the idea that you have to drastically eat less, or even starve yourself, to lose weight or stay fit. That simply isn't true and can be harmful. The real key lies in listening to your body's needs and enjoying the foods you love, but in moderation. Fitness and beauty aren't about being a certain size—whether skinny or curvy—but about feeling healthy and strong from the inside out. True beauty is rooted in good health and balanced nutrition. When you focus on eating clean, nourishing foods, and maintaining your energy levels through consistent activity, you build stamina and well-being that lasts. It's about respect for your body and treating it with kindness, not punishment.

You've been vegan for six years and now follow a vegetarian lifestyle. How do you balance your protein intake without eating meat?

It's a common concern that vegans or vegetarians struggle to get enough protein, but I've learned it's entirely achievable with the right foods. I rely heavily on plant-based proteins like tofu, lentils, beans, chickpeas, and other legumes. Nuts and seeds are also great sources, as are whole grains like quinoa. These foods not only

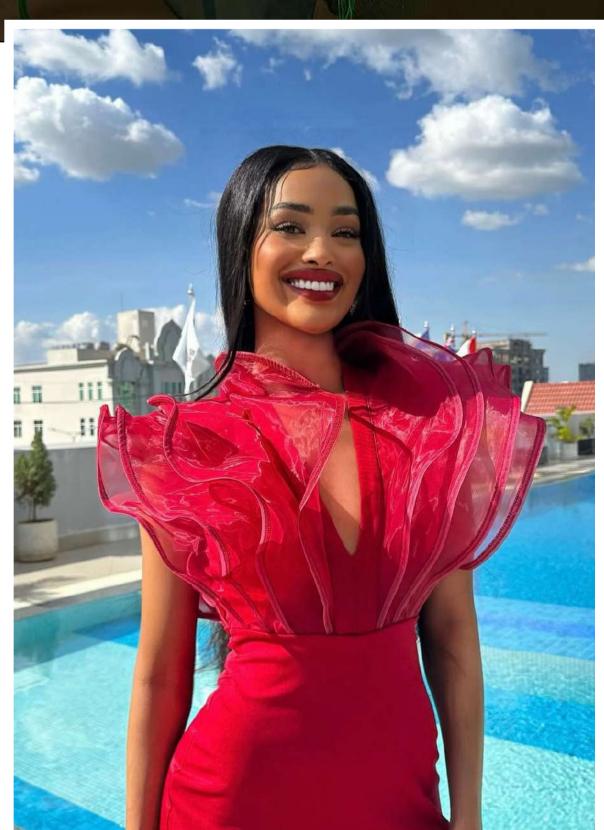


provide ample protein but also come packed with fibre, vitamins, and minerals essential for overall health. Transitioning from vegan to vegetarian gave me more flexibility with dairy and eggs, which are also good protein sources. The important thing is variety—mixing different plant proteins throughout the day ensures you get all the essential amino acids your body needs.



What do you focus on in your diet to stay fit and healthy?

I focus primarily on eating a wide range of fresh vegetables and fruits, which provide vital antioxidants, vitamins, and hydration. I also try to limit my sugar intake, as excessive sugar can lead to energy crashes and other health issues. However, I don't believe in strict restrictions or depriving myself, as that can often backfire and cause binge eating. Instead, I practice mindful eating—I pay attention to what my body is telling me. If I crave something, I allow myself a small portion, but I balance it with nutrient-dense meals overall. This approach keeps my body nourished, my mind at ease, and my energy sustained. It's all about finding a sustainable, enjoyable way of eating that supports long-term health rather than quick fixes.



Miss World Namibia Selma Kamanya

Miss Namibia Selma Kamanya: Strength and Wellness Through Vegetarian Living

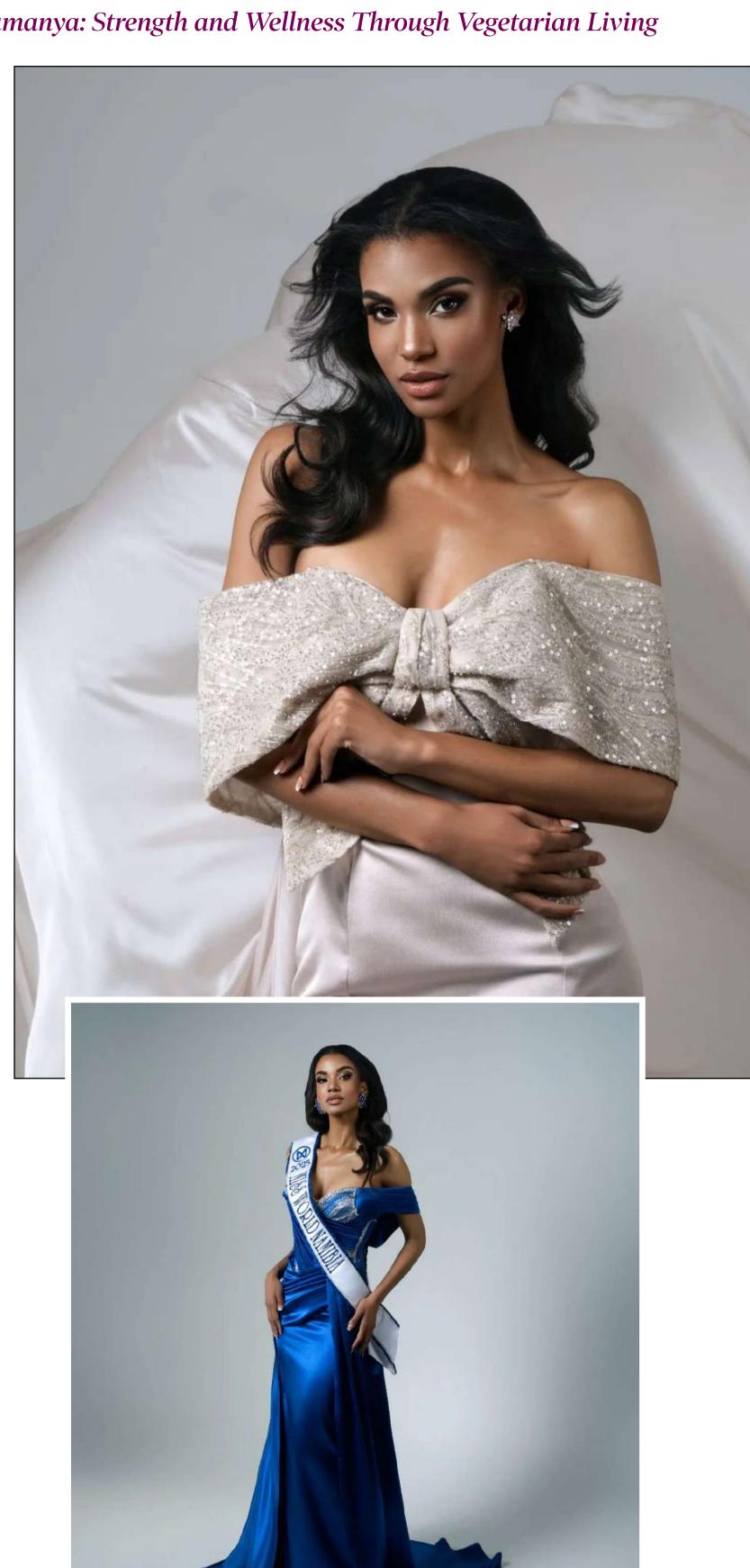
elma Kamanya, 28, hails from the vibrant nation of Namibia and is celebrated not only for her striking beauty but also for her powerful commitment to meaningful causes. Known for her "Beauty with a Purpose" ethos, Selma passionately advocates for mental health awareness and sustainable agriculture, blending her advocacy with a deep interest in green economics. Through her journey as Miss Namibia, she embodies strength and wellness, embracing a vegetarian lifestyle that reflects her dedication to both personal health and the health of the planet.

Many people believe protein comes from non-vegetarian foods. What vegetarian sources do you recommend?

It's a common misconception that you need meat to build strength, but that's not true at all. I follow a vegetarian diet and still maintain my energy and muscle strength by including eggs and dairy, which are excellent protein sources. Beyond that, there are plenty of plant-based options like beans, lentils, tofu, mushrooms, and even some fruits that provide essential nutrients. It's all about variety and making sure your meals are balanced to fuel your body properly without relying on meat.

What is one myth about fitness or dieting that you'd like to bust?

One major myth I'd like to address is the belief that you can work out intensely and still eat whatever you want without consequences. From my experience, that just doesn't hold up. Nutrition plays an equally, if not more, key role than exercise when it comes to overall health and fitness. Since adopting a vegetarian lifestyle about eight months ago, I've also learned how intricately linked our gut health is to our brain health. Our body functions as a whole ecosystem, so fuelling it with the right foods is critical for both physical and mental well-being.







How do you define inner beauty, and how do you cultivate it daily?

To me, inner beauty is like tending a garden within yourself. It means nurturing a healthy mind, maintaining a positive outlook, and consistently giving back to your community. Inner beauty is built in the quiet, everyday moments—through the thoughts you have about yourself, the values you uphold, and how you treat those around you. That's why I deeply respect the Miss World organization, as it celebrates purpose and inner beauty just as much as external appearance.

How is your cheat day like?

I'm a big snacker! On cheat days, I allow myself to enjoy treats like potato chips and cookies, which I love. However, I always try to balance those indulgences with overall healthy eating habits throughout the week. It's about moderation and not letting occasional treats derail your progress or mindset.



Miss Scotland Amy Scott

Real Talk, Real Routines: Miss Scotland's Take on Healthy Living without the Pressure

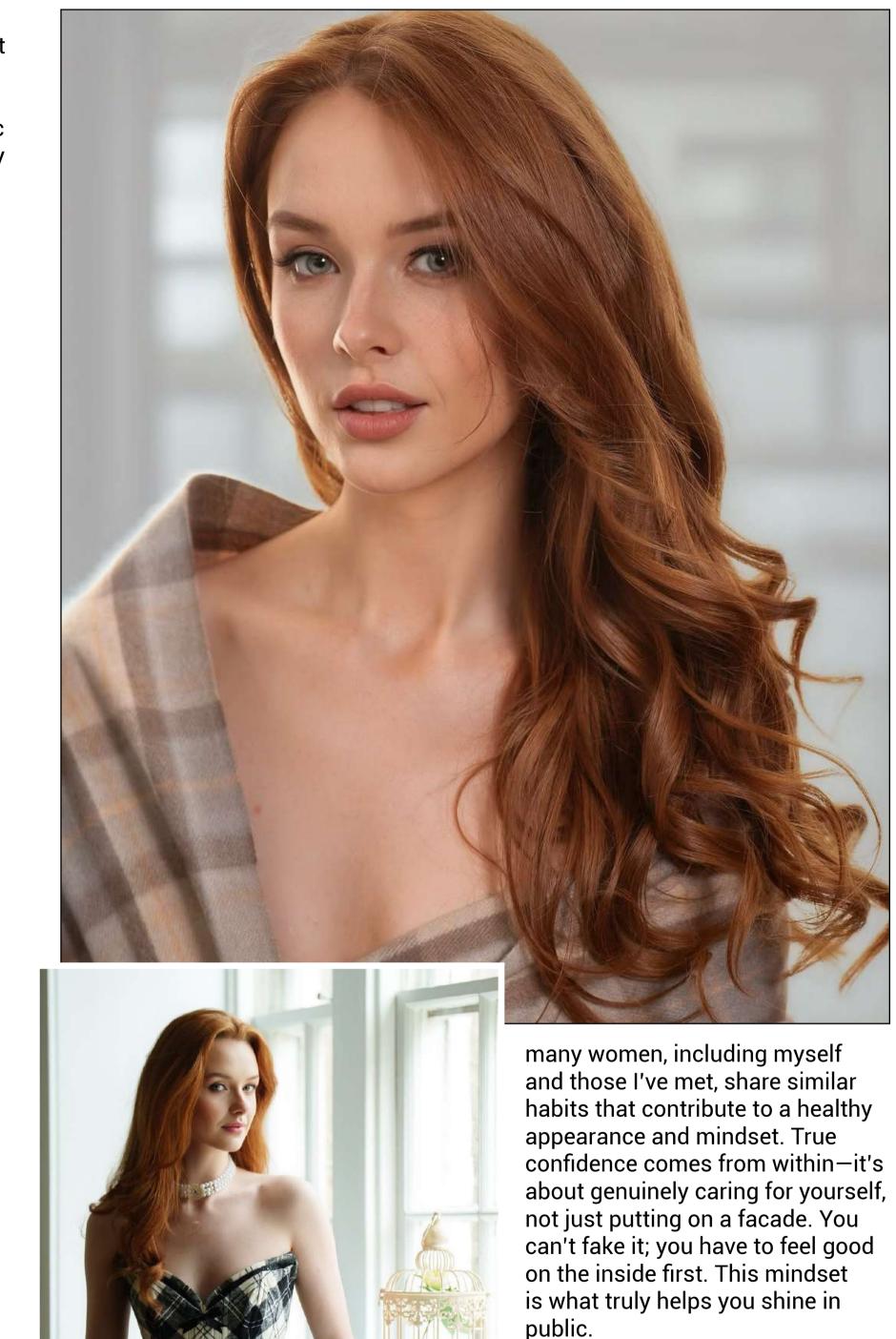
my Scott, crowned Miss World Scotland 2024, is not only a dynamic wedding and events coordinator from Strathaven but also an enthusiastic advocate for health and community support. She has been actively raising funds and spreading awareness for the MS Society, dedicated to helping those living with Multiple Sclerosis across the UK by supporting advocacy and access to vital resources. Beyond her philanthropic efforts, Amy enjoys staying active through swimming and golf, and expresses her creativity through fashion design. Her down-to-earth approach to fitness and wellness inspires many to embrace balance without the pressure of perfection.

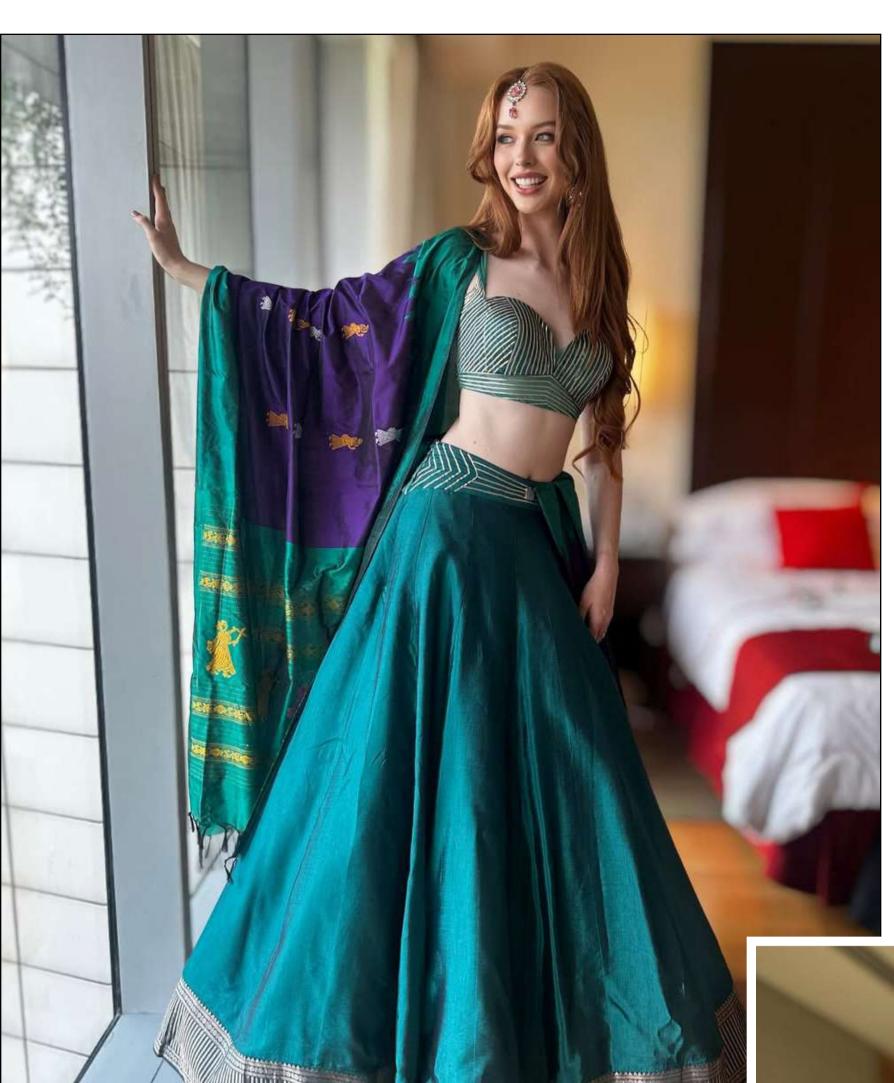
What advice would you give to beginners who want to start their fitness journey and build a healthy routine?

I always tell beginners to start small and be patient with themselves. It's important to build habits gradually rather than trying to do everything at once. I go to the gym about three times a week, combining cardio, functional training, and strength workouts. Many women shy away from lifting weights because they fear it will make them bulky, but that's a common misconception. Using lighter weights with higher repetitions helps you tone your body without adding bulk. Cardio is equally important, especially for maintaining heart health. The key is balance, consistency, and giving yourself time to grow into your routine without pressure.

How do fitness and self-care influence your self-confidence and public presence?

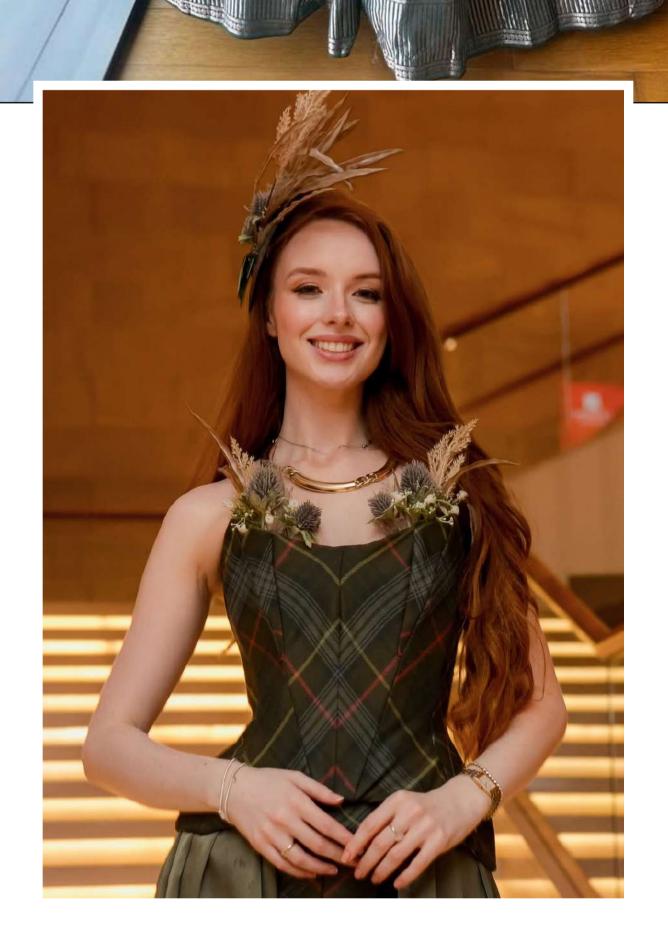
For me, fitness and self-care are deeply connected to how confident and authentic I feel in front of others. If you're forcing yourself into a routine or doing things just to please others, it's much harder to genuinely feel confident. I think





How do you handle your cravings for sugar?

I never completely deny myself when it comes to cravings, especially for sugar. I believe cravings are often your body signalling it needs something, so I listen to it. When I crave chocolate or sweets, I allow myself to have a small portion—never the whole bar. I've found that strict restriction only makes cravings stronger and harder to control. Moderation is key. By allowing yourself treats in controlled amounts, you maintain balance without feeling deprived, which is essential for a sustainable, healthy lifestyle.





Miss World Türkiye Idil Bilgen

Doctor by Profession, Fitness by Passion: Miss World Türkiye's Mission to Empower Women Through Health Awareness

dil Bilgen, Miss World Türkiye, blends her medical expertise with a passionate commitment to women's health. As a dedicated doctor, she has actively contributed to impactful health initiatives in Ukraine, engaging hospitals, schools, universities, and associations in Kyiv. Through her inspiring Beauty with a Purpose project - Women's Health Awareness — Idil champions vital education on breast and cervical cancer prevention and early detection, empowering women with knowledge that can save lives and transform communities.

With a busy schedule, how do you find time for fitness?

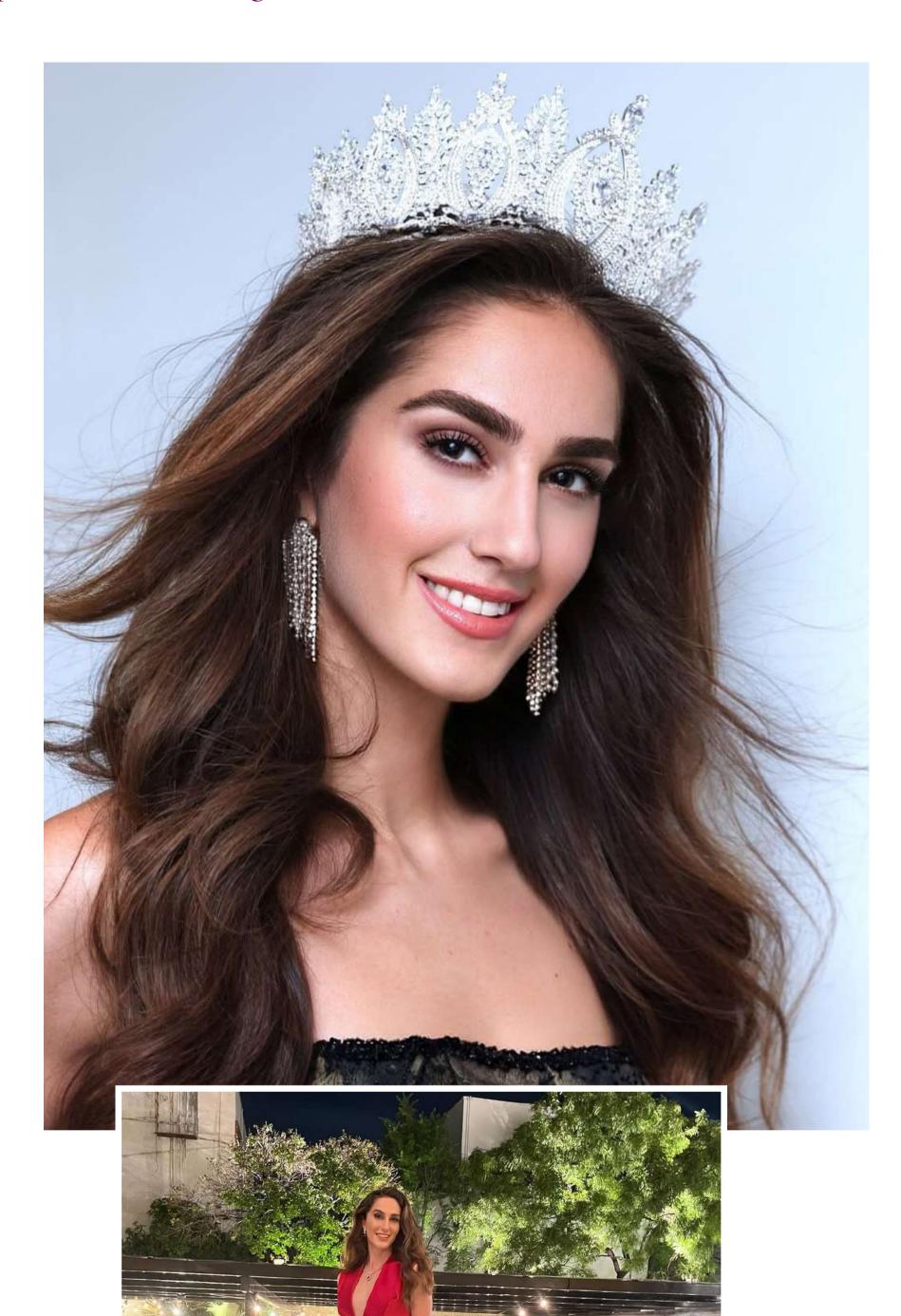
Fitness is part of my routine, so I always make time for it—even if it's at 9 PM after work. As a doctor, I know how important movement is for releasing endorphins and boosting both mental and physical health. If I can't work out at night, I do it in the morning. It depends on my schedule, but I never skip it.

What does your daily plate look like? What's one thing you never miss?

Breakfast is my must-have. I always start my day with an omelette made with cheese, mushrooms, and parsley. It's a major source of protein and sets the tone for my day.

How do you handle your cravings? Do you give in or find alternatives?

Once you build a consistent routine with healthy eating and exercise, your body adapts. I avoid trans fats and processed sugars, and I eat fresh fruits and vegetables daily, so I don't experience strong cravings. My routine keeps me balanced.







What do your cheat days look like?

I'm not a big, sweet tooth, but I do love desserts—especially Turkish ones like rice pudding, *baklava*, and *künefe*. They can be heavy, so I save them for special cheat days and enjoy them in moderation.



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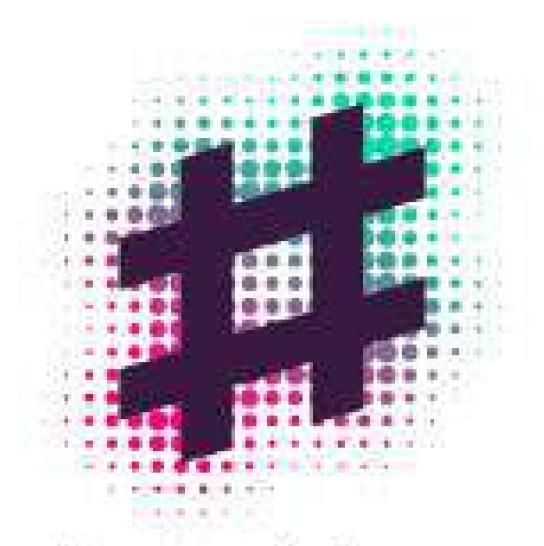
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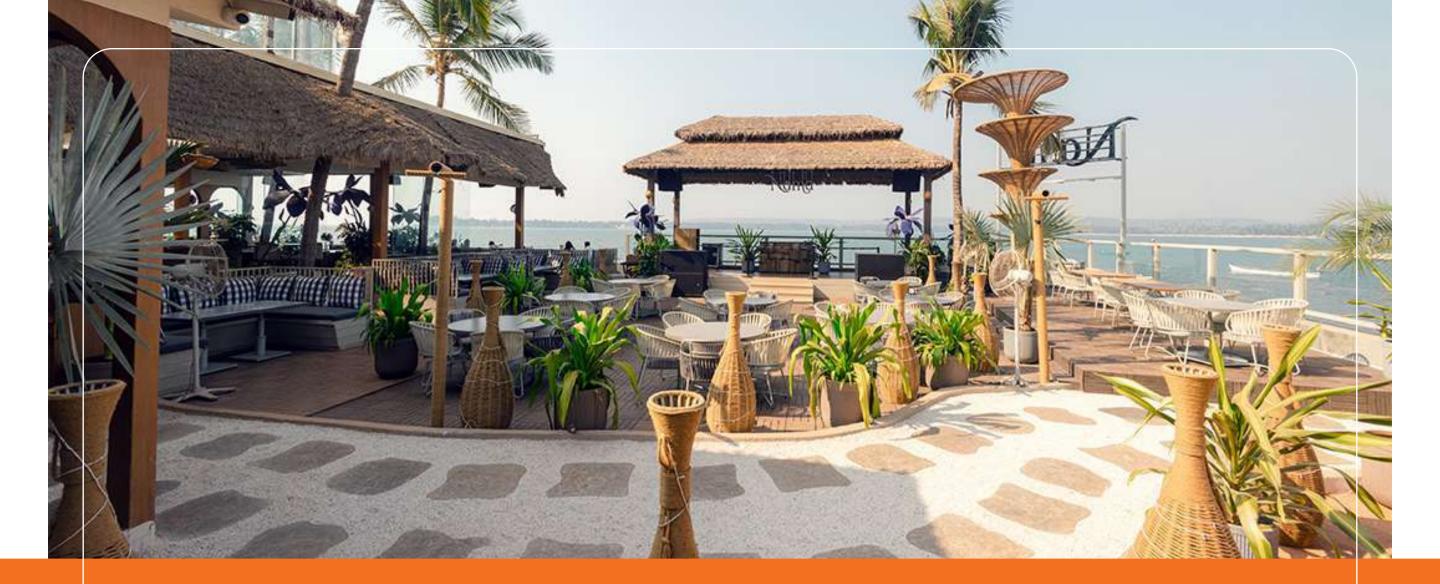


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FOOD INC'



SUNSET SERENADES BY THE CHAPORA: WHERE CULINARY ART MEETS RIVERSIDE CHARM

Perched gracefully along the tranquil banks of the Chapora River in Siolim, Goa, Nama Waterfront offers more than just a dining experience—it presents a harmonious blend of nature's serenity and culinary artistry. This expansive venue, accommodating up to 320 guests with seating for 260, seamlessly marries open-air elegance with indoor sophistication, making it an idyllic setting for both sun-drenched brunches and starlit dinners.

AMBIENCE & ATMOSPHERE

As the sun dips below the horizon, Nama transforms into a vibrant haven. The gentle lapping of river waters sets a soothing backdrop, while live performances—ranging from mesmerizing belly dances to fiery spectacles—ignite the evening's energy. Guests are often handed sparklers, adding a touch of whimsy to the already enchanting atmosphere. The venue's design thoughtfully incorporates both alfresco and enclosed spaces, ensuring comfort without compromising on the panoramic views.







CULINARY DELIGHTS

Nama's menu is a testament to global gastronomy, weaving together flavours from Asia, Europe, and the Americas. The Wok-Tossed Prawns in Black Pepper Sauce stand out, offering tender prawns enveloped in a rich, peppery glaze. The Crispy Lotus Stem provides a delightful crunch, serving as a perfect appetizer. Pizzas here are noteworthy, boasting a hydrated dough that results in a light, airy crust, harmoniously balanced with fresh toppings.

Sushi aficionados will appreciate the chef's innovative approach. A special off-menu creation features a blend of vegetarian and salmon sushi, flambéed tableside with a splash of alcohol. This technique subtly cooks the exterior, enhancing the sushi's flavour profile and offering a visual treat for diners.

For those seeking regional flavours, the Coorgi Rice Plate is a must-try. This hearty dish brings together cabbage pachadi, mixed vegetable avial, korma gravy, and prawn sukka, delivering an authentic South Indian culinary journey on a single platter.

The Malaysian Laksa Soup, a spicy coconut noodle soup, offers a fresh and aromatic experience, transporting diners straight to Southeast Asia with its rich and flavourful broth. Additionally, the menu features a range of options from Mumbai-style Street sandwiches to quinoa-crusted rice burgers, catering to diverse palates. The Kasundi Fish Tikka, marinated in mustard and spices, is succulent and flavourful, showcasing the chef's mastery in blending traditional Indian flavours with contemporary techniques.











DESSERTS & DRINKS

Dessert at Nama is both innovative and indulgent. The modern rendition of the traditional Gewar dessert features a creamy cashew panna cotta, accentuated with rose and lemon gels, offering a harmonious blend of textures and flavours.

Nama's commitment to sustainability shines through its cocktail menu. The Mirror Picante, a concoction of tequila, spicy jalapeño brine, agave nectar, and roasted coriander dust, delivers a spicy kick while emphasizing eco-friendly ingredients. The Coffee Toffee cocktail combines dark rum infused with fresh Arabica beans and an Italian herbal liqueur, fat-washed with homemade caramel milk, resulting in a rich and indulgent beverage.

A standout signature drink is the "What a Melon," an exotic fusion of fresh musk melon juice, passionfruit, kaffir lime leaf, and lime juice. This refreshing cocktail is beautifully presented alongside a miniature bonsai tree, enhancing the visual appeal and offering a unique drinking experience.

SERVICE & EXPERIENCE

The staff at Nama are attentive and knowledgeable, ensuring that each guest's experience is personalized and memorable. Their passion for hospitality is evident, adding warmth to the already inviting environment.

FINAL THOUGHTS

Nama Waterfront in Siolim is more than just a restaurant; it's a destination where culinary excellence meets natural beauty. Whether you're seeking a romantic evening, a lively gathering with friends, or a solo retreat by the river, Nama promises an unforgettable experience that tantalizes the senses and soothes the soul.



Hashtag Magazine brings you the ultimate lowdown on India's newest and trendiest food discoveries.

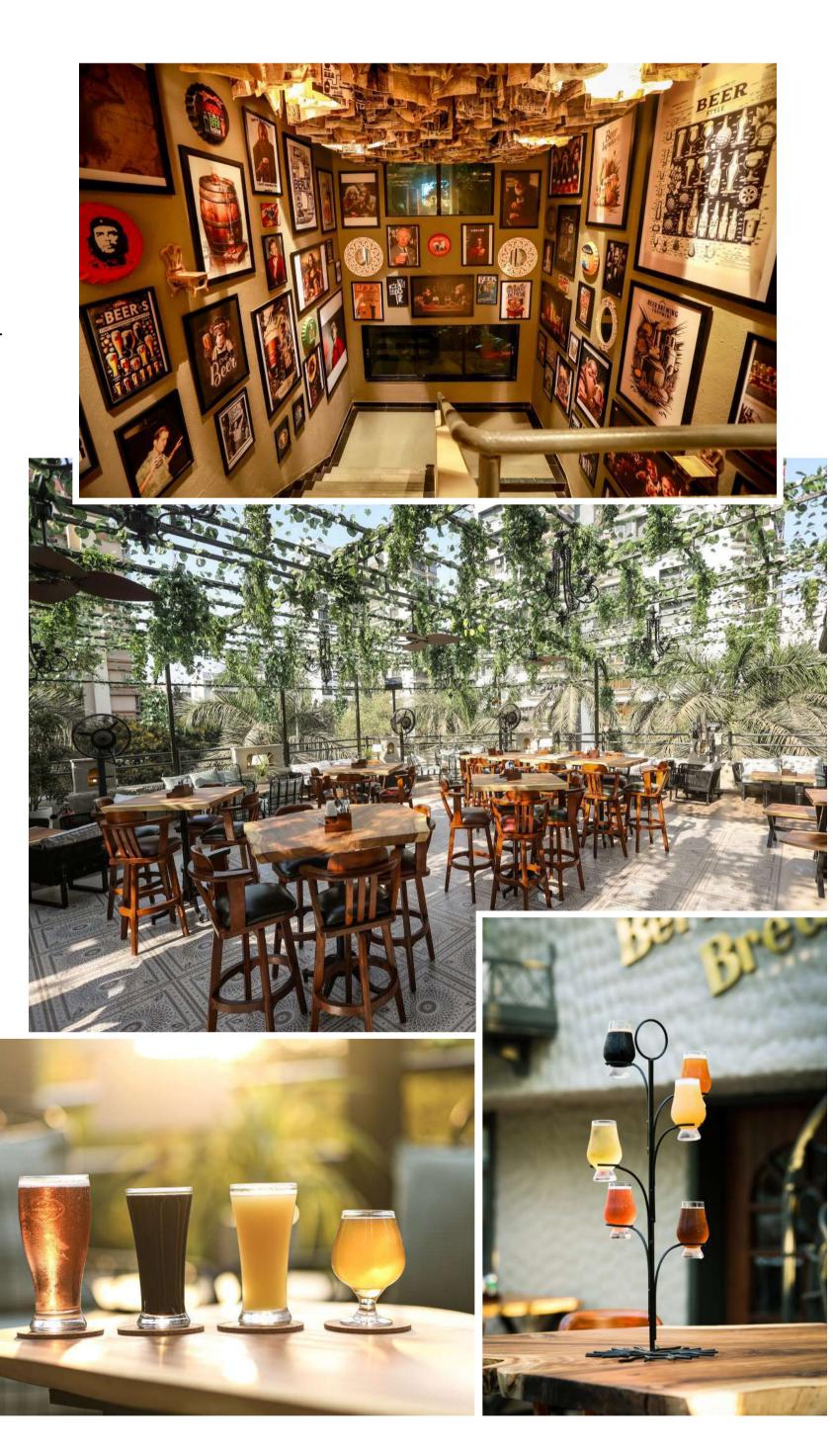
What? Berlin Brew Beer Garden Where? Mumbai

erched atop a breezy rooftop in Andheri, **Berlin Brew Beer Garden** is more than just a pub — it's a delightful culinary escape inspired by European beer gardens. This newly opened second outlet, affectionately dubbed "**BrewfTop**," pairs a laid-back ambience with an impressive range of comfort food and Indian fusion flavours.

The menu opens with nostalgic bar bites — Chilli Cheese Toast, Masala Peanut *Chaat*, and Crispy Corn, perfect companions to their craft brews. The Prawns Crackers and Traditional *Chana Garlic* bring a savoury crunch, while the *Chakna* Platter is necessary for old-school snackers. For a heartier bite, we sampled the Club Sandwich, a layered delight, and the Mini Burgers, which were juicy and satisfying.

The Chef's Special *Malvani* Chicken stood out from the mains — rich, spicy, and paired beautifully with warm *kulchas*. Vegetarians will enjoy the creamy Vegetable Cheese *Kofta* Curry and Paneer Jalfrezi. For beer lovers, their Belgian Wit and Stout are top-notch, but the Rice Lager is a refreshing surprise.

With its cosy setting, creative menu, and soulful brews, BrewfTop is poised to become Andheri's go-to sundowner spot for foodies and beer lovers alike.



What? BRICKS Bar & Kitchen Where? Indiranagar, Bengaluru

RICKS Bar & Kitchen has made a stylish new home on Indiranagar's bustling 100ft Road, bringing a fresh, unfussy rooftop experience to the city's buzzing food scene. With its cosy, foliage-filled ambience and exposed wood detailing, the space immediately invites you to relax — and stay a while. But it's not just the aesthetics that shine; the food and drinks hold their own.

The menu blends bar staples with bold local flavours, making it perfect for both casual grazers and those seeking a hearty meal. Tandoori platters steal the spotlight — smoky, well-marinated, and served piping hot. The Paneer *Tikka* and Chicken *Seekh Kebabs* are flavour-packed and ideal companions to a craft cocktail. For comfort food fans, the loaded fries and Chilli Chicken are crowdpleasers that pair beautifully with a beer.

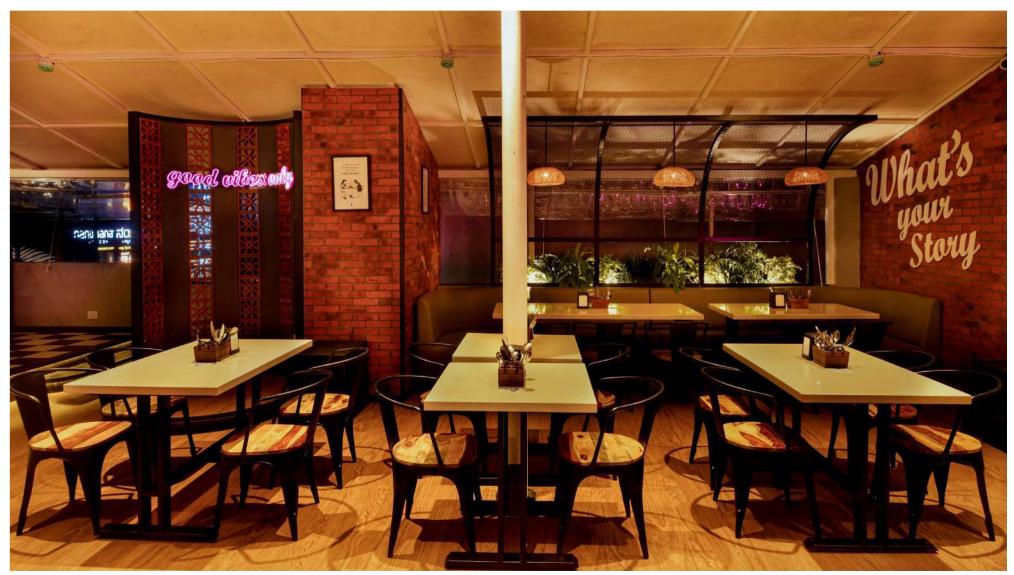
The drinks menu is both approachable and adventurous. From classic mojitos to their signature cocktails with Indian infusions, there's something for every mood. The Whiskey Sour with a spicy twist is a must-try.

With regular live music, sports screenings, and a vibe that's welcoming without being loud, BRICKS is well on its way to becoming Indiranagar's favourite local rooftop hangout — one brick at a time









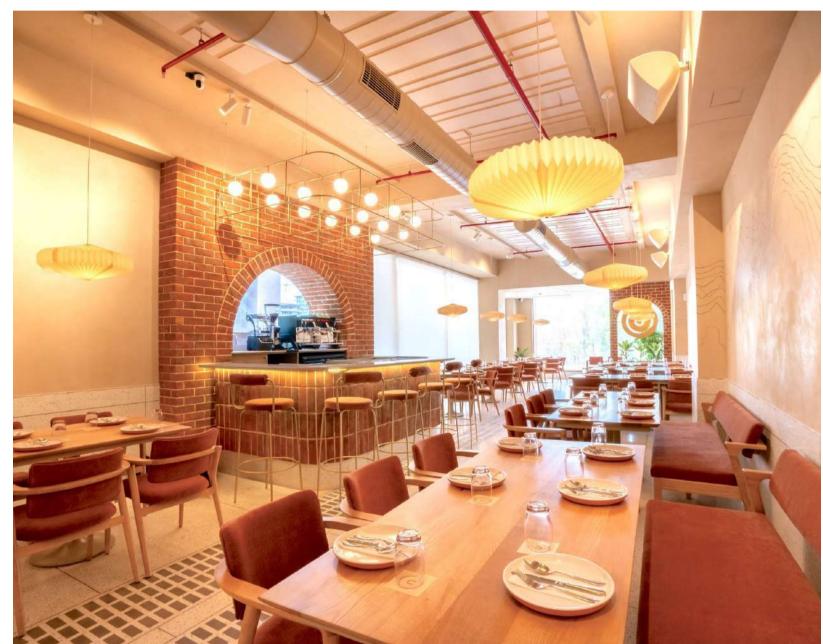
What? UNION Where? Ahmedabad

nion is a culinary revelation in Ahmedabad, bringing a refined, plant-based dining experience that fuses the elegance of European cuisine with bold Asian influences. Under the direction of celebrated Chef Viraf Patel, every dish is a thoughtful creation—clean yet indulgent, artistic yet comforting.

The Corn and Kaffir Lime Soup offers a creamy, citrusy start, while the Jalapeno, Cheddar & Lemongrass Cutlets deliver a perfect bite of spice and texture. Their Sourdough Flatbreads, particularly the *Green Chili Zough* & Cheese, are light, fluffy, and packed with flavour. The Sweet Potato Noodle Salad with its peanut dressing is fresh and vibrant.

For mains, the Union Lasagne made with lentil bolognese and the Cambodian Curry with peppered rice highlight global influence with a plant-based twist. End with their surprisingly rich Chocolate Tofu Mousse or the spiced Biscoff Cheesecake—each dessert is as memorable as the meal.

With a soothing Scandinavian-inspired interior and a menu that celebrates seasonal ingredients, Union is more than just a restaurant—it's a mindful movement. Elegant, innovative, and uncompromisingly delicious, it sets a new benchmark for modern vegetarian dining in the city.











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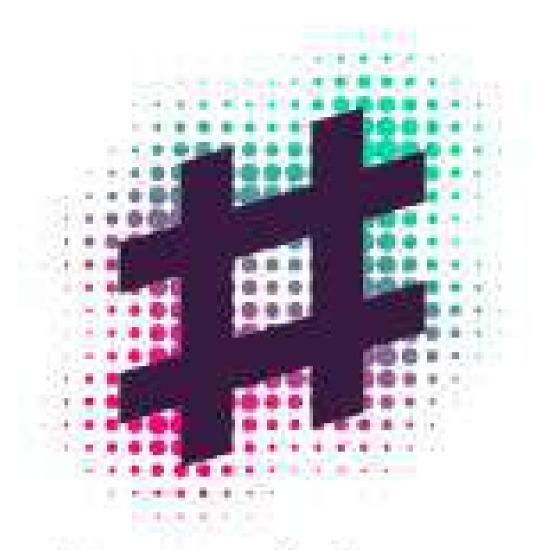
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AUTO & TECH

THE BEST AI TOOLS IN THE WORLD RIGHT NOW

Artificial intelligence has become a game-changer in every aspect of life. From work to wellness, creativity to convenience, Al tools transform how we live, work, and interact with technology. But with so many options, which Al tools truly stand out? **Dhanush Kumar** curates a list of the most innovative Al tools in 2025 that are redefining modern lifestyles.



1. ChatGPT

OpenAI's ChatGPT continues to revolutionize communication, content creation, and learning. Whether you need assistance with writing, brainstorming, coding, or even personal development, this AI-powered assistant is an invaluable tool.

Best for. Productivity, Writing, Research, and Conversation.





2. Midjourney

Midjourney is leading the AI-generated art movement, allowing users to create stunning visuals with just a text prompt. It's an incredible tool for lifestyle influencers, marketers, and anyone seeking artistic inspiration.

Best for. Digital artists, designers, and creative professionals.

3. Grammarly

Perfecting grammar, clarity, and style has never been easier. Grammarly's Al-driven writing assistant offers real-time suggestions, making it an essential tool for emails, essays, and professional documents.

Best for. Writers, Professionals, and Students.





4. Notion AI

Notion AI takes the organization to the next level. With AI-powered features like automated summaries, task suggestions, and smart notes, it's ideal for anyone looking to streamline their workflow.

Best for. Productivity, project management, and collaboration.

5. DALL-E 3

Need high-quality visuals for a blog, website, or social media? DALL-E 3 by OpenAI generates hyper-realistic images based on simple descriptions, making it a go-to AI tool for visual content creators.

Best for. Marketing, branding, and creative projects.





6. Runway ML

Runway ML offers next-level AI-driven video editing, helping creators produce stunning visual effects, remove backgrounds, and even generate entire scenes.

Best for. Content Creators, filmmakers, and social media influencers.

7. Perplexity AI

Think of Perplexity AI as Google's smarter sibling. It provides well-researched, up-to-date answers with sources, making it an excellent tool for journalists, students, and knowledge seekers.

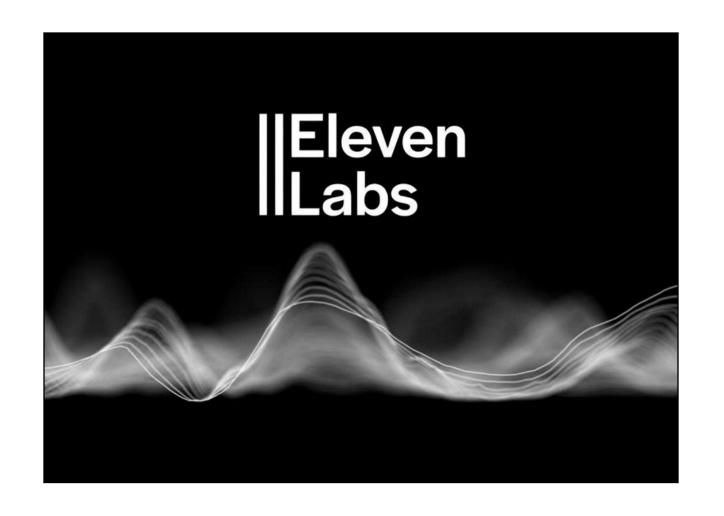
Best for. Research, knowledge discovery, and fact-checking.



8. ElevenLabs

ElevenLabs is revolutionizing the way we use synthetic voices, offering ultra-realistic AI-generated speech for audiobooks, videos, and digital storytelling.

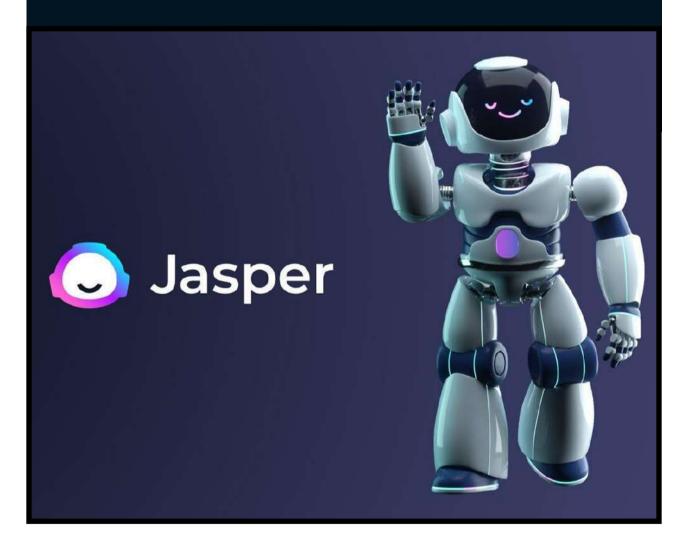
Best for. Podcasters, Content creators, and voiceover artists..



9. Jasper AI

Jasper AI excels at generating compelling marketing copy, blog posts, and social media content, making it a must-have for brands looking to scale their content strategy.

Best for. Entrepreneurs, marketers, and businesses.





10. Replika

Replika offers a unique AI-powered chatbot designed to provide companionship, mindfulness exercises, and emotional support, making it a great digital wellness companion.

Best for. Mental health, companionship, and personal growth.





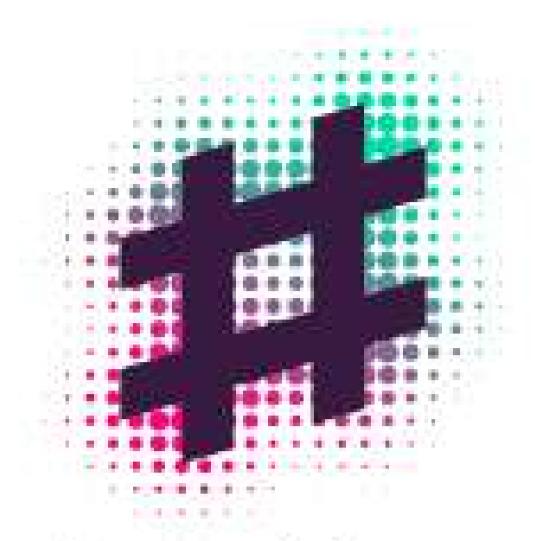




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TRAVEL



AYURVEDA, SILENCE, AND STARS:

A JOURNEY BACK TO SELF AT SANTANI



They say just five minutes in nature can start healing your body. At Santani Wellness Resort, Kandy, it takes even less. Tucked away in the lush hills of Sri Lanka, four hours from Colombo, this isn't just a resort—it's a sanctuary where modern stress is gently undone by ancient wisdom. When I was invited to review Santani, I was simply expecting a luxurious break. What I received was a transformation of body, mind, and rhythm. Join Sinduri Vuppala on her journey into one of the world's most conscious wellness destinations.

hen the invitation arrived in my inbox to review Santani Wellness Resort, I paused. The name itself intrigued me. Santani—a Sanskrit word meaning "in harmony with"—immediately hinted at something deeper than just another luxury spa retreat. As a journalist constantly on the move, my mind cluttered with deadlines and devices, the promise of "balance" sounded too good to be true. I needed it more than I realised.

Getting to Santani isn't a spontaneous affair. It's a four-hour drive from Colombo airport, winding through misty hills and sleepy villages. But every mile feels like a slow unravelling of the stress that city life knots into your body. As we drove up the final stretch, literally skimming the edge of a mountain range, I rolled down the window and inhaled deeply—my first real breath in weeks. The view: endless, green, alive. I didn't know it yet, but I was already beginning to heal.

We were welcomed not with cold towels or champagne flutes, but with something far rarer—genuine silence. No music. No chatter. Just the soft murmur of wind through the trees and the gentle bow of a staff member who led us directly to lunch. The chef greeted us personally. "Tell me what your body feels like," he said, rather than simply "what would you like to eat?" That's the Santani difference.

Every meal is curated specifically for you, not just your taste, but your body type and energy. No starvation, no juice cleanses. Just beautifully presented, fresh food designed to nourish and sustain. The plates looked like art and tasted like comfort, Michelin-star quality, but rooted in local wisdom.



Santani isn't a place where you simply check in, it's where you begin again. After our meal, we met with a resident Ayurvedic doctor, who guided us through a dosha analysis—understanding whether I was predominantly vata, pitta, or kapha. Based on this and a brief physical consultation, we were assigned personalised treatments for the coming days. Each therapy, we were told, would help reset the body and mind in line with ancient healing philosophies.

Day One: My wellness journey started with **Abhyangam**—an oil massage that's about much more than relaxation. Warm herbal oils, chosen according to my dosha, were rhythmically applied to remove fatigue and restore lymphatic flow. The massage was followed by time in the sauna and steam room, both perched dramatically above the valley below. Watching clouds roll through distant hills while enveloped in the warmth of healing herbs felt like a spiritual experience.

Day Two: I experienced **Shirodhara**, the slow and continuous pouring of lukewarm oil on the forehead. This ancient treatment is believed to calm the nervous system and release mental tension. I can't describe it in words, really—it felt like time melted. Like I was floating between dimensions, my overthinking mind was finally silent.

Day Three: **Dhanyamla Dhara**, a lesser known but profoundly detoxifying ritual, involved fermented medicinal liquids being rhythmically poured over the body. It's strange at first—yes but deeply rejuvenating. I felt like I was shedding years of stress from my skin.





Santani isn't a place where you simply check in, it's where you begin again.



Each day at Santani begins and ends with yoga and meditation, led by instructors who seem less like teachers and more like sages. The morning class is energizing, greeting the sunrise with movement and breath. The evening session is quieter, grounding you for restful sleep. No matter your experience level, the focus is on being present, not perfect.

When we weren't in treatment or on the mat, there was time to just be. I often chose to sit by the mineral salt pool, which looks out over a valley that seems pulled from a dreamscape. Other times, I'd join a guided nature walk, trekking through quaint villages and forest trails where every bird call felt like a conversation with the universe. They say the Earth speaks in subtle frequencies—and at Santani, you're finally quiet enough to hear it.

The service here deserves its own paragraph. It's discreet, intuitive, and flawless. The team somehow anticipates what you need before you even articulate it. Your preferences are remembered. Your space is respected. There's no room for excess or superficial luxury—everything here has a purpose, and that purpose is your well-being.

And then, of course, there are the meals. Oh, the meals! Santani believes deeply in the healing power of food. Every ingredient is locally grown, organic, and selected for its nutritional value. But more than that, the presentation turns every lunch and dinner into a ritual of gratitude. From beetroot medallions to pumpkin flower tempura, it's a celebration of colour, texture, and nourishment.

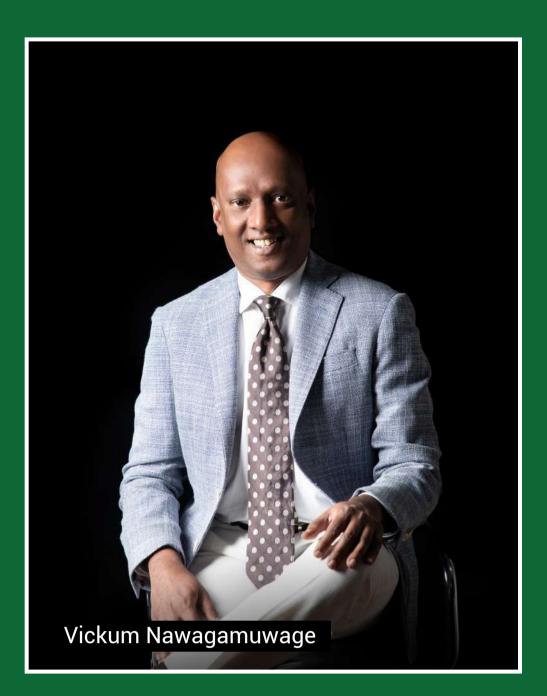
In the evenings, wrapped in a cotton robe, sipping herbal tea on my private balcony, I'd look up at the clearest star-studded sky I've seen in years. I could almost feel my nervous system rewiring. The air was different. The silence was sacred. I wasn't just resting I was transforming.

Santani isn't just a resort. It's a sanctuary for realignment. A place to cleanse not only your body, but your lifestyle and thought patterns. Whether you're healing from burnout, navigating a life transition, or just yearning to remember what peace feels like, this is your place.

They call it "the first and only purpose-built wellness resort in Sri Lanka," and it shows. The architecture is humble and harmonious—elevated but not excessive. Rooms are designed for natural ventilation, completely air-conditioner-free, prioritizing health, and energy conservation. Every decision made here whispers the same mantra: balance.



In Conversation: Vickum Nawagamuwage, Founder and CEO, Santani Wellness



1. What inspired you to step into the world of wellness and create Santani? Was there a pivotal moment?

Santani was born not from ambition, but from necessity. I had reached a point where external success couldn't mask the internal exhaustion. Years in the corporate world—airports, boardrooms, endless deadlines—had taken their toll on every level: physical, mental, emotional.

My partner introduced me to yoga, meditation, and mindful living. That opened a door to stillness I hadn't felt since childhood, days spent exploring Sri Lanka's wilderness. There wasn't a single epiphany, just a quiet realization that healing was possible. As I rediscovered balance, the idea of Santani began to take shape—not just as a place to escape, but a space for meaningful transformation.

2. Can you tell us a bit about your personal journey before founding Santani?

I grew up in a family deeply involved in tourism—my father ran one of Sri Lanka's largest tour companies in the '60s and '70s. But with the country's political instability, I took a different path: business school in the U.S., a career in global consulting, and a lifestyle driven by corporate success.

Yet I never let go of the camper in me—the one who disappeared into nature with friends, chasing waterfalls and sleeping under stars. Back then, we didn't call it "wellness;" we called it living.

The irony is, it was only in the chaos of that socalled successful life that I truly understood the value of simplicity. Santani became my way of integrating both worlds—the structure of modern science with the soulfulness of nature.

3. Santani is known for blending ancient wisdom with modern science. What went into creating that ecosystem?

From the outset, the idea was to strip away excess, not to impress, but to restore. Nature was the cornerstone. We selected a site where the energy is tangible, where silence has depth.

From there, we worked with Ayurvedic doctors, yogis, and medical experts to build a system that is integrative, not prescriptive. The architecture is minimal and open, dissolving the boundary between inside and out. Every element—wellness programs, dosha-based treatments, even the saltwater pool—is designed to realign people with their natural rhythm.

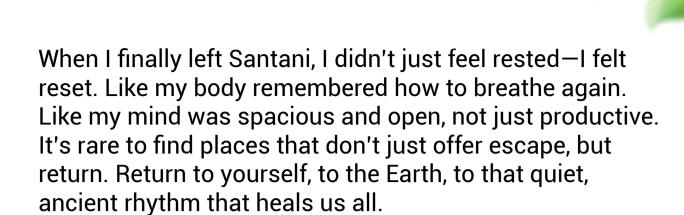
We didn't want to offer quick fixes. Santani is a space for sustained clarity and reconnection with oneself and with the world.

4. Wellness retreats are booming. What makes Santani stand out?

We don't follow trends—we resist them. Santani isn't wellness theatre; its wellness rooted in truth. We're not selling luxury disguised as health. We offer space—mental, emotional, and physical—for genuine renewal.

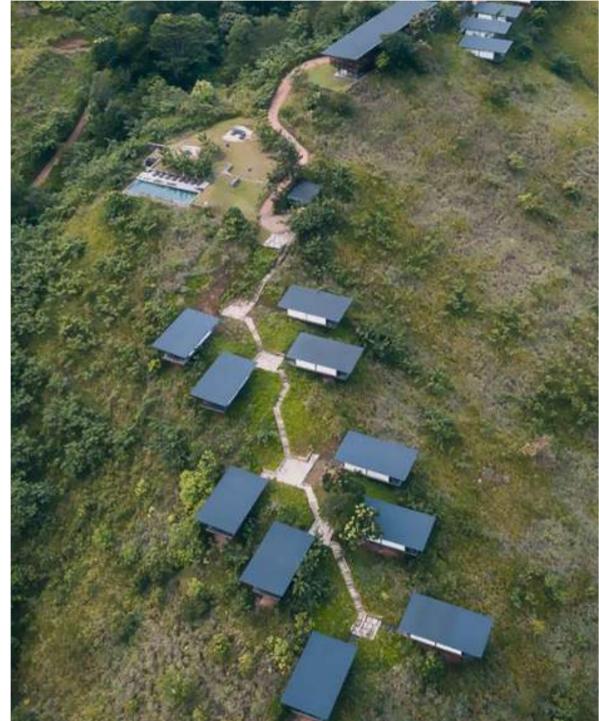
Guests come not for pampering, but for a purpose. They find it in our programs, in the misty mountains, and in the silence that invites self-discovery.

Santani isn't about escaping the world. It's about re-entering your life with greater awareness. And that's what brings people back—again and again.



So yes, I went for a review. But what I found was a revival. And I can confidently say:

Begin again—in one of the greatest places in the world.











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EXPLORING THE BEST RIVER ISLANDS IN INDIA:

A UNIQUE TRAVEL EXPERIENCE

India is home to some of the most stunning river islands, offering breathtaking landscapes, diverse ecosystems, and cultural significance. Unlike oceanic islands, river islands are formed by the deposition of silt and sediment over time, creating lush green retreats in the middle of flowing rivers. Whether you seek adventure, tranquillity, or a deep dive into local culture, India's river islands offer a unique travel experience. Hashtag Magazine lists some of the top river islands in India that you must explore.

1. Majuli Island, Assam

- The Largest River Island in the World

Majuli Island, nestled in the Brahmaputra River, is the largest river island in the world. Spread over 880 square kilometres, it is a cultural hotspot of Assam and home to several Vaishnavite monasteries (satras).

Things to Do:

- Visit the historic Kamalabari Satra and Auniati Satra to witness Assamese monastic culture.
- Explore the Mishing tribal villages to experience indigenous lifestyles.
- Witness the Raas festival, a grand celebration of Lord Krishna's life.
- Enjoy a boat ride along the Brahmaputra and admire the mesmerizing sunset.

Best Time to Visit: October to March (monsoon causes flooding).



2. Umananda Island, Assam

- A Sacred Island on the Brahmaputra

Umananda Island, also known as Peacock Island, is the smallest inhabited river island in the world. Located in the middle of the Brahmaputra River in Guwahati, the island is famous for the Umananda Temple, dedicated to Lord Shiva.



Things to Do:

- Seek blessings at the Umananda Temple.
- Take a ferry ride from Guwahati to enjoy stunning river views.
- Spot the rare Golden Langurs, a unique primate species found on the island.
- Capture breathtaking views of Guwahati city from the island.

Best Time to Visit: October to April.

3. Bhavani Island, Andhra Pradesh

- A Nature Lover's Paradise

Bhavani Island, located in the Krishna River near Vijayawada, is one of the largest river islands in India. It is known for its eco-tourism activities, lush greenery, and serene backwaters.

Things to Do:

- Enjoy water sports like speed boating, kayaking, and jet skiing.
- Stay in eco-friendly resorts amidst lush green surroundings.
- Explore the nearby Kanaka Durga Temple, a famous pilgrimage site.
- Experience camping and outdoor adventure activities.

Best Time to Visit: November to February.



4. Munroe Island, Kerala

- Backwater Bliss in God's Own Country

Munroe Island, located at the confluence of the Ashtamudi Lake and the Kallada River, is a hidden gem in Kerala. The island offers an authentic backwater experience, away from the touristy crowds of Alleppey.



Things to Do:

- Take a canoe ride through the narrow canals and enjoy the scenic beauty.
- Visit the famous Kallada Boat Race held during the Onam festival.
- Stay in traditional homestays and enjoy Kerala's delicious seafood cuisine.
- Explore ancient temples and churches that reflect Kerala's diverse culture.

Best Time to Visit: October to April.

5. Srirangam Island, Tamil Nadu

- A Spiritual Hub on the Cauvery River

Srirangam Island, located between two tributaries of the Cauvery River, is home to the magnificent Sri Ranganathaswamy Temple, one of the largest Hindu temple complexes in the world.

Things to Do:

- Visit the awe-inspiring Sri Ranganathaswamy
 Temple, a masterpiece of Dravidian architecture.
- Explore the ancient Jambukeswarar Temple, dedicated to Lord Shiva.
- Take a cultural tour to learn about Tamil Nadu's religious heritage.
- Enjoy authentic South Indian cuisine at local eateries

Best Time to Visit: October to February.



6. Sivasagar Islands, Assam

- A Historical Retreat

The Sivasagar region in Assam, once the capital of the Ahom Kingdom, is dotted with small river islands in the Brahmaputra River. These islands are home to historic temples, palaces, and cultural sites.



Things to Do:

- Visit the Shivadol Temple, one of the tallest Shiva temples in India.
- Explore the Rang Ghar, an ancient amphitheater from the Ahom era.
- Take a boat ride through the river islands and admire the scenic beauty.
- Experience Assamese culture and traditional crafts.

Best Time to Visit: November to April.

7. Kavvayi Island, Kerala

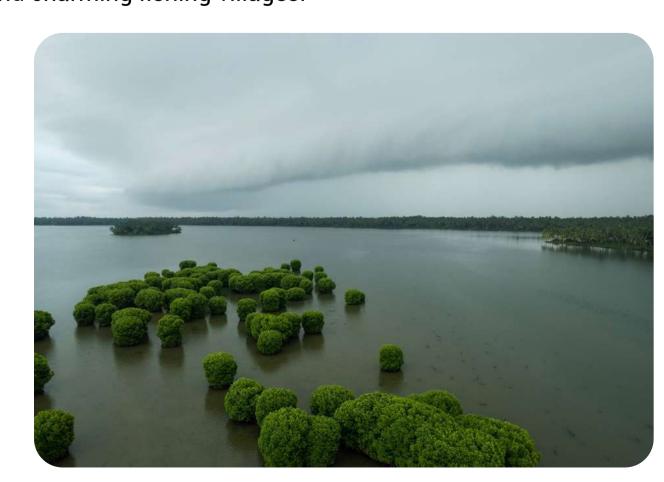
- An Offbeat Escape in the Backwaters

Kavvayi Island, located in the Kavvayi River near Payyanur, is an unexplored paradise in Kerala. It is surrounded by beautiful backwaters, coconut groves, and charming fishing villages.

Things to Do:

- Go on a houseboat cruise through the serene backwaters.
- Visit the nearby Valiyaparamba beach for a peaceful retreat.
- Interact with the local fishermen and learn about their way of life.
- Enjoy a relaxing stay in a riverside resort or homestay.

Best Time to Visit: October to March.







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STREAMING NOW

MUST-READ BOOKS: INSPIRING STORIES AND GAME-CHANGING INSIGHTS

Books can inspire, educate, and transport us to different worlds. Whether you seek business wisdom, historical adventures, tech insights, or thought-provoking mythology, this month's top reads have something for everyone. From gripping corporate sagas to timeless epics and practical life hacks, these books offer fresh perspectives and valuable lessons. Dive into our curated reviews and discover your next must-read for personal growth, knowledge, and pure storytelling pleasure.

JUST ONE HEART

by Jonathan Fisher

JUST ONE HEART

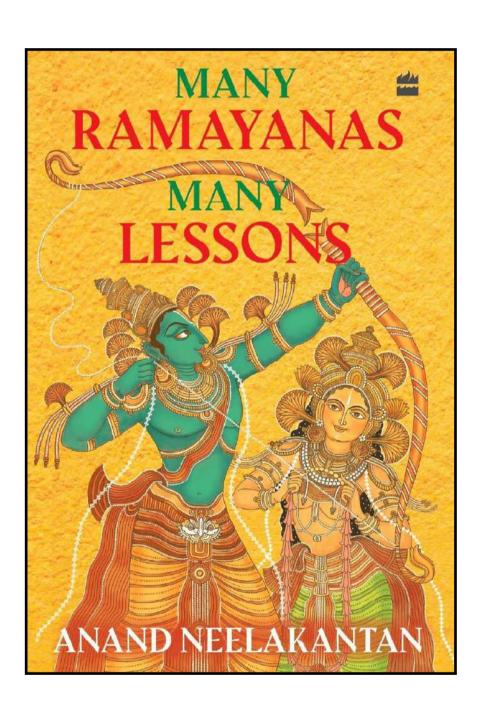
A CARDIOLOGIST'S GUIDE TO HEALING, HEALTH, AND HAPPINESS

JONATHAN FISHER, MD FACC

Just One Heart by Jonathan Fisher is a heartfelt and deeply insightful novel that explores the profound connection between the mind, body, and heart. Through a compelling narrative, Jonathan Fisher seamlessly blends medical wisdom with emotional storytelling, offering readers a unique perspective on holistic well-being. The book is not just about the physical heart but also about emotional resilience, human connections, and the power of healing. With a warm and engaging writing style, it leaves readers reflecting on their health and relationships. A must-read for those interested in wellness, and the deeper meaning of a healthy life.

MANY RAMAYANAS, MANY LESSONS

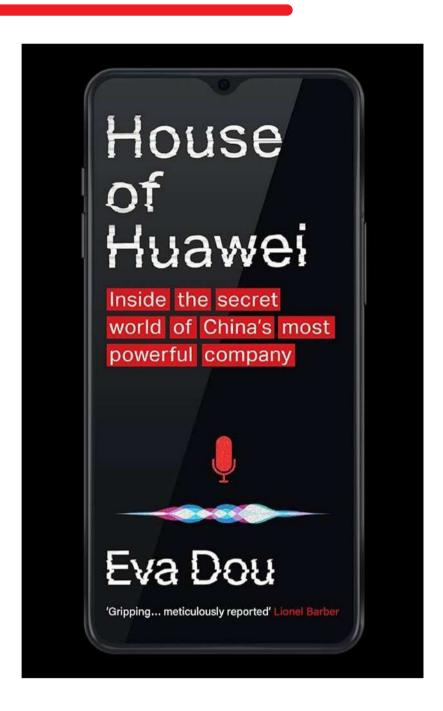
by Anand Neelkantan



Many Ramayanas, Many Lessons by Anand Neelakantan is a thought-provoking exploration of the diverse retellings of the Ramayana across cultures, perspectives, and time. With his signature storytelling prowess, Neelakantan presents intriguing interpretations that challenge conventional narratives, encouraging readers to see the epic beyond a singular viewpoint. The book delves into the moral complexities, human emotions, and philosophical lessons embedded in different versions of the Ramayana. Engaging, insightful, and deeply reflective, it is a must-read for mythology enthusiasts, history buffs, and anyone curious about the evolving nature of epic storytelling and its relevance in today's world.

HOUSE OF HUAWEI

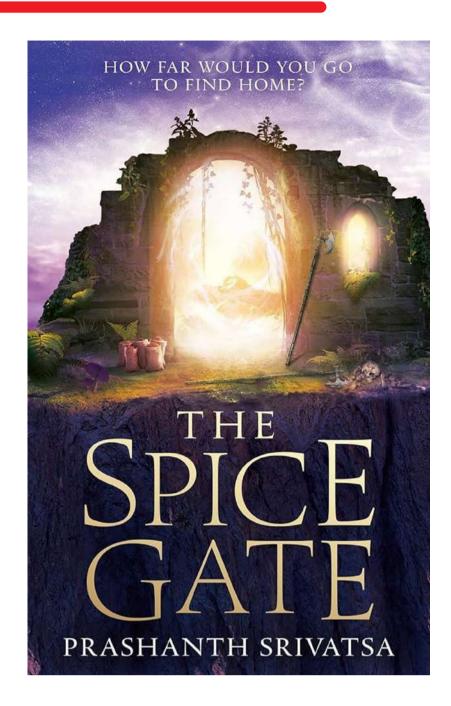
by Eva Dou



House of Huawei by Eva Dou is a gripping deep dive into the rise of Huawei, One of China's most influential and controversial tech giants. With meticulous research and sharp storytelling, Duo unpacks the company's rapid ascent, its global impact, and the geopolitical tensions surrounding it. The book explores Huawei's innovations, business strategies, and its entanglement in US-China relations, shedding light on issues of surveillance, cybersecurity, and corporate power. Duo's investigative approach makes this a compelling read for those interested in technology, global politics, and the everevolving landscape of the digital world. A must-read for business and tech enthusiasts.

THE SPICE GATE

by Prashanth Srivastsa

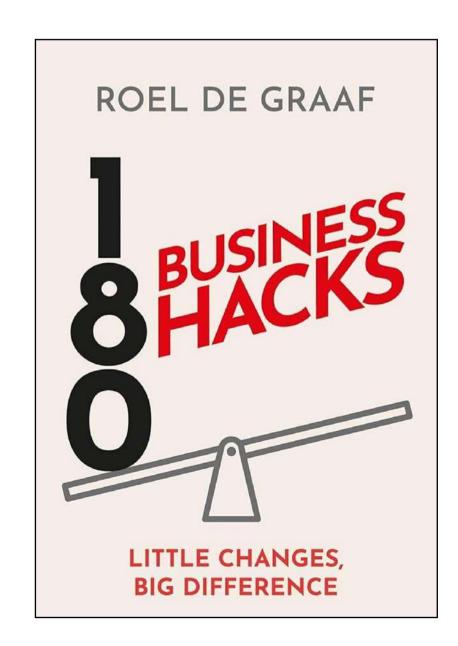


The Spice Gate by Prashanth Srivatsa is a captivating historical novel that transports readers to the vibrant world of ancient spice trade routes. Rich in detail and deeply immersive, the book weaves a tale of ambition, adventure, and cultural exchanges that shaped civilizations. Srivatsa's meticulous research and evocative storytelling bring to life the traders, explorers, and rulers who played a role in this fascinating era. The novel masterfully blends history with fiction, making it an engaging read for history buffs and lovers of well-crafted narratives. A must-read for anyone intrigued by the legacy of the spice trade and its impact.

180 BUSINESS HACKS

by Roel De Graaf

180 Business Hacks by Roel De Graaf is a practical and insightful guide packed with actionable strategies for entrepreneurs and professionals. Covering key aspects of business growth, productivity, leadership, and innovation, the book distils complex concepts into easy-to-implement hacks. De Graaf's straightforward approach makes it an accessible read for both beginners and seasoned business leaders. Each hack is designed to drive efficiency and success in today's competitive market. Whether you are looking to refine your business strategy or boost daily operations, this book offers valuable takeaways. A must-read for anyone seeking, smart, effective ways to thrive in the business world.







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