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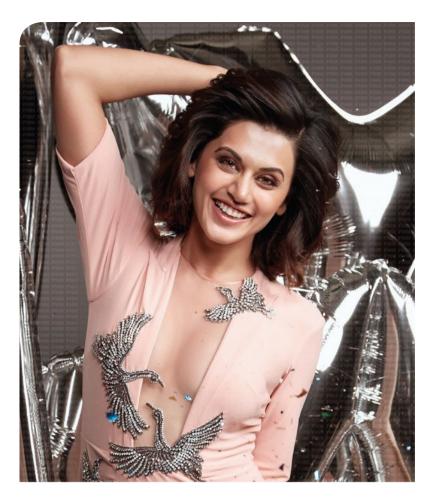


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# **EDITOR'S LETTER**

10 years is not a short time by any means. I, as a journalist, have always loved magazines more than newspapers for their sheer visual treat. And when it comes to *FHM*, a decade of dreams, fantasy and a way of life, is what my team and I have given you guys. As I sat down to write the anniversary note, there was sense of both happiness and achievement.

I have always believed in the drawing a clear line between things. But how should one decide on when to draw the line? What's the right moment to say no? When does one start pushing back? Over the last couple of weeks my friends have been sharing tales from both their personal and professional lives, and the conundrum in everyone's case is... When is the right time to raise your voice and say it's not okay anymore. Having heard everyone out, my take back from the conversation was very simple. Come whatsoever, do not wait till you reach the edge to push back. The moment you are dealt a wrong 'un, just step back, dig in your heels and hit back so hard that the problem is taken out of the equation. There is no point in waiting for things to take the right course or letting issues simmer... Things don't change, only

you can bring in the change.

Another reason this thought came to my mind was 'cos of this month's cover girl. Riding on the success of a movie built on a similar thought process, Taapsee, through her powerpacked performance in *Pink*, once again tells us why we shouldn't bow down to pressure and fight back if we are not wrong.

As the party scene in India is catching up fast, we have an informative feature on some of the most dangerous psychedelics available on streets. Make sure that you stay as far away as possible from these substances.

Apart from all these, one of my favourite reads from this month is the road trip feature that the *FHM* gang did to Dalhousie. Over a period of 4-5 days, a bunch of humans high on adrenaline ripped apart the peace of this cantonment town.

As someone rightly said, "Take the enemy head-on, fear no one and victory will be yours." Mostly in our cases the victories are metaphorical... But then, we are not behind enemy lines yet!

**Hari Govind Nair** 

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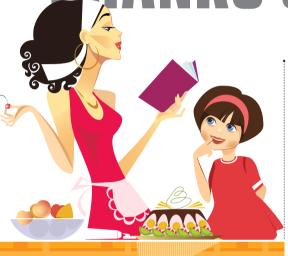


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# (S & QUII



in the kitchen. She rummages through her purse and finds the driver's licence. After examining it carefully, she walks up to her mother and says, "I know how old you are! You are 35."

The mother is very surprised.

"And I know how much you weigh. You weigh 136 pounds, right?"

The mother is shocked.

"And I know why you and daddy got a divorce."

The mother, dumbfounded, asks, "Why?" "It's because you got an F in sex."

# **Inquisitive little Mary**

Eight year old little Mary and her mother are walking through the mall together one day. "Mommy," says little Mary, "How old are you?"

"Darling you should never ask a woman what her age is."

"Why not?" demands the child.

"Well, that's somthing you'll understand one

day when you're growing up."
"Mommy," asks Mary again, "How much do you weigh?"

"Never mind," answers the mother.

"Why can't you tell me?"

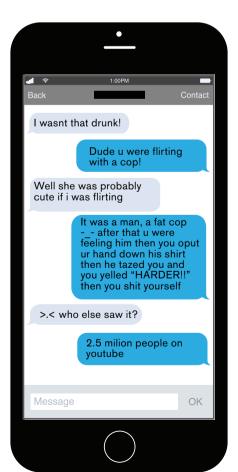
"Because grown-ups never talk about how much they weigh."

"Mommy," insists the child, "Can you tell me why you and daddy divorced?"

"Darling," responds the mother in exasperation, "That's something still very painful for mommy, and I really just can't talk about it now."

A few days later, little Mary recounts this conversation to a friend at school. The friend explains how to overcome these problems. "All you have to do is get your mother's driver's licence! It has all the information about any grown-up you want. You just read it like a report card, and it'll give you anything you need."

So, little Mary does as her friend recommends. That night she sneaks into her mother's room, while her mother is cooking



Courtesy: funny\_memes



# **Protection**

A young businessman picked up a blonde in a bar and took her back to his place. When she saw the bedroom, she exclaimed: "Wow! A water bed! I've never had sex on a water bed before!"

As they lay down on the bed, things soon got hot. She said: "Before we go any further, don't you think we should put on some protection?" "Good idea," he said.

So the blonde jumped up from the water bed and went into the next room. When she returned she was wearing a life jacket.

# **Two-story house**

A man appears before a judge one day, asking for divorce. The judge quietly reviews some papers and then says, "Please tell me why you are seeking a divorce?'

"Because," the man says, "I live in a twostory house."

The judge replies, "What kind of a reason is that? What is the big deal about a two-storey house?"

The man answers, "Well judge, one story is... 'I have a headache' and the other story is, 'It's that time of the month'."

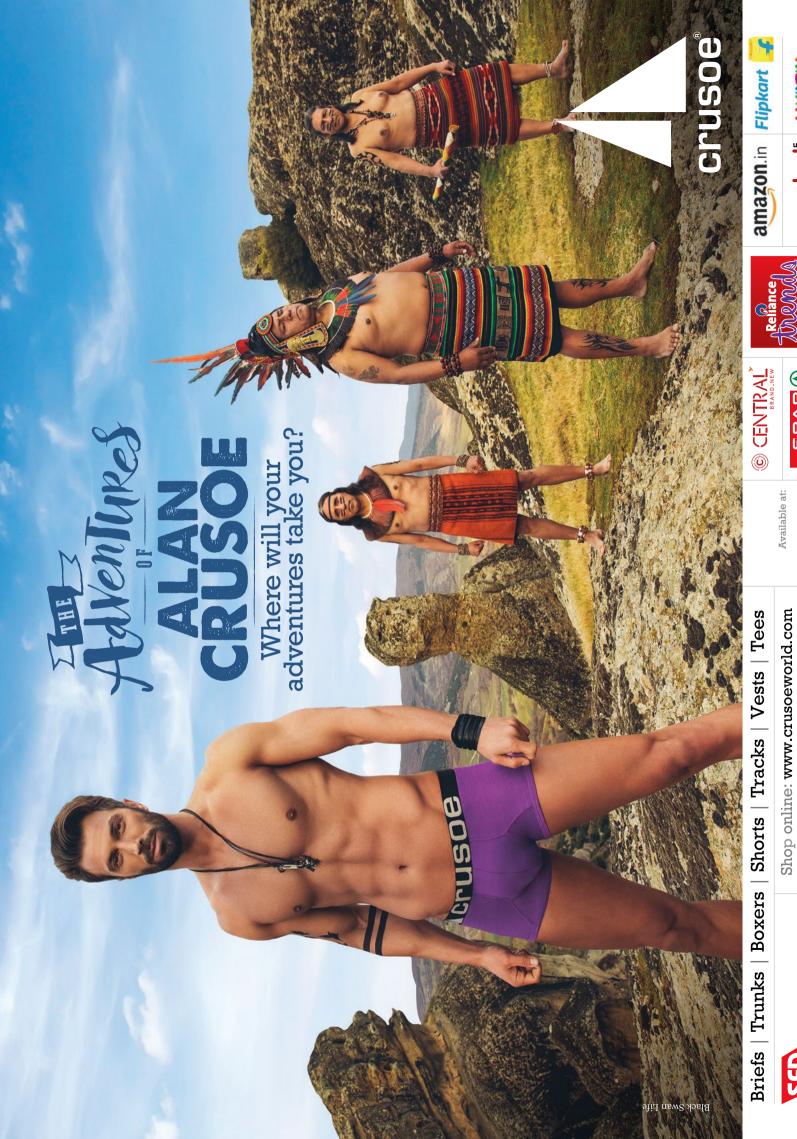
# **Domestic trivia-1**

Q: Why are married women heavier than single women?

A: Single women come home, see what's in the fridge and go to bed. Married women come home, see what's in bed and go to the fridge.

# SHARE GAGS, GET A GIFT

Know any funny jokes? Every gag used earns you a surprise gift. Send them to fhm@tcg.media



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# LEIIEKS 02/17

# Get in touch!

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(a) fhmindia





Just love the Yuvi-Hazel cover Guys, you've done it again! I just loved your Dec-Jan issue for the pictures of Yuvraj Singh and Hazel right at the time of their wedding. It was like getting a glimpse of their world as they live it every day: the chemistry they share and the fun they have. You should allow some fans to be present at such shoots, may be run a lucky draw. Please consider this. I would love to be present when you shoot Virat and Anushka's wedding. I will pay for my tickets and come anywhere you shoot.

# **Bobby Singh, Chandigarh**

We're glad that you liked our efforts, but just so you know we were not their official wedding photographers, and don't plan to become so for Kohli's wedding either. As for your proposal we may announce something like that soon. Keep following for updates!

# Disobey death with sports

I love the sports that were listed in your list in '7 death defying sports'. I have personally tried my hand on crocodile

bungee jumping. Even though it's banned, I'd really like to try train surfing some day.

# Aurelia Heumadeur, New Delhi

Wow! Good to know there are more crazy people like us in the world. We have tried saner versions of the sports we've mentioned so far that ensured our life's safety. But lady, you've just given us hope.



# From Social Media

### Sonam Bora

@hazelkeech @yuvstrong12 congrats both of you. Love you yuvi!

### Gülsüm Arl

@fhmindia I love youuu

From Turkey.

# Pankaj Vats

@hazelkeech @fhmindia looking awesome bhabi ji



# Mantra for life! I read your article 'Rock it on a shoestring

budget' and felt like it was a customised piece written exclusively for me. Demonetisation ne watt laga rakhi hai and it

is difficult to buy even basic necessities like my daily sutta. I've already gotten rid of my credit card and uninstalled all the shopping apps as suggested. I've pulled out the article and stuck it to my wall. This is going to be my reference bible for life. Thanks.

# Anand Jalal, New Delhi

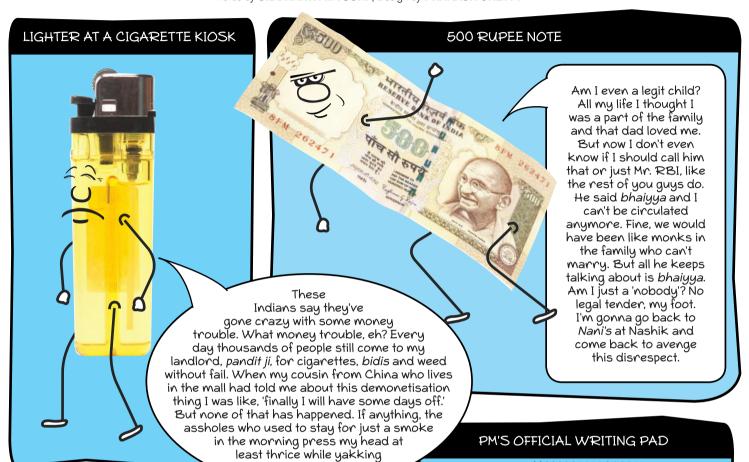
It's dope that you liked our article, but doohoood! Are you high on something? What's with that tone! Anyway... we have circulated the print outs of the story in our team and to all our friends too. The one who wrote it seldom comes with ideas like these.



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# I IF ONLY THEY COULD...

Words by SIDDHARTH M JOSHI | Design by PRAKASH SHETTY



# ATM MACHINE

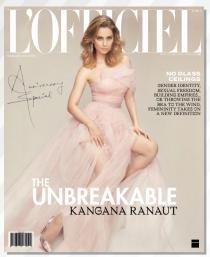
My life wasn't a smooth ride in the first place, after all nobody likes to be touched and poked without provocation. Still I had come to terms with it when they started making thousands more like me. But what's with this new rule? I haven't seen so many people in my life that I saw in just two months. I'm scared for my life, man!!!



about Modi.

I am
69 years old
now, running on 70. I
have seen a lot of folks come
and write on me with eloquent
hands. But nothing like this new
dude. Is he on acid or something? I
wish I could show you some of my
leaves that have plans for 2017 and
2018. If demonetisation has shaken
y'all, you should buy some air
bags for safety, for some
really big shocks are
on the way.

...................



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# NEWS & EVENTS



# The picnic table

If you reside in the Delhi-NCR region of North India, The Gateway Resort Damdama Lake, Gurgaon offers you a trip back to your childhood with their proposal of a picnic table. On offer is a bouquet of scrumptious food, great outdoor setting in the backdrop of the Aravalli ranges and several options for adventure. The Adventure Zone includes rappelling, zip lining, bubble soccer, rifle shooting, archery and paintball.

# Rocky Star store in Mumbai

One of the most popular fashion designers of India, Rocky S has launched a flagship store in Khar, Mumbai. All designs in the store are in line with his philosophy of merging modern aesthetics with Indian references. The store houses western wear gowns, skirts, blazers and tops, along with a collection of bags and clutches. Rocky S is known for his intricate and opulent embroidery, and has designed for Beyonce, Paris Hilton and Pussycat Dolls.





# **Tenth anniversary of SulaFest**

The yearly two-days long gourmet and music festival in the plush vineyards of Nashik extended their duration to three days in their tenth year celebration. The fest was held from 3th-5th February as music from across genres were featured in the fest, including psytrance, electronic, balkan, reggae, ska, punk, afro, irish.

# H.O.G. India rally 2017

The proud members of the Harley Owners Group (H.O.G.) are Goa bound from 16th to 18th of February this year for the largest H.O.G. India rally. Hosted by Harley Davidson, the fifth edition of the rally by the sea is set to witness close to 3,000 members from 26 chapters. It includes performances by Vir Das' Alien Chutney, a custom motorcycle zone and thousands of Harley-Davidson motorcycles cruising the streets in unison.





# **Meteorite by Omega**

The Swiss luxury watchmaker, Omega has launched yet another masterpiece in the market under 'The Speedmaster grey side of the moon', Meteorite. The 18k Sedna gold bezel is layered with silicon nitride, and the same gold tone also spreads over the indexes and hands of the watch. The dial consists of slices of the Gibeon meteorite that fell in Namibia, in prehistoric times, etched with acid to give it the ribbon-like flecks called the Widmanstätten pattern.

Price: ₹8,67,737



# **Asian Hawkers Market**

Delhi's favourite Asian food festival came back with their fourth edition from 10th-12th February, curated and presented by Veeba. Being held at Select City Walk, Saket, the food festival included all major leaguers in Asian food. It also included an hourly raffle on all three dates of the event; an Asian-themed flee market; daily performance of a b-boying dance crew; and a competition for the area's best bartender.

# H&M's 'Bring it' campaign

In an awareness campaign of garment recycling, the Swedish multinational clothing retail store company, H&M has released a film called "Bring it". Directed by Chrystal Moselle, the movie tells the journey that the unwanted clothes are recycled once they are collected in the store. Their first garment collecting initiative was launched in 2013 and since then the company has collected over 40,000 tonnes of clothing.



# The new Fifty Fathoms Bathyscaphe

The Bathyscaphe diving watches from the Swiss luxury watch brand, Blancpain have a new entrant in their family in the form of a 38 mm timepiece, a revised version of the Fifty Fathoms Bathyscaphe. Powered by Caliber 1150, it appears in a beautiful shade of blue to mark the depths of the ocean, and is water resistant up to 300 metres. The two series- coupled barrels ensure a 100-hour power reserve while guaranteeing constant energy. 

Price: ₹5,93,561





NORA FATEHI TALKS ABOUT SHOOTING WITH ATUL KASBEKAR, DATING AND BEING THE TYPO ERROR QUEEN...

INTERVIEW **SUDHAKAR JHA |** PHOTOGRAPHY **ATUL KASBEKAR |** STYLING **ALLIA EL RUFAI** HAIR **MARIANNA MUKUCHYAN |** MAKE UP **KAPIL BHALLA** 

# Hey, Nora! Did you have fun shooting for the famous Kingfisher Calendar?

Hell yeah! When you are being shot by the cool and amazing, Atul Kasbekar, you are bound to have fun! Every girl dreams of shooting with him. I was definitely nervous at first because I felt like an amateur. I am more comfortable when I'm acting or performing, but I wasn't sure if I was posing right (laughs).

# How did the weather treat you in Greece?

The weather in Greece was heavenly. I felt like I was more on a vacation mode than on work mode!

You have a fab body. What do you



# IF THE GUY IS TOO HOT TO HANDLE IN A DATE, THEN I'D DEFINITELY WANT TO WRAP HIM AROUND MY FINGERS.

### do to keep yourself fit?

Thanks a lot! I was never the one who had to work hard at the gym and diet and I still don't. I guess I am blessed with the North African genes, thanks to my mom and dad. I just eat whatever I want and dance whenever I can.

# Were you always this hot? You must've been the centre of attraction in college...

Yes (haha)! I'm sorry because it sounds really cocky, but that was always my strength in college, besides my bookish knowledge and street-smart characteristics! I used to make sure that I always had the highest grades and attended classes in high heels and fashionable clothes. I rocked at both!

# We can see that. How fun were your growing up years?

I am still in my growing up years (winks)! I must say that someone needs to make a show on my life. Every day of my life, since the age of 15, has been a fun, twisted and unexpected rollercoaster. I have a bunch of crazy childhood friends to add the necessary comedy in my life!

# Tell us the most embarrassing thing you did as a teenager.

Oh my God! I can't remember things I did because thankfully, there was always someone in my friend circle who did the embarrassing stuff. I was more of the comedian in my circle who used to have fun by catching them in awkward situations. I once caught a friend smelling gasoline at the gas station and she thought no one was looking. It was so funny that I made a mockery of her in front of everybody (laughs).

# Let's talk about guys and let's get it straight. Are you seeing someone?

Maybe I am and maybe I'm not (winks). But if I am, he would definitely be tall and handsome.

# What are the five things that attract you in men?

A good face, height, manly voice, the overall charisma and the guy needs to be polite. That turns me on.

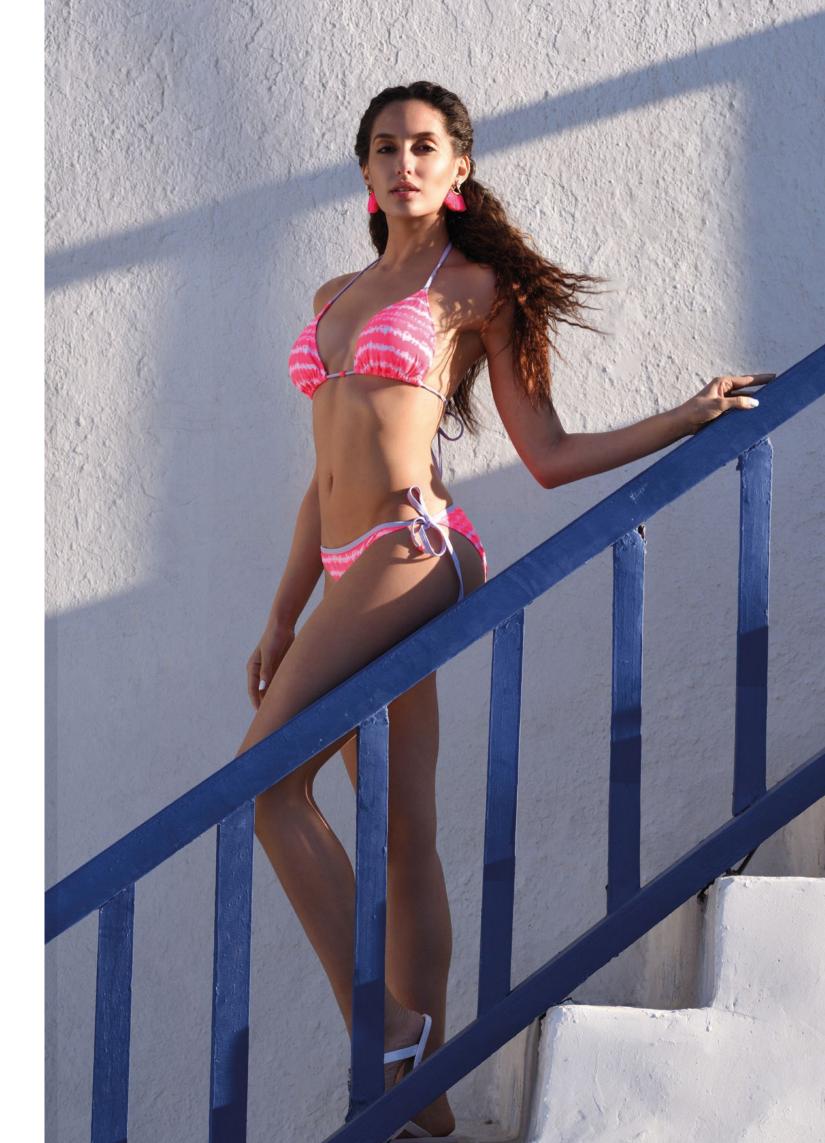
# And how about the turn-offs?

Too much cockiness, one who doesn't dress well, rude behaviour, selfish nature and guys who are unaware of what's happening in the world just put me off. I simply hate dumb and ignorant guys.

# Could you describe your most memorable date for us?

I have got quite a few memorable dates. I guess what all of them had in common was that they all ended with a lovely night of dancing nonstop to amazing music. My dates have always given undivided attention to me. They have been extremely well dressed and have





organised the whole thing very nicely!

# Now consider this... You are on a date. The guy is too hot to handle. How do you see the night progressing?

Well, if he's too hot to handle then I'd definitely want to wrap him around my fingers. I would then like to play hard to get. I would pull back and then see what the guy does to get my attention. For me, 'hard to get' is the way during a date. I feel that the mystery around me always works in my favour.

# Do you see yourself waking up the next morning in his bed?

Nope! Not the next morning for sure. But after a nice chase, maybe! It needs to be

worth all the wait, otherwise the interest is quickly lost.

# Do you like pick-up lines? What's the most effective pick-up line ever used on you?

Nobody has ever used a pickup line on me! I rather prefer fruitful conversations while the guy flirts here and there.

# Do you have a secret tattoo? If not, do you wish to get inked?

No. I hate tattoos!

# What do you think makes you look the sexiest when you wear it?

I think I look sexiest in lehngas! There's something about a sexy choli and an embellished skirt that works well on me!

# What's that one habit you'd like to get rid of?

I have a habit of sending WhatsApp messages with major typo errors. Or tweeting with embarrassing typos, and not realising until it's too late (laughs)! My friends have started calling me the typo queen! I wish I can get rid of this.

# If you had the power to change two things about yourself, what would they be?

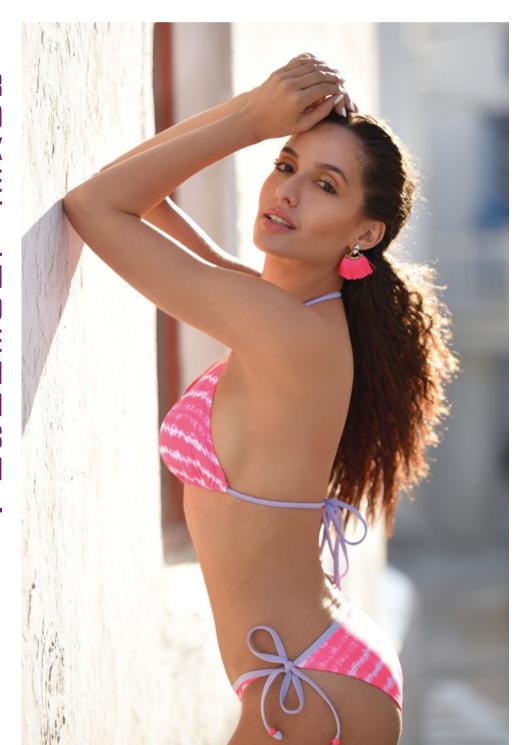
My height and my fat feet (haha).

### When and where do we see you next?

I see myself in more films in the near future because that's what I do - act and perform. So, may be in the cinema hall...



I WAS NEVER THE ONE WHO **HAD TO WORK** HARD AT THE **GYM AND DIET AND I STILL** DON'T. I GUESS I **AM BLESSED** WITH THE **NORTH AFRICAN GENES, THANKS** TO MY MOM AND DAD.



# **DID YOU KNOW?**

# **LOVEMAKING FACTS**

WE'RE SURE YOU KNOW EVERYTHING ABOUT SEX THAT YOU NEED, BUT A LITTLE TRIVIA DOESN'T HURT ANYONE (WINK).

French, the perennially most romantic people in the world have a special word for the point of orgasm, 'la petite mort'. Know what it means? "The little death."

2

It is often quoted that absence makes the heart grow fonder, but did you know abstaining from sex for long periods of time makes a man's sperm count go south!

3

The average amount of time that a person spends kissing, in their entire lifetime is 20,160 minutes. Think that's a lot? Let's pour a bucket full of ice over that number. It amounts to 336 hours or 14 days or 2 weeks.

Just 2 weeks??

4

If you were impressed by those nasal solutions that unclog your nose, hear this. Sessions of lovemaking can unblock a stuffy nose, as sex is a natural antihistamine. It can help combat asthma and hay fever. Need another reasons to get under the sheets?

1

Men find women's voices more attractive during their periods. Don't look at us that way, we were not in charge of the experiments. 6

Heavier men last longer in bed. Go tell her you eat like a pig!



Compiled by: Sudhakar



# GOT A DIRTY QUESTION TO ASK? FIRE AWAY!

HAVE AN UNDER-THE-SHEETS, BEHIND CLOSED DOORS, SEX DILEMMA YOU DON'T KNOW WHO TO ASK? OUR IN HOUSE SEX GURU, DR MOJO IS BACK TO CLEAR YOUR DOUBTS... THE FHM WAY!







Juna

My gf moans a lot when I'm inside her. It keeps me going and I feel great. Once, when I was about to get inside but hadn't, she started making the same sound. How do I ask without sounding like I have doubts if she has been faking it the whole time?

Anand Pant, Jaipur

I don't even need experience to tell you that if you ask her this she's never gonna say that she's been faking it even if it's the case. It's common sense. Either you're so good that you get her in the mood even before the grand entrance, or you're really amazing at other things that she still wants to be with you and fakes the sounds in bed just to make you happy. On first instinct, don't worry about it. As long as she doesn't complain about it herself, don't over think. On second, she may be doing it to encourage you to do an even better job. You may be good and she may actually be having a good time, but ultimately wants to up the game a notch. Read up on it, try some different moves and see if the sounds change intensity.



Two guys in my office are definitely interested in me. How do I tell them without having any judgemental reactions that instead of choosing one between them I'd rather have a threesome.

Rishabh Tyagi, Mumbai

Dude, either you're trying to pose as gay to fetch a funny answer or you're a recent convert or what is of the highest possibility, you are simply curious and want to get an experience of a lifetime. If it's the first one, then you're a jerk and deserve to be middle fingered by

both of them (*literally*). If it's the second then I'd suggest you spend some time in duets before indulging in an orchestra. And if it is the third then here's your answer... the gay community is sure a sensitive one but at the same time the most confident and unhesitating with their sexuality. If both of them are showing interest in you, then begin by finding out if they go along well with each other. Tell one of them about the status of the other and chances are he'll do your side of the embarrassing part by suggesting a threesome himself. If not, you'll get to know that he's not up for one. No judgements whatsoever.





Being a Game of Thrones buff I have re-enacted most of the scenes through costume play with my girlfriend. How do I convince her to do the Jamie and Cersei bit without sounding like a pervert? Harish Rawat, Lucknow

We're primarily all from the netherworld and sin is our poison. Just remember that this is true not just for men but women also. It's no big deal if you want to re-enact a scene of incest as long as you don't start taking your own sister's name, 'coz that's just sick. This is what you should do... dim the lights, put on an episode with the craziest Jamie-Cercei sex scene and as soon as they begin a conversation leading to sweet humping turn towards her and repeat Jamie's dialogues (homework- learn the dialogues. Confidence at what you're doing will get you laid, not your desires). I'm sure she'll find it sexy and might want to indulge as well.

# ROMANTIC WOES

Get advice on perfect love

Someone once said love is not easy, and we second that. We asked around if you guys had relationship trouble and got your queries answered by an expert in counselling.

Words by SHIVANI MISRI SADHOO



I love my boyfriend and want to build a future with him. But recently I discovered that he is open to having drugs. When I confronted him he said he doesn't do it regularly. We have really different backgrounds, and I have told him that we can't be together if he continues doing it. Should I trust him when he says that he wouldn't?

# - Alpana Mandwa, Jaipur

Since your boyfriend has told you that he is open to drugs and he occasionally takes narcotics, in such scenario, we suggest you to first find out the complete truth, yourself. Be assured that he doesn't take highly addictive narcotics like – cocaine, heroin, methamphetamine, LSD and secondly he does not take any such addictive drugs regularly. You would not get these answers by asking your boyfriend directly, and may have to use your observation skills like keeping a track on his expenditure, talking to his friends, etc. to find out the truth.

Remember that addicts, in general, have a tendency to hide the truth about their addiction level and there is a very thin line between a person controlling drugs and drugs controlling a person. In other words, it's not so easy to take drugs and not fall into a trap of addiction for long.

I recently met this girl and we hit it off really well. But while discussing our past lives I learned that she has had several casual hook-ups. I have been very serious about my only relationship before this one, and have had no hook-ups at all. Every time I think about how many men she's been with, it bothers me. I know what's in the past shouldn't bother me, but it does. What should I do?

# - Kalpesh Bhattacharya, New Delhi

Among all the qualities that people can possess in life, honesty is one of the best. So, appreciate that your partner is honest with you and is transparent about her relationships she has had in the past. More so when you are looking for an ideal life partner. Don't expect the person to be your carbon copy, everyone has their own perceptions, ideologies and belief systems to view their lives. When two people come together, they enter into a continuous process of learning, understanding and enjoying each other's viewpoints. Learn from each other's strengths and overcome each other's weaknesses.





I recently got into a relationship with this guy and I really like him. But I think he still hasn't grown over his ex. Now he's going to this wedding where she's also going to be there. I am very insecure about the situation. What should I do?

# - Saumya Johri, Mumbai

The best thing you can do is let your boyfriend go to the wedding and avoid asking him to not go due to your insecurity. Why? First, not attending the wedding does not guarantee that your boyfriend won't bump into his ex in future. Instead, if you stop him or express your insecurities and pledge him, it may make him better at hiding lies. Secondly, you have to understand that insecurity can drive a wedge in a relationship and it's important to do your own work to fight it.

If you still find your insecurities bothering you and if they become unbearable, then you should talk to your partner. Talk to him about your feelings and understand his perspective on the situation. Then try to put his ex's files behind you and leave the past where it belongs.

I have a friend who is married and loves his wife. But whenever he's out on solo trips or with us he feels attracted to other women. He's been with some women after marriage and not even once has he felt guilty about it. It's not like he's emotionally cheating on his wife or anything.

### - Anonymous

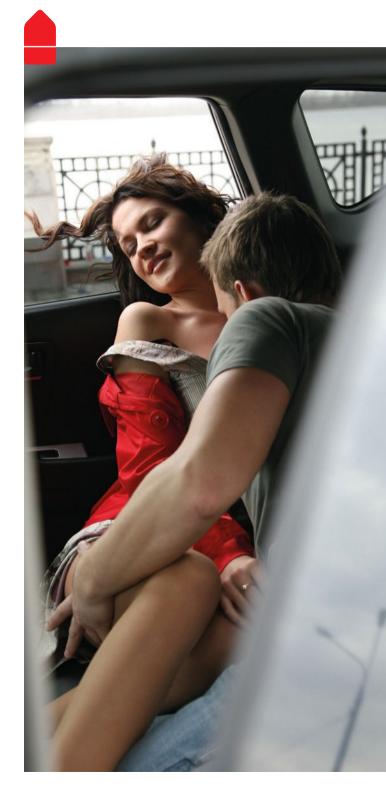
Infidelity is a complex issue. It has a lot to do with the emotional structuring, psychological perception and with the marital condition. It differs from person to person. Generally its takes lot of maturity, intelligence and efforts to truly love a person for your whole life and to experience and enjoy the bliss of family life.



My girlfriend and I are in a long-distance relationship. Whenever we meet all that we spend our short time together is in sex. Is it normal in a relationship or are our feelings for each other just about sex now?

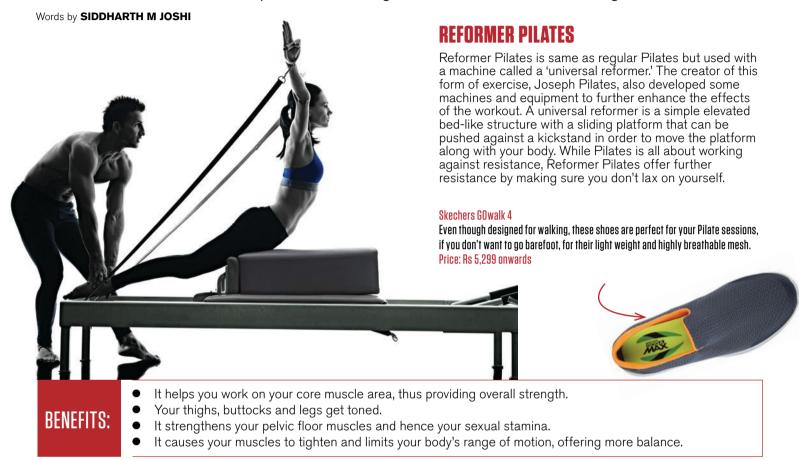
# - Gagandeep Vohra, Jalandhar

It's very obvious that in a long distance relationship, it's difficult for partners to express their love and affection towards each other. So, whenever couples get the opportunity to meet each other, after all, you can talk, hear and see your partner over the phone but you cannot hug or kiss her/him. There is nothing wrong in having sex when you get the opportunity to meet your partner, as long as you respect and trust each other and you know how to make the relationship work best for both of you. Also, ensure that you practice safe sex always.



# Straighten Up and Exercise!

Winters have faded away and the rising mercury mark on the thermometer tells you that soon all your accumulated fat is about to be exposed. It's time to get fit with our favourite fitness regimes.



# HIGH INTENSITY INTERVAL TRAINING (HIIT)

Also known as Sprint Interval Training (SIT), this method of training is a form of cardio exercise. The purpose of such high intensity interval sessions are to speed up the process of burning calories in a short span of time, so you don't have to spend long hours in the gym. All exercises involved are anaerobic in nature and provide the muscle groups less time to recover. A typical session of HIIT starts with a warm up, followed by several high-intensity exercises (sumo squats, jumping jacks, cross and front jabs on both sides), then a cooling down period. If you're only an occasional guest at the gym you might want to do this under the supervision of a trainer.



# Reebok Pump Plus

Even though designed for walking, these shoes are perfect for your Pilate sessions, if you don't want to go barefoot, for their light weight and highly breathable mesh.

Price: Rs 5,299 onwards







- It helps you work on your core muscle area, thus providing overall strength.
- Your thighs, buttocks and legs get toned.
- It strengthens your pelvic floor muscles and hence your sexual stamina.
- It causes your muscles to tighten and limits your body's range of motion, offering more balance.

# ANIMAL FLOW

Another no-equipment workout that is gaining immense popularity is Animal Flow that "mimics certain primal movements" and results in overall exercise of the body. It combines the movements of animals on four feet (quadrupedal) and other ground based movements with other elements of body-weight training to make it a rigorous yet fun form of workout. You end up spending a lot of time with your weight on your hands that increases flexibility and stretching, providing all your muscles enough tension to strengthen with natural movements. It can be either done in groups in order to make the sessions more fun, or you may enrol for one-on-one classes for more focus. This may be the perfect alternative to your warm up and stretching sessions before you indulge in heavier exercises, or an independent drill in itself.



# **BENEFITS:**

- It helps you work on your core muscle area, thus providing overall strength.
- Your thighs, buttocks and legs get toned.
- It strengthens your pelvic floor muscles and hence your sexual stamina.
- It causes your muscles to tighten and limits your body's range of motion, offering more balance.

# **AOUA CYCLING**

This is an interesting variation of the original styles of yoga that were laid out by Patanjali. It started with Bikram Choudhury patenting a style that he devised and named Bikram Yoga in the US. It is a combination of 26 poses to stretch one's body and calm one's mind, practiced in a room with high temperature and humidity – 40 degree centigrade and 40% respectively. Several other methods, like Forrest yoga, power yoga and TriBalance yoga are also considered to be extensions of hot yoga. Apparently this was created to replicate the hot and humid conditions of India to in colder environs of the west. However, experts are divided in their opinion about the benefits and harmful effects of the practice. Make sure you consult your trainer before you venture into this.

# Reebok Pump Plus

These may be used for all activities associated with water, like snorkelling, cycling under water and even walking on stones by the water. Price: Rs 5,299 onwards



- It helps you work on your core muscle area, thus providing overall strength.
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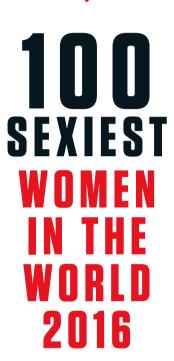
by

Vibha Gupta



# THE WORLD 2016

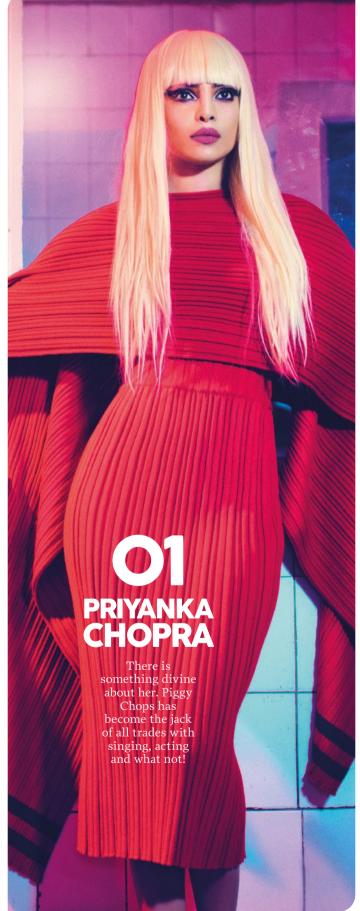
AND THIS
IS HOW
YOU ARE
VOTING...



IT'S BEEN FOR
A WHILE THAT
YOU'VE BEEN
VOTING FOR THE
FHM 100 SEXIEST
WOMEN IN THE
WORLD. ANOTHER
MONTH TO GO
AND IT'S GETTING
UNCOMFORTABLY
CLOSE AT THE
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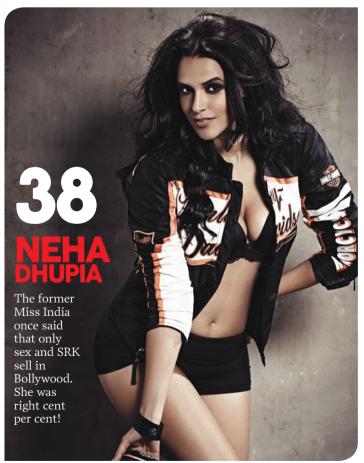




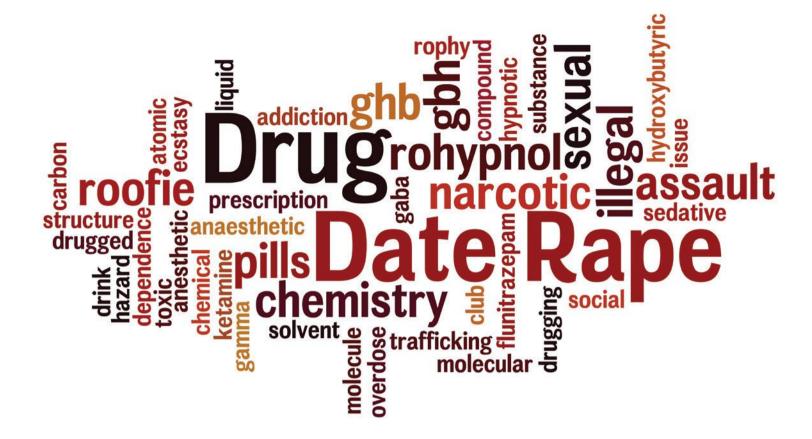












# **Party Safe**

SHOULD YOU ACCEPT A DRINK FROM AN ADMIRER AT A PARTY? OR IS IT OKAY TO BOOST YOUR RAVE NIGHT WITH A HAPPY PILL? HERE ARE SOME DRUGS THAT MAY TURN YOUR NIGHT INTO A NIGHTMARE.

Words by SUDHAKAR JHA

What is it: Lysergic Acid Diethylamide is a synthetic compound derived from lysergic acid found in Hawaiian wood rose and morning glory seeds or ergot fungus. The synthesised version of the drug is made by blending diethylamide with an

activated form lysergic acid. The acid made from the hydrolysis of ergotamine or ergine. The synthesised form is a colourless and odourless entheogen.

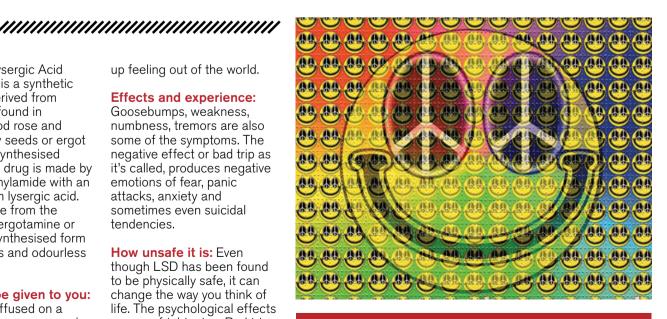
# How can it be given to you:

It is usually diffused on a blotted paper or a sugar cube or a tablet. Be very alert if you see a piece of paper floating in your drink as you might end up feeling out of the world.

# **Effects and experience:**

Goosebumps, weakness, numbness, tremors are also some of the symptoms. The negative effect or bad trip as it's called, produces negative emotions of fear, panic attacks, anxiety and sometimes even suicidal tendencies.

How unsafe it is: Even though LSD has been found to be physically safe, it can change the way you think of life. The psychological effects are very frightening. Bad trips are common and there are chances of death due to hallucination.



FACT CHECK Peer pressure causes 55 per cent of first-time LSD experiences among young people.



### ECSTASY """

What is it: Methylene dioxymethylamphetamine is the chemical name for MDMA, but it's more commonly known as ecstasy, 'X', 'E' or 'Adam'. Usually in the form of tablet or powder, ecstasy is not a psychedelic in terms of visual treat, but a heightened sense of empathy and blissfulness. It is also regarded as a date rape drug. Choose your date

wisely, or you might just get yourself in trouble!

### How can it be given to you:

The pill or powder may be mixed with water or in your drink. The mixture is also put in into a capsule. So, make sure that you order your own drinks and not rely on a stranger offering you one.

Effects and experience: As

the drug starts to kick in, different thoughts and ideas start taking shape and people experience decrease in anxiety and fear. This may feel to be a lucrative proposition but someone might just take benefit of the situation. Due to excessive energy, there have been cases of people dying of heat stroke and dehydration. It is also associated with intimacy and that's why a drug like ecstasy is extremely dangerous for women.

How unsafe it is: It is largely believed to be non-addictive, but with the mental peace and calmness that comes with it, MDMA becomes a need for people who suffer from fear and emotional instability!

FACT CHECK 16 million Americans have confessed to have used ecstasy at some point in their life.

### METH

What is it: A crystalline drug that you have seen
Heisenberg and Jessy
Pinkman sell on the streets of
Albuquerque is
methamphetamine. Also
called meth, crystal, ice or
chalk, this one is a highly
addictive drug that's white,
odourless crystalline powder.
It is made in clandestine labs
with over-the-counter
available chemicals such as
pseudoephedrine, mixing

various forms of amphetamine and other chemicals like battery acid and lantern fuel to make it more potent.

How can it be given to you:

There are several ways of being duped into it.
Swallowing, by putting it in a capsule; snorting, by crushing the shards and sniffing it through nose; smoking, by heating it in a pipe and inhaling it into the lungs. Now

this one is interesting, but lesser known. It's called booty bumping. The crystal is dissolved in water and a syringe without the needle is used to inject the solution through butt hole (ouch!). So before anyone tells you get some cheap thrills, back off or you'll regret it later!

**Effects and experience:** 

The initial rush after about five minutes results in increased

heartbeat, high blood pressure and pulse rate. During the high, the user is extremely focused on even miniscule items and tend to do the same thing for hours.

How unsafe it is: Meth is a highly addictive drug because of its binge and crash usage. The addiction is so much that prolonged use results in physical as well as mental deterioration.

FACT CHECK 1 out of 10 Americans have been given meth without knowing the full scale of risks involved.

### ANGEL DUST mmmmmmm

What is it: The most dangerous and psychotic of the lot, angel dust or phencyclidine (PCP) is a dissociative psychedelic drug that leads to a trance-like state where people tend to believe that they have superhuman strength. Angel dust comes in both powder and liquid forms. PCP is considered as an aggressive and depressant drug.

### How can it be given to you:

You can be given a cigarette and marijuana joints to smoke

as they can easily be dipped

### Effects and experience:

in PCP solution.

Effects usually depend on the dose, but violent behaviour, distorted vision, hallucination, illusions and impaired thinking are common. In extreme effects, there have been deaths too.

How unsafe it is: It's a highly addictive drug that leads to psychological dependence, memory loss, depression and weight loss in users.



FACT CHECK A survey on drug abuse indicated that an estimated 6 million U.S. residents aged 12 and older used PCP at least once in their lifetime.

### The perfect flowchart to ropese this Valentine's Day → IN LINE WITH YOUR ← PERSONALITY

Words by Siddharth M Joshi Illustration by Sachin ruhil

You're rich and kind of a You are not attractive to look at but are good with words and at reading people

You're successful and this may

genius too

Look at the girl well and

You are a compulsive

womaniser and open for

adventures

You may not be very smart but are physically fit and

Break the ice with a smart one-liner. But be prepared for an unfavourable response.

be a little intimidating for women. So carry a slight smile. make sure that you haven't slept with her already.

You're fit and good looking, so half your work has been taken care of.

Maintain your dignity. Don't seem too interested in the girl. Go up to a girl and strike a light but serious conversation.

Get a few drinks in and prepare to put up a show.

Don't go over the top to prove that you're a man.

Make a non-flirtatious but complimenting remark on the girl.

Make a joke or a light statement and break the premonition that you may be a geek.

Sift through profiles of the most interesting people whom you know personally, in your head. Choose one for yourself for the evening.

Stay away from alcohol and choose a decent looking mocktail. Walk up to the girl and make it obvious that you're interested in her.

Avoid longish eye contact with her but maintain a confident body language.

Don't talk about yourself. Talk about general things and then gradually shift the topic of your conversation to the girl.

Introduce yourself as that person and begin a conversation.

Get close to her by making compliments. Flirting was made just for you. Use it to the most optimum level.

As soon as there is an even mildly positive acknowledgement from her, look her deep in the eyes and offer her a drink.

Continue showing the human side to your personality by talking about some funny blunder you committed.

Tell her that you're leaving on some assignment the next morning, and wanna make some memories that will keep you warm on your

expedition, before you leave.

Dance with her if you have to. Get her more drinks and continue to flirt.

Your weapon of choice is 'words' so don't falter in that area. Build up a conversation.

Now is the time to utilise your riches. Ask her if she'd like to have some dinner.

If she's still hanging around that means she's also up for some fun. Throw some hints like your place is pretty close, even if it's not.

Smile.

No matter where you are, book a romantic dinner at a luxury beach resort in Goa, and fly her down.

Get laid in the restroom.

Order a cab.

Get laid in her apartment.

Offer to walk her home.

Get laid by the candle side.

Get laid like a monkey.







## ECCENTRIC. PASSIONATE. UNTAMED.













### Hi, Rubina! How good is it to be back on TV?

It feels alive! I have realised that this is what I love to do, and that's why it's really great to work again!

### Your love for bed and water is evident from the pictures. How was the shoot?

Well, it was really good! Abhinav and I were out for our anniversary celebration. He has a great passion for photography, and I am happy that he finds his muse in me. The pictures actually suggest that we were both busy doing what we love, and it got us amazing results.

### You are playing a transgender in your new show. Is it tough portraying the role?

Yes, it's really tough! To portray a not-so-common character is a challenging task! The role was turned down by many of my contemporaries.

### How did you prepare for it?

I had to give so many screen tests and sit in multiple number of meetings for the character. And every time I did it, the scene demanded something new. In the process, I tried to explore the character and give it a new life.

### Tell us more about yourself. Where did you grow up? How fun was your childhood?

I hail from the queen of hills, Shimla. I have been brought up in a joint family and being the eldest daughter, I was the most pampered and loved one! Despite coming from a conservative background, my parents gave me full freedom to choose and experience life on my own terms.

### What's the most embarrassing moment from your teenage?

Oh, don't even ask! One of my school seniors pursued me for more than three years. He was so influential that all the boys in my class were scared to even talk to me because of him. After school I used to walk back home with few friends, and one day he just came out of nowhere to block my way (in a very filmy way). I was so embarrassed that out of my nervousness, I just slapped him. He still didn't give up though!

### What's the best place for a guy to approach you?

The best place would be on the beach. I think that when I'm having a me time, a guy can come up to have a word.

### What's your idea of a fun date?

Wow! A fun date should start with working out together and then



cooking something in unison!

### Could you describe your most memorable date for us?

We had gone out to camp near a lake. During the sunset, he pitched a tent, set up a place for two and we enjoyed seeing the sun setting over the lake with a glass of wine. And then we took a dip in the lake together. It was really romantic.

### Has a girl ever hit on you?

Never! And it makes me feel good that I only attract men (*wink*).

### Would you rather get drunk on a beach or read a book?

Get drunk on a beach. Definitely!

### Are you a fan of pickup lines?

Only if it's a part of his sense of humour.

### What's the silliest pickup line that a guy has used on you?

Umm... Once a guy came up to me and said, 'My bed is Burger King, and you can have it your way.'

### Do you have a secret tattoo?

I don't believe in creating memories which later become permanent scars!

### What's the craziest place you've ever made love at?

Under the open sky, near a lake!

### What's your favourite cuisine?

I enjoy Mexican food! My recommendation would surely be the place of its origin.

### What's that one thing that you wish you could undo?

I have no regrets in life. I only have gratitude for the lessons that life had to teach me.

### Do you have a quirky habit?

I have this really weird habit of making funny faces during serious conversations!

### And what's that one habit you'd like to get rid of?

I'd really like to get rid of applying lip balm every 10 minutes.

### If you could jump into a pool of something, what would it be?

Taking a dip in a pool of red velvet cheese cake. Oh, wow! It sounds so good!

### How soon are we gonna see you on the big screen?

I am not sure how soon it will be, but it will happen one day for sure.

### WHAT THE HELL IS... SUP YOGA

YOGA IS THE LATEST FAD IN THE FITNESS WORLD. AND WHEN SOME CRAZY ASS PEEPS STARTED BALANCING IT ON A SURFING BOARD IT TRANSFORMED INTO A CROSS BETWEEN A SPIRITUAL DISCIPLINE AND AN ADVENTURE SPORT.



Standup Paddle Boarding, popularly called SUP struck popular sanction in 2013 when it became the top outdoor sport with the most first time participants in the US, even though it's been around for quite some time now. Soon to follow were thousands of yogis looking to expand their ground of activity, who paddled their boards to calmer waters and began stretching.

- 1. It's an amazing exercise to engage your core muscles, as your whole midsection works to keep your balance on the unstable base of water.
- 2. Beginners are advised to practice it in a swimming pool or other safer options before going all natural. This helps them learn to weigh their suitability for a tricky sport.
- 3. You need to know how to swim and the basics of stand up paddle before you venture into this.
- 4. Inflatable boards are preferred over solid ones, as they provide the right cushioning for your body like a yoga mat on the ground.
- 5. The basic parameter of SUP yoga is that you do it in the open
- environs, especially in lakes or deep areas of calm rivers, which expose you to sunlight and fresh air.
- 6. If you're wondering if it's still a *firangi* concoction and is away from Indian shores, you're up for a pleasant surprise. 'Waterwalk' and their instructors in Goa provide SUP yoga sessions along with other programmes.



WITH THE DEATH OF THE QUINTESSENTIAL ROCKSTAR FIGURE, AS THE WORLD KNEW HIM, WE FORAGED THE INDIAN TREASURE BAG TO FIND THE NEW AGE MAJOR LEAGUERS IN CURRENT TIMES.

Words by SIDDHARTH M JOSHI

TWO THOUSAND RUPEE NOTE

The latest thing to have made havoc in the country is the bapu-in-pink. After an overnight declaration of a new parcel from the RBI and of course, the Prime Minister, people are still singing to the tunes of the new currency note. It is the most tweeted about currency note ever in the whole world. If only few features that made rounds as grapevine, like a tracking chip and GPS, were true you'd probably be buying tickets to a concert where the slim piece of paper would sing Bring Da Ruckus.

Gone are the days when lasses got their cleavages tattooed with stage-performing music junkie names, or guys sold off even their last possession to get a glimpse of someone who they worshipped as a rockstar. Hardnosed attitudes that have taken over emotionality have zapped past emotional connections. But there are still situations, things and people that have risen to the same acclaims of trendiness as before, only they are too abstract to be nicknamed so. We've outlined a list of such badass broozers that have and are still rocking India to their tunes.



### INDIAN GOAT

There was a little word added to the Indian constitution under the 42nd Amendment in 1976 – secularism. If there's anything that has taken its sole responsibility on its wedder shoulders, it's a ram. In both the prominent sacrificial religions of India, Hinduism and Islam, goat offers its head in a spirit of self-immolation. So, its role as a social worker transcends boundaries of caste, creed and religion and even enters the kitchen for gourmet purposes. Some people would also attribute its rockstar status to its selfless service towards drunk parties, which in turn once again brings all communities together.





Here's the thing, there was a time when Arvind Kejriwal wasn't such a worthless digger. It was back in the day when he, along with some other dudes, fought for something called Right to Information, which turned out to be a magic ball causing rampage among public slobs. Today it's the most popular karaoke gig in India that single handedly invites thousands of people to sing to a tune that most public servants consider to be satanic, every single day. It's like a T-series cassette that made expensive sound labels pee in their pants because of its easy possessibility (if that's even a word).



RIGHT TO INFORMATION

### OLD MONK

If you used two words, a 'legend' and a 'superstar' and asked someone in India to guess who you're talking about, chances are more than 50 per cent people would skip the socially conditioned reply aka Mr Bachchan and say 'Boodhe Baba.' Come winters and every table from a rich man's mansion to a stony broke kholi hosts the stout bottle from the factories of Mohan Meakin. It's the cheapest poison you can imagine and has been responsible for delivering heightened cognitive reactions and madcap courage to its patrons since 1954.





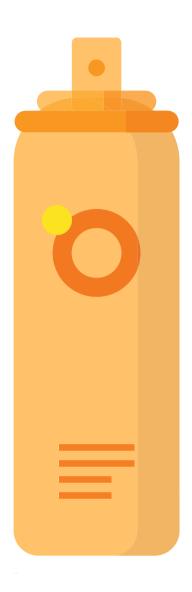
Gandhi *ji* made an amazing observation and gave the three monkeys – with self imposed deformities – theory, in anticipation of what modern times had in store for India. With all the chaos and cacophony around, especially in big cities, a pair of earphones is the rockstar that dons the jumpsuit of the third monkey with its ears covered. You could be travelling in the metro, sharing a cramped up auto ride or just waiting for your girlfriend in a shady alley, this bomb of an invention keeps you transported to a different world.

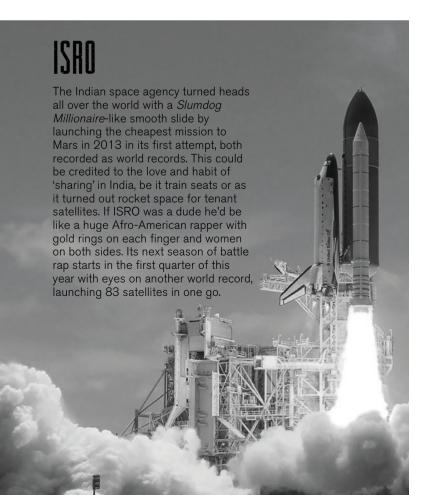
# SAURANCE

Dada is what audacity looks like in human form, in a preindependent Indian village with even Bhuvan having failed to win a cricket match against *goras*. Ganguly made a brawly statement by taking off that shirt at Lord's and bred Indian stallions who could retaliate racist slurs on ground, transforming meek Indians into confident citizens of the sporting world. He made them understand that the gentlemanly conduct had been chucked in the shade for a rugby-like assaultive nature. You owe a feisty Yuvi, a boisterous Bhajji and an unflinching Sehwag to Dada.

### DEODORANT

In the words of Russell Peters, "We are a hairy race and tend to expire soon," which was a reference to our profuse sweating. India is a hot and humid country barring some areas up north, so a deodorant is a godsent. Nobody would admit it, but it's a personal rockstar for every single Indian at least once a day all year long. If still in denial, you puny hypocrites should remember a late evening metro ride in the top summer months. How many times has your department of olfactics let out a silent evil prayer at a decaying smell from a yellow patch of a worn out shirt? Oh yeah... now you remember.





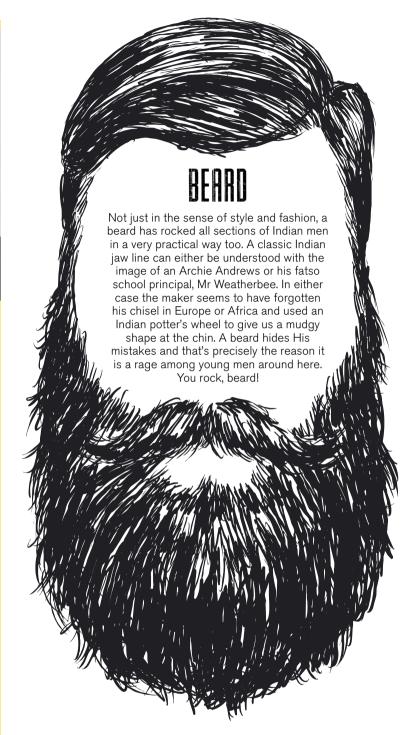


### PRO KABADDI

An essentially rural game of *Hututu* was transformed into an indoor sport in 2014 by Marshal Sports, which did not just make huge load of money but gave the game a brand new look, with Pro Kabaddi League. Based on the format on IPL, the PKL has proved to deserve every bit of its popularity. It's a *desi* rockstar who's made it big in the bad pretentious world with broadcast rights sold to countries as varied as US, Canada, Brazil, Latin America and the Caribbean islands.

### SHISH

Politics and uncorroborated controversies aside, Tharoor with his UN secretary nomination, and stash of books and women fans is sure a somebody in the fame scale. He writes books, makes honest and sarcastic statements that are refreshingly not eulogies to his political supremos, and gives out eloquent speeches. His one speech, in particular, at the Oxford Union debate on 'if Britain owes reparations to her former colonies,' catapulted him to a superstar stature even among those who belonged to an absolutely opposite camp of ideology.



### RAGHURAM RAJAN

Even before his indictment as the RBI chief when the common people heard of him for the first time, he enjoyed quite a prodigious status. Despite sharing his graph of education with Chetan Bhagat (IIT Delhi and IIM Ahmedabad), he became the youngest chief economist in the history of IMF. He hinted at a subprime crisis that became a reality, way back in 2005 by highlighting the risks in the US economy. In India he brought down inflation, which is considered to be one of his superpowers, to 3.7 per cent from a staggering 9.8 as RBI governor.

### **ROCKSTARS** THAT FIZZED **OUT AS JOKERS**

### ARVIND **KEJRIWAL**

This guy will top every list of fallen angels in the world. He started with a tremendous fan following and promise to change India. But soon he became the human version of a speed breaker with a loudspeaker in hand.

### BAN ON POLYTHENE

Every time Priyanka Chopra buys a new pair of shoes, the Indian government (central or state) bans the use of polythene bags, and soon the scheme lands in a dumpster. Ironic, eh?

### BHAI KI SHADI

Once upon a time the hottest question among journos was when Salman Khan would get married. Now it's reduced to a boring routine in every press conference, sans excitement.

### OLYMPICS PERFORMANCE

They made ads. marketed Indian sports like hot cakes in a German bakery, and the media went crazy after them, yet for whatever reasons, performance of Indian athletes in the latest Olympics was simply flop.

### **SWACHH BHARAT**

The scheme started with much pomp and show and a promise that it'd turn things around in India, but it didn't receive the much needed support of the common man and is sadly just another scheme now.



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# TAAPSEE PANNU

SHOOJIT SIRCAR'S *PINK* GAVE THE COUNTRY A GLIMPSE OF ITS FAST LOSING CONSCIENCE, AND CHANGED THE DYNAMICS OF A POWER-PACKED SUBJECT FOR A FILM, FOREVER. BUT ABOVE ALL, IT GAVE BOLLYWOOD A SECOND COMING OF THE GORGEOUS STOREHOUSE OF TALENT, TAAPSEE PANNU.



# he soul of both the characters is the same"

...Taapsee retaliates when I exclaim how different the role in her latest movie is, from Meenal in Pink. "I think both the characters are me in the garb of Meenal and Nimmi, with very different sides. Meenal is the more serious side of me, and this is exactly how I would react when someone rubs me up the wrong way. On the other hand Nimmi is the more fun side of me." Pink was probably the most important movie in the entire duration of last year, as it touched upon a subject which we only talk about in the luxury of leisure. Besides being fabulously presented it also bagged a huge fan following for Taapsee Pannu, a big star in the South. But I still want to understand why she chose a very light hearted comedy, almost bordering on something frivolous. And it turns out there's not just a logical explanation to this but also an interesting story. Even though Pink came out first it was Runningshaadi.com that was made before Pink even had a script. "I bagged the role because of the movie Runningshaadi.com which is coming out on 3rd Feb, which Shoojit sir produced before Pink. At that point he didn't meet me much. He was a creative producer for the movie, so even though he was involved, he wouldn't be on the set every day. He saw the footage of the film and probably decided that I should be Meenal Arora. But he didn't have the final script in hand, so he waited till the script was finalised and then approached me."

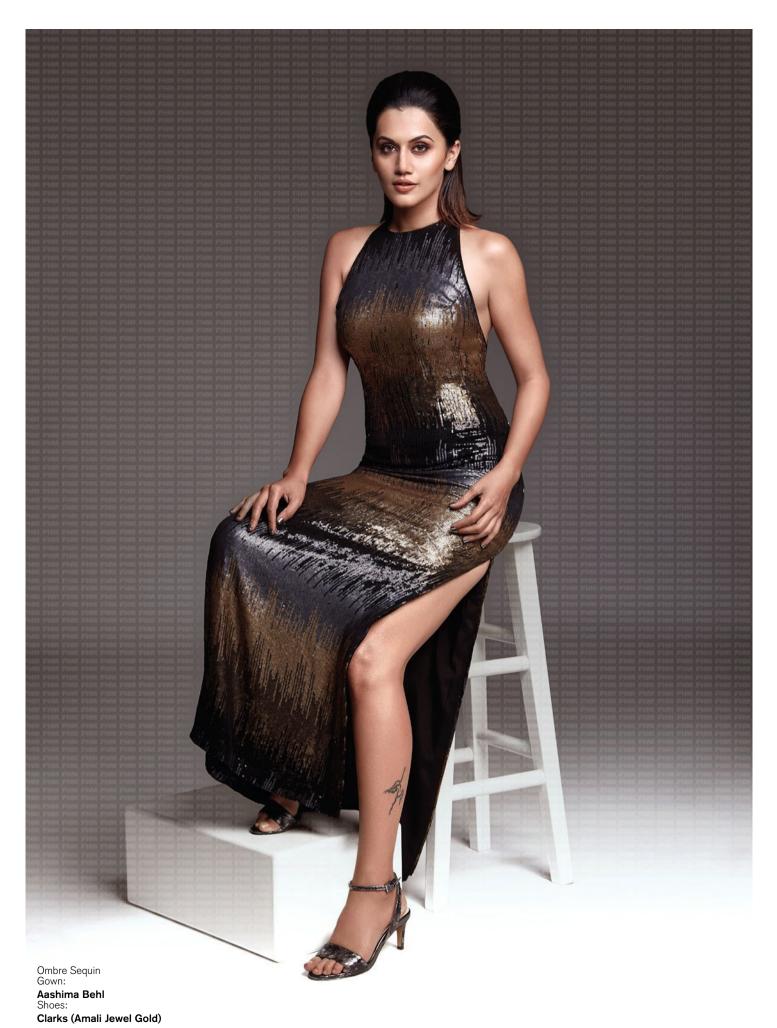
Taapsee goes ahead and gives me a simple rule of economics, when it comes to choosing roles, "For the effect of *Pink* you have to do a *Runningshaadi.com*. If you keep doing movies on serious subjects back to back, people would stop getting attracted to that intensity." And she is an audience for both. "Both of them are real films, with real situations. *Pink* is a more serious one,

while Runningshaadi is light hearted. I'll only do films that I can watch as an audience myself."

And what kind of films would she never watch? Sex comedies. "I just can't watch sex comedies. I don't find them funny or sexy. Not just in Bollywood, but a lot of sex comedies in Hollywood too." She is also not a fan of high octane action films, "with all the drama of five hundred people dying with just one man hitting them. I like X-men type of sci-fi action."

I can't help but fall back on Pink. Every frame of the movie reflects reality, especially how it takes place in Delhi. As someone who was born and raised in the capital, did she have to face something that was overtly sexist? "Forget the fact that it's about someone born and raised in Delhi, being a girl in India I face sexism every single day. Be it physically when someone touches you the wrong way, which I faced a lot when I was growing up, to the vulgar stares that we get, the catcalls and eve teasing. People don't need to touch you in order to rape you, sometimes they can rape you just with their eyes... the kind of stares they give. Then the kind of comments we hear about ourselves when we walk on the road, and for that matter the judgements we come across... we should do this, not do this. All these types of statements that reach a level that when you progress in life people assume that she must have progressed by some unethical means. We face it almost every day in our lives."

Even though we are proud of the movie and (against all odds) hope to see things take a positive turn in the society, Taapsee feels it definitely made some ripples but also some fizzles. Like the Bengaluru incident. "I felt like a dejected lost soldier when I heard about the Bengaluru incident. When this came from a city







like Bengaluru where there are mostly educated young people who go there to work from all over the country, I almost felt that we failed. Not just the people who were involved in this, but also those who were standing there and did nothing about it. At least some people must have seen the movie, and despite it being pretty popular no one came forward to stop what was happening." I can hear the frustration in her voice. It is not just about one episode in Bengaluru, but a lot of pent up emotions through history. "There was something that I recently read on the internet and was pretty touched by it, 'When a girl got molested nobody saw it, but when she kissed someone everyone saw it."

Taapsee wants to use her influence as an actor to make some more ripples that run deeper and last longer in this direction. "I'd like to work towards gender bias, like educating people that everyone is similar and there's no higher or lower gender. I don't mean to go, stand and ask for a 20 per cent reservation or extra chances; but just equal opportunity."

### Background

An average family in India watches films and if not crazy, they are slightly cuckoo in their own ways about Bollywood and its music. Not Taapsee's. Her family never watched films in the theatre. It was only what came on TV while they were at the dinner table. "They are not movie buffs who wait for a film to watch it in the theatre. Nor was I." I hope she at least has a background in acting, something that she did in school or college. May be she thought films were frivolous and the real art lay on stage. But neither did she have a fan phase in Bollywood nor had the acting bug come anywhere near her during the growing up years. "I was a trained dancer; I have been dancing since I was six years old. I learnt classical dance for eight years, then some western styles for another six years. I was used to being on stage with people looking at me while I'm performing, so I had no inhibitions with facing the camera and that is what gave me the ease to do what I do in my profession. But otherwise I had no experience in acting as such. All my training and learning has happened very much on the set of each and every film I did."

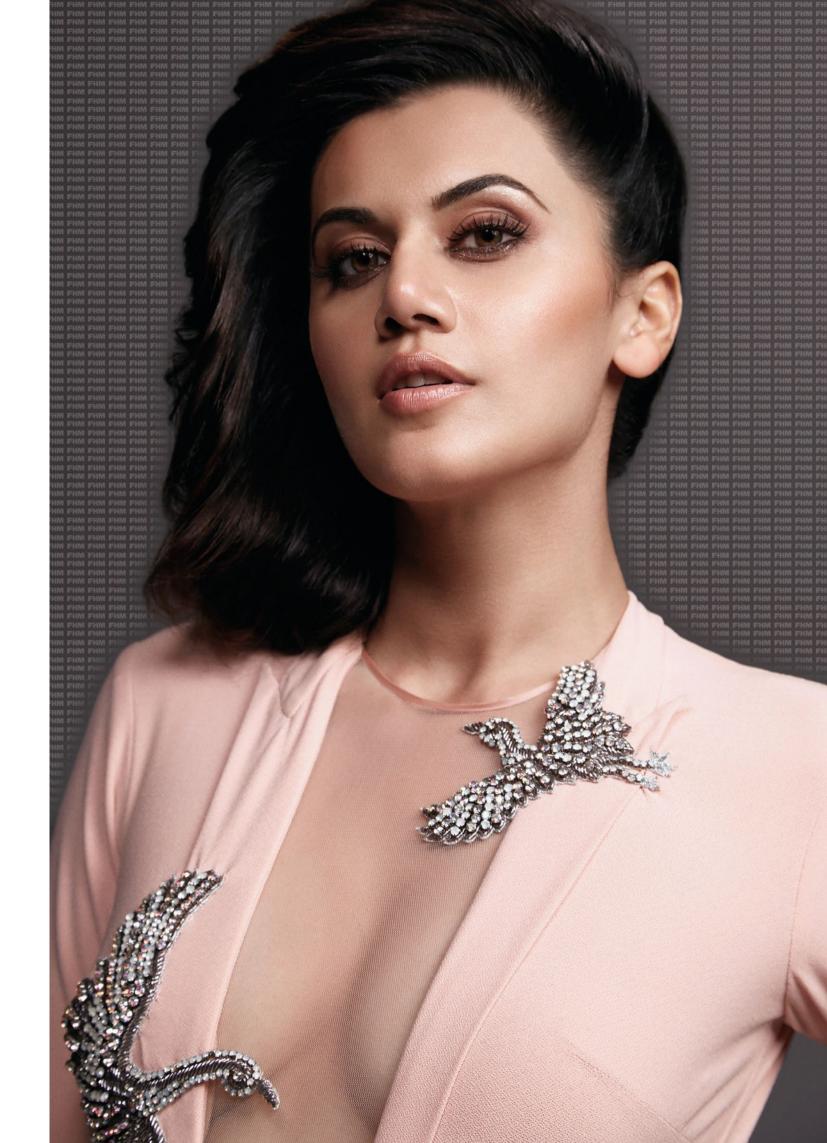
With absolutely no interest in acting why would anyone choose to be in the profession? "Well, the profession chose me, no matter how clichéd it sounds. I was a very nerdy girl, very much into my books. I used to love mathematics and scored highly in it. But I used to do other things as well, like dance and athletics, but never acting. I could never pretend to be someone else and acting was all about that, so I never thought about doing it. Like today also if you ask me to imitate some other actor, I will not be able to do that. I get too conscious when I try to be like someone else. That's why I never bothered to even try acting."

Taapsee did some part time modelling in college for an extra buck, purely for the money they paid. "I thought whatever time I get from my studies, dancing and public speaking, I'll do these small shoots for some good brands. And because these brands were good I was in their ads, on hoardings and all. So a lot of people started noticing me from my pictures and I started getting offers from films. But since I was doing my engineering I told them that I wasn't interested. Then I started getting calls from South. I told them very bluntly that neither do I know acting nor do I know the language. They told me that most of their A-listers didn't know their language and that they'd teach me. They really wanted me to come there and give it a try."

"I was a little surprised that someone else was more confident about me acting than myself. After my final year when I gave my ČAT exam, my percentile was 88 and for a good college I knew I had to cross the 90 mark. So, I decided to drop a year and didn't take up the job at Infosys that I was selected for from the campus. And I thought, parallelly I would take up a few films with reputed film makers. Luckily I'd received offers from some really big names there. Finally after doing my research I signed my first film in Tamil and another one in a span of just a month. I started shooting for them parallelly. The popularity of those films was so high that even before their release I signed three more films." We absolutely owe a Tapsee Pannu on screen to the hyperactive personality she has. If she had something to keep her busy during her preparation for CAT she would probably have been in the marketing domain. "I couldn't do just studying... I had to do something else as well otherwise I would have gone mad."



Recently I got an email from my English teacher from school, telling me how she loved the movie, *Pink*, and my acting in it. She was the only teacher in my school who forced and bullied me into doing the only play that I did in school. She said if I didn't do it she wouldn't let me anchor the show. She was the only one who thought that I could do it, when even I didn't think so.



### What memory from your childhood contributed the most in shaping your personality?

I always wanted to prove that I was at par with all the boys. Not that anyone ever made me feel otherwise, but I used to get into fist fights with boys in my first and second grade. Then as I grew up I started competing with guys for 100 metres, 200 metres, 500 metre races, and even in academics. I always wanted to prove that I was better.

### Who, would you say, are you the biggest fan of?

I used to be a fan of different people at different points of time in my life. There was a time when I had a poster of John (Abraham) in my room, then Hrithik (Roshan); I was a huge fan of Karishma Kapoor at one point. But it was never like the obsessive fan thing where I could die for them or something. I liked them, so I would save their pictures. Even now I have those crush(y) feelings for a lot of them (laughs).

### Like who? Who's your latest crush?

Right now I have a crush on two people, Andy Murray and Sam Claflin (You Before Me). And sadly both of them are married (laughs). Though, I wouldn't mind going on a date with them (wink).

### You've studied computer engineering. Was it something that your parents wanted or you genuinely like computer languages and programming?

Neither. It was not like my parents wanted me to do computer engineering ever; I decided it on my own because I wanted to have a good professional degree. Funnily enough this was the fanciest degree that I could think of. I was sure that I didn't want to study medicine because I didn't want to spend 10 years of my life studying. That's when engineering came in. It was only after a year that I realised that I didn't want to do that either. But I completed my course because it would have been way too big a shock for my family had I dropped out after a year. I scored well, but I knew I didn't want to make my career in this.

With a 90 per cent in class 12, did

### you never think of joining DU?

I did (laughs). I even locked a seat in Hansraj college for B.Sc Computer Science as a backup till my entrance exam results came out. But I continued going to Hansraj for a month after I got to know that I'd been selected, because I wanted to experience DU. Despite knowing that I was going to be here only for a month, I was still attending classes (laughs).

### What a dork!

Yeah... All the friends I'd made there were attending classes so I thought I might as well do the same. I would have gotten bored otherwise. The naya naya josh (laughs). But in that one month too I auditioned for their choreography society. I even performed with them in that one month. I just wanted to make sure that I don't miss out on any of the DU fun in that one month.

### What are your favourite hangout places in Delhi?

All my favourite hangout places are those which serve good food. Being a Delhi girl I can tell you which food item is best at a particular place... Momo's Point in Bungalow Road serves the best momos ever. Bikanerwala ki Kachodi not with chutnev but with aloo ki sabzi. Gol gappas which are different for different areas Chacha ke chhole bhature and also Nathu ke chaney bhature

Bittu tikke wale ki tikki Bharat Nagar ke dahi papri chaat New friends colony waley Al Bake ke Shawarma rolls.

Gulati's ka all Indian food. Food is a pretty intense topic for me (laughs).

### What is it that you don't like about your choice of career and why?

There are a couple of things that I don't like. First is dubbing for a film. I am a very spontaneous actor and I can't recreate the same emotions in the four walls in front of a microphone. Another thing is attending all these events, award shows and all, where you are categorised as an A lister, B lister or C lister. I would love meeting my colleagues at casual get-togethers, but I don't like those events.



All my favourite hangout places are those which serve good food. Being a Delhi girl I can tell you which food item is best at a particular place....

### Weird & Fun

### What is the weirdest question that vou've ever been asked in an interview?

When I started a wedding planning company, some people just assumed that I was getting married myself. So, someone asked me if I was getting married and quitting the film industry for good.

### What is the most absurd compliment someone gave you?

It's one of the compliments that I received after the movie Pink. A guy came out of the theatre and was like, 'I want to save you!' What exactly from I don't know (laughs). But I took it as a compliment for my acting (hahaha).

### What is the strangest thing you've ever eaten?

I've had a grasshopper. Fried it, put masala on it and ate it.

### What is the funniest rumour you have heard about yourself?

I had once refused to endorse an alcohol brand. I don't drink much so I didn't want to endorse a product that I didn't consume myself. And there was an article in Hindi that read Hamesha nashe mein dhutt Taapsee ek alcohol brand ko endorse nahi karengi (laughs). I don't usually drink, so my family called and said you can tell us if you've started drinking (laughs).

### What is that one place in India that you'd love going to again?

There is a place in the South called Antarvedi, where the border of Andhra Pradesh touches the ocean. It's a small place but I was blown away by its beauty while I was there on a shoot. I would really love to go there again. I don't like the mountain areas. I get very nauseous in the journey. Being from Delhi our concept of a holiday was always like, 'Let's go to Simla, let's go to Nainital.' So I was tired going on those winding roads; I used to be puking all the time.

### If you had to choose an alternative career, what would that be?

I have something in my mind that I contemplate sometimes... to open a cafe. If not that, if you talk about a proper job then I'd go into marketing, because you can be very creative with that as well. That was my plan when I was preparing for an MBA. I just can't do a desk job.



### **Uncomfortable** Questions

### Have you ever kissed or almost kissed a girl?

No. Wait... Yes! I had a dare to kiss a girl. My closest friend at that time was around and so I kissed her.

### Have you ever been in a friendswith-benefits situation?

No, that doesn't happen at all. I am an old school aunty in these situations. I need to have a very strong emotional connection going on. In fact, I should be able to imagine the rest of my life with him in my head to take that person to bed. It's not that I start talking about it, but it should be practical enough to take that person there when I get into a relationship with him.

### What would you do if you're ever caught in the act by your mom?

She will obviously know the one I'll be caught in the act with (laughs). I will obviously get embarrassed and will make sure to lock the door next time (hahaha).

### What's your favourite cuss word?

The world famous cuss word that everyone uses these days, fuck! It's not really a cuss word anymore. It is a word to express grief.

### Do you have a crazy fan story?

Yeah, there's one... There was this guy following me everywhere on the social media, a very ardent follower. He used to be very up to date with everything I was doing, so I felt nice. I happened to message him so he had an access to my direct messages on Twitter. Then he started telling me what to do and what not to do. If I wrote a post on Twitter he would sometimes say, 'delete this!' and ask me things like, 'who is he?' on random posts. I got a little offended, because this was obviously not something I had gotten in touch with him for. So I blocked him.

Some days later when I was at an event, he turned up at the venue, somehow managed to dodge the security and got into the room I was sitting in with some other celebrities. He stood right behind me when I was giving an interview to a journalist and when I saw him I just freaked out. He had come with red eyes like he'd just burst into tears and kept saying 'Taapsee... Taapsee...' like a freak. I was damn scared and had to ask the security to take him out.





# Monster on the boulevard!

YOU KNOW IT'S GONNA START A RIOT EVEN BEFORE THE ENGINE IS RUMBLED. WE DON'T NEED ANY MORE REASON TO LOVE DUCATI MONSTER 821, AS THE ROARING ACCELERATOR SAYS IT ALL!

Words by **SUDHAKAR JHA** | Photography **SACHIN RUHIL** 

wasn't a biker till 2012 and never even intended to learn to ride even as my friends scolded me for being a fattul As a child, though, the idea of revving up a motorbike always gave me a high of a different kind. My father had a Rajdoot and I made sure that my seat was up front on the fuel tank. The maximum hooliganism I ever did was to rev up the accelerator on empty roads. I was never into the minute details of bikes, like what the dry or wet weight of a bike was, how the gears worked or what 150cc or 200cc meant in biking terms.

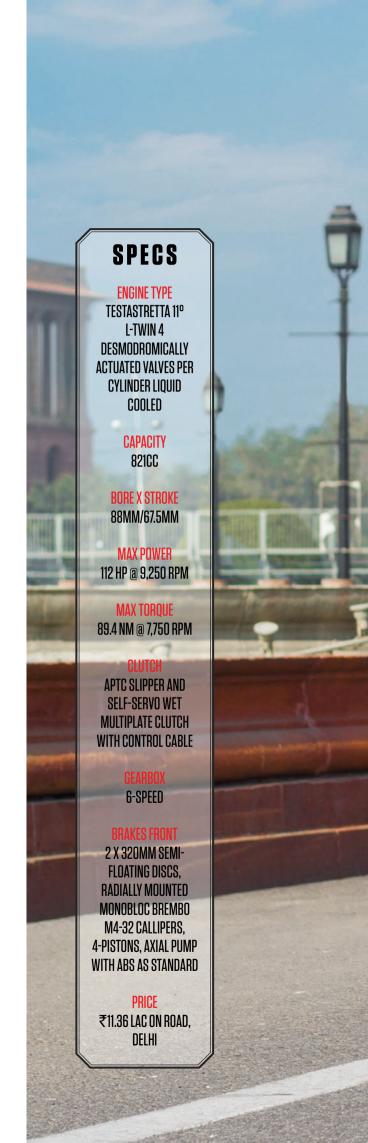
But ever since I discovered the biker in me, I have got chances to ride many bikes, from the 300cc Mahindra Mojo to 1800cc Indian Roadmaster. But here came the Ducati Monster 821 and instantly reminded me of those ruffian rides with my father.

It was the Monster's howling sound that hit me hard. The raw growl of the naked sports bike was enough for the people around to look back and look at it with awe. But isn't that what all these Italian giants are meant to do? It's like a certain Mr. Bachchan. You wouldn't use Google to search anything about him. You just know that he is the suavest of them all. Exactly the same with the Monster 821. This Ducati

baby snarls the loudest. It reeks of the red blood of Ducati and rides like one too. Just one push and it makes sounds that can put even the loudest dragons to shame. It has been made to bring out the hoodlum out of you.

On just another solitary Sunday evening, I decided to spend my Christmas on the ceremonial boulevard of Delhi, Rajpath. I put on my biking gear and set sail towards the busy India Gate hexagon. Despite heavy traffic, the Monster's handle didn't disappoint in manoeuvring through the cars. The three modes of driving, Urban, Touring and Sports give an option for every kind of ride. I mostly used the Urban and Sports on Delhi roads and the street-naked Monster seemed comfortable in both of them. Talking of speeding up, the vibrations on the handle get strong on higher RPM. That was my only concern!

The Brembo monobloc brakepads do an excellent job of killing the speed and bringing the bike to a definite halt in no time. As the shoot got over and the photographer wanted to pose with the bike as well, I discovered that there was an amazing photographer in me too! But that's a story, however interesting, for another time. Till then, let me savour the monstrous ride!





### devices of

### FUTURE

Consumer Electronics Show 2017 showcased some of the most amazing innovations which are so good that you would want them at your home right away!

Compiled by SUDHAKAR JHA



### **LEGO BOOST**

Lego group, which has mastered the art of mixing digital programming and physical building, is ready to inspire the young generation with limitless play. The Lego Boost will provide endless opportunities of adding movement, sound and personality to their toy. Powered by Move Hub, the built-in-tilt sensor, upon which children can add elements, motor and sensor for colour and distance detection to bring the toy to life.

### RAZER'S PROJECT ARIANA

The leading lifestyle brand of gamers, Razer gave a glimpse of the future with Project Ariana which promises to take the concept of RGB lighting and bringing new dimensions in the immersive gaming to a whole new level. The project is an HD video projector that uses ultra-wide fish eye lens and advanced processing capabilities to extend the gaming experience into an entire room. The system adapts the projection of in-game elements to the dimensions and features of the physical environment.





### I G'S HIIR ROROT

LG has been developing its IoT ecosystem like no other and with the hub robots, the concept of smart homes gets escalated to the next level. By connecting with other smart appliances at home, the hub robot completes every household task before you are back home in the evening. Equipped with interactive display, the robot even shows the contents of the refrigerator and also the recipes with step-by-step audio instructions. LG is making life good!

### SENSORWAKE OLFACTORY ALARM CLOCK

Sensorwake, the American startup, is revolutionising waking up out of the bed in a very relaxing way. The new alarm clock exhumes scent from a capsule inserted at the top as soon as the alarm goes off. The scents from Givaudan include toast, croissant, seaside, espresso, cut grass, chocolate and peppermint to act as stimuli for your nose. And if the scent too doesn't work, then the beep automatically starts after three minutes. Waking up to some temptation, eh!





### GRIFFIN HOME APPLIANCES

Griffin Technology, mobile accessory makers, have launched a collection of smart, app powered home solution appliances for everyday usage. From making your morning coffee to a digital toaster to getting weather and time updates while you get ready, now everything can be in your smart hands!

### **ASUS GT51CH**

The gaming desktop from the stables of Asus is ready to take over the computer gaming world. At 4.8GHz Intel Core i7-7700K processor, NVIDIA GeForce GTX 1080 2-way SLI graphics, and 64GB of fast DDR4 2800MHz memory, it will allow the gamers to enjoy latest games with blistering performance and beautiful, stutter-free 4K UHD visuals.



### **MOHU AIRWAVE**

The cord cutting company has just given a glimpse of how television viewing in world is going to change forever. The new Airwave is the first Over-The-Top (OTT) and Over-The-Air (OTA) device that's going to integrate live and local broadcast TV with free streaming devices like Apple TV, Roku, Android, iOS and more. The device will act as a cable-like TV guide for programme content for free with no coaxial cable!

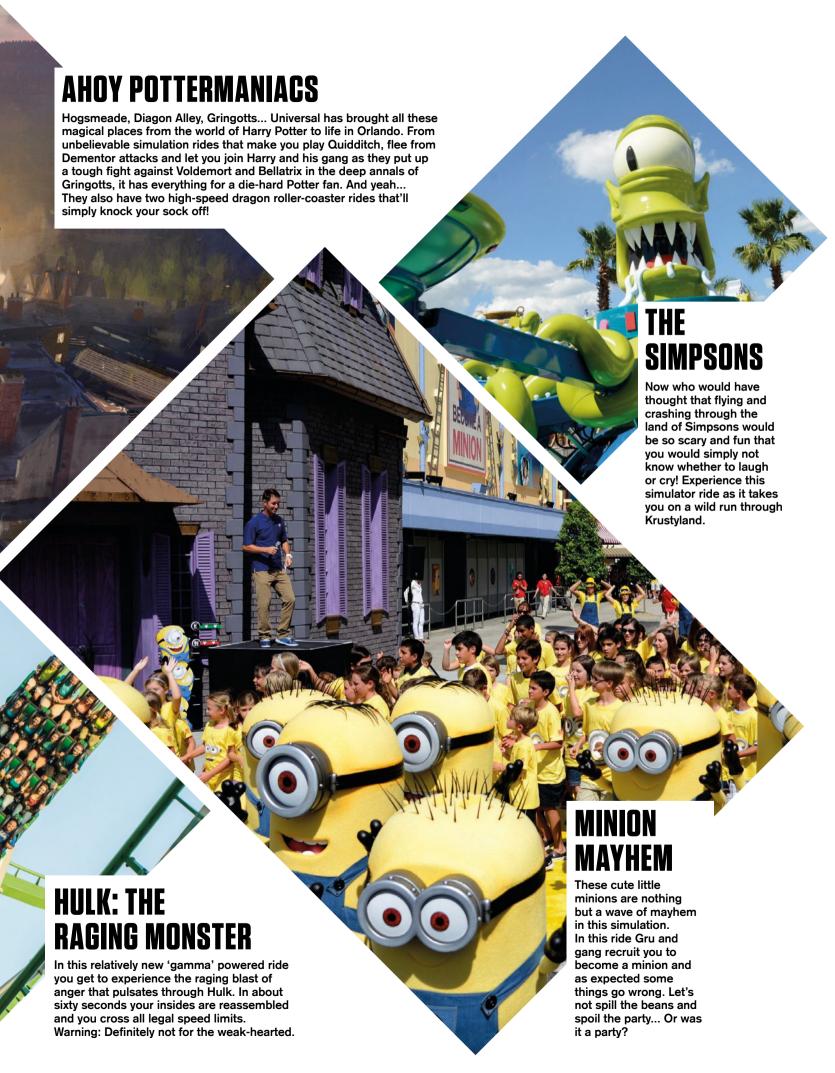


### **BANG & OLUFSEN BEOPLAY M5**

B&O, the luxury consumer electronics giant, has introduced the newest and arguably the best member of its family in Beoplay M5. The standalone speaker, with multi-room capability, spreads music evenly in every direction. Three pre-set sound modes optimise the acoustic performance and gives a true stereo sound experience.







### REINVENTING MYTHOLOGY

Aditya lyengar's fixation with Indian mythology overspells in yet another book, this time on the villain Ashwatthama. We scan it with our critical specs.

Review by SIDDHARTH M JOSHI





Book: Palace of Assassins Author: Aditya Iyengar Publisher: Hachette India Pages: 232 Price: ₹299

Indian mythology has largely played upon concepts of ethics and righteousness in its stories like *Ramayana, Mahabharata* and several others. They project the development of consciousness that has evolved through ages. Where *Ramayana* delineates moral rules, a later text like *Mahabharata* is less severe with these lines and offers open ended interpretations. That's also why many modern writers pick stories from the latter to write fictional stories of their own.

However, Mahabharata has some distinctive villains who can't be absolved of their sins by virtue of a debate on subjectivity of ethics. One such character is Ashwatthama. Son of the legendary teacher-commander of Kuru vansh, Dronacharya, Ashwatthama stooped to such levels of integrity that he was banished from the circle of life and death. His sin - murdering five children in their sleep and attempting to kill an unborn. There have been various attempts at telling the story from the points of view of many grey characters, but not Ashwatthama... This is the

first endeavour in this direction.

Except the background the entire story is fictional with fantastical creatures and fanciful episodes. The plot starts with Ashwatthama lying unconscious in the desert, frozen with the curse of immortality - Amrityuvar - and traces of human fluids oozing out of the boils from all over his body. His life is now meaningless and he tries to commit suicide before leprosy paralyses him completely. When he regains consciousness he finds himself in a cave, being taken care of by a woman. His gut has been sewed back that he had cut open in the hope of embracing death. Scenes from the past dance in his mind, but he is still as arrogant as before without a speck of remorse.

Time passes and he is approached by a small troop of Trigartadesa citizens who, despite his new identity, recognise him and seek his support in taking revenge from the Pandavas. He grows interested in their proposition when their leader, Senapati, tells him that in the process they will also be able to secure a powerful gemstone - mani - that has the potential to reverse his curse of immortality. After a lot of plotting, training, combats, treachery and sorcery the plan reaches the final stage of execution. The book is beyond just the unravelling of events, and underlines an inner displacement of Ashwatthama's morals.

### **Analysis**

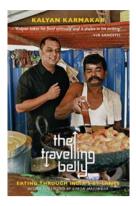
I read the first half of the book with a strong distrust upon the writer's intentions with the central character. I didn't want to see Ashwatthama being portrayed as a hero. But a book around him, set in a period post the Mahabharata war meant that lyengar could have used justifications for why he committed such blasphemy and how deep down he was a good soul. It was gratifying that none of

the sort has been attempted.

The main theme of the book is revenge, transcending into a bigger yet subtle sub theme of karmic lessons and gradual self realisation. Ahswatthama comes across as a strong warrior with a hard head that learns slow, something evident from his conversations with his father in recap. He is arrogant to the degree of stupidity and you feel quite satisfied when he is spoken to with greater haughtiness by Veerbhadra, the commander of the Garuda Sena. The character building is slow for most of the narrative, but a low-key shift towards the end is impressive and appears quite natural.

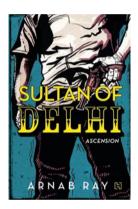
Similar events mark the story till action finally starts with the introduction of a demon, Maraan. It brings in a lot of drama in the form of sorcery and supernatural elements. We learn of a fictional flip side to Ashwatthama's bane of immortality... his ability to self heal. His broken limbs automatically get repaired in a jiffy and the wounds get corrected much like Wolverine's. Fantastic beasts like Garudas and Narsimha (half human-half lion) also add an interesting flavour. Where the Garudas remind you of Khalisi's dragons, you marvel at the strength and size of the magnanimous Narsimha.

It is a dangerous proposition to have a puny villain as the protagonist with little personality. Nonetheless, lyengar wins in the end by safely not falling in that trap and also that of clichés. The book is an absorbing page turner that gains pace a little too late despite the absence of literary quality. I wouldn't mind a few more episodes like Maraan. There are episodes that are flimsy and predictable, much like a Bollywood movie, but thankfully not at many places. The end that connects it to more familiar history is a bit ambitious. Overall, I don't see a reason why it shouldn't be your companion this weekend, for some fun reading.



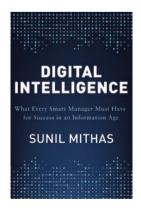
Book: The Travelling Belly Author: Kalyan Karmakar Publisher: Hachette India

Pages: 282 Price: ₹399



Book: Sultan of Delhi: Ascension Author: Arnab Ray Publisher: Hachette India

Pages: 304 Price: ₹299



Book: Digital Intelligence Author: Sunil Mithas Publisher: Penguin India

Pages: 392 Price: ₹599

### PLAYLIST FROM THE GRAMMYS FOR ROCK FANS!



With the restructuring of categories of nominations in the Grammys, the ambit of rock genre has further reduced under the prestigious title. However, there are some great albums, artists and records in the fray this year that you need to download right away. Our favourites this year...

Compiled by SIDDHARTH M JOSHI

### ► Song Shock Me

Genre: Alternative Metal Artist/Band: Baroness Album: Purple



Genre: Progressive Rock Artist/Band: Gojira Album: Magma



Genre: Metal Artist/Band: Korn Album: The Serenity of Suffering

### Song Dystopia

Genre: Thrash Metal Artist/Band: Megadeth Album: Dystopia

















### Song Burn the witch

Genre: Indie Rock Artist/Band: Radiohead Album: A Moon Shaped Pool

### **▶ Song** Heathens

Genre: Indie Rock Artist/Band: Twenty One

**Pilots** 

**Album: Suicide Squad** 

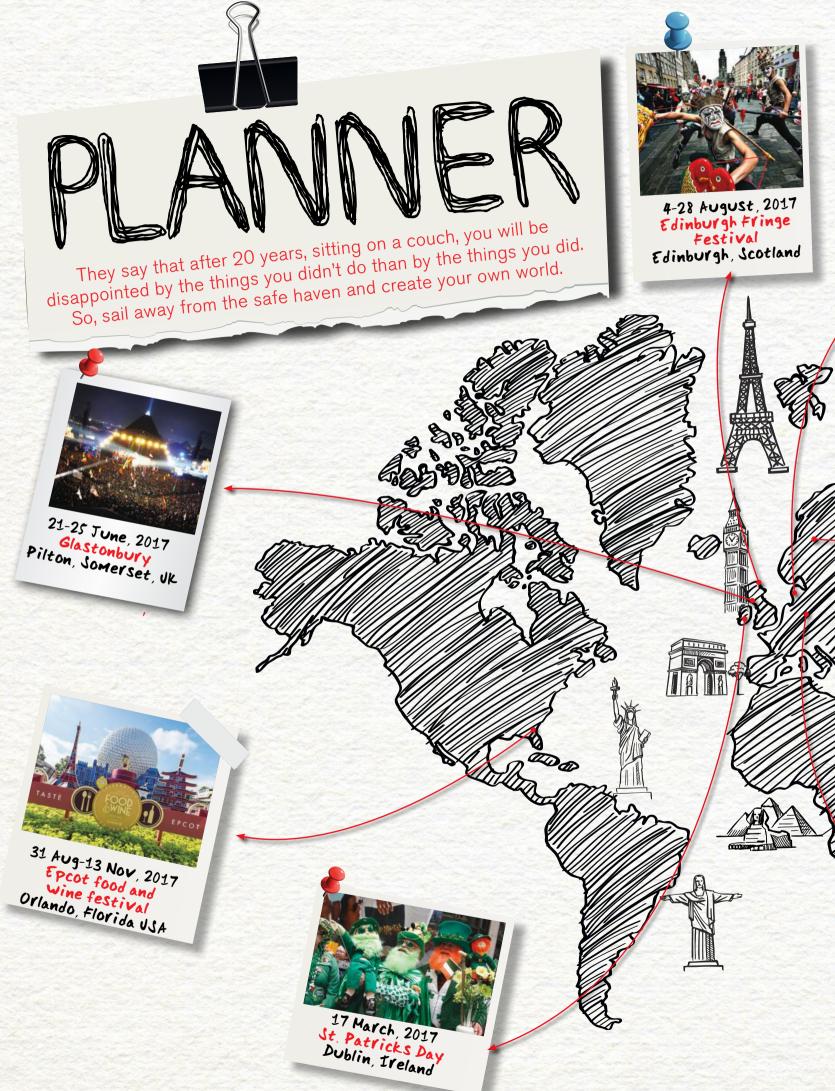
### Song Blackstar

Genre: Experimental Rock Artist/Band: David Bowie Album: Blackstar

### Song The sound of silence

Genre: Rock

Artist/Band: Disturbed Album: Immortalized







Krampusnacht Tyrol, Austria

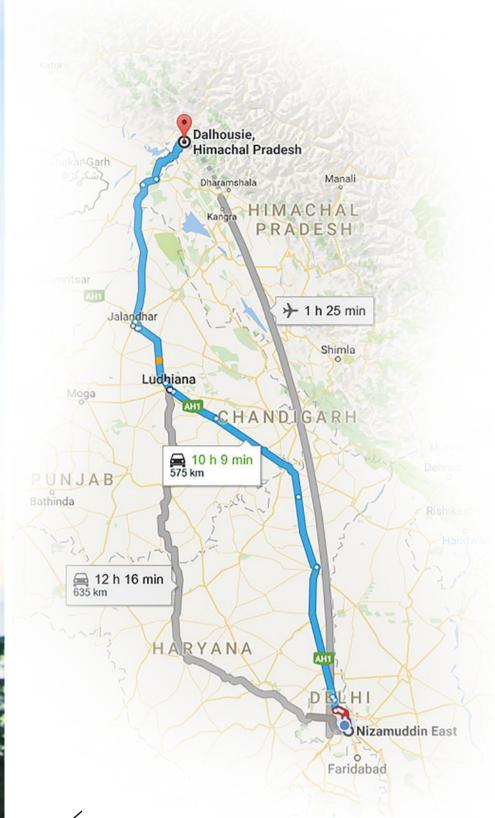
21-30 July 2017 TOMOTYOWIAND BOOM, Belgium

Mar-April, 2017 (TBD) Rhythm and Blues Fest Kasauli, Himachal Pradesh May, 2017 The Big Gid Mussoorie, Uttarakhand 22-25 September, 2017 Ziro Festival Ziro, Arunachal Pradesh 1-10 Dec, 2017 Hornbill Festival Kisama, Nagaland



Six people decide to take an impromptu trip to the hills in a mammoth motor machine...





BASE: Nizamuddin East, New Delhi

**DESTINATION:** Dalhousie, Himachal Pradesh

**RIDE:** Chevrolet Trailblazer

**TRAVELLERS:** 6

**PURPOSE OF TRAVEL:** Soul detox **STAY:** Birdwood Cotttage, Dalhousie

EXPERIENCE: ★★★★

t shows 6 in the office timepiece and no one wants to go to the same bar on this Friday evening. My landlord has just informed me that there's no water in the tank and I will have to make my own arrangements. My mind is working on innovative cuss words for the asshole. I've decided to crash at a friend's house and rent a new place next month. Life is levitating in an irritating mess.

#### **AN IDEA**

Hari is clicking on website after website to order food from a new place as is the case every evening. Suddenly he calls us to his desk, seemingly excited. We expect to see pictures of seekh kebabs with unusual names, but an old colonial mansion appears on the screen and it's not his wallpaper. "Guys... Birdwood cottage in Dalhousie. It's an Airbnb property. We'll have the whole place to ourselves to chill over the entire weekend. Wanna go?" He proposes animatedly while showing us more pictures on the website, as few of us are already on phone cancelling our weekend plans and informing our girlfriends that the Saturday movie won't be possible because of a work project in the hills.

#### THE EXECUTION

Sudhakar has lost his way to Hari's place in Nizamuddin East, where we are to meet. Defying google's instructions he reaches a good hour late. We have bought aluminium foil and plastic bottles for obvious purposes, and the trip is on. Anna's wife is elated at our sudden plan but warns us to bring her husband back in one piece as we pick him from under a flyover in Rajouri Garden. Sachin is dressed as a local Himachali guide and has brought us the most ridiculous combination of a midnight snack - aloo parathas and a bottle of warm milk. It's 10 o'clock already and Devika is still packing. Being the only girl in the gang she can't be left behind or we'd be stuffed with endless bewailings. Half an hour later we climb up the enormous ride at the last pickup point at Piragarhi and zoom our way to the most beautiful solitaire in the Chamba sautoir.

My travel playlist is running at full volume and our voices are booming on top of it while we try to have a conversation about making this a monthly affair. The car is a miniature meteor, speeding on the smooth highway like a dead star being sucked into a black hole. We have over 550km to go and like an excited amateur marathon runner we've started with full vigour. Sudhakar informs us at Karnal that he's hungry and Hari pacifies him by promising a McDonald's in 10km. Four hours and 250km later we are still looking for that McDonald's. Finally somewhere in the outskirts of Jalandhar we stop at a Subway attached to a Punjabi dhaba. Hari has been collectively banned from making restaurant suggestions on the highway in future.

## **TRAVEL DALHOUSIE**

Elevation: 6,562ft.

Weather: Due to its elevation and the presence of several water reservoirs around, the weather remains moderate to cold. It is prone to layers of fog and casual showers throughout the year, especially in autumn.

### HOW TO REACH



Distance from Delhi: 580km

Road: Car, Taxi, busses (Toll tax: Rs486 for 6 toll booths)

Train: Nearest railway station is located at Pathankot

Air: Nearest airport is located at Pathankot (limited flights) Pathankot is approx. 84km from Dalhousie. The stretch may be covered in a cab or bus.

## PLACES TO SEE AROUND DALHOUSIE

Khajjiar: The beautiful hill station at an hour's distance from Dalhousie (24km) is nicknamed as mini Switzerland because of an attractive combination of pastures, a lake and a dense oak/pine forest. You can do activities like paragliding and zorbing for nominal rates here.

Daikund Peak: If you're looking for a moment of peace in nature, you shouldn't miss going to Daikund. At 9,000ft. it is the highest peak in the area and only 13km from the town. You might have to trek a little to reach the top. Absolutely worth it!

Chamunda Devi Temple: If you're into culture and architecture, the 750 years old stone temple in the Kangra district may be of interest. You can take a stroll in the local market and walk up and down the clean roads to reach your place of stay.

#### **PLACES TO STAY**



We're in love with Airbnb properties all over India. You get to experience a slice of local architecture and hospitality in the property. Prices start from Rs1,500 and can go up to over Rs30,000 in Dalhousie.









(CLOCKWISE, FROM TOP LEFT) THE GRASSLANDS AT KHAJJIAR; BIRDWOOD COTTAGE; ROAD TO DALHOUSIE TAKE RIGHT FROM NH44; VIEW OF THE VALLEY FROM DALHOUSIE; SEASONAL SPRINGS







We reach Banikhet, the gateway to Chamba district, with the sun at a pleasant angle in the morning. Dalhousie is only 8km away and the air is chilly. We have no plan as to how we'd spend our days in the hill station. Should we explore tourist spots, click selfies and shop in the Tibetan market or take strolls in the forest area? We're soon to find out that despite all the beauty around we'd find our solace in a couch at the cottage. We'd need nothing else but water bottles, papers and pens to uncover serenity. And our weekend would be spent listening to the wordless music of the night.

Bittu (the caretaker) is waiting for us 3.5km further away from Dalhousie on the Khajjiar road, where Birdwood Cottage stands robust on the hill below the road. He takes us to the two stone cottages that have been reserved for us, right next to each other. The interiors take us to a Victorian style of double storeyed houses with wooden floors and fireplaces. We park ourselves at the dining area and stay there till the owners of the estate, retired Air Commodore, Chatrath and wife come to say hello; the most welcoming hosts we have ever seen.

#### **EXCURSION**

No matter how lazy we feel, we have to get out to explore the hills. Our hosts tell us to visit Khajjiar, which is often cited as a mini-Switzerland. We drive down to the thick pine forested area where a signboard, in all seriousness, announces its distance from Switzerland's capital (6,194km). A voluptuous spread of green stubble covers the ground surrounding a small lake. We make an attempt to trek the hill in the background but it drizzles every 10 minutes here so the soil gets mildly swampy, making it a difficult climb. The next hour is spent in a trance-like calm in a summerhouse overlooking the lake. Deeply satisfied with the grass we head back to the couch in Birdwood.

Air Cdre Chatrath is telling us several stories from his days in the Air Force, ranging from the war with China to the ones with Pakistan. It is a delight to hear him narrate first hand incidences from the warring times, in fact, so vivid that it's an exhausting adventure of its own. Freshly back from another trek to the base of a river we sit back on the couch and start on a meditative trip that completes our circle of complete soul detox.

We just realise that we're running a day late on our schedule. It's Monday and we are still sitting in the courtyard of a cabin in the woods, at peace with ourselves wondering if we want to go back to the city at all. An hour later, the car is doing multiples of 10 above 100 on the highway. Music is the only thing breaking the monotony of six sequestered souls, until we cross Jalandhar and Sudhakar asks, "Dude, where's that fucking McDonald's?"

## FHM Girlfriend



# COOL ADVICE FROM A HOT GIRL feat. EMILY SEARS

### **HOW TO TURN YOUR VALENTINE'S DAY MEMORABLE!**

Burning Instagram since forever, Aussie model Emily Sears is giving advice on Valentine's Day. Would you even dare ignore?

Interview by SUDHAKAR JHA | Photography 917PR/BRIAN B HAYES











## **OBJECT** of desire

## NEWMAR MOUNTAIN AIRE

With a history of over 50 years in building recreational vehicles (*RV*), Newmar's flagship Mountain Aire is a bundle of luxury on wheels.

Words by **SIDDHARTH M JOSHI** 

Vs started as towable trailers that were meant for a mobile life on wheels and leisure activities like camping and picnics. They can also be used as mobile offices because of their flexibility on the customisation section. Newmar is one of the most trustworthy names among the makers of recreational vehicles in the world. The company received the first 'Quality Circle Award' in 1996 from the Recreational Vehicle Dealership Association and has been bagging it consistently ever since. Newmar gets all its RVs manufactured in a single plant in Indiana, USA and has expanded into both gas and diesel engines.

The Mountain Aire luxury motor coach, from the stables of Newmar, is available in four exterior styles, four interior decor options and four choices of wood cabins inside. They come packed with a kitchen, beds, work stations, bathroom, pantry shelves, chairs, tables, 48" LED TVs, home theatres, radio speakers and may further be customised.

OVERALL LENGTH 44'10" Engine

500 HP

FUEL CAPACITY 560 LITRES

> PRICE \$545.35

\$545,352 (~₹3,67,16,314)











THERE'S A PARTY. WHAT SHOULD I TAKE ALONG? "GET SOME BEER, MAN."
WHAT SHOULD I ORDER? "GET SOME BEER, MAN."

Words by ANKEETA PAWA

# YOU KNOW WHAT'S COMMON AMONG THE 'WHISKEY-DRINKERS', 'WINE-DRINKERS', OR THE 'VODKA-DRINKERS'? THEY ARE ALL BEER-DRINKERS.

Beer is like the *tandoori* chicken of the liquor world – you seldom go wrong with it. What more, it's cool among the vegans too! No wonder that beer has evolved as pretty much 'the' choice of drink among the young and undecided. Be it the oncein-a-while social fresher or the I-knowmy-limit seasoned campaigner, everyone is happy to clink a mug. Be it the Friday-football screening or the happiness of a certain 'credited to your account' SMS, beer is again the common element.

And why not – it's an exciting time for beer guzzlers in India and one should actually make the most of it. Foreign brands trickling in thick and fast along with home-brewed beauties have thrown open a wide range of options. If there's a London Pride, the pride of having a beer is right up there. It is up for the thick Belgian brews as much as the strong rice-varieties from the North East. Just like Bira 91, that's made with the choicest two-row barley, extra malty and high hopped with delicate aroma and bitter hops that can be enjoyed on a casual evening out with friends.

#### CHEERS TO THE WORLD

Indians are travelling for leisure like never before and that too with an open palate. Gone are the days of shying away from local ways of living and happy with some pics in front of famous landmarks. We now want to 'live' our way. And drink our way, too. What that has done is make young Indians wake up to the taste of out-of-the-factory beers across the world.

Till only a few years ago, being served from a barrel remained limited to the Wild West classics. For us it was either the green or the brown bottle.

But not anymore... We are now a country that has beer replacing coffee in offices, courtesy the start-up wave! And we demand the best.

## KNOW YOUR CRAFT...

"DO YOU HAVE SOME CRAFT? I'LL HAVE THE ALE THEN," AND THERE GOES THE 'FOREIGN RETURN' FRIEND.

"Do I say 'same for me too'? Damn, no." And when it's your turn, all you manage is a bird's name!

Relax, you are not alone. We know, the SQ (social quotient) takes a beating and so does your ego, but it's OK. Here are three-point 'beer facts' that'll at least help you sail through the evening without much of a burp.

W

FACT#!

Craft Beer can taste just as good in bottles.

If you are a beer drinker in and around Mumbai, Bengaluru or Gurugram, you have probably gone down to one of the microbreweries. But tastier beer is available in bottles as well.

## FACT#2

Look out for terms like the 'Pale or India Pale ale' – these are mostly English or American styled brews and usually light. The heavy-bodied – thick, dark and even creamy at times – are usually German or Belgian varieties. Order accordingly!

## FACT#3

Beer is usually made from malt. But some have wheat as the main ingredient. Wheat beers are usually lighter than the malted barley-made ones. Try the deliciously different wheat beer, like Bira White that has a hint of spicy citrus.

Now that you are loaded, let's get some more beer man!

Writer is an evangelist at Bira 91

BEER
REPLACING
COFFEE IN

OFFICES"



## **CHOOSING TO EAT RESPONSIBLY**

Our guest writer this month, chef Kunal Kapur, gives us a reality check on the cruelty done to animals just for our benefit. Is it really worth savouring our taste buds over at their expense?

he world belongs to everyone, right from a tiny little fly to the giant whales. The earth, that we call our home, is abode to all creatures and various other life forms, be them plants or animals. For the nature all co-exist and are very much interdependent on each other. Not one species (no matter how evolved) can be pardoned for not being responsible for doing its part in the food chain. The food chain is simple and works on a

basic principle of, 'someone's loss is someone else's gain.' This balancing act by nature is balanced pretty effortlessly. And we, as humans, are doing everything in our hands to unbalance the basic requisite of nature itself. The amount of atrocities done on animals in order to become our palatable, prized premium foods are full of torture, pain and suffering. And the sad part is that we're ignorant of this fact most of the times.

Humans are on top of the food chain and thus we enjoy the maximum power. But another popular saying goes as, 'with great power comes greater responsibility.' We cannot live in ignorance anymore and must wake up to what we eat and above all, choose to eat.

How many of us realise that animals who become our delicious meals everyday are actually (in most cases around the world) are brutally tortured, kept in unhygienic and shabby shelters, go through pain, just so that they become more delectable, sought-after and premium meat to sell.

I am not pressing anyone to become vegetarian here. I have a belief that if one day the world decides to become vegetarian then many will starve, for there will not be much to eat for all and moreover the delicate food chain will go haywire. All I am asking you is to be aware and choose to eat responsibly.

A classic example of cruelty is the 'Foie Gras.' It's a French name which means fatty liver. This fatty liver or Foie Gras of a goose has a very creamy and buttery taste. Originally from France, it is now produced around the world because of its growing demand. It is an expensive and sought-after luxury food that is doing the rounds in gourmet meals. In order to obtain nice fatty livers, the geese are fed with corn and fat. Well, not just fed but forcefully made to eat more through machines. The metal pipe often bruises the inner

lining of their delicate oesophagus and causes pain and internal injury. But that doesn't stop farmers from overfeeding them.

Further, the birds aren't allowed to roam around as it burns their body fat and the increase in weight thus causes their delicate legs to weaken. All this is done to get fatty livers almost seven times the normal size of the original. This fattening of liver is very painful and ultimately causes the bird to die. As a result, what we get is a top quality perfect creamy and buttery goose fatty liver on our plates in a fancy restaurant. Does that really leave a pleasant taste in your mouth? Is it really worth it?

Most of you must be thinking that it's not readily available in India. Well, you are in for a shock because almost all big hotels and reputed restaurants in big cities have 'Foie Gras' on offer in their menus.

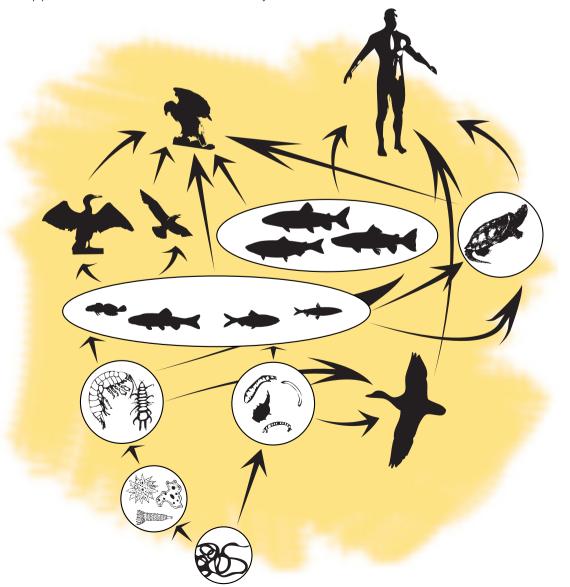
Another example is Wagyu. It is a breed of cattle in Japan which is known for its juicy and extremely tender meat. It will be

# I CAN'T FIGHT NATURE AND CHANGE IT, BUT I CAN DEFINITELY CHANGE MYSELF AND CHOOSE TO EAT RESPONSIBLY."

correct to say that Wagyu is one of the most premium meats in the world. It is expensive and has a lot of fat which is of great quality. This breed of cattle is fed with good quality fodder. They are made to listen to soft relaxing music while their bodies are massaged. Well, what really goes wrong here is that these bulls are not allowed to roam and graze freely. In fact they are restricted their entire lives, tied down at one place. The animal is slaughtered when it's young and ends up as an extravagant piece of meat which is fatty, juicy and tender. Think again, is it worth it?

Avatar, the Hollywood blockbuster from Steven Spielberg's stable had a lot to be pondered upon. For starters, it showed the world who we really are - cruel, irrational, greedy and irresponsible. On the other side were creatures who respected all forms of life. The best and the most profound part was when Naytiri (female character from Pandora) teaches Jake Sully (the actor in the Avatar form) how all beings are connected to each other. Energy flows from one to the other and any misbalance would mean a catastrophe. Even when she hunts an animal for her food, she gently holds the animal in her hands and gives it a clean quick death. And as she does it she repeats her words, "Forgive me... Oh my brother... Thank you! May your spirit run with the great mother! Forgive me my brother, your body stays here, but your soul joins Eywa. Thank you for your sacrifice.'

This, to a lot of people, might just be a movie but for me it is an insight into myself, how ignorant I have been about someone else's life. How ungrateful I have been to the meals that I have savoured. How arrogant I have been to all those who have laid themselves down to feed me. I can't fight nature and change it, but I can definitely change myself and choose to eat responsibly.





# Administrators don't control the game, they nurture it."

HARSHA BHOGLE TELLS US ABOUT HIS WORST FEARS, WHAT IT IS THAT MAKES HIM A SOCIAL MEDIA SWEETHEART AND HIS WISH TO WRITE LIKE GULZAR SAAB...

Interview by SUDHAKAR JHA | Illustration by SACHIN RUHIL



## If you decide to write your autobiography, what would be the name of the book?

Anita came up with one for my collection of articles and suggested, 'Out of The Box' and it was just so appropriate whichever way you looked at it. Should have kept it for the autobiography! Or maybe 'The Outsider' because that is what I have been in my profession all my life! Never been part of any club, so had to find my way around. It impacted me hugely as a person. Yes, maybe that as of now but I hope I can come up with a better name because that isn't a reflection of a hugely fulfilling family life.

## An autobiography that disappointed you the most... And why?

I switched off autobiographies a few years ago. I found them devoid of the passion that created memorable moments on the field. Maybe sportsmen have the deeds, not the words to describe them! Armstrong and Agassi were nice because they chose good partners to write them. Melody often comes from a composer and a performer working together. Singers routinely make poor composers so maybe it is about

knowing what you are good at and respecting what others can do! Actually, I must start reading a few again... had got put off a bit.

#### At a time when trolling on anything and everything is in fashion, you are one of the few people on the internet who hasn't faced much flak. How do you manage to be such a sweetheart?

Interesting choice of words! I get my share, certainly some of it has been much discussed in the public domain!

Maybe because I see sport differently and people relate to that. Maybe they see me as a simple guy who stayed that way (largely I guess!). Maybe because it is not in my nature to be confrontational and I'm okay with people's opinions. Maybe they realise that it is a waste of time to be rude to me. I still believe in the old line about not agreeing with people but accepting their right to have an opinion. But yes, I have met more people who have been nice to me than those who have been nasty.

Also remember, on Twitter, the guys who abuse you are hoping to provoke you. By getting angry, you are giving them what they want. By ignoring them, you are taking away their power, making them feel irrelevant and hence miserable. So ignore them, just assume they are sad people! I think I am a person everyone believes he can be (often should have been!) compared to all these other famous people who intimidate people with their ability and live in a different orbit and are people others cannot be.

#### If you are elected as the BCCI President, what would be your first decision as the chief?

Take out the word 'Control', the second 'C' in it. It is at the root of all problems. Administrators don't control the game, they look after it, they nurture it. Our sport, all sports, in fact, need benevolent parents. And then, I would do many other things. Many.

#### One team that you wished you played for.

India. Without a doubt. But I must confess, playing for the country was never a dream when I was growing up. I loved playing cricket dearly, I looked forward to my games like a kid would to a piece of cake. I remember some of the shots I played thirty five years ago but even more than that I remember the catches I took and the times I hit the stumps directly. I loved fielding because nobody could stop me from being good. As a batsman, a bowler could get me out, as a leg spinner, a batsman could score runs off me. But as a fielder, it was me and the ball and nobody could come in

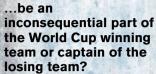
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I SWITCHED OFF AUTOBIOGRAPHIES A FEW YEARS AGO. I FOUND THEM DEVOID OF THE PASSION THAT CREATED MEMORABLE MOMENTS ON THE FIELD.



## HARD CHOICES

## WOULD YOU RATHER ...?



Easy. Be a part of a World Cup winning team. If I am in the eleven, I'm not inconsequential.

## ...have no taste buds or see things black and white?

I adore black and white pictures and one of my ambitions is to get a portrait done in black and white; there is something haunting and romantic about it. But I would much rather see the world in all its colour. It must be terrible not to be able to taste many things but I think it might be easier to live with it.

...experience the

#### beginning or the end of the earth?

Beginning. The idea of the end of the earth is macabre. Would I rather be born or die?

## ...have no one show up to your wedding or your funeral?

The only reason I would want people to come to my funeral is for my children to think their father was liked. Beyond that, it doesn't really matter. If no one showed up to my wedding, I'd know, in my lifetime, that I wasn't liked. But of all the bad things that could happen to people, no one showing up to a wedding is very minor.

...be able to talk your way out of any situation or punch your way out

#### of it?

Talk my way out of it, hopefully, without lying.

#### ...have a birth mark covering half of your face or have a foot-long tail?

I guess today you could do away with either in the hands of a good surgeon! But since you insist I choose... I'd rather have the birth mark covering half my face.

## ...be in jail for 10 years or be in coma for 20 years?

In coma for 20 years, because it would probably be the result of something I had no control over. Jail for 10 years, unless I was framed, would mean I had done something horrible to people and I would be ashamed.

#### ...live in space or under the sea?

I don't know... Under the sea maybe.

## ...be forgotten or remembered with hate?

Easy again. Forgotten. In any case, almost all of us get forgotten pretty quickly. We like to believe otherwise but it doesn't take too long.

#### ...be the PM or the President?

Neither actually. Either would take my joy away because it would prevent me from living in peace.

#### ...be half your height or double your weight?

This is some serious personality profiling! I don't know. Maybe

double my weight because with a bit of luck and help, I could lose it, but I couldn't grow. But being short doesn't take away intellect. On a lighter note, I often tell short people that life is about stature, not height!

## ...have a pause button or a rewind button in your life?

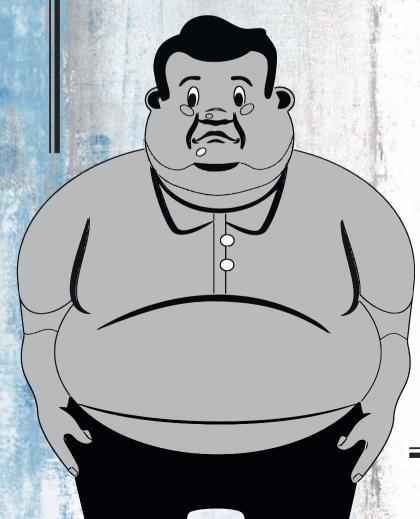
Pause. Rewind seems the right thing to say because you could correct things but I don't believe it would work that way. Yes, I would have done some things differently in retrospect but who knows what the by-product of that would have been. I am actually searching for a pause in life but haven't yet had the courage to go out and do it. Maybe I will have only one!

## ...share your office cabin with a nosy colleague or a noisy one?

Noisy. That would make two of us. I am used to living with noise around me and at work where the producer in my ear and the guest alongside me and the speakers in the stadium and the crackers are all going off at the same time and I am trying to stick to a rundown!

## ...be gossiped about or never talked about at all?

Gossiped about. It wouldn't matter to me what they were saying but that they felt the need to say it means I have impacted their life in some form!



the way. I found it a thrilling challenge. I could write a chapter on fielding alone.

#### If you could go back in time and change the result of a cricket match, which one would it be?

Two inter-college finals I played in. Both times we came close against Nizam College, a team that had superior 'sports quota' players in it. Both times, we came back from far behind. Once I played a poor shot, and once ran out of partners. Both taught me a lot about the game and about how it should be played. I was angry one day and in tears the other but it taught me that sport is as much about technique and effort as it is about emotion.

In international cricket, the Chennai Test against Pakistan in 1999. Tendulkar played an astonishing innings. The backdrop to the game was important, the setting and the emotion difficult to describe and the drama was unforgettable for a sports lover. But then, because India lost, I got to see something I have never seen before or after. An Indian crowd applauding a victory lap from Pakistan. It told me what sport is; that you try your hardest, you support the home team and in the end you applaud the team that plays better because it is only a sport.

## If you knew you had just one day to live, how would you choose to spend it?

With family. Remembering the good times and being grateful.

#### Who'd you really like to just punch in the face? And why?

I can't stand people who are pompous, who are rude and who throw their weight around. There are a few but thinking about them would make me angry and them important, so it is not worth it!

## If you could be a superhero which one would you be and why?

I don't know really, my life has been too real, too rooted. I would rather be a real person who did extraordinary things.

#### How about a superpower you wish you had...

Ah, now this is different. I guess the ability to read minds; to know exactly what a person is thinking about, irrespective of what he/she is saying to me. Far too many people are superficial or devious



#### Play

Happiness

#### Cricket

Unbridled joy

#### **Commercials**

Fund my sport

#### Sticky

Messy

#### Crowd

Noise, excitement

#### **Bite**

Juicy apple

#### Secret

Embarrassment

#### Heavenly

Dark chocolate with roasted almonds

#### Red

Blood

#### Slap

Anger

#### Cold

Uncomfortable

#### Mean

Cruel

#### **Shame**

Hide

#### Hungry

Poor

#### Mad

Hassled

#### Love

Beautiful

#### **Proud**

Success

#### Silent

Serene

and it would be fun to see through them.

#### What's something you're bad at and wished you weren't?

Singing. My fantasy is writing my own songs and going around the world singing them. To be able to hit the note you want is a kind of freedom I would have loved to have; like a bird in flight or a long distance runner at the 10k mark floating along. When the voice soars it must be like that. You control your limit and no one can stop you. That is the kind of excellence I wish I could have possessed.

## If you could choose to be born in any period of history you like, what would it be?

Maybe about 1990 or even a couple of years earlier so that I could be part of a generation that is going to change the way everyone looks at India. If only we can control corruption, if we can build infrastructure, India will be unstoppable. And yes, if we can get honest politicians. I love the confidence and the vision of this generation and we just need to show the way and get out of it. I guess the disadvantage would be that the world of television now lives under the misconception that you needed to have played the game at the highest level to be able to talk about it and I wouldn't

even have got a single first-class game and you wouldn't be asking me to do this!

## What is something that you've always wanted to try but have been too scared to?

Jumping off a plane. My son did it sometime back and he told me what others have too; that it is an unbelievable experience. I loved the fact that he did it because I don't have the courage to. I've held myself back too much in life.

#### If you could ask God one question, what would it be?

Why do we have war? Of all the brutalities of life, this is the worst. Proud, strapping young men having their lives taken away, for what? Nobody benefits from war, it is a giant sized ego manifesting itself. How much time we waste over Pakistan! How much money we spend! How many lives we lose! For what!

Khudaa-e-bartar teri zameen par zameen ki khaatir, yeh jang kyon hai? Har ek fatah-o-zafar ke daaman pe khuun-e-insaan kaa rang kyon hai? (Oh superior lord, on your land, why is there a war for land? Why is all success, all glory coloured by the blood of the common man). How I wish I could write like Sahir or like Gulzar. Or even like Prasoon. There is a big part of me still wanting to prove myself in Hindi/Urdu.

## TRENDY TIMES

THIS SEASON DRESS UP IN STYLE FROM THE LATEST SPRING-SUMMER COLLECTION OF SOME OF THE MOST TASTEFUL DESIGNERS OF THE WORLD.

Words SIDDHARTH M JOSHI



#### BEGINNING OF SABBATICAL, AS AN ARTIST

So you've decided to take a break from all the office flim-flam and let your artistic side dominate over you for the time being. Here are some styles to make that start.

#### **FREE FLOWING CHIC**

- Emporio Armani: Explore your new identity in sync with the label's theme, in unique shade patterns that reinvent the old good blue.
- Yohji Yomomoto: Be your own boss and accommodate your free spirit in these wide pants and military pockets.
- **3. Rag & Bone:** Save the colours for your palette and don a redefined anorak, paired with just what you want for this season, stripes!
- 4. Roberto Cavalli: Let the bohemian hippie, striving hard to break out of your serious facade, surface with an unrelenting knit in a splash of colours.









MEETING WITH AN INVESTOR FOR YOUR START-UP Your brilliant ideas have landed you in the best places so far. Continue turning heads, this time without even saying a word, with these cutting edge looks.



#### AGREEABLY FORMAL

- 1. Boglioli: Make a statement with an elegant look in a vibrant colour of nonchalance. No one's ever said no to confidence.
- 2. Giorgio Armani: The classic double breast on jackets are as hard to resist as Naruda's flawless Spanish poems, and there's no colour as silently authoritative as white.
- 3. Hermes: Loose your stiff formal collars and say it with a hint of metal inside. The ultra cool blue suit will make sure you're taken seriously.
- 4. Polo Ralph Lauren: Let the world see your inner gentleman with a seamlessly cut jacket. There's a reason some combinations have earned the 'classic' tag.





3

YOUR FIRST DAY IN IVY LEAGUE

You're young and have made your way into the crème de la crème of the academic world. Enter a new innings of your life with subtle phrases of style.

#### **BROTHERHOOD CASUAL**

#### 1. Calvin Klein Collection:

A white V knit, striped through at edges with the two most manly colours is a celebration of your adult metamorphosis.

- 2. Louis Vuitton: If you thought checks in the U-necks were still too bold for you to carry, now's the time to reward yourself with this audacious look.
- 3. Hermes: You're past the 'young and the frivolous' age and these collars give you a subtle personality shift into the 'young and the promising.'
- 4. MSGM: Save that boyish charm with sweatshirts and pair them with jeans. If you need more recommendations on some Brad Paisley numbers, we'll do that too.





## **Products**

#### Bylgari Man black cologne

Aigner N°1 Oud is an exciting new launch which re-defines luxury, quality and modernity. With spicy tones of coriander, cinnamon and nutmeg for a dramatic entrance, the scent then moves into its floral heart with jasmine, rose and violet with a hint of clove.

₹6,500 for 100ml



#### **Bluetooth speakers** from Portronics

Dubbed as Dome, the striking design of the speakers is a style quotient even when it's not playing music. Nicely embroidered cotton mesh texture on a dome shaped body has the ability to surprise with its powerful and clear sound.

₹2,499



The uniquely designed pendants are compatible with both retro and contemporary home décor. All pendants have easy height adjustment options and are specially designed for use with energy saving light bulbs. ₹6,990



#### The Edwardian Set by Truefitt & Hill

Truefitt & Hill's Edwardian set comprises of a brush, razor and a stand. Made in the UK and beautifully finished by hand with a perfectly balanced razor and handmade super shaving brush. this set is perfect for a luxurious shaving experience. The classic set is available in four colours - Faux Ebony, Ivory, Blue Opal and Horn.

₹23,500



#### Organic shoe collection from **Bhusattva**

The entire collection is organic and eco-friendly and from its soft, smooth and lustrous look to its properties of absorbing sweat, moisture and anti-bacterial and bio-degradability also being on the list. A perfect gift for your lady this

> Valentine's Day! ₹5,000







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