



EDITOR'S LETTER

What would it take for millennials to give up their smartphones?

Pretty much nothing. A recent online study revealed that 47% would eschew boot-knocking, 20% would give up sports and another 20% were ready to give up their favourite latte—the smartphone rules! Interesting that the first thing the majority does on waking up is scroll through all those pressing memes; and the same majority calls it a day with their phone backlight on. When asked what is that

THIS ISSUE, I WENT LOOKING FOR THE PROMISING FACES OF 2017— WOMEN WHO WILL DOMINATE HEADLINES FOR DOING MORE AND BEING MORE.

thing that's certain to ruin their day, almost 35% said the battery running out on their phone is worse than being admonished at work. Cue for a deep, deep sigh. Yet, the one thing non-millennials almost always notice about 'them' is their sense of detachment. I'm not big on generalisations, but I've got to admit most of those born post the mid-'80s have come across as extremely detached from their own success

and self-importance. Like the corner office does little for them but the promise of work-life balance leaves them super-kicked. They know they can't have it all, so they'll focus on what works for them as individuals, the superhero cape can stay unpacked in the wardrobe. Quite refreshing, their take on life.

That said, I have to say, the next time I hear the words 'on fleek' or 'bae' or how they're burnt out after six months of surviving in a job, which requires them to stay semi-comatose, I will scream. Maybe that's why I went looking for the promising faces of 2017—women who will dominate headlines for doing more and being more.

Corporate heiress Manasi Kirloskar and Bollywood's latest darling Vaani Kapoor topline the list. We guarantee you'll hear a lot about these ladies in the coming months. Here's to them!

Tanya Chaitanya

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ON THE COV

MODELS: MANASI KIRLOSKAR, VAANI KAPOOR PHOTOGRAPHER: ROHAN SHRESTHA (FOR MANASI) MAKEUP ARTIST: MICKEY CONTRACTOR; HAIRSTYLIST: POMPY HANS; (FOR VAANI) MAKEUP ARTIST: PUNEET B SAINI: HAIRSTYLIST: YIANNI TSAPATORI (ANIMA CREATIVE MANAGEMENT); FASHION STYLIST: AKSHITA SINGH; SHOOT CO-ORDINATOR: SHRADDHA KHARPUDE (ON MANASI) RAYON LYCRA BODYSUIT, FANCYPANTS; COTTON POPLIN CULOTTES, FENDI: METAL RING WITH PEARLS, OUTHOUSE (ON VAANI) SILK SHIRT, DENIM SAIL OR PANTS. BOTH TOMMY HILFIGER; SILVER AND GOLD BRASS FINISH NECKLACE, LOUIS VUITTON; RING, SHAHEEN ABBAS FINE JEWELLERY



Vaani Kapoor and Manasi Kirloskar are the women to watch out for this year. Catch them in the behind-thescenes video of the making of the cover.

How to make sense of Femina's augmented reality (AR) special

VIFW THE AR FEATURE EMBEDDED IN THIS ISSUE WITH THREE EASY-AS-PIE STEPS

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CONTENTS

VOLUME 58 NUMBER 05

7 The big story

10 WOMEN TO WATCH OUT FOR IN 2017





'MAYBE I'M NOT THE PRETTIEST GIRL, BUT I CAN WORK HARD'

It's sheer hard work and faith in herself that got actor Vaani Kapoor to where she is now

ALL ABOUT YOU

26 *Love*

INTERNATIONAL ROAMING

We tell you the secrets to making long-distance relationships work

28 Passion SCANDALOUS, SEXY READS

Let the temperature soar with these controversial erotic reads



30 Relationships SISTER ACT

There's no reason why marriage should weaken the bond between siblings

32 *Life*

HOW TO SAVE A LIFE

How to keep your loved one from committing suicide

34 Career GOT YOU COVERED

There's more to getting your dream job than an impressive resume and a firm handshake

FASHION

36 Trend report SPRING IN YOUR STEP

The best spring/summer trends haute off-the-runway

42 Fashion TRENDING

All the latest news in fashion

43 Moodboard ELECTRIC SHADOWS

Designer Kallol Datta makes a comeback with yet another enthralling saga

46 Fashion by numbers HOLIDAY MODE

Sort out your holiday wardrobe with cropped denims, mettalic jackets and chic travel bags

BEAUTY 54 Masterclass GET THE LOOK

Makeup artist and hairstylist Roswita Akolkar shows us how to create half-up space buns with nude lips and smoky eyes

56 Beauty HOT RIGHT NOW

All you need on your beauty shelf

58 Hair spotlight

Make a statement with this e egant hairstyle, perfect for the beach

60 Nail edit POP THE BUBBLY

Shades of gold for your digits

61 Makeup mantra MADE IN THE SHADE

Ombre lips for the win >



62 Trial-a-trend **VAMP LOVE**

Edgy purple-black lips to unleash your inner goth diva

64 Beauty blast **TILL I SALON YOU AGAIN** DIY your way to salon-like beauty

REALITY

68 The life and times of... IRON FIST. VELVET GLOVE

Maharani Gavatri Devi was known for her beauty, but she was looked up to for her political acumen

What it takes to be 'I DON'T CARE WHAT PEOPLE SAY'

A candid chat with Bengali actor Swastika Mukheriee, who refuses to be looked down upon or oppressed by the industry, fans or the censor board

76 Man we love 'INJURIES HAVE MADE ME TOUGH'

Cricketer Zaheer Khan talks about his childhood, his newest ventures, and how injuries have made him a better athlete

RECOMMENDS 80 Reviews

RECOMMENDED READS

Stock up your bookshelf with these page-turners

DESIGN TAP

Transform your home with these simple and fun home décor apps



LIVING 84 Food

HIDDEN TREASURES

Chef Mukhtar Qureshi whips up some delectable and distinctive Indian recipes

88 Travel bucket list **BORA BORA BECKONS!**

Here's why you need to visit this South Pacific island this holiday season

90 The buzzmakers AMIT SADH ON WORKING WITH BOLLYWOOD GREATS

The actor talks about his upcoming film Sarkar 3, his road trips and his 4 am friend

IN EVERY ISSUE

02 EDITOR'S LETTER 03 TOMBSTONE 06 INBOX 63 BEAUTY MANDATE

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HOME FASHION BEAUTY WELLNESS RELATIONSHIPS CELEBS LIFE SPIRITUALITY PAGEANTS BLOGS AND MORE

MELLOW YELLOW

How to wear the freshest colour for spring

5 quick-fixes for a bad hair day

TREKKER TALES

5 beautiful wild walks to explore now

How to make the perfect lemonade

WE'RE LISTENING ONLINE



We asked our followers on Twitter about the last gift they bought for themselves. Here's what they had to say:



Teetlee @Manini A salon package to pamper myself on the first day of the year!



Simiee @Soumya_simi I got a treadmill for myself which keeps me fit.



Deepanika Roy @deep_diaries I have made a resolution to stay fit and healthy. Hence, I bought a Fitbit band which helps me track my activities.



Heartbeat @heartbeat834 Gifts are bought for family, friends, officials, etc and ceases to be one when you buy it for oneself. It will be a necessity.



Heramba @sweetbondings I got a pair of Woodland shoes. I felt so happy.



Kavita Himmat Singh @KavitaSingh0304 | bought a designer kurti for myself.



Tanya @Queen_TeeG I bought a lot of books for myself so that I can tuck in and read to my heart's content.

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I recently read the January 24, 2017 issue of Femina and found it extremely helpful. The story on how to survive bad times in life (All About You. Relationships) was an eyeopener. I liked reading about women who have faced issues similar to mine and overcome their hurdles with sheer will power and hardwork.

Femina has helped me build the confidence that I lacked. It has taught me to believe in myself.

Aadhira Kapoor, Chandigarh

Femina's January 24, 2017 issue was intelligent and funny. It had something for everyone, be it the sumptuous recipes (Living, Food) for a foodie like me or the informative feature on Udaipur (Living, Travel feature) for my travel buff mother. The variety and quality of your content are the two factors that keep Femina way ahead of its contemporaries. I also believe you can judge a magazine by the quality of its 'letters to the editor' page-and yours is always fabulous!

Devalata Prabhu, via email

I have been a regular reader of Femina for the last five years. In the January 24, 2017 issue, I really liked the interview with five women who defied social and biological norms to honour their life choices (The Big Story). The



optimism and positive energy reflected in their words will serve as an example for thousands of women out there. I thoroughly enjoy your articles specially those on relationships, fashion, beauty, personal development and entrepreneurship.

Falag Jamal, Tripura

I am a die-hard fan of Femina, especially your beauty tips and fashion updates. In the January 24, 2017 issue, the article on how to hide your hangover with makeup (Beauty, Masterclass) was helpful. The articles in the beauty section serve as a great makeup guide for working women. Hats off to you Femina, for helping us stay up-to-date with what's trending.

Lizann Mathews, Mumbai

I await every issue of Femina with equal enthusiasm. The stories in the Fashion, Beauty and Reality section in the January 24, 2017 issue were amazing. I loved reading Karisma Kapoor's interview (Reality, Cover girl) as well. She looked amazing. The story on women who are kept in mental hospitals (Reality, Investigation) was touching. I feel sad for them, but I would also like to salute the people who take care of them. I want to thank Femina for bringing such crucial issues to light.

Dimple Kumar, Ahmedabad





GIRL RISING

Each person on our list of names to watch in 2017 will make you feel more hopeful, both as an Indian and a woman. There's the teenage golfer who is putting our country on the international map. The corporate head who is taking art where it's needed the most. The actor who hit her stride after a wait in the wings. The designer who found her calling in her 40s. The poet who's telling uncomfortable truths on Twitter. We spoke to 10 women who are going to be making news this year. Keep an eye out for these names.

BUSINESS REQUIRES IMAGINATION

Never challenge Manasi Kirloskar, sole heir apparent to industrialist Vikram Kirloskar. Chances are, she'll take you up on it and prove her worth many times over. The businesswoman, painter and social entrepreneur tells **Anupama Bijur** why she is the corporate face to watch out for in 2017. Photographs: **Sudhir Ramchandran**

t was in grade 8 that Manasi Kirloskar was told by two of her maths teachers that she would fail her boards. Manasi, who up until then had figured in the bottom five in the subject, accepted the gauntlet and signed up with an ace tutor, spent a full year glued to her books and studied till the wee hours—it was a straight A that she earned.

The only child of Geetanjali and Vikram Kirloskar is clearly a doer. To begin with, she has responsibilities of her legacy as the Executive Director of Kirloskar Systems Ltd and Director on the Boards of Kirloskar Technologies Ltd and Toyota Tsusho Insurance Broker India Pvt Ltd. As an entrepreneur, she has taken on and completed mega real estate ventures even while working on an innovation for rural healthcare.

Then there's a whole other life of art and social work that she's been nurturing since she was a teenager. The 27-year-old today runs an NGO, Caring with Colours—a Manasi Kirloskar Initiative, which makes art accessible to children from underprivileged backgrounds. A graduate of the prestigious Rhode Island School of Design, USA, she's also a passionate painter who held her first exhibition at age 13. Add to that, she's pet parent to three adorable dogs, Gadget, Midget and Doodle. In this conversation with Femina, she takes us inside her exciting yet challenging world.

Were you always aware of the legacy you would one day inherit?

Growing up, I realised that I was a part of an illustrious family. I would visit my dad's large factories and walk around the shop floor. During my vacations, I would even sit in on meetings



I was always encouraged to pursue my own dreams. What's it like working in a company which carries your last name?

meetings, interactions with joint venture partners,

huge factory inaugurations. I loved visiting my

office with red walls and a green monkey painted on—quite a creative environ. I had quite a strict

upbringing, with focus on manners, family values

and respect for the timeless Kirloskar legacy. But

mother's ad agency. She had a multi-storeyed

After graduation, I spent the first four-and-a-half years training from bottom up to get both knowledge of the business and learning from the professionals I worked with. Respect and acceptance had to >





"I DON'T WEAR AGGRESSION ON MY SLEEVE. I BELIEVE STRENGTH OF CHARACTER COMES FROM WITHIN."

be earned. Earlier people defined me even before meeting me. But when they saw me work hard, they started seeing me differently. The training has been rigorous, fun and comprehensive. I've learnt how cars are built. I've learnt a lot from the famed Japanese work culture. I am working on a new project now with a young team, which we will announce once it's ready.

One of the first projects you worked on after college was the Sakra World Hospital. Tell us about that.

Immediately after graduation, I worked on our greenfield 300-bed hospital. I trained in 'Obeya', the Japanese process of project management. It was a joint venture with a Japanese hospital chain, so I gained experience in working with partners. Besides, I integrated the brand identity into the hospital interiors and went beyond conventional

hospital interiors to use different shades of 10 colours to create a happy and healing environment.

You chose to do art in college instead of business. What was your rationale?

Business requires imagination and innovation—
the rest you can learn. It's important to be able to
apply the learnings of one discipline to another.
My degree in art at the Rhode Island School of
Design, USA, taught me more than how to paint.
I learnt to benefit from critiques even while studying
design technology—I did wood-cutting, worked with
heavy machinery... (The course) taught me to pay
attention to detail, manage time, identify concepts
from various disciplines to create new ideas, and
break rules to form new ones!

But even before you had a formal education in design and art, you were a painter...

I had my first exhibition of paintings when I was 13. My first painting was inspired by The Arles Sunflowers series by Van Gogh, which I created for my grandmother when I was nine. I exhibited 23 large oils on canvas—it was inaugurated by my mentor Kiran Mazumdar-Shaw. I also made a Ganesha (oil on canvas) as a gift to Toyota when my father Vikram signed the Toyota Kirloskar Motor joint venture.

You are reputed to have quite an individualistic streak.

I have always been encouraged to take my own decisions, even the tough ones, and stay responsible and accountable for my actions. I don't wear aggression on my sleeve. I believe strength of character comes from within. I also respect and follow the timeless Kirloskar values.

How did you develop an interest in social entrepreneurship?

I've always wanted to use my skills in art and painting to serve the community. I believe that one does not have to become a CEO or wait until 50 to start making a difference.

How did you raise money for NGOs when you were only 14?

Over vacations and weekends, I started working with NGOs like Concern India, Christel House, Akshara Foundation and Family Services so I could volunteer at government schools and teach children art. We then organised sale of their paintings and craft to raise money for NGOs and schools >

THE BIG STORY

for lesser privileged children. At 15, I made a short film and later other films on these art classes and the responses they got from the children. It was done to motivate other privileged youth to use their skills and raise funds.

You have scripted a curriculum on art for schools too—what is your goal with that?

I believe that a visual arts programme done in a structured way at schools for lesser privileged children will have a strong positive impact on their psychological and emotional development. I've written a syllabus to develop critical thinking skills through art and I plan to take this to schools.

Your interest in social work also seems to have started very young. You won a social service award in school?

Yes, this was when I was in high school at Singapore's United World College. I travelled to Cambodia for community service work and I saw the impact that the country's history had left on its people—it's still visible today. I met a very old lady and the lines on her face and her eyes told the story of years of torture and trauma. As a 17-year-old, I was very moved by her. I returned to India and painted her portrait on my studio wall at home.

What is your opinion of gender and the workspace?

My great-grandmother ran her own factory with women workers. My maternal great-grandmother was a Member of Parliament. My grandmother was the MD of a hotel and I've grown up watching my mother as a career woman, so I'm not conscious of my gender at work. But yes, industries like ours lack women at the top. Social mindsets have to evolve. Board diversity is important too.

What other projects are you working on now?

Along with the senior team of Kirloskar Technologies, I'm developing a new healthcare product that will soon be introduced, primarily in rural India. I intend to visit almost all the villages where the initial launch is planned. That's something I've learnt from the Japanese—to be on the spot and on the ground. It's called Genchi Genbutsu.

Tell us about your other interests.

My father threw me into the pool when I was three, and ever since then, I love water. I am a deep sea diver with a 30-metre nitrox licence. I enjoy the



"I BELIEVE IN THINKING CREATIVELY IN BUSINESS, IN THE POWER OF PROFESSIONALS AND TEAM WORK."

adrenaline rush! Besides, I love mountaineering and the outdoors having climbed the highest peak of Indo-China recently; I've hiked in Vietnam, cycled in Budapest, flew in a small plane over the Nazca Lines, and travelled the world to visit museums, art galleries and try gourmet food. When I'm at home, I hit the gym and also enjoy Hindi movies; I've watched Hum Aapke Hain Koun! several times. I love reading mythological fiction too and The Palace Of Illusions by Chitra Banerjee Divakaruni is a favourite.

You're a young girl—reveal something nobody knows about you.

(Laughs) I'm a drama queen! For the longest time I wanted to be an actor. I still practise my acceptance speech in front of the mirror when dressing up. I knew my parents wouldn't have stopped me from acting on my dream, but I realised it was a toss-up between college and acting, and I chose the former. If somebody offers me a role though I'd take it up in a heartbeat.

Where do you see yourself in future?

I believe in thinking creatively in business, in the power of professionals and team work.

MAYBE I'M NOT THE PRETTIEST GIRL, BUT I CAN WORK HARD'

It took nearly three years for Vaani Kapoor to make the transition from an actor in a supporting role to leading lady. She recalls to **Sandipan Dalal** the leaps of faith that landed her there. Photographs: **Rohan Shrestha**



he was the actor who came out of nowhere to bag a Yash Raj Films (YRF) movie.
She was launched in 2013's Shuddh Desi Romance, which earned her a string of best debutante awards, but Vaani Kapoor disappeared soon after, resurfacing only for Aaha Kalyanam, the Tamil remake of another YRF hit film, Band Baaja Baaraat. Fast forward to 2017. Thanks to her last release, Aditya Chopra's Befikre, Kapoor is one of the most exciting leading ladies in the industry today.

"You never get to choose your first film, but I did want to take my time choosing the second one. I'm happy I waited," says 28-year-old Kapoor. The wait wasn't easy; it meant cutting down on her expenses and living in a rented 1BHK apartment in Mumbai, after having grown up in a sprawling farmhouse in Delhi. Taking stock of her Bollywood journey so far, she discusses the highs and lows, and what her future may look like.

What's your earliest memory of YRF studios?

I visited YRF studios for the first time in 2011, when their casting director Shanoo (Sharma) asked me to borrow clothes for an audition >

BANDAGE TOR ₹11,800, WOVEN PLEATED SKIRT, ₹10,900, BOTH TANIEYA KHANUJA; TATHER SHOES, PRIEC ON REQUEST, AMIT AGGARWAL MAYA MIRROR FRAME, ONE-SEATIER SOFS, RAILWAY SHUTTER CABINET, ALL FROM FREEDOM TREE; TABLE CLOCK, RED BLUE & YELLOW.





from one of their costume trunks (costumes from each YRF film are preserved in these trunks). I remember seeing (the late) Yashji (Chopra) from a distance. He had such a warm smile. Later, Shanoo told me that he asked about me and said I could be a Yash Raj heroine.

How difficult was the process of landing your debut film Shuddh Desi Romance and that coveted three-film deal with YRF?

I did a lot of auditions before landing both my films. Interestingly, YRF studios is the only place where I have auditioned. Maneesh (Sharma, the director of *Shuddh Desi Romance*) was not sure if I could play Tara, who was from a small town (Jaipur). Back then, I was also raw and hadn't taken any formal training. Even during my workshops (with Sharma), I would have good days and bad days. But, it's funny, I did better whenever Adi (Aditya Chopra) was around. I guess because he had a friendly smile and vibe. I learnt a lot from Maneesh—he can make anyone act. He helped me understand my character (Tara) and connect with her. But he did yell at me (*laughs*)!

How did you earn Aditya Chopra's trust and get the role in *Befikre*?

In mid-2015, Adi started talking to me about *Befikre*, but he didn't share any details. He just told me he would help me prepare for the character before I was presented to the director as the possible (female) lead. So I went through a lot of workshops and readings over a couple of months. I remember telling him, 'Why don't you direct the film?' I didn't think I was going to get to meet the director when suddenly, one day, he said I was the perfect choice for Shyra and it made me cry. It was a big deal for me to earn his trust and it gave me a lot of confidence.

That joy was preceded by a wait period of nearly three years. Were you never tempted to venture out of YRF during this time?

At the success party of *Shuddh Desi Romance*, Adi told me a few things that stayed with me. He said, "I see a lot of potential in you. Don't make any decision (regarding your next movie) in haste. I truly believe you deserve a big project." When my mentor showed so much faith in me, it would have been idiotic to ignore that and do whatever films came my way. So, I chose to be patient and waited for my next project.

"EVEN AS A CHILD I LOVED WATCHING FILMS AND PERFORMING LITTLE ACTS INSPIRED BY GOVINDA AND JIM CARREY."

How did you prepare yourself during those three years?

I watched a lot of films and hired a personal acting coach (Prashant Singh). I was auditioning a lot with Shanoo—the only casting director I work with—and learned a lot in the process. As my mother always says, every person has to struggle, fail and see bad times before they succeed. I never went on a diet till *Befikre* happened. I was put on a diet of salmon and salads. I worked out for two hours every day while shooting in Paris.

Were you worried about your finances at all back then?

Post Shuddh Desi Romance's release, I did some endorsements and events, which gave me money to take care of all my needs. I tried to keep my expenses to the minimum. I don't come from a background where I have to show off a lot, so it was really okay to be simple.

What was your plan B?

My older sister Nupur (Chopra) lives in the Netherlands and runs a furniture and home furnishing store with her husband. I told my brother-in-law that if films didn't work out, I would join his business.

How has life changed after Befikre?

I got a lot of adulation and attention while I was holidaying in Dubai earlier this year. People were following me around and I couldn't shop in peace. The porter at the mall didn't charge me and said that a selfie was good enough. I felt so special.

How has your relationship with cinema grown over the years?

I'm bad at expressing myself. So I like it when I get to inhabit the lives of other characters—that



QUICK TAKE

BEFORE
TURNING 30,
I WANT TO
DO ANOTHER
EXTRAORDINARY
FILM, BUY A
HOUSE, START
DATING, MY
MOTHER WAS
TELLING ME
THE OTHER
DAY, "YOU ONLY
GO OUT WITH
GIRLS, I DON'T
LIKE THAT, WHY
CAN'T YOU DATE
A GUY!"

An actor who inspires me is Priyanka Chopra because she is brave, brilliant, hardworking and has an amazing personality. allows me to be in control. Even as a child I loved watching films and performing little acts inspired by Govinda and Jim Carrey. I was a great source of entertainment for my mother and sister!

There have been rumours that you underwent cosmetic surgery. Was that hurtful?

There are so many stupid people who just love to troll, and I decided to not react. Maybe I'm not the prettiest girl, but I know how to work hard. And even if I had undergone a surgery, it's my body and I can experiment if I like.

How do you measure success today?

The fact that I'm getting to work with people I like, who are brilliant at what they do, that's success to me. Yash Raj Films gave me a raise (for *Befikre*) and paid me more than what was mentioned in our initial contract.

COTTON STRIPED SHIRT DRESS, PRICE OR REQUEST, STELLA MCCARTINEY, SILVER AND GOLD BRASS FINISH NEW REQUEST, SWILL SHOULD SWILLS WITHOW HERSTYLING; YMANN ITSAPATOR (ANIMA CREATIVE MANAGEMENT), MAKEUP. PUNEET B SAINI; FASHING SMORIEH, RASHON INTERNS, SWIMETA, ISSAMI, SWATHINGHANDAS, SENJOR CREATIVE DIRECTOR; MEETESH TANKLAK, SHOOT COORDINATOR; SHAADDHA KHARPUDE.

'It's not like stereotypes aren't true. But I do exaggerate in my videos'



EVER IS

Friends, Most modern sitcoms are inspired by it. COMEDIAN IS

two separate things. I am female and a comedian.

HUMOUR IS

something that lifts you instantly.

here's a delightful effervescence to Mallika Dua that comes through even in the 15-second videos that have made her so famous online. Her first hit came via the Dubsmash videos she did with award-winning journalist-dad Vinod Dua. But it was the lovable characters that she created on a whim on Snapchat and

Instagram, like Makeup Didi or snarky DU student Komal, that changed the trajectory of her career. A theatre major from the Franklin and

Marshall College in the US, Dua says she has always loved making up characters. "I used to do these silly, dramatic things at home. Once, I wore my dad's karakul cap and pretended to be a qawwal. I also loved imitating my school teachers," she adds. Dua derives inspiration from everyday things that make her laugh. Whether it's Baehuda Bibi who has the strangest makeup requests or the crafty Kanchan Didi, Komal's frenemy, her characters come to life the minute the camera starts rolling.

The Delhi girl dabbled in copywriting before shifting base to Mumbai to become a full-time entertainer. She says, "Writing copy for clients can get extremely trying. They have a set concept that we have to follow, which doesn't leave much scope for creativity." Dua first came into the limelight for her video Shit People Say: Sarojini Nagar Edition, which went viral after a popular website picked it off Twitter. Her spoofs on the different Delhi stereotypes got her an instant following, but Dua admits that she tends to go a bit overboard with them. "It's not like the stereotypes aren't true; they are stereotypes for a reason. But I do exaggerate a lot in my videos. Luckily, I don't get much hate for it." Her latest project is a web series, The Trip, about four friends taking a road trip.

When it comes to funny women in India, Dua thinks there's no dearth of them on the Internet, although Bollywood has some catching up to do. "Our actors could experiment a bit. I think besides Parineeti Chopra in Ladies Vs Ricky Bahl, not many have given comedy a try." Dua is open to all platforms, be it television, film, sketch shows, ads or theatre, but we're most excited about her upcoming YouTube channel, where she will do stand-up comedy. It's uncharted territory for her, but there's nothing like a challenge to inspire a good comic.>

'We plan to double the size of our user community'

SAIREE CHAHAL, 40 SOCIAL ENTREPRENEUR

o be the founder-CEO of one of the largest online women's communities in the world is no mean feat, but Sairee Chahal is not one to rest on her laurels. A job portal for urban educated women at various stages of their lives, Sheroes.in, says Chahal, is

doubling its growth every year. "We used 2016 to get the basics right and put the necessary processes in place. In 2017, we'll see a lot of scaling up. Right now, the user base is about a million women; we plan to double the size of the community. We will also launch a few new products for the Sheroes community centred round women and their growth."

Sheroes connects women looking for flexible work options—part-time, work-fromhome besides regular jobs—with potential employers. "We have modified our services keeping in mind the aspirations and ambitions of women. We are offering more support on our solution-oriented career helpline; we now have a peer-to-peer forum where women can interact, share and support each other; there are more jobs, more start-up opportunities and more learning and training."

In 2016, the Delhi-based entrepreneur was awarded the prestigious Aspen Leadership Fellowship by the American Aspen Institute, which recognises 24 leaders from across the world every year. Last year also saw Applied Life Pvt Ltd, the parent company of Sheroes, raise \$1.8 million in funding from private equity firm Lumis Partners, HR-focused investment platform HR Fund, and entrepreneurs Rajul Garg and Raghav Bahl. Chahal's firm also acquired LoveDoctor and Gharkamai in 2016. While LoveDoctor's panel of trained counsellors will tackle the personal



QUICK TAKE

MY WORKING STYLE is very hands-on and collaborative.

I COMBINE WORK AND FITNESS BY holding walking meetings!

WHEN YOU REALLY BELIEVE IN AN IDEA, he universe play

AN IDEA, the universe plays its part and the right people join you. problems of Sheroes users, Gharkamai will address the needs of women who want to work from home. There are more acquisitions too in the pipeline. "Those will also be in the online or mobile space. Some of the areas where we would like to add to our brand portfolio include women entrepreneurship and skilling." Chahal will be sharing her own insights on running a business in an upcoming book slated for release next year.

A working mother, Chahal says founding Sheroes has made her adept at managing her work-life balance. "The key is to prioritise continuously. I also believe in investing in the support system so that I can then focus on what's important to me." >

'I'll do whatever I can to help the sport grow'

ADITI ASHOK, 18
GOLFER



he year 2016 saw two major turning points in the history of golf: the sport was reintroduced in the Olympics this year after more than a century and 18-year-old Aditi Ashok became the first woman golfer to represent

India at the Games. It made the country sit up and take note of women's golf, something that's never gotten much attention before.

"Playing for the country is a matter of great pride. So, being part of the Olympics was rewarding and will always remain one of the highlights of my career," says Ashok, who turned professional only in the beginning of 2016. The year also brought other milestones—she became the first Indian woman to win a Ladies European Tour (LET) title and was named Rookie of the Year in the tournament. "I had two consecutive wins in LET—the Hero Women's Indian Open and the Qatar Ladies Open at the Doha Golf Club - and finished second on the Order of Merit. I worked hard to do well in every tournament, so it feels good to have won Rookie of the Year," she says.

Ashok has also clinched partial rights to play at the Ladies Professional Golf Association (LGPA) in 2017, becoming only the second Indian woman after Smriti Mehra to earn the honour. The teen golfer says, "I will continue to focus on my scoring game and keep working hard to get more consistent. In 2017, I look forward to playing as many LPGA events as possible."

When asked about the future of golf as a sport in a cricket-crazy nation, she says, "Nothing compares to the kind of attention cricket gets, but hopefully more people will learn to enjoy golf in time. I want to keep playing well and, in the process, hope to inspire a few kids. I'll do whatever I can to help the sport grow." >

QUICK TAKE

FAVOURITE GOLFERS

Annika Sorenstam, Rory McIlroy and Tiger Woods. WHEN NOT PLAYING

I watch a lot of movies, read books and listen to music.





'I see myself as a changemaker'

HARNIDH KAUR, 22 WRITER

he remarkably confident and chatty Harnidh Kaur you meet today is in stark contrast to the college girl from a few years ago who kept to herself and spent most of her time writing poetry in her hostel room. "My father is an IPS officer and was transferred to Mumbai when

I was in my final year at Lady Shri Ram College in Delhi. Far away from my family, I turned into a loner, but that phase pushed me to submit the manuscript for my first book of poems, *The Inability Of Words*. It was published by the Writer's Workshop last year, which had also published my mother's first book of poems when she was 27."

The 22-year-old has been expressing her thoughts publicly on a blog since 2013, as well as posting it on social media. Her poems and prose are edgy and reflect her world views—inner and outer. But she prefers to contextualise her writing, which is why she picks Margaret Atwood as an inspiration over Sylvia Plath. "Reading Atwood exposed me to the fact that there is something beyond men writing about men."

In October last year, Harnidh took Twitter India by storm with a series of posts about the 1984 anti-

QUICK TAKE

GREATEST FEAR IS abandonment.

GREATEST ACHIEVEMENT was writing about 1984. Giving back to my community.

LAST TIME YOU ASKED FOR HELP was this morning. I asked my dad for money. Sikh riots. Sample a few: 'My Nani didn't have any way of knowing if her husband was alive, let alone knowing if she and her 3 children would be alive in the next hour'; 'People wonder why so many Sikhs never talk about it. They wonder why we don't question. What should we question? It's been 32 years.' What triggered her to write about something that happened over a decade before she was born? "That day, we were sitting at the dining table and my mother said, 'It's been 32 years', and I just started writing. When you belong to a generation that's removed from the tragedy, people think you can see it without bias, but when you think of it through the perspective of your parents, you think, 'My mother could have been killed'. Nobody enjoys reading about carnage, but you need to constantly analyse what went wrong. Because if you don't, it will go wrong again."

Besides working on promoting her newly released second book of poems, *The Ease*Of Forgetting, 2017 will also have Harnidh editing an anthology of poetry titled *Disquiet: Murmurs*From The Faultlines, and working on her first full-length young adult fiction novel based in Delhi.

A student of public policy at St. Xavier's College, Mumbai, Harnidh is also working on a master's dissertation about crowd management in India.

She hopes to take the rest of the year off to prepare for the UPSC exams besides "writing poetry ferociously and advocating as much as I can".

Ask Harnidh how she would describe herself, and she says, "I see myself as a changemaker. I want to make a difference, whether I'm writing or influencing public policy," her eyes brimming with the same intensity that one can see in her writing. >

'I've learned to channel my energy to connect better with my music'

KANCHAN DANIEL, 26 MUSICIAN

f you love the blues, then Kanchan Daniel is probably a familiar name. If you don't, then you're missing out. Daniel formed her band Kanchan Daniel & the Beards in 2012, and today it dominates the blues scene in India. This trained psychologist has always been inclined towards music. "I think through the years, I've learned to channel my energy and creativity in

a way that allows me to connect better with my music, which has given it a deeper meaning," says Daniel, who beat cancer at age 17 and gave her first performance as a singer at age 19. Calling music a big part of her fight against the disease, Daniel says. "It was during recovery that I realised I had been given a second shot at life. Even in the hospital, post surgeries and chemo, I wasn't allowed to keep too many things around me, but I did keep my iPod close by."

Since then, Kanchan Daniel & the Beards have been making waves through their live and online shows. After releasing their debut single *The Road* in 2013, the band went on to feature in VH1's *Music Diaries* the following year and that led to a surge of popularity. The band has a simple ideology: 'In a world of Technicolor, we play the blues'. "As artistes, we do have our individual influences, but as a band, we try to blend our tastes to make them a part of our sound," says Daniel, who counts Robert Plant of Led Zepplin and Janis Joplin among her musical influences. "Everything about Joplin was just so honest—even back then, she refused to conform," she says.

This year is set to be a big one for Kanchan Daniel & the Beards. Having played at top gigs like NH7, The Mahindra Blues Festival, Echoes of Earth and the Kasauli Rhythm and Blues Festival, they are now looking for new stages, besides working on a brand new single.



QUICK TAKE

I UNWIND BY reading, usually non-fiction. IF NOT FOR THE BLUES, I'D HAVE BEEN INTO trip hop, neo soul and RnB. MY MOTTO IS carpe diem—seize the day.





'Many people ask why I didn't launch Chola earlier'

SOHAYA MISRA, 40 FASHION DESIGNER AND STYLIST

> er sunny personality seeps into every aspect of Sohaya Misra's work and life—from the warm hug she greets you with to her bright studio in Bandra, Mumbai, to the easy clothing she designs for people of all shapes and

sizes. Misra made her runway debut last year at Lakmé Fashion Week's Gen Next show. In just under a year, her label Chola has found a strong following among Bollywood's fashion-forward set, including Sonam Kapoor, Deepika Padukone, Kareena Kapoor Khan and Neha Dhupia.

QUICK TAKE

ENOUGH OF IS cutouts on clothes.

THE BEST **FASHION** ADVICE IS THAT less is always more.

MY FAVOURITE SHOPPING DESTINATION is any quaint holein-the wall storethe stranger their stock, the better.

A student of psychology in college, Misra was egged on to pursue her real passion for design by family friend and actor Manisha Koirala. After some time spent working in advertising and consumer research, she styled Koirala for her 1999 release, Mann, and this was followed by Champion in 2000. Misra soon realised that Bollywood was not her cup of tea and following stints at Channel V and MTV, she was hired as Neha Dhupia's personal stylist.

"Many people ask why I didn't launch Chola earlier, but I firmly believe there is a time and place for everything," she says. Serendipity struck two years ago in a fabric store. As she walked out with bags full of linen fabrics, Misra was filled with a sense of purpose. She developed her first line of 30-40 pieces with encouragement from her friend and stylist Aarti Patkar. "We even shot a lookbook with singer/model Rachel Varghese and put out the images on Facebook and Instagram. That's when the LFW team took note."

Chola is a sort of eponymous label, derived from Misra's nickname, Cho. It's part of a minor design movement that has made sustainable fashion cool and is constantly challenging the norms of size, age and gender. "I've even had men wear my pieces-Ranveer Singh, for one. I just had to add sleeves for him," she says. Misra's winter/festive 2016 showing at Lakmé Fashion Week was an ode to this democratic aesthetic with Koirala closing the show dressed in the label's easy separates.

For her spring/summer 2017 collection, the designer is planning to expand her repertoire to include organic cottons and prints inspired by Moroccan tiles. "This year, I am pushing the boundaries with prints and fabrics. I will also layer my easy, deconstructed styling with vintage Victorian elements." The plan is to make Chola accessible to more people with a better distribution model. "A few of my designer friends and I are considering starting a collective retail space for indie brands. Multi-branded fashion boutiques in India are currently focused on occasion wear and Indian wear, and there is nothing substantial in the space that I am in."

Every time Misra needs a break from the often lonely, intense work that Chola demands, she takes on collaborative styling projects. "I still work with Neha (Dhupia) on assignments like award shows or promotional appearances to challenge myself creatively," she says. "I want to be known as someone who makes other people smile through the clothes I make.">

'I underestimated the response to comics in India'

KAVERI GOPALAKRISHNAN, 28 ILLUSTRATOR AND COMICS CREATOR

averi Gopalakrishnan has

been writing and drawing stories since she was a kid, inspired by her father's huge collection of comics. "I always knew I'd start creating my own content at some point in life." Time spent studying at the National Institute of Design, Ahmedabad, further strengthened this resolve, because she found that 'industry experience' didn't satisfy her creatively. "I began freelancing in 2014 as an illustrator for publishing houses when a project came up on the Aadhaar scheme by Mantaray Comics (now Studio Kokaachi). A few years later, I started developing non-fiction comics for various agencies, as well as self-publishing."

The Bangalore-based illustrator is the co-founder of UrbanLoreComics.com, along with Aarthi Parthasarathy, who also runs the webcomic series, *Royal Existentials*. "We work well as a writerartist team, largely because we have a mutual admiration for each other's growing, painstakingly selective graphic novel libraries." So far, UrbanLore

QUICK TAKE

COMICS ARE FASCINATING BECAUSE

they instantly teleport you into another world.

THE FREELANCE LIFE CAN BE TOUGH BECAUSE

companies assume you have fewer rights or that they own your work.

WORKING FOR YOURSELF MEANS

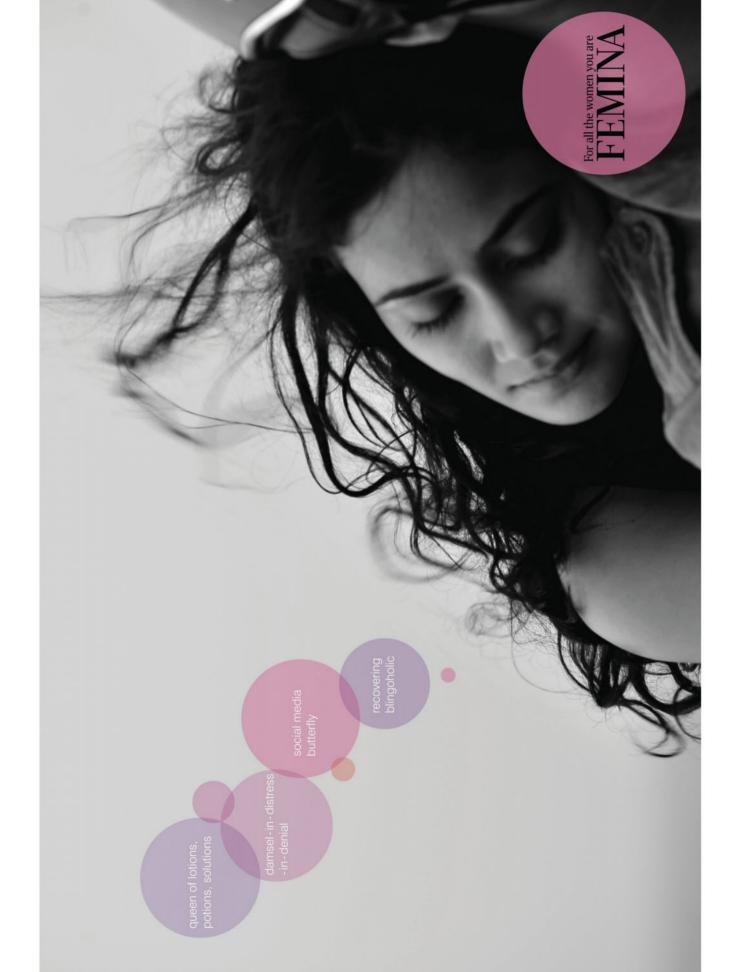
you can support your lifestyle—as long as you don't get lazy. has released one long-form episode, What Was It Like When You Could Smoke Inside Koshy's?, and multiple short comics, mostly slice-of-life tales set in Bangalore.

Gopalakrishnan's first job was as one of the lead designers at lifestyle brand Chumbak, and she says it was exciting to work at a startup that grew so rapidly. "I learnt how to manage my time better under pressure and while multi-tasking—skills I appreciate today as an independent contractor. I quit my job to be a more story/narrative-centred illustrator and 2014 was iconic for me: I began focusing on narrative-driven work, published my first comic in the Hindu Blink and stopped doing projects that I didn't connect with."

Gopalakrishnan's works have been published in books like *Elephant In The Room* (2013), *Drawing The Line* (2015), and *First Hand* (India's first non-fiction graphic anthology, 2016). Her first graphic novel, *Two*, was launched in January this year. "It also marks the start of a period where I was juggling four comic projects. I feel overwhelmed and also a bit taken aback at the kind of content I am creating—I underestimated the response to comics in India," says the 28-year-old, who usually draws by hand.

The artist, who has just finished working on a mobile-comic on the Hindi film *Dangal*, is now art-directing a series of educational picture books for Pratham StoryWeaver, an open-source platform for children's literature, and illustrating book covers for young-adult novels. "It gives me courage to explore varied themes like gender politics, moral policing and mental health stigmas through the medium of comics." >





NEENA GUPTA, 32 MATHEMATICIAN

s a schoolkid, Neena Gupta

would walk past the high

walls guarding the Indian Statistical Institute (ISI) campus in Kolkata without any notion that one day she would be teaching and doing cutting-edge research in pure mathematics at the prestigious institute. A few years ago, the mathematician did something that no one had managed in almost 70 years—she solved the Zariski Cancellation Problem (ZCP), a significant one in her area of specialisation, affine algebraic geometry. The Indian National Science Academy (INSA), while awarding her the Medal for Young Scientists in 2014, called it 'one of the best works in algebraic geometry in recent years done anywhere'.

"After publishing my initial solution on the ZCP for three-space, I continued to discover deep connections between different-looking concepts in my area," says the assistant professor at the ISI. "It gave insights not only into my initial solution to ZCP but also mathematician Makar-Limanov's solution to another key question in the area," says Gupta, who will be awarded the BM Birla Science Prize in Mathematics this year.

So, how did the solution come about? "During my PhD days, I read a survey article by Kraft, which discusses eight open problems, including the ZCP," says Gupta, who did her doctoral

QUICK TAKE

MY CONSTANT COMPANION IS

mathematics. I just love to be with it always.

THE WOMEN SCIENTISTS I LOOK UP TO

Madame Curie and Emmy Noether, the mother of one of my favourite subjects, commutative algebra.

I BELIEVE

failures lead to success and success is never stationary. studies at ISI. In 2011, Professor Asanuma, a pioneer in her area, was scheduled to visit the institute. In one of his papers, he had mentioned a potential counterexample to the ZCP. "I had some ideas about the problem, using Asanuma's example and involving recent tools developed by Makar-Limanov, which I shared with Professor Asanuma. He cautioned me that the problem was very difficult." In 2012, when Gupta was doing her postdoctoral research at the Tata Institute of Fundamental Research (TIFR), she revisited the problem. "I sent a draft of my initial solution to supervisor Professor Amartya Dutta at ISI and Professor SM Bhatwadekar, who had retired from TIFR. They independently confirmed that the solution was correct." The feat won Gupta accolades from all over the world. Apart from the INSA award, the inaugural Saraswathi Cowsik Medal for the year 2013 by the TIFR Alumni Association, and the Ramanujan Prize in 2014, an international conference was also arranged in China around her solution.

Gupta is used to the comparisons with 'human computer' Shakuntala Devi, even though they belong to different mathematical areas. But women are rare in her chosen field, and she suspects it all comes down to the environment. "God has equipped all of us with certain abilities without any discrimination. So logically there should not be any problem. But for some reason, woman do face problems. But if you have a family that walks each step on the way with you, nothing is impossible. The potential of mathematics is incredible. I learnt so much just to realise that one lifespan is not enough."

ALL ABOUT YOU

VOX POP

If you had the chance to chase one dream, what would it be?



I would take a break from work and travel around the world for an entire year, exploring new places, new people, new cultures... and I will return to my routine life with all the energy of this newness in me.

-Amrita Basu Mallik, 32, lawyer





Only recently have I discovered my passion and inherent talent for cooking and baking. If I could go back in time and choose another career, I would try my hand at the culinary arts. I find cooking to be a creative and therapeutic process; I try to cook dinner for my family every evening

—Annabel D'souza, 27, journalist

after work.



I used to fantasise about being a private detective like Sherlock Holmesonly with better taste in clothes. I still challenge myself to solve cases in mystery novels.

—Sucheta Roy Pandit, 31, entrepreneur

Globetrotting has been a long-cherished dream. Given the opportunity (and money!). I would pack my bags and take off to an unknown location. I want to go to places that are yet to be explored.

—Srabani Biswas, 29, social worker



I would love to study abroad among people from diverse cultures. It's always been my dream to be exposed to the world in this way.

—Poonam Nayak, 31, entrepreneur and French teacher





elying mainly on Skype to keep your romance chugging along isn't easy, but when has the path to lasting love ever been smooth. And a long-distance relationship takes more work than usual. "My boyfriend works in the US and I am in Pune," says Bhakti Ganatra, 27, who has been in

a long-distance relationship for five years now. "I would love to move to the US and be with him, but getting a visa is an issue." Ganatra wants to get married, but financially, they're just not ready yet. As she sees it, "No one wants to be in a long-distance relationship. But we make the best of the situation." Here's how you can too.

"WHEN YOU'RETRYING TO MAKE A LONG-DISTANCE RELATIONSHIP WORK,

IT'S IMPORTANT TO HAVE GOALS TO WORK TOWARDS AND LOOK FORWARD TO."

MAKE A DATE When you're trying to make

a long-distance relationship work, it's important to have goals to work towards and look forward to. For instance, applying for jobs in the other person's city or taking a vacation together will close the distance a little. Sunita Paudwal*, a 26-year-old PhD student says,

will close the distance a little. Sunita Paudwal*, a 26-year-old PhD student says, "My boyfriend went to the UK for a year-long programme, but he planned to stay on if he got a job. We weren't sure whether he'd return after a year. What made the uncertainly bearable was planning my visit during his Easter break." Keeping the other person involved in your daily highs and lows is important too and keeps you connected.



DON'T JUMP

While this applies to all relationships, in a longdistance one, trust is a huge

factor. "When we're living apart from one another, we start to make all sorts of assumptions that are usually false," says psychologist Namita Aggarwal. "People get jealous, especially when their partner socialises without them." Why didn't she tell me she would be out with friends when I thought she'd still be at work? Why didn't he tell me he has a drinking buddy called Shilpa? "These are the kind of questions that lead to fights," says Aggarwal. "You really can't know what's going on in your partner's everyday routine and the easiest way to dodge this bullet is to just ask them about what's happening." And then trust them. Paudwal agrees: "I wasn't entirely comfortable with Kuril* spending evenings with his female classmates and calling them over for drinks, but at the same time. I trusted him not to cheat on me. I made a conscious decision not to message or call him when he was out socialising. I think he appreciated itit helped build trust and strengthen our bond."



PICK AN END DATE

A long-distance relationship cannot survive without

hope. And for hope to exist, there has to be the possibility that you two will be together soon. "I dream of Nishant and me setting up a home one day," says Ganatra. "I think of us shopping for things to decorate our first home. I imagine my joy the next time I meet him. That is what keeps me going and makes me believe in our shared future together."



PLAN A SURPRISE

This is more important than you think. "While

I recommend couples who cohabit to surprise each other on a regular basis, it becomes critical for those in a long-distance relationship to do so," says Aggarwal. "Your daily life may feel incomplete without a partner. So a surprise



"IT BECOMES ALMOST NECESSARY

FOR THOSE IN A LONG-DISTANCE RELATIONSHIP TO SURPRISE EACH OTHER."

every once in a while is just the happy jolt the two of you need to keep the flame burning." Tina B Tessina, author of The Commuter Marriage: Keep Your Relationship Close While You're Far Apart, recommends that you plant the seeds for your time apart before your partner leaves, then follow through with 'relationship maintenance' once you're apart. One of her suggestions is to leave love notes for each other. "Before you leave on a trip, plant some post-it notes—inside the cupboard doors, under your spouse's pillow, etc. If you're the stay-at-home spouse, tuck a few surprises into your partner's suitcase or between the pages of a book they plan to read—it's a quick and easy way to spice up your relationship," she writes.

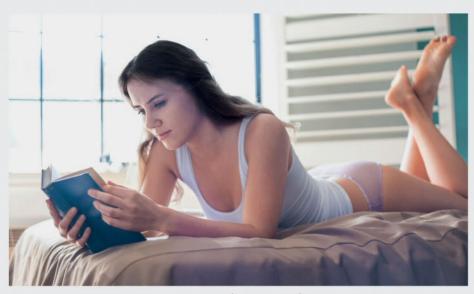


DON'T TAKE IT PERSONALLY

Being understanding and flexible will save you a lot

live separately, you'll have your own independent lives in your respective cities. "Plans will change often, work will get in the way, and emergencies will crop up. But these experiences are a normal part of everyone's life," says Aggarwal. "If your partner cancels a Skype session, do not take it personally and make a huge deal about it. Last-minute cancellations are part of most relationships of this kind. It's a problem only if it becomes a regular pattern." But then, that's an entirely different story.

of heartache. Since you and your partner



Scandalous, sexy reads

They have been set on fire and banned in several countries. **Namrata D'souza** curls up with the hottest controversial books



Memoirs Of A Woman Of Pleasure aka Fanny Hill (1748), John Cleland

OUR VERDICT: It's an obscene delight!

Want to know what love and sex felt like in the 18th century? Protagonist Frances Hill's comical but highly sexed-up life in the boudoirs and brothels of England is a good place to start. It was written by the author from a debtor's prison, who was later re-arrested for 'corrupting the King's subjects', adding more fuel to the heat surrounding this novel.



Leaves Of Grass (1855), Walt Whitman

OUR VERDICT: Sexually liberating

Libraries refused to stock this book, Whitman lost his job with the US Department of the Interior because of it, fellow poet John Greenleaf Whittier is said to have thrown the first edition into fire... this book had it pretty rough to begin with. But the powerful sexual imagery, especially the homoeroticism, made this a modern American poetry classic.



The Nunnery Tales (1866), Anonymous

OUR VERDICT: Sacrilegious much!

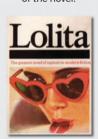
Devout Christians steer clear. The erotic novel is set in a convent, has elaborately written lesbian scenes, and has nuns and priests getting involved in situations that must never be spoken of. Indeed, some scenes are described with such great clarity that they would cause you to blush. Mission accomplished for the author then!



Lady Chatterley's Lover (1928), D H Lawrence

OUR VERDICT: Forbidden = sexv

D H Lawrence's novel is most noted for transforming the abusive word denoting vagina into the beautiful symbol it is. The book describes in sensual, poetic detail how to please one's lover. The release of the book stirred a hornet's nest in several Western countries, and even in India where a bookseller was persecuted for selling the uncensored version of the novel



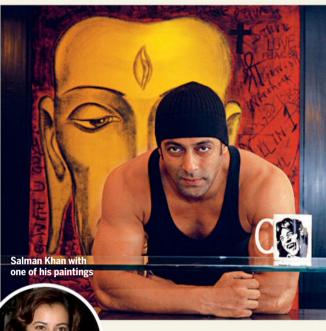
Lolita (1955), Vladimir Nabokov

OUR VERDICT: Sinfully hot

A middle-aged literature professor is sexually involved with his young stepdaughter, Lolita. That plot right there has everything one needs for a great book and an even greater controversy. Yes, it is incestuous and describes an abuse of power—but this book will compel you to set your moral compass aside. It is written with an almost endearing innocence and that is what makes it work.

WEEKEND PASSIONS

Life lessons from celebs who take time out of their busy schedules to get good at their hobbies



FIND SOMETHING RELAXING...

When Salman Khan is not burning up the screen with his signature dance moves or entertaining the audience of *Bigg Boss*, he is busy mixing colours and

picking up his paint brush. He was once quoted as saying, "The day the producers aren't minting money, or the fans are done with me and, most of all, (when) I get bored of acting, I will stop and pursue my other interests. There is a lot to do: painting, writing, direction." His paintings have plenty of takers within the industry and outside, and have sold for lakhs of rupees over the years. All proceeds go towards his charity, Being Human.

Dia Mirza is also quite the artist. The actor-producer has been interested in art from childhood and studied it too before modelling and acting became her mainstay. But later, Mirza returned to the easel. She once said, "It's healing and perhaps it's the best thing for me. Painting helps you rediscover yourself. I enjoy gifting my works to friends."

SOMETHING MEANINGFUL...

Talking about hobbies, a whole bunch of Hollywood A-listers are collectors of unusual knick-knacks. Tom Hanks, for instance, loves vintage manual typewriters. He has over 50 in his collection, which he began in the 1970s.

Angelina Jolie's collectibles are more lethal. The Tomb Raider star not only has numerous antique and decorative daggers, but is skillful with knives too. Angelina Jolie has been collecting knives since she was a child. She has said about her hobby, "It reminds you of history, and there's just something beautiful about them and traditional. Each country has different knives and weapons, and that's why I started collecting them."



DIA MIRZA IS
QUITE THE ARTIST.
THE ACTORPRODUCER
STUDIED ART
BEFORE GETTING
INTO MODELLING
AND ACTING.

OR JUST SOMETHING FUN!

Remember the scene from Runaway Bride, where Julia Roberts rides off into the sunset with the very handsome Richard Gere? Well. Roberts is a skillful rider in real life too, and has been riding from a very young age. She even shot a documentary called Wild Horses Of Mongolia. Closer home. Randeep Hooda is a national-level equestrian rider. He has said, "I feel very meditative when I ride. A horse does not know whether my movie is a hit or a flop, or what is happening in my relationship."







DUDES AND DOLLS



Both Johnny Depp and Leonardo DiCaprio spend more time than you'd think at the toy store—particularly in the doll aisle. Depp has dozens of limited and special edition Barbie Dolls along with ones that are modelled on famous Hollywood personalities like Beyonce and Lindsay Lohan. He even spends time playing with the dolls with his kids. DiCaprio, on the other hand, collects rare action figurines from Star Wars and shows like He-Man. He has even auctioned a few from his collection for charity.





you have siblings, you have felt that special mix of love, protectiveness, envy and annoyance at these lifelong companions. We can't even blame the genes for it. According to a research conducted by Genex Diagnostics in Seattle, you share only 50 per cent of your genes with your siblings. The bond you feel is built over the years, and so, is as unalterable as your fingerprint. Still, this relationship too can suffer from stress, sometimes from a happy occasion, like a marriage. Siblings might drift apart due to physical distance or increased responsibilities. Dr Rachna K Singh, clinical psychologist and life coach, Artemis Hospital, Gurgaon, says, "We live in nuclear set-ups these days. But it's necessary to make an effort to stay in touch with your sibling. You cannot take this relationship for granted." Here's how you can make the bond with your siblings stronger after one of you gets hitched.

CATCH UP

You can pick up from where you left off, even if it's been a long time since you had a meaningful chat with your sibling. It's a precious relationship but doesn't take that much effort like a friendship or your bond with parents. Singh explains, "When a spouse comes into the scenario, your entire focus starts shifting to the new relationship. The one left behind will feel left out. The first step to set it right is to communicate as frequently as you can with your sibling."

If you or your sister have shifted to another country, stay connected on social media or through chat. Your relationship with your sister is your comfort zone, don't let it go.

S FACE TIME

There is no doubt that face-to-face interactions allow us to clearly articulate our feelings without misunderstandings. Take time out to meet your sibling.

Singh suggests, "If you stay in the same city, try and catch up every week. Perhaps you can pick a hobby together. Find out what's happening in your brother's or sister's life. Or do some of the activities that you did as kids like watching a movie together or going on a shopping spree. Raid each other's wardrobes." Have healthy discussions about work and family. Rekindle the bond by revisiting your childhood memories.

"IF YOU STAY IN THE SAME CITY, TRY AND CATCH UP EVERY WEEK TO FIND OUT WHAT'S HAPPENING IN YOUR BROTHER'S OR SISTER'S LIFE."

SIBLING LOVE Celebrities who've made the effort to stay connected

KAREENA KAPOOR KHAN AND KARISMA KAPOOR

The gorgeous Kapoor sisters have stuck by each other through thick and thin. While Kareena stood by



Karisma as she battled a failed marriage and divorce, Karisma can't stop pampering her little sister now that she is pregnant.

MALAIKA ARORA KHAN AND AMRITA ARORA



Both the yummy mummies have set many sibling relationship goals. Pictures of them having a good time

together are all over social media.

SHILPA SHETTY KUNDRA AND SHAMITA SHETTY

Shamita has often expressed her fondness for her sister Shilpa. The two are often spotted together at family functions and events.

SAIF ALI KHAN AND SOHA ALI KHAN



In an interview to Femina, Soha had said, "Bhai's opinion matters a lot and I discuss almost everything with him."

Pictures of their family vacation with spouses a few months back caught public attention in a big way.

RANBIR KAPOOR AND RIDDHIMA KAPOOR

Riddhima's Insta feeds bear testimony to the strong bond that she shares with Ranbir, who is quite close to her spouse and daughter.





WIDEN THE CIRCLE Slowly and gradually start

involving the spouse in your bond. It gives both the partner and the sibling the opportunity to get comfortable in the other's company. Start off small by meeting over coffee or a meal. Pulkit Sharma, a Delhi-based clinical psychologist, says, "It's also important to let (the partner) in on your conversations about childhood. This helps build their support for the unity of the sibling team. It also gives them information about the person they are married to." As for the sibling, she or he should give the new couple their space. Don't force your spouse to hang out as a family with your folks. Check with him before you drag him into sibling activities. It always works if your spouse and sibling get along

DON'T FIGHT

even without you in the picture.

Jeffrey Kluger author of The Sibling
Effect: What The Bonds Among
Brothers And Sisters Reveal About
Us, writes in his book, "Indeed,
siblings who battled a lot as kids may
become closer as adults—and more
emotionally skilled too, often clearly

recalling what their long-ago fights were about and the lessons they took away from them." Some fights may continue into adulthood but do not ever complain to your spouse about these fights. As your partner, he is more likely to take your side and advocate your cause; this will worsen the situation and alienate you from your sibling. If you have a problem with your sibling, do all you can to settle it at your level; don't take it home with you.

CALL IN THE FOLKS

Parents are the strongest glue in keeping your relationship with your sibling intact. Once in a while, plan a family vacation. Singh says, "A family vacation is important for you as it fosters the closeness that existed when you were kids. This will make you feel closer to both your parents and sibling."

Do understand that your spouse may or may not want to be a part of it, respect his decision. Try planning a vacation with the family when he is away or busy. This way, he won't feel left out. But always run the plans by him so that he can also join if he's up for it.

HOW TO SAVE A LIFE

Has a loved one been talking about suicide? **Chirag Mohanty Samal** tells you how you can help



SOS ALARM: HEARTBREAK The NCRB data also revealed that

one out of every six persons who committed suicide was a housewife. Break-ups and divorces have become common, but many are still not emotionally equipped to deal with it. Dr Rachna Khanna Singh, clinical psychologist and life coach at Artemis Hospital, Gurgaon, says, "A woman may not always talk about committing suicide. You have to spot the signs." A bad relationship makes you feel unwanted and your selfesteem takes a severe beating. Look out for signs like loss of appetite and dysfunctional behaviour, such as her shutting herself from the outside world, not speaking to others etc, suggests Dr Singh.

STEP IN

Be in constant touch with her and keep making plans together. Make her realise that love can come from different places and persons—from friends and family. Dr Singh says, "Do things together like going for walks or other such activities that will help release serotonin and uplift her mood. These activities will also divert her mind."



SOS ALARM: OFFICE POLITICS Work pressure

and deadlines may not affect a person as much as a biased boss or scheming colleagues. A study published in *The Scandinavian Journal Of Work, Environment & Health*, reveals that work environment and the feeling of being treated unfairly by management has the greatest effect on an employee's mood. "We may have a tendency to associate

It's alarming when a loved one talks about suicide. Your instinct might be to brush it aside and try to cheer them up, but it may require expert intervention. According to data released by the National Crime Records Bureau (NCRB), at least 15 suicides took place every hour in India in 2014. We identify situations that make people vulnerable, so you know when to step in and sound the SOS for someone you love.



HOW TO HELP

It's important to remember that no one can actually prevent a suicide. However, counselling and medical attention do help. Here are resources to turn to:

Mindframes.co.in provides online counselling and face-to-face sessions in Mumbai.

Banjaraacademy.org provides free counselling via email and face-to-face sessions in Bangalore. Suicide.org offers a list of hotlines and resources across India. depression and stress with work pressure and workload; however, our study shows that workload actually has no effect on workplace depression," says one of the researchers of the study, psychologist Matias Brødsgaard Grynderup.

STEP IN

"Sweeping the issue under the carpet or saying it is no big deal is not a solution at all. It will only worsen the issue. As a friend, you need to hear them out and push them to seek help," says Dr Meera Rai, a Mumbaibased life coach. This help could come from the company's HR department too. Dr Rai suggests it might, in some cases, help to assure your friend that it's okay to quit.



SOS ALARM: **NURSE DUTY**

Anyone who is caring for a loved g a terminal disease needs to undergo

one battling a terminal disease like cancer needs to undergo counselling to be able to deal with caregiver stress, says Dr Singh. "It is difficult to see someone you know suffering and inching closer to death. I have seen caregivers getting depressed and this doesn't help anyone involved." Nearly one-third of people caring for terminally ill loved ones suffer from depression, according to research from Yale University.

STEP IN

Being the caregiver to a loved one suffering from a long-term illness may leave you with little time to yourself. But, Dr Rai says, "This me-time is necessary to keep you going. Even if for just 20 minutes, indulge in an activity you love. It will give you something to look forward to."



GOTYOU COVERED

It's more important than your resumé and your first handshake. **Mridula Vinod** tells you how to write a cover letter that gets you the job

cover letter does more than just introduce your CV-think of it as your first handshake with a potential employer. It's full of subtle cues that make your case for you. In a crowded job market, it underlines the factors that make you stand out. Yathi Venkatesh, head of HR at Global Human Resources, Chennai, reiterates, "A cover letter must focus on why the individual qualifies for the job, and what value they will bring. The letter should let me know that the applicant has put in the effort to learn more about the company and the job profile." Here are some points to keep in mind while drafting that perfect introduction.

→SPELL IT OUT

A good cover letter acts as a prelude to your CV. Talk about why you are the right candidate by bringing attention to the value you will add through your experiences and achievements. It goes without saying that all the information you provide needs to be accurate and succinct. Mention an aspect or policy of the company that particularly fascinates you and elaborate why-it's a way to show them you've done your homework.

→NARROW YOUR FOCUS

A potential employer wants to know why you will be perfect for a particular role, so use specific and not broad adjectives to describe yourself. Examine the profile and designation that the company has a vacancy for and match your skills and experience accordingly. Add any relevant details, like previous roles held,

courses completed and projects handled. "It genuinely helps when the cover letter is to the point with apt headings—that's when it catches my eye and pushes me to scan the entire profile," says Tharuna Hinduja, head of HR at SPI Cinemas. Chennai.

→BREAK IT DOWN

A letter that is cohesive and to-the-point makes you look organised and efficient. Make sure your cover letter follows a clear structure: an introduction, an explanation of your area of interest/speciality, your keenness to work with the organisation, and the value you look forward to adding to the role. "A cover letter should bring out the strengths and achievements of the candidate, preferably through statistics, and should conclude by stressing how well they'll fit in with the organisation," says Zahn Patuck, marketing associate at Talerang, a company that specialises in making people work-ready.

EXAMINE THE
PROFILE THE
COMPANY HAS
A VACANCY FOR
AND MATCH
YOUR SKILLS
AND EXPERIENCE
ACCORDINGLY.

FORMATIT RIGHT

For your cover letter, a 12-point font size is considered to be standard. For any headings, a 14-point size is ideal. Stick to professional font styles such as Times New Roman, Arial or Calibri. A cover letter typed in Comic Sans won't do you any favours.

→KEEP IT REAL

Sincerity is always compelling. Speak with pride about your achievements and don't hold back-this is no time for modesty. Be honest about what you think you can contribute to the company and trust that your experience so far will hold you in good stead through the interview. However, don't claim experience that you don't have. Backpeddling from a lie isn't easy and won't help your case.

→SCAN THE DETAILS

Ensure that your cover letter has been proofed at least thrice for spelling and grammatical errors. If you need another pair of eyes to help with these, ask a friend to proofread it for you. Mistakes in your CV or cover letter show that you are disorganised and impulsive. "What I look for in a cover letter is the quality of the writing. This doesn't mean you need to use many big words. Write in good, sound language that flows well," says Yathi. 🖪



FASHION

SUMMER PUNCH

Leap into the new season with vivid colours, bold new shapes and boundless energy. Get ready to hit the street with our edit of the top spring/summer 2017 trends

















Gold, diamond and gemstone cocktail ring, Ghanasingh Be True 2. Ruby and diamond neckpiece, Farah Khan Fine Jewellery 3. Diamond and sapphire studs, Jaipur Jewels 4. Pearl neckpiece, Ragini Mittal 5. Diamond, pearl and emerald earrings, Gehna Jewellers 6. Tanzanite and diamond ring, Manubhai Jewellers 7. Titanium and sapphire earrings, Chopard 8. Rutilated quartz and white diamond drop earrings, Aurelle by Leshna Shah

TWIST IN TIME

Introduce a classic motif into your watch collection with this bejewelled beauty





STAR LIGHT

Luxury brand Bottega Veneta's spring/summer 2017 campaign continues the house's longstanding Art of Collaboration project this time with famed American photographer Todd Hido. Featuring iconic artistes like Lauren Hutton, Joan Smalls and Vittoria Ceretti among others, the campaign has been shot at the modernist Modulightor Building in New York.

Gold class

It's the month of cool collabs. Deme by Gabriella has created a jewellery line with Pipa+Bella and it has fun and eclectic pieces, like body chains, cuffs and chokers, which will work perfectly with your everyday style. The jewellery uses a lot of gold accents and turquoise stones.

AVAILABLE AT: Pipabella.com PRICE: ₹999 onwards





rend

Femina's round-up of the latest news, views and buzz in fashion



FROM PARIS, WITH I OVF

French style icon Inès de La Fressange has collaborated with Lipault Paris to design a collection of bags and luggage. The range is characterised by its clean shapes and bold use of reds and blues. We've got our eyes on this chic red backpack. AVAILABLE AT: Select

Lipault stores PRICE: ₹4,900

LABEL WE LOVE

There's a new sustainable label on the block! Founded by revivalist Kavitha Chandran, Urmi's primary focus is to incorporate Indian handicrafts into modern-day designs with sustainability at its core. It produces only bags,

including beach bags, totes, handbags and clutches, which are made using nondegradable plastic waste. Durability, style and eco-consciousness, all zipped into one! **AVAILABLE AT:**

Urmiweave.com and select retails outlets

street

We cannot get enough of Koovs' designer collaborations. This time it's Masaba Gupta's turn and we're happy to report that she'll be staying true to her signature style. The Masaba X Koovs range consists of quirky separates like bodysuits, jumpsuits, joggers, crop tops, jackets and leggings.

AVAILABLE AT: Koovs.com PRICE: ₹900 onwards []



THE CV

With a BA in fashion designing from NIFT followed by a womenswear specialisation at Central St Martins, artist and designer Kallol Datta is known for his experimental and convention-defying aesthetic. The label Kallol Datta 1955 was launched in 2007; 1955 being the year Datta's mother was born. Since then, we've been drawn into his underground



world, where fashion and art often collide, resulting in a constant existential dialogue.

COLOURS: NIGHT SKY

The colours were all mainstays of Kallol Datta 1955, the palette ranging from ubiquitous blacks and moody greys to intense blues.

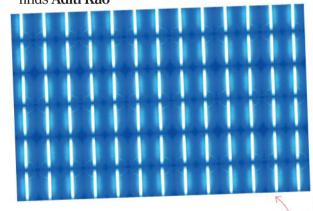






ElectricSHADOWS

Indian fashion's enfant terrible Kallol Datta is back with another compelling tale this fall, finds **Aditi Rao**



INSPIRATION: Hidden details

True to his style, the designer found inspiration in the most unlikely of places this season. Datta says, "I've been interested in uncovering hidden meanings, redacted information, disappearing and/or lost data for a while. My fall/winter collection, titled Low Res, came about as a response and reaction to that interest." Right from conceptualisation to the printmaking process and the final runway presentation, Datta attempted to conceal and expose details, and do both at will.



Datta played with skin textures. He says, "The collection had two key printsthe Moleskine print, which was a magnified view of the common mole on our body, and the Optical Skin print, borrowing from wrinkles in various nooks of the human body (elbow creases, knee pits, corner of the eyes), which were in turn fused. stretched out and then arranged in abstract patterns."











GOOD SPORT Introduce athleisure into your travel wardrobe so you're always at ease on the go. A satin bomber jacket, metal-tipped sneakers and snazzy sunnies work hard to make you look good.

Polyester dress, ₹2,999, **H&M**; polyester bomber jacket, ₹3,699, **Only**; metal and stone neckpiece, ₹3,145, **Accessorize**; leather sneakers,₹12,000, **adidas** Originals; stainless steel trunk, ₹11,800, Nappa Dori; metal sunglasses, model's own >









THOLOGRAFTAS, VIINAL JAVINAR. FIE-UP DRESS, PRICE ON REQUEST, MARC JACOBS ® STYLEBOP.COM; SWAROVSKI





to moisturise and soften your lips.

3 With a dab of foundation, create a flawless base for your look.





GET THE LOOK

Makeup artiste and hairstylist Roswita Akolkar shows Madhura Sansare how to create the look, including the half-up space buns

5 Apply blush on the apples of your cheeks to add a pop of colour.

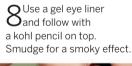


Start off creating Oyour smoky eyes with a swipe of brown eyeshadow on the lids. Blend well.



Add a coat of dark maroon eyeshadow on

9^{Brush} out your brows and fill in any gaps with an eyebrow pencil. >





innis†ree Bold KOHL



Add definition to your eyes by applying a line of kohl to your waterline.



1 Use a hint of brown eyeshadow on your lower lashline to emphasise the smoky effect.



2 Use an eyelash curler and then apply mascara to open up your eyes.





LOOSEN UP YOUR BRAID BEFORE TWISTING IT INTO A BUN TO CREATE VOLUME.



5 Apply some mousse and curl the ends of your hair with a curling iron for a bouncy, wavy effect.

16 Part your hair in the middle and pin up one of the front sections of your hair.



Braid the first front section, starting at the scalp, and twist it around in a bun on one side of your crown.



8 Pin it up and repeat on the other side.



SPACE BUNS WITH SMOKY EYES AND NUDE LIPS

BEAUTY

HOT RIGHT NOW

All that's fresh and fun on the beauty shelf

SINFULLY SMOOTH

For a simple yet effective DIY treat, give yourself a massage with warm body oil that will seep into your pores and make your skin soft from the inside out. Try it this weekend with the Innisfree Jeju Camellia Body Oil, which is a blend of natural oils, including camellia oil, sunflower oil and macadamia oil. It has a smooth texture and smells of camellia flowers.

eju camellia body oil

AVAILABLE AT: Innisfree

PRICE: **₹1,500**

FRESHLY SCULPTED

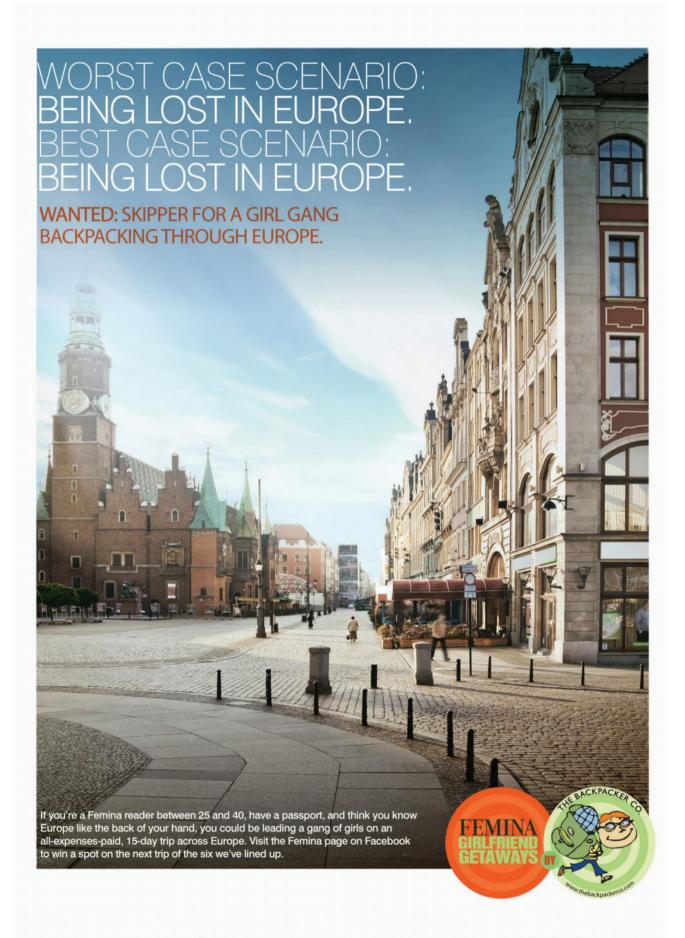
For high chiselled cheekbones and that perfectly sharp jawline, try Faces Ultime Pro Face Palette. It's a travel-friendly 3-in-1 pack of blush, bronzer and illuminator, all of which are lightweight, have a smooth texture, and blend like a dream. You can choose from two shades—Fresh and Glow. AVAILABLE AT: FACES

PRICE: ₹899

LASH OUT

Tired of those obviously fake lashes? Upgrade to Maybelline New York Falsies Push Up Drama Mascara. Its 'push up' literally comes from its bent wand and cup-shaped bristles. It subtly lifts your lashes, giving it that va-va-voom effect while its formula plumps and volumises instantly. Flutter those lashes, girl, and you will stop the world in its tracks!

AVAILABLE AT: Maybelline New York PRICE: ₹550 [3



FUN IN THE WAVES

Add fun to basic wavy hair with a couple of braids, says **Madhura Sansare**

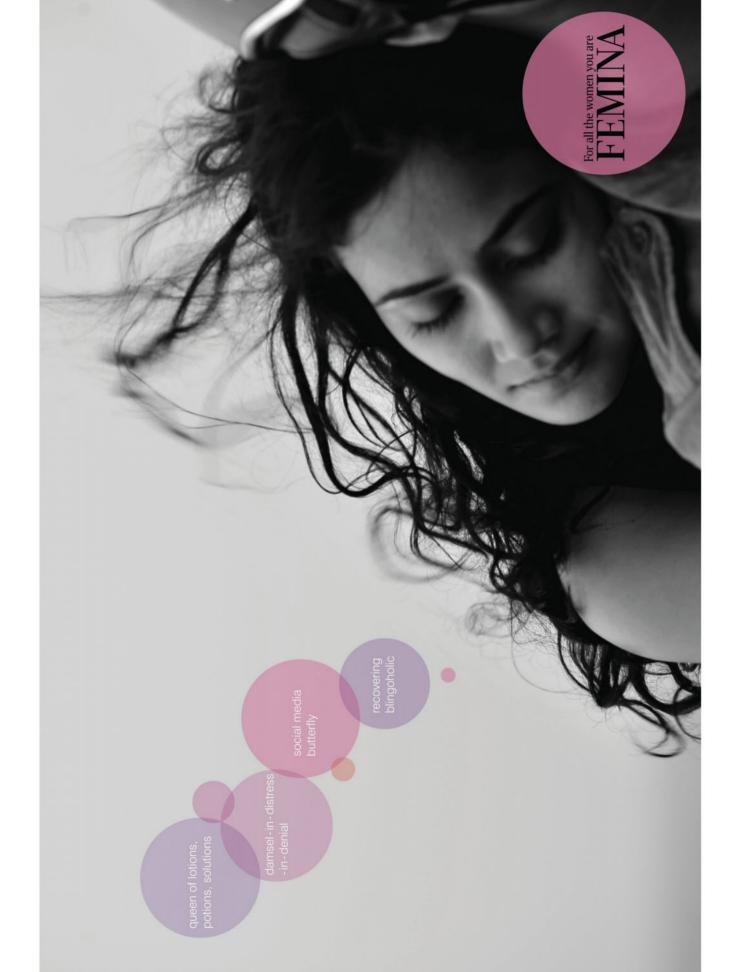
A new hairstyle can instantly turn around your look and even your day. And who says you have to follow the same trends as the rest of the herd. We were stunned by Yami Gautam's look, which combined the fun of braids with the elegance of blow-dried waves. What a star!

GO BIKER CHIC WITHOUT THE COMMITMENT WITH THIS GORGEOUS LOOK.

Start by washing your hair with a volumising shampoo and conditioner. Apply a texturising spray and blow-dry your hair using a round brush. Scrunch up the ends to add a little texture. With a comb, create a deep side part. Pin the thicker section up to keep it out of the way. Divide the thinner section into two sub-sections, and make two thin braids with them. Let the thicker section of your hair loose, and gather it all on the side opposite to the braids. Finish with a few minutes under a blow-dryer and a blast of a strong hold-and-shine spray.

LET YOUR WAVES COOL BEFORE YOU RUN YOUR FINGERS THROUGH THEM TO ENSURE TIGHTER, EDGIER WAVES.









HD

Master the gradient look with fabulously done ombré lips, says Madhura Sansare



FACE

Powder

FACES Ultime Pro

Start off by cleansing, toning and moisturising your face. Apply a cover foundation closest to your skin tone, and dab some concealer to hide imperfections. Pat your skin with an illuminating powder to set your makeup.

> The ombré lips trend has been the talk of the town for all the right reasons. Jacqueline Fernandez gives us goals in perfect pink and plum ombré lips, paired with an illuminated face and some heavy mascara.

MAKE IT YOUR OWN

FOR WORK

Opt for nude ombré lips with a brown lipliner and a nude lipstick.

FOR A WEDDING

Jazz up your eyes with a shimmery silver eyeshadow.

FOR A DATE

Let ombré lips and sultry smoky eyes do all the talking.



Lakmé

Start by applying an eyelid primer, followed by a stroke of liner on your waterline and upper lashline. Smudge the liner on your upper lashline a bit and generously coat your lashes with a growthboosting mascara.



After exfoliation, use a plum lip liner on the edges of your lips. With a gradation lip colour, fill in the middle of your lips and then blend the two shades together to create an ombré effect. 🖪

Matt Dior Diorblush **Sculpt Contouring Powder Blush** Benefit att's Up!

CHEEKS

Use a highlighter stick to bring attention to the higher planes of your cheeks. Follow with a peachy pink blush on the apples of your cheeks for a naturally flushed look.

Unleash your inner goth diva with edgy purple-black lips, says Madhura Sansare



Double Wear

Brush-On Glow

BB Highlighter

L'Oréal Paris Infallible 24H Stay Fresh Foundation

M-A-C StarTrek

Lipstick

elvety-smooth skin paired with fierce lips dominated the runway at the Marc Jacobs show in New York. Make a style statement with bare skin, clumpy lashes and vampy lips at your next big public appearance.

GET THE LOOK

1 Start off with a regular CTM routine and pat your face dry for a clean, smooth base. Keep it simple by applying

an illuminating moisturiser. Follow this with a liquid foundation to even out the skin tone and set with translucent loose powder. Use a liquid highlighter on the inner corner of the eyes, the bridge of the nose, cupid's bow, upper cheeks and chin for a subtle glow.

Apply nude eyeshadow on the eyelids. Trace the waterline with a nude eye pencil. Use loads of mascara to create a clumpy lashed look. Wiggle the wand horizontally from roots to ends on the top lashes, and

USE A SETTING SPRAY TO MAKE YOUR MAKEUP LAST LONG AND TO GET THAT PERFECT MATTE LOOK.

hold the wand vertically to cover the lower lashes.

Contour your cheeks with a brown blush by sweeping it under your cheekbones using a soft angled brush.

Line your lips with a highlighter and fill in with a dark purple lipstick. Outline with a liner of the same colour to ensure the edges don't feather. Finish with a high-shine gloss in the same hue to add extra drama to the look.

SKIN

I face severe dryness problems during winters, and the skin on my hands tends to peel off. Any suggestions?

-Roshmika Chatterjee, Kolkata

Make moisturiser your best buddy this season. You should use a non-soap cleanser such as Cetaphil cleansing lotion as it also maintains the pH balance of the skin. Avoid hot water showers, as it can dry out the skin even more. Use a heavy moisturising cream (one with heavy lipids such as cocoa or shea butter) for your hands, elbows, knees and feet. Avoid toners and astringents in winter as they are alcohol-based, which further dries out the skin.

Dr JAISHREE SHARAD

Celebrity cosmetic dermatologist and CEO of Skinfiniti Aesthetic Skin & LASER clinic, Mumbai



MAKEUP

I work long hours, and have noticed that my foundation tends to look cakey towards the end of the day. What can I do to avoid this?

-Anamika Jha, New Delhi

Frequent touch-ups are what you need to solve this issue. A quick touch-up post lunch will help you. Ensure that you keep a studio fix compact and a fixing spray handy to refresh your look. Generally, foundation tends to look cakey if it's used too much, or if used without a primer. Prep your skin well before putting on foundation.

KAPIL BHALLA

Renowned celebrity makeup artist



HAIR

Is it dangerous to colour your hair if you have an extremely dry scalp from psoriasis?

-Gauri Shinde, Mumbai

If your psoriasis is very aggressive, and you have open sores and areas on the scalp that bleed from inadvertent scratching, then colouring your hair may not be a good idea. Not that I think this will aggravate the problem, as psoriasis is often a fungal condition, but I would definitely suggest that you visit a dermatologist to get your psoriasis under control, and only then colour your hair. In medical matters such as yours, it'd be better if you get the problem treated by a medical practitioner.

NATASHA NAEGAMVALA

Director of Nalini of Nalini & Yasmin Salon Pvt Ltd



YOUASK

The one-stop panel for all your skin, makeup and hair questions



TILL I SALON YOU AGAIN QUICK FIXES

fter four hours at a salon on a Sunday, you wish you could freeze yourself to make your salonfresh looks last all week, at least to justify all the money swiped on your credit card; not to mention all that time spent at the salon. Come Wednesday and your hair looks like you have never known a hair stylist and your caviar manicure is missing a few beads. By the end of the week, the facial that left a healthy glow on your cheeks is a thing of the past and your next appointment is a month away. And hell's bells, you realise that there's a 5 o'clock shadow under your eyebrows and your upper lip, just as you're setting out for a night out.

The effects of beauty treatments and salon procedures fade with time and don't always last till your next appointment. We've all had freak accidents with our manicures just as we have stepped out of the salon. Coloured hair suddenly starts showing some grey when your next session

For those in-between times, here are some snappy beauty quick fixes to help you till your next salon appointment. By Anupama Bijur



is a fortnight away. To keep you looking salon fresh till your next appointment, without needing to resort to an invisible cape, we scoured around for mid-treatment hacks.

Face time

U & Me Salon & Spa, Mumbai has a special section called Quickies for touch-ups and quick fix treatments. Irshaad Khan of the salon says, "After medicated derma treatments, we don't advise facials, but we provide soothing face packs like mint mud and sandalwood which give relief from swellings and redness."

QUICK FIX: Give yourself a better canvas with a simple egg face pack. Separate the white from the yolk and apply it all over your face. Let dry for a minute and apply another coat. Let dry and repeat. When the egg white is wet, press thin facial tissue on to your face and leave on for five minutes or till dry. Peel off and rinse with warm water. Apply moisturiser before starting makeup.



MANE WOES

IN BETWEEN COLOURING

Maintaining coloured hair is not easy. Hair normally grows about a centimetre a month. Plus, with the kind of water and chemical shampoos we use, colour is stripped from hair much faster. But how many times can you go for regular touch-ups?

QUICK FIX: Opt for hair colour options like ombre or balayage as they grow out looking trendy. If you want to cover your greys for a night, use hair chalk or temporary hair colour spray. If you've run out of these, just use mascara to touch up the roots.

IN BETWEEN CUTS

Anyone who has sported short hair will know that after six weeks, your hair can start looking messy. And things are worse if you're trying to grow out a chic pixie or bob cut. Before you cover your hair with a hood, hair stylists say you need to work with the style as it grows out. Vijay Lobo, Scent Salon, Bangalore, suggests getting professional intervention while growing out your hair. "If you're growing out a pixie haircut, leave the long mop in the crown. If you're growing out an undercut, ask your hairstylist to give you a graduated cut at the back to help with the transition."

QUICK FIX: Tracey Poole,
spa director, Six Senses Spa,
Jaypee Greens Golf and Spa
Resort, Delhi, suggests blow
drying short hair with a large
round-bristle brush and using
hair accessories. Dipthi
Aashok, hair and makeup
artist, says, "You can use
hair extensions if you're
going out for a party.
For everyday styles,
try a messy look.
Headbands, fancy clips and
products like gel can help you

create a new look every day."



In between blowouts

Hair can lose lustre and look dry and unmanageable when the effect of treatments is wearing off. Lakshmi Rebecca, filmmaker and anchor, says, "I go for a Brazilian blowout once in three to four months so I don't have to frequently go to the salon to straighten my hair. It's a temporary procedure and does not do any damage to one's hair and makes maintenance easy." **OUICK FIX:** If you want to give your hair a rest from the straightening iron but fear that you will look like Medusa, try a hair pack for quick rejuvenation. Tracey suggests you mix a little coconut oil and conditioner and massage it into your scalp. Wash off after 20 minutes with regular shampoo. This makes hair instantly shiny. To repair hair that has been rendered dry due to repeated treatments, mix two eggs and two tablespoons of olive oil and massage gently into your scalp and hair. Leave on for 20 minutes and shampoo as usual. Rinse well and wrap your hair in a towel till partially dry. Blow dry as usual.

Mid-waxing issues

How often have you felt stuck when your hair is not long enough to be waxed and not short enough for a gorgeous dress? Nude stockings are not your only option—there are alternatives like shaving or using hair removal creams. Bleaching is another great option as it lightens the hair to make it almost invisible, and also lets you plan your next waxing appointment on time. >

To repair hair that has been rendered dry due to repeated treatments, mix two eggs and two tablespoons of olive oil and massage gently into your scalp and hair.



QUICK FIX: Irshaad suggests some natural depilatory formulas. "Powder two teaspoons of camphor and white pepper together and mix with a few drops of almond or coconut oil. Rub on legs or hands. Wait for 15 to 20 minutes and wash off. You can also combine ½ teaspoon of alum, 2 tablespoons of rose water, and a teaspoon of olive or sesame oil. Apply this mix over your legs or hands. When dry, apply another coat of the mix. Repeat 8 to 10 times. Leave for an hour and wash it off."

Nailing it

Good grooming is in the details, and hands and feet are tapping out their own Morse code about your beauty regimen. Keep your hands and feet clean in between salon mani-pedi sessions by washing your feet and hands in warm water and moisturising them before bedtime. Keep a hand cream at your desk to moisturise during the day. Keep your nails clean, whether they are clipped, long, painted or paint-free.

QUICK FIX: If your hands and feet are looking rough and work worn, slather on moisturiser or olive oil. "Brush your cuticles with an old toothbrush, warm water and shampoo. This should keep you going till your next mani-pedi session," says Ralph Daniels, hair and makeup artist. Another trick is to keep glitter top coats handy. Dab some on in a creative way on the chipped area to create your own nail art. Lakshmi says, "When I do my nails, I always carry the nail colour in my bag. So if it chips off I can repair it."

DISTRACT AND RULE

Divert attention from tired eyes by accentuating lips with a bold red. If your upper lip has a 5 o'clock shadow, draw attention to your eyes. Use bold eyeliner or a pair of false eyelashes or try the winged-tip liner to draw attention away from the mouth.

RAISE YOUR BROW GAME

If your eyebrows have grown back with a vengeance despite driving you to tears as the salon technician threaded them out just a week ago. Dipthi says, "Keep tweezers handy and pluck out the extra hairs every day. Don't touch the eyebrows or you may alter their shape." You can also consider carefully bleaching your extra hairs.



"Brush your cuticles with an old toothbrush, warm water and shampoo. This should keep you going till your next mani-pedi session."

Fatigued eyes?

Your eyes are the first to betray the waning effects of beauty treatments. Besides, long hours at work, staring at computer screens can leave them looking dull, tired and red. Lack of sleep, exhaustion and poor diets erase the benefits of the facial you had just a fortnight ago.

QUICK FIX: Ralph says "To instantly brighten tired eyes, dip two teaspoons in water and leave them overnight in a refrigerator. Next morning, use them to cup your eyes for a few minutes to refresh eyes." Chilled cucumber slices, a cold eye pillow or chilled chamomile tea bags will also do the trick. Keep on for 20 minutes, rinse your face and pat dry for fresh and youthful eyes.

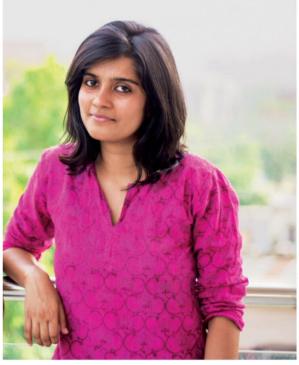
REALITY

Somebody to love

Kalyani Khona is the co-founder of Inclov, the world's first matchmaking app for people with disabilities and health disorders. **Anindita Ghosh** meets this Cupid with a cause

ou might say Kalyani Khona has always been a hopeless romantic. She loved to match-make and often wondered how people who didn't fit into mainstream society found each other. How do you find your own happily ever after when no fairy tales are ever written for people like you? Then one day, a light bulb went off in her head. "The idea of bringing together people with disabilities and special needs came to me out of the blue," says Khona, who started her matchmaking company Inclov in 2014.

"I was very disheartened with the current scenario where matrimonial portals were neglecting a whole segment of people, ie those with disabilities. I realised that there is a big market for this service," says the 24-year-old. According to her, people with disabilities and special needs are a huge segment, nearly as large as the LGBTQ community. "But people with disabilities have no opportunities to meet people. And while they will fight for jobs and their rights, there is almost no discussion about their need to find companionship. So, I thought that perhaps this agency could be a way to spread the word and tell



"In the future, I want to have different platforms for different categories because one size doesn't fit all."

people that something like this is actually possible."

Khona launched the Inclov app in January 2016. The initial investment for the app was raised through crowd-funding. So far, the app has 5,000 users, 200 matches and even two users who got married. The next step was to create offline spaces where people could meet. Khona says, "Most restaurants didn't have

washrooms with ramps, or menu cards in Braille, or waiters who could understand sign language. So they would chat but could never meet."

To cater to these needs, Inclov organised about 15 offline events in Mumbai, Chennai, Bangalore, Delhi, Gurgaon and Noida. Later, it roped in users who could use their own social spaces for community events.

While the social impact of Inclov is farreaching, Khona is clear that her company is a revenue-making enterprise. "We charge a nominal fee of Rs 200 for the events. We also get sponsors for these events, and often ask a company to fund 10 events or to give us canteen space on Sundays so that they can promote their workplace as well." Khona also plans to start offering assisted matchmaking services on the app with premium features like assistive responses and video calling.

She counts Will Bunker of Match.com as her mentor, and is excited about the future. "Insights about revenue and how to monetise products come from Bunker. Match.com started in the 90s when there were no payment gateways and they would have to go and collect cash or cheques from the users. So, he understands this space very well," says Khona, who recently wowed the audience with her vision at a TEDx Gateway event in Mumbai. "In the future, I want to have different platforms for different categories because one size doesn't fit all. I want to work on matchmaking for widows, divorcees and the elderly."



lron fist, velvet glove

Maharani Gayatri Devi is remembered as one of the most beautiful women the world has ever seen. But she was also a feisty political leader who stood against injustice and for the people. By **Hemchhaya De**

t was the summer of 1919. The Great War had just ended. Prince Jitendra Narayan of Cooch Behar and his wife, Indira Devi (Maratha Princess Indira Raje of Baroda), had landed in London after an extensive holiday in Europe. They were accompanied by their three children, Ila, Jagaddipendra and Indrajit. In a few days, the couple was blessed with another beautiful daughter on May 23. Indira wanted to name her Ayesha. Very few would perhaps remember that it was the name of the protagonist of a late 19th century adventure novel, She, by H Rider Haggard, about an allpowerful white queen who reigned over a lost kingdom in Africa. Indira was reading Haggard's novel when she was pregnant with her fourth child. But tradition won and the child was named Gayatri.

The little one would go on to become one of India's best-loved maharanis. Ayesha (as she was fondly called by her friends later in life) was venerated not only for her regal charm and lineage, but also for her work for the poor and downtrodden, and for her contribution to women's education in Rajasthan. Not to mention, the part she played in taking on the ruling powers in post-Independence India.

Mother figure

Gayatri Devi spent most of her childhood in London and Cooch Behar, her father's estate. She had a fairytale childhood. But it had its share of tragedy. Her father died at the age of 36 when she was just a little girl. Gayatri Devi had



a faint recollection of the days of mourning following his death. In her autobiography, *A Princess Remembers*, she wrote, "(I) have confused memories of my mother, dressed entirely in white, crying a lot and shutting herself in her cabin." At that time, Indira Devi, along with her five children—Ila, Jagadippendra, Indrajit, Gayatri and Menaka—was sailing back to India from England.

Indira Devi had a deep influence on young Gayatri's life as she took over the reins after her husband's death. She was a fashion icon in her own right too. In her autobiography, Gayatri Devi wrote, "Ma...was considered one of the best-dressed women in India. She was the first person to start wearing saris made of chiffon... She proved that a woman, a widow at that, could entertain with confidence, charm and flair without being in the protective shadow of a husband or father." According to actor Riya Sen, who is related to Gayatri Devi (her father Bharat Dev Burman is the maharani's nephew), "Gayatri Devi is, of course, a style icon whom everyone knew, but Indira Devi was an icon too. She was an elegant lady who wore exquisite French chiffons." On the other hand, Gayatri Devi was a boisterous girl growing >

"I have confused memories of my mother, dressed entirely in white, crying a lot and shutting herself in her cabin."





She was head over heels in love with Sawai Man Singh II, the Maharaja of Jaipur, and agreed to be his third wife.

(Clockwise from top) Maharani Gayatri Devi at The Times Of India office in Mumbai; with Lord Mountbatten; during a polo match

up, with a penchant for sports and hunting. She shot her first panther at the age of 12. But in no time she too came to be known as one of the most beautiful women of her time with suitors jostling for her attention.

The first rebellion

Despite severe opposition from her mother and her brother, Gayatri Devi married Sawai Man Singh II, the Maharaja of Jaipur, in 1940, when she was just 21. She was head over heels in love with the maharaja and agreed to be his third wife. In her memoir, she writes, "Ma predicted gloomily that I would become simply 'the latest addition to the Jaipur nursery". But she didn't back down. What's more, she told the much-married maharaja that she would not lead an isolated life—as maharanis were usually kept behind purdah in those days-in the palace. Soon, she made a foray into politics with the maharaja's consent.

In 1960, the maharani's involvement in politics became official. She was invited to join the Congress earlier, but she chose to swear allegiance to a brand new political party that sought to oppose the Congress at that time. The Swatantra Party was led by Chakravarty Rajagopalachari, who succeeded Lord Mountbatten to become the Governor General of India. He believed that Nehruvian

doctrines were failing to meet the needs of ordinary Indians.

A political creature

Gayatri Devi's words describing her poll campaigning would be familiar to any young urban political aspirant today. With characteristic matter-offactness, she writes in her memoirs, "The whole campaign was perhaps the most extraordinary period of my life. Seeing and meeting the people of Jaipur, as I did then, I began to realise how little I really knew of the villagers' way of life. I found that most villagers, despite....the cruel experiences of famine and crop failure, possess a dignity and self respect that are striking and have a deep security in an inclusive philosophy of life that made me feel admiration and...almost envy."

Gayatri won the Jaipur seat in the Lok Sabha in 1962. It was a landslide victory that made its way to the *Guinness Book Of Records*. She bagged 1,92,909 votes out of the 2,46,516 cast. She continued to represent Jaipur in the next few years providing stiff opposition to the Congress party at every turn. Gayatri Devi didn't shy away from taking on even Nehru on several issues, including the 1962 India-China war debacle. Her famous rejoinder to him in Parliament was, "If you knew anything about anything, we wouldn't be in this mess today."

A state of emergency

In 1971, the then prime minister, Indira Gandhi, abolished the privy purses, annihilating all royal privileges and disregarding the treaties agreed upon in 1947. Gayatri Devi was accused of breaking tax laws and imprisoned, along with several members of Indian royalty, during the run-up to the Emergency period. Income tax inspectors ransacked her palaces and she was booked under the draconian Conservation of Foreign Exchange and Prevention of Smuggling Activities Act.

It was a difficult period in her life as she coped with huge personal loss—just the previous year, her husband died at a polo match in the Cirencester, Gloucestershire, UK. She faced a bleak political scenario that spelt doom for most princely titles and statuses. In her autobiography, Gayatri Devi was quite unsparing about Indira Gandhi's policies. She writes, "Driven by the misguided perception that 'India was Indira' and that without her the nation could not survive, and spurred on by her coterie of self-seeking advisers, she unleashed events that almost destroyed democracy in India..." Celebrated writer and columnist Khushwant Singh wrote about this episode in Gayatri Devi's life, "She fell foul of Prime Minister Indira Gandhi whom she had known since their short period together in Shantiniketan. Indira could not stomach a woman more good-looking than herself and insulted her in Parliament, calling her a b***h and a glass doll. Gayatri Devi brought the worst out in Indira Gandhi: her petty, vindictive side. When she declared the Emergency, Gayatri Devi was among her first victims."

At Tihar, Gayatri Devi shared quarters with Vasundhara Raje Scindia, the Rajmata of Gwalior, for some time. She was released after five months in jail following which she started to withdraw from politics.



It was a life marked in equal measure by grief and grace, but it was her generosity of spirit that made her Jaipur's—and India's—most beloved queen.

The people's maharani

Actor Raima Sen says,
"I remember her in simple chiffons with minimum jewellery." Sen also fondly remembers how Gayatri Devi sent her on a blind date while she was

holidaying in London. She was just a teenager then. "She would tell us to avoid black and instead wear lots of colours!"

Tennis player Akhtar Ali says She asked me if I would like to compete at the Junior Wimbledon that year. I candidly told her that I didn't have the financial strength to compete in London. A couple of days, she declared at a party that I would be going to Junior Winmbledon. I lost in the semis and broke down. Gayatri Devi was watching the match. She consoled me and sponsored my trip the next year too! She used to say, 'Money can't buy everything, but money can buy what money can buy".

Quiet retreat

After quitting politics, Gayatri Devi spent her days mostly in Jaipur, in the cool comfort of her home, Lily Pool, focusing on the schools she set up in the Pink City. The winds of change were blowing through her city. She was not happy with how the ugly forces of development were destroying its beauty and character. Tragedy also struck closer home when her son, Jagat died from health complications related to alcoholism in 1997. She survived him by more than a decade. Her own death was followed by an acrimonious fight over her property estimated to be worth ₹3,200 crore. Last year, the Supreme Court ruled in the grandchildren's favour. The bad blood left her heartbroken to her last days. Gayatri Devi died on July 29, 2009, at the age of 90. It was a life marked in equal measure by grief and grace, but it was her generosity of spirit that made her Jaipur's—and India's—most beloved queen. [3]

"I don't care WHAT PEOPLE SAY"

As a 19-year-old mother, she was asked to hide her baby if she wanted to succeed, but Bengali actor Swastika Mukherjee would not be dictated to—not by the industry, her fans or the censor board. She lays it all bare with **Hemchhaya De**



The wider Indian film audience may have first noticed Swastika Mukherjee when she played Angoori Bai in Dibakar Banerjee's *Detective Byomkesh Bakshy!*, but her career in the Bengali film industry has spanned a decade. In that time, she's acquired a reputation for picking roles that go against the grain (and get into trouble with the censors) and for refusing to conform to celebrity cliques. Now as she finds herself navigating the film industry in Mumbai and its power structures, she looks back at the decisions, both deliberate and impetuous, that shaped her life and explains why she is finally in a happy, relaxed space—at home and on sets.

How did life change after you played Angoori Devi in Dibakar Banerjee's Detective Byomkesh Bakshy!?

I shifted to Mumbai in January 2016 and I divide my time between here and Kolkata now. I have seen that in Mumbai, no matter how many films you have done in the regional industry, nobody cares. Yes, they understand that I am a big star in Bengal. But you still need to audition for roles here. When I go to Kolkata, the star in me resurfaces, but in Mumbai, I take autos, call people and wait for them to respond. It helps that my partner (Suman Mukhopadhyay) is a film director. Detective Byomkesh Bakshy! helped me—people remember me by my character, Angoori Devi. Irrespective of whether the film worked at the box office or not, the industry watched the film because of Dibakar Banerjee.

Why didn't you move to Mumbai earlier in your career?

In those days (about 13 years ago), I saw several colleagues leaving Kolkata for Mumbai.>

They did reality shows or small roles and came back to the city after a couple of years. I didn't want to go through all that. I had lots of work. From 2008 onwards, I shifted to offbeat cinema. In fact, the Bengali industry was going through a major transformation and this kind of cinema was gaining ground. And directors like Buddhadev Dasgupta or Anjan Datta offered me meaty, experimental roles. I saw that I could carry a film on my own. I could pick and choose roles. So I was never enamoured with Bollywood. When I auditioned for Detective Byomkesh Bakshy!, my daughter had finished her std 10 Board exams and I had time on hand. I didn't want to leave my little daughter with my parents and start a career in Mumbai. That decision would have pricked me for the rest of my life.

So, how did your daughter adjust to your professional life over the years?

My daughter is quite mature. She has seen more than a child needed to see, like the entire marital struggle I went through. It has not been a comfortable journey for her as a child. My daughter and I have almost grown up together. I had her when I was only 19 years old. We're more like friends. I tell her that when we are in a public space, she shouldn't talk to me as if we are friends—otherwise people will say that I haven't taught her manners. Already people have enough to say about me (laughs).

Is it true that there was pressure from the industry to suppress the fact that you had a daughter?

When I started my journey in the industry, senior actors used to tell me to hide the fact. They said that as a mainstream actor I wouldn't be fantasised about by men or be successful if I told the world that I was a mother. But I always thought that hiding my daughter was wrong. I am not ashamed. I have achieved whatever I had to. My film trailers on YouTube attract lakhs of visitors. What really matters is my work. And going by the reaction to the YouTube videos, men continue to fantasise.

Do controversies regarding your marital problems and affairs bother you?

Initially, it used to bother me. Now I don't react. How much more can you malign me?>

QUOTE UNQUOTE

The only thing people are interested in knowing is whether a woman is sleeping around or not. That is the bottom line.

I would have loved to love many men, but at this point in my life, I am not interested in all that.



REALITY what it takes to be









1. During the promotion of Bengali film Take One
2. Bengali actors Prosenjit, Santu Mukhopadhyay, Mamata Shankar and Swastika Mukherjee at Mamata Banerjee's oath ceremony
3. A still from Detective Byomkesh Bakshy!
4. With actor Abir Chatterjee

The only thing people are interested in knowing is whether a woman is sleeping around or not. That's the bottom line. I am answerable to my parents and my partner. If they are fine with how I am, I don't care about what others are saying. My daughter too is hardly bothered about it.

Do you think people are intimidated by you?

I have been working in films for 13 years. People know that I am a no-nonsense person. I keep to my work; I don't go to random parties or socialise. When I am not working, I am mostly with friends who are not from the industry. I see people being all sugary to someone but the moment that person leaves the room, they'll start saying or messaging bad things about that person. And I make it a point to inform that person what others have been saying behind his or her back. I even take screenshots of their messages! So people used to get irritated initially and accused me of ruining friendships. But I was not the one who was to blame. I don't care what people say and nowadays they know not to mess with me.

"I make it a point to inform a person what others have been saying behind his or her back. I even take screenshots of their messages! So people accuse me of ruining friendships."

Your father, Shantu Mukhopadhyay, is an acclaimed actor in the Bengali film industry but you were reluctant to join films. What changed your mind?

I was learning dance at the Ananda Shankar Centre for performing arts in Kolkata when I got my first film offer. It was a Bengali film for which I auditioned and got selected. I thought it would give me some pocket money. Later, when I was an undergraduate student at Kolkata's Jadavpur University, I got an offer to act in a Bengali serial called Devdasi. I set a lot of conditions shooting cannot meddle with my university timings, my remuneration has to be a specific amount and other things. I wanted to ward them off but they accepted all my conditions. After that, I did two soaps called Ek Akasher Niche, where I played a negative character and Protibimbo, where I played a highly affable character. Both are considered classics in the history of Bengali television. Then I did a lot of telefilms on ETV and other channels—those were made by eminent filmmakers and were regarded as a serious genre at that time. The industry then started noticing my work and I joined films.

Who has been the greatest influence on your career?

I really don't have anyone else to thank for what I have achieved today. My father gave me constructive feedback and taught me about acting.

"The censor board has a major problem with women in films cussing or being unapologetic about their sexuality."



Your latest Bengali film, Saheb Bibi Golaam, ran into trouble with the censors. Is that frustrating?

Saheb Bibi Golaam is an original film, not linked to the classic. I think the censor board just sees my face and assumes I am going to be spreading all the wrong messages in society. For the last four years, with every film that I have done, there is the fear that it may not see the light of day. The funny thing with this film is that the director was asked to chop my character altogether from the film! It's becoming almost impossible for directors or actors to try something that hasn't been done before in Indian cinema. It's a fight about morality—people on the censor board seem to always be focussed on that, especially when it comes to female characters. They have a major problem with women in films cussing or being unapologetic about their sexuality. They seem to expect women to say sorry at the end of the day if they are portrayed as sleeping around with men. If these characters are shown to be promiscuous, they are expected to justify their 'wrongdoings' by showing some compulsion. In other words, if films show women sleeping around, they have to be shown as guilty or repentant. We were told that my character in Saheb Bibi Golaam, Jaya, a homemaker, could have extramarital affairs if she has issues with her husband—she cannot just want them otherwise. It's as if women shouldn't have free will. On the other hand, if a married man is shown to be having extramarital affairs in films, they need not say sorry or justify their philandering ways. So it's basically moral policing for women.

What stage in your life and career are you at right now?

At this juncture in my career and life, I feel happy, settled and relaxed. I don't need to give explanations, for instance I don't need to go back home and explain why I kissed five men on screen! I love men. Well, I would have loved to love many men, but at this point in my life, I am not interested in all that (laughs). I should have done that when I had the time and the inclination! As of now, I would like to do more substantive work and lots of films outside Bengal.

'INJURIES HAVE MADE ME TOUGH'

Cricketer Zaheer Khan, who spearheaded India's pace attack for over a decade, talks to **Anika Mohla** about the pain and pleasures of being an athlete

MY WIKIPEDIA PAGE IN MY WORDS

On childhood games

My early days were not very different from that of any school going kid. They involved academics and then playing outside in the sun. My favourite subject was mathematics. While cricket was my favourite sport, I also played football, soccer and tennis.

On life as a rookie

I was highly passionate about cricket, but never really thought that I would be able to play it professionally, so I focused on my studies till the 12th grade. Plus, being from a small place like Srirampur in Maharashtra, the idea of making it to the highest level of the sport was like dreaming of touching the sky. Training days were fun and exhausting, and all I focused on was polishing my game so I could perform and deliver.

On living with injuries

Injuries are a part and parcel of sports and they have never stopped me from giving the game my best shot. You have to learn to tackle and manage such challenging situations. It's impossible to completely eliminate injuries from sports—they've actually made me tougher.

On life beyond the field

I own a sports/lounge facility in Pune called Toss Sports.>





On the next big thing

I have started a fitness venture

called ProSport in Lower Parel

and Andheri in Mumbai. It

focuses on bringing out the

athlete in everyone. We also have

a branch in Nasik and there are

more coming up in Maharashtra

and Delhi. Our fitness

management programmes

are designed to support

everyone's goals. Many of my injuries worsened due to the unavailability of proper care. At ProSport, I want to start a proper

On breaking records

injury management programme.

Records are meant to be broken, and the ones I have set will also be broken in time. In a team sport like cricket, breaking records takes second place.

RAPID FIRE

BEST MOMENT ON FIELD.

Winning the World Cup in 2011.



IF NOT A CRICKETER, I WOULD BE... An engineer.

FONDEST CHILDHOOD MEMORY.

I have broken quite a few windowpanes while playing cricket. My mother would get a lot of complaints from our neighbours.

FAVOURITE VACATION DESTINATION. Seychelles.

A CRICKETER I WOULD HAVE LOVED TO BOWL TO. Sir Vivian Richards.

I AM CLOSEST TO. My mother.

LOVE TO ME IS. Sacred.

ULTIMATE COMFORT FOOD.

Though I have to follow a diet, I can never say no to dark chocolate... it's something else altogether.



That it is a roller-coaster ride and it is up to each individual to enjoy and make the most of the good and the bad.

AS A PERSON I AM...

Laidback and I enjoy my own company. But I also like to spend time with my family and close friends.

Prone Control

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RECOMMENDS

Tune in to pop culture must-knows here!

GET WITH THE BAND

The best documentaries that give us a look into the lives of female musicians



WHAT HAPPENED. MISS SIMONE?

Director Liz Garbus had plenty of rich material to work with from singer, pianist and civil rights activist Nina Simone's eclectic life. Born in North Carolina. Simone trained to be a classical piano player, was frustrated by the racism and chauvinism prevalent in the field and eventually created her own distinctive style that fused jazz, blues and folk with classic music. The best part of this documentary, however, is the footage from Simone's concerts, where her ability to hold an audience in rapt attention is clear.

When singer Amy Winehouse passed away in 2011 at the age of 27 from alcohol poisoning, the music world was shaken. Her struggle with drugs and alcohol had been well documented by the paparazzi and quickly consumed by audiences, so the question remained, why hadn't anyone done anything to stop it? Director Asif Kapadia's touching documentary poses the same questions but also beautifully highlights the amazing, raw talent that made Winehouse such a successful musician. If you weren't a fan of her music before, there's no doubt you will be once you watch AMY.



JANIS: LITTLE BLUE GIRL

Narrated by singer Cat Power and directed by Oscarnominated Amy J Berg, this documentary offers an insightful look at the life of the original rock and roll star. Janis Joplin, who died at the age of 27 of a heroin overdose, shot to fame in the 1960s and was one of the first to break into the all-male rock scene of the hippie era. Largely based on a series of letters written to her parents, the film tells her story from her upbringing in conservative Texas to her discovery of blues music as well as the anxieties and insecurities that eventually led to her tragic decline.

HIT SUBSCRIBE

Add this newsletter to your morning scroll

What's the first thing you do every morning? For most of us, it's either checking our social media of choice or answering emails. The latest tech phenomenon to replace Snapchat is reading a newsletter. A newsletter is an email to your inbox packed with brain-ticking content like interviews, art pieces,

essays, poetry and more. The trend kicked off last year when Lena Dunham and Jenni Konner. the creators of TV show Girls, launched their newsletter for women titled Lenny Letter. Within six months, they had over 40,000 subscribers and have even found investors in big media. Covering everything from politics to art. race or film (their first interview was with Hillary Clinton) Lenny Letter describes itself as. "a snark-free place for feminists to get information: on how to vote, eat, dress, f---, and live better." Sign us up.

HUNGER PANGS

Instagram gives us a taste of what Bollywood's famous folk like on their plates

SONAM KAPOOR

She is BFFs with some of the city's hottest chefs. which means she's often at the receiving end of some tasty treats that she happily shares online.



The actor is usually jetting around the globe and documenting everything from scrumptious meals in Thailand

to her favourite American snacks. Is that your stomach rumbling?

KARISMA KAPOOR

This style icon is a busy traveller but she always finds time to post a picture of her delicious. healthy breakfasts,

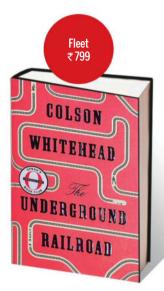
favourite latte art and even the occasional special meal. []





THE UNDERGROUND RAILROAD

Colson Whitehead



lack history has too often been told from the point of view of white narrators, and the author tries to make up for that with this book. This bold, historical story is as different from Whitehead's other novels as it can get, but the narrative remains as daring and gripping. Cora, a young slave on a Georgia cotton plantation, was abandoned in childhood. After being raped and taunted, when she is approached by another slave to travel the underground railroad, she takes the plunge. Thereafter, follow her adventures. Along the way.

she kills a white man, and is pursued by a notorious slave-catcher named Ridgeway, a man straight out of a Cormac McCarthy novel, whose assistant wears a neckpiece made with human ears. The story is told in episodes, each corresponding to a new stop in the journey—the North and South Carolinas, Tennessee and Indiana. Scenes of death, torture and illness haunt the book. The infamous massacre of the banana plantation workers denied by the official versions of history—is described by an onlooker.

By Neeti Jaychander

Helen Fielding BRIDGET JONES'S Random House * 499

BRIDGET JONES'S BABY

Helen Fielding

little over 200 pages, this book is a quick read, and thankfully so. It was written and released after the film. I'm not sure if this is a good or a bad thing, but Bridget Jones' Baby falls short on so many levels. It's not half as witty and engaging as any of the earlier books in the series and, in fact, the writing appears forced and contrite in many parts. It's almost as though Helen Fielding was forced to write the book at gunpoint and she hurriedly picked out bits and pieces from her earlier novels and badly rehashed them for what I now hope will be the last book in the Bridge Jones saga. To sum up the story, Jones now finds herself pregnant with the child of either the love of her life, Mark Darcy, or the nemesis of her love life, the utterly shallow but inimitable Daniel Cleaver. We all know how this is going to end, right? Yet, the book (and Jones) bumbles on with the same old jottings of a complicated set of friends, a ridiculously hilarious mother (whose big issue this time is sitting next to the Queen at a village event!) and Jones's own varied insecurities.

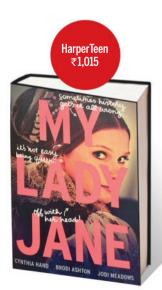
> By Gia Claudette Fernandes

RECOMMENDED reads

MY LADY JANE

Cynthia Hand, Brodi Ashton and Jodi Meadows

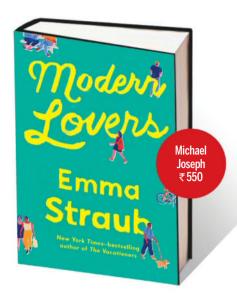
f you are a history buff, then you probably have a soft corner in your heart for the British monarchy, especially the Tudors. Chances are then that you have stumbled upon the name Lady Jane Grey, who was also known as the Nine-Day Queen. Your history books may tell you how she was a political victim who was eventually charged for treason and beheaded. However, My Lady Jane re-imagines the nine-day reign of the 16-year-old queen and unlike real life, gives its readers a happy ending. If you're grumbling that I've already given too much away, wait till



you read and discover animal magic.

Instead of Catholics and Protestants, England is torn between the Eodians, who shape-shift into animals, and the Verities, who loathe them. Jane is married to Gifford Dudley (Guildford in history) who turns into a horse. The book makes many references to The Princess Bride and while I loved that book (and film), My Lady Jane left me with a feeling of dissatisfaction and boredom. Fantasyinjected comedy that rewrites history can be tricky, so let's just say that the authors could have done better.

By Reema Behl



MODERN LOVERS Emma Straub

ime plays dirty tricks on us, and what can we do but endure them? Emma Straub who delighted readers with her 2014 novel The Vacationers comes back with another witty and warm-weathered tale of four friends and their journey through time that happens too quickly and rarely as they planned it. Andrew, Elizabeth, and Zoe meet in college in the 1980s and form a band called Kitty's Mustache with another classmate, Lydia. Lydia eventually becomes an indie music idol after she embarks on a solo career, but dies of a drug overdose at the age of 27.

The book features several couples and the relationships they share— Elizabeth and Andrew who have been married for a long time; their good friends, a gay couple, Zoe and her wife Jane. For someone who has never been to the US. I saw a side to Brooklyn in Straub's book that is rarely seen in rom-coms . She talks of the borough's transformation from "a city next door, with its own rhythms and heartbeats" to a place full of Manhattan transfers and vuppies. You find yourself empathising with the welldefined characters. It is a thoughtfully written story with a sweet aftertaste.

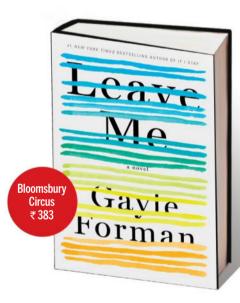
By Reema Behl

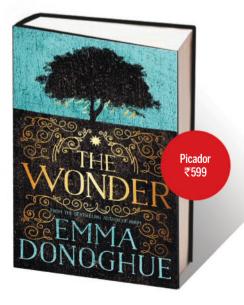
LEAVE ME Gayle Forman

aribeth Klein is so busy juggling a job, twins and a husband that she doesn't even realise when she has a heart attack, Later, after discovering that her recuperation period didn't go down too well with her family, she does the unimaginable—she packs a bag and walks out of her home. Far removed from a demanding family and career, Klein is able to observe her life through fresh a perspective. And she does this with the liberating feeling of forging new friendships. She is also able to confess about secrets that she's been keeping from the ones she holds dear and even herself. With real

and relatable characters who make you feel like you're not the only one who thinks like you do, Leave Me speaks about what it is like to face your fears. Gavle Forman is a keen observer of human nature and does a decent job dealing with the issues of modern motherhood. The plot may not be exceptionally brilliant, but it's an earnestly told story with Foreman's trademark humour and insight. Simple as it may sound, the takeaway from this is something we've known all along—sometimes you have to leave everything behind in order to find vourself again.

By Gia Claudette Fernandes





THE WONDER Emma Donoghue

he Wonder is bestselling author Emma Donoghue's latest masterpiece. A craftily constructed mystery, the story revolves around a young English nurse, Lib Wright, who has been hired to come in as an outside observer to determine the validity of the claim of a rural Irish family that their 11-yearold daughter has been miraculously surviving without food for four months. Ironically, Wright soon finds herself battling to save the child's life as tourists and even a journalist flock to see young Anna O'Donnell, who believes that she is living off manna

from heaven. Wright herself is a veteran of Florence Nightingale's Crimean campaign.

Set in 1850s rural Ireland, *The Wonder* is a novel that works well on several levels—the story of two strangers who connect to change each other's lives, a gripping psychological thriller, and a story of love battling against evil. Donoghue displays the same genius she did in her hugely successful 2010 novel *Room*. She weaves the story with just the right amount of tension and release, keeping the reader curiously engaged throughout.

By Gia Claudette Fernandes 🖪



GOOD TO KNOW Houzz's helpful advice section offers you feedback and solutions

for all your home

décor queries.

HOUZZ

No need to trot to bookshops or libraries to get hold of your favourite home décor mags. Install Houzz and stay updated on the latest happenings in the interior design world. Whether you feel like remodelling or redecorating, Houzz is all you need to get started. It is a platform that not only offers inspiring design ideas and bespoke products, but also lets you choose and hire the best interior designers in the business. Available on Android and iOS.

HOUZIFY

Houzify, if anything, is an Indianised version of Houzz. With more than 25,000 home designs, Houzify is becoming the leading home décor app in India. Looking for DIY ideas? Download this app. It also has a variety of

articles written by design

enthusiasts from across the

country. Like what you see? Hire the designer who created it. Houzify lets you get in touch with the best interior designers in the country. Android users can download the 1.2.1 version of the app on their devices.



GOOD TO KNOW

The design community helps you connect with Îndian architects. contractors, carpenters and home stylists.

US GN TAP



Decorating your home has never been easier. thanks to the myriad home décor apps available. Chencho Sherin Thomas rounds up four such apps to help you transform your living space

This has been rated as an essential tool for amateur decorators, and now we know why. With this amazing app, you can create a 3D version of your home from just a photograph and play around with the furniture, colours and even accessories. The app lets you share your ideas as well as browse through the works of professional designers in and around your area. It also has an exceptional Design Stream that lets you browse through pictures, reviews and articles.

GOOD TO KNOW

The app still has a long way to go when it comes to navigation controls and the 360° mode view.





CURATE

Love art? Install Curate! This app gives you a virtual layout of how the artworks you love will fit on your walls. With a simple click, you can also choose artworks from one of the many galleries collaborating with Curate or explore the gallery's website. This app is garnering rave reviews in the tech world for its amazing flexibility and userfriendliness. Version 1.1 is available on Android.

GOOD TO KNOW

It curates works beautifully on Android. however, the iOS version still requires a lot of work.

Trends this fortnight

The latest in food, travel and interiors













GREEN CRUNCH

Breaded avocado fries

2 large avocados, sliced salt, pepper and cayenne, to taste 1/2 cup flour 1 egg, lightly beaten 1 cup bread crumbs

1/4 cup ranch dressing 1 chipotle chilli (chopped) in adobo sauce

1. Season the avocado slices with salt, pepper and

cayenne, dredge them in flour, dip them in egg and then the breadcrumbs. 2. Place the avocado slices in a single layer on a wire rack on a baking sheet and bake in a preheated oven at 220°C until golden brown (15 to 20 minutes). 3. Serve with ranch dressing and chopped chipotle.

PAY PERFECT

NGpay offers a one-stop solution for most of your travel, entertainment and shopping requirements. You can use it to book your air tickets, bus and train tickets. In addition, the NGpay Android app also provides you with a host of benefits, such as

earning NG points each time you buy something, which can be redeemed against exciting deals and offers. You can make payments using VISA, Mastercard and Diners Club credit cards, select debit cards, cash cards and select internet banking accounts. Available for free download on Android, iOS, Blackberry and Nokia Ovi.

DÉCOR DIY

Magnetic tin terrarium



You need: Gravel, air plants, cactii or succulents, moss, spray paint, magnetic metal tins, magnetic tape, Dremel tool, painter's tape, E6000 glue

→ Cover the tins with painter's tape before spray-painting the insides.



Spray with 3-4 light coats until they are opaque and solid white. While the tins are drying, remove the acrylic top from all lids. Measure the diameter and draw a line with a permanent marker. Using the diamond cutter tip of your Dremel tool, slice all acrylic lids in halves. Lightly sand the edges using the sander tip of the Dremmel tool kit.

→ Place acrylic tops back on the metal frame of the tins and glue both pieces together. Dab the edges of the tins with glue to seal the lids and prevent the weight of the gravel from popping open the containers.



→Once your tins are dry, remove the tape and wash tins with water and soap. Add gravel, misty moss, air plants and cactii.



Repinned by Femina on to DIY

HIDDENTREASURES

Chef Mukhtar Qureshi of Neel Indian Kitchen & Bar, Mumbai, takes you on an interesting taste tour across the country with these unique recipes. By **Gia Claudette Fernandes**

RATALU **KA TIKKA**

ROASTED & GRILLED SWEET POTATO

3 g fennel seeds 4 ml honey

3 g ginger

5 g garlic

powder

peppers

1 tsp butter

1 g kalonji

1 tsp salad oil

2 g kadai masala

1 g kebab masala

salt, to taste

2 g yellow chilli

50 g yellow bell

2 tsp saffron water

400 g
sweet potato
30 g brown
onion paste
200 g
hung curd
5 g cashew
paste
1 g cumin seeds
1 g kasoori methi
1 g mace
2 g green
cardamom

1g shah jeera 1tsp Kashmiri

> 6 g red chilli powder

chilli paste

Calor

SERVES: 2 > PREP TIME: 25 minutes > COOKING TIME: 25 minutes

1. Cut the sweet potato into 2" x 2" cubes and blanch in hot water with turmeric and salt. Keep aside.

2. Cut the yellow peppers into 2" x 2" cubes and set aside.

Brush an oven tray with ghee and place the sweet potato cubes on it. Bake in a preheated oven at 180°C for 10 minutes.
 In a large bowl, mix together the hung curd, all the spices (except the kalonji), honey, salad oil and salt.
 Temper the kalonji and add to the marinade. Mix well.

5. Add the baked sweet potato cubes and yellow bell peppers to the marinade and set aside for 15 to 20 minutes.6. Alternately, place the marinated sweet potato and yellow pepper cubes on a metal skewer and grill in the tandoor for 7 to 8 minutes.7. Serve hot with tamarind chutney.

NADRU KE **SHAMI KEBAB**

MINCED LOTUS ROOT PATTIES

250 g lotus root 30 ml oil 90 ml ghee 2 g shah jeera 2 cinnamon sticks

10 g Bengal gram

10 g whole Kashmiri chillies

2 medium onions, finely chopped

5 g ginger, finely chopped

2-3 green chillies, deseeded and chopped

2-3 tbsp brown onions, chopped

20 g brown onion paste

15 g brown cashew paste

30 g coconut milk powder

2 g cumin powder

10 g besan (gram flour), roasted

5 ml saffron water

2 drops rose essence

3 g ginger, chopped

3 g mint leaves, chopped

1 g Nihari masala

salt, to taste

5 drops saffron essence



SERVES: 4 > PREP TIME: 25 minutes > COOKING TIME: 25 minutes

1. Wash and peel the lotus root. Then slice and keep aside.

2. Boil the sliced lotus root in milk until tender. Strain and keep aside.

3. Heat ghee in a heavy-bottom pan, add shah jeera, chopped onions and Bengal gram along with cinnamon, cardamom and whole Kashmiri red chillies. Sauté on a low flame for a few minutes. Set aside to cool.

4. Coarsely grind the above spices along with the boiled lotus root and place in a bowl.

Add chopped brown onions, green chillies, ginger and mint. Add the rest of the ingredients and mix well.

5. Shape into medium-sized flat patties and shallow fry on a tawa/griddle.

6. Serve hot along with sliced onions. >

ALLEPPEY **ALOO**

KERALA-STYLE SPICY POTATO WEDGES

250 large potatoes

coconut oil, as required

For the marinade

100 g hung curd

10 g green chillies, chopped

2 g curry leaves, chopped

2 g ginger, chopped

2 g red chillies, chopped

3 g black pepper powder

2 g asafoetida

6 drops lemon juice

10 g rice flour

20 g corn flour

8 ml coconut oil

3 g turmeric powder

salt, to taste



1/2 tsp mustard seeds

a few curry leaves 1/2 tsp chopped

garlic

1 tbsp chopped onions

2-3 tbsp sliced coconut



1. Cut the potatoes into wedges of approximately three inches, and blanch them in hot water with turmeric and salt.

2. In a large bowl, mix together the hung curd and the rest of the ingredients. Add the blanched potatoes wedges and keep aside to marinate for 15 to 20 minutes.

3. Brush an oven tray with coconut oil and place the potatoes wedges on it.

Roast the potatoes in a preheated oven at 180°C for 8 to 10 minutes or until golden.

4. Heat coconut oil in a pan and add mustard seeds, curry leaves, chopped garlic, chopped onions and sliced coconut. Sauté until the ingredients crackle.

5. Add the roasted potato wedges and sauté over a high flame for two minutes. Serve hot. []





BEST OF EAST

HIIH by Reshma Chhabria is a unique collection of Tokyo-inspired products with a focus on utility. Decorate your table top with a crescent fruit basket or brighten up your bedroom with a treasure chest with handcrafted painted boxes for your trinkets. If you're looking for an unusual sound dock, you'll like the handcrafted, kiln-fired ceramic pieces called Horn Ok Please and Bong.

PRICE: On request AVAILABLE AT: h2hshop.com

CLEAN CRAFT

CasaCraft by Pepperfry.com is an elegant collection of lamps, rugs, carpets and shelves that are minimalist in design, yet with striking accents. A great way to add some clean lines and warm light to your space.

PRICE: **₹479 onwards**AVAILABLE AT: **Pepperfry.com**





On the shelf

The most exciting new excuses to shop for your home and family





SOFT SERVE

Tangerine's new collection, Desi Beats 3, is a range of linen featuring delicate prints, like the chevron, trellis, fret, lattice and quatrefoil patterns in vibrant colours. The highlights are the captivating Mughal floral patterns that create an impression of tranquil luxury.

PRICE: ₹3,299-₹6,999

AVAILABLE AT: Leading online portals



COOK LIGHT

Ray Cooking Spray has a unique dispensing mechanism that allows you to use oil optimally for cooking for healthier food. Available in four variants—groundnut, sunflower and olive oil and also ghee—each can is good for about 700-750 sprays or the equivalent of three litres of oil.

PRICE: ₹395-₹550

AVAILABLE AT: Leading online portals and retail stores

☐



Heaven on earth

Originally known as 'Mai te pora', which translates to 'created by the gods' in the Tahitian dialect, Bora Bora was first inhabited by Polynesian settlers. Once a US World War

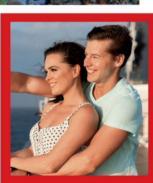


Il supply base, it's now an ideal holiday destination serving a diverse group of travellers.



Hop on a jet ski

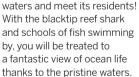
French Polynesia boasts
Tahitian history and WWII
artefacts, and is definitely
worth taking a stroll
through. But then why walk
around when you can rev
up that jet ski instead? Bora
Bora has many beautiful
lagoons and *motus* or islets
to explore, so get ready
for exciting, water-filled
adventures.



neighboursAlthough they're

Meet the

Although they're gracious hosts—we aren't talking about the Tahitians here—get ready to explore Bora Bora's blue



Cruise through

It's easy to see why Bora
Bora is a hit with couples.
It's beautiful and the air is
filled with romance. A cruise
is a great way to take
it all in. Be dazzled by
magnificent sunsets, wish
under star-studded skies,
open your eyes and find
your wishes coming true.





great vacation should start on the right note. Especially, if you're opting for a homestay. While it's a nice way to immerse vourself in a place and the local customs, there are some unwritten rules to guide etiquette while you're living in a stranger's house. There are also ways to make sure you are safe and comfortable. For instance, getting in touch with your hosts as soon as you arrive to confirm directions, or making sure you have the contact details of friends or acquaintances in the city in case of an emergency. Here are more tips to ensure a happy homestay experience.



REMEMBER YOUR MANNERS

Follow the basic rules of courtesy.
Clean up after yourself, and
say please and thank you,
good morning and good
night. Remember, just like
you're judging everything
around, your hosts are
judging you, as well.

GET CHATTY

You may know all about the right places to go to for the best grub, bargains and sites to see from the extensive research you have done, but your host family knows more. Have conversations and engage with them every chance you get.

TAKE BIG BITES.

Get ready to experiment with food
when it comes to homestays,
because your hosts may want
to serve you traditional
meals. Mention any diet
restrictions or allergies
well in advance so you
can dig in and do justice
to their hospitality.

KEEP AN OPEN MIND

Appy and not living in a hotel, so keep your demands to the minimum and enjoy everything with gratitude. If something bothers you, politely inform your host about it.

GUEST LIST

Got a quaint little homestay booked for your next holiday? **Aurelia Fernandes** tells you how to keep your hosts happy





NEED HELP PICKING A HOMESTAY?

AIRBNB: Present in over 191 countries, rest assured, you won't run out of staying options.

COUCHSURFING: Perfect for the solo traveller, it's here to solve all your backpacking woes.

KID & COE: If you're travelling with junior, check out their child-friendly homestays.

FLIPKEY: They have a range of amazing options, from last-minute bookings to pet friendly options.

ONEFINESTAY: This one comes with great perks, like an iPhone with free data and local calls for the duration of your stay.

ON WORKING WITH BOLLYWOOD GREATS

The actor talks about shooting for *Sarkar 3* with childhood heroes Amitabh Bachchan and Jackie Shroff

Your latest film Runningshaadi.com has you and co-star Taapsee Pannu helping couples to elope—any real-life experience with that?

Ha ha... no. Although, now that I know how to do it, I might just start a website and start helping couples—it's a great business idea!



You are currently shooting for *Sarkar 3*. Tell us about your character in the film. At the moment, all I can say is that I play Sarkar's grandson, Chico. He has grown up and he is back. He has a strong stance on issues and is principled.

When you are not filming, we hear you enjoy road trips.
Tell us about your latest adventure.

His character represents

the youth of India.

I went to a hill station in Tamil Nadu, Coonor, with my dear friend Amit Roy. We just relaxed, took in the scenery and cycled around a lot. Have you made any new friends while shooting for Sarkar 3?

I shot with Jackie Shroff, whose movies I've grown up watching. He is an amazing person and one of the kindest souls. Then there was Manoj Bajpai, Ronit Roy and, of course, (Amitabh) Bachchan sir. I enjoy working with and learning from these great artists. When you're lucky enough to be on such a set, you have to observe and absorb everything.

What do you tend to splurge on?

Train and air tickets, and my friends. I invest in experiences and people to broaden my horizons and make memories, which ultimately helps me in movies. Being an actor is a 24-hour job!

Who is your 4 am friend?

Zahid. He's my acting school house mate from New York. We've always talked about life, ideas, art and, occasionally, just rubbish for hours. He's like a vampire, he's lazy and sleeps during the day and at night he comes alive and we speak for hours! It's a great time to connect, as Steve Jobs once said, "Innovation comes from people meeting up in the hallways or calling each other at 10.30 at night with a new idea, or because they realised something that shoots holes in how we've been thinking about a problem."

HAVE YOU WATCHED ANY FILMS LATELY THAT YOU WISHED YOU'D BEEN A PART OF?

La La Land. It's a great depiction of what it's like to be an artist estarting off in the industry. It depicts the positives and negatives, and shows us what we need to change to make art accessible to people from all backgrounds, not just the privileged.

—As told to Sandipan Dalal