

EXCLUSIVE SEX SURVEY

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MARCH 20, 2017 ₹60



INDIA TODAY



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What Women and Men Really Want

+ Confessions: 15 years of the India Today sex survey

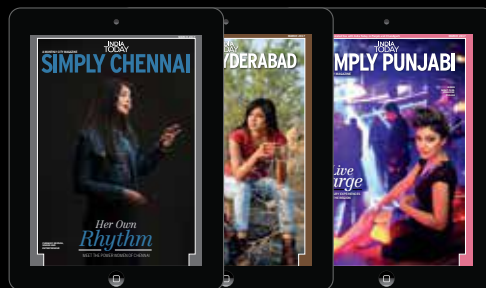
INDIA TODAY



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NEIGHBOURS MISSILE MUSCLE

STATES THE LOST BOYS

STATES BUILDING ON DALIT PRIDE

UPFRONT THE LONE WOLF OF LUCKNOW

UPFRONT THE NEW NORMAL

EXCLUSIVE POLITOONS BY INDIA TODAY GROUP

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FROM THE EDITOR-IN-CHIEF

Sex is not just about sex. The attitude towards it reflects the way women are regarded, permeates into culture, the arts and, above all, indicates how liberal a society we are. We found out the hard way when, in 2003, INDIA TODAY decided to track sexual mores in modern India. It caused quite a stir. The survey, of what women want, took the nation by storm, with the team being bombarded by letters, threats and calls. Yet the issue was an instant sell-out on the newsstands, prompting us to make it an annual ritual, lifting the veil on an important aspect of life. Between then and now, we have held 15 surveys: men and women, singletons and couples, at work or on the campus, teenagers or 60-somethings, across small towns or metro cities. Statistics reveal a massive change in perception, practice and preference. Although marked by inconsistencies and cross-currents, the guarded conservatism of the early 2000s is clearly giving way to a lifestyle where pleasure is paramount. The modern marriage is more fun, but perhaps the shelf life of the all-or-nothing institution is reaching its sell-by date.


To celebrate the 15th year of the India Today Sex Survey, we look at how things have changed (or not) in the nation's intimate life, to recognise the new normal, the naked truth. In the past 15 years, we have asked at least a thousand questions to over 50,000 of you. And from the evasive 'Don't Know/ Can't Say' of the early 2000s, you have emerged boldly—to tell us about your deepest demands and desires, fantasies and fears. Thanks to you, we are perhaps closer to understanding the continuing metamorphosis of the Indian sexual psyche.

This year's survey puts those changes in context, as it studies a total of 4,050 men and women between ages 19 and 60, across 19 cities. The statistics across the pages reveal a pattern, through a landscape of flip-flops and contradictions: in our 2013 survey, we learnt that more men than women

believe that love is more important than sex; in 2016, 63 per cent men told us they wouldn't marry a woman if she was sexually experienced, compared to 77 per cent in 2004. Casual sex, detached from emotion, is becoming more popular than ever: 41 per cent men are fine with one-night stands, as are 29 per cent women. Over 26 per cent have slept with someone other than their partners.

This year's sex survey, anchored by Executive Editor Damayanti Datta, takes you through the seismic shift behind closed doors. It clearly indicates how modern technology—internet porn to Snapchat to apps—is changing bedroom dynamics: foreplay is down and (almost) out, with a lot more couples taking to porn surfing instead. Over 32 per cent men manage to spare barely five minutes or less for lovemaking on average. Oral sex tops the list of sexual activities and fantasies. The bouquet of acrobatics in the bedroom is expanding with astonishing speed.

Yet this increasingly progressive process, painfully slow though it is, is not mirrored in the attitude of those who believe they are in charge of our morals. So we have a ridiculous situation when films can be denied certification for being "lady oriented" and using abusive words (as in the case of *Lipstick Under My Burkha*) or for depicting reality (as in *Uda Punjab*). Rape threats against women in public spaces and on social media indicate that sexual violence is always a clear and present danger. Some attitudes remain no matter the level of education. In particular, the Indian man has yet to evolve into someone who accepts the Indian woman as his equal, treats her with respect and understanding. What happens in our bedrooms spills over on to the streets sooner rather than later. It is best that it is acknowledged, understood and celebrated.


(Aroon Purie)

UPFRONT
THE SIEGE OF
LUCKNOW PG 3

GLASSHOUSE: VELINGKAR'S
RETURN TO ROOTS PG 7

INSIDE

LEISURE
SURENDER MOHAN PATHAK:
PAPERBACK WRITER PG 63

THE EROTIC AFTERLIVES
OF MATA HARI PG 65



31

CANDID CONFESSIONS

Fifteen
years of
the India
Today Sex
Survey...
mapping
the journey
from 2003
till the
present



BANDEEP SINGH

STATES

17

DIDI'S CURE-ALL

Bengal CM Mamata
Banerjee pushes a
bill to crack down
on rapacious
private hospitals



CHINA

28 FLEXING ITS MISSILE MUSCLE

Both India and China are beefing up their
nuclear capabilities but unwilling to talk
about it, leading to mistrust between the
two countries

Cover photograph by **BANDEEP SINGH**
From the 'Shringar' series



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INDIA'S H1B
WORRIES
PG 4

TIBET: THE
LAST LAMA?
PG 14

UPFRONT

HINDU HEADACHE
FOR BJP IN ASSAM
PG 6

GDP: WHAT'S
IN A NUMBER?
PG 15



ISIS

THE LONE WOLF OF LUCKNOW

By Sandeep Unnithan

The ISIS Caliphate has started crumbling just three years after its chief, Abu Bakr al-Baghdadi, stunned the world with his declaration of a state spanning the territories it had captured in Syria and Iraq till June 2014. The Iraqi army, backed by an international coalition, has now nearly evicted the violent Islamist group from its last Iraqi bastion, Mosul.

But ISIS's unique ability to recruit, radicalise and call for attacks over the internet remains the single biggest cause for concern—over 140 attacks in 29 countries, which have killed

over 2,000 people, a majority of them through self-radicalised recruits. One such blast, on a coach of the Bhopal-Ujjain passenger train in Madhya Pradesh on March 7, injured eight passengers. It is believed to be the first ISIS-inspired attack in India. The blast was carried out by what police are calling the Kanpur-Lucknow module of the ISIS. Three persons were picked up by the Madhya Pradesh police on the day of the blast. It led the Uttar Pradesh police to a flat in Thakurganj on the outskirts of Lucknow, where, after a 12-hour standoff,

DEADLY MIX

Assorted material and an
ISIS flag recovered from
Saifullah in Lucknow

the sole occupant, Mohammed Saifullah, was found dead and police recovered an ISIS flag, pistols, railway maps and equipment for making crude pipe bombs rigged to mobile phones, the type of device suspected in the MP train bombing.

Police say Saifullah was an active member of the banned group and are hunting for his other associates, still believed to be on the run. While the police could not confirm whether any of the suspects had travelled to ISIS-held territories, it would be no surprise if they had not. With travel to the areas under its control becoming increasingly difficult, the group has begun asking potential recruits to carry out terror attacks in their own countries.

ISIS has repeatedly aimed its slickly crafted propaganda videos at Indian Muslims. In one release early last year, the group warned of attacks in India. Around two dozen Indians have managed to travel to ISIS-controlled territories in the past three years. Of these, six died in combat in Syria. Over 50 people have been arrested by various state police organisations across the country for attempting to travel to ISIS-held territories and the National Investigation Agency (NIA) is probing multiple such cases of online radicalisation.

ISIS has begun to ask its online recruits to carry out attacks in their own countries

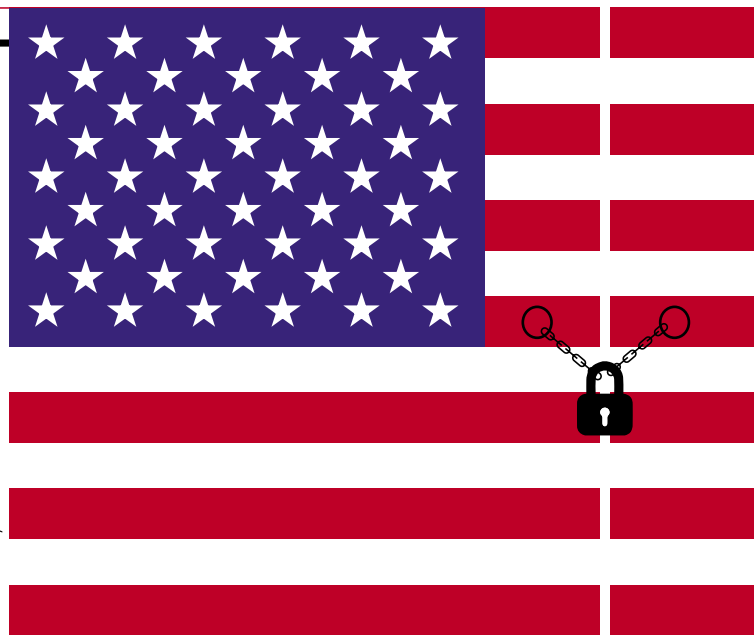
These numbers are alarming but still minuscule for a country with the world's third largest Muslim population. For comparison, at least 200 Maldivians from the tiny Indian Ocean islands are thought to have travelled to ISIS-held territories. It's a statistic that must baffle the revanchist terrorist outfit,

which sees India as part of its 'Khorasan province'.

In an interview to the group's online magazine, *Dabiq*, last April, Sheikh Abu Ibrahim al-Hanif, the 'Amir of Bengal', admitted the group was still weak in the subcontinent and lacked capabilities but was "sharpening its knives for the struggle". The Bhopal blast is clearly an attempt to establish its presence.

Even so, for India, the self-radicalised ISIS terrorists are not yet in the same league of threats as, say, from Pakistan-based groups like the Lashkar-e-Toiba. This is not only because they lack access to military-grade weapons, explosives and army instructors, but also tacit support from state actors. Where ISIS scores, apparently, is in the numbers of dedicated footsoldiers it commands. The group's poisonous trans-border appeal and the possibility of it dispatching trained fighters to carry out Paris-style attacks on Indian soil should give security agencies sleepless nights. ■

Illustration by TANMOY CHAKRABORTY



H1B VISA

INDIAN TECHIES LIVE IN FEAR OF BEING SHUT OUT

By Venkatesha Babu

From April, the premium processing of H1B visas, the permits that enable skilled foreigners to be employed in the United States, will be suspended for six months. Thousands of Indian nationals, particularly in the \$150 billion Indian information technology industry, will likely be affected by the move.

Shares of prominent tech firms such as Wipro and Infosys took the expected beating. As they did in January, when a bill was introduced in the US House of Representatives to increase the minimum annual salary to qualify for an H1B visa from \$60,000 (Rs 40 lakh) to at least \$130,000 (Rs 87 lakh). Indian firms have long been accused of using H1Bs to hire Indian workers for less than it would cost to hire an American.

Each year, 85,000 H1B visas are made available, including 20,000 reserved for workers with advanced degrees. Except during downturns, such as in 2008, there are more applications than visas available, so employees and companies take their chances in a lottery. The suspension of the premium process, which permits firms to pay a \$1,225 (Rs 82,000)

155,000

Jobs directly created by Indian IT firms in the US till 2015

17,000

H1B visas received by Indian companies, 20% of the total available



Diaspora Dreams

Data from the Washington-based Pew Research Center shows that India is the largest contributor of migrants in the world. El Dorado, for most Indian migrants, is the US or the UAE. India also accepts millions of migrants. Ours is the 12th largest immigrant population of the world

15.6

million

People born in India who make their homes in other countries. Compared with 12.3 million Mexicans and 9.5 million Chinese

5.2

million

People born in other countries who live in India. Compared with 46.6 million in the US, 12 million in Germany, and 980,000 in China

3.2

million

People born in Bangladesh who live in India. The vast majority of migrants in India are from Bangladesh, Pakistan, Nepal and Sri Lanka

3.5

million

Indian-born people living in the UAE, about 33% of the population. 940,000 migrants to the UAE come from Egypt, the second highest contributor

\$69

billion

Money sent by NRIs back to India, the highest of any country

3

per cent

Average proportion of a country's population that migrates. Despite the largest numbers, India falls below this average—less than 2% leave the country

PULLQUOTE

“When you’re 16 or 17, you’re hormonally challenged. To protect you from your outbursts, a lakshman rekha is drawn... for your own safety.”



MANEKA GANDHI, minister for women and child development, assuring young women of the government's commitment to draconian college hostel curfews.

Security for college-going girls, the minister expounded, was a simple matter of keeping girls and boys apart. Ah, those crazy college days.



PTI

ASSAM

A Hindu Headache for the BJP

By Kaushik Deka

Tensions are running high in Assam after the March 6 ransacking of an All Assam Students Union (AASU) office in Silapathar, a town in the state's Dhemaji district. Three people were reported injured in the attack, perpetrated by an obscure group, the Nikhil Bharat Bangali Udbastu Samanvay Samiti (NBBUS), seeking citizenship for Hindu refugees from Bangladesh. AASU led a six-year movement against illegal immigration into the state, resulting in the 1985 Assam Accord, which, broadly, granted citizenship rights only to those who had moved to the state before 1971.

AASU is deeply influential, with key players in the Assam government, including the chief minister, Sarbananda Sonowal, being former members or leaders. But, as a critic of all immigration to Assam from Bangladesh, whether Hindu or Muslim, it found itself in the crosshairs of NBBUS, allegedly associated with the RSS and virulently opposed to the idea of citizenship as outlined in the Accord. It is the association with the RSS that makes it so uncomfortable for the BJP-led NDA government. The

BJP won 60 of the 89 assembly seats it contested last year, a commanding performance in a state in which 35 per cent of the population is Muslim.

Since the Sonowal government took oath on May 24 last year, it has been brazen about its 'Hindu first' agenda. State finance minister Himanta Biswa Sarma argued that the Citizenship Amendment Bill (2016), which seeks to naturalise (non-Muslim) minorities persecuted in Pakistan, Bangladesh and Afghanistan, was necessary because Assamese people needed the support of their Hindu Bengali brothers to ward off the Muslim threat. In December, RSS volunteers sparked anger by shouting "*Hindu-Hindu, bhai-bhai*" and "*Bharat mata ki jai*" from the top of the 18th century Kareng Ghar, an Ahom palace and protected monument.

Sarma now says "practical difficulties" mean the Sanskrit order won't be enforced

Earlier, Sarma, as education minister, ordered state-recognised mad-rassas to remain open on Fridays. "Mad-rassas are closed on

MY WAY CM Sonowal (in white) at a Shivaratri celebration in Guwahati

Fridays in Pakistan and Bangladesh, not in India," he said. In February, CM Sonowal tweeted the government's decision to make Sanskrit compulsory up to the 8th standard. Even ministers in his own cabinet sided with the Opposition in opposing the decision. Sarma now says "practical difficulties" mean the order will not be implemented. Sonowal, when contacted, insisted that "the decision [had] not yet been discarded".

The mixed message is typical of a confused government, caught between its commitment to Hindutva and the priorities of the Assamese people. ■

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GLASSHOUSE

Ghar Wapsi for Velingkar

When he dissolved his rebel Goa RSS and returned to his old outfit on March 6, **Subhash Velingkar** said he had no regrets. “I wanted to teach the BJP a lesson. My job is done,” he said. He announced that he would be an ordinary worker from now on, following the instructions of his “seniors”. The RSS office, situated within a kilometre of Velingkar’s house in Panaji, was full of emotion at his “ghar wapsi”. While RSS Goa chief Laxman Behre welcomed Velingkar’s return, the extent of the damage he has caused to the BJP will only be known on March 11 when the assembly election results come out. Velingkar’s immediate need now will be to buy a light brown ‘full pant’, part of the new RSS uniform introduced after his rebellion. His next task will be organising the *varsh pratipada utsav* (new year festival), which falls on Gudi Padva, March 28. Goa’s pracharaks will be hoping it’s a good one for the Sangh Parivar.



Turn It up

Andhra Pradesh CM **N. Chandrababu Naidu** has got slick German-made wi-fi microphones installed at the newly inaugurated state legislative assembly building at Velagapudi in Amaravati. But there’s a catch. They can only be activated after the speaker gives the nod. So much for free speech.

Out of Line

Veteran Maharashtra Congressman **Manikrao Thakre** recently attended a meeting at

Opposition leader Radhakrishna Vikhe Patil’s residence in Mumbai to chart strategy ahead of the March 6 assembly session. But he clearly

forgot that as deputy chairman of the state legislative council, it was unethical of him to attend. Quizzed by the media, a sheepish Thakre promised to be careful in the future.



MILIND UTTAM SHELTE



Rail Bridges

Railway minister **Suresh Prabhu** has spoken of floating bonds to augment the resource-hungry ministry. But he’s also especially proud of a different kind of bond he’s built with junior railway employees who get to visit his official residence on Delhi’s Akbar Road. Prabhu told audiences at a *Business Today* event in Mumbai that the idea came from a staff member’s comment that his spartan lifestyle was not too different from hers. Since then, Rail Bhavan staff have been frequently hosted at Prabhu’s residence.

—Sandeep Unnithan with Amarnath K. Menon, Kiran D. Tare, Jeemon Jacob and Amitabh Srivastava

10,000

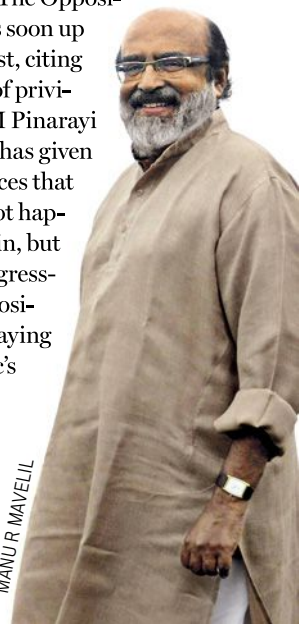
LITRES

amount of illegal liquor confiscated in Bihar, ahead of the state’s first post-prohibition Holi festival

Off Script

Kerala finance minister **Thomas Isaac**’s recent media outreach attempt has led to some embarrassment for the Pinarayi Vijayan government. Isaac’s aides sent out key highlights of his speech to the media even before the Budget presentation was over on March 3. Unfortunately, it included budget highlights not presented in the minister’s speech. The Opposition was soon up in protest, citing breach of privilege. CM Pinarayi Vijayan has given assurances that it will not happen again, but the Congress-led Opposition is baying for Isaac’s blood.

MANU R MAYELIL



GST

THE NEW NORMAL



GAMECHANGER: Finance Minister Arun Jaitley

On March 4, the GST council provisionally approved two of four pieces of legislation to enable the new tax regime—the central and integrated aspects of the GST (CGST and IGST). The remaining two (SGST and UTGST) will be cleared at the next council meeting on March 16, clearing the decks for the tabling of the bill in the budget session. “Subject to Parliament approving the bills,” said finance minister and GST council head Arun Jaitley, “July 1, 2017 optimistically looks like the possible date for GST implementation.” That optimism was not universal: J&K finance minister Haseeb Drabu, for instance, said that some “minor editorial changes” were still required in the CGST and IGST drafts, which, according to him, as quoted in some reports, might push the GST rollout to September 1.

The process of building a consensus with the states has come at the cost of simplicity, which was to be the defining feature of GST. For one, the process has weakened a central principle: that the GST be a simplified tax administration that does away with the cascading effect of indirect taxes. At the same meeting, West Bengal finance minister Amit Mitra said as many as 26 changes sought by the states had been included into the two draft laws, but sought to put a positive spin on it by describing it as “showing the federalist character of India”. Satya Poddar, Tax Partner at EY India, took the view that a conciliatory approach also meant that GST, in its present shape, has not managed to limit the cascading effect enough. To make it worse, nearly half of all consumer goods will remain outside the purview of GST, while the other half will be assessed in a multiple-tier rate structure. Rates for taxes on services are in multiple slabs as well. The next meeting will decide which commodities/ services fall into which tier. ■

—Shweta Punj

CHATTER



The week in social media

@ShougatDasgupta

Can an App Stop Trolls?

In response to the much publicised rape threats against 20-year-old student Gurmehar Kaur by Twitter trolls supporting the right-wing ABVP, the government will launch an app by the end of this month that women can use to report online abuse. Details are



thin on how the app, described as a ‘panic button’ with a ‘shouting’ feature, will work, but it will reportedly be called ‘I Am Trolled’. It recalls, presumably unintentionally, the title of Swati Chaturvedi’s recent book, *I Am A Troll*, about BJP-sanctioned trolls (some of whom are followed by the prime minister) routinely using rape threats and sexual intimidation. In July last year, Maneka Gandhi asked women to respond to her directly if they were being trolled. She heard mostly from men, asking why they didn’t have a similar recourse. For the government, confronting trolls means taking on some of its most ardent supporters. ■

#SadandLonely

New research from the University of Pittsburgh confirms what is surely by now a truism—an established prejudice isolates people as much as it brings them together. The study claims, using a sample size of 1,800 people between the ages of 19 and 32, that there is a link between prolonged usage of social media platforms such as Facebook, Twitter and Instagram and feelings of jealous inadequacy. Scrolling through carefully curated feeds, seeing the irritating hashtag ‘blessed’, and being privy to the glamour and material advantages of other people’s lives must be hard to bear. Except everyone appears to be engaged in their own form of one-upmanship. ■

Uber Imploding?

A video of the Uber CEO berating a driver—who blamed the company for him losing \$97,000 (Rs 65 lakh)—for not taking responsibility—went viral last week. It has capped a period in which the company has faced driver strikes in India, been accused of sexism, misogyny, stealing trade secrets, and using a secret programme to evade the attentions of law enforcement in various countries. Once envied, Uber staff now confess that family members and friends are urging them to find other jobs. ■



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ASSAM

THE POWER COUPLE

In the early 1980s, they were two of the brightest stars of the Assam agitation. Her first novel, *Abirata Yatra*, published in 1981 when she was in jail, won the prestigious Assam Sahitya Sabha award. Today, the two ex-Asom Jatiyatabadi Yuva Chatra Parishad members—Dr Rita Chowdhury and Chandra Mohan Patowary—are perhaps the most powerful couple in Assam.

Rita is now director of the National Book Trust while husband Chandra is the unofficial No. 2 in the BJP-led government in Assam, a close confidant of Chief Minister Sarbananda Sonowal. Rita, meanwhile, organised the first-ever Brahmaputra Literary Festi-

val, the biggest literary show to happen in the Northeast.

A co-partner of this event was the Assam State Publication Board, under the education ministry headed by Himanta Biswa Sarma, chief architect of the BJP's victory in Assam. The rivalry between Sarma, an ex-Congressman and Patowary, who had joined the AGP after the Assam agitation, is part of state folklore now. Yet, it took just a couple of phone calls from Rita to get Sarma onboard for the BLF.

Patowary is the unofficial no. 2 in the BJP-led government in Assam



M ZHAZO

TWO TO TANGO Rita Chowdhury and Chandra Patowary

“Himanta is the more popular leader with a hotline to the PMO and Amit Shah, but Patowary has Sonowal's backing,” says political pundit Dileep Chandan. When the NDA government introduced The Citizenship (Amendment) Bill, 2016, in Parliament to grant citizenship to Hindus and other minority community

members from neighbouring countries, Patowary was the only Assam minister to convey his reservations to the central leadership. But he also defended the decision in the assembly, when alliance partner and former boss, AGP's Prafulla Kumar Mahanta, attacked the state government on the issue. ■

—Kaushik Deka

CHINA

Welcome Change

In China's male-dominated politics, the youngest member of parliament, 25-year-old Tie Feiyan, feels a certain envy when looking across the border. There are only two women in the Communist Party of China's 25-member Politburo. The Central Committee, the top policy-making body, has just nine women, which is 4 per cent of its 205 members.

Tie is fascinated by the contrast across the Himalayas.



There are 66 female MPs in India's Lok Sabha, a little over 12 per cent—much less than the 33 per cent many wish for, but still a number that female politicians in China would find agreeable. China is still waiting for its first female president or prime minister, or for that matter, party general secretary. There are no female leaders of provinces, compared with India's three female chief ministers. But what Tie—and many Chinese scholars—find puzzling is the contradiction between the high status of women in Indian politics and the fact that women enjoy far higher social and economic indicators in China. “Women being more involved is good for the country and for policies,” says Tie. “For social welfare especially, I think women have good instincts.”

Indeed, politics is perhaps the only domain where women

in China trail their counterparts in the rest of Asia, a 2010 United Nations Development Programme report found. Women's participation in China's labour force is higher than 70 per cent, compared to 35 per cent in South Asia. Female literacy rates are more than twice India's. And China has the highest number of women entrepreneurs in the world.

Tie firmly believes that China will close the political gender gap. Even so, her own story reveals how high the bar actually is. Tie, who worked as a toll-booth operator, was chosen after she became famous in her native Yunnan for diving into a river to rescue a drowning migrant worker. She has also campaigned vigorously for the rights of 61 million ‘left behind children’ of migrant workers. Mao famously said women hold up half the sky. In China today, women face a sky-high barrier to enter politics. But they just might scale it. ■

—Ananth Krishnan

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EXPOSURE

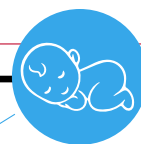
A FINAL PUSH

Two public meetings in the heart of the city, two massive roadshows and a public rally—all this in three days as Prime Minister Narendra Modi left nothing to chance in his *karmabhoomi*, Varanasi. The number of outings and the presence of a big central team in the holy city did come in for criticism from rivals on the “desperation” in the saffron ranks.

But the turnouts, as seen here, showed that the PM’s popularity hasn’t waned since he last campaigned here in 2014.



PANKAJ NANGIA/ MAIL TODAY



TIBET

THE LAST LAMA



AFP

There may never be another Dalai Lama. There will certainly never be another like Tenzin Gyatso, the current, and 14th, Dalai Lama who, against all odds, has kept the flame of the Tibetan movement burning bright for six decades after he fled to India on foot. Speaking last week, he once again raised the likelihood that he may be the last of the over 600-year-old Tibetan Buddhist line. "Very possible," he said. "If I[am] the last Dalai Lama, I feel very happy."

Ending the line may be one way to prevent a dispute with China over his succession. Beijing has said it will appoint its own 15th Dalai Lama, just as it did with the 11th Panchen Lama. For his part, the Dalai Lama has in the past suggested his successor would be appointed from a "free" region, even suggesting his successor could be female. But increasingly, he has appeared to suggest that ending the institution might be the best option.

Beijing has been laying the groundwork for a succession on its own terms. It insists that previous lamas were appointed with the consent of the central government. Yet the fact is some of its recent appointees have lacked legitimacy in the eyes of many Tibetans. This is hardly surprising

given that China has outlined an official "reincarnation policy" to solidify its control. In 2007, the State Administration for Religious Affairs issued a remarkable order on the "Management of the Reincarnation of Living Buddhas", perhaps the first time that a Communist government anywhere has endorsed the phenomenon of reincarnation. It declares that Living Buddhas have to file an application with government authorities, or else their reincarnations "will be deemed illegal or invalid".

Beijing's iron grip will, however, only likely undermine its approved lama. As the Dalai Lama put it with a chuckle in a 2012 interview with this reporter, "To take responsibility for the reincarnation, the Chinese government should first accept religion, particularly Buddhism, and they should accept the theory of rebirth!" "If the Dalai Lama becomes 100 per cent pro-Chinese, then Tibetans will not respect the Dalai Lama," he said then. "I think the Panchen Lama himself knows that. During these crises, he has remained very silent. It looks like the Chinese Panchen Lama is more wise than the Chinese leaders." ■

—Ananth Krishnan

INDEX

Still Going Hungry

Data from the World Health Organization and the National Family Health Survey 2015-2016, the first in a decade, shows that India has made broad progress in bringing down infant mortality, getting children vaccinated, neonatal care, better nutrition, family planning outreach etc. But progress is sluggish, and malnutrition is still a big problem.

50

Indian children under 5 years of age die out of every 1,000—down from 74 in the last decade. The global infant mortality rate ranges from 7 in high income countries to 76 in low income ones

62%

of children between 1 and 2 years of age are fully immunised, up from 43.5% in the past decade

41.2%

of rural children (31% urban) under the age of 5 suffer from stunted growth, down from 48% in the past decade

21%

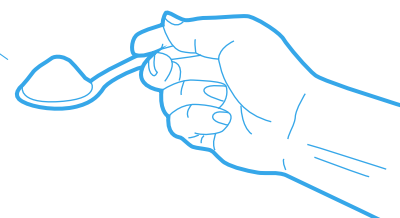
of children under 5 are 'wasted' (extremely underweight for their height). Up from 19.8% in the past decade. The global average in 2015 was 7.4%

328

children under the age of 5 die of diarrhoea every day in India

58%

of children under 5 are anaemic. The global average is 42.6%, ranging from 7% in North America to 60% in Africa





POINT OF VIEW

What's in a Number?

By Laveesh Bhandari



It took many decades to build a credible reputation for government data. This is now being destroyed

The Central Statistical Organisation (CSO) of the Government of India has come out with some nice GDP growth numbers for the third quarter of 2016-17. Prime Minister Narendra Modi has taken the numbers to heart and is taking credit for great economic management by his team. While Modi's "hard work" is competing with the Opposition's "Harvard", those in the government who cannot take credit for either are keeping mum. So what is the real situation?

The main issue is not whether the GDP growth figures are actually higher or lower, but that common everyday experience is not reflected in the numbers released by India's statistical establishment. In such situations, it becomes the duty of the government's experts to provide credible reasons, but they haven't done so. Demonetisation could have theoretically led to higher growth, just as theoretically it could have led to lower growth. Either way, reasons—backed by numbers—need to be given. Over a period of time, it is credible reasoning that builds faith and trust in the government and its statistics.

It took many decades of number-crunching to build a credible reputation for government data. This reputation is being destroyed by the silence and mechanical practices of government statisticians and economists. Again, the point is that India and the world need to understand what happened, and how. A simple, mechanically produced number is not what the world needs. And so, in hushed tones, people in Mumbai are talking about India's numbers being as difficult to believe as China's. Those talking in Delhi are even more hushed.

The prime minister is rightly taking credit for the numbers, as any good politician would—and should. After all, by taking credit, he is also taking responsibility for India's economic performance. But I wonder whether even he knows what is happening.

A large share of GDP growth comes from sectors where data is not available in time for

the CSO to include in its quarterly estimates. Therefore, it takes the previous year or quarters' data to impute estimates for the latest quarter. This is simply a form of imputation, and some may say is even standard. A proactive group of statisticians would not blindly use older parameters; they would instead incorporate estimates from quick dipstick studies. But that is not how India's Central Statistical Organisation functions—it is more mechanical.

Typically, the units whose numbers are so imputed are those in the unorganised sector, as well as smaller units. If demonetisation and digitisation had helped such units, growth would be higher than the current report suggests. If they hurt these units, growth would be lower than reported. Demonetisation and the consequent digitisation of transactions probably did hurt, as structural shifts of the scale that occurred tend to hurt in the short run. So, after a few quarters, the third quarter's GDP growth numbers will most certainly be revised downwards.

Now here is the kicker—even after the growth numbers are revised, there is no way to tell whether demonetisation helped or harmed India's economic growth. This is a structural shift. India is most certainly on a new path of high-intensity digital transactions, but many other factors also play a role, making it difficult to figure out the net effect in the long run.

Either way, it is the government's duty to share the truth with the public. I would have loved it if the statisticians and advisors to the prime minister and government had said, "These are early numbers—the actual picture of quarterly growth will be revealed later, and we expect it to be lower", before they released these mechanically calculated estimates. That is not the prime minister or finance minister's job, it is the statisticians and economists who have to take on the responsibility.

The writer is an economist and director, Indicus Foundation

TELANGANA: BIG
ON AMBEDKAR
PG 18

STATES

CHHATTISGARH: THE
NOOSE TIGHTENS
PG 19

MAHARASHTRA:
RACE TO NOWHERE
PG 20

KERALA:
A HOT MESS
PG 21

KASHMIR

The Lost Boys

The state finally finds a way to cut juvenile delinquents some slack

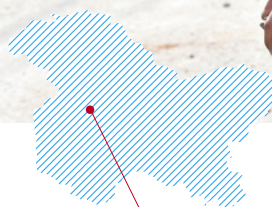
By Asit Jolly

It's shameful! We have been throwing 14- and 15-year-olds in jail," says a senior functionary of the Mehbooba Mufti government, citing the 85 minors now in jail for joining the wave of protests since last July when Hizbul Mujahideen militant Burhan Wani was slain. But that is set to change. Eight years after other states, Jammu & Kashmir is setting up institutional mechanisms to ensure assistance for children "in need of care and protection, in conflict with the law, and destitutes".

Critical infrastructure—6,330 village child protection councils; child welfare committees and protection units in districts; special juvenile units at police stations; juvenile justice boards and three new juvenile detention centres—is briskly being put in place under the Integrated Child Protection Scheme (ICPS), with funding from Delhi.

Although J&K adopted the Juvenile Justice Act in 2013, it stayed on paper. "We have been laggards," says social welfare minister Sajjad Lone, pointing to the inability of successive regimes, including the incumbent Peoples Democratic Party-BJP coalition to implement the act. It's been Lone's singular

ABID BHAT



SRINAGAR

^ STREET CHILDREN

A masked Kashmiri teenager during clashes with police in Srinagar, March 3

focus since he got the portfolio in April 2016. The urgency peaked after unrest broke out last year. In trying to restore normalcy, hundreds, including many minors, were detained in state jails.

J&K's security establishment took much flak for the overkill. Lone admits the practice of holding minors in prisons has contributed to making Kashmiri youngsters more bitter and in instances even pushed them into militancy. But post-April, he promises, minor offenders will mandatorily have to be dealt with by special juvenile police units, consisting of an officer and

LONE ADMITS THE PRACTICE OF HOLDING MINORS IN JAILS HAS MADE KASHMIRI YOUTH MORE BITTER

two social workers, functioning outside the ambit of normal policing. "Parents will no longer have to go pleading for kids at thanas," says an official.

ICPS mission director Talat Parvez says it is paradoxical that an entire generation of young Kashmiris has been forced to live amid strife without legal protection, while the promise of a "happy childhood" is enshrined in the J&K constitution. PDP youth wing chief Hameed Para believes it's the most significant social intervention in decades. "The state's engagement with Kashmiris is confined to adults," he says. "But the Kashmir problem is about young people, those under 18."

Consider this: each of the 6,330 child protection councils in J&K's villages will include 11 local residents besides a government representative. Councils will have a Rs 10 lakh budget to pay for foster care for orphans and other expenses. "All children need care and protection. But children in Kashmir need it the most," says Lone. It's a far cry from army chief Gen. Bipin Rawat's threat to treat young stone-pelters like militants. ■

WEST BENGAL

Surgical Strike in Kolkata

Mamata pushes a bill to crack down on rapacious private hospitals

By Romita Datta



SUBIR HALDER

OPERATING THEATRE

CM Mamata Banerjee during the debate on the bill in the Assembly

It all came to a head after sports minister Aroop Biswas, a known loyalist of Chief Minister Mamata Banerjee, was forced to move his ailing mother to a government hospital. The private hospital in Kolkata where she was under treatment had presented him with a Rs 27 lakh bill. Although private healthcare has long been known to be exorbitant in West Bengal, this was perhaps the first time that someone senior in the ruling Trinamool Congress (TMC) was feeling the pinch.

A fuming Mamata soon revived a draft 2010 legislation brought in by the then Left Front government to regulate the state's private hospitals. Interestingly, at the time, the TMC had vociferously opposed the bill and ensured that it was shelved. Seven years on, Mamata and her government have come back with a new law, one that is way more stringent than anything the Left Front had envisaged. The West Bengal Clinical Establishments (Registration, Regulation and Transparency) Bill 2017, enacted by the state assembly on March 3, not just provides for compensation to victims but also jail terms and cancellation of licences in instances of deficient medical care or negligence in treatment.

Preceding the legislation, Mamata had reportedly castigated the heads of private hospitals for fleecing hapless patients at a February

22 meeting which lasted two hours. Mamata's diatribe was based on shocking revelations made in a survey of 942 private hospitals by a standing committee on health. It revealed that hospitals prescribe unnecessary high-end medicines, investigations and treatment, force doctors to stagger patient release and there were even cases where patients were put on life-support just to inflate the bill. "Everybody is complaining about exorbitant bills. A hospital is not a slaughterhouse or factory," the CM told the hospital honchos.

An 11-member regulatory commission, constituted to implement the law, has been given quasi-judicial powers to fix rates for treatment (including pack-

THE COMMISSION WILL DECIDE ON CASES OF LAPSES IN TREATMENT, AWARD COMPENSATIONS

age rates) and monitor details of billing. The commission will adjudicate on cases of lapses in treatment and award time-bound compensations of up to Rs 10 lakh (in cases of death). Tampering of patient records can now result in attachment of assets, cash penalties of up to Rs 50 lakh and cancellation of licence of the concerned hospital. In specific instances, the commission can also initiate criminal prosecution.

There are 2,088 private medical establishments in Bengal with an estimated investment of Rs 2 lakh crore. Those associated with the sector say the new law will serve a "death blow" to private healthcare in the state.

The legislation has found overwhelming support, including from Opposition parties. Biswanath Chakrabarty, political analyst and professor at the Rabindra Bharati University, believes this singular act could help Mamata reap political gains amid urban voters who have hitherto remained aloof. ■

▶ TAP TO WATCH VIDEO



TELANGANA

HYDERABAD

Building on Dalit Pride

KCR's plan to erect the 'biggest' Ambedkar statue in Hyderabad is still stuck in the planning stages

By Amarnath K. Menon

When he performed the bhoomi puja for a 125 feet statue of Dr B.R. Ambedkar, the tallest ever, on April 14 last year, Telangana Chief Minister K. Chandrasekhara Rao set a tight deadline—April 14, 2017—to unveil it on the occasion of the Dalit icon's 125th birth anniversary. There was another reason for his haste, he had to outdo his Andhra Pradesh counterpart N. Chandrababu Naidu

who had announced plans for an Ambedkar idol in Amaravati, the new state capital. Unfortunately, neither has made much headway. KCR is still struggling to complete the blueprints to get his grand plans even started before the quasiquincentennial year runs out in 2018.

A cabinet sub-committee chaired by deputy CM Kadiyam Srihari, a Dalit, is on the job. But all that's been 'achieved' are a couple of preliminary surveys of similar-in-scale

< **CUT IN STONE** KCR performing the bhoomi puja ceremony for the Ambedkar statue in Hyderabad

Buddha statues in Sikkim, China and South Asia. With no proper brief, the committee initially explored going to Gujarat where a mega, made-in-China Sardar Vallabhbhai Patel statue is being assembled. The members also went to south Hyderabad where a private trust is installing a 216-ft-tall statue of Sri Ramanujacharya, also made in China, ahead of the saint's millennial birth anniversary celebrations.

Meanwhile, the members flew up to take a look at the 130 ft statue at Tathagata Tsal, a Buddha park at Ravangla (Rabong) in south Sikkim. And giving in to a greater wanderlust at state expense, they also travelled to view Buddhist statues near Shanghai and Lantau island in Hong Kong. Justifying the Chinese sojourn, a Srihari Committee member points out that even "engineer-

ing giant L&T (Larsen & Toubro, the original contractor for the Patel statue) sought the help of Chinese firms for the bronze plate cladding". Curiously requesting anonymity, the member added that "China offers the best engineering options for an all-weather mega statue".

Evidently impressed with what they saw, the committee expects to finalise its report by mid-March and, hopefully after a green signal from KCR, fast-forward plans to transform the site intended for the grand memorial—35 verdant acres next to Hyderabad's

NTR memorial facing the vast Hussain Sagar lake. The place will eventually be turned into a smriti vanam, a hallowed memorial complete with a well-stocked library, research and seminar facilities for Dalit studies, with the imposing Ambedkar statue towering over it all.

KCR is looking to create a landmark for Dalits—a mega monument that will dwarf the Indira Gandhi statue nearby and eclipse NTR's memorial next door, let alone the relatively diminutive 58 ft Buddha monolith in Hussain Sagar—all 'contributions' of preceding chief ministers in old Andhra Pradesh.

Of course, it isn't all altruism at work here, KCR is also eyeing the Dalit vote. Alongside his promise of 12 per cent reservation for Muslims, he's hoping the statue will sweep him to a second innings as CM. Hyderabad's power corridors are already abuzz with talk of early assembly polls in 2018, over a year ahead of the scheduled date. ■

125

FEET

Height of Ambedkar statue coming up in Hyderabad

PTI



< **CASH OR KIND?**

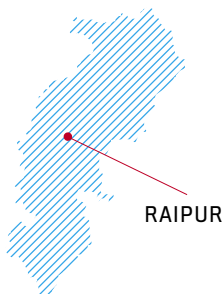
IAS officer B.L. Agarwal in CBI custody

CHHATTISGARH

The Noose Tightens

After a top IAS officer is arrested, the spotlight is on bureaucratic corruption

By Rahul Noronha



The CBI arrest of 1988 batch IAS officer B.L. Agarwal has shaken things up in Raipur where the general impression is that the bureaucracy rather than the political executive calls the shots. The case is significant because this is perhaps the first time a top official from the state has been arrested. Chhattisgarh's bureaucracy is often in the news for the wrong reasons. There have been plenty of allegations of corruption, but action has always been restricted to the small fry. The high-profile Public Distribution System racket unearthed by the state's anti-corruption bureau (ACB) after searches at the premises of the officials of the state Civil Supplies Corporation steered clear of the big names. An IPS officer from Chhattisgarh cadre, Raj K. Dewangan, was compulsorily retired, but that seems to have been prompted by the Centre under its system of review, rather than the state government.

No stranger to controversy, Agarwal, who was till recently principal sec-

retary, higher education, was subjected to an investigation by the income tax department in 2010. It proved to be only a temporary setback—Agarwal was suspended, but later cleared in an inquiry by the state Economic Offences Wing (EOW)—and went on to pick up his next promotion too.

The present CBI cases are from the time Agarwal was health secretary. The CBI claims he had struck a deal with a tout, Bhagwan Singh, who in turn put him in touch with one 'Burhanuddin' with 'contacts in the PMO' to get the two cases against him being probed by the agency transferred to the state EOW. A sum of Rs 1.5 crore was apparently agreed on, but it seems Agarwal could only pay Rs 60 lakh in cash through hawala. Subsequently, the agency says the middlemen agreed to get paid in 2 kg of gold that Agarwal sent through his brother-in-law Anand.

On February 18, the CBI searched the premises of Agarwal and his

AGARWAL WAS SUSPENDED IN 2010 BUT THE STATE EOW LATER CLEARED HIM AFTER AN INQUIRY

brother-in-law in Raipur. The premises of Bhagwan Singh and Burhanuddin who go by the aliases O.P. Singh and O.P. Sharma respectively were also searched in Noida and Hyderabad. Agarwal was called for interrogation and just when it seemed he would walk away (the seizures at his premises had not yielded much), he was arrested on February 21. The state government then suspended him. Searches at other places linked to the bribery scandal yielded about Rs 20 lakh cash and 2 kg gold, said the CBI.

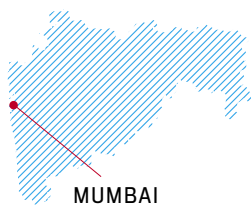
The question for the Raman Singh government is: why is the state EOW the go-to agency for those seeking relief in corruption cases? ■

MAHARASHTRA

Playing Rough

The turf wars of sports associations turn ugly

By Kiran D. Tare



MUMBAI



▲ **DUNK THAT** A National Games women's basketball match between Tamil Nadu and Maharashtra (in yellow)

Another ugly slugfest has broken out in the state, this time centred on the Maharashtra Olympic Association's allegedly biased treatment of its affiliated sports associations. No less than seven associations—swimming, gymnastics, cycling, karate, hockey, athletics, volleyball and handball—have decried the MOA's bid to undermine them by promoting parallel bodies. The state swimming association has even approached the Bombay High Court alleging that MOA was "attempting to intrude" into its domain by insisting on supervising elections to its organising committee.

The MOA, headed by NCP strongman Ajit Pawar, is also seeing dissent from within. Member Kishor Vaidya says the body has become autocratic because it is out of the ambit of the National Sports Development Code of India, 2011. If the code were applicable,

the MOA wouldn't be able to take decisions unilaterally. He wants CM Devendra Fadnavis to order a probe into the MOA under the 1950 Bombay Public Trusts Act.

Unfortunately, the disputes are now affecting Maharashtra sports as well. The MOA remained curiously mute when the National Swimming Association debarred 50 state swimmers from the national tournament in 2016. Then there was much confusion when two state teams turned up for the national taekwondo tournament held in Kerala last year. MOA secretary Balasaheb Landge says the associations are raising red herrings as they

want to influence the March 25 elections to the management body.

Meanwhile, the Fadnavis government is bent on staying neutral. "Both parties have registered complaints against each other. We are confused," says sports minister Vinod Tawde. ■

The state swimming association has taken the Olympic association to court over "intrusions"

KERALA

A Hot Mess

Forest fires rage as high temperatures and drought conditions prevail

By Jeemon Jacob

Chembra Peak, a popular, picture-perfect nature trail in Wayanad district, looks like the devastated aftermath of a bomb attack. On February 25, a raging forest fire reduced 100 hectares of grassland and nearly half the verdant forest to ashes. And the bad news is that this was just one of hundreds of forest fires, triggered by severe drought conditions, a crisis that now threatens the state's rich biodiversity.

It's only March and forests minister K. Raju says 440 fires have already destroyed some 2,100 hectares of forests this year. "The situation is very serious," the minister said on March 3 in Thiruvananthapuram. The state had



^ **HOSE IT** Firemen in action at Muthanga wildlife sanctuary, Wayanad

even sought helicopters from the defence ministry to help fight the fires in Parambikulam national park, a designated tiger reserve. But they came after the inferno had already raged for a day. "Some 75 hectares of forest area was destroyed by then," the minister says.

Struggling to contain the situation, principal chief conservator of forests K.J. Varghese says they have sought community participation to prevent the fires from spreading to tribal villages

fringing the national parks. He says reserve forests like Parambikulam haven't witnessed fires such as these in over a decade. Drought, exacerbated by the delayed summer rains, have turned the hitherto luxuriant forests into a virtual tinderbox. Foresters have now identified fire-prone areas in Wayanad, Idukki, Palakkad, Ernakulam and Pathanamthitta districts. With temperatures soaring, it looks like the rain gods are the only hope left for the state. ■

JHARKHAND

Here Comes Jollywood

'Make in Jharkhand' draws filmmakers to the state

By Amitabh Srivastava



SOMNATH SEN

^ **ACTION!** Mahesh Bhatt with CM Das

Not many would have thought 'Bollywood' when Chief Minister Raghubar Das rolled out the red carpet in 2016 for any industry willing to 'make in Jharkhand'. But the CM's offer is all set for a fittingly filmi *muhurat* with *Begum Jaan*, filmmaker Mukesh Bhatt's newest production, shot entirely in Raghubar's backyard, and directed by Srijit Mukherjee, with Naseeruddin Shah and Vidya Balan in lead roles.

Slated for an April 14 release, the movie is eligible for a Rs 2 crore subsidy as per Jharkhand's revamped 2015 state film policy. The state information and public relations department now offers single-window approvals, clear-cut timelines for filming permissions on location, a slew of subsidies including on hotel accommodations, and state security for film units.

It's a major turnaround, for Jharkhand has been mostly shunned by filmmakers since 2005 when a Bengali TV film unit was attacked and looted in McCluskieganj, just 65 km from state capital Ranchi. Actor Rupa Ganguly, currently a BJP MP, was part of the unit, but escaped without injury.

Before the spurt in Naxal violence pushed the state off the filmmakers' radar, Jharkhand's rugged landscape had been a favourite of film legends like Satyajit Ray and Ritwik Ghatak. The state did intermittently see the return of Bollywood—Vikramaditya Motwane's

Udaan (2010) and *M.S. Dhoni: The Untold Story*, more recently—but it is inarguably the new film policy that has created the latest buzz. Since it was implemented, over a dozen features have been shot in the state. ■

Over a dozen feature films have been shot in the state after the new policy in 2015



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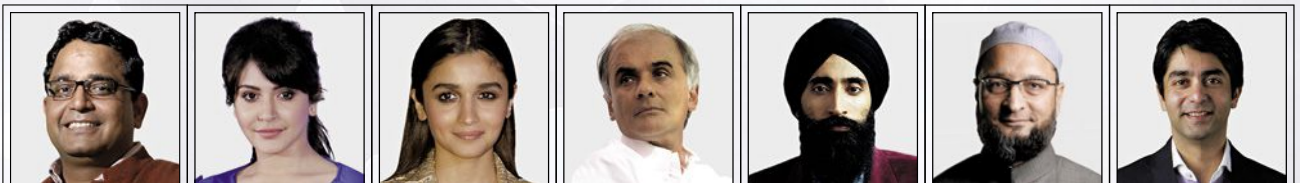
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MISSILE MUSCLE

India and China are both beefing up their long-range nuclear capabilities but the topic is off limits in official dialogue, straining ties between the two countries

Ananth Krishnan in Beijing





D

DAYS AFTER INDIA TESTED ITS AGNI-V INTERCONTINENTAL ballistic missile—a 5,000 km range missile that can reach Beijing and deep beyond—in December last year, China's secretive People's Liberation Army Rocket Force (PLARF) conducted an equally significant test. But one that was meant to be under the radar. In January, diplomatic circles in Beijing were abuzz with rumours that the PLARF had carried out its first-ever test of a Multiple Independently Targetable Re-entry Vehicle (MIRV)—launched on a DF-5C intercontinental ballistic missile—carrying as many as 10 warheads, a capability many experts thought China didn't possess.

The reported test was seen as significant as it suggested that China, which is thought to possess some 260 nuclear warheads—more than twice India's estimated 120 but a small fraction of US's 7,000—was moving towards a rapidly expanded stockpile, as a 10-warhead MIRV capability would require.

The tests pointed to what many experts say is the elephant in the room and an increasing source of mistrust in India's ties with China. Both sides are rapidly acquiring conventional and nuclear deterrence capabilities, even if China's arsenal still dwarfs India's. But what is remarkable, and a source of concern for experts, is that none of this figures in talks between the countries at any level. The reason, according to Chinese officials and experts, is that Beijing still views India as an 'illegal' nuclear weapons state, and talking would 'legalise' India's status.

China's secretive second artillery corps, which has for five decades controlled the Chinese army's conventional and nuclear missiles, has prided itself on operating in the shadows. It took nearly two decades for the corps, set up in 1966, to even be officially acknowledged in public. But in recent months, the force, known in China as 'Er Pao', has quietly begun to step into the light, in keeping with the muscle-flexing posture Beijing has struck under President Xi Jinping.

After the MIRV test was leaked, the artillery corps, which was renamed PLARF in January last year as part of Xi's military reforms, released a first-ever video of its troops handling a DF-16 medium-range ballistic missile. The Chinese media pointed out the missile could reach all of China's neighbours, from Japan to India and the Philippines. The same month, photographs of the DF-41, an advanced intercontinental ballistic missile, being deployed in China's northeastern border, near Russia and North Korea (bringing the US's West Coast within reach), were released. Other leaks suggested the missile may have also been deployed in

120

Estimated nuclear warheads with **INDIA**, less than half of China's stockpile

260

Estimated nuclear warheads with **CHINA**; US has approximately 7,000



THE BUILDUP

The Shigatse launchpad (left); the Gongga launchpad (top). Both are armed with surface-to-air missiles

Xinjiang, bordering India and Central Asia.

These developments, for a unit that has prided secrecy above all else, followed an unusual September gathering of the PLARF. As part of Xi's reforms, the second artillery corps was elevated to an independent fourth service alongside the army, navy and air force. The same month, Xi addressed its leaders, reminding them they were China's "core strategic deterrence".

The PLARF's transformation has implications for India. It is often associated with China's nuclear arsenal, but the country's few hundred warheads are only a fraction of the several thousand conventional missiles under its command. The PLARF's deployments are scattered around several 'bases', with much of its focus on the eastern coast and Taiwan.

The 56th base covers north and west China, including the Tibetan Plateau. Images accessed by Col Vinayak Bhat (retired), an expert on the Chinese military and satellite imagery, and shared with INDIA TODAY, show several deployments in Tibet close to the Indian border. The images show likely launchpads; some were tested as recently as in 2013 and had clear post-launch markings. There are launchpads in Shigatse (Xigaze), Xaidulla and Gongga, all possibly storing medium-range DF-series missiles that could reach India. Images show Gongga earlier stored HQ-2 surface-to-air missiles (SAMs) but more recent images from 2014 showed HQ-9 SAMs. "The Xaidulla facility, which seems to show 10 underground tunnels, is 250 km from Leh and 850 km from Delhi, so this is very relevant for India," says Col Bhat.

Perhaps the most striking of the satellite images is what appears to be a full-scale model of eastern Ladakh and Aksai Chin—for artillery training—in the Helan Shan mountains in northern China. Every little detail of the region, including the Pangong lake and five other water bodies, has been reconstructed in northern China for its troops to prepare for a potential conflict with India.

China does not recognise India as a legitimate nuclear weapons state because it has not signed the NPT

Experts say one reason why the PLARF is flexing its muscles now is its recent technical progress. The Pentagon's 2016 report on China said the PLARF was "developing and testing several new classes and variants of offensive missiles, including a hypersonic glide vehicle" that travels at five to 10 times the speed of sound and can evade any missile defence system.

Particularly, the MIRV test could also signal a move towards an expanded arsenal. Shen Dingli, a leading expert on China's nuclear deterrence, says: "It is regretful, but in its official eye, to match China's great power status, the country needs to have a more robust nuclear deterrent, including MIRV capability." Srikanth Kondapalli, an expert on Chinese military and professor at the Jawaharlal Nehru University in Delhi, adds: "Estimates say China has less than 300 warheads, but 10 MIRV means China would need more."

India and China do not have a strategic nuclear dialogue. This is because China doesn't recognise India as a nuclear weapons state since it's a non-signatory to the Nuclear Non-Proliferation Treaty (NPT). "I have no problem with such a dialogue," says Shen. "However, the official line is India is not a 'legal' nuclear weapons state per the NPT, so China is not in a position to talk about it. Any China-India work on their nuclear relationship would legitimise India's nuclear status quo and violate China's own commitments."

This position explains China's response to India's fourth test of Agni-V in December. Beijing slammed the test and invoked the 1998 UN Security Council Resolution 1172, a non-binding resolution calling on India and Pakistan, after their nuclear tests, to also cease tests of ballistic missiles capable of carrying nuclear warheads. "China's view is that such a test violates the UN resolution and is, therefore, illegal," says Shen. "China will not talk to India as that will make India's illegal moves legal."

In this uneasy silence, the fear is both countries are likely to only imagine the worst as they pile up their arsenals. ■



SEX SURVEY 2017

THE SECRET...

that no one wants out in the open.
The India Today journey, 2013-17

Photograph by BANDEEP SINGH

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CONFESSIONS

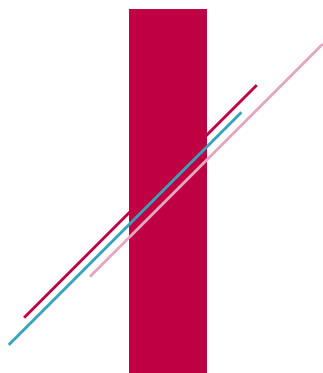


SEX
SURVEY
ONE
THOUSAND
AND ONE
QUESTIONS



*On the
surface,
they appear
normal. But
how they feel
on the inside
is a different
story*

| BY DAMAYANTI DATTA |



HAVE A CONFESSION TO MAKE. I have made love to someone whose name I do not know. Nor do I care to know. Let's not call it "love", it was just about sex: I was on an office tour to a small town. He, presumably a bell-boy of the hotel, wanted to know if I needed anything. I asked for a spa and a massage. He offered himself. I was in a restless mood and he made me happy. It made me happier when his face lit up with the Rs 1,000 I paid him for the service.

This is not my first confession. I have made my first confession, not to friends, but to a group of young women who approached me last month with a questionnaire in hand—for the annual INDIA TODAY Sex Survey, mapping the sex quotient of Indians. As one of the 400-plus 'Never married' individuals, out of about 4,000 men and women, I have quietly ticked 'yes' to the question: 'Have you ever slept with someone whose name you did not know?' My secret is now out in print—a nameless, faceless number in the survey—and alive forever in digital memory.

Look at me: I am not alone. I am 1 of every 3 adult Indian women who, like rockstars on the road, think there is nothing wrong with one-night stands. Like 1 in 7 of my fellow urban citizens, who sleep with people whose names they do not know, I believe in exploring the full dynamism of that elusive human experience called sex. On the surface, we appear normal. But how we feel on the inside is a different story: indistinguishable from the happily-smug men and women in the midst of India's new plenty, we inhabit hidden depths across the country. How well does the nation know us?

THE YEAR WAS 2003

Not well enough. It was the third year of the new millennium and sex was suddenly, and unashamedly, in the air. The land of *Kamasutra*, with 300 ways of love buzzing in its collective consciousness, seemed busy with its favourite pastime—in and out of the marriage bed. An increasingly public erotic culture sent out messages of a youthful nation poised on the threshold of a new millennium to inaugurate its new 'age of un-innocence'. And female sexuality was at the centre of a million sexual fantasies. At least, that's how it seemed to the editorial team of the INDIA TODAY magazine. As journalists decided to track sexual attitudes in modern India, the lens centred on women. Between films advertising 17 kisses, raunchy music videos and soaps on television, Page 3

cleavage battles in print, they perceived a savvy tribe of 'new women' doing better than boys at school, increasingly holding leadership jobs in corporate India, making personal choices at home, work—and their own sexuality. No longer guilt-ridden, but unstoppable, demanding the right to be fulfilled in every possible way.

The editors decided to put this bold new world to the test. The first comprehensive survey to track the sexual attitudes of the urban Indian woman was commissioned, on over 2,000 women belonging to the middle and upper middle classes across 10 cities. Charting through a terrain of inhibitions and inconsistencies, the surveyors captured the modern Indian woman—caught between propriety and pleasure, norms and needs.

I AM A STATISTIC

In this country of teeming billions, I am just a blip, a statistic not worth bragging about: I am a single working woman, one of the 71.4 million out of India's 587 million women. Without a husband, brother or father to take care of me, I defy the laws of Manu. And the nation denies me space: I cannot have more than 250 gm of gold (although mining barons can send out gold-plated wedding invitation cards). I am the last person any bank wants to loan money to (they would prefer people who would rather leave the country than return it). I cannot adopt a child, be a surrogate mother, and even if I conceive with donor sperms, it will be easier for me to climb the Everest than get a birth certificate for my child (lucky Karan Johar, whose unnamed twins at least got a birth certificate this week). Oh, well, as a single woman, I can't even reach the top of the majestic Charminar in Hyderabad.

But I am the single biggest change that has happened to this ambitious nation this millennium. I outshine boys in the classroom. I am the top scorer in competitive exams. Talk to recruiters: 7 in 10 top industries want me for my work ethic, lack of politics and team approach.

WHO'S HAPPIER, MEN OR WOMEN?

Sometimes happiness is not knowing the whole story. Check the numbers...



HAPPINESS GAP

88% men report satisfying sex lives; women claim to be happier, at **91%**



DO THE MATH

40% men claim to have sex more than five times a month; strangely, just **34%** women say so

TIME TO LOVE

38% men say their lives are too rushed for great sex; women seem to be even more busy, with **45%** saying the same

LIVELY LIBIDO

For **44%** men, the wish list includes having more sex; Just **26%** women want that

SEX O'CLOCK

Busy and busier, **32%** men manage to spare five minutes and less to lovemaking on average. More women (**40%**), however, believe they make love for less than 5 minutes

91%

42%

40%

59%

45%

35%

44%

41%

40%

61%

JOY RANKING

42% men say they have 'always felt fulfilled' after sex; **29%** women, almost half, say so



ANYTIME, BABY

41% men like to make love "anytime"; women seem to be creatures of routine, **59%** preferring bedtime

FOOLING

26% have slept with someone other than their partners, **35%** are fine with one-night stands

JUST ONE NIGHT

41% men are open to one-night stands; Women are catching up, with **29%** saying so



DIFFERENT STROKES

61% would talk to their partners if unhappy with sex; **28%** women say they'd do nothing about it

At home, I have learnt the 'male' skills of driving, investing, banking. I multi-task, I work, I earn, I spend, I travel, I fight, I challenge, I suffer, I survive. But, above all, I love and I live life to the lees. And unlike my mother's generation, that took great pride in pleasing others, I take care of my own pleasure—without guilt or guile. I ask the world to take me on my own terms. And lay yours out, so I can see them. And I am changing the dynamics of love, sex, marriage and relationships in this 5,000-year-old country—where successive governments try and fail to change the great disparities and inequalities of ancient personal laws that govern personal lives of all communities.

AGE OF UN-INNOCENCE

"Even when they are in love, women sleep with multiple partners. Only one of these is a man. Silence, anxiety, guilt, denial and distrust are the others..." That was the message thrown up by the first INDIA TODAY sex survey, *The Sex Report*, conducted across 10 cities and 2,305 women. But something did not seem right to the editors. Weren't the new-generation women supposed to be "leaders and cheerleaders of sexual liberation"? Yet, the largest number of women decided to hide their response to almost every question under the evasive 'Don't Know/ Can't Say' option, 25 per cent even said they were 'indifferent' to sex. "If the modern woman continues to represent her sexuality as different from what it really is, the fear is she may become a caricature, more in control of her lingerie than her life," wrote journalist Shefalee Vasudev, who put the issue together.

The issue took the nation by storm. As copious letters and calls bombarded its editors, it seemed INDIA TODAY had trodden into dangerous waters: female sexual desire. "While researchers were roughed up by brothers and husbands of those being interviewed, many readers apparently wanted to do the same to us—everyone, it seemed, had a secret life they didn't want out in the open," wrote Editor-in-Chief Aroon Purie.

Yet the issue turned out to be the bestseller of the year. It hinted at a conflicted nation, interested in sex in private but pretending to be affronted by it in public. And so started the annual ritual of mapping love, lust and longing behind closed bedroom doors and between the sheets: women and men, married or single, at work or in campus,

(Source: India Today Sex Survey 2017)



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PARTNERS IN PASSION

Statistical milestones
reveal a timeline of change

2003

SEX? NO, THANKS

34% women said sex was unimportant, **75%** did not masturbate

2004

PLEASURE ABOVE ALL

56% men were "very happy" with sex life and **40%** refused condoms

2005

ALL THE SINGLE LADIES

Not married? So what? 1 in 4 single women was sexually active

2006

SEX IN THE SHADOWS

Single males expected virgin brides and—surprise—talked about their appetite for gay sex (**37%**)

2007

MATTER OF RIGHT

76% husbands said sex was a "marital right"

2008

OPEN TO SWINGING

43% men (**8%** women) approved of adultery, **27%** men (**19%** women) swapped partners

2009

PORN WITH POPCORN

62% couples had tried a position they had seen in a porn clip

2010

FOR LOVE OR MONEY

33% women chose financial security over sexual and emotional

2011

PARENTAL GUIDANCE

64% men and **58%** women never discussed sex with children

2012

SUBURBAN SWINGERS

21% small town women claimed first sex in pre-teens and teens (**13%** in metros)

2013

WORKPLACE TRYSTS

16% men had promised jobs or promotion to women colleagues against sexual favours

2014-15

TEEN SPIRIT

Harry Potter into Fifty Shades of Grey: **3** in **10** Class X students were not virgin

2016

DEATH BY SEX

38% couples ready to part ways if "unhappy" with sex life

2017

ON THE SIDE

Casual sex popular than ever; **41%** men fine with one-night stands, same as **29%** women

teenagers to 40-somethings, in towns or in metros. And as it became an annual ritual, statistics started capturing an attitudinal sea-change: from the guarded conservatism of the early 2000s to open pursuit of pleasure. The surveys revealed cracks in modern marriages. And how people were less and less judgemental about others' needs and desires, what was shameful and what was not. Over the years, angry letters and calls to successive sex surveys disappeared. India was clearly ready for collective confession, acceptance and absolution.

EXPECT THE UNEXPECTED

In 2004 (*What Men Want*), when in a survey of nearly 3,000 men between ages 18 and 55, 72 per cent said they expected their brides to be virgins, prompting Mahesh Dattani, playwright and theatre director, to write: "Men have yet to discover their own psychic G-spot even as they grope to find women's." It was in 2005 that premarital sex broke into Indian consciousness in a big way, when INDIA TODAY brought out *Sex and the Single Woman*, with 31 per cent of 2,035 single women across 11 cities saying, "His inability to understand my expectations" puts me off sex with a man. That year, actor Khushboo's comment in a column in the Tamil edition of the magazine—"No educated man would expect his wife to be a virgin"—drew a tsunami of protests besides defamation suits. It was only in 2010 that the Supreme Court finally dismissed all 22 cases against her, observing there's nothing legally wrong with premarital sex or live-in relationships where consenting adults are involved.

In 2006 (*Single Young Men: Secret Desires*), unmarried men in the 16-25 age group stunned the nation by revealing that 37 per cent 'straight' men had already had a homosexual experience. The 2007 survey (*Sex and Marriage*), captured men across 11 cities seeking thrills outside their marital bed. In 2008, *The Sexy Secrets* revealed male addiction to pornography, among other things. In *The Fantasy Report* of 2009, the main emphasis was on sexual fantasies and desires. The 2010 survey (*Women Want More*) found women in an assertive mode: 44 per cent said they would talk it out if they found their partner had been unfaithful and 22 per cent would tell him they had the right to do the same. By 2011, about 49 per cent wives, bored with their husbands, claimed they refused sex routinely by faking a headache. In 2012 (*Between the Sheets of Small Town India*), 58 per cent respondents seemed fine with the idea of detaching emotions from sex. "No longer figures of piety, women from the small towns of India here come across as sexual agents in their own right," wrote Ira Raja, author and columnist.

The 2013 survey (*A Decade of Change*) found women as-

serting their sexuality in unequivocal terms. The workplace was the new playing field, with 16 per cent women open to intimacy, even if casual sex, with a colleague. "What we might be witnessing is the reaction to an extraordinary churn in social and cultural contexts. As more women go out to work—and are more visible in public spaces than before—they challenge male dominance of public spaces and, in turn, are subjected to unwanted attention," explained sociologist Sanjay Srivastava. In 2014-15 (*Teen Sex Survey*), 25 per cent teenagers said they had had sex while still in school. The 2016 edition (*Love, Lust & Longing*) captured the 'trust deficit' in modern marriages, with money emerging as the negotiating point.

This year, as Indian men and women open up their erotic lives, their sensual needs and imaginings on our pages, we compare 15 years of our journey to capture the attitudinal change. The survey suggests that the vast majority of Indians are satisfied with their sex lives. But there's more to it than the picture of happy domesticity, with a clear difference in perception, practice and preference between men and women, confirming some conventional wisdom, exploding some myths. Are one-night stands okay with you? "Yes," say 35 per cent men and women—openly indicating the sharpest shift toward casual, transactional sex, disengaged from emotions. Disturbingly, the dark side of technology—internet, mobile phones to dating and hookup apps—is clearly affecting personal lives: "Has watching pornography on the net affected your sex life?" 42 per cent men and women agree. Is that why men and women facing "unwanted or forced sex" in relationships rising?

"Yes," say 25 per cent urban Indians.

Over a thousand questions, 50,000 respondents and 15 years later, we are perhaps closer to answering that question: what transpires when love becomes a three-letter word? Take a roller-coaster ride with us, check out the sometimes dark, sometimes sunny underbelly of the nation's intimate life, as we take you through the seismic shift behind closed doors and between the sheets of modern India for the last 15 years. ■



91%

surveyed this year say they are heterosexual



5%

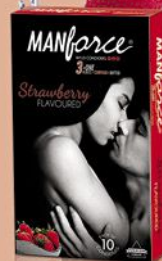
Indians surveyed say they are homosexual



4%

Indians surveyed say they are bisexual

(Source: India Today Sex Survey 2017)





THE FORCE IS WITH HIM



SEX
SURVEY:
ART OF
MASCULINITY

The Great Indian Male, with his prejudices and biases intact, revels in his normalcy. Indeed, he's a statue in his fixity as the winds of change blow helplessly around him

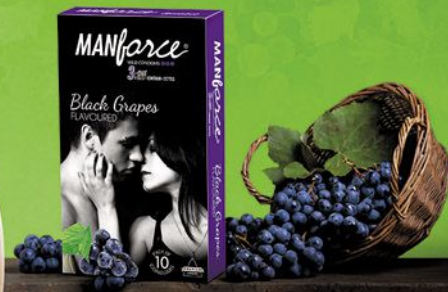
| BY SHIV VISVANATHAN |

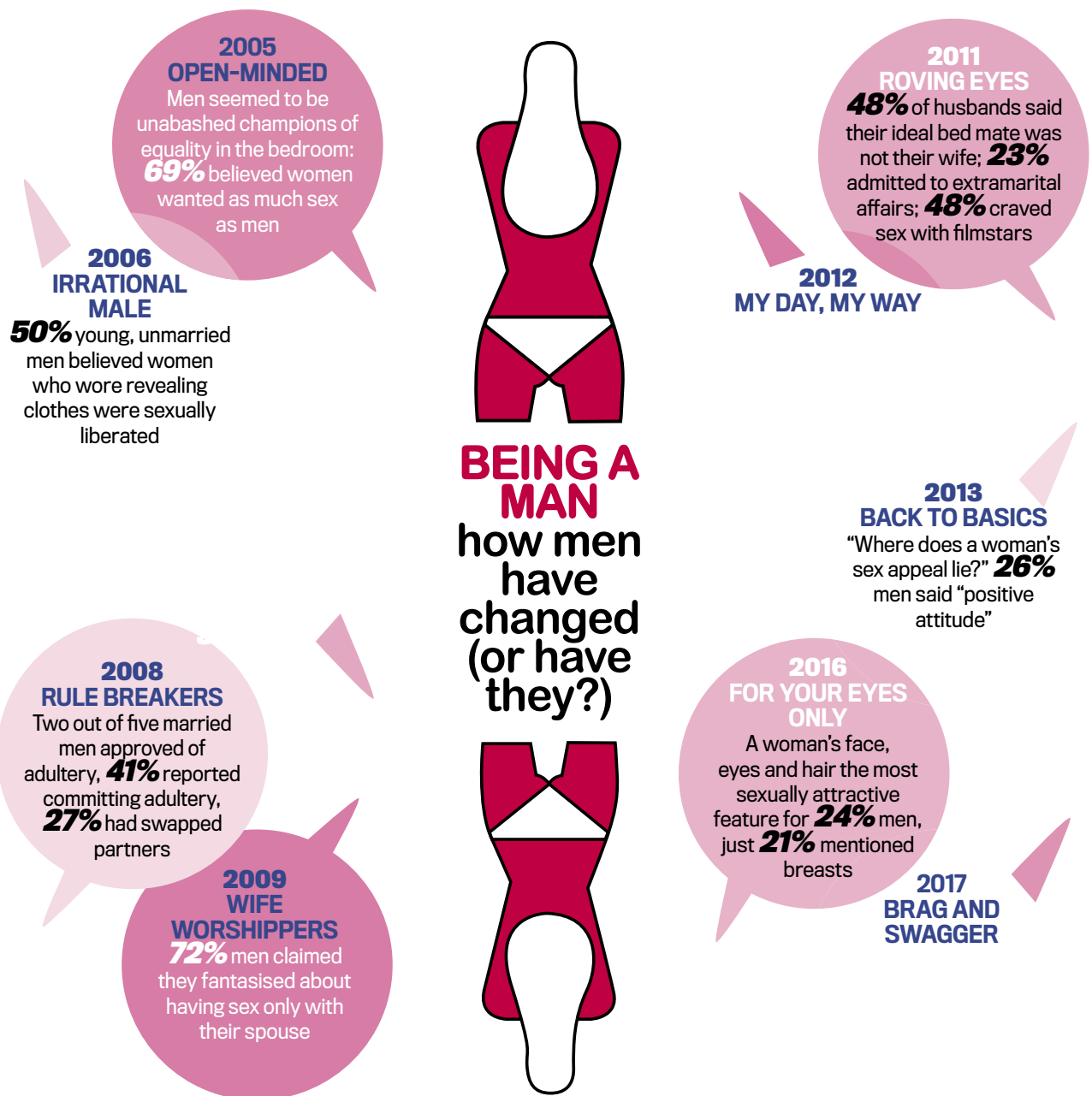
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urveys, no matter how impersonal, become rituals over time, creating a cascade of gossip and initiating little dramas of anticipation. The INDIA TODAY Sex Survey is 15 years old and has become a part of media folklore. As one recollects little nuggets from the surveys over the years and, like a social science squirrel, puts them together, one senses that many of these shine as discrete facts but as one searches for patterns of change, one is disappointed. Standing at the centre of the survey is that unique species, The Great Indian Male, who, unlike the Great Indian Bustard, refuses to go extinct. As a patriarchal figure almost indifferent to change, he


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displays the mentality of a *khap panchayat*, turning the findings of the sex survey into a dismal science. The excitement, the slivers of change, lie in the footnotes where women attempt the possibilities of a different world.

There is something almost immutable about the male as one harvests the statistical nuggets about him over the years. He is a contented soul as far as sex goes, clear about his perspectives and preferences. As the survey puts it, 55 per cent of the men between 18-55 are very happy with their sex life. Like Alice, sex becomes what the male says it is. It is a ritual to be performed without condoms as using condoms seems to mitigate his pursuit of pleasure. The male has clear expectations about purity, especially virginity; 56 per cent are clear that they would not marry a woman who has had premarital sex. The men, at least 76 per cent of them, are

categorical that it is marriage that gives them the right to sex. Women almost become a piece of property and forced sex is the order of the day. Strangely, or not so strangely, sex for the Indian male seems to be an individualistic act—one is not quite sure whether he is a pump or a person as he reviews his performance. The question of unwanted pregnancy hardly bothers him. Of late, he tends to be a bit more careful, seeking safe sex to protect his person. The male loves pornography, seeing it as almost an educational device to increase pleasure, working out possibilities he might have seen in some smutty movie. Following the pleasure first principle, he enjoys occasional one-night stands, and 37 per cent report some homosexual experience. Open to new experience, the male realises the workplace is the new playing field—16 per cent admit to have asked women for sexual

SEX SURVEY: ART OF MASCULINITY

favours in return for job promotion.

The overall sociological picture is not a presentable one. Men seem to resist change, while women creep into every crevice of change looking for little modules of freedom, intimacy and dignity. Love does not matter in such a situation as pleasure and intimacy even for a day is welcomed by them. In fact, 33 per cent of women prefer security over pleasure, seeking financial security over the sexual and the emotional. The odd contrast, one senses, is that the moralistic, patriarchal, hypocritical man somehow reduces a woman to a less than moralistic creature looking for freedom.

The situation shows little possibility for change with parents as averse to sex education as men are to condoms. The possibilities of small-town freedom and change hangs tantalisingly but one needs to wait before the Indian small town threatens to be a new *Peyton Place*. Reading the survey, one senses that sex is hardly a relationship, a conversation, a pursuit of the erotic but more a biological act, a release surrounded by puritanical feelings about the behaviour of women. Women might think of other possibilities, but the man, with an arranged marriage, thinks of a woman as only an agent servicing his sexual entitlements. The recent changes in the perception of the body, the quiet liberation of the small town at least as a back stage, the availability of condoms adds little to his sense of history or change. The male exists in his eyes as that immaculate conception who looks at the mirror with approval and contentment. The sexual revolution or even the information revolution are distant possibilities for his unchanging self.

Given this dismal background, one combed the 2017 survey for a rumour of change. In a technological sense, the use of condoms or morning-after pills is still distant and the search for occasional casual sex is showing a slight increase. Twitter and the camera add a sense of delight as at least 10 per cent seems to share videos and photographs in a semi-naked position. Twitter seems more enticing than the condom. Condoms are literally unpoetic, while the video seems to speed up the temptation or at least gossip around it. Between video swaps and pornography, gradually a new world of the social is being born. Experimentation is opening out, with internet sex and

BED TIME 2017

43%

men sexted
someone at some
point, compared
to 26% women

24%

said they had
faced unwanted
sex

30%

men had
faced sexual
dysfunction

phone sex setting a 20 per cent happy. Happiness with one's sex life seems inordinately high, moving across towns between roughly 80 and 90 per cent.

Yet when asked what parts of a partner one would 'fancify', the suggestions appear comically like a minor shopping list. With virginity still a requirement of 70 per cent of the respondents and heterosexuality the standard, all one can hope for is that the 30 per cent who are different may bring about a change that goes beyond deviancy to a different sense of freedom. About the only hope one can see is a softening of the puritanical in terms of sex creating a different world from marriage. Marriage remains duty but sex, as the one-night stand and premarital percentages show, offers some sense of pleasure. Sex might now seem more an act of plumbing, habit, rights than a search for a pleasure or the erotic. The Great Indian Male revels in his normalcy, a statue in his fixity as the winds of change blow helplessly around him. ■

Shiv Visvanathan calls himself a social science nomad, as indeed he is, given his work as a teacher, researcher, writer and speaker of sociology and human rights. He is currently professor at O.P. Jindal Global University, Sonapat



Models: Bruna and Eric from purple thoughts

Mankind
Racing Towards \$1 Billion

MANforce®

CHOCOLATE
FLAVOURED CONDOMS



VIRGINITY TEST

Truth, lies and hypocrisy beneath the sheets

REALITY CHECK

3 out of 10 Class X students surveyed in **2015** were not virgins, compared to **1 out of 10** in **2008**

CHASTITY TEST

"Wanted beautiful, convent-educated, *virgin*, homely girl." **69%** men in **2011** said they had checked with their wives-to-be about the status of their virginity before marriage; **30%** had done so in **2007**

VENUS VS MARS

73% women claimed to have been virgins at the time of marriage in **2011**; just **48%** husbands thought so

MODESTLY YOURS

72% men expected a virgin bride in **2004**; **77%** said they wouldn't marry one who was not

EQUAL IN CHASTITY

71% women thought both men and women should remain virgins till marriage in **2005**; **44%** men opposed it vehemently, although **54%** said they wanted a virgin bride

MODERN MAN

Virginity didn't matter, **36%** couples said in **2011**. It's the same in **2016**

EARLY BLOOMERS

The age of the first sexual encounter is coming down...

2003

22, average age women said they had their first sexual encounter. Over **85%** women surveyed said they first had sex after marriage

2004

23, average age when men said they had their first sexual encounter

2005

19-21, age when **42%** single women said they first had sex

2006

15-18, age when **52%** unmarried men said they first had sex

2008

20 and under, age when **37%** men and **17%** women first had sex. **1 in 10** men (and **1 in 7** women) said it was without consent, mostly with a neighbour

2014-15

15-16, average age of first sexual encounter among teenagers in metros

2016

41% urban Indians were sexually active before 18; **15%** before 15



INSULIN THERAPY IN MANAGING DIABETES

What is the role of Insulin in the body? What is the importance of Insulin?

Insulin is an anabolic hormone secreted by beta cells granules located in a gland called pancreas in human body. It regulates glucose metabolism and promotes growth of body tissues. Insulin is secreted throughout 24 hours a day at basal rate to meet the metabolic demands of the body and its secretion is augmented in response to meal to address the extra metabolic demand created by food consumption.

Unfortunately, in subjects prone to develop diabetes, there is progressive decline in beta cell function leading to absolute or relative deficiency of insulin over a period of time, necessitating provision of exogenous insulin for glucose handling, & tissue survival.

Deficiency of insulin prevents utilisation of food by different tissues of the body, particularly muscles, fat cells, liver etc. This prevents conversion of fuels into meaningful energy required to meet daily activities of human body. As a natural corollary, insulin is of vital importance for survival of human body.

Does every diabetes patient needs insulin therapy?

Diabetes is a heterogeneous disorder and insulin requirement varies depending upon the type of diabetes, presence of co - morbidities and situations where body requires extra amount of insulin to meet the energy requirements created by stressful situations.

Type 1 Diabetes, which usually starts in children and young adolescents is characterised by auto immune destruction of pancreas leading to absolute deficiency of insulin. Obviously these subjects require insulin for survival and therefore insulin administration is a must and of paramount importance in these individuals.

Individuals with Type 2 Diabetes which afflicts more than 95% of our population is characterised by relative insulin deficiency and very importantly by persistent "insulin resistance". This would explain that these subjects can be managed by life style measures including prudent diet, regular exercise along with various oral anti diabetic drugs for a considerable length of time. However, the innate nature of the disease characterised by inexorable progression leads to requirement of insulin after few years of diagnosis. Beyond the genetic predilection this requirement of insulin depends upon the quality of glucose control by such individuals. Those with poor control will need insulin sooner as compared with those who keep their sugar under strict control by measures mentioned earlier.

Furthermore, Type 2 Diabetic subjects will require insulin in situations of stress like pregnancy, during major operations, in presence of severe concomitant infections and complications involving liver, kidney and heart etc.

Insulin is also required in newly diagnosed Type 2 Diabetics if they present with very high blood sugar levels along with florid symptoms like excessive urination and thirst with or without significant weight loss. These subjects require insulin for a very short period of 2 to 6 weeks only and subsequently can be managed by oral drugs and life style measures for a considerable length of time.

Which are the different types of insulin therapy available for treatment of diabetes? Are there any differences amongst them?

Insulin is available in two different forms, basal and prandial. The very name suggests that basal insulin meets the 24 hours basal requirement of insulin. On the other hand prandial insulins are required to cover the meal related surges in blood sugar levels. It is also possible to combine basal and prandial insulins in to one insulin formulation and they are called pre mixed insulin or insulin co - formulations.

There are seminal differences in the properties of all commercially available insulins. They differ in the rapidity of the onset of action, total duration of action, propensity to cause hypoglycemia (low blood sugar), and smoothness of control (glycemic variability) and

with respect to frequency of administration.

Basal insulins are generally given once daily because newer basal insulin analogues are effective for 24 hours a day. On the other hand prandial insulins have to be given 1-3 times daily depending upon the largest glucose excursion whether that is happening post breakfast, post lunch or post dinner. They can also be given along with largest meals of the day. Pre mixed insulins or C - formulations have the advantage of fewer insulin injections required over 24 hours, coverage of both fasting and post meal blood sugar levels and being convenient in daily administration using single insulin pen to meet both basal and post meal requirements.

It is incumbent upon the physician to select appropriate insulin for the subject depending upon the blood sugar profiles, motivation of the subject, cost considerations, ability to monitor glucose at home and family support. "One size doesn't fit all".

How should insulin be taken?

Most of the modern insulins need to be taken just before meal or along with meals. Insulins are available in vials which are very cheap and can be administered by insulin syringes. However, availability of insulin pens and pre filled cartridges have completely revolutionised insulin administration, as they are convenient, almost painless and can be used anywhere without the need for mixing. It is important to take meal following insulin administration to avoid hypoglycemia. Modern insulins like Degludec and a combination of Degludec and Aspart provide unique flexibility that they can be administered at any time of the day if the subject forgets to take at the prescribed time of the day.

Insulin is best administered beneath the skin of abdominal wall about an inch away from the umbilicus. The injection site should be rotated in a circular fashion. However, it can also be taken over front of thighs, over forearms, buttocks etc.

What precautions one should take while on insulin therapy?

Manufacturers of insulin and retailers dispensing the insulin need to maintain the cold chain required to preserve the potency of the drug. The subjects can store insulin in the refrigerator (not in the freezer compartment) or in any cold corner of the house. They should ensure that they take meal following insulin injection (within 5 minutes after modern insulins) and (in about 30 minutes after conventional insulins). Children with Type 1 Diabetes need to adjust doses of insulin depending upon the severity of exercise and nature of games in close collaboration with the physician, family members and school authorities. Proper dose selection in visually impaired subjects is also of paramount importance to prevent less or excess doses. Proper mixing is necessary for those conventional insulins which require re - suspension.

What are the most commonly encountered myths about insulin treatment?

Insulin has always been a subject of myths and controversies, nevertheless the fact that this is the most effective agent to control diabetes and is unavoidable in majority of the case. In fact it is a lifesaving drug.

Commonest myths surrounding insulin treatment include:

- Once on insulin, always on insulin
- Insulin causes damage to kidneys and liver
- Insulin is the last resort
- Insulin should be avoided as far as possible

It is the responsibility of the medical fraternity, government and media to create awareness regarding insulin treatment. Not all subjects require insulin and "once on insulin always on insulin" is completely wrong. Insulin doesn't cause any damage to kidneys and liver. It is the uncontrolled disease which is responsible for damage to kidneys, eyes, heart etc.

Insulin is not the last resort and in fact given at appropriate stage in the natural history of the disease, has the potential to prevent majority of long term complications of diabetes and keep the diabetic subjects in best of health and full of energy.



■ Dr. Ajay Kumar

Consultant Physician & Diabetologist,
Diabetes Care & Research Centre, Patna.



SEX
SURVEY:
SEX AND
TECH



THE PLEASURE MACHINE

*A cross connection, a chance
conversation... A saga of erotic
encounters—on the phone*

| BY AVEEK SEN |

Illustrations by ANIRBAN GHOSH



IT WAS A SERIES OF LONG AND TENDER AFFAIRS, as carnal as they were disembodied. This was in the eighties. Cordless but not yet mobile and far from smart, phones could be unfixed from that very open place in the middle of the home, and taken to bed to be turned into instruments of darkness. The two had 'met' through that now-obsolete mode of technological serendipity, the 'cross connection'. He was in his late teens. His voice was beginning to deepen, but it was not yet a man's voice. So, that other man—definitely a man, even a gentleman—whom he had met by chance on the other side of a mistakenly connected line, took him for a woman, with an alluringly husky, yet strangely innocent voice. The boy, on a deliciously perverse impulse, did not correct the man. They simply kept talking to each other. What followed, purely on the phone and without their ever actually meeting, was an enduring and passionate sexual romance that lasted for almost a decade.

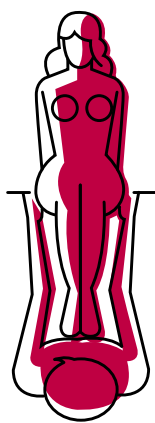
During that decade, for the man, he—the boy—became a woman called Ananya, 'she like whom there was no other'; and he—the man—said that he was called Anitya, 'the impermanent one'. Anitya told Ananya he was a doctor in his mid-30s, married and with a child. No other details were given or asked for. Yet, over the years, they had interminable conversations on the phone, usually during the afternoon, sometimes late at night, in which they shared with each other some hitherto unspeakable things. Inevitably, their talk would become explicitly sexual. They would both get aroused. The boy would often make himself and Anitya come (or so it seemed to Ananya). Then one day, Anitya gave Ananya's number to another man, and then to another and yet another. Before long, Ananya had become a telephonic sensation. But what she had with all these men was not just 'phone sex': it was something else too, something more, founded on a combination of tenderness, curiosity and compulsion. They longed to meet her, but Ananya resolutely held out against that. Soon, they all got hooked to her and she to them.

During that decade, the boy grew up, but into a creature that his world would not quite call a man. He began to have 'real' relationships with men, or let's say with other members of his own sex, if not his own gender (whatever that may mean). He met them in all sorts of places: trams, buses, parks, streets, toilets, parties, hotels, libraries, offices and homes. Technology was changing fast too. The eighties turned into the nineties and then into the noughts. The mobile phone came along, as did the internet. The two merged; a new smartness was born. And with that, Ananya gradually, and quite naturally, faded into the common light of the virtual and its

infinite possibilities. Quite as gradually and naturally, those other men also disappeared, with their clandestine ardour, their peculiar mix of lust and trust, their eagerly unfulfilled longings, their richly varied stories of 'normal' life peopled with wives and children, mothers and fathers and neighbours and friends. Ananya had been as fascinated with these stories as she was with the sex she had with them on the phone. She would even say the former had become more addictive than the latter.

Sometime in the new millennium, Ananya turned into Ananda, an LGBTQ activist with an 'identity'—at once fluid and fixed, personal and political, public and professional—that many found difficult to translate into a polite and practicable third personal pronoun. The third gender had found its way into passports and parliaments. Section 377 was read down and then up again. HIV turned into something people could live with rather than die of. But Ananda missed Ananya, wondering what had been lost, and gained, with her disappearance into the freedoms and algorithms of the 21st century. He now had both Grindr and Tinder on his phone. He had IDs with his own photos and description on several internet dating sites. He met, and had sex, with gay men, straight men, bisexual men and men who had no idea whatsoever who, or what, he, she or they might be. He felt no desire to make them know.

Sometimes these encounters repeated themselves into friendships that remained sexual, or went beyond sex toward a kind of frisson-laden comfortableness. He would often provoke his married friends (straight and gay) by calling contractual monogamy far more unnatural than sodomy. He never sought a long-term 'partner'. He found the



Theirs was a sexual romance, purely on the phone, that lasted for almost a decade



THE PRUDE AND THE PORN

In 2003, about **28%** women said they have read or watched porn; **16%** refused when asked to by partners. By 2007, **41%** women were watching porn with their husbands

A MALE THING

Porn is just a mobile handset away: **41%** men watched porn in 2009, **66%** husbands were avid porn-surfers by 2011. In 2012, **34%** men in small towns thought these can be used in sex education



PORN STAR AT HOME

1 in 5 porn-watching men in Hyderabad had made their own video (2008); **1 in 4** female porn-watchers in Bangalore starred in videos made by their husbands

PILLOW TECH

Love and sex in the digital age

TOYS FOR BOYS

In 2008, **15%** men said they used sex toys, with Hyderabad trailblazing at **41%**. Only **1 in 20** women admitted to using sex toys, with Bangalore leading the way at **14%**



DANGEROUS CURIOSITY

31% sexually-active teens have faced unwanted advances, thanks to technology. **32%** have been stalked by strangers in cyberspace

GENERATION UNINHIBITED

With unlimited access to the internet, **26%** teenagers in 2015 were into sexting, **46%** into online porn and **6%** into sex with friends from social network

GO IT ALONE

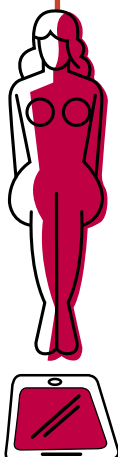
In 2009, **18%** married men and **10%** married women said they don't like to see porn with their partners. Why not? Not comfortable, say most

NET-WORKING

In 2017, **28%** men and women had used dating sites to look out for casual sex. **1 in 20** hooked up with someone they met on the internet

word boringly un-queer.

When Ananda recalled Ananya with that weird nostalgia he occasionally allowed himself to indulge in, he thought of her disappearance as the Death of the Queer, which seems to have vanished from the world like the Cheshire Cat, leaving not a grin but something called 'gender' behind. He did not like this word. He preferred 'sex'. It was less antiseptic. What had opened up for him in those afternoons of the eighties, and even later in the early years of the internet, were the beginnings of a more radical form of self-invention. Webcams, followed by the ubiquitous phone camera, invested those bodiless texts and voices with a local habitation and a name. Of course, the cause of truth has been served. But perhaps in the stories that were mutually spun out on the cordless phone—"lying together", Shakespeare



would say with a knowing wink—what had blossomed was the possibility of selves that glimmered in a shadowy zone between fact and fiction, the truth and the lie. Could that have been the realm of fantasy itself, tended by none other than the lunatic, the lover and the poet, of imagination all compact? Was it not a Shakespearean jester, after all, who had claimed long before all this stuff had been invented that the truest poetry was the most feigning? ■

Aveek Sen wears many hats—researcher, writer, teacher, curator, journalist—all focused on the intersections between art, literature, cinema, music and society. He is a recipient of the Infinity Awards given by the International Center of Photography, New York. He was a Rhodes scholar at Oxford, where he taught English at St Hilda's College

AFFAIRS TO REMEMBER

The slippery slope of erotic gratification, sans emotional baggage.

From extramarital affairs, casual hookups, paid sex, one-night stands to incest and abuse

2017

26% slept with someone other than their partners, **35%** fine with one-night stands

2016

17% had casual sex with strangers they met on dating apps, Hyderabad topping the list at **67%**

2013

28% respondents were into casual sex with multiple partners; **41%** longed to get lucky

2012

63% women willing to forgive husbands for cheating with women but not men, only **14%** for a homosexual affair

2011

23% men and **8%** women admitted to extramarital affairs, **28%** men were open to one-night stands and **16%** to wife-swapping

2010

22% women said extramarital liberties on husband's part would be reciprocated in kind

2003

81% women never had extramarital sex, but **58%** knew at least one woman who had

2004

42% men had sex outside marriage, with several partners

2006

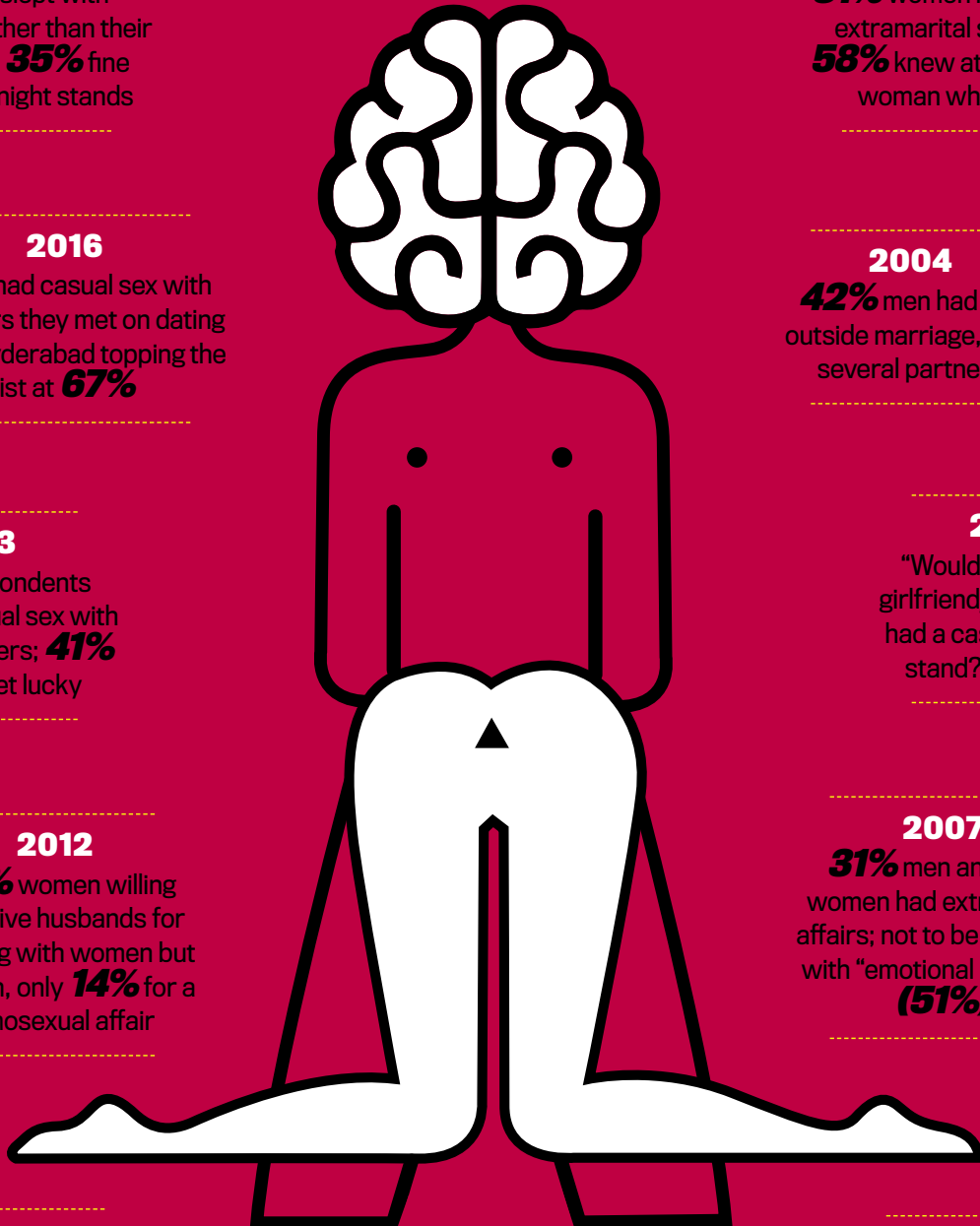
"Would you tell your girlfriend/ partner if you had a casual one-night stand?" No: **56%**

2007

31% men and **6%** women had extramarital affairs; not to be confused with "emotional infidelity" (**51%**)

2009

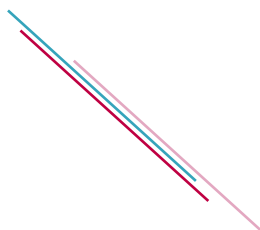
83% didn't approve of paid sex, **81%** were heterosexual and **86%** didn't approve of homosexuality





SEX
SURVEY:
CONVERSATIONS

LET'S TALK ABOUT SEX...



Sex, or the lack of it, is no longer the best kept secret of people's lives. Infidelity isn't an uncomfortable word and coming out is a celebration. Openness is the new normal

| BY JAI RANJAN RAM |



IT IS PURE SERENDIPITY that it is 15 years since INDIA TODAY published its first survey on sex and it is the same number of years that I started working in India as a psychiatrist after relocating from the United Kingdom. Surveys are anonymous, private and tap into collective social attitudes with a wide-angle perspective. My conversations with my patients are quite the opposite. They are personal, intimate and delve deep into their psyche. Talking about sex is not easy, but perhaps, in the comfort of privacy and assured of confidentiality, people do reveal their deepest conflicts, fears and aspirations.

Photographs by BANDEEP SINGH





THE SHOCK OF THE NORMAL

Perverts, predators, paedophiles, puritans—all go in the same pot

An age of unmediated voyeurism, thanks to the internet and mobile phones. **20%** men and women admitted to stealthily watching others making out

"Has your spouse ever forced you to have sex?" **42%** men and women admitted to being forced to have sex "very often" with their spouse

14% women claimed the desire for sex with a stranger. Among men, it was **53%**. Just **6%** women wanted sex with a celebrity compared to **30%** men

36% said that the way modern women dressed, in "revealing clothes", was responsible for the rising rate of rapes

2005

2007

2009

2014

2006

2008

2011

2016

13% men and **4%** women said they had their first sexual encounter with a neighbour. Neighbours topped in figures on adultery, too

15% men and women had tried Bondage-Domination-Sado-masochism sex. **19%** men and **17%** women claimed they had sex with *hijras* or eunuchs

10% men and **5%** women had faced incest; **1 in 4** said it was forced on them. For half of them, it was their first sexual experience

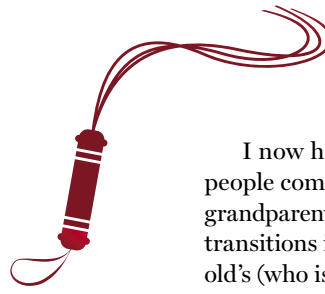
Favourite sexual fetish? **42%** said domination, submission and role-play; **19%** filming the act; **12%** sex with strangers; **10%** sex in public; **9%** voyeurism

My conversations with those confiding in me reflect changing social norms and values over the years. The first and foremost difference between then and now is the openness with which women now talk about their sexuality and unfulfilled desires, uncommon when I began my work in India 15 years ago. I now meet several women who are not embarrassed to admit they are sexually unhappy with their partners or have relationships outside marriage as they are unfulfilled about the quality of their sexual intimacy with their husbands. They come to me seeking answers, whether they are right or wrong. Conversations which would have been difficult 15 years ago are now conducted candidly and with a refreshing openness.

On the flip side, I meet more young couples who seemingly are quite content in their sexless marriages. Most have dated each other prior to marriage and been married for about 5-15 years. They share a good life, enjoy each other's company, share a family life and appear blissfully domesticated on the surface, but just do not seem to have the time, inclination or energy for sex after fulfilling their work and family commitments. This perhaps is the effect of having to focus much more on careers. Work life sucking out too much vital energy, leaving individuals bereft of time and energy for sex is invariably the cause.

Talking about sexual abuse and assault is considered to be less of a taboo compared to how it was, though we have miles to go before we stop inflicting shame and guilt on those who experience it. Films such as *Pink* and the civil rights movement following the horrific rape and murder of Nirbhaya have played a major role in bringing this issue into the public space. This inevitably has trickled down to our individual consciousness when survivors are no longer forced to see these events as their doing.

Gender fluidity and 'breaking the binary' of sexual orientation is the other major change over the past 15 years. Gays, lesbians, transgenders, homoerotic and heteroerotic bisexuals have all confided in me about their travails, disappointments and heartbreaks. Society unfortunately remains unforgiving, judgemental and prudish. We (the society) have not changed, but at least the media coverage and fearless activism by groups representing the sexual minorities have given them a voice. They now gently tread out of their closet and try and find solidarity in groups of their own. Networking over social media and instant messengers have made a huge qualitative difference to their lives. Virtual friendships have the potential to transform into real ones, something not feasible when the first INDIA TODAY survey was done.



50
SHADES
OF PLAY

42%

practised
some form of
kinky sex
(2016)

34%

had tried
role play
(2008)

21%

men were
keen to try
BDSM sex
(2009)

12%

had tried
handcuffs or
restraints
(2009)

8%

watched
bondage porn.
Favourite fetish
was bondage
gear (2005)



I now have transgender children and young people coming with their parents and, yes, their grandparents, requesting counselling for smoother transitions into their new identities. One 17-year-old's (who is biologically male) ambitious request to wear *ghaghra-choli* for a family wedding was robustly turned down by the grandmother, but she graciously allowed him to wear a light lipstick!

Social media and smartphones have possibly had one of the biggest influences on our sexual lives. Exchanging sexually explicit images and videos with partners is much more common than acknowledged. When I asked a girl whether she did not worry about sending a video of her masturbating to her boyfriend, she said she was careful not to show her face. But victimisation through 'revenge porn' has also increased. I now get clients who are distraught and contemplating suicide because clips of their intimate sexual acts are being circulated over the internet.

However, the biggest change I have noticed in the past 15 years is the change in the value and premium attached to fidelity in relationships. I work in a place very close to Kolkata's software hub. I do get to meet many young adults who are working in call centres or in IT companies. Most of them live independently, away from home and parental scrutiny. The amount of casual sex, brief flings and the idea of 'friends with benefits' which is prevalent amongst young people now would make Ms Shobha De proud.

I have realised that young, urban Indians have moved away from the 'sex happens only after marriage' concept, which was so dearly held in their parents' generation. Sexual liberation comes with a cost though. I get to see the occasional scars of what this freedom entails because many young people are not emotionally ready to taste the freedom of sexual exploration and are often left confused and abused as a result of their actions.

Before I end, I would like to mention the changes I would like to write about if I again have the opportunity to write this piece after 15 years. Now more than ever, sex education as part of life skills education to foster healthy development and prevention of exploitation and abuse is a necessity. We really cannot wait to implement it on a large scale. Accepting sexual diversity and challenging the orthodoxy of gender binary is another imperative which we can no longer ignore. Hopefully, we will cross some of the bridges in the next 15 years. ■

Dr Jai Ranjan Ram, an MD in psychiatry from NIMHANS, Bangalore, and MRCPsych from the UK, is an outspoken critic of coercive psychiatric care. A senior consultant with premier hospitals, he runs the Mental Health Foundation in Kolkata

URBAN LOVE

A tour of cities that defy the status quo

GUWAHATI

"How many times a month do you have sex?" Guwahati led with **63%** having sex more than **5** times a month (2017)

LUDHIANA

97% men claimed to have sadomasochistic sex (2007). Only **30%** women said they were involved in BDSM practices. Ouch. At least 1 in 3 women in Ludhiana was experiencing severe pain (2007)

HYDERABAD

Topped the list of Indians having fun with people they didn't really know, at **67%**. And **4%** homemakers claimed to have paid for sex (2016)

DELHI

71% women said they rarely faked an orgasm, compared to a national average of **41%** (2011)

JAIPUR

67% women did not know why they had an abortion (2011)

KOLKATA

72% were okay with their partners being sexually active before marriage (2016)

BANGALORE

The ultimate frontier for liberated souls. **25%** had daily sex compared to **10%** nationally. **41%** swapped wives, **52%** went for one-night stands, **30%** for consensual flings. **20%** were bored of sex with the same partner. On the marital bed, **68%** faked a headache (2016)

AHMEDABAD

Smaller cities preferred silence on child abuse in the family: **52%** in Ahmedabad would not report it (2011)

CHANDIGARH

At **55%**, topped the charts in 'anytime' sex (2017)

MUMBAI

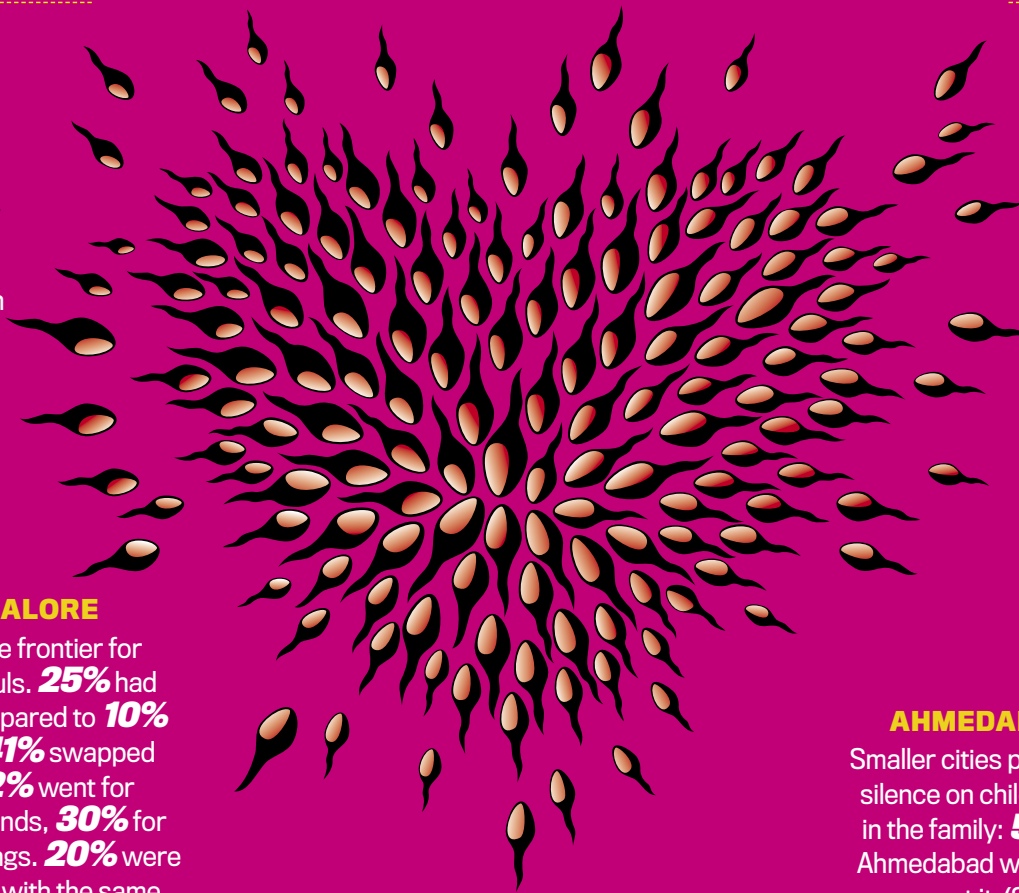
Could be an ideal retreat for same-sex lovers as **28%** of its women approved of homosexuality (2010)

PUNE

47% said they had a 'very high' sex drive, the highest among cities, compared to just **9%** in Ranchi (2017)

LUCKNOW

47% said sexual pleasure more important than love in marriage (2016)



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SEX
SURVEY:
THE
BRAIN ON
LOVE

LOVE, LOVE ME DO

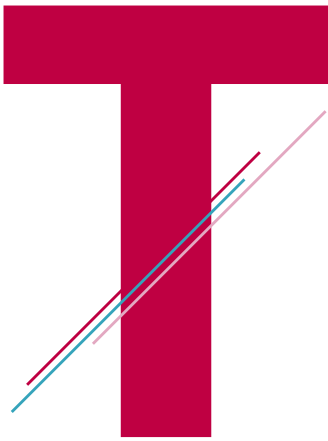
Love and the varied emotions it evokes in us are the brain's child, shows modern science

| BY DR SUMANTRA CHATTARJI |



L IS FOR THE WAY YOU LOOK AT ME

SEX SURVEY: THE BRAIN ON LOVE



THOSE OF US WHO GREW UP watching Bollywood movies were fed a generous dose of colourful scenes of the hero and heroine expressing their love for each other in the most acrobatic ways that often defied the laws of physics—running around trees, rolling down hillsides—all the while singing and dancing away with boundless energy! These memorable scenes may lead you to believe that a supple spinal cord, supported by a strong vocal cord, is all that is needed to express and respond to love. Modern brain science suggests otherwise.

'Love' is probably one of the most intriguing and poorly understood behaviours. What goes on inside the human brain when its owner is madly in love? Path-breaking research by Dr Helen Fisher provided the first glimpses, using MRI scans, of the brain of individuals intensely 'in love'. These studies showed that feelings of romantic love, evoked by images of the beloved, activate dopamine-rich areas of the brain associated with reward and motivation, such as the ventral tegmental area and the caudate nucleus. Dopamine is a 'neurotransmitter' or a chemical that conveys feel-good signals between brain cells and activates the brain reward circuit, thereby making love a pleasurable experience. Interestingly, dopamine in these brain areas also plays a pivotal role in addiction to drugs and alcohol. In fact, the same dopamine-rich brain reward system gets hijacked by addiction. Perhaps Robert Palmer had it right when he sang *Addicted to Love*. But Tina Turner may ask—*What's Love Got To Do With It?* A lot, if you ask the flies—yes, flies—in a 2012 study. Male fruit flies that had suffered sexual rejection drank a lot more alcohol compared to the lucky flies that mated with

"What puts you in the mood?" "Love talk, kissing and touching" topped the 2017 rankings, at **32%**, compared to **17%** in 2016

26% of those who married for love admitted having extra-marital affairs (2007)

2 in 5 women thought it important to keep partners "emotionally satisfied" for a healthy sex life (2007)

The tide had turned: **32%** men, and just **23%** women, believed love was important for sex (2016)

Modern love meant nothing without the cellphone. SMS, often considered a discreet icebreaker, was used by **53%** young men (2006)

55% single women said being in love was necessary for sex, but **33%** were open to sex with a person they weren't in love with (2005)

"Would you have sex if you were not in love with your partner?" **64%** women said "no" in 2003

female flies. Why blame 'Devdas' when even failed lovers amongst fruit flies drown their sorrows in alcohol?

Passionate, romantic love is a splendid thing. But doesn't time take its toll? In 2011, another study using MRI scans on couples who had been married for an average of 21 years, reported the same intensity and pattern of brain activity in dopamine-rich areas as observed in new lovers. In other words, old love never dies, neither does it fade away. Actually, it gets better. The early stages of romantic love, filled with uncertainty, can be stressful. This ramps up the levels of the stress hormone cortisol and produces strong emotional and physical responses. Just ask a teenager infatuated with his or her lover, overwhelmed by intense feelings of anxiety and passion—pounding hearts, sleepless nights and all! If these early stages of romantic love eventually stabilise into a lasting relationship, the elevated levels of cortisol come down to normal. And this paves the way for a calm and compassionate love that still activates regions of the brain associated with reward and pleasure.

Dopamine is not the only arrow in Cupid's chemical arsenal. Consider the examples of vasopressin and oxytocin, which play an important role in behaviour that gives rise to long-term, monogamous relationships. Fascinating discoveries by Larry Young and colleagues have shown how oxytocin and vasopressin control social behaviours and pair-bonding in voles that live on the prairies of the United States. After mating, these prairie voles form monogamous pairs that stick together for life. Talk about a one-night stand going strong for a lifetime! Unlike these prairie voles, the closely related montane voles are promiscuous. The difference between these two groups lies in vasopressin and oxytocin and their respective receptors in the brain. This is like a lock-and-key system—vasopressin or oxytocin is the key, but it can only open the door when it fits into the matching slot of the right lock, a specific type of receptor. Brain cells get activated as soon as the key fits into its lock. It turns out that differences in the mating behaviours of these two types

ADDICTED TO LOVE



Daily sex for women

8% in 2003

6% in 2010

18% in 2014



Couples making love every day

20% in 2004

10% in 2006

10% in 2011

13% in 2016



Sex round the clock

20% couples made love more than once a week (2016); **40%** claimed the same in 2017

of voles depends on how much of the oxytocin and vasopressin receptors can be found in various brain areas. For instance, compared to the polygamous montane voles, monogamous prairie voles have higher densities of oxytocin receptors in the prelimbic cortex and the nucleus accumbens, parts of the dopamine reward system mentioned earlier. Prairie voles also have more of these receptors in the amygdala, a brain structure that forms emotional memories.

In contrast, montane voles, have higher levels of the same receptors in a different part of the brain called the lateral septum. Oxytocin and vasopressin are released into the brain when prairie voles mate. This creates a preference for the mating partner that solidifies long-term pair-bonding in these monogamous voles. If the release of oxytocin and vasopressin is prevented in prairie voles, the same animals become promiscuous, and they lose their partner preference. And here's the kicker—if a particular kind of vasopressin receptor from the prairie vole is artificially expressed, using genetic engineering techniques, in the montane voles, the latter become monogamous and form long-lasting attachments with their mates just like the prairie voles! Similar patterns of brain activity are also seen in long-term, pair-bonded humans. Just imagine all the exciting possibilities for the troubled love lives of Page 3 celebrities!

Finally, a word on the magical powers of oxytocin that extend beyond romantic love. Oxytocin is also a major player in mother-infant attachment, and helps reduce stress and anxiety. Interestingly, both romantic love and maternal attachment activate overlapping areas of the brain reward circuits—and these same areas happen to be rich in oxytocin receptors. And just in case you think love is the exclusive domain of us humans, how about man's best friend? As any dog lover will tell you, humans and their companion dogs can form strong bonds. Remember the story of Greyfriars Bobby, a Skye Terrier in 19th century Edinburgh? When Bobby's owner John Gray died, the dog spent the rest of his life guarding his master's grave. In a series of elegant studies, Nagasawa and colleagues showed that



interactions with dogs, especially those initiated by the dog's gaze, can increase oxytocin levels in their owners, which is indicative of attachment behaviour. This, in turn, increased oxytocin levels in the dogs as well. And get this—a canine nasal spray of oxytocin enhanced gazing behaviour in dogs, and this increased the concentration of urinary oxytocin in the owners too. A positive loop of love! Thus, from fruit flies and voles to dogs and humans, the chemistry of love is universal, and immensely powerful. At a time of widespread fear, anger and violence, perhaps this is our only source of hope that, sooner or later, love will trump hate. ■

Sumantra Chattarji. From physics at IIT to neuroscience at the Johns Hopkins University, he explored the frontier science of the human brain. He is currently professor of neurobiology at the National Centre for Biological Sciences, Bangalore, and director, Centre for Brain Development and Repair

SEX SURVEY 2017: HOW WE DID IT

The objective of India Today Group's Sex Survey 2017 was to explore the sexual habits, attitudes and enjoyment of Indian adults. It was conducted by Marketing & Development Research Associates (MDRA) on 4,050 people (2,020 men and 2,030 women), including students, homemakers, businesspersons and professionals, between ages 19 and 60. They were interviewed across 19 Indian cities—Ahmedabad, Bangalore, Bhubaneswar, Chandigarh, Chennai, Cochin, Delhi, Guwahati, Gurgaon, Hyderabad, Indore, Jaipur, Kolkata, Lucknow, Mumbai, Noida, Patna, Pune and Ranchi.

MARITAL STATUS

Never married

797 (19.7%)

■ No. of respondents

Married and living with spouse

3,012 (74.4%)

Married but not living with spouse

173 (4.3%)

Divorcee

46 (1.1%)

Widow

15 (0.4%)

Widower

7 (0.2%)

To maintain stringent surveying procedures, MDRA used its unique multi-stage sampling design for this study, based on the 3 's-es'—size of the sample, spread of the sample and selection of respondents. The respondents were selected randomly to prevent any bias. A structured questionnaire was given to them by experienced and trained investigators. The interviews were conducted face to face by investigators of the same gender. The confidence level of the survey is 95% with $\pm 1.54\%$ error of margin.

2004

SPOILER FOR MEN

40% men resistant to condom use, some said they never used it

2005

GIRLS WANT CONDOMS

51% single women said it's a must, just **12%** said it might spoil pleasure

2006

SINGLE MALES ALL FOR IT

53% young men thought a condom is a must, compared to just **38%** in 2004

2007

THE FEAR FACTOR

32% men for the first time mentioned using condoms as a safeguard against STDs and HIV-AIDS

SEX SURVEY: THE CONDOM TEST

RISKY BUSINESS

Ditching contraception and trusting luck

2011

UNINTENDED CONSEQUENCES

77% single women and **26%** married women often used morning-after pills, **14%** women went through an abortion

2012

WOMEN AT RISK

38% small-town women and **24%** women in metros never used contraceptives during intercourse

2014

TEEN COUPLING

63% urban teens had seen discarded condom packs in school or college campuses **31%** sexually active teens have had unwanted sexual encounters, **32%** online

2017

OLDER NOT WISER

36% men in ages 19-25 used condoms, just **19%** in the 35-plus age group

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PLEASURE SUTRA

The changing landscape of lovemaking.
Snapshots from 15 years of our survey

ORAL SEX

AT AN ALL-TIME HIGH

2003

"What would you do if your partner wanted oral sex?"

29% Agree

26% Refuse

33% Don't Know/
Can't Say

2017

Oral sex topped the list of sexual activities, with **61%** couples experimenting with it the most. It also topped the list of most common fantasies, a big favourite with **34%** couples

G-SPOT

ELUSIVE OR REAL,
WOMEN ARE ON
TOP OF THEIR HIDDEN
PLEASURE POINTS

2003

42% women knew
where their elusive
pleasure zone was

2017

65% seemed to
know their G-spots

FANTASIES

Secretly watching
someone undress

11%

Sex in the car

9%

Sex with strangers

7%

Threesome

6%

(2017)

METHOD OF MODERN LOVE

3 MOST POPULAR POSITIONS

Man on top

64%

Standing

47%

Woman on top

24%

(AVERAGE CURATED, 2003-2017)

3 LEAST POPULAR POSITIONS

Sitting

3%

Spooning

5%

Doggy style

12%



THE LOOK OF LOVE

WOMEN

43% women found chest hair most attractive in men in 2004; didn't even mention it in 2017

MEN

43% men found breasts most sexually attractive in 2004; **21%** in 2017

SEXPLORATION

INDIANS ARE HAVING INCREASINGLY ADVENTUROUS SEX

2003

Oral sex **27%**

Bisexual **16%**

Anal sex **13%**

Group sex **6%**

2017

Oral sex **61%**

Anal sex **36%**

Phone sex **22%**

Shower sex **21%**

Internet sex **10%**

Bisexual sex **6%**

Group sex **2%**

Sex with toys **2%**

THE CONSERVATIVE MISSIONARY POSITION CONTINUES TO TOP INDIAN BEDROOMS

2017 54% **2009 85%** **2003 53%**



FOR HOW LONG DO YOU MAKE LOVE?

48% Indians spend 45 minutes

29% Indians spend 20 minutes

16% Indians spend 15 minutes

7% Indians spend less than one minute (2017)

WHAT'S MISSING

THE KISS LOSING STEAM

2007

The most exciting foreplay, said **68%** respondents

2017

It scored just **32%**, along with love talk and cuddling

TRUTH GOES TICK TOCK

FOREPLAY: ABSENT OR PERFUNCTORY

2003

15-30 min

Sex not a quick and forgettable activity

2005

Less than 15 min

32% said they spent less than 15 minutes on foreplay

2007

Less than 10 min

70% spent less than 10 minutes on foreplay

2008

Less than 10 min

New habit: people watching porn instead of foreplay

2010

5 min and less

All that most couples (34%) like to spend on foreplay, with 35-40-year-olds spending the least time on it

2003 The Sex Report

What does the Indian woman want? First-ever comprehensive sex survey, done across 10 cities and 2,305 women

2004 What Men Want

Nationwide survey of 2,499 married and unmarried men aged 18-55 across 11 cities, exploring their sexual fantasies and attitudes

2005 Sex & the Single Woman

Understanding the sexuality of the urban Indian unmarried woman via a survey of 2,035 single women in 11 cities

2006 Single Young Men: Secret Desires

A survey of 2,559 single men in 16-25 age group showed them as less confident, more confused about sex

2007 Sex & Marriage

Are men seeking thrills outside marriage? Is sex a chore for women? 2,563 couples in 11 cities respond

2008 Sexy Secrets

5,353 respondents in 11 cities reveal varied facets of sexuality, from underage sex to adultery, incest

2009 The Fantasy Report

Into the realm of sexual fantasies of men, women, gleaned from responses of 5,371 men and women in 11 cities

2010 Women Want More

Survey of 5,369 respondents in 11 cities reveals perceptions of sex among women and their expectations

2011 Bold & Bored

5,365 people in 11 cities reveal the changing norms of marriage, contrast between private acts and public conduct

2012 Between the Sheets of Small Town India

5,246 people in 16 cities point to the sexual awakening in small towns

2013 Love

It's instant love and sex with no emotional baggage as young urban India redefines relationships

2013-14 My Body, My Rules

4,014 urban respondents surveyed in 19 cities reveal men and women to be on the same page

2015 Been There, Done That

The internet generation prefers love over virginity, as survey of 4,042 18-19 year olds in 19 cities reveals

2016 All Sexed Up

4,042 urban Indians between 20 and 69 in 17 cities reveal they are enjoying their sex lives and the endless possibilities



15 YEARS
OF SEX
SURVEY
AT A
GLANCE

THE LEGEND
OF MATA HARI
PG 65

HOLI: THE BIG
BHANG THEORY
PG 71

LEISURE

AGRA'S MUGHAL
MUSEUM
PG 66

Q&A WITH
KONKONA SEN
PG 76

PULP FICTION

The Liberator of Rajnagar

The master of Hindi detective fiction, with about 300 titles to his credit, remembers the first time he ever read a murder mystery.

It was in Delhi, in 1954, when Surender Mohan Pathak was a teenager. A rich classmate used to conceal crime fiction thrillers—rented from a lending library—in his textbooks so that he could read them during class. One day, he asked Pathak to return a novel he'd just finished to the library. Instead, Pathak took it with him, stopped at a *gaushala* near his house, sat under a neem tree, and read the novel—by the legendary Ibn-e-Safi—from cover to cover.

**SURENDER
MOHAN
PATHAK'S**
latest thriller *Framed*
has just been
published in English
but he's written nearly
300 novels in Hindi

Pathak had tasted blood, and soon became an obsessive consumer of pulp fiction, spending much of his time in the mean streets of 'Rajnagar', the setting of many Hindi detective novels by several authors. When he began writing in the early 1960s, his protagonist was Sunil, an investigative journalist in the fictional coastal Indian town. Sunil has appeared in 120 titles by now, but as Pathak matured as a writer, he moved out of Rajnagar. "I write for money. I want to give my reader his money's worth," says Pathak. His later protagonists occupy real cities: Sudhir, featured in 21 titles, is a private investigator in Delhi; Vimal (42 titles) is a criminal from Mumbai. An English translation of the latest in the Vimal series, *Framed*, was recently published by HarperCollins.

"Pathak's plots are as credible as they are imaginative. His language is fluid and attractive," says journalist Mubarak Ali, a keen follower of popular fiction. In conversation, Pathak never veers from his thick

**WITH FIVE OF HIS
TITLES AVAILABLE
IN ENGLISH,
PATHAK IS A
BANKABLE
AUTHOR IN TWO
LANGUAGES**



Punjabi accent: "I've blended my own *lassi* of Punjabi, Hindi, Urdu and English." He has made lasting contributions to language; notably the term 'company' for a criminal gang—as in D-company. Now there's even a mobile app of his works: SMP Catalogue. Pathak averages four books a year: "Two months to prepare a book and one month to write it up." His notebooks are full of scraps of research, with diagrams of weapons and the chemistry of narcotics. "For me, writing is labour, not an indulgence. I never tire of work," Pathak says. And he's never wrestled with writer's block in his 57-year career. He says he has nurtured his readership; he responds to each letter he gets. "Corresponding with readers—admirers *and* critics—teaches you," he says. "One reader showed me how to revive a dead protagonist in a forthcoming book." His is a simple story of humility, hard work and success.

Mainstream acceptance is a more complicated story though: Mubarak Ali points out that the Hindi literati tend to look upon popular writers like Pathak with extreme condescension. Today, Pathak's Hindi readership may be stagnating, but he's finding a new following. India's English-speaking world—also wary of the Hindi literati—has a taste for vernacular kitsch, even a desire to curate it. With five of his titles available in English translation, Pathak is a bankable author in two languages. Never mind the literary gatekeepers of Hindi, Pathak and the citizens of Rajnagar are now welcomed at the Jaipur Literature Festival. ■

—Sopan Joshi



BOOKS

The Impostor

"I'm reading Paulo Coelho," has long been a celebrity Q+A set piece, signalling literacy-and-depth for everyone from Bollywood beefcakes to Bill Clinton and Malala Yousafzai. Meanwhile, the Alchemist himself, having single-handedly reduced a rainforest the size of Belgium to pulp—350 million copies of his books have been sold—has now gurgled out yet another double-spaced novella, *The Spy*, framed as a correspondence between the doomed European courtesan Mata Hari and her lawyer.

Accused of being a German spy, **Margaretha van Zelle aka Mata Hari** was executed by a French firing squad 100 years ago this October. Coelho's offering could therefore be read as a touching homage to a tragic figure whom he has described as "one of our first feminists", but sadly, it's a dull work, a lugubrious ramble through an outline of Mata Hari's life, interspersed with some trademark Coelhoisms on being true to yourself, etc.: "Pianos should never go out of tune. The true sin is something different than what we've been taught; the true sin is living so far removed from absolute harmony." Plink.

For those of you who may be fascinated by the many strands of eroticism, orientalism, dance, drama and death coiled around the true fable of Mata Hari, this book will be a disappointment. It has little to add to the work of the legion of biographers, archivists, film-makers and bloggers—let alone all the hoochie coochie dancers and pornographers—who have celebrated Margaretha van Zelle's legacy over the years (see facing page).

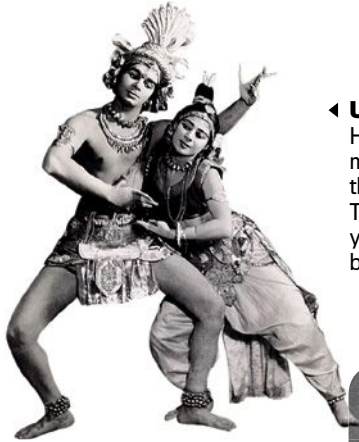
Coelho has his own global legion of admirers of course (his novel *Veronika Decides to Die* even inspired a Pakistani B movie, *Love Mein Ghum*), so go figure. For haters like me, *The Spy* is just a dull impersonator's book about another much more fascinating impersonator. Margaretha passed herself off as a **Javanese Hindu princess**, but Coelho, on the evidence of his staggering self-description as someone who "has flirted with death, escaped madness, dallied with drugs, withstood torture, experimented with magic" blablabla, may be the more accomplished self-fabulist. He's certainly earned his place in the library of wisdom kitsch, along with *Patience Strong*, *Khalil Gibran* and that Jonathan Livingstone Seagull fellow. Mata Hari may have been pretty hokey herself but she deserves better. Still, what do I know? Chances are she would have loved Coelho too. She was a celebrity after all. ■

—Jabir

THE PRIMER

GODDESS

The erotic afterlives of Mata Hari



◀ Uday Shankar

His renditions of Hindu mythology in dance were the toast of Paris in 1923. This was just seven years after Mata Hari's brutal death



◀ Laura Gemser

An Indonesian-Dutch actress, the dark mirror of Mata Hari's racial self-fabulism, starred in a series of *Black*

Emmanuelle movies and reclaimed the snake dance in *Black Cobra*, 1976



▲ Debra Paget

In 1959, she played a white *devadasi* in Fritz Lang's *Der Tiger von Eschnapur*. It was a defining moment in cinematic 'Hindu temple dance'—in Technicolor

Dutch National Ballet ▶

In 2016, it performed *Mata Hari*, a major production inspired by our heroine's torrid life



Sylvia Krystel

The Dutch star of *Emmanuelle*, 1974 (ask your father) brought Mata Hari to life in a 1985 biopic. It wasn't the last



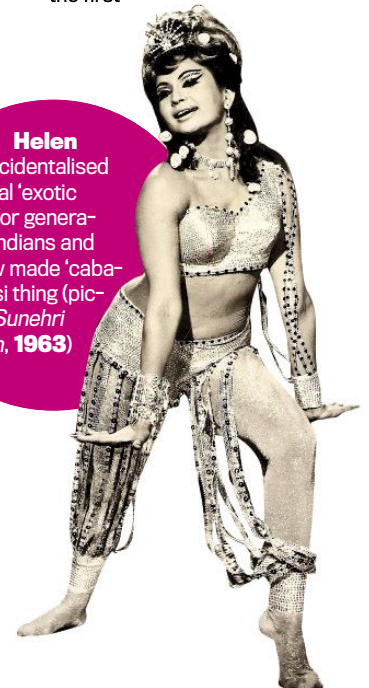
▲ Ruth St Denis

American dance pioneer who choreographed an Indian inspired piece, *Radha*, in 1905. She went on to perform a series of Indic tableaux, *The Cobra*, *Incense*, *The Nautch* and *The Yogi* with Sufi musician Inayat Khan



▲ Greta Garbo

Portrayed Mata Hari in a 1931 biopic. It wasn't the first



Helen

Occidentalised oriental 'exotic dance' for generations of Indians and somehow made 'caba-ret' a desi thing (pictured: *Sunehti Nagin*, 1963)

GILES
TILLOTSON

OPINION

THE MUSEUM OF EMPTINESS

Here's a poser: if you have to design a museum about Mughal architecture, how far should you try and reflect the subject itself in the style of the building? Sprinkle on a few onion domes and sandstone *jaalis*? Or go to the opposite extreme and seal it all in a glass and concrete box?

The question is by no means hypothetical, as just such a project is now under construction in Agra, less than two kilometres from the Taj Mahal—a location that adds some weight to the question. One of the two principal architects involved—Alexander Schwarz, who runs the Berlin office of the international company David Chipperfield Architects—is quite clear: “I think it should definitely not be visually Mughal,” he says. That answer is unsurprising coming from him, in the light of an earlier museum project of his, which includes modernist additions to the mid-19th century neoclassical Neues Museum in Berlin.

Any attempt at a pastiche of the Taj or Fatehpur Sikri would be unwise if not absurd, though historical approaches have worked in the past. The late 19th-century Albert Hall in Jaipur was conceived as a museum to the industrial arts of its own time, and Rajasthani architecture is successfully reflected in the building's fabric. But that was dealing with a living tradition, not a past historic style. The approach adopted by Schwarz and co-architect Sourabh Gupta—head of Studio Archohm in Noida—has been to look at Mughal architecture, to abstract its chief qualities and embody them in a modern idiom.

This has been a theme among architects globally for some decades now. But one may ask: how do you identify the chief qualities of a past style? How do you re-interpret them? How do you convey this to an audience if not visu-

ally? How are they supposed to get it if they can't see it?

“Our approach is not that of an art historian,” they insist. “One doesn't have the stress of historic truth.” Well, good for you, chaps, that you relieve yourselves of the burden of learning, but what takes its place? They studied Mughal architecture “in an intense 10-day sequence”, and came up with the perception that it is all about “light, proportion... the harmony of repetition”. It certainly has these qualities. So does the architecture of the Bauhaus and Gothic cathedrals. They may feel that such comparisons prove Schwarz's claim that “Mughal architecture is international”. But a museum about it should show us its unique qualities as well as its universal ones.

Perhaps that will be achieved by the museum's con-

tents. But there is reason to doubt this, as it is not clear what those contents will be. The architects gamely admit that the design process was “particularly complicated” by the fact that the client—UP Tourism—does not have a collection of Mughal artifacts to house. The museum is intended as “a platform to educate people about the Mughal Empire through its architecture and art”. But they don't actually have any, so “we are building up on the storytelling” rather than creating “a repository of

Drawing by STUDIO ARCHOHM



BUILDING ON STORYTELLING
The Mughal Museum, Agra

inanimate historical fragments”. A telling phrase, that, from the architects of a museum.

Turning the lack of a collection into a virtue, they conceive the Mughal Museum as an “experience” and “a vibrant public space”. The drawings also promise an airy and elegant space, enclosed by slender columns and an arresting contrast of concrete and marble surfaces. What all this does for Mughal architecture we shall see when it opens, next year. ■

Giles Tillotson's books include Taj Mahal

TAKE OFF



FORCE 10

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EXHIBITION

Master Photographer

For over six decades, members of the South Asian community in Hillfields, Coventry, UK, headed to Master's Art Studio to get their pictures taken. The owner, **Maganbhai Patel**, fondly called Masterji (he was once a headmaster in Surat) now has a solo exhibition at the FOCUS Photography Festival in Mumbai. 'Masterji' will display 70 of Patel's photographs, many shot on a Kodak Brownie, offering a perspective on migrant life in the 1950s and '60s. "Usually highly skilled, the migrants sometimes could not get jobs in the professions they'd hoped for and instead took jobs in lower skilled areas," says Jason Scott Tilley, curator of 'Masterji' along with Patel's daughter Tarla. Masterji was one of them, working in the General Electric factory, where he developed a passion for photography thanks to its Photographic Society. Later, he quit his job and set up a studio below his house. The studio still survives, manned by Patel's son Ravindra. Masterji, 94, still lives above, where he follows the Indian cricket team on radio and TV. ■

—Suhani Singh



PRACTICAL ART

(Clockwise from top left) Mr and Mrs Khan; Portrait of Gordonbhai Bhakhta; Two Teenage Girls; Portrait of Kelly

courtesy FOCUS PHOTOGRAPHY FESTIVAL

BOOKS

OPEN DOOR PROPHECY

With his new novel, *Exit West*, Pakistan-born Mohsin Hamid illustrates once again why he is one of the most important voices of our era. Like *The Reluctant Fundamentalist*, his best-known work, it's a novel of the zeitgeist. But this is a subtler, and therefore more interesting book.

Its omniscient narrator, the unnamed Islamic country at its centre, and its sometimes technical style—browsing Facebook is described as “exploring the terrain of social media”—combine to give the novel an atmosphere of magic realism. Moreover, the story hinges on the unexplained appearance of

portals that allow citizens of poor and war-torn countries to travel instantly to London or San Francisco or the Greek island of Mykonos. While the allusion to globalisation and the ongoing real-world refugee crisis initially seem overly obvious, the strength of Hamid's characters, his compelling turn of phrase and his keen sense of metaphor keep it from sinking to the level of an episode of *Black Mirror*.

In the recurring trope of the burqa worn by Nadia, one of the protagonists, for instance, Hamid investigates the identities and masks of conservative Islam and the citizens living under its sway. An atheist, or at least some-

one who sees no reason to pray, Nadia wears her black robe to discourage unwanted attention from lecherous men, uses a spare one to smuggle her lover, Saeed, into her apartment, and later continues to wear it to

send “a signal” about her identity to the nativists of London after the couple join a refugee colony there. Hamid invests Saeed's devout praying with similar nuance, punning cleverly that he “prayed even more, several times a day, and he prayed fundamentally as a gesture of love for what had gone and what would go and could be loved in no other way”.

A meditation on exile and migration and inequality and prejudice—“when we migrate, we murder... those we leave behind”, the author observes—this is a high-wire act of high art. And Hamid never puts a foot wrong. ■

—Jason Overdorf



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CANNABIS

PUFF DADDIES

Hash, weed, *charas*, *ganja*—whatever you call it, the leaves and flowers of the cannabis plant have a long history of use in India and abroad



CHILLUM

As a delivery device, this conical pipe isn't exactly precise when it comes to the dosage. But that's sorta the idea

SHUTTERSTOCK



CANNABIS LOLLIPOP

So-called "ganja-preneurs" in the US sell everything from lollipops to gummy fish, accounting for as much as half of the \$5 billion in legal cannabis sales

MARIJUANA BUDS

The bud of the cannabis plant can contain as much as ten times the amount of tetrahydrocannabinol (THC) as the leaves



HASHISH

Harvested from the resin glands of the plant, hashish is a more potent form of the drug. It's also (allegedly) the origin of the word assassin—after cult of hash-eating murderers called 'hashishin'



BHANG

This Holi staple is made from the leaves of the plant, and is therefore technically 'legal' under Indian law—unlike everything else on this page



GETTY IMAGES



DANESH JASSAWALA

CANNABIS

THE BIG BHANG THEORY

The *Bhaishajya Ratanavali*, a catalogue of 4,000-year-old Ayurvedic formulations, prescribes cannabis as a treatment for epilepsy, multiple sclerosis and several other conditions, says Dr Navin Joshi, a Dehradun-based MD in Ayurveda who is a consultant to Uttarakhand's AYUSH (Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homoeopathy) department. While various degrees of legalisation across several American states have made the sale of cannabis a \$5 billion business in the US, in India, it's only around Holi that weed attains a thin veneer of respectability. For now.

Last year, Himachal Pradesh invited the **Bombay Hemp Company** (BOHECO) to help put a stop to the rampant, illegal cultivation of cannabis by creating a legitimate market for it. "They were looking at cannabis as a problem, when in fact it is a solution," says BOHECO co-founder Yash Kotak. In 2015, the state government of Uttarakhand showcased a strong intent to allow cannabis cultivation if certain scientific standards and requirements were fulfilled. Over the past several months, other government stakeholders have been asking BOHECO, which has tied up with the CSIR-National Botanical Research Institute, to research medical applications for the plant.

It's a sensible approach, says former Narcotics Commissioner of India Romesh Bhattacharji, who points out that cannabis grows wild in about 400 of the 700-odd districts of India. "I have personally observed its medicinal use on humans and animals in the country's northern hinterland. In urban parts, too, medicinal use of cannabis is increasing where conventional medicine seems to be failing," he says. Meanwhile, medical cannabis is more than just tetrahydrocannabinol, or THC—the psychoactive ingredient that gets you high and can be synthesised artificially. Cannabis contains other active ingredients, including terpenes and other cannabinoids, which can only be extracted from the dried leaves and flowers of the herb.

"Cannabis has the undeniable capacity to do good," says Bhattacharji. "If the NDPS (Narcotic Drugs and Psychotropic Substances) Act has failed to restrain the black market trade of cannabis, it's time it's reformed, for people are using medical cannabis, getting relief and sometimes getting cured." ■

—Moeena Halim

MUSIC FESTS

Holi High

Sounds of music for the festival of colours

Holi Reloaded

English trance band Above & Beyond headlines this electronic dance music festival at the JVPD Ground in Juhu, Mumbai, on March 13



The High Holi Music Festival

A two-day festival featuring indie rock bands and electronic dance music at the Westin Pune, Koregaon Park. March 12 and 13



Bollyboom

DJ Nucleya leads this four-DJ, seven-hour EDM party at the Tulip Star in Juhu, which will also feature live percussionists and exotic dancers. March 13

Holi Moo

At Siri Fort in South Delhi, this festival features more than 40 artistes on four different stages. Another iteration at the Taj Deccan in Hyderabad features more than 20 artists. March 13.



HEALTH

READY, GET SET AND GO FOR A LONG, DISEASE-FREE LIFE

Prevention is better than cure, indeed

By Amarnath K. Menon



HEART AILMENTS

Ten pointers for heart-healthy lifestyle choices, according to research at the University of California, Los Angeles...

1. Get your heart rate up with at least 30 mins of aerobic exercise five days a week
2. Limit red meat, sugar, unhealthy fats
3. Reduce salt consumption
4. Quit smoking
5. Keep weight under control
6. Know your cholesterol levels
7. Know your blood pressure
8. Know your blood sugar levels
9. Reduce stress
10. See your doctor regularly

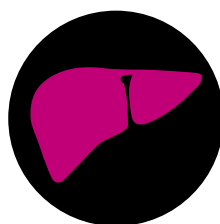


DIABETIC FOOT SYNDROME

Peripheral artery disease—a debilitating condition called diabetic neuropathy—makes people susceptible to foot ulcers or infections. Impaired blood circulation delays healing.

How to fight it

Check your feet regularly for sudden swellings, changes in skin colour or temperature, for boils, blisters or sores (with or without fluid discharge), or ingrown toe nails. Be sensitive to pain, burning, tingling, or numbness

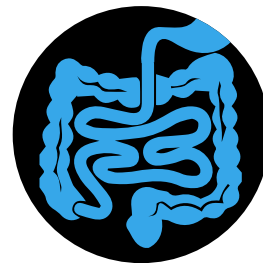


LIVER MALFUNCTION

A host of diseases, including hepatitis A, B and C, besides cancer and cirrhosis can afflict the largest organ in the body. Warning signs include abdominal pain, yellowing of the skin and eyes, nausea, swelling of legs, fatigue and weight loss

How to fight it

Stop having alcohol and fatty foods; check for immune system abnormalities; exercise to prevent fat accumulation in the liver; seek hepatitis A and B immunisation; wash your hands regularly; eat raw shellfish such as oysters



ANTI-INFLAMMATORY EATING

Ohio State University trials found that such diets helped with rheumatoid arthritis, osteoarthritis, gout and inflammatory bowel disease. Eat...

Unprocessed foods free of sugar, additives, refined salt and vegetable oils

Balanced omegas such as walnuts, linseeds, chia seeds, soy beans and oily fish

Grass-fed meat and non-farmed fish and sea food

Turmeric and ginger for their gut-healing properties

FITNESS MANTRAS

Melbourne University's sports medicine team recommends five things that help to commit to exercise routines

Be flexible. Think of a break in routine as part of a journey

Embrace effort. Set a big goal and divide it into smaller, achievable targets

Welcome criticism. Appreciate comments, take them on board, learn from them and improve

Enjoy others' success. Be positive and admire peers' achievements

Find workout buddies. Training with someone who is on the same page as you pushes you to new heights

INSULIN THERAPY IN MANAGING DIABETES

What is the role of Insulin in the body? What is the importance of Insulin?

Insulin is an anabolic hormone secreted by beta cells granules located in a gland called pancreas in human body. It regulates glucose metabolism and promotes growth of body tissues. Insulin is secreted throughout 24 hours a day at basal rate to meet the metabolic demands of the body and its secretion is augmented in response to meal to address the extra metabolic demand created by food consumption.

Unfortunately, in subjects prone to develop diabetes, there is progressive decline in beta cell function leading to absolute or relative deficiency of insulin over a period of time, necessitating provision of exogenous insulin for glucose handling, & tissue survival.

Deficiency of insulin prevents utilisation of food by different tissues of the body, particularly muscles, fat cells, liver etc. This prevents conversion of fuels into meaningful energy required to meet daily activities of human body. As a natural corollary, insulin is of vital importance for survival of human body.

Does every diabetes patient needs insulin therapy?

Diabetes is a heterogeneous disorder and insulin requirement varies depending upon the type of diabetes, presence of co - morbidities and situations where body requires extra amount of insulin to meet the energy requirements created by stressful situations.

Type 1 Diabetes, which usually starts in children and young adolescents is characterised by auto immune destruction of pancreas leading to absolute deficiency of insulin. Obviously these subjects require insulin for survival and therefore insulin administration is a must and of paramount importance in these individuals.

Individuals with Type 2 Diabetes which afflicts more than 95% of our population is characterised by relative insulin deficiency and very importantly by persistent "insulin resistance". This would explain that these subjects can be managed by life style measures including prudent diet, regular exercise along with various oral anti diabetic drugs for a considerable length of time. However, the innate nature of the disease characterised by inexorable progression leads to requirement of insulin after few years of diagnosis. Beyond the genetic predilection this requirement of insulin depends upon the quality of glucose control by such individuals. Those with poor control will need insulin sooner as compared with those who keep their sugar under strict control by measures mentioned earlier.

Furthermore, Type 2 Diabetic subjects will require insulin in situations of stress like pregnancy, during major operations, in presence of severe concomitant infections and complications involving liver, kidney and heart etc.

Insulin is also required in newly diagnosed Type 2 Diabetics if they present with very high blood sugar levels along with florid symptoms like excessive urination and thirst with or without significant weight loss. These subjects require insulin for a very short period of 2 to 6 weeks only and subsequently can be managed by oral drugs and life style measures for a considerable length of time.

Which are the different types of insulin therapy available for treatment of diabetes? Are there any differences amongst them?

Insulin is available in two different forms, basal and prandial. The very name suggests that basal insulin meets the 24 hours basal requirement of insulin. On the other hand prandial insulins are required to cover the meal related surges in blood sugar levels. It is also possible to combine basal and prandial insulins in to one insulin formulation and they are called pre mixed insulin or insulin co - formulations.

There are seminal differences in the properties of all commercially available insulins. They differ in the rapidity of the onset of action, total duration of action, propensity to cause hypoglycemia (low blood sugar), and smoothness of control (glycemic variability) and

with respect to frequency of administration.

Basal insulins are generally given once daily because newer basal insulin analogues are effective for 24 hours a day. On the other hand prandial insulins have to be given 1-3 times daily depending upon the largest glucose excursion whether that is happening post breakfast, post lunch or post dinner. They can also be given along with largest meals of the day. Pre mixed insulins or C - formulations have the advantage of fewer insulin injections required over 24 hours, coverage of both fasting and post meal blood sugar levels and being convenient in daily administration using single insulin pen to meet both basal and post meal requirements.

It is incumbent upon the physician to select appropriate insulin for the subject depending upon the blood sugar profiles, motivation of the subject, cost considerations, ability to monitor glucose at home and family support. "One size doesn't fit all".

How should insulin be taken?

Most of the modern insulins need to be taken just before meal or along with meals. Insulins are available in vials which are very cheap and can be administered by insulin syringes. However, availability of insulin pens and pre filled cartridges have completely revolutionised insulin administration, as they are convenient, almost painless and can be used anywhere without the need for mixing. It is important to take meal following insulin administration to avoid hypoglycemia. Modern insulins like Degludec and a combination of Degludec and Aspart provide unique flexibility that they can be administered at any time of the day if the subject forgets to take at the prescribed time of the day.

Insulin is best administered beneath the skin of abdominal wall about an inch away from the umbilicus. The injection site should be rotated in a circular fashion. However, it can also be taken over front of thighs, over forearms, buttocks etc.

What precautions one should take while on insulin therapy?

Manufacturers of insulin and retailers dispensing the insulin need to maintain the cold chain required to preserve the potency of the drug. The subjects can store insulin in the refrigerator (not in the freezer compartment) or in any cold corner of the house. They should ensure that they take meal following insulin injection (within 5 minutes after modern insulins) and (in about 30 minutes after conventional insulins). Children with Type 1 Diabetes need to adjust doses of insulin depending upon the severity of exercise and nature of games in close collaboration with the physician, family members and school authorities. Proper dose selection in visually impaired subjects is also of paramount importance to prevent less or excess doses. Proper mixing is necessary for those conventional insulins which require re - suspension.

What are the most commonly encountered myths about insulin treatment?

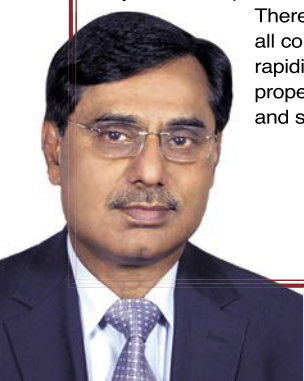
Insulin has always been a subject of myths and controversies, nevertheless the fact that this is the most effective agent to control diabetes and is unavoidable in majority of the case. In fact it is a lifesaving drug.

Commonest myths surrounding insulin treatment include:

- Once on insulin, always on insulin
- Insulin causes damage to kidneys and liver
- Insulin is the last resort
- Insulin should be avoided as far as possible

It is the responsibility of the medical fraternity, government and media to create awareness regarding insulin treatment. Not all subjects require insulin and "once on insulin always on insulin" is completely wrong. Insulin doesn't cause any damage to kidneys and liver. It is the uncontrolled disease which is responsible for damage to kidneys, eyes, heart etc.

Insulin is not the last resort and in fact given at appropriate stage in the natural history of the disease, has the potential to prevent majority of long term complications of diabetes and keep the diabetic subjects in best of health and full of energy.



■ Dr. Ajay Kumar

Consultant Physician & Diabetologist,
Diabetes Care & Research Centre, Patna.



Q&A

“LOSE YOURSELF AND PERFORM”

Lata Mangeshkar has performed to packed auditoriums around the world. In On Stage with Lata, authors Mohan Deora and Mangeshkar's niece Rachana Shah revisit her international tours. Here, Mangeshkar, 87, talks about her favourite concerts and her fondness for green chillies.

Have you ever been nervous before performing?

My first international performance, at the Royal Albert Hall in London, in March 1974. I used to begin each show with a *shlok* from the Bhagavad Gita—I was a bit scared initially wondering if the audience would like it. I relaxed after two minutes when the audience instantly responded.

Which songs did you enjoy performing the most?

Madhumati's *Aaja Re Pardesi*, *Kahin Deep Jale* and *Ayega Aane Wala*, to name a few.

We were surprised to learn you like frozen cola drinks.

Any other surprises?

I really like green chillies. I once ate 11 chillies at one go. I also eat a lot of pickle; my food is incomplete without it. But with age I have cut down on both.

From this generation, who would you say performs well on stage?

I have seen very few. Sonu Nigam performed at my father's *barsi* concert, but he has a different way of performing. He sang a line and then would ask the audience to sing the other. I believe if you lose yourself to the song entirely and perform, the effect is something else altogether.

The most memorable concert you have attended?

There are so many, especially those of my father. The shows of Bade Ghulam Ali Khan saheb; concerts of Pt Ravi Shankar also stand out. Then there was Ustad Amir Khan, whose singing was divine. Pt Jasraj and Pt Bhimsen Joshi also come to mind. ■

—with Suhani Singh



COMEDY

PRANKS FOR LISTENING

“I always wanted to create my own show,” says **Danish Sait**, who began a radio career seven years ago and went on to create his station's most valued property—prank calls. His contemporaries in comedy had taken to YouTube, but he stuck to the audio format. It paid off; his work has received as many as 32 million plays on SoundCloud. His characters—including Nograj, a typical local government employee—began small, but did well. “Our first video with Nograj [was] a huge success,” he says. More videos followed. One of them made it to the offices of the Royal Challengers Bangalore, landing him a deal with the IPL team as their official host. Later, with his friend and collaborator, Saad Khan, Sait put together a film script for the character, who came to be called ‘**humble politician Nograj**’. The two then went looking for a producer, ending up with Pushkar Mallikarjun of Pushkar Films. The film, due for release in August, is now being produced by directors Hemanth Rao and Rakshit Shetty along with Pushkar Films. ■

—Prachi Sibal

DANCE

SWIRLING DIVA

Vidya Patel, 21, is making a strong case as the **next big South Asian dancer** after Akram Khan and Aakash Odedra to emerge from the United Kingdom. A finalist at the BBC Young Dancer competition in 2015, Patel is a kathak dancer by training but can effortlessly switch to contemporary if need be. Acclaimed British choreographer Richard Alston was the first to spot her promise, and roped her in for his work, *An Italian in Madrid*, with which she's currently touring the UK. That performance won her raves from dance critics, as well as two nominations at the National Dance Awards in November. Born in Birmingham, Patel began with bharatanatyam at age four before turning to kathak at 10. Her father was especially supportive, driving her down to London for classes with her guru Sujata Banerjee. "I love sharing kathak in its traditional form as well as experimenting with it and making it more appealing to wider audiences," says Patel. After performing in India in February with Banerjee at the Ravi Shankar Festival of Indian Classical Music and Dance, Patel says one Indian artiste she'd like to collaborate with is Delhi-based dancer and choreographer Aditi Mangaldas.

—Suhani Singh



VIDYA PATEL,
21, South Asian
dancer from the
United Kingdom

Q+A

Film Fundas

Konkona Sen Sharma, actor, on censorship, movies and books

Q: The censor's notice for *Lipstick Under My Burkha*—"the story is lady oriented"—made many giggle. Were you amused?

A: It's not the English that's problematic—I know what they mean when they say 'lady-oriented'. Women of various ages taking control of their own bodies and desires—they have a problem with all of this. I'm not amused, just fed up.

Q: We'd better keep this frivolous. Did you try your burkha off-set?

A: No, it was warm in Bhopal. But I'd love to have a uniform to wear every day and not have to worry about expressing myself with my outfits—which is also fine once in a while. Surely that's a little frivolous?

Q: What's your favourite film by your mother?

A: It keeps changing. At the moment it would be *Parama* [1984].

Q: I'm a little scared that you might disappoint me, but what are you reading?

A: I might disappoint you? Oh my god. Wow!

Q: Go on, tell me...

A: I'm reading Elena Ferrante's Neapolitan novels. They are amazing. I feel like she gets the entire experience of being a woman.

—with Jabir

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ADVENTURE DESTINATIONS

India has emerged as one of the world's most popular places for adventure travel. Here are India's top adventure travel destinations to get your adrenaline pumping.

VOTE



◀ HAVELOCK BEACH, ANDAMAN & NICOBAR ISLANDS

Havelock Island is a picturesque natural paradise with white sandy beaches, rich coral reefs and lush green forests. All of which make it a hub for adventure and water sports like scuba diving, skiing, sailing, para sailing, wind surfing and snorkelling.

VOTE



▲ GORI CHEN PEAK, ARUNACHAL PRADESH

Gori Chen peak in Tawang district is the highest peak of Arunachal Pradesh. At 22,500 feet it offers a challenge even to hardened mountaineers. The base camp trail is an exciting route for trekkers.

◀ WHITE WATER RAFTING, RISHIKESH, UTTARAKHAND

Rishikesh, the gateway to the Garhwal Himalayas offers great opportunities for white water rafting on the rapids of the Ganges.

VOTE



VOTE



◀ RANN UTSAV, THE GREAT RANN OF KUTCH, GUJARAT

The Rann Utsav held in one of the world's largest salt deserts gives a glimpse into ethnic arts, crafts, music and dance – a carnival that is more of an adventure experience, to be cherished for a lifetime.

VOTE



RIVER RAFTING AND CAVING, MEGHALAYA ▶

Exploring the limestone caves in the Jaintia, Garo Hills and Khasi Hills districts of Meghalaya offers an otherworldly experience of stalactites, stalagmites to the adventure lover. Meghalaya also offers travellers a range of water sports including the popular river rafting route on the Dawki and river canyoning at Sohra.

VOTE

◀ KHANGCHENDZONGA NATIONAL PARK SIKKIM

The Khangchendzonga (High Altitude) National Park, Sikkim is a UNESCO World Heritage site. A spectacular wilderness with Mt. Khangchendzonga towering over it and a popular destination for mountaineering, trekking and skiing in the eastern Himalayas.

▼ RAFTING ON RIVER SIANG ARUNACHAL PRADESH

For committed river sports enthusiasts the thrill of rafting on the Siang River in Arunachal Pradesh is always high on the bucket list

VOTE



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HERITAGE DESTINATIONS

The following Heritage destinations are the bedrock of Indian Culture & Traditions and more than often they are ignored in lieu of glamorous alternatives. Take this chance to reminisce about the beacons of Indian Heritage & Culture.

TAWANG MONASTERY, TAWANG, ARUNACHAL PRADESH ▶

The Gaden Namgyal Lhatse, popularly known as Tawang Monastery is one of the largest Lamaseries of the Mahayana Sect. It houses elaborate Thankas of Goddess Dri Devi (Palden Lhamo), the principle deity of the monastery. The monastery stands on the spur of a hill 10,000 feet above sea level.



▲ NEERMAHAL, MELAGHAR, TRIPURA

Neermahal is a former royal palace built by king Bir Bikram Kishore Debbarman of the erstwhile kingdom of Tripura. The palace is situated in the middle of Rudrasagar lake at Melaghar near Agartala



▲ KAMAKHYA TEMPLE, GUWAHATI, ASSAM

The Kamakhya Temple is a Hindu temple dedicated to the mother goddess Kamakhya. Situated on the Nilachal Hill near Guwahati city in Assam, it is an important pilgrimage destination for Hindus and especially for Tantric worshippers.

◀ NALANDA VISHWAVIDYALAY, NALANDA, BIHAR

Nalanda, founded in the 5th century AD, is the ruins of the world's most ancient university. The Buddha visited Nalanda several times during his lifetime and its place in history has been ensured by the 7th century Chinese pilgrim Hieun Tsang who left a detailed description of its excellence.



VOTE



▼ PARASNATH TEMPLE, GIRIDIH, JHARKHAND

Situated on the highest hill in Jharkhand at an elevation of 4480 feet, the Parasnath Temple and the surrounding circuit of temples of Shikharji is extremely sacred to the Jain community.

◀ TAKHT SHRI HARMANDIR SAHIB JI, PATNA, BIHAR

Guru Gobind Singh, the tenth Guru of the Sikhs, was born in 1666 in Patna. Takht Shri Harmandir Sahib Ji, one of the five sacred shrines of the Sikhs, stands at this holy site.

KOHIMA, NAGALAND ▼

Situated in the foothills of the Japfu range, Kohima is the land of the Angami Naga tribe. During World War II in the Battle of Kohima the Allies were able to defeat the Japanese and stop their attempted invasion of India. The War Cemetery here is maintained by the Commonwealth War Graves Commission.

VOTE



VOTE

▼ CHARDHAM, NAMCHI, SIKKIM

Char Dham is a pilgrimage and cultural complex developed by the Sikkim Government to promote religious, eco and village tourism in the state. It features an 87-ft statue of Lord Shiva and replicas of the four Dhaams of the country on the Solophok hilltop.

VOTE



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HILL STATIONS

Experience sublime tranquility and mysticism. Soak in the charm of these picturesque and pristine hill stations in India, which make a perfect location for a wonderful and memorable vacation.

VOTE

SHIRUI PEAK, UKHRUL, MANIPUR ▶

The main peak of Shirui in Manipur abounds with blooms of Shirui Lily that flowers during monsoon. The exotic flower draws hundreds of scientists and tourists to this botanical paradise.



VOTE



◀ WAYANAD, KERALA

Wayanad, a little paradise on earth, set amidst lush green vegetation and mist capped hills. It is surrounded by sprawling tea and spice plantations.

▼ GULMARG, JAMMU & KASHMIR

Gulmarg hill station is a popular skiing destination located in the Pirpanjal range of the Western Himalayas.

VOTE





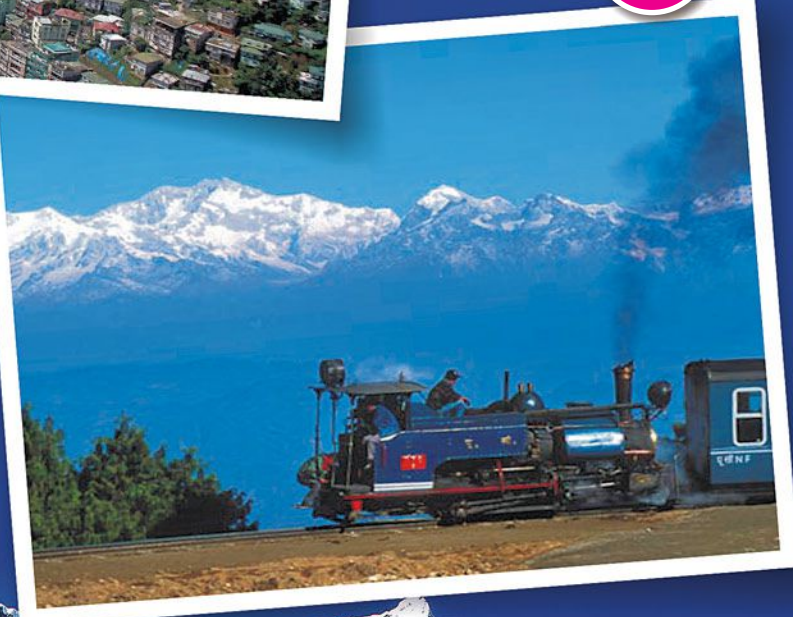
◀ AIZWAL, MIZORAM

Aizwal, the capital of Mizoram, is a bustling city set on the ridges of steep hills. Flanked on the north by craggy peaks of Durtlang it overlooks the valley of river Tlwang.



DARJEELING, WEST BENGAL ▶

Darjeeling in the foothills of the Himalayas has the magnificent Mt. Kanchenjunga as its backdrop and undulating hillsides covered with the emerald green tea bushes below.



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WILDLIFE DESTINATIONS

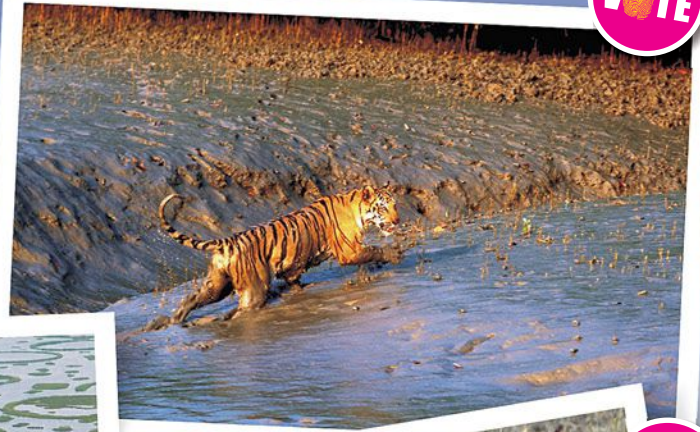
Numerous Wildlife Sanctuaries and National Parks have been established all over India. We bring to you national parks from different parts of the country offering an enormous range of habitats.

► SUNDERBANS, WEST BENGAL

The Sunderbans is part of the world's largest riverine delta formed by the Ganges, Brahmaputra and Meghna. The largest mangrove forest in the world, it is a UNESCO World Heritage Site and contains India's largest Tiger Reserve.

▼ LOK TAK LAKE, MOIRANG, MANIPUR

Loktak lake is the largest fresh water lake in Northeast India and famous for its phumdis or floating vegetation. It is part of the Keibul Lamjao National Park, the world's only floating national park that is also home to the endangered Sangai, brown antlered deer.



► BETLA FOREST, JHARKHAND

Betla is a forest of luxuriant sal and bamboo groves, rich in plant and animal life. This national park boasts of a wide array of wild animals including tigers, leopards, elephants and Indian Gaur.



BEACHES

Scattered all over India's 7500 kilometer long coastline, it's amazing how beaches in India bring along some romance, good adventure and family fun, all in a package, at all times. Here are the beaches that will leave you surprised and satisfied with India's Coastal Beauty.

MANDREM, NORTH GOA, GOA ▶

Mandrem is a white sand beach fringed with clear waters. Its most beautiful at high tide when the water rushes into the Mandrem Creek that runs parallel to the coastline.



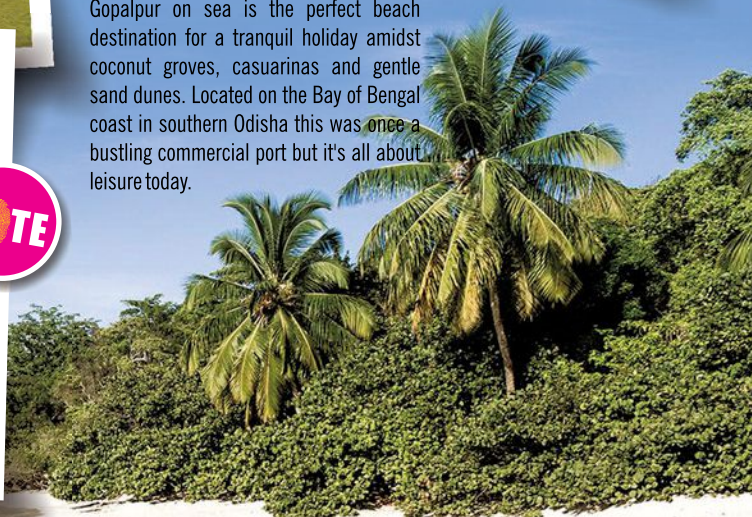
◀ GOPALPUR-ON-SEA, ODISHA

Gopalpur on sea is the perfect beach destination for a tranquil holiday amidst coconut groves, casuarinas and gentle sand dunes. Located on the Bay of Bengal coast in southern Odisha this was once a bustling commercial port but it's all about leisure today.



▲ RUSHIKONDA BEACH, ANDHRA PRADESH

Known as the Jewel of the East Coast, the beautiful greenery, golden sands and azure waters of Rushikonda Beach make for a wonderful getaway from nearby Visakhapatnam. It is also a haven for water sports lovers.



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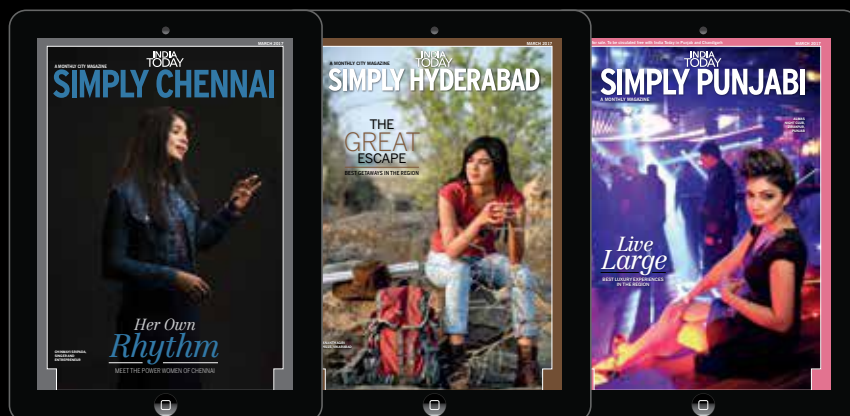


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INDIA
TODAY

SIMPLY PUNJABI

A MONTHLY MAGAZINE

ALMAS
NIGHT CLUB,
ZIRAKPUR,
PUNJAB

*Live
Large*

BEST LUXURY EXPERIENCES
IN THE REGION

PRESENTING

coloured TREASURES

Indian passion for life & colours



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COVER STORY

In the Lap of luxury **2**
Simply Punjabi raids some
must-see-at places for
the young and the restless.

FILMS

Behind the Making
of a Monster **10**
Filmmaker Deepa Mehta
on her latest film *Anatomy
of Violence*.

BUZZ

Into The City **22**
11 things to look
forward to.

Cover photo by Sandeep Sahdev



OUR PICK of the month



Just for Laughs

March 18

Get ready for a laughter riot with Dr Mashoor Gulati's Comedy Clinic. An action packed evening is in store with lead actors from *Kapil Sharma's Comedy Night's* including Sunil Grover and Kiku Sharda.

At North Country Mall, Mohali
Time 7 p.m. onwards

Tickets bookmyshow.com

Want to tell us about an event? A new store? A restaurant? People doing interesting things?
Anything newsworthy? Please email us at: simplypunjabi@intoday.com

SIMPLY PUNJABI



Photographs by SANDEEP SAHDEV

IN THE LAP OF **LUXURY**

AS LUXURY INCREASINGLY BECOMES SYNONYMOUS WITH
THE YOUTH IN THE REGION, SIMPLY PUNJABI RAIDS SOME
MUST-SEEN-AT PLACES FOR THE YOUNG AND THE RESTLESS

■ By **SUKANT DEEPAK**



Manager Eakm at Almas night club

■ GROOVE LIKE THAT ALMAS, NIGHT CLUB

ZIRAKPUR

More About Almas Pitched as the region's true-blue nightclub, this 6,000 square feet space promises to offer an international nightclub experience. Boasting of a capacity of 250 people at any given time, Almas interiors will surely floor one and all.

◆ **USP** European light and sound system, hanging LED Pixels, LEDs, Co2 Canons and DJ lasers controlled by MADRIX—the world renowned company synonymous with lights programming, and 10 teams of

bouncers for security.

◆ **Speak out** Karandeep Singh, one of the three owners says, “Before opening this property, we went to some of the finest nightclubs in the country to do a recce. All efforts have been made to introduce the people in this region to a never-before experience.”

◆ **Entry for two** (couples only)
Rs 3,500

◆ **At** 409/12, level 4, Global Business Park, Zirakpur.

“Before opening this property, we went to some of the finest nightclubs in the country to do a recce.

**KARANDEEP SINGH,
CO-OWNER ALMAS** ”



Model Heena Bhardwaj at Habibi

GRUB OF LUXURY HABIBI,

CHANDIGARH

More About Habibi With cuisines such as Lebanese, Moroccan, Frontier and Mediterranean, Habibi promises to offer an authentic palate journey to its patrons. No wonder, just within one month of its launch, the restaurant is already inviting people from across the region to enjoy its delicious delights.

◆ **USP** With an informal and comfortable seating, live acts on major days of the week and state-of-the-art light and sound system, the restaurant aims to provide an unforgettable dining experience.

◆ **Don't forget to taste** Hummus Beiruty, fattoush salad, falafel, fatayer, manakish (Arabic pizza), shawarma, Moroccan tagines and the Arabic dessert Mohalabiya. Those looking for Frontier dishes must try raan-shandaar, kahsta meat ki tikki, and malai broccoli.

◆ **Speak Out** "Habibi promises to be a game changer in Chandigarh's foodscape. With a culinary team specially flown in from the Middle East, Habibi is as authentic as it gets to dine in the streets of Beirut or Marrakeh," says Gunkaran Singh, MD, Rembrandt Fashion Hospitality Pvt Ltd.

◆ **Meal for two**

Rs 1,200 plus taxes

◆ **At** SCO-14, Madhya Marg, Sector 26

◆ **Tel** 8725003900

With a
“culinary team especially flown in from the Middle East, Habibi is as authentic as it gets to dine in the streets of Beirut or Marrakeh.”
GUNKARAN SINGH, MD
REMBRANDT FASHION
HOSPITALITY



“ A lot of men and women from the best known families in the region approach me for lessons.

KRITIKA SHARMA,
OWNER, ENGINE ROOM ”

increasingly becoming representative of high-end lifestyle. A lot of men and women from the well-known families in the region approach me for individual lessons,” says Sharma.

◆ **USP** Kritika teaches varied dance forms including contemporary, hip hop and salsa. A certified yoga instructor from Sivananda Kerala (2015), her focus on improving fitness and flexibility of her students makes her immensely popular.

◆ **Price** Rs 3,000 per month

◆ **Contact** shkritika10@gmail.com

■ HOLIDAYING WITH CLASS RANJIT'S SVAASA,

AMRITSAR

More About Ranjit Svaasa

Housed in a restored and renovated 200-year-old property, Ranjit's Svaasa, a Boutique Heritage Spa Haveli in Amritsar, popular with both domestic and international tourists, offers just the right

■ Kritika Sharma

■ STEPS TO FITNESS ENGINE ROOM,

CHANDIGARH

More About Engine Room

Quite a rage among new-age fitness freaks, The Engine Room, co-founded by Kritika Sharma, who has been taking dance classes for more than five years and has done

workshops with instructors like Leah Raphael Curtis, Nathaniel Parchment, Akshay Sharma and Puneet Jewandah. Having taught more than 300 people, this 27-year-old young dancer feels that more and more people are divorcing gyms and now prefer to use the body and mind for workouts.

◆ **The Elite Thing** “Dance has always been for the elite and is

Ranjit's Svaasa

Photograph by REUBEN SINGH



mix of old world-charm with modern amenities. Promising to take you back to a bygone era of plush British colonial architecture seeped in Punjabi culture and gastronomy, the eco-friendly property is a first-of-its-kind with Vaastu friendly architecture, water-based chemical-free paint, solar thermal panels, rain water harvesting, pure oils and predominantly organic bath linen for the suites.

◆ **USP** Heritage property, facilitates various experiences such as authentic village tour, Amritsari food walk, community service activities, Punjabi cooking classes and more.

◆ **Speak Out** Abhimanyu Mehra says, “Our endeavour is always to ensure that the guests have an unforgettable stay. Not only are they introduced to true Punjabi hospitality but also given a glimpse into our cultural heritage. This makes them come back to us again and again.”

◆ **At** 47-A Mall Road, Amritsar

◆ **Tel** 09872626618

■ DRAPED IN PUNJAB JAAMAWAR MINX BY RUPAM KAUR GREWAL

PATHANKOT AND CHANDIGARH

More about Jaamawar Minx

Set up in 2008, this pure Punjabi ready-to-wear couture is all about elegant silhouettes—from traditional and contemporary cuts to fabrics. A kaleidoscope of colours and embroideries used form an integral part of brand Jaamawar Minx, which makes clothes for every festive occasion. Known not only for its ornate embellishments and intricate workmanship, the brand has also perfected tailoring and attracts a huge following.

◆ **USP** Not getting swayed by fads, this brand keeps itself focussed on Punjabi garments and ensures that their label always maintains the essence of this region.

◆ **Client base** Catering to diverse age groups and clients across the country and abroad, the brand



Rupam Kaur Grewal

“ I have always wanted the brand to be synonymous with not just luxury but also Punjabiyat.

**RUPAM KAUR GREWAL,
OWNER JAAMAWAR
MINX**

”

will be opening more stores in India and across the globe, besides starting a manufacturing unit in Chandigarh. It already has two stores—in Chandigarh and in Pathankot.

◆ **Speak Out** “I have always wanted the brand to be synonymous with not just luxury but also Punjabiyat,” says Grewal.

◆ **At** Elante Mall, Chandigarh

◆ **Tel** 0172-5024888

■ HEIGHT OF GOOD LIVING CHANDIGARH CITY CENTRE

ZIRAKPUR, PUNJAB

More About Chandigarh City Centre

Sprawled across 10 acres of prime land on VIP road in Chandigarh, the Chandigarh City Centre has become the address for stylish commercial, residential, office, showroom and professional suites. Despite the slowdown, the project has already managed to sell more than 70 per cent of its inventory. Top brands like Raymonds and Monte Carlo have booked space here. Extremely well-planned, CCC promises a never-before shopping experience to people and luxurious work spaces and service apartments to corporates.

◆ **USP** With an envious location, bang on the VIP road in Zirakpur, the Chandigarh City Centre adheres to 70 per cent green building norms.

◆ **Speak Out** "Right at the conception stage, we were clear that Chandigarh City Centre must offer an international experience to everyone who enters through the gates," says Arun Jindal, director,



Arun Jindal, director, Chandigarh City Centre

“ We will soon have destination wellness programmes for maintaining physical, mental and emotional health. ”
KRISHNA SEMWAL,
SPA MANAGER

Chandigarh City Centre.

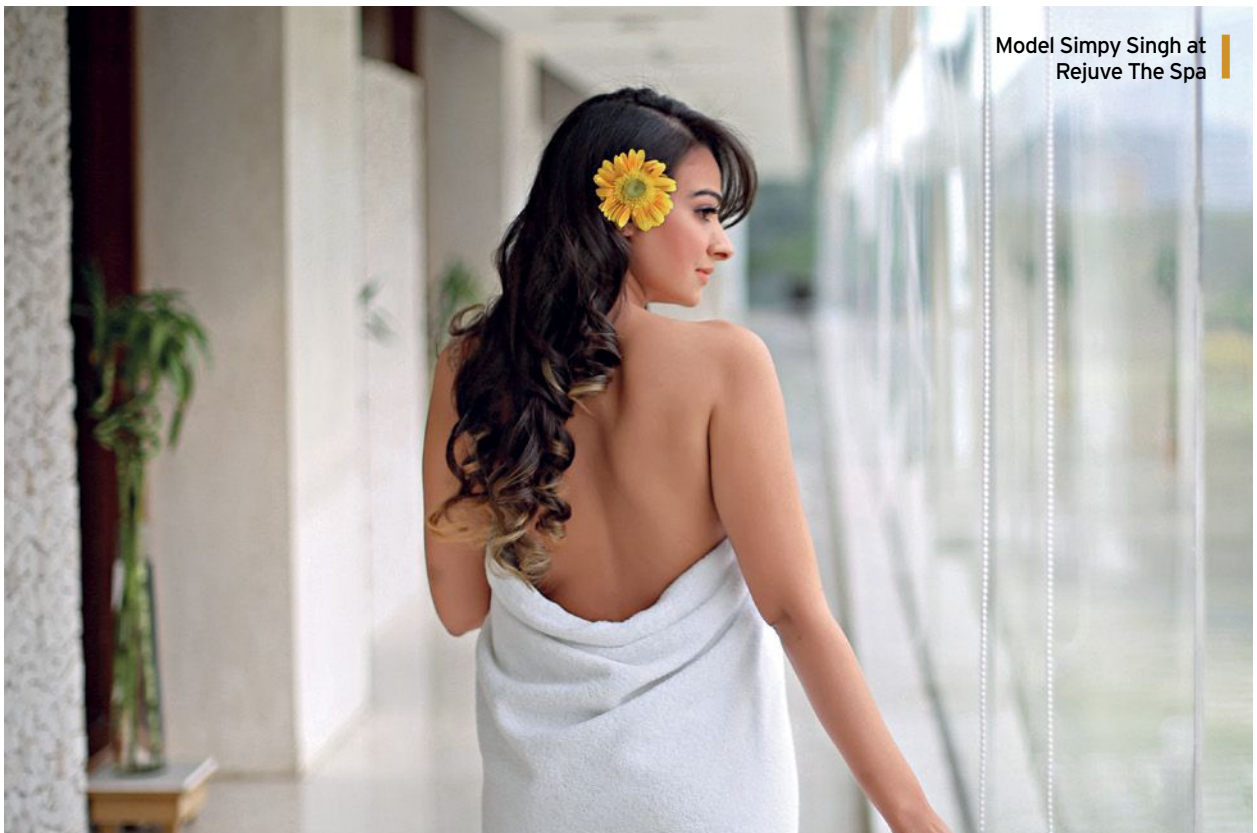
◆ **At** VIP Road, Near Metro Cash 'n' Carry, Zirakpur

◆ **Tel** 09023490234

■ THE ART OF PAMPERING REJUVE, THE SPA

THE LALIT, CHANDIGARH

More About Rejuve Established in April 2015, Rejuve, The Spa



Model Simpy Singh at
Rejuve The Spa

which is an exclusive-members only property, has in a span of two years managed to attract the cream of the region. With eight treatment rooms and a salon spread over 11,000 square feet, the wide range of services offered here include massages such as shirodhara, abhyanga, udwarthanam, pad abhyangam, shiro abhyangam, kizhi besides traditional Swedish massage, fragrant

“ The most special thing about Elante is its surprise elements and its ability to constantly innovate. ”

ANIL MALHOTRA,
COO, ELANTE MALL



Model Bhanupriya at Elante Mall

aroma therapy, deep tissue massage, Balinese massage, foot massage, hot stone body wraps, body scrubs, facials and more.

◆ **USP** Heated swimming pool, exclusive membership programme, unisex salon, hammam room, detox programme, bridal room, hydrotherapy, spa and beauty salon, yoga and meditation, including individual yoga, meditation space and a fully equipped state-of-the-art gymnasium for those who are looking for destressing in absolute luxury.

◆ **Speak Out** “We will soon have destination wellness programmes for maintaining physical, mental and emotional health of our patrons,” says spa manager Krishna Semwal.

◆ **Price** Between Rs 1,100 and Rs 7,700

◆ **At** IT Park, Chandigarh

◆ **Tel** 0172-4447777

SHOPAHOLOCS PARADISE ELANTE MALL,

CHANDIGARH

More About Elante Not just a shopping area, the property, established in the year 2013, has over the years become a popular hangout joint for many youngsters and a landmark in the region. With an area of 1.2 million square feet, this vibrant and upscale shopping hub is part of a 21.5-acre complex which is home to 224 retail outlets.

◆ **USP** Elante has been a trendsetter in positioning itself as a happening one-stop destination for shopping, food, fun and entertainment. It is a mall that has something for everyone. Boasting of 14 anchor stores and 160 vanilla stores, it houses various Indian and international brands. The top brands at Elante include Hackett London, Zara, Marks & Spencer, Brooks Brothers, Rolex, Guess, Calvin Klein, Superdry, Tommy Hilfiger, Harley Davidson, Jack & Jones, Aldo, Steve Madden and Gucci, among others. The thriving office space in the mall complex

houses big names like British Council, VFS Global and Hyundai.

◆ **Facilities offered** From valet services, shopping consultants, shopping bag valets, senior citizen zones, kids' play zone and crèche areas, free Wi-Fi connectivity, loyalty programmes and navigation assistance to 24x7 ambulance, the mall is constantly reinventing itself to stay steps ahead of the competition.

◆ **Speak out** Anil Malhotra, COO, Elante Mall says, "The most special thing about Elante is its surprise elements and its ability to innovate. We don't cease to amaze our patrons with our delightful offerings. We want every customer of ours to bump into something new each time they visit the mall. From five-star hospitality to elaborate F&B options catering to every budget, Elante is also a foodies' delight."

◆ **At** Plot No 178 & 178A, Industrial Area - 1, Chandigarh

◆ **Tel** 0172-4654482

■ BEJEWELLED ANAHA KUNDAN JEWELLERY,

CHANDIGARH

More About Elante Established in the year 2000, Anaha Kundan Jewellery is the only brand that designs, manufacturers and markets kundan/polki jewellery in the region. They also do bespoke customised jewellery. Started by late Gurbans Cheema Gosal and now being carried forward by her daughter Simran Gosal Bhullar (48), Anaha offers luxury buyers a chance to work with designers to create something unique and exclusive.

◆ **USP** The designers at Anaha use 100 different gemstones inspired by varied art forms—from enamel work, prataksh nagashi, gold engraving on stones to chitri.

◆ **Client base** The brand attracts patrons not just from Chandigarh, Punjab, Himachal Pradesh and Haryana but also from countries



Simran Gosal Bhullar

“ We would now like to expand our new brand Sairah which specialises in polki-diamond wedding jewellery.

SIMRAN GOSAL
BHULLAR, OWNER,
ANAHA KUNDAN
JEWELLERY

”

such as Canada, the UK and the US.

◆ **Speak Out** Bhullar says, "We would now like to expand our new brand Sairah, which specialises in polki and diamond wedding jewellery, with focus on imbibing old heritage designs. Besides, we also plan to launch Viona soon—our new brand which is all about diamonds gemstones catering to an international clientele."

◆ **Price** Rs 5,000 onwards

◆ **At** Sector 34, Chandigarh

◆ **Tel** 09855501827



Deepa
Mehta

BEHIND THE MAKING OF A MONSTER

Filmmaker Deepa Mehta, explores the level of inhumanity among men in her latest movie
Anatomy of Violence

■ By **SUKANT DEEPAK**

She says that it is hard not to spot a report in newspapers pertaining to violence against women. Every day. She also says that it is hard to fathom the source of anger and how can men be completely devoid of any sympathy for women who are victims of their violent acts. And this is what led her to explore the subject in her latest film *Anatomy of Violence*.

Filmmaker Deepa Mehta, 66, thinks aloud, "I then began a process of exploration as to what in our culture, what in our society, what in our circumstances brings about this level and frequency of violence. Rape exists in every society but not at the level that we see here. This would suggest that there is a degree of complicity within the entire society as we are creating the environment and culture in which these men are permitted to express their savagery. What makes us different from Japan, for example, where this kind of violence exists but not anywhere close to the level in India?"

Talk to her about the larger discourse from some quarters which points out the society's responsibility for the rapists' behaviour, and Mehta feels that it is important to understand that patriarchy, misogyny and gender inequality—all contribute to the way the female gender is perceived by males. "Though I feel society is complicit in contributing to the making of a monster, in no way do I feel that the molesters/rapists are not accountable for their act." Her film,

FILMS I HAVE ALWAYS WANTED TO MAKE

I am really intrigued by the character of Mirabeau and her relationship with Gandhi ever since I read Sudhir Kakar's book *Mira and the Mahatma*.

NEW AGE INDIAN CINEMA

What an array of talent. Extremely impressive. I loved Hansal Mehta's *Aligarh*, Anup Singh's *Qissa*, Kanu Behl's *Tittli*, Chaitanya Tamhane's *Court* and Gurvinder's *Chauthi Koot*.

FILMOGRAPHY

- *Sam & Me* (1991)
- *Camilla* (1994)
- *Fire* (1996)
- *Earth* (1998)
- *Bollywood/Hollywood* (2002)
- *The Republic of Love* (2003)
- *Water* (2005)
- *The Forgotten Woman* (2008)
(documentary - writer)
- *Heaven on Earth* (2008)
- *Midnight's Children* (2012)
- based on the novel by Salman Rushdie
- *Exclusion* (2014)
- *Beeba Boys* (2015)
- *Anatomy of Violence* (2016)

which reimagines the life of the rapists with a desire to grasp and infer the making of a monster, does not depict the actual rape.

Talking about her collaboration for the film with Chandigarh-based theatre director Neelam Mansingh Chowdhry, 65, the filmmaker insists that the movie would not have been possible without the latter. Mehta held an elaborate workshop with actors from Chowdhry's repertory – The Company. "We recorded the imagined lives of the actors on film as part of creating the screenplay. On day two, I ended up directing the camera, perhaps subconsciously realising that what was unfolding before us was so organic in its honesty and brutality that to re-film it in the future with stars and the whole machinery of a large crew and huge locations would be a travesty," she says.

The Indo-Canadian director, who has worked on several literary texts and adapted them into films, including Salman Rushdie's *Midnight's Children*, Bapsi Sidwani's *Cracking India* (the film was called *Earth 1947*), says collaborating with the authors and adapting them into a screenplay is always about close conversations with the writer. "The challenge is to condense say 400 or 600 pages of a book into a screenplay of a 100 pages without losing the narrative arc, the essential plot and the in-depth look at the characters that inhabit the novel but can't be contained in a script," she says.

When asked about patriarchy being the reoccurring theme in her works, Mehta feels that as a woman brought up in India, it is hard not to be affected by the society we live in. "Remember, patriarchy and its fallout permeate the female existence in India. I saw a film that blew me away years ago—Manish Jha's *Matrabhoomi*. It affected me as deeply as did Satyajit Ray's *Charulata*. Both stayed with me and have had a great influence on my work."

And *Bollywood/Hollywood*, a comedy must have been quite a surprise for those who have been following her work. "Believe me, I really loved doing *Bollywood/Hollywood*. It came as a reaction to a particularly dark time after *Water* was shut down in Varanasi. *Bollywood/Hollywood* is in hindsight quite a subversive film. I just didn't know it then." she says.

ALL FOR REACHING HOME, SAFELY

HARMAN SIDHU, THE MAN WHO GOT ALL LIQUOR SHOPS BANNED FROM NATIONAL AND STATE HIGHWAYS TALKS ABOUT HIS LONG DRIVE TO ACHIEVE THAT.

Driving post drinking, especially on the mountains, was always a road to a new high. The moment I would twist my motorcycle's accelerator on serpentine paths, a smile would cross my lips. Perhaps to congratulate myself on how I could stretch the bike to its limits. Even if I crashed in those risky and difficult terrains, I would escape unhurt or with minor injuries.

But on October 24 in 1996 luck ran out on me. That's when I was not driving. I was in the back seat of the car. My three friends and I were in the 'reserved area for wild' near Renuka Lake in Himachal Pradesh. At one of the turns, the person driving the car, swerved it hard to avoid an eroded patch of the road. He lost control and the vehicle dangled on the edge of the cliff, finally settling back on its wheel. No, he had not had a drink.

The dust settled. I remember my four friends shouting and urging me to come out. I tried, but just could not move. Then, I blacked out. Post a two-year long rehab and the realisation that I will remain confined to a wheelchair for life is how "ArriveSAFE" started in 2005. Frankly, I wanted to do something so that others could arrive home safe.

Most of us are unaware of the fact that India accounts for just one per cent of the world's vehicular population but has 10 per cent of all fatalities, the highest in the world. As per a 2016 report by the Ministry of Road Transport and

Highways, every year, 400 die in road mishaps on Indian roads. These figures were highlighted in every meeting I attended in swanky conference halls in nearly 10 countries including US, Russia, Turkey, Belgium, Canada, Germany and Turkey.

As per the Global Road Safety Partnership and International Federation of Red Cross and Red Crescent Societies, driving under the influence of alcohol, finally, is responsible for 30 to 50 per cent of road deaths. During a road safety project that ArriveSAFE undertook with Jalandhar Police from 2009 to 2011, I noticed that the most visible and easily available commodity on the highways was alcohol with the vends well lit and with tempting advertisements. I started filing RTIs in April 2012 and studying the Excise Policies (that governs the sale of alcohol) in Punjab and Haryana. Startling information came from the NHAI— '185 liquor vends on 291 km of NH1.' This meant one vend every 1.5 km and if

you are driving at 90 km/hr, one would come across a liquor vend every minute. The Road Safety Council of India and Ministry of Road, Transport and Highways had been sending "advisories" to the State Governments in 2004, 2007, 2011 and 2013 to not grant permits for liquor vends on highways. The states completely ignored them.

Armed with this information, I filed a PIL in the Punjab and Haryana High Court in December, 2012. Within days, 'lucrative offers' followed by threats started coming. Well, the threats certainly strengthened my resolve to carry on with the fight. On March 18, 2014, the bench headed by the Chief Justice of the Punjab and Haryana High Court ordered that liquor vends should neither be visible nor accessible from the highways (both state and national) and in service lanes. Within a week, both states of Punjab and Haryana moved to the Supreme Court seeking a 'relief' that they may be allowed to operate on state highways. The final order of the High Court resulted in ArriveSAFE's litigation expedition.

As many as 12 more cases were filed during 2014 to 2016 in the Supreme Court and High Courts. The bench headed by the CJI laid the matter to rest on December 15, 2016 in a historic order. The battle is not over yet; the next challenge is to ensure compliance. As per our experience, the liquor traders in connivance with state officials would do everything possible to stay close to the highways.

As told to Sukant Deepak

"AS PER A 2016 REPORT BY THE MINISTRY OF ROAD TRANSPORT AND HIGHWAYS, EVERY YEAR, 400 DIE IN ROAD MISHAPS ON INDIAN ROADS"

—HARMAN SIDHU

Harman Sidhu



AT HOME IN GEOMETRY AND COLOURS

CHANDIGARH-BASED ARTIST, MADAN LAL TALKS ABOUT HIS THREE-DECADE LONG JOURNEY AS A PAINTER

■ By **SUKANT DEEPAK**

HE KEEPS LOOKING AT the old woman sitting by the roadside who is making tea for us. He says that such visuals provide a relief, especially when you have been living in a city like Chandigarh where geometrical patterns and Soviet style dwellings can be overbearing.

Artist Madan Lal, whose painting *Urban Phulkari*, a 5X5 acrylic on canvas which is part of his *Urbanization* series, has been selected for the National Akademi Award, says that the attempt was to capture his mindscape where blank spaces of migration from a rural environment never leave. "Without being romantic about it, the emphasis is of course on 'home'—a word that evokes silence in most of us who have experienced internal migration. As far as the award goes, I don't think it is for a particular work, but in fact a tribute to my three-decade old journey," says the 52-year-old painter, who is originally from Talwandi Sabo in Punjab.

Lal's art, which over the

years has shifted from layers and transparencies to flat colours and mixing of figures and abstracts, feels that the constant evolution has been a result of both trying to make a space and being constantly away too. Of course, his signature style, ever since he shifted from the countryside to Chandigarh, stays—prominent geometrical patterns. "During my travels across the world for residencies, making them into temporary emotional shelters and then destroying them as soon as the ticket back 'home' is booked, has surely lent a new vocabulary to my work where mayhem takes a certain precedence," says the Vice-Chairman of Chandigarh Lalit Kala Akademi.

The artist, whose series like *Music Within* (2004) and *Journey into Blue* (2015) catapulted him to national fame, laughs on the state of art in this region. "People from Punjab and Chandigarh started buying my works after they started getting displayed in major galleries in Delhi. They still make the effort of going and buying there instead of approaching



Photograph by SANDEEP SAHDEV



Artist
Madan Lal

me directly,” says the artist, who starts his works with drawings.

Talk about the kind of work being done by contemporary artists in the region and Lal says, “It’s really sad to note that they seem to have a very drawing room focus. Unlike artists in Delhi and Mumbai, nobody wants to produce something that has not been attempted before. Everyone is playing safe and not averse to getting influenced by major artists based in metros.”

At a time when art education across the world is seeing innovation in terms of education about the market and close interaction

BESIDES PAINTING
I LISTEN TO SUFI MUSIC

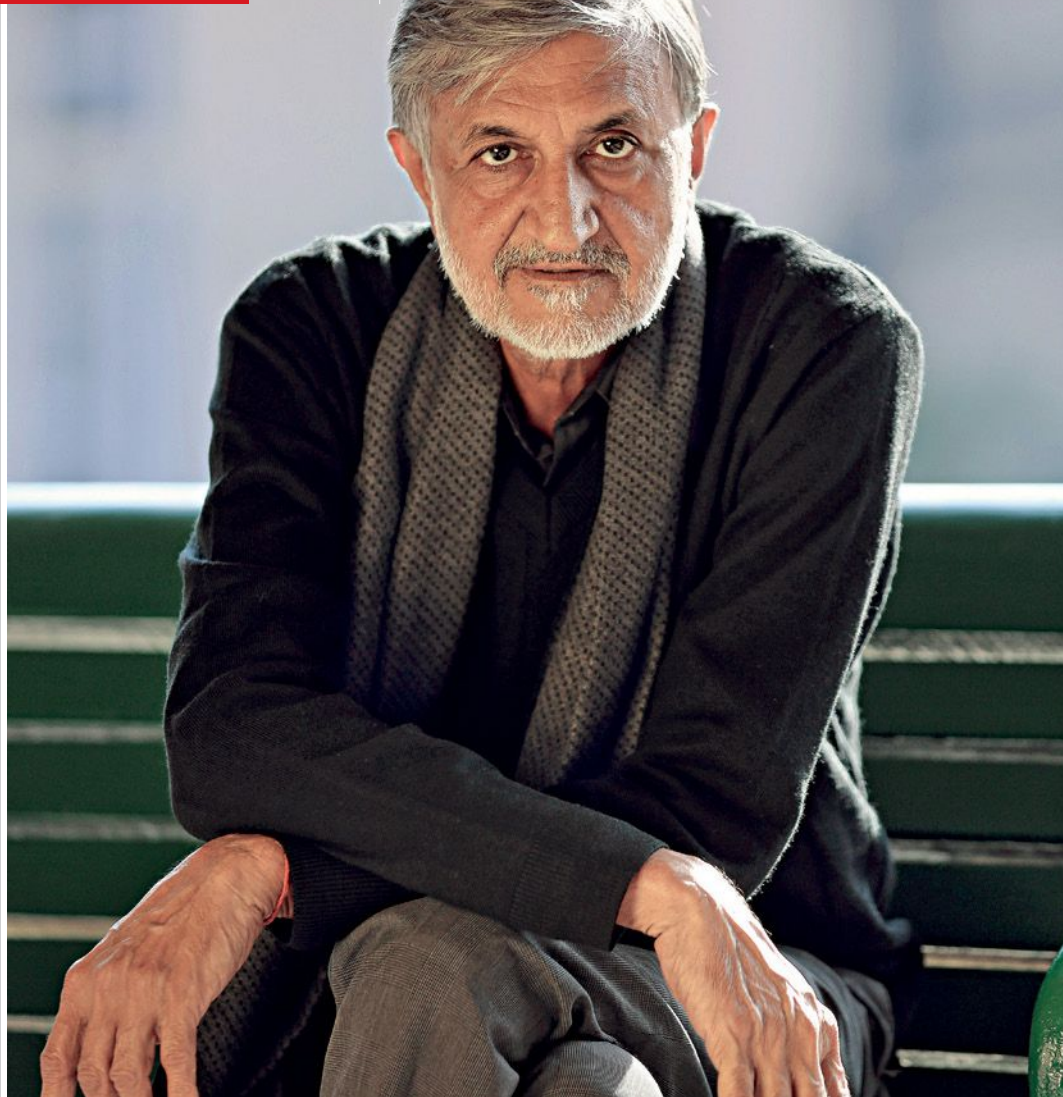
●
INFLUENCED BY
OLD MASTERS LIKE
REMBRANDT

●
FAVOURITE
CONTEMPORARY ARTIST
TYEB MEHTA

●
NEXT ON THE CANVAS
SERIES TITLED SPACES IN
THE MIND

with working professionals, Lal laments that in India, things seem to be going backwards. “Imagine, now they are introducing semester system in art colleges. Look at the Government College of Arts in Chandigarh. Students are expected to churn out a work every two months. Hasn’t everything become mechanical?”

Currently working on a collaborative installation with Shirley Siegal, an Israeli artist, Lal feels that the Punjab government needs to do more for students of art. “There is a huge vacuum once they graduate. Even small grants, short-term scholarships and a collective studio space can give them a great push.”



Artist Viren Tanwar

LONG NIGHT'S JOURNEY INTO THE DAY

Noida-based painter Viren Tanwar lashes out at the ugly underbelly of art and the spinelessness of artists that forced him leave Chandigarh

■ By **SUKANT DEEPAK**

He says that when they were students, they would come here all the time. Hour-long heated arguments on art and politics would spill over other tables. They would all be excited. There was never a talk about how much money they would make in later years. It was the time of thought, he says. And the manager would wait for them to leave. Well, by the end, the waiter who was attending to us at the Indian Coffee House in Chandigarh was not very happy either.

Noida-based artist Viren Tanwar, like always, is sharply dressed—black pull-over and steel-grey trousers. Neatly trimmed grey stubble and not a hair out of place. He talks about how he started off. An academician's son in Haryana's Hisar, who wanted to be a painter. The father wanted his son to be in the Police. Mother wanted him to follow his heart. The son took up non-medical. "One day, the college principal saw my work. He invited IK Gujral, who went on to become the Prime Minister,

to inaugurate the exhibition that showcased 40 of my paintings. Just after that he pleaded my case to dear daddy. I landed up in Chandigarh College of Arts, and graduated in 1974.”

The artist, who in 1984, was given a scholarship by the British Council to do his post-graduation in print making from the Slade School of Arts in London, does not want to eat, just have coffee, like in his old days. The person sitting opposite makes up for it. He is here on the invitation of Chandigarh Lalit Kala Akademi for an audio-visual presentation titled *The Story Goes On*, organised in February this year.

The artist is asked if the tale of the American collector Chester E. Herwitz who landed up at his college

He said he could see what would emerge on them. Herwitz also went to my village, saw my house, and met my friends back there.”

Tanwar, whose fourth-year college work was auctioned by Sotheby's in the year 1995 along with contemporary masters like MF Hussain, SH Raza, Tyeb Mehta and Ranbir Kaleka, says that when one reaches the top, it doesn't really go down well with everyone. “In the early 90s, a woman student, whom I had granted low grades complained of moral turpitude against me. I was asked by the investigation committee to leave the college but was free to join any other institute. Don't you find it strange?” The artist recollects this time when he had no money to buy food or pay fee for his children's school. “I could not paint for eight long years, though art historian Dr BN Goswamy and the then director of Alliance française in Chandigarh, Gilles Gueys kept exhorting me to. In fact, the latter once threatened to hang me from the exhibition wall of his gallery if I didn't produce work for a show he was planning.”

In 2007, Tanwar exhibited his erotic series in Chandigarh and a case under relevant Sections of the IPC was lodged against him. “Yes, the paintings were erotic—a nude man with a finger in mouth, another showed the shape of a flower painted like a vagina. What is vulgar in that? How can human anatomy be disgusting? Some so-called art critics wrote in daily papers that nudity sells. I asked them, why don't you also paint nudes and try selling them. As an artist, I uncover layers. It is my job. I had to attend several court dates. It was harassing, but I did not give up.”

However, what disturbs Tanwar most is the fact that no one stood by him in tough times. “Of course, I was at the top. Collectors and buyers from all over the world were coming to Chandigarh looking for me. Most artists in the region were jealous. But what hurts most is that they claim to have stood by me but to set the record straight, they didn't. In 2010, I decided to leave this city for good.” At present working on

a series of miniatures on sadhus, Tanwar, whose works are part of the collection of ESSL Museum in Vienna and Peabody Essex Museum, USA and Arts India Gallery in New York, and not to mention in private collection of Lakshmi Mittal besides others, says, “What matters is the eye of those who look at art. At one my exhibitions, my academican father saw a nude. He whispered that I should have covered him. My illiterate mother immediately said that if that was done, it would have destroyed the art work.”

Other art forms I enjoy
Music and literature

Escaping Art
Travelling in India and abroad

Most moving artwork I saw recently
Untitled (Ink and Graphite on paper) by Nasreen Mohamedi

My favourite contemporary
Indian artist
Bhupen Khakkar, he was way
ahead of his times

All-time favourite artists?
Francis Bacon & Mark Rothko

in the 80s looking for him after being recommended by MF Hussain to see his works is true. “Oh yes. He has a brilliant collector of contemporary Indian art. The man had 40 works of Hussain besides other major Indian painters. I showed him four works that were in the college. He asked me to pack them. He didn't ask the price. He then requested me to show him my studio. I told him, I couldn't afford one, and that I painted in my bedroom. He insisted on seeing my bedroom, drawing a long stare from his wife. We reached my house and he bought all the works there. He then saw two blank canvasses and said that he will buy them too.

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HUMANISING SAINTHOOD

Pakistani author Haroon Khalid on
Nanak and his historical identity

■ By **SUKANT DEEPAK**



Q What inspired you to write the book *Walking With Nanak*?

I have been fascinated with Nanak for a long time. Given his Punjabi roots, he is someone who is so close to my own identity, yet given his non-Muslim heritage, he has become an elusive character in Pakistan. While other Muslim Sufi saints such as Bulleh Shah, Baba Farid and Shah Hussain are being celebrated in the popular Punjabi culture, there is nothing being said about Nanak. To me it felt like a forced awkward silence. I wanted to hear this sound of silence and make my own humble effort to restore Nanak to his rightful status in Pakistani Punjab.

Walking with Nanak took some time to conceptualise in my mind, much more than my last two books. For almost three years I couldn't help but be obsessed about the book even when I was writing my last two books. To be honest, I had never planned *Walking with Nanak* to be one book. It is actually a culmination of three books—a fictional story of Nanak, a discovery of Nanak's heritage in Pakistan and finally the history of evolution of Guru Gobind Singh's Khalsa, in other words, the appropriation of Nanak's heritage in institutional Sikhism.

Q. You have effectively managed to 'humanise' Nanak. Why did you do that?

I feel one of the greatest disservices we have done to our folk heroes is to strip them of their humanity and raise them to the status of sainthood. When a human is made a saint, he becomes an idol placed on a tower that can no longer offer inspiration to ordinary mortals. It is instead their humanity which needs to be celebrated, their vulnerabilities, their errors and how they overcame them to achieve what they did. This dehumanising and raising to sainthood has been the unfortunate history of all humanity.

Q. What was your research process?

There are three main narratives in the book—fictional, non-fictional travel, and history of the subsequent Sikh gurus. All of these required

part of the book was once again secondary research, digging history books, and articles and trying to understand the political context that led to the institutionalization of Sikh religion through the course of the lives of nine Sikh gurus after Nanak.

Q. The book is part fiction. Were you not apprehensive that the Sikh community might not take your interpretations well?

I was. But I was not critical of their religion and looked at it as an explanation of Sikh history. There is no doubt in my mind that Nanak's movement was against institutional religion. Now, when you juxtapose that fact with the Khalsa of Guru Gobind Singh, an institutional religion, it comes across as con-

Q. Nanak was an important figure in undivided India. How would you comment on the fact that little is being done to preserve his legacy in Pakistan? Also, what do you think about the treatment meted out to Punjabi language in Pakistan?

Absolutely. He is one of the most influential figures in our history. Unfortunately he is missing from the official historical framework of Pakistan, which only explores its historical identity in terms of Muslim heritage. This has in fact led to a simplification of history, where historical characters have been appropriated in to "ours" and "theirs". This is a phenomenon that happened on both sides of the border. Nanak, in Pakistan, unfortunately fell into the cat-

Q. WHAT ARE YOU WORKING ON NOWADAYS? CAN YOU FEEL ANOTHER BOOK BREWING INSIDE? TELL ME ABOUT IT.

I have recently signed a deal for my new book on Lahore. It would be a travelogue that would use historical structures in the city to narrate the history of the city.

a different research process. For the fictional part on Nanak, I read his biographies and his poetry, sifting through them for what I perceived to be the essence of Nanak. The non-fictional travel part of the book is almost like a pilgrimage to Nanak's shrines. It was a spiritual experience for me that I have tried to encapsulate in the book. It therefore might not adhere to conventional "academic" standards of research. The final

tradiitory. However, there are eight gurus in the middle and an entire century, during which the Sikh community increased exponentially. All religions reflect their political contexts and that is what the institutionalization of Sikh religion also elicits. I wanted to understand what led to those changes. The idea is not to criticise anyone or any religion but rather to understand it in a political and historical context.

egory of "theirs", which is a grave injustice to his heritage. His entire life was spent in trying to bring together different religious communities. Today, in Pakistan, and to some extent in India as well, we have placed him in our contemporary categories that necessarily do not reflect the realities of Nanak's time. However, I feel like in the past two-three decades in Pakistan, there is growing awareness of the potential of Sikh tourism

in Pakistan, which has led to renovation of many Sikh gurdwaras. This has also correspondingly led to the emergence of a few documentaries and books by Pakistani authors on Sikh heritage in Pakistan. Whereas on the one hand these are great signs, on the other hand they unfortunately fall into the same traps that we have laid for ourselves in these past seven decades, by categorising them into distinct Sikh, Hindu, and Muslim heritage.

I think one of the greatest contributions of Nanak has been to the Punjabi language. He is regarded as the second literary poet of Punjabi language, a language that at that point and perhaps more so today (in Pakistan) is seen as the language of the uneducated. Rebelling against the language hegemony of his time, he chose to spread his message in the vernacular. In that sense, his message is perhaps even more relevant today than it was at that time. After Pakistan, Punjabi in the country has increasingly been associated as an unruly language. Take the instance of a recent example of a private school in Pakistan that labeled Punjabi a “foul” language.

Q. Someone told me about your obsession with forgotten shrines.

I am a history buff. In fact I wanted to study archaeology but for some reason could not pursue the dream. Exploring historical spaces is a spiritual experience for me. I can sense history playing

WHAT IF NOT A WRITER?

I would be a professional musician

WHAT DO YOU ENJOY DOING BESIDES WRITING?

Playing music, traveling, exploring new places, meeting new people, watching movies, reading, and spending time with my family

WHAT ARE YOU READING RIGHT NOW?

My Name is Gauhar Jaan by Vikram Sampath and *Collected Stories* by Gabriel Marquez

YOUR FIVE FAVOURITE BOOKS OF ALL TIMES

The Autobiography of Malcolm X by Alex Haley and Malcolm X
Glimpses of World History by Jawaharlal Nehru
Delhi by Khushwant Singh
Spoke in the Wheel by Amita Kanekar
Chanakya's Chant by Ashwin Sanghi

around me when I am at these places. Within historical spaces, I think I have been most fascinated with non-Muslim religious heritage, abandoned temples, and gurdwaras. They are a glimpse of a world that no longer exists here but thrived once. It is almost surreal for me to imagine that world in a highly homogenized country. It is perhaps my longing to be a part of that society that no longer exists.

Q. How and when did you decide to be a writer?

Believe me, my writing career actually began as an accident. During the last year of my college, I was mapping the history of an abandoned temple in Lahore. The temple had been occupied by refugees of 1947. Over the years, its historical structures had been demolished to pave way for residential spaces. While I was at the temple, I was told that the family living at the main temple was planning to demolish the main shrine and replace it with a sturdy structure. I wanted to do something to save the temple. Hence, I wrote an article talking about its imminent destruction and its historical significance. The article was well received by the liberal media of the country, encouraging me to talk about other such abandoned structures that were being neglected and slowly being destroyed.

Q. How tough/easy is it to survive only on writing in Pakistan?

All writers I know do

writing on the side. They all have full time professions that become the main source of money. Writing is an obsession that continues even though its monetary rewards don't make any sense.

Q. Contemporary Pakistani literature in English is now big in the world and has such a huge following in India. What do you think is the reason? How come young writers from Pakistan are coming up with such original stories and telling them brilliantly?

I think it's due to the recent blooming of English literature in the country. It is still novel, unique, a glimpse into a world that has been casted into particular stereotypes. India had its share of a similar renaissance at the turn of the century. I think that too became a source of inspiration for Pakistani writers. I was in school when Arundhati Roy's *God of Small Things* was released. She had come to Pakistan to promote her book and I had the honor of attending one of her sessions. I was mesmerised by her charm. Another reason I believe is the focus on the country nowadays in context to religious extremism and intolerance. There is a genuine interest in the world to learn more about Pakistan, a country that occupies an important space in the political imagination of people. Therefore, any book that reinforces or even breaks away from these stereotypes draws interest.

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8 THINGS TO LOOK FORWARD TO



2 THE BIG FAT PUNJABI WEDDING

March 25 and 26

Get ready for your D-day with Wedding Asia, an exclusive exhibition that brings you the best of wedding apparel, jewellery and services all under one roof. Witness the latest trends and collections from the country's best brands, designers, manufacturers and service providers. The show will also feature some special attractions like fashion shows, food stalls, live music and light decorations.

AT Hyatt Regency, Chandigarh
TEL 01724401234

1 SAY CHEESE

Till March 31

A big Italian pizza fest awaits you at the Hyatt Regency Ludhiana every weekend throughout March. Choose from a delightful selection of authentic thin crust pizzas like buffalo mozzarella pizza, verdura pizza, Hawaiian pizza and more.

AT Kitchen AT 95, Hyatt Regency, Ludhiana **TEL** 8284000249

PRICE Rs 900 plus taxes per pizza





3 HOT OFF THE RUNWAY

March 31 to April 3

Trends, a lifestyle exhibition, will offer shopaholics in the city the perfect chance to browse through and shop for the hottest fashion styles. The expo will have a wide range of products on display, ranging from clothing, fashion accessories, footwear, fabrics and lots more.

AT Kisan Bhawan, Sector 35-A, Chandigarh

TEL 9872405593



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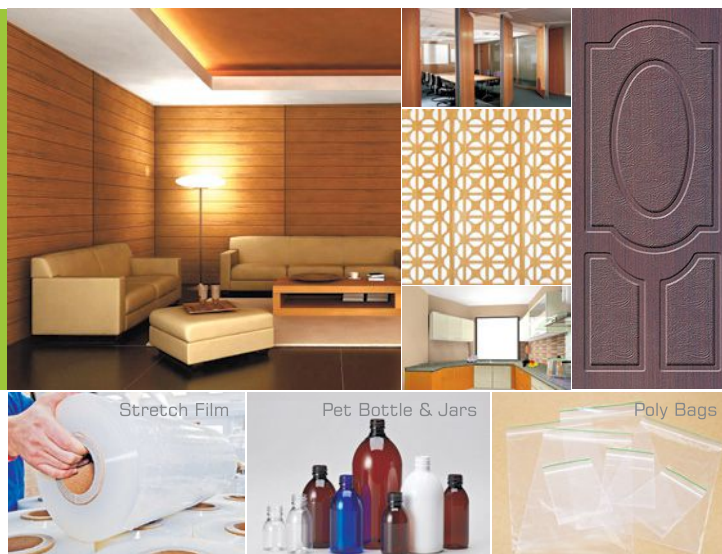
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March 26

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AT The Patiala Club, Patiala

DETAILS @thepatialaclub on all major social media platforms

TIME 5.30 a.m. to 10.30 a.m.

5 MOVE FOR FITNESS

6 A STAR STUDDER AFFAIR

The cast and crew of the much talked about Punjabi film *Dushman* that released in March, was in Chandigarh recently. Directed by Shagufta Rafique, who has penned scripts for films like *Jism 2*, *Raaz*, *Jannat 2*, *Ashiqui 2*, *Dushman* has been presented by Mahesh Bhatt, who has associated himself to any Punjabi project for the first time



7 JOIN IN THE FESTIVITIES

March 12 to 14

Get ready to be a part of Hyatt Regency Ludhiana's third anniversary celebrations. The hotel has planned special discounts and surprises for patrons who visit the property on these three days.

AT Hyatt Regency, Ludhiana

TEL 01614071234

8 GO MAURITIUS, PUNJAB

MTPA India conducted a five city Roadshow in Chandigarh, Pune, Nagpur, Hyderabad and Kolkata from 27th February to 4th March 2017. The objective of the event was to offer Indian travel partners an opportunity to become acquainted with the destination and meet the hoteliers, DMCs and activity companies.

Sanjay Sondhi, Managing Director, OM Tourism said "This Roadshow served as a great platform for the Indian tour operators to have a meaningful dialogue with the 23 suppliers from Mauritius that include hotels, DMCs and activity companies.

The Roadshow was led by Vivek Anand, Country Manager, MTPA India who said, "The response of the travel trade partners was amazing." The objective of the roadshow was to update

the travel fraternity and help them forge business ties with the Mauritius suppliers. He added "We have seen a growth of 15 per cent in Indian tourist arrivals last year, taking the number to 83,000. We are targetting 100,000 tourists in 2017, which is an increase of 20 per cent over 2016 and are expecting a healthy growth in the MICE and Wedding segment and will be promoting Mauritius as a destination 'Beyond the Beach'. More and more Indian travellers are planning to travel to the affordable luxury destination, Mauritius. Producers are also showing interest in shooting Bollywood movies in Mauritius." Luxurious hotel accommodation and DMCs geared towards providing all facilities required for large Indian weddings has made Mauritius a popular wedding destination."



ADVERTORIAL

DR. GAURAVDEEP SINGH VIRK GETS ADVANCED TRAINING IN IVF/ICSI/INFERTILITY IN GERMANY

Dr. Gauravdeep Singh Virk – IVF Coordinator Virk Fertility Services, Jalandhar had a esteemed privilege to attend the German Diploma Training in Basic to Advanced Assisted Reproductive Technique in Germany which was organized by Carl Von Ossietzky University, Oldenburg, Germany & German Academy of Obstetrics and Gynecology (DAGG). The course involved:- Basic & Advanced Clinical Assisted Reproduction & Embryology Training, Hands-on time in the Embryology lab, Live Sessions on Fertility Enhancing Endoscopic Surgery, There was Maximum intake of only 13 trainees/batch to enhance individual Skill Development, Assessment & Certification processes, 24 Didactic & Interactive Lectures were given during the diploma course. The course director Dr. Jorg Hennefrund, Prof. Rudy Leon De Wilde & Dr. Gautam Allahbadia all are world leaders in the fields of IVF Infertility and Fertility Enhancing Endoscopy Surgery. Dr. Gauravdeep said it was an eye opener and great exposure to the most advanced technology in IVF/ICSI, Endoscopy Surgery, Cryo Freezing Techniques.

Dr. Gauravdeep had a wonderful experience in interacting one to one with a great teachers for learning about quality control in IVF/ICSI Lab. & IVF

theater as well as how to manage trouble shooting in IVF/ICSI lab. He also learnt latest techniques to improve pregnancy rates, maintaining the data of each and every patient as well to take out research papers from the data to be presented at various National and International conferences on infertility. This diploma course in ART training will go long way to help Dr. Gauravdeep in improving the pregnancy rate of Virk Fertility Services, Jalandhar as well treating the patients in better way.





2



1

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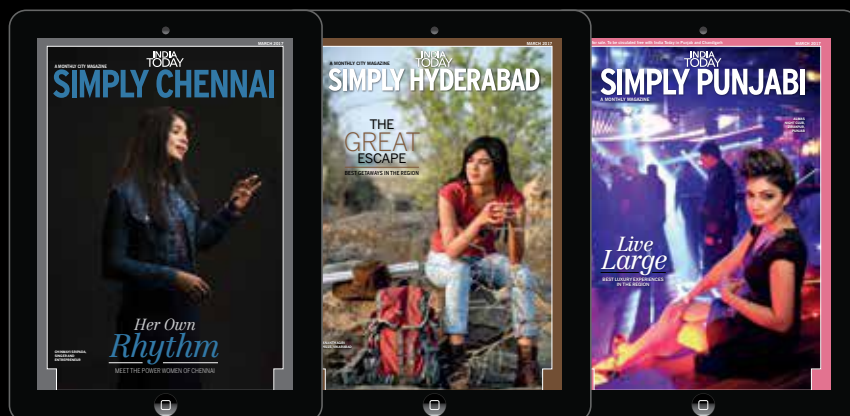


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SINGER AND
ENTREPRENEUR

MEET THE POWER WOMEN OF CHENNAI

Photograph by JAISON G

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Women On Top s-4
Meet the top ten women change-makers from the city.

BUZZ

Into the City s-12
Five things to do this month.

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WOMEN ON TOP

WOMEN NEWSMAKERS FROM THE CITY OPEN UP ABOUT
TACKLING GENDER STEREOTYPES AT WORK

By PRACHI SIBAL

Dipika Pallikal Karthik, 25

SPORTSWOMAN

DIPIKA PALLIKAL KARTHIK IS A SQUASH PLAYER, THE FIRST TO BREAK into the top 10 in PSA Women's ranking. She has won several titles in the international circuit and was the first woman squash player to receive the prestigious Arjuna Award. She, along with Joshna Chinappa brought home the country's first Commonwealth gold medal in the sport.

→ ON GENDER DISCRIMINATION IN SPORTS

From a very young age I had heard of families that wouldn't let their daughters play a sport and encouraged their sons in the field instead.

Fortunately for me, we were pushed to do anything we wanted.

When I made it to the nationals, the pay disparity between men and women struck me. We pay the same fee for our education, put equal amounts of work and train as hard in sport, then why don't we get paid the same?

Sharan Apparao, 54

GALLERIST AND ENTREPRENEUR

A WELL-KNOWN NAME IN THE art scene in the country, Sharan Apparao took her first steps in the industry with a curated exhibition 34 years ago. She owns and runs Apparao Galleries, and was named one of the top women entrepreneurs in India by FICCI. However, she feels that she has a lot left to do. She plans to return to working in the field of arts history and outreach, and building a think-tank of sorts across disciplines.

→ ON WOMEN IN ARTS

I think being a woman in the arts is often an advantage. You can get away with more edgy ideas. Besides, women are more intuitive and that is a huge asset in our field. It has helped me a lot in getting where I wanted to. I did have a first mover advantage in the city, but I can safely say that the industry has lesser gendered problems than the others. The one thing I often notice though is that women are less likely to play corrupt political games in a work environment, something that comes more naturally to men. Women at work are more upfront.



Photograph by JAISON G



Mangai/ V. Padma, 57

THEATRE ARTIST AND ACTIVIST

MANGAI IS AN ACTIVIST, THEATRE PRACTITIONER, academician and a writer who was once part of AIDWA (All India Democratic Women's Association). She founded Chennai Kalai Kuzhu that performed street theatre to raise awareness of several social issues. Her acclaimed book, *Acting Up* is a preliminary mapping of gender and theatre in India.

→ ON CREATING GENDER LABELS

The space I have tried to create is where we (women) can be ourselves. I don't claim to have achieved it yet though. When I was working as an actor, late hours were a major issue. I didn't want people living around me to build stories, so I would ensure every male actor who dropped me home would have a conversation with my husband at the door before he left. The society hasn't changed much even now. Earlier women had no visibility, so we had to create visibility for ourselves. More visibility still doesn't guarantee space or respect. Having arrived here can often make it more complex. I am often seen as someone doing 'theatre for women'. Though I have no problems with labels, but when done for the purpose of seclusion, it is offensive.



Photograph by JAISON G

Shruti Nair Reddy, 33

CEO, ANANTA GROUP OF SPAS

A SOFTWARE PROFESSIONAL WHO JOINED THE family spa business, Ananta Group of Spas, Reddy brought a host of changes to both her chain and the industry at large in the city.

From using organic products to creating an atmosphere that encourages women to come to spas, and all the way to attending customer complaint calls on her own, she has done it all.

→ ON CHALLENGES IN THE WELLNESS INDUSTRY

In the wellness industry, being a woman can actually be a good thing. When customers know that it is a woman running the show, they almost always feel they are in better hands. They are assured

of cleanliness at the centres and are aware that there will be a lot of attention to detail. Since most of our employees are women, it also helps me understand their needs better. They feel more comfortable talking to a woman too. However, until a few years ago it wasn't common for women to get into the business. At conferences I would find myself surrounded by men. And since the spa business didn't evolve initially, we would get all kinds of requests including men asking for female therapists and sexual favours. We tackled this by employing bouncers at each of our centres and providing accommodation to our staff so that they are safe even after work hours.

Photograph by JAISON G




Sarada Menon, 93

FOUNDER, SCARF INDIA

ONE OF INDIA'S FIRST WOMAN PSYCHIATRISTS, Sarada Menon was the first woman superintendent of Government Mental Hospital, Kilpauk. She brought many positive changes to the hospital at a time when treatment of mental illness was associated with large social stigma and the treatment was primitive. She founded the Schizophrenia Research Foundation (Scarf) in 1984, and was awarded the Padma Bhushan in 1992.

→ ON LIVING ON YOUR OWN TERMS

My family didn't want me to become a doctor. My father suggested that I take up a degree in Zoology. But, when I went to the Women's Christian College (WCC), I asked them if I could study Physics. Everybody suggested I get married like other girls my age. Even my professor suggested I take up a specialisation in cardiology and not psychiatry.

A portrait of Chinmayi Sripada, a woman with long dark hair, wearing a blue denim jacket over a patterned top. She is looking directly at the camera with a slight smile.

Chinmayi Sripada, 32

SINGER

CITY-BASED PLAYBACK SINGER, Chinmayi Sripada has delivered hit songs for Tamil and Hindi films such as *Kannathil Muthamittal* and *Chennai Express*. She started her own translation and language services firm, Blue Elephant in 2005, and has received an award from the SAARC Chamber for Women Entrepreneurship for Excellence in a niche industry. She was also recently selected for the Fortune/U.S. State Department Global Women's Mentoring Partnership Program.

→ ON PAY GAP

When I went for the Fortune/U.S. State Department Global Women's Mentoring Partnership Program, people said it wasn't just a glass ceiling but a brick wall that women in India were dealing with. The biggest issue is the pay gap. Though it exists in other industries too, it is quite glaring in the entertainment sector. Even the highest paid woman actor is paid less in comparison to her male counterpart. Sometimes I want to ask them, if they aren't willing to pay equally, why don't they work with an all-male cast?

→ ON ONLINE TROLLS

As someone who wears her heart on her sleeve and comments on issues that matter, I often get trolled and poked fun at. Even at the workspace I get asked why I need to comment. While some of it does come out of concern for my safety, most of it doesn't. Having said that, I feel social media has become a great leveller in our times. It lets people reach out to celebrities, the halos are shed and men get trolled as much as women.



Photograph by JAISON G

Veena Kumaravel

CO-FOUNDER, NATURALS SALON AND SPA

STARTED IN 2000, NATURALS SALON AND SPA WAS A ONE-OF-ITS-KIND chain in the city. Veena Kumaravel, Co-founder, brought in several innovative services like 'dial a beautician' and doorstep make-up vans to the salon. She also organised the training structure for staff that has resulted in the chain having trained over 5,000 women in beauty services.

→ ON EXCELLING IN THE BEAUTY INDUSTRY

It is natural for women to be pioneers in the beauty industry. In fact, it was always seen as a small business. It is only now that a lot of men have entered the industry. Initially I had trouble getting a loan for a first-time business, I still don't know if it was me (a woman) or my business they looked down upon. Besides the initial hiccups, I think I am in a position of great advantage being a woman in my field. I connect with the staff, help train them and hospitality comes naturally to me.



Nimmu Vasanth, 60

ACTIVIST

ONCE A FIRST GENERATION SOFTWARE professional, Nimmu Vasanth had never planned on being an activist until a school for slum children in her neighbourhood was threatened with demolition. Since then, Vasanth has worked tirelessly for 22 years to save and rebuild this informal school against the forces of bureaucracy, politics and nature. She founded FICAS (Foundation for Innovative CASE work On Education, Economy & Environment), that focuses on education reforms

for underprivileged students and is currently working towards bringing the school back on its feet after immense damage during the cyclone.

→ ON TURNING THE TIDES IN YOUR FAVOUR

In my initial days, people would always be cynical of my actions. In trying to save the school I have been subject to the ire of everybody, from the Slum Board, corporates, political parties, local goons and most recently the cyclone.

Photograph by JAISON G



Madhu Saran, 38

BUSINESSWOMAN

A SERIAL BUSINESS WOMAN, MADHU SARAN OWNS STC Technologies, a software testing firm and ABC Clinic, a chain of cosmetic clinics with centres in Chennai and outside. She was chosen as the Women Entrepreneurship Day Global Ambassador of India by Wendy Diamond, the founder of Women's Entrepreneurship Day at a function at the United Nations Headquarters. She now also runs an NGO, River, to support women entrepreneurs and sees herself in the women's wing of a political party in the future.

→ ON TAKING SMALL FIRST STEPS IN BUSINESS

When I started out, literally every boardroom was full of men and all of them much older. I was conscious of what I wore. No bank was ready to give a first-time woman entrepreneur like me a loan. I had nearly given up back then. Most men I met were competitive and would discourage me. Now, the same men congratulate me on my success and take pride in being friends with me.



Padmini Chettur, 46

DANCER

PADMINI CHETTUR IS AN ACCLAIMED CONTEMPORARY dancer who has built her own dynamic in the art form. She runs the Padmini Chettur Dance Company which recently performed *Varnam* at the Kochi Muziris Biennale, sharing the stage with sculptors and painters. She is also part of Basement 21, an artists' collective that offers a platform for discourse and for newer work being brought into the city.

→ ON LOVING THE FEMALE BODY

I am very conscious of the representation of the female body, of not lending the body to seduction. I have constantly tried to reinvent the

heroine in Bharatanatyam. I don't want to fall into clichéd representations and yet my work is strongly female centred. In today's society, women are finding their own ideas of beauty and what they are comfortable with despite being surrounded by debates on promiscuity. The female body can be strong without being shy and attractive without being seductive. While representations are something I have been conscious of, I am not too worried about people's reactions to me as a woman breaking boundaries. I have often heard the word intellectual being associated with my work in the negative sense.

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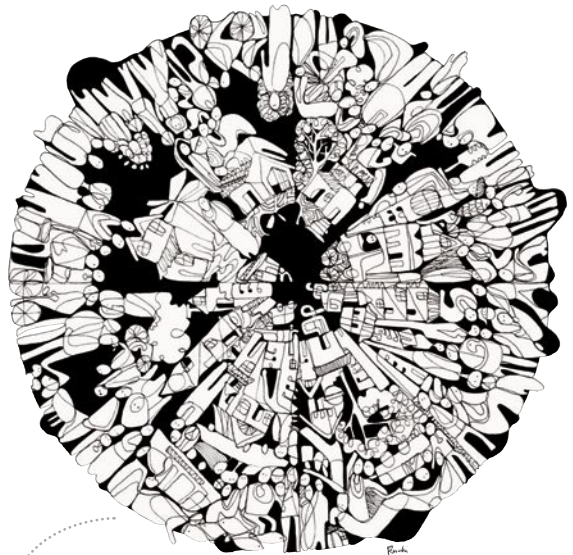
IN HIGH SPIRITS

Till March 20

Here's a unique cocktail festival that introduces you to the sparkly world of Bellini. A favourite among many, including author Ernest Hemingway, this traditional sparkling white wine and peach cocktail will see many interpretations here with ingredients like mango and strawberry to delight you.

AT Chipstead, 37, Mahatma Gandhi Road, Taj Coromandel, Nungambakkam

TEL 66002827



ACCESSIBLE ART

March 12

Makery, a new kind of affordable art show will display prints by fresh new artists and illustrators in town. The works of three artists Srividya Sriram, Shruthi Venkatesh and Ruchi Shah will be displayed in an anti-gallery with prints suspended from clothes lines and other unconventional displays.

AT Backyard, 53/23, 3rd Main Road, Gandhi Nagar, Adyar

PRICE Rs 500 onwards

TIME 11.30 a.m. to 7.30 p.m.

CELEBRATE THEATRE

March 25 and 26

Theatre Nisha, a popular theatre group in the city will be organising *The Play is a Thing*, an intense two-day theatre workshop to mark the World Theatre Day this year. Meant for all age groups, the workshop will initiate you to the craft over two days and culminate in a performance.

AT Studio 36, No 8, Thiruveedien Street, Gopalapuram
TEL 9840098396 **PRICE** Rs 3,000

The lively interiors of Backyard, Chennai's first anti-café

rainstorm



Expressions in the Backyard

The first thing you will notice when you enter this otherwise nondescript Adyar bungalow called Backyard (literally located in one) is that it is a space which is modern yet informal at the same time, and seems to have a lot going on at any point in time. There's somebody working on a laptop with tumblers of filter coffee for company, there's a bunch of friends giggling away over gossip and there are those, deep in thought, sitting in a quiet corner. Backyard is Chennai's first anti-café—an innovative space where you pay for the time spent in the café rather than on a specific dish or beverage.

Essentially, Backyard is a co-working café and event space with numerous possibilities. The ground floor with seating options of all kinds (low chairs, high chairs, floor seating), is the café space and is bustling with energy just a few weeks into its opening. The first floor is for events, both in-house and others and can be used as a rehearsal space for theatre and music. We can see the outside seating turning into a meeting space for artistes on this side of the town. There's a drafting table, tracing table and board games, so you can mix work and play.

Started by young architecture graduates Akshaya

Chittybabu, 22 and Nithya Fernandez, 23, Backyard is a culmination of sorts of their college thesis that deals in collaborative spaces. You pay for the time spent here, and the coffee/tea (unlimited) and WiFi are included in the cost. There's also a small food menu that changes every day and is catered by home chefs. The prices are rather low and a meal would only set you back by as little as Rs 100. "Since we are charging people for the time spent here, the food had to be pocket friendly, we thought," says Chittybabu.

Spend some time exploring the space and you'll find interesting things in every corner—from a wall that lets you doodle endlessly on tracing paper or blind date books that have a series of clues on them. This may not be a conventional co-working space that allows you the luxury of peace and quiet to work solo but might be perfect to get those creative juices flowing when you are trying to crack a pitch.

AT 53/23, 3rd Main Road, Gandhi Nagar, Adyar

TEL 07358458117

PRICE Rs 100 for an hour and goes up to Rs 500 for 12 hours

TIME 10 a.m. to 10 p.m.

★ By Prachi Sibal



FOOD REVIEW / DHABA BY CLARIDGES

For colourful, highway-inspired meals

With Dhaba by Claridges, the city now gets a glimpse into the quintessential highway food of Northern India. The focus here remains on Punjabi cuisine. The décor is quirky and colourful with highway motifs and everyday objects used to create the dhaba ambience. Plus there's Bollywood music to add to the ambience.

Choose from roasted, grilled and stewed options from the Tawa, Tandoori and Patila sections that the entire menu is divided into. We began our meal with a signature mocktail, Ganne Ka Sa Ras, which is a mock sugarcane juice created using ginger, lemon and other ingredients and tastes surprisingly like the original.

There is a lot to choose from for starters and we highly recommend the Dhaba Murgh Roast, marinated in hung curd and roasted to a crisp with freshly ground spices. It is flavourful without being overbearing on the palette. The main course too has regular classics with a twist and some trademark street food options. Try the Chitta Butter Chicken, a take on the classic but with creamy white gravy. The preparation is high on flavour with whole spices, butter and tender boneless chicken. It pairs well with the Dhabe Di Roti,



(Clockwise from top) The quirky, cheerful interiors of Dhabha by Claridges; Matka Kulfi

a traditional tandoori roti with dough leavened overnight that gives it a slight tang. For dessert we picked the Rabri and Matka Kulfi, but preferred the creamy kulfi sprinkled generously with dry fruits.

MEAL FOR TWO Rs 2,000

AT Dhaba by Claridges, Ispahani Centre, Nugambakkam High Road **TEL** 33011771

★ By Prachi Sibal



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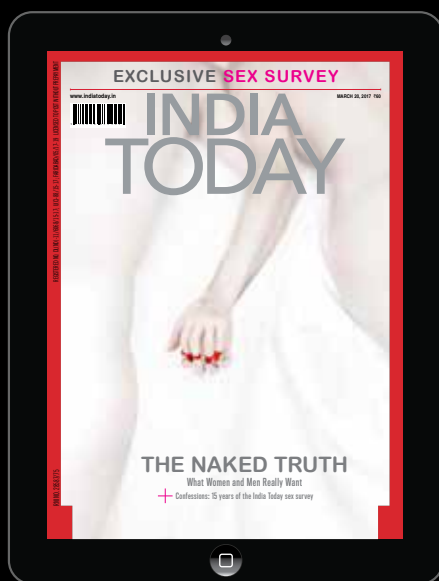
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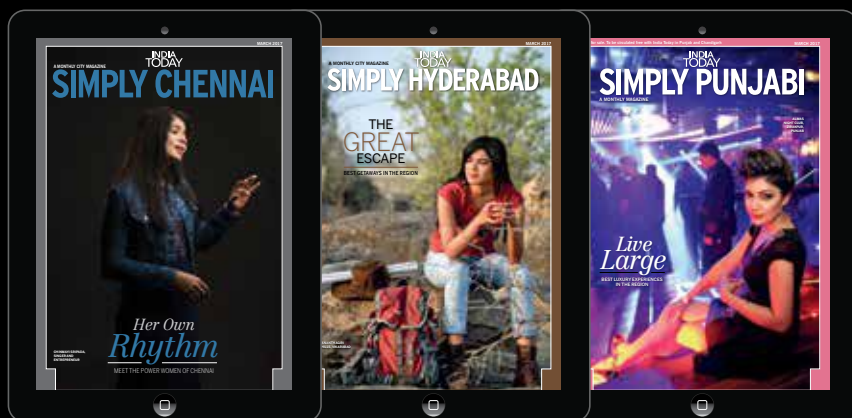


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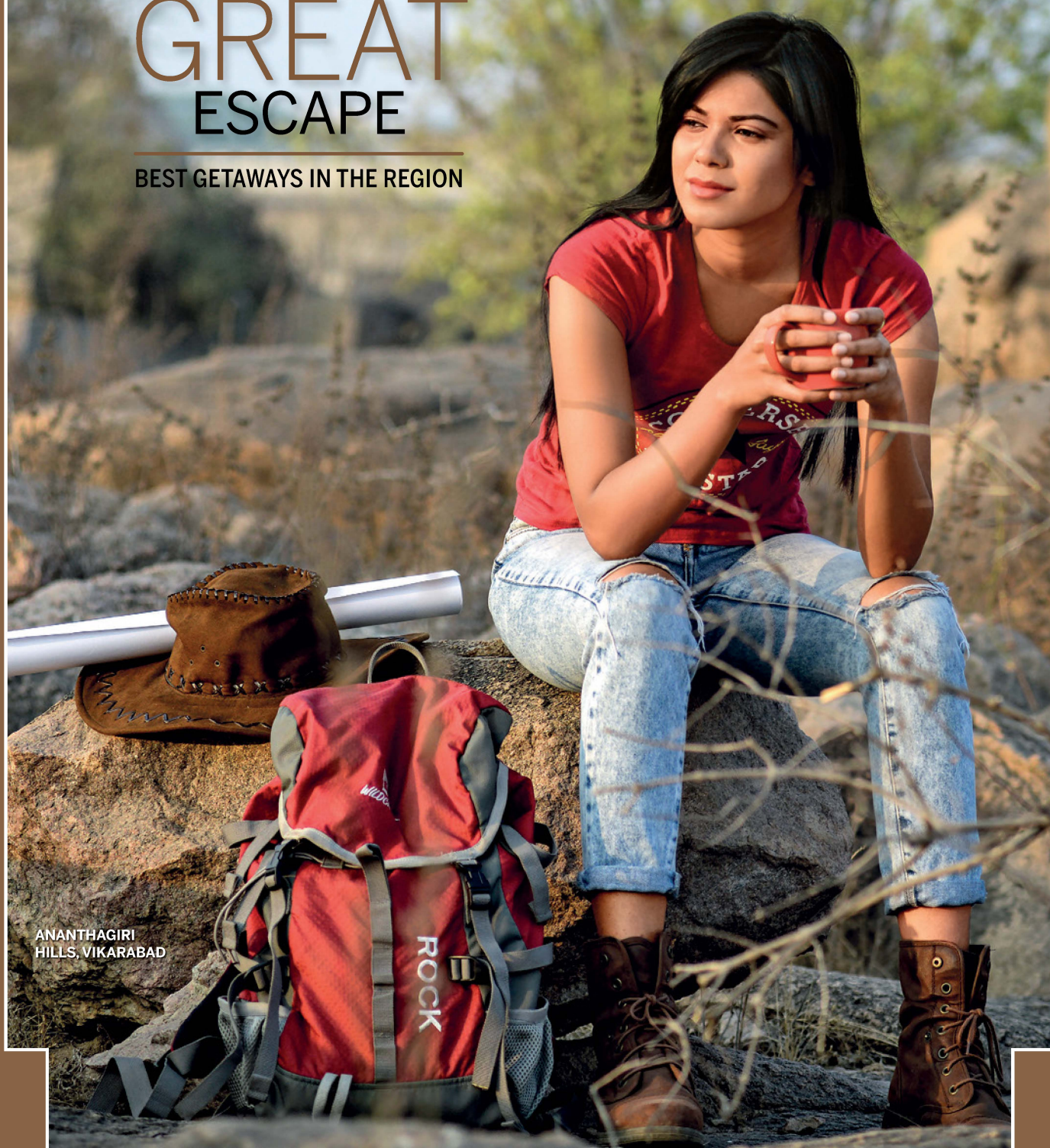
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TODAY

SIMPLY HYDERABAD

THE GREAT ESCAPE

BEST GETAWAYS IN THE REGION

ANANTHAGIRI
HILLS, VIKARABAD



COVER STORY**The Getaway Guide s-4**

SIMPLY HYDERABAD curates a list of exciting destinations to visit this season.



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OUR PICK of the month

It's A Woman's World Till March 15

Five women artists from the city have come together to showcase their art inspired from places that are perceived as typically men's spaces. Titled 'Her Body, Her Space, Her City', the show features art installations drawn from a mechanic's workshop, an Irani cafe and other such places that women do not frequent. At Iconart Art Gallery, Road No 12, Banjara Hills
Details iconart.in



Want to tell us about an event? A new store? A restaurant? People doing interesting things? Anything newsworthy? Please email us at: simplyhyderabad@intoday.com

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THE GETAWAY GUIDE

Horsley Hills,
close to the
Karnataka border



SIMPLY HYDERABAD CURATES
A LIST OF EXCITING
DESTINATIONS TO VISIT
THIS SEASON

By **MONA RAMAVAT**

FROM ANCIENT architectural wonders to rock ruins, there's much to look forward to in the states of Telangana and Andhra Pradesh. Take a pick from our list of must-see sites and lesser-known getaway options around town for a quick weekend retreat or a relaxed holiday.

■ NATURE ■ HORSLEY HILLS

A beautiful hill station resort located close to the Karnataka border, Horsley Hills is a perfect summer escape with calm waters and numerous picturesque cliffs. Watching the sun rise on a misty morning with your loved one can surely stir up the romance, specially with bird calls forming a hypnotic background score. Besides a few options for small treks, this place is apt for a relaxed holiday after a bustling week.

DISTANCE 27 km from Madanpalle

DETAILS goroadtrip.com

KONASEEMA

Nestled in the Godavari delta of Andhra, Konaseema is the perfect getaway for camping along the river bed with friends and family. The lush paddy fields and palm trees only add to the rustic appeal of this beautiful nature getaway. The local cuisine of Konaseema features country-style seafood preparations besides a unique delicacy made with plantain flowers.

DISTANCE 360 km from Hyderabad

DETAILS konaseematourism.com/konaseemasompalliresort.php



Araku Valley, home to 19 aboriginal tribes

ARAKU VALLEY

It's called the Switzerland of the south and for good reason—the Araku Valley is a green oasis with picture-perfect locales all around. Take a train up to Araku, with the thick forests on either side offering stunning views. The train passes through 46 tunnels winding through the ghats and also touches Asia's highest railhead at Shimliguda on the way. Mingling with the nature here is the culture of 19 aboriginal tribes that Araku is home to.

DISTANCE 85 km from Vishakapatnam

DETAILS makemytrip.com

SURYALANKA BEACH

If you are more of a beach person than a hill-lover, head to Suryalanka Beach for a weekend of unwinding under the sun. Stay at a beach front cottage and enjoy an early morning walk on the golden sands as you see the sunrise in relative quiet. Lunch at the beach is a treat of dried and fresh fish or crab delicacies.

DISTANCE 8 km from Bapatla

DETAILS harithahotel.com/Suryalanka-Beach/

NELAPATTU BIRD SANCTUARY

Known for its large population of Pelicans, the Nelapattu Bird Sanctuary is a birder's paradise with a host of migratory birds coming in from as far as Antarctica. Besides Grey Pelicans, the sanctuary is home to bird species such as the Night Heron, Openbill Stork, Little Cormorant and Pintail, apart from several others.

DISTANCE 50 km from Nelapattu

DETAILS gotirupati.com/nelapattu-bird-sanctuary/

■ FAMILY ■

LAKNAVARAM HARITHA LAKE VIEW RESORT

There are holiday cottages and then there are holiday cottages in the middle of a lake and that too a mere four-hour drive from Hyderabad. The

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greenery and hillocks surrounding the lake offer a gorgeous ambience to unwind in, while a walk on the suspension bridge that connects three islands is another interesting feature close to the resort.

DISTANCE 220 km from Hyderabad

DETAILS harithahotel.com/Laknavaram-Lake/

CYKA FARM STAY

Bamboo huts, a natural check dam and organic fruit trees make Cyka Farm Stay a fun weekend getaway for the entire family, and the best part is that it's not too far from the city. It's also a birder's haven, with more than a dozen variety of birds and a few rare species for you to spot. "Kingfishers are common here and we often see them catching fish from the check dam," says Smiti Saxena, partner at Cyka Farm Stay.

DISTANCE 120 km from Hyderabad

DETAILS cykafarmstay.blogspot.in

ADVENTURE ANANTHAGIRI HILLS

Ananthagiri Hills is a photographer's delight, with refreshing greenery that instantly makes you slip into relaxation mode after a long week. The hills offer easy to moderate trekking options, and the jungle trail here is perfect for an early evening walk amidst nature while there's still some sun. Not too far from the Ananthagiri temple is the Nagasamduram lake where you could go kayaking with friends. The pleasant drive from Hyderabad is definitely a plus.

DISTANCE 90 km from Hyderabad

DETAILS tripadvisor.in

TYDA

A tiny hamlet falling along the way to Araku Valley near Vishakhapatnam, Tyda is where you can have the

Cyka Farm Stay

Photograph by KRISHNENDU HALDER





Stay amidst the wilderness in Tyda

most besotting views of the Eastern Ghats. Stay at a log hut at the Jungle Bells Nature Camp located amidst the wilderness for a weekend of adventure that includes rock climbing and target shooting. The locals will also help you identify bird calls of a whole variety of flighty friends that frequent the area.

DISTANCE 72 km from Vishakhapatnam

DETAILS jungle-bells-nature-camp-arku-valley-andhra-pradesh.hotelsgds.com/

MEREDUMILLI

With rich foliage and numerous streams and waterfalls around, the forest area of Meredumilli is a green haven for nature-lovers. It gradually gets darker as you drive into the jungle for the canopy is so dense at places that it doesn't allow sunlight to penetrate through. The quiet is broken only by insect sounds and you might just spot a panther or even a tiger here, some say. The Jungle Star Nature Camp in the neighbourhood is perfect for camping out, while the Jaltarangini waterfalls is where you can take a refreshing break after a trek.

DISTANCE 60 km from Rajahmundry

TEL The Jungle Star Nature Camp 08864244996

PAKHAL LAKE

If you would like to take your interest in star gazing a tad further than simply looking through a telescope to actually photographing the milkyway galactic centre, head to Pakhal Lake where the clear skies offer many a spectacular scene. At the photo walk conducted by the Hyderabad Adventure and Trekkers club, you will learn long exposure techniques and night photography hacks for capturing the stars. Come morning and you might see deer or a monitor lizard at the Pakhal wildlife sanctuary. The photo walk is also conducted at Koil Sagar Dam at Mahbubnagar.

DISTANCE 250 km from Hyderabad

DETAILS meetup.com/hatsclub/

■ SIGHT SEEING ■ THOUSAND PILLAR TEMPLE

Among one of the most unique temples in India, the Rudreshwar Swamy Temple, also known as the Thousand Pillar Temple for its ornate thousand pillars



is an architectural wonder on the Warangal highway. The temple itself is built in the shape of a star and the pillars are placed in such a way that your view of the shrine is never blocked. Look closely and you will see intricate carvings depicting the finesse of the Kakatiya architecture from eight centuries ago.

DISTANCE 150 km from Hyderabad

DETAILS warangaltourism.in

KONDAPALLI FORT

Dating back to the 14th century, the magnificent Kondapalli Fort is said to have been built out of a single rock. Step in and the aura of a glorious past is visible everywhere, especially the Tanisha Mahal which is a palace nestled on a crest between two hills. Besides the fort, the other big draw to this little town is its famous tradition of wooden toy making. Crafted out from a special lightweight wood, Kondapalli toys are brightly painted figurines of gods and goddesses, village life and mythology. Several generations of artisans have been involved in this craft over the last four centuries. Old-timers say that the *naqash* or

woodcarvers from Rajasthan travelled to Kondapalli during the reign of emperor Krishnadeva Raya and taught the craft to the villagers.

DISTANCE 300 km from Hyderabad

DETAILS holidify.com

SRI MALLIKARJUNA SWAMY TEMPLE

Sri Mallikarjuna Swamy Temple at Srisailem is called the 'Kailash of the south', what with the shrine of Shiva situated on a flat top of the Nallamalai Hills. While the temple is the most visited destination of Srisailem, do take time off to visit the Srisailem Tiger Reserve and the ancient Akkamahadevi caves—just a boat-ride away on the Krishna river.

DISTANCE 220 km from Hyderabad

DETAILS tripadvisor.in

UNDAVALLI CAVES

An exquisite example of monolithic rock architecture,



Oravakallu Rock Garden (left) and Undavalli Caves (top right)

the Undavalli Caves are said to have been discovered in the fifth century. The largest is more than 40 feet high and boasts of a huge statue of lord Vishnu in the famous reclining posture. The caves are also replete with Jain and Buddhist artworks. Not too far from here is the Uppalapadu Bird Sanctuary that is home to more than 40 species of migratory birds from Siberia, including Pelicans and White Ibis.

DISTANCE 6 km from Vijaywada

DETAILS guntur.nic.in/undavalli_caves.html

ORAVAKALLU ROCK GARDEN

A splendid example of nature at its rugged best, the Oravakallu Rock Garden features silica and quartz formations that are said to be millions of years old. The views from the top of the rock garden are every bit worth the hike through the peaks and dips to reach it. This Indian version of the Grand Canyon will be even more special for fans of Baahubali, since some of those spectacular scenes from the film were shot here.

DISTANCE 25 km from Kurnool

DETAILS goibibo.com

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Sd/-
Manoj Sharma
Signature of publisher
Dt: 01.03.17



Sashi Vangapalli
with Sushmita Sen at
LIFW 2017

Feminine Fusion

SIMPLY HYDERABAD TALKS TO SELF-TAUGHT FASHION DESIGNER SASHI VANGAPALLI, 29, WHOSE DEBUT AT THE LAKME INDIA FASHION WEEK SUMMER RESORT 2017 WON HER AN INVITE TO SHOWCASE HER COLLECTION AT THE PARIS FASHION WEEK 2017.

Q. Tell us more about the line you showcased at LIFW 2017

My collection focused on fusion wear with motifs inspired from the intricate Bidri art. Some of my ensembles were elaborate with surprise pairings such as jumpsuits with capes and asymmetrical tops with pants.

Q. Sushmita Sen walked the ramp for you as the showstopper. What did she think of your creations?

She said that the outfit she wore was so beautiful and feminine that she felt like she was floating in it. We had a good time bonding over Hyderabad since it's her birth place as well as mine.

'I want to make women feel good about themselves regardless of their skin colour.'

Q. What prompted you to give up your career as a software professional and take up fashion design?

I wanted to create an identity of my own. Since I am dark skinned, I have had to face several rejections from potential grooms.

I wanted to show the world that beauty is not just skin deep.

I took up fashion designing four years ago. The transition from a set lucrative corporate career wasn't easy, but I chose to take the plunge.

What matters more than mere looks is confidence, and I design clothes to make women feel good about themselves regardless of their body type or skin colour.

Q. What kind of clothes do you like designing the most?

I enjoy working with bridal wear. The general perception of Hyderabad-based designers is that we mostly make lehengas and traditional saris for weddings. I want to change that and innovate with wedding wear to include fusion elements with international silhouettes.

Q. How has style evolved in Hyderabad over the last few years?

I think people in Hyderabad have become bolder and are more open to experimenting. These days, women are opting for a range of unconventional cuts and layered silhouettes for weddings as well as for other occasions.

■ By Mona Ramavat

Where fashion gets personal



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7

THINGS TO LOOK FORWARD TO



1 SMALL WONDERS

April 1

Nature enthusiast Shilpa Chauhan will help you create a miniature garden in a pot, using pebbles, shells and other accessories, besides your favourite little plant, in this day-long workshop, which is open to people of all ages.

AT Lamakaan, Road No 4, Banjara Hills; **miniature-haven.com**

2

Haute Chic

Gararas, lehengas, anarkalis and saris in shades of white, embellished with a rich repertoire of embroidery and weaves make up the collection, Muslin that designer Gaurang Shah recently showcased at Lakme India Fashion Week Spring/ Summer 2017. Intricate traditional weaves come together with smart silhouettes in his creations that are nothing short of artworks.

AT Gaurang, Road No 1, Jubilee Hills; **gaurang.co**



3

BRUSH AFFAIR

Till April 5

Self-taught artist Seema Kohli's exhibition titled 'Golden Womb-Dawn of Time' is an eclectic collection of her art in various media. Kohli's paintings, sculptures and installation art are fine examples of imagery from nature and divinity.

AT Kalakriti Art Gallery, Road No 10, Banjara Hills

TEL 66564466



4

Bengali Delights

March 17 to 26

Treat yourself to a delectable spread of Bengali dishes at Firdaus, with the menu featuring a host of delights from the customary fish preparations to contemporary reinterpretations of classic recipes.

AT Taj Krishna, Road No 1, Banjara Hills.



5

THREADING THROUGH

Till March 20

Find yourself admiring rare tribal carpets from Persia, Baluchistan and Kurdish enclaves dating back to the 19th century at the show, Woven Memories. These exquisite pieces are drawn from the collections of antique carpet collectors Anil Menon and Danny Mehra.

AT Shrishti Art Gallery, Road No 15, Jubilee Hills.

TEL 23540023





6 COMIC RELIEF

March 24

Theatre group Sutradhar's latest production, *Kanjoos Makkhi Choos*, promises to be a laugh riot with the story revolving around a miserly Hyderabad sexagenarian, whose sole life purpose is to marry a young beautiful girl. As his wedding day approaches though, there's a lot that happens along the way. Replete with fun twists you wouldn't want to miss, this Hyderabad adaptation of French playwright Moliere's famous play, *The Miser* is a definite must-watch.

AT Lamakaan, Road No 4, Banjara Hills;
sutradharactors.com

7

Tech Tonic

The recently-launched Sly Tech Bar was meant to be a technology startup, but when that idea went bust, the owners decided to start a lounge instead in the same premises. There are post-it notes on a wall that you can scribble on and graffiti too that goes well with the funky décor. The peppy colours seen everywhere—from the tables to the wall art and fun lighting are certainly mood lifting. The drinks menu features cocktails with interesting names such as Boss's Nightmare made with vodka and lime juice, and Moscow Lassi, a lassi laced with vodka. Pair these with Indian street food like Trainee's Kolkata Jhal Moori and Mexico Papdi Project—sev puri served with salsa. Or treat yourself to tasteful Tibetan momos or a surprise like Biryani balls, which are biryani patties deep fried. The helpings are generous and the variety on the menu—designed like a techie's idea journal—will leave you spoilt for choice.

AT Sly Tech Bar, Western Pearl Building, Kondapur
TEL 33194183

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