


SAVVY

A full-page photograph of Sunny Leone sitting on a dark wooden chair with a newspaper on it. She is wearing a gold sequined one-shoulder top and white shorts, looking over her shoulder at the camera.

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**“THEY TOLD ME
ACTORS DON’T LIKE
WORKING WITH ME
AS THEIR WIVES
DON’T LIKE ME...
BUT MY FILM WITH
SHAH RUKH KHAN
IS A SLAP ON
THEIR FACES!”
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LEONE
FIGHTS BACK**

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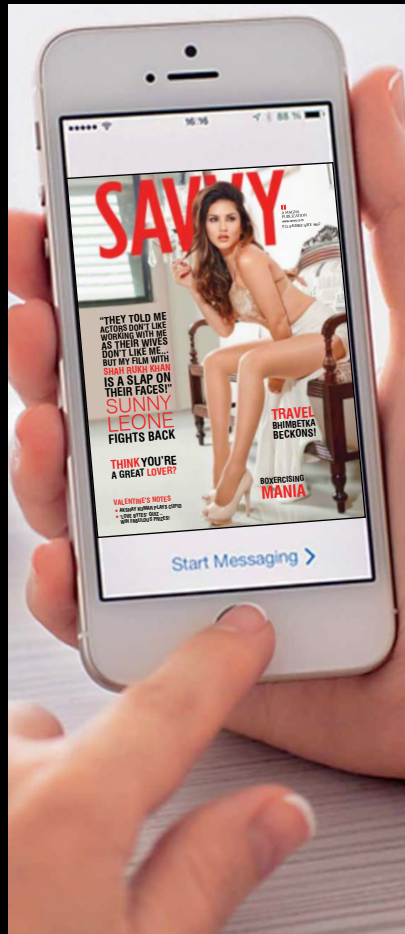
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2017 has taken off to a fab start for actress Sunny Leone! Dancing to the legendary chartbuster 'Laila Main Laila' in the film 'Raees', she captured eyeballs, wolf whistles and hearts with her sensuous moves and super glam look. But the actual icing on Sunny's New Year cake was sharing screen space with the 'Badshah of Bollywood' Shah Rukh Khan. In her **I Believe**, Sunny reveals just how important SRK's show of support has been for her. She goes on to speak openly about the hurt her adult film choices caused her parents, her rock solid marriage with Daniel Weber and much more... This 'Bollywood Bombshell' sure knows how to tempt and tug at your heartstrings all at once!

Tugging at your heartstrings by laying bare his tumultuous life in **Focus Savvy** is Sujoy Prosad Chatterjee (actor of India's first queer play). From shocking abuse, betrayal and grief, his tale moves to self-worth and strength. Sujoy's story will inspire many in similar situations to pick themselves up and turnaround their lives... 'SAVVY' salutes his feisty spirit!

Personifying a truly feisty spirit is Joanita Figueiredo of Mettaa Foot Spa in Bandra, Mumbai. Training visually challenged people in the art of foot massages and offering them gainful employment at her spa is this doughty lady's calling. **Leading Light** traces Joanita's passion to encourage and empower them despite her personal challenges... This lady's mind and heart certainly beat in tandem...

'Heart-Sparkling' best describes our Valentine's Day bonanza! From superstar Akshay Kumar playing Cupid to actress Asin and corporate magnate Rahul Sharma, to Parveen Dusanj and Kabir Bedi sharing intimate date secrets, to a spread of pleasing-to-the-senses dishes and a riotous 'Love Bytes' quiz contest that promises you superlative prizes, 'SAVVY' aims to bring you more than your fair share of V-Day fun! Cuddle up with your love interest and let the games begin...

Stay loved-up. Stay blessed.

"Let there be spaces in your togetherness and let the winds of the heavens dance between you. Love one another but make not a bond of love; let it rather be a moving sea between the shores of your souls."

— *Khalil Gibran, writer*

✉ andrea@magnamags.com



THANKS PAK! 🇵🇰

I salute Pakistan for its unusual and kind act of returning our soldier, Chandu Babulal Chavan, in a 'goodwill gesture'. Chavan had crossed the LOC in September '16 inadvertently. A gesture like this can cover more miles towards peace than years of diplomatic talks and treaties!

Srividya Pandey, Mathura

INSPIRING! 🌟

An unsung Mumbaikar, Afroz Shah, was recently bestowed with the highest UN environment award called the 'Champions

of the Earth Award'. For the last two years, Afroz has been personally organizing weekend clean up drives on Mumbai's Verova beach; and has collected 36,000 kgs of plastic waste. A big salute to him for making a real tangible change on earth!

Neha Jain, Mumbai

WOMEN'S MARCH 🌟

On January 21, 2017, millions of women across the globe – from Africa, Asia and America – participated in the 'Women's March' for equal rights for women. They asked for recognition for unpaid house work to be recognized as 'work' and voiced their dissent against sex without consent amongst other things. It's about time women really laid down some rules for themselves! Way to go!

Ramya Sinha, Bangalore

ADMIRABLE!

I'm an ardent fan of Pooja Bedi for her simplicity and frankness. The 'I Believe' featuring her ('SAVVY',

November 2016) was simply amazing. I felt sad to know of the ups and downs she had to face in spite of being born to celebrities. Failures help one walk the path to success! Hats off to this inspiring woman.

Priya Rajseshan, Dubai

IRON LADY

Irom Chanu Sharmila deserves a pat on the back for her grit, gumption and determination over the last 16 years ('Spotlight SAVVY', 'SAVVY', December 2016). Thankfully, she has ended her fast and if she becomes successful as a politician, she will be able to make a lot of difference to Manipur. It is up to the people of the state to fuel her political ambitions. Let us wish the strong lady all the best.

Srinath HR, Bangalore

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SUNNY BYTES



SUNNY LEONE

“It was very nice working with her. She fitted very well into our scheme of things. We shot for four days and I found Sunny to be very charming.”

Shah Rukh Khan, actor

“It was wonderful working with Sunny Leone. She’s a hard-working, talented actress and a very affable and friendly person. She’s fun to talk to, kind and lovely. It was really fabulous to work with her and am looking forward to working with her in the future.”

Arbaaz Khan, actor-producer




“The best thing about Sunny is her heart of gold. She is the kindest, heartiest person I have ever met. I believe this is why she has had an amazing journey in life. There is nothing I would like to change about her, except maybe the Punjabi stubbornness especially when



she wants to convince me of something. I can’t imagine a day without Sunny.”

Daniel Weber, Sunny’s husband

A full-page photograph of Sunny Leone. She is sitting on a white, tufted leather chair. She is wearing a black, strapless, form-fitting dress with a long, sheer, gold-sequined train that cascades down the side of the chair. She has long, wavy brown hair and is looking over her shoulder towards the camera. She is wearing gold high-heeled sandals. The background is a plain, light-colored wall.

I BELIEVE I AM A
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BECAUSE...
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BEING FIRM AND
DIGNIFIED!"

– SUNNY LEONE

Interviewed by
Sumita Chakraborty

Photograph Courtesy: *Mandate*

Sexy, sensuous, siren, 'Baby Doll'... I've been called all this... some nice, others not so complimentary. But I'd say that I'm hard-working, dedicated and a happy person! I guess my sunny nature comes from the fact that I am 'Sunny' Leone. Ha, ha! But yes, I'm also a typical Indian Punjabi girl who wants to get her way at all times. More so I'm a Taurean, so the bull in me shows itself very often. Of course, I don't win 'my way or the highway' all the time. But I do try turning things 'round.

My journey through the glitzy streets of the glamour world has been a little bumpy. Yes, I've had my share of controversies but I've faced them with my chin up. I believe the greatest way for me to express myself and to fight for my rights, especially the right to do whatever I want to do, is to show it in my work. I like making people shut up through my actions and not by being vociferous or loud... I believe my success is a slap to the nasty, mean people who have tried to pull me down.



With Shah Rukh Khan in 'Laila Main Laila' in 'Raees'

I was known as this stinky girl and everybody in school would be wrinkling up their noses because I smelt like *aloo ka paratha*.

CHILDHOOD MOMENTS

I was born in Sarnia, Canada, and lived there for 20 years. My parents who were Sikhs, did a wonderful job in balancing our Indian culture, heritage and religion while accommodating western influences in the upbringing of my brother and me. However, while growing up, things were a little complicated. Being Indians, we stood out in a predominantly white area like a sore thumb. For instance, every Sunday, we would go to the gurudwara and from there, we'd troop to the grocery store all dressed up in traditional Indian clothes. It was so embarrassing as everybody would be staring at us.

Or I'd open up my lunch *dabba* and there would be *aloo ka paratha* or some Indian food. So I was known as this stinky girl and everybody in school would be wrinkling up their noses because I smelt like *aloo ka paratha*. I would fight with my mother every morning before going to school, telling her not to give me Indian food! I'd tell her dramatically, 'I can't smell of *aloo ka gobi* at school'. Now, of course, I feel I was being overly theatrical. But you know how it is when you're nine or 10, slight criticism and you feel like the entire world is up in arms against you!

As a child, I studied in a Catholic school which was predominantly white. There was just one Puerto Rican, an Afro American and us – two Indian kids. I don't think there was any racism, at least not to my face, but perhaps my brother might have faced some - because he was a boy and a lot darker than me.

But my parents did a very good job assimilating us into the western culture. We followed both the Indian



I don't regret any of my decisions – not as far as my choices or my business goes.



At a calendar launch

and Canadian way of life. For instance, we ate Indian food on Sundays and Thursdays - rice, *dal* and Indian curries. Or we went to the gurudwara and ate food. And on Fridays and Saturdays, we ate pasta, burgers and Chinese food. It was rather balanced and I don't remember ever complaining to my parents about being different from the other kids.

My parents also encouraged us to get into a lot of activities like sports so that we made friends. As a child, I was a complete tomboy. I remember playing street hockey with the boys and would come home all messy.

I was a 'C' grade student. I wasn't really smart or the most popular kid in school. I remember there were these groups of girls in school who were really smart, hip and who always smelt amazing of 'Bath & Body Works', and I always wished I could be like them.

But I guess whatever I went through as a child – not being cool, not having luxe things in life, being called stinky – probably made me stronger today. In life, I have learnt that you make your own destiny. And if you work hard enough, you are sure to achieve things. And I did just that!

BECOMING AN ADULT FILM ACTOR

Anyway, after school, I went to college – I wanted to be a paediatric nurse. And then I moved to this different business. Yes, working in the adult film industry was my choice. No, I don't regret any of my decisions – not as far as my choices or my business goes. Everything is a stepping stone to something bigger and better. If it wasn't for that (the adult

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With husband Daniel Weber

God took my parents away but he left me with Daniel who steered my life in a totally different direction.

film industry), I wouldn't be here today. **And I refuse to be ashamed of my past.**

Yes, of course, I've faced a lot of flak, insults and disparaging comments. And my parents weren't at all happy. Absolutely not! Which parent would be? Yes, it did hurt more so when people were exceptionally mean, but being in that industry was my choice. **I wasn't forced or coerced into it. It was something that just happened. But it was also something that people frowned on. My parents too were shocked and really hurt by my choice.**

Unfortunately, I lost my mum and then my father a few years ago. Bollywood happened after they died ... Perhaps if they had seen me in this space today, they would have been happier and proud of me.

MAKING A TRANSITION IN INDIA

But if I hadn't started out in that business (adult film) and faced things, perhaps I wouldn't be

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sitting and talking to 'SAVVY' today! So I look at everything very positively. **As for India, I am amazed how warm people in India are to me today. I don't think that it's true that India is orthodox and close-minded. I think it's a social thing that people have created. If Indians were as close-minded as it is projected, I wouldn't be here today.**

I don't think I am projected differently from my adult film persona in India. I am just being me. I don't force my views, nor do I ever project myself in a loud, crass way. I don't force people to accept me or say, this is my life, you need to accept it. I believe in proving myself with my actions, working hard and staying consistent to what I am. I know who I am, what I want to do and the path I want to take. Do I voice it out? No, I just let my actions speak!

MEETING DANIEL

But before Bollywood happened, I fell in love. I met Daniel Weber (my husband) in Las Vegas through one of his band mates. He is a musician. At that time, I didn't think anything would come out of our relationship but he wooed me with letters, CDs, flowers and chocolates. He courted me for a very long time and that's how we started dating. And it's been nine years now (three years of dating and six years of marriage). I truly feel that God took my parents away but he left me with Daniel who steered my life in a totally different direction. And I thank God for that.

I've faced a lot of flak, insults and disparaging comments. And my parents weren't at all happy.

Daniel proposed to me six years ago. Neither of us are loud people, so there was no big hullabaloo. We were at home. For a long time, I was looking for a nice jewellery box for my jewellery and Daniel got me one. It was a beautiful box with my name on it and an inscription that said, 'With love from Daniel'. And I was really excited! I said, 'Wow, I can put my ring into this'. Daniel then said, "I have a better one for you"... And he proposed to me! Of course, I said 'yes'! And that was the best decision of my life.

Today, I wouldn't be 'Sunny Leone' if it wasn't for Daniel. He allows me to be what I am while he sorts out the work that needs to be done behind the scenes. He does all the hard work and allows me to concentrate on just my work.

SIX YEARS OF MARRIAGE

...Has been amazing. I married my best friend. Of course, as husband and wife, we do argue but at the end of the day, we are on the same page. I think a marriage stands on the basis of respect. Even when you have a huge quarrel, you cannot cross the line. For instance, you can't shoot a gun and expect the bullet you've already shot to come back. The same

Dancing to 'Baby Doll'



But if I hadn't started out in that business (adult film) and faced things, perhaps I wouldn't be sitting and talking to 'SAVVY' today!

thing happens in arguments – sometimes, you say things that are so nasty because you are angry, but you can't take those words back. They will always hurt. So you have to respect each other. And, of course, the best recipe for a great marriage is marrying your best friend. I know I did! We argue. We fight. We laugh. We have fun! And we are together all the time. We want children, maybe not now, but someday definitely.

PROJECTED RIGHT BY DANIEL

Daniel is really business savvy and smart. He ensures that I take on the right projects. He is extremely straightforward and very professional in the way he handles the business. Yes, I think he is responsible for projecting me right and perhaps that's



why I am accepted today. However, when we first came to India, we knew nothing about Bollywood. But we treated everybody the same - in a very straightforward, professional way, with a lot of respect.

'BIGG BOSS' BECKONED

We came to India because 'Bigg Boss' contacted Daniel as they wanted me to do the show. Daniel told me it was on similar lines to the international 'Big Brother' and asked me if I would do it. And I said, 'Absolutely, not! I don't want to do this!' And the reason I said that was because when I visited India the last time, it was horrible. I had come down because my mother had passed away. I was 19 or 20 then and the experience was terrible. **People were exceptionally mean to me when they got to know I was Sunny Leone. They made nasty comments, were obscene and spewed venom. I was sick looking at so much negativity.** I didn't want to feel that again.

FACING NEGATIVITY

Of course, in that line of business (adult film industry), I've faced a lot of negativity from a lot of close-minded people. I've been called a lot of derogatory names. There were times when I felt extremely down and out. But then I would give myself a pep talk. Or Daniel and I would speak about that situation, and he would magically clear my woes.

I have never believed in crying over spilt milk or backtracking and saying, 'Oh my God! I wish I hadn't done this. Or I wish I had lived my life differently'.

However, despite all the negativity, I have never believed in crying over spilt milk or backtracking and saying, 'Oh my God! I wish I hadn't done this. Or I wish I had lived my life differently'.

Nope! This is my life and I stand by all my decisions and choices. And I have learnt from every experience. Today, I have learnt to let the negativity go and stay positive.

'BIGG BOSS' RULED

I was not ready to come back to India and experience all that negativity again. And I refused 'Bigg Boss'. However, a week later, they sent me a power point presentation of the show. Daniel and I decided to do some research on the show. And we found that the show was garnering a mammoth 25 million viewers every single day. So we decided that if I didn't do 'Bigg Boss', it would probably be one of the biggest professional blunders I could make in my career. So I said 'yes'!

With Kapil Sharma & Ekta Kapoor



I thought I'd be at the 'Bigg Boss' house only for a week because India didn't know me or perhaps would disapprove of me.

Of course, I was petrified. But I thought I'd be at the 'Bigg Boss' house only for a week because India didn't know me or perhaps would disapprove of me. But I ended up being there for a longer time.

The funny thing is I actually learnt to do a Bollywood dance just before I entered the 'Bigg Boss' house. I rehearsed for my opening dance and I was really nervous as I am a terrible dancer, but I performed alright. But the worst thing was that I had to say bye to Daniel. We have never been apart and I was super scared. I wanted to cry but I plastered a smile on my face.

BEING LOCKED UP

At the 'Bigg Boss' house, I was completely myself. I didn't have any plan, nor did we (Daniel and I) devise an image for me to project. The way I was in 'Bigg Boss', that's the way I am in real life. And the audience loved me. I had entered as a wild card contestant, so I assumed it would take the audience time to warm up to me. But they liked me and I stayed on for seven weeks. I really enjoyed my stint in there. Of course, I loved interacting with Salman Khan. He was always very nice to me.

BOLLYWOOD DEBUT

And through 'Bigg Boss' I bagged my debut film in Bollywood. What happened was that producer-director Mahesh Bhatt came into the 'Bigg Boss' house and offered me a film which he said was being directed by his daughter Pooja. Since I didn't know anything about Bollywood, I didn't have a clue who he was - and I feel really bad now about that.

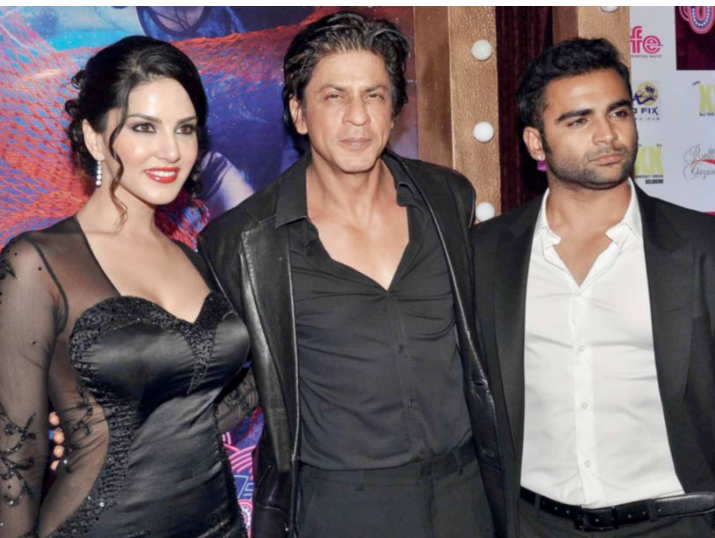


I actually didn't realise how big Mahesh Bhatt was until another girl in the house started crying - she had been trying to bag his film for years. Anyway, Mahesh told me the film was titled 'Jism 2' and explained to me what it meant. I actually thought the film was for television.

Of course, when I came out of the house, I realised it was for the big screen. I met Pooja Bhatt who was the director of the film and that's when I realised that the offer was very real. I was very excited.

At that point, I had just come out of the house and it took me almost a month to get back to normal. I was doing weird, random things - I wasn't eating, was feeling a little isolated, and one day, I spent the whole morning buying a pressure cooker - my mother-in-law was actually very concerned with my

With Shah Rukh Khan and Sachiin Joshi at the 'Jackpot' launch



With Salman Khan on the sets of 'Bigg Boss'

Salman Khan, as usual, was very nice and funny.

behaviour. But with Daniel's help, little by little, I got back into the groove.

And then I geared up to do 'Jism 2'. **There were a lot of bold scenes in 'Jism 2', but my idea of sexuality and boldness is different from most people.** I was explained the scenes and I did them rather comfortably. For me, it's important that I read the script and if it demands bold scenes, then I do them. 'Jism 2' and 'Ragini MMS 2' required intimate sequences. I did them without a problem. No director has ever asked me to romance my co-star on the spot. I have always read the script first and then acted accordingly.

That's because I am a complete professional. And I always want to make the person who is casting me proud of me. I am not the greatest actor or the greatest dancer. But I work extremely hard. And I make sure that I give whatever I do that extra zing, so that I am better than the person who is coveting my position. Actually, I always pray that my colleagues get a little complacent so that I can pip them at the post and be in their shoes. Ha, ha!

ACCEPTANCE!

Bollywood has accepted me very warmly. Of course, like in all fields, when somebody new comes in, it's a little difficult to get into the inner circle. But I believe that with time, effort and professionalism, you can win over even the hardest critic.

I haven't faced the notorious casting couch or an indecent proposal. Daniel has always been my shield and has weeded out the bad from the good.

So I have enjoyed my stint in Bollywood and have enjoyed working with a lot of people. **Perhaps the one person I enjoyed the most with is Arbaaz Khan. We are doing a film called 'Tera Intezaar' and it's been amazing listening, talking and interacting with Arbaaz; I hope we do stay in touch after the film too.**

I am not the greatest actor or the greatest dancer. But I work extremely hard.

CHANGE OF STRATEGY

But yes, after the resounding success of 'Jism 2' and my super-duper successful 'Baby Doll' song, things spiralled downhill. The past year has definitely been a little challenging. There was a spate of films ('Jackpot', 'Ek Paheli Leela', 'Fuddu') that I did which didn't do well. Daniel and I sat down and discussed what exactly was going wrong. We decided that I had to change myself. So we hired a coach for my Hindi and a dialogue coach to improve my diction and acting. At that point, I remember I met a director who wanted me to do an audition for his film. Every person in my team was against it. They were like, 'You're Sunny Leone! How can you go for an audition? You're not a struggling actress. You're too big to do an audition'. But I said, 'Fine, let me challenge myself'. Thankfully, I were on



the same page. I went for the audition and guess what, I was hired! And it really made me happy! The film, however, didn't work out but it was not because of me.

DOWN BUT NOT OUT

So things were a little rocky professionally. I was feeling a little low as there were some not-so-great things that had happened last year which had left me wounded. There was a lot of criticism, people were attacking us - Daniel, my team and me - with nasty messages, mean comments and we were being trolled by horrible people. At that point, there was also a case filed against me which was non-bailable, and that was really scary.

There were also rumours that we were not being allowed to rent or buy an apartment as people didn't want us in their building. That's a complete lie. No one had an issue with me. The real story is that my father-in-law had to undergo a bypass surgery. So Daniel and I immediately flew to California. We put our house hunt on pause because family comes first. This made people presume that there was an issue, which was false. But all that loose talk hurt us. And I think at one time we did think we should reconsider staying in India.

THE UNFORTUNATE INTERVIEW

And to top it, there was this terrible interview too.

We decided that I had to change myself. So we hired a coach for my Hindi and a dialogue coach to improve my diction and acting.

He (Bhupendra Choubey) had called me to his sets. A lot of questions he asked were questions I had been asked earlier and I had no qualms answering them. It was just the manner in which he asked the questions that was not nice. It was more about him attacking me than listening to what I was saying. During the interview, I was very upset but I wasn't going to let him get the better of me. And I wasn't going to storm out of the interview either. So I tackled his questions upfront and my team told me later that I won a lot of hearts with the dignified way in which I answered the questions. But the interview really shook me up.

SHAH RUKH OFFERED ME A SONG IN HIS FILM

But after all those nasty incidents, something good happened that turned things 'round completely. **I have always loved the Khans - Salman, Aamir and Shah**



Shah Rukh Khan is a very humble, kind and an incredibly generous human being.

Rukh - they have always been very nice to me. And I've always wanted to work with them.

One day, I got such a wonderful surprise! We were in the car and Daniel got a call. And though he sounded very composed on the phone, I could see he was very excited. And I knew something good was happening.

Apparently, somebody from Shah Rukh's team had called up. Daniel told me that they wanted me to do a song in Shah Rukh's film 'Raees'. I was shocked! I said, 'Are you sure? Did they call the right number? Does Shah Rukh know?' What happens very often is that somebody from a star's team calls up and the star knows nothing about it. But it wasn't a hoax. Shah Rukh really wanted me in the song. And I worked with him for the song 'Laila Main Laila' and the experience was incredible.

Shah Rukh is an amazing person. I met him a few times before and he would always go out of his way

to say 'Hi' to Daniel and me. I have no expectations from people. So when someone like him goes out of the way to be nice to me, it really makes me feel good.

He is a very humble, kind and an incredibly generous human being. We had some great conversations whilst shooting 'Laila Main Laila' together. He is extremely professional. And though I was very nervous, he made me feel comfortable. I definitely feel that I'm very lucky to have worked with him.

I met his wife (Gauri Khan) too and I asked her how the song was looking. And she told me, 'The song is amazing and is looking very good!' When a woman says something is looking good, then you know it's truly looking good. She really made me feel good!

VINDICATED!

When the news came out about me being cast in the song opposite Shah Rukh Khan, it was the biggest slap to people who were derogatory about me. People had sniggered that no actor wanted to work with me. They told me that they didn't like who I was. They didn't like my choices. They even said actors don't like working with me because their wives don't like me. But my film with Shah Rukh Khan is a slap on their faces. All this while, I didn't think it was important for me to justify myself but when I got this song with Shah Rukh, I guess my entire battle was vindicated. My song 'Laila Main Laila' is absolutely fabulous. By

With Salman Khan and Shah Rukh Khan



My song 'Laila Main Laila' is absolutely fabulous. By the way, I met Zeenat Aman (on whom the original song was pictured) and I was so excited.

the way, I met Zeenat Aman (on whom the original song was pictured) and I was so excited. I thanked her for such an amazing song. If she hadn't made such an amazing song, I wouldn't have been dancing on it. I had taken my look references from her for the song and finally to have met her was a great feeling.

BACK AT THE 'BIGG BOSS' 2017 STAGE

I also went back to the 'Bigg Boss' stage to promote 'Raees' - I shared the platform with Shah Rukh Khan and Salman Khan. I felt so nostalgic going back after so long. Shooting there was fun. Salman Khan, as usual, was very nice and funny. I was happy to meet him after such a long time. Shah Rukh, of course, was, as usual, very nice to me.

FACING HYSTERIA

I love my fans and have always had a wonderful relationship with them. Once on the sets of a film, a girl rushed up to me, hugged me and burst into tears. She was sobbing her heart out saying that she was a big fan of mine. And we didn't know how to make her stop. Then somebody from my team started singing 'Happy Birthday' to her (though it wasn't her birthday) and we all joined in - just so she'd stop weeping. It was actually quite hilarious.

But while promoting 'Raees', it was the first time I experienced the hysteria that happens when people meet their favourite stars. It was crazy! And an amazing experience!

FUTURE PROJECTS

Today, I'm on top of the world with 'Raees' being such a super hit. I too have been appreciated a lot. It has inspired me to do better work. I am super excited about my projects, especially my film 'Tera Intezaar' with Arbaaz Khan. Also there are a lot of very good ventures in the pipeline too. I'm also excited about my perfume line that was launched recently. It's called 'Lust By Sunny Leone' and I love the fragrance. There is a men's line as well. Apart from that, I'm really excited about my cosmetic line which will soon be launched in India. So touch wood, all nice things are happening to me this year.

MY LIFE

I am in a happy space today. **Yes, I have been criticised for my choices. But women have this amazing trait to get their message across without yelling or being undignified. I always believe that nobody listens to you if you scream, shout or swear. But they will listen to you if you lower your voice and speak to them in a way which is stern yet show them respect. And that's the way you tackle people who are bullies.** That's the way I have stood up to people who tried to bully me. And as a woman, I'm proud that I've been successful in standing up for my rights and voicing myself the way I wanted to.

lots of love!
Sunny Leone

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fashion



“Fashion is all about something that comes from within you.”

– Ralph Lauren, fashion designer

Look like a princess and dazzle in international fashion trends! Sizzle with 'SAVVY'!

FASHION FERVOUR

EXQUISITE!

Presenting **Manoj
Agarwal's** gorgeous
bridal couture.

White and coral raw silk lehenga with semi-precious stones and intricate zardosi work adorned with a pink blouse and dupatta



Mint and ivory lehenga in raw silk with a subtle contrast and rural depictions of an elephant



Pink ghaghra in raw silk with antique zardosi work teamed with a traditional blouse



Shaded ombre velvet lehenga with
traditional motifs

Photographs: *Dabboo Ratnani*
Model: *Elli Avram*; Styling: *Tanshi Agarwal*
☎ *Manoj Agarwal Bridal Couture*
1 Sarojini Naidu Sarani, Park Street,
Kolkata - 700017

☎ 033-40019843 ✉ retail@manojaggarwal.in

Ileana Makri's 'Eye and Moon' earring is handcrafted from 18-karat gold and set with a sapphire surrounded by diamonds ₹ 5,00,000



The Fashion Chartbusters Of February 2017.

CAPRI

'SAVVY' Picks:
Israeli designer Lorenzo Serafini - famous for his chic ready-to-wear ensembles with wide-studded belts, ruffles tinged with lace and slouchy boots. ₹ 4,00,000 onwards



Yvonne Léon's handmade 18-karat gold earring worn two ways - as a delicate stud or with the floral-shaped ear jacket ₹ 3,90,000



Saint Laurent's ankle-strap stilettoes ₹ 2,00,000

Chloé's coveted 'Faye' bag reworked in ivory leather with a tropical pineapple perforation
₹ 3,10,000



Chloé's bohemian sandal with a laced strap
₹ 2,90,000

Balenciaga's 'Papier A6' tote crafted from textured leather
₹ 3,10,000



'SAVVY' Picks:
Balmain's amazing abstract and rough denim hues designs
₹ 4,50,000 onwards



STYLESCAPE

Sumita Chakraborty trend races with style climbers like head-to-toe gold, shocking pink hues, athleisure ensembles and painterly prints.

HEAD-TO-TOE GOLD: Dazzle like never before in head-to-toe gold.

TEAM WITH: Gold accessories.

Deepika Padukone

Margot Robbie

Priyanka Chopra

Brie Larson



SHOCKING PINK: Another star hue of 2017, shocking pink is the colour to flaunt.
TEAM WITH: Neutral hued accessories.

Rachel Weisz

Kiernan Shipka

Nina Dobrev

Salvatore Ferragamo design



Gigi Hadid

Hilary Swank

Bella Hadid

Kate Beckinsale

ATHLEISURE:
'Tis the time to
get fit and fab.
Athleisure is in,
and how!

TEAM WITH:
Super comfy
sneakers and a
tote/ sling bag.



PAINTERLY PRINTS: Have stormed global fashion. It's now all about bright abstract shapes and strokes.
TEAM WITH: Black accessories

Nina Dobrev

Natasha Poly

Olivia Wilde

Selena Gomez

Arm Candy

Chic city perfect bags from **Holii**. Shephali Bajaj, National Head, Holii Accessories, avers, "This beautiful handcrafted bag from our 'Cities Collection' is the perfect symphony of modern and global design with inspirations from cities across the globe."

₹ 3,395

Across all Holii Stores and www.holii.in



Bag Tale

Elegant emerald hued bag from **Lavie**. Bhavneet Sejjal, Marketing Head, Lavie, avers, The 'Kiev SM Box Bag' is an elegant handheld bag in deep green. Ideal for brunch and an evening out. " Grab it!

₹ 2,660

Across Lavie outlets, Bagzone, Shopper's Stop, Lifestyle, Pantaloons, Amazon, Myntra, Jabong and Flipkart.



Sari Story

This classy *sari* from **Sujatra Sarees** is a craftsman's delight. Designer Chitralekha Das avers, "The *kosa* silk front looks spectacular as does the cotton silk *pallu* in rich red. What steals the show is the hand-painted patch on the *pallu*." Very chic!

₹ 4,200

www.sujatra.com



CHIC

Stylish and trendy...
We pick rocking
fashion 'must
haves' to enhance
your look!

Super Cool

Hip pair of **Vero Moda** 'VMCOOL Sneaker Noos' which are 65% polyurethane and 35% rubber. According to the Vero Moda spokesperson, "Be trendy from head-to-toe and step into the new season with the hottest shoes from Vero Moda."

₹ 2,499

Across all Vero Moda stores and e-com sites.



Cool Cad

Suave biker jacket from **John Players**. "John Players is an iconic youth brand that offers trendy, playful and euphoric apparel with a twist. This biker jacket is a must have fashion piece in every youngster's wardrobe," says Atul Chand, Divisional Chief Executive, ITC Lifestyle Retailing.

₹ 4,999

John Players stores across India

Inner Sense

Funky and chic bra from **Switchers**. Monica Anand, Founder, Switchers, says, "Why can't a comfortable, everyday bra also be high fashion and complement every occasion? Most outfit changes call for a bra change. That's expensive and painful to maintain. Switch things up with this fabulous range of bras."

₹ 1,597

www.switcherbras.com

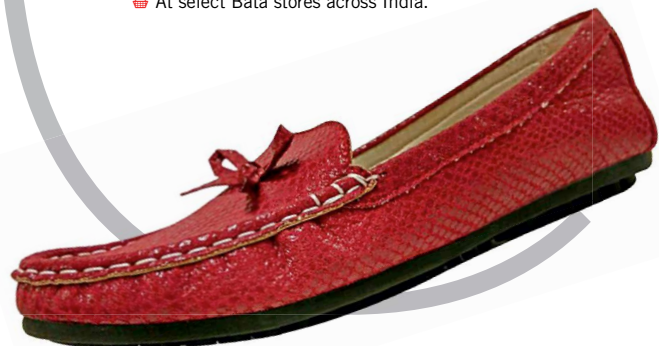


FLAUNT IT!

Smart 'n' classy red loafers from **Bata**. Rajeev Gopala Krishnan, President, South Asia, Bata Emerging Markets, says, "Bata India speaks the language of the youth and has also launched a slew of brand new collections under our youth sub-brands like Power, Northstar, Ballerinas etc."

₹ 1,699

At select Bata stores across India.



CHIC CAPERS



GLOBAL EYE

Debbie Hitkari – the stunning, globetrotting industrialist – guides you through the international fashion circuit with *élan*.

The fashion trend of Spring 2017 is *trés* chic.

TOP NOTCH

- Blouses and dresses accentuated with voluminous puffed sleeves, and edged with lace detailing and ribbon bows look wow!
- Victorian blouses teamed with flouncy cancan - frill cotton - skirts are a chic way to dip into the fashion trend.
- Corseted bustiers with logo straps layered over knits are trending.
- Rouched pretty bralettes peeking from unbuttoned shirts look very hot.

IN PRINT

- Silk dresses and jumpsuits with monochrome hybrid prints are very much in style.
- Floral blooms in dresses, tops and skirts get a big thumbs up!
- Jackets and trousers with stripes and op-art geometrics are flying off the shelves.
- Elongated and elegant cut-out punctuated dresses in jersey are high on style.
- The new silhouette of the season is the louche - a softly draped, mid-calf dress with a simple flared structure in either crêpe or jersey.
- Trinket strewn skirts teamed with elegant ruffled blouses make an irresistible pair.

DRESSED UP

- Tulle gowns with silver sequins and beading detailing look fabulous for a formal evening out.

- Exquisitely embroidered wispy chiffon dresses with big-buckle belts are sought after by the fashion forward.
- Daring cutaways and signature handkerchief hems in soft silks look trendy.
- Asymmetric - slashed to the shoulder - frill dresses in Shantung silk look very glamorous.
- Caped dresses look super stylish!
- Cotton shirt-dresses are hot sellers this season.

COAT CAPER

- The classic trench coat makes a resurgence this season.
- Lurex and brocade jackets worn over crêpe de Chine dresses look very elegant.

HUE CUE

- The colours that are trending are pink, white, red, orange, black and white monochrome, camel, royal blue, silver, gold, yellow and black.

ACCESSORIZE!

- Handbags in exotic skins - crocodile, alligator, ostrich, lizard, python - are on every fashionista's wish list.
- Knee length boots in crocodile skin are highly coveted.
- Slide sandals with bold logos are being snapped up!
- Big, dramatic earrings are the fashion accessory of the season!

Photograph Vikram Bawa
Outfit & Jewellery Debbie Hitkari's personal collection



Fashion designer Tina Tandon shows **Amber Dias** how she's steppin' it up in the world of high street fashion in the US.

The world of fashion is a high stakes game and US-based designer Tina Tandon has been playing her cards right - from rubbing shoulders with the who's who in America's fashion capital to launching her own label T. Tandon and making her mark in the fashion world. We caught up with the go-getter on her recent trip to India to get a glimpse of her amazing journey.

AT THE BEGINNING

Though Tina was born in USA, she was raised in India until the age of 12 when her family once again made the

move to North Carolina. But it wasn't easy fitting in. Tina recalls, "When I started school, I immediately became a target for bullies and ended up being the butt of a lot of jokes. They especially made fun of my clothes as I wasn't familiar with their trends."

This was what turned her attention towards fashion. She began paying closer attention to what people wore and eventually signed up for fashion design courses in high school. "I came up with some pretty amazing designs which I would wear to school. I once turned heads with



this daring pair of vinyl and satin pants. It did get me in trouble with the principal, but I also grabbed a lot of attention,” she laughs.

NEW YORK DREAM

With her mind made up about what she wanted to do, Tina set off for the Fashion Institute of Technology (FIT) in New York where she began spinning her dreams of being a top-notch designer into reality. “New York is an amazing city, you fall into things without even realizing it. After graduating, my first gig - through FIT - was styling and coordinating a fashion show for none other than Donald Trump. It was the year 2000 and he was planning a millennial fashion show at his mall in Manhattan. I



didn’t know who the event was for when I signed up and once I walked into his office, I was completely blown away,” reveals Tina.

She adds, “Back then he wasn’t as big as he is today, but was still a name to be reckoned with. I remember meeting him and Melania and at that moment, they both felt like giants. Currently, he’s been made out to be a monster but when I met him, he was very respectful and made me feel important even though I had no clue about what I was doing.”

IN THE FAST LANE

Tina did a stellar job and soon found herself working for Escada and then Christain Lacroix. Tina also tried her



“He’s been made out to be a monster but when I met Donald Trump, he was very respectful and made me feel important.”

hand at coordinating shows at the famed New York Fashion Week in Bryant Park where she worked with ruling designers like Oscar de la Renta and Ralph Lauren.

She then stepped into the realm of home furnishings when she joined West Elm – a division of Williams-Sonnoma Inc.

DESIGNER DREAMS

But when passion calls, it's not that easy to resist. “I always wanted to have my own line, so eventually decided that I wanted to do my own thing. I just packed my bags and came to India saying that I was going to put together a collection. It took a lot of hard work but I was able to put together my first collection,” Tina recounts.

And armed with her designs, she returned to USA. She reveals, “I didn’t have a big introduction into the industry. I worked my way up. I did a lot of things on my own - designing, marketing, production. It was only later on that I was able to put together a good team. I was sleeping for only five hours. It was very difficult but if you’re passionate about something, you go for it.”

Selling her creations, however, was a different question. But luck was

on her side and though she had to go from store to store, boutique to boutique, to personally present her collection, the response was positive and she secured several orders.

DRESSING THE STARS

“I think it’s my role to dress women and make them feel good, that’s what I love,” says Tina. Her designs have caught the eye of many Hollywood starlets as well as some homegrown names. The list includes Laura Gomez, Gabriel Ruiz, Brooke Shields, Katrina Bowden, Pooja Kumar, Pooja Batra, Padma Laxmi and Soha Ali Khan.

FUTURE FORWARD

So what’s on the cards for Tina? “I plan on launching my label in India. We’re selling online, so it’s available everywhere but we’re going to tie up with a couple of stores that we have worked with in the past. Also I would love to get into designing for Bollywood,” she gushes.

Signing off, Tina leaves with a few words for budding designers, “Spend some time in the industry, get to know the ins and outs of it, and experience it before diving in.”



Valentine's Special

*"Loving is not just looking at each other,
it's looking in the same direction."*

– Antoine de Saint-Exupéry, author

- Akshay Kumar plays Cupid.
- Experiment with non-cliché dates this Valentine's.
- Scents that will enhance romance and more...

'SAVVY' wishes you a Happy Valentine's Day!



CUPID'S CALL

Sumita Chakraborty finds out how Akshay Kumar played 'Cupid' in actress Asin's love life.

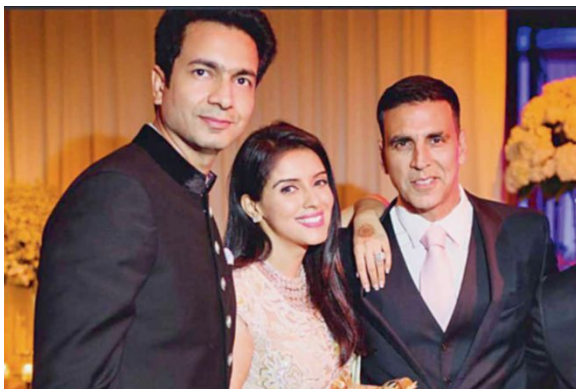
Love makes the world go 'round, more so with teeny-weeny help from love's angel Cupid, who darts around shooting love-tipped arrows at couples. ...Tinsel Town too has a Cupid in the guise of our very own action hero Akshay

Kumar. Don't believe us? Ask actress Asin... Thanks to 'Cupid' Akshay Kumar, today Asin is happily married to Micromax owner Rahul Sharma.

Asin says, "I was flying abroad with Akshay Kumar to promote 'Housefull 2' at a tournament. It was an early morning flight. I reached the airport and greeted Akshay, and he introduced me to his friend. I said 'hi' to the man assuming he was just accompanying Akshay. I found him simple, down-to-earth and amazing to talk to."

Later on, Asin found out that he was Rahul Sharma, the owner of Micromax and the chief sponsor at the tournament. And through Akshay, Asin met Rahul again and yet again, until the couple found themselves falling madly in love with each other. They dated for four years and then had the dreamiest wedding ever. Akshay was the best man at the wedding and he proudly announced, "I'm so glad to have played Cupid between the two."

...So all you singletons in Bollywood, if you're looking for Cupid to strike, look no further! Make a beeline for *Khiladi* No. 1... he might just shoot arrows in the right direction for you.





'Soldier' ₹ 1,699, 'Supremacy' ₹ 1,999, 'GT Rouge' ₹ 1,199, 'Just Sport' ₹ 1,199, 'Versatile' ₹ 1,699 onwards

'SCENT'SATIONAL!

'SAVVY' presents the sensuous world of rich, alluring scents from Lyla Blanc.



'Naughty Girl' ₹ 175 onwards

'SAVVY' Says: The scents and body mists from Lyla Blanc are refreshingly light and smell really good.

International brand of fragrances Lyla Blanc, brings a bouquet of luxurious perfumes and fragrant body mists to India. "With our latest offerings, we are focussing on the emotional appeal and functional aspects of the products which are exceptionally long-lasting and make you feel great about yourself," says Arif Fazlani, MD, Lyla Blanc.



'HOT' ₹ 175 onwards

www.lylablanc.com
& All leading stores across India.



DATE, RIGHT!

Give a break to the same old V-Day dates. **Delia Almeida** and **Riddhi Vyas** share a few non-cliché listings for every couple this V-Day.

The Adventurous Married Couple: Try zipping through the racy lanes of gaming. Take your better half for a fun-filled Valentine's date by going paint balling, go-carting, playing indoor cricket or even joining a trendy workout, cooking or dance class together.

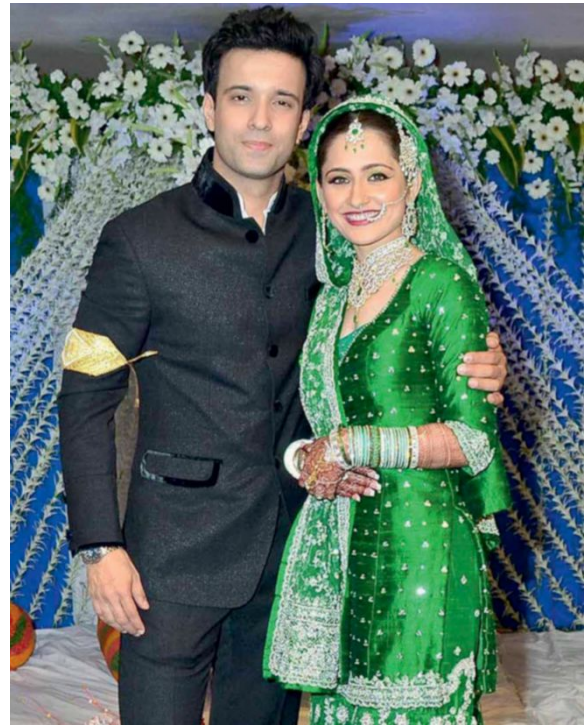
Gurmeet Choudhary & Debolina Banerjee: "Valentine's Day is very special to us more so as February 15th is our wedding anniversary. This year, we are going to complete five years, so we plan to start our celebrations from the 13th evening and this will roll over to Valentine's Day. We plan to have a fun-filled and adventurous date."

The 'on-the-go' couple: Have super fun by going on a road trip. You can even hit the waves at the beach, go kayaking in the waters or do some serious rock climbing. And if you are feeling really energetic, try some river rafting or soak in the romance by camping in the wild.

The long distance couple: You are stationed in two different cities and there's no better time than Valentine's Day to plan a getaway to your nearest city or country. If that's not possible, you can have a virtual date or create a love playlist.

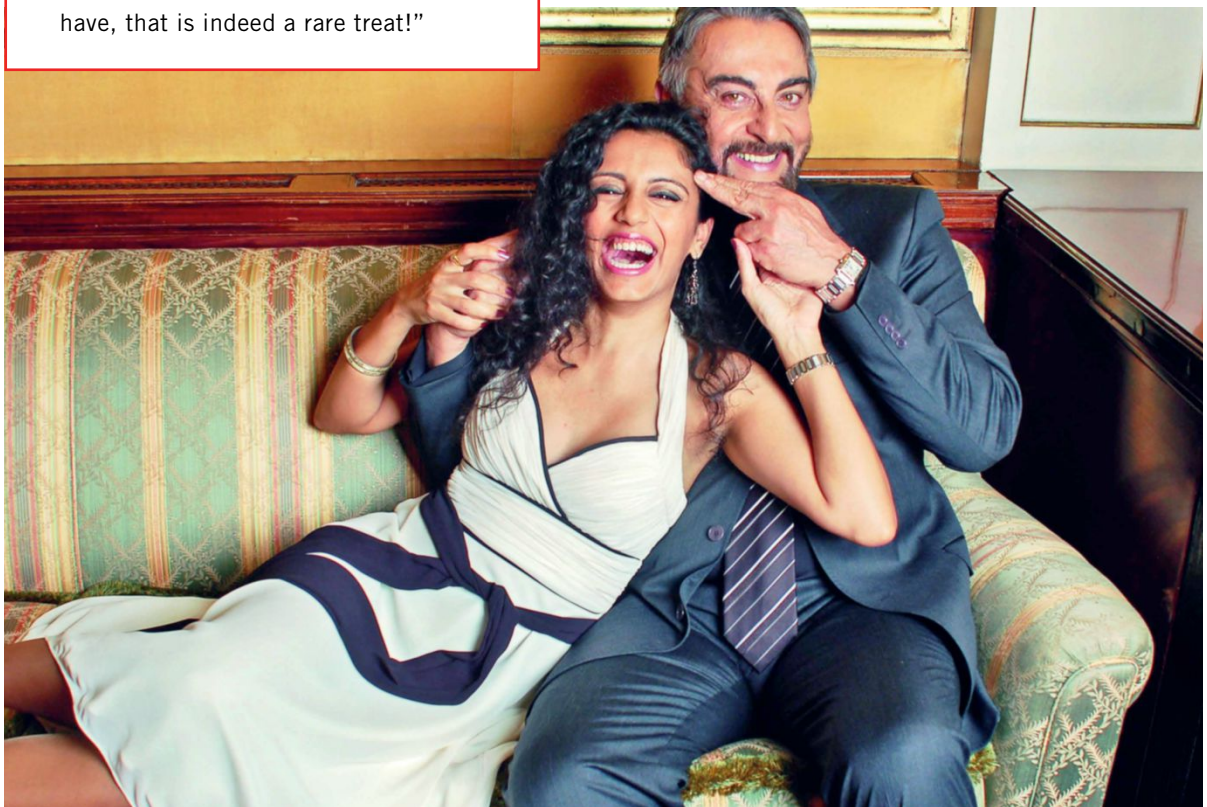
The mature couple: Watch the sunrise together. You can also make breakfast in bed, watch a black and white movie, or get artsy and recreate your first date.

Kabir Bedi & Parveen Dusanj: "We don't like to go out to dinner on Valentine's Day. We find it incredibly cheesy and it's too much pressure for a 'perfect' meal. We'd rather do a fun dinner at home with our favourite food and a bottle of yummy red wine. With the kind of schedules we have, that is indeed a rare treat!"



The experimental couple: Take V-day up a notch by going on a brewery or winery tour.

Amir Ali & Sanjeeda Sheikh: "On Valentine's Day, we will have a private dinner at a swanky restaurant and try out cuisine we've never tasted before."



This gorgeous 'SAVVY' cover woman is ruling Bollywood and now, she's even made her presence felt in Hollywood. Though she refuses to talk about her love life, rumours are rife that she's extremely serious about her co-star who she's acting with in a period film. Who is she?

1. Richa Chadha ☐
2. Priyanka Chopra ☐
3. Deepika Padukone ☐

This feisty 'SAVVY' cover woman is dating a handsome French billionaire. Though she keeps making her presence felt in Tinsel Town, she's mostly living it up with her boyfriend in Paris. Any idea who she is?

1. Kangana Ranaut ☐
2. Mallika Sherawat ☐
3. Radhika Apte ☐

She's the new Hollywood 'Baywatch' babe, except that she's essaying the role of an evil seductress in it. Though this 'SAVVY' cover woman is superstitious about talking about her love life, she is allegedly dating her co-star from her teleseries. Guess who?

1. Priyanka Chopra ☐
2. Mandira Bedi ☐
3. Alia Bhatt ☐

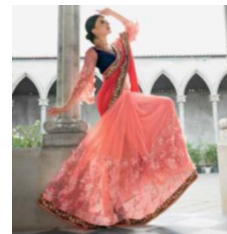
'LOVE BYTES' CONTEST

'Tis Valentine's month... Do you feel the love? Well, our 'SAVVY' cover women definitely do! Guess who these beauties are and win attractive hampers!!

Send your answers to savvy@magnamags.com or write to: 'SAVVY', Magna House, Old Prabhadevi Road, Prabhadevi, Mumbai - 25.
Last date of entry: Feb 28, 2017.
The Editor's choice will be final.



POWERED BY:



BODY & BEAUTY

Boxercising rules!
Disha Patani's 'look
fab' secrets. Benefits of
coconut oil and more...
Keep calm and love
your body!







Boxercise

Box your way to a fitter you with fitness expert **Kunal Sharma**.

Boxing training or boxercise is gaining momentum internationally as the go-to routine to get in shape and vent a little unwanted frustration. Fitness expert Kunal Sharma decodes the trend.

WHAT IS BOXERCISE?

Boxercise is a combination of multiple moves and energy reactions. In this game, we use three energy systems instead of one.

For instance, sprinting, marathon running and weight lifting are three different sports for which the muscles and energy systems are used differently. Boxing is the only game where you use all the three energy systems together. In boxing, you need to be quick like a sprinter,



need to have strong endurance like a marathon runner and your punch should carry tremendous power like a weight lifter. That is why you burn more calories in a shorter span of time with boxing than any other sport. And that is why it has gained popularity.

In modern boxing classes, we use kicks too and this makes it more challenging for any athlete. By adding kicks we increase the hip mobility, flexibility and prevent future hip and groin injuries too. Footwork is very important in boxercise because it helps us move correctly and safely. Boxing also helps us de-stress.

WINNING BLOW

- Boxercise burns calories faster than any other sport.
- Boxercise makes you stronger and faster at the same time.

A BASIC BOXERCISE ROUTINE

This workout takes approximately 20 mins. Start with a 5-min warm-up and end with a 5-min cool down. This is essential to prevent unnecessary strain on the body and injuries.

Practise this only thrice a week because it is a high intensity workout.

Jab, jab and kick: Punch forward with the right fist, then left box, followed by a right kick. Repeat for 2 mins, alternating the kicking leg every 30 seconds.

Jab, jab and hook: Punch forward with the right fist, then left, and follow with a right hook. Rotate the shoulder and punch using full force. Repeat for 2 mins, alternating the hand for the hook every 30 seconds.

Jab, jab and upper cut: Punch forward with the right fist, then left, followed by a right uppercut - punching upwards towards the chin. Repeat for 3 mins, alternating the hand for the uppercut every 30 seconds.

Jab, jab, hook, hook and then kick: Alternating hands, start with straight punches followed by hooks, punches and end with a kick. Alternate the kicking leg for each set. Repeat for 3 mins.



FACT FILE

- Boxing in water or 'aqua boxing' increases the difficulty of the routine as water creates resistance.
- It is a non-contact workout that can be practised on one's own or with a partner.
- Light 'sparring' sessions with a colleague or friend add a fun and competitive edge to the workout.

- It's a fast paced workout which saves time.
- Does not require expensive equipment.
- You can train anywhere.
- In boxercise, you use every energy system possible to improve speed and to increase strength.
- As the mind is constantly busy with different kinds of moves, boxercise acts as meditation and enhances your concentration.
- Improves cognitive skills and coordination.
- It is cathartic and acts as a good stress buster.

LOOK OUT

- Boxercise is a fast paced game and does not fit well with a senior citizen's pace.
 - It is not recommended for those suffering from hypertension or people with problems like diabetes, arthritis and osteoporosis.
 - It can be dangerous for ligaments and tendons because of heavy pushing and pulling moves.
 - It is dangerous for obese people because of their weight.
 - You need a good trainer, otherwise injury is inevitable.
-



STRIDE ON!

Dr Sandeep Adke talks to **Riddhi Vyas** and **Amber Dias** about Ilizarov – a treatment that is helping orthopaedic patients find their feet again.



Fractures, joint issues and other orthopaedic problems can be a thorn in one's side especially when expensive surgeries, treatments and their painful complications come into play. Dr Sandeep Adke, orthopaedic surgeon, Adke Hospital, Solapur, tells us that there is an alternative to painful complications - a Russian orthopaedic treatment called Ilizarov.

He avers, "This technique has been tested for the last 63 years and has shown miraculous results. There are no limitations – even if a person had suffered severe bone injury many years ago, he/ she too can be treated easily. In fact, anyone - from a three-month-old baby to a 90-year-old person - can be treated through the Ilizarov method. Moreover, this treatment is quite economical. It costs only \$1,000 (₹ 67,770) and any bone deformity can be treated successfully with it. "

WHAT IS ILIZAROV?

Taking its name from the Russian inventor Professor Gavril A Ilizarov, this treatment is a branch of orthopaedic medicine which uses an external apparatus or fixture to reshape or lengthen the bones and treat complex bone fractures.

The basic process is fairly simple. The apparatus is externally attached to the bone using metal rods and pins or Kirschner wires (K-wires), while metal rings hold it in place. The top ring of the apparatus is fixed to the healthy bone and this allows the force to be transferred through the external frame i.e the metal rods bypassing the damaged or fractured bone. The same happens in reverse via the bottom ring and wires. Thereby, the apparatus acts as a bridge simultaneously immobilizing and relieving the damaged bone of stress and allowing it to heal. The apparatus is surgically removed once the bone is healed.

TECHNIQUES

There are 800 different techniques to carry out the procedure with 15 different sub-specialties to treat different parts of the body too. Even the blood flow or blood rotation to any part of the body can be treated with the Ilizarov treatment.

Dr Sandeep adds, "Even though the treatment looks clumsy, it is very simple to operate and manage. The exact reduction or precise reduction in the bone development is done via this treatment because of the fixation. Even gangrene present in the body can be treated with it. The regeneration and growth of tissue (transosseous osteosynthesis) method of Ilizarov has stepped far beyond conventional orthopaedic treatments. The main principles of this treatment can be used for both humans and animals."

ADVANTAGES

The Ilizarov method can be used to treat a variety of deformities. It can treat crooked legs, small fingers, small toes, difference in height of the legs and so on.



The results of the Ilizarov treatment will last for 20-30 years with limited chances of complications.

The treatment can also be used to treat bent or curved bones; as well as patients who are suffering from vitamin D deficiency, osteoarthritis and bandy legs.

- It is a minimally invasive treatment. Therefore, the patient is not left with any external wounds or scars.
- It can be used to treat any part of the body.
- It is a feasible treatment for all age groups.
- It is also applicable for cosmetic reshaping of the body.

ILIZAROV V/S JOINT REPLACEMENT

According to Dr Sandeep, “Joint replacement surgeries are normally done by orthopaedic doctors. But the doctors do not reveal that the new joints last for only 15 years. And apart from the steep expense, several complications arise. The results of the Ilizarov treatment, on the other hand, will last for 20-30 years with limited chances of complications. This treatment is functional and the patient can begin walking immediately without the need for bed rest.”

TAKE CARE

The main concern with the Ilizarov treatment is the wires. In order to function well, they must be tensioned properly and regularly adjusted. This requires weekly follow-ups with the doctor. If the wire loosens, the patient will be in pain. Therefore, maintaining the apparatus post procedure is vital. Proper hygiene is also essential to prevent infections near the wire sites.

FOOT NOTE

Dr Sandeep is very confident that patients who opt for this method will be able to walk with ease after the treatment is completed. Says he, “In orthopaedics, nearly 80% of our people are successfully treated. In 55% of these cases, we can use the Ilizarov method to get better results compared to conventional treatment.”

So the next time you or a loved one has a bone or joint-related issue, don't forget to ask your doctor if Ilizarov treatment is an option you should consider for better results. Wish you health and happiness always!



Dr Sandeep S Adke is a MS, DNB (Ortho), FRSC (Kurgan, Russia) Orthopaedic Surgeon, Ilizarov & Cosmetic Orthopaedic Specialist.
snd007@hotmail.com / www.ilizarovadke.com

Sleep Well

Singer and actress Preetika Rao shares her recipe for a good night's sleep with **Sumita Chakraborty**.

"I am very particular about sleeping on time, so I avoid late night partying. Of course, when I'm working, I am bound to my work schedule and frequently lose out on my sleeping pattern. But I genuinely believe that sleeping at midnight damages the face and accelerates ageing even if one sleeps for 8 to 10 hours after that.

"I am currently using a soft mattress that is so cosy, that it gives me a good night's sleep. My mattress is dusted regularly and the bed sheets are washed often. I also change my pillow cover every day to avoid dust and dandruff from getting onto my face."



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GREAT LOVER, HUH?

Salome Mitter speaks for all women as she puts down her list of must-haves in a man. Do rise to the occasion, gentlemen!

If you wept buckets after watching LA LAND, chances are the tear ducts prickled again, watching Ryan Gosling's Best Actor acceptance speech at the Golden Globes. "While I was singing and dancing and playing piano and having one of the best experiences I've ever had on a film, my lady was raising our daughter, pregnant with our second and trying to help her brother fight his battle with cancer," shared Gosling. "If she hadn't taken all of that on so I could have this experience, it would surely be someone else up here other than me today, so, sweetheart, thank you." Hearts, which anyway are in melt mode every time Gosling appears, were in a state of complete squish by now. And on the off chance that his partner and mother of their kids, Eva Mendes, was nursing any rancour, his words must have wiped it all clean.

Yes, gentlemen, it isn't so very difficult to win your woman – body, mind and soul. A little sensitivity goes a long way. As do a few other factors...

Respect... Breathes there a man who doesn't believe he respects his woman? But do you truly accept and admire her for her great qualities, some of which even beat yours hollow? If it's just the external package you're proud of, sorry, but chances are she wants to be respected for more than being awesome eye candy.

Real love... No fancy gifts will ever be able to match the feeling you give your woman when you show your love for her in several small ways. Whether it's helping with the chores, cuddling while watching TV, asking her about her day... the little things are the real big things.

Affection... Never underestimate the power of a hug, a warm pat, a backrub. In fact, certain studies reveal hugging therapy to be a powerful way of healing, while keeping sickness, loneliness, depression, anxiety and stress at bay. It builds trust and helps with honest communication, so don't be stingy there.



Never underestimate the power of a hug, a warm pat, a backrub.

Protection... Which woman, even though amply capable of taking care of herself, doesn't want to feel secure and protected? A dependable man, who can inspire his woman to trust him to handle the hiccups that life occasionally throws up, is a definite plus. As is a man who ensures financial security.

Inspiration... A man she can look up to and admire. You don't need to be a tycoon or a prize-winning bodybuilder; just someone who has goals and is fired up about them is enough.

Passion... Whether between the sheets or out saving Aarey Colony, your woman will love you for being fiery about a cause that makes a difference. Why not improve your football skills, or your vocabulary? Anything you do with passion is sure to spark off an equal response in your special gal.

Chivalry... Even Shah Rukh Khan extols the virtues of being a gentleman who opens doors for women and makes them feel special. Stop imagining that chivalry is a sign of weakness – you couldn't be more wrong.

It's all about respect, given by you and accepted by her in return.

Grooming... The scruffy, unkempt look is just that – a look. In real life, dirty fingernails and a spilling beer gut will win you zero brownie points. Exercise daily, bathe regularly, smell good. You've got to be worthy of walking down the road with her!

Honesty... The one and only area you can use little white lies is when she asks how she's looking... You do not need to be all piously honest and inform her that she's gained five pounds! Lie about the important stuff though and you've lost her trust.

Love-skills... All the Viagra in the world does not a great lover make. And size has got nothing to do with it either. What women want is a nice after-glow cuddle post sex. And we love to talk, even about the inane stuff; it's our way of staying connected, so do co-operate. Your woman might surprise you with her liking for dirty talk in bed. Try it and you might well open the portal to real raunchy times! Don't rush. Caress, tease, tickle, compliment. Lavish your kisses all over – yes, necks and the backs of knees included. Suggest a spot of role-playing - it could really rev things up, you know, like stern professor and naughty student! Ensure the action is as good for her and it is for you. Just because you're done and dusted, don't roll over and snore. The next time, you could well be sleeping alone!



SHINE ON!
TBC Natural Aloe Vera All Purpose Body Lotion,
 ₹ 125 for 300 ml.



REJUVENATE!
Souflower Festive Diffuser Aroma Set,
 ₹ 800 for a box of bath products.



QUICK FIX
Vaseline Spray Moisturizers –
 Deep Restore,
 ₹ 310;
 Cocoa Radiant,
 ₹ 380



SOFT TOUCH
Oshea Herbals Sheasoft Moisturizing Body Lotion,
 ₹ 320 for 400 ml each.



REFRESHING!
Soul Tree Apricot Moisturiser,
 ₹ 450 for 200 ml; Shower Gel, ₹ 500 for 300 ml



SMELL WELL
Denver Xtreme Reverence Deodorant,
 ₹ 199 for 199 ml.



GET GORGEOUS
Himalaya Herbals Cocoa Butter Body Lotion,
 ₹ 250 for 250 ml;
 Natural Soft Vanilla and Rich Cocoa Butter Lip Care,
 ₹ 125 each; Clear Complexion Whitening Day Cream, ₹ 250 for 50 gm.



RADIANT!
Asta Berry Gold Facial Kit,
 ₹ 225.



THE LOOK

DIVALICIOUS!

This V-Day, **Sumita Chakraborty** shows you how to go super glam.



Maybelline New York Super BB Cushion
₹ 1,200

Maybelline New York Super BB Cushion
₹ 1,200



L'Oréal Paris Color Riche Le Smoky Eyepencil
₹ 650



L'Oréal Paris Gold Obsession in Le Gold
₹ 1,025



Revlon Super Lustrous Love Lipstick
₹ 699



Maybelline Color Sensational Lip Flush Bitten Lip
₹ 500



Maybelline Color Sensational Lip Flush Bitten Lip
₹ 500



Ace makeup artiste Clint Fernandes avers, "It's the time to go super glam. And with the right makeup, you can be the belle at any party."

HUES RULE

Gold, scarlet, vermillion.

GLAM MA'AM

Classic red lips look amazing. If not, go for bright hues in lips like hot pink or orange. Purple is also big in lipstick. Gold too dazzles on the lips. In eyes, metallic eyeshadows work wonders. A quick curl of your lashes with mascara and an eyeliner in blue or black rules.



L'Oréal Paris La Palette Gold Eyeshadow
₹ 1,450



L'Oréal Paris Color Riche A L'Huile
₹ 399



Maybelline New York Fit Me! Matte + Poreless Foundation
₹ 525



Maybelline New York Superstay 24HR Color
₹ 600



L'Oréal Paris Liner Magique
₹ 399



Maybelline New York HyperGlossy Electric Lazer Green
₹ 275



Lakmé Eyeconic Royal Blue Mascara
₹ 350

DAZZ

Disha Patani gives her 'looking super WOW' mantras to **Sumita Chakraborty**.



LEBR!



My beauty regimen: “I start my day by drinking lots of water to flush out the toxins. I also incorporate a lot of fruits and vegetables in my diet. I keep my skin hydrated with moisturiser, use some lip balm and make sure that I wear sunscreen every time I step out. Also, I never go to sleep without removing my makeup.”

Mane care: “Since childhood, I have taken good care of my hair. From oiling regularly to applying yoghurt, I’ve done it all. Also, I am blessed with good quality hair. That’s why I often like to experiment with various in-trend shades that Garnier Color Naturals has introduced.”

Solution for a bad hair day: “We all have a bad hair day. But I learnt the importance of looking after my hair at a very young age. So, with all my hair experiments, I also ensure that I give my hair the care it needs by using Garnier hair care and hair colour products.”

Makeup must haves: “Lip balm, tint and mascara.”

Diet dos: “I try to incorporate a lot of fruits and green vegetables and balance it with a rich protein intake. I mostly snack on healthy food like dried fruits if I feel hungry during the day. Also, I avoid fried food and sugar, but also believe that putting too many dietary constraints can increase overeating!”

Favourite ‘sin’ food: “I don’t cheat on my diet very often, but if and when I do cheat, it’s only for desserts. I have a sweet tooth so I indulge once in a while.”

Exercise regime: “My exercise routine comprises dancing, gymnastics and going to the gym. I also spend about half-an-hour on yoga on a daily basis.”

Style statement: “Keeping it really casual. A simple tee with everyday denims.”

MERMAID EYES

Bewitching mermaid eyes are dazzling the global runway. This look is achieved through an amalgamation of shades of green or blue eyeshadow with a hint of glitter. Start by applying pale blue or lemon green along the inner corner of your eye, turquoise blue on the eyelid and navy blue on the outer corner. You can also add some wine/purple eyeshadow on the crease to add depth. Blend them together and add some glitter for a dramatic effect.



LOOK-TASTIC

Delia Almedia spots the hottest beauty trends that are all the rage!

Photographs Courtesy Nail Spa

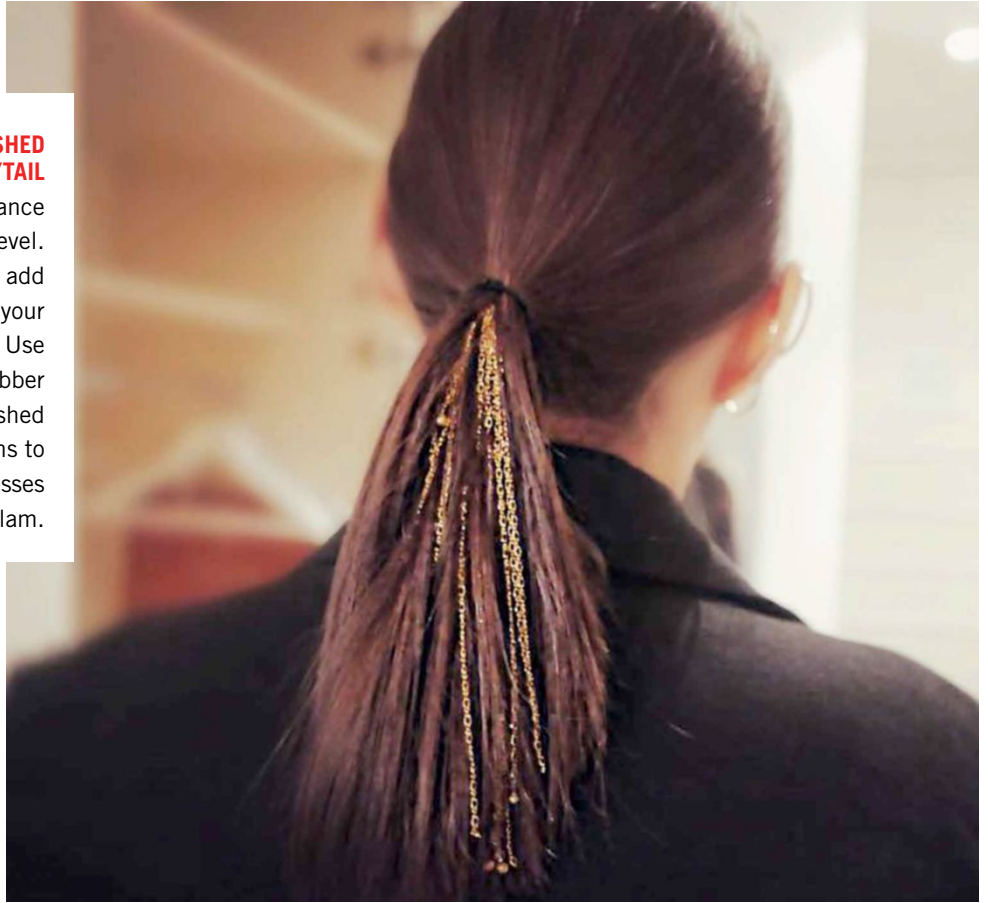


CHROME NAILS

The mirror nail effect is a 'must-have' trend. Start by applying a base coat in your colour of choice. Follow up by dabbing on layers of chrome powder until you get the desired finish. Lightly brush off the excess powder. The process can get quite messy but the shiny, eye-catching finish is spot on!

EMBELLISHED PONYTAIL

This is hair romance at a whole new level. Embellishments add a cute twist to your boring ponytail. Use bejewelled rubber bands or embellished clips and pins to make your tresses look fancy and glam.



WINE-STAINED LIPS

Make a statement with bold wine-stained lips. There are two ways of wearing wine-stained lipstick: The first one has the lipstick applied to the center of your lips and spread to the rest. The second one is less dramatic as the lipstick is applied to the entire lip area and then blotted. The key to this look is to keep the rest of your skin flawless and neutral, making your bold lips shine.







IT'S ALL ABOUT INTIMACY!

Fun? Frantic? Foolish? Just chill and ask **Salome Mitter** all your questions on sex.

I am a 42-year-old man. I find it hard to communicate with my partner about my fantasies. What should I do?

Suraj Nath, Mumbai

Before you start to communicate your fantasies with your partner, it's important to become comfortable with them yourself. Embrace your deeper cravings. Once you accept them as 'normal', and are able to discuss them comfortably, it will become easier for your partner to accept it as part of her worldview. When you let your special girl know that you want to share your secret sexual desires with her alone, you are letting her know that she is special and that the request is deeply intimate. In this way, instead of objectifying or distancing lovers, fantasies can actually increase trust and intimacy. Appeal to her type of sexual personality. If she is adventurous, for instance, you could praise this quality of hers and suggest your kink as an adventure. If she is intimate by nature, tell her you love this quality of hers and suggest your fantasy as a way to increase this intimacy. This might sound a tad devious, but it's simply a way to ensure her comfort and agreement with a topic. Show her positive examples of others enjoying what you like, in videos, magazine articles or movies. Finally, I cannot over-state the importance of taking things slow when introducing her to a fantasy or fetish. Small steps will give her time to adjust and get comfortable. Rush in and you risk a black eye!

A photograph of a man lying in bed, wearing a blue and white striped shirt. A woman's leg is visible, resting on the bed. The bed has a wooden headboard and white sheets. The background is a plain white wall.

Allow yourself to visually partake of the pleasure that comes when being intimate.

I am 27 and I like to have sex only in the dark. My husband is the opposite. This is also affecting our emotional relationship in a way. What can be a solution to spice up things under the sheets without bothering about these factors?

Dimpi Bhatia, Delhi

Always do it in daylight! Jokes aside, find the middle ground. There are many women who are too

shy or self-conscious to enjoy sex with the lights on. I suggest you allow yourself to visually partake of the pleasure that comes when being intimate – why deny yourself any aspect of this complete sensory experience? Also, men are largely turned on by what they lay their peepers on... so your husband is indeed being denied a large part of the enjoyment. If it's the harsh, unforgiving lights



that scare you, give the overhead lights a miss and invest in a floor lamp. You will be amazed at how this low-lighting will darken the sides of your face and body, and make your curves more dramatic! Your man will be too floored to bother about the flabby tummy or thunder thighs! Occasionally, go for the flattering, flickering radiance of real candles but when that's too much of a fuss, go for

20 battery-powered candles to attain that glowing Goddess feel. Of course, you could simply buy a dimmer – they come real cheap too! – to strike the right note between pitch-black and dazzling-light. Vary the settings to see how comfortable you get with seeing your own body in the buff. I predict it will be a win-win for you and the husband.

Want to sex up your life? Write to Salome Mitter
at 'SAVVY', Magna House, Old Prabhadevi Road,
Prabhadevi, Mumbai - 25
✉ savvy@magnamags.com

COCO CARE

Bhavana Choudhari on
the natural benefits of
coconut oil for your skin
and hair.

Coconut oil's healing, antibacterial and cleansing properties take on an entirely new personality when used topically, making it the ideal multiple-products-in-one item of your hair and skin care regimes. Since coconut oil is gentle on the skin and hair, and not laden with chemicals and ingredients, this is safe and easy to use.

Here are ways to use coconut oil for your skin and hair:



- Always use high quality virgin coconut oil. Refined coconut oils (non-virgin) could have chemical residues.

SKIN SMART

1. Cleansing

Many facial soaps and cleansers are made with harsh chemicals that will strip your skin off its natural oils, causing skin issues such as acne and clogged pores. Coconut oil is the perfect cleanser for any skin type, as it will gently remove all the dirt and impurities.

How to use: Take ½ tsp of coconut oil and emulsify between your fingers and massage gently into the skin. Wash off with warm water using gentle circular motions until all the dirt is removed. Pat dry.

2. Waterproof Makeup Remover

Coconut oil removes even the most stubborn, clingy, waterproof makeup with ease... as well as moisturises and conditions the skin and lashes.

How to use: For eye makeup, coat and cover lashes and eyelids with coconut oil and gently massage for a few seconds to loosen makeup. Then wipe off with a cotton pad. Wash off with warm water.

3. Moisturising

Coconut oil makes a great skin moisturiser on its own. Additionally, this can also be added to essential oils, lotions and creams that need extra moisturising properties. It works as a moisturiser for any skin type. Oily skin may need oils such as argan or olive, while dry skin will soak up coconut oil.



"I have been using coconut oil since childhood. It moisturises my skin and is good for my hair. It's the only oil I use for my body and hair, and I'm completely addicted to it."

RAIMA SEN, actress



"I have been using coconut oil for the last three years and it's really good! I especially use it as my body lotion and it softens my skin beautifully. Coconut oil is so rich in important vitamins."

ELLI AVRAM, *actress*

Coconut oil penetrates hair more deeply and faster than other conditioners.

How to use: For the face, rub a small amount between the fingers and pat on to freshly washed skin, adjust amount as needed. For the body, emulsify oil between palms until warm and melted. Apply onto your skin or add to your favourite lotions and creams before applying.

HAIR CARE

1. Deep Conditioning

Coconut oil penetrates the hair more deeply and faster than other conditioners. Use as a leave-in treatment to repair split ends. It moisturises your scalp and adds a healthy glow to your tresses.

How to use: Gently massage your hair with coconut oil, then comb through it. Wrap your hair up in a hot towel and leave on for 30 minutes or longer. Shampoo and dry.

2. Defeat Dandruff

If long-time use of chemical shampoos, conditioners, styling products or colour has left you with dandruff, use coconut oil to heal your scalp.


How to use: Gently massage your hair with coconut oil and comb through it. Wrap your hair up in a towel. Leave coconut oil on your scalp overnight for best results.

3. Base for Hair Colouring

Coconut oil makes an excellent medium for mixing your hair colour. It can help your hair colour be more vibrant and keep it from fading too quickly.

How to use: Mix coconut oil with your hair colour and apply as you normally would. Once the colour has set, shampoo hair with lukewarm water to remove excess oil and colour. Wrap your hair with a towel to let the colour continue to set overnight.

COOKBOOK



V-Day treats to tease
and please! An
aromatic array of teas
and wine to make
your moments more
special... 'SAVVY'
delights!

LOVE ON A PLATE



Chef Donald Fernandes

helps you whip up a mood tingling treat for your Valentine.

'Tis the season of love and what better way to celebrate than by cooking up a simple yet elegant meal for two? Donald Fernandes, Chef de Cuisine, Indigo Deli, Mumbai, helps you do just that with a special round up of dishes that enhance your mood and make your moments extra special.



CHOCOLATE AND COFFEE TARTS

Serves 2-3

INGREDIENTS

75 ml fresh cream
1 tbsp castor sugar
75 gm Belgian dark chocolate,
roughly chopped
1 tbsp strong coffee made with ground coffee
10 gm black and white sesame seeds, toasted

For the pastry tarts:

45 gm butter, softened
30 gm castor sugar
2 egg yolks
100 gm flour

METHOD

1. For the pastry: Cream the butter and sugar together in a bowl until well combined. Beat in the egg yolks, one at a time, until fully incorporated into the mixture.
2. Mix in the flour until the mixture comes together as a ball of dough. Knead until smooth. Wrap the dough in cling film and chill for 30 mins.
3. Gently heat the cream and sugar in a pan. Once the cream is simmering, remove from heat and add the chocolate. Let the chocolate melt. Stir until smooth.
4. Roll out the dough and cut into circles. Place in tart molds and prick it with a fork to avoid the dough from rising; bake at 180°C for at least 10 mins.
5. Add coffee to the chocolate mixture, mix and carefully pour into the baked pastry cases.
6. Top each tart with toasted black and white sesame seeds. Chill in the refrigerator for 2 hours until set. Serve.

CHICKPEA SALAD

Serves 2-3

INGREDIENTS

100 gm chickpeas
30 gm kidney beans
1 onion, diced
1 tomato, diced
Handful of French beans

30 ml olive oil
10 gm fresh cilantro
5 gm garlic, roasted and chopped
Juice of ½ lemon
Salt to taste
Pepper to taste

METHOD

1. Soak the chickpeas and kidney

beans overnight, boil and keep aside.

2. Blanch the French beans and cut into 1" strips.
3. In a mixing bowl, add all the ingredients. Season with salt, pepper, olive oil, lemon juice and cilantro sprigs. Serve.





CHICKEN & ASPARAGUS WRAP

Serve 2

INGREDIENTS

300 gm boneless chicken
2 tortilla wraps
8 spears asparagus
1 each red and yellow bell peppers, julienned
Few endive or iceberg lettuce leaves
1 onion
Juice of 1 lemon
15 ml oil
Salt and pepper to taste
10 gm thyme

For the green garlic or arugula pesto:

100 gm green garlic or arugula
20 gm parmesan cheese
15 gm pine nuts
10 gm parsley, chopped
15 ml olive oil

METHOD

1. Cut the boneless chicken into 2" strips. Marinate with salt, pepper and thyme.
2. Blanch the asparagus, cut into 2" strips and keep aside.
3. Heat oil in a pan. Add the chicken, partially cook, then

add the blanched asparagus, lemon juice, parsley, salt and pepper. Cook till the chicken is done.

4. For the green garlic pesto: In a blender, add green garlic, parmesan cheese, parsley, pine nuts and olive oil. Blend together. Keep aside.
5. Heat the tortilla wraps on a pan. Spread the green garlic pesto, add the chicken mix, bell peppers and lettuce. Roll and serve.

STIR FRY MUSSELS

Serves 2-3

INGREDIENTS

350 gm mussels/ clams
60 ml white wine
30 ml olive oil
5 gm butter
1 onion, chopped
5 gm garlic, chopped
5 gm parsley, chopped
Juice of 1 lemon

1 tsp chilli flakes
Salt to taste
Pepper to taste
50 ml fish stock or plain water
100 gm tomatoes, diced

METHOD

1. Heat oil in a pan. Sauté garlic. Add onion and diced tomatoes. Add the mussels and toss on high heat.
2. Add white wine and continue cooking. When the wine evaporates, add chilli flakes, salt, pepper and butter.
3. Deglaze the pan with a little fish stock or plain water. Add lemon juice and chopped parsley; check for seasoning. Serve.





GRANOLA, STRAWBERRY & YOGHURT DESSERT

Serves 4

INGREDIENTS

300 gm fresh strawberries,
halved

1 tbsp icing sugar
200 ml yoghurt
1 tbsp honey
250 gm granola

Mint leaves for garnish

For the granola:

60 gm oats
40 gm almonds, chopped
40 gm walnuts, chopped
20 gm pecan nuts, chopped
1 tsp cinnamon powder
2 tbsp honey
1 tbsp oil
70 gm brown sugar
20 gm peanut butter
Salt to taste

METHOD

1. Dust the strawberries with icing sugar and keep aside. Blend half the quantity into a purée.
2. Mix the yoghurt and honey to a smooth consistency.
3. For the granola: Mix the oats, nuts and cinnamon powder.
4. In a pan, add honey, oil, brown sugar and peanut butter. Cook till the sugar melts. Add the granola and salt. Mix well.
5. Pour the mixture onto a lined baking tray with parchment paper and roast in the oven for 20-25 mins, making sure to stir the granola every 7-8 mins. Be careful not to over bake (it hardens once it has been removed from the oven). Allow it to cool.
6. In a glass, layer a spoonful of granola, halved strawberries, yoghurt and strawberry purée. Repeat to create 2-3 layers. Garnish with strawberry halves and mint leaves. Serve cold.

SHOPPING CART



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FEATURES



Pinky Reddy's guide to celebrate life. Discover incredible Bhimbetka. Joanita Figueiredo helps visually impaired youngsters live an independent life. Sujoy Prosad Chatterjee's gritty journey. Stay tuned with 'SAVVY'!

Photograph: D Ravinder Reddy



TAKE A STEP BACK...

Stylish 'n' sensible, the very savvy industrialist **Pinky Reddy** helps you celebrate life!

I have caught my best friend's boyfriend cosily roaming about with other girls. I have warned my friend about him several times, but she refuses to leave him. I understand that it is wrong to interfere in personal matters that don't concern me, but I am worried that she will only end up getting hurt. How do I make her see that this guy isn't right for her?

Pratiksha Sharma, Delhi

Since you have already warned your friend many times, I think you should take a step back. There is only so much you can do and sometimes people have to learn through their own mistakes.

My mother-in-law can be very two-faced. When she wants something, she is the sweetest person around. However, when the work is completed, she starts bitching about me to all and sundry. Should I confront her or just ignore what she is doing?

Gayatri Patel, Mumbai

Don't worry and just chill. Do your duty without expectations or worrying about what she says behind your back. Surely your mom-in-law will realise that you are very true.

My brother has recently joined a reputed engineering firm and he's become too big for his boots. He has become very domineering and throws attitude. This has started creating a rift between my parents and him. How do I tackle this problem?

Sanjana Roy, Kolkata

Perhaps you should just have a talk with your brother. Tell him that he is hurting your parents. Talk to your parents as well and try to get them to talk to each other.

Whatever your lifestyle problem, Pinky Reddy is passionate about helping you out. Write to her at savvy@magnamags.com. Letters published here will receive gifts.



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Celebrate!

Motivational speaker **Viveck Shetty** decodes the prime elements – water, earth, air, fire and space – and how they synergise with the human body.

The management of the human body and thereby our existence is essentially the management of five elements - water, earth, air, fire and space.

...Real transformation can only be achieved when we focus on managing these elements. Effective management of these elements will eventually ensure that every body cell is in a state of constant bliss and always open to great new possibilities, energies and dimensions of life.

Here's how to go about it...



WATER WORKS

72% of the planet is water and 70% of the human body is also water. This is an existential truth. Consuming water with love and gratitude each time will ensure that 72% of your body is well taken care of and full of love and gratitude. A diet plan with every food item having over 70% water content can truly be liberating.

EARTH RULES

The earth is 12% of our body. A lot of food that we consume also originates from the earth. The earth element also represents stability and structural integrity. Walking barefoot on the naked grass often will help in maintaining this balance. The simple and pleasurable hobby of gardening that ensures that your hands and feet are well immersed in the soil, could work wonders for your system.

AIR CARE

Air is 6% of our body and breathing is a process that happens more often by default rather than by design. However, it is important to understand that this fundamental life process has tremendous bearing on the quality and longevity of life. It directly impacts well-being and wellness. A classic case in point is that of a dog that usually engages in fast breathing and has an average lifespan of 12 to 15 years. In striking contrast, an elephant breathes very slowly and enjoys an average lifespan of nearly 80 to 100 years. Engaging in conscious, slow and smooth breathing has a soothing, calming effect on the system. It also results in an effective massage for our internal organs and ensures a state of constant restfulness.





FIRE WAY

Fire is 4% of the human body and it is important to acknowledge the existential truth that our body is nothing but a journey from the alkaline state to a complete acidic state. Imbalance of the fire element can lead to an irate temperament, indigestion and various other volatile situations within our system.

Consuming food with less acid content more often is the first basic and simple step to ensure efficient management of the fire element.

SPACE TALK

The remaining 6% is space and this element would largely interest those who are inclined to explore the mystical dimensions of life.

Akasha or the space element opens doors to enhanced perception powers beyond the five sensory organs. Intelligence explodes in silence. 10 minutes of mediation, preferably early morning, can be an initiation in this direction.

The writer is a motivational speaker, mystic, singer and life sciences specialist. You can follow him on

[!\[\]\(17413706fd4997a1a4bdf85c6864eee1_img.jpg\) @viveckshetty](#)

LIGHT SPEAKERS

Quirky **Ambrane BT-6000 Touch Lamp Speaker**. According to Gaurav Dureja, Director, Ambrane India, "The BT-6000 is a unique product because it syncs with music beats at the tap of the hand. It looks great too." Grab it!

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**POWER UP**

Quantum Hi-Tech's Triple USB QHM 12500 Power Bank. Ashish Mutneja, Director, Quantum Hi-Tech, says, "The Triple USB power bank has been designed understanding the power hungry generation. It is the perfect travel mate."

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**SOUND CHECK**

Trendy **Zebronics In-Ear Earphone ZEB-BH370** with built-in mic. According to the Zebronics spokesperson, "Zebronics' new sporty bluetooth wireless earphone is extremely lightweight at just 12 gm, and can be used with any bluetooth enabled device like smartphones, tablets and laptops." Go for it!

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'SAVVY' reviews
gizmos that
power your life
ahead...

BARREL BOOM

iBall Musi Barrel BT31 Portable Bluetooth Speaker. According to the iBall spokesperson, "iBall Musi Barrel BT31 is equipped with a powerful 4" woofer and 2" satellite drivers that offer high-sensitivity and dynamic range." The sound is truly amazing!

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Right Foot Forward

Joanita Figueiredo helps visually impaired youngsters live life on their own terms by employing them at her foot spa, says **Rinaldo D'souza**.

Tucked away in a quiet corner of Bandra, Mumbai, is the Mettaa Foot Spa run by the vivacious Joanita Figueiredo. Stepping inside the tastefully decorated spa we are at once greeted by a soothing scent and tranquil music – setting the perfect mood for an indulgent foot massage. But that's not why we dropped in. What's unique about this foot spa is that Joanita, a former nurse and yoga teacher, employs visually impaired masseurs to help them live their lives on their own steam. She tells us more...

TURNING POINT

Joanita's professional journey started out in nursing and after working as an ICU nurse at Jaslok Hospital in Mumbai, she moved to Kuwait. Following a traumatic experience during the Iraq-Kuwait war, she returned home, but not without scars. During that time, she had been exposed to radiation because of which every time



she conceived, the pregnancy resulted in a miscarriage when she reached the seventh month.

She avers, “My encounter with death was up-close and that’s when the thought of ‘prevention is better than cure’ came to my mind. That’s when the concept of preventive medicine struck me. I tried hypnotherapy, yoga and ensured I was a part of all the alternative therapies that led to good health.”

She was introduced to foot reflexology through yoga. Her interest piqued and she decided to study the art in Thailand. “As soon as I returned, I got a job at a teaching center where I was asked to impart the skill to the visually impaired. To be honest, until then my connection with them was just like most other human beings, where we help them across roads etc. But six months into the job, I was taken aback by their skill. They had mastered the art of foot reflexology. As a teacher, I was astounded at how well they had grasped everything about the course,” she recalls.

STEPPIN’ UP

But there was a hard task ahead for Joanita’s students - which was securing jobs at reputed spas. Joanita would take them to different spas and help them apply for jobs, but they were turned down. That inspired her to start her own spa where her visually impaired students could work and show that they did indeed have the skills. And so Mettaa Foot Spa was born.

Says Joanita, “The Indian mentality is absurd. At first my clients were agitated, some even cursed me for making the sightless work. We feel sorry for them, don’t we? However, apart from the lack of vision, they’re just like us. With the relationship I’ve shared with them over the years, I’ve realized they don’t need our pity. They want to be treated like everybody else. They want to work and be in the mainstream of society.”

TOWARDS THE FUTURE

Mettaa Foot Spa started out as a small investment to gauge whether the idea clicked or not. But today Joanita’s

spa is a resounding success. Though some of her clients are apprehensive at first, they walk out of their session with a big smile on their faces. Her students now earn approximately ₹ 20,000 a month and they couldn’t be happier. She reveals, “These kids were in the basket making business and they hardly made anything. I still remember when I first paid one of my boys, I placed the



“They don’t need your pity; they want to be treated like everybody else. They want to work and be in the mainstream of society.”

money in his hand and he literally dropped his hand down complaining how heavy the fantastic sum felt!”

Joanita’s venture is definitely an inspiring lesson for us all. And she continues to put in tremendous effort towards it. Signing off, she says, “Mettaa firmly believes in delivering great work, employing the visually impaired and making them independent.”

Photographs Darius Xavier Fernandes

"I DON'T OWE ANYBODY ANY EXPLANATION ABOUT MY SEXUAL ORIENTATION!"

In a candid interview, theatre personality Sujoy Prosad Chatterjee talks to **Sudeshna Chakravarty** about doing the first queer play, reciting 'Vagina Monologues', the emotional and sexual abuse he's been through, and how he's found the strength to heal himself.

He's much talked about in the Kolkata social circuit. Unconventional to the core, his bohemian dressing style with trademark jewellery makes him stand out in a crowd and so does his dramatic performances. He is Sujoy Prosad Chatterjee, a famous face in the theatre world who has done the first solo queer play in India called 'Happy Birthday'. But he does not wear his sexuality as a placard on him.



We met up with Sujoy and he starts off with, “When people ask me whether I am gay, I just say I don’t believe in categories anymore. I am who I am. I live my life as per my own choice. I could be straight or bisexual, or multi-sexual or metrosexual or heterosexual - I could be anything. I am not answerable to anybody, not even my parents.”

MY SEXUALITY IS MY OWN

He adds, “I have not spoken about my sexuality to anybody, not even my mother. I don’t owe anybody any explanation about my sexual orientation. I have learnt to accept myself and to address my sexuality accordingly. I have realized it’s not about being gay, but being who you are.”

DOING THE FIRST QUEER PLAY

Sujoy insists, “You won’t see me at a Rainbow march - that is not my genre of activism. I would rather do a play on it to make people understand sexuality from a broader perspective. I would rather read a queer play at my reading session in an aesthetic way. In fact, I would say I am an activist of art.”

THE WORLD OF THEATRE

Making a mark in the field of theatre and elocution was not easy for Sujoy. He says, “I had no real Godfather. In fact, I faced abuse and have been ridiculed at every step. But rather than being discouraged, it strengthened my resolve to do something bigger and better.”

ABUSED & SEXUALLY HARASSED

Sujoy narrates, “I have faced a lot as a student. I was abused in school. My obesity and my feminine traits were a source of ridicule. There were boys who used to fondle my breasts in class. There were teachers who used to bully me.” And had it not been for a few supportive teachers and three of his school friends, Sujoy would not have sailed through school.

FACING DOMESTIC VIOLENCE

Besides being sexually abused at school, Sujoy also

witnessed immense domestic violence at home. Sujoy narrates, “There were times when my mother was brutally beaten up by my dad. It all happened in front of me. If somebody else would have been in my place, he would have done something drastic like committing suicide. My dad was a very well-known and successful person in the corporate sector. But after his discord with mom, he used to leave our home and stay away for two or three years. Maa had to run the household on her own. She was not highly educated to take up a job. So she used to run a small boutique with a friend for financial security.” Ironically, Sujoy’s mother had given up her promising film career for marriage. Sujoy adds, “I don’t hate my dad, but it was a very suffocating situation.”



“My obesity and my feminine traits were a source of ridicule.”

BECOMING AN ACTOR

Even as a child, Sujoy watched a lot of plays but he did not really think of taking up acting very seriously. He says,



"I fell in love with a straight guy and there was a lot of dilemma."

"I went on to study economics and later did my MBA in Delhi and began working there. I must say at that stage I did not realise I was gay. I had a girlfriend in school. In fact, there were many girls showing interest in me. But in Delhi, the first realisation of my sexuality came to me. I fell in love with a straight guy and there was a lot of dilemma. At that point, I was also detected with a severe neurological problem. I had to leave my plum job and return to Kolkata."

THEATRE WORLD

But in-between his ailment, medication and free time, Sujoy turned to his true love - theatre. His first project was a piece on various female characters in Rabindranath Tagore's works. His mentor Sudipa Basu suggested that he rope in Rituparna Sengupta who was then the number one heroine on the Bengali screen. "She will help you get sponsors," advised Basu. However, Sujoy adds, "In those days, I was very arrogant. A lot of things were piling up on me - my health was down. I was on a steroid medication. I did not have a job for nine months. So I met Rituparna for the first time and blurted out,

'I have to work with you because I don't have a sponsor, but I don't like the way you look. You must do something about your makeup'. Luckily, instead of taking offense, she offered to produce my project!"

'VAGINA MONOLOGUES'

In 2004, Sujoy did a piece on 'Vagina Monologues' for the first time in Kolkata. He says, "When I did

'Vagina Monologues', I did not know I was working on emancipation for myself. At that time, my gender identity was not exposed to me. I was still dating women. I have had good sex with a number of women and I know all the nuances of foreplay with women."

Sujoy adds, "But I knew something was not fine. I was confused and ashamed. I didn't know that it was not a heinous crime to be gay. I always thought something was wrong with me. Talking about gender fluidity is okay now. But 13 years ago, it wasn't. So, I kept it under wraps."

It took a long time for Sujoy to come to terms with his sexual orientation. He says, "The person who rid me of shame was my sister Anuradha Sen. She told me how to address it. Right now I am not proud of it nor am I ashamed of it. I am at peace with myself."

Sujoy continues, "My readings of 'Vagina Monologues' became very popular but there were men who came up to me and asked me: Are you gay or what? Why are you reading 'Vagina Monologues'?"

Sujoy Prosad Chatterjee incidentally is the only man who has read 'Vagina Monologues' solo. He says, "A renowned journalist-turned-writer from Kolkata asked me, 'How could you read 'Vagina Monologues'? You don't have one. How many have you seen?' This is the way people abused me. I have faced a lot of abuse both professionally and personally, but I took everything in my stride."

Sujoy apparently also had to leave a reality show called 'Challenge' on ETV because of acute abuse. Refusing to say more, he says, "I was abused constantly by a renowned singer/ actor and a radio jockey. And I just couldn't take it anymore."

FILM SHOW

But Sujoy showed off his talent in the National Award winning film 'Belasheshe' opposite Rituparna Chatterjee in which he played a straight guy. While he was being applauded for his realistic portrayal, a renowned filmmaker sniggered publicly as to how it was possible for a gay to romance a woman? Sujoy exasperatedly asks, "I have always wondered why should my sexuality come in-between my work every time? Can't we just leave art for art's sake?"

In fact, based on such incidents from his life, Sujoy has done a solo play called 'Happy Birthday' which is the first queer play in India. Sujoy says, "I wanted to disrobe my



"I get messages from apparent straight guys complimenting me on my lips and bouncy butt!"

soul. 'Happy Birthday' gave me the space to talk about my sexuality. But it is not just a statement on gender identity. It talks about identity, abuse and emancipation. I wrote the play at a time when I was going through a lot of upheavals."

The play received rave reviews and Sujoy was invited as Lemon Tree's first international artist in residence to Toronto. In fact he is the first Asian to have performed a queer play at Buddies in Bad Times, the oldest queer theatre in Toronto, Canada.

Sujoy sums up, "I have faced a lot of abuse from both men and women. I have been abused when in a relationship too. I was in a relationship with a guy who lived in Pune. He just dumped me with an e-mail and left. That was the most traumatic breakup that I had. But it did stimulate my creativity because I had to come out of it somehow or the other. I had written a piece 'Rajkumarer Chithi' (The Prince's Letter), and it is about him. I don't live in gloom any more. My art never betrayed me. Men have. Women have. I get messages from apparent straight guys complimenting me on my lips and bouncy butt! But I've realised with disgust that all this is a farce – all they want is to work with me."

ALL BAD?

Sujoy says, "Not at all! I remember reciting a poem by Gulzaar at the National Library Auditorium. I had just finished reciting one poem and he stood up and started clapping. The whole auditorium also started clapping. Gulzaar actually told me, 'I did not write as well as you have recited it'. Imagine, a legend like him was applauding my art form. I could not hold back my tears. When I got so much warmth and appreciation, I forgot all the abuse and injustice that had happened in my life."

Photographs Amit Srivastava
Location Courtesy Maka Maka

RELATIONSHIP SAVVY

MIDLIFE



CRISIS?



...Psychiatrist
Dr Kersi Chavda tells
Bhavana Choudhari
how to take control
during this trying period.

A midlife crisis is a psychological and behavioural observation that commonly occurs with individuals between the age of 40-60. "Both men and women can experience a midlife crisis, but they experience it differently. Men focus directly on their achievements and their desire to prove their success to others around them, while women tend to fixate on their physical appearance, sexual attraction and what they can do once their parenting duties have ended," says Dr Kersi.

He adds, "We all change, over time everyone needs to be able to shift with life. What makes this process difficult for partners is that midlife crisis will often force you to deal with change outside your own natural timing of change."

Often you are unsure how to respond and react to your spouse's midlife crisis or what to do next in your life. It is essential for you to know how to help your spouse come out of it and become the loving person you once knew.

WAYS TO HANDLE YOUR SPOUSE

— **Don't take your partner's change personally.** It might not have anything do with you at all. It is a temporary but natural shift that you should be prepared for. That way, you are not startled by it and you don't have to cope with the feeling of insecurity.

— **Often menopause is associated with severe mood swings and depression.** So your partner might get edgy, lose his/ her temper, become irritable or behave badly. It is advisable to take your partner to the psychiatrist to check if the hormonal levels can be adjusted by medication or vitamins.

— **Keep in mind that every couple has ups and downs,** every couple argues, and that's the way it should be. It's very easy to find somebody else, but it makes more sense to remain with one particular person as the loyalty/ companionship will help you in the future.

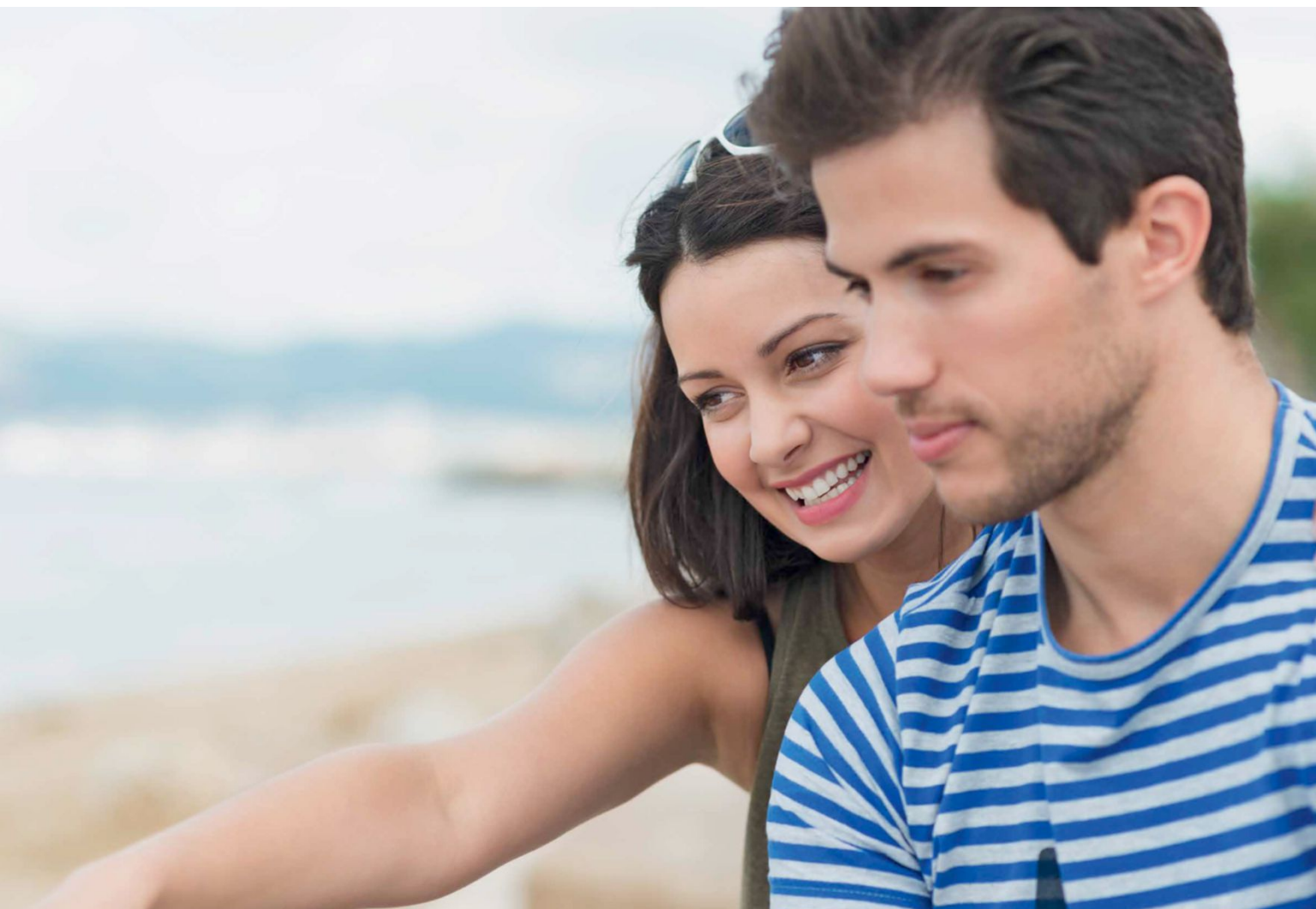
All couples have ups and downs, but that doesn't mean you are heading for a divorce.

— **Sexual wants are changing now.** It's okay if your sex life is not what it used to be. Be there for your spouse and remember that it's temporary. All couples have ups and downs, but that doesn't mean you are heading for a divorce.

HOW TO SURVIVE YOUR SPOUSE'S MIDLIFE CRISIS

— **Remember that nothing happens without working for it.** Treat your partner as the most important person in your life. Woo your wife/ husband every single day. Do not take him/ her for granted. Try an ignite excitement in your relationship.

— **Find time to be intimate with your partner.** Sometimes you're so in tune with your children, family and friends that you tend to lose sight of the fact that





your partner needs you too. And if you turn away from your partner, then he/ she will find another woman/ man to fill in the gap.

— **Protect your kids from the chaos.** Be gentle and caring with them. Avoid lashing out at them when irritable because of your spouse's behaviour. This can have severe negative effects on them.

— **Anger and frustration with your spouse's behaviour is normal.** Don't beat yourself up over it. Instead, find a healthy outlet to vent your frustration.

— **Avoid involving your family and friends.** Deal with it on your own or seek professional help.

— **Your spouse will face a lot of doubt and confusion.** If he/ she initiates a conversation, listen carefully

Woo your wife/
husband every single
day. Do not take him/
her for granted. Try to
ignite excitement in
your relationship.

without judgement. Avoid giving your opinion or criticizing him/ her.

— **Consider a midlife crisis to be a normal part** of your life. So just move on with the fond hope that things will get better.



INCREDIBLE BHIMBETKA!

Rediscovering ancient India through the 'rock art' at Bhimbetka in Madhya Pradesh, inspires **Aashish Wakankar** to attempt his first travelogue.



Art is a unique tool through which humans have always expressed their observations, emotions, aspirations and dreams. Humans have used various platforms to exhibit art and 'rock art' - found across the world including countries like France, Spain, USA, Australia and South Africa - is one of them.

Though rock art has been found all over India, the richest haul has been from Madhya Pradesh, particularly Bhimbetka. Located about 40 km from Bhopal, it's here that the world's largest accumulation of rock shelters - spread over 1,850 hectares - has been found.

The fact that humans lived in Bhimbetka six to eight lakh years ago (as indicated by excavations), is in itself an amazing feeling! ...A proud moment especially because we've always been told that humans came to India from Africa, and that the Aryans came from the Caucasian mountains.

In 2003, Bhimbetka was declared a 'World Heritage Site' by UNESCO. These rock shelters are in the Ratapani Wild Life Sanctuary which is enveloped by natural beauty. There are several small, medium and big rock shelters of various shapes in this Vindhya range.

Here, the rock paintings are around 10,000 years old. Done in shades of red, white and green, they comprise hunting 'n' war scenes, birds, animals, aquatic species, human figures, folk dances, religious rites, inscriptions and many more interesting paintings spread across a very well maintained area.

The uniqueness of Bhimbetka lies in the fact that this site reveals the continuity from the Paleolithic (pebble tool culture -1,50,000 to 5,00,000 years ago) to the historic (300 years ago) Gound kingdom period.

The best season to visit Bhimbetka is undoubtedly November to March. The route we took was Mumbai to Indore by air where we visited Chhapan Dukan and Sarafa Bazar which, incidentally, will delight a foodie with their delicious savoury and sweet

Though rock art has been found all over India, the richest haul has been from Madhya Pradesh, particularly Bhimbetka.

offerings - from *aloo pyaj kachoris*, *daal baati*, *garadu* and *bhutte ka kees*, to *rabdi*, *moong halwa*, *gajar halwa*, *shikanji* and *gulab jamuns*.

We left Indore for Ujjain the next morning by road and reached in an hour. Our first stop in Ujjain was the Wakankar Shodh Sansthan, followed by a visit to the Archaeology Department's Gallery in Vikram University which houses an extensive collection of artefacts and fossils dating back to 5,00,000 years. A must visit.

After lunch at Apna Sweets, which was mostly Madhya Pradesh's mouth-watering special *chaat* items and sweets, we headed for Bhopal by road.





The rock paintings are around 10,000 years old. They can be found in shades of red, white and green.

Must add, food in MP, apart from being very tasty, falls in the value-for-money category. We reached Bhopal in three-and-a-half hours which included a tea break at a highway food court for this region's specialty - *poha* with *Ratlami sev* and a tangy *masala* powder. By the way, the food courts too are cleaner than the ones you find on the Mumbai-Pune Expressway.

After an overnight stay in Bhopal, we left by road for Bhimbetka (about 40 km from Bhopal). On the way,

we visited the famous Shiva Temple at Bhojpur (barely 32 km from Bhopal) dating back to the 11th century. It is exhilarating to know that this temple has the world's tallest and grandest Shiva *linga* rising to a height of 22 ft. There are several local folklores and one of them says that this temple was built by the Pandavas during their exile.

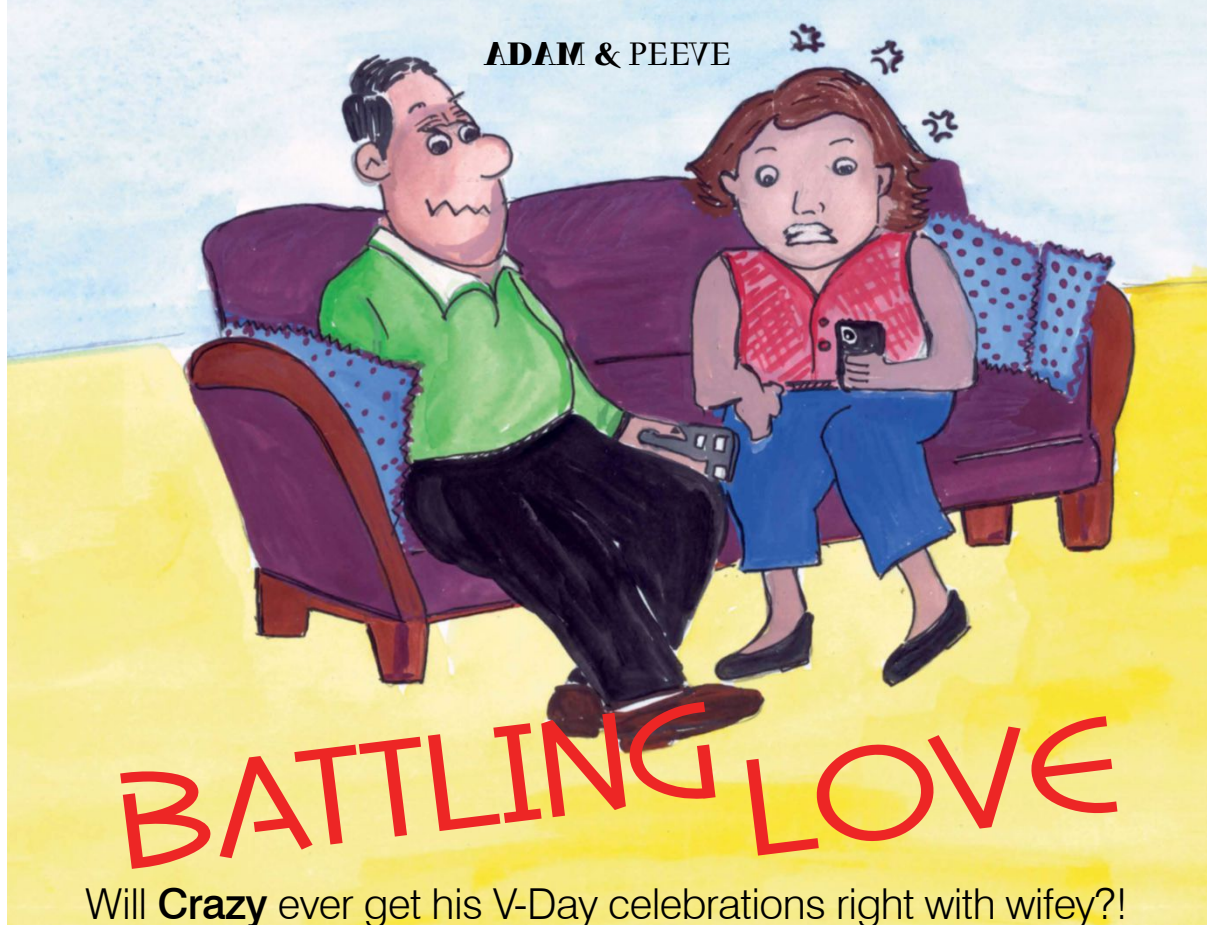
We left for Bhimbetka after this divine experience at Bhojpur and reached the rock shelters in half-an-hour. Bhojpur being off the highway, we had to experience a small patch of village road passing through the fields, quite a beautiful sight for city dwellers. Cars are allowed right up to the top of the mountain which is the entrance to the rock shelters. We hired a guide at Bhimbetka (at a nominal charge of ₹ 250/- for the entire group) and explored this fascinating heritage site over an hour-and-a-half. We were back in Bhopal by late afternoon.

Must say, the roads in Madhya Pradesh - at least the ones we experienced - Indore city, Indore to Ujjain, Ujjain to Bhopal, Bhopal city and Bhopal to Bhimbetka - are just excellent. And if you are still hungry for Madhya Pradesh food, I highly recommend Manohar Dairy & Restaurant at M P Nagar in Bhopal.

Incidentally, the Bhimbetka rock shelters were discovered in 1957 by Dr Vishnu Shridhar Wakankar of Vikram University, Ujjain, for which he was awarded the Padma Shree by the Government of India (https://en.wikipedia.org/wiki/V._S._Wakankar). Dr Wakankar was also responsible for tracing the basin of the now dried up river Saraswati (https://en.wikipedia.org/wiki/Sarasvati_River).

Had it not been for Dr Dileep Wakankar - who helped us chart out our trip - and Dr Raman Solanki, Head of Archaeology, Vikram University, Ujjain - who gave us a tour of the museum with detailed explanations - our excursion to Bhimbetka wouldn't have been so special. Am grateful to them... and wish that you also visit and enjoy a slice of ancient India the way we did!

Photographs Dr Aditya Wakankar



Will **Crazy** ever get his V-Day celebrations right with wifey?!

I decided to be proactive and do something romantic for Maureen (the wife) this Valentine's. Basically, I wanted to ensure she had no cause for complaint.

Nonchalantly, I asked Jason (our teenage son), "So what's the plan for Valentine's?" Jason looked at me nervously, "It depends on whether I get an advance on my allowance..." I sarcastically said, "Yes, sure! With the amount of advance you've taken, that would only take us to Feb 2025." Jason looked sheepishly at me. I persisted, "Anyway, what have you planned?"

Gina (our teenaged daughter) looked up from her phone, "Has mum been on your case? Why are you planning in advance?" Bugged, I said, "I'm not planning. I asked Jason his plans." Gina laughed, "You're scared of getting into trouble again, right?" Jason laughed, "Soooo you want me to advice you?" Kids today...

Jason waxed eloquent, "It's about what you do that is worthy of posting on Facebook, Instagram, Twitter... So I've got to be seen with Ashwini (his latest girlfriend) in romantic looking places - candlelight dinner, a bike ride with the hills in the background, a walk along the sea or a ring that shows well in a photo... the post should have

a cool caption - 'romancing my Valentine all day', 'the most awesome walk along the marina' blah, blah. That way, Ashwini gets to show off with her gal pals."

Gina was upset, "How cheap! Are you saying women just want to show off online? Take his advice at your own risk, dad. But you're better off actually doing something thoughtful and romantic.... that shows you care..."

I went with Gina's advice... breakfast in bed, then rushed to work and back. Cooked and served dinner with a bottle of wine and watched a romcom together before heading to bed. Maureen loved it, but the next day was upset as the photos only showed us at home. While her friends had posted photos at restaurants and even romantic getaways. "Couldn't you have been more thoughtful? Taken a day off maybe? Driven us to some hill station?"

Over beer, I confessed to Jason that his advice made sense. He drawled, "Interesting!!! Ashwini thought my Valentine's plan was emotionless and designed just for social media..." I smiled, "Even women don't know what women want. But I'm the Crazy idiot 'cos even after all these years, I still try to win the battle!"

Contact the writer at crazynmaureen@hotmail.com
Illustration Nina Dias

AWARDS NITE



GLAM NIGHT!



Nari Hira, Rajkumar and Venugopal Dhoot



Kajol and Nari Hira



Nari Hira and Amitabh Bachchan

The **Sansui Colors Stardust Awards** was a starry affair.



Aishwarya Rai Bachchan and Shah Rukh Khan



Anil Kapoor, Subhash Ghai and Salman Khan



Bhumika Chawla with Asma Gulzar



Jaya Bachchan with Asha Bhosle



Riteish Deshmukh with Abhishek Bachchan



RS Kalsi and Raj Nayak present an award to Anushka Sharma



Rishi Kapoor and Kajol



Neetu, Ranbir and Rishi Kapoor



Aishwarya Rai Bachchan and Amitabh Bachchan



Sudhanshu Vats



Julia Vantur, Karan Johar and Shah Rukh Khan



Sonam Kapoor and Rekha



Raj Nayak and Nari Hira



Pritam with Shiva



All roads led to the Jio Gardens in Mumbai's Bandra Kurla Complex where 2016's edition of the glitzy Sansui Colors Stardust Awards was held in the sparkling company of Bollywood's biggest stars. It was a night of entertainment, fun and glamour!

With Abhishek Bachchan, Riteish Deshmukh, Manish Paul and Farah Khan sharing the stage, the awards kicked off to a witty start. The film industry, of course, had been waiting in breathless anticipation ever since the nominations were announced to see who would go home with the prized trophies.

The leading lights included Amitabh Bachchan, Salman Khan, Deepika Padukone, Priyanka Chopra (back in Mumbai for a brief spell and eager to share the limelight with

Rekha blesses Manish Paul





Anirudh Dhoot and Sridevi present an award to Priyanka Chopra



Rajkumar Dhoot and Subhash Ghai present an award to Ali Abbas Zafar



Roshni Kapoor and Karan Ahluwalia receive an award from Sonam Kapoor



Manish Paul with Farah Khan



Amitabh Tiwari



Shah Rukh Khan and Iulia Vantur



Zarina Wahab and Daisy Shah



Venugopal Dhoot with Cyrus Poonawalla



Sunny Leone with Daniel Weber



Pritam receives an award from Bhushan and Divya Kumar



Nari Hira with Udit Narayan



Ashok Dhamankar with Ranbir Kapoor



Omang Kumar and Patralekha present an award to Arijit Singh



Ramesh Sippy with Shabana Azmi



Rohit and Ronit Roy



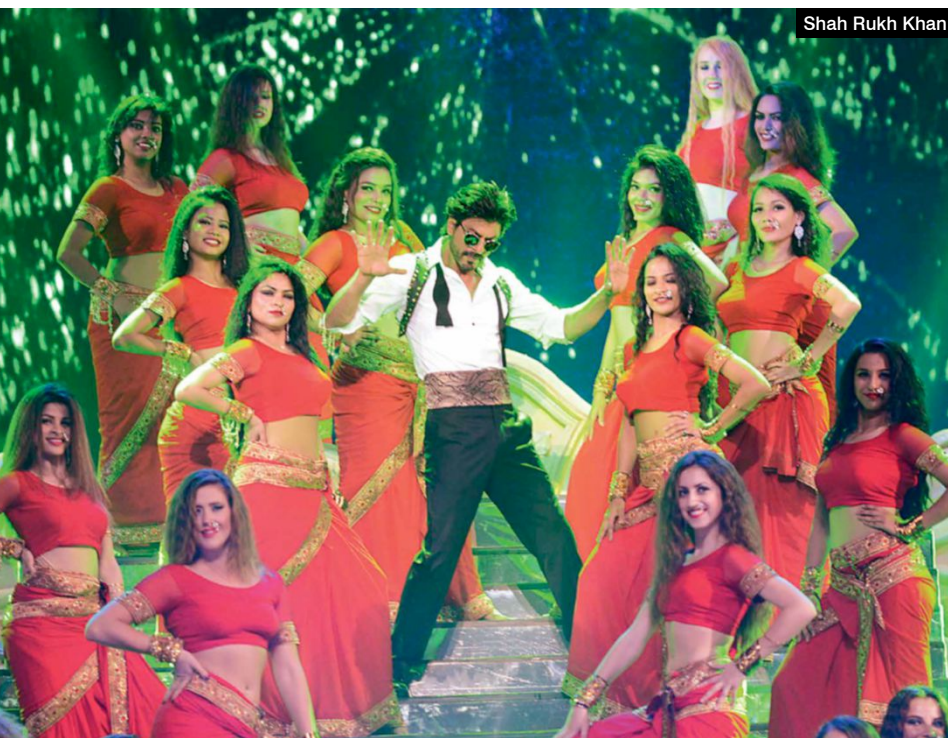
Ashok Dhamankar, Sunil Tandon, Pradip Dhoot, Sourabh Dhoot, Anirudh Dhoot, Nari Hira, Nikhil Dwivedi and Akshay Dhoot



Anushka Sharma, Anil Kapoor and Karan Johar



Alka Yagnik



Shah Rukh Khan



Sushant Singh Rajput



Riteish Deshmukh, Elli AvrRam, Tamannaah Bhatia and Abhishek Bachchan with Bosco and Caesar



Anushka Sharma, Karan Johar and Sonam Kapoor



Bollywood's bold and beautiful), Anushka Sharma, Karan Johar and Sonam Kapoor.

Packing the stage with stellar performances were fan favourites Ranbir Kapoor, Jacqueline Fernandez, Sushant Singh Rajput and Shah Rukh Khan. Parineeti performed to PeeCee's hits down the years as a 'welcome' tribute to her. Also seen enjoying the show were Manisha Koirala, Smita Thackeray, Kajol, Tamannaah, Rohit and Ronit Roy, Elli AvrRam, Subhash Ghai and Sunny Leone amongst many other personalities.

What a night this was!!



Iulia Vantur

SHOW TIME



The grand unveiling

ROCKING!



Presenting the glittering **Society Icon Awards 2016.**

At a sparkling event in Delhi, 'Society' magazine felicitated social worker Gunjan Choudhry, lawyer Namita Chadha, designer and entrepreneur Priya Jain, businesswoman and philanthropist Nowhera Shaikh, educationist Mahaveer Jain, businessman Parmanand Jhamtani, social worker and politician Uma Shanker Singh and artist Surekha Sadana.

Apart from the icons, 'Society' also honoured some super icons who have reached great heights in their chosen

fields. Felicitated for their immense contribution were Anjolie Ela Menon in the field of art, Bhupendra Chaubey for media, Babul Supriyo for music and politics, Suneet Varma for fashion design and Rahul Gautam, the head honcho of Sleepwell, in the corporate sector.

That was not all! Akshay Dhoot, scion of the Videocon Group, was felicitated as the Budding Entrepreneur for taking his company's technology wing to new



Amar Singh, Shah Nawaz Hussain, Bhupendra Chaubey and Neelam Pratap Rudy



Babul Supriyo with Nari Hira



Seema Goswami, Nari Hira and Vir Sanghvi present the plaque to Babul Supriyo



Parmanand Jhamtani with wife



Shahnawaz Hussain, Shahnaz Husain and Amar Singh



Uma Shankar Singh with family



Late Roop Karnani with wife Usha Karnani



Vir Sanghvi and Namita Chadha with Suneet Varma



Rakesh Chahar with wife



Surekha Sadana with husband



Namita Chadha with friends



Ashok Dhamankar with Alpina and Sunil Tandon



Shaikh Noorullah collects the award from Tulsi Kumar and Babul Supriyo on behalf of Nowhera Shaikh



Akshay Dhoot



Sunil Tandon and Nari Hira present the award to Bhupendra Chaubey



Meghna Singh Deo and Babul Supriyo give away the award to Mahaveer Jain



Shahnawaz Hussain and Prabhu Chawla present the award to Uma Shankar Singh



Neelam Pratap Rudy and Amar Singh present the award to Gunjan Choudhry



Prabhu Chawla and Nari Hira present the award to Suneet Varma



Usha Karnani receives the award on behalf of Manasi Kirloskar from Prabhu Chawla and Manish Tewari



Rakesh Chahar accepts the award on behalf of Rahul Gautam from Nari Hira and Amar Singh



Sonali Gupta



Manish Tewari and Prabhu Chawla give away the award to Akshay Dhoot



Seema Goswami, Nari Hira and Vir Sanghvi present the award to Anjolie Ela Menon



Iqrar Hussain, Shaikh Noorullah, Babul Supriyo and Abdul Majid Aziz



Anjolie Ela Menon and Shah Nawaz Hussain felicitate Asma Gulzar



Babul Supriyo gives away the award to Parmanand Jhamtani



Amar Singh, Suneet Varma and Priya Jain with a friend



Babul Supriyo and Tulsi Kumar present the award to Priya Jain



Babul Supriyo and Nari Hira felicitate Rosy Ahluwalia



Gunjan Choudhry with family



Meeta Mishra, Vir Sanghvi, Seema Goswami and Suchitra Iyer



Mahaveer Jain



Amar Singh and Shah Nawaz Hussain have a fun moment



Anjolie Ela Menon and Shahnawaz Hussain present the award to Surekha Sadana



Meghna Singh Deo and Nandini Singh



Babul Supriyo and wife Rachna with Neelam Pratap Rudy



Namita Chadha with husband Rahul



Sonali Gupta engages the audience



Ramola Bachchan



Vikram Baidyanath



Madhu Jain



Suparna Trikha



Team Magna

heights, as was Manasi Kirloskar, the gen-next of the Kirloskar family. Asma Gulzar and Rosy Ahluwalia were felicitated for their contribution to the field of fashion and for their immense support in making the event a grand success.

As a grand finale to a fine evening, the icons, along with Nari Hira, Chairman, Magna Publishing Co Ltd; Suchitra Iyer, Editor, 'Society'; Ashok Dhamankar, Advertising Director and Meeta Mishra, Resident Editor, Delhi, unveiled the special issue, 'Celebrating True Icons', dedicated to the awardees.

The event was attended by the who's who of the capital like Amar Singh, Shahnawaz Hussain, Manish Tewari, Neelam Pratap Rudy, Vir Sanghvi, Seema Goswami, Tulsi Kumar, Ramola Bachchan, Shahnaz Husain, Vikram Baidyanath, Prabhu Chawla, Madhu Jain, royalty Nandini Singh and Meghna Singh Deo, Amar and Meera Bakhru, Garima Nagpal, Suparna Trikha, Leila Erfan and Monica and Rajeev Malik among others.

A super successful show, undoubtedly!



Rishi and Neetu Kapoor with Riddhima, Samara and Bharat Sahni at the launch of Rishi's autobiography 'Khullam Khulla - Rishi Kapoor Uncensored' in New Delhi



Mayyur Girotra with Neelam Pratap Rudy at a music concert in New Delhi



Mehr Jesia-Rampal and Shvetha Jaishankar at the launch of Shvetha's book 'Gorgeous – Eat Well, Look Great' in Mumbai



Dino Morea with Praggyashree and Pratapsinh Gaekwad at the launch of Crown Vet in Khar, Mumbai



Hrithik Roshan, Rekha, Rakesh Roshan, Sussanne Khan and Twinkle Khanna at a special screening of 'Kaabil' in Mumbai





Charu and Anupam Parashar at the Higgins Fashion League in New Delhi



Rhea Pillai, Monisha Jaising, Shweta Nanda, Kaajal Anand, Rukshana Elsa and Saudamini Mattu at the launch of Monisha's new collection at LFW Summer/Resort 2017



Maneesh Baheti with Forbes July, Deputy High Commissioner, Guyana, at the 'Food For Thought' Fest in New Delhi



Dr Hrishikesh Pai received the 'Dr Kanak Goel National Award' from Dr Ketan Desai and Dr K K Agarwal in Amritsar



Aseem Kaushi and Dr Shivaram Bhandari at the launch of Shiva's 13th outlet in BKC, Mumbai



Rashi Anand with Shriya Sharan at Lakshyam's Fashion For A Cause event in Mumbai



Rashmi Nigam, Neha and Sophia Premji, Nisha JamVwal, Roopa Fabiani, Mona Narang and Pavan Khanna at the 'Forbes India Trophy 2017' event in Mumbai



Dr N Jayasankaran Natesa Ayyar, Dr Ajeenkya D Y Patil, Ashok Kapur and Dr S S Sonavane at the national workshop on Accreditation Process for Technical Institutions in Pune



Sheetal Mafatlal and Priyanka Chopra at Manish Malhotra's private dinner at his residence in Mumbai



Dr Riddhesh Jani and Dr Swati Srivastava with Raveena Tandon Thadani at their wedding ceremony in Mumbai



Dr Jaydeep Tank, Diana Hayden, Dr Nandita Palshetkar, Amruta Fadnavis and Dr Rishma Pai at the Mumbai Obstetrics and Gynecological Society event



Talat Aziz and Priyanshu Chatterjee at the film promotions of 'Majaz - Ae Gham-e-Dil Kya Karun' in Mumbai



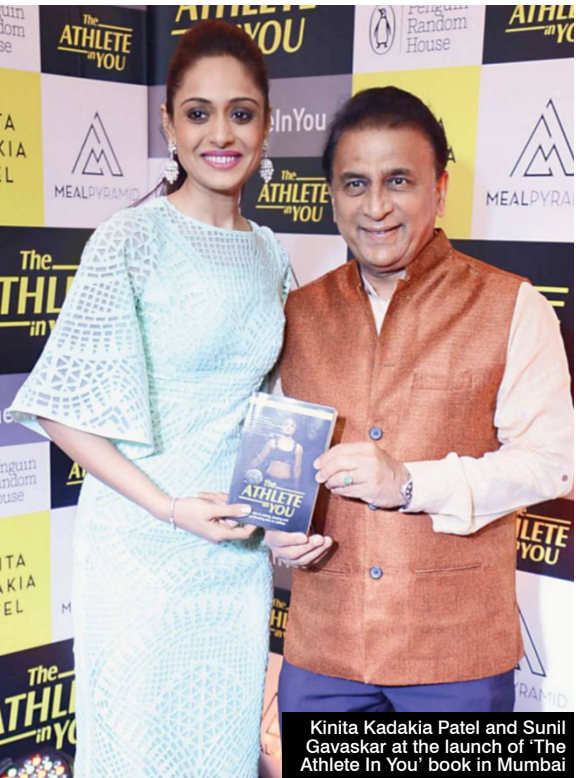
Smriti Zubin Irani, Union Minister of Textiles, distributed awards for excellence in exports to handicraft exporters in New Delhi



Viveck Shetty with Madhoo Shah at his 'Celebrating Life With FM Rainbow' show in Mumbai



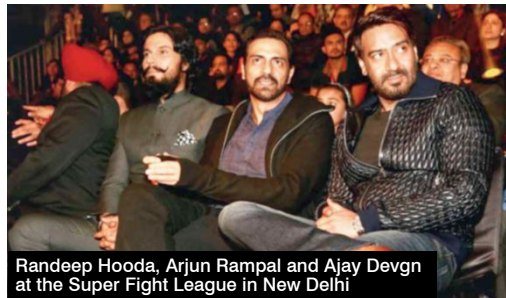
Upasana Makati with Hrithik Roshan at the launch of the Braille-Tactile children's book series - 'Tactabet' in Mumbai



Kinita Kadakia Patel and Sunil Gavaskar at the launch of 'The Athlete In You' book in Mumbai



Kalpna Shah and Arunanshu Chowdhury at an art exhibition at Tao Art Gallery, Mumbai



Randeep Hooda, Arjun Rampal and Ajay Devgn at the Super Fight League in New Delhi



Daisy Shah and Devangi Nishar Parekh at a fashion event by Eshaa Amiin in Mumbai



Devieka Bhojwani, Dr Mukesh Batra, Raeli Padamsee and Sabira Merchant at the CREATE Trophy for Artistic Excellence in Mumbai



Rachana Banerjee with Soma Ghosh at the Pithey Puli Utsav held at Banchharam in Kolkata

Sanjay and Pinky Reddy hosted a grand wedding ceremony in Hyderabad for their son Keshav with Veena Reddy.



Pinky, Dr T Subbarami Reddy, Keshav and Sanjay Reddy



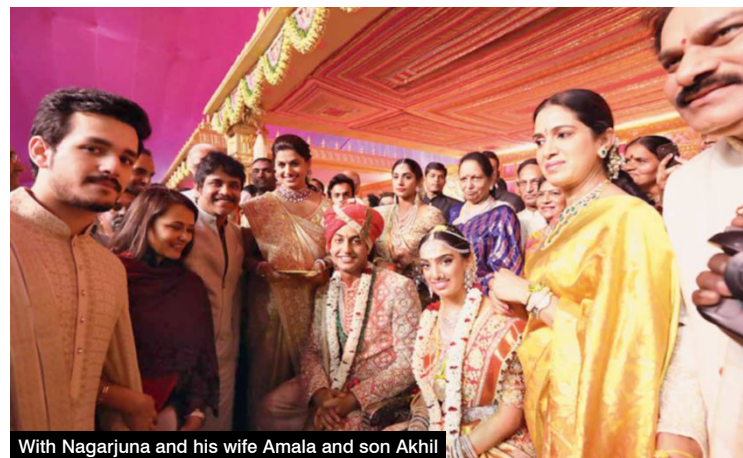
With Anil Ambani (second from left)



With K Chandrashekar Rao, Chief Minister of Telangana



With Chiranjeevi



With Nagarjuna and his wife Amala and son Akhil



With Jaya and Amitabh Bachchan and Rajinikanth



With Venkatesh and Allu Arjun

RAH RAH! KISS ON THE CHEEK TO...

"Teach your kids to respect women. And instead of making your sons feel more entitled and important - the world will make them feel that anyway - save them from turning into beasts."

ANUSHKA SHARMA,
actress, on the recent
Bengaluru molestation

"My wife and daughter are my life partners, and I know what is to be done and what not."

MOHAMMED SHAMI,
Indian cricketer,
who posted a family
photograph where his
wife was dressed in
western clothes.
This spurred a troll of
nasty comments from
religious hardliners

BAH! KICK ON THE REAR TO...

ABU AZMI,
The Samajwadi Party (SP)
leader, for attributing
the cause of the recent
Bengaluru molestation as:

"Skin show and the willingness of women to stay outdoors after sunset."

G PARAMESHWARA,
Karnataka Home Minister,
for his 'reasons' for the
Bengaluru molestation:

"A large number of youngsters gathered (there) copy westerners not only in mindset, but even in dressing, so some girls are harassed... these kind of things do happen."

WIN

Contributors will receive gifts.
Send your ideas to: RAH
RAH BAH, 'SAVVY', Magna
House, Old Prabhadevi Road,
Prabhadevi, Mumbai - 25
✉ savvy@magnamags.com

Photograph courtesy 'Stardust'



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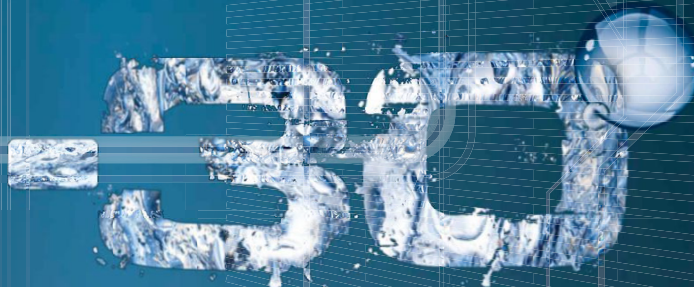
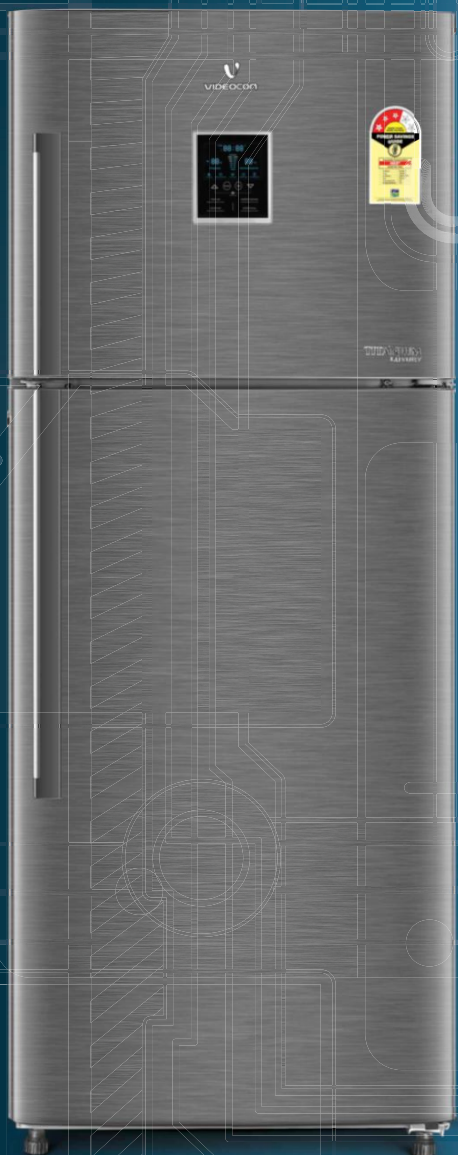
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TITANIUM

A REFRIGERATOR WITH NOT JUST A FREEZER, BUT A DEEP FREEZER.

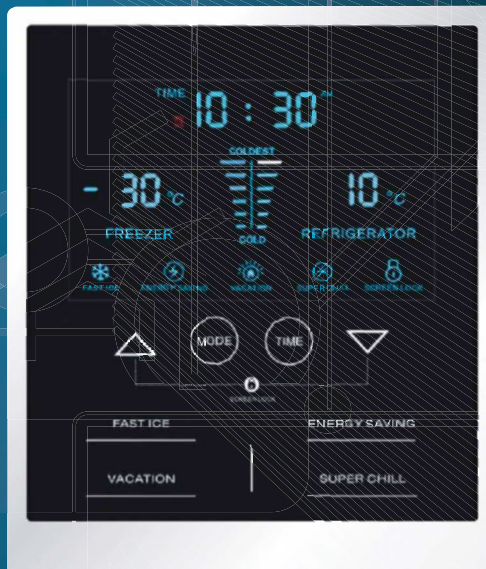


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