

FEMINA

Be unstoppable

Meet the women who owned fbb Colors Femina Miss India 2017!



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WATCH THE BEHIND THE SCENES OF THIS COVER SHOOT. FOR INSTRUCTIONS, TURN TO PAGE 20

**SPACE
ODDITY**
Amyra Dastur wears the season's edgiest trends

**THE MIRACLE
OF MINDFUL SEX**
Insanely impressive dinner ideas

FESTIVE
frames
What India looks like when she's in celebration mode

**EYES LIKE
JEWELS**
GET THE LOOK

EDITOR'S LETTER



This Diwali, my FB timeline saw virtual fireworks between the crackerjacks and the crackpots.

With the SC judgment against the sale of crackers in Delhi-NCR due to debilitating pollution, there were some who were terribly affronted and some others who let out (not a cough or sputter) a huge sigh of relief. How far would a ban that only prohibits the sale of crackers and does not curb the bursting of them

OUR BIG STORY ON INDIAN FESTIVALS IS A PANORAMIC TAKE OF PHOTOGRAPHERS FROM DIFFERENT REGIONS

WHO'VE CAPTURED THE MOST UNIQUE ASPECT OF OUR NATION'S VARIED CELEBRATIONS.

go is anybody's guess, but at least a half-baked attempt at a green Diwali was made in the national capital. Just to give you an idea, the very next day after Diwali, Delhi's air-quality level was declared 'very poor' and yet anti-pollution activists celebrated since this was the best in the past three years! For all the crackpots on my TL, pay heed, it's your planet—you can burn it to the ground or alleviate pollution levels to leave it breathable and liveable for the next generation. This goes for not just Diwali but all the festivals that India celebrates with equal fervour.

In line with that thought is our Big Story on Indian festivals. It is a panoramic take of photographers from different regions who've captured the most unique aspect of our nation's varied celebrations.

The sweet surfeit witnessed throughout the festive season is a challenge, we know. Since friends will be visiting and dinners will be planned by the weekend, we've got a healthy menu for you to work with.

It's a three-course dinner with all the appeal and pizzazz except for the killer calories.

Fashion is fun and futuristic, beauty does the bold peacock DIY, and in life and relationships, we've even put together the shy girl's guide to flirting.

The world's at your feet. Go out there and conquer, wimmin!

A handwritten signature in black ink that reads "Tanya Chaitanya".

Tanya Chaitanya

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CHIEF EXECUTIVE OFFICER Deepak Lamba
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JUNIOR BEAUTY WRITERS Madhura Sansare, Sanjana Salunkhe
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FEATURES EDITOR (DESIGNATE) Promita Mukherjee
JUNIOR COPY EDITOR Simran Ahuja
ASSISTANT FASHION EDITOR Aditi Rao
FASHION WRITER Rushmika Banerjee
STYLIST Akshita Singh
TRAINEE STYLIST Khushi Bhatia
EDITORIAL TRAINEE Annabelle D'Costa

EDITORIAL CONSULTANT Deepa Menon
CONTRIBUTING EDITORS Deepika Govind, Masaba Gupta, Suhani Pittie, Dr Jaishree Sharad,
Kapil Bhalla, Natasha Naegamvala
SENIOR REGIONAL EDITORS NEW DELHI Anindita Ghosh, CHENNAI Neeti Jaychander
REGIONAL EDITORS BANGALORE Anupama Bijur, KOLKATA Hemchhaya De
SENIOR FEATURES EDITOR NEW DELHI Chirag Mohanty Samal
FEATURES EDITORS AHMEDABAD Kinjal Shah Desai, PUNE Rohika Sathe-Patwardhan
ONLINE CONTENT MANAGERS Sunitra Pacheco, Kriti Saraswat-Satpathy
SENIOR MULTIMEDIA EXECUTIVE Aurelia Fernandes

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PHOTOGRAPHER Vinay Javkar SENIOR PHOTO SHOOT COORDINATOR Shraddha Kharpuje
SENIOR POST-PRODUCTION EDITORIAL ASSISTANT Bernes Mendes
JUNIOR POST-PRODUCTION EDITORIAL ASSISTANT Bharti Solanki
CHIEF PERSONAL ASSISTANT AND ADMINISTRATION MANAGER Fatema Kera
BRAND DIRECTOR Rachin Khanijo
MARKETING MANAGER Devnidhi Bajoria BRAND MANAGER Yesha Shah
CHIEF FINANCIAL OFFICER S Subramaniam
PUBLISHER, PRINT & PRODUCTION CONTROLLER Joji Varghese

SUBSCRIPTIONS

GENERAL MANAGER PRODUCT STRATEGY Priyadarshi Banerjee, subscriptions.wwm@wwm.co.in
ASSISTANT GENERAL MANAGER (RMD MAGAZINES) Suparna Sheth, suparna.sheth@timesgroup.com
SUBSCRIPTIONS CENTRES: NORTH 011 66111255, EAST 033 39898090, WEST 022 39898090,
SOUTH 080 39898090, SMS: FESUB to 58888 ONLINE: <http://mags.timesgroup.com/femina.html>

BRAND SOLUTIONS

DIRECTOR Jyoti Verma, jyoti.verma@wwm.co.in
WEST VICE PRESIDENT Gautam Chopra, gautam.chopra@wwm.co.in
ASSOCIATE VICE PRESIDENT Reena C Dave, reena.dave@wwm.co.in
Sriram Krishnan, sriram.krishnan@wwm.co.in
Megha Chadda, megha.chadda@wwm.co.in
Leena Bhandari, leena.bhandari@wwm.co.in
PUNE Ekta Dang, ekta.dang@wwm.co.in, AHMEDABAD Kamal Rajput, kamal.rajput@wwm.co.in
NORTH VICE PRESIDENT Anjali Rathor, anjali.rathor@wwm.co.in
Sachin Saxena, sachin.saxena@wwm.co.in
JAIPUR Pushpesh Sood, pushpesh.lood@wwm.co.in
VICE PRESIDENT (SOUTH) & BUSINESS HEAD-FEMINA TAMIL Pravin Menon, pravin.menon@wwm.co.in
CHENNAI ON Rajesh, on.rajesh@wwm.co.in
BANGALORE Sen Thomas, sen.thomas@wwm.co.in
KOCHI Rashmi Pradeep, rashmi.pradeep1@wwm.co.in
EAST ASSISTANT VICE PRESIDENT Alka Kakar alka.kakar@wwm.co.in



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ON THE COVER

MODELS: MANUSHI CHHILLAR, SANA DUA, PRIYANKA KUMARI; PHOTOGRAPHER: ABHAY SINGH; STYLING: MANISH MALHOTRA; MAKEUP: SHRADDHA NAIK; HAIR: YIANNI TSAPATORI (FAZE MANAGEMENT); SENIOR PHOTO SHOOT COORDINATOR: SHRADDHA KHARPUJE. (ON MANUSHI) EMBROIDERED SKIRT WITH IVORY BLOUSE; (ON SANA) LAYERED SKIRT WITH EMBELLISHED BLOUSE; (ON PRIYANKA) LAYERED SKIRT WITH ONE-SHOULDER FRINGED BLOUSE. ALL MANISH MALHOTRA; ACCESSORIES: SHOBHA SHRINGAR



Our gorgeous cover girls know how to work the camera. Catch all the action in the behind-the-scenes video of the making of the cover.

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

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

1 Get the ALIVE app: Give a missed call to **18001023324** or visit **aliveapp.in**

2 Open the ALIVE app on your phone and scan the page with the ALIVE logo by focusing your phone's camera on it. **Android/iPhone:** Hold still and it will scan automatically. **BB/Symbian:** Go to Options, then capture image. **Windows:** Tap on screen to capture and hold still over image.

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FEMINA CONTENTS

VOLUME 58 NUMBER 24

8 The big story



PIXEL NATION

A look at all the festivals that make India the amazingly diverse nation that it is

34
Galactic
funk



ALL ABOUT YOU

18 **Love**
SHY GIRL'S GUIDE TO FLIRTING
Say it all without saying a word

20 **Passion**
ONE TRACK MIND
Focus on having a great time in bed



20
Get down
and dirty

21 **Money**
MONEY TRAP
Keep your finances from ruining your relationship

FASHION
24 **Front row**
BEST OF THE BUNCH
Floral motifs and prints are all the rage

25 **NEUTRAL GEAR**
Update your wardrobe with these earthy colours

26 **PRETTY IN PUNK**
Be a drama mama with these fashion picks

27 **SEEING PATTERNS**
Make a bold style statement with psychedelic patterns

29 **Fashion feature**
A HIDDEN GEM
We explore the beauty and origin of Zambian emeralds

32 **Fashion**
TRENDING
All the latest news in fashion

34 **Fashion feature**
SPACY ODYSSEY
Amyra Dastur looks out of this world in our space-inspired edit

BEAUTY
44 **Masterclass**
GET THE LOOK
Makeup artist Kyana Emmot's guide to mesmerising peacock-hued eye makeup

46 **Nail edit**
ROUGE GOLD
Red and gold are the nail colours of the season

48 **Beauty**
HOT RIGHT NOW
All you need on your beauty shelf

50 **Beauty blast**
CITY SICK
Here's how to let your skin breathe >





68
Healthy
and delish

a fresh, healthy and scrumptious three-course meal

71 Food plus
DELICIOUSLY DIVINE
Know more about the Hindu tradition of naivedyam

72 The buzzmakers
TUSSHAR KAPOOR ON RAISING 'EM RIGHT
The actor talks about the *Golmaal* film franchise, his favourite comic artiste, and being a hands-on parent

REALITY

54 Event

STYLE PARADE

The Femina Showcase 2017 was a celebration of the best in fashion and beauty

56 Cover girl
VICTORY LAP

In conversation with the fbb Colors Femina Miss India 2017 winners—Manushi Chhillar, Sana Dua and Priyanka Kumari

RECOMMENDS

64 Reviews

RECOMMENDED READS

Stock up your bookshelf

66 Music
INDIE STATION

Most popular Indian music festivals

LIVING

68 Food

DINNER WINNERS

Chef Vikramjit Roy puts together

IN EVERY ISSUE

02 EDITOR'S LETTER

03 TOMBSTONE

06 INBOX

47 BEAUTY MANDATE

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

BRIGHT SPARK

Learn how to rock the season's colour block trend

BLACK MIRROR

Embrace a darker colour palette as you prep for the festivities

PARTY MODE ON

Have a celebration coming up? We have the menu

ON THE GLOW

5 beauty essentials you need in your travel kit

WE'RE LISTENING ONLINE



We asked our followers on Twitter about the one change that they would like to ring in with the festive season. Here's what they had to say:



Aarti Guha @GuhaAarti
I would like to get into better shape after the festive season. It's time to cut down on gluten and carbs from my diet.



Manjhi Dewan @MajhiDewan
I want to keep a check on my impulsive shopping habits. This way I will save some money as well.



Manav Tripathi @ManavTripathi
I plan to adopt the street dogs in front of my house. I want to give them a loving and caring home.



Mannat Kalra @MannatKalraa
I would like to spend more time with my family at home. My office hours don't allow that, but I plan to change this.



Puja Malani @PujaMalani
I want to cut down the intake of sugar in my diet. I, however, feel that the festive season is a bad time for this.

All views belong to the authors and Femina has reproduced them verbatim.

twitter.com/FeminaIndia

WE HEAR YOU!

Write to us at femina@wmm.co.in

I loved the October 15, 2017 issue of *Femina*. It was entertaining as well as informative. The feature on top 50 bloggers from various lifestyle sections (The Big Story) was a good read. It's interesting to see how these influencers have followed their passion to open new digital avenues and create new careers. From fashion and beauty to travel, décor and relationships, the new-age bloggers have effectively used digital media to create their eponymous brands. It was fun to read the guest editor's notes in every section.

Snehalata Varghese, Mumbai

The October 15, 2017 issue of *Femina* revealed a fresh idea on each page, starting with the cover featuring Athiya Shetty. I enjoyed your profile of the top 50 bloggers (The Big Story). Even the guest editors' columns offered an interesting perspective on different issues. I particularly liked Sophia Jose's column, which urged us to spend more time with our squad, and the insights offered in Amrita Mukherjee's article. Great job, *Femina*. Love how you are always on-trend.

Avita Lobo, Mumbai

Two stories in the October 15, 2017 issue of *Femina* are worth mentioning. The first story that hit the right cord was on the questions that should be on top of



your list if you are having sex with someone new (All About You, Passion). I liked how simple the questions are, but their impact is life-changing. I feel this article will help many young girls like me who are looking for guidance in these matters. The second one was on how to improve your online dating profiles (All About You, Love). Can't wait for your next issue!

Pooja Javkar, New Delhi

I loved reading the interview of Athiya Shetty (Reality, Cover girl) in the latest issue of *Femina*. The photoshoot effectively captured her many moods. She looked lovely. *Femina* is a great platform for fresh talent in the industry. I hope she achieves great success in her life.

Sagarika Patil, Pune

The October 15, 2017 of *Femina* was outstanding. My personal favourite feature was the top 50 bloggers' profiles (The Big Story). I liked how their success stories were presented. I enjoyed the magazine for the way it made me feel. I am a fashion and makeup addict, and yet have a hard time making a choice between all the brands out there. So I find your tips and tutorials very helpful. Thank you for the inspiration.

Vartika Jain, Bhubaneswar

WIN!

AN EXCITING GIFT FROM LAVIE

These five letters will win this chic handbag from Lavie. This smart tote will take you from day to night effortlessly.



FEMINA

BE UNSTOPPABLE



Isn't it time we did away with the
'perfect body' myth? Let's talk.
[@femina.in/fitness](https://www.femina.in/fitness)



“

Colours are the mainstay of a Holi picture, but sometimes a human expression of joy can put the reds and yellows in the air to shame. This image shows Vrindavan's widows coming into their own, each joyfully defying the destiny she's been resigned to—that's what makes this picture special.”

By Suvankar Sen



PIXEL NATION

As India gets set for the festivities ahead, we showcase images that best capture the spirit of our many celebrations through the year. **Anika Mohla** spoke to the photographers behind these pictures and found that there are as many emotions trapped behind the lenses as there are splashed across them. Join us as we listen in

“

I waited for long for the crowds to clear, so I could capture the mural glowing in the soft light of diyas. That's when this woman appeared. The picture turned out to be a composite unit—the wall bathed in pastels, the ground of the same rustic colour, and the woman seamlessly blending into the artwork.” By Saurabh Chatterjee



Dandi Ghat, Varanasi, Uttar Pradesh



Devipada, Borivali, Mumbai



COURTESY: MUMBAI MIRROR

“

I was covering lavani performances at the Dahi Handi celebrations, when I noticed this man rising above the crowd. Colours aside, what made him stand out was his body stance and expression. The way the others looked at him—like he was one of them and yet different, somehow—lent character to this image.”

By Neelesh Wairkar

Girgaon Chowpatty, Mumbai



“

There's a subtle symmetry to the colours in this frame—the scattered pinks, the grey of the sky and the skyline—that let me know this image was meant to be. I cover Ganeshotsav each year, but this Ganpati had so much character that it immediately caught my eye. As the smell of camphor and chanting rose in the air, I knew I had my shot.” >

By Ronak Harishbhai Raval



“

This picture was clicked on Jumat-ul-Vida, the last Friday of Ramzan, from the upper gallery of Jama Masjid. The monument stands tall in all its luminous glory, its warm yellows contrasting with the cool blue of the sky. Against it, people are frozen in poetic motion. I wish there was a way to capture the sound of azan too. It's what gave the moment its atmosphere of holiness.”

By Manish Jaisi



“

The picture was taken moments before Durga was immersed in the Ganga. The sunlight filtering through the trees and the smoke rising from the *dhunuchi* (incense burner) added drama to the scene. That moment when the goddess emerged from the smokescreen to the sounds of the *dhak* was surreal.”

By Suvankar Sen



Champakulam boat race,
Alleppey, Kerala

“

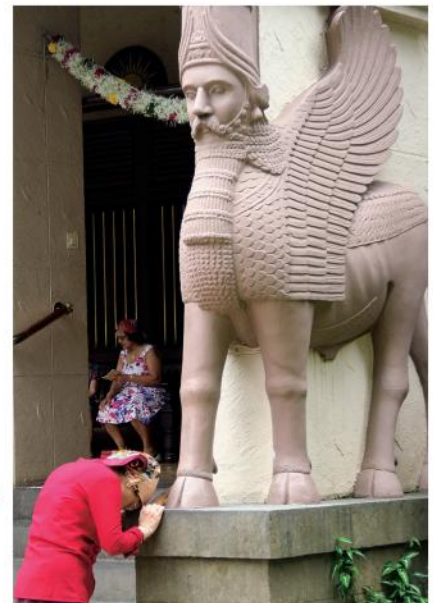
It had rained that day, but I got a window of opportunity when the light was just right and the clouds had started swirling in the sky. I was lucky to get a spot away from the crowd and when all the boats were lined up in symmetry. I used an extra-wide lens for a panoramic view.” By Hari Menon

“

I used depth-of-field to bring both the subjects in focus: the woman bowing down before the winged bull sculpture outside the fire temple and the other one reading the holy book in the background.” >

By Raju Shinde

Agiary, Dadar, Mumbai



COURTESY: MUMBAI MIRROR



Azad Maidan, Mumbai

COURTESY: MUMBAI MIRROR

“

Instead of capturing a burning Ravan, I turned the lens on the grandness of the celebrations—the fireworks that went up like beaming sunlight, the sparkles that illuminated the sky. I wanted to represent the triumph of light over darkness, but by focusing on the light.” By Deepak Turbhekar

Jarket market, Aizawl, Mizoram



“

This picture is as much about Christmas festivities as it is a tribute to the fiercely independent Mizo woman—the equality of sexes is more visible in the local markets here than anywhere else in India.” 

By Prasanta Dey



"I come from a not-so-religious family and while festivals are important, they don't involve hundreds of rituals. New clothes, family visits and food all combine to make me feel festive. Of course, waking up early, visiting Ganpati pandals and decorating the house is important too."

Arundhati Chatterjee, 26, student

It's the season of joy and togetherness



VOX POP

What gets you in the festive mood?

"Music sets the mood for any occasion or celebration. So the playlist is important. Apart from that, you have to sport the right look. So, shopping for clothes is an essential part of the revelry."

Nidhi Bhardwaj, 27, company director



"I live away from home, so booking tickets to go meet family and friends always puts me in a festive mood. Picking clothes for each event, planning the delicacies to be made, and organising fun activities adds to the excitement.

All the time I get to spend with my near and dear ones is what makes me really look forward to the season."

Sapna Katti, 32, software engineer



"Nothing gets me in the festive mood more than clear autumn skies, the sight of kash flowers by the roadside and the beat of the dhak. It fills my heart with joy and happiness."

Namrata Mukherjee, 32, HR manager



"We have a family tradition of cooking an authentic meal and every time I see my mother preparing the dishes for Diwali, I know the festive season is here. Another thing that helps me get in the

mood is seeing all these pretty lights going up everywhere. It gives me a lot of festive vibes and instantly makes my day."

Pranoti Rege, 21, digital marketing manager



"Having lived away from my family for almost two decades now, I have to make an extra effort to get in the festive mood. Enjoying home-cooked meals, getting together with friends and dressing in traditional

clothes helps get me in the mood for celebration. And it's incomplete without a Skype call to India and the sight of my family's happy smiling faces."

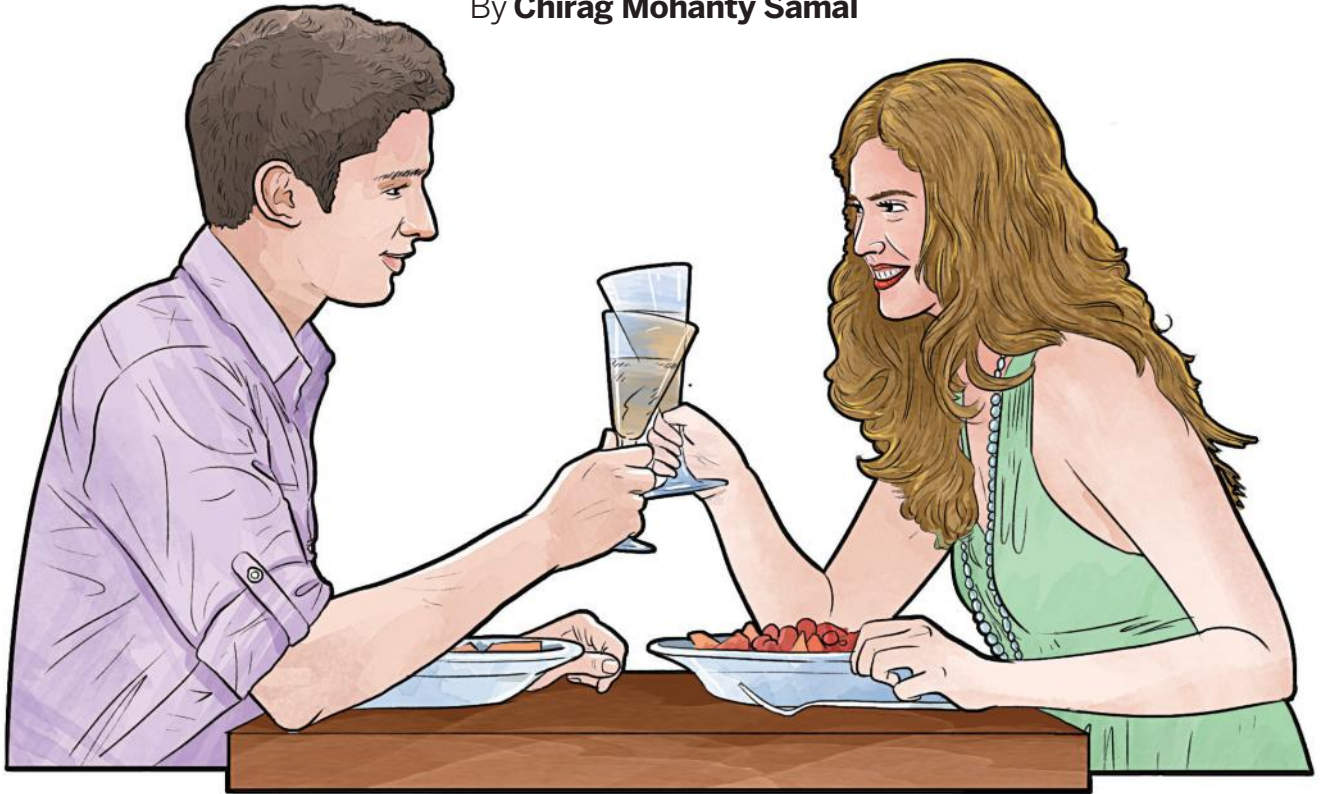
Priya Sinha, 33, database specialist



SHY GIRL'S GUIDE to FLIRTING

How to tell him he drives you crazy without saying a word.

By **Chirag Mohanty Samal**



Every time you meet him, you have butterflies in your stomach, your heart thuds, and your palms get sweaty. Sadly, none of this translates into anything sexy, visually speaking. Things get harder if you are the shy, reserved type who has trouble expressing your feelings. Wouldn't it be great if you could signal your interest with subtle cues that don't require some big surge of confidence?

It's pretty cool how much human beings communicate without using language. This is especially true when it comes to romance. According to research conducted by Jeffrey Hall, associate professor of communication studies at the University of Kansas, "One of the important things to keep in mind is that flirting is an outgrowth

of your feeling towards another person—something you can't easily hinder. When you're expressing yourself with someone you might like, nonverbal and verbal behaviours begin to reflect attraction." With just a coy smile here, glance or touch, you can let a person know how you feel about him—if you're looking for just a fun fling or something more serious.

**WITH JUST A COY SMILE HERE,
GLANCE OR TOUCH, YOU CAN
LET A PERSON KNOW HOW YOU
FEEL ABOUT HIM OR WHAT YOU
ARE LOOKING FOR.**

There's the catch, however. At times, the intended partner may fail to detect the signals. Hall, who is also the author of *The Five Flirting Styles: Use The Science Of Flirting To Attract The Love You Really Want*, says, "We're really bad at detecting if people are flirting with us. The reason we're bad at seeing when they are interested is people show it in such a variety of ways."

Khyati Gupta Babbar, behavioural researcher, body language trainer and founder of the Delhi-based Santulan Behavioral Sciences, says, "Your goal is to show that you're interested, open and approachable. Most women don't realise that they're not showing approachability through their non-verbal communication." So, we get experts to tell you the most effective ways to convey your feelings. >

LEAN IN

It's a way of getting closer without making the other person uncomfortable. "When he's speaking, you can lean in to show keenness. It'll indicate that you're interested in him," advises Babbar. But she cautions that if you notice him moving back when he is talking to you, respect that distance.

VENTRAL FRONTING

By facing someone with the ventral side of your body, where vulnerable targets like the eyes, mouth, throat and breasts are located, you're signalling that you're open to them. "Align your top, torso and toes towards him when you're talking. This lets him know that you're fully engaged with him," says Babbar.

SMILE

Researchers at Uppsala University, Sweden found that when someone smiles at us, it stimulates our brains mirror neurons, making us smile back. Dr Bhavna Barmi, senior consultant psychologist, Fortis Escorts Heart Institute, Delhi, says, "The more your eyes crinkle while smiling, the stronger the sense of affection it conveys."



CLOSE THE GAP

You can use the principles of proxemics, the study of how humans use space, to show your levels of interest. Babbar says, "Usually we stand in the personal or social zone of a person, which is anywhere from 1.5 to 7 feet from them. But to show interest, you can close this gap and enter the intimate zone from time to time. This intimate zone extends to about 18 inches from your face."

"THE MORE YOUR EYES CRINKLE WHILE SMILING, THE STRONGER THE SENSE OF AFFECTION IT CONVEYS."

GAZE INTIMATELY

Eye contact is essential to establishing an emotional link. According to Babbar, "If you want to show romantic interest, you can use the triangle gaze of eye-eye-chest. This means you look into his eyes and then move your gaze below to his neck. This may happen subconsciously if you are interested in him," she says.

BLOCK THE BLOCK

When you're attracted to a man, you don't want anything to come in between you and him. For instance, at a restaurant you may put your elbows on the table and cross your arms. This is a blocking behaviour. Keep your arms uncrossed and shoulders down. This shows you are relaxed around him.

Like a book

So, you've mastered the signals of love, but does he like you too? Babbar tells us how to read his body language.

Alpha cross

If he tends to display his groin area to you in an 'alpha cross-sitting posture, it's an indication he might be interested. It's a subtle signal of displaying virility.

Manspreading

Men get territorial when they're attracted to someone. If you notice a man putting his arm on another chair or doing the alpha cross, that's an indicator that he's getting territorial.

Preening

Men display self-grooming behaviour such as adjusting their tie and doing their hair in front of a woman that they are interested in.

Little touches

Watch out for subtle touches, where he either gently touches your arm or the small of your back. This indicates affection and the fact that he is comfortable with you.

TOUCH GENTLY

Touch releases a chemical called oxytocin, which fosters bonding. To show you are interested, gently tap or graze his hand while talking. "The higher up we go on the arm, the more intimate the touch," says Dr Barmi.

MIRROR AUTHENTICALLY

Mirroring is a social phenomenon where people mimic each other's posture, gestures and words. It's often an unconscious behaviour.

When you start mirroring your partner's actions, it means you are in sync with him. "Mirroring is a way to establish comfort, openness, trust and rapport," says Dr Barmi. **E**

You're thinking about tomorrow's to-do list, what you want for dinner and that looming dentist assignment—and before you know it, he's done and snoring, and you're trying to remember the last time you orgasmed. Those innocent, little humdrum thoughts are actually sabotaging your sex life. Dr Mahesh Nawal, president of the Association of Sexuality Educators, Counsellors and Therapists, says, "Today, we're so used to multitasking that even during sex, our mind doesn't stop. Unless your mind and body are in sync, you will never enjoy sex."

In 2011, researchers at Brown University, US, found that women who practised mindfulness during sex got more aroused—and faster—compared to women who didn't. According to Gina Silverstein, the study's lead author, mindful sex involves being able to experience the sensations taking place in your body and mind, making it easier to 'turn off autopilot mode'.

Further, in 2013, French sexologist Marie Geonet and her colleagues assessed 40 different researches on the impact negative thoughts can have, and concluded that they play an important role in causing sexual dysfunction in women.

But knowing all this doesn't really get the job done. If you need help turning your mind off during sex, then you've come to the right place. All you have to do is...

ONE TRACK MIND

Rein in all those buzz-killing thoughts and have the best orgasm ever with these tips on mindful sex from **Chirag Mohanty Samal**



Take a deep breath

"Begin by taking a deep breath and slowing down your other reflexes," says Dr Nawal. This will help you relax and focus on the sensations taking place in your body. Focusing on the physical will keep your mind centred and ready for pleasure.

Get in the shower

Dr Rajan Bhonsle, head of the department of sexual medicine at KEM Hospital and Seth GS Medical College, Mumbai, says that for some women, sex is stressful if the timing or location are off. "She might proceed because she doesn't want to hurt her partner's feelings,

but the whole process becomes mechanical for her." Find a suitable place and time so that you can relax and focus on sex. Get a massage, take a hot shower, do what it takes to get your mind into a sensual state.

Surprise him

Foreplay is essential in building ecstasy. But when you let your man do all the work, it gets easier to zone out. "You need to be actively engaged at all times," says Dr Bhonsle. "If you're feeling distracted, get on top, work his pleasure points or simply go down on him. Hearing him moan in pleasure will turn you on too."

Talk dirty

The brain is a powerful sex organ and dirty talk is a great stimulant. Dr Nawal says, "Putting into words how you feel or the things you want to do to your partner activates all regions of the brain and intensifies the passion." Dirty talk is also a liberating experience that helps you express your desires. This breaks mental barriers and shakes inhibitions loose.

Do the intimacy dance

Dr Nawal takes us through some intimacy enhancing exercises. "You begin by touching every part of your partner's body, except the genitals. This is followed by kissing and licking. Gentle strokes from top to bottom helps relax the mind. The point is to build the tempo gradually and bring a sudden rush of blood to your most intimate areas." **F**

MONEY TRAP

Fights about money can eat into and destroy your relationship.

Chirag Mohanty Samal has tips on how to avert a complete meltdown



The Beatles were right; money can't buy you love. But going broke together isn't going to ensure a lifetime of bliss, either. According to research conducted at the Institute for Divorce Financial Analysts in the US, money is the third most common cause of separations around the world. A 2011 study by Jeffrey Dew of Utah State University found that married couples who disagreed about money once a week were twice as likely to divorce as those who differed less than once a month. This is mostly

because these arguments have more than just money at stake. Olivia Mellan, author of *Money Harmony: Resolving Money Conflicts In Your Life And Relationships*, explained in an interview, "Money doesn't just represent money; it represents love, power, control, self-esteem and freedom."

If you are in a relationship, compare your situation with the carefree single days when you only had to spend on yourself. Swapping movie tickets for monthly groceries, holidays or fancy gadgets for retirement funds—it was all simple because you were

our perspective is the best. We refuse to accept the fact that our partner's opinion can be a better one. This often leads to fights." Arguments take a serious turn if one of the spouses is a spender and the other a saver. The one who believes in living for the moment will not see sense in the struggle involved in saving for a better future.

"Communication and an understanding of your spouse's financial habits are key to nipping problems in the bud," says Taresh Bhatia, a certified financial planner whose firm, Advantage Financial Planners, helps families plan and organise their monetary goals. Experts like him recommend the following strategies to keep you and your partner on the same side of this battle.

BUILD TRUST

"BOTH THE PARTNERS SHOULD KEEP EACH OTHER IN THE LOOP ABOUT EVERYTHING RELATED TO FINANCE."

the only approver. So it's tough to make the transition into a life where someone else is monitoring your expenditure. Clinical psychologist Pulkit Sharma says, "When it comes to money, we always think

Honesty goes a long way in any relationship, and money matters are no exception to the rule. "Both partners should keep each other in the loop about everything related to finance like incomes, expenditures, savings, investments and future financial goals," says Bhatia. There is no room for secrets here. If you have any bad debts, loans or financial obligations, you should always let your spouse know before you tie the knot. Hiding things from the other person leads to an erosion of trust. "Having a guide or a mentor or hiring a professional financial planner makes this task easier. >



Plan for a better future together

PLAN FOR AN EMERGENCY

You need a contingency fund in place to manage uncertainties. Otherwise a stressful event, like an accident or loss of job, may take a toll on your relationship. Bhatia suggests, "Set up a separate fund to take care of your family's emergency needs. You may invest in a liquid mutual fund, which is safe, liquid and gets you some interest too. You and your spouse will know exactly where to take out money from when the need arises. A mutual fund provides a debit card to help you withdraw up to ₹ 50,000 per day or up to 50 per cent of your invested capital from an ATM."

They could provide a template into which you can enter all your income and expenses, and calculate how much you can save every month. Then, invest as per your goals," says Bhatia.

CHECK ATTITUDES

It is essential to understand your spouse's mindset towards money. Sharma says, "Sometimes money fights are more clashes of temperaments. He may point out that you are spending too much not because he can't afford it but maybe because he has been brought up in a certain way." You need to find out how he views money and if his parents were frugal or big spenders. If he is a penny-counting saver, he may get upset if you spend on entertainment or shopping. The answers will help you understand his personality better and equip you to handle his doubts.

YOU NEED TO ANALYSE YOUR FUTURE GOALS AND CREATE A COMMON HOUSEHOLD BUDGET.

MAKE A COMMON BUDGET

You need to analyse your future goals and create a common household budget, one with a clear picture and real, not aspirational, numbers. This way, when the two of you get into an argument, it's easier to come to a consensus because you're referring to the same source.

Bhatia says, "Take into account all your additional responsibilities. Calculate estimated expenses that you may make in the future, for instance, children's education and caring for

elderly parents." Do not, however, make the budget too restrictive or you'll have a hard time sticking to it.

SET A LIMIT

It's essential for both of you to have a separate spending allowance. There will be things that one buys that the other may consider unnecessary. So set aside an amount that each can spend as they choose, no questions asked. Since this expenditure will be budgeted, you're less likely to overshoot. This will not only ensure that both of you get a fair chance to have a little fun, but will also drive away grudges (if any) that one is saving while the other is splurging.

PICK A GOAL

You need to talk to your spouse about what you want your future to look like. Reach a consensus on this before you start saving and investing. Set goals for short-term and long-term things, like buying a house or a car or spending on vacations, children's education, retirement funds and investments. Having common goals and joint investment plans generate a sense of belonging, a feeling of being on the same team. Bhatia says, "Start investing early to reap the benefits of compounding returns over the extended period. Monthly investments in mutual funds like large cap or debt mutual funds can be started, as per your risk appetite. Your portfolio should be evaluated regularly to see if the funds need re-balancing to match your goals." **F**

FEMINA

FASHION

GREATEST HITS OF THE '70s

Get into the groove of the season with top trends from the Seventies that haven't aged a day



ISABEL MARANT

ANTEPRIMA

BALMAIN

CÉLINE

CHLOÉ



Quilted jacket, ₹4,299, Vero Moda

Metal sunglasses, ₹5,590, Vogue Eyewear



Sterling silver ring, ₹19,053, Velvetcase.com

Cotton dress, ₹2,500, Gap



Leather satchel, price on request, Louis Vuitton

GOLDEN OLDIES

Ride the wave of sweet nostalgia by investing in the season's key pieces and accessories



Voile blouse, ₹9,150, The Parisian Boudoir



Embroidered chignon dress, ₹2,490, Zara



ALBERTA FERRETTI

BEST OF THE BUNCH

Florals are in full bloom, covering everything from dresses to jackets and accessories

STYLE TIP

Pair a floral dress with sneakers to bring your look up to date.



Metal ring studded with Swarovski crystals, ₹19,520, Adawna



Leather sling, ₹14,000, Pratinava



Embroidered denim skirt, ₹2,099, Pepe Jeans



Faux leather sneakers, ₹2,999, Marks & Spencer



MICHAEL KORS

Velvet trousers, price on request, Topshop.com



Acetate sunglasses, ₹5,190, Vogue Eyewear

NEUTRAL GEAR

Update your fashion uniform with utility pieces in shades that spell retro chic



Leather tote, ₹8,499, Charles & Keith



Leather watch, ₹7,700, Swatch



Corduroy skirt, ₹3,999, Tommy Hilfiger

Cotton blend trench coat, price on request, Mira Mikati @ Le Mill

STYLE TIP

Wear the same shade from head to toe for a polished take on the trend.



Cotton blend jacket, ₹5,999, Marks & Spencer



Sequined dress, ₹3,699 Only



Polyester blend blouse, ₹2,299, Junarose



Metal earrings, ₹387, Accessorize



Denim skirt, ₹3,055, H&M

PRETTY IN PUNK

Join the style revolution with silhouettes that hit the sweet spot between edgy and glamorous



SACAI

STYLE TIP
A leather skirt is all you need to ace the punk look.



PU crossbody, ₹5,795, Cath Kidston



Faux leather belt, ₹599, Lavie



Suede boots, price on request, Clarks

SEEING PATTERNS

Embrace fashion's fun side with a medley of psychedelic prints



Cotton blend maxi, price on request, **Vedika M**



Metal earrings, ₹9,900, **Outhouse**



Polyester blend dress, ₹2,790, **Zara**



Silk trousers, ₹3,999, **Tommy Hilfiger**

STYLE TIP

Invest in a pair of patterned trousers for a subtler take on prints.



Suede clutch, price on request, **Chloé @ Le Mill**



Suede boots, price on request, **Hermès**



MANISH ARORA

After dark

Add a flash of sparkle to your autumnal wardrobe with this pretty striking timepiece that showcases interlaced diamond bands



Allegra

A brilliant jewelled bracelet that also tells time, this stunning watch from de Grisogono features a mother-of-pearl dial set in a perfectly proportioned square form.

Price on request 



(From far left) The Kagem mine; earrings, neckpiece and bracelet set with Zambian emeralds

A hidden GEM

Tucked in the wilderness of Zambia lies an unexplored mine of the world's rarest jewel. Akshita Singh explores

Situated in the southern part of Africa is the elevated landlocked country of Zambia. The country was named after the river Zambezi, which means the river of god. The name is no exaggeration you'll see when you land in this beautiful country of vast, clear blue skies and nature in its purest form. Apart from the pristine scenery, this land also houses a bounty—the Kagem Mine, reservoir of the world's second most valuable gemstone, the emerald.

The mine is located in the middle of the woods, near the river Kafubu, in the central part of the Ndola Rural Emerald Restricted Area. It covers over 41 sq km and accounts for 25 per cent of the global emerald production. The birth of the stone dates back to 500 million years when deep beneath the surface of the earth, two types of rock with contrasting



(Above) Miners excavating the pit; a raw emerald stone from the mine

characteristics fused under unique geological conditions to form something rare.

Emeralds get their green colour from the presence of the element Beryllium. Zambian emeralds are a specific combination of talc magnetite rocks, chromiferous elements (Chromium and Vanadium) and alteration of Beryllium substances that form a thin black layer of fluids and crystallise over millions of years into unique hexagonal shapes. The stone reflects the irony of nature, as a pitch-black, opaque reaction zone between rocks mineralises into a thing of beauty.

We were given a tour of the open pit mine, which was approximately 150 metres deep. These vibrant stones go through multiple processes once wrenched from the belly of the earth. First, they're washed, sorted and graded. Then, they are examined, divided and >





(From left) Sorting of emeralds in the lab; necklace and ring featuring Zambian emeralds

THE MOST SURREAL EXPERIENCE WAS TO WATCH HARD BLACK ROCKS CRUMBLE, REVEALING A DEEP GREEN CRYSTAL RIGHT IN FRONT OF OUR EYES.

categorised based on size, quality and sustainability. Finally, they're put up for auction.

Nearly one tonne of solid rock has to be removed for every single gram of emerald extracted. The most surreal experience was to watch hard black rocks crumble, revealing a deep green, iridescent crystal right in front of our eyes. These would then be collected in red boxes. The tiniest of these stones can set a woman's heart racing, and here I was, casually holding a precious rock the size of my palm.

Producing approximately 30.1 million carats of emeralds a year, Gemfields is a pioneer in an exciting frontier. They pride themselves on balancing the demands of mining, marketing, exploration and ethics, and for their focus on transparency and sustainability. It is heartening to see



(Clockwise from above) Treatment of excavated rocks; Gemfields works in the rural and education sector to uplift locals

that the company isn't just digging and leaving craters, but rehabilitating the land too by back-filling exhausted areas and re-vegetating the site.

Besides taking care of the environment, Kagem also takes great care of its people. The organisation's vision is to empower the natives by creating a positive socio-economic impact. Gemfields, the world's largest producer of emeralds, spends 1 per cent of its gross revenue in supporting several primary and secondary schools, local clinics and hospitals. Education, health and agriculture are the three sectors through which Kagem seeks to uplift the locals.

It's one thing to stare at a jewel in a box and marvel at its gleaming facets. But to immerse yourself in the history and cultures associated with a stone—that's real luxury. **f**



I am a 27-year-old woman. I have a lot of pretty sari blouses, which I inherited from my mother. Some are sequinned while others are solid-coloured. How can I style them without a sari?

— Roohi Verma, Jaipur

If the fabric and cut of the blouse is traditional, you can't do much without a drape over it. If you, however, have a fitted jersey blouse, then you can style it as a crop top and team it with high-waisted trousers or a skirt. A boxy-fit blouse would work really well with midi skirts or when layered over sheath dresses. Get a skirt to match the blouse print and wear them together.

DEEPIKA GOVIND

Renowned Bangalore-based fashion designer, also an associate member of the Fashion Design Council of India



I am a 25-year-old woman. I like to go out with my friends on weekends. We often go for movies, dinner or brunch dates. What's a good outfit for such outings?

— Aanchal Guota, Mumbai

Date night or a girls' night out calls for something comfortable with a glamorous appeal. Go for a printed shift dress and throw on a jacket for good measure. You can put it on if the weather gets chilly or just drape it over your shoulder like a street-style star. Opt for a crossbody bag, so that you can go hands-free.

MASABA GUPTA

Mumbai-based fashion designer who retails under her label Masaba



I am a 23-year-old working professional. I would like to build a collection of everyday jewellery for work. How should I go about it?

— Neha Aggarwal, Bangalore

Start with the basics and pick out pearl, gold or silver studs. Add sleek handcuffs in gold and silver to the mix. Make sure you have basic metallic chokers. Have one pair of long, light-weight dangles that can easily take you from desk to drinks. Silver jhumkas are saviours, so collect as many as you like. It's better to start with dainty, minimalist jewellery and grow your collection as your taste evolves. **f**

SUHANI PITTIE

Hyderabad-based jewellery designer who graduated from the Gemological Institute of America in Carlsbad, USA



STYLE REHAB

Three fashion experts answer your style queries

Send in your queries to femina@wmm.co.in

Nice and easy

Online fashion retailer The Label Life's online campaign titled #ComeTogether celebrates love and intimacy during the festive season. It marks the launch of a collection comprising celebratory colours and classic as well as updated prints. The chic and easy-breezy silhouettes make a welcome change from form-fitting festive wear.

PRICE: ₹1,790 onwards

AVAILABLE AT: TheLabelLife.com



Trending

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

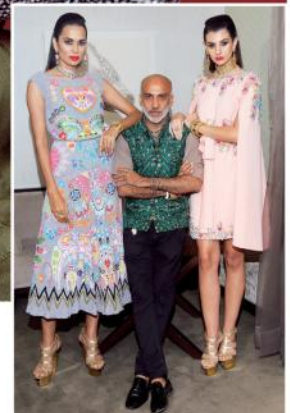


FRESH SPIN

Samsonite has dropped a new line of sleek spinners. The luggage's design features two compartments, one for easy organisation, and the other for packing away bulkier stuff. They come in four sizes and three colours (cobalt, graphite, matte copper) and would make a great addition to your jet-setter lifestyle.

PRICE: ₹14,950 onwards

AVAILABLE AT: **Select Samsonite retail outlets**




LAUNCHES WE LOVE

Designer Siddhartha Tytler has launched a 1,000-sqft flagship store in Mehrauli, New Delhi. The store's soothing gold tones form the backdrop to Tytler's opulent Indian wear. Online, we're excited to have Zara finally go live! Go to Zara.com to pick from the brand's enormous, fashion-forward collection.



Parisian kitsch

Diamond boutique brand Zoya recently collaborated with designer Manish Arora to showcase one-of-a-kind jewellery pieces at his 10th anniversary presentation for Paris Fashion Week. The stunning line, which complemented Arora's signature psychedelic palette and kitsch motifs, features statement cuffs, neckpieces and earrings.

PRICE: **On request**
AVAILABLE AT: **Select Zoya boutiques** 

PUMP IT UP

We are totally in love with these suede pumps from the House of Dior. Christened Dioramour, they all come stamped with a little red heart at the back. Fun fact: the gently curved heel is inspired by the 'choc heel' that first appeared in 1959.

PRICE: **On request**

AVAILABLE AT: **Select Christian Dior stores**



TALKING SHOP

This season's take on utility dressing is feminine and refined.
Take a style cue or two from our leading ladies



(Clockwise) Sonakshi Sinha in **Madison** and **H&M**; Huma Qureshi in **Since 1988**; Alia Bhatt in **H&M** and **Topshop**;
Kriti Sanon in **Deme By Gabriella**; Anushka Sharma in **Rosie Assoulin** 

SPACE ODYSSEY

Discover a galaxy of new-season trends via our muse and actor Amyra Dastur. Watch her light up the sky with space-age forms, golden trails and heavenly silhouettes





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SILVER LINING

Get ready for take-off in exaggerated ruffles and reflective boots.

Tulle and appliqué dress, price on request, **Abu Jani Sandeep Khosla**; PVC boots, ₹4,499, H&M; wooden earrings, ₹3,000, Cultcurators.com >

DOUBLE IMPACT

Elevate the sparkle of a mirrored blouse with sculptural jewellery.

Mirror bustier, ₹16,500, polyester blend skirt, ₹10,500, both **Esha Sethi Thirani**; gold-plated collar, ₹20,000, **Suhani Pittie**; metal earrings, ₹3,500, **Cultcurators.com**; metal cuff, ₹6,900, **Anomaly by Anam**





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NEW WAVE

Dress up for the glitzy future in an avant-garde silhouette with a carved hemline.

Moulded gown, price on request, **Gaurav Gupta**; German silver choker, ₹21,000, **Suhani Pittie** >

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FLASH LIGHT

Offset the brilliance of an after-dark skirt with structured space armour.

PVC corset, ₹34,500, sequined dress, ₹37,800, both **Swapnil Shinde**; polyester boots, ₹2,990.

Zara; silver-plated earrings, ₹8,500, **Suhani Pittie**; metal cuff (left), ₹7,000, metal cuff, ₹8,000, both **Anomaly by Anam**

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AGENT
PROVOCATEUR

Opt for a delicate cutout
dress and futuristic accessories
that make you feel like
a space goddess.

Tulle gown, price on request,
Swapnil Shinde; acrylic earrings,
₹3,500, Sameer Madan >

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GOLD STRIKE

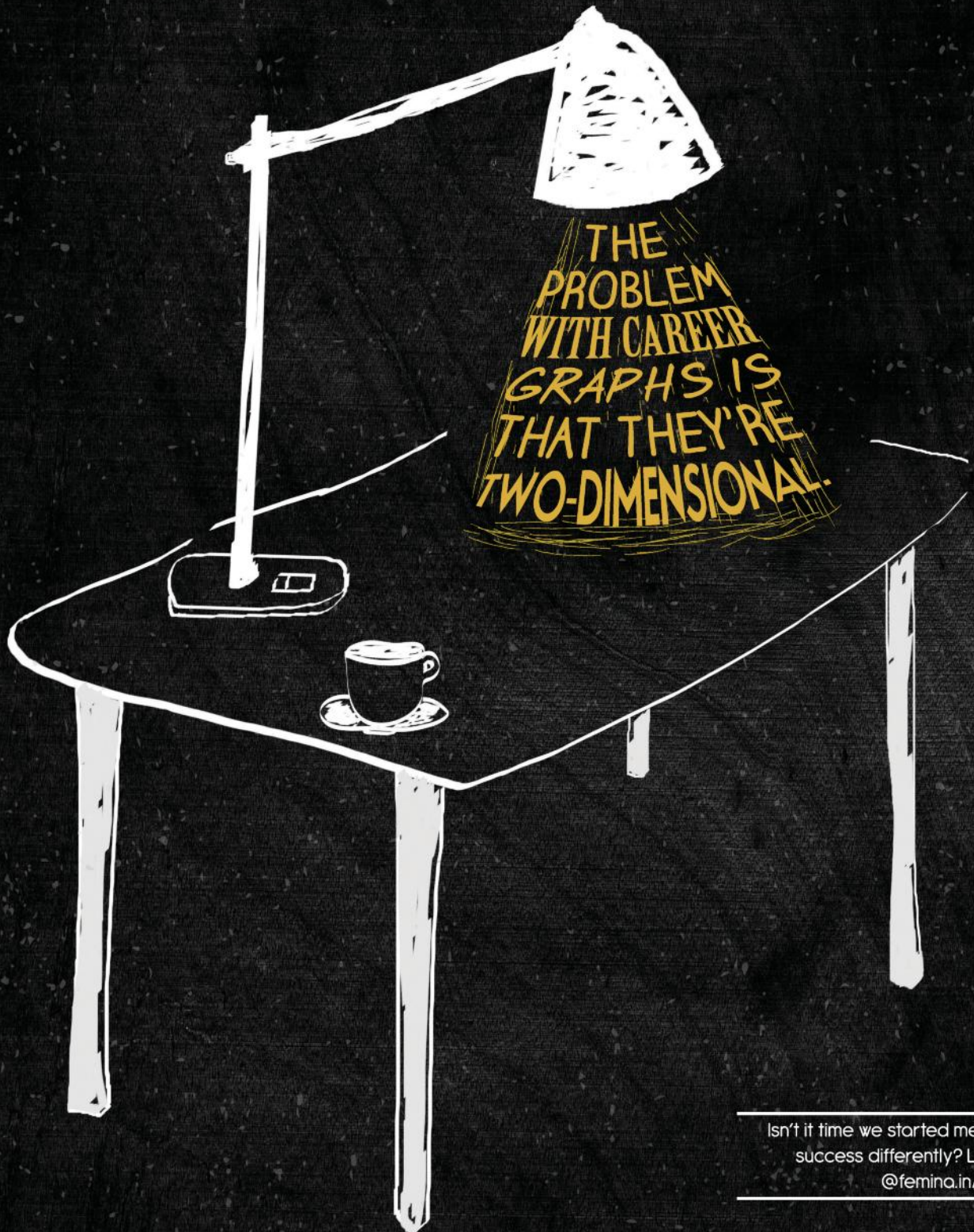
Give an embellished bodysuit a luxe update with a glossy jacket and show-stopping shoes.

Embroidered body suit, price on request, **Falguni & Shane Peacock**; nylon jacket, ₹3,999, **H&M**; leather sequinned boots, price on request, **Christian Louboutin X Sabyasachi** >



FEMINA

BE UNSTOPPABLE



Isn't it time we started measuring success differently? Let's talk.
[@femina.in/lifestyle](https://www.instagram.com/femina.in/lifestyle)



DARK METAL

A glossy cut-out dress with a metallic trail is perfect for night-time escapades.

Coin embellished dress, ₹15,000, **Komal Sood**; satin skirt (part of a dress), price on request, **Solankshi Raaj**; studded wedges, price on request, **Christian Louboutin X Sabyasachi** 

PHOTOGRAPHS: VINAY JAVVAR; HAIR AND MAKEUP: ROSARIO BELMONTE (ANIMA CREATIVE MANAGEMENT); FASHION STYLIST: ANSHITA SINGH; FASHION INTERN: ASHITA PATEL; SENIOR SHOOT COORDINATOR: SHRADDHA KHARPUJE; LOCATION: GODRE JONE, MUMBAI; RE TOUCHED BY: VIKAS KAMBLE

FEMINA

BEAUTY

PERFECT THAT PEACOCK FLUTTER

Brighten up your look this festive season with rich shades of purple, blue and pink. This is just the look to do justice to your ensemble and mood

Turn to find out how to get this look.

Get the look

Celebrity makeup artist Kyana Emmot creates sultry peacock-hued eyes for the festive season.
By **Samreen Samad**



Prep your skin by massaging a nourishing moisturiser on your face and neck.



Add contour lines below the cheeks, jawline and forehead. Use a corrector under your eyes.



Apply foundation on the rest of the face.



Blend everything together with a damp sponge.



Swipe highlighter above the cheekbones and pink blush on the apples of your cheeks. Blend them gently for a soft finish. >





6
Take deep purple eyeshadow and create a winged shape using a pencil brush. Start from the lash-line to the outer corners of the eyes and extend towards your natural crease line.



Dab bright blue eyeshadow at the centre of your eyelids.



Take a darker shade of blue and use it to blend the purple and bright blue eyeshadow.



9
Swipe light purple or pink eyeshadow along the lower lashline.

BLENDING CONTOUR CREAM, CORRECTOR AND FOUNDATION AT ONE GO HELPS SAVE TIME AND EFFORT.



10

Line your waterline with black kohl pencil.



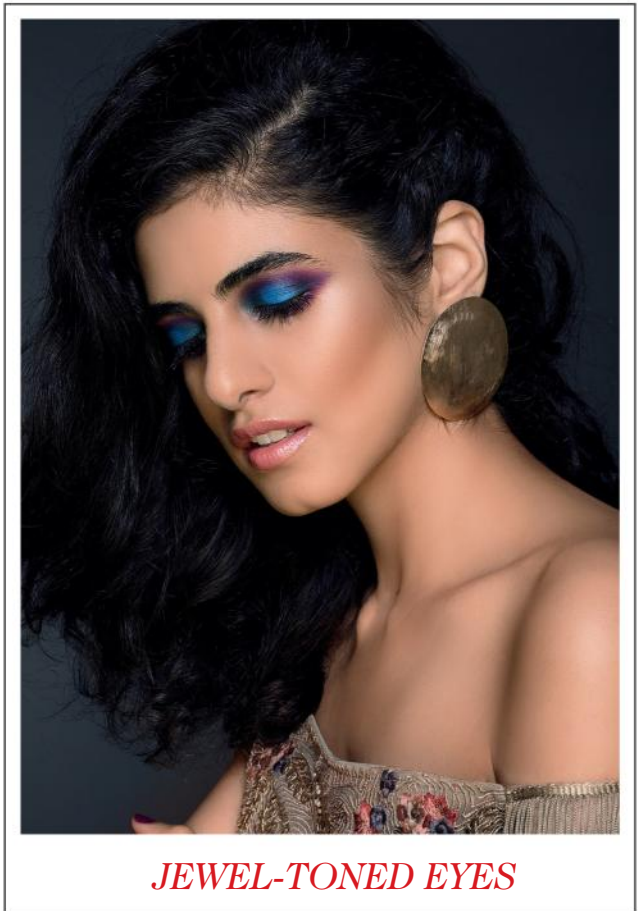
12

Finish with a pinkish nude lip colour. **F**



11

Apply a few coats of mascara to super-size your lashes.



JEWEL-TONED EYES

PHOTOGRAPHS: VINAY JAYKAR; MAKEUP: KYANA EMMOT (TOAGH TALENT MANAGEMENT); MODEL: BHAVANA (INEGA MODEL MANAGEMENT); STYLED BY: KHUSHI BHATIA; SENIOR PHOTO SHOOT COORDINATOR: SHRADDHA KHARRPUDE; EMBROIDERED TOP: COTTON TOP; BOTH MODELS' OWN PHOTO RETOUCHE BY ANU TONDAN

Kiko Milano Power Pro Nail Lacquer, Red, ₹550

Lotus Make-up Ecostay High Shine Nail Enamel, Gold Frost, ₹199

Colorbar Arteffects Nail Lacquer, Coppertone Gold, ₹325

L'Oréal Paris Color Riche A L'Huile Nail Enamel, Rouge Sauvage, ₹399

Rouge GOLD

Get into the festive spirit by dipping your nails in gorgeous reds and golds, says **Madhura Sansare**

Nykaa Mirror Chrome Nail Lacquer, Sun-kissed Gold, ₹249

Lakmé Absolute Gel Stylist Nail Gloss, Scarlet Red, ₹400

Stay Quirky Nail Enamel, Crowned Brown, ₹158

O·P·I Nail Lacquer, Big Apple Red, ₹850

SKIN

My acne tends to flare up throughout the year. How can I reduce the intensity of the breakouts?

— Sanjita Salunkhe, New Delhi

Wash your face with an anti-bacterial or a salicylic acid-based face wash at least twice a day. Increase your intake of citrus fruits and other foods rich in vitamin C and zinc. Drink plenty of water. Do not pick or squeeze the pimples. Use a clindamycin gel or 2.5% benzoyl peroxide gel on the acne. Lastly, get checked for PCOD, as this hormonal disorder can cause skin flare-ups.

Dr JAISHREE SHARAD

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



MAKEUP

What's the easiest way to create a smoky eye with a few products while on the move?

— Vedika Sharma, Mumbai

Trace the top and bottom lashlines with a black kohl pencil, and smudge using a brush or an earbud. Run the same pencil on your upper and lower waterlines. Follow by a mascara. Add a black eyeliner to intensify your look. This way you will only need a black kohl pencil, mascara, eyeliner and a few earbuds to smoke up your eyes.

KAPIL BHALLA

Renowned celebrity makeup artist



HAIR

During winter, my scalp tends to get very dry and flaky, creating dandruff. How do I prevent this?

— Mouni Shenoy, Bangalore

Weather can be a major trigger for a flaky scalp. Clearly, yours is only a temporary problem that comes up with a change in weather, the application of aloe vera is very effective in such a case. Or you could try a sebum-control shampoo, conditioner and hair treatment. **F**

NATASHA NAEGAMVALA

Director of Nalini of Nalini & Yasmin Salon Pvt. Ltd



YOU ASK

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

Send in your queries to femina@wmm.co.in

HOT RIGHT NOW

All that's fresh and fun on the beauty shelf

QUICKER FIX

Pantene Pro-V Oil Replacement claims it can accomplish what your weekend hair-oiling routine does, in just three minutes. It has a creamy texture that coats the strands without making them sticky or greasy. The formula is designed to make your hair thicker and stronger. All you have to do is rub a walnut-sized amount between the palms of your hands, distribute it evenly through the lengths of your damp or dry hair, avoiding the roots, and you are good to go.

AVAILABLE AT: **Leading retail stores**
PRICE: ₹150

BLEND RIGHT IN

Acing any makeup look comes down to knowing how to swipe, swirl and blend. And you need the tools of the trade to get it right. Nykaa makes life easier with the launch of BlendMaster, a set of 10 oval brushes to help you blend any product efficiently. These multi-purpose brushes have a unique curved handle designed for self-application and they promise to seamlessly define your best features.

AVAILABLE AT: **Nykaa.com**
PRICE: ₹300 onwards

OIL RIGHT

Is heat, humidity and pollution damaging your hair? Kronokare's Anti Turm(oil) City Repair Hair Oil provides the nourishment and moisture your hair needs to withstand these stressors. It is a unique blend of geranium, peppermint and lavender essential oils, infused with vitamins and antioxidants. Even a 15-minute massage before your shower can help restore your hair's texture and shine.

AVAILABLE AT: **Kronokare.com**
PRICE: ₹745

POWER DOSE

Give your skin a shot of nourishment with Elizabeth Arden Superstart Skin Renewal Booster. This unique product is meant to be applied on your skin before serum and moisturiser to repair damaged skin and make it radiant. This potent formula is extremely lightweight and gets absorbed instantly to give you smooth, supple skin.

AVAILABLE AT: **Parcos**
PRICE: ₹4,800

MUDDY MARVEL

If you haven't heard about it already, allow us to announce that Glamglow, Hollywood's go-to skincare brand is finally here! The brand has some ah-mah-zing face masks for common skin concerns. You must try their hero product, the Glamglow Supermud Clearing Treatment for instant clear and flawless skin tone. They have a range of other mud masks that feature the patented Teaoxi real leaf technology, which is supposed to boost the health of your complexion.

AVAILABLE AT: **Sephora**
PRICE: ₹4,400 (50 ml) **F**



BEAUTY makeup mantra

Lacto Calamine Oil
Balance Face Scrub



NYX HD Studio
Photogenic
Foundation



PURPLE BLOOM

Splash the whole canvas with it or use it discreetly to make a statement. You can't go wrong with purple, says **Madhura Sansare**



Rimmel
London
Scandaleyes
Eyeshadow
Stick

Lancôme
Hypnôse
Volume-
à-porter
Mascara

FACE

Exfoliate your skin with a scrub to get rid of any dirt, grime and dead skin. Apply foundation to even out your skin tone. Dab concealer under your eyes in the shape of a triangle, and blend well to hide any undereye bags. You can hide any blemishes and imperfections with the concealer too.

Kiko Milano
Baked Blush



CHEEKS

Sweep a peach-toned blush on the apples of your cheeks. Use a powder to contour your face lightly, using the shade just below your cheekbones and on your jawline, before blending it in to create shadows. Follow with a highlighter on the highest points of your face, like the tip of your nose and your cheekbones.



Aithya Shetty

Both ancient and modern royalty have a soft spot for the colour purple. Majestic and rich, the colour has typically been used in more maximal contexts, but it pays to remember that even a little bit of this shade goes a long way. Aithya Shetty proves our point with that pretty purple eyeshadow. Here's how to make it yours.

MAKE IT YOUR OWN

FOR WORK

Swipe on a thin line of eyeliner, and keep the lashes more natural.

FOR A WEDDING

Instead of just focusing the purple eyeshadow on the inner corners, use it on your lower lashline

FOR A DATE

Swap the pink lip colour for a startling scarlet.

EYES

Dust some light brown eyeshadow on to your lids as a base. Use a peach-toned eyeshadow on your crease-line, and blend well. Apply a shimmery purple eyeshadow on the inner corners of your eyes to make them pop, and finish with a few coats of voluminous mascara.

L'Occitane
En Provence
Vanilla
Bouquet
Lip Balm



Clinique Pop
Matte Lipstick

LIPS

Use a plumping lip balm to hydrate your lips. Follow with a pink lippie. Fold a clean tissue in half and place it between your lips, pressing gently. This will diffuse the shade slightly, giving it a lived-in look, while also setting it in place. **f**



CITY SICK

Your heart belongs to the city, but your skin could really use a break. **Madhura Sansare** tells you how to manage it while staying put

Cities are hives of excitement. The buzz, the chaos, the late nights, it's all addictive. And terrible for your skin. Just wading through the thick smog that threatens to surround us at all times of the day while we stay glued to our phones subjects our skin to three of the deadliest toxins out there: stress, pollution and technology. They cause instant damage, while also compromising your health in the long-term.

Skin enemy #1 **STRESS**

Life in the city can be nerve-wracking. From making work deadlines to keeping social

commitments and running a house, our list of to-dos is endless. This can lead to massive amounts of stress. "Emotions have a very powerful effect on your skin," says Dr Bharti Taneja, the founder and director of Alps Beauty Group. "Stress causes our body to produce a hormone called cortisol, which increases our skin's sensitivity and makes it more prone to acne and other issues." We can't do without it, either. "Cortisol is a stress hormone with many functions that are critical for the regulation of our metabolism," says Dr Shivank Agte, Mumbai-based dermatologist. "It is produced constantly by the adrenals glands. However, it spikes up when we're stressed." This, in >

turn, aggravates hormonal changes in our body, and causes our skin to produce more oil, leading to acne and breakouts. "Stress can also worsen any skin problems you may already have, like eczema or psoriasis," adds Dr Taneja. "It also speeds up the ageing process, so you'll notice signs like hyperpigmentation, dullness and wrinkles at an earlier age."

ALL CLEAR

The only long-term solution here, of course, is to manage your stress levels and learn how to cope with uncertainty or anxiety. But when it comes to the skin, there are some changes you can make to see results right away. "For example, if you're trying to combat dullness, exfoliate with a good face scrub regularly, and hydrate frequently," says Dr Taneja. "Drink coconut water, lemon water and buttermilk, besides plenty of water." Another common effect of stress is sagging skin. Dr Taneja says, "Eat foods that help increase collagen production. Anything soya-based or rich in Vitamin C will work to strengthen collagen and elastin fibres, and help maintain the elasticity and youthful appearance of your skin." If you're fighting acne, stay clear of scrubs. "Wash your face with a gentle, oil-balancing face wash instead," says Dr Taneja. "This will help keep your pores clear of the excess oil that is produced as a result of stress."



Skin enemy #2 TOXINS, POLLUTANTS, FREE RADICALS

If you're living in a metro, or even a moderately busy town, pollution is something you just cannot avoid.

"Why do you think blackheads have become such an epidemic in India?" asks Dr Kiran Lohia of Lumiere Dermatology, New Delhi. "Pollution particles are about 1/10 the size of our pores, so they easily form obstructions. They also create oxidative damage and cause stress to the skin," she explains. "When pollution particles get into your skin, they create free radicals. These destroy healthy skin cells, which then causes fine lines, hyperpigmentation, rashes and inflammation," adds Dr Taneja. Air pollution also eats away at our natural reserves of health. "It breaks down the collagen and lipid layers in the skin, which impairs skin barrier functions," says Dr Taneja. Dr Lohia adds, "The repetitive trauma to the skin results in constant inflammation, which makes your skin look duller and age faster."

ALL CLEAR

"Wearing sunscreen when stepping out is of utmost importance," says Dr Chiranjiv Chhabra, director and consultant dermatologist, Skin Alive clinics, New Delhi. "Sunscreen helps reverse the signs of ageing, and should be the most important part of your daily skincare regime, regardless of the season." Another extremely important practice to save your skin >

"ANYTHING SOYA-BASED OR RICH IN VITAMIN C WILL WORK TO STRENGTHEN COLLAGEN AND ELASTIN FIBRES."





from the ill-effects of pollution is cleansing. It helps get rid of grime and dirt that has accumulated in the pores over time. “Do this either through gentle exfoliation or by steaming once a week,” advises Dr Lohia. You should also look at supplementing your diet with the right antioxidants that can fight damage caused by pollution. “Potent antioxidant activity will help counteract the oxidative damage to your skin,” says Dr Chhabra. “Look for oral glutathione and Vitamin C in your tablets, and apply Vitamin C and ferulic acid to your skin topically for best results.”



Skin enemy #3 SCREEN TIME

Technology has at once made our lives simpler and more complicated. Dr Taneja says, “Recent research shows that prolonged exposure to a computer screen may lead to skin discolouration, blotches, rashes and allergies. It can hasten the appearance of signs of premature ageing, like fine lines, wrinkles, frown lines and jowls.” Some experts also believe that the electromagnetic radiation from mobile phones also ages skin by damaging skin cells. Not just that, there’s a contact risk as well. “These gizmos are a storehouse of infection, dirt and fungi, which are easily passed on to the skin,” says Shikhee Agrawal, the head of training at The Body Shop. “Most affected are the areas that come in contact with the phone, like the part around the ears and jawline,” adds Dr Chhabra. And the problem is postural as well. Dr Lohia explains, “You’re constantly looking down at your phone. This can worsen the effect of gravity on your skin and cause sagging. We call this the smartphone face. It deepens the appearance of double chin, jowls and under-eye circles.”

ALL CLEAR

“Take frequent breaks at work and minimise the use of these gizmos,” suggests Agrawal. “At the very least, use hand sanitiser and some wet tissues handy to keep your hands and fingertips clean. You can also apply a thin layer of sunscreen to your skin before using the phone to protect it from harmful UV radiation.” Invest in skincare products that contain antioxidants. “They will provide natural protection from UV radiation, and reduce the damaging effects of technology,” adds Dr Taneja. **F**



Bend it like Nighat

She was only 19 when Nadiya Nighat became Kashmir's first-ever female football coach. Today her ambition ranges much further. By **Nikita Sawant**

A 10-year-old Nadiya Nighat played football for the first time with a bunch of boys from her neighbourhood. She loved kicking the ball around so much, that it was all she wanted to do. But the love affair was formalised only later. "I got serious about football in 2007, when I met Coach Mohammad Abdullah. He's the only coach I've trained under and whatever I am today is because of him. Even today, if I'm having difficulties with my game, I go to him for guidance." This fortuitous meeting happened at the Amar Singh College Academy, Srinagar, where Nighat was the only girl in a class of 48.

"Earlier, when I would step out of my house to play, my neighbours and relatives would say things like, 'You're a girl, you shouldn't play football', but today, the same people are proud of my achievements and give me their blessings. In fact, my father supported me more than my mother. Eventually, however, she realised that I was actually good at it."

So good, in fact, that soon Nighat began training to be a coach at the Jammu and Kashmir Football Association (JKFA). From here, she earned



"I believe if there's something you want to do from your heart, the motivation to work towards it comes automatically."

her D-Licence and started coaching the under-16 and under-19 batches—she was barely older than her students. Her age, she says, has helped her students connect with her. Although there were instances earlier when the boys would tease Nighat for playing a 'boys' game', today, watching her ace the game has changed their perspective.

The 21-year-old once had ambitions to represent India on the global field. She laughs, "I'm not sure if that is possible now that I'm over 20. Ideally,

you should start playing professionally before you hit 19. And when I started playing football, Kashmir didn't have a girls' football team. I figured there was no point wasting time waiting for it to be formed, so I made the best of what I had." Now the goalpost has shifted. She plans to train other girls who can represent India in international football.

She has a real chance of making that happen, thanks to her recent appointment as a coach at the State Football Academy, which

is the J&K State Sports Council's club. Nighat is pumped about the future. "There's so much talent in the country, all we need is someone to hone it. Even in Kashmir, where there are so many troubles, we have so much budding football talent."

Nighat draws inspiration from her sporting idols, Cristiano Ronaldo and Lionel Messi. She wears her love for the Portuguese star on her jersey: JJ7. It refers to her nickname, Jiya Jaan, and Ronaldo's jersey number. JJ7 is also the name of Nighat's football club where she coaches under-19 girls' and boys' teams. It's a job that keeps her on her feet and fighting fit. "Much of my exercise comes from running. I believe that if there's something you want to do from your heart, the motivation to work towards it comes automatically."

Nighat may have a point there, but how does she deal with authorities who still believe women and football don't quite go together? This young Kashmiri is hopeful. "For the first time, India's national women's football team has a woman coach (Maymol Rocky). The only thing left to do now is to get more and more girls to try out football."



STYLE PARADE

Femina Showcase 2017 brought to the fore some of the season's hottest trends in fashion and beauty from leading national and international brands. By **Sunitra Pacheco**

The Femina Showcase 2017 was a celebration of all things chic. As India's leading women's English magazine, *Femina* joined hands with the biggest fashion and beauty brands out there like Shoppers Stop, Jashn, Nakshatra World, A La Mode, Metro Shoes, and Schwarzkopf Professional to give shoppers at R-City Mall in Ghatkopar, Mumbai, a preview of the season's trends.

On the evening of September 15, the Femina Showcase 2017 kicked off with brands presenting the best pieces from their upcoming collections. >



1. Models in saris by Jashn **2.** A model walks the ramp during the Metro Shoes round **3.** Actor Omkar Kapoor interacts with the audience **4.** Krystle D'Souza has the crowd cheering **5.** Singer Avanie Joshi enthralls the audience with some popular songs



AUDIENCES GOT TO WITNESS THE LATEST IN FASHION—CLOTHES, SHOES AND ACCESSORIES—AND BEAUTY, AND HAD THE OPPORTUNITY TO DRAW STYLE INSPIRATION FRESH OFF THE RAMP.

- 1.** Models walk the ramp for A La Mode
- 2.** Models during the Nakshatra World round
- 3.** Ishaan and Preeti of *India's Got Talent* entertain the audience
- 4.** Singer Madhushree Bhattacharya takes the stage
- 5.** A model during the Schwarzkopf Professional round
- 6.** Models exhibit the latest trends from Shoppers Stop

Audiences got to witness the latest in fashion—clothes, shoes and accessories—and beauty, and had the opportunity to draw style inspiration fresh off the ramp. A La Mode showcased an array of young, contemporary women's wear, including kurtis, tunics and denims. Meanwhile, Jashn brought its gorgeous, embellished saris to the ramp, and we especially loved the vintage, pastel colour palette on display. Stunning jewellery by Nakshatra World added some sparkle and shine, and mall-goers got a peek at the exquisite watches by Rotary. On the footwear front, Metro Shoes had a myriad options in beautiful designs and colours. The event also witnessed a spectacular exhibition of intricate Indian craftsmanship.

There were a few surprises in store for the audience too. First up was a performance by the talented YouTube sensation, Avanie Joshi, who sang to a captivated audience. Then Ishaan and Preeti of *India's Got Talent* took the stage and blew us away with their sensual dance moves. Television actor Krystle

D'Souza, who plays the role of Raina in *Brahmarakshas—Jaag Utha Shaitaan*, and Himansh Kohli, who made his Bollywood debut with *Yaariyan*, interacted with the crowd and kept them engaged.

This grand celebration of style wrapped up on a high note as popular playback singer Madhushree Bhattacharya took to the stage and entertained the audience with her upbeat energy and soulful voice. The Femina Showcase 2017 was a huge success, thanks to fashion partner Shoppers Stop, ethnic partner Jashn, jewellery partner Nakshatra World, brand (style) partner A La Mode, footwear partner Metro Shoes, and hair partner Schwarzkopf Professional. **F**



VICTORY LAP

The winners of fbb Colors Femina Miss India 2017 are beautiful, smart and raring to make a difference. **Nikita Sawant** and **Rushmika Banerjee** introduce us to this year's crown princesses. Photographs: **Abhay Singh**, Styling: **Manish Malhotra**



(ON PRIYANKA) EMBROIDERED GOWN; (ON MANUSHI) FEATHER AND PEARL DE TAILED BLOUSE WITH HIGH SLIT SKIRT; (ON PRIYANKA) NET EMBROIDERED BLOUSE, DUPATTA AND SEQUINED SKIRT. ALL: MANISH MALHOTRA. ACCESSORIES: SHOBA SHRINGAR; FOOTWEAR: JIMMY CHOO

FEMINA

BE UNSTOPPABLE

Since when did sticking out like a
sore thumb become a bad thing?
Let's talk. [@femina.in/gossip](#)



IT'S BETTER
TO BE HATED
BY EVERYONE,
THAN BE KNOWN
BY NO ONE.

'I'VE GROWN AS A PERSON'

fbf Colors Femina Miss India World 2017 Manushi Chhillar may be one of the youngest to have won the crown, but she knows exactly where she wants to go and how to get there, finds **Nikita Sawant**

Manushi Chhillar's dream had always been to get up on the Miss India stage, till one day in standard 9, when she chanced upon a picture of a foetus in a womb at the National Science Centre in Delhi. She was so fascinated she declared to her friends that she would become a doctor, just like her parents. A few years later, she appeared for the entrance exam to study medicine and cleared it too. Then, life took another random turn and the 20-year-old found herself on that very stage she'd fantasised about so many years ago. One thing's for sure—once she sets her mind on something, Chhillar just doesn't know how to quit.

How did you go from being a medical student to being a model?

I was always interested in being a part of Miss India, so I went to a photographer to get my pictures taken. He offered to create a look-book for me and circulate it in the industry. Some people liked my pictures and I got a few shoots done before Miss India happened.

Who has been your biggest inspiration?

Reita Faria. She inspires me not only because she was the first Asian to win Miss World, but also because she did what she wanted to do. I may also be a little biased towards her because she's a doctor as well.



“THE ONLY THING CERTAIN ABOUT THE PAGEANT WAS ITS UNCERTAINTY. EVERY DAY WOULD BE A NEW DAY.”

How would you sum up your Miss India journey?

I had the time of my life. The only thing certain about the pageant was its uncertainty. Every day would be a new day and we'd get to learn something. I've grown as a person.

Walk us through your beauty routine.

I try not to use a lot of makeup. Secondly, a good diet is very

important. I keep my skin well-moisturised as well. It's a very basic routine, but it works wonders for me.

Will we be seeing you in Bollywood soon?

Right now, it's not on the top of my list. I want to complete my education first. But after that, if a good opportunity comes my way, then I will surely think about it. The entertainment industry is an adventure in itself. >

SHIRT AND MERMAID SKIRT: MANISH MALHOTRA; ACCESSORIES: SHOBHA SHRINGAR

‘IT WAS NOW OR NEVER’

fbf Colors Femina Miss United Continents India 2017 Sana Dua urges young women out there to break out of their cocoons and take wing. **Rushmika Banerjee** delves deeper



As a child, Sana Dua would be dressed by her mother as a beauty queen for fancy dress competitions; it was a future Dua knew she would love for herself too. But first, she wanted to focus on getting an education. She got a bachelor's degree in commerce and then studied business law.

“I THINK THE BEST THING ABOUT THIS JOURNEY IS THAT IT TRANSFORMS YOU.”

It was during this law course that Dua decided to give Miss India a real shot. She first applied for the pageant last year but, was turned down. Dua tells us how she bounced back to be placed in the top three.

You got the chance to participate in fbb Colors Femina Miss India at age 25. Weren't you scared that this would be your last shot?

Yes, this was my last shot since 25 is the cut-off age limit and I knew it was now or never. I didn't make it initially because I had no idea what was happening. But then I started participating in other pageants. I just went with the flow, enjoyed myself and made it through the north zone as Miss Jammu & Kashmir.

What was the best thing about being a part of the Miss India pageant?

I think the best thing about this journey is that it transforms you. I never thought that I could handle so much pressure.

What's the one change you want to bring about in the country?

I know there's a lot that keeps going on in Jammu & Kashmir, but there are only a few districts affected by militants. The rest of the Valley is peaceful, beautiful, and rich in heritage and culture. I would want everyone to accept it.

What are you like off camera?

I'm very grounded. I love the company of my friends, and even though I'm not able to talk to them often, I still miss my everyday life.

Tell us about your beauty regime.

I make sure to take my makeup off before I go to bed. I also apply sunscreen and moisturise religiously before I step out. >

'ALWAYS STAY POSITIVE'

fbf Colors Femina Miss India 2017 second runner-up Priyanka Kumari is all about the good vibes, and it shows, says **Nikita Sawant**

This 25-year-old mechanical engineer-turned-beauty queen claims she lacks a filter—she tends to say the first thing that comes to her mind. We don't know about that, but can vouch for the fact that Priyanka Kumari exudes an infectious cheer that will instantly lift your spirits. We caught up with the young star from Bihar who plans to use the momentum from her Miss India win to set up an organisation to help the underprivileged.

How did the switch from engineering to pageanting come about?

After I got my engineering degree, I worked at TCS for a couple of years. But life had become very monotonous and so one day, I decided to try out at the Miss India auditions. I applied in 2016, but I hadn't expected a call back. Surprisingly, I got one, but I couldn't participate that year because I was just too unprepared. So I groomed myself for a year and here I am!

How would you describe yourself off camera?

I think off camera I'm very spontaneous. Sometimes, I find it difficult to filter my thoughts before I speak them out loud (*laughs*). But I'm pretty organised and punctual in general.

Who has been your biggest inspiration?

Lara Dutta. I love the way she speaks



"EVERYONE HAS THEIR OWN GOOD QUALITIES AND WE SHOULDN'T JUDGE ANYONE BASED ON HOW THEY PRESENT THEMSELVES."

and carries herself. She inspires me to do my best.

Do you have Bollywood aspirations?

I'm not planning anything right now, but I'm always open to opportunities.

My main focus will always be the social organisation that I want to start for the underprivileged.

How do you keep fit?

I have always liked to meditate and do yoga. As part of the training for Miss India, we also did Pilates. I drink a lot of water, which helps me stay hydrated and fresh through the day.

What has been your biggest learning from Miss India?

No matter what happens, you have to stay positive. I also learnt that everyone has their own good qualities and we shouldn't judge anyone based on how they present themselves. >

WHAT MAKES MANUSHI, SANA AND PRIYANKA UNSTOPPABLE



What's the hashtag that best describes you?

Manushi Chhillar: #Curious
Sana Dua: #Simplicity
Priyanka Kumari: #Inspired

What's your biggest source of strength?

MC: My entire family, especially my mom. She inspires me too, because she has perfectly balanced work and family.

SD: It has always been my family and friends. They've seen me through all my hard times.

PK: I would say my imagination and, of course, my parents. They never really expected me to participate in a beauty pageant, but they were my pillars of strength.

What are the words that you live by?

MC: This too shall pass.

SD: You can be the person you want to be.

PK: Do what you love and don't overthink it.

What makes you unstoppable?

MC: I'm a very curious person, so my hunger to know more and learn more makes me unstoppable.

SD: What makes me unstoppable is the belief that my family has shown in me. When others believe in you, it becomes much easier to believe in yourself.

PK: I take inspiration from the simplest things and it doesn't take much to motivate me to do what I love. I think that's what makes me unstoppable. >

(ON MANUSHI) EMBROIDERED SKIRT WITH IVORY BLOUSE; (ON SANA) LAYERED SKIRT WITH EMBELLISHED BLOUSE; (ON PRIYANKA) LAYERED SKIRT WITH ONE-SHOULDER FRINGED BLOUSE; ALL MANISH MALHOTRA; ACCESSORIES: SHOBHA SHRINGAR; FOOTWEAR: JIMMY CHOO; MAKEUP: SHRADDHA NAIK; HAIR: YIANNI TSPATOR (FAZE MANAGEMENT); SENIOR CREATIVE DIRECTOR: MEETESH TANEJA; SENIOR PHOTO SHOOT COORDINATOR: SHRADDHA KHARLUDE



THANK YOU

A round-up of everyone who made the fbb Colors Femina Miss India 2017 a success

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Performances choreographers: Vinod & Sumeet
Creative director of the show: Shubhra Bhardwaj Creative Consultant
Creative consultant: Ritika Bajaj Vijra
Script writer: Junaid Alam
Technical direction & stage management: On Cue Productions
Event partner: Ferriswheel Entertainment Pvt Ltd
Pageant coverage: Zoom TV
Television & web series: Fat Monk Productions 

Tune in to pop culture must-knows here!

COUNTRYSIDE COOKING

Three rural cooks-turned-YouTubers



COUNTRY FOODS

While many channels showcase the delicacies of India, none do it like Mastanamma, the sassy granny chef of Country Foods, who uses traditional Indian techniques and ingredients to rustle up rustic and modern dishes. Watching Mastanamma, who has over 4.9 lakh subscribers, cook in the open fields is a real treat. Her cooking videos were brought to the world by her grandson, K Laxman, and his friend, Srinath Reddy. While she doesn't have a birth certificate, she claims to be 106 years old, making her possibly the oldest Indian YouTuber.

VILLAGE FOOD FACTORY

A. Gopinath had one dream, to make his father famous. Armed with a diploma in electronics and communications, he made this happen with Village Food Factory—a YouTube channel to showcase his 59-year-old father's cooking skills. With over 4.5 lakh subscribers, the channel shows Arumugam, or 'Daddy' as he is fondly known, cooking up all sorts of dishes using just firewood. Apart from traditional south Indian fare, he also whips up pizzas and fries.



MYNA STREET FOOD

This channel has gained over 2.4 lakh subscribers and is a go-to channel for village-style cooking. All the cooking is done by an ever-smiling granny, Savithri, who rustles up interesting dishes like jackfruit biryani and stuffed lady's fingers. She considers her subscribers her extended family and, like a typical grandmother, she wants to pamper them with food that's healthy and tasty.

HIGH NOTES

Cool indie musicians and bands in India



Agam

Founded in the year 2007, this six-member ensemble hails from Bangalore. Translated from Tamil, the name of this band means 'heart, soul, or the inner self'. Their fusion of Carnatic music and rock beautifully creates something special.



Dualist Inquiry

Sahej Bakshi aka Dualist Inquiry started with covers, but his original music is now synonymous with the electronic music scene in India. His music has a freshness that attracts new generations of fans.



Neeraj Arya's Kabir Café

This Mumbai-based five-member band brings 15th-century poet Kabir's verses to life with pop, rock and folk-influenced music. They believe that Kabir wasn't just a saint but someone who spoke his mind in verses that still resonate.

LINE UP

Must-follow illustrators on Instagram

Shivani Gorle @queensonscreen

Gorle illustrates strong female leads from films in a striking and lifelike manner. She breaks boundaries by using circles and subverting Instagram's square template.



Smriti Choudhary @airpish

Choudhary mainly sticks to a black-and-white aesthetic and realistically brings the wild outdoors to her feed. Sometimes, she gives her pen a rest and experiments with thread on paper.



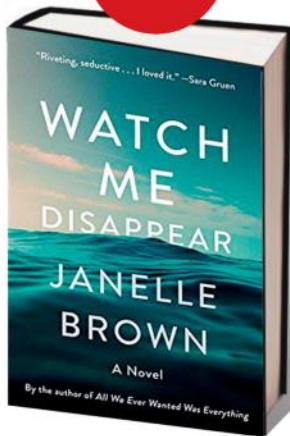
Mounica Tata @doodleodrama

An illustrator and cartoonist, Tata posts cute cartoon characters and comic strips. Filled with sunshine and all things good, her feed is an instant mood-lifter.



EDITOR'S CHOICE

Spiegel & Grau
₹1,125



WATCH ME DISAPPEAR

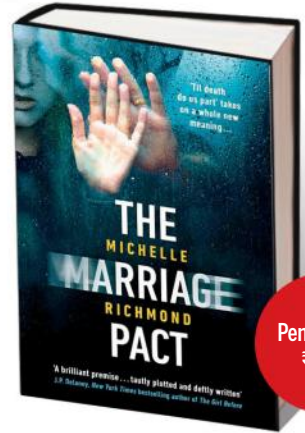
by Janelle Brown

Janelle Brown's third family drama, *Watch Me Disappear*, is a story about a family's struggle with the emotional and practical stages of loss. When Billie Flanagan disappears during a solo hiking trip along the Pacific Crest Trail in California's Desolation Wilderness, she leaves behind Jonathan—her husband—who is too consumed by sorrow to face everyday life, and a teenage daughter, Olive, who just cannot accept her mother's absence. But, since no body was ever found, we wonder if there is some truth to Olive's hallucinations about her mother being alive and kept away against her

will. It is only when they start digging into her past that they uncover secrets that were best left hidden.

Watch Me Disappear is not a regular mystery novel. The author presents an emotional journey where all the characters find and lose themselves at the same time. She allows her story to unfold at its own pace and imbues realism into her characters. Janelle Brown has also written *All We Ever Wanted Was Everything* and *This Is Where We Love*, along with numerous literary pieces and essays. Her telling of these characters makes you feel like you've known them all your life.

By Sunitra Pacheco



Penguin UK
₹599

THE MARRIAGE PACT

by Michelle Richmond

Like Richmond's previous bestsellers *The Golden Gate* and *The Year Of The Fog*, *The Marriage Pact* too has unexpected twists. Jake, a psychologist and marriage counsellor, and Alice, a singer-turned-corporate lawyer, get married, and one of their wedding guests gifts them a box that contains a pact, which pledges them to a secret organisation dedicated to making marriages last. 'The Manual' lays down rules such as exchanging gifts, and answering each other's calls always. The couple accepts it without carefully reading all the clauses. They get the first taste of the horror it holds when Alice errs and fails to keep a clause. This leads to her being tracked with surveillance technology, and that's just the beginning. Neither of them are prepared for the deadly consequences that follow. Mired in a stifling race to protect their marriage by doing things that are actually tearing them apart, the story ironically plays up the couple's resilience.

Though a gripping tale with occasional moments of brilliance, the book lets you down with underdeveloped characters, certain lapses of logic and half-baked subplots that detract from the overall impact of the story.

By Chirag Mohanty Samal

RECOMMENDED reads

GOODBYE, VITAMIN

by Rachel Khong

Has your life gone more or less the way you wanted it too? *Goodbye, Vitamin*, author Rachel Khong's debut novel, makes you ponder that question. You may not relate to the story, but you will connect with the underlying emotion, and the author's profound understanding of life.

The plot of the book is simple and complex at the same time. Thirty-year-old Ruth has recently called off her engagement, quit her job and moved back to her parents' home. But she finds that the situation at home is more complicated than even her

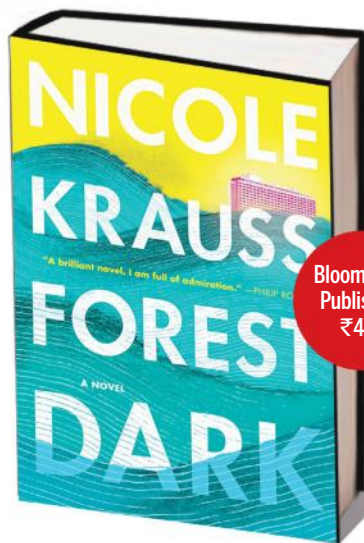
Simon & Schuster
₹550



own life right now. Not only is Ruth's father losing his memory, but her mother has decided to stop cooking, out of fear that it was the food she made that caused the disease. It's the sort of 'between a rock and a hard place' situation, that while morose, makes for good comedy. As her father's condition worsens, Ruth finds herself taking care of him, cooking his meals, researching supplements, and finding humour in a bad situation.

This is a tale of love and heartbreak, and will compel you to find the silver lining in your own life.

By Nikita Sawant



Bloomsbury
Publishing
₹499

FOREST DARK by Nicole Krauss

Nicole Krauss of *The History Of Love* fame, returns after a seven-year hiatus with a tale of self-discovery, set in Tel Aviv. The narrative switches between 68-year-old retired lawyer Jules Epstein and a young novelist (whose name is not revealed)—their stories unfolding in a shared setting.

Following his divorce, Epstein moves to Tel Aviv with the mission of commemorating his dead parents and gets involved with a rabbi's daughter. The other protagonist's crumbling marriage and a writer's block bring her to the city in search of fragments from her childhood. Her

life is turned upside down when she is recruited by a retired professor to complete one of Franz Kafka's unfinished projects.

A refreshing new voice in American fiction, Krauss packs dark humour and some contemplative moments into the book. She effectively makes the point that coming of age can take a lifetime for some, while for others it happens in a fleeting moment. At several points, the narrative becomes exasperatingly intellectual but despite that, the story is genuine, and manages to strike a chord.

By Aditi Rao

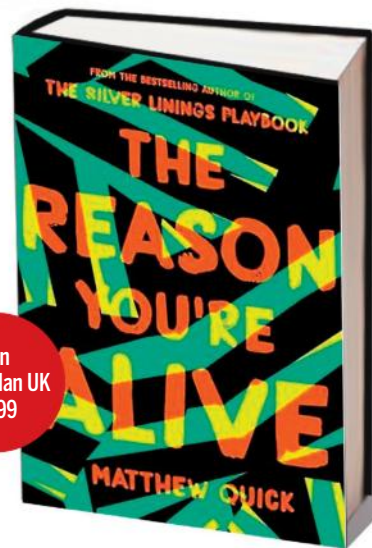
THE REASON YOU'RE ALIVE

by Matthew Quick

After being involved in a car accident, David Granger is diagnosed with a tumour and finds himself waking up from surgery uttering a Native American name that he has never heard before. The 68-year-old war veteran then decides to delve into his past in a bid to make peace with his present. Largely opinionated and politically incorrect, he is also a man with an honest voice who is constantly shocking people with the things he says and does. Controversial as he may seem, Matthew Quick's protagonist offers a no-nonsense perspective on the current state

of affairs in America. He struggles to stay true to his country, in the face of all the changes taking place around him. He does this while dealing with his distant son Hank, his seven-year-old granddaughter Ella, and his Vietnamese-American best friend, Sue. Quick's debut novel *The Silver Linings Playbook* was on the New York Times bestseller list and was made into a successful Hollywood film. *The Reason You're Alive* is his eighth work of fiction and it throws light on how past events continue to define us and go on to shape our futures.

By Gia Claudette Fernandes



Pan
Macmillan UK
₹599

HELLO, SUNSHINE by Laura Dave

Sunshine MacKenzie is an online celebrity who has it all—a YouTube cooking show with millions of followers, several cookbooks to her credit and a loving husband. Except it's really not as perfect as it's made out to be, nor is it real. MacKenzie's virtual (and real) world falls apart when her Twitter account gets hacked and all her secrets are revealed. Finding herself broke and alone, she goes back home and reconnects with her estranged sister, while struggling to recover from the unravelling of her life. While trying to track down the identity of the hacker,

she also gets to know her niece and find an opportunity to rebuild her life. Author of 2015 bestseller *Eight Hundred Grapes*, Laura Dave provides some interesting fodder for thought about the lives that we lead today. While the book is essentially a breezy read, it does get you thinking about the extent that people will go to just to appear perfect in the online arena. The message is powerful while being far from preachy. Well-written and engaging, *Hello, Sunshine* makes for an interesting one-time read. **F**

By Gia Claudette Fernandes



Simon &
Schuster
₹1,016

What **SUNBURN FESTIVAL**

Where **PUNE**
When **December 28-31**

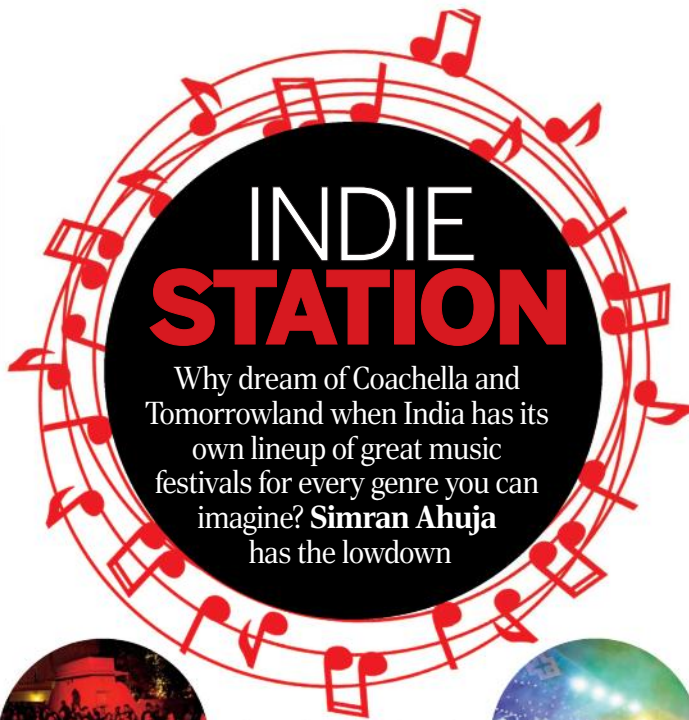


WHY GO

Started in 2007, Sunburn Festival has attracted an ever-growing crowd of fans with each year. It is India's premiere Electronic Dance Music festival, and its vibe can be likened to a big, non-stop party for EDM lovers.

International artistes like Matthew Koma, Above And Beyond, Afrojack, Krewella, David Guetta, New World Sound, Tiesto and, from back home, Zaeden, DJ Shaan, and Nucleya have all played at Sunburn.

This year's headliners include Martin Garrix and DJ Snake. On the sidelines of the festival, you'll find a vibrant scene for shopping, food and drinks.



INDIE STATION

Why dream of Coachella and Tomorrowland when India has its own lineup of great music festivals for every genre you can imagine? **Simran Ahuja** has the lowdown

What **HORNBILL FESTIVAL**

Where **KOHIMA, NAGALAND**
When **December 1-10**



WHY GO

Organised by the state tourism and art and culture departments of the state, Hornbill is a celebration of the rich tribal cultures of north-east India. The various tribes of Nagaland play enthusiastic hosts and give visitors a taste of their rituals and customs. One of the highlights is the Hornbill International Rock Contest, where rock bands from all over the country battle for top honours. Want to discover new Indian music or sway to the classics? Hornbill has all that and more. Besides the rock contest, the festival also includes fashion shows, beauty contests and food stalls. **F**



What **MAGNETIC FIELDS FESTIVAL**

Where **ALSISAR MAHAL, RAJASTHAN**
When **December 15-17**

WHY GO
Hosted inside a 17th-century-palace-turned-hotel, the striking thing about Magnetic Fields is the contrast between its contemporary music—with acts by Four Tet and Teebs—and the magnificence of the backdrop. In collaboration with TATVA, an emotional awareness and wellness organisation, the festival will also have a dedicated safe space, providing psychological aid.

What **NH7 WEEKENDER**

Where **PUNE**
When **December 8-10**



WHY GO
Among the top draws this December are Vishal Bhardwaj, Chennai rock band Skrat and the Raghu Dixit Project. PS: If you can't make it for the weekend in Pune, NH7 is also touring other Indian cities for one-day festivals. Catch them in Jaipur on November 12, Hyderabad on November 19, Indore on November 26 and Kochi on December 2.



What **ENCHANTED VALLEY CARNIVAL**

Where **AAMBY VALLEY CITY, MAHARASHTRA**
When **December 16-17**

WHY GO:
Watch out for performances by Armin van Buuren and Arijit Singh this year. There are five stages, each dedicated to a different musical experience and genre like techno, Bollywood, pop and EDM. They're set up on a campsite called Enchanted Village, which will also host jam sessions, art and craft workshops, and painting classes.

Trends *this fortnight*

The latest in food, travel and interiors



RAINBOW PARTY

Candy cupcakes

1 package white cake mix

1 cup water

1/3 cup

vegetable oil

3 eggs

a few drops of yellow and orange food colours

2 cups frosting

boiled candy, for garnishing

1. Divide the frosting into two bowls. Add yellow colour to one and orange to the other, and mix well. Set aside.

2. Preheat the

oven to 175°C. Line 24 cupcake moulds with paper liners.

3. Beat together the cake mix, water, oil and eggs until smooth.

4. Pour the cake batter into the prepared cupcake moulds and bake for about 20 to 25

minutes or until a toothpick inserted into the centre comes out clean.

5. Once cooled, frost the cupcakes, alternating with the yellow and orange frosting.
6. Decorate with colourful boiled candy and serve.

FAIR PRICE

K

Kayak searches travel sites to get you the best deals on flights, hotels and car hire. Unlike most other apps that provide a similar service, this one tracks price fluctuations over time and analyses industry trends

to tell you whether to book immediately or wait for the rates to fall. Once all your bookings are complete, it compiles the information into an easy-to-manage itinerary. As a little bonus, it also throws in suggestions on places you must visit on your holiday. Available for free download on Android and iOS devices.

DÉCOR DIY

Map roses



You need: Maps, templates, green floristry wire and tape, scissors, pen and glue

→ Cut wires for the stems and cover them with tape.

→ Take a small petal, roll it up tight, and stick it to the end of the green stem. Take another small petal and roll it so as to get a slight curve.

→ Stick the base of the petal to the stem. Repeat with the rest of the small petals, overlapping them slightly as you go round.

→ Glue the medium-sized petals one by one to the outside of the small petals, again making sure they overlap. Repeat with the remaining six large petals.



→ Prepare templates in order to get three different-shaped petals—small, medium and large.

→ Place your petal templates over the map, draw round it, and cut out.

→ You need six small, medium and large petals per rose.



Reprinted by *Femina* on to DIY

DINNER WINNERS

Chef Vikramjit Roy of Progressive Oriental House (POH) in Mumbai puts together a stunning three-course meal that's fresh, healthy and full of surprises. By **Gia Claudette Fernandes**

OLIVE & CAULIFLOWER WITH ALMOND CRUST & FERMENTED MANGO

3 tbsp black olives
2 cauliflowers,
thinly sliced
a pinch of fresh turmeric
1/2 tsp Sichuan
peppercorn powder
1 sweet potato, boiled,
skinned and mashed
1 fresh ginger
95 g scallions
raw almonds, sliced
sunflower sprouts
salt and white
pepper powder, to taste
1 tbsp extra virgin
olive oil



For the fermented mango

3 cups ripe mango,
peeled and diced
2½ tsp fresh
ginger, minced
2 cloves fresh
garlic, minced
1/2 red onion,
minced
1 tsp fermented
black beans
1/4 cup fresh
cilantro, minced
2 tbsp lemon juice
1 tsp salt
3 tbsp whey
salt and pepper,
to taste

**Calorie
count:**
175 calories
(per serving)

SERVES: 2 > PREP TIME: 20 minutes > COOKING TIME: 20 minutes

1. Toss the cauliflower, ginger, fresh turmeric and scallions in extra virgin olive oil, and sauté till light brown.
2. Add the Sichuan peppercorn powder and mashed sweet potato, sauté for five more minutes.
3. Add the olives and stir well. Take off the heat and set aside to cool.
4. Shape into a log and crust with raw almond slices. Bake at 175°C for 12 minutes.
5. For the fermented mango and black beans sauce, place all the ingredients in a large bowl and combine. Pour into a glass jar with an air-tight lid and keep it in a warm, dark place for around three days, till bubbles start forming. Season with salt and let it ferment for one more day. Blend all of it and put it back in the refrigerator when ready to use.
6. To assemble, place the baked almond-coated cauliflower and olive steak on a plate and sprinkle some of the sunflower sprouts.
7. Warm up the fermented mango and black bean sauce before serving.

TIP: SOY MILK AND YELLOW PUMPKIN PURÉE MAKES A GOOD ACCOMPANIMENT.

BEET RAVIOLI

WITH FRESH EDAMAME & TRUFFLE PÂTÉ



4 beetroots
 150 g fresh edamame beans
 5 g fresh truffle pâté
 25 g chopped leeks
 30 g Japanese mayonnaise
 salt and white pepper powder, to taste
 1 ripe fig, sliced
 4 tbsp roasted cashew nuts, finely chopped
 borage leaves, for garnishing
 2-3 tbsp tamarind sauce
 1 tbsp olive oil

For the brine

1 litre water
 salt, to taste
 1/4 tsp white peppercorns
 1/4 tsp coriander seeds
 1/4 tsp fennel seeds
 4 sprigs thyme
 2 bay leaves

Calorie count:
 200 calories
 (per serving)

SERVES: 2 > PREP TIME: 10 minutes > COOKING TIME: 10 minutes

1. For the ravioli stuffing, cook the chopped leeks in olive oil till transparent, add the edamame beans and cook it for a couple of minutes. Transfer the warm mixture in a blender and add the truffle pâté, Japanese mayonnaise and season with salt and pepper. Blend it to a fine paste and reserve for use later.
2. To make the brine, place all ingredients in a saucepan and boil. Set aside, let it cool completely and then refrigerate.
3. Peel the beetroots and place them in the cold brine for about 40 minutes. Remove and pat dry. Vacuum pack each beetroot individually with one tablespoon of tamarind sauce.
4. Seal and cook the beetroots in a water bath at 65°C for 20 minutes. Remove from the bag, slice it thinly, and cut it with a round cutter. Stuff one slice of the beetroot with the edamame mixture and put the second slice over it.
5. With a fork, gently press the sides to give it the shape of ravioli.
6. Glaze with the sauce, sprinkle chopped cashews, fig slices, garnish with borage leaves and serve. >

TIP: SERVE WITH A DOLLOP OF CREAMY CASHEW BUTTER.

VEGETABLE DUMPLINGS

WITH CHINESE CABBAGE SKIN & THAI RED CURRY

For the red curry

- 5 Thai red chillies
- 25 g basil leaves
- 1 lemongrass, roughly chopped
- 3 red onion, roughly chopped
- 1 red bell pepper
- zest of 1 lime
- 25 g coriander stalks
- 25 g galangal, roughly chopped
- 20 g ginger, roughly chopped
- 4 garlic cloves
- 1 tsp coriander, ground
- 1 tbsp Thai light soy sauce
- 250 ml coconut cream
- 200 ml coconut milk
- 1 tbsp brown sugar
- 2-3 tbsp refined vegetable oil
- salt and crushed black pepper, for seasoning



For the vegetable dumplings

- 50 g asparagus, chopped
- 50 g broccoli, chopped
- 25 g carrot, chopped
- 25 g haricot beans
- 25 g pak choy, chopped
- 25 g water chestnuts, chopped
- 50 g yam paste
- 30g mountain potato paste
- 8 kaffir lime leaves
- 10 Chinese cabbage leaves
- refined vegetable oil
- 50 g unsalted butter
- salt and pepper, for seasoning

Calorie count:
250 calories
(per serving)

SERVES: 2 > PREP TIME: 15 minutes > COOKING TIME: 30 minutes

1. For the Thai red curry, blend the red chillies, basil, lemongrass, onion, bell peppers, coriander stalks, galangal, ginger, garlic, coriander powder and the zest of lime into a fine paste.
2. Heat the oil in a pan. Add the brown sugar and allow it to caramelize till golden brown. Add the paste and cook it on a low flame for around 15 minutes, stirring continuously. Add the soy sauce, coconut milk and cream. Cook for another four minutes and adjust the seasoning with salt and pepper powder. Add in a little Thai veg stock, if needed.
3. For the dumplings, mix all the ingredients together apart from the Chinese cabbage. Make small dumplings and wrap them with blanched Chinese cabbage leaves—use just enough to cover them completely.
4. Pack these as per portion (five in one packet) and vacuum seal with one tablespoon each of butter and Thai red curry. Cook in a water bath at 60°C for 10 minutes.
5. Simmer the vegetable dumplings in the red curry for a few minutes and serve. **F**

TIP: THE THAI RED CURRY CAN BE SUBSTITUTED WITH THAI YELLOW CURRY.

DELICIOUSLY DIVINE

The Hindu tradition of naivedyam or prasadam is rooted in the belief that sharing food is a spiritual experience, finds **Annabelle D'Costa**

One of the most effective ways to show someone you love them is with food. This holds good for gods too and is the idea behind the custom of naivedyam, an offering made to a Hindu deity or guru. It's cooked with the best ingredients you can afford, usually in a heavy-bottomed bronze vessel, and served on a banana leaf in certain regions of the south. The cooking, offering and eating

of it are all part of the worship ritual. That order is important too—you're not allowed to eat the naivedyam or prasadam without first offering it to god.

The concept behind this kind of offertory is to remind oneself that food is not merely intended to appease the taste buds or nourish the body, but should also nurture one's mind and soul. It's believed that the sharing of prasadam results in the sharing of wisdom. In certain

cultures, the freshly prepared food is transferred into a vessel and partly covered with a lid to let the steam escape. This is then followed by the chanting of sacred mantras.

It is believed that every deity has a favourite food. For example, Lord Vishnu

is thought to be partial to kheer (made with milk and rice/wheat) or sheera (prepared with semolina, sugar and butter), Lord Ganesha likes his modak (rice dumplings stuffed with jaggery and coconut), and most goddesses' sweet tooth is propitiated with payasam (made with milk and rice).



NAIVEDYAM PAYASAM


INGREDIENTS

1 cup vermicelli
1/8 cup tapioca
6 cups milk
sugar, to taste
5-6 cardamoms
a pinch of saffron
a pinch of edible camphor
raisins and cashews,
for garnish
1-2 tsp ghee

METHOD

• Soak the tapioca in warm water for two hours.

- In a skillet, melt ghee and roast the vermicelli in it until it turns golden brown.
- In a heavy-bottomed sauce pan, add milk and bring to a boil.
- When the milk starts boiling, add the roasted vermicelli and let it cook for around eight minutes or until done.
- Then add sugar, stir well, and cook for five more minutes.

- Add the soaked tapioca and cook for five minutes or until fully cooked. Take off the heat.
- Heat a little ghee and fry the raisins and cashews until they start to change colour.
- Add the fried raisins and cashews, sugar, cardamom powder and a pinch of edible camphor.
- Serve warm or chilled. 

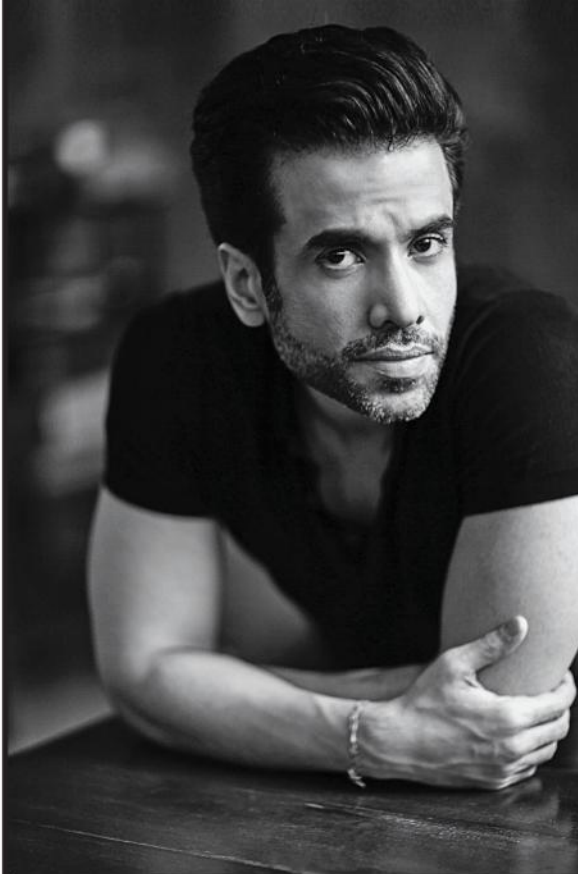
Golmaal is one of the most successful film franchises in Bollywood. Why did it take seven years to make the fourth instalment?

The expectations are very high, considering that the film has succeeded thrice at the box-office. Rohit Shetty (director and producer of *Golmaal Again*) and the team just wanted to make sure we have a solid story that can hold the audience's attention for the fourth time.



How has your character Lucky changed over the years?

Lucky continues to be a hooligan yet he has a lovable side to him. Even in this instalment of *Golmaal*, he is trying to be great at his job as a fraudster. He gets into trouble with a supernatural element this time.

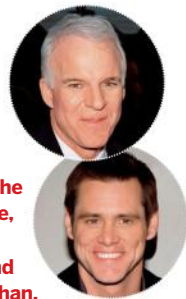


Tusshar Kapoor

on raising 'em right

The actor and new father on creating a blockbuster comic franchise and comparing baby notes with BFF Kareena Kapoor Khan

Do you have a favourite comic artiste? Steve Martin and Jim Carrey have inspired me over the years. Closer home, I admire (the late) Mehmood saab and (the late) Kader Khan.



Any new milestones that you have been delighting in? Lakshya is 16 months old and has started to identify objects like car and cat. He is yet to frame sentences, but he uttered his first word when he was 10 months old. He said 'Pa-pa-pa'.

That must have been a very emotional moment for you. When did you first feel the need to have a baby?

I always wanted to have a child, even though I wasn't sure if marriage was for me. Then I met (filmmaker) Prakash Jha, who told me that I could have a child via surrogacy and be a single father.



You're also a hands-on parent. What are the things that you enjoy doing for your son Lakshya?

I enjoy playing with him at home and taking him to parks, where he meets other kids. He is the most playful with my sister (Ekta Kapoor) though. I feed him and we enjoy watching cartoons while we eat. I do have a nanny who helps with things like changing diapers. He travelled with me to Hyderabad when we were shooting for *Golmaal Again*.

Your close friend Kareena Kapoor Khan is also enjoying parenthood. What do you usually discuss whenever you meet? It's mainly baby talk now. Both Kareena and I are new parents and we discuss food, play time and even pre-school for our kids. **E**
—As told to Sandipan Dalal