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INDIA'S PREMIER YOUTH HOTSPOT!

JULY 2015 | Vol 1 | Issue 11 | ₹100/-
148 pages

**THE VENGA BUS
COMES TO GOA**

**THE REAL
GAUHAAR KHAN**

LIVE-IN OR NOT?

**WOMEN ON
2 WHEELS**

**SIZZLING
SUNNY LEONE**

**SOUTHERN IMPORT
DHANUSH**

Stars of Tomorrow

SIDHARTH MALHOTRA & KRITI SANON



DEMOISELLES

Salita Nanda Presents Her Picasso-Inspired Collection

Salita Nanda



Upcoming designer Salita Nanda's new collection.



Key Points

Off-white is the base of the collection for the artistic prints, which appeared on jumpsuits, cropped tops, skirts, an unusual boxy rectangular tube over skirt, wraparound shorts, appliquéd printed maxis and a striking off-shoulder cropped top with a lampshade shaped skirt.

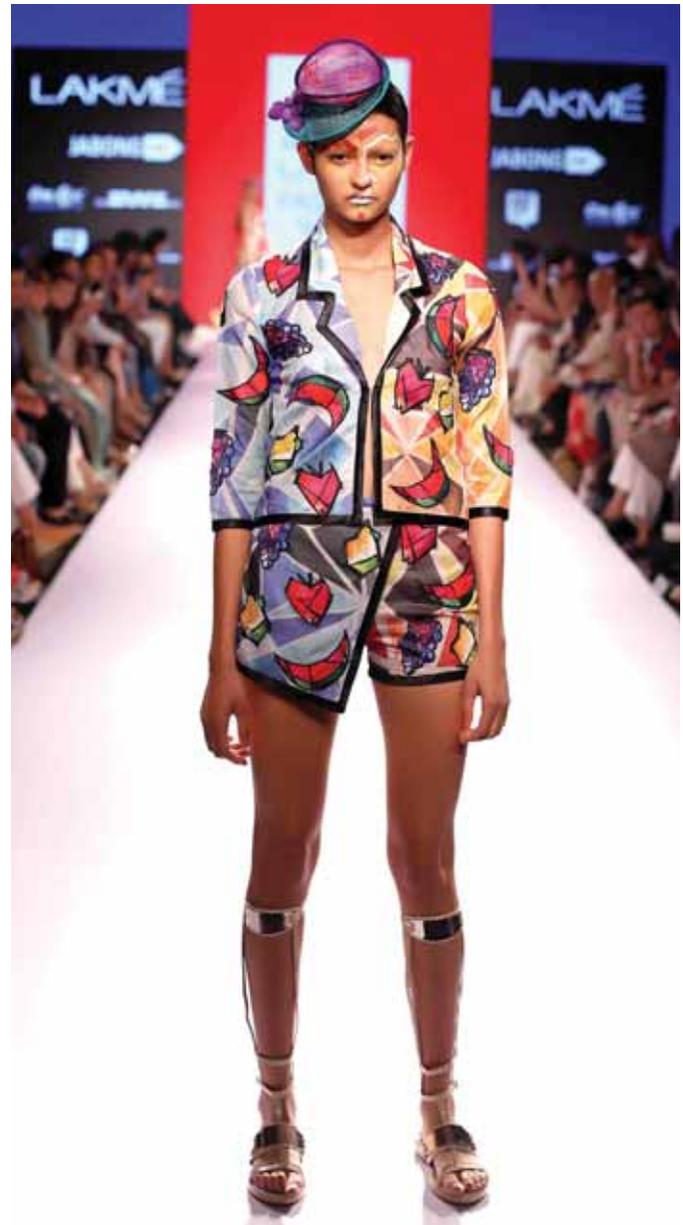
Inspiration

The collection was inspired by Picasso's cubist painting 'Les Demoiselles D'vignon'. There are also African undertones and lots of scripts around African masks depicted in the painting. Taking those influences and undertones, she used African symbols depicting the virtues of love, power, strength

and freedom.

Painting & Fabric in Syne

The designer is drawn to the geometry, the painting and the cubism aspect of Picasso's work. 3D fabrics have actually been made in the 3D printer with the use of the rawest form of nylon.



Photograph Courtesy : Lakmé Fashion Week

“ My collection is inspired by the cubist painting ‘Les Demoiselles d’Avignon’ by Picasso. It is my interpretation featuring the 5 women in the painting. I centred the entire collection around these empowered women and gave them virtues. ”

Highlights

Digital prints and a series of 3D printed fabrics highlight the artistic angle of the collection with a touch of pop. The structured garments are held up by bone wire

Sculpt Aspect

Keeping in theme with the whole idea of sculpt, the garments are very boxy and structured, and are also kept in tune with the painting. The entire collection has an architectural feel to it.

ABOUT THE DESIGNER

A graduate in Fashion Business from London College of Fashion University of the Arts and a diploma holder in Fashion Design from Milan Fashion Campus; Salita creatively brought out the African undertones in Picasso's painting with prints and symbols that portrayed love, beauty and strength.

FASHIONABLE NOMADIC

Shruti Sancheti's Nomadistaan

Rustic inspired vibrant clothes (Maxis, midis, floppy pants, jumpsuits, pleated pants, tail coat jackets, swishy long or spliced skirts and saris) in the colour palette Marsala, soft peach, blush, tangerine, vibrant crimson red, rose, pink, burnt orange, yellow, indigo, ochré, blue and olive.

Shruti Sancheti



A Melange

Use of tie and dye technique and Shibori, leheriya, mothda, resist dyeing with wax and block prints. The fabric base remained organic as pure woven khadi, eri, matka and summer silk came together with organic cotton to form the soul of the collection.

Intricacies

Assorted pockets on sleeves add to the fun-filled quirky nature of these outfits. Zippers give skirts and tunics a glitzy detailed touch, when they appeared in pairs down the front of slashed kurtas. The detailing is intricate with heer, Bhagat embroidery, kaleen or carpet embellishments and the fabulous banjara work seen in the artistic Thar region but now given a modern slant.

Photograph Courtesy : Lakmé Fashion Week



Style Tip

You can mix and match using the hand bags and basic accessories. Bronze make up with dark lip colours on the maroon side along with the neatly tied up hairdo would be perfect.

ABOUT THE DESIGNER

SHRUTI SANCHETI Originally from Nagpur, worked towards reviving traditional Indian weaves through her label. After learning the craft of tailoring with an advance diploma in Fashion Design from the JD Institute Of Fashion which she followed up with another diploma in textile design at INIFD. Currently she is a lecturer at the Masters Of Fashion Design at LAD College. She also launched her own ready-to-wear label 'Pinnacle by Shruti Sancheti' in 2009

GO SKIN FRIENDLY

Tips To Protect Your Skin During Monsoon

Monsoon do brings some relief from the scorching heat and heat waves, but monsoon also brings various water-borne diseases with it, such as diarrhoea, malaria, dengue and of course, skin infections. People with sensitive skin are most scared of this season as it brings plethora of skin-related diseases. Dr Pankaj Aggarwal, Senior Homeopath, Aggarwal Homeo Clinic, provides some tips to protect your skin during this season.

Dr. Pankaj Aggarwal



- ▶ During monsoons, water is generally polluted, thus it is advisable to drink boiled and purified water. It will keep the glow of your skin intact.
- ▶ Scrub your face twice or thrice a week; this will remove the layers of dead skin from your face.

problems. Use a pinch of turmeric in your face mask for fair and bright glow.



- ▶ Avoid heavy makeup as it can clog your skin and always apply a sunscreen with SPF of 15 or more before going out of home.
- ▶ Sleep well. Get at least eight hours of sleep each night.



- ▶ Keep your skin hydrated. Drink lots of water.



- ▶ Use non-soapy cleanser on your face and avoid heavy moisturisers as they contain oil base and makes your skin unhealthy.
- ▶ Keep your skin dry because long hours of skin wetness could lead to infectious skin.
- ▶ Prefer cotton clothing in rainy season as they help in keeping your skin cool and fresh.
- ▶ Turmeric is very good for your skin



- ▶ In the rainy season, your skin either tends to get dried or secrete excessive oil. To cope with the excessive humidity, you need to cleanse, tone and moisturise it daily.



ABOUT THE AUTHOR
DR. PANKAJ AGGARWAL MD (HOM) is a Homeopath and Counselling Psychologist in Preet Vihar, Delhi and has an experience of 23 years in the field. He is a member of Asian Homoeopathic Medical League (AHML), Progressive Homoeopathic Society and World Federation of Homoeopathy. Some of the services provided by the doctor are: Renal Stone Treatment, Infertility Treatment, Skin Disease Treatment, Lifestyle Disorders and Cancer Treatment.

FOR YOUR EYES ONLY

How To Get Deepika Padukone's Perfect Winged Eye Look

Commonly known as the 'cat eye' look, Deepika Padukone's winged eye liner is one of the hottest looks in the industry.

Eye liner is a must have for every woman - whether you go for the sleek look, or the thick retro style look. Using eye liner can be really tricky especially if you are a beginner, and perfecting the winged eye look surely requires some tips.

Here are some tips to get Deepika's classy winged eye liner look:

Step one

The first step is to choose the type of eye liner that you are using. There are a different variety of eye liners, including pencil, liquid, gel, and cake liners. Pencil eye liners are usually suggested for beginners.

Step two

Keep your eye liner pencil or the brush flat as it would help you get a better control and keep your hand sturdy. Start drawing a thin line over your eye lashes from the middle of your eyes towards the corners. Make sure the line is thin at first and then if you want to make it thicker you can gradually do that. This reduces the risk of mistakes. Start making the line thicker from the corners using sure strokes. The perfect line should start thin from the inner corner and gradually thicken as it reaches the outer corner.

Step three

When it comes to the flick, the most important part of the winged eye look, there are two ways in which you can do it.

- ▶ The first is for the people who have been applying eye liner since a long time. To start with, you must follow your lower lash line and draw a line starting from the



end of your eye and slanted upwards towards your eye brow. The line must not be too long. Decide how long you want your flick to be and draw a line accordingly.

- ▶ The second is for beginners and is a foolproof method - by using tape.

Stick a small piece of tape near your lower lash line, slanted upwards. Decide how long you want your flick to be and start drawing a line from that point. Once it's done, remove the tape and you are left with the perfect flick!

Step four

The next step is to connect the tip of the flick to the thick line that you have drawn on your eyes. And all you have to do is fill the gap be-



tween the lines drawn from your eyes to the flick. Regardless of what sort of eye liner you are using, the rules are just the same.

Step five

To finish the look you can also apply the liquid eye liner on top of your gel eye liner to give it a neater and sharper look. Highlight your eyes further by curling your eyelashes with an eye lash curler and then apply multiple coats of mascara.

Your Deepika Padukone winged eye look is ready!



SIZZLE IN THE RAIN

Monsoon Makeup Tips

Monsoon along with it brings lots of skin related problems. But this time the monsoon season is all set to give you a sizzling look. "Now it's time to step your look up a gear just by following a few simple steps in this monsoon," says makeup artist Kanikka Gauraav Tandon.

In the monsoon, dense makeup runs the risk of getting smudged and washed out, so light and sheer makeup is more advisable. Use waterproof mascaras and eyeliners to bring out the best looks this season. Girls can put their 'kajal' (kohl) away until the winter sets in as it has a risk of running during the monsoon.

Makeup Base

Monsoons call for a minimal or no makeup look. Create dewy skin with a dash of BB cream applied all over the face. BB creams also work as a tinted moisturiser.

For clear skin: Use water-based sunscreen as a base if you have clear skin. And apply a powdered compact over it.

For Blemished skin

To cover-up blemishes and even out your skin tone, pick a foundation that is light and oil-free or just dab on some concealer over problem spots. Powder-based or mineral makeup works best in sweaty weather.

For Dry skin

Hydrate skin well by rubbing ice, moisturise well and apply BB cream with SPF. Do not powder

For Normal skin

Use a rose toner and then moisturise with a water-based formulation of moisturizer and apply BB cream with SPF. Powder well.

For Oily skin

Use of an oil free Primer is a must. Follow it up with a BB cream with SPF. Powder well.

Eyes

Nude is the look of the season but don't keep yourself from experimenting with colour on your eyes. Moving to your eyes, it is important that

you apply concealer followed by makeup powder on your eyelids. Once done, either apply a nude eye shadow or opt for hues of lavender, pink, champagne, blue or brown as these hues will brighten up your face. Make sure to blend the hues towards the socket line.



Kanikka Gauraav Tandon



Even the most flawless complexions can fall prey to pimples and blemishes if not appropriately pampered. Cleanse your face with a soap-free face wash at least twice a day, especially before turning in at night. Stock up on some facial wipes for those moments on the go.

Blush

Liven up your cheeks by using any soft bronzer or a light pink shade of blush. If you opt for a cream blush, top it with loose powder, this would help the blush stay longer as well as make it waterproof.

Lips

Finally, your lips should be lively enough to complete your makeup. For the day choose a lip tint instead of a lipstick and apply a gloss on top if you wish. Neon pink is a great option for the evening provided it complements the rest of your makeup.

- 1 Avon The ONE Illuskin Powder
- 2 The Body Shop Colour Crush Matt Lipstick

ABOUT THE DESIGNER

KANIKKA GAURAAV TANDON is a young and emerging Make-over artist from Punjabi Bagh. She graduated with a degree in Makeovers from the Pearl Academy of Fashion and after completing her course started freelancing and applied her make-over skills on brides and was applauded for her work. However she always harboured an inner desire to come up with a make-up lounge where she could experiment and hone her skills further by applying her aesthetic sense. Her dream came true when she launched her flagship luxury make-up lounge Kanikka Gauraav Tandon Make-up Studdio. She has also worked with international models and leading photographers for magazine portfolios, and ad shoots.

ITS ALL IN THE EYES

Expert tips to keep infections at bay this season

Eye care is very important during the monsoon because eye problems are very common during the rains. Conjunctivitis, eye styes, dry eyes and corneal ulcers are common eye problems during monsoon. No matter how aware you are, someone or the other around you will get infected and pass it on to you. Children in particular need to be taught proper hygiene; else they will spread the disease. They love to get drench in rain water especially after the scorching heat.

A little care can go a long way in preventing infections and keep your eyes healthy so that you can enjoy the rains during monsoon.

Here are a few valuable eye care tips that keep infections at bay.



Cleanliness

Keep special attention for clean and care of your eyes, rinse the eyes with clean and cold water. Try to clean your eyes two-three times a day and do not try to touch or rub your eyes very often as it increases the possibility of viral infection. Keep the nails small, or you are habitual of keeping big nails in that case proper cleanliness is a must. If eyes are pricking, do not rub your eyelids otherwise it would increase the danger of being infected.

Strong Wind and Sunlight

If strong wind is blowing or sun is too bright when you step out, use sun glasses. It will prevent your eyes from any infection caused due to smoke and dust and if you use contact lens, it will also protect the lens.

Rain

The risk of dirty, contaminated water entering our eyes is omnipresent during mon-



soon due to heavy downpour and splashing of rainwater. Immediate rinsing of eyes with clean water can prevent viral infection.

Avoid Contact Lenses

Never share lens solution and containers with anyone and clean properly before and after use.



Swimming

Never enter a swimming pool during the rainy season as the pool water increases the chances of viral attack on your eyes.

Dr. Riddhi Shah



Eye Makeup

Makeup runs easily during the rainy season, so always try to use water proof makeup and never share it with others. Be careful while using eye makeup and check the expiry date of the product before applying. Avoid using any cosmetic products if you have an infection.



ABOUT THE AUTHOR

DR. RIDDHI SHAH (MBBS, DNB, FAEH) is a consultant paediatric ophthalmology and squint specialist and cataract microscopic surgeon at Vision Sankara Eye Hospital, Mumbai.

DRAPE IT AROUND

The Ultimate Indian Heritage

If it is time for festivals and marriages at home and you are looking for something ethnic and chic type then saree is the best option for you. You are just not only buying a few yards of cloth but alongside you are also purchasing a legacy, a tradition wrapped in multiple layers of artfulness. Saree is the only attire that will never go out of fashion. In a country like India, saree is the oldest and the most worn traditional attire. Age group ranging from seven to seventy every woman these days has huge craze for sarees.

Drape it Right

Draping a saree for many women in India is well known but the different appealing styles to drape a simple saree bringing a fascinating look is something that all women will find interesting. Nivi style, Bengali style, Gujarati style, Maharashtrian style, Mermaid style, Rajrani style, indo-western style and Lahenga style are some of the styles which are preferred by women. There are numerous ways to drape up a saree in styles and concepts of a specific theme dressing. Saree draping is generally fun. With these styles you are definitely ready to flaunt around in the saree attire looking gorgeous. Most of the youngsters are choosing to wear sarees over the other ethnic dresses. Not only that, women are opting for sarees over pencil skirts and shirts for corporate meetings as well.

According to Arvind Saraf director of Triveni Sarees, "Women are very enthusiastic for sarees these days. Saree is an attire which is there with us from decades. But slowly with time the perception of wearing saree has changed a lot. It is a very common way when we see woman

draping saree in a navi style with a blouse or a choli. Nowadays it is not at all like that. Women are seen draping saree over jeans, t-shirts which is mostly known as the indo-western style. The various other ways of wearing sarees are fusion style, dhoti style etc. Now a day's pre-stitched sarees are available as well. It becomes easy for those who are not used to wearing sarees
m u c h . Pre-stitched sa-

rees are comfortable, easy to wear yet stylish."

The Complete Look

The outgoing and professional women who work and needs to dress up in a sober and simple look with utmost comfort can carry these drapes best suitable for them.

Drapes require sarees with professional looking features of fabric and design, it can be either cotton silk sarees, bhagalpuri silk sarees, cotton sarees or simple georgette sarees in prints or plains will be best with this drapes.

The newest form of fashion for the occasions these days are the lahenga sarees. These are basically the sarees stitched in the style of a lahenga. They have pleats gathered and stitched at the waist to give it the look of a lahenga. Those who find it difficult to handle a sari can affectionately opt for a lahenga saree instead. Women are seen wearing lahenga



Payal Singhal Collection

Shilpa Reddy Collection

Photograph Courtesy :
Lakmé Fashion Week



Triveni Sarees

these days with the awesome Aztec, block and graphic prints that are in. My favourite style of draping saree is nivi style and I like it draping it and wearing it as a lahenga saree as well. Saree is the oldest traditional attire that every woman wears. Whether you are going out for parties, weddings, family gathering, festivals and corporate meeting saree is an attire that fits into all of these categories."

"Sarees are my all time favourite ethnic wear. Whenever there is any festival or occasion in my house-the only dress I choose

to wear is saree. My favourite style of wearing saree is open front pallu style. I generally team up my sarees with contrast cut-sleeve blouse. Other than open front pallu I also prefer like wearing it in a Bengali style and lahenga style." said a college student Manisha Raiswal.

ISOLATING COLOURS

Monochrome At Its Best

Shift
at Lakme
Fashion
Week
Summer
Resort
2015



Shift at
Lakme Fashion
Week Summer
Resort 2015



Divya Seth
at Lakme
Fashion
Week
Summer
Resort
2015



- 1 GAP Colorblock Dress
- 2 MOCHI
- 3 LAVIE Fantails 3C LG Tote Cobalt
- 4 LAVIE Ballerinas Azure
- 5 LAVIE Slipons Pink

The trend gives you the perfect reason to be in your favourite colour from head to toe. The single colour trend is ideal for the quickie section of your wardrobe.

Rajesh Aggarwal
at Lakme Fashion Week
Summer Resort 2015

PLAYFUL PRINTS

Your Prints Say A Lot About Your Imagination

- 1 NUMERO UNO
- 2 Rugby Olive Jumper Shorts
- 3 TRENDY DIVVA Bright Floral Peplum Dress
- 4 Kelly Scarlet & Birch Dress
- 5 Catwalker Ecru Trouser
- 6 Shingora
- 7 Shingora
- 8 HAVAIANAS Women-Slim Cool



Anupama Dayal
at Lakme Fashion Week
Summer Resort 2015



Tips

- Basic jeans paired with a printed floral top are ideal for this summer
- Colourful printed dresses with flip flops are perfect for the day wear



LIVE IN OR NOT!

A Peek At Live-In Relationships

I love him and I want to stay with him without getting married. What's wrong in that? Well this is a common question that many young boys and girls have in their mind. Cohabitation or live-in relationships have been prevalent in our country for a long time, but now focus has been shifted. A live-in relationship in India though not illegal, is definitely considered as improper and is socially not accepted. Urban India becoming more open-minded, western influence and students moving out of their homes are some of the reasons why live-in relationships have become more prevalent these days. So, the question that comes to our mind is whether a live-in relationship is a good thing or a bad thing?

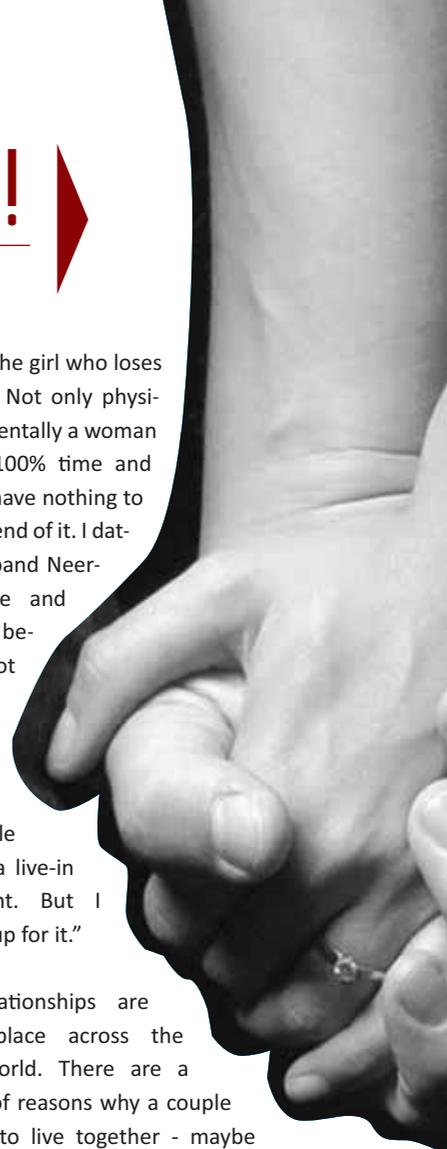
There are various positives as well as negative sides in a live-in relationship. The positive side is that one can lead a life without complications as compared to those arising in a marriage. You can be in the relationship as long as you want and the bondage of being with each other for the rest of your life

might get heavy on one's heart and any negligible disruption can make that fear surface. This fear isn't there in live-in relationships. The negative side is that in India, live-in relationships are still not socially acceptable. India is still not one of those places where unmarried people, especially women, can live together before marriage since it doesn't leave a lot to be discovered after marriage. Generally the routine between the couple is already set in and their expectation to discover something new after their marriage fails. Another important disadvantage of live-in relationships is the social censure associated with it. As these relationships are socially not accepted most of the people look at it with scorn.

According to Jessica Gomes, a renowned model from Kolkata, "I have a very traditional mind set. I am not really in favour of live-in relationships at all. Live-in relationships do not have much benefit at the end of the day. Though in the beginning everything is mutual, if there is a chance of drifting apart then

it's always the girl who loses everything. Not only physically, but mentally a woman gives her 100% time and love. Men have nothing to lose at the end of it. I dated my husband Neeraj for nine and half years before we got married and while we were dating, a lot of people suggested a live-in arrangement. But I was never up for it."

Live-in relationships are common place across the western world. There are a multitude of reasons why a couple may want to live together - maybe



they want to evaluate their compatibility in a more practical way, or establish financial security before officially tying the knot. Some people may prefer to be in a live-in relationship because in their opinion relationships are their personal and private matters that ought not to be controlled by religious, political or patriarchal institutions.

Moiz Hanif a model-turned-actor said, "I personally think it's not a bad thing, though it differs from person to person. I think this way two people can know each other in a better way before taking the next step. It's a good thing for sure as you get to know your partner properly, you get to know about the good things

as well as the bad and then it is of course on you whether you can adjust or not. People say if a live-in relationship doesn't work out then it's always a girl who is at loss. I totally disagree with this. If a girl is giving it her best, both physically and mentally then so is the boy. Even we are emotional and if it does not work out, we feel bad too."

Cohabitation is basically an individualistic approach. Though it is highly prevalent in most of the western countries - the reality of that in India is slightly different. In 2013, the apex court observed that if a man and a woman in love decide to live together as a couple it is well within their right to live and by no means can be deemed a 'criminal offence'. This verdict however is not accepted by most Indians - especially considering how there are still many who genuinely believe that a premarital relationship between a man and a woman is nothing but a sin! In some jurisdictions, live-in relationships are viewed to be as legal as common law marriages - it may be applicable after the duration of a pre-specified period, or after the birth of a child or for a certain other legally defined reasons.

"I am living in with my girlfriend for the past 2 years and everything is going pretty well. It is definitely not a bad thing at all. It's rather a good way you get to know your partner better. I know her for the past 2 years now and I know everything will be the same after marriage as well. It's not just a physical thing. It's a way to learn to take responsibilities. We love each other, fight, don't talk for a few days, but still at the end of the day we are staying under the same roof and we know that whatever the situation is we won't part away," said Rahul Saxena, a student from Delhi.

In India, live-in relationships have been taboo for a very long time. However, this is no longer entirely true amongst young couples in big cities like Bengaluru, Mumbai and Delhi anymore. However, one cannot deny that maintaining such relationships in most of the country's rural areas would be nothing but inviting loads of unwanted attention and trouble. But slowly and gradually, live-in relationships are becoming popular in India unlike a few years ago when social norms were strictly against such relationships even in the urban areas.



BEFORE FINDING MR RIGHT

Guys You Date Before You Find The Right One

Tania was recovering from her breakup. The last couple of months hadn't been great for her, but she was managing just well. And with her party lover friends who forcibly kept taking her out every weekend even though she preferred lying in bed until the wee hours thinking of her lost love.

It was another one of those nights when she got introduced to Samuel. Her friends tried their best to keep her away from him. But she knew they had clicked and there was something that kept attracting them towards each other. Not knowing anything about his past, she was shocked when her friends described his awful behaviour and actions to her.

She tried to maintain distance from him for a couple of days. But ended up falling harder for him no matter how hard she tried to dismiss it as a crush. No doubt he was insanely hot, which made it all the more difficult to get over him. The efforts he put in to woo her melted her heart and she finally started dating him.

The first few weeks were going absolutely well with romantic dates, dinner nights, crazy parties and all the phone calls. She thought she had found the one. But gradually his nature began changing. Getting drunk and creating a nuisance, driving rash, picking fights with people and constantly fighting with her became a routine.



Flexcia D'souza



Every time this happened he apologised, promised to change. But it never happened. And one night he hit her when she tried stopping him from hitting her friend. She understood it was getting too much and chose to end it then and there. But he always found ways to convince her with his stories and win her back.

How often do we know we are dating the wrong guy, but still continue just because he is irresistible? You get warning signs from people close to you that he is not the right one. You know he is not meant to be, but do you not choose to ignore the flashing signs and plunge into a relationship you know will not end well? At the end we realise we could have stopped!

Here is a list of guys you will in all probability date before you meet the right one:

The Playboy

It is exhilarating to know that the guy who has dated almost one third of the girls in your friend circle is now yours. You are happy knowing that even though he has dated so many women, you are what he's been secretly looking for. So you expect him to mend his ways, stop sleeping around and be the perfect boyfriend you desire.

This will work perfectly fine if you are looking for a casual fling yourself and don't mind being cheated on or getting dumped when he finds a better prey. But if you do, it is a warning sign that you need to avoid dating someone who could destroy your self esteem and make you feel like crap at the end of it.



The overprotective one

He is someone who won't let you out of his sight. He will check your entire message and call history. He would want to get your Facebook password. Will stalk you on all social media and abuse people (read: guys) who comment on your photos or posts. He would tag along with you to all social gatherings, even when he is not invited. He wouldn't let you go out with your friends for once.

Initially it will feel incredible to have someone who is very protective about you. It makes you feel wanted and loved. It feels great when he bashes guys who annoy you or misbehaves with you. But eventually his deeds will get on your nerves and you will want to call it quits.

The Bad Boy

We often see in movies that the girl falls head over heels in love with a bad boy who becomes good just for her. It is not as sim-

ple as that in real life. Love changes people to an extent, but expecting a miracle like this might prove to be a big mistake you wouldn't want to make.

He is attractive with a funky hairdo, loads of piercings and tattoos, perhaps a biker too! It sounds rather adventurous to be dating someone who is constantly on the move. But how sure can you be that he won't lose his temper and you don't have to face the consequences of his ferocious side?

The stubborn one

He is the guy who will be against everything you say. He will want to have his say in everything you do. He will argue over petty things and won't stop until you quit the fight. He will always want things his way.

It is a fact that opposite attracts, but it might be very challenging to be in a relationship with someone to whom your say does not

matter. He will make decisions for you. Your choices and preferences will cease to matter. When you have a guy like this, you need to mentally prepare yourself for a very bad end or better, just walk away when there is still time.



The one you cannot have

This is that guy who you are insanely attracted to and he doesn't seem to care much. If it is only you who are putting in efforts to make it work, you need to be aware. It is fine to be turned down once or twice, but when it starts happening too frequently, it can crush you.

Instead of wasting your time on someone who fails to realise your worth, date someone who finds you great. When you realise he is not that into you, do not consider it as a challenge. Instead just let him be and you might find someone better.



ABOUT THE AUTHOR

FLEXICIA D'SOUZA is a 21-year-old social media addict, foodie, fashion stalker and travel junkie. She is a hopeless romantic and loves cupcakes and anything chocolaty. Her hobbies include reading romance fiction, watching romance movies and eating good food. She aspires to be a fashion/lifestyle/travel journalist.

CHEATING IN RELATIONSHIPS

A Choice, Not A Mistake?

As it is rightly said, true love has no expiration date. Many of us hope to be in a relationship that will last a lifetime. But how many times have we been left heartbroken when the relationship doesn't work out the way we hoped it would, or worse, our lover cheats on us? Being cheated on can undoubtedly be the worst kind of heartbreak. Ask anyone who has gone through it and they will tell.

19-year-old Anjali Sonawane narrates how she found out her boyfriend was cheating on her. "He first started texting more often even when I was around. Not letting me see his phone, snatching it away even if I try to pick a call, deleting message and call history, frequently changing lock patterns and so on had become a common thing. I trusted him too much to even think that he was cheating on me. Every time I tried talking to him about distance creeping into our relationship, he gave me clichéd excuses like work burden, exams, family problems and the like. This went on for a month and I was helpless. A month later I got a call from a mutual friend (between the girl he was currently dating and me). She invited me to her college and asked me to go to a particular place. And that's when I caught him making out with the other girl," she says. Not wanting to crumble the relationship of over a year, she forgave him in the hope that he wouldn't do it again. "Being the naive and

immature me, I forgave him. But he cheated on me again. And then I just called it quits. It was only then that he realised that I was the one and tried coming back, but I wasn't ready to be cheated on again. So I began going out with a guy who liked me. And my ex accused me of cheating on him," she says.

Many people get cheated on, but the consequences differ. It totally depends on how he/she deals with the heartbreak. Nikhil Chandwani, who found his girlfriend cheating on him with his best friend when he was busy travelling on business trips says, "It hurts. But now I have just accepted the fact and moved on." He does not blame her and believes that we live in a make-believe world to dismiss our insecurities and thus fail to understand the warning signs that the relationship is not on the right track. Busy schedules and work pressure can definitely take a toll on the relationship. When you cannot give your best to the relationship, the partner will obviously feel neglected. Isn't it? "We expect, get hurt and then blame the world. Expectations tend to help us in getting rid of our insecurities. Sadly, that is why relationships fail. Cheating is a choice. People who expect too much from a relationship find it more difficult to cope with a cheating partner," he says.

"Cheating in a relationship is not right at all. Many people are heartbroken and tremendously hurt after being cheated on, but they

never really try to find out the reasons why they were cheated on in the first place. If there is an understanding between the two people, and they can openly share and discuss their opinions and desires, nothing of that sort will ever happen," says Ravinder Singh, noted author of 'I Too Had A Love Story' and 'Can Love Happen Twice'. "Whenever there are serious fights and you realise that your partner is not really happy, try to find solutions. Cheating happens when needs aren't met. Be it physical, emotional or mental. So the best way to avoid these is to try to love selflessly and keep the other person happy," says 25-year-old Agnello D'souza.

The worse thing about being lied to is knowing that you weren't worth the truth. 23-year-old Himanshu Chabbra believes it is very difficult to get over the feeling of being cheated on. "I could have got over the fact that her love faded away. But I can never get over what I felt when I found her guilty," he says when he found his girlfriend was in love with someone else. Do not cheat in a relationship. If you are unhappy, let the person know, or else just leave. It hurts less that way!

One is left with a tremendous feeling of rejection and hollowness after being cheated on. It is difficult to figure out whether it hurts more to be cheated on or because the relationship ends. There is a period where you are totally devastated. Even though many know that cheating is a bad thing that is not acceptable in a relationship and understand the consequences, they still do. Why?

Lack of Communication

Communication plays a very important in a relationship. Unless the two individuals are not comfortable enough to express their thoughts and feelings, they wouldn't understand what they are doing wrong or what is troubling the other. As a result of which misunderstandings might increase and one of the partners might decide to give up on the relationship without even informing the other.





Try to Heal Constructively

Being cheated on can be very traumatic. But you can channelise your negative energy into something constructive. Make a list of things you always wanted to do and couldn't. Develop a hobby of your choice. Listen to music. Read. Learn new things.

Forgive

As hard as it may sound, the relief you find after forgiving can be phenomenal. Preserve the good memories and try to release the bitter ones. The blame game won't take you anywhere. So instead try to forget what went wrong.

Live More

Connect with many people you couldn't during your relationship. Hang out with your friends and people who make you happy. Work towards becoming a better human being and happiness will follow.

Come to terms with the fact that the past is not in your control and work towards becoming a better person in your present and future. As it is rightly said, time heals everything. Remind yourself that you are not the only one who has been cheated on. It can make you feel a lot better knowing that there are several others sailing in the same boat as you. Just live your life, have good food (and lots of chocolate), travel, meet people, have fun and make better memories!

Lack of Real Intimacy

When the person feels that he/she is not loved and appreciated enough, they seek love and affection elsewhere. When they get attention from someone else which they haven't received from their own partner, it definitely makes them feel special and they plunge into a new relationship without giving it much thought.

Boredom

Some people get easily bored with routine. They expect thrill every day of their life. When you are dating someone for a relatively longer time, there are chances that the initial spark disappears and they seek thrills elsewhere.

Emotional and Sexual Dissatisfaction

This can be another cause for a cheating partner. It is up to you how you deal with your partner and work out something that is best for both of you.

Disturbed Relationship

When the relationship turns turbulent with constant fights and arguments even over petty issues, one of the lovers can get emotionally and mentally drained. Thus they look for someone who can calm their nerves and keep them happy. Also suspicion and nagging can lead to a person cheating on you!

Revenge

The person might cheat just to get back at you and make you understand how they felt when you previously cheated on them.

What to do when you are cheated on? Moving on seems very easy, but it isn't as easy as it sounds. Here are few tips that will help you recover from your heartbreak:

Accept the Situation

You cannot change what went by. The sooner you accept this fact, the sooner you recover. Try to find out what went wrong and think about how you can avoid it henceforth.

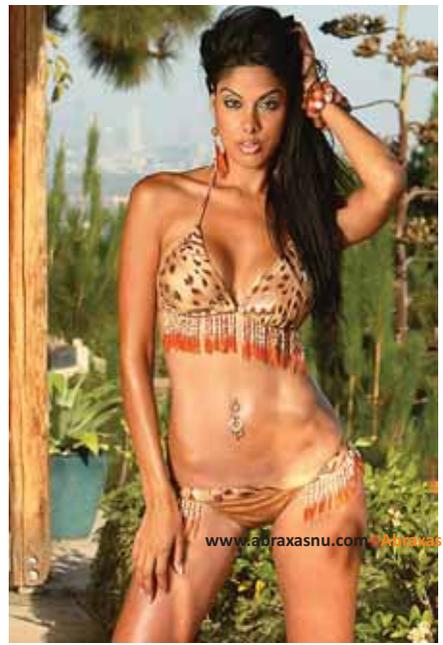
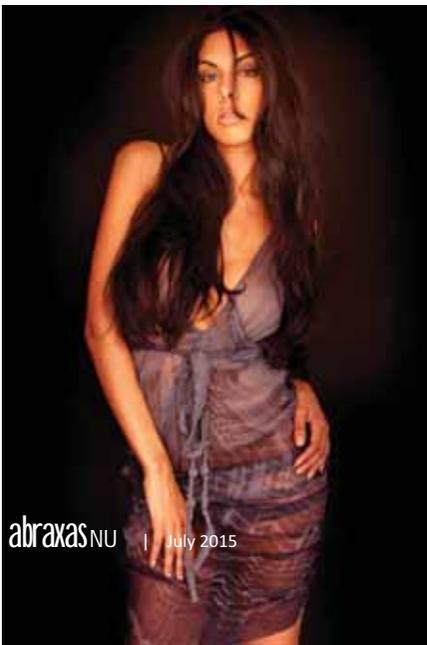
Talk to a Close One

Sharing with someone can lighten your pain. Chose wisely whom you talk to. Avoid bad company that will lead you towards a road to self destruction. Surround yourself with people who will motivate and inspire you.



EXOTIC NRI

Meet The Sizzling Hot American Kudi Tania Mehra



Philadelphia born Tania Mehra's strikingly exotic beauty is enough to paralyse any man at first glance. Once you get to know her, you realise that the most beautiful thing about the 5'10 inches tall stunner is her heart. Rising from humbling beginnings, a near fatal car accident in 1998 forever changed the way she viewed the world and the value of life. She became more aware of the importance of the choices she would make, the morals she would believe in and the voice that she had. Believing that it wasn't her time to leave this Earth, she felt that her existence was imperative in being the change she wished to see in this world. A belief directly derived from one of Mahatma Gandhi's famous quotes in regards to change.

Tania attended the University of Wisconsin in Milwaukee because of its acclaimed Pre-veterinary Programme where she also minored in Forensic Psychology. After one year, she was transferred to Cal State Northridge (CSUN) where she went on to receive a Bachelors in Biology. She also has an Associate's degree in Arts and Science, which for Tania was a huge accomplishment.



PERSIAN CUISINES

Rubiyaan Mali From Sufiaana By Cherish

About The Dish

Rubiyaan Mali was originated from Persian cuisine where Rubiyaan means prawns and Mali means frying. Mali technique of cooking is the traditional style of cooking in Iran (formerly known as Persia). The dish has mutual culinary influences to and from Azerbaijani and Turkish cuisine.

Chef Bharat Sharma



Rubiyaan Mali

(To be served with Mustard Dip)

Recipe (1 portion)

Preparation Time:
12-15 min.

- ▶ (A-Grade) Prawns - 6
- ▶ Mustard paste - 1 tbsp
- ▶ Garlic paste - 1 tbsp
- ▶ Lemon juice - 1tbsp
- ▶ Egg - 1
- ▶ Salt - to taste
- ▶ White pepper - to taste
- ▶ Refined flour - 50 gms
- ▶ Semolina - 100 gms
- ▶ Refined oil - to fry



Method

- ▶ Wash prawns in salted water.
- ▶ Dry with hand towel. Marinate prawns with lemon juice, mustard paste, garlic paste, salt and pepper for at least 2 hours.
- ▶ Beat egg with little water. Dust the prawns with refined flour and dip it in egg batter.
- ▶ Next put the prawns in semolina for coating and deep fry it.
- ▶ Serve with mustard dip.

Mustard Dip

Ingredients

- ▶ 1/2 cup light mayonnaise
- ▶ 1/4 cup spicy brown mustard paste
- ▶ Salt and ground pepper

Directions

In a small bowl, stir together mayonnaise, mustard; season with salt and pepper.

ABOUT THE AUTHOR

CHEF BHARAT SHARMA The prodigious Executive Chef Bharat Sharma at Sufiaana by Cherish, Rajouri Garden, brings with him a unique understanding of both ancient and new Indian cuisines, which he skillfully employs to create a mélange of diverse delicacies. A result oriented professional with more than 12 years of experience in F&B Operations. During his tenure, he has worked in Hotel Centaur. The secret of his cuisines lies in his peerlessly authentic technique and flair for delighting in perfection, full of style and originality. The delicious cuisines offered by him are undoubtedly the focus of one and all.

DRINK WITH A TWIST OF AWESOME

Summer Mocktails

Raspberry Coconut Cooler

Ingredients

- ▶ 30 ml raspberries juice
- ▶ 1 tbsp lime (juiced)
- ▶ 1 cup coconut water
- ▶ Crushed Ice

Garnishing

- ▶ Lime
- ▶ Raspberry

Method

Add all ingredients in a cocktail glass and mix to combine. Garnish with a lime wedge and raspberry.



VIRENDAR
Bar Captain of Pamphilos

Ingredients

- ▶ 1-2 slices jalapeno pepper
- ▶ Soda as required
- ▶ 1/2 ounce sugar syrup
- ▶ Juice from a fresh lemon
- ▶ Pinch of salt
- ▶ Chilli pepper (optional)
- ▶ 1 lime wedge

Method

- ▶ Rub the rim of a mocktail glass with the edge of a cut lime. Sprinkle salt (and chilli powder if using) on a plate and run the rim of the glass over it to coat. Fill glass with crushed ice.
- ▶ Muddle the slices of jalapeno at the bottom of a shaker.
- ▶ Fill half way with crushed ice, then add simple syrup and lime juice and shake vigorously.
- ▶ Strain the mixture into the prepared glass. Add the soda. Garnish with a lime wedge and a slice of Jalapeno and serve immediately.

Jalapeno Popper



KARAN TALWAR
Kitchen Kraft Catering Co.
He says, "Jalapeno popper has been an ideal beverage for weddings & parties and is a great hit."

REJUVENATE YOURSELF

Enjoy A Beautiful And Holistic Monsoon

The monsoon is a refreshing season after the sweaty summer. But with this season comes skin related worries, making it the best time to rejuvenate your skin by indulging in spa therapies. Keeping this in mind, NeoVeda Spa from The Metropolitan Hotel and Spa has come up with monsoon therapies that will keep your skin glowing and supple. Incorporated with natural ingredients like honey, almond and special ayurvedic oils, each therapy is crafted to soothe the senses and lock your skin's moisture and glow.

So this monsoon season, bid goodbye to skin related woes with Ayurvedic therapies.



Salt and Spice Body Glow

Duration: 30 minutes

A full body exfoliating treatment using Sea Salt, Cloves and Aromatherapy Essential Oil blends, its light buffing grains remove dead skin cells and impurities from the surface. The spices remineralise, hydrate, increase circulation and improve skin texture and the oil aids as a moisturiser, leaving the skin soft and smooth. You are left with your purest essence, a clean and revitalised body.

Kizhi Massage (Herbal Potli / Bun Massage)

Duration: 1 hour

A Kizhi Massage is a traditional Ayurvedic therapy where the massage is performed by warm Herbal Powder Buns



Kalari Massage

Duration: 1 hour and 30 minutes

Kalari massage is a traditional Ayurvedic massage for stimulating vital points. This massage is done using herb infused Ayurvedic oils, performed by the therapist using hand and feet, applying appropriate pressure to specific vital points/parts of the body. Kalari massage not only relieves back pain, stiffness and sports injuries but also stimulates various bodily organs and system. Kalari massage stimulates or generates the energy in the individual. It removes blockages from the 'marma' points giving physical and psychological relaxation and strength.

and Herbal Oil. Herbal potlis are prepared with various herbs and medicated powders. These are then warmed in medicated oils and used to massage the entire body. This is very effective for painful condition of joints and muscles, improving blood circulation. It relieves muscle cramps and stress.

Aromatherapy Massage

Duration: 60 minutes and 90 minutes

This relaxing massage is enhanced with either soothing or restorative Aromatherapy blended oil to help you unwind and rest. Beginning with a welcome foot ritual, this deeply therapeutic, holistic treatment appeals deeply to the senses for each individual's needs. Deeply relaxing and calming, or inspiring, uplifting and mind clearing, the benefits of this treatment are pure bliss.



Papaya Body Polish

Duration: 30 minutes

If you love papaya then you will cherish this wrap with Papaya Pulp containing enzymes known as Papain, which softens and revitalises your skin to a silky smooth finish. The fresh fruit pulp is gently massaged into your skin, then wrapped and left for a while to be absorbed. This sweet smelling body wrap will moisturise and soften your skin to a high level of freshness.

SID & KRITI

An Interview With The Upcoming Stars

Team Abraxas recently caught up with the Bollywood stars for a quick interview

How did Bollywood happen to you?

I was in Delhi modelling for an agency called Elite where we auditioned for this particular film for which I went to Mumbai. It was an ad-lab production work and that was about 7 years ago but I worked and that is where I started off and from then onwards I made the decision that I am going to stay back in Mumbai, try and learn about film making and that's how film direction happened and then *My Name Is Khan* happened where I was the Associate Director and before that *Dostana*. I was in one song of *Dostana* and then I got *My Name Is Khan* because of that and then I auditioned for Student Of The Year and we are here today.

Do you want your image to be changing or be restricted to just a romantic actor?

I actually do not really have an image. I think if I set the trend right now then maybe I open up to different things and hopefully I won't be typecast. As an actor I would not want to be restricted to one role. Even today I think if you be the same every 6 months I think the audience wouldn't let you be and they will criticise you for that and I think I'll be more conscious of it as when I was an audience before I would sometimes feel that the actors are just doing the same thing and not up for experimenting and today when I am an actor I would not want to be like that. It also keeps exciting us if we keep doing new things every 6 months. If we just keep doing the same things every 6 months then we cannot blame the audience for calling us boring at times.

Who do you admire the most?

In recent times, I would say I am a big Ranbir Kapoor fan. I don't know if I have told him but I love him for *Barfi* as well *Yeh Jawani Hai Deewani*. I also found Arjun's acting to be good in *2 States*. So yeah everybody is in an exciting phase, we are all doing different kinds of work and we are all lucky that we are getting chances to prove our versatility as actors.

How do you take competition with the other actors of your genre?

I feel none of us treat competitions as a burden anymore since we are born into and brought up in an environment where we have to face this, so of course, we get a chance to improve in a healthy competition. There's





Kriti Sanon

A very few actresses were able to leave a mark in the Bollywood with their first film. Kriti Sanon was one amongst a few who not even impressed critics with her performance in her debut film *Heropanti*, but she even managed to almost steal a lime-light from his co star Tiger Shroff. With the 'girl next door' image and with the acting skills, no doubt the future of Kriti looks promising.

Here are the excerpts from the interview:

An engineering graduate in Electronics and an Academic ranker with high scores... How modelling happened to you?

(Smiles) I was a studious student. During my engineering days, my friends often told me that I got the body and the height and that I should try modelling. Initially, I never wanted but during my second year I started modelling and TV commercials. I started it as a hobby. But I found that shooting ads was something that I truly enjoyed. I loved entire process of shooting and facing the camera. When finished my B Tech, I had two job offers. I also gave my GMAT entrance for MBA abroad. My GMAT result is valid for five years, so I knew

I could fall back on it till then But I wanted to pursue modelling. My father was working in Mumbai then. So I moved here. Thanks

to my family. It's because of their support, I could pursue this.

And Bollywood?

About 100 girls were auditioned for *Heropanti*. When I was called for a narration by Sabbir-sir (Sabbir Khan, the director), I started reacting to Dimpy, my character. Then after a few days I was called for a look-test. After this, there was a screen-test and audition jointly with Tiger. When that was done, I sat in Sabbir-sir's car and he told me, 'We are going to Sajid Nadiadwala's office'. On that very day, within 10 minutes, I had signed the film.

Who was more encouraging in your family?

My mom was encouraging, but dad was protective — as the film industry was not known to be exactly the best place for newcomers without any film connections.

Is it true that the film industry takes its own time to accept new talent and give newcomers a break? What's your take?

There had been offers before *Heropanti* too. I had an offer from Dharma Productions, but the film was a multi-starrer and there was hardly anything to do (for that character). I didn't accept that because I felt it's fine to act in a multi-starrer once you have proven yourself as an actor, but perhaps not in your first film. There are so many newcomers who just come and go, and not many take notice. But I don't want mine to be like that. I must have the right platforms to show my talent. I am happy that there are good roles written for women, and that today's young actresses are selective and have made a space of their own. I think I got lucky with the role in my debut film, because it gave me something important to do in it.

As a child did you admire any actress?

Yes, I am a huge Madhuri Dixit fan since *Hum Aapke Hain Koun!* I used to dance on *Ankh-ijaan Milaaon* from *Raja* my growing-up years.

Did you take any professional training in dance?

My mom has learnt classical dance, and for five years from the time I was eight years old, I have studied *Kathak* at Delhi's famous Kathakendra at Mandi House.

Photography : American Swan

PARIS IN KOLKATA

Sneha Singhi Comes Up With The Paris Cafe

This young budding Chef Sneha Singhi is all set to take Kolkata by storm after opening her very own Paris Café in the city.



What has been the idea behind Paris Cafe?

My passion for food has been eternal. I was not just the kid who ate but also the one who cook. To be more precise, my cooking books when stacked up would exceed my height. I didn't just dream of food but also of Paris. As Ernest Hemingway had aptly said, "If you are lucky enough to have lived in Paris as a young man, then wherever you go for the rest of your life, it stays with you, for Paris is a moveable feast."

So after immersing in the true Parisian culture and achieving my diploma in Le Cordon Blue, I wanted to titillate the taste buds of a Calcuttan to a real feast, to Paris Cafe.

After you started Paris Cafe in Kolkata, were the first few months difficult?

The first few months as I would like to say was a 'cakewalk'. There was no difficulty, but exciting challenges for a 20 year old. These challenges were learning experiences that I am glad I encountered.

Tell us about your patisserie diploma

To eat, sleep and study in Paris was a dream come true. To follow your dreams in your dream land, I couldn't have asked for more. Le Cordon Blue, being extremely rigid with their curriculum posed as a great test for my endurance. To get up close & personal with French patisserie was initially difficult but after one whole year, I can say that I learned the tips and tricks.





I believe one can learn how to act, sing or even dance but you can't learn how to cook. There is a difference between being able to parrot a recipe and actually put your creativity on the plate. Being around people from several different countries added to my learning experience and also added to my creativity. There were times that it all seemed so overwhelming for me. But being around what you love to do the most, kept me going.

After finishing my patisserie diploma, I interned at both Pierre Hermes and Laduree.

In your opinion, what has been your biggest accomplishment as a chef so far?

My biggest accomplishment has been open-

ing 2 cafes in a span of a year and winning the Times Food Guide Award for 2 years consecutively.

Tell us about your signature dish

Our signature dish is our chocolate pistachio surprise which is a big macaron base with Belgium chocolate mousse and pistachio ganache. We also make the best red velvet cakes in town.

A STARRY FIESTA ROCKS IIFA

Videocon D2H IIFA Weekend And S-CROSS IIFA Awards

Glimpses of a Star-Studded Week as Bollywood Descends on Malaysia for the Awards Show

The IIFA weekend kick started with a bang. Some of the most prolific personalities of the Indian Film Industry, the corporate world, dignitaries from India and the region, world media and Indian Cinema converged on the JW Marriott, Kuala Lumpur.



Highlights

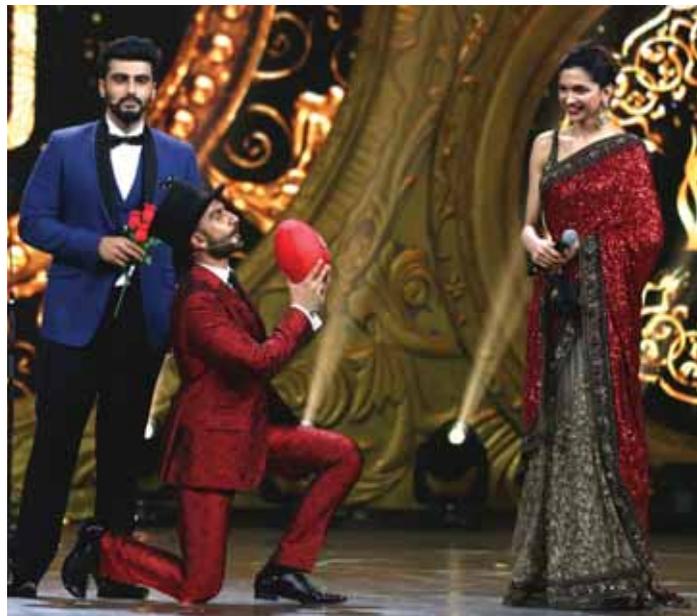
- ▶ To celebrate IIFA's return to Malaysia, the stage was set by the FICCI-IIFA Global Business Forum 2015, for business leaders from India and Malaysia to mutually explore opportunities in the two geographies.
- ▶ The IIFA Technical Awards were presented at the IIFA Rocks celebration held at the Istana Budaya.
- ▶ Screening of *Dil Dhadakne Do*. The cast included Ranveer Singh, Anushka Sharma, Priyanka Chopra, Farhan Akhtar, Anil Kapoor and Shefali Shah.
- ▶ The IIFA Fashion Extravaganza hosted by Neha Dhupia and Vivek Oberoi featured Masaba Gupta, Gaurang Shah and Rocky S.
- ▶ IIFA Music Workshop led by Shankar-Ehsaan-Loy
- ▶ S-CROSS IIFA Awards Ceremony hosted by 'Gunday duo', Arjun Kapoor and Ranveer Singh.



Sabbas Joseph

Director, Wizcraft Entertainment International

"It's a great feeling to return to this wonderful country after 13 years. Kuala Lumpur is an incredible city and the sincere and whole-hearted welcome that we have received is heart-warming."



Anil Kapoor

"IIFA has created a huge phenomenon since its inception in 2000 and it's incredible to be a part of this wonderful journey."



Anirudh Dhoot

Director, Videocon

"Videocon's association with IIFA is now in its seventh year. IIFA has proved to be a very good opportunity for us and we would like to take this association further"

THE VENGA BUS COMES TO GOA!

The Iconic Eurodance Group Enthralls Audiences
With An Electrifying Performance



The packed audience at the Mapusa Grounds was regaled by the performances of the iconic Vengaboys along with Goa bands Forefront, Edwin Fernandes and The 3 Horse Men. There was a terrific energy surging through the crowds as they thronged the venue to watch the performance. The excitement was palpable throughout the night and the audience was thoroughly entertained.

Known for their No 1 UK singles like "Boom, Boom, Boom!!" "We're Going to Ibiza," "Brazil" "Up and Down" as well as their worldwide hit "We Like to Party," the Vengaboys have sold an estimated 25 million records worldwide. Last year, they released a new album called "The Xmas Party Album" infusing their classic hits with a Christmas sound, including a new single "Where Did My Xmas Tree Go" together with a new music video. The new album also saw remixed hits in Christmas versions done by none oth-





er than DJ Hardwell, Showtek, Merry Corsten, and Treësto vs TR3hab. In 2010, their heart thumping single “Rocket to Uranus” was released and in May 2001, World Music Awards awarded Vengaboys with the Best-selling Dance Group of the Year. Over the years Vengaboys have been touring all across Europe, Middle East, South Africa and now India.



NEXIAN CHROMEBOOK AIR

A Notebook For College

The prices of notebooks have been in free fall in recent times. Just a few years ago, getting a decently specced notebook for less than Rs 20,000 would have been considered a wild dream, today it is very much a reality. So much so that you can get a notebook that boots up and shuts down in less than ten seconds, handles most tasks on the Web ably, lasts for almost ten hours on a single charge, for less than Rs 15,000.

No, we are not intoxicated. We are actually talking of the Nexian Air Chromebook, which is part of the new series of Chromebooks launched by Google in India recently. For those who live not on the planet of

technology, Chromebooks are notebooks that run on Chrome OS, which as its name indicates, is an operating system based on Google's famous Chrome browser, and basically lets you do a lot of basic computing tasks from within browser windows. It is a bit like working on a massive browser, but one which lets you make documents, work on spreadsheets and even tweak presentations on your device. And no, contrary to what some people think, you do not need an Internet connection running on it all the time for it to work - it can work offline too.

We have had Chromebooks before - Acer had launched the C720 in India a while ago

Nimish Dubey



- but none of them has been quite as interesting visually as the Nexian Air, which is white in colour and has a leather band running across its lid. And interestingly, it comes with a handle too, allowing you to dangle it along as you walk. It is not the slimmest at 23mm but at 1.5 kg, is relatively lightweight.



In terms of hardware, Chromebooks have never been spec monsters and the Nexian Air is no exception to this rule. It comes with an 11.6 inch 720p display, 2 GB RAM, 16 GB storage and is powered by a 1.8Ghz Cortex A17 quad core processor. On the connectivity side, it has two USB ports, one HDMI port and a memory card slot.

No, it is not the stuff of which hardware dreams are made, but that is where the power of the Chrome OS comes in. The system boots up in less than ten seconds and shuts down even faster. And a single charge is often enough to see you through close to ten hours of hefty use. Yes, we have seen much brighter and more colourful displays; yes, we do wish the sound quality had been better, and no, we would not recommend this device for any gaming beyond the most casual online gaming, BUT (and it is such a significant 'but' that we have gone for all caps for it) on the flip side, the fantastic battery life, the smooth browsing, the quick start up and shut down and the support for decent word processing, spread sheeting and presentations, topped off with that different-looking design (so many people have asked us about that handle) and killer price make this quite the perfect machine for those wanting a speedy, lightweight notebook without busting the bank. Some might quibble about the onboard storage but those USB ports mean who can easily attach a USB drive to it.

It is good for writing on (the Google substitutes for Word, Excel and PowerPoint may not be as rich as the Microsoft ones but get the job done more often than not), terrific for online research, browsing and handles mails and social networks very well indeed. And at Rs 12,999 it costs about as much as a mid-segment smartphone. Perfect for college goers and writers, we say.



ABOUT THE AUTHOR

NIMISH DUBEY A commerce graduate from Allahabad, Nimish Dubey stumbled into the world of gadgets in 1999 and has made himself at home ever since. He has been published by a number of publications and websites and has also written two books for young adults. When not writing, he can be found buried in a book or trying out apps!

RENAULT KWID

The Game Changer

It's very rare in the Indian car scene that something truly revolutionary comes up. And yet here it is - the Renault Kwid.

Renault India shocked the world when it announced a small crossover styled hatchback which looked like a younger brother to the Duster. The design has been well received and first impressions suggest a 6-7 lakh car. But Renault made everyone do a spit take by announcing that this baby Duster would be priced around 3-4 lakhs.

With this announcement Renault has jumped into India's highest volume segment. Renault has aimed its sights squarely at Maruti Suzuki's jugular by targeting the Alto, Wagon R, Celerio and Ritz.

But what Renault has slyly done is increase the potential of the same segment by offering the level of design, performance and amenities of a much higher price bracket. The sheer cleverness of this car cannot be

understated. This approach will very likely open up the options for buyers who have never even considered this size of car before.

The Kwid has been very cleverly designed. It had to sit high to provide the ground clearance needed for Indian driving conditions, but rather than get bogged down with making a sleek hatch, they went the other route and embraced the high ride height of the crossover style. Giving it black plastic cladding all around not only makes it look tough but is also correctly positioned to absorb most small bumps and scratches, again a very pertinent feature for the Indian situation. The front end is pure baby SUV with a smiling lower lip but a scowling brow line, giving the Kwid an adorably angry look. The highly sculpted sides and back are much more interestingly formed than a lot more expensive cars. It really feels as though Renault put all of its design might behind this car.

Rononjoy Sen



Dynamics in this car should not be much of an issue as the car weighs only 670kg. That's a quite an accomplishment considering this is a fully featured car which can carry four adults and looks the way it does. It will initially be only be powered by a 800CC three cylinder engine that will put out 57Bhp. Now that number sounds very small, but if you put in the context of a small superlight car like the Kwid, that's a better power to weight ratio than a lot of cars costing even thrice as much.

The Kwid will not skimp out on safety either - all models will come with ABS and atleast one airbag. The top end version will be equipped with two. The Kwid will also be the first car around this price bracket to be equipped with a touchscreen, media and navigation system and digital gauges. It also promises to be the most fuel efficient car in its segment, which would also make it the most fuel efficient car. Period.

The Kwid's biggest trick is its close to universal appeal. By designing the Kwid to look way more upmarket than it should, Renault has subconsciously added an immense amount of value to the Kwid. To the car buyer the Kwid looks like a car three times the price and then he's hit with the low cost of buying and running and instantly it's a no brainer. There is probably no higher cost to value ratio in the world right now.



This car just might turn out to be our generation's Beetle. Cheap to own and run and yet not boring. Maybe the design won't be as timeless as the Beetle but it's still a long way from the current offerings. If Renault has managed to give this car a decent ride quality and handling then that's the final nail in the coffin.

By providing all the basic necessities of a car and packing it in a handsome and light shell. Renault has managed to do what nearly everyone has failed at - make a modern classless car.

ABOUT THE AUTHOR

RONONJOY SEN is a young and creative transport designer with a passion for all things fast and beautiful and a knack for stringing words together. He was educated in design at Coventry University, UK, the foremost seat of industrial and transport design for over 200 years. He aims to use his technical knowledge and aesthetic vision to bring to you, the reader, the best possible automotive content.



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BARBARIAN

WOMEN ON 2 WHEELS

Welcome The Change

Doesn't the image of a lady in leathers, astride one big motorcycle just get to you? Be it Carrie-Anne Moss as Trinity in the Matrix Series, Gal Gadot as Gisele in the Fast & Furious Series or the next door neighbourhood girl out on a spin; there is something very interesting in knowing that the fairer sex is very mechanically-minded and inclined to machines that appeal to us.

In many of our movies, a person zooming in on a bike does give a hint of sophistication to that part, and for many of us riders - a moment of well-lit up recognition, which only a motorcycle rider would understand. Respect!

However out on the streets, especially in our congested highway and bylanes, a lady at the wheel of a car, or on a two-wheeler, immediately tends to attract unwanted attention and many a times is at the receiving end of sarcastic comments and scornful looks. Is it just that, it's because there is a lady on the road, a person, whom we are supposed to

appreciate and respect, but can't help making fun off at times like this, just because...?

In the modern world, a lady out on her own, effortlessly handling either a small Hyundai i10 or a large Suzuki Bandit, is quite a welcome sight on any road. Granted, there may be a few cases where they could be a little nervous and tend to overcorrect, thereby sending the motorist, following behind, into near cardiac arrest. But we have definitely seen our fair share of men who are equally if not worse, when it comes to mistakes while in the driver's seat. In fact in a lot of cases, we have seen guys - both drivers and riders behave like they own the entire road, sweeping down entire lanes, hugging corners without giving way to oncoming traffic and generally just creating a ruckus on the roads.

In comparison, ladies at the helm are a welcome change, as they do not get off into the adrenaline-blasting mode of bash-the-other and rule the road. They know when to just

Shawn Fernandez



let idle and allow others to vent their steam, and when the time is right, to just floor it.

The appearance of lady bikers on the road was largely unknown in India, until xBhp started uniting the biking fraternity. Overnight, 2-wheeler aficionados could discuss relevant material to their loving rides, debate and argue forever about insignificant details and go on and on about the trips they have taken. Of course, it was not long when people started noticing the dainty girls zooming around on Scootys'. The internet was the medium that brought many of them together and the connection was built.

In 2011, the Bikerni was born, a brainchild of Urvashi Patole, who actually started riding since the tender age of 14. Stunts and injuries that went hand in glove did not deter this tough girl and 12 years down the line, she has over 4,00,000 kms down to her credit, emphasizing the raw passion that drives her continuously.

Together with other ladies, like Firdaus Shaikh, Sheetal Bidaye and Chithra Priya - Urvashi has helped bring the Bikerni into the spotlight of the Motorcycling Community, with a bang. The growth of their many chapters spread across India, consisting of 500+ riders, has helped these dedicated women who love their motorcycles, to ride out across the length and breadth of the country. Among their many awesome rides, the one that remains etched in memory would be their 10-member, 2013 Leh - Ladakh expedition, followed by their 5000 kms round trip, on the entire Southern Coastal belt.



As the Bikerni's mission states – “to create an equal platform for women motorcyclists and to empower women all over India through the field of motorcycles”, this is definitely one team that is a guiding light for all girls out there who are tempted to try their hands on 2-wheelers. And in today's age where ladies have proven themselves



time and again, across the spectrum of occupational streams, the appearance of a woman handling a large capacity bike, with ease, in any traffic – is certainly a welcome sight.

Unfortunately, in a lot of our cities, in many families, the simple thought of someone's daughter showing an interest in riding anything larger than a Scooty, tends to lead their parents into a tizzy with wrong notions scrambling in all directions. And with that, while many girls are actually bold enough to try a proper motorcycle out, their love for adventure is curbed, because of what parents and family might think. And for those who have tied the knot, might even have to deal with in-laws. With the rigid upbringing that we are famously known for, many women have actually had to give up their love for motorcycling just to keep their husbands and in-laws happy.

However as with everything changing and evolving for the better, the roads are equally owned by both ladies and gents. We all have impositions clamped down on us. But hell yeah, what is life if not to break the rules once in a while and do what we like? So for all the girls out there who hesitate to get astride a proper motorcycle, you won't know or understand until you try it. So gear up and ride out – take it as the time of your life!! Or do you intend to try it out when you cross 70?

ABOUT THE AUTHOR

SHAWN FERNANDEZ is a hotel management graduate, former hotel manager, a trainer, an interior decorator and an assistant lecturer. He is also a volunteer at an animal shelter. Shawn hails from the coastal city of Mangalore. He is a motorcycle enthusiast and he loves to ride and travel to both the hills and the coast. Besides his bike, he is also passionate about music, food, vehicles and books.

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GET GOING

Gladrags Runner Up Hitika Talks About Being A Fit Mom

**OLYMPIA
GYM**

For 34-year-old Hitika Saxena Dhumi, who finished runner-up at the Gladrags Mrs. India 2015, being a housewife (she is married to a sailor from the Merchant Navy) and a mother of a 6-year-old was never a deterrent to her fitness goals. Dividing her time between Australia and India, she says she always wanted to do something more besides

just being a home maker. Getting the call to participate in Gladrags contest was the ideal opportunity to realise her dreams. She says, "Both my husband Satvir and daughter No-raah were supportive of my decision; in fact,



my daughter was super excited when I was one of the three winners.”

A visual merchandiser by training, Hitika says that she has always been a fitness conscious person and a regular gym goer. She says, “I have been working out for ever,” and her fabulous body is witness to this. At Olympia, she finds working out to be truly enjoyable because of the variety of machines available. Post childbirth in 1986, Hitika says, “It is very important to include some sort of phys-

ical activity in one’s daily routine.”

Hitika’s fitness schedule has her doing lots of weight training – she says many women are afraid to train with weights because they think it will make them muscular but that, she says, is a myth. She also does burpees and pushups which helped her to tone up fast. Her daily dose of gym extends from 45 minutes to 1 hour of focussed activity accompanied by a protein-based diet plan. Hitika says, “I eat a lot of chicken steaks, salads and drink coffee latte. I avoid rice and roti and sweets and fried stuff though I do have cheat days when I treat myself to whatever

I like without worrying about the health and weight consequences.”

Hitika says her motto in life is Carpe Diem (Seize the Day). “I never thought I would be a Gladraggs winner. Winning the title was a life changing moment for me. It taught me so many things about how to carry myself, how to talk and how to be focussed on my goals.” Her word of advice to everyone who wants to be fit and fabulous is to eat right and stay focussed. And she laughingly signs off..“Remember, a moment on the lips, forever on the hips.”



CURVES OR SIZE ZERO?

The Never Ending Debate



There is a saying “Let the beauty we love be what we do”- everybody would agree that trends have certainly changed, be it fashion, movies, music or even women’s physiques. We’ve become accustomed to seeing size zeros as compared to the curvaceous women of yesteryear. However, everybody is now wondering whether the trends are, once again, changing or not. That’s right, the voluptuous frames are now making a comeback. Gone are the days where having a skinny body was in fashion. Now every woman is opting for a well-toned and healthier body.

Scientific studies have shown that men through the ages have found women with hourglass figures more attractive. A theoretical study has been conducted and it was found that men prefer normal sized women with a few curves to those who are fashionably thin. They find that bodies like

Scarlett Johansson’s or Kate Winslet’s are more attractive than the skinny figures of celebrities like Victoria Beckham.

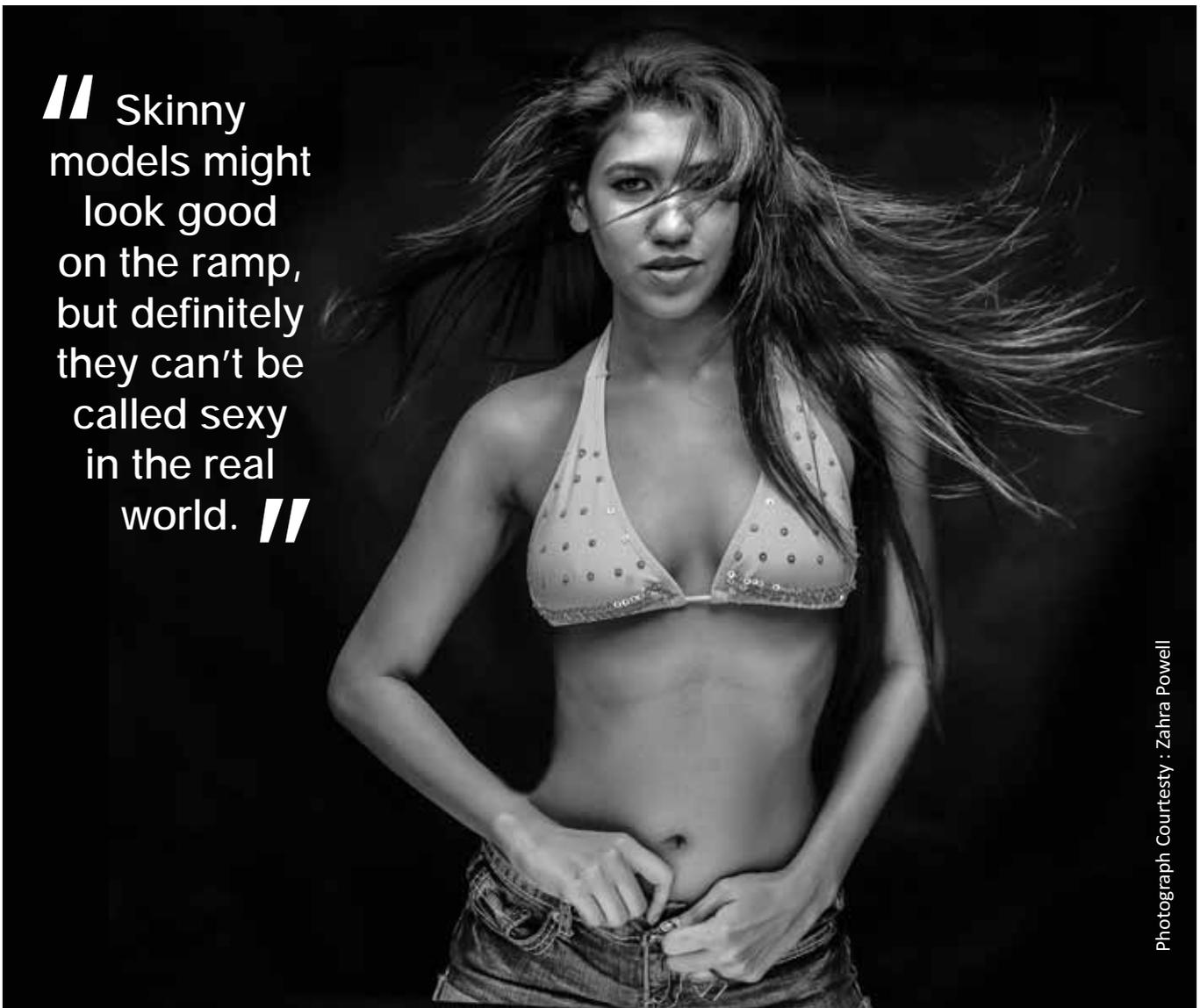
So what’s the current trend - size zero or a curvaceous body? Women should love their bodies and be proud and comfortable of what they have. Well, curves always give a woman a more shapely and harmonious appearance. A curvy woman may look more natural and appear more graceful than a waif-like woman.

Kamila Grodecka an international model said, “Every woman should be curvy. That’s the way it should always be. Skinny ones look anorexic and an anorexic body does not look appealing or attractive in any way. The sexiest combination is when intelligence connects with beauty. I most prefer an hourglass kind of figure.”



Photograph Courtesy : Kamila Grodecka

// Skinny models might look good on the ramp, but definitely they can't be called sexy in the real world. //



Photograph Courtesy : Zahra Powell

Being thin is totally out of fashion and what is in and what people are wanting is curves.”

It should be kept in mind that no woman should get too thin - because exaggerated skinniness definitely spoils the ideal lines of femininity. The sharp, angular lines of a thin woman are never considered to be feminine at all. These days ladies want to keep themselves in shape, but too much dieting definitely makes them lose their charm and beauty.

According to men, voluptuous curves on a woman also happen to exude sensuality. An underweight body can ruin the appearance of a woman's face-giving her a gaunt look. It definitely looks like she's suffering from 'lollipop head syndrome'.

We have definitely come across many Bollywood actresses who have burned the screen with their acting skills and sexy curves. Sonakshi Sinha is one actress who proudly flaunts her curves with immense grace and style. Taking up a challenge, the junior shot-gun girl had lost approximately 30 kilos and yet she's not a size zero! Who are we to worry when this sexy actress is stress-free herself? She has wowed the audience with her stunningly curvy figure. Another stunning actress is Vidya Balan who looked 'ooh-la-la' with her curves in The Dirty Picture. Size zero is something that is no longer a trend and now women have started revealing their curvy figures. So it's pointless to buy books on diets and stress yourself in the gym to keep yourself skinny. Skinny models might look good on the ramp,

but definitely they can't be called sexy in the real world.

Zahra Powell, a model, said, "I think a girl should always go for a curvy figure. It's sexy as well as healthy. It's not dangerous to the body like a size zero figure is. A curvy figure is any day more attractive and better than a size zero figure. I am a true follower of Kim Kardashian and she is my favourite curvy star. So, whether it's for models or any other ladies, they should never go for size zero."

Theoretical studies have found that men always prefer women who are more feminine, healthier and confident. Men also like women who maintain a proper balance of muscles and fat together. Though what matters is basically being healthy - that is what every woman should try to focus on.

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Tips

- ▶ Use your lip balm as an eye primer
- ▶ Coat your lashes with baby powder between coats of mascara to make your lashes appear thicker
- ▶ Apply a base coat before your painting your nails a dark colour as it will help prevent them from becoming yellow

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Are you bored of your daily life and planning for a nice trip with your friends or family? If yes, then what are you waiting for? Just pack your bags and go ahead. If you are a travel freak you should keep your travel kit ready aside all the time. Travelling for office tours or going for long vacations definitely calls for a well-organised travel kit. Whether you're a hyper organised traveller, who books every aspect of your trip down to the airport shuttle, accommodation, excursions and restaurants in advance or you're a more spontaneous holidaymaker who is more likely to throw caution to the wind, there are certain things you should never forget to carry for your trip. So, this summer season, gear up with the funky travel gear and get set to have the best vacation of your life!

If you are the one who doesn't want to be home bound and explore the world your way, get your travel checklist in place with some awesome basic gears. So we've put together a shortlist of practical travel tips to help you prepare for your trip. There are many leading market that launches travel essentials for our comfort, safety and convenience. The travel kit basically includes travel bags, travel neck pillow, name tags, name tag locks, sleeping eye mask, travel utility pouch etc for a complete stress free travel experience. Apart from these you should also have a check on the right pair of shoes, sunglasses, dresses, bags, accessories that you can carry for your vacation to keep yourself stylish.