

abraxas

INDIA'S PREMIER YOUTH HOTSPOT!

NU

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Farhan Akhtar
Styling Secrets

Lakme Fashion Week
Summer Resort 2015

Tom Tailor
Spring / Summer Collection

Bikini Athlete
Shweta Mehta

Bollywood Top 10

The Queen of Bollywood
KANGANA RANAUT



STYLISH CONFIDENCE

The Launch Of A New Spring-Summer Collection

International urban brand -
Tom Tailor for Jabong.com
launched its latest Spring-Summer 2015
collection in the Lakme Fashion Week.





ABOUT THE DESIGNERS

TOM TAILOR GROUP Founded in 1962 in Hamburg, it is one of the fastest-growing and leading Fashion Houses in both Germany and Europe. Its two brands Tom Tailor and Bonita have a target group from 0 to 60 years of age and the company employs around 6500 staff around the world. The key people are Dieter Holzer, the CEO and chairman of the executive board and Uwe Schröder, chairman of the supervisory board. The brand included 200 franchise stores, more than 2400 shop-in-shops and nearly 7900 multi-labels stores.

THE SUMMER LOOKBOOK

Makeup Trends For The Summer

As far as trends are concerned, this season calls for a dewy complexion and vivid hues. Here's a lowdown of the looks that are mandatory for the summer of 2015.

HUES & HAPPINESS

Revise your make-up manual with the brightest shade possible. Experiment with neon colours - be it in the form of eye-liner or nail lacquer. "Something minimalistic yet bold is what would be absolutely perfect for eyes this summer. Liners could be used as eye shadows, either smudged to get a tint or in a good structured shape. White or ivory in the waterline during the evening could really add in some drama to your eyes," suggests Avik Hore, Senior Make-up Artist, Kryolan City Delhi.

Another popular trend to try right now is a cat-eye. It's completely fresh from the runway. But what you need to learn is the trick to wear it right – start extending the liner from the middle of the eyes and take it till the outer corners. Just remember: the line

should be straight and strong; no smudging required.

BAREFACED BEAUTY

A sheer application of the base with the skin peeping through helps the skin look natu-

Isha Gakhar



rally radiant while not being either glossy or completely matte. Avik further advises to keep some blotting papers in your hand-bag to soak up any excess oil that might just surface through your make-up. Even if you heavily contour your face, you could add a pop of colour to the apple of your cheeks to imitate a natural blush. It undoubtedly lifts up the complexion and lends a fresh appeal to your make-up.

MASTER YOUR ARCHES TOO

A pair of perfectly defined eyebrows is a major faux pas! We suggest you to keep them natural or a little bushy. Groom the eyebrow hair by brushing them in whatever shape and direction you want. Use some eyebrow firming gel to keep them in place.



Photograph Courtesy : MAC Cosmetics



Photograph Courtesy : MAC Cosmetics

REPTILIA

Wear Your Identity

Salil Bhatia



Reptilia presents a range of shirts with wild and wacky prints, mostly rebellious, sometimes political; carrying a true punk's message in pop colors.

the confident, the mavericks and the artisans, the risk takers.

Each Reptilia design has a unique story, which individuals can relate to. 'Reptilia' is for the curious and

What really happened to fashion when the digital revolution took hold? As the world grew smaller we were meant to be able to do more. Learn more. Find more. But instead we got less. The corporates chewed up our choices and spat them back at us in contempt. Instead of choice we feel angst. We cannot escape our digital addiction and we are bombarded more than

TREND ALERT

Lakme Fashion Week Summer/Resort 2015

Lakme Fashion Week has always been the trendsetter amongst the young and vibrant. The designs that are showcased during fashion week have a sense of uniqueness in every outfit. Every designer's design is inspired by some or other happenings around them.

Here's putting together some styles and outfits from collections showcased at the Lakme Fashion Week Summer Resort 2015, which are primed to become trends this season as well. Here is a holiday fashion guide.



Dreamy Drapes

Draped falls and Indo-western silhouettes will be in vogue. So this season silhouettes are very Indian with a touch of modernity. You may use quirky prints and patterns with warm resort-style colours. However, the problem arrives when you are a style conscious person but do not know how to wear long flowy silhouettes without looking frumpy.

Styling You

- ▶ Balance your overall look with accessories and neutral coloured pieces. This combination will tone down the print and make it more wearable.
- ▶ Sexy high heels are in vogue and look wonderful. These add a couple of inches and grace to your personality. Avoid flats or loafers - these look frumpy. And clogs and sneakers tend to look too chunky or dowdy.



lika for Anaiikka

Model walks for Raakesh Agarwal

Pop with Peplum

Peplums are fun, jolly and here to stay. This elegant yet chic trend has paved its way into coats, dresses, shirts and even tees. Be it short dresses, jeans, gowns, coats or accessories - this trend is definitely an eye popper! Lots of women may be scared off

by such a bold trend, but be brave! Spend a day wearing a peplum and you'll be in love. The whole point of a peplum is that it celebrates a waist-to-hip curve, so it looks a bit odd when worn without one. There can be some hazards if not worn properly.

Styling You

- ▶ You may wear your peplum with trousers or a slim-fit pant/skirt. Peplums add volume, so keep the bottom half of your outfit slim and skinny-fitting. Try to avoid full skirts when you wear a peplum top.
- ▶ Pair your peplum with electric hued stilettos and a crisp clutch for a funky formal look.



Model walks for Arpita Mehta



Model walks for Jatin Verma



Model in Suneet Varma Creation

SUMMER HAIR WOES

Get That Smooth, Silky Look

Summer season is back with beach parties and sitting by a poolside. It is best to take good care of hair before the dull weather takes a hit over the next few months. Dry, oily scalp and messy hair proves to be clear symptoms of the approaching summer. In the scorching heat, there is no fun in colouring and styling your hair. It gets very difficult to protect one's hair from intense heat in summers. Heat, sunshine, and other natural (and not-so-natural) elements can become a real hurdle while taking care of your hair.

Advanced Hair Studio comes to your rescue by providing some tips to save your locks from the damaging effects of the sun during this time of the year to ease your hair woes and keep your scalp and hair healthy in the approaching summer.

Sanket Shah



Control Shampoo Usage

Too much hair cleansing can also cause damage. It is important to choose a shampoo that removes the right amount of oil. Mild and formulated shampoo needs to be used for daily use.

Let it Loose

Summers demand making a ponytail and throwing your hair back without protecting the scalp, however pulling it too tight can cause hair to break. Also pulling your hair back when it is wet is even more damaging. Aim for loose buns and ponytails, and let your hair down before going to sleep at night. We can also alternate the style each day as per the day's convenience – we can either tie it low one day, high another or to the side the next. That way, we're not always stressing the same strands.

Frizz free Hair

Protection starts in the shower. When you shower, opt for products that hydrate hair. Make sure products don't contain harsh sulphates, parabens or sodium chlorine, which will weigh down your locks. You can also give your hair a healthy boost by massaging coconut oil into your locks at night, and then showering in the morning.

Swimming Damage

Swim with pre-dampened hair. This may sound odd, but spray your hair with water before jumping into the pool. By dampening

your hair, you are giving your porous hair an opportunity to soak up non-chlorinated water first. Then when you jump into the pool, it won't soak up the chlorine. This protects your hair from some of that excess damage pool water can cause.

Hair Breakage

Excessive use of hair colour or dyes makes the hair dry, rough and fragile. In worst cases, hair can break off entirely. It is advisable to avoid frequent colouring in summers. As a solution apply henna pack twice a month to make hair healthy, glossy and voluminous. It helps bring back the lost health of your hair and repairs damaged locks. Boil water with two tablespoons of dried *amla*, one teaspoon of black tea and two cloves. Strain the water and add in henna to make a thick paste. Leave overnight or for at least two hours and apply on hair.

Cooling Hair Pack

One can use some good home remedies to combat that burning summer. Mix 2 tbsp yoghurt, 2 egg whites, 3-4 drops each of Lavender, Tea Tree, Eucalyptus oil and 4-5 drops of lemon juice. Apply on scalp and hair. Leave it wrapped with a shower cap for 20 - 30 mins and wash off with a shampoo. Try this once in 10 days to have lustrous clean hair and dandruff free scalp.

If there's ever a time for shiny, vibrant, luscious hair, it's summer. Keeping in mind the above tips, we can fight the scorching heat and make our hair strong and healthy.



ABOUT THE HAIR EXPERT

SANKET SHAH The CEO of Advanced Hair Studios [AHS], Sanket lost his hair in his early 20s while he was pursuing his studies in Melbourne, which led him to lose his confidence. But since he had the next best thing: money, he decided to put it to good use and subsequently went to AHS, Australia for cosmetic treatment and soon went on to become the CEO of AHS, India.

◀ FLORAL FANTASY ▶

Floral never goes out of fashion, there is always something new to it that makes your inner goddess bloom.



RENA LOVE
Tangerine Shirt



KLICK BY RG
Twilight Clutch

LIFESTYLE
Floral Handbag



NUMERO UNO
Floral Print Shirt



JESSICA KHANIJO
Long Floral Skirt



FOOTIN
Floral Ballet Flats



METRO
Floral Black Wedges



W
Floral Printed Long Skirt

PLACE OF MIRRORS

Payal Singhal showcases her latest collection

Payal Singhal's Summer Resort 2015 collection - 'Palace of Mirrors' - is inspired by the breathtaking *Sheesh Mahal* in Amer, Rajasthan - and is a modern interpretation of the intricate patterns and fine detailed mirror mosaic work on the walls of the palace.

Payal Singhal



Fabrics and Colours

The collection of separates and Neo-Indian occasion wear is made with dupioni silk, cotton mul, tulle and silk organza accented with quirky retro floral and geometric prints in coral, blush, ecru and grey.



STAR IN STYLE

Stars at Lakme Fashion Week

It was the celebration of the 15th edition of the Lakme Fashion Week this season. The Summer-Resort 2015 held at Hotel Palladium, Mumbai was quite a star-studded affair. While some walked the ramp, others turned up in full support of their favourite designers. Well, all your favourite celebs are well dressed in their own unique styles but which of them is your favourite pick?

Nargis Fakhri



Shraddha Kapoor wore an off shoulder gown by DRVV at the Lakmé Fashion Week's Absolute Sculpt show. With minimal makeup the actress looked strikingly gorgeous



Deepika Padukone



Nargis Fakhri looked stunning as she walked the ramp for designer Masaba. She was seen wearing an outfit which showcased hints of South African and Nigerian clothing styles, quirky prints and a whacky hot pink headgear and a toffee handbag.

Shraddha Kapoor

Deepika Padukone was in a floral maxi from Sabyasachi's collection itself. With middle parted wavy blowout hairdo and dark red lipstick, she looked stunning

FROM INTERIORS TO FASHION

In conversation with Michelle Salins

Bengaluru-based fashion designer Michelle Salins looks to merge the old world sophistication and haute couture techniques in her own contemporary style. Born in India and having spent her life in New York, Michelle weaves together the rich Eastern culture and the panache of the West into her designs.

You were doing pretty well in interior designing, what led you to lean towards the fashion industry?

I was doing very well in interior designing, but, somewhere within I had this passion for fashion. While practicing interior designing in New York, I came across a lady who was a wedding designer and wanted to get her bridal salon done. I designed her space, which in addition to being a bridal salon offered a renting space for small weddings. After designing her salon, I asked her if I could come down on weekends and help her out. This was the beginning for me. Gradually I realised that I was working with her more

frequently than my then -established career.

Later on I came back and went to Kanchipuram to understand the fabrics, materials, etc. I realised since I didn't have any formal training in fashion designing, I needed to understand more about the gamut of fashion, before getting into it. Although I believe studying in an institute is important, however the kind of knowledge you gain through practical training is more amazing.

You have clients from both India and the United States. What is the difference between the two markets?

There's a vast difference. In India we are slowly getting into contemporary dressing. However, it's still a very small number of people. This niche crowd prefers contemporary embellishments. India has a rich culture, which eventually makes us who we are. We are born with a taste for a little bit of bling and colour. I am sure it won't change because it describes us.

In the West, I do more of constructive dresses, which are straight lined and have lesser yet contemporary embellishments. Fit and flare, which is a really big thing there, is preferred for hi-end tea parties, brunches and is catching up here too. Fit and flare dresses have become my signature style too.

The kind of fabrics we use there also differs. We use a lot of hi-end polyester, which is as good and expensive as silk. The Americans accept a lot of grey and black, and we also do blue and pink which are the next best selling

Michelle Salins



colours there. As for India, we have every colour possible - orange, red, yellow, you name it. Black as a colour has global acceptance. Usually people wear black when they feel they want to look thinner. For us designers it is to be able to create an outfit that goes well with your silhouette and makes you feel good. I always tell my clients - the more curves the better!

What is the USP of your designs?

I make my women feel very feminine and



KEEP YOUR HEAD HIGH ALWAYS

Some Common Myths About Acne

You can use cosmetics to cover up some facial flaws, but if you have acne on your face, you can't completely hide it. You may feel that you have no way to conceal your imperfections from a world that judges you based on your appearance. Severe acne can have a significant impact on social relationships, and affect a person's confidence and self-esteem in a way that leads to depression — particularly during the teenage period. Depression is very common in people with severe acne, who may feel especially self-conscious about their skin.

The world seems to judge you these days

by your looks and dressing unlike in olden days when people would go with the person's moral values to make friends.

Acne can lead to

- ▶ Reluctance to establish relationships and develop social skills
- ▶ Fear of being mocked by others
- ▶ Disabling shyness
- ▶ Social phobia
- ▶ Missing work or office
- ▶ Difficulty succeeding in careers due to lack of confidence
- ▶ Poor body image and self-esteem

Dr. Neetu Saini



SOME COMMON MYTHS ABOUT ACNE

Washing your face every few hours

Some patients believe this and end up washing their face numerous times a day, sometimes scrubbing vigorously and using harsh astringents. But ultimately, this can lead to irritated, traumatised skin that looks worse after treatment.

FACT: Instead, wash your face only once or twice a day with lukewarm water, a mild cleanser, and gentle motion — no scrubbing or harsh abrasive products needed. Make sure one of those times you're washing your face is in the evening, to remove makeup and dirt.

Squeeze the Pimple and it will go away

This is a very wrong belief that patients have. Some patients squeeze their acne in an at-



SALAD DAYS ARE HERE

S Is For Summer, And Summer Is For Salads!

One of my favourite quotes... 'Change is the only constant'. The Brit head of a company I worked for many years ago said these words when the company was privatised. The words stuck in my head, and amazingly seem a perfect fit for everything in life, even food! Changing seasons are exciting- they inject us with new found energy, something to look forward too. Just as we are getting tired of the hot, humid summer, along comes the promise of fall with apples and pears, pumpkins and persimmons. And quite the same way, winters mirth gives way to bright spring — where everything is born again, a new beginning.

Clichéd as it may sound, just step outside and you can feel spring in the air - birds hurriedly building nests, bees and flies whizzing around endlessly, lime and tangerine blos-

soms, and of course a sea of fresh fruit that paint the bazaar in a myriad of colours. It's a great time to lighten up the table, rejuvenate the system and eat fresh, summery fare. My favourites are smoothies to wake up to, summer coolers to refresh and light salads that promise bowls of goodness. Oh and frozen yogurts too!

Whether it's a traditional salad, fruit salad, or a salad you build up differently, have fun with it! Here are a few fun salad ideas to get you started. Use these as a springboard to let your imagination loose. Build up a salad with greens, nuts, fruit, vegetables, fresh herbs and cheese.

Use very basic olive oil vinaigrette, and then play around with the flavours if you feel adventurous. You could go with orange vinaigrette if you make a salad which has oranges, or mustard vinaigrette for one which has rocket leaves. A step further and a mayonnaise-based dressing is also fun. Stir in sour cream, English mustard or kasundi, Sriracha or a hot pepper sauce. Even you can go Thai if you like it with a peanut butter and coconut milk dressing, or Middle eastern with tangy sumac. Last but not the least, if you are looking at low fat, opt for a yogurt dressing ... yogurt, olive oil, minced garlic, green chillies, sea salt, pepper and lime juice. Enjoy!

Deeba Rajpal



Time: 10 minutes

Ingredients

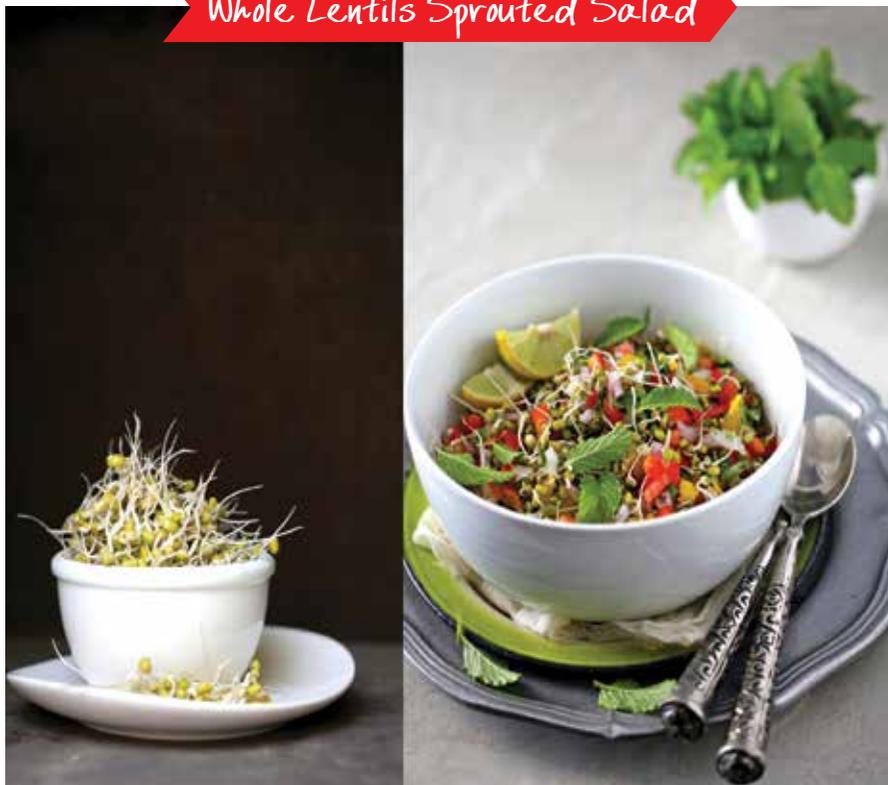
- ▶ 2 cups dal sprouts
- ▶ 1/2 red bell pepper, chopped
- ▶ 1/2 yellow bell pepper, chopped
- ▶ 1 onion, finely chopped
- ▶ Fresh herbs {coriander, mint}, finely chopped
- ▶ 1 English cucumber, finely chopped
- ▶ 1-2 green chillies, finely chopped {optional}
- ▶ Juice of 1 lime
- ▶ Himalayan pink salt to taste
- ▶ Fresh mint to garnish

Method

Toss everything together in a large bowl - taste and adjust seasoning. Garnish it with fresh mint. Serve immediately, or chill until required.

Suggestion: Tastes great with a yogurt dressing drizzled over.

Whole Lentils Sprouted Salad



Time: 15 minutes

Ingredients

- ▶ 4 beets, roasted, cooled, peeled, chopped
- ▶ 1 orange, peeled, cut into segment
- ▶ 100g feta, crumbled
- ▶ 100g snow peas or salad greens
- ▶ 50g walnuts
- ▶ Dressing
- ▶ 1tbsp balsamic vinegar
- ▶ 1tbsp extra virgin olive oil
- ▶ 1tbsp brown sugar
- ▶ Salt to taste
- ▶ Fresh mint to garnish

Method

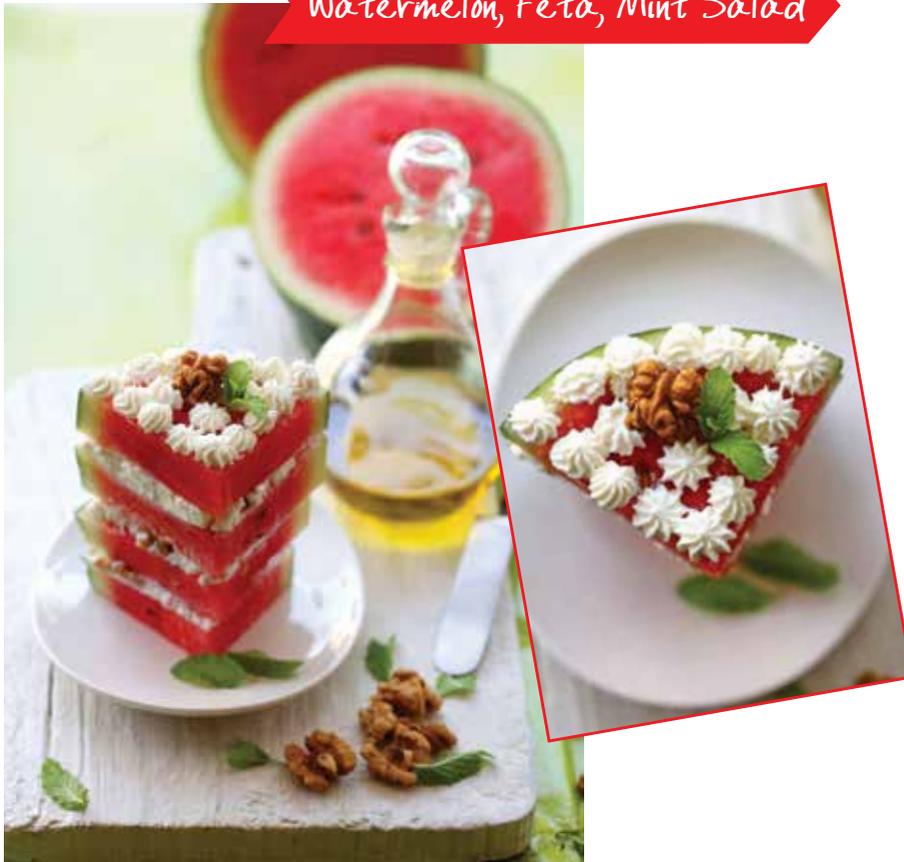
Place the beets, orange, feta, snow peas or salad greens and walnuts in a bowl. With a fork, whisk together the dressing in a separate bowl. Taste and adjust seasoning. Pour over salad, mix gently. Serve immediately, or chilled.



Recipe: Roasted Beets, Orange Feta Salad



Watermelon, Feta, Mint Salad



Time: 10 minutes

Ingredients

- ▶ 1/2 watermelon, cubed
- ▶ 100g feta cheese, crumbled
- ▶ 1/2 cup walnuts, chopped
- ▶ 2 tbsp extra virgin olive oil
- ▶ Himalayan pink salt or sea salt

Method

Cut triangles and layer like a cake with feta and walnuts in between. Pipe feta as icing....

OR

Place all ingredients in a bowl and toss together.

ABOUT THE AUTHOR

DEEBA RAJPAL is a food writer, stylist and recipe developer, an obsessed baker and cook. A 'locavore' by design, she enjoys getting food to the table with seasonal ingredients and local produce. Give her an ingredient, offer her an idea and that's enough for the magic to begin! Oh yes, she loves stirring a good curry too! Find out more at www.passionateaboutbaking.com

HEAR THE GHOULS WHISPER

Haunted Places In India That You Must Visit

For hundreds of years, India has mesmerised the outside world, especially the people belonging to the western world. India till date has remained the land of mystics and snake charmers, although, the latter is a dying breed. India is not just about its people, it is also about the land. There are many beautiful places in India which thousands of tourist flock to, each year. Apart from the beauty, there are a lot of places in India that are haunted.

Here we bring you a list of the most haunted places in India

Bhangarh Fort, Rajasthan

A curse by a tantric which spelled doom for the fort and the village surrounding it, lead to the inhabitants leaving the city. The local belief is so strong, that even visitors are not allowed inside the palace complex after dark. Now the only inhabitants of the palace are troupes of monkeys. The legend says that a tantric had asked the villagers not to construct any houses taller than his hut and in case the shadow of any house would fall on his hut, the entire village will be destroyed. According to another legend, a princess had turned down an offer by a wizard, which resulted in his untimely death. Before dying the wizard had cursed that the fort will be destroyed and that no one will be able to live near it.



Jatinga Valley, Assam

Otherwise a beautiful valley, in September a particular part of the valley becomes a graveyard for birds. There are large scale bird suicides in that stretch. Many birds migrate to this valley, but none of them leave alive. There are mass suicides of birds on every moonless night. Even the scientists are trying to understand the phenomenon but are unable to do so. It can be quite scary at night if you are alone.

Ramoji Film city, Hyderabad

This is one place which you'd least expect to be haunted, after all, it is a newly built city and only ancient buildings and ruins are supposed to be haunted. Locals believe that a number of hotels in the film city are haunted. They also believe that the reason for the hotels being haunted is because the film city has been built on the land which belonged to the Nizams. A lot of people have reported some or the other kind of paranormal activity in the premises. There have been reports of shadowy and spooky figures appearing and disappearing.



National Library, Kolkata

Guards of the library have spotted the ghosts of the labourers who had died while building the Library. There is also a story that long ago a student had entered the library to do his research, but he never returned. People have also claimed that each morning, there are papers and letters scattered all over the library.

Dumas Beach, Surat, Gujarat

Dumas beach is probably the scariest place on earth. The beach has been used as a burial ground by the Hindus for a long period of time; as a result the locals believe that a lot of spirits reside here. If you take a walk along the beach, you can clearly hear people talking to each other in whispers although, there is no one around. There have also been a lot of cases of people disappearing from the beach; hence, it is advised not to go there alone.



ICE-COLD SMOOTHIES

Beat The Summer Heat

Text : Market Cafe

Apple Sour



Ingredients

	Quantity
Green Apple Syrup	30 ML
Lemon Juice	30 ML
Ice Cubes	6 to 8

Method

- ▶ Pour all the ingredients in a shaker and shake it well
- ▶ Serve in Martini glass
- ▶ Garnish it with sliced green apple

Hint of Mint



Ingredients

	Quantity
Lemon chunks	5 to 8
Lemon juice	40 ML
Brown Sugar	1 sachet
Mojito Mint Syrup	15 ML
Ice Cubes	4 to 6
Mint Leaves	6 to 8
Soda	500 ML Bot 45 ML

Method

- ▶ Build up and stir
- ▶ Serve in a Mojito glass
- ▶ Garnish it with mint sprig and with the lemon peel on top

ESSENCE OF HYDERABAD

Smoked Biryani House



Address : G-35, First and Second Floor,
Sector 18, Noida

Timings : 11 am to 11 pm

Cost for 2 : ₹ 1200

Phone No : +91 11 33107870

Ambience

Located on the first and second floors in the main Sector 18 market in Noida, Smoked Biryani House is easily accessible to visitors. Apart from the downtown location, there is a metro station less than 100m away. There is also ample parking space if you'd rather drive than take the metro.

The 80 cover restaurant is spread over 2400sqm and the interiors are simple but pleasing. There are comfortable chairs, wooden tables, tiled flooring and textures on the walls. The focus here very clearly

seems to be on the food (Smoked Biryani House is a part of The Ancient Barbeque - which we reviewed in our July 2014 issue). With a tagline 'Essence of Hyderabad', the restaurant is a concept which specialises in the art of cooking appetising authentic Biryani, based on the city of Nizams - Hyderabad. The restaurant is run by chefs who are very well acquainted with the essence of great food and also have hands-on experience gained in Hyderabad itself.

Drinks

We started with three drinks - a Virgin Mojito, a Lemon Iced Tea and a Rapchik Mango. The first two were standard fare - but the Rapchik Mango was quite interesting, even though it was cream based and a little heavy. With coconut cream and shredded coconut, the drink tasted nice and thankfully wasn't very sweet.

Starters

To begin we ordered one vegetarian starter and three non-vegetarian starters - Crispy Vegetables, Mutton 65, Pepper Prawn, and Apollo Fish. First up was the Crispy Vegetables starter. Chopped into small pieces, it was quite good - crispy, crunchy and thankfully not soggy at all. Second was the Mutton 65. It was red in colour - spiced with garlic, ginger and lemon - nice to taste, though a little different from the Mutton 65 I've had at other places. Next was the Apollo fish - soft succulent basa fish which took on the flavour of the masala extremely well - interesting taste, though quite similar to the masala used in the Mutton 65 - with just a slight difference because of the curry leaf in it. No complaints though - as both dishes tasted very good - one went well with the heavier mutton and the other went very well with the lighter fish. The fourth and final starter was the Pepper Prawn - a mild flavour and a pepper chilli twist.





Main Course

Coming to the main course we ordered the Hyderabad Mutton Curry and Dum Ka Murg - two totally different flavours. There was also an Andhra Mutton Curry on the menu which we didn't order - because the Andhra Mutton Curry and the Hyderabad Mutton Curry were quite close (atleast that's what we were told) so we deliberately chose a Dum Ka Murg instead. The Hyderabad Mutton Curry was thick, very smooth, creamy and coconut-based - it had a very coastal flavour and tasted very nice with small pieces of well-cooked boneless mutton. The Dum Ka Murg, which consisted of small pieces of chicken (with bone) in red gravy, was nice and spicy - initially it looked like butter chicken (since it is tomato based) but there was no sweetness at all - and the addition of chopped brown onions made it very crunchy - with an aftertaste of chilli. Both gravies tasted very nice with the crisp garlic naan.

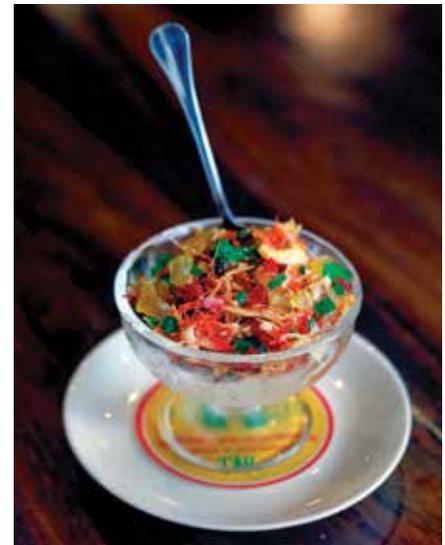
Finally we come to what this place is supposed to be all about - the Biryanis. We ordered two biryanis - the Chicken Dum Biryani and the Mutton Keema Biryani - that way we got both chicken and mutton - and that too, indifferent forms - with the chicken in small pieces and the mutton in minced form. Brought to the tables in glazed bowls, on removing the lid we were greeted by burning coals sitting on foil suspended above the Biryani - this not only kept the Biryani piping hot but also gave it that smoked smell and flavour. The rice of both Biryanis was of extremely good quality - it was aromatic and not greasy, with each grain being individually visible. The meat in

both biryanis was extremely well-cooked and tasted excellent. However the real winner of the biryanis was the Mirch Ka Salan - instead of the typical red coloured Salan which is made using red chillis, here the salan was made with green chillis - which tasted phenomenal, since green chillis have far more flavour than the red ones. The accompanying raita was good - but could have been crunchier had they not kept the cucumber and onion in the raita for so long. All in all, both Biryanis were outstanding.

Desserts

We ordered three desserts - Shahi Tukda, Khubani Ka Meetha and Kaddu Ki Kheer. First was the Hyderabad Shahi Tukda - bread soaked in saffron with tutti-frutti and coconut and some almonds and dry fruit - it was different from the North Indian Shahi Tukda, as it didn't have any rabdi or saffron milk on top - very sweet and rich. The Khubani Ka Meetha was made with pureed apricots and seeds - and was served chilled, along with scoops of vanilla ice cream. The sweetness of the apricots and the cold ice cream created a good balance. The third and final dessert was the Kaddu Ki Kheer - actually lauki (in many parts of India) - the dish was very well made, with a mild flavour and was less sweet.

Overall, if you're far from Telangana and looking for authentic Hyderabad cuisine with a phenomenal (yet slight different Mirch Ka Salan), stop by the Smoked Biryani House and your taste buds will thank you.



LIVE TOO EAT

8.7
RATING



LIVETOOEAT : The author is an un-known, un-named, un-photographed and hence, un-recognised foodie - a businessman by day and food vigilante by night. He is somewhere between a gourmet and a gourmand - so his reviews and observations often tend to reflect that. He always lives up to his name - insofar as he 'does' live to eat.

STREET FOOD GALORE

Momo Mania

To cater to the burgeoning numbers who want to relax over delicious food and socialise without being complicated, the new age casual dining spaces are kept deliberately unstuffy. Being a foodie, trying different types of food at various such places in Delhi has become a leisure pursuit for me during the weekends.

Last weekend, I mustered some of the dishes at the 'China Town Sizzlers' located at the Yashwant Place shopping complex in Chanakyapuri. No doubt, it is the best place to have the Chicken Momos in Delhi. However, not only the Momos, but some of the other items on the menu will also tickle your gourmet.

The Food

Served hot, the Steamed Chicken Momos melt in your mouth leaving a punch of extravagant flavours. They are very juicy and every bite tastes better than before. Moreover, the Chicken Spring Rolls are also very fulfilling and not too oily. The filling is very



meaty and succulent. The finger chips were also very crispy and mouth watering.

The Ambience

It is not a huge place so won't suggest a get together or a party. A romantic 'Indian style-Chinese' dinner with a special some-

one in Delhi winters would be ideal though.

Hygiene

I can't say a much about the hygiene- all I can tell is that the food is served very hot and if asked, the servers get you a soap bar and a jug of water for hand wash.

The Surprise

The servers get you a bottle of your favourite hard drink on order. All you have to do is 'pay the price'.

The Verdict

For the Momo lovers, this place is superlative - surprisingly juicy and easy on the pocket too.



8.1
RATING

Price: Rs 300/- person approx
P.S.— Don't forget to knock them twice post order

TASTE THE THUNDER

Feel The Difference

Strawberry, Yoghurt And Oats Eton Mess

Panna Cotta With Wild Berry Compote



NUMBER OF PORTIONS: 1

Ingredients

	Quantity		Quantity
Yoghurt	50 gm	Fresh strawberries	100 gm
Whipping cream	40 gm	Sugar	20 gm
Sugar	10 gm	Oatmeal cookies	4 no
Vanilla pod	1/3 no	Mint leaves	5 no

Method for Preparation

- ▶ Whip yoghurt, cream, vanilla and first part of sugar together to prepare yoghurt vanilla cream.
- ▶ Properly blend half of the strawberries with hand blender and then add sugar and lemon juice to it.
- ▶ Cut the other part of the strawberries into quarters
- ▶ Cut the oatmeal cookies into dices.
- ▶ Assemble the dessert by piling up alternate layers of yoghurt cream, strawberry compote and oatmeal cookies.
- ▶ Garnish with mint leaves and your meal is ready to serve.

NUMBER OF PORTIONS: 4

Ingredients

	Quantity		Quantity
For Panna Cotta		For wild berry compote	
Whipping cream	300 ml	Frozen strawberries	40 gm
Sugar	40 gm	Frozen blueberries	40 gm
Vanilla pod	1/3 no	Frozen blackberries	40 gm
Gelatin leaves	2 sheets	Sugar	50 gm

Method for Preparation

- ▶ Soak gelatin leaves in cold water.
- ▶ Heat up the cream gently and add sugar and vanilla into it.
- ▶ Bring to a boil and take it off the heat.
- ▶ Add bloomed gelatin after removing the excess water.
- ▶ Allow the mixture to cool while mixing it continuously.
- ▶ Pour into individual portion glasses; let it set in the refrigerator.
- ▶ Cook the berries with sugar to prepare thick compote.
- ▶ Once Panna Cotta is set, pour some compote on top and garnish as desired.

GIVING SENSE TO FASHION

Journey of NIFT Delhi's Fashion Team

NIFT Delhi

NIFT Delhi's Fashion Team was formed in 2013. The team consists of students from various departments of the institution - Fashion Design, Knitwear Design, Accessory Design, Leather Design and Textile Design



Ivory tube-style evening gown with gold and blue embroidery

Their first show in BITS Pilani's Oasis'13 gave a whole new meaning towards fashion and styling in the college festivals. Since its applauded win, the team has participated in numerous festivals and events all over the country. With top positions from BITS Pilani, IIT Kanpur, IIT Delhi, Nokia Indiafest and BITS Goa amongst various others, the team has created an aura of sparkle around it. NIFT Delhi's outfits are more than fashion trends and a derivation of existing garments methodologies; they are creations. Each cloth holds a story with gradients of a specified theme. The form, structure, colour palette and texture hold bigger stands for NIFT's students than fashion trends. Most of the garments are Avant Garde, hence form a unique visual appeal on stage. Each garment, accessory and footwear on



Turquoise blue cut-out dress with snake print fringing

display are a culmination of the creative hands of the NIFTians in their glamourised casserole of redefined fashion.

The members of the team being fashion students always tried to redefine fashion by twisting the rules. Be it the choreography or the styling, the members have aimed for perfection each time the ramp gave way for them. The principle behind NIFT's choreography has always been 'emphasise the garment's beauty'.

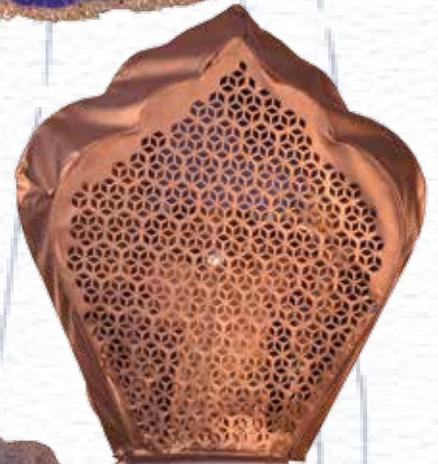
Having a beatboxer amidst them, the team has always had an edge with live beatboxing as their music mix for most of their shows.



Front slit skirt with matching crop top and fur hood



Double layered dress with metallic collar



THE EVENT JUST GOT BIGGER

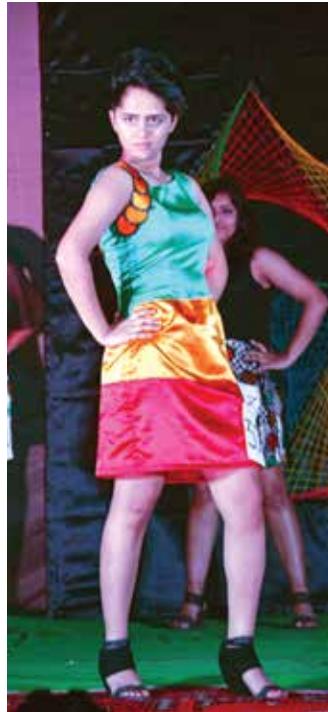
Utopia: The Fest of SPA, Delhi



Utopia 2015 festival of School of Planning and Architecture had never been a fortnight long in the past. The event schedule simply spun everyone's head. The central theme was 'Finding Utopia' which meant open ended interpretations and subjective experiences as the meaning of the theme differed from person to person.

The awaited kick start was provided by the involvement of a German artist 1010. This was followed by Dejembefola United, a drumming community of the World Percussion and Raahgiri fame, who inaugurated Utopia this year in the marked style of World and West African Percussion Ensemble. It was pure percussion magic. Many more events followed, the first on the list was a humorous intra-college quiz that focussed on pop culture and the weird and the wacky. This is the event from 'Muse' which is the debating society of SPAD. The only rule was that you could not be boring!

Next was a beat boxing performance by a NIFT student, Ashutosh who floored all with his amazing talent. But that was not all, for a stand-up comedy line-up left everyone in laughing tears! After this, things got musical with performances from members of 'Sankalp' the Indian music society and 'Coda'; the western music society. A band was also the part



of the line-up which mesmerised all. This marked the end of the day 1 which was just a sneak peak to all the awesomeness that had yet to come.

Next two days were amazing with the second day which started early with a FEAT walk (forum for exchange of architectural thoughts). Later in the evening, the fashion society jumped in action with numerous activities like ‘Scrap to garment competition’, ‘Tattoo-making competition’, ‘Hair styling competition’ apart from the regular theme-based walks and designs. The movie making society stole the show with its short films showcase. ‘In-motion’ society (film making) held the ‘Beta Movement’ which is an international short film festival for students. It is the fifth edition of the biggest students’ film festival in South Asia. Next was ‘Stunt Biking by BMX group’ show which scored all the ‘ooo’s’ and ‘aah’s’ of the evening. Breath taking is the apt description. The dance society called ‘Mudra’ left everyone awestruck with the varied dance forms and enthusiastic participants.

The curtains were brought down with a DJ party featuring ‘Dualist Enquiry’. Utopia 2015 ended on the dance floor along with almost every other person involved with it who knew that they had ‘found’ Utopia! The fashion event was judged by Dr. Sudha Dhingra (NIFT Delhi), Mrs. Ranjana Mittal (Professor at SPA) and Vishal Gyan Chandani (Abraxas Communications).



WINNING TEAM NAME :
Techno Tribal

WINNING TEAM DESIGNERS :
Neha Awasthi & Arpita Goyal

TEAM MEMBERS NAME :
Kaustubh Parihar
Viral Mishra
Ann George
Supriya Singh
Anurag Bora
Shiva Narayana
Revathy Pradeep
Sandhya dameniya
Trishubh Singh
Soumya Sharma



SRCC PROMOTES KHADI CULTURE

Wear The Style



The fashion society of Shri Ram College of Commerce (SRCC) in collaboration with khadi organised Khadi Paridhan Utsav. The main motive behind the event was to promote khadi amongst youth. Khadi Village took a great initiative of distributing kurtas to the youth.

The fashion show showcased how khadi began and how it can be used to conquer the world. Students depict different style of khadis and walked the ramp to showcase the designs.



The second day of the event witnessed the first ever prom night of SRCC that was organised by Demeanor – the fashion society of SRCC. The basic idea of prom was to bring together the students of SRCC to enjoy the sensation of music. VH1 Supersonic 101 performed there as a special guest. The electric performance by VH1 Supersonic made students groove to his tunes. Apart from that, DJ Aceaxe also performed on that night.

Various competitions were also organised on the day with the likes of best dressed male/female, prom queen and prom king. Zunu and Zulfi Ali from Ladakh were adjudged as best dressed female and male, respectively. Tuhina Kadian and Prateek Singh were crowned as the prom queen and prom king, respectively.

DJ Aceaxe's electric performance made students dance to his tunes. There was a special photography booth made for the students to click photographs. After much dancing and enjoying, the crowd started dispersing slowly. The prom night was indeed a night to remember.



SOAR HIGH

The Airplane Wiz Kid

An American Designer who achieved widespread publicity in 2014, Luca Iaconi-Stewart has built a 1/60th scale model of an Air India Boeing 777 all by himself using manila folders. Luca began work on the model while he was a junior. He claims it took almost 10,000 hours to finish, taking an entire summer just to complete the passenger seats. A man punctilious about detailing, Luca has spent 5 long years on this project. It's not hard to see why: the level of detail on this creation of his is astounding.

He has been declared as "the coolest paper airplane ever" by CNET while WIRED named him "the world's best paper plane maker." As of 2014 he is employed, doing odd jobs in San Francisco.

Through an exclusive interview with Inkspire™, Luca has shared with us his journey through the making of this model.



What compelled you to quit your job and start this?

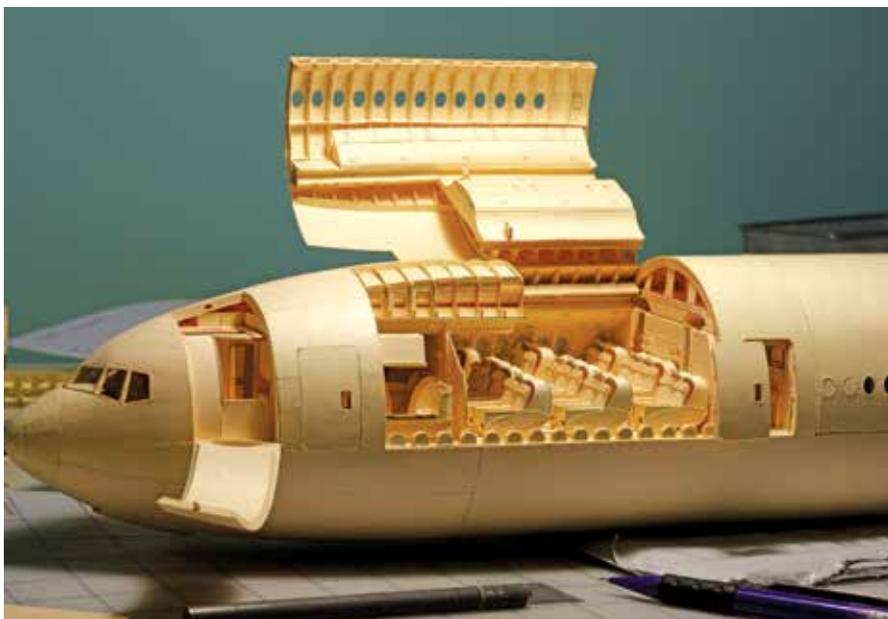
I actually didn't quit a job (or drop out of college, as some publications have erroneously reported) to start this project. I started it in High School, and worked on it during my spare time. Now, many years later, I've been devoting much of my time to the project in order to get it done as soon as possible, but I still work part-time on the side as well.

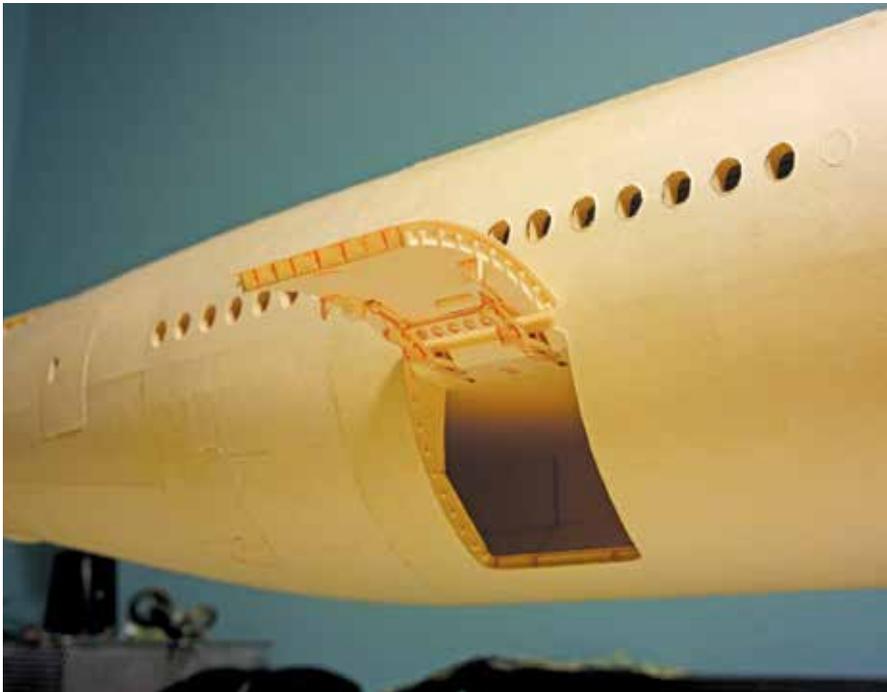
What was your inspiration to do so?

I took an architecture class in High School, in which we learned to make simple manila folder models (called "Massing Models") of our design ideas, and it was through this that I really fell in love with paper/cardstock as a modelling material. I never intended for the plane to turn out as detailed as it has, and I probably wouldn't have started the project in the first place if I'd known how long it would end up taking. At the time, however, I did want to push the limits of what was possible with model-making, and so an airplane seemed like a fitting challenge. It evolved somewhat organically over the years as I drastically improved my abilities and decided to re-build certain parts with greater accuracy (the tailfin, for instance, went through three iterations).

What do you plan to do next?

I'm not sure exactly, but I'm hoping this model opens some doors in the design world. While I suppose I could certainly pursue model-making exclusively, I'd like to do something a bit more dynamic. I've thought about studying Industrial Design, as





How was your response to so much public admiration?

It took me by surprise—I've never been in the news and I suppose I was somewhat taken aback by the outpouring of feedback from people. The first few weeks after the original WIRED article came out, I was dealing with various media outlets, which was surprisingly draining, so I'm glad that



DESIGNER OF TOMORROW



PLANET 3 STUDIOS

Planet 3 Studios is a young, internationally acclaimed practice representing the vanguard of new design in India. Their eclectic portfolio of built projects includes path breaking architecture, interiors and furniture design.

Recognised with over twenty five prestigious international and national awards over the past three years, the studio's work has been displayed at museums and galleries in New York, Barcelona and Singapore.

KALHAN MATTOO

Kalhan Mattoo graduated from Sir J.J. College of Architecture, Mumbai in 1996 and is the Principal Architect and Director at Planet 3 Studios Architecture Pvt. Ltd.

FACT FILE

Project	Client	Location	Area	Contractor
M - Auditorium	Vidyalankar Dnyanpeeth Trust	Wadala, Mumbai. India	6000 sqft.	M/s Heman Interiors



Project Team: Kalhan Mattoo | Santha Mattoo | Shanky Jain | Dhiraj Narang | Amit Jadav

Concept

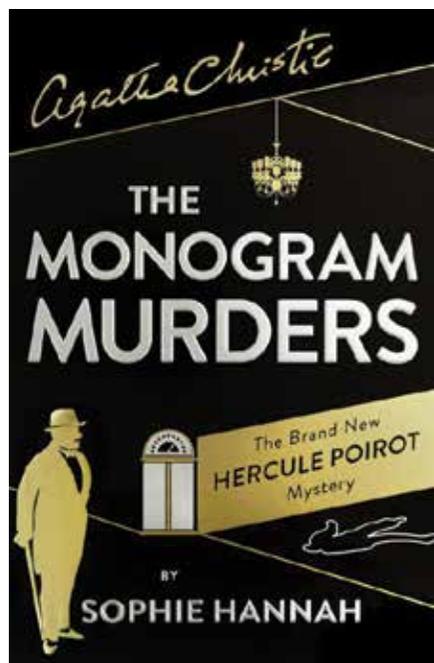
For the design of this 300 seat auditorium in Central Mumbai, the firm decided to study sound, the very element that the space had to engage with. On the premise that the space is merely a container and that sound deserves primacy in hierarchy of considerations, they simulated wave patterns within the given structural volume to understand its effect as it travelled through. With the use of parametric and computational design tools, they ran multiple

form finding experiments and studied the effect of each iteration on the sound carrying ability of the space. Their professed goal was to ensure that the spatial form and materiality working in tandem should help achieve even sound quality in the space while keeping reverberation factor low. From suspended tiles to open cells and eventually a closed volume, the design evolved out of multiple simulations. A contoured volume rendered in wood faced acoustical board acts to engage sound in a way that it carries

from the stage, right to the back of the auditorium without perceptible drop in intensity. Contouring creates a sculpted feel on the ceiling and the walls and a dramatic sense of space inside. The neutral palette of wood is complemented by grey and orange auditorium chairs suggesting pixels in an outsized impressionistic painting. The monotony of singular colour render has been eschewed in favour of animation for a purpose. The architects believe that in the event when the auditorium is filled less than

THE RETURN OF HERCULE POIROT!

A Refreshing Change From The Usual Action-Packed Novel



The Monogram Murders
 Sophie Hannah
 Harper Collins
 Rs 299

Hercule Poirot is one of the iconic figures of detective fiction. The Belgian detective, created by Agatha Christie, has featured in a number of mysteries and has unravelled most of them, with a mix of common sense, cunning and utter eccentricity (the obsession with neatness, order and his moustache). Well, it has been years since his creator laid him to rest (in 1975 to be precise, in the appropriately titled *Curtain*), but Poirot has continued to live on through numerous books, films and television serials. And now, he actually makes a comeback in an official title.

No, *The Monogram Murders* is not a “discovered” manuscript of Agatha Christie. It is in fact a book written by Sophie Hannah, a

bestselling author known for her psychological thrillers, and comes with the blessing of the Christie estate - a bit like the new ‘official’ Sherlock Holmes’ books. But does Sophie Hannah do justice to one of the most complicated characters in crime fiction - so complex that Christie herself once referred to him as a “detestable, bombastic, tiresome, ego-centric little creep?”

Well, in a very pleasant surprise, she actually does.

For *The Monogram Murders* fits right into classic Christie genre of the Poirot kind. It is based around 1929, and is narrated by a new character - a ‘policeman friend’ of Poirot’s in Scotland Yard, Edward Catchpool. And yes, in terms of complexity - the plot scores. Three people are found dead in a hotel with monogrammed cufflinks in their mouths, a short time after a distressed girl tells Poirot that she is in danger and hopes that no one will ‘open their mouths.’ Yes, it is actually Catchpool’s case, but would Hercule Poirot stand by meekly and let a mere sleuth in uniform resolve matters? Perish the thought. The Belgian detective with the egg-shaped head plunges right in and pretty much takes over the investigation.

By the time he uncovers it all, you have been taken, not on a roller coaster ride, but a very gentle drive. For, Hannah restrains herself from getting too carried away and keeps the pace of the book measured. Yes, there is the almost predictable surprise waiting for you at the end of almost every chapter, but the pace for the most part is measured. And while Poirot is vintage Poirot, complete with condescension, arrogance and a collection of French exclamations, the touch of humour and irony is more distinct than in Christie’s later works, which had admittedly got a bit hectic. Catchpool is very like Arthur Hastings in his narration - a person who is

Nrisinha Prasad

torn between admiring Poirot and getting irritated at his patronising tone.

All of which, topped off with a genuinely surprising climax, make *The Monogram Murders* a very good addition to the Poirot collection. Some might find the book a tad too slow for comfort but we found it a welcome change from the action-packed, thrill a minute titles that are proliferating the market. To use a cricketing simile, *The Monogram Murders* is to the likes of Lee Child and Co. what Test cricket is to T20 or what a cup of Darjeeling tea is to Pepsi Cola. Maybe not quite as exciting, but oh so enduring in its own laidback manner. Now, we just hope Hannah does not only another Poirot, but a Miss Marple too.



THE QUEEN OF BOLLYWOOD IS BACK

An Interview With Kangana Ranaut



After much struggle, she finally has made a niche for herself in the Bollywood industry. Riding high on the tremendous success of her movie *Queen* for which she also won a National Award, Kangana was in the capital recently on her birthday for the poster launch of her much awaited movie *Tanu Weds Manu Returns*.

Excerpts from the interview.

You have often been called the Lady Aamir Khan of the industry. And Aamir Khan also celebrated his birthday recently with the media. How does it feel to be in that same league?

It's a coincidence. And I do appreciate what he does and he's a friend. I really appreciate his work. *Par hum logon ka aisa koi intention nahi tha. Lekin I'm really enjoying this. Kyunki doston ke saath toh hamesha birthday manatein hai aur yeh film mere liye bahut special hai. Toh mere liye aap logon ke saath mein iske baare mein baath karna aur hamara jo poster launch ho raha hai, uske bare mein baat karna; yeh bahut hi alag experience hai.*

You are also moving into a production phase. Tell us something more about that.

No I am not producing anything, not at all.

So haven't you pursued some studies concerning film-making?

Oh okay. Yeah I did a script writing course. But that was not for a production and there is no plan as such. Like there was no agenda; I just did it.

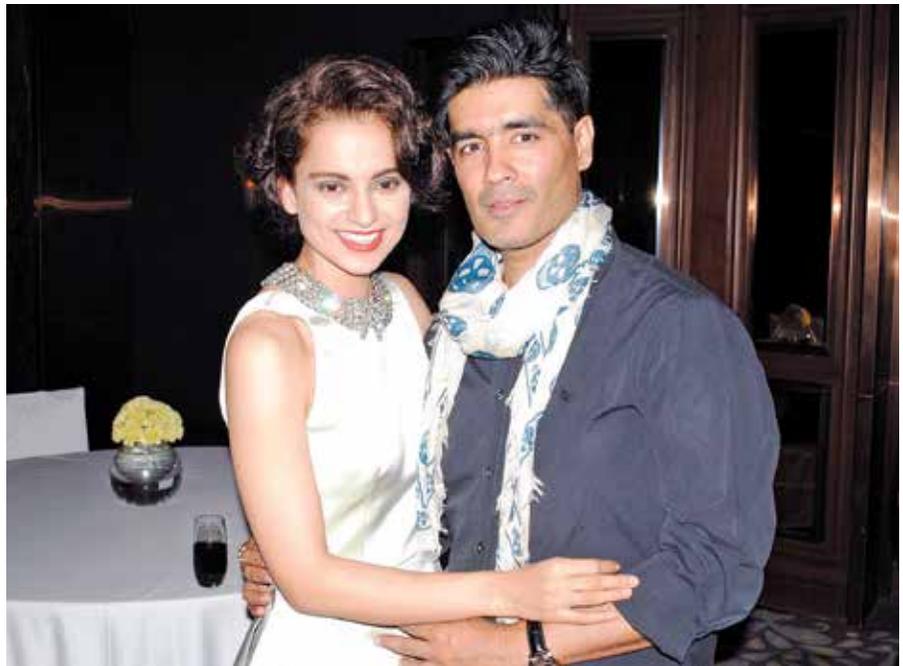
Photograph Courtesy : Sunny Mathews for Effective Communication

And what about *The Touch*? A short film.

Oh yeah I directed that. Well I didn't expect to be so busy with my acting assignments. But now that I am, I'm enjoying it and the kind of people that I'm getting to work with, it's really gratifying to be working with them. I don't want a miss out on this opportunity; I can direct later. So I'm just going to postpone it a little bit.

You are one of those few actors who totally get into the character like you became Rani in *Queen* and *Revolver Rani*. How challenging was it to play two different contrasting characters?

It was very challenging. It was draining to a point where like I put everything that I know out there. For these two women. Because they are very strong, they're different from each other and they're against each other in the film. Usually double roles are either pally and they're friends supporting each other. But they're against each other. They are antagonist and protagonist at one point. I had to have conflicting personalities for them and ideologies and polylanguage; everything had to be conflicting. There are two different extremes of mind. I have put, like I said everything that I know about life or



people or characters; I just put it out there.

Is it like a fairy tale when you see yourself today and when you look back? How does it feel to be associated with strong performances?

Well I would say that it's true that anyone

would like to be in my place. But it's not an easy place to be in and I've worked hard for it. Plus knowingly, unknowingly, intentionally, not intentionally but somewhere I have just got to this place. And it's nice but it's very hard. It's a very difficult place to be in. The characters that I play and the expectations that I have for myself. So it's not easy.

But does it exhaust you personally?

It does. What we do exhausts us.

One of your contemporaries Deepika Padukone spoke about depression very courageously. You have seen a lot in your life. So did you ever go through depression of any sort?

You know fortunately, I don't know where this spirit comes from, but there's not been even a day in my life where I felt like not getting out of my bed. Or not moving on with my life or not carrying on. Where I've seen the worst phases and the worst times but I've been very fortunate.

Where does it come from? That spirit of kickback.

You know some of us are just born with this. But I've been very fortunate. I had nothing, but just my spirit.

What inspires you the most?

Just that spirit. I never give up and I've been lucky enough to have control of my life.



UPEN PATEL

A Candid Conversation With The British-Born Model And Actor

A man with charm, Upen Patel has worked in many Bollywood movies and has made a niche for himself in the industry. No doubt, we all loved Upen in the recent season of *Bigg Boss* and thanks to the show; he has got his lady love, Karishma Tanna out of it.

In a recent interview with Abraxas NU, he gets candid about his personal and professional life. Here are the excerpts from the interview.

Tell us a little about your school and college days. What is your most memorable moment from that period of your life?

I did my schooling from London, England up to the university level. I have a degree in

Computer Science. I loved studying in the UK - it was a wonderful experience and I've made such great friends who I'm still in contact with till this day.

My most memorable moment from school was when being 16 years old I got called up to play for the Under-19 football team and I was the first player at school to be playing for both the Under-16 and Under-19 teams at the state level.

Tell us something about your teenage crushes.

I don't think I had too many crushes when I was younger as I was really into sports especially football and boxing. I had hopes of being a soccer star or a boxing champ. I didn't really have much time for girls.

Did you ever have your heart broken? If so, then how did you try to cope?

I feel everyone has had their heart broken and every heartbreak has a different emotional ride - sometimes it's soul crushing when you yourself are the one to cause the heartbreak. Emotions are not something you can control and sometimes you have to just go through the emotion of pain to get over it.

How's your relationship with Karishma Tanna?

Thank you for asking, my personal life is going strong and I am in a very happy place.

We've heard that you have been approached to be a part of *Nach Baliye...* is this true?

Yes it's true they have approached me to be part of it.

What have you decided?

I'll let you know once I've made my final decision.



Why didn't you make a clear breakthrough in the field of acting? Was that intentional or did you not get the right scripts?

I feel I have made a clear breakthrough in the field of acting and been very lucky to work with some of the biggest directors and producers in Bollywood and I'm so thankful to them for believing in me and my talent.

What's success according to you?

It's when you work hard in silence and success makes the noise.

What's your take on Open Patel versus controversies/scandals?

Life is full of ups and downs. Everything is a lesson. Some are good and some are bad - but the main thing one must do is grow as a human being and always see the positive side.

Modelling or Acting - which one is your priority?

My priority is to work, work and work. I'm blessed to have both worlds - in India I have acting and in Europe I have modelling.

What is your fitness mantra and regime?

Fitness is a lifestyle - live it, and love it. I train hard 7 days a week with a mix of cardio and weights.

How would you describe yourself?

As a boyfriend - loyal
As a son - strong
As an Actor - growing

What is fashion according to you?

It is a statement of who you are.

What is your style mantra?

Keep it classy.

Where would your ideal date be?

Venice.

Which is your favourite romantic destination?

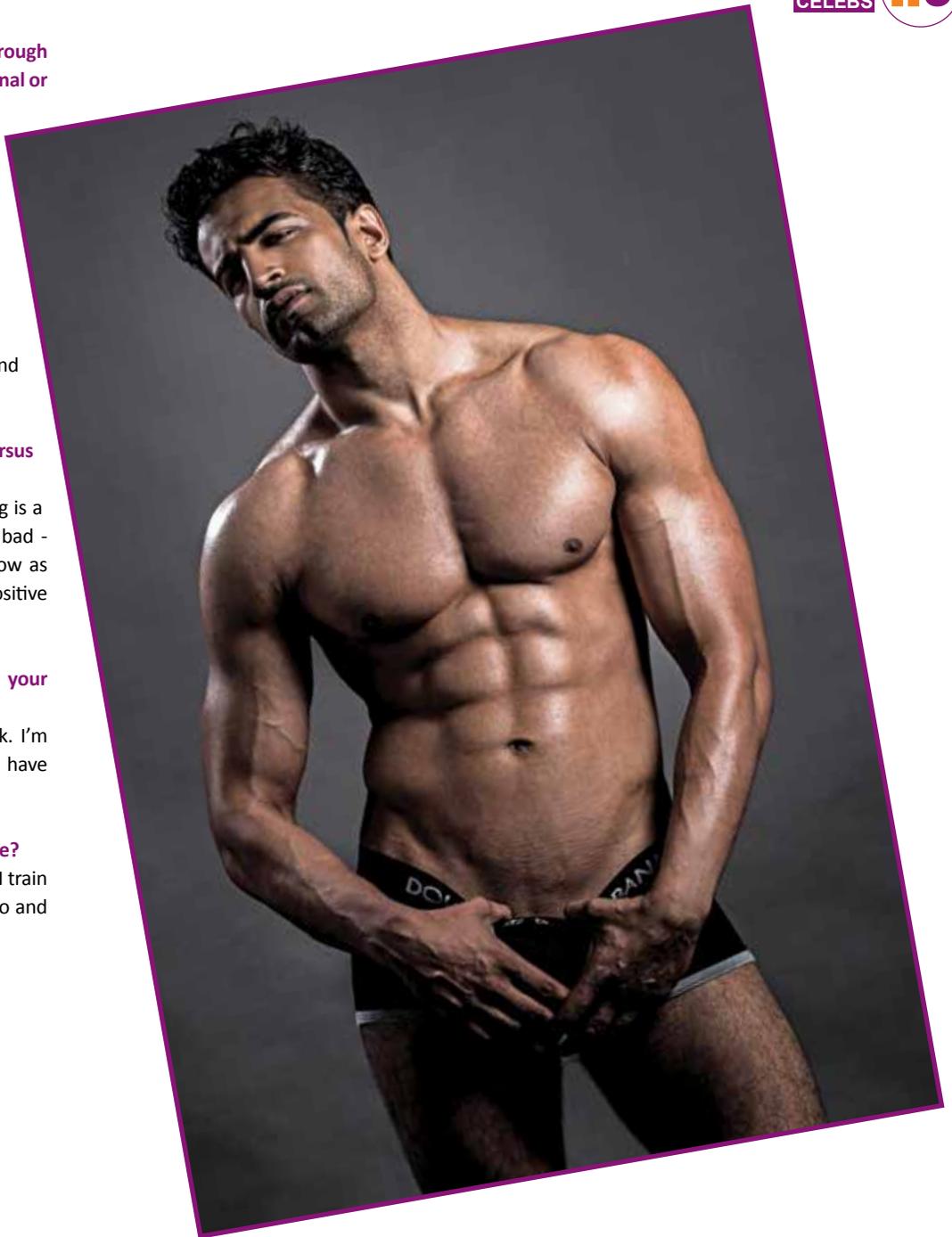
The Taj Lake Palace, Udaipur

Romance for you is...

It's never ending.

Love for you is...

Means forever and ever.



Do you believe in love at first sight?

No, I believe in lust at first sight but love grows.

Marriage according to you is...

It is a lifelong commitment.

What is your take on live-in relationships?

I think they are a good idea.

What is a valuable grooming tip for men?

Cleanse, tone and moisturise.

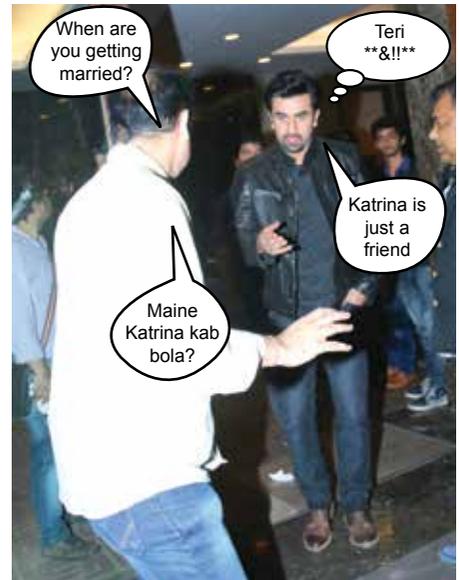
What are your other interests.

I am a very spiritual person so I love learning about life and human minds. I also love to read - I read 3 novels a month.

Tell us about your forthcoming projects.

I've just shot an international fashion campaign with supermodel Leah Weller and I'm going through scripts and meeting people to finalise my next film project. For me the script is the hero, and especially after the success of my last film, I want to take the right steps.

YEH PICTURE KYA KEHTI HAI?



AN HONORABLE PHONE INDEED!

The New Breed

Honor might be a relatively new brand in the Indian market, but it has been making its presence felt with some very promising and powerful devices. Last year we saw the Honor 6 and the Honor Holly make waves against the likes of Motorola, Asus and Xiaomi, and now Huawei (the company associated with Honor) has followed them up with the very powerful Honor 6 Plus, which it claims is one of the best camera phones in the world. And in best Chinese brand tradition, it has tried to pack in a lot into the device without adding a hefty price tag to it. The big question of course is whether it does enough to sway consumers?



Nimish Dubey



It has the looks

If appearance was what counted most, the Honor 6 Plus would be a winner already. The Honor 6 had won its share of praise for its sleek appearance and the 6 Plus carries forward its tradition of “glass on the front and on the back” with Gorilla Glass on the display as well as on the back panel – yes, it will pick up smudges but there’s no doubt-



ing its eye candy value. Yes, at slightly more than half a foot long, it is not exactly a small phone, but then it is astonishingly slim at 7.5 mm. No, we are not going to say you are going to be able to handle it easily with one hand (the girls in particular are so going to complain), but we do think it is one of the most attractive phones we have seen – it radiates premium quality - not least because of a metal band running right around it. The black model in particular looks utterly classy.

...and the hardware

And beneath all that style lurks a good deal of substance. Honor has called the device its flagship and has certainly thrown the kitchen sink in terms of hardware at it. The display is a 5.5 inch full HD IPS one and comes with a staggering 401ppi pixel density. Powering it is an octacore HiSilicon Kirin 925 processor (not too many have heard about the brand, but it is seen on many Huawei devices and take it from us, delivers a rattling good performance), backed up by 3 GB of RAM and a staggering 32 GB of storage. The device comes with dual SIM connectivity (4G is supported) and one of the SIM card slots also

double as a mini-croSD card slot,

which support up to 128 GB of additional storage. But perhaps the most notable feature of the device are the two (yes, two) 8.0-megapixel cameras on the back. Honor says that the twin cameras will capture an image of 13.0-megapixels but will serve up better low light photography and will also deliver much better depth of field (in simple English, those occasions when one object is in sharp focus and the rest is blurry). Round this off with an 8.0-megapixel front facing camera, the regular GPS-Bluetooth-Wi-Fi connectivity combo, and Android KitKat on top of it all, and the Honor 6 Plus comes across as a very formidable proposition.



them in the looks department. It does feature one of the best cameras we have seen in terms of detail (if not always colour) and the phone itself could handle whatever we threw at it, from high definition games to multiple apps, with a degree of ease. And well, the massive 3600 mAh battery is a huge bonus in this day and age of shrinking battery life – you can easily see off a day and a half of hefty use on this. Worth a purchase? We definitely think so. If you want a high-end smartphone, the Honor 6 Plus is, to quote Marlon Brando, “a contender.”

But worth purchasing?

The big question, of course, is whether people will be willing to pay Rs 26,499 for all this? Well, honestly, we think it is very good value for money. Yes, the likes of the One-Plus One and the Xiaomi Mi 4 are available for relatively lower prices, but we think that the Honor 6 Plus more than matches them in terms of performance and totally outclasses

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!

BAJAJ PULSAR RS200

The Next Big Thing

The Pulsar was first introduced to the public in the year 2000 and with its combination of performance, value for money and good design, it captured the imagination of the Indian motorcyclists. It was the first object of desire that everyone could afford, this winning combination helped it sell in massive numbers - nearly one crore motorcycles globally in 15 years. It transformed the fortunes of Bajaj from a then-fledgling scooter

maker into a global blue chip powerhouse. So when a successor to the Pulsar is announced, it is a very big deal.

The Pulsar is no longer a single bike - it's a range starting from the entry level 135cc and goes all the way up to a soon-to-be-released 400cc sport bike.

The RS200 falls smack dab in the middle of

Rononjoy Sen



the line up where most of the sales are. Bajaj have taken a gamble though by position-



ing the RS as the properly sporty hard-core lightweight model in the family.

It features a very aggressively-styled fully covered fairing with swoops and scoops, strakes and cut-outs galore. Gone is the simple but muscular design of the original. It's been replaced with a striking but busy design, dominated by its front end with the two projector based headlamps. The fairing however is very functional and provides good wind protection for the rider.

The design of the front end bears more than a passing resemblance to Bumblebee from the hugely successful Transformer movies. Despite its aggressive look, the Pulsar is still surprisingly practical, featuring a very well sorted and comfortable riding position and very efficient engine.

The Pulsar RS200, as the name suggests, is powered by a 200cc single cylinder engine, the latest development of Bajaj's dual spark plug equipped dtsi engine line. In this guise, it even features direct fuel injection, further increasing its efficiency and performance. Despite origination from an indigenous manufacturer, the engine is universally acknowledged as being the leader in single



cylinder technology. The engine produces a healthy 24bhp at very rev-happy 9750rpm. Despite peak power coming in very high, the torque curve is nearly flat, allowing for easy city riding. The RS200 is expected to be priced around Rs 1.2 to 1.3 lakh.

With this combination of striking looks, the performance to back it up and reasonable pricing, the RS200 is expected to be every bit the runaway success its predecessor was.

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.

THE CALL OF THE HILLS

A Road Ripper's Delight

The Easter weekend just got over and with it, amongst the number of people who would have taken advantage of the extra long weekend of 1-5th April, quite a few must have taken a trip up to the nearby hills. What say?

Hill stations, in the lay parlance, are just what they define – high altitude towns with cooler temperatures, offering relief to people from bigger, stuffy cities, much like the earlier European colonists who would move to these places of refuge, away from the summer heat. Our subcontinent has seven main mountain ranges, the largest of which is the Himalayan Range. There would be a minimum of 80 odd hill stations around the country, in almost every state, of which at least 60 were founded by the British Raj.

So while the majority of the population would dream of running away to these beautiful, dreamy locations at the slightest

excuse, have we thought about those local residents who stay their all their lives? Being a son of the soil, from the East Khasi Hills in Meghalaya, for us it was the opposite – every winter, when the biting cold would set in, we would bundle up into our trusty Omni, and then drive down, the entire 3,300 odd kms, to our Dad's hometown in Mangalore, to enjoy the sunny beaches and tempting ice creams. Of course a few weeks of the plains and the heat would be enough to make us yearn for our hills again!

So, apart from the tempting cooler climate, what is it about these hills that make them so special and a must for newlyweds-honeymoons, retreats or just any regular family holiday? Well as in the most natural of forms, the undulating terrain and lush green hills all around will of course have scenic rivulets and cascading waterfalls, there has to be at least one serene lake, named after some early noble European settler, then

Shawn Fernandez



there would be a Nature park or the other, filled with tourists from all walk of life. So ok, this is an automotive article and we are not here to fill you with Trip Advisor or National Geographic details – therefore no delving into touristy information!!

Yet the question is – why do the hills tempt us so?

While on the road – 2 wheels, 4 wheels, 6 wheels, whatever, a straight, open road is always inviting – for sometime; then it gets boring. High speed on straight highways, the constant traffic, a general view that changes



from town, to suburbs, to open fields and sparse green lands, then to village and then to fields again. And the cycle repeats!

Now aim for the closest hills or the ghat sections - the slight incline that indicates the start of the climb, the lush greenery on either side, the lovely curves around which you lead your vehicle, and if you are lucky to tackle hairpin bends, the challenge is doubled! But that's not over yet. Once you crest the peak and then level out, you just might have to coast into lower gear, while negotiating the downward gradient, all the while enjoying the scenic view of rolling valleys and mountains! Now you see what we are talking about?

There are of course, those with whom the hills, or to be exact the drive up and down the hills - do not suit. Motion sickness, giddiness, vertigo, and altitude acclimatising starts haunting them and the expected-to-be holiday soon turns into a nightmare. So therefore, care needs to be taken and if they are still very keen on the trip, they need to be prepared.

In case you still do not get the big picture, here is a brief from one of our many motorcycle trips -

For the 2010 Southern Raid to Kodaikanal for the Yezdi & Jawa motorcycles, our team of 10 bikes had already started climbing up the ghats by 8.30 p.m. - road sections that were actually closed to anything on 4 wheels and above, because of landslides that had eaten up some stretches. After climbing up to 1000 meters above sea level, we were



in for a surprise when we cleared a steep curve and then came upon dozens of Yezdis & Jawas all gleaming in the moonlight. The Bangalore team of at least 40 odd riders greeted us warmly and after half an hour of niceties and hot tea all round, we mounted and took off for the 1750 msl mark. Dropping a gear, roaring up the steep gradients and then throwing the bikes around the curves, it was truly a slight to remember. The growl of the bikes in unison, bouncing off the steep rock faces on one side and headlights in procession, following the curves of the roads on the other side – a continuous

stream of the all metal motorcycles eating up the final 15 kms to Kodai.

The original quote of dialogue of Hunter S. Thompson “Life should not be a journey to the grave with the intention of arriving safely in a pretty and well preserved body, but rather to skid in broadside in a cloud of smoke, thoroughly used up, totally worn out, and loudly proclaiming “Wow! What a Ride!” actually made sense.

The biting cold, the seeping wetness, midnight madness of dark roads filled with bends and then finally roaring into the hotel’s parking lot, where even more Jawas & Yezdis of the Chennai, were waiting for us, gave us that meaning of life as an adventure – with a team!



ABOUT THE AUTHOR

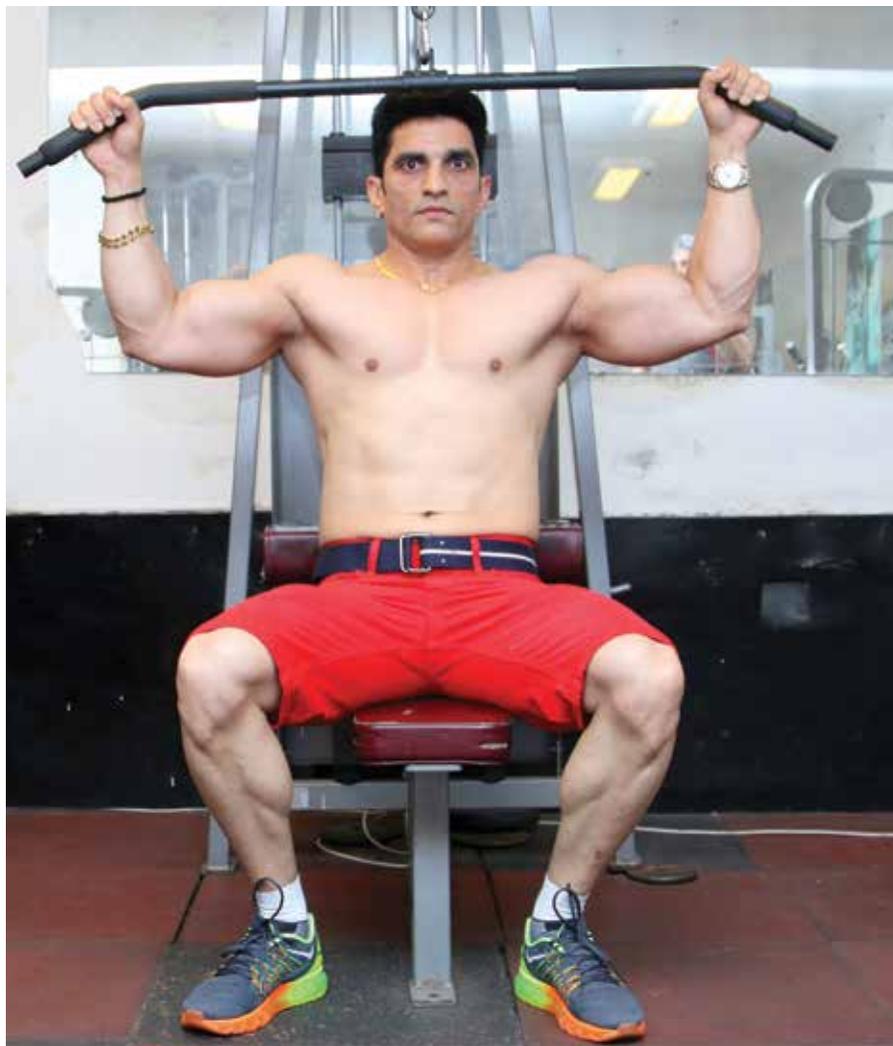
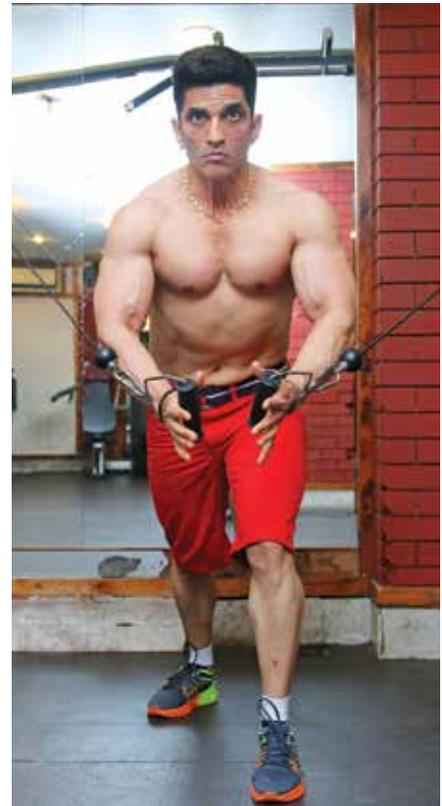
SHAWN FERNANDEZ is a hotel management graduate, former hotel manager, a trainer, an interior decorator and an assistant lecturer. He is also a volunteer at an animal shelter. Shawn hails from the coastal city of Mangalore. He is a motorcycle enthusiast and he loves to ride and travel to both the hills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

ABHISHEK RANA

Fitness Is An Addiction

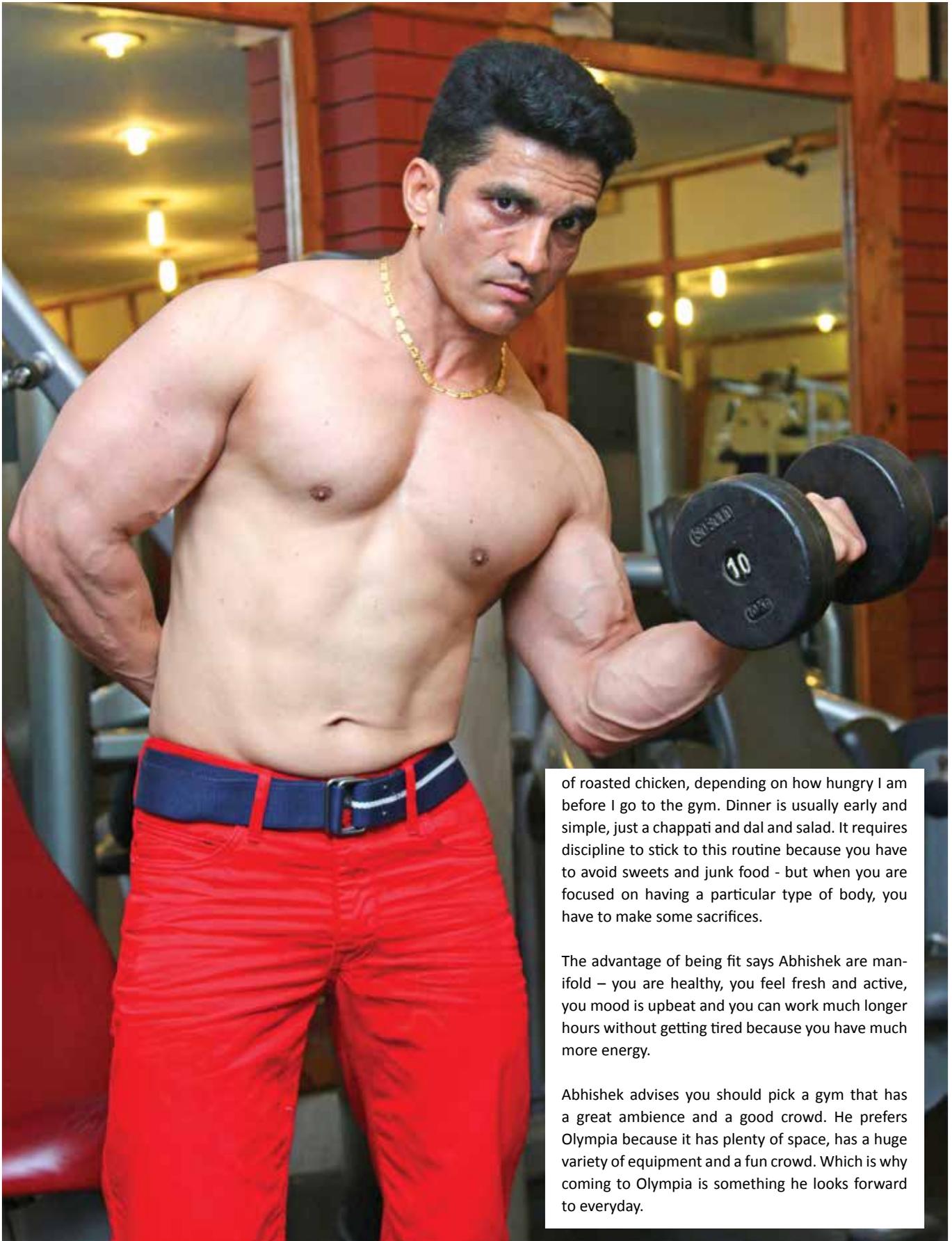


Abhishek Rana is a businessman working in the real estate and interiors sector, work which makes heavy demands on his time but he says he in spite of his busy schedule he takes time out to hit the gym six days a week without fail. "I allow myself only one day of rest (Sunday) which is when my muscles rest. I am not a morning person so I can't get up early to exercise and then I am busy with my business throughout the day so I find time to go the gym only late in the evening after my work which is usually around 8.30. Luckily Olympia is very close to my house so I save on the commuting time. I spend about two hours there and am out by 10.30pm.



I start my work out with half an hour of cardio and then do weight training the rest of the time. I have been training for ten years now and though I am married and have a young son, I am very focussed on keeping my body fit and toned. I only rely on workouts and exercise and have never depended on steroids. Steroids are for those who want to achieve results very quickly but don't have the patience and discipline to work on it – but if you are a regular gym enthusiast and keep control over your diet then you will be naturally fit and will be able to maintain your body over time."

Abhishek's maintenance diet includes a mix of carbohydrates and proteins with a control on eating too many carbs at night. "I start my day with lemon tea, followed by a breakfast of oats or dalia. Mid morning I have 1 scoop of protein and lunch is usually dal and two chappatis and salad. I snack on fruit or nuts post lunch and have 100 or 200 grams



of roasted chicken, depending on how hungry I am before I go to the gym. Dinner is usually early and simple, just a chappati and dal and salad. It requires discipline to stick to this routine because you have to avoid sweets and junk food - but when you are focused on having a particular type of body, you have to make some sacrifices.

The advantage of being fit says Abhishek are manifold – you are healthy, you feel fresh and active, your mood is upbeat and you can work much longer hours without getting tired because you have much more energy.

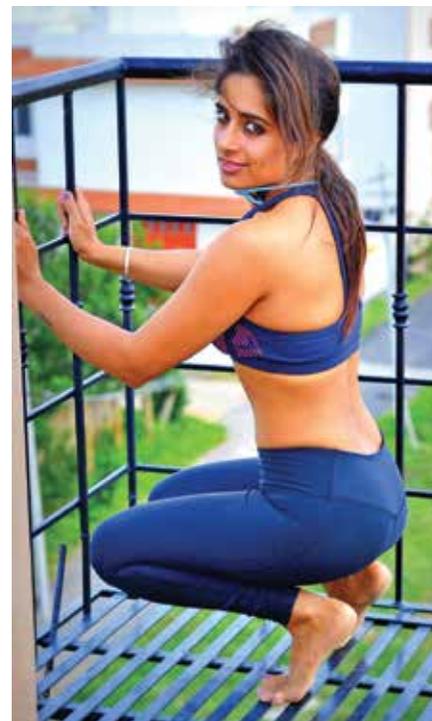
Abhishek advises you should pick a gym that has a great ambience and a good crowd. He prefers Olympia because it has plenty of space, has a huge variety of equipment and a fun crowd. Which is why coming to Olympia is something he looks forward to everyday.

BIKINI ATHLETE

SHWETA MEHTA

Transforming From Software Professional To A Fitness Professional

Shweta Mehta hails from a small town in Haryana called Fatehabad. She is working as a software professional in Bangalore for the past 4-5 years, but has always wanted to compete as a 'fitness athlete'. She wanted to change the profession seamlessly and that is why she started fitness along with a job and thought of leaving it once she perfectly settled herself in the fitness industry. She stays alone, so cooking and carrying 6 meals every day in office where she used to spend almost 10 hours was a difficult task. She did her weight sessions after office and cardio sessions during lunch time in the office gym. A hectic schedule and end time pressure of a project release made it more difficult to continue with 6 meals and the gym. But the first trophy in her first ever competition made her realise that it was all worth it. She competed as a bikini competitor in Jerai Classic Women's Fitness Model at Bodypower Expo 2015.



What is a bikini athlete? How is the body of a bikini athlete different from other forms of female fitness athletes such as figure athlete and physique athlete?

Bikini Category was created as a category with much less emphasis on muscularity and more on overall beauty and body shape and tone. In this, competitors have the softer looks and are not required to have same muscle mass and definitions than that of other categories. Competitors are judged based on balance and shape, overall physical appearance from back and front, poise, skin tone and over all presentation.

However, in figure and fitness category, competitors are judged based on muscularity with separation and overall muscle tone and shapely lines. The goal is to have an athletic appearance like wide shoulders, slim hips etc. One thing that sets fitness division aside from others is that there is a fitness routine set to music and competitors show their talent in terms of flexibility, strength,