

# W!V!

HYDERABAD

## FOOD

THE AIRPORT  
EATS GUIDE

## CITY

AVOID UNSAFE  
MEALS: FOOD  
COMMISSIONER

## ARTS

THE RISING  
TELUGU RAP STAR

## TRENDS

BACK TO  
COLLEGE

## PEOPLE

KAJAL'S  
2.0 AVATAR

## LEISURE

INDOOR  
SKYDIVING

# City's Super Six

# READY TO ROCK THE OLYMPICS!

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CENTRAL:  
SEASON'S  
HIPPEST  
PARTIES





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PEOPLE

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**TOLLYWOOD'S CLASSY GIRL KAJAL AGGARWAL IS BACK WITH AN ACTION THRILLER SATYABHAMA.** She shares tidbits from her life, the lessons that cinema has taught her and her hangout spots in Hyderabad.

TOURIST INFO

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**CHECK OUT A GREAT PLACE THAT TICKS THE BOXES FOR A DETOX HOLIDAY, ANANYA BY THE LAKE.** On the banks of Chittar lake and amidst a rubber plantation this resort on the Kerala border offers a serene, chill time.



**RUM-BASED TALL & STORMY OR SHOULD IT BE GIN-BASED ABOVE THE CLOUDS?**

WOW! visits a new pub Rebel & Rye in Film Nagar and comes back impressed with its ambience and music. Plus, we also talk to a young DJ in the city who tells us the playlist that's a must at parties, especially those that play Telugu tracks.

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CITY

**IN THIS MONTH'S EDITORIAL, OUR EDITOR WRITES ABOUT HOW THE SIMPLE DINING TABLE HAS PLAYED AN IMPORTANT ROLE IN BONDING THE FAMILY AND THE CONSEQUENCES AS WE SEE IT FADING FROM OUR HOMES.** In Cause, our Good Samaritans are from SAFE Foundation who work with slum kids to give them a better life. In Startup, we profile a venture that has come up with an anti-viral formulation that can be used on hospital linen to keep it safe and hygienic. Plus, the city's Food Commissioner shares the news about eateries defaulting on and going viral for their poor-quality food.

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**EXPERIENCE SKYDIVING WITHOUT HAVING TO JUMP OFF A PLANE** at the indoor gravity park in the city. Also read about kayaking at Durgam Cheruvu

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UPCOMING  
EVENTS

**WE TELL YOU ALL THE EXCITING THINGS GOING ON IN HYDERABAD** – from stand-up shows to art exhibitions, designer pop-ups and art workshops

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**WE HAVE A FULL PLATE WITH REVIEWS OF DAILY RITUALS, UNITED TELUGU KITCHEN, FOO AND MR IDLI. WE CHECK OUT A LITTLE GEM IN KACHEGUDA CALLED PATEL'S DELIGHTS.**

We also got you covered on where to eat at the Hyderabad International Airport when flying out. As always, get a quick peek into the eateries that just opened in town.

SHOPPING

**WE VISIT THE NEW PHILOCALY MENSWEAR STORE; AND EXPLORE RAJESHWARI KARTHIK'S REVIVAL SARIS ON HER ONLINE PAGE.** In 'Fresh in Town', get a glimpse of Tyaani by Karan Johar, Jigar Mali and Tidy n Clean the new genie service that cleans up your closets.



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Plus, where are these teen fashionistas shopping to snag these steal deals?

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**YOUNG AND DYNAMIC COUPLE VEENA AND DINESH REDDY GIVE US A TOUR OF THEIR BEAUTIFUL HOME, WHOSE INTERIORS HAVE BEEN DONE BY SUPRAJA RAO.**

Their space is brimming with artworks yet is easy to manage, even with two young children

## 60 ARTS

**DR ANITA SHAH SHEDS LIGHT ON PICHWAIS, IN CONNECTION WITH HER RECENTLY RELEASED BOOK, COLORS OF DEVOTION.** Telugu rapper Asad Faraz who's now making a buzz with his new song *Pilla* on what inspires him to rap.

## 54 WELLNESS

**MEET DR MURALIDAR WHO HAS BEEN TRAINING HIS CARDIAC PATIENTS TO RUN MARATHONS.** Read Dr. Levin's advice on how to keep hair healthy this monsoon



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**WE GOT YOU COVERED BY RECOMMENDING MUST-WATCH OTT SHOWS THIS MONTH.** Get some dope about the movies that hit the cinemas in July. Read an interview with a Hyderabad producer who visited Cannes and shares the real story behind these film festivals.



## 70 spotted

**FOR THOSE WITH FOMO, WE GIVE YOU THE DOPE ABOUT THE MOST HAPPENING PARTIES** – from a *qawwali* night to the launch of a restaurant



# FOCUS

**ALL EYES ARE ON THE SUPER TALENTED ATHLETES THE CITY IS SENDING TO THE PARIS OLYMPICS.**

We see what and how Sindhu, Nikhat, Esha, Sathwik-Chirag and others are preparing for the big event. Will they bring medals for the country, we speculate as we talk to them.





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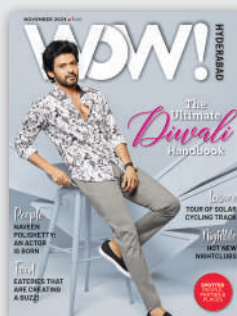
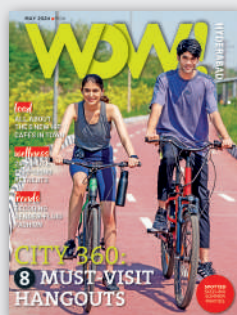
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Visakhapatnam. Ph: 76666 07779

**BENGALURU**  
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Opp. IDBI Bank, Bengaluru - 560 011  
Ph: 86863 66660



# this month

## MARK YOUR CALENDAR

Our guide to the exciting, upcoming events



### PARALLEL LIVES

JULY 5

Artist Dipali Bhattacharya's work *Parallel Lives* is on view at Kalakriti Art Gallery. Her art depicts themes relating to women's role in family, domestic spaces and the fight for social justice and equality among others.

**Venue:** Kalakriti Art Gallery, Rd No. 4, Banjara Hills  
**Tel:** 99517 40000  
**Timings:** 6.30 pm onwards



### PUT YOUR HANDS IN THE AIR

JULY 5

Lose yourself in the music with Martin Roth, DJ and Producer from Frankfurt as he comes to **TOS Club & Lounge**. Known to have rocked dance floors worldwide, Roth, who rose to fame in the underground dance music scene, is expected to set the stage ablaze at the club.

**Venue:** TOS Club & Lounge, Banjara Hills  
**Timings:** 8 pm onwards  
**Tickets:** Rs 999 onwards (insider.in)



### HARMONIC SOUNDSCAPES

JULY 6

Get ready for a magical night as The Witcher, a renowned Israeli psytrance artist, performs for the first time in Hyderabad! With his unique blend of dark, mystical sounds and energetic beats, he transports you to a world of wonder. His music is a journey through ancient forests, mystical realms, and cosmic landscapes.

**Venue:** Sattva Knowledge City, Hyderabad  
**Timings:** 7 pm onwards  
**Tickets:** Rs 499 onwards (bookmyshow.com)



### VIR IS HERE!

JULY 6

Homeward bound after captivating people around the world and conquering the global stage, Vir Das is now returning with his *MindFool India Tour*. Deemed unmissable, the tour will see Vir Das at Shilpakala Vedika for an evening that promises uproarious laughter.

**Venue:** Shilpakala Vedika, Hitech City  
**Timings:** 8 pm onwards  
**Tickets:** Rs 499 onwards (bookmyshow.com)

### JAPANESE-INSPIRED ART WORKSHOP @ ZERO40

JULY 7

The Label Zen will present a unique workshop in the *Japanese-inspired Kintsugi Art* at Zero40 Brewing. It would include crafting a 10X12 inch canvas work of art with acrylic paint and gold foil, with the expert guidance of artist Sai Kiran. Beginner-friendly, the workshop aims to unleash your creativity and find your Zen.

**Venue:** Zero40 Brewing, Financial District  
**Timings:** 3 pm onwards  
**Tickets:** Rs 1,499 (bookmyshow.com)

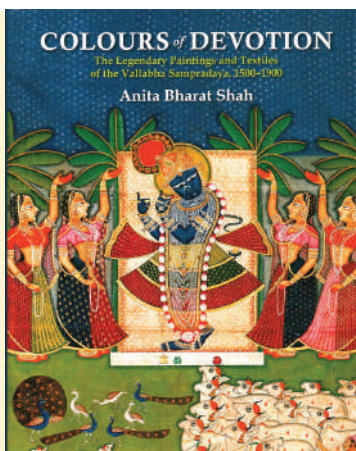




## TEXTILE TAPESTRY JULY 7

Dr. Anita Bharat Shah museologist, author and art historian will be in a riveting conversation with Ratna Rao Shekar editor, art revivalist and author. The duo will discuss her recently published book, *Colors of Devotion*, and how the *Pichwais* from this Sampradaya have influenced all schools of Indian paintings.

**Venue:** Saptaparni, Rd No. 8, Banjara Hills  
**Tel:** 040-66667707  
**Timings:** 5.30 pm onwards



## THE MONSOON EDIT JULY 9 AND 10

Presented by the Crafts Council of Telangana, *Aakruthi Vastra '24, The Monsoon Edit* explores a captivating exhibition showcasing handcrafted pieces created using age-old techniques and natural dyes. With a diverse lineup, the event lets you discover pieces that whisper stories of tradition and artistry.

**Venue:** N Convention, Madhapur  
**Tel:** 99494 55533  
**Timings:** 10 am to 7 pm



## TELUGU POP JULY 12

Known for her mesmerizing voice and a dynamic stage presence, Geetha Madhuri will be playing live in concert. Recognized as one of the most talented singers in the Telugu music industry today, watch Geetha put on an electrifying performance as she belts out your favorite hits.

**Venue:** Odeum by Prism, Financial District  
**Timings:** 8 pm onwards  
**Tickets:** Rs 599 onwards (bookmyshow.com)



## AN ALL-DAY QUEER FEST JULY 14

**Mindspace SOCIAL** is all geared up to conduct an all-day queer fest in *Santrangi Mela*. Set up by the LGBTQIA+ community. The Sunday event will see vibrant flea markets and jaw-dropping performances.

**Venue:** Mindspace SOCIAL, Hitech City  
**Timings:** 2 pm onwards  
**Tickets:** Free Entry (insider.in)



## MUSICAL NIGHT JULY 14

Celebrated for his mesmerizing fingerstyle guitar techniques, Hyderabad guitarist-composer Akram Ul Haq will be seen live in concert. He will be performing instrumental pieces from his album *The Catmaster*, and if you are in luck, you might get a peek at the compositions from his upcoming album.

**Venue:** Yogibear Collectives, Begumpet  
**Timings:** 8 pm onwards  
**Tickets:** Rs 799 onwards (bookmyshow.com)



## LIVE SCREENING AT GOETHE JULY 15

Join Goethe-Zentrum Hyderabad for the final match of the Euro Cup 2024! It is poised to be an exhilarating football screening where fans can come together to experience the thrill of the game on the big screen. Enjoy the match in high definition with food and beer, wearing your team's colors.

**Venue:** Hamburg Hall, Goethe-Zentrum Hyderabad, Banjara Hills  
**Tel:** 040 23350443  
**Timings:** 12.30 am onwards



If you'd like your event listed in the WOW! events' calendar, please mail it to [wowhyderabad2023@gmail.com](mailto:wowhyderabad2023@gmail.com) for the following month, before the 20<sup>th</sup>.



FROM THE EDITOR

# Death of the Dining Table!



There was an article in a recent issue of the US magazine, *Atlantic* where it said, people in America had discarded the dining room. The architects too said Americans while buying homes preferred informal bays in the kitchen to have a meal, rather than a formal dining area.

I have seen this with my family in the US too: though all of them have a dining room - embellished with rosewood furniture, lace tablecloths, art on walls and fancy crockery, almost none of them eat at a dining table on a daily basis. Rather adults and children alike, huddled around a television set eating dinner and focusing neither on the food nor the family.

In my daughter's house in Colorado, we grab a bowl (she's a fitness coach and believes we consume less eating that way) and eat rice, *paneer* or *dal*

straight from dishes they are made in. I agree, in the US, it's all a matter of convenience and the fewer dishes to clean and tidy the better, since they are hard pressed for time. Now it has become the norm in India too, with parents not insisting that family sit together if not for lunch, at least at dinner. As a result, children pick up their food (sometimes they don't even care what's on their plate) and retreat to their rooms and watch Netflix. In fact, the *Atlantic* article said the dining room culture has died out because of the 'Eat and Netflix' philosophy that is becoming ubiquitous. I would also say, another reason why the dining table has lost its relevance is because of Swiggy and other deliveries: not only do people prefer to try something new every time (who wants to eat ma's boring chicken and rice when you can order Chinese one night and Italian another?) but are happy to eat off the plastic boxes in which the food comes (worse eat with plastic spoons).

*"And because we do not share a meal, largely no one in a family has a clue what's going on in another person's life. Maybe this is why the children these days are so distant from their parents or siblings even..."*

Food historians will tell us that dining in India has a long history. We saw it in our homes, (in fact it still is the norm in our ancestral homes in small towns), where we sat on a *peeta* (that wooden stool) and ate off steel or silver *thalis*. How comforting it was to be served by a mother or an aunt who plied us with extra *pulusu* and *pachadis*? Later of course, when we couldn't sit on the floor, we moved to the dining table. But this was a place, the family members would gather at a stipulated time, to eat together. There was no music or television playing in

the background (in my family this was interrogation time for whatever we were up to in school, our tests, marks etc). Plus, my dad was hard on us children wasting food, and would ask us to eat even the curry and coriander leaves which he said were good for the eyes and hair. I cleverly tried to make a mound of food I didn't want to eat, and camouflage it under chewed up drumsticks but most of the time he discovered the wasted food, and gave me the necessary scolding for not realizing how precious food was. Which indeed it is! But as a result of that, to this day, I feel guilty when I waste food.

Nowadays, very few families insist on eating together because of everyone's busy schedules, what with someone's office timings or another's tuition. As a result, not just the formal dining room but along with it the bonding that occurred at the table over home cooked food, has all but disappeared. (In India of course, especially Hyderabad we have rooms upon rooms so building a formal dining room is not a problem, but do we eat there as a family is the question, I ask). And because we do not share a meal, largely no one in the family has a clue what's going on in another person's life. Maybe this is why children these days are so distant from their parents or siblings, because no one spends time talking with each other. The binding factor, the shared food over a table, has become irrelevant in today's world.

I guess it's my conditioning and habit of many years, that even if I eat alone, as I do, I eat at a dining table in a small room allotted as dining space, and even if I don't wear my best clothes at least get the best crockery out and insist food is placed in decent dishes and kept on the table. There is certainly grace to eating at a dining table and this is my way of showing gratitude for the food that is before me.

■ RATNA RAO SHEKAR





increased shelf life on surfaces. The National Accreditation Board for Testing and Calibration Laboratories (NABL) has validated their formulation.

*“We decided to work on antiviral formulations that could be used in hospitals, clinics, hostels and hotels,”*  
- Dr Saranya

#### MILESTONES

Kanchipuram Silk Board and south Indian paint and leather manufacturers are part of their customer list. “Our product has increased tensile strength with a soft texture of coated silk and cotton fibers. This translates to more durability. The retention of antiviral properties goes beyond 20 washes. So a hospital need not spend money changing its upholstery and linen every two years as our product has better durability,” says Saranya.

#### THREE TAKEAWAYS

- Start with the end in mind and keep the customer’s needs and build your product and not build a product and convince the customer to use it
- Invest in a good team even before you make profits
- Focus on creating a good product and not on profit in the first few years

■ MANJU

#### START-UP

**Armor Shield** has come up with a liquid formulation that coats fabrics to make surfaces more hygienic

# End the virus

Covid-19 drove the need for innovative solutions to maintain sanitary environments. Leveraging their research expertise, three researchers joined hands to create plant extract-based antiviral nano-formulation for virus-free high-touch surfaces in critical areas like hospitals, schools and workplaces.

#### THE INVENTION

Armor Shiled Healthcare Innovations produces Armorfabrix antiviral liquid that when used in textile manufacturing enhances quality, durability and anti-viral properties.

#### HOW IT STARTED

Two and half years ago, Dr. J Saranya, Dr. VS Selva Kumar and Dr. S Sugandhi, research scholars and colleagues at a city engineering college attended an online seminar that encouraged them to think like entrepreneurs. “We were all simultaneously researching products that can impart better health. We decided to work on antiviral formulations that could be used in hospitals, clinics, hostels and hotels,” says Saranya.

#### FIRST DRAFT

The trio pooled Rs 3.5 lakh each from their earnings to raise around Rs 10 lakh for research and development and case studies. “Currently, we have a recurring demand of 1,000 liters per month from the textile industry and we are also looking at similar solutions for medical devices such as blood collectors,” she adds. The team is considering raising funds worth Rs 2 crore via co-operative society or industrial bank to establish a full-fledged operation. The fact that the coat of formulation makes the fabric more durable (1.5 times as compared to regular cloth) is what they think will fetch them more clients.

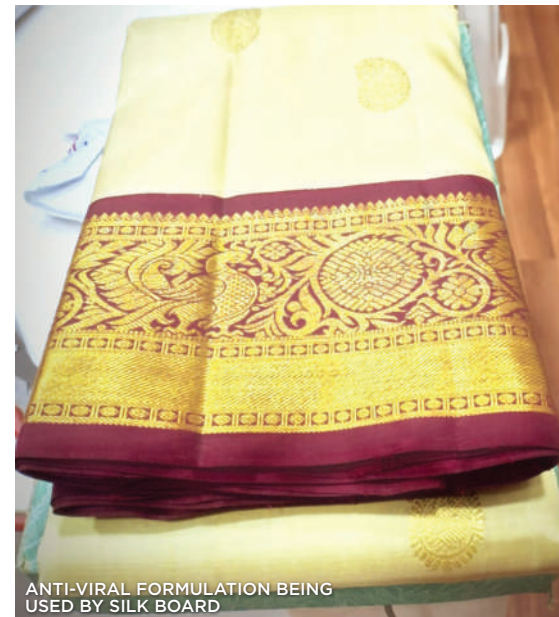
#### SOLUTIONS FOR ALL

The formulation given in a liquid form along with guidelines on how much to add to the fabric, at what stage and at what temperation of manufacturing, can also be coupled with other mediums including paints, leather and wooden laminates resulting in virus-free surfaces with improved texture. This ‘Make in India’ technology uses organic nano compounds with benefits that include non-toxicity, higher stability and

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ANTI-VIRAL FORMULATION BEING USED BY SILK BOARD



## CAUSE

**SAFEER Foundation** is creating a haven for the slum children to learn and grow in a happy environment

# Keeping them SAFEER and sound



The 'josh' in the tiny make-shift school room, in Saidabad, is high despite the not-so-cool walls and ceiling. Their vibe is infectious. Over 200 children are learning how to spell, communicate and weave a simple sentence in English. Unmindful of the blazing evening heat, the kids are learning enthusiastically. The summer classroom run by **SAFEER (Surepally Access for Education and Environment) Foundation**, which started in 2021, stands for the hope that inequalities can be addressed and the parity can be reduced.

## UPLEVELLING IN LIFE

The classroom is one of their initiatives. The summer school this year, with 200 children from the adjoining slum areas, taught basic life-skills, spoken language, hygiene, etc. The residents in the area have been concerned about their girl child's safety after the rape of a minor in the locality two years ago. A few likeminded individuals who worked on the rape case decided to join hands to do something for the local kids. There was a drastic school dropout, especially among girls, and SAFEER has been working

towards convincing the parents to send their wards to school.

## LIVING AND THRIVING

Sujatha Surepally, a professor at Satavahana University, founder member of SAFEER Foundation says, "the Foundation has been working in the slum for the last three years. The organization works towards turning unsafe places into safe spaces imparts education for people of all backgrounds to live and thrive in all aspects of life without any social, economic or gender-based discrimination or inhibitions. As the school is in the slums and in the neighborhood, the parents are willing to send their wards."

## WHO DOES IT WORK FOR

SAFEER provides a support system for poor students, dropouts and adults by establishing reading rooms and libraries (physical & digital). They also work on skill development by imparting and enhancing skills related to technology to fit the job market. "From arranging for teachers to volunteers who can teach anything from photography to teenage hygiene, we want the kids to be on par with the urban children. We also tie up with other non-profit organizations to conduct books and stationery drives so that students get well educated," says Sujatha.

## WHAT YOU CAN DO

- Sponsor books, benches, study lamps, shoes, stationery
- Donate laptops, calculators, old but usable tablets and smartphones, bags and educational toys and board games (the slums have no space for kids to play)
- Donate comics or educational books (basic English only)
- Volunteer your time to teach them singing, dancing, poetry, drawing, etc.
- Be the networking point for organizations and individuals in conducting social welfare activities

■ MANJU



VOLUNTEERS HOLDING UP THEIR CERTIFICATES

Safeer Foundation, Rd No. 10,  
beside Bilal Masjid, Industries Colony,  
Green Park Colony, Saroo Nagar East,  
Saidabad, Hyderabad  
Tel: 99639 17634 / 90006 55007



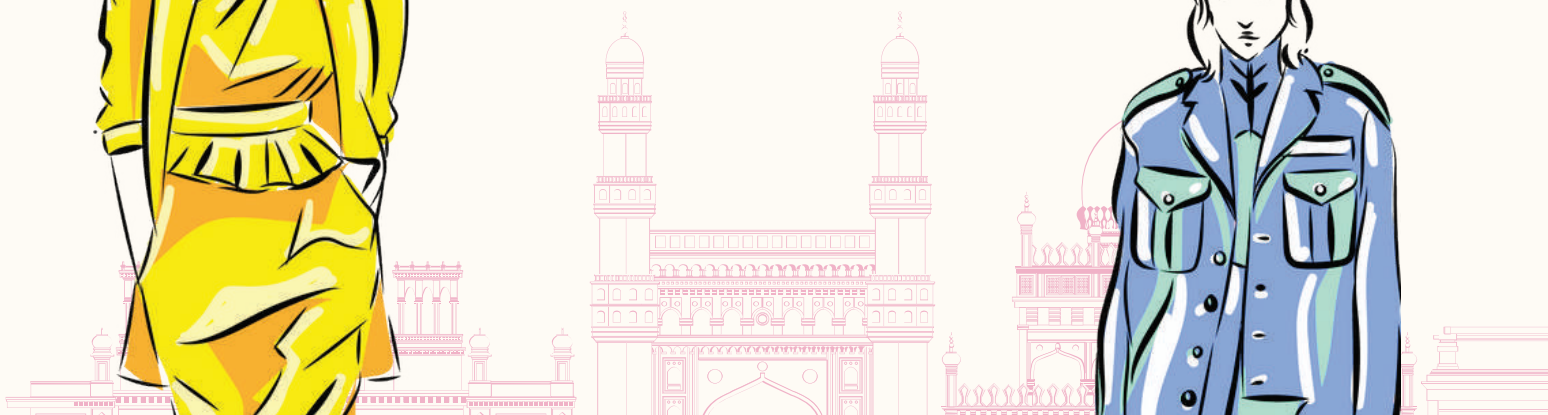


# JULY

**10 AM TO 8 PM**

**TAJ KRISHNA, HYDERABAD**

**15th YEAR ANNIVERSARY**







RAIDS ON CAFE REVEALED QUALITY VIOLATIONS

## IN THE NEWS

**Food Safety Commissioner RV Karnan** who has been conducting raids on restaurants for quality and safety speaks exclusively to Wow! on the controversy that is rocking the city

**“The public should demand good quality and hygiene and take it up as a movement”**

In the last four weeks, food enthusiasts who enjoy watching videos of their favorite eateries were taken aback by unsettling revelations about the kitchens in these establishments. A popular new South Indian restaurant from Bengaluru was caught using expired and unlabeled food items, while a highly-rated coffee shop in Madhapur was found cooking in a cockroach-infested kitchen. The new Food Safety Commissioner, R.V. Karnan, a 2012 IAS officer, who previously served as the Collector and District Magistrate in Nalgonda, has conducted 83 raids in 42 days across Hyderabad. He explains their necessity and how the public can help hold these establishments accountable.

### WHY THESE RAIDS SUDDENLY? DID YOU GET ANY TIP-OFFS ABOUT FOOD QUALITY IN THESE PLACES?

Conducting quality checks is part of our work. We keep our eyes and ears open about food quality. Mostly the raids are random checks and could also be a tip-off by a consumer.

### WHY DO RESTAURANTS SOMETIMES FAIL TO MAINTAIN STANDARDS? ABROAD, THEIR LICENSES CAN BE SUSPENDED. ARE WE BEING TAKEN FOR GRANTED?

Lack of awareness and enforcement can make some businesses complacent and take their customers for granted, resulting in a decline in food quality and hygiene standards. Increasing consumer awareness through social media and publicizing penalties can promote better practices. We can develop deterrence among eateries by highlighting the consequences of violations.

### WHAT HAPPENS IF AN EATERY IS FOUND TO HAVE VIOLATIONS AND WHAT IS THE FOLLOW-UP?

For minor violations, we may issue an improvement notice with a minimum 14 days compliance deadline. Penalties vary based on the severity of the offense, such as up to Rs one lakh for unhygienic processing and up to Rs five lakh for

selling substandard food. We revisit after two weeks to see if they have gotten their act right, else we levy a penalty and seek legal action, if need be.

### WHY HASN'T THE DEPARTMENT CONDUCTED RAIDS ON FIVE-STAR HOTELS IN THE CITY?

Our job is to check every food related entity and we have conducted raids on five-star hotels too.

### WHO'S NEXT?

We are looking at visiting food processing units such as those making pickles, *podis*, bakeries, biscuit manufacturers etc.

### HOW CAN RESTAURANTS IMPROVE THEIR HYGIENE CONDITIONS?

By obtaining food safety training and certification, training supervisors in hygiene and manufacturing practices, hire one trained supervisor for every 25 food handlers, refresher courses for staff every two years and obtain the necessary hygiene rating certificates. We are working closely with the restaurant associations to ensure they give quality to consumers.

### WHAT CAN CONSUMERS DO TO ENSURE TOP QUALITY FOOD?

The public should demand good quality and hygiene and take it up as a movement. Don't compromise when you see poor quality, be it food or environment. Speak up if eateries don't comply with rules. ■ MANJU





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Actor **Kajal Aggarwal** is back in the Telugu film industry after marriage, thrilling fans as a kick-ass cop in her latest movie *Sathyabhama*. With over 57 films in 17 years, her iconic role in *Magadhheera*, a statue at Madame Tussaud's and a role in director Shankar's *Indian 3* soon, the *Arya 2* girl tells us why she continues to be the star we love

TEXT: MANJU LATHA KALANIDHI

“I LOVE  
THE BUZZ  
OF CINEMA,”



When an actress bags a title role and the producer is discussing business, money matters and first-week collections, she knows it's a great place to be. That's what Kajal Aggarwal feels as she sits back and looks at the action around her recent June release *Satyabhama* - (streaming on Prime Video now) With *Indian 3* and a Hindi movie in her kitty, mom to a two-year-old boy, straddling her time between Hyderabad and Mumbai, Kajal feels she's at the right place at the right time.

From her successful debut film *Lakshmi Kalyanam* in 2007 to being the first Telugu actor to be immortalized in wax at Madame Tussaud's, Kajal, aka *mana* Mitravinda's journey in SS Rajamouli's blockbuster *Magadheera* resonates with milestones that reflect her unparalleled dedication and versatility.

Transitioning seamlessly between Hindi and Telugu cinema, Kajal carved a niche for herself with each character she portrayed. Her performances in blockbuster Telugu films such as *Magadheera* and *Darling* cemented her status as a powerhouse. She then stepped into Bollywood with *Special 26* alongside Akshay Kumar and proved her mettle. WOW! chats up to know what's exciting in her films and life.



### 1 WHAT ARE YOUR THOUGHTS ON YOUR RETURN TO THE SPOTLIGHT AND THE ADRENALINE RUSH OF THE ACTION-PACKED ROLE?

I want to call this phase the 'Kajal 2.0' version. I've never done a full-fledged action role and this one is packed with it. Being back on the sets and limelight feels great.

### 2 HOW DID YOU PREPARE FOR YOUR CHALLENGING ROLE IN SATYABHAMA?

I didn't expect to bag the role so early in my postpartum journey so I started weight training just before the shoot. I was doing cardio and Pilates (considered the safest post-delivery), then I added horse riding and *kalaripayattu*. I spent the last few months training for both, *Satyabhama* and *Indian 2* (starring Kamal Haasan).

### 3 WHAT'S A DAY IN KAJAL'S LIFE A WEEK BEFORE THE MOVIE RELEASE.

I end up doing 10-12 promotions that last an hour each. That's over 10-hours of solid work with outfit changes and cameras. Staying away from my son Neil is hard, though both his nanny and *nani* take care of him. It's a thug life, but one's gotta do it.

#### QUICK TAKE

**Fave hangout cafes:** Kadali and True Black

**Hashtags that define you:** #DotingMommy #DutifulWife #GrowingActor

**What's your love language:** Communication - talk to me

**Me-time indulgence:** Work out twice a day, yes, weird but it relaxes me. OTT binging and hanging out with friends, book back-to-back shows in cinemas

**Five years from now:** Be more versatile and a cooler mommy

### 4 EVERY ACTOR FACES FAILURES. IN YOUR CASE, WHICH ONE WOULD YOU CALL A DEAREST FAILURE?

*Do Lafzon ki Kahani* where I played a visually impaired girl. I spent eight weeks learning Braille, but the movie was a blink-and-miss. Sometimes even when we pour our heart out it doesn't work. Whether it's cinema or life, you need to be detached.

### 5 HOW DO YOU DISENGAGE FROM BOX-OFFICE NUMBERS AFTER THE MOVIE RELEASE?

I've never been attached to the result of a movie as it's not in our hands. I follow the dictum that don't let success go to your head and failure to your heart.

### 6 HOW HAS BEING CAST IN A MOVIE LIKE SATYABHAMA CONTRIBUTED TO YOUR CAREER?

Though I focus on the creative side, I am also enjoying witnessing the biz buzz of cinema.

### 7 HOW WAS THE TRANSITION FROM KAJAL AGGARWAL TO KAJAL KITCHLU?

It may sound cliché but I met Gautam at my best friend's wedding just before COVID. He was the best man and I was the best woman and we both struck it. After a few dates, we realized it was more than friendship. Then came COVID. We decided that if the world is going to go this way, we may as well be with each other. We got married in October 2020.

### 8 HOW'S THE MOMMY ACT COMING ALONG?

With the right tools and support system, I do think we can do it all. My son studies in Mumbai and Hyderabad (yes, that's possible) and that helps me be the professional on the sets and a doting mom after work.

### 9 LOVE BEING UNTETHERED

Phones aren't my thing; I'm old-school. When I am on the set or with my family, I don't even know where my phone is. There are times when my folks have to call the spot boy or the assistant or even my husband to reach me as my phone would be stuck in the crevice of the sofa or the chair. I like being untethered to be at my creative best.

### 10 COMING UP NEXT

*Indian 3* followed by a Tamil and a Hindi film.



Bringing back great-grandmother's recipes to celebrate the flavors of Telugu cuisine

## Morsels of nostalgia

A life-size portrait of Suryakantham, Telugu cinema's beloved *attthagaru* (mother-in-law), greets you at the entrance of **United Telugu Kitchens** (UTK) in Kokapet. This sets the stage for the authentic Telugu flavors – Andhra and Telangana, that await inside, each dish infused with a touch of nostalgia reminiscent of the actress herself.

Bright and bustling with sunlight streaming through the glass walls, this two-level, 189-seater restaurant offers a curated menu that revives age-old recipes from generations of Telugu kitchens. The ambience is enhanced by old Telugu songs from 70s movies besides the *rangolis* on the floor.

We began with their best-selling starters: *Rayalaseema Natu Bombs* (Manchuria dipped in *gongura* and ripe chili) and *Pandem Kodi Pakodi* (Andhra-style deep-fried chicken). The spice levels were intense, just as Telugus love it. Despite the tempting variety of Tandoori specialties, we chose to dive into Andhra delicacies like *Nellore Chepala Pulusu* (classic, spicy fish) and the rich, gravy-laden *Kodi Pachadi Koora* (chicken chutney-curry).

Teja Chekuri, Managing Partner of UTK and the brain behind popular brands like Prost Pub, Ironhill India Breweries and Ishaa, says, "These are dishes we've grown up loving."



**WOW!**  
Recommends  
Chintachiguru  
Kodi Pulao

The ingredients and super grains celebrated worldwide have been in our kitchens for centuries."

On his recommendation, we tried the *UTK Keka Pulao*, featuring prawns, chicken, and mutton—a delight for foodies. However, we showed extra love on their *Chintachiguru Kodi Pulao* (made of tender tamarind leaves) which was a tangy and spicy twist to our biryani. This one earns more points than the previous variant.

We finished with the chilled *Paan Kulfis* in betel leaf flavor. Don't miss their *Ragi Sangati* varieties if you have the appetite.

■ MANJU

**Meal for two: Rs 2,500**

Opp. Rajapushpa Regalia, Gandipet Road, Kokapet

Tel: 98480 09091

Timings: 12 pm to 3.30 pm and 7 pm to 11 pm

A wide selection of delectables perfect for health-conscious folks

## Sweets and namkeens to Gujarati and Vegan Thalies



**Patel's Delights** was established in 2020 amidst the pandemic by founders Praveen Jimuliya (experienced caterer) and Raju Bhai Patel (businessman and foodie). It was conceptualized with the idea of introducing an eclectic selection of premium quality Gujarati sweets and snacks to Hyderabadis.

### HUNDRED PERCENT VEG & JAIN

The all Veg and Jain store churns out delectables using groundnut oil, rock salt, no preservatives, no palm oil and no artificial flavors or colors. Additionally, they pride themselves on their ability to ensure food is sold fresh off the counter.

### THE LINEUP

The wide range of sweets (including vegan sweets) and snacks include *Kutch*, *Kesar* and *Milk Pedas*; *Kesar Jalebi*; *Kaju Katli*; *Kesar Rasmalai*; *Dry Fruit Shrikhand*; *Khakhra*; *Nylon Fafda*; *Khandvi*; *Samosas*; a variety of *Dhoklas* and a healthy selection of packaged *Namkeens* among more.

### THE FAMOUS THALI

Their newest additions, the *Gujarati Farsan Thali* and the *Vegan Platter*, stormed Instagram recently. Both are carefully curated combinations of healthy sweets and snacks. We gorged on their *Gujarati Farsan Thali*, which includes *Kachori*, *Samosa*, *Nylon Fafda*, *Kesar Jalebi*, *Khandvi* and assorted *Dhoklas* (a clear standout). Additionally, we tried out the lip-smacking *Jalebi/Fafda* combo.

Moving forward, Patel's Delights, which delivers its food pan-India, aims to expand through cloud kitchens to a wider group of foodies with an adventurous palate. ■ IPSHITA

**Gujarati Farsan Thali and the Vegan Platter: Rs 195** (Free on birthdays, only at the store)

Lane opposite Bank of India, Kacheguda Station Road.  
Available on food delivery apps.  
Tel: 90000 70049  
Timings: 7 am to 9 pm

**WOW!**  
Recommends  
The Gujarati  
Farsan Thali





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An eatery that also boasts of chaat and other crowd's favorites

## From classic to fusion, idli and beyond

Looking for a quick meal that won't burn a hole in your pocket, **Mr. Idli**, in Banjara Hills is just what fits the bill. From classic *Podi Idli* to fusion eats like *Idli Manchuria*, they have over 10 kinds of *idli* variants. It is little wonder that the small eatery is full at all times, especially at lunch.

From *chaat* to *tiffins* and meals, there are a host of choices. If the overdose of *dosa bandis* in the city bore you try the *molagapodi* multi *dal dosa* which (thankfully is not overloaded with ghee) is delicious and extremely flavorful. *Thatte idli*, which is becoming increasingly popular are as soft as they come, with 'just the right amount of spice' *podu*. If you feel like having a snack or chaat anytime (like this writer), try the *Sev Puri* or the *Masala Puri*, both are just as good as the *bandiwallah*.

The most popular item on the menu is *Donne soya chaap biryani* and when we tried it out, we understood why. The delicate flavors and well-cooked rice make it a winning combination which is enticing and not overpowering. The Noodles are an excellent pick too, with just the right amount of spicy Indianness added to it. Round your meal off with a delicious *mango lassi*.

Don't miss: They are running an offer on breakfast items at just Rs 39 which has a menu of *idli, vada, dosa, puri, mysore bhajji* among others. Just the right fuel to charge you in the morning!

■ MALLIK

**Meal for two: Rs 800**

Rd No. 11, Banjara Hills (behind Sarvi Hotel)

Tel: 96400 02000

Timings: 7 am to 11 pm



**WOW!**  
Recommends  
Podi Thatte  
Idli



Mumbai's 'Good luck' comes to Hyderabad - the Pan-Asian restaurant

## Unforgettable Flavors

Introducing its newest outlet to the city of Nizams, in Inorbit Mall, is Mumbai's beloved Pan-Asian restaurant, **Foo**. Meaning 'fortune' or 'good luck' in Chinese, it overlooks a picturesque view of Hitech City that subtly blends with the place's eye-catching decor, elevating the dining experience.

### AMBIENCE

Head-bopping music plays as we enter and are guided to a cozy corner. The interiors give us a feel of Japan with the black veneer and cane paneling dim sum bar, Japanese-inspired tile flooring, a stunning custom rattan light installation and the serene faux cherry blossoms.

### FOO-D

We start with the delicately soft *Foo Crispy Wonton*, *Truffle Edamame* and the zesty *Crispy Spicy Thai Lotus Root* to go with our drinks, the luscious and richly layered *Sparkling Yuzu Mojito* and *Guava Togarashi Fizz*.

Next, we are recommended the *Foo Wild Salmon Uramaki*; the *Pink Pepper Prawns*; the *Charcoal Har-Gow*, *Gold Dust*; with the refreshingly creamy combo of *Foo Blue Butter Japanese Fried Rice* and *Foo Yellow Curry*, a blend of water chestnut, broccoli and mushroom.

The massive finale was unveiled in the form of a magnificent beast of a dessert, *Mount FOO-JI*. Dubbed the 8th wonder of the world, it includes *Hazelnut Dome*, *Mango Pudding with Vanilla Ice Cream*, *Foo Black Sesame Marble Cheesecake*, *Hazelnut and Coconut Ice Cream*, alongside an array of freshly cut seasonal fruits. ■ IPSHITA

**Meal for two: Rs 1,800 onwards**

Level 4, Inorbit Mall, Hitech City

Tel: 91522 15716

Timings: 12 pm to 12 am



**WOW!**  
Recommends  
Mount FOO-JI



**WOW!**  
**Recommends**  
 Mutton  
 Lukmi, Utho  
 Anarkali



Discover the perfect blend of classic Hyderabadi flavors and contemporary vibes

## Tradition Meets a Frothy Twist

**Daily Rituals**, reminiscent of a lively taproom, stands out for its Hyderabadi crowd pleasers and an array of chilled beers on tap, quirky alcoholic and non-alcoholic beverages. However, what truly sets it apart is its extensive menu featuring classic Hyderabadi dishes that transport the charm of the old city into a contemporary urban setting.

Here's what we would go back for - *Avocado Puchka* a deliciously anglicized version of the *desi chaat*; *Mutton Lukhmi*, Crisp pastry shell stuffed generously with spicy *kheema*; *Cheese truffle Kulcha* – heavenly bite sized *kulchas* stuffed with *green chilies*, *onions* and lots of *cheese*; *Pathhar Ka Gosht* – tender morsels of mutton spiced just right. We also tried some of the signature cocktails creatively christened as *Utho Anarkali*, *Begum Bahar* and *Ma Ki Kir Kiri*. *Utho Anarkali* was a refreshing blend of homemade Pomegranate syrup, Vodka and Kafir lime.

Spread over three levels, Daily Rituals caters to a wide audience of corporate teams, families, music and sports enthusiasts. Its minimalist interiors prioritize natural lighting and witty design elements. Architecturally, the focus on light extends even to the underground levels. We loved the beautiful tree extending up in the stairwell and watching the swaying tree tops from the seating on the rooftop. ■ SUPRIYA

**Meal for two:** Rs 2,000 (without alcohol)

Rd No. 45, Jubilee Hills

Tel: 77997 99443

Timings: 12 pm to 11:30 pm and 12 pm to 1 am (Weekend)



### New in Town

#### A TASTE OF TEPPANYAKI

Hyatt Hyderabad opened TG's The Oriental Grill, a contemporary teppanyaki restaurant specializing in Japanese and Far Eastern cuisines including Thai, Indonesian and Vietnamese. The dishes are prepared, before you, live on teppanyaki grills, in line with the new food mantra - 'eat what you see'. The chefs here are open to answering questions, sharing techniques and even personalizing dishes to cater to individual preferences.

**Meal for two:** Rs 3,000

Tel: 74166 65269

#### SARAH TODD'S CULINARY TOUCH

Sanctuary Bar & Kitchen, Film Nagar, has launched a newly curated menu by MasterChef restaurateur Sarah Todd. It's a fusion of modernized Hyderabad favorites alongside seafood delights inspired by the coastal flavors of Goa. Must-try's are: *Yakiniku Pathar Ka Gosht*, a tender marinated lamb with a sticky glaze; *kebabs* with a *katsu gravy* and an airy cheesecake marbled with a mulberry coulis dessert, a take on *Shahdood Malai*.

**Price for two:** Rs 3,000

Tel: 81060 82030

#### THATI MUNJALU CURRY, ANYONE?

Telangana cuisine is now part of Aish in The Park Hyderabad. Executive chef Satya Pandari has added three local specialties - *Thati Munjalu Curry* (Ice Apple curry), *Ragi Java* and *Pachchi Pulusu*, ensuring that the local flavors compete with the popular biryanis of Hyderabad. Here's chef hack for *Pachchi Pulusu*: Add a paste of roasted sesame seeds for the extra punch. ■ MANJU



**Meal for two:** Rs 2,000

Tel: 4499 0000





We give you a go-to guide of what food is available at the Hyderabad airport

# Airport eats

Wow! Hyderabad has you covered for those rushed mornings and late evenings. We have compiled a list of dining options, from local South Indian fare to global cuisine, at the airport for you to explore on your next trip. Whether you have time for a leisurely meal or just a quick bite there are plenty of options to suit your mood and palate at the Domestic Departure terminal at the Rajiv Gandhi International Airport at Shamshabad in Hyderabad.

## WHAT'S ON OFFER

If you would like to explore food outside of the Global Fast food and cafe chains, try the following:

### BREAKFAST



**Monsoon Bar and Kitchen**, serves buffet breakfast with live counters for *eggs* and *dosa*.

**Price for one** – Rs 545 (All inclusive)  
**Time:** 5 am to 11 am

**Indian Paradise**, serves both North and South Indian foods. Try the different varieties of stuffed *parathas*, *omelets*, *idlis* and *dosas*.

**Pro-tip:** Jain *thali* and other food combos available for lunch

**Price for one** – Rs 400 onwards  
**Time:** 5 am to 11:30 pm

**Concu**, located at Gate 15, offers *sandwiches*, *wraps*, *bagels* and *smoothies*. If you are a vegan, this is the place to get a vegan shake or smoothie for your breakfast.

**Price for one** – Rs 300 onwards  
**Time:** 6 am to 11 pm

**Vibrant Living**, look no further if you are a vegan or just prefer additive and preservative free food. The menu includes South Indian breakfast, *masala chai*, *oat milk coffee*, *Kombuchas*, *smoothies*, *tea* among other things.

Try the *soups*, *salads*, *pastas*, *pizzas* and *wraps* made from wholegrains and millets. The multi millet *dosa* with plantain *masala* and the Cacao banana smoothie bowl makes for a wholesome, nutritious meal. The food is offered in take away format.

The attached store has a treasure trove of healthy, ready to eat snacks in resealable packs. Located between gate number 9 & 10.

**Price for one** – Rs 300 onwards

**Time:** 5 am to 10 pm

**Shoyu** (Gourmet Asian Cuisine) – Located at Gate no. 11, they offer an Asian breakfast menu with *baos*, bowls, Sushi and smoothies till 11am.

You can also customize your own favorite meal from their staple bowls to carry to the flight for a gourmet meal in the air.

**Price for one** – Rs 300 onwards

**Time:** 6 am to 11 pm

### BAR

**Monsoon Bar** – offers informal seating and an Oriental, Mediterranean and Indian cuisine.

**Network Bar** – offers informal high tables and chairs for a cold beer, cocktail or light snack.

**Price for one** – Rs 350 onwards  
**Time:** 11 am to 11 pm

**Cock & Bull:** The only 24-hour restaurant and bar in the terminal. A great place to unwind as you wait to board a late-night flight. This upscale Irish tavern offers Irish, Mediterranean, Oriental, and Indian delicacies. If you fancy some breakfast, ask for French Toast. ■ SUPRIYA

**Price for one** – Rs 450 onwards  
**Time:** 24 hours

Rajiv Gandhi International Airport, Shamshabad

Multigrain dosa at Vibrant Living





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The Oriental Grill

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## REVIVALS AND AMALGAMS



UZBEK-INSPIRED IKAT SAREE

We were once struck by the unique Cambodian and Uzbek *ikat* sarees that appeared on an Instagram page by **Varnavastram**. When we delved further, this page turned out to be the brainchild of curator and revivalist, Rajeswari Karthik from Salem, a former IT professional who worked in London for a decade. She subsequently wanted to return home and pursue her love of traditional and disappearing Indian weaves of which India has a good number. “I have memories of both my

mother and grandmother wearing simple Madurai *Sungudi* cotton sarees or silk *Kanjeevarams* as everyday wear. I recalled these beautiful sarees, and thought to myself why not revive some that are slowly fading out of our memories,” she explains over a telephonic conversation.

Rajeswari has worked with weavers to revive old designs and techniques that she found in textile books, whose examples were at the Victoria and Albert Museum, London. “We recreated a

completely natural dyed *Kanjeevaram* silk saree dating back to 1867 now with the V & A Musuem. This silk is with *adai* and *meenakari* work done in a Kanchi cluster and the dyeing was in Hyderabad by a master dyer,” she explains.

Apart from that, her unique brainchild is the Uzbek inspired *ikat* sarees. The Uzbek looms being narrow, the *ikat* there does not have the necessary width for a saree. But Rajeswari works with a cluster in Pochampally where they are able to weave the bold and colorful Uzbek motifs and turn them into sarees. The results are stunning to say the least. She has also recreated the Cambodian *ikat* motifs into sarees, and these are more figurative.

While the pride of place goes to her revival *Kanjeevarams* in natural dyes and real silver *zari*, she hopes to work on other disappearing weaves like *Sickalnayakanpet* and *Kodalikaruppur* sarees which were earlier patronized by royals of Tanjore. ■ RATNA

Price: Rs 25,000 onwards

[www.varnavastram.com](http://www.varnavastram.com)

Tel: 96294 94225



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**Philocaly** takes pride in keeping menswear minimal and versatile

## LOOKING SHARP!

**WOW!**  
Recommends:  
Glitz – B&W  
Houndstooth  
Tuxedo



“Hyderabadis are well traveled and look for contemporary cuts and silhouettes while staying in touch with the local culture,”  
- Shrey

Started in late 2016 by creative director and founder Shrey Vij. Philocaly, a Delhi-based bespoke label offers affordable and meticulously designed pieces that clients can style and layer in multiple ways to spruce up their look. “We work with straight lines, geometry and amalgamate them with fresh hues to give our designs a more contemporary outlook,” Shrey explains.

### POP COMES INSPIRATION

A NIFT alumnus, Shrey wanted to start a menswear brand. However, it's when he shopped for his friend's wedding he discovered that no brand offered minimal and versatile clothing. So he pushed his dreams into high gear and Philocaly was born. Shrey draws inspiration from pop-culture, his global travels and the architecture he comes across. “Hyderabadis are well traveled and look for contemporary cuts and silhouettes while staying in touch with the local culture,” he shares.

### LA DOLCE VITA

Opened in February in The Hill Top @ 7, the 1,500 sq. ft. space is bathed in light blue and gray hues and houses a cozy private lounge area. Their latest collection, La Dolce Vita, includes suits and blazers, printed shirts, shackets among more.

Other products include tuxedo, dress suits, wedding *sherwanis*, *bandhgallas*, *kurtas* and *bandis*. In accessories are pocket squares, cufflinks, neckties and bowties. They have also launched the newest category in gifting for men.

### THE BRANDWAGON

Furthermore, in collaboration with premium global brands like Gianni Roberto, Luiciano, Absolut Elite, Cavani, Dormeuil Woodland, Holland & Sherry and more. Philocaly houses various fabrics from cotton to wool while customizing pieces according to choice. ■ IPSHITA

**Price:** Rs 16,000 onwards

1st floor, The Hill Top @7, Rd No. 7, Banjara Hills

**Tel:** 73523 45666

**Timings:** 11 am to 8 pm

## New in Town

### DECLUTTERING GENIE

We've all had days when we wished a genie would appear to declutter our house, segregate our cupboards and organize our desks. Here comes *Tidy Ninja*, which offers services like wardrobe decluttering and organizing, kitchen arrangement and storage solutions, pantry inventory assessment and labelling other such components; all these services can be booked on their website. They can create an Insta friendly corner for you while helping you with theme selection, statement piece installation, lighting enhancement, accessorizing and styling. Additionally, they set up work-from-home (WFH) corners for those who want a seamless transition when moving to a new home.

**Starts:** Bookshelf categorization, decluttering, aesthetic arrangement at Rs 1,500 and wardrobe decluttering at Rs 4,600  
**Tel:** 76718 26085

**Timings:** 24x7 on [www.tidyninja.in](http://www.tidyninja.in)

### FILMI FASHION AND MORE

*Tyaani* by Karan Johar debuted in Hyderabad six years ago as part of a bigger jewelry store. Going by the love of Hyderabadis for all things shiny and shimmery, the Bollywood director has launched a bigger and better store in Jubilee Hills. The brand prides in its contemporary *polki* jewelry for the millennial bride and their handcrafted collection of 22-carat hallmarked gold and certified natural uncut diamonds. The store has a good mix of heavy, ornamental occasion wear and also sleek contemporary cocktail jewelry. Fans of Karan Johar's bling aesthetic swear that their *chandbali* collection stands out. They have over 12,000 designs online and in-store and ship to 120 countries. Get your dose of *filmi tadka* as you pick the *polki* set that Janhvi Kapoor wore in *Mr & Mrs Mahi*. They also have an elegant 'Glow by Maheep Kapoor' collection, an assortment of *polki* diamond jewelry.

**Starts:** Rs 50,000 for earrings and accessories. Rs 1,50,000 for neck pieces

Silver Square Building, Rd No. 36, Jubilee Hills

**Tel:** 97691 68960

**Timings:** 10 am to 8 pm. 24x7 online on <https://tyaani.com/com>

### ETHNIC COLLECTION

Jigar Mali, known for its ethnic collection of *sharara*, *lehenga*, *kaftan*, saree and *Anarkali* collection, opened its first exclusive store outside of Delhi in Hyderabad in June. After two years in the making, it debuted in Hyderabad with a *Parizia Anarkali* and *Afra Jacket* paired with antique gold *dori* and embellished hand embroidery. These designer outfits are available in their Hyderabad store and online store. ■ MANJU

**Starts:** Price on request

Yellow Verandah, Rd No. 10, Next to Banjara Sevalal Bhavan, Banjara Hills

**Tel:** 99900 75342

**Timings:** 10 am to 8 pm. 24x7 online on [www.jigarmali.com](http://www.jigarmali.com)







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Shopping options for youngsters as colleges reopen

# BACK TO CAMPUSES!



MAHAL MOTIF JHUMKAS



MOJIRIS



MULTI-COLORED HAIRCLIPS

WOW! explores streets, stores and online shopping for youngsters looking to update their wardrobe this semester.

## STREET SHOPPING

Wading our way through the manic streets of **Sultan Bazaar** and **Ameerpet**, we find a wide range of accessories. Highlights include the *mahal motif jhumkas* made from oxidized silver, pink *mojaris* which incorporate mirror and thread work, and eye-catching multi-colored hairclips.

## STORES

**Shoppers Stop** is our first stop. For women check out the Forever New pink cotton blend dress. For men, the light hues of Celio's abstract cotton casual shirt nicely complement Spykar's trousers on 40% sale.

At **Westside**, for women we discover Nuon black top with floral prints and knot-detailing at the hem, which can be paired with matching floral printed pants. For men, we found the combo of Nuon's off-white knit-textured shirt paired with washed design gray jeans.

Our final stop was **Centro**. The elegant white Moroccan crochet slip-on for women by Toms and their comfortable 30% off Carlo tan eco sneaker for men grabbed our attention.

Also on sale at 10% off at Centro is Caprese's faux leather *Olena Satchel Bag Large Coral* which includes compartments with an internal center divider and spacious interiors to hold your important notebooks.



FOREVER NEW PINK COTTON BLEND DRESS FOR WOMEN



NUON BLACK TOP WITH FLORAL PRINT WITH MATCHING PANTS



CAPRESE'S FAUX LEATHER OLENA SACHEL BAG LARGE CORAL



CARLO TAN ECO SNEAKER FOR MEN



CELIO'S ABSTRACT COTTON CASUAL WEAR SHIRT





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CORDUROY  
DUNGAREES



LOOSE  
FIT BLACK  
HOODIE  
WITH  
RELAXED  
DENIM  
SHORTS



LIGHT  
BLUE  
CROPPED  
SHIRT  
WITH  
DENIM  
CULOTTES

## ONLINE

H&M online houses an offbeat yet perfectly comfy monsoon look in the combination of cotton corduroy dungarees and a jacquard-knit jumper for women. For men, a warm loose fit black hoodie, which is 40% off, paired with denim shorts.

Zara has a cozy textured-knit polo shirt to go with white straight-leg trousers for men, and a light blue cropped shirt with cutwork embroidery paired with adorable denim culottes for women, that can be further styled with Zara's *Distressed Fabric Shoulder Bag* that includes a front pocket and strap with a buckle, adjustable shoulder strap, and a magnetic clasp closure.



DISTRESSED  
FABRIC  
SHOULDER  
BAG

Finally, to accentuate your appearance, you can don **Aulerth X JJ Valaya's** newly launched gender-neutral wristwear, *The Altruist Kada Bracelet* - crafted in surgical stainless steel with a high-grade finish - for a minimalistic look. ■ IPSHITA



THE ALTRUIST  
KADA BRACELET

## WOW! converses with Fashion Designer, Amiksha Akshantala:

21-year-old Fashion Designer, Amiksha Akshantala, who has previously worked with labels like Gaurang Shah, offers her insights on college fashion to WOW!

**Q: One quick and easy styling tip you recommend for a busy college morning?**

A: Keeping comfort in mind, go with denims or trousers and style it with a loose-fit shirt in brown shades for boys, and a tank top or a crop top in hues of royal blue or green for girls.

**Q: How can youngsters personalize their style while keeping up with current teenage trends?**

A: The idea is to incorporate what you already own and mix that with whatever is currently trending, making the final look your own and unique.

**Q: Share a DIY fashion hack that teens can update their wardrobe with?**

A: Tie and dye can be a big upgrade. Changing a plain white T-shirt into something colorful is a fashion hack you can use for a brand-new look.

**Q: What is the one trend from the past that is making a comeback?**

A: Bright oranges and yellows are popping up again along with polkas, florals and stripes. You can try to remove them from your wardrobe, but they'll never leave (laughs).

**Q: What pieces would you recommend from your collection for a college-goer?**

A: Jackets for guys and co-ords for girls from my sustainable streetwear collection.



Instagram: @stylesbyamiksha





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THE CITY IS PROUDLY SENDING SIX OF ITS TALENTED ATHLETES – PV SINDHU, ESHA SINGH, NIKHAT ZAREEN, SREEJA AKULA, AND THE SATHWIK-CHIRAG DUO–TO THE PARIS OLYMPICS THIS YEAR. All eyes are on these six stars with Olympian dreams. How are they preparing and where do they stand? Does the city's infrastructure support their ambitions? What did they sacrifice to get here? WOW! finds out more.

BY: MANJU LATHA KALANIDHI



# HYDERABAD TO PARIS: SUPER SIX AND THEIR OLYMPIAN DREAMS





Come July 26 and all roads will lead to Paris, when it hosts the mother of all sports extravaganzas, the XXXIII Summer Olympics, also known as Paris 2024, whose grand finale is slated for August 11. Ironically, the French capital last hosted the Games, its second, exactly 100 years back in 1924! Hyderabad has a special place in the Olympics, thanks to the winners the city has been producing. Did you know Hyderabad produced the highest number of Olympian footballers in India? This year, however, Hyderabad is sending six promising players in sports ranging from table tennis to badminton to shooting, bringing diversity to representation.

A veteran sports journo does a SWOT analysis of the Super Six athletes from Hyderabad

## AND THE CHANCES ARE...

Although, India is fielding a strong contingent across disciplines, for those from Telangana State and Andhra Pradesh, all eyes will be on the performances of six sportspersons from the two states. Shuttler P.V. Sindhu, the badminton men's doubles combination of Satwiksairaj and Chirag Shetty, pugilist Nikhat Zareen, paddler Sreeja Akula and shooter Esha Singh are all slated to represent India at Paris 2024. An interesting feature of the Paris-bound six is the domination of women contenders. With just a month left to strut their talent and make it to sports folklore, it is time to take stock of their potential. We talk to a former sports journalist from Hyderabad, **P Sreedhar** about what he thinks are the chances for our athletes.

**PV Sindhu, Badminton:** Although not in the best form, hopes will be high on Sindhu, who presently stands at a distant 11 in world badminton rankings. She is blessed with the resilience to regain the magic touch of a year ago and corner glory.

**Esha Singh, Shooting, women's 10m air pistol:** Esha Singh's prospects may be low but with her recent exploits, she can spring a surprise or two. Ironically, she is already in the

record books as the only athlete at the Paris Olympics to be participating in more than one individual event - women's 10m air pistol and 25m pistol.

**Satwiksairaj and Chirag Shetty, Badminton doubles:** This lethal combination is worthy of a podium finish as they sit atop the BWF world rankings. However, having been quite erratic of late, the two need to pull up their socks to make this a memorable outing.

**Nikhat Zareen, Boxing, women's 50 kg:** She is the toast of not just Telangana but the entire nation, nay, boxing world. By all accounts, she has the best potential to return with a medal. If the two-time reigning world champion punches her way to the gold, which is quite possible, she will become the first Indian female athlete to win an Olympic gold.

**Sreeja Akula, Table Tennis:** There is no doubt that Sreeja will be the surprise in the Indian pack, both in team and individual events. Making her Olympic debut may perhaps unnerve her, but the prodigiously gifted youngster is adept at pulling off stunning comebacks from near-losing positions, including against her more popular opponents.



This teenager who started her career when she was nine is making her Olympics debut this year and all eyes are on Esha

# SHARP SHOOTER: ESHA SINGH

PHOTOGRAPHY: STUDIO CAPTURELIFE | STYLING AND OUTFIT: DEEPTI ALAPATI | HAIR AND MAKEUP: RAH GLAM STUDIO AND SUNITHA





## SPORTING BIO

Esha Singh is the youngest Arjuna awardee in shooting and the youngest National Champion at 13 years. The youngest junior world cup medallist 2019 - 2022, she is also world champion in 25 mtrs and 10 mtrs. She has had the highest medal tally for an Indian female shooter at the Asian Games in Hangzhou 2023. She is currently world number 04.

## HER ACCOMPLISHMENTS

- World Champion in 70m air pistol mixed team
- National champion and record holder for the youngest shooter in the 62nd National Shooting Championship 2018 at the age of 13
- 2nd rank in Olympic trials 7 & 2 held in Delhi
- Won four Medals at the 2022 Asian Games in Hangzhou. (1 Gold 3 Silver)
- Arjuna awardee in 2023

**“I play for passion, not medals or audience”**  
– Esha Singh

Esha Singh, the 19-year-old shooting prodigy from Hyderabad, is gearing up for the biggest event of her career: the Paris Olympics. With a decade of training under her belt, Esha's journey to the Olympics has been marked by rigorous preparation, countless sacrifices and unwavering dedication.

### 30 DAYS BEFORE PARIS

In the final 30 days leading up to her departure for Paris, Esha's training regime intensifies under the guidance of her personal coach, Ronak Pandit. Her days start at 7 am, heading straight to the shooting range in Secunderabad where she spends a minimum of seven hours honing her skills in both 10 mtrs and 25 mtrs events. Despite the demanding schedule, Esha doesn't let the pressure get to her. “I've never trained specifically for the Olympics before, so this is all about fine-tuning what I've learned over the past ten years,” she explains. Evenings are reserved for workouts, often stretching until 8 pm, followed by a well-deserved rest.

### SACRIFICES AND PASSION

Esha's journey hasn't been without its sacrifices. “I've lost count of how many times I've missed out on home-cooked meals, travel and hanging out with friends,” she admits. But her passion for shooting keeps her going.

### A DAY IN ESHA'S LIFE

Esha's days are meticulously planned. After her morning training session at the range, she breaks for lunch before continuing her practise. Her evenings are dedicated to fitness, including Pilates and gym sessions at GNX Fitness, ensuring her core and upper body are in peak condition. Balancing her academic life was a challenge, but she managed to finish school (Regelford International School) and college education, including a BBA from Malla Reddy College, while pursuing her passion. “Studying helped me distract from the game and prevented burnout,” she shares.

### FUTURE ASPIRATIONS AND HYDERABAD'S ROLE

Looking ahead, Esha remains humble and grounded. “Whatever comes my way, I will embrace it. I do this for pure passion of the sport, not for an audience or a medal,” she states. She also acknowledges the highs and lows she has faced, emphasizing

the importance of resilience. “You're not a robot, so you don't always win. My parents taught me to play for myself and not take too much pressure.” She says that the love and support from her parents, mom Latha Naidu and dad Sachin, both entrepreneurs, is what keeps her going.

Despite her achievements, Esha believes that Hyderabad still has room for improvement in terms of sports infrastructure. “There were no academies for beginners when I started. Now, we have Gun for Glory in Gachibowli and Trimulgherry, thanks to Gagan Narang's initiative,” she notes.



## QUICK TAKE

- **Two things you had to give up to get here:** Dressing up and video games
- **Two things that you had to start doing to get here:** Be high profile and be visible to inspire others
- **First thing you want to do after coming home from the Olympics:** Go around zipping in VW car with my friends and family





Her winning spree in the last six months of this year makes Sreeja a hot bet for the big wins in Olympics this year

# BREAK OUT ATHLETE: **SREEJA AKULA**





## SPORTING BIO

Sreeja Akula is a women's singles & doubles (table tennis) athlete. The 25-year-old's World Ranking is #38\* (Women's singles) and World Ranking #27\* (Women's Doubles). Born in Hyderabad, Sreeja embarked on her table tennis journey in Telangana. Under the mentorship of coach Somnath Ghosh in his academy in Hyderabad, she has consistently done well at the national and international level. With an India #1 ranking and the highest ranked Indian women's singles player as per WTT rankings is a testament to her rising prowess.

2022 was her breakout year, where she clinched the Gold (Mixed Doubles) at the Commonwealth Games, Birmingham, 2022. Sreeja also claimed the Senior National champion in 2022 in women's singles, successfully defending the title she first won in 2021.

2024 was another notable year as she was the first Indian women table tennis player to win international tournaments courtesy, her victories at the WTT Feeder, Corpus Christi & WTT Feeder, Beirut II. She is also part of the historic India women's team to have qualified for the first time to the Olympics, where she will compete in both team and individual events. She is an Arjuna Awardee (2022).

“Every tournament is like the Olympics for me”  
– Sreeja Akula

Yoga and meditation help her stay stoic in the sport regardless of a victory or loss

### SPORTING BIO

Even as we hype up the Olympics, Sreeja is keeping her head firmly on her shoulders as she plays a few global tournaments before heading to Paris for the Olympics 2024. As she connects with WOW! Hyderabad in an exclusive interview over a call, she says, “I am not even thinking of the Olympics right now, I just wrapped up tournaments in Tunisia and Nigeria and am training in Germany. I want to stay strong, fit and injury-free and am doing the necessary training to be in my best form.” Meanwhile, she is hoping that the Olympic Federation will be able to get her coach Somanath Ghosh, under who she has been training for over 10 years now, for her big day in the global sports arena. “He's my pillar of strength and having him on the day of the game will immensely help me keep calm and play my game.

### KEEP CALM AND PLAY ON

Sreeja also takes special psychological training under Gayatri who helps her focus on her larger goal - of giving her best on the court. “I have been doing yoga and meditation for at least 10 years now and that has taught me to not get scared of anything. Everyone keeps asking me about the Olympic medal. For me, every game is like an Olympic match. Every win is important. I take this also seriously, but not any different from any other game I play.” she says in a philosophical tone. “The Olympics is beautiful, but winning or losing is not the end of the world. I hope to stay the same regardless of my wins and losses,” she says.



### HYDERABAD AS A PLAYGROUND

She says that while Hyderabad is great for badminton with academies like the Pullela Gopichand Academy, table tennis still lacks the infrastructure. “I practice in a tiny space in a mall, whereas other cities have huge courts to practice. First, we need better play areas and then we can nurture more players.” However, she is grateful that corporates such as Raheja and Ctrl S are supporting players like her and funding their international travel and stay which can be expensive for middle-class sportspersons. “Tamil Nadu players Saty and Sharath are lucky that their state spends Rs 25 lakh on them to encourage them to win on international platforms. I have been struggling to get the government to fund my expenses,” she says. The only ray of hope is the employment opportunities sportspersons get in India which gives them job security amidst uncertain times. Sreeja works as a bank manager in RBI Hyderabad when she is not busy with table tennis.

### QUICK TAKE

- **Two things you had to sacrifice to get here:** Staying away from family for long durations. An athlete's life can feel lonely as we are always on the move for training, therapy or tournaments. Although my coach travels with me, I miss my parents Praveen Kumar and Sai Sudha. The other is hanging out with my friends, watching movies and café hopping.
- **Two things that you had to start doing to get here:** Give press interviews and be active on social media.
- **First thing you want to do after coming home from the Olympics:** Eat chicken curry made by my granny Kalavathi





WOW! wonders if the glorious career of the badminton champ, a two-time Olympian will culminate in a final Olympic hurrah

# THE GOLDEN GIRL: PV SINDHU

## SPORTING BIO

As PV Sindhu prepares for what might be her final Olympic Games, the badminton star's illustrious career shines as a beacon of excellence. Sindhu's journey to the pinnacle of badminton has been nothing short of remarkable. From an early age, her talent was evident, and under the guidance of coach Pullela Gopichand, she honed her skills to become one of India's most celebrated athletes.

The lanky sporting superstar first made international headlines in 2013 when she won a bronze medal at the World Championships, becoming the first Indian woman to achieve this feat. This marked the beginning of her ascent in the world badminton rankings. In 2016, Sindhu etched her name in the annals of Indian sports history by clinching a silver medal at the Rio Olympics, the first Indian woman to win an Olympic silver in badminton.

## THE SPORTS A-LISTER

The years that followed saw Sindhu solidify her status as a top-tier player. She continued to perform admirably at various international tournaments, consistently reaching the finals and semi-finals. In 2019, Sindhu became the first Indian to win gold at the World Championships, a testament to her relentless pursuit of excellence. Her aggressive playing style, powerful smashes, and remarkable agility have been pivotal to her success.

Despite her impressive resume, Sindhu faced challenges, including injuries and periods of inconsistent form. However, her resilience and determination have always seen her bounce back stronger. The Tokyo 2020 Olympics, held in 2021 due to the COVID-19 pandemic, added another feather to her cap as she secured a bronze medal, making her the first Indian woman to win two Olympic medals.

## LAST AND FINAL CALL

As she eyes the Paris 2024 Olympics, speculation is rife that this could be her final appearance at the tournament. At 28, Sindhu is at a stage where athletes often contemplate the next phase of their careers. Despite being plagued by injuries and poor form of late, it is clear that she still possesses the drive to compete at the highest level. Winning another Olympic medal would not only cement her legacy but also inspire a new generation of Indian badminton players.

Can Sindhu win again for the country? Given her track record, it would be unwise to bet against her. Her experience, combined with her unwavering determination, makes her a formidable contender. While the competition will be stiff, Sindhu's ability to rise to the occasion in major tournaments could see her scripting another historic chapter in her storied career.

As the Paris Olympics approach, the hopes and prayers of a billion Indians will be with PV Sindhu, wishing for one more triumphant performance. ■ MALLIK



This badminton duo has recorded consistent success and sports pundits believe they will be invincible at the Paris Olympics

# SHUTTTLING THEIR WAY TO GLORY: SATWIK-CHIRAG



## SPORTING BIO

Satwiksairaj Rankireddy and Chirag Shetty have rapidly ascended to the pinnacle of badminton, achieving feats matched by few in Indian sports. Currently ranked world number 1 in men's doubles, they were honored with the Major Dhyan Chand Khel Ratna award earlier this year.

Satwik's father, a state-level player is his inspiration. He joined the Pullela Gopichand Academy in 2014, focusing on doubles. He set a Guinness World Record for the fastest smash at 565 km/h, surpassing the previous record of 493 km/h. Chirag Shetty hails from Malad, Mumbai, he began training at Uday Pawar Badminton Academy before moving to the Gopichand

Academy. Initially paired with Arjun M.R., he later teamed up with Satwik under coach Tan Kim Her's guidance, creating a formidable duo. Their combined skills and dedication have made them a force to reckon with in international badminton.

Satwik-Chirag Shetty are an Indian men's doubles badminton pair who have won many awards together, including:

- **2023 Asian Games:** Won India's first badminton gold medal
- **2023 Indonesia Open:** Became the first Indian men's doubles pair to win the BWF World Super 1000 title
- **2023 Korea Open:** Defeated Indonesian pair Fajar Alfian and Muhammad Rian Ardianto
- **2023 Swiss Open:** Won their first title as a pair, beating the Chinese pair of Ren Xiangyu and Tan Qiang in the final



The boxer is one of India's most promising Olympic aspirants as she has been on a winning spree in the last few months

# PACKING A PUNCH: NIKHAT ZAREEN

## SPORTING BIO

From winning the gold at the Commonwealth Games in Birmingham to winning the Women's World Championships in 2022, the sky is the limit for this young boxer who was awarded the Arjuna award last year. Nikhat is only the fifth-Indian woman to win a gold at the World Boxing Championships.

Her love affair with boxing began when her father took her to the sporting ground in Nizamabad and on seeing an all-male boxing ring was told that the domain was a man's preserve. Vowing to prove everyone wrong, she entered the ring with determination and today is known as the golden girl of Indian boxing.

After much struggle to continue to play the game and get sponsorships to fund the expenses, today she is one of the country's biggest sporting stars. With so much buzz around her, how does the young athlete keep herself grounded? In an interview with WOW Hyderabad, Nikhat had said, "I am hungry for success in the Olympics. I want to win the gold. To do that I just try to keep my head down and focus on my everyday work." she says. Her advice to young girls is simple. "Believe in yourself."





A promising table tennis champion lost opportunities as the government doesn't have a sports policy in place

## Dreams nipped in the bud

S. Fidel R. Snehit, the 19-year-old table tennis champion from Hyderabad, has competed in 17 international tournaments, winning numerous medals and earning acclaim as the city's most promising TT athlete. Despite his remarkable achievements, Snehit is heartbroken after narrowly missing out on Olympic qualification.

His father, Ramu Suravajjula, a journalist with a Hyderabad media house, blames the lack of support from the former BRS government. "The Telangana government doesn't have a sports policy. To get selected, players must compete in national and international tournaments to earn points. States like Gujarat and Tamil Nadu spend Rs 25 lakh per player per year to support their athletes. We're just regular middle-class parents—we had to sell our three-acre farm to support his game."

Ramu continues, his tone reflecting both pride and disappointment, "Snehit won a bronze in the prestigious BRICS game this June. Any other state would have rewarded him with Rs 10 lakh to pursue more tournaments, but here, there's no support. Although he has spent all his formative years in Telangana and brought laurels to the state, the government didn't help him, citing his birthplace in Puttaparthi, Andhra Pradesh. There's caste and regional politics, besides a lot of nepotism."

Despite his frustration, Ramu remains hopeful. "Snehit missed the bus this time, but he's going to make it big at the next Olympics," he asserts. Cutting across such political lines, Olympic Gold Quest (OGQ) has stepped in to sponsor Snehit, enabling him to travel and earn more points. OGQ, a program by the Foundation for Promotion of Sports and Games aims to help Indian athletes win Olympic gold medals. Established by sporting legends like Prakash Padukone, Geet Sethi and Niraj Bajaj, OGQ provides world-class training facilities to athletes preparing for the Olympics.

Ramu's unwavering belief in his son's potential is a testament to the sacrifices made by many parents to support their children's dreams, even in the face of systemic obstacles.

### DID YOU KNOW?

The Paris Olympics 2024 debuts a wide-ranging vegetarian menu, tailored to suit Indian athletes and advocates for 'leaf over beef'. Prioritizing dining options at the Games Village, the initiative strives to present a distinct culinary journey, highlighting a shift away from conventional meat-focused cuisine.



Cricket and football have ample coaching centres, but offbeat games suffer from lack of infrastructure and therefore participation from athletes

## Is Hyderabad's infrastructure equipped to nurture Olympians?

Hyderabad has emerged as a powerhouse for nurturing Olympians, thanks to its evolving sports infrastructure and support systems.

### KEY FACILITIES:

**Gachibowli Stadium:** A multi-purpose venue for national and international events, offering top-tier track and field facilities.

**Pullela Gopichand Badminton Academy:** Producing champions like PV Sindhu and Saina Nehwal with comprehensive training programs and state-of-the-art equipment.

**Telangana State Sports School:** Excellent facilities and coaching for shooting enthusiasts, nurturing talents like Esha Singh.

**Boxing Clubs and Academies:** Supporting athletes like Nikhat Zareen in their quest for Olympic glory.

### SUPPORT SYSTEMS:

Hyderabad's infrastructure includes a network of fitness centres, physiotherapy clinics and sports science institutes, ensuring holistic athlete training. Government initiatives and private investments continually enhance these facilities, fostering an environment conducive to producing world-class athletes. ■



Lounge by day and club by night

## Rebel Escapades



Launched in May by owner Srikanth Commuri, **Rebel and Rye - Bar & Kitchen** can be found on the fifth floor peacefully overlooking the city. The 3,500 sq.ft. space is minimalistic and features a menu that boasts fusion of flavors with a mix of traditional and modern dishes.

### VIBE

It has indoor and outdoor (rooftop) seating, that is separated by glass

windows. Natural light seeps in through these windows, illuminating the 160-seater which also incorporates an elegant bar area. Where we are seated there's a wall featuring musical legends like The Beatles, Freddie Mercury, Lady Gaga, Michael Jackson, Bob Marley and Madonna. It complements the theme of the hangout spot.

### DRINKS

We order their signature cocktails, a strong rum-based *Tall & Stormy*, and the subtle and delicate gin-based *Above the Clouds*. Though both cocktails are great, it is *Tall & Stormy*, the tiki drink with orange, pineapple and blend of white and dark rum, that stands out for us.

### FOOD

Later we are recommended a delightful selection of food. This includes the *Romaine Style Chicken*; a crunchy and creamy *Nachos* served with *Salsa* and *Sour Cream*; the tender *Tai Pai Paneer* that melts in the mouth; the soft-textured *Pomegranate Prawns* seasoned with fresh pomegranate juice and cheese; and the plentiful *non-Veg Platter* which includes *Chicken Popcorn*, *Achari Chicken Tikka*, *Kung Scheszwan Chicken*, and *Chicken Chimichurri*. Our meal ends



**WOW!**  
Recommend:  
**Tall & Stormy**

with the ultra-creamy *Brownie with Ice Cream*, perfect for any occasion.

### MUSIC & OTHER ACTIVITIES

House music plays during the day here. Wednesday sees Jazz Nights; Thursday, Retro Rock; Fridays and Saturdays will soon see a shuffle between DJ nights and live band performances; and Sundays incorporate Sundowners. Keep a lookout for the celebrated Chennai-based band *Staccato* who are to perform soon.

■ IPSHITA

**Price for two:** Rs 2,000 onwards

5th Floor, Sujana One, Film Nagar

Tel: 77025 48239

**Timing:** 12 pm to 11.30 pm (weekdays), 12 pm to 1 am (weekends)

**DJ Xwitchkid** on what the city grooves to

## City's beat - Bollywood and Melodic Techno

### REAL NAME

G Venkat Sai Patel

### NAME AS DJ

Xwitchkid

### HOW LONG IN THE INDUSTRY

Since 2017.

### WHAT KIND OF MUSIC DO YOU PLAY?

Underground Music (Melodic Techno, Tech House and Afro House)

### WHEN AND WHERE CAN WE CATCH YOU ON THE DJ CONSOLE?

I have done residencies at clubs like Anthm, Illuzion and others, also Sunburn and various shows across cities like Bangalore, Chennai, Goa, and Pune. Currently freelancing on weekends in the city.

### WHAT KIND OF MUSIC DO THE HYDERABADIS LIKE

Hyderabad has a mixed crowd - half likes Bollywood music and the other half prefers underground music.

### CROWD'S ETERNAL FAVORITE NUMBERS?

1. *Aria* by Argy
2. *Secret ID* by Moojo
3. *Pantheon* by Goom Gum

### THREE NUMBERS OF 2024 THAT HYDERABAD IS GROOVING TO?

1. *Papi* - Ede Shalev
2. *Massano* - Shut Down
3. *Premier Gaou Nite Freak* - Remix

### YOUR FAVORITE WATERING HOLE?

Ukusa and Lala's for coffee, Xena Brewery for beer.

### WHAT'S THE BEST WAY TO DO A CLUB NIGHT?

A good DJ's set is a journey. If you come early you can be a part of it from start to end. Being friends with a DJ has its own perks like free entries, guest lists, backstage and more. The whole point of clubbing is to socialize, eat, drink, have fun, make memories and of course loud music, so a silent disco is not really a good option.

■ VAISHNAVI



**Instagram:** <https://www.instagram.com/xwitchkid/>





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GANDIPET, HYDERABAD

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unforgettable memories with your special someone.**





Fun way to experience an adventure with gravity

## Chasing the Adrenaline Rush

**Gravity Zip**, launched in 2022 by brothers Sushil Meda and Ramana Meda, promises a wild ride in their feature attraction: indoor skydiving. Having experienced the thrill of the activity firsthand in the US, the founding duo decided to set up India's first and only **Indoor Skydiving Arena** in Gandipet. "There are people who think it is a simulation, but once they experience it, they understand that it is the real thing," Sushil explains.

### THE STAR ATTRACTION

The state-of-the-art facility incorporates a large 28 feet high cylindrical tunnel that recreates the heart-stopping experience of skydiving from 10,000 feet, but in a safer and more controlled environment. Incidentally their largest client is the Indian Defense Services. They come from across the country to train at the facility.

The activity is conducted in groups of 10 to 12 for ages above six. Once suited, people are first trained for 15 to 20 minutes by a certified instructor. Then led to the pre-loading chamber and

finally inside the tunnel. The session lasts between 45 minutes to an hour with a fly time ranging from 75 to 150 seconds.

### FURTHER ATTRACTIONS

The place also incorporates an **Indoor Bowling Alley** that houses two lanes overlooking the tunnel, a great place for small gatherings and birthdays. They also have a 2,500 sq. ft. indoor **Laser Tag Arena**, a group activity for ten. It is a perfect activity to bond with your friends. It lasts 45 minutes, with a 15-minute play time.

### LOUNGES

To unwind after physical exertion, Gravity Zip also offers the **Theia Bistro and Bar**, a Greek charm rooftop restaurant where a lineup of drinks and culinary adventures await; and a coffee shop on the first floor named **QiQi**, known to serve some of the best waffles, pancakes and French toasts the city has to offer. ■ IPSHITA

**Price:** Rs 400 to Rs 3,000  
**Plot No.** 3, Beside CBIT College, Gandipet  
**Tel:** 080 69252408  
**Timings:** 12 pm to 9 pm



## Fun classes around Durgam Cheruvu



### SUNDOWNER KAYAKING

Enjoy stunning sunsets over Durgam Cheruvu Lake from the quiet, serene confines of a kayak. Water School offers this amazing experience by kayaking across the lake, for a perfect evening immersed in nature. Kayaking is one of the easiest water sports to learn. After onshore training you get in the water and learn to maneuver a kayak using basic forward and turning strokes with the aid of a Coach and the watchful eye of a Safety Boat.

**Registration starts at 5.15 pm and the event will wrap up by 6.45 pm. Needn't know how to swim to learn kayaking.**

**Price:** Rs 1,250  
**Bookmyshow**

### WINDSURFING

Windsurfing is where the rider stands on a large board and uses a sail to surf through the water. If you are an adult and love adventure and nature, this is an ideal activity to learn. Monsoons are the best time for these breezy water activities. Please arrive at the venue 30 minutes prior for a seamless entry.

**Price:** Rs 1,250  
**Bookmyshow**

### STANDUP PADDLING

It's the best workout fun you can get. Feel powerful as the water tries to maneuver your boat. Standing leads to a better core and better posture. The activity is known to reduce stress. Special sessions available for students aged 8-16 years. 10 sessions of 60 mins each cost Rs 6,500. The classes include certified instructors and safety protocols. ■ MANJU

**Price:** Rs 500 for 60 mins for adults

**Tel:** 89779 41265  
**Timings:** 7 am to 7 pm  
**waterschool.in**





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A HEART PATIENT, ONE OF DR MURALIDAR'S PATIENTS, COMPLETES A MARATHON HELD EARLIER THIS YEAR

Yes! you can, says Dr Muralidar who trains anyone with any kind of heart disease to run a marathon within a year with the right medical protocols

## Marathon after a heart attack?



When Lingam suffered a heart stroke in 2022, everyone told him to 'take it easy'. Cut to 2023, he ran a marathon and his inspiring story splashed across newspapers and social media. Durgiah, who also

suffered a cardiac condition, was hailed a heart hero when ran a marathon. He and 32 others across India have achieved such physical feats. All of them have trained under **Dr. Muralidar Babi**, a 40-year-old doctor, who has been a runner for 20 years.

### ADDRESSING THE CONCERNS

Is he a fitness coach? No, but he's a qualified doctor who graduated with MBBS and MD in rehab medicine from CMC Vellore. He previously worked in Employee State Insurance Corporation as Assistant Professor where he trained over 40 people with cardiac conditions to complete fitness since 2021. With frequent reports of death due to exercise, especially on treadmills, how does the doc address this?

"I use a unique Cardiac Rehab protocol to help heart patients build resilience and achieve physical feats, including marathons. The protocol deploys physician-supervised custom-tailor structured graded exercise program," says Dr. Muralidar. He believes that exercise is medicine, a philosophy that drives the Advanced Cardiac Rehab services that he has formulated in his health center.

### BOUNCING BACK

The program dismantles the myths and fears that surround cardiac recovery. "Participants are empowered to reclaim their lives, engaging in activities they once thought impossible. From 21 to 65 years, they are from diverse backgrounds and ages," he says. His patients train for two hours, thrice a week under his supervision at his facility in Jubilee Hills. Currently, patients are training for the NMDC Hyderabad Marathon on August 24-25 in the city.

### COMPREHENSIVE CARDIAC REHABILITATION

Dr. Muralidar's program offers specialized rehab services for a variety of cardiac conditions, including heart attack and heart surgery. Patients who were wait-listed for a heart transplant earlier last year have run marathons this year. "It's my mission to prevent early heart attacks and to prevent premature hospitalization and early deaths among those who survive heart attacks," he says.

While he trains a handful of patients for free through his NGO, the rest are trained at Rs 35,000 per month which ranges from six months to one year and there is no remote/zoom training. "The marathons are calling and my patients are answering it with their strength and vigor," says the doctor. ■ MANJU

*(Take your cardiologist's advice before signing up)*

Journalist Colony Rd,  
MLA Colony, Jubilee Hills  
Tel: 86886 24653



Apple cider vinegar shampoo or neem shampoo this season? An Ayurveda expert shares advice

## For zero tress stress this monsoon

### DID YOU KNOW?

Healthy hair can stretch up to 30 percent of its length when wet. If your hair does not go back to its original state, it lacks protein. If it snaps, it has too much protein (or lacks moisture). This is called the Wet Stretch Test.

Monsoons, with high humidity and rain, can wreak havoc on hair, leading to dandruff, frizz and hair fall. Ayurveda expert **Dr. Levin Nair** of Health Veda at Manikonda shares strategies to maintain healthy hair during this season.

### DANDRUFF AND ITCHY SCALP:

Dr. Levin suggests using a neem-based shampoo twice a week. Neem's antifungal properties help keep dandruff at bay. Additionally, a hair mask made from a paste of fenugreek seeds soaked overnight and applied to the scalp for 30 minutes before washing can soothe the scalp and reduce itching.

### FRIZZ AND DRYNESS:

Dr. Levin advises to, "warm a mix of coconut and *Brahmi* oil and massage it into your scalp and hair once a week. This reduces fizz, nourishes and strengthens the hair." Post-wash, use a light herbal conditioner made from aloe vera gel to maintain moisture balance.

### HAIR FALL:

The constant wet and dry hair during monsoon can lead to increased hair fall. To combat this, eat a diet rich in proteins, vitamins and minerals. "Include foods like spinach, almonds and flaxseeds," says Dr. Levin. Additionally, a scalp massage with a blend of sesame and *Amla* oil can improve blood circulation and promote hair growth.

### OILY SCALP:

Monsoons can exacerbate oily scalp. Dr. Levin advises rinsing hair with diluted apple cider vinegar once a week for scalp's pH balance. ■ MANJU





## WITH STATE-OF-THE-ART COSMETOLOGY TREATMENTS FROM DR. JAMUNA PAI'S SKINLAB

Beautiful body, beautiful mind. **SkinLab** by celebrity cosmetologist **Dr Jamuna Pai** is a testimony to the power of an aesthetic appearance and its impact on the mind and overall wellbeing. When you look your best, you exude confidence which leads to success. Situated on Road Number 1, Jubilee Hills, SkinLab boasts of state-of-the-art facilities in a tastefully done-up space, designed to provide its clients with high levels of medical proficiency, comfort, and care. There are different types of treatments offered at SkinLab ranging from Laser Hair Reduction, Professional Peels, Anti-ageing Treatments, Pigmentation Treatment, Skin Tightening, Advanced Skin Brightening, Anti- Oxidant Radiance Therapy, Botox, Dermal Fillers, Thread lift, Acne Treatments, Skin Resurfacing, Advanced GFC for face and hair, Medi facials and clean-ups, Coolsculpting. Coolsculpting is a revolutionary non-surgical contouring treatment that eliminates stubborn fat.

SkinLab offers the latest and most effective laser hair reduction procedures conducted only by certified medical professionals, and this is what sets them apart from most other clinics and spas.



The Advanced Skin Brightening Peel is a result-oriented treatment for melasma and stubborn pigmentation. Botox Cosmetic injections and dermal fillers can reduce or eliminate wrinkles by relaxing facial muscles and adding back lost volume under the skin surface. Chemical peels speed up skin cell turnover essentially making them skin resurfacing and exfoliation agents. The basic aim of chemical peels is to replace the outer, dead layers of tired, sallow, blemished, and wrinkled skin to reveal the underlying areas of fresher, younger-looking skin. Threadlift is the perfect solution to enhance facial contours, reduce roundness, and lift sagging skin in the cheek, jowl, neck, and eyebrow areas.

SkinLab gives you the most effective appearance-enhancing treatments which are US FDA-approved, with the shortest downtime, and longest-lasting results. All in the capable hands of medical doctors, under the renowned and professional banner of Dr Jamuna Pai who is trusted by leading celebrities, top film stars, sports persons, corporate executives, housewives, and even college students. SkinLab treatments are much sought after by both men and women as more and more people begin to realize the power of appearance. It's time to put your best face forward and stride confidently in the world to chart your success course by giving yourself the SkinLab advantage.

### Results you can trust

SkinLab's dedication to excellence shines through in everything they do. Their team of doctors and professionals is meticulously trained to ensure you get the safest and most effective treatments for your unique needs while minimizing any risks.

### Beauty solutions, customized for you

Forget cookie-cutter facials and one-size-fits-all solutions. SkinLab boasts a diverse menu designed to address your unique needs. With thorough consultations, they ensure that your treatment is carefully curated to suit your skin type and that you receive proper follow-up to ensure that the care you get goes beyond just skin-deep.

***All treatments at SkinLab are conducted by Medical Doctors under strict guidelines and protocols to ensure your safety at all times.***

### SkinLab Treatments

- ◆ Laser Hair Reduction
- ◆ Professional Peels
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- ◆ Pigmentation Treatment
- ◆ Skin Tightening
- ◆ Advanced Skin Brightening
- ◆ Anti-Oxidant Radiance Therapy
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- ◆ Thread Lift
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- ◆ Medi Facials and Clean-Ups
- ◆ Coolsculpting

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**Dr. Jamuna Pai's SkinLab**  
**No: 8-2-293/80/J – III/573-H,**  
**3rd Floor, VVC Park View Complex,**  
**Road Number 1, Jubilee Hills, Hyd - 033.**  
**Contact: 7358 300 300**





GREEN BUST IN THE HALL



THE BOOK CHARACTER-THEMED FUNKY CHILDREN'S LIBRARY

“We printed out fun posters like Harry Potter and Alice in Wonderland to use as cupboard doors - Supraja Rao”



THE BIRD AND BRANCH LAMP ON TOP OF THE DINING TABLE



The house with the blue door in Kondapur blends functionality and flair with gorgeous artwork

# Quirky and classy

'The house with the blue door' sounds fun, exactly how Veena and Dinesh Reddy's home is. A dynamic duo bringing their vibe to their home in Kondapur! Veena, the brain behind a booming software company, and Dinesh, who crushes it (literally) in the stone-crushing business, know how to blend work, life and party time effortlessly. Their 6,000 sq. ft. three-level villa in a swanky gated community screams fun, functionality and flair. With two kids under 10, they needed a space that's as lively and energetic as they are. "Veena wanted a splash of bling, glam, color and a dash of quirkiness in the mix," shares Supraja Rao, founder and principal designer of Design House, Hyderabad, who did the interiors. Architect Sriram Reddy is the project management coordinator for this villa that resonates with modern day aesthetics.

## BLACK TONES AND BULL TALES

As you walk into the house, you can hear the waterfall outside the glass walls. The house with predominant grey and ash tones has a stunning mural by artist Bharat Yadav. "The painting depicting buffaloes and bulls is festive and a conversation starter," says Veena. She loves visiting art galleries and this work at Supraja's Kadari Art Gallery caught her eye and brought it home. The artistic streak continues to the green center table surrounded by comfy, lounge sofas in black and chocolate brown. The sculpture of a woman's face in green goes well with the chandeliers from the Czech Republic.

The workspace near the door that overlooks the outside has a stunning, geometrically-shaped light fixture. Cool and professional is the vibe of the workstation. The Zen Buddhist sculpture adds a different touch to the otherwise professional space.

## BIRDS AND BRANCHES

The ground floor has a bedroom that serves as a guest room for their parents and in-laws. Keeping in view the aesthetics of senior citizens, Veena asked Supraja to design it conservatively. The room has an exquisite Ramesh Gorjala painting of Lord Narasimha Swamy and his consort Lakshmi. "Incidentally, my in-laws have the same names," informs Veena.

The simple *pooja* altar and kitchen have a little extension with a quirky light fixture that looks like birds perched on a branch. This area leads to the first floor with the master and children's bedrooms. The master bedroom has a striking four-poster bed in the middle of the room and the absence of a cliched TV is beautifully offset by a 'yin and yang' sculpture with fruits and flowers depicting the two halves. Supraja has designed the space with a small table behind the bed that can transform into a workstation when the busy couple needs to do a quick login.

## READ, PLAY, LAUGH

The children's area is where this house truly pops with color and flavor! It houses a library which features sleek, tall doors with posters of iconic characters from fairy tales. "I printed out fun posters like Harry Potter and Alice in Wonderland to use as cupboard doors," Veena shares. The handmade tiles are

a canvas for the kids' painting, drawing, and DIY adventures. "This space even leads to a balcony with a sand pit. Our kids have had their best vacations here," Dinesh adds.

## TRAVEL TALES

Supraja designed this house to grow with the family over the next 20 years, keeping in mind that the kids are still under 10. "Check out the study table in the children's bedroom," Supraja points out. "It's just one foot tall now, but it can be adjusted as the kids get taller." Walking barefoot through this gorgeous home, you'll feel nature's touch everywhere. "Back in the day, people collected colorful pebbles and stones from their travels. The couple wanted their home to echo this wanderlust, so we chose pinks and greys for the floors, walls, and ceilings," says Supraja. The kids' playroom, featuring a monkey bar, playful curtains and a glowing ceiling, is the ultimate fun zone for the little ones.

MURAL BY ARTIST BHARAT YADAV



PHOTO CREDIT: MONIKA SATHE

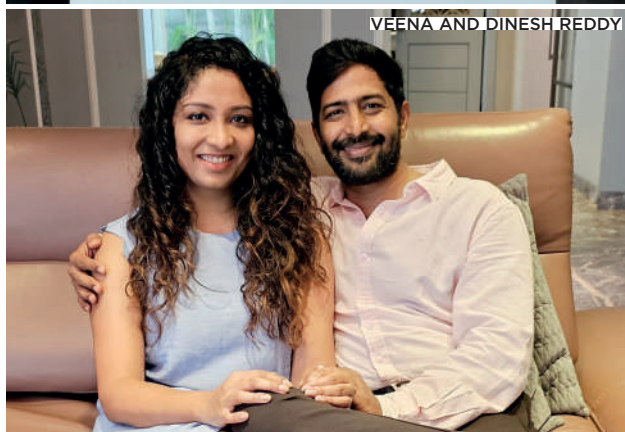




FOUR-POSTER BED IN THE MASTER BEDROOM



ARTWORK BY SHIVARAMA CHARY



VEENA AND DINESH REDDY

### SETTING THE BAR HIGH

The Reddys' save the best for last—their exclusive lounge on the third floor! This top-level haven features an outdoor zone perfect for BBQs or soaking in some fresh air. Inside, their home theatre whisks you away to a high-end multiplex. "It's our own private PVR," jokes Dinesh. With lounge chairs, snack stands, soundproof acoustics and WPC walls (Wood Plastic Composite), it's the ultimate spot for movie and game nights. The well-stocked bar, complete with bar stools and lounge seating, feels like a trendy city pub. "We order food, crank up the music, and dive into movies or sports. Our friends swear it's the best weekend hangout," Dinesh adds.

### LISTEN TO THE HOUSE

This house is all about vibes for everyone—kids, adults, and even the grandparents! It's a vibrant tapestry where every corner tells a unique story. Think whimsical fairytale library doors, eye-catching paintings, a swanky night bar, and a playful bird branch. Every detail shouts personality. With its iconic blue door, this home is a storyteller. A good house always has something to say. Listen to the house. ■ MANJU

### ART FOR A CAUSE

The staircase to the first floor is marked by a quirky neon green sculpture featuring two busts. Veena remembers they were considering various stunning pieces for this spot, but the sudden death of artist Y Shivarama Chary in December 2020 led them to choose this one. It serves as both a tribute to Chary and a way to support his family through the sale of his works. "This sculpture holds a special place in our home as one of Chary's final creations," says Veena.



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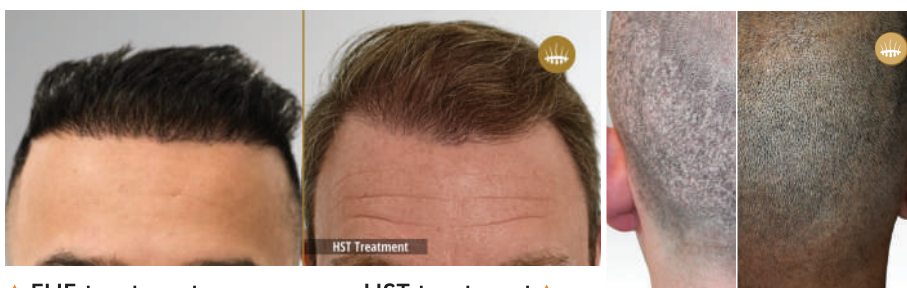
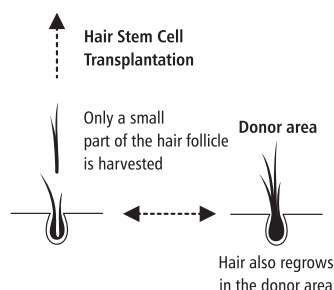
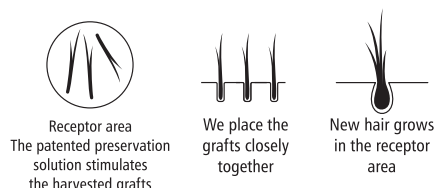
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Donor Area:  
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WOW! speaks to **Dr Anita Shah** who expands on her book and influence of *Pichwai* tradition

## Colors of Devotion

WOW! Interviews Dr Anita Bharat Shah in the backdrop of a huge embroidered *Pichwai*. A museologist and an avid collector of Indian textiles and art objects, she is the author of, *Colors of Devotion*, that explores the history of the *Pusthi Margis*.

The community founded by Saint Shri Vallabhacharya, worships Krishna as Shrinathji and uses art and music as a major pivot in devotion. The book showcases many rare private and public art. Anita's family, who were bankers and jewelers to the Nizams, migrated to Hyderabad in 1729.

The word *Pichwai* is derived from the Sanskrit words 'Pich' which means back and 'Wai' means hanging. They describe the life events of Lord Krishna and are hung in Shrinathji temples behind the idol especially at Nathdwara. Over the years the family collected many rare *Pichwais* which are now dispersed across museums in the UK, US and Japan.

Anita took over seven years researching for the book and says one of the most important reasons for it was to retain the sanctity of Indian art. "There is a lot of trivialization when it comes to Indian art, especially by western writers. Their nomenclature is limited and they fail to get the nuances right," she says.

As a member of a family that has followed the tenets of *Pushti Marg* over generations, the author is uniquely placed to offer an insider's view of its philosophy. The book also throws light on the origin of the most important pre-Mughal manuscript, *Palam Dispersed Bhagavad Puran*, written around 1520 and consisted of 300 pages. Today the book that influenced the painting style from the 15th century onwards is spread across the world among collectors and museums.

Anita also sheds light on the little known *Kalamkari Pichwais* which incorporate the themes, motifs and colors of *kalamkari* techniques into the robust palette and stories of *Pichwais*. She states, "I think some of my ancestors traveled to the Coromandel coast and commissioned these artworks. They are certainly unique and there are a lot of unheard-of motifs from the swordfish to the scorpion which tie them to the Coromandel Coast."

In her beautiful art-filled home (full of *Pichwais* and miniatures), Anita has built a refuge for these artworks that fill the soul with joy. An authority on rare Indian art, she has been feted at many international platforms and taught extensively abroad. Currently working on her next book on the aesthetic theory of Indian art, the author is bursting with stories in a city that barely notices them! ■ MALLIK

**Dr Anita Shah will give a talk on Indian *Pichwais* on July 7, at Saptaparni**



"There is a lot of trivialization when it comes to Indian art, especially by Western writers."



EMBROIDERED PICHWAI LATE 19TH CENTURY (ANITA AND BHARAT COLLECTION ABBHA COLLECTION)



A FAMILY PHOTO SHOWING RAJA BHAGWANDAS AND RAJA GULABDAS IN THEIR HAVELI, BANK STREET, 1903



Meet a young Telugu Rapper  
making his mark with his work

# GULLY BOY

“I want to become  
the voice of the  
voiceless and  
inspire people  
with my work.”



Featuring youthful lyrics and a confidence that is hard to match, *Pilla*, the latest hip-hop sound track by Telugu rapper Mohammad Asad Faraz is unlike anything you have heard before. It marks a watershed moment for this genre in Telugu music. Coming on the heels of the release of his well-received album *Aarambam*. The youngster hit a purple patch very early in his career thanks to his persistence and phenomenal talent.

Asad heard hip-hop for the first time while downloading music of revolutionary songs (the Telangana agitation was in full steam at the time) for his father's DJ business. He was in fourth standard and it changed his life.

“I did not understand the lyrics but I was attracted to the whole vibe of the song, the way the singers dressed and presented their music. I started listening to musicians like Honey Singh, Imran Khan, Sean Paul and Akon, and understanding their work,” he recalls

While pursuing his engineering, Asad experimented with his own YouTube channel (he shut it down since) and learnt the rudimentary tips and tricks of the trade – sound, camera angles and set-up. In 2019, he recorded his first song *Yehi asli shot* (in his college library but never released it officially) a mix of Urdu and Hindi lyrics. Same year he came out with his first Telugu song, *Idhey ra Zindagi* and got thousands of views online giving him enough determination to pursue his dream.

The turning point came with *Apna Warangal* that garnered much acclaim. “It was my tribute to the greatest city in Telangana. I'm happy about it because it really helped me make a name for myself and people still recognize me for it.”

His unique Telugu hip-hop music has depth and is spreading awareness from themes on student life, importance of relationships to the struggle by artists.

“I want to become the voice of the voiceless and inspire people with my work. It is not just some fast-paced music but I want to ask people – what is it that you want to do? I also want to share my story so that young people are not restricted in thinking that they can only be doctors or engineers, but can follow their true passion,” he states.

Currently the young singer is on a mission to extend the boundaries of Telugu hip-hop music. “Today, a lot of pubs have live bands which is great. Even on the odd night that they have a rapper, they call musicians from Mumbai or Delhi, where will musicians like us, who are into Telugu rap go?” he questions, “I hope that changes soon and we are appreciated for our skill.”

Looking at his talent, it seems the day will arrive sooner than later. ■ MALLIK





A holiday that relaxes, revives and reconnects you with nature

## A detox weekend!

Sometimes your holidays are so hectic that you have to take another to recover. But at **Anantya by the Lake**, on the banks of the Chittar Lake in Tamil Nadu, the only thing you have to do is sip coconut water by the pool, order the river fish, and contemplate the good life. Here you detox both mentally and physically as you shed your other life amidst the silence, the waters and the greenery.

### WHERE

The resort can be reached from Trivandrum airport in 90 minutes on the State Highway 45 in Kaleil Village in Kanyakumari district in Tamil Nadu. The 13 acres resort has been carved out of the 1000-acre Vaikundam Rubber Plantation that belongs to the Sarma family of Trivandrum. "While growing up

in Trivandrum we would come here to get lost literally, and it was such a safe place," recalls Lavanya Ramachandran, a member of the family and the marketing head of the resort. Interestingly, the Rubber Plantation was set up by an Englishman, Thomas Patrik Madden Alexander of East India Company, way back in 1912, and subsequently bought by the family in the 1950s.

### THE RESORT

Almost all the 31 villas overlook verdant greenery and the Chittar lake and some villas have their own private pool, jacuzzi and open to the sky bathroom. Inspired by Laurie Baker's architecture and other sustainable style architects, the outdoors nature blends seamlessly with the rustic interiors.

Food offered is Kerala (have all the *kari meen*, *appams* and red rice you want) and north Indian. Being a small resort, the chefs are ever so kind to rustle up a kid-friendly or a special meal for you.

### THINGS TO DO

If letting your mind attain *nirvana* amongst these old rubber and teak trees is not enough, there is much to do both in the resort itself and. Treks around the lake and a visit to the rubber plantation are worth the lovely rainy mornings. We would also recommend a day trip to Kanyakumari to see the Vivekananda Memorial (where PM Modi was in meditation recently), and on the way back, visit the Padmanabhapuram Palace of the Travancore Maharajahs.

On the same drive you can visit the Thiruvattar temple which has a reclining Vishnu much like the Padmanabha Swamy temple in Trivandrum. The lore has it that the deity here is an older Vishnu, as there is no Brahma coming out of his navel. In the simplicity of faith at these temples you realize there's no need to make a din over building temples for Ram.

When you want a holiday amidst silence and nature, we recommend you head to Anantya. The place is kid-friendly and pet-friendly. A holiday where you bond with the family, not over Netflix but over old-fashioned board games like carrom board and *pacchisi*.

*Since it rains 10 months of the year here, you can visit the resort at any time of the year.* ■ RATNA

*Tariff Rs 9,000 onwards per night. Check website for special offers*

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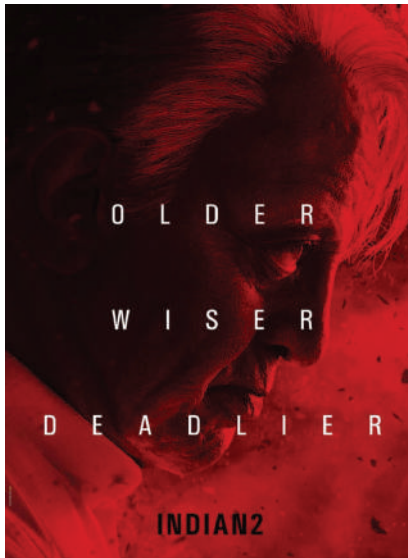


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## MOVIES

In theatres



### INDIAN 2 (Telugu/Tamil)

Kamal Hassan and Shankar's 1996 blockbuster finds its two sequels on cards, finally releasing this month. Having faced innumerable backlashes including remaining in limbo post a freak accident, until Red Giant Movies stepped in to co-produce the movie. Shankar ended up filming more than six hours of footage, resulting in two parts. The anticipation is extremely high considering Hassan's recent blockbuster *Vikram* and Shankar delivering the massively mounted 2.0.

Date: 12<sup>th</sup> July



### Kill (Hindi)

Dharma Productions' film marks the debut of Nikhil Nagesh Bhat with debutantes across the board from television. Lakshya debuts as a commando in the Indian Army aboard the Rajdhani Express who takes matters into his own hands when it is stormed by a gang of bandits. The film premiered at the Toronto Film Festival in September 2023. It's also the first time an Indian film is being acquired by an American studio – Lionsgate, to be theatrically distributed across the country. The action is choreographed by the legendary Se-Yeong Oh, known for films like *Avengers: Age of Ultron*, *War* and *Fan*.

Date: 5<sup>th</sup> July

### DEADPOOL & WOLVERINE (English)

The most awaited movie hits your nearest screens this month. Ryan Reynolds returns for the third time and does the impossible by bringing back Hugh Jackman as Logan/Wolverine. The plot follows Wade Wilson, who is recruited by the TVA, to help protect his realm, by teaming up with Wolverine. It is the 34<sup>th</sup> film in the Marvel Cinematic Universe, directed by Shawn Levy and first one with an R-rating. It's considered to be the soft reboot of the franchise, as various casts including the *Fantastic Four*, are being announced, with many more rumored to make an appearance in the film.

Date: 26<sup>th</sup> July



### AURON MEIN KAHAN DUM THA (Hindi)

Comprising a stellar cast of Ajay Devgn, Tabu, Jimmy Shergill and Shantanu Maheshwari, it marks the return of ace filmmaker Neeraj Pandey after *Aiyaary*. Pandey has been busy developing TV series – each one better than the previous. Devgn and Pandey come together for the first time in this romantic thriller about a couple and their relationship spanning two decades, diving into the emotional depth and dynamics and culminating into one final meeting. The music is composed by Academy Award winner M. M. Keeravani.

Date: 5<sup>th</sup> July

### FLY ME TO THE MOON (English)

Scarlett Johansson teams up with Apple and brings a stellar cast in this period motion picture about the space race during the '60s and NASA's attempt to stage a fake moon landing in case the actual one fails. Directed by Greg Berlanti, the only producer in the world who had 18 different live-action television series airing at the same time, having signed the most expensive producer deal of all time during the year 2018.

Date: 12<sup>th</sup> July





## OTT SHOWS



### EMOJI (Telugu) AHA

Originally made in Tamil and dubbed in Telugu, the series revolves around a young couple who face separation due to physical reasons but reconsider each other due to the love they are unable to find anywhere else. Starring Mahat Raghavendra and Devika Satheesh among others and directed by Sen S Rangasamy. It has received praise for acting and music while polarizing reviews for the show itself – with some calling it a breezy romantic entertainer.



### MIRZAPUR (Hindi) AMAZON PRIME

One of the most watched TV series in the world, its third season releases on July 5<sup>th</sup>. The cast from the previous seasons returns with Pankaj Tripathi, Ali Fazal, Divyendu, Shweta Tripathi and Rasika Dugal. The show is widely considered one of the best on the platform especially for its writing and performances. Tripathi has become a household name while Ali Fazal has reached greater heights having starred in Hollywood motion pictures. The show continues to be produced by Farhan Akhtar and Ritesh Sidhwani under Excel Entertainment along with writers and creators Karan Anshuman, Puneet Krishna and Mihir Desai.



### BEVERLY HILLS COP: AXEL F (English)

Eddie Murphy returns in the iconic role of Detective Axel Foley for the fourth time. He discovers corruption in the police department while teaming up with his old friends Taggart and Billy along with newcomer to the series Joseph Gordon-Levitt as Detective Bobby Abbott. The film marks the debut of director Mark Molloy – who was a designer for brands such as Nike and BBC before moving to directing ad films. Bankrolled by Netflix, it is one of the most anticipated films of the year. The music is provided by Lorne Balfe.



### ARANMANAI 4 (Tamil) Disney + Hotstar

This haunted mystery is about a man who decides to search for the hidden truth after his sister's suspicious death, setting off chaos and terror. The film stars Sundar, leading an ensemble cast that includes Tamannaah Bhatia, Raashii Khanna, Ramachandra Raju, Santhosh Prathap, Kovai Sarala and Yogi Babu.

### TELUGU INDIAN IDOL SEASON 3 (Telugu) AHA

This music reality show features the sensational composer SS Thaman, alongside star singers Karthik and Geeta Madhuri as judges. Hosted by Indian Idol alum Sri Rama Chandra, it showcases contestants who will mesmerize the audience with their vocal prowess in this massive musical competition. ■ CHANDRAMOULI







## ADITI THE 'GIRL BESTIE'

If there's one actor who should mark 2024 in golden letters, it's Aditi Rao Hydari. Starting with her engagement to actor Siddharth, followed by her heart capturing role as the innocent Bibbojaan in *Heeramandi* and her *Gaja Gamini* walk that set Instagram abuzz. Praised by co-stars and dubbed the "girl bestie" on set, Aditi also dazzled on the Cannes red carpet with her looks. We eagerly hope she lands another stellar role soon, giving us even more reasons to adore her.

### SNIPPETS



## Janhvi's breakout year

With the success of *Mr and Mrs Mahi*, Janhvi Kapoor has truly proved her mettle. While everyone expected her co-star Rajkumar Rao to excel, Janhvi emerged as the surprise package. This sporty role won our hearts with her portrayal of a character torn between her lack of interest in the game and her cricket-obsessed husband's dreams for her. Now, all eyes are on *Devara* with NTR. Glimpses of their romantic number shot in Krabi island have already heightened our expectations. NTR and Sridevi were the OGs of Telugu cinema, and now their legacy continues with their wards. Let's wait and see if they can recreate that magic.

## Keeping it quirky

Anjali, the girl we loved in *Seetamma Vaakitlo Sirimalli Chettu*, after lying low for a while has bounced back with a titular role in *Geethanjali Malli Vachindi*, followed by a powerful role with dark shades in Vishwak Sen's *Gangs of Godavari*. She plays an unconventional mistress with a raw, no-makeup look and she kills it. As she treated Instagram fans with her 38th birthday bash in Thailand, she regaled us with the first look of her quirky role in her upcoming flick *Bahishkarana*. This highly underrated actor seems to be on a roll this year.



## DIL FOR DULQUER

With *Mahanati*, he made us gasp for breath. With *Sita Ramam*, the Telugu female audiences had a full-blown crush. The Malayalam star Dulquer Salmaan is building his fan base - for the third time - with a September release *Lucky Baskhar*. Directed by blockbuster filmmaker Venky Atluri, Dulquer stars in this 1980s thriller where he will be seen as a middle-class banker who suddenly acquires great wealth, sparking suspicions. Looks like Dulquer plus period characters plus Telugu cinema is a great combination. Can't wait to give our *dil* to Dulquer again.



## All eyes on Prabhas

South stars - Rajinikanth, Kamal Haasan, Vijay, Prabhas, Ajith and Allu Arjun are in this year's Forbes Top 10 richest Indian actors and that's damn good news for South cinema. The others are the Bollywood Khan trio - Shahrukh, Salman, Aamir and Akshay Kumar. This means that south actors could take half of the top 10 spots with their roaring success and stupendous box-office figures. With actor Prabhas having a big release *Kalki 2898 AD* this season, all eyes are on the *Baahubali* actor who hopes to again whip up the box office magic.

■ MANJU





**Prathyusha Sharma**, film producer of *Major and Beast*, tells **WOW!** about her experience at the Festival De Cannes as a first-timer

## “If I can, you Cannes too”

### TELL US ABOUT YOUR JOURNEY AS A PRODUCER.

I'm a self-made Hyderabad-based first-generation producer. I worked my way from grass roots in line production. I have worked as a consultant supervising producer for an international studio production company, besides working with many directors and teams, executing shoots in foreign and domestic locations. The filmography includes Telugu, Tamil and Hindi features such as *Major and Beast*. I'm currently executing projects for feature films, OTTs and ad films through my production house “So Much Drama”.

### WHAT TOOK YOU TO THE CANNES FILM FESTIVAL THIS YEAR? HOW DID YOU GET INVITED?

I am passionate about cinema and wanted to absorb world cinema. I sent my film producer profile and links to my work to the festival board which reviewed and approved. Anyone can do that and land at Cannes. One can attend the festival as a participant (absorb), exhibitor (display your work) or the Press (cover). Cannes gives you a glimpse of the future of filmmaking from makers across the world.



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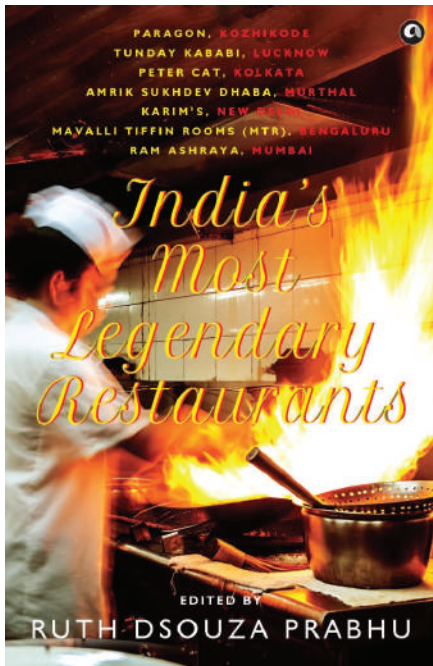
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## BOOKS



## INDIA'S MOST LEGENDARY RESTAURANTS

Edited by Ruth Dsouza Prabhu

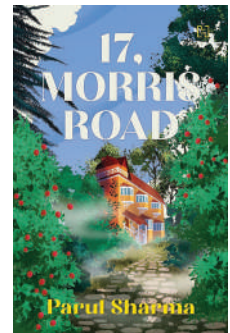
Seven Indian eateries found a place on influential online food encyclopaedia *Taste Atlas*'s elite list of 150 legendary restaurants of the 21st century: Paragon in Kozhikode, Tunday Kababi in Lucknow, Peter Cat in Kolkata, Amrik Sukhdev Dhaba in Murthal, Mavalli Tiffin Rooms (MTR) in Bengaluru, Karim's in New Delhi, and Ram Ashraya in Mumbai.

Five writers trace the humble origins of these immensely popular eateries and describe their many savoured offerings, including Paragon's delicately spiced *biryani*, Tunday Kababi's succulent *galawat ke kabab*, Peter Cat's elaborate *chelo kabab*, Amrik Sukhdev Dhaba's wholesome *makkhan*-topped *parathas*, MTR's invigorating *filter coffee*, Karim's rare *firdausi qorma*, and Ram Ashraya's indulgent pineapple *sheera*. Each essay unravels decades of culinary evolution and the influence India's ever-changing culture, politics, and geography have on the 'business' of feeding people.

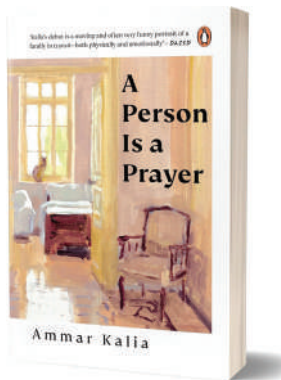
## 17, MORRIS ROAD

Parul Sharma

Soon-to-be empty-nester Gayatri Trivedi finds herself at a crossroads: her only son is off to the land of excessive pizza and cola, her husband remains indifferent to her feelings, and her teenage crush



is inviting her to Dehradun. But Dehradun has changed a lot, and so has Arbour House, the colonial-era bungalow that still has a piece of her heart. As she travels back, she also returns in time, reminiscing about the memories she made with people who changed her life when she was 16. Wistful and longing in its tone, it is a pertinent read for all those who have loved and lost.



## A PERSON IS A PRAYER

Ammar Kalia

The book unravels the story of marriages and relationships. Bedi and Sushma's marriage is arranged. When they first meet, they stumble through a faltering conversation about happiness and hope and agree to search together. But even after their children Selena, Tara and Rohan grow up and have their own families, Bedi and Sushma are still searching. Years later, the siblings attempt to navigate life without their parents. As they travel to immerse their father's ashes in the Ganges, it becomes clear that each of them has inherited the same desire to understand what makes a life happy, the same confusion and the same enduring hope.

## WOMEN'S PRIZE

The Women's prize for fiction, which is now in its 29th year, describes itself as "the greatest celebration of female creativity in the world". It was set up in 1995, in the wake of an all-male Booker prize shortlist in 1991. The nonfiction prize was announced last year, after research commissioned by the Women's Prize Trust found that female nonfiction writers are less likely to be reviewed or win prizes than their male counterparts.

WOMEN'S PRIZE  
FICTION 2024

**Doppelganger** by Guardian US columnist Naomi Klein has become the inaugural winner of the Women's prize for nonfiction, while **Brotherless Night** by VV Ganeshanathan has been named winner of the fiction prize.

Charlotte Aitken Trust will gift Naomi Klein £30,000 and a limited-edition artwork known as the "Charlotte", while Ganeshanathan will also receive £30,000 and the "Bessie", a bronze statuette created by artist Grizel Niven. ■

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SHALINI AND BOBBY



ARMAAN AND RIKKU



ASMITA AND ARCHANA

## Friends forever

June 19, One8 Commune

Besties and friends shared an indulgent vibe over a summery weekend while bonding over spices and spirits at the new restaurant that seems to be the crowd's favorite this season. The guests enjoyed the progressive music and innovative finger food at the get-together.



ANANYA



MEHAK



KRISHA



RYAN AND KEENAN

## Foo for thought

June 7, Foo

Mumbai's popular pan-Asian restaurant Foo made its debut at Inorbit Mall, drawing foodies together under one roof. Keenan and Tham, who founded this chain of restaurants, delighted guests with a taste of their Asian Tapas.





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## Gold and the beautiful

June 15, Tyaani by Karan Johar

The launch of Tyaani by Karan Johar's flagship store was a memorable evening, featuring stunning jewelry and Warsi Brothers live *qawwali* performance. An elegant crowd dressed predominantly in white vibed with the *mogras* and *chamelis* decor.



AASTHA



BHARGAVI AND SHREYA



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I hear the whispers you will never forget this journey,  
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SANDY

## By the wild side

June 8, Shantnu & Nikhil

At the launch of Shantnu & Nikhil's new luxury resort wear line, Corbett, the city's fashion enthusiasts experienced a taste of hip, fashion-forward vibes. The collection enticed people to elevate their wardrobes to capture the essence of a safari adventure.



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