

JUNE 2024 ■ ₹100

WOW!

HYDERABAD

FOCUS
DECODING
GEN Z'S
CO-LIVING
TRENDS

WELLNESS
5 WAYS TO GET
FIT AT STUDIO
ANANTA

LIVING
HIP BOHO
APARTMENT
IN HITECH
CITY

FOOD
JAMUN AND
VIRAT KOHLI'S
ONE8 COMMUNE
IN TOWN

TRENDS
GET THE
HEERAMANDI
LOOK!

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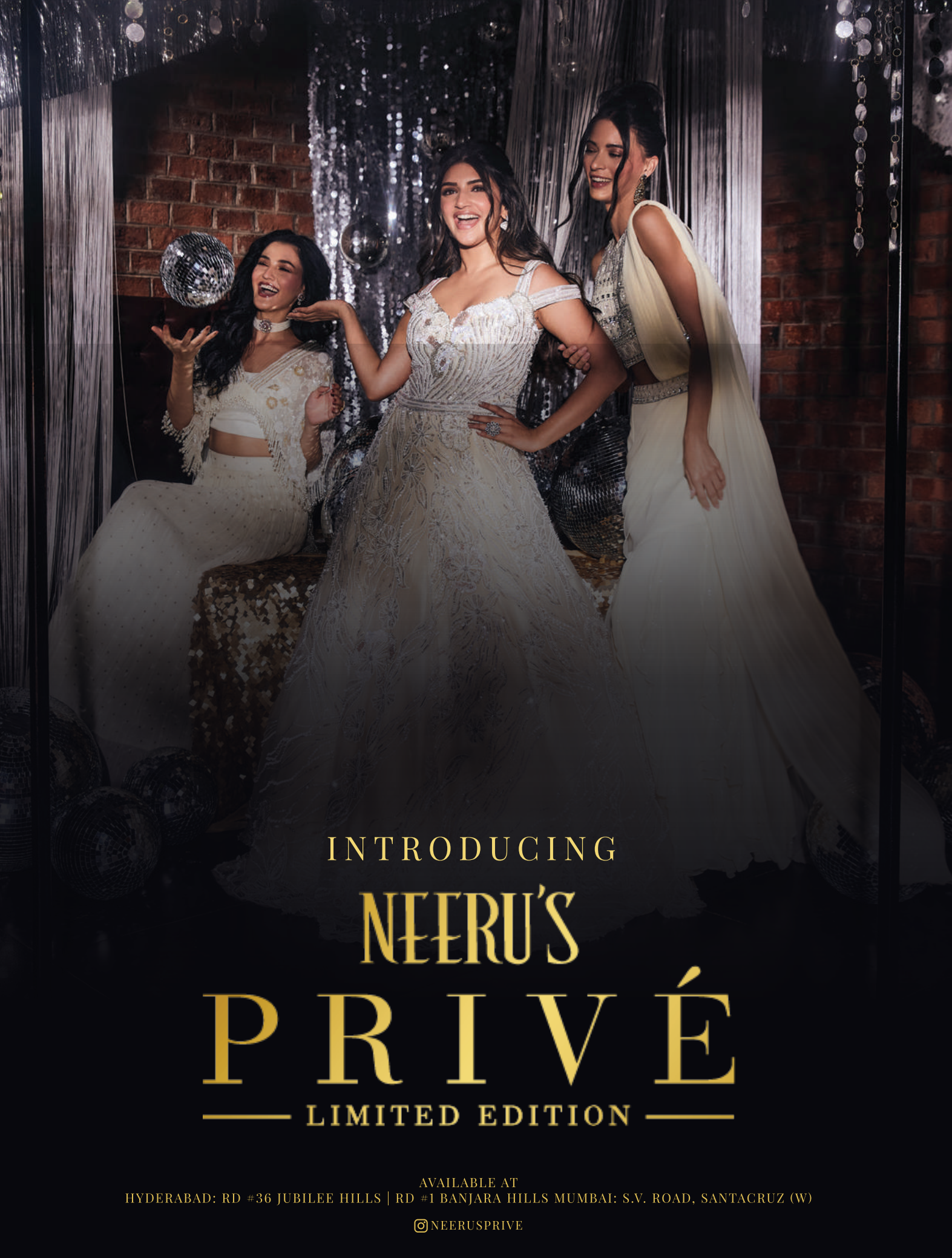
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From the House o
NEERU'S
SINCE 1971

Contents

nightlife 54

PEOPLE

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TEN THINGS YOU DIDN'T KNOW ABOUT Telugu actor, producer and director Vishwak Sen

TOURIST INFO

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WE VISIT THE DAISY DALE FARM PARK where one can pet animals and birds while enjoying rides and games



WE CHECKED OUT The Beer Cartel to tell you more about the new watering hole in the city

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CITY

OUR EDITOR URGES US TO DITCH THE WEST AND HEAD TO EAST, CENTRAL, AND FAR EAST ASIA WHERE INDIANS ARE WELCOME. In Startup, we profile an EV firm to explore their journey. In Sports, we bring you the story of slam dunk champ Arvind Krishna whose next big basketball tournament is coming up this month. In Cause, we talk to Dr. Nabhat Lakhani's non-profit body Marham Resonating Resilience which works in the sphere of autism awareness

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JOIN GOPALA KRISHNA FOR A HIMALAYAN WALK BY THE GANGES. Learn more about Pickleball, the game that Hyderabad is going bonkers over

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UPCOMING EVENTS

PLAN YOUR MONTH with the listings of the most happening events

FOOD

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THIS MONTH, WE BRING REVIEWS OF BRAND NEW RESTAURANTS - VIRAT KOHLI'S ONE8 COMMUNE AND THE FAMOUS GOAN CHAIN JAMUN.

We also checked out Tim Hortons café, a hidden gem called Shree Shyam Nivas and other new spaces such as Arambham, Peshawari, Forefathers, Gur Chini, and more. Besides understanding the concept of Swadishtam which aims to conserve our culinary traditions, we also tell you where you can source the best Avakaya

SHOPPING

DESIGNER VAISHALI TALKS ABOUT CHITRALEKHANAM PROJECT; we also tell you about hand-painted dresses and a new place called Vistaraku, to pick up all things green



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READ THIS, IF YOU ARE A FAN OF *Heeramandi* and want to dress up like Mallikjaan or Bibbojaan

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A PERFORMER AND AN ARTIST tell us about their work aesthetic

62 WELLNESS

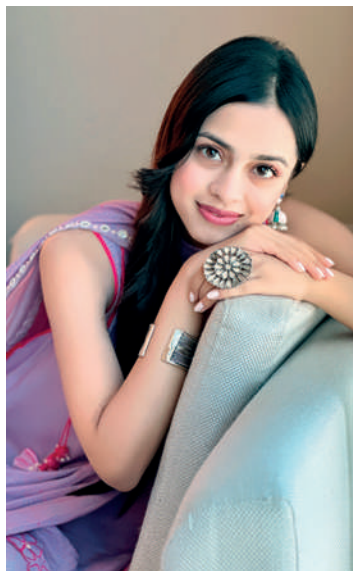
WE VISIT THE NEWLY-OPENED STUDIO ANANTA AND LIST OUT FIVE FITNESS PROGRAMS YOU SHOULD INCORPORATE.

We also share the recipes of five yummy salads as part of Fireless Cooking



ENTERTAINMENT

72



BESIDES OUR MOVIE, OTT, AND BOOK RECOMMENDATIONS, we also spoke to the *Laapatta Ladies* girl Nitanshi Goel, and Jason Shah from *Heeramandi*



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spotted

READ ALL THE DOPE ABOUT THE LAUNCH OF One8 Commune, The Beer Cartel and other such happening parties this season



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FOCUS

UNDERSTANDING THE NEW PHENOMENON OF CO-LIVING AND CO-SHARING AND WHY GEN Z AND MILLENNIALS PREFER TO STAY IN THESE CORPORATE HOSTELS. We also compare and contrast the pricing and the amenities and why these spaces are woke, sensitive and have no other stigmas



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this month

MARK YOUR CALENDAR

We tell you about the upcoming events for this month



LIVE CARNATIC MUSIC

JUNE 1

Music lovers mark your calendars as renowned musicians Ranjani Sivakumar, Ramaraju Dinakar and Chilumula Ramakrishna are performing in the city. Held at Saptaparni's open-air auditorium, the musicians will perform timeless compositions under the breezy night skies.

Venue: Saptaparni, Banjara Hills

Timings: 6:30 pm onwards

Ticket: Rs 299 onwards (bookmyshow.com)



EUPHORIC VIBES!

JUNE 7

Formed in 1998 by frontman Palash Sen, Euphoria is an Indian pop-rock band known for hits like *Maaeri*, *Aana Meri Gali*, *Dhoom Pichuck* among others. Do not forget to catch the iconic band as it comes to the city to Xora with an electrifying performance.

Venue: Xora Bar & Kitchen, Jubilee Hills

Timings: 8 pm onwards

Ticket: Rs 999 onwards (bookmyshow.com)



FISHY CURE

JUNE 8 TO 9

Early this month, Hyderabad's Bathini Goud family will be distributing the annual fish *prasadam* that is rumoured to cure asthma. Given free, the *prasadam*, which consists of *murrel* fish and herbal paste (that's a family secret), has been distributed on the auspicious occasion of *Mrigasira Kartika* for over a century now. Last year over two lakh people were given the fish medicine, and this year the numbers are expected to increase.

Venue: Exhibition Grounds, Nampally

Tel: 70132 23700, 83418 24299

Timings: 10 am (June 8) to 10 am (June 9)

POETRY & STORYTELLING

JUNE 2

Fornai Caffè is holding an open mic for aspiring poets and storytellers to display their talent. Grab hold of this opportunity, calm your nerves and show everyone what you are made of. You never know, this might just catapult you to performing at bigger venues.

Venue: Fornai Caffè, Gachibowli

Timings: 5 pm onwards

Ticket: Rs 99 onwards (insider.in)



INDIA ART FESTIVAL

JUNE 7 TO 9

A festive extravaganza held to celebrate art and creativity. This mega contemporary art fair includes a display of 3,000 artworks. It also incorporates live fusion shows, music, live painting demonstrations and film screenings on art.

Venue: Kings Kohinoor Convention, MehdiPatnam

Tel: 89760 44104/5/7/8

Timings: 11 am to 8 pm

Ticket: Rs 299 onwards (bookmyshow.com)



FUN WITH GĀIAA

TILL JUNE 16

Gāiaa Living is a sustainable brand that promotes conscious living through their organic products. They also conduct pop-ups, workshops and other events. Their latest and ongoing event, which comes to an end this month, includes an array of fun-filled activities. The jam-packed June schedule includes Loom Weaving Workshop by Shilpa Teja (Oorna Farm), Kathak sessions by Divya Pathak, Pottery by Siri Nallaparaju (Earthy Studio), Farmer's Market by Lemon Chilli Farms and a Thrift Meet-Up.

Venue: Gāiaa Living, Filmnagar
Tel: 95500 06577
Timings & Price: Varies according to programs



PASSWALA - MARATHI PLAY

JUNE 15 AND 16

After a wonderful reception at KMIT Auditorium early this year, Sutradhar now brings *Passwala*, a Marathi play to Lamakaan. An adaptation of Late Jayant Pawar's *Mulakat*, the play, directed by Vinay Varma, is set in a crematorium and deeply reflects the vagaries of life.

Venue: Lamakaan, Banjara Hills
Tel: 93918 10378, 96520 03161
Timings: 8 pm onwards
Ticket: Rs 200 (bookmyshow.com)



WORLD MUSIC DAY

JUNE 19 TO 22

Join Goethe-Zentrum Hyderabad in celebrating World Music Day at select L&T metro stations this June. The four-day event will see talented musicians from all backgrounds showcasing their skills and passion for music. From solo artists to bands and from classical melodies to contemporary beats, all genres and styles will be on display.

Venue: At select L&T Metro Stations
Tel: 040 23350443
Timings: 5 pm to 7 pm

ZEN FEST

JUNE 21 TO 23

Adika Wellness Studio will be holding a one-of-a-kind three day festival for both adults and children. It aims to help you immerse yourself in healing through a carefully crafted selection of wellness activities including Yoga, healing sound bath, Thai massage, tarot card reading, meditation among more, under a 75-year-old tree.

Venue: Adika Wellness Studio, Kompally
Tel: 99490 01606, 63004 96765
Timings & Price: Varies according to programs



ROCK ON WITH FOSSILS!

JUNE 22

Considered to be one of the pioneering rock acts in Kolkata's Bengali music scene, Fossils is a hard rock band which is all set to ignite Hyderabad with Bangla Rock. The band is poised to showcase an epic setlist featuring their hits and some unexpected surprises.

Venue: GMC Balayogi Sports Complex, Gachibowli
Timings: 7 pm onwards
Ticket: Rs 499 onwards (insider.in)

If you'd like your event listed in the WOW! events' calendar, please mail it to wowhyderabad2023@gmail.com for the following month, before the 20th.

FROM THE EDITOR

Ditch the West for East



It's time to get over our obsession with jaunts to Europe which were the sum of our foreign holidays in the past. Holidays to the US had already become passé with everyone's kids studying in Chicago or Purdue, and umpteen relatives all over as doctors and IT professionals; and there being more Telugus in Saravana Bhavan in Dallas than Ameerpet.

I feel we can stop stressing over taking holidays in Europe or US from the way the embassies treat us, like we are potential immigrants. At one time US consulates would let us stew in hot summers in long lines outside the visa office only because we had this dream of visiting the US.

The process of visa for visiting a European nation is tedious and I'd rather not go to see the great monuments in Rome or Athens only for the stress of getting a Schengen. After submitting a minimum of 201 details of your life story, if you think you'll be entitled to a long holiday in Santorini or Sicily, you can forget it. Because mostly they'll reject your visa (all Indian passport holders are suspects), and no reasons given. I'm reading that Schengen is now giving multiple entry visas, about time they relaxed their rules and stop behaving like we are slaves of former colonies.

The point I am getting at is, we Indians can give Europe the miss and head to Far East or Central Asia. Most of these have visa on arrival or at the most e-visas which only require a valid passport. Cambodia, Thailand, Burma, Vietnam among others in Southeast Asia are grateful for the foreign exchange we bring, and countries like Thailand have now cleaned up and offer great nightlife along with cultural monuments with excellent shopping.

It was gratifying to see how well they have integrated their ancient and a timeless city with a modern metropolis.

I was in a small country like Uzbekistan a month ago and having visited the country was glad for not having planned that trip to Europe one more time. The country only requires an e-visa, hotels and transport are reasonable (because of their currency against the dollar) and best of all we are so close to Tashkent, its capital, that there are no tedious, long flights to reach the destination.

Since our knowledge of these countries is vague at best, (having just shaken off the yoke of Soviet Russia and become a democracy they've only recently been on everyone's holiday places) I expected cities like Bukhara and Samarkand to be ancient crumbling cities with little or no modern amenities. I was, therefore, surprised how well their tourism is organized, and was told by locals that the country was working on a massive PR exercise to attract tourists from all over the world.

For me especially, coming from a city that has no value for its history or monuments, it was gratifying to see how well they have integrated their ancient and a timeless city with a modern metropolis. Samarkand is like a nice European town with upmarket restaurants, well lit clean streets with pavements, and has seamlessly integrated this with the historical parts that are well organized for tourists. The

government as much as its people realize that what is driving their economy is the number of tourists coming in so that they treat visitors with respect (especially us Indians because they watch Hindi films and love Shahrukh Khan and Preity Zinta).

The monuments are mostly in good condition (of course Soviet Russia had helped them with restoration of some) with well laid-out gardens, washrooms, cafes and even a kiosk called tourist police which helps tourists in distress, I presume. The roads are among the best, and they have clean super fast trains that would shame our Vande Bharats.

And when you think of history it was these Silk Roads that were the center of wealth and civilization. As scholar and author Peter Frankopan points out in his groundbreaking book, *The Silk Roads*, in our obsession for a Eurocentric history where we believe that the renaissance in art, science, religion was born in Europe, we have forgotten that it was Central Asia, Persia, Mesopotamia and Constantinople that were the centers of great Empires. In fact, he says, the region lying between east and west, linking Europe with the Pacific Ocean was the axis on which the globe spun. These regions today may have come to be associated with instability and autocratic rulers, but it was here that civilization was born. Where sophisticated sewage system, coins and trade existed predating anything Europe could dream of, and where along with silk from China, spices and religion travelled with the great *caravan-sarais* or traveling merchants across Central Asia to Far East.

These days the world says, India is rising. But I believe the land lying to the Indus River was already a great civilization. It was for nothing that Babur, a central Asian, the founder of the Mughal dynasty wanted to set up his empire in India. And it was not to civilize us heathens that the British came as traders and made us slaves. They came for the untold wealth in the coffers and crowns here.

The sun has set on the Empire. Europe needs to treat us with more dignity. Let's be clear on that. ■ RATNA RAO SHEKAR



START-UP

Juiy app has your back, providing all the info you need when considering an electric two-wheeler purchase in the state

Zapping gas guzzlers out

With one liter of petrol touching Rs 107 in mid-2024, we don't need any other reason to switch to electric vehicles. And if you could cut through the traffic, there's nothing better. Blending these two needs are electric vehicles; catering to the populace exploring this new segment is the new app called **Juiy** (pronounced *Jui*, meaning vroom in Telugu).

FOUNDING TRIO

Pranay Kommu, a mechanical engineer with state transport background, joined hands with Mahanth Mallikarjuna, former CEO of Mergen IT LLC, and Pranith Reddy, tech expert to start Juiy. Their mission: "To transition one million traditional gas engine vehicle buyers to electric two-wheelers in the next year."

INSPIRATION BEHIND THE APP

The founders, Pranay, Pranith, and Mahanth emphasize that initiatives like the Electric Vehicle Policy, coupled with traffic congestion and pollution, prioritize the shift to cleaner transport. Rising fuel costs, environmental awareness, and EV advancements also

influenced the app's creation. Through articles, guides, videos, and FAQs, we empower users to make informed decisions about EV adoption and usage.

"Our mission is to transition one million traditional gas engine vehicle buyers to electric two-wheelers in the next year," says Team Juiy

WHAT USERS CAN EXPECT FROM THE APP

Enhanced Vehicle Listings: The app will continuously update and expand the database of electric two-wheelers available in Telangana, providing users with a comprehensive selection to choose from. This includes adding new models, updating existing listings with the latest information, and collaborating with manufacturers to showcase their latest offerings.

LOCAL CONNECTION

"We aim to integrate our app with local services and initiatives related to electric

two-wheelers in Telangana. This includes partnerships with bike sharing programs, rental services, and government-led initiatives promoting electric mobility," they add. By providing seamless access to these services through the app, they believe they enhance the overall user experience and encourage adoption of electric two-wheelers.

FUTURE INNOVATIONS

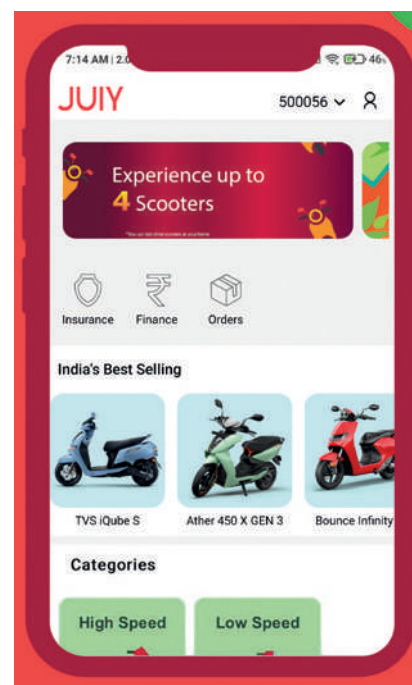
Juiy will harness AI algorithms to analyze user behavior, preferences, and usage patterns within the mobile application. This data-driven approach enables it to deliver personalized recommendations, tailored content and reliable assistance to electric two-wheeler users in Telangana. "It will also leverage advanced data analytics techniques to extract actionable insights while collaborating with users, policymakers, and infrastructure providers to drive innovation and shape the future of electric mobility in Telangana," says the team.

INITIAL FUNDING AND FUTURE INVESTMENTS

They started with an initial investment of Rs 25 lakh from angel investors during the launch. In future, they hope to raise funds because of the vast potential of the app.

UP NEXT

Expanding the app's coverage to other regions beyond Telangana, within India, and looking at similar service in four-wheeler EV market. ■ MANJU





CAUSE

Marham Resonating Resilience works towards autism awareness and inclusion of autistic children while leveraging the power of networking

Collective efforts, lasting impact

Autism is not a disease. Don't try to cure us. Try to understand us. That is exactly what Marham Resonating Resilience has been seeking to do for the last two years. Founded by Dr. Nabat Lakhani, a Hyderabad-based gynecologist, Marham Resonating Resilience is into autism awareness and working towards their inclusion in every field like education, society, and employment. The non-profit also works in the sphere of maternal mental health, awareness of thalassemia major awareness, and free screening for prevention of breast cancer screening.

THE GENESIS

Dr. Nabat's journey began with a simple publication, a platform to amplify the voices of unsung heroes who defied the odds to soar beyond limitations. From autistic marathon champions to thalassemia warriors, each story illuminated the path toward acceptance and resilience. The support poured in from dignitaries and influencers, igniting a flame within Dr. Nabat to champion the cause of autistic children and their families. That's how Marham

Resonating Resilience started in October 2022 in Kompally.

"As I started putting forward their success stories, I received immense support from several VIPs and changemakers including Telangana governor Dr Tamilisai Soundararajan, music composer RP Patnaik, and actor-producer Lakshmi Manchu. I felt that I needed to continue my work and make a difference in many lives, mainly autistic children," she recalls.

SUPPORT FROM ALL QUARTERS

Dr. Nabat reflects on a pivotal moment when a request for a library in a slum area surfaced. "We immediately turned to our supporters and patrons and brought the library to fruition in record time. It was then that I truly grasped the transformative power of networking and how it can impact the lives of the underprivileged and autistic through collective effort," she adds with conviction.

Today, Dr Nabat enjoys the support of movers and shakers of the city who volunteer their skills towards Marham. City's top soft skill trainer Vikita Jain is the COO of the non-profit while oil baron Sohail Hajiani takes care of their finances. Event manager Sahil Bhimani of Namdari Events handles the logistics of Marham's events.

CORE FOCUS

Marham has expanded its operations to work with Mumbai, Bengaluru, Baroda, and Dehradun student groups. One major project that the NGO is focusing on is to get placements for visually impaired girls trained in breast cancer examination in the city. "While autism is our core focus, we use our resources and good offices wherever possible," says Dr Nabat.

HOW YOU CAN HELP

- Sponsor special education for autistic children
- Sponsor thalassemia and breast cancer screening camps
- Help set up a cloud kitchen helmed by kitchen-trained transgenders
- Buy merchandise – such as T-shirts/ mandalas/art/bags made by autistic artists ■ MANJU

*Marham Resonating Resilience Trust,
C204, Hivision Residency, Kompally
marhamindia@gmail.com
Tel: 95051 00505*

SPORTS CORNER

Meet Hyderabad's basketball champion, **Arvind Krishna**, who is prepping for a big game in Japan this June

Slam Dunk's Star Player

Arvind Krishna believes that the slam dunk sport has come of age in Hyderabad. Over 150 children registered at a top basketball coaching center on day one this summer. It is proof that the popularity of this game is surging. As he preps for his next big game in Japan, he tells WOW! about his journey so far.

LOOKING BACK

Arvind began playing basketball, at age nine, when his parents moved to the US. He says, "Initially, I was a skinny, young player on the Los Angeles team who struggled to dunk and dribble. However, a growth spurt transformed me. I shot up to six feet, scoring 45 points in a game, earning the California Student Athlete Award as a ninth grader and the Most Valuable Player award." He went on to play for UCLA and added many wins to his credit until an injury left him bedridden for six months. "This tough period led me to return to Hyderabad to be with my unwell mother. Encouraged by her, I started playing again at YMCA Secunderabad, rekindling my passion for the game," he recalls.

RETURNING TO INDIA AND ACHIEVEMENTS

In India, he played on top courts and participated in all-state selections. "Playing for the state team in the National Games, we won gold, and I scored 69 out of 99 points. Despite disillusionment with the game's politics and injuries that sidelined me for 12 years, I stayed connected with basketball," he states.

PROFESSIONAL BASKETBALL AND 3X3 FORMAT

Basketball is gaining recognition in India, with professional leagues like those for football, badminton, and kabaddi. The 3x3 format, now an Olympic sport, features three players on a half-court for 10 minutes or until 21 points. He played in the FIBA 3x3, endorsed 3BL seasons 1 and 2, and represented India in the FIBA 3x3 3BL Sagamihara Quest in Japan, streamed on Sony Liv. Meanwhile, his good looks and athletic build fetched him a parallel career in movies such as *Premam*, *Rama Rao On Duty*, and the OTT movie *SIT* on Zee5.

SIGN UP

"Basketball is affordable in India. Top coaching is available for Rs 15,000 for three months at Keystone Basketball Academy and Dream Basketball Academy in Hyderabad," says Arvind. Arvind trains under Project Pure Athlete and at local gyms, he is a proud vegan who avoids gluten. "Diary and gluten are the top causes of inflammation. My diet includes rice, vegetables, lentils, *poha*, quinoa, and tempeh," he states. "I have at least six more years in the game. My current goal is to be a superhero on the basketball court, in my next Telugu movie *Masterpiece*, and to my two-year-old son, Advait who will hopefully see me win a big game in Japan this June," says the actor-dribbler as he signs off. ■ MANJU





Here are 10 things you didn't know about **Vishwak Sen**, Tollywood actor, producer, and director. Even without a superstar dad, big production house, or PR machinery to hype him, his movies remain a 'safe bet' for producers. As his *Gangs of Godavari* releases, the excited actor discusses his incredible cinema journey

BY MANJU LATHA KALANIDHI

Vishwak Sen

MASS KA DAS

In a world where people rarely post a selfie without filters here is an actor who presents his authentic, unfiltered self to his fans. He speaks from the heart, calls a spade a spade (an idiot an idiot), worships cinema, and has delivered hit after hit. His success story demonstrates that talent (not background), confidence (not surname), and genuine achievements (not fake numbers) matter the most.

Meet **Vishwak Sen**, the *Dilwala* from Dilsukhnagar, who is setting his own standards in Telugu cinema as a mainstream actor, producer, and director. Vishwak's success story is unique – a classic tale of turning rejections and humiliations into opportunities to direct and produce.

His most recent release, *Gaami*, earned him accolades for his impactful performance. *Das Ki Dhamki*, in which he served as actor, producer, and director, recouped his investment. So did *Ashoka Vanamlo Arjuna Kalyanam* and *HIT: The First Case and*

Paagal during COVID. He describes his passion for performing arts as “acting *picchodu*.” Clear about his future in acting – whether theatre, parallel or mainstream cinema – he enrolled in an acting course in Mumbai and collaborated with newcomers for a short film that caught the attention of top producer Dil Raju and released his debut movie *Vellipomakey*. The rest, as they say, is history. That Vishwak had also learned movie editing in summer camps as a teenager was an added skill.

When his next movie faced prolonged delays, the actor boldly decided to direct and produce it himself in 2019. *Falaknuma Das*, with its distinct Old Hyderabad flavor, made the industry sit up and take notice. Steadily building his career as an actor of caliber, he is now among the most promising stars in contemporary Telugu cinema. About *Gangs of Godavari*, the confident actor states, “*Ee sari kooda gattiga kodata*.” (I will hit the jackpot with this). We decode the actor through 10 things you didn't know about him.

PHOTOGRAPHER: @ARIFMINHAZ | STYLIST: @PRATIMAJUKALKAR | OUTFIT DESIGNER: @SAGGARMEHRA | MAKEUP: @MAKEUP_BY_ABBAS
HAIRSTYLIST: @STYLIST_PRANAV

WITH NEHA SHETTY,
HIS CO-STAR IN
GANGS OF GODAVARI



audience loves it, you relish the success for about a weekend or so. After that, you get back to work. Ditto with failure. You sit with your trusted folks to evaluate the reasons - from bad timing of release to lack of publicity, anything could be the reason. You learn and you grow. Upwards and onwards, that's all.

6 MAKING BIG DECISIONS

I believe in the power of energy and that the world communicates with us through energy exchanges. Nowadays, I make decisions based on how my energy responds to others rather than relying solely on logic. Intuition and energy exchange have become crucial elements in my decision-making process.

7 THE SECRET AND MANIFESTATION

I believe I have manifested everything in my life. That energy is potent and can manifest your desires. However, I don't think one needs to sit down and decide 'I want to manifest this or that'. Your heart should naturally crave something. Whatever you desire with all your heart will be yours, "*Dilse gattiga anukuntay ayyothadi*."

8 PARENTS AND PET PEEVES

My mom Durga is my living goddess. She is my safe space and pampers me. Did you know that I missed some shoots because she didn't allow my staff to wake me up in the morning? She would shoo them off saying, "*Arre zara sepuku padukoni babu ni. Taruvata vochi one hour lo shoot complete chestadu*." My dad Karate Raju and she are happy when I am seen on local Telugu shows like *Jabardasth* or *Cash*, not when I get featured in an international show or win a prestigious award. All my uncles and aunts watch these shows and they call my parents. Local praise, more than global recognition, matters to them! My sister Vanmaye on the other hand is the one who keeps me grounded with her honest feedback.

9 SELF-CARE ON PRIORITY

The last three years have been a blur with work keeping me on my toes. All work and no play makes Vishwak a dull boy! I want to sharpen my saw and have decided to take self-planned breaks to fuel my creativity. I am glad I took the decision to fly to Indonesia for a five-day break just before the promotions of *Gangs of Godavari* as the mini break has definitely updated my version to Vishwak 2.0

10 COMING ATTRACTIONS

Gangs of Godavari on May 31 in the cinemas, *Mechanic Rocky*, and *Laila* where I play a woman in the second half. ■

1 TITLE OF YOUR LIFE IF IT WERE A TELUGU MOVIE

Pulse of the masses.

2 THE MOST RIDICULOUS THING YOU DID FOR A ROLE

Doing stunts without safety gear for *Gangs of Godavari*, especially climbing from the driving seat to the top of the moving lorry.

3 THE BIG BUCKS

Before 2019, my bank account had never touched six figures. That changed with the first advance for *Falaknuma Das*. For the first time, I saw my balance soar beyond a lakh. When the movie became a hit, it transformed my life. I could buy homes, cars, gadgets, and everything society values. This journey taught me that with dedication and perseverance, dreams do turn into reality.

4 BACKSTABS AND SETBACKS

As you elevate your career and life, there will always be those eager to pull you down and betray you. That's the harsh reality of the world. The first time it happens, it catches you off guard. But if it happens again and you falter, it's your fault for not learning your lessons. Learning from life's experiences is crucial for growth. Never overlook this truth.

5 SUCCESS AND FAILURES

In reality, when a movie does great business and the

QUICK TAKE

Three hashtags that define you: #Sensitive
#FamilyMan #AnimalLover

Your most prized possessions: My dogs - Max, Ustad, Bachi, Gunda and Coco

Favorite hangouts in Hyderabad: I am a house party guy. So at my buddy's home

Your kinda cafe: Can't go now for fear of being mobbed but those little nooks in Dilsukhnagar are my kind of *chai addas*

One-line mantra: Believe in yourself



PHOTO CREDIT: ARIF MINHAZ



Goa's most popular resto lounge comes to the city!

Jammin' Jamun

Said to have been named after the founder father's favorite fruit, **Jamun** takes a spin on Nouveau Indian cuisine. Rakshay Dhariwal's brainchild that entered every major Indian city has now come to Hyderabad.

Close buddies Shashank Kakum and Nagarjuna Parvathaneni, traveled throughout the country looking for a concept, until a chance lunch at Jamun Goa made them fall in love with the

place. Shashank has been in the F&B industry for over a decade and launched the bar Elsewhere and is a partner in the hugely popular Cara Cara.

The outdoorsy place is beautiful and gives an artistic indie vibe. It has a verandah-style cafe look, replete with terracotta-tiled canopy, arched windows, knotted cane furniture and copper tableware. The venue was an old house which has been done up well by architect Shashank Rao. The existing banyan trees and mango trees, in the backyard, naturally gel in with Jamun's theme and the beautiful purple hues of the said fruit have been used well.

The menu also embraces the rustic, authentic flavors with nostalgic recipes from Kashmir to Deccan. Start with *Tamatar ki Chaat* (warm aloo tikkis on a tangy sauce doused with *bhujia*) and *Beetroot Tikki* which melts in the mouth. These two will win hearts of vegetarians and non-vegetarians alike. Gym freaks can try the *Avocado Chaat* but we gave it a miss to save room for some well-deserved calories. Carnivores can opt for the succulent *Seekh Kababs*, and the spicy *Andhra Chicken*. Also try the purple hued fluffy *Jamun Puri* with traditional favorites like *Jamun Butter Chicken*.

The menu also embraces the rustic, authentic flavors with nostalgic recipes from Kashmir to Deccan

The selection is a true ode to Indian food, and the flavors are the same as Jamun Goa (part of the chef's team is from that outlet). Hard to find Indian food gems, like *Daal Gosht*, *Shikampuri Kebab* and even the humble *Baigan Ka Bharta*, will win your taste buds and to some level your sentiments.

If you do have room for dessert, try their *kulfi* but we recommend skimping on desserts and saving your calories for a few extra cocktails. The cocktail menu is interesting, with a few drinks added apart from the signature pan India menu. The must try drink is of course named after purple fruit with flavors of *Jamun* pulp and Gin, it's got a desi twist and tastes tangy, also try the subtle *Spirited Nizam*.

Scoring a 10/10 for almost everything, this resto lounge with indie pop playing in the background is a must visit. An ode to India's rich spices and cuisine we're sure you'll fall in love with the place.

■ MALLIHA

Meal for two: Rs 3,500

Rd No. 10, Beside PMJ Jewels Flagship, Jubilee Hills

Tel: 89884 96666

Timings: 7 pm to 11.30 pm
(for now open only for dinner)



WOW!
Recommends
Jamun Butter
Chicken

Where to order your jar of this ambrosia made of mango

Aah-wah-kaya



ACTOR GEETA BHASKAR, A VETERAN IN AVAKAYA MAKING, HOLDS A LIVE SESSION AS PART OF THE CULINARY LOUNGE'S ONAMAALU HERITAGE FOOD DOCUMENTATION SERIES

Avakaya is the flavor of the season. Many food entities are inviting elderly matriarchs to host an *avakaya* making session for the younger generation, making it a community activity.

This fireless dish made of raw mangoes, salt, chili powder, mustard powder, oil and other ingredients is all about getting the ratio between the various components. It calls for experience and intuition. However, if you lack both and still want to relish it, WOW! lists out a few places you can order traditionally made *avakaya*.

JANDHYALA PICKLES

This 20 years plus Habsiguda-based pickle maker takes pride that they handpick the best quality of mangoes all the way from Nuziveedu in Andhra Pradesh. They are known for not using preservatives (some brands use vinegar for the tanginess) in their pickles. They believe that pickles should be naturally made and preserved traditionally.

Price: Rs 280 for 250 gm (They also have variations such as bellam, allam and vellulli avakaya, etc)
Tel: 76740 79043

VELLANKI FOODS

This 25-year-old brand with over seven branches selling pickles, *podis*

sweet/*khara* in the city is known for its *avakaya*. With a shelf life of three months, the pickles are among their fastest moving products, especially in the summer months.

Price: Rs 120 for 250 gm
Tel: 91002 25500

GSR FOODS

This food brand with its mango farms in Khammam delivers across India and abroad. They say that their mangoes are natural and the pickle is prepared by traditional methods following the exact ingredient ratio and making time. They use groundnut oil like it is used in Telangana and not sesame oil like in Andhra.

Price: Rs 271 for 250 gm
Tel: 90595 94666

NIRMALA AUNTY PICKLES

Nirmala aunty has been running a small home business since 2003 in Secunderabad. She makes pickles (non veg) fresh only after she receives the orders to ensure the quality. She also doesn't use any preservatives or coloring agents. ■ MANJU

Price: Rs 159 for 200 gm
Tel: 9392249757



WOW!
Recommends
Gujarati
thali

WOW! DISCOVERS

The Aam Ras-roti thali at **Shyam Nivas** takes you on a nostalgic journey with its homely taste and simple vibe

The Thali Meal!

This 44-year-old gem, **Shree Shyam Nivas Boarding and Lodging**, offers an authentic North Indian experience for satisfying your summer craving for Aam Ras. With a modest 24-seat capacity, the eatery's lack of decor is compensated by its cleanliness and the homely *thalis* it serves.

The long-serving staff at Shyam Nivas, warmly engage with their loyal customers, explaining the day's specials and various Aam Ras options – *puri*, *roti*, *chapati*, and more. We chose *roti* (laced with *ghee*), *Shimla Mirchi Sabji*, *Bhandare wale Aloo Sabji*, *Ghar ki Daal*, and Aam Ras made from locally grown *Chinna Rasalu* mangoes. The mango delicacy was sweet, viscous, and perfectly consistent. You can either opt for a *thali* or customize your meal, paying per bowl. At Rs 40 per cup of Aam Ras, it's a steal. On weekends, they also offer *puri* to complement it.

Explore their *Marwadi*, *Gujarati*, and *Rajasthani thalis*, which feature *dal*, *sabji*, *achar*, and other homestyle dishes with minimal masala and lots of *pyaar*. The meals leave you feeling satisfied and energetic rather than heavy and sluggish. Responding to customer needs, they've upgraded to an air-conditioned space and provide bottled water. Parking can be challenging, so consider parking at a nearby mall or shop and walking to the eatery. ■ MANJU

Meal for two: Rs 400

Near Gujarati Jain Temple, Pan Bazaar/
General Bazaar, MG Road
Tel: 040 2771 5388
Timings: 12 pm to 4 pm; 7 pm to 10.30 pm

Healthy dining hits Hyderabad

MILLET MARVEL



WOW!
Recommends
The Executive
Lunch



We enter the 1,500 sq.ft. space soaked in nature-inspired green with classical music playing. On the wall is Arambam's sun-inspired logo which describes every type of millet available at the restaurant. This includes Kodo, Proso, Little, Banyard, Finger, Pearl, and Foxtail Millets.

Pavan recommends their healthy South Indian *Executive Lunch*. It plays out like a *thali* and includes *Veg Kurma* and Millet-infused *Lemon Rice*, *Sambar Rice*, *Curd Rice*, *Kheer*, and multigrain *ragi* and *jowar roti* - all rich in taste. Famished, we dive into our meal headfirst and even ask for seconds.

Along with the meal, we get a glass of delicious *buttermilk*, and the ever-so-soft *Pot Junnu*, made from the first milk produced by a cow soon after it delivers a calf.

Moving forward, Arambam aims to make its philosophy known across the country. "By the end of this year we plan to launch in Pune, Mumbai, Bangalore, and Chennai," shares an excited Pavan. ■ IPSHITA

Arambam – Start with Millets by founders Pavan Kumar and actress Rakul Preet Singh, opened its doors to Hyderabad in April. The vegetarian restaurant aims to reintroduce people to millets, and incorporate it in their daily lives. As Pavan explains, "Making a meaningful impact on people's eating habits begins with tapping into what people eat daily."

Meal for two: Rs 250 onwards

Kavuri Hills, Madhapur, Hyderabad

Tel: 89856 82075

Timings: 6 am to 11 pm

You can relish the signature beverage, French Vanilla, of **Tim Hortons Cafe**

Canadian vibes, caffeine highs

In a world where adulting is hard and naps aren't always an option, coffee comes to the rescue. Giving Hyderabad *cafficinados* new flavors and aromas is Tim Hortons. The Canadian chain opened its first café in Hyderabad at Inorbit Mall, with another in the pipeline at Rajiv Gandhi International Airport. This marks their 30th café in India.

FOR THE BUSY BEES

The 55-year-old coffee chain, renowned for its Arabica beans, with its signature red and white colors, offers a relaxed café-diner vibe. For breakfast and quick-eat options they have an array of puffs, pastries, cookies, and sandwiches. In drinks, from hot beverages to summer coolers, they have everything for busy mall shoppers and airport travelers.

LOCAL TOUCH

Tim Hortons infuses a local vibe with Cheriya paintings on the walls and cheerful café flyers adorning the ceiling. We sampled their *Raw Mango Slush Cooler*, which was sweet, tangy, and green, reminiscent of our traditional *Aam Panna*. Their signature *Frozen French Vanilla* coffee was divine – a sweetened beverage with just a hint of coffee. For stronger coffee flavor, try the classic Espresso Shots or *Double Double Latte* or five kinds of tea variants.

BITS AND BITES

We sampled *Timbits*, the signature bite-sized doughnut holes made from leftover dough. The pack of four, with fillings like strawberry, chocolate, and blueberry, provided just the sugar



WOW!
Recommends
Frozen French
Vanilla
Latte

rush we needed. We finished off with a *Chicken and Cheese Melt* sandwich that was spicy, cheesy, and delicious. ■ MANJU

Meal for two: Rs 1,500

Level 2, Opp Shoppers Stop, Inorbit Mall, Madhapur

www.timhortonsindia.com

Timings: 11 am to 11 pm (dine-in and online ordering)

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WOW!
Recommends
 Assorted
 sweet box

Delhi's **Gur Chini** comes to the city with a hip twist in desserts and street snacks

Designer desserts

Bringing together Hyderabad's famous sweet tooth and *chaat* tooth (yes, there is such a thing) is **Gur Chini**, the Delhi-based sweets and *namkeen* brand. Our regular neighborhood *mithaiwala's* *moti choor laddoo* and *ghewar* seem to have gotten a designer touch and transformed into new-age sweets. We stepped into this white and black, chessboard-themed bungalow in Jubilee Hills.

First up, we tasted a few varieties of *chaat* - the classic *Pani Puri* and *Pav Bhaji* - both were tastefully plated and in generous portions. The *hing-haldi meeta pani* for the *puri* was our favorite. This is the place for those who avoid eating at regular *chaat* places, yet don't want to miss out. *Palak Chaat* and *Chole Batura* are their other popular eats with authentic *Dilli* flavors.

They boast of sweets prepared with *desi ghee*, exclusive sweeteners such as jaggery, palm jaggery, a wide variety of dates and *nolen* - with zero sugar, low-calorie alternatives such as Stevia to *chini* (white sugar). "This is for the health-conscious who love the exuberance of our celebrations," says Shivaangi G of Gur Chini. Other organic ingredients like natural honey, Manuka, Buckwheat, Garchia, and Rosemary are added to bring out the flavors.

Trade your regular *Kaju Katli* for *Amritsari Aam Papad Laddoo* and *Namak Paara* for *Almora Laal Aloo ki Bhajia* (made of red potato from Himachal, which is tastier and healthier). These sweets and *namkeen* are available in tastefully curated gift boxes ideal for wedding favors. ■ MANJU

Meal for two: Rs 600-800. Gift hampers: Rs 2,200 onwards

Plot No. 34, Film Nagar, Jubilee Hills
 Tel: 90636 56340
 Timing: 11 am to 10 pm



Eat, drink and dance akin to our **Forefathers**

The Best of Both Worlds

'They Ate. They Drank. They Danced.' is the official tagline of this new culinary haven. Launched in early April 2024, Forefathers is a peaceful restaurant and cocktail bar which serves a wide gamut of meticulously prepared dishes and artisanal cocktails that seamlessly blend contemporary tastes with traditional ones that characterized our ancestors' time.

THE DECOR

Designed by Srikanth Reddy of 23 Degrees Design Shift, the 14,000 sq.ft. space is done entirely in terracotta, form finish concrete and a little mix of metal. The finished look, that spreads across various seating areas located indoors and outdoors, melds the present with the past and pays homage to a bygone era.

FOOD & DRINKS

Lively ambience, head-bopping music and a very helpful staff welcomed us as we entered Forefathers. Sitting on comfortable highchairs we order their signature cocktails, the gin-based *Genghis Goblet* and the white rum-based *Lost Inheritance*. The latter was a fun drink with delicate watermelon and jasmine foam topping.

When it came to food, we were spoilt for choice thanks to Chef Kuldeep Rawat's recommendations. Our list of standouts were: the special *Dahi Wada*, *Baby Corn Kurkure*, the flavorful *Thatte Idli* with *Vegetable Alleppey Curry* and one with *Prawn Curry*, *Burmese Chili Prawn*, *Pulled Mutton Irachi* and *Malabar Paratha*, the must-try *Andhra Chili Chicken Bombas*, the crispy *Muruku Churros* and finally the soft and chocolaty *F.F. Cake* served with creamy vanilla ice cream.

■ IPSHITA

Meal for two:
 Rs 3,500 onwards

Rd No. 45,
 Jubilee Hills
 Tel: 77997 66991/2/3
Timings: 12 pm to 12 am
 (Weekdays), 12 pm to 1 am
 (Weekends)

WOW!
Recommends
 Andhra Chili
 Chicken
 Bombas





"I think Indian culture is rooted in nature and logic. And since our country is so vast, each region has tweaked its food according to the availability of local resources."

- Sowjanya Narsipuram

WOW!
Discovers
Back to
basics



WOW! catches up with a young creator making traditional recipes

Reviving lost flavors

"We are what we eat," smiles Sowjanya Narsipuram who started her Instagram page, **Swaadhistam** (which means handmade with love in Telugu), that heralds a return to our traditional dishes and culinary methods.

"Not just food, I'm attracted to all things traditional," shares the 29-year-old, "I think Indian culture is rooted in nature and logic. And since our country is so vast, each region has tweaked its food according to the availability of local resources."

Dr. Poorna Chandu's *Aahara Vedam* (Food Veda), which traces the culinary history of Telugu people across history, inspired Sowjanya to recreate forgotten cooking techniques and recipes through her online endeavors.

The soft-spoken and shy youngster has whipped up a storm online with her recipes. Through her well-presented and captivating videos, she reintroduces recipes that have fallen out of favor by the passage of time.

Take the example of her *Nimma karam* (lemon pickle), that is simple to make, yet went viral. Made from lemon, chili powder, fenugreek, mustard, salt, and green chilies. Similar pickles are extremely common in any part of India, but call it timing or the fact that social media ensured she struck a chord with people.

From *Kadala curry* (chickpea) made in Kerala to *Siyaku Podi* (a powder from a leafy green found in the Godavari region of Andhra Pradesh) and *Arati Doota Kobbari Kaaram* (Banana Stem stir fry), she is a champion of local vegetables dishes and hyperlocal culinary traditions.

In addition to preparing traditional recipes, Sowjanya strongly advocates traditional cooking methods. Embracing tactile experiences like eating with one's hands to engage all five senses, employing tools like a coconut grater, and utilizing cooking vessels made of clay, steel, or stone while avoiding reheating food are among the practices she champions.

Over time, her confidence has grown, resulting in faster turnaround time for her videos. Her passion drove her to study Sanskrit, with the aim of attaining proficiency to decipher ancient texts such as the *Charaka Samhita* and *Sushruta Samhita*, unlocking the treasures of the past firsthand.

A yoga instructor along with being a culinary enthusiast, Sowjanya has clear immediate objectives: transforming *Swaadhistam* into a holistic lifestyle platform and launching a cozy traditional eatery. ■ MALLIK

@Swaadhistam on Instagram

Cricketing legend Virat Kohli's **One8 Commune** opens its doors in the city

JOIN THE NEW 'COMMUNE-ITY'



One8 Commune, the restobar chain which owes its name to the jersey number of its famous owner, Virat Kohli, made a much eagerly-awaited debut in Hyderabad recently. The outlet located in The Loft, in the buzzing food retail hub of Knowledge City marks the brand's ninth presence in India.

Spread over almost 7,000 sq. ft. One8 Commune, Hyderabad, has abundant natural elements of wicker craft, wood, and natural light. It is spread over different dining sensibilities, including regular seating indoor and outdoor as well as bar stools right across the bar, with a DJ console, PDR (private dining room) and cosy window-side corners.

Keeping in view its global clientele (especially the cricketer and Bollywood frat), both the ambience and F&B are casual, yet contemporary and sharp. The cane covered ceiling fans are a highlight of the interiors along with the cricketer's signature scrawl and his jersey prototype on the wall.

The absolutely divine *Collective Quaff*, a passion fruit-infused rum concoction with dry rose, blue pea, gin and green apple is poised to raise the commune spirit. It comes in a decanter large enough for four people. *Caramel Pop*, a whisky bourbon cocktail using popcorn flavor and smoked oakwood will surely be a draw with those leaning towards stronger spirits.

The food menu has a few choices of the cricketer, like the *Superfood Salad* (watermelon, arugula, lettuce, avocado, puffed amaranth) which apparently is the cricketer's favorite, the *Avocado Flatbread* and last but not the least, the *Mushroom Googly Dimsums*. The dimsums come in a beetroot-infused casing filled with the most delicious minced shitake, button and white fungi mushrooms seasoned lightly but blended well with a cream cheese. They are a bestseller here, and for all the right reasons!

There are plenty of Asian and Continental starters, and plenty of local, *desi* food choices too. The *Prawns Hargao* in a Thai yellow curry was excellent, so was the *Byadgi Chilli Paneer* and Thai classic *Pla Rad Prik*, redolent with bird's eye chillies, lemongrass and other herbs. We tried some *desi* options too, such as the *Lime Chilli Pickled prawns*, *Soya Haleem* (brilliant!) and the sinfully rich Old Delhi *Chicken Korma* paired with *Khameeri Rotis*.

Do not miss the absolutely decadent *Ferrero Rocher Log* and you will soon discover that the name is a misnomer as it's got much more, like the lip-smacking *Hazelnut Chocolate Mousse*. The coconut *Tres Leches*, however, failed to impress. ■ SWATI

Meal for Two: Rs 3,500 (without alcohol)

The Loft, 1st floor, C9JM+W29
Salarpuria Sattva Knowledge City, Hi-Tech City
Tel: 91196 91818, 9119 671818
Timings: 12 pm to 12 am





Peshawri, launched its 10th outlet at ITC Kohenur, further cementing its status as a culinary landmark

Rugged, Rustic Frontier Vibes

The iconic restaurant known for its authentic North-West Frontier cuisine hardly needs an introduction. The interiors reflect the Peshawri essence, featuring rugged décor, earthy tones, and wood and metal furnishings designed to transport diners to the heart of the frontier's rich gastronomic heritage.

The newly appointed Executive Chef Amer Jamal, a Hyderabad, took us through the cooking techniques employed here – the art of *tandoor*, skillfully marinating and slow-cooking meats to perfection. The absence of cutlery on the table is a not-so-subtle hint to indulge in the hands-on joy of eating. We were offered cloth aprons to wear around our necks to protect our clothes.

We sampled a selection of mouthwatering *kebabs*, the world-renowned velvety *Dal Bukhara*, cooked over coals for 18 hours, the succulent *Sikandari Raan*, and the crispy, cheese-stuffed *Kadak Seekh*. While the menu is mostly meat, there is also a small selection of vegetarian food. We tried the *Besani Gobhi* and *Paneer Tikka*.

Adding to the visual feast is the *Naan Bukhara*, a theatrical piece of bread that fosters community eating. We also tried the *Tamba* cocktail menu, featuring unique



WOW!
Recommends
Sikandari Raan,
Dal Bukhara

concoctions served in bespoke copperware, harmonizing with the restaurant's distinctive flavors. We tried the *Not So Saada Pan* and the *Peshawari Mule* – an interesting take on *Moscow Mule*. We ended on a sweet note of perfectly plump *Gulab Jamuns*. ■ SUPRIYA

Meal for two: Rs 4,000 onwards (without alcohol)

ITC Kohenur, Opposite Inorbit Mall, Madhapur

Tel: 040 6766 0101

Timings: 12 pm to 3.30 pm; 7 pm to 11.45 pm



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WOW! explores gifting options for **Father's Day** which falls on June 16

Piece of your heart for daddy

With Father's Day right around the corner, purchasing something rather quickly for your dear dad can prove challenging. The trick is to remember the things that bring him joy and make a list of ideas to choose from.

To help you start, WOW! explores various inspiring ideas from gadgets and tech, fashion, and accessories to possible interests and hobbies, and puts it all together for you.

WOW!
Recommends
Apple AirTag



HELPFUL TECH

The *Apple AirTag* is a circular tracking device that helps you locate some of your most valuable possessions, whether it is the key to your car, wallet, briefcase, luggage, or other things. This sleek gadget makes for a cool and practical gift. How about surprising your dad with a smart organizer? It's not only rad but also incredibly practical. With features like item tracking, reminders, and easy access, he'll never misplace his essentials.

Available at: apple.com
Price: Rs 3,490

MUSIC LOVING DAD

Make your father's day by getting him a portable bluetooth speaker by Marshall, one of the most sought-after sound system brands out there. *Marshall -*



Willen comes with 15+ hours of portable playtime and is dust and water-resistant. Easy to carry, the speakers almost fit in the palm of your hand and can make a wonderful gift, especially for music-loving dads on the go.

Available at: headphonezone.in
Price: Rs 9,999



SUSTAINABLE POLOS

For simple and no-fuss fathers, a cool and casual Polo T-Shirt might just do the trick. DaMENSCH is a pioneering force in men's fashion that sells garments repurposed from recycled plastic. Their *All Degree* Polos collection comes in various vibrant hues and could be a great gift.

Available at: damensch.com
Price: Rs 999

COOL SHADES

Complement the Polo T-Shirt with cool and edgy-looking shades. Help your dad channel his inner Tom Cruise of 1986 with the newly released *Aviator Reverse* from Ray-Ban's collection. The iconic



sunglasses were originally designed for the U.S. Aviators in 1937.

Available at: india.ray-ban.com
Price: Rs 12,690

GO GOLFING

If your dad loves golf, get him to up his game and perfect his swing with the help of the *Par Three Golf Putting Green*. The kidney-shaped practice putting green has a non-skid backing that will help keep it steady and includes multiple cutouts to catch missed balls.

Available at: amazon.in
Price: Rs 9,860



JOKESTER DAD

Does your father crack a ton of dad jokes? If yes, you have our sympathies and also our recommendation of *Exceptionally Bad Dad Jokes: So frightfully awful.. yet wonderfully spiffing*, a collection of knee-slapping bad dad jokes. Let him whip the book out occasionally to make everyone laugh. You may cringe, but hey! No one said it is easy being a joker/amateur comedian. ■ IPSHITA

Available at: amazon.in
Price: Rs 1,882



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Kaalii by Vaishali Agarwal
Unveils nature-inspired
Chitralkhanam

Curation to Creation



Founded by designer Vaishali Agarwal, **Kaalii by Vaishali Agarwal** is a label that provides a carefully curated lineup of handcrafted weaves sourced from Kashmir, Himachal, Banaras, Kanchipuram, Andhra, Kutch, West Bengal, and more. Vaishali's longstanding love for handlooms and desire to encourage conscious fashion led her to diversify and create handmade weaves with **Chitralkhanam**, a nature-inspired collection.

We enter the homely boutique where Vaishali patiently walks us through the new collection and shares her journey of over two decades. It began with designing clothes for her toddler. Appreciated for her talent and encouraged by friends, Vaishali started designing kids' wear and soon graduated to bridal wear, then to curating handcrafted weaves to creating her own.

While Kaalii houses handpicked sarees, *dupattas*, *lehengas* for women and *dhotis*, *panchas*, *khanduwas* for men, Chitralkhanam by Kaalii houses

(for women so far) a collection of Kanchipuram and Banarasi *sarees* and *dupattas* meticulously designed in-house by expert specialists and woven by skilled artisans from across the country. "Our Banarasi weaves are inspired by Pichwai paintings, and infused with a little bit of the Victorian concept with floral motifs. The base of the *saree* is the *Ektara* weave," Vaishali explains.

For Kanjivarams, Chitralkhanam draws inspiration from the sculptures of the Hoysaleswara Temple in Karnataka, showcasing intricate designs of temple figures including animals. "We have also used some fresh colors that youngsters would enjoy," she reveals.

The same level of creativity can also be seen spilled over onto the collection's photoshoot. Blending the essence of *chitra* (picture) and *lekhana* (writing), Chitralkhanam sarees are creatively styled to resemble famous artist Bapu Bomma's paintings highlighting the beauty and simplicity of the sarees and the grace of the woman wearing them. Moving forward, Chitralkhanam plans to expand and provide a larger variety of handcrafted weaves. We will be waiting with bated breath as this is just the beginning, and the possibilities are endless. ■ IPSHITA



WOW! Recommends:
Chitralkhanam dark blue
Kanjivaram saree with silver
zari and deer motifs

Price: Rs 40,000 onwards

Plot No. 1346, Rd No. 68, Jubilee Hills
Tel: 99083 483335
Timings: 11 am to 7 pm

Q&A

**Don't go overboard with
Pinterest: Vaishali**

Q: Can you describe your creative process to us?

A: My designer and I do our research, make a mood board to come up with motifs and a color palette, put it together, and then send it to the weaver.

Q: What is a challenge you have faced as a designer?

A: Kaalii is challenging because sometimes it is difficult to communicate with the weavers. But despite this, we have turned out beautiful things, better than what I had anticipated.

Q: What has been a career highlight for you so far?

A: Honestly, I didn't expect this response for our weaves so soon. It was overwhelming. People just took to each piece and appreciated it so much.

Q: What is your favorite fashion trend?

A: Sarees and their versatility.

Q: Your advice to budding fashion designers?

A: Don't go overboard with Pinterest. (laughs). Use it but also explore new things and be a little more adventurous.





WOW!
Recommends:
 Yellow and
 white floral
 saree

Floral hand-painted creations are what
Flora by Bunsi is known for

Handmade with love

Self-taught designer Anu Buns*i* has a deep love for handmade products, believing they possess a unique vibe that machine printing can never replicate. This passion led her to create Flora by Buns*i*, which is known for its artistic creations.

Anu embraces the 'less is more' philosophy, choosing to offer curated clothes instead of mass-produced items. "We are an online store and participate in pop-up exhibitions in Hyderabad every few months. This way, we sell only the latest and freshest designs, and our loyal customers visit us to check out and buy our pieces," she explains. Anu's creations - sarees and dresses - frequently appear at events such as Fashion Giraffe, Wedding Pop-ups, and Trendz. Celebrities like singer Sunitha Upadrashta have worn her hand-painted foil sarees. A beauty pageant winner and entrepreneur, she is a model herself and her brand is a labor of love.

We explored her collection and found the hand-painted dresses to be particularly popular. One standout piece is the *mul mul* dress featuring vibrant artwork of a doll, bold floral prints, creepers, and tassels at the hemline. Another bestseller is the yellow georgette saree adorned with hand-drawn river lily bunches (also available in black and lavender). It pairs beautifully with Hyderabad pearl earrings, necklace and bracelet. "We will be launching in the US also in a few months," she announces. ■ MANJU

Price: Rs 2,990 onwards (up to Rs 19,990)

Message on their Instagram page @flora_by_buns*i* for price, delivery and their next exhibition

Vistaraku offers compostable plates and cutlery and encourages green living and zero-waste

Green dining



WOW!
Recommends
 Tableware
 set

Madhavi and Venugopal Vippulancha were alarmed when they saw cows eating plastic waste in a dump yard adjacent to their gated community in Gandipet. They realized that switching to eco-friendly, non-plastic food and beverage packets could significantly reduce the chemicals entering our lives through milk and other drinks. After Madhavi, a yoga practitioner and healthy eater was diagnosed with breast cancer in 2010, the couple started a movement against plastic. This led to Vistaraku, an organic tableware company in Hyderabad, aimed at providing alternatives to single-use plastic tableware and cutlery.

What's on offer

Vistaraku is now the go-to shop for eco-friendly products, especially for zero-waste events and for brands that believe in sustainable packaging in Hyderabad. The company manufactures about 23 products, including plates, bowls, cups, spoons, straws, and packaging boxes for cloud kitchens. "Our products are eco-friendly, biodegradable, and leak-proof," says Tanmay Vippulancha, Madhavi and Venugopal's son.

Who's Using It

The company eliminated the plastic coating found in most tableware by developing a secret starch gum as an alternative. Despite the higher cost (four plastic bowls for 80 paise versus Rs 2.40 per Vistaraku bowl), over 100 eateries like Babai Hotel, Dasapalla, Simply South, and ITC Kohenur use Vistaraku products. Incidentally, the brand, named after the traditional leaf plates, has an all-women staff.

"Plastic is bad for our health and the environment. Plus, antioxidants in leaves enhance food flavor, satiate you, and aid digestion," says Tanmay. ■ MANJU

You can buy directly from Vistaraku
 Also available in Bengaluru and Virginia

Price: Starts at Rs 2.40 per leaf bowl (used for panipuri)

P&T Colony, near Indian Oil Petro Pump, Rethibowli
 Tel: 93470 39429
 Timings: 10 am to 8 pm



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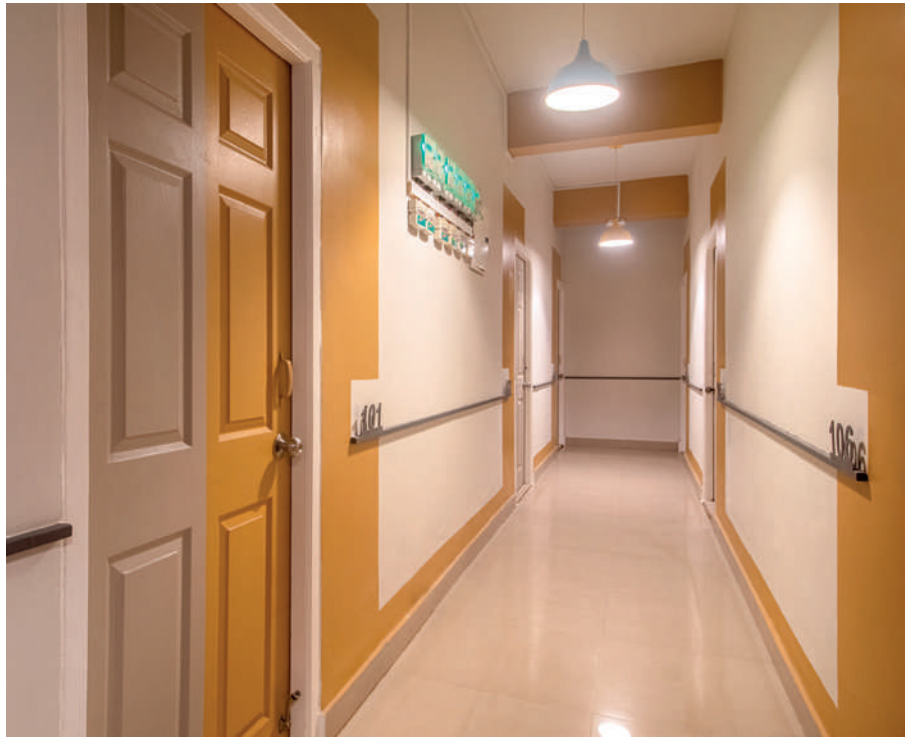


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CO-WORKING SPACES JUST GOT COMPANY, IT IS RESHAPING HOW THE MILLENNIALS AND GEN Z LIVE IN THE CITY. WOW! takes a look at the various co-living options available in the city – from Boston Living and Isthara to Coliving and Zolo Stays

TEXT: MANJU LATHA KALANIDHI



SHARED SPACES, SHARED DREAMS: THE CO-LIVING MOVEMENT



Co-sharing is all about sharing living spaces with other people to make life easier and more fun

Amid Hyderabad's evolving co-working landscape, comes the trend of co-living or co-sharing. The concept is blowing up, redefining the city's living scene. What's so special about this you ask? This new concept offers unparalleled freedom and flexibility compared to traditional hostels. Plus it has perks like no curfews, welcoming partners without stigma, diverse food options, and hassle-free maintenance. It's a game-changer for the new gen who value community vibes, cost-effective living, and fewer hassles (no maid or *Kacharewale ka jhanjhat*), these spaces are giving what the Gen Z and millennials need. These inclusive, comfort-oriented spaces also cater to singles and professionals, breaking the 'no bachelors' policy of homeowners and embracing a judgment-free, vibrant lifestyle.

SAY GOODBYE TO 'SORRY NO BACHELORS' SYNDROME

This trend has caught up with Gen Z who crave flexible, low maintenance living managed by professional bodies. These new spaces also welcome bachelors and singles who typically get rejected by traditional homeowners who say, "Oh but we won't let it out to bachelors or single women. Only families, please!" A JLL-FICCI study in 2019 said that 90 percent of millennials staying in co-living accommodation said that they were satisfied and would continue to stay in organized co-living spaces. Aneef Hashmi from Warangal says that he was denied a house because of his religion and his job (DJ in a pub), but the co-living spaces gave him hassle-free entry. "Most traditional apartment owners don't want to let out their homes for those like us who earn via gig economy. Luckily, these co-living spaces don't discriminate on such basis. Pay and come is all that they want."

WHAT EXACTLY IS IT

Co-sharing is all about sharing living spaces with other people to make life easier and more fun. Imagine having your own room but sharing common areas like the kitchen, living room, and maybe even a gym or chill zone with others. It's like a mix between living alone and having roommates but with more perks and less hassle. You get to meet new people, split the costs, and enjoy cool amenities without breaking the bank. Plus, it's super flexible and a great way to make friends and create a community. It's the modern way to live for those who value convenience, connection, and affordability.

That Hyderabad offers over 10 options for those who want to choose co-living spaces speaks about the rise in demand. There are several corporate players - Isthara Coliving, Boston Living, Zolo Stays, Thrive Rosa, Cupliv, Stanza Living, Settl, etc in this arena. Zolo Stays, for example, focuses on providing co-living facilities to its target segment in the age bracket of 25 to 32 years. Unmarried working professionals who are at managerial level and above. This target segment is willing to pay a premium for a flexible, functional, and fun co-living experience, they say.

BOYFRIENDS-GIRLFRIENDS WELCOME

Gen Z is all about co-living for other reasons too. It's flexible - allowing stays from five days to 18 months and more. It's social, creating a tight-knit community that beats the loneliness of big city life; it's packed with dope amenities like high-speed Wi-Fi and chill zones; and it's judgment-free, where everyone is accepted and diversity thrives. Most co-living spaces also offer couple/gender-inclusive spaces, thus making it possible for two people in a relationship to stay together without fear of being stigmatized or judged. The concept of partners moving in together isn't new globally. An increase of 59 percent in the number of people following this trend



has been evident since 1997. These new, trendy corporate-style tech-enabled spaces are based on three pillars: Comfort, convenience, and community.

FACTS AND FIGURES

According to a 2022 India Housing Report, the rising population of millennials and their share in the workforce are key to these changing times. In 2018, 40 percent of the millennial workforce (which lives in seven cities - Mumbai, Delhi NCR, Bengaluru, Hyderabad, Kolkata, Pune, and Chennai) migrants are leaning towards the 'asset-light model' that was pioneered by the hospitality sector. This means that they want comfort but do not want the hassle of maintaining it. "Even having to be around when my maid comes home (usually around 10 am) is a hassle as I have tight deadlines at work. In co-living spaces, the housekeeping is taken care of," says Manikarnika Sen, who works for a breaking news digital space in Kondapur.

LIVING IT UP

Nishanth Reddy, 23, landed in Hyderabad for his first job gig and drove straight into a new-age co-living space that he had looked up online when he was in Vizag. He had to check in, the process similar to checking-in at a hotel, and enjoyed the facilities of the place. But what sealed the deal for Nishanth was the community vibe. From movie nights to impromptu jam sessions, there was always something happening. And when Nishanth's childhood buddy dropped by for a visit, the folks at Colive were cool with it.



"Living here, I found more than just a place to crash; I found a tribe. It's not just about saving money or convenience; it's about living life to the fullest with people who get you," says Nishanth. However, as he plans to move to Australia this December, he wants to get his 55-year-old single mom to shift into the co-living space. "I won't be around and her health is failing. In a space like this, she can enjoy the amenities and privacy while not having to be bothered about a cook or a maid as all these are available here. Plus, she will also have a community around her," he says.



“The best bit is that I don't have my homeowner dropping by unannounced to check on me”
- Anisha Rangan, Co-living resident

PET-FRIENDLY SPACES

In January this year, Ananya Rao, 24, moved to Hyderabad for a new job and chose Settl co-living. She even brought her pet, and everyone was cool with it. "I had tried nearly five places and none of the flat owners allowed pets. I had recently lost my mom and my pet is my safe space. It is comforting to have him in my room," she says.

PG/HOSTEL AND CO-LIVING?

Both PGs and co-living spaces offer furnished living spaces. However, co-living spaces combine the advantages of hotels, hostels, and PGs. "The best bit is that I don't have my homeowner dropping by unannounced to check on (read judge) me. Most co-living spaces are app-based and that makes it easy for Gen Z who despise face-to-face conversations," says Anisha Rangan, an ed-tech startup founder from Chennai who wants to stay in Hyderabad for two months to visit colleges and universities as part of her ed-tech app onboarding work.





BYE, BYE NEIGHBORS

Good news: You don't have to invest in knowing your neighbors because the app (like Settl) will do it for you! You can move into your apartment in just 30 minutes after a quick move-in audit and you know who your neighbor is, where they work or study and if you both will gel. "I would want to use this kind of a co-living space when I get married and have to walk out on my husband at short notice," quips Ananya who books into the other outlets of Settl when she travels to other cities.

SERVICE APARTMENT VS CO-LIVING

Co-living apartments resemble serviced apartments, but each room is rented individually. Essentially, you live with flatmates who you might not have chosen. Most serviced apartments have limited amenities. Plus, they're not customized to the type of residents living in them. "In a service apartment, you'll likely find spaces curated specifically for students or working professionals. Since most co-living apartments are company-owned rather than managed by an independent landlord, they tend to offer better services than a single landlord with other commitments," says Stanza Living spokesperson.

FULLY FURNISHED

Co-living/co-sharing spaces come furnished with amenities that the millennials and Gen Z are used to - free WiFi, pantry, microwave oven, laundry, housekeeping (no need to fold your blankets either), gymnasium, fitness classes, swimming pool, games room, and food. Coffee vending machines on every floor, sandwich makers, and toasters in the common kitchen. The inclusion of Alexa devices in premium rooms enhances convenience, allowing easy control of appliances like TVs or air-conditioners.

TICKING THE BOXES

The residents at these spaces also have a wide selection of premium amenities to unwind, relax, and entertain themselves. Cinema room to watch live sports, TV shows, movies, and special screenings together. Terrace lounge with star gazing deck and barbecue set-up specially designed for fun times. Most of these facilities also provide a fitness room to sweat it out with fellow residents. Gaming Zone with PlayStation, tennis courts, foosball, dart board, board games, etc. Friends and family of Colive residents are welcome to visit and have fun at the Colive property. They only have to register and make the necessary payments.



In a service apartment, you'll find spaces curated specifically for students or working professionals



MENTAL HEALTH ON POINT

Maansa Bhalotia, Head of Marketing, Boston Living, says that one of their USPs is having a mental health counseling space right on their campus. “We realize that this generation takes mental health seriously. We have a physical space called *Praan* Wellness which our residents can visit. Such amenities are integral for the well-being of young Gen Z residents who stay away from their families and are pursuing stressful academics or careers,” she says.

BIG ON TECH

These spaces also use technology and data to provide innovative solutions to the daily requirements of end-users. For instance, Zolo Stays focuses on automation and relies on IoT (Internet of Things) for smart electricity and water billing in its properties. They have IoT sensors to monitor water levels, electricity usage, appliance health monitoring, etc.

“At Zolo, we believe that a robust, tech-driven, and operationally excellent platform can handle the complexities and subtleties of living far better than an individual alone, providing a greatly enhanced experience at a lower cost,” says Dr. Nikhil Sikri, CEO and Co-Founder, Zolo Stays with stays across Gachibowli, Kondapur, KPHB, etc.

Boston Living, Kondapur, has plans to introduce further innovative automation features to enhance resident experiences. Moreover, the co-living space utilizes an integrated access management software called Spintly, enabling seamless navigation with tailored access to all the floors. To enhance the residents’ convenience, the startup pilots a voice-enabled ticketing system. “This innovative initiative enables residents to



submit tickets for swift resolution via an Alexa device, enhancing operational efficiency,” informs Aditya Surneni, COO & Director of Boston Living.



These spaces also use technology and data to provide innovative solutions to the daily requirements of end-users





INTER-CITY MOVEMENTS

Boston Living, founded in 2019 by Aditya Surneni and Surya Reddy, provides fully furnished living spaces tailored for individuals transitioning to Hyderabad. With over 1.6L sq.ft. and 555 beds, residents enjoy ample space to thrive. With facilities in Bangalore and Chennai, Boston Living also makes it easy for inter-city shifts. The company implements advanced access management systems to prioritize safety, especially for female residents.

YOUR VIBE, YOUR TRIBE

Community building is central to these spaces and hence there are a variety of events aimed at fostering connections among residents and peers, including complimentary community-building events that cultivate a sense of home away from home.

Last October, Boston Living celebrated a dazzling *dandiya* for *Navratri*. In addition to the mesmerizing dance performances, the residents of the co-living space were treated to a delectable spread of festive food featuring a wide array of regional specialties. “The aim of events like these in co-living spaces is to create memorable experiences that bring the residents together, foster cultural exchange, and celebrate the joy of music and dance,” adds Maansa.

Interestingly, India Housing Report 2022 has stated that food emerged as an important determinant influencing the selection of shared rented accommodation in Hyderabad (79 percent acknowledged this). These facilities have all-day diners, QSR eateries, fine dining, and even subscription-based meals ensuring the residents get a wide choice. All in all, it seems to be a win-win for the new-age out-of-townners!



www.bostonliving.com
www.isthara.com
<https://thesettl.com>
<http://cupliv.com>
www.stanzaliving.com
<https://zolostays.com>

Starts: Rs 12,000 for triple sharing in most places. Average is Rs 14,560 per month including taxes at a facility like Boston Living in Hyderabad, working out to Rs 1,74,720 annually at a Bronze Triple sharing (Includes wi-fi, water, usage of fridge, oven, laundry up to 20 kg per month and housekeeping on alternate days). Check the app/website for the exact pricing.
Timings: 24x7
Advance: Two-month advance

Old-world charm meets new-age aesthetic

Classic with an Edge

Sanjay Leela Bhansali is back in full vigor with his latest offering **Heeramandi: The Diamond Bazaar**. It's an eight-part Netflix series that revolves around the lives of courtesans set against the backdrop of pre-independence India. Bhansali is peerless when it comes to recreating majestic sets and timeless fashion that one can simply describe as ethereal and otherworldly.

With help from brands and designers, WOW! attempts to recreate old-world charm with new-age aesthetic fit for young Millennial and Gen-Z women.



MALLIKAJAAN

Emulate the grandeur of the reigning queen of Heeramandi - played by Manisha Koirala - with Kalki's heart-stopping *Scarlet Red Lehenga Choli* in raw silk with 3D flowers and cut *dana* embroidered Summertime Flowers and Geometric Motifs; and Suneet Varma's ornate Heather Head Jewel, which includes strings of pearls and vintage blush stones of over 12 carats.



BIBBOJAAN

Vaishali Agarwal's elegant dark green organza *lehenga* from her collection INARA, adorned with sequins, glitter, cut *dana* and *aari* embroidery perfectly complements the graceful Bibbojaan played by the Hyderabad-born actor, Aditi Rao Hydari. You can add a touch of jewelry to the delicate look with Tribe Amrapali's Dance of Dusk structured bangles with 77 carats of dew-drop crystals.





WAHEEDAJAAN

Waheeda Jaan played by Sanjeeda Shaikh is a survivor who fights her battles wearing some of the most ethereal pieces including a yellow ethnic attire. Mirror her delicate look with ASMI by Mayank Modi's festive Yellow Layered *Lehenga* made of pure silk and handwoven *ikat* fabric from the city of *nizams*. This piece can be complemented with JJ Valaya's intricately crafted Amelia Chandelier Earrings.



FAREEDANJAAN

Like us, if you were mesmerized by Fareedanjaan's champagne-colored sequined *saree* brought to life by a curly-haired Sonakshi Sinha in the song *Tilasmī Bahein*, you can recapture the essence of the classic look in a modern way with Kalki's dazzling new-age Copper Gold Dress which comes with a braided waist belt; and with Shivan & Narresh's statement charm choker made with Morning Star stones with chic enamel work. ■ IPSHITA



ALAMZEB

A quirky blend of Ruhi Tumbi's chocolate brown lycra Pant-Saree with floral thread border and Suneet Varma's Dilshad Nose Ring makes for a unique look. One that perfectly aligns with the character of Alamzeb, played by Sharmin Segal, a young aspiring poetess who rebels against her unfortunate circumstances determined to pave her own path.



WOW!
Recommends:
 Khubani
 Ka Meetha
 Cocktail

Wow! on the city's first taproom that is all set to change the way we drink beer.

Here's to a new beer culture!

THE AMBIENCE

The Beer Cartel made quite a buzz with a chic Gangster theme launch party in May end, just in time for the IPL finals. The interiors are Mafia-inspired. One can't help but notice the eye-catching, hand-painted mural adorning the wall as soon as one enters. The beautifully painted mural depicts a gathering of all the iconic gangsters from the old classics enjoying a cigar or a drink at a sprawling table. Another wall depicts the dashing Johnny Depp with his eye patch from *Pirates of the Caribbean*.

THE VIBE

Set amidst offices, the Cartel aims to be known as the den where you shed the corporate cloak and find your inner gangster. The music stays true to the theme and plays the Billboard top 20 from the 60's through the 90's. Hum along to Abba, BoneyM, Guns and Roses among other retro and progressive House and commercial music, or get on the metal bar and flaunt your dance moves. Yes, you can totally do that!

FOOD AND BEVERAGES

Hyderabad's exclusive taproom, founded by Ashwant, Vasantha, and Khaleel, introduces craft beers from Windmill (Bangalore) and Susegado (Goa). Beyond exceptional brews at surprisingly pocket-friendly pricing, you can enjoy specialty cocktails by mixologist Balakrishna Subramaniam. Among the cocktails, we tried the fresh *Mango Diaqueri*, *Sohl Kadhi Highball-Vodka based*, *Khubani Ka Meetha - Gin and Irani Chai- Whiskey-* served with *Osmania Biscuits*. While all the cocktails tasted great, the latter two stood out for the sheer ingenuity of combining two of the most loved Hyderabad flavors with spirits.

COURSING THROUGH

We started our meal with a refreshing *Quinoa and Avocado Salad* followed by *Lamb tarts*, *Deville Eggs*, *Zaituni Paneer Tikka*, *Chilli Basil Tofu*, *Butter garlic Prawns* and *JNG Chilli Chicken*. The *Lamb tarts* were a deliciously meaty lightly spiced mince filled in a

delicate tart shell and the *Butter Garlic Prawns*, served in a hollowed-out bun, were delightful. After much debate, we opted for a *Kheema biryani* for the main course and what a fantastic choice that turned out to be! More a *pulao* than a *biryani*, fragrant with mint, green chilies and spices, it reminded us of a *Pachhi Mirchi Pulao*. There's always room for dessert so we went ahead and tried two of them - *Kalajamun Rabdi*, and *Osmania Kunafa*. The *Kunafa* stood out for being different from the traditional one; this was served sandwiched with a thick layer of cream and sans syrup and cheese; recommended if you prefer lightly sweetened desserts. ■ SUPRIYA

Meal for two: Rs 2,000 onwards including Beer

Gate 1, The Loft, Sattva Knowledge Park, Hi-Tech City

Tel: 63093 32727

Timings: 12 pm to 12 am (Weekdays), 12 pm to 12.30 am (Weekends)



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“While ‘Mumbai never sleeps’, I suppose Hyderabad keeps you alive and kicking” - **Rituparna Ghosal**

An Explorer at Heart

An Associate Director for a budding shared mobility start-up, Rituparna Ghosal is an explorer at heart. She has traversed across Durgapur, Delhi, Pune, Mumbai, Bangalore and now Hyderabad. Talking about her experience in the city of *Nizams*, she shares, “Over six years in Hyderabad, has given me a good pause. I am exploring the change and newness that the city has to offer.”

What Rituparna loves most about Hyderabad is its rich heritage juxtaposed with its modernity. As for the nightlife, she expresses, “I love the vibrancy here. There are many great places to unwind and socialize. I say this after having a rich experience in other cities and metros.”

We ask Rituparna for memorable nightlife experiences and recommendations.

• FAVORITE HAUNTS IN THE CITY...

1. *Forge Breu House*
2. *Zero 40*
3. *Postcard*

• FAVORITE NIGHTLIFE ATTRACTION...

I am a big fan of live music, and some

of my favorite acts can be found at *AirLive's* two locations and *ElseWhere Café and Lounge*.

• YOU PAINT THE TOWN RED IN...

I usually opt for something stylish yet comfortable – a chic ensemble paired with statement accessories.

• CHOICE OF POISON...

I usually go for *Negroni* or *WitBeer*, it is a classic choice for me.

• BEST CLUB TO DANCE THE NIGHT AWAY...

Forge Breu House is my go-to place for dancing all night long.

• WITH WHOM DO YOU PARTY...?

I often party with a close-knit group of friends who share my enthusiasm for exploring the city's nightlife.

• YOUR GO-TO AFTER-PARTY PLACE?

We usually head to *The Bar - Novotel Hyderabad*, or a friend's place.

• ONE WORD TO DESCRIBE HYDERABAD'S NIGHTLIFE?

Enthralling. ■ IPSHITA

WHAT'S NEW

Of spirits, clubbing and diva nights



May was a busy month in Hyderabad with the social circuit being more active than ever. The city witnessed high-profile launches of several nightlife spots and here are a few new ones that caught our eye. Here's a sneak preview of the nightlife spots.

REBEL & RYE BAR AND KITCHEN

The Dope: “If partying hard is Rebellious, we're home to the Rebellion,” is their catchline. This new rooftop bar and kitchen focuses on state-of-the-art mixology and affordability. With bright sunlit interiors during the day, it positions itself as a place to nurse a drink even during the day and a place to host sundowners with your besties.

Where: 5th Floor, *Sujana One*, Filmnagar
Details: @rebelandryehyd on Instagram

PANDORA & LUMA LOUNGE & COCKTAIL BAR

The Dope: This new space wears several hats such as a taproom, all-day diner, live music and a place to dig into contemporary cuisine,

lounge and cocktail bar. It caters to the IT crowd in Kondapur, especially to hang out after-office hours.

Where: *Laxmi Cyber City, Whitefields, Kondapur*
Details: 9154998634

TOS CLUB & LOUNGE

The Dope: Calling itself a place where tales rule over spirits, this dance club and party house, TOS roped in international DJ Mia Mendi and DJ Paroma for a Bollywood weekend night besides DJ Suketu and Aerreo to let the city know they are high on music, besides spirits. They also host ‘Diva Nights’ with free drinks for the ladies. ■ MANJU

Where: 5th floor, *Hotel Vinflora Residency, Sri Nagar Colony*
Details: 77997 71240

A Summer Oasis



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Escape the summer and join us at
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SUMMER
moments



Join Hyderabad's **Gopala Krishna** as he offers five-day Himalayan walking tours, with spiritual enrichment on the go this season

Walk, pray, live

Imagine walking alongside gurgling streams with Himalayan peaks gleaming in the distance, soaking in the splendor of golden sunrises and sunsets. Later you sing perched atop a rock by the riverside, then, it's time to cook and sleep under the stars. Are you in good health, adaptable, open to new experiences, and a seeker at heart? Then AB Gopala Krishna's walking tours in the Himalayan belt are tailored for you. A passionate traveler, entrepreneur and cultural curator, Gopal's Himalayan walks, known as **Ganga Padayatra**, happen around the year.

WHAT IS IT ABOUT

A transformative walking journey from Rishikesh to Devprayag and a quest for self-discovery, covering 80 kms in five days.

WHAT IS SPECIAL

A pristine walking track that legends such

as Shankaracharya and Vivekananda have walked. The route passes through forests and valleys, crossing mountain streams and quaint villages.

EXPERIENCE

Participants will stay in makeshift tents, village homes and ancient pilgrim *dharamsalas*. All the meals on this journey will be simple, vegetarian, and *satvic*. Gopal says, "Expect to embark on a collective learning adventure – of mindfulness and self-awareness, through sharing circles sessions, life lessons, yoga, and guided meditations. With evenings of bonfires and camaraderie by the river."

MOST CHALLENGING PART

"Stepping out of one's comfort zone," says Gopal.

AGE GROUP

18-60 years

WHO IS IT FOR

Nature lovers, spiritual speakers, and those open to learning and adventure.

WHAT A DAY LOOKS LIKE

Everyone wakes up at sunrise, as it's cold before that. After completing their morning ablutions, it's time for *yoga* and breathing sessions. Tea, a bath, and a hot breakfast follow this. The walkers then pack the tents and bags and start walking. After a five-hour walk, they end the day with a self-cooked simple, one-pot dinner such as *khichdi* on the riverside, followed by free-flowing music and sleeping under the stars in their tents. "Everyone volunteers to do it. It's like an expedition where we walk, talk, pray, sing, and live together for five days," says Gopal.

CHECKLIST

Participants need to be able to walk about 15 kms a day while carrying their luggage and also volunteer to cook or set up tents etc. They should be adaptable, open-minded, and have robust health. Since it is a spiritual journey, consumption of alcohol, smoking cigarettes and other harmful substances are strictly not allowed.

COMING UP NEXT

Padayatra from Gangotri to Gomukh Ganga *Padayatra* from Rishikesh to Devprayag in September ■ MANJU

Price: Rs 9,500 (includes meals, accommodation, transportation and facilitation)

Only 15 spots per padayatra
Tel.: 79004 95379 (WhatsApp)

HAPPENINGS THIS MONTH

Learn making pizza in two hours



Seasoned chef Vaibhav Roy of **Roy's Pizzeria** situated in Karkhana is conducting pizza making classes for those interested. With step-by-step instructions from the chef, you will be taught how to make pizzas in a home kitchen oven without professional equipment and readily available ingredients. Apart from the ingredients, you will be provided with a chef hat, an apron and other equipment.

The chef will first give you a small introduction on the pizza world. He will let you know the best way to make a Romana-style pizza dough while sharing a few secrets with you along the way. He will teach you how to knead and how to store it once made. You will be taught the importance

of using high quality products; dividing the dough into balls; rolling it like a real pizza chef; adding your choice of toppings (veg or non-veg) and baking it in the oven before it comes out sizzling.

Each session lasts about two hours. And if you wish to join, all you would need to do is book your session 24 hours in advance.

■ IPSHITA

Price: Rs 3,000 (for one), Rs 5,500 (for two) and Rs 2,000 per person for a group of four

Ground floor, 78, Annie Besant Road, P&T Colony, Karkhana, Secunderabad

Tel: 96527 31022

Timings: 3 pm to 5 pm

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By Vaishali Agarwal



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Nail the five-yard look with different drapes!
Here's where you can learn it

Saree, saree all the way!



Dolly Jain has turned *saree* draping into an art form. This celebrity saree draper, who went viral for charging Rs 2 lakh to drape sarees for celebrities like the Ambanis, has made learning the perfect drape highly desirable. While social media is flooded with reels teaching saree hacks, a hands-on two-hour session works wonders.

WHO IS IT FOR?

Elderly folks might scoff at the idea of 'learning to drape a saree professionally,' but fashion bloggers looking to nail that edgy *saree* look for their social media posts are flocking to these sessions. Hyderabad's top boutiques also conduct draping classes to help clients appreciate the *saree*'s beauty. *Saree* Clubs on Facebook and WhatsApp often include draping classes in their annual celebrations. These sessions are perfect for beginners and anyone eager to experiment with their sarees and for those who get photoshoots for their social media. All you need to bring to a session is sarees of different textures (cotton, silk, organza, georgette, etc.) and various blouse styles for a comprehensive learning experience on both mannequins and yourself.

WHAT YOU GET TO LEARN

Besides the classic drape, these classes teach unique styles like the Nivi (with various South Indian variations), pleated, Gujarati, Bengali, Madisar (Tamil Nadu), Nauvari (Maharashtrian Lavni), and Coorgi drapes. ■ MANJU

Price: Rs 3,000 for a two-hour session

Drishya Makeup Training Academy, Sri Nilayam, Near Venkateswara Arts College, Vittal Rao Nagar,HITEC City
Tel: 72720 22277

Timings: 10 am to 12 pm, 2 pm to 4 pm, Monday to Friday

Pickleball fever has hit Hyderabad big time and is bringing the young and old to bond over this low-impact three-in-one game on weekends

Get pickled



Remember the shock we felt learning how much TikTokers earned? Well, pickleball is the TikTok of 2024! US player Ben Johns revealed he earns \$2.5 million from this rapidly growing game. Hailed as the fastest-growing game in the US, the wave has now hit Hyderabad. A case in point: Hyderabad hosted its second Pickleball tournament this summer!

WHAT'S IT ABOUT

Nicknamed the new three-in-one sport, you play with a paddle and a plastic ball with holes on a badminton-sized court in a mix of tennis, badminton, and ping-pong. "Pickleball takes five minutes to learn and 15 to fall in love with. It's a blast! It's active but not intense, great for all ages, and social too," says Navaneeth Reddy, a recent convert who used to play in Dallas and continues to play at Game Point in Kondapur after moving to Hyderabad earlier this year.

WHO'S PLAYING?

Everyone! Younger people love its quick, exciting pace and older folks appreciate this low-impact sport for being gentle

on the joints. Kiran Sahoo, a Hyderabad food blogger @food_hud also loves the game and hangs out with her buddies at the newly-opened Pickleball Courts in the city.



SERVE IT WITH FUN

In pickleball, the ball must be returned before it bounces a second time on the receiving team's side of the court, and players score a point when the other team cannot return the ball or hits it out of bounds. The first team to score 11 points and win by at least two points is the winner! ■ MANJU

Price: Rs 300 for 30-minute sessions.
Book via Playo app

Pickleball Arena, Kondapur (also at Madhapur and Shaikpet (opening shortly)
Timings: 6 am to 11 pm on all days at their outdoor courts
Tel: 90003 65371

MEKONG

*I float on the river of the nine dragons, oh so long
I hear the whispers you will never forget this journey,
this adventure - Mekong*

Mekong, now open at Avasa





A fitness lounge for the limitless

Beyond Fitness

Studio Ananta, a sanctuary for both fitness aficionados and novices, threw open its doors to the public in early May. The three main program offerings include a Reformer Program, which provides access to the pilates reformer machine; a Recovery Program, which includes a sauna and cold plunge; and the Signature Program, which includes Yoga, Aerial Yoga, Pilates, Barre, and Meditation.

Under Yoga the studio offers classes on *Hatha* Yoga, Creative Flow, Yoga Sculpt, and Props Yoga; Aerial Yoga has Aerial Foundation, Aerial conditioning, and Aerial Advanced; Pilates sees Pilates Sculpt, Pilates Bootcamp, MOTR Pilates, Reformer Foundation and Reformer Burnout classes; Barre involves Barre Basic, Barre Burn and Barre Strong classes; and Meditation includes Sound Healing, *Trataka*, *Yoga Nidra*, *Chakra Shuddhi* and *Prana* Energising.

The sessions can be scheduled on the studio's official app. Offered five days a week, the sessions, conducted by highly experienced trainers, last between 30 to 60 minutes. Additionally, for newbies, the studio also provides two complementary signature sessions.

Co-founder Chaitanya MRSK walks us through Studio Ananta's tranquil space. Natural light and the lighting design that artfully simulates it envelops the studio made primarily of glass, whites, and birch wood and complemented by the flooring crafted from natural granite stone. The various activity rooms include a Private Studio, Reformer Studio, Yoga Studio, Meditation Studio, Aerial Studio, and a Recovery Studio that features a sauna for two, and a cold plunge tub that sets the water temperature to 4 degrees Celsius. The studio also incorporates changing rooms, secure lockers, and a juice & salad bar for its members. ■ IPSHITA

Price: On Request

2-65/157, Khajaguda, Nanakramguda, Hyderabad

Timings: 6:30 am to 8:30 pm

Tel: 91578 93030

QUICK TAKE

Chaitanya shares with WOW! five Studio Ananta activities he would recommend to a beginner.

1. Aerial Foundation

Benefits: Improves strength, flexibility, body and spatial awareness, circulation and cardiovascular health, boosts dopamine, and enhances mood.

2. Hatha Yoga

Benefits: Improves flexibility, increases strength, reduces stress, improves breathing, boosts energy levels, enhances mental clarity and focus, improves posture, and provides a total body workout.

3. Reformer Foundation

Benefits: Improves fundamental movements, alignment, enhances core strength, flexibility, and body awareness.

4. Yoga Nidra

Benefits: Reduces stress, induces deep relaxation, improves sleep, promotes emotional healing, alleviates pain, increases self-awareness, and enhances creativity.

5. Prana Energising

Benefits: Increases vitality, enhances mental clarity, reduces stress, improves immune function, promotes emotional balance, enhances physical performance, heightens awareness, and fosters holistic healing.

Arjun K. Punukollu: The Fitness Enthusiast, Fueling Business Success and Personal Growth

Have you ever wondered how some entrepreneurs juggle multiple responsibilities and still manage to stay at the top of their game? The secret often lies in a well-balanced lifestyle that includes regular exercise. For **Arjun K Punukollu**, a renowned figure in sustainable innovation with authentic leadership style, fitness is not just a hobby but a critical component of his professional success.

The Interconnectedness of Personnel Values, Fitness, Travel & Business

In the vibrant landscape of contemporary India, where tradition and modernity are intricately woven, Arjun K Punukollu stands out as a remarkable figure. His life story is a compelling narrative of ambition, innovation, and a profound commitment to societal and environmental well-being. Beneath his professional and philanthropic achievements lies a heart deeply rooted in friendship, family, and unwavering principles.

Arjun's journey from the corporate skyscrapers of New York back to the soulful embrace of India is a testament to his multifaceted identity as an entrepreneur, environmental advocate, and fitness enthusiast. Beyond his professional success and passionate endeavors in sustainable living and community upliftment, Arjun's life is richly colored by the relationships that have shaped him.

Fitness: Arjun's Secret Weapon for Entrepreneurial Success

Arjun's commitment to fitness goes beyond physical benefits. It fosters a strong mind-body connection that helps him stay focused, creative, and resilient. Here's how regular exercise plays a pivotal role in his entrepreneurial journey:

Enhanced Mental Clarity and Focus

Exercise boosts brain function by increasing blood flow and stimulating the release of neurotransmitters like dopamine and serotonin. These chemicals are essential for maintaining a positive mood and high energy levels. Arjun often starts his day with a workout, whether it's a brisk walk, cycling, or lifting weights. This routine helps him clear his mind and set a positive tone for the day, enabling him to tackle complex problems and make strategic decisions with clarity.

Stress Management and Emotional Resilience

The life of an entrepreneur is fraught with challenges and high-pressure situations. Regular physical activity including yoga and meditation helps Arjun manage stress by reducing cortisol levels, the body's primary stress hormone. Exercise also promotes the release of anti-anxiety neurons, maintaining emotional stability. For Arjun, a demanding workout session is not just about physical fitness but also about building mental resilience, allowing him to handle business pressures with a calm and composed mindset. His achievements in fitness are a testament to his dedication, including completing the Summit Kilimanjaro trek and the 10-day Hampta Pass trek in the Himalayan range.

Creativity and Problem-Solving

Physical activity enhances creativity and improves problem-solving skills. Arjun incorporates short exercise breaks into his workday, especially during long hours of brainstorming sessions or strategic planning. These breaks often involve a quick run or a set of push-ups, helping him gain new perspectives and come up with innovative solutions. His participation in various marathons and runs, like the London 10k run where he clocked his best PR of 52 minutes, the Hyderabad Marathon 10k runs (2018, 2022, 2023, 2024), and the Gaudium Stadium 12-hour relay run, further exemplify his commitment to maintaining peak physical and mental performance.

Balancing Personal and Professional Life

Valuing friendships as one of life's greatest treasures, Arjun credits his diverse relationships—from childhood friends to those he met through his executive MBA program at the Indian School of Business (ISB), Hyderabad—with playing a pivotal role in his development. These connections have been a source of learning, inspiration, and support, enriching his understanding of the world and himself.

At the core of Arjun's support system is his spouse, Nomitha, whom he considers his best friend and pillar of strength. Together, they navigate the complexities of life, balancing business demands, social commitments, and personal growth. Nomitha's partnership has been instrumental



Arjun's life is richly colored by the relationships that have shaped him.

in Arjun's journey, providing a foundation of love and understanding that fuels his ambitions and endeavors.

Arjun's devotion to family extends beyond home and work. He cherishes traveling with his children, believing that these moments of exploration and adventure are invaluable for family bonding. These vacations are cherished opportunities for creating lasting memories and imparting principles of integrity and hard work to his children.

Conclusion

Arjun K Punukollu's commitment to fitness is not just about staying in shape; it's integral to his strategy for business success. By prioritizing physical health, he enhances mental acuity, manages stress effectively, and fosters a creative and resilient mindset. His story is a powerful reminder that taking care of your body & mind can significantly contribute to professional achievements and overall quality of life. In Arjun's story, we find a powerful message: success is a blend of professional ambition, personal integrity, and the love and support of those who matter most.

 [apunukollu](#)
 arjunkp@icloud.com



Snappy, healthy and yummy salad recipes straight from **Isha Foundation's Satvic kitchens**

The Green Gods

No-cooking days needn't lead to junk food binges. Enjoy tasty, healthy salads, the perfect solution for nutritious family meals. Sharmila Raghav is a dedicated *Hatha* Yoga Teacher and volunteer with Isha Foundation in Hyderabad. She sheds light on the culinary delights of fireless cooking with focus on nutritious salads served at their spiritual camps.

The essence of Satvic meals:

According to Sadhguru, founder of Isha Foundation, such meals help us embrace 'live' food in its uncooked form, imbued with *prana* or life energy. By consuming raw, enzyme-rich foods, we nourish our bodies with vibrant vitality, aligning with Sadhguru's vision of holistic well-being.

Most preferred vegetables:

Beetroot, cucumber, capsicum, ash gourd, snake gourd, carrot, tomato, lemon and pumpkin

Pro hack:

Replace regular table salt with natural salts like black salt or rock salt. They not only enhance flavors but also boast of medicinal properties, aiding digestion and promoting overall wellness.

Recipes for beginners:

1. Mixed salad: Combine chopped snake gourd (peeled), capsicums, tomatoes, grated ginger, grated coconut, and lime juice in a bowl. Season with salt, pepper, coriander, and curry leaves. Mix and serve fresh.

2. Beetroot Salad: Grated beetroot, soaked groundnuts, finely chopped capsicum, grated ginger, grated coconut and lime juice. Season with salt, pepper, coriander, and curry leaves. Mix all ingredients well.

3. Cucumber Salad: Finely chopped cucumber, capsicum, grated ginger, grated coconut, and lime juice. Add salt, pepper, coriander, and curry leaves and mix well.

4. Poha delight: Wash thick beaten rice (*poha*) and drain it thoroughly, leave it for 45 minutes. Mix it with tamarind paste, grated coconut, coriander, and curry leaves, and serve.

■ MANJU

Tel.: 96189 54075 or refer to "A Taste of Well-being" by Sadhguru

Celebrity fitness trainer **Kumar Mannava** shares his monsoon wellness hacks

Water and herbal teas are my go-to drinks this season



A holistic fitness coach for the last 25 years, **Kumar Mannava**, walks the talk. Which is why celebrities, such as Jr. NTR, train under him. WOW! asks him to share some of his fitness hacks.

Do you have a workout regimen for different seasons?

Workout schedules have to be goal-oriented rather than season-oriented. People tend to train more in winter and less in summer for obvious reasons. So plan your workout schedule keeping in mind your daily quota and end goal, and not external factors alone.

As a fitness icon, what are the tips/hacks you follow to transit from summer to monsoon?

In summer, we drink more water to stay hydrated as compared to monsoons. So remember to drink the same amount of water – at least four liters a day – to meet your body's needs.

During monsoon people find excuses to skip workouts. How to stay motivated come rain or shine?

Building habits and discipline are more sustainable than motivation. It is easy to fall off the grid when motivation wears off. Remember to reward yourself with a healthy indulgence, like a salad, after you achieve your daily workout quota.

Is there a special diet that you follow during the monsoon?

My diet stays consistent year-round, with the right amount of carbs, proteins, and minerals. However, during monsoon, I incorporate more colorful fruits, particularly berries and my go to drinks are hot herbal teas and plenty of water. I avoid stale and outside food since bacteria are more active on food during this time. ■ MANJU

@kumarmannava on Instagram



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.

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3rd Floor, VVC Park View Complex,
Road Number 1, Jubilee Hills, Hyd - 033.
Contact: 7358 300 300



“Our brief was simple, it should be contemporary, easy to maintain and not ornate”
- Avinash Mitta



A no-fuss home focused on the comfort of Italian design comes to life with art

Home is where the heart is!

An expansive and bright home, with space for evolution of those who reside in it, this is a testament to understated luxury.

Step into the corner apartment from the bustling afternoon traffic in the center of Hitech city, in the upmarket MyHome Bhoja, overlooking other office buildings. There is an immediate sense of relaxation as one walks in, with the foyer cutting the noise off. A colorful and striking Hanuman sculpture by Appam Raghava, against a dark wooden fluted panel, welcomes one into the drawing room.

CONVERSATION STARTERS

A textured wall with an elegant console in wood and glass on one side with floor to ceiling windows on the other, complete with automated curtains in muted tones, add to the calm. Sinking into the opulent and welcoming sofas, the artwork, strategically placed to catch the eye, is a conversation starter. Spanning 4,000 sq. ft., the residence is tailored for a young family's comfort and functionality.

The homeowners, Avinash and Shalini Mitta, tell us that the interiors and styling were done by Haresh & Trishna Lakhani of city-based HP Lakhani Associates. The credit for the finished home is a direct outcome of their vision, dedication, and their meticulous attention to detail.

"Our brief was simple, it should be contemporary, easy to maintain and not ornate," said Avinash Mitta, who runs a boutique furniture store in Hyderabad. "With an energetic preschooler at home, it was important for us to have a space which is child friendly and easy to maintain," adds Shalini, an engineer turned homemaker.

DESIGN IDEOLOGY

"In styling this apartment, we aimed to create a cohesive narrative that

seamlessly integrated with the interior design. Our approach focused on harmonizing elements of texture, color, and form to create a sense of balance and sophistication throughout the space," explained Trisha Lakhani. She stated that this project was a success primarily because of the "client's receptiveness to innovative design concepts and their commitment to active participation throughout the process."

A furniture connoisseur himself, Avinash mentions that while the furniture product designs were based on his preferences, the final selection was done by the father and daughter designer duo. The design language comes together on the premise of comfort and functional space that serves as a backdrop to the artwork that the couple collects.

The flowing, soft and smooth shapes of the furniture were chosen specifically to complement the artwork in which the vermilion and scarlet reds with distinctive textures pop out. The cushions in leather, plush accent rugs and carpets spread across the home, were styled perfectly to the rest of the space.

THE GUIDED TOUR

The drawing room opens to the central living space, where the family spends most of their time. With rooms opening from this area, the ceiling and corresponding paneling demarcate the transition of space. Done up entirely in shades of gray and white and polished wood for the tall doors, there is little to no visual obstruction with a single divider console from Rugiano in tan brown leather and metal, acting as one edge of the living space facing the television.

The entertainment room has an Edra sofa by Francesco Binfarém and a copper toned wall piece from White Domus, with a natural stone panel in the background for the giant media display. The stone is repeated in the

carefully selected pieces of accent tables along the long and wide central space.

The dining area, just off the kitchen is defined by a sculptural pendant light in white, called Zeppelin from Flos over the Adone table by Hesselentia in marble, metal and leather.

NO-FUSS VIBE

The no fuss theme continues in the kitchen where the architects ensure maximum space utilization with innovative accessories and hardy materials like ceramic to avoid porosity while making it easy for maintenance.

There are four bedrooms tucked away on each side of the central space. Each with discreet paneling that hides the closets and toilets, ensuring seamless and well-lit rooms. One of the key requirements by Shalini.

The master bedroom and guest rooms each have designer beds from Rugiano, in leather and bronze. While the child's bedroom is bespoke, with a custom loft bed and a three-dimensional artwork in the form of a jigsaw puzzle. It is replete with a checkerboard, a cactus and a flying monkey, an imaginative and captivating piece created by Meenakshi Katragadda.

TECH TALK

Technology and automation are seamlessly integrated into the home, with features like Davide Groppi lights and Bticino switches enhancing convenience. A dedicated *pooja* room adds a traditional touch, blending harmoniously with the modern aesthetic.

We ended the walkthrough at the deeply recessed sit-out with a wooden deck, with two beguiling views, one of the delightful sunset and the other of the clutter free space within.

■ SRUJANA NALAM

WOW! catches with Bharatanatyam dancer **Santhosh Kumar Thamang**, who incidentally is a Nepali, but speaks impeccable Telugu

MATCHING STEPS



When Santhosh Kumar Thamang speaks Telugu, it is only with the faintest of accent. Upon my surprise, he explains, “My grandfather moved to Hyderabad in the 1950s and my mother and uncles were born here. I am a proud Hyderabadi and of course, speak the language.”

Santhosh knew at an early age that all he wanted to do was dance. He states, “I was born amidst rules and regulations that are a part of being a policeman’s family. I wanted to spread my wings and fly and dance was my path for that, and I remain indebted to it.”

ARTIST IN THE MAKING

While growing up, there were few Bharatanatyam teachers. He was keen to hone his craft under *Guru* T.K.Narayan, who founded the ‘Academy of Bharatanatyam’ in 1948.

However, the late *guru* was famous for not taking on new pupils. Santhosh persisted for six months before being granted admission. Such dedication is unheard of in today’s times but the 51-year-old simply says, “I trained under my *guru* for 18 years and he taught me everything I know. I remember he said that dancers should focus on *sadhana* and not rewards.”

For a male dancer, how difficult was it to get the body language right in a classical artform? He explains, “Bharatanatyam utilizes both the male and the female forms. The trick is to ensure that your body language suits your gender, something that my *guru* has taught me.” At the school named after his *guru* that Santhosh started in 2012, he teaches students of all ages and both genders.

He adds, “Things were different in the 80s and 90s; there were few avenues for traditional dance. Today, social media has opened up avenues for dancers. But, I always insist that my students focus on honing their craft rather than on performing or making reels.”

CITY SCENE

A fan of dancers including the likes of Vijayanthimala and Leela Samson, what is his take on the Bharatanatyam scene in Hyderabad vis a vis other cities like Chennai? He answers, “I attend the Chennai season regularly. We can see both vintage compositions and the latest ones with a lot of creative work.”

He signs off saying, “In Chennai locals get the first opportunity and then other states. The respect they show to their local dancers is unmatched. As Hyderabad is vast geographically, it’s difficult to go watch our own fellow dancer’s perform. We also have issues with budgets and auditoriums.” ■ MALLIK



Meet an artist who is making a mark for himself with his eclectic work

ART AND EFFECT

At first glance, artist Nayakoti Damodhar's works seem as if they are clad with clay inside the canvases. Only when you feel the painting do you realize that the multi-dimensional effect is just that – effect. "I've even had curators getting confused over my art," Damu (as he is called) laughs, "In my latest show, I saw people stand and stare, before they understood that it was an oil painting with just color and nothing else on canvas."

It is this depth that his work carries, which makes the 42-year-old Damodhar, an exciting artist to watch out for. It is the process of his art that helps him to distinguish himself. He molds clay into the outline of the painting himself, takes images and then recreates the same as the clay prototype.

BEING DIFFERENT

Why does the artist do this? "I have always wanted to make something different. I got this idea when I saw children play with Play Doh and was fascinated by the possibilities it offered. Also, I thought that it was a spontaneous process and slowly started building on it."

Having grown up in the area of BHEL (where his father used to work), Damu never even knew that a school existed to study art. It was the Vice-Principal of his school, Vijayalakshmi and a student of JNFAU from his colony (Krishna) who noticed the spark in him and guided him.

GETTING BETTER

In 2013, he had his first solo show and over the years one notices a subtle shift in his work. It has been refined to a single subject that at times is accompanied by a sketch or two. Gone is the extensiveness of etching and in its place a stark sobriety makes its presence felt.

The artist's works follow a distinct pattern – of a portrait and animal forms, and a hint of humor achieved by the interaction

between both. Damu's inspiration has always been children's paintings. He even invites his children to paint alongside when he works.

He explains, "There is an innocence in children's art. They do not think or plan before they paint, they are guided by instinct. It is the reason why the works are so catchy and charming." It is also the reason for the artist's eclectic color palette and often exaggerated shapes.

Currently working on his solo show scheduled for later this year, the artist is keen to continue the dialogue between himself and his works. ■ MALLIK



A new animal-themed park with a Disneyland vibe is letting kids play with birds and animals to their heart's content

Feathers, Rides and Fairy Castles

Going to the zoo is always fun. But what if you could also pet, cuddle and play with these adorable creatures? The newly-opened **Daisy Dale Farm Park** near Mokilla, on the Gandipet road, enables animal lovers to do just that. Designed for kids under 10, the park features a Disneyland-inspired look with castles and pink and blue mansions, creating a fairy-tale vibe.

When did you last talk to a cockatoo, pet a parakeet, or play with a Golden Pheasant? At Daisy Dale, you can do all this and more, as the farm is home to over 30 kinds of animals, including cows, goats, and sheep. However, the real stars are in the bird park where vibrant, lively and noisy feathered friends steal the show. The park's personnel help you get friendly with the



birds and teach you how to hold and pet them. Love Birds, Finches, and the Sun Conure are the most popular birdies with the kids flocking to them.

The theme park also has a party arena with the castle as the backdrop for a party with anything from a crowd of 30 to 400 people. Among their most popular summer activities is a ride on the Shetland Pony. For the uninitiated, Shetland Ponies are the superior, well-behaved, gorgeous-looking Scottish ponies.

The other must-try activity is a tour of the 'U pick' garden where you can take a basket and walk with your kid to pluck fresh fruits and flowers, giving them the feel of a farm. The park also has 32 rides - from slides to water-themed rides and even a Horror House for some goofy fun. Thoughtfully, they also have more than 10 rides for the adults who accompany the kids. Other attractions such as the Rhyme Park feature art installations inspired by nursery rhymes, a dino garden, and a forest-look-alike zone.

End the day nomnomming at the pretty black and white themed cafe with the kind of fare the kids love to binge on - snacks to milkshakes. When life gets weary, a trip to a fairy tale land is a splendid idea. Also, a great idea to channel the inner child in you especially if you are tired of adulting! ■ MANJU

Tickets: Rs 550 for kids and Rs 600 for adults, but we recommend that you book the tickets for animal interaction Rs 1,250 per person (Check website for discounts and offers)

Daisy Dale Farm Park, Mokilla,
Shankarpally, Vikarabad
Tel: 91111 91891
Timings: 10 am to 10 pm.
Closed on Tuesday

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MOVIES

In theatres



DOUBLE iSMART (Telugu)

Puri Jagannadh returns with the sequel to his most recent hit and makes it bigger as he brings in Sanjay Dutt as the antagonist. Ram Pothineni returns as Ustaad iSmart Shankar with Mani Sharma returns to create music and background score. It has been a while since a great *masala* entertainer has made its way into the theatre. Here's hoping that Jagannadh can continue to deliver a great hero character.

Date: 14th June

RAAYAN

(Telugu & Tamil)

Having made a stupendous transition from an actor to a filmmaker with one of the greatest films of our generation – *Power Paandi*, superstar Dhanush returns to direct his 50th motion picture. He stars as the lead with a stellar supporting cast including but not limited to S.J. Surya, Sundeeep Kishan, Varalaxmi Sarathkumar and Prakash Raj. Dhanush also ropes in A.R. Rahman to elevate the brilliance which is going to explode on the canvas with Sun Pictures producing the project.

Date: 13th June



INSIDE OUT 2 (English)

Despite its brilliant work in animated cinema, Pixar seems to be, like others, finding it difficult to get people back into movie theatres and have the cash registers ringing again. Yet they bring in a beautiful tale which takes place in Riley's mind, now a teenager, as the headquarter undergoes a sudden demolition to make room for a brand-new emotion – Anxiety, and she is not alone. Mann makes his directorial debut as it continues to baffle people how Pixar keeps evolving and delivering stunning storylines for decades.

Date: 17th June

WILL SMITH MARTIN LAWRENCE



BAD BOYS: RIDE OR DIE (English)

The buddy action-comedy is back with Will Smith and Martin Lawrence. Adil and Bilal return to direct the fourth film in the franchise. The gang's back together as Mike and Marcus are on the run from the Miami police department after they begin investigating corruption within their division. Given how intense films have gotten, it would be nice to watch a good old action movie which screams Hollywood all through.

Date: 7th June

(Disclaimer: Check the show runs and timings at the cinema halls before you go as some single screen theatres are likely to be closed in June due to the government's new rule)

CHANDU CHAMPION (Hindi)

Kabir Khan returns after the unfortunate loss of '83 to direct a biopic based on the country's first Paralympic gold medalist Murlikant Petkar. Murlikant set a world record in the 50m freestyle swimming event at 37.33 seconds.

He was disabled during the 1965 war against Pakistan and was a boxer in Secunderabad. Karthik Aaryan stars as the titular character and is produced by Sajid Nadiadwala. Kabir Khan is known for directing landmark films including *Ek Tha Tiger*, *New York* and *Bajrangi Bhaijaan* among others.

Date: 24th June



OTT SHOWS



BAAHUBALI: CROWN OF BLOOD

(Telugu)
Netflix

This animated series is set before the events of the two films. It depicts the journey of Baahubali and Bhallaladeva as they work together in their early years to protect the kingdom of Mahishmati from a warlord bent on creating havoc in the peaceful rule of Sivagami. With twists and turns through and through, the series captures the initial bond between various characters as it explores their dynamics leading up to the movies. A great watch for kids as well as those who enjoyed the franchise.

JOURNEY

(Telugu)
SonyLIV

Filmmaker Charan debuts on OTT with this mini-series on SonyLIV. The story explores the lives of five individuals who are competing for a high-salary job at a company run by R. Sarathkumar. Charan takes the opportunity to showcase the various struggles which one faces as a middle-class person in our country. There are episodes that make you think about career choices and motivations making it a decent watch.



BRIDGERTON – SEASON 3

(English)
Netflix

Get in the carriage, it's time for Bridgerton Season 3, bringing all the surprises with it. Center of the ballroom will be wallflower (secret scandal sheet writer) Penelope Featherington (Nicola Coughlan) and her longtime crush, world traveler, Colin Bridgerton (Luke Newton). This spring will officially be about #Polin, as fans have nicknamed the duo. You're about to see them in a whole new way when they step into the spotlight. There may just be more than "friendship" brewing.

HEART BEAT

(Tamil)
Disney+ Hotstar

A genre rarely explored in Indian series, this medical drama romance follows the life of Reena, who is accepting her residency program at RK Hospital. It focuses on doctors struggling to balance personal lives with hectic schedules and stressful residency requirements. The series stars Deepa Balu as Reena, Anumol as Radhi, Charukesh as Arjun and Yogalakshmi as Teju. Inspired by *Grey's Anatomy* directed by Deepak Sundarajan, the Tamil series is available with English subtitles.



90s

(Telugu)
ETV Win

The series is a wondrous throwback to the life we all loved and lived in the 90's era. Set in Wanaparthy, it provides us with moments that take us back to the time when life was simpler – as mentioned in the disclaimer at the beginning of the show. Three young siblings go about the charm of living in a world where social media and mobile phones aren't part of our bodies yet. A wholesome series for the entire family as daily middle-class lives are explored through the lens of director Aditya Hasan's world.



SCAM 2010

(Hindi) SonyLIV

Hansal Mehta returns as director for the next franchise series as they tackle one of India's largest companies of all times – Sahara. The tv series depicts Subrata Roy's rise to prominence and turning a chit fund company into the second largest employer during the 90s and early 2000s. This one promises to be as interesting and enigmatic as the first two seasons.



GEEK GIRL

(English)
Netflix

Awkward teen Harriet strives to fit in, then she gets scouted by a top London model agent and learns that some people are meant to stand out.

■ CHANDRAMOULI



Talking 19 to the dozen with *Laapataa Ladies* star **Nitanshi Goel**

‘Mom spotted my talent even before I thought I could act’



Stealing hearts as the young, innocent and cute lost bride Phool Kumari in the blockbuster movie *Laapataa Ladies* is just one of her accomplishments. **Nitanshi Goel**, the 16-year-old girl, moved to Mumbai seven years ago to pursue movies. Today she is the youngest Indian actress with the most Instagram followers (10 million). Has over 10 movies to her credit including minor roles in *MS Dhoni* and *Maidaan*, is the youngest recipient of the IMDB ‘Breakout Star’ STARMeter Award. Nitanshi talks to Manju Latha Kalanidhi in an exclusive interview with WOW!

CURRENT STATE OF MIND?

Feeling overwhelmed. The Internet is giving me so much love, saying that I am the next national crush, after Rashmika and Tripti.

GROWING UP YEARS

I have always loved being in front of the camera. It started with my mother, Rashi Goel, recording my little acts and antics for social media and YouTube as a nine-year-old girl. My 12 years old videos on my YouTube page have gone viral after the movie was released. I was the girl who would dance, sing, enact scenes, take part in theatre and plays at school. My parents discovered my passion and nurtured it. I even won the Miss Pantaloon Junior Fashion Icon in 2015.

BALANCING SCHOOL WITH SHOOTS

I’m studying in 12th standard. I took my board exams while shooting for *Laapataa Ladies*. There are behind-the-scenes videos of me studying during breaks on the set. I’m learning Kathak and speaking Hindi, and I’m also picking up Marathi.

ABOUT MOM RASHI

I am here because of her. She spotted my talent before I could believe in myself. We are a strong duo, learning and winning every day.

LANDING PHOOL KUMARI

I auditioned for the role by prepping and watching old films from 2001. I sent in my audition tape, and within a few hours, I got a message that Aamir Khan (producer) and Kiran Rao (director) loved my audition and wanted to meet me for lunch to discuss further.

FAVORITE SCENE IN THE MOVIE.

The one where Phool earns her first salary working at the tea stall. Hundreds of women messaged me, saying it reminded them of their first salary.

FIRST BIG PAY

I still don’t know how much I got paid for the movie, but we donated some amount for education of underprivileged children. As for getting something for myself, I just ask my dad and he buys it.

CHALLENGES WHILE ON THE SET

We shot for two months, and there were challenges, including the *ghunghat*. I remember I could not see anything but had to gauge my steps and perform. We were trying to recreate the 2001 era in 2022, shooting on a real train and working station at Nashik. We would wave at the commuters, and they would wave back at us. Transforming from a K-Pop girl to a bride, 25 years ago, was lots of hard work but my director taught me.

GETTING LOST LIKE PHOOL KUMARI FOR A DAY

I would probably cry the whole day demanding that I be taken back to my parents, but also be hopeful like Phool. Whatever happens, happens for the good, and I wouldn’t blame anyone.

BEING THE SNAPCHAT QUEEN

I do the most random things and connect with my followers – day-to-day life updates, shoots, what I eat, and good days at school. I’ve started giving them behind-the-scenes looks and telling them stories of what happened on set.

COMING UP NEXT

A Korean project and a possible Telugu project. I have even learnt “*Naa peru Nitanshi Goel*” so far. ■ MANJU

QUICK TAKE

SHOW YOU ARE WATCHING:

Laapataa Ladies. I’ve watched it at least 100 times.

YOUR SUNDAY BINGE FOOD:

Dadi ke haath ke Rajma Chawal and *mommy ke haath ke aloo ke parathe*.

TAKEAWAY FROM LIFE SO FAR:

Be kind, be useful and be purposeful.

FACING TROLLS: People are generally kind. I haven’t dealt with negativity yet.

ABOUT HYDERABAD:

Looking forward to tasting the best *biryani* in the city



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Heeramandi is the season's flavor, with its lead actresses, their clothes, and the sets trending on social media. The only male character people sat up and noticed amidst the bevy of beauties was Inspector Cartwright - the antagonist. WOW! catches up with actor **Jason Shah**, a British-Indian who speaks about his experience and future plans.

'I like how I look'



"Hindi brings a touch of home to Indians abroad and whenever I travel, be it to the US or UK there is a brotherhood with Indians, Pakistanis, and Bangladeshis because I speak Hindi."

HOW WAS THE EXPERIENCE OF WORKING IN HEERAMANDI?

It was surreal. The massive sets and big ensemble were an amazing opportunity for me. I must say that while I was shooting, I felt disconnected as I just knew my role and not the entire story, and neither did I shoot at a stretch or know anyone on the set. All these helped my character stay aloof and when I see it now, it made a lot of sense because my character needed that space from the others.

WHAT FEEDBACK HAVE YOU RECEIVED AFTER THE SHOW?

I think the show has really appealed to Sanjay's fan base and my inbox is flooded with appreciation from people from Bengaluru to Brazil. The great part about the OTT platforms is that their reach is really global.

YOU ARE AN INDIAN BUT LOOK BRITISH. IS IT AN ADVANTAGE OR A DISADVANTAGE?

My father is a Kutchi Jain and my mother is from Britain but I am a Bombay boy as I was born and raised in the city. I like how I look and speak and wouldn't have it any other way. In fact I have so much fun because Indians don't expect me to speak Hindi and when I do it startles them. But jokes apart, Hindi brings a touch of home to Indians abroad and whenever I travel, be it to the US or UK there is a brotherhood with Indians, Pakistanis, and Bangladeshis because I speak Hindi.

WHAT IS IT THAT YOU ARE CURRENTLY LOOKING FORWARD TO?

A lot of interesting roles and projects. There are a couple I've been offered and I'm keen to work in Telugu projects too as they are larger-than-life. I'm excited about what's about to come. I also hope to play positive characters at times (laughs).

WHAT DO YOU LIKE TO DO WHEN NOT WORKING?

I really enjoy playing cricket. Apart from that, I like to read, watch movies and travel. I like to sit back and enjoy the sunset and perhaps not take a selfie with it! Just sit, watch and breathe. ■

MALLIK

BOOKS



MAKTUB Paulo Coelho

A mishmash of the best-selling author's earlier writings and newspaper stories, this book, though a serious disappointment, might curry favor with the legions of author's fans. While there is a lot of advice here on offer there is none of the writer's earlier brilliance on display.

YOU LIKE IT DARKER Stephen King

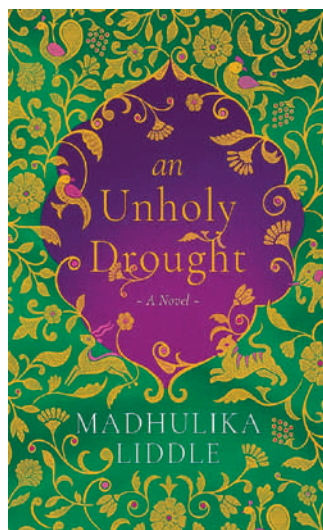
This collection of 12 short stories by the king of horror delves into the darker part of life – both metaphorically and literally. Some of these stories have never been published and some are King's best work. In 'Danny Coughlin's Bad Dream' an unprecedented psychic flash upends dozens of lives. In 'Rattlesnakes' – the sequel to 'Cujo' – a grieving widower travels to Florida for respite and instead receives an unexpected inheritance. It only gets darker and scarier in this collection.



THE SCENT OF FALLEN STARS Aishwarya Jha

36-year-old Will arrives in newly liberalised India. Smarting from the collapse of his academic dreams, he finds little fulfilment in his well-paying telecommunications job or the social confines of New Delhi's expat community. One monsoon night, he encounters young, enigmatic Leela, who blazes into his world and unleashes a storm of passion and devastation that will alter it forever.

23 years later, Aria lands in the city on a quest to find the mother whom she believed to be dead. As she searches for answers and a sense of belonging, Aria stumbles upon lost worlds, haunting memories, and the explosive secret that torpedoed her father's life, the reverberations of which will be cataclysmic for her own.



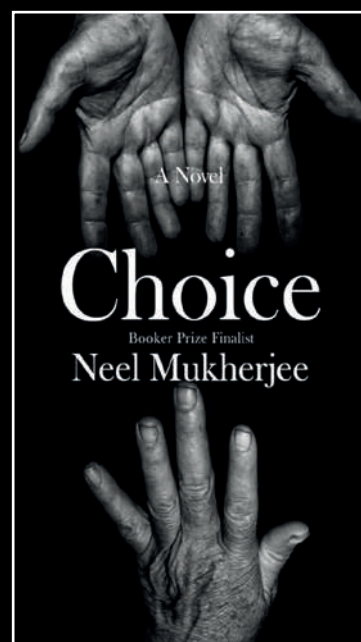
AN UNHOLY DROUGHT Madhulika Liddle

Humayun has died, and his 13-year-old son and heir, Akbar, must battle to save his throne, even as a drought devastates the northern plains. Against this backdrop, an old man documents the story of his family – his ancestors and himself – beginning a hundred years earlier, when a teenager in Dilli discovers the true nature of his best friend.

Spanning a century and a half, from the early 1400s to 1556, *An Unholy Drought* weaves an intricate tale of varied characters – their joys and sorrows – in Delhi, the phoenix city, as it transitions from the last days of the Sultanate to the dawn of the Mughal Empire.

CHOICE Neel Mukherjee

The acclaimed author returns with his latest novel set in the world of publishing. Three distinct narratives merge into one - A publisher, who is at war with his industry and himself, embarks on a radical experiment in his own life and the lives of those connected to him; an academic, who exchanges one story for another after an accident brings a stranger into her life; and a family in rural India have their lives destroyed by a gift. A satire on the publishing industry as well as life itself. ■ MALLIK



SUPRAJA RAO AND
MIHEEKA DAGGUBATI



Design Democracy

May 3, Taj Falaknuma Palace

Hyderabad's design, décor and textile fraternity came together for a brainstorming session on the intersection of textile and contemporary design at an evening soiree hosted by Sarita Handa's luxury decor store.



AMIR AND HAMEEDA SHARMA



TANU MEHTA AND SUPARNA HANDA



LAXMA GOUD



PARTICIPATING ARTISTS

Emerging Talent

May 24, Srishti Art Gallery

Artists and friends came together for an evening hosted by Srishti Gallery for showing works of new and young artists. Guests were seen appreciating the art as well as catching up with friends.




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SHWETA



SYLEKHYA



STELLA



VINITA SURANA



Kohli Kalling

May 18, One8 Commune

The launch of cricketing legend Virat Kohli's new restaurant, One8 Commune, was all about vibing with foodies and cricket fans, creating a lit community to appreciate the finer things. The IPL mania in the city just made the party even more epic.



KUSUM



FARIDAH LAKHANI



RASHMI



SHRITI



HARSHIT KAUR

PHOTOS BY BHAVIK PHOTOGRAPHY AND STUDIO CAPTURELIFE



PRIYANKA



ASHISH AND SHWETA MALPANI



SADHNA AND MOM



PRARTHANA AND NEHA



VIDYA



RUKHSAR HAIDRY



VANDANA SIRIGIRI



ESHA

SHRUTI AND HINA



AZRA



KRUTIKA RATHORE AND SIDDIE BOY



VARUN, NIKKI AND SAKSHI

Tip, tap, toe

May 23, The Beer Cartel

The launch of Hyderabad's first taproom, 'The Beer Cartel,' was straight fire with Hyderabadis showing up in their funkier outfits. The gangster-themed party had socialites, influencers and beer lovers vibing over endless drinks and bomb food.



ASLIHAN OZMEN OKAN



VASANTHA, KIRAN, MAHESH AND SILPA



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