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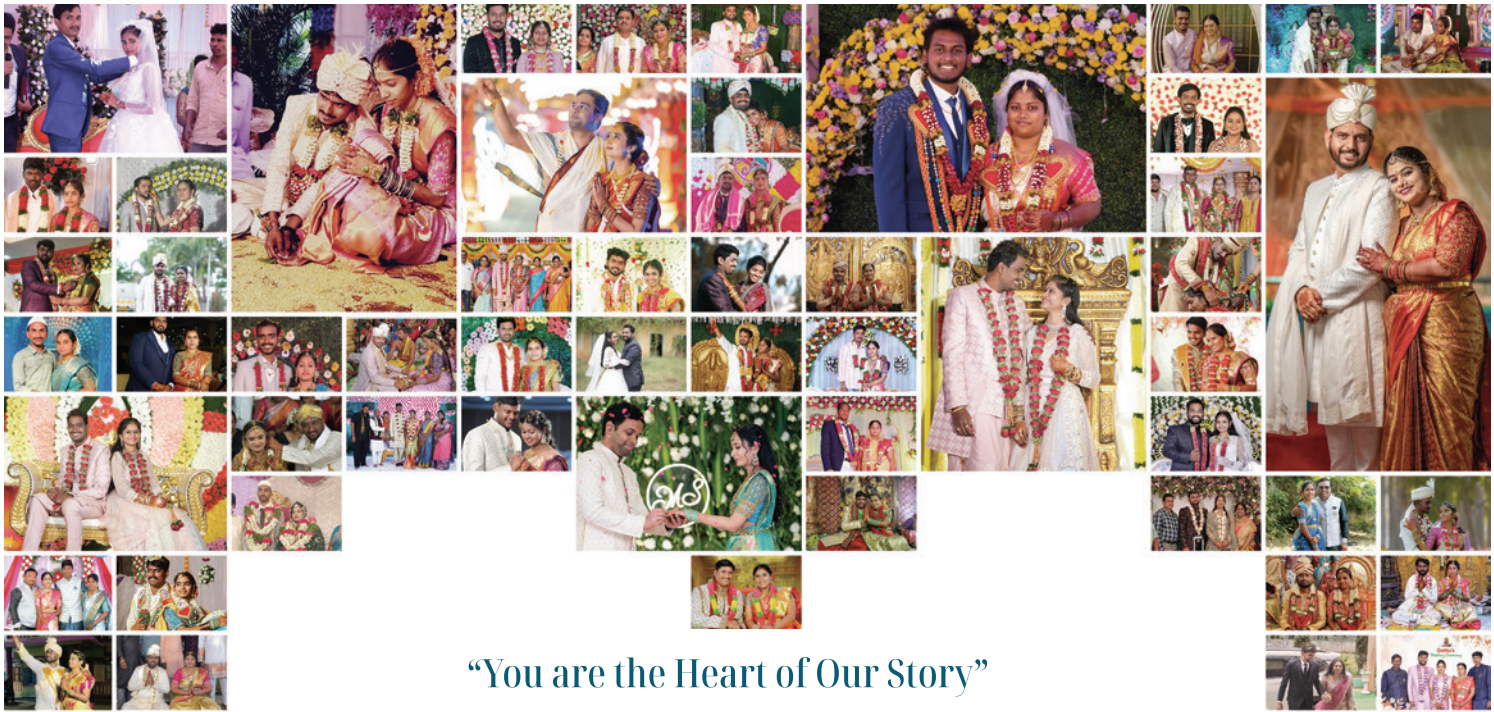
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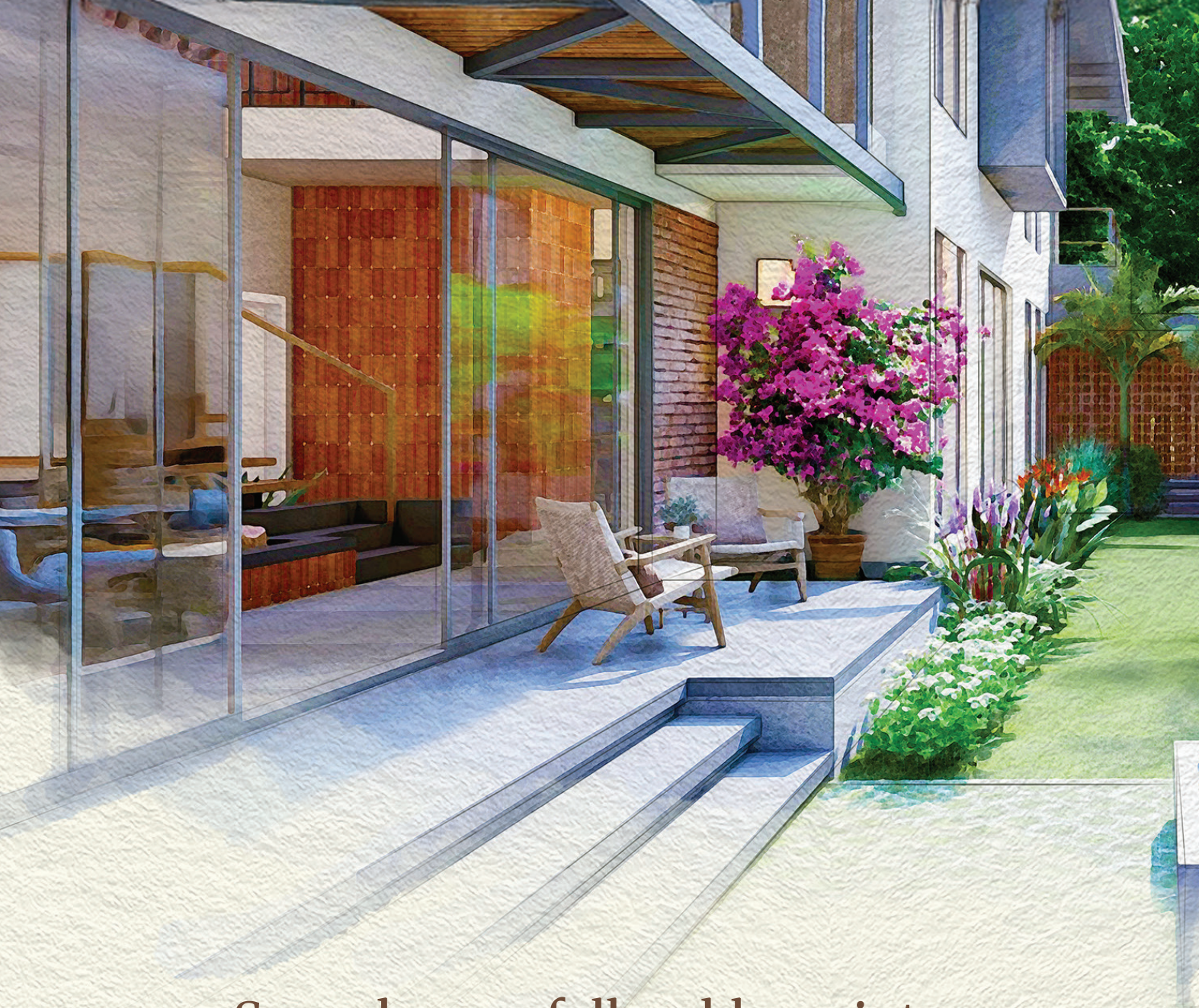
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Contents

nightlife 50



FOCUS

HYDERABAD IS IN THE MIDDLE OF A WELLNESS WAVE – AND IT'S MORE THAN JUST GYMS OR DIET PLANS. Think morning workouts followed by rehab sessions, saunas, and quantified meals at fitness cafés. Even post-work hangouts now mean cryotherapy, oxygen sessions, or board meetings at wellness hubs and buddy dates to longevity clinics. The city is embracing health as a full lifestyle



THE JOINT AND TERASO – THE INDIAN SOCIAL BAR OPENED UP IN NEW AVATARS and the city is buzzing with the new vibe that is worth checking out at these two nightspots

16 CITY

A START-UP HAS COME UP WITH A HAND-HELD DEVICE THAT CAN TRACK DOWN IRREGULARITIES IN THE HEART, THAT'S BETTER THAN THE APPLE WATCH; In Cause, we ask the Roshini Helpline NGO about who needs to use a suicide helpline. We are inspired by the grit and determination of young sprinter Jyothika Sri Dandi in Sports

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HERE'S HOW TO LEVERAGE THE LUNAR ENERGIES WITH A FULL MOON YOGA SESSION at Ankitam Wellness Center to clear your chakras for better health

14 UPCOMING EVENTS

STAND-UP SHOWS TO ATTEND AND FLEA MARKETS TO CHECK OUT, we tell you about the best events happening this month



24 FOOD

THIS MONTH, WE REVIEW THE GOOD BINGE; IDLI AND DOSA BATTER BRAND BETTER BATTER. Plus, we check out Tiger Lily Coffee & Bistro's new outlet, Daak House Coffee. We also visited Charcha, Adi, Natsu and Ladurée. We also have a list of sadhyas in the city

SHOPPING

WE HAVE LINED UP REVIEWS OF SHOPPING HAUNTS LIKE MULBERRY HOME, Not so Serious, Gaiaa's Thrift Store and Vavan Jewellery. Plus, we talk to legendary celebrity jewelry designer Hanut Singh and how he creates the showstoppers he is known for



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WE TAKE A LOOK AT THE 'IT' GIRLS IN CINEMA AND POP CULTURE TO FOLLOW THEIR STYLE MANTRAS;

City fashion influencer Divya Boppana tells us her go to spots for shopping and fashion hacks

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WOW! GIVES YOU THE COMPLETE PACKAGE RIGHT HERE WITH CHATAKEDAAR SNIPPETS ABOUT MOVIE STARS, our monthly recommendations in movies, OTT shows and books. We also talk to OTT star Anil Geela about his trending new Telangana show that is winning hearts



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spotted

GET A TASTE OF THE CITY'S PARTY CULTURE with our round-up of parties this month

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A LOOK AT THE MINIATURE ART SHOW HAPPENING THIS MONTH AT KALAKRITI ART GALLERY. And a candid chat with stand-up artiste Atul Khatrri on what he thinks is funny in Hyderabad

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LIVING

A TOUR OF EQUINOX, A BEAUTIFUL HOME THAT BLENDS DUTCH AESTHETICS WITH INDIAN ETHOS IN THE FINANCIAL DISTRICT; Also, a tour of Organo Antharam to understand the concept of urban habitats that mixes urban comforts with rural bliss



PEOPLE

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ACTOR SATYADEV TALKS ABOUT HIS LATEST OUTING, KINGDOM, AND HIS TRANSITION FROM AN IBM TECHIE TO A SOUGHT-AFTER ACTOR IN TOLLYWOOD.

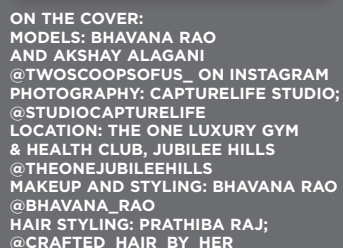
We also talk to Vedanth and Shreya Reddy who are helping Indian students in Canada with their housing needs. And city boy Rajshekhar Peri who is setting up India's first private training center for space missions

TOURIST INFO

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A TOUR OF THE NILAYAM NIKUNJ AT RASHTRAPATI NILAYAM which opened last month



VOLUME 23 ISSUE 10

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MLA Colony, Road No. 12,
Banjara Hills, Hyderabad - 500034
For details, contact +91 99494 55533

MADE TO LAST

SEPTEMBER 2, 3, AND 4

Join Crafts Council of Telangana for their three-day artisanal mandi, CHURN 2025. Take part in their pre-festive shopping that celebrates India's eco-conscious products, including thoughtfully designed ready-to-wear clothing as well as home ware. It is a space to meet the makers, understand the process, and take home something meant to last.

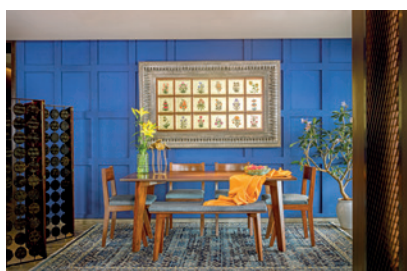
Venue: CCT Spaces, Banjara Hills
Timings: 10 am to 7 pm
Tel: 99494 55533

A NIGHT OF LAUGHTER

SEPTEMBER 4

Engage in a night of laughter with comedian Sammy Obeid (host of *100 Humans* on Netflix, with appearances on *Last Comic Standing*, *America's Got Talent*, and TBS's *Conan O'Brien* show) as he brings an evening filled with sharp wit and unforgettable stories about life, math and everything in between.

Venue: The Comedy Theatre, Gachibowli
Timings: 7 pm onwards
Ticket: Rs 1,299 onwards (bookmyshow.com)



DESIGN DEMOCRACY 2025

SEPTEMBER 5 AND 7

Design Democracy returns to Hyderabad, bringing together over 120 luxury brands, 80 speakers, and 15,000 visitors. Showcasing India's design excellence across architecture, interiors, product design, and art, the festival blends craft, culture, and innovation into three dynamic days of exhibitions, talks, and immersive experiences.

Venue: HITEX Exhibition Center, Hyderabad
Instagram: designdemocracy.in

ULTIMATE ROAST

SEPTEMBER 7

Ultimate Roast by comedian Nishant Tanwar puts the audience under the spotlight, where they become the star and target of the comedian's savage jibes. With no script, no mercy, just pure fun, the show aims to be an unfiltered and interactive comedy experience.

Venue: Aaromale – Café and Creative Community, Film Nagar
Timings: 6 pm onwards
Ticket: Rs 499 onwards (bookmyshow.com)



TO BE, OR NOT TO BE

SEPTEMBER 6

Director-actor Praloy Patra and actor Kaivalya Ekhande come together for a fresh take on William Shakespeare's *Hamlet* titled, *Hamlet Ya Nahin?* Back in Hyderabad after a successful run in Bengaluru and Mumbai, the tense, edge-of-the-seat theatrical performance pushes you to wonder where the stage ends and real life begins.

Venue: Lamakaan, Banjara Hills
Timings: 8 pm onwards
Ticket: Rs 199 onwards (bookmyshow.com)

ADNAN SAMI LIVE

SEPTEMBER 27

Get ready for a memorable evening as the *Lift Kara De* singer Adnan Sami takes the stage here in Hyderabad. The concert promises soulful melodies, timeless classics, and electrifying performances that are sure to move you.

Venue: Gachibowli Indoor Stadium, Hyderabad
Timings: 7 pm onwards
Ticket: Rs 999 onwards (bookmyshow.com)



FESTIVAL EDIT SEPTEMBER 12 AND 13

This month, Conscious Souk, a curated pop-up for sustainable luxury will be putting 20 plus apparel, accessory, home décor, and wellness brands together. The exciting lineup will include: Oldly Madras, Indylglory, Sandur Kala Kendra, Becaus, Label Taram, Varastraa, and Clean Living etc.

Venue: CCT Spaces, Banjara Hills

Timings: 11 am to 8 pm

Tel: 99017 99404



KK REVIVAL SEPTEMBER 13

Live at Hard Rock Café, Band Root Three Five come together to pay tribute to the celebrated work of musician, KK. Keeping the artist's music alive, the band that rose to fame with their ability to blend soulful Indian melodies with western sounds, promises to take you on a journey through nostalgia and timeless music.

Venue: Hard Rock Café, HITEC City

Timings: 9 pm onwards

Ticket: Rs 249 onwards
(bookmyshow.com)



AN EVENING OF RAGAS

SEPTEMBER 20

Where are India's Children – an organization dedicated to ensuring that orphaned and abandoned children in childcare institutions are not forgotten – presents *Rāgārpanam*, an evening of ragas with acclaimed Carnatic vocalists, Ranjani and Gayatri. Celebrated for their soulful work, the artists unite for a concert in support of the organization and to help change the lives of India's most vulnerable.

Venue: Shilpakala Vedika, HITEC City

Timings: 6 pm onwards

Ticket: Rs 899 onwards (bookmyshow.com)

ROOM OF MEMORIES SEPTEMBER 20

Seen at important global events like F1 Grand Prix and the European Olympic Games, The Room of Memories in collaboration with renowned artist Andrea promises a fun-filled experience for both children and adults with a show featuring dancing balloons, flying bubbles, storytelling puppets, and thrilling magic acts.

Venue: Bharatiya Vidya Bhavan

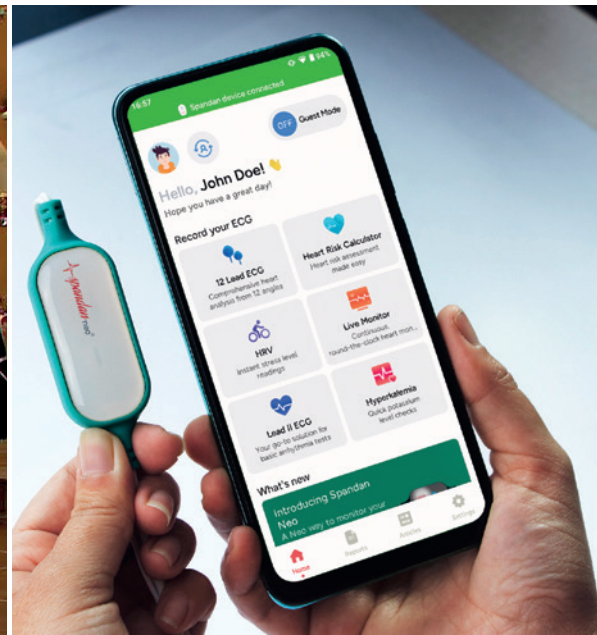
Auditorium, Basheer Bagh

Timings: 11:30 am onwards

Ticket: Rs 499 onwards
(bookmyshow.com)



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.



START-UP

A city start-up's tiny 12-gram, handheld ECG device, with precise results of upto 99.7% of is making waves in the health-tech space

Making the ECG Affordable

Last week, seven youngsters in their 20s dropped dead in Karnataka – victims of sudden cardiac arrest. The tragedy was not an isolated one. Across India, fit and healthy people are collapsing on morning jogs, in gyms, and even on treadmills. Heart disease is no longer a “middle-age problem” – it's striking younger men and women with alarming frequency. The need of the hour is faster detection, easier access, and timely intervention.

Enter **Spandan from Sunfox Technologies**, a Hyderabad health-tech start-up, which is putting hospital-grade cardiac care accessible at all times. Its mission? To make checking your heart as routine and as simple as checking your temperature at home.

WHO IS IT FOR?

Spandan is a handheld device designed for patients, clinics, hospitals, and even the military. Variants like Spandan Legacy and Neo, cater to individuals, Pro is aimed at physicians and clinics; Ultra is for public health and hospitals, while a military-grade version supports the Indian Army. “More than 50,000 devices have been sold so far, enabling over 2.5 million ECG tests in just three years,” informs Rajat Jain, co-founder of Spandan at Sunfox Technologies.

HOW IT STARTED

The inspiration for Spandan came from tragedy. Its founders (co-founders Saurabh Badola, Nitin Chandola, Arpit Jain and Sabit Rawat) were racing car engineers who lost a 21-year-old friend to a sudden heart attack. Determined to create a solution using something everyone owns – a smartphone – they spent six years developing a hospital-grade, affordable, and portable device. They aimed to avoid delays caused when chest pain or dizziness is mistaken for gastric issues or fatigue, and to save the “golden hour” often lost before reaching a hospital.

Unlike lifestyle gadgets such as the Apple watch, Spandan positions itself as a clinical-grade medical device
- Rajat Jain

PRODUCT SNAPSHOT

“Unlike lifestyle gadgets such as the Apple watch, Spandan positions itself as a clinical-grade medical device. Its growth strategy focuses on hospitals, cardiac patients, and clinics, though the devices are also available on Amazon and the company's website,” adds Rajat. The price starts at Rs 7,288 for domestic usage.

This heart rate monitor can detect 30+ abnormalities, including 12 types of arrhythmias, 13 versions of heart dysfunctions and 14 kinds of myocardial infarction. Spandan has the sharpest sensitivity that can detect the slightest heart abnormality for better outcomes and timely treatment. In case of chest pain episodes, you can instantly take an ECG at home to ensure if it's gas pain or a symptom of a heart problem. This proactive approach helps prevent overlooking critical cases and enables prompt initiation of necessary treatment.

FUNDING FUNDAS

Initially bootstrapped for five years, the company survived COVID with incubation support from IIIT Hyderabad and a small grant. Later, it received backing from a bank and shot into the limelight by winning an all-shark deal on *Shark Tank India's* first season. That exposure allowed Spandan to set up manufacturing, regulatory approvals, and expand its team. To date, the company has raised around Rs 25 crore across three funding rounds, with plans for a larger round soon. ■ MANJU



SPORTS

Sprinter **Jyothika Sri Dandi** is practicing for the upcoming Asian Games to fulfil her father's dream of representing India on the global stage

Living her father's dream



Jyothika Sri Dandi may not have returned with a medal from the Paris Olympics, but her performance in the women's 4x400m relay was nothing short of solid. Competing against the best in the world, the 21-year-old sprinter showed remarkable composure, proving that she belongs on the global stage.

For Jyothika, Paris was not an ending, but the beginning of bigger dreams. This 25-year-old Indian track and field athlete, specializing in the 400 meters and relay events, has won the Indian National U23 Championships in 2021 and the Indian National Open Championships in 2023. She also won a bronze medal at the 2023 Asian Athletics Championships in the women's 4x400m relay.

"Running became more than just a sport for me; it was my father's wish"

A FATHER'S DREAM

Long before she was sprinting on international tracks, athletics was included in Jyothika's life by her father Srinivas Rao, a bodybuilder in 2014. He nurtured a simple yet powerful dream – to see

his daughter represent India in athletics. "Running became more than just a sport for me; it was my father's wish," she says. That dream continues to drive her. Her inspiration: PT Usha! She trained under her father and her PT teacher in Tanuku, West Godavari before moving to Hyderabad to train under coach Ramesh.

EARLY STRUGGLES AND TRAINING

Jyothika's tryst with athletics began in school, where her speed quickly set her apart. Encouraged by coaches who saw her potential, she dedicated herself to rigorous training. Her routine became a blend of early mornings, tough drills, gym sessions, and strict diets. "Discipline is the backbone of athletics," she often says, acknowledging the sacrifices – missing out on teenage hangouts and leisure – that have shaped her into a committed athlete.

ON THE INTERNATIONAL TRACK

Competing in Paris gave her a taste of world-class athletics and the hunger for more. "It was surreal to stand on that track, shoulder to shoulder with global champions," she recalls. Right now, Jyothika is training in Thiruvananthapuram till the Asian Games

2026 in Japan next September. There are around 30 athletes like her who are undergoing training here. *Eenadu* (news-paper) supported her through their CSR program Lakshya, providing assistance with her training and needs.

A DAY IN HER LIFE

So how much does it cost to be a sprinter in real life? Around Rs 25 lakh a year, including participating in international tournaments, fitness, nutrition, recovery, etc., she says. She is grateful that she has found the right sponsors. Jyothika's day starts at dawn with endurance runs, followed by sprint drills and strength conditioning. Evenings are reserved for gym workouts and recovery sessions. "Every hour of my day is designed to make me faster," she says with a smile. Despite the grind, she finds time to unwind with music and conversations with her family.

RUNNING FOR HER FATHER

What keeps Jyothika grounded is her father's dream. For her, victories are not just personal milestones but steps toward fulfilling that vision. "I want to realize my dad's dream more than anything else," she says, her eyes lighting up. ■ MANJU



CAUSE

September is Suicide Prevention Month. WOW! talks to **Roshini Helpline** to understand how they offer free mental health counselling to those who feel suicidal or suffer from depression and other mental health issues

“Talking Saves Lives”

Swarna Raju, Director of Roshini Helpline, Secunderabad, talks to us about how we can all help prevent suicide in our circles; and the kind of service they offer to those who need it, as a friend.

WHY DO PEOPLE REACH A POINT WHERE THEY THINK OF ENDING THEIR LIFE?

Because they feel hopeless, helpless, and worthless. Failed exams, break-ups, financial losses, loneliness, addictions – any of these can push someone to the edge. Clinical depression and chemical imbalances in the brain, beyond one's control without medical help, also play a role.

“Talking is the first step to healing. When someone listens without judging, the burden eases. The simplest question – what happened? – can open the door”
– Swarna Raju



WHAT ARE THE WARNING SIGNS?

Withdrawal, saying, “I can't take it anymore,” giving away personal belongings, or talking about death. Subtle cues like low energy, sadness lasting weeks, or unusual silence matter too.

WHY DON'T PEOPLE TALK TO THEIR FAMILIES OR FRIENDS AND REACH OUT TO HELPLINES?

Fear of judgment. They feel parents won't understand, friends will dismiss them, or they'll be seen as weak. That's why helplines and therapy are vital – as confidential, non-judgmental spaces.

HOW DOES TALKING HELP?

Talking is the first step to healing. When someone listens without judging, the burden eases. The simplest question – what happened? – can open the door.

HOW ARE STUDENTS GETTING AFFECTED BY SOCIAL MEDIA?

They face crushing academic pressure. Failing to get into medical or engineering courses can feel like the end of the world. Add binge-watching, hostel loneliness, or ragging, and the spiral deepens. Social media has a huge role in their lives – filters and reels set unrealistic standards of beauty, wealth, and success. Constant comparison erodes self-worth. Even teenagers in hostels feel crushed under peer pressure amplified online.

HOW CAN FAMILIES AND FRIENDS HELP?

Notice mood changes.

- Don't dismiss sadness as “drama.”
- Ask: How are you feeling? Do you want to talk?
- Even if you can't solve problems, listening helps.

WHAT SERVICES DOES ROSHINI TRUST OFFER?

For 28 years, Roshini Trust has run a free, confidential helpline managed by 70 trained volunteers at its Sindhi Colony center. The service offers “befriending” – empathetic listening without judgment or advice. Walk-ins are welcome, and if needed, callers are connected to mental health professionals.

WHAT'S THE MESSAGE FOR OUR READERS DURING SUICIDE PREVENTION MONTH?

Talking saves lives. Depression is not drama, suicide is not weakness, and help is always a call away. If you notice signs, step in. And if you feel the weight yourself – don't stay silent. Reach out.

- Look around to notice who needs help, reach out and direct them towards us.
- Donate towards the maintenance of helplines and counsellors
- Volunteer your time and spread the word

Some believe talking about suicide encourages it, but silence does far more harm. Suicide is not about ending one's life – it's about wanting to end pain.

■ MANJU



MYTHS AND FACTS ABOUT SUICIDE

Myth: The suicidal person never mentions it.

Fact: Eight in ten do share their thoughts with someone before they die.

Myth: Talking about suicide encourages it.

Fact: Silence isolates. Open talk makes it easier to seek help.

Myth: People who attempt it once won't do it again.

Fact: Prior attempts are one of the strongest risk factors.

Myth: Only the rich or poor take their lives.

Fact: Suicide cuts across all social and economic groups.

Myth: If someone improves after depression, the risk is over.

Fact: Suicides often occur within three months of improvement.

Myth: Suicidal people just want attention.

Fact: Sometimes they do want attention – because it can save their life.

Myth: Only the weak attempt suicide

Fact: Suicide can affect anyone – even high achievers.

Roshini Trust, Kalavathy Nivas,
Sindhi Colony, Secunderabad
Tel: 81420 20033, 81420 20044,
040-66202000/1

Timing for free calls and walk-in counselling: 11 am to 9 pm seven days of the week; Roshinihelp@gmail.com;

Facebook: Roshini NGO; Instagram: Roshinihelpline; Website: roshinitrust.com



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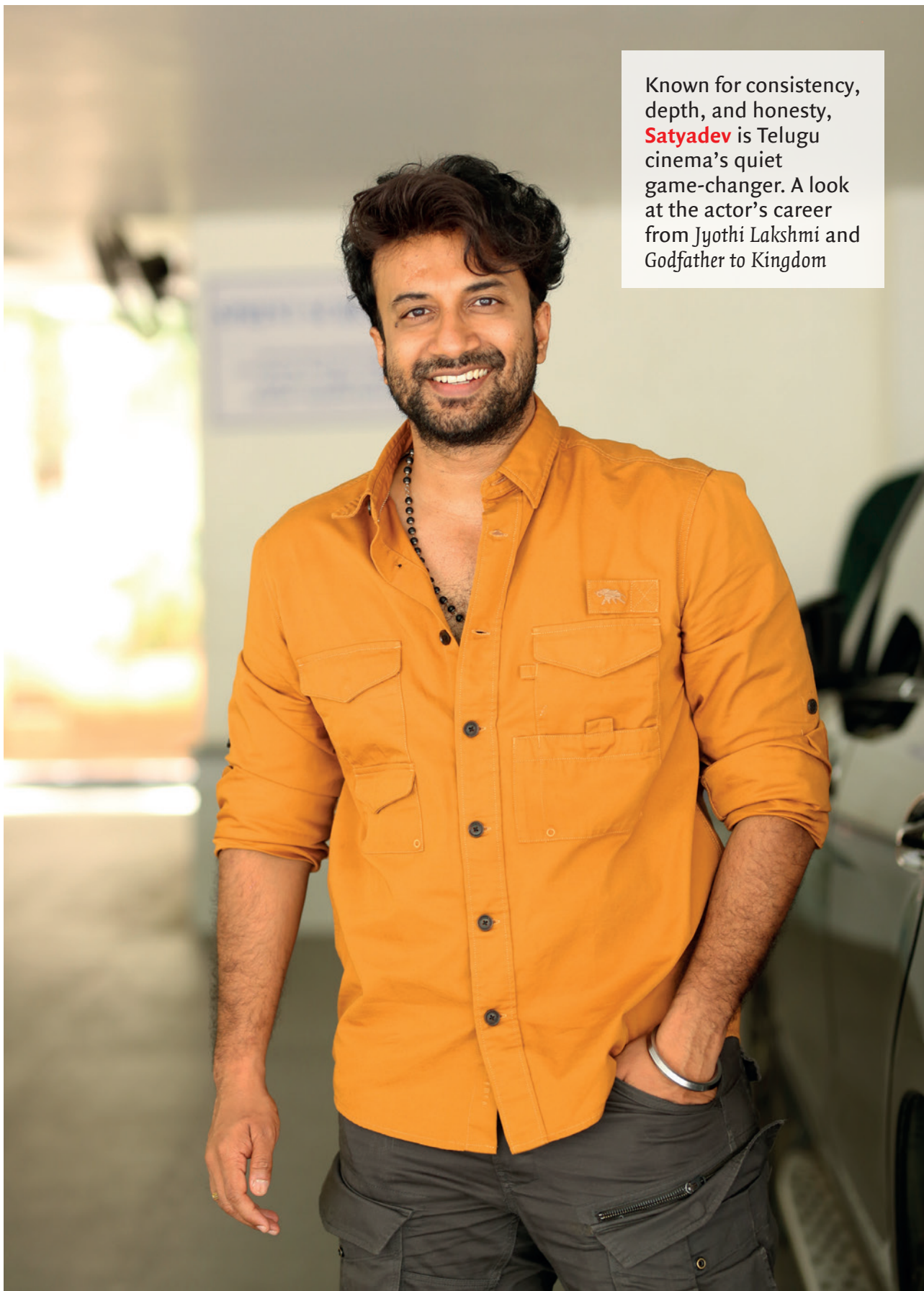
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Known for consistency, depth, and honesty, **Satyadev** is Telugu cinema's quiet game-changer. A look at the actor's career from *Jyothi Lakshmi* and *Godfather* to *Kingdom*

“Good acting alone doesn’t guarantee recognition”

Even as Vijay Deverakonda’s *Kingdom* gets mixed reviews, one verdict has been unanimous – Satyadev Kancharana steals the show as big brother Shiva. A familiar, relatable face in Telugu cinema, Satya’s journey from a Red Hat certified engineer in Visakhapatnam to one of the industry’s most versatile actors is straight out of a script.

Back in his IBM days in Hyderabad, he worked graveyard shifts and spent weekends chasing auditions, making amateur films with fellow dreamers. That persistence paid off when he was picked from 500 hopefuls to play the lead in *Jyothi Lakshmi* (2015). From there, he built an eclectic filmography with standout roles in *Kshanam*, *Ghazi*, *Bluff Master*, *Brochevarevarura*, *iSmart Shankar*, and *Uma Maheswara Ugra Roopasya*.

His ultimate fanboy moment came when he shared the screen with his idol Chiranjeevi in *Godfather* (2022). What makes Satyadev special is that his performances are consistently praised, even when the films themselves don’t always click. Today, he’s carved a reputation as Telugu cinema’s most bankable “outsider,” an actor who brings both, depth and relatability to every role he takes on. A gangster drama woven around the emotional bond between brothers, the film is being praised for its gripping storytelling, rich visuals, and high emotional connect.

As audience appreciation continues to pour in, Satyadev, who played the powerful role of Shiva, spoke to the media and shared some insightful moments about his journey with the film.

ROLE AND THE RESPONSE

I’ve never received so much feedback through calls and messages in my entire career. From the first show of *Kingdom* itself, the phone hasn’t stopped ringing with congratulatory messages. When Gowtam narrated the story, I didn’t even think twice – I immediately said yes. I loved it that much. And I’m thrilled to see how audiences are connecting with the film. My 2018 film *Bluff Master* earned me recognition, but it took time to reach the masses. In contrast, thanks to the scale of *Kingdom* and Vijay’s massive fan following, the response this time was immediate and overwhelming. I’m truly happy.

LIGHTS, CAMERA, ACTION

Action scenes connect only when they’re rooted in strong emotion. That’s exactly what *Kingdom* delivers. Every punch, every blow carries weight because of the emotional intensity behind it – and I think that’s why people are responding so positively.

MOST CHALLENGING SCENE

I didn’t know how to steer a boat. But Vijay had to sit in the boat, trusting me to steer through a strong current. At first, it was terrifying – when I steered right, it went left and vice versa. We even had a couple of near-misses – once we hit tree branches, another time we almost crashed. After a lot of practice, I managed to handle it safely for the shoot.

WORKING WITH VIJAY

I hadn’t met Vijay before this film. But once we connected, it

was evident he’s a wonderful human being. We built a great rapport in no time – he truly felt like a younger brother. Vijay is a fantastic actor who understands the emotion behind every line and brings depth to his performance. He really surprised me with his craft.

MAIN CHARACTER ENERGY

Good acting alone doesn’t guarantee recognition. It’s about how well a character is written. Shiva was brilliantly crafted by Gowtam – full of layers and emotional complexity. The audience connected with that deeply. The writing elevated the performance.

UPCOMING PROJECTS

A web series titled *Arabian Kadali*, streaming on Amazon Prime from August 8. My next film *Full Bottle* is ready for release. I’m also working on a project with director Venkatesh Maha, and another with *Arambham* director Ajay Nag. Alongside these, I’ve got two more exciting films in the pipeline. ■ MANJU



“At first, it was terrifying... We even had a couple of near-misses – once we hit tree branches, another time we almost crashed”

Telugu youngsters **Vedanth and Shreya** are helping international Indian students find safe residences in Canada, one home at a time

“We wanted to be the friends we didn’t have”



VEDANTH AND SHREYA

The first few weeks in Canada can feel like survival mode – battling jetlag, culture shock, getting acclimatized and the stressful hunt for housing. For many international students, that search ends in frustration or worse, scams by fake landlords. Vedanth Reddy Bairi knows this firsthand. When he landed in Windsor in 2018 for his Master’s in Mechanical Engineering, he too struggled to find a safe, reliable home.

“I saw how easily students were cheated, losing money and peace of mind. That experience stayed with me,” he recalls. “I made a vow that no student should face what I went through. That’s why I built a platform to help them find housing that is safe, affordable, and trustworthy.”

REALITY HELPLINE

That struggle later became the seed for SV Care, the

company he co-founded in 2023 with his wife Shreya Reddy and friend Kuldeep Reddy. Based in Windsor in Ontario, the venture focuses on helping students like their younger selves – newcomers navigating a strange city, unsure who to trust – by connecting them to verified, safe accommodation.

SV has placed more than 400 students into reliable housing. From answering frantic calls, inspecting places before recommending tenants, and helping with small settling-in needs – even tips/news about usage of strong water charges to garbage pickup schedules – the team is hands-on. Incidentally, they were named Best Property Consultant in Canada, from among 25 well-established and local ventures, he adds.

PEOPLE OVER PROPERTY

“We are less about property deals and more about people. We wanted to be the friends we didn’t have when we came here,” says Vedanth. And for hundreds of students, that’s exactly what they have become. ■ MANJU

Tel: +12269614342

@svcarepropertymanagement on Instagram

REAL GOOD ADVICE

- Go for detached (independent) homes in Windsor (due to its proximity to Detroit, lower property costs, and growing infrastructure). Young working professionals and investors can go for condos and apartments in Toronto and Vancouver
- Don’t buy a new car just before buying a house, as it reduces your ability to get a bigger mortgage

City youngster **Rajshekhar Peri**, considered one of the few Indian Analog Astronauts, is now setting up a pioneering space institute in India

A School for Outer Space



RAJSHEKHAR WITH THE TITANIA-72 CREW

For most of us, gazing at the night sky ends with wonder. For Rajshekhar Peri, it turned into a mission. This Saroonagar boy is now carving out his own space in space! An Analog Astronaut, he is all set to launch India’s first dedicated Analog and Real-Time Astronaut Training Center called **Stellar Lift Systems** in Ladakh. “Earlier, if anyone wanted to aspire to go to

on a space mission, they had to train in the US or Europe at prohibitive costs. But the new institute will provide a training space for them in India,” he says.

HUB OF INNOVATION

“Here we can pioneer space simulation environments

and mission readiness programs. We can empower future astronauts, researchers, and explorers with world-class training and experiential learning,” he says about the institute that will start its first program in April.

TESTING TIMES

In November 2023, Raj was chosen for the TITANIA-72 mission at the Analog Astronaut Training Center in Krakow, Poland – a simulated lunar habitat designed to test the mental, physical and technical grit of astronaut hopefuls. “For ten days, I was cut off from the world. I lived the astronaut life: restricted routines, controlled diets, scientific experiments, and the psychological test of isolation,” he recalls.

His role? Space engineer, juggling data monitoring, technical troubleshooting, and material science experiments that could one day influence how astronauts build and survive on the moon or Mars. Raj had to push past doubts about his fitness levels and constantly reinvent his research to fit habitat constraints.

FUTURE FORWARD

On the personal front, he is planning to learn life survival skills like skydiving, basic flying, scuba diving, etc, to apply for further real-time missions. Professionally, he is working towards designing everything necessary for the dream space institute. Details on www.stellarliftsystems.com ■ MANJU

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Engage in lively discussions over chai at this new, unpretentious adda

CHAI PE CHARCHA

Giving a nostalgic nod to the lost art of veranda culture, **Charcha** (meaning discussion) encourages you to enjoy the simple pleasures of life over delicious food. "In a fast-paced, digital world, those moments of face-to-face, meaningful conversations have become rare. We wanted to revive that spirit of openness and community, creating a space where dialogue feels natural and welcoming," share co-founders Navya Sabbathi, Sumanth, Chanikya Gupta Nidamanuri, and Rohan Balakulla.

ECO AND PET FRIENDLY

Two friendly streeties who have found refuge at this neighborhood hub welcome us before going down for a nap next to our table. Intimate and unpretentious, Charcha reflects the environmentally conscious values of its founders. The open layout, earthy textures, and products sourced from local artisans make for a perfect setting to engage in unfiltered conversations.

Only a few months old, Charcha has already collaborated with organizations like Youngistaan Foundation and Communitie to become a place where people can comfortably engage in social dialogue. So far, they have hosted a reading session in collaboration with Hyderabad Reads, a yoga session conducted by Hari Chandana, and a Bio Enzymes workshop by Wildberry etc.

OUR SPREAD

Taking a seat, we chat with Navya – an alumna of IIT Kharagpur along with fellow alumni Sumanth and Chanikya. She recommends the piping hot Bombay Cut Chai and filter coffee to go with other Charcha essentials like creamy sandwiches, Buttermilk Fried Chicken, Chicken Nuggets, and Peri Peri French Fries. We capped off the wholesome spread with their fresh and frothy pineapple juice. ■ IPSHITA

Meal for Two: Rs 300 onwards

Matrusri Nagar, Opposite
Matrusri Community Ground,
Miyapur

Tel: 77803 19665

Timings: 6 am to 10.30 pm

WOW!
Recommends
Buttermilk
Fried Chicken



Take a culinary journey through the Silk Route, offering daring flavors for the discerning palate

It's Summer Time



Japanese for summer, **Natsu** radiates warmth as it takes you on a culinary voyage across exotic Pan-Asian delicacies. Presenting signature dishes from Japan, Thailand, Korea, Vietnam, Malaysia and China, Executive Chef Manpreet Singh Malik and Chef de Cuisine Anup Mingwal strike a mindful balance of bold and gentle flavors with impressive precision.

WOW!
Recommends
Chilli Garlic
Lobster



ELEVATED BLISS

With a Zen-like stillness, Natsu sits within the vast spaces of Taj Deccan. The intimate Pan-Asian corner includes a private dining room and an alfresco area overlooking lush green foliage. We settle indoors where golden hues, deep woods, and modern Asian mood music blend gracefully, offering the feeling of a never-ending summer.

DIVERSE AND INNOVATIVE

Diversity and innovation underline Natsu's multi-course menus. Besides the eclectic Pan-Asian cuisine, it also gives a creative nod to pop culture by integrating friendly online community-inspired elements like emoticons. Our big takeaway from the visually stunning dishes recommended to us by cooking maestros Manpreet and Anup was the blissful balance of spices with subtle textures.

Highlights include: Skillfully spiced Chilli Garlic Lobster, Chilli Noodles and Money Bag, that perfectly match the subtle flavors of Blue Peas Fried Rice, Creamy Avocado Sushi, Truffle Edamame Dimsum, and the Vietnamese Pho Soup. Complementing the exotic spread were the hard-to-resist chips and dips like the Green Onion Dip and Mango sambal served. Ending the meal on a high note, we treated ourselves to desserts Ais Kachang and Lemon Grass Tres Leches. ■ IPSHITA

Meal for Two: Rs 2,500 onwards

Taj Deccan, Road No. 1, Banjara Hills

Tel: 98493 72882, 78932 25811

Timings: 7.30 pm to 11.30 pm



QOSA

KITCHEN & BAR



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straight from the heart of UK

Lamb Shanks



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CHEF'S SPECIAL

Consulting Chef **Meera Girija Tadimeti**, who curates the Telugu cuisine at Adi - The Leela Hyderabad, tells us the best way to experience the food here



Telugu at Heart

WHAT'S ADI ABOUT?

Adi (pronounced aadi, meaning first or primal) is a restaurant dedicated solely to authentic Telugu and Nizami cuisine. I curate the Telugu menu here. I keep it authentic, fresh and local. We do not use paneer or other generic '65' kind of dishes. We serve almost 50 dishes, from Gongura Royyala Pulav to Pesarapappu Payasam, with unique appadalu and vadiyalu (fryums). Every podi and pickle is freshly made in-house, celebrating seasonal produce.

5 MUST-HAVE EXPERIENCES HERE?

1. The sit-down, luxury experience where the sequence of dishes and pairings matter.
2. Eat with your hands, the traditional way.
3. Start with Karivepaku Highball (a curry leaf and green chilli cocktail) or the lamb-fat infused whiskey called Kacha Gosht.
4. Try the Nuvvula Appadalu (sesame fryums), Panasakaya Koora (jackfruit curry) in vegetarian.
5. Miriyala Mamsam (pepper mutton) and Beerakaya Royyalu (ridgegourd with prawns) in the non-veg thali.

WHAT'S UNIQUE ABOUT ADI?

That we present micro-cuisines of Telugu food at a five-star level. Thalīs, pickles, payasams – it's about proving that our regional food deserves the same reverence as a biryani or global cuisine.

WHY AND HOW DID YOU SHIFT FROM ARCHITECTURE TO COOKING?

I studied architecture at Andhra University and did my Masters in the US, but food was always my true passion. Even during my hostel days, I was known for cooking up comforting meals. After COVID, I began hosting pop-ups at home, including a sadhya in 2023 that was a sell-out.

WOW!
Recommends
Non-veg
Telugu thali

I won a cookery competition at Sheraton Hyderabad that led to an opportunity to showcase my skills at a 10-day Telugu food pop-up last year – my first taste of working in an industrial kitchen. Soon, I was doing pop-ups at Courtyard Marriott Bengaluru and elsewhere. At one such event, a chef who later moved to The Leela invited me to join Adi. In a blink, I left my job to become consultant chef here. I am living my dream every day. ■ MANJU

Price: Non-veg thali: Rs 1,999 plus taxes

Road No. 2, Sagar Society, Sri Nagar Colony, Aurora Colony, Banjara Hills

Tel: 040-48871234

Timings: 12 pm to 4 pm; 7 pm to 11 pm, every day

With a handful of showstoppers on its coffee and food menu, **Daak Coffee House** has become Gen Z's newest hangout spot

Coffee in a Tote Bag

If you thought latte art was cool, wait till you sip your brew from a tote bag. Daak's signature Tote Bag Coffee isn't just a drink, it's a statement. Served in a quirky, washable and reusable thick glass that resembles a tote bag, it's the perfect blend of sustainability, style and straight-up caffeine fix.



WOW!
Recommends
Tote Bag
coffee

We ordered the sweet Iced Beerbutter Latter, a milk, caramel, and butter espresso inspired by Harry Potter. It was comforting and filling. Frankly, one drink like this is enough to keep you going for the entire day. By the way, Daak in the name refers to love letters to the coffee culture!

TISSUE BREAD = CLOUD NINE

Soft, flaky, and melt-in-your-mouth buttery, Daak's Tissue Bread is the kind of dish that lingers in your memory. Served warm with Nutella and pesto dips, it is indulgence at its best. The story behind it is just as special: "It's crafted from over 50 ultra-fine layers of dough, stacked and baked to create a bread that looks as good as it tastes," share founders Kritin Agarwal and Romi. Pull it apart layer by layer, and it feels less like eating and more like an experience.

CURATED COFFEE MENU

Whether you're into bold espresso shots or delicate pour-overs, Daak takes its coffee seriously. Every cup is brewed with care, served with flair, and guaranteed to perk you up. From breakfast to late-night nibbles, smoothie bowls to pizzas and sandwiches, they have the entire range.

CHILL VIBES

The two-level café with wooden interiors and walls has an aesthetic that instantly slows you down. The air is rich with the aroma of coffee, the charm of a handwritten blackboard menu, the whirl of machines, and the soft clatter of cutlery – details that give it a personality of its own. On the staircase landing, a full-length mirror has become something of a ritual stop. "When people pause to click a selfie there, we know they truly love our café," smiles Romi. ■ MANJU

Meal for two: Rs 1,000

Plot No: 1293, (Lane next to Vladia Diamonds), Road No. 63 A, Jubilee Hills Check Post

Tel: 98636 36301

@daakcoffeehouse on Instagram

French patisserie **Ladurée** opens a full-fledged café with a lounge

The Parisian Sweet Obsession

WOW!
Recommends
Rose Macarons



Ladurée, the iconic 160-year-old French patisserie – famed for its jewel-toned macarons – first teased the city in May with a pastel green pop-up cart at Park Hyatt's The Living Room. One bite of rose or pistachio, and Hyderabadis were hooked. Now, the brand has a permanent counter at the hotel. Entrepreneur Chandni Nath Israni, who brought Ladurée to India in 2021, has made Hyderabad the latest stop in this patisserie's global journey of luxury and indulgence.

MACARONS AND MORE

Of course, Ladurée is not just about macarons (though the lemon and salted caramel ones deserve their own fan clubs). There are Eugénie pastries that pair beautifully with coffee and buttery viennoiseries that can convert anyone who resists their deliciousness.

LOUNGE ACCESS

It's a full-fledged Ladurée Café, offering the brand's complete café menu, from croissant sandwiches and croquettes to coffees, excluding only the retail products. We loved their signature hot chocolate and suggest you carry it with you to let the experience linger. Right beside the café is the Ladurée Lounge, where guests can choose to enjoy their order in the lounge, the lobby or opt for takeaway. ■ MANJU

Meal for two: Rs 2,000

Ground Floor, Hotel Park Hyatt, Road No. 2, Banjara Hills

Tel: 040 49491234

Timings: 10 am to 10 pm

No room service

The Tiger Lily Coffee & Bistro at a new location offers over 18 hours of coffee, comfort food, and conversations designed for every kind of crowd

Cutting-Edge Caffeine

Space? Check. Aesthetics? Check. Coffee lineup? Check. Menu? Double check. No wonder Aditya and Sripriya Reddy – the duo behind Hyderabad's OG café, **Tiger Lily Coffee & Bistro** – call their new Financial District outlet "Tiger Lily 2.0." "It wasn't built from scratch, but from memories," says Aditya, describing their latest baby that's already perking up the workaholics of Gachibowli.

VIBE AND TRIBE

Just two weeks in, the café was already packed. Luckily, we snagged a cozy two-seater on the top floor with views of the courtyard below and the high-rises around. The crowd? Mostly digital nomads and the WFH crew, laptops open, mugs in hand, meals half-done. The air was thick with the aroma of freshly brewed coffee, thanks to their gleaming Sanremo machines – the Ferraris of the coffee world – proudly displayed at the counter. They flaunt their coffee menu at the counter with a wall display mentioning their signature coffee blends. We ordered our favorite Tiramisu Latte.

FOOD AND FANFARE

What can we say when the menu runs into four pages in a book the size of a laptop? That's because the café runs 18 hours a day catering to the corporate crowd, Gen Z, families and girl gangs out to celebrate a break-up (yes break-up parties are real)!



WOW!
Recommends
Mixed Berry
Matcha

Manager Vinod Kumar recommends their famous Truffle Parmesan Fries (they smelt heavenly because of truffle oil), Guacamole Nachos and Chicken Quesadilla. Then we tried their coffee dessert, the Tiramisu Latte and Mixed Berry Matcha. There was still so much left in the menu to be tried and tasted which we left for another day. ■ MANJU

Meal for two: Rs 2,500

Myscape Stories, Financial District, Nanakramguda

Timings: 7 am to 1 am

@tigerlilybistro on Instagram

This brand of idli and dosa batter is made fresh twice daily, with home delivery and subscription options

The Better Batter



WOW!
Recommends
Ragi and Jowar
Dosa batters;
Ginger Pickle

Two friends, both chartered accountants – Rajdeep Gottipalli and Shiva Krishna – observed a lacuna in the ready-to-cook idli and dosa batter bracket. The freshness of the batter and the quality of ingredients used are questionable. Additionally, for families, where a South Indian breakfast is a staple, having batters and accompanying podis and chutneys home-delivered can be a boon.

They launched **Batter House**, as an online and offline model for batter made fresh every day. Says Rajdeep, “Our plan is to make batter home-delivered – the way people get milk at their doorstep. Customers can place their orders with us via a call or on WhatsApp and we deliver, even if you need just one pack of batter. We also have stores in Kondapur, Kismatpur, Jubilee Hills, Manikonda and Khajaguda and supply to restaurants too.”

Batter House has a wide range of batters available. Ragi and Jowar Dosa – the healthier options are bestsellers along with the usuals like idli, dosa and vada. They also have Pesarattu batter on weekends only – and all batters are made twice daily, with RO purified water and no preservatives/soda.

There is also a Peanut Chutney mix, Nalla Karam and an Andhra Ginger Pickle made with high quality ingredients available as accompaniments at nominal rates. They source their red chilli from Guntur, and the turmeric, tamarind and jaggery from Araku Valley.

Customers can avail of a customized monthly subscription plan which gives a discount of up to 30% per month for a family subscription. ■ MINAL

Price: Rs 70 onwards for individual 1 kg packs;
Condiments: Rs 30 onwards
Monthly Family Subscription: Rs 1,000 per month onwards per family
Stores in Jubilee Hills, Kondapur, Kismatpur, Khajaguda and Manikonda
Tel/WhatsApp: 7799971080
Timings: 6 am to 10 am; 4 pm to 10 pm



WOW!
Recommends
Nutloaded
Almond
Cookie

WOW! discovers a range of nourishing snacks you can munch on with zero guilt

Binge On!

Sahithi Reddy was an IT professional till she became a mother. She decided to become an entrepreneur when she was unable to find healthy snacks for her little son. Along with her husband Shravan Reddy, they decided to start **The Good Binge**.

For those who are conscious of what they eat, the brand makes in-between-meal snacking guilt-free. Sahithi says, “We started with a simple goal – to create wholesome and nourishing snacks for our son at home. We wanted them to be free from gluten, artificial flavors, refined sugar, and preservatives. The Good Binge was born out of the vision to bring nutritious, uniquely flavored snacks made from clean ingredients all combined into one which is our unique selling point.”

The products live up to the claims. Almond flour and coconut sugar are the base for the cookies. Couverture chocolate – which is chocolate that has a higher content of cocoa – and the healthier alternative to the ultra-processed versions available, is used for the Choco Almond Rocks. Their range of products include almond flour cookies in a variety of flavors like oatmeal and raisin, chocolate chip and coffee cocoa. We sampled the cookies and each one is delicious and make for great gifts too.

For those who like salty snacks, trail mixes, which are a mixture of nuts and seeds are available in salt and pepper, simply spicy and sweet and spicy flavors.

They operate from a cloud kitchen and products are available on their website and on Swiggy Minis. You can order hampers for corporate and festive gifting a day in advance. ■ MINAL

Price: Rs 80 onwards

To order directly:
Tel: 8500758803 [Whatsapp only]
Website: www.thegoodbinge.com



Hyderabadis seem to have developed a new fascination for this authentic Kerala vegetarian festive meal. Check out which restaurants are offering it this month

5 Places to have Onam Sadhya

1. SIMPLY SOUTH

"From classics like Avial, Olan, Kootu Curry, Erisherri, Sambar, and Parippu Curry to sweet endings of Palada Pradhaman and Ada Pradhaman, the menu promises a true taste of Kerala's culinary heritage", says Chef Chalapathi Rao of Simply South.

Price: Rs 1,667 + GST per person;
Advance pre-booking is mandatory
Date: September 4, 5, 6 September
Timings: 11:30 am | 1:00 pm | 2:30 pm
Simply South, Ground Floor,
AV Towers, Road Number 2,
ICRISAT Colony, Jubilee Hills
Tel: 91007 17999

2. TUYA

"Guests are invited to savor a banana-leaf style experience that begins with refreshing sambaram and crisp condiments, continues through soothing gravies and hearty matta rice, and concludes with the indulgent sweetness of traditional payasams," says Chef Suresh of Tuya. Flavors are kept clean, textures deliberate, and every plate designed to echo the feeling of being at home, even while dining out, he adds.

Price: Rs 999 + Taxes
Date: September 5 and 6
Timings: 12 noon to 3:30 pm
Tuya, Plot no 95, Road Number 44, CBI Colony, Jubilee Hills
Tel: 90084 10690

3. HYATT PLACE

This festive season, the hotel is roping in Chef Anil, all the way from Hyatt

Regency Trivandrum – a true sadhya specialist.

Price: Rs 1,799 + taxes
Date: September 5
Timings: 1 pm to 4 pm
Gallery Café, Hyatt Place, Banjara Hills
Tel: 62819 76646

4. AIDU

Aidu is perhaps the only place in Hyderabad offering a non-vegetarian sadhya this season. On the non-veg menu are Trivandrum Chicken Fry and Kozhi Pollichathu.

Price: Rs 595 - vegetarian;
Rs 695 - non-vegetarian
Date: Till September 6
Timings: 12 pm to 4 pm (lunch only)
Aidu South Indian Kitchen & Bar, Plot no 1057/G, Cable Bridge Rd, beside SBI Bank, Nandagiri Hills, Jubilee Hills
Tel: 82829 80606

5. LULU MALL HYDERABAD

The Kerala-based mall chain is introducing Onasadhya for shoppers at the mall, catering to office-goers who want to have an early sadhya and proceed to work. Guests can expect a sumptuous feast of 26 items, accompanied by delightful desserts. ■

Price: Rs 449
Date: September 5
Timings: 10 am to 2 pm
LuLu Hypermarket Hyderabad, Road No 3, Kukatpally Housing Board Colony, Kukatpally
Tel: 73311 98961

WHAT'S NEW

Vanam is bringing hot, steaming fritters for those with 'cravings' this season

MONSOON DELIGHTS

Vanam South Indian Kitchen & Bar believes in celebrating the monsoon and what better way than to line up rainy day eats - hot, steamy and fritter-y every evening 4 pm onwards till September 15! From the classic monsoon eats such as Mokkalonna Kabab and Crispy Ambode (Karnataka style) and the fusion style Sambar Rice Arancini, they also have non-veg Chettinad Chicken Paniyaram, Mutton Dosa Cigar and the local Kajjikayalu Chicken Fry. "Dosa Batter Prawns – Rayalaseema prawns in dosa batter, fried with curry leaf karam is among the bestsellers," says Chef Surendra Singh.



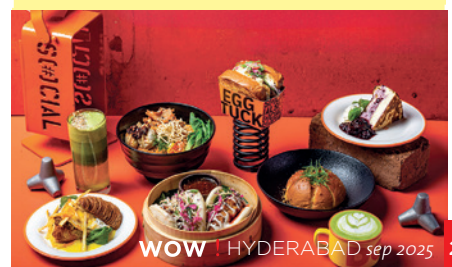
To cool off the spicy eats, Vanam has a special dessert, the Coconut Lychee Sago Pudding, as well.

Price: Rs 400 onwards
Plot No 644, Aditya Enclave,
Road No. 36, near Madhapur
Metro Station, Jubilee Hills
Tel: 80080 80444

ALL-DAY MENU AT SOCIAL

Social has started an All-day menu, dubbed as The Big Drop, this month, with inclusions such as breakfast, snacks & chaat, desserts and beverages. Riyaz Amlani, Founder & Managing Director of Impresario Entertainment & Hospitality Pvt. Ltd., that operates Social said, "From a solo chai to a shared Matcha, a Toast-E-Galawati to an Avocado Toast, a Nihari Prashant to a Kimchi Momo Ramen, and a Tokyo Pinja Meringue Sandwich we have it all. More than anything, they carry forward the one thing that's never changed for us: the feeling that you belong here."

Price: Rs 400 onwards
MindSpace Social; Upper level, Raheja IT Park, MindSpace Junction Flyover
Tel: 86577 25634



Elevate your personal spaces with designs that reflect you

Where homes tell stories



Known for blending design, craftsmanship and individuality, **Mulberry Home** brings intimate familial spaces to life by recapturing the essence of those who inhabit them. "For us, every piece is about more than just filling a room," says Founder and Creative Director Anuradha Asar. "It's about creating homes that tell stories – layered, personal, and timeless."

THE BEGINNING

Turning back the clock to the early-to-mid 90s, Anuradha, also known as Anu, first founded Mulberry Home as a niche furnishings label. Her daughter and co-founder, Vaidehi Kothaneth shares that the then-nascent brand focused exclusively on cushions and blinds. "It was my mother who launched the brand. She always loved doing up spaces and working with textiles and textures. She started styling people's homes, suggesting what fabrics would work best," Vaidehi shares.

BOUTIQUE CRAFTS & FINDS

Radiating quiet luxury, the neighborhood boutique is adorned with bespoke furniture, accessories and furnishings in calming hues. Crafted both in-house and sourced from their travels, the pieces are made from natural materials that include rattan, wood, ceramic, and papier mâché.

Accent furniture in handcrafted chairs, poufs, versatile cabinets and tables lure you inside the classic store. The space is elevated further with a wide selection of



WOW!
Recommends:
Burmese Multi-
Layered Food
Container

skillfully crafted accessories, including an impressive curation of old Burmese finds like multi-layered food containers, tiffin carriers, and rice bowls.

Each piece is customized and crafted in collaboration with the client. Consultation, briefing and design suggestions make up the process that typically takes two to three weeks.

■ IPSHITA

Price: On Request

Plot No. 1300A, Road No. 66, Jubilee Hills
Tel: 99456 11688

Timings: 11 am to 7 pm

Website: mulberryhomeindia.in

Branching out mindfully, Hyderabad's coolest eco-conscious, one-stop-shop takes its philosophy further with its recently launched thrift store

GET THRIFTY!

It was just a little over two years ago that WOW! first visited the minimalist **Gāiaa Living**. Then, new to the eco-lifestyle scene and still finding its voice, the young brand advocated for sustainable living by boldly exploring various facets of conscious shopping. Now, still home to ethically sourced products, Gāiaa has stepped up its game by holding thrift meetups and collection drives, adding to its appeal.

MINIMIZING WASTE

"The main reason for pushing for something like a thrift store was to avoid wastage. Many of us tend not to use a lot of our clothing – which could be because we have grown out of the style or the size – and we either end up throwing it out or hoarding it at home. Instead, this (a thrift store) is where all those items can find a second life, because there could be somebody else who comes in

and sees themselves in those particular pieces, giving them a longer life and keeping them from ending up in a landfill or a garbage can," explains Founder Sphoorthi Pemmasani.

GĀIAA'S RANGE

Earthy tones put us at ease upon entering the familiar homely space. Refillables (different types of cleaners and cold-pressed oils), pickles and podis, confectionery, kombuchas, skin and home care, journals, jewelry, and accessories – colorful scrunchies, hair bows and extensions, and a wide range of bags – sourced sustainably from across the country make up a good part of the store.

The newest thrift wear is highlighted at the center of the warm abode. Predominantly for women, the eclectic selection of pieces

in good condition ranges from breezy casuals to sophisticated formal wear and footwear donated by friends and family. Also donated at the thrift store are a good number of books shelved neatly for customers to browse.

To up their game further, Gāiaa is working towards housing dead stock from various home décor and clothing brands. Going forward, the brand also plans to collaborate with eco-friendly fashion enthusiasts and influencers to have their wardrobes thrifted at the store. ■ IPSHITA

Price: Rs 150 onwards

Next to Brindavan Nursery, Senore Colony, Ambedkar Nagar, Film Nagar

Tel: 95500 06577

Timings: 11.30 am to 6.30 pm
(Tuesday to Sunday)





WOW!
Recommends:
 Daisy Whirl Gown,
 and Tuberose Tales
 and Seraphina
 Sarees with
 Blouse Sets

Let your guard down and explore your fun side at this new luxury store

WHY SO SERIOUS?

Staying true to its name, **Not So Serious** by Pallavi Mohan is a luxury fashion label that does not take itself too seriously, instead it encourages you to embrace your fun side. Reminiscent of the opulent pieces famously depicted in F. Scott Fitzgerald's *The Great Gatsby*, the feather-detailed silhouettes displayed at the new flagship store proudly wear whimsy on their sleeves.

STYLE WITH SUBSTANCE

World-renowned, the fashion brand works with over 1,000 artisans and uses upcycled fabrics, achieving zero water waste. Celebrated for its intricate 3D embroideries, playful silhouettes, and commitment to sustainability, Not So Serious has a presence across Canada, the USA, the Middle East, the UK, Europe, and India.

Finding common ground between her designs and Hyderabad's cultural landscape, Founder and designer Pallavi Mohan shares, "The city's vibrant culture and modern energy align beautifully with what we create – pieces that carry meaning, emotion, and individuality."

WHIMSICAL COUTURE

Located at The Hilltop @7, the store's every inch aligns itself with the philosophy that fashion should feel personal, joyful, and individualistic. Unveiling their first-ever saree collection, 'The Dream, We Celebrate', the brand opened its doors to the city in July through a runway featuring 15 mother-daughter duos from the city.

Representing feminine sensibilities, the brightly lit space holds playful couture that blend western and Indian techniques for both women and young girls. Sensitive to the bond between mothers and daughters, the store fosters their connection through fashion. Fabrics worked with include georgette, satin silk, organza, and net. Versatile and customizable, the colorful lineup includes intricate feather detailing and ranges from pre-draped sarees to cocktail gowns with accessories in capes, boas, and neckpieces, perfect for both weddings and sundowners. ■ IPSHITA

Price: On Request
 The Hill Top @7, Banjara Hills
 Tel: 96677 54413
 Timings: 11 am to 8 pm

WOW! HYDERABAD



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Legendary jewelry designer **Hanut Singh** talks about his process of creating showstoppers for global celebrities

“I keep my third eye open”

The collection unveiled by Hanut Singh at Raw Mango's Incandescent showcase, a two-day pop up in Hyderabad in August, was nothing short of exquisite. Each piece was a showstopper, blending regal lineage with modern sensibility. The emerald windchimes, triangular-cut, suspended with lightness and balance, were among the notable highlights. Their technical refinement was a gentle contrast to the emotive, rooted energy they conveyed. At this creative dialogue curated in collaboration with India Art Fair, Hanut presented a thoughtful mix of his classics alongside his latest explorations.

“My work resists seasonal constraints, and is crafted for all seasons”

A-LISTERS' FAVORITE

A-list patrons – from Beyoncé and Madonna to Indian icons like Kareena Kapoor and Shweta Bachchan – have worn Hanut's works as his creations are masterpieces, reflecting creativity, quirkiness and innovation. Whether it is dagger pendants worn as talismans,

pierce-jawline earrings erupting in form, his jewelry merges deep personal symbolism with impeccable craftsmanship. WOW! spoke to the quirky designer to understand his work.

YOU DESIGN NOT FOR A SPECIFIC MARKET, BUT FOR YOURSELF. WHY THIS APPROACH?

I design for myself. People vibe with that. That's how it has always been.

WHAT DOES “INCANDESCENT” MEAN FOR YOU?

It denotes lit radiance – “beauty in different forms.” This captures the internal glow I seek through jewelry.

HOW WOULD YOU DEFINE YOUR DESIGN RANGE?

I design for all occasions – weddings, parties, and daily life. My work resists seasonal constraints, and is crafted for all seasons.

CAN YOU DESCRIBE YOUR CREATIVE PROCESS?

I am a one-man show, always creating and designing. I have a creative instinct that is constantly adding to my pieces – a process of intuitive, ongoing evolution.



WHERE DO YOU DRAW YOUR INSPIRATION FROM?

From nature, architecture, reading, walking, rain, music, people, art and food. My third eye is always open. I am mentally taking notes, reflecting on what I have witnessed. I am deeply observant.

GLOBAL CELEBRITIES HAVE WORN YOUR CREATIONS. HOW DO YOU REACH CLIENTS OUTSIDE INDIA?

Through representatives in Los Angeles and elsewhere. They reach out to celebrities, and that's how it works.

HOW DO YOUR COLLECTIONS RELATE TO ONE ANOTHER?

Each one is dearer to me than the next. I am continually growing – each collection an extension of an ongoing self-evolution.

DO YOU FAVOR CERTAIN GEMS?

My works often include rubies, emeralds, diamonds, but I do not design by season or reason. I like to keep my pieces timeless. ■ MANJU

Price: On request

<https://www.hanutsingh.com/>



Gemstone connoisseur Vanmaye Chirunagari launches a new brand to present rare gemstones and natural formations in a fresh light

Nature as Wearable Poetry and Decor



PHOTO: PRODPXINDIA

Gemstones are the new showstoppers in Hyderabad, with entrepreneur and film producer Vanmaye Chirunagari unveiling her boutique, Vāvan Jewellery, in Jubilee Hills this August. The store is divided into two sections – one showcasing exquisite home décor crafted from natural gemstone formations sourced globally, and the other presenting a curated jewellery collection where raw beauty meets Vanmaye's contemporary design touch.

ALL ABOUT VAVAN

“Vāvan’ (pronounced VaaOne), stands for Vajram by Vanmaye. ‘Vajram’ means diamond in Telugu and ‘Vanmaye’ is Goddess Saraswathi. I shortened it to make it simple and contemporary, while still carrying the essence of my roots. With Vāvan Jewellery (neckpieces, earrings, finger rings), I’m bringing my vision to life – where nature’s treasures become wearable poetry. We also have artefacts that are ideal at homes, temples, offices or luxury spaces as statement décor pieces.

HOW DIFFERENT IS IT

We are personal and distinctive in our designs. Along with timeless treasures

like natural Zambian and Colombian emeralds, Mozambique and Burmese rubies, and diamonds, I wanted to explore the beauty of unconventional gemstones like bi-colour tourmalines, mandarin garnets, corals, tanzanites, and more.

YOUR STORY

My journey began as a child when I was in awe of the crystalline pyramids of an amethyst geode and the perfect geometry of pyrite cubes gifted by my father. That spark of wonder turned into a lifelong pursuit guided by nature’s intelligence, colors, and forms. From early days spent sketching and painting to formal education in gemmology from Gem-A and GIA.

DIAMONDS AND GEMSTONES

I specialise in Gemmology (trained to identify gemstones, their origin, and distinguish between natural, enhanced, or synthetic stones); Jewellery Design (creating refined, wearable art that merges everyday elegance with the energy of natural gemstones); Gemstone Metaphysics (Understanding how each gem resonates energetically and incorporating that essence into design) and Gem Testing & Certification – with lab experience. I ensure authenticity and transparency in every gemstone used.

SHOWSTOPPERS IN THE COLLECTION

1. Green Aventurine Ganesha, an exquisite work that symbolizes prosperity and removes obstacles while doubling as a fine art sculpture.
2. Amethyst Geode Table, where a natural amethyst cluster is transformed into a functional side table with a sleek glass top. It beautifully merges nature’s calming energy with modern design, making it perfect for living rooms, meditation corners, or boutique spaces.

GIFT-WORTHY PICKS

1. The Bi-colour tourmaline pendant. It’s such a rare gemstone, truly irreplaceable, and every piece cut from it carries a unique story of nature’s artistry.



VANMAYE CHIRUNAGARI

2. Emerald heart choker: Stack it with our genie lamp pendant chain for a touch of whimsy. To complete the look, I’d add a classic emerald and plain gold bracelet paired with an emerald signet ring. Together, they create a balance of rarity, symbolism, and personal style that I deeply resonate with. ■ MANJU

Price: On request

Vāvan Jewellery, Third floor, C-24, Phase-1, Road No 8, Film Nagar, Near Sai Baba Temple, Jubilee Hills
@vavan_jewellery on Instagram
Timings: By appointment only



PHOTO: PRANAV MAHESHWARI

From Tollywood to Hollywood, the current IT Girls collectively embrace a fashion sense that highlights versatility, comfort and individuality

Leading With Authenticity

RASHMIKA MANDANNA

This IT girl is known to play with both softer and edgier textures. Adored for her affable personality, Rashmika stole the spotlight in the black corset-style gown which she paired with a minimal-yet-chic gold earrings, blending daring cuts with quiet elegance.



SREELEELA

Exuding an effortlessness difficult to emulate, Sreeleela continues to carve a special place for her singular style in the world of fashion. Embracing breezy fabrics and minimalist silhouettes, this young star wears all her looks with confidence and ease.



SAI PALLAVI

Holding fast to naturalism and finding value in the beauty of simplicity, Sai Pallavi's underrated fashion sense is a quiet force to be reckoned with. Challenging modern excess with traditional simplicity, this timeless look in a Kerala-style Kasavu saree works as a perfect showcase for authenticity that defies dictated fashion norms.



ANEET PADDA

Overnight sensation and the newest Gen-Z obsession, Aneet Padda visibly veers towards fashion that gives precedence to comfort and minimalism. In keeping with this fashion sense, this dreamy and soft all-white look complements her natural charm, evoking an ethereal glow.

TRIPTII DIMRI

Adept at blending dramatic contours with delicate comfort, Bollywood darling Triptii Dimri stuns in a black lace gown. It features floral lacework detail with a bold thigh-high slit and lace-up deep neckline, further refined with minimal accessories and soft makeup.





SYDNEY SWEENEY

Paying tribute to the legendary Hollywood icon Kim Novak, Sydney Sweeney displayed her signature unapologetically fierce style at the 2025 Met Gala. The rising star dazzled in a shimmering black Miu Miu gown with a low-cut neckline and beaded fringe.



SHARVARI

Another Indian actress with an individualistic style is Sharvari Wagh, known simply as Sharvari. Styled by fashion maven Anaita Shroff Adajania, Sharvari casually sports this asymmetric silhouette radiating floral wonder complete with a sweetheart neckline, intricate hand-embroidered cutwork, and a floral jacket.



MARGARET QUALLEY

Known more for wearing dream-like silhouettes, actress Margaret Qualley rebelled in a custom Chanel gown at the *Vanity Fair* Oscar Party. Turning heads, she traded in her usual white ethereal look with a red satin piece embellished with a trompe-l'oeil brooch.



JENNA ORTEGA

Leave it to Jenna Ortega to bring in the goth. Channeling Wednesday Adams at the opening of Le Beach Club de Mercredi in Paris, the young actress decided on a Vivienne Westwood brown dress with ruffle detailing and beige corset. ■ IPSHITA

WOW! catches up with the lifestyle and fashion influencer **Divya Boppana**

‘Find your voice in fashion’

The Journey

My journey started during college; I loved taking pictures of food and fashion, as their aesthetics fascinated me. I started posting on my Instagram handle, which picked up momentum during COVID and after. As a South Indian, cinema has also had a significant influence on me from a young age, and its costumes have influenced my style. Before I knew it, brands approached me to model for them!

City Fashion Snapshot

Hyderabad has the best of Indian bridal, jewelry, and traditional fashion alongside homegrown brands and our country's luxury designers.

Favorite Designers

Mishru, Anushree Reddy, Jayanthi Reddy, and Mrunalini Rao in bridal fashion.

My Fashion Fundas

- I watched my mother dress up in sarees all through my childhood and it has inculcated in me a love for them and styling them differently. They are becoming popular globally as well and I am happy that they are getting the attention they deserve.
- I love that people are taking their time to find their personal style through different aesthetics or core trends.
- Also, I enjoy reading fashion magazines, and they're the OG lifestyle creators.

Not My Kind

Low-waist or skinny jeans, or clothes that are skin tight.

One-Line Style Advice

Find your voice and what resonates with you and make that your style statement. ■ KARTHEKA

My go-to outfits: Wide legged pants and a tank top, three-piece kurta sets and a dress from a homegrown brand

Three words to define my style: Comfortable, chic, and effortless

Favorite place to shop in Hyderabad: Broadway

Five things always in my bag: Wired headphones, wallet, lip gloss or balm, keys and a brush

Colors in my wardrobe: Ninety percent of my wardrobe is white with a bit of black and blue, neutral, with colorful accessories

Must have wardrobe pieces: A good pair of jeans and a denim jacket, a well-fitting structured dressy, a statement watch, and a signature perfume







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HYDERABAD IS REDEFINING FITNESS – BEYOND GYMS AND DIET PLANS. FROM MORNING WORKOUTS WITH REHAB AND SAUNAS TO QUANTIFIED MEALS AT FITNESS CAFÉS, WELLNESS IS NOW A LIFESTYLE. Post-work hangouts mean cryotherapy, oxygen sessions, or longevity clinics. Add trending health fixes like hydration powders, sleep gummies, and IV drip glows, and you've got a full-blown revolution. **WOW!** explores the city's newest wellness centers, therapies like HBOT and Red Light, and the regimens Hyderabadis swear by.

BY MANJU LATHA KALANIDHI
WITH INPUTS BY IPSHITA RAMAN

RIDING THE WELLNESS WAVE

Imagine the sleepy lanes of Hyderabad – where once leisurely walks to chai stalls were the highlight – now pulsating with prana, Pilates mats, sauna baths and health-food cafés. The city that formerly napped its afternoons is now wide awake in a wellness revolution. Jacuzzis are bubbling, IV drips are dripping, and hyperbaric oxygen chambers are pumping pure O₂ like futuristic lungs. The city is emerging as a wellbeing capital where workouts meet recovery, yoga meets red light, and low-cal, high protein gourmet meets glow-up.

Here's a list of the top wellness facilities in the city, what they offer and why we think wellness is at an all-time high:

6 HOT WELLNESS SPOTS IN HYDERABAD WORTH JOINING



THE ONE

Fitness with a Luxe Twist

This isn't just a gym – it is Hyderabad's ultimate wellness playground spread over five floors. Think weight training, Pilates, kickboxing, yoga, red light therapy, cryotherapy, and even oxygen chambers. Need a breather? Step into the sauna, spa, or book a massage. And when you're done sweating it out, hit the in-house café for a healthy meal or the salon for some pampering. The cherry on top? A boardroom for CEOs who want to lift weights and close deals in the same space. By invitation only – because exclusivity never looked this fit. Their café (open for public, not just members) is one of their USPs. It serves healthy gourmet food (complete with plating and an aesthetic presentation) that keeps your diet requirements in mind. One of the interesting offerings is their Turbo Greek Yogurt Parfait with overnight soaked oats, flax, berries and pumpkin seeds with 350 calories comprising 21 gm

HBOT (HYPERBARIC OXYGEN CHAMBER) AT THE ONE



protein, 14 gm carbs, 12 gm fat and 5 gm fiber. The other is Overloaded Egg Telangana Laal Maas with 337 cal, 35 gm protein 17 gm carbs and 7 gm fat. Who wants to go home and give elaborate instructions to the cook when you can have it right there!

Price: Rs 6 lakh per annum

Opposite Navayuga Engineering, Road No. 10, Jubilee Hills

Tel: 92684 12345

Timings: 6 am to 9 pm

HEALTHY, QUANTIFIED, GOURMET FOOD IN THE ONE CAFETERIA



LEG COMPRESSION THERAPY CHAIR



STUDIO ANANTA Movement Meets Mindfulness

If you want a wellness space that feels like a community, this one's for you. From aerial and prenatal yoga to Barre and Pilates, there's something for every stage of life. Sports physiotherapy and recovery programs ensure you bounce back stronger. Co-founder Sravanthi Gumma's mantra is simple: "The body benefits from movement, and the mind benefits from stillness." Bonus – there's a juice bar coming up soon.

Price: On request

2-65/157, Khajaguda, Nanakramguda

Tel: 91578 93030

Timings: 6:30 am to 8:30 pm



SRAVANTHI GUMMA

ORANGETHEORY FITNESS The Science of Sweat

Global sensation Orangetheory has landed in Hyderabad with its famous heart-rate-based workouts. Strap on the OT beat monitor, hit five intensity zones, and spend just 12 minutes in the “orange zone” to torch calories for up to 24 hours. With treadmills, rowers, and strength stations, every one-hour session feels like a science-backed adrenaline rush. The best part? You’re never alone – a coach and your community push you harder than you thought possible.

Price: On request

3rd Floor, The Hilltop @ 7, Road No. 7,
Resham Bagh, Banjara Hills
Tel: 86557 02184

Timings: Multiple classes through the day

DRISHTI CHABBRIA - FOUNDER OF ORANGETHEORY FITNESS



WORKOUT STATIONS



ANKITAM
THE WELLNESS STUDIO

Hyderabad's shiny new wellness playground offers three signature tracks – Reformer Pilates, Recovery, and the Signature Program. Whether it's a yoga session with props, sound healing meditation, or plunging into a 4°C cold tub post-sauna, this place is serious about balance. With a dedicated meditation studio, reformer zone, and juice bar, you'll be spoilt for choice. Don't be surprised if you bump into wellness aficionados cleansing their chakras here.

Price: *On request*

2-65/157, Khajaguda, Nanakramguda

Tel: 91578 93030

Timings: 6:30 am to 8:30 pm





GROUP YOGA IN SESSION

LONGEVITY LOUNGE: LIVE LONG, LIVE STRONG

This new-age diagnostic room offers advanced genetic screenings, providing insights into health risks, metabolism, and longevity, empowering individuals to take preventive measures for a healthier, longer life.

THE FOUNDER OF OMEGA HOSPITAL, DR MOHAN VAMSY EXPLAINS:

HOW IT WORKS: All it takes is a single saliva sample in a petri dish – a process that takes less than a minute. In three weeks, the test provides a comprehensive analysis of an individual's genetic makeup, offering detailed insights into their health, disease risks, metabolism, longevity markers, and more.



“With just one saliva sample, we can unlock a world of information about your body – identifying potential health risks, guiding personalised treatments, and even predicting how your body will respond to certain medications. This is the future of healthcare – effortless, precise, and entirely customized for you,” he emphasizes.

WHAT IT UNLOCKS:

- Cancer risk analysis
- Cardiovascular health assessment
- Longevity and aging markers
- Fertility potential
- Metabolic and nutritional profiling

Price: 799

RECOVERY AND REHAB SESSION IN PROGRESS





5 THE Q CLUB Where Wellness Meets Networking

Imagine a members-only lifestyle club where Pilates and power lunches coexist. The Quorum Hyderabad isn't just another elite hangout – it's a wellness-forward sanctuary with a gym, studio, and spaces designed by Sumaya Dalmia's team. Here, CXOs and creatives swap stories over kombucha after workouts. And with access to 60 partner clubs worldwide, your wellness journey travels with you. Balance, networking, and a touch of indulgence – welcome to Hyderabad's swankiest club.

Price: Rs 3 lakh joining fee + Rs 1 lakh annually

6th Floor, Sattva Knowledge City, HITEC City

Tel: 89778 61930

Timings: Open 24x7 (Set to open shortly after revamp)



6 THE WELLNESS CO.

The Wellness Co. has launched its newest clinic in association with the iconic Pullela Gopichand Academy to redefine high performance wellness in India. They offer an array of wellness packages under one roof, including a range of advanced therapies including Whole Body Cryotherapy, PEMF, EMS Training, and Hyperbaric Oxygen Therapy. Their personalized approach helps enhance longevity, boost energy, and improve athletic performance, achieving lasting results.

Price: Vary according to therapies

3rd Floor, The Hilltop @ 7, Road No, 7,
Resham Bagh, Banjara Hills

Tel: 1800 121 2429

Timings: 9 am to 8 pm



WHOLE BODY CRYOTHERAPY AT THE WELLNESS CO.

DECODING WELLNESS SESSIONS

Wellness just got easy. Kick back in a cozy sleeping pod, snug up in a closed cabin, or lounge in style on a funky chair for 40 minutes and you are almost promised sound sleep, glowing skin and sharp vision. Hyderabadis are now talking about the new therapies such as Hyperbaric Oxygen Therapy and Red Light Laser Therapy.



RED LIGHT THERAPY MACHINE

RED LIGHT THERAPY

WHAT'S IT ABOUT: This entails sitting naked, with the bare minimum, on a soft cushioned stool in an enclosure that is lit up by red lasers on the left, right and behind you for 15 minutes, doing nothing. As soft music plays in the room, you are expected to sit and let the rays pass through your body. Once the session begins, the entire room looks blood red, like a yesteryear dark room in a photo studio. There is an eye mask if you find the lights harsh. They also give you water to sip if you feel thirsty. In case you need anything, there is an emergency call button. There is no pain or noise. The only hitch is that you cannot use your phone while the lights are on.

THE EXPERIENCE: The red light stimulates the cells with light energy that gets absorbed well by the skin. This absorption has healing properties, from increasing collagen (meaning better skin), energy and sleep. Red light therapy has become popular because it is non-invasive; there's no downtime and few side effects.

BENEFITS: Heals a range of skin disorders including acne, inflammation, and signs of ageing like fine lines and wrinkles. Also, muscle recovery, joint pain, inflammation, mental acuity, and thyroid function.

Price: Rs 6,000 for 15 minutes

Note: You may need to take multiple sessions across four or five days for the results to be tangible.

HYPERBARIC OXYGEN THERAPY

WHAT'S IT ABOUT:

It's fairly simple. One gets into a sleeping pod which feels cozy and looks like the top berth of the AC compartment in the train. Then, you latch a nose mask to breathe and the door/lid of the sleeping pod is closed. Initially, it feels like the AC is in full blast for a few minutes, but you get used to the feeling. You can stretch your legs and keep lying down while you scroll your phone. Although the doctor tells you that you may feel a slight pressure in the ears or your jaws might ache, it's nothing really. And no, you don't feel claustrophobic as you can see things around through the glass chamber. The session ends after 20 minutes. You feel refreshed, but mostly because you just relaxed inside. For tangible health results such as better sleep, one needs to take more sessions, the doctors say.

THE EXPERIENCE:

Hyperbaric Oxygen Therapy involves breathing pure oxygen in a pressurized environment, known as a hyperbaric chamber.

BENEFITS:

Treats infections, air bubbles in blood vessels, and wounds that might not heal due to diabetes or radiation damage, boosts skin health and helps achieve a healthier complexion. Hyperbaric Oxygen Therapy is risk-free as it is non-invasive. It relies only on pressurization and oxygenation to heal the body.

Price: Rs 7,670 for a 20-minute session



HBOT OR HYPERBARIC OXYGEN THERAPY MACHINE

VOICES

MY GO-TOS: IV DRIPS AND RED LIGHT THERAPY

NAME: GREESHMA TURAKHIA BASTAWALA
WORK: I'M A MODEL, FASHION AND WELLNESS ENTHUSIAST AND CURATOR OF LABEL 8RTSTUDIOS

WELLNESS REGIMEN

While I work out six times a week alternating between gym workout, Pilates and aerial yoga in Madhapur and Jubilee Hills, my wellness journey started in 2020 to tackle PCOS and period cramps. While I do believe in eating healthy (home cooked food for me) and moving, there are lot of wellness therapies I have benefited from. These are a few:

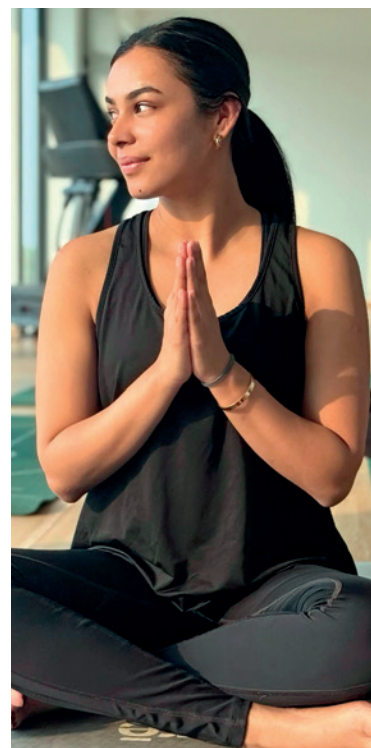
- 1. COCKTAIL IV DRIPS:** I also opt for Cocktail IV drips (intravenous vitamin therapy, often involving the Myers' Cocktail, a blend of vitamins and minerals like vitamin C, B vitamins, magnesium, and calcium) when I feel lethargic and low on energy but have hectic weeks ahead filled with travel, projects that need me to be energetic. One IV drip keeps me going for three weeks at a stretch on full recharge.
- 2. RED LIGHT INFRARED THERAPY:** I try this at home for me and for my dog! This is a basic model that looks like a nightlamp with a red bulb. I sit in front of it, especially to

rest when I have my period cramps. The pain used to be debilitating before I used it. In fact, one can even point the light (placed at three hands distance) towards your lower body, especially near the cervix, and it relieves period pain.

- 3. CUPPING** (traditional wellness therapy where heated glass, silicone, or bamboo cups are placed on the skin to create suction which promotes blood flow to the painful area, relieve muscle tension and stiffness) and acupressure, also a part of reflexology therapies now.
- 4. VIBRATING PLATE:** I also use a vibrating plate at home (you stand on it and it vibrates to shake your body gently). It's like an instant massage and it calms your nervous system and lymphatic drainage. Mini Trampolines are also in vogue.

GOAL FOR 2026:

To embrace more natural wellness solutions.



"WORKOUTS, RECOVERY AND SAUNA IN MY WELLNESS ROUTINE"

NAME: AKSHAY ALAGANI
WORK: I'M AN ENTREPRENEUR, FITNESS ENTHUSIAST AND AN INTERIOR / PRODUCT DESIGNER. ALONG WITH MY WORK, I'M DEEPLY PASSIONATE ABOUT FITNESS AND OVERALL WELLNESS

MY WELLNESS REGIMEN

I've been consistently working out for almost 12 years now, and it has now become an integral part of my lifestyle, more like a daily dose of medicine.

In the last six months, my wellness routine has been a balanced mix of strength training and conditioning workouts. I also focus on recovery through practices like stretching / Pilates, occasional massages and sauna sessions. For self-care, I prioritize sleep, hydration, skincare, or anything specific that my body needs. My diet is usually flexible structured around fuelling my workouts and maintaining energy throughout the day.

GOAL FOR 2026

To build more lean muscle, improve endurance, enhance flexibility, maintain mental well-being. I want to sustain a consistent lifestyle where fitness, nutrition, and mindfulness are all in sync, and push myself. I strongly believe and understand that it's just not about physical wellness but also builds great value and discipline in my personal life.

AKSHAY ALAGANI @AKSHAYALAGANI_ ON INSTAGRAM
 PHOTOGRAPHY: CAPTURELIFE STUDIO @STUDIOCAPTURELIFE
 LOCATION: THE ONE LUXURY GYM & HEALTH CLUB

“SELF-CARE AND WORKING OUT IS MY MANTRA”

NAME: BHAVANA RAO

WORK: I'M A FULL-TIME BEAUTY, LIFESTYLE, AND FITNESS CONTENT CREATOR BESIDES BEING A PRODUCT STYLIST

MY WELLNESS REGIMEN

What started out as something I did for fun has slowly grown into my career. Through my work, I try to share real, relatable moments from my own journey whether it's around beauty, lifestyle choices, or fitness with the hope of inspiring people to carve out time for themselves. I've been working out consistently for about a year now. Before that, it was always on and off, but the past year has been different; it's felt more like a lifestyle shift than just a temporary phase and I've become much healthier ever since.

In the last six months, I've been focusing a lot on balance. I've added Pilates along with strength training, and the combination has really worked for me. It's helped me build strength, improve flexibility, and even my posture feels better. I haven't tried things like sauna baths or massages yet, but I do focus on self-care in other ways, like eating more mindfully and taking time to check in with my mental health. For me, wellness is as much about those small daily rituals as it is about the workouts.

GOAL FOR 2026

A cleaner diet and to place equal importance on my mental well-being. Beyond that, I also want to focus on financial stability, because I believe true wellness is holistic; it's not just physical health, but also mental peace and a sense of security in life.



BHAVANA RAO @BHAVANA_RAO ON INSTAGRAM
PHOTOGRAPHY: CAPTURELIFE STUDIO @STUDIOCAPTURELIFE
LOCATION: THE ONE LUXURY GYM & HEALTH CLUB @THEONEJUBILEEHILLS
MAKEUP AND STYLING: BHAVANA RAO
HAIR STYLING: PRATHIBA RAJ @CRAFTED_HAIR_BY_HER

Over-the-counter wellness products that are trending online

THE WELLNESS CART

Liquid IV (hydration powder):

This fast-acting, electrolyte-rich powder is all over Instagram for its hydration + energy combo – making hydration feel cool, not clinical. Known as the ‘ultimate skin’ IV drip, this one’s a double shot of glutathione, Vitamin C, and collagen, for a radiant, young glow.



ZzzQuil Natura Melatonin Gummies:

India's first melatonin gummies for sleep. Strawberry-lavender flavored, with vitamin B6 and chamomile boosting those z's for better nights.



Earthful's Plant-Based Supplements: Clean-label multivitamins, protein powders, and PCOS support rooted in Ayurveda. Strong on natural ingredients, and on local love.



“I HAVE BEEN WORKING OUT ALL THROUGH MY LIFE”

NAME: KAMINI SARAF

WORK: I'M AN ENTREPRENEUR AND A FITNESS ENTHUSIAST



MY WELLNESS REGIMEN

I have been working out all through my life. I currently work out six days a week, 90 minutes each at The One Fitness Club, Jubilee Hills. I am in my 50s now and I want to stay mobile, independent and strong. Yes, I have suffered from knee injuries and chronic pain. I was advised surgery, but chose strength training and Pilates instead. Every day, I hit the gym at 6:30 am, do a mix of weights, stretching, and HIIT. While I am yet to try out those new age solutions such as Red Light Therapy or HBOT, I use steam baths and sauna to recover. My trainer made me add more protein to my diet. I also swear by wheatgrass shots, beetroot shots, and protein shakes that the café at The One serves.

GOAL FOR 2026

I want to try new dance forms, kickboxing, and maybe running again. At 50+, I'm fitter than ever. With the right mindset and regime, I am sure I can achieve what I have set out for.

nightlife

Here's a place that serves memories, moods, and good company to go with an exciting lineup of delectables

Joint Account



A sizzling dash of 10D Express, a delightful fusion of Tafree and Soul of South, a sprinkle of Katha, and a zesty twist of Ciro's and Asie – all complemented by spirited refreshments – make up **The Joint Bar & Café**.

THE MOOD

The Joint spreads wide open to a 12,000 sq.ft. space charged with vibrant energy.

Excitement and laughter filled the air on the day we dropped by. With influencer meetups and exhibitions featuring the works of designers Archana Dalmia and Savita Bansal, The Joint left no stone unturned to keep their guests engaged and entertained.

The place is made up of three moods: the cozy Living Room for family dinners and stimulating conversations; the breezy Outhouse, best for laid-back brunches and sunlit afternoons; and the Courtyard, where music, mood, and mixers come together to create evenings high on stories and spirits.

CHOICE OF POISON

We first went through The Joint's eclectic beverages menu that includes a wide selection of signature cocktails to choose from. We settled on two – the vodka-based Frose that includes pineapple, rose and kokum, and the gin-based Rawdi made up of raw mango, green chili, and coriander. The former had a sweetness about it, perfect for a romantic evening; while the latter carried a strong punch, consistent with the vibe of a night out with friends.

THE ANTIDOTE

The song *Yellow* by British rock band Coldplay creates a nostalgic vibe. Playing



softly above us, the evocative track does not overpower the conversations happening all around. As any responsible neighborhood hub ought to, The Joint makes sure that all the head-boppers play in similar fashion on all days, including the evenings when deep house and techno take over.

As we jived to the upbeat music, we dove into 10D's Chicken Steak and Paneer Sizzlers to go with their Chilli Garlic Baby Corn and Ciro's Sorrento Garlic Bread. Also recommended to us were Tafree's delightful Mutton and Chicken Lukhmi. To end, we overindulged in Katha's delightful Dark Chocolate Cake with Choco Sauce for a lip-smacking finale. ■ IPSHITA

Night out for Two: Rs 1,800 onwards

Road No. 8, Banjara Hills

Tel: 88587 16666, 88585 16666

Timings: 8.30 am to 12 am (Sunday to Thursday), and 8.30 am to 1 am (Friday and Saturday)

WOW!
Recommends:
Milky Way
Picante



Teraso, in its new avatar as The Indian Social Bar, is serving sky-inspired cocktails at its swanky rooftop lounge

A Mouthful of Sky

If you are someone who loves watching the changing colors of the sky, you are a nephophile! And the brand-new avatar of Teraso as **The Indian Social Bar** – is appealing to the nephophiles with its sky-inspired cocktails. "Sharper, slicker, and more social," is how Aman Chainani of Teraso describes the new look.

SKY HIGH

Every cocktail is a tribute to the skies

above. From the fiery finesse of Milky Way Picante, to the smoky mystique of Ash in the Wind, the sunrise glow of First Light, and the golden warmth of Golden Hour, every sip promises a story and a sensation. The cocktail menu takes the guests to the sky, where each cocktail is inspired by an element you see when you look up.

5 SKY-INSPIRED COCKTAILS TO TRY HERE

- **Milky way Picante:** Tequila with wasabi salsa sauce and chilli tincture
- **Ash in the Wind:** Tequila, milk-washed smoked chilli jaggery, jalapeno paste and lime
- **Nimbus Cloud Highball:** Gin, Thai Basil Cordial with charcoal mosambi foam
- **Golden Hour:** Whisky with clarified Kerala passion fruit and smoked star anise
- **Berry Snowball:** A rum-based cocktail with coconut milk wash, clarified berry mix, lime, and coco foam.

PRESENT CLASSIC AND FUTURE FANTASTIC

Matching up the beverage vibe is the elaborate food menu that begins with Indian classics (Yam Galauti, Jama Masjid

Chicken Tikka, Rajori Chhole Bhature and Dilli Nalli Nihari). The menu transitions into reimagined Indian cuisine – Quinoa Avocado Puri Chaat, Pinwheel Paneer Tikka, Anda Shami Kebab, and Dal Palak Risotto.

"We now have the right space and menu for hearty lunches, leisurely dinners, and meaningful conversations," concludes Mohammed Ismail, Corporate Chef at The Indian Social Bar. ■ MANJU

Night out for two: Rs 3,000 with alcohol

G, 3rd Floor, Plot No 1057, Nandagiri Hills, Jubilee Hills

Tel: 85848 58428

Timings: 12 noon to 12.30 am



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WOW! tells you where you can give it, the cousin of pickleball, a shot in the city

5 Places to Catch Padel Fever



It's time to move on from pickleball as padel [also spelt as paddle in some cases] takes over with its competitive scoring and spirit. Even F1 racing drivers and actors are playing this sport. Global football icons Lionel Messi and Rafael Nadal are enjoying it. Closer home Ranbir Kapoor, Alia Bhatt and Aryan Khan have given it a shot. No wonder, Hyderabad Gen Z brats are on the padelbandwagon too.

WHAT'S IT ABOUT:

Padel is one of the fastest-growing racquet sports in the world, but don't confuse it with pickleball or tennis. Played mostly in doubles, padel uses solid racquets without strings, unlike the traditional strung tennis racquet. The scoring system is the same as lawn tennis, but the court is about one-third smaller, fully enclosed, and allows the ball to be played off the walls, much like in squash. That's where padel stands apart from pickleball too.

Here are 5 places to play padel in Hyderabad:

1 HYDERABAD PADDLE PARK

This is the city's only indoor padel court, which makes it suitable for a match regardless of the weather, be it rain or shine. The court is well-lit and spacious, suitable for beginners and pros.

Price: Rs 2,500 per court

Road No. 46, Silent Valley Hills, Jubilee Hills

Tel: 88860 09300

Timings: 6 am to 10 pm

Instagram: @hyderabad.paddlepark



2 PADEL INDIA CLUB

Enjoy a match of padel with music playing to keep the energy high. This court is enclosed with metal mesh work and ample ventilation.

Price: Rs 2,000 per hour

Pullela Gopichand Academy Road, Madhava Reddy Colony, Gachibowli

Tel: 77951 86023

Timings: 6 am to 10 pm

Instagram: @padelindiaofficial



3 THE KITCHEN: PICKLEBALL & PADEL CLUB

At this place, you can not only play padel, but also satisfy your hunger pangs as it also houses Toops Coffee, where you can grab a bite after a game.

Price: Rs 1,200 for 30 minutes

Near Apollo Hospitals, MLA Colony, Film Nagar, Jubilee Hills

Tel: 70937 90033

Timings: 6 am to midnight

Instagram: @thekitchenhyd



4 PIPA ARENA

This is the city's only rooftop paddle court on the fifth floor made of BellinTurf. Enjoy the view with a cafeteria to recharge after a match.

Price: Rs 2,000 per hour during 4 am to 6 am and 4 pm to midnight. Rs 1,600 per hour during 6 am to 4 pm

West World Building, 5th Floor Beside Petrol Bunk, Film Nagar

Tel: 9063489594

Timings: 4 am to midnight

Instagram: @pipaarena



5 BEND IT TURF

This place has multiple courts, from cricket to padel, all in one place. Wing it here with your friends or colleagues, as you all can play and pick the sport of your choice. You can book your court on their website or the PlayO app. ■ KARTHEEKA

Price: Rs 2,000 per hour

BN Reddy Colony, Rai Durg

Tel: 9100941470

Timings: 5 am to midnight

Instagram: @bendithyd.com



If you've been feeling 'meh' lately, but can't quite pinpoint what's wrong with your energy levels, try this once-a-month yoga workshop to feel better

The Full Moon Reset



Picture this: it's a clear full moon day at **Ankitam - The Wellness Studio** in Hyderabad. About a dozen or so seekers – around 12 to 14 practitioners – gather indoors (can be during morning or night) in a softly lit room. The room wraps us in gentle candlelight and the hush of anticipation. Outside, the moonlight peeks through the windows, but inside, we prepare to dive into something a little magical.

BREATHING IN, SOUNDING OUT

The session begins with simple breathing – nothing fancy, just slowing the breath and easing into the moment. Once everyone is settled and is breathing

rhythmically, sound healing follows: singing bowls and rustic instruments fill the air with calming vibrations. It's like being wrapped in waves of gentle music. These frequencies help us drift inward, aligning our chakras and bringing clarity and calm. The effect? A warm, grounded hush settles in the room.

GRANDMASTER SEES WHAT YOU CAN'T

Grandmaster Ankit, with 15 years of yoga behind him, has a knack for sensing where your energy is stuck. Maybe it's a blocked throat chakra showing up as sore throats or jaw aches, or a sluggish root chakra leaving you drained. He casually



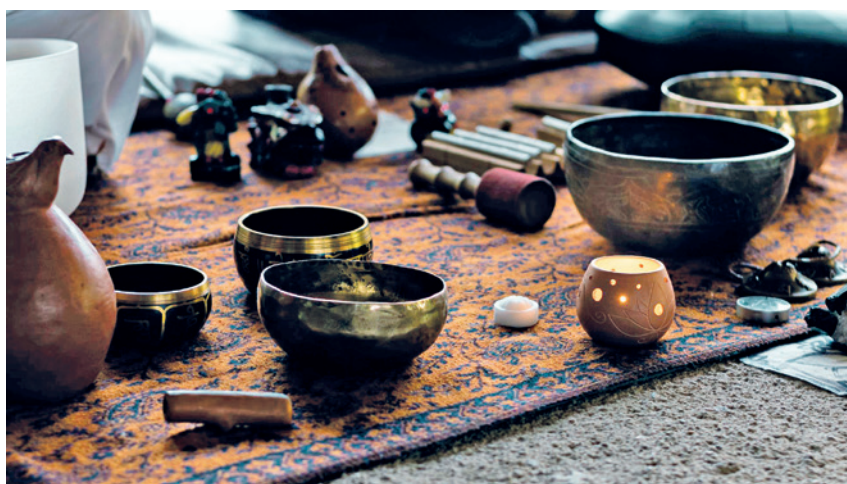
"In yoga and energy work, it's believed that the full moon amplifies whatever we are feeling – good or bad"

GRANDMASTER ANKIT

points out things like poor sleep or foggy mornings, and you think, "Wow, that's me." Then comes his gentle fix – a hum, a tone, a simple breath cue. "You'll be surprised how unblocking one chakra can instantly lift you," he says with a smile.

WHY FULL MOON ENERGY?

"Full moon or Pournami that occurs once a month is a time of heightened energy, both in spiritual traditions and even in nature (think of tides being pulled stronger by lunar energy). In yoga and energy work, it's believed that the full moon amplifies whatever we are feeling – good or bad. That's why it's considered the perfect time to pause, release, and reset," explains Ankit.



So, if you ever catch yourself feeling sleep-deprived, heavy, or just 'meh' around the time of a full moon, imagine slipping into Ankitam's studio with the soft hum of bowls and caring guidance that helps you breathe, release and align.


The next full moon yoga is on September 7, 2025. ■ MANJU

Price: Rs 1,200 per person for a 90-minute session

3rd floor, Bharatiya Tower, Road No. 51, BN Reddy Colony, Jubilee Hills
Tel: 81438 39249

Timings: 6.30 am to 8.30 pm on all days.
Sunday: 7.30 am to 11.30 am

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BHARGAVI KUNAM



Equinox blends old-world charm with modernity and Indian living with Dutch-inspired aesthetics



Two Worlds, One Stunning High-Rise

If Dutch aesthetics and Indian ethos came to life as a home, they would be defined as Equinox – a high-rise apartment in Hyderabad's bustling Financial District. Spread across 6,500 square feet of pure design elegance, it integrates New York loft-style living with Dutch warmth, all while offering panoramic views of the dynamic Hyderabad skyline.

Designed by Nilasha, Principal Architect of her eponymous studio, this high-rise apartment was designed for a young couple – Shivaangi from Hyderabad and her husband Danny from the Netherlands and their twin daughters. The home beautifully blends their diverse cultural backgrounds, combining the practicality of urban Indian living with Dutch-inspired aesthetics. The result is a harmonious fusion of clean lines, a neutral palette, and functional design, creating a space that is not only practical for everyday living, but also forward-thinking in its approach to contemporary design.



PRINCIPAL ARCHITECT NILASHA

DESIGNER SPEAK

“My clients wanted me to design a space that reflected Danny’s European upbringing and Shivaangi’s modern Indian sensibilities. Their request for brown tones, was inspired by the walnut wood interiors of Amsterdam. This gave me a strong creative direction,” recalls Nilasha. The result is an expansive, open-plan home where the only solid walls are those enclosing the bedrooms.

FAVORITE SPOTS

The playroom with a play area and reading zones, and storage tucked away behind seamless walls are the family’s favorite areas. It is designed not just for the present, but to grow with the girls over time. There’s warmth, whimsy, and a quiet kind of magic that makes this space unforgettable.

SPACE CHALLENGES

“The layout was one of the trickiest parts to tackle. When we first saw the layout, it was full of internal partitions or walls that made everything feel really boxed in. It didn’t match the kind of home Danny and Shivaangi had in mind, they wanted something open, seamless, where every room flowed naturally into the next. Figuring out what to keep and what to let go of wasn’t easy, but once we started breaking down those barriers, literally, it all started to come together. That openness gave us the breathing room to play with scale, materials, and light in a way that felt true to them. It was challenging, yes, but also one of the most rewarding parts of the process,” says Nilasha.

BREAKING BOUNDARIES

By strategically removing multiple internal walls, Nilasha created a fluid space where each area transitions seamlessly into the next, embodying the minimalism the couple desired. This openness also gave her room to infuse



the home with a muted palette, using varying shades of brown to create depth and warmth, while ensuring the interiors never felt overwhelming or cluttered.

RAISING THE BAR

One of the standout features of the home is its large, open kitchen island that serves as both, a functional space

and a social hub, where the family shares meals and hosts gatherings. The kitchen by SCASA is sleek and minimal, with all appliances neatly integrated into the back wall, allowing the island to remain the focal point of the room. The bar area, which is equally important to the couple, was designed with functionality and style in mind.



PLAYFUL AND TIMELESS

The children's wing, a delightful contrast to the rest of the house, exudes a light and playful energy. While the rest of the home is grounded in deep, warm browns, this area is designed in brighter tones with oak wood and soft blush accents. "Shivaangi was clear that she didn't want overly feminine décor while designing for her young twins. The rooms, therefore, follow a neutral palette that emphasizes timeless elegance over childlike themes, making the spaces adaptable as the children grow," adds Nilasha.

FUTURE-PROOF SPACE

The centerpiece of this wing is a custom-made playroom, complete with a ball pit, two reading nooks, and ample concealed storage, all hidden within the walls to maintain the sleek aesthetic. The colors and furniture, including custom-designed cots that can easily be converted into standard beds, showcase the design team's vision for a future-proof space that adapts as the children grow from toddlers to teenagers.

HEART OF THE HOME

Balance is perhaps most evident in the central living space, where the sofa – a reupholstered and extended version of a piece from Shivaangi's previous home – acts as the heart of the room. Nilasha transformed it into a U-shaped sectional that not only complements the open-plan layout but also maximises seating for family gatherings. The coffee and dining tables and other central pieces of furniture are all custom-made by various local vendors, ensuring they align with the couple's distinct taste while enhancing the fluidity and openness of the space.

WARMTH IN EVERY DETAIL

American walnut dominates the home, its rich tones grounding the minimal aesthetic. Complementary materials including matte finish marble and textured fabrics were chosen to soften the darker wood, bringing a tactile warmth to the interiors. Fluted textures and subtle geometric patterns were introduced to add dimension without overwhelming the simplicity of the space. ■ MANJU





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Wellness and urban comfort often feel worlds apart, but **Organo Eco Habitats** in Hyderabad brings well-being, ecology and modern living into balance.

Down the Rurban Veedhi, Towards a Life of Wellness



The morning is quiet at Organo Antharam, broken only by bees and birds trading melodies among papaya trees. Children pedal past, under swaying rain trees on the broad *veedhi* where no cars intrude. Cows graze in the forest surrounding the community. I step onto the villa patio and notice a long patch of greens where tomatoes peek through neatly mulched beds. From here, we can see an electric buggy meandering along the tree-lined path, passing the alfresco dining area and neighbours gathered at the cluster *rachabanda*. It's clear why Nagesh Battula calls this '*rurban living*, a seamless fusion of rural calm and urban access.'

EXPERIENCE THE ECO-HABITATS

"These eco-habitats are designed so that families can get healthier, deeply connected to the land and each other, towards a more meaningful way of being," says Nagesh. Along with his business partner Vijaya Durga, both award-winning architects, he brought this vision to reality (and realty) at **Organo Eco Habitats**, a living concept where rural richness meets effortless modern convenience.

EATING MINDFULLY, ORGANICALLY

At *Slow Down Place* (community dining area), freshly harvested produce and milk arrive in baskets from the farms behind the villas and cow hostel. All 182 villas get their share. A couple, new to the community and working remotely, finds daily reassurance in knowing their salad was on the plant just an hour ago. As we leave for the spa, it strikes me how deep physical and mental well-being runs through this eco-habitat concept.

HOW IT BEGAN

It began with Organo Naandi in Moinabad, much before COVID. Today,

Organo's eco-habitats extend across villages, like Kandawada, Damaragidda, Ibrahimipalle, Aloor, and Antharam, the 60-acre host that restores the village life we thought was long lost.

"Organo has been built on the *triple bottom line* approach of *People, Planet and Profits*," Nagesh adds. As we stroll the lush green neighbourhood, the principle becomes tangible.

SUSTAINABILITY AT ITS HEART

Prabhakar Rao, Product Guide, explains how the land works with the people, not against them: "These homes generate their own power through solar. Rainwater is harvested, wastewater recycled, and farming, unadulterated dairy and biodiversity woven into daily life. Each neighbourhood runs as a closed-loop system where food, air, water, and energy flow back into the community." A resident nods proudly while choosing pulses at the community Farm Store.

Vaishavi Paturu, Head of Marketing, smiles as she notes, "Modern infrastructure, including high-speed internet, serviced maintenance, and thoughtfully designed biophilic homes, means the pace of city life is never far away when you need it, yet serenity remains ever-present. In Hyderabad, the idea of '*rurban*' living is not nostalgia but a new way forward."

ACTIVE LIFE WITH ACTIVITIES

Walking by the natural swimming pond, we watch a child take swimming lessons from his sister. A brief, pleasant exchange with their mother turns into an invitation to join a pottery workshop later that afternoon. Little surprise there. In a place like Organo Antharam, living and caring for oneself, others and the land come naturally, as if it were always meant to be this way. ■ MANJU

Book a Rurban experience: 90711 23446
Organo Antharam, Chettampally Gate, off Chevella Highway



MEKONG

Truffle Mushroom Roll

First known mentions of truffles were found in inscriptions from 3000 BC. Romans called them 'Children of the Earth', while Greeks connected them to rains and thunder. It has remained a prized culinary ingredient since ages, and continues to be used by top chefs worldwide even today.

*Taste a piece of history at Mekong.
Now open at Avasa.*



WOW! gets insights into our city in a free-wheeling chat with stand-up comedian **Atul Khatri**, who insists that the way to a Hyderabad's heart is through food-based jokes

“My style is simple: Speak from the heart”



HYDERABAD IS A BUFFET

Hyderabad has its own comic timing. Too many breweries (seriously, do people even drink water here?), restaurants multiplying faster than startups in HITEC City, and a lifestyle that feels more breathable than Mumbai traffic. With townships sprouting like mushrooms after rain, the city now outpaces Gurgaon – and that’s saying something. But what seals the deal for me? A pitstop at Niloufer Café. Its swanky new outlet proves Hyderabad can serve nostalgia with a side of shiny glass walls.

FIRST FIVE SECONDS

Once the spotlight hits, those opening seconds are brutal. Audiences have already decided if you’re funny or just another uncle trying too hard. My style is simple: speak from the heart. No need to juggle fancy wordplay. Comedy should feel like conversation – just with 500 people staring at you while holding samosas in their stomachs.

“Each joke is first tested in open mics, killed, resurrected, reworked – with better timing. By the time it lands in a show, I’ve already done a thousand silent rewrites in my head”

LESS STAND-UP, MORE SIT-DOWN

People keep asking my wife: “Is he funny at home?” She laughs louder than my punchlines: “No, he’s just boring.” Honestly, she’s right. Most comedians are closet introverts.

FOOD, GLORIOUS FOOD

My new 90-minute act, *Well-Trained*,

is basically paisa vasool comedy with one secret ingredient: food. In India, nothing connects faster. This is the third time that Sakshi Chaturvedi’s Buzz Kya Entertainment is bringing me to Hyderabad. Expect lots of jokes on food!

TWO YEARS FOR A ONE-HOUR SET

People think stand-up is magic: walk on stage, speak, and ha-ha happens. Wrong. One solid hour takes me two years. Each joke is first tested in open mics, killed, resurrected, reworked – with better timing. By the time it lands in a show, I’ve already done a thousand silent rewrites in my head.

FREEDOM OF SPEECH

India’s comedy scene is still a toddler. In the US, stand-up has been running for 100 years; here, we’re barely hitting puberty. American comics open with abortion jokes; I can’t even mention butter chicken without a protest. But that’s also the thrill – we’re shaping an art form while babysitting the audience’s fragile egos.

MY HAPPY PLACE

My motto is simple: no lazy stereotypes, no cheap community jokes. Observational, honest, relatable – that’s my jam. When the lights are on me, I owe the audience 90 minutes of pure laughter. Because honestly, who comes to a comedy show hoping to leave serious? ■ MANJU

Show date: Sunday, Sept 7th

Ticket: Rs 499 onwards

Tel: 90007 89038

Venue: Heartcup Coffee, Kondapur

Timings: 6 pm (For 21 years and above)

5 CRAZY THINGS ABOUT THIS KHATRI KA KHILADI

- He started stand-up comedy when he was 48
- He quit his job as a CEO to embrace comedy
- Was featured in the Netflix *Comedians of the World*
- Calls himself a closet introvert
- Can be found marvelling at Irani chai at Niloufer Café when in Hyderabad



The show titled ***Devil is in the Details*** is about the impact of miniature paintings on today's art

So Mini Things

Kalakriti Art Gallery's *Devil is in the Details* explores the influence of Indian classical miniature paintings on contemporary artistic practices. Curated by Supriya Lahoti Gandhi and Jayesh Mathur, these works serve as a visual archive of India's narratives, symbolism, artistic innovation and creative spirit.

TRANSLATING MUSIC INTO ART

"Traditionally, miniatures were meant to be held in hand, creating an intimate connection between viewer and artwork," says Supriya. The extraordinary detailing – whether in the emotive Ragamala paintings that translate music into imagery, or in the majestic depictions of epics like the *Ramayana* and *Mahabharata* – invites close inspection, offering emotional cues and a visual rhythm that anchors the story. For the uninformed, Ragamala artists in medieval India transformed their musical moods into visual form, painting

scenes that embodied the rasa (emotion) of each raga – love, longing, devotion, heroism or melancholy.

A LIVING LEGACY

Today, the tradition resonates in diverse media – textile, metal, papercut, and painting – with contemporary artists reinterpreting motifs, palettes, and narrative techniques. Rather than merely referencing miniatures, these works question, expand, and translate their visual language for modern contexts. "*Devil is in the Details* creates a dialogue between the classical and the contemporary, presenting this legacy

as a living, layered continuum," the curators add.

PARTICIPATING ARTISTS

The artists participating in the show are: Divya Pamnani, Gargi Chandola, Gopa Trivedi, Keerti Pooja, Meghna Patpatia, Parth Kothekar, Rajnish Chhanesh, Raka Panda, Rayana Giridhara Gowd, Sachin Shankar, Sangam Vankhade and Viraj Khann. ■ MANJU

Venue: Kalakriti Art Gallery, Road No. 4, near Hyatt Place, Banjara Hills

Tel: 99517 40000

On view until: September 21, 2025

www.kalakritiartgallery.com



Rediscover the charm of handmade prints in a world that's too busy to pause, at this exhibition featuring 30 artists

Ink, Paper and Human Touch

There's something wonderfully nostalgic about printmaking – the smell of ink, the texture of paper, the slight imperfections that make each impression feel alive. In an age where swipes and scrolls dominate, *Editions 2* arrives as a warm reminder of the joys of the handmade.

GETTING NOSTALGIC

Bringing together 30 artists from across India, the exhibition at Chitramayee State Gallery of Art is all about celebrating printmaking – an art form that goes back centuries, from the Indus Valley Civilization to the presses of the 16th century. But this show isn't about dusty history. It's about what printmaking can be today: bold, experimental, layered, and deeply human.

SLOW DOWN VIBE

Curated by Annapurna Madipadiga and initiated by artist and printmaker Attri Chetan (founder of the lively art collective The Unknowns), *Editions 2* is

both a showcase and a conversation starter. "Think of it as a chance to slow down, pause, and lose yourself in the rhythm of repetition – each print carrying its own story, its own quiet rebellion against our fast, flickering screens," says curator Annapurna.

JOY OF INK

And it isn't just about looking. Workshops by the participating artists will let you roll up your sleeves and try your hand at the craft. The show also marks the launch of a much-needed public printmaking studio at Chitramayee – a space where this tactile art can continue to grow. If you've ever longed for the joy of ink on your fingers, this one's for you. ■

MANJU

Venue: Chitramayee State Gallery of Art, 104, Road No. 44, Kavuri Hills, Madhapur

Tel: 90525 94901

Timings: 11 am to 8 pm

On view from: September 19th to 28th



tourist info

Nilayam Nikunj at Rashtrapati Nilayam is a weekend outing amidst history, nature and culture and worth going all the way to Bolarum

Old-World Charm

Nilayam Nikunj at Rashtrapati Nilayam, tucked into the sprawling estate at Bolarum, Secunderabad, just opened its gates on August 1 and is it a breath of fresh air! This six-acre space houses a rose garden with 800 plants, sculpted hedges, topiaries, a kids' zone, an open-air yoga corner, long walking paths, and even a display of musical instruments. If you already booked the main Nilayam tour, this garden is included – and entry is free. The inauguration comes as President Droupadi Murmu completed three years in office on July 25. If you are a nature lover, here are some facts. The heritage campus houses over 400 trees and 32,000 shrubs and plants.

HERITAGE MEETS HISTORY

This place is one of the three Presidential Retreats in India – and the only one in the South. Originally built in 1860 during the Nizam's era, it became the Presidency's winter house and even hosted the first tricolor in Hyderabad in 1948. Spread over roughly 90 acres, this elegant single-storey, white limestone mansion houses three wings (Presidential, Family, ADC), along with the Durbar Hall, Conference Hall, Morning Room, Cinema Hall, and a unique kitchen-to-dining tunnel painted with folk Cherial art.

GARDENS AND GALLERIES

Matching architecture with nature, you'll find themed gardens based on herbs, rocks, a maze, fruit orchards, and a Nakshatra Garden. There's also a knowledge gallery, revived stepwells, a majestic teakwood flag post, a musical fountain, and even a "talking tree." Tours are guided, roughly an hour – and totally immersive. Senior citizens or those needing help? Hop aboard an e-cart for a breezy ride.

EAT AND DRINK

Drop by at Mitti Café, an inspiring space run by individuals with disabilities. If they're free, strike up a conversation – you'll walk away moved by their stories. When WOW! visited, the manager proudly introduced the team, each of whom has overcome challenges to be part of this buzzing café. On the menu? Sandwiches, vada pav, chai, sugarcane juice, and softies. You can also browse their shelves for organic goodies – from millets and teas to handcrafted décor. ■ MANJU



Ticket: Rs 50 for Indians; Rs 250 for foreigners

Entry through Gate No. 2

Carry your ID (soft copy is fine; a passport if you're a foreign visitor) to enter

Details: rashtrapatibhavan.gov.in

@rashtrapatinilayam on Instagram

Tel: 040-29560518

Booking time-slots: Tue to Sun, 10 am to 5 pm (last entry by 4 pm), weekends and cultural evenings 5 pm to 7 pm (entry by 6 pm)

PRO HACKS

- Set aside an entire day to enjoy this space at leisure
- Each of the rooms and galleries are worth poring over in detail and without rushing
- The heritage building follows certain protocols, hence avoid shooting reels where you are dancing, that spoil the ambience and serenity of the space
- Although monsoons may look like a bad time to venture out, this heritage building and the greenery makes the visit worthwhile
- Skip that hyped-up movie and go for this offbeat outing this weekend



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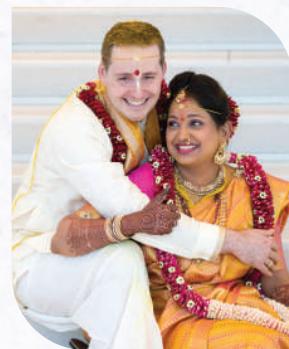
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MOVIES

In theaters



THEY CALL HIM OG (TELUGU, TAMIL, HINDI)

Pawan Kalyan plays mob boss Ojas Gambheera who vanishes from Mumbai's underworld for a decade and returns seeking vengeance against rival crime lords. Directed by Sujeeth, *They Call Him OG* will see the actor work opposite actors Emraan Hashmi, Priyanka Arul Mohan, and Prakash Raj etc.

Date: 25th September

MIRAI (TELUGU)

Directed by Karthik Gattamneni and starring Teja Sajja, Ritika Nayak, and Shriya Saran, *Mirai* is an action-adventure film that follows a warrior who is tasked with the protection of nine sacred scriptures which can turn any mortal into a deity.

Date: 5th September



THE BENGAL FILES (HINDI)

Directed by Vivek Agnihotri, *The Bengal Files* reveals the truth behind the Hindu genocide in Bengal. With an acting lineup that includes Pallavi Joshi, Mithun Chakraborty and Anupam Kher, this is the final film in the National Award-winning trilogy which includes *The Tashkent Files* and *The Kashmir Files*.

Date: 5th September

BAAGHI 4 (HINDI)

Darker and bloodier than before, the fourth installment in the series, *Baaghi 4* will see Tiger Shroff take on powerhouse Sanjay Dutt. Directed by A. Harsha and produced by Sajid Nadiadwala, the action-thriller is all set for release.

Date: 5th September



THE CONJURING: LAST RITES (ENGLISH)

The Conjuring: Last Rites marks the end of phase one of the horror-thriller *The Conjuring* franchise. Directed by Michael Chaves with actors Vera Farmiga and Patrick Wilson reprising the roles of Lorraine and Ed Warren, the film will have the protagonists face their most haunting and dangerous case yet, confronting sinister entities that threaten to unravel everything they hold dear.

Date: 5th September



GHAATI (TELUGU, TAMIL)

Anushka Shetty in the lead with Vikram Prabhu, Ramya Krishnan and Jagapathi Babu, *Ghaati* is an action crime drama directed by Krish Jagarlamudi. It follows the story of a victim who turns into a criminal and later becomes a legend. Highly anticipated, the upcoming movie, after multiple delays, is now all set to release this month.

Date: 5th September

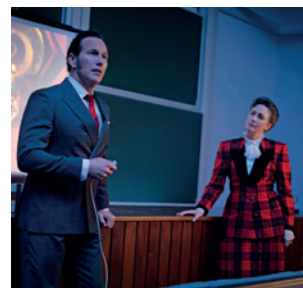
PICK
OF THE
MONTH



JOLLY LLB 3 (HINDI)

Jolly LLB 3 is a courtroom comedy-drama that is set to take you a rollercoaster ride of razor-sharp banter, outrageous legal maneuvers, and heartfelt moments. Directed by Subhash Kapoor with a cast that includes Akshay Kumar, Arshad Warsi, Saurabh Shukla, Amrita Rao, and Huma Qureshi, the film packs a punch with laugh out loud moments and dramatic twists, offering the ultimate legal showdown.

Date: 19th September



Sorry Story

Mrunal Thakur had to eat humble pie after her comment on Bipasha Basu's weight ruffled feathers online. Trolls called it fat-shaming, but she quickly owned up, saying she hadn't realized "the weight of her voice." Damage control done, she's already lined up a body-positivity brand deal. From controversy to campaign, Mrunal sure knows how to spin a slip. But considering she has been a woke artist, it is easy to believe it was a mistake. Ok Mrunal, *saat khoon maaf!*



A Monica Moment

Glam diva Pooja Hegde's glam track *Monica* in *Superstar Rajinikanth's* latest release *Coolie* just earned a thumbs-up from none other than Italian actor and model Monica Bellucci. That little nod sent fans into meltdown, with many calling it a cross-continental win for Tollywood. Retro styling, Pooja's sass, and now Bellucci's seal – suddenly this song feels bigger than the film itself. Just when her fans were missing her presence, Pooja came back to sizzle and give an unforgettable song to her audience.



SNIPPETS

Humor Quotient

Digital creator Niharika NM is all set to leap from viral reels to the silver screen, and the buzz is already strong. Known for her witty one-liners and relatable sketches, this girl with Telugu roots has carved a niche as one of India's most followed digital stars. Now, with her film debut around the corner, Niharika is ensuring her appearances on talk shows and events are already generating meme-worthy moments. Humor, obviously, is her best weapon. Fans hope her charm translates from Insta fame to box office pull. If the current noise is anything to go by, she's on the right track with *Mithra Mandali* slated for a release later this year.



Shaking it Up

Sreeleela has done it again. Her moves in the song *Ole Ole* in Ravi Teja's upcoming movie *Mass Jathara* are the talk of Tollywood – energetic, effortless, and pure fire. While Ravi brings his vintage swag, she matches him beat for beat, proving why she's the industry's current dance obsession. The buzz is she's already fielding calls from Bollywood biggies, besides the Kartik Aryan movie. Whistles, claps, and viral reels – this one's a certified banger. Will she be able to continue the dance spree? First there was *Guntur Kaaram*, then *Pushpa 2* and recently *Viral Vayyari*. We wish her all the best.

■ MANJU



SERIES

Streaming Online



THE B****DS OF BOLLYWOOD

(HINDI)
NETFLIX

Written and directed by Aryan Khan, *The B****ds of Bollywood* explores the chaotic and uncertain world of Bollywood. The high-stakes drama follows an ambitious outsider navigating the industry, starring Bobby Deol, Lakshya, Sahher, and Bambba. It includes celebrity cameos by Salman Khan and Ranveer Singh.



KAMMATTAM

(MALAYALAM)
ZEE5

A mystery crime thriller, *Kammattam* follows Inspector Antonio George as he investigates a mysterious death. What begins as a straightforward case unravels into a far more sinister conspiracy. The series stars Sudev Nair in the lead role, along with Jeo Baby, Vivya Santh, Akhil Kavalayoor, Sreerekha etc.

PICK
OF THE
MONTH

ONLY MURDERS IN THE BUILDING

(ENGLISH)
JIOHOTSTAR

The highly-anticipated fifth season of *Only Murders in the Building* will premiere this month with Steve Martin, Martin Short, and Selena Gomez set to return. The unconventional trio will be seen taking on another murder mystery as the season explores the contrasts between the past and present New York.



TASK

(ENGLISH)
JIOHOTSTAR

Headlined by Mark Ruffalo, *Task* is a seven-episode HBO series following an FBI agent, who is assigned to investigate a outbreak of violent home-invasion robberies. As the mystery deepens, the agent finds himself caught in a cat-and-mouse chase with an unsuspecting individual. ■ IPSHITA



“The web series is about an upright man who stands by his values, no matter what”

WOW! discovers how **Anil Geela** blends his Telangana roots and a zany romcom to make a splashy OTT debut with *Motavari Love Story*

A Love Story with Local Flavors

If you’ve watched the trailer, you’d think it’s just a love story. But Anil is quick to clarify – it’s much more. “It’s a family comedy with loads of emotional drama,” he grins. His new project is a seven-episode web series streaming on Zee5, with all episodes dropping at once. This quirky love story served with a dollop of realism and Anil’s relatable character is ensuring his show is getting the eyeballs he has been dreaming about. Shot entirely in his home turf – Baddipet and Siddhanapet, the series titled *Motavari Love Story* carries the unmistakable flavor of rural Telangana. “The villagers opened their homes to us. Every night’s shoot felt like a festival,” Anil recalls.

MAIN CHARACTER ENERGY

The title itself, *Motavari Rythu*, sparked curiosity. Anil explains, “*Motavari* has two meanings. One, a farmer with acres of land. The other, a farmer with self-respect – someone who does what he believes in.” In the series, they chose the latter – an upright man who stands by his values, no matter what.

FROM INFLUENCER TO ACTOR

Anil, known for his viral village show content on YouTube, is now stepping into the OTT world. “Many thought I was just an influencer. Now I’m the lead in a web series,” he says, still sounding a little surprised himself. He credits his team – director Shiva Krishna Burra and producer Srikanth Sridham, both from his own village – for making it possible.

A COMMUNITY EFFORT

This wasn’t a glossy studio-backed venture. “Our entire crew of 80 people lived and worked like family,” Anil shares. Local villagers even insisted the team shoot in their homes. “They’d say, ‘Come shoot in my house!’ It was heartwarming,” he says. The production wrapped in just 30 days, followed by a quick round of post-production.

BALANCING LIFE AND HUSTLE

Despite his OTT break, Anil is practical. “I can’t just depend on films. I have set up

Safari Tours, a travel company handling domestic and international trips. My wife, Amani, runs embroidery and saree ventures too. It’s about balancing passion with stability,” Anil shrugs.

KEEPING IT REAL

Unlike many creators flaunting luxury, Anil keeps things simple. “I don’t need big shoes or branded pants,” he says. Most days, he still takes a bus or even a shared cab. But when brands collaborate, he happily tags them. “Why not? It saves money,” he laughs.

WHAT’S NEXT?

If this series clicks, Anil has big plans: four to five films or OTT projects in the next two years, and eventually a feature film. His dream? To combine storytelling with farming innovation. “I want to create a brand in farming – produce and sell directly to the customer,” he says.

■ MANJU

Motavari Love Story web series is currently streaming on the Zee5 app

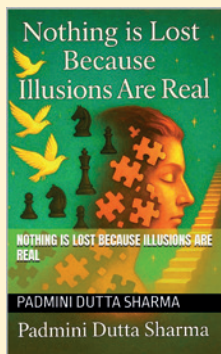
BOOKS

Author **Padmini Dutta Sharma's** latest book is a moving collection of poems that delves into unspoken human emotions

Of Love, Loss and Digital Relationships



US-based author and filmmaker Padmini Dutta Sharma, who straddles between Hyderabad and Seattle, released her 17th book titled *Nothing is Lost Because Illusions Are Real*. It is a moving collection of poetry that delves into the raw, often unspoken dimensions of the human condition. From the supernatural to the intimately personal, the poems explore themes such as an unwed mother's quiet resilience, an adopted child's yearning for identity, a transgender individual's path to selfhood, a fugitive father's lingering absence, and the layered emotions behind a call girl's enigmatic smile.



WHAT'S IT ABOUT

The book, with 32 chapters touches upon love, loss, identity, redemption and digital-age connections. "The collection is a reminder that every moment holds meaning. In the grand mosaic of existence, nothing is ever truly lost," says the author, who is also a life coach and a philanthropist.

"My life and work are guided by empathy, compassion and a staunch rejection of moral judgment. I believe in "To each their own" philosophy, which should be the guiding principle of a more inclusive and understanding world," she adds.

AUTHOR BIO

Through her creations Padmini continues to amplify voices often left unheard. Her work of spans themes of abandonment, disability, gender identity, loss, longing and the metaphysical. Married to her childhood sweetheart Bhaskar, and mother to an accomplished son, Padmini brings her personal experiences and anecdotes into her books.

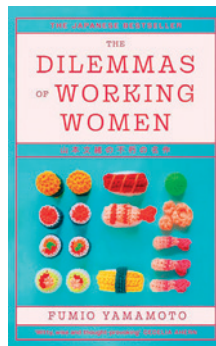
Nothing is Lost Because Illusions Are Real

Amazon; Rs 299

THE DILEMMAS OF WORKING WOMEN

By Fumio Yamamoto; translated by Brian Bergstrom
Hachette India; Rs 324 on Kindle

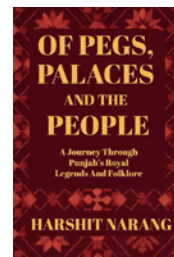
A classic Japanese bestseller published in English for the very first time, it's a dark, funny and relatable book portraying the lives of five women. Globally relevant, the book features a multitude of women sharing the same concerns. Izumi needs to get a job. Haruka needs to stop talking about how she once had cancer. Katō needs to get through a shift at the convenience store without being harassed. Mito needs to break up with her boyfriend – or marry him. Sumie just needs somewhere to live. Published in English, 25 years after it took Japan by storm, the book depicts the lives of five ordinary women. The women are blessed with irresistible humor and searing emotional insights.



OF PEGS, PALACES AND THE PEOPLE: A JOURNEY THROUGH PUNJAB'S ROYAL LEGENDS AND FOLKLORE

By Harshit Narang
Inkstone India; Rs 499

It's a collection of gripping short stories rooted in forgotten history and folklore. Each tale is based on real events – reviving the legends of emperors, queens, rebels, and ordinary villagers who left an extraordinary imprint on the sands of time. From the haunting glow of Sheesh Mahal to the trail of the Kohinoor diamond, this book captures the myths behind monuments and the soul behind history. With storytelling grounded in meticulous research, Narang blends fact and fable into stories that are deeply human and profoundly resonant.



1975: THE YEAR THAT TRANSFORMED BOLLYWOOD

By Pratik Majumdar
Hachette India; Rs 499

This book celebrates 50 Years of Cinema's most iconic year. The year 1975 to Bollywood is what 1939 is to Hollywood – the greatest year in the history of the respective industries. *Sholay*, *Deewaar*, *Pratigya*, *Aandhi*, *Mausam*, *Khel Khel Mein*, *Warrant*, *Chupke Chupke*, *Mili*, *Nishant* and then ... who can forget the jaw-dropping success of *Jai Santoshi Maa*! Rarely does a year witness the release of such a great number of films that go on to become cult classics.



With iconic films, leading actors, film-makers and music composers, shelved movies from that year and the impact of the Emergency on Hindi films, this guide to 1975's Bollywood offers wholesome information with fulsome entertainment. A passionate cinephile, music enthusiast and published author of a collection of short stories, Pratik began his career in advertising, working in both India and London, before returning home to successfully run a family-owned homoeopathy business.

■ MANJU

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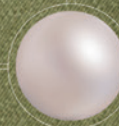
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SMITI



ANJALI



SHIKHA VIJAY



SAHAJ, KRISHNA VAMSHI, YESHWANT KALLURI AND AJITH SAI KRISHNA

Pausing For a Cause

Aug 15, Akan Hyderabad

The city's changemakers and well-wishers came together with Blood Warriors Foundation and Akan Hyderabad for the annual Aahvaanam Independence Day fundraiser, sharing a curated traditional Indian meal in support of a Thalassemia-free India.



KAVYA REDDY

VEENA, PINKY AND MALLIKA REDDY

Sweet Talk

Aug 7, Park Hyatt

Ladurée hosted a Parisian high tea, bringing its signature French charm to Hyderabad. The afternoon saw tastemakers and city elites gather over delicate macarons, pastries and fine teas.



DEEPTI REDDY AND CHANDNI NATH ISRANI



SHRIYA SARAN



DR BANDHAVI SANE



DEEPIKA



ANKITA AND RACHANA

Skintillating Affair

Aug 22, Zennara Clinics

Zennara Clinics launched its new Kondapur branch to make advanced dermatology and aesthetics accessible to all. Actor Shriya Saran graced the opening, adding star power to the milestone celebration.



PRIYANKA REDDY, NAGU REDDY AND MAHESHWARI



MANISH, BENU, VISHESH AND ASHU



PRIYA, RADHIKA

Culture Conversations

Aug 5, Hilltop@7

Aadyam Handwoven collaborated with Benu Mehta handcrafted furniture to organize an evening where furniture and textile traditions converged and created conversations about culture, legacy and heirlooms.



FARAH

ADITI RAO HYDARI AND SIDDHARTH



MALAVIKA MENON



ADIVI SESH



PRAGYA JAISWAL



RAASHII KHANNA



ALLU SIRISH



NANI



Glam Brigade

Aug 9, Park Hyatt

Filmfare hosted the debut edition of the Eugenix Filmfare Glamor and Style Awards South 2025, marking a new chapter in honoring the stylish personalities of South India's entertainment industry.



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