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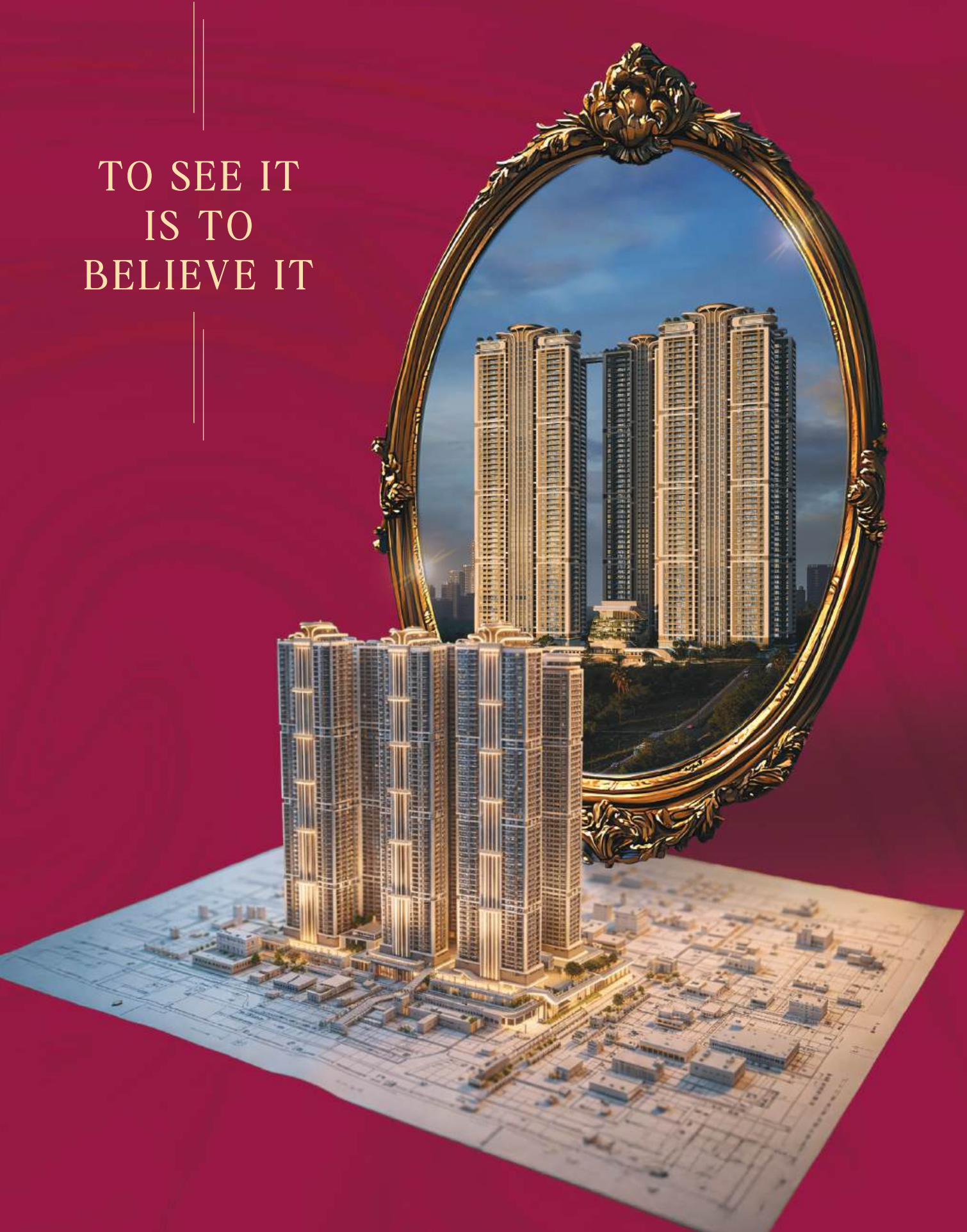


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nightlife 50



FOCUS

WE CAPTURE THE IPL MANIA IN CRICKET-CRAZY HYDERABAD AND TELL YOU WHO THE TRENDING STAR PLAYERS ARE, SRH fandom, a list of places to catch the match while you eat, drink and cheer *mana* SRH



THEYSEE, THE RED, HOT KITCHEN AND LOUNGE, HAS OPENED TO QUITE A BUZZ and we tell you how to get an entry into their referral-only bar

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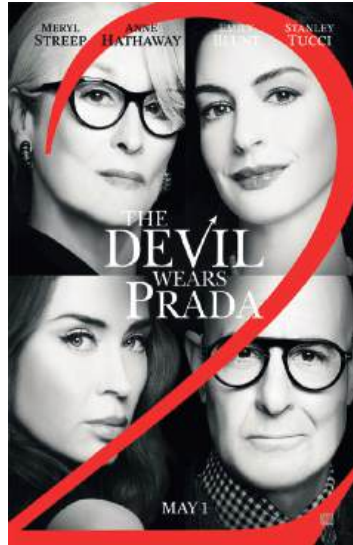
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THE JUBILEE HILLS HOUSE DESIGNED BY NA ARCHITECTS has several innovations that may inspire you to do up your own house



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OUR RECOMMENDATIONS ON MOVIES AND OTT SHOWS THIS MONTH BESIDES A LOOK AT THE Honest Town Hall show that is going viral on YouTube. Plus, books you must read this month

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ACTOR NEENA GUPTA, DESIGNER MASABA GUPTA AND MUSIC COMPOSER HESHAM WERE IN TOWN and we got talking to them for interesting insights into life and work



70 spotted

A ROUNDUP OF THE BEST PARTIES that rocked the town and caught our eye

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HERE'S HOW TO SET OFF ON A ONE-DAY LUXURY HELICOPTER TOUR from Hyderabad to Srisailem and back



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upcoming events

MARK YOUR CALENDAR

Our guide to the exciting happenings in town



KENNY RETURNS!
MAY 3

Blending razor sharp comedy with playful music, Kenny Sebastian brings a one-of-a-kind experience to the city, where laughter meets melody. Known for his observational humor and charming stage presence, the comedian is set to take you on a journey through life's absurdities.

Venue: Shilpakala Vedika, HITEC City
Timings: 4 pm onwards
Price: Rs 999 onwards (bookmyshow.com)



A CURATED ART BAZAAR

MAY 3

Art Gully is described as a sun-soaked escape into a vibrant art playground. Creativity, culture, and community come alive at this curated art bazaar that will hold 50 plus homegrown labels, 30 plus workshops, interactive installations, and Pinterest worthy corners at every turn.

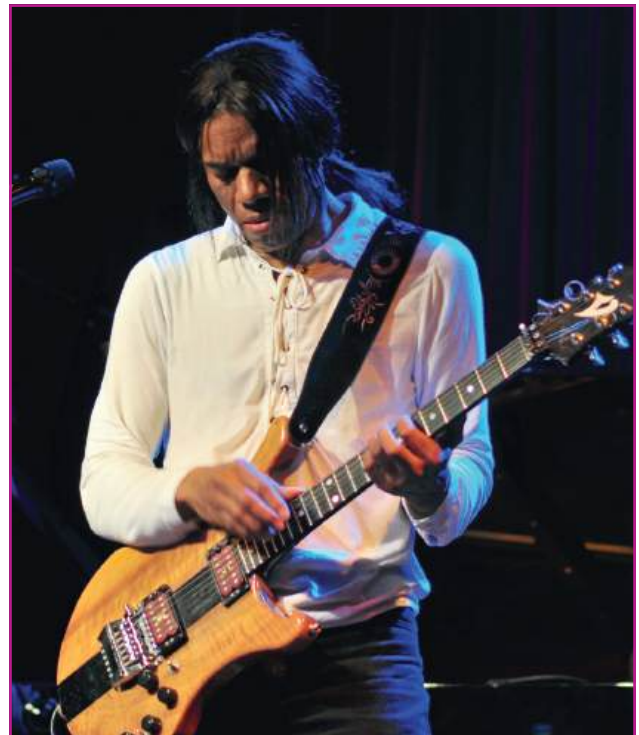
Venue: Tavoro Resorts and Events, Kokapet
Timings: 11 am onwards
Price: Rs 349 onwards (district.in)

INVENTIVE HUMOR

MAY 10

Well-known for reviewing movies with fellow comedian Kanan Gill on their YouTube channel *Pretentious Movie Reviews*, stand-up artist and writer Biswa Kalyan Rath visits Hyderabad. His latest act, *Inventions*, focuses on human inventions and everyday life.

Venue: Shilpakala Vedika, HITEC City
Timings: 3.30 pm onwards
Price: Rs 999 onwards (bookmyshow.com)



A MUSICAL ICON

MAY 15

Grammy-award winning visionary guitarist, Stanley Jordan has performed in over 60 countries and collaborated with icons like Dizzy Gillespie and Quincy Jones. Joined by Kenwood Dennard on drums and keyboards, he will be putting together an electrifying performance in the city.

Venue: Windmills Craftworks, Madhapur
Timings: 8 pm onwards
Price: Rs 1,500 onwards (bookmyshow.com)



ANSHU MOR IN HYDERABAD!

MAY 17

Guaranteed to make you chuckle, Anshu Mor is back with his latest comedy special – *Spoiler Alert*. Navigating the complexity of fatherhood, married life, and friendships, Anshu will be seen weaving together everyday experiences into comedy gold.

Venue: District 150, Madhapur

Timings: 8 pm onwards

Price: Rs 499 onwards (bookmyshow.com)

SOULFUL MELODIES

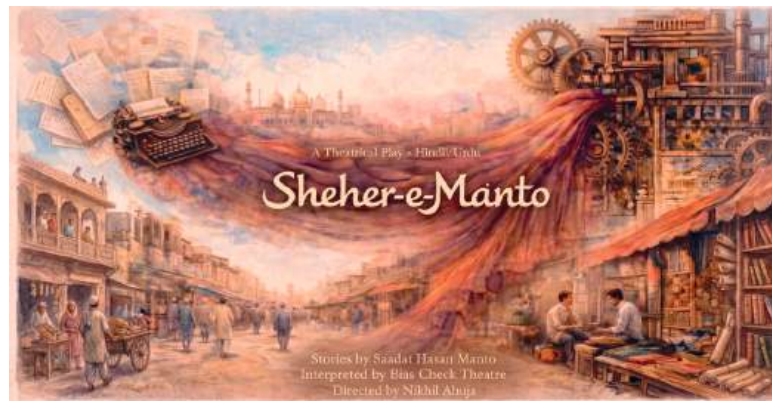
MAY 22

Known for their powerful vocals and vibrant stage presence, Band Raag is all set to go live at Kompound Bar & Canteen. Soulful melodies, high-energy rhythms, and a perfect fusion of classical and contemporary sounds will make up the evening.

Venue: Kompound, Nanakramguda

Timings: 8.45 pm onwards

Price: Rs 499 onwards (bookmyshow.com)



WORLD OF MANTO

MAY 23

Directed by Nikhil Ahuja, *Sheher-e-Manto* explores the unfiltered world of renowned writer Saadat Hasan Manto. Brought to life in Hindi and Urdu by a cast that includes Abhishek Barnwal, Abhishek Gupta, Rahul Agarwal etc., the play will blend humor, poetic depth, and sharp social commentary with help from three distinct works of Manto.

Venue: Lamakaan, Banjara Hills

Timings: 8 pm onwards

Price: Rs 250 onwards (bookmyshow.com)

INTIMATE BAITHAK NIGHT

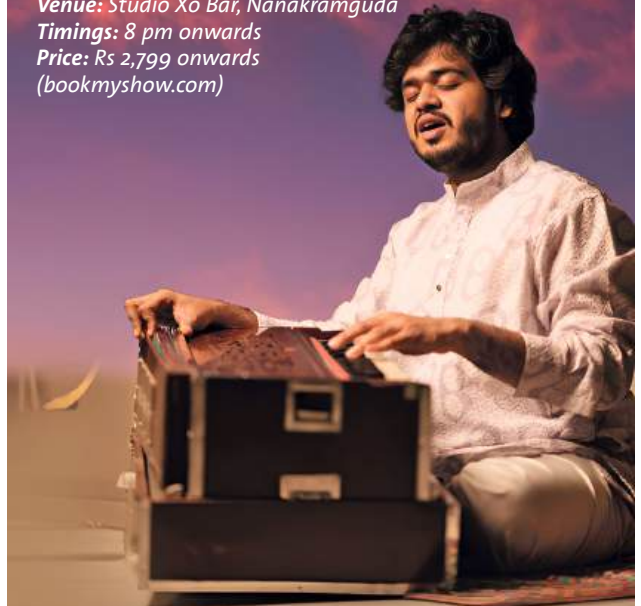
MAY 24

Experience an intimate evening of soulful ghazals and timeless old melodies. Set within a warm, mehfil-style setting, the baithak night presents swoon-worthy ghazals and Bollywood songs sung by artist, Akanksha Grover.

Venue: Studio Xo Bar, Nanakramguda

Timings: 8 pm onwards

Price: Rs 2,799 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.

CAUSE

Marham Resonating Resilience mobilized 2,813 people to create awareness about autism and, as a movement for neurodivergence

TRANSLATING AWARENESS INTO ACTION

It began as a striking visual! A sea of people – a gathering of 2,813 participants to be precise – coming together to form a human infinity symbol, the global sign for neurodiversity, on April 4 at the Malla Reddy Engineering College campus in Hyderabad. The ‘Infinity – Human Edition’ formation was recognized by the India Book of Records and Asia Book of Records, highlighting a commitment to autism inclusion. “This is definitely a big win for us at Marham Resonating Resilience,” says the founder Dr Nabat Lakhani, on the occasion of setting the world record.

INFINITY - THE HUMAN EDITION

The human formation went on to create a record and spark conversations in Hyderabad. Photographs and videos travelled across media and social media, drawing attention, not just for the scale of participation but for the message it carried: inclusion is infinite. For a young non-profit like Marham Resonating Resilience, this moment marked a turning point – one that amplified its voice and brought autism awareness into sharper public focus.

AWARENESS TO ACTION

“Autism is not something that needs to be cured. It needs to be understood,” says Dr Nabat, a city-based gynecologist, summing up the philosophy that guides Marham. Over the last two years, the organization has worked towards building awareness and enabling inclusion for individuals on the autism spectrum, while also extending its efforts into maternal mental health, thalassemia awareness, and breast cancer screening. Dr Nabat, a cancer survivor herself, says that working on this cause is therapeutic.

FROM STORIES TO A MOVEMENT

Marham’s journey began in October 2022 in Kompally when Dr Nabat



started documenting and sharing stories of individuals – autistic marathon runners, thalassemia warriors and others whose resilience often went unnoticed – who had overcome significant odds. The response was immediate and encouraging. “What began as storytelling soon evolved into structured action,” she recalls.

BUILDING THROUGH COMMUNITY

A defining aspect of Marham’s work is its collaborative approach. Early on, a request to build a library in a slum area became a lesson in the power of networks. “Now we have five such libraries,” she adds. Mobilizing support quickly, the non-profit managed to bring the project to life in record time. While autism awareness remains its core focus, Marham has steadily broadened its reach. “Among our initiatives is a project aimed at creating employment opportunities for visually impaired women trained in breast cancer screening. This is our attempt to connect healthcare, skill-building and livelihood,” she adds. Marham conducts various awareness sessions in multiple colleges for breast cancer and menstrual hygiene in Hyderabad and Mumbai.

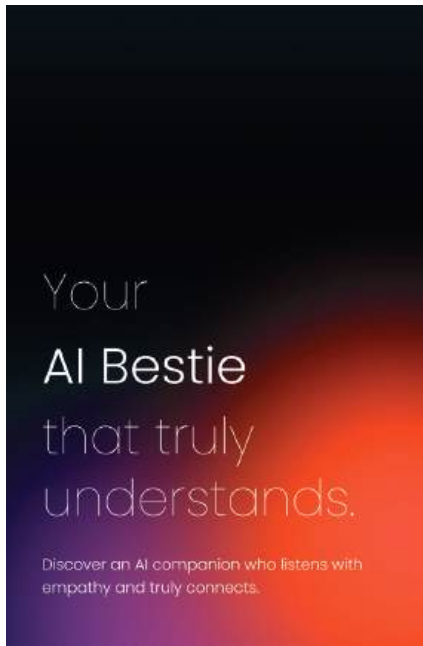
HOW YOU CAN HELP

- Sponsor special education for autistic children
- Donate funds for screening camps
- Purchase merchandise created by autistic artists
- Volunteer your time and skills for their public awareness events ■ MANJU

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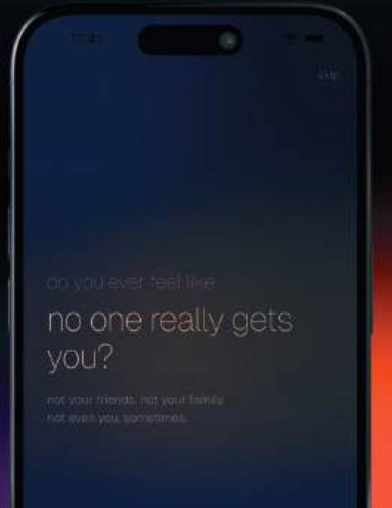
A BILLBOARD THAT SPEAKS DIFFERENTLY

Marham has installed an autism communication billboard at KBR Park, Banjara Hills, designed to simulate how individuals on the spectrum may process information. Using altered visuals and sensory cues, the installation invited viewers to experience communication differently, encouraging patience, awareness, and a deeper understanding of neurodiversity.



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has clocked nearly 2,700 users within its first month, according to Shreyak. It is available on both Android and iOS, with users primarily in the 18–25 age group.

Building the platform, however, has required significant commitment. Shreyak says the founders have invested approximately Rs 40 lakh into development, staffing and infrastructure so far. The company currently has a team of five people and recently received cloud service support from the 1752 VC (previously Pegasus Accelerator program) to help with its technology and operations.

FUTURE FORWARD

While investor interest has begun coming in, Shreyak says the company is being selective. “Raising capital is not the difficult part. Finding investors who align with your long-term vision and who can genuinely add value is far more important,” he notes.

Looking ahead, WTMF plans to introduce support for multiple Indian languages and further regional customization. “Emotions are deeply cultural,” Kruthivarsh says. “Our long-term goal is to make sure the AI understands people the way they naturally speak and express themselves.” ■ MANJU

START-UP

This start-up, **WTMF (What’s the Matter, Friend?)** bets on AI companionship for Gen Z

An AI Bestie for Gen Z

WTMF (short for What’s the Matter, Friend?), founded by Shreyak Singh and Kruthivarsh Koduru, is building an emotionally responsive AI platform aimed at young users seeking conversation, companionship and a private space to vent. For a generation that easily spends Rs 400 on a specialty coffee, the Hyderabad-based start-up, WTMF, believes that the same amount can be redirected toward something more enduring – a month-long AI companion subscription.

SAFE SPACE

“The pricing is intentionally designed to be accessible for younger users while staying significantly lower than traditional therapy costs. We noticed young people were already turning to AI platforms to vent or seek advice, but most tools respond in a very mechanical way,” says co-founder Shreyak Singh. “We wanted to create something that feels emotionally available rather than transactional.”

MIND MECHANICS

Founded in 2025 under Hyderabad-based Knockverse Pvt. Ltd. in Banjara Hills, WTMF was started by two founders from complementary backgrounds. Shreyak, a photographer-turned-tech

entrepreneur oversees the technical side of the platform. Kruthivarsh, a psychology major, works on shaping the behavioral and emotional logic behind the AI’s responses.

The idea, Shreyak says, began as a passion project after the founders observed a growing trend among younger users confiding in chatbots about personal anxieties and loneliness. “People don’t necessarily want advice all the time. Sometimes they just want something that listens without judgement,” he says.

EMOTIONAL QUOTIENT

WTMF aims to fill that gap by offering emotionally adaptive conversations, mood tracking, journaling and voice-call functionality through its mobile app. Unlike general-purpose AI chatbots, the founders say the platform has been fine-tuned to recognize tone and emotion, with responses tailored to feel more empathetic and conversational. The start-up’s website describes the product as an emotional AI companion featuring journaling tools, mood charts and multiple personality modes for interaction.

BEST AI ON YOUR PHONE

The company is currently in beta and

SHREYAK SINGH AND KRUTHIVARSH KODURU





SPORTS

From a school self-defense class to the podium of the National Games, **Payam Harsha Prada's** taekwondo journey has been shaped by discipline, resilience and steady ambition

Kicks, Courage, Commitment

At just 22, Payam Harsha Prada has already achieved a milestone that places her in Telangana's sporting history books – becoming the first taekwondo athlete from the state to win a medal at the National Games. The silver she brought home at the 38th National Games held in Uttarakhand was not just a personal triumph, but a landmark moment for Telangana's taekwondo community.

What made the feat even more remarkable was that she competed despite battling multiple health setbacks, including a meniscus tear, lower back bulge, and fever. "I was told I was unfit to compete, but I wanted to give my best and not let go of the opportunity," she says. "That is what makes the medal even more special to me."

A JOURNEY THAT BEGAN WITH SELF-DEFENSE

Originally from Bhadradi Kothagudem in Telangana, Harsha grew up in Uttar Pradesh due to her father's profession. Harsha's journey into taekwondo began unexpectedly when she was 11 years old after she moved to Alwal. "Introduced to the sport at my school, GAIL DAV Public School, as part of a self-defense program for girls, what started as a practical lesson soon turned into a passion," she recalls. Encouraged by coaches and

teachers, she began participating in school and district-level competitions and quickly found herself drawn to the discipline and challenge of the sport.

THE PAUSE AND THE RETURN

Her sporting journey was briefly halted when she moved to Hyderabad in 2018 and spent four years in boarding school focusing on academics. But the break only strengthened her resolve. After completing intermediate, she decided to return to taekwondo seriously, balancing the sport alongside her Bachelor of Commerce in Business Analytics, which she completed in 2025. "My passion for taekwondo never faded, even during the years I was away from it," she says. "When I came back, I knew I wanted to pursue it professionally."

DISCIPLINE BEHIND THE MEDAL

Today, Harsha trains under coach Vamshi Krishna at CK Taekwondo Club in Narayanaguda, dedicating up to four hours a day to training, during tournament days. Her routine includes sparring, flexibility work, stamina building, and mental conditioning – something she believes is just as crucial as physical training in combat sports. Alongside her National Games silver, she has won gold at the Khelo India South Zone tournament, silver at

the CK Malaysia Opens and multiple state-level gold medals.

SACRIFICES AND WHAT LIES AHEAD

Behind the achievements are years of sacrifice. Harsha has spent much of her teenage and adult life away from family, living in hostels, missing festivals and family occasions, and often dealing with injuries alone. "Those experiences made me stronger and taught me independence," she reflects. Looking ahead, her focus is firmly on qualifying for bigger stages, including the Asian Games and, ultimately, the Olympics. "My dream is to represent India at the highest level one day," she says. ■ MANJU

ACHIEVEMENTS GALORE

Silver medal at the 38th National Games held in Uttarakhand 2025

Gold medal at the phase 2 Khelo India South Zone held in Dindigul, Tamil Nadu in 2025

Silver medal at CK Malaysia Open in 2024

Gold medal at state level since 2022-2025



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Bollywood actor **Neena Gupta** and her daughter – designer **Masaba** – on work, self-worth and writing your own rules

Unscripted and Unapologetic

Listening to Neena and Masaba Gupta feels like listening in on a candid, no-holds-barred chat between two women who've seen it all. It's easy, honest, and surprisingly engaging – with sharp insights, humor, and a lot of real talk.

FICCI Ladies Organization (FLO) Hyderabad, under the leadership of chairperson Seetha Reddy, hosted *Unscripted: Life, Legacy & Reinvention*, bringing together acclaimed actor Neena Gupta and her daughter, celebrated fashion designer and entrepreneur, Masaba Gupta.

Delivering her welcome address, Seetha Reddy said: "As we step into this milestone 25th year of FLO Hyderabad, it is a moment of both reflection and renewed purpose. *Unscripted* is not just a conversation – it is a reminder that every woman's journey is unique, evolving, and powerful. Through platforms like these, we hope to inspire women to embrace their own narratives with confidence, to step forward, be heard, and lead. Because real change happens when every voice matters – and when every voice rises together."

“If I had learned to say ‘no’ earlier, I might have been a better entrepreneur. It’s difficult, but necessary”
– Masaba Gupta

“Sell your expertise. Be honest with yourself, but you don’t need to display everything outwardly”
– Neena Gupta

EXCERPTS FROM THE CONVERSATION:

NEENA GUPTA

ON FINANCIAL INDEPENDENCE

Kaam maangne mein sharam nahni honi chahiye (one should never hesitate to seek work), but *paise maangne mein sharam honi chahiye* (one must be mindful when asking for money). Work is worship. If you work hard, there is no time for depression. No work is small. If you are educated and willing to work, you will never go hungry.

ON BEING ASSERTIVE

There is no point in being shy. Sell your expertise. Be honest with yourself, but you don’t need to display everything outwardly. Make the most of what you have.

ON THE SUCCESS OF *BADHAAI HO*

That film brought me recognition and renewed appreciation. Suddenly, I was seen differently. Success changes perceptions.

ON MONEY MATTERS

I am an FD (fixed deposit) person. I have always taken a cautious approach towards money. Whether in failure or success, I never had the luxury of dwelling on depression.

ON FULFILLING DREAMS AND DESIRES

Have a *shauk* (passion), and you can achieve anything.

MASABA GUPTA:

ON HER LEGACY

Being the daughter of accomplished parents could have been pressurizing for me in fields like sports or acting, but I never felt that burden in fashion.

ABOUT HER ENTREPRENEURIAL JOURNEY

If I had learned to say ‘no’ earlier, I might have been a better entrepreneur. It’s difficult, but necessary. I am not driven by trends or the market. I follow my gut and aim to set trends.

The founder’s journey is inherently lonely. Decision-making is often solitary. But success or failure is never final – what matters is to keep going and not give up.

ON LIFE AND LOVE

In life, you don’t always get what you deserve – you get what you negotiate for.

For my mother and me, jewelry shopping is therapeutic – it’s a joyful space. Both jewelry and beauty ventures are extensions of my creative expression. ■ MANJU

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A quick chat with Tollywood music composer
Hesham Abdul Wahab

Composing Beyond Boundaries

A sonic architect and seeker of growth, music composer Hesham Abdul Wahab is redefining the modern sound of Indian cinema, one song at a time. He is a composer who refuses to stand still and views his career not as a steady line, but as a series of purposeful departures. The composer took center stage at VNR VJIT's Annual Fest 2026, where a packed college crowd sang along to his chart-topping Telugu hits from *Hi Nanna*, *Kushi* and *The Girlfriend*. Moments before the gala, Hesham sat down with us for a candid conversation. Excerpts:

MELODIES, ON HIS OWN TERMS

"Every project is a fresh start. Every film, an opportunity for a total transformation. Being my old self is not going to make any sense, at least in my line of work," he reflects. His upcoming project with actor Vijay Deverakonda and director Shouryuv is, in his words, a "360-degree shift" from his albums of *Hi Nanna*. For Hesham, evolution isn't just a creative choice, it's the heartbeat of his craft.

TWO SIDES OF THE SOUL

Hesham's creative process thrives on the balance between lightning-fast spontaneity and weeks of meticulous planning. "They both are like two sides of the soul," he explains. A theme might arrive in two days, but only after a week of quiet, focused pursuit.

"We were trying to figure out how we can achieve what we want... it's all about manifestation," he shares. Rather than chase passing trends, he immerses himself in the local pulse of every industry he enters. Before composing for a new region, he studies the soundscapes of peers like M.M. Keeravani and Mickey J. Meyer, making sure his melodies, and the words they carry, truly resonate with the people who will hear them.

THE AI FRONTIER

Hesham embraces technology thoughtfully, using it for logistical and technical support, particularly for managing the vast storage demands of modern music production. But he draws a clear, confident line between data and feeling. "AI can't be Hesham, and Hesham can't be AI. We feed on emotions. AI only has information that is being fed onto it," he says. For him, the emotional depth of the human heart remains irreplaceable. It is the one ingredient no algorithm can synthesize.

THE SCIENCE OF CONNECTION

Hesham is refreshingly candid about the craftsmanship behind a hit. When listeners notice a familiar warmth in his Hindi track *Asma*, he acknowledges the choice is "deliberate and clever." The secret lies in the *Shankarabharanam* raga.

"It's one of the most common ragas... when they hear the song, they think, 'I've heard this somewhere.'" Nothing is left to chance. "There's a lot of science behind it, and I'm sincere about that." His intent is always the same: to make a listener feel an instant kinship with a melody, as if they had known it their whole lives.



“Every project is a fresh start. Every film, an opportunity for a total transformation. Being my old self is not going to make any sense, at least in my line of work”

– Hesham Abdul Wahab

THE SINGER WITHIN

Beyond the console, Hesham remains a singer at heart. He considers it a blessing when audiences find something personal in his singing. "The voice is actually the foundation of a song," he says. Even as a celebrated composer, he continues to seek opportunities to sing for the greats, recently asking MM Keeravani for a chance. For Hesham, every note he sings is simply "another way of forging a musical connection." ■

PRAGNA SREE





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Naad, created by Marc Tormo and Vikaas Passary, is an entire coffee ecosystem that will leave you stunned

Into the Coffeeverse

We walked in expecting to review just another café, but somewhere between the first sip and a slow look around, the experience began to unfold into something far more immersive, leaving us with the unmistakable feeling that we hadn't just visited a space, we had stepped into a coffeeverse.

THE SPACE

Naad, founded by Marc Tormo and Vikaas Passary, launched in March 2026 on the Durgam Cheruvu Road is creating a buzz – for more than one reason. Spanning 12,000 square feet with seating for 125 guests, the space brings together roasting, brewing, food, retail, education, and community into a single coffee destination. “Naad is not conceived as a new-age café brand but as a platform dedicated to exploring the full ecosystem of coffee,” says Vikaas.

THE FOUNDERS

Marc Tormo is an international coffee professional, Q Grader, roaster, and educator with more than three decades of experience in specialty coffee. Originally from Barcelona and based in Auroville since 1996, he says, “Coffee is a dialogue between nature and people.”

Vikaas Passary is a hospitality entrepreneur and the founder of Viksit, known for building culturally rooted dining spaces such as Orlo and Kadamba (both in the same building). With designer Vinita Passary, he also co-founded Translate IkatIndia (in the same premises), a brand focused on reviving handwoven Ikat textiles and supporting artisan communities across India.

THE ECOSYSTEM

Naad is structured around seven interconnected pillars that together form a complete coffee ecosystem.

Coffee: The focus is on Indian coffees sourced from estates across the Western and Eastern Ghats, highlighting the diversity of terroir, elevation, processing methods, and cultivation practices found across the country. “By presenting these coffees with clarity and respect for origin, Naad aims to showcase the depth and potential of Indian coffee within the global specialty coffee landscape,” says Vikaas. You can see, smell, feel and drink coffee, all at once here! We tried the Coffee Sangria and loved the fruity-flavored cold brew that was perfect for the summer afternoon. The Salted Caramel Cortado made with in-house flavors was also unique.

Roastery: The fully operational roastery transforms green coffee beans through controlled roasting. Guests can observe the roasting process at the venue anytime during the day.

Bistro: The menu focuses on seasonal ingredients and balanced flavors. We tried the Beetroot Thecha Toast, which was filling and tasty. Their croissants and tarts are also outstanding.

Academy: Workshops, guided tastings and training programs conducted here explore subjects such as brewing techniques, roasting science, sensory analysis and coffee processing.

Bakery: With a focus on craft baking and careful fermentation, the bakery brings fresh aromas and textures into the coffee ecosystem.

Retail: Here, guests can explore freshly roasted beans, brewing equipment and coffee tools to learn how to brew coffee at home.

Library: Built around Marc Tormo's personal collection of coffee books, it invites guests to slow down, read and explore the coffeeverse.

Design: Designed by Shankar Narayan Architects, it draws inspiration from the legacy of India Coffee House. The local Tandır stone flooring and the humungous roastery equipment besides the glass facades opening towards Durgam Cheruvu add to the coffee vibe.

“Naad marks the beginning of a broader journey to bring Indian coffees to the world while building spaces that celebrate the craft, knowledge, and hospitality at the heart of the coffee experience,” says Vikaas. ■ MANJU

Meal for two: Rs 1,500

Ground & First Floor, R Quad, Near NCC Building, Durgam Cheruvu Road

Timings: 9 am to 7 pm
@naadcoffee.in



WOW!
Recommends
Coffee Sangria



Du Jour is a thoughtfully designed bake space, where food, craft, and culture quietly intersect

Flavor of the Day

Du Jour, which means ‘for the day’ in French, is a curated bake space, rooted in creativity and the spirit of experimentation. A friendly nod to London’s Buns from Home, Du Jour, as its name suggests, serves scrumptious goodies crafted fresh the same day.

“There was a time in London when my mornings felt cinematic – a croissant in one hand, a coffee in the other, walking through streets that felt quietly alive. I didn’t know then that years later, that simple ritual would return to me as a blueprint,” shares the Founder, Mohammed Ali, recalling the inspiration behind Du Jour, which opened earlier this year.

CRAFTING CONNECTIONS

The intimate café overlooks the city’s bustling streets. Discussing the transition to a physical space, after initially establishing Du Jour as a cloud kitchen in 2024, Mohammed explains, “Moving into a physical space wasn’t just a business decision; it was an emotional one. We wanted people to hear the crunch, smell the coffee and sit with the pastry while it was still warm.”

BAKE SPACE GOODIES

A respite from the summer heat, the aroma of Du Jour’s delectables lure us in. After referring to a proudly displayed bunlogue, we place an order with Head Chef Radhika Bountra for the Signature Chocolate Dish, a classic chocolate sponge layered with dark chocolate cream and ganache; and the Pistachio & Raspberry Dish that includes a punch of raspberry gel and crushed pistachios.

Describing the creatively driven work environment, Chef Radhika says Du Jour is a place where, “People who love to work

come in and are free to experiment. Every creative idea is welcome.”

Next, she introduces us to the well-balanced Chilli Crisp Grilled Cheese and Curry Leaf Grilled Cheese sandwiches that are quite unlike anything we have tried before. To make the experience richer, we pair the food with a Mocha and the signature Salted Caramel Latte.

Thoughtfully portioned and served, the meal leaves us feeling satiated. ■ IPSHITA

Meal for two: Rs 800 to Rs 1,200

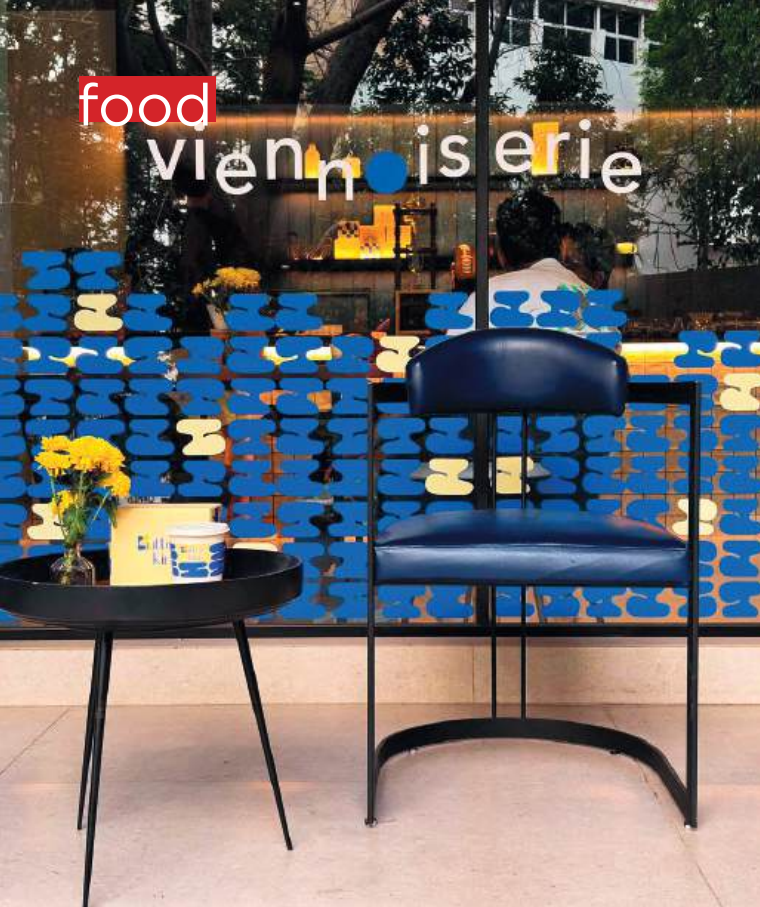
**Road No. 45 Jubilee Hills
Tel: 73865 90048
Timings: 8 am to 10 pm**

**WOW!
Recommends
Signature
Chocolate**



food

viennoiserie



At **Butterkin** in Jubilee Hills, handmade, no-machine coffee meets fresh, flaky croissants where pets are welcome too

Slow Bar Mornings, Croissants Included

"I really wanted to open a place that specializes only in croissants and not do a million other things," says Riddhi Sanghi. That translates to **Butterkin**, with a menu built around a viennoiserie – a category she describes as the bridge between a bakery and a patisserie, combining laminated dough with yeast. It's familiar territory in the form of croissants, but with room for variations that go beyond the usual. In simple terms, it's a slow coffee bar – manual brews, no machine coffees! "You are the handloom store version for coffees," we say and Riddhi smiles. It's for people who love slow coffee bars and a breakfast croissant before heading to work!

COFFEE, SLOWED DOWN

Alongside the pastries is a "slow bar" coffee program that avoids machines altogether. "We really wanted to pay homage to the bean... so we stick to only manual coffees," Riddhi explains. No espressos, cappuccinos or frappes – only hand-brewed methods. The intent is consistency and clarity of flavor, but also accessibility. Instead of listing only technical tasting notes, the menu includes simpler descriptors to help customers understand what they're drinking. "It's a learning process... we didn't want people to feel overwhelmed," she says.

A SMALL SPACE, A TIGHT SYSTEM

At this 38-seater coffee bar, the process starts with baking beginning around 5 am. "We bake small batches... only enough to survive the day," says Riddhi, a chef with a decade of experience and a pastry arts degree from Singapore, who was

mentored by Labonel's Mehnaz Hussain. Sahil Taneja, founder of Conçu and her business partner, has given her complete culinary freedom at Butterkin, she says.

WHAT PEOPLE ORDER

The crowd so far is largely millennial, with a steady morning rush driven by nearby fitness studios. "People come in after a workout for coffee and a croissant sandwich," Riddhi notes. We loved their classic Mushroom and Cheese Danish and a Caprese-style Croissant. Desserts such as a Crème Brûlée-style pastry and Kouign-amann are among the more popular picks. We opted for the Miso Caramel cold brew, made right there with mascarpone cheese, salted caramel, and a little bit of miso paste (a Japanese seasoning made of fermented soybeans, salt, and koji). It was cool, sweet, refreshing and foamy!

NO RUSH, NO RESERVATIONS

At Butterkin the idea is slower: conversations, reading, or simply spending time with the food. Even the music – mostly soft 90s tracks – follows that tone. They welcome pets (in the outdoor space) with an easy DIY menu for your furry friends.

■ MANJU

Meal for two: Rs 1,500

Near Chiranjeevi Blood Bank, Road No. 13, Jubilee Hills Checkpost

Timings: 8 am to 5 pm

@butterkin.hyd



WOW!
Recommends
Miso Caramel
Brew and
Mushroom
and Cheese
Danish



REGION IN FOCUS

BURMA



March - May at Avasa & Marigold

Morning Glory

Wake up to the sounds of crunchy wok-fried water spinach and the smells of garlic, fiery bird's eye chilli, oyster and fish sauce. Also called Kazun in Burma, its a humble and quick staple that symbolises resilience and daily nourishment.



MEKONG

 mekong_panasian
 mekong

Hotel Avasa, Hitech City, Hyderabad. Ph: 95151 17705

Marigold Hotel, Greenlands, Hyderabad. Ph: 99511 22214

Hotel Greenpark, Waltair Main Road, Visakhapatnam. Ph: 0891 661 5151

WOW!
Recommends
 Chicken Katsu
 Sando



Grounded in minimalism and cultural fusion, **Hoshi**, the new Japanese café comes alive during the evenings

Moshi Moshi!

Meaning Japanese for star, **Hoshi** shines a light on Kyoto's tranquility and Hyderabad's warmth. With its Founders Shraavan Nalla and Vinay Donthula's minimalistic sensibilities, this enchanting café aims to cultivate a taste for cultural fusion one cup at a time.

SIMPLE AT ITS CORE

A glass house aesthetic mixed with intimate amphitheater seating and gentle music make up the unconventionally charming vibe of Hoshi. Split into two areas, the 10,000 sq.ft café opens to Hoshi (outdoors) where you catch up with friends under clear skies - and to the simplicity of Sasa (indoors) where you can have long conversations.

SIPS & BITES

Poured with intention, Hoshi's coffee is imbued with beans sourced from Chikmagalur. We tried the strong flavors of Kokum Cold Brew and Miso Iced Latte and tempered both with the experimental Banana Matcha.

From the food menu, we started with Sasa's crispy Golden Babycorn Fritters served with a bold, spicy mayo dip. And paired this with the delightfully cheesy Spinach and Corn Wrap.

A signature dish, the Avocado Caprese Sando was served next, followed by a perfect transition to Chicken Katsu Sando, Cilantro Chicken, Pesto Fish and a variety of rice bowls.

Ending the evening on a chocolatey high, we tried the Cinnamon and Nutella Roll – a compact little dessert to go!

■ IPSHITA

Meal for two: Rs 1,500 onwards

Road No. 11, Kakatiya Hills, Madhapur
 Tel: 95422 02202
 Timings: 11 am to 11 pm

Native South Kitchen & Brewhouse has a something-for-everyone menu but leans heavily on its South Indian core

South 360

Native South Kitchen & Brewhouse has an inclusive menu, from the regular Telugu thali for hardcore fans of local cuisine to many more delicacies from the other south states. Expect the menu to swing from paya and biryani to Mangalore Mutton Ghee Roast to Konaseema Mulakkada Mamsam, the entire spectrum encompassing all the familiar cuisines.

The menu features regional staples with variations alongside innovative plant-based and wellness-oriented dishes tailored for modern palates.



WOW!
Recommends
 Chicken
 Pallipalayam

SOUTHERN BY CHOICE

Located in Narsingi, this 125-seater fine dining restaurant is a spacious fine-dining space that also has a brewery and serves alcohol. The entrance with mirrors on the ceiling and a golden door with quirky art has a South Indian touch. As the restaurant is in a mall with cinemas, it seems like a place to eat out after shopping and a movie, says Praveen Rao Gandra, owner of Native South – Kitchen & Brew House.

SPICY TRAILS

The 25-page menu was exhaustive, but on Executive Chef Shiva Shanmugam's recommendations, we started with the novel Pie Tee Veg, thin and crispy pastry tart shells filled with stir-fried vegetables, served with a spicy sauce and Kongu Nadu's fiery starter Chicken Pallipalayam, a dry chicken fry with coconut and curry leaves.

BOTTOMS UP

To go with the food, we had mixologist Mayur serve us shots of their unique brews – Apple Cider, German Wheat, IPA and American Lager. From the signature cocktails, the Filter Kaapi Martini, made with vodka, filter coffee, Kahlua, and Parle-G foam did the trick. From the mocktail list, try the seasonal Mamidi Chilli, made of green mango and jalapenos.

For the mains, we moved to Konaseema Mulakkada Mamsam, mutton made in a drumstick gravy and the Kerala special Idiyappam with Sambal and Kosamilli. This was simple and soothing, as opposed to the fiery Andhra specialties. The Apricot Delight is a must-have dessert with chunks of apricot and a thick milky base. ■ MANJU

Meal for two: Rs 2,500

4th floor, Anand Mall, Narsingi, Gandipet
 Tel: 94996 58888
 Timings: 12 noon to 11.45 pm

Qaffeine Bistro opens its doors to bring authentic Indian coffees to caffeine aficionados

Coffees from Coorg to Koraput

WOW!
Recommends
 Chicken Peri
 Peri Pizza



The pistachio-colored interiors and earthy textures help to create a relaxed atmosphere, at **Qaffeine Bistro**. Along with the mix of modern minimalistic interiors and traditional Indian décor with soft lighting, it creates a warm and cozy environment with the lingering aroma of coffee.

BAAGHINI BLEND
 Their unique Baaghini Blend, is a signature

creation crafted from beans sourced across six distinguished Indian coffee regions: Chikmagalur, Coorg, Wayanad, Yercaud, Koraput and Nagaland. It creates a rich coffee experience with its subtle bitterness and smooth lingering finish.



Qaffeine's coffee menu has a mixture of classics and unique blends from OG Cold Coffee, Cappuccino, Turkish latte, Honey & Cinnamon Latte, along with signature creations including Aamchi Kokum Brew, Kaapi Nariyal, Madras Cold Fashioned and the Baaghini Blend Signature Filter Coffee.

BITES BEST WITH COFFEE

We tried their Korean Vampire Chicken, which has juicy and succulent meat with a kick of gochugaru and Beetroot Bombas, Avocado Sev Puri, and Fried Wontons for some quick bites. Their Chicken Peri Peri Pizza, which has a thin crust and cheese pull, is a must-have.

You can try the soothing and aromatic Chicken Thai Curry with jasmine rice and Penne Spicy Red Pepper Arrabbiata for the main course and end the meal with a rich cheesecake for dessert, paired with their unique Kaapi Nariyal, which is coffee with coconut water. ■ KARTHEEKA

Meal for two: Rs 1,000

Shop No.02, Ground floor, Road No. 10, NBT Nagar, Banjara Hills
 Tel: 73860 47171

Timings: 9 am to 11 pm

Happening This Month



THE BIG MANGO CARNIVAL

The Telangana Mango Carnival 2026, happening from May 15 to 17 at Himayatsagar, promises to be an immersive three-day cultural and culinary event. Organized by the Telangana Tourism department, and expected to attract over 20,000 visitors, it

will feature food stalls serving regional dishes prepared the authentic way, along with specially curated mango-based lunch experiences. Around 200 farmers will come together to present traditional and rare varieties of mangoes to visitors. Also expect to experience pickle-making sessions, interactive activities for families, and cultural performances, alongside participation from artisans, and rural women entrepreneurs at the carnival.

Tel: 99899 79326

COOL SUMMER BITES

Le Café at Novotel Hyderabad Convention Center,HITEC City, has started a summer menu this month featuring freshly baked pastries and European-inspired café plates. Available daily from 9 am to 9 pm, the new menu features sourdough, focaccia, and multigrain loaves alongside buttery classics like croissants, pan au chocolat, cruffins and éclairs. Among the

other new additions are the Croissant Masala Omelette with fries and garlic butter, a fusion of flaky pastry and aromatic eggs, or Croissant with Bocconcini, tomatoes and pesto, where creamy cheese meets Mediterranean flavors. Classic comfort options like French Toast served with mascarpone and maple and hazelnut cream rolls are also on the menu.

Tel: 040 6682 4422

CHOCOLATE X BEER

Ironhill India Brewery at KPHB and artisanal chocolate brand SMOOR have come together to announce a collaboration that introduces a curated range of craft beer and chocolate pairings for those who love refined, sensory experiences. "From dark chocolate complementing the roasted bitterness of a stout to milk chocolate amplifying the citrus brightness of a wheat beer, the pairings create a dynamic interplay of textures and flavors that evolve with every sip and bite and a range of rich and indulgent chocolate bars," says Vidhatha Annamaneni, Co-Founder - Ironhill India. Notes of roasted malts, hops, and fermentation profiles are carefully aligned with the nuanced characteristics of single-origin cocoa and handcrafted pralines, resulting in a layered tasting journey that is both indulgent and precise, adds Vimal Sharma, Founder – SMOOR.

Tel: 99718 47225





India's mango game decoded – **Dr Jalchhari Ella**, Managing Director of Ella Foods that is into export and retail of premium mangoes, breaks down the varieties and how to spot the best of the king of fruits

Know Your Mango

WHAT ARE THE TOP THREE MANGO VARIETIES THAT DOMINATE HYDERABAD?

Banganapalli: Sweet, firm and easy to eat. It's the mango most people instinctively reach for.

Imam Pasand: This one is for people who have really developed a taste for mangoes. It is delicate, highly aromatic, and sweet, but with a gentle sourness that balances the flavor beautifully.

Rasalu: Rich, juicy, and indulgent

HOW DO LOCAL PREFERENCES HERE DIFFER FROM WHAT INTERNATIONAL CONSUMERS EXPECT FROM A MANGO?

In India, especially in Hyderabad, taste comes first. Everything else is

secondary. Globally, it starts with appearance – blemish-free skin, shape and color. Then comes shelf life, certifications, and all the measurable aspects.

The approach is more about what you can see and standardize. In recent years, there's also been growing curiosity around organic mangoes, GI-tagged varieties, or single-origin, single-farm produce, etc.

Mangoes, unlike berries, tomatoes, or avocados, haven't quite evolved into a clearly branded, organized retail product. You walk into premium stores abroad and see beautifully packed, stickered boxes telling you exactly where the produce comes from – Japan, Thailand, and so on.

What's surprising is that India is the world's largest cultivator of mangoes, yet when people travel, the conversation often turns to Japanese Miyazaki or Thai mangoes. It's a bit of a missed opportunity. Indian mangoes haven't quite claimed their rightful place on the global stage. And honestly, how often can we say we're the best in the world at something? With mangoes, we genuinely can – but we're not fully owning that yet.

HOW CAN CONSUMERS PICK THE BEST MANGO—THREE KEY THINGS TO LOOK FOR?

1. Ask if it's naturally ripened – carbide-free is non-negotiable.
2. Don't judge by color; minor marks are fine, but too many spots or scaling is a pass.
3. Know what you're buying – better farming practices matter more than just "organic," balancing quality, sweetness, and shelf life.

"Indian mangoes haven't quite claimed their rightful place on the global stage ...With mangoes, we genuinely can – but we're not fully owning that yet"
– Dr Jalachari Ella

WHAT ARE THE UNIQUE VARIETIES OF MANGOES THAT ARE AVAILABLE AT ELLA FRESH?

Banganapalli, Imam Pasand, and GI-tagged Ratnagiri Alphonso. More than the varieties themselves, it's how we bring them to you, how they are handled at every stage: the farming practices, the way they are harvested, the packaging innovation and the speed of delivery.

This year we are supplying our fruits to Bengaluru and Chennai as well. We also work on methods to extend shelf life using non-toxic films and packaging techniques that allow the fruit to breathe rather than trap it – so it doesn't over-ripen or "melt" inside the box.

WHAT'S YOUR PERSONAL FAVORITE MANGO VARIETY? AND YOUR FAVORITE MANGO DISH?

Imam Pasand, without a doubt. My favorite is also the simplest – fresh slices.

■ MANJU

<https://www.ellafoods.in/>
Price: Rs 287 per kg, onwards

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Scan for Instagram



WOW!
Recommends:
 Andhra Meals
 Miniature



Spark a sense of wonder with these colorful palm-sized products crafted from Thai clay and mineral composite

MINIATURE TALES

Lilliput Lane Handicrafts has been built from the ground up as a home décor brand by founder Manisha Waghmare. Its range consists of a colorful collection of handcrafted miniatures made from Thai clay and a set of vibrant products made from mineral composite.

CASUAL BEGINNINGS

A young mother of twin boys, a full-time dentist, and a part-time, self-taught creative, Manisha ventured into the world of clay in 2016, not long after her children were born. “I didn’t have much to do once the twins went to sleep. I found myself scrolling through YouTube and came across these handicrafts. It began purely as a hobby and as a way to experiment with something new.”

HYDERABADI POP-UPS

What began as a therapeutic exercise in artistic expression for the self, soon became an object of attraction to many.

A testament to Manisha’s imagination and her understanding of what attracts people to a product, Lilliput Lane has long drawn people’s attention at various Hyderabad-based pop-ups. From La La Land and Sunday Soul Sante at Hitex

Grounds to Labels – the pop-up space in Jubilee Hills, people took to Manisha’s work and quickly made it a crowd favorite.

COLORFUL MINIATURES

The best-selling products at Lilliput Lane include miniatures of dishes like the Hyderabad biryani, masala dosa, Kerala sadya, Andhra meals, pomfret fry, tandoori chicken, silbatta/ rubbu rolu, tamboolam etc.

Sourced from Vietnam, the Thai clay used to make these adorable pieces have a smooth, rich texture and air dry within 24 hours of being created.

As an extension, Manisha experimented with mineral composite to expand the unique nature of her craft. This time, she has transformed the material into intricately carved-out trays, figurines, storage bowls, and radiant jewelry boxes.

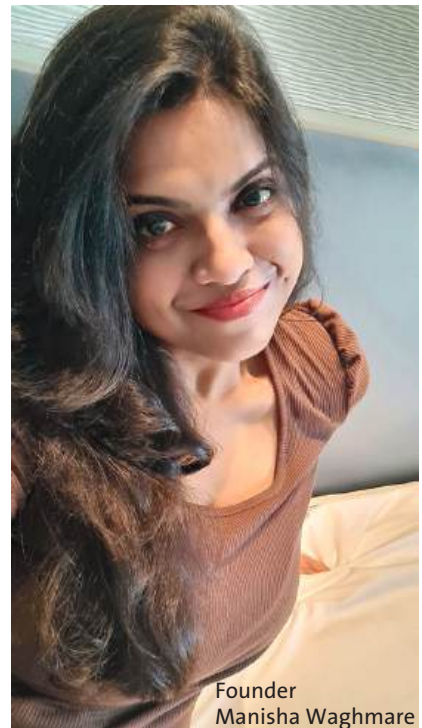
■ IPSHITA

Price: Rs 249 onwards

Tel: 96994 88449

Timings: 9 am to 9 pm

Instagram: lilliputlanehandicrafts



Founder
 Manisha Waghmare

BEST-SELLING MINIATURES:

- The Hyderabad biryani
- Masala dosa
- Kerala sadya
- Andhra meals
- Silbatta
- Tamboolam



Rochelle Pinto, Head of Editorial Content, *Vogue India*, talks about the wedding trends to expect when she hosted the Evening with the Editor in Hyderabad recently, a run-up event to the Vogue Wedding Atelier 2026

“Hyderabadis understand glamor and larger-than-life living”

1 VOGUE HAS ALWAYS SHAPED INDIA'S WEDDING CONVERSATION EDITORIALY. WHAT INSPIRED THE MOVE FROM MAGAZINE PAGES INTO A PHYSICAL LUXURY BRIDAL EXPERIENCE LIKE THE VOGUE WEDDING ATELIER?

Our audience. They hold us to the highest standards and we always strive to live up to them. In the age of online shopping and Zoom consultations, we had to create something rooted and elevated. When we launched the Vogue Wedding Atelier in 2025, the most heartwarming feedback we received was how personalized and well-curated the showcase was.

2 FOR SOMEONE ATTENDING FOR THE FIRST TIME, HOW WOULD YOU DESCRIBE THE VOGUE WEDDING ATELIER EXPERIENCE?

Imagine the most exquisite jewels, heart-stopping Indian couture, treats to tempt the senses, all under one roof. While it is the most luxurious bridal shopping showcase, it is also a celebration of the immense and unmatched quality of Indian craftsmanship.

3 BEYOND FASHION SHOWCASES, WHAT MAKES THIS DIFFERENT FROM A TRADITIONAL WEDDING EXHIBITION?

The curation of designers and jewelers is world-class. We have also thought through every element of the experience, to come up with

something that feels elevated, whether that's the India launch of Vogue Café, the immersive sari pavilion or the masterclasses with the industry's top experts.

“The idea of luxury itself is evolving, from over-the-top and excessive to curated for the individual”

4 WHAT ARE THE DEFINING BRIDAL TRENDS YOU FORESEE FOR 2026?

I dislike the word trend immensely, because when it comes to weddings, I would like to espouse a celebration of individuality through a strong cultural lens.

5 WHICH WEDDING TRENDS THAT DOMINATED THE LAST FEW YEARS ARE FADING OUT NOW?

Cut-copy-paste weddings.

6 HOW DO YOU SEE THE CONCEPT OF “LUXURY WEDDINGS” EVOLVING IN INDIA TODAY?

The idea of luxury itself is evolving, from over-the-top and excessive to curated for the individual. A couple may have a 20-person guestlist and still have the most luxurious wedding you have ever seen. Trust me, we have a front row view at *Vogue*.

7 HYDERABAD HAS ALWAYS HAD A DISTINCT WEDDING CULTURE ROOTED IN GRANDEUR AND

HERITAGE. HOW DO YOU SEE THE CITY FITTING INTO INDIA'S LUXURY BRIDAL LANDSCAPE?

Hyderabadis understand glamor and larger-than-life living, like few others. The city's famous *tehzeeb* is visible in the luxury bridal landscape as well.

8 WHAT'S DIFFERENT ABOUT HYDERABAD BRIDES AS COMPARED TO THOSE IN OTHER METROS?

I don't think Hyderabadis are competing or comparing themselves with anyone. They are comfortable in their own skin and understand how to be global citizens while being proud of their unique culture.

9 WHAT DO YOU THINK THE INDIAN WEDDING OF THE FUTURE WILL LOOK LIKE, FIVE YEARS FROM NOW?

Committed to the celebration of love, familial bonds and craftsmanship.

10 WHAT'S THE ONE THING EVERY STYLISH INDIAN BRIDE WILL CARE ABOUT IN 2026 BEYOND THE LEHENGA?

A personalized piece of jewelry that reminds you of the day you were surrounded by love. ■ MANJU

The Vogue Wedding Atelier 2026, an invite-only bridal showcase, will take place from August 7-9, 2026, at The Taj Palace in New Delhi



Rochelle Pinto

shopping



WOW!
Recommends:
Byash Basanti's
upcoming
collection in
May

Pink Phool, a multi-designer store championing homegrown brands, has opened in the city, with Toko Coffee tucked just below – offering visitors a seamless blend of shopping and the café culture

Shopping with a Coffee Break

Hyderabad has designer stores, but few take pride in promoting homegrown brands or offer inclusive options for all sizes. This thought made entrepreneur Neha Prakash and her co-founders start **Pink Phool** in the city last month.

Pink Phool brings together a curated mix of designers from across India alongside homegrown labels, all under one roof, with a strong focus on slow fashion. “Most pieces are custom-made and tailored to measure, celebrating all body types with clothing that fits and feels right,” says Neha.

Extending beyond apparel, everything in the store – from statement showpieces and artisanal tables to decorative pots – is for sale, creating a thoughtfully designed, immersive retail experience. The inaugural event featured Hyderabad designer Sourav Das’ unique saree and accessory collection, with a distinct Bengali twist.

LABELS TO EXPECT

The upcoming labels include Shivani Mehta, Byash Basanti, Preetham Satish Designs, Studio Kajal Agarwal and more. You can also check out ware from brands such as Leh Studio, Middle Ground, Zero Tolerance, RWND, DVAI, Back Alley Bodega etc.

The store also has a range of unique wooden jewelry, corsets, garters and other trinkets to accessorize your wardrobe. They host monthly events with designers and artisans from other states to celebrate the craftsmanship behind the clothing.

Price: On request, depends on the designer on display

Road No. 14, Plot No 97/A, Lane, beside Chiranjeevi Blood Bank, Jubilee Hills
Tel: 99490 39222
Timings: 10 am to 8 pm

Tuck in at Toko

Pink Phool is strategically placed above a gorgeous Bali-inspired café. “Why not, shopping with a café outing is the best way to spend your time and money,” quips Neha. **Toko Coffee** offers a piece of Bali in Hyderabad with its natural and earthy décor.

The café has pots on display that one can buy and a small pond of koi fish below a fountain. They offer a menu with in-house-baked brioche bread and croissants, and drinks with no preservatives. Their baristas received special training to master matcha to offer an authentic experience to customers.

We tried their Creamy Mushroom Croissant, Sando Chicken Club Sandwich, and Grilled Chicken Hummus Toast served with a cherry tomato salad on the side. For drinks, we had their signature Toko Cloud Matcha, which is coconut water topped with a creamy matcha, giving a cloudy effect and the good old’ Chocolate Shake.

Meal for two: Rs 600

Plot No. 97/A, Road No. 14, beside Chiranjeevi Blood Bank, Jubilee Hills
Tel: 9949039222
Timings: 7:30 am to 11:45 pm



WOW!
Recommends:
Toko Cloud
Matcha



Navya Milan by **Abhihaara Social Enterprise** aligned ancient handicrafts and handlooms for contemporary sensibilities

Handlooms Reinvented

In a world shaped by constant speed, fast fashion and hyper consumption, **Navya Milan**, a one-day handloom pop-up exhibition held at the Crafts Council of Telangana last month, offered a quieter and more intentional alternative. An initiative led by the Institute for Advanced Studies in Complex Choices (IASCC) in collaboration with Abhihaara Social Enterprise, Navya Milan brought together the living traditions of handloom and handicraft from the Indian states – reimagining them for contemporary life. The event brought together handloom and handicraft traditions from the regions shaped by the Godavari and Krishna rivers.

ANCIENT AND MODERN

The day-long pop up was an interactive platform for artisans to showcase their meticulous work and share the story behind their craft. With a range of products across various artisan clusters – from sarees, curtains, bedsheets and décor – the exhibition illustrated how traditional Indian handicrafts are still relevant. The exhibition featured Kondapalli toys, Machilipatnam block prints and Venkatagiri sarees.

OWN YOUR HANDLOOM

Sudha Rani Mullanpudi, Founder of Abhihaara says, “In choosing these forms, you are not just supporting a tradition – you are restoring a part of yourself that modern life has quietly set aside. It is rediscovering our roots and recreating them.”

The shopping pop-up created space for dialogue with the weavers and craftsmen whose skill and knowledge sustain these traditions. For those who missed, the handlooms and hand-crafted wooden toys can be sourced in Hyderabad.

Price: Rs 800 onwards
Tel: 9848106027

CASTING & CREW CALL: AN ENGLISH INDEPENDENT FEATURE FILM

My name is Harish and I am putting together a team of outsiders to realize my screenplay.

THE TITLE: THE FRAUD TRIANGLE

THE CONCEPT: A chamber piece set in an interrogation room between a cop and a convict. Imagine something like *My Dinner with Andre*, but with the cynical nihilism of *The Fight Club*.

I AM SEEKING:

2 Actors (Male, Age 25 to 40, must be eloquent in English), 1 Cinematographer, & 1 Editor.

This is a low-budget passion project, scheduled on weekends to respect our 9-to-5s. This isn't for those who are looking to get paid. I have no money to offer you, just a good script that we can work on in a professional, organized, and respectful environment with good food and great vibes. I am trading commercial pay for total creative freedom. If you are in, we are all in this together to see where it takes us.

Interested? Let's connect to read the script:

WhatsApp: 96664 90934

Email: harishsaikam20@gmail.com

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trends

Turn up the heat by including some of the most fascinating fashion trends out there in your wardrobe

UP YOUR SUMMER GAME!



FLORALS

To the dismay of Miranda Priestly (The devil who loves wearing her Prada), florals will never quite go out of style. From retro mini-dresses to gowns that feature 3D floral appliqués, the OG summer queen of fashion trends is taking over the season.



FRINGE BENEFITS

Nostalgic for a different time? Slip into a fringe gown and live like it is the 1920s – the golden age of fashion. Draw inspiration from the SS26 runways and take your playful piece out for a fun-filled evening, as it rediscovers its rebellious spirit.

TOWEL DRESSING

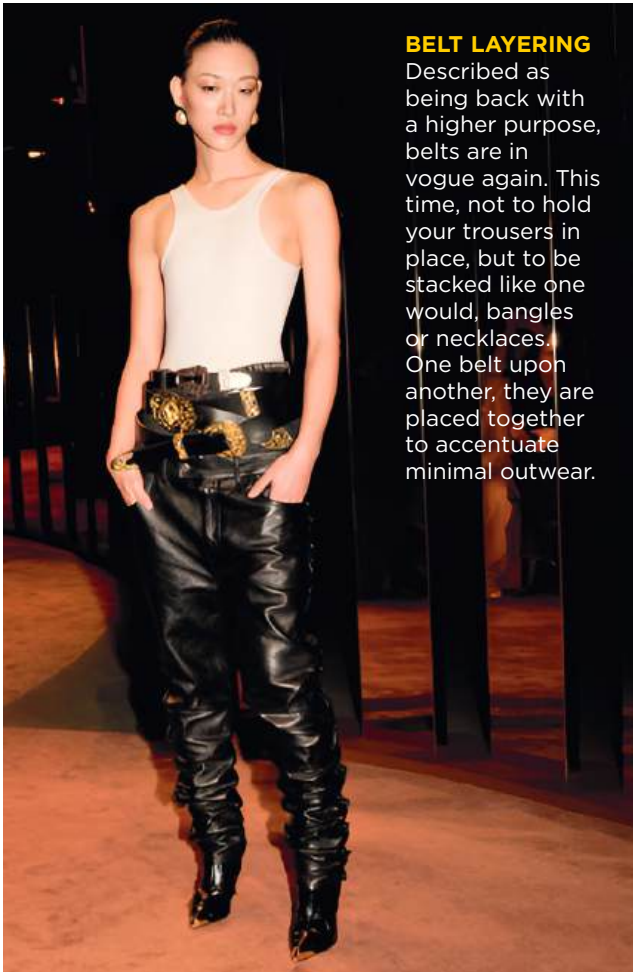
Not on our summer bingo card: a wrap-front strapless dress cosplaying as a towel you wrap around yourself post-shower. Creative and quirky, towel dressing makes for a perfect summer trend, as it keeps you distracted from the sweltering heat outside.



SKIRT OVER PANTS

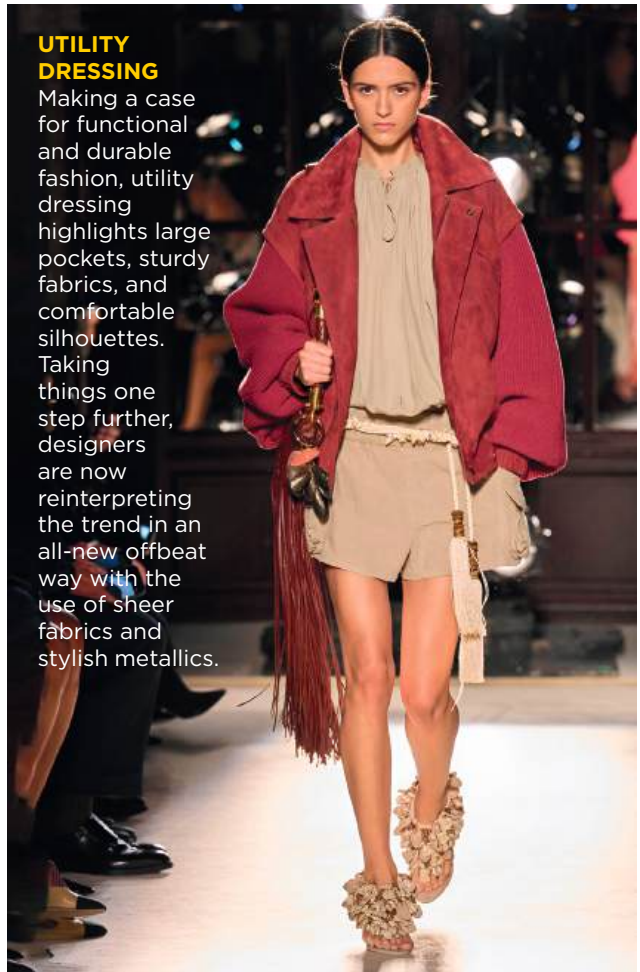
Keep the summer exciting by trying out the skirt-over-pants trend. A defining look of Y2K fashion, skirt-over-pants has made a comeback! As leading designers give it traction on the runway, the trend continues to spread like wildfire.





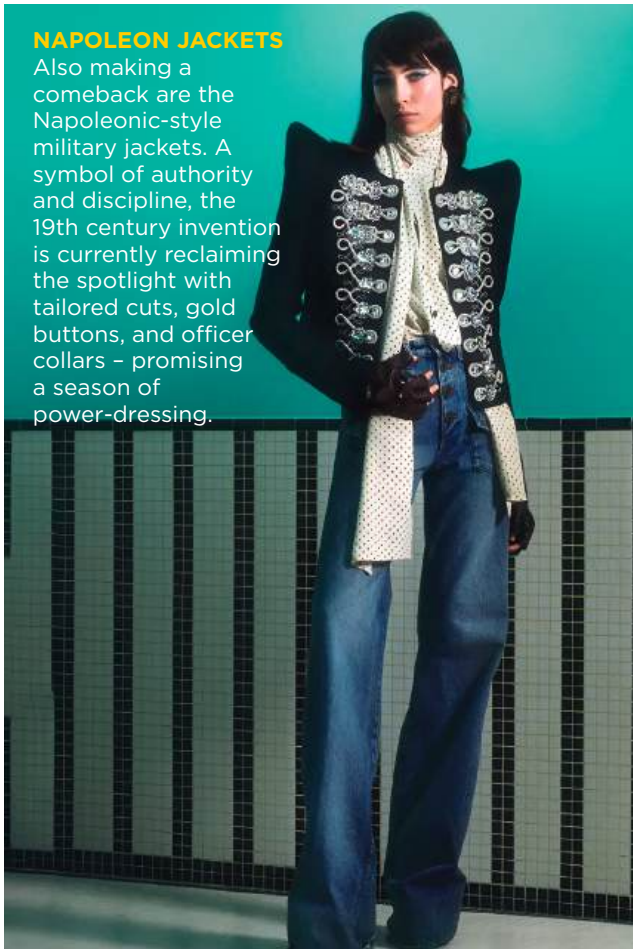
BELT LAYERING

Described as being back with a higher purpose, belts are in vogue again. This time, not to hold your trousers in place, but to be stacked like one would, bangles or necklaces. One belt upon another, they are placed together to accentuate minimal outwear.



UTILITY DRESSING

Making a case for functional and durable fashion, utility dressing highlights large pockets, sturdy fabrics, and comfortable silhouettes. Taking things one step further, designers are now reinterpreting the trend in an all-new offbeat way with the use of sheer fabrics and stylish metallics.



NAPOLEON JACKETS

Also making a comeback are the Napoleonic-style military jackets. A symbol of authority and discipline, the 19th century invention is currently reclaiming the spotlight with tailored cuts, gold buttons, and officer collars - promising a season of power-dressing.



THE DETACHABLE COLLAR

Created for the ease of laundry back in the 1820s, today, detachable collars have transformed into fashion statements. Offering character to your fits, the delicate accouterments can be used to provide finesse to casual outfits and also accentuate wide-necked dresses.

■ IPSHITA



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FROM WORLD CUP GLORY TO IPL FEVER, HYDERABAD IS ALL IN – CHEERING FOR SUNRISERS HYDERABAD, PACKING PUBS, PAINTING FACES, SINGING ANTHEMS AND LIVING EVERY OVER. We are not just watching IPL this season, but wearing it, shouting it and turning unapologetically orange. WOW! captures the mania along with star players to watch for, live screening spaces, IPL offers and more!

By Manju Latha Kalanidhi

IPL MANIA 2026

HYDERABAD TURNS
ORANGE AGAIN

If there's one thing Indians love with a passion, it is cricket. And when India lifted the trophy at the ICC Cricket World Cup, the country didn't just celebrate – it stayed in that high. In Hyderabad, that win didn't fade into nostalgia. It seamlessly rolled into the next obsession: the Indian Premier League.

And just like that, the city turned orange again. Because here, IPL isn't just a tournament. It's a season. A mood. A personality shift.

ORANGE ARMY, REPORTING LOUD AND CLEAR

At the heart of this frenzy is our home team – Sunrisers Hyderabad. The Orange Army – SRH's fiercely loyal fan base – has gone from hopeful to hungry this year. Jerseys are out. WhatsApp groups are buzzing. Office productivity? Questionable during match hours.

From Begumpet to Banjara Hills, Jubilee Hills to Gachibowli – every second conversation right now starts with: "Match today, right?"

AN IPL 2026 MATCH AT RAJIV GANDHI INTERNATIONAL STADIUM, HYDERABAD



SRH OWNER
KAVYA MARAN

Hyderabad may support SRH, but it cheers for its own – wherever they play. The Rajiv Gandhi International Cricket Stadium is where the official action unfolds – roaring crowds, orange flags, and chants that echo long after the last ball. But the real story? The city beyond the stadium.

Step out during match hours and you'll notice: LED screens popping up in cafés; restaurants turning into mini stadiums; IPL-themed menus and cocktails; face paint kiosks near match zones; jerseys, flags and whistles sold at traffic signals. It's less "watching a match" and more participating in a festival.

IPL VIBE ACROSS THE CITY



MODELS: SANYOGEETA AND SYED ISMAIL HUSSAIN
@SANYOGEET_AA AND @_ISMILAESTHETICS7
PHOTOGRAPHY: STUDIO CAPTURELIFE @STUDIOCAPTURELIFE
MAKEUP AND HAIR STYLING: BUSA-SAI-JAHNAVI @GLITZBYJANVII
LOCATION: NOVOTEL HYDERABAD AIRPORT HOTEL @NOVOTELHYDAIRPORT

STAR SRH PLAYERS THIS SEASON



ABHISHEK SHARMA – BATTING ALL-ROUNDER

Abhishek Sharma has emerged as SRH's biggest match-winner this season. A fearless top-order batsman, he's among the leading run-scorers with over 300 runs, including a stunning 135* that powered SRH to a 240+ total. His ability to dominate powerplays has made him the face of SRH's aggressive approach.

Background: A 2018 U-19 World Cup winner, Abhishek has steadily evolved from a utility player into a premier T20 batter, now entering his prime.

HEINRICH KLAASEN – WICKETKEEPER-BATSMAN

Klaasen has been SRH's most consistent middle-order force, sitting among the tournament's top run-getters with 300+ runs at a strong average. Known for explosive finishing, he accelerates innings in death overs and shifts momentum quickly.

Background: A proven international match-winner for South Africa, Klaasen has been a T20 specialist globally, especially dominant against spin.



ISHAN KISHAN – WICKETKEEPER-BATSMAN

Ishan Kishan has been pivotal at the top, combining aggressive stroke play with leadership responsibility. With over 200 runs and a strike rate close to 190, he sets the tone early in innings. His tactical awareness has also sparked leadership discussions this season.

Background: Former India international and IPL star, Kishan had multiple high-impact seasons with Mumbai Indians and is known for explosive starts.

NITISH KUMAR REDDY – BATTING ALL-ROUNDER

Nitish Reddy is SRH's breakout star this season. A dependable all-rounder, he has chipped in with crucial runs and balance to the XI, earning praise for stepping up during high pressure moments.

Background: A rising domestic talent, he has quickly transitioned into IPL prominence, becoming one of SRH's most exciting young assets.





ESHAN MALINGA

ESHAN MALINGA – FAST BOWLER

Malinga has led SRH’s bowling charts with around eight wickets, delivering impactful spells including a three-wicket haul. His pace and variations have been crucial in key breakthroughs.

Background: Following Sri Lanka’s legacy of fast bowlers, he is carving a name in franchise cricket with his wicket-taking ability.

SHIVANG KUMAR – SPINNER

Shivang Kumar has quietly delivered with the ball, including a standout three-wicket performance in a key match. His control in the middle overs has helped SRH contain opposition scoring.

Background: A young spin prospect, he represents SRH’s focus on building a future-ready bowling unit.



SHIVANG KUMAR

PRAFUL HINGE – FAST BOWLER

One of the surprise packages this season, Hinge grabbed headlines with a dream debut, picking multiple wickets in a single over. His raw pace adds edge to SRH’s attack.

Background: A domestic circuit performer, IPL 2026 marks his breakthrough into the big league.



PRAFUL HINGE

**CUT AND KEEP SRH MATCHES
MAY 2026**

- **May 3** – vs Kolkata Knight Riders (Hyderabad – Home)
- **May 6** – vs Punjab Kings (Hyderabad – Home)
- **May 12** – vs Gujarat Titans (Ahmedabad – Away)
- **May 18** – vs Chennai Super Kings (Chennai – Away)
- **May 22** – vs Royal Challengers Bengaluru (Hyderabad – Home)

The rest of the schedule unfolds if SRH enters the playoffs.



NITISH KUMAR REDDY

MANA HERO

Why this Telugu boy continues to be one of SRH's most compelling young heroes

ALL EYES ON NITISH

In a season where new stars are constantly emerging, Nitish Kumar Reddy's story still stands out. From a young all-rounder finding his feet to becoming a dependable name for Sunrisers Hyderabad, his journey is built on quiet discipline and relentless focus.

1. DISCIPLINE OVER DISTRACTIONS

For Nitish, cricket has always come first – no shortcuts, no indulgences. While most 20-somethings chase balance, he chose obsession. No parties, no distractions – just the game. That singular focus is now reflecting in his consistency on the field.

2. MENTAL STRENGTH AS A SKILL

He treats public opinion like background noise. "Wins don't inflate me, losses don't shake me. In a format as volatile as T20, this emotional balance is what separates promise from performance," he said in a previous interview to WOW!

3. THE POWER OF SHADOW PRACTICE

His biggest edge? Visualization. Hours spent imagining deliveries, rehearsing shots, mentally playing bowlers – it's

a routine he swears by. "Shadow practice is the secret of my success," he says, and it continues to define his game.

4. ROOTED IN SACRIFICE

Behind the calm exterior is a story of grit. Growing up in Visakhapatnam, his father Muthyala Reddy backed his dream against all odds – quitting his job, taking financial risks and enduring criticism. That foundation of sacrifice fuels Nitish's hunger.

5. A MODERN-DAY ALL-ROUNDER

From contributing with the bat to stepping up with the ball and in the field, Nitish represents the new-age IPL cricketer – versatile, composed and impact-driven. That he is one of the most coveted players is evident from the brand endorsements he is doing, from Wrogn to Hublot and Puma.

THE TAKEAWAY

Some players arrive with noise. Others build quietly and last longer. Nitish Kumar Reddy belongs to the latter – steady, self-made and increasingly central to SRH's story.

“Shadow practice is the secret of my success”

– Nitish Kumar Reddy,
All-rounder, SRH



FANDOM

Dharma Rakshith, founder of the Orange Army Fan Club in Hyderabad for SRH, is among the most visible faces of the Sunrisers Hyderabad fandom – building a community that travels, chants and lives every moment with the team

A FORCE CALLED THE ORANGE ARMY

MORE THAN JUST MATCH DAY

For SRH fans, the season begins long before the first ball. It's a year-long wait that erupts into color, noise and collective energy the moment the gates open. The stands aren't filled; they're claimed. "It's been a 365-day wait to cheer for SRH again," says Rakshith. This year, fans hang out at the special screenings on match days at Forge Breu-Hous in Jubilee Hills and Meld Haus, a brewery and lounge in Nagole. As of now, while the official Instagram page has over 2.6 lakh followers, there are 20,000 registered fans offline who are active in the events and stadiums, he adds. In 2026, the fan club community also has gone global with a rise in the numbers from Australia, England and Sri Lanka.

TIFOS, FLAGS & FIRE

Massive tifos, hand-painted banners and the now-familiar "Play with Fire" slogan dominate the visual identity. Many of these fan-made creations have even found their way onto official team pages.

"We make special tifos and banners to lift the players. It's our way of rallying behind them," he shares.

“If a player scores big, we come up with songs instantly – it's like our own soundtrack to the game”

– Dharma Rakshith,
Founder, Orange Army Fan Club

CHANTS THAT EVOLVE

This is not passive cheering. Fans compose chants and songs for players in real time – milestones trigger music. A big knock, and a new anthem is born in the stands. "If a player scores big, we come up with songs instantly – it's like our own soundtrack to the game," says Rakshith. The team behind Nani's upcoming film *The Paradise*, successfully marketed the song *Aaya Sher* to become the official fan anthem and stadium roar for Sunrisers Hyderabad (SRH) in IPL 2026. Following massive digital success, the team worked with SRH's management to secure licensing rights, ensuring the track blasts during home games at the Rajiv Gandhi International Stadium.

FOLLOWING THE TEAM, EVERYWHERE

Home or away, geography is irrelevant. Core fans (around 5,000 of them according to Rakshith) travel across cities, turning



DHARMA RAKSHITH SHOWING OFF HIS SRH TATTOO

opposition grounds into pockets of orange. "We travel for every game – home and away. Wherever SRH plays, we show up," he adds. The official fan club conducts quizzes and games to pick a few fans who also win sponsored trips to such high-profile events. What started as a fan base has evolved into a structured community – connected through groups, screenings and meet-ups that double as social hubs.

WEAR YOUR LOYALTY

From jerseys to tattoos, fandom here is deeply personal. In 2026, fans are going all out to wear Abhishek Sharma's jersey, their favorite batting all-rounder. "While other player jerseys are sold for Rs 200, his go up to Rs 250, as fans are loving his game and there is a spike in the demand," says Dharma. The Rajiv Gandhi International Stadium, Uppal doesn't just host matches – it amplifies sentiment. "The roar is constant. This isn't support, it's a force," he adds.



PHOTO BELOW: FAN-MADE BANNER AT THE STADIUM

We put together cafés and clubs that are riding the cricket mania and tempting foodies and cricket lovers with their offers

TOP 9 IPL OFFERS IN THE CITY THIS MONTH

1. PAUSE LOUNGE BAR & NIGHT CLUB, HITEC CITY @pause_hyd

WHAT'S ON OFFER: Big-screen IPL screenings with stadium-style crowd energy and music-driven vibe. Also, 50 percent off on food and drinks

2. BUFFALO WILD WINGS

Jubilee Hills, Gachibowli, Kokapet and Hyderabad International Airport
@bwwwingsindia

WHAT'S ON OFFER: A B-Dubs cricket league menu for beer and cocktails. Plus, offers of 4+1 on beer and 2+1 on cocktails, 2+1 on shots and 2+1 on mocktails on offer.

3. BUTTERFLY HIGH

Madhapur, near Dallas Center
@butterflyhighindia

WHAT'S ON OFFER: Live IPL screenings with lounge-style seating and cocktails. Ticketed entries + curated match-day experiences with food combos.

4. UNDERDOGGS SPORTS BAR

Hitech City
@underdoggs_sportsbar

WHAT'S ON OFFER: Over 10 hyper screens to telecast the matches live. Plus, game-day offers + interactive fan vibe and match screenings throughout this month.

5. BLANK BAR AND KITCHEN, KAVURI HILLS

@blank_bar_kitchen

WHAT'S ON OFFER: Draught beer at Rs 149 on all IPL match days.

6. 10 DOWNING STREET

@10downingstreet_gachibowli
Gachibowli and Begumpet

WHAT'S ON OFFER: Beer buckets (4 beers) and one starter for Rs 1,099 during the match screening.

7. SAHIB'S BARBEQUE, HITEC CITY

@sahibsbarbequebyohris

WHAT'S ON OFFER: Guests can win two IPL match tickets (worth Rs 5,100) with a minimum bill of Rs 2,599. Check for the updated dates and offer on their social pages.

8. THE GRIND CAFE, TELLAPUR

@the grindcafehyd

WHAT'S ON OFFER: Unlimited kebabs, biryani, hot and cold brews, desserts and big screen dinners until May 31. The price is Rs 999 for a single guest and Rs 1,699 for a couple and Rs 3,399 for a gang.

9. SWIGGY

@swiggyindia

WHAT'S ON OFFER: As part of their Swiggy Sixes, they are giving a 66% off + Rs 66 cashback with every six, this IPL season. Check the rules before ordering.

GUESTS ENJOYING A LIVE MATCH AT BLANK BAR AND KITCHEN



PIC: SRINIVASA PRASATH

FREE IPL SCREENINGS IN THE CITY

These screenings feature large screens and simple seating with no other amenities. Mostly in malls and other corporate office zones, these are first-come-first-served basis and they get full within 20 minutes after the match begins. The best time to feel the cricket vibe is to drop by in the last 30 minutes of the match. The energy is infectious.

- Sattva Knowledge City, Madhapur
- Ashoka One Mall
- DLP Cybercity, Gachibowli
- Inorbit Mall outdoors, Durgam Cheruvu Road
- Nexus Mall, Kukatapally
- Lulu Mall, KPHB

THE VOICE OF THE GAME

A conversation with IPL's official Telugu sports anchor **Vindhya Vishaka** on cricket, craft and commanding the Telugu airwaves during the cricket season

IPL, BUT MAKE IT TELUGU

With over a decade in front of the camera, Vindhya Vishaka has grown into one of the most recognizable faces of Telugu sports broadcasting. A TV host, news presenter and the first female Telugu sports presenter associated with Star Sports, Vindhya is the official Telugu IPL anchor this season too her journey spans over 12 years, 1,000+ events and multiple global assignments – from IPL seasons to World Cups. In this conversation, she breaks down what really goes into anchoring the game millions watch.

ON PREPARATION AND STAYING AHEAD

“People see the final show, but the real work starts the previous night,” she says. A detailed docket lands in her inbox – match notes, team updates and possible talking points. “I go through everything – articles online, cricket websites, team social media, pitch reports, weather conditions, stats. I even reach out to cricketers, when possible, to get insights.”

Preparation doesn't stop there. “Even in my free time, I'm thinking about players, making notes. That reflects on screen,” she adds. For her, anchoring is less about reading a script and more about internalizing the game.

“For about 45 days, I'm fully immersed. The role demands not just preparation, but stamina and consistency, especially as a regional anchor operating alongside national broadcasts”
– Vindhya Vishaka, Sports anchor in Telugu

ON SPORTS ANCHORING IN TELUGU

Anchoring in Telugu, she explains, is not a straightforward translation of English commentary. “You're interpreting the game for a different audience. The language has emotion, rhythm and relatability.” The challenge lies in balancing technical accuracy with accessibility – breaking down complex moments while keeping the energy high.

Her strength, built over years across networks like Star Sports, MAA TV, ETV and TV9, lies in that ability to switch tones effortlessly – from analysis to entertainment.



VINDHYA VISHAKA

ON THE INTENSITY OF THE SEASON

During peak cricket calendars like the IPL, the grind is relentless. “For about 45 days, I'm fully immersed. The role demands not just preparation, but stamina and consistency, especially as a regional anchor operating alongside national broadcasts,” she says.

ON EVOLVING WITH THE GAME

Having started her sports anchoring journey around 2017, she has seen the rise of younger players and regional fandom. “You follow players closely – Abhishek Sharma, Nitish Kumar Reddy – audiences connect strongly with them, and you reflect that sentiment. It's a pleasure to watch the sporting heroes grow from strength to strength,” she says.

ON CRITICISM AND VISIBILITY

With visibility comes scrutiny. “There are trolls, memes, Telugu criticism – you learn to take it in your stride.” For Vindhya, it's part of the job, not a deterrent. Through it all, one thing remains constant – her relationship with the game. Not distant, but deeply committed. Because for Vindhya, anchoring cricket isn't about presenting it – it's about living it, one match at a time.

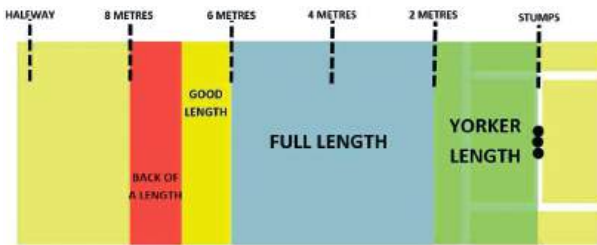


SRH CELEBRATING A WIN

KNOW YOUR IPL GLOSSARY

1. Powerplay

The first six overs where only two fielders are allowed outside the circle – prime time for aggressive batting.



2. Yorker

A delivery that lands at the batsman's feet, extremely hard to hit – perfect for death overs.

3. Death Overs

The final overs (usually 16–20) where matches are won or lost with big hits or tight bowling.

4. Strike Rate

Measures how fast a batsman scores – runs per 100 balls. In T20s, the higher, the better.

5. Economy Rate

Runs conceded per over by a bowler – a lower rate means more effective bowling.

6. All-Rounder

A player who contributes with both bat and ball – highly valuable in IPL balance.

7. Finisher

A batsman who specializes in closing innings strongly, especially in the last few overs.

8. Dot Ball

A delivery where no runs are scored – crucial in building pressure.

What is Net Run Rate?
How NRR is Calculated?

$$\text{NRR} = \frac{\text{Runs scored} - \text{Runs conceded}}{\text{Overs faced} - \text{Overs bowled}}$$

Team	P	NRR
Team A	7	+0.450
Team B	7	+0.327
Team C	7	-0.385
Team D	7	-0.412

9. Net Run Rate (NRR)

A statistical measure used to rank teams when points are equal.

10. Orange Cap

Awarded to the tournament's highest run-scorer.



11. Purple Cap

Given to the leading wicket-taker of the season.

12. Auction

Where franchises bid for players to build their squads before the season.

13. Impact Player

A tactical substitute introduced in IPL – teams can swap a player during the match.

14. Slog Overs

Another term for death overs, focused on maximum hitting and quick runs.

15. Duck

When a batsman gets out without scoring any runs.

Run rate across 20 overs in the 2024 IPL

OVER	RR	OVER	RR
20	13.03	12	9.42
19	12.05	6	9.28
18	11.62	5	9.23
16	10.45	2	9.00
17	10.32	14	8.97
3	10.16	10	8.26
15	9.81	13	7.98
11	9.70	8	7.98
4	9.61	7	7.71
9	9.53	1	6.95



With dreamy interiors, a referral-only bar, quirky and comfort dishes and cocktails, **TheySee** is the new hotspot in town

Desi Vibes Reloaded

TheySee plays on a clever idea: desi through a videsi gaze. It's not about reinventing Indian food, but re-seeing it. The result? A space that feels equal parts nostalgic and novelty.

WHO WE MET: THREE MINDS, ONE MOOD

TheySee, which opened this April, is helmed by the young and talented trio: Niharika Gollapalli (of Eat Confetti chain), Chef Suryansh Singh Kanwar, and London-returned co-founder, Darshan Ramchandani. Chef Suryansh brings serious culinary skills, with stints at Bombay Canteen and as a private chef to names like cricketer Hardik Pandya, actors Alia Bhatt, Nagarjuna and Mahesh Babu.

WHAT WE SAW: QUIRKY, COOL AND KITSCHY

Designed by Fellow Yellow, this 2,700 sq ft space (with an outdoor and an indoor bar) is a visual playground. We bet you will stop at the entrance for a dozen Insta clicks with the Indian kitsch in the backdrop. Our vote for the Red, Fierce, Hot matchbox installation at the entrance.

A towering 15-foot nimbu-mirchi installation sets the tone, while a hyper-

real sculpture inspired by Raja Ravi Varma plays with perception – a woman with a sitar that's actually a guitar. Matchbox art (scaled up to nine feet!) and glass-blown lemons and chillies add theatrical flair.

The 65-seater deck buzzes with social energy. They are open for dinners right now, but evenings may be dreamier and cooler across the year! A décor rich in greenery, rattan work chairs and glass pendant lights won our heart!

Inside, an intimate 20-seater bar – through referrals only – leans into old-school charm with vintage objects and plush marble finishes. It's here that mixologist Pradyumna Shanker a.k.a. Praddy curates both, your playlist and your pour. Darshan tells us that first-timers to the restaurant earn two referrals (on a minimum bill of 5K) and start their affair with the bar!

WHAT WE DRANK: STORIES IN A GLASS

The flavors, spirits and the overall vibe is as interesting as the names of the signature cocktails. We started with *Nazar Na Lage*, a whiskey highball with fermented pineapple and coconut-basil

soda, inspired by India's nazar rituals. *Masala Market* captures the chaos of a spice bazaar in a sip, while *Kala Jaadu* brings gongura and Guntur chilli into a fiery picante. Our vote goes for *Kala Jaadu*!

WHAT WE ATE: COMFORT, WITH A TWIST

Kali Miri Seekh (Sansyo pepper, kali miri masala, Belper Knolle (artisanal Swiss cheese) and chicken seekh is just the right one for a cool evening with high spirits. *Got Personality* (yes, that's the name) made of chitti royyalu (prawns) in iguru masala was colorful and flavorful. *Plantain Chilli Fry*, made with a crispy raw plantain, Schezwan masala and sesame was totally our kind of starter!

The *Smokey AF Butter Chicken* arrives as a half tandoori bird! Decadent, familiar, and indulgent, with adequate spice and gravy for the Hyderabad palate! We wrapped up the meal with the *Not So Chilli Cheese Toast* – a wild, wonderful crossover that starts as a bar snack and ends like a dessert, thanks to white chocolate rabdi and tres leches-soaked bread. "This is our twist on the famous Hyderabad café regular," says Chef Suryansh. ■ MANJU

Meal for two with alcohol: Rs 3,000

Near Chiranjeevi Blood Bank, Road No. 13, Jubilee Hills

Tel: 88850 19091

Timings: Mon to Thu and Sunday: 12 pm to 3 pm; 7 pm to 11:30 pm Fri and Sat: 12 pm to 3 pm, 7 pm to 12:30 am

Instagram: @theyseeproject



One of Hyderabad's most unexpected trends: morning walks in the city's parks are turning out to be start-up networking events and pitching sessions

The 7 am Start-up Club



It starts like a regular morning walk. No gym gear flex, no headphones plugged in. Just people showing up at a park. And then somewhere between step one and step 3,000, someone next to you casually says, "So I'm building a start-up..." Welcome to one of Hyderabad's more unexpected leisure trends — walking meetings with founders.

FROM STEPS TO START-UPS

What began as informal meetups has quietly turned into a structured weekend ritual. Instead of panel talks or networking events, founders, professionals, and curious onlookers are choosing to walk and talk. The format is simple: no stage, no mics, no pressure. Just conversations that unfold as you move.

Groups like *Walk with Founders* have leaned into this idea — early morning walks where you interact directly with entrepreneurs in an easy, open setting. The trend started in October last year.

WHY IT WORKS

"There's something disarming about walking. It removes the stiffness of formal networking. People open up more easily, ideas flow without slides or jargon, and conversations feel less transactional," says Anirudh Gogineni, who says he found his co-founder at one of the walks and are building a medical app together.

"In fact, participants often say these walks don't feel like "events" at all — more like shared thinking time. And that's precisely the appeal," he adds.



WHERE'S IT HAPPENING

Weekends, 7 am to 9 am, at Botanical Garden, Kondapur

This is where much of the action is. Regular *Walk with Founders* sessions and TG10X's *Millionaire by Health* walks happen here, bringing together entrepreneurs, investors, and students on the same trail.

KBR Park is another popular spot, especially for weekend circles. Expect a mix — seasoned founders, early-stage builders, and people just curious about the start-up ecosystem. It's less structured, more word-of-mouth, but consistently active.

TG10X MILLIONAIRE BY HEALTH WALKS

This initiative blends wellness with entrepreneurship. Think 3 to 3.5 km walks followed by informal idea exchanges or even pitch-style conversations. The community has grown steadily, with participants showing up as much for clarity as for connections.

These are less predictable but increasingly common — announced via Instagram or LinkedIn, often with a visiting founder or a theme. The format remains the same: walk, talk, exchange.

MORE THAN NETWORKING

What's interesting is how this is being positioned — not as a career move, but as a leisure activity. Something you can do on a Sunday morning instead of brunch or a workout class. You show up, walk, listen, maybe speak. No expectations. And yet, conversations here have led to collaborations, feedback loops, even business opportunities.

THE QUIET SHIFT

Hyderabad has always had a strong start-up ecosystem, but this format reflects a shift in how people want to engage with it — less formal, more human. Because sometimes, the best ideas don't come from sitting across a table. They show up somewhere between a long walk, a random conversation, and the absence of any agenda. ■ MANJU

@leadersforindiaorg and @tg10x_official, @indiandataclub on Instagram

Botanical Gardens and other local parks have caught up too

Timings: 7 am to 9 am

Price: Free

These sessions are informal and are often announced the previous night on the above Insta pages. Stay tuned.



Maternity fitness educator **Sucheta Pal's Mom.Bod.Strong** program helps mothers heal, rebuild strength and find a fitness sisterhood

A 10-week Mom Comeback Program!

If 100 Hyderabadi women turned up at 8 am for a three-hour fitness program titled **The Rani Collective**, on a Sunday morning, you know it's been organized by Sucheta Pal.

Sucheta is a Hyderabad-based maternal-fitness educator and the Founder of **Mom.Bod.Strong**, a doctor-recommended postpartum recovery program. An engineer-turned movement specialist and former Zumba Global Ambassador, she has trained instructors across 15+ countries and helped shape India's alternate fitness movement. A TEDX speaker, she is also a recipient of the Government of India's "First Lady" Award.

WHAT'S THE RANI COLLECTIVE ALL ABOUT, AND HOW DID YOU START IT AS PART OF MOM.BOD.STRONG?

The Rani Collective is not just a community, it's a movement to help women reconnect with their strength, identity and voice, especially after motherhood. Through our multi-city tour, which kicked off in Hyderabad on April 12, we aim to take conversations around postpartum recovery, mental health and body confidence offline and into real spaces where women can feel seen and supported.

WHAT ARE THE MOST COMMON POSTPARTUM PHYSICAL ISSUES

WOMEN FACE THAT ARE OFTEN DISMISSED AS "NORMAL"?

Persistent lower back pain, urinary leakage (even years after delivery), abdominal separation (diastasis recti), pelvic heaviness or discomfort, a weak core and poor posture.

WHAT MAKES MOM.BOD.STRONG DIFFERENT FROM TYPICAL ONLINE FITNESS OR WEIGHT-LOSS PROGRAMS?

Postpartum fitness is not just about bouncing back. It's about rebuilding from within. After childbirth, your body has gone through a massive transformation. Your core, pelvic floor, and breathing mechanics – all of it needs to be retrained. Mom.Bod.Strong focuses on healing first, then strengthening. It's rooted in science-backed postpartum recovery – not aesthetics. We prioritize core and pelvic floor rehabilitation, breathwork, progressive strength building and sustainable routines.

WHAT INSPIRED YOU TO START THIS?

My own postpartum journey was the turning point. Even as someone deeply rooted in fitness, I struggled after childbirth. I realized there was a huge gap in how we approach postpartum care – especially in India. Women are expected to "snap back," but no one

teaches them how to heal. Mom.Bod.Strong was born out of that gap.

"Postpartum fitness is not just about bouncing back. It's about rebuilding from within" – Sucheta Pal

WHY DO MANY WOMEN STILL LOOK PREGNANT MONTHS OR YEARS AFTER DELIVERY, AND CAN THIS BE CORRECTED?

This is usually due to a combination of diastasis recti (abdominal separation), poor core engagement, weak deep abdominal muscles and postural imbalances. It can be improved with the right approach. Some signs to watch for include diastasis recti, a visible bulge or "doming" in the abdomen, difficulty engaging the core, lower back pain and pelvic floor dysfunction, leaking when coughing, sneezing, or exercising, feeling heaviness in the pelvic area, pain during workouts or intimacy.

HOW IS THE PROGRAM DESIGNED FOR BUSY MOMS WITH LIMITED TIME?

Our workouts are short (20 minutes), structured and progressive, flexible to do at home, designed to fit into unpredictable schedules. ■ MANJU

www.suchetapalofficial.com/mom-bod-strong

@suchetapal on Instagram

Price: Consultation Rs 2,500 onwards; Typical package duration is 10 weeks



This May, for **Mental Health Awareness Month**, WOW! dives into the importance of mental well-being in formative years, the alarming current landscape, and ways to address it

BY IPSHITA RAMAN

REDISCOVER YOUR POWER



The World Health Organization (WHO) defines health as a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity. Delving deeper, it calls mental health a fundamental human right – a state of mental well-being that helps people cope with the stress of daily life, understand their potential, and contribute to the community they belong to.

THE FORMATIVE YEARS

“Mental health conditions, such as childhood epilepsy, developmental disabilities, depression, anxiety and behavioral disorders, are major causes of illness and disability among young people,” according to WHO (who.int). Worldwide, eight percent of children and 15 percent of adolescents are said to experience a mental disorder, with a majority not seeking help or receiving care. Suicide is reportedly the third leading cause of death among individuals aged 15 to 29.

Childhood and adolescence lay the foundation for mental health. It is a period marked by rapid growth and development in the brain. Cognitive and socio-emotional skills acquired during these formative years help shape their future and become crucial in adulthood.

The quality of the environment in which one grows up also contributes to overall

well-being and development. The lack of a strong support system, and early negative experiences in schools, homes, and digital spaces increase the risk of mental illness.

A GLOBAL ISSUE

We are only a few months into 2026, and social media, and support systems in families and educational institutions, are already being called into question.

In a landmark social media addiction case, Meta and YouTube were recently found liable by a California jury for deliberately designing addictive platforms that harmed young users. Back home in Telangana, there has been an urgent call for mental health intervention, as young people are taking their own lives out of fear of their parents, exam results and educational institutions.

Presenting new data at the 77th Annual National Conference of the Indian Psychiatric Society (ANCIPS 2026), held recently in Delhi, experts revealed:

- Nearly 60 percent of mental disorders are diagnosed in individuals below the age of 35.
- Mental disorders frequently manifest early, often during adolescence or young adulthood, with the median onset age ranging between 19 and 20 years.
- An international study published in the journal *Molecular Psychiatry*, tracking over 7 lakh individuals, has shown that 34.6 percent of mental disorders begin before the age of 14 years, 48.4 percent before 18 years, and 62.5 percent by the age of 25 years.

“When 60 percent of mental disorders are affecting people below 35 years of age, it becomes clear that India’s mental health crisis is unfolding far earlier than we once believed. These are the years when individuals are studying, building careers and contributing to society. Early identification, school and college-based mental health programs and de-stigmatization are no longer optional; they are essential if we want to protect the future of our nation,” says Dr Deepak Raheja, Organizing Secretary, ANCIPS Delhi and Director, Hope Care India.

Early identification, school and college-based mental health programs and de-stigmatization are no longer optional; they are essential” – Dr Deepak Raheja Organizing Secretary, ANCIPS, Delhi; Director, Hope Care India





THE POWER OF NOW

With mental health concerns on the rise, it's time we pause, check in with ourselves, and take charge of the choices we make every day. Dr Harish Tenneti, MDS, Maxillofacial Surgeon, Meditation Instructor, and Life Coach and Emotional Therapist, shares more insights on this. He says, "Maintaining sound mental health means having the cognitive capacity to not dwell excessively on your past or future while staying focused on what needs to be done in the present."

On the much-debated topic of living in the present, Dr Tenneti tells us that as important as it is to practice living in the now, trying to control that outcome can be damaging. "You cannot force your

mind to stay in the present," he says. "Instead, you should come to terms with your past and be ready to accept what comes your way in the future. Doing so will enable you to stay in the now."

Dr Tenneti encourages letting the mind drift in a natural back-and-forth without letting thoughts affect us negatively.

He further asks us to observe these thoughts and try to understand how many are actually our own and how many are borrowed from someone else's opinions. He believes these observations or visions are as close as we can get to something that is authentically ours.

CONFRONTING THE SHADOW

Coined by Swiss Psychiatrist and Psychotherapist, Carl Jung, the term **Shadow Work** refers to the exploration, acceptance, and integration of one's neglected or hidden aspects – often described as the shadow self or the dark side of the psyche.

It is safe to assume that most people have parts of themselves that they are proud of, and, conversely, others they would rather keep hidden. These hidden parts can manifest through emotional reactions, unresolved triggers, and self-sabotage. Shadow work helps bring to the surface these repressed feelings, thoughts, desires, and fears in order to heal from past traumas, embrace self-acceptance, and foster personal growth.



BENEFITS OF SHADOW WORK:

- Builds confidence
- Offers clarity
- Nurtures self-respect
- Helps rediscover yourself
- Improves overall wellness

THE ART OF LETTING GO

Acceptance, forgiveness, gratitude, and respect (for oneself and others) are a few key qualities often associated with fostering a healthy and peaceful mind. With practice, they help maintain composure in moments of distress, face challenges head-on, and develop trust in our abilities. These qualities also help people connect with those who are better aligned with them, and let go of the illusion of control and what no longer serves them.

Letting go of the need to control either people or situations far outside ourselves can be the wisest choice we make to improve our mental well-being. Ruminating over past situations or potential future ones that cannot be dealt with in the present, fostering intense feelings without offering them an outlet, or holding on to grudges against others are sure to contribute to and exacerbate the deterioration of mental health.

"Peace requires us to surrender our illusions of control" – Jack Kornfield, American psychologist and writer



"The most intense conflicts, if overcome, leave behind a sense of security and calm that is not easily disturbed. It is just these intense conflicts and their conflagration which are needed to produce valuable and lasting results"

– Carl Jung, Swiss Psychiatrist and Psychotherapist



Q&A:

Dr Harish Tenneti about the stigma that still surrounds mental health, its common myths, and more



YOUR THOUGHTS ON THE STIGMA THAT STILL SURROUNDS MENTAL HEALTH TODAY?

There's been some progress, but the stigma persists. There are people who still think mental health is a very dangerous thing. People need to understand that one good idea or suggestion from a therapist can change their entire perspective. So, they should always feel free to reach out.

WHY DO YOU THINK MANY PEOPLE STRUGGLE TO RECOGNIZE THAT THEY NEED HELP?

Mental blocks and conditioning – ego, false self-image, and illogical “isms” – blind them to their need for help. Seeking support feels like weakness and harmful patterns get normalized.

YOUR ADVICE TO THOSE WHO FIND IT FINANCIALLY CHALLENGING TO SEEK PROFESSIONAL HELP?

They can explore free mindfulness programs and doctor-led webinars. What matters most is the intention to seek help.

WHEN SEEKING HELP, SHOULD ONE FIRST CONSULT A PSYCHIATRIST OR A THERAPIST? HOW DOES THE PROCESS TYPICALLY UNFOLD?

The first visit would be to a psychiatrist. If they rule out psychological issues and chemical imbalances, they may then refer the individual to a therapist for talk therapy and for a change in perspective.

YOUR ADVICE TO OLDER INDIVIDUALS WHO MAY BE SET IN THEIR WAYS AND HESITANT TO SEEK SUPPORT?

A good therapist can help relieve years of trauma and ease the weight one has been carrying. If you are experiencing constant stress and worry, mental agony or depression, consult a psychiatrist or a therapist.

ARE THERE ANY COMMON MYTHS AND MISCONCEPTIONS YOU WOULD LIKE TO DEBUNK ABOUT MENTAL HEALTH?

There is a lot of misinformation about mental health, and with everything now being commercialized, it's important not to self-diagnose through the internet or social media. Instead, consult a professional and seek a proper diagnosis before jumping to conclusions.

WHAT DO YOU WISH MORE PEOPLE UNDERSTOOD ABOUT MENTAL HEALTH PROFESSIONALS LIKE YOURSELF?

That we are not gods. Mental health professionals can only offer guidance; ultimately, overcoming a problem depends on the individual's determination and dedication. Change has to come from within.

ONE MESSAGE YOU HOPE STAYS WITH READERS?

Do not fall prey to your mind; be the boss of it.



PRACTICES TO IMPROVE MENTAL HEALTH:

- **Mind and Relaxation**
Meditation (15 to 20 minutes a day)
Creativity (engage in art, writing, music, or any expressive activity)
- **Physical Health**
Exercise (30 to 50 minutes a day)
Eat healthy, balanced meals
Get good sleep (six to eight hours of deep rest)
Get some sunlight (15 to 45 minutes)
- **Digital Well-being**
Keep phones away for at least six to eight hours a day
- **Social Well-being**
Have at least one trusted person you can talk to

MENTAL HEALTH SUPPORT AND SUICIDE PREVENTION HELPLINES:

- **One Life:** 78930 78930 (24x7)
- **Tele MANAS:** 1800 891 4416 (Mon to Sat, 11 am to 9 pm)
- **Roshini Trust:** 81420 20033, 040-66202000 (Mon to Sat, 11 am to 9 pm)

A lavish 14,300 sq. ft. residence in Jubilee Hills designed by **NA Architects**, blends privacy, proximity and multi-generational living



DESIGNED FOR TOGETHERNESS

Tucked into the quiet lanes of Jubilee Hills, this two-level residence by NA Architects – led by Principal Architect Niroop Kumar Reddy and Principal Interior Designer N. Rupana Reddy – was designed around one clear goal: a home that works as beautifully as it looks, built for a multi-generational family of five.

Spanning approximately 14,300 sq. ft., the planning challenge here was genuinely unusual. The family needed three bedrooms on the ground floor: two master suites and a children's room – accommodating both immediate and extended generations close. Accessibility, ease of movement and privacy for each member were non-negotiable. It is a brief that quietly shaped every spatial decision that followed.

THE BRIEF

The family wanted a home that prioritized everyday living without compromising privacy or ease of movement for any member. For a home of this scale, this became an atypical planning approach - one that ultimately shaped the organisation of the house from the start.



ARRIVAL AND FACADE

The plot's linear depth posed an early design challenge. "We pushed the structure back, creating breathing room for the facade to be properly appreciated, while emphasizing strong horizontal lines and a double-height entrance to draw the eye across the width rather than into the depth," says Rupana.

The signature NA skylight cutout above the angled entry wall becomes a quiet performer through the day – the east-facing orientation casting shifting shadows that give the facade genuine dynamism from morning to dusk.

A HOME THAT OPENS UP

Inside, a voluminous double-height foyer with warm



textured walls welcomes you in. Fitted with a signature Klove Studio chandelier, the wall flows seamlessly into the family living room. This space has large L-shaped windows that pour natural light onto warm marble floors. A covered courtyard, lined in intricate natural stone, acts as a light well between these spaces, softening the boundary between indoors and outdoors, and creating a quiet, welcoming moment at the heart of the home.

The informal living room announces itself through a soaring back-lit marble feature wall – its warm amber veining

revealed in full – with geodesic brass pendants descending in like a constellation overhead. Mustard wingback chairs and glass-and-brass tables ground the grandeur without stiffening it. The dining room takes on a more celebratory register: a cascade of gold teardrop pendants over a 12-seater table, reflected in the smoked-bronze ceiling above.

MATERIAL AND MOOD

The palette holds steady across both levels – white Italian marble, warm timber ceilings, brass accents, and textured

stone panels that build without competing. The locally sourced furniture follows the same logic: considered, warm, and firmly rooted in everyday use. "We wanted every surface to have something to offer – visually, tactilely. Not an ornament for its own sake, but material that earns its place," adds Rupana.

Beyond the living spaces, a covered sculpture niche with a bronze figural piece set against wave-textured white walls offers a moment of pause.

FAVORITE CORNERS

For the design team, it is the smaller moments that stay with them, the courtyard with its intricate stone detailing where natural light falls through the day in shifting patterns, and the spiral sculpture niche where a bronze figural piece sits against wave-textured white walls: not the grand volumes, but the pauses between them. The exterior adds one more – a hand-sculpted concrete relief of a figure with branching forms and butterflies, on the wall that greets you before you step inside. ■ MANJU



Peeling back the layers of abstract art, WOW! connects with artists, **Amrish Malvankar** and **Mahesh M. Karambele**, who recently showcased their work at the India Art Festival

INSIDE ABSTRACT MINDS



“Abstraction gives me a language for vulnerability, for grief, for quiet hope. It doesn’t illustrate a feeling. It becomes the feeling” – Mahesh M. Karambele

Featuring 30 galleries, 300 artists, and over 3,000 artworks across 120 booths, the third edition of the **India Art Festival** continued its mission of democratizing the art world. Held in April across three days, the festival served as a major platform for artists, galleries, collectors and art enthusiasts to connect, exchange ideas, and promote emerging and established talent on the Indian art scene.

Exploring the subtle power of abstract art, we spoke with artists Amrish Malvankar and Mahesh M. Karambele, who have both built impactful careers in the sphere of creativity.

Architect-turned-artist, Amrish Malvankar’s practice is defined by precision, structure and intuitive engagement with abstraction. Likewise, Mahesh M. Karambele is an internationally exhibited abstract artist whose practice is driven by curiosity, exploration, and emotional intensity. Excerpts from the interview:

WHAT DRAWS YOU TO ABSTRACT ART?

Amrish: Coming from an architectural background, I’ve always been interested in structure, space and rhythm, but abstraction frees these elements from function. It becomes a language of emotion and intuition. I’m fascinated by its ability to suggest rather than define, to evoke rather than explain.

Mahesh: I’m drawn to abstract art because it lets me express the inexpressible. Abstraction gives me a

language for vulnerability, for grief, for quiet hope. It doesn’t illustrate a feeling. It becomes the feeling. The viewer doesn’t decode it; they feel it in their own body.

“It’s easy to get caught up in external validation, but true growth comes from consistency and introspection. Allow yourself time to evolve, and don’t rush your voice” – Amrish Malvankar



WHAT’S THE INSPIRATION BEHIND BOTH OF YOUR WORKS – THE CONTEMPLATIVE MINDSCAPE SERIES AND THE SHIMMERING PASSAGE COLLECTION RESPECTIVELY?

Amrish: *Mindscape* emerges from an exploration of inner stillness and shifting states of being. It is less about depicting a place and more about evoking a mental and emotional terrain.

Mahesh: *Shimmering Passage* is about thresholds. This abstract journey navigates the depths of emotion: the vulnerability of letting go, the courage to step into the unknown, and the quiet strength found in transformation.

BEING AN ARTIST IS NOT FOR THE FAINT OF HEART. WHAT’S YOUR ADVICE TO YOUNG CREATIVE MINDS OUT THERE WHO ARE STILL FIGURING OUT THEIR CRAFT?

Amrish: Stay with the process. It’s easy to get caught up in external validation, but true growth comes from consistency and introspection. Allow yourself time to evolve, and don’t rush your voice. Discipline is as important as inspiration.

Mahesh: To aspiring artists, I’d say trust your process, stay curious, and don’t be afraid to experiment. There will be days you walk to a show to save money, or eat once a day. Do not romanticize the struggle, but do not let it silence you. Work every day. Find your people. Your unique voice matters, especially when you think it doesn’t. ■ IPSHITA



Triloka brings artists, **Moumita Basak**, **Nayanjyoti Barman** and **Nirmal Mondal**, each working with different materials to explore memory and everyday life in their own way

Three Universes, One Exhibition

Triloka returns to Srishti Art Gallery for its fifth edition – combining three distinct artistic universes, perspectives and one compelling show. Featuring Moumita Basak, Nayanjyoti Barman, and Nirmal Mondal, the exhibition unfolds as a personal exploration of memory and everyday life, expressed through varied materials and individual visual languages.

The journey of these artists with the gallery began with *Emerging Palettes 15*, an annual initiative that has encouraged young talent for the last 15 years. Through an open call, 11 artists were selected to participate. From this group, these three artists were awarded a grant supported by Goethe-Zentrum, Amit Jain and Srishti Art.

MEET THE ARTISTS

Moumita Basak works with textile, drawing from everyday domestic spaces, and looks at how women live, move, and occupy space.

Nayanjyoti Barman works through drawing and structure, observing how nature, architecture, and the systems we build around us are constantly interacting and changing.

Nirmal Mondal works with clay and terracotta, and is inspired by the architectural traditions in Bengal, and explores how stories, memory, and belief are carried through time.

CURATOR'S TAKE

“Three contemporary artists pick up ordinary materials in the fifth edition of *Triloka*, to give form to worlds usually smoothed over. Here, we are less interested in seamless construction, and more in unruly accumulations, vibrant snarls, and the discovery of interstitial, in-progress and abrasive processes. A proposal emerges – to feel for the rough grain of things, enter into the logics of porosity, breaking points, pressures and catalytic changes, from which a sensitive and tense texture of reality can surface.” – **Maanav Jalan, Curator** ■ MANJU

The exhibition will remain on view until May 22, 2026.

Plot No. 268, Road No. 15, Gayatri Hills, Jubilee Hills

Tel: 81793 10208

Timings: 11 am to 7 pm





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Artist **Rumale Chennabasaviah's** painting retrospective captures the gorgeous blossoms of the Garden City for viewers at the Salar Jung Museum this summer

Bengaluru Blossoms now in Hyderabad

As the prestigious Salar Jung Museum marks its 75th year, the museum is bringing in Bengaluru's blossoms and a lot more, through artist Rumale's eyes. It has opened its doors to Varna Mythri – a landmark retrospective that brings to Hyderabad, for the first time, the works of the late Rumale Chennabasaviah. He is one of Karnataka's most remarkable artists.

MEET THE LEGEND

The Indian freedom movement shaped Rumale's journey. He not only participated in but actively helped shape, enduring multiple incarcerations, he went on to live many lives: a nation builder, a politician, an editor, a spiritual seeker, and a cultural and social activist. Eventually, he returned to art as a self-taught painter at the age of 52.

NATURE RELOADED

Rooted in a deep love for nature and guided by a spiritual sensibility, his works carry the same quiet intensity he brought to life itself. He found his studio in the open – on the streets, in the gardens, and amidst the changing light of the day, carefully observing and returning to the same spot to capture flowering trees, parks, rivers, and cityscapes in their fullest expression. Over his lifetime, he created 600 works,

some commissioned to document Karnataka's modernization, particularly Bengaluru's blossoms. His current retrospective gathers around 80 of his major works – watercolors and oils from the 1960s to the 1980s.

BENGALURU THROUGH RUMALE

Visitors will encounter Bengaluru as Rumale knew it: its gulmohars and jacarandas in full bloom, its gardens breathing in color. Alongside these are landscapes from Karnataka and Sri Lanka, spiritual sites such as Kudalasangama, and rare portraits, including those of the spiritual gurus who shaped him.

The exhibition curated by noted artist and critic KS Srinivasa Murthy features archival photographs, personal memorabilia, sketches, and audio-visual material of the artist. A special highlight of the exhibition is the release of *Rumale: The Artist in His Words*, an English translation of the artist's autobiographical writings. ■ MANJU

The exhibition is on view till May 25, 2026.

*Salar Jung Museum, Darulshifa
Timings: 10 am- 6 pm (Fridays closed).
Ticket: Entry with museum ticket (Rs 50)*

Dancer Maithri Rao turns the quiet upheaval of early motherhood into movement

The Body Remembers

Maithri Rao, dancer, choreographer and the Founder of the Shivansh School of Arts in the city, began *The Fourth Trimester – Unspoken Motherhood* on March 8. Eleven-reel episodes in, the viral series has sparked thousands of reposts, comments and conversations, turning private experiences into a shared dialogue. Now a new mother, she is learning to listen to a changed body – and translating it into movement. She tells WOW! about the series in her own words:

IN THE FIRST FEW MONTHS

After delivery, my body asked for rest – something I'd never allowed it. Breastfeeding was exhausting; the mind is always racing, adjusting, trying to keep up. We're told it's a beautiful phase, but not how disorienting those first months can be. Knowing that might have helped.

WHY DANCE

The early struggles of motherhood often go undocumented or unspoken. So, before those first few months passed, I started documenting my thoughts and experiences in the language I know best – dance. And I named it Fourth Trimester. Expressing it through a different medium naturally brings attention and connects with people in a deeper way. That's why I chose to present it as a dance series. I started it for International Women's Day and it is ongoing!

WHAT'S NEXT

For now, it lives as a series online, on social media. A longer performance will come when it needs to – shaped by this phase.

Right now, it's the small, real things: a crawling baby, starting solids, the sounds he makes. That's the texture of motherhood I want to hold onto. ■

MANJU

The series is on @mairirao.m on Instagram



Jewel of Nizam
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The helicopter tourism concept covering **Somasila and Srisailam** is a commute that trades traffic for treetops and promises to be a premium experience

Take the Sky, Skip the Road

What makes Hyderabad's newest travel trend stand out is simple – you skip the road entirely. No honking, no hairpin ghats, no “are we there yet?” Instead, you lift off and watch the landscape unfold beneath you. Helicopter tourism, now linking Hyderabad with Somasila and Srisailam, is turning what used to be a long, winding drive into a compact, almost cinematic experience. This is an initiative by the Telangana Tourism Development Corporation and EaseMyTrip.

TRIP WITH A VIEW

The journey begins at the Hyderabad helipad, but within minutes, the city gives way to sweeping greens and the silvery ribbon of the Krishna River. From above, the scale shifts – the river feels wider, the forests denser, the terrain more textured than you'd ever notice from the ground in this 40-minute chopper ride!

The first stop is Somasila, known for its calm backwaters. It's less crowded than other tourist circuits, which works in its favor. You pause here, stretch your legs, maybe take a quick boat ride, and then lift off again toward Srisailam, cutting across the thick canopy of the Nallamala Forest. The basic package includes return to Hyderabad the same day.

They also have another package which includes a stay at Riverfront Mrugavani Resort, all meals, VIP darshan at Lalita Someswara Swamy Temple, a holy dip at the Krishna River Ghat, scenic boating experience on the Somasila reservoir and overnight stay at the resort. “The helicopter tourism experience will be a blend of spirituality, tourism and luxury for travel connoisseurs,” says Telangana Tourism and Culture Minister, Jupally Krishna Rao.

PILGRIMAGE MEETS QUICK GETAWAY

The itinerary is designed to pack in both leisure and purpose. After Somasila, the helicopter heads to Srisailam, home to the revered Sri Mallikarjuna Swamy Temple. Visitors can spend time at the temple, take in the surroundings, and head back to Hyderabad the next day, all in one lakh rupees per person!

It's essentially a compressed version of a trip that would otherwise take an entire day (or more) by road. For those short on time but still keen on the experience – spiritual, scenic, or both – it makes practical sense. EaseMyTrip also has other packages for those flying in from other cities to Hyderabad which includes a brief stay and local sightseeing in the city.



LUXURY AND COMFORT

Helicopter tourism might sound indulgent, but it's also about efficiency. It works for weekend travellers, pilgrims who want to avoid physically taxing journeys, or even residents looking to see familiar landscapes differently. The appeal lies in perspective – literally seeing the region from a new angle.

FUTURE FORWARD

The state is already looking at expanding similar circuits to places like Nagarjuna Sagar, Ramappa Temple, and Nizam Sagar. If these projects take off, it could shift from a novelty to a more regular way of exploring the region.

For now, though, it remains a niche experience – one that replaces the usual road trip with something quieter, quicker, and unexpectedly immersive.

■ MANJU

Price: Rs 99,999 onwards per person for a day-long itinerary. May is sold out. Available June 15 onwards
Details: <https://tourism.telangana.gov.in/heli-tourism>; Check the website for latest/changed rates and offers

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MOVIES

In theaters

DRIDAM (MALAYALAM)

Starring Shane Nigam, Mathew Varghese, Dinesh Prabhakar, and Nandan Unni, *Dridam* follows a young police officer whose first posting at a hill station draws him into a web of crimes. Directed by Martin Joseph Tharakunnel, the film unravels as the ambitious young man's determination is put to the test.



Date: 8th May

MAIN ACTOR NAHIN HOON (HINDI)

Main Actor Nahin Hoon is spearheaded by director Aditya Kripalani and actors Nawazuddin Siddiqui and Chitrangada Satarupa. It explores the life of a frustrated actor who connects with a retired banker in Frankfurt through an online audition. He ends up teaching him acting over video calls, leading both to confront emotions and truths they have long avoided.



Date: 8th May

BANDAR (HINDI)

Anurag Kashyap returns with his next feature, *Bandar*. Fresh off the success of *Animal*, Bobby Deol takes the lead in the film that follows Samar, an ageing and an out-of-work artist. His life takes a dark turn when someone from his past returns to haunt him.

Date: 22nd May



MAA INTI BANGARAM (TELUGU)

Directed by Nandini Reddy, *Maa Inti Bangaram* stars Samantha Ruth Prabhu as a woman with a hidden past, who struggles to find acceptance from her traditional family. But when danger from her former life resurfaces, she is compelled to protect the very family that doubts her.

Date: 15th May

THE DEVIL WEARS PRADA 2 (ENGLISH)

Two decades after *The Devil Wears Prada* took the world by storm, it is back with renewed purpose in *The Devil Wears Prada 2*. Eagerly awaited by the fans of the original, the sequel marks the return of its iconic cast. Led by Meryl Streep, Stanley Tucci, Anne Hathaway, and Emily Blunt, this time around, the story navigates a shifting industry in New York City.



Date: 1st May

BILLIE EILISH – HIT ME HARD AND SOFT: THE TOUR (LIVE IN 3D) (ENGLISH)

Billie Eilish fans and stans, are you ready?

Reinventing the concert experience, *Billie Eilish – Hit Me Hard and Soft: The Tour (Live in 3D)* is a 3D concert film that is going to hit the theaters soon! It documents the singer's Manchester shows which she co-directed with James Cameron of *Titanic* and *Avatar* fame.

Date: 8th May



PLAY BUTTON

What goes into the making of the now viral **Honest Townhall** series on YouTube, where students interact with celebrities

The No Script, No Filters Show



Your social feed must have shown you videos of Telugu celebrities from Rashmika Mandanna to composer Thaman at their candid and honest best. WOW! catches up with Dodla Megha, the girl behind the concept, who is building platforms that shift the narrative from speaking to youth to speaking with them – backed by Student Tribe and driven by conversations that are more honest, and more heard.

WHAT IS HONEST TOWNHALL ABOUT?

Honest Townhall is a student-first conversation platform. It is not an interview, nor a scripted show. It is a space where students sit face-to-face with influential personalities and ask real, unfiltered questions about life, failures, choices, pressure, etc.

HOW DID IT BEGIN?

It was initially created not just for celebrities from the film industry, but for influential personalities across fields to come and interact with students. The idea is to remove the PR layer and bring

out the human side of public figures. What you see is not performance; it is conversation that actually means something to the youth. The core idea came from the concept of townhalls in governance, where leaders listen to people directly. I adapted that into a format for youth because I felt there was a gap. Students were consuming a lot of content, but very little of it actually included them. Most platforms speak to them, not with them. I wanted to build something where students are not just the audience, but the center of the conversation.

I got associated with Student Tribe, a Hyderabad-based digital community for students, when I created an after-movie for a university event. I met Sri Charan Lakkaraju, the Founder of Student Tribe, who appreciated my work and initiated a conversation that led to me joining the team. *Honest Townhall* is one of the IPs I conceptualized and built.

WHAT KIND OF EFFORT GOES INTO GETTING CELEBRITIES LIKE

“The idea is to remove the PR layer and bring out the human side of public figures”

- Dodla Megha



SREELEELA OR RASHMIKA?

It starts with outreach and relationship building. A lot of this is made possible through the network and relationships built by our mentors Charan and Amarnath R. From concept development, guest coordination, student curation, and framing questions, to shoot planning, direction, and editing, every stage requires attention.

WHAT IS THE HIGH POINT OF THE SERIES?

When actor Rashmika Mandanna appreciated the format after her episode and even shared her experience about it. That kind of response reassures us that we are building something meaningful.

■ MANJU

@honestTownhall on YouTube

SERIES

Streaming Online



LORD OF THE FLIES

(ENGLISH)
NETFLIX

Featuring first-time actors, a new four-part television adaptation of *Lord of the Flies* is all set to hit the small screen soon. Based on William Golding's dystopian classic, the story follows a group of English schoolboys stranded on a deserted island, attempting to handle the terrifying situation until tribes form that create a violent power struggle.



A GOOD GIRL'S GUIDE TO MURDER: SEASON 2

(ENGLISH)
NETFLIX

A mystery-thriller television series based on the 2019 novel by Holly Jackson, *A Good Girl's Guide to Murder* returns for a second season this May. With a new season, newer stakes are introduced as protagonist Pippa Fitz-Amobi is faced with yet another mystery to solve.

CITADEL: SEASON 2

(ENGLISH)
PRIME VIDEO

Spy thriller *Citadel* is back for another season with Priyanka Chopra Jonas, Richard Madden, and Stanley Tucci. The new season promises higher stakes as the elite agents are roped into another chilling situation that threatens to blur loyalty and fracture alliances.



BEEF: SEASON 2

(ENGLISH)
NETFLIX

An eight-episode anthology, *Beef* returns with an all-new story that explores a new beef between two couples played by Oscar Isaac, Carey Mulligan, Charles Melton, and Cailee Spaeny. Set in an exclusive country club, the show spirals into an all-consuming feud that exposes pride, resentment, and hidden pain. ■ IPSHITA

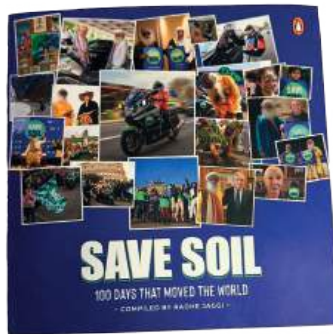


BOOKS

SAVE SOIL: 100 DAYS THAT MOVED THE WORLD

Radhe Jaggi, Penguin Random House India, Rs 699

Compiled by Radhe Jaggi, Bharatanatyam dancer and performer, and daughter of Sadhguru, who launched the global Save Soil movement, the book documents Sadhguru's 100-day journey to save soil. He undertook the 30,000 km motorcycle journey across 27 countries, in 2022 to raise awareness about soil degradation. It brings together behind-the-scenes accounts, volunteer experiences, and photographs from the journey, offering a closer look at the extraordinary scale, energy and challenges behind the movement. Radhe Jaggi was actively involved in the Save Soil movement, performing with Project Samskriti (Sadhguru's initiative for preserving and promoting Indian classical arts) at several venues along the journey. Their ensemble performances on the story of soil engaged audiences and helped amplify the movement's message.



AKKA CHETI VANTA – AN ANDHRA RECIPES BOOK

Vakalanka Suryakantham, Amazon, Rs 580

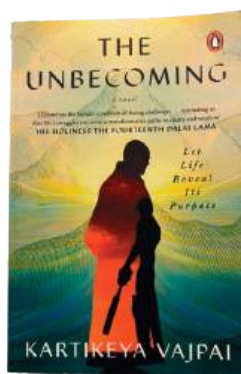
The book is a curated collection of over 60 authentic Andhra recipes, enriched with personal family anecdotes and practical insights into the benefits of cooking using age-old traditional cookware. Originally written in Telugu by the 84-year-old Vakalanka Suryakantham garu, the recipes have been carefully translated into English to preserve their authenticity and spirit. Beyond the recipes, the book weaves together family stories, cherished memories, and the enduring wisdom of traditional cooking practices, celebrating a way of life passed down through generations. It is the first book brought out by the YK Antiques Home Museum in Hyderabad. While the photographs give you a glimpse of the delicious home-cooked meals, the snaps of the traditional utensils used for cooking and serving add a unique flavor.



THE UNBECOMING: LET LIFE REVEAL ITS PURPOSE

Kartikeya Vajpai, Penguin Random House India; Rs 267

The book by Kartikeya Vajpai is a contemplative novel centered on the evolving relationship between Siddharth, a celebrated cricketer, and Ajay, the seasoned coach who shaped his journey. As their long-standing guru-shishya bond is tested, both are compelled to confront the illusions of identity, the fear of the unknown, and the weight of expectation. Blending narrative storytelling with emotional truth and philosophical enquiry, the novel reflects on the art of relinquishing inherited selves and returning to one's essential being. The book is rooted in the understanding that much of our suffering comes from clinging to identities shaped by fear and expectation.



FIRST BITE: BREAKFAST STORIES FROM URBAN INDIA

Priyadarshini Chatterjee, Speaking Tree Books, Rs 699

First Bite is a work of cultural history and urban ethnography that uses breakfast as a lens to understand how Indian cities function. Written by a journalist and food and culture writer Priyadarshini Chatterjee, the book travels through ten Indian cities – Kolkata, Mumbai, Delhi, Hyderabad, Kochi, Amritsar, Varanasi, Shillong, Bengaluru and Ahmedabad – to explore breakfast as history, habit, and everyday necessity.

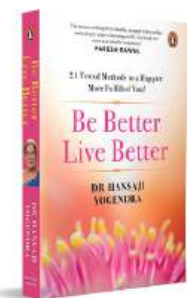


From temple offerings and home kitchens to roadside stalls and century-old eateries, she follows the morning meal into lanes, markets, and workspaces, uncovering the rhythms that bring a city to life at dawn. The book traces how morning food reflects histories of labor, migration, caste, class, religion, gender and colonial modernity. It depicts regional diversity and urban patterns; combines food history, anthropology, and reportage in an accessible narrative style. It draws on historical texts, colonial records, temple traditions, and street food cultures.

BE BETTER, LIVE BETTER

Hansaji Yogendra, Penguin Random House India, Rs 399

Be Better, Live Better is not just a guide to better living, it's a deeper understanding of how things are, how they should be and what steps we can take towards bettering our inner and outer life. It is about reconnecting with our truest self and finding what we have lost to today's fast-paced environment.



Author Hansaji Yogendra, the director of The Yoga Institute, Mumbai, and president of the Indian Yoga Association, draws teachings from various scriptures, ancient texts and thought leaders from across the world and distils it all into a program that is both simple and interesting to follow. It also gives you enough food for thought to carve your own path and create your own blueprint to happiness.

■ MANJU



SANYA AND NAMRATA



SIMRAN K



AKSHAT PAKSHU



ESHA RAO

Craft and couture

March 28, Divani Couture

Hyderabad's fashion community recently raised a toast to the brand Divani's homecoming to the city. Staying true to the evening, everyone looked like a million bucks, as they came together to celebrate a shared love for craft, culture, and couture.



SREEDEVI NEKKANTI



RITU AGRWAL



DIVYA REDDY



MEENAL



BHARGAVI REDDY, PRIYANKA NORIA, SHREYA REDDY, ANJALI JALAN, SHWETA KEERTHI, NITYA JALAN, SANGEETHA (LEFT TO RIGHT)

Elevated Fashion
April 17, Bagh Store

The Bagh Store launched in the city amidst great excitement. It came alive with beautiful pieces rooted in craftsmanship, a musical artist playing on the veena to elevate the mood, and an Indian grazing board, celebrating flavors of the country.

SUVIDHA GANDHI AND VIRAL SHAH



SREEJA AND FRIEND



PARIDHI GULATI



BHAKTI REDDY



PRIYANKA CHIGURUPATI



AISHA RAO



GAURIKA KHANDURI

Uppercrust Evening

April 16, Taj Krishna

Celebrating legacy, *Vogue India* welcomed Hyderabad's elite for an evening titled, *An Evening with the Editor*. Hosted by the Head of Editorial Content, Rochelle Pinto, and businesswoman and philanthropist, Sudha Reddy, the event reflected the city's glamor as everyone struck a pose for flashing cameras.



ROCHELLE PINTO, PINKY REDDY AND SUDHA REDDY



RUMMY AZAD AND UMA CHIGURUPATI

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LAKSHMI MANCHU



SREE NANDU



PAYAL RAJPUT



SEERAT KAPOOR

Runway Glam
March 27, Novotel Hyderabad Convention Centre (HICC)
Philanthropy and fashion came together for the Teach for Change Annual Fundraiser 2026 led by actor Lakshmi Manchu. The evening featured a grand fashion showcase where 42 celebrated Telugu actors walked the ramp, to show their support to the cause.



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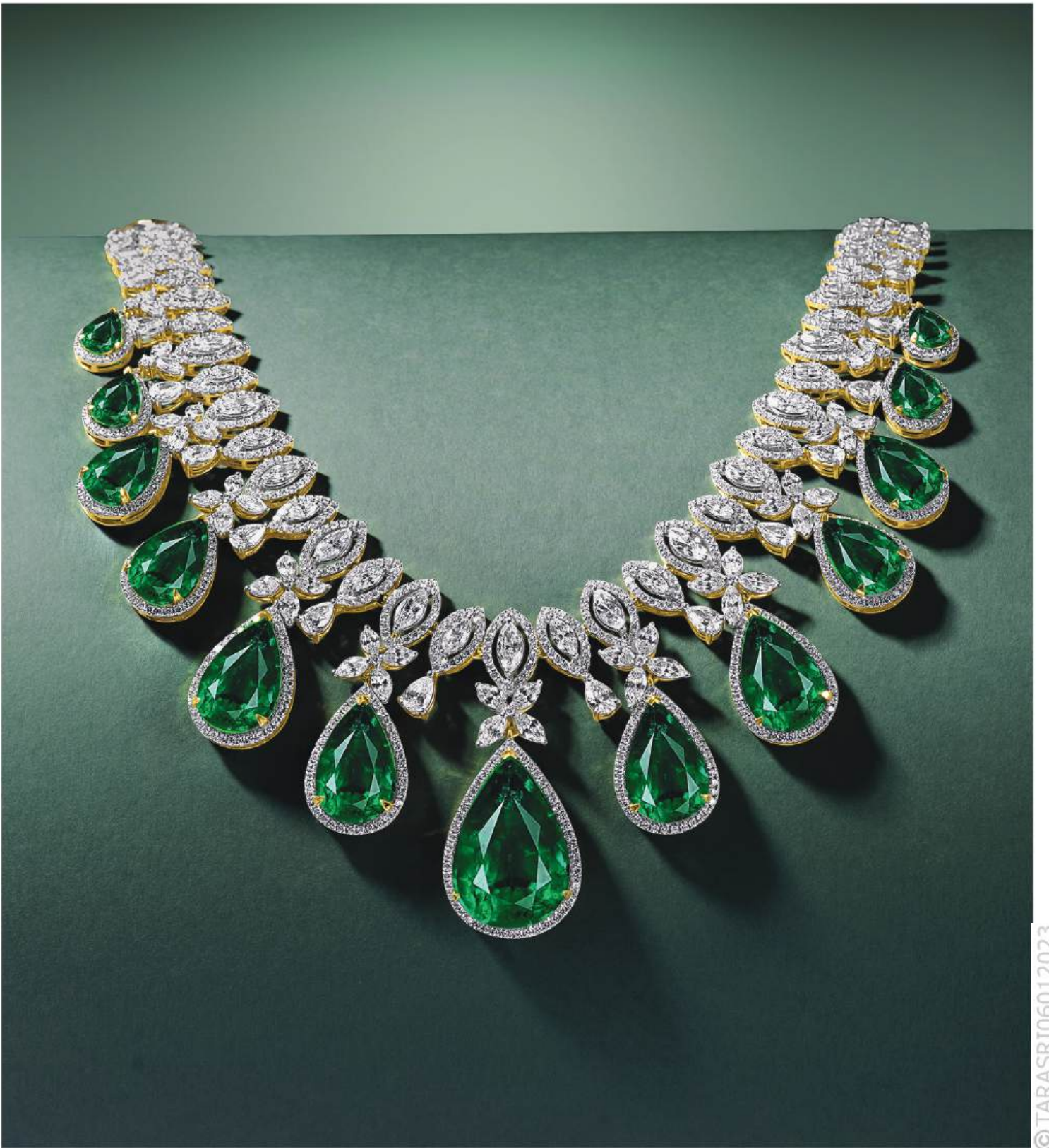


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