

# abraxas

# NU

INDIA'S PREMIER YOUTH HOTSPOT!

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148 pages

## Nude Makeup Tips

Dancing With  
**Punit J Pathak**

**Bikini Athlete**  
Navreet Joshan

Dazzling British Display  
**Giles Deacon**

**Honk**  
When You're ...!

5 Benefits of  
**SEX**

Father's Daughter  
**DEEPIKA PADUKONE**



# A DAZZLING DISPLAY

British Fashion Designer Giles Deacon launched 'GILES AT KOOVS'



Giles Deacon and Ileana D'Cruz



Anushka Manchanda

It was a glamorous fashion presentation of an exclusive womenswear collection set against a backdrop of sleek mirrored installations.

Starting the show on a musical note, Anushka Manchanda gave an enthralling live performance which also served as the soundtrack for the show. The sprawling gardens of the High Commissioner's residence played the perfect backdrop to this glamorous soiree, which was co-hosted by renowned fashion consultant Sujata Assomull and Preferred Professionals. Commenting on the occasion, the High Commissioner, Sir James Bevan KCMG said: "I am very proud to host the best of British and Indian fashion talents today as we celebrate the essence of 'Designed in the UK, Made in India'. The United Kingdom is home to world class designers and this initiative embodies the spirit of great collaboration between our countries."

The fashion presentation saw sleek mirrored installations giving a kaleidoscopic view of the dazzling set-up. Choreographed by Aparna Bahl and Anisha Bahl, the show boasted of India's top models such as Archana Akil, Erika Packard, Smिता Lasrado, Donna Masih and many more.



Anushka Menon



Sir James Bevan, KCMG

# WANDERLUST

The New Resort Wear Collection from Quirk Box

Loud colours and bright prints define the new Resort Wear collection from Quirk Box by Rixi Bhatia and Jayesh Sachdev

Rixi Bhatia &  
Jayesh Sachdev



## Inspiration

With a punch of contemporary art created through signature prints and patterns, the collection resonates with the unapologetic quirkiness of today's modern men and women. It is an attempt to explore the unseen geography, the people and their culture and the landscapes around the world, including mountains, seas, and more.

## Highlights

- ▶ Fun, crazy, and colourful with some funky and chic designs.
- ▶ The innovative off-beat collection is a play on their trademark Quirk Box prints that are combined together in fun patchwork styles for cool jackets, dresses, jumpsuits, shirts etc.
- ▶ Printed silk and cotton formal suits can be beautifully carried off with style for an evening look.
- ▶ The men's summer collection is simple yet stylish keeping white - the quintessential

summer colour - in mind. From capris to folded white trousers, men's summer collection is comfy and elegant.

# BAD BRA DAY?

## A Few Valuable Tips

### Are you wearing the right undergarments?

Do you spend a lot of your money on branded clothes but ignore the most important aspect of being a woman - choosing the right lingerie? Picking up the best dress without proper planning regarding the undergarments, is a big mistake ladies. No matter how much we ignore it, the wrong lingerie steals the look from your clothes. According to a study, 80% of the women out there are wearing a wrong bra size; yes don't be surprised, it's true!

"I think sometimes it's the wrong undergarment and I think women do not know what cup size they should be wearing. I don't know if I should be talking about it or not, but sometimes you see a fantastic pair of trousers but it's awful to see those lines. I think they should plan what to wear and how to wear it," said Paras of Geisha Designs when asked about the fashion blunders Indian women make. Wearing the right lingerie is really important, but how do we know which one is the right one? Well just follow these simple steps and you will know.



### Step 1

#### Know your breast shape

The first basic step is to know what your breast shape is - archetype breast shaped, uneven, conical, thin, omega or reduced projection breast shaped. Knowing your breast type will definitely help you pick up the most appropriate bra for you.

### Step 2

#### Choose the best style

Once you know your breast shape, the next step is to choose the best style for it. Like if you are small busted, opting for a padded bra is a good option or if you have big breasts a non-padded bra would be appropriate. Likewise if your breasts are saggy, a push-up bra would give it a firm look.

Choosing the best style also varies with the type of garment that you choose to wear. If you're wearing a T-shirt, then a nice T-shirt bra underneath would serve the purpose. Opting for a strapless bra in case you wear a tube dress or top would do. Likewise, every piece of attire has some undergarment type that complements it.



# REPTILIA

Play Shirts

Salil Bhatia



"Reptilia is for the collectors of everything unique and brilliant. Every Reptilia is a collectable, just like Art. One of its kind." — Salil Bhatia

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

We in the 21st century are playing a wicked game of follow-the-follower and raising the bar for 'Boring'. They say 'Our choices define us', but what if we don't have choices? What really happened to fashion when the digital revolution took hold? As the world grew smaller we were meant to be able to do more. Learn more. Find more. But instead we got less. The corporates chewed up our choices and spat them back at us in contempt.

Instead of choice we feel angst. We cannot escape our digital addiction and we are bombarded more than ever with advertising, but we no longer have choice. We all deserve something that says "I am an individual"; we all deserve something that has a unique story to it.

The market has made 'Normal' a bit 'too normal'. Even a little touch of boldness stands out. It's time we let go of our boring 9 to 5 uniform skins and get dressed up in a 'Reptilia'. It's our endeavour at Reptilia to make you the star attraction in the crowd - you will stand out oozing confidence, with all eyeballs admiring you.

The brand name 'Reptilia' has been inspired by reptiles. The 'miniature



# THE BLUE ESSENCE

A Look at Harold Andrade's Latest Collection

As an upcoming designer from the resort town of Goa, someone who breathes and lives in this exotic beach destination, I have drawn inspiration from the beauty of this place and have interpreted it in a collection revolving around a blue colour story in a relaxed, refreshing and chic beachwear line by subtly juxtaposing bold sensuality with delicate femininity.

With a vivid colour palette of sky blue, turquoise, aquamarine, cerulean, teal, ultramarine with subtle ascents of multi-coloured floral shades of dark blue, cyan, mauve, lilac and grey infused with vividness of the blue shimmer, the collection comprises of a variety of styles ranging from reversible tie over bikini tops and bottoms, halter bustiers, miniskirts, elasticised crop tops and asymmetric wraparounds which can accordingly be interchanged and mix & matched to create different looks.



### Look 1

A shimmering tie over a teal synthetic stretch material bikini top with contrasting band and edge panels in multi-coloured floral printed polyester perfume chiffon combined with a matching glossy cerulean ruffled poly satin wraparound skirt with 3D hand-crafted flowers hand stitched to the fastening cord edges.

# MINIMALISTIC APPROACH

## How To Get The No Make-Up Look

Summer is already so full of colours that putting on vibrant colours won't really do. Sometimes, to have a no makeup look it might require more than your usual makeup. The natural look is way prettier than caked-on makeup anyway. There are a lot of places where you can go wrong with this look, so perfection is important. Nude makeup is basically luscious lips and fluttery eyes with heavy foundation. Here are some tips for you to attain perfection and the parts that have to be taken extra care of.

### Know your Colour

It is important to find the shade of foundation which exactly matches your skintone - it must not make you look paler or darker. It's suggested to try on your make up a day or two before you go out. Apply a good moisturiser 5 minutes before applying your foundation. Apply your foundation with a brush, thus leaving you with even toned skin.

ow and a light handed application of kohl. Highlight your eyelashes - if possible make use of thick artificial eyelashes and apply heavy coats of mascara. This will give your eyes a natural while at the same time a fluttery effect.



### Concealer

Concealer acts as a saviour for people who have very uneven skintones or have pimple marks etc. After applying your foundation, apply the right concealer on the darker areas of your face. Using the right toned concealer which easily blends in with your skin is crucial.

### Bronzer

To keep your face from looking flat, a satin finish honey apricot hued blush would be appropriate. Make sure you know your face type and apply blush accordingly.

### Lips

It is suggested that you invest your money in a good lip scrub since exfoliation removes all the dead skin leaving your lips soft and pink which are perfect for the nude look. In case you want a creamy impact, apply a bit of concealer and blend in with a lip balm over your lips. A light pink or peach coloured luscious lip gloss would also be perfect.



### Eyes

A nude look doesn't really comprise of smoky eyes as many of you might think. It's all about staying natural. When it comes to your eyes, we suggest you use a creamy light-coloured eye shad-



### Tips

- ▶ In case you have used a darker tone on your eyes, avoid using a dark lip colour and bronzer.
- ▶ Preparing your skin for the no makeup look is important, Cleanse, tone and moisturise on a regular basics.



# I AM FASHION

## Goa's Talking About The 2-Day Fashion Workshop Aimed At Training Aspiring Models



You could see fashion emanating from all corners at Cafe Mambos recently as former Miss Goa and fashion designer Sparsha Deshpande in association with Anta Jewellers organised a two-day intensive modelling workshop for girls. The idea behind having this workshop was very simple, it was for all the pretty girls (15 and above) out there who aspired to be a model.

"I Am Fashion has been my dream project. I'm glad I launched it in Goa. It was an initiative put forward by me in order to train aspiring models. This training was based on elements like catwalk, presentation, poise, etiquette, fitness, diet, beauty, makeup, personality development and verbal communication. We had experts from the fashion fraternity to train the participants,"

said Sparsha Deshpande.

Experts from the fashion and glamour world were their mentors during the two-day event. Carol Fernandes, a celebrity makeup artist and hairstylist shared her knowledge with the girls on how to look the moment and keep it simple but edgy as well and renowned fashion and lifestyle photographer Sanjeev Salvi shared the importance of pictures and the importance of looking good in them and how to get the best side profile clicked. The sessions were received very well by the participants; it was a boost of exciting information which captivated their minds for sure.

The icing on the cake for the event was the guest of honour, Diksha Singh, winner of Miss Body Beautiful at Femina Miss India



# ACNE AND RASHES IN SUMMER

## HOW TO PREVENT AN OUTBREAK?

The summer sun can feel so good - the warm weather, beautiful sky and the feel of the sun on your face. But with warmer weather also comes the rather unpleasant side effects - increasing acne on your face and body. Sometimes, bacteria can cause acne by "overeating" the dirt and oil from our skin.

*Dr. Pankaj Aggarwal*



People with oily skin or people who work out must take care of their skin in this season as the heat and humidity can intensify oil production, thus increasing the chances of acnes and rashes on the skin. But, if your acne is inflammatory, then the heat can actually help in improving the situation.

As they say, prevention is better than cure. Therefore, if you have a history of acne, you should follow these tips and learn about some natural ways to eliminate acne.

### Watch your diet

One should avoid high glycemic food such as doughnuts, wheat bread, soda and baked potatoes. Removing sugary and starchy products from your diet will help you control acne and will keep you healthy in the long run.

### Stress and Acne

Physical, as well as emotional stress has been proven to trigger acne breakouts in certain people. Try and reduce stress whether it is related to your workplace or personal life in order to get rid of acne.

### Wrong Cosmetics and Acne

Another common factor responsible for causing acne is the use of certain kinds of cosmetics and cleansing products. Avoid using greasy or harsh products or those whose ingredients you are allergic to. These products tend to clog your skin pores and irritate your skin resulting in breakouts.



### Wipe off your Sweat

When you are out in the hot sun, you tend to perspire a lot. Your perspiration contains all kinds of toxins and impurities, so make sure you have a towel handy to wipe off the greasy sweat. Sweating keeps your skin cleansed naturally, but needs to be wiped off at regular intervals in order to prevent acne breakouts.

### Facial Hygiene

Wash your face with a gentle cleanser at regular intervals. Splashing fresh water on your facial skin rejuvenates it and the hydration prevents acne and pimples.

### Include Fruit and Vegetables in your Diet

Eat lots of green vegetables and fresh fruits. These foods not only work wonders for your overall health but are also vital sources of antioxidants, vitamins and other essential nutrients that erase the signs of acne and heal acne ridden skin.

### Drink lots of water

Make sure you drink up lots of water throughout the day. Water flushes toxins and other impurities from your system and keeps your skin cleansed and hydrated.

### Avoid a sedentary lifestyle

Try and remain physically active. Yoga and exercise improve your skin tone and boosts metabolism.

### Use comfortable clothing

Wear loose clothing that does not irritate

your skin. Prevent acne breakouts by avoiding the heat, friction and constant pressure caused by restrictive headgear or other forms of athletic gear. Switch to cotton clothing instead of wearing synthetic jogging suits or yoga outfits.

### Clean Up after Exercise

Make sure you shower after exercising to get the sweat and grime off as soon as possible. When you perspire after a vigorous exercise session, there is an accumulation of dead cells on the surface of your skin. It is essential to remove these immediately to avoid blockage which can then lead to acne breakouts. The best way to get rid of these blockages is to take a refreshing shower after your workout.

These tips can help you achieve healthy skin, but there are various varieties of acne and age (acne rosecea in middle age) in which it has come and in relation with other health issues, (diabetes mellitus) hence, one needs to be more careful. In all kinds of state, homoeopathy can be the best choice of treatment with all success.

### ABOUT THE AUTHOR

**DR. PANKAJ AGRAWAL MD (HOM)** is a Homoeopath and Counselling Psychologist in Preet Vihar, Delhi and has an experience of 23 years in the field. He is a member of Asian Homoeopathic Medical League (AHML), Progressive Homoeopathic Society and World Federation of Homoeopathy. Some of the services provided by the doctor are: Renal Stone Treatment, Infertility Treatment, Skin Disease Treatment, Lifestyle Disorders and Cancer Treatment.

# SUMMER HAIR

## 5-minute Hair Fixes

The thing about the summer is that we make it our mission to take advantage of every fleeting moment and end up with a calendar brimming with daytime adventures and glam evening parties and no time in between to get our hair done. We are all too familiar with the post-beach sprint to the shower and hectic makeover. Hair straightener in one hand, aloe vera in the other and the entire contents of our wardrobe emptied on to the bed, it's not that simple to go from beach mess to a diva.

Now that the summer social season is in full swing, here are some 5-minute summer hair fixes that are perfect to whip



your hair up and go— no hairdryers; no straighteners; and best of all, no fuss.

**The Braided Top Bun** - This chic updo is a lovely summery variation of the ballerina bun. It's quick, it's chic and it always looks good. Start by creating a high ponytail and place a hair doughnut at the base of the ponytail to give the bun a nice shape. Cover the bun with your hair and secure it with a hair elastic leaving the hair hanging around the bun. Divide the extra hair in two sections and braid each one of them. Finish by carefully wrapping the braids around the bun and secure with bobby pins.

**The Bubble Ponytail** - Fun, quick and chic, this hairdo is ideal for a post-beach makeover. Apply a smoothing balm to your tresses and gather your hair in a high ponytail. Tease the ponytail to get a nice volume and add a texturising spray. Take clear elastic bands and place them along the ponytail in equidistant intervals. Finish with a light-hold hair spray to keep it in place.

**The Messy Side Braid** - This bohemian-chic hairdo is ideal for a summer bonfire party and the perfect accessory for a long flowing



dress. First french-braid the back strands of your hair from back to side and create a side pony tail. Using a paddle brush, tease the ponytail to add volume. Braid the teased hair into a regular braid and pull it to the side to create that nice messy-chic texture.

**The Loose Bun and Headpiece** - This is the perfect style to showcase a beautiful headpiece. The style is simple and understated, and can easily be done in less than five minutes. To create this look, pull your hair into a low loose ponytail and secure it with an elastic. Carefully twist the ponytail and wrap it around the base. Finish by securing it with bobby pins.

Asgar Saboo



**The Front Side Braid** - A playful feminine hairdo, the front side braid is perfect for a summer evening out. Start by applying sea salt spray to get lovely tousled waves. Part your hair to the side and French braid the front



section of your hair and pin it at the side, leaving the rest of your tresses loose. Use bobby pins to hold it in place.

### ABOUT THE AUTHOR

**ASGAR SABOO** Synonymous with cutting edge and attention grabbing hairstyles, UK-based hair maestro Asgar Saboo has worked his magic on scores of celebrities and dignitaries the world over with his show-stopping and inspirational coiffures. A regular on red carpets around the world, Asgar's hair creations have been showcased at glittering premieres, showbiz events and Awards ceremonies, and he is sought after by the top names in the Film, Royal and fashion fraternities.

# THUNDER DOWN UNDER

Meet The Australian-Born Indian Model Chandrika Ravi





Chandrika Ravi is an Australian-born Indian actress, model and dancer who is known for her seductive eyes, sexy smile and sultry look.

She entered the entertainment industry at a very young age of 3. She began her career performing in musicals, television commercials and in dance shows.

As she grew up, she furthered her studies in both acting and dancing and soon established herself in Australia and Asia as one of the most sought-after Indian entertainers.



**Location:**  
Joshua Tree Desert

**Photographer**  
Tim Wheaton

# BENEFITS OF SEX

## Reasons Why You Should Have Sex Daily

Many people have misconceptions regarding sex. They think that it is only meant for pleasure, but they are wrong. Having sex on a daily basis not only gives pleasure, but it also has many health benefits. Sex helps in sleeping well, relieving stress and of course burning calories. There are several reasons why you should have sex daily. Here are a few:

### *Increases Immunity*

Daily sex increases the level of antibodies which boosts the immunity of a person; the reason being that it results in the release of immunoglobulin, which results in making the body stronger, especially against diseases like common cold and fever.

### *Healthy Heart*

Since sex helps to burn calories, it also improves the condition of your heart. This factor greatly reduces the stress on the heart and also reduces the chances of a heart attack or a stroke. Studies have also shown that if men have sex on a daily basis, the condition of their hearts improve by 45%.

### *Help develop strong pelvic muscles*

Having sex daily can help to develop stronger pelvic muscles. It is



a great form of exercise. It also helps in the strengthening of quads, core and the upper part of your body. Studies have also shown that people who have sex daily have much better bowel movement and a stronger bladder.

### *Stress Buster*

Sex is perhaps the best stress buster which is readily available. Performing sex on a regular basis has the same soothing effects of sweet food. This occurs due to the pleasure pathways which are triggered by sex, and also the effects are there for a longer period.

### *Glowing Skin*

It is a known fact that after sex, people glow, and if you have sex on a daily basis then the glow will be permanent. This probably occurs because of many reasons - a combination of stress relief, better mood and the flush of blood under the skin due to sex can have an everlasting effect on your skin.



# INSIDE CHANDNI CHOWK

The *Purani Dilli* Experience



Deeba Rajpal



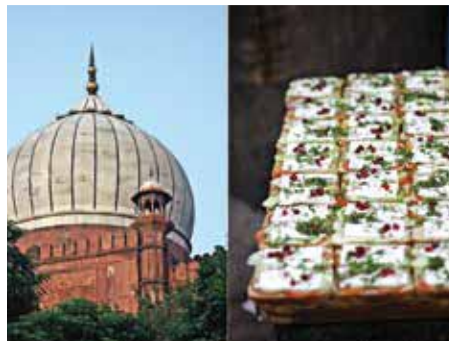
'Off-piste' {eng}: to deviate from what is conventional, usual, or expected

One of my all time favourite destinations in Delhi is Chandni Chowk. I head there to unwind, to lose myself in the cacophony, the old world charm, the madness, the mayhem, maybe some prop shopping ... and not least of all, the delightful cuisine that is a quintessential part of the *purani dilli* experience. Volumes has been spoken and written about Karims and the landmark much-visit spots.

Then again, there are several others that are hidden gems. Some time ago, a bunch of us came together to do an off-piste walk through the streets of Old Delhi. Led by the affable and unassuming Pamela Timms, whose book *Korma, Kheer & Kismet* offers a delightful peep into the heart and soul of Old Delhi, the walk was a feast for the palate!

There is so much to be discovered and so much you can eat off a shoe string budget. With the weather having become increasingly cooler, we suggest you grab a bunch of friends, board the metro and head for old Delhi. It is difficult not to be untouched by the charm of this delightful experience.

The streets of Old Delhi have something for everyone, vegetarian and non-vegetarian alike. So I'm going to cover a few spots that we touched that delicious day. Hopefully these will delight you, as they did us, and encourage you to go off the beaten track. Explore the streets and nooks and corners, be careful not to wander off too far, go in a group and reignite your taste buds.





# MANGO LOVIN

Desserts To Beat The Summer Heat

Chef Amit Sinha, the Executive Pastry Chef at Academy of Pastry Arts India shares the recipes for two of his Mango desserts.

Amit Sinha



## Mango Mousse with Coconut Streusel, Mini Meringues and Fresh Mango Cubes

### Mango Mousse

**Ingredients**

- ▶ 187.5 gm Mango Pulp
- ▶ 187.5 gm Whipping cream

**Directions**

Whip the cream till soft peaks form Fold into the Mango pulp

### Coconut Streusel

**Ingredients**

- ▶ 120 gm Flour
- ▶ 120 gm Sugar
- ▶ 120 gm Butter
- ▶ 60 gm Desiccated Coconut

**Directions**

Rub-in flour, icing sugar, soft butter and desiccated coconut to create the sandy texture. Transfer to a tray and bake at 180 degree C for 10-12 minutes, or till golden brown. Let it cool before using



# SUMMER CHILLERS

## Mocktails and Milk Shakes

Bear the heat with these refreshing beverages

### Orange Iced Tea

**Ingredients**

- 2-3 Leaves Oolong Tea
- 2-3 Leaves Jasmine Tea
- 2 tbsp Sugar Syrup
- 2 tbsp Lemon Juice
- 4-5 Ice Cubes
- Orange Juice
- Club Soda

**Directions**

Put the tea leaves, 2 cubes of ice, sugar syrup and some orange Juice in a cocktail shaker  
 Shake it till the shaker is chilled  
 Crush the ice and throw it in your preferred glass  
 Strain the mix from the cocktail shaker and pour it into the glass  
 Top up with Club Soda and garnish with a mint leaf



### HSC AppleTini

**Ingredients**

- ▶ Half a glass apple juice
- ▶ 2 tbsp apple syrup
- ▶ 1 tbsp mint syrup
- ▶ Club Soda
- ▶ 2 tbsp lemon juice
- ▶ 7-8 ice cubes
- ▶ 3 slices of fresh apple
- ▶ 1 skewer

**Directions**

Lemon rim the glass with half sugar and half salt  
 Crush the ice completely in an ice crusher  
 Put some crushed ice in the glass to chill it  
 Put the apple syrup, mint syrup, crushed ice and apple juice in a cocktail shaker  
 Shake till the shaker is chilled  
 Pour from the shaker into the chilled glass without straining  
 Skewer 3 apple slices and put it in the glass as a garnish

# DEPICTING EGYPTIAN ART

Nazakat - The Fashion Society of VIPS

Fashion itself is a reflection of social and cultural changes. It expresses modernity, symbolising the spirit of the times. Nazakat, the fashion society of Vivekananda Institute of Professional Studies (VIPS) has come a



long way. Founded in September 2014 because of the dedicated efforts of president Akhil Arora, team Nazakat became the official fashion team of VIPS under the art and cultural society. Nazakat comprising of 12 hard-working and

dedicated members is like a small family working together to achieve glorious heights.

This year, Nazakat presents the Pharaohs of Egypt. Pharaohs represented the Gods on earth. They were the most powerful people of ancient Egypt. Most Pharaohs were men while others were women.

With every formation, the models showcase a differ-

ent style of dressing up and send shivers down the spine because of the realistic approach. The most unique thing about their costume is that each garment is designed by the team itself using raw materials. More than the look, it is the emotion.

This year has been a lucky one for Team Nazakat. Having won the maximum number of competitions, Nazakat has been declared as the best fashion society among Delhi Colleges.



# ROBOTICS ANYONE?

If The Prospect Of Complex Robotic Creations Excites You Then  
Look No Further Than This Area Of Study

**careerlinks**

Text & Photo Courtesy

In a country like India, where the concept of a robot is relegated to stories on celluloid, Robotics holds immense potential. It is a very vital, unique and innovative branch of learning and if the youth show a greater interest, it can create a paradigm shift in the way India develops technologically and economically.

### What is Robotics?

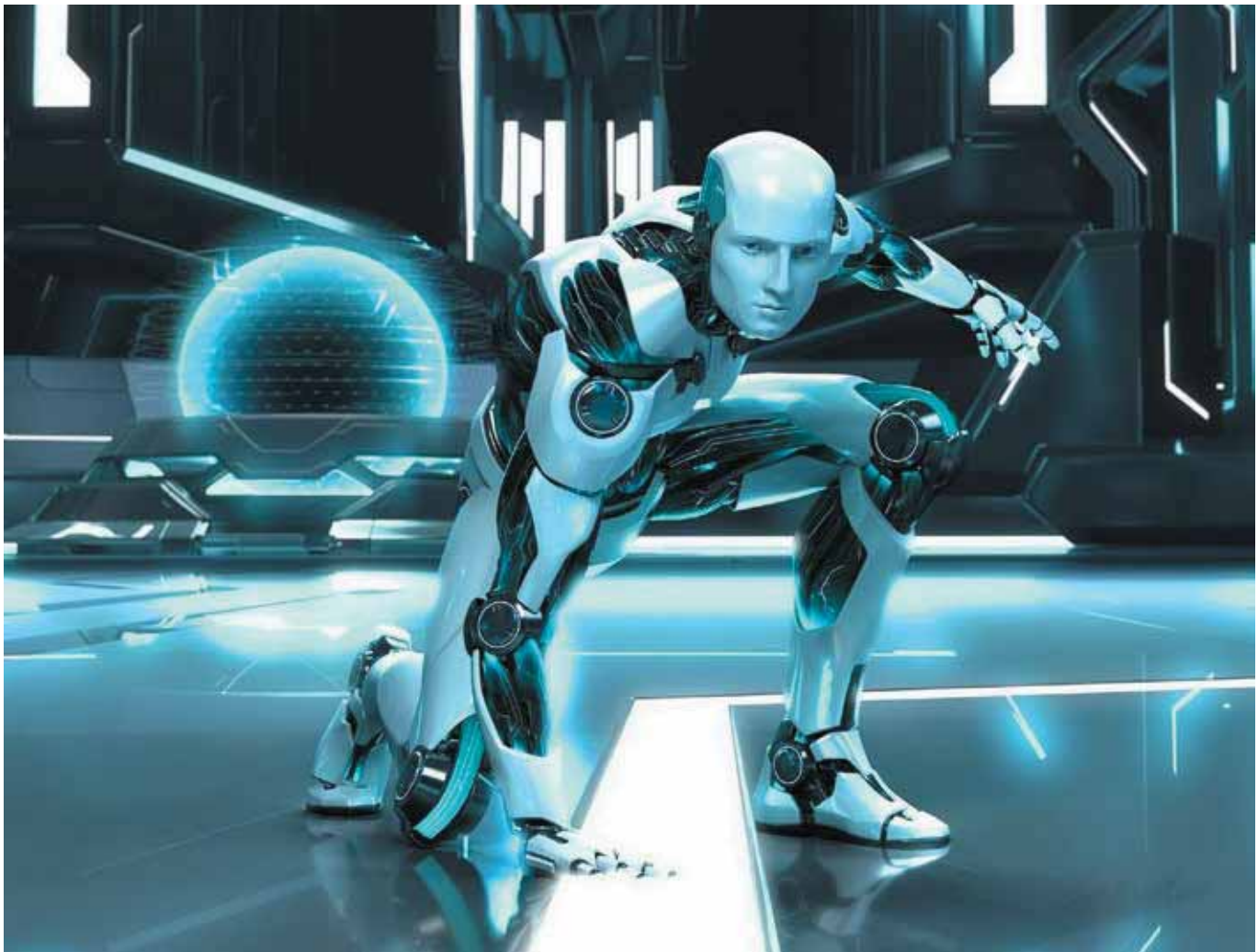
Robotics is a branch of mechanical engineering, electrical engineering and computer science that deals with the design, construction, operation and application of robots, as well as computer systems for their control, sensory feedback and information processing. These technologies deal with automated machines that can take the place of humans in dangerous environments or manufacturing processes, or resemble humans in appearance, behaviour and/or cognition. Many of today's robots are inspired by nature contributing to the field of bio-inspired robotics.

*Raju Vanapala*



### What it involves?

The concept of creating machines that can operate autonomously dates back to classical times. However, research in the functionality and potential uses of robots did not grow substantially until the 20th century. Throughout history, robots have been seen



# OUT OF THE BOX

## Elantre Is Full Of Innovative Ideas

Bharati College, Delhi, has just started their fashion society with the members working hard for its rise. Only started to perform legitimately this year, the team has planned a theme that was eye catching and innovative.

The dresses were made out of waste material like paper, plastic, jute and polythene. The designs were inventive, contemporary and risky to put up, but they stuck through. Winning in almost every event they participated

in, they were always commended for their thinking that was as they say 'out of the box'.

The theme was '*Vayu – Artha- Best out of the waste*' and as the name clearly states - it was surely the best of their efforts. Their motive was not to stick to the cliché tailor-made clothes but to make something of their own.

The future of the fashion society seems

to be very bright with the young dynamic students, full of enthusiasm and all set to change the dimensions of fashion. They are planning to come up with more innovative executions and themes so that their concepts remain refreshing and are always the best.

They know about their strengths and will never let their weaknesses ruin their success.



# 5 OFFBEAT CAREERS

## Make Your Own Path

These days the Indian youth is quite different from what it was 10 years ago. Gone are the days when children go for the usual careers. There are a lot of students who are not interested in a regular 9-5 job. They want something more out of life, something which is fulfilling. Most of the students don't go for it because they think that it does not get you good money, but the fact is that if you get certain things right, then you can earn a lot more than you ever dreamed of earning from your regular job.

Here we are going to tell you a few off-beat careers which you can pursue after your college



### Dance Therapists

These days a lot of people are going in for dance classes, especially Zumba. They join these classes basically to shed kilos and become fit. Dance therapy uses movements and dance for the physical as-well-as-psychological well being of the person. One of the leading centres to conduct dance therapy session is the Creative Movement Therapy Association of India. The sessions carried out by them have helped a lot of people. So those of you who love to dance can make a career as a dance therapist.



### Wine Tasters

These days there are a number of companies that have started to make their own wine. All of these wines need tasting, so becoming a wine taster is a good option. You can help various restaurants across the country to choose the best wine. You can also organise a wine tasting party.



### Personal Shoppers

How would you feel, if you were getting paid to shop for others? These days a trend on the rise is of the personal shopper. There are instances where we don't get time to do our own shopping, so what do we do? We hire a personal shopper. They will help you decide the look. This particular career is a mix of both, a stylist and a shopper.

### Fitness Trainer



No other profession is picking up pace in India as much as that of a fitness trainer. With people becoming more aware of the way they look or focussing more on being fit, fitness trainers are in a huge demand in the country. Those who are fitness enthusiasts can definitely look into this career.

### Adventure Tour Operator



This is for those who like to live their life a bit differently and becoming an adventure tour operator is one of the best career options for them. These days a lot of people have started to go for adventure tours, including a lot of corporate offices - hence it will be a good option to become an adventure tour operator.

# PATRICE MURCIANO

An Unrelenting Force In The World Of Art

In constant pursuit of new techniques, Patrice Murciano is a phenomenal visual artist. His works feature the genre of pop art and as the genre goes, it showcases a blast of colours and exuberant depictions. He discovered his passion at a very early age. At just 6 years old, Murciano drew characters from comic books. At age 8, he borrowed his mother's make-up set to make female nudes and portraits. In a

recent interview, Patrice talks about his techniques, his inspiration and his dreams. As divulging as this might be, he shows a very kind and humble attitude towards his passion and profession. According to Murciano, work, patience and humility are lessons which all artists should strive to achieve.





**JURY**



Sonali Bhagwati



Kabir Hira



Rita Mody Joshi



Sanjay Puri



Sarbjit Singh



Hemant Sud

**KOHLER & abraxas**  
**DESIGNER**  
**of TOMORROW**

The all-India contest for the  
 10 most promising  
 Designers of Tomorrow



Kohler India & Abraxas Lifestyle collaborated to create a contest which would help to identify the most promising young designers of India - and give them an opportunity and platform to showcase their talent and designs to the rest of the design fraternity - and the public at large.

Kohler & Abraxas Designers of Tomorrow 2014 (KADoT'14) is the first contest - & attracted some of the best talent from across the country - with an overwhelming response of 91 entries.

The jury deliberated jointly over all the inspiring entries - and finally in their wisdom, chose only 9 designers as the Designers of Tomorrow.

**9 Winners**  
**Designers Of Tomorrow**  
 (In alphabetical order)

**ARJUN MALIK** (Malik Architecture, Mumbai)  
**BIPRATIP DHAR** (Epsilon Architects, Kolkata)  
**CLARISSE MAILLOT** (Lotus Praxis, New Delhi)

**DHRUV GUPTA** (Vastuankh, Jaipur)  
**KALHAN MATTOO** (Planet 3 Studios, Mumbai)  
**NEEMESH SHAH** (KNS Architects, Mumbai)

**PANKHURI GOEL** (Studio Lotus, New Delhi)  
**PRIYA JINDAL** (Studio Lotus, New Delhi)  
**RISHU ANAND** (Design Radiance, New Delhi)

THE BOLD LOOK  
 OF **KOHLER**

**PARTICIPATION GUIDELINES**

- Only Interior projects - No architecture
- Only Finished projects - No 3D renders
- Project designed and executed anywhere in India
- Project finished anytime in the last five years
- Designer to have not less than 7 years of experience &
- Designer to have not more than 15 years of experience
- Entries in individual names only
- No limit on number of entries
- No categories
- No participation fee

**KOHLER® bathrooms.**  
**Art doesn't need to be hung on a wall.**

Featured here *Artist Editions® Marrakesh™* inspired by Moorish architecture.



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THE BOLD LOOK  
 OF **KOHLER**

# DESIGNER OF TOMORROW



## EPSILON

Epsilon excels in design consultancy and execution for a variety of projects, which ranges from large complexes to interior designs. Principal ongoing projects of the architectural practice include commercial complexes, auditoriums, schools and residences. Interior design projects executed so far include hospitality spaces, corporate offices, retail outlets, residences, and commercial spaces.

## BIPRATIP DHAR

Founder and principal architect of Epsilon, Bipratip Dhar graduated from Sir J.J College of Architecture, Mumbai in 1996. Based in Kolkata this 14 year old architectural firm strives to incorporate the concepts of sustainability and energy conservation in all of its designs. Epsilon's portfolio spans across architectural and interior design solutions for auditoriums, corporate offices, retail outlets, residential, commercial spaces, hospitality projects and healthcare institutes.

### FACT FILE

Project	Associations	Location	Area	Flooring	Mirrors	Lighting	Wall coverings	Year of completion
Dalhousie Institute, Kolkata	Council of Architecture (COA)	42, Jhowtolla Road, Kolkata	3500 sqft.	Black flamed Granite	Modi Float	LED from Phillips	Paint, Exposed bricks, Leather cladding for acoustic insulation	2010



### Concept

Located in Kolkata, "Dalhousie Institute" has a great historical background. Reputed as a family club, the members wanted the lounge and bar of this institute to wear the old world charm and warmth while fused with contemporary elements generally associated with lounges.

Mostly frequented by members during evenings, the brief included a performance area to form the main focal point. Amalgamating a couple of existing rooms by knocking down walls, the area was converted into one single hall-like space. A serious problem of humidity resulting in dampness on all existing walls was also to be dealt with.

Design Team: Bipratip Dhar | Biprajit Poddar | Ratnadeep Roy Choudhury

KOHLER® **bathrooms.**  
Art doesn't need to be hung on a wall.

Featured here *Artist Editions*® Marrakesh™ inspired by Moorish architecture.



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THE BOLD LOOK OF KOHLER®

# INTERNATIONAL MARKET BUZZ

Karim Rashid's New Website



## *Karim Rashid's New Website Makes its Debut*

After many years, Karim is thrilled to debut a new website. The new UI allows visitors to seamlessly explore over 5000 images of Karim's prolific work. Form was not forsaken over function – the new website allows the colour, shape, texture, and sensuality of Karim's work to ornament the site while still of-

fering a beautiful experience in itself. [www.karimrashid.com](http://www.karimrashid.com) was designed in collaboration with award-winning designers Anton & Irene, best known for creating unique interactive experiences for high-profile clients. The site perfectly reflects Karim's visual language and digitally-driven philosophy

# THE MAN WITH MANY FACES

## A Candid Interview With Samir Kochhar

We all loved his character of a police officer in *Jannat* and we all love seeing him performing live in the IPL for many seasons now - Samir Kochhar is not an unknown face. He has come a long way and has made a niche for himself in the industry. He has proven his versatile ability by doing movies, reality shows and hosting live events.

Here are excerpts from an interview.

**You've been in the industry for 10 years now. How has your journey been?**

I am very thankful to my parents for letting me pursue the field I love the most. Initially, I struggled to start off in Mumbai, but now, I feel very happy and blessed and I'm looking forward to bigger and better things coming my way. I'm fortunate enough to have acted in movies, done fiction shows, hosted reality shows and learnt the skill and craft of handling live television in IPL.

**You are doing live television, you are hosting reality shows, as well as doing films. What do you enjoy the most?**

I am an actor and that's who I am. I moved

from Delhi to Mumbai to act and I think that whatever I do, I do it in the form of an actor. For example, if I am doing live television, I am portraying the role of a sports broadcaster and I love portraying characters on camera. I really enjoy hosting as well – it is great to connect with people whether they are in front of you or watching you on television. I love both mediums and I love the fact that I have a choice and the chance to do both things together.

**What is the basic difference?**

I guess the basic difference is when you are playing a role you become something else and when you're hosting, you are talking

to many people at the same time. Your diction and the way you present yourself matters a lot while hosting. For example, if you are playing the character of a police officer which I played in *Jannat*, you have to get into the role of a police officer, unlike in anchoring, which is basically about addressing a large gathering of people.

**You hail from a family of PHDs. Did anybody in the family object to your decision when you told them that you wanted to land up in Mumbai?**

Not at all! In fact they were the ones who encouraged me for all this. My parents, grandparents and my sister were always very encouraging. They said, "If you are interested in becoming an actor, you must pursue your dream." I can't thank my parents enough for being so open-minded and for seeing a certain spark in me.

**How did you cope with all the challenges in Mumbai?**

It was hard. I had nobody in Mumbai so whatever I had to do; I had to do it on my own. I had to find work, go for auditions and meet people, which was initially very hard. But there's so much left which I still have to achieve in acting and in front of the camera. I have a very humble approach towards my work and I let my work do the talking.

**Who all stood by you while you were struggling?**

There were quite a few people. There've been people whom I've gone to seek advice from, who have guided me along the way. My biggest strength in Mumbai is my wife whom I met around 8-9 years ago and she's been there for me and motivated me all these years.



# DEEPIKA PADUKONE

In Conversation With The Bollywood Star

Team Abraxas recently caught up with the stunning actress when she was in the Capital to promote her latest film, *Piku*. Starting her career from the tender age of 19, it's been a steady rise to super-stardom for Deepika Padukone. As the model-turned actress completes 7 years in Bollywood, we catch up with her for a quick chat.

Excerpts from the interview



**How was your experience working with Amitabh Bachchan and Irrfan Khan in *Piku*?**

First of all, I never expected that I'd get the opportunity to work with both Irrfan Khan and Amitabh Bachchan *ji* in one film. I learnt a lot by watching them and the shooting was also extremely enjoyable. It's been a very pleasant experience, very peaceful. When we finished shooting, I felt like I was going to miss everyone. I still remember the final day of shooting, we were in Ahmedabad and when we finished shooting the last shot, everyone was like "*Bas, hogaya? Khatam?*" and we all looked forward to when we would be meeting next. It was all "*Accha chalo dubbing mein milenge, promotion pe milenge,*" you know? I found that we were actually looking for excuses to meet - it was one of those experiences. And as a character, it was very challenging for me because *Piku* is a really chaotic girl, she tries to balance a lot of things and tries to multitask. Managing all this, speaking dialogues, doing things like loading machines, putting clothes in... all this was a new experience for me, almost theatre-like, and I got to learn a lot.

**Tell us about *Piku*.**

It is a complete family entertainer. It's like a wholesome entertainer, you can comfortably go with your parents, your grandparents, children, aunt, uncles. You can go and sit very comfortably and watch it, you know? I feel like this kind of family entertainer is coming after a very long time.

**How much of the real you was in the character?**

See, I am a daughter at the end of the day. So in that sense the character is obviously extremely identifiable. Not just me, you will identify every character with it because it's not just my story or it's not just *Piku's* story, it's a story of all our lives. Any of us would

have been able to play that part. What was difficult for me was the way he was planning to shoot the film and the mechanics of the character in terms of her being so chaotic and trying to multitask and do so many things at the same time, the theatre-like way in which we were shooting the film; that is something which I had to get used to. I'm sure you've seen in the trailer that I'm giving him medicine, I'm loading the machine (like I said), cooking, and also talking to him at the same time. So you have to be all there in that kind of a performance or that kind of a scene or in that kind of a requirement; what the director wants. That's what I found difficult to do. But as a character, I think every woman today will identify with that part because it's the story of all our lives. And the situations in the film. Not just *Piku's* point of view, but even the situations in the film; what the Banerjee family goes through, what they talk about, what they discuss every day - it is what happens in all our lives every day.



**This movie is based on father-daughter relationships. So in real life, what are your fondest memories with your dad?**

Every time I think of my dad, I think of him in a *lungi* (laughs). Yeah those are my memories. When I used to misbehave and my mother would shout, he was forced to punish me. So we had a storeroom in my kitchen and he used to lock me there for 2-3 minutes, feel bad and then take me out. These are my memories. Him dropping me to school every morning. After school, I would go to the courts to play badminton and he would already be waiting there for me.

**Did he train you?**

A little bit. But he wasn't allowed to because he was actually only allowed to train the senior people and I hadn't reached that standard so I had to work my way up to be trained under him. So school days, home, dropping me to school, our annual family vacation...those are the memories that I have of him.

**You have just come out of depression. Who is that one person who supported you throughout that phase?**

There were a lot of people - my family, my friends, myself. You have to find that inner strength within yourself. You can have all the support systems around you, but until you decide to help yourself, nothing is possible. So it starts with me. I think it's my parents, my friends and my doctors.

# YEH PICTURE KYA KEHTI HAI?



# DIVERSITY IS THE KEY

This Agra Girl Is All Set To Soar



## Archana Gupta

For this young budding actress from Agra, things have certainly come a long way since she kick-started her career with her first Telugu film *Andamaina Manasulo* in 2008. Subsequently after her debut film, she has done a variety of movies in Kannada, Tamil, Telugu, Hindi, Malayalam and even a Hollywood and a Russian film! Truly there are no boundaries or limits as to what she can achieve.

Her first Kannada film was *Circus* in 2009 where she was paired opposite Ganesh. "I had heard a lot about him and I was really happy to work with him. He's very dedicated and I like his professionalism." She went on to do three more films in Kannada.







In 2013, she took on three more projects in Malayalam namely *Kaanchi*, *Rasputin* and *Hangover*. Coming from the North, coping up with four diverse South Indian languages must have been a hard task initially. She claims, “When I was shooting for *Circus*, I used to write the Kannada dialogues in Hindi and English. I’d usually use prompting, which helped me a lot. And I find Kannada the easiest of the southern languages to learn”

# BANGALORED

## An Entrepreneur With A Writer's Instinct

Sanjay Koppikar is a Bengaluru-based entrepreneur turned author. Originally from Dharwad in Karnataka, Sanjay has about 25 years of experience across several areas of the IT industry. An executive alumnus of IIM Bengaluru, Sanjay is the co-founder and CEO of Quadwave, a software services company based out of Bangalore ([www.quadwave.com](http://www.quadwave.com)).

Sanjay has self-published his first novel *Bangalored* and claims it has been received well by the reading public. In an interaction, he talks about the city he has spent most of his life, which is the subject of his novel.

### **Congratulations on your first novel. Tell us something about your new role as an author. How refreshing is the change for you?**

Thank you. I am not sure when you actually become an author – is that when you ‘author’ the first story in mind, or when you publish a book? The reason I say this is that I have been creating stories as long back as I can think. The first story that got published in my school book – maybe that made me an author. Someone thought it was worth publishing!

But, yes – *Bangalored* was a different experience. More than the writing, it was getting it to reach the people that took more time. The novel has indeed changed me - to work on more different books and stories. So I see a novel in every event I look into. Keeps me amused for sure!

The pain of dying Bangalore, and our contribution to it, was the sole inspiration, I should say. But the story got formed around many incidences that happened around me or to someone I knew or heard about.

The basic message that the book gives is possibly one of the oldest in the history of mankind, ‘the spark that burnt down the forest’. I wanted to narrate a story on how we, the custodians of Bangalore, were doing it on a day-to-day basis.

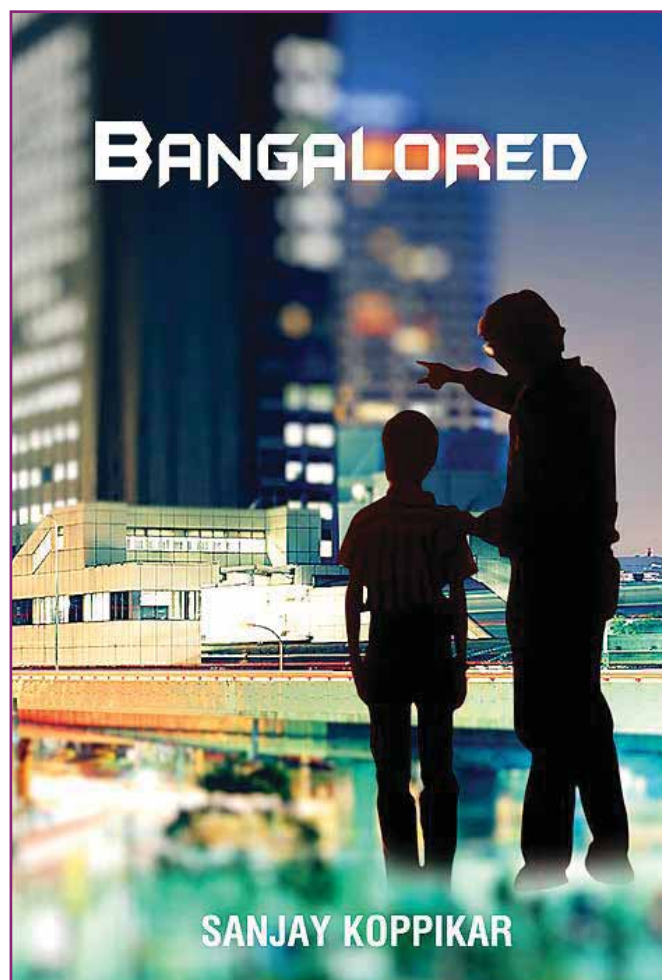
I wrote the book in 2012 and did a re-review/rewrite in 2013. Finally, it took birth in print in 2014 – and was made available to a larger audience now!

### **What really inspired the story or the idea? Can you share some of your experiences and thoughts as a Bangalorean?**

Experiences in Bangalore reflect life itself – lots of moments of glory, opportunity, despair, incredulity and hope. It exactly reflects the Dickens’ statement in Tale Of Two Cities – “It was the best of times; it was the worst of times...” It seems exactly written for the Bangalore of today. And we Bangaloreans go through the exact same feeling day in and day out. On one part, we have phenomenal success as the IT capital of India, or once the world’s favourite outsourcing destina-

tion – we have uncontrolled growth leading to an ecological, logistical mess created due to the first part; while the people’s disposable income is screeching through the roof, on the other hand, crimes are on the rise.

My personal experience, though, has been great. I came to Bangalore with absolutely nothing – having lost a company which I had started as an 18-year-old built over an initial 12-13 years of work. Bangalore led me to dream again and helped me realise them. Hence, it pains to see Bangalore losing on any front.



# A STAR IN THE MAKING GAJENDRA VERMA

The Voice Behind 'Emptiness'



knew that I'll ultimately reach a certain level, but it happened so rapidly. That story of *Rohan Rathore* behind that song worked in my favour actually." He added, "We recorded that song, but somehow it was leaked on YouTube. The story of Rohan Rathore came after 8-9 months of it being leaked, but somehow it helped that song in becoming a rage among people."

To survive as a playback singer in the industry is not an easy task, especially when you have direct competition with the likes of Arijit Singh, Mohit Chauhan, Atif Aslam, and countless other soulful singers. When asked how he feels about it, he quips, "I can survive as I have full faith in my music. I just need to take care that I don't rush things. I want to keep my voice as exclusive and try to be in a race for as long as I can." About his initial struggle in the industry, he says, "The struggle is there, only then you can value the things you've got. I waited for years for the opportunity to sing in Bollywood and eventually it came, so one has to be patient."

While praising his brother, he says, "It was because of my family that I've reached so far, especially my brother. I belong to a music family; my brother has supported me through my entire music career." "But I believe talent works a lot in the industry. If you have the talent, your time

Well! Who could've have imagined that one 'leaked' song can change your life? The song had almost become an anthem when it was posted on Youtube. We are talking about *Emptiness- Tune Mere Jaana* and the soulful voice behind that song, Gajendra Verma. Since then, he has done a lot of songs in Bollywood, including *Mann Mera*, *O Sajna* from

the movie *Table No 21* and a song with Yo Yo Honey Singh too. Gajendra Verma has now come up with his new single *Anjaam* which has already crossed over 90,000 views on YouTube ever since it was posted. He was here in Delhi recently to perform in ASOM at Radisson Blu.

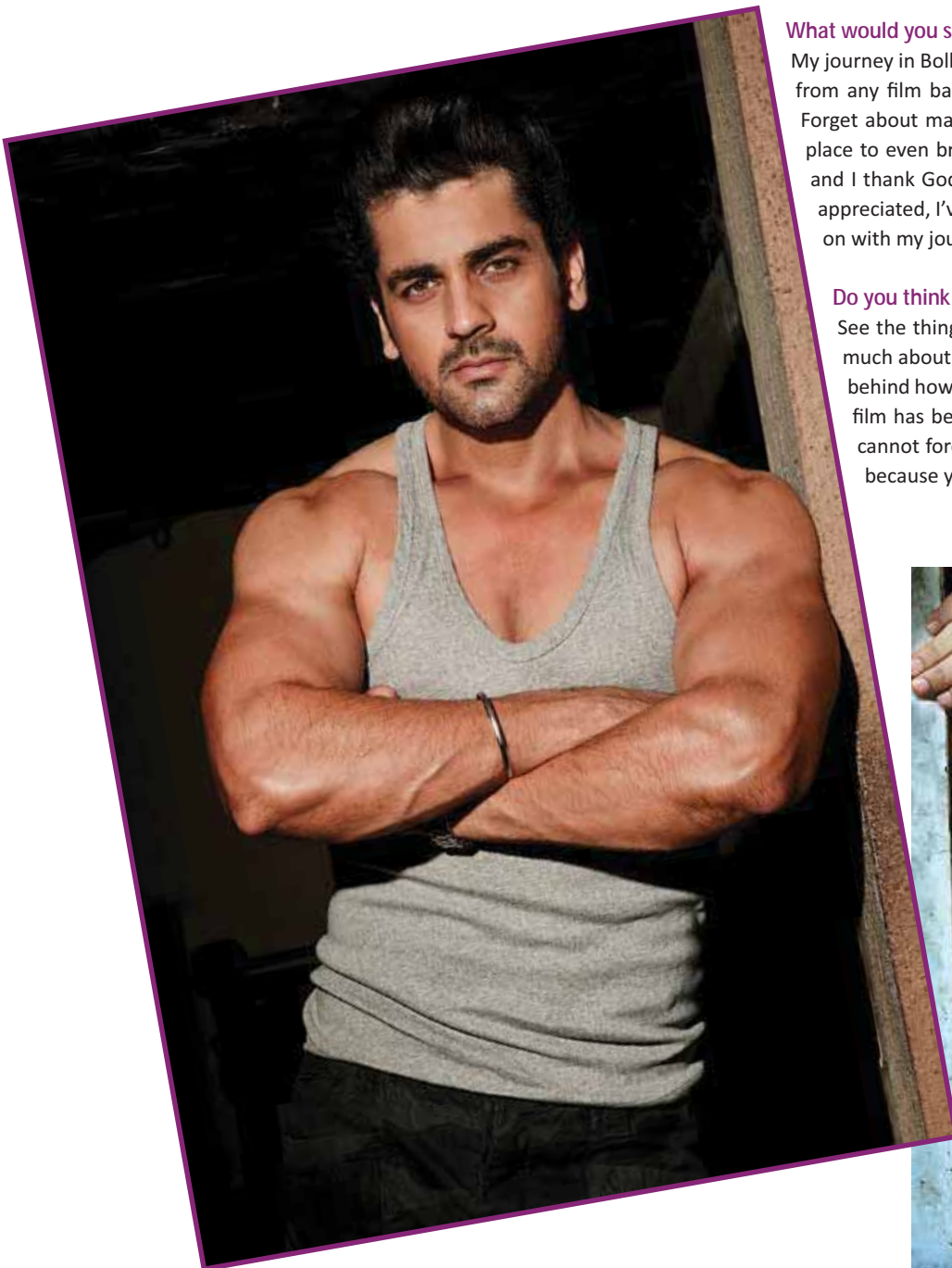
When asked if he had ever imagined that *Emptiness* can change his life, he smiles, "I expected that, but not so soon. I always



# PLAYING IT DIFFERENTLY

A Candid Interview With Arjan Bajwa

Who can forget his performance in *Fashion* in which Priyanka Chopra played his love interest. The role has given Arjan a lot of recognition and praise all over the world. He has always come up with different characters in his films like the one he played in *Guru*. During an interview with Abraxas, he opened up about his life and future projects. Here are excerpts from the interview -

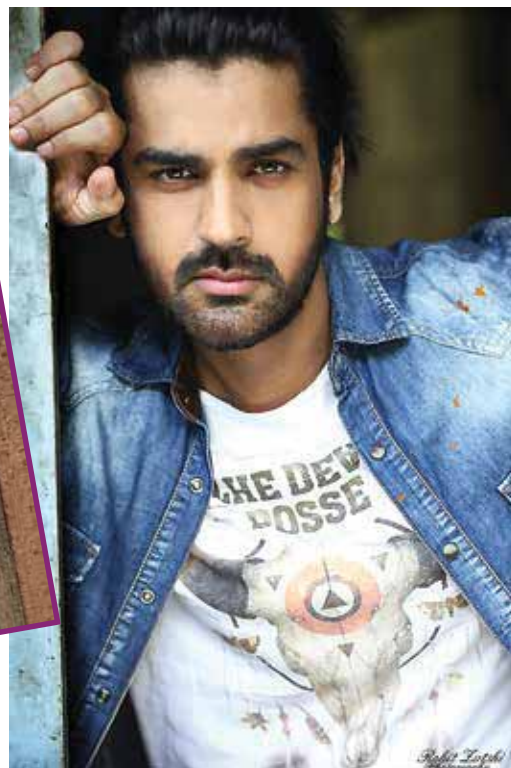


## What would you say about your journey in Bollywood?

My journey in Bollywood has been quite eventful. It has not come from any film background nor did I have any film connections. Forget about making it big in Bollywood, it is the most difficult place to even break into. I think I have been fortunate enough and I thank God for that. In so many ways, my work has been appreciated, I've been accepted by the people and I'm carrying on with my journey so it's very steady, yes.

## Do you think that having a mentor is a must in Bollywood?

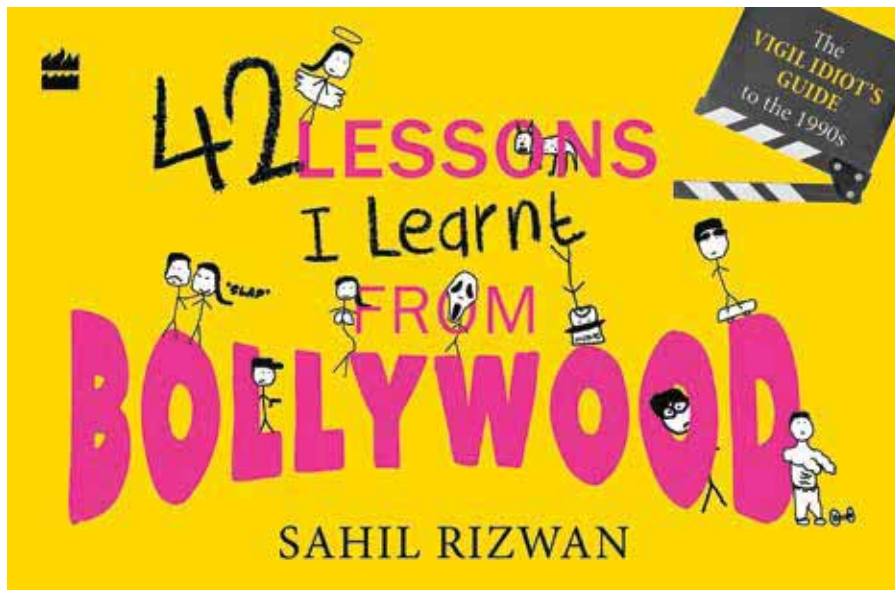
See the thing is, at the moment I don't think it matters too much about how you are as an actor. There's a lot that goes behind how connected you are in the film business or which film has been your last commercial success. However you cannot force the public to buy a ticket and watch you just because you are connected or you are somebody.



# 42 LESSONS I LEARNT FROM BOLLYWOOD

A Hilarious look at Bollywood in the Nineties

Nrisintha Prasad



42 Lessons I Learnt from Bollywood  
by Sahil Rizwan  
Harper Collins  
Rs 599

Sahil Rizwan, better known to the world as the Vigil Idiot, has built a formidable following for himself, thanks to his stick figure cartoons which he uses to frequently lampoon Bollywood's best. In fact, so popular has he become that many film followers actually wait for his cartoon-series based reviews and reworked narrations of films as much as for more conventional and traditional reviews. The reason is simple: the man's language might be a bit on the profane side, his drawings might be excessively basic and simple, but heavens, the man is nothing if not hilarious.

Now imagine, a whole book full of those amazing stick figure cartoons, looking at the defining films of Bollywood in the 1990s. Well, that is what '42 Lessons I Learnt From Bollywood' is. As the subtitle of the book ("The Vigil Idiot's Guide to the 1990s") suggests, this is Rizwan's take on the most notable - in his opinion, we hasten to point

out - films of that decade. Oh, and for good measure, he has also included the lessons that each of these taught him. And praise the Lord, he seldom gets serious, even while getting into "what I learnt mode." Sample this rant: "Seriously, where are the men today? Six-pack abs are all well and good, but nothing says macho like a good o' manly man moustache. Anil (Kapoor and Kumble), Javagal Srinath, Karisma Kapoor's bushy unibrow...there was some serious facial hair on display back then that you just don't see today." And then there is Lesson #35: "You can ignore everything else in this book, but it is, in fact, a hot woman dancing in the rain that is the answer to life, the universe and everything else."

You get the idea. Of course, we suspect that most people would buy the book mainly for the stick figure cartoon recreations of the films of the nineties. Well, they should - they totally dominate the book, and are an absolute treat for the eyes and the mind. Sahil takes a stick - or rather, his paint brush and pencil, and wit - to some of the most famous films of the nineties - the collection includes *Hum*, *Hum Aapke Hain Kaun*, *Baazigar*, *Dil-*

*wale Dulhania Le Jayenge*, *Raja Hindustani* and *Kuch Kuch Hota Hai*. He has also included some films that were so notoriously bad that they built a following for themselves - anyone remember *Awwal Number*?

The result is a reckless and laugh-loaded ride through the nineties, Bollywood style, with cartoons lampooning some of the most iconic moments in Hindi films. For instance, the famous "Simran runs to Raj in the train" ending of *DDLJ* is reduced to three queries: "Why won't he pull the chain?", "Why won't she get on the carriage next to her?" and of course, "Dude, we gave them our blessings already! Why are they leaving town at all?" And then there is Rahul's reaction to Tina's delivering a baby in spite of knowing that it would be fatal for her in *Kuch Kuch Hota Hai*: "Duuuude! Adoption? Surrogacy? There's like 17 different ways we could've had a kid and still kept you alive." Of course, when Tina's daughter reads the letter her mum had left to her, one of her reactions to the revelations therein is "Dafuq?" Oh yes, there is a fair deal of profanity in here as Sohail dashes the dreams of Bollywood with some stone cold logic.

The good part is that he does it with so much of humour that you end up laughing instead of being outraged. There are almost four hundred pages of wit, humour, illustrations and Bollywood in 42 Lessons I Learnt From Bollywood. Yes, it would work best if you had seen the films he has covered. But even if you haven't, we have no qualms in prescribing this, not just as a great book to read, but as a strip of the best medicine there can ever be. Laughter.

If you love Bollywood and love to laugh, this is a must-have. If you do not, we really do think you need to get a life!



# FINAL WAVE

2015

**Venue**  
SinQ Club, Goa

**Date:** May 1st - 3rd

**Organiser:** Indivibe

**Promoter:** Jack Events

**Featuring:**  
Tenishia (DJMAG #73), Anish Sood, Ash Roy, Ayesha, Ivan, Joel, Lost Stories, Ma Faiza, Mackenzie, Nitin, Priyanjana, Rinton, Sashanti, Shaun Moses, Simply Raa, Tuhin Mehta, Varun Fernandes, WA

**Supported by:**  
AK47, Benz, Dr. A, Lasker, Mr. E

Beach & Club Wear Fashion Shows by celebrity designer Manoviraj Khosla featuring Kingfisher models

**Choreographed:**  
Rahul Dev Shetty

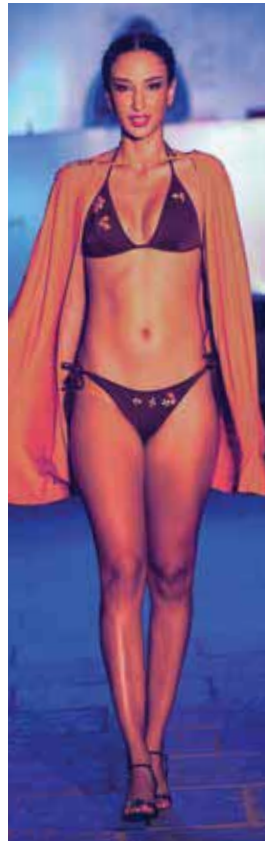
**Photographer**  
Mohd. Shariff  
for Abraxas Photography



Whosane, Anastasia and DJ Aqeel



DJ Rinton and DJ Anish Sood



# ELUSIVE NIGHT

Launch Party



Zaeden



Joel F and Rion



**Venue**  
SinQ Club, Goa

**Date:**  
18th April 2015

**Organiser:**  
Jack Events

**Promoted by:**  
Goa Party Lovers  
and Elusive Nightlife

**DJs:**  
Zaeden, Benz,  
Navin, Zeeqar, Akshay,  
Mr.E, Floh-Tek,  
Joel B2B Rionn

**Photographer:**  
Mohd. Shariff  
for Abraxas Photography



# DEPICTING STORIES WHILE DANCING

A Candid Interview With Choreographer Punit J Pathak

Reality shows have changed the lives of many, and that includes Punit J Pathak, who appeared in *Dance India Dance* Season 2. He won many hearts with his performances on the show, but then moved onto acting with his mentor Remo D' Souza in the film *ABCD* in which he enacted exceptionally well. Looking forward for his next release *ABCD 2* that also stars Varun Dhawan and Shraddha Kapoor, Punit talks about his journey.

Excerpts from the interview:

**When did you develop interest in choreography and acting? Did you get any formal training?**

I was just a normal dancer in college and one day I got a call from Terence Lewis's company to train in different dance forms so there I started getting trained and actually studied dance. I did that for 4 years. Then I quit dancing for 2 years and I thought of doing *Dance India Dance*. There I met Remo D' Souza and after that I started assisting him and from there, I was exposed to the film industry. Before that I just had basic knowledge in dancing, but I had no work experience with Terence. With the dancing I got expo-

sure to learn the ethics of the film industry. I find myself very lucky to find a nice blend of Terence Lewis and Remo D' Souza.

**You started your journey as a dancer in *Dance India Dance* – what would you want to say about your evolution in the industry?**

I personally feel that I didn't do my best in *Dance India Dance*, but as they say that every step is a learning step so for me the most important thing was not *Dance India Dance* or the platform, but to meet someone as beautiful as Remo D' Souza. He gave me the opportunity to actually explore myself as an assistant choreographer





# YU YUPHORIA

A lot to be Yuphoric About

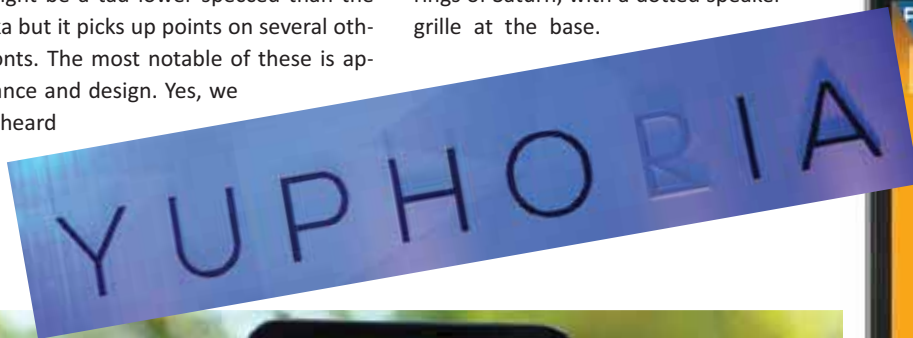
Micromax created a major ripple in the Indian smartphone market when it announced a tie-up with Cyanogen, the developers of one of the most popular versions of Android last year. The products released as part of the tie-up are under a new brand called YU. January saw the first phone to be released in this series - the Yureka, which thanks to a superb combination of hardware and software and an incredibly affordable price, sold like hot cakes. And now YU has attempted to repeat the formula with another phone, the Yuphoria (yes, we reckon all the phones in the series will begin with Yu!). And guess what? We think they have hit pay dirt. For let's get one thing straight - the Yuphoria might be a tad lower specced than the Yureka but it picks up points on several other fronts. The most notable of these is appearance and design. Yes, we have heard

some people smirking about the design bearing more than a passing resemblance to the Lumia 830, but that was hardly a bad-looking phone, was it? And if some people can ape the iPhone, why cannot others draw the best from the Lumia? Getting back to the Yuphoria, the phone rests on a metal frame, which has led to its being termed a 'miracle in metal.' The front has a 5.0-inch display with three touch buttons which are not below the display as seen in the Yureka but are actually part of its lower portion - much better, we think. The back (it is removable) is a flat plastic panel with the 8.0-megapixel camera lodged in a circular space, which YU claims to be inspired by the rings of Saturn, with a dotted speaker grille at the base.

Nimish Dubey



Yes, it does look very Lumia 830 but it does make the phone stand out in a crowd. At 8.2 mm at its slimmest point, it is sleek too and is compact enough to fit most hands, even those of the ladies.



And well, there is a lot of hardware goodness lurking beneath that good-looking exterior. The display is a 720p affair like the Yureka, but as it is smaller (the Yureka had a 5.5 inch one), it has a greater pixel density. The phone has two cameras - a 5.0-meg-

# PULSAR CS400

Indian Biking Comes Of Age

The Bajaj Pulsar CS400 is one of the most exciting bikes to come out of India. Period.

The biggest, most powerful and arguably the best looking indigenously made bike ever.

It's set to be powered by a brand new 375cc liquid cooled single cylinder engine that will develop between 30 and 40bhp.

It's designed as a power cruiser, basically a comfortable bike that doesn't fall flat on its face when it's asked to take a corner. Think a shrunken and lightened Ducati Diavel.

The CS400 when seen from the side view has the perfectly planted one-



Rononjoy Sen



and-a half wheel sized wheelbase, which gives it an appearance of stability and agility. What's remarkable is even after this heavy styling, modernisation and elapsed time, the bike is still recognisable as a Bajaj Pulsar and doesn't seem like it's aping any other bike. The stepped seat not only looks sporty but also seems to have sufficient padding for long range rides. The handle bars and foot rest are mounted high and back to give a relaxed riding stance that shouldn't tax the arms and back of the rider very much. The tank and shroud are styled to look very sinuous and muscular. The headlamp has a handsome housing, but the lighting elements are very insectoid and harken back to a



# HONK WHEN YOU'RE...!

## Why Do We Love It So Much?



I've always marvelled at those colourful phrases on the rear of our Indian trucks and buses "Horn OK Please" and when growing up, especially while travelling, I would keep trying to look at different meanings for that phrase – maybe the driver was telling us his Horn was ok, but for what purpose? Or just maybe we were used to seeing the OK Saabun in the shops around, complete with the Lotus symbol. So was the driver telling us that his horn was washed with that specific OK soap? Again - why?

The logical answer was that while we were driving behind that truck or bus, according to our half-baked English that we find on our Indian highways, that meant "Please Horn, ok?" - correct syntax that is often lacking in our heads. Therefore, whenever we would

finally approach any large vehicle with this phrase on its huge rear end, I would gently prod my Dad to beep the horn, just to inform the driver that we were there. Of course he would laugh and then honk, to satisfy him.

Now in context to the above, that phrase will now literally disappear from our roads, as the Maharashtra State Transport Commissioner on Thursday 30th April, 2015, issued a circular banning the use of that phrase on all commercial vehicles including Tempos and Buses. And that sets us thinking – so they remove "Horn OK Please" everywhere. And then? Our Great Indian Drivers, in actuality care two hoots for what is printed on their rear, so definitely that is not going to stop them from honking away to glory and only toning it down when they see the traffic cops anywhere around. So what is the actual step in reducing noise pollution, in particular from unnecessary honking?

While India is sorely grappling with this issue, other regions of the world have already

Shawn Fernandez



addressed this in their own ways:

- ▶ In 1930s, it was first Paris and then London that laid down the law for honking in the night
- ▶ By 1935, the Mayor of New York also decided to ban night honking, after praising the English anti-horn effort and quoting statistics. A much stricter noise code was adopted in 1972. However, despite the ban, the horns are still a big nuisance. Still, the usage of laws today that impose a \$350 (or Rs 22,000 /- approx) penalty on unnecessary horn blaring has helped to bring down this nuisance.
- ▶ In the same year articles documented similar bans in Berlin, Rome and Vienna among other countries



# PRAVEEN JOLLY

Balancing Work, Life and Health Is The Way Forward

**OLYMPIA  
GYM**

“An hour a day invested in health will give you lifelong dividends,” says former Asiad sprint medal winner, 55 year old Praveen Jolly. Now employed with Customs and Central Excise, Government of India, he has a pack of abs that would put young boys half his age to shame.

Since childhood, Jolly, whose mother too was an accomplished state level athlete, has been an avid lover of physical activity with sports taking centre stage in his life. Once

his competitive athletics career was over (he is the last sprinter from India to have won a medal in the men’s section at the Asian games level), over time ailments like asthma and knee injuries started troubling him and this he says made him focus more on fitness. With a disciplined and steady workout regime, he soon overcame all his health problems. Today he says he is addicted to fitness. For almost two decades now, Jolly is a regular at Olympia gym which he says is the best gym in the neighbourhood.



# BIKINI ATHLETE

## Navreet Josan: "Fitness Over Weight Loss"



Born in 1985, Navreet Josan has always been a girl with big dreams. As a child, she used to imagine herself on stage - a place where she could entertain and express herself. There is a powerful form of freedom in being able to do what you want. Born in Jalandhar, Punjab, she has been an avid athlete since school. After moving to Delhi, she trained in Muay Thai under Edgar Noordanus, the Head Trainer from Amsterdam for 5 years. She also added variety to her workouts by incorporating Crossfit into her training for 2 years. Nothing comes easy, but she was willing to do the work. She wanted to look athletic and feel stronger.

In July 2014 she decided to set some exciting new goals. A friend of hers who was a Figure Athlete encouraged her to compete in the next National Physique Committee (USA) bikini competition which was being held at Fort Lauderdale, Florida. She made her debut at The Fort Lauderdale Cup – a huge show with over 270 contestants where she placed 4th in her division - Bikini Class A.

Now, from the moment she wakes up until she goes to bed, her entire day revolves around fitness and health. Whether it is preparing her meals for the day, going to the gym, or while she work as a full time Resident Trainer for North India at MAC Cosmetics, her motivation comes from seeing her body evolve as a result of discipline and hard work.

She currently trains at Fitness First Platinum in Delhi and is a Team Bombshell Fitness Athlete. Her coach is International Federation of Bodybuilding and Fitness (IFBB) Pro - Vanessa Campbell who is the Head Coach at Bombshell Fitness. At the moment the two of them are working together closely to make big improvements to her body to get her ready for the stage for her next competition, which will be in the later part of the year.





# ◀ SPIRITUAL FITNESS ▶

## Mental Tranquility for a Holistic Balanced Body and Mind

While most people, especially the young, are heavily focussed on physical health, they are hardly inclined towards the wellness of the mind. Sister Sangeetha BK, (a veteran member of the Brahma Kumari community) addresses the vital issue of the importance of spiritual well being from an early age and also shows the way to achieve mental tranquility for a holistic balanced body and mind.

### How important is spiritual/mental health for the youth?

The quality of thinking determines the spiritual health of any individual. Our actions are based on our thoughts. So if our thoughts are positive, peaceful, and encouraging, our actions too will obviously be of that quality. The youth period of our lives is in a way, the start of the real life journey, where important decisions regarding relationships, responsibilities and careers are to be taken. And if at this point of time, the thinking pattern is negative, then it is bound to impact those important decisions. Thus if the young are spiritually powerful and mentally very healthy, his/her actions would be mature and constructive, and they will re-

spond creatively to any change and in the larger sense have better control of one's own state of mind.

### How does this impact the physical health of the young?

As per the World Health Organisation, 85% of the diseases human beings suffer from are psychosomatic, i.e. 85% of human diseases prevailing nowadays are because of a negative state of mind. Hence if a person is mentally disturbed and spiritually weak, he is bound to be very aggressive, impatient and stressed. To relieve himself from stress, he will resort to drugs, alcohol, smoking etc. thereby aggravating the present situation which will in turn have a bearing on his re-

Sister  
Sangeetha BK



lationships. This stress has a strong effect on the physical health of the youth.

### How do we achieve mental fitness?

Fitness requires regular exercise and certain precautions that must be followed regarding the intake of diet etc. Moreover once we have achieved this, precautions, restrictions and regular exercise are needed to maintain it. Similarly for mental fitness, one has to meditate have a regular meditation practice, i.e. spiritual exercise and intake of positive information on a regular basis. Thoughts are food for the soul and information plays an important role in creation of thought. Therefore, just like the correct choice of food is mandatory to keep oneself fit, similarly positive thoughts are necessary for mental fitness. So if our quality of information intake is positive then our thoughts are bound to be positive.

### Is there any specific exercise we can do to achieve mental fitness?

Daily meditation is one of the best exercises to achieve mental fitness. Moreover, a daily intake of spiritual knowledge is needed to achieve mental fitness.

### What should we guard against in our daily life so that we can be more spiritually mentally fit?

To be spiritually and mentally fit, one should guard against negativities like anger, attachment, greed, ego, and hatred. These emotions are like unnecessary fat which gets accumulated in the mind and makes functioning of the mind weak and ineffective.



**ABOUT THE AUTHOR**  
SISTER SANGEETHA BK is a veteran member of the Brahma Kumari community.

# RISE OF A MASTER

## Rachna Chaurasia: Asia's first woman to be awarded the Taekwondo 6th Dan Black Belt

Rachna Chaurasia is the vice-chairperson for women committee at ITF and chair person for Taekwondo Association of India. Her journey started in 1986, and it took her almost 22 years of hard work and commitment to win the 6th Dan black belt. Rachna encourages women to learn any martial arts for self defence and believes that by learning so, it gives you the power to protect yourself from impending attack.

**From where did you start the journey? Did you ever think that you would reach to the place where you are now, winning the 6th Dan Black belt?**

I started my journey from Nagpur, Maharashtra. No, I hadn't thought of it in my wildest dreams but I tirelessly worked hard to reach the top without expecting the rank and the position.

**Being a sports person, were you interested in studies at school? If yes, which was your favourite subject?**

Studies were not my first preference, of course even though out of everything Maths was my favourite subject.

**How did your family support you through the journey? Were they supportive?**

My father and both my brothers were against it at the starting, but my mother supported me throughout. They even objected when I shifted to Delhi to learn and teach Taekwondo under Senior Master Rajendran Balan. But now when I have succeeded and made them also a part of my success they are the most supportive and happy.

**What were the hurdles that you faced in these 30 years? Please share some of the incidents.**

One of the major difficulties that I faced was not having a support from my near and dear



ones. I do not remember having any friends at all. I really had to face critics in every corner especially from other Martial art groups; some looked at me as an object and some wanted me to work for them. All the girls in my colony shied away from me claiming that I was no good. But I ignored them and went on looking for a brighter future for myself and for my mom who had total faith in me.

**What is the attitude of your children towards your sport? Do they also seem interested in Taekwondo?**

I have only one son and he is also a Black Belt and still practicing regularly. He is very proud of me and supports me in all my activities.