



THE NEW
INDIAN
EXPRESS

INDULGE



Serenading SUCCESS!

Anasuya Sengupta gets chatty with *Indulge* about winning the Best Actress award under the *Un Certain Regard* category at Cannes for her film, *The Shameless*, while she opens up about her goals, what keeps her going and lots more... | P12

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INDULGE
THE NEW INDIAN EXPRESS
FRIDAY, JULY 5, 2024 | CHENNAI

INDULGE

FROM THE EDITOR'S DESK

Dear readers,

If there is one stage where Indians have made a mark this year, it has to be at Cannes. From Payal Kapadia bagging the Grand Prix – the second-highest award at Cannes to Chidananda S Naik, a student from FTII, Pune, receiving La Cinef Award for best short film, the accolades have been pouring in. Another win that Indians celebrated was Anasuya Sengupta, who made history by winning the Best Actress award.

She is on the cover this week, talking about her roles, her fitness, her journey through movies and why she's okay with her limited body of work, so far.

Foodies in the city have a lot to cheer as we bring reviews from the *Catch of the Day* seafood festival at The Westin Velachery Chennai; the newly launched QSR food joint and Sashwatha Cafe. Then we proceed to give you a taste of the meat cuts at Focaccia and further go on to explore the gourmet fare at Grammy award winner Ricky Kej's recent concert at The Leela Palace, Chennai.

Moving on to fashion, we present Style Island's *Black & White* collection; NeceSera's latest offering, *Que Sera Sera*, Nouria's *Vara* edit and a lot more.

We bring you a special interview with Mira Kapoor on our beauty page. As she launches her new beauty brand, we catch up with her to find out about her beauty and fitness secrets.

In the art scene, we chat with artist Sujil S, who has ventured into the realm of the unknown with *Whispers of Wonder*, drawing inspiration from Paulo Coelho's book, *Eleven Minutes*, and a feature on *Finite versus Infinite*, an exhibition featuring 12 diverse young artists from Tamil Nadu.

On the music front, we have an interview with the *Heeriyee* singer Jasleen Royal about her latest single, *Assi Sajna*. Meanwhile, Shilpa Rao, who was recently in Chennai, talks about her love for the city and all things music, even as Raman Negi lets us in on his new song, *Kismet*. Furthermore, Akhila Ramnarayan from *Starcrackers* sheds some light on her upcoming song, *Bismuth*.

Enjoy!

Edison Thomas
Editor, Indulge

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Marine wonders

July 5 | Kottivakkam
Chennai is all set to get a mermaid show for the first time at the Marine Expo 2024. Hosted by Fun World & Resorts India, visitors can also take a tour of the late Dr APJ Abdul Kalam pavilion, robotic animal kingdom, mini falls, and underwater aquarium. The expo will be on till mid-August. ₹150. 4 pm till 9.30 pm. At YMCA Ground.

Calligraphy workshop

July 7 | Anna Nagar
Hone your calligraphy skills and improve your writing style with a modern dip pen calligraphy workshop. The workshop is exclusively for women and girls over 13 years. All the materials will be provided at the venue. ₹1,850. 10 am to 12.30 pm. At Ology Studio.

Tribute night

July 6 | T Nagar
Celebrate the 95th birth anniversary of the late singing legend Kishore Kumar with the musical night, *Ek sham Kishore ke naam*. Listen to some iconic and soulful songs by Kishore da, performed by Mumbai singers. ₹500. 6 pm onwards. At Vani Mahal.

Comedy arena

July 5 | Chetpet
Popular standup comedian Vir Das is back with his comedy tour in India and is all set to perform in Chennai this weekend. The *Mind Fool India Tour* will have the audience burst into peals of laughter as Vir Das takes them on a comic ride. ₹499 onwards. 8 pm. Sir Mutha Venkatasubba Rao Concert Hall.

CHART THE
w.e.e.k.
AHEAD

Poster making workshop

July 6 | Adyar
Get creative with your imagination at this handmade psychedelic poster making workshop. Curated for all skill levels, the programme makes use of paper collage, vibrant colours, and painting techniques to create posters. ₹700. 10 am to 1 pm. At Backyard.

Movie time

July 6 | Chetpet
Thalapathy Vijay fans, assemble! The all-time popular film, *Ghilli*, is getting a special screening as part of the actor's extended birthday celebrations. Don't miss watching this super hit commercial potboiler in an open theatre with your family and friends. ₹149 onwards. Until 13 July. At Chetpet EcoPark.



Despicable Me 4
July 5 | AGS Cinemas
Watch *Despicable Me 4*, the latest installment of the animated franchise. A sequel to *Despicable Me 3*, the plot revolves around Gru, the supervillain, who welcomes a new member to the family. Their relationship then gets harmed as revenge vows are plotted against Gru. In theatres.

An all-women car rally

July 7 | RK Salai
The Duchess Club is all set to have an all-women car rally this weekend where around 100 cars are expected to cover a distance of 50- 65 km. There will be a special category for families as well. ₹1,500, 8 pm at Savera Hotel.

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Chef Andrea Tranchero

NO SURPRISES THAT all that anyone has been able to talk about this past week is cricket, and the glorious victory of our boys in blue. The weekend, as a result, was one long party. Congratulatory videos, celebrations and memes of all sorts have been flooding our social media.

Changing gears, and on a literary note, author Geetha Gangadharan launched her latest book *Saints of Bharat*, an Indian heritage piece for young adults. Doing the honours and officially releasing the book was well-known public speaker Dushyanth Sridhar. Speaking at the launch, the author expressed her gratitude for those who helped her make this book a reality. "Writing a book is a long and often a solitary process and it's the people around us who provide the motivation and inspiration to keep going," said Geetha.

Later in the week, there was more learning in store as FICCI FLO Chennai hosted a discerning workshop on digital literacy. The session was led by Shreya Bajaj, a passionate advocate for digital inclusion and the co-founder of Easy Hai. During the two-hour workshop, Shreya delved deep into the realm of artificial intelligence, offering valuable insights into its

capabilities and limitations. A key takeaway was the importance of crafting clear and concise prompts when interacting with large language models like *ChatGPT*. Shreya tackled a question that's on many minds: Will AI replace human workers? Her response was thought-provoking: "AI is unlikely to completely replace humans in the workforce. However, individuals who possess the skills to effectively utilise AI will likely find themselves at an advantage in the job market". Safe to say the workshop was a resounding success and extremely relevant in today's rapidly evolving technological landscape.

And while on the subject of classes, Barilla and Hyatt Regency hosted a Masterclass with Chef Andrea Tranchero. Renowned for his culinary finesse and authentic Italian flavours, a highlight of his masterclass was the evolution of pasta within Italian gastronomy. The chefs had the unique opportunity to delve into the intricate journey of pasta, gaining a deeper understanding of its cultural significance, while incorporating locally sourced produce to enrich the flavours and authenticity of their creations.

We ended the week at The Leela Palace where Chennai's Amirta Group of Institutions, announced actor Sreeleela as their brand ambassador. The starlet unveiled the institution's new logo and launched a dedicated website for their aviation programme.



where was i

PALOMA RAO

TV Host and Lifestyle Influencer, Paloma Rao gives you a ringside view to the biggest parties in town.

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July **10** | **11** | 2024

Hyatt Regency Chennai
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coastal

MARITIME MAGIC

This food festival at a star hotel in the city brings out the diversity of flavours that come with seafood



Nimbu kaali mirch tikka

Steamed fish

Sri Lankan fish curry

People who love seafood are always looking for something new with intriguing flavours to pique their interest. And we belong to that tribe. So when we got invited to the Madras Kitchen Company at The Westin Chennai Velachery, to savour the delicacies at their latest food festival, *Catch of the Day*, we couldn't let go of the opportunity. Adhering to the theme, the chefs, we were told, head to the fish market in the wee hours of the morning for a fresh catch. The highlight here is that they bring different types of seafood to the table every day to satisfy every seafood aficionado's palate. The daily catch then adorns the table in the form of myriad delectable dishes.

Our catch of the day was sea bass. We began our dinner with *Nimbu kaali mirch tikka*, which was a delightful combination of

fish, lemon, garlic, and pepper, all cooked in tandoor. Like any *tandoori* dish, this was also served with a bowl of mint chutney. The flavours blended well, and the tender and juicy dish melted in our mouths.

The next dish of the evening was the classic *Meen varuval*. Crispy on the outside, it reminded us of our home-cooked fish fries. However, the distinctive taste of the *masalas*, chillies, and fennel seeds makes this seafood dish, stand out from the regular fish fries. In terms of the spice level, we would call it moderate.

As we veered toward the main course, we were first served the Steamed fish. Fitness enthusiasts, this one is right up your alley. Cooked with zero percent oil, this eye-catching delicacy was loaded with vegetables and made for a wholesome meal in

itself. The dish had the perfect blend of seasoning, with the tanginess of the lemon augmenting the fish's flavour. We quite liked the soya sauce-lemon broth as well, which upped the flavour and enhanced the dining experience. We highly recommend this dish.

The last item on the menu was the Sri Lankan fish curry, which came with a bowl of rice and the Lankan speciality, *sambal*. The chef pointed out that the curry is a blend of recipes. According to the chef, the curry was a combination of coconut, *masalas*, bay leaves, among other ingredients. We relished this fish curry rice combo.

Altogether, the *Catch of the Day* fest was quite a heartwarming one. The highlight of the fest is that one can pick their course, be it two or four. With a good portion size, it is fulfilling nevertheless.



Meen varuval

From July 8 to 14. Available for both lunch and dinner. Meal for one starts at ₹1,199. At The Westin Chennai Velachery. —Apurva P @apurva.p@newindianexpress.com @appurvaa_

regional

Dine, the darshini way

This newly launched quick-service restaurant serves delectable Karnataka delicacies

THE NEWLY LAUNCHED Sashwatha Cafe on Chamiers Road was packed to the rafters when we visited the plush Karnataka *darshini*-style café on a balmy Monday evening. As we stepped into the self-service eatery, the heady aroma of *masala dosas* wafted in the air. It seemed to be the crowd favourite as the hot, piping *dosas*, we noticed, sold like hotcakes.

We found a nook for ourselves next to a wall-mounted dining table and embarked on our culinary voyage with some delectable Udupi delicacies. The *Ghee podi thatte idli* set the stage for the evening. The soul-warming pillowy *idli*, generously laden with *ghee* and *podu*, was accompanied by three varieties of chutney — coconut, tomato, and mint — and *sambar*, made in typical Karnataka style, deep red in colour and mildly sweet. The *podu* is an in-house recipe, and we must say, they have a winner in their hands.

Soon, *Bonda* soup, *Rava idli*, *Rava dosa*, *Benne masala dosa*, *Maddur vada*, *Chow chow bath* and Mangalore buns made a beeline for our table and literally jostled for space. It's a quick-serving food joint, after all. Among the aforementioned dishes, our picks were the *Benne masala dosa* (of course), *Rava idli* and *Rava dosa*.

While we quite liked the crispy *Rava dosa*, the *Benne masala dosa* is a meal in itself. The flavourful, aromatic *dosa*, laden with potato *masala* and liberal helpings of *ghee* and *podu*, can make your mouth water at the very first glimpse. We didn't even need the accompaniments for this one. On the other hand, the coconut chutney goes well with the



Interiors

crispy, golden-brown *Rava dosa*. But ensure that you polish off your *dosa* soon after it is served.

As for the fritter-type street snacks, Mangalore buns would have worked better had they been a tad sweeter.

For those looking for some healthy grub, we recommend the *Akki roti* and *Ragi roti* combo. These flatbreads, made with chopped onions, curry and coriander leaves, and mild spices, instantly won our hearts. They go well with coconut chutney and tangy tomato chutney, and they were a match made in heaven. Both are best eaten when they are just out of the *tawa*. We concluded our session with the popular South Indian filter coffee.

Even as we indulged in our tasting session, we observed that the majority of the customers preferred to dine standing at this QSR food joint. And the icing on the cake is that you can watch your food being dished out right in front of your eyes.

Meal for one starts at ₹180. 7 am to 12 am.

—P Sangeetha

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Benne masala dosa



Ghee podi thatte idli



Maddur vada

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Dive into the legacy menu

Explore some timeless flavours with these delightful range of pastries



As part of their 50th year celebrations, Chef Ravi Varma and his team have curated a legacy menu that pays homage to the classics at the Taj Coromandel, Chennai. This selection features a variety of pastries and cakes that help revisit timeless flavours. Take your pick from delightful pastries like Apple lattice pie, Choux swans, Chocolate pyramid, Chequered cake, and the classic favourite, Jam roll. Some nostalgic delights from the cake men, include Tutti frutti cake, Marble cake, Dutch truffle, Butter cream nougat, Opera, Linzer, and Victoria Cake.

At La Patisserie, until August 3, at 50 percent discount.

RHYTHM OF FOOD

WHAT HAPPENS WHEN a three-time Grammy winner joins hands with a Noble laureate and a star hotel for the common good? You get some really impressive music with a feast meant for kings.

It was a lovely evening at The Leela Palace Chennai, where we got to meet many masters of their trade. There was Ricky Kej, a three-time Grammy award-winning artiste, and Nobel laureate Kailash Satyarthi, who have jointly collaborated for the Satyarthi Movement for Global Compassion, an initiative aimed at improving the condition of children across the country. A noble cause supported by The Leela hotels, this performance was one of the many across the hotel chain in Bengaluru, Udaipur, and Jaipur.

The evening started off with a fabulous round of cocktails and other drinks, before maestro Ricky Kej came onto the stage. Ricky himself is an environmentalist and feels deeply about all animals and his music reflects his compassion.

A few scintillating tracks later, it was time to wind up the performance with a rendition of the Indian National anthem.

Of course, this is a food story, and where would we be without describing the cuisine here. The hotel had really laid it out, and there was a huge spread of Indian and Oriental dishes. As part of the showcasing of Jamavar restaurant, the amazing *Gosht nihari* had an excellent flavour profile with just the right mix of spices, and the gravy had the right consistency too. We particularly liked the *biryani* — it was flavourful with the right spice mix and the chicken was not hard like in many other places. The *Dal-e-Jamavaar*, was in fact, a very refined version of the *Dal makhani* and tasted rich as well. There was also a 'Himalayan Earth Bowl' that had healthy options from the *Aujasya* menu.

Not to say that vegetarian options were

A classy music night with a delectable feast at a star hotel in the city was a treat meant for kings



Ricky Kej



Chocolate masks



Strawberry wonder

lacking, as each menu had abundant vegetarian options. We are also particularly fond of Oriental food, and the servings from their China XO were par excellence. The dumplings were made just the right way — thin flour sheets covering the meat, which gave a burst of flavours from the first bite onwards. We then tried the pine nut rice with clay pot chicken — again, both were praiseworthy, cooked just right.

There was a huge dessert counter as well — we saw over 20 types of desserts, so for those with a sweet tooth, this was absolutely heaven. We did try a couple of items from this huge spread, and absolutely loved the *baklava*. By then, our stomachs were quite full, so we rather reluctantly decided to give the rest a miss.

— Ranojoy Mukerji

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gourmet

For every rôtisseur, getting the right kind of meat can border on obsession. We explore this further

IN OUR OPINION, the secret to a good mood is good food, and for that to happen, the ingredients need to be top notch as well, including the way to cut and slice meat. This is especially important in charcuterie, where the uniformity of slicing plays a big role. At the Focaccia restaurant at the Hyatt Regency Chennai, this was amply demonstrated by a company called Berkel, the world's oldest and most innovative company in this business. They have recently started retailing in India, and Chennai is the first to get this innovative machine for cutting and slicing meat and to some extent, vegetables.

There was a very appealing spread at Focaccia for the event, and we were told that all the ingredients had been chopped and sliced with the said

The Italian cut



Interiors



Cheese board



Vegetarian pasta



Pepperoni pizza

machine. As we mentioned before, well-cut ingredients make for tasty dishes, so we decided to go ahead with our sampling. The first dish was a cheese board, which, of course, does not require any cutting or slicing. Pair this with a nice Barolo and you have a match made by Bacchus. Moving onto the pepperoni pizza, we delighted in the taste of the pepperoni, made with cured pork and paprika. It is always a pleasure to eat it with a nice parmesan and gooey mozzarella on a

thin-crust base, and each bite brings with it a sinful bite with a multitude of flavours.

The *risotto* was up next, and we have always felt that this Italian *khichdi* is difficult to make. The broth is most important to cook and of course the quality of Parmesan in it makes the difference. Even the butter matters, although you can be slightly more relaxed with the quality of white wine, but you know the adage — the best gets you better. So, the *risotto* was a class act and its creamy consistency made us want to have more.

The last item in the main course was spaghetti. Made from drum wheat semolina, it has perfectly turned out in this case, and the parmesan on top was outstanding. We decided to finish our meal with a *Tiramisu*. For us, a *Tiramisu* is the ultimate judge of an Italian fine dining experience and here, it came through incredibly well. The mascarpone was spot on, and the lady fingers had just the right amount of crunch.

Overall, Focaccia is a sure-fire winner and a safe bet for all things Italian.

Open for lunch and dinner.
Meal for two: ₹2,500 ++

—RM

IN BLACK & WHITE

The new edit offers a plethora of silhouettes in two universally relevant colours

BLACK AND WHITE needn't be boring. Between bright colours, flashy prints, and of-the-moment accessories, sometimes it is the seemingly simple looks that stand out. Style Island's *Black & White* collection seems to have built upon this thought process. Malika Mehta and Tushita Mehta, the mother-daughter duo behind the label, create clothes that are unique and fashionable yet affordable. Their new edit offers a plethora of silhouettes to give your repertoire a fresh spin. With a fusion of classic and contemporary designs, the collection is centered around the two universally relevant colours—black and white.

Boasting a fearless play of shape, texture, and proportion, the pieces have a timeless appeal. From gorgeous prints to intricate cutwork, this collection offers a variety of silhouettes to suit different occasions. Functionality, playfulness, and modernity form the foundation of the brand.

The duo has given a fashionable interpretation to enduring classics such as jumpsuits and of-the-moment blouses. The assortment exhibits a wide range of fabrics, from luxurious tencel twill to comfortable cotton and exquisite viscose moss. These fabrics not only ensure comfort but also exude opulence.

Tushita Mehta tells us that the collection is inspired by the idea of blending luxury and comfort for everyday wear. "We wanted to create pieces that are easy to wear but still sophisticated.



A dress with intricate cutwork

Using classic colours, we've designed a collection that combines elegance with practicality, so everyone can relate to them. Each item is stylish yet incredibly wearable, ensuring you don't have to compromise on style for comfort," she says. It features floral prints, and sophisticated, classic silhouettes. The monochrome palette and classic prints add a timeless quality, making these pieces versatile and essential additions to any wardrobe.

Tushita's advice when it comes to styling the collection, is to mix and match. "For instance, pair the *Molly appliqué blouse* with tailored pants or a structured blazer over our *Isla jumpsuit*. Complete the look with statement jewellery, such as bold earrings or a chunky necklace, and classic black/white heels," she signs off.

Price starts at ₹3,499.

Available online.

—Manu Vipin

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Classic cuts in monochrome palette

on the shelf



The bigger, the better

Oversized bags are having a moment this season, and the leader of them all is the *Andiamo Bag* from Bottega Veneta. Meaning 'Let's go' in Italian, it is all about adventure and style. With its classic hand-woven intrecciato design and adjustable braided straps, this bag can be worn over the shoulder or as a crossbody. This season, it gets a chic upgrade with a braided chain strap, perfect for any occasion. This is your new go-to for effortless elegance, day or night! Price on request. Available online.



Retro-futuristic

The new Versace Eyewear designs capture the energy of the Spring-Summer 2024 fashion show, comprising three unisex sunglasses styles featured on the runway and two optical styles inspired by runway themes. Featured here is *VE 4473U*, which is equal parts retro and futuristic. These oversized square frames are crafted from bio-based nylon with a strong milled front for an enhanced 3D effect. The sculptural temples are adorned with raised Medusa medallions, and available in classic black with dark grey lenses. Just the perfect accessory to add to your travel list. Price on request. Available online.



Suitcase upgrade alert

Choose from an array of United Colors of Benetton's vibrant suitcases and make a colourful statement. They are a chic and stylish addition to the world of travel with a perfect blend of style, functionality, and durability. You can choose from a spectrum of vibrant shades and prints. Designed for the modern traveller, the collection features bright yellows and reds and playful patterns. They are perfect for travellers who want to stand out and express their personality. Price on request. Available online.

work-leisure

Transition in style

This collection is carefully crafted to keep up with your active lifestyle



IF you want to spend a day curled up at home, go on a date with your best friend, or get on that flight to your dream destination, all in the same outfit, NeceSera's new collection, *Que Sera Sera*, is for you. It is full of transitional outfits that are high on style and comfort. In the spirit of spontaneity, of not taking ourselves too seriously, and of embracing life's unpredictability, each product is carefully crafted to keep up with your active lifestyle and help you embrace life's surprises in style.

Riddhi Jain of NeceSera says, "We designed the new *Que Sera Sera* collection so you can go wherever your day takes you. We have added more styles, like blazers and collared styles, that fit better into the work-leisure lifestyle. We have also included elements like statement zippers and metal trips following the trends of the season, which we foresee to be more long term. And lastly, we have added new prints keeping in mind the sentiment of travel, love, and summer florals," explains Riddhi.

Each of the pieces have been thoughtfully designed to include details like pockets for functionality, hidden drawstrings for comfort that look stylish, with a buttery-soft hand feel and supportive stretch. "For example, the denim wash set puts together three trends of the season — denims, baggy fits, and cargo pants. It is designed to look like a stylish denim outfit on the outside, and can easily be styled up for a date or a work event, and is made in 100 percent cotton terry to make it comfortable to wear at home too. It can also be layered up for a flight or during the winter," she says.

The colours are a mix of neutrals and the palette of the season — pastel



High on style and comfort

lilac, sage, ivory, pink diamond, cyber lime, cherry red and more. "You will also find many new fabrics like the snug knit, which is the perfect blend of softness and stretch, made with premium cotton and spandex for unmatched comfort and durability. This is the ultimate in cozy, form-fitting wear. The lux flo is a blend of three fabrics that makes it crease-resistant and perfect for traveling. The Sunspun, which is a blend of supima and modal, continues to be a buttery-soft and super durable blend, ideal for summers. Lastly, the new Lushknit fabric is a redesigned mini-waffle blend of cotton, which is knitted to perfection to ensure buttery-soft comfort on the inside and a chic texture on the outside," she adds.

Price starts at ₹790.

Available online.

—MV

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Handcrafted

POP INTO STYLE

This festive edition will see a stellar lineup of designers and brands at its showcase in the city

GET READY FOR a fashion extravaganza this weekend with a dazzling array of designers and fine jewellers all over the country converging at one place.

Arti Bagdy Fashion Collezione Festive Edition is bringing a stellar lineup of designers and brands to its showcase in the city. It will feature everything from fine jewellery and destination jewellery to sustainable fashion, prêt wear, festive wear, handcrafted creations, occasion wear, heritage *sari* weaves, luxury sleep and lounge wear, and accessories.

"This year's edition stands out with a fresh and diverse lineup of debuting designers and unique collections, bringing new energy and innovation to the event," says Arti, the curator of the showcase. Not to miss is Neetika Swarup from Kolkata, who is known for her intricate French-inspired lace embroidery; Aura Kreation from Mumbai, which will feature handcrafted *saris* with exquisite sequins and pearl embroidery, perfect for an easy yet glamorous look; Sleep Love from Hyderabad for luxury lounge and sleepwear; Label Prachi Kamat from Goa and House of Naari from Hyderabad showcasing chic and stylish resort wear, ideal for vacation and lei-

sure; Priyam Narayan from Delhi for stunning occasion wear; Oja Culture from Delhi for standout co-ord sets, Miss Jo from Delhi for sterling silver jewellery, crafted to perfection for the modern woman who values elegance and quality, to name a few.

"The collections this year are characterised by their innovative designs and meticulous craftsmanship. From intricate lace embroidery and handcrafted embel-



Designer jewellery

ishments to luxurious lounge wear and sophisticated occasion wear, the variety and quality of the pieces are exceptional. In addition to the traditional jewellery and haute couture, this edition features a broader range of fashion categories, including resort wear, lounge and sleepwear, and unique co-ord sets, catering to diverse fashion needs and preferences," says Arti.

Giving emphasis to heritage and craftsmanship and understanding the importance of preserving traditional arts, *Toda* embroidery will feature in this year's edition. There will also be an exhaustive collection of handloom *saris* from the brand Manoranjitham, based in Hyderabad.

Price starts at ₹1,000.
On July 10 and 11.
Hyatt Regency Chennai.

—Manu Vipin
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Treads of time

FICCI FLO Chennai in collaboration with Arti Bagdy is bringing together *Toda Threads: Women of the Nilgiris*, with an aim to bring handmade back into the fabric of our daily lives. Also, this initiative is to empower and elevate the weavers and artisans communities. The *Todas* are the most ancient, indigenous, pastoral people inhabiting Nilgiris, Tamil Nadu. The women of this community are extraordinary artisans known for their distinctive black and red embroidery. The label will be represented by an artisan of the *Toda* tribe from the Shola forests of Nilgiris. On display, will be *Toda* hand-embroidered potlis, bags, cushion covers, laptop bags, home décor items, shawls and more.

Nouria collections with its enhanced craftsmanship, refined elegance, and designs specifically made for summer. "Our fabric is a luxurious blend of 30 percent satin, 70 percent cotton, and 30 percent silk, ensuring ultimate comfort. Crafted from lightweight, breathable fabric, it keeps you cool and comfortable even in the hottest weather," she adds.

Priced between ₹3,999 and ₹24,000.
Available online.

—MV



Jasmin top

Band of love

Aulerth has launched its latest creation, the *Altruist Kada Bracelet*. Designed by JJ Valaya, this exquisite jewel embodies the powerful concept of 'Towards Selfless Service,' serving as a beautiful reminder of the profound impact of giving to others. One of the inspirations for this jewellery was taken from the Sikh community's ethos of selfless service. *Aulerth* has partnered with CRY for the initiative. With the sale of each bracelet, the brand will donate 100 percent of its net proceeds to CRY's drive to empower three underprivileged girls in rural India to resume their education. Priced at ₹3,500. Available online



B'wood glamour

Caprese's new spring summer 2024 collection called *The Kiara Collection* in collaboration with Bollywood star Kiara Advani epitomises the brand's vision to empower women to express their unique sense of style. From beach days to nights out with friends, the collection has something for every occasion, from totes to satchels, laptop bags, slings, fashion backpacks, they have got it all. It consists of curated handbags that blend style and versatility, and a dazzling blend of Bollywood glamour and timeless elegance, redefining contemporary fashion. Price on request. Available online.



Effortlessly cool

The *Vara* collection captures the bold and true essence of the summer season

NOURIA'S NEW COLLECTION, *Vara*, is inspired by the vibrant hues of summer. Designed for versatility, the pieces are crafted to be worn in myriad ways, catering to the dynamic needs of contemporary fashion.

Dipti Advait, the creative mind behind the brand, believes that clothing should be effortless, empowering, and beautiful. Her clothing label is an extension of this belief. The outfits are ideal for regular women who are doing exceptional things, exploring the world, owning their unique stories, and embracing bold and confident styles.

Dipti tells us that *Vara* is all about excitement and curiosity. "It is inspired by the vibrant hues of summer, and captures the bold and true essence of the season. Each piece is a celebration of colour, blending bold tones and true shades. The pieces are the right fit for a casual day out or a sophisticated evening affair," explains Dipti.

It features an array of versatile co-ord sets, including pants, skirts, shirts, and tanks, perfect for taking

you from one beautiful location to the next. This carefully curated palette captures the essence of a perfect getaway, blending the warmth and energy of sun-drenched beaches with the tranquility of clear skies and pristine sands. The vibrant oranges bring a burst of enthusiasm and vitality, perfect for making a bold statement, while the pastel blues offer a refreshing and calming effect, reminiscent of peaceful ocean waves. Serene whites provide timeless elegance, adding a touch of sophistication to each outfit.

"The bestsellers are the vibrant *Raina* co-ord set, serene *Michele* co-ord set, timeless *Mira* dress, and sophisticated *Rose* co-ord set. Each piece combines bold colours, refined designs, and high-quality fabrics, offering stylish and comfortable options for any occasion," says Dipti.

The *Vara* collection sets itself apart from the previous

home
décor

haute designs

A CHAIR TO STOP & STARE

Silver lining

These whimsical chairs surpass the boundaries of conventional design

accent piece with a touch of rebellious aesthetics. Ensuring adherence to quality, design experimentation and conscious manufacturing, we have created these original pieces to invigorate any space with their vivaciousness," says Bobby Aggarwal, creative head of the brand.

A boutique brand, the atelier has fabricated limited edition collections of distinctive furniture and homeware that parades a unique maximalist and minimalist amalgam, leather love and discovering stories.

The 'gallery-worthy' seats challenge the mundane with designs that spark imagination and enchantment. "The statement pieces include the *Silver lining* occasional chair, which is a fusion of cultures. With a nod to Japanese minimalism, the lean metal frame is painstakingly hand-stitched and clad with leather, which serves as a canvas for the intricate artistry of the indigenous *kantha* stitch. It has a folklore narrative and portrays the flora and fauna," explains Bobby.

The *Tan ok please* occasional chair is a romantic celebration of cultural iconography. This classic bucket chair is for the seekers of comfort and art. It comes with

impeccably crafted vignette of the bustling Indian street depicted with an ubiquitous autorickshaw engraved on the leathered back. Captivating with dainty details and indigenous workmanship, reminiscent of the traditional *Kolhapuri* chappal, it is a charming homage to cultural heritage and everyday elegance.

The *Mantis* chair is inspired by the lean agility of the praying mantis. It epitomises minimalistic elegance and contemporary sophistication. Embracing the brand's language of quirks and fantasy is *Key* statement chair. It is a striking embodiment of artistic imagination that builds a narrative around a musical string instrument. "Earlier, it used to be the art and books that people used to show their personality. Now, people are investing in unconventional, whimsical or avant garde design aesthetics that they are proud to display in their homes," he adds.

Price on request.
Available online.

—Manu Vipin

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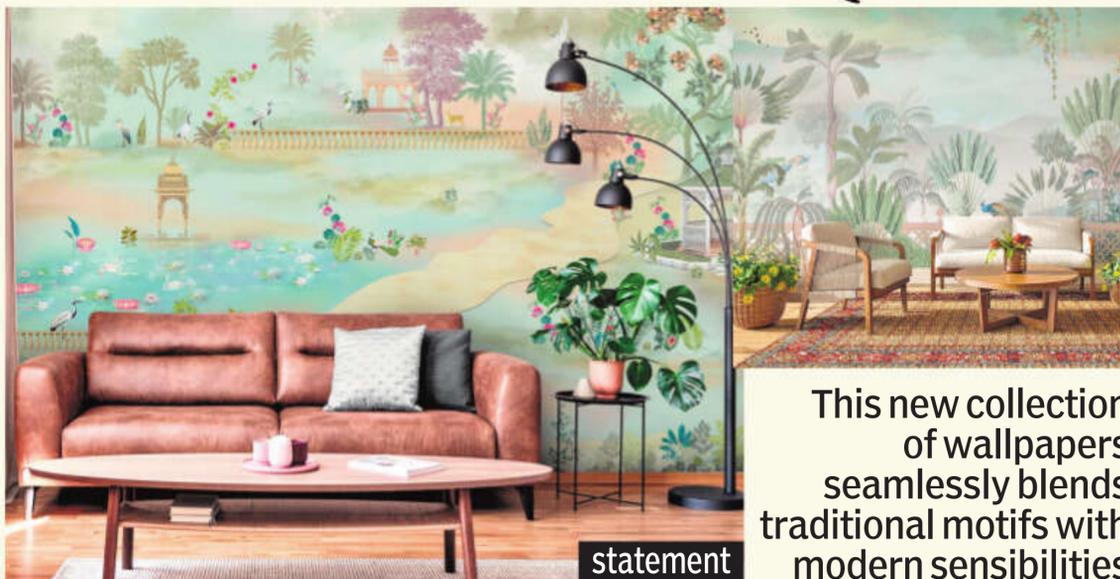
Mantis

Tan ok please

YOUR PERSONAL STYLE and aesthetic is not only reflected in the way you carry yourself, but is consistently visible through your home décor as well. Elevating the realm of haute designs, PortsideCafé has unveiled a whimsical quartet of chairs that are a testament to timeless and avant-garde aesthetics. Crafted

with unparalleled precision and honest values, this edit surpasses the boundaries of conventional furniture design just as they captivate with their quirks of eccentricity in the fusion of form, function and allure, transcending mere utility to the landscape of object d'art.

"Envisioning chairs as a coherent art, we wanted to morph this household staple to double as an



statement

This new collection of wallpapers seamlessly blends traditional motifs with modern sensibilities

If walls could talk

What inspired the designs?

As our brand name suggests, we derive our inspiration from India's diversity. The tropical evergreen rainforests of the Western Ghats inspire the newest range of which *Blooming meadow* is a part of. The boundary walls are inspired by terrace

boundaries and *jharokhas*. *Bird land paradise* wallpaper is a literal paradise for bird and nature lovers. The inspiration is from the ever diverse biodiversity of Indian jungles and our cities. Similarly, *Gray floral galore* brings diversity and there's just so much happening in these

wallpapers that you just lose yourself while finding the nuanced details.

What materials are used?

They are printed on high-quality glossy, non-woven papers, which are moisture resistant, durable and easy to clean.

What are the trends in home décor that these wallpapers align with?

Walls are a canvas of your personality and wallpapers are colours for you to paint. The vibrant and lively colours create a playful area, filled with life and zest. The geometric shapes enhance the room by creating boundaries, while bold patterns grab attention and still can blend easily if you style your home accordingly. Floral wallpapers create a magical rhythm. Home décor is an ever evolving trend, and wallpapers fit effortlessly in every trending style, be it art décor or bohemian, there's always a wallpaper to suit each taste. Wallpapers can create depth. We now see people using them even on the ceilings to create an effect of broadness.

Price on request.
Available online.

—MV

WALLPAPERS HAVE A remarkable ability to transform spaces. They are the quickest and simplest way to add colour, shape, and character to your home. India Circus has launched its new collection of wallpapers that seamlessly blends traditional motifs with modern sensibilities.

We talk to Krsnaa Mehta, an authority on décor and the design director of the brand, to know more about the same.

collab



Playful hues

This limited-edition collection of 18 unique products is a celebration of colour-blocking

INDIAN HOMES, MODERN or vintage, big or small, have always showcased inspiration-worthy colours, patterns, and craftsmanship. When it comes to colour-blocking, the art of it has inherently meant more than being aesthetically pleasing. It represents celebration of the history and skill that has been handed down from generation to generation. The inherent design trend has seamlessly found its place in modern homes.

IKEA 2024 drop — *Tesammans* — is all about colours. Collaborating with Dutch design duo, Christoph Brach and Daniera ter Haar of Raw Color, this limited-edition collection of 18 unique products

is a celebration of colour-blocking, boasting unusual combinations, saturated hues, and playful textures. From clocks to side tables, trolleys, lampshades, hanging decorations, glazed stoneware vase sets, carafes, and rugs, each piece adds an unexpected touch to your living space just in time for summer. It is a dynamic fusion of functionality and creativity, where every item is a statement piece. With a keen understanding of the fusion of functionality and aesthetic appeal, *Tesammans* promises to elevate Indian living spaces with its vibrant charm and contemporary flair.

Price on request.
Available online.

—MV





Pic: Upahar Biswas

IF TENACITY AND hope had a face, it has to be Anasuya Sengupta's. The persevering 37-year-old — who left Kolkata for the maximum city in search of acting opportunities after her debut in Anjan Dutt's Bengali film, *Madly Bangalee* — had been working as a production designer and illustrator for the past 15 years until *The Shameless* happened. The film, by Bulgarian director Konstantin Bojanov, earned Anasuya the prestigious *Un Certain Regard Award* for Best Actress at Cannes, making her the very first Indian artiste to win an accolade in this category. In Kolkata on a holiday, Anasuya, a martial arts aficionado, spoke with *Indulge* at length about how this global recognition feels, her artistic process, what kept her going for all these years, and the road ahead. Excerpts from the interview:

How are you dealing with the sudden change in life and the spotlight after the win at Cannes?
I feel it's both changed and unchanged. I'm very much the same person, but this win was completely beyond my anticipation and expectations, so that's a change. But it's wonderful to see so many people genuinely feeling happiness about my accomplishment — it is a big change from how my life looked 35 days ago to how it is now, but it is beautiful and crazy. Regarding the spotlight, it is fun for sure, but I feel pretty secure and safe in the support system I have built around myself these many years.

Did you ever expect the win while filming for *The Shameless*?
Of course not; I wanted to do a really good job and was absolutely in love with what I was doing. We wanted to tell the story we believed



Pic: Shashang Iyer



Pic: Elodie Hamidovic



Pic: Shashang Iyer

Anasuya Sengupta

tête-à-tête

Absolutely Anasuya!

Indulge discovers the other side of the award-winning actor who opens up about her roles, fitness, journey through movies and why she's okay with her limited body of work, so far... | **By Sharmistha Ghosal**

in to the best of our ability; and I was extremely lucky to work with a fantastic team that had a fabulous cast, including Omara Shetty, Auroshikha Dey, Mita Vashisht, Rohit Kokate, Kiran Bhivagade, and Tanmay Dhanania, as well as my director, Konstantin Bojanov, who spent over 10 passionate years just trying to mount this film.

Tell us about your character Renuka, and what drew you to it?

In May or June 2020, deep into the lockdown, I got a potential offer for a lead role in Konstantin's film, and it completely caught me off guard. I was hesitant because I have been on the maker's side for so long, but acting was sitting inside somewhere, and when the offer came, it just resurfaced. I read the script in one sitting and completely fell in love with Renuka — the woman that she was, it called out to me. I went from feeling really inspired by how powerful this part was, to feeling a sense of protectiveness, because I sensed a tenderness inside of her as well. I think, the way I eventually approached the part was really how I wanted people to see the story, to feel even closer to what I felt when I read the script. I embodied her in so many ways. I haven't been active in acting for all these years, and neither am I a trained actor, but I had the privilege of working with and observing fantastic actors from close quarters and quietly taking my notes. I wanted to prepare and perform in a style that is truth-based. Having said that, Renuka and I are completely unlike each other, and it was a challenge that thrilled me. There was a psychological and emotional preparation and a very hard physical preparation, as well. Renuka is like a lone ranger, a street survivor and it was exciting since my life is well-fortified. I watched a lot of documentaries to educate myself, so that my performance came from a place of awareness, respect, and understanding of the character. I was running 2 to 3 km every day for a month-and-a-half before the filming began, and I trained with my martial arts teacher. I am lucky that with Konstantin there was an immediate sense of kinship, and I had the artistic liberty to make Renuka look the way I wanted, even before the clothes and styling came in. For the rest, I relied on my instinct, tempering the character as I went along with it.

If one looks at your acting career, there's only your debut film, *Madly Bangalee*, way back in 2009, and then *The Shameless*, leading to this prestigious award with not a single film in between. How do you look at that?

I did not have too much time to reflect on this, after my win. I feel this was my journey, and this is how it was supposed to be. In hindsight, I feel, would it have been better if I started getting regularly cast 10 years ago? I don't think so. I wouldn't have it any other way than exactly the way it is. I moved to Mumbai wanting to act when I was 21 years old, and now, I don't end up harbouring any ill feelings about why it never happened. I always felt acting would come my way, but I didn't know it would take 15 years. I'm glad it finally did.

How do you choose your roles on screen?
Good stories, powerful and interesting characters. I want to throw myself in the deep end as much as I can, and I am raring to go.

How was it working with Konstantin Bojanov?
He's mad to have cast me, a production designer who acted 15 years ago and with no body of work, not even head shots to show.

“
Good stories, powerful and interesting characters. I want to throw myself in the deep end as much as I can and I am raring to go...”

But he's clearly intuitive, individualistic, and a unique artiste. He came in with so much openness and feeling for the story and all the passion, dedication, and grit to tell it.

What inspires you?
I get motivated by everything, including joy, happiness, sorrow, and devastation.

You are an ally for LGBTQIA+ community, has that helped you in portraying Renuka better?
A fair bit, I would say. But even before being an ally to a specific community, it is important to be a person with adequate empathy, which I honestly think is the bare minimum one can do.

You have so many tattoos — what are the stories behind them?
They were all significant when I got them done, and I really don't have an exact count right now, but it's beyond 20. They were all collected over so many years, and I guess if I had been acting steadily since I was 21, I wouldn't have done many of them.

Your fitness routine?
I don't like being stuck in any one particular routine and love newer perspectives and a hybrid approach. I do yoga and meditation, as well, when my concentration is at its best. I practise martial arts, and I also go to gym. For me, three days on and one day off work well.

What about your diet?
I eat nutritious food, and I like cooking my food. Being a Bengali, I often make *daal bhaat* (pulses and rice) for myself. I love Asian cuisine as well.

What's the first thing you start your day with?
A spoonful of ghee.

Your fashion mantra?
To be myself and try different things that appeal to me and make me more me.

If not an actor or a production designer or an illustrator, what would you have been?
A writer.

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Pic: Upahar Biswas

'I FOLLOW THE PRINCIPLES OF AYURVEDA'

There's much to learn from Mira Kapoor's effortless approach to beauty. Here's how you can emulate it



Mira Kapoor

WHEN IT COMES to glowing skin, Mira Kapoor has never ceased to impress us. Her spotless skin gives us major envy, no doubt. As she embarks on a new venture with the launch of Akind, a skincare brand dedicated to revolutionising the beauty industry, we talk to her to get a glimpse into the behind-the-scenes of her beauty regimen.

What motivated you to co-found this brand, and how does your personal skincare journey influence the brand's philosophy?

The motivation came from my personal skincare experiences, where simplicity and effectiveness were always at the forefront. Addressing my own skincare challenges underscored the need for personalised care focused on skin barrier health. Identifying a gap in the market, I decided to offer straightforward solutions that prioritise this essential aspect of skincare.

Could you share some insights into your daily skincare regime?

Having tried and tested various approaches, I've honed my skincare routine to focus on efficacy and practicality, tailored to what works best for my skin type. Initially, I experimented with skin oils for hydration through daily face massages, only to realise they weren't ideal for my somewhat comedogenic skin. This discovery inspired products like *On Cloud 9* moisturiser—light yet intensely nourishing—for effective skincare.

My daily regimen typically includes Akind's *Fresh start* cleanser, *Bounce back*

toner, *Get even serum*, *On Cloud 9* moisturiser, and *No shade sunscreen primer* in the morning. In the evening, I swap the *Get even serum for sleep tight* and add an extra layer of moisturiser. This routine allows me to maintain a straightforward yet effective approach, addressing specific skin concerns with products that are accessible and beneficial for everyone.

Beyond skincare, how do you prioritise fitness in your daily routine, and how does it contribute to your overall well-being?

I like to give equal importance to strength training with weights or pilates, yoga, and rest. Rest is underrated, and I feel injury and peak performance are both dependent on it. Just like my skin, I like to listen to my body and take cues from it.

What are some key aspects of your diet that you believe contributes to maintaining healthy skin?

I follow the principles of Ayurveda, so *dosha* aligned meal plans that adjust with the changing seasons as well as the environment are what I pursue. As a vegetarian, I like to eat simple and include limited plant-based protein. I've been following practices like having overnight-soaked raisins and a spoonful of *ghee* in the morning for many years now. It regulates hormones, and that glow shows on your face.

How do you balance your busy schedule (as a mother, entrepreneur and celebrity) with self-care practices, including skincare, fitness, and diet?

Finding that balance isn't always easy, but it's something I make an effort towards everyday. Being a mother is my top priority, so that's where everything starts. I've learned to be really efficient with my time, and I like to compartmentalise rather than have several mental tabs open at all times. It's all about being present in each role. I've also surrounded myself with an incredible team and a loving family who support me in every step.

What advice would you give to individuals looking to improve their skincare routine and overall well-being?

Establishing good skincare habits, routines, and consistency early on, ideally in the teenage years, can make a significant difference. Starting with a simple routine that includes a gentle cleanser, toner, moisturiser, and sunscreen can help set the foundation for healthy skin.

—Manu Vipin
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Mira Kapoor

on the shelf



Glam up

Now, you can match your mascara with the colour of your dress and create stunning party looks. Colorbar has come up with bold colours of mascara that are smudge-proof and quite convenient to use. It comes in different shades, like blue, golden, green, brown, grey, and purple. It is waterproof, dermatologically tested, and paraben and cruelty-free. The clustered and flexible wand ensures smooth application and gives a flawless look throughout the day. The classy packaging, with some shimmer is an added bonus. With these bold colours, you can create stunning party looks. Priced at ₹1,150.



Conceal imperfections

Moira concealer brightens your skin by hiding all the imperfections. Its long-lasting and waterproof formula will bring out a flawless look all day long. This product is not only cruelty, and paraben-free but also gluten-free and vegan. It comes in a variety of shades, including vanilla, caramel, cream, nutty, latte, and more, allowing customers to choose based on their skin tone. Priced at ₹1,610. Bristi Dey

Combats aging

Oteria *Go-to skin cream* is a unisex multivitamin cream that will protect your skin from environmental damage and ensure all-day moisturisation. Enriched with Vitamin A, Vitamin E, Horse Chestnut seed extracts, and Vitamin B, it helps make your skin smooth and rejuvenated. It promises to combat aging with its advanced anti-aging formula, leaving your skin wrinkle-free and glowing. Enriched with horse chestnut extract, it has a delightful fragrance, is smooth, and absorbs quickly on application. Priced at ₹1,599.



Divine scent

Renee *Ombre Oudh* perfume radiates initial notes of rose, saffron, and pimento, with middle notes of oud, caramel, floral nuances, and patchouli. The base notes are amber incense, woody, and musk. It has a pleasant and soothing fragrance without being overpowering, and comes in a sophisticated packaging. Priced at ₹599.



—Bristi Dey



FIVE WAYS TO DETOXIFY YOUR LIVER

Adopt these healthy eating and lifestyle habits to boost your metabolism and achieve your weight loss goals

WEIGHT LOSS IS a common struggle for many people, often due to a sluggish metabolism, which can stem from various factors. This includes a high intake of processed foods, sugar, and unhealthy fats, which can slow down metabolic processes. While physical inactivity reduces metabolic rate, not drinking enough water or dehydration hampers metabolic efficiency; lack of sleep affects the repair, recovery, healing, hormone balance, weight loss, and

metabolism processes, and chronic stress leads to disruptions in hormones that slow down the metabolism. Now that we know what affects the metabolism, we have to observe how metabolism and liver health are interconnected. The liver helps burn body fat, and a sluggish liver can slow down fat metabolism, making weight loss difficult. The liver removes toxins from the body, which we ingest from air, food, and other sources, and this cleansing process can have a positive impact on metabolism.

Liver helps with blood purification, the production of proteins needed for blood clotting, and the absorption

of food, particularly fats, which also aid in the conversion of thyroid hormones (T3 and T4), which are essential for regulating metabolism. If the liver is not functioning well, thyroid levels and consequently metabolism can be affected.

When the liver is overloaded with toxins and can't detoxify effectively, it becomes inflamed and sluggish. This can lead to a sluggish metabolism and add difficulty in losing weight. Let's look at detoxifying the liver and boosting metabolism:

● **Cruciferous vegetables:** Cruciferous vegetables like broccoli, cauliflower, and cabbage contain a compound called sulforaphane, which helps boost liver health. These veggies support the liver's detoxification processes, reducing inflammation and helping the liver function more efficiently, therefore helping with the process of elimination of toxins.

Include these veggies in cooked form at least three times in a week.

● **Omega 3:** Omega-3 fatty acids help the liver by reducing overall inflammation and promoting overall fat metabolism. They improve the liver's ability to process fats, prevent fat buildup, and support overall liver health. This helps the liver function more efficiently, boosting metabolism and aiding in weight management. Including foods like fatty fish, flaxseeds, and walnuts in your diet ensures a good supply of Omega-3s, which benefits both liver function and metabolic health.

● **Garlic and olive oil mixture:** A simple mixture of garlic and extra virgin olive oil can help detoxify the liver and improve metabolism because garlic has powerful anti-inflammatory properties, which help reduce liver inflammation, and olive oil is rich in monounsaturated fats, which are good for liver health. These fats help reduce fat buildup in the liver, that is particularly useful for non-alcoholic fatty liver disease. Mix 1 tsp olive oil, 1-2 pieces of crushed garlic, 1 tsp lemon juice, and 3-5 drops of raw honey and drink first thing in the morning for seven days, followed by a glass of warm lemon water. This drink helps flush out toxins from the liver, reducing its workload and improving its efficiency, making it easier for your body to burn fat and maintain energy levels.

● **Movement and activity:** Regular exercise, done at least four to five days a

week, boosts blood flow to the liver, which helps it function properly and stay healthy. This improved liver function aids in better metabolism, making it easier for your body to burn fat and process nutrients. Any activity that you enjoy doing, whether it's a gym workout, yoga, dancing, zumba, pilates, functional training, strength training, etc, try and follow it with discipline and consistency to achieve benefits.



● **Sleep:** Quality sleep is crucial for liver health and metabolism because, during deep sleep, the liver gets a chance to detoxify and repair itself. This process helps the liver function optimally, which in turn, supports efficient metabolism. Proper sleep also regulates hormones that control hunger and energy use, helping to maintain a healthy weight and overall well-being.

It's important for everyone to understand the role of the liver in metabolism and overall health, which is the key to effective weight loss. By adopting a few healthy eating and lifestyle habits, you can support your liver, boost your metabolism, and achieve your weight-loss goals.



HEALTHY LIVING
DEEPIKA RATHOD

Chief Nutrition Officer, Luke Coutinho Holistic Healing Systems. The writer is a clinical nutritionist with a focus on healthy lifestyle choices.



ARIES
(Mar 21 - Apr 19)

Starting a new life and finding a purpose is the highlight of the week. With a forgiving heart and a compassionate review of the past, you are now ready to embark on the journey of success. Your dreams are going to be fulfilled. Your love for beautiful things in life will make you purchase a house, car, or a piece of jewellery. Lucky colour: **White**



TAURUS
(Apr 20 - May 20)

An announcement about relationships or the success of your children is on the cards. Release yourself from what holds you back. It's time for physical, emotional, and mental detox. Lack of self confidence can leave you a tad demotivated. You will have the love and blessings of your family, which will help you sail through the difficult times. Lucky colour: **Sea green**



GEMINI
(May 21 - June 20)

With the new resources of money, time, and support, this is indeed your lucky week. A change in job or promotion is on the cards. You have the ability to accomplish many things at once, follow your creative passion. Good teamwork will lead to great results. Through hard work and sincere dedication to your job, your dreams will be fulfilled. Lucky colours: **Salmon pink, light pink**

Angel Calendar

This weekly column is based on angel oracle guidance and numbers



AALIYAA H JARIWALA

Chaldean numerologist, Angel oracle guide & healer



LIBRA
(Sep 23 - Oct 22)

A situation has ended, and you are finally free. New opportunities for happiness will follow. Put the past behind you. This whole situation has made you more spiritual and religious. The search for meaning in life will guide you towards wise teachers, gurus, and friends. Consider taking an alternative approach to a situation. Lucky colours: **Sky blue, mauve, and yellow**



SCORPIO
(Oct 23 - Nov 21)

A happy announcement regarding your relationship status or good news regarding your children will lead to great celebrations. Follow your creative passion, as you are now ready for challenge, excitement and adventure. For those who are fighting a legal battle, do not give up, as the ruling will be made in your favour soon. Do not take the forbidden path. Lucky colours: **Beige, golden**



SAGITTARIUS
(Nov 22 - Dec 21)

Kind-hearted spirits create something wonderful for a lifetime together. Don't give up on those you love, as it's a blessing. A committed romantic relationship will sweep you off your feet. Through powerful psychic insights, prayers, and meditation, you will receive messages from the divine. Be at peace, as you are on the right path. Lucky colour: **All shades of blue**



CANCER
(June 21 - July 22)

Committed romantic relationships will sweep you off your feet. Situations or topics that make your heart flutter will make you realise how important the presence of this person in your life is. You will be free from a difficult situation. New opportunities for happiness will follow. This will be a special moment. Lucky colour: **All shades of green**



LEO
(July 23 - Aug 22)

Stand up for what you believe in and claim your personal power with confidence. It's time to take action for a great cause. Something that you are very passionate about will demand your skills and time. Though you instinctively know what to do in this situation, keep your spirits high and your sense of humour alive. Lucky colour: **Orange**



VRGO
(Aug 23 - Sep 22)

Every problem has a solution. You need not go through your current challenges alone. Negative thoughts can create self-fulfilling prophecies. Your plans will work out the way you have manifested; professional and financial success is guaranteed. Use your resources wisely. Be grateful to the universe for the divine gift, as you will be bailed out from a situation. Lucky colour: **Off white**



CAPRICORN
(Dec 22 - Jan 19)

There is so much to accomplish in life. Make a detailed plan, as you are being watched over by someone kind. Stand up for what you believe in, have confidence in yourself, and claim your personal power. There is a better course of action available for you. Be careful, as there is danger ahead for those who are trying to use the forbidden path. Lucky colours: **Grey, dark blue**



AQUARIUS
(Jan 20 - Feb 18)

It is time to act upon your plans, as your creativity will be rewarded with abundant resources. Balance your work life with a great sense of humour. Working multiple jobs or projects can be a little tiring. However, with good family support, great health, and the blessings of the divine, you will be able to accomplish many tasks at once. Lucky colour: **Teal green**



PISCES
(Feb 19 - Mar 20)

Detox your body, mind, and soul. Everything happens for a reason, so release any regret and embrace the opportunities for happiness. Search for the silver lining. Messages regarding relationships or social invitations will make you do a lot of self-introspection. Your great intuitive insights will guide you. Lucky colour: **Emerald green**

music

in conversation

LOVE ON LOOP

As singer Jasleen Royal's new release, *Assi Sajna*, gives a new shade to love in her ever-expanding saga of love anthems, she reveals all about the making of the song, its music video, friendships, biggest musical influences and more...



Jasleen Royal

WE MADE US yearn for a loving relationship with *Sang Rahiyo*. We crooned to the magical *jugalbandi* of love with *Heeriye*. We also witnessed love transcending ages and periods of history in the form of heartfelt memories with the soulful score and vocals in *Dastoor*. Along with her Bollywood releases, there is no question that with each release, singer-songwriter, music producer, and 'queen of wedding anthems', Jasleen Royal, has hit it out of the park.

This time around, Jasleen explores the realm of love with a slightly different approach. One that focuses on self-discovery, self-love and the journey of life. *Assi Sajna*, the latest independent release from the crooner, is a vibrant song narrating the story, which she says, is 'for everyone with a little bit of wanderlust and love in their hearts'. In our conversation, we dive deeper into understanding the song's inspiration, her experiences from its production process, her love for the collaborators that she works with, her acting process, and much more.

The perfect summer song

Jasleen opens up about how the song was conceived a year back, and how she perceives the themes and message of the song. "The song was conceived and composed a year ago. In my head, it is the perfect summer song. It's all about loving small things in your life. That's what it makes me feel like — enjoying that good cup of coffee with your friends, going on a road trip with them, listening to your favourite songs. Or the song can also be about doing nothing — maybe spending time with your dogs or reading that favourite book of yours. It makes me feel all of these things," she highlights.

For the singer, shooting the video of this song was a reflection of what she internally felt about the lyrics (sculpted by lyricist Aditya Sharma). As she reflects on the beautifully shot frames of the music video, she recalls walking down the streets of Bangkok (the backdrop for the character in the music video). "I love the walk that I take in Bangkok's Chinatown. It felt like somebody was coming into their own," she expresses, adding, "We all go through ups and downs in life. So the song is like a reminder to do the little things that lift your spirits, slowly evolving yourself out of sad moments."

The experience of creating this song and producing its music video was made all the more memorable for Jasleen, as it felt like a bunch of friends travelling together. But the crew did face some challenges as she points out, "Working on the audio was challenging, frustrating, and fun, all at the same time (*laughs*). With Intense (music producer), who lives in Vancouver, there was always a 12 to 13-hour time

difference. Either I would be super exhausted or he would be zonked out. The process was indeed frustrating, but it became funny towards the end. It was also an interesting experience because I have mostly worked with people locally, in Mumbai."

Revisiting love

Jasleen's recent additions to her discography are filled with the exploration of different iterations of love stories. Be it the sizzling chemistry with Dulquer Salmaan in *Heeriye*, along with the featured vocals of Arijit Singh, or the innocent yet strong force of romance in *Dastoor*, Jasleen currently seems to rule the channel of the love anthem. With this new pop number added to her repertoire, we prompt the singer to let us in on her opinion of what makes this subject worth revisiting. She highlights how love is present in different shades and how her personal experiences also pushed her to revisit such themes. "*Kho Gaye Hum Khahan*, earlier on in my musical journey, was a song that was all about companionship, friendship, and love related to such relationships. *Sang Rahiyo*, on the other hand, was all about the initial stages of love, and the vulnerability of being very sensitive to the other person's comments, essentially being able to be your complete self in front of somebody. *Ranjha*, on the other hand, was a breakup song — not about my breakup, but my best friend's," she clarifies quickly. She further reflects, "I tend to feel things deeply and have a lot of empathy. So sometimes I do tell other people's stories through my songs. And this song (*Assi Sajna*) is just about loving life. Life has everything in it — romantic love, friendships, favourite food, favourite spot, favourite travel buddy, etc. *Assi Sajna* captures all these forms of love."

Jasleen, the actor

We all know about the musician Jasleen Royal, but it is the actor Jasleen Royal who's been secretly acting each music video release. She has had brilliant chemistry with her co-actors in her recent releases, so we ask her who else from Tinsel Town is about to join the 'Jasleen Royal Music Video Cinematic Universe'. After a light chuckle, she teases us. "Very big surprises are coming your way, but just give me a month or two before that. It will be worth the wait, I promise!" she signs off.

—Pranav Shriram
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SOUNDS OF DESTINY

As Indie rockstar Raman Negi releases his new song, he reveals that his upcoming second album is going to be the culmination of his identity as an independent artiste

“

You will grow as an artiste only if you get out of your comfort zone

SINGER AND SONGWRITER Raman Negi has become a household name among rock music fans across the country. His stint with the popular band *The Local Train* has marked his prominence as an iconic voice in contemporary Indian rock music. Raman is one independent album old (*Shaksiyat* — released in 2023) and is now gearing up to release the first single, *Kismet*, from his second album. We chatted with him ahead of its release today and learned about the themes he explored with this song, how his second album will stand out, and more.

“The sound of this new album is going to be different from my first, *Shaksiyat*. *Kismet* is going to be the single that will introduce this album, which we’re planning to release in September. It will have eight tracks, and this song captures the feeling of being grateful when you meet some cool people — those who support you in your journey and life,” he says, adding, “After *Shaksiyat*, I did not stop writing. I kept writing new material, and I zeroed in on this album. With the song, I’m try-

ing to explore new sonic spaces for the album, and that’s something I have never done before.” Raman further reveals that this song and album are the culmination of his identity as an independent artiste.

Discussing how this album will stand out when compared to the first, he explains, “*Shaksiyat* was very inward-looking. Through the album, I figured out what my true voice is. With the second album, the themes that I explore are more outwardly. It is about how I look at the world and my take on people, fame, society, relationships, and moving on. I feel like I have fallen into a different type of songwriting with this album, and in that scenario, as I explore the world, I also look at what my stand in it is and how I feel about what others think of who an artiste really is.” He assures us that the album will explore a different type of storytelling and sound, which are his major motivating factors.

“The whole point of me venturing out by myself was to explore my voice as an independent artiste, in order to explore my potential. Congruence can only come when you have put yourself in different situations as an artiste. You will grow as an artiste only if you get out of your comfort zone,” he adds.

Read the full article on indulgexpress.com and stay tuned for the full conversation on *The Indulge Podcast on Spotify*. *Shaksiyat* releases today on YouTube and other audio streaming platforms.

—Pranav Shriram

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Poster of the song



Poster of the album

upcoming

When science is the muse

Starcracker’s Akhila Ramnarayan illustrates how their next release, *Bismuth*, is a tribute to Oliver Sacks

AS CHENNAI SCHOLAR and musician Akhila Ramnarayan finished reading Oliver Sacks’ third essay, *My Periodic Table*, an idea to write a song around the same, sprung up in her mind. Intertwined in thoughts about the acclaimed late author and neurologist, the periodic element of bismuth (the subject of focus in the essay) and more, Akhila, part of the musical duo Starcracker, which also features musician Doug Carraway, has co-written a song titled *Bismuth* with Doug, as an ode to Oliver and his literary piece. Ahead of the single’s release, along with the release of a subsequent podcast episode exploring the song and its subject, we chat with Akhila about the song, what it means to her, the musical treatment that they’ve gone for, and more. **Excerpts:**



Akhila Ramnarayan

his loved ones, bismuth, the universe — as much as I was singing in my own. It was transformative.

How does *Bismuth* reflect the themes of the album *Day is Night*?

Bismuth explores the life of the mind and heart, the power of a roving imagination providing respite from life’s repeated blows, drudgery, and the things that divide us on a fractured, wounded planet. It grapples with the inevitability of old age, disease, and death, but reminds us of everything is interconnected. I think you’ll find these sentiments expressed in different ways throughout the album, though it traverses a range of genres — alt-pop, indie rock, and folk.

Can you describe the sonic treatment for this song?

Bismuth is a standout single, and Doug knew it the moment he heard the initial draft I sent him. As far as the melody goes, I’m never sure which part of my brain (Carnatic or rock) leads in the act of writing. I knew I wanted the singing to be pristine, as close as I could get to MS Subbulakshmi’s voice when she held a plain note. From a production standpoint, this song is eerily minimalist compared to the other tracks on the record, but still took a lot of work. Doug decided to eschew the usual bass-drums-guitar and go for a “vocal and ethereal elements” treatment.

Bismuth will be out on all audio streaming platforms on July 9.

—PS

Tell us about the lyrics of the song. How do the extracts from Oliver Sacks’ essay tie into it?

I wrote the lyrics for *Bismuth* in May 2023, the day I read four essays by Oliver Sacks written after his cancer diagnosis. The lyrics of the song are inspired in particular by the third essay, *My Periodic Table*, in which Oliver writes about the element bismuth — which is often overlooked, he says, by metal lovers. To Oliver, the periodic table represented permanence in the face of life’s transience, as did the night sky “powdered with stars” (John Milton’s phrase, as he tells us). I was struck by the beauty of his mind and imagination, the deeply felt love that flowed from his pen (he wrote by hand) towards all animate and inanimate things at a time when he knew his days were numbered. It felt vital and urgent to commemorate 83, bismuth’s atomic number, and the year Sacks never lived to see. I felt like I was interleaving many voices in the writing — that of Sacks,



Doug Carraway



Raman Negi

passing by

A HEARTFELT REUNION

Shilpa Rao shares her love for Chennai during her recent visit to the city

Shilpa Rao has become a household name, thanks to her ever-evolving range of songs. Her discography has transitioned into a diverse repertoire with a myriad of styles, tunes, subjects, and lyrics, but it has often been her voice that has captivated her listeners.

The Grammy nominee, who's known for hits like *Khuda Jaane*, the *Coke Studio Pakistan* hit *Paar Chana De*, and more recently, *Besharam Rang* (from *Pathaan*), and *Ishq Jaisa Kuch* (from *Fighter*) and more, has also aced it in Tamil, with her biggest song being *Kaavaalaa* from *Jailer*. The singer recently visited Chennai for an event, and we caught up with her know more about her relationship with music, the city, and interesting memories. Excerpts from our chat:

How would you describe your relationship with Chennai and the Tamil culture?

The most important connection I have with Chennai and Tamil music is when I started listening to (AR) Rahman *saab's* music since *Roja* (1992).

Is there something in Chennai you've always wanted to do but haven't gotten around to, yet?

I think I have always wanted to come to Chennai, go to the beaches, and keep eating food non-stop, and do nothing else.

After working with big names from the Tamil film industry like Anirudh Ravichander, who

are the artistes from the city you would like to collaborate with?

Sai Abhyankar and Ady Kriz.

How easy or difficult is it to switch between languages as you prepare for one hit after the other?

It's not easy. I am not as equipped, but then I have to give it to the composers I have worked with. They've helped me while switching languages for songs.

What do you like the most about the Tamil audience?

They are very open-minded about any form of music that is prevalent here. The Tamil music industry is so experimental. New songs and sounds are being invented, and they are gobbling it up and dominating trends so well.

Any interesting memory from a time you have performed in the city?

I had come to Chennai when *Kaavaalaa* from *Jailer* was released, to do some promotional interviews for the same, and suddenly, everything felt like it had gone through a paradigm shift. The way people received that song and the way they expressed their love for it were amazing. It was physically draining, but in my mind and heart, I was immensely fulfilled and energetic. So, lots of love for all the Chennai people!

Have you considered venturing into music composing as well?

I feel that if, in this lifetime, I can be a great singer, that will be plenty. I'm focusing on being a great singer and artiste right now.

What are your upcoming projects?

There are some amazing independent projects that I'm working on. There's some film music also coming up. I hope you will love them too.

—Pranav Shriram

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Rapid fire:

A favourite dish in Chennai:
Filter coffee is the best.

Your top five favourite films of all time:
Guide, *Sadma*, *Maachis*, *Chashme Buddoor*, and *Lootera*.

Your ideal date plan for the weekend:
Sitting at home, having pizza with Ritesh (Krishnan) and watching something nice.

Your preferred outfit for a Sunday outing:
I like kurta-pajama. I think that's a very comfortable outfit.

Songs that have been on loop in your playlist, recently:
Gulon Mein Rang Bhare has always been on a loop for me since I was a child.

Do you have any new Tamil songs coming up?
Something is coming up shortly and I hope y'all love it.

Shilpa Rao



Rave for the week

Put on your best white-coloured drip, because this dress-code themed rave is going to blow your socks off! Headlined by rising EDM and techno artiste, Axl Stace aka Ankur Sharma, the line-up of this show, titled *All White Party*, is going to turn on a revelling mood for you this weekend. Having performed on platforms like *Afterlife* and *Tomorrowland*, Axl is sure to light up the stage and get you grooving. The show is also going to feature artistes like Kishy, Siddharth Raheja, and more. ₹1,499 onwards. On July 6, 8 pm onwards. At The Park, Nungambakkam.



A musical evening

Veena exponent Rajesh Vaidhya and his orchestra are all set to perform live in the city this weekend. Music buffs, immerse yourself in the world of music as he performs the hit chartbusters of music maestro Isaignani Ilaiyaraaja. ₹500 onwards. On July 7, 7 pm. At Kamarajar Arangam.

The professor returns

Kenny Sebastian returns to India after a successful world tour of his comedy special, *Professor of Tomfoolery*. He is on the last leg of the tour. And if you haven't already witnessed the ace comedian sharing his two bits on various topics, like familial relationships, relationship with friends, and more, catch him live in the city this month. Kenny promises to pull no punches on this chuckle ride of an evening. ₹799 onwards. July 21, 3.30 pm & 8 pm. At Sir Mutha Venkatasubba Rao Concert Hall, Harrington Road.





art

INDULGE

THE NEW INDIAN EXPRESS
FRIDAY, JULY 5, 2024 | CHENNAI

Art works from the collection

showcase

THE UNKNOWN IS always more enticing, more inviting, and more promising than what we already know, have seen, or lived. It is the unknown that whispers sweet nothings into our ears, and we feel drawn to explore what it has to offer. As Paulo Coelho said, "Life always waits for some crisis to offer before revealing itself at its most brilliant." Drawing inspiration from Paulo Coelho's book, *Eleven Minutes*, artist Sujil S has ventured into the realm of the unknown with *Whispers of Wonder*, and we speak to the artist to know more about it.

What is *Whispers of Wonder* all about?

Whispers of Wonder is a compelling collection of gouache and water colour on paper paintings that delves deep into the existential quest for meaning in life and self-discovery. Each artwork in the collection represents a step in this journey, revealing how our pursuit of understanding leads us from one revelation to the next, forging a path forward. The collection is inspired by questions about who we are and where we come

NOTHING LASTS FOREVER

This collection showcases the artist's evolved vision and the enduring power of art to heal, inspire and connect us all



from, capturing the essence of our quest for understanding and the truths that define our lives.

When did the idea come about and how did you go about creating the series?

The concept behind *Whispers of Wonder* is rooted in my profound

curiosity about life and self-discovery. Driven by myriad questions, I immersed myself in literature that resonated with these inquiries, gradually uncovering answers that shaped the essence of this collection. Each artwork is a testament to my ongoing exploration of existential themes, capturing the journey towards understanding and the enigmatic beauty of our existence.

Please tell us about the colours, and medium you have used.

Drawing inspiration from Daly's concept of using colours to convey emotions, I believe that the essence of each artwork lies not only in achieving technical perfection but in the emotion it evokes and the connections it fosters with viewers. Embracing watercolours

as my preferred medium, I find comfort in their expressive capabilities, which enable me to communicate my intended messages with clarity and depth.

What does *Whispers of Wonder* intend to convey?

It embodies a continuous quest for truth, where I delve into my personal history to uncover meaningful insights. Each piece reflects this introspective journey, resonating with themes of self-discovery and existential inquiry. The artworks not only provide answers but also provoke further questions, prompting viewers to engage deeply with their own narratives and perceptions. In this way, the collection serves as a nuanced exploration of how answers and questions

intertwine, guiding us towards a deeper understanding of ourselves and the world around us.

Entry free.

On till July 13, 3 pm to 6.30 pm.

At Apparao Galleries,

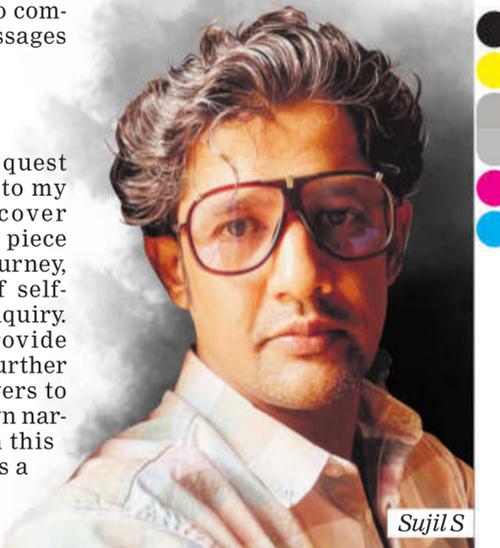
Nungambakkam.

—Rupam Jain

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@rupsjain



Sujil S

preview

Freeze a moment in time...

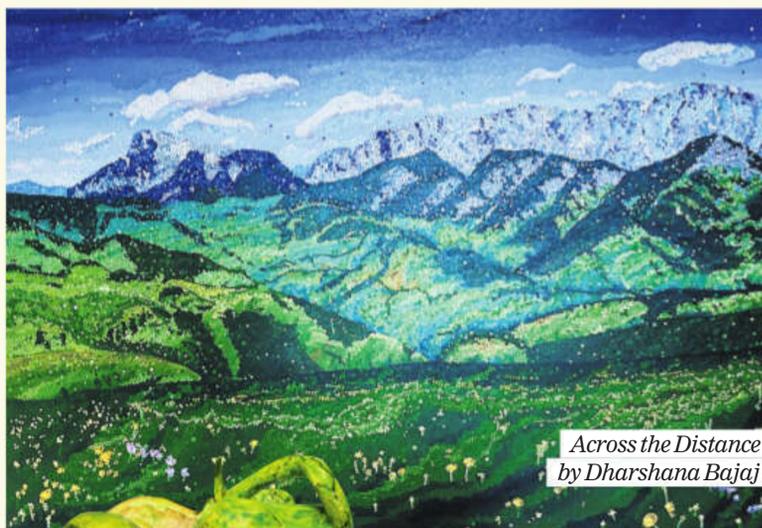
What's finite and what's infinite? This exhibition explores all of it and more



"INFINITY IS A concept of thought. It is testimony that the intellect can overcome limits and boundaries. Human experience is finite and limited by its nature. Infinite space offers a dramatic rethinking of the physical world, the mountains, forests, oceans, galaxies, and urban and rural spaces that offer creative potentialities," says Dr Ashrafi S Bhagat, an art historian and critic, who has curated *Finite versus Infinite*, an exhibition featuring 12 diverse young artists from Tamil Nadu — A Thalamuthu, Dharshana Bajaj, Jagath Ravi, Maanas Udayakumar, Namrata Arjun, Prithvi Raj Rajendran, R Gokul Raman, Ramkumar Kannadasan, Rohini Mani, Sarath Kumar S, Sreelakshmi K S, and Unnamalai Annamalai.

"The concept of *Finite versus Infinite* will explore these varied realities that would also allude to social, political and artistic culture from the perspective of the artists' experiences," he adds.

Participating artist Dharshana Bajaj plays with atoms in her work. "Our bodies are finite, but we are made of an infinite number of atoms. It boggles the mind to conceive how many exactly, consider-



Across the Distance
by Dharshana Bajaj



An untitled work
by Thalamuthu

ing that one hair on my head may be composed of millions of carbon atoms! Surely, the world is not really what it seems. Going by the tenets of Quantum atomic physics, all forms are illusions, she says, adding, "The attempt to fill my canvas with perfectly shaped, infinite dots is time-consuming, but it emphasises the value of each moment in time and of every atom in space that jostles and dances with the others around to form this magical, magnificent, mystical universe of

which we are all a part of."

On the other hand, Gokul Raman says his attempt is to explore the extraordinary relationship between finite and infinite environments of nature and humanity. "With each expression, I meditate on the delicate balance between the fleeting and eternal. I am drawn to the finite beauty of the natural world — sunlight, water, earth, and air. Yet, within these finite forms, I recognise the infinite depths of existence, the timeless patterns that echo through the ages. Through soil painting and wood carving, I strive to capture this contradiction, to freeze a moment in time while also hinting at the eternal rhythms that pulse beneath the surface," he says.

Through varied emotions of excitement, laughter, confusion, anger, sadness, and joy, which have its defined limit, Maanas Udayakumar attempts to make it boundless "when self-doubts and anxiety are removed to mark my moments as memories of having lived and to look forward to fresh beginnings."

Entry free.

July 7 onwards, 10 am to 6 pm.

At Varija Art Gallery,

Dakshina Chitra Museum,

Muttukadu.

— RJ



Thriller: Sunny

The series stars Rashida Jones as Suzie, an American woman living in Kyoto, Japan, whose life is upended when her husband and son disappear in a mysterious plane crash. As 'consolation' she's given Sunny, one of a new class of domestic robots made by her husband's electronics company. Both gradually develop an unexpected friendship and uncover the dark truth of what really happened to Suzie's family. July 10. On Apple TV+



Drama: Malayalee from India

Gopi (Nivin Pauly) lives carefree and indulges in political antics, often landing himself in trouble. His friend Malghosh (Dhyan Sreenivasan) stands by him through thick and thin, actively participating in his misadventures. An incident results in violent clashes between the Hindus and Muslims in the village. To safeguard Gopi from the police and the violent mob, he is sent abroad to work, which changes him completely and he returns as a matured person. Language: Malayalam. July 5. On SonyLIV.



Romance: Magic Mike's Last Dance

'Magic' Mike Lane (Channing Tatum) takes to the stage again after a lengthy hiatus, following a business deal that went south, leaving him broke and forcing him to take up bartender gigs in Florida. Mike heads to London with a wealthy socialite (Salma Hayek Pinault) who lures him with an offer he can't refuse and an agenda of her own. Once Mike discovers what she truly has in mind, will he and the roster of new dancers pull off a performance of a lifetime? July 10. On Netflix.



Comedy: Sam Morril: You've Changed

This one-hour special comedy show by Sam Morril, sees the comic in his distinct laid-back style, riff effortlessly on the worst person he's ever dated, the complications of getting older and his perspective on everything from cable news to the perils of social media. July 9. On Amazon Prime Video.

Documentary: Faces of Climate Resilience

This documentary by the Council on Energy, Environment and Water (CEEW) captures voices from some of India's most climate-vulnerable regions, such as Kerala, Maharashtra, Odisha, Rajasthan and Uttarakhand. It highlights how individuals and communities are adapting to the climate crisis and building resilience. Language: Hindi. July 5. On Disney+ Hotstar.



Action: Vikings Valhalla (Season 3)

The final season of this historical fiction series premieres next week. It follows a new generation of legendary heroes a hundred years after the Vikings on the History Channel. As tension arises between the Vikings and the English in the early 11th century, these characters must fight for their own beliefs, territory and legacy. In the final season, audiences will continue witnessing the saga of Leif, Freydis and Harald seven years after Season 2, introducing new challenges and characters. July 11. On Netflix.

Comedy: Just Pass

After his retirement, Principal Dalwai, opens a college to educate and motivate average students to pass with flying colours. The film highlights the fact that how difficult it is for students with passing marks to get admission in good colleges even if they are willing to pay donations. The cast includes Shri Mahadev, Pranati BG, Sadhu Kokila and Rangayana Raghu, among others. Language: Kannada. July 5. On BookMyShow Stream.



hot
stuff

Gadget
Review

OnePlus Nord
CE4 Lite 5G

The Nord range of smartphones is hands-down some of the best at their price points and comes with novel features that provide incredible value. The new OnePlus Nord CE4 Lite 5G aims to provide a great photography experience, battery life, and a smooth experience in a single package. Having used this device for over three weeks, I've come away mighty impressed in several areas. For one, battery life is great (almost 40+ hours on mixed usage), the screen is bright and responsive (2100 nits AMOLED and 120Hz), performance is on point for regular usage (SD 695 5G Mobile Platform with up to 8GB/256GB), Photographs are sharp, clear, and exhibit good colour (Sony LYT-600 Camera with OIS), and Oxygen OS 14 is currently one of the best operating systems with a whole gamut of useful features. If you're looking for a comprehensive smartphone that is priced reasonably and covers all the bases, this is it. oneplus.in



₹19,999



₹1.60 lakh

ASUS Zenbook Duo 2024

The ASUS Zenbook DUO (UX8406MA) is an outstanding piece of equipment and easily one of my favourite dual-screen laptops this year. It can be used as a regular laptop or a desktop/dual-screen device, thanks to twin 14" FHD+60Hz OLED touchscreens. The Zenbook Duo also comes with a versatile backlit keyboard with touchpad, which is detachable. Weighing only 1.35 kg, the all-metal design conforms to MIL-STD military standards. The DUO's screens are crisp, clear, and bright with 100% DCI-P3 gamut and 500-nits brightness. Performance is top notch, thanks to Intel Core Ultra 9 processors with Intel Arc iGPU and AI Boost NPU. The device also has multiple ports, including thunderbolt, HDMI, USB, and 3.5mm. Connectivity options include BT 5.2, WIFI 6E, and a FHD webcam. Harmon Kardon sound is excellent for movies, games, and OTT. If you're looking for multitasking or specifically a dual screen laptop, I can't think of anything better currently! in.store.asus.com

Truke Buds Freedom

Truke's latest ear buds – Buds Freedom – are part of an exciting new category termed OWS (Open-ear Wireless Stereo). These OWS look unique and are very comfortable to wear, thanks to the Open ear design, which doesn't block the ear canal, ensuring all-day-long comfort. I found them extremely comfortable to wear, especially with the skin-friendly ear hooks to keep them in place. These OWS are outstanding for sports activities, while riding a two-wheeler, and generally when you wish to be aware of your surroundings. Sound quality is very good, courtesy, 16mm Beryllium drivers and quad Mics with PureVoice ENC for calls. The 500 mAh battery lasts for a really long time (8hrs). BT 5.4 ensures instant pairing and longer ranges from the source. Voice Assistant support for Siri and Google is also built in. Exciting! truke.in



₹1,999

Ambrane
Aerosync Duo

Ambrane's Aerosync duo charges your phone wirelessly and manages to charge your (wireless charging compatible) Airpods without taking up much space. With a total output of 20W (15W for Magsafe compatible devices or 7.5W for Qi-enabled plus 5W for Airpods), the Aerosync Duo is elegant and fits on a desk seamlessly. Equipped with SafeCharge tech, AeroSync Duo ensures safety against over-voltage, over-current, overheating and short circuiting for reliable operation. ambraneindia.com



₹2,999



GADGET
BOY

Is there a shiny
new gadget
you'd like to tell
us about?
Mail ashokpandian@gmail.com



₹1 lakh

Porsche
Design P8952

These P 8952 Iconic Curved sunglasses from Porsche Design are inspired by the 911 Turbo. The cool looking sunglasses come with polarised technology (VISION DRIVE) built into their lenses to destroy glare and special AR coatings to eliminate reflections. The P8952 uses aluminium, and patented RXP to underline the striking analogous design of the air intakes on a 911 exterior. Limited to 911 units. Porsche-design.com



₹32 lakh

Ressence Type 5 L

The new Type 5 L from Ressence comes with an incredible dial filled with blue and green Super-LumiNova for a striking appearance in low light. Functions include hours, minutes, and a 90-second runner along with Ressence's unique oil filled dial (enhances legibility). Forged from Grade 5 titanium, the watch is incredibly strong, yet light. ressencewatches.com

Connected
hydration

This smart wearable, worn on the arm, measures sweat loss, electrolyte loss, and skin temperature, providing alerts and information to the wearer to proactively hydrate. It connects to a mobile app, which provides hydration action plans as well as reminders to hydrate. If you're spending much time outdoors, especially in hot environments, this device could come in handy. Price on request. epicorebiosystems.com



Ashok Pandian
@ashokpandian

fast track

PACE OF PACE

Chennai's racing star Padhmini Mohan Nair Soorya is a track legend as his natural gift for acing the circuit comes in handy while participating in both national and international racing

PADHMINI MOHAN NAIR SOORYA is today a track legend, though he started racing only at the age of 23, and that too because his friends convinced him to! *Indulge* talks to the budding champion, understanding his passion for motorcycling and how he came to be chosen for a major oil company's international training programme. Excerpts:

Did you always plan to be a professional motorcycle racer?

I was always fascinated by motorcycles and was a keen rider. Initially, I had joined quite a few clubs and was doing regular stuff like riding and chilling or going touring with a group of like-minded friends. And then one day, I came to the track at MMRT, and I loved it, and knew that this was what I wanted to do.

How did the Castrol POWER1 Challenge selection happen?

I saw their advertisement on *Instagram*, and a close friend encouraged me to sign up. The programme sounded exciting, with finalists being taken to Europe to train with the LCR Honda team. I saw this as a good opportunity to both showcase my skills, and at the same time, hone them better under the guidance of experts. I am also proud of the fact that they initially had over 10,000 applicants, out of whom 250-300 qualified, and 80 were shortlisted in Coimbatore. Finally, three were selected, and I am proud to say that I stood third in the overall championship. I am excited about going to Europe for further training.

What are your expectations with this training?

As I mentioned before, the Castrol Honda LCR MotoGP



team, based out of Europe, is one of the premier teams out there. The idea is to get proper motivation and training. This is very important because you must realise that, as a nation, we are lagging behind in some aspects of motorsports, like bike racing. In other Asian countries like Japan, Malaysia, and Indonesia, there is a lot of government support, including sponsorships, because money is the major limiting factor here. Whether it is prepping bikes, getting parts, and almost any other R&D process, is hugely expensive. Plus, in many countries, kids start training

What is your ambition?

My main goal is to go international. I do believe that I have the talent to ride well, and with a bit of proper training and guidance, I can surely make my country proud. I would like to show my skills and capabilities, and prove what I can do. I would of course, have loved to do a MotoGP. But even then, I do understand that age is not on my side, but even then I know I am a good rider and can take the podium in many international races and put India on the top steps of racing. I have had many podium finishes in my current racing in India. Getting podium finishes is a way to get sponsorship and funding, and this could be the pathway to success. My podium finish and subsequent selection for Castrol POWER1 is surely a dream come true, and I would like to thank Castrol India for this.

Any message for aspiring riders?

Yes. I would like to say that if you are passionate, do not race on public roads. Go to the track, always wear protective gear, and prove your worth. Today, things are different. If you are really good and show talent, you will surely be picked up and trained from there on, and the opportunities are immense. Everything will be taken care of, but please do not race on the road.

— Ranojoy Mukerji

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British Grand Prix

George Russell and Mercedes put on the perfect weekend show and were rewarded with an exciting victory for their effort

MERCEDES AMG PETRONAS are well and truly back to the front of the pack. In three successive races, they've been on the podium thrice, and have sealed P4 in all.

They're the highest scoring team in the last three rounds of an intriguing 2024 Formula One season. We've had five different drivers and four different teams win the first half of the calendar.

And after 11 rounds, although Max Verstappen and Red Bull Racing are still leading both championships, every round of late has been an exciting fight to the finish.

Race winner in Austria, George

A fine performance



Russell, came into the weekend extracting maximum performance from the Mercedes W15. A car that was not so long ago condemned for its uncompetitiveness.

Then suddenly, the team from Brackley unlocked some amaz-

ing performance with successful upgrades to the overall package. Russell finished the Sprint in P4 and was always a likely podium finisher with Verstappen in a clear P1 from a chasing Lando Norris in P2.

Russell was about 13 seconds down the road behind the lead pair but sensed a chance of a win in case the two protagonists up ahead clashed. And boy, did that happen!

When Red Bull released Verstappen after a rare delayed pit stop, he rejoined the race just ahead of Norris, although he had built up a comfortable 7-second gap.

The McLaren of Norris was filling Verstappen's mirrors continuously until the Dutchman decided to race tougher than needed against his good off-track buddy.

Norris was caught out when Verstappen first moved his car a few times in the braking zone, almost causing the McLaren to crash. Norris wasn't happy.

"All three times he's doing stuff, which can easily cause an incident. And in a way, just a bit reckless, he seemed like a little bit desperate from his side," said the young Brit searching for his second ever win.

When Verstappen defended

aggressively and caused punctures to both his car and Norris, their race was virtually over. Max threw away what could've been his fifth win at the Red Bull Ring in front of 300,000 adoring Dutch fans!

The race came to Mercedes and George Russell. Oscar Piastri and Carlos Sanz inherited P2 and P3, respectively.

It's Russell's home race next. But it's Lewis Hamilton's and Lando Norris' too! The Battle of the Brits is up next at speedy Silverstone.

Another fine performance is on the cards, don't miss it for the world!



AJIT DEVADASON

The writer, an F1 enthusiast covers the 2024 FIA Formula One Championship exclusively for *Indulge*.

Round 12 | Silverstone | Sunday,
July 7th, 7.30 pm | LIVE on
F1TV & FanCode App

touring

TRAVERSING CONTINENTS

Super luxury is the only way certain gentlemen (and women) prefer to travel. To give their style a drive, this age-old luxury car maker has launched a unique proposition as a facelift to its earlier model

BENTLEY MOTORS STATES that it is proud to reveal the fourth generation *Continental GT Speed*, following in the 21-year tradition of the Continental GT family by redefining the ultimate blend of supercar performance, handcrafted luxury, and everyday usability.

While many may be familiar with the current shape, a few changes have been incorporated to make this car more up-to-date. Adding to these changes are potent engine changes, making this superfast tourer even faster, especially with the new hybrid powertrains. The old W12 has long gone, and in its place, is a 4.0-litre V8 combined with a 190PS electric motor. This means a combined 782PS and 1,000Nm of torque, resulting in a 0-100 km/h acceleration time of 3.1 seconds and a top speed of 335 km/h. The power is delivered via an eight-speed dual-clutch transmission and an electronic limited slip differential (eLSD) to all four wheels for exceptional power delivery and reliable traction in all conditions. However, power is nothing without control, and to handle all this power, there is a new chassis, with two-chamber air springs paired with new dual-valve dampers, along with Bentley DynamicRide (48V active anti-roll control), eLSD and torque vectoring. Good body control and very good ride comfort are the results, supported by a 49:51, rear-biased weight

distribution for the first time in the car's history. This is the first mainstream Bentley with single headlamps since the 1950s.

For the first time in the history of this car, the convertible Continental GTC is being launched concurrently with the coupe — providing ultimate flexibility for customers who appreciate both open topped and closed-roof motoring. Play (shown in the driver's instrument panel) supports and enables driving in semi-assisted mode, providing feedback to the driver on how the car is responding to other vehicles. The vehicle's understanding of the surrounding environment allows for Intelligent Park Assist — the latest generation self-parking system with speed control. The technology is not just limited to driving aspects. The air conditioning system has been revised to increase cabin wellness, including air ionisers, a new particulate matter filter, and displays showing air quality outside and inside the vehicle. The new convenience features will make every journey a more relaxed experience and can be tailored to reflect customers' personal preferences. The system also synchronises with the car's satellite navigation, knowing when it might be necessary to improve cabin air quality (for example, by recirculating cabin air when in a tunnel).

A choice of three audio systems is offered in the Continental GT. The standard system features 10 speakers and 650 Watts, while a Bang & Olufsen 1,500 W, 16-speaker system with illuminated speaker grilles is aimed at lifestyle-oriented customers. A Naim 2,200 W, 18-speaker system with Active Bass Transducers built into the front seats and eight sound modes is offered for the true audiophile.

The new Bentley Continental GT surely continues to be one of the finest Grand Tourers available in the world. Available for pre-order in India now, but then you would not embarrass us by asking the price, would you?

Price on request.

— Ranojoy Mukerji

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@ranojoy



The week that was



• Hyundai Inster

Hyundai has unveiled the all-electric *Inster*, a new A-segment sub-compact EV. It has a LED daytime running light signature, pixel-graphic turn signals, a tail lamp, and bumpers. Inside, *Inster* provides enhanced technology and convenience with a 10.25-inch digital cluster, a 10.25-inch infotainment touchscreen with navigation, and a wireless charging dock that forms part of a compact center console designed to create a greater sense of spaciousness. Expect a launch by the third quarter of 2025.



• Faast F4

Okaya's e-Scooter, *Faast F4 b*, is iCAT certified. With a range of 140 to 160 km per charge, it is capable of travelling long distances without the need for frequent recharging. Additionally, it has a top speed of 60-70km/h, making it ideal for riding on city streets or the highway. It is also equipped with a Combi braking system, a remote lock w/ alarm, and parked (e-brake) mode with 12" tubeless tires. It is priced at ₹1.32 lakh.

sustainability

This little known Bengaluru-based company has come out with an electric scooter that is the biggest and the baddest of 'em all

RIVER, A LITTLE-KNOWN electric scooter maker, has been the talk of the town ever since it showcased its new product, the Indie EV scooter. The company claims that this is the SUV of all scooters, and now that we have ridden the scooter, we can easily say that we are in a position to validate their claim. After all, this is a product that is made in Bengaluru, and we all know that good things come out of Bengaluru, right?

Starting with the design, we feel it is truly international and unique in every way. We say this because this surely is a unique



First among equals?

design coming out of an Indian design studio. The chunky headlights and the elegant and large tail lamps are all likely inspirations taken from high-end automobiles. The spread of the LED headlights is very good, easily one of the best in the segment. The other, of course, is the range of beautiful colours that the scooter comes in — very pop, very trendy, and even the luggage rack built into the side panels with a cut-out is a 9.5 out of 10.

The second big thing on the scooter is staying true to the utility part of the scooter. The storage space in the Indie is truly something to be considered praiseworthy. The big scooter houses a 35-litre under seat storage, a large storage under handlebar, and

the largest footboard in any e-scooter till date. All this makes it the most spacious and practical scooter out there. Even if you load the floor board to its maximum capacity, the side mounted and easily foldable footrest helps you get a proper grip on the scooter.

In spite of its large dimensions, the scooter rides quite comfortably on our roads. The high quality swingarm, suspension, and wheels set a new standard in the industry. As the speeds go higher, the scooter stays planted and firm, without losing its comfort factor. No doubt, some of the suspension stiffness helps to manage loads over traditional scooters, while its 4kWh battery pack easily gives around 90-95 km of range.

The performance is thanks to the EV aspect, but it isn't as scintillating as you would expect from a big and pricey scooter. In the war of premium electric scooters, the River Indie has set a new benchmark, with its only competition being the Ather Rizta to a certain extent.

Priced at ₹1.38 lakh, ex-showroom.

— Mohit Soni





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 Velachery Road, Guindy
 3 & 4 BHKs | 1886 to 2608 sq.ft.*
 Price starts at Rs. 15,599/sq.ft.**
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 2, 2.5, 3 & 4 BHKs | 1311 - 3252 sq.ft.*
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 Stratos price starts at Rs. 11,599/sq.ft.**
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 RERA No. TN/29/Building/034/2019 dated 14.3.2019
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 Mylapore, Next to Sanskrit College
 3 BHKs | 1794 - 2053 sq.ft.*
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NAVASUJA
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 3 BHKs | 2020 - 2096 sq.ft.*
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PICK ONE.

YOU'D HAVE TICKED ALL THE BOXES.



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 RERA No. TN/29/Building/0241/2022 dated 29.6.2022
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delmar
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 *RERA carpet area 2204 - 2295 sq.ft.
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URBANEST
 Kalidas Road, Ram Nagar
 Coimbatore 641 009
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 Price starts at Rs. 9,975/sq.ft.**
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THE ALTON
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 2 BHKs, 1192 sq.ft.* | 3 BHKs, 1687 - 1864 sq.ft.*
 Price starts at Rs. 10,500/sq.ft.**
 RERA No. TN/11/Building/0033/2022 dated 28.1.2022
 *RERA carpet area 845.4 - 1288.66 sq.ft.



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