Volume – 02

January 2025

EDGE & ESSENCE



COVER STORY
TRIPTII DIMRI: RISING STAR

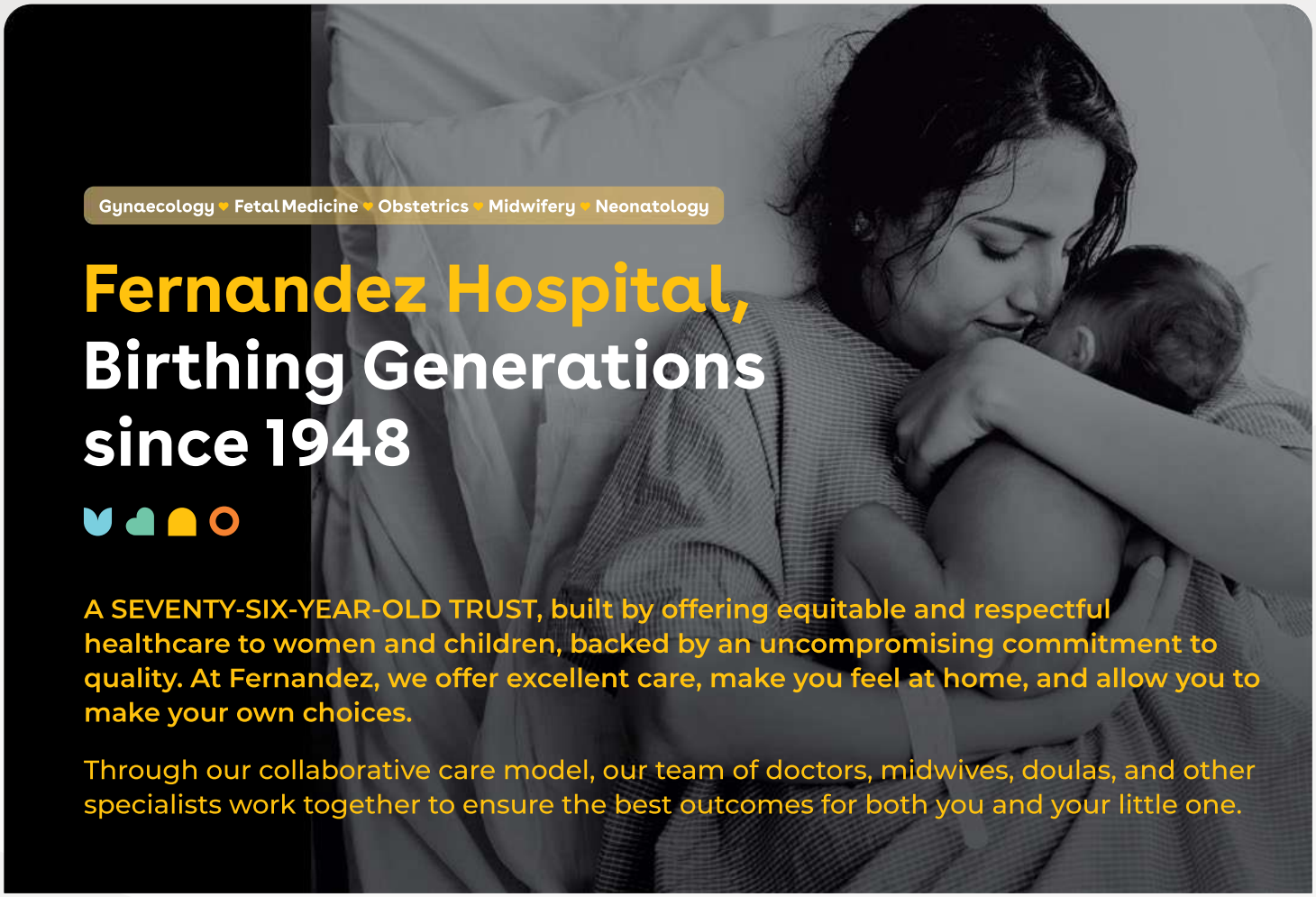
ART & CULTURE
IPF 2024: CELEBRATING PHOTOGRAPHY

SPOTLIGHT
THOMSON ANDREWS: BEYOND THE STAGE

HEALTH & WELLNESS
CHILL-PROOF YOUR LUNGS

TRAVEL
PACKING ESSENTIALS

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Triptii Dimri

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Contributors:

Mallik Thatipalli

Arzoo B. Singh

Aditi Srivastava

Eeshaan Singh-Basu

Lipika Varma

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FROM THE EDITOR'S DESK

Dear Readers,

As we stand on the threshold of 2025, I extend my warmest wishes to each of you. May this new year be all about staying healthy, being happy, and soaring high in the skies of your aspirations. Let's embrace each moment with vigour and gratitude, creating a year filled with wellness, joy, and success.

Reflecting on the incredible response we received for our December launch edition of **EDGE & ESSENCE,** my heart swells with gratitude. Your overwhelming support has set the tone for an exciting and fruitful journey ahead. Thank you for joining us on this adventure—we can't wait to continue bringing you engaging stories and inspirations.

As we kick off our January edition, we're thrilled to feature the captivating **Triptii Dimri** on our cover. After a stellar year marked by critically acclaimed performances and exciting collaborations, Triptii continues to win hearts and headlines, solidifying her place among Bollywood's brightest stars.

In our Hall of Fame, we shine the spotlight on **Yuven Sundarmoorthy**—a trailblazer whose journey from karting in Shanghai to breaking barriers in the INDYCAR/Road to INDY Program exemplifies passion, perseverance, and purpose. We also celebrate **Thomson Andrews,** a dynamic artist whose soulful performances and versatile talents have graced stages worldwide. With a career that includes mentorship from A.R. Rahman and appearances on platforms like MTV Unplugged and Coke Studio, Thomson's blend of pop, R&B, funk, and jazz has made him a global sensation.

Our Health & Wellness section focuses on tackling osteoporosis and respiratory issues, providing valuable insights and tips from experts to help you stay strong and vibrant. For those bitten by the travel bug, we share three practical tips to pack winterwear light and easy. Our Gourmet corner offers delightful recipes perfect for the winter season, bringing warmth and comfort to your table.

In Art & Culture, we celebrate the legendary **A.R. Rahman's** appointment as Honorary President of the Trinity Laban Conservatoire of Music and Dance in London. Additionally, we cover the Indian Photo Festival (IPF) 2024, which promises a rich tapestry of global photography through exhibitions, workshops, and discussions.

Our Music section delves into how music and society have influenced each other over the past century, showcasing the intertwined evolution driven by technological innovations. In Threads & Trends, we explore bridal fashion, the shoe-stopper of 2024, as Anaar, the luxe footwear brand, partners with Anaita Shroff Adajania, India's iconic fashion stylist, to unveil a collection that redefines style. We also follow **Rysa Panday's** enchanting debut at Le Bal des Débutantes in Paris.

For winter beauty, our Gloss & Glam feature provides essential hair care tips to keep your locks radiant in the colder months.

Finally, in Star Diaries, we catch up with **Akshay Kumar** and **Gurmeet Choudhary,** sharing glimpses into their journeys and aspirations.

With an edition brimming with stories to inform, inspire, and delight, we invite you to ring in 2025 with EDGE & ESSENCE as your companion. Here's to a year of new possibilities, heartfelt moments, and shared stories.

Happy New Year!

Warm regards,

Ajuli Tulsyan

Ajuli Tulsyan
Editor-in-Chief
Edge & Essence
www.e2mag.com

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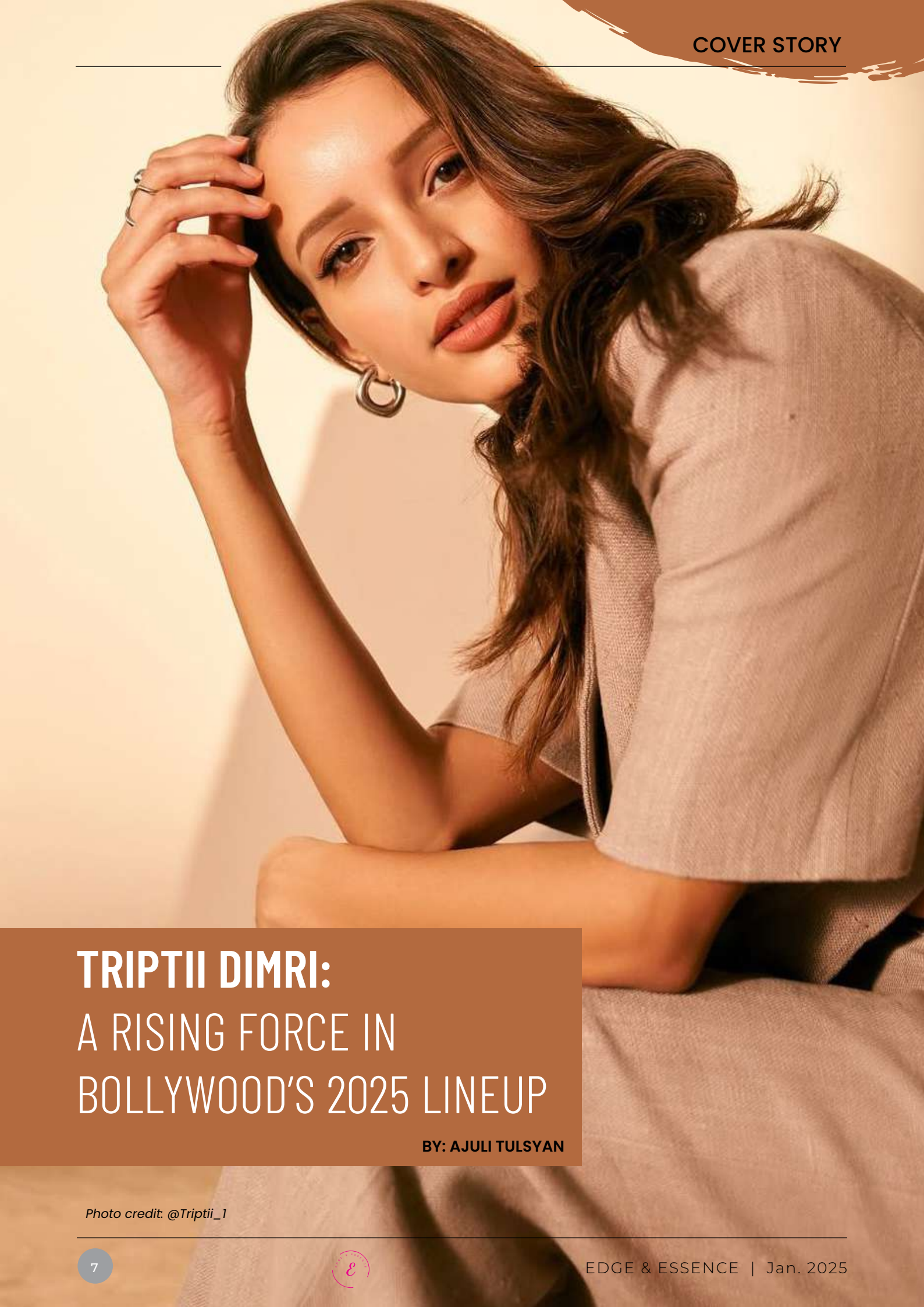
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TRIPTII DIMRI:
A RISING FORCE IN BOLLYWOOD'S 2025 LINEUP

BY: AJULI TULSYAN

Photo credit: @Triptii_1

After a stellar year marked by critically acclaimed performances and exciting collaborations, Triptii Dimri continues to win hearts and headlines, solidifying her place among Bollywood's brightest stars.

The actor's cinematic journey from the tranquil hills of Uttarakhand to the dazzling lights of Bollywood has been nothing short of inspiring. She first captured hearts with her moving performance in *Laila Majnu*, and has since proven her mettle with roles in projects like Netflix's *Bulbbul* and this year's hit films *Bad Newz*, Vicky Vidya *Ka Woh Wala Video*, *and Bhool Bhulaiyaa 3*. Her impressive lineup of performances earned her a spot among IMDb's top-rated actresses of 2024.

As she prepares for her next big venture, *Arjun Ustara*, directed by the legendary Vishal Bhardwaj and co-starring Shahid Kapoor, all eagerly anticipate what she will bring to the gritty, post-Independence drama set to release in 2025. Speaking about her role in an interview, a few months back, Triptii said, "Every film is a new challenge, and working with Vishal sir is a dream come true. He has a way of extracting emotions from actors that are deeply authentic." The film is slated to begin shooting on January 6, 2025, and is already one of the most anticipated releases of the coming year.

In a media interaction earlier this year, the Animal actress reflected on her journey in the industry. "When I moved to Mumbai, everything felt overwhelming. As someone who grew up in the mountains, the hustle of the city was a shock," she said at the time. "But I've learned that growth comes from stepping out of your comfort zone. Meditation has been a huge help in dealing with doubts and staying focused."

Triptii's openness about her struggles and growth resonates deeply with fans. From heartbreaks to navigating the pressures of the film industry,



Photo credit: @Triptii_2

she has spoken candidly about her experiences. "Mistakes are a part of being human," she remarked in a YouTube interview earlier this year. "They've taught me resilience and helped me connect better with my characters."

Adding to the excitement, Triptii



Spotted at a premium flagship store launch in Banjara Hills

will star alongside Malayalam cinema's powerhouse Fahadh Faasil in *Idiots of Istanbul*, a romantic comedy directed by Imtiaz Ali. Scheduled to begin shooting in early 2025, the film will span locations in India and Europe and will be available on Netflix. For Triptii, this marks a reunion with Imtiaz Ali, who directed her debut project. "Working with Imtiaz sir feels like coming full circle," she had shared with the media. "His ability to portray raw emotions on screen is unmatched."

SPOTTED AT HYDERABAD

Beyond the silver screen, Triptii has also been making waves in the fashion world. Recently, she was spotted in Hyderabad at the grand opening of #Basanti's flagship store in Banjara Hills. As the showstopper for the evening, she dazzled in a pastel ensemble that celebrated modern aesthetics with traditional craftsmanship. The event, a blend of elegance and innovation, marked Basanti's foray into the city's high-fashion scene. Triptii's effortless grace and style left audiences spellbound, further cementing her status as a fashion icon.

With a jam-packed schedule, Triptii Dimri is riding high on a wave of success. As she transitions into 2025 with promising projects and new challenges, she continues to inspire with her journey of perseverance, passion, and authenticity.



Spotted at a premium flagship store launch in Banjara Hills

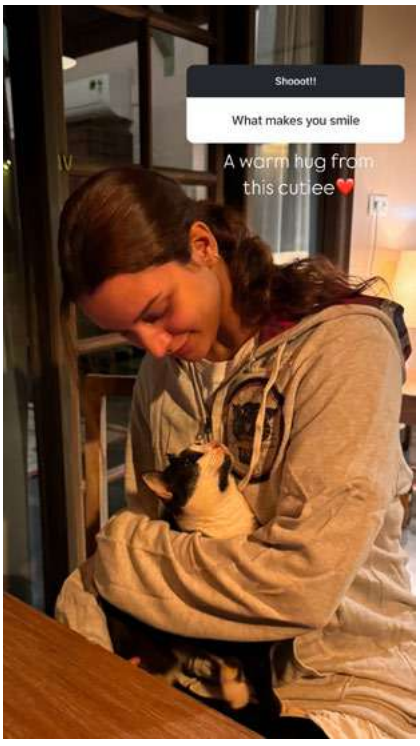


Photo credit: @Triptii_3



Spotted at a premium flagship store launch in Banjara Hills

CELEBRITY SECRETS:
The Destination for Aesthetic Transformation



In the ever-evolving realm of beauty and wellness, few names command as much respect and admiration as Dr. Madhavi Venkat. As a pioneer in aesthetic medicine, Dr. Madhavi has spent over two decades refining her craft, journeying across the globe to integrate the best practices in beauty and wellness into her clinic, Celebrity Secrets. Celebrity Secrets Advanced Skin & Hair Clinic, nestled in the heart of Hyderabad with branches in Kakinada & Vijayawada, has become a sanctuary for those seeking profound transformations. Dr. Madhavi's personal journey, marked by her quest for solutions post-pregnancy weight and pigmentation issues, ignited her passion for establishing a clinic that offers unparalleled results.

At Celebrity Secrets, the ethos of transformation is not just a promise but a well-crafted reality. Dr. Madhavi, often likened to a skilled sculptor, has a unique talent for makeovers, meticulously transforming faces and bodies. Supported by a team of highly qualified dermatologists, the clinic employs US FDA-approved equipment and cutting-edge German technology to ensure the h ighest standards of treatment.

The clinic's approach is a blend of art and science, emphasizing the fine art of safe, non-invasive technology paired with pure, organic, plant-based ingredients. This commitment to excellence has solidified Celebrity Secrets as a brand to reckon with.

"We believe in the power of nature and advanced technology working in harmony," says Dr. Madhavi. "Our treatments are designed to deliver 100% results while ensuring the utmost safety for our clients."

Some of the highly sought-after treatments at Celebrity Secrets include:

1. ***Permanent Skin Whitening:*** Achieve a luminous complexion with treatments that ensure lasting results.
2. ***Fat Loss/Inch Loss through Non-Surgical Liposuction:*** Sculpt your body without the need for invasive procedures.
3. ***Unwanted Hair Removal:*** Experience smooth, hair-free skin with advanced removal techniques.
4. ***Age Reversal:*** Turn back the clock with Profhilo, Botox, V-shaped Face Lift, and skin tightening and firming treatments.
5. ***Hair Transplant & Regrowth:*** Rediscover the joy of a full head of hair with effective transplant and regrowth solutions.
6. ***Full Body Makeovers:*** Transform your entire body with comprehensive makeover packages.

Dr. Madhavi's journey from personal struggles to becoming a beacon of transformation inspires many. Her relentless pursuit of excellence and her empathetic approach ensure that every client feels valued and transformed. ***"Every face and body tells a story, and our mission is to make those stories beautiful,"*** she concludes with a smile.

For those looking to redefine their beauty and wellness journey, Celebrity Secrets stands as a testament to what is possible when passion, expertise, and innovation converge.

Dr. Madhavi Venkat
Pioneer in Aesthetic Medicine

Celebrity secrets
ADV.HAIR & SKIN STUDIO

THOMSON ANDREWS: THE MUSICAL MAESTRO

AJULI TULSYAN

Thomson Andrews is a dynamic performer with a magnetic stage presence and soulful vocals. A finalist on the Amazon Prime show ***The Remix***, he has showcased his versatility and musical prowess, earning him spots on iconic platforms like MTV Unplugged and MTV Coke Studio. From mentoring under Grammy and Oscar-winning composer A.R. Rahman to performing in 15 countries alongside renowned artists such as Sunidhi Chauhan, Thomson has built a global reputation. As a playback singer in Bollywood, he has lent his voice to hits like ***Rumani and Sheher Mera***, while also making waves as a fashion icon and influencer. With a fusion of pop, R&B, funk, jazz, and Indian influences, Thomson's artistry resonates with audiences worldwide.

Thomson's musical journey began with none other than A.R. Rahman, whom he considers a monumental influence on his career. "Working with Rahman sir is like stepping into an ocean of creativity," Thomson shares. "The biggest lesson I learned was authenticity—staying true to your unique sound while embracing the fluidity of music. He showed me that music is more than notes; it's about creating an emotional experience that transcends borders. That philosophy guides every project I take on."

As a performer, Thomson has had transformative experiences on iconic stages like MTV Coke Studio. Recalling a pivotal moment, he says, "When I rehearsed ***Madari*** with Vishal Dadlani and Sonu Kakkar, the energy was electric. Vishal once said, 'Music is about connection, not perfection,' and that changed my approach. That performance became a spiritual journey for me—it was raw, heartfelt, and magical."



Thomson Andrews



Thomson Andrews mesmerizing the audience with his performance

Thomson's music is a seamless blend of genres, reflecting his global perspective. "Fusing R&B, funk, gospel, and Indian music is like cooking with diverse ingredients—you need to respect each one's roots," he explains. "I let the story lead the fusion, ensuring the genres enhance the emotions without overpowering them. It's a delicate process, but the result is always rewarding."

Having performed in 15 countries and singing in 12 languages, Thomson's artistry is deeply enriched by cultural influences. "Music is universal—it's about the emotion, not the words," he reflects. "Every language has its unique rhythm and tone, and I love exploring that. Tamil, for instance, has a poetic depth that I adore. Performing for diverse audiences, especially in Europe and the Middle East, has taught me the beauty of blending global sounds with my roots."

Thomson's fashion sense is as vibrant as his music, with bold choices reflecting his creative personality. "Fashion and music are both forms of self-expression," he says. "I love mixing edgy and sophisticated styles, inspired by brands like Alexander McQueen and trends like gender-fluid and sustainable fashion. It's about pushing boundaries while staying authentic."

From global pop icons like Michael Jackson to Indian legends like Kishore Kumar, Thomson draws inspiration from a wide range of artists. "If I could collaborate with anyone, it would be Michael Jackson for his visionary artistry or Kishore Kumar for his unmatched emotional range. Both would be dream collaborations, offering a masterclass in musical innovation."

In Bollywood, Thomson has carved a niche as a playback singer, a process he finds distinct yet complementary to his independent work. "Playback singing is about adapting to a character's story, while independent music is deeply personal. Both are rewarding in different ways, and together they fuel my growth as an artist," he notes.

Thomson's high-energy performances are legendary, captivating audiences worldwide. "The crowd is my energy source," he reveals. "Rehearsals ensure technical perfection, allowing me to focus on connecting with the audience through eye contact, improvisation, or banter. Music is a shared experience, and my goal is to create unforgettable moments for every person in the room."

Thomson Andrews embodies the spirit of modern artistry—blending genres, cultures, and passions into a vibrant mosaic. With his boundless creativity and global appeal, he continues to break barriers, inspiring audiences across the world.

RACING DREAMS UNLEASHED

From karting in Shanghai to breaking barriers as the first racer of Indian descent to win in the INDYCAR/Road to INDY Program, Yuven Sundarmoorthy's journey is a testament to passion, perseverance, and purpose. He shared his experiences and learning with **E2 Mag.** Excerpts from the discussion.

BY: AJULI TULSYAN

SERENDIPITOUS START

"My journey into motorsports began almost by accident," says Yuven. A trip to a Formula 1 race in Shanghai at the age of nine ignited his love for racing. "The adrenaline, the speed, and the competition drew me in immediately."

Raised in New York with strong roots in Madurai, India, Yuven reflects, "Being Indian-American has always been a source of strength. My background inspires me to push my limits and take pride in representing both identities."

MAKING HISTORY AT IMS

Winning at Indianapolis Motor Speedway at just 14 remains a pivotal moment in Yuven's career.



Yuven Sundarmoorthy

"Crossing the finish line at such an iconic venue was surreal," he shares. While a rule barring him from racing the next day due to his age added a bittersweet note, Yuven emphasises, "That victory proved to me that I belonged at the top level, and it fuelled my determination to pursue my dreams."

CHAMPIONING DIVERSITY IN RACING

"Being the first racer of Indian descent to win in the INDYCAR/Road to INDY Program is something I never imagined," he admits. For Yuven, this milestone is about more than personal success:

"It's motivating to know my journey can inspire others. I want to show that motorsports is for everyone, regardless of their background."

STAYING GROUNDED AMIDST PRESSURE

Competing in high-pressure environments like the INDY Pro 2000 and USF2000 Championship Series requires resilience. "Consistency comes from preparation," Yuven explains.

"I focus on physical training, mental coaching, and studying past races to improve. Each podium motivates me to work harder for the next one."

EXPLORING NEW FRONTIERS

Yuven's participation in India's MRF Challenge offered unique experiences. "The tracks, atmosphere, and competition were different from the U.S., but adapting quickly made me a better driver," he notes.

The series' strong reputation and the chance to race in Chennai also brought him closer to his Indian roots.

GUIDANCE FROM RACING LEGENDS

Partnering with Alexander and Pieter Rossi has been instrumental in Yuven's growth. "Alexander's experience in open-wheel racing and mental toughness have shaped my approach," Yuven shares.

"Pieter's guidance on navigating the complexities of motorsports has been invaluable. Their mentorship has been a game-changer."

THE YS INVESTMENT FUND

Racing's financial challenges inspired Yuven to establish the YS Investment Fund. "Talent alone isn't enough in this sport," he says. The fund supports aspiring drivers and raises autism awareness, a cause close to his heart.

"It's my way of giving back and ensuring others can pursue their dreams too."

A VISION FOR THE FUTURE

"When I think about the future, my goal is to keep breaking barriers," Yuven states. His vision extends beyond personal success: "I want to leave a legacy that shows anyone, from any background, that if I can do it, so can they."

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WINTER WELLNESS: HOW TO PROTECT YOURSELF FROM RESPIRATORY ILLNESSES

By Ajuli Tulsyan



Winter chill

Winter, with its cosy charm, often brings along an unwelcome guest: a surge in respiratory illnesses. Affecting people across all age groups, these ailments can pose a significant risk, especially to vulnerable populations.

Dr Deepika Kucherlapati, *Consultant Pulmonologist, Allergy and Sleep Disorders Specialist at AIG Hospitals,* offers expert advice on staying healthy during the chilly months.

WHO'S MOST AT RISK?

Certain groups are particularly susceptible to severe respiratory illnesses in winter.

These include:

- Children and the elderly
- Pregnant women
- Individuals with chronic respiratory conditions like asthma, COPD, or ILD
- People with compromised immunity, such as those with uncontrolled diabetes or on immunosuppressive medications

For these groups, even a mild infection can lead to significant complications, making caution and preventive care essential.

WHY DO RESPIRATORY ILLNESSES SPIKE IN WINTER?

Winter creates a perfect storm for respiratory troubles:

Cold air and mucus production— Cold air increases mucus production, which, though protective, can thicken and block airways, leading to bronchospasms and breathing difficulties.

Weakened immunity — A drop in nasal temperature can reduce immune function, making it harder for the body to fight infections.

Indoor exposure — More time indoors during winter means closer contact with others and greater exposure to indoor pollutants like dust and mould.

Poor air quality — Cold, dense air traps pollutants close to the ground, leading to increased inhalation of harmful particles.

TELLTALE SYMPTOMS OF POOR RESPIRATORY HEALTH

Keep an eye out for signs that could indicate worsening respiratory health or poor indoor air quality:

- Persistent coughing, sneezing, or nasal congestion
- Frequent headaches or fatigue
- Wheezing or breathlessness
- Dry, itchy skin
- Increased reliance on inhalers or medication

PRACTICAL TIPS TO STAY HEALTHY

- Layer up and limit outdoor exposure
- Stay warm by wearing thermals and scarves to protect your nose and mouth. Avoid outdoor activities during early mornings or late nights when temperatures are at their lowest.
- Maintain indoor air quality
- Use air purifiers with HEPA filters to reduce dust and allergens.
- Ensure proper ventilation to circulate fresh air.
- Regularly clean bedding and vacuum your home to minimise dust and pet dander.
- Address mould issues immediately, as they can severely impact respiratory health.
- Focus on hydration
- It's easy to drink less water in winter, but staying hydrated is crucial. Warm fluids like herbal teas, broths, or kadas can help soothe irritated airways and support recovery from colds.
- Practice good hygiene
- Prevent infections by:
- Wearing masks in crowded spaces
- Washing hands regularly
- Sanitising frequently touched surfaces
- Strengthen your immunity
- Consume a balanced diet rich in fruits, vegetables, and leafy greens.
- Avoid cold foods and address vitamin deficiencies with your doctor's advice.
- Consider vaccinations, such as the flu shot, especially for vulnerable individuals.



Dr Deepika Kucherlapati, Consultant Pulmonologist, AIG Hospitals

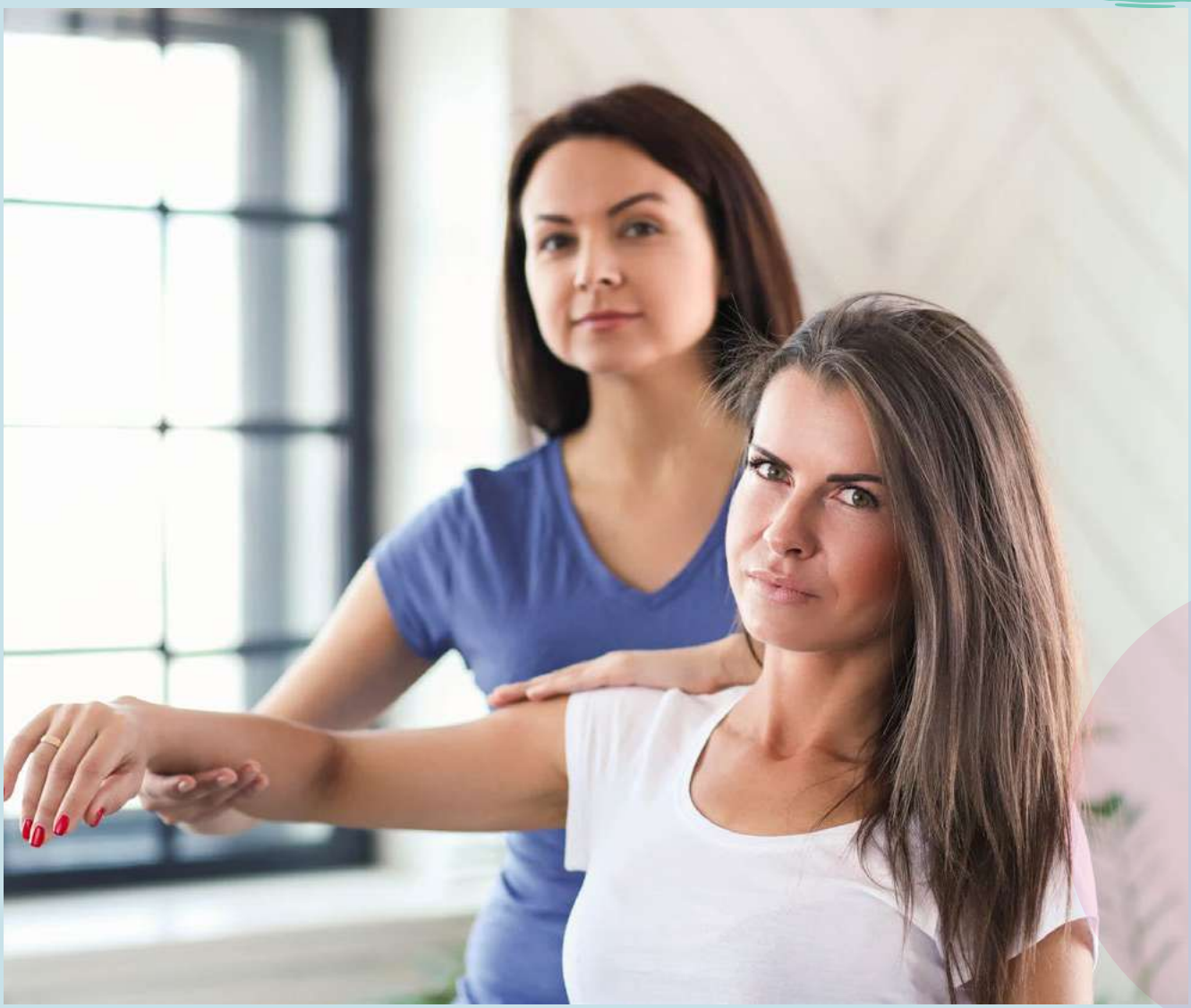
SPECIAL CARE FOR ALLERGIES

- Monitor your peak flow meter readings regularly.
- Adjust medication under medical supervision if symptoms worsen.
- Limit exposure to triggers like dust, pet dander, or pigeon feather particles.

FINAL THOUGHT

Winter doesn't have to mean a season of illness. By adopting preventive measures, addressing symptoms early, and maintaining a healthy lifestyle, you can enjoy the chill without compromising your well-being.

Take care of your lungs, stay warm, and keep hydrated to breathe easy through the season!



Suffering from osteoporosis

OSTEOPOROSIS: MORE THAN A BONE DEEP CONCERN

E2 CORRESPONDENT

Dr Lokesh A V, Consultant – Orthopaedics, Joint Replacement and Robotic Surgery, Manipal Hospital Old Airport Road, Bengaluru, provided an in-depth insight into the multifaceted nature of osteoporosis and its far-reaching implications beyond the skeletal system.

Osteoporosis: Beyond the bones

Osteoporosis, often referred to as the "silent disease," is widely recognised for increasing bone fragility and the likelihood of fractures. However, its impact extends far beyond weakened bones, affecting various aspects of daily life.

The most common fracture sites are the hips, wrists, and spine. Hip fractures often require surgical intervention and lengthy rehabilitation, which can result in a loss of mobility and independence. Spinal fractures may lead to kyphosis (a curvature of the spine), altering posture, compromising lung function, and causing persistent pain.

Beyond physical limitations, osteoporosis is associated with significant psychological challenges. Many patients experience anxiety about falls, diminished self-esteem, and depression due to reduced independence.

How to maintain bone health

Balanced diet: Consume calcium-rich foods such as dairy products, leafy greens, and fortified items. Include sources of vitamin D, such as fatty fish, eggs, and adequate sunlight exposure.

Regular exercise: Engage in weight-bearing and resistance exercises, such as walking, jogging, and strength training, to stimulate bone growth and improve musculoskeletal health.

Avoid smoking and limit alcohol consumption: Smoking and excessive alcohol intake can negatively affect bone health and increase fracture risk.

Bone health monitoring: Bone density tests (DEXA scans) are essential for at-risk individuals, enabling early detection and intervention.

Medication adherence: Consistently take prescribed medications to slow bone loss and enhance bone density.

Warning signs to watch for

Osteoporosis progresses silently, often showing no symptoms in its early stages, making detection challenging. Common warning signs include:

- Persistent back pain
- Height reduction
- Increased susceptibility to fractures

These signs require prompt assessment by an orthopaedic specialist.



Dr Lokesh AV

Risk factors for osteoporosis

- Key risk factors include:
- Advancing age
- Postmenopausal status
- Genetic predisposition
- Low body mass index
- Long-term corticosteroid use

Individuals with these risk factors should take extra precautions to prevent the onset of osteoporosis.

Preventing osteoporosis-related complications

Fall prevention: Create a safe living environment by using non-slip mats, improving lighting, and installing handrails where necessary.

Posture and mobility: Incorporate activities that enhance posture and balance, reducing the risk of falls and spinal fractures.

Activity selection: Choose low-impact exercises to remain active while minimising fracture risk.

Expert's advice

Osteoporosis is not merely a bone disorder; it is a complex condition that significantly affects an individual's quality of life. By adopting preventive strategies, recognising early warning signs, and implementing appropriate precautions, we can safeguard bone health, promote overall well-being, and slow the progression of the disease.

3 TIPS FOR WINTER TRAVEL PACKING

ARZOO B. SINGH



Get, set and go!

WITH THE YEAR COMING TO AN END AND THE FESTIVE SEASON IN FULL SWING, MOST OF US MAY BE GEARING UP FOR AN ANNUAL VACATION TO RING IN THE NEW YEAR OR SIMPLY VISIT FRIENDS AND FAMILY.

If you are travelling to destinations that are much colder and have a harsh winter, packing the right clothing is key to having a memorable holiday. However, packing those bulky winter sweaters and jackets can be quite a task, especially with air travel luggage weight restrictions adding to the burden.

Here are three tips to help you pack your winterwear light and easy:

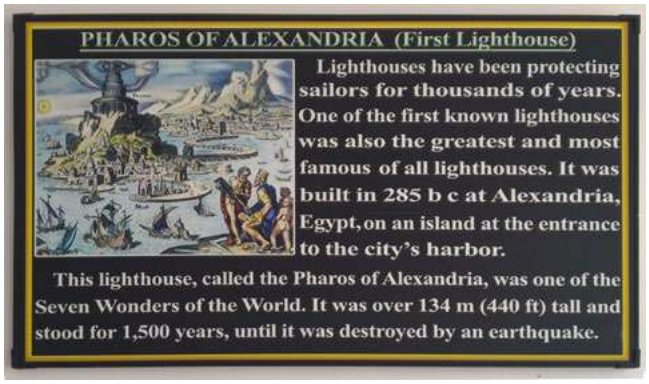
1. **Layering:** Layer your clothes in your travel bag by rolling them up instead of folding them to save space. Additionally, wear any bulky jackets while travelling on the flight, which you can later remove and store in the overhead compartment or under your seat. This will not only save space in your suitcase but also help you adjust to the temperature and keep warm upon arrival at your destination.
2. **Travel organisers:** Invest in a few good travel organising bags or vacuum compression bags to pack bulky clothes more efficiently. These help organise your clothes while travelling and leave space for any additions, such as souvenirs or gifts.
3. **Multi-functional clothing:** Choose wisely while packing, opting for clothes that can be worn together in different ways and combinations. Dark-coloured or neutral sweaters and jackets pair well with almost any outfit. Additionally, opt for lightweight thermal wear that takes up very little space, provides warmth, and reduces the number of layers you need to wear.

Get ready for your winter holiday with these packing tips, and make the most of the chilly weather!

A MODERN DAY LIGHTHOUSE

BY: E2 CORRESPONDENT

One of the first known lighthouses was built in 285 B.C. at Alexandria, Egypt



Kirti Anand's fascination for lighthouses probably goes back to her childhood days of Enid Blyton's Famous Five; a casual remark by her brother while masterplanning their rural land parcel triggered this memory and Viola! The seed for constructing a modern day lighthouse was planted.



This 51 foot structure is nothing short of a design marvel as it is constructed entirely with compressed stabilised earth blocks made on site with soil excavated from the land. It has no RCC pillars and beams.



Newest Lighthouse around the world – completed in May 2019)

The initial plan was to have a 'Potteresque' library along the spiral staircase, however, that required a very large footprint which would have not been proportional to the maximum height feasible with the mud blocks. So deriving inspiration from the Mahabalipuram Lighthouse and one at Fort Niagara, a final design was made. (image6 of sketch). This now has a library on the ground level with a spiral staircase and then a submarine style rung ladder to reach the Viewing Gallery at about 30 feet.



Mahabalipuram LH-UNESCO



Niagara LH

The light shining through the glass windows at night makes you feel like you are in a fairytale. The wind wane atop points to North and the lightning conductor keeps the lighthouse and all surrounding buildings safe

While some visitors are hesitant to climb up the 50 odd steps, the adventurous ones are rewarded with breathtaking views of a Sunset, neighbouring paddy fields and the Wargal lake, besides a bird's eye view of the sprawling Arbor Road Estate.

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GUILT FREE KETO CHRISTMAS SWEETS

E2 CORRESPONDENT



Sweet foods, festivities, and indulgence are all hallmarks of the Christmas season. However, because of their high sugar and carbohydrate content, Christmas goodies may be difficult for those following a ketogenic diet. Don't worry, you can still enjoy holiday treats while staying on track with your goals!

Rahul Kamra, founder of Ketorets, specialises in guiding individuals through transformative weight loss journeys using the ketogenic diet. His expertise as a keto coach helps people achieve their health goals by adopting a low-carb, high-fat lifestyle. He has shared these keto Christmas treats that are easy to make, delicious, and ideal for the holiday season.

KETO CHOCOLATE AND PEANUT BUTTER FUDGE



Keto Chocolate and Peanut Butter Fudge

Ingredients:

- Butter: 30 grams
- Dark chocolate 85% (Lindt, preferably): 40 grams
- Unsweetened peanut butter: 30 grams
- Fresh cream: 30 ml
- Stevia: 3-4 pellets

Preparation:

Melt butter and dark chocolate on a low flame. Add stevia, fresh cream, and peanut butter, stirring continuously for 5 minutes. Let the mixture cool, then freeze it for 2 hours. Slice into bite-sized pieces and enjoy!

Benefits:

Made with sugar substitutes like stevia, it fulfils sweet desires without raising blood sugar levels. Smooth dark chocolate and rich, creamy peanut butter combine to provide a delightful, decadent taste that also supports energy levels by increasing consumption of healthy fats. For people following the ketogenic diet, it's the ideal snack because it provides a tasty and nutritious method to satisfy sweet cravings without sacrificing health objectives.

KETO CHOCOLATE TEA CAKE



Keto Chocolate Tea Cake

Ingredients:

- Almond flour: 75 grams
- Dark chocolate 85% (Lindt, preferably): 30 grams
- Unsweetened cocoa powder: 2 tbsp
- Unsweetened almond milk: 30 ml
- Eggs: 2 whole
- Butter: 20 grams
- Baking powder: 1/2 tsp
- Stevia: 4 sachets (adjust to taste)

Preparation:

In a bowl, mix almond flour and eggs. Add almond milk, cocoa powder, and melted dark chocolate to form a batter. Stir in melted butter, baking powder, and stevia. Pour into a greased microwave-safe bowl and microwave for 2-3 minutes. Slice and serve with your favorite keto cappuccino.

Benefits:

Rich in protein and good fats, it helps control weight and satisfies sweet cravings without raising blood sugar levels. Because almond flour and natural sweetener, it is appropriate for people with diabetes or those following a ketogenic diet.

KETO CHRISTMAS COOKIES



Keto Christmas Cookies

Ingredients:

- Almond flour: 2 cups
- Coconut flour: 1/3 cup
- Butter: 1/2 cup (softened)
- Erythritol: 3/4 cup
- Egg: 1 large
- Vanilla extract: 1 tsp
- Baking powder: 1 tsp
- Salt: 1/2 tsp

Preparation:

Preheat the oven to 175°C (350°F). In a bowl, cream butter and erythritol until fluffy. Mix in the egg and vanilla extract. In another bowl, combine almond flour, coconut flour, baking powder, and salt. Gradually incorporate dry ingredients into the wet mixture to form dough. Roll into balls, flatten, and place on a baking tray. Bake for 10-12 minutes until the edges are golden. Cool and enjoy!

Benefits:

Keto-friendly ingredients like almond flour, coconut flour, and sugar substitutes, these cookies are ideal for those following a ketogenic or low-carb diet. They provide a satisfying sweet treat without spiking blood sugar levels, making them a great option for individuals managing diabetes or aiming for weight loss.



Saffron Phirni Cannoli

SAFFRON PHIRNI CANNOLI: A FUSION DELIGHT

E2 CORRESPONDENT

North India's leading consultant chef, Manjot Singh, offers a unique fusion of flavours with his signature dessert creation.

S.No.	Ingredients	Quantity
	SHELL	
1	Refined Flour	250 gm
2	Salted Butter	45 gm
3	Granulated Sugar	15 gm
4	Whole Egg	1 no.
5	Egg White	1 no.
6	Milk	75 ml
7	Salt	2 gm
	FILLING	
1	Basmati Rice	45 gm
2	Full Fat Milk	1 lt.
3	Sugar	90 gm
4	Chopped Almond	15 gm
5	Cardamom Powder	3-5 gm
6	Saffron Strands	7-8 no.
7	Rose Water	5 ml
8	Kewda Water	3 ml
	GARNISH	
1	Chopped Pistachio	30 gm
2	Saffron Strands	4-5 no.
3	Powdered Sugar	50 gm
4	Cinamon Powder	10 gm

INSTRUCTIONS

For the Cannoli Shells:

1. To a food processor add flour, sugar and salt. Pulse in short bursts about 10 times. Add butter and pulse in short bursts just until there aren't clumps of butter.
2. Add in milk and whole egg. Pulse to mix well, while adding additional milk to bring dough together in a soft shaggy mass (you shouldn't need more than a few Tbsp extra milk).
3. Shape into a round, transfer to an oiled bowl. Cover and let rest at room temperature at least 30 minutes and up to 2 hours.
4. Heat a large pot with 1 1/2-inches vegetable oil to 345 - 355 degrees. Working with half the dough at a time (and keeping other half covered in the bowl) roll dough out very thinly onto a well floured surface (nearly 1/16-inch).
5. Using a 3 1/2 to 4-inch cookie cutter, cut dough into rounds. Spray cannoli forms with cooking spray then wrap individual dough circles around each cannoli form, while brushing about 3/4-inch of one end lightly with egg white (use a pastry brush or just your fingertip). Press edge to opposite side.
6. Using metal tongs, carefully immerse shell in preheated oil and fry until golden brown and crisp, about 1 - 2 minutes (be sure to watch oil temp so oil doesn't get too hot and burn shells. You can fry up to 6 at a time).
7. Remove from oil using metal tongs to grasp the cannoli shell (let oil from inside forms drain back into pot), transfer to paper towels to drain. Use metal tongs to hold mold (or folded layers of paper towels) and wrap a paper towel around shell to carefully slide off of form.
8. Let forms cool and repeat process with remaining dough circles. You can shake excess flour from scraps, press back together, cover in bowl and let relax at least 10 minutes then reuse.
9. Allow to cool on a wire rack then fill with cannoli filling and decorate as desired.

For Making Phirni

1. Soak the rice in water for 30 minutes and then drain the water. Dry the rice grains naturally and later grind to a semi fine powder.
2. Set the ground rice aside.



Chef Manjot Singh

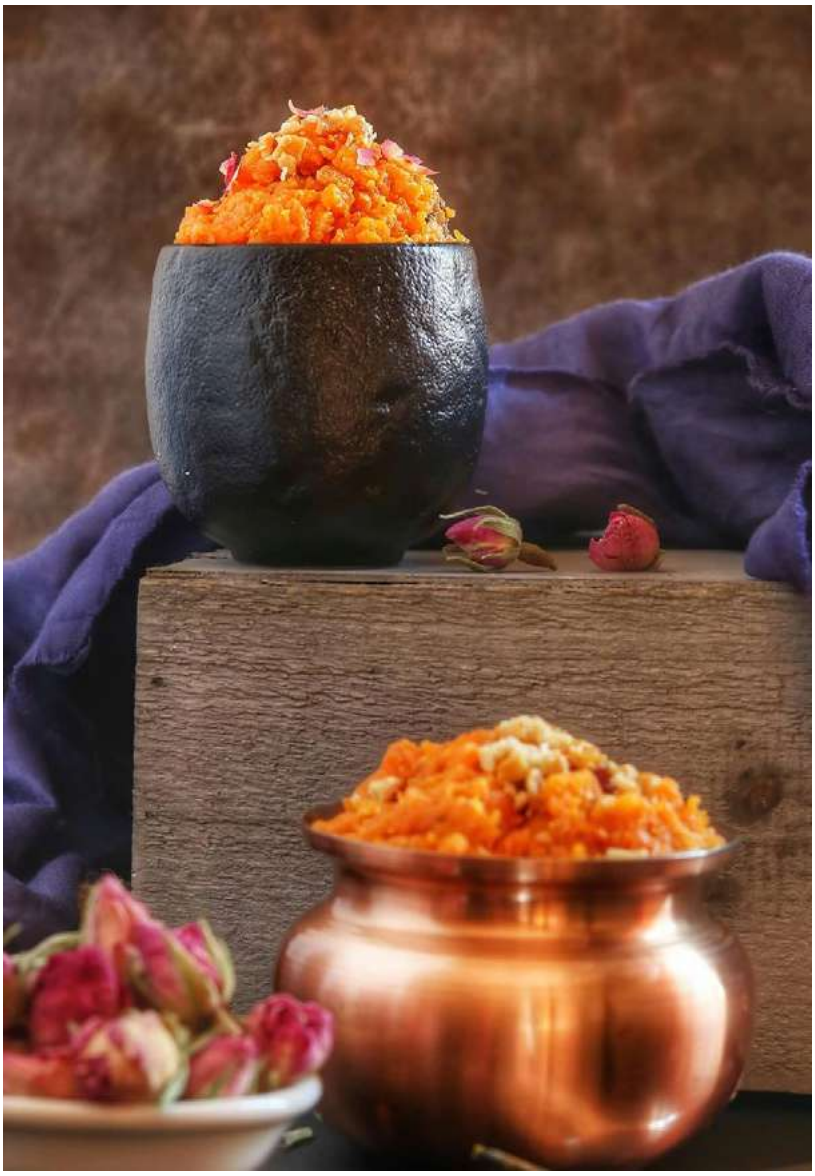
3. Heat milk in a thick bottomed broad pan or sauce pan or kadai.
4. When the milk becomes warm, take 1 tablespoon from it in a small bowl.
5. Stir the saffron strands in this warm milk and keep aside.
6. Let the milk reach to a boil. Then lower the heat and add the ground rice. Stir and add sugar also.
7. On a low to medium heat cook the ground rice in the milk. Do not cover the pan.
8. Keep on stirring at intervals so that the lumps are not formed.
9. Also powder the cardamoms in a mortar-pestle. Discard the cardamom peels.
10. When the rice is almost cooked, add the almonds, pistachios, cardamom powder and saffron infused milk.
11. Stir and cook for a further 5 to 6 minutes or more or till the firni thickens and the rice granules are softened and cooked completely.
12. Lastly add rose water, once the firni is done.

13. Pour the phirni in serving bowls. Garnish it with the remaining chopped almond and pistachio slices.

14. Cover the bowls tightly with lid or secure firmly with aluminium foil. Once cooled at room temperature, refrigerate phirni for about 4 hours or more.

CARROT CONFECTION: A WINTER MUST-HAVE DELIGHT

ARZOO B. SINGH



Gajar Ka Halwa

Winter is here and so are some great seasonal fruits and vegetables. One such vegetable is the super nutritious red carrot. Red carrots are packed with vitamins that boost the immune system and are great for heart health along with many other benefits. Amongst the many things you can make with it, one recipe that is truly tasty and popular is the carrot halwa or gaja ka halwa.

Though the recipe below can be made with regular carrots, it's better to try it with red carrots for the enhanced flavour and authentic taste.

INGREDIENTS

4 cups grated red carrots

4 cups milk

4 tablespoons clarified butter or ghee

2 Cups sugar

1 teaspoon cardamom powder

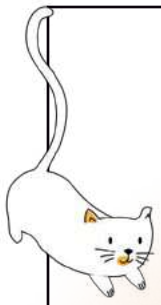
10-12 each cashews, almonds and raisins

METHOD

1. Add ghee to a pan and fry the dry fruits. Take out and keep aside
2. In same pan with remaining ghee add milk and carrots
3. Bring to a boil on medium flame then reduce to simmer
4. Keep on low flame while stirring occasionally
5. The milk will begin to reduce and the carrots will get cooked as well
6. Once the milk in reduced to more than half add in sugar and cardamom powder
7. Mix and cook on low flame till all milk is evaporated.
8. Add in the dry fruits last, cook for few minutes

TIP:

You can also add a little khoya for a rich flavour after adding the dry fruits.





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A spiritual gathering

LIFEART KUMBH MELA 2025: A CONFLUENCE OF HOLLYWOOD, BOLLYWOOD, AND SPIRITUALITY

E2 CORRESPONDENT

The Kumbh Mela, one of the world's largest spiritual gatherings, is set to witness a transformative addition in 2025. For the first time, the realms of Hollywood, Bollywood, and spirituality will converge to create an unprecedented experience—the LifeArt Kumbh Mela 2025. This initiative, envisioned as a harmonious blend of art, culture, and spirituality, promises to redefine the Kumbh Mela experience for pilgrims and visitors alike.

A VISION BEYOND BOUNDARIES

The LifeArt Kumbh Mela 2025, spearheaded by Hollywood producer Ran Mor, will span 10 acres at Sector 10 of the Kumbh Mela grounds. With a vision to integrate luxury and spirituality, the LifeArt Village is designed to offer an array of modern amenities amidst the profound spiritual atmosphere of the Kumbh. According to Ran Mor, who has worked with Oscar-winning actors and has a long-standing connection with India, the idea was born during the pandemic as a way to create something meaningful and enduring. "LifeArt Kumbh Mela 2025 is where spirituality and creativity will converge like never before," he shared.

LUXURY MEETS DEVOTION

The LifeArt Village will set a new standard for accommodations at the Kumbh Mela. Offering over 200 premium rooms, private access to the serene Om Beach on the Ganga, and spaces dedicated to yoga, wellness, and meditation, the village will cater to those seeking a holistic experience. Daily aartis,

cultural festivals, and workshops will further enrich the spiritual and cultural fabric of the event.

CELEBRATING ART AND CULTURE

The project was officially unveiled in Mumbai, attended by an illustrious panel of guests, including FWICE President B.N. Tiwari, singer Udit Narayan, veteran actor Deepak Parashar, filmmaker Ashok Pandit, and classical singer Dr Soma Ghosh. Udit Narayan's soulful performance at the event was a reminder of India's rich cultural heritage. Reflecting on the initiative, he said, "The Kumbh Mela is a glorious celebration of India's spirituality. This project will set a benchmark by combining devotion with creativity."

Filmmaker Ashok Pandit also highlighted the project's significance, noting how it addresses the long-standing need for proper facilities at the Kumbh Mela. "Many from the film industry have wanted to experience the Kumbh, but lacked the necessary infrastructure. LifeArt Village will bridge that gap," he remarked.

A CULTURAL EXTRAVAGANZA

LifeArt Kumbh Mela 2025 will feature daily music festivals, film screenings, and art exhibitions, transforming the event into a vibrant cultural hub. Classical and contemporary artists will come together to create an atmosphere where tradition meets innovation. With support from thousands of sadhus from the Aahwan Akhada and other religious groups, the initiative aims to honour the spiritual essence of the Kumbh while adding a modern touch.

A CINEMATIC TRIBUTE

Adding another layer of excitement, Ran Mor announced a forthcoming Hollywood film titled The Kumbh. Directed by a prominent Oscar-winning filmmaker, the film aims to capture the mystique and grandeur of this spiritual gathering on a global stage.

AN EXPERIENCE LIKE NO OTHER

With its blend of spirituality, luxury, and artistic expression, the LifeArt Kumbh Mela 2025 promises to be a transformative experience for all attendees. Whether you're a seeker of spiritual enlightenment, an art enthusiast, or someone looking to immerse yourself in India's cultural heritage, this initiative offers something unique and unforgettable.

As the Kumbh Mela draws nearer, the LifeArt Village stands poised to become a beacon of innovation and inclusivity, welcoming visitors from around the globe to partake in this extraordinary confluence of faith, creativity, and culture.



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INDIAN PHOTO FESTIVAL 2024: A GLOBAL SHOWCASE OF PHOTOGRAPHY

MALLIK THATIPALLI

Work of Chris Rainer

The Indian Photo Festival (IPF) returned in 2024 at the State Art Gallery and is on till January 15, 2025, offering an unparalleled celebration of photography from around the world. Set to be a vibrant convergence of perspectives, it features exhibitions, workshops, portfolio reviews, and discussions that cater to both established photographers and rising talents.



Aquin Matthews, the Festival Director, highlights the ethos of the event, "Since our inception in 2015, the Indian Photo Festival has evolved significantly, embodying our mission to bring art to the public. We've hosted exhibitions in accessible spaces like KBR Park, Durgam Cheruvu Lake, metro stations, airports, and malls, ensuring that everyone can engage with photography. Our pioneering mobile exhibition gallery travels to communities, colleges, and schools, allowing those who may not visit traditional galleries to experience art firsthand."

The festival blends print and digital exhibitions to broaden accessibility further. It also boasts a stellar line-up of contributors, including Frans Lanting, celebrated by National Geographic as one of the great photographers of our time, and other international artists like Antonio Aragón Renuncio, Pablo Albarenga, and Sujata Setia. Together, their works promise to span continents and cultures, offering a richly diverse experience.

Aquin Matthews

VOICES FROM AROUND THE WORLD

Clara Watt, a Senegalese-Canadian documentary photographer, shares, "I am excited to showcase my work at the Indian Photo Festival. The series I present documents the passing of an anti-LGBTQ bill in Ghana. Through portraits and collages, I hoped to draw global attention to human rights violations and advocate for social change and the protection of LGBTQ communities in Ghana and beyond."

The festival will also honour the late Navroze Contractor with a retrospective exhibition titled *Photography Strictly Prohibited.* In addition, attendees can look forward to a masterclass with Magnum photographer Matt Black, providing invaluable insights into crafting compelling visual narratives.



Clara Watt

A TREAT FOR THE SENSES

Another highlight is the work of Indrajit Khambe, whose series The Morning in the Home Garden captures the essence of childhood amid the natural beauty of Sindhudurg. "My work focuses on my children, their upbringing, and the documentation of their childhood amidst the serene landscapes of Sindhudurg. I began my photographic journey in 2012 with the arrival of my daughter, and now I capture the shared experiences of my children in the same landscapes I once explored, reliving my childhood through every precious moment," Khambe shares.

Hyderabad, with its rich cultural heritage, serves as an ideal backdrop for the festival. Workshops, screenings, and interactive sessions offer attendees an immersive experience and the chance to engage directly with professionals.

Reflecting on the festival's growth, Aquin Matthews notes, "We have embraced the digital format, offering many programs online, thus reaching a wider audience. Collaborations that matter, such as our partnership with National Geographic for workshops and portfolio reviews, have enriched the photographic community tremendously. Surviving a decade, especially after the challenges of the pandemic, is

a significant achievement."

FESTIVAL HIGHLIGHTS

- Keynote by Frans Lanting: Known for his evocative wildlife photography, Frans Lanting's work promotes understanding of Earth's natural history.

- Masterclass with Magnum Photographer Matt Black: Tuition-free workshops designed to nurture emerging talents.

- Street Photography Workshop with Matt Stuart: A hands-on experience capturing the vibrant streets of Hyderabad.



Indrajit Khambe







- Portfolio Reviews with National Geographic: Offering critiques and storytelling insights from industry experts.

- Educational Initiatives with the International Center of Photography (ICP), New York: Workshops and portfolio reviews in collaboration with ICP.

IPF continues to make its mark as a global platform for photography, fostering artistic dialogue and community engagement. It is not just a festival but a movement celebrating the power of visual storytelling.

MUSIC MEETS TECHNOLOGY

EESHAAN SINGH-BASU



Pic credit : Piya Kirdpanya

Music has evolved in tandem with society over the past century, shaped profoundly by technological innovation. As technology advanced, music not only mirrored societal change but also became a driver of transformation, creating a unique interplay between the two.

FROM VINYL TO STREAMING

Over the last hundred years, the formats in which we consume music have undergone a remarkable transformation. From wax cylinders and vinyl LPs to cassette tapes and now digital ones and zeroes, music has consistently adapted to new technologies. This evolution has freed up shelf space but altered our listening habits significantly.

We no longer listen to albums as cohesive stories; music is now an assortment of singles, playlists, and algorithmic queues tailored to our preferences. The once cherished concept of an "album" has largely faded into nostalgia, with many unable to recall the last full album they listened to. Younger listeners might remember hearing albums with their parents, while older ones associate them with a pre-digital era.



Pic credit : Ingo Schulz

India held onto the tradition of packaged music longer than most markets, thanks to Bollywood soundtracks. However, with the rise of item numbers, the nation, too, shifted toward a single-track-focused market.

GLOBAL COLLABORATION AT HOME

The story of innovation extends beyond formats to how music is created. It took humanity over 250 years to progress from the first piano to the first electric guitar, but less than a quarter of that time to enable the creation of an entire orchestra on a smartphone.

Eighty years ago, recording music meant gathering all musicians in a single room to play together while managing microphone placement to balance the sound. Today, technology allows a guitarist in Melbourne to contribute to a song produced entirely in London—all from the comfort of their bedroom.

THE CHALLENGES OF DEMOCRATISATION

This technological revolution has democratised music production, leading to a staggering lakh of songs being released daily—more than the total number released in 1985. While this abundance creates opportunities for new genres and stars, it also leaves most musicians struggling to sustain a career.

For example, Lily Allen, a globally successful artist, recently revealed earning just 7.5% of total revenue from her 2.5 crore monthly streams. This steeply sloped business model often benefits only the most prominent players while leaving many talented musicians at the margins.

MORE PLENTIFUL, MORE DIVERSE

So, has music improved? It's become more plentiful, diverse, and innovative. If you know where to look, you'll find exceptional new music being created every day. Technology has not only made music more accessible but also transformed how it is crafted, consumed, and appreciated, offering endless possibilities for the future.



Lily Allen (pic credit: Wikimedia Commons)



A.R. Rahman appointed as Honorary President of Trinity Laban Conservatoire of Music and Dance in London

A.R. RAHMAN APPOINTED HONORARY PRESIDENT OF TRINITY LABAN

E2 CORRESPONDENT

Legendary composer and global music icon A.R. Rahman has added yet another prestigious accolade to his illustrious career. The Academy Award-winning musician has been appointed Honorary President of the renowned Trinity Laban Conservatoire of Music and Dance in London. Known for its trailblazing programmes in music, musical theatre, and contemporary dance, Trinity Laban stands as a beacon of innovation in the performing arts, and Rahman's appointment heralds a new era of collaboration and creativity.

This honorary position, which spans a five-year term, aligns seamlessly with Rahman's mission to expand the horizons of musical theatre in India and beyond. Over the years, his groundbreaking contributions to both Indian and international music have earned him an unparalleled reputation. Now, with this new role, he aims to weave his passion for the performance arts into a global vision.

Reflecting on a defining moment in his journey, Rahman recounted his meeting with the legendary composer Andrew Lloyd Webber in 2000. "When I met the king of musical theatre, Andrew Lloyd Webber, he casually asked me, 'Are you going to take the mantle of musical theatre forward?' At



A.R. Rahman

the time, I didn't fully grasp what he meant," Rahman shared. "But as I worked on projects like ***Bombay Dreams on Broadway and The Lord of the Rings*** in England and Canada, I began to realise the depth of his vision. It was a serious, visionary thought."

Rahman sees immense potential for musical theatre in India but emphasises the need for focused investment and the right infrastructure to nurture this art form. "If we invest in our talent and build the right infrastructure, we can open up a whole new genre of entertainment in India," he said. "But I can't do it alone. I need government support, incentives for performers, musicians, and the infrastructure to support this growth. We are now at a technological crossroads where visuals can be easily generated, but nothing compares to the magic of live performance."

As a global cultural ambassador, Rahman is acutely aware of the rising demand for authentic, live performances worldwide. "Western artists have made billions on recent tours. People want to experience real performances," he observed. This appointment at Trinity Laban, he believes, comes at an opportune moment, empowering him to drive transformational projects both in India and internationally.

Through initiatives such as the KM Music Conservatory and the Sunshine Orchestra, Rahman has already laid the groundwork for nurturing young talent. Collaborations with Trinity Laban are expected to amplify these efforts, creating new pathways for Indian performers to flourish in a rapidly evolving global entertainment industry.

"The next five years at Trinity Laban could mark a new era of global collaboration in music and dance," Rahman said with optimism.

Rahman's 2024 calendar is brimming with an exciting line-up of ambitious projects, including ***Chhava, Lahore 1947,*** an Indian period epic, and the much-anticipated Gandhi series. Collaborations with acclaimed directors such as Imtiaz Ali and Mani Ratnam, alongside other international commitments, further highlight his unwavering dedication to storytelling through music.

As A.R. Rahman embarks on this new chapter at Trinity Laban, it is clear that his visionary leadership will continue to inspire, not only reshaping the future of musical theatre but also nurturing a generation of performers poised to carry this art form to new heights.



Happily married and making a fashion statement

DISCOVER THE PERFECT BRIDAL ENSEMBLE

E2 CORRESPONDENT

Your wedding day is much more than a ceremony; it's a tapestry of love, joy, and new beginnings. At the heart of this special occasion is the bridal ensemble—a reflection of your style, heritage, and dreams.

Mysore Saree Udyog shares a diverse palette of bridal wear to suit every bride's personality and preference. From timeless reds to the modern allure of blues and purples, each piece in their collection is crafted with exceptional care and artistry.

Choosing the perfect colour for your wedding attire is no small feat. Each hue tells a story and adds to the vibrancy of the day. To make your choice easier, here's a guide to the most captivating colours in their collection, each promising to make your wedding ensemble truly unforgettable.

CLASSIC RED: THE ETERNAL SYMBOL OF LOVE

Red remains the epitome of timeless bridal elegance. Revered for its connection to love, prosperity, and tradition, red is a cherished choice across Indian weddings. A radiant red lehenga enriched with intricate gold embroidery or a regal Banarasi saree adorned with golden zari work speaks volumes of tradition and grace. Paired with exquisite traditional



Classic Red

jewellery, this look is nothing short of enchanting, ensuring you exude sophistication as you step into a new chapter of life.

ROYAL BLUE: MAJESTIC AND MODERN



Royal Blue

For brides who wish to channel regal vibes, royal blue offers an irresistible allure. Its rich undertones and majestic appeal make it a fresh alternative to traditional red. A stunning lehenga in deep blue with silver embellishments or a Kanjeevaram saree with golden motifs is perfect for evening ceremonies, offering a modern twist while retaining a sense of grandeur. Let royal blue be your colour of choice if you desire a look that is both captivating and contemporary.

ENCHANTING GREEN: HARMONY AND FRESHNESS

Green, a symbol of harmony, vitality, and new beginnings, is a beautiful choice for brides who want to radiate natural



Enchanting Green

charm. This versatile colour works wonderfully for both day and evening weddings, seamlessly blending tradition with modernity. Imagine yourself in a lush green saree with intricate detailing or a striking green lehenga that captures the vibrancy of life. Green's refreshing elegance ensures you look radiant as you embrace your new journey.

RADIANT YELLOW: JOY AND SUNSHINE



Radiant Yellow

Few colours capture the essence of joy like yellow. Associated with sunshine, prosperity, and celebration, this cheerful hue is perfect for brides looking to exude happiness and warmth. Particularly fitting for daytime weddings, yellow lends an air of freshness and positivity. Whether you choose a yellow saree with floral embroidery or a dazzling lehenga in golden-yellow tones, this colour promises to make your bridal look as bright as your future.

BOLD PURPLE: MYSTERY AND LUXURY



Bold Purple

For brides who dare to be different, purple offers a luxurious and enigmatic touch. Deep purple lehengas adorned with gold embellishments or sarees with silver or golden motifs create a strikingly dramatic effect. Ideal for evening weddings, this bold choice exudes sophistication and a hint of mystery, making it perfect for the bride who wants to leave a lasting impression. Purple is a colour that speaks volumes of your individuality and refined taste.



Anaita Shroff Adajania

SHOE-STOPPER OF THE YEAR

E2 CORRESPONDENT

The festive season has just turned more glamorous as Anaar, the luxe footwear brand, partners with Anaita Shroff Adajania, India's iconic fashion stylist, to unveil a collection that redefines style. The Anaita x Anaar collaboration embodies boldness and fearless charm, a true "shoestopper" designed to make heads turn and inspire unapologetic self-expression.

A bold fashion revolution

The Anaita x Anaar collection is a masterful fusion of Anaar's exquisite craftsmanship and Anaita's unparalleled eye for maximalist fashion. Each piece reflects Anaita's trendsetting influence, which has transformed Indian fashion on both domestic and international stages. From styling Bollywood stars like Shah Rukh Khan, Deepika Padukone, and Aishwarya Rai Bachchan to global icons like Alia Bhatt at the Met Gala, Anaita's impact is undeniable.

Bringing this expertise to Anaar, the collection celebrates personality-driven fashion, offering designs that are as innovative as they are timeless. "This collection is not for the faint-hearted," says Anaita. "It celebrates radiant embellishment—oversized diamantes, astral-inspired embroidery, and a touch of playful sophistication. My favourite is the Starlit Collection, where stars and planets shimmer against a deep navy canvas, adorned with silver, gold beads, and pearls. It reminds us that we are our own brightest stars!"

Six themes, endless glamour

The Anaita x Anaar collection features six stunning themes, each crafted to bring drama, glamour, and individuality to every step. From bejewelled boots to edgy sneakers, there's something for everyone ready to embrace bold fashion.

1. **Shine On:** Playful, vibrant pieces like the "Starry Nights" wedge sneakers and "Eye Candy" wedge sandals.
2. **Item Girl:** Confidence and allure shine with the "Britney" boots and "IT Girl" platform shoes.
3. **Starlit:** Glitz and glamour take centre stage with the "Glitterati" platform and "Moonwalk" sneakers.

4. **Disco Deewani:** Edgy, experimental designs like the "Sans Serif" peep-toe boots and "Terrazzo" sneakers.
5. **Boho Bride:** Bridal elegance shines through with the "Sajna" wedge sneakers and "Heer Heer" platforms.
6. **Maharani Moves:** Celebrity-inspired styles like the "Nine One One" wedge sneakers and "Vintage Vanity" sandals.

A collaboration built on fun and expression

"Anaita's work has defined style through decades and is transformational," says Tanushri Biyani, founder, Anaar. "Her unapologetic self-expression aligns perfectly with Anaar's philosophy of having 100% fun in the moment. This collaboration celebrates bold choices and individuality—it's been amazing working with her."

The Anaita x Anaar collection invites everyone to step into their own spotlight, making bold style statements with every stride. Whether it's the drama of the Starlit Collection or the experimental edge of Disco Deewani, this collaboration offers something truly transformative for every fashion enthusiast.

This festive season, take your footwear game to the next level with the Anaita x Anaar collection. After all, true style begins with the confidence to stand tall and shine.



Anaar, the luxe footwear brand collaborates with Anaita Shroff Adajania



Rysa Panday

Bhavana captioned her post, “My baby girl shining at Le Bal Des Paris. Shine on. Love you.” Celebrities like Farah Khan, Neelam Kothari, and Sanjay Kapoor showered love and compliments.

DEBUT OF ELEGANCE

E2 CORRESPONDENT

All eyes were on Rysa Panday, daughter of Chunky Panday and Bhavana Panday, as she made her stunning debut at Le Bal des Débutantes in Paris. This prestigious annual event, hosted by Ophélie Renouard, celebrates young women from elite families worldwide, blending tradition, style, and philanthropy.

Rysa graced the evening in an exquisite Elie Saab gown, looking every bit the modern-day princess. Proud parents Chunky and Bhavana shared glimpses from the night on Instagram.



Proud parents Bhavana and Chunky Panday with Rysa

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Hair problems can be troublesome during winter

TOP 5 WINTER HAIR CARE TIPS

ARZOO B. SINGH

Here are some quick ways to prevent your hair from getting damaged in this cold weather:

1. WASH YOUR HAIR LESS:

The weather itself might help with this one, as we often feel the need to bathe less, let alone wash our hair, during the cold winter months. Washing your hair too often with hot water can lead to an even drier, flaky scalp and dull-looking hair. On the flip side, for those with oily or greasy hair who simply can't do without washing, opting for a dry shampoo might help gently cleanse and keep your hair looking clean without over-drying.

2. MINIMISE USE OF HEAT TOOLS:

Regardless of the season, excessive use of heat styling tools can lead to hair damage, such as breakage, thinning, or split ends. It's best to avoid using heat styling tools unless absolutely necessary, and when you do, use a hair protection serum to minimise damage.

3. REGULARLY OIL YOUR HAIR:

One of the most effective ways to avoid dry hair or a flaky scalp is to keep it hydrated with regular hair oil massages. Not only will the oil help moisturise your scalp, but it will also improve circulation and leave your hair looking shiny and healthy.

4. STAY HYDRATED:

The cold, dry weather might make us feel less thirsty than usual, but it's important to counteract this. Make sure to drink plenty of water to stay well-hydrated, which helps keep your hair hydrated from within.

5. EAT SEASONAL FOOD:

Winter brings with it a variety of tasty seasonal foods. From strawberries to carrots and garden cress seeds, these are rich in vitamins and antioxidants that are not only good for your body but also excellent for your hair health.

These simple tips can leave your hair feeling healthy, clean, and shiny, so be sure to try them this winter season. However, if you are suffering from any specific hair condition, it is best to consult a dermatologist first.

TABU COMMANDS THE SPOTLIGHT IN DUNE: PROPHECY

E2 CORRESPONDENT



Tabu's portrayal of Sister Francesca in Dune: Prophecy

After years of anticipation, Indian actress Tabu has finally made her mark in Hollywood with a stunning debut in ***Dune: Prophecy.*** Tabu's portrayal of Sister Francesca, a character as complex as it is powerful, has become one of the most talked-about elements of the series.

In the penultimate episode of ***Dune: Prophecy,*** Tabu made a grand entrance, taking on a role that an executive producer described as "front and central" to the narrative. Sister Francesca's mission is pivotal: to persuade Emperor Dune, played by Mark Strong, to allow their son to ascend to power. This power play adds a compelling layer to the intricate web of politics and spirituality that defines the series.

Speaking about her character at the show's premiere, Tabu called Sister Francesca "a layered, deep, and intense role that explores the complexities of the human mind." Her performance has already garnered widespread acclaim, with fans and critics alike praising her ability to convey both strength and vulnerability in equal measure.

Set 10,000 years before the rise of Paul Atreides, ***Dune: Prophecy*** delves into the saga of the Harkonnen sisters and their battle against existential threats to humanity. Tabu's character adds gravitas to the story, her presence enriching the show's already intricate narrative tapestry.

While Tabu's Hollywood debut is a highlight of the entertainment world, another story of innovation and creativity has been unfolding closer to home. Vedant Mahajan, the dynamic force behind MVM Entertainment, continues to redefine the global event management industry.



AKSHAY KUMAR LEADS AS CELEBRITY ADS SURGE IN 2024

E2 Correspondent

Celebrity-endorsed advertisements saw a 10% increase in the first half of 2024 compared to the same period last year, according to TAM AdEx's Half-Yearly Celebrity Endorsement Report. Film actors led the space, contributing to 75% of such ads, with Akshay Kumar emerging as the most prominent figure. Kumar averaged close to 22 hours of daily visibility on television through endorsements, securing his position as the 'most visible celebrity.'

Actor Akshay Kumar

The report also noted a rise in celebrity pair endorsements, with duos like Ranbir Kapoor-Alia Bhatt and Amitabh Bachchan-Jaya Bachchan becoming a common feature. Shah Rukh Khan followed Kumar closely, with an average of 20 hours of daily TV ad visibility. In parallel to his advertising presence, Kumar is slated to appear in several major films, including *Housefull 5, Bhooth Bangla, Jolly LLB 3, and Welcome to the Jungle.*



Ranbir and Alia

FROM SCREEN TO FIELD: GURMEET CHOUDHARY'S IMPACT ON CRICKET STARS

E2 CORRESPONDENT

Gurmeet Choudhary, celebrated for his captivating portrayal of Guru in *Yeh Kaali Kaali Ankhein Season 2,* recently experienced a heartwarming fan moment when members of India's Women's Cricket Team expressed their admiration for his performance. Known for his gripping acting and intense transformation in the series, Gurmeet has left a significant impression on viewers, including some of the country's top athletes.

The actor recently met cricket stars such as Tanya Bhatia, Kanika Ahuja, and Khyati Gulati, the head coach of Punjab's Senior Women's Cricket Team. The cricketers were effusive in their praise, highlighting how Gurmeet's dedication to his role resonated with them.

Tanya Bhatia: A Binge-Watching Enthusiast

Tanya Bhatia, a wicket-keeper-batter who represents Punjab and the Indian Women's Cricket Team, shared her excitement about Gurmeet's performance. "I absolutely loved Gurmeet Choudhary in *Yeh Kaali Kaali Ankhein Season 2!* Honestly, he's the reason I binge-watched the entire season in just a few hours," she said enthusiastically. "His portrayal of Guru was phenomenal, and the transformation he underwent is incredibly inspiring. I've already recommended the series to my friends because of how brilliantly he performed. I hope to see a lot more of him in the future!"



Gurmeet Choudhary with Tanya Bhatia

Kanika Ahuja: Inspired On and Off the Field

Kanika Ahuja, a left-handed batter currently playing for Punjab's team, recounted how Gurmeet's performance left a lasting impression on her. "I don't usually watch series, but I was so inspired by his performance that I binge-watched both Season 1 and Season 2 just to watch him," she shared. "In fact, I used to sneak in episodes during practice. After finishing the show, I scored a century," she added with a laugh.

"Meeting members of the Indian Women's Cricket Team and hearing their words of appreciation was truly humbling," Gurmeet said. "It's an honour to know that my work has inspired such accomplished individuals."

VEDANT MAHAJAN: CRAFTING UNFORGETTABLE EXPERIENCES

E2 Correspondent



Vedant Mahajan creating memories

Vedant Mahajan, known for his flair for creating spectacular events, had a landmark year in 2024. From orchestrating high-profile celebrations for Aryan Khan's luxury brand D'yavol to hosting immersive parties in global hotspots like London, New York, and Dubai, Mahajan has cemented MVM Entertainment as a powerhouse in the industry.

"Life's been crazy lately," Mahajan shared on social media, reflecting on an intense week that saw him overseeing seven events across five cities, including London, Boston, and Dubai. His ability to deliver world-class experiences has made MVM Entertainment a favourite among celebrities, including Shah Rukh Khan, Mike Tyson, and Ed Westwick.

One of the most notable milestones for Mahajan this year was his acquisition of a stake in Flite, a cutting-edge ticketing platform valued at $14 million. "We faced challenges with existing ticketing systems—late payments, lack of dynamic pricing, and no guest profiling," Mahajan explained. "Flite's technology has revolutionised how we approach event management, offering insights we didn't even know we needed."



Actor Triptii Dimri with the models at #Basanti Hyderabad



FASHION EXTRAVAGANZA: TRIPTII DIMRI AS THE SHOWSTOPPER

AJULI TULSYAN

Hyderabad witnessed a fashion extravaganza as #Basanti, the new flagship store, launched yesterday in the upscale locale of Banjara Hills. Known for its elegant and timeless collections, Basanti marked its grand opening with a spectacular fashion show that left the audience spellbound.

Headlined by the stunning Triptii Dimri, the showcase brought pastels and florals to life, redefining modern fashion aesthetics. The collection celebrated delicate hues, intricate embroidery, and flowing silhouettes, exuding grace and sophistication.

For fashion enthusiasts in Hyderabad, #Basanti's flagship store is set to become a go-to destination for statement pieces and couture elegance. The event highlighted Basanti's vision of blending contemporary style with traditional craftsmanship, setting new benchmarks in the fashion world. Guests experienced a seamless combination of design, artistry, and innovation; making it a truly unforgettable evening over cocktails and munchies.



Book launch by co-authors

HISTORICAL NOVEL 'GULABI KHANJAR' UNVEILED

E2 Correspondent

In an event attended by luminaries from the literary and cultural world, Indian politician and author Dilip Pandey unveiled the cover of his upcoming novel Gulabi Khanjar (The Pink Dagger).

Co-authored with entrepreneur Rohit Sakunia and yoga instructor Chanchal Sharma, this historical crime fiction promises to enthral readers with its blend of valour, complex relationships, and moral ambiguity.

The launch event, moderated by crime editor Shams Tahir Khan of Aaj Tak, included vibrant discussions about the novel's inspiration and unique storytelling approach. Prominent figures like Manoj

Rajan Tripathi, Satya Vyas, and Gautam Rajrishi praised the authors for their deep dive into India's history and the thought-provoking themes of the book.

A tale of depth and complexity

Gulabi Khanjar is the first part of an ambitious three-book series. With 140,000 words of intricate storytelling, the novel explores the cultural richness and moral dilemmas of historical India. By blurring the lines between heroes and villains, it crafts a narrative that challenges conventional notions of right and wrong.

The cover, unveiled at the event, is as enigmatic as the story itself. Featuring symbolic imagery, it teases the novel's themes without revealing too much. Speaking about the design, the authors noted, "A cover should leave readers curious—it's an invitation to explore the story."



Book cover of 'Gulabi Khanjar'

The minds behind the book

Dilip Pandey: A seasoned politician and tech professional, Pandey's previous four books showcase his passion for India's cultural heritage. His insights lend the novel its historical authenticity.

Rohit Sakunia: Founder of Art-E Mediatech, Sakunia brings his entrepreneurial vision to storytelling, enriching the book with fresh perspectives.

Chanchal Sharma: An internationally certified Ashtanga Yoga instructor and author of four previous books, Sharma contributes a layer of spiritual and philosophical depth to the narrative.

A grand launch

The event was abuzz with anticipation as the authors shared anecdotes from their creative process. Discussions revolved around the novel's focus on grey human characters and the fascinating stories that inspired its creation.

Published by Hind Yugm, Gulabi Khanjar will soon be available on both online and offline platforms, promising a literary treat for fans of historical fiction.

As the authors hinted at the thrilling journey within, the event concluded with an air of excitement for what lies ahead in this compelling trilogy.



YEARLY TAROT PREDICTIONS FOR 2025

By: Maanya Kohli

Maanya Kohli, fondly known as the Lady of Tarot, has shared her insightful predictions exclusively for **Edge & Essence** readers. A renowned Tarot Reader, Tasseographer, and spiritual guide based in Bengaluru, India, Maanya brings over two decades of experience to her practice, having guided more than 50,000 clients worldwide. Her expertise spans tarot readings, numerology, crystal healing, and tasseography (tea leaf reading), with a unique focus on corporate tarot sessions.

2025 AT A GLANCE

Welcome to 2025! Discover what the cards reveal for each zodiac sign, guiding you towards a year filled with growth, love, and success.

Aries (Mar 21 - Apr 20)



2025 encourages growth through self-awareness and determination. In love, honest conversations deepen your connections, while perseverance at work earns recognition and success.

Taurus (Apr 21 - May 21)



This year brings flourishing relationships and significant professional breakthroughs. With patience and consistent effort, you'll see your dreams come to life.

Gemini (May 22 - June 21)



Endings open the door to exciting new beginnings in both love and career. Prioritize self-care and creativity to discover fresh opportunities and emotional fulfilment.

Cancer (Jun 22 - Jul 23)



Nurture meaningful relationships and embrace new adventures. Balance resilience with curiosity for growth in your career and a thriving sense of well-being.

Leo (Jul 24 – Aug 23)



2025 is your year to heal and strengthen emotional bonds. Misunderstandings can be overcome with patience, paving the way for deeper connections. Pause to reassess your

goals and strategize for long-term success. Financial growth will follow steady, thoughtful decisions.

Virgo (Aug 24 – Sept 23)



Honest communication will transform relationships, and single Virgos can trust their instincts with new connections. Challenges lead to meaningful growth. Success is within reach with unexpected support and balanced efforts. Collaborative projects aligned with your values will prove rewarding.

Libra (Sept 24 – Oct 23)



Stable and understanding relationships take the spotlight. Singles may meet someone dependable, making this a year for nurturing connections. Your hard work pays off as achievements and leadership opportunities come your way. Trust in your efforts to bear fruitful rewards.

Scorpio (Oct 24 – Nov 22)



Emotional challenges can be eased with open communication and vulnerability. These moments will lead to stronger, more meaningful relationships. Celebrate your achievements and focus on building a stable future. Collaboration with like-minded individuals will unlock exciting opportunities.

Sagittarius (Nov 23 – Dec 21)



Emotional introspection and honest conversations strengthen bonds. Lean on your support system for healing and understanding. While setbacks may occur, adaptability is your strength. Rebuilding with a fresh perspective will open new doors.

Capricorn (Dec 22 – Jan 20)



Joy and harmony shine in your relationships, with moments of celebration and connection. Singles can focus on self-love and attracting meaningful relationships. Trust your intuition for critical career decisions. These choices will pave the way for financial growth and lasting stability.

Aquarius (Jan 21 – Feb 19)

Reconnect with old ties and heal past wounds.



Nostalgic moments bring clarity and pave the way for stronger, renewed bonds. Embrace challenges and stand firm in your ideas. Thoughtful financial strategies will lead to positive outcomes.

Pisces (Feb 20 – Mar 20)

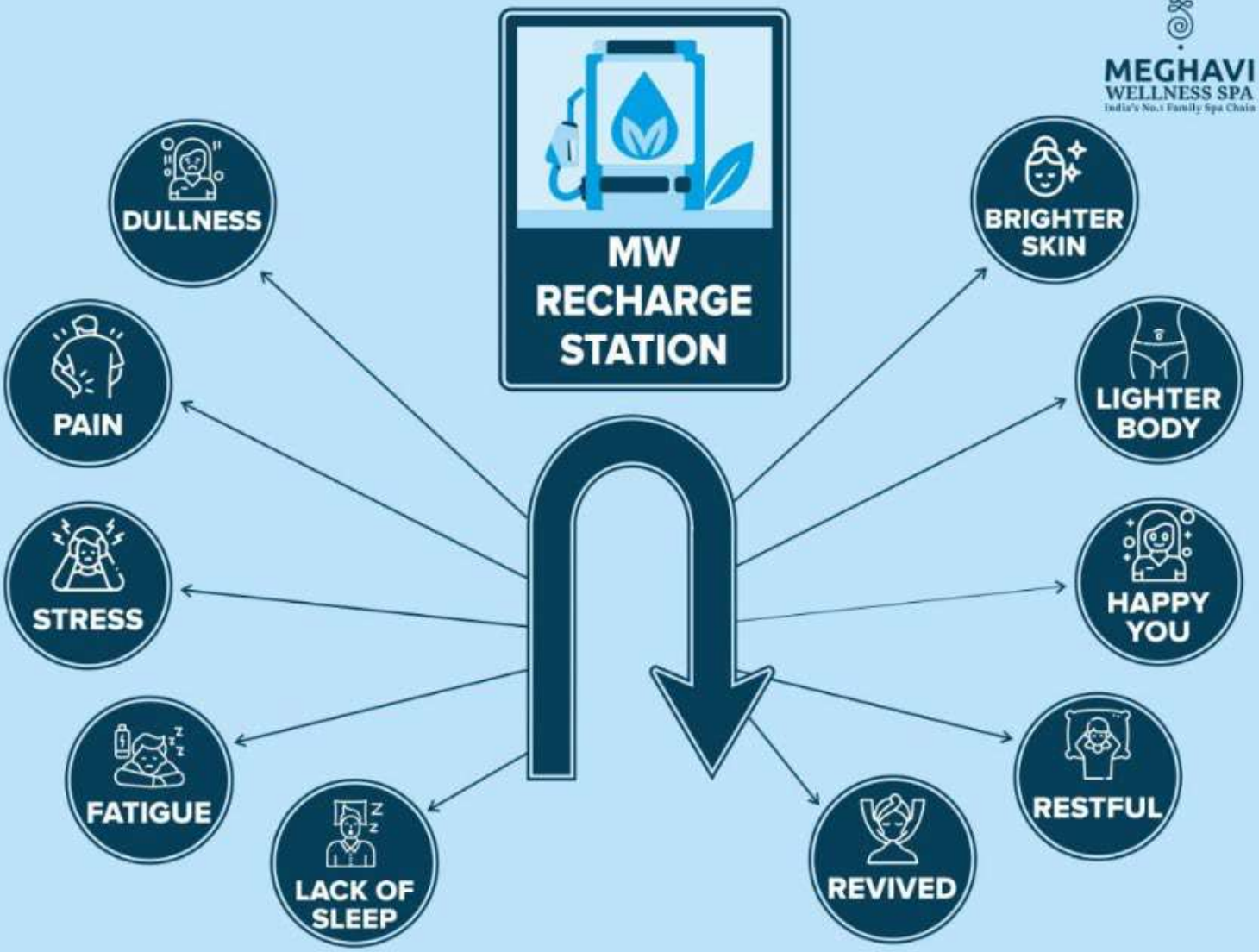


Emotional healing marks the start of the year, leading to renewal and growth. Family dynamics improve with patience and understanding. Though the year begins slowly, clarity and progress come later. Focus on building a solid foundation and avoid impulsive decisions.

May the cards guide you to a fulfilling and prosperous 2025!

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Website: https://ladyoftarot.com/
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