

CARNIVAL

|Vol 1 | Issue 1 | NOVEMBER 2017

6

MAJOR EVENTS
AROUND THE
WORLD

AN ESCAPE TO THE ISLAND

A DAY IN KOPHANGAN
ISLAND

KAYIKKANTAE BIRIYANI

THE TASTE PRIDE OF
MATTANCHERY

CHAT WITH A BUDDING MODEL

SRUTHI M IN
CONVERSATION WITH
DIPANWITA DAS

SAO JOAO

THE GOAN FESTIVAL &
FEAST



SHUTTER BUGS

A photo by
Jaideep Chowdhary, Punjab



Two people meeting over a cup of tea,
aloof from monotony in unusual setting.
The cups are emptied leaving behind
sweet memories as a lot can be
discussed over a cup of Tea!



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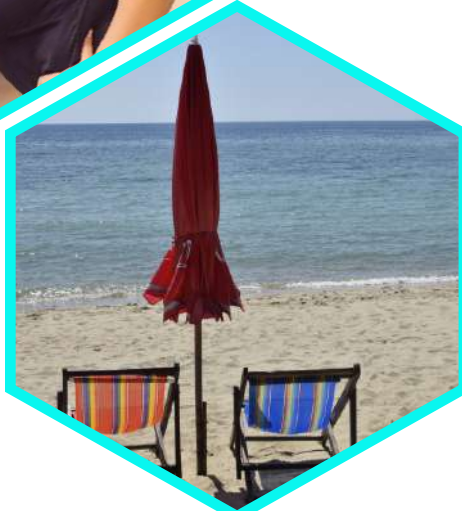











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A photo by
Nithin Kumar, Tamilnadu

The little beings of nature ironically needs bigger lenses to capture it's beauty. The dragonfly sitting unaware of being captured sits unaffected, enjoying lone time



A photo by
Nithin Kumar, Tamilnadu



Every sunset marks a new beginning and another sunrise. The serene mood captured in the photo retains deep inside the heart wanting to capture the moment with naked eyes

A low light documentary depicting a street vendor caught mid action, unaware of the happenings around him. His level of dedication is evident.



A photo by
Jaideep Chowdhary, Punjab

TASTY PRIDE OF MATTANCHERRY

Mattancherry ,the land of
Kayikkantae biriyani!



Olevia K Sunny

Mattancherry, a tourist destination in Kerala is famous for having a “Jew Town” right in its heart; a historical part of India, where the ancient Jews started their trading .

One out of many stories behind the name of the place is that the cheri (street) full of mutton butchers slowly became Muttoncheri, which is now popularly known as Mattancherry. But for many years in the recent few decades, Mattancherry has become synonymous with Mattancherry biriyani which is one of its kind tasty mutton biriyani. The biriyani which is also known as Kayikkantae biriyani is available only in the Kayees Rahmathulla hotel in Mattancherry. This highly famous Kayees restaurant is famous for its signature mutton biriyani. The mouth watering biriyani is known for crispy rice, tender mutton and spicy gravy which could be regarded as a perfect

blend of taste. The portion served here is sufficient enough to fill a big appetite with an affordable price for a middle class person. There are also many other items in their menu like chicken biriyani, appam, pathiri, mutton roast, among others. Even though the menu contains a wide variety of items, the demand for mutton biriyani here is very high simply because of its outstanding taste.

Way to Kayees Rahmathullah Hotel

Rahmathulla Hotel, MattancherryAddress:

New Road, Fort Kochi, 682002
Phone: 0484-2226080

Kayees Hotel, Durbar Hall Road, Ernakulam

Address: Kayees, near Durbar Hall Ground, 682016
Phone: 0484-2354321

A photo by
Nithin Kumar, Tamilnadu



Kayikkantae biriyani is named after its creator, V.K.Kayee, commonly known as Kayikka. Kayikka started his career as a cook and waiter in British army in 1940s. Later he started working as a waiter in Bombay hotel, Cochin. In the year 1948, he started a tea stall in Mattancherry . He converted it into a proper restaurant by the name Kayees Rahmathulla Hotel in 1951, which is now a pride of people of Mattancherry. When some historians say that the modern biriyani was developed in the Mughal royal kitchen as a confluence of native spice rice dishes of India and the Persian pilaf, the people of Mattancherry has a different tasty story to tell the world. That is the story of Kayees biriyani or simply the taste of Kayikkantae biriyani. There are several people inside and outside the place who are actually very much fond of this non replaceable taste. And it is widely heard that there are people who visit Mattancherry just to enjoy this taste. However it would be a great loss if you miss this biriyani while visiting the place. Also the fan list for Kayees biriyani is very long including many celebrities like Mammooty, Kunchako Boban, M F Hussain,P K Kunjalikutty, Mammen Mathew, among others. The list is never ending and the taste too. The present days demand for the biriyani, especially even after the death of its creator is something

unusual. Since Kayikkas death in1999 the restaurant is run by his son Mustafa and grandson Shabeer. And also to meet the current and ever increasing demand for the item, the restaurant operates in two locations-the original hotel in Mattancherry and another hotel near Durbarr hall ground, Ernakulam. If you are a lover of biriyani then I suggest that you pay a visit to Mattancherry. Let this tasty pride of Mattancherry grab your like very soon, and add yourself to the fan list of Kayikkas special Mattancherry mutton biriyani.

con

rice dishes of India and the Persian pilaf, the people of Mattancherry has a different tasty story to tell the world. That is the story of Kayees biriyani or simply the taste of Kayikkantae biriyani. There are several people inside and outside the place who are actually very much fond of this non replaceable taste. And it is widely heard that there are people who visit Mattancherry just to enjoy this taste. However it would be a great loss if you miss this biriyani while visiting the place. Also the fan list for Kayees biriyani is very long including many celebrities like Mammooty, Kunchako Boban, M F Hussain,P K Kunjalikutty, Mammen Mathew, among others. The list is never ending and the taste too. The present days demand for the biriyani, especially even after the death of its creator is something



Recipe for Kayikkante Biriyani

Mutton Biriyani – Ingredients

Mutton	1Kg	Green Chilly	12
Coriander	60ml		
Tomato	1		
Lemon	1		
Onions	4		
Curd	1/2	Lemon	
Coriander Leaves	4	Garam Masala	1 tablespoon
Cumin	1 tablespoon	Turmeric	1/4 tablespoon
Raisins	50g		
Cashew	50g		
vegetable cooking oil	1 cup	Ghee	4 tablespoon
Rice	750g	Cinnamon	3 pieces
Clove	6	Cardamom	6
Star Anise	3 pieces	Pineapple (sliced)	150g

Preparing the Biriyani

Crush onion, garlic, pearl onion and ginger. Mix it with coriander leaves, mint leaves, tomato, turmeric, garam masala, lemon juice, 1/2 cup vanaspati cooking oil, ghee and salt. Saute the mix. Then add mutton and 1/2 cup curd and cook the mix.

Slice onions and fry in Vanaspati till they turn brown. Fry raisins and cashew nuts separately. Also half cook the rice with cumin, cinnamon, clove, cardamom and star anise. Add this rice on top of the cooked mutton.

Then add the coriander leaves, mint leaves, pineapple small slices, cashew nuts, raisins and fried onion slices on the top. Seal the lid on the top of the cooking vessel with maida dough(all purpose flour dough) and cook. The delicious Kayikkante dhum biriyaani is ready!



Interview with Mustafa, -the present owner of the restaurant

W

What could probably the reason for the name Kayees biriyani?

The shop is named as Kayees Rahmathulla Hotel. Moreover from what I heard, it is being said that from the very beginning people started calling it as Kayees shop and later on the star on the menu itself acquired the name after him. And this name is being carried from then till today.

Is there a secret recipe which is not revealed yet?

No. There is no secret recipe at all. But the quality is ensured using the natural ingredients. And the taste is maintained through the practice of culinary skills.

Could you tell us bit about your grandpa and father?

Grandpa was a man of discipline and simplicity Whereas father is more of a friendly person. What makes them similar is their passion and dedication. And these two factors itself is the reason for the restaurant to run until today.

What is the driving force for you to run this hotel?

Obviously it's my passion. Moreover it's my love and respect for my grandpa who once founded the restaurant itself as his life. And I strongly believe it's my duty to safeguard the name that he had built as my father had showed me.

What are the other stars in the menu chart?

There is black and white halwa which is as popular as the biriyani. Then the prawns roast specially done by my mother. And many others like kozhi porichathu, ghee rice etc.



I. Malakottai

“Myth & Spirituality
meets
Architecture”



Divya K.S

Trichy is known as a land of harmonious living. People of different religions strive to adhere to their customs but at the same time are open to different ideologies of other's known customs. Trichy's Malaikottai temple is one beautiful example. Malaikottai was built in a Hindu dominant area, located close to a Muslim Nawab's area, which was later then donated for building a profound Catholic church.

The Malaikottai Temple, also known as Rock Fort is known for its huge architectural greatness. This temple, Rock Fort Temple sits majestically 83 meters above the rest of the city, constructed on a high natural-cut rock that dates back to billions of years. Rock Fort in Trichy, is the trademark of the city which serves as both, a temple to deepen the faith in one's religion and also as a tourist spot setting an example to 'beauty lies in the eyes of the beholder.'

Dating back from history, the rock on which the entire temple is built is believed to be one of the oldest formations in the world which is as old as the rocks in Greenland, and historically even older than Himalayas. The long walk up the 473 steps that are manually cut on the rock which lead to the top of the fort is worth the panoramic. To those who are spiritually inclined, they are blessed to have an unison with God, as this temple relieves them of stress, also catering to the aesthetic interest as it has a view that over-looks the river banks, known as Theppakulam, making

the view from the top of the mountain during the night even more awe inspiring, as the night lights of the city flicker at distance- a complete beautiful personification of lit *diyas* around the temple. It feels like a very royal view- metaphorizing the view one has as though standing in the balcony of a palace and viewing the joyful, contented subjects who flourish under the reign.

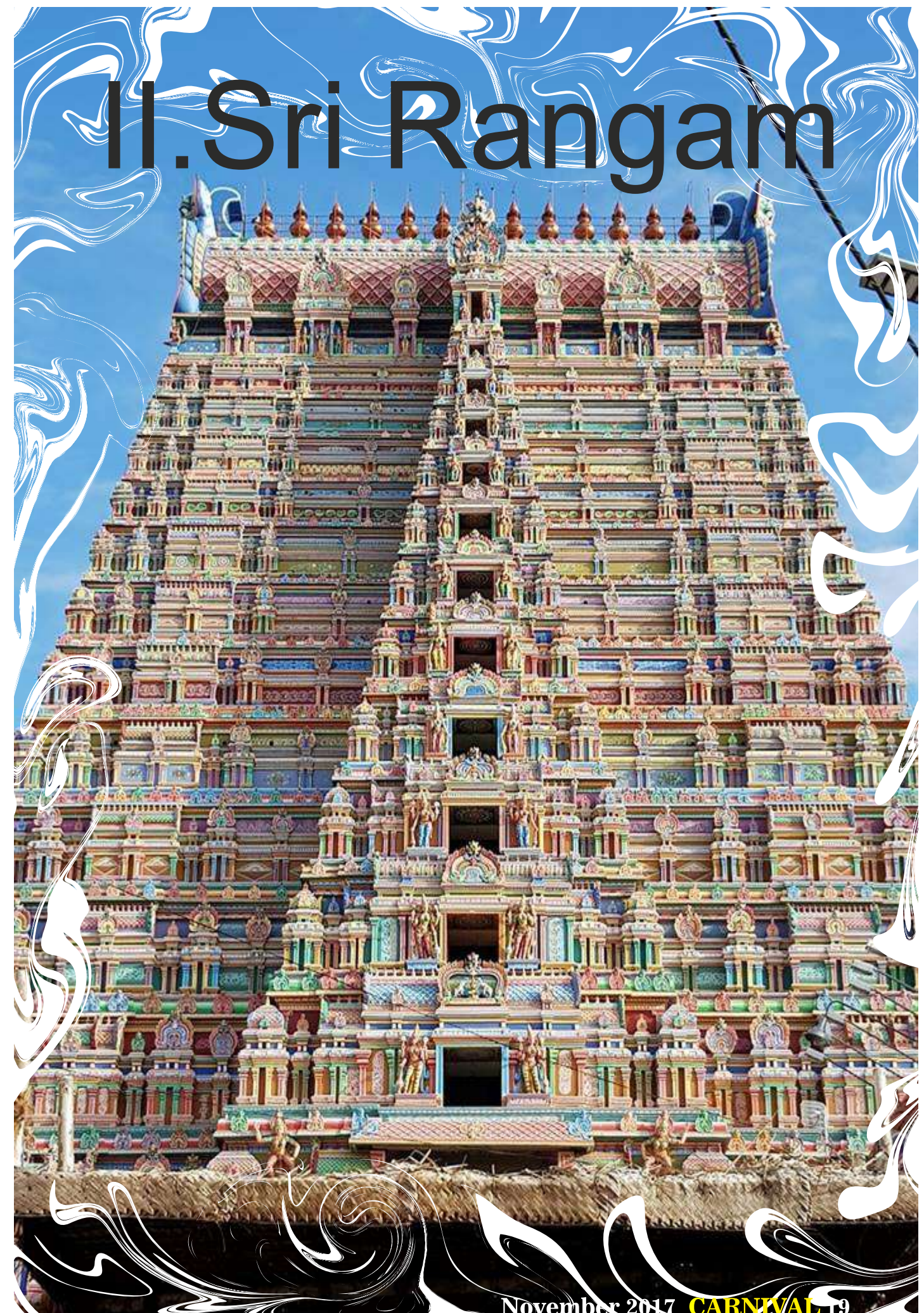
The temple has a story of myth spun around its inclusion of three different sub-temples within its large compound. The three Hindu temples on the inside are named 'Manikka Vinayakar

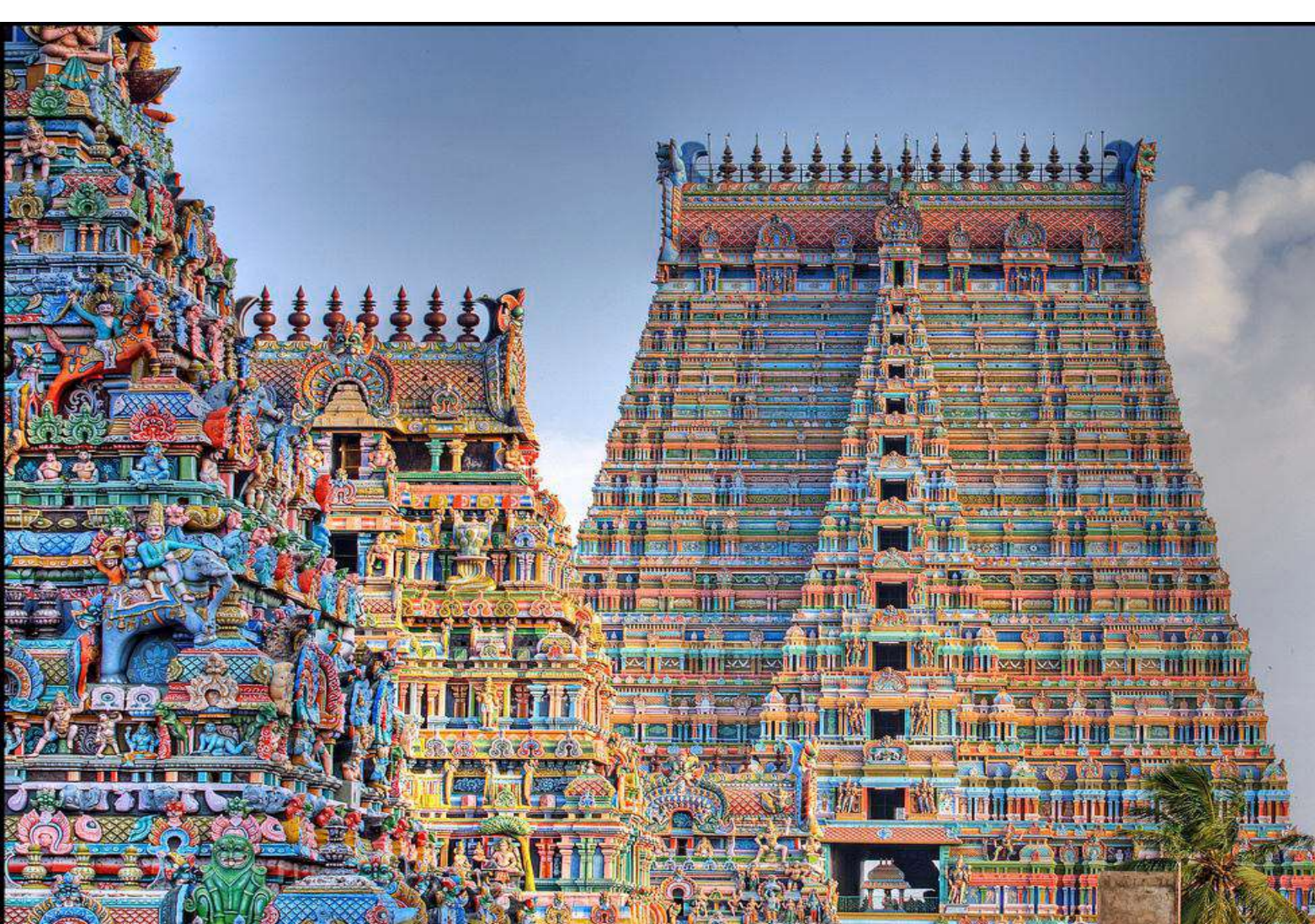
Temple', 'Ucchi Pillayar Temple', and 'Thayumanaswami Temple'. Detailing on their residing now presence, 'Manikka Vinayakar Temple' are at the foot hills while 'Ucchi Pillayar Temple' is at the top of the hill, both being dedicated to Lord Ganesha. 'Thayumanaswami Temple' is dedicated to a saint during the Nayaka era, who is a follower of Lord Shiva. This is a rock cut temple which has the lingam which also a factual projection of the rock itself. There are two rock cut temples, one in the lower cave temple and the other in a complex structure

outside the ThayumanaSwami temple, on the way to the Ucchi Pillaiyar Kovil. The style of the rock cut temple seems to be similar to many other temples based on the external elegance but the pillars supporting the temple are unique in built. The rock cut temple was built during the Pallava era and is named as the '*Lalitankura Pallaveswaram*' with several inscriptions giving attribution to Mahendravarman I. The Cholas and the Nayakas of Madurai are also credited with the extensive work of the temple. This temple, Thayumanaswami Temple is a masterpiece of architecture and construction apart from the temple as a whole. It is said that it took 300 men over a course of eleven years to carve the marvel out of ancient rock which is natural..

Another unique feature of rock fort is that one can see different angels of the deity and their divine vehicles when the vision is helmed in different ways. This adds to the uniqueness of the temple and the rock itself. One can make out an outline of the face of Lord Ganesha, the shape of a lingam, the laying pose of Renganathar and many others.

The formation of the deity is the imagination of the devotee who is seeing but this can always be visible to a person who is willing himself into a 'suspension of disbelief'.





“A synonym to attainment of Lord Vishnu”

Life is becoming materialistic as day passes by. Spirituality seems to be the only last resort as it makes use of the positive energy from the earth and traps it to revitalize the reserve of positive energy.

'Ranganathaswamy Temple', located in Sri Rangam can be placed on top of the list. Temples generally are constructed on the focal points of the energy reserves which are in the form of waves, and therefore have a direction to lead, thus proving an unknown superstition to belief to an analyzed scientific reason of why devotees are always asked to use only one direction to go around the temples.

Sri Rangan temple, a more popular name for Ranganathaswamy Temple is an apt example of heterogeneous ideologies of art, beauty and devotion. SriRangam is an island on the mainland of Trichy which is surrounded by fresh water rivers on all sides. It is encompassed by Cauvery and Kollidam, a tributary of Cauvery.

The temple is a majestic structure, built on 156 acres of land. It is considered as the first and the foremost of the eight self-manifested shrines (Swayam Vyakta

Kshetras) of Lord Vishnu. It is also considered the first, foremost and the most important of the 108 main Vishnu temples (Divyadesams) for the devotees of Vishnu so much that if someone refers to the word 'Kovil' (which actually translates to Temple) in the context of Vishnu it becomes synonymous with this place. It has seven concentric enclosures or Parkaras, which are made up of huge rampant walls which wraps around the sanctum. It has 21 magnificent towers in the seven Parkaras which renders itself to a very spectacular view.

The temple also has a huge southern gopuram, which serves as the entrance into the temple. This gopuram is the biggest of its kind in Asia. The gopuram is tall and stands firm in Trichy visible from every nook. There is also a deity in the temple completely made of gold in the sanctum which is protected by the electrical fence.

One myth the tourists learn when they try to probe the history of the temple is during the time of invasion of the Muslim invaders. These Muslim invaders aimed to loot the temples and took all the

the riches along with the idols. The bounty was sent to their Nawab. The Nawab's daughter fell in love with the deity at the first sight. Seeing this happen, the Nawab wanted to return the deity back to the temple immediately. The idol was sent back to the temple. It is said that the Nawab's daughter vanished after a few days. This leads the public to assume that she had come in search of the deity that she loves. This also led to the construction of a separate shrine for her .

Every day there are so many people who come in from all the parts of the country and the world to worship their 'protector'. It creates a sense of how much we crave for that connection with the divine. When one walks into the temple, he can find numerous numbers of devotees, bringing to us the realization of our insignificance in front of the cosmos. The huge structure of the temple that has been constructed to worship Lord Vishnu reveals of how people construct such massive structure, but fail to contain the Supreme, responsible for their existence .

The temple is so big and commands respect for its sheer size and architecture. It is always bustling with action but on special occasions and festivals one really can see this massive temple to be tiny as devotees and tourists overflow to just get a glimpse of their deity. If one wants to really discover one's self, this temple is one of the places that they can visit. The presence of Lord Vishnu is felt throughout the layout and not just at

the altar, which is a great boost for those who want to introspect their way of living.

The view of the temple under the orange tinge of the sodium vapor lamp in the dark adds to the beauty of the temple making it appear celestial. The temple also houses a library within its premise. This is very unique to this temple because people consider knowledge a rival, that weakens the position of religion. The library houses a collection of books that are related to religion, for people who tend to intellectually go on a quest about the existence of God. The temple also houses a museum for those who want a perspective into their past and the significant people associated with their sect of religion and a book shop for those book worms, who want to own their own copies of ritual perspective. The Sri Rangam temple also has an auction of silk sarees, dhotis and towels which have been used for religious purposes

When one leaves the temple after their internal quest, they leave with a sense of contentment, in spite of being tedious after the walk, around this massive structure, spiritually gaining enlightenment and knowledge, an ultimate reason to live life which is a gift of God..

Tell us a bit about your modelling work?

I started with a small shoot in my hometown Kolkata. Then I finally walked my first show at Guwahati. I started with few shoots in Bangalore. My confidence grew from there. At a shoot or show, garments manipulate my mode and my body language. I feel like a breathing mannequin when I am shooting. I am a very different person in real and reel life. I prefer to have a balance between both my lives.

What is your greatest strength as a model?

I am very expressive with my face. I try to bring out the best in me when I am shooting or walking the ramp. I also think I also am a very calm person, which helps me to deal with a lot of things at work.

What are your greatest accomplishments so far?

I was awarded as Miss Energetic at the Miss Awesome Karnataka pageant. Also, I won the Miss Congeniality at the Miss India Elegant Pageant. I have done a calendar shoot. I am also the finalist of one of the famous Bangalore designers, Govind Kumar Singh's show Model Hunt 2017. I also shot for the brand 'People' which was



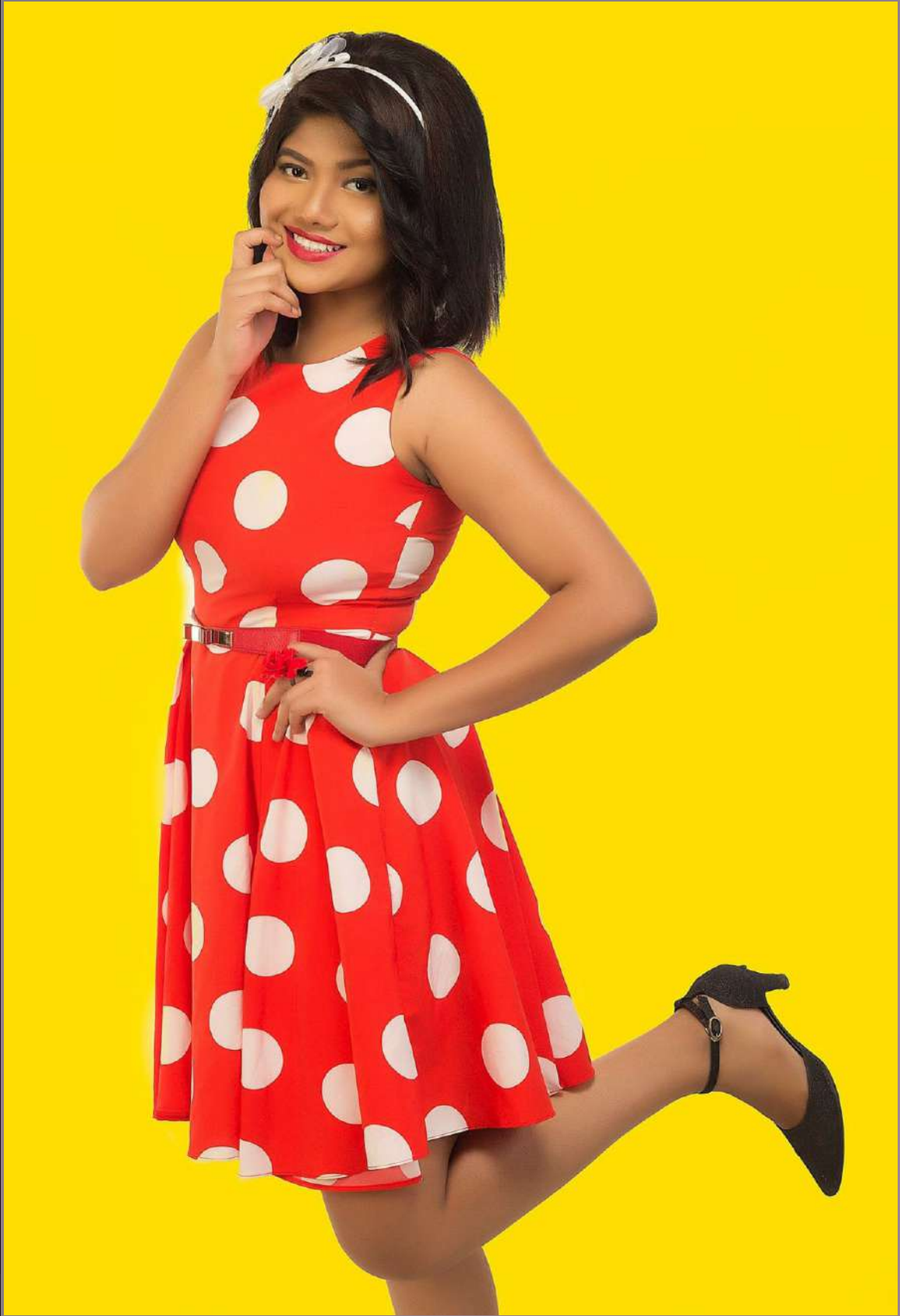
published in Deccan Herald-Metrolife Medley. I have walked

Where do you see yourself in five years?

for the prestigious Kerala Fashion League at

Kozhikode, Kerala.

My main aim is to represent my country at Miss India by next year mostly. That will be my dream come true.



Who is your Style icon?

There are lot of people I follow. But my favorite is Gauhar Khan, a Bollywood actress.

What is one of the most interesting shoots that you have done?

I love doing shoots with abstract theme. I think my personal favorite would be my calendar shoot 2017. Bangalore designer, Kavya Aradhya designed the dresses and kept a floral theme where I was dressed up in a blue gown with flower all over my head.

Best advice you have ever received?

You need to fail once or twice to be able to pull yourself. If you keep winning where is the whole kick in it? My mother always told me to get up after I fell down.

You belong to a traditional family. Did you find any difficulties in choosing your career as a model?

It is not only because I am from a traditional family, our Indian society still does not see this profession to be good or safe. However my mother has always been supportive. Her support and blessing is all I need.

"I am a very different person in real and reel life. I prefer to have a balance between both my lives."



“The Myth that unites Malaikottai and Sri Ranganathaswamy Temple”

These exquisite temples which are around an hour distant from each other share a very unique belief to their existence. The story goes back to the days of Ramayana commencing with Vibhishana, the younger brother of the Asura King Ravana who ruled Lanka. Lord Rama in the epic of Ramayana rescues his wife Sita, who was abducted by Ravana. Ram's two warriors were Sugriva and Hanuman who help him win his wife back. In this war, the moral and truth-abiding brother of Ravana- Vibhishana, takes sides with Ram and aids Rama in this battle. Ultimately Rama won the war and as a token of love, gave Vibhishana a vigraham (idol for worship) of Lord Ranganatha, an avatar of Lord Vishnu, the lord who saves life of all.

Vibhishana, was basically an asura, hence the Gods (who are arch rivals to asuras as per Hindu mythology) wanted to stop this action of an asura taking Lord Vishnu's idol to his kingdom. They requested the help of Lord Vinayaka who agreed on helping the Gods with the plan. Vibhishana, while on his return to his Lanka, went through Trichy. He was tired and wanted to bathe in the river Kaveri and complete his daily rituals. However, he was perplexed as the deity, once kept in land, can never be resumed back and has to remain in that place forever. As a solution, Vibhishana tries to find someone to hold the deity while he was taking bath. He finds Lord Vinayaka under disguise of a cowherd boy. As per the plan, when Vibhishana is fully into water, Vinayaka takes the deity and keeps it firmly on a stand, on the banks of river Kaveri, which is supposedly err.

On seeing this, the angry Vibhishana chases the boy, to punish him, and the boy keeps running and climbs over the rock near the Kaveri bank. Vibhishana finally reaches the boy and hits him on the forehead which is still visible as a pit on the forehead of the idol in the temple, present till date, even today.

The little boy then reveals himself to be Lord Vinayaka. Vibhishana immediately apologizes and the Lord blesses him, also revealing that the idol is destined to remain in Sri Ranganam and sends him off to Lanka. This is similar in many regards to the story of Lord Ganesh in Gokarna with Ravana in the same Ramayana period, as mentioned in the books.

Another way of narrating the myth which prevails is of how Lord Rama had finished the religious ceremony and had gifted the idol to Vibhishana, the brother of Ravana. Lord Rama did it out of love for Vibhishana since he had helped Rama against Vibhishana's own brother- Ravana. Vibhishana intended to take the idol back to Lanka. While he was taking it back to Lanka he came up on the river Cauvery. He set the idol down when an utsavam was in progress and when he tried to pick the idol up again he couldn't because the condition laid was that he shouldn't place the idol down before he reached Sri Lanka, his final destination.

When he requested Lord Vishnu in the form of the statue, to come along with him the deity refused but promised to bless him and that is the reason the statue of Vishnu in this temple is reclining, facing the south direction facing the Lanka to bless him. The place in which the Ranganathan deity was kept was later covered in deep forests, due to disuse and after a very long time, it was discovered when a Chola king chasing a parrot found the deity accidentally. He then established the Ranganathaswamy Temple, Sri Ranganam as the largest temple complexes in the world. Meanwhile, the Pallavas built the Vinayaka temple and the Thayumanaswami temple, in the rock which Vinayaka used to escape Vibhishana.

Chat with a budding Model



SRUTHI M

"Start after a certain age where you are mature enough to deal with things. Work hard. Follow your dreams."

Sruthi M ---chatted up with Dipanwita Das, a budding model who at the young age of 21 is a full-fledged model by profession. Dipanwita Das talks about her passion for modelling and her life in general.

How did your tryst with modelling begin?

I always had interest in fashion. I started walking ramp when I was in my final year of college. It slowly started growing from there. I did my first portfolio shoot in Kolkata and gradually moved to Bangalore.

Why is it about this field that interests you?

I am a fashionista. I love dressing up. I love posing in front of the camera and I have always dreamt about being famous.

What makes you think that you are meant to be a model?

I am hardworking and sincere in my work, whatever it may be. I am very good at expressing through my face, and I am photogenic too; not to forget, I am courageous.

Age 21

Favourite food Chinese cuisine.

Hobby I love listening to music when I am free. Also I learn new things about fashion when I am free.

Favourite place Kolkata- because no place like home.

Favourite outfit Saree because any Indian girl looks the best in their traditional attire.

Where can we follow you I keep updating my work in Instagram. I also do have a page on Facebook named Dipanwita Shayna Das

//

Its not about women or men. There is a lot of competition in this field and you need to keep upgrading yourself each day."



— KERALA —
F
ABHILDEV.COM

How women are treated when they come to this field?

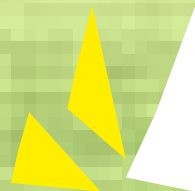
Its not about women or men. There is a lot of competition in this field and you need to keep upgrading yourself each day.

If you werent a model what would you want to do?

This is what i exactly wanted to be. Chose my profession out of my wish. So there was never a second option for me.

Do you have any advice for those who want to start modelling?

Start after a certain age where you are mature enough to deal with things. Work hard. Follow your dreams.



AN ESCAPE TO THE ISLAND

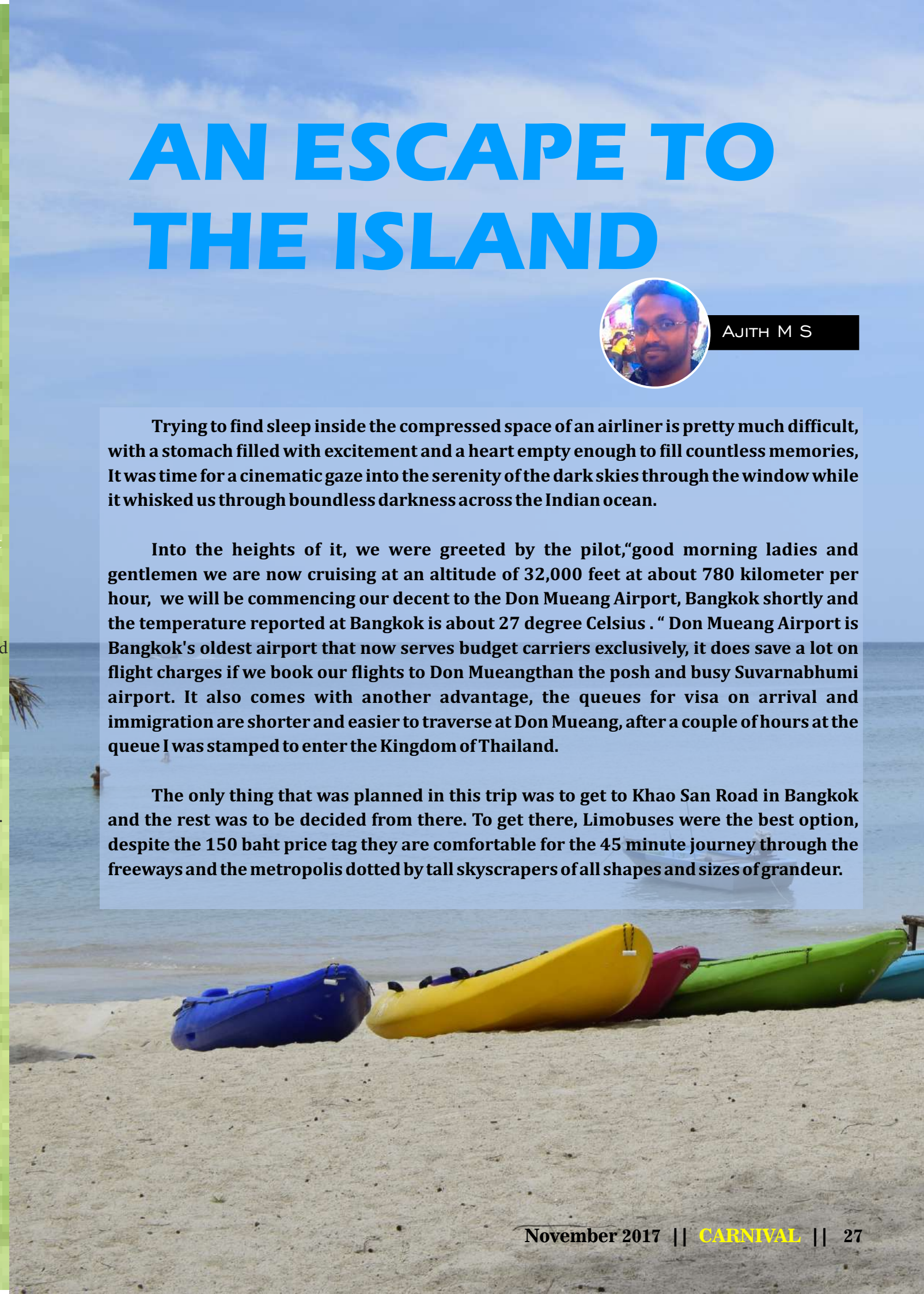


AJITH M S

Trying to find sleep inside the compressed space of an airliner is pretty much difficult, with a stomach filled with excitement and a heart empty enough to fill countless memories, It was time for a cinematic gaze into the serenity of the dark skies through the window while it whisked us through boundless darkness across the Indian ocean.

Into the heights of it, we were greeted by the pilot,"good morning ladies and gentlemen we are now cruising at an altitude of 32,000 feet at about 780 kilometer per hour, we will be commencing our decent to the Don Mueang Airport, Bangkok shortly and the temperature reported at Bangkok is about 27 degree Celsius . " Don Mueang Airport is Bangkok's oldest airport that now serves budget carriers exclusively, it does save a lot on flight charges if we book our flights to Don Mueangthan the posh and busy Suvarnabhumi airport. It also comes with another advantage, the queues for visa on arrival and immigration are shorter and easier to traverse at Don Mueang, after a couple of hours at the queue I was stamped to enter the Kingdom of Thailand.

The only thing that was planned in this trip was to get to Khao San Road in Bangkok and the rest was to be decided from there. To get there, Limobuses were the best option, despite the 150 baht price tag they are comfortable for the 45 minute journey through the freeways and the metropolis dotted by tall skyscrapers of all shapes and sizes of grandeur.



The long cruise through the metropolis had its first halt at a place that was dotted with the familiar sights of backpacks, travelers and hostels, yes we have reached Khao San Road, the converging point of travelers for the entire south east asia, it is where most of them meet, plan and start their journey from. This crowd is not limited to Europeans and Americans with their backpacks it also extends to travelers from farthest and closest points of Asia and Africa too.

This one kilometer long street preps you up for your journey and also gives you a glimpse of what Thailand is. The street has accommodations from small bed only accommodations to three star hotels, there are also eateries, that serve everything from Indian to Mexican. By then “SawasdeeKa” had got into my conversations, it is the Thai phrase that is used to greet people and what is special is that the same phrase is used while bidding adieu also.

Khao San Road is a destination by itself, in the morning it has all the elements of a calm and quiet holiday destination but by night it transforms into a hotbed of activity busy with street food joints and clubs. For our morning we found the red walled oriental looking Nat café run by Mian, with her peaceful smile. Mian amazed us with her memory, she greets every traveler with a greeting in their language, her memory was so strong that she remembered an American and his choice of breakfast who had visited her an year ago. Quite impressive for a person who meets probably thousands of faces every day. And for us Mian and her place gave the much needed break after the overnight journey across timezones. And time had passed itself into night by then.

Night and its lights offered us a different Khao San Road, it was bustling with a crowd of all sorts, mostly travelers and happy faces who were club surfing and meeting around. There were plenty of street food vendors who even had fried insects including scorpions thoughtfully set up like lollipops in sticks selling for 20 Bahts each but to our rescue there were food carts that sold pad thai, the famed street food of Thailand, a stir-fried rice noodle dish rich in fish sauce, peanuts and pepper with a tinge of sweetness to it.

Outside of Khao San Road, the city of Bangkok was beautiful with its lights , it was like the city was waiting to get dark. But our joy was in exploring the nature and its beaches so we retired to our rooms after booking a ticket to KoPhaNgan, the island .KoPhaNgan was decided at Khao San Road since it was in the Samui Archipelago and was not really raining at that point of time and the cheapest way to get there is by booking a bus and ferry combo ideally by the travel company Songserm.



Our day one, was for the famed bottle beach and since it was in the northern tip of the island we had to drive through the mountainous jungle which is a classified national park. Much of the road was concreted but even before could thank the authorities for the smooth roads, towards the last leg of the ride, the road just ended abruptly. What followed was a muddy trail which doubled up as a water stream probably. The biggest problem was that the path was slant by at least thirty degrees and the fact that I was riding a gearless scooter added to the situation. It took us one hour to cover three kilometers of the final stretch, what was a bike ride turned out into a skiing expedition.

But what followed it made all the efforts worthwhile, Bottle beach. With just over a dozen people, it offered a post card like serenity devoid of any commercial activity and constructions. To cool off from the adventurous mountain ride, we went for a brief dip in the waters. It was as if the serenity extended to the water too, there were swarms of bright colored fish swimming right around us. It is one thing

The first leg of the journey was by a double decked bus that took us to Surathani overnight, by morning we were shifted to Don Sak Pier, the gateway to KoPhaNgan. The sight at Don Sak was really inviting, it seemed like the perfect stepping stone to an island destination a pier amidst limestone islands and blue waters, and it reminded us of nothing that we had imagined off. And we were lost in the sheer beauty of the coastlines so much so that the long wait for the ferry and the time spent in the sea went unnoticed, until we reached the KoPhaNgan we were mesmerized by the dreamy sights that surrounded us.

We were welcomed to KoPhaNgan by a gentle breeze of warm island air and by near empty streets and shops. Mostly due to the fact that the island is home to just about 12,000 people and tourists crowd here only during the full moon or half-moon days for beach parties and luckily for us it was neither a half nor a full moon day. The first thing we did was walking into the HUB sports bar the bike renting place, we had read that to explore KoPhaNgan, renting a two wheeler was the best option and HUB was the safest to get one from. We had also read about the dangers of hiring a bike in the island, as we have to pledge our passports to get one and there had been many incidents of the agencies charging a bomb for minor damages and pre-existing ones, but Chai of HUB was a blessing for that matter, he gave us a good bike and also had good reviews in multiple forums.

KoPhaNgan is pampered with the best beaches of this part of the world, beaches that are calm, with really small waves, rich in sea life, clean water and shallow. The most famous among them are the Than Sadet, Salad Beach, Had Yao, Had Rin, Baan Tai, Mae haad and Bottle Beach.

to see these creatures in the sea unlike in an aquarium, enjoying their freedom promised by never ending oceans, we will feel it, the ecstasy of liberation, in their eyes. And swimming with them was one experience altogether. The beach also surprised us with its variety of birds. Also surprising was the fact that people usually take boat taxis to reach bottle beach, to avoid the treacherous ride, but we were not disappointed, after all, travelling is about experiences and adventures and not just comfort. The return journey was equally challenging but was lesser in duration as it was an uphill ride.

We dedicated the next day for the much talked about HaadRin. Reaching there was also challenging since the road that led to HaadRin also passed through twists, turns and equally crazier climbs and drops. But HaadRin was so much unlike the Bottle Beach, it was crowded and commercialized to a large extent. This was largely due to the full moon party which is celebrated under every full moon night at beach bars in HaadRin. The celebrations are confined to loud Psychedelic trance tunes and dancing. They say that full moon parties attract over 20,000 tourists to KoPhaGnan. But for us, the idea of a beach sojourns is its calm, idyllic, less crowded ambience and loud glaring parties were not in the agenda so we had no plans of attending one and ironically our return flight was scheduled on a full moon day.

In the next few days we covered the north western part of the island. Which is more diving oriented due to deeper shores. There also we had beaches like salad beach, a beach frequented by families, then Mae Haad and Haadyaobeaches. Mae Haad is a must visit, it is very scenic and has a small island, KoMa connected through a sand bridge. It is one of the most brilliant photo perfect spots of KoPhaNgan and is also famous for the shades of trees right at the beach. We met travelers who had come from other beaches to Mae Haad, just for a nap under the tree shades. Mae Haad is also great for snorkeling except on a high tide day.

But, I had kept the best for the last, it is the sunset at KoPhaNgan. Much has been heard and read about it, but what was there in front of my eyes was beyond them all, It was like a Dylan Thomas poem right on the horizon, the sun was raging his beauty against the night and he was not ready to go gentle into the dark. There he was, with all his beauty beyond even our imaginations.

It also gave the realization that travelling is not just about visiting the most number of places or doing the most number of things, it does not come with a checklist it is instead about feeling the place, about being at the place, being with its essence, it is about experiences and memories.

The sight of the sinking sun played a million times in my mind until it was time for me to board the flight back home. The thought of leaving this beautiful land, did prick me at once, but I realized that beauty is impermanent, and if we are to call it beauty we should appreciate its passing too. With all those thoughts it was time for another cinematic gaze out through the window which had the glowing Indian ocean under a full moon it seemed as if the light was still raging under the dark.



RAVISHA ISSAR

Lights, Music, Walk!

A world of glamour envied by all, lived by some. The stage set brighter than sun; ready to take the beauties on ramp; Bangalore Fashion Week 2017 (Fall Winter Collection) was a much awaited event for the fashion lovers. Bringing out an enthralling variety of designs and concepts from high western touch to typical Rajwadi look, the show gave the spectators a glimpse of every culture smitten within four walls.

The 17th week of high end fashion took a kick start with Nawazuddin Siddique's walk as show stopper showcasing decency styled up with attitude. It could not have been better without the gorgeous Sharmeila Mandri setting the stage on fire, walking for Shruti Chopra.

Everyday is an fashion show and the world is an Runway.

- Coco Chanel

Give yourself a treat of High end fashion

The four day fashion show was an eye candy and completely engaging event. The audience witnessed numerous designers like Shruti Chopra, Govind Kumar, Rohit Nepal, Zeba and Rahul, Rahul Dev, Reshma Riyaz Ganji staging their creativity of next level. Adding to the designs the chiseled beauties left no coin unturned in leaving the audience awestruck! Every collection in its own way was unique, and had a variety of textures, pick of colours, materials, presentations and styling concepts.

The designers got out of their comfort zones and chose different fabrics and concepts. For instance the basic handcrafted linen cloth from Kolkata, inspired by Shakespeare Culture was the whole idea of Rohan Pariyar,

MEET THE PARTICIPANTS..... >>



whereas fun and free spirited fantasy, 'desire to fly' were the themes staged by Shruti Chopra who mainly focused on Kacck work entangled with pretty pearls.

Double was the charm of BFW with the entry of Actor Rahul Dev as showstopper for 'Rainush' A Royal Indian Collection by Govind Kumar Singh Rainush. From stylish to exquisite, edgy to basic, quirky to desi the audience had it all before the main day.



The Grand Finale



The Grand Finale eve on August 6. The Fashion delight ended with the most exquisite representation of 'Sea Summer Holiday' by Reshma Riyaz Ganji as 'Libaz'. The designers played with the fabric pulled in fresh hues, dusty mints, dull blues to give it a feel of Summery holidays around sea. "The costumes displayed are not fashionable but stylish," says Reshma Riyaz Ganji.



Gana Gowda with the show stopper



NAKSHAA

BY GANA GOWDA AND RINU ALUNKAL

Up close with Rinu Alunkal

Messy curly hair, painted hands, sketches all around, carrying simplicity with style quotient, a complicated yet beautiful composition of Art and Fashion

is the upcoming creative Fashion Designer.

A closer look to his life starts right here!

What is Fashion to you?

Being gorgeous in a dress that suits your body and the place where you are standing, that's the common perception towards Fashion!

According to me fashion is an art and designer is an artist. If you really want to comprehend fashion then try to interpret art. Art represents a story or rather truth carrying an age on its shoulder and artist's vision in its eyes. Likewise fashion or designing is a representation or tradition along with a light of hope for improvements and modifications. The other thing is trying out something different, like over 60 percent of women in India are plus size or considered plus size. The fashion industry can keep passing and keep saying but I am not going to acknowledge that there is going to be a point where we cannot ignore the fact that most of the population available to sell to is a size that they do not make. Continuing this ignorance thus I am taking the theme for my upcoming show "Behind the curves" or "curves are beautiful".

Was Rinu Alunkal same as a child? A brief about your childhood

I loved watching my mom's work when I was a child. She does all tailoring and crochet work. From then I got interest in fabric materials and was curious to know how she does things. All this started when I was in 4th grade. And when I reached 7th I used to suggest my shirt pattern. I was the only child so I got all the attention and got more close to her. Gradually got interest in doing appliqué work and designing that made me get into more into this field I believe.

Your views on the changing trends in fashion industry?

All the people who does business do forecasting today. Accurate analysis of consumer trends can lead for proper fashion forecasting. In a fast moving, creative and crowded market place, identifying "what's hot and what's not" is crucial in staying one step ahead of the competition. It's a designer's major duty to be done once in a week atleast. Some of the major examples:

- Evolution of plus size fashion
- The next gen of fabric manipulation
- Fitness meets future fashion
- Geometric paneled outfits
- 3D sculptural fashion

Your priorities selecting model?

Confident body language
Do they carry themselves well?
Physically wise
Facial features, symmetry is the key
Uniqueness

What is Nakshaa?

Nakshaa is a fashion and ad company and focuses mainly in organizing shows that holds the emerging designers to come up with their mind blowing ideas to get a kick off start in the industry and again has a plan for multi designers store across South India.

Working independently or in team? Which one is for you?

Collaboration is a key part of a successful team. I enjoy both, to be honest. I can work both in a team and alone depending on the project that needs to be done. I can work independently to completely my tasks on time, but I also enjoy brainstorming and collaborating with others. And even though I am quite lazy and my business partner Gana Gowda who give more importance to me than for practical works.

Any fashion trend you wish to bring back from past?

I would say the late 1950s, because of being a die hard fan of Marilyn Monroe. Fashion has always been about change and transition from 40s fashion to 50s style was a pretty radical one. It was an era like no other for spotting future fashion and beauty icons too as new comers like Marilyn Monroe and Audrey Hepburn were the first to showcase (I believe) new ideas. Even the Christian Dior's new look. 1950s fashion was without doubt one of the industry's favorite decades. Next noted examples are Queen Elizabeth 2 1950 fashion and Chanel's and Givenchy's 1950's fashion.

The best thing about fashion industry?

Supporting the young talents as a category called 'Gen Next' in Lakme Fashion Week as well as other prestigious shows like Bangalore Fashion Week, Indian Style Week etc. in the past 21 seasons 235 designers made their debut getting a chance to share the venue with the Gods in the Industry like Sabya Sachi, Masaba Gupta, Anita Dongre.

Experience of BFW

It was the best platform ever got. Had preparation of it around 7 months and wanted to come up with something very creative. Me and Gana took around 3 months just to get the concept or the inspiration. We used to write whatever points we get. From the magnificent appearance of Indo-Western to the rich interplay of geometric pattern and weaves to the complex crafting process to the regal design elements such as line, circle, triangle, pentagon, zentangle etc and the color combination of tints and shades of blue and the theme 'GEOMETRIC BLUES'. Many of the youngsters or people who love high Fashion were pretty interested in our theme and get pretty much orders for the same.

Your journey from the very own first show till BFW

A 2014 graduate of Bangalore's Acharya Institutes of Graduate Studies where Rinu Alunkal studied B.sc Fashion and Apparel Designing, bagging "Best Theme Award" successfully in his academics. Beginning his career as a freelancer has done more than 50 professional shows including corporate events for reputed companies like Deutsche Bank, Shell etc. I have been judge for many college fashion shows like Sindhi College, ST. Claret College, KLE College, Acharya College etc. In the year 2016 I showcased our designs in one of the prestigious shows of South India "KERALA FASHION LEAGUE" held in Kochin Crowne Plaza and in 2017 India's one of the biggest fashion week "BANGALORE FASHION WEEK" on Feb 2nd launched our brand "Nakshaa." Being new to the industry my thoughts are fresh and unique. I like to play with Silhouettes and hues to create a contemporary vibe in the outfits.

Your ultimate dream?

According to me Paris Fashion Week is one of the most famous fashion shows in the world. Many of the notables the industry attend the show to see the designs. Some of the designers who place their latest creation on display include Dior, Chanel, Paul Smith, Barbara, Givenchy, Louis Vitton, Valentino, Miu Miu and many more.

Any hidden perks of being a designer?

In short I would say it's competitive, creative, challenging and kinda glamorous. Your job as a designer is to know exactly what is cool at that moment, produce it with limited resources you have. That is the initial bar for a new designer. Glamorous: This is the part everybody likes the most. I do not know another job that involves hanging out with models and communicating so regularly and with real purpose. Industry parties, being praised for dressing super weird because people expect if of you, tattoos, weird hairstyles and piercings.

Any inspiration?

Many designers use multiple muses for inspiration, but there is almost always one specific muse that originally inspired the designer to become the creative artist they are today. This doesn't mean that the designer has to limit himself to retrieving inspiration from one person, instead, a muse serves as the groundwork for these talented people to grow artists, everything else is merely inspiration acquired along the way. One of the best inspirations for me is Sabyasachi Mukherjee, Christian Dior and Masaba Gupta, who never makes any compromise to reduce their classiness and elegance.

One thing you cannot live without?

My phone and without biting my nails. (Laughs)

How do you see Yourself in 10 years ?

I don't want to assume myself where I want to be in 5 years. Still I see myself becoming an established international designer and would love to open a boutique in Milan or Paris.

Special moment for lifetime?

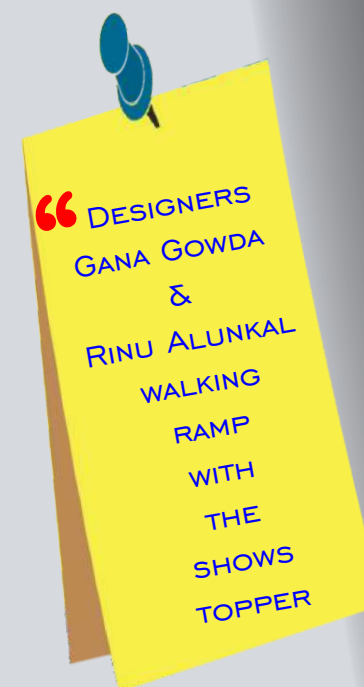
Bangalore Fashion Week! I thank my mom, lecturers and my best buddies Gana Gowda, Madusha Desilva, Sasanka Dedigama, Jeph George, Dilshad, Fayaz AK, Mithlaj Mithu.

What's next?

Every Indian emerging designer's ultimate goal- LAKME FASHION SHOW

Any message for the readers

If you are an emerging designer or a student, it takes time. Maybe one year or two years doesn't matter. It is all about you gonna compete yourself. If you want to see yourself somewhere in 5-6 years, keep proper goals and achieve it.





Rinu Alunkal with the show stopper



SCOTLAND OF INDIA - Coorg



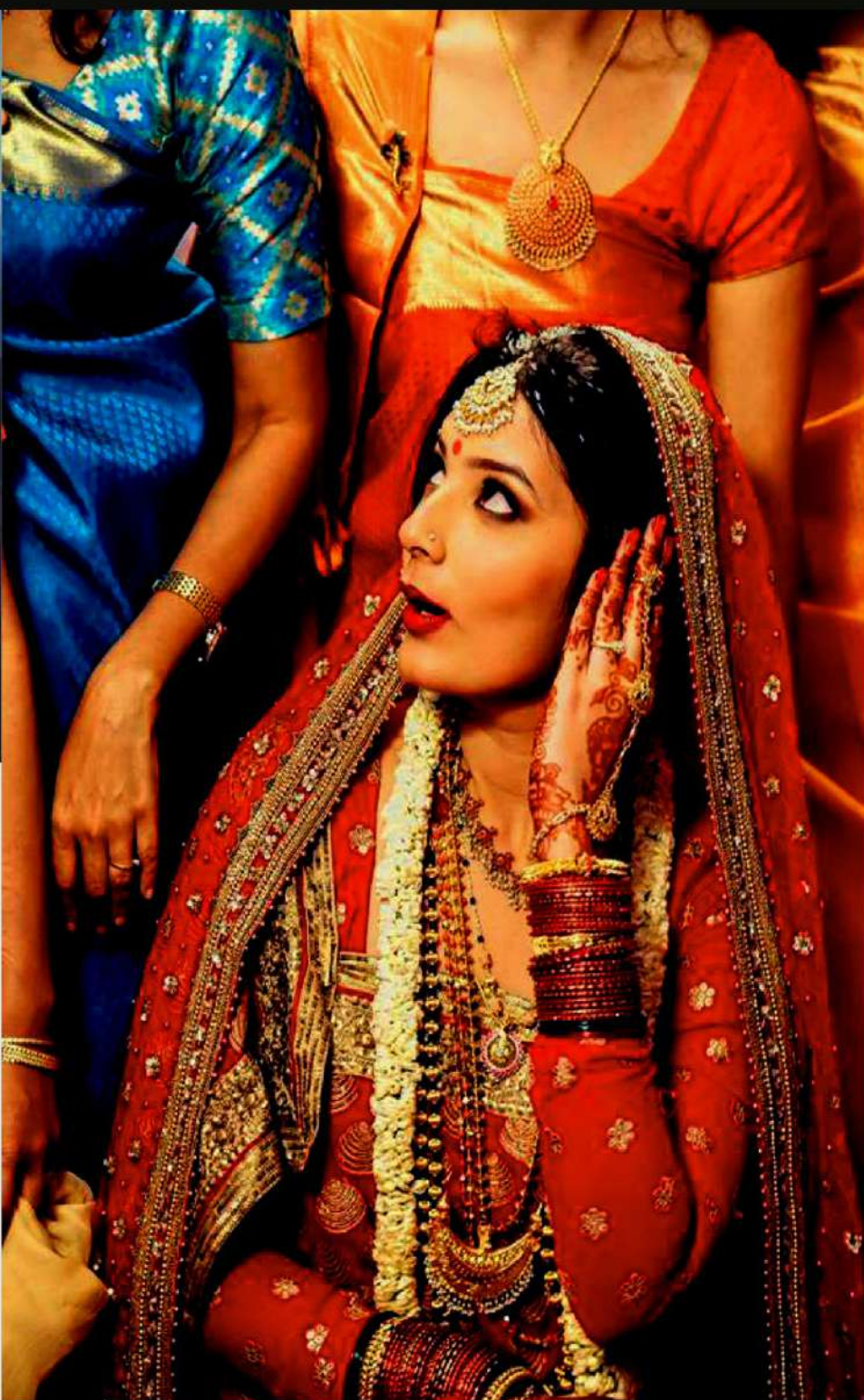
Vivek Mathew Abraham



Kodagu or Coorg, as the British called it is the smallest district in Karnataka. Coorg is the place with deep history of kings and rulers, and the culture here is completely different from other parts of the state of Karnataka. Kodavas worship the elements of nature – the sun, fire and water. Weapons play an important role in Kodava customs and rituals. The birth of a baby boy is announced by a single gun-shot fired in the air. Kodava families treat their daughters and sons similarly when it comes to education. Kodava women tend to be well educated, often reaching high levels in their chosen rears.

In Coorg Style

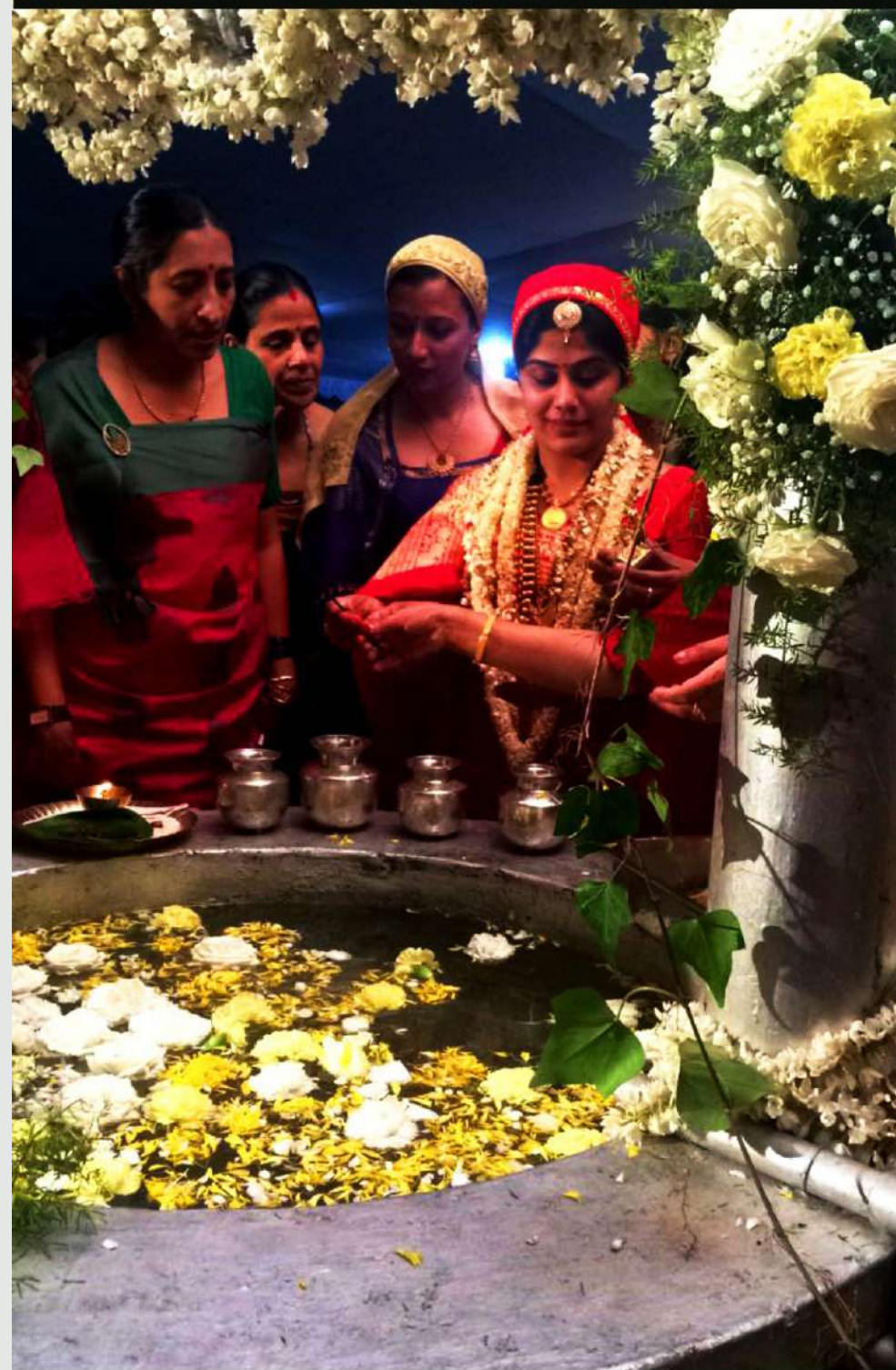
The Kodavas are the prime and oldest community of Coorg. Weapons are an integral part of Coorg traditions and religious beliefs. They have a festival completely dedicated to weapons called Keil Podh. These customs are still followed in



Coorg. When a family is blessed with a son, a single gunshot is fired into the sky to welcome the little one. When a Coorg passes away, two or more consecutive gunshots are fired into the sky to mark the departure of the deceased. These customs are still followed in Coorg. Kodavas follow Animism and Hinduism. Primarily, the people of Coorg worship ancestors. They have idols or images of their ancestors to whom they offer obedience and prayer. The idols are traditionally made from wood or clay, covered with metal, and placed in a shrine called a Kaimada. They seek blessings of the elders in the family by touching their feet. The mother is the first to bless the groom or young married couple. A Kodava widow may still participate in joyous occasions such as her children's weddings. She is seen as the principal figure for conducting wedding ceremonies that are conducted traditionally by elders without the participation of a priest.

The Coorg family unit is known as the okka. The male members of the okka all share a unique okka name. There are nearly 1000 okka families. The okka members worship each okka founder, known as the Guru Karona.

They prepare special dishes on festivals and special events, and they like their food spicy. The Kodava people love their pork and the delicious pandhi curry will leave you wanting more. The pork curry is cooked on all special occasions. Special spices such as Malabar tamarind pepper, cardamom, and bird's eye Chili are included in the recipe which adds to the delicacy of the Kodava pork curry. The Coorg people



will happily serve you alcohol and non-vegetarian food at their weddings, especially their famous pork in a spicy and sour gravy made from kachampuli, black vinegar made from the black kokum fruit. Coconut is a common ingredient in many of the tangy and spicy Coorg curries. Onions, garlic and spices such as chilies, cumin, pepper, etc. with Kachampuli provide the fruity tartness to their dishes.

The community has a distinct identity because of the customs and traditions that set them apart from other communities. The Kodagu style draping is unique, reflecting the unusually beautiful culture of Coorg. It is pleated at the back and its pallu is also wrapped in a unique way. The sari is worn with a full or three-fourth sleeved blouse and the head is covered with a scarf and this style is commonly referred to as the Kodagu style saree or Kodava attire. Kodava men wear short sleeved coat that reaches be-

low the knees on formal occasions. It is made of cotton or wool and secured at the waist by a chele, a red golden embroidered silk. They also wear a sword along with this attire which is secured to their waist.

Coorg weddings are unique as it does not involve priests to conduct the ceremony and there is no puja, no chanting of mantras. Moreover alcohol and meat is a part of the standard spread at any Coorg Wedding. The couple dress in fine clothes and just pray to their ancestors to seek their blessings. They believe in enjoying this beautiful moment and they have a unique style of conducting the wedding. Where all those who are attending, truly let their hair down, eat well, drink like fish and dance till the wee hours.

Festivals

The main festivals of the Kodavas are Puthari and Kaveri Sankramana. Puthari is a festival related to rice harvest. The entire family gets together to celebrate the festival which takes place in late November or early December. The first sheaf of paddy is cut ceremoniously on a moonlit night. The paddy is cut and stacked and tied in odd numbers and is carried home to be offered to gods. Groups of youngsters visit neighbouring houses, and show off their dancing skills and they in return are given some monetary gifts.



Kaveri Sankramana means the worship of the river Kaveri. Thousands of people gather and take a dip in the holy water on the occasion of the festival. The Kaveri Sankramana festival normally takes place in mid-October. It is associated with the river Kaveri, which flows through the district from its source at Talakaveri. This holy water is called theertha, and is preserved in all Kodava homes. Married women wearing new silk sari perform puja to a vegetable, symbolising the goddess Kaveri.



micro gardens

In leisure



Meena Raghu

There is a beautiful garden just in front of my house. Its shady trees seem to attract me, and its green shrubs and plants catch my eyes in the winter season. I enjoy the garden both in the morning and in the evening. The sight of this garden makes me forget my worries. In the morning, the fragrance of the flowers lends a sweet charm to the whole atmosphere. Gardens are the beauty of city and a feast to eyes. It combines serenity and joy, and is a foremost place to bury your problems and day-to-day stress. It is a place of relaxation and cultivating natural herbs and vegetables generate fresh environment to the atmosphere. It gives us the much needed respite from heat. Gardens, grounds and lawns are the lungs of a modern city. They present a feast not just our eyes, but our health too. In today's urban set-up, wherever we turn we encounter buildings made up of concrete. The green covers of the cities have been vanishing slowly. There is no place to grow plants which could present a huge problem to the lovers of nature and gardening enthusiasts. However all is not lost yet as some people have found a solution in the form of micro gardening. In Bangalore, most of the houses have flat roofs. They are a great place to set up garden.



Mr. Amul has a garden in the front courtyard of his home, Bangalore which he carefully created in limited space "I started gardening in a small-space with plants like Areca palm, Chinese evergreen, calathea, and jackfruit tree. I started gardening five years ago. It gives me unconditional love and joy towards nature," says Mr. Amul. "Over the years I developed interest to widen the garden and grow few more plants like shrubs, nerve plant, massangeana, limelight, roses, pygmy date palm and more. I clean my garden every evening along with my son. When I spend my leisure time in gardening I am free of stress and it helps me to feel cool. Having a cup of tea or coffee in this lawn is amazing. I hope our nature is saved in this way," adds Mr. Amul.



Another gardener, Ms Selvi cultivated a small veggies garden in limited space. “Along with my husband I started gardening a few years ago. I accidentally saw a tomato plant growing in our even mud floor near parking area in our apartment. This motivated us to grow some more different vegetables. Though we had failure in the beginning since we didn't have knowledge in gardening, we continued to try, and now we have different types of veggies like chilly, tomato, brinjal. There is also space for groundnuts. We look after the garden every day. Our kids and neighboring kids are very helpful, and they have fun in our garden after returning from school.



These days many entrepreneurs are focusing on gardening needs. Ashok, an entrepreneur started ‘My dream garden’ which is an organic garden and service center in Bangalore. It provides setups like balcony vegetable gardening, organic terrace gardening. Ashok the leader of the garden collaborated with a group of people and started my dream garden with organic vegetables, fruits and herbs. The organisation which was founded in 2011 was started with a primary concern of what the humans were consuming as there was fear of contamination during the process of cultivation. He conducted experiments with different materials and propositions. Ashok says, “Gardening is a therapy, it just fills spaces in mind, with no meditation, It is just like giving a life, and we feel it when each seed germinates.”





'My dream garden' conducts workshops to share their knowledge on gardening, which teaches pest control, watering the plants, harvesting, gardening tips, and different ways of sowing. They give tips to have a garden with less cost and feel comfortable. They also provide ideas dealing with how to convert kitchen waste into compost. Moreover they create perfect environment for plants and trees.



- 210 - Conducted 210 training workshops in Bangalore and across Karnataka.
- 29000 - Educated nearly 29K people, shared our knowledge in simple ways of gardening
- 6000 - Started new gardens in association with My Dream Garden
- 3000+ - Started to convert their kitchen waste into compost, and implemented in their day -to-day life
- 6500000Kgs - Waste converted into compost, instead of garbage.
- 1000 + - Gardens were created by team My Dream Garden.



Tips for gardening

- Selecting pots which has holes as a way for water to release since insufficient drains can drown the roots of plants.
- Selecting suitable plants, herbs, vegetables to cultivate.
- It is better if plants are cultivated in the Eastern direction.
- The mixing substance should be organic and natural which is safe for plants.
- Watering the plants is necessary.
- In winter, watering plants can be alternative.
- In summer, watering plants every day is must.
-



Gardening is a great form of exercise. Gardening has been proven to reduce stress, decrease depression. Through colors and textures gardeners can invoke emotions of calm, tranquility, and happiness. Gardening is more than a feel-good pastime.



The SOUP SAGA

The noon sky was dark with rain clouds, as dark as the sundown, but like every humyn, my concern was with my stomach not the weather, hunger was on my toes, on my eyes and on my head. With no time for any thought process. With all that famishment, I docked my scooter to Glens, Indiranagar.

That was it, the psychological sense of being closer to food gave me a little amount of volition. Yes! it is cold outside and I wanted a soup, like olden days, surely a thick creamy one boiling with aroma and mushrooms. Then came John, the man I trust with my choices, every single time I go to Glens, he has

helped me in ordering the best that I need, not that I frequent Glens, but yes I have had my share of encounters due to its ambience. Back in the realm of luncheon I was with John, pleading him for the best soup that I can get in less than five minutes while I made my mind between a Risotto and the Lasagna. "Mushroom & Parmesan Soup" that was the gospel of John, I nodded a skeptical yes, how can the hard parmesan be in unison with this creamy soup. But I trusted John above parmesan, hence I waited patiently between the Risotto and Lasagna.

It took me ten minutes to decide on the Lasagna and right then there was John with the deeply nostalgic soup bowl onto the table. The aroma spoke in Italian, parmigiano, I took the spoon, and slurped the soup into my senses. I could feel the mushroom broth and tomato puree being poured into the sautéed mushroom, garlic and onion, the dish that went through 20,000 years of testing and tasting surly cannot fail even with an amateur chef. As I went deeper into the soup the spoons were loaded with the parmesan and rightly boiled veggies, am sure that the parmesan and parsley was whisked for more than five minutes over simmer to get this kind of blend. The pepper and salt duality did their duty too well for a happy stomach. With every sip, I was taken to the flatlands of Parma farther and farther



Ajith M.S



A Beautiful You Naturally!



Besty Joy

The power of beauty lies in being natural and stunning at the same time; Organic cosmetics make this a possibility. Organic cosmetics are known for less chemicals and natural ingredients. According to experts, a lot of harmful reactions can be avoided by using all natural organic cosmetics which is not the case in chemical cosmetics which can induce hormonal changes and may even contain antibiotics. Also the fact that it is eco-friendly cannot hurt because it reduces pollution and protects water and soil not releasing harmful chemicals into the atmosphere.

There are many popular brands out there which produce organic cosmetics such as Ancient Living, Pure Figi, Aarogyam Wellness, Asta Berry, and Aureus Naturals.

Garlapati Suraj Reddy, the Business development manager at Ancient Living says, "We only use pure ingredients, and we create a sustainable livelihood. We try for positive impact on everyone and also we are connected to many farmers, artisans, suppliers, wholesalers, retailers and to our king customers." He further states they share a strong bond with farmers and artisans. "We believe in growing and gaining collectively. Our products are completely trusted and healthy for people

and our tradition of Ayurveda is our pride and our gift to new generations," he adds.

The secret to beautiful hair and skin lies in the islands of South Pacific. The brand Pure Figi is said to contain the traditional blend of pure coconut oil, and fresh flower extract in its wide range of products for intensive body hydration and healthy hair. Pure Fiji product range includes body scrubs, lotions, creams, body soak, soaps, spa creams, hair masks which can be considered as an ideal package for pampering one's body. The company claims





is, it smells great. And it comes in a tube and texture is creamy compared to other fairness creams. Astaberry also has good herbal face washes and facial kits. It has no side effects at all.”

Organic skin products are usually made up of plant derived ingredients along with other natural ingredients. These ingredients are grown without the use of pesticides, herbicides, synthetic fertilizers, GMO and often come with an Organic certification. Organic cosmetics are natural product made from essential oils, plant extracts, vitamins and minerals. Moreover, they contain no talc, no synthetics, no petro chemicals, no parabens, no genetically modified ingredients, no animal testing and are preservative free.

Organic has become a new trend in every aspect of our lives. Sales of natural, organic cosmetics and personal care products are booming with consumers perceiving them as better as or safer than regular cosmetics, and therefore are prepared to pay for them. The natural and organic certifiers uphold the standards that consumers expect from such



that the organic oils that they use in their products are cold pressed using unique methods developed by Pure Fiji. Their cosmetics also contain anti-oxidants, vitamins A, C, B and E and other nutrients for healthy skin. Inclusion of certified organic oils and botanical ingredients limits the carbon impact giving out softened, revitalized and younger looking skin naturally.

“I’ am using the brand Pure Figi for almost three years. Every product is made from virgin coconut,” says ChithiraRaju a regular customer of Pure Figi. “It’s very natural and it has no side effects. It’s one of the best products I have ever used. It literally pampers your body unlike any other product. And it is natural and the fragrance adds charm to it.”

“The first product that I used from Astaberry is a fairness cream,” says Sakshi Singh, a die-hard fan of Asta Berry. “The very first thing I must say





products. They get some reassurance they are getting what they are paying for. Then there are those products which claim to be natural or organic but are not. Many people are drawn to natural cosmetics because they have sensitive skin, or suffer reactions to certain chemical ingredients. There is a continual increase in demand for cosmetics and personal care products. The sale of organic products has increased globally. However, industry regulations plus the fluctuations in consumer preferences and increasing competition, coupled with the emergence of innovative products, are redefining the business on a global scale.

Organic cosmetics products are perfect solution for those who intended to keep their skin in good condition and for sensitive skin care. It is said to be comparatively cheaper to the conventional cosmetics, and eco-friendly. In future, these trends will only grow and lead to significant growth in herbal cosmetics field as the new generation's trust in healing power of nature will grow.



*6 A delight with Goan crème
and
Portuguese cherry on the top* 9*

Sao Joao



Divya K.S

If Goan culture is the palette, then Portuguese tradition is its colour; the bond that Goa shares with its colonial ruler, Portugal is beautiful. Their association dates back to 16th Century when Portuguese ruled Goa after Vasco da Gama came to Goa for establishing trade relations with the then natives. After India's independence, although the Portuguese left the nation they did not fail to leave the imprints of their culture and festival on the indigenous Goans. One such nostalgia is the festival of 'Sao Joao' which originally is the celebration of the feast of St. John, the Baptist.

Historic (the time before the birth of Jesus Christ) evidences during the life of St. John show that the Baptist preached to the people of a supreme's coming who would be their savior. According to the scriptures, the relation he shares with Jesus is of being a cousin. According to folklore, when Mother Mary, mother of Jesus, broke the news to her sister Elizabeth that she is going to have baby, at that time Elizabeth was pregnant too with St. John the Baptist, who is said to have jumped with joy in Elizabeth's womb on hearing this news.

The most significant act that revolved around St. John the Baptist, is of him baptizing Jesus in the river Jordan and the descending of the Holy Spirit. The tradition which is followed throughout Goa is about local men jumping into wells, lakes and ponds shouting 'Viva Sao Joao'. This action symbolizes the catharsis or purity of the physical entity similar to the way of Jesus' purification through baptism. The celebration of the festival depends on the folks who celebrate, as people of different age groups celebrate it differently adding to the list of variety. In various parts of Goa, the festivities start on the eve of the feast, ie. June 23, with a religious ceremony where members of the society first gather and pray for good monsoons. The feast is sacred, especially to newlyweds, new parents and people who have just bought new houses. A procession of villagers singing Mandos which is the feast song, go around to the houses of these people, crowning them with festive headgear made of flowers known as 'Kopel'. They engage themselves within the households singing for a while before proceeding.

Sao Joao is also called the Festival of Fertility as young to-be mothers make offerings to God for a child. Another belief is that this festival is a mark of a deeper bond between the in-laws, who send gifts and eatables to each other wishing them goodness.

The next day, offerings, gifts in the form of fruits and feni- the famous cashew nut alcoholic drink are made at the Chapel of Sao Joao and exchanged with friends and relatives, after which the revelry continues. Earlier it was seen that only men celebrated by jumping into water, but now after changes in the mindset of the people, young girls and women also follow suit with men.



From north to south of Goa, people flash bright, colourful dresses and also affitting fancy headgear(kopel) made from fresh flowers, fruits, vines etc. The young and old, together sing and dance to the beat of the ghumot (local drum) and kansallem (cymbals). The gathering moves through the neighbourhood with people jumping into wells of friends and relatives which ultimately finally reaches the river where they once again, dive into the water chanting 'San Joao...viva San Joao'.

Goans are known for their big hearts and heart-touching hospitality, which means that anyone and everyone are welcome to join in and have fun. Most hotels and guesthouses organize pool parties setting the mood to festive and colourful mode.

The celebrations in North Goa, with its well-known party vibe, are more boisterous than those of the South. It is celebrated with much more enthusiasm in several villages such as Siolim, Anjuna, Assagao, Candolim, Calangute and Chapora. The highlight of the day is the Sangodd (boat parade), on which people parade singing Mandos and religious hymns. Uniquely decorated, these floating platforms are made by joining two boats or banana trunks tied together and decked with coconut palms and other flowers, twigs and huge leaves stitched together.

Members of the Sangodd wear a uniform dress to distinguish themselves from other groups while they sing, roaming from house to house. On this day there are a number of competitions, where the young folk get to exhibit their talents. They range from drama, standup comedy, dancing and even solo monologues, staged under a big shamiyana. Boat races and its decoration are proudly done with great pompous at Siolim.

During monsoons, this event is a major attraction for tourists. The festival is enjoyed even more when it rains heavily. With evening to set, popular Goan music bands and dancers perform, keeping the mood alive. It is almost like the carnival for few days.

The Goa Tourism Development Corporation organises a Sao Joao cruise from the Santa Monica Jetty (Panjim). This is a leisurely 5 hour cruise on the Mandovi river where there is music, dancing and feasting with tickets which can be bought in the days preceding Sao Joao.

Sao Joao still retains its traditional flavour and this organisers say is as a result of their reluctance to commercialize the event. Sao Joao, like any other Goan feast has a captivating spirit of merriment, colour and tradition.



Sweetened.....

Indian Sweets

"No matter how much we eat, there is always room for sweet, sweet does not go to the stomach, it goes to the heart." Ever heard of this saying? Whenever I eat dessert, I say this to myself and I believe in it as well. There are very few things in life that withstand the test of time and remain as special as ever. One such thing is of course Indian sweets, locally known as Mithai in Hindi, sihithindi in Kannada, innippu in Tamil, madurum in Malayalam and so on.

Indian sweets or mithais are a form of confectionery, usually made with milk, ghee, cottage cheese and other ingredients. The use of ingredients differs from one region to

another. Indian sweets are plentiful in number; diverse in nature, and are undoubtedly delicious dessert items. In fact, Indian cuisine is known throughout the world for its desserts. Indian sweets are sumptuous in taste as they are mostly made from pure ghee. There is a long and rich history of Indian sweets, which is strongly tied to

Indian culture. Sweets are generally presented during festive occasions and ceremonies, and also signify good omen, happiness and prosperity. In India every happy occasion is marked with the distribution of sweets.

Significance of Indian Sweets

The festivals and other traditional celebrations are incomplete without the alluring taste of Indian sweets. The essential sweet dishes that are dished out during the festival of Diwali include royal vermicillikheer, rice kheer, besankaladoo and chilled curd idlis. Holi and Durga Puja, Baisakhi are other Hindu festivals where sweets play a major role. The mouth-watering dessert of India has not only enthralled the Hindu society, it has also been making other religious and social festivals such as Id, marriage ceremonies or rice ceremonies appealing.

Indian sweets such as pedhas, barfis, gulabjamuns, rassagollas, jalebi, halwa and a host of other sweets are in great demand today not only in India, but also in foreign countries. When one plans to visit friends or relatives a packet of sweet is the easiest and unanimous choice. Indian Sweets have become increasingly popular and are found in almost all corners of the world. Hence, one can see that Indian sweet makers are experimenting with new and improved delicacies and serving it to the sweet lovers.

Most Indians are known for having a sweet tooth. When it comes to having 'something sweet', we are all equally guilty. That is why there is an amazing variety of popular Indian sweets. All the different popular Indian desserts hail from various parts of India. Almost every state in this country has its own variety of 'mithai' or sweetmeat.

For example, rasgulla is a popular Indian sweet from Kolkata. Bengal is the hub of many popular Indian sweets. But none can beat the popularity of rasgullas.

The list of popular Indian sweets is almost never-ending. Some of these mithai enjoy global popularity. For example laddoos and jalebis are famous in every corner of India. Each of these Indian desserts comes in many different varieties. Laddoos can be made of boondi, atta, sattu etc. Here are some of the most popular Indian sweets that enjoy legendary status, and also check out the best places to have them.

Gulabjamun

Gulabjamun is a milk solid based south asian sweet, particularly popular in the Indian subcontinent.

Dharwadpeda

Dharwadpeda is an Indian Sweet delicacy unique to the state of Karnataka, India. It derives its name from the city of Dharwar in Karnataka. This sweet's history is around 175 years old

Mysore Pak

It is soft, sweet, buttery and fragrant. Do not miss on eating these delicacies made up from gram flour and pure ghee when you visit South India.

Basundi

Basundi is an Indian sweet mostly made in Karnataka. It is sweetened condensed milk made by boiling milk on low heat until the milk is reduced by half. In North India, a similar dish goes by the name rabri. It is often made on Hindu festivals such as Kali Chaudas and Bhaubeej

Chikki

Lonavala, the closest hill station to Mumbai and Pune, is famous for its crunchy *chikki* made up of groundnuts, sesame, jaggery and nuts. These nutritious sweets can be consumed between the meals or as a dessert.

Chocolate fudge

This delectable gooey mass of chocolate, almonds and butter is available off the streets of Lonavala. You can't just help but lick your fingers clean even after eating an entire packet of this dessert.



Gajak

Gajak is the thinner and crispier version of *chikki*. This is especially consumed during the winter months to keep your body warm, and is said to have originated from the North Western frontiers. You have to be particularly skilled to prepare these thin sheets using only sugar syrup and sesame.

Piniya

This is a traditional Punjabi recipe which is consumed during the chilly North Indian winters. But, do not need to wait till winters to dig into these orbs of pure delight.

Petha

When you bite into these soft, translucent candy-like cubes with a sugary sweet liquid, you will not resist taking a one more helping of the same. People go to Agra not only to see the spectacular Taj, but also to sample this famous sweet.

Sandesh

Sandesh is a classic sweet dish made from curdled milk. You got to visit Kolkata to taste this dish in its original form, rather than its fancy versions found elsewhere in India.

Piyush

Not many know about this semi-solid delicacy which is an amalgam of Maharashtrian dessert shrikhand and Punjabi lassi. It is gently flavoured with cardamom and nutmeg.



Ghewar

Ghewar is a sweet that distinctly hails from Rajasthan. Ghevar is prepared with khoya and it is made on auspicious occasions.

Lyangcha

Lyangcha is an Indian sweet dish prepared in West Bengal, Odisha, Assam and in the eastern region of India. It is made from flour and milk powder by frying it and dipping it into sugar syrup for a long time

Rasgulla

Rasgullais a syrupy dessert popular in the Indian subcontinent and regions with South Asian diaspora. It is made from ball shaped dumplings of chhenaand semolina dough, cooked in light syrup made of sugar. This is done until the syrup permeates the dumplings. The dish originated in East India; in the past the present-day states of Odisha.

Soanpapdi

Soanpapdi is a popular North Indian dessert. It is usually cube-shaped or served as flakes, and has a crisp and flaky texture. It is said to have originated in India, with Punjab, Uttar Pradesh and Rajasthan having been proposed as the origin, which, however, remains unknown.

Rasmalai

Rasmalai is a dessert originating from the Indian Subcontinent. The name *rasmalai* comes from two words in Hindi: *ras*, meaning "juice", and *malai* meaning "cream". It has been described as "a rich cheesecake without a crust".The sweet is of Bengali

Malpua

Malpua is a pancake served as a dessert or a snack originating from the Indian Subcontinent, popular in India and Bangladesh. It is a very popular dish of Odisha and is also served to Lord Jagannath of Puri in his SakalaDhupa Apart from other dishes like Pheni, Rabidi, Kheerasara and other cheese or chhena based items malpua is one of the most popular buyouts in the streets of Puri in Odisha. Malpuas are also prepared in Odisha homes during Raja Sankranti.



Kakinada khaja

Kakinada khaja is a sweet delicacy of Andhra, India. Kakinada, a coastal city in Andhra Pradesh, is popular for Khajas, hence the name. Khaja originated in the Samarkand area of Uzbekistan. The word "khaja" originated from Arabic, probably meaning "pure" or "sacred"

Doodhpak

Doodhpak is an Indian Sweet, a kind of rice budding made from milk, rice, saffron and nuts, accompanied by pooris. The milk is slow-boiled to thickened and sweetened and the dish is garnished with chopped almonds. Doodhpak originates from Gujarat.

Unniappam

Unniappam, also called Karollappam is a small round snack made from rice, jaggery, banana, roasted coconut pieces, roasted sesame seeds, ghee and cardamom powder fried in oil. Variations of this organic and spongy fried batter using jackfruit preserves instead of banana is common from the late 2000s. It is a popular snack in Kerala. In Malayalam, *unni* means small and *appam* means rice cake.



It is very difficult to find a person in India who does not have a sweet tooth. Our meal, generally, is not complete without a generous helping of a dessert. Be it heavy ghee laden *mysorepak* or milk based *rabadi* or maybe a crispy sesame *gajak*; tastes, flavours and fragrances of sweets are deeply ingrained into the Indian psyche. So, it is no surprise that we Indians just love our *mithai* and do not think much before popping a *ladoo* or two in our mouth.





Affinity and Kinship: Defining moments of life

Romantic relationships are important for our happiness and well-being. Yet with more than 40 percent of new marriages ending in divorce, it is clear that relationships aren't always easy. Basically, a relationship is a connection between two or more people. In our lives, we have experienced different kinds of relationships with our family, our friends, our teachers and our neighbours. Romantic is very different from other relationships and it can be wonderful, fulfilling and fun, but at the same time it can also be stressful or complicated. A romantic relationship usually involves an emotional, intellectual and sexual connection with another individual. Being single can also give you amazing freedom, and provide you with an opportunity to polish your own skills and life experience. When you choose to leave the single life behind, you will have plenty of independent living under your belt. The key to enjoying your single life is to make the most of your time, take advantage of your freedom, and prepare for a relationship. Regardless of your situation and reason for being single, it's important for you to identify what being single means to you.



Jomy Rajan

Attempts for a happy note

Relationships like marriage, romance, live together or any of similar kind can be sustained with a healthy relationship if some of the secret rules are followed. Relationship is completely subjective and no clear-cut rules can be executed on it, yet following certain guidelines may help proceeding happily in a relationship. Many of these so-called rules are based on the life experience of many happy couple and also the observation of people. When two people get into relationships, many

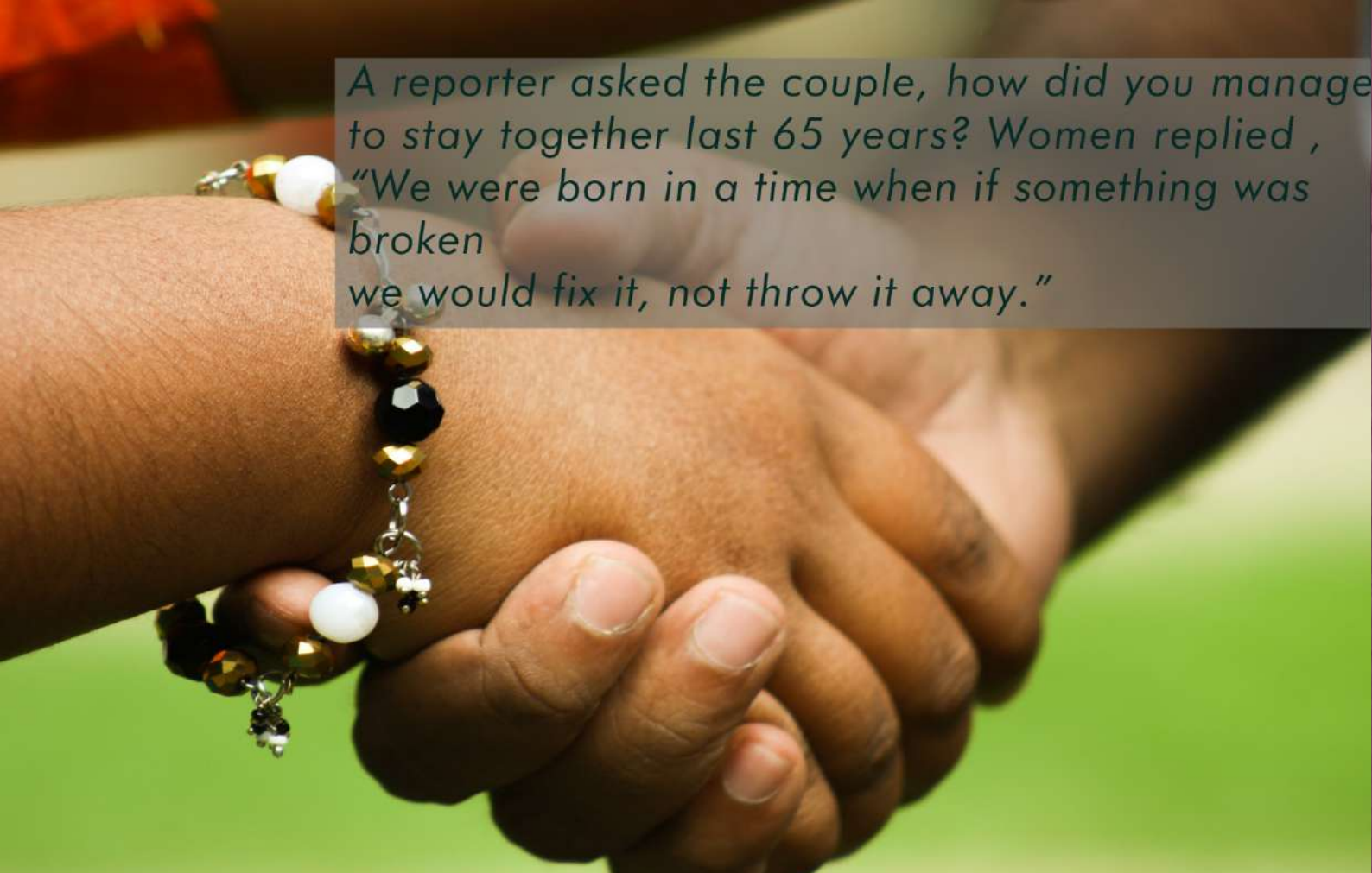
of them wish for lasting relationships. But pathetically, a good number of them go apart after a while, in search of new partners. Let us see the secrets that constitute long lasting relationships or ever remaining relationships. Shivani, a mother of two children and who has been married for more than twenty-five years says, "Having different opinion is a sign of healthy relationship because it gives you option or let you know the other person's perspective and sometime it's nice to think from the other person's point of view as well. Different opinions give you choice... for E.g.: one wants to go to North and the other one wants to head South; if you can sit together and decide whether North or South, you might either pick one or sometime completely different one."

Confront rather than confusing

A reporter asked the couple, how did you manage to stay together for 65 years? Women replied, "We were born at a time when if something was broken we would fix it, not throw it away." When asked about the best possible way of resolving the issues in relationships or marriage, many people

may comment that breakup or a divorce is the best possible method of putting an end to all the troubles in a relationship. It is the biggest mistake that people ever commit in a relationship. "When people go through a marriage break-up, they are stressed and fearful that their kids' needs are neglected. If you have kids and decide to make an effort to sort out your marriage problems, and save your marriage, remember you are saving it for three or more human beings," said Fr. Binoy, a marriage counsellor. The reason for increased divorce rate can be analyzed as the mentality of people who even before getting into a relationship think divorce as means of solving possible issues in it. Divorce is never an option but it's the utmost decision to be taken in life only at an inevitable situation. Do not even think about a break-up or marriage whenever you confront with minor issues in relationships. Issues are just by-products of the happiness experienced in the relationships. No one can be considered to be in a perfect relationship. No relationship, as a whole, is destined to be jovial and satisfying. There can be moments of happiness and moments of struggles.





A reporter asked the couple, how did you manage to stay together last 65 years? Women replied , “We were born in a time when if something was broken we would fix it, not throw it away.”

The couples who learn the secrets of balancing both happiness and struggles win the life and enjoy the best possible relationship and life. When in tension or issues, many people may think that they are fated to fall in to wrong relationship, and at the same time ignore the possible chances of making each moment in life happy by understanding the partner a bit more, and adjusting a bit more.

A promise of forevermore

"Commitment" is considered to be a very important and mature aspect of a man and woman relationship or any romantic relationship. It is considered to be the culmination of a love relationship between two individuals which signifies that the people involved in the relationship of love, sacrifice, understanding, and are ready to spend their whole life with each other. Commitment basically means a decision-making procedure in a person's life where he/she chooses the person he/she loves most as a life partner. Commitment needs to be displayed by both the individuals to make any sense of the word. The benefits of a committed relationship are many as it gives stability to life and makes it healthy and beautiful.

Trust and grow eventually

Mistrust is one of the key deal breakers in relationships. And once trust is lost or broken, it can take a very long time to re-establish it. The happiest couples are the ones where honesty is as natural breathing. When you know you can totally trust your mate, it removes a large potential for worry. It also builds your internal security so that you not only feel good about your partner, but you also feel better about life. Having an honest relationship creates a kind of comfort between you and your partner. Having a mate, you can trust and rely also makes it easier to take risks in life that help to grow. When asked about what qualities they want in a partner, most people will list "honesty" among them. When you have a relationship and a family, you need to know that everyone is on the same page. What honesty gives you is a great deal of comfort. Knowing you can implicitly trust your mate allows you to be your best self, and your relationship will continue to thrive because you are able to give each other the positive energy you need to navigate life's ups and downs.

Be there with confidences

It is commonly accepted that loyalty is very important in relationships. Being loyal means being respectful to your partner's weaknesses and discretely helping them compensate for his/her weaknesses. For example, if your mate is absent minded and loses her keys often, you may help her set a system to make it easier for her to find things and help her search, when needed, without anger or shaming. It is also keeping confidences. Any information that is private, or labeled as secret must be vigilantly guarded as such. If it is your partner's secret, it should not be shared with ANYONE; keeping your partner's needs as primary one with all other needs. It does not mean that your parents do not get your attention until all your spouse's needs are satisfied. It means that the spouse gets first priority in all-important or urgent matters.

Set priorities

If you're absolutely sure you're the right one, show your trust by asking for opinions and pieces of advice when it comes to tough decisions. You can always share your stories and past experiences, your dreams and failures as well. Be supportive and encourage your partner, as this shows you trust the person that they are now, regardless of their past. Apologize when you hurt their feelings. You must learn to build a strong foundation of faithfulness, respect and appreciation.

Be faithful. Don't try to change your partner's preferences, tastes and opinions, as you two have to maintain your separate identities. Just because

you're together doesn't mean that you have to have the same likes or go out with the same people. A healthy relationship is the one that gives you the freedom of staying who you are while motivating you to become the best version of yourself!

Find the right way

Women today are putting off marriage, deciding not to marry at all, or ending their marriages for all sort of reason as many single women said it's better to be single and a little lonely than to be in a lonely marriage. There's almost nothing worse than being alone when someone is actually there. Life is tough is a fact. No one said it was going to be easy and being single doesn't really make it easier. However, one can find many ways to take advantages of living a single life. And make most out of it. If you are unhappy it is probably because you are making it that way. Jan, a 31-year-old lady working in techno park says, "I never thought of marriage seriously, but once I realized I may be forced to change my life after marriage, I was scared. Just assume that everything I do, everyone I meet, I shall report to him, how can I survive? I would not have had my own life. I am glad not decide to marry at that time, I want to just live such single free life as longer as I can, enjoy myself." Sam, 32-year old guy also made a reference to the importance of freedom when he talked about the time and opportunities lost on steady girlfriends. "I had a good chance to work abroad for three years, but my girlfriend refused to go with me and she did not agree with me to sign the offer, she cried and intimidated my parents and stated that she would break up our relationship if I insisted on my 'silly decision'. I realised that she is not mature and she just thought more about herself. I could not see a future between us. So I accepted the offer and started my new career in that country."



Festivals Around World 2017

Festivals are a great way to experience a destination in a unique and different way. And with several hundred festivals all over the world every month - there are plenty to choose from! This post pulls together a collection of the Best Festivals Around The World in 2017 and showcases 3 festivals for each month of the year.

Whether you're looking for the ultimate cultural experience, the glamour of a film festival or the sheer joy of a music festival - there is something here for everyone.

With hundreds of festivals all over the world throughout the year, trying to pick just one can be overwhelming. Use this post as your ultimate guide to the best festivals in the world for 2017 - complete with recommendations from travelers who have experienced and loved each festival. Scroll through each month to see if there are any that fit with your plans!

WAKAKUSA YAMAYAKI

It is celebrated on fourth Saturday of January every year in Nara, Japan. The word Wakakusa Yamayaki literally means roasted mountains. As the name suggests on the day of celebration the mountain Wakakusayama is set on fire. There are two well known theories behind this.

One says that this practice has been evolved from the times of conflict regarding boundaries between the great temples of Nara. And the other theory suggests that it is practised to drive away wild boars. And this work of fire may last up to one hour and can be seen from any part of the city.



RIO CARNIVAL

This is considered as one of the biggest carnivals in the world. It happens in Rio de Janeiro and held before the end of every year. The parade which is the highlight of the day is filled with revelers, floats, and adornments from numerous samba schools which are located in Rio. And the streets come alive with the mini festivals set out by locals where formality and structure are left far behind as music and dancing attain importance of the day.



SNOWBOMBING

Initially it was a festival all about snow sports in Austria conducted in April of every year. But now it has become the biggest music festival in the mountains. It is a wonderful opportunity for the adrenaline junkies to taste the adventure of snow sports. At the same time it is a grand feast of music too. It also includes a day of fancy dress contributing towards making it the best festival on the snow.



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