

# Exp

April, 2021

# SO

Magazine

*Grub Hub*

Pickles and Jam Recipes

*Runway*

Kodaikanal

*Fashion*

The Fusion Edit  
By - Taneira

*Rasika  
Dugal*

Heart Throb of Millions

Outfit : Ekadi

Jewellery : Kohar by Kanika

HMU : Nidhi Agarwal and Nasir Ansari

Styled by : Who Wore What When

Photographer : Sagar Mohite

Artist PR : Tree-Shul Media Solutions



ARCHANA AGGARWAL  
TIMELESS JEWELLERY



# EDITOR'S LETTER



**W**e are back to where we were in 2020 with the rise in the COVID-19 cases again. Yes, we know it's depressing and it always was; but life moves on.

We don't know when the situation is going to be normal again. This pain of pandemic doesn't seem to end for the showbiz industry as well. Once again curfews have started in some parts of the country, many huge budget films went on hold for a long time. This sudden rise in Covid-19 cases once again has opened the doors for the OTT release of the films.

Film producers are looking at the options beyond theatres because no one knows when things would get back as easy as past. In the meantime, OTT platforms have produced and bang out some interesting content for the viewers amid this pandemic.

This month our cover story featured the OTT sensation Rasika Dugal. Her strong, dominant and impressive performance won millions of hearts. Here she opens up about her journey until now and the struggles she faced to create a position in the industry.

In another section, we catch up with a candid conversation with the cast of Hello Charlie Elnaaz Norouzi, Aadar Jain, debutant Shloka Pandit, and the director Pankaj Saraswat. We also opens up about the latest trends for our readers.

Hope that everybody follows the safety measures to be safe amid this pandemic. We pray to GOD that everything will be normal once again and we overcome all of these tough hurdles. Till then keep up the positive vibes and let live all the goodness in your heart.

**Rituparna Sengupta Basu**  
**Editor**

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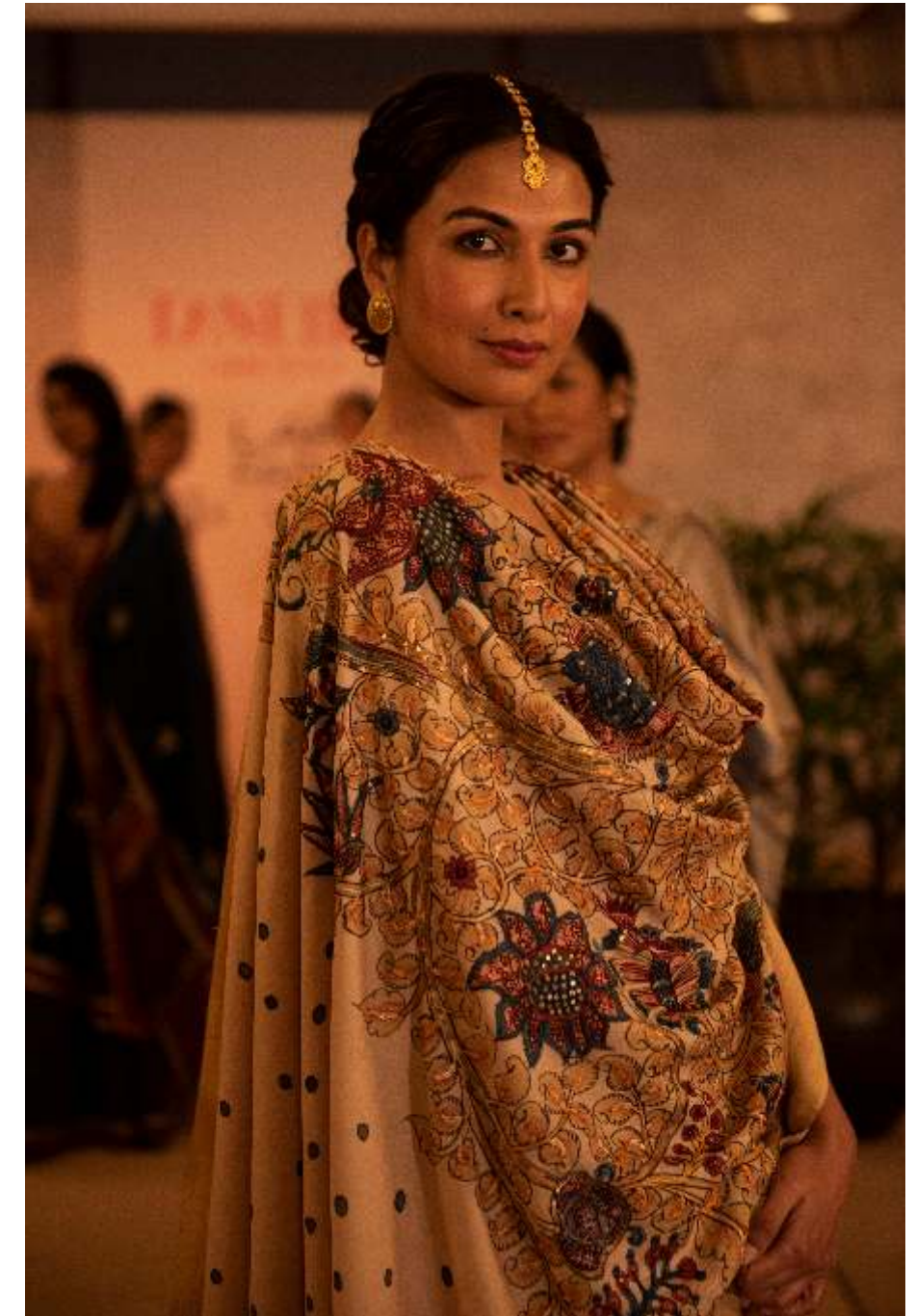
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# The Fusion Edit

*"The Fusion Edit"* by Taneira, celebrating the culmination of different crafts from across the country at FDCI X Lakmé Fashion Week.

**Nabanita Dutta**

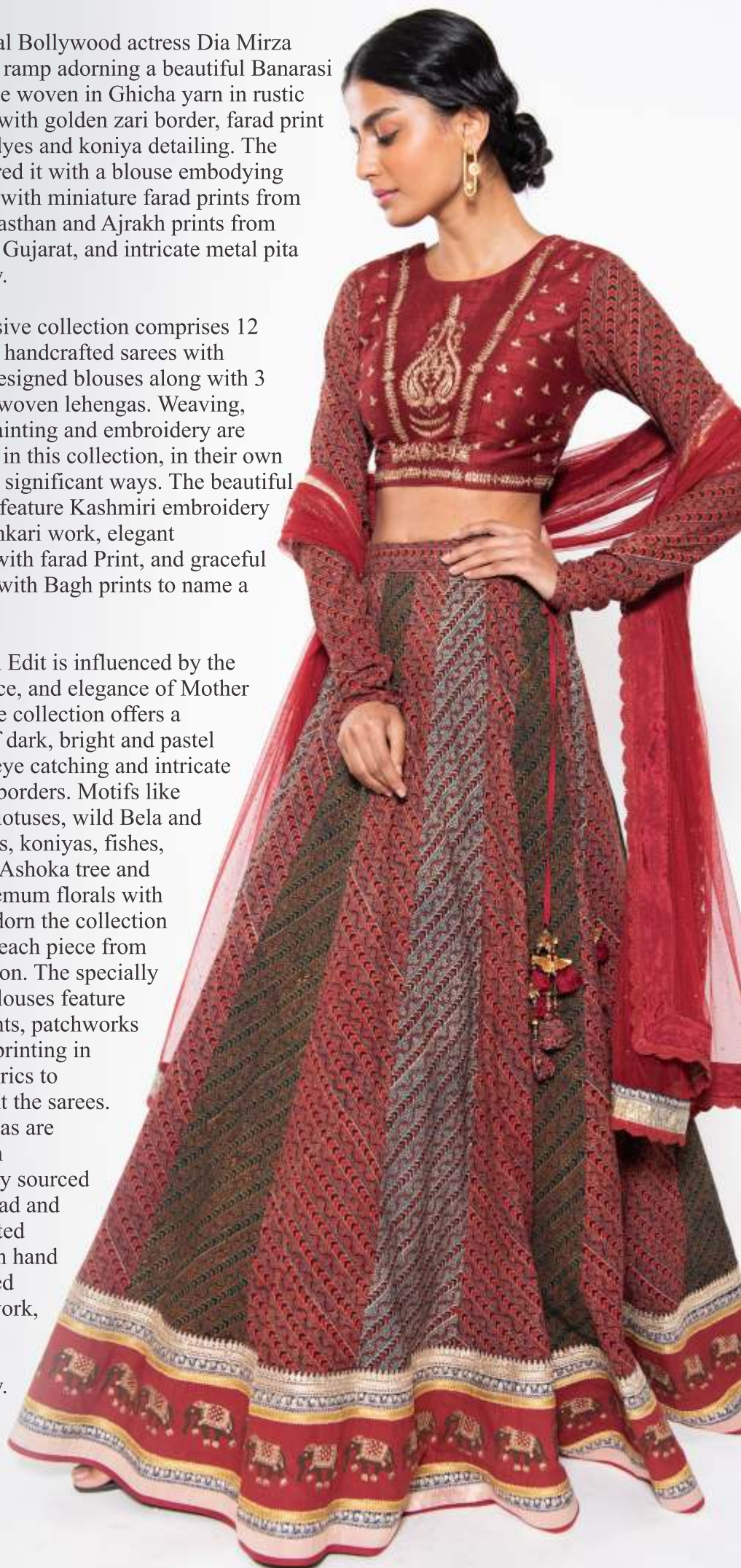




The ethereal Bollywood actress Dia Mirza walked the ramp adorning a beautiful Banarasi kadwa saree woven in Ghicha yarn in rustic red colour with golden zari border, farad print in natural dyes and koniya detailing. The actress paired it with a blouse embodying patchwork with miniature farad prints from Bagru, Rajasthan and Ajrakh prints from Ajrakhpur, Gujarat, and intricate metal pita embroidery.

This exclusive collection comprises 12 exquisitely handcrafted sarees with specially designed blouses along with 3 intricately woven lehengas. Weaving, printing, painting and embroidery are showcased in this collection, in their own unique and significant ways. The beautiful ensembles feature Kashmiri embroidery with Kalamkari work, elegant Banarasis with farad Print, and graceful Chanderis with Bagh prints to name a few.

The Fusion Edit is influenced by the charm, grace, and elegance of Mother Nature. The collection offers a melange of dark, bright and pastel hues with eye catching and intricate pallas and borders. Motifs like elephants, lotuses, wild Bela and juhi flowers, koniyas, fishes, jujube and Ashoka tree and Chrysanthemum florals with lilies, all adorn the collection enhancing each piece from the collection. The specially designed blouses feature natural prints, patchworks and block printing in various fabrics to compliment the sarees. The lehengas are designed in thoughtfully sourced Ajrakh, farad and Bagru printed fabrics with hand embroidered sequined work, aari and zardozi embroidery.





## GET RID OF ALL THE MESS WITH

# New Personal Care Range

**W**ith a line of luxury wellness and personal care products, backed by over a decade of experience, Proveda India, a pioneer in the beauty world dedicated towards quality, ethical production and innovation. Crafted with love for Indian skin, with variants for all skin types – these innovative products are the perfect balance of nature and science. Bridging the gap between modern skincare with holistic sciences and a wide range of organic and nutrition – driven products, Proveda India promises to deliver quality over quantity and best price for all. Proveda India has launched new products from their personal care segment that have been curated by working closely with nature and are purely organic with no harsh chemical components. With seasonal issues like hair fall, freckles and acne, Proveda India has the best solution to get rid of all the mess.



### CC Cream

A luxurious and high performing CC Cream Luxe with SPF 35/PA+++, Colorcare London CC Cream will hustle with you. It is designed to meet the skin care needs of the millennial who love to look after their skin but just don't have the time for it. A light coverage cream which covers fine lines, blemishes and leaves the skin looking natural glowing.

**Price - Rs. 250/-**



### Red Onion Black Seed Hair Oil

Beauty Mirakle Red Onion Black Seed Hair Oil is a non sticky, non greasy and fast absorb hair oil with Onion Black Seed Oil blended with Almond, Castor, Jojoba, Olive & Coconut Oils. Regular use helps bring silkiness and strength to tresses, and improves the way hair looks, feels and behaves. Made with 100% pure cold pressed oils, 100% free of hexane, mineral oil and silicone for holistic hair care.

**Price - Rs. 280/-**

### Tea Tree & Witch Hazel Toner

Organic Mirakle Skin Clarifying Face Toner is a popular choice to fight acne because of its antimicrobial and anti-inflammatory properties. It can also help to prevent acne scars and blemishes giving you smooth, clean and clear skin. Tea Tree is safe for topical use and is known to help fight certain skin conditions like dark spots, etc. without clogging your pores. Using this toner twice daily can help get rid of pigmentation.

**Price - Rs. 160/-**





FASHION

SENCO  
GOLD & DIAMONDS

# Bangle Utsav 2021

A celebration of womanhood. You can choose from more than 200 exclusive designs in Gold, Diamond, Platinum and Silver. These are latest collection of bangles are beautifully crafted by the famous karigars of Senco Gold & Diamonds.



## TOP 5 INDOOR PLANTS FILLED WITH MAGNIFICENT PROPERTIES

*Earth Day is the time of the year when people move out to appreciate natural surroundings and engage in group activities like tree plantation, disposal of trash in parks/roads, and motivational programmes on sustainable living with focus on recycling materials.*

*In conjunction with this year's theme 'Restore the Planet' Ferns N Petals emphasizes on the importance of plants as they are the best natural resource to produce oxygen in the atmosphere as well as improves the air quality.*

**Areca Palm:** It is the most efficient air purifying plant which is nowadays found in almost every household. It is a natural cooler that can remove xylene and toluene that emit from paints, wooden furniture, and petroleum products.

**Golden Pothos:** This is possibly one of the low maintenance plants and it is easily available in the market. Also known as Money Plant, it is one of the best Feng Shui plant for good luck and has magical air purification properties. It can be easily grown in soil and water both.

**Lucky Bamboo:** It is one of those plants that require low maintenance which is one of the prime reasons behind its popularity as an indoor plant. Another interesting fact about this plant lies in its ability to transform lives. Yes, placing this plant in home and office often results in good fortune and prosperity in all spheres of life.

**Snake Plant:** The scientific name of Snake plant is Sansevieria trifasciata. This is one of those plants that release oxygen at night and thus helps the air to remain clean and cool both. It removes nitrogen oxides, carbon dioxide, trichloroethylene, and toluene from the air.

**Tulsi:** Also, known as basil, is packed with many earthy and healthy benefits. This plant produces anti-inflammatory and antibacterial compounds that help in lowering the pollution levels and minimise the effect of air pollution. In fact, it is a very powerful immunity booster which can be eaten raw or added in water.

*This Earth Day let's take a pledge to plant more trees and keep the indoors green for a healthy, prosperous, and sustainable tomorrow.*

*Keeping plants in the house will help to store carbon and release oxygen keeping the surroundings breathable which will be ultimately beneficial for lungs.*

*Plants are one of the most precious gifts of nature for they benefit mankind in several ways. The advantages of potted plants and flowers for the Earth are myriad; they can be useful in several ways. Ferns N Petals has a variety of plants which will not only purify the air but will also elevate the beauty of your interiors*





# HOW TO USE BAKING SODA TO TREAT ACNE

**Dr. Blossom Kochhar**

**G**etting healthy and glowing skin is not everyone's cup of tea. People look for multiple solutions to get salubrious skin. Some people search for the best beauty products and some go with natural home remedies. It is difficult to choose from a wide range of skincare products that can be suitable for the skin, but with natural home remedies, you can rely on them most of the time as these remedies are tried and tested for a long time.

Acne is the most prevalent skin problem that many of us are facing these days. Clogging of skin pores because of excessive oil, dust, pollution can cause acne. Acne can be painful and can also leave scars. An appropriate method can prevent it from increasing.

Here I will share how acne can be treated successfully by using a basic ingredient, Baking Soda.

Baking Soda is an alkaline substance that helps to control the pH level of the skin. Baking soda has anti-inflammatory properties that help soothe skin problems like acne. It can also work as a great exfoliator.

Before using baking soda on the face, do a patch test as it can cause some side effects.

**Let's find out how baking soda can treat acne:**

**Facial Cleanser:** Use baking soda with a face wash. Add a teaspoon of baking soda to daily cleanser and massage with it on the face for up to 1 minute and rinse off. Baking soda can dry out

the skin easily. We recommend using a mild and moisturising face wash with it. Use Lavender Face Wash by Blossom Kochhar Aroma Magic. It will help to cleanse and protect the skin from minor irritation.

**Exfoliator:** Baking soda can be used as an exfoliator to treat blackheads and whiteheads. Take a teaspoon of baking soda and mix with the required amount of water to make a fine paste. Apply it to the clean face and leave for 1 to 2 minutes. After 1 minute, rub on the affected areas with blackhead or whitehead and rinse off with lukewarm water. After exfoliation skin pores get open. To close the pores, use Rose Hip Toner by Blossom Kochhar Aroma Magic, this will help to keep skin firm and relieve skin inflammation.

**Face Pack:** Use baking soda as a face pack. Take a teaspoon full of baking soda, add some water to make a fine paste. Apply this mixture onto the face and leave it for 5 to 10 minutes. Rinse off with lukewarm water. Do not forget to use a moisturiser as baking soda can give extreme dryness. Use Almond Nourishing cream by Blossom Kochhar Aroma Magic for deep nourishment of the skin.

**Cautions:**

- Never leave baking soda on the face for over 10 minutes.
- Baking soda can dry out your skin, always use moisturiser after it.
- Avoid sun exposure after its application.
- May give irritation or inflammation on the skin.
- Always do a patch test.





COVER STORY

# Rasika Dugal

Focus on  
the work  
and the rest will follow

**Rituparna Sengupta Basu**

Outfit: Tiso Ghari  
Jewellery: Ritika Sachdeva  
Styled by: Sahil Gulati  
Assisted by: Chintan Shah  
Make up : Vatsala Bhagat  
Hair: Avan Sethna  
Photography: Dev Puriya

**From** *the striking performance in Mirzapur to an applauding role in Delhi Crime, Rasika Dugal is one of the renowned faces of the industry. She has been ruling the OTT platforms for quite some time now. Her extremely powerful characters and mind-blowing performance won millions of hearts. One of the best things about her is she did justice to every characters she portrayed until now. In a recent talk with Expresso Magazine, she revealed about her journey until now and the struggles she faced to create a position in the industry.*

**Expresso:** *You collaborated with different projects like Lootcase, Manto, Mirzapur, and Delhi Crime. So what is your memorable breakthrough moment and how you back at your journey?*

**Rasika Dugal :** I guess there wasn't one breakthrough moment but different kinds of such moments. My breakthrough moment as a performer was with a film called Qissa. I got an opportunity to work with talented, committed and caring co-actors like Irfan, Tisca and Tilotama. Moreover, with a sensitive director like Anup Singh who could not create an environment for a performer to thrive in and explore possibilities that you never thought existed within you.

With Manto, I was pulled out of the slump I was in because of the many rejections I had had in the preceding years. I hadn't had work for a while and Manto kind of put me back on the map. With Mirzapur, I had the opportunity to play a part, which was dramatically different from me and from the parts; I had done before. It helped me showcase my range as an actor and



*Outfit: Ka-Sha  
Jewellery: Silverstreak  
Hair & Make up: Nidhi Agarwal  
Styled by : Who Wore What When  
Photographer: Sagar Mohite*



I feel the pressure to keep myself creatively satisfied

prompted creators to imagine me differently. It also gave me the opportunity to reach a much wider audience and to experience the thrills of being part of something that has a huge following. These are all the breakthrough moments for me in different ways.

**Expresso:** *OTT platforms evolved quite a lot within the past few years, especially after 2020 so what are your views on it.*

**Rasika Dugal :** It is a constantly evolving space. The creation of content on streaming services has come as a breath of fresh air. Content is well written, relatable and is constantly pushing boundaries. Besides, the audience too responded with manic enthusiasm. People are finally accepting good writing, which is the backbone of telling a story. Opportunities have opened up for much newness - in terms of genres, story ideas, and in terms of working with new talent (actors, directors, writers). I feel in last year or two the space has become cluttered but as long as there is room for all kinds of storytelling, it's a healthy space.

**Expresso:** *Do believe in the fact that OTT platforms have an X-factor that made it popular than before?*

**Rasika Dugal :** The accessibility of streaming services is more suited to the lives we lead these days. You can watch things anytime anywhere ... go back to it anytime you want to. I think that audience enjoy that control.



Outfit: Vedika M  
Jewellery: CORNERSTONE , Minerali  
Styling: Sahil Gulati, Chintan Shah  
Hair and Make up: Nidhi Agarwal  
Photography: Dev Purbiya

I wake up thinking ' Hey, life turned out pretty well and I couldn't have asked for more



**Expresso: Is it challenging to become an actor in today's time?**

**Rasika Dugal :** Time comes with its own set of advantages and challenges. There is so much opportunity for actors these days but there is a huge competition as well. But, largely, I think this is a great time for actors. A lot has changed in the last few years in terms of how content is created and how it is consumed. Moreover, any phase of experimentation and change is always good for artists. It opens up opportunities for newness and pushes the boundaries by breaking formula.

**Expresso: A crucial life lesson that time taught you.**

**Rasika Dugal :** Focus on the work and the rest will follow

**Expresso: Be it Mirzapur, Delhi Crime, or Manto, your projects received appreciation. So you face any pressure when shortlisting projects?**

**Rasika Dugal :** I feel the pressure to keep myself creatively satisfied. I feel I owe that to myself since the reason to be here was exactly that. I don't want to compromise on that at any stage. How a project turns out is not in my hands but if it stirs something within me, teaches me something new or helps me discover a side of myself that I didn't know existed, then it would be worth it.

**Expresso: We have seen you experimenting with your work; however, if it does not work well at times does it bother you?**

**Rasika Dugal :** It is heart breaking, but you live and learn! Sometimes the very reason you decided to do a project turns on you. But, as long as it is not killing my appetite to experiment, I am fine.

**Expresso: While looking back on your journey, do you regret about something?**

**Rasika Dugal :** There are a million ways my journey could have been better or worse, but I don't know. It is the way it is, not

only because of the decisions I made but also because of things changing around me - technology, society etc. Some days, I wake up with a millions of 'should haves', 'could haves' 'wish it was....' in my head. On other days I wake up thinking 'Hey, life turned out pretty well and I couldn't have asked for more.

**Expresso: Do you have any secret of maintaining a balance between the struggles of quantity vs quality?**

**Rasika Dugal :** I am struggling with that every day, especially because there is so much choice today...for everyone. I hope I am managing to maintain a balance.

**Expresso: Rejection is heart breaking. As an actor, did you face such situations and how you handled it?**

**Rasika Dugal :** Rejection is part of an actor's staple diet ! Of course, I have. In the early days, there was so much of it that I had no choice but to develop a healthy sense of humour about it. I loved my work too much to allow other people's perception of me to drive me to quit. Also, I used to then live with a bunch of friends from my film school. All of us were going through similar experiences then. So I didn't feel alone, which helped.

Furthermore, I made decisions with the freedom of someone who had nothing to lose. The rejections are less now, but the stakes are higher. Now there is nothing to lose. So, decision-making became harder. But, I try to not take myself too seriously and keep my decisions instinctive about work rather than about anything else, and this clarity helps.

Outfit: Zara  
Styled by: Sahil Gulati  
Assisted by: Chintan Shah  
Hair and Makeup: Nidhi Agarwal  
Photographer: Dev Purbiya

# Me And Myself

- ★ **Expresso:** *Mention three things that no one knows about you.*
- ★ **Rasika Dugal :** I have answered this question so many times that now there is nothing that nobody knows about me.
- ★ **Expresso:** A book that inspired you.
- ★ **Rasika Dugal :** The Funny Boy.
- ★ **Expresso:** What usually puts a smile on your face?
- ★ **Rasika Dugal :** People being joyfully nonsensical.
- ★ **Expresso:** *What is that one thing you miss about your hometown Jamshedpur?*
- ★ **Rasika Dugal :** The open spaces.
- ★ **Expresso:** *After waking up, what is the first thing you do?*
- ★ **Rasika Dugal :** Give myself a pep talk and then go for workout.

*Outfit: Payal Khandwala  
Jewellery: Aquamarine Jewellery  
Styled by: Sahil Gulati, Chintan Shah  
Make up: Karishma Bajaj  
Hair: Sachin Gathe  
Photographer: Dev Purbiya*





**C**omprised of densely wooded jungles, undulating hill slopes, meandering rivers, cascading waterfalls, and verdure valleys - Kodaikanal's scenic beauty never fails to mesmerize travellers. Often referred to as the 'Princess of Hills', Kodaikanal is one of the most popular tourist destinations in South India.

Situated at an elevation of 7000 feet above sea-level, along the crest of the Palani Hills, Kodaikanal leaves travellers spoilt for choice while it comes to the places to visit. The major valleys - the Parappar and Gundar surround Kodaikanal from both sides. Owing to its natural beauty, it is also a popular honeymoon destination in Tamil Nadu. The word Kodaikanal means "gift of the forest" and the hill station was developed into a retreat in the mid-19th century by British missionaries who used Kodaikanal as their summer capital. Gradually, more and more tourists started flocking to the place and Kodaikanal emerged as one of the most famous tourist destinations not only in the southern parts of the country but across India.

From boating in lakes to taking a walk in the hills, to exploring caves and even offering prayers at religious spots-things to do in Kodaikanal are almost endless. One of the most prominent places to see in Kodaikanal is the Berijam Lake. Located at the end of the Pillar Rock Road, the calm and azure waters of the lake are highly welcoming and soothing to the eyes. Overlooking natural wilderness, a visit to the Berijam Lake is worth it. Another major place of interest in Kodaikanal is the main Kodai Lake. Simply stare at the calm blue waters of the lake or take a boat ride with your significant other - experiences at the Kodai Lake would be worth remembering. Adventure lovers can have a great time trekking to places like Pillar Rocks, Dolphin Rocks or even further to Kumabkarai. The spiritual ones can offer prayers at the Kurinji Andavar Temple; those on a family vacation can spend some time at the Byrant Park or go hiking at many of the hilly terrains, opt for a swim at the Fairy Falls or spend some time in solitude with your loved ones at the several viewing points in the hill station.

Being a hill station, Kodaikanal enjoys a cool and pleasant climate round the year. However, the best time to visit Kodaikanal happens to be the summer months from March to early June when the weather is at its best. Monsoons are moderate in the region and winters are not harsh either. Thereby making Kodaikanal a favourite tourist destination round the year.

**By Roopa Sengupta**

*Kodaikanal*  
Gift of the Forest



## Places To See:

### *Kodaikanal Lake:*

The Kodaikanal Lake is one of the most popular tourist destinations of Tamil Nadu. This star-shaped artificial lake is located at an elevation of 2285 meters above sea-level. Kodai Lake was constructed way back in 1863 by Sir Vere Hentry Levinge, the collector of Madurai. He moved to Kodaikanal after his retirement and decided to build this lake on an abandoned marshy land. Currently, activities like fishing and boating can be done here.

### *Coaker's Walk :*

A holiday in Kodaikanal is incomplete without a visit to the Coaker's Walk. A man-made walking plaza, Coaker's Walk was built by Lt Coaker in 1872. Today it is one of the most popular places to visit in Kodaikanal. A stroll in the afternoon or simply gazing at the verdant green valleys-a short trip to the Coaker's Walk will fill you with lifetime memories.

### *Pine Forest :*

The Pine Forest of Kodaikanal was cultivated by one Mr. Bryant about a century ago and today, it happens to be one of the most visited places in the hill station. The Pine Forest attracts a multitude of tourists from all over. Needless to say, that the very sight of umpteen number of pine trees standing tall make for an amazing sight.

### *Pillar Rocks :*

One of the best sightseeing places of Kodaikanal, the Pillar Rocks offer stunning beauty of the natural vistas around. The place derived its name from three rocks that stand almost vertical, looming high and almost piercing the sky at a height of 400 feet. Fog and mist often play hide and seek with the pillars, thus making scene look almost

ethereal.

### *Kurinji Andavar Temple :*

Dedicated to Lord Murugan, the Kurinji Andavar temple is a must visit place in Kodaikanal for pilgrims. Situated at a somewhat offbeat location, the quaint temple offers majestic views of Palani Hills at his backdrop. Tourists can also have a grand view of the Vaigai Dam from the temple. The temple is associated to the Kurinji flowers that bloom once in 12 years.

### *Bryant Park :*

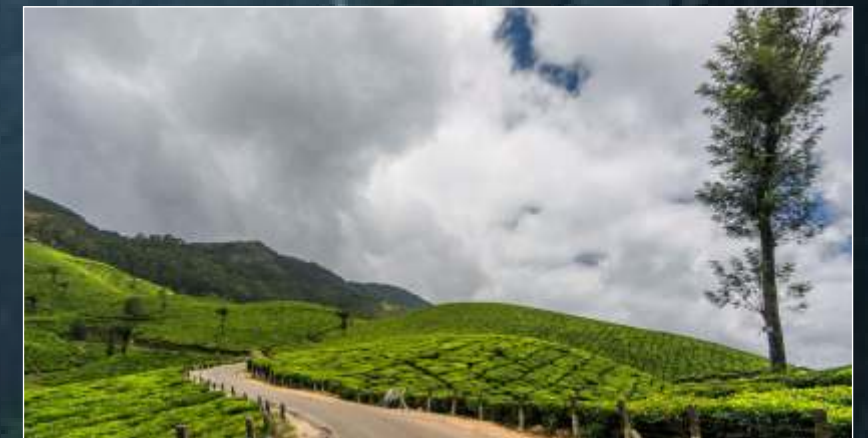
The Bryant Park is a botanical garden located very close to the Kodai Lake. The park was the brainchild of a certain British army officer named Glen Bryant. Boasting of over 325 species of trees, shrubs and cactuses, the garden seems almost like a rainbow when all the flowers are abloom. A 160-year-old Eucalyptus is a major attraction.

### *Lake View Point :*

Also known as the Upper Lake View Point, this particular point of interest in Kodaikanal attracts a lot of tourists. From the point one can not only have a grand view of the Kodai Lake but also of the vast green vistas around. While there's not much to do in Lake View Point, you can create beautiful memories while staring at the majestic views of the star-shaped Kodai Lake.

### *Silent Valley View :*

Another prominent sightseeing place in Kodaikanal is the Silent Valley View Point. Located near the Berijam Lake, the Silent Valley View is a favourite with nature lovers. The best times to visit the Silent Valley View Point is early mornings and late evenings. Needless to say, that the point is an amazing place to view natural surroundings and scenic mountains around. A visit to the Silent Valley View is definitely worth it.



### *Where you stay*

Plenty of accommodation options are available in Kodaikanal that caters to all kinds of travellers. From luxury vacationers to budget travellers-all can find accommodations in Kodaikanal that fits their individual bills. Be it budget hotels or an exquisite suite overlooking a lake, or you are looking for holiday rentals or a luxury hotel that offers a grand view of the lush valleys, Kodaikanal will never let you down with accommodation of your choice that can also be booked online.

### *How to you reach*

A prominent hill station of South India, Kodaikanal can be easily reached from a host of cities. While Madurai is the nearest city located at a distance of 120 kilometres, other nearest major cities happen to be Coimbatore (172 kilometres) and Kochi (300 kilometres). Kodaikanal can also be reached from Chennai lying at a distance of 525 kilometres and Bangalore which is roughly 465 kilometres away.



CELEB TALK

# I always wanted to work with Pankaj Saraswat

By Rituparna  
Sengupta Basu

Aadar Jain

*As we, all are being accustomed to the technical curveballs, finally, we are settling into the small tech pockets of video conferencing norms. This is becoming a trend as the country starts facing a second wave of the pandemic. In the meantime, Pankaj Saraswat's Hello Charlie was released on Amazon Prime Video. The newest offering by Prime, Hello Charlie is doing a good job on the OTT platform. During this hard time, the world indeed needs a true comedy and Hello Charlie is definitely one of them. On its eve, Expresso Magazine catches a candid conversation with the cast Elnaaz Norouzi, Aadar Jain, debutant Shlokka Pandit, and the director Pankaj Saraswat.*



**Expresso: Hello Charlie finally released so how are you feeling?**

**Aadar-** I am quite happy and excited about the film. As of now, we received a great response from the audience. So, things were quite overwhelming for all of us.

**Shlokka-** Just like everyone else, I am quite happy about the film release as well. I received a heart-melting response from everyone. We all have been waiting for it to release for a long time. Hello Charlie was a dream for Pankaj sir and finally, it came true. So, what else I can ask for.

**Elnaaz-** Well, I was equally excited for the film release. I remember the night before the film release, I was so nervous that I could not sleep the entire night. Even though I am a calm person, but I had huge expectations from Hello Charlie. There was a lot of anticipation regarding the film, which even increased my excitement.

**Expresso: The theme of Hello Charlie is different than other comedy films. So, what inspired you to come up with such a story?**

**Pankaj-** Honestly, I don't know how the idea came to my mind. I was quite thoughtful regarding the theme and here I am with Hello Charlie released on Amazon.

**Expresso: What made you accept the offer of Hello Charlie?**

**Aadar-** As you mentioned earlier that the trailer was interesting, which was just a sneak peek of the film. I am sure you anticipated that the entire film would be entertaining too so this is one of the reasons I accepted the offer. Besides, this is my first collaboration with Excel Entertainment. I have watched their other films and absolutely love their work. Also, I always wanted to work with Pankaj Saraswat and I finally got the opportunity. We were involved with many workshops and learned a lot of things while preparing for this film. Finally, the cast, script, and my character forced me to accept this offer.

**Expresso: Do you find any similarity with the character you played here?**

**Aadar-** Yes, to a certain extent, I do find similarities between real-life Aadar and my character in the film. For example, Charlie loves helping people and I love doing it too. Also,







both of them are quite happy-go-lucky. The only difference is Charlie belongs from a small town but I am born and brought up in Mumbai. Moreover, his actions do throw him in trouble, so this is yet another difference between me and Charlie.

***Expresso: How was your experience working with Jackie Shroff?***

**Aadar-** My experience working with him was quite amazing. I have always been a fan of him since childhood and after working, I even became a bigger fan. Jackie sir is such a friendly and welcoming person. He is like a father figure to me and encouraged us to perform better. He is quite humble and even after working in so many films; he is still shows dedication to his work. Overall, he is a great personality.

**Elnaaz-** My experience was definitely great. It was like a dream come true for me. I have seen so many films by Jackie sir and always wanted to meet him. Obviously, the experience was surreal. All I can say is, he is quite helpful and supported everyone on the set.

**Shlokka-** Well, I did not get enough opportunity to work with him although I found him an interesting person. He is so humble and down-to-earth person. Being a newcomer, he always encouraged and supported me. Even during the trailer launch, he praised our work in front of the media. I don't think I can expect anything more from a person and I am lucky that I got the opportunity to work with him.

***Expresso: Being a different comedy film, what challenges you faced while shooting?***

**Pankaj-** Honestly, we faced the same challenges that every other director faces while shooting. For example, the gorilla does not arrive on time or the weather challenges, etc. So these are some of the common challenges.

**Aadar-** We had to shoot in extreme heat and this was by far the biggest challenge that we faced. Besides, we had to work with a gorilla and we had to keep this a secret from the audience. As the film features Jackie Shroff and Rajpal Yadav, their fans used to come to the sets. Moreover, as an actor, every day we have to face new challenges. But, I feel that the director is the one who has to deal with the major challenges as he is the one who has to look after every department.



**Expresso:** *As a director how did you move forward with the film for OTT release?*

**Pankaj-** I feel that the platform does not matter much compared to the film. OTT platform is just a technology like radio, audio, video, are only created by us. All I want is the audience to love our film. Moreover, I feel that no other platform is better than the OTT considering the current industry scenario.

**Expresso:** *Which scene from the film is close to your heart?*

**Pankaj-** Every scene from the film is close to my heart. If you ask me to differentiate, then it would be impossible for me.

**Aadar-** I think everyone and every scene from the film are close to my heart. Even the crew members who helped us throughout the shoot and the moment we

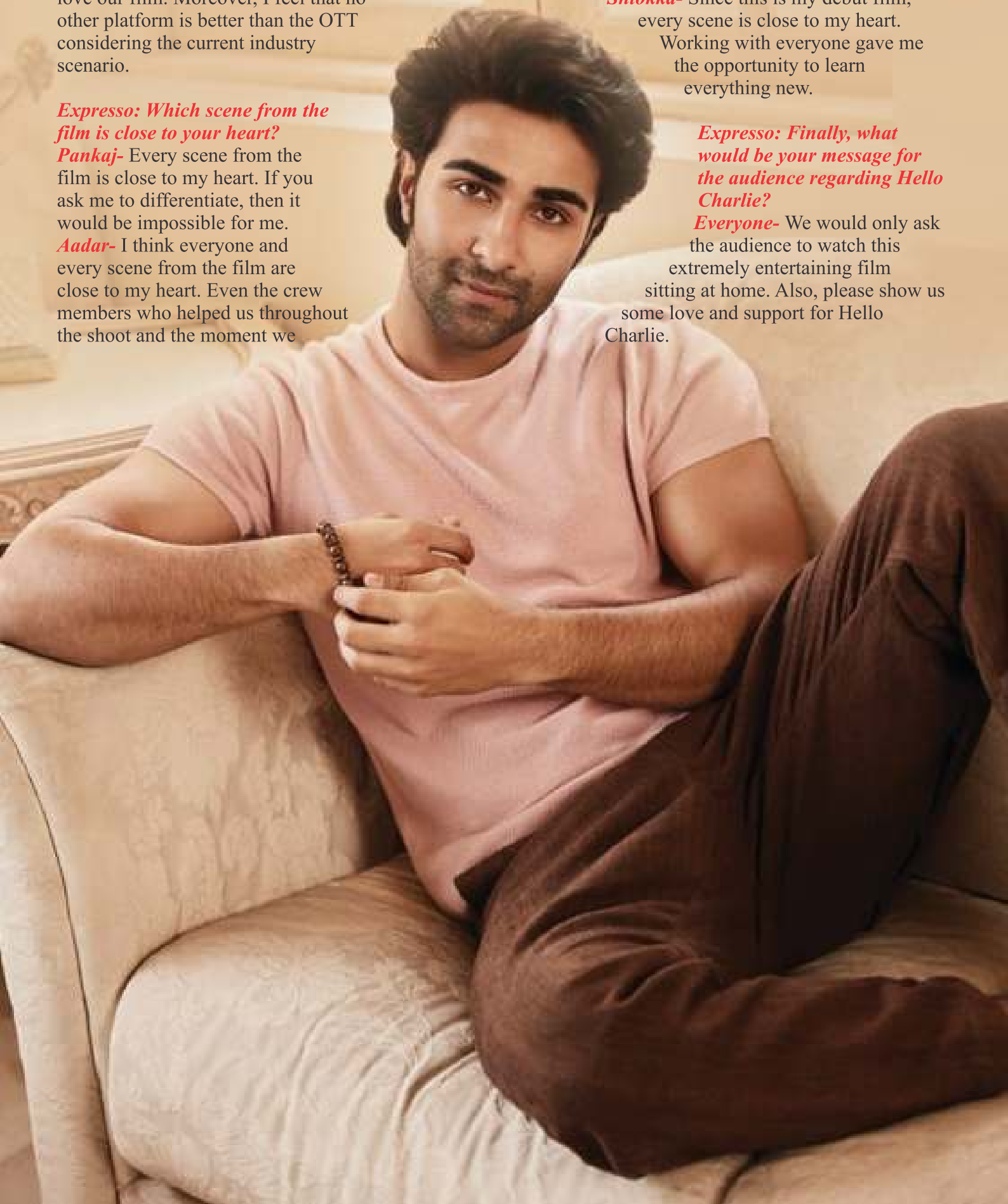
shared with everyone will be close to me.

**Elnaaz-** This film is different and you don't get the opportunity to shoot such kind of film with such amazing personalities every day. But, there are a few scenes from the film that will always be close to my heart.

**Shlokka-** Since this is my debut film, every scene is close to my heart. Working with everyone gave me the opportunity to learn everything new.

**Expresso:** *Finally, what would be your message for the audience regarding Hello Charlie?*

**Everyone-** We would only ask the audience to watch this extremely entertaining film sitting at home. Also, please show us some love and support for Hello Charlie.







**Poila Baisakh** marks the beginning of the New Year with a sense of positivity and enthusiasm. Sliding into a New Year with a cheerful spirit makes us want to live the rest of the year the way we start it— with warmth, celebrations, joy and laughter.

Yauatcha, the dim sum teahouse from London, is all set to mark the arrival of Bengali New Year 2021 with a limited-edition festive menu available from 12th April until 10th May, 2021 for both dine-in and delivery. In preparation of the auspicious occasion, Yauatcha and Quest Mall have come together to form an exceptional collaboration of food and décor. While the festive menu by Yauatcha offers traditional Bengali dishes cooked with a Cantonese twist, Quest Mall on the other hand has dressed up the mall and Yauatcha with vibrant hangings inspired by Mandala art, the Buddhist spiritual symbol for universe. Along with the hangings, you can also see the mall take on the God Laxmi's pot, a symbol of wealth and prosperity, at various locations at Quest.

The exquisitely crafted Poila Baisakh

menu by Head Chef Kushal Lama features **Corn asparagus pumpkin cheung fun** dusted with cheese for all vegetarian (jain) lovers, the soft and enticing **Chicken prawn black garlic shui mai**, Kolkata style **Braised betki in aromatic sauce**, **Tofu and mock meat in fragrant chilli**, the must try **Sesame noodle with pok choy and bell pepper** garnished with crushed cashew nut and sesame seed and the spicy and aromatic **Singapore fried rice with corn and asparagus**.

To end your meal, the alluring dessert section comprises of Assorted macarons with flavours derived from famous Bengali sweets like Misti doi (sweetened curd), Sandesh (homemade fresh cheese sweetened and pistachio added) and Narkel Nadu (coconut with jaggery). Bid adieu to the year gone by and join us in welcoming Noboborsho with great revelry and joy. Yauatcha Kolkata and Quest Mall are here to make your New Year special.

**Address: 5th Floor, Quest Mall, Syed Amir Ali Avenue, Park Circus, Beck Bagan, Ballygunge, Kolkata, West Bengal 700017**

**Meal for 2: Rs 2000 ++**

**Date: 12th April - 10th May '21**

**Time: 12 pm – 10:30 pm**

*City Of Joy is all  
Set To Celebrate  
Bengali New Year  
In full Swing*







*Whip-up these  
Pickle Recipes  
for a Delicious  
Summer*

This summer try out these off-beat walnut inspired pickles and Jams recipes that are sure to leave everyone around you bedazzled!

# Apple California Walnut Jam

**Chef Varun Inamdor**

## Ingredients

- ▶ 3 cups dessert apples, peeled, cored and diced
- ▶ 1 cup California walnuts, chopped roughly
- ▶ 1/2 cup apple juice
- ▶ 1/2 teaspoon clove powder
- ▶ 1/2 teaspoon nutmeg powder
- ▶ 1/4 teaspoon mace powder
- ▶ 1/2 teaspoon green cardamom powder
- ▶ 1 teaspoon cinnamon powder
- ▶ 1 tablespoon salted butter
- ▶ 1 cup light brown sugar
- ▶ 1 small lemon, zested and juiced
- ▶ 1 tablespoon brandy (optional, yet strongly recommended)

## Method

- ▶ Heat butter in a pan. Stir fry the apple dices on high flame for 2 minutes.
- ▶ Add walnuts and continue stirring for another 2 minutes.
- ▶ Add brandy and deglaze the pan.
- ▶ Add all the other ingredients and spices and cook on the medium low-flame for 30 minutes, covered with a lid.
- ▶ Stir occasionally so that the apples or sugar do not stick to the bottom of the pan.
- ▶ Leave to cool with the lid covered.
- ▶ Transfer in a sterilized jar and bottle capped and refrigerated.

# Instant Pickled California Walnuts

Chef Varun Inamdar

## Ingredients

- 1 cup California walnut halves
- 1 sprig curry leaves
- 3 tablespoons mustard oil

## Pickling spice

- 1 teaspoon salt
- 2 tablespoons white vinegar
- 1 tablespoon red chilly powder
- 1 teaspoon red chilly flakes
- 1/2 teaspoon coriander seeds powder
- 1 teaspoon yellow mustard powder
- 1/2 teaspoon black pepper powder
- 1/8 teaspoon fenugreek powder
- 1/2 teaspoon fennel powder

## Method

- Mix all the pickling spices in a dry bowl and keep aside.
- In a pan, heat mustard oil till it begins to smoke.
- While it is cooling down, stir in curry leaves when the oil is relatively warmer.
- Cool it down to room temperature.
- In a clean and dry mixing bowl, take the walnut halves and stir in the pickling spices.
- Pour cooled oil and stir well. Bottle it up and serve!





# California Walnut Naga Tomato Chutney

Chef Varun Inamdar

## Ingredients

- 2 cups tomatoes, finely chopped
- 1/4 cup California walnuts, chopped roughly
- 2 green chillies, chopped
- 2 tablespoons garlic, chopped
- 2 inch ginger roughly chopped
- 1-2 whole dried red chillies
- 1 cup water
- Salt as required



## Method

- In a kadhai, heat the water.
- Add tomatoes, walnuts and all the ingredients.
- Cook this mixture on medium flame stirring intermittently.
- Cook this until all the water dries up.
- Do not let the mixture burn.
- Once done, smash it well with the back of a spoon.
- Serve hot or at room temperature.



# Kashmiri Doon Ki Chutney

Chef Varun Inamdor



## Ingredients

- 1/2 cup California walnuts, chopped roughly
- Salt as required
- 2 green chillies
- 10-15 fresh mint leaves
- 1 tablespoon onion, finely chopped
- 1 teaspoon royal cumin seeds
- 1/4 cup fresh thick curd

## Method

- Place all ingredients in a stone mortar and pestle.
- Grind till it reaches a desired texture and consistency.
- Serve!



# LET WALNUTS HELP YOU IN MAKING EVERYDAY HEALTHY



**Dr. Jagmeet Madan,**  
Eminent Nutritionist,  
Professor and Principal, Sir  
Vithaldas Thackersey College of  
Home Science, SNDTWU,  
Mumbai and National President  
Indian Dietetic Association



The shift in purchasing power and technology may have made our lives easier and faster - but has it made our lives better? Well, not 100%, if you ask me. In fact, we're left with over-exploited resources, tighter schedules, and little to no physical activity. A result of which is a variety of lifestyle diseases. Don't get me wrong, this isn't the only cause of lifestyle diseases. Their causes could lie in your family history or your genes too, which you have no control over. Either way, you need to figure out a solution to cure it, a good point to start with would be proper nutrition.

On World Health Day 2021, I've listed down five of the most common lifestyle diseases that are haunting India and that one food item that I trust for help in preventing as well as managing them - walnuts. Multiple research studies have proven that walnuts are a powerhouse of nutrition and may help promote overall health. A handful (28g) of walnuts, for instance, contain 2.5g of essential plant-based omega-3, 4g protein, and 2g fibre.

## **Obesity**

That walnuts can increase the risk of obesity is a widely believed myth. Walnuts contain good fats - polyunsaturated and monounsaturated - that are essential for a healthy diet. Also, thanks to the presence of plant-based omega-3 and essential nutrients, walnuts may help suppress hunger and make you feel full and satisfied for a longer period. These amazing appetite-control powers further play a role in how much you eat and promote weight management.

## **Heart Diseases**

According to the ICMR State-Level Disease Burden Report, from 1990 to 2016, the prevalence of heart disease has increased by over 50% in the country.<sup>1</sup> And this includes all age groups. This disease contributes to nearly 18% of total deaths in

the country. Almost three decades of research shows that incorporating walnuts into your daily diet may decrease your risk of heart disease. The polyunsaturated fats, also known as good fats, and ALA (alpha-linolenic acid) in these nutritious nuts may improve cholesterol levels and lower blood pressure.<sup>2,3</sup>

## **Diabetes**

According to the International Diabetes Federation, as of 2020, 77 million people in India were suffering from this lifestyle disease, and the numbers are expected to grow with every passing year. Research has shown that the right type of fats, like those found in walnuts, may prove beneficial in diabetes management and may help prevent type 2 diabetes.<sup>4</sup> Crunchy and delightful, these nuts have a low glycemic index and hence, don't raise blood glucose level. Excess weight is one of the causes of type 2 diabetes. Since walnuts promote weight management, these may help control this lifestyle disease as well.<sup>5</sup>

## **Mental Health**

Mental health is the foundation of our well-being, but there's still a stigma associated with it. WHO estimates that our country's burden of mental health problems is 2443 disability-adjusted life years (DALYs) per 10000 population. And it's a sign enough to take steps towards improving the situation. Walnuts play a supporting role in the brain's overall well-being. An epidemiological study published in The Journal of Nutrition, Health & Aging associates walnuts with improved memory, concentration, and information processing.<sup>6</sup> Meanwhile, another published in Nutrients states consuming walnuts may be associated with lower depression symptoms in adults.<sup>7</sup>

Incorporating nutritious food items like walnuts into your diet may reduce your risk for several diseases. So, this World Health Day, pledge to include a handful of these crunchy delights into your everyday meals.

RISING STAR

*With her debut in 2010 with Isi Life Mein, Sandeepa Dhar made quite a stir in Bollywood due to her outstanding performance. Gradually, she acquired a good position in the industry with other films like Dabangg 2, Heropanti, Golu and Pappu, and others. Today, she is making a mark in the OTT platforms with Mum Bhai and recently Bisaat on MX Player. In a recent chat with the Expresso Magazine, she discussed about this new murder mystery Bisaat and her working experience with Vikram Bhatt.*

# Sandeepa Dhar

Try to find something,  
which is related to my craft

**By Abir Majumder**





**Expresso: What made you accept this project?**

**Sandeepa Dhar :** Well, the reason first would certainly be the script. I think that it is a brilliantly written script, considering the fact that it is a murder mystery. There is a cliffhanger in every corner of the episode. Moreover, the characters are quite well written and edged out, especially my character Kiyana, which is beautifully developed. You see for any author or any artist, will instantly say yes to this project solely due to the character. Besides, the range and the character graph are amazing. So, Bisaat is all about Kiyana and her story, where she is accused of murder. Therefore, being an actor I felt that I can do a lot more with my character. Apart from that, Vikram Bhatt directed the series, which is yet another reason to accept the project. He is the master of thrillers and has this amazing skill of polishing the female characters on screen. So, I always wanted to work with him and the script of Bisaat was perfect to collaborate with him.

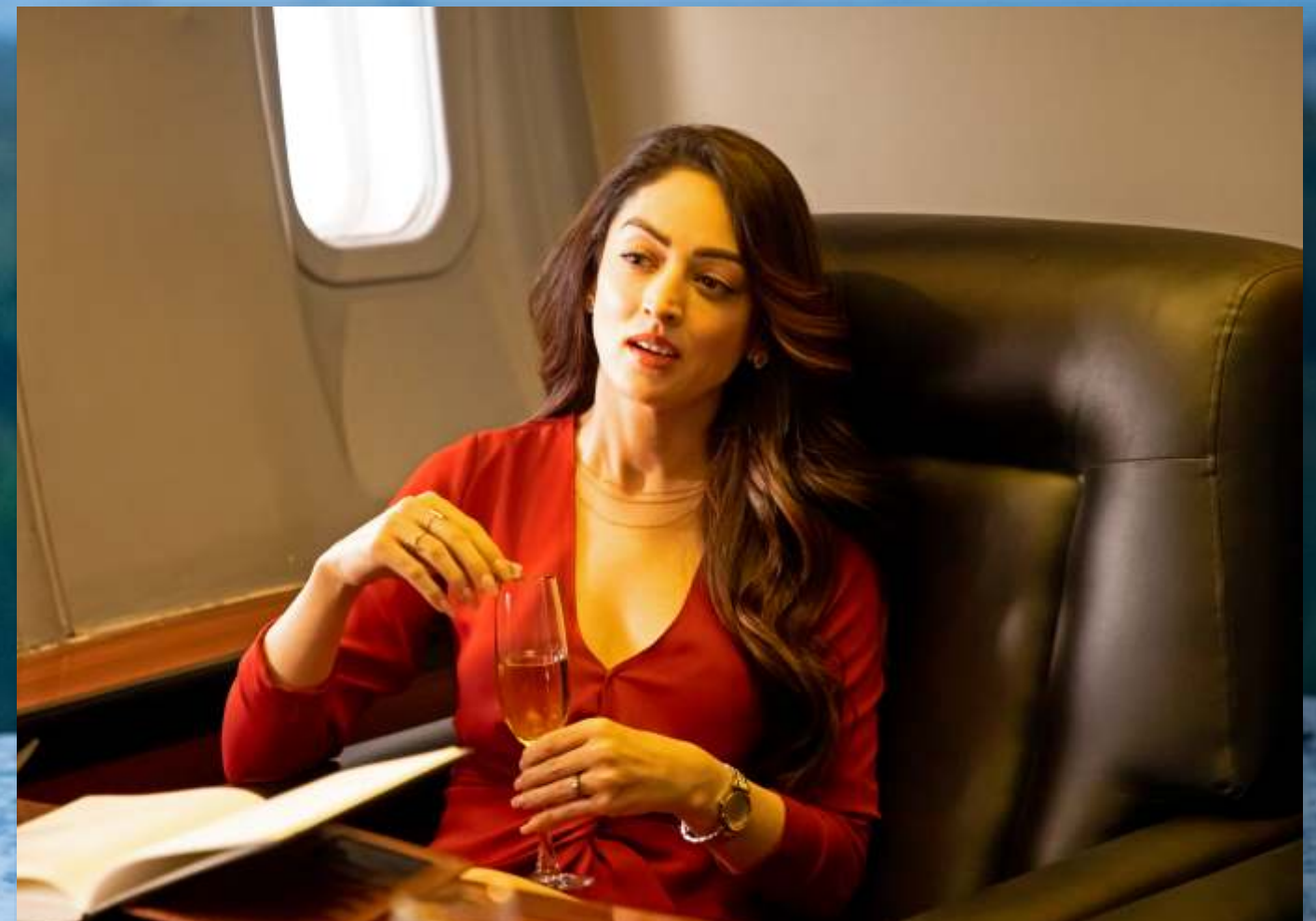
**Expresso: Do you find any similarity with the character you played in Bisaat?**

**Sandeepa Dhar :** I do relate myself to Kiyana, but I

am definitely not like her. You see relating to the character is necessary, the reason behind her acts, what she feels, etc. Being an actor, if you do not relate, then it becomes extremely difficult to play any character convincingly. Her struggles in her personal and professional life, the turmoil she is going through, I related everything. Moreover, at some point, I went through similar turmoil. So, it helped me to play the role of Kiyana and develop the traits necessary to play the role.

**Expresso: What according to you is the memorable moment of shooting Bisaat?**

**Sandeepa Dhar :** When I read the script of Bisaat, I was terrified that whether I will be able to deliver the role perfectly. Kiyana's character consists of multiple layers, and playing it perfectly to synchronize with the series was something that felt challenging. There are emotionally heavy scenes about which I was not sure whether I would be able to do it perfectly. So, every scene is memorable for me since I gave my 100% to it. Hence, I cannot choose any particular scene from the series as I worked hard for my role, character, and every scene.





**Expresso: How was your working experience with Vikram Bhatt?**

**Sandeepa Dhar :** He is one of the best personalities I have ever met. Everything used to be so calm on sets when working with him. Bisaat is an emotionally heavy series and he used to be very serious about his work. Similarly, he has a good sense of humor since he used to have a lot of fun during offsets. The best part about Vikram sir is he treats everyone with respect, from spot boys to the lightmen. He is extremely multitalented, from writing scripts, directing to working on the background music, he does everything. He even developed Bisaat's background music. I worked at ease with him while shooting for Bisaat since he lets the actors be, which I feel is very important. Vikram sir understands human emotion very well, especially the emotions of a woman. Overall, it was a great experience working with Vikram Bhatt.

**Expresso: Do you follow any particular process while choosing a project?**

**Sandeepa Dhar :** Yes, I am quite choosy when it comes to accepting any project. I feel that I have to invest myself while working on it and if it is not worth it, then it is meaningless to invest time into it. Therefore, while accepting any project, as an actor I try to find something, which is related to my craft. So, I often shy away from films or series, where I am just a glamour question. Moreover, I accept such kinds of project genres that I love watching. Also, I choose people with whom I will work since I am at that point of my career where I need to learn from others. Furthermore, it is crucial to like the people with whom you would work on sets. So yes, I am quite particular while selecting any project.

**Expresso: Mention any three things of Bisaat that will compel the audience to watch it.**

**Sandeepa Dhar :** If you love watching murder mysteries, then Bisaat is definitely the one you must give a try. I don't remember that there has been a great murder mystery series for a long time. Besides, the script is quite exciting with many twists and turns, which will leave you guessing what happens next. Finally, if you want to enjoy a great suspense thriller show with your family during this lockdown, then this is definitely the best choice.

I do relate myself to Kiyana, but I am definitely not like her





REVIEW

# HELLO CHARLIE

AN EXCEL ENTERTAINMENT PRODUCTION



Saraswat's 'Hello Charlie' Can Be  
A Good Pick To Spend A Boring  
Afternoon

**Rating - 3/5**

**Casts : Aadar Jain, Jackie Shroff, Elnaaz Norouzi, and Shlokka Pandit**  
**Director : Pankaj Saraswat**

**By Nabanita Dutta**



**W**hen it comes to comedy movies, we normally picture family films in our minds that we can watch with kids. But, who knew that Amazon Prime Video's Hello Charlie will not support this theory even after being a comedy film. Directed by Pankaj Saraswat, Hello Charlie stars Aadar Jain, Jackie Shroff, Elnaaz Norouzi, and Shlokka Pandit. Director broke every boundary and tried the old-school comedy but did not do well as expected.

Although keeping in mind the recurring spike in the Covid graph, we all need a dose of humor and comedy in our life and Hello Charlie is indeed one of them. Imagine turning a man into a gorilla and behaving like one, hilarious isn't it? Well, judging the role of Aadar Jain, Elnaaz Norouzi, and Shlokka Pandit is tough. However, the role of comedy kings Rajpal Yadav and Girish Kulkarni is worth mentioning.

It might not make you laugh out loud like true comedy films, but if you want to spend some lazy afternoon with your kids, then Hello Charlie will definitely give giggles to the small ones. Even though it is a slapstick comedy, you will surely enjoy it, especially if you are stuck at home with your loved ones.

Back in 2017, Aadar Jain made a debut in Bollywood with Qaidi Band. During then this young actor's voice made immense chatter throughout the industry. Many even knew the fact that he is a cousin of Ranbir Kapoor. Although it is not in his control, he could have thought about choosing Hello Charlie and his character Charlie. He tried to make a comeback in the industry after a long time. In this film, Charlie comes to Mumbai. He comes to Mumbai for a living; however, his meaningless acts bring problems. He crosses his path with a billionaire fraud MD Makwana (Jackie Shroff).

While Charlie's intention of visiting Mumbai was to make a living and pay his deceased father's debt, Makwana tried to flee from the country. To make this possible, Makwana's eye candy girlfriend Mona (Elnaaz Norouzi) plans to disguise him as a gorilla. She will then transport him to Diu from where he will be on his own.

Charlie who came to take up any job turned out to be Makwana's truck driver. From here, the real adventure of the supposed comedy begins. Half of the film covered road trips that could have been less irritating if there were camaraderie in between. Throughout the road trip, you will find





Makwana rejecting bananas and Charlie trying hard to entertain him with his silly caricatures.

There is nothing exceptional with the humor and the dialogues are equally exhausting. Coming to the narrative, it is a complete clichéd item. Furthermore, mistaken identity occurs when a plane crashes that sets the real gorilla for the Indian zoo free. A clever circus owner (Girish Kulkarni) and a forest ranger (Rajpal Yadav) are also there who literally do not know how to deal with animals. Finally, a veterinarian (Bharat Ganeshpure) acts like a drunkard in the film. Therefore, in terms of actors, it was a complete waste of talent.

Aadar Jain although showed a promising work in the film; however, has a long way to cover. Although he bears a resemblance to Ranbir Kapoor, which is indeed beyond his control, he could have shown some flair in terms of dialogue delivery as well as mannerism. Jackie Shroff being such a prominent actor in the industry did not get a worthy role as per his acting valor.

Although his girlfriend in the film Elnaaz Norouzi gave a decent performance for sure. The film's female lead Shlokka Pandit made a stunning introduction with an item number. Shlokka played Padmini, a dancer, and Girish's circus owner exploits her. It is tough to explain her work as her role is too brief. Padmini teams up with Charlie to fulfill their individual goals, freedom for Padmini, and money for Charlie.

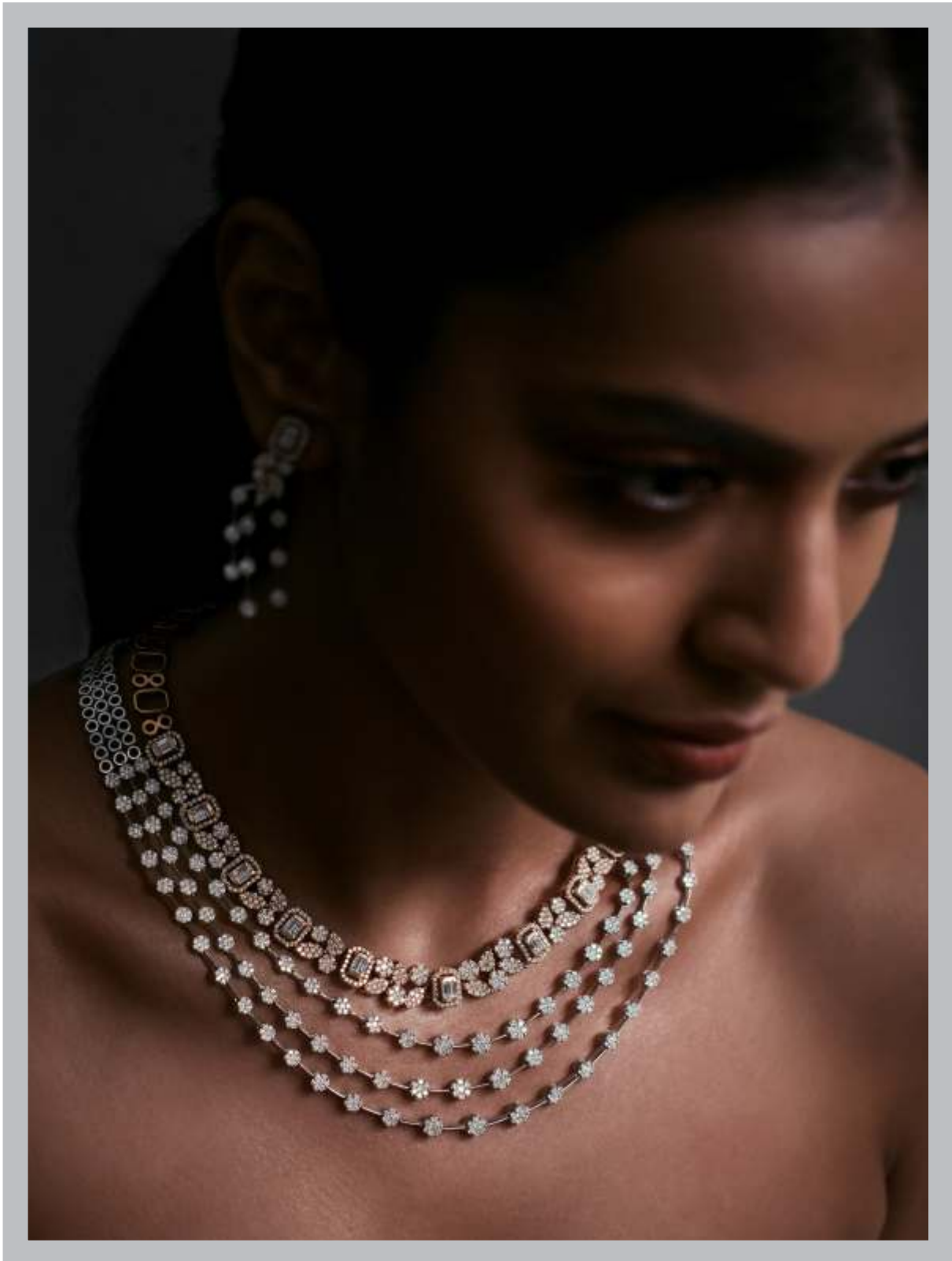
There is nothing much to talk about the film's direction as it has a very straightforward theme. However, even after having such a lucid plot, the execution of the story did not go well in the film. Hence, Hello Charlie might seem like an interesting and hilarious comedy with slapstick adventure. However, it eventually will bore the audience due to its lengthy plots, causing annoyance in the end.

Also, let's not forget the pitched slowdown conclusion where a banana played a crucial role. Even after having talented comedians like Girish Kulkarni and Rajpal Yadav, Hello Charlie failed to bring an onscreen charm. Keeping in mind a few laughing scenes, the audience will only enjoy Hello Charlie when watching with kids.

Therefore, Hello Charlie is undoubtedly a meaningless comedy that might bring giggles among kids, but adults will only get bored. So, if you do not have anything to do and want to shut your brain, the film can be a good pick to spend a boring afternoon. Hello Charlie goes through re-routes many times but arrives at the old climax, characters face off each other and start a fight.

None of the element starting from writing, screenplay to the story is meant for the adults. Although it has raved as an adventure comedy, the audience will definitely not find any adventure. It concludes with a dialogue 'Shayad kisi ne theek hi kaha hai, jo kuch nahi karte who kamaal karte hai'. Honestly, the audience will find nothing extraordinary in the film.





ARCHANA AGGARWAL  
TIMELESS JEWELLERY





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