

Express

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Magazine

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Celebrating The Goodness
Of Walnuts

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5 Foods Before And
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Celeb Talk

LOL Hasse Toh
Phasse Interview

Daler Mehndi

King of Pop

Picture by : Manoj Keshrawani
Jacket : Taran Mehndi & Rajeev Rohella
Jewelry: Artists own
Artist Management : DRecords



EDITOR'S LETTER



Every single person who is intimate and close with us has been affected by the second wave of COVID 19. We believe this virus is more infectious and deadlier in India. In these tough and stressful times, we share with you a personality, a performer, environmentalist philanthropist of International repute, pop sensation Daler Mehndi, who always believe that music can heal all the ache and put someone on the path to recovery.

In this issue, we have witnessed his innovative & inimitable style of music which is responsible for the elevation of Pop Music to a degree of reverence that it commands today.

This issue also brings a candid conversation with the cast of LoL: Hassee Toh Phasee Cyrus Broacha, Suresh Menon, and Ankita Shrivastav. They revealed a sneak peek of the show to us.

We have also caught Celebrity & Sports Nutritionist Ryan Fernando who guided us to a healthy lifestyle in these difficult times that would minimize the chances of any adverse effects. The need of the hour is to stay fit and fine, stay in your home as much as possible, always be double-mask up, and lived well.

Rituparna Sengupta Basu
Editor
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Floret Bloom

Fresh leaves entangled with blooming flowers come to life as summer arrives. Classic cuts and a soft palette of hues, ANJ's Spring Summer 2021 celebrates nature's abundance and the beauty of flowers.

The collection of Anj takes inspiration from these beautiful beings and their array of colors, textures, and shapes, delicate baby's breath, daisies, gypsies

come together in a lively confluence. Light, airy fabrics and a beautiful mix of colors & styles form the base of this collection. Inspired by the natural color palette of sky, earth, and forest tones, the garments largely have loose and relax fit and topped subtle floral and bird motifs this range is a perfect go-to for a luncheon on a hot April day. The signature of the brand features alongside tunics and fusion wear garments that are made with semi-



sheer textiles and are specially designed for the hot summer days.

The arrival of summer brings the promise of new beginnings and renewal of life. What better than flowers to celebrate this refreshed sun-kissed energy? This



collection is young, vibrant, and colorful, most importantly very comfortable. We have kept the cuts and fits very classic, minimalistic and played with the hues & motifs this season. In a sense these outfits can be quite timeless, can flowers ever go out of fashion?

Adorn Yourself Like A Queen

JEWELLERY HAS THE POWER TO EVOKE GREAT EMOTION. FROM THE STORY BEHIND EACH PIECE, AND THE KINDNESS OF THE BENEFACTOR, TO THE MEMORIES THEY WILL EACH CONJURE UP OVER TIME, JEWELLERY IS ONE GIFT THAT KEEPS ON GIVING.

'Maheem' By Virrayaa Jewellery

'Maheem', meaning Full Moon, the specially curated assemblage comprises intricate necklaces, elegant bracelets, exquisite paasas, and finely crafted chaandbaalis. The collection is geared towards aspirations and celebrations. While the style is primarily vintage, there is a contemporary feel to it. Moreover, jewellery and clothing go hand in hand. No outfit can be complete without a special, unique piece.



'Noor-E-Jashn' By Pretios

'Noor-E-Jashn', resonating with the spirit of the festival.

One can choose from an array of Chaandbaalis, Maangtikas, Bangles, Heavy Dangers, Statement Rings, and Bold Neckpieces in Kundan/ Polki. The amalgamation enthralls its patrons with designs that epitomize the spirit of femininity, elegance, and grace. Crafted in Silver, Pretios ensures that each piece is scratch-resistant, non-tarnish, and hypoallergenic.



'Nazia' By Avama Jewellers

The collection is specially crafted for this festival of togetherness. This jewellery collection ranging from necklace, ring, and pendant are perfect for gifting, and suitable for party wear.

HERE'S HOW TO TREAT CRACKED HEELS AT HOME

Dr. Blossom Kochhar

F eet are the most neglected part of the body when it comes to beauty care. We tend to hide them behind our shoes. Before we start how to deal with beautifying them, here are some of the concerns related to our feet. Dry or cracked heels are the most common concern we face. Lack of moisture can cause dry cuticles and yellow nails. Cracked heels leave real odd impressions.

Our feet carry our burden throughout the day, from the moment we get up till the time we hit the bed at night they are always at work and this might cause them to crack and become brittle. Many times wearing the wrong footwear and not moisturising our feet regularly also leads to dryness and build-up of dead skin. And like we take care of our skin and hair and we should not forget to give them the treatment that they deserve. So let's look at some effective ways to deal with cracked and dry heels:

We will start the most practiced one, soak your feet in a tub full of hot water, and add salt, lavender essential oil, and a little shampoo to it. Take out 1 foot at a time, use a pumice stone to scrub off the dead skin, take a filler to remove callus from your nails, and remove all dirt stuck in your nails. Now repeat the process for the other foot. Then apply a moisturiser thoroughly all over your feet and cover it with a pair of socks. This is going to instantly remove all the dead skin from your feet and moisturise it.

Next, we are going to use a pack that will soothe our heels, take some papaya, mash it nicely, squeeze half a lemon in it, then add 3 drops

of lavender oil and 3 tablespoons of milk powder or depending upon the quantity, you are making. This will nourish your feet and should be applied every fortnight.

Another way to keep your heels smooth is by applying a mix of glycerine and lemon juice. This one is super effective, as it will remove all the dirt from your feet and at the same time fill the cracked heels. Cover your feet with socks after applying this, you might feel a little warm after applying this so those you feel too hot can wash their feet after half an hour and if you don't feel too warm then keep it on overnight. This one will surely give you instant results.

A daily 5-minute routine that you can do is to take lemon halves and 3 teaspoons of sugar. Dip the lemon halves into the sugar and scrub on the heels daily until all the granules have melted into the skin. Let it dry and wash off with water and pat dry.

Wearing 100 percent cotton socks to bed after applying petroleum jelly to the heel may help to:

- Keep the moisture in
- Allow the heel skin to breathe
- Prevent the bedsheets from becoming stained

The skin on the heels should soften after this routine is repeated for a few days

If you're in need of heavy-duty hydration, occlusive products like petroleum jelly stay on the skin and form a protective barrier to prevent moisture loss. Since a normal moisturiser might not work in many cases then go for petroleum jelly for deep nourishment.

To protect your feet, it is important to invest in a good foot cream that nourishes your skin and keeps you protected all the time. A foot cream should penetrate the skin easily and get to work right away. It should be non-greasy. Greasy cream not only makes the feet slippery, but it leaves residue on your socks and carpets.

Physical activities increase the blood flow to your extremities and eventually boost your body temperature that leads to cracked heels. Make sure to wear the correct shoes for your outdoor activities and remember that they fit you perfectly, a size above and below can really harm your heels. Wear the right shoes that provide the outer layer of protection against moisture and play a huge role in maintaining warmth in the feet.



COVER STORY

I Am Eagerly
Waiting To
Share And Give
More To
This World

DALER

Rituparna
Sengupta Basu

Mehndi

The sound of Bhangra started sounding better ever since **Daler Mehndi** introduced songs like Bolo Ta Ra Ra Ra back in 1995. The King of Bhangra-Pop gave us some great feet tapping songs. His high voltage performances, packaged with exquisite choreography and famous hook dance steps, create a highly contagious atmosphere. He even reached heights in terms of grooving dance numbers, outstanding voice as well as a style statement.

Hailing from a musical background **Daler Mehndi** always said that the passion for music runs in my blood. He has always had a unique and well-defined taste of style, dressed in signature self-designed regal Maharaja robes, bejeweled turban, and jewelry, his snappy fashion and eye-catching outfits have earned this musical genius Elle magazine's "Most Stylish Person in Music" award.

His music illustrates the skills and aesthetics of music. **Daler Mehndi Green Drive** is an initiative taken by the Indian Pop Icon, Environmentalist and Philanthropist, King of Pop **Daler Mehndi**, with a single vision to spread awareness & promote a healthy, happy, stress-free & clean environment - a Fortune Creating Environment. He had also set up a free food service in 1999.

"I am a Sikh and am just trying to follow my Guru's teachings. The Kitchen is what he taught each Sikh to follow by default as per his/her capacity. I am just the instrument – the musician is he who gives us a thought and then also the power and zeal to fulfill it. I love the daal (lentils) that is served there", says Daler Mehndi on a lighter note.

His songs are still favorite and are winning hearts throughout India. In an exclusive conversation with Expresso Magazine, **Daler Mehndi** takes a trip down memory lane and opened up about his roots and his musical journey.



From a trained ghazal singer to a pop sensation, how do you look back at your journey? Do you have any regrets at all?

To describe my journey in one word - "incredible" so far and with god's blessings. I am hoping that it will be spectacular ahead. The joy and happiness that my music has spread is truly a blessing. Being relevant and giving super hits year after year since 1995 has been an incredible journey - le chhalang in 2020, jaggajiteya uri, bahubali 2 in tamil, telugu, hindi vande mataram, gold, flicker singh, dangal, happy bhaagjayegi, mirzya, just to name a few. I am grateful to my fans, and the industry for this epic journey. Life is a celebration and i am eagerly waiting to share and give more to this world. I definitely don't have any regrets.

Your iconic song Bolo Tara Ra and TunakTunak Tun, which are still fresh today. Since the time the song happened, do you believe that it can be a path breaker?

These songs were released in the 1990s and we are in 2021 and the Internet is cracking with Tunak Tunak as of today also. It's been more than two decades and still, these songs are creating trends and breaking records. Tunak Tunak has become a social media sensation again, not just in India, but it is viral on Instagram reels, across the Globe.

Coronavirus changed our lifestyle in many ways... The Pandemic has hit a pause in our lives...Even the music industry can't get rid of it...Being a musician what's your take on overcoming this tough situation?

I am a positive thinker, even my family wonders why i am not anxious or worried. Today we all are experiencing the greatest churning of all times, it is now in our experience, deaths, suffering, pain but we are also getting an opportunity to experience oneness- even if it is through pain.... Coming together as one big community – humanity.

There is a solution to every problem.

Music never stops. Like water, it will and has found its way to reach people. It's a new world order that we are coming in terms with. Artists are recording at their homes, performing live on various social media channels, and streaming it on youtube. I have also started streaming morning and evening sessions on my youtube and facebook channels where various artists participate in the prayers for healing. Concerts are moving to digital space, other avenues are available and once everything is back to normal, we will have more avenues than before.



I have also started streaming morning and evening sessions on my youtube and facebook channels where various artists participate in the prayers for healing

Once you collaborated with Mr. Amitabh Bachchan. So how was your experience working with him?

He called me and said “Main Amitabh Bachchan Bol Raha hu, kya aap meri baat Daler Mehndi ji se karwa sakte hai? ” I told him that he should never call anyone directly, any weak-hearted person would have a heart attack. I spoke to him and told him that I have time only after two months to meet him and he agreed to wait. It was fun and a brilliant experience working with Amitabh Bachchan for Na Nana Nana Re song in Mrityudata. Amitabh Ji requested to incorporate a few lines of Dardi Rab Rab Kardi in this song, as it was one of his favorites. It is to this day my biggest fan moment.

You belong from Bihar... So do your likes or journeys in music start by then?

I was born in Takht Sri Patna Sahib, Bihar. My mother tongue is Punjabi and my state tongue is Bhojpuri. My mother decided that I will be a singer even before I was born, she continued doing Prabhakar in Hindustani Classical Music and appeared for her exams till her delivery date. I had the privilege of performing daily at Takht Sri Patna Sahab when I was 6. I ran away from home to Gorakhpur at the age of 13 after listening to a very impelling voice on Radio in search of “the guru”, Ustad Rahat Ali Khan Sahab of Gorakhpur, and received training from him day and night, imbibing the Patiala Gharana style of singing.

You grew up listening to Thumri, Khayal, and Ghazal. Why is the Thumri close to your heart?

I learned Indian classical music like Thumri, Dadra and have heard every musicians like Bhimsen Joshi Ji, Allahrakha Khan Saab, Lachhu Maharaj of Benaras, Girija Devi Ji, and many more in person, in all the Classical concerts. During those years like the 1970s, these concerts used to go on for the entire night for 24hrs- 48 hours and these created a deep impact on my mind. Moreover, we were not allowed to listen to Punjabi songs. I have been raised in an extremely musically rich environment, we grew up listening to Barkat Ali Khan, Ashiq Ali, Folk meant Tufail Niazi, our musical food was Nazakat Ali Salamat Ali, Amaanat Ali, Pareez Mehdi, Mehdi Hasan, and Ghulam Ali Khan. I was exposed to amazing kirtans that I have grown up listening to. Just like kirtans of Bhai Santa Singh, Gurmukh Singh Sarmukh Singh, Bhai Mohan Pal Pritipal, Bhai Chand, Bhai Samund Singh, and Veer Davinder Singh. Look. I never went to a regular school. I studied till class 6. But even before my birth, my mother had decided to make me a singer. As I mentioned earlier my mother did Prabhakar in Hindustani Classical Music even during her pregnancy period. The passion for music runs in my blood.

Music runs in your blood. You created your music genre 'Rabbabi' and you even made a new instrument called 'Swar Mandir', which is an instrument that combines influences from the



Amit Ji called me and said “Main Amitabh Bachchan Bol Raha hu, kya aap meri baat Daler Mehndi ji se karwa sakte hai? ”

Rabab, Swarmandal, and Tanpura... Who inspired you to come up with such an outstanding concept?

My genre is Rabbabi. Rabbabi is a musical tradition representing one of the authentic Kirtani lineages dating back to the guru's times. Whenever I sat for Riyaz, I always wanted an instrument that worked like a swarmandal, tanpura, and rababa so I sat down with one of the renowned artist in Delhi and planned to create this instrument. It was inaugurated by the Sitar legend Pandit Ravi Shankar Ji in New Delhi and was revealed for the first time at a Bhopal show, which is available on the internet by the name 'Soul to Supreme' Bhopal series.

You've created your unique fashion quotient. How did you come up with such an extensive fashion statement?

When I was in the USA and still didn't have a band, I used to see myself wearing long flowing robes and sparkling turban and I knew that this is how my band needs to look and created my own fashion statement. Later, my wife Taran took over and started designing my costumes.

What are your expectations from 2021? Are you collaborating with anyone this year?

I want 2021 to go by safely, easily, and by empowering people. I want to make sure everyone is safe. Lots have been lost. Big musicians, many friends, and family have left for the heavenly location.

I have already released a lot of music this year but now my mind and heart are towards gurbani, towards motivating people. Just released a motivational song 'dar darkenhijeena' encouraging people to brave the situation. And have gifted it to anupam kher bhaji whose ngo and foundation are working tirelessly for covid relief. Recently, i have commenced a series, named, jewel of music, where we are looking for talents who haven't got their due credit due to lack of exposure, financial conditions, family restrictions, or any other

shortcoming. Our latest project with sugan devi gandharv of mandsaur titled dama dum mast kalander is streaming now on our official youtube channel. I have been harping on the issue of planting trees and have been doing so since 1998. I planted 800,000 trees in 1998 and ever since then daler mehndi green drive has been single-handedly looked after by me. I am convinced, whatever comes i have to keep on planting trees. I have been planting trees under my campaign green drive every year since 1998 and continued this, year after year. In 2020, as soon as the lockdown was over, i took my family and started the plantations of around 10,000 trees at the daler mehndi festive farms which is a self-made jungle in sohna. Similarly, this year also we have planned to plant trees at our farms as the country is under lockdown.

What did lockdown teach you?

Lockdown taught me the courage and the way of looking at the brighter side of life, even when things are not going right. The only thing that works is courage and complete trust in the Divine.

You had a great journey, is there anything special that you wish would come true?

I am still having a great journey and there's a lot more to give.



Me And Myself

Is there anything about the music industry today that you wish to change?

Yes, Respect and Copyrights of the creator.

What is music to you?

Communiqué with the supreme

You set up a free food service in 1999.

As a foodie, which types of food do you like most?

Thai, Chinese, and Mughlai.

Over the years you've created so many songs, which song is closed to your heart and you want to dance with it?

Bolo Ta Ra Ra - The song was gifted to me by my mother.

Being a musician what kind of music do you listen to?

Very sureela and roohdaar song

The first thing you do after waking up.

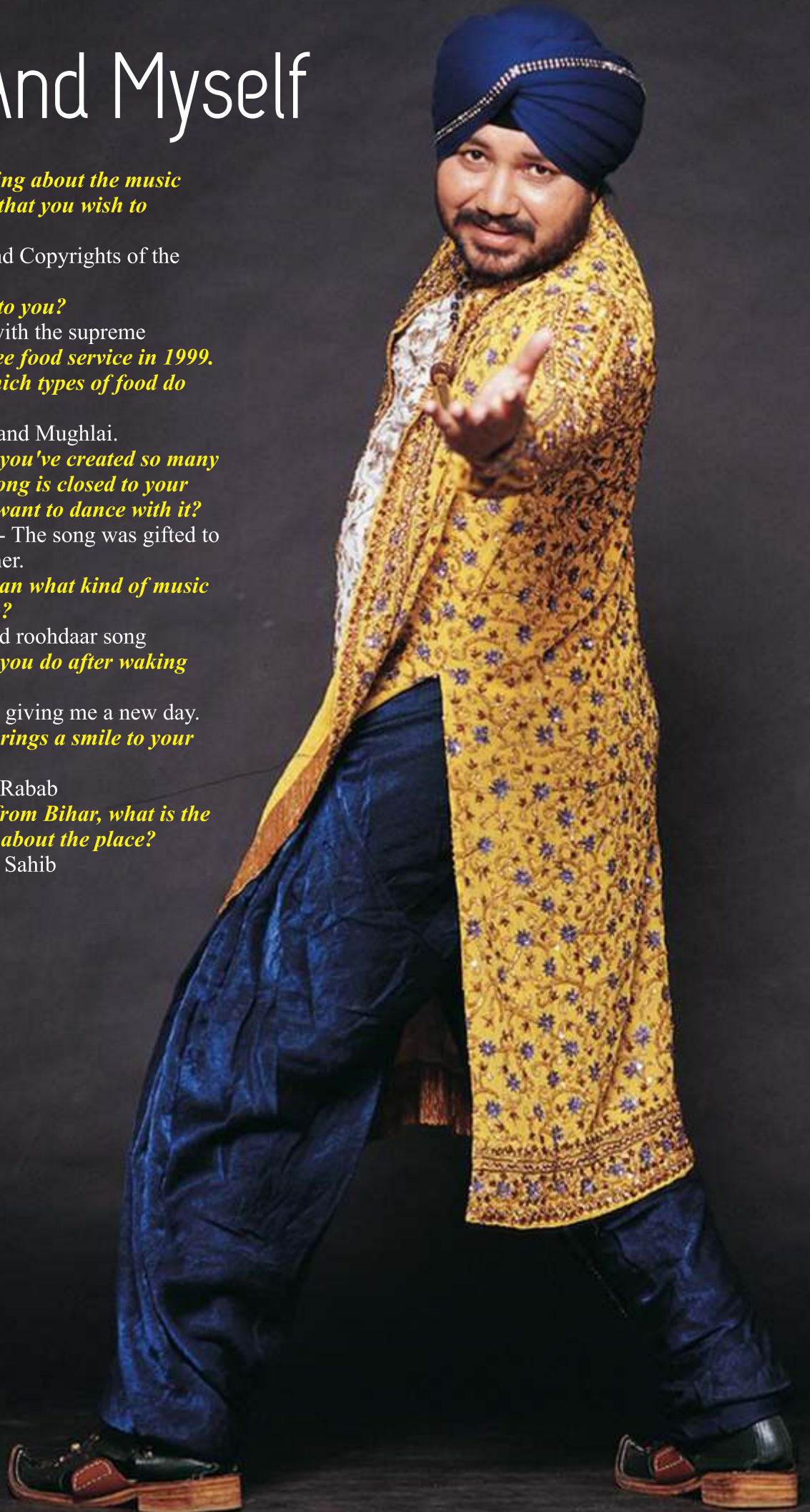
I thank God for giving me a new day.

What usually brings a smile to your face?

My Daughter - Rabab

Since you are from Bihar, what is the thing you miss about the place?

Takht Sri Patna Sahib





Art & Culture plays such an important role in Time-History analysis. Often the pages of Literature, Paintings, Sculpture reflect the period they belong to; the common people, their life & practices. Visit to the different Museums & Places of Historical Significance in India makes us aware & perhaps proud too for being part of a Rich & Diversified Legacy which Time has created. Had it not been for the various political changes & the different cultural practices across locations, the flavor of our Uniqueness as a country would have been incomplete.

The innumerable Forts, Palaces, Religious Monuments, Cenotaphs, Caves all reflect these diversities. Besides the Ruins of Lost Civilizations, Caves are our Window to some of the oldest times of this country. Amarnath, Badami, Bhimbetka, Borra, Elephanta, Ajanta & Ellora are names of some of the prominent Caves.

Looking back some 2000-3000 years, around the globe, there are not many Artistic Specimens that have survived the test of Nature. Among the few which have survived, the Cave Paintings of AJANTA & Cave Sculptures of ELLORA, situated in Maharashtra, stand tall for sheer Brilliance. No wonder both these sites have found their place in the list of UNESCO World Heritage Sites.

The Irresistible Temptation of Treasure-Hunt forced me to pack my bag & set off for a Solo-Tour into the Heart of Ajanta-Ellora, one fine monsoon morning!



By Raavan Times

Ajanta-Ellora

All about Serenity

Ajanta Caves:

Intended mainly for meditation, the Caves served as the place of retreat for Buddhist Monks in monsoon & resting place travelers. Preservation of the Art has led to the restricted use of light inside the Caves.

Some 100+km from the City of Aurangabad stands the caves (around 29) in a Gorge of River Waghur, an apparent gigantic Horse-Shoe with a beautiful panoramic view.

Inspired by Buddhism & the Stories about Buddha, the Wall Paintings & Sculptures were done between the 2nd Century BC to around 6th Century AD.

Patience & Focus holds the key, as eyes lit up at the extraordinary use of Colours on Walls & Ceiling depicting stories of 'Jataka', 'Bodhisatya'. Amidst such exotic colors stand the serene Buddha sculptures. The Wall Paintings of Ajanta are the largest surviving specimens of the MURAL Art in India. Among the available records, the earliest mention of Ajanta dates back to the memoirs of Chinese travelers to India in the 17th Century.

Ellora Caves :

The gigantic sculptures in Ellora make one wonder, what could have been the motivation

& dedication level of the artists that they might have toiled to achieve this, away from the limelight.

Around 30km from the City of Aurangabad lies the caves of Ellora. Though the cave numbers are 100+, only 34 are now fit & open for public viewing. Ellora stands as one of the earliest symbols of diversity & tolerance in India. The entire complex consists of Hindu, Buddhist & Jain Caves built chronologically between 500 AD to 1000 AD respectively.

Kailash Temple in Ellora is a Stand-out Achievement. Carved out of a Single Rock from 'Top-Down' Sculpture approach this is Some Piece of Art, not sure such a piece of Sculpture exists anywhere. Purely from the 'Execution Approach', this is a Unique Specimen. Sitting inside the temple arena & looking up left me in a trance thinking how this was conceived & done as if a Valley was created between the hills around with the temple rising from the ground. Adjacent to the main temple is the pillars supporting the rock above, with a cantilever as good as 5m. It is believed the artists at work removed 3-million cubic feet of stone, weighing approximately 200-thousand tons to build Kailash Temple. If there is any 'Wonder' of Sculpture in India, Kailash Temple at Ellora stands way ahead.

If you are not done yet & the Vibes still insist on

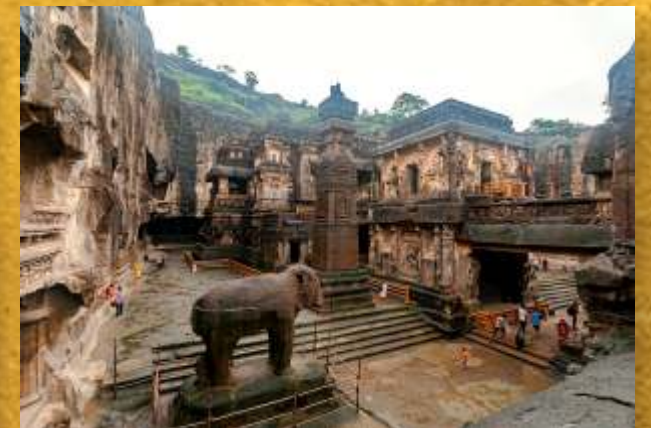
'give me more, take a day trip in & around Aurangabad. The major places of attraction are Daulatabad Fort, Aurangzeb's Tomb in Sheikh Zainuddin's Dargah & Biwi ka Makbara (an imitation of Taj Mahal), built as a memoir for the burial of Aurangzeb's Wife Dilras Banu Begum. The visit at the Dargah, makes you wonder what's life ! Here lies the last of the Great Mughals in such simplicity, devoid of any pomp & grandeur.

For a serious admirer of Heritage Art & Sculpture, it is advisable spending at least 2 days in each of Ajanta & Ellora to get a real feel of things. Else, at least a day for each is acceptable, though some prefer to cover both in a hurricane day-tour ! The Combination of Time & Space has an Overwhelming effect as it takes you down to those Periods, the more you spend, the more you Enjoy. Books & Audio Support available at the Ticket Counters are good to guide. You might enjoy, carrying some of the popular books on the Caves by authors like David & Jennifer Raetzar, Narayan Sanyal. Don't miss out on these Jewels from India.

Reaching , Lodging, Food & People

Aurangabad is moderately well connected by Rail & Air to all the major cities of India. Traveling within the City of Ellora & Ajanta may be done via bus, reserved auto & car. Reserved services are advisable. People are warm & co-operative. Timing of Ajanta Cave 9 A.M to 5-30P.M, closed on Monday for maintenance. Ellora Caves open to all 6 A.M to 6 P. M (sunrise to sunset concept), closed on Tuesday for maintenance.

For Ellora, 'Hotel Kailas' (cottage accommodations) is the best place to stay at walking distance from the caves. The location allows flexibility to visit the caves at will & also enjoy a night view of the hills from the hotel complex. For Ajanta, Maharashtra Govt. accommodation is good. Staying in Aurangabad & traveling to Ajanta & Ellora is also an option. Food is not a special feature of Ajanta-Ellora, however, for non-vegetarians, there is the option of trying out 'Naan Qaila' in Aurangabad.



CELEB TALK

A Guy Who Doesn't Particularize About Romantic Relationships

By Nabanita Dutta

Purab Kohli

From a VJ to starring in films like 'My Brother Nikhil' and 'Rock On', Purab Kohli is one of the finest actors of Bollywood. After doing quite a stir in the film industry, he stepped into the OTT platforms. Inspired by the BBC series 'Doctor Foster', he worked in one of the most popular shows of Hotstar 'Out of Love'. After appearing in some of the popular shows like 'Typewriter' and 'London Confidential', he is back with the second season of 'Out of Love' for which everyone was waiting. In a recent conversation with him, Purab Kohli revealed a sneak peek of the show to Expresso Magazine.

What made you become a part of 'Out of Love' once again?

Purab Kohli : Well, the first season did a great job and received appreciation from the audience. After having a successful first season, we decided to come up with the second one. Also, if you have seen Dr. Foster, then you might have noticed that it has two seasons. We were expecting the same for Out of Love too. Although nothing was sure since everything depends on the distributors and as the first one did a great job, they decided to make the second season.

Back in 2019, the first season was aired and the second part came in 2021. So did you face any challenges while preparing for the character in this season?

Purab Kohli : As an actor, it is our work to accept challenges when it comes to playing parts. If you have watched the first season and now watching the second one, then you will notice that there is a huge change in my character Akarsh. I feel that it is quite refreshing to come up with something new. Also, I treat every project as a new one, be it a sequel or something else. Even a new sense of self develops with work. Within one and a half year, my persona changed and as result, something new came up with the character too. In the first season, Akarsh was a person crumbling under his own lies, and in the second season, he reinvents himself and comes back as a different person.

Do you find any similarities between you and the character you are playing here?

Purab Kohli : I have faced this question many times. Well, I would say that there are no such similarities between the Akarsh and me. However, there is one similarity

that I have found out which is Akarsh's courage to stand up after falling. This is definitely one of the positive sides that both of us have. Many times, I did fell but gathered the courage to get up and this is something that I always follow.

Mention any three new things included in the second season for the audience?

Purab Kohli : I would definitely not answer the question since I want everyone to watch the second season. If you have not watched the first season yet, then it is best if you watch it since it is quite interesting, and the second is more interesting than the previous one.

How was your experience working with Rasika Dugal?

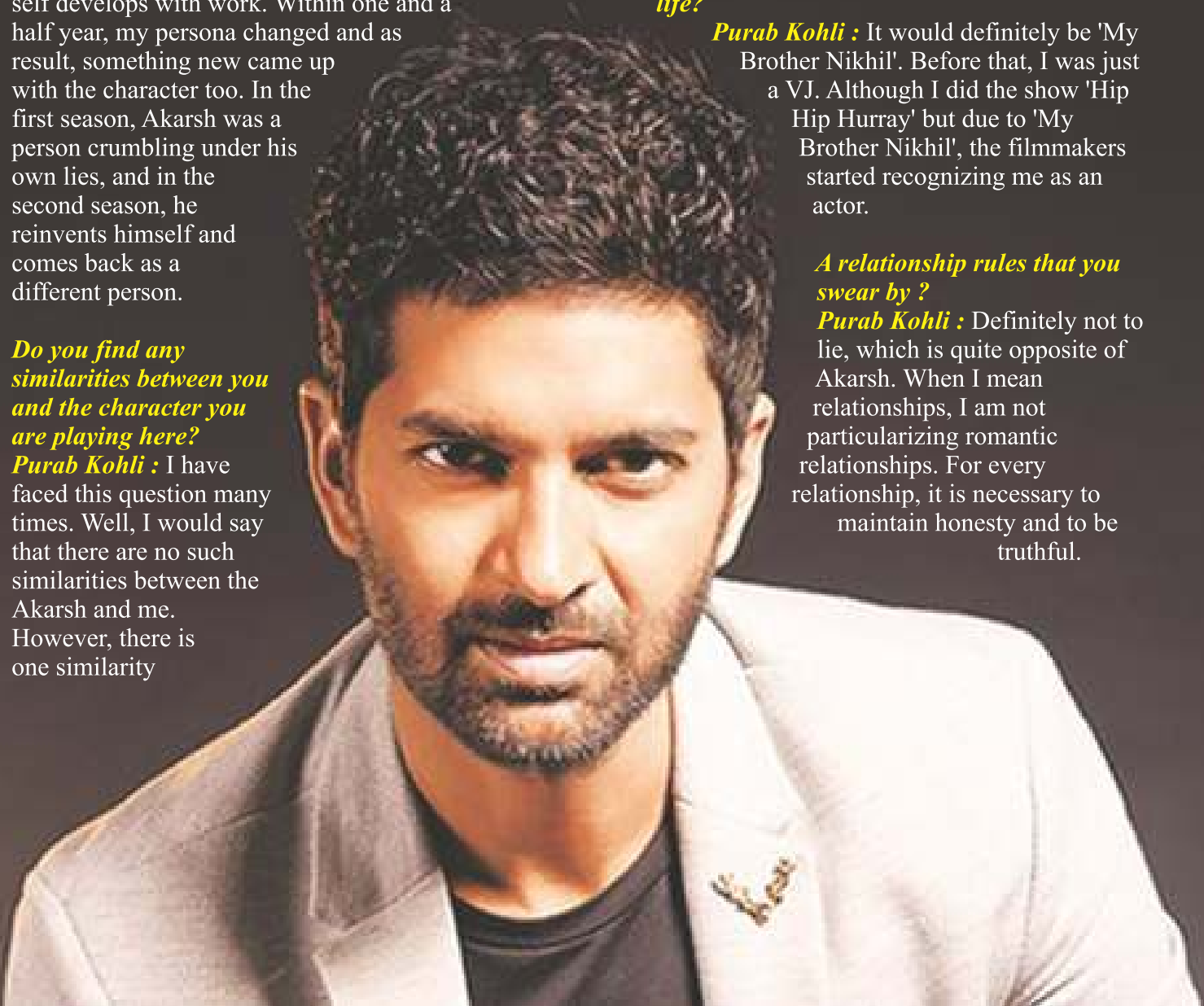
Purab Kohli : Oh! She is a mind-blowing actor and definitely a brilliant co-star. If you have watched the show, then you will understand that the chemistry worked great between her and me. Moreover, I have heard great feedback from the audience about Rasika and Akarsh's chemistry.

Which role acted was the turning point of your life?

Purab Kohli : It would definitely be 'My Brother Nikhil'. Before that, I was just a VJ. Although I did the show 'Hip Hip Hurray' but due to 'My Brother Nikhil', the filmmakers started recognizing me as an actor.

A relationship rules that you swear by ?

Purab Kohli : Definitely not to lie, which is quite opposite of Akarsh. When I mean relationships, I am not particularizing romantic relationships. For every relationship, it is necessary to maintain honesty and to be truthful.



CELEB TALK

Director is the
captain of the ship
and I follow
that path

By Rituparna Sengupta Basu

Raima Sen

The Last Hour is Amazon Prime Video's first supernatural thrill show that unfolds the murder mystery of a young girl. Directed by Amit Kumar, this show is definitely a head-turner for those who look for authentic television series. Starring Sanjay Kapoor, Raima Sen, Karma Takapa, and others this show is worth binge-watching. In one of the recent talks with Expresso Magazine, the casts of The Last Hour opened up about their shooting experience in the northeast.



So The Last Hour finally released how excited you were being a part of it ?

Shelly- For me, it was an amazing experience. Since a few days, before the release of the show, I saw some shows and characters that fall under my age group. After watching it, I realized that my character is completely different. It is quite deep and intense and is definitely different from the others in the show. As per my expectations, people loved my character and there is nothing more to ask for.

Raima- Well, I was looking forward to work for such a massive OTT platform and I guess I got lucky. Moreover, this is my first show with Amazon. Also, how can I forget Amit Kumar as he is such a talented director and obviously my co-stars? The Last Hour has been released in almost 240 countries so definitely I was quite nervous, but fortunately, it worked outstandingly everywhere.

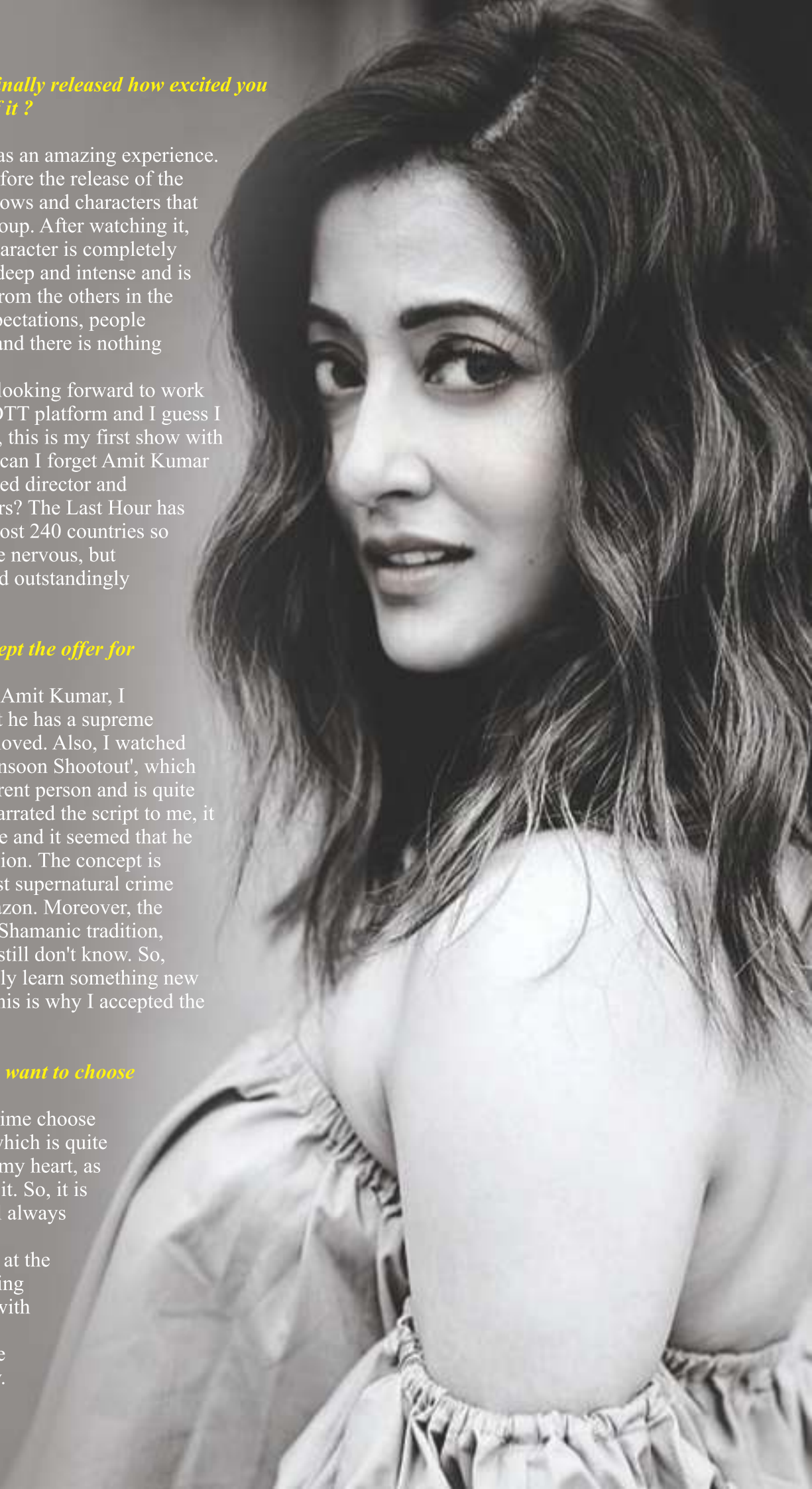
What made you accept the offer for The Last Hour?

Raima- When I met Amit Kumar, I immediately felt that he has a supreme aura that I instantly loved. Also, I watched one of his films 'Monsoon Shootout', which superb. He is a different person and is quite sensible. When he narrated the script to me, it seemed original to be and it seemed that he has some kind of vision. The concept is unique and is the first supernatural crime thriller show of Amazon. Moreover, the show highlights the Shamanic tradition, which many people still don't know. So, viewers will definitely learn something new from the show and this is why I accepted the offer.

Any scenes that you want to choose from the show ?

Shelly- I would anytime choose the opening scene, which is quite intense and close to my heart, as I had to audition for it. So, it is something that I will always carry with me.

Raima- I never look at the monitor while shooting but there is a scene with Sanjay, which is something that I love from the entire show.



What are your views regarding the existence of supernatural energies?

Shelly- Well, I do believe in supernatural energies and people are driven by some power. It won't be completely wrong to say that supernatural power does not exist. When I was growing up, I had to spend time in refugee camps in Kashmir. So, over there I met an old lady who used to smoke to keep herself warm. After she died, when I used to walk past his camp, I often saw her sitting there. Maybe it was my imagination, but I am not sure if it was true or not. But it did scare me.

Your impeccable work is worth praising so do you follow any process when choosing a project?

Raima- No, definitely I do not have any particular process when it comes to choosing a project. If a good director approaches me, I am ready to work, whether it is a small role or a big role. Moreover, as long as I feel that my character has an impact on the audience, I will definitely do it. For me, the director is the captain of the ship and I follow that path. Next, is the script, if the script moves me, I will no doubt work on that project. Finally, my role is important, and if I find my role is small, but it is interesting, I will accept it.

You have worked in films as well as OTT platforms so what kind of challenges did you face?

Raima- I would say that working on OTT platforms is much more challenging than the films. Unlike films, we have to invest much more hours in the shooting. For example, in films, we do more or less two or three scenes a day. But, for a show, we have to take a minimum of ten to fifteen scenes. I remember I have worked around fifteen to sixteen hours continuously. So, the challenge comes in terms of effort and time. Besides, shooting for shows takes five to six months to complete a scene,

which is not the case with films. It becomes important to remember every scene that has been shot and maintaining the character graph is vital. But, the good part of shooting for shows is, due to the huge time stretch, it becomes easy to be in the character for long.

Share with us your working experience with Sanjay Sir ?

Shelly- I had most of my scenes with Sanjay sir, which is the best part for me about the show. In childhood, I used to tap my feet to his songs. I cannot express that feeling of acting with someone about whom I know things since childhood. Honestly, I was having a legit fan moment. He is definitely very sweet and friendly. As said in Bollywood that outsiders are not accepted, I do not

agree with this since Sanjay sir gave me a friendly welcome to the sets. Altogether, it was a memorable experience working with him.

The best moment of The Last Hour ?

Shelly- For me, it would be the time when we used to eat together after shooting for long hours. We had to shoot in extremely challenging weather. I remember Sanjay sir used to order food and cracked jokes while eating together.

What would be your message to the audience regarding the show?

Raima- I would request everyone to watch The Last Hour. The show is definitely, authentic and is Amazon's first supernatural crime thriller. The outstanding performance of the actors and the exotic location is something that makes it worth watching.





LOL

HASSE TOH PHASSE

**Brings Positive
CHANGES
To Everyone**

By Rituparna Sengupta Basu

During this critical situation where gloominess is dwelling everywhere, comedy and laughter are something that we all need. Amazon Prime Video came up with a brand new stand-up comedy show LOL Hasse Toh Phasse. Featuring some of the greatest actors like Arhsad Warsi and Boman Irani, this show will definitely put giggles on your face. Warsi as the main lead role, the show brought some of the greatest stalwarts and standup comedians like Cyrus Broacha, Suresh Menon, Ankita Shrivastav, Gaurav Gera, Aditi Mittal, Mallika Dua, and others. The task is simple; the comedians have to hold back their laughter and whoever fails gets shed separately. Indulge in this live show to enjoy some serious laughter moments on Prime Video.

LOL- Hasse to Phasse finally released on April 30 so how are you all feeling?

Cyrus- We were definitely nervous about the release of Hasse to Phasse, but the show did really well, and turned out the audience loved it immensely.

Suresh- Hasse to Phasse is a wonderful show, and I was lucky to be a part of it. We all had expectations from the audience since there were stalwarts like Ankita, veterans like Gaurav Gera, Sunil Grover, and others. So, there was a mix of characters and the show was definitely a joyride for me. Although I was nervous, what if I fail to make people laugh, but overall, I loved being a part of LOL Hasse to Phasse.

Ankita- I was definitely one of the most nervous ones out of all since my career just took off. But, the show turned out to be successful, about which I am quite happy.

How was your experience to be a part of such an outstanding project?

Cyrus- Well, it was a great show since everybody showed huge respect and even touched our feet, especially the new contestants. Moreover, when we entered the room, Boman and Arhsad used to stand up to greet us. Everyone showed lots of love throughout the show and I came out with a bagful of great memories. As it was a spotting show, there was a huge competition. But, there were fun shows by me, Suresh, and Ankita and it was definitely the best show by Amazon.

Ankita- For me, the show was definitely a blessing since I got the opportunity to meet so many amazing personalities. I am happy to meet Cyrus sir and Suresh sir and the concept of the show is something, which is marvelous. I am sure people loved everything about Hasse to Phasse.

Suresh- I felt good in the show, especially the way everyone respected me. LOL Hasse to Phasse gave me the opportunity to teach the newbies something extraordinary. I hope that I did my part really well.

How Hasse to Phasse is different from other comedy shows?

Cyrus- This show has almost ten members, which is not the case with other low-budget comedy shows. The set of the show was quite mind-blowing. Also, there was a strong foundation and a proper script that made it successful. Finally, it is a live format, thus making it more interesting. Suresh is involved with such shows where he has to take ten to fifteen takes for shooting one scene, which is not the case with Hasse to Phasse.



Being a comedian, do you think that comedy is the best medicine?

Suresh- Definitely, comedy is something that almost every person needs, and laughter should be a part of daily activity. It brings positive changes to everyone. Considering the present scenario, many laughter clubs are coming up just to keep everyone relaxed and happy.

Any worth remembering memory from the show, which is emotional and funny?

Cyrus- I would call for the catering side. I remember, when I ordered food, the production people said that it would come soon. They kept on saying that and I could not control my emotions as I was hungry, angry, and was not being able to say anything since the show was on.

Ankita- There was a little element of surprise in the show, where I fell in love with one of the participants. I am sure people came to know about him by now.

Suresh- Well, for me, the unforgettable memory from the show would be the fun, happiness, and vibe. It felt like I am in a madhouse. So, every moment will always be precious and close to my heart.

How difficult it is to control your laughter when seeing something funny?

Cyrus- Honestly, it is very difficult to control your laughter. By nature, I think I will keep laughing even without anything funny. You see, I did not have anything else to do throughout the day other than laughing. I can laugh with or without people, even if there are no jokes, my laughter won't stop. Both Suresh and I had the same problem although Ankita was in a better position than we were. It is impossible to stop yourself from laughing in a group since it spreads like a current.

What does 'Comedy' mean to you?

Ankita- I always wanted to make people laugh since childhood. So, I followed Suresh sir and Cyrus sir so that I can be a better comedian. Moreover, I am here to tell my story and there are many women like me to tell their stories. This lockdown is something that almost

ended our live space and I am sure that this show positively opens up that space.

How would you rate the show depending on the funny content?

Cyrus- I would give .75 out of 1 since we have different versions of the show. But, in terms of a comedy show for others, I would always give 8.35.

Suresh- I would give 11 out of 10.

Ankita- I would give 100.

Any three things LOL Hasse to Phasse that will attract audience attention.

Cyrus- Well, I think it would be Suresh's fashion sense. I swear if I see that once again, it would be the end of my life. His fashion sense was quite outstanding. In a time like this, Amazon Prime Video did a great job in coming up with such a show as it does not have any negativity. We all must give an applauding message to Amazon Prime Video.

Suresh- This show has a unique concept and there are so many wonderful comedians. Finally, you will be able to see unique expressions that people made to stop from laughing on the show.

Ankita- We had one full year of negativity and we all were stuck inside our houses. So, this show is definitely something that will bring positivity and put a smile on everyone's faces.



Celebrating The Goodness Of Walnuts

Despite three months of scorching heat, summer is full of reasons to celebrate. From the beautiful sunshine, the temptation of seasonal fruits and vegetables, and, of course, international and national food days to keep you in a celebratory mood all season long even though the current health situation may make you feel otherwise.

An annual food day that captures our attention the most is National Walnut Day, that falls on May 17 every year. Why? You may ask. Let's take a look at our big three reasons.

Easy to incorporate in meals

Munching on a handful of walnuts isn't the only way to reap the health benefits of this nutritious food. They are incredibly delicious and crunchy, and boast great potential on the cooking front because of their ability to absorb flavors and work equally well in both sweet and savoury dishes. To add some much-needed excitement to your daily meals, you can pair these with a variety of food groups, including fruits and veggies, dairy, and breads and cereals, to name a few. Toss it into your salad, cake, or ice cream, blend it with fruits and veggies for your morning smoothie or grind it into a paste to use in dips or gravy, or simply make a trail mix - there are so many creative ways to work them into your diet.

Packs a nutritional punch

Walnuts are an excellent source of omega-3 fatty acids and offer other heart-healthy fats, protein, fiber, and vitamins (including vitamin B6), among others. Munching on these on a daily basis may reduce the risk of heart disease¹, improve brain health², ensure a healthy gut³, and help in weight management. Infact, Food Safety and Standards Authority of India (FSSAI)'s Eat Right During COVID-19 guidelines mention foods with omega-3, zinc, selenium, protein and vitamin B to help maintain a healthy immune system and play a role in our body's healing and recover⁴. And each of these nutrients is present in walnuts. Now, while no single food can prevent or treat illness, it is important to eat a balanced diet.

Easy to store

Contrary to popular belief, walnuts can easily remain fresh at home provided you store them away from moisture, light, and warmth. Shelled or unshelled, put the walnuts into a resealable bag or an airtight container and place it in the refrigerator or freezer based on the period of use. If you're going to use them within a month, keep them in the refrigerator or move them to the freezer.

Making everyday healthy is not an easy task, but with walnuts in your daily meals, you may get a few steps closer.



Healthy Mocktails Keep You Hydrated

Recipes Curated By Chef Partha Bose
JW Marriott, Kolkata

Pair-up your favorite seasonal ingredients to create energy boosting drinks. This will help you stay full for longer and beat the scorching sizzling afternoon crash on a hot day.



Minty Affair

- ▶ 10 to 12 mint leaves
- ▶ Cucumber chunks
- ▶ Kaffir lime wedges
- ▶ Lemon juice 10 ml
- ▶ Homemade mint syrup 10ml
- ▶ Muddled together in a shaker
- ▶ Strain in an old fashioned glass filled with ice
- ▶ Top up with soda and 7 up
- ▶ Garnish: 3 mint sprigs and a kaffir lime floated

Beat The Heat

- ▶ 20 ml kiwi crush
- ▶ 30 ml mango panna
- ▶ 2 ml homemade kacche aam ki carry
- ▶ 1tsp kasundi
- ▶ 15ml mango juice
- ▶ Shake nicely
- ▶ Pour in a martini glass filled with crushed ice
- ▶ Garnish with raw mango slices



| Sunburst

- ▶ 10 ml rooafzzaaa
- ▶ 10 ml lime juice
- ▶ 15 ml pomegranate cordial
- ▶ Stir nicely with ice
- ▶ Strain in a chilled champagne tulip
- ▶ Top up with 7 up
- ▶ Garnish with rose petal and pomegranate seeds





Recipes Curated By Chef Md. Saad Ullah,
Fairfield by Marriott, Kolkata

JUNGLE BIRD

Ingredients

- | | |
|--------------------------|---------|
| • Pineapple Juice | 30ml |
| • Coconut Milk | 15ml |
| • Kaffir Lime Leaves | 2-3 Pcs |
| • Fresh Pineapple Chunks | 8-10 |
| • Soda Water | 30ml |

Method

- Put all the ingredients (except soda) into blender and blend with some ice
- Straight pour into ice chilled pilsner and top up with soda
- Garnish with kaffir lime leaf, cherry and pineapple slice



CUDDLES

Ingredients

- | | |
|-------------------|-------------|
| • Litchi juice | 30ml |
| • Lime juice | 30ml |
| • Sugar syrup | 10ml |
| • Coriander | 8-10 leaves |
| • Grenadine syrup | 20ml |

Method

- Put 8-10 cubes bar ice into blender
- Add all the ingredients and blend well
- Pour directly in ice chilled margarita glass
- Garnish with chili and coriander leaves

KHADA MASALA

Ingredients

- Guava juice 120ml
- Lime juice 30ml
- Sugar syrup 15ml
- Tabasco sauce 2-3 dash
- Chaat masala 1 bar spoon
- Grenadine syrup 10 ml

Method

- Pour all the ingredients into shaker
- Stir well with ice
- Rim the glass with chaat masala
- Serve on the rocks
- Garnish with cinnamon stick or lime slice



5 FOODS TO CONSUME BEFORE AND AFTER TAKING COVID -19 VACCINATION

The Indian Government has started the largest Vaccination drive to minimize the chances of getting infected by the surge of the Covid 19 virus. Today through this article, we bring before you the 5 important foods to consume before and after taking the Covid 19 vaccine that would minimize the chances of any adverse effects.

Celebrity & Sports Nutritionist
Ryan Fernando



The 5 important foods that one must consume pre-vaccination are listed below:



Turmeric

It contains a yellow-shaded compound called curcumin, which is regularly used to shading food sources and beauty care products. Turmeric is usually utilized for conditions including torment and aggravation. It's a kind of go-to anti-stress food as it shields one's brain from stress and is very much essential before vaccination. One can consume it with milk or mixed with different recipes.



Garlic

Garlic is incredible for boosting insusceptibility and feeding great gut microscopic organisms. "These are wealthy in probiotics which feed the probiotics (great microscopic organisms) in your gut. The consolidated impacts on decreasing cholesterol and pulse, and contain cancer prevention agents that ensure against cell harm.



Ginger

They may help your body fend off ongoing illnesses like hypertension, coronary illness, and infections of the lungs, in addition, to advance solid maturing. As they help to reduce stress one should consume before taking the vaccine to reduce stress.



Green Vegetables

Vegetables assume a significant part in food and healthful security. Green verdant vegetables are especially considered an excellent hotspot for nutrients, minerals, and phenolic compounds. Mineral supplements like iron and calcium are higher in verdant vegetables than staple food grains. Vegetables like spinach, kale, and broccoli are high in cancer prevention agents, which battle irritation that would somehow cause negative results.



Fresh Fruits

Leafy foods contain significant nutrients, minerals, and plant synthetic compounds. They additionally contain fiber. There are numerous assortments of leafy foods accessible and numerous approaches to plan, cook and serve them. It's one of the essential ingredients to provide that boost to one's body before taking a vaccine.

The 5 important foods that one must consume post-vaccination are listed below:

Blueberries

Loaded with cell reinforcements and Phyto flavinoids, these berries are additionally high in potassium and nutrient C. They likewise help in expanding serotonin levels. It's a much-needed food that should be included post-vaccination.



Chicken/Vegetables Broth Soup

Our gut assumes an incredibly urgent part in keeping up by and large wellbeing, including a solid resistant reaction. To support your insusceptibility, it's essential to take care of your gut. You can pack these loaded with brilliant veggies, mitigating flavors, and fiber. It's a much-needed food that should be included post-vaccination.



Dark Chocolate

Dark chocolate is stacked with supplements that can decidedly influence your well-being. Produced using the seed of the cacao tree, it is probably the best wellspring of cancer prevention agents in the world. Studies show that dull chocolate (not the sweet poo) can improve your well-being and lower the danger of coronary illness and is a must when it comes to post-vaccination.



Virgin Olive Oil

It has likewise appeared to shield the body from diabetes, neurological diseases. Oleic corrosive, the most noticeable unsaturated fat in olive oil, has been found to lessen fiery markers like C-responsive protein and is a must when it comes to post-vaccination.



Broccoli

An examination by Nutrition Research tracked down that devouring steamed broccoli consistently brings down the danger of cardiovascular sickness by diminishing the aggregate sum of cholesterol in the body. Another investigation in the US likewise tracked down that expanding vegetables in the eating regimen, particularly cruciferous vegetables like broccoli, could lessen the danger of coronary illness. It could be consumed cooked with food or steamed.



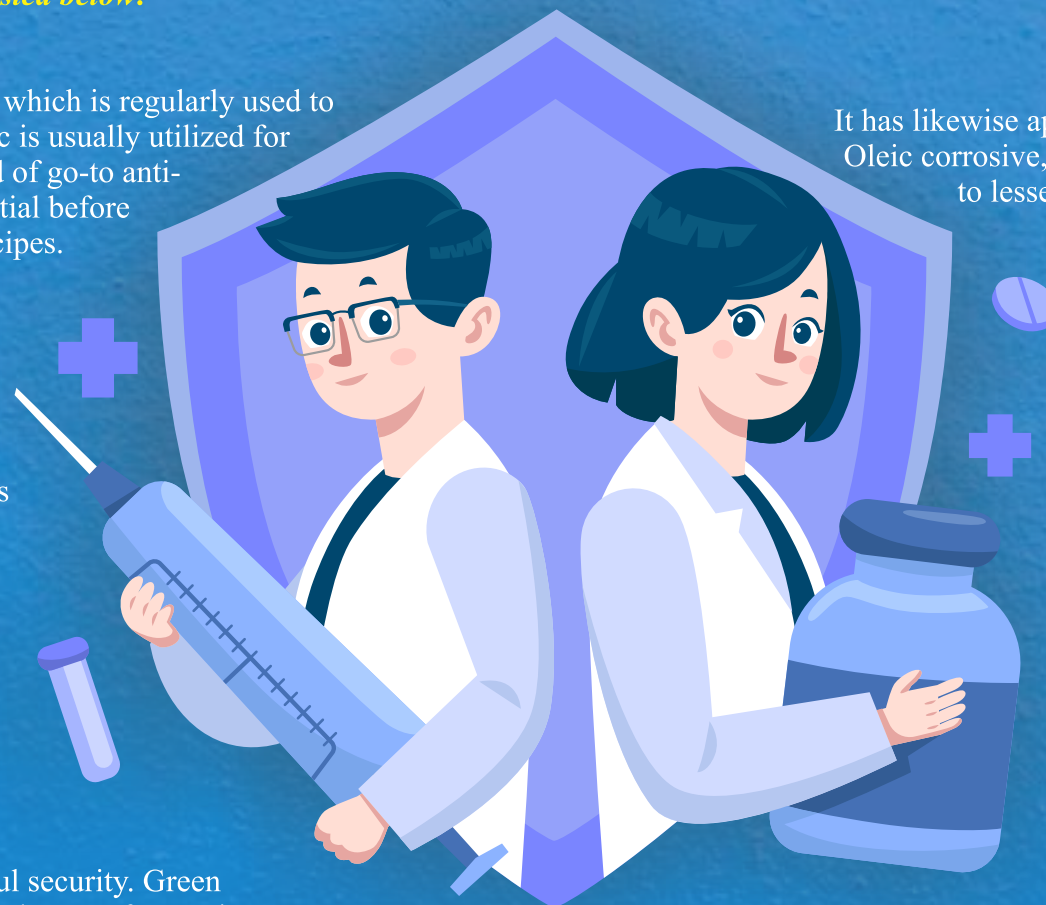
Things To Avoid:

- Smoking
- Taking vaccine empty stomach
- Alcohol
- Caffeinated drinks

Things To Do:

- Make sure you're drinking plenty of fluids.
- You can check with your doctor and then take some paracetamol to help ease any of these sensations.
- If your symptoms are more severe, or last longer than a week, tell the health worker who gave you the vaccine or visit the nearest hospital.

Last but not the least, there is no hard and fast rule as to the kind of foods that might suit all. So under such circumstances, one must get in touch with a doctor or a nutritionist to get an in-depth idea about the kind of food that might suit that particular individual pre and post-vaccination.



THESE BOOSTERS CAN HELP YOUR IMMUNE SYSTEM STRONGER

The second wave of Covid-19 is creating havoc in our routine lives. To fight this deadly virus, one needs to have strong immunity to maintain good oxygen levels in the blood, one should include immunity boosters and supplements in their diet that help to result in better hemoglobin. Immunity boosters are essential for leading a healthy life and fighting against seasonal allergies. It is necessary to follow a diet that includes foods that are rich in iron, protein, and vitamins C, B12, vitamin A. In such a situation, the intake of these nutrients in our blood will increase the level of oxygen in our blood.

Proveda India has come up with a new range of immunity drinks and supplements to complete your diet. These immunity boosters can help your immune system get stronger to fight against inflammation caused by the virus and other allergens.

Giloy + Tulsi Juice -

Giloy Tulsi Plus+ is a unique traditional known herb that boosts immunity level which balances all three Doshas (Vata, Pitta, and Kapha). Giloy Tulsi Plus+ is a unique combination of science and nature. Scientific studies have proved that Giloy possesses immunostimulatory properties due to the presence of (1,4)-D-glucan (Rr1). It flushes out the excess toxins from the body.

Price - Rs 440/-

Panch Tulsi with Ginger drops -

It is one of the best examples of Ayurveda's holistic lifestyle approach to health. Considered as a potent adaptogen, Panch Tulsi and Ginger have a unique combination of pharmacological actions that promote well-being and resilience. This combination increases anti-oxidant molecules such as glutathione and enhancing the activity of antioxidant enzymes such as superoxide dismutase and catalase, which protect cellular organelles and membranes by mopping up damaging free radicals caused by lack of oxygen.

Price - Rs 144/-



Dr. Immune Drops -

Nutricio Dr. Immune Drops is a mixture of Rama Tulsi, Kala Tulsi, Vishnu Priya Tulsi, Sweet Lemon Tulsi, Bisva Tulsi, Curcumin. It is an instant immunity booster, gives you good health, protects you from diseases, and helps you to live a good healthy life.

Price - Rs 290/-



Pro Vitamin C++ Effy Tablets-

Nutricio Pro C++ 1000 mg fully dissolvable orange flavored effervescent tablet, makes up a Vitamin C drink in a readily absorbable form. Helps in strengthening the immune system, an antioxidant to protect against the damage of free radicals.

Price - Rs 340/-



Multivitamin Soft Gel -

Nutricio Multivitamin Gold enriched with a premium blend of vitamins and minerals to help in providing the key nutrients required for everyday life. The goodness of Ginseng, Grapeseed, and Lutein helps in overall well-being and keeps mentally alert and physically active. Modern-day food habits don't provide proper nutrition and that's why we need multivitamin supplements to revitalize the body and to keep you protected from the damage caused by harmful free radicals.

Price - Rs 800/-



SPECIAL STROY

Mother's Day

SPECIAL STORY

Thoughtful Ideas To Make Your Mother Feel Like A Queen

By Abir Majumder

Flowers are definitely appreciated, but these ideas are sure to get you one step closer to being the favourite child - just saying!

There is one relationship in this mortal life which effortlessly scores above all other known relationships on Earth- that extraordinary relationship is none other than that of the mother and her child, which is truly priceless in terms of her countless love, dedication, and devotion towards her family.

Why we celebrate one single day as Mother's Day? We have to celebrate everyday as a Mother's Day and take the chance of giving back to the woman who has given you everything. So make sure you plan a day full of joy and treat her like the queen she is.

Between lockdown and social distancing measures, much like last year, many of your exciting plans with your mom's like brunch at her favourite restaurant, shopping date, spa appointment, or a family gathering - may not be doable. All you need to do is put your thinking cap on and look for more innovative ways to spend a time with your mummy while still keeping her safe and healthy. To get you started, we have curated a list of thoughtful ideas to surprise the leading lady of your life, whether you are together or apart.

Bring the fam-jam together for a game night

Get your whole family together, pick a traditional game online and make a night out of it. Whether you prefer housie, trivia, or card games, there are plenty of games on the internet that will ensure your virtual hangout is just as fun as your in-person one and bring a big smile to your mom's face.

Create a one-of-a-kind memory jar

A gift is a way of expressing love, and nothing will say 'I love you' better than this

DIY memory jar. Pen down some of the most cherishable memories you have made with mom on chits of paper and put them in a mason jar. You both can sit together, read and relive those memories over a cup of masala chai. This memory jar can also serve as a pick-me-up for her when you're away.

Breakfast in bed for the queen

Help your mom in the most delicious way possible - with a lavish breakfast in bed that can double up as brunch too! Bring out some of the pantry basics - flour, eggs, butter, milk, sugar,

baking powder, cinnamon, salt, and walnuts - and combine those with mashed bananas to whip up a delish stack of fluffy banana walnut pancakes. Vegetarians can skip the eggs and let the mashed fruit take the lead in giving this breakfast cum dessert item an airy and light texture. It is best served with a side of maple walnut cream, which involves blending together California walnuts, water, maple syrup, and cinnamon powder.

Explore an armchair travel experience together

While travel has come to a standstill amid these testing times, technology allows you to visit any place around the world in the blink of an eye. Get an up-close look of the Mona Lisa at the Louvre, a legendary art museum in Paris, France; sight some of the big five in Africa's national parks or watch history come to life at the marvelous town of Hampi in Karnataka.

Clean the house!

We are not kidding! She has told you this 268262 times, and you know this is exactly what she wants you to do. Take a couple of chores off her to-do list and add to yours from the day and give her a little extra time to rest.

To say that the past year has tossed a bunch of challenges at all moms would be an understatement. So taking time out and showing her some love and thanking her for all she has done for us through bonding activities like these is the least you can do.



Fluffy Banana Walnut Pancakes

Ingredients

Maple Walnut Cream :

- 1/2 cup California walnuts
- 1/4 cup water
- 1 tablespoon pure maple syrup
- 1/4 teaspoon cinnamon

Pancakes :

- 1 medium-size very ripe banana
- 3/4 cup milk
- 2 tablespoons melted butter, plus additional tablespoon for skillet
- 1/3 cup liquid egg whites
- 1 cup flour
- 2 tablespoons sugar
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon cinnamon
- 1/4 teaspoon salt
- 1/3 cup chopped California walnuts

Preparation :

- To prepare maple walnut cream, place all ingredients in a small food processor and process until light and fluffy.
- Mash banana with a fork in a large bowl and stir in milk and melted butter. Stir together dry ingredients in a medium bowl and stir into banana mixture, being careful to not overmix. (A few small lumps are ok.)



REVIEW



hotstar
specials
PRESENTS
**OUT OF
LOVE**

Rasika-Purab's Thriller Melodrama's
Second Season is filled with Dark
Emotions, Hatred, and Revenge

Rating - 4/5

By Nabanita Dutta

The love-hate relationship between Meera and Akarsh makes a comeback with 'Out of Love' second season. This year, hatred, revenge, and filthy games got bigger. Thus, viewers will witness more melodrama, thrill, and suspense. No more spoiler!

Out of Love is back with the second season. The first season left as a cliffhanger and this time, there is more love-hate relationship between Akarsh and Meera, which viewers will definitely enjoy. There is more to it, as viewers can expect more drama. Moreover, this installment focuses on Akarsh and his present wife Alia.

The opening scene begins in Coonoor where everyone gets red invitations by Akarsh announcing his homecoming. This fifty minutes episode has been carefully crafted for building tension between the lead characters just like the first season. Akarsh's wedding reception and the housewarming party says how interesting and impactful the series is going to be.

Coming to the characters and their role-play, Rashika Duggal and Purab Kohli perfectly portrayed their role. Meera's character is quite sketchy, thus leaving the audience to wonder about her wants. For example, when she finds out about the new house of Akarsh, she breaks in. Imagine even after three years, Meera could not

move on from him.

Akarsh, on the other hand, a notorious rich man who started a new life, comes back for his son Abhi. Therefore, the story in the first episode builds up like this; however, two new characters have been introduced, Dr. Payal (Eisha Chopra), a counselor, and Rohan (Vishwas Kini), a musician. Both of them have delicious roles in the next episodes. The first episode is a twisting one and the climax of it will definitely keep the audience glued to their seats.

The second episode of the season mostly focuses on Meera. She fails to make herself believe that Abhi is going away from her due to the growing closeness with his music teacher Rohan (Vishwas Kini). Oni Sen, the director successfully divided the story into two sections. One on actions of Meera to find out the growing distance between her and Abhi. The other part shows Meera's eagerness to judge the next move of Akarsh.

The screenplay of the entire show will force viewers to sit on the edge of the chair firmly as it instills curiosity. What is being served on the plate will create thrill and suspense at every corner. Even though the show comes with gripping twists, at times the show might feel quite stagnant.

In a subplot, Meera sends her neighbor Vidyut



(Suhaas Ahuja) to check Akash's fiancé, which shows that they are still friends. Whereas, in the first season, she was seen blackmailing Vidyut, which is definitely strange. Even Vidyut's wife Ritu (Himanshi Choudhary) hangs around with Meera. Definitely a weird alert!

Rashika did impeccable work as Meera and her unmatched performance. She fits into her character of a lonely woman shattered by the unforeseen changes in her daily routine. All she wants is her son to come back and this is something that makes her restless. Viewers will definitely love the performance of Purab Kohli as a filthy ex-husband who plots revenge against his wife.

The miserable condition of Vidyut (Suhaas Ahuja) persists in this episode as once again cheats his wife with some random girl. However, both Dr. Payal (Esha Chopra), as well as Rohan (Vishwas Kini), come with bigger roles that will give a further push to the narrative.

By the end of the episode, viewers will understand that Akarsh has planned a nasty game to humiliate and ruin Meera's life. The second episode highlights his plan for proper revenge. Other episodes of the series store more thrill and suspense for the

audience to enjoy the series.

In the third episode, the director prioritizes Abhi and makes him the center of attention as it helps in taking the episode forward. Abhi here confronts that he has anger issues and beats his best friend Aryan (Aaryan Arora).

This led to his suspension from school. Viewers will notice a sense of maturity in the plot, especially in Meera's character. She gives an option to Akarsh, either he has to leave Meera and Abhi or stay with her and solve the problems, being a responsible father and husband.

Rashika Duggal once again perfectly adopted her character Meera as a mother and a shattered wife. She does not love the presence of him and even misses Akarsh when he is not around. Rashika as we all know is one of the promising actors and plays her part outstandingly. She single-handedly took the responsibility of the series to give it a shape. Episode-3 revolves around Abhi and his changing behavior towards everyone.

Kabir Kachroo's work is worth applauding as he does a perfect job in heightening the turmoil side of his character Abhi. Akarsh in this episode carries a



suspicious vibe that gives an eerie feeling and something bad that will happen soon.

With this, the third episode ends, and the viewers will remain glued to their seats due to the underlying suspense. This 43 minutes episode is a trailer of the upcoming storm in the next episode. Although viewers can predict the shortcomings, the mystery among the characters maintains the engagement level of the series.

Finally, the fourth episode begins with the picturesque beauty of Coonoor. The 43-minute episode highlights Meera's hard work on showing Akarsh's dark side to Alia as well as her family. But, it seems a bit easy to plan and execute. Now, the question remains if Alia will take the bait or play with Meera.

Preeti Mamgain, once again finely sketched Alia's character since she has a major role to play in the fourth episode. Her decision on Abhi's not staying

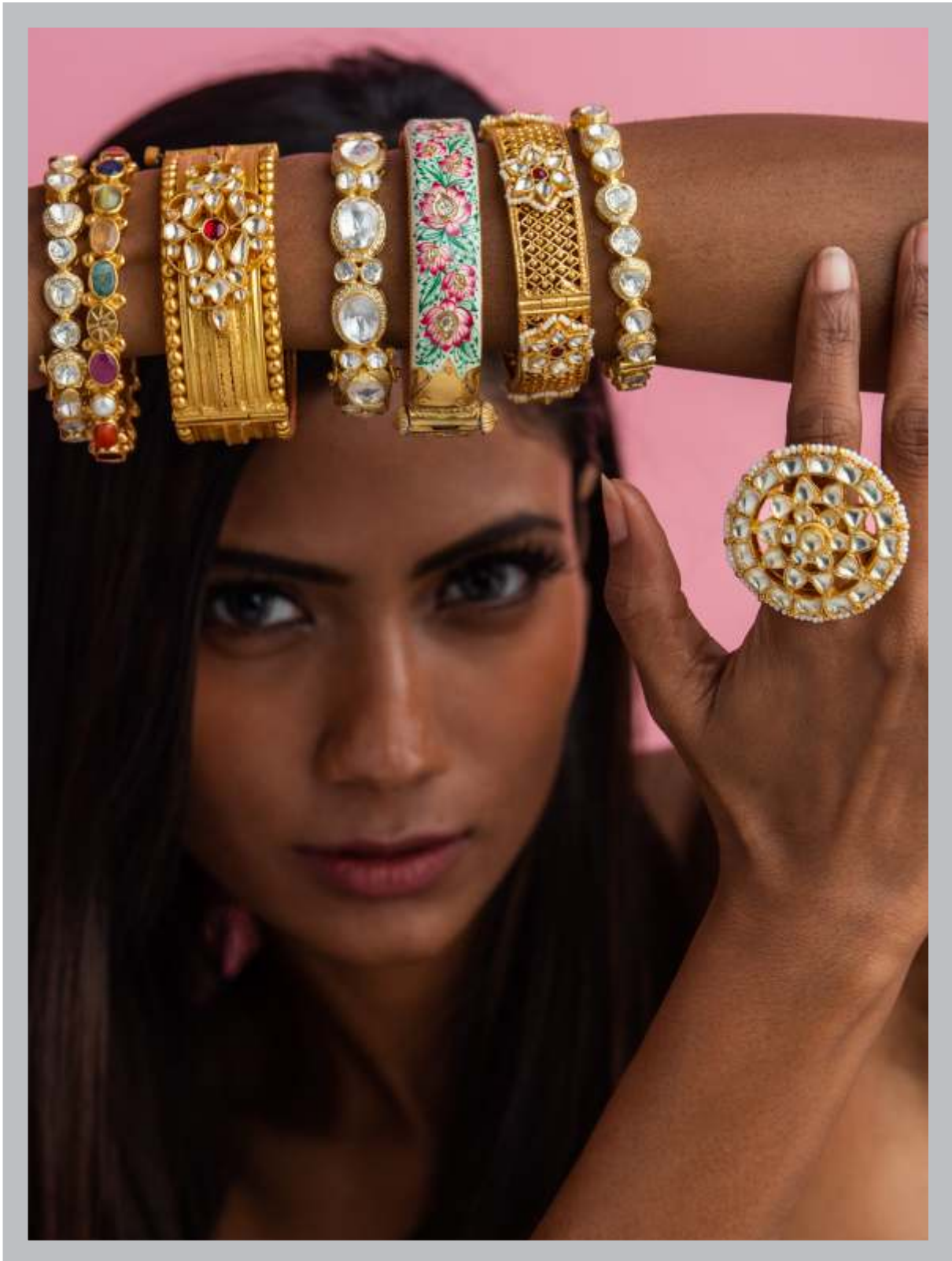
with them in the third episode depicts that Akarsh is definitely not the decision-maker.

Here, viewers will understand that it's Alia who has all the power as the business, house everything belongs to her. Even though the episode is more like a slow burner, it creates tension in the mind, which will force the viewers to sit on the edge and watch it closely.

Purab and Rasika played their part outstandingly in this episode, but Meenakshi Chaudhary takes the credit as she skillfully frames her emotions and the confusions she experiences. From the very beginning, it is clear that neither Meera nor Akarsh will stop until they ruin each other's life.

Although both of them experiences hell, viewers will delightfully enjoy every inch of the series. How far will they move to complete their revenge? Even though there are few flaws in the show, yet the viewers are eagerly waiting for the finale.







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