

FEMINA

Be
unstoppable



WATCH THE BEHIND
THE SCENES OF THIS
COVER SHOOT.
FOR INSTRUCTIONS,
TURN TO PAGE 16

**DIVA
ALERT!**
**THE WINNERS
OF YAMAHA
FASCINO MISS
DIVA 2017**

**Three courses,
all dessert**

**MY ROMANTIC
GETAWAY
A horror story**

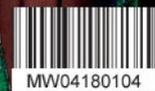
**SWEET,
SASSY,
SIMPLE**
Our makeup
motto for the year

STAR *secrets*

**GET YOUR DETAILED HOROSCOPE
FOR 2018 RIGHT HERE, PLUS TIPS
ON EARNING KARMA POINTS**

What your colleagues
are dying to tell you

SHOWER SEX
Get set to get wet



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EDITOR'S LETTER



A day in the life of 2017.

India's love jihad spills over into a heinous hate crime in Rajasthan; Congress politician Mani Shankar Aiyar calls the PM 'neech aadmi' and bats for the BJP yet again; US prez Donald Trump recognises Jerusalem as Israel's capital and violence erupts in West Bank; actor Priyanka Chopra is voted sexiest

OUR BIG STORY CARRIES A FUN, INFORMATION-PACKED HOROSCOPE FOR ASTRO-FANS. FIND OUT WHAT 2018 HOLDS FOR YOUR ZODIAC.

Asian woman; Apple's iPhone X gets drubbed for low battery life; the Indian Medical Association writes a stinker to the Board of Control for Cricket in India (BCCI) for not taking into account atmospheric pollution before organising the India-Sri Lanka Test match in New Delhi; scientists claim the human race has peaked and has hit maximum lifespan limit; the Supreme Court states that no law provides for change of woman's

religion after marriage; the government contemplates extension of last date of Aadhaar card linkage to bank accounts to March 2018.

The mind boggles as cause-and-effect play out in a matter of 24 hours.

Will 2018 be better? We attempt to gaze into the crystal ball and emerge with a few answers. While our Big Story lays no claims to predicting how news—breaking and faking—will pan out in the new year, it does carry a fun, information-packed horoscope for you astro-fans. Find out what 2018 holds for your zodiac. Plus, our fashion, beauty, lifestyle and relationship pages come with tried-and-tested tips, advice and know-hows.

Allow me a prediction too. The next few hours will see you infomed, entertained and all set to conquer—you're reading *Femina*, ergo you stay unstoppable..

Happy New Year!

Tanya Chaitanya

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ON THE COVER

MODELS: SHRADDHA SHASHIDHAR; PEDEN ONGMU NAMGYAL, APEKSHA PORWAL;
PHOTOGRAPHER: JATIN KAMPANI;
GOWNS: GAVIN MIGUEL;
MAKEUP: CLINT FERNANDES;
HAIR: CAROLINE MIGUEL;
TRAINEE STYLIST: KHUSHI BHATIA;
SENIOR PHOTO SHOOT COORDINATOR: SHRADDHA KHARPUDE



Our beauty queens take charge on the latest cover of Femina. Catch all the action in the behind-the-scenes video of the making of the cover.

How to make sense of Femina's augmented reality (AR) special

VIEW THE AR FEATURE EMBEDDED IN THIS ISSUE WITH THREE EASY-AS-PIE STEPS

1 Get the ALIVE app: Give a missed call to **18001023324** or visit **aliveapp.in**

2 Open the ALIVE app on your phone and scan the page with the ALIVE logo by focusing your phone's camera on it. **Android/iPhone:** Hold still and it will scan automatically. **BB/Symbian:** Go to Options, then capture image. **Windows:** Tap on screen to capture and hold still over image.

3 Voila! Watch your favourite magazine come alive on your mobile device. You will get various options that'll enable you to view, save and share these features.

Available on Android version 2.2 and above, iOS version 4.3 and above, BB version 5.0 and above, Symbian version S60 and above, Windows version 7.5 and above

FEMINA CONTENTS

VOLUME 59 NUMBER 1

8 The big story

**YOUR EVERYTHING
GUIDE TO
2018**

Be it love, career, money or health, we predict what's in store for you in 2018

ALL ABOUT YOU

22 Love

HONEYMOON FROM HELL

What to do when your holiday with the SO takes a nosedive

24 Passion

STEAM IT UP

Tips to make shower sex doable and sexier

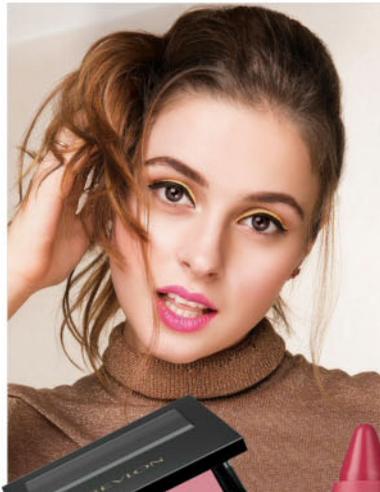
25 Career

INSIDE JOB

Workplace habits that play havoc with your credibility

24

Work it



36

Street cred

FASHION

28 Front row

CAT WALK

Look fierce in leopard prints

29 KNIT BITS

Get winter-ready with cutesy knitwear

30 SMOOTH MOVES

Make a bold style statement in velvets and fur

36 Fashion feature

STREET TALK

Your inner diva will love this perfect mix of high fashion and relaxed-punk style

BEAUTY

46 Masterclass

GET THE LOOK

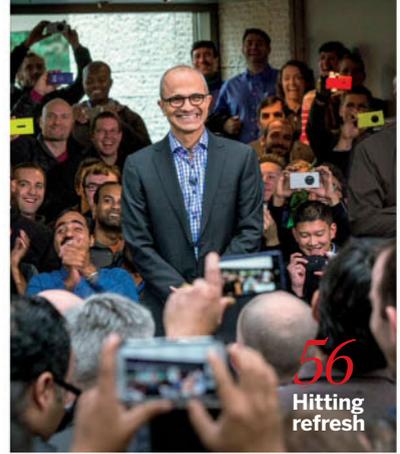
Makeup artist Amelia Daswani's step-by-step guide for a fresh-faced look

50 Hair spotlight

GO GOA

Messy waves and a mini braid à la Alia Bhatt >





56
Hitting refresh

74 The buzzmakers
SHRIYA SARAN ON HER NEW PASSION

The actor talks about turning a professional diver, her first Kathak production, and upcoming film, *Tadka*



74
Sweeten it up

IN EVERY ISSUE

- 2 EDITOR'S LETTER
- 3 TOMBSTONE
- 6 INBOX
- 52 BEAUTY MANDATE

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58
Here come the queens

51 Nail edit
GREEN WAVE

This soothing nail colour is everything

54 Beauty
HOT RIGHT NOW

All you need on your beauty shelf

REALITY
56 Man we love

WORK IN PROGRESS

Microsoft CEO Satya Nadella talks about his new book, being a family guy, and the women who have influenced him

58 Cover girl
RIGHT ROYAL

In conversation with the winners of Yamaha Fascino

Miss Diva 2017—Shraddha Shashidhar, Peden Ongmu Namgyal and Apeksha Porwal

RECOMMENDS

66 Books
DEAR READER, WITH LOVE

Our favourite Gen Y epistolary novels

68 Reviews
HOT TO TROT

Fitness apps you need to download now

LIVING
70 Food

SWEET CAROUSEL

Executive chef Mayank Kulshreshtha at ITC Maratha creates three sumptuous desserts for the New Year

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HOME FASHION BEAUTY BRIDES
WELLNESS RELATIONSHIPS
CELEBS LIFE SPIRITUALITY
PAGEANTS BLOGS AND MORE

NEW YOU

How to update your wardrobe for 2018

GLOW KIT

5 cult-favourite skincare buys

BITE SIZE

15 great nibbles for a great weekend brunch

HOLIDAY WEIGHT

Easy exercises to help you shed load in winter

WE'RE LISTENING ONLINE



We asked our followers on Twitter about a New Year resolution that they can never follow through. Here's what they had to say:



Sawera Patel @PatelSawera
Every year I make a resolution to quit smoking but it never happens.



Arira Sharma @arirasharma1
I always make a resolution to keep myself fit and exercise everyday. Unfortunately, I fail every time.



Kimaya Verma @kimayaverma37
This year my New Year's resolution will be the same as every year—to learn a new musical instrument.



Samayra @samayra088
Every year I promise myself that I would become a kind and happy person. I, however, can't get over my anger issues.



Shwetha Solanki @ShwethaSolanki
Every year I promise that I would spend more time on myself, which hasn't happened till now.

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twitter.com/FeminaIndia

WE HEAR YOU!

Write to us at femina@wmm.co.in

The November 23, 2017 issue of *Femina* was stunning. Right from the dazzling cover with the winners of the fbb Colors *Femina* Miss India 2017 to the stunning features, the whole issue was one big treat. It was a delight to see Indian festivals so beautifully captured by talented photographers (The Big Story). They managed to bring out the irrepressible spirit and pure emotions behind every image. I really liked the image of the widows in Vrindavan drenched in yellow—so powerful and captivating.

Roshini Chug, Mumbai

The November 23, 2017 issue was such a pleasant surprise. I liked reading the article on how to express your feelings if you are a shy girl (All About You, Love)—the experts' advice was really helpful, especially when it comes to reading a man's body language. The articles in the beauty section were a great read as well, and I found the step-by-step guide on bright eye makeup (Beauty, Masterclass) very easy to follow.

Twinkle Ahuja, Indore

The cover story that had Indian festivals caught in beautiful frames by photographers (The Big Story) was stunning. It was interesting to learn about each photographer's perspective



too. I read the whole magazine from cover to cover. The interviews with the winners of the fbb Colors *Femina* Miss India 2017 (Reality, Cover girl) were a delight—it's great to see such talented women making our country proud.

Vandana Kamath, Delhi

Femina has always been a great platform for young women achievers. The story of Nadiya Nighat (Reality), Kashmir's first-ever female football coach, was motivating. I also liked reading the article on how to manage finances when you are in a relationship (All About You, Money). Since I am a bit of a spendthrift, it was good for me to go through the experts' advice.

Vanita Gawade, Mumbai

The festival journal by the country's many photographers (The Big Story) in the November 23, 2017 issue was cheery and colourful. Amyra Dastur looked gorgeous in those fashion-forward silhouettes (Fashion, Feature). I also loved how fresh and healthy Chef Vikramjit Roy's recipes looked (Living, Food). *Femina* has played a big role in shaping my personality. The magazine has taught me how to deal with various aspect of life with confidence and a practical approach.

Natasha Gandhi, Mumbai

WIN!

AN EXCITING GIFT FROM LAVIE

These five letters will win this bright red tote from Lavie. This shade will give a luxe finish to your everyday style.



FEMINA

BE UNSTOPPABLE



Isn't it time we did away with the
'perfect body' myth? Let's talk.
[@femina.in/fitness](https://www.femina.in/fitness)



YOUR EVERYTHING GUIDE TO 2018

Will you get that promotion? Should you trust that dodgy associate? Will you meet your SO? And will your plans to see the world achieve lift-off? Holistic healer, researcher and practitioner of natural medicine and astrology, **Larra Shah** has all the predictions for 2018

ARIES

MARCH 21 - APRIL 20



There's no such thing as a calm Arian. And 2018 will reward your restlessness and make your personality irresistible. Your tough exterior belies an emotional core. This year, you will focus on doing what it takes to protect the people you care about. Though you may plan for the future, you will be happy to live in the moment.

Career & money

Prepare to enjoy the limelight. It is a very positive year, with the planets aligning to boost your income prospects. You will not only have the support of your seniors at work, but will also have an influencer back your plans and proposals. That said, this isn't a chase-me-I'm-busy year; you will

have to respond to even the smallest needs of your colleagues. Your whimsical moods will not be tolerated, so keep them in check. The constant travelling might get exhausting. You need to learn to delegate and focus on finding new opportunities and building new skills. Pay special attention to your competitors. International tie-ups will be beneficial, even if they take up a lot of your time.

Love & relationships

This year is packed with fun, flirting and socialising. But don't go overboard; your extreme nature may cause you to lose touch with close friends and loved ones. A new romance will bring both excitement and heartache. September is the time for laughter and celebrations. >



FUTURE FIX

To be better equipped to combat the stress coming your way this year, invest time in nurturing a hobby. Abstain from extremes—in your thoughts, your career, and your sex life. If you've had to be a bit of a penny-pincher in the past, now is the time to feel good about spending on those you love.

COLOUR MATCH

Dark blue, grey, yellow, gold, silver

LUCKY NUMBERS

1, 8

IMPORTANT MONTHS

FOR WORK

& FINANCE: May, August, September, October

FOR LOVE:

July, September

FOR HEALTH:

February, May, September, October



Star twin: Kangana Ranaut believes in living in the moment and being brutally honest. She looks set to have a very interesting and successful 2018.

TAURUS
APRIL 21 - MAY 21



FUTURE FIX

Be the leader. Don't shy away from training and encouraging those who need your guidance. To balance your energies, you need to allow yourself to be spiritually inclined. There are no shortcuts in life; you need to be patient about new opportunities coming your way. Learn to have self-control.

COLOUR MATCH

Yellow, orange, red, gold, white

LUCKY NUMBERS

5, 7

IMPORTANT MONTHS

FOR WORK & FINANCE: January, July, November
FOR LOVE: June to December
FOR HEALTH: March, July, November

Beauty, intelligence and conviction—Taurus has the whole package. No matter how many times you fall, you will always find a way to get back up. On some days, Taureans are hardworking; though on most others, all you want to do is sink into the sofa and watch a movie. This year, you will have to do more—which shouldn't be a problem, given your tenacity. You will find yourself dealing with challenging people; use your favourite trick of constantly changing your mind to isolate yourself from them. You have a fantastic memory and tend to absorb information like a sponge, so read on and remember these few tips for 2018.

Career & money

Don't gloat about past glories. Plan constructively for the first half of 2018 and avoid being too forthright with your superiors, unless absolutely required. You might get taken for granted by

colleagues who want you to fill in for them. Take time out to introspect if this is really working for you and your career. Your humour and positivity will be appreciated, and you will lead your team in the right direction. This year brings happiness and relief from some of the constant worries and stresses of the past. Finally, you will be able to shake off some of the mental baggage that has been dragging you down. Expect a shift for the better—a change of job or position is likely around July.

Love & relationships

Time to plan your dream holiday as love finds its way to you. Just when you thought you could take it easy, a secret will reveal itself. There's marriage on the cards for those who have feared commitment for a while. You'll be more willing than ever to take the plunge. Supporters and loved ones will be around when you need them. >



Star twin: Expressive with a great sense of humour, Anushka Sharma has a good year ahead. She will enjoy both power and fame in 2018.

GEMINI

MAY 22 - JUNE 21



long-term assignments or finances properly. Having to rely on someone else to come through financially will make you anxious, as there might be upsetting delays. Your expenses won't increase, but you need to be realistic when it comes to splashing out on luxuries. Avoid taking financial responsibility for others; they need to learn to be accountable for themselves. Your energy, enthusiasm and fresh ideas will make you a hero wherever you go. Sustaining this, however, should be your main focus this year. Don't let previous failings stop you from surging ahead. When things get challenging, remember to trust your instincts. Luck is on your side, and you will be supported in all that you do. This is a good time

to be constructive, nourish new ideas and work with a team that can help you achieve your targets. Don't shy away from investing in a new business—it will pay off.

Love & relationships

It is an exciting feeling to realise you're in love. You may be indecisive as the pressure to commit builds, though. Don't rush anything, until it feels right. Fake promises or half-truths could land you in awkward situations, especially if you're confronted about them publicly. You won't be able to laugh off your mistakes or walk away from them as you might have done before. Be honest about how you feel and what you expect. Make time for loved ones; your significant other especially might need some extra encouragement. >

The Gemini talent for duality will be tested this year. Behind the cheerful attitude hides a person going through a rough patch, and somehow people will discover this about you. You are not comfortable talking about your personal life, but it may help to open up to certain close friends. Your confidence will be shaken; though fret not, it will return whenever your expertise is required. Learn a new skill; it will help you keep up with the changing times.

Career & money

2018 begins with a renewed zest to complete all the tasks you have begun. Be prepared, however, for setbacks if you haven't planned your



FUTURE FIX

Don't look back. Move ahead with confidence and forget about the issues you have faced in the past. You have the ability to calculate all consequences, which is a great gift. Don't overthink a situation. It will only lead to stress and anxiety.

COLOUR MATCH

Yellow, orange, red, gold, silver, white

LUCKY NUMBERS

2, 6

IMPORTANT MONTHS

FOR WORK & FINANCE: April, May, July, September, October
FOR LOVE: May, August
FOR HEALTH: March, June, July, October, November



Star twin: Her ability to reflect, assess and think things through will allow Sonam Kapoor to continue to excel in the fields of fashion and luxury.

You will rebuild your life without those who have hurt you in 2017. You may become more vulnerable, but that is definitely not a weakness. On the contrary, as always, it will bring out the best in you. When Cancerians feel underestimated or ignored, they react by putting some distance between themselves and the person responsible. Your tendency to brood over the past will hamper the joy you are so capable of sharing.

Career & money

You need to stop being a 'yes' person. Put your foot down and say no to protect your own boundaries. It is time to build a team that supports you and understands your needs. Re-evaluate your choice of work and accept the fact that perhaps it's time for a change. You also need to sharpen your intuition. You are a good judge of character, and this generally protects you from those with dodgy intentions. Confusion about your role or the way forward may slow down your progress. Forge ahead nonetheless as opportunities and unexpected benefits await you. Focus on the progress you've made rather than the speedbumps you've encountered and you'll be able to enjoy success. Your expectations from business partners need to be kept in check.

Love & relationships

Love and light-hearted fun will add a new spark of joy to your life. You will meet your soulmate after summer, someone who will stir up emotions of both pain and happiness. If you are emotionally distressed, 2018 will seem to progress too slowly. It should be your priority to make practical decisions in matters of the heart. Life will pick up pace, but this might cast a shadow over your relationships; you will need to make sure that everyone feels secure. >

CANCER
JUNE 22 - JULY 22



FUTURE FIX

As the demands on you increase, you will actually feel more positive. To maintain peace and balance, let your spouse take charge of the

home. Focus on your strengths and expertise, and this will be a good year.

COLOUR MATCH

White, cream, copper, green, black

LUCKY NUMBERS

5, 9

IMPORTANT MONTHS

FOR WORK & FINANCE:

January, February, June, October

FOR LOVE:

Most of the year

FOR HEALTH:

May, August, October, November, December



Star twin: Very sociable, though also shy and reserved, Priyanka Chopra has a gift for reading people, and this will help her make big strides in 2018.



Star twin: Kajol is fiercely independent and a go-getter. In 2018, she must accept change to shake up the status quo and take things to the next level.

You are always a few steps ahead of the rest. You know what you want and will do anything to get it. Your ability to overcome setbacks will prove to be your greatest gift this year. Your need to prove people wrong, especially those who have taken you for granted or underestimated you, will help you win big in 2018.

Career & money

Keep yourself up-to-date with the changing trends in your field. You will gain new perspective and have the opportunity to work with intelligent and creative people. The planets align to help you succeed. Your finances will become stronger. New investments should be set aside for expansions. Wait till the end of the year for an opportunity to change your career

trajectory and move you in a completely different direction. You will easily manage to steer ahead of your colleagues. Don't depend too much on others—watch carefully before you decide how much to delegate. Obstacles will slow you down a few times in the beginning of the year. Be flexible with project timelines.

Love & relationships

Venus adds an element of excitement to your sun sign, and brings with it some life-changing moments. Someone from your past will make their way back into your life, and you will be ready to take things forward. You need to be understanding, more so than usual, in 2018. Romance moves on to sturdier ground, with you embracing a committed, fulfilling relationship. This year is full of joy for you. >



FUTURE FIX

Loved ones might be hurt by what they see as signs of your arrogance. Guard your reputation this year when it's time to make big decisions. You will enjoy some amount of fame, but watch your back as you climb towards the pinnacle most want to reach.

COLOUR MATCH

Brown, white, grey, silver, earthy tones

LUCKY NUMBERS

1, 3, 6

IMPORTANT MONTHS

FOR WORK & FINANCE: April, June, July, October, November
FOR LOVE: February, June, December
FOR HEALTH: February, April, August, December

Your genius for empathy is your greatest strength. You can be distant, however, and are easily hurt. You complete any task with single-minded focus, and god help anyone who gets in your way. Stop worrying; you have no reason to right now. Instead, take a deep breath and bask in the spotlight. You know when to give up trying to change people and when to change your reaction to their behaviour. This is the year to do exactly what you know best.

Career & money

You know how to win an argument, and this skill will help you close a few deals quickly in the beginning of the year. 2018 will require grit and determination, and will see you taking some big risks. Make sure to have back-up plans in place. A word of caution: if you are investing further in a business, don't do so on pure faith. Check the financials thoroughly first. Your ambitions should be restricted to getting the current situation under control, rather than planning for the months ahead. You don't fear failure, and know that opportunities may take time to come your way. Financially, you may feel the pressure around



FUTURE FIX

Break free from misconceptions and other barriers that are holding you back, especially in the work space. Confidence is important for your overall growth.

You are wise and you'll need to bring those insights into planning your communications, even if it means doing more research. Change is around the corner; accept it and plan ahead.

COLOUR MATCH

Ruby red, pink, blue, yellow

LUCKY NUMBERS

4, 7

IMPORTANT MONTHS

FOR WORK & FINANCE:

June, July, August, October

FOR LOVE:

April, June

FOR HEALTH:

March, August, October

mid-year, so make sure to have a contingency plan in place. Partnerships could prove to be very beneficial.

Love & relationships

You always empower your loved ones, and this year you will want exactly that from your close friends and family. Before you can fully commit to someone, you need to know that they not only appreciate but also share your vision and values. Romantically, this year you will find what you seek. You tend to spend time daydreaming when you are attracted to someone. Express your feelings as clearly as possible when you are ready. Love may take a back seat, as work takes up most of your time in 2018. >



Star twin: Grounded and a true romantic at heart, Kareena Kapoor Khan will find a perfect balance in her personal life.

You fiercely protect your personal life from prying eyes, and this year you'll step up the secrecy since you don't want people to know what you are up to. Music fills your soul. You seek out like-minded people to help you fully express your creativity. This is not the time to stand your ground and aim for perfection. Move fast, change direction, adapt. Librans love to shop—some may even say you're addicted to it. Guard against random buying sprees.

Career & money

You are in control of many aspects of your work and are making good progress with the help of a good team. Fame and stardom await you, as you find yourself excelling in all avenues. It's now time to make strong, clear-headed decisions. Be supportive of your colleagues and get help when you need it. Reach out to old contacts, add new opportunities to the list, and delegate more than you usually do. Jupiter in your sun sign brings success, great decision-making skills and big gains in 2018. Travel will mostly be centred around networking. Avoid too much of it, unless absolutely necessary. It is time to up your portfolio's value, so get experts onboard to help you plan investments for the year. Money and funding will flow in; spend time understanding how best to use it all.

Love & relationships

Holidays with loved ones are on the cards. These breaks help you to stay balanced and creative. This year, you will meet someone special. A friendship may turn into a committed relationship. And perhaps that is exactly what you need—a partner who is also a trusted friend. A surprise from close friends and loved ones will make you feel extra special. You will experience a few ups and downs during mid-year. Don't neglect even the smallest of issues. Now more than ever, don't take love for granted. >



FUTURE FIX

You will feel superhuman, as everything in your life flows in perfect synchronicity. At such times, it is very easy to overdo things. Take care

of your health. It's true that you meet people for a reason, but you need to re-think who you include in your inner circle. Some dramatic turning points are foreseen, so keep those trusted advisors close.

COLOUR MATCH

Green, blue, black, white

LUCKY NUMBERS

5, 7

IMPORTANT MONTHS FOR WORK & FINANCE:

February, March, August, November

FOR LOVE:

May, June

FOR HEALTH:

February, March, August, November



Star twin: The first three months of 2018 will bring good news for Soha Ali Khan, and the rest of the year will continue in the same vein as well.

Discipline works its magic in 2018. While you don't like inane questions and are tempted to tell off those who ask them, go easy because this criticism might not always go down well. Your intuition and ability to take responsibility for your actions are your greatest strengths. Reverse psychology works and you have always had great success with it—this year is no different. You might at times feel alone and misunderstood. If you expect others to understand you, start by being more accepting and considerate yourself.

Career & money

Building patience and keeping your anger in check will be absolutely necessary at work, especially with your partners. Your determination and drive

SCORPIO
OCTOBER 24 - NOVEMBER 22




FUTURE FIX
You are brilliant when you focus on your own abilities and forget the idiocy of others. You have great intuition and are

destined to make strong connections. Be truthful to yourself. Stop obsessing; it will only hurt you. Your persona is almost always intense. In 2018, take things lightly, especially the opinions of others.

COLOUR MATCH
Blue, black, yellow, gold, silver

LUCKY NUMBERS
3, 6

IMPORTANT MONTHS FOR WORK & FINANCE:
February, March, August, September

FOR LOVE:
March, August, November

FOR HEALTH:
January, June

to excel at new ventures may make you reckless. Relax and listen to those who have your back. There will be quite a bit at stake if you do not meet your deadlines, so factor in a buffer and ask for help from external sources when you need it. An organised work schedule and a good team will see you succeed in the first half of the year. That said, you need to watch your expenses and grow organically as planned. Though investors will continue to be your key focus, the strategies that will take your company to the next level need to come from you.

Love & relationships

You can be open, frank and sometimes even hurtful to the ones you love without even realising it; and this will lead to a lot of awkward situations that you may not have time to deal with. It's best not to impose your opinions on the home front at all. Travel will bring love; it will also bring back the romantic intensity you once enjoyed and now miss. Lonely hours of contemplation will be a thing of the past, as a second chance at love will cheer you up. It is a balanced year for relationships, and you can thank the stars for that. >



Star twin: Observant and intuitive, Aishwarya Rai Bachchan will feel powerful in the latter part of the year. Some significant changes are afoot.

To survive, you need to stay motivated. This year, you won't need to mask your feelings. You are strongly opinionated. Once you make up your mind, you tend to do as you please, and this will serve you well in 2018. Smaller achievements make larger ones possible. Remember that a mood swing can change your perspective on everything. In the most difficult of situations, you will still find a reason to smile—this is your best asset.

Career & money

You will be perceptive, confident and mature at work. There is a strong possibility that you will feel an unfamiliar indecisiveness around mid-year. While it is okay to be confused, don't let instability set in. Seek help from a mentor to see you through. Financially,

you will feel more comfortable than you have in the past two years. Roll up your sleeves and take charge of everything that is important. Keep your expenses in check. Postpone any expansion plans till mid-year. International ties are going to be important in 2018.

Love & relationships

You may feel disappointed with your SO or loved ones. Be less critical of them if you want to defuse the situation. Everyone feels insecure sometimes. You can only get past it if you rebuild trust. A budding relationship will bring bliss and some much-needed balance. Take a vacation; it will help you decide if you are ready to make a commitment. >



FUTURE FIX

You need to be fair, especially at work. Avoid manipulating others. Look at long-term goals. Half-truths are lies; you need to stay away from them and be brutally honest with yourself. Double-check your facts. Read the fine print in all paperwork, especially legal documents.

COLOUR MATCH

Silver, white, blue, grey, black

LUCKY NUMBERS

1, 8

IMPORTANT MONTHS

FOR WORK & FINANCE: April, July, September, October, November
FOR LOVE: From July to December
FOR HEALTH: From January to May



Star twin: Konkana Sen Sharma is highly driven, but hates routine. She will find the summer of 2018 particularly rewarding.

CAPRICORN

DECEMBER 22 - JANUARY 20



past. Progress, opportunities and expansion are all on the cards for you.

Financially, you will feel more secure.

Avoid misunderstandings at work and with your business partners. Trust no one with important documents. Take charge of your mood swings and be more of a team player, rather than autocratic.

There will be obstacles, but remember to take responsibility for your actions and you'll do fine. Keep those who have been supportive in 2017 close to you. Your personal resources will grow. You will receive money, rewards and bonuses.

It is very important to be flexible, adapt and keep an open mind. In business, you need to have a cautious approach when taking major decisions. You might consider a change of jobs, but don't make any decisions about this in the first part of the year.

Your ambition and talent for strategising will pay off in all areas of life. What makes you unbeatable is your survival instinct—don't ever taken it for granted. To be a leader, you will need to have the respect and support of your team, so make the effort to earn it. You judge others based only on their actions, but avoid being too critical. Leave some margin for errors. You are a complete romantic at heart and can get obsessive and grumpy about the smallest of things. It is time to be open-hearted and generous.

Career & money

2018 brings success and recognition. You will reap the rewards of all the hard work of the

Love & relationships

A domineering nature can be harmful for budding relationships—or any other kind. You are generally warm, romantic and fun, so let your SO see that side of you. He will love and admire you all the more for it. Single Capricorns are likely to find an optimistic, romantic partner this year. You need to be open to change. At home, a little kindness and patience will go a long way. Rekindle all personal relationships, as it will help keep you balanced emotionally. Cosmic energies will compel you to ignore your most important relationships; however, no matter how busy you are, you need to try and make time for them. >



FUTURE FIX

Avoid over-speculation. Jupiter provides intellect and the power to make decisions. Don't let this get to your head. Rather than making tall claims, get a realistic overview of where things truly stand. Have a more cautious approach in business.

COLOUR MATCH

Red, earthy brown, yellow, gold

LUCKY NUMBERS

4, 5

IMPORTANT MONTHS

FOR WORK & FINANCE:

February, May, October, November

FOR LOVE: January, May, September, October, November

FOR HEALTH:

January, April, October



Star twin: Tenacious and grounded, Deepika Padukone can expect to welcome a big change in her life after April.



Star twin: Dreamy and independent, Preity Zinta will find joy in the smaller things in life. This year, she might just find a home away from home.



You are not judgemental, but you never forget the way you were treated by someone. As you enter a time of great change, let it all go. Aquarians who are silent thinkers prefer isolation when they need to come up with innovative ideas. Originality, planning and organising are the three qualities that will work for you in 2018. Some amount of micromanaging and perfectionism will lead you to success.

Career & money

You seem to be on track to realise all your dreams and ambitions. New alliances will help you reach your goals. Planetary conjunctions help with the expansion of international trade. The second half of the year will be financially rewarding. Hard work, perseverance and patience will help you tackle delays and hiccups. Long-term associations will pay off

when it comes to your job or any new business venture. Keep your emotions on an even keel. Remember, you are expanding and are bound to face pressures. Managing expenses will be the core focus in 2018. Be clear when communicating expectations with colleagues or you won't get what you want. You need planned action and deliberate moves to sort your relationships with co-workers.

Love & relationships

Love, too, will be the focus of the year. Romance and a soulmate will make this an exciting time for dreamy Aquarians. You will enjoy the limelight. Old relationships need closure before you make way for new love, new romance and new possibilities. Your newfound desire to live life fully may startle those around you, as you will seem different and more exuberant in 2018. >



FUTURE FIX

Learning a new skill won't be as easy. You will need to have patience. Your drive must empower all those around you as well. Keep your ambition in check; understand that the ground reality is more important than reacting to current, short-term challenges. Be careful whom you trust.

COLOUR MATCH

Silver, white, blue, grey, yellow, red

LUCKY NUMBERS

1, 5

IMPORTANT MONTHS

FOR WORK & FINANCE: June, July, September
FOR LOVE: Throughout the year
FOR HEALTH: September, October, November

Pisceans are sensitive and pure of heart. You don't like rules—or so you like to think. 2018 will demand a shift. Your mind and heart don't always agree with each other, and that will cause further problems in decision-making. Your strong intuition and great communication and analysing skills will help you conquer all that you desire. Your helpful nature makes you a popular leader.

Career & money

Inheritance or a sudden windfall will change your fate in the latter part of the year. Procrastinating or delaying without proper communication will cause misunderstandings and unhappiness. New connections will bring great opportunities for expansion. Sharpen your skills to really rise at your workplace. Your hard work won't go unnoticed or unrewarded. Cosmic transits will result in mysterious and intriguing events that can be beneficial if you act promptly.

PISCES
FEBRUARY 19 - MARCH 20



FUTURE FIX

2018 calls for self-reliance and confidence. It also urges you to listen to your advisors and work in unison with a team. The planets are aligned well,

so take advantage of the good phases and work effectively. Be generous in your dealings. Your spiritual needs will be addressed slowly with new learnings.

COLOUR MATCH

Red, blue, grey, black

LUCKY NUMBERS

2, 6

IMPORTANT MONTHS FOR WORK & FINANCE:

April, March, October, November, December

FOR LOVE:

Throughout the year

FOR HEALTH:

February, April, November, December

Love & relationships

You will be very forgiving this year, and realistic too about what's happening around you. If you're trying to win someone's heart, go slow and accept that this may not go the way you want it to. One-sided relationships will only bring more heartache, so it is futile to even try and woo the person you are attracted to. New romance is on its way around the later part of the year. You will be passionate and intense once you learn to trust your instinct. A vacation will help resolve minor issues. Married Pisceans need to make spousal harmony their priority for a balance of energies. **F**



Star twin: Loyal, strong and sometimes unaware of what is good for her, Alia Bhatt needs to save her energies and must watch out for signs of exhaustion.

VOX POP

A New Year resolution you've kept the longest?

Pick a doable resolution this year



"This year, I started filling a gratitude 'jar' on Twitter. I called it #jarjarthings, and it is my way of documenting my day and giving thanks for the privileges I often take for granted. On some days, I've had to struggle to find something good. Those days have taught me to concentrate on the little things—having 2 am friends, a well-stocked library, good WiFi or playing with my dog."

Joanna Lobo, 31, freelance writer



"In 2017, my resolution was to eat healthy. It is a hard thing to do for a foodie like me. But I did manage to keep my resolution for three to four months. I had endless cheat days, but I'm glad I at least made an attempt to add some healthy food to my diet."

Drizzela D'Souza, 21, content writer



"The last time I kept a New Year resolution was about four years ago. I decided that I would try to sleep early and not watch TV after 2 am. I was successful for a month before I caved in and binge-watched *How I Met Your Mother* and *Breaking Bad!*"

Dipinti Dembla, 21, HR professional

"Last year, my resolution was to work out regularly and I stuck to it, barring a few off days here and there. It has helped me become stronger not just physically but mentally as well. Self-care is the most important thing for me now."

Neha Kapoor, 31, marketing consultant



"My resolution was to take good care of my skin, which was a bit damaged by pollution. I kept it for six months by following a good skincare regime. My skin felt better too. Eventually though, I went back to my lazy ways."

Patricia Monteiro, 24, student



HONEYMOON FROM HELL

You don't have to be married to have a disastrous first holiday with the love of your life. **Neeti Jaychander** has some horror stories and advice on how to avoid them

Travelling with your partner is a great way to connect with them, away from the humdrum of daily life. The US Travel Association interviewed 1,000 couples in 2013 to determine whether travel had a positive impact on their relationship—79 per cent said it did. This makes you wonder what the remaining 21 per cent has to say. You're in love and headed for a few chilled-out days. What could go wrong? Glad you asked.

'It felt like a never-ending trip'

Priya Raj* and Sunil Krishanan* spent a week touring the Nilgiri Hills, spending two days each in Ooty, Coonoor and Kotagiri. Priya says, "We should have stuck to one place and kept the trip to three days, so we could get a hang of sharing vacation space. There were instances of awkward silences where we just didn't know what to do with ourselves!"



"A WEEKEND TRIP WILL GIVE YOU AN IDEA OF THE CHALLENGES YOU MIGHT FACE ON LONGER TRIPS."

➔ Focus on quality, not quantity

It's best to first test the waters before a big jump. Manjula MK says, "A weekend trip is good enough for your first holiday. This will give you an idea of challenges you might face on

longer trips, and how to address issues that might come up."

'We needed another vacation to recover'

When homemaker Fathima Biwi and her husband

Mohammad, a garment exporter, planned a romantic getaway to Paris, little did they know it would be more exhausting than exhilarating! Since they wanted to make the most of their time there, the couple crammed in everything they possibly could in 11 days. Fathima says, "Our day started at 7 am and ended at 11 pm, and it was action packed—by the end of the tour, we needed another vacation just to recover from this one." >

➔ **Keep your schedule relaxed**

Travel agent Vinod Katri Babu says, "We suggest that couples don't have a packed schedule and take time out for relaxed lunches, dinners and spa experiences." Quieter getaways also work better for couples. "If couples want to visit Paris, we suggest they also spend some time at Nice or Champagne," says Katri Babu. Activity-based holidays are also getting increasingly popular as a way for couples to bond. Katri Babu suggests cycling through the English countryside, attending cooking workshops in Australia, or taking origami or ikebana classes in Japan.

'He was always in my face'

Priya and Sunil have been dating for two years. Their first holiday together was

a pretty big step for them. While everything seemed perfectly fine at the start, they soon realised that they should have planned ways to have some quiet me-time apart from each other too. Both found that level of proximity stifling, but didn't know how to broach the topic without hurting the other's feelings.

➔ **Carve out me-time**

Travelling as a couple does not mean that you stick together like a pair of Siamese twins! Just as you need space in your day-to-day life, you need distance on a holiday too. Go shopping by yourself while

he grabs a drink, or catch a play if he's off walking in the park. Then you can return to each other refreshed and with lots to talk about.

'We ran into six natural calamities'

Swedish couple Stefan and Erika Svanstrom made headlines back in 2011 when they encountered six natural calamities while on their four-month honeymoon. Facing everything from a snowstorm in Munich and flooding, cyclones and a narrow escape from bush fires in Australia to a 9.0 earthquake and tsunami in Japan,

the couple and their infant daughter had several narrow escapes.

➔ **Stay calm and get insurance**

While what happened to the Svanstorms was certainly unusual and rare, it's always a good idea to check weather forecasts and pay close attention to the scene on the ground at your destination. Babu says, "Assess your medical needs and keep a medical kit handy. Also, invest in travel insurance and medical insurance with maximum cover."

'Bridezilla took over our honeymoon too!'

Newlyweds Shruti and Aditya Menon, freelance architects who work together, had a five-day break from work, and decided to head to Dubai. Aditya left all the planning to his wife. "Big mistake," he says, "She pre-booked our tours, which gave me little room to change anything I didn't like. I wanted to do more adventure sports while she booked us on shopping and dining tours."

➔ **Meet halfway**

Psychologist and counsellor Manjula MK says the couple should have sat together and decided exactly what they did and didn't want from a vacation. "For instance, if one person wants to party and spend time by the beach while the other wants a dose of architecture and culture, places to consider would include Barcelona and Goa. Plan a mix of activities that suits both people, but don't be too rigid." **f**

"PLAN A MIX OF ACTIVITIES THAT SUITS BOTH PEOPLE, BUT DON'T BE TOO RIGID."



Schedule some me-time as well

Steam it up

Anupama Bijur offers tips so that your first attempt at shower sex is more than just water down the drain

If one is to believe research, the bathroom is a pretty popular place to have sex. According to a 2014 survey of 1,000 respondents by Durex, which studied the average American's fantasy versus reality orgasm experience, 54 per cent said they were satisfied with sex in the shower. If you want to be part of that happy club and wash away any embarrassing memories of sex in the shower, read on.

➔ *Get flexible*

There may be a lot to love about shower sex, but it does require some prepping—and working out. “To pull off shower sex, both partners need to be as flexible as a yoga practitioner. It calls for upper and lower body strength to support each other's body,” says Milan Vohra, India's first Mills & Boon writer.

➔ *Time to accessorise*

Specially designed shower accessories are now available to make shower sex safe. Skid-proof mats, single-locking suction footrests as well as single and dual-locking suction handles make it easier for couples to steam things up in a variety of positions. They also reduce the risk of slipping.

➔ *Testing waters*

Consensus on the water temperature may sound like a non-issue, but is a deal-breaker for many. Erotica writer Scarlett Grey says, “My husband and I like to spice things up a bit

GETTING HOTTER

“Water is a huge pleasure stimulus,” says Dr Kamalakar, adding that shower sex can be fulfilling if you're open to some trial-and-error. Here are some fool-proof positions to try out.

Stand up, leg up

While standing up, lift your leg and place it on a stool or on the edge of the tub. Your partner can stand in front or behind you and thrust in, holding you by the hips for deeper thrusts.

Up against the wall

With you facing the shower wall and your hands extended to support you, invite your partner to enter from behind, as the water cascades down. Arch your back to allow him in.

Pick-me-up

Mount yourself on your partner's hips and lean against a wall for support. You could grab hold of a towel rod or a wall clamp for better support. With both of you facing each other, you can kiss as you climax.

Floored

Sit down on the floor with your legs facing forward and straddle your partner. This position offers better support, as one partner can lean against the wall.



“SHOWER SEX CALLS FOR UPPER AND LOWER BODY STRENGTH TO SUPPORT EACH OTHER'S BODY.”

sometimes. One day, my husband got into the shower and started off the mechanics of the whole thing. I took off my clothes, got in and almost screamed! That was the day I realised my husband likes showering in scalding hot water.”

➔ *Slip it on*

It's easy to get caught in the moment, but both partners should know that condoms too are prone to slipping in the shower. “Also, don't use soap or shower gel as lubricants because they

can cause irritation. Use silicone-based lubes or even vegetable oil instead,” says Dr NandKishore Shapur Kamalakar, Senior Consultant, Urology at Columbia Asia Hospitals, Bangalore.

➔ *Lead up and follow through*

If you're not still convinced about shower sex, use the steamy shower stall to work up some lather and love hormones. “Finish up in the bedroom and return to the shower to cool off,” says Vohra. **f**

INSIDE JOB

No one at work might tell you this, but you need to hear about the habits that are denting your credibility as a professional.

Anindita Ghosh serves some home truths



Not quite shimmying up the corporate ladder as fast as you expected to? There's a chance you've fallen into certain toxic behaviour patterns that are sabotaging your goals. Make this year different by resolving to break free from these endless and destructive cycles. We gather some great tips to help you realise your full potential.

ALWAYS LATE



Missing deadlines or failing to reach meetings on time—these are all things your company's management will take note of. "Not respecting other people's time, be it colleagues, clients or external vendors, reflects poorly on your work ethic. Employees who do not submit reports or other critical information on time also affect the productivity of the team," says Dr Gayathri Vasudevan,

ATTENDING PERSONAL CALLS THROUGH THE DAY WILL COUNT AGAINST YOU.

co-founder and CEO of LabourNet Services India, a social enterprise that enables sustainable livelihoods for the disadvantaged.

➔ **GET OVER IT:** Schedule every meeting or appointment 15 minutes earlier than it is, in your planner. This way, you give yourself extra buffer time to be punctual. If your unpunctuality, however, stems from a lack of interest in your job or is a passive-aggressive way for you to express resentment, address the core issues with the help of your manager or a counsellor.

ZONING OUT



According to the 2014 Wasting Time at Work Survey by

salary.com, 89 per cent of people waste away time in the office. While 31 per cent waste around 30 minutes daily, 31 per cent waste about an hour. Teja Gudluru, CEO and founder of UDo, an app that provides expert solutions to users on a variety of issues, says, "The average employee spends a lot of time on non-productive tasks such as having too many internal chats." Just being online on social media is a huge distraction too and reflects badly on your work ethic. It goes without saying that those employees rarely make it to the list of star performers. Attending personal calls frequently through the day, taking off for extended lunches with friends and sneaking out for shopping or to run personal errands during work hours, these little transgressions add up and will count against you.

➔ **GET OVER IT:** Monideepa G, a content developer, tried to cut down her internet usage at work. >

"I made a conscious effort to not respond to every work email as soon as it arrived in my inbox while I was working. I slotted some time later in the day when I would respond to them according to priority." Plug-ins like StayFocusd and LeechBlock or apps such as Spaces, Desktops and Pomodoro can help you stay on the ball by blocking applications that may distract you from the task at hand. Also, tell friends and family that your time at work is sacrosanct and that they should avoid calling you unless it is for something important. And if the temptation to play hookey is too strong, remember that an employee who is unreliable will be the first to be handed a pink slip.

ZERO FORESIGHT



Poor planning and putting things off till the last minute are cardinal sins at the workplace because they have a domino effect on the whole team's productivity. "Lack of planning can have a cascading effect on the entire team. For instance, if the manager doesn't prioritise or plan short-term and long-term goals with specific timelines, how will he/she be in a position to give direction effectively?" asks Vasudevan.

➔ **GET OVER IT:** Sales manager, Meera Mallick, says, "I make a to-do list every morning and make sure I stick to it. Then I consult with my boss and co-workers, and prioritise the most important tasks of the day. I concentrate on finishing these first."



Stay away from office gossip

IF YOU HAVE NOTHING NICE TO SAY ABOUT A CO-WORKER OR BOSS, DON'T SAY IT.

GANGING UP



Employers do not look kindly on employees who indulge in office politics. So whether it's your penchant for gossiping about your colleagues and seniors or pitting people against each other, it's all equally toxic in your boss's eyes. Pathak says, "Lack of team spirit, egoism and greed for power can make employees work against each other rather than with each other."

➔ **GET OVER IT:** No organisation will tolerate someone who promotes

disharmony. So, avoid gossiping. If you don't have anything nice to say about a co-worker or boss, don't say it. Don't whine about your job to your colleagues. Your boss would rather have you tell him/her your issues instead.

TOO BORED TO TRY



Getting into a rut is natural after a number of years at an organisation. This, however, should not translate into a lack of initiative. "While training sessions are made available for employees, not many take advantage of them. They get comfortable with their existing skill set and stop thinking of growth," says Pathak.

➔ **GET OVER IT:** Whenever you find yourself losing focus, think of all the reasons you love your job. "Take initiative, suggest improvements and help teammates perform better," says Vasudevan.

JUST BAD MANNERS



Sometimes, it's easy to lapse into a very casual mode,

especially if the culture in your workplace is relaxed. But this can be a slippery slope and encourage boorish, inappropriate or just plain awkward interactions.

➔ **GET OVER IT:** When you work in an office, you need to think of not just your comfort but also of those you work with. So, throwing tantrums or cussing will not just get your employer's goat, but will also have your colleagues turn against you. "You have to treat your co-workers with respect and that includes not using bad language, or making sexually inappropriate or offensive comments. Maintain decorum and stay within your limits," says advocate Brinda Kumar, who runs a law firm in Delhi. **F**

CLASSIC REMIX

Kick-start a year of fabulous fashion with these key closet updates, which give a modern spin to your everyday wardrobe heroes



LAURA BIAGIOTTI

CHRISTIAN DIOR

DOLCE & GABBANA

MOSCHINO

LUCCO VANOTTI



Wool pullover, ₹2,999, Only



Metal sunglasses, ₹4,000, John Jacobs

Metal earrings, ₹4,500, Loupe @ Popupgalleria.com



Knit cardigan, ₹2,499, Marks & Spencer



Denim trousers, ₹2,299, Pepe Jeans

TEAM PLAYERS

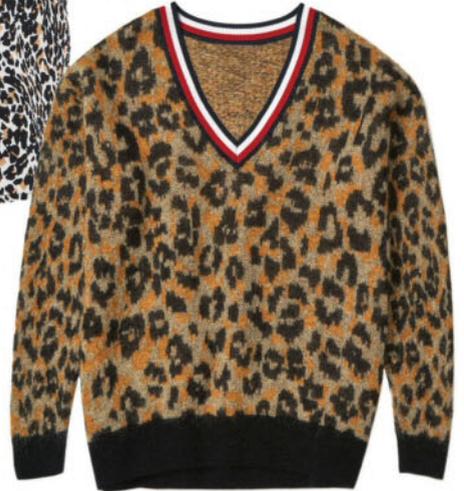
Look uber-cool in these of-the-moment pieces that come with a twist



Polyester blend dress, ₹2,490, Zara



Cotton T-shirt, ₹1,499, Only



Wool sweater, ₹4,999, Tommy Hilfiger

CAT WALK

Hold on to your leopards for dear life as fashion's favourite print comes back to tame the town



MICHAEL KORS



Metal earrings with semi-precious stones, ₹1,033, Accessorize



Leather and velvet sling, price on request, Jimmy Choo

STYLE TIP

Jazz up your monotone outfits with animal print pumps.



Leather pumps, ₹8,699, Charles & Keith



Denim trousers, price on request, Diesel



Knit cardigan, ₹4,999, Junarose



Knit pullover, ₹3,999, H&M Studio



Jersey skirt, ₹2,299, Only

Metal choker, ₹4,500, Anomaly by Anam



KNIT BITS

Your humble knitwear gets a luxe upgrade with deconstructed shapes and architectural details



Knit and velvet heels, price on request, Fendi



PVC sling, ₹4,128, Cath Kidston

Knit beanie, ₹1,464, Accessorize



Wool scarf, ₹999, Monte Carlo



CHANEL

STYLE TIP
Add sophistication to your turtleneck by wrapping a choker over it.



Satin blouse, ₹1,899, Vero Moda



Faux fur wallet, ₹3,838, Cath Kidston



Satin maxi, ₹3,499, Marks & Spencer

SMOOTH MOVES

Take a hands-on approach with classic textures like velvet, fur and satin brushed in playful shades



Corduroy skirt, ₹4,499, Tommy Hilfiger



STYLE TIP
Pair plush fabrics with dainty jewellery for a polished look.



Sterling silver bracelet with enamel and cubic zirconia, ₹5,999, Pandora



Metal earrings with crystals, ₹1,025, Accessorize



Velvet boots, price on request, Jimmy Choo

JASON WU



Roaring twenties

The choker makes its way to the spotlight in exaggerated sizes and proportions. Load up on these overblown pieces for maximum impact

- 1. Yellow gold choker with black jadeite and diamonds, price on request, **Hermès**
- 2. Gold choker, price on request, **Pallavi Foley**
- 3. Gold-plated choker with stones, ₹7,600, **Bansri @ Perniaspopupshop.com**
- 4. Crystal-studded choker, ₹18,500, **Anaqa Jewels**
- 5. Sterling silver choker with gold plating, ₹24,500, **Misho**
- 6. Metal choker with gold finish, ₹5,000, **Eurumme**

THE CV

The duo met while studying fashion design at NIFT, Bangalore, and moved to Delhi to pursue their entrepreneurial aspirations. After about a year of working with other designers (Shyma Shetty with Nitin Kartikeya and Pranav Kirti Mishra with Abhishek Gupta and Nandita Basu), they launched their clothing brand, Huemn, in 2010. The label producing menswear and womenswear has



managed to stay ahead of the curve. "We set up the brand to establish a community of like-minded people," says Shetty. This fall, the designers produced their largest-ever line comprising 153 pieces.

COLOURS: AFTER DARK

The classic indigo hue (from denim) is the mainstay of this collection. Complementing it are black, a deep-sea green, red, olive green and ivory.



Come as you are

With their fall/winter 2017 line, Huemn's Pranav Kirti Mishra and Shyma Shetty have started a bold conversation about inclusivity and individuality. Aditi Rao listens in

Textiles: Tough love

Water-resistant parachute fabric, silk, cotton, denim, leather and velvet make up the canvas of the collection. Mishra says, "We've worked with denim for the first time and it has been used extensively. Prior to starting Huemn, I used to work at a denim company, which inspired my love for the material."



INSPIRATION: DIFFERENT FOLK

The collection started out with the idea of inclusivity. A series of real-people stories were brought to life by American photographer Mark Hanauer who collaborated with Huemn. The 'Huemn Stories' attempted to drive home the point that we're all different from one another and that's what makes us beautiful. "Given the political climate at the time we were working on the collection, issues of feminism, gender bias and racism seeped into our work effortlessly," says Mishra.



FEMINA

BE UNSTOPPABLE



Isn't it time we did away with the
'perfect body' myth? Let's talk.
[@femina.in/fitness](https://www.femina.in/fitness)

SILHOUETTES: REBEL NATION

True to the theme, the collection features a range of diverse shapes—boxy silhouettes, deconstructed forms, fitted dresses, crop tops and biker jackets. A subversive take on the burkha was also part of the line-up. “We were surrounded by bans based on race, religion and gender, and we wanted to make a statement,” says Mishra.

PRINTS: NAME CALLING

The line features logo prints for the first time. “I think the time is right, people believe in our message and want to be part of the community,” says Shetty.



DETAILS: TEXTURE TROVE

Quilted dresses with dori work were engineered to closely fit the body. Puffer jackets with exaggerated shoulders and extended arms featured prominently and so did delicate, handcrafted 3D flowers.



Celebs: Trail- blazers

The label is a favourite with Bollywood A-listers such as Anushka Sharma, Shraddha Kapoor and Deepika Padukone, and has also found a following among alternative tastemakers like singers Anushka Manchanda and Monica Dogra, and model/actor Priyanka Bose. **F**

Shimmer in the dark

Jimmy Choo has released its Cruise 2018 campaign, featuring Cara Delevingne and photographed by Tom Craig. It captures the different moods of Delevingne's Saturday night. She is seen strutting around the streets of New York in fur-lined loafers, beaded boots and metallic pumps. These sparkling beauties have arrived just in time for the party season.

PRICE: **On request**

AVAILABLE AT: **Select Jimmy Choo boutiques**



Trending

Femina's round-up of the latest news, views and buzz in fashion



TIME KEEPERS

What happens when two very different brands like the quirky Masaba and the classic Titan Raga come together? You get a playful line of watches that features animal motifs and unconventional dials. Available in gold, rose-gold and tan leather, these pieces are the revamped

classics your wardrobe needs now.

PRICE: **₹7,999 onwards**
AVAILABLE AT: **All Titan Raga retail outlets**

DENIM BLOWOUT

Levi's is celebrating 50 years of its iconic trucker jackets. In honour of its golden jubilee, the brand has collaborated with influencers from around the world, who have put their design stamp on the denim toppers. The collab features only 50 jackets and includes designs from Indian tastemakers like Masaba Gupta, Anita Dongre and Kayaan Contractor.



LAUNCHES WE LOVE

Mumbaikars, we are delighted to announce the opening of Spanish label Massimo Dutti at High Street Phoenix. The fashion label is known for its high-end separates, which are the epitome of cool. Meanwhile, in Santacruz, adidas Originals has opened its first Fashion Destination Door store. This concept retail space stocks the brand's exclusive merchandise and statement collection drops.



Holiday cheer

Cosy up in the season's most-flattering knits and outerwear with Gap's holiday line. Featuring multi-coloured stripes, plush velvet, party sequins and vintage textures on dresses, skirts and bomber jackets, this line will take you from basic to très chic in an instant. Good vibes guaranteed!

PRICE: **₹1,299 onwards**
AVAILABLE AT: **All Gap retail stores in India**





STREET TALK

High fashion gets a laidback, street-style treatment with subversive punk elements thrown into the mix. It's just how we roll.

Photographs: **Meetesh Taneja**

DATE NIGHT

Hit the bar with a '70s-style band jacket over a sequinned number.

Sequinned dress, price on request, **Namrata Joshipura**; silk bow, price on request, **Anamika Khanna**; suede jacket, price on request, **Karn Malhotra** >



SHINE QUEEN

Layer a shimmery cocktail dress over a roll-neck blouse for some instant cool.

Knit turtleneck, ₹4,500, **Munkee**.
See.Munkee.Doo; mesh dress, price on request, **Manish Malhotra**;
gold-plated earrings, price on request, **The Line @ Le Mill**; fishnet stockings, stylist's own



TULLE TOWN

Serve up feminine florals and delicate sheers with a side of gritty checks.

Embroidered tulle dress, price on request, **Huemn**; cotton jacket, ₹12,500, **Chola**; embellished denim jacket, price on request, **FCUK**; suede sandals, price on request, **Hermès**; crystal rings, crystal earrings, both prices on request, **Swarovski**; metal bangle, ₹7,557, **Outhouse**; faux leather cuff, ₹1,500; **Curio Cottage**; fishnet stockings, stylist's own ▶

**LONDON
UNDERGROUND**

Dress down a flamenco-style gown with knee-high boots and your favourite plaid shirt.

Leather blouse, ₹14,500, **Huemn**;
silk taffeta gown, price on request,
Sonaakshi Raaj; leather boots
₹5,500, **The Source**; silver and
brass earrings, ₹6,500, **Anomaly
by Anam**; fishnet stockings,
stylist's own





DARK DAYS

Wear your couture gown in the AM with preppy accessories.

Silk velvet gown, price on request, **Manish Arora**; leather beret, price on request; **Christian Dior**; silver and brass choker, ₹4,000, **Anomaly by Anam**; crystal earrings, price on request, **Swarovski**; metal bangle, ₹7,557, **Outhouse** >



SHOW TIME

Stop traffic in a gilded sculptural dress with voluminous sleeves.

Mesh dress, price on request, **Amit Aggarwal**; chiffon maxi, ₹16,500, **Saaksha & Kinni**; gold-plated hoops, ₹14,200, **Misho**; leather pumps, price on request, **Christian Louboutin**; fishnet stockings, stylist's own >

FRINGE ELEMENTS

Get shimmy-ready in a luxe knit with flapper details.

Cotton and mesh cardigan, ₹25,400, **Untitled&Co**; beaded skirt, price on request, **Anamika Khanna**; onyx earrings, ₹6,250, **Eurumme**; silver and brass alloy cuff, ₹4,500, **Anomaly by Anam**; metal sunglasses, ₹37,000, **Fendi**; cotton blend stockings stylist's own >



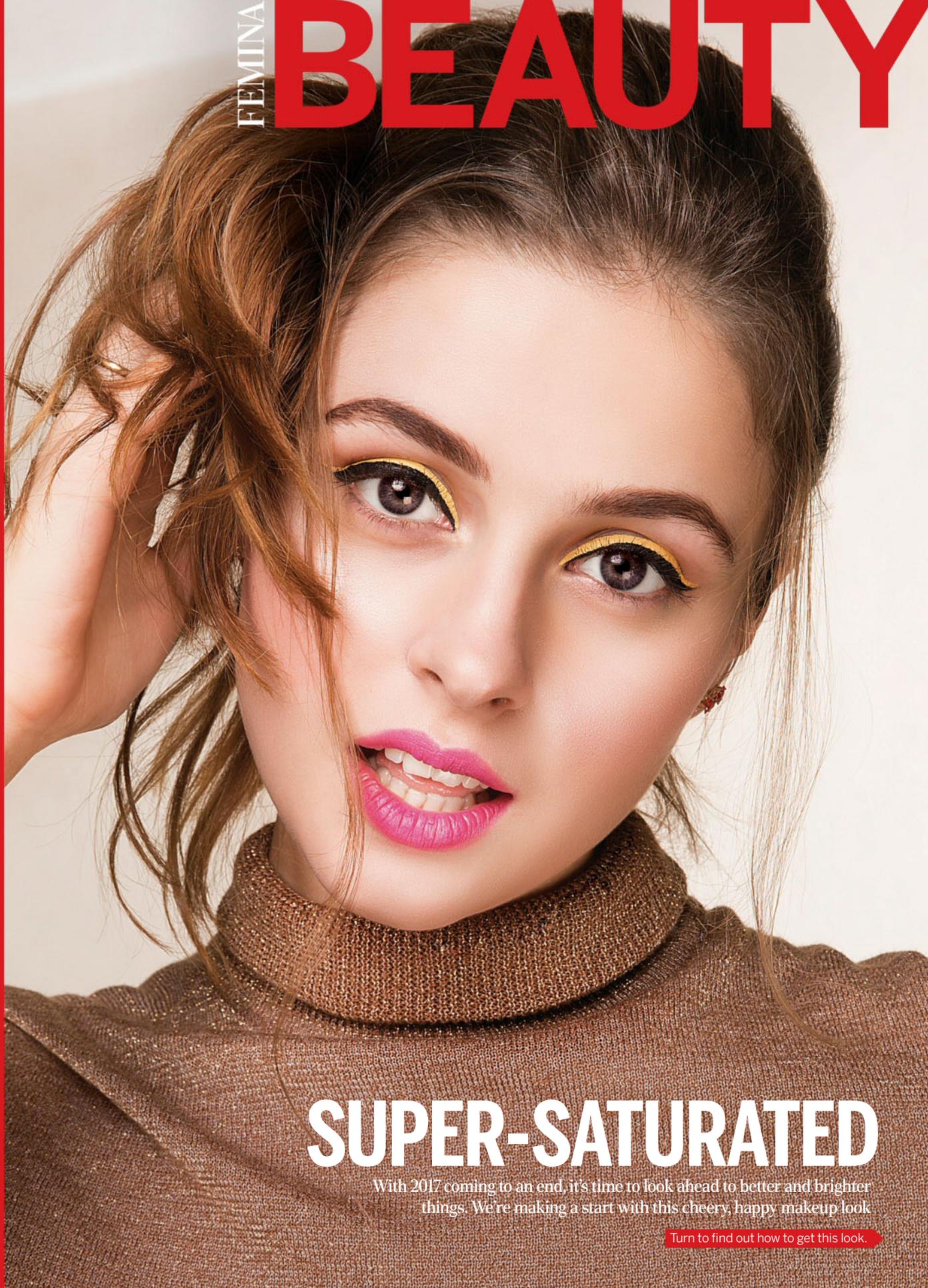
RUSH HOUR

Add an edge to a feminine pussy bow blouse with fishnet stockings.

Silk and wool dress, price on request, **Hermès**; leather and knit boots, price on request, **Christian Louboutin**; gold-plated choker, ₹18,000, **Suhani Pittie**; fishnet stockings, stylist's own 

FEMINA

BEAUTY



SUPER-SATURATED

With 2017 coming to an end, it's time to look ahead to better and brighter things. We're making a start with this cheery, happy makeup look

Turn to find out how to get this look.

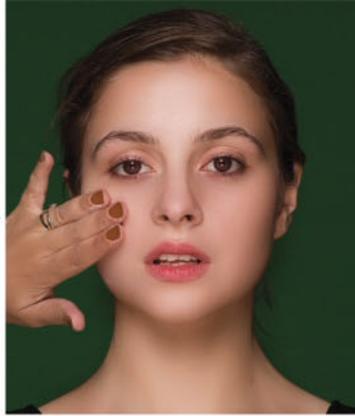
GET THE LOOK

Makeup artist Amelia Daswani shows **Madhura Sansare** how to create this bright and happy look



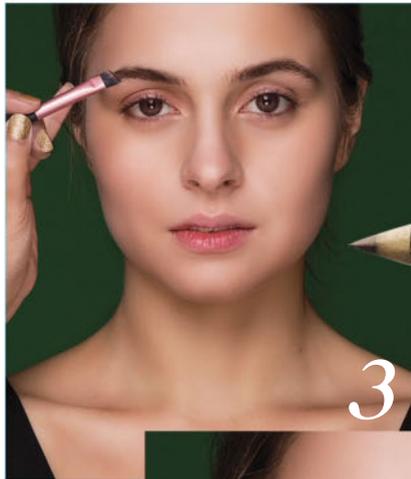
1

Use a moisturiser to prep your face. Apply concealer under the eyes area to hide any puffiness as well as any marks or blemishes.



2

Follow with a foundation to get a flawless base. Set it with pressed powder.



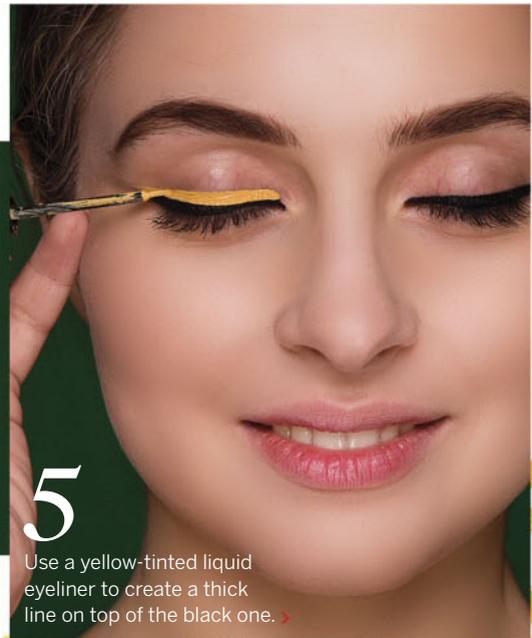
3

Use a dark brown tint on your eyebrows to fill them in.



4

With a black liquid eyeliner, draw on a thick line on your upper lashline and pull on the wing lightly.



5

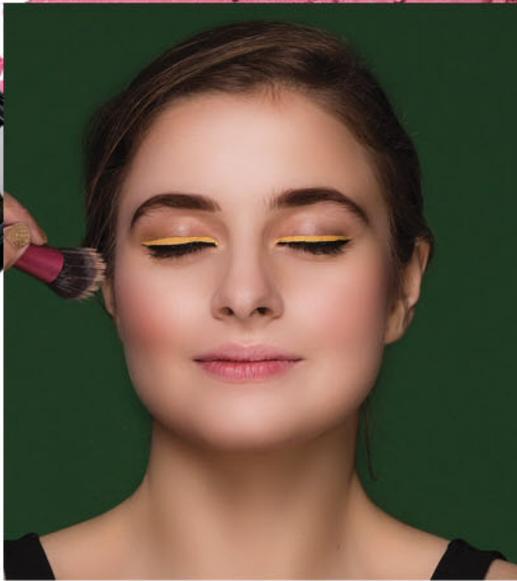
Use a yellow-tinted liquid eyeliner to create a thick line on top of the black one.





6

Apply a hint of blush on the apples of your cheeks.



7

Use an icy silver highlighter on your cheekbones to add some sheen.



USE TAPE AS A GUIDE TO CREATE THE PERFECT WINGED TIP.



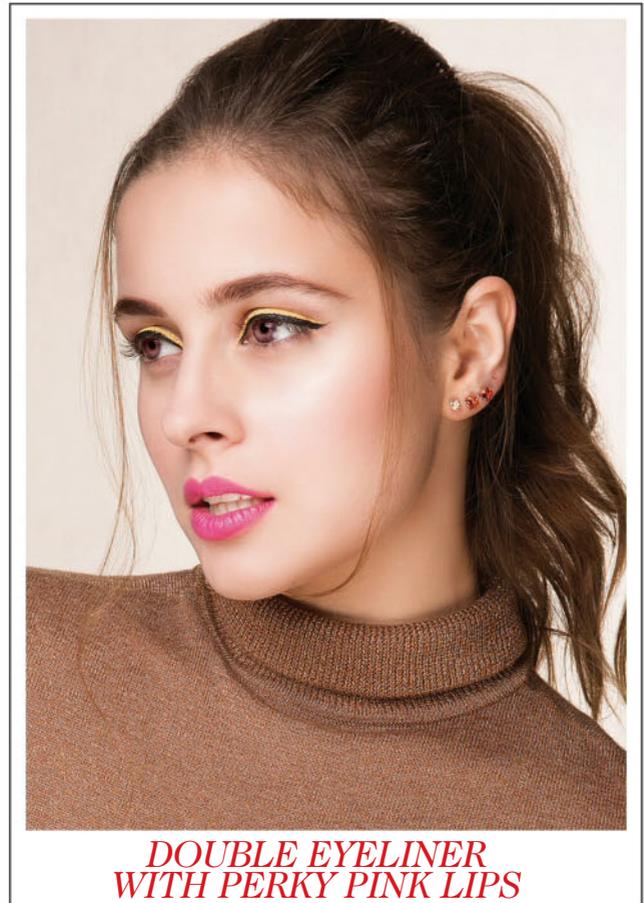
8

Line your lips with a pink lip pencil.



Follow with a bright pink lip colour to finish.

9



DOUBLE EYELINER WITH PERKY PINK LIPS



Glitter BOMB

Get your dazzle on with these party-ready beauty essentials, says Madhura Sansare

1. The Body Shop Honey Bronze Highlighting Dome, ₹1,195
2. Lotus Make-up Ecostay Insta-smooth Perfecting Primer, ₹675
3. IsaDora Grand Volume Lash Styler, Black, ₹1,750
4. Kiko Milano Water Eyeshadow, Flamingo Pink, ₹1,050
5. Lakmé Absolute Shimmer Brick, ₹725
6. Elizabeth Arden Cream Blush, Pink, ₹1,990
7. Colorbar Smokey Eyes Eyeshadow Palette, ₹1,350
8. L'Oréal Paris Lip Paint/Lacquer, Darling Pink, ₹799
9. Maybelline New York Color Jolt Matte Intense Lip Paint, Don't Pink With Me, ₹450
10. MyGlamm Chisel It 3-in-1 Highlighter Blush Bronzer, ₹1,250
11. Sisley Phyto Khol Star Glittering Eyeliner, Black Diamond, ₹3,100
12. NYX Professional Makeup Away We Glow Liquid Highlighter, Daytime Halo, ₹750
13. Faces Ultimate Pro Liquid Lipstick Matte, Kiss Of Fire, ₹899
14. Nykaa SKINgenius Sculpting and Hydrating Foundation, Warm Sand, ₹575
15. Shiseido Luminizing Satin Eye Color Trio, shade no. BL310, ₹2,400
16. Kiko Milano Gossamer Emotion Creamy Lipstick, Sangria, ₹1,050
17. Yves Rocher Eyeliner, Sapphire, ₹900



PHOTOGRAPH: VINAY JAVKAR;
 ART DIRECTOR: DIGITAL AND BEAUTY; SAMEER MORE;
 PHOTO RETOUCHE BY SUPRISOSEN

GO GOA

Be the star of your year-end resort vacation with messy beach waves and a mini braid, says **Sanjana Salunkhe**

Nothing says holiday hair like beachy waves woven with a braided detail. No matter where you are heading this season, textured waves with a tight cornrowed braid is the right way to go. Alia Bhatt shows us how to take this pretty trend from runway to real world.

IF YOU LOVE THIS HAIRDO AS MUCH AS WE DO, TAKE NOTES.

First step: beachy waves. Use a smoothing shampoo to amp up the gloss. Follow it with a moisturising conditioner for healthy-looking ends. Blow-dry and apply a serum. Now, start curling your hair into soft waves with a tong. Make sure to tightly twist your hair while you wrap it for that messy, undone look. Apply ample amounts of hairspray to keep the waves light and floaty. Now, part your hair on one side, take a small section from the hairline and start braiding into a cornrow. Braid it till your ear lobe and let the rest of your hair loose. Finish with a shine serum. **F**



Alia Bhatt

PHOTOGRAPH: YOGEN SHAH



Matrix Opti.Care Smooth Straight Shampoo

Philips Kerashine Dryer

Ikonic Curling Tong

BBlunt Intense Moisture Hair Serum

ADD MULTIPLE BRAIDS FOR A BOHEMIAN LOOK.

TIGI Rockaholic Fun Times Flexible Hairspray

Toni&Guy High Shine Serum Drops

L'Oréal Professionnel Smooth Revival Conditioner

GREEN WAVE

An unusual colour for the nails, but that's exactly why it works so well, says **Madhura Sansare**



1. Avon True Color Satin Matte Finish Nail Enamel, Island Goddess, ₹149
2. Maybelline New York Color Show Nail Polish, Mint Mojito, ₹110
3. O-P-I Nail Lacquer, I'm Soo Swamped, ₹850
4. Lotus Make-up Ecostay Nail Enamel, Jade Green, ₹199
5. BeYu Ultra Shine Nail Lacquer, Green Splash, ₹425
6. Maybelline New York Color Show Nail Polish, Tenacious Teal, ₹110
7. Studio West Nail Polish, Sobo Chic, ₹145

SKIN

My friend recently suggested waxing the upper lips and cheeks.

What are the pros and cons of using wax on the face?

— Ruchika Sharma, Bangalore

Any friction or pull can cause pigmentation for those with sensitive skin. Waxing can also lead to bacterial infection in the hair follicles, which appears as tiny pustules. Sometimes, it can trigger acne or pimples too. It is best to opt for laser hair removal after getting your hormones tested for polycystic ovarian syndrome. If you have to wax, make sure you apply an antiseptic cream immediately after waxing.

Dr JAISHREE SHARAD

Celebrity cosmetic dermatologist and CEO of Skinfiniti Aesthetic Skin & LASER clinic, Mumbai



MAKEUP

I use a quality foundation and concealer, but my base still wears off. How do I make it last longer?

— Disha Singh, Haryana

You may have oily skin, which 'eats up' makeup faster than any other skin type. The trick is to keep oily skin hydrated. Use an oil-free lotion and a prepping spray with Vitamin C. Cut back on foundation and add concealer only to the areas that need coverage. Set your makeup with a loose powder first and then with a Studio Fix compact from M·A·C to create a long-lasting base.

KAPIL BHALLA

Renowned celebrity makeup artist



HAIR

How can I prevent both breakage and colour fading at the same time for colour-treated hair?

— Tanya Maheshwari, Mumbai

Today's colours are resilient, and laden with conditioning moisturisers that can prevent excessive breakage. The only family of colours that is likely to fade fast is the reds. So, if that is what you're using, then slightly intensify the hue. Also, make sure the colours are emulsified at the time of wash, and get colour+moisturising hair spa done soon after. This will not only prevent colour fading, but will also boost the health of your hair. **f**

NATASHA NAEGAMVALA

Director of Nalini of Nalini & Yasmin Salon Pvt. Ltd



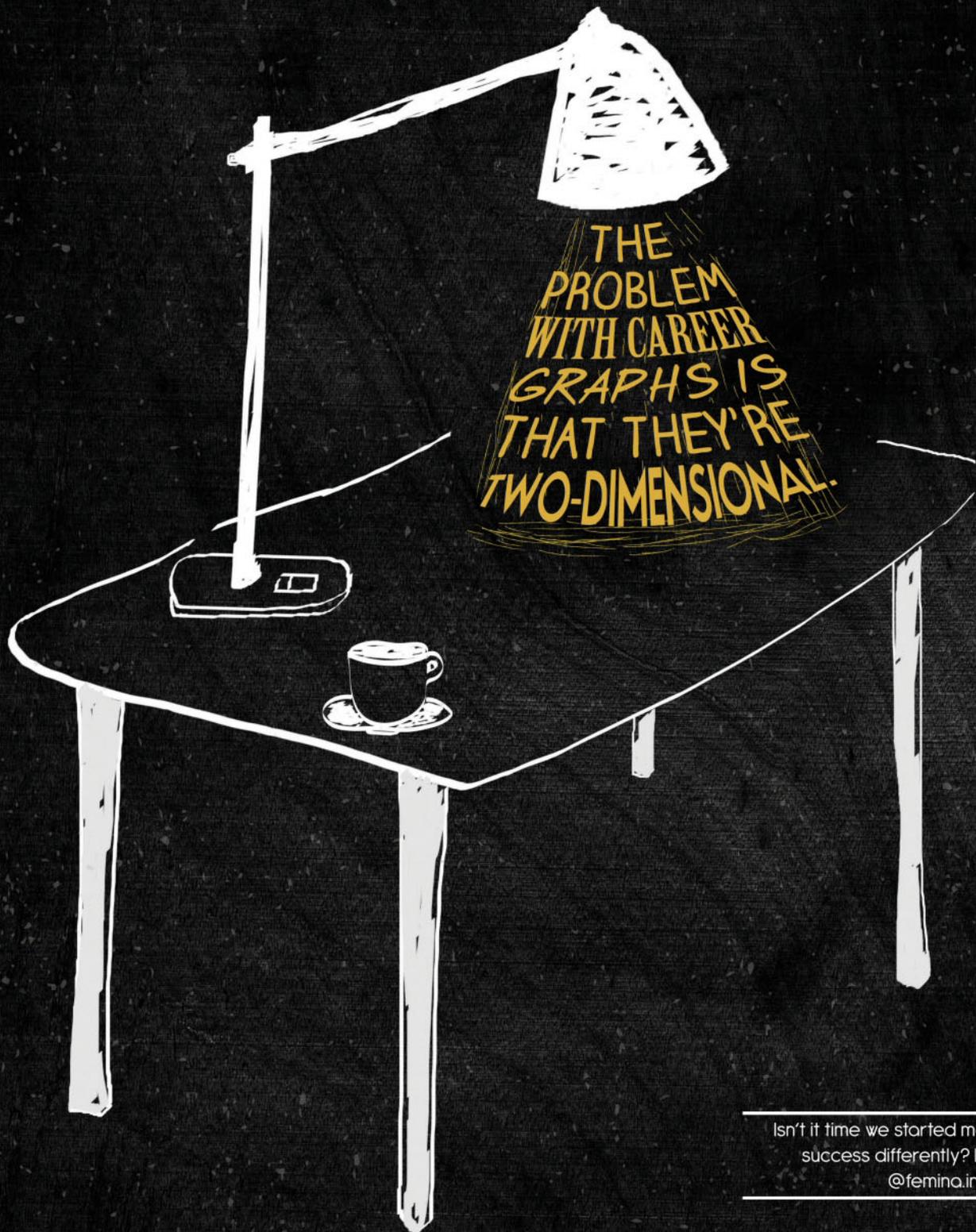
YOU ASK

The one-stop panel for all your skin, makeup and hair questions

Send in your queries to femina@wmm.co.in

FEMINA

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Isn't it time we started measuring success differently? Let's talk.
[@femina.in/lifestyle](https://www.femina.in/lifestyle)

HOT RIGHT NOW

All that's fresh and fun on the beauty shelf

AMAZONIAN SECRET

The Body Shop has brought all the goodness of age-old traditions from Amazon to create the Amazonian Saviour Multi-Purpose Balm. Infused with natural oils like organic Babassu and Andiroba, the balm uses nine ingredients to intensely nourish dry skin. The balm also promises to revive the appearance of tattoos, and fade the marks and scars on the skin. It is formulated without silicones, colourants, mineral oil, paraffin or fragrances, and is a 100 per cent vegetarian formula.

PRICE: ₹1,195
AVAILABLE AT:
The Body Shop

MOISTURE HOUR

Banish winter dryness with the Malu Wilz Caviar Moisturizing Cream, which promises flawless hydration. Made with highly concentrated hyaluronic acid and an exclusive caviar extract, the cream works to reduce fine lines and wrinkles, and ensure smooth, youthful-looking skin. The cream also contains brown algae extract, which provides long-lasting moisture during the cold, dry months.

PRICE: ₹3,999 (50 ml)
AVAILABLE AT: **Malu Wilz**



SUPER STAY
MATTE INK

POUT PERFECT

Plump up your pout with the Maybelline New York Super Stay Matte Ink range. The improved formula colours the lips in a saturated liquid matte formula, and stays on for 16 hours straight. The unique applicator brush comes with a pointy tip for flawless application without having to use a lip liner. Available in 10 super-saturated shades, this lip colour a total party essential.

PRICE: ₹650
AVAILABLE AT: **Leading retail outlets**

EYES RIGHT

Nykaa Cosmetics recently launched its eyeshadow palette called Just Wink it!, a range with three palettes. The colours range from golds to wines and blues. The shades are all blendable, and can be used individually or mixed to create a wide variety of glam looks. The palettes come with a multipurpose brush, a blending sponge and a brush applicator, ensuring perfect application every time.

PRICE: ₹650
AVAILABLE AT:
Nykaa.com

FLAWLESS GLOW

This party season, put your best face forward with Lotus Herbals Cellular Glow Facial Kit. An easy-to-use, four-step kit, it comes with a deep cell activation system that uses micro particles to improve your skin's natural radiance. Choose from four amazing variants—Radiant Gold, Radiant Pearl, Radiant Diamond and Radiant Platinum. Shine on!

PRICE: **On request**
AVAILABLE AT: **Leading retail outlets**

Dads for change

Debasmita Dasgupta wants the world to know that fathers can be natural allies for their daughters. It's the theme of her popular 'My Father' illustrations, finds **Chirag Mohanty Samal**

As a kid, Kolkata girl Debasmita Dasgupta often accompanied her father to his theatre rehearsals. He directed and acted in plays with a strong social message. These plays were what fuelled Dasgupta's desire to find purpose as an artist.

It found expression in her online illustration series called 'My Father'. Through it, she hopes to engage fathers of daughters in the fight for women's rights. There was a very specific group of women Dasgupta had in mind, that is the millions of girls who don't get an education, are married before the age of 18, fall prey to female foeticide and are victims of physical abuse.

The idea for the series came to Dasgupta around 2013 when she came across a video online. "After I heard a TED talk by Afghan educator and women's rights champion Shabana Basij-Rasikh, I felt something had permanently changed inside me. Basij-Rasikh grew up in Afghanistan during the Taliban regime. Despite all odds, her father never stopped fighting for her education. He used to say, 'People can take away everything from you, except your knowledge,'" recalls the 37-year-old.

Basij-Rasikh's story compelled Dasgupta to do something. "I illustrated her story and posted it on Facebook. Then I looked her up and shared the illustration with her. She was so touched that she forwarded it to her students, and then I started getting emails from a lot of Afghan men, thanking me because they felt someone was trying to show them in a positive light," she says. Encouraged, Dasgupta started looking for similar positive and



moving father-daughter stories from across the globe. She says, "I asked myself, 'Who can make a difference in these girls' lives?' One of the answers I found was, 'A father can.' As a decision-maker in a largely patriarchal society, a father can truly celebrate girl child's birth. Some fathers out there are real-life inspirations that the world needs to find out about. Their voices must be heard and that is my mission through My Father illustrations."

A mass communication graduate now based in Singapore, Dasgupta has specialised in communications

for non-profits. This led to stints with international organisations, like Oxfam, the United Nations, and Singapore-based Asia-Europe Foundation. After 12 years in the field, she wanted to create something of her own. "I founded ArtsPositive, a non-profit, where we create illustration-based social campaigns to challenge stereotypes. My Father illustrations are part of that goal."

Besides engaging through social media, Dasgupta felt the need to connect with fathers and daughters in real life. "That's how Doodle With Dad started in 2015. Through this campaign, I partner with local organisations and communities like Leher and Magic Bus, to facilitate art camps for fathers and daughters." These art camps, so far organised in Kolkata and Mumbai, not only strengthen the father-daughter bond, but also initiate discussions on topics like female foeticide and child marriage.



WORK IN PROGRESS

Microsoft CEO, Satya Nadella, wanted to write a business book that would report directly from the eye of the storm. In an exclusive chat with **Anindita Ghosh**, he explains why he had to tell his story this way

Before Satya Nadella wrote this book, few people knew much about the man at the helm of one of the world's largest tech conglomerates. When he became CEO of Microsoft in 2014, we in India were thrilled to discover he has roots in Andhra Pradesh and that he is passionate about cricket. It was, however, only after the September 2017 release of his book, *Hit Refresh—The Quest To Rediscover Microsoft's Soul And Imagine A Better Future For Everyone*, that the world got a glimpse of the man behind the title. In this chat with *Femina*, Nadella tells us about the milestones that have shaped him, the importance of empathy in a cut-throat business and the women who keep him grounded.



What impact did your Indian upbringing have on your professional and personal life?

One of the best pieces of advice that I ever got was from Steve Ballmer, who was my predecessor, when he was retiring. He said, "Be your own person." I am a culmination of what I grew up with in India and then what I grew up with in the United States. It is very difficult for me to even untangle these two things. So it's very hard for me to attribute parts of me to my (Indian) upbringing or the American life that I lead. I do, however, know one thing for sure: if it were not for my first 21 years in India, my next 25 years in the US wouldn't have been possible.

"I AM A CULMINATION OF WHAT I GREW UP WITH IN INDIA AND THEN WHAT I GREW UP WITH IN THE UNITED STATES."

What inspired you to write *Hit Refresh* at this point in your life?

Most business books are written as either great successes or failures, and none of them are written while going through the process of change or transformation. I wanted to reflect in the fog of war, so to speak, about both the change happening inside our company and the need for change in the world. While writing, I had to go back and talk about my life, because in some sense, who I am and how I think about the company, the world and our role in it, is heavily influenced by how experiences have shaped me. Most people would write it when it's all done, but I wanted to reflect on it while it's not done.





How has your personal life—your role as a family man—turned you into the leader that you are?

As I look back now, I think the birth of my son in particular was a major turning point. It was one of those major hit-refresh moments. My wife and I were both quite young, and Zain was our first child. So there was a lot of anticipation and we were mostly thinking about what our weekends would look like and when Anu (Nadella's wife, Anupama) would get back to work. When he was born, everything changed. Due to in-utero asphyxia, Zain was born with a severe case of cerebral palsy, which has impacted him throughout his life. And for multiple years I struggled with it; struggled with 'why did this happen to us?' I was watching Anu driving him up and down in the Seattle area for therapies, to give him the best chance. Watching her made me realise that it didn't happen to me; something had happened to my son and I had to step up as a father and do what I needed to do. And that, I think, has helped how I think about myself at work, as a leader. It has helped me develop this sense of empathy, to be able to see through others' eyes.

As a parent, it's been a struggle. We have three kids and they are a handful, but I have learnt to ask myself, 'When I am there, am I present?' So I am choosing to do a few things and to do them deeply. For example, I recently taught my daughter driving. We yelled at each other for a little while, but it was a fun experience. My middle daughter loves reading. It's something I am passionate about, so we are always swapping stories about what we are reading.



(From left) Bill Gates, Satya Nadella, Steve Ballmer

How can more girls be encouraged to consider a career in technology?

I think if a lot of girls in schools see other women succeed at work and see their stories and the impact that they are having, they might aspire to do the same. One of the things I'm very excited about is Minecraft (a popular freeform computer game). It is more than a game; Minecraft is an open world, a creation tool that attracts both boys and girls equally. Computer science curricula, even in the early days, was a lot about gaming and programming, and projects that perhaps are inherently more attractive to boys, whereas this game, since it has no limits to what you can imagine and create, is attracting girls into STEM education. It is a big initiative, but, fundamentally, what you need is more role models.

"I THINK IF A LOT OF GIRLS IN SCHOOLS SEE OTHER WOMEN SUCCEED AT WORK AND SEE THEIR STORIES AND THE IMPACT THAT THEY ARE HAVING, THEY MIGHT ASPIRE TO DO THE SAME."

How have the women in your life influenced you?

My mom helped me stay grounded. She taught me to be calm under pressure and it turned out to be the most enduring lesson. My wife's experiences and how she has dealt with crises have kept me honest. Also the women at work... One of the great privileges of my life has been the women I worked for and the women I work with, and what they have taught me.

You have spoken about how empathy is one of the most important qualities required for tech innovation. How have the challenges faced by your children taught you about empathy?

I have come to realise that the source of inspiration for innovation is empathy. Unless you meet the unsaid needs of customers, you're not going to have success. So you have to listen to your own life's experiences to be able to build that depth. In my case, whether it's my children's experiences, or the interview question (about what inspired *Hit Refresh* or the Grace Hopper answer (In October 2014, at the Grace Hopper Celebration of Women in Computing, Nadella made a controversial remark that women should not ask for raises and should trust the system instead. He later apologised for this.)—these are all things that have shaped who I am. I have learnt from what has happened in order to be able to see more of 'us' in 'them' and more of 'them' in 'us': **F**

FEMINA

RIGHT ROYAL

The winners of Yamaha Fascino Miss Diva 2017—Shraddha Shashidhar, Peden Ongmu Namgyal and Apeksha Porwal—are equal parts beauty and grace. **Nikita Sawant** and **Simran Ahuja** catch up with the divas. Photographs: **Jatin Kampani**

‘EVERY DAY WAS A NEW CHALLENGE’

Yamaha Fascino Miss Diva Miss Universe India 2017 Shraddha Shashidhar wears the crown like she was born for it

Twenty-one-year-old Shraddha Shashidhar exudes confidence. Her boundless energy is evident on the day of the *Femina* cover shoot and throughout our bubbly conversation when she gave me a peek into her newly hectic life. The beauty queen has only just come to terms with the fact that she’s the newest Yamaha Fascino Miss Diva Miss Universe India. But now that Shashidhar has finally acknowledged it, she wants to bring about some positive change with the power that comes with the crown. She tells us how she plans to go about it.

How does it feel to have won the crown?

I’m delighted! I couldn’t believe it at first. I took a few days off to try and digest the fact that I had won. But I believe that with this crown comes a lot of responsibility. So I’m prepping for that and staying positive.

What was the best thing about being a part of Miss Diva?

Every day was full of new twists and challenges. But these weren’t the kind of challenges that would break you down. I always took them in my stride and pushed myself to do better.

What’s the one stereotype about Indians that you’d like to challenge?

The world still perceives Indian women as reserved. But I think



“I WOULD LIKE TO ERASE THE PERCEPTION THAT INDIAN WOMEN ARE CONFINED WITHIN THE FOUR WALLS OF THEIR HOMES.”

Indian women are go-getters and hold power, nationally and internationally. I would like to erase the perception that Indian women are confined within the four walls of their homes.

Who is your role model?

I look up to two women—Oprah Winfrey and Malala Yousafzai. Both of them have had difficult beginnings, and yet today, they are so powerful and inspiring.

Walk us through your beauty routine.

I moisturise my face really well and drink a lot of water. If my face feels grimy, I make sure to use a good face wash, rinse well and dab it dry.

What are your future plans?

I would love to serve in the Indian army. Alternately, since I’ve always loved the camera, I would like to host a travel show. >

'I WAS A TOMBOY'

Yamaha Fascino Miss Diva Supranational 2017 Peden Ongmu Namgyal talks about her transformation from a spunky teen to a beauty queen



Sikkim girl Peden Ongmu Namgyal had never in her wildest dreams thought that she would participate in, let alone win, a beauty pageant. But destiny has a way of blindsiding you. And the 22-year-old has made the most of this detour. An advocate for peace and self-reflection, she has unlearned

"WHEN ONE IS PEACEFUL INSIDE, THEY CAN REFLECT ON THE THINGS THEY WANT TO DO AND ACTUALLY DO THEM."

a lot to play her current role because she's determined to be the best version of herself. Her win at Yamaha Fascino Miss Diva 2017 has her basking in the glow of a job well done.

What was growing up in Sikkim like?

It was wonderful. We used to go camping a lot. Growing up, I was a tomboy. I used to play football and cricket with the boys and take part in almost all the sports in school.

How would you sum up your Miss Diva journey?

It's been a rollercoaster ride. Being a part of this pageant has taught me so much. I underwent professional grooming sessions and got to interact with Lara Dutta, who was our mentor. I feel like being a part of this pageant has transformed me.

Who has been your biggest inspiration?

My biggest inspiration is His Holiness the Dalai Lama. He's a symbol of peace. When one is peaceful inside, they can reflect on the things they want to do and actually do them.

And who is your role model in the world of pageants?

I look up to Pia Wurtzbach, who was crowned Miss Universe in 2015. She tried four times to win the title and that shows her dedication and determination.

If you could get rid of one social evil from our country, what would it be and why?

I think I would want to do away with the dowry system. A man getting married for money represents an evil custom, one that has harmed so many families in this country.

What's the best beauty advice you've ever gotten?

It would be to eat healthy. It's quite difficult to do since I love junk food, but I've been trying. >

FEMINA

BE UNSTOPPABLE

Since when did sticking out like a
sore thumb become a bad thing?
Let's talk. [@femina.in/gossip](https://www.instagram.com/femina.in/gossip)



IT'S BETTER
TO BE HATED
BY EVERYONE,
THAN BE KNOWN
BY NO ONE.

‘I WANT TO LIVE UP TO MY TITLE’

Yamaha Fascino Miss Diva 2017 second runner-up Apeksha Porwal talks about the exciting road ahead

Apeksha Porwal is nowhere near done. This Mumbai girl has just been crowned the Yamaha Fascino Miss Diva 2017 second runner-up, but the actor, model and theatre artiste is just getting started. This 24-year-old is already a force to reckon with and we can't wait to see what she's doing next. She gives us a few clues.

What did you want to be while growing up?

This answer has evolved over time. When I was in school, I wanted to be a criminal lawyer. After junior college, I studied economics and got very interested in developmental economics. After my graduation, I was even a part of a startup—a social business that provided food at affordable rates in slum areas.

What has been your biggest lesson from Miss Diva?

The pageant taught me how to stay calm and composed. We underestimate how nerve-wracking this whole process can be, since all the contestants are amazing in their own way. At the end of the day, the most important thing is to stay focused and compete with oneself with the aim of getting better each day.

What is your beauty routine like?

I follow the CTSMs technique, which encompasses cleansing, toning, using a serum, moisturising and applying sunscreen. I also make sure to remove



“AT THE END OF THE DAY, THE MOST IMPORTANT THING IS TO STAY FOCUSED AND COMPETE WITH ONESELF.”

all my makeup before going to bed and drink enough water.

What is the one change you want to bring about in the country?

I think it would be the growing

intolerance. No matter how much we progress economically, if we don't advance socially, the country will stay at a null point.

What are your plans for the future?

I have been acting and modelling for the past two years, and I want to continue acting—I have been in talks for a couple of web series. Apart from this, my main focus this year is to live up to my title. Being a Miss Diva is not just about getting a foothold in Bollywood, but about fulfilling the responsibility that comes with it. I want to represent my country well and be an agent for change. >

FEMINA

BE UNSTOPPABLE



Isn't it time we did away with the
'perfect body' myth? Let's talk.
[@femina.in/fitness](https://www.femina.in/fitness)



THANK YOU

A round-up of everyone who made the Yamaha Fascino Miss Diva 2017 a success

PARTNERS & EXPERTS:

Title sponsor: Yamaha Fascino
Powered by: United Colors of Benetton
Co-powered by: Reliance Digital
In partnership with: Colors Infinity
Skincare expert: Dr Tvacha
Cosmetics partner: Dazler Eterna
Vision partner: Kodak Lens
Smile care partner: Dr Kathuria's Multispeciality Dental Clinic
Fitness partner: Fitbit
Fragrance partner: Miss Diva Fragrance
Nutrition expert: Dr Neomee Shah
Life coach: Nidhika Bahl

Personality enhancement experts:

Sanjeev Datta and Viram Datta
Wellness meals partner: Dr Mickey Mehta
Show choreographer: Lubna Adam
Designer: Gavin Miguel
Official swimwear designer: Nidhi Munim
Hair and makeup: Bianca Louzado
Stylist for TV series: Shayal Sheth Schuhen
Stylist for pageant: Surabhi Sharma
Stylists: Devraj Das, Sheefa Gilani
Photographers: Jatin Kampani and Taras Taraporvala
Lara Dutta styled by: Eshaa Amiin
VJ Yudi styled by: Mansi Kapadia

Performances choreographed by:

Salman Yusuf Khan
Ramp walk trainer: Alesia Raut
Hair and makeup for episode panellists: Robert Naorem and team
Outdoor partner: Global Advertisers
Beverage partner: Living Liquidz, Ultra
Venue partner: Sahara Star
Post-party venue: Club Sirkus
Series produced and event managed by: Cineyug
Special thanks: Nandita Mahtani, Swapnil Shinde, Purple Paisley by Arissa Khan, Troy Costa 

Tune in to pop culture must-knows here!

WOMEN TO WATCH

Bollywood's leading ladies have some exciting releases



Veere Di Wedding

Going by the teaser posters of this film, *Veere Di Wedding* promises to be a fun flick to catch with your besties. Sonam Kapoor, Kareena Kapoor Khan, Swara Bhasker and Shikha Talsania come together as the leading ladies of this film, which is being directed by Shashanka Ghosh. Sumeet Vyas, who plays the fan favourite Mikesha in the web series *Permanent Roommates*, also stars in the film. Slated for a May 18 opening, the film marks the return of Kareena Kapoor Khan to the big screen after the birth of her son, Taimur Ali Khan.

Pari

Announced as a February 9 release, this Anushka Sharma-starrer piqued everyone's interest the second its teaser poster was out. In it, the actor looks battered, bruised and nothing like her usual vivacious self. The blue-tinted posters hint at an eerie, haunting film. *Pari* also marks Sharma's third film as a producer, after *NH10* and *Phillaari*. Directed by Prosit Roy, the film also stars Parambrata Chatterjee, best known for his role as the cop in *Kahaani*. Mark your calendars since this film surely looks promising.



Fanny Khan

Scheduled to open in April, *Fanny Khan* stars Aishwarya Rai Bachchan, Anil Kapoor and Rajkumar Rao in lead roles. Directed by Atul Manjrekar, the project has garnered excitement since it marks the on-screen reunion of Aishwarya Rai Bachchan and Anil Kapoor after 18 years. The duo was seen together in *Taal* (1999) and *Hamara Dil Aapke Paas Hai* (2000). The film is rumoured to be a remake of the Oscar-nominated 2000 Dutch film, *Everybody's Famous!*

SPOOK CLUB

Interesting sci-fi shows to stream on Netflix

Black Mirror

The series explores themes that deal with the evil side of technological development. One episode explores what it might be like to live in a world where game points are the only currency; another imagines a world where loved ones can be brought back from the dead; yet another wonders what it might be like if we could replay memories like a film on a CD. *Black Mirror* offers a foreshadowing of the tech-enhanced future we're hurtling towards.



The OA

Prairie Johnson is a young woman who mysteriously resurfaces after going missing seven years ago. During this time, she seems to have regained her sense of sight, but she won't explain how or where she's been. Exploring alternate dimensions with a storytelling style that switches compellingly between the past and present, *The OA* is what you need for nights when sleep evades you.



Travelers

It's many years in the future and the fate of humanity doesn't look good—unless people can figure out a way to send their consciousness back in time in order to prevent the eventual doom. Gripping enough to keep you hooked and funny enough to keep you going, this show takes the age-old concept of time travel and gives it a unique spin.



PINCH ZOOM

The best Indian travel photographers to follow on Instagram

The Window Seat Project (@windowseatproject)



A series of train travelogues, with over 27k followers, that captures stories from all over India and gives you a glimpse of the extraordinary things an ordinary passenger witnesses from their window seat.

Abhinav Singhai (@abhinavinsta)



If you're a lover of the great outdoors or the vast mysteries of space, this is the account for you. Singhai's account has over 3k followers, and his pictures capture beautiful sights from his travels and often include various star trails or starry night skies.

Rishi (@the.indian.traveller)

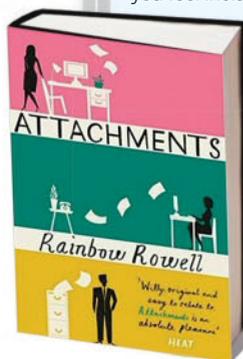


The account has over 11k followers, and the pictures will cause your breath to catch in your throat—they're that beautiful. From the seas of Mumbai to the mountains in Kaza, Rishi presents the beauty of India, one picture at a time.

TO: THE LOST AND CONFUSED READER

Subject: Attachments by Rainbow Rowell

Lincoln O'Neill is a 28-year-old, whose job is to read the email interactions of employees, and send out warnings for inappropriate content. Beth Fremont and Jennifer Scribner-Snyder know everything is being monitored, but continue sending personal emails. At first O'Neill is just a silent spectator to their conversation, but the trouble begins when he starts developing feelings for Fremont. There's more to this book than a love story though. Stuck in a job he doesn't really like, with no idea what he wants in life, O'Neill is a very relatable character. The most interesting part of the book is undoubtedly the emails and though you're just a silent reader, it makes you feel included somehow in these conversations and comforts you with the notion that eventually, everything falls into place.



TO: THE IRREVERENT LITERATURE GRAD

Subject: Texts from Jane Eyre: And Other Conversations With Your Favourite Literary Characters by Mallory Ortberg

There's the joy of reading a book for the first time, then the comfort of re-reading a familiar story, and finally, the delight of having your favourite characters come to life in a new landscape, with their compelling personalities intact. The author hands everyone from English literature, from Scarlett O'Hara to Katniss Everdeen, a cellphone and imagines the SMSes that might flow. The arc of their stories stay the same, but Ortberg brings a sense of hilarity to their more mundane moments. So we have Edgar Allen Poe texting his friend about the strange bird on his car or Mrs Bennet of *Pride and Prejudice* plotting weddings and balls with Liz. It's a whole new way to experience your favourite classics and the people who wrote them.



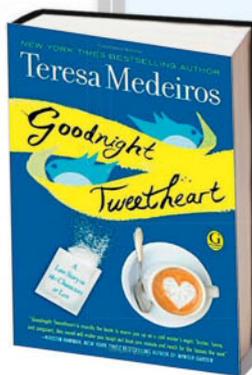
Dear reader,
WITH LOVE

It was once told through letters, but today's epistolary literature is relayed via emails, SMSes, DMs and tweets. **Simran Ahuja** has the best from the genre

TO: THE HOPELESS ROMANTIC

Subject: Goodnight Tweetheart by Teresa Medeiros

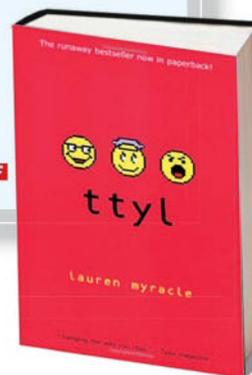
An "almost winner" of the Pulitzer prize, the protagonist, Abby Donovan is struggling with her second book. She's only five chapters in and days past her deadline. Desperate to keep her fanbase around, her publicist signs her up for Twitter, where she meets Mark Baynard, an English teacher on sabbatical. What follows is a series of entertaining conversations, all 140 characters or less, that will elicit spontaneous awwws. With a smattering of pop culture references and many great zingers, the conversations will leave you cackling. A twist in the tale appears when Abby finds out that Mark may not have been completely honest. Clear your weekend and settle in with this fun, quick read.



TO: THE GIRL WHO MISSES HIGH SCHOOL

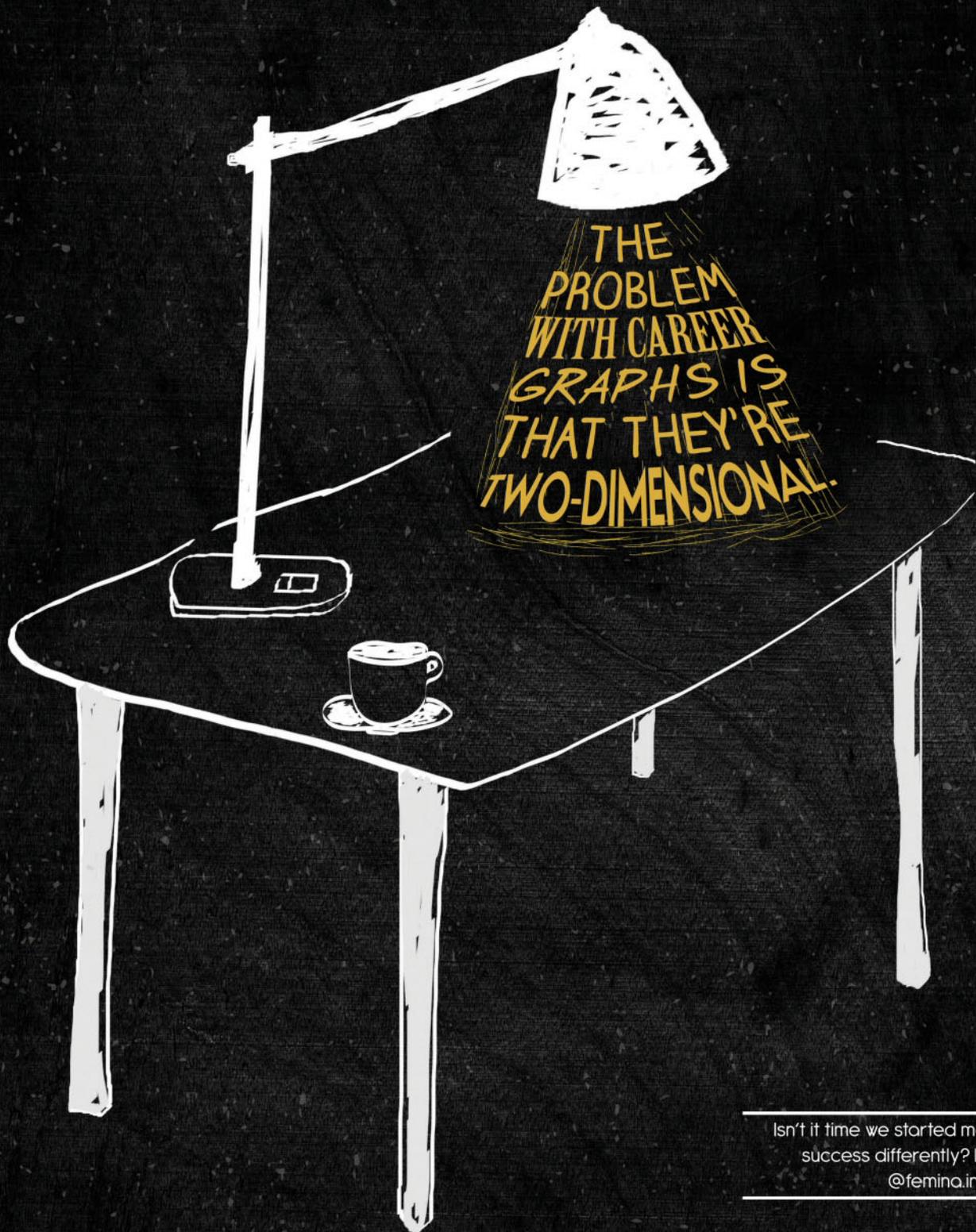
Subject: ttyl by Lauren Myracle

Written entirely in instant messages, the story delves into the lives of three teenagers—Maddie, Angela and Zoe—as they navigate high school, boys and popularity wars. This book is a good way to relive the angst, heartbreak and melodrama of growing up. It shows you how sweetly insignificant even the big tragedies of life can seem when viewed over the distance of years. Perfect for a quick read, this book provides a much-needed escape from the pressures of adulthood. It will leave you with a smile and the urge to pick up the phone and catch up with your high school gang. Don't despair when you're done with the book. The series continues in two more books. **F**

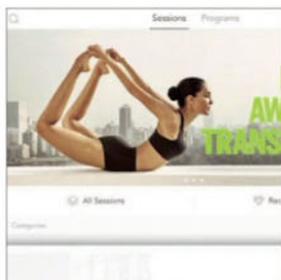


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Isn't it time we started measuring success differently? Let's talk.
[@femina.in/lifestyle](https://www.femina.in/lifestyle)

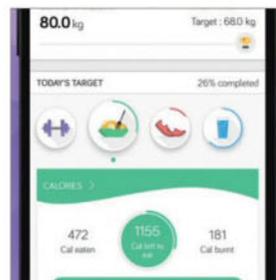


DAILY YOGA

Yoga enthusiasts, this is going to be your favourite buddy on the mat. This app has over 100 yoga and meditation videos that will help you perfect your practice. You can access a variety of sequences that focus on various parts of the body. It also has videos of more than 500 yoga poses. Available on Android and iOS.

GOOD TO KNOW

You can join a worldwide community to post queries, seek like-minded partners, and share your progress.



FITSO

This social networking app helps you find fitness enthusiasts, tracks your runs through GPS, evaluates your performance, charts your weight loss, and even provides customised workouts. It also has a calorie counter with a database including Indian foods. Available for download on Android and iOS.

GOOD TO KNOW

Offers free running and workout plans with 400+ exercises. Also suggests calorie intake based on your BMI.

HOT TO TROT

Which are the best apps to recruit in your battle against the bulge?
Promita Mukherjee lists the fittest of all



GOOD TO KNOW

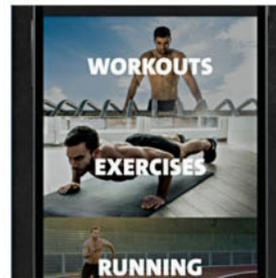
Lets you cancel your bookings for activities two hours prior to the class and reschedule it for a later date.

FITNAPP

Planning to join a gym, but too busy to do the research? Fitnapp offers access to over 1,000 gyms and fitness studios in the Delhi/NCR area, besides a whole host of activities, including Zumba, MMA, Pilates, aerobics, CrossFit, circuit training and boot-camp. You can also choose from a variety of workout styles and fitness products for a price. Offers convenient monthly, quarterly and annual payment options. The app is available for download on both Android and iOS platforms.

FREELETICS BODYWEIGHT

This app will give you access to bodyweight workouts, comprising more than 900 exercises that span anywhere from 10 to 30 minutes. It helps you work out anywhere and at any time, and requires no equipment—your body is the only tool you need. Workouts are available for all fitness levels, from beginners to advanced athletes. It also features detailed videos. The app is available for download on both Android and iOS platforms.



GOOD TO KNOW

Functions as your personal trainer by suggesting workout plans that are specific to your fitness level. **F**

Trends *this fortnight*

The latest in food, travel and interiors



CHEESE CRUNCH

Pizza waffles

200 g pizza dough
3/4 cup shredded mozzarella, divided
1 tbsp pizza sauce
1 cup mushrooms, sautéed
Cooking spray, for waffle iron
Parmesan, grated
Basil, chopped

1. After wiping dry a waffle iron, heat it and then spritz with some cooking spray.
2. Roll the pizza dough out into round, flat patties.
3. Top one patty with a generous

layer of mozzarella, a spoonful of pizza sauce and a layer of sautéed mushrooms. Sprinkle grated Parmesan.

4. Top with another dough patty and seal the edges.
5. Next, top with another thin layer

of sauce, some more mozzarella and sautéed mushrooms.

6. Place in the waffle iron and cook until golden brown for around three minutes.
7. Garnish with basil and cut into four wedges.



DIGITAL FOOTPRINTS

If you're someone who loves exploring the great outdoors, then you need the GPS Status & ToolBox in your corner. With a fast and accurate GPS lock system, this travel app enables you to mark and share locations with fellow trekkers, making it a great guide while hiking, trekking or camping. Moreover, the compass feature displays the magnetic as well as the true north, unlike most other navigation apps. Even better, the app allows you to save important locations and navigate your way back to them. Available for free download on Android and iOS.

DÉCOR DIY

Donut phone charger/holder

You need:

Cardboard sheets, CD, scissors, pencil, eraser, glue stick and glue gun, paper and paints
→ Use the CD to trace a circle on the cardboard sheet.



→ Cut the outer and inner circles.
→ Draw a line for the base and large bite-marks-like curves on an opening wide enough for your phone. Cut out the lines and curves.

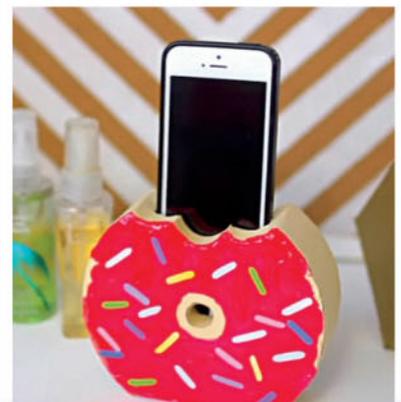
→ Use the finished donut shape to cut some more shapes.
→ For the 4 shapes for the middle section, trace the bottom part of your



phone. Cut the middle part of the donut for the charging wire to pass through.
→ For the 4 shapes for the back section, trace and cut only the cable section. Glue all the pieces together.



→ Cover the edges and front of the donut with paper.
→ Use paint to make the frosting of the donut.
→ Use little paper sprinkles for the front.



Repinned by [Femina](#) on to [DIY](#)

SWEET CAROUSEL

Executive chef Mayank Kulshreshtha at ITC Maratha, Mumbai, lines up three stunning and delicious desserts to serve at your New Year bash. By **Gia Claudette Fernandes**

MILK CHOCOLATE MOUSSE WITH JAGGERY CARAMEL

For the milk chocolate mousse

- 65 ml milk
- 65 g cream
- 25 g egg yolk
- 12 g sugar
- 150 g milk chocolate
- 75 g dark chocolate (54% cocoa)
- 225 g whipped cream

For the jaggery caramel

- 80 g caster sugar
- 25 g jaggery
- 200 g heavy cream
- 5 g pectin

For the chocolate olive oil sponge

- 76 g almond flour
- 32 g whole eggs
- 57 g sugar
- 65 g egg yolk
- 38 ml olive oil
- 115 g egg white
- 61 g sugar
- 30 g flour
- 30 g cocoa powder



Calorie count:
250 calories
(per serving)

SERVES: 4 > COOKING TIME: 2 hours

1. For the chocolate olive oil sponge, whip together the almond flour, eggs, sugar, yolks and olive oil.
2. Beat the egg whites and caster sugar until stiff and fold into the above mixture.
3. Pour the batter into a greased cake tin and bake in a preheated oven at 160°C for 20 to 25 minutes. Cool and set aside.
4. For the jaggery caramel, first make a dry caramel with 75 g caster sugar. Then add jaggery and melt. Slowly add warm cream to the caramel. Whisk well and set aside. Add remaining caster sugar and pectin to the caramel. Whisk continuously until it thickens.
5. For the milk chocolate mousse, mix the egg yolk and sugar together. Heat the milk and cream. Take off the heat and add in the egg yolk and sugar mixture. Place the pan back on heat and cook until it thickens. Then pour it over the finely chopped chocolate and blend the mixture well. Gently fold in the whipped cream and mix.
6. To assemble, pour the milk chocolate mousse into moulds. Top with jaggery caramel and pour another layer of mousse. Finish with a layer of chocolate and olive oil sponge, and freeze until set. >

TIP: MAKE DRY CARAMEL BY CONTINUOUSLY STIRRING CASTER SUGAR IN A HEAVY-BOTTOMED PAN.

LEMON POSSET

WITH BERRY COMPOTE



For the lemon posset

- 250 g heavy cream
- 50 g sugar
- 50 ml lemon juice

For the berry compote

- 100 g passion fruit purée
- 100 g caster sugar
- 25 g corn flour
- 150 ml water
- 170 g frozen berries (mixed)

Calorie count:
350 calories
(per serving)

SERVES: 4 > COOKING TIME: 1 hour

1. For the berry compote, boil the passion fruit purée with the sugar.
2. In a separate bowl, make a slurry with water and corn flour.
3. Mix the slurry into the warm passion fruit purée and cook well.
4. Pour the thickened, lump-free mixture on the frozen berries.
5. For the lemon posset, bring the cream to a boil. Add the sugar and stir until it dissolves.
6. Take off the heat and cool down to 40°C to 45°C. Add lemon juice and mix well.
7. Pour into moulds or glasses.
8. Serve chilled, topped with berry compote. >

TIP: IN THE COMPOTE, YOU CAN REPLACE THE PASSION FRUIT PURÉE WITH MANGO PULP AND USE ONLY 50 G SUGAR.

CHOCOLATE RASPBERRY CAPRESE

WITH DARK CHOCOLATE GLAZE



For the dark chocolate mousse

- 65 ml milk
- 65 ml cream
- 25 g egg yolk
- 20 g caster sugar
- 185 g dark chocolate (70% cocoa)
- 225 g whipped cream

For the raspberry jelly

- 100 g raspberry purée
- 18 g glucose
- 75 g frozen raspberries
- 18 g sugar
- 3.5 g pectin
- 1.5 g agar-agar

For the dark glaze

- 225 ml water
- 325 g sugar
- 270 g cream
- 150 g cocoa powder
- 22 gelatine

Calorie count:
275 calories
(per serving)

SERVES: 4 > COOKING TIME: 2 hours

1. For the raspberry jelly, boil raspberry purée with glucose. Mix the sugar, pectin and agar-agar together in a bowl. Gradually add this mixture to the purée, whisking continuously. Cook until the mixture is thick and begins to set.
Add frozen raspberries to the final mixture and pour into moulds. Freeze until set.
2. To make the dark glaze, boil water, sugar and cream together. Slowly add cocoa powder in many parts and cook well.
Add soaked gelatine to the hot mixture and blend well.
3. To make the dark chocolate mousse, mix the egg yolk and sugar together. Heat the milk and cream. Take off the heat and add in the egg yolk and sugar mixture. Place the pan back on heat and cook until it thickens.
Then pour it over the finely chopped chocolate and blend the mixture well. Gently fold in the whipped cream and mix.
4. To assemble, pour the dark chocolate mousse into moulds. Top with raspberry jelly and pour another layer of mousse.
Freeze until set. Then cover with dark glaze and serve. **F**

TIP: FOR AN EGGLESS VERSION, SKIP THE EGG YOLKS AND MILK, AND ADD MORE WHIPPED CREAM.



BOTTOMS UP

You can be a hostess with the mostest with Barsys, a fully automated cocktail dispenser. This ergonomically designed little gizmo comes with thermally insulated containers that promise zero spillage, a built-in, clean-in process, and an interactive system that updates you about the progress of your drink.

PRICE: ₹90,000 (plus taxes)

AVAILABLE AT: Barsys India Pvt. Ltd., New Delhi

ORIENT TOUCH

The Japanese Pottery Collection by HHH features a wide range of handcrafted tableware, from serve-ware to tea sets. Available in blues, greens, off-white and black, this collection of bowls, cups and plates reflect a wealth of sophistication in every detail.

PRICE: On request

AVAILABLE AT: h2hshop.com



ON THE SHELF

The most exciting new excuses to shop for your home and family



LITTLE EXTRA

Furnishing brand Iota's new collection is crafted primarily out of wood, steel and glass, and consists of table top accessories, lampshades and candle holders in a contemporary style. You'll find some nice statement pieces here to uplift your living space.

PRICE RANGE: ₹18,000-₹35,000

AVAILABLE AT: iotafurniture.com



COSY COMFORT

Homestudio's Emily armchair is just the welcoming corner you'll want to sink into after a long, hard day. Available exclusively in a muted orange, this generously padded chair is upholstered in a rich microfibre fabric, and the painted metal legs give it an air of sturdiness and comfort.

PRICE: ₹88,780

AVAILABLE AT: Homestudio.com



Your underwater photos from a recent trip to Indonesia really blew up online! Have you always been a diver?

I've been diving for the last eight months, since I did a course at Lacadives in Andaman and Nicobar Islands. This time, I travelled to the Ring of Fire in east Indonesia with a photographer friend. It was amazing to watch and swim with hammerhead sharks, reef sharks, black manta, manta ray, turtles and snakes. It was very tough to be photographed under the sea, though (laughs). I actually took up deep-sea diving to overcome my fear of suffocation. I'm also working on a project that raises awareness about how plastic straws and toothbrushes are wreaking havoc on ocean life.



Shriya Saran

on her new passions

The actor-turned-professional-diver put together her first Kathak production, and there are great stories behind both those milestones



We hear you're also working on a Kathak production.

I've started re-learning Kathak under Nutan Patwardhan in Mumbai. I have always felt this connection with dance. My mother was my first Kathak teacher; we moved from Haridwar to Delhi so that I could learn dance from Shovana Narayan. I'm working on my first theatre production, which is a modern-day story told through Kathak.



Your spa, Spandana, where visually challenged therapists work, turns five this year. Any plans for expansion?

I had never run a business before setting up the spa. I had kept the prices low but that strategy didn't work. After struggling for the first two years, we are breaking even now. I want to expand the business, but I'm unable to find a like-minded partner.

Your next Hindi film, Tadka, also marks actor Prakash Raj's directorial debut in Bollywood. Tell us about that.

It's a romantic comedy set in Goa, and also stars Nana Patekar, Taapsee Pannu, Ali Fazal and Lillette Dubey. We will wrap shooting in January. **[F]**

—As told to Sandipan Dalal

