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Expresso

Magazine

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Cover Photo Courtesy

Suman Nandi



Painting by Artist Sritam Banerjee, Kolkata



EDITOR'S LETTER

“Somewhere between neurons and narratives, I was born, lived, dreamt and died”

2020 doesn't seem to be better for everyone so far. In this tough set of circumstances when the entire world is traumatized because of a novel coronavirus pandemic; the dreadful, unwelcome news is hitting regularly and gave us a shock in an unfortunate way.

Rituparna Sengupta Basu

One of the most heart wrenching news was Sushant Singh Rajput's untimely death. He is considered to be one of the most talented actors in Bollywood, is no more with us like a bolt from the blue. No one can think that a day like this will come in front of us when we have to hear something like this about our beloved “Sushi”. Enthusiastic, full of energy, extremely professional, spreading a smile everywhere he went and now it is very hard-hitting and painful to use the term “Was” to refer him.

Sushant was hailing from a humble background in Patna, Bihar. A sweet shy boy, who built a castle in the air. He had a keen interest in engineering and he came to the television-industry leaving his engineering course from Delhi Technological University halfway. Due to the attraction for theatre and dance, he let his education and enrolled in his name Shiamak Davar's Dance Classes and acting class for Barry John.

Besides his fond of acting, he was madly in love with science, mostly physics and outer space. Once he shared that he wanted to be an astronaut. He was too glad to be the owner of an advanced telescope named Meade 14 LX600. Not being bounded in his acting career he wanted to fulfill his 50



Paintings by Artist Sritam Banerjee, Kolkata

dreams from his bucket list such as:

- How to fly a plane,
- Train for IronMan Triathlon,
- Play a cricket match left-handed,
- Chart trajectories of Moon, Mars, Jupiter, and Saturn for a week,
- Dive in a blue hole,
- Send 100 kids for a workshop in ISRO/NASA,
- Write a Book,
- Visit CERN,
- Spend a week in a Jungle,
- Understand Vedic Astrology,
- Raise a Horse,
- Learn Kriya Yoga,
- Teaching women for self-defense,
- Shoot an active volcano,
- To help and prepare students for Indian defense forces,
- Make a documentary on Swami Vivekananda,
- Learn to Surf,
- Work in AI and exponential technologies,
- Travel through Europe by train,
- Create a unique Superhero,
- Attend a Pink Floyd concert,
- Discuss national policies with PM of India
- He always wanted to be an Ambidextrous Archer.

These are just a few to be noted but he was way far and above this. Like his thought, he truly lives in his story.

The dialogues from his movie 'Chhichhore' always recalled us that nobody talked about how to deal with failure and suicide is not the solution to deal with the problems in life, which is only ironic. He came in Bollywood with fresh energy, and enthusiasm which gave him a kickstart with 'Kai Po Che'.

He was such an idol figure for those small-town boys who wanted to dream big and doesn't stop until achieved. Though he was keen on his business he always wanted to push himself to do more. Nonetheless, he was such a gem of a person. His each and every dream depicts his priceless character like that, how humble, how comprehensive a person can be. Not only for his family and friends but for the entire film industry it's one hell of a loss.

We wish that we could see him on screen a bit further but maybe this was all his time. Maybe for this particular time, he amazes us with his magical performances. Like Sushant has always said, "I'm noun in your life, verb in mine!", he left behind us with all his positivity, may it's we who failed you. Dear Sushi, you will be remembered always.



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FASHION

Special Ode To Handloom

Asha Gautam, established in 1998 is the brainchild of Asha which was born out of her love for Indian arts and crafts and her innate creativity. With limited resources, she launched a small collection which got an overwhelming response and the label embarked on its journey. In 2003, her son, Gautam Gupta joined her wagon and together they laid the foundation for a bespoke label that would redefine bridal luxury in the future.

Meticulously working in wedding and occasion wear by developing new textures and textiles they earned themselves a strong foothold in the industry. The brand reflects a deep respect for Indian heritage and new age sensibilities. The label's ethos revolves around marrying traditional weaves and modern aesthetics to maintain its relevance in the ever dynamic fashion industry.

Gautam, an alumnus of NIFT, envisioned Asha Gautam to become the country's leading occasion wear label and traveled to deep interiors of the country in order to diversify designs. He has been



working with native textiles such as eri mulberry silk, munga georgette, banana mulberry silk, bamboo mulberry silk, zari georgette to develop his collections. Today their portfolio boasts of expertise in more than 25 crafts starting from weaves such as bandhani, Paithani, Patanpatola, Kota doria, Kanjeevaram and Banarasi to rich embroideries such as Convent, Petit point, Cross stitch, Chikankari, Zardosi, Gota to crafts such as Batik, Kalamkari, Ajrakh. They merge multiple crafts in one design to make each one a masterpiece. Asha Gautam has designed for more than 10,000 families across the world in the last 22 years.

In order to honour the handloom weavers in the country and also highlight India's handloom industry **they** has come up with a campaign “Special Ode to Handloom” where in a series of activities will take place, starting from an exhibition 10th June and will finally be culminated on the **National Handloom Day on 7th August 2020 at his store in Defence Colony.**

“In our journey of 22 years we have worked mostly on handloom fabrics,

we have expanded our portfolio by working with more clusters and weavers. We always believed in our crafts and the incredible talent our weavers possess. Handloom day is a very important day for us in the country as it gives tribute to 3.5 millions of people working in our country, second highest after agriculture,” says Designer Gautam Gupta. He further added, “The designs made in handlooms are still unparalleled and even with the latest technology there are vintage techniques which weavers use in handlooms that power looms or machine-based mills can't even think of.

This is our pride and luxury as well for the world. The handloom industry not only is relevant in terms of designs but also to the world environment and with the consciousness on buying judiciously. I personally feel that what has happened in the past three months will make consumers more aware of the relevance of preserving crafts and especially our handloom industry.”

Asha Gautam has been recognized as one of the top 10 handloom-based fashion labels in India and one of the top 3 for Banarasi weaves in the National capital region. Asha Gautam was one of the 50 couture labels which got selected to be a part of the multi-city Blenders Pride Fashion tour last year.



Asha & Gautam Gupta

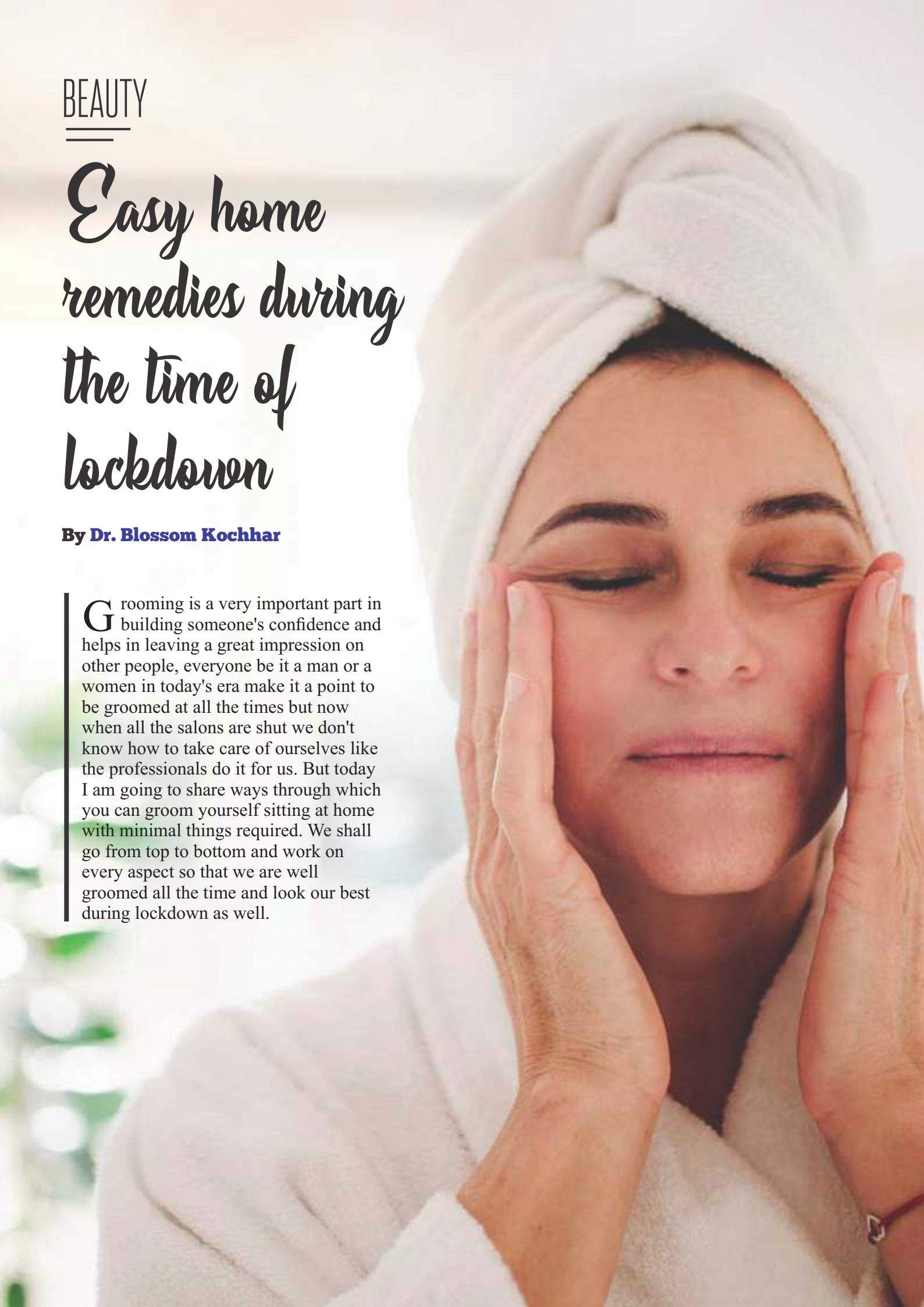


BEAUTY

Easy home remedies during the time of lockdown

By **Dr. Blossom Kochhar**

Grooming is a very important part in building someone's confidence and helps in leaving a great impression on other people, everyone be it a man or a woman in today's era make it a point to be groomed at all the times but now when all the salons are shut we don't know how to take care of ourselves like the professionals do it for us. But today I am going to share ways through which you can groom yourself sitting at home with minimal things required. We shall go from top to bottom and work on every aspect so that we are well groomed all the time and look our best during lockdown as well.



Hair: It is the most important aspect in your beauty, it's the crown on your head and you should take extra care of it. I recommend shampooing your hair twice or thrice a week, depending upon how oily your hair gets, do regular oiling with warm oil – do this twice a week. Since we are at home, try to make a good hair mask and use that, I suggest a hair mask made with half squashed banana, 2 tablespoon conditioner, a squeeze of lemon, a tea spoon of olive oil and 2 tablespoon of Dahi. Also, learn how to blow dryer your hair, you can also learn to make simple hairstyles at home and experiment with your hair styling.

Skin : With summers around, it is really important to moisturise our skin regularly, remember to use a pack once a week using papaya, watermelon, a pack is like a iron for your skin, it nourish your skin and makes it more glowing. Exfoliate your skin twice a week, use rice powder, yoghurt, a pinch of salt and a squeeze of lemon. Mix this all together to make a nice exfoliator at home. And don't forget to cleanse tone and mositurise your face twice in a day – morning and before going to bed. This is a must to have a great skin forever.

Facial Hair : The biggest challenge that all women/ girls are facing is the facial hair, we miss our threading and upper lips session at the salons and though it takes a professional to do these we can do these simple things to keep our eyebrows in shape



Dr. Blossom Kochhar

and remove upper lip hair. For threading, stretch your eyebrow from above and tweeze the extra hair, the extra ones around your eyebrow line. Don't use a thread as we are no experts and might lead to a cut. For upper lips, use a wax strip, cut it into small strips. Take one small strip put it on one side, stretch your upper lip from the other side and pull it in the opposite direction. Though I suggest to not use wax regularly, do it just once or twice until the salons open again.

Waxing : Those who are worried about hair on their hands and legs, can opt for either waxing or using aepilator or razor to remove hair. While waxing, put some powder

on your hand/legs take a strip apply it in the direction of your hair, apply the strip on a small patch and then pull it in the opposite direction. For those who shave, wet your hands/legs, apply facewash thoroughly, have a good lather and then start shaving. Remember to apply lots of moisturiser after shaving.

Hand and Feet : We all are doing lot of household chores which is making our hands rough and heels chipped. To be properly groomed we need to take special care of our hands and feet. After taking your shower, push back the cuticles of your nails with your towel. Always keep your nails cut to a medium length, file them and wear a nail polish. This keeps your nails from getting brittle and they won't break easily. For your feet, while taking a shower, scrub your heels with a pumic stone and after towel drying them apply a good moisturiser. Also, remember to give a nice hand and foot massage to yourself before going to the bed at night.

Make up : We all are at home and don't feel like wearing makeup, but I suggest every now and then wear a bright lipstick as this brightens your face and pep up your mood as well. You can also use this time to learn how to do makeup, try different eye shadows, ways to apply eye liners and learn the right way to contour your face.



COVER STORY

*This quarantine
period helped
me to
concentrate and
learn new things
which I haven't
done before*

Credit Details :

Photography - Suman Nandi

Designer - Oyindrilla Rakshit,

Founder of Jzamayvar

Makeup - Somnath Das

Stylist - Sougata Sarkar

Location - Swapno Sandhani, Kolkata

The Story Of A Rising Television Actress From The Heart Of Kolkata

**Written by
Rituparna Sengupta
Basu**

Ravishing, gorgeous actress **Priyanka Bhattacharjee**, who overwhelmed her fans, followers and audiences with her appealing, and charismatic looks in 'Seemarekha'. She was much appreciated for playing a negative dark-sided character in the show. The audience immediately fell in love with her ordinary, natural and innate acting skills.

In real-life she is a very happy to go kind of a person. She always put a smile on her face, in short, she is very bubbly in nature. She loves to travel and never misses an opportunity to explore new things.

Struggle, honesty, and stability these words are the key factors of her life and she always believes her instincts and acting skills.

Though her path throughout her career was not so smooth; success and failure both shadowed her alternately. Priyanka will be shifting to Mumbai very soon to building her career and fulfilling her dreams with hard work. Expresso wants to share her journey since her childhood days to till date with you all film fraternity...



Expresso: How do you spend most of the time in this quarantine?

Priyanka: I was pretty active during this pandemic situation as well. I love doing social work and on my birthday, I went out and fed almost hundreds of people. Also, I am a Political Science student and after reaching Forty or forty-five I want to be a leader and this the main reason behind choosing political science as my graduation subject. I believe that a leader should be educated. So, a few days back I decided to stop acting and continue with my studies. As we all know that Amphan created a catastrophe throughout West Bengal. So, I visited Sundarbans and helped the poor who lost their house in the storm. I love doing social work that's what I did throughout the lockdown period.

Expresso: What are the new things you learned?

Priyanka: This quarantine period helped me to concentrate and learn new things which I haven't done before and I also have made two short films, which were written by AparajitaAdhya. The first one is "Shamukh (Lockdown story)" and the second one is a small tribute to Rabindranath Tagore, "Boddho Ghore Rabi" which is quite distinct from this modern society.

Expresso: What kind of difficulties do you face in making this kind of short film?

Priyanka: Firstly, my target was to make good content with a proper frame, light, and sound. But, the main issue was that I am an actress and during a shoot, I had to play the role of a director, assistant director, DOP everything. So, it was quite difficult for me, but Aparajita Ma'am had complete faith in me that I can do it properly. I gave my 100% to working on it. Now, this short film crossed 350k views on You-tube. In the end, our concept was perfect which got appreciation from the audience.

Expresso: What kind of things you missed in this lockdown?

Priyanka: My own time which I use to spend in a cafe with a sandwich and black coffee. I also miss hanging out with my best friends.

Expresso: You started your career at a very young age. How was your journey?

Priyanka: At a very young age, I gave audition for a

role and got selected due to my bubbly personality. After that, my big break in the industry was when I got a chance to work in Bisarjan in ETV Bangla. If you talk about my journey in the industry, I have been in this industry since I was in fifth or sixth standard so I got a chance to play the roles of many junior characters. After completing my twelfth examination, I decided that I will not continue with television. Now I am graduating and this is my final year. I am a Political Science student and Journalism is my elective subject. I even told my parents that my acting career can be continued but if I fail to complete my studies I won't get that time back. I have seen that lot of girls dream to become actor since childhood, but I believe that education is also important along with that. After completing the twelfth standard I started working in some of the series of Hoichoi such as Holy Faak, then I acted in

Zee Bangla Cinema's Love Café. Then, I have worked in a Raj Burman's music video which will be coming up. All in all, now I have become detached from serials and working more on digital platforms. Shahana and Punam are like my godmother because in Shree Venkatesh films they gave me a chance to work with.

Expresso: What kind of things have you learned in the last few years in this industry?

Priyanka: To be very honest I have learned so many things but the first one which comes to my mind is the right attitude. The day your behavior and attitude will change towards people, you start losing your fame and

career soon. Second is talent if you can be a good actor you can achieve anything in this industry. No matter what kind of figure you have, no matter how you look, in the end, the thing that matters is your acting capability. Last but not the least, I have learned respect and honesty. If you want to last long in the industry, you have to be professional towards your work. You have to be honest in front of your work full of dignity & respect.

Expresso: Everyone is talking about Nepotism and how industries are supporting it so what are your views regarding it? Did you face any such situations?

Priyanka: Actually nepotism used to exist earlier as



well, and it will stay. Sushant Singh Rajput's death just brought the truth in front. In the present day, social media is helping everybody to see the reality. That's why everybody is using social media to express their thoughts, anger, and views. But, my point is an opportunity should be equal for everyone whether it is for the producers, production houses, directors, or artists. At the beginning of my career, I faced a similar situation too. I will never forget the time when I was in class five and worked in a serial. As a kid, I didn't understand much about makeup, so I used a little bit of eye shadow and lip balm. One of our senior artists didn't say anything inside the make-up room, but on the floor suddenly she called the director and shouted in front of all the technicians and artists. She insulted me just because I was a newcomer. But, it was the director's call that how an artist should look like in front of the camera. That day I promised myself to groom in such a way that she will come and talk to me with respect and love because that insult did hurt me.

Expresso: *You have worked in television as well as a digital platform so which platform according to you is more challenging?*

Priyanka: I started my career with TV shows and as we all know that acting in television shows is quite loud & dramatic. When I was in twelfth standard, I got a chance to work on web shows. I used to do workshops for web shows because the acting scale in the web platform is different, natural & realistic. So, this journey was unique and memorable for me. I learned new things and still, now I am learning something new every day. Acting on the web platform is more challenging than television because acting should be natural in the web genre. I think that is the most challenging thing for an actor.

Expresso: *Recently you have worked in a music video so tell us something about it?*

Priyanka: The entire shoot took place in North Bengal. Our team was very supportive. The song is composed by Raj Barman and the entire concept of the music video is quite interesting. Working in a music video was a memorable experience for me because I love to dance and it is my passion. A big thanks to my dance choreographer who helped me to make my yet another dream successful.

Expresso: *Out of all the characters that you have played which is your favourite?*

Priyanka: My favourite character is Tilotama from SeemaRekha in Zee Bangla, it was a dynamic negative role. Also Raima from Holy Faak in Hoichoi. This character was very jolly and rebellious.

Expresso: *What is your dream role?*

Priyanka: I always prefer a character or a dream role

where I will get a complete chance to act.

Expresso: *Three things nobody knows about you?*

Priyanka: I am very stubborn in nature, but in a positive way. I love to eat sour and spicy foods anytime and finally, I always prefer a healthy life.

Expresso: *What is the last thing you Googled?*

Priyanka: It was about international relation

Expresso: *A childhood memory you always carry with you?*

Priyanka: My first crush in the fifth standard



Expresso: The last show that you binge-watched?

Priyanka: The Kissing Booth

Expresso: The biggest risk you have taken in your life?

Priyanka: In 2015, I worked in a serial named “Tumi Asbe Bole” in Star Jalsa. I had a contract with the production house for two years. In the middle of the project, one of our co-actor commits suicide. The entire team was very close to that person, but after her death, everyone kept the truth hidden. That moment I was giving my ICSC examination and when I got to know the news I was in a total shock. Suddenly, I got a call from the media. They wanted me to speak about this tragic incident. One of the senior journalists wanted me to join a live show. The moment I revealed the truth in that show, I felt free. Honesty can win this world because the truth is always stronger than the lie.

Expresso: One song you would want someone special to sing for you?

Priyanka: Perfect by Ed Sheeran. This song makes me feel alive.

Expresso: What one habit you get rid of?

Priyanka: Trusting people easily.

Expresso: What brings a smile on your face mostly?

Priyanka: It would undoubtedly be to see my parents happy

Expresso: How are you keeping yourself fit?

Priyanka: Practising Yoga, squat, and most importantly dance keeps me fit and healthy. Also, I always try to consume healthy food

Expresso: Who is your biggest inspiration in the industry?

Priyanka: Nawazuddin Siddiqui because he belongs from a simple background. He proved that for acting your looks, height, physical appearance doesn't matter at all. The only thing that matters is your capability to act.

Expresso: Dance is your passion; do you ever consider taking this forward in the future?

Priyanka: I am a self-taught dancer, since my childhood days I learned dancing only from television. I never took a proper session for that. Once I shift to

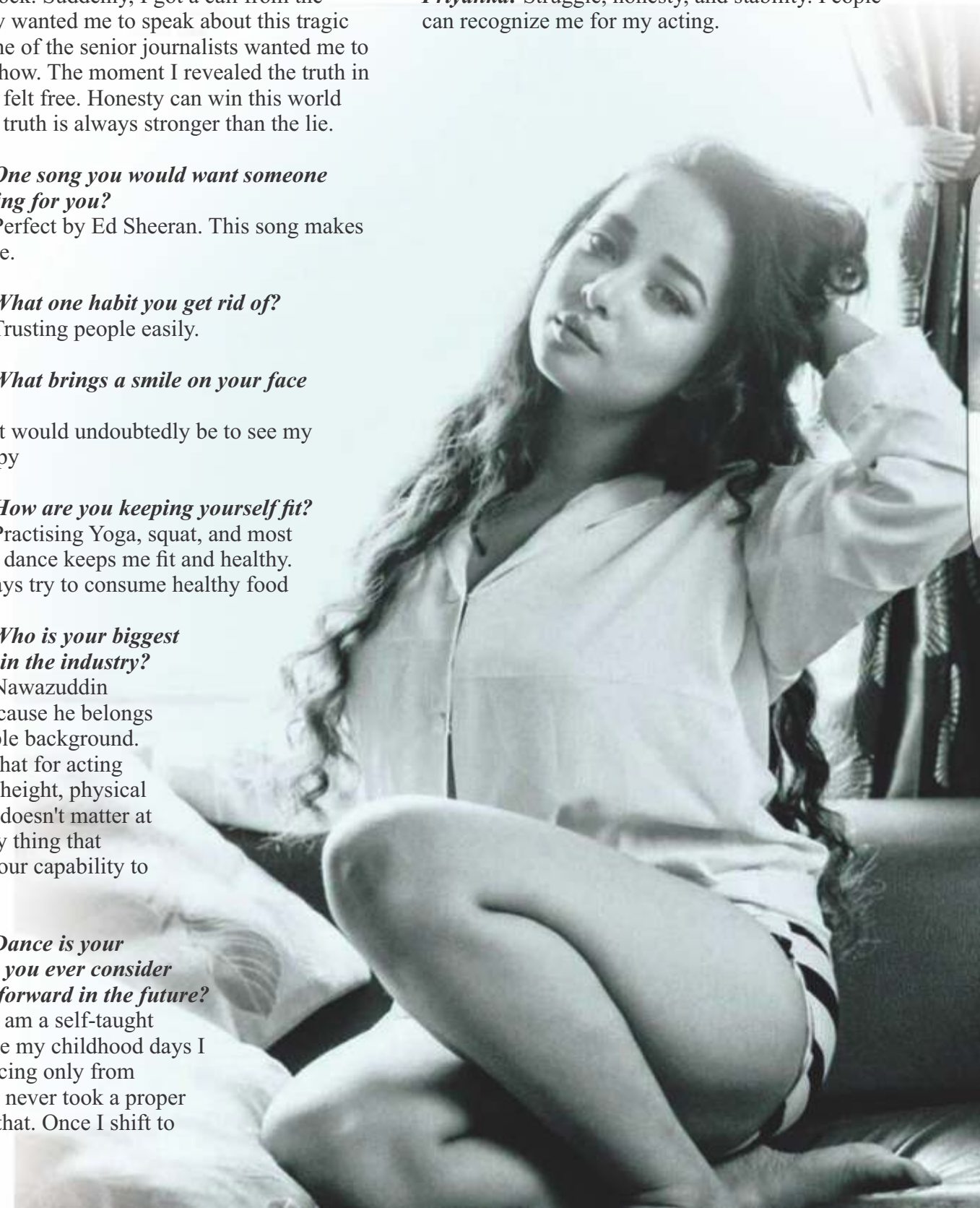
Mumbai I will register myself in a dance institute for proper learning. I am looking forward to working in a movie in the future where I will get the opportunity to showcase my dancing skills.

Expresso: Tell us something about your upcoming project.

Priyanka: I took a break from the television. There are few projects in the queue, but nothing has been finalized yet, but if there are any, then you will get to know.

Expresso: Describe your journey in three words?

Priyanka: Struggle, honesty, and stability. People can recognize me for my acting.



RUNWAY

Mesmerising Meghalaya

Written By : Roopa Sengupta

Meghalaya is a hilly state in northeastern India. The name means “abode of clouds” and the British used to call it the “Scotland of the East”. The state is the wettest region of India and about 70% of the state is forested.

I have a love for the mountains and when we moved temporarily to Guwahati, Assam it was my desire to visit the Scotland of the East. And that's when we decided to drive down to the neighbouring state and experience it on its full splendour. We began our journey from Guwahati and reached Shillong, where we checked into a hotel and then drove onto the highest point of Meghalaya, the Grand Canyon in Laitlum.



As we entered Laitlum, our climb up into the mountains became steeper and suddenly from nowhere came the clouds and engulfed us and we could not see beyond a few feet! It was an experience we had never had before. We could not see a thing and had to stop the car. While we waited for the clouds to clear, we realized that there was nothing but a wide expanse. Once the clouds became thinner, we resumed our journey towards Grand Canyon which was a cliff from where one could see thousands of feet below.

On arrival, the Grand Canyon was completely in the clouds and it was freezing cold in the month of April. There was nothing but a quaint shop selling some chips and Maggi made on charcoal. We were hungry and Maggi in the cold, never tasted better! We were a little disappointed that we would not be able to see the Canyon, but as luck would have it, the clouds cleared for about 5 mins and we had the glimpse of the Canyon and it's beauty.

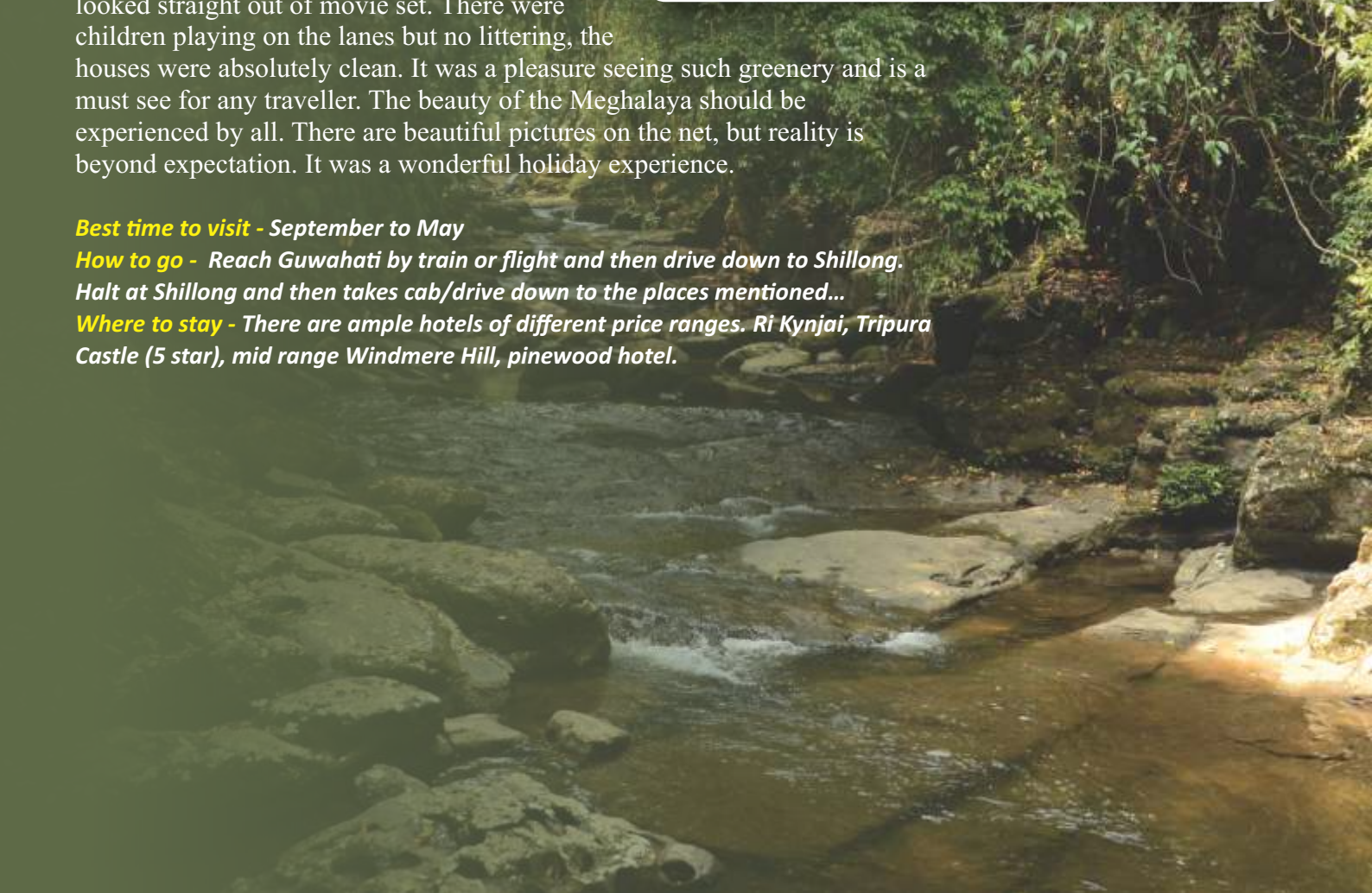
We drove back to Shillong and halted for the night. Next day, we went to visit the Living Root Bridge. This is a suspension bridge made from the living roots of trees. It is a man-made natural wonder and was another experience I will not forget. From the Living Root Bridge, we drove on to the cleanest village in Asia, Mawlinong. Yes, it looked straight out of movie set. There were children playing on the lanes but no littering, the houses were absolutely clean. It was a pleasure seeing such greenery and is a must see for any traveller. The beauty of the Meghalaya should be experienced by all. There are beautiful pictures on the net, but reality is beyond expectation. It was a wonderful holiday experience.

Best time to visit - September to May

How to go - Reach Guwahati by train or flight and then drive down to Shillong.

Halt at Shillong and then takes cab/drive down to the places mentioned...

Where to stay - There are ample hotels of different price ranges. Ri Kynjai, Tripura Castle (5 star), mid range Windmere Hill, pinewood hotel.



Casino Is All About Human Relationship

Written By - Rituparna Sengupta Basu

Much awaited crime thriller “The Casino - My Game. My Rules” is now streaming on Zee5. This ten-episode series will definitely grab your attention and give you a virtual walk through the Casino world and as well as glamour and glitz with a tinge of mystery and conspiracy. In here ravishing and super sensual Mandana Karimi essaying the character of Rehana. She stole the hearts of audiences through her astonishing performance.

Previously Mandana appeared as a lead in the 'Bhaag Johnny'. She became famous after participating in the popular reality TV show, Bigg Boss 9 in 2015 and ended up as the 2nd runner up. She has worked with Karanvir Bohra for the first time in this web series. In an exclusive tete-a-tete with us she revealed what's the reason of saying yes to this character, her working experience in this series, talked about the onset relationship with Karanvir, shares the feelings of pole dancing and many more...



Expresso : What's the reason or the reasons for accepting the offer of "The Casino"?

Mandana : When I first met the director Hardik Gajja at Zee5's office, he asked me to do this role. The character Rehana, which I am playing is quite a strong character and my role in the entire series is quite lengthy. Previously, I have not done such kind of lengthy roles.

When I saw that he has so much faith in me and believes me, it gave me the strength to accept the offer. As soon as I received the script, I even told my manager that the director has huge faith in me. They believed that for such a strong as well as the lead character, I am the best match. He even asked me whether I have any problem with doing such intimate scenes.

So, I said that I do not have any problem since the concept of using sexuality for playing the game was quite interesting. All these reasons compelled me to accept the offer since it was a great opportunity.

Expresso : Can you relate yourself with the Character "Rehana"?

Mandana : I feel that when you are playing any character, a few parts of the character are undoubtedly you. But, after working in this industry, I have learned that it is not necessary to play the character all by yourself. You need to understand the character properly without making any kind of judgments, only then you will be able to know the real beauty of it.

Of course, few things are there in Rehana, which is quite similar to me like she is quite fit, tall, and quite strong. Also, I had to meet with the writer and know about the desires of the character, and what he wants for the character in me.

Expresso : Tell us something about your working experience with Karanvir Bohra?

Mandana : When we went for the first look test for the series, we both successfully established an instant connection. He has already become like my family and we have made relation of a brother and sister who fight and love each other, we had agreements and disagreements. On-set, we were the most talkative ones and even used to fight.

While shooting, we both developed a nice bonding and were both professional towards our work. We used to discuss, open to terms, which made it easy for both of us to work easily. After a few days, Hardik sir started calling us Tom and Jerry as we

used to fight a lot, and everyone was afraid that one of us will leave the project.

But, this did not happen as we both used to fight and then solve the problems later on. All in all, it was a great experience working with Karanvir.

Expresso : How was your experience when you were shooting in Nepal?

Mandana : I have many memorable situations while shooting in Nepal. When we landed there, the temperature was in minus. You will see that Rehana is always dressed up, she wears beautiful gowns and outfits. There is a scene where I will be wearing a short dress, and behind the scene, everybody was completely covered in jackets, gloves, and caps so this is one of the funny memories.

Another one is Rehana's character is very evolving kind of where she manipulates many at the same time. So, there is a scene in the show, which has been shot in Grand Hyatt and Karanvir, Deshmukh, and others were waiting by the poolside for their take.

I was walking around the place with my script and everybody was making fun of me that I am behaving as if my exams are about to begin and I am not ready for it. I use to stand by a corner and read my scripts, had to talk with the director. So, these are some of the memories in Nepal.





Expresso : Mention a few things about Nepal which you will miss

Mandana : I would say that people in Nepal are quite calm and it is a beautiful country. People work over there is so slow-paced, which I loved, and I miss it these days.

Expresso : How was your experience shooting for the pole dancing?

Mandana : It was quite difficult I would say. I thought that I would do it without any obstacles. Two days were allotted for my rehearsal. I kept on doing it over and over again since I wanted to master it. So, my choreographer said to take rest otherwise, I will get bruises and my body will get sore.

I had to get back to the hotel since I had to wake up early for the shoot. In the morning, it was so difficult for me to get up. I had so many bruises on me and I had to take medicines. In the song, everything is looking so beautiful, but everything is worth the pain.

Expresso : Mention one thing that you have found out about yourself

Mandana : I was always insecure about the fact that I am not from India and my Hindi is not that good. But, my director taught me not to care about the fact that I do not know the language. Once you understand the emotion, you can easily play the character. Hardik sir has given me enough confidence due to which I could give my best to the show. Another thing I found out that if you work hard and focus on what you want, then you can do anything. There is a scene in Casino, where I along with the other eight characters have to give the shoot in one take and I have to memorize my script of eight pages that too in Hindi. So, I understood that if I focus on my work instead of being insecure about my Hindi, then I can become successful.

Expresso : What are the three reasons for which people should watch “The Casino”?

Mandana : Firstly, it is very glamorous and looks-wise it's fantastic.

The second reason I would say the cast; we have some talented group of actors in the show who has done a great job. Last but not the least, it talks about human relationships. During this lockdown we have realized that money is something that can be earned and lost, but, the things that matter are health, family, and friends and the show teaches the same. This show is all about human relationships, their value and importance. Its a must watch that's all I can say..

Walnut Inspired Easy and Delicious Recipes

Summers are here but fret not! Put your battle for Health vs. Taste to rest as California walnuts are here to sway all your worries away! This year, pledge to gain good health from one of the most versatile and nutrient-dense foods around.

Not only can walnuts add flavor and a little crunch to sweet and savory dishes, but they also pack a healthy punch. Walnuts are the only nut that provides a significant amount of plant-based omega-3 fatty acid and a handful (28g) of walnuts also provides a convenient source of protein (4g) and fiber (2g).

So what are you waiting for? Get set to lead a healthier life with the sweet, nutty twist of California walnuts. Here are our top picks of walnut recipes to celebrate the king of nuts – California walnuts!

Recipe tip : *Substitute ketchup with a thick sauce and serve over soft polenta for a more Italian flavor*

California Walnut Meatloaf

Celebrity Chef Sabyasachi Gorai

Ingredients

1 cup ketchup, divided, 2 cups California Walnuts, 1 cup white kidney beans, rinsed and drained, 3/4 cup breadcrumbs, 1/2 cup cooked quinoa, 1/2 cup chopped onion, 2 tablespoons chia seeds, 3 cloves garlic, minced, 2 eggs, 1 teaspoon Italian seasoning, 1/2 tablespoon chili powder, 1 tablespoon paprika, Salt and pepper to taste.

Optional additions:

2/3 cup each: diced red onion, coarsely shredded zucchini and snipped fresh basil.



Preparations

- Preheat oven to 190°C and set aside 1/2 cup ketchup.
- Place all remaining ingredients except optional additions in a food processor. Pulse to mix well, scraping down the sides as necessary.
- Mix in any desired optional additions.
- Shape into 6 round individual meatloaves and place on a lightly greased baking sheet. Drizzle with reserved ketchup. Bake for 35 minutes until firm.

Instant Pickled Walnuts

Celebrity Chef Varun Inamdar

Ingredients

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

Pickling spice

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



Pickling spice

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

REVIEW

A Roller Coaster Ride Filled With Emotions and Mockery

Rating : ★ ★ ★ ★ ★

Cast : Amitabh Bachchan, Ayushmann Khurrana, Vijay Raaz, Farrukh Jaffar

Director : Shoojit Sircar

Written By : Nabanita Dutta

Story: A hundred years old mahal is stuck in a massive dispute between the owner of the mahal Mirza, played by Amitabh Bachchan as well as one of its tenants Baankey Rastogi, played by Ayushmann Khurrana. Apart from both of them, other players are a part of this rat race as well and have their own matter of interest

Review: Set amidst the city of Lucknow, a hundred years old Fatima Mahal, which is almost on its way to ruination, is the home to many families who stay over there for meager rent starting from thirty to seventy rupees. But, Baankey and his family are the ones who always fail to pay the rent, and does not even leave the mahal. Every time he is being asked for rent, he makes an unnecessary excuse for his financial condition. Among the other people, Mirza is the one who is angry and fed up with this. He is an abuse hurling and prank-pulling man and has only one dream that he wants to legally become the owner of the Fatima Mahal in which he lives. He always and time-to-time finds ways of fulfilling his dream. One day, Mirza gets angry as Baankey breaks the brick wall of the common toilet, and he immediately went to police to bring a settlement for the prevailing dispute of the mahal.

After that, Archaeological Survey Officer Gyanesh Mishra played by Vijay Raaz enter the plot. He is the Archaeological Survey Officer of Lucknow circle. After listening to the dispute, he understood that this shambled mahal can certainly become a national heritage property. He then convinces Baankey about a successful plan, and how it will help him as well as the other tenants. But, Mirza is also not a fool that he will believe in the plan of Gyanesh Mishra, and thought of taking the help of Christopher, who is the only one staying in the mahal that speaks English and is a master in resolving any property issues. By then, the mansion already became a talk of the town and a craving for almost everyone. Want to know why this age-old piece of property became a matter of greed for everyone? This outstanding movie of Shoojit Sircar is a work of social commentary as well as a mockery of the psychic human minds. Through this movie, he wanted to show how greed can act as a force and how far it takes a person.

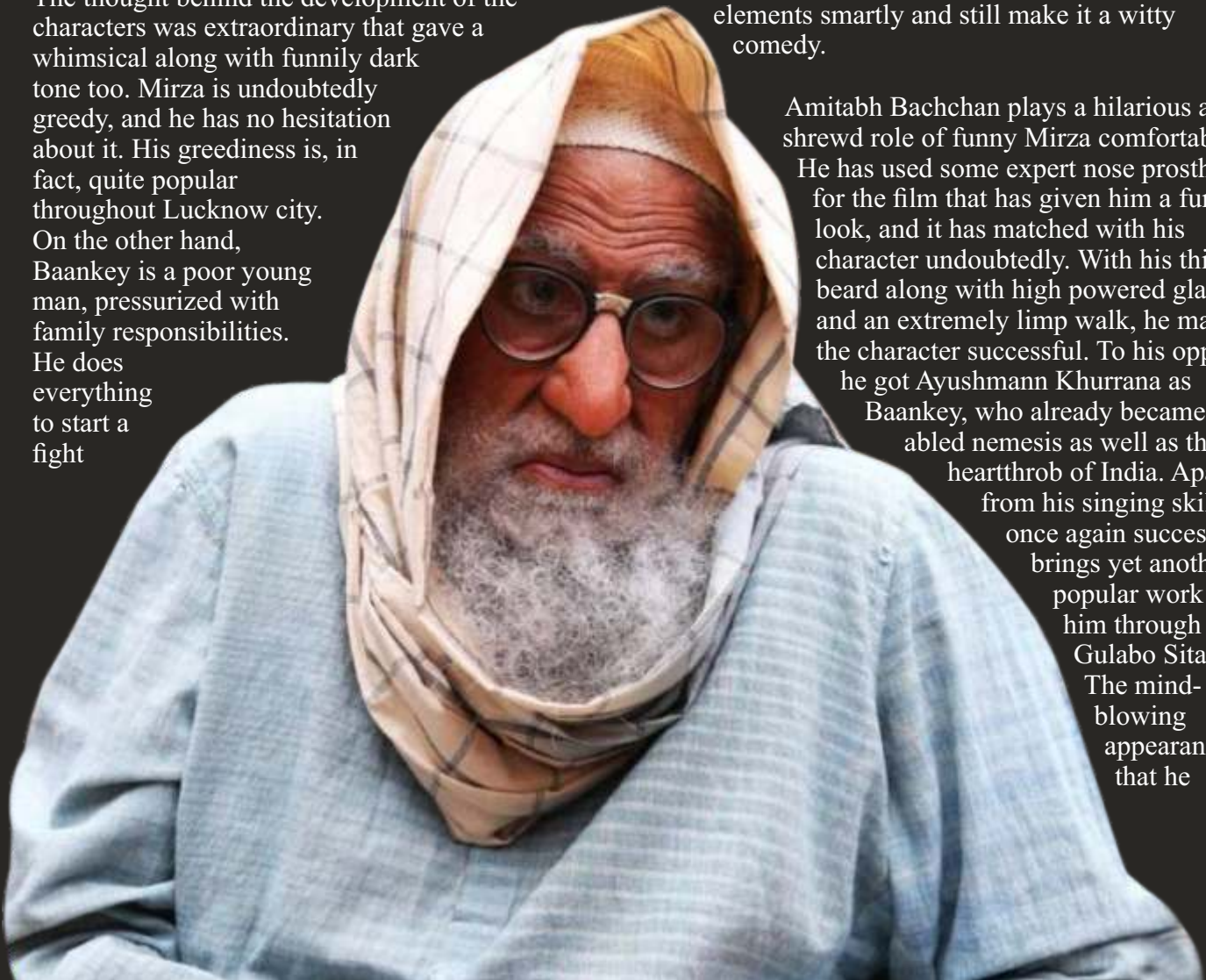
Juhi Chaturvedi is behind the film for penning down such a mind-blowing witty and entertaining story along with dialogues as well as the screenplay. The thought behind the development of the characters was extraordinary that gave a whimsical along with funnily dark tone too. Mirza is undoubtedly greedy, and he has no hesitation about it. His greediness is, in fact, quite popular throughout Lucknow city. On the other hand, Baankey is a poor young man, pressurized with family responsibilities. He does everything to start a fight



due to the annoying habits of Mirza. Another flavor that adds to the move is the age difference between Mirza and his wife,, Fatima Begum, which is fifteen years. It has yet another major backstory.

Shoojit Sircar mentioned that the movie is his latest creation of mockery, and the title inspiration he got from two puppets Gulabo and Sitabo, who make periodic appearances. The entire movie is filled with various metaphors so that a transparent depiction of a class distinction of the do's and don'ts of our society can be shown. The films show how greed, as well as hunger, especially for materialistic things, can bring downfall and loneliness. Shoojit Sircar clearly knows how to include these magical elements smartly and still make it a witty comedy.

Amitabh Bachchan plays a hilarious and shrewd role of funny Mirza comfortably. He has used some expert nose prosthetics for the film that has given him a funny look, and it has matched with his character undoubtedly. With his thick beard along with high powered glasses and an extremely limp walk, he made the character successful. To his opposite, he got Ayushmann Khurrana as Baankey, who already became an abled nemesis as well as the heartthrob of India. Apart from his singing skills, he once again successfully brings yet another popular work of him through Gulabo Sitabo. The mind-blowing appearance that he



carried in the film clearly brings out the bitterness due to poverty. Surprisingly, he does not bring out the tone of pity, but the people around him who constantly pulls him down and make us feel sorry for his situation.

Srishti Srivastava, who plays the character Guddo, one of the sisters of Baankey, is a man-eater. She believes in hardcore surviving and highlights the contrast to Baankey's apprehensive personality. Srishti is undoubtedly an outstanding actress, who has performed well in most of the web series and movies in which she acted earlier. In GulaboSitabo too, she gave her best as well. Vijay Raaz, as well as Brijendra Kala, played comical characters and efficiently complemented the leading characters.

Abhik Mukherjee, who is a three-time National Award winner was responsible for the director of photography. He beautifully upheld the unmatched and marvelous old-world beauty of Lucknow. He focused on the old mansions, cycle rickshaws moving through the lanes of the city, which gave a natural yet a simple background to the story. Through his lens, you will be able to recollect 'Muskuraye ki aap Lucknow mein hain.' Shantanu Moitra was responsible for giving those funny tunes, and Dinesh Pant, Vinod Dubey, and Puneet Sharma was in charge of providing deep yet meaningful lyrics.

The film does an outstanding job on various fronts as well as on the premise too. Even though the film might seem a little bit draggy, yet you will enjoy every moment of it due to the blend of fun and quirky moments of Baankey and Mirza. Fatima Begum is yet another whacky character of the film who is certainly not someone less than Baankey and Mirza. If you precisely focus on her character, you will understand how witty her role was that she played in the entire movie. Even though she seemed preoccupied in her zone, she knows about the things happening around her more than anyone else. But, the narrative did not give much time on-screen between Fatima and Mirza otherwise, the film would have been even funnier.

In Bollywood, finding a seemingly interesting mockery is tough, but Gulabo Sitabo certainly cut through all those tags, and intelligently became one that has tact and skill along with a mind-blowing climax filled with surprising and humorous endings. The quarrelsome headstrong characters of Shoojit Sircar's Gulabo Sitabo certainly gave an outstanding definition to the

comic film that first time witnessed digital release as well as a premiere on the Amazon Prime Video Platform. The movie is undoubtedly a cherry-pick in this Covid-19 situation, and if you want to watch some fun-filled satire and comedy, then this film is one of those family movies that you can relax and enjoy. Starting from comedy to mockery till dark humor, Gulabo Sitabo is undoubtedly a must-watch for everyone who wants to take a break from the web series, and indulge in one and a half-hour of roller coaster ride filled with comedy. The film also has a short message, which says that having desires in life is completely fine, but too much greed will never let you walk on the right path, be it for any person or materialistic goods.



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