

A black and white portrait of actor Abhishek Bachchan. He is wearing bright yellow-rimmed glasses and has a beard. He is resting his chin on his hand, looking directly at the camera with a serious expression. He is wearing a light-colored blazer over a white t-shirt.

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Espresso

Magazine

Abhishek
BACHCHAN

FEARLESS, LIMITLESS



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**EDITOR'S
LETTER**



The month of August marks the beginning of the festivities across the country. With Oman, Teej, Raksha Bandhan, this month heralds the arrival of one happy occasion after another. In this month, we celebrate the festivals with great enthusiasm. In current month's edition, you would love to checkout mouth-watering recipes, our fashion and beauty page goes into a new collection of Raksha Bandhan, special festive touch to your look this Onam plus a talented, bright distinct interview with your beloved junior Bachchan. Abhishek's strong and impressive performance won millions of hearts. In an exclusive interview with us, Junior Bachchan conversed about his upcoming project "Ghoomer" and opens up about his journey until now. In another section, we catch up with a candid deliberation with actor Malvi Malhotra who unveiled the sneak peek of her recent release. We also open up about the latest trends, few travel guide for our readers. And what are you waiting for? Rush your way through to our cover story and cuddle with it digitally

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We, The People

Celebrated fashion designer, Rahul Mishra brought the curtains down on the 16th edition of the India Couture Week (ICW). 9 days fashion gala was organized by FDCI and presented by Hyundai Motor India which held at the Taj Palace Hotel, New Delhi.

With reality and imagination, woven into its fabric, Rahul Mishra's Couture 2023 collection 'We, The People' strives to draw the enablers of couture, the artisans, to the face of its narrative. It envisions them as the juncture where artistic expression meets age-old craft and technical prowess that allows them the godlike ability to turn imagination into reality.

The surface of the collection is an articulation of the fashion worker's trance interlaced with their immediate reality. 'We, The People' is a work of wonderment that assumes if an embroiderer would really envision the adda (embroidery frame) turning into a lotus pond and if there is an instance when they feel themselves in the Sundarbans amidst its virgin forest, caressing a majestic tiger.



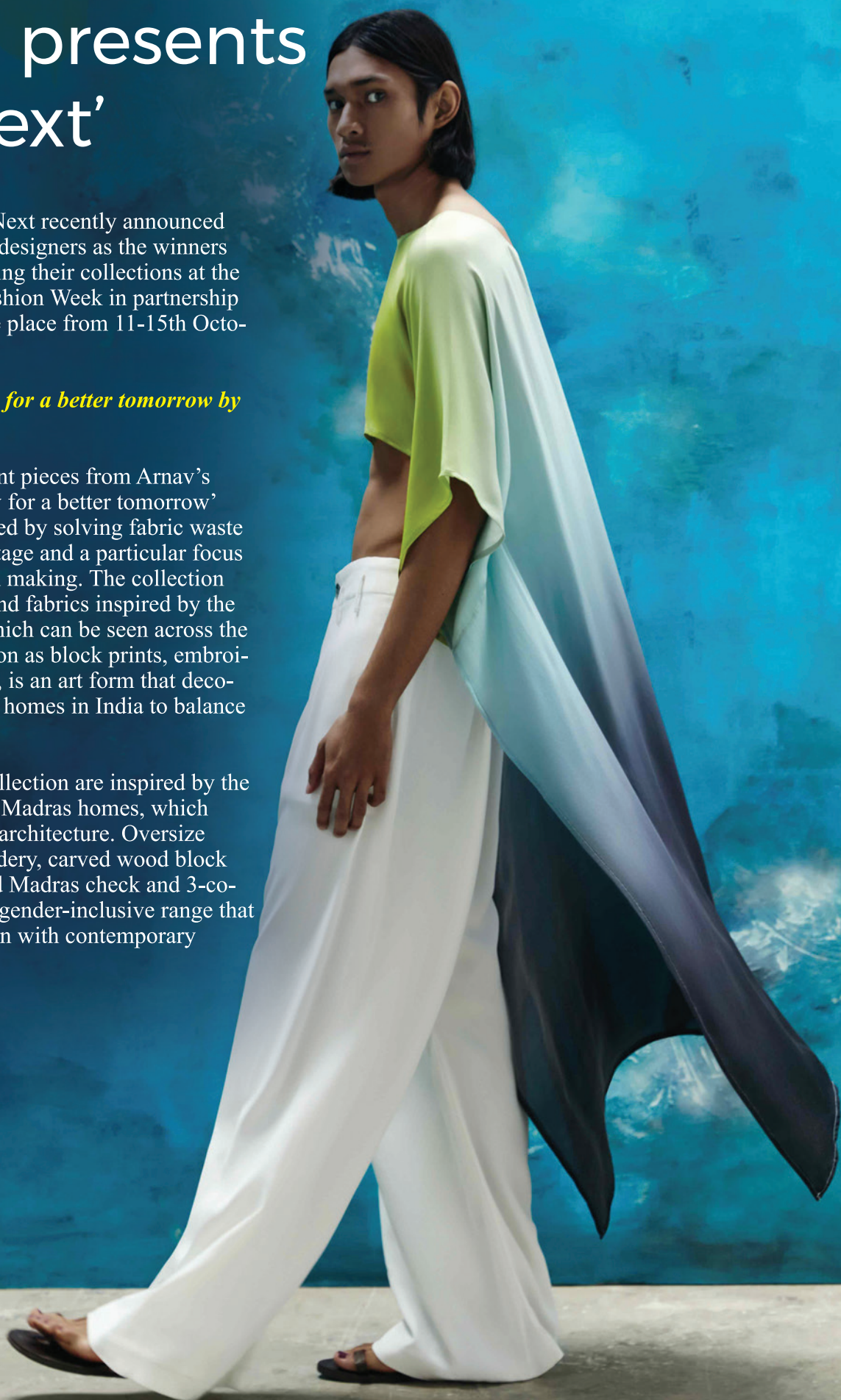
'INIFD presents GenNext'

INIFD presents GenNext recently announced three promising new designers as the winners who will be showcasing their collections at the upcoming Lakmé Fashion Week in partnership with FDCI set to take place from 11-15th October in New Delhi.

Inconvenience today for a better tomorrow by Arnav Malhotra

The new age statement pieces from Arnav's 'Inconvenience today for a better tomorrow' collection is influenced by solving fabric waste issues at the design stage and a particular focus on zero-waste pattern making. The collection features silhouettes and fabrics inspired by the saree. The Kolam, which can be seen across the garments of this season as block prints, embroideries, and jacquards, is an art form that decorates the entrances of homes in India to balance energy.

The colours of the collection are inspired by the bright colours on old Madras homes, which influenced Memphis architecture. Oversize shisha mirror embroidery, carved wood block printing, an oversized Madras check and 3-colour ombres enrich a gender-inclusive range that blends Indian tradition with contemporary luxury.





Sight of Sound by Sonam Khetan

Sonam believes that the driving force for her pieces is the time invested in exploring scientific findings and research. Holding a firm belief in increasing awareness for social and environmental issues, each collection from Sonam Khetan tells a story that highlights nature and the environment.

A visual representation of the sounds of the Earth, her collection titled 'Sight of Sound', portrays the interpretation of sounds from the perspective of scientists, artists, and Buddhists. The collection is made from all natural fabrics like- linen, hemp, khadi cotton, organic cotton and silk. The pieces have been curated with the help of a women-led artisanal studio that specialises in naturally hand-dyed material made from recycling flowers from ancient temples, and an NGO that specialises in the Japanese Shibori technique. Sight of Sound stands out for its emphasis on hand embroideries, wearable flexibility and surface manipulations.

Bivouac by Prasoon Sharma

Described as a portal to nature, his collection titled 'Bivouac' transports one into a world void of interruptions. Beautifying imperfections, being raw and untouched are an accurate description of the emotions the collection captures.

Bivouac integrates earthy greens, natural browns, vivid accents, animal motifs and prints with natural patterns found in forests. Different elements of the collection are a reminder of the need for equilibrium and co-existence between the environment and humans.

Several techniques have been incorporated to create the final product. Hand braiding and hand nesting has been used along with dori work to get the texture of rawness of nature. Unique ways have been used to achieve the denim looks for the collection. In addition, there has been use of screen printing to make accurate patterns, and digital printing was utilized to generate intricate and sophisticated images with a broad range of colors and effects. The collection uses a range of fabrics like Tencel Dobby, Tencel Satin, Ecrú Denim Twill, Cactus textured handwoven cotton and TNT Khadi to accentuate the look of the collection.





**Raise
a toast
to a bond**



Sclaw Puff

Raksha Bandhan, symbolizes the unbreakable bond between siblings and is a perfect time to express love and appreciation. What better way to do so than with thoughtful and stylish gifts? As this auspicious occasion draws near we set to unveil a plethora of gifting options that perfectly captures the essence of sibling bond.

INR 15,500



Beyond Tradition

This Raksha Bandhan, elevate your sibling's teatime ritual with the perfect combination of the TyphoonStove Top Kettle and Tumbler Duo by thinKitchen®. The Otto Kettle exudes timeless charm in a soothing pastel blue design, with a convenient whistling mechanism for flawlessly brewed water every time. Its capaciousness and spill-proof pouring features make it an indispensable addition to any kitchen setup.

Price: Rs.7,159



Timeless Elegance

Give the gift of time to express love and appreciation this Rakhi with perfect watches for beloved siblings. Make a statement with the Casio Enticer Men's Watch (SKU: MTP-VD200G-1B), a masterpiece of sophistication and style, priced at just INR 5995. For a touch of luxury, consider the Casio Enticer Women's Watch LTP-VT01 series (SKU: LTP-VT01G-7B). This exquisite timepiece, priced at INR 4995, complements any wrist with its elegant and minimalist design, making it a perfect Rakhi gift.





Expression Of Chivas' inimitable style

This Raksha Bandhan raise a toast to the cherished bonds that have stood the test of time and distance and rekindle the magic of brotherhood and sisterhood like never before.

Chivas XV: Flavour Notes:

Stewed red apples, orange marmalade, cinnamon, juicy sultanas and fresh ginger.

Price:

Gurgaon: INR 3,500

Mumbai: INR 6,000

Chivas Ultis Xx: First Blended Malt Scotch Whisky From The House Of Chivas Regal

Tasting Notes:

NOSE: Exuberant and fresh aroma reminiscent of juicy red apples, interlaced with raspberry jam, fresh vanilla pods and luxurious butter toffee.

PALATE: Smooth and sweet on the palate with notes of blossom honey, milk chocolate and poached pears in syrup. full bodied flavours give way to apricot, orange zest and creamy malt notes

FINISH: Long, sweet, and smooth

Price: INR 21,200 in Maharashtra



CHIVAS 18

Key Flavour Notes:

Tasting Notes:

Butterscotch, vanilla, oranges, dried fruits, lavender, almonds and cinnamon

Price:

Gurgaon: INR 5,400

Mumbai: INR 9,500

Gift of love

Transform the skincare routine with this Turmeric Saffron Sandalwood Marigold face care gift set. Discover the luminous power of Turmeric, the radiant glow of Saffron, the soothing comfort of Sandalwood, and the nourishing benefits of Marigold. Indulge in healthy, glowing skin with this gift set.

M.R.P. ₹1,195



Love for Platinum

Step into the world of Men of Platinum, where every statement piece tells a tale of character and conviction. Of remarkable men who embrace their values with unwavering dedication, remaining true to themselves and their beliefs, even amidst life's most challenging moments. Like the enduring nature of platinum, their spirits stay untarnished through the passage of time, inspiring an entire generation through thoughtful acts and humble gestures.

Men of Platinum boasts a design language that is both unique and meaningful. Each intricate element is thoughtfully embedded with significance, reflecting the values and qualities of the exceptional men it represents. From distinct patterns to symbolic motifs, every piece is woven around the narrative of character, resilience, courage, compassion & inclusivity making it more than just a statement of style, but a powerful expression of identity and purpose.



Swiss Beauty

With Rakshabandhan just around the corner, the search for the perfect way to express your love and appreciation must be at its peak. What better way to pamper your siblings than gifting them the ultimate gift of style and self-expression? Well, India's most popular cosmetics brand, Swiss Beauty, took the gifting game to a new level with their makeup kits

BFF Forever Gift Set - Swiss Beauty BFF Forever Gift Set is a specially curated kit, filled with beauty treasures that will leave your sister feeling truly cherished. The box includes everything that your sister needs to pamper herself. The box comes with an Ultimate Eyeshadow Palette, Plump Up Wt-Gloss, 3-in-1 cheek a boo face palette, Stay Nail Paints in shades 24 and 38 and On the Move Lip Palette(02) for the sister who's always on the go. Make your sister's eyes sparkle with the Ultimate Eyeshadow in shade 02. The highly pigmented shades blend smoothly and are perfect companions for festive occasions.



Celebrate the Knot of Eternal Connection

Black Blayne Wallet

Indulge in luxury with this wallet, skillfully crafted from Italian saffiano leather, boasting LWG certification for a touch of sustainability. An ideal companion for daily endeavors, it offers practicality through eight card slots, meticulously hand-painted edges, and two cash sleeves – a true embodiment of style and functionality.

Price: Rs 4,000



Navy Jonah Weekender Bag

: Meticulously crafted, this design seamlessly blends soft grainy leather and high-quality fine-grain leather, creating an exquisite juxtaposition of textures. The addition of colour blocking introduces a distinct and captivating design element, setting it apart with an unparalleled sense of uniqueness.

Price: Rs 24,000/-



Benefits Of Vitamin C For Healthy Skin

By Dr. Blossom Kochhar

Vitamin C, also known as ascorbic acid, is a powerhouse nutrient that offers a plethora of benefits for your skin. From its potent antioxidant properties to its ability to brighten and protect, vitamin C is a skincare superhero. In this article, we'll delve into the eight incredible benefits of vitamin C for your skin and explore how to incorporate it into your skincare routine. We'll also discuss natural sources of vitamin C for a holistic approach to healthier skin.

The Super Benefits of Vitamin C for Your Skin

Antioxidant Protection: Vitamin C is a potent antioxidant, which means it helps protect your skin from the damaging effects of free radicals and environmental stressors, such as pollution and UV rays. This protection can help prevent premature aging and maintain your skin's youthful appearance.

Brightens Skin: Vitamin C is renowned for its skin-brightening effects. It helps reduce the appearance of dark spots, uneven skin tone, and hyperpigmentation, leaving your complexion more radiant and even-toned.

Boosts Collagen Production: Collagen is a protein that keeps your skin firm and youthful. Vitamin C stimulates collagen production, helping to maintain skin elasticity and reduce the appearance of fine lines and wrinkles.

Hydrates and Moisturizes: Vitamin C has a natural ability to retain moisture in the skin. It helps maintain skin hydration, keeping it soft and supple.

Reduces Inflammation: If you have sensitive or inflamed skin, vitamin C can help calm irritation. Its anti-inflammatory properties make it an excellent choice for those with conditions like rosacea or acne-prone skin.

Improves Skin Texture: Regular use of vitamin C can lead to smoother skin texture. It can minimize the appearance of pores and rough

areas, giving you a smoother, more refined complexion.

Wound Healing: Vitamin C plays a crucial role in wound healing and scar reduction. It promotes tissue repair and helps fade scars and blemishes over time.

Sun Damage Repair: While not a substitute for sunscreen, vitamin C can help repair sun damage by reducing the appearance of sunspots and UV-induced skin discoloration.

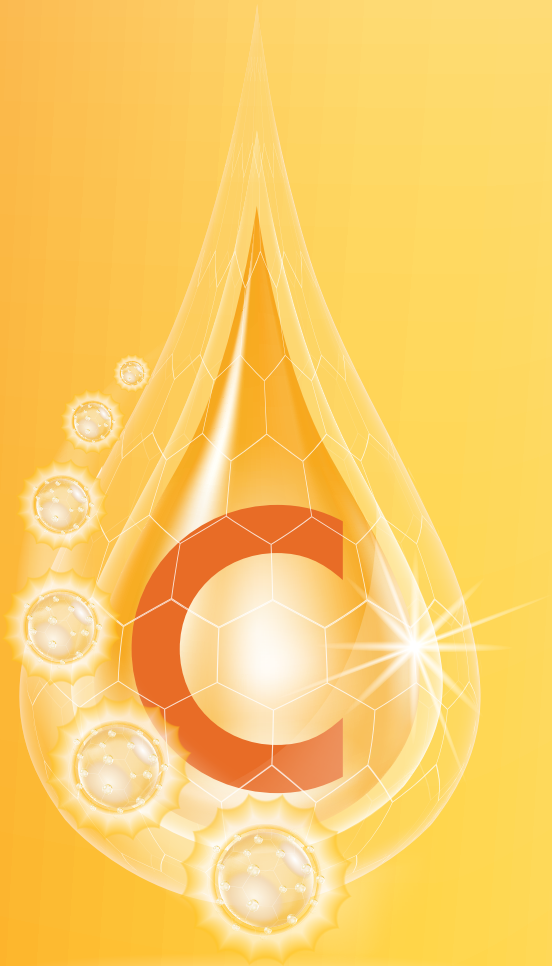
How to Use Vitamin C in Your Skincare Routine

Now that you're aware of the amazing benefits of vitamin C, let's explore how to incorporate it into your daily skincare routine.

Vitamin C Serums: Vitamin C serums are highly concentrated and easily absorbed by the skin. They are typically applied after cleansing and toning but before moisturizing. A few drops of a vitamin C serum can work wonders for your skin.

Vitamin C Creams and Lotions: These are excellent for moisturizing your skin while reaping the benefits of vitamin C. Apply them as part of your daily skincare routine, ideally in the morning.

Vitamin C Masks: Weekly or bi-weekly application of a vitamin C mask can provide an intense boost of radiance. Follow the instructions on the product for best results.



DIY Vitamin C Mixtures: You can create your own vitamin C skincare products at home. Purchase vitamin C powder (ascorbic acid) and mix it with a water-based serum or moisturizer. Be cautious with the concentration, as high levels can cause irritation.

Vitamin C Eye Creams: The delicate skin around your eyes can benefit from a specialized vitamin C eye cream. Apply it gently to reduce puffiness and dark circles.

Vitamin C Supplements: While topical application is the most effective way to deliver vitamin C to your skin, incorporating it into your diet with supplements or vitamin-rich foods can also support overall skin health.

Sources of Vitamin C for Holistic Skin Health

Vitamin C isn't just beneficial for your skin when applied topically; incorporating it into your diet can enhance your skin's health from the inside out. Here are some natural sources of vitamin C:

»» **Citrus Fruits:** Oranges, lemons, grapefruits, and limes are renowned for their high vitamin C content.

»» **Berries:** Strawberries, blueberries, and raspberries are packed with vitamin C and

antioxidants.

»» **Kiwi:** This small fruit is a vitamin C powerhouse.

»» **Papaya:** Besides vitamin C, papaya also contains enzymes that are great for exfoliating the skin.

»» **Guava:** Guava is another fruit rich in vitamin C and antioxidants.

»» **Leafy Greens:** Kale, spinach, and other leafy greens provide not only vitamin C but also other essential nutrients for skin health.

»» **Bell Peppers:** Red, yellow, and green bell peppers are excellent sources of vitamin C.

»» **Broccoli:** This cruciferous vegetable is not only nutritious but also contains vitamin C.

Vitamin C is a skincare superstar that can transform your skin by providing antioxidant protection, reducing dark spots, boosting collagen, and more. To enjoy the full spectrum of benefits, consider incorporating both topical products and vitamin C-rich foods into your daily routine. Whether you choose a serum, cream, or a DIY mixture, vitamin C can help you achieve a radiant, youthful complexion that exudes health and vitality.





5 PLACES TO EXPLORE IN ARUNACHAL PRADESH

By Shayak Sanyal

"India will reveal to you the places in your heart that must be purified." If you are an enthusiastic traveller who likes frequenting to different unconventional destinations across the country, then you would be able to judge the appropriateness of the said quote. Of all the states which are known for their myriad of characteristics, a visit to the state of Arunachal Pradesh, known for its lofty mountains, lush green valleys and rich biodiversity of flora and fauna would definitely help in revealing the majestic beauty of this mountainous state by exploring its idiosyncratic locations which will keep you bewildered and mystified like never before.

So, if you are planning a trip to the state of Arunachal Pradesh for your upcoming holidays, then you can visit these 5 destinations, which can undoubtedly make it a worthwhile holiday for you to cherish in the long run.

ZIRO VALLEY

The picture-charming Ziro Valley and the town, which is located in the lower Subansiri District at an elevation of 5000 to 8000 ft above sea level, will leave you mesmerized by its pristine beauty. With the green mountains surrounding, this serene valley along with paddy rice fields and small villages located nearby with houses made up of bamboo, Ziro Valley is the perfect destination to seek pleasure and contentment as an avid nature lover. Moreover, Ziro Valley is also known for its Apatani Tribe with whom you can spend some lovely time to gather useful knowledge about their culture, rituals and the mode of cultivation that they follow.

Best time to visit- October to March

Nearby attractions- Pine grove, Tarin Fish Farm, Talley valley wildlife Sanctuary, Kile Pakho etc.

Places of stay- Nehabo Home Stay, Ziro, Ziro Valley Cottage Homestay, Hotel Blue pine etc



BOMDILA

Tucked away from the chaotic environs of Tezpur, a visit to Bomdila, located in the western Kemang district, will help you to mingle yourself with the tranquility of this heavenly destination in the midst of solitude. Starting from dedicating your leisure time to experiencing the livelihoods of the tribal communities like Miji, Monpa, and Khawas to getting yourself seduced by the sublime ambience of this place known for its deep valleys, translucent streams and mountainous landscapes, your stay in Bomdila will help you to soothe your inner soul like never before.

Best time to visit- April to October

Nearby attractions- Bomdila Monastery, Craft center of Bomdila, Thembang Village and Gonste Garden Rabgye Ling.

Places of stay- Hotel Green view Bomdila, Anu Homestay, Hotel Dilliphu, Lungta Residency etc.



BHALUKPONG

Located 56 km away from Tezpur is the idyllic Bhalukpong, which is located on the banks of the Kemang River. This place holds its significance for being an archaeological site known to have the ruins of King Bhaluka for which the place has been titled as Bhalukpong. From taking part in thrilling activities like rafting, canoeing and fishing to having a small picnic with your family members by embracing the unparalleled scenic beauty of this unorthodox location, Bhalukpong will keep you mesmerized from the core of your heart.

Best time to visit- October to March

Nearby attractions- Pakhui Wildlife Sanctuary, Bhalukpong fort and Tipi Orchidarium.

Places of stay- Hotel SDC, Hotel Kameng Inn, Waii International hotel, Hotel Mandal Ghang etc.



NAMDAPHA NATIONAL PARK

If you have the fascination and the enthusiasm to explore the wilderness of Arunachal Pradesh, then you can visit the Namdapha National Park, which is regarded as the largest protected area in the state and the third largest national park in India as a whole. The park is known to harbour exotic species of animals which include snow leopards, tigers, red pandas, and clouded leopards as well as plants like *Paphiopedilum fairrieanum*, *Sapria himalayan*, and *Pinus merkusii*. If you are willing to explore this national park to discover the secret wonders of this place wholeheartedly, then you can opt for elephant safaris, going for boat rides, jungle camping, etc.

Best time to visit- October to April

Entry fee- Rs. 50

Nearby attractions- Miao Museum, Miao Mini Zoo, Raja Jheel, Gandhigram etc.

Places of stay- Namdapha Jungle Camp, Namsai Guest House, Dirang Buddha Hotel etc.



NURANANG WATERFALLS

To delve deeper into the laps of mother nature in some of the remote pockets of Arunachal Pradesh, you must visit the Nuranang falls in the district of Tawang, which will keep you fascinated by its unmatched splendor. The gushing water cascading from the top of the mountains, covering a total of 100 metres, along with the view of the sprawling green mountains in both directions, the Nuranang waterfalls is indeed a paradisiacal and uncommon location for travellers as well as photographers to cherish the flamboyance of the existing natural wonders.

Best time to visit- June to November

Entry fee- Free

Nearby attractions- Tawang Monastery, Taktsang Gompa, Gorichen Peak etc.

Places of stay- Namdapha Jungle Camp, Namsai Guest House, Dirang Buddha Hotel etc.

Opening hours- 8am – 6pm

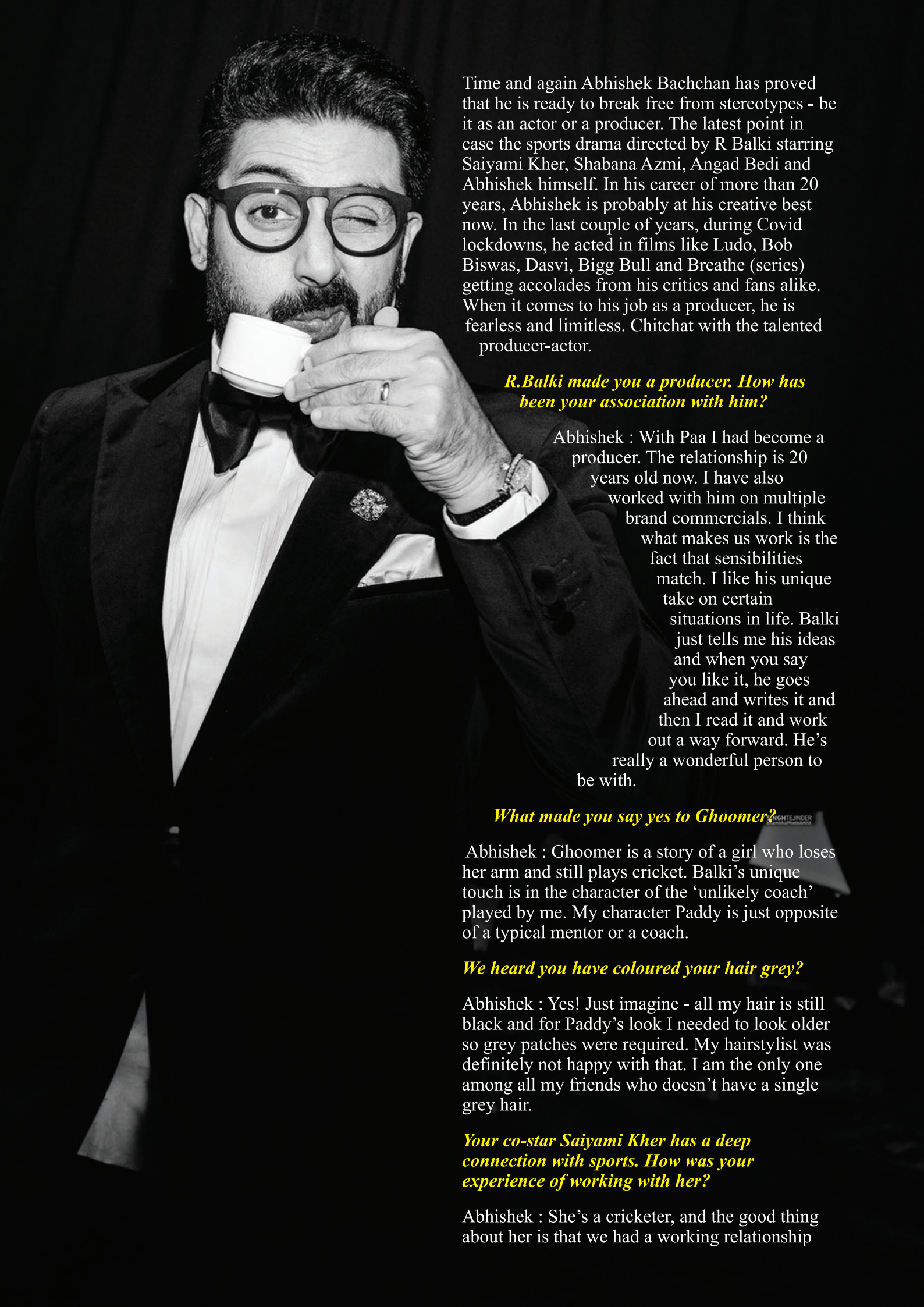




COVER STORY

The Man Of The Moment

By Srabanti Chakrabarti



Time and again Abhishek Bachchan has proved that he is ready to break free from stereotypes - be it as an actor or a producer. The latest point in case the sports drama directed by R Balki starring Saiyami Kher, Shabana Azmi, Angad Bedi and Abhishek himself. In his career of more than 20 years, Abhishek is probably at his creative best now. In the last couple of years, during Covid lockdowns, he acted in films like Ludo, Bob Biswas, Dasvi, Bigg Bull and Breathe (series) getting accolades from his critics and fans alike. When it comes to his job as a producer, he is fearless and limitless. Chitchat with the talented producer-actor.

R.Balki made you a producer. How has been your association with him?

Abhishek : With Paa I had become a producer. The relationship is 20 years old now. I have also worked with him on multiple brand commercials. I think what makes us work is the fact that sensibilities match. I like his unique take on certain situations in life. Balki just tells me his ideas and when you say you like it, he goes ahead and writes it and then I read it and work out a way forward. He's really a wonderful person to be with.

What made you say yes to Ghoomer?

Abhishek : Ghoomer is a story of a girl who loses her arm and still plays cricket. Balki's unique touch is in the character of the 'unlikely coach' played by me. My character Paddy is just opposite of a typical mentor or a coach.

We heard you have coloured your hair grey?

Abhishek : Yes! Just imagine - all my hair is still black and for Paddy's look I needed to look older so grey patches were required. My hairstylist was definitely not happy with that. I am the only one among all my friends who doesn't have a single grey hair.

Your co-star Saiyami Kher has a deep connection with sports. How was your experience of working with her?

Abhishek : She's a cricketer, and the good thing about her is that we had a working relationship

having done Breathe (webseries) together. So we had that comfort factor. The amount of hard work she has put in for this is unbelievable.

You are returning to a big screen after 5 long years. How does it feel?

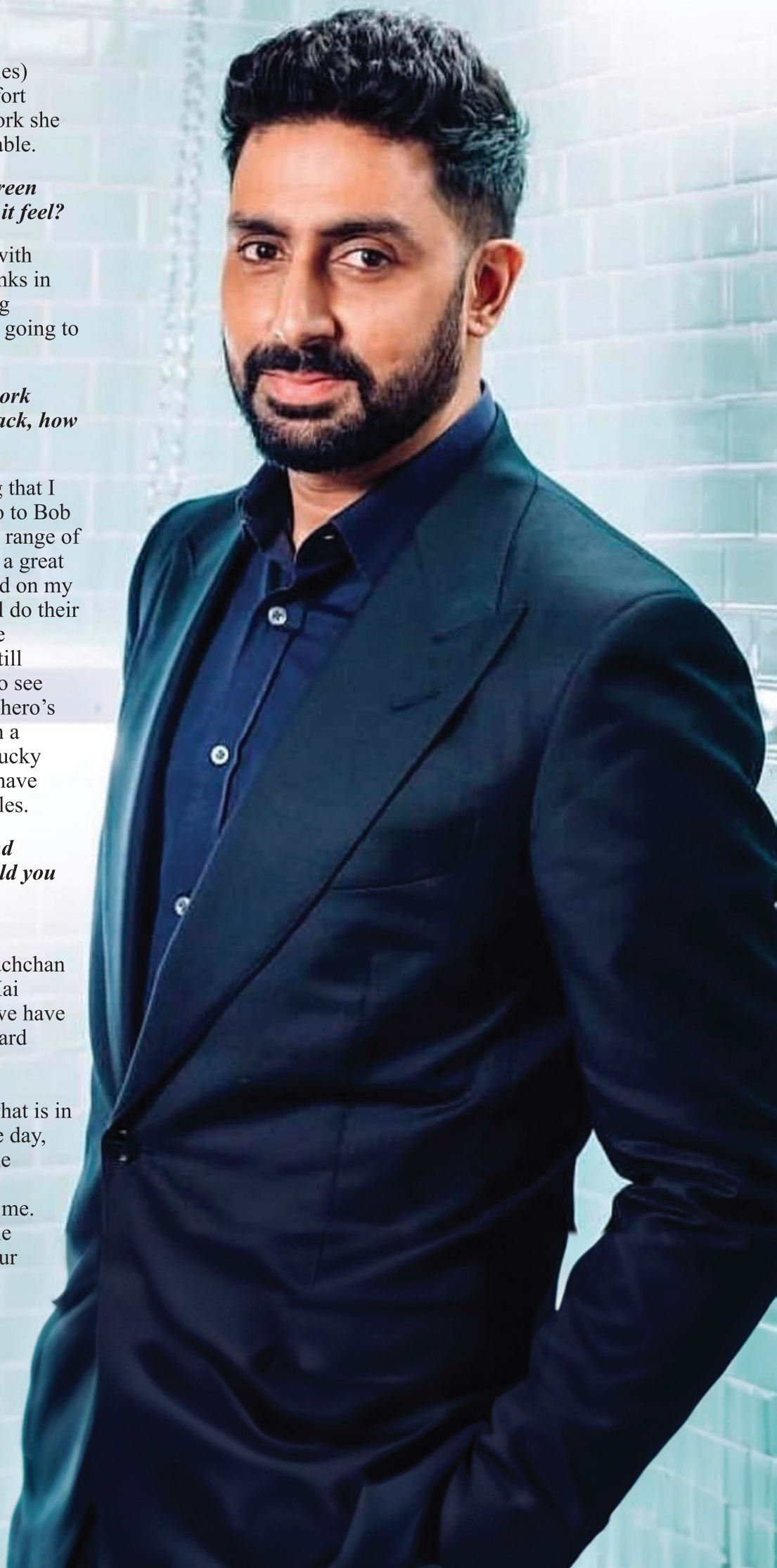
Abhishek : Going to theatre with popcorn, samosa and cold drinks in your hand is a different feeling altogether. To me it's just like going to a temple.

You have done some great work during lockdown. Looking back, how do you see that phase?

Abhishek : I was just thinking that I got so lucky. Right from Ludo to Bob Biswas, Big Bull to Dasvi the range of roles I have portrayed is truly a great experience. I was only focused on my work and let the audience will do their work. You have to impress the audience. The fact that I am still working means people want to see me. There was a time when a hero's character used to be written in a certain way. I am happy and lucky that in this phase that people have accepted me in all kinds of roles.

You have seen a lot of ups and downs. What tips/advice would you like to give to the youth?

Abhishek : Work harder. My grandfather Harivansh Rai Bachchan used to say 'Jab Tak Jeevan Hai Sangharsh Hai'. I feel today we have become more materialistic. Hard work is a continuous process. Success is not just achieving materialistic stuff. Think of what is in your control. At the end of the day, when you put your head on the pillow and you get a peaceful night's sleep that's success to me. Make your journey memorable that's more important than your destination.



What do you have to say about your mom Jaya Bachchan's performance in Rocky Aur Rani Kii Prem Kahanii?

Abhishek : I cannot react on my mother's work. The other actors from my family whether it is my father Amitabh Bachchan or my wife Aishwarya - I look upto them as actors. To me, my mother is an emotion.

Agstya Nanda your nephew is going to debut soon. Your comments on him.

Abhishek : I feel his eyes are full of honesty and innocence which is rare in today's generation. A lot of actors in today's time are so prepared that you can see that in their eyes.

The kind of advice you used to get 20 years back from your parents and what you get now - how has that changed?

Abhishek : I have always been encouraged by my parents and they have only asked me to work. So they can tell my work is good or bad. They never restricted me to work and I always had the freedom to choose my work.

Do you doubt yourself?

Abhishek : Obviously I doubt myself, every moment. Yes my parents are successful but that doesn't stop you. Your greatest critic is your talent. You know where you have gone wrong. At least I do when I watch my films, I know whether it is going to work or not.

What's your opinion on Box Office expectations?

Abhishek : One must take box office pressure. It is important. Someone has invested his money in the film, so many people have struggled day and night to make a movie. The audience pays money to watch your movie so you have to give them that value for money. Any actor who doesn't take box office pressure is wrong.



Use California Walnuts As A Substitute To Meat

Whether you're a vegetarian or a regular meat-eater who's just looking for plant-based offerings to balance things out, we've got you covered. As you know, California Walnuts are amazingly versatile, lending themselves to all kinds of preparations.

However, did you know that they're also a great natural meat substitute?

As a source of natural plant-based protein, California Walnuts can easily be used to replace meat-based proteins, all while tasting absolutely delicious. Apart from packing a punch of protein, California Walnuts are also naturally gluten-free, sodium-free and cholesterol-free, making them a far healthier alternative to actual meat. Following this idea, plenty of restaurants all over the world are incorporating California Walnuts meat into their offerings, to cater to the vast majority of people who are actively seeking plant-based alternatives in their food.

If you still happen to be wondering how you can use California Walnuts to create 'faux' meat that even the most staunch non-vegetarians will find difficult to discover, we're here to help. You can use California Walnuts as a meat substitute in many different ways. Here are a few recipes to help you get started.





Meatless California Walnuts and Mushroom Sloppy Joes

Chef Sabyasachi Gorai

Ingredients

- ▶ 3/4 cup California walnuts
- ▶ 1-pound Portobello mushrooms, gills and stems removed
- ▶ 2 tablespoons canola oil
- ▶ 1 medium onion, chopped
- ▶ 1 green bell pepper, chopped
- ▶ 4 cloves garlic, minced
- ▶ 1-1/2 cups ketchup
- ▶ 2 tablespoons brown sugar
- ▶ 1/2 teaspoon dry mustard
- ▶ 1/2 teaspoon cayenne pepper
- ▶ 1 tablespoon tomato paste
- ▶ 1 tablespoon Worcestershire sauce (or vegan Worcestershire)
- ▶ 1 tablespoon apple cider vinegar
- ▶ 1/2 teaspoon salt
- ▶ 8 potato buns, toasted

Preparations

- ▶ Pulse the California walnuts and mushrooms in a food processor in batches until it breaks down and resembles a ground beef texture.
- ▶ Heat oil in a large skillet over medium high heat. Add the onions, bell pepper and minced garlic, and cook for 5 minutes or until the veggies soften
- ▶ Add the California walnuts/mushroom mixture to the skillet; stir so everything is well combined and let cook for 5 minutes.
- ▶ In a small bowl, combine ketchup, brown sugar, dry mustard, cayenne pepper, tomato paste, Worcestershire sauce, and apple cider vinegar, then add to the skillet. Stir everything together and let simmer for 5 minutes. Adjust with salt to taste.
- ▶ Serve the prepared sloppy joe mix on top of toasted buns. Serve immediately while still warm.



Italian BBQ California Walnuts 'Meat' Pizzas

Chef Sabyasachi Gorai

Ingredients

- ▶ 420g strong white bread flour
- ▶ 7g sachet dried fast action yeast
- ▶ 2 tablespoons extra-virgin olive oil plus extra for drizzling
- ▶ 140g pizza sauce
- ▶ 200g grated mozzarella or vegan alternative
- ▶ 1 red pepper, sliced
- ▶ 1 small red onion, sliced
- ▶ 150g California walnuts
- ▶ 2 tablespoons BBQ sauce
- ▶ Fresh basil leaves to garnish

Preparations

- ▶ Place the flour, yeast and 1 teaspoon salt into the bowl of a kitchen mixer fitted with a dough hook. Stir to combine and mix in the oil and 250ml warm water to make dough. Knead for 10 minutes. Transfer to a large, oiled bowl, cover and prove for 1 hour or until doubled in size.
- ▶ Preheat the oven to 220°C.
- ▶ Lightly knead the dough to knock out the air and divide into 2 balls. Roll out each ball to 26cm circle on a floured surface, spread with the pizza sauce leaving a 2cm border round the edges. Sprinkle with cheese followed by the pepper and onion. Bake for 12 minutes.
- ▶ Meanwhile, place the California walnuts and BBQ sauce in a food processor and blend to a mince-like consistency. Scatter over the pizzas and cook for a further 3-4 minutes.
- ▶ Scatter over fresh basil leaves and a drizzle of oil to serve.



California Walnutty Veggie Meatballs

Chef Sabyasachi Gorai

Ingredients

- ▶ 425g Cannellini beans, canned, rinsed and drained
- ▶ 1/4 cup red peppers, roasted and chopped
- ▶ 1/2 cup California walnuts, coarsely chopped
- ▶ 1/4 cup red onion, minced
- ▶ 1/4 cup parmesan cheese, grated
- ▶ 1/4 cup Italian seasoned dry breadcrumbs
- ▶ 2 tablespoons smoked sun-dried tomatoes, chopped
- ▶ 1 teaspoon Italian herb seasoning blend
- ▶ 1/2 teaspoon garlic salt
- ▶ 1 egg
- ▶ Olive oil cooking spray

Tip: Mixture will be easier to shape if refrigerated for several hours.

Preparations

- ▶ Preheat oven to 200°C and line a baking sheet with foil. Put beans and red peppers between paper towels and pat dry.
- ▶ Place in a food processor with all remaining ingredients except cooking spray.
- ▶ Pulse on and off until all ingredients are finely chopped. Do not over mix or meatballs will be mushy.
- ▶ Shape into balls and place on prepared baking sheet. Coat liberally with olive oil spray and cook for 10 more minutes. Spray again and cook for 10 minutes more.
- ▶ Serve with marinara over whole grain pasta or in whole grain rolls as a meatball sub.

WHAT'S NEW IN THE CITY

Treat and celebrate sibling bond

The cherished bond between siblings is a treasure beyond measure, a connection that transcends distance and time. In honor of this enduring bond, we thrilled to announce a heartwarming offering that perfectly captures the spirit of Raksha Bandhan.



The Westin Kolkata Rajarhat

The year 2023 holds significant importance in the realm of food and farming, as it has been officially declared as the International Year of Millets. The Westin Kolkata Rajarhat is taking the charge on this culinary shift like no other as the much-awaited 'Month of Millet' is all set to enchant food enthusiasts at Vedic from 13th August to 12th September.

Diners are in for a treat with the specially crafted 6-course tasting menu with dishes like 'Kushmandakah' (Pumpkin tortellini, melange of spinach, bajra and roasted pumpkin nihari broth), Nāraṅgam (sousvide carrot paneer roulade, orange jus ; dates and prunes chutney, Gondhoraj foam), Sasyam (Ragi and corn papad topped with tomato pickle, green chili thecha, mango dahi kebab, dehydrated sirka bhutta), Bhel Chaat (Green peas sesame chutney, chana moong sprout bhel, millet flour ghewar kachori, blue peas flower tart), Nachni (Ragi millet bhatura, toasted flax seeds and rajma curry, prunes achar, bajra khichda, white butter and jaggery, veg chop in saffron sauce), Thaṇḍāī (Carrot halwa foam, beetroot and blue peas flower ice cream, carrot milk crisps). Each course tells a unique story, delving into the health factors of the dishes and their cultural significance. As you savor each course, you'll be transported on a journey of flavors and memories.

Venue: Vedic

Price: INR 1799 plus taxes

Time: Lunch—12:30 pm to 3:30 pm

Dinner- 7.30pm-11.00pm

For Reservations: +91 9073323290



Yauatcha

Yauatcha, the renowned dim sum teahouse invites you to embark on a remarkable Sichuan culinary journey that promises to delight your palate and leave you craving for more. Experience the flavours of Sichuan, skilfully incorporated into modern Cantonese dishes, including aromatic soups, dim sum, stir-fry, and delectable mains. The skilful use of Sichuan peppercorns and fiery red chili peppers adds a captivating twist to the traditional Cantonese flavours, resulting in a truly unique dining experience.

Start your Sichuan feast with the iconic Peking duck soup; a delightful fusion of flavours capturing the essence of the renowned dish. Indulge in the Spicy seafood dumpling, the three style mushroom dumpling, and the Sweet and spicy lotus root, each dish promising a harmonious blend of textures and flavours. For the main course, relish the Deep fried chicken in Sichuan and scallion sauce and the Prawn in XO sauce, along with the fiery Toban chili garlic sauce, adding a delicious punch to every bite.

Address: 5th Floor, Quest Mall, Syed Amir Ali Avenue, Park Circus, Beck Bagan. Ballygunge, Kolkata, West Bengal 700017,
Price point: ₹2800 for two Date: Until 18th September, Time: Available all day, For Reservation Call: 09222222800



UNO Pizzeria and Grill

Patrons get to indulge in their iconic signature deep-dish pizzas, such as the exquisite Prima Pepperoni Deep Dish Pizza, the irresistible BBQ Roasted Mushroom Deep-Dish Pizza, and the wholesome Farmer's Market Deep Dish Pizza to name a few that the restaurant is celebrated for.

UNO Pizzeria & Grill's Raksha Bandhan special Bento Boxes offer a unique and delightful way to celebrate the enduring bond between siblings. UNO Cheese & Tomato Bento (1 UNO Cheese & Tomato Deep Dish Pizza 7", 4 Onion Rings, Brownie), Blazing Hot Bento (1 Blazing Hot Deep Dish Pizza 7", 4 Onion Rings, 1 Brownie), BBQ Roasted Mushroom Bento (1 BBQ Roasted Mushroom Deep Dish Pizza 7", 4 Onion Rings, 1 Brownie) Farmer's Market Bento (1 Farmer's Market Deep Dish Pizza 7", 4 Onion Rings, 1 Brownie) Numero UNO Bento (1 Numero UNO Deep Dish Pizza 7", 4 Chicken Tenders, 1 Brownie)

Whether you're looking to treat yourself or surprise your beloved siblings, these mouth-watering are an ideal choice to make the celebration truly memorable. The fusion of outstanding taste, thoughtful presentation, and the sentiment behind the gift ensures that Raksha Bandhan is transformed into a joyous and unforgettable occasion.

Timing: 12.00 PM - 11.00 PM

Delivery Aggregators: Swiggy & Zomato

Available on the Outlets:

UNO Pizzeria & Grill, 227-1111, Plot IID/5, 2nd Floor, Block C, City Centre, New Town, Kolkata

Book Your Hampers at: 8981300574/8073602498

&

UNO Pizzeria & Grill, Swabhumi Heritage plaza, 89C, Narkeldanga Main Rd, Kankurgachi, Kolkata, West Bengal 700054

Book Your Hampers at: 6292285756



LMNO_Q

Indulge in a culinary celebration with your siblings with offerings such as Japan to Jaipur, White Truffle Fries, Tofu Krapao, Crushed Pindi Channa Kulchettes, Sun Dried Tomato & Bocconcini Risotto, K-Popz, Japanese Fried Chicken Bao, Thai Spiced Chicken Fried Rice and Chicken Stroganoff Bowl to name a few.

Enjoy these scrumptious dishes with super refreshing cocktails like Orchard G & T, Valencia G & T, Spiced Basil & Berry Coupe, Bayside Breeze, Picante Margarita and Jamaica Jammin'.

Where: 24, Park Street, Celica Park, 12th floor

When: August 30 and 31

Time: 12 pm to midnight

Meal for 2: Rs. 1,200 + tax (without alcohol), Rs. 2000 + tax (with alcohol)

For reservations: +91 9903040506, +91 40046666

Renaissance Ahmedabad Hotel

Renaissance Ahmedabad Hotel welcomes you to celebrate the priceless bond with your siblings by enjoying the authentic flavors of an exclusive dinner at the hotel's all-day multi-cuisine restaurant, R Kitchen, this Wednesday.

An array of rich Indian flavors along with regional specialties from Kashmir to Kanyakumari creates hot and cold delight to offer an ultimate experience to celebrate Raksha Bhandan.

The highlight of the menu includes Aam churi bhendi, Subz mili juli, Bandhan a khas paneer, Murg Nizami, Kolkata biryani, Malpua ke sath rabdi, Besan ke laddu, Rajasthani aloo pyaz ki sabzi, Punjabi Pindi chole, Ras malai

Food is always an integral part of the celebration, and when you have an authentic and delightful buffet spread with many options, what more is needed to surprise your siblings on the occasion of Raksha Bandhan? Head over to R kitchen and enjoy the day over a delightful brunch.

Occasion: Raksha Bandhan Special Dinner

Venue: R Kitchen, Renaissance Ahmedabad Hotel

Date: 30th Aug 2023

Day: Wednesday

Price: 2099+ taxes

Timings: 7:00 pm onwards



Calcutta Chronicles

Non-Vegetarian Platter - ₹1499/- Indulge in a delectable journey with 2 mouthwatering starters: Fish Kolmimentine, Chicken Cheese Buttery Fry

Relish the richness of 2 sumptuous main courses: Bhetki Paturi, Railway Mutton Curry

Delight in the accompaniments: Pulao or Steamed Rice, Tekona Paratha or Luchi

1 Exquisite Chutney. End this culinary exploration on a sweet note with: one Scrumptious Dessert

Vegetarian Platter - ₹1399/- Embark on a flavorful journey with 2 delectable starters: Chhena Kolmimentine, Soya Shammi Kabab, Savor the goodness of 3 delightful main courses: Komola Phulkopi, Sorshe Bhindi, Hing Aloo Dum. Enjoy the accompaniments: Pulao or Steamed Rice, Tekona Paratha or Luchi, 1 Exquisite Chutney, Conclude your feast on a sweet note with: 1 Scrumptious Dessert

Where: Calcutta Chronicles (Galleria Shopping Mall, Central Ave, Hiranandani Gardens, Panchkutir Ganesh Nagar, Powai, Mumbai, Maharashtra 400076)

When: August 28th to September 3rd

Time: 11 am to 9 pm

For orders: Call or Whatsapp 8591261954

Mie.Roboluscious The Robot Restaurant

"Mishu ke Dil Se" is a dessert that will knock you off your feet and whisk your taste buds away to a world of unadulterated decadence. Imagine the soft, creamy embrace of ice cream meeting the crisp enticement of perfectly fried perfection. Every mouthful of this perfect symphony of opposites will enchant your senses. The exquisite crackling of the cooked outer layer gives way to a flavour explosion that dances over your palate as you take your first mouthful. Every velvety scoop reveals a tantalising truth about the ice cream hidden inside, which is nevertheless unbelievably creamy.

Chef Special Platter

Chef Special Platter, indulge in a culinary masterpiece that will tantalise your taste buds with a symphony of flavours and textures. Enjoy the sweetness of aloo tikki that has been expertly seasoned; each mouthful offers a delightful balance of crispiness and warmth. With our filled tomato, you can enjoy the perfect harmony of sweet and savoury flavours. Its soft embrace conceals a bounty of mouthwatering ingredients.

As you savour the assortment of exotic vegetables, each one carefully selected to add a burst of freshness and colour to your plate, you will be taken on a journey through a garden of wonders. The stuffed capsicum, which is also a work of art, mixes the earthiness of the vegetable with a delicious filling to enhance its flavour.

Enjoy a luscious pineapple treat as a cool intermission to clear your palette and get ready for the big show. And what better way to round off this culinary journey than with a choice between the mouthwatering veg noodles or the fragrant fried rice, each grain serving as a canvas for the flavours that dance upon it.

The Chef Special Platter emphasises the artistry of culinary craftsmanship and is more than just a meal. Immerse yourself in a world of flavours, where every dish has been meticulously crafted and every taste is a revelation.

Where: Mie.Roboluscious The Robot Restaurant
(JMD Arcade, Sector 104, Hazipur Market, Noida, 201301)

When: 31st August

Time: 11am to 11pm

Price: Rs.829-929 for Two



INTERVIEW

**“Theatre helped me to
grow as an actor”**

Malvi Malhotra

By : Swati Sengupta





Malvi Malhotra is an Indian actress who made a name for herself in various film industries. Known for her mind-blowing performances she has captivated audiences with her versatility.

She made her acting debut with the Hindi TV serial “Udaan” in 2017. She entered the Hindi film world with the Hindi film “Hotel Milan” in 2018. In an interview with Expresso, Malvi Malhotra opened the secrets of her career journey.

Can you tell us about your recent release, Abhyuham? What excited you about this project? What was your first thought when you heard the script?

Malvi Malhotra: This movie, Abhyuham, was a very exciting project for me because the first thing I liked was the deglamourized look I would have in this film. The script was also very different. In Abhyuham, I played the role of a worker – a rubber tapping worker. And this role helped me grow as an actor. Malayalam scripts are known for their good scripts and I had a lot of fun shooting for this film. And right now, Abhyuham is running successfully in the theatres. Public response is also very good.

How did you prepare for the character? And how did people react to your role?

Malvi Malhotra : For the preparation of this character, I used to be with the actual workers who worked there in the forests.

Those women started their day at 4am, finished their household chores and then went for their work in the forests. Here they worked together, rested together and ate their food together. They had made a routine for themselves. I actually spent a week with them, stayed with them, lived their life. I have seen their houses, how they live, what they eat and how they do the rubber tapping from the rubber trees. I had to practise this and a few other things so that the character would look natural. I actually lost 4 kgs because of the physical labour I had to do for this film.

Every day and everywhere, we learn something different. What did you learn from this film?

Malvi Malhotra: Acting is the most important thing for an actor in a film. And I had to focus on my acting. I had to

get into my character. This is what I learnt from this film. This film was very different, for here I did not have to worry about my looks, my hair, my makeup, my touch up, etc etc. I only had to concentrate on my character. This film, Abhyuham, was very different and I will remember doing it for a long time.

You are doing lots of projects in multiple languages. What are the challenges you have to face?

Malvi Malhotra: The only challenge I faced while working in different languages is with the dialogues. I can only just memorize by heart the dialogues given in the script. I cannot afford to forget. Not knowing the language properly, I cannot

improvise and that is a drawback. Other than this, I love working in different languages. It is so much fun. I would love to learn Tamil and Telegu so that I can perform better in my future films.

You worked in Bollywood also. How was your experience, working for the Hindi film industry?

Malvi Malhotra: It was a great experience. I had worked with all the amazing actors in Hindi films. It was very nice. Hindi is my own language and I didn't have to worry too much. I could improvise if necessary and did not have to memorise dialogues totally. Yes, I loved working in the Hindi film industry.

Did you ever face the consequences of nepotism in either the North or South film industries?

Malvi Malhotra: Till now I have not faced any nepotism issues in either North or South, because I have always got my work through auditions. I always prepare properly for my audition scripts and thinking about how to present it at the audition. And this worked for me. I think that when you do your auditions properly, it stands out from others. Till now, touch wood, I was very lucky to get good scripts and good films. And I am looking forward to more and more good scripts and films in future.

What has been the most significant lesson you have learnt in your long acting journey?

Malvi Malhotra: In my acting journey so far, I have always tried to give my best to the industry. The most important thing that I have learnt from this industry is to never give up, but keep on trying and everything would fall into place at the right time.

You worked for the small screen also. Do you plan to ever get back to the small screen?

Malvi Malhotra: I started my career with "Udaan" in the small screen. It was a good starting experience. But I had always dreamt of doing films. Right now, I am very happy that I am getting good scripts and doing good films. But in future, if anything really good and interesting comes up for the



small screen, I would not mind doing for the small screen again.

You were stabbed by stalkers about three years back. How did you deal with it and how has your recovery been?

Malvi Malhotra: It was a nightmare, but I have more or less overcome it. I am still trying to fight the mental trauma but I guess the scar will always be there. The case is still going on and we are still fighting the legal battle, even though it is almost three years now. My parents are very supportive and they have really helped me in my time of distress and in trying to overcome my traumatic experience.

From theatre to films, you have had a very interesting journey in the entertainment industry. How would you describe it in your own words?

Malvi Malhotra: Theatre actually helped me to become a good performer. In theatre, it really feels great when you have performed well and your director comes up and praises you and the audience claps. Theatre helped me to grow as an actor. I feel that every actor should try the theatre once because it helps you to improve as an actor. I feel that one should start their career with the theatre as the experience helps you to stay longer in the industry.

And yes, so far it has been a nice journey for me in the entertainment industry.

What, according to you, is the hardest part of being an actor?

Malvi Malhotra: The hardest part of being an actor is to be always on your toes, always keep walking and travelling from one place to another constantly. You do not have time to rest, sometimes not even to sleep, but only go on working, whatever the time. These are the hardest part of being an actor. Also, you have to look good all the time. These are the challenges an actor has to face. But this is the life I chose and I really love my life like this. I always wanted to be an actor and I cherish all this.

Future projects we should look out for?

Malvi Malhotra: I am really looking forward to acting in a good character in a good film in the future. Right now, I am playing a blind girl in a Tamil film, which is very challenging. I always try to choose off beat characters to play, characters that people would like to see me in and appreciate. I would like to project myself as an actor and not a glamour doll. I would like to do character-oriented roles, which have depth in them. And in future, I will always look for such roles.



REVIEW

बिब्ली

बजाऊंगी नहीं, बजवाऊंगी



The Sensational Story

Rating : 3.5/5

By : Raavan Times

For over five hundred years, India's pre-historic cultural practices have been challenged by changing political scenarios, turbulent times, coercive implementations, and biased interpretations. The consequences led to a scenario where society started disregarding the freedom of mind beyond scripted words. Subconsciously, we started denying the existence of 'Ardha-Narishwar' and 'Shikhandi'; gradually drifting from the fact of being an intrinsically true 'rainbow' society.

On 15th April 2014, modern India decided to rectify a mistake; it acknowledged the rights of citizenship for the 'Third Gender' via 'NALSA case judgment.' Perhaps India is the first country (or one of the first few countries) to take such a step forward. The change would not have been possible without the efforts of 'Shreegauri Sawant'; the Gladiator for the cause.

"Change is the only constant."

India has always been a society under transition, and the consequences of any attempted reform take time to shape up. Maybe in another fifty years, the contribution of 'Shreegauri' will empower India with a society where the mainstream is never short on gender diversity. Let us hope for the best!

In a six-episode web-series on 'Jio Cinema' the makers of 'Taali' present 'Shreegauri's journey from school room to court room with seasoned actor Sushmita, playing the iconic protagonist. The creative team made the correct choice of releasing the story on Jio Cinema, an OTT that till now is freely accessible to all Indians equipped with 'smart' technology.

The Story : 'Ganesh' is the youngest member of 'Sawant' family. He enjoys being the 'uncommon' and hence gets bullied by schoolmates or scolded by his father. His father, a police officer, is a man with a traditional mindset. "Ganesh" adores his father, but he finds it simpler to be himself among his sister and mother. He looks up to his mother and hopes to one day emulate her.

At an early age, 'Ganesh' loses his mother. The world comes crashing down for him; he has no more space to hide and comfort. He barely recovers from the shock before his father attempts to medically cure him for what he perceives to be his illness. Finally, the inevitable day arrives when

"Ganesh" must choose whether to keep up with social conventions or abandon his family. What lies next ?

The journey of 'Ganesh' to 'Gauri' and thereafter is not going to be a cakewalk as the challenges keep coming with changing faces and fortunes.

Presentation : 'Taali' is a biopic of recent times; hence, accessing facts was never a challenge. Presentation was crucial while organizing and scripting the facts. The creative team of writer-producers 'Arjun Singh Baran', 'Kartik Nishandar', 'Khsitij Patwardhan' and director 'Ravi Jhadav' has not been able to underplay the dramatic quotient while narrating the biopic. They missed out on the finer details, like going deep into the psychological confusions and emotional challenges of 'Ganesh' for a destined journey towards 'Gauri'. The over-used theatrical dialogue and mannerisms overpower the delicate chord. The flashbacks are not too well handled, as the present scene thereafter looks



unsynchronized and disconnected at times. The script has relied heavily on the on-screen performer's abilities rather than a compact writing style.

However, it is commendable that the makers have been bold enough to select a challenging subject with a real-life hero in focus. They have successfully delivered their message, 'Koi taali nahi bajayega'.

Performance : 'Sushmita Sen' is stunning as the vulnerable 'Ganesh' or the protagonist 'Gauri' as she essentially keeps the series together. She is believable as the tormented soul, the resolute fighter, or the emotional individual. There are moments when she reminds me of 'Paresh Rawal' from 'Tamanna'. She sounds different, she looks different, and she gets into the skin of her character with flair and conviction. 'Sen' has always been the sought-after on-screen face for strong, independent women. This time, she raises the bar for a tougher challenge.

'Krutika Deo' as young 'Ganesh' looks cute as she portrays quite brilliantly the different shades of a complex character that is confused in the journey of self-realization.

'Sheetal Kale' as 'Nargis' is an eye-catcher with its aptly portrayed loudness.

'Nandu Madhav' as 'Ganesh Sawant's father is brilliant with his limited screen presence.

Opinion : Time and human inquisitiveness have landed us in an age where information flow is at our fingertips. A few years down the line, generations would not realize the difficulty that was once associated with the gathering of information, setting aside its authenticity. Yet, there shall remain possibilities where we might slip, passing on the stories that shaped a better India.

The need is there to pass on the story of 'Shree-Gauri Sawant' and her 'Sakhi Char Chowghi' to the future. Any string that enables one to connect to similar stories promising a better Indian Society is worth watching, if not a must. 'Taali' is one such string to the promise of an India free from division and discrimination; make time to watch it. As a poet says...

*"Hamsafar to koi waqt ke viraane mein
Sooni aankhon mein koi khwaab sajaya jaye
Roshni ki bhi hifaazat hai ibadat ki tarah
Bujhte sooraj se chaaraagon ko jalaya jaaye
Gam akela hai to saanson ko sataata hai bahut
Dard ko dard ka Hamdard banaya jaaye
Ghar se masjid hai bahut dur; chalo yun karle
Kisi rote huye bachhe ko hasaya jaye"*





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