



Beyond Practice

MARCH-APRIL 2011

CHIEF EDITOR

Pankaj Kumar

ASSOCIATE EDITOR

Anandita Mukherjee

CONTRIBUTORS

Rohan Noronha

Mariette Valsan

Soma Ghosh

Ankit Vengurlekar

Reshma S Kulkarni

Kvvv Charya

Mr. Raman Datta

Tanbeer Bhatia

HEAD OPERATIONS

Brian Parker

DESIGN

Pravin Kumbhar

Hemant Borse

PHOTO CREDITS

www.photos.com

BUSINESS & EDITORIAL INQUIRIES

Aramuc India Ltd

5B1, Gundecha Onclave, Kherani Road,
Sakinaka, Andheri (East), Mumbai- 400 072.

Tel: 022-42922021, 022-42922000

Email: beyondpractice@aramuc.net

PUBLISHER

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This year is already looking up, winning the Cricket World Cup, India is back into the limelight. The country is undergoing major economic and socio-political changes. The budget 2010-2011 has given a positive boost to the economy and we are all happy about it of course. But there is a lot of grief around us as well, consider the major Tsunami that hit the coast of Japan. In the midst of all these we have worked on our magazine and produced something that will take your mind off from the troubles and perhaps give you a new direction in life. We have some of the most inspiring stories and some of the most mysterious stories to tell through this issue.

Our team has dished out Dr. Arvind Bhateja and explored his interest in professional biking and running. Dr. Bhateja's grit and determination is bound to inspire you to take off from your clinic and go for a run or jog. Physical exercise is a stress buster and who will know better than Dr. Bhateja, a busy Neurosurgeon. Far away from medical sciences, we have Fengshui. For those who believe in it, here is an interesting piece which can be your guideline when designing your own clinic. For this issue of Beyond Practice, we have been lucky to interview Dr. Ali Irani, casually known as the BAAP of Physiotherapy in India.

All this hard work does not pay off if you do not know the significance of relaxation. By relaxation, I mean a small vacation or learning the art of relaxation at home. Last issue we talked about Spa, this time we introduce you to "Reiki", an interesting form of meditation. Think about vacationing in the back waters of Kerala, your mind can be soothed almost immediately. This time we have tweaked our technology section a bit for your benefit. We talk about how to protect yourself against internet fraud feeding on your emotions like the latest fake Red Cross campaign seeking donations for Japan.

All in all we have packaged this magazine to serve your need till we are out with the May- June issue. Our young team is forever looking for ways to improve and your suggestions and comments will be more than welcome. Kindly mail them across to beyondpractice@aramuc.net.

Anandita Mukherjee

Associate Editor

MARCH-APRIL 2011

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MOVIEBUZZ

What Have You Missed?

Tanu weds Manu - A realistic portrayal of the younger generation in India today.



A professional cyclist is shown in a dynamic, forward-leaning position on a road bike. He is wearing a white helmet with black and yellow accents, white sunglasses, and a black sleeveless jersey. His arms are muscular, with visible tattoos on both forearms. He is gripping the handlebars, which have a white water bottle mounted on the frame. The background is a blurred outdoor setting with greenery and a paved path.

Racing down the Health Trail

Born in a family of medical professionals, he obviously had no choice but to be a doctor himself. An athlete par excellence he has trained himself over time to participate in one of the most difficult challenges, the Iron Man 70.3 in Singapore. A biker, a sprinter and a well established neurosurgeon. We are in conversation with the versatile Dr. Arvind Bhateja from the garden city of Bengaluru.

Dr. Bhateja was born in Bangalore on November 29, 1969, into a family of three. He was the youngest of three siblings. His parents, like many others were products of the painful partition in Punjab. His parents came to India virtually penniless. But this did not stop them from beginning their careers amidst the turmoil of displacement from their original homes. His mother, Dr. Sita Bhateja, an Obstetrician and Gynaecologist has been in practice for over 55 years now. "She has been and will be a source of great inspiration to those around her. Even today she enjoys her work", says the proud son. Together with his father, Late Retd. Colonel Bhateja, she set up a nursing home in Bangalore over 42 years ago and established it as one of the best OBG centers in the city.

After completing high school from Bishop Cottons Boys School, Dr. Bhateja joined MS Ramaiah Medical College in the year 1988. Today he is married to Dr. Anindita Bhateja, a specialist in Internal Medicine and they have two lovely children, Anirudh aged 15 and Antara aged 8. The two doctors met in the medical college and got married during their internship.

Taking us back in time, he talks about why he wanted to be a doctor and most importantly, why a neurosurgeon? "Since I grew up in a hospital environment, medicine appealed to me as an exciting career option. My mom enjoyed near celebrity status in social circles and it was truly inspiring to see the gratifying smiles on the faces of the patients she treated". Naturally he was tempted to follow her footsteps. His sister was also a Pathologist and her untimely demise spurred him on even further to be a doctor. His first inkling of neurosurgery came from a Readers' Digest book review called "The making of a Neurosurgeon". The story caught his fancy- especially the amount of training and skill it took to become a neurosurgeon and the challenges that it posed. So that was it, the spark in him pushed him to achieve the success he enjoys today.

Although he comes from a well established family of doctors, he never took life easy. The spark in him pushed him to establish himself as a separate entity. An incident worth mentioning is the NCC Republic Day Parade at New Delhi. Reminiscing about the day, Dr. Arvind says, "The camp was hard and the best cadet competition that I was part of even harder. Despite my ill health during the camp I stood 2nd in the country and although weak and emaciated, it changed my life forever".



Dr. Arvind Bhateja with Dr Perneczky at his cadaver workshop

Is this the level of commitment required to do something that you always wanted to do BEYOND your PRACTICE?

Dr. Arvind Bhateja is a busy man, today he runs a nursing home started by his parents. The 70 bed Sita Bhateja Specialty Hospital houses specialities like Neurosurgery, Spine Surgery, Orthopedics, Joint replacement, Plastic surgery, Laparoscopic surgery, Facemax surgery and an ICU. The institution is also involved in charitable work catering to the underprivileged and treatment is heavily subsidized. Taking pride in this endeavor he says, "It is truly fulfilling to do charitable work and we also get donations from various kindred souls. The grateful smile on the face of a happy patient is addictive." We have no doubt that it is.

Being a neurosurgeon is a huge responsibility in itself, how does one seek

time off to pursue a passion such as biking which needs almost equal amount of dedication? Promptly he replies, "If one is really passionate, finding the time is not a problem. I spend about 7-8 hours a week on my bike including a 3 hour training session on sundays. However, my medical work always takes precedence and my patients always come first." But unlike what we all might think now, Dr. Bhateja was not a born sportsman, in fact according to him, he was quite bad during his school days. The only work out he started was after his Magister Chirurgiae (Neurosurgical degree), but only on the treadmill. So what transformed him into this action packed super hero, that he is today? A trip to Thailand and a magazine "Runners World"! Reading about distance runners, gave him a different outlook on running. But soon he had to quit running due to excruciating pain developing in his knees. Running gave way to cycling and that

Dr. Arvind Bhateja



A doctor and an athlete



Bangalore Brevet Launch ride of 200 kms. Courtesy Veloscope

"The spirit of adventure is heightened with a risk taking ability"

is when it all began. Driving to work gave way to cycling to work. Soon he bought himself a road bike, participated in rides and races organized by Bangalore Bikers Club and started a racing team called Spectrum Racing. Meanwhile, his knees got better and he got back to running as well, completing four marathons by end of 2010.

A hobby makes us feel differently about ourselves, so what about Dr. Bhateja? Enthusiastically he says "I love biking because it gives me a sense of unbridled joy! Also doing a challenging climb on my bike (like Nandi Hills) leaves a beautiful feeling of accomplishment inside me."

Recently Dr. Bhateja participated in the Iron Man 70.3 triathlon in Singapore. The event involved a 1.9 km swim in the sea, a 90 km bike ride and a 21.1 km run all done one after the other with a cut off time of 8.5 hours. It just took him 6 hrs and 53 mins!!! "This has been by far the most extreme form of sport I have participated in", he says. Dr. Bhateja is an active member of the Bangalore Bikers club and participates in the Bangalore Bicycle Championship races held every month. Apart from this he has successfully completed tough rides such as the 180 km ride to Bheemeshwari and back, Bangalore to Mysore, a 200 km Brevet ride and many 100 km Sunday rides.

Pursuing a nerve wrecking job and a strenuous hobby can get tough if there is minimal or no family backing, but according to Dr. Bhateja, his family has been his support and motivation. His mother has been his true inspiration apart from Lance Armstrong, Fabian Cancellara, a time trial expert, Andy Schleck, an ace climber and Dr. Madjid Sami, for the way he simplifies the complexities of the science and the success he has achieved.

All this hard work! Is there a goal towards which all this work is aimed at? To this Dr. Bhateja says, "No final goal as such, I just enjoy biking. Mount Ventoux in France is one of the toughest and I look forward to doing that some day. I may do a few more triathlons and maybe even a full Ironman which is double the distance of a 70.3! I would also love to do a touring bike ride of France someday". Biking has surely made him look at life in a more rational way, to

accept hardships and fight through them. That's what biking and sport teaches you and that's really what life is all about. "On a climb going uphill, there is pain, pain and more pain but the exhilaration when you reach the top is unmatched!", he added.

The spirit of adventure is heightened with a risk taking ability. On a recent trip to Hawaii, he decided to climb Mt Haleakala on his bike, one of the toughest climbs in the world, a 60 km uphill ride that starts at sea level and ends at 10,000 ft. He did this three days after the half marathon in Cincinnati, US. After thinking of giving up several times during the ride he finally made it to the top after 5 hours of intense climbing with multiple stops. This is only possible when you have intense determination coupled with suitable risk taking ability.

"He who has health, has hope. And he who has hope, has everything", Thomas Carlyle once said. Who can vouch for that better than an athlete of a doctor himself. According to Dr. Bhateja, "health is the crown that a sick man sees on the head of a healthy man. Commitment to yourself is essential so you can be of use to others." Many doctors abuse their bodies with stress and wrong habits. "Recreational activities are so very important when it comes to "sharpening the axe", he added.

Today, Dr. Arvind Bhateja is healthier, happier and contented and he has no one to thank but himself for following the right path. The magnitude of the sport he pursues has humbled him and made him more self confident. It is all about having the right direction.

This is not the end of the journey for Dr. Bhateja, but just the beginning. He has a lot to look forward to professionally and personally. He plans to establish his hospital as a center of repute and expand his skills in neurosurgery. He has a few international races to look forward to in the coming years which includes "Tour of Thailand", a five day stage race. We wish him all the best for his future endeavors.

What is doctor, if he does not believe in a healthy body, mind and soul? You are a doctor what would you prefer? It is a choice we all have to make.



Ironman 70.3 Triathlon in Singapore

MBBS – MS Ramaiah Medical College. Best Outgoing student

Gold medal in Gen Surgery from Bangalore University

MS Gen Surgery from KEM Hospital Mumbai

MCh Neurosurgery from NIMHANS

Areas of special interest: Endoscopic Pituitary surgery, Microvascular decompression for trigeminal neuralgia, Acoustic neuroma surgery, minimally invasive spine surgery, disc replacement and epilepsy surgery.

Hospital Address :

9, O'Shaughnessy Road
Langford Gardens
Bangalore 560025
Web: www.neuro-spine.com
www.sbshospital.com
Email: abhateja@gmail.com

Right Mix

Life is a funny paradise of highs and lows, sips and slips, cognac and maniacs, shooters and drivers. But a good blend has the right mix of perfect ingredients served under dim light in lofty stemmed glasses.

So bottoms up!!!

CADILLAC MARGARITA RECIPE

INGREDIENTS: 1 1/2 OZ TEQUILA, 3 OZ SWEET AND SOUR, 3/4 OZ TRIPLE SEC
3/4 OZ LIME JUICE, FLOAT GRAND MARNIER

MIXING INSTRUCTION: SHAKE TEQUILA, TRIPLE SEC, SOUR MIX, AND LIME JUICE WITH ICE. POUR OVER ICE IN SALT-RIMMED MARGARITA GLASS. FLOAT GRAND MARNIER ON TOP GARNISH WITH SLICE OF LIME IF DESIRED

BLOCK AND FALL RECIPE

INGREDIENTS: 3/4 OZ COGNAC,
1/2 OZ PERNOD, 3/4 OZ COINTREAU,
3/4 OZ CALVADOS APPLE BRANDY

MIXING INSTRUCTION: SHAKE WITH ICE AND STRAIN INTO A COCKTAIL GLASS

Lines that run amok, what are they?

Sources call them the greatest of all preserved Geoglyphs found anywhere in the world. They combine patterns that form the shapes of insects, animals, humanoids and other creatures.

Found across the towns of Palpa and Nazca, they sit in the middle of Peru and span over more than sixty miles on dry land. Historians say that these lines were a creation by the Nazca tribes that once inhabited the deserts around the towns, where we now find these strange and mysterious lines. To get a good look at them one needs to have a birds eye view from a plane or a helicopter. It was not until the late 20th century, when they were discovered by pilots who flew across that area to provide daily supplies to the people of Nazca. No wonder the lines seen today are in a place which is very desolate, so carry enough water for days and make sure you have proper clothing to protect you from the scorching sun. The temperatures around the town are extreme, and it is a surprise as to how these lines have stayed INTACT, although soil erosion around the area is a frequent phenomenon all the years.

The most common question asked today is why were these lines drawn?

Some say that these geoglyphs were known to be effigies belonging to ancient Gods and Animals, while others are of the opinion that these drawings represented the constellations, star pointers, roads of the galaxies and heavens or even a map on a large scale which is yet to be deciphered. Now taking into account the advancement of technology, how is it that people two thousand years ago were so precise in the drawings of these lines and

If you think that all the mysteries that surround the world have been solved, think again!! Go to Peru if you can and marvel at one of the biggest silent histories of mankind, the **NAZCA LINES**.



Some say that patients who are sick if allowed to walk on those lines, would draw the energy from the core of the earth and then get healed over a period of time.

Rohan Noronha



A graduate from St. Xaviers, having interests in writing articles which have a soul and connect well with people.

today we cannot even draw a circle across a landscape without modern equipment? This brings us to the next question, were these lines drawn by humans? Or did we have ALIENS from another galaxy visiting us?

If the answer is the former one, then other questions follow. How did they manage such precision? What were their plans? Who ordained those plans? Were they a superior race that just vanished into thin air one fine morning? Were these lines an indication that they would contact the outer space inhabitants and maybe the whole race was taken along with them to another world? Were the animal and insects drawings a part of their culture and lifestyle? There are many questions to learn and much to see, when we speak of the Nazca lines.

Spiritualists and healers say, that the lines are mini vortex pathways, where a lot of energy is stored. Some say that patients who are sick if allowed to walk on those lines, would draw the energy from the core of the earth and then get healed over a period of time (no such proof has been found till date though)

The mystery still shrouds the lines of Peru, and believe it or not, research running into millions and billions of dollars are still on its way. Archeologists, anthropologists and spiritualists alike from the world over, are hunting for an answer. We can only wait and wait, till then the next time you fly over that mysterious place filled with patterns of uniqueness and precision, remember you read it through us and watch it with your eyes today.

BP

Its all about Letting Go - Reiki

Once upon a time, in ancient Japan, there was an ordinary man named Mikau Usui. Throughout his life, he leaned toward the spiritual, and spent most of his time meditating, in search of the true wellness of being. It was on one of his 21-day meditations, that Usui was enlightened with a spiritual sensibility and perception that surpassed many. Following that, Usui evolved the system of Reiki, though manifold in nature, was guided by a single principle – that of letting go and being in tune with the universe.

Mariette Valsan



She has been dabbling with freelance writing for about three years now, and has written on various subjects ranging from relationships to construction and real estate to homes décor, and even martial arts





Reiki is a form of meditation that encompasses the mind, body, spirit and the soul. Reiki can be defined as the art of inviting happiness, where happy thoughts pave the way for a happy, worry-free life.

The guiding principle of Reiki is universal energy, which is born from the basic human attitude of gratitude. It is the belief that thoughts manifest themselves in a physical form. Examples are more prominent through negative thoughts. For example, pain in the neck and shoulder area indicates high tension, pain in the upper back, near the shoulder blades is indicative of an unforgiving attitude, or the need to make peace with a situation. Constipation indicates the refusal to let go of a negative idea, feeling or thought, whereas a constant cold indicates confusion and disorder in life, with respect to, again, thoughts and activities.

Everything, be it animate or inanimate, is endowed with the universal energy. The earth acts as an insulator to all the negative energy, and even during mediation, the Reiki practitioner channels negative energy into the earth to neutralize it. It is for this reason that walking barefoot on bare earth, surrounding yourself and filling your environment with plants, having as much natural sunlight as possible, and open air is encouraged for the flow of positive energy. But other than these general practices, Reiki also uses specific instruments to channelize positive energy. The crystal is the most favoured among Reiki Masters. It acts as a point of collection as well as channelizing of energy. For instance, keeping the crystal in direct moonlight, or sunlight energizes it with positive energy, and is often used during healing processes. But before one

becomes a Master, practitioners have to be attuned one level at a time.

Commonly referred to as degrees, Reiki primarily divides itself into three - The beginner level, where the practitioner can heal himself. The guiding principle lies in the idea that once a person is at peace with himself, then only can he be sensitive to the needs and pain of others. The second degree allows distant healing, where practitioners can recognize, and heal others. This also allows practitioners to heal people who are not present physically in the same space. This degree is more intense, and uses specialized symbols to tackle specific issues, and is more precise, in both its origin as well as in its intent. The third is the Master degree, that allows teaching and attuning others to this healing practice. Reiki also perpetuates the belief that it takes 21 days to form a habit, and thus advocates 21 days of continuous practice for attuning to each level.

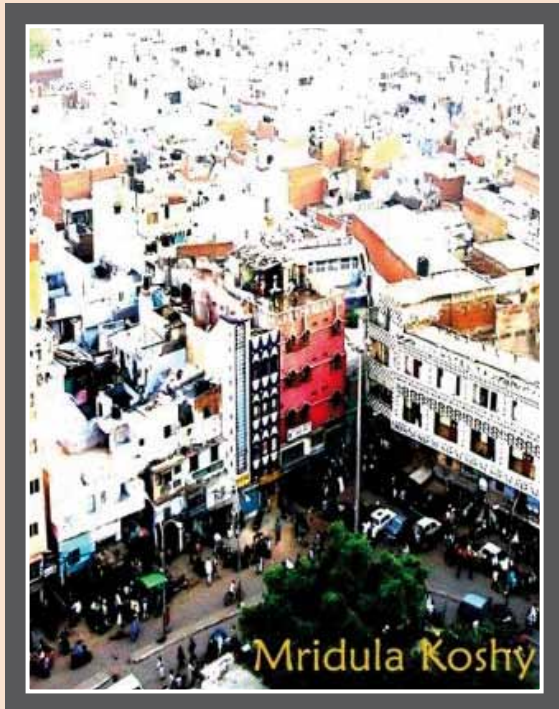
Says Reiki Master , Elizabeth, "Reiki is not of any religion and does not have any alliances. It does not idolize Mikau Usui, but only focuses on the principles that he discovered. Once one is attuned, the practitioner is free to channelise the energy toward positive thoughts, and this automatically has an impact on daily life, and life choices. But though Reiki does allow healing, it is in no way a substitute for medical expertise for serious health issues. "

Reiki does not use any

medication or instruments, but uses looking, blowing, light tapping, and touching. The Master touches the diseased parts of the body, and through intuition, gives them energy, using palm healing. At the end of the day, Reiki seeks to not only harness the positive energy around, but also to guide the practitioners to attract, and be a source of positive energy themselves. **BP**

"Reiki is not of any religion and does not have any alliances."

- 1. The beginner level - where the practitioner heals himself.**
- 2. Second level - Distant healing, where practitioners can recognize, and heal others.**
- 3. Master degree - Allows teaching and attuning others to this healing practice.**



Soma Ghosh



She writes a weekly blog called Freeze Frame for the Times of India and a personal blog entitled Rose Tinted Glasses. She is an infectious social media enthusiast, contributes to various online and offline publications.

If It Is Sweet

- By Mridula Koshy

“I must say I love the short story. Released to the reader it accretes meaning to itself, providing within its form the silences and space for intervention a novel just does not afford a reader. My stories are an invitation to collusion and should get smarter the more they are read.”
– Mridula Koshy

And that is precisely why her debut book is a collection of seventeen short stories, which is a collage of flashbacks, monologues and complex narratives, mostly of modern life. She takes us on a journey into the lives of ordinary people, who we meet around us everyday, in the market, at office or even within the four walls of our homes. Her heroes and heroines are the garbage man, maid servants, a bereaving mother, old women, adolescent girls. Her close observation of ordinary lives of ordinary people is replete in each of

the stories, complete with raw emotions, death, solitude, poverty. There are many characters who stand out thanks to her vivid details: Kaavi of ‘3-2-1, First Time’, Emma of ‘When the Child was a Child’, Chachiji of ‘Today is the Day’, Kareena of ‘Jeans’, Shanta Dal of ‘Not Known’, the bereaved woman of ‘The Good Mother’, Dolly from ‘P.O.P.’ Mona of ‘Romancing the Koodawalla’ Renu and Suroma of ‘Stray Blades of Grass’. These tales often speak of domestic help in large Delhi households; of a maidservant, her lover and her master who looks at her with a strange sense of ownership (Romancing the Koodawalla); of a ironing-woman’s stepdaughter and the rich girl who befriends her; of an accident which causes the life of a young magazine seller to cross that of a woman he sells magazines to (Same Day). When the Child Was a Child is all about childhood losing its

innocence. ‘Not Known’ is more political, about a servant girl who has a rich inner life which remains unexpressed and unexplored because of the lack of proper education. In several stories, the relationships are refreshingly unconventional. ‘Companion’ explores the friendship between a widow, a monkey and the monkey’s caretaker. ‘Jeans’ changes voice with a change of protagonists, for whom jeans could signify anything from having money or not, from unbridled passion to independence, while ‘Today Is the Day’ features a seven-part, random narration by a house boy named Suraj about the family he works for.

A few paragraphs into her world of stories, and you will know that Koshy pays close attention to detail. Her stories are layered with descriptions that add a vivid backdrop to the climax, which often come as a complete surprise, sometimes completely unconventional and at times the most obvious. She changes voice with the change of the settings, with the characters, with each story, shifting from first Person, to Second Person to the Third, but a strong voice nonetheless that tells tales of myriad hues. This riveting collection, detailed and adventurous, will stay in the reader’s memory for the way it probes away at the complexities of life at various levels of society, in small towns and large cities, among the various classes, between the poor and the moneyed, and the deviations and violations.

BP

How to avoid Internet Frauds

In every disaster scammers see an opportunity, and the crisis in Japan is no exception. Already there have been fake Red Cross e-mails circulating and we can only expect more. But following some of our guiding principles will help you stay safe online.

Rule no. 1: Follow your sixth sense! In real life, we trust our instincts, our sixth sense guides us pretty neatly. We know if somebody is being extra sweet to us, something could be wrong, the same logic applies to the cyberspace. Use your common sense, tread cautiously online and you will make life difficult for that scammer.

Rule no. 2: There are NO Free lunches, really! Don't believe in promises of easy money. If someone claims you can earn money with little or no work, get a loan or credit card even if you have bad credit, or make money on an investment with little or no risk, it's probably a scam. If it sounds too good to be true, it probably is.

Rule no. 3 : Charity begins at home! If you are affected by what is going around in this world and want to help, channelize your donations correctly. Real charities have e-mail addresses with their own website address and typically send people to their own Web site to make donations. E-mails seeking "donations" via random payment services are just one way scammers exploit catastrophes.

Rule no. 4 : Say no to Emotional Atyachar. Cyber Scammers are smarter than Karan Johar. They know which picture or video will get your eyes welled up and push you to click on a fraud link for donation. Clicking on unsolicited Web links or attachments in e-mail messages that show dramatic images or footage of disasters can lead to malware.

Rule no. 5: Plastic is risky, ask the cosmetologists. Please excuse the pun, but plastic money i.e credit cards could be risky business, especially online. Be very careful who you divulge your credit card number and CVV number to. Also, review your credit

Millions of new users are taking to the internet, for information, communication, social networking and e-commerce. The Internet is definitely one of the most amazing things to have happened to mankind since the invention of fire. But, like everything man-made, this is a double-edged sword too. Net Novices are easy targets for scammers, who're out there trying to snatch your hard earned money. Online jackpots, lotteries, plea for charity, etc. are just some of the harmless masks that sinister cyber criminals wear in order to cheat net novices.

card and bank statements carefully. In case, you're using cheques for payment, do not make cheques payable to an individual.

Rule no. 6 : Don't become a Pressure cooker. Don't succumb to peer pressure in case of charities. Legitimate companies and charities will be happy to give you time to make a decision. It's probably a scam if they

demand that you act immediately or won't take "No" for an answer.

Rule no. 7: Baar baar dekho, hazaar baar Dekho. Think twice before entering contests operated by unfamiliar companies. Fraudulent marketers sometimes use contest entry forms to identify potential victims.

Rule no. 8: Beware of "dangerous downloads." Plenty of malicious sites try to tempt you with bold pictures and promises of free movies or music. By clicking any file from such websites, you could download a virus that wipes out your computer files or connects your modem to a foreign telephone number, resulting in expensive phone charges. Only download programs from Web sites you know and trust. Read all user agreements carefully. **BP**

Ankit Vengurlekar



An inveterate technoholic, he anchors Tech Toyz and Tech Guru, personal technology shows on Network 18's channels.



KERALA

Paradise On Earth

RESHMA S KULKARNI



I'm a freelance journalist and a translator of books. For the last seven years, I've been writing for several national and international publications on lifestyle, art, travel and entertainment.

'An emerald nestled at the south-west coast of India' is probably the best way to describe the state of Kerala; blessed as it is by the bounty of nature! Pristine beaches, idyllic backwaters, cascading waterfalls and lush-green plains accord a divine beauty to this locale which has captured the fancy of avid travelers also for its rugged mountains, towering forts, wildlife sanctuaries and holistic ayurvedic treatments. Presenting a bird's eye-view of Kerala – one of India's most scenic destinations – which is so aptly also called 'God's Own Country'!

GETTING TO KERALA

A tropical land with humid climate and heavy monsoons, it's best to visit Kerala during December to May; albeit, it is also a surreal experience to enjoy the pouring monsoon between June to November. Thus, effectively an all-year-round destination, it is no wonder that Kerala has become one of the most-preferred locales for tourists looking for a slice of Indian natural beauty. Taking into account the influx of domestic and foreign tourists that visit Kerala each year, the state has implemented a wonderful connectivity infrastructure. Kerala is well-connected via air through its three airports viz. Thiruvananthapuram, Cochin and Karipur, from wherein flights operate to Mumbai, Delhi, Bangalore, Chennai, Goa etc as well as international destinations like Colombo, Dubai, Singapore and Bahrain amongst others. 200 railway stations in Kerala offer an excellent network of long-distance trains to and fro Mumbai, Delhi, Chennai and Kolkata; even as an extensive network of roads and National Highways offer a great option to travel by land. Inter-state and inter-city travel happens via buses (a much-preferred mode), taxis, rickshaws, trains and most interestingly, ferries!

WHAT TO SEE IN KERALA...

Kerala has something for everybody! Be it newly-married couples wanting to seek a private retreat, adventure enthusiasts wanting to revel in their rugged side, or families wanting to make the most of their vacation here; Kerala indeed is a one-stop-shop for indulging in all kinds of fun activities. For urban-dwellers looking for an experience in rural life, visits to Kovalam or Kumarakom can provide a great opportunity to stroll around lush paddy fields, check out local activities like coconut leaf weaving and tuck into some finger-licking karimeen or prawn delicacies. Wildlife enthusiasts can indulge in visits to the numerous sanctuaries like Peppara, Silent Valley National Park and of course, the famous Periyar Wildlife Sanctuary where one can experience proximity to tigers, crocodiles, King Cobras and wild boars amongst others. Bird sanctuaries like Kumarakom and Thattekad offer a glimpse at exotic avian beings like Malabar Grey Hornbill and Osprey. Some of the enticing beaches like Kovalam and Alappuzha apart from the Lighthouse which has been a favourite scenic spot; gorgeous waterfalls which double up as winviting picnic-spots; and the famed lagoons of Kerala, make for a riveting experience. The presence of many

pilgrimage stations such as Sabarimala, St. Mary's Church and Muchunti Palli, makes it a favoured destination for people of myriad faiths to congregate as well. Add to that, the profuseness of festivals including the famed boat-races also make Kerala a must-visit locale. Especially, the Snake-Boat races held during Onam make for a very captivating sight, not just for being the largest team-sport in the world but also for the colourful and unique water-parades that precede them. Another important festival is the Thrissur Pooram held in the month of Medam (mid-April to mid-May). This is the biggest of all poorams held in Kerala state. During this fest, Thrissur town plays host to one of the largest collection of people and elephants; especially the globally-renowned decorated elephant! Music, firework-display and enthusiastic parades form the mainstay of this fest that continues for 36 hours.

DON'T MISS OUT ON THIS!

A trip to Kerala would be incomplete without indulging in some particular activities. A boat-trip down the scenic lagoons while tucking into some sumptuous local delicacy and toddy; catching a Kathakali or Mohiniattam performance; visiting a Kalaripayattu school to see the agile martial artists in action; experiencing a blissful ayurvedic massage and such other natural rejuvenation therapy programmes that Kerala is world-famous for; and most of all, cruising along the backwaters in a luxurious houseboat replete with all modern comforts even as a local oarsman chivvies you to get a breathtaking view of the untouched and otherwise inaccessible rural Kerala, are some things that are definitely not to be missed! Not many know that Kerala is also a great destination to quell an adrenaline rush, thanks to the many adventure sports available to indulge in here! Trekking at the Kundalla Hills in Munnar (whilst trying to



shove off the leeches that stick to you!); water-sports like para-sailing and diving at the picturesque Alappuzha beach; snorkelling at Varkala and Kovalam beach and Mountain-biking at Kuttikanam are some cool options at hand.

A GASTRONOMIST'S DELIGHT

Blessed with a treasure-trove of sea-food, spices, rice, coconut and banana, Kerala's cuisine offers a sumptuous spread for vegetarian and non-vegetarian epicureans. While vegetarians can choose to delight in some tangy sambhar, tasty avial or the spicy mango pickle served with appams, porotta or choru; the non-vegetarians can attain gastronomic nirvana through delicacies like Malabar Mutton Biryani, Meen Moily and Pork Peralan. Try not to miss the 'Sadya' – the traditional Kerala feast comprising of avial, banana chips, rasam, pappadam and olan etc. Beverages and desserts like kaalan, naranga vellam, sambhara and payasam, unniappam and pazampori (respectively) add to the experience!

PLACES TO STAY:

Amongst other four and five star hotels, Kerala has a variety of backwater cruises





available, including budget houseboats as well. Muthoot Backwater Cruises is one fantastic way of exploring the niche and corners of Kerala, in their fleet of Houseboats called ' Kettuvalloms'. The boats are built with wood from jackfruit tree, bound together with strong coir ropes and waterproofed with a coating of boiled cashew nut shells. Every houseboat is manned by the hotel's trained and hospitable staff and

comes with luxuriously equipped amenities. The boat has tastefully furnished, luxuriously appointed bedrooms; a luxurious sit-out

that provides a window to wonderfully changing landscape outside and a fully-equipped kitchen that serves authentic Kerala cuisine. **BP**

Help at hand

For further details, access <http://www.muthoothotels.com>

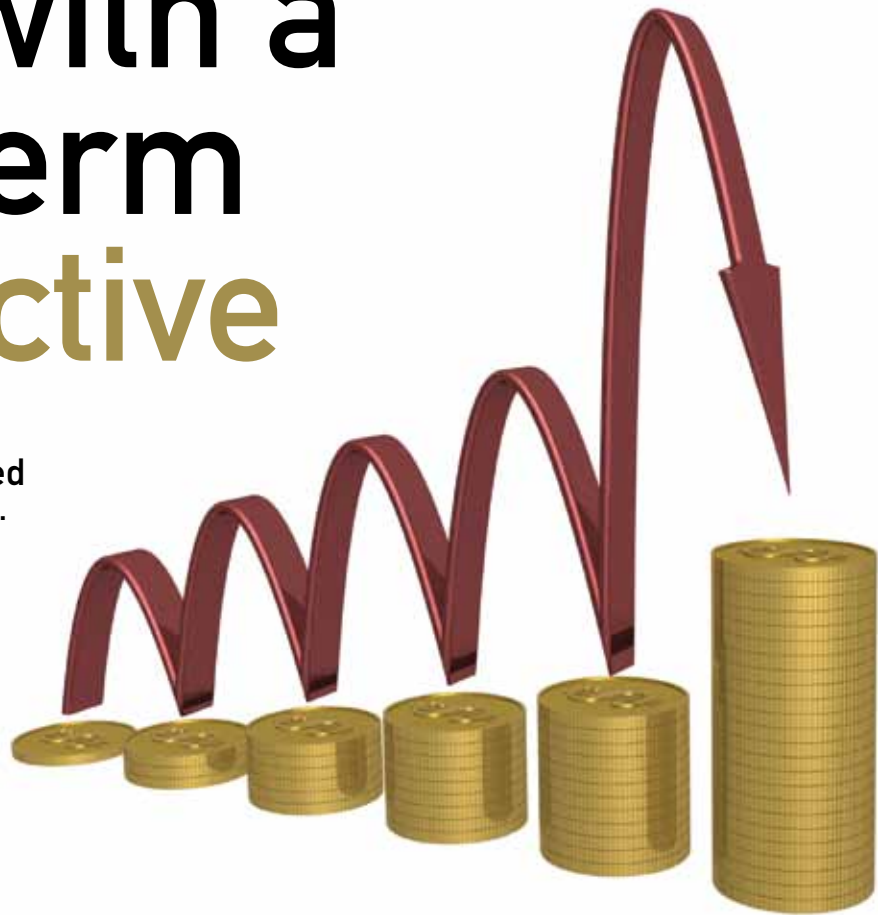
<http://www.keralatourism.org> / <http://www.kerala.gov.in>

Information courtesy, Kerala Tourism Department



Invest with a Long-Term Prospective

The Indian stock markets reacted positively to the Budget 2011-12. The witnessed rally in the post budget scenario, although, is unexpected. While market men believe that its sustenance for long may be difficult.



The salient features in the Budget such as the lower fiscal deficit, low rate of net borrowings and willingness to initiate fiscal reforms might energize the markets to bullish. But any adverse global cues, in the later sessions, may quickly reverse this trend, the traders fear. For now, the markets still been cornered by adamantly raising inflation and expected external risks.

No doubt, the budget is investor-friendly, but not growth oriented. It provided reliefs to individuals and corporate in terms of taxes. The long standing demands like the age for senior citizen reduced to 60 from 65, increase in the exemption limit are some how addressed besides a new class of super senior citizens aged above 80 created with extended higher IT exemption limit to Rs 5 lakh. All those sops may surely enhance the investable income in the hands of investors.

Now the question, what to do in this kind of market? It is not good to think as, since the markets are now bullish and responding positively to the budget, you have to hurry investing in stocks to catch up the rally, even by withdrawing funds from fixed deposits. But to stay balanced at both the market

trends – falling and raising. You must first classify your investment option across the asset classes taking into account its ability to give appropriate and reasonable returns with low risk.

Once you decided the investment pattern, to have regular and study income move to fixed deposits and short-term debt funds. You may ideally invest even in the precious metals and private equity, thus get covered also against inflationary risks. On the other, if you have good appetite for risk taking than invest either directly into stocks or through equity linked mutual funds.

For those who prefer stocks, at present, the bullish sectors seen are real estate, infrastructure, food and retail. If you want to generate wealth from stock markets, then prefer to be a long term investor. Never get influenced by the short-term rallies and falls. Invest steadily keeping an eye always on the long-term returns.

Warren Buffet says, “Day to day market movements matter to the traders and not the investors, so stop worrying about short term market volatility and keep investing.” However, it all depends on your ability to pick the stock for investment. **BP**

KVVV Charya



KVVV Charya, a senior financial journalist having two decades of experience, who has worked with leading investment publications like Dalal Street Journal and Financial Express. He is now associated with the first internet based business television TV5money.com in Hyderabad.

FENG SHUI in Clinics

A Doctor's Clinic is the place where people visit for health recovery therefore it is important to create an environment where the patient is confident that he is safe in the hands of the doctor.

To be a more successful doctor, the position and direction of both the desk at the clinic, and bed at home are vital. Just by sleeping, and facing the head/ face pointing at the personal Seng Chi (Beneficial Energy) direction according to the personal Kua Number can work miracles. According to the Compass School of Feng Shui, there are eight directions that have significance; four are beneficial and four are harmful. Identifying and implementing the positive direction and avoiding the harmful ones can generate good fortune for any professional

LOCATION OF THE CLINIC:

The visibility of the clinic is important because a doctor cannot practice if people don't notice his work place. A good busy market area has better Feng Shui simply because there is plenty of positive energy around.

SUGGESTIONS TO IMPROVE THE PRACTICE:

- * A building that faces the north, north-east, or north-west is considered prosperous, as this direction attracts positive energies.
- * Corner sites for clinics have a better Feng Shui, especially if they are located near the center of the market or a commercial building.
- * Clinics should not face pillars, poles, columns or sharp objects, since this blocks the Chi from coming in and creates poison arrows.
- * Avoid clinics that share a common wall with toilets.

THE CLINIC'S SIGNBOARD:

The signboard is a very important element for a clinic. It must be legible and well-balanced in size, proportion and graphical elements. Good shapes for the signboard are square, circle, and rectangle. Signboards should have either three or five colours. Three symbolizes growth and five, completeness.

SUGGESTIONS FOR THE CLINIC'S LAYOUT:

- * The reception and waiting area should be in the north, east, north-east, north-west or south-west directions.
- * The patient should lie down with his head in the south, west or east directions.
- * Patient examination should be done in the northern area.
- * The toilet can be on the south or west side.
- * Keep all dustbins concealed. Never keep them next to the entrance.
- * Beams symbolize burden. A doctor should not be sitting directly under the beam. If beams or exposed ductwork hang directly above his desk, he may feel depressed and uninspired in his work. Also, make sure that patients are not seated under the beam.
- * The main door that opens in a clockwise direction is more fortunate than one which opens in an anticlockwise direction.
- * The main door of the clinic should not open directly facing the toilet. If it does, then any good fortune entering your clinic gets flushed away.
- * The main door should not have a toilet placed above it, on the upper level. This would cause severe bad luck.

ATTAINING FAME THROUGH FENG SHUI:

Before any changes can be made, a person

Suggested colours for the signboard relative to the direction:

East: Combinations of red, green and white OR black, green and red.

South-East: Combinations of white, red and green OR white, red and purple.

South: Combinations of white, green and yellow OR white, red and purple OR red, yellow and purple.

South-West: Combinations of white, red and yellow OR white, green and red.

West: Combinations of white, black and yellow OR yellow, white and red.

North-West: Combinations of red, yellow and purple OR yellow, white and red

North: Combinations of yellow, white and red OR white, red and green.

North-East: Combinations of yellow, white and red OR red, yellow and purple OR white, green and red.

Mr. Raman Datta



As practitioner of Feng Shui & Vaastu for the past seven years, Mr. Raman Datta specializes in remedies for business, office, homes, personal relationship. He is one of the top Feng Shui experts in the Astrolife Panel of Experts.

needs to establish where the fame area is in his clinic or in his house. It is located in the back-middle, or center space, of the house, clinic, hospital or any other place he spends time. When this zone is missing or indented, a person may get overly concerned with what other people think of him, even suffering from paranoia, and would have a shaky self-esteem. When the zone is projected, the heightened Chi it brings is likely to contribute towards attaining great fame and self-realization or achieving illumination.

CURES:

This Feng Shui cure and protection will improve the success, wealth and prosperity luck of a person and enhance his opportunities in life.

- * Arrange light in the Fame Sector, as this brightens the prospects for becoming well known or for improving his reputation at workplace.
- * Place a fountain or cascade of water outside the front door, preferably on the right-hand side, while entering. This allows good fortune to flow into the front door.
- * Plants placed strategically can literally create a protective shield. This could be outdoor, to protect the back of the house, or to neutralize a dead corner or indoors.
- * Crystals are very popular remedies in Feng Shui. They disseminate, scatter, and activate energies almost anywhere in the house.

Fame is about recognition, reward and appreciation for a person's efforts, no matter what field of medical profession he is in. It is about acknowledgment for his actions, gratitude for his goodness, and well-deserved reward and respect for his contribution. Fame might be of short-term but reputation stands forever. **BP**



Tete-a-tete Dr. Ali Irani



Dr. Irani during his visit to the earthquake hit areas of Uri in J & K valley

MY EARLY DAYS:

I was born in a large family consisting of a mother, father, 6 brothers and 4 sisters. My early years, as I remember were fun filled. I was a hardworking, energetic and spirited boy. I completed schooling from St. Xaviers School, Vile Parle, Mumbai. Since the time I remember, sports has always been something that I connected with. Even during my school days I was an active participant and leader in a majority of school sports activities, be it Hockey, Football, Volleyball or Athletics.

MY FAMILY

My father was a very humble and modest man. Back then, he used to manage the canteen at Nanavati Hospital, Mumbai. I attended school in the daytime and then headed towards Nanavati Hospital, where I used to help my father run his canteen. My mother was a very loving woman. Despite our constraints coming from a large family, my parents were always supportive of me and encouraged me to pursue my interests, be it sports or medicine. I got married in the year 1984. My wife has always been very supportive in my career, and my dedication towards the betterment of my profession. We are blessed with three beautiful daughters Azita, Mary and Hasti.

MEDICINE/ QUALIFICATION

After school, I went on to pursue my Bachelors in Physiotherapy from M.S.

This man is a one-man army when it comes to representing the field of Physiotherapy. He heads the Association of over 35,000 physiotherapists. A Physiotherapist to Shahrukh Khan, he has and continues to treat the who's who of Bollywood. A pioneer in creating a distinct identity for Physiotherapist nationwide due to his association with the Indian Cricket team from 1987- 97.

University in Baroda followed by Ph.D in Sports Medicine, Ph.D in Anatomy of Body Movement and Dance from Bombay University. During my days in Baroda, not only did I learn physiotherapy, but also the importance of reaching out to one's patients. Today my department is always hustling and bustling with people. For years I was told that a Doctor is respected like god for giving years to life, but in my entire career so far my motto has been and continues to be adding Life to years.

MY INSPIRATION

My inspiration has always been Dr. Rambhai Patel, HOD, Nanavati Hospital, a man known for his innovations and his leadership in ways more than one. I clearly remember the day when Dr. Rambhai Patel had told

me that I was his "Vaaris" and I Quote "You, have overtaken me". To have received this honor from a man I looked up to all my life was one of my highest moments in life. Soon thereafter, while I was in Chandigarh I overheard a student from Gyan Sagar, Chandigarh saying to another "Apne aap ko Physiotherapy ka Ali Irani samajhta hai kya?" That was a moment where I said to myself that I have made a name and I will definitely leave behind a benchmark.

ACTIVE INVOLVEMENT IN SOCIAL WELFARE

During the powerful earthquake that shook Bhuj, Gujarat in 2001, I traveled with my team of physiotherapists to the affected area and we worked together towards providing treatment and rehabilitation to the injured. This continued till the Physiotherapy and Rehabilitation Centre in Bidada was established a year or two later. I was a part of the rehabilitation team for the earthquake at BAM, IRAN in 2003. For this I received an award from Brenda Meyer, General Secretary World Confederation for

Physiotherapist:
A masseuse or a
serious health care
professional



Dr. Irani As the Physiotherapist for the Indian Cricket Team

Physical Therapy . After the Uri- Kashmir earthquake in 2005, I along with my team reached the remote areas of Uri, which falls on the Line of Control of India and Pakistan, with the help of the Indian army to assist the victims. I also hold regular physiotherapy camps in rural areas in our country where 70 % of Indian population resides.

A TYPICAL DAY

From 7 am to 9 pm, I am at the hospital. We have a batch of 20 college students under SNTD University, whom I teach in the afternoon. Our department has also adopted three orphanages. We visit these children very often. We also go to tribal areas on the Maharashtra-Gujarat border and with the backing of our students, provide the people physiotherapy and care. Everyone will suffer from pain at some point or the other, whether through frozen shoulder, knee injuries or high BP. Some will get all of it and some will get some of it. That is why we say physiotherapy is needed from 'the womb to the tomb'

BP



Providing assistance to a victim of J & K earthquake

- ❖ "HITRA ORATION" Award in 1994 for achievements made in the field of Physiotherapy
- ❖ Lifetime Achievement Award by Indian Association of Physiotherapy, 2004
- ❖ Awarded Fellowship by Indian Association of Sports Medicine, 2005
- ❖ Awarded Fellowship by Indian Association of Physiotherapists, 2005



Dr. Irani during relief operation for bhuj earthquake victims



Anu Malik



Born on Nov 2, 1960, he is one of the most popular music directors in Bollywood. He has been a judge on the reality show "Indian Idol" since 2005. At one time, we all grooved to "Chamma Chamma" from China Gate and Chunari Chunari from Biwi No. 1. His work has surpassed the national boundaries with cross over films like Bride and Prejudice and Moulin Rouge, where "Chamma Chamma" was used for a song. Till date he has composed music for over 350 films. This ace music director has won accolades for several songs and has even won a National Award for his work in Refugee. We are talking about the immensely talented Anwar Malik, more popularly known as Anu Malik.

The 80's and 90's generation has literally grown up listening to your music, we know you as Anu Malik, the music director, but we really don't know much about you. Where do you come from? We want to know the real YOU.

I was born in a musical family. My father is the famous composer Sardar Malik. My maternal uncle is the Late Hasrat Jaipuri, from the Jiya Bekrar Hai fame. At a very early age I began learning music from Pt. Ram Prasad Sharma. By the age of seven, I was able to create tunes to the words of a Marathi poem. My father was amazed to see this and told me "you are blessed with music; it is a gift of god to you". At that time musicians and composers did not have the latest technologies; it was all about trial and error.

We have heard you singing many times at reality shows/award functions and you also have solo music albums. So, was singing your first love?

There is no such thing as first love. I learn anything that I touch. I am a quick learner but a little laid back. I am an explorer

and a serious guy. I just need logic and I need answers and I find that in my music. I feel connected to god while composing music. I see his presence through my music. It is Maa Saraswati's gift to me. Whereas, singing is all about emotions and romance. For me you are great singer not because you have a lot of range but because you have a great heart.

So, how did you get into music direction?

My dad was composing music for a song. I was hardly 15 at that time, I composed one song. Everyone reacted positively to the song. As I said, there is no first love, hence whatever attracts me I learn that.

You have given us many hits since you started in 1977, but there was a period in between where you were

also known to be "inspired" by western music. How do you react to that today?

I have given hits in Border, Refugee, LOC, Main Hoon Na, Fiza etc. At first I used to get angry, but then I learnt to shut them up with my music. I won National Award for Refugee and Chamma Chamma was used in Moulin Rouge, that speaks volumes about my work. When you are hungry you take whatever you are given, same happened with me. I don't keep any ill will for anyone. I believe negative vibes only bring negativity in you. I believed that something better was in store for me.

Can you tell us more about your experience in Hunterwali, your first movie.

Hunterwali in '77 was a great learning experience for me. At the age of 17, I had the opportunity to work with some amazing singers at that time. Asha Bhonsle and



Manna Dey were so very supportive. To top it, working with my uncle, Hasrat Jaipuri gave me more confidence.

From music direction to judging Indian Idol, how easy was the transition?

After *Hunterwali*, I worked with Harmesh Malhotra in Poonam. Later, had the opportunity to work with the great Md. Rafi and Kishore Kumar. My real breakthrough was '*Soni Mahiwal*'. Before I received my Filmfare award for *Baazigar*, I was recognized for the song *Julie Julie*, from *Jeete Hai Shaan Sai*. Producer, Director, Mr. Manmohan Desai also gave me some good breakthroughs in my career. My voice quality is extremely unique and songs like *Ek garam Chai ki pyaali* was an instant hit with the youth. Now I don't look for work. I look for quality to work with. Indian Idol came to me in a rather unusual way. I was in Canada when I got a call from SONY. But I did not entertain them. They persisted for nearly 10 days. One day, my daughter, Anmol who was 14 at the time, overheard



the conversation. She started jumping and said "Dad that's like American Idol. It's a great opportunity". Then I looked at the format and the American Version of it. Had it not been for my daughter, I wouldn't have been in Indian Idol today.

The preliminary rounds of Indian Idol is sort of hilarious at times. How is it when you are actually at it shooting?

More than 1000 people come for auditions. And all genuinely feel they can sing. Now I just cannot keep sitting and saying "*Tumney Acha Gaya. Tumney Bura Gaya.*" I then try to make it more lively and cheerful. I am a fun loving guy. I laugh at myself also.

Do share some interesting anecdotes from a recording session.

For *Baazigar* when we were recording for the song "*Baazigar O Baazigar*" we were with live orchestra, 40 violinists. When we got done with the first phase, I did not like the beginning, every body was just stunned and kept looking at me. Then and there I made up these lines "*Mera Dil Tha Akela*" and everybody rejoiced. Then for the movie, *Main Hoon Naa*, the song "*Tumse Mil Ke Dil Ka Hai jo*". The original qawaals who had to sing were asking for a high price and so we got some other qawaals for the song. Now when they started singing the whole octave was going haywire. Farah ran out of the set screaming. Then I sat down with those two qawaals and recorded this song in like a few hours.

You have composed music for over 350 movies, which one has been your best by far.

All my music is good. Some have given me great starts to my career. Some have made me win prestigious awards and some made me popular for my unique voice. Even then if I have to name then, *Tujhe Jo Maine Dekha* from *Main Hoon Naa*, *Sandesay aate hain* from *Border* are amongst my favorite songs

Today, we have so many music directors in Bollywood, what do you think about their talent and contribution to the industry?

I would call them all great composers. They have made the platform many notches higher experimenting with new techniques and instruments. I see a great future ahead of them.

You have worked with many play back singers, who would you consider your favorite?

All are good. Sonu and Shan are very good. I like Mohit Chauhan and Amit Trivedi also. My daughter Anmol also has a great voice too.

Any interesting projects coming up your way in 2011, something we should be looking forward to?

I am doing some good projects with Firoz Nadiawala and Aditya Chopra. I cannot disclose at the moment

A word of advice to new comers in this industry!

Just keep the passion burning.

Many say the fights shown on Reality Shows are scripted. Your opinion on that.

I am what I am. I have strong opinions. I cannot lie and hence cannot have a scripted show. The moment the producer says that you have to talk in this manner and this much only, I would lose the real Anu Malik in me. I speak my heart so there are differences that are bound to happen.

Finally, if you had to change something what would it be?

Nothing. Absolutely Nothing. I am what I am. I love my creativity. I love god. I have gone through fire and hence I love everything I have the way it is.

BP



Spring/Summer Collection

Tanbeer Bhatia



A fashion designer by profession, Tanbeer has worked on various costume styling projects for TV serials and films of big banners like Yash Raj and Kunal Kohli production's.

TRENDS FOR WOMEN

70'S GLAMOUR

As the 50's and 60's are back, so too are particular elements of the 70's. There are two main aesthetics, 70's bohemian and 70's sophisticated glamour. Dresses that fall like shimmering water in the evening and high waisted pants with elegant blouses.

BELL BOTTOMS

With skinny pants and jeans now so common that they no longer make a statement it was inevitable that a different style would emerge as a trend. It didn't necessarily have to be this one, but with the come back of all things 1970s it was inevitable that fashion forward people would turn to flared pants as their style of choice.

STRIPES

Every year we welcome back the Nautical/Stripe trend with open arms; like a good wardrobe friend, we embrace it's style and familiarity. We turn to the the striped tops, dresses and accessories when we need a quick helping hand as we know that you just can't go wrong with a good old fashioned stripe.

As 2011 rolls on we continue to update fashionisers with new information, and more importantly new inspiration for spring summer 2011's trends, so read on find out what is in store.

Of course, the navy and white stripes are the most popular, but this season, it's all about coloured stripes. They are still simple to wear with shorts, jeans and skirts, but they give a warmth and some much needed colour to your outfit. The bolder the colours, the better! We're thinking bright yellows, reds and oranges for full in-your-face Summer stripes and calmer, pastel toned stripes for a more relaxed, sophisticated style.

FLORAL PRINTS

Now the clocks have gone forward, it's time to wake up and smell the daffodils, and the daisies and the roses. Florals are a key trend for spring/summer 2011 and there's no escaping an eyeful of flowers on dresses, jumpsuits and shoes.

And when it comes to your choice of flower – anything goes, from ditsy daisies to super-big roses. So come on flower, think floral!

SHOES

If you are fed up with the multitude of floral and animal prints that have flooded the runways this season, perhaps geometric prints with a tribal hint will prove to be a more suitable alternative.

CLOGS

Clunky wooden shoes. It doesn't sound like the most glamorous or practical of footwear trends, and yet the clog reached new heights in 2010 and will continue to have an impact on 2011's footwear trends. Specifically the





Stylizing men with the latest trends this season

brass studding so prevalent will continue to be influential, while the clog's overall popularity will wane.

Kitten heels are making a somewhat controversial return, spurred on by the trend of '50s and '60s dressing. More comfortable yet less appealing than their higher counterparts, kitten heels can work particularly well when dainty, pointed, and either retro-inspired or minimalist. When it comes to this style in 2011 it's all about the theming. For Spring, kitten heeled sandals are also an option.

OTHER ACCESSORY TRENDS FOR WOMEN:

- ❖ Oversized sunglasses
- ❖ Fringe handbags
- ❖ Skull print scarves
- ❖ Rope belts

FOR MEN

SUIT STYLES

Men's suits: modern suit styles for 2011

Men's fashion trends are greatly different to women's. They exist, yes. But their cycle moves much slower. Nowhere is that truer than of men's suit trends. While there are distinct styles of suits that feature amongst 2011's fashion trends.

They never actually go out of fashion, but they do evolve over the course of several years. So what suit styles are in fashion for spring / summer 2011?

- ❖ THE SLEEK CUT
- ❖ SINGLE BREASTED SUITS.
- ❖ Slim to medium sized notched lapels or a shawl
- ❖ The upper button should be positioned around your navel
- ❖ A breast pocket that accommodates nothing more than a pocket square (as opposed to a elegantly folded pocket handkerchief)

MEN'S FLARED JEANS

Men's skinny jeans have had their day. That's not to say they're out of fashion, but they've peaked and as far as men's fashion trends in spring / summer 2011 go they've been replaced by a style with quite a large difference. men's red jeans

ACCESSORIES FOR MEN

- ❖ Round toed coloured shoes called OXFORDS.
- ❖ Bigger heavier aviator sunglasses
- ❖ Leather strapped and coloured strapped watches.

BP

What Have You Missed?

If you have missed, see and tell how you can make it better



RATING

★ ★ ★ ★ ★

DIRECTED BY

Anand L. Rai

PRODUCED BY

Shailesh R Singh

WRITTEN BY

Himanshu Sharma

STARRING

R. Madhavan, Kangna Ranaut, Jimmy Shergill, Rajendra Gupta and Eijaz Khan

TANU WEDS MANU

Sometimes reality may be even more incredulous than this imaginary tale spun out of the travails of this young doctor from London back in Delhi to get married to a desi ghar ki kudi, who is more liberated than her parents let her out to be. If one hung around enough with the today's generation from Delhi varsity campuses, it would be easier to appreciate Tanu (Kangana Ranaut), a rebellious fire-spewing lass who opposes parents, well, just for the sake of opposing.

So, she is switching boyfriends, and is generally in between affairs just to spite her worried parents wanting to get her married off. So when the NRI doctor and his parents, with the customary boy's friend in tow, to their traditional haveli in Kanpur's upper middle class locality, they are a bit nervous. The reasons are pretty clear within a minute or two, when Madhavan confronts Tanu, and ends up confused. But falls madly in love from the moment he sets his eyes on the sleeping beauty. Though his wife-to-be is apparently high after a drinking binge and refuses to utter one word, the good doctor is bitten by the love bug and gives his consent to marry, throwing the two families into a bout of extreme happiness.

A train full of baraatis is the beginning of journey of love, rudely halted by a cigarette puffing Tanu. The mild mannered doctor meekly follows her order to back out of the wedding, even as the extended family members of the twosome are jointly undertaking a thanksgiving visit to Vaishnodevi. Then begin a series of quirky coincidences that bring Tanu and Manu together at the wedding of their respective best friends, in Kapurthala in Punjab, and eventually at the end the Hero gets his heroine.

You should watch Tanu weds Manu for what it could have been – such an interesting topic, the age-old custom of arranged marriage, a confused NRI wedded to his roots, the changing Indian society as Tanu after Tanu are challenging the existing social norms that guided their previous generations.

If only scriptwriter Himanshu Sharma had come up with more memorable, racy and catchy dialogues to add zing to the performances and handled the issue with more sensitivity and tact, the film would have been a better watch. A great film reduced to an okay film but still a must watch for triggering off a “if I were to do it, how will I do it differently”.

A somewhat lost opportunity for director Anand L Rai, as he could have taken the successful Jab We Met formula, revolving around a good Punjabi wedding, to a higher level with a stronger dose of good natured comedy and punch lines.

Some of the positive takeaways from the film are Madhavan as a good natured, instantly likeable, affable, gentle Doctor. Of course the realistic portrayal of the younger generation in today's India, is one aspect of Rai's effort that needs to be applauded. Only, his story telling would improve with passage of time and films, one hopes. On the whole, a watchable film, if you have nothing better to do.

- by Bhavani Kuchi:

A freelance feature writer based in Chennai, Bhavani tracks social and economic changes in the society.

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