



**ALL EYES ON YOU**  
 Add that chic factor to your eye makeup look with Plum's latest eyeliner pen addition to their Eye-Swear-By range. It gives an intense black, semi-matte finish that lasts up to 12 hours. Price: ₹495. Available at: Retail stores and plumgoodness.com



**MUSICAL NIGHT**  
 DJs across the globe are loving the upcoming track Wimbo & Novik. They invite you to celebrate the launch of music track with the rest of Hyderabad's music lovers. When: June 11, 6 pm. Where: Raise the Bar, Gachibowli. Price: ₹399 onwards



**FUNNY BONES**  
 Explicit a stand up comedy solo show by Bhavneet. When: May 29 to June 19. Where: Multiple Venues. Price: ₹149 onwards



**GREEN MAKEUP**  
 KIKO Milano launches its Green Me 2022 Collection that focuses on harmony with nature and inspired by ancient Italian ingredients. The range includes face scrubs, face mask, face powder, concealer, lips & cheek tint, eyeshadow, mascara and lipstick. Available at: Nykaa

**Nakshatra Live** Watch the Hyderabad-based band Nakshatra perform live. When: June 3 and June 17, 8 pm Where: Hard Rock Cafe, Banjara Hills Price: ₹500

**Sponge effect**  
 Simply Nam has now added a Velvet Microfiber Makeup Sponge. It is made of fine microfiber bristles that give a seamless smooth finish and allow both dry and wet application. It is priced at ₹799 and comes in two colours—Black Sapphire and Malaga Wine. Available at: www.simplynam.com



**Musical Evening**  
 Enjoy an evening of music as three of the finest masters of music perform live - Shankar Mahadevan, Shivamani and Stephen Devassy. When: June 3, 6:30pm Where: Shilpa Kala Vedita, Hitech City



**Athleisure collection**  
 Enamor presents its Spring Summer collection 2022, that has been designed around the theme of Dhyana and Surya and offers a vast range of activewear (athleisure) and loungewear. Available at: enamor.co.in



**Shop it right**  
 Reflecting on the thought that imperfection is the new perfection, MellowDrama's new collection 'PHOENIX' is an interplay of fabric that presents a striking juxtaposition of fresh grunge and bold looks. Available at: www.melodrama.co.in

**Skin Care**  
 Crazy Owl - Your Skin Co., a newly launched Indian personal care brand curates products to uplift mind, body and soul. It's that time of year when you need to pay special attention to your hair and body. Crazy Owl has released a range of products that you should add to your basket right away. With the goodness of nature, the brand adds a splash of freshness to your daily lives. Available at: www.crazyowl.in



**Summer in a bottle**  
 Beat the summer blues with Victoria's Secret Bombshell range - Bombshell Eau de Parfum, Bombshell Intense Eau de Parfum, Bombshell Passion Eau de Parfum, Bombshell Seduction Eau de Parfum. Price: ₹8,999. Available at: www.victoriasecretbeauty.in

**QUICK FIX**  
 What's cooking IN YOUR KITCHEN?  
 We are hungry for recipes with minimum ingredients and maximum flavours. Share your quick-fix with us, along with step-by-step photos, at cityexpresschn@gmail.com.



**SHEER QORMA**

**INGREDIENTS**

- Vermicelli: half kg
- Milk: 1 litre
- Chopped almonds: 2 tbsp
- Chopped pistachios: 2 tbsp
- Sugar: 2 cups
- Cardamom powder: 1 tsp

—Sumaiya Z, Bengaluru

**METHOD**

- In a pot, bring the milk to a boil.
- Add sugar and let it boil again.
- Add vermicelli. Stir it continuously as it cooks for ten minutes.
- Sprinkle cardamom powder and turn the stove off.
- Garnish with dry fruits and serve hot.
- Tastes good even when refrigerated.

**FIT BIT**  
**ARDHA GOMUKHASANA VARIATION FORWARD BEND**  
**HALF COW FACE POSE VARIATION FORWARD BEND**

It combines half staff pose and half cow face pose at the lower body alignment. Along with gradually addressing the hip flexion, it strengthens the legs, knees, quadriceps, and hamstrings. The forward bend opens the lumbar vertebrae and releases lower back stiffness. Though an internal hip rotator, it helps as a counter to external hip rotator yoga poses like Vrksasana (Tree Pose) or Virasana (Hero Pose).

**STEPS**

- Align the body in Dandasana (Staff Pose). Stay for a couple of breaths.
- Inhale, fold the right leg at the knees and place it on the extended left leg. While breathing steadily, bring the thighs as close to each other as possible. Keep the right ankle a little away from the left thigh. Placing the hands by the side of the hips, align in the pose.
- Keep breathing. Keep your spine erect. You may take wall support. Stay here for 2-3 minutes.
- Release the right knee and extend both the legs and realign to Dandasana. This brings the body and the spine back to the starting position of equilibrium.
- Now practise by folding the left leg over the thigh.
- Finally relax in Dandasana Hands Back Knees Bent.

**LIMITATIONS**

- Those who have knee and ankle injuries, have recently undergone ankle, knee, or hip surgery, avoid this.
- Students with weak ankles and knee joints, or bleeding piles, avoid this.
- Beginners and senior citizens can use a blanket to sit comfortably.

**BENEFITS**

- Stretches the glutes and the lower back muscles.
- Strengthens the lower back and hip joints. Enhances lower-body flexibility with neutral spine support in a seated position.
- Helps improve awareness and focus (concentration), alignment and posture.
- Energises the leg and pelvic region.
- Enhances metabolism and stimulates the digestive organs.
- Improves blood circulation. Helps to control incontinence and cures ailments related to reproduction, and prostate gland malfunctioning.
- Balances the sacral and the root chakras. Removes fears, enhances creativity, and roots a person in their values.
- Can be practised by pregnant women and senior citizens who have knee and ankle flexibility.
- Postnatal women can benefit as the pubic area & genitals are toned.

By N Elumalai, PhD a Jscholar (Yoga Science) at Meenakshi Academy of Higher Education & Research, Chennai

**SOUND BOARD**

**THE MASALA PODCAST**  
 The Masala podcast is an award-winning feminist podcast for and by South Asian women is all about cultural taboos. Hosted by London-based Sangeeta Pillai, the podcast deals with everything from sex, sexuality, periods, menopause, porn, mental health, sexual harassment and even more.  
 ● On Spotify, Gaana, Apple Podcasts

**THE MYTHPAT PODCAST**  
 In weekly episodes, Mythpat entertains and educates his listeners through interviews with top gamers and influencers. He also shares tips on how to be a successful creator and paints a picture of what an influencer's life is like by sharing his own experiences.  
 ● On Spotify

**CRIME SHOW**  
 The show delivers on its promise to tell stories about people and sometimes crime, with each episode offering a standalone story that doesn't exclusively fall back on the grimly overused 'women getting murdered' trope (though murder is a common topic). Some episodes involve ghosts, others scammers and identity thieves.  
 ● On Spotify

**IN THE DARK'S**  
 This podcast puts the US justice system in the dock. In the Dark's hallmarks are rigorous investigative journalism and epic suspense. Not only is it addictive, it'll fire you up.  
 ● On Apple Podcasts and Spotify

**MAINTENANCE PHASE**  
 Michael Hobbes and Aubrey Gordon debunk the junk science behind health and wellness fads.  
 ● On Google Podcasts, Apple Podcasts, Spotify

**POPULAR ON YOUTUBE**

**SHYAM SINGHA ROY**  
 A director accused of plagiarism finds a transcendental connection to his past life when he digs deeper into his subconscious mind.  
**Cast:** Kriti Shetty, Nani, Sai Pallavi

**SARILERU NEEKEVVARU**  
 Ajay, an army major, journeys to Kumool when he is assigned a covert mission. However, he finds himself in the middle of a major scam and sets out to uncover the truth.  
**Cast:** Mahesh Babu, Rashmika Mandanna, Vijaya Shanthi

**BETTING BANGARRAJU**  
 A man falls in love with a girl who has three other suitors already queued. Divya invites all of them home for a week so that her elders can decide whom to pick.  
**Cast:** Allari Naresh, Raghu Babu, Giribabu

**AKHANDA**  
 To save the saviour Murali Krishna from an evil Varadarajulu's trap, Lord Shiva's ardent devotee, Akhanda, moves heaven and earth.  
**Cast:** Balakrishna, Pragya Jaiswal, Shamna Kasim

**UNNAI SOLLI SEETIMAAR**  
 Karthi, a simple bank employee, coaches a women's kabaddi team from his village and trains them to become professional players and win the championship.  
**Cast:** Digangana Suryavanshi, Tamannah, T Gopichand

**WHAT'S ON TED TALKS**

- THE CRIME-FIGHTING POWER OF CROSS-BORDER INVESTIGATIVE JOURNALISM BY BEKTOUR ISKENDER**  
 TED Fellow Bektour Iskender gives the inside scoop on his efforts to unveil secret, insidious operations in his home country of Kyrgyzstan, and how he worked with a team of journalists to uncover corruption and spark a national movement.
- OUR LONGING FOR COSMIC TRUTH AND POETIC BEAUTY BY MARIA POPOVA**  
 Linking together the histories of Henrietta Swan Leavitt, Edwin Hubble and Tracy K. Smith, poet and thinker Maria Popova crafts an astonishing story of how humanity came to see the edge of the observable universe.
- HOW LABOUR UNIONS SHAPE SOCIETY BY MARGARET LEVI**  
 Political economist Margaret Levi explains how labour union organisations forge equality and protect worker rights, calling for a 21st-century revival of the labour movement in order to build a more equitable future.
- HOW TO DISCOVER YOUR AUTHENTIC SELF - AT ANY AGE BY BEVY SMITH**  
 In a talk packed with wry wisdom, pop culture queen Bevy Smith shares hard-earned lessons about authenticity, confidence, success and why, if you put in the work, "life gets greater later."
- WE HAVE TO STOP DESTROYING OUR FUTURE BY AL GORE**  
 Nobel laureate Al Gore takes stock of the current state of climate progress and calls attention to institutions that have failed to honour their promises. He explains how the financial interests of fossil fuel companies have blocked the policymaking process in key countries - and calls for a global epiphany to take on the climate crisis.

**REGIONAL**

**PUZHU (Malayalam)**  
 A retired police officer and widower, who lives with his son in a flat complex, believes that someone is out to kill him. His paranoia peaks after his sister, who he believes has disgraced his family by marrying a theatre artiste belonging to a lower caste, moves into the same apartment complex. Are his fears justified or are they just a construct of his crumbling pride and bigotry?  
**Cast:** Mammooty, Parvathy Thiruvothu, Nedumudi Venu  
 ● Watch on: SonyLiv

**ACHARYA (Telugu)**  
 The plot of this socio-political actioner revolves around a middle-aged Naxalite-turned-social reformer who launches a fight against the Endowments Department over misappropriation of temple funds and donations.  
**Cast:** Chiranjeevi, Ram Charan, Pooja Hegde  
 ● Watch on: Amazon Prime Video

**BHALA TANDANANA (Telugu)**  
 A man and his investigative journalist girlfriend get involved with a gang of criminals.  
**Cast:** Ramachandra Raju, Catherine Tresa, Sree Vishnu  
 ● Watch on: Disney+ Hotstar

**12TH MAN (Malayalam)**  
 After 11 friends decide to play a game during their get-together at a resort, dark secrets come tumbling out and leads to arguments. A short while later, one of them is found dead. A mysterious stranger joins them to find out who the killer is and what his or her motive was?  
**Cast:** Mohanlal, Leona Lishoy, Aditi Ravi  
 ● Watch on: Disney+ Hotstar

**THE KASHMIR FILES (Hindi)**  
 The film explores a series of interviews about the exodus of Kashmiri Hindus in 1990, exploring the course of events and reasons for it.  
**Cast:** Anupam Kher, Mithun Chakraborty, Pallavi Joshi, Darshan Kumar  
 ● Watch on: Zee5

All the streaming apps can be accessed on smartphones and smart TVs with internet connection.

**AVIYAL (Malayalam)**  
 The coming-of-age drama showcases four chapters in the life of a musician named Krishnan that shapes him as the person that he has become. Krishnan narrates his life story and how the women in his lives played a huge role in it during a conversation with his daughter in the film.  
**Cast:** Joju George, Sirajudeen Nazer, Anjali Nair and Anaswara Rajan.  
 ● Watch on: Amazon Prime Video

**JESSU JORDAR (Gujarati)**  
 When Jessu goes to see her boyfriend, she finds him in a situation she never imagined. She wants to take revenge but not in a typical way! She soon realises that she's in love with Raj but gets kidnapped.  
**Cast:** Kuldeep Gor, Bhakti Kubavat, Dhyye Mehta, Rishikesh Ingley  
 ● Watch on: Amazon Prime Video

**FOREIGN**

**TOSCANA (Danish)**  
 When a Danish chef travels to Tuscany to sell his father's business, he meets a local woman who inspires him to rethink his approach to life and love.  
**Cast:** Anders Matthesen, Cristiana Dell'Anna, Andrea Bosca  
 ● Watch on: Netflix

**GODSPEED (Turkish)**  
 An ex-captain travels to Dalyan to stop his friend's beloved from marrying another man, but grief and trauma from a combat tragedy mar his journey.  
**Cast:** Engin Akyürek, Tolga Saritas, Belfu Benian  
 ● Watch on: Netflix

**CYBER HELL: EXPOSING AN INTERNET HORROR (Korean)**  
 Anonymous and exploitative, a network of online chatrooms ran rampant with sex crimes. The hunt to take down its operators required guts and tenacity.  
 Watch on: Netflix

**THE PERFECT FAMILY (Spanish)**  
 At first, Lucia is taken aback by her son's girlfriend's eclectic family, but little does she know the impact they'll have on her prim and proper life.  
**Cast:** Belén Rueda, José Coronado, Gonzalo de Castro  
 ● Watch on: Netflix

**NOW STREAMING**

DISNEY+ HOTSTAR SUBSCRIPTION

Disney+ Hotstar: ₹499 per year  
 Apple TV: ₹99 per month  
 Prime Video: ₹179 per month  
 Netflix: ₹149 per month