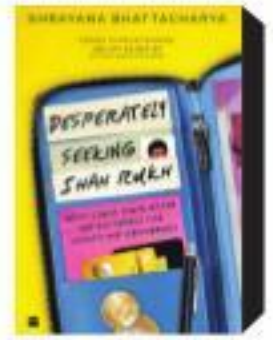


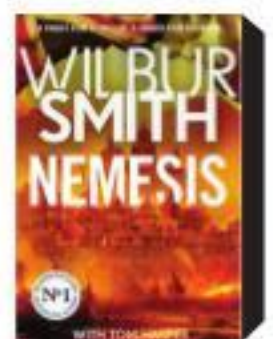
BOOK NOOK



Desperately Seeking Shah Rukh

By Shrayana Bhattacharya

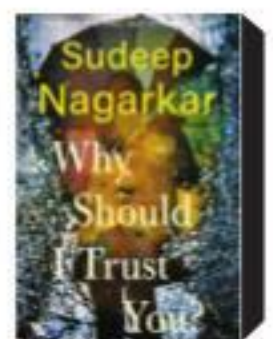
The book follows a fascinating tale of a diverse group of women, divided by class but united in their admiration for Shah Rukh Khan. It gives a unique window into the desires, prayers and thoughts of Indian women as they search for intimacy through the fantasies of a fandom.



Nemesis

By Wilbur Smith

The story of three generations involved in a quest for family honour, revenge and justice. Riddled with exciting twists, turns and conspiracies, it has the makings of the perfect historical epic.



Why Should I Trust You?

By Sudeep Nagarkar

Nagarkar's gripping story of an eighteen-year-old, Nandini, trying to piece together her life after she regains consciousness from a coma has the perfect blend of romance, passion, thriller and mystery to keep the readers hooked till the end.



Booming Brands

By Harsh Pamnani

The book gives us the triumphant journeys of eleven thriving 'Made in India' brands that have made their mark in a contemporary, dynamic, and saturated business landscape.

WHY WHERE

Halloween High Tea

Enjoy the enchanting halloween atmosphere, gourmet treats, and a special face painting activity for the kids. Plus, don't forget to dress in your spookiest attire because the best costume wins a prize! The admission fee is ₹1800 per person

WHEN: Oct 29, 4 pm
WHERE: Beluga, Road No 10, Jubilee Hills

Massage

Indulge in ultimate relaxation anytime, anywhere with our Smart Neck Massager Pillow! Drawing inspiration from Japanese Shiatsu massage, experience pure comfort and rejuvenation whether you're working, commuting, or simply unwinding at home.

WHERE: <https://thesleepcompany.in/>

Travel

Experience graceful journeys with Zest by Swiss Military India - where your style meets your luggage.

WHERE: <https://www.swissmilitaryindia.com/>

Beauty

The Green Loom, a D2C skincare brand that not only caters to diverse skincare needs but also upholds values of transparency and sustainability, providing complete eco-friendly skincare solutions for all age groups, through its range of natural products.

WHERE: www.thegreenloom.com

Smart home

LAVNA LA16 for wooden doors - the smart lock offers a comprehensive range of security and convenience options. It boasts a lightning-fast 360° fingerprint sensor with a 0.4-second unlocking speed, accommodating up to 100 registered fingerprints.

WHERE: www.lanvalocks.com

Skincare

The Dr G Moringa Face Pack leaves your skin with a natural glow as moringa extracts are known for improving complexion, removing toxins and it also slows down ageing.

WHERE: <https://skinbydr.com/>

Theatre

The play named 'Pocketmaar Rangmandal' written by writer Asghar Wajahat revolves around a pickpocket 'Bhagwan' will be staged.

WHEN: Oct 21 & 22, 7.30 pm
WHERE: Rangbhoomi, Gachibowli

Oral Care

Fang Oral Care, teeth whitening system combines our advanced proprietary whitening serum with LED light technology for professional-level results. Stay home and get rid of tobacco, tea/coffee and pan masala stains and erase that yellowness that turns people off with our American Dental Association approved system.

WHERE: www.fangoral.com

Health

Wellbeing Nutrition's Adaptogenic tea collection, a range of premium herbal and green teas designed to cater to various aspects of your well-being. From cleansing and slimming to promoting better digestion, sound sleep, and enhanced focus, our carefully crafted blends offer holistic solutions for a revitalized body and mind.

WHERE: www.wellbeingnutrition.com

Workshop

Indulge in delicious pizza while unleashing the art of organic soap making by Saka Organics.

WHEN: Oct 21, 12 pm
WHERE: Dough Mama Pizza, Jubilee Hills

Music

Dial 9 for Devi - Carnatic music live concert will be organised by Ranjani Sivakumar.

WHEN: Oct 21, 6 pm
WHERE: Saptarni, Banjara Hills

Food

Calling you all the sushi lovers to join us as we celebrate the art of making sushi with the sushi saga. A chef guided workshop that will make your lunching hours more entertaining than ever.

WHERE: Makau Kitchen and Bar, Jubilee Hills
WHEN: Oct 19- Oct 31

Workshop

Indulge in delicious pizza while unleashing the art of organic soap making by Saka Organics.

WHEN: Oct 21, 12 pm
WHERE: Dough Mama Pizza, Jubilee Hills

Music

Dial 9 for Devi - Carnatic music live concert will be organised by Ranjani Sivakumar.

WHEN: Oct 21, 6 pm
WHERE: Saptarni, Banjara Hills



DIVINE BLOOMS

Replicas of Bathukamma placed in different parts of city as part of festival celebrations in Hyderabad | SRI LOGANATHAN VELMURUGAN

QUICK FIX

MASALA VEGGIES PAPAD

Contributed by **Susila, Hyderabad**

INGREDIENTS

- Papad (any type): 1
- Onions: 1, finely chopped
- Tomato: 1, finely chopped
- Nylon sev: 2 tsp
- Capsicum: half, finely chopped
- Tomato sauce: 1 tsp

METHOD

- Take a baked papad as the base.
- On the papad, add tomato sauce and spread it evenly.
- Add onions, tomatoes, capsicum and nylon sev on the papad.
- Cut it into pieces and have a quick evening snack.

FIT BIT

SUPTA PARIVRTTA VRSCHIKASANA (SCORPION TWIST POSE)

This pose comes under the category of prone poses. It is effective for people who have spinal flexibility and back pain. This pose helps increase the lateral rotation and flexion in the spine.

STEPS

- Start in Advasana Variation Chin Hasta Out.
- Inhale, place your left palm near the left chest, raise the left arm with a bent elbow.
- Placing the right cheek on the floor, turn the head towards the left and look up.
- Raise your left leg, bending at the knee, stretch on the left with your toes touching the mat.
- Now, stretch your left shoulder blade and your palm pointing your right shoulder blade, which is extended bringing stability.
- Stay here with rhythmic breathing and feel relaxed.
- Release the pose slowly and realign to Advasana Variation Chin Hasta Out, stay for a couple of breaths.
- Practise on the other side.
- Release to Advasana Variation Chin Hasta Out and relax in Advasana, followed by Balasana.

BENEFITS

- Contracts psoas, pelvis, hip, quadriceps, ankle, knee, shoulder, and chest.
- Improves spinal alignment and overall body posture.
- Releases neck and pelvic stiffness.
- Included in Yin Yoga to address the fascia.
- Stimulates digestive system, heart and lungs.
- Addresses infertility, menstrual pain, irregular menstruation, menopausal symptoms and prostate gland inflammation.
- Encourages better blood circulation and lymphatic drainage.
- Stimulates the lymph nodes, ensuring detoxification.
- Enhances the immune system.
- Best practice for gymnasts and dancers.

LIMITATIONS

People with shoulder, wrist and ankle injuries, BP, acute cervical spondylitis, or have undergone a recent spinal, hip, shoulder or ankle surgery, weak body frame, ankles, shoulders and hip joints, pregnant and postnatal women upto 8 to 12 weeks, seniors with conditions like osteoporosis, arthritis, frozen shoulders, avoid this.

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

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.

REGIONAL

SULTAN OF DELHI

(Hindi, series)
 The narrative is about Arjun Bhatia, a survivor of the 1947 partition as he rises to power in Delhi's underworld. Fuelled by ambition and his calling to become the Sultan of Delhi, Arjun must navigate a treacherous landscape to emerge victorious.
Cast: Tahir Raj Bhasin, Anjum Sharma, Nishant Dahiya
Watch on: Disney+ Hotstar

MUMBAI DIARIES

(Hindi, series)
 Mumbai Diaries Season 2 is set during the harrowing Mumbai floods in 2005. The series returns with the doctors and residents of the Bombay general hospital as they tackle the unprecedented natural disaster.
Cast: Mohit Raina, Konkona Sen Sharma, Shreya Dhanwanthary, Natasha Bhardwaj
Watch on: Amazon Prime Video

MELODY DRAMA

(Kannada)
 The movie revolves around Karthik and Hita, whose paths are separated because of a misunderstanding. But fate reunites them to rekindle their love.
Cast: Rajesh Nataranga, Anu Bhaskar, Rangayana Raghu
Watch on: Netflix

MATHAGAM PART 2

(Tamil, series)
 The series delves into the intricate ties between law enforcement and criminals, following two central characters deeply involved in a high-stakes pursuit and evasion game.
Cast: Atharvaa, K Manikandan, Gautham Vasudev Menon, Nikhila Vimal
Watch on: Disney+ Hotstar

SAPTA SAGARADAACHE ELLO - SIDE A

(Kannada)
 Manu and Priya dream of finding a home. The catch is that they are far removed from this reality and have no means financially to aid that dream.
Cast: Rakshit Shetty, Rukmini Vasanth, Chaitra Achar
Watch on: Amazon Prime Video

MATTI KATHA

(Telugu)
 Set in a village near Hyderabad, the movie has narrates the tale of college friends, their joys, the loss of their ancestral land and a sinister conspiracy behind the scenes.
Cast: Raju Aluri, Malleth B, G Nanda Kishore
Watch on: AhaTelugu

MISS SHETTY MR POLISHETTY

(Telugu)
 Anvita Shetty, a chef, moves from the UK to Hyderabad. In her quest to find something more in her life, she encounters Siddhu Polishetty, a professional stand-up comedian. The story unfolds into a romantic comedy.
Cast: Naveen Polishetty, Anushka Shetty, Keshav Deepak, Abhinav Gomatam
Watch on: Netflix

FOREIGN

THE FALL OF THE HOUSE OF USHER

(English, series)
 The series centres around siblings Roderick and Madeline Usher, who have transformed Fortunato Pharmaceuticals into a vast "empire of riches, privilege, and authority".
Cast: Kate Siegel, Carla Gugino, Bruce Greenwood
Watch on: Netflix

A GOOD DAY TO BE A DOG

(Korean, series)
 The tale revolves around Han Hae-na, a high school teacher hailing from a family afflicted by a strange curse. Whenever she kisses a guy, she turns into a dog.
Cast: Cha Eun-woo, Park Gyu-young, Lee Hyun-woo
Watch on: Viki Ratuken

TIGER AND CRANE

(Chinese, series)
 This series narrates the journey of a group of teenagers who navigate the chaos of the world to rescue it, driven by the promise of their dreams, love, and responsibilities.
Cast: Jiang Long, Zhang Ling He, Wang Yu Wen, Chen You Wei
Watch on: iQiyi

NOWHERE

(Spanish)
 Pregnant Mia escapes a totalitarian country but faces a life-or-death ordeal when a storm sends her hiding container overboard, leading to her giving birth and fighting to protect her newborn.
Cast: Anna Castillo, Tamar Novas, Tony Corvillo
Watch on: Netflix

Netflix:	₹ 199/month
Prime Video:	₹ 299/month
aha:	₹ 699/year
Disney+Hotstar:	₹ 899/year
iQiyi:	₹ 159/month
Viki Ratuken:	₹ 299/month
ZEE5:	₹ 699/year
SonyLIV:	₹ 299/month

NOW STREAMING