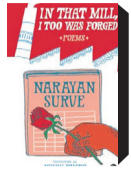
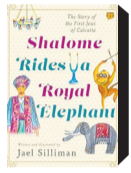


## BOOK NOOK



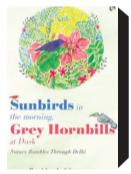
### In That Mill, I Too Was Forged: Poems by Narayan Surve

Translated by Jerry Pinto  
 Poems about workers' lives in Bombay by Narayan Surve is translated by Jerry Pinto, renders a colourful yet effortless English verse, retaining its raw energy and immediacy.



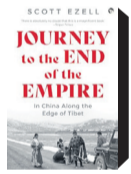
### Shalome Rides a Royal Elephant: The Story of the First Jews of Calcutta

By Jael Silliman  
 Funny, heartfelt, and filled with insights into Jewish life, this is not just the story of Shalome and Chanchal, but also about the great melting pot that is India where different communities and religions have lived in harmony over the ages.



### Sunbirds in the Morning, Grey Hornbills at Dusk

By Bulbul Sharma  
 Bulbul Sharma has spent a lifetime exploring the gardens, parks and forest areas in and around Delhi. This delightful book is the result of her wanderings. Here she recounts her observations of all manner of birds and animals with the zeal of a true nature lover.



### Journey to the End of the Empire: In China Along the Edge of Tibet

by Scott Ezell  
 A stunning travel book, unlike any other, about the beauty and tragedy of modern Tibet — how its magnificent landscapes and culture are being damaged by the Chinese juggernaut.

## WHAT WHEN WHY WHERE



### Footwear

Experience the perfect balance of comfort and durability with Abros Men's Sneaker shoe. These stylish shoes are designed to keep up with your active lifestyle, featuring a lightweight and breathable mesh upper material that ensures maximum ventilation for your feet.

WHERE: <https://abrosshoes.com>



### Beauty

Prishé Beauty is a labour of love that celebrates the beauty and diversity of Indian skin tones through its meticulously created premium products infused with skincare.

WHERE: [www.prishbeauty.in](http://www.prishbeauty.in)



### Fashion

'Aaste' by Prathaa — where the rhythm of life slows to a graceful cadence. This collection harmonises style with mindfulness, urging a shift towards a slower, more intentional lifestyle.

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



### Sleep perfect

Century Mattress's newly launched product - Beddy Blossom Baby Mattress is made with high-density profiled PU foam and rubberised coir. This firm mattress provides the perfect support required for your child's growth and can be customised according to your needs.

WHERE: <https://www.centuryindia.com/mattress/beddy-blossom-baby-mattress/>



### Extension

Experience an instant and stunning hair transformation with HairOriginals 4 Clip Ear to Ear Volumiser. Crafted from 100% natural human hair, these extensions ensure a realistic look and feel, allowing for versatile styling options that seamlessly blend with your own hair.

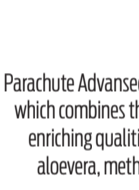
WHERE: [www.hairoriginals.com](http://www.hairoriginals.com)



### Makeup

Get ready to say hello to the latest shade additions of Sugar La La Love 18hr Liquid Lipstick this Valentine's - Burgundy Bae, Rose Revere, Peach Passion, Fawn Fling and Chocolate Charm.

WHERE: <https://in.sugarcosmetics.com/products/la-la-love-18hr-liquid-lipstick-01-burgundy-bae>



### Haircare

Parachute Advansed Sampoorna is first-of-its-kind product which combines the trusted goodness of coconut with the enriching qualities of five special herbs — amla, hibiscus, aloevera, methi & curry leaves.

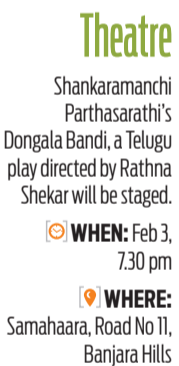
WHERE: Amazon



### Culinary

CURRYIT, renowned for its culinary innovations, proudly introduces the nation's maiden preservative-free Ginger Garlic Paste.

WHERE: <https://www.curryit.in/>

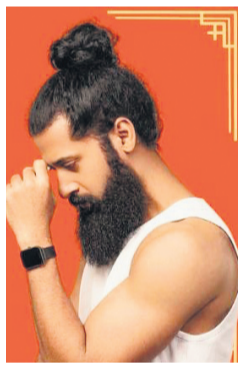


### Theatre

Shankaramanchi Parthasarathi's Dongala Bandi, a Telugu play directed by Rathna Shekar will be staged.

WHEN: Feb 3, 7:30 pm

WHERE: Samahaara, Road No 11, Banjara Hills



### Workshop

Samahaara Weekend Theatre Workshop is for everybody from professionals to students, serious actors and acting students.

WHEN: Feb 3, 10 am

WHERE: Samahaara, Road No 11, Banjara Hills



### Comedy

Vipul Goyal with his trove of relatable jokes and cult-y punchlines will do a comedy show.

WHEN: Feb 4, 6:30 pm

WHERE: KLN Prasad Auditorium, Red Hills



## QUEUE FOR A TOUR

Tourists enjoy their ride in a toy train at Zoo Park in Hyderabad | VINAY MADAPU

## QUICK FIX

### BREAD CUTLET



Contributed by **Pramila Madathil**, Chennai

#### INGREDIENTS

- Bread slices: 5
- Onion: 2, finely chopped
- Potato: 4, boiled and mashed
- Green chillies (optional): 2
- Coriander and curry leaves
- Bread crumbs
- Oil for frying
- Carrot: 1, grated
- Salt to taste

#### METHOD

- In a bowl, mix mashed potatoes, chopped onions, green chillies, ginger garlic paste, garam masala, and salt.
- Divide the mixture into small portions and shape them into flat cutlets.
- Fry the cutlets until they turn golden brown on both sides.
- Remove them from the pan and place them on a paper towel to absorb excess oil.
- Serve hot with ketchup or chutney.

## 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](mailto:cityexpresschn@gmail.com).

## FIT BIT

### GAJA VADIVU VARIATION

(ELEPHANT POSE VARIATION)

It is one of the ancient Indian martial art pose known as Kalaripayattu. It helps prepare the lower body for deep squat poses such as Garland Pose (Malasana Pose) and Firefly Pose (Tittibhasana). It also help runners to strengthen their legs.

#### STEPS

- Stand straight with your feet shoulder width apart.
- Exhale and squat. If you are unable to, then use a wall for support.
- Place your hands on a 2 feet tall chair/table and slowly bend your knees forming a right angle.
- Inhale and lift your arms up. Join your palms in Pranam Mudra.
- Make sure your upper body is parallel to the floor.
- Inhale and bring your palms together at the centre of your forehead.
- Touch your elbows together and curl your fingers in such a manner that your knuckles point upwards.
- You can also touch the tip of your thumbs to your forehead.
- Focus in between your eyebrows and stay here for 3 to 6 long breaths.
- To come out, place your palms on the floor and straighten your legs.
- Finally come into Tadasana (Mountain Pose).

#### BENEFITS

- Stretches the lower back, tones the mid and upper back.
- Pelvic muscles are stretched along with hip opening.
- Enhances the breath capacity and increases focus and concentration.
- Tones legs, quadriceps, glutes, spinal cord and strengthens joints.
- Helps in body balance and strength.
- Increases blood circulation and energises the body.
- Stimulation of the spine is extended and sacral organs are nurtured.
- Muladhara (Root), Swadhisthana (Sacral) and Manipura (Solar Plexus) are activated.
- Calms the nervous system.

#### LIMITATIONS

People with injuries in the shoulders, knees, hamstrings, quadriceps, calves, gluteus, pelvic floor, biceps and triceps, chest, groin, etc., or have undergone surgery to hip, spine, shoulder, or knee, have weak joints, abdominal hernia, postnatal women, should avoid this pose.



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

## REGIONAL



### PAESHAN (Telugu)

Set against the backdrop of the Singareni coal mines, a young man's life spirals into turmoil with his father's religious aspirations, his girlfriend's pregnancy, rivalries between friends and drama fueled by alcohol.

Cast: Thiruveer, Pavani, Sai Prasanna, Arjun Krishna

Watch on: SonyLIV

### PERILLOOR PREMIER LEAGUE (Malayalam, series)

Following her childhood crush, Malavika comes to the Perilloor village. Much to her dismay, the kooky natives force her to fight in the panchayat elections.

Cast: Nikhila Vimal, Sunny Wayne, Vijayaraghavan, Aju Varghese

Watch on: Disney+ Hotstar

### JOE (Tamil)

Joe, who is reeling from heartbreak due to his college sweetheart, reluctantly enters an arranged marriage. But surprises await him in this new chapter.

Cast: Rio Raj, Malavika Manoj, Bhavya Trikha, Charle

Watch on: Disney+ Hotstar



### DEVIL: THE BRITISH SECRET AGENT (Telugu)

Devil, a British officer, is assigned the task of unraveling the mystery behind the murder of a Zamindar's daughter. As he delves into the details of the case, he encounters a conspiracy much bigger and deeper. Can Devil solve the case and alter the course of history?

Cast: Nandamuri Kalyan Ram, Samyuktha Menon, Malvika Nair

Watch on: Amazon Prime Video

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

### FIGHT CLUB (Tamil)

An aspiring footballer's life is upended when his mentor is murdered. Entangled in revenge and power games, can he seize control of his destiny in time?

Cast: Vijay Kumar, Monisha Mohan Menen, Kartheekyan Santhanam, Avinash Raghudevan

Watch on: Disney+ Hotstar



### GARUDAN (Malayalam)

When Nishanth, a college lecturer, and DCP Harish Madhav, a straightforward police officer, become involved in a crime, one of them must battle for justice and the other for his integrity. Both men must outwit one another in a network of deceit and mental tricks.

Cast: Suresh Gopi, Biju Menon, Siddique, Abhirami, Divya Pillai

Watch on: Amazon Prime Video

## FOREIGN

### GRISELDA (English, series)

Inspired by real events, this fictional dramatisation shows Griselda Blanco's journey from Medellin to becoming "the Godmother" of Miami's drug empire.

Cast: Sofia Vergara, Alberto Guerra, Christian Tappan

Watch on: Netflix



### END OF THE LINE (Portuguese, series)

Ivan, a clandestine van driver, navigates the end of his marriage and daily challenges with humour in this quirky comedy series featuring a live audience.

Cast: Rodrigo Sant'Anna, Roberta Rodrigues, Nany People

Watch on: Netflix



### 60 MINUTES (German)

Desperate to keep custody of his daughter, a mixed martial arts fighter abandons a big match and races across Berlin to attend her birthday party.

Cast: Emilio Sakraya, Denis Mojen, Marie Mouroum

Watch on: Netflix



### BADLAND HUNTERS (Korean)

After a deadly earthquake turns Seoul into a lawless badland, a fearless huntsman springs into action to rescue a teenager abducted by a mad doctor.

Cast: Don Lee, Lee Hee-jun, Lee Jun-young

Watch on: Netflix

Netflix:	H 199/month
Prime Video:	H 299/month
Jio Cinema:	H 999/year
Disney+ Hotstar:	H 899/year
Zee5:	H 699/year
Viki Rakuten:	H 299/month
Aha:	H 699/year
SonyLIV:	H 299/month

# NOW STREAMING

