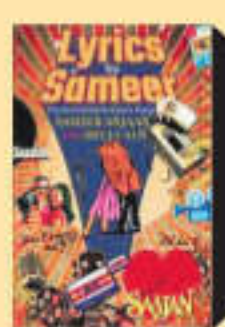


BOOK NOOK



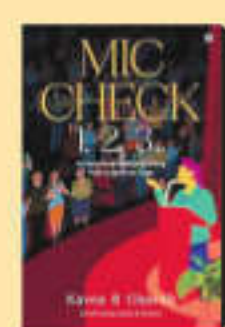
My Beloved Life
 By Amitava Kumar
 A deeply moving novel that traces the arc of a man's life – an ordinary one made exceptional by the fact that he has loved and has been loved in turn. Jadunath Kunwar's beginnings are humble, even inauspicious.



Lyrics by Sameer
 By Sameer and Shuja Ali
 As Sameer recounts the stories behind his iconic compositions, readers will be transported back to a time of colourful costumes, catchy melodies, and larger-than-life performances of his.



The Scent of Fallen Stars
 By Aishwarya Jha
 In this tale, 36-year-old Will arrives in New Delhi, seeking solace from the collapse of his academic dreams and the stifling confines of expat life. Amid the monsoon rains, he encounters the enigmatic Leela, whose presence ignites a passionate and devastating affair that will change both of their lives forever.



Mic Check 123
 By Kavea Chavali
 The book is an anecdotal dive into the world of emceeing and speaking that the author takes us through. Having successfully navigated through this previously uncharted profession, she brings forth her observations in a conversational manner.



SMART NETWORK

A group of men catch fish by fastening nets to a border stone fishing at Maruthankuzhy | VINCENT PULICKAL

QUICKFIX

BREAKFAST ENERGY BAR

- INGREDIENTS**
- Chopped dates: 300 g
 - Baking soda: 1/2 tsp
 - Chia seeds: 2 tbsp
 - Any other seed of choice
 - Dark chocolate or any other preferred chocolate: 50 g
 - Water: 500 ml
 - Oats: 180 g
 - Honey: 2 tbsp
 - almond: 2 tbsp

- METHOD**
- Place the chopped dates in a simmering pot for 15 minutes until the dates soften.
 - Add the baking soda to it and stir to combine (it will foam).
 - Add all the other ingredients except chocolate.
 - Press it into a tin and bake it at 160 degrees Celsius.
 - Allow it to cool, and then drizzle dark chocolate over it.



Contributed by Mridula Krishnakumar, Erode

WHATWHENWHYWHERE

Shoes galore
 Save up to 40 per cent with Nike's markdown sale. From Air Max to Infinity line, many fan favourites are available at discounts at the shoemaker's site.
 ● **WHEN:** On-going
 ● **WHERE:** www.nike.com/in



Panchamukhi PAINTING EXHIBITION
 May 28 to 31
 Velloppilli Samskrithi Bhavan
 The exhibition will showcase five artists.
 ● **WHERE:** Velloppilli Samskrithi Bhavan
 ● **WHEN:** May 28 to 31

Art splash
 A painting exhibition titled Panchamukhi will be held at Velloppilli Samskrithi Bhavan from May 28 to 31. The exhibition will showcase five artists.
 ● **WHERE:** Velloppilli Samskrithi Bhavan
 ● **WHEN:** May 28 to 31

Mask your skin
 Experience luxury with the Kate Hudson Mask Collection, crafted with organic ingredients and infused with the delicate floral scent of rose. Each mask provides effective results while remaining gentle on the skin.
 ● **WHERE:** www.boddess.com



A mascara maze
 Elevate your summer make-up game with this creamy yet lightweight mascara that will add volume and a burst of vibrant colour to your lashes.
 ● **WHERE:** All Kiko Milano stores across India
 ● **PRICE:** ₹ 590

Satiny comfort

e.l.f. Cosmetics launches the most sensational O Face Satin Lipsticks in India. This creamy, long-lasting lipstick is infused with hydrating squalane and jojoba esters for a super-comfortable, feel.
 ● **WHERE:** nykaa.com



Music concert
 Experience Vulcan blackmetal group's debutante black metal rage on the VOL III edition at Joys Musicals!! Tickets are limited. For more info visit @joys_music_room
 ● **WHEN:** June 8 from 6pm
 ● **WHERE:** Joys Musicals

A lip-tastic look
 Nykaa Cosmetics is set to launch its mouth-watering Lip Glaze. Each product comes in a 7ml fill level, with shades including Jelly Jam, Cherry Custard and Pink Meringue.
 ● **WHERE:** All Nykaa stores

Junior Tatvika Avalokanam
 Junior Tatvika Avalokanam will introduce kids in the age group of 9-15 to the world of logical thinking, public speaking and raising respectful arguments which will shape them to be responsible citizens.
 ● **WHEN:** All Tuesdays, from 1pm to 2pm.
 ● **WHERE:** The Reading Room, Cheruvakkal

End of season sale
 The popular myntra sale is making a comeback. Get your hands on the latest trends for upto 50-90% off.
 ● **WHEN:** starts May 31
 ● **WHERE:** myntra.com



Summer haze

Bath and Body Works launches its latest fragrance collection, Chasing Fireflies, offering an enchanting mix of floral and fruity notes coming together. The collection features a full body care range, from shower gel, moist body wash, body scrub, body lotion, and body cream to fine fragrance mist and EDP, perfect for summer layering.
 ● **WHERE:** At www.bathandbodyworksindia.in and all Bath and Body Works stores across India.



Shobha Tharoor Srinivasan
 An award-winning children's author and poet

How to write for children?

Children's writing must be approached with interest, knowledge of the genre, and passion for the craft's nuances. Here's how to get started in this field.

- This genre is capacious. Find the type of books you wish to write. Varieties include board books, picture books, chapter books, middle-grade novels, stories in verse, poetry books, graphic novels, etc.
- Plan how you wish to frame the narrative. Even for an illustrated biography, the 'telling' of the narrative must be thought out ahead of time so that it is appealing to readers.

ASK AN EXPERT
 Decide on the age group of your intended readers, create a plot with memorable characters, plan the concept and setting, and also the word count. If the book is a biography or a historical narrative, conduct thorough research.

- Write the draft, proof-read, check spellings, and then share it to solicit feedback from readers. 'These readers are your 'beta testers' and ideally should be from the age group you are writing for. Make changes based on their feedback.

- Children's books are not read only once. Even picture books initially read to non-readers are books that children can read to themselves as their reading skills develop. There is learning and discovery at different stages of development. Be mindful of this as you write.

FITBIT

PARIVRTTA BHUJANGASANA ARM ON LEG (REVOLVED COBRA POSE ARM ON LEG)

This is a level-up variation of the foundational yoga pose, Parivrtta Bhujangasana (Revolved Cobra Pose), under the basic yoga pose, Bhujangasana (Cobra Pose). It is a challenging intermediate level of practice, involving more balance, strength, and flexibility. The twist and soak action with one arm behind helps stretch the muscles around the hips and abdominal muscles, strengthening the upper body while internally rotating the hips. Included in flow yoga sequences, it increases spinal flexibility while strengthening the core, biceps-triceps, and back muscles.

STEPS

- Start in Advasana (Reverse Corpse Pose) by keeping your feet hip-width apart.
- Keep your body straight with your hands extended overhead. Place the feet on the ground with the toes pointing back. Stay here for a breath or two.
- Inhale. Place the palms on either side of your face on the floor, with them aligned with the shoulders. Fingers should be pointed forward. Exhale.
- Inhale, lift your head, and place your chin on the ground, stretching the frontal neck. Exhale.
- Engage your core muscles and press your pubic bone and anterior feet into the mat to stabilise your lower body.
- Inhale. Gently lift your chest and head off the floor in a backbend while keeping your pelvis grounded. Use the strength of your back, not your arms, to lift your upper body.
- Draw your shoulders back, open your chest, and lift through the sternum. Avoid crunching the shoulders and neck.
- Maintain the balance, exhale, and slowly twist the upper body and the head towards the right.
- Inhale, centre your left hand, and twist as you reach your right arm back and exhale. Place the right hand on the right thigh to help deepen the twist. Remain here for six breaths, and look behind.
- To release, inhale, unwind the twist, and bring the right hand back to the front. Exhaling, gently lower the arms, chest, and head back to the mat. Align back in Advasana and relax in Makarasana.
- Repeat it on the other side.
- Release and relax in Makarasana.

BENEFITS

- Spine is active with the contraction of the muscles of the lower and upper back.
- Stretches the biceps, chest, shoulders, spine, thighs, and calves, as well as internal and external oblique muscles.
- Expands the chest and the shoulders.
- Aids in maintaining a correct posture.
- Promotes and increases energy levels, uplifts the mood, and releases fatigue, depression, and sadness.
- Relieves chronic pains such as backache and mild sciatica.
- Helps with endocrine gland secretion and aids in better appetite.
- Relieves menstrual problems and improves the functioning of reproductive organs.
- Balances hormones and improves pelvic floor health.
- Balances the chakras, especially the Anahata Chakra.
- Deepens breathing.
- Reduces the severity of cervical spondylosis pain.

LIMITATIONS

- People with injuries or surgeries to the back or spine, or have peptic ulcers, hernias, hypothyroidism, any injury to the wrist, arms, or shoulder, neck problems, or spondylitis, should avoid this.
- Pregnant women should avoid this, and senior citizens should take extra care.



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

EXPRESS CONNECT
 HAVE A RECIPE OR ART WORK TO SHARE, OR A QUESTION TO ASK?
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 ✉ xprestpuram@gmail.com
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ARTCORNER



MINDSCAPE

Stark colours, frantic lines, and beasts melded into figures. Wayanad native Arjun K K's artworks are about the tumult of emotions.