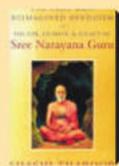


BOOK NOOK



Cleopatra
 by Saara El Arifi
 First person narrative of history's most powerful queen Cleopatra. A powerful re-telling of history, royal politics, war and romance.



The Sage Who Reimagined Hinduism
 by Shashi Tharoor
 A concise biography and philosophical exploration of Sree Narayana Guru. A reintroduction of the social reformer's revolutionary message: One caste, One Religion, One God for Humankind.



India's Forests: Revisiting Nature and History
 by Arupjyoti Saikia and Mahesh Rangarajan
 This book brings together essays by leading scholars, spanning the prehistory and ancient realms of nature in India through the colonial era to the present day.



Touching Grass: A Book of Comics
 by Rachita Taneja
 A political comic that features a powerful critique of authoritarianism, social evils and prevalent injustices of our times.



ART YOU TALKIN' ABOUT?

Artist Shivakumar Sunagar talks about his artworks during his solo show 'The Spirit of the Land' at Time and Space Gallery, Lavelle Road | KEVIN NASHON

QUICKFIX

CARROT CORIANDER SOUP

INGREDIENTS

- Carrot: 2
- Onion: 1
- Garlic: 2-3 pods
- Coriander leaves: One sprig
- Butter, pepper powder & salt: To taste

METHOD

- To a sauce pan, add 3 tbsp butter. Saute finely chopped garlic, onion, and finely sliced carrot. Pour three cups of water. Add roughly chopped coriander leaves with the stalk.
- Simmer until the carrots are tender. Blend the mixture to a smooth puree. Add pepper powder and salt.
- Serve the soup garnished with finely chopped coriander leaves and freshly crushed black pepper.



Contributed by Rama Shecar, Kochi

WHATWHENWHYWHERE



Retro Rewind

Immerse yourself in timeless Bollywood songs and nostalgic music that makes you pause. Bring your loved ones and enjoy one hour of continuous jamming of songs, followed by a request segment.

WHEN: March 17, 8pm | **WHERE:** Silaa The Garden Cafe, Malleswaram
DETAILS: bookmyshow.com



Flip & Fold

Dive into the art and tradition of dosa making, celebrating over 20 varieties of dosas, from classic to fusion style. Discover the stories behind these beloved Indian delicacies and the craftsmanship that goes into making each one.

WHEN: March 17, 12pm
WHERE: Madras Kitchen Marriott Executive Apartments, Vittal Mallya Road
CALL: 90360 54585

Mindful Strokes

Join a reflective workshop of self-discovery and creative exploration. In this guided Japanese Ikigai Expression workshop, you will use simple art exercises to reflect on what matters to you and what brings a sense of balance. All materials are provided at the venue. No prior experience needed. **WHEN:** March 17, 7pm
WHERE: Patron of Fine Arts, Kodihalli
CALL: 89701 11841



Word Play

Indulge yourself in the world of poetry as you join poet Pooja Ugrani for an evening of contemporary verse. Explore themes of memory, desire and defiance from her new collection.

WHEN: March 17, 7:30pm
WHERE: Urban Solace Cafe, Ulsoor
CALL: 98450 13055

Taste of Tradition

Celebrate the rich culinary heritage of Karnataka at Karunadu Swada-Ugadi special edition, a one-day food festival presented by MTR Foods. The event brings more than 40 regional dishes and sweets across North Karnataka, South Karnataka and Kodagu, along with iconic masala dosa and rava idli.

WHEN: March 21, 12pm onwards
WHERE: Sahakar Nagar Ground
DETAILS: district.in



Stage Dreams

Watch a modern Kannada play titled *Gigolo* about two friends, Ram and Basha. It shows their struggle with big city dreams, the lure of easy money and the drama of dating apps. **WHEN:** March 17, 7:30pm | **WHERE:** Ranga Shankara, JP Nagar
DETAILS: bookmyshow.com

Rack & Roll

Step up to the pool of tables with a competitive edge! This game is designed to test your strategy and aim, offering an engaging experience for friends and enthusiasts alike. Bring your sportive friends to enjoy extended play and sharpen your skills.

WHEN: March 17, 12pm
WHERE: Underdoggs, KR Puram
CALL: 90028 91008

NOWSTREAMING FITBIT



REGIONAL

RESORT (Tamil, series)
 A room service worker, who didn't finish school, takes on a demanding kitchen at an upscale beach resort.

Cast: Lallu, Dharshna Sripal Golecha, Thalaivasal Vijay
Watch on: JioHotstar



FOREIGN

SCARPETTA (English, series)

With skilled hands and an unnerving eye, Dr Kay Scarpetta tries to unmask a serial killer and prove that her career-making case from 28 years earlier isn't also her undoing.

Cast: Nicole Kidman, Jamie Lee Curtis, Simon Baker
Watch on: Amazon Prime Video



ROOSTER (English, series)

Set on a college campus, the series centres around an author's complicated relationship with his daughter.

Cast: Steve Carell, Phil Dunster, Charly Clive
Watch on: JioHotstar

SUBSCRIPTION

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

HERE ARE FIVE OVERHEAD EXERCISES TO BUILD UPPER-BODY STRENGTH

Overhead exercises are often associated with shoulder workouts but their benefits extend far beyond the deltoids. Incorporating different overhead variations instead of relying only on the traditional shoulder press can distribute workload across multiple muscle groups while reducing repetitive strain on the shoulders. Here are five overhead movements that help strengthen the upper body while engaging several supporting muscles.

OVERHEAD DUMBBELL SNATCH

- Engages the legs and hips, making it a full-body movement.
- Combines power, coordination and strength.

- Pressing the weight overhead in this position removes excessive strain from the lower back.
- It improves balance, core engagement and shoulder strength.

OVERHEAD PASS AND SQUAT

- Involves holding a dumbbell with both hands and passing it from one shoulder to the other through an overhead motion.
- Activates the upper chest and shoulders, making it a useful preparatory exercise before pressing movements.

PIKE PUSH-UPS

- Starting in a downward-dog position and walking the feet closer to the hands shifts more load onto the shoulders.
- Emphasises the deltoids and upper chest while reducing the load on the chest compared to a standard push-up.

Overhead movements are valuable additions to upper-body training routines because they engage multiple muscle groups simultaneously. Including a variety of these movements in workouts helps build stronger shoulders while supporting the chest, back and core for balanced upper-body development.

SINGLE-ARM HALF-KNEELING DUMBBELL PRESS

- Performed in a half-kneeling position, with one knee on the floor and the weight held on the same side.



By Dhruva Sivakumar, fitness expert, cult – a fitness and wellness platform

ARTCORNER



MEN AT WORK

Artist Subhakar T blends abstract, semi-abstract, and figurative works with an inherent vision of natural landscape. His works draw a new canvas for visual narration