



metro PLUS

THE HINDU

Do your pets need cooling down this summer?
Chennai now has swimming pools for dogs **P3**

PRITHVIRAJ BREAKS DOWN HIS SURVIVAL DRAMA **P4**



Sanjana Ganesh
sanjana.g@thehindu.co.in

At 6am, when much of Chennai experiences its last few REM cycles, a handful of rowers at the Madras Boat Club (MBC) can be seen dragging their boats out of the dock and entering the Adyar river. In twos, fours, eights and sometimes the rare single scull, they can be seen splicing through the ripples of the once-sedate waterbody with a gentle ease and unwavering focus. Everything is quiet except for the bird calls and the slithering water underneath.

"When the boat cuts through the water, there is a beautiful, distinct sound. During such moments, when everyone is in sync and in the zone, it feels like we could all row forever – all the way to the mouth of the river near Broken bridge. It is poetry in motion," says Sumana Narayanan.

Chennai often experiences a paradox. It is home to several ponds, lakes, rivers and the endless sea. However, only a handful experience the world of water sports. Sumana, the vice captain of boats at the MBC, says that once someone is

The summer camp at MBC begins on April 15 at a cost of ₹3,000. Contact 9445395089. Those who wish to sign up at Sri Ramachandra Water Sports Centre can contact 8073419296.

bitten by the rowing bug, it becomes hard to let go. "Senior members of the club, at 80, still take the boat for a spin between the Kotturpuram bridge and the Mandaveli railway overpass (about one kilometre)," she says. Sumana works at a non-profit organisation and comes from a legacy of female rowers in her family. On the walls of the 156-year-old club where she rows, one can see pictures of her mother and aunts, standing next to rowing boats and trophies.

Her senior, MR Ravindra, an advocate and captain of boats at the MBC also features prominently in rowing gear from four decades ago, on the walls at the entrance. He is no stranger to the Adyar and says that taking an interest in helping the sport grow has made a world of difference to his day-to-day life. "Rowing has a lot to do with the mind. It is said that rowers tend to have the strength of a weight lifter and the stamina of a marathoner. It isn't easy to propel a boat, you know," he says.

Rowing is a great way to centre oneself, says Sumana. It is probably why the two rowing

institutions in Chennai – the MBC and the Sri Ramachandra Water Sports Centre – are focussing their efforts on enlisting young members. Although



Rowing is serious business

More than just exercise, the sport teaches rowers the transience of Nature and provides opportunities to represent India in sporting events

swimming is a prerequisite, Ravindra says that determination and focus are more than sufficient to ensure that those who learn reach great heights.

The sport is after all, accessible only to few in different parts of India due to geography and the existence of few rowing clubs. Even

doing reasonably well allows participants to shine, representing the country in several international competitions including a shot at the Olympics.

Even-keel

Manoj Joseph Kallarakal, captain of boats for SWSC and DForce

Of sculls and oars Rowers from the (left) Madras Boat Club; (below) at Sri Ramachandra Water Sports Centre. SPECIAL ARRANGEMENT

Rowing Centre, says that their rowing club started as a result of wanting to train for championships. Their 650-metre man-made lake within the campus of Sri Ramachandra University is a 24-hour set-up with four lanes, meant for attempting to produce the best rowers in the country. Besides great quality kits, the organisation also has machines that help correct and improve nuances like foot pressure. Since Pongal this year, Ramachandra has created its second course at Muttukadu, a stunning three-kilometre stretch along the backwaters, for the 28 professional rowers on its team.

"Since we are self-funded, we are only looking to ensure that serious rowers with aims to represent the institution take part. I understand that the sport is still inaccessible to many but we are happy to invite participants who wish to take this sport up seriously," he says.

Ravindra says that though MBC has a group of people who row casually, the club often organises and takes part in popular regattas across the world. Since the club is first and foremost, a rowing club, the lion's share of focus is on the sport. It hence has a coach,

equipment that simulates rowing on ground, callisthenics training and top-class boats, to ensure a good sailing experience. To encourage novices to take part in the sport, the club will be holding a summer camp starting April 15.

Sumana says that people often associate rowing with the need for great arm strength. "It has a lot more to do with the legs though. They are in constant motion while in a rowing boat. Next comes great core strength. The arms are but the last important factor," she says.

She and Ravindra add that years of having been acquainted with the water has given them a knowledge of the city's waterways, its behaviour during different seasons and the transient nature of the world around them.

"Thirty years ago, the river was far cleaner. Now, we have an invasion of plastic and weeds. There is also a lot of sewage that is let into the river, preventing the existence of fish. I used to encounter many water snakes before," says Ravindra. Sumana adds that dredging the river would also help create longer stretches for sailing along the river.

"Some days, we inform the police about bodies or end up helping with rescue efforts during the floods. On other days, we see birds and new trees along the banks. We understand tides and changing seasons. We are the watchmen of the river," she says.



Sangita Rajan
sangitarajan.pb@thehindu.co.in

I might think that there are not many similarities between the subtle French, and vibrant Indian culture. A closer look can prove otherwise. Just as Indians take pride in their handicrafts and preserve the art of embroidery, so do the French.

Master embroiderer and founder of Vastrakala, Jean-François Lesage has teamed up with the Alliance Française of Madras to showcase the craftsmanship of Lesage interiors through a retrospective. The exhibition Threads of Time, is an artful presentation of handcrafted embroidery by the craftsmen and women of Chennai-based Vastrakala.

As two craftsmen sit on the floor and hand weave a new piece named Wings of a Dragonfly, the Consul-General of France in Puducherry and Chennai, Lise Talbot Barré declares the exhibition, open. "The mission of Alliance Française is to bridge cultures, and art is an amazing way to do so," she says.

Vastrakala began creating embroidery for interior design and later expanded to include fashion embroidery by partnering with Lesage Paris, a renowned haute couture atelier. "Our principal partner, Lesage, comes from a celebrated



Stitching cultures

Explore the intersection of French and Indian culture through the art of embroidery at Vastrakala's exhibit Threads of Time

house of embroidery in France; on one of his earliest travels to India, he chanced upon a tiny workshop in Benares. Seeing that embroidery was practised like this in his family ateliers in Paris, the first seeds of the idea germinated in his mind" says Malavika Shivakumar, founder partner-director at Vastrakala. Currently, Vastrakala employs over 300

local craftsmen and women. Threads of Time takes one on a journey through various styles of embroidery, starting from the classic to the more modern techniques. The largest piece at the exhibit, named Light and Gold, is a gold zari hand embroidered forest of bamboo which gives the illusion of different shades of metallic gold as they shine under the light. Photographs of French



designer Pierre Yovanovitch's OOPS chairs made in 2018 are also on display. The chairs wear faces – one masculine and one feminine, and are named after French cinema icons, Catherine Deneuve and Gérard Depardieu.

"My company (Vastrakala) is over 30 years old, our company (Lesage Paris) is over 100 years old.

Embroidery in India and France has been existing for over a thousand years. The idea was to show important moments of our journey to India, and our time in India to the younger generation," says Lesage, adding that the bridge between India and France built on the craft of embroidery is one of the most important soft powers.

Speaking about the process of creating bespoke interior decor pieces, Lesage says, "I'm a craftsman.

People like to call me an artist or a designer, but I am a craftsman. When we do the embroidery for the Rashtrapati Bhavan state dining room, my team and I enter the shoes of the client."

The hook, needle, and thread piece named Chandigarh, made in 2022, is a textured and woven object that conveys the strong evolution of embroidery over the last 75 years with the use of various techniques.

Photographs from another collaborative project with decorator duo

Biehler-Graveleine titled

Madame Cristal are also on

display. The project is an

imagination of the Tarot of

Marseille, which is a

traditional deck comprising

78 cards and follows the

standard Italian-suited tarot

pattern. The deck was widely

popular in France during the

17th and 18th centuries. The

great fortune-teller Madame

Cristal's salon, enveloped in a

gigantic embroidery affixed to

a blue folding screen and

fainting couch, is a cosy space

for secrets to flow freely and

safely.

Threads of Time is on display at the Alliance Française of Madras until April 15 from 10am to 6pm.

Bridge to France (Left to right) Making of Wings of a Dragonfly; The Embroiderer; Peacock. SANGITA RAJAN

Tales of paradise

Twinkle Khanna releases her collection of short stories in Chennai

Sangita Rajan
sangitarajan.pb@thehindu.co.in

"I collect stories, and I'm curious about everything," says author Twinkle Khanna at the Crossword bookstore in Chennai's Express Avenue mall. She is in conversation with Rosella Stephen, Editor, *The Hindu Magazine*, on her latest book – *Welcome to Paradise* (published by Juggernaut Books).

Whenever anything funny or unique happens around Twinkle, she seems to go into writer mode. "I constantly take notes and there are always a bunch of stories in my folders. Some stories stay there for years on end," she says, adding that there are often stories that are complete, but the layers are missing. It is what has led to the creation of her latest work, a collection of short stories that explores the depths of loneliness, heartbreak, and deception.

Discussing the overarching theme of *Welcome to Paradise*, Twinkle says that the stories were

not pre-planned and written accordingly, but the other way around. "They all came from me being at a particular point in life and seeing certain things. When I look at it now, I notice loneliness, but when I was writing, I did not realise that there was underlying pain."

Stories that come from your subconscious can impact those stories a lot. Twinkle's book, according to her, was influenced by what we went through as a society during the pandemic.

Research is key when writing a well-rounded, complicated character. "While I do not know what it is like to be a drug addict, I can research. I have the resources – articles, first person accounts, and I can even go to someone who has been through it and talk to them. As long as I have empathy for the character, it comes through," she says.

When it comes to taking criticism about writing, Twinkle says, "You have to accept criticism openly. I'd rather they hate me when I say what I want to say. You just have to have a thick skin and that comes with time".





Akila Kannadasan
akila.k@thehindu.co.in

The graveyard near his home in Otteri was a playground for R Sarath Kumar during his boyhood. It was there that he first heard the satti melam. The beats of the percussion instrument that is played during funeral rites, became a constant in his life. "The sound stirred something in me," recalls the 30-year-old. "It made me dance and forget all else." Sarath learnt to play the instrument, which eventually won him acclaim. He has played for several Tamil films, at events organised by director Pa Ranjith's Neelam Cultural Centre, and is also the percussionist in rapper and lyricist Arivu's band The Ambassa. The journey however, has not been easy.

Learning to play an instrument associated with death came with challenges. "My guru R Rajendran who worked at the Otteri crematorium, refused to teach me since he felt my family wouldn't approve of it," he says. Sarath, whose father is a banner artist, was 13 then. "But I crafted my own instrument with metal plates and *jigna* paper that was used to decorate the dead, and played at burial sites," he says.

Rajendran, who noticed that the boy just would not give up, took him in.

Satti melam, unlike the more popular and well-documented instruments, does not have notations. To play it, Sarath had to keenly observe his teacher. Lessons took place at the crematorium, and this meant skipping school, for which Sarath's parents

A portrait in rhythm

This Dalit History Month, meet Chennai-based percussionist R Sarath Kumar, who has taken the satti melam, a stigmatised percussion instrument, to the world stage

severely censured him. "But to me, nothing else mattered more than music," he says.

It took him a year to master the instrument and after around six years of playing it, he joined a local band that performed at weddings. Sarath was also drawn to the dholak, another percussion instrument which he learned to play from 'Dholak' Jagan, a popular musician in the city. "He suggested that I travel with him for some time to understand the instrument," says Sarath.

Sarath accompanied Jagan to



funerals at which he would play from 10pm to 4am. Surrounded by heightened emotions, rituals, and people, Sarath, who was then in his teens, gradually learned to focus on the instrument. He enjoyed the process, but not the experiences that came with it.

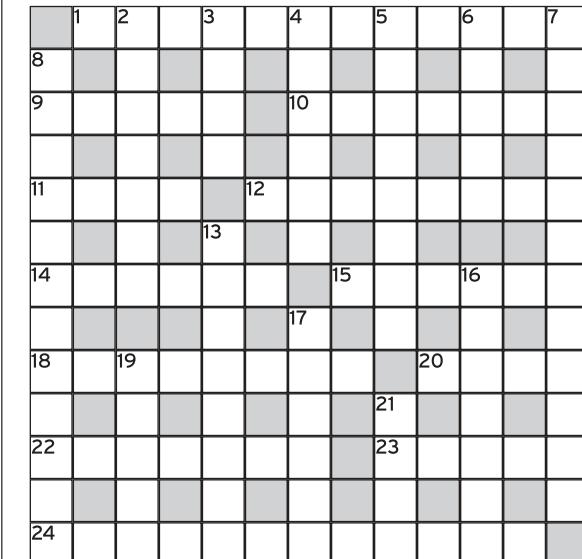
"An instrument associated with death is considered taboo, and this reflects on the artistes playing it," he says, recalling instances of people asking him to remove his instrument from their doorstep if he placed it there while he waited. "Caste-based discrimination is a given," he adds, "People have refused to offer me water after a performance, and on one occasion, a person offered me water in their bathroom mug."

But Sarath stuck to his art. "There is a certain power in the tone of the melam, that I keep going back to," he says. Sarath also wanted to prove that in music, there is no disparity between one instrument and another. "The satti melam is no different from the tavil, mridangam, and tabla. It too has animal hide, like the mridangam," he points out. "But the people who play it are stigmatised." He has taught himself to play 67 percussion instruments, including raja melam, parai, kanjira, and udukai.

One morning in 2015, Sarath received a call from a film company. "I was offered the chance to play rhythms for the song 'Moda Moda' from *Kanchana 2*," he says, adding that more such opportunities followed. Sarath has performed for songs in films such as Pa Ranjith's *Madras*, *Sarpattai Parambarai*, *Bigil*, and *Blue Star*. He has also performed for Coke Studio Tamil's songs 'Sagavaasi' featuring Arivu and Khatija Rahman and 'Rora-a Yethu' featuring Vijay Sethupathi, Sean Roldan and Arunraja Kamaraj.

He also got to perform at Santa Cruz in the US last year, as part of The Ambassa's tour. "That was my first time in a foreign country; we performed for over 3,800 people," he says. Sarath continues to perform at events, and is now busy playing for election campaigns. He knows people look at him differently now. "I was angry for the longest time but did not show it. My work is the answer to what I went through."

THE GUARDIAN QUICK CROSSWORD-13580



© GUARDIAN NEWS AND MEDIA LTD., 2016

- Across**
- 6 Full length (5)
 - 7 Traditional Good Friday fare (3,5,4)
 - 8 Writing instrument (9,3)
 - 10 Handle (8)
 - 11 French car (7)
 - 12 Book page size (6)
 - 13 King of the Fairies (6)
 - 14 Closed political meeting (6)
 - 15 Many (8)
 - 16 Knife (4)
 - 17 Close associate (7)
 - 18 From which a mighty tree could grow! (5)
 - 19 Resistant to liquid (12)
 - 20 Side post of a doorway (4)

Solution will appear in MetroPlus dated April 18, 2024.

Solution No. 13579

R	E	C	D	E	W	A	M	U	P
E	A	R	D	P	C	L			
B	A	R	N	O	E	P	I	Q	U
U	E	P	S	A	U	A			
F	O	R	G	T	E	L	L	E	R
F	U	U	I	E	E				
C	O	N	T	E	N	T	M	E	N
S	I	A	O	A					
C	U	L	V	E	R	U	P	S	E
E	S	L	I	N	U	O			
N	A	K	E	D	O	C	T	A	G
T	I	E	N	E	A	E			
S	U	N	D	R	A	D	O	R	E

To play The Guardian Quick Crossword, Hindu Cryptic crossword, Sudoku & other puzzles online, scan the QR code.



Power of storytelling

Madras Management Association (MMA) and Colours of Glory, present the S Muthiah Memorial Lecture, where poet, writer and journalist Shreekumar Varma, will talk on the topic, Lives of a Writer: Exploring beyond the Book . Shreekumar will share his insights on a journey into the world that lies beyond the pages of literature. @MMA Centre, Anna Salai. April 13, 6pm to 7.30pm. Entry is free. Call 28291166 for details.

From heart to plate

St Jude India ChildCare Centres launches its cookbook, Happy Healthy Meals, where parents and caregivers share recipes, hope and comfort

Ananya Desikan

ananya.d@thehindu.co.in

Chemotherapy is one of the most common cancer treatments, where one or more drugs are used to fight cancer cells in the body. It comes with a plethora of side effects including hair loss and nausea, and for the best results, requires a diet that includes vegetables like broccoli, carrots, bitter gourd, and beetroot.

All of this can be difficult to convince children to eat. But at the St Jude India ChildCare Centres, ragi parathas and oat idlis are favourites, especially when made by the parents whose children are undergoing treatment at their 11 facilities across the country.

Their recently launched cookbook *Happy Healthy Meals*, is a heartwarming project with recipes from parents whose children are receiving care at the centres. The book features 21 recipes that use ingredients not typically loved by children.

"We conduct Masterchef-like contests every month where we give parents a set of ingredients and ask them to come up with a dish. The children enjoy this activity. We picked ones that are easy to make, tasty and healthy enough to be featured in this cookbook," says Anil Nair, CEO of the centre. He adds that the cookbook is available across all centres. Compiled by chef Irfan Pabaney, the book features recipes of dishes like egg rava chilla and oats idli. There is a sweet karela masala made by 19-year-old mother



Measuring comfort

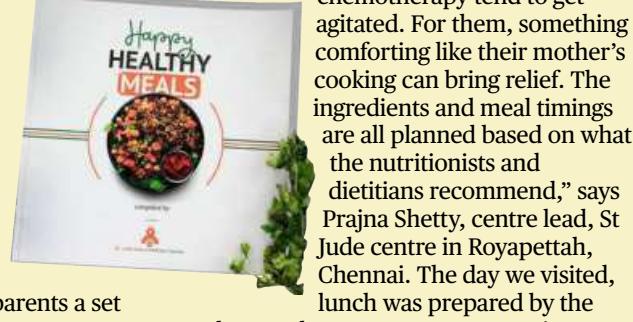
Lunchtime at St Jude India ChildCare Centre.

THAMODHARAN B

Durgarani Ghosh. The recipe also includes a note on why her three-year-old son Shreyan Ghosh likes the dish. "Shreyan likes all things sweet. Since the bitter gourd in this dish is glazed with jaggery, he doesn't complain about eating his vegetables," the note reads.

At the Chennai centre, Parimala G and her husband, hailing from Karur, have been taking care of their son Nitish for a month now. She is yet to participate in this cooking contest, but is looking forward to it. "My son, husband and I have been here for a month now. My son loves tamarind rice with potato, so I make that often," she shares. "Children who are undergoing chemotherapy tend to get agitated. For them, something comforting like their mother's cooking can bring relief. The ingredients and meal timings are all planned based on what the nutritionists and dietitians recommend," says Prajna Shetty, centre lead, St Jude centre in Royapettah, Chennai. The day we visited, lunch was prepared by the

mothers at the centre. Beetroot puris, soya gravy and egg biryani with onion raita was on the menu. As one mother kneaded the dough, a team of two flattened the puris, two more worked the stove and others helped in making the gravy and biryani. Nitish returned from the hospital and was pleasantly surprised. He was hoping it would not be sambar on the menu, and went on to enjoy the meal with his friends and mother, chatting and laughing.



Waves of change (Right)
Details from metal installation
Ocean's Breath; (below)
Parvathi Nayar. SPECIAL ARRANGEMENT

Shonali Muthalaly

shonali.m@thehindu.co.in

As you enter, you first hear the waves. "There is a point at which the sound builds up, till you are almost overwhelmed... then it recedes," says Parvathi Nayar, artist and curator of The Living Ocean, a hybrid art exhibition created for the new Moplah house at Chennai's DakshinaChitra Museum.

Describing the exhibition as a "jewel box," Parvathi explains how art, science and engineering combine for maximum impact, with the help of multiple artists.

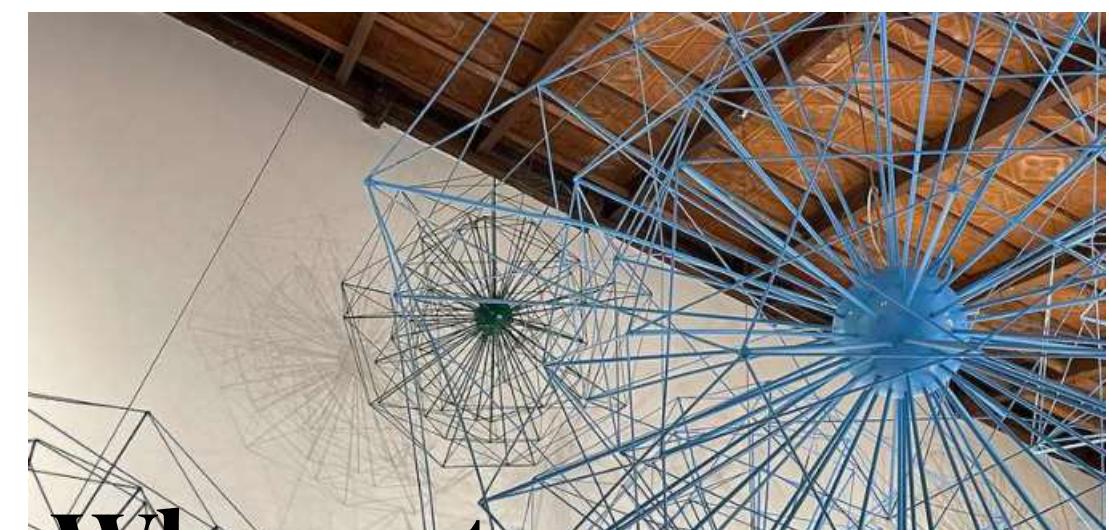
"It all began with a film I made on an Urur Olcott Kuppam fisherman, S Palayam. Every day for the past five years, he has been going to the beach to record the wind, waves and ocean conditions. He has got reams and reams of information, and while he does not use the word 'climate change' he says things are changing," says Parvathi, adding, "I made the film to remind people that there is so much artisanal knowledge that we tend to ignore. And that people who work with the sea are critically important."

While discussing the film with Deborah Thiagarajan, the director of DakshinaChitra, they began to envision a show on the ocean. "We discussed what the form should be – she wanted something permanent, something for visitors, who are often tourists and a lot of students," says Parvathi.

The show explores climate change and its cascading effects on the ocean and related water bodies with a lot of infographics, says Parvathi, adding "When something is visually attractive it is easier to transmit information."

While it does deal with environmental challenges, the exhibition is hopeful and laced together with cheery energy.

For example, the Hashtag#Collective (an art



When art meets engineering

The Living Ocean, a hybrid art exhibition, merges art and science with the help of artists, fishermen, data analysts and engineers to demonstrate the effects of climate change

collective) has an interactive installation of endangered coastal birds from South India titled Hope Is A Thing With Feathers. As you walk around this installation, birds such as the black headed ibis, greater flamingo and marsh sandpiper appear and disappear. It is juxtaposed with the Birdsong sound installations by Madhu Viswanathan, featuring bird calls from the greater coastal area of Chennai. And Mary Symonds' reprinted watercolours, which offer an insight into the fish seen in Chennai waters in colonial times. Sculptor P Madhukar has also created a series of ghost crabs in upcycled metal titled Ghost in the Shell.

Art and engineering meet with Ocean's Breath, a suspended artwork created by Parvathi Nayar with Forms and Gears, a fixture building company. "This was a lovely collaboration. I wanted to do an installation of diatoms, which are unicellular algae



It all began with a film I made on an Urur Olcott Kuppam fisherman. S Palayam. I made the film to remind people that there is so much artisanal knowledge we tend to ignore.

PARVATHI NAYAR
Artist

found in water. They give us about 40% of the oxygen we breathe, and have fantastic forms as they are encased in silica shells. I have used them in my art for years," says Parvathi.

The result is a series of 10 intricate diatomites of two different sizes, with the whole artwork spanning 3.5 metres x 4 metres, suspended from the ceiling. "We created an abstract form, based on the idea of them suspended in the ocean," adds Parvathi, stating that it took months of collaborative work at the factory.

Stating that this is the first piece of art they have manufactured in 52 years of the company's existence, Regi Mathew, partner Forms and Gears, says, "The process was arduous, marked by numerous challenges and triumphs. From crafting intricate diatoms to ensuring structural stability, each step demanded a delicate balance of artistry and precision."

Yet, they persevered and the result underlines the central message of the show: a lot can be achieved when people work together, whether it is to create art or battle climate change.

The Living Ocean opens at DakshinaChitra Museum, Chennai, on April 13. It is a permanent exhibit.



How to beat the dog days

As summer creeps up, head to Chennai's pet swimming pools to give your dogs a much-needed splash, followed by a blow dry

S Poorvaja

poorvaja.sundar@thehindu.co.in

Neo waits hesitantly by the edge of the swimming pool, eyeing the water. A few minutes later, when a small orange toy goes flying over his head, he knows not to wait any longer. A loud splash later, he is in the water, legs furiously propelling him forward.

With the searing heat and soaring temperatures on everyone's mind at the moment, it is not just the humans who need a reprieve. "We are waiting to see more fun babies cool off in the water in the coming weeks," says Subiksha Raman, franchise partner, Pets 101 in Anna Nagar, as her six-year-old golden retriever splashes around in the pool.

After a recent round of renovations, the pet store is ready to welcome dogs into their small swimming pool. "At around four feet depth, the pH level of the water is maintained at 6. We offer the pool at one hour slots for one pet at a time - we've seen dogs jump straight into the water and stay there for an hour, or just get in for five minutes and leave. We do not take multiple bookings on policy since some dogs might need support, and need to take their

time in water," says Subiksha. At present, they have about 10 furry regulars, and are ready to welcome more dogs. "While cooling off in the pool can help with heat, exhaustion and dehydration in the summer for pets, being in the water will also help with addressing, or even preventing hip dysplasia in larger breeds," Subiksha adds. While pet owners mostly prefer to dry the dogs themselves after a pool session, the store also has blow drying and grooming options available post the swim.

There are a range of options available, from small inflatable kiddie pools, to simply cooling off in large tubs. The joy, however, of watching their dogs take a swim and spending some time in the pool is a fun activity for both humans and their



favourite companions. Enquiries have also been coming in rapidly at Top Dog in Uthandi. A short drive from the city, Top Dog, a pet boarding facility, has a bone-shaped swimming pool that has been welcoming pets since 2019.

renowned Malayalam music composer Rajamani, and arrived on the music scene in the early 2000s. From 2003 to 2009, Achu was busy as a keyboard player, working on multiple projects, before he landed a film of his own: the Malayalam film *Kurukshetra*.

Changing tracks
He followed that up with *Ennai Theriyuma* and *Polladhanav's* Telugu remake. "After that, I went blank. I didn't know what to do. I desperately needed a break." And so, he took a break from movies and music, and travelled down another track, quite literally. Achu pursued a career in car racing, winning many championships, but music never let him go. "Whenever I travelled for racing, I made music demos. I wanted a fresh start."

That arrived in 2012 when director Narayanan Nagendra Rao came to him, armed with the script of *Maalai Pozhudin Mayakathile*. "I realised it had scope for all departments, including music. We conceptualised the soundtrack based on how the script progressed."

This 2012 film is best known for its standout melody, 'En Uyire', which has three versions, sung by Karthik, Chitra and Bombay Jayashri, and the high-on-energy hit 'Oh Baby Girl'. "We had a track titled 'Kadalora Karaiyila Kadala'

better than MS Dhoni? Despite all the pressure on him, he remains calm and yet, there's a fire inside him. 'Vaa Thala' is an ode to that fire."

Achu is the son of late



My songs were bumper hits but no one knew me. I'm a private person who doesn't like attention. Now, I am trying to be more in the public space

ACHU RAJAMANI



Melodies to the fore Achu Rajamani. SPECIAL ARRANGEMENT

Cool off Neo dives into the swimming pool at Pets 101; pets at the pool in Top Dog Chennai.
S SHIVA RAJ AND SPECIAL ARRANGEMENT

Make burgers and sandwiches at home with Amul Cheese Slice on Slice!



"CONSUMER CONNECT INITIATIVE"

Do you ever find yourself craving that perfect, mouthwatering burger or sandwich? The one with deliciously gooey, melty cheese that adds that extra oomph to every bite. Well, what if you could recreate that same cheesy perfection right in your kitchen?

Cheese lovers rejoice because Amul Cheese Slice on Slice is your ingredient to taking your homemade burgers and sandwiches to the next level! Imagine biting into a juicy burger or a crispy sandwich, with layers of American-style yellow cheddar cheese slices melting in between each bite. It's a flavour explosion that will leave your taste buds singing with joy!

But what sets Amul Cheese Slice on Slice apart from the rest? For starters, each slice is made from pure milk, giving it that rich and creamy taste that cheese enthusiasts crave. And with two convenient configurations – packs of 5 or 10 slices – you can easily customise your cheesy creations to suit your appetite.

It comes in sturdy tray packing, saving you precious time and hassle. Now you can spend less time peeling and more time savoring every cheesy moment ensuring that every bite is packed with that familiar, irresistible taste you love. Whether you're whipping up a classic cheeseburger or a gourmet grilled cheese, it guarantees to elevate your culinary creations.

So why wait? Say goodbye to boring burgers and sandwiches and have fun experimenting or simply creating perfectly cheesy and yummy culinary dishes with classic Amul Cheese Slice on Slice.

Get ready to impress your family and friends with your newfound culinary prowess, because once you try it, there's no going back! Get creative in the kitchen and let the cheesy goodness flow – it's time to make every meal a cheesy masterpiece with Amul Cheese Slice on Slice!

STEP OUT



Khadi for summer

Gandhigram, a social organisation promoting sustainable living and rural development, is organising a pop-up to showcase its latest line, Samhita, a collection of contemporary khadi clothing. The collections are 100% hand-spun and hand-woven. The Samhita range has been curated in collaboration with the Centre of Excellence for Khadi (COEK). The range includes tops, kurtas, dresses and jumpsuits for women, and shirts and kurta for men, apart from Gandhigram saris, stoles, shawls, towels and dhotis.

Gandhigram's cottage industry products such as honey, shampoo, oil, soap, pickle, spice powder, ayurvedic medicine and more will also be sold at the venue. All proceeds of the sale go towards Gandhigram's several developmental initiatives and causes.

@The CP Arts Centre, Alwarpet. April 12 and 13, 10am to 8pm. For details, call 9042384275

Celebrating Tamil cuisine

House of Idli presents a traditional Tamilizh puthandu virundhu, where you can enjoy an elaborate spread. The special meals will be served for three days, with a different menu each day. Pre-booking is recommended.

@House of Idli, T Nagar. April 12 to 14 from 11am to 4pm. A meal is priced at ₹300 per person. For reservations, call 9551604056.



Art for all

Waves of Colors, the annual art exhibition by Indian Art Factory, will showcase the works of 85 talented artists from diverse backgrounds from across the country. The event will offer a perspective on contemporary art and a variety of mediums and styles.



@SK's The Lines & Curves Art Gallery, Kolathur. April 12 to 14, 11am to 7pm.

AVISHYA
CURATED HERITAGE HANDLOOMS

Dressy Summer Blouses!

JUMBO CIRCUS
YMCA GROUNDS, OMR, KOTTIVAKKAM, CHENNAI

RAMZAN VAZHTHUKKAL
AFRICAN, ETHIOPIAN ARTISTS

SAT, SUN, HOLIDAYS (1.30, 4.30, 7.30 PM)

TICKETS
Rs.150/- 250/- 350/- 450/-

Advance Booking
www.bookmyseats.in only for Rs.450/-

*** AIR COOLED TENT ***

Rs.2400/- onwards

281 TTK Rd, Sri Ram Nagar Alwarpet
Nr. Old Madras Baking Co. ☎ 73580 28474
@avishya_style shop online: avishya.com
WE ARE OPEN ALL SUNDAYS

Srinivasa Ramanujam

srinivasa.r@thehindu.co.in

Between the tense moments of a nail-biting IPL cricket match, the strains of the fast-paced Tamil track 'Vaa Thala' plays out.

Often heard between overs during the Star Sports telecast, it features *kuthu* beats. It is not only a musical representation of the IPL, but also a tribute to MS Dhoni, fondly called Thala, for whom IPL 2024 might just be a final outing on the big cricketing stage.

The man behind the track is composer Achu Rajamani, well known among Tamil cinema music fans for his melodies like 'En Uyire' (*Maalai Pozhudin Mayakathile*) and 'Siru Nadai' (*Urumeen*).

"The last mass song I attempted was in 2014, and since then, I have deliberately not taken up any commercial films," says Achu. "So, 'Vaa Thala' was like an explosion for me. The person for whom I'm making music should inspire me, and who

My songs were bumper hits but no one knew me. I'm a private person who doesn't like attention. Now, I am trying to be more in the public space

ACHU RAJAMANI



Melodies to the fore Achu Rajamani. SPECIAL ARRANGEMENT

Alone in the desert

Prithviraj Sukumaran

breaks down the making of his recent survival drama

Aadujeevitham

Gopinath Rajendran
gopinath.raj@thehindu.co.in

PrithviraJ Sukumaran is not someone who rests on his laurels. Just a week after the release of *Aadujeevitham*, the actor is all set for the second schedule of *L2: Empuraan*. "I'm proud and happy about *Aadujeevitham* and couldn't be happier with the way it's being received. It's a film I'll cherish for life but nothing is going to change. The very next day of the film's release, I was back at work to wrap up another film."

But for now, he is happy to discuss his epic project, based on the real-life story of Najeeb, a man who ends up living in slave-like conditions in a goat farm in the middle of a desert. Excerpts from a conversation:

Question: What kept the team going, especially through the tough stretches during the pandemic?

Answer: I have to be very honest; the single reason that kept us going is director Blessy. The entire process never really shut down because of that one man's conviction and focus. We started shooting only in 2018 though we set out to do this film in 2009... and that's almost 10 years. During that decade, the whole world was telling me and Blessy to move on as this was not going to happen (smiles). I have asked Blessy multiple times if we can do something else and circle back to this script later.

Q: Staying in character is one thing, but showing the years of abuse and ill-treatment that transforms this character into someone who can't talk or walk properly probably needed constant tweaking as the film progressed. How did you go about it?

A: Blessy and I decided to compartmentalise it into three phases. For convenience's sake, we keep referring to it as the "three weeks, three months and three years" phases. The first one would be Najeeb's first three weeks in the

desert. Then we see him three months later for an episode there. Then the narrative breaks, and we finally see him three years later.

I had specific body language additions and changes in mind for each phase, and they were designed as part of the story.

Q: Arguably the best sequence of the film is when Najeeb sheds his clothes, revealing how impoverished he has become over time, as he walks to the water tank and gets to wash his face. Can you walk us through the shot?

A: I kept telling Blessy to push that shot to the end because I knew I would continue my weight loss journey to that point.

Unfortunately, when the pandemic struck and we got the news that the shoot might soon get shut down, Blessy wanted to get that shot out of the way and gave me a date on when we would shoot that scene. I got into this heavy fasting cycle where I was fasting for 72 hours at a stretch and towards the end, I had dehydrated myself for 48 hours.

I know there's a shock value to it... but it's not just that. The only instrument available to me to show what he has gone through over the last three years, was to show how he has transformed physically. The body is pretty much a screenplay instrument then. I'll never claim it was easy and I'll never advocate it to anyone else, not even to other actors.

Q: The film has opened to positive reviews but a section of the audience finds some portions, especially in the second half, a tad too long. How do you react to such criticism?

A: I respect all opinions and if someone feels the film didn't resonate with them, I respect that. No film is perfect, neither is *Aadujeevitham*. The second half... once the escape starts, it almost feels like there's no end to it. The helplessness Najeeb feels should start to set in, and make the audience think that his escape is a never-ending ordeal until he finally finds the road.

Role play
Prithviraj in a still from *Aadujeevitham*.
SPECIAL ARRANGEMENT

PRITHVIRAJ

PVR INOX
ITS BETTER AND MORE AWESOME THAN BEFORE!

*** WATCH ***
4 MOVIES
EVERY MONTH FOR JUST
₹349*
MONDAY TO THURSDAY

PVR INOX PASSPORT
MONTHLY WEEKDAY MOVIE PASS

GET FOOD VOUCHERS WORTH
₹350* WITH THREE MONTHS
SUBSCRIPTION (₹1047 TOTAL)

*T&C APPLY. DETAILED TERMS & CONDITIONS AVAILABLE ON PVR OR INOX WEBSITE / APPS

*PASSPORT IS NOT CURRENTLY APPLICABLE IN FRANCHISE PROPERTIES
FULL LIST OF EXCLUDED PROPERTIES AVAILABLE ON WEBSITE/APP

*PASSPORT IS NOT APPLICABLE IN LUXURY FORMATS (DIRECTOR'S CUT, INSIGNIA, LUXE ETC.)

***** NOW SHOWING *****



Head to the theatres

Missing big Tamil film releases this summer? Worry not. There are two big-ticket re-releases on the cards in the coming weeks. First up is the Karthi-Tamannaah starrer *Paiya* (2010), which is set for a grand re-release today. Tamannaah posted about this Lingusamy-directorial, "It feels extremely special to see that even after 14 years, the love for 'Paiya' still remains strong. I feel so good to see the affection and love the movie is still receiving after all this time."

That's not all. A week later, on April 20, Vijay-Trisha superhit *Ghilli* is re-releasing in theatres, two decades after its original release. To date, *Ghilli*, directed by Dharani, is widely considered by fans as one of the best films of Vijay and as one of the most re-watchable Tamil films ever.



Eid Mubarak



Coming Soon @ Trichy

Premium Dry Fruits • Nuts • Spices • Health Products • Sugar free Products
Churans • Dairy Products • Supari Vegetarian Frozen Foods • Syrups & Juices
Tea • Mouth Fresheners • Imported Chocolates, Biscuits Ice Creams
Snacks • Diet Snacks & more...

NUTS 'N SPICES

Driving you nuts

IMAGES AWARDS
For Speciality
Retailer
Gourmet F&B



ADMIN OFFICE:

+91-44-2834 1240, +91 9926 222226

Email: info@nutsnspices.in | Visit: www.nutsnspices.in

CHENNAI: NUNGAMBAKKAM - EGMORE - ADVAR - ANNA NAGAR (Shanthi Colony) • T. NAGAR - ASHOK NAGAR - KILPAKKAM - NAMANDIKKAL - VELACHERY - VALUVARKOTTAM - GOPALAPURAM - ANNA NAGAR (6th Avenue) CHAMBERS ROAD (Nandanam) • CHROMPET - KODAMBAKKAM - KATTUPAKKAM - ANNA NAGAR (1st Avenue) • R.A. PURAM HARRINGTON ROAD • BEASANT NAGAR - SALIGRAMAM - PERAMBUR - SELAIYUR - VILLIVAKKAM - METTUKUPPAM (OMR) PORUR (Mount Ponnambilla Road) • KNK ROAD - AMBATUR - MADURAVOYAL - AVADI - ASCENDAS - WEST TAMBARAN • PALLAVARAM • MEDAVAKKAM

COIMBATORE: RACE COURSE ROAD, Ph: +91 91767 72017 | PONDICHERRY: RANGA PILLAI STREET, Ph: +91 99629 94101

IN CINEMAS TODAY

PVR

SATHYAM | ESCAPE - PALAZZO - Nexus Vijaya Mall | AERO HUB | SKYWALK MALL - Aminjikarai | VR MALL - Anna Nagar | GRAND GALADA MALL - Pallavaram | GALADA Mall - Velachery | ECR RSL MALL - Uthandi | SKLS GALAXY MALL - Redhills | VELOCITY - Ghanji Nagar | AVENUE MALL - Royapettah | SATHYAM - Royapettah | THE FORUM MALL - Vadapalani | SPECTRUM MALL - Perambur | S2 - THEYAGARAJA - Tiruvanmiyur | THE CINEMA - Brookefields Mall - Coimbatore | THE CINEMA - Providence Mall - Puducherry.

INOX

CITY CENTRE - Mylapore | LUXE CINEMAS | NATIONAL CHANDRA METRO MALL - Virugambakkam | PROZONE MALL - Sathy Road | RELIANCE MALL - Salem |

cinépolis

BSR Mall - Thoraipakkam | FUN REPUBLIC - Coimbatore.

ANU EGA - Kilpauk.

ags cinemas

Maduravoyal | T Nagar | Villivakkam | OMR Navalur.

MAYAJAAL | Kanattur.

BROADWAY CINEMAS - Coimbatore | DEVI COMPLEX - M.T.Road | D-MAX - Dharmapuri | EVP - CARNIVAL CINEMAS - Chembarabakkam | GRAND CINEMAS - Hosur | KASI TALKIES - Ashok Nagar | K.G.COMPLEX - Race Course Road | LA MARRIS - Trichy | MAHARAJA MULTIPLEX - Erode | PERISON - Tutticorin | PSS MULTIPLEX - Thirunelveli | RADIANCE - Madurai | SRI SAKTHI - Tirupur | SRK MIRAJ CINEMAS - Coimbatore | THE VIJAYA PARK MULTIPLEX - Injambakkam | VETRI - Madurai | AARTHY - Dindigul | ANNA - Erode | JANA THEATRE - Villupuram | MURUGAN COMPLEX - Ambattur | RAKKI COMPLEX - Ambattur | ROHINI - Koiyembedu | SAKTHI CINEMAS - Gudiyatham | SAKTHI CINEMAS - Tiruvannamalai | SPR CINECASTLE - Salem | VIJAY - Vaniyambadi | MAX VERSION AT: INOX - LUXE CINEMAS - Chennai | SPI PALAZZO - THE FORUM MALL - Vadapalani | BROADWAY CINEMAS - Coimbatore.

ZEE STUDIOS

ZEE STUDIOS & BONEY KAPOOR PRESENT
IN ASSOCIATION WITH FRESHLIME FILMS

★★★★★ TARAN ADARSH

★★★★★ TIMES OF INDIA

★★★★★ ZEE NEWS

★★★★★ AAJ TAK

BONEY KAPOOR'S

MAIDAAN
BASED ON A TRUE STORY
EXPERIENCE IT IN IMAX

BAYVIEW PROJECTS

★★★★★ PUNJAB KESARI

★★★★★ INDIA TODAY

SCANN THIS QR CODE TO
BOOK YOUR TICKETS NOW

PARAS



Law and behold
Shivarajkumar's look from Kannada film *Bhairathi Ranagal*, directed by Narthan, is out. The film is a prequel to the action drama *Maati*, the 2017 blockbuster starring Sri Murali. Shivarajkumar is seen sporting the attire of a lawyer in the newly released poster. Rukmini Vasanth of *Sapta Sagaradaache Ello* fame plays the female lead in the movie while Bollywood actor Rahul Bose is set to essay the role of the antagonist. The film is set to release on August 15, clashing at the box office with Allu Arjun's *Pushpa*.

PVR INOX
PVR Escape Royapettah Chennai 6.30 PM
Cinépolis
BSR Thuraiapakkam Chennai 7.20 PM

SCAN THIS OR TO
BOOK TICKETS | WATCH TRAILERS | SUBSCRIBE TO PASSPORT

