

RNI No. UPENG201978567

POONDAPP

VOL IV ISSUE III (Apr-May 2023)
Rs. 150

BE
UNAPOLOGETICALLY
YOURSELF
Aaquib Wani

THE TWISTED
AFFAIR
Ambar House

A knit legit
BITCHANDTWOSTICKS

HE'S A FIREBRAND
VIRAJ KHANNA

CALM IN THE
CLUTTER
Vaishnavi Bala

DURGA DEVI SMRUTI

A fresh cut

Red Carpet Tang
With NAFISA TOSH

Anees Bazmee
THE STAR MAKER





RNI No. UPENG201978567

POPP DAPP

VOL IV ISSUE III (Apr-May 2023) English Quarterly

EDITOR
Anuja Mathur

FINANCIAL
OFFICER
Ashok Kumar

MANAGING
DIRECTOR
Anuja

PUBLISHER
Kushagra

FASHION EDITOR
Aman Mathur

BRANDING &
MARKETING
HEAD
Sushmita
Chatterjee

FASHION ASST.
Neha, Swati, Kunal,
Sara & Ahanah

ADVERTISING
& SALES
Kabir, Arpita &
Karan

STYLISTS
Sahil, Dominic &
Priyank

ASST. CONTENT
CREATOR
Pratyusha, Shivika,
Karan & Sahil

POPP DAPP IS PUBLISHED FROM
559 kha/ 864, New Shri Nagar Singar Nagar
Alambagh Lucknow Uttar Pradesh – 226005

EDITOR'S CONTACT DETAILS

Anuja Mathur
Contact No. : +91-9765071946, +91-9792666689
Email : editorpoppdapp@gmail.com

VOL IV ISSUE III (Apr-May 2023)

Owner, printer & publisher Anuja Mathur.
Printed at Aastha Printers, 5/600 Vikas khand,
Gomti Nagar, Lucknow, Uttar Pradesh 226010 &
published from 559 kha/ 864, New Shri Nagar
Singar Nagar Alambagh Lucknow Uttar Pradesh –
226005.
Editor Anuja Mathur

POPP DAPP | What's Where?

07 Be Unapologetically Yourself AAQUIB WANI

09 ENVISIONING DREAMS Aashti Miller

11 SUMMER OF LOVE

16 THE TWISTED AFFAIR Ambar House

19 A FRESH CUT Durga Devi Smruti

21 His Story ESHAAN SHANKER

23 Where are you parked?

26 LAWS OF THE E-LAND Hiral Nagori

28 RED CARPET TANG | WITH NAFISA

30 And She Says! Sandhya Shetty

32 WINGS AT HER BACK Ujjwala Raut

34 He is a firebrand VIRAJ KHANNA

36 DREAM IT, DESIRE IT – IT'S YOURS! Dr. Nikki-Starr

39 PERIOD – THE NEW CONTEMPORARY Veera Kapur

41 THE 'HE' ABODE

44 Meet the disruptor – KANCHAN CHANDER

46 COVER STORY – THE STAR MAKER Mr. Anees Bazmee

53 Calm in the clutter Vaishnavi Bala

56 SUMMER MAGIC FOOD Mrs. Mani Tandon

58 A KNIT LEGIT Meghana Kiran

61 In the spotlight MARA HOFFMAN

POPP DAPP

CONTRIBUTORS

(Apr-May 2023 Issue)



PRIYANKK NANDWANA

He is leading Fashion photographer based in Mumbai, India & Bangkok.



HARSHIT GUPTA

Harshit Gupta is a multi-talented artist known for his work in visual direction, fashion styling, and photography. He brings ideas to life with a keen eye for detail and elegance. He is a rising star in the art world, with a constantly evolving creative vision.



AMANTE AARAV

A NIFT Mumbai fashion graduate student who believed in the innate power of Love, Romance, Sex, Desires, Temptations, and its significance in Modern Love Adventures.



Endeavoring to depict the multifaceted nature of the world of entertainment, fashion, and art!

Frivolity could ever defy a feminine urge of being heard, comprehended, and supported by the people in her inner circle. However clangorous the conversation can be around subjects like the glass ceiling, the grassroots need of any woman is – the freedom of choice. The choice of making her own decisions, the choice of not deciding sometimes, the choice of prioritizing her mental health over peer pressure, the choice of saying no to the things she does not like, and the choice of voluntarily dressing up feminine, the choice of standing against the goring noise of judgments around the term ‘feminism.’

We are honored and privileged to have with us

people like Aashti Miller and Aaquib Wani, making their way into Forbes 30 under 30. Twisted tales with a common axis of monumental knack and hard work bring us to women like Durga Devi Smruti and Hiral Nagori, excelling in their respective fields of work. I feel unreal and thrilled to come across personalities like Nafisa Tosh, Sandhya Shetty, and Ujjwala Raut making their mark in an industry that is pithed with competition – fashion.

Some covers become timeless and this issue’s cover story with Bollywood’s ace director, writer, producer, and star maker – Mr. Anees Bazmee, is no less than an epic. This issue also seizes the essence of artists like Kanchan Chander, Veera Kapur, and Viraj Khanna,

striding at the pinnacle.

Avant-grade young entrepreneurs and brand owners like Meghana Kiran, Vaishnavi Bala, and Shivam Garg gave a sneak peek into how the fashion & accessory industry would look in the coming future. This issue holds a memorable place of allure and adore with us and with this, we are endeavoring to depict the multifaceted nature of the world of entertainment, fashion, and art.

Hope you enjoy this! ■

Anuja Mathur
Editor, POPP DAPP
www.poppdapp.com

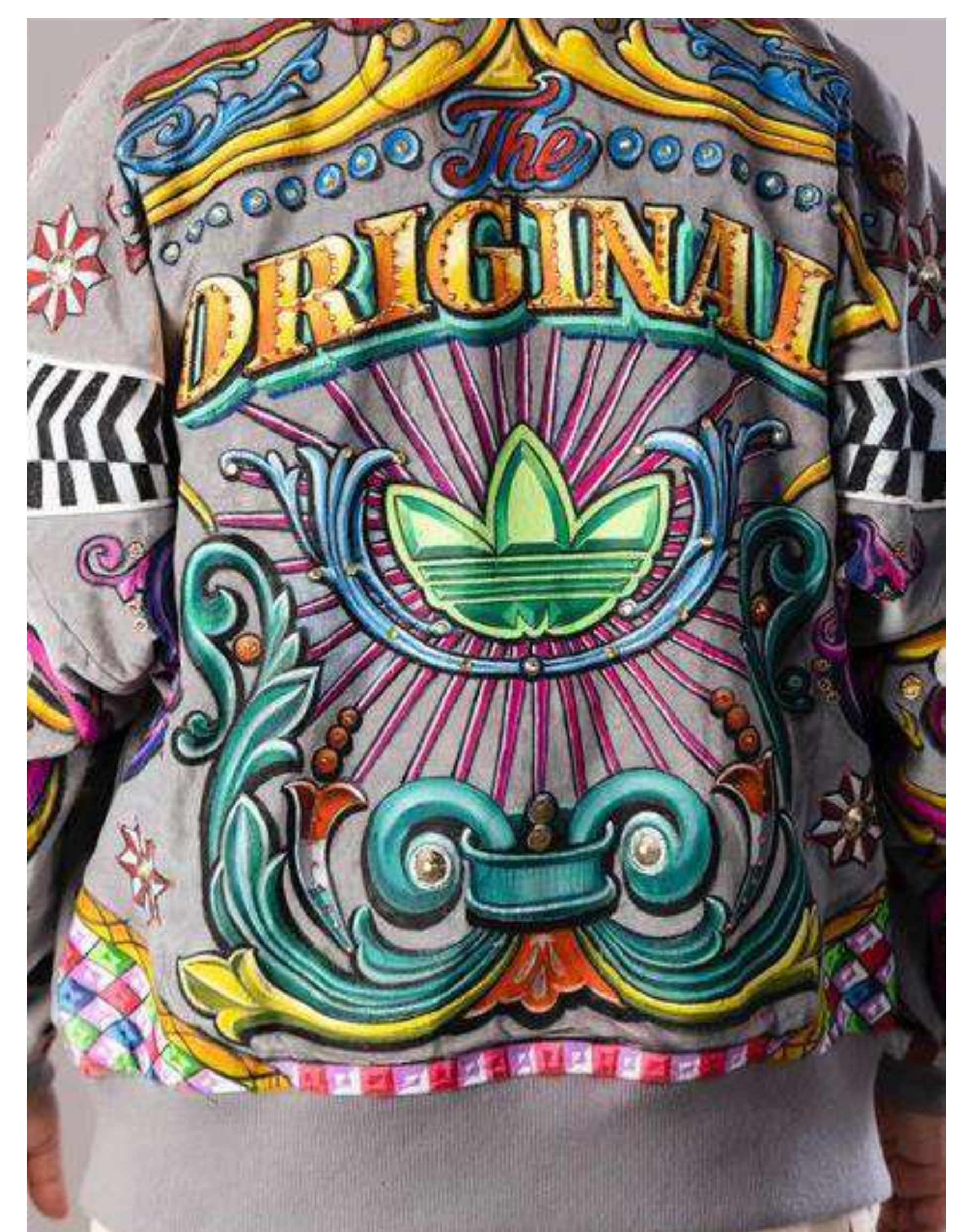


“Be unapologetically yourself.”



AAQUIB WANI

Forbes 30 under30 | Founder & Creative Director at Aaquib Wani Design



By infusing Indian celebratory elements into my designs, I aim to evoke a sense of cultural pride and nostalgia. Each pattern, motif, or color palette is carefully chosen to pay homage to the traditions that have shaped our identity as a nation. It's an invitation to revel in the joyous festivals, vibrant fabrics, and ornate adornments that have been a part of our lives for centuries.

PASSION FOR FASHION

As a young kid, my world was colored by the enchanting experiences I had with the artisans from Kashmir. My father was deeply involved in the vibrant tapestry of the Kashmiri handicrafts business. It was a treasure trove of artistry! Picture this: artisans, like skilled magicians, would visit our home, their hands intricately weaving dreams into tangible beauty. I would sit there, wide-eyed breathing life into their creations. It was as if they possessed a secret language that transformed mere materials into mesmerizing works of art. What struck me most was the fact that these artisans were all self-taught. They had not attended fancy design schools or followed rigid curriculums. They had harnessed the power of their own imagination and raw talent to become masters of their craft. They were the living embodiment of creativity's boundless potential.

INSPIRATION FOR RAJASTHAN ROYALS TRAINING JERSEY

Inspired by the ornate latticework for stone windows also known as Jaali which is a perforated screen, usually with an ornamental pattern constructed using calligraphy, geometry, or natural patterns.

FORBES 30 UNDER 30, DESIGN

I had taken an unconventional path as a self-taught designer, having pursued my passion without the confines of a formal design degree. Along the way, I faced my fair share of doubts and uncertainties. However, this recognition from a prestigious platform like Forbes affirmed that my journey was not in vain. To have established bodies like Forbes acknowledge and celebrate my work was an overwhelming validation of the belief I had in myself. It reaffirmed that passion, dedication, and relentless pursuit of excellence can bridge any gap, even in the absence of a traditional education. Being a dropout from the conventional academic system, I often questioned whether I had made the right choices. However, this recognition served as a resounding affirmation that success is not defined solely by degrees or accolades but by the impact we create

with our work.

INDIAN CELEBRATORY & PSYCHEDELIC FEEL IN DESIGNS

As a designer, I am deeply connected to the rich tapestry of Indian culture and its fascinating history. It is not just a source of inspiration; it is a part of who I am. I find myself drawn to the diverse colors, patterns, and traditions that make India truly enchanting. Embracing this heritage allows me to create designs that resonate with my personality and values. The brand image I aspire to project celebrates the spirit of India—a tapestry of celebrations, intertwined with the mesmerizing world of psychedelia. It is a visual manifestation of joy, vibrancy, and a nod to the mystic realms of the mind. By infusing Indian celebratory elements into my designs, I aim to evoke a sense of cultural pride and nostalgia. Each pattern, motif, or color palette is carefully chosen to pay homage to the traditions that have shaped our identity as a nation. It is an invitation to revel in the joyous festivals, vibrant fabrics, and ornate adornments that have been a part of our lives for centuries.

ADVICE TO THE YOUNG DESIGNERS

Embrace your identity and let it guide your path.

ROADBLOCK IN CAREER

When reflecting on the biggest roadblock in my career thus far, the Indian education system stands out as a formidable challenge that I had to confront head-on. As I grappled with academic setbacks and faced failure twice in school, I discovered the determination to overcome this obstacle and chart my path toward success. The rigid structure of the education system presented unique challenges for me. The traditional emphasis on standardized assessments and rote learning often failed to accommodate diverse learning styles and individual creativity. However, I firmly believed that failure was not an indication of my potential or worth. Instead, I saw it as an opportunity for growth and a chance to redefine success on my terms. I refused to let these setbacks define me or deter me from pursuing my passion for design.



BOOK WITH INFLUENCE

If there is one book that has had a profound influence on my life as a designer, it would undoubtedly be "Design of Everyday Things" by Don Norman. This masterpiece became my guiding light, transforming the way I perceive and approach design. The reason this book holds such immense sway over my creative journey lies in its ability to unveil the hidden complexities and intricacies of everyday objects. Through his insightful exploration, Norman reveals that design extends far beyond mere aesthetics—it encompasses functionality, usability, and the human experience. "Design of Everyday Things" shed light on the importance of user-centric design, emphasizing the need to understand the user's perspective, cognitive processes, and emotional responses. This revelation revolutionized my approach to design, urging me to prioritize usability and empathy in all my creations. Norman's book taught me to question the status quo and challenge conventional design practices. It encouraged me to embrace simplicity, clarity, and intuitive interactions, ensuring that my designs communicate effectively and seamlessly integrate into people's lives. ■



Aashti Miller always found drawing cathartic. In architecture school, representation was her passion – her education taught her how to weave a story through beautiful drawings at varying levels of complexity. After graduating, she started working at Pickard Chilton (New Haven, CT) as an architectural designer. She says “I was lucky enough to find a workplace that encouraged me to simultaneously pursue my specific passions within the design (graphics and illustration) and broaden my architectural education”. Her mentors and colleagues were encouraging, warm, and familial, which created a very open learning environment. She pursued and received her license to practice architecture in the US within 2 years of

joining the firm. At the same time, she spent most of her weekends drawing for design competitions, creating wild and speculative illustrations that trod the fine line between architecture and graphics. She shares “Although overwhelmed at times, I was never uninspired or creatively stagnant. When I moved back to India in late-2019, I wanted to pursue my explorations even further and so I started MillerInk.” Within a couple of years, it has grown beyond her wildest expectations. She has had the opportunity to work with some amazing clients on some of the most interesting projects. She also still actively works with Pickard Chilton as an independent consultant, continuing to focus on graphics and presentation design. >>

ENVISIONING DREAMS

AASHTI MILLER | Forbes 30 under30 | Architect & Illustrator

<< When we asked Aashti about her passion for architecture, she says, “I was always interested in art and design. Having grown up with an architect father and a fine artist mother, ensured that I was always surrounded by creative thinking. What attracted me to Architecture specifically was the idea that I could unite my passion for science and art. I do not think Architecture is either of these disciplines, but it uniquely borrows the spirit of both. What surprised (and delighted me) when I started my course, is that so many students pursuing the major, did not have a specific idea of what they wanted to do in life; much like me, they came in with an inkling of what they liked, and so were using their time in school to figure out the best path forward.

I tried to maximize my time in that environment to re-learn how to see the world through a completely different

lens and how to uniquely represent it on paper.”

People say artists are like sponges; they absorb everything that surrounds them and then translate that in the form of their individual art form. Aashti says, “I am usually inspired by spaces, places, and faces – in other words, architecture, the context it occupies, and the characters that occupy it. So, there is usually a bit of each of these elements in everything I create. I consider myself a ‘detail disoriented’ architect – so I spend a lot of time working on as many details as possible in my illustrations so that a viewer can look at a single piece for hours. I prefer that viewers identify themselves in what they see and craft their own stories.

I love visiting galleries and museums to see what’s new and what’s classic. After each visit, I find myself thinking about

my next illustration, so these visits fuel my creative fire.”

She has worked with global brands such as Michael Kors, Cred, and St+art India Foundation. Such exposure influences an artist’s bend of mind. To this, she says, “Whether it’s working for large brands or small commissions, I try to devote the same attention to detail to every project. I like to believe that each of these projects (irrespective of their size/exposure) has taught me a little something and helped me improve as an illustrator. Larger collaborations have however, reinforced in me the notion that creativity is not just a commodity to be undervalued or compromised, but a powerful asset that drives business growth, differentiation, and customer engagement. I have learned how to market myself and my skills much better.”

Aashti's murals painted in Delhi and Chennai has truly created a social agitation. When we asked her about her process for creating a masterpiece, she shares, "I have always wanted to make an impact on the public realm in a meaningful and lasting way, which is something many young architects like me dream of. I received the opportunity to do so when I applied for the Goethe Institute and St+art India's open call for artists in 2021. I was selected to collaborate with a German artist Greta von Richthofen on two murals – one in Delhi (Lodhi Arts District), and another in Chennai (Kannagi Arts District). We were encouraged to work on thought-provoking ideas about the meaning of 'travel' from a broad lens. We imagined, designed, sketched, and painted both murals, which explore the idea of 'traveling in the mind'. We saw this as a journey that anyone can make, regardless of culture, background, or spatial limitations. Both murals connect by showcasing the positive power and immense possibilities of creativity and imagination, which 'enter the mind' in Chennai and 'flow out of the hand's in New Delhi. From an expansive lens to a site-specific one, we included hyper-localized elements that are symbolic of this journey. Never having met each other in person before, Greta and I designed the murals remotely and met for the first time on the day we began painting. As first-time muralists, we immediately connected over our shared nervousness, excitement, and immense pride toward this one-in-a-lifetime experience."

Another feather in her hat is her getting featured in Forbes 30 under 30. "I was (and still am) beyond thrilled because being featured signifies recognition for one's talent, hard work, and innovative contributions to the field of design. It was such an exciting and fulfilling moment for me, as it brought attention to my work and provided me with a platform for further opportunities and collaborations. I also found out about it at a professionally difficult point in my life, so it helped me feel validated and motivated to continue pursuing my creative journey with more confidence", Aashti says.

Roadblocks, bottlenecks, and creative

blocks are an eminent part of one's journey. To this, Aashti shares, "I often face creative blocks, which eventually lead to extreme anxiety. Initially, I would completely crumble under this pressure. With time and experience, I have come to believe that this anxiety and conflict have become the core of my creative expression. Like many multi-disciplinary creatives, I find it very time-consuming and anxiety-inducing to balance my profession and vocation – but I don't think I could do it any other way. Feeling off-center fuels my ability to organize my thoughts and approach every project with an analytical, 'no-nonsense' approach. To ease my anxiety and burnout, I find myself looking for unexpected synergies between architecture and illustration, which keeps me continually inspired in both fields. I aspire for my work to reflect this conflict as I believe that my current style is evolving for the better because of it."



On being asked about a book that has a huge influence in her life, she says, "I have the entire collection of The Adventures of Tintin! The clean lines, precise details, and vivid colors in the illustrations showcase Hergé's mastery of visual storytelling, which heavily inspired my approach to architectural graphics throughout my career. Hergé was also known for his meticulous attention to detail in his illustrations. From the intricate backgrounds to the accurate depiction of various cultures and historical periods, his

dedication to research and accuracy is evident to readers. This inspires me to pay close attention to details in my illustrations, ensuring that each element adds depth and authenticity to my work."

Fashion for me serves as a powerful medium for self-expression, allowing me to showcase my personality, creativity, and individuality. Although I don't know much about fashion, I do feel that it allows me to explore different colors, textures, silhouettes, and patterns, pushing me to think outside the box and express my artistic flair. That being said, I am a big advocate of comfort over trends – feeling comfortable in whatever you are wearing translates to quiet confidence.

What's Cooking?

When it comes to mapping out my professional trajectory, I have adopted a mindset that embraces flexibility and avoids rigid planning. I believe that setting strict milestones and expectations can sometimes lead to disappointment if I am unable to fulfill my predefined goals. Instead, I prefer to maintain an open mind and remain adaptable to the opportunities that come my way. While financial stability and recognition are important considerations in any professional pursuit, I am increasingly trying to strike a balance between these pragmatic aspects of my career and my pursuit of creative satisfaction. Hence, I am trying to be more discerning about the projects I take on, prioritizing the intrinsic rewards of creative expression and personal growth over external measures of success (likes, follows, shares, compliments, etc.)

HEY POPP DAPP!

I would tell readers to appreciate incremental successes. It's easy to be so caught up in your bigger, wider ambitions, that you forget to celebrate something small that happens that might eventually help you achieve your goals. As creatives, our dreams are often unattainable ("I wanted to be the best illustrator in the world") and often rely on the approval of others ("I want a million likes on everything I post") so recalibrating our metrics of success is so important to be fulfilled and requires consistent mental perseverance and strength. ■



PHOTOGRAPHER
PRIYANKK NANDWANA
MODEL MARGARITA
AVERYANOVAL STYLING
HARSHAD GADHVI

If you'd favor simply
debauch, see the hoot
of texture, glimmering
metallics, and eruptions
of feathers that vitalize
the eveningwear.

SUMMER OF LOVE

PHOTOGRAPHER
PRIYANKK NANDWANA
MODEL MARGARITA
AVERYANOVAL STYLING
HARSHAD GADHVI



PHOTOGRAPHER
PRIYANKK NANDWANA
MODEL MARGARITA
AVERYANOVAL STYLING
HARSHAD GADHVI





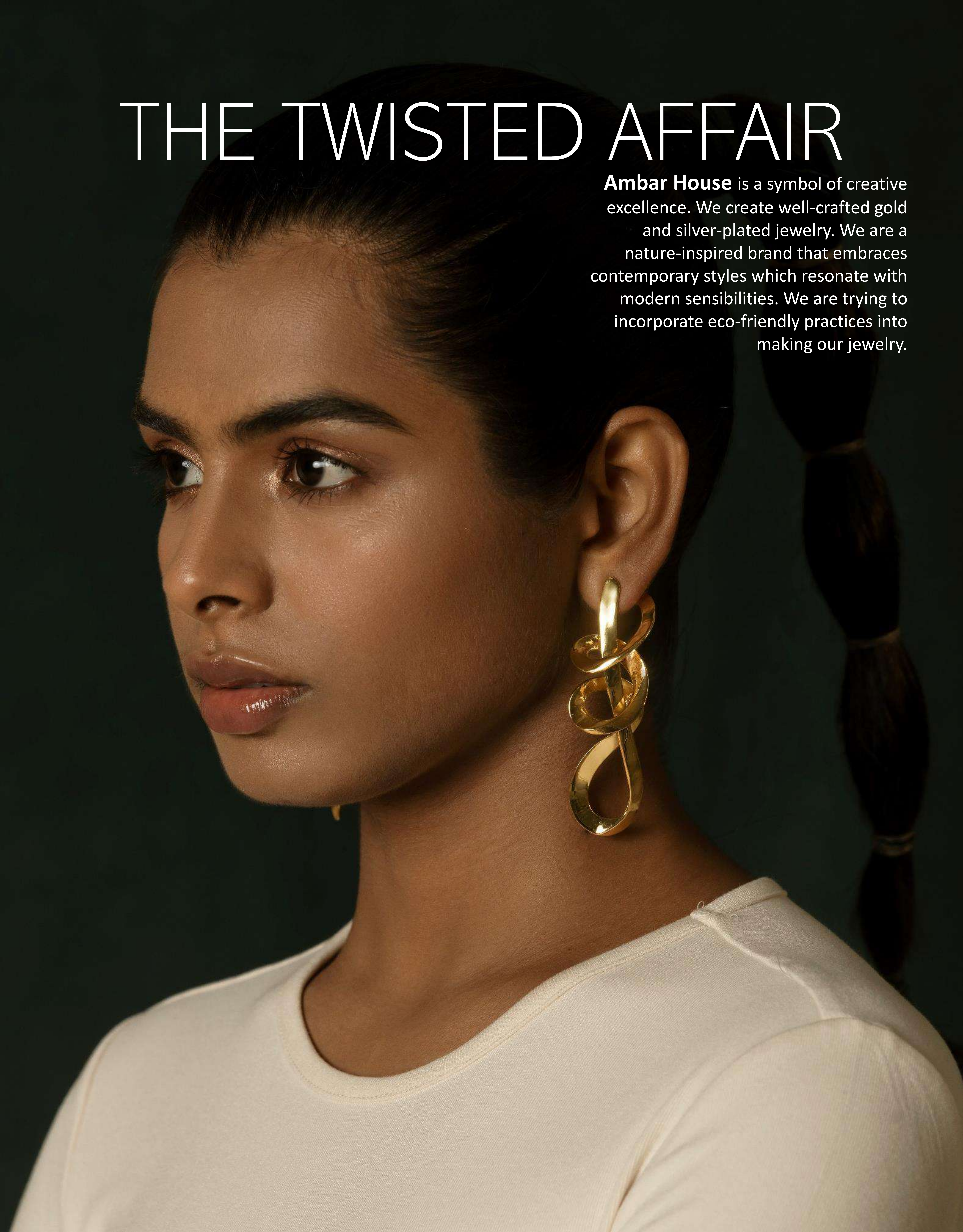
PHOTOGRAPHER
PRIYANKK NANDWANA
MODEL MARGARITA
AVERYANOVAL STYLING
HARSHAD GADHVI

PHOTOGRAPHER
PRIYANKK NANDWANA
MODEL MARGARITA
AVERYANOVAL STYLING
HARSHAD GADHVI

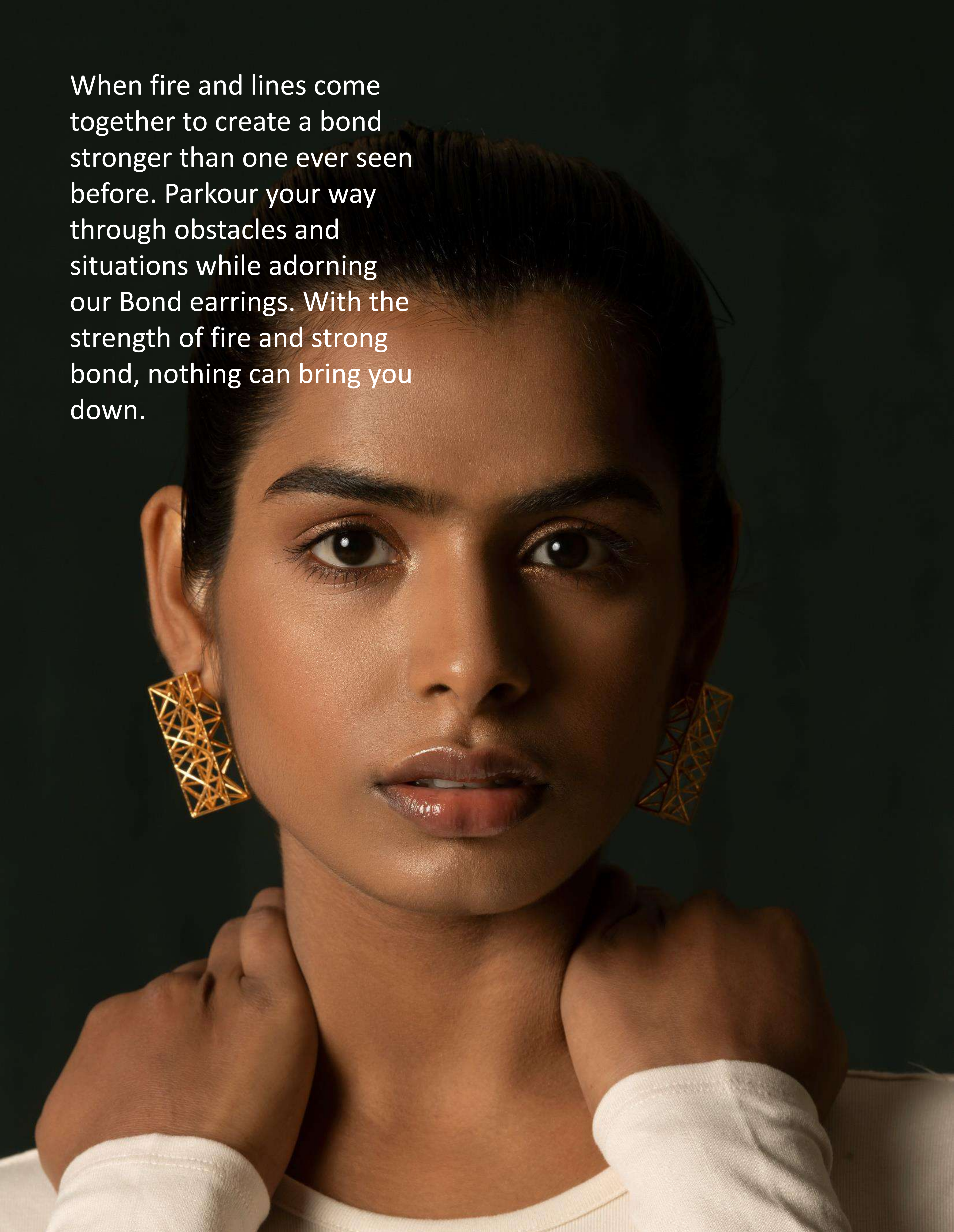


THE TWISTED AFFAIR

Ambar House is a symbol of creative excellence. We create well-crafted gold and silver-plated jewelry. We are a nature-inspired brand that embraces contemporary styles which resonate with modern sensibilities. We are trying to incorporate eco-friendly practices into making our jewelry.



When fire and lines come together to create a bond stronger than one ever seen before. Parkour your way through obstacles and situations while adorning our Bond earrings. With the strength of fire and strong bond, nothing can bring you down.



The unique design of the octopus earrings make them stand out as the showstopper piece in our collection. The gorgeous design ensures that YOU are the true showstopper in any room.

From sleek and minimalist to bold and daring, they've got designer statement earrings for every occasion!



Just like the name suggests, this piece is so magical that it leaves a lasting imprint like a crater. It's the muse's eclectic and explosive personality that shines through this ring and leaves an eternal impression on the minds of the people.

This beautiful and raw piece gets its name simply by the way it looks. In its singular raw state a stone may seem like a trivial object but when strung together it can bridge massive gaps. This piece is made for every individual that has had self-doubt but with deeper introspection has found capabilities beyond belief.



A chandelier once installed immediately illuminates a room while also bringing creative change in the aesthetics. Each chandelier is unique to its location and this one will help create your own mark as you walk into the room and SHINE. If that doesn't help, do as Sia says- swing from the chandelier!



Shivam Garg, the owner & founder of 'Ambar House', an exquisite jewelry brand comes from a jewelry back and was always inclined towards creating wearable art. He was always drawn to the beauty, craftsmanship, and artistry of jewelry pieces. This instilled a strong desire to express his artistic vision allowing him to combine different materials, colors, and textures to create wearable works of art. Shivam also shares highlights of his journey, and says, "So far, it has been quite a journey because as we all know that it's a constant process of failing, learning, growing, and never giving up. As a jewelry designer, I faced various challenges such as sourcing quality materials, managing production costs, marketing my work, and finding a unique design aesthetic. However, the satisfaction of seeing my designs come to life and the joy of creating wearable art makes my journey rewarding."

He believes that inspiration can come from anywhere, and it is essential to stay open-minded and curious. Shivam adds, "For me, inspiration has been the natural world. I observe elements such as flowers, leaves, animals, and the patterns and textures found in various landscapes. The colors, shapes, and organic forms found in nature can be translated into unique and captivating jewelry designs."

LET'S TALK TO THE MAN BEHIND THE SHOW!

Ambar House's bio says "Exquisite jewelry you will wear on repeat!" This is a clear representation of sustainability in fashion. "When referring to "exquisite jewelry you will wear on repeat" I had a vision to create designs that are versatile and timeless. This jewelry pcs are exceptionally beautiful and finely crafted. These are the kind of pcs that one would want to wear frequently to elevate their style and can be paired with different outfits and on different occasions," Shivam explains.

When we asked Shivam to advise the budding jewelry designers of India, he says, "I think when it comes to the Indian market, one should do thorough research to know your target market and stay updated with the latest trends. India has a vast jewelry market and with social media playing a key role nowadays, it is essential to build an online presence."

FAVORITE JEWELRY TREND

For me, it is the statement earrings because I feel a piece of earrings can complete your look and give you a confident appeal. It grabs attention to the face and can be a focal point of an outfit. It has the power to elevate and enhance one's overall look

In his conversation with Popp Dapp, Shivam also shares his take on fashion and says, "As a jewelry designer, for me, fashion is an artistic expression that combines personal style, trends, creativity, and craftsmanship to create jewelry pieces that reflect the spirit of the times and connect with individuals on a deeper level." And concludes with his future, "I plan on traveling to get inspiration from different places which will be reflected in my jewelry designs. I am also planning to get my brand on different marketplaces and create a brand presence in the market. Also, I want to create a piece of beautiful

jewelry for my special someone haha."

HELLO POPP DAPP!

The advice I can give to people would be that they should embrace the ever-changing nature of fashion while staying true to their artistic vision. Be fearless in exploring new techniques, materials, and concepts that challenge conventional norms. Let your jewelry be a testament to your individuality and authenticity, inspiring others to embrace their unique style. Just do not lose hope when you fail. Never let the roadblocks take away your artistic vision and creativity. ■





DURGA DEVI SMRUTI | DESIGNER

A FRESH CUT

So, what is an accessory for you? Is it your mother's vintage neckpiece that she wore in her marriage, or is it that new chunky statement jewelry set that you bought online? Whatever your choice may be, accessories hold an emotional value in our lives. Not only aesthetic and emotional, jewelry pieces hold traditional and cultural importance in our lives. Bringing all aspects of jewelry designing together and creating an environmentally friendly brand, is the motto of Durga Devi Smruti. She says, "My

journey with NO NA MÉ has been an incredibly rewarding experience so far. When I began designing the first jewelry collection, my goal was to create pieces that were not only beautiful but also environmentally conscious. With limited funds, I had to be resourceful and innovative in my approach. After months of hard work designing and prototyping, sourcing materials, and experimenting with production methods, I finally launched NO NA MÉ's first collection with a stall in Mumbai.

The response from customers was overwhelming - seeing people fall in love with the designs gave me the motivation to keep pushing forward. Along the way, NO NA MÉ has won four design awards for three collections thus far. This journey has taught me the value of perseverance and creativity; by challenging conventional ideas about jewelry design and manufacturing processes, I believe I have been able to create something truly unique that resonates with people on many different levels." >>

Stay true to yourself and be your own master!

<< Her original one-year endeavor with a furniture design company had her thinking of starting her own furniture and home accessory manufacturing business. She adds, “I needed resources, a storage facility, and marketing know-how, though. I thought that the jewelry might advertise itself if people wore my designs and went out with them rather than making a piece of furniture that would be restricted to a small space inside someone’s house. I, therefore, considered beginning with personal accessories because they are a lot smaller, much cheaper to create, and much easier to keep and move. What was first a logical start quickly turned into a passion.”

When we asked about the inception story of ‘NO.NA.MÉ Makings’, Durga says, “My husband & I would wear each other’s more gender-neutral clothing after we were married because he’s a comparable size to me. We also started getting them sewn, so we always had additional alternatives about what to wear. Marriage also made me more aware of our customs and culture. Before being forced to witness how society views us and what it demands of each of us, I had never doubted that I was equal to any other human being. These experiences served as the catalyst for the creation of jewelry that is appropriate for all genders. NO NA MÉ is intended to portray the freedom of self-expression without regard to names, regulations, or preconceived stereotypes. The brand is free to develop throughout its existence and be allowed to be anything it so chooses.” She also shares her inspiration, “My major inspiration is communication. Since I have always been an introvert, it can be difficult for me to communicate my ideas well through words. In the hopes that they will speak for themselves, my design language, therefore, consists of a variety of precise geometry & clean simple lines.”

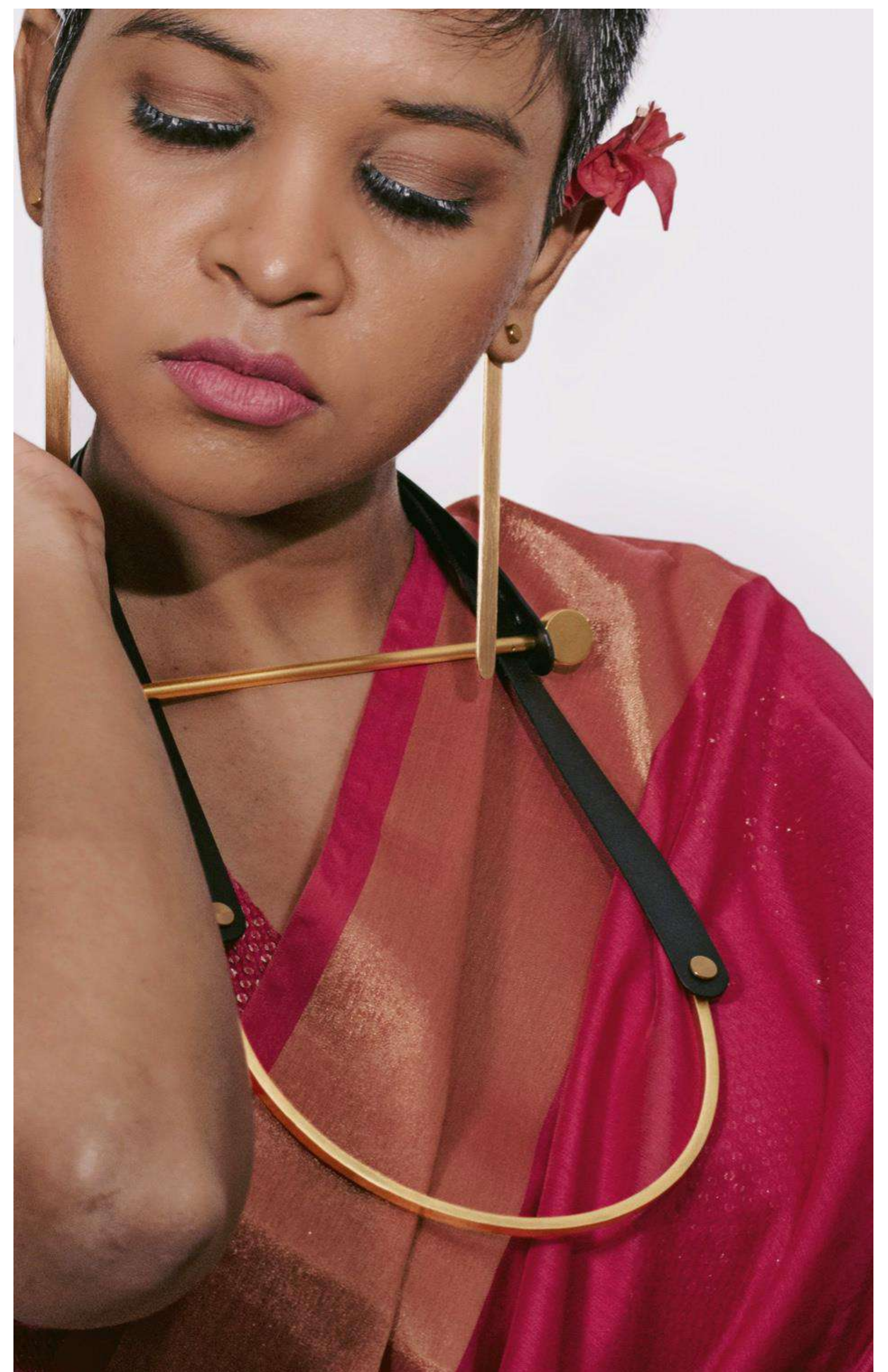
She comes from a South Indian family that did not consider operating a business to be a feasible way to make a

living because they lack the necessary skills. Durga talks about the roadblocks that she faced in her career and says, “They have always desired that I have a 9 to 5 job or a government position for my future. I have always found it difficult that my parents had doubts about my talents. However, I see this as a challenge that I must rise to and overcome. Presently, every revenue generated by the brand is reinvested in it. I have not created a salary in a long time. This has posed its challenges, as has my relocation to Tirunelveli after the birth of my daughter. Taking part in pop-ups, and figuring out the manufacturing, are obstacles that I am slowly finding solutions to with a small team that I’ve built. I will keep pushing forward in the hopes that things improve this year and that NO NA MÉ can expand. I also hope to soon receive my first paycheck!”

Durga further talks about the influence of Fountainhead by Ayn Rand on her life. She says, “Like most of us in southern India, I chose to study engineering. I did not feel it was my calling, and I did not love what I was learning. I happened to take Fountainhead off my uncle’s bookshelf on one of my vacations back to my hometown. Rand sets out to demonstrate through the novel how productive achievement can bring a moral purpose and lifelong happiness to one’s self. She depicts man as a heroic being who can become whatever he chooses to be through his actions and choices even if it were to go against established societal standards and norms. I was so inspired that I wished to take up something that would make me fall in love with it, be enthusiastic about it, and feel my heart racing. A choice of employment that will enable me to achieve my goals. I, therefore, decided to pursue a second undergraduate degree, this one in design. You could say that if I had not read the book and pursued a career shift, I would not be here creating accessories under my brand NO NA MÉ.” And she adds about her role model, “Howard Roark, the main character in the book, has been an inspiration to me ever

since I was in college. He is a young architect who prioritizes independence and integrity over everything else and who, no matter what stays true to himself, his beliefs, and his principles.”

“To me, good fashion is a well-planned and put-together way to represent oneself,” she says about fashion for her. And adds, “It fosters self-confidence while allowing you to be who you are and who you want to be.” When we asked her about the importance of mental health in a supremely competitive industry like fashion, she shares, “Whatever the business, I believe we must avoid the rat race if we want to be mentally content and at peace. Be your competition while creating a network of people at work, at home, and with friends who will be there for you through thick and thin. Maintain a healthy work-life balance and do not be hesitant to take occasional breaks.” She concludes by sharing a bit about her future with us, “We want to try going global this year as well as build our brand recognition in South India. As investment-worthy pieces, we will be producing genuine silver jewelry that may find more acceptance in the South.” ■



My journey hasn't been easy, when I got my first break I thought things would get an easier post that, what I didn't know was it gets tougher when your first project doesn't do well as expected.

PASSION FOR ACTING

I realized it at the age of 5, my dad wanted to be an actor but he couldn't be as he met with a car accident on the first day of the shoot, his dream was shattered and that's when I decided I will fulfill his dream.

INSPIRATION

I get inspiration from everyone in and around me, I am a good listener, when you listen you try to gauge more about people and their lives.

ROADBLOCK

My biggest roadblock was when I initially failed in my career, since my childhood I was always protected by my family, they never let me fail. So, when I got my first failure, I didn't know how to handle it, I was shaken. Over some time, I have become a fighter as there was no other option, I changed my attitude and my mindset and my life changed.

METHOD ACTING

I think it's good to know about your character and relate to your character and find similarities from your personal life. On the other hand method acting takes years to master, I have studied at the Lee Strasberg Institute of method acting so I do know the techniques about method acting but I haven't got a chance yet to implement it on any of my characters so far, maybe someday if I happen to get a character which requires me to follow method acting technique I will do so.

ROLE MODEL

My dad is my biggest role model.

THIS STORY

ESHAAN SHANKER

An actor, a dancer and a gymnast |
Studied at the Lee Strasberg
Theatre and Film Institute | Attended
New York Film Academy.

“Never give up, change is inevitable, and the opportunity will knock at your door you just got to be persistent and ready. Wait for your time and yes sun will shine One-Day just for you.”

FASHION

Fashion for me is storytelling through clothes.

MENTAL HEALTH

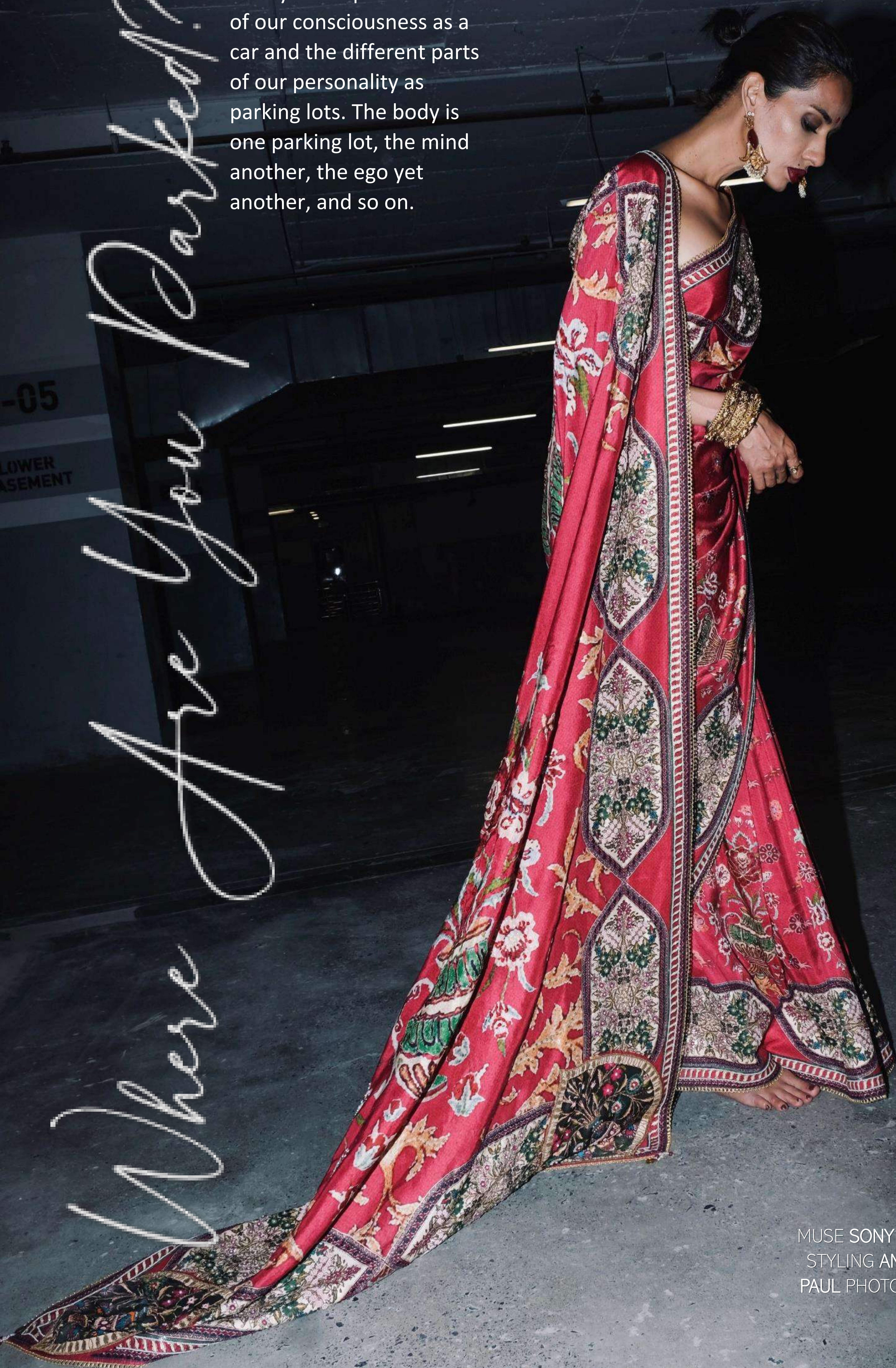
We got to be mentally super strong as it is a very volatile industry, one day we are flooded with offers and the very next day we have no work, so balance is the key. I believe in the quote 'This too shall pass.'

WHAT'S COOKING?

My plans for this year are to work and work some more. Keeping my blinders on and focusing on work now.

Where Are You Parked?

It may be helpful to think of our consciousness as a car and the different parts of our personality as parking lots. The body is one parking lot, the mind another, the ego yet another, and so on.



MUSE SONY KAUR ART DIRECTION &
STYLING AMANTE ARAV & EBNEZER
PAUL PHOTOGRAPHER VARUN SIKKA
MUA AMITA JUNEJA

MUSE SONY KAUR ART DIRECTION &
STYLING AMANTE ARAV & EBNEZER
PAUL PHOTOGRAPHER VARUN SIKKA
MUA AMITA JUNEJA





MUSE SONY KAUR ART DIRECTION &
STYLING AMANTE ARAV & EBNEZER
PAUL PHOTOGRAPHER VARUN SIKKA
MUA AMITA JUNEJA



LAWS OF THE E-LAND

HIRAL NAGORI | ENTREPRENEUR | LAWYER | CONTENT CREATOR

Do not overthink. Follow your instincts and try out new things. It's through these experiences that you will learn and discover what truly works for you. Remember, you are not obligated to pursue a certain path just because of a degree you obtained when you were 22. The world is full of opportunities, and there is so much more out there waiting for you to explore. Embrace the possibilities and forge your unique journey.



Hiral Nagori, is an entrepreneur, a lawyer, and a content creator. Her path to becoming a lawyer was not initially clear to her. It was during her fourth year of law school that she began developing a genuine interest in the field. She explored various activities on the side to discover what truly intrigued her. She started crafting short, fun stories based on legal cases and noticed that people had a significant fear of the term "law." During the lockdown, she worked as a social media manager for an education-based company. This experience motivated her to make her Instagram account more informative and valuable. In 2021, she began creating content to raise awareness about people's rights and instill a positive outlook on the law.

She initially enrolled in law school because her dad wanted her to pursue it when she couldn't decide on a career path. She further adds her passion for law, "However, over the years, my passion for law grew stronger. It was in my fourth year of law school that I realized I possessed more knowledge than my peers. This realization filled me with a sense of pride and boosted my confidence in pursuing a legal career." When we asked her about the feeling of getting nominated for 'Instagram Lawyer of the Year' by Cosmopolitan, she shares, "I have an interesting story regarding the nomination. When I discovered that the nominations were happening, I attempted to register, only to find out that there were only fashion-related categories and no public choice category for any field related to education. So, I shared the registration link with a friend

who is a fashion content creator and asked her to register. Two weeks later, I checked my inbox to find an invitation letter to the Cosmo Blogger Awards, informing me that I had been nominated under the editor's choice. It felt like a full-circle moment in my life. I was frozen with excitement upon learning the news. It almost felt like I had strongly manifested this achievement. I had to pinch myself to check if it was a dream! This experience made me realize that I need to dream bigger and aim higher."

She also advocates easy ways of understanding and then utilizing the facilities of the Indian law and judicial system. When we asked about her take on the most underrated facility for young women in our law system, she explains, "Legal aid and support services are an underrated facility for young women in our law system. It provides free or affordable legal advice, representation, and court assistance to those who cannot afford a private attorney. Legal aid helps young women understand their rights, navigate legal proceedings, and address issues like domestic violence or employment disputes. It also offers awareness campaigns, counseling, and emotional support, recognizing the holistic nature of their challenges. Access to legal aid ensures that young women, despite financial constraints, can seek justice, assert their rights, and overcome legal obstacles on an equal footing."

Life is an ebb with its respective ups and down in the process. "Despite encountering numerous roadblocks, the most significant challenge I faced was when I had to decide on my specialization for my master's degree after completing law school. To overcome this, I adopted a methodical approach. I carefully analyzed my strengths, engaged in short specialization courses to confirm my interests, and sought guidance from professionals working in the specific field of law. Through this process, I eventually decided to pursue an LL.M. in International Business Law. This taught me the importance of thorough assessment, exploration, and seeking advice in making critical life choices," Hiral says about the difficulties she faced in her journey.

ROLE MODEL

My father is my role model as I admire his ability to handle multiple tasks simultaneously and his determination to achieve success. By observing him, I have learned valuable lessons on how to become an achiever. His presence has influenced me positively, and I aspire to emulate his approach to life and the way he manages various responsibilities. I also draw inspiration from various people around me, observing and learning from those who possess qualities or achievements I admire. This approach allows me to continuously improve and grow by incorporating the positive aspects I find in others.

FASHION FOR YOU

In my view, fashion plays a significant role in creating a first impression and conveying information about a person. It is a form of self-expression that can communicate aspects of one's personality, style, and professionalism. By carefully considering our choices in fashion, we can shape the image we want to project to others.

MENTAL HEALTH

Mental health is of utmost importance, particularly in a demanding and competitive field such as fashion. I recognize that maintaining a healthy state of mind is crucial for clear thinking, generating innovative ideas, and delivering your work with authenticity. To achieve this, one must prioritize self-care, and work-life balance, and seek support when needed to ensure their well-being remains intact.

FUTURE PLANS

Currently, I have recently joined my father in his business, which focuses on interiors and real estate. My plans involve expanding the well-established business to more cities, opening additional stores, and undertaking ambitious projects to reach new heights of success. In addition to this, I intend to continue dedicating my time to Instagram, pursuing it as a full-time endeavor. I aim to collaborate with inspiring individuals, unlock new opportunities, and introduce exciting features throughout the year. ■



RED CARPET TANG | WITH NAFISA



Nafisa Tosh operates a studio in London and has worked with the most renowned global Fashion Houses. She has many feathers in her hat - a tailor on shoots, red carpet events, and at London Fashion Week and Paris Fashion Week as well as a womenswear designer and maker for private clients. Clients have included Chanel, Alexander McQueen, Moschino, Alberta Ferretti, Hugo Boss, Jasper Conran, and Amanda Wakely.

IT'S HARD TO BE NEW AND EXCLUSIVE ALL THE TIME!

It is hard to be new and exclusive all the time, that is why I do not have a brand & I don't particularly want one either. I work directly with my private clients; they love my originality which stems from my tailoring background and my experience from having worked with British designers in London as well as more recently in Paris and New York. If you have got a strong tailoring background you can do everything & if you can construct that is another set of skills that will always set you apart from designers who only practice design in theory. Your work is completely different because you know how to drape & cut and being able to read a fabric is quite a skill; to know how to get the best out of a fabric and read its qualities so that your design will lend itself to that fabric.

I WAS CAPTIVATED BY 1980s FASHION!

I was about 8 years old & it was my doctor's receptionist who gave me a Vogue magazine to read whilst my father was waiting to see the

GP. I was captivated by 1980s fashion, it was so vibrant, exotic, and beautiful shapes. She kindly gave me the magazine to keep and I went home and started scribble sketching on any paper I could find. We were a working-class family so we did not have stacks of paper or books at home. I used to tear the papers out of blank books and draw all over them, what a little horror!

IF YOU HAVE A CREATIVE WAY OF THINKING, YOU WILL ALWAYS FIND INSPIRATION!

I find inspiration everywhere, I love my iPhone as it is so easy to capture something walking down the street whereas when I was at college we had to sketch or try to remember from memory. Recently I went to Madrid to see the amazing designer Sybilla's retrospective. She was a massive influence on me in the 80s/90s. Art galleries, nightclubs, films, documentaries and even listening to soundtracks that I love - inspire me. I think if you have a creative way of thinking, you will always find inspiration.

NO TWO DAYS ARE THE SAME!

My journey began in Manchester & now I am in London; it has been such fun and always varied. I started as a tailor's apprentice working with my father then going to college as a fashion designer and then I moved back into tailoring & I go back & forth between the two now. Travel is a large part of my life and learning to be flexible in all aspects of my life. No two days are the same though which I love so each day has new challenges & I try to find solutions by thinking literally and laterally. I class myself as a designer & maker, I can design, pattern cut, sample cut, and construct a gown fitting it along the way and this is what my clients want from me, to be an all-rounder.

BREXIT HAS BEEN A MASSIVE ROADBLOCK!

Brexit has been a massive roadblock, I used to work in Paris for PFW and in Europe all the time but I cannot work there any longer and the editorial shoots that I used to work on have all but stopped. I was talking to a French fashion stylist and she said it is easier to do editorial in America than in London, the creative talent is all here in the U.K. but due to the huge paperwork that they face, working in London is impossible nowadays. Fashion is a huge industry & I believe it is the 2nd largest in the U.K. I feel we are not taken seriously and dismissed.

BIOGRAPHY ON GABRIEL CHANEL

I read an amazing biography on Gabriel Chanel when as a teenager borrowed from Bolton library, it showed how she came from an almost underclass or lower working-class background & rose to have one of the most iconic brands that is lasted the years and she has left a huge

legacy. At the time I was devouring every 80s fashion book I could borrow and all the designers did not seem to come from that kind of background. Dior, Balenciaga, Versace, etc. all came from a wealthier background. I love books in general and another favorite of mine was a book on the late great Tina Chow. Her style and sense of dressing were so chic and elegant. I have just been able to lay my hands on this beautiful book after many years of searching.

IT IS THE MASH-UP OF NEW AND OLD!

Fashion for me is a beautiful marriage of technology, heritage, tradition, and modernity. No matter how advanced we are as a people, we will always want or need beautifully made garments using traditional techniques. It is the mash-up of new and old! I was recently at an exhibition looking at 18th-century clothing and it was so beautiful but still incredibly constructed and yes, still very wearable.

I HOPE TO INSPIRE AND ENCOURAGE YOUNG PEOPLE!

I plan to keep on working & designing for my private clients & with the brands I support in London and Paris. The last three years have been catastrophic for the fashion industry & I am hoping that we all as an industry, can all pull through and survive the next couple of years. I had amazing training from wonderful technicians, I hope to inspire and encourage young people to come and work as technicians in fashion. In the U.K. we now need creative pattern cutters, sample cutting technicians, sample machinists, hand finishers, and hand embroiderers, so many talented people left after Brexit and during the lockdowns and have never returned. It breaks

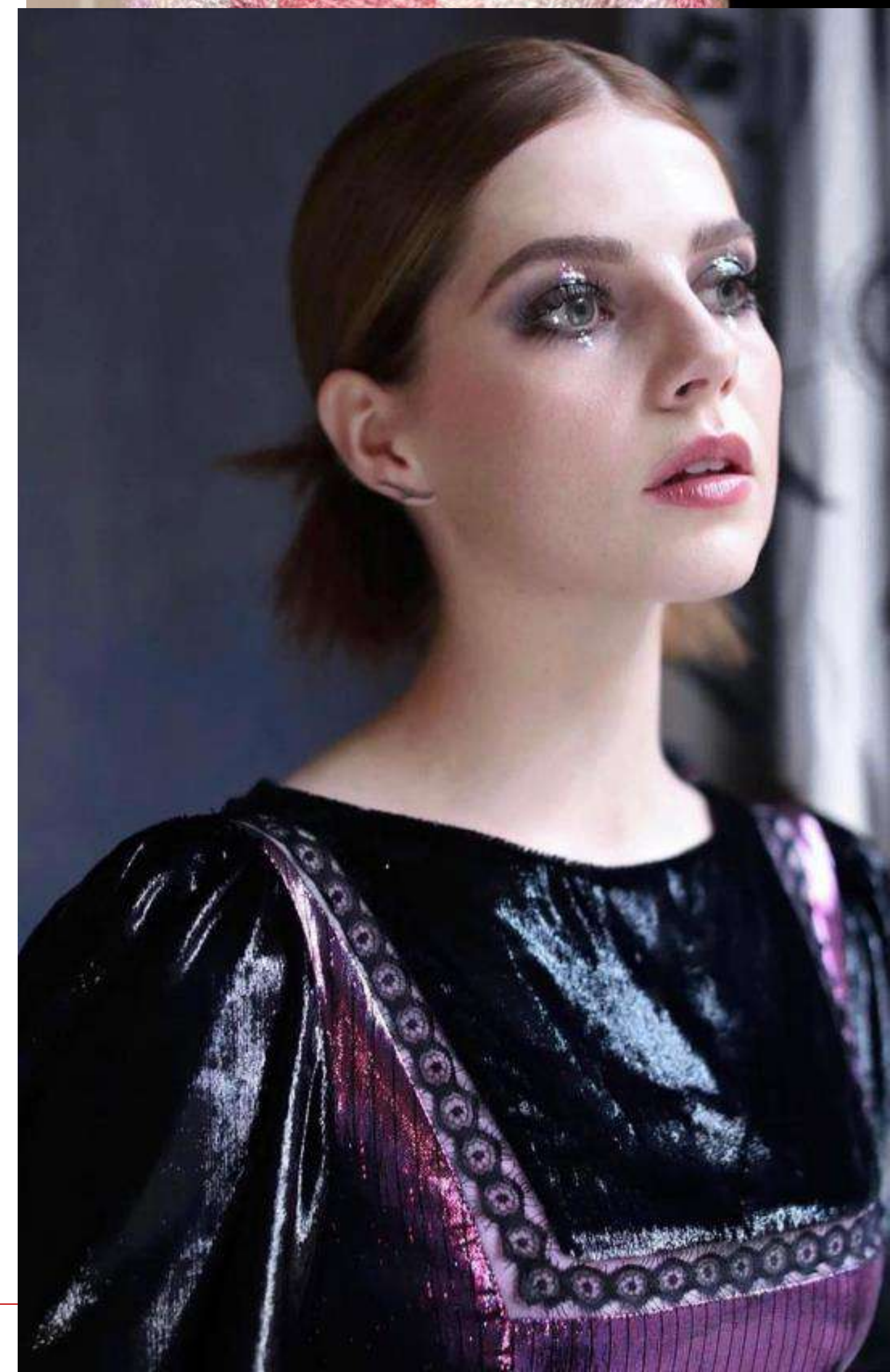
my heart to give to turn down requests from people to work with them, I simply cannot do all the work that comes my way & I am at a stage where I would love to train young people and pass on my skills. If you are interested in fashion, keep on working in any capacity that you can. I did retail shop work, which taught me how to understand a client's needs and requirements. I did alteration work and I learned all the different ways of construction, I have always been happy to chip in and learn a new way of working or a new technique and it is expanded my skill set. I worked in a fabric showroom and learned how to make headers and showcase fabrics. And nothing has ever been beneath me - how can it be when you are working class and you have got bills to pay?

LEARN A SKILL THAT THE INDUSTRY IS DESPERATE FOR

My advice to you, anyone regardless of age going into fashion is to learn a skill because that is what the industry is desperate for. If you look at what an employer might want from a prospective employee, see what they might want & consider being an all-rounder. All the best designers and people that I have worked with can do the full range from designing to pattern cutting to sewing at a machine & constructing their design.

LEARN FROM OTHERS!

Take an interest in what other people in the team or studio are doing as well. Learn from others, keep teaching yourself, and keep on interacting with other groups within the studio. Working in fashion means there are always new fabrics or techniques or methods to learn, I am never bored and I love my industry because it is constantly evolving and changing. ■





AND SHE SAYS!

Popp Dapp spoke to **Sandhya Shetty**, Supermodel, Actor, International-Speaker, and Commonwealth Karate Champion 2015 (Gold Medalist) India about her life experiences, journey, learnings, and don'ts.

"Life is beautiful just go out there and do things. Only when you practice the art of choosing things and acting toward fulfilling your dreams the magic begins. The voice within you must be heard in the universe. Be happy and enjoy every moment of your life. The good bad and ugly is just a phase so keep moving and be less judgmental. Focus on self then others and remember the magic is you."

Fables around backstage and show hustle and the magic of the world may be preserved in the worn-out and aged pages of the fashion magazine, newspapers, and interview articles, but the ever-present luster of the fashion industry's modeling trivia has never dimmed through the decades. Popp Dapp spoke to Sandhya Shetty, Supermodel, Actor, International-Speaker, and Commonwealth Karate Champion 2015 (Gold Medalist) India about her life experiences, journey, learnings, and don'ts. "My Journey as a Supermodel, International Speaker, Karateka, and now an Actor has been very intense. My versatile roles have taken me through great challenges but I shouldered them all with great Responsibility. The grueling days and nights of sheer hard work and focus have got me great results. Today when I am experiencing success in films as an actor, I feel huge gratitude for everybody around me. One must dream big and do the right action to fulfill those dreams. The journey of traveling around the world and working round the clock gives me a great high", Sandhya says.

A glimpse of Sandhya's talent trail of activities she's involved in will lead you to a multi-faceted career of her. She has thrived on versatility since childhood. She further adds, "I had a very strong multifaceted personality. I would want to study but also do all possible cultural activities and sports in school which followed through college and during my professional career as a model and now as an actor. I thrive when given more challenges and monotony bores me so it's important to keep me engaged. Also, my career and my other activities of sports and hobbies always complemented each other. I stayed fit as a model and actor because of my martial art which also helped me for action roles in movies. My English literature subject during graduation helped me a great deal as an international speaker and the dancing helped me be flexible and fit. So, I think whatever we do in life comes full circle and culminates only into making life more beautiful."

Since everything comes with a consequence/ cost, we all need to make

peace with it while striving to achieve success in life. Sandhya shares, "As I am a super positive person and I think there has been no bottleneck in my career. I always had a choice and made my choices with great honesty and hard work. I might have not had everything very easy but the fun of hard work and challenges makes me stronger and gives me better results. My life and my rules are something that I believe in and pretty much work around it and the universe always had my back."

Luxury for some, peace for others. Money for some, philanthropy for others. Success is not a destination to achieve in a specific way, it is a continuum of shades and types. When we asked Sandhya about her definition of success, she answers, "Success for me is happiness. Success for me is the freedom to choose. I am successful when I can be fiercely independent financially, physically, and mentally. My voice has the power to raise questions and has the power to influence and that is very powerful. I have achieved a lot and I truly understand the art of self-love which again is a mark of great inner work which leads to more success. There is never an end to a road of success and one can keep going on and on but what is most important is the right attitude and being Happy and giving back to the universe what you receive."

Patterns, consumption demography, and consumption style of entertainment have always been on a metamorphosis. Starting from 'nukkad nataks' to now art consumption platforms like NMACC (Neeta Mukesh Ambani Cultural Center), Indian art and entertainment have come a long way. During these evolutions and improvisations, artists have always been on a transitional journey to adapt and then enhance their knacks accordingly. When we asked Sandhya about the impact of the advent of OTT platforms for her, she shares, "OTT has truly changed the rules of the game. More opportunities and an open field to play in the film arena allows a lot more actors to perform and showcase their talent. The medium of OTT also reaches every household and that is a great sense of validation for every actor when a project gets successful by the verdict of the

audience. OTT has allowed all genres of cinema and a lot of new talents which again shows inclusivity and that changes the nature of a closed environment with few ruling the games of filmmaking and casting. An open market allows free rules and that is a great advantage for young new talent that's exactly where talent wins over everything and both my Debut OTT film "Dharavi Bank" and "Corona Papers," have done extremely well and I have got great reviews and debut award for the same." Amid all these modulations and changes, one thing that is always on toss – is the work-life balance. Sandhya adds, "A perfect work-life balance is all about time management. I love my work which truly is my passion and I try to balance it with my fitness regime to stay calm and fit. I love traveling so those breaks allow me to rejuvenate and think more peacefully for my future goals. I love the spiritual space and that truly empowers me with clarity and grounds me. My love for music unwinds me daily and keeps me happy."

WHAT'S COOKING?

As of now I just released my Debut Malayalam film " Corona Papers" directed by Priyadarshan. I have many shows and shoots lined up and 2023 looks very promising. ■



Fashion for me is very appealing. I love beauty, perfection, madness, strict regime, the fascination that an outsider has.

UJJWALA RAUT | FASHION MODEL

WINGS AT HER BACK

POPP DAPP: Please tell us something about your journey so far?

UJJWALA RAUT: My journey has been incredibly tough but with such an amazing experience with people from around the world. I feel my journey is not over yet.

PD: When did you realize your passion for modeling?

UR: I realized my passion for modeling when I won the title for Look of the Year with Elite Model Contest in 96.

PD: How was the experience of your first shoot?

UR: My experience at my first shoot was not great at all. I was shooting for my first Femina Cover after winning the contest and since I did not have much experience with modeling the photographer did not give me much advice on the shoot and we did not really connect so he sent me home. We did not end up shooting the cover.

PD: Who do you consider to be the world's most successful model?

UR: That is difficult to answer this question coz there are so many models that I consider are successful models around the world in their own way like Gisele Bundchen, Naomi Campbell, Kate Moss, Chrissy Turlington etc

PD: Is there a brand or designer you aspire to model for?

UR: Well, I am open to working with all the designers & brands around the world that what makes us successful models

PD: What is the toughest part of a model's job?

UR: Everything is toughest part of a model's job I feel. Traveling to different places constantly for photo shoots & fashion shows, landing & going straight for a shoot or into a fashion show, wearing heels for hours & dress or gowns that are hard to walk in, long working hours, becoming a mother is challenging for every mom in any profession.

PD: Do you prefer a live fashion show

or an on-site photoshoot?

UR: I prefer both.

PD: Describe the most challenging photoshoot you have been a part of.

UR: The editorials are the most difficult photoshoots. You must do a lot of acrobatic things and sometimes u shoot for few days in a row.

PD: Do you think training is necessary for modeling?

UR: It really depends. I think when girls or boys start young you are getting experiences as you grow in the industry. In fashion there is a lot different things and different styles when it comes to fashion houses, brands, photographers, magazines and in different countries. A good model is like a chameleon!!! It is not necessarily to take training for modeling I feel.

PD: Is it important to network to succeed as a model?

UR: I feel it is very important to network to succeed in any industry.

PD: How can the industry safeguard the interests of child models?

UR: Well, the parents can be more involved, there are rules in place now with underage talent.

PD: What is the best and worst aspect of the fashion world?

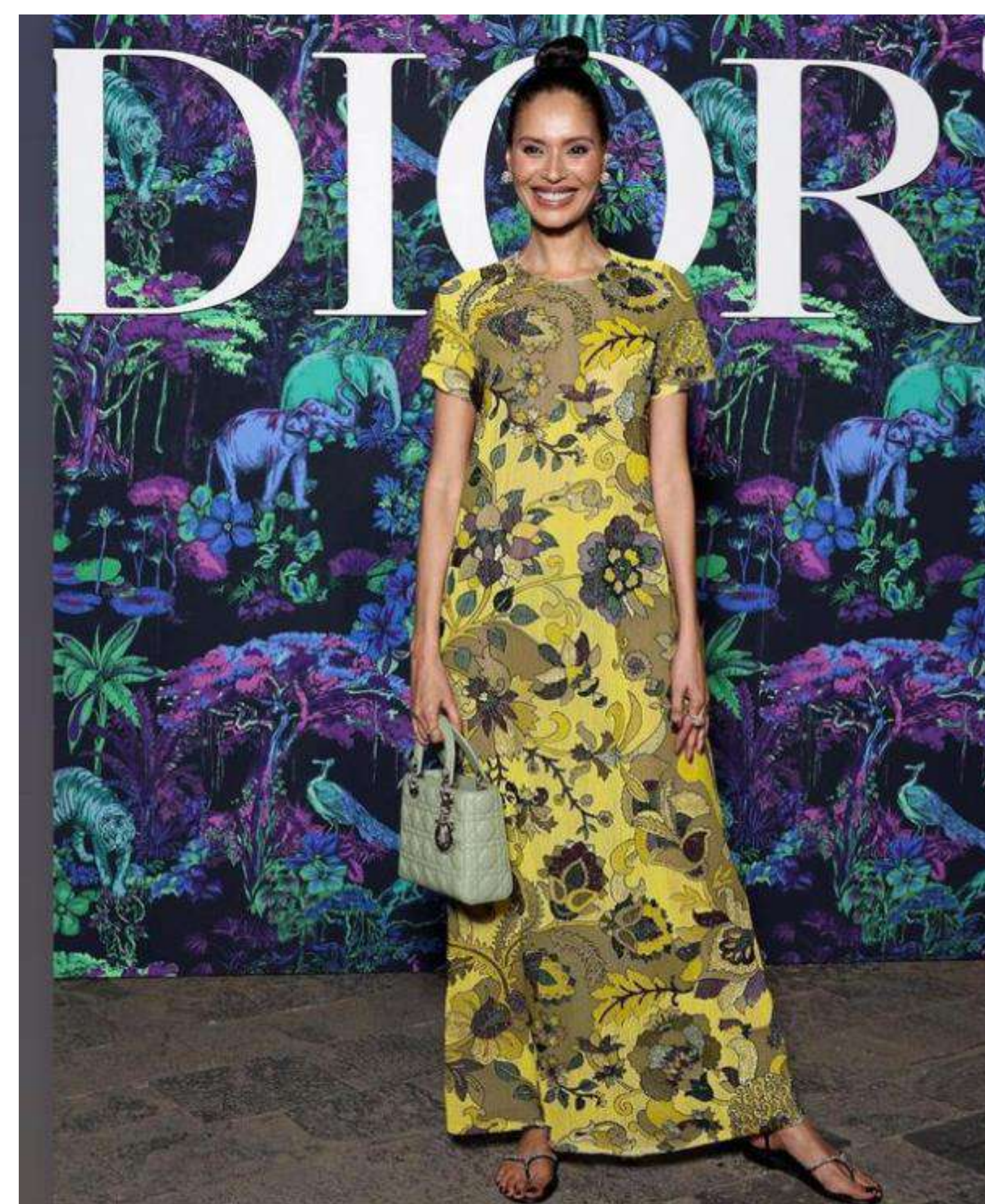
UR: The best aspects of the fashion world are traveling to many destinations, you can earn good income, getting dressed in the best outfits by top brands & designers, meeting new people from different walks of life. The worst aspects would be it's easy to get carried away or surround yourself around with some wrong influences, getting rejected can be hard to accept, health or mental issues.

PD: What is your favorite fashion magazine and why?

UR: My favorite fashion magazine is Elle. Elle has such a cool vibe with fashion & style. I do not like scary fashion magazines.

PD: What would you say to models who are just starting their careers?

UR: To models that are starting their careers I would like to say that do not think everyone can make it in fashion. There are many other professions that are more desirable, more satisfying, it's important to take it easy & not drive yourself crazy if it doesn't work out. It's always good to have a backup in life!!! ■



POPP DAPP: How has your journey been so far and when did you realize your love for textiles?

VIRAJ KHANNA: Before my first show, my gallerist Somak Mitra from Art Exposure asked me to stay away from textiles at least initially to keep my identity as a fashion entrepreneur and as an artist separate. Therefore, my first show which was titled “What My Mother Didn’t Teach Me” comprised only sculptures and paintings. This was a great suggestion by him to establish myself separately as an artist. My second solo show was in Mumbai with Tao Art Gallery. I decided to showcase a few of my textile works and it received an overwhelming response from people. I was always surrounded by textiles in different forms growing up, but I never really decided to work with them. I think it was natural for me to slowly transition into it since that is what I have seen for most of my life. The more I experiment with textiles, the more I enjoy them since I can do so much with them. I looked after the embroidery section of our business which helped me understand different techniques of embroidery and the effects of merging different techniques. Because of this, I can do so much with this medium. I feel I am best able to put out there my vision through this medium. It is a funny story about how I started. After making a few paper collages at home for our Instagram page, I started sharing them on Instagram (during the lockdown). Looking at them, Somak contacted me and asked me to meet him and later asked me to do a show in his gallery. I had never made a painting or a sculpture ever in my life and he asked me to do a show- he had only seen a few of these small collage cutouts on printer paper. He set up a location and fixed a date for the show. I was overwhelmed by this not knowing what exactly to do. Then I decided to make sculptures and do a few paintings on canvas and that is how the journey started. I do not think I ever even visited an art exhibit in my life before being asked to do a show. The first show was an overwhelming success with all my sculptures being sold out before the show started. Then looking at this, Tao Art Gallery contacted me asking me to do another solo show in Mumbai around March 2022. This also received an overwhelming response from people. The same year my first gallery Art Exposure asked me to do a solo show in Delhi in December. Post this, I was a focused artist at the India Art Fair with another solo with Tao. I have finished 4 solo shows in different cities since my journey started.

PD: Please talk about 'What My Mother Didn't Teach Me

VK: My first show was titled ‘What My Mother Didn’t Teach Me’ by Ina Puri. She, very aptly thought of this name- with an attempt at distancing myself from my fashion legacy. The purpose was to keep my identity as an artist and as a fashion entrepreneur separate. The art that I make reflects the way I look at the world. Clothing is made for the wearer to feel a certain way. The purpose is completely different.

PD: As an artist, where do you get your inspiration from?

VK: My work is usually figurative because I think about people and their personalities/behaviors when I make them. Society influences people in so many ways and the way we behave or the people we become are influenced by so many factors. Because of this, we never truly show our real selves because there are so many ‘appropriate’ ways to behave or talk or dress, etc, etc. I think about these different things when I am making a figure. I want people to look at my work and think about people in their own lives and why a particular work reminds them of that person. For example, sequins, which is a material I use in embroidery, are very shiny and to me it represents extravagance. Simple thread work is subtle. Depending on the personality I see, I will select the materials while creating the figure.

PD: Having such a celebrated veteran as your mother, did that add extra pressure on you in your journey?

VK: I do not think there is any pressure because of my mother since it is a different field. Both are creative fields but the fashion crowd and the art crowd do not exactly overlap. There are lots of advantages even in the art field for me and I am very grateful for that, having such a celebrated veteran as a mother due to the network she brings.

PD: Please throw some light on 'AK-OK', and its importance in your life

VK: ‘AK-OK’ is very personal to our family. I think just after we graduated from University, Mum was not well and Vishesh and I would tell her ‘Mom everything will be A-OK.’ A-OK is a word that we would commonly hear in college at USC. It was at that time that it just hit us “Everything will be AK-OK” and that is how the brand name was formed. This is a ready-to-wear line under Anamika Khanna which we started recently and we have collaborated with Reliance. We are recently going to launch menswear and open a few stores, lots of exciting things coming up!

PD: Tell us something about your future assignments

VK: I am going to college in a month! I am getting my MFA from SAIC starting this June and I am excited about that. I only studied Business and do not have any formal art training. This gives me a good opportunity to learn so much more! I think starting my journey as an artist without a formal education had given me immense freedom to continuously explore and move in various directions...Now a formal education will help me add depth to my practice and teach me to work with different mediums.

PD: What's your trick to strike a perfect work-life balance?

VK: I do not think there is one! I look at my mother every day working from morning to night and it only comes from the love of the subject. She loves designing so much that even today after so many years she will wake up early and work till late thinking of new designs and ideas. I think if you love doing something that much everything else will be pushed out of the way and so will the distractions- you cannot run away from what you love. Obsession and madness are required to do something that no one has done before! ■

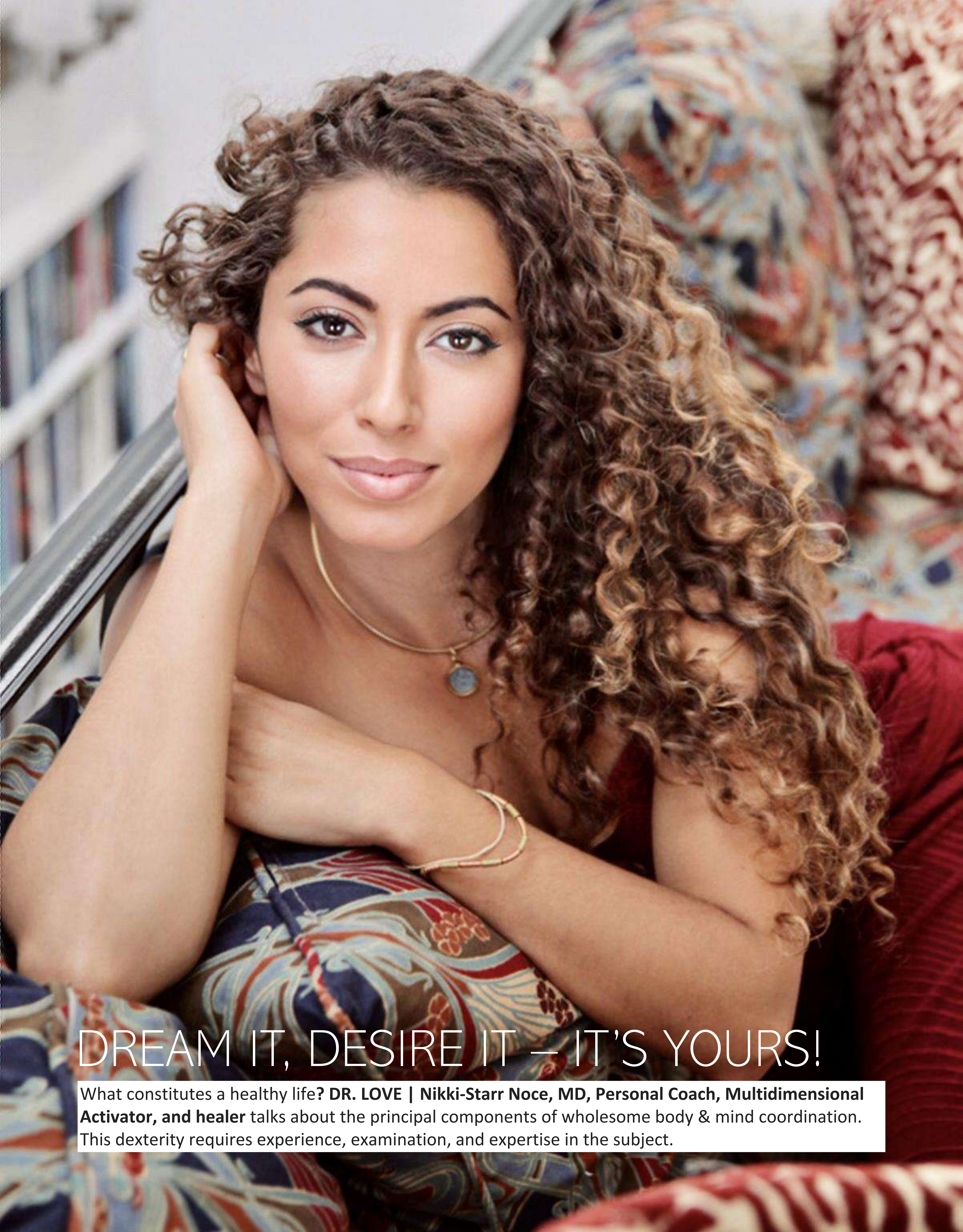
A man with long, dark, wavy hair and a light beard is sitting in a room. He is wearing a white t-shirt and blue jeans. He is looking back over his shoulder towards the camera. In the background, there are wooden bookshelves filled with books. To the right, there is a large window with a view of a building outside.

HE'S A FIREBRAND

VIRAJ KHANNA | DESIGNER | CO-FOUNDER AK-OK

Before my first show, I thought it was crazy to accept doing an art show. To this day I do not know how I agreed to do it! I used to be very shy and quiet and putting myself out there was always very tough for me. Getting out of my comfort zone and accepting the first show as a challenge of sorts almost has changed my life so much. I am so happy that this happened to me! Even if my first show was a big failure-looking back I would be happy I tried.

The thought of failure and the embarrassment that 'could' follow should never stop anyone since the feeling of regret for never trying is always going to be way worse.



DREAM IT, DESIRE IT – IT'S YOURS!

What constitutes a healthy life? **DR. LOVE | Nikki-Starr Noce, MD, Personal Coach, Multidimensional Activator, and healer** talks about the principal components of wholesome body & mind coordination. This dexterity requires experience, examination, and expertise in the subject.

What constitutes a healthy life? Nikki-Starr Noce, MD, Personal Coach, Multidimensional Activator, and healer talks about the principal components of wholesome body & mind coordination. This dexterity requires experience, examination, and expertise in the subject. When we asked Nikki about her journey, she says, “My journey thus far has been filled with unexpected, beautiful twists and turns that sometimes now were not so comfortable, but they were important to reorder my life for the better. There has always been the same general goal - to help create a better Earth, and the essence of my being as love and light in all that I do have both been the common thread throughout my journey, and all the changes I have experienced have helped me live my life to the fullest. It is like I have lived multiple lives within this current life. For example, my career has taken on many forms over the years where I became a medical doctor, and a yoga instructor, then was on reality TV, then focused on coaching and healing work in person and then online and now I am focused on reaching millions for the healing and awakening of humankind through podcasting and social media, next will be writing books and speaking tours. Also, I have lived in many places, and several different countries, and traveled the world. My greatest advice is to not resist change and allow life to surprise you because the more you surrender to the process, the more easeful, enjoyable, and graceful life becomes. The only constant in life is change. It is like the saying goes, sometimes things fall apart so better ones can come together. I have experienced these many times and my life is always better for it.”

Everyone has his/ her transitional moment that defines the flow of their life ahead. N being asked about their passion for personal coaching, she shares, “My coaching work happened organically. After departing from Western medicine, traveling the world, and sharing my spiritual and transformational journey on my social media, people started to message me asking me advice and questions, so I started offering sessions. Then from there, I created courses, classes, and programs from the information I kept sharing. I feel the best coaches are people who have real-life

wisdom to share based on the experiences lived. Because I was going through such transformations, I was able to guide others. Also, my coaching is general life coaching, which covers all areas, including relationship, business, spirituality, health, wealth, and wellness, because I have experience in all these areas. Also, my work is intuitive where there is soul-to-soul communication and I receive information for each person uniquely and individually beyond what the client shares with me. Having this gift has made coaching an easy, natural gift to share with others.”

Energy can indeed neither be created nor be destroyed, it can only be changed from one form to another. We all absorb energies from the sources surrounding us. “My inspiration as a healer comes from within me because I was born a healer. I was born into a lineage of Colombian healers and shamans so it is a part of me. Much of my healing work happens through my energy. That is why anyone I cross paths with can receive healing or activation just by being in my field. So, beware I shake and stir things up in peoples’ lives! In sessions, I offer energy healing, light language, and intuitive/psychic information that just pours forth and can serve to support someone's greatest becoming. Rituals, the elements, and nature are also a part of my practice to support others on their path of illumination and ascension. It all just comes into my awareness so it is inevitable to share,” Nikki says about her inspiration.

The irony of life says that failure is an essential part of a success story. A person who delays failure for the longest time gets success. We asked Nikki about the roadblocks in her career, and she says, “My experience with the obstacles that have presented on my path are more metaphysical. I have experienced them as having to heal from, let go of, and clear from my field hexes, curses, spells, entities, traumas, cords, vows, and generational karmas not only from this life but from past lives too. As a highly sensitive being sometimes just being in the world and being around people or certain environments or situations has presented challenges. It is still a work in progress for me but I have overcome this

by healing and empowering myself. I have learned energy tools and protocols as well as learned to strengthen my mind and energy field which provides me with greater resilience and capacity to be in the world and a lot of this is what I teach and share through my work.”

The best way to conserve our knowledge is to pass it on and what other than a good book can do it? “Interestingly with my spiritual awakening back in 2013, I stopped reading. I was coming into so much information and knowledge through spontaneous downloads, meditations, and channeling that I wanted to receive the purity of these teachings. I also began writing at this time and wanted to keep the purity of the consciousness I am bringing to the planet. What I have read though is more instructional books for example on Tantra and compassionate communication (formerly known as nonviolent communication). Other books that deeply touch me are Rumi and Hafiz's poetry, as they connect me to a deeper romantic aspect of myself. Also, the radiance sutras have this incredible quality to them that open the heart. Two books that do stand out from 2013 are The Laws of Spirit by Dan Millman and The Mastery of Love by Don Miguel Ruiz. Those were very heart-opening for me at the time and I have recommended them to clients over the years,” Nikki shares.

Paving her way back to the entertainment scenes, there is a lot to look forward to this year. Nikki says, “Getting back into the entertainment scene this year I am most looking forward to the incredible experiences that I cannot even think of or know about yet. It has already been an epic comeback in just one week with launching a podcast, signing with a music label, and being cover featured in two magazines! I am so grateful! I am looking forward to the many different and enjoyable opportunities to reach millions and all the fun that will be had in the process. I am looking forward to the new people I will meet and all the collaborations around the world. I am also excited to bring spirituality more mainstream most enjoyably and attractively for the highest and best good of all. >>



WORK-LIFE BALANCE

I came from a background of excessive work culture as a medical doctor who grew up in NYC. I was an overdoer and I remember feeling so “proud” the busier I was. When I went through my spiritual awakening and started to understand manifestation and the quantum field, and that we are creators who can create any reality we desire, I realized I prefer to work less. I had to go through an unlearning process. I had to learn to just be and receive more. So, I started saying the mantra to myself - do less, receive more - and this started to be my reality. The interesting thing is that the year I neared half a million dollars I worked less than the years I worked over 80-hour weeks in the hospital where I made less than 6 figures. Now, I understand work-life balance is about designing your life to what is ideal for you. For me, I like working 4 days a week max around 2-8 hours a day max in the most relaxed way from home with a sea view. So that is what I do. I just honor my desire and create my schedule from that place and I guide all my clients to do

the same. Sometimes we just need a permission slip from someone else letting us know it is ok if we do what we want to do.

FASHION

Fashion is the beauty of authentic expression to me. No matter how “spiritual” I’ve become I’ve always loved fashion and clothes as art, as an extension and expression of ourselves. When I was in middle school one of my teachers was convinced, I was going to be a fashion designer after sharing a project. I love that fashion can transform us, and through the art of fashion, it can support us in embodying different aspects of ourselves depending on our mood, the day, or the environment. Ultimately it is an extension of our frequency and it’s a tool that we can choose to influence our being.

NIKKI’S MESSAGE!

It’s cliché but make sure you’re doing what you love, make sure you have the most epic love in your life, and never settle. We have such an opportunity to create the

most epic lives and no one is immune to this - it is our birthright. No matter our backgrounds or past, every day is the start of the rest of our lives. So, make yours ultimate. When you feel into your desires for life, love, career, experiences, and possessions - dream massively. If you can dream it and you desire it, it is yours! What you seek is seeking you! You do not have to figure out how and know all the answers, just learn to receive and be open to the mystery and magic of life. Let life surprise you. ■

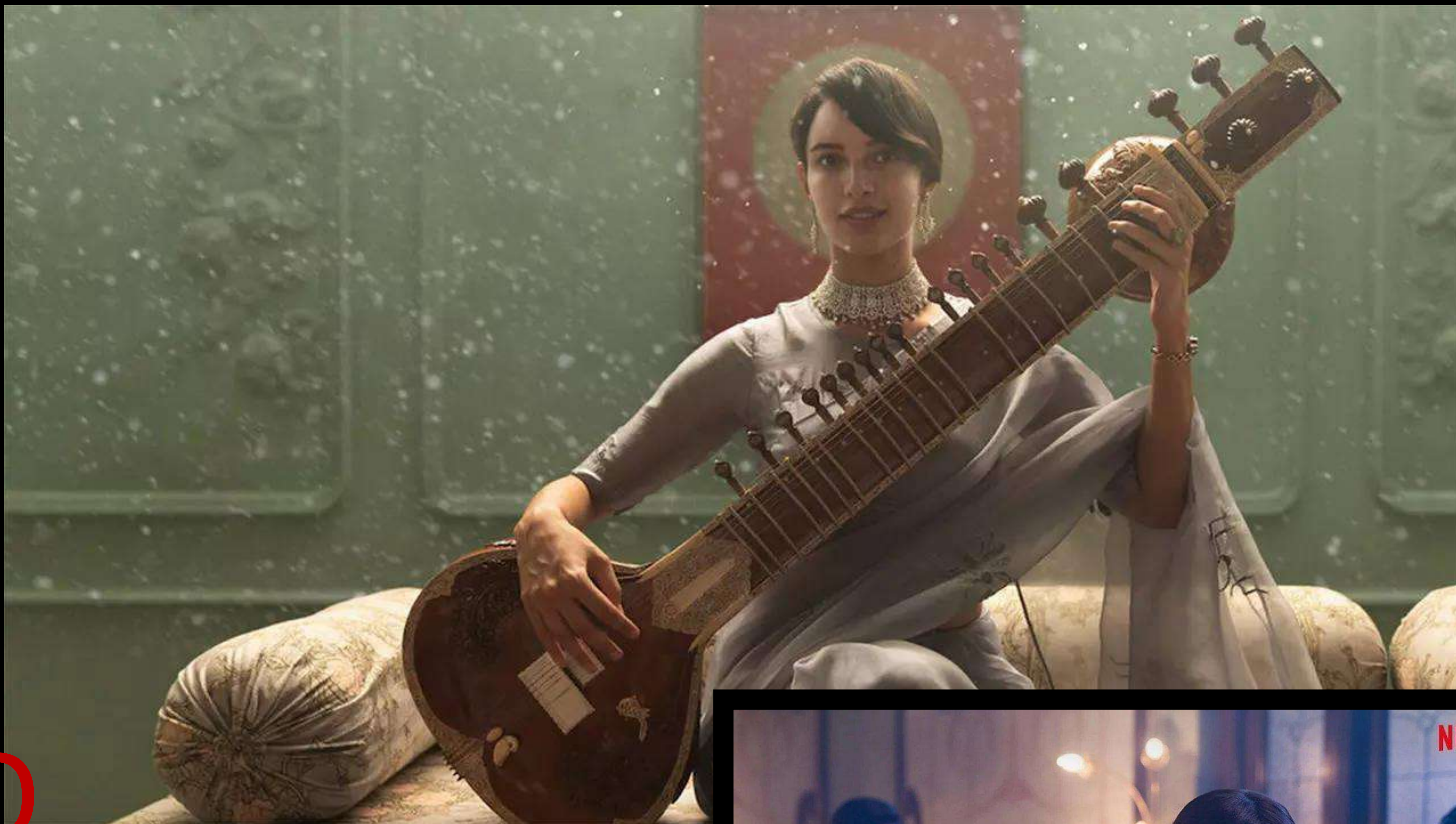
Do things you have never done before. Be more spontaneous. Trust in your intuition. Heal. Because all of this will help the universe bring you exactly what you are asking for. You are divinity in matter, creation in form, so go on and create the most epic masterpiece of life. Take all the risks. Everything will be provided for. Love and live hard. It is so worth it.



PERIOD – THE NEW CONTEMPORARY

Expert costume designer **Veera Kapur** has worked on the wardrobes for films like Piku, Pink, Hindi Medium, October, Bulbbul, Gulabo Sitabo, Sardar Udham, Jhund, Darlings, and Maharani. The most delinquent film that has been the hot potato is the Anvita Dutt directorial 'Qala'.






‘Qala was a beautiful journey for me’, **Veera Kapur** says. Acing in bringing back a 70-80 years era with the looks she designed and create in Anvita Dutt’s ‘Qala’. Veera adds, “Anvita Dutt has an amazing vision and so much clarity in how she sees her characters. Her vast knowledge of fabrics, color palettes, and detailing has helped me tremendously. I have learned and grown with her. It was a dream project to create those beautiful clothes.” She also shares about her journey and says, “I have had a wonderful journey and have seen a big transition in the last 20 years for a costume department. A lot more importance is given to costume designers who help create characters.”

On being asked about her inclination towards period costumes, she explains, “I realized I was passionate about costume design when I assisted a wonderful designer of our time Dolly Ahluwalia on a film called Partition. I enjoyed the process and learned a lot. This made me realize I want to continue doing costumes.” And since it is so difficult to recreate the innocence of characters depicted 70-odd years, she informs, “It is very difficult to maintain the innocence of characters being depicted 79 to 80 years ago. There have been Soo many changes that it is extremely challenging to find the correct fabrics, textures, and colors. But that is the fun part. The challenge. The adventure. That is where my inspiration comes from.”

“In this job, there are many hurdles. Being a woman, it is very challenging to manage a house and bring up children and still do justice to the job,” Veera shares about the bottlenecks she faced. She further adds, “As a costume designer, there are late nights, lots of travel, and nonstop work without a day off. These are challenges one must overcome and learn to manage people skillfully.” ■



***Do not be in a rush to
achieve success. Be open to
learning and be tolerant.
We work in a tough
industry and being positive
is important.***



THE 'HE' ABODE

The mere assortment of men's fashion trends aggregated down echoes that presumption. Is everything here moving to pet your taste? Assumably not—but that's alright. The smooth toques supporting our skulls cozy now to the weirdo slip-ons we'll be lodging our piggies in all spring. The rare masculinity is another highlight of the season!

CONCEPT & PHOTOGRAPHY HARSHIT GUPTA MUSE SHAIBAZ KOKNI LOCATION MUMBAI



CONCEPT & PHOTOGRAPHY HARSHIT GUPTA MUSE SHAIBAZ KOKNI LOCATION MUMBAI



MEET THE DISRUPTOR

Kanchan Chander – an artist, painter, printmaker, and true disruptor. With her artworks subconsciously depicting the true connotation of ‘feminism’, she’s endeavoring to hurl an unexplored sense of self-understanding, introspection, and soul-searching.



“Somebody who is into arts, fashion, or theatre, do not give up. For the audience, just become more open to looking at art, fashion, and movies. So, it should become a fusion between the creator and the audience” – Kanchan Chander

It has been a 4 and a half decades-long journey for Kanchan Chander in the field of art. She says, “It is been a roller coaster ride of some ups and downs. I have had good responses and have been exhibiting works in India and all over the world. I have also attended art camps. I started with full figures of women and then I went on to torsos.” In her exclusive interview with Popp Dapp, she says that she always wanted to do art. Kanchan adds, “In my school, I was looking forward to doing English literature but my teacher failed me - so I took my second option! My father was a diplomat and posted to East Berlin when I left school. I asked him to find out courses there and he put me on an art course in East Berlin. And that is when my journey started.”

Artists have a completely different way of looking at the world. Some look at it as their inspiration, while others as a façade. Kanchan gets her inspiration from daily life, incidents, and day-to-day happenings. She says, “A lot is based on my own story, in a way indirectly autobiographical. Earlier when I used to see atrocities on women around me, whether it was the maid or relative, I would react through my art and not react through writing or through coming on the streets. That was my way of paying homage to womanhood.”

Whether is an organized sector like IT or an unorganized one like the arts, competition is inevitable.

When we asked Kanchan about how she maintains novelty and exclusivity in her designs, she explains, “It is not design; it is my artwork. As I grew, a lot of things happened in my personal life and things around me. I got inspired by that. And I have gone along with the time. I started with painting & printmaking and then moved into mixed media, video art, and digital printing. One should move with time so the ideas just come automatically.”

“There were times when there were mental blocks,” Kanchan speaks about the roadblocks she faced. And adds, “I could not create any more. So that is the time I never gave apart. I would doodle. When my mother was very ill, I could not create at that time. So, I just went on doodling. I started doing small artworks which turned into pendants and necklaces. I did video art. So basically, whatever comes in my life, whether it is good or bad - do not give up.”

“I initially read books on Rabindranath Tagore by Rabindranath Tagore”, she shares and adds, “And in fact, very often I titled my works from his quotes. There is a beautiful work that I did in 1979 called - The Incarnation of Tolerance.” Kanchan concludes the interview with highly inspiring words, she says, “I just want to go on working. I want to do bigger projects, mega artworks, and newer works. I am never going to stop working. I think the day I stop my work; my life would stop.” ■





THE STAR-MAKER

MR. ANEES BAZMEE | DIRECTOR | SCREENWRITER | PRODUCER | THE STARMAKER

ANEES BAZMEE: I was very young when I entered this line.

I used to work with my sound recordist, Mr. Pradeep Suri as an assistant sound recordist. Then I worked as an assistant in the Art Department. Then I worked as an Assistant Editor. But somehow, I was not satisfied with what I was doing. Since I did not have anyone in this line to guide me, I was not aware of what I wanted to become in life. But I eventually got sure of what I do not want to do in life. And then I got a chance to work with Mr. Raj Kapoor in 'Prem Rog.' There I made up my mind that I want to become a director, I love doing it and it eventually became my dream. Then I worked with almost 13-14 directors as an assistant director. After which I worked as a writer and wrote 6-7 films as a ghostwriter. Then I wrote my first film in 1990 –

Swarg. After which I worked as a writer in 50-60 films – like *Bol Raadha Bol*, *Shola Shabnam*, *Raja Babu*, *Deewana Mastana*, *Laadla*, *Gopi Kishan*, *Mujhse Shaadi Karoge*, etc. After which I started directing and *Hulchul*, with Ajay Devgan, Kajol, Vinod Khanna & Amrish Puri. My second movie was *Deewanagi*, a suspense thriller – with Ajay Devgan, Urmila Matondakar, and Akshay Khanna. Then I made *Pyaar Toh Hona Hi Tha*, *No Entry*, *Welcome*, *Singh is King*, etc. with my last release – *Bhool Bhulaiya 2*.

POPP DAPP: As an artist, where do you get your inspiration from?

ANEES BAZMEE: I get inspiration from everywhere. Since we are writers and story creators, so in general we have an

enhanced sense of observation from the normal audience. We are very sensitive about our surroundings, keep noting small things, try to meet new people, and have new experiences for inspiration. I am in touch with a lot of people ranging from elderly aged people to the young lot. I understand what a household issue is as well as I am aware of what a young clubbing atmosphere looks like. At times I get inspired by watching a good film, reading a great book, going through a newspaper cutting, or meeting someone interesting. There are thousands of stories, characters, and instances around you that if you can observe perfectly – you will never fall out of ideas.

PD: What do you think makes a great film?

AB: As per me, it is very difficult to make a great film. You can always plan to make a good film, but you can never know which would become a great film. It is dependent on so many factors like story, screenplay, dialogues, direction, acting, background music, and some evergreen characters. A great film is made when it is liked by a mass audience.

PD: How do you work with actors to get the performances you want?

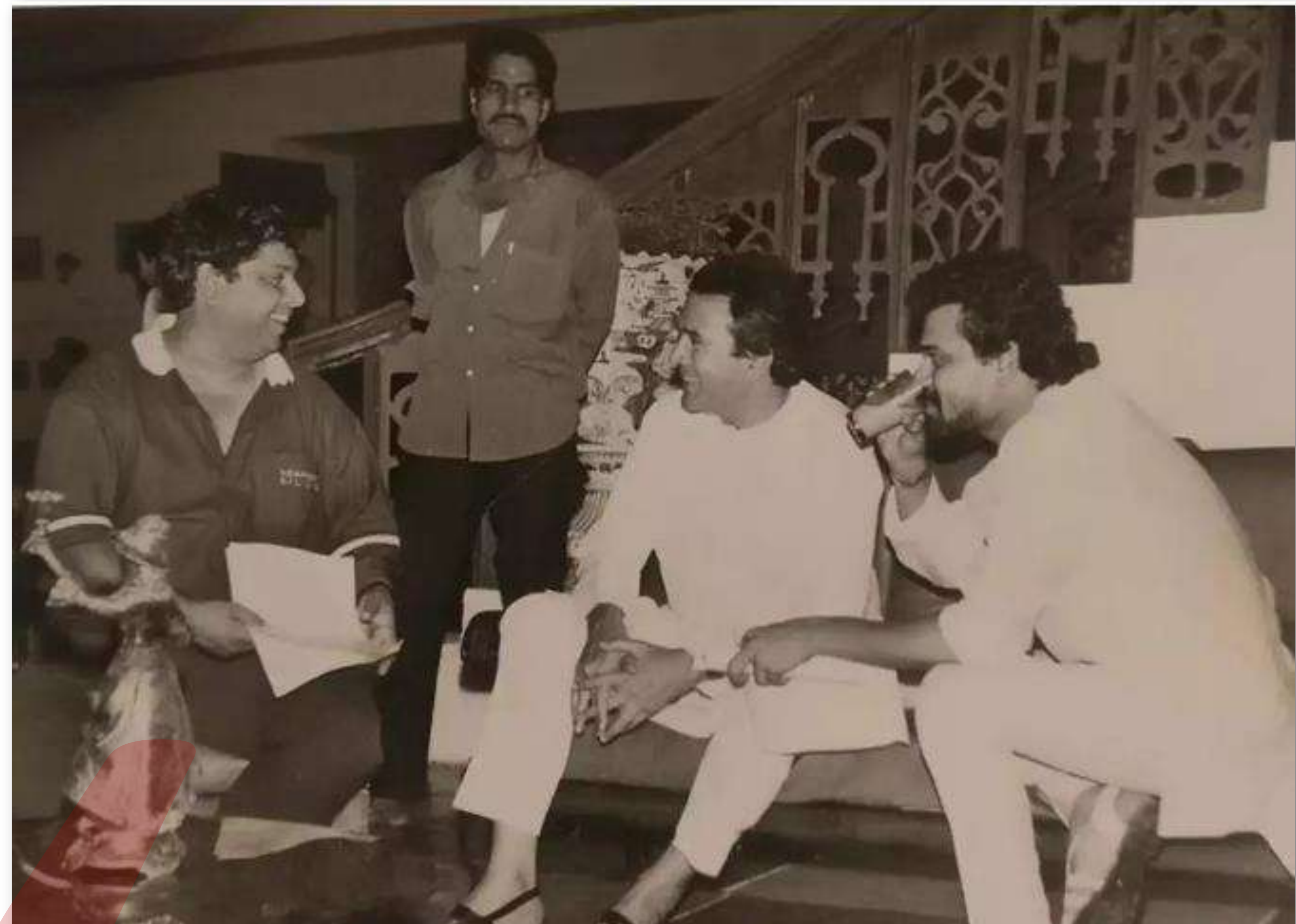
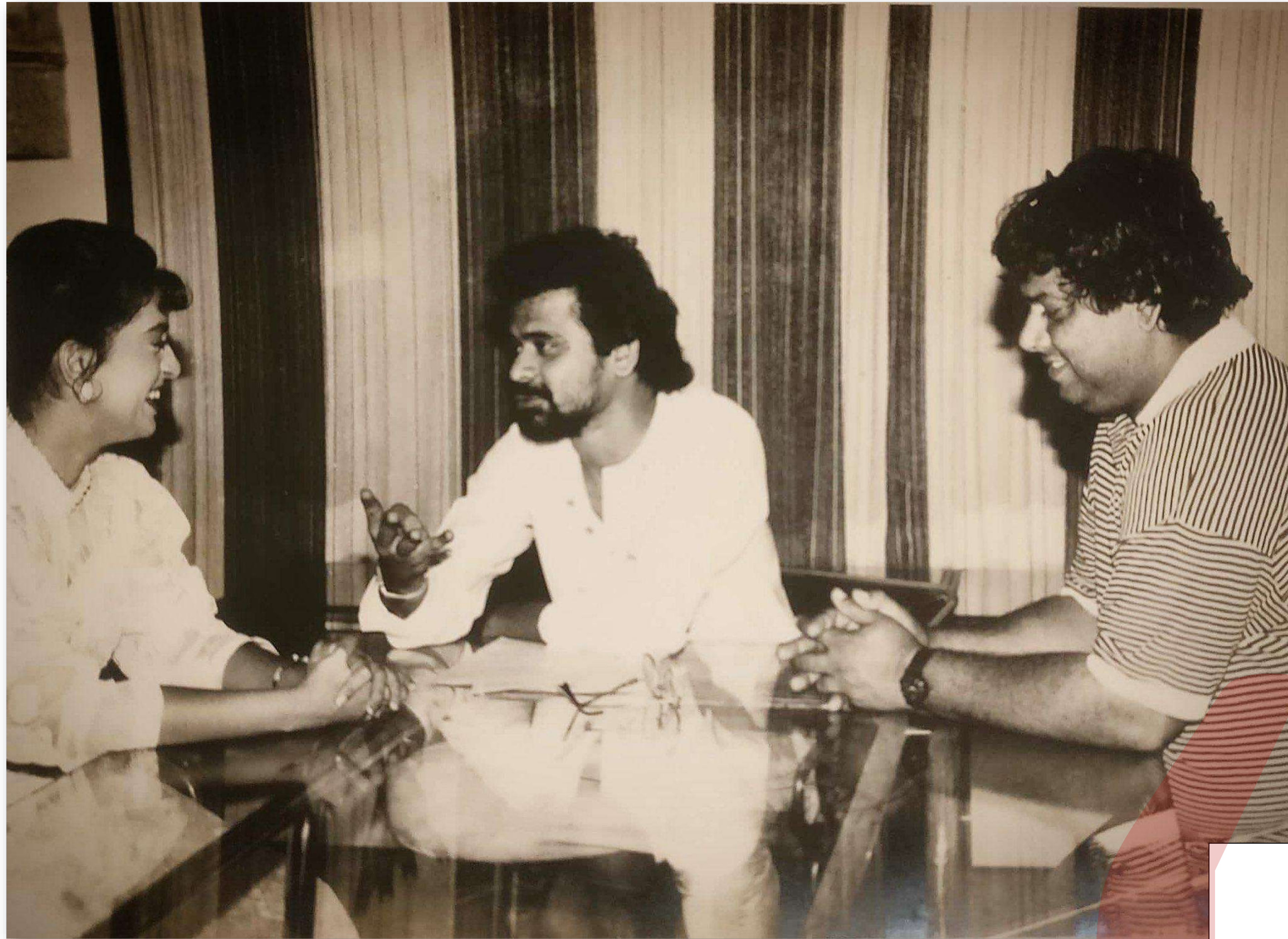
AS: There are different ways for different actors. I never over-direct by giving so many instructions to the actor. I think good actors get the idea and a glimpse is enough to make them understand the required outcome. As a director, you need to be sure about the competence

of the actor in your parameters. Since I am not only a director, I am a writer as well – so when I write I know the pauses and nuances of the scene. So, it becomes easier for me to narrate the scene to the actor. I try to get the actors free and let them improvise as per their understanding. I think the most important trait of a good writer or a director is that the actors in their films look amazing as they have a set of traits and characteristics.

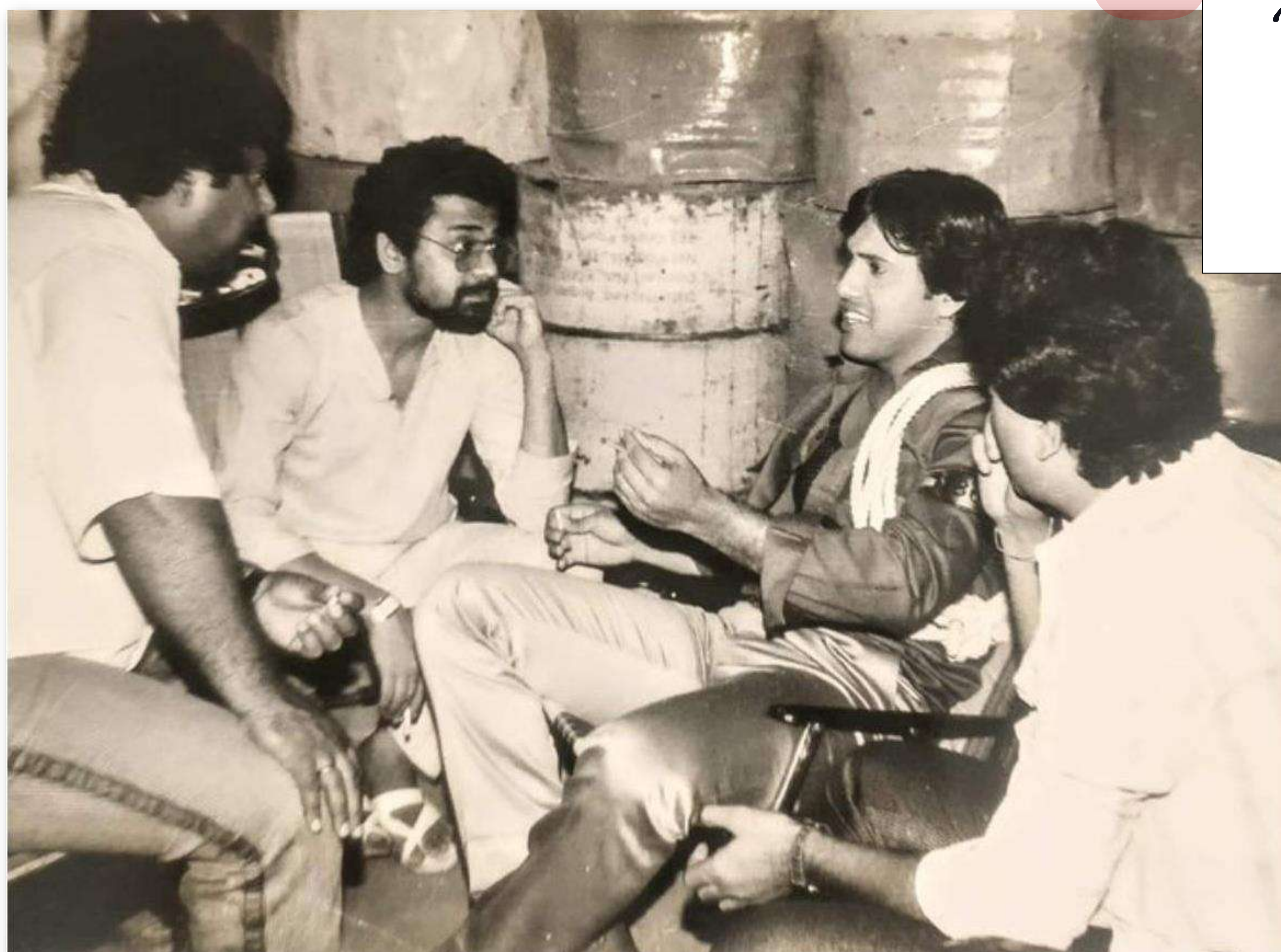
PD: How do post-production and distribution affect your films?

AB: They are a very crucial part of creating a film. Post-production is extremely important because the sound, special effects, background music, and mixing takes a film to the next level. Distribution is also the key as it is very important to understand the demographics, audience preferences, awareness, and curiosity as it directly affects the box-office collections of the film. Film promotion and distribution are as important as creating the film.

I am always scared of losing the innocence that I had in the films of my early years.



I got a chance to work with Mr. Raj Kapoor in 'Prem Rog.' There I made up my mind that I want to become a director, I love doing it and it eventually became my dream.





Be it photography, sound, editing, screenplay, story, dialogues, performance, art, color, costume, etc. – director should be the jack of all trades!



PD: What would you do differently if you could go back and shoot some of the epics of Bollywood you made?

AB: A man understands, learns, and evolves every single day. Whenever I watch any old film of mine, I can figure out the things I could have done better. I think I am more aware as a movie creator now. Since I have the kind of exposure, I have had in directing and writing so many films, I think I can make my past films even better now. I am always scared of losing the innocence that I had in the films of my early years. So, I have always made a film from my heart, not my brain. I believe what is made from the brain reaches the heads of people and what is made from the heart – touches the heart of the audience. I always want to keep my films very innocent.

PD: What are your favorite films of the past year and why?

AB: I liked *Pushpa*, *RRR*, *KGF*, *Gangubai*, *Kanthara*, and my film *Bhool Bhulaiyaa 2*. I like larger-than-life, grand, *masala*, and entertaining films.

PD: What do you think are the most important skills for a film director to have?

AS: There are so many skills that are required to become a good director. Firstly, he/ she should be a good storyteller. Secondly, he/ she should have a sense of all the departments of filmmaking. Be it photography, sound, editing, screenplay, story, dialogues, performance, art, color, costume, etc. – he/she should be the jack of all trades. A story should be in the conscience. More than knowing what is to be made, you should be aware of what you are not

making. This only comes with experience and observation. People management skills are also a very critical point. Handling the pressure of managing 300-400 people at the set and making them deliver results. When he/ she stands on the set, there should be subconscious knowledge in the crew that this person (director) is a bit more aware of the film than him/ her.

PD: Once a film is completed, what happens to the director's involvement?

AB: Director's involvement is constant from day 1 to the release day of the film. Though everyone involved in the film like producers, writers, and actors has a sense of adoration for the film, a director has a passionate love for the movie he/ she is creating.

what is made from the brain reaches the heads of people and what is made from the heart – touches the heart of the audience

PD: Do you have any advice for aspiring filmmakers who are just starting?

AB: No one knows everything and everyone knows something. You need to

understand what you know best. If you are making your film with a passion, you will get success. Do your work with utmost hard work, dedication, and passion – do not think about the future. A hit or flop depends on the destiny of the film. You need to put in your 100% effort, hard work, and passion so that tomorrow if the film does not work well – you should not have a sense of guilt within you. If you are creating your first or second film, work well on screenplay and writing of the film. Execution is the toughest part, so if you have conceived the idea at 500% - execution would be 200%.

PD: What do you think the future of filmmaking holds?

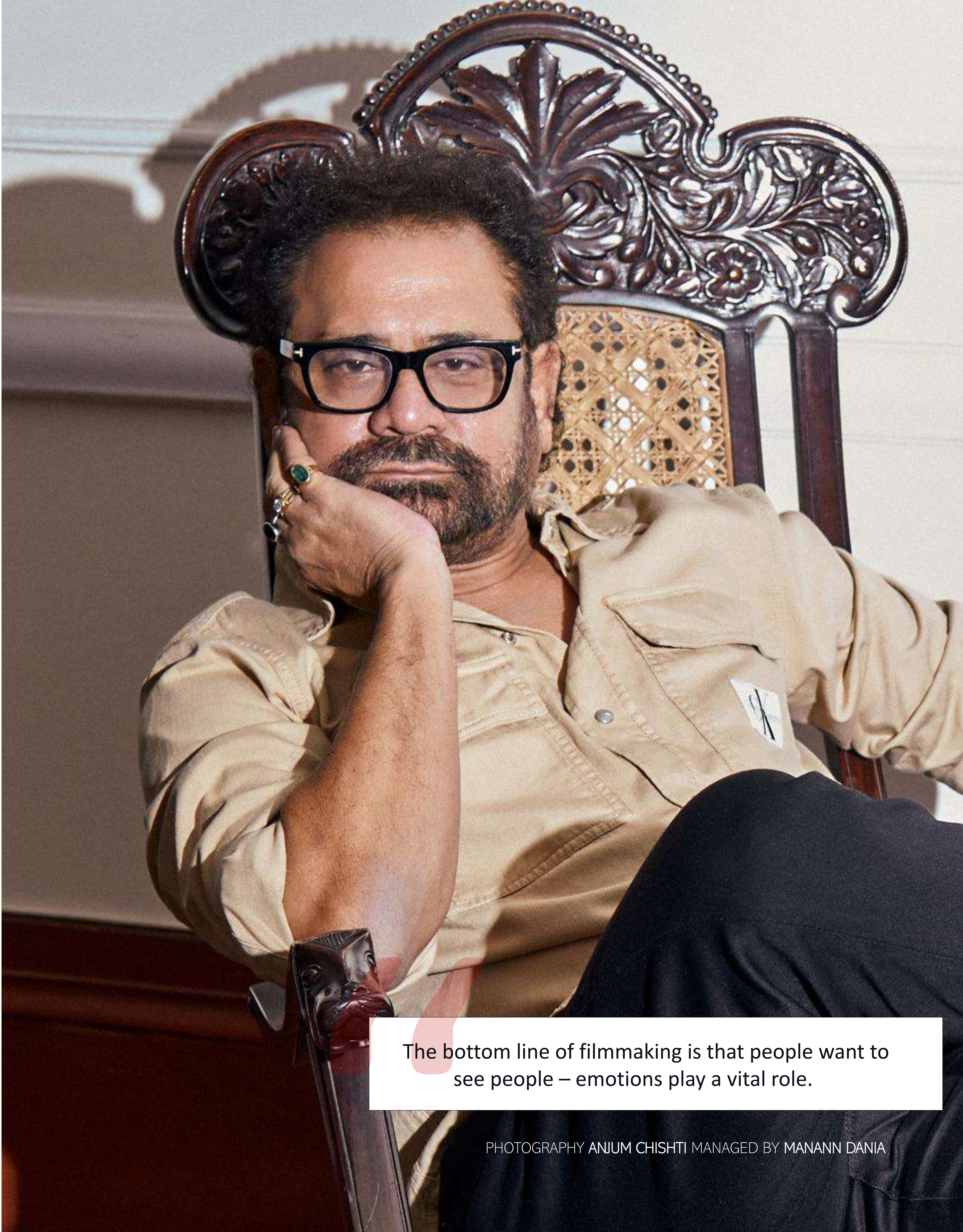
AB: I am a very optimistic person. I think that situation would get better day by day. Filmmaking has become easier than how it was earlier. Today you are imaging, you can achieve that because of the VFX, high-end equipment, etc. When I look back in time to Mr. Raj Kapoor's films and masterpieces like *Mughal-e-Azam* – classic films were made with such limited technology. The future is film making is very bright. But the bottom line of filmmaking is that people want to see people – emotions play a vital role.

PD: Do you have any upcoming projects that we can be on the lookout for?

Ab: I am working on 3-4 projects and would be starting a film in a few months with Shahid Kapoor. I am also in the process of writing *Bhool Bhulaiyaa 3*. My favorite film *No Entry* can start any time. A lot of good projects are there. Let us hope for the best! ■



You need to put in your 100% effort, hard work, and passion so that tomorrow if the film does not work well – you should not have a sense of guilt within you!



The bottom line of filmmaking is that people want to see people – emotions play a vital role.

PHOTOGRAPHY ANJUM CHISHTI MANAGED BY MANANN DANIA



One of the biggest hacks to staying in fashion and looking good is to stay confident.

CALM IN THE CLUTTER

Vaishnavi Bala - Founder | Creative director at BALAV |
On a mission to help people develop confidence through fashion

KARAN JOHAR & YASHRAJ MOVIES

My journey started when I was in the 6th grade. I was very fascinated by Karan Johar and Yashraj's movies. My focus was on the outfits and that was the starting point for me as the designer. I did an undergraduate in fashion design from NIFT Bangalore and went ahead to do my master's in fashion design from Milan. Which is when my whole ideology of fashion got changed and I picked up the idea of

streetwear. In Milan, the people are very fashion forward and the whole idea of fashion was to express yourself through the way you dress up. I came back from Milan in 2019 and that's when Covid started. Post Covid I launched my brand in March 2021 and it was funny that I tested positive on the day of my launch and my friend went ahead and did it for me. And I properly started 'BALAV' in August 202. It has been a great journey ever since!





RING FOR A ZIPPER

My Nani (maternal grandmother) use to make my clothes when I was very young. My Nani made me a velvet dress with a metal ring used in place of a zipper. That is when I realized that you do not have to hold to a stereotypical zipper or Velcro, you can use anything if you are innovative about it.

‘LOST MY SHIT PANTS’

The brand name ‘BALAV’ comes from my name Vaishnavi Bala, it is a play around it. It reflects me as a person. I am unorganized, mismanaged, and lazy as a person. One of my best seller clothing items is ‘lost my shit pants’ and these pants have 12 pockets. It represents the idea of a lazy person wearing a pant with 12 pockets to dump your stuff in because you do not want to carry a bag and walk along. Each clothing item I create is considered a story or concept that I relate to as a person.

*UNORGANISED,
MISMANAGED, &
LAZY*



“ON A MISSION TO HELP DEVELOP CONFIDENCE THROUGH FASHION”

Though I am always well-dressed, that is something that I am very eager about. But there are days when I am not confident about what I am wearing and that immediately takes a toll on my confidence. I develop 100% of my confidence through my outfit because that this who I am as a person. And as per my bio, I am ‘On a mission to help people develop confidence through fashion’, because when people see my clothes, the response is insane. I am sure about the fact that when people wear BALAV clothes, people around them would ask them where did they get them from. I have designed my pieces in a way that they are exclusive, unique, and have a factor that makes them stand out. I want to help people understand their sense of style and develop confidence on their own.

“MY MIND IS TOO LOUD”

From the daily life around me and my

mood at that point and time. My first collection was after a major creative block. I came back from Milan and there was covid happening. I was very confused. So, my first collection was called “My mind is too loud,” because that was exactly the situation I was in personally, mentally, and emotionally. My inspiration for anything and everything comes from the daily life around me. I have done a collection on local trains, Mumbai auto rikshaws, and streets.

PERFECTION OCD

As a designer, I am very OCD about perfection. At times being a perfectionist is not good as you tend to pull yourself down as you do not always like everything you make.

‘QUEEN OF SOUTH’

I hate reading but I do watch a lot of movies. One of the movies/ shows that have had a huge influence on my life is ‘Queen of the South.’ The fact that one person can do so much without letting anything affect him is something that inspires me a lot.

EXPERIMENTAL & OUT THERE!

Demna Gvasalia is the only designer who is so experimental and out there with his designs. Daniel Roseberry from Schiaparelli, because is also trying to do something different, innovate and experiment with the mediums that are not a part of fashion.

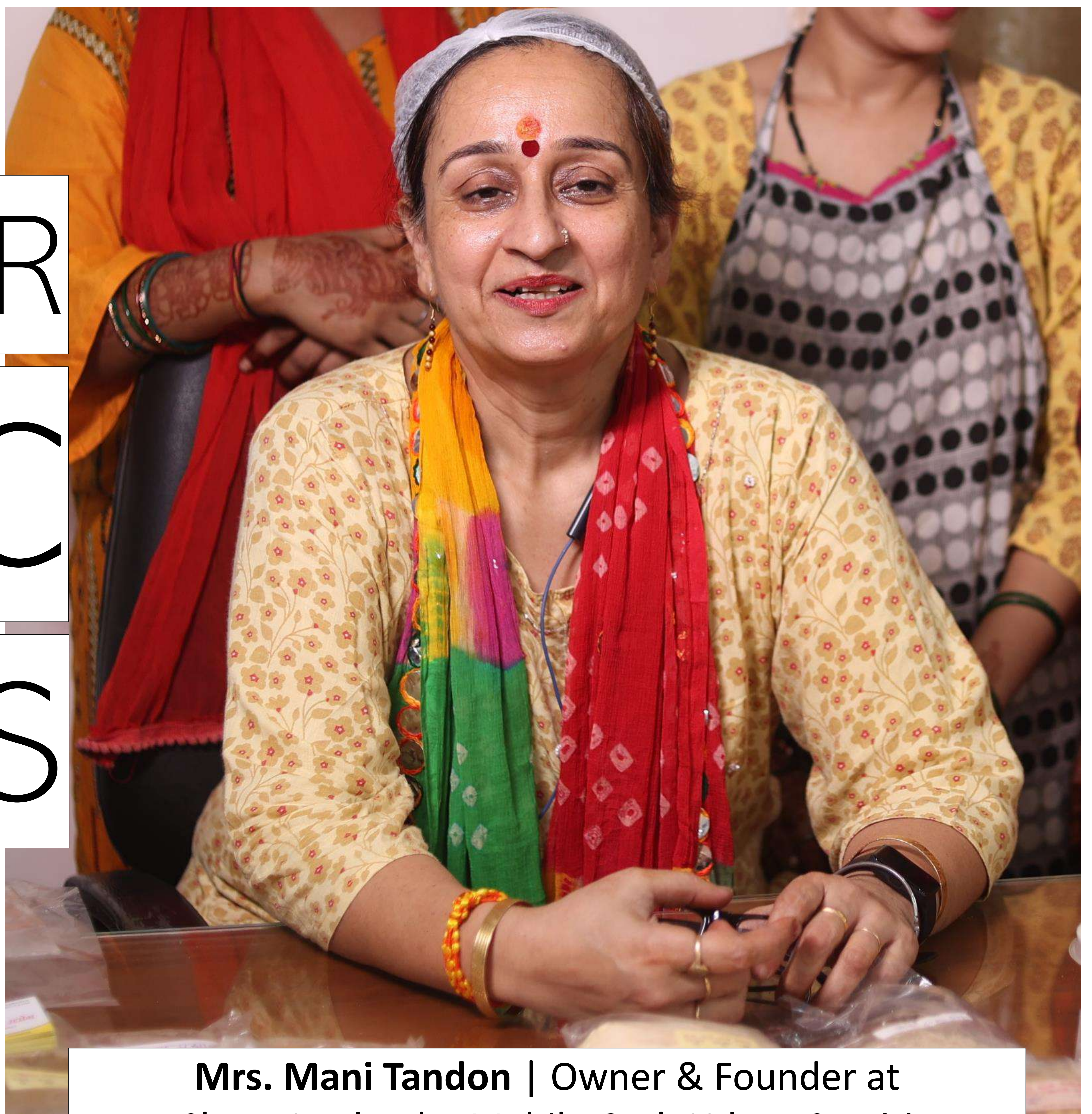
YOU JUST DO YOU

People are putting out their content every day and there is so much plagiarism happening, it does put you down in a way. I have seen a few times when a brand had rip off my designs. It is very demotivating. I put in a lot of effort and ideation in creating a particular collection. Over time, I have realized that I should not give a f*** about it, you just do you.

MY PLAN

Is to do a few runway shows and I do not plan on having a store anytime soon because, in today’s time, online shopping is more prominent. I am thinking of an experiential studio in the future. ■

SUMMER MAGIC FOODS



Mrs. Mani Tandon | Owner & Founder at
Shree Jagdamba Mahila Grah Udyog Samiti



Summer Magic Foods

Roasted Gram Slurry, Barley Slurry, Lemonade Mix, Gooseberry Candy, Multi-gram Mix Shake (with ice cream & dry fruits, protein powder, *and Thandaai* mixture).

SLURRY INSIGHT (SATTU) Rich in protein, sattu is an Indian superfood filled with tremendous fitness miracles! It has been an element of Indian cuisine for years - utilized in several formulae but has lately achieved favor as a stimulating and flawless summer drink. Sattu is now known to be a powerhouse ingredient for all the benefits it has to offer.

What is Sattu? A type of flour native to India, Pakistan, and Nepal, sattu is the end product of roasted chana daal or the Bengal gram. High in protein, fiber, and other nutritious elements, this superfood is made in different parts of India and is a staple in Bihar, Rajasthan, Uttar Pradesh, and Madhya Pradesh. From sweet dishes to savory food and drinks, sattu can be converted into many delicious and fulfilling meals!

How is Sattu Made? Sattu is typically made by roasting and grinding Bengal gram or chana daal into flour. To make the sattu more flavourful, other pulses and cereals are also often added, such as chickpeas.

Health Benefits of Pickle

Pickles are loaded with Vitamin C. There are no preservatives in these pickles and are preserved in rustic glass containers. Achars have been the most integrated part of our day-to-day life, and are consumed in various ways but we all question the marmalade the most about it being healthy or whether should we consume it. The answer is simple, YES, the mix is extremely healthy as it has various rich health benefits to offer.

There are nearly 40 to 50 different types of acharas we Indians know and have been preparing since ancient times. Be it any part of the world an Indian can never be away or deny their love towards pickles. We often misunderstand pickles to be non-healthy due to the excessive use of oils and spices. but little do we know Indian Pickles are extremely healthy and offer various health benefits.

The mix is not just loved and adored by children but even elders can never say no to a zestful spoon of some authentic Indian Pickles. We should think about how can this zestful mix of flavors ever be harmful.

Here is a list of some interesting and fun healthy benefits marmalade has to offer us:

Controls Blood Sugar Level

Maintains good immunity

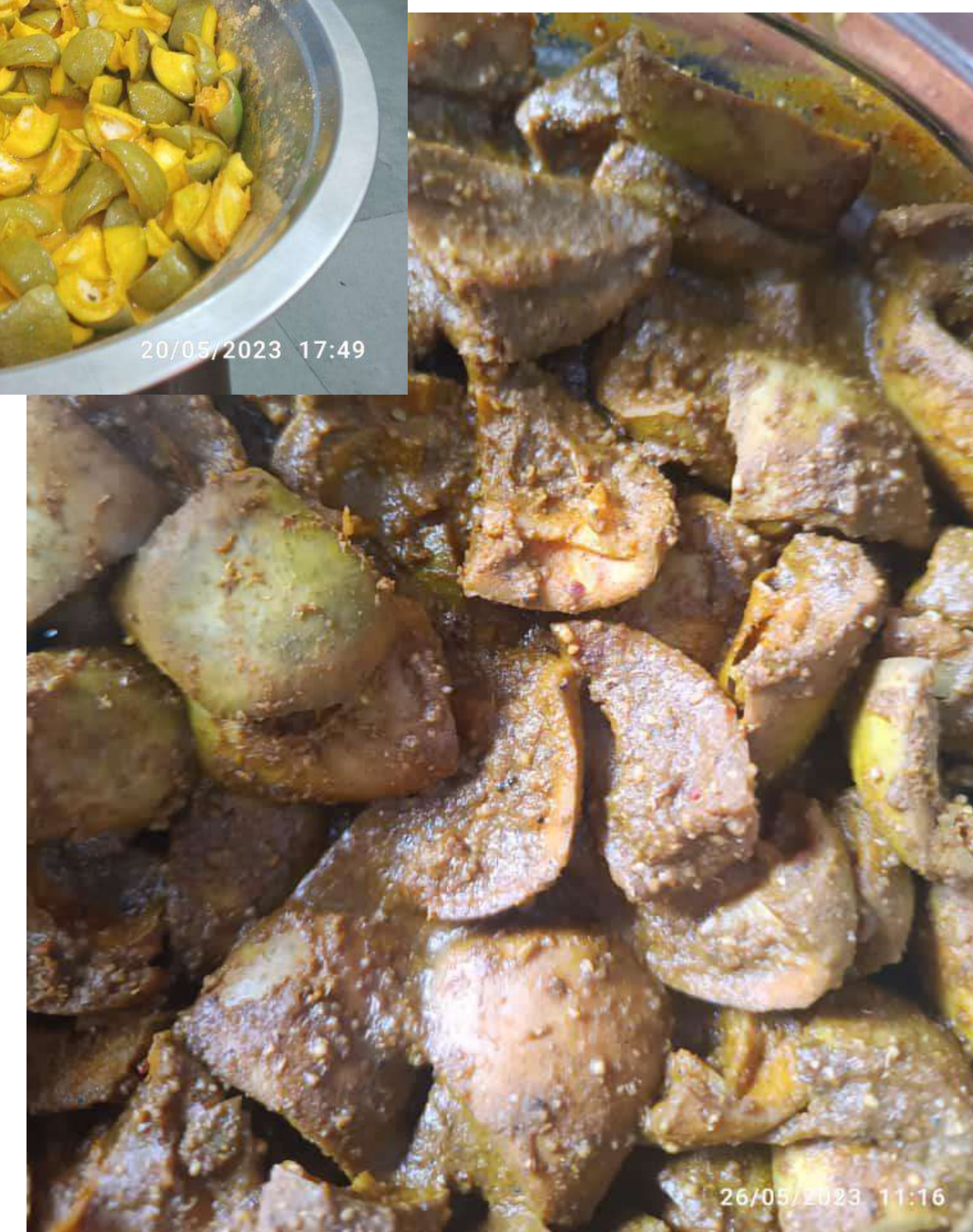
Antioxidant property

Rich source of concentrated vitamins

Helps in digestion and weight loss

Future Vision I have a vision of increasing the involvement from 7 to 70 workers with me. I want to help women in need become independent and earn for themselves as well as their families. I just need equal efforts from the women to be helped.

This year We showcased our products in the flower exhibition in Governor House when Honorable Governor himself came to the stall and encouraged our workers and the products. We have successfully launched the diabetic flour under our umbrella which is recommended by Dr. Rajeev Awasthi and by the dietitian, Dr. Akanksha. ■



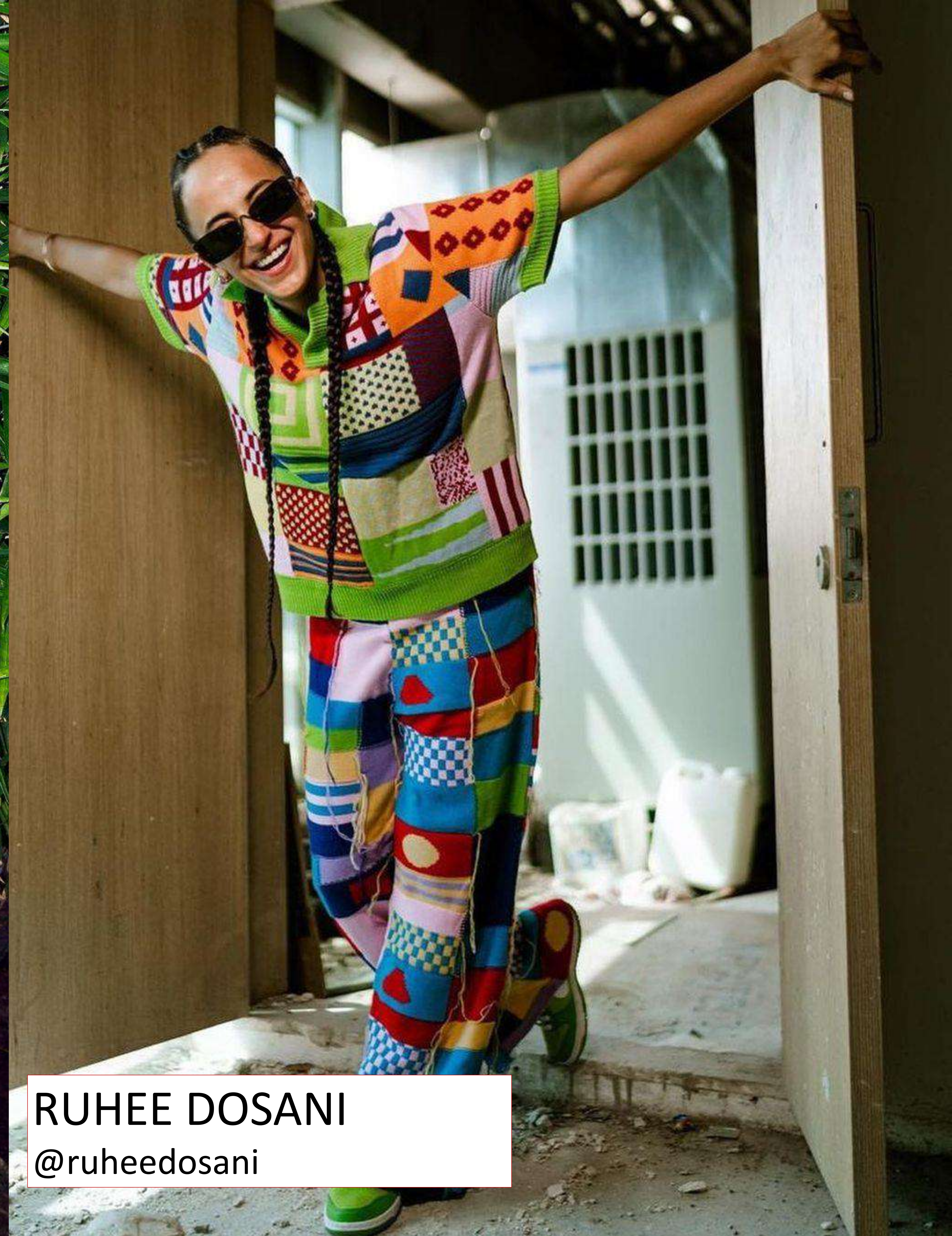


A KNIT LEGIT

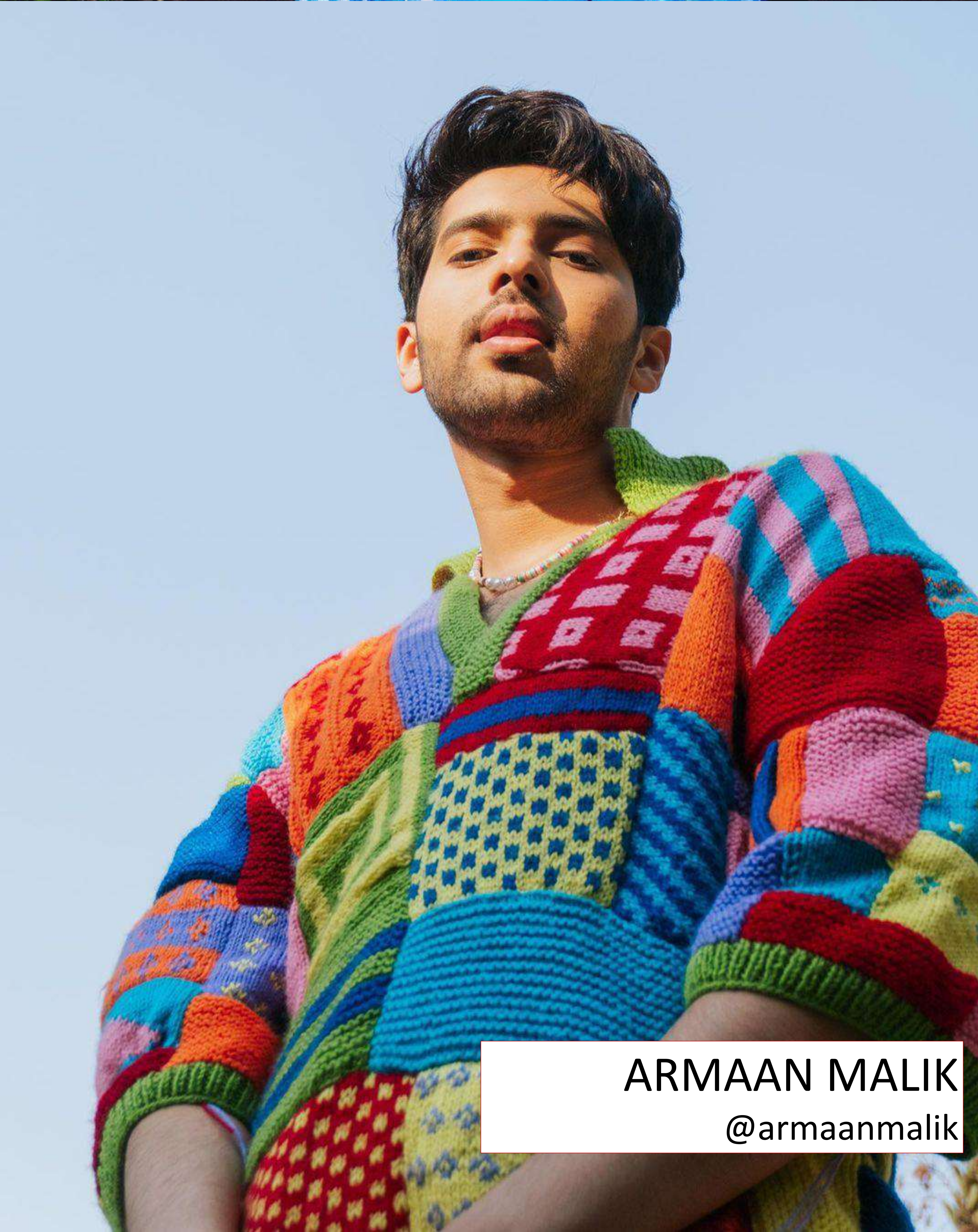
Meghana Kiran | Founder & Owner at 'Bitchandtwosticks' speaks about a brand that is creating vibrantly knitted clothing. Here's a bit for the fashioned category – the menswear!



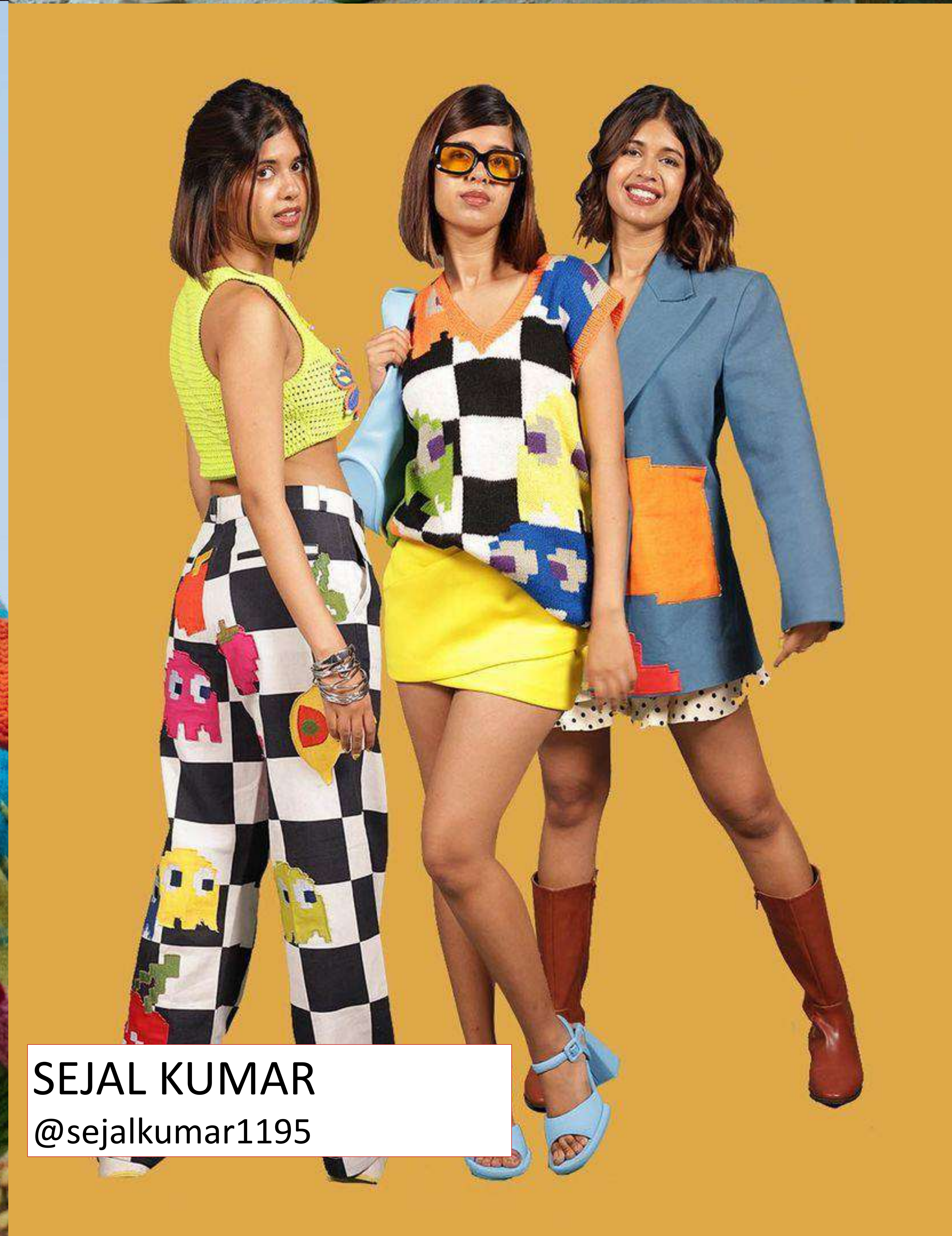
SIDDHARTHA BATRA
@siddharth93batra



RUHEE DOSANI
@ruheedosani



ARMAAN MALIK
@armaanmalik



SEJAL KUMAR
@sejalkumar1195



Meghana was born in India and raised in India. She moved to Italy in 2021 to finish her BA in menswear design and during the first few months in Florence, Italy, she taught herself how to knit and her knitwear journey began. She was also learning to weave at the time at fondazione arte della seta lisio, Florence. her techniques in weaving range from 4 shaft to 8 shaft looms. she was quickly redirected to knitting and found that to be her niche, she practiced her knitting at lottozero, prato. Shortly after her course she worked with Fendi on a project, following a freelance project with Miu Miu. previously, she worked with harago and swgt in India. now she hopes to

continue practicing her craft with an open mind.

MEGHANA SAYS

This morning while doing my makeup I had a weird feeling that I was 15 and graduating the state board exams. I studied BA in menswear in Florence and then I worked for Fendi as a multidisciplinary artist. I also worked for Miu Miu and a couple of knitwear brands as a saleswoman and marketing intern. I have had a holistic experience, but right now I work at a vintage company called Vanity. Then 'bitchandtwosticks' happened very organically in 2022.

LOVE FOR TEXTILES

I had no idea about textile or fashion as I wanted to go to NID and study product designing. I did

Bachelors in Men's wear and then in my second year I had a very amazing teacher - Monisha. She laid the foundation and opened doors to this whole new world of textiles. I saw a pair of knitting needles at a shop and have picked them up and taught myself how to knit. And there is no turning back since then.

FOOD FOR CREATIVITY

For me it is very mundane and moody. For me being creative is very painful! Sometimes I cry and drink a lot. For me inspiration is the feel and I do not look outside for one.

WORK-LIFE BALANCE

Do not force yourself to have a very challenging schedule. The trick is to just enjoy it and think. ■

POPP DAPP

MARA HOFFMAN



SPRING SUMMER 2023

IN THE SPOTLIGHT

MARA HOFFMAN

“giving vibrancy, attention to detail, and femininity and evolving where there’s room to evolve,”

Melon-sleeve dress with meandering, calligraphic passementerie that traced the female body.

IN THE SPOTLIGHT

SPRING SUMMER 2023



AMAN MATHUR

COUTURE | FASHION EDUCATION | MEDIA

www.amanmathur.co.in



RNI No. UPENG201978567

POPP DAPP

VOL IV ISSUE III (APR-MAY 2023) English Quarterly