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Issue #1- Wake me up when November ends 2018

# DUDE.

- FASHION
- LIFESTYLE
- ENTERTAINMENT
- GOSSIP

*Wrapped In A Riddle, Coated  
In Yum!*

*'Queer Eye of the Straight  
Guy'.*

*With mixed feelings of relief  
and mild embarrassment.*

*'manly vs un-manly'*

*Basically Bhaane*

*A Sneaker Tell-All*

*Leaving on a Jet Plane!*

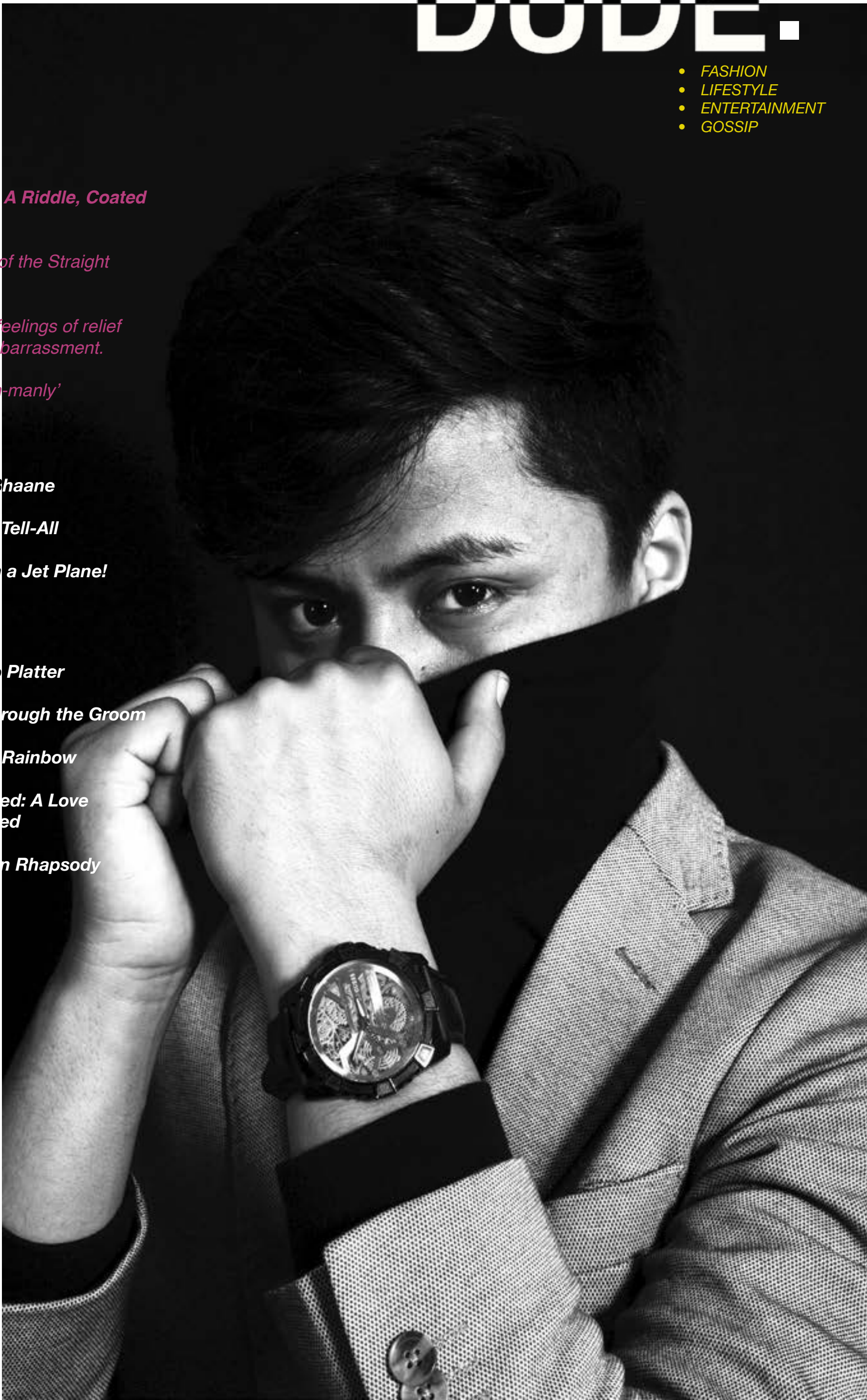
*Flatter to Platter*

*Vroom through the Groom*

*Over the Rainbow*

*Boy Erased: A Love  
Interrupted*

*Bohemian Rhapsody*



# Wrapped In Coated In In Yum A Riddle

- by Pawni Khannaa



He wears custom tailored pants, *Adidas Yeezys* by Kanye West, uses pricey grooming products, loves hanging out at wine bars and shopping with friends, what makes them question his sexual orientation? Not more than three decades ago, author and journalist Mark Simpson came up with the term "*metrosexual*". The term refers to a man who is meticulous about his prepping and appearance, naturally spending a noteworthy amount of money and time on shopping as a main aspect of this. These men are primarily utilising health and manifestation to look good, but rather to feel good. Metrosexual man, the young man living in the city is currently the most promising consumer market. We see them in commercials advertisements, print advertisements, magazines, on television. He's shopping and he's everywhere.

In 2003, metrosexuality gained most power and popularity through Mark Simpson's show '*Queer Eye of the Straight Guy*'. The show was about a group of queer guys '*The Fab Five*' high on the new "in" culture, how they were from five very different occupations to become a summary of one—The Metrosexual... man. The idea of straight men adopting such an aesthetic was a step towards breaking down old and rigid definitions of gay vs. heterosexuality; moreover, it disintegrated the idea of masculinity.

Style icons such as David Beckham, Ezra Miller, Frank Ocean, Ranveer Singh, Akshay Kumar and many more are exemplary role models for such men with mixed feelings of relief and mild embarrassment. There is an up and coming wave of men who stand against the stereotypes of conventional male responsibilities and do what they want, buy what they like and live as they desire, regardless of being labelled 'unmanly'. Anand Ahuja's apparel empire is the right tool for individuals to share their thoughts and personality.

Who a 'real man' is, has a very different definition to it than it had when we were all just cells. A little primping and pampering were at one point considered female pleasures. However, they are now becoming much more licit for men as well. Getting a pedicure or a face clean up does not make them feel any less masculine. Devoting a day to choose what French would call, an *à la mode* outfit does not make them any less of a 'man'.

Now a metrosexual male is more sensitive and considerably more queen-like than his father. He is more sensitive. Furthermore, he is well educated and articulated. Can mental and emotion stimulation be the new admiration?

It celebrates the positive aspects of men's changing behaviour, and their increased interest in their bodies, their style, and their sense of self. As *Simpson* mentioned in his book '*Metrosexy*', "*metrosexuality is about men finally realising that if women can appropriate hitherto 'male' behaviour and practices for their own enjoyment and advancement*", we feel it's valid to raise the question, then why can't men do the same?



*"Metrosexuality is about men finally realising that if women can appropriate hitherto 'male' behaviour and practices for their own enjoyment and advancement"*



# Not So Basic.. Bhaane.

- Shruti Kotiya



**A**nand Ahuja's apparel empire is the right tool for individuals to share their thoughts and personality. A brand that produces products that have a global consumer appeal yet affordable. From being an online store to a well-curated store, Bhaane. has come a long way. Established in 2012, Bhaane., meaning 'rising sun' in Gurmukhi, highlights universal style and self-expression which is why their apparel doesn't carry logos or tags that say 'Bhaane.' Known for its transparency and authenticity for shooting 'real people', the brand believes in "everyday wear".

The location being Meherchand Market, the store opened in July 2018, and was chosen due to its "hype", "growth" and "street art". As we entered the store, we were welcomed by warm smiles and its minimalistic interior. The walls painted in off-white contrast with their pastels and bold tones of the clothes.

They aspire to enable people in telling their stories through their product design, events that are free to the public, photo shoots and social media which are focused around "street shoots" and their open floor concept, allowing people to gather over snacks and good company. In order to encourage, empower and facilitate self-expression, their shoots crowd source people of different heights, statures, professions and style.

In an interview with Nikhil, who's been working at Bhaane, Delhi for the past four years, we got to

know what the brand really is about. "Connecting emotionally with the brand" and "feeling the garment" is what defines it. The clothing is unisex and for all age groups, it doesn't have a target audience, catering it to people of all sizes. They stick to what they stand for, as the employees themselves preferred wearing Jeans from the women's wear due to its "fit". They resonate with people who have a preference for 'not-so-basic' and 'solid' colours. The brand is reasonable with their prices, provides clothes made from 100% cotton and linen.

This season's shades include pastels. Designs are often inspired by locations and street art from all over India. Launching something different for their new collection, their script shirts (sold at RS. 2,100) have Malayalam inscriptions screen-printed on its sleeves, in collaboration with artists. What's special about them is that they launch at least 2 new products every week, which explains their popularity.

When asked about the term 'Metrosexual Men', his response was not surprising but after being told, he agreed that the specific category of men (stereotypically), does shop here. "Addicted to Bhaane", as he described them, mentioning that they prefer having their whole "attire" of the same brand, are particular about their fit and that the buyers being influenced by the celebrities wearing/promoting Bhaane.

Their most popular clothing this season has been their blank front shirt (sold at RS. 2,000) and standard round collar shirt (sold at RS. 2,400).

Being active on social media and sharing their newly launched products are one of the reasons why they have never been out of the spotlight.



## Social Casualty

- Shruti Kotiya

### ZARA MEN

*Where:* Every ZARA outlet, worldwide

*USP:* The brand offers perfect combination of high end, chic clothing at premium prices.

*How long it takes:* N/A

*Cost:* Everything is budget friendly

*Where it's made:* Bangladesh, India, Sri Lanka, Portugal, Morocco

### NICOBAR

*Where:* Delhi, Mumbai, Bangalore, Hyderabad, Chennai, Jodhpur, Goa

*USP:* They make products that are designed to last, not trend-driven, inspired by the culture they grew up in.

*How long it takes:* N/A

*Cost:* ₹650 and above for homeware, ₹1,500 and above for apparel, ₹200 and above for travel essentials

*Where it's made:* Available at all its outlets

### BOMBAY SHIRT COMPANY

*Where:* Mumbai, Delhi, Bangalore, Kolkata, Pune, Chennai, New York and Dubai

*USP:* Their main focus is to reinforce world class quality and product that can originate in Bombay. Known for channelling individuality, reflecting sartorial trends and their fabrics, BSC challenges ready-to-wear by pricing their shirts at a similar price point.

*How long it takes:* Since it's an on-line custom made brand, an indicative time period is approximately 14 days including shipping. It also varies from product to product.

*Cost:* ₹2,000 - ₹6,000 per shirt.

### GUCCI DIY MEN'S TAILORING

*Where:* Across the country, by private appointment

*USP:* The blazers, tuxedos and coats are decorated in punk and overall maximal aesthetic, in the form of bright silk foulards and evening jackets with flower patches.

*How long it takes:* DIY suits in six weeks; DIY suits with patches in 12 weeks; tailored shirts in five weeks; tailored shirts with embroidery in six weeks; DIY standard leather shoes in eight weeks and DIY precious skin leather shoes in 12 weeks.

*Cost:* Price on request

*Where it's made:* Italy

*Famous patrons:* Jared Leto, Harry Styles, A\$AP Rocky, Elton John

### BHAANE

*Where:* Delhi and Mumbai

*USP:* The brand stands for empowerment of the individual and wants to be recognised by its aesthetic and quality. The apparel doesn't carry logos as it encourages versatility.

*How long it takes:* N/A

*Cost:* ₹1,300 - ₹5,000

*Where it's made:* Available at all its outlets





What started as a 'Eureka' moment for athletic shoes from a waffle iron is still an iconic part of Nike shoes. This waffle iron sits throne at the Nike headquarters in Beaverton, Oregon today. This is the kind of obsession of shoes, style and comfort that lead to the innovation of sneakers as well. While Charles Goodyear and Bill Bowerman, founders of Nike, revolutionized shoes for running and training shoes, Chuck Taylor a semi-professional basketball player held the court for his canvas and rubber all stars for professionals and the young adults in the cities of America.

Nike took it's biggest gamble in history on Michael Jordan, the greatest basketball player of all time, giving birth to sneakers called *Jordans*. Sneakers became vanguards of what was popular. Early hip-hop icons rapped about my Nikes, my Adidas, paving the way for fans to run to the store and purchase these sneakers. So in observation the popularity through music, movies and art and most of all skate boarding sneakers have become one the biggest parts of street fashion. The fever goes so far now that people wait for collaborations with designers and the

brands. They often wait in lines for hours and hours to buy this one pair that they absolutely need. Sneakers now have the power for something so magical, maybe even more powerful than *Cinderella's shoes* or even *Dorothy's*.

Sneakers aren't always just about what was in trend or are. They are about art; materials and a collaboration of everything blended together along with *graffiti artists, musicians and brands*. This led us to finding out what's on this side of the coin. Now that they craze has entered in the streets of New Delhi we went to one of the most popular go to stores for sneakers.

VegNonVeg, is a part of Bhaane. India's first well-curated concept sneaker store or as I like call it, 'a heaven for the sneaker lovers'. There's an interesting story to this weird yet as our generation would call it, a 'sick' name. Rohan, who completed 3 months with the brand, managing its sales. The founders, Anand Ahuja and Abhineet Singh are opposites of each other in the practice of food consumption where Ahuja is a vegan and Singh a hard-core non-vegetarian, the reason behind people

confusing it with a restaurant.

Sneakers that are "largely neglected" or aren't sold in India, you can find them here. In terms of catering, a new brand is introduced by bringing in a few articles and then their further sale. The popularity of the shoes over social media is the main key that helps the store in staying updated with what's trending. The most popular sneakers at the moment are Air Force Ones, Falcons and Jordans. When asked about the budget that most customers carry for splurging was around RS.10, 000 or under but there are always the ones who spend more than that for their love and passion towards sneakers.

"Metrosexual men" mainly prefer Stan Smiths for their casual wear or minimalistic shoes that are "white", "clean" or "black". The brand, for the moment, is focusing on street wear collection in terms of "baggy" and "relaxed", if termed right, then following the "hip hop culture".

To conclude it all, Sneaker-heads might be taking over the world soon, thanks to **Veg Non Veg.**

## A Culture Conquered.

A modern *Nedarlands* tulip  
-Esha Sharma & Shruti Kotiya



# Does This Blog Make Us Look F A T?

Know from the best themselves about metrosexual régime.  
-Mehr Kalra

Three men and their dieticians from various gyms while they were working out: Last year, I was introduced to the term Paleolithic Diet. Some of you may have heard of it. The idea is, you should eat whatever humans ate as Cavemen. In other words, hunted gathered foods or things that do not require factory processing and must die before you eat them (vegetables, fresh meat etc.). Today, I'd like to play devil's advocate and give equal time to the other side of the fence. So, the burning question arrives: What is the opposite of a caveman?

The answer is: Metrosexual Man. Apparently, the poster boy for the modern metrosexual man is David Beckham (any man who cares about their grooming more than his girlfriend does, have suggested). So, is there a metrosexual régime and a workout?

To find this out, I interviewed:



*Name:* Rahul Lohia  
*Age:* 26 Years  
*Residence of:* R.K.Puram, Delhi  
*Profession:* Businessman  
*Gym:* Forever Fitness Gym, R.K. Puram, Sector 13.

*Q. What kind of food do you prefer?*

A. I prefer home-made food, as I feel that if you want to sustain a healthy lifestyle then your diet should be something which consists of food which you can eat year round, not for two or three months, that is why I don't encourage people going on drastic diets as these diets don't last long and people often get a rebound and end up where they started from.

*Q. Why do you go the gym?*

A. I go to the gym to test my limits and overcome them, my main aim or goal when i go to the gym is to test my last week's performance in the gym. To become the best that I can.

*Q. With such a heavy schedule, how much time are you able to give yourself time for your work out?*

A. I usually spend about 1.5 hours in the gym, I don't recommend going anyone going over it.

*Q. What is your full day diet?*

A. My day starts with breakfast in which I generally have a glass of milk, with a protein shake. Handful of nuts and some fruits. Lunch is generally rice with lentils as i am a vegetarian. Before my workout i like to have good carbohydrates to fuel my workouts so i again have rice, or sometimes honey with raisins and a toast. After workout i have my protein shake. Dinner is usually lentils and 2 chapatis with green vegetable salad and cottage cheese. And before bed I again have a glass of milk.

*Q. How much time do you walk in a day on an average?*

A. My work is such that I have to stand and get the work done all day, other than that I walk on the treadmill for about 15 mins every day and around 2.5 kms in the night after my dinner.

*Q. What made you follow a proper routine OR to start paying attention to yourself?*

A. I used to be and overweight, under confident kid growing up who people used to crack jokes on. I wanted to change that, and when I started seeing my body change, it became an everyday routine for me.

*Q. At what time do you go to the gym to work out?*

A. I usually prefer evening workouts over morning

*Q. Is working out a part of your daily life?*

A. Yes, it is a part of my life.

*Name:* Vikram Sharma  
*Age:* 25 Years  
*Residence of:* Greater Kailash, Delhi  
*Profession:* Works with an I.T. Firm  
*Gym:* Gold's Gym, G.K.

*Q. What kind of food do you prefer?*

A. Most of the people starts dieting the moment they join the gym, but when a person works out, they need more energy and that comes from food. So, I prefer eating more but I prefer healthy food that includes fruits, complex carbohydrates, pulses, protein-based food. I even treat myself with a junk food at the end of the week, but that depends on my weekly efforts

*Q. Why do you go the gym?*

A. I go to the gym to look good, and this gives me confidence. My body is my home where I must stay for life, So It's my duty to keep it clean and healthy.

*Q. With such a heavy schedule, how much time are you able to give yourself time for your work out?*

A. I work-out for 2 hours a day in the gym.

*Q. What is your full day diet?*

A. I eat frequent meals, because our body burns calories while digesting food. So, eating frequently and small meals helps me to burn fat and keeps my body lean.

I start my day with Luke warm water.  
My first morning meal starts with 6 egg whites and 2 whole egg omelets (9 Am)  
Second morning meal (Veggie Salad including tomatoes, cucumber, lettuce) - 11 Am  
*Lunch:* 2pm: 10 scrambled egg whites  
*4 pm:* green tea (snack)  
*5 Pm:* I intake carbs for pre-workout that is 2 brown bread with peanut butter and 1 banana  
*6pm:* I take my pre-workout supplement and hit the gym after 30-40minutes  
*Post work out includes:* My Self-made drink composed of 30 gm oats, 2 apples, 50 mL Milk, 1 protein scoop, Kellogg's chocos for flavor and little water and I blend it  
*8pm:* Dinner: I have 1 boiled 100gm chicken breast with veggie salad again.

My last meal before bed includes: Handful of almonds with green tea.

*Q. How much time do you walk in a day on an average?*

A. I walk around 1-2km in a day.

*Q. What made you follow a proper routine OR to start paying attention to yourself?*

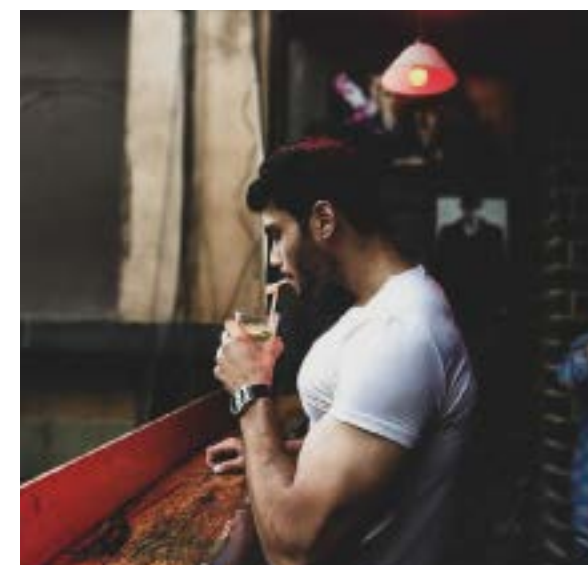
A. During My school days, I was the most bullied guy, people used to tease me for my chest fat and I body shammed myself too. Due to which, I was scared to face the people outside and I had zero confidence. I used to stay awake all night and cry. Then I discovered weightlifting and with 6 years of hard-work and consistency, I completely transformed myself due to which I gained confidence and happiness too. I can never think about going back to old shape and this is what keeps me going with great consistency.

*Q. At what time do you go to the gym to work out?*

A. I do my fasted cardio in the morning at 7A.M. for 30-40 minutes and then I hit the office where I work for 8 hours a day, then In the evening by 7 pm, I do my weightlifting.

*Q. Is working out a part of your daily life?*

A. Yes, Workout is part of my daily life now.



*Name:* Himanshu Seherawat  
*Age:* 25 Years  
*Residence of:* Dwarka, Delhi  
*Profession:* Model  
*Gym:* Sehat World, Sector 23, Dwarka

*Q. What kind of food do you prefer?*

A. I like to eat non-spicy food and I don't put any type of restrictions in my diet. I eat everything I am craving for.

*Q. Why do you go the gym?*

A. I am active in sports since the age of 7 and started doing gym when I was 11 and now it's part of my life. There is no aim, but I am used to it now like a drug.

*Q. With such a heavy schedule, how much time are you able to give yourself time for your work out?*

A. By an estimate, I complete my gym work out in 1.5 hours and play football for roughly 1-2 hours, so I work out for a total of 3 hours a day.

*Q. What is your full day diet?*

A. I don't have a diet like bodybuilders do, but I try to consume as much protein and carbs as I can in a day.  
*Morning:* I start with drinking 1L water and 2 bananas which helps me make my joints and bones stronger.  
*Post-workout:* Generally, I eat 1 big bowl of whole wheat made white Sause pasta with all vegetables and cheese and 5 boiled eggs with my protein shake in 200ml of water.  
*Lunch:* no specific diet in lunch, just home-made roti sabji but, I eat 1 big bowl of curd daily which is full of protein and calcium and then 2 tablets of multivitamin and fish oil which completes my vitamins and fibers.

In the evening, I like to have some fresh fruits like apple and pomegranate with 1 or 2 sweet potatoes, if available.  
When I come home from the football grounds, I eat 5 eggs and home-made roti sabji for dinner, and a glass of spiced butter milk.  
An hour before sleeping, I make sure I have a glass of warm milk which de-stresses my body after a tiring day.

*Q. How much time do you walk in a day on an average?*

A. I just run for 1km before going to the gym and 1km before playing in the evening.

*Q. What made you follow a proper routine OR to start paying attention to yourself?*

A. My family is conscious about fitness. My father sent me to badminton coaching academy in a young age. Since then my routine is made such, that now my metabolism is so high that sweets and junk food doesn't affect my fitness a lot.

*Q. At what time do you go to the gym to work out?*

A. I feel like morning workout is the best, so I go to the gym around 7am in the morning.

*Q. Is working out a part of your daily life?*

A. Yes, Since I've been an active child, I can't stay at home and do nothing. So, I prefer going to the gym. Hence, I like to go the gym, workout and interact with new people like I met you!

The Pyaar Tune Quesadilla is as wonderfully cheesy as its name, a melting mélange of the aforementioned cheese and veggies tossed in Kohlapuri masala, and one of our favourites of the meal. Naturally no trip to tinsel town is complete without a visit to aamchi Mumbai.



The West, Delhi's stomach, throbs equivocally to EDM-beats and the Kraken call of our appetites. While still a doyen of north Indian food, the geography's palate is evolving, as exemplified by the opening and subsequent success of *Lights Camera Action-Air Bar*, west Delhi's first progressive Indian restaurant. And well, it's more palpable than a *Sallu* hit. We're judging this by the fact that it's packed at 4 pm on a Tuesday. The interiors feature a reel of Hollywood posters with Bhojpuri titles (*Avatar* as *Kassam Pandora Maya ki*, among others) apart from other Bollywood/Hollywood-inspired objet' d art. The music is without borders, sauntering across pop genres from both sides of the aisle.

The menu is a collage of mainly Indian comfort foods, presented in whacky formats and presentations with some Continental thrown in. There are a lot of scientific cooking methods used, so expect a lot of smoke and mirrors and razzle-dazzle. Like tourists, we ponder around the length of the document, trying out as much as we can.

We begin with Rajnikant's Early Morning Tea, treated with maltodextrin, which renders high-soluble fats such as coconut oil into a fine powder, which in turn get reactivated with the hot curry leaf-based liquid soup, all creating a silken rasam which would provide muster to any thalaiva. The sidekick is the Hollywood Nitrogen Dhokla Papdi, featuring nitrogen-frozen dhokla sprinkled with crisp and crackled papdi and embellished with tamarind jus and freeze-dried bejewelled pomegranate.

## Tongue-Twisting Minefield Of Indian Comfort Foods.

While still a doyen of north Indian food, the geography's palate is evolving, as exemplified by the opening and subsequent success of *Lights Camera Action-Air Bar*, west Delhi's first progressive Indian restaurant.  
- Mehr Kalra

Dessert is just the pick-me-up we need, ironically called *Khud Khushi*. A deconstructed gluten-free Tiramisu, this one is created table side by a chef, a LA gueridon, with a flurry of liquid nitrogen, chocolate glazes et al. The final cut features a multi-textured, chocolatey coffee show stealer. We can only applaud as the curtain comes up.



## What A Beardo!

Get over No shave November, tips for you  
-Shruti Kotiya



Beards just got a style update. Neater, shorter face fur with a little added maintenance and product investment is what's required. Need more Kartik Aryans and Chris Hemsworths, less Zach Galifianakis' and Sunil Shetty's.

No matter at what stage you are in your "beard journey", we'll give you the required tactics for the perfect fuzz, thanks to our beardo's out there.

### The Start

Natural growth till 4 weeks should be your, in the expert terminology, Sweet FA and let your barber do his magic. As for beard 'virgins', it may seem like an impossible task because along comes the itchiness and shaving it all off would seem like the best idea but no, combat that razor away. Exfoliation and moisturisation will be your knight in shining armour for in-grown hairs and skin irritation.

TRY: The Body Shop for Men Maca Root Face Wash, ₹970 (125 ml); The Body Shop, Connaught Place, Delhi. Beardo Beard Balm ₹450 (50g); beardo.in

### The Style

Since you just started following the "beard culture", expert help is required when choosing what style suits you as you aren't qualified to make that decision. Things like the rate of your hair growth, the strength of your hair, the shape of both your face and the beard you want to grow and your skin type. To avoid disasters, ask your barber for tips on the right beard trimmer guard length. It's equivalent to the clipping numbers 0-4 when getting a haircut. Beard oil can also be used to keep things soft and glossy.

TRY: Beardo Beard & Hair Growth Oil, ₹750 (50 ml); beardo.in

### The Shape

Investing in the right products makes a big difference, financially and appearance wise. An electric clipper and a pair of 'expert' scissors for trimming stray hair, is all you need. The edges should be trimmed (with a clipper) every two-six weeks depending upon your hair growth. If the beard loses its shape and the sideburns are too long, then your beard's too long. You might notice a re-growth after a couple of days, with darker hair. A decent shaving cream and razor should do the job. A beard and moustache comb can be your go-to grooming gear.

TRY: Philips BT9280/15 Waterproof Beard Trimmer (Black/Silver), ₹7,495; amazon.in. Bombay Shaving Company Precision Safety Razor, ₹1,845; bombayshavingcompany.com

You can thank us later for saving you from the struggle. Stay a Beardo!

# A STRETCHED SIDEBURN

A man's suitable attire.  
-Mehr Kalra

Appearance is something to which we as a culture give a tremendous amount of attention. We certainly aren't the only species to obsess over it, but we are the first to build industries celebrating and feeding off of this widespread fascination.

Women are traditionally used to advocate ideals of beauty, their bodies seen as objects to promote brands or lure in consumers. While images of women are generally more exploited for all sorts of businesses, leading to absurd standards in media and fashion – among others – men have recently been offered a taste of what that kind of unobtainable status can do to and for them.

Enter the portmanteau 'metrosexual', a marriage of the words 'metropolitan' and 'heterosexual' that came onto the fashion and sociology scene in 1994. British journalist Mark Simpson coined the term in the newspaper The Independent, citing the new generation of effeminate and fashion-conscious men as the reason for its existence. In the nineties, colourful and bold fashion choices were being adopted by more and more straight men, despite the predilection for dressing conscientiously usually being associated with homosexual men and of course, women. Clothes weren't the sole herald of this revolution either; men were buying moisturisers, exfoliating creams, hair gel, designer shoes and celebrity-endorsed cologne in droves, as immaculately styled as the photo spread of the GQ magazine that sold them on the idea.

I interviewed two men who follow these magazines grooming tips really sincerely...



*Name:* Abhishek Sehrawat  
*Age:* 27 Years  
*Residence of:* Dwarka, Delhi  
*Profession:* Businessman and Model  
*Salon:* BeU or Affinity, Greater Kailash  
*Products for daily use:* Nivea Men Face wash, Moisturiser, L'Oreal Hair wax, L'Oreal Colour Protection Shampoo.

*Q. How often do you visit the salon?*

A. Thrice to four times a month.

*Q. What all do you get done in the beauty salon?*

A. Haircut, De-tan, Facial, Manicure, Pedicure and Hair colour. (last three, once a month)

*Q. How much do you spend on your grooming in a month on an average?*

A. Approximately Rs.18,000 a month

*Q. For how long do you stay there to get things done?*

A. 1.5-2 Hours

*Q. Do people pass comments on you when they find out that you like to groom yourself?*

A. No

*Q. Why do you groom yourself?*

A. I like to keep myself well. My outlook is the reflection of my lifestyle.

*Q. Do you know more men who pamper and groom themselves like you?*

A. Yes, I do. Instagram Celebrities, My friends, My clients.



*Name:* Ankit Dahiya  
*Age:* 25 Years  
*Resident of:* Gurgaon  
*Profession:* Lawyer  
*Salon:* Looks, Gurgaon  
*Products for daily use:* Garnier Facewash, Schwarzkopf Gliss Colour Protection Shampoo, Charcoal Face-pack.

*Q. How often do you visit the salon?*

A. Once a week. (i.e. 4-5 times a month)

*Q. What all do you get done in the beauty salon?*

A. Haircut, beard trimming, Charcoal De-tan, Facial and Pedicure (once a month)

*Q. How much do you spend on your grooming in a month on an average?*

A. Approximately Rs.10,000 a month.

*Q. For how long do you stay there to get things done?*

A. 1-2 hours.

*Q. Do people pass comments on you when they find out that you like to groom yourself?*

A. No, People appreciate me and try to groom themselves too. I have a lot of positive people around me. I feel it's good for my health.

*Q. Why do you groom yourself?*

A. To look prim and proper. I love to keep myself clean and tidy, my beard and hair set and my hands and feet clean.

*Q. Do you know more men who pamper and groom themselves like you?*

A. Yes, My elder brother, my peers, my relatives. I like to see groomed people around me.



# Leaving On A Jet Plane

- Pawni Khanna



## Leh-Ladakh

**Leh-** If you are an all-boys group, make sure you don't miss this road trip. Take your Royal Enfields and Harleys and get ready to put your endurance skills to test. Brave streams of ice-cold water, snow-capped mountains and glacial melts to complete this supreme of all road trips!

**Ladakh-** You don't get to see the magnificence of Ladakh every day. But you should make sure you go there at least once. Visit the Pangong Lake and experience cotton candy clouds over you and unblemished water at your feet. Also, try the Yak Safari to navigate your gang through the glacial valleys.

Breathe the fresh air, photograph the inherent beauty of nature, enjoy the Tibetan food and culture, lastly relish the pleasant weather on your ride.



## Andaman, Havelock Island

If your group is done with travelling on Indian lands, try diving into the deep Indian waters. Fly to Havelock Island, take your buddies and go to the dreamy beaches, enjoy the ocean breeze, go snorkelling beneath the shimmering turquoise waters, caves and the coral reefs. Talking about their mouth-watering food, they have an amalgamation of multiple cuisines including South Indian, Sri Lankan and North Indian. There's absolutely nothing you cannot love about this place.



## Sikkim

It is rightly said 'Sikkim is where heaven meets earth'. If you are a nature lover and want to experience the blissful landscapes, spiritual localities and quiet, impeccable surroundings, Sikkim is your go to destination. Trekking and mountaineering will rush the adrenaline in your body. If you are a solo traveller and want to explore the divine natural environs, there no better place for you.

## Thailand

This is one is a little cliché—an all bawdy guys trip to Thailand. However, it is one of the best single male travel destinations. Drop in to the spa for massage, watch the sun go down with cocktails at a bar on the beach. From street food to freshness and variety to hot and spicy, Thai food serves it all. It's pretty and simple to execute. If it's a last minute plan keeping in mind adventure and your budget, this is your go to.



## Philippines

Philippines, the island has the heart of exploration garnished with affordability and friendliness. which connects with men, the owners of the same kind of soul. It is known to have one of the best marine sanctuaries in the world and an amazing underwater life. Shorkel and scuba dive surrounded by the marine animals. Apart from being a wonder for landscapes in terms of beaches, forests, caves, lagoons and volcanoes, Filipino people are extremely helpful and humble. You cannot miss their absolute good value food, they have lobsters, fresh fish and fruits! How can all this just not charm you to fly here for your next trip?



## Amsterdam

There are countless reasons to visit Amsterdam. You can just walk through the narrow streets of the city and just observe and gaze over the beautiful medieval as well as modern architecture, art and design pieces, gait along the famous canals, in addition, you can visit their museums (Van Gogh museum) to lose yourself over absolutely mind-blowing art history. Don't miss their delicious and flavoursome Dutch food. Amsterdam sure is an ideal city trip destination throughout the year.



# Over The Rainbow

Are words just futile devices?

-Esha Sharma



Set in the 1980s, the movie *Call Me By Your Name* directed by Luca Guadagnino tells the tale of a beautiful yet complicated relationship between Elio (Timothée Chalamet), who is seventeen, and Oliver (Armie Hammer) in his mid twenties. The film starts with showing us a beautiful Italian summer where you couldn't but help envy this vacation, which is going to, be filled with romance with its ups and downs. The summer fling starts with Elio's father inviting Oliver to vacation at their lavish summer home, where he is working. The movie while, quite progressive for its time but it does set its course back. It tells the tale of a boy, who has supportive parents who after finding out about their brief relationship a year later says "You're so lucky; my father would have carted me off to a correctional facility." Quiet an easy tale isn't it, a 'white' family who is rich and supportive.

Both characters are prodigies by their own right, Elio the linguist and Oliver an archeologist. As the movie moves forward, (Chalamet's) parents nonjudgmental attitude, now a privilege of a happy adolescence with no repercussions. Elio and Oliver have an on and off relationship throughout the movie. They are friends but they stay vary of each other. The summer of parties, books, riding bikes and of course the lunches. There is an uncertainty between the two protagonists, who seem to be scared to tell each other how they feel. The movie sets a confusing tone as to what was there life before each other. Had Oliver ever been in a relationship with a man before? Or does he have any experience prior to this summer romance with a man or a woman?

This coming of age story shows an intimate relationship with women, in case of Elio his first sexual experience ever, showing the characters passion and understanding what intimacy means to them since they never sit down and talk to each other. The scenes reveal more about the story than it does about the characters. Parents seem to neither show acceptance nor rejection towards their budding relationship, giving the movie plus points here showing how progressive the parents are by not hovering in the relationship.

In fact, the whole small town remains oblivious to the characters, giving it a confusing tone as 1980s wasn't the year for gays or Jewish gays, this creates a very bubble-like view to how the outlook of this town is. The movies cinematography is such, which makes you nothing but desire a beautiful Italian summer romance, a very postcard outlook towards life, as we know it. A sense of longing is created for one that got away.

It is right to say that it is difficult to show a character development in a motion picture, where words always do justice to characters with there prowess. Luca's direction while gives the characters confidence to be who they are, it leaves the room for lack of clarity.

The physical intimacy stands to be a turning point in the relationship between Elio and Oliver, a summer they will cherish forever. The movie has its bittersweet moments, a brush of hand, a look from a far and caressing the others feet, a sign of deep intimacy between any two lovers.

Although the romance remains melancholic, a definite turning point for both the characters maturation from Elio finally expressing some sort of feeling towards Oliver. The film is packed with emotional baggage, immaturity, fun, laughter and the most important of all, respect to any sort of relationship, motivating the viewers that love is not all about losing yourself. The monologue towards the end of the movie, borrowed word to word from the book of the very same title, is the what made me fall for Luca, the justice that is done to the words spoken by Elio's father is the living hope the outcasts and the wallflowers, that hope and pray for.

The movies music, selected by Guadagnino himself, is poignant for every scene. With songs such as "Love My Way" the ever-living motto of LGBTQ, or "Mystery Of Love" by Sufjan Stevens tells the emotional narration of the entire movie through its music and lyrics.

## Boy Erased: A Love Interrupted

A story of Garrard Conley vs. God

- Esha Sharma

Garrard Conley, at the tender age of 19, was subjected to a fundamentalist program, Love in Action. A barbaric place where he was to cleanse his homosexuality and apologise to God for giving into "Satan's tempting ways". Conley, often in the book talks about how can it be possible to leave his parents and his teachings from god and start a new.

He is the only son of what I would I like to call them serious Baptist parents. He belongs to a small town in Arkansas, when everything goes to a downfall when he is dramatically outed by a fellow student to his parents, and talk about timing, his father is to be ordained, as a Baptist minister.

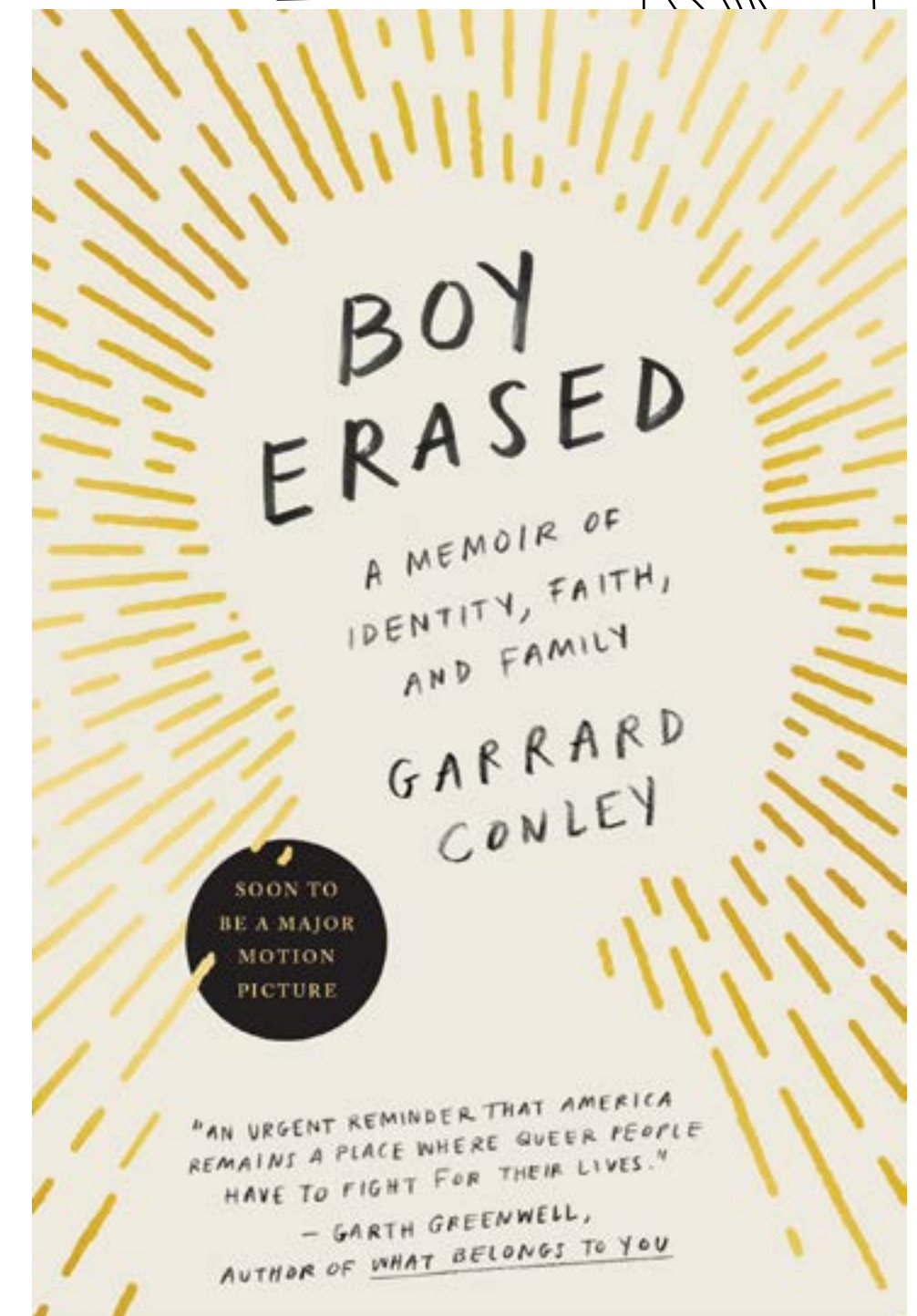
Garrard paints his experiences in a very eloquent way but it often leads to a contradiction, which obviously stems from him being fed the bible, where he often questions his every waking decision. He often tries to justify that his love for god and his parents was the reason he agreed to fight against his homosexuality, but this only made me angry as a reader, that how a teenage boy didn't question the cracks in this Love In Action monstrosity even more than he should have.

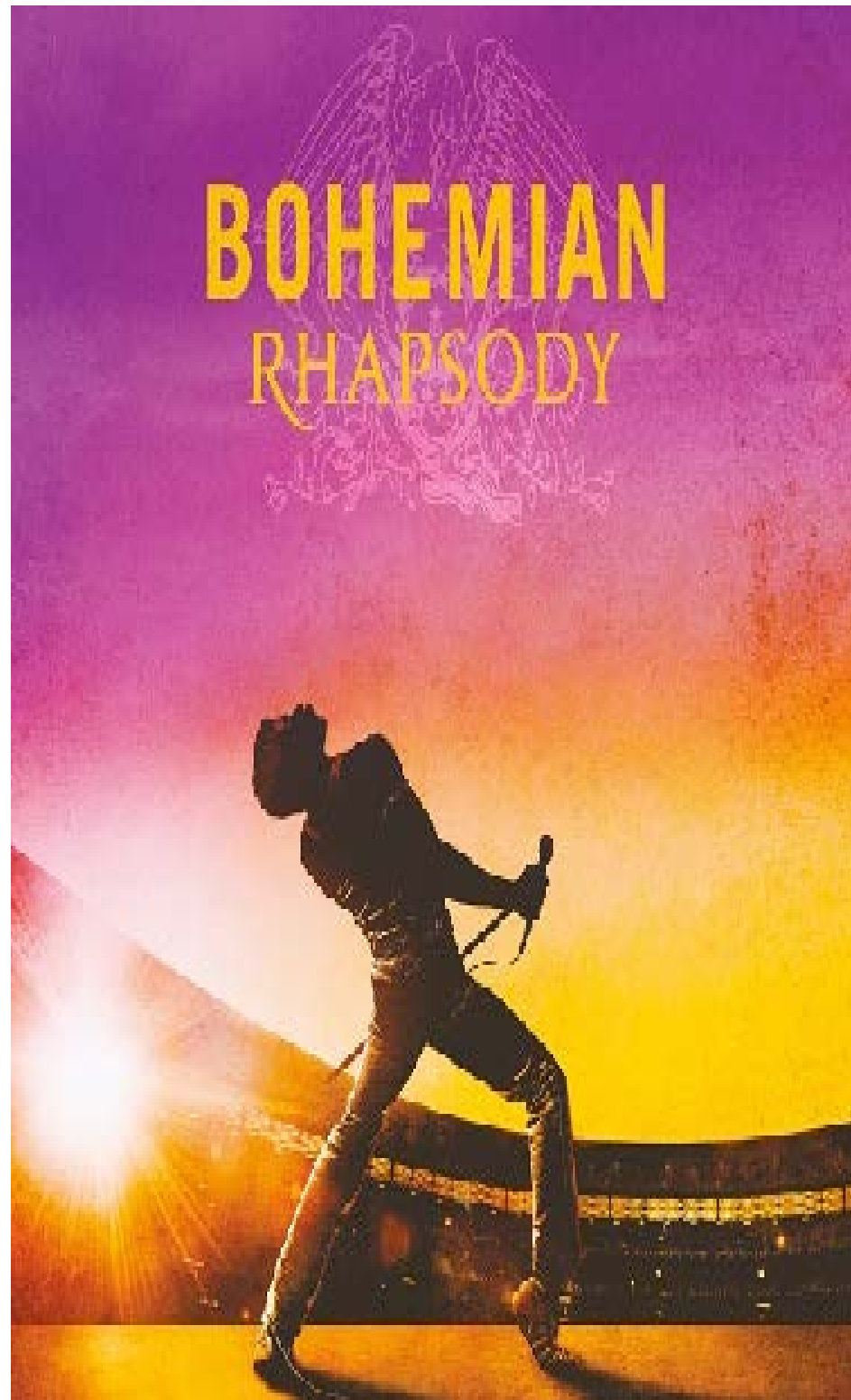
LIA uses a 12-step program where they compare homosexuality with pedophilia, drug addiction and alcoholism. This program is similar to what is known as an AA meeting (alcoholics anonymous). The program is what they lead the "sexual deviants" to believe bringing them a step closer to god, where of course there only interpretation of God being Jesus.

While this memoir brings out the absurdity of this program, it may have benefited from bouts of humour. His relationship with his mother is the only saving grace that I could see for him because only a mother knows when something is right or wrong. This shines the light how often it is still observed that gay men often have a stronger bond with their mothers.

He records a beautiful relationship with his mother where he says "For the moment, it seemed like the two of us could go on this way forever, living only for literature and each other." but his relationship with his father is still estranged more than ever since his father is now ordained and Garrard rejects LIA and its teachings of what is right in the eyes of God.

Garrard blames his time at LIA and his ex-gay therapists for taking his god away as he no longer feels god and his love, where even attending the church makes room for numbness more than ever. A God Erased.





**C**elebrating one of the most iconic rock bands in the history of music, Queen, and their frontman *Freddie Mercury*, a legend we lost too early.

Directed by *Bryan Singer* and starring *Rami Malek* as *Freddie*, the film traces the rise of the band through their iconic songs and revolutionary sound, talking about Mercury's rollercoaster lifestyle and how he became the most loved entertainers to ever live. It will compel you to give songs like '*We Will Rock You*' and '*We Are the Champions*', another listen.

The **LIVE AIDS** concert was popularly known as Mercury's last concert and it plays a huge part in the movie. This performance cemented the band's legacy forever. The exact set, costumes and the power in the music will leave jitters down your spine.

No biopic can be as accurate as real life as it is very hard to encapsulate someone's story in two hours, no matter how fascinating it is.

*Bohemian Rhapsody*, the title being named after their well-known song is a must watch for all music fans as it'll leave you reminiscing about Queen's excellence and wonderment at Mercury's raw and unique talent.

## Bringing Queen back to Life: Bohemian Rhapsody

Yet Another Oscar-worthy biopic?

- Shruti Kotiya

## Good Times & Dope Rhymes

- By Shruti Kotiya

### A-Listers of the month:

- *Saturday Nights* – *Khalid*
- *This Feeling (feat. Kelsea Ballerini)* – *The Chainsmokers*
- *100 words* – *Prateek Kuhad*
- *SICKO MODE* – *Travis Scott*
- *Better* – *Khalid*

### Upcoming Music:

- *A Brief Inquiry Into Online Relationships* – *The 1975*
- *DNA* – *Backstreet Boys*
- *Echoes* – *Farhan*
- *Red Rose Speedway (Special Edition)* – *Paul McCartney & Wings*
- *Weezer (Black Album)* – *Weezer*



YEA  
YAS  
YES

## 10 Signs Your Man Is *Metrosexual*

1. His room or apartment is meticulously clean and ordered.
2. He uses aromatic shower gels and other bath products
3. He has a daily skincare routine
4. He is very picky about his haircuts
5. He prefers wine and even has a wine rack at his apartment
6. His hygiene is flawless
7. He would never step out without styling his hair
8. He is conscious of his body image
9. He is not afraid of wearing bright colors
10. His shaving routine is intricate and detailed:  
Shaving tools and accessories are carefully picked



## A Sesh With Mean Tweets

Such soigné men, these abhor tweets and their way of tackling them!

So what is our 'ideal figure' of speech?





*DUDE. FASHION. LIFESTYLE. ENTERTAINMENT. GOSSIP.*