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Thaai-Kizhavi-to-Actress Sreeleela-to-Influencer-Puja - Indian Women & Perception-of Power

Who gets to define strength, awareness, and agency for Indian women today? At a time when conversations around feminism are often shaped by urban voices and digital narratives – Is progressive thinking and intelligence exclusive to privileged few? India today has over 806 million internet users, with rural regions driving much of this growth,

according to the Data Reportal Digital 2025 report. And yet, for many rural women, access remains restricted—often mediated through shared devices and social boundaries. It is within these limitations that voices like Puja's take shape, quietly but powerfully breaking the stereotype that awareness, articulation, and feminism are urban constructs.

Meet the Gen-Z Takeover : IPL 2026 Young Players are the Fearless Game-Changers



IPL 2026 young players, many among them debutants are making a statement – Gen Z are here to stay and rule the cricket game

Hyderabad's Digital First Lifestyle, Entertainment, Art & Culture Magazine

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Travel

Discovering Andaman & Nicobar Islands: A Traveller's Guide

There are places you visit and move on from, and then there are places like the Andaman and Nicobar Islands that stay with you long after the trip ends. Spread across the Bay of Bengal, this chain of over 500 islands feels untouched in a way very few destinations in India still do. Thick tropical forests cover most of the land, coral reefs surround the coastline, and the sea shifts between shades of blue that are hard to put into words. If you are planning a trip, timing plays a big role in the kind of experience you will have. The travel season usually begins in October and continues till mid-June.

December to March is when the islands are at their best, with pleasant weather, calm seas, and clear skies. This is also the ideal time for water activities like scuba diving and snorkelling, especially in February and March when underwater visibility is at its peak and marine life is easy to spot. October and November have their own charm, with the islands turning fresh and green after the monsoon and fewer crowds around. Even the monsoon months from June to September offer a different side of Andaman, with rain-washed landscapes and dramatic coastlines, though sea travel can sometimes be affected.



Qaffeine Bistro - Artisanal Coffees with Curated Guest Experiences

Hyderabad's evolving café culture found a new focal point on March 24, as Qaffeine Bistro opened its doors in Banjara Hills, Road No. 10, marking a thoughtful collaboration with the legacy-driven Ohri's Group. Positioned as a "Heartmade Indian" artisanal coffee destination, Qaffeine enters the city not merely as another café, but as a layered, immersive experience.



Adhira & Appa Coffee: A New Chapter in Hyderabad's Café Culture

In Kondapur, Adhira & Appa Coffee blends generational brewing traditions with a globally inspired fusion menu, crafting a space where every cup tells a story and every plate redefines comfort. At Adhira & Appa Coffee, the experience begins not with a menu, but with an emotion: a deep, almost instinctive love for coffee that lingers long after the last sip.

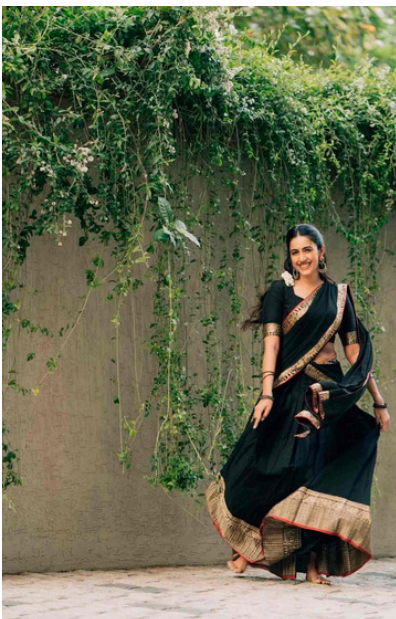
Wellness / Lifestyle



The Neo- Networking Raves at Sunrise

Hyderabad run clubs blend sunrise jogs, fitness, coffee raves, games, and real connections for Gen Z, IT pros, and families.

Hyderabad's run clubs aren't just jogs, they're electric resets blending fitness, breakfast buzz, coffee-fueled chats, and playful activities into immersive "fourth spaces." From Sainikpuri to the city core, Gen Z, Alpha kids, and IT pros swap screens for sunrise strides that ignite startups, spark dates, and forge real connections.



Are You Drinking Enough Water ???

Sufficient intake of water is important as it –

- carries nutrients and oxygen to your cells
- flushes bacteria from your bladder
- aids digestion
- prevents constipation
- normalizes blood pressure
- cushions joints
- protects organs and tissues
- regulates body temperature
- maintains electrolyte balance in the body.



Everyday Rituals for Timeless Glow

- Start by cleansing twice a day using a mild face wash to refresh without stripping.
- Follow with featherlight, water-based moisturizers that quench without overwhelming.
- Never skip broad-spectrum SPF 50+ sunscreen, your ultimate shield.
- Dodge the fiercest rays between 11 AM and 3 PM,
- Sip 8–10 glasses of water daily, and load up on hydrating gems like watermelon and cucumber.

- Dr. Endela Meghana

Fashion / Gallery The Summer Vibe Niharika Konidela's Elegant Langa Voni Look in Narayanpet

Niharika Konidela in her latest photo dump is wearing the eternally graceful langa voni – the border giving away the regionally popular Narayanpet handloom.



Stories of impact: Transgender Amendment Bill 2026: Between Policy and Protest, A Community at Crossroads

The passage of Transgender Persons (Protection of Rights) Amendment Bill, 2026, has ignited a wave of resistance across India, with activists, policymakers, and citizens divided. While the government frames it as reform, voices from within the transgender community call it restrictive, raising urgent questions on rights, representation, and lived realities.

A Bill Passed Amid Dissent

On March 25, 2026, the Lok Sabha passed the Transgender Persons (Protection of Rights) Amendment Bill through a voice vote, (A Procedure in Parliament, A voting method in deliberative assemblies, in which a group vote is taken on a topic or motion by responding vocally) even as opposition party members staged a walkout.

The ruling government defended the move as a necessary update to existing legislation, but critics argue the process lacked deliberation and inclusivity.

Anish Gawande, one of India's first openly gay political spokespersons, termed the day a "black day for human rights," highlighting the absence of meaningful consultation with the transgender community. His remarks reflect a broader concern that the law was shaped without the voices it directly impacts.

What does the Amendment Seek to Change?

Activists argue that these provisions risk reintroducing bureaucratic gatekeeping, undermining the self-identification principle upheld by the landmark NALSA v. Union of Indian Judgement.

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DIGITAL FIRST ENTERTAINMENT, LIFESTYLE, ART & CULTURE MAGAZINE FOR HYDERABAD



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