

THE LULU MALL MAGAZINE

Lulu Happiness

ISSUE 11 VOL 2
MAY - JULY 2017

‘My soul
screams,
gypsy’

- Amala Paul

THE
PRIDE OF
KERALA

- DULQUER
SALMAAN

POWERED BY
RITZ
MAGAZINE

Plus the latest trends, restaurant reviews and lots more!



Elegance is an attitude

Simon Baker
Simon Baker

Swiss Watch Boutique

Ground Floor, Lulu Mall, Cochin, Tel: 91420 91420

LONGINES®



The Longines Master Collection



Ashraf Ali M.A
Executive Director
Lulu Group

Nishad M.A
Director
Lulu Mall

Shibu Philips
Business Head
Lulu Mall

Aiswarya Babu
Asst. Manager
Marketing

For Advertisements
Athira Nampiathiri
athiran@in.lulumea.com
Tel. 8943348452

Lulu International Shopping Mall,
34/1000, N.H. 47, Edapally,
Kochi, Kerala- 682024

RITZ
SOUTH INDIA'S #1 LIFESTYLE MAGAZINE

Editor
Aruna R Krishnan

Never A Dull Moment



Ashraf Ali M.A
Publisher

As the temperature outside is soaring, so is fashion in the mall. This quarter's magazine is dedicated to all things fashion. After a grand fourth anniversary celebration last month, the summer at Lulu Mall has been about spending time with your loved ones, attending the most interesting reading and theatre workshops for kids at the Lulu Reader's Fest, unleashing your creativity, celebrating the out of school season at the annual Lulu Summer Camp, watching the latest fashion on the ramp and meeting your favourite celebrities at the Lulu Fashion Week.

What we have in store next is a tie up with the Universal Studios to bring their most popular characters 'Minions' to the mall. Towards the end of the month as we step into the holy month of Ramadan, we will host an Iftar festival offering you the best in cuisines across the mall. This will be followed by the end of season sale and the highly anticipated Lulu on Sale and Lulu Shopping Festival.

Sticking with the theme, our celebrity interview this month includes an exclusive with the charming young superstar of South Cinema- Dulquer Salmaan who was awarded the 'Pride of Kerala' at the recently concluded Lulu Fashion Awards. The talented and stylish Amala Paul has also been captured at her candid best.

Coming back to fashion, do check out the vibrant, trendy spring-summer collections at the mall. We have added some of the best brands in fashion like Aldo, Steve Madden, Cover Story, Accessorize, GAS and more over the past one month and we can gladly say that now you don't need to hit the metros to buy these brands.

Meanwhile enjoy your summer, travel the world and tell us about your little adventures on our official Facebook page. Happy holidays to you.



Splash

♥ FASHION

KERALA: Lulu Mall, Ground Floor, COCHIN, Ph: 0484-4060798-99; Hilite Mall, Ground Floor, Hilite City, CALICUT Ph: +91495 6533353

BANGALORE ● CALICUT ● CHANDIGARH ● CHENNAI ● COCHIN ● DELHI ● HYDERABAD ● MANGALORE ● MUMBAI ● PUNE ● THANE ● NOIDA

8-12

New@Lulu

When the best of brands want to make their mark in Kerala, the natural choice is Lulu Mall. Check out the latest entrants at the mall

28-39

Lulu Happenings

Glittering events packed with the biggest of stars and the largest of crowds - we have put together snapshots of the liveliest moments across different occasions at Lulu Mall

Lulu
STAR

22-27

Amala Paul is gritty and determined as she has braved personal misfortunes and still achieved professional success!



16-21

Pride of Kerala **Dulquer Salmaan** opens up on his career, beliefs, fashion sensibilities and of course, his lil' princess!



40-49

Trending in Lulu

Jaw-dropping trends in menswear, home improvements, women's cosmetics, footwear and even tasty yet healthy snack options... Boy, we really have the best of trends covered for you!



50-53

Lulu Eating Out

The iconic Calicut Paragon at Lulu Mall offers our special guests an unforgettable treat while Rollsberg serves up irresistible temptations with their ice creams and bubble teas

54-55

Lulu Profile

Sinking into a comfy Konfo massage chair has taken on a whole new significance. We tell you how





IDENTITI

nothing else matters



www.identiti.com

Like and follow us on  & 

Available at:  

Exclusive Stores at : Bengaluru | Chennai | Karimnagar | Mysore
: Ahmedabad | Bengaluru | Hyderabad | Kochi | Lucknow
Mangaluru | Mumbai | Pune | Surat



Also available at :    



ALDO

Ground Floor

Kochi has yet another international brand to flaunt! And who better to bring the best to our city than the unparalleled Lulu Mall? With on-trend collections in footwear and accessories for both men and women, Aldo's arrival into Lulu Mall has been met with unanimous delight among fashionistas! Every season Aldo will reveal a new selection of merchandise that is fresh, trendy and reflective of what is hot on the global fashion scene. Go ahead, pretty up those tootsies now!



SKECHERS

Second Floor

Skechers has become a household name synonymous with performance, comfort and style; producing not only superior quality footwear but a wide range of products for its consumers.

With sales surpassing 3 billion dollars globally, Skechers has a range of over 3,000 styles for men, women & children. Skechers has relocated next to Crocs on the second floor.



Ibaco

Third Floor

The nation-wide chain offering customers the pleasure of a perfect ice-cream sundae, Ibaco ice-creams are made from the freshest milk and cream, using state-of-the-art technology, which means you get ice-cream with better texture and flavour at competitive prices. What's more, customers pay by weight. Truly, power to the customer.



Rollsberg

Third Floor

Rollsberg, Kerala's first ice cream roll shop is now at Lulu Mall. The core offerings here are ice cream rolls and Bubble tea. The ice creams are handcrafted live and can be mixed with a variety of toppings while the Taiwanese Bubble tea is a must-try!

R⁹⁵

RUFF



#PLAYOFFLINE

SS17

EXCLUSIVELY AVAILABLE AT:

Lulu™
FASHION STORE
MEN / WOMEN / KIDS

ALSO AVAILABLE AT: GIGGLES, GRAND TEJAS, JAYALAKSHMI, JOLLY SILKS, KALYAN SILKS, KALYAN, LULU SAREES, MY KINGDOM, POTHYS, PARTHAS, MAHALEKSHMI SILKS, SEEMATTI.

FOR FRANCHISEE ENQUIRY CONTACT: IMRAN BHADALIA AT +919320599007

INFO@RUFF.IN

WWW.RUFF.IN



FACEBOOK.COM/RUFFKIDS95



TWITTER.COM/RUFF_KIDS



INSTAGRAM.COM/RUFF_KIDS



PINTEREST.COM/RUFF_KIDS



Accessorize

ACCESSORIZE

Ground Floor

Think affordable luxury is an oxymoron? Then it's time you visited Accessorize at Lulu Mall! The international brand delivers fashion accessories at prices that make keeping up with seasonal styles, a luxury within reach. Shop here for bags, purses, jewellery, belts, hats, scarves, flip flops, gloves, hair accessories, cosmetics and more.



Anjappar

Second Floor

Another reputed brand foraying into Kerala through Lulu Mall! The popular Anjappar restaurant chain has opened its 85th Chettinad Kitchen at the mall. Malayalees will now get to relish Chettinad cuisine in all its glory.



Steve Madden

Ground Floor

International lifestyle giant Steve Madden is in town. And the natural choice for the renowned brand's foray into Kerala is Lulu Mall! The iconic Steve Madden needs no further introduction, so head out to the store right now!

MAKE YOUR LIFE ORGANIZED

howards™
storage world

S11-S14
2nd LEVEL



ORGANIZE
YOUR PANTRY..



REORGANIZE
YOUR
OFFICE SPACE



REORGANIZE
YOUR KIDS ROOM



REORGANIZE
YOUR WARDROBE

Wardrobe | Kitchen | Bathroom | Laundry | Bedroom | Office | Living | Garage

For franchise, E-mail at:
info@hsw.co.in

www.hsw.co.in

Follow us :





ALL

Second Floor

Launched in 2005 and dedicated to the plus-size clothing category that houses everything from western to ethnic wear and accessories, ALL's range promises to make you look sexy, cool and confident. Tired of wading through clothes to find your size? Meet your dream fit at ALL's first store in Kerala - on the second floor of Lulu Mall.



U.S Polo Assn. Kids

Second Floor

U.S. Polo Assn. Kids is authentic and the official brand of the United States Polo Association, the governing body for the sport of polo in the United States since 1890. Known for their classic American style, the U.S. Polo Assn. was ranked 44 on DNR's "America's Top 50 Megabrands" (2008). Lulu Happiness welcomes the brand into the sprawling Lulu Mall.



Cover Story

Ground Floor

Cover Story is a fashion retailer of women's clothing and accessories, with the Style Lab headquartered in London. The brand provides fresh and fast fashion, while innovatively integrating global designs in an Indian context. The core of the brand is to provide new collections every week of every month at competitive prices, while trendy accessories and shoes are key components of the collection, available in a vast colour palette. A warm welcome to Cover Story!



MORE FLAVOURS MORE HAPPINESS !

Fine ingredients | Non GMO American corn kernals | No Preservatives
No Transfat | Handmade | Crunchy, Healthy & Tasty | Multiflavours



REGULAR FLAVOURS

Butter Salted
Caramel
Cheddar Cheese
Tandoori Masala
Chilli Devil
Lemon Pataka



PREMIUM FLAVOURS

Chocopop
Butter Toffee
Pineapple Jalapeno
Chocolate Truffle
& many more..

UPCOMING EVENT?

For Birthdays, Weddings
& Corporate Orders

+91 90209 33333



34/1036, Kiosk KS02, Second Floor, Opp. Health & Glow
Lulu International Shopping Mall, Edappally, Cochin



To get your favourites at your doorstep: +91 90209 33333

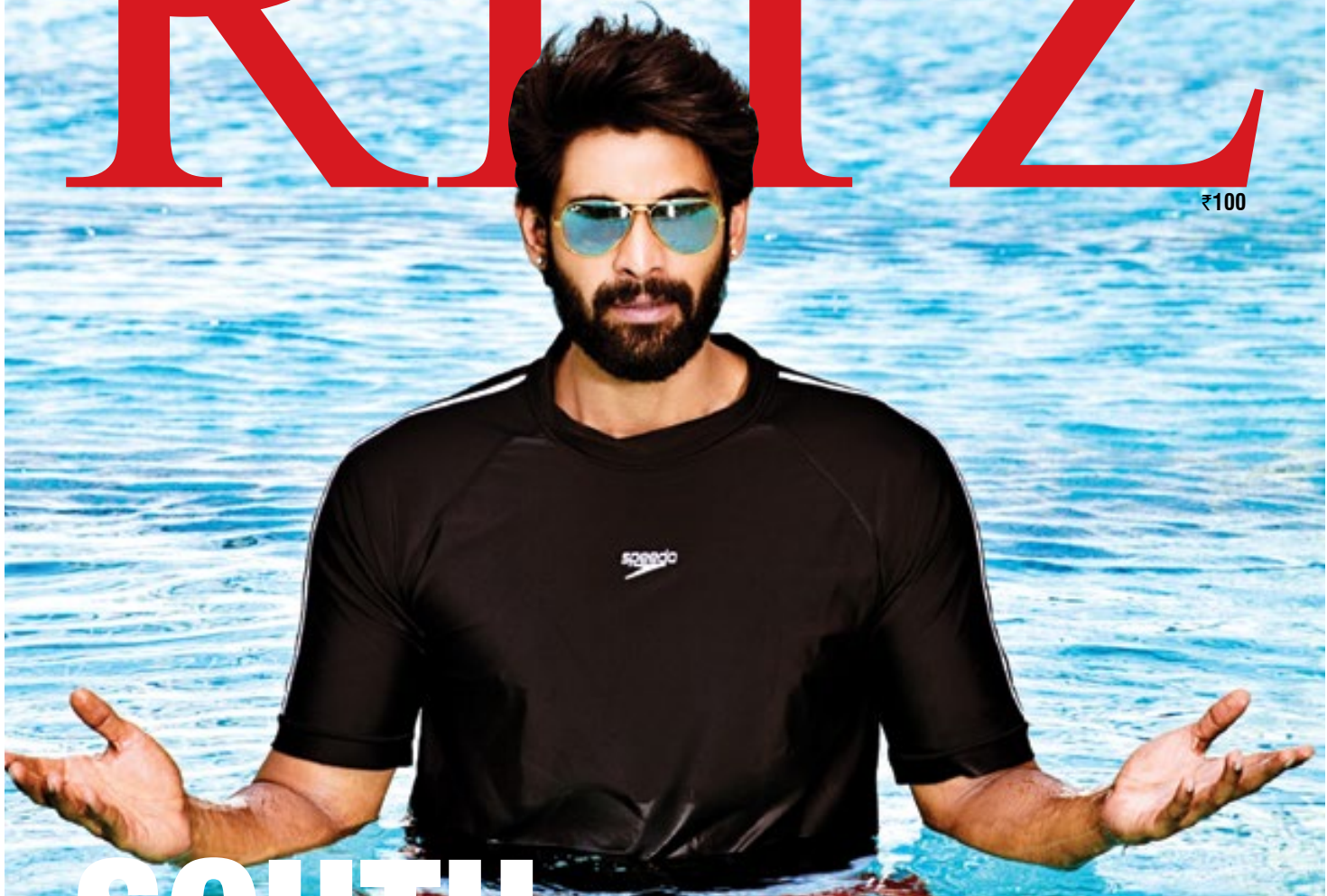
For Online Orders, Visit: www.planetpopindia.com fb.com/popandmore

SOUTH INDIA'S PREMIER UBER LIFESTYLE MAGAZINE

MAY 2017 VOL 13 | ISSUE 10

RITZ

₹100



SOUTH INDIA'S SEXIEST

RANA DAGGUBATI on his 'hottest bunk' tag, super success and much more!

THE SWIMWEAR AND VACATION SPECIAL!



EXCITING INTERVIEWS, RESTAURANT REVIEWS, FASHION TRENDS, BEAUTY NEWS AND LOTS MORE!

— ON STANDS NOW —



LULU LOYALTY

NOW IN THE

LULU MALL

APP

**Download the Lulu Mall app to
check & redeem your loyalty points.**

**2X REWARD
POINTS***

**GIVE A MISSED CALL ON
814 449 6644**

Download the free Lulu Mall App



Scan the
QR code

The Pride of Kerala

News has trickled out that the young superstar is expected at Lulu Mall on April 23rd at the Lulu Fashion Awards ceremony. A staggering 5000 people start assembling for him from 3 pm, even though he is expected to arrive only much later.

Always punctual and with a kind, polite word for everyone around him, the superstar who is the son of Mammooty, one of the greatest Indian film stars ever, is no ordinary name. And yet to call him a Malayalam superstar is to somewhat underestimate his unprecedented pan-South appeal. As security personnel escort him backstage, the already-excited crowds get a whiff of the frenzy and start feverishly chanting his name. The moment he sets foot on the massive stage awash in lights, fans go berserk, erupting in absolute happiness as he waves to them, and says, "Hello Kochi!"

*Such is the magic of **Dulquer Salmaan** - an actor who is much more than any stereotypical compliment you can heap on him and a man so unlike most movie stars of his generation. In this super exclusive, DQ as he is fondly called opens up to Lulu Happiness on his sense of style, his filmography, his family and much more.*

Credits:

Photography: Karthik Srinivasan

Styling: Chaitanya Rao

Location: The Park Chennai



Wardrobe:
House of Three Studio, Bengaluru

One of the qualities that has consolidated Dulquer's incomparable pan-south appeal is his natural sense of style. Ask him about it and he says, "I've been style conscious from the time I was a little kid. My parents say that even at an age where I was only slightly more than a toddler, I would pick out my own clothes. I would insist that I didn't want to dress up as a child; I would want to dress up as an adult (laughs). Plus, my parents have been a big inspiration to me because both of them are so stylish. The result was that I dressed better and was more stylish than most of my friends at school in Chennai! I was always on-trend, and enjoyed being stylish. It built up a confidence in me that I could pull off any kind of clothes and that has helped me in my career today. Today, no matter what role I play my costumes are cut right, and they fit well." Has he always been brand conscious? "Well, that was only when I was a child. When you are young, you want to wear certain brands for what they represent. I think I got over that phase quickly. By the time I finished school, I wasn't too excited about flaunting labels. And honestly, if you ask me how clothes-conscious I am now, I have a confession to make: sometimes I am not even interested in shopping! I mean, I try on so many clothes day in and day out that I am often too lazy to bother with shopping and picking out more clothes!"

True Blue Style Icon

So does he think his natural sense of style has helped him appeal to a wider audience cutting across language barriers? "I have always been very fortunate in terms of the movies I was offered where the makers have been very clear about how my character would dress and what he would look like. So I was lucky to be presented in the right way to the audience. However I must state here that my sense of style is not out of any conscious effort on my part towards a career goal. It is just the way I am. In fact, I remember, even when I was just entering the industry, I was quite clear that I would respect every stage, every platform and every opportunity for an interaction with my audience. And therefore, the most basic respect I could give is by dressing up well and looking my best for the occasion. An Awards ceremony is not

just about the elite front row audience, it reaches thousands of people online and through the media. I was very clear that I would present myself at events in a certain way. Earlier, the events and ceremonies here were more casual in the way they were organised. There was no red carpet culture, no paparazzi culture. So the stars also dressed casually. However things have changed now. And thanks to my exposure, whether it was my school years in Chennai or college in the US, I was always determined that I would make an effort to put my best foot forward in terms of my appearance at events for the sake of my audience and the organisers."

It's all about focus

At a time when Tamil and Telugu films are related to lavish attention, Dulquer can be credited with having made Malayalam cinema gain acceptance among a larger cross section of audience cutting across language barriers. Which films in his career would he say have changed the game for him? He says, "I have only accepted roles that I believe in - when I hear a script I think of whether I can see myself in the movie or not. I don't see myself as a superstar. I just want to be relatable and connectable to my audience. That focus has helped, I guess. From movies like Ustaad Hotel which are so popular that every time it plays on TV, I still get calls and messages, Bangalore Days, Charlie and the like, to Mani sir's OK Kanmani, I have fortunately been part of memorable films. OK Kanmani opened up avenues across the country for me, because everyone watches Mani sir's films." But in the fiercely competitive world of films, who would Dulquer call his counterpart or contemporary? "I may not use the terms counterpart or contemporary, but someone who inspires this generation and our films in my opinion is Ranbir Kapoor. I don't want to name South Indian stars because I work in the same industry and as a person and an actor, I appreciate everyone's work, so I would not want to upset anyone by naming or not naming people."

Speaking of Ranbir Kapoor, we hear the charismatic Dulquer himself has been offered roles in Hindi films. What does he have to say about that? "Honestly,

I don't have any false notions that I am going to become an A-list actor in Hindi films. At the end of the day, I want to focus on one language. I am open to doing a memorable role in a memorable film in a language like Hindi, something on the lines of OK Kanmani. I think that would last in people's memory than just doing a debut for the sake of entering a new language."

But unlike the super stardom that heroines from south have attained in the north, why haven't our heroes, even the best of them, tasted much success? Dulquer's instant reply is, "I think all of us have one language that we focus on. And if you spread yourself too thin by trying to be a Telugu, Tamil and Hindi hero you cannot be on top of your game anywhere. It is important for all of us to have our focus and priorities clear."

A cause of major heartburn and regret among leading stars happens to be the blockbusters they rejected, which then landed on other actors' laps. Does Dulquer have any such regrets about missing or rejecting any great films? "Honestly, I dread the day when that happens, because for an actor that would be heartbreaking. Luckily, it hasn't happened to me yet. All of us are genuinely on the lookout for the best films and scripts." What about the genres of movies that he wants to do? "Out and out commercial films. I do tiptoe around this a lot but everyone has been telling me to go ahead and do one. I would love to do biopics. I also want to do a period film. The present generation is out of sync with period fantasies and so I would love to be able to bring a certain era back."

Daddy Dearest

Ever since he entered the film industry, Dulquer has never deliberately flaunted his family legacy or his privilege. He has instead chosen to rely on his own hard work and personal brand of filmography. However no interview with Duqluer is ever complete without his legendary superstar dad. Here he talks about 5 things he learnt from his iconic and inimitable father Padma Shri Mammooty.

"The first thing I admire about my dad is his integrity. It is one of his most amazing and endearing qualities.



Wardrobe:
House of Three Studio, Bengaluru



Wardrobe:
Specially designed for Dulquer by
Osman Abdul Razak, Gabbana.life, Chennai

I love his focus. Even today, despite having achieved so much, he is always thinking about what he wants to do next, he is always excited about possibilities and still retains the enthusiasm of a newcomer.

I also admire how much of a family man he is. Even now he makes time for all of us. At home, he is just a dad and that is something I genuinely value.

He is a style icon. Considering where he has come from and where he grew up - he is from a small village - there is really no explanation behind a person becoming such a huge style icon to so many millions of people. He is born with it!

He is very level-headed. To last 35 years in this industry is not easy by any stretch of imagination. There are times when things can get to you. But he has persisted because of his love for his fans, his love for his craft... that is an amazing quality.”

Would he want to do a film with his dad?

“I know fans would want that (laughs).

Whatever name or position I have earned for myself is entirely because my father and I have steered clear of each other’s tracks and identities. It has helped us have two different careers.” We agree with him wholeheartedly. Dulquer has the privilege of being the son of one of the biggest superstars of the country. But never has he brandished any sense of entitlement. Ask him how he manages it and pat comes the reply, “I would credit viewers and fans of Malayalam cinema for my level-headedness. I don’t think Malayalam audiences allow anyone to have a sense of entitlement. If anyone comes

across as arrogant or obnoxious it is strongly discouraged by our people. I entered the industry with my own apprehensions but was very clear about one thing - that I would not bring any bad name to my father.”

A shift in perspectives...

Having literally grown up in shooting spots, Dulquer has had a ringside view of the inner workings of cinema, even before he entered the industry. What differences has he observed in movies over the years? “Let me tell you one big difference. In this digital era you have ’n’ number of second chances. I can spend a whole day if I want to doing retakes. But for the previous generation, the film reel itself was such an expensive component. So if you do 10 or 15 retakes, then you are spending that much more of the producer’s money. Today that cost is not there. Those days actors gave each other their everything. That is a different approach altogether. A lot of the big names today work according to those times. Like Mani sir and others - they do rehearsals and then okay the shot in one or two takes.”

Current and future projects

Dulquer has just completed the film Parava. “Currently I am working on Solo directed by Bijoy Nambiar which is a Tamil-Malayalam bilingual. Soon, I will be starting a Tamil film with a new director called Desingh and I also have another Tamil film with another new director, Karthik.”

A thorough gentleman and a complete family man

Despite his handsome looks and the hordes of female fans, Dulquer has always had eyes only for his lovely wife. The young couple has just been blessed with a little girl. “We are thrilled about our little princess. My entire family is overjoyed. This is one of the happiest phases of my life,” he shared on his microblogging page.

It is a treat to watch this loved-up couple. What keeps them so? “We genuinely enjoy spending time with each other. Whether we are just home alone, or visiting the family - mine or hers, or even our friends, we are happy to spend time with each other. That said, I am sure she thinks I am a good son-in-law!” We bet the beautiful new mother does. So

what do they do to unwind? “My wife and I enjoy each other’s company and are super comfortable hanging out with each other all the time.

We enjoy nothing more than watching a movie together; sometimes I could be on my laptop, she is on her phone, and even then we enjoy each other’s company.”

His savvy business gene...

The young superstar is also a smart businessman with a keen eye for potential opportunities. “I grew up around people hailing from lots of big business houses in Chennai. I love the security that a business gives you. I am not talking about the cars, houses etc. Those are short term. Ups and downs abound in every career, however the movie industry is fraught with risks. So I feel it is a responsible move to ensure an additional or backup income to secure my family and our future. That point of view has been influenced by Chennai. I have seen third or fourth generation business families and have been amazed at how they can keep it together for such a long time. I don’t want to ever see my father’s hard work go to waste or even mine, for that matter. We should be able to carry forward the legacy no matter what. So I invest in startups and other businesses. For instance, as a family we hold a major stake in Motherhood hospital. I don’t actively run any business, since acting takes up almost all of my time.”

The avid biker...

Dulquer’s love for cars and bikes is legendary. Quiz him about it and he laughs, “My wife doesn’t like me riding bikes. Not just her, no one in my family wants me to ride a bike, But I am not a rash rider, nor do I encourage or promote racing. I am at an age and stage where I am not driven by a craze for speed. I just like to cruise, go on road trips... I like collecting - I restore older cars. We just restored an ’81 Mercedes 250. I also have a classic MINI and a Beetle.

As the interview draws to a close, we are struck by Dulquer Salmaan’s rare humility. A thoroughly endearing quality in someone so young and right at the top of his game in every sphere. Lulu Happiness wishes him and his lovely family the very best!

“**Dulquer Salmaan recently won the coveted Pride of Kerala Award at Lulu Fashion Week 2017. His thoughts on the recognition: “I am very happy to have won this Award and would like to thank Lulu Group for the honour. It was a wonderful opportunity to also see so many of my audiences at the event. I had a great time interacting with my fans!”**

‘My soul screams, gypsy,’

- Amala Paul

If there is one quality of Amala Paul’s that draws your attention, it is her courage. It is a quality that has stood her in good stead, helping her handle extremely difficult problems and cementing her presence in an industry that is liberally laced with landmines. Despite going through a turbulent 2016, in which she had to make some big decisions including parting ways with her director husband Vijay, Amala has come out looking more radiant than ever before. Today, she comes across as a confident and calm person, who is capable of handling just about anything that life can throw at her. The actress, who has never hesitated to speak her mind or make her own decisions, opens up to Lulu Happiness in an exclusive interview where she spills the beans on a number of topics ranging from her films to her plans of becoming an entrepreneur, going on treks, doing theatre, writing a blog, turning a singer to being a follower of the Sadhguru. Excerpts from the interview...



Lulu STAR



You seem to be doing exceptionally well on the professional front with a number of films in your kitty. Directors and producers seem to be making a beeline to cast you in their films. We heard you even approved a project while on holiday!

Well, I was in Bali for my birthday when Susi sir called me. We began chatting and then he narrated the script to me on Skype. Actually, I had to leave for another place when he had called. However, the script and the manner in which he narrated were both so engaging that I told him he should just take his own time and continue. He narrated the script in detail and I loved it. I told him that I would meet him once I got back and then, the first day I met him was straight on the sets (laughs)! So, what I look for in a film is the script and my character. The story revolves around me and is very contemporary. A lot of women will be able to relate to this story. It is a total package with all the required elements. It is a cat and mouse game between three characters played by Bobby Simha, Prasanna and I. What I loved about the subject is that there is no hero and villain in this script. It is primarily about situations and how these characters survive those situations.

On VIP 2...

In VIP, towards the end, my character gets married to the hero's character. I play Dhanush's wife as it is a proper sequel. This is my third film with Dhanush although I had to opt out of Vada Chennai with him due to date issues. However, it is always a pleasure working with him as he is one of my favourite actors. He is multi-talented and is very real on screen. I think he is also very good at choosing roles because whenever I see a Dhanush film, I don't see Dhanush but only the character. He is an effortless actor who can play any role with ease.

I first met Soundarya when she narrated the script to me and then, I met her again during the pooja of VIP2. I am very happy because she is a big plus for the project. She pays great attention to detail. I think she has taken all the characters three or four steps ahead of where they were in VIP. There is so much of style and class in the movie and I think it is because of

her. There is so much of preparation and it is nice to work with people who are professional. I always love it when I see a lot of women on the sets.

On the Malayalam remake of Queen...

I am not looking at Queen as a remake. It is a subject that has to be told everywhere. The kind of impact it had when it released was phenomenal, and a lot of women could relate to it. It is about women evolving and transforming themselves into something more beautiful. I am looking at Queen in this fashion and I want the story to be told in that manner in Kerala.

Revathi ma'am is directing it and I have always been a huge fan of hers. I think she has entire generations of fans. My dad loves her, my mom loves her, I love her. I worked with her in Amma Kannakku and I was amazed by her passion for cinema. I used to watch movies that she has directed and even at that time, I wished to work with her. Now, that has happened! I told Revathi ma'am, "We have a beautiful script and I have a beautiful character to work on. Let's have fun making this film."

You say you will be doing theatre this year. Could you give us more details?

Last year was a year of major transformations and learning for me. I realised that I needed to do a bit more than movies. There are a lot of projects but this year, I definitely would like to take a break, especially, during the second half of the year. I might take a break for a couple of months and head to London and join a theatre group. I have wanted to be a part of a theatre group for a long time. That is really challenging. I don't want my work to make me feel tired and bored. This idea looks exciting. Also, I have a very close friend who lives in Paris. She is now attending cooking classes, which are so much fun. The entire course is for just two months. I think the classes are for three hours a day. After that, she chills. I missed out on a lot of my college life and I want to relive all of that.

I also want to learn surfing because I am a scuba diver and have always loved the sea. The last time I was in Bali, I saw these people surfing and I felt so bad that I couldn't do it.

News of your parting ways with Vijay has left a lot of well-wishers and fans stunned...

We can't predict these things in life. There is nothing stable in life. We hope for something and something else happens. We sort of have to accept it and move on. Maybe if Vijay and I had met in different stages of life, we would have had a good, happy life together. But right now, we are in different phases. Vijay and I are two beautiful people who met in the wrong story.

But you hold no grudges against him?

None at all. I would still call him my favourite person. There is so much that we both have learnt from each other - very good and amazing things. I strongly believe that we will travel together in different forms - maybe not as a couple but in different forms.

We hear you are to turn a singer as well...

(Laughs) I am just trying it for the sake of a Malayalam movie. I'm a horrible singer. Music director Ratheesh Vega is composing the song. He has asked me to sing it. I think he is kind of ready to give up his career and go to the mountains (laughs)! I dub for my Malayalam films and there are a bunch of people who really like my husky voice. Ratheesh really liked my voice. So, when he told me this, I pointed out to him that I was speaking and not singing when I dubbed. However, he insisted that I sing a number and send it to him. I did and he loved it. I said, 'Okay, you take the risk! It's your time!' (laughs). The song is likely to be released very soon.

You have your hands full with so many films, don't you get exhausted?

If you gave me accounting work, I would get exhausted. If you gave me something to write, I could get exhausted. I don't enjoy doing events or programmes. But when I am on sets, I feel so much at home. I am very happy when I am on the sets. I realise that this is where I belong. My work keeps me sane and happy, even if it is exhausting. For instance, shooting for Thiruttu Payale 2 was so draining because I couldn't allocate many dates and they had to finish shooting the portions. So, we were shooting day and night. But even then, I



The biggest struggle in the film industry is to not become something you don't want to

“ We are going to start a vegan restaurant in Chennai

was happy. Even my Malayalam film's shoot happened at night. We would shoot everyday from six in the evening to nine in the morning. Even my staff (make-up artist and hair stylist) would doze off. But I would be up and working. My stylist, who came for the movie, was like, 'How do you work like this?' I am not bragging, this is how much I enjoy doing my work. I don't get tired. You get tired if you work like a machine. I was reading this beautiful quote by Sadhguru Jaggi Vasudev recently: 'Earn to live; Don't earn to stress in life.' It is so true and beautiful. A lot of people in the industry live to work. I have seen that. I work only to live. I am very clear about that. I am working because of my passion. I love what I do. I also travel. Of course, there are times when I am mentally tired, more than being physically being tired. So, I take breaks and go on treks. Trekking is my recent passion. I am crazily into trekking and travelling.

Where have you planned your next trek? Tell us more about this passion of yours.

I am planning to go to this place called

kinds of characters and they also kind of contribute to the madness! That is when I decided to go on my first trek. I didn't think of anything. I just went with my friends. We started with eight people, but everybody gave up by the second trail and we eventually were only four, of which two of us were girls. In the second trail, I was getting breathless and had the urge to quit. But then, I am someone who believes in destiny. I believe that life wanted to show me something beautiful and so, I kept going. I finished that and came down. For someone who had had her assistants and mom take care of her for six years, managing everything alone out there in the mountain was really beautiful. It made me strong and now, I think I am addicted to it.

Your life until now has been fascinating in every sense of the word. Will fans get to see you pen your autobiography or will they see you write a book?

I love writing, but I don't know if I will ever publish it. I would definitely love to write a blog, at least to share my trekking experiences. I want to write it before

gave me a flower. Now, every year I try to go there. Two years ago, I had been there and all these thoughts came flooding back making me think, 'If I had done Yoga every day of my life, I would have transformed into something so beautiful.' You always take your own time to understand things in life. So, I went and did the inner engineering programme there. Now I go there whenever I find the time. I know a lot of people there who are very dear to me. Whenever I get time, I try to do the Isha Kriya and meditation.

Other plans for 2017...

I will be turning an entrepreneur this year. It is my way of giving back to society. We are going to start a vegan restaurant in Chennai. Along with the vegan restaurant, we also intend to teach yoga and meditation. It will be like a wellness retreat. When I say we, I am referring to my team. We have a fabulous CEO and some passionate souls working on it to create something very beautiful. I have taken a franchise of the Greener, which is doing exceptionally well in



There is nothing stable in life. Vijay and I are two beautiful people who met in the wrong story

Chandra Tal in Himachal Pradesh. Also, I will be going to New Zealand for the shooting of Thiruttu Payale 2. There, I would like to stay back for a few more days and backpack.

One of my biggest achievements in 2016 was my Himalayan trek. It was a 110 km trek that happened at a height of 17,000 feet in May. It was supposed to be a 10-day trek, but we covered the distance in eight days. It was really hard as we had to carry huge trekking bags. The trek was from the Himachal side to the Manali side - from Parvathi to Spitty Valley and we had to cross the Pin Parvathi pass.

Trekking helps when you want to connect with yourself. The biggest struggle in the film industry is to not become something you don't want to. When you try to be yourself, there are people around you who constantly try to change you from what you are. You can't complain at all. There were times last year when I was thinking, "What am I really?" Reeling under the onslaught of the thoughts we have and the things we want to do, one often feels very lost. On top of that, you play different

these wonderful memories get erased from my memory.

You said you had read a beautiful quote of Sadhguru Jaggi Vasudev. Are you a follower?

In a way, you could say that. Yes. My spiritual journey started with the Sadhguru's blessings. When I was a 19-year-old, I wanted to take a break because I was working continuously. Cinematographer Nirav Shah, who is an ardent follower of the Sadhguru, asked me to go to the Coimbatore Isha Yoga Centre. Very unexpectedly, the Sadhguru came there and suddenly, this man asked me to meet him. I didn't know who the Sadhguru was at that point of time. I didn't know about all these foundations and spirituality. I had gone there thinking it would be a nice village resort where I could go and take a break. When I sat in front of him, I didn't even know what to ask. So, like a stupid kid, I asked him, "What must I do to always be successful in life?" He looked at me, smiled and said, 'Just do yoga.' I asked him another question to which he again replied, 'Just do yoga.' Then, he

Delhi. That apart, I want to be more disciplined and healthy. Every year, we take a number of resolutions and nothing happens. So, this year, I am keeping it simple. I want to lead a healthy lifestyle. I want to wake up at five in the morning and work out and do a lot more yoga and running. I ran a marathon. Life is so beautiful and all it takes to realise this beauty is for us to open our eyes and look out. So, this year, the emphasis is going to be more on a healthy lifestyle and doing the things I have always wanted to do.

Amala Paul on winning the Style Icon of the Year Award at the Lulu Fashion Awards 2017:

I have constantly pushed the envelope and experimented with fashion, choosing a whole range of occasion wear right from top national and international designer wear labels to stylish high street brands. I feel fashion is a great way to express your individuality and creativity to audiences across the world. I thank Lulu Mall and Lulu Group for this honour as it is a recognition of my efforts over the years."

Indian Naval Symphonic Band Concert

Lulu Mall witnessed a sizzling performance by the Indian Naval Symphonic Band as a part of the Republic Day celebrations.



Lulu Flower Fest

A stunning world of flowers and nature was created at the Lulu Flower Fest as a part of the Mall's Valentine's Day celebrations.



Lulu Little Prince and Princess

The adorable tiny tots who participated in the Lulu Little Prince and Princess contests as a part of the Lulu Flower Fest warmed the hearts of the audience with their cuteness.



Floral Arrangement Competition at Lulu Mall

The Floral Arrangement Competition held as part of the Lulu Flower Fest on February 11th was a grand success with a number of stunning floral masterpieces.



Valentine's Day

The musical genius of Balabhaskar was in full flow at Lulu Mall when he literally took the whole crowd into a tuneful trance and gave the young audience a Valentine's Day to remember for a long time!



Lulu Mall 4th Anniversary Celebrations

Lulu Mall witnessed a glittering evening with the landmark 4th anniversary celebrations where the mall honoured its stellar retailers at the LuLu Retail Awards. There were also performances by Gowry Leksmi and band along with Siddharth Menon and an appearance by 'Mexican Aparatha' star Tovino Thomas who cut the yummy Anniversary cake!



Christmas Shop & Win Winner

Mrs. Daisy Xavier was crowned the winner of the Christmas Shop & Win 2016. The prize distribution ceremony was held during the Valentine's Day celebrations at Lulu Mall.



Lulu Reader's Fest

In a noble attempt to re-familiarize the younger generation with the joys of reading, Lulu Mall organised the Reader's fest displaying over 3000 books along with interactive theatre and story-telling workshops. Snapshots from the event.





RETAILER OF THE YEAR - ANCHOR STORE - **LULU HYPERMARKET**



RETAILER OF THE YEAR ENTERTAINMENT - **PVR**



RETAILER OF THE YEAR MOBILE & ELECTRONICS - **SAMSUNG**



RETAILER OF THE YEAR DEPARTMENT STORE - **LULU CELEBRATE**



RETAILER OF THE YEAR FOODCOURT - **DOMINO'S PIZZA**



RETAILER OF THE YEAR DENIMS AND CASUALS - **WRANGLER**



RETAILER OF THE YEAR BEAUTY & WELLNESS - **KAYA SKIN CLINIC**

Lulu Retail Awards 2017

Lulu Mall lauded its retailers at its 4th Anniversary Celebrations in a flamboyant ceremony at the Lulu Retail Awards.



RETAILER OF THE YEAR BOOKS, GIFTS AND TOYS - **CROSSWORD**



RETAILER OF THE YEAR BAGS & FOOTWEAR - **CROCS**



RETAILER OF THE YEAR EYEWEAR - **LENS AND FRAMES**



RETAILER OF THE YEAR FASHION ACCESSORIES - **LEVI'S ACCESSORIES**



RETAILER OF THE YEAR LINGERIE AND INNERWEAR - **JOCKEY**



BEST HOME IMPROVEMENT - **FARM & GARDEN**



RETAILER OF THE YEAR JEWELRY - **JOSCO JEWELLERS**



RETAILER OF THE YEAR KID'S WEAR - **ALLEN SOLLY JUNIOR**



RETAILER OF THE YEAR MEN'S FASHION BRAND - **LOUIS PHILIPPE**



RETAILER OF THE YEAR SPORTSWEAR BRAND - **ADIDAS**



RETAILER OF THE YEAR WOMEN'S FASHION - **W**



RETAILER OF THE YEAR RESTAURANT - **PIZZA HUT**



RETAILER OF THE YEAR SKINCARE & COSMETICS - **FEMINE GLOW**



BEST SERVICE INSTITUTION - **FEDRAL BANK**



RETAILER OF THE YEAR UNISEX FASHION - **US POLO**



RETAILER OF THE YEAR WATCHES - **TISSOT**



RETAILER OF THE YEAR SPECIALITY - **JOHNS UMBRELLA**



RETAILER OF THE YEAR TRAVEL AND LUGGAGE - **VIP**



RETAILER OF THE YEAR OUTDOOR - **WILDCRAFT**



RETAILER OF THE YEAR ICE CREAM - **BASKIN ROBBINS**



RETAILER OF THE YEAR KIOSK - **KOMPANERO**



RETAILER OF THE YEAR CAFE - **CAFE COFFEE DAY**



RETAILER OF THE YEAR 2017 - **SPARKY'S**

The spectacular Lulu Fashion Week 2017

Day 1

Lulu Fashion Week is a unique platform that brings more than 30 popular fashion brands on a common platform to showcase the Spring/Summer trends and collections. Now in its second year, the event has nearly doubled in scope, because of the overwhelming success of Lulu Fashion Week 2016. Lulu Fashion Week is unique because this is one of the rare fashion events that is open to public and not a restricted event at a private venue. It is a platform that not only brings top brands together but also enjoys public visits and interactions, celebrities and performers as well as the most respected names in the fashion industry in 5 days of glamour, excitement and fun.

Exclusive shows by 883 Police, Levis Women, Rugby, Caprese and Burnt Umber were a part of the first day of Lulu Fashion Week 2017.

Celebrities and showstoppers like Rajeev Pillai, Bala, Rahul Subramaniam, Mareena Michael Kurisingal, Rasna Pavithran and Anjali Nair scorched the ramp. The theme music for LFW 2017 was composed by Rahul Subramaniam, Music Director which was inaugurated by celebrities Bala and Anjali Nair.

Day 2

Famous brands Allen Solly Junior, Van Heusen Women, Venfield, John Louis, Meezo and Teen 19 were part of the second day of Lulu Fashion Week 2017.

National film award winner Gourav Menon and other celebrities like Ritu Mantra, Vinay Fort, Gaurav Menon, Vijay Madhav, Saranya, Deepankuran and Sooraj Kurup were the showstoppers.



Day 3

Biba, Classic Polo, Delsey, Oxemberg and Sin presented their Spring/Summer collections on Day 3 of Lulu Fashion Week 2017. Showstoppers for the event included Archana Ravi, Harikrishnan, Siddharth Menon, Rony David and Saranya Anand.



Day 4

The official Launch of Amara Brand took place on the Fourth day of Lulu Fashion Week 2017. Amara is the designer kurti label from Lulu, targeting women who want designer wear at affordable prices. Showstoppers for the day included Neha Saxena, Rajjan, Chef Kicha and Rajesh Keshav.

Shows by Indian Terrain, Indian Terrain boy, Scullers, Indigo Nation, John Miller and Vivo were also a major attraction for the day.



Lulu FASHION AWARDS 2017

Lulu Fashion Week Forum - 2017

The one-of-its-kind Lulu Fashion Forum was held on April 22nd, 2017 at Marriott Kochi.

The topic for the Lulu Fashion Forum was Fashion Retail 2020 – New Concepts and Retailing Trends.

Panel Members

Divya Malik Dutta – General Manager Marketing, Victorinox
Bhavesht Pitroda – COO, Images Retail Group
Hitesh Butt – Director marketing and communication, Retail Authority of India
Rajanesh Nair – Brand Head, Van Heusen
Shibu Philips – Business Head, Lulu International Shopping Mall



What makes the fashion world go around, its not the bling, but the making of a brand, an identity. Working tirelessly towards empowering brands, Lulu Fashion Week concluded its second edition on 23rd April, 2017 at the Lulu Mall atrium. The Lulu Fashion Awards gave recognition to popular and upcoming brands in various categories based on public voting. Celebrities Dulquer Salmaan, Amala Paul and Tovino Thomas made their presence felt exclusively for Lulu Fashion Week 2017. As the finale of the glittering Awards ceremony 3 major Awards were presented. Tovino Thomas won the Award for Fashion Icon of the Year – Male.

Amala Paul who looked lovely in a coral dress was crowned Most Influential Style Icon of the Year – Female. The loudest cheers for the evening were reserved specially for Dulquer Salmaan who was presented the Pride of Kerala Award, an honour he richly deserves.

Day 5





Lulu FASHION AWARDS 2017



Best Emerging Men's Wear Brand
Sin



Most Preferred Men's Wear Brand
Levi's



Most Preferred Women's Wear Brand
Biba



Best Emerging Women's Wear Brand
Identiti



Most Preferred Women's Essentials
Caprese



Most Preferred Men's Essentials
Crocodile



Most Preferred Kids Wear
Indian Terrain Boy



Fast Growing Apparel Brand
Classic Polo



Most Innovative Fashion Brand
883 Police



Magazine of the Year
JFW



Best Teenage Fashion Brand
Teen 19



Fashion Icon of the Year (Female)
Amala Paul



Fashion Icon of the Year (Male)
Tovino Thomas



Pride of Kerala
Dulquer Salmaan

MAXIMUM IMPACT

*Get ready to watch jaws drop
as Creyate ups the ante with the
latest range of denims, indigo
shirts, chinos and blazers.*

CREYATE
— CUSTOM CLOTHING —

First Floor LuLu Mall

Premium Indigo Shirts

Heavy duty denim shirt of indigo
fabric with white neps, truly
differently textured.

Price ₹ 3499





CREYATE
— CUSTOM CLOTHING —

First Floor LuLu Mall

**Denim Luxe/
Premium Indigo Shirts**

Summery ice blue jeans with classic tobacco colour thread. Pair this with any colour.

A true indigo lightweight and soft denim shirt.

Price on request

CREYATE
— CUSTOM CLOTHING —

First Floor LuLu Mall

**One-of-a-kind premium
textured chinos**

The motif/texture is achieved by
dobby weave. Available in different
colours.

Prices start at ₹ 2999





CREYATE
— CUSTOM CLOTHING —

First Floor LuLu Mall

Denim Luxe

Premium selvedge fabric made of organic cotton yarn and dyed with organic indigo. The fabric is double dyed and the weft is dyed with indigo as well, to give it a pure indigo look.

Blazer starts at ₹ 17000

Shirt starts at ₹ 3999

Denim starts at ₹ 5999



DUNCAN MADE IN ENGLAND

GAS

#GASMADEINITALY

Not your ordinary Boyfriend (Jeans)

This season's must-have denim style is updated with feminine embroideries, modern patches and effortless rips for a worn-in look.

Visit GAS on the ground floor of Lulu Mall.



#artisansdenim

A special selection of high-quality jeans, crafted with a mix of innovative technologies and artisanal techniques


Chilli Devil



Chocopop



Lemon Pataka



Did you know that Popcorn is a whole meal and has 15 % fibre which is higher than oats?

Caramel

A healthy twist to a tasty classic!

Planet Popcorn is the lip-smacking result of thorough research and persistent efforts to balance nutritive value with the taste factor, when it comes to snacking. Lulu Happiness tells you more.

Every time you eat, there is a veritable fight between your tongue that only focuses on taste and your stomach which wants healthy food to nourish the body. It is no secret that the tongue almost always wins the fight! When POP & More decided to develop a food product, they were determined about giving the stomach a healthy whole meal snack rich in fibre and protein. They also knew that if they did not make the tongue happy, they would never get customers to choose their product. Hence the team carried out a lot of R&D on how to please the tongue and the stomach to create a range of super tasty and healthy products thus creating “Planet Popcorn”, which as the tagline promises, is handmade with love!

A movie theatre staple, the humble popcorn has rarely ever gone beyond salted, cheese, tomato and caramel flavours. All that is set to change as Planet Popcorn has brought whole meal gourmet popcorn to suit the complex Indian taste buds! Planet Popcorn uses Mushroom Popcorn for a unique round shape which is attractive to the eye and is also coated evenly with amazing sweet, savoury and spicy flavours. Have a sweet tooth? You’ll dig the Classic Caramel, Butter Toffee and Pineapple Jalapeño. Like all things cheesy? The deliciously blended Cheddar Cheese variant will please the palates of even the most demanding gourmet chefs! If you think spice is nice, Planet Popcorn leaves you spoilt for choice with the best spicy flavours from North and the South, from the West and the East. Lemon Pataka is a blend of Indian spices with Thai lemongrass to produce a unique flavour that bursts in the tongue like a cracker! Masala Masti kindles the memory of the best masala you can taste in India and Chilli Devil true to its name, has a devil chilli in the blend, to suit the fiery spice lovers of

India. Planet Popcorn indeed uses the best ingredients to create the best product! Unlike popcorns which are machine made, Planet Popcorn is made by hand hygienically with the traditional popper, with the skilled hands of chefs blending the ingredients beautifully like magic. Planet Popcorn was started by a group of likeminded passionate woman entrepreneurs and is completely made in India. The brand is now open at Lulu Mall, second floor, Opposite Health & Glow. They even have an empowered women workforce and have trained them to process the popcorn and pack them hygienically in special packs designed to ensure lasting freshness of the delicious Gourmet Popcorn.

The brand also creates a better popcorn experience by ensuring that un-popped kernels don’t get stuck to your teeth which normally happens when you eat the usual popcorn. What better way to say, “We love our customers and want them to enjoy healthy whole meal Planet Popcorn – Handmade with Love!”

POP & More, a start-up company has taken this initiative to introduce Gourmet Popcorn for the first time in Kerala under the brand Planet Popcorn. The company’s motto is to identify and capitalise on unexplored possibilities in the food industry and cater to clearly customer in the speciality segment. POP & More promises crunchier, healthier and tastier popcorn in 11 different yummy flavours – caramel, cheddar cheese, chocopop, chilli devil, butter toffee, tandoori masala, butter salted and pineapple jalapeño! These lip smacking popcorns come in recyclable packs! What’s more? POP & More provides services at weddings, birthday parties and exhibitions! They even have home delivery across India. WhatsApp them on +91 9020933333

COLORBAR..

TRENDING IN Lulu

1

Definer Lip Liner ₹ 599



2

Diamond Shine Lipstick ₹ 499



Perfect that pout!

Dramatic lips are always in, irrespective of the season. Get that perfect pout with Color Bar at Ground Floor, Lulu Mall, Kochi

3

Matte Touch Lipstick ₹ 499



4

Kiss Proof Lip Stain ₹ 900



5

Take Me As I Am ₹ 900



TRENDING IN Lulu **Let's Get Stylish**

WOMEN

GO WALK SPORT
14140
SLIP ON
₹ 5,999



GO WALK SPORT
14141
LACE UP
₹ 6,499



GO WALK SPORT
14141
LACE UP
₹ 6,499

GO WALK SPORT
14140
SLIP ON
₹ 5,999



CCTQ

GO WALK SPORT
14141
LACE UP
₹ 6,499



MEN

GO WALK SPORT
54143
SLIP ON
₹ 5,999



BKRD

GO WALK SPORT
54141
LACE UP
₹ 6,499



GRY

Shop from a range of stylish, comfortable footwear from Skechers at Second Floor, Lulu Mall, Kochi



BLAQ

SKECH AIR-LASER LIGHT
80344L
₹ 3,499



BKMT

BURST-IN THE MIX
97303L
₹ 3,599

KIDS

Jewellery
Drawers



**Every.
Storage.
Essential.**

HandBag
Inserts



howards™
storage world

is located on the second floor of Lulu Mall, Kochi.

Accessory
ORGANISER
with
POCKET



Shower-Caddy

Vacuum Bag
- Triple the
Storage space



Easy-hang-
6-pocket-
sweater-
organiser

A Moplah Feast!

The fact that people patiently queue up outside a restaurant that is spread across three floors, covering 22,000 sq ft, is proof of the brand's extraordinary mass appeal! The Calicut Paragon at Lulu Mall is one of the very few destinations in the city that has truly captured the essence of Kerala cuisine and also offers a multi-cuisine menu that will entice your taste buds! The flavours of the seafood and the Malabar cuisine offered here will linger in your memory long after you have left this cozy diner! The Corporate Chef, Thomas of the Paragon group takes us through a delightful culinary journey with master craftsman and fashion designer, Sreejith Jeevan and renowned food stylist, baker and anchor of the show, 'Food To See U', Ann Benjamin.

Words:
Riya Sonny Datson





As the friendly staff show us to our table, Sreejith and Ann exchange pleasantries. “It feels like walking into Kozhikode,” smiles Sreejith. Ann agrees adding that the Paragon outlet at the mall offers some of the best seafood delicacies in the city! Our summer cooler, the Nannari Lime arrives and we couldn’t have asked for a better drink to beat the heat outside. As we begin to chat about fashion, cinema and food, the restaurant’s signature dish, the Traditional French Soup is served in an edible bowl! Amused by the quirky presentation, we move the lid aside to sip our soup. The distinctive flavour of caramelised onions is the first feeler that awakens our senses. The bowl made of bread seems unperturbed by the hot soup even as we scrape its sides. Chef Thomas arrives pleased with our reaction and explains how he was inspired by the soup served in a similar style in France and that he had to try really hard to achieve perfection! We agree that the soup by itself is very filling and is indeed a full meal by itself!

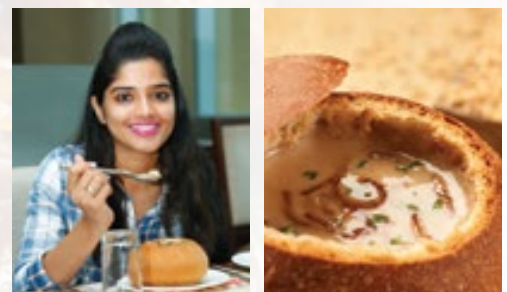
The crunchy batter fried spinach comes with sweet chilly sauce next and this is a dish that we unanimously loved. It is the ultimate starter for all the little ones who hate their greens!. The Raw Mango Salad, a sweet yet spicy appetiser is yet another delightful starter - a perfect platter of raw mangoes, carrot strips and chillies. “The raw mango salad is such a refined version of the very comforting raw mango

which used to be a permanent holiday menu at home,” recalls Sreejith. “Yes and raw mangoes are an indispensable part of Paragon,” adds Ann and true to her word, we realised through the meal that the raw mango dishes of Paragon were just awesome. The Pepper-grilled Paneer arrives next, which is pan-fried paneer that has a beautiful blend of garlic, lime, chilly flakes and coriander.

The Vegetarian starters tasted so great that we didn’t miss non vegetarian options at all. And then the Kandhari Prawn makes its grand entry with the rich flavours of coconut milk, garlic, shallots and chilli! As the name suggests, ‘Kandhari’ is the Malayalam name for ‘chilli’ and yes, this is a very spicy dish. The Tawa Fish follows suit with its distinct tangy taste of traditional Kerala cuisine. “This is a ‘Feel

Good’ dish - really nice!” smiles Sreejith. Chef Thomas joins us with the pan fried Squid, sautéed with onions and green chilli. He busts the myth that squid needs to be cooked for long, and explains that it needs very little cooking time to retain the soft texture.

“I am going to serve another starter that’s not on the menu but am sure you will love it!” he declares as the Kozhi Kunji Pori is





Meen Manga Curry is served! The wheat parotta being light and soft, is of course a healthier option compared to its maida counterpart. The meen manga curry is a luscious fish gravy that has a fine fusion of mango, coconut milk and spices. Since Ann had already tried this dish, she opted for the Allepey Veg curry which tasted equally good. The main course wasn't over yet! Soft Appams and the Pepper Mushroom arrive next. The appams are crispy around the edges and soft on the inside. "The mushroom and cauliflower curry is really yummy! Nothing like the usual mushroom dishes!" compliments Ann. "I love the fact that their dishes are so rooted in tradition - which is what adds to the element of nostalgia or the feel good factor while we dine here. But what's even more interesting is the fact that there's a modern tweak to every dish which makes eating it fun," adds Sreejith.

served. The very first bite takes you on a trip down memory lane! The rich flavour of coconut oil, shallots and chilly is what is unique to this dish. The fried coconut scrapings seemed to add to the aroma and taste of the fried chicken. We unanimously request for this classic dish to be added to the menu!

The soup and the starters had literally taken us on a brilliant roller coaster ride of flavours and we were beginning to feel like we had just completed a five-course meal when the Coin Parotta and the

Of course, a meal cannot be complete without dessert and to our surprise, 'Chatta Mary' makes her entry. 'East meets West' is the first thought that rushes to your mind as you relish this masterpiece. The traditional semiya payasam has been converted to an English style soufflé with the accompaniment of caramelised banana with coconut and jaggery! "The perfect mix of traditional ingredients transformed into a 'glocal' dessert - indeed feel good for both the tongue and the eyes. You need to

come to Paragon to get this taste and feel!" smiles Sreejith.

And just as we thought that the meal was over, the grand finale, the Dancing Tea is served! "This is Paragon's signature styled tea!" says Ann excitedly. The black tea and cream seemed to be in two different realms and when you move the glass, it feels as though the tea is dancing! We eagerly ask Chef about the trick and pat comes the reply, "That's my secret!"

With over seven decades of experience in the food business, Paragon has not only made its mark in Kerala but overseas as well! Paragon is indeed an irresistible blend of unparalleled quality, enticing taste and excellent service!

Must Try:

- 1 Traditional French Soup
- 2 Peppery grilled Paneer
- 3 Chemmeen Porichathu
- 4 Kanthari Tawa Grilled Fish
- 5 Pandan Chicken
- 6 Fish Mango Curry



Irresistible Temptations!

Attention dessert connoisseurs! Here is some great news for you. A Thai style creamery of Kerala-origin beckons with an explosion of unique flavours! Well, that's Rollsberg for you.



Get ready to indulge your senses in Thai style creamery Rollsberg's first ever outlet in the iconic Lulu Mall, Kochi. Helmed by the dynamic Founder and CEO Nithin Varghese, Rollsberg offers Ice cream Rolls, Bubble Tea, Bubble Chillers and more!

With a profusion of Thai flavours, ice creams at Rollsberg are prepared live, with a wide variety of mix-in options ranging from cookies, pastries, chocolates, candies, traditional sweets, fresh fruits, green chilli etc.

The tantalising roll while mixing the luscious ice cream is a sight to behold! No matter how strict your diet, you are sure to succumb to this heavenly temptation.

Try Rollsberg specialties like Cuban Ferrero (Ferrero Rocher rolled vanilla ice cream), Choco Fudge (chocolate ice cream rolled with brownies and dry fruits), Guava Chilli (Guava and green chilli blended and rolled), Candy Crushers (candy of your choice rolled with ice cream), Indian Twist (traditional Indian sweets in ice cream), Cookie Spree (vanilla ice cream, Brownies and Oreo cookies rolled), Mango Mania



(fresh mango blended and rolled with ice cream), Berry Fusion (strawberry, blueberry, raspberry crushed and rolled with vanilla ice cream) and of course, the signature Bubble Tea of Taiwanese origin, which is a smoothie served ice cold which has jelly with the drink so you have a snack and drink experience. The Bubble Tea is in fact a smoothie with a tea base in a variety of fruit flavours. The jellies and bubbles are also fruit-flavoured. The typical bubble tea uses tapioca pearls as the bubble and the fruity flavours are an addition. Bubble Chillers are also a must-try at Rollsberg. This water-based chiller with bubbles and jellies makes for a cool and refreshing drink with the fruit jelly and bubbles. The jelly, known as Nata D Coco is made out of coconut water. You can choose the flavour of juice you prefer along with the jellies/bubbles.

Super Comfy

in Konfo!



Lulu Happiness talks to E.H. Hong, better known as Mr. Hong, the Managing Director of InoHome Private Limited Company for exclusive details about the high-quality range of massage chairs and slimming devices at Konfo. Needless to say, we came away impressed! Check out their splendid kiosk at Lulu Mall.



1. The joy of lazing on a Sunday on a Konfo massage chair – either relaxing or watching TV... Tell us about the experience of sinking into a Konfo massage chair.

The massage chair was first introduced to the consumer market in the late 1980's. Intended to emulate the motions and techniques of an actual masseuse, the goal of the massage chair was to relieve stress, tension, and alleviate back pain.

These days more and more people are recognising the health benefits of a massage. People are now seeing that a massage is not just for rest and relaxation, but is also used to gain relief from certain symptoms, heal injuries, or to help with specific health conditions. People these days are constantly looking for overall wellness, and are discovering that massage is one of the best sources for achieving that goal.

The benefits of a massage go above and beyond relaxation to actually improve or even eliminate health problems. One of the main ailments that massage is used for is

back pain. Sometimes painkillers are just not enough. A study showed that “massage worked better than acupuncture or spinal modification – reducing the need for painkillers by 36%.”

More than one study has shown that headaches also respond to massage therapy. For many people, massage has been proven to reduce the number of migraines suffered and improve sleep.

Imagine having your own personal professional masseuse, ready to leap into action at the touch of a button. When you relax into a Konfo ergonomic massage chair, take a deep relaxing breath and select one of the pre-programmed massage settings, you won't need to imagine. Because you'll experience the sort of massage that a health spa would be proud of – right in the comfort of your own home.

Whether you're looking to relax and unwind after a hard day's work, or you need to loosen up your muscles after your sport activities, our range of chairs contain the most advanced automatic massage technologies available in India today.

Just 15 minutes of Konfo chair massage to the neck, back, arms and hands can improve blood circulation, restoring energy levels and helping keep the body injury free. It has been scientifically proven to lower stress, reduce muscle tension and rejuvenate the mind and the body.

2. Tell us more about some features of the Konfo massage chair.

Konfo massage chairs are equipped with more than 20 features. But I would like to highlight three very unique features of our massage chair: Extended Track, Zero Gravity and Zero Wall.

First things first, let's talk about tracks. What is a Track? A massage chair is built with tracks inside as part of its mechanism — a long roller track that extends from the head down to the low back and, in some models, the buttocks and hamstrings. The track can be likened unto a train track that guides the rollers up and down the back. It is the rollers that do the bulk of the massage in a chair, particularly to the spinal areas. This is where the rollers that do the massage

work are mounted. Konfo has the longest roller track in the market.

3. What is the USP of Konfo products?

When it comes to massage precision, Konfo has introduced its latest breakthrough in High-Definition (HD) massage technology. The HD massage technology is capable of targeting zones that are hard to reach. It's the most advanced automatic massage technology available in India today. Precision and intensity combine in our high definition massage chairs, offering 38%-45% more massage coverage than other chairs on the market. But massage isn't about percentages, it's about feeling. You'll experience a superior massage that combines the techniques of leading human masseuses to provide an unbelievably natural feeling. KONFO has taken the art of massage to new heights, implementing 3D massage technology along with other incredible new and innovative features. What is 3D Massage Technology?

Konfo introduced this exciting innovation that has been featured in our current two massage chairs. 3D massage technology is a new type of roller that allows the roller heads to protrude from the track an additional 8-10cm in an effort to bring massage to places that are typically neglected by an average massage chair, such as the upper neck and upper shoulder area.

3D massage technology has another benefit being able to protrude from the track allows the massage heads to massage super deep to tissues that traditionally would not have been accessible for a massage chair, which can improve your massage experience in a number of ways.

The other USP I would like to talk about is KONFO Massage chairs are equipped with Superior 3D Body Auto-Detection that optimizes the roller to detect your acupoints along your back and even optimize the depth of the massage. Before the start of every massage, the chair will accurately map the users back, analysing the contours of back muscles and spine. This will ensure a more consistent massage pressure throughout the session, so that no area of back is neglected.

Talking about some of the other aspects of Konfo chairs, the all-important motor is critical to the chair. Konfo massage chairs carry German technology motors. Our

massage chairs follow strict QC procedures before they are sent to port.

4. From ergonomically designed massage chairs to a whole range of slimming devices, Konfo has it all. Tell us more about the exhaustive range.

Konfo has a comprehensive range of Massage and Wellness equipment. Based on the latest technology, it provides relief in muscle fatigue and increase the blood circulation of the body. Currently Konfo carries Massage Chairs, Leg Massager, Back Massager, Body Shaper and Slimming Belt.

Our range of Massage Equipment is well known for its optimum quality, high performance and long working life. A growing body of research supports the health benefits of massage therapy for conditions such as stress, fibromyalgia, low-back pain and more. In near future, we are going to introduce more products, like Head, Shoulder and Hand Massager to complete Konfo's product line.

5. Outlets in India.

At present, we have kiosk operations in Bengaluru, Kochi, Hubli and Pune. In the pipeline are plans to expand to Mumbai, New Dehli, Hyderabad, Chennai and Kolkata over the next 3-6 months.

6. Experience of being in Lulu Mall.

In the last couple of years, a rapid transformation of the Indian retail

landscape has been witnessed in terms of both technological advancement and



consumer preference. Online retail has made a big bang entry and witnessed exponential expansion. However, shopping centres that are more like lifestyle destinations and shock-and-awe with their sheer space, continue to be popular in consumers' mind.

Size Does Matter. Lulu Mall one of the largest mall in India, with an impressive architecture, certainly gives the feel of an international mega mall. I have visited numerous malls in India, but I found Lulu Mall to be the most organised, clean, trendy and fashionable mall in every way. It's fair to say that, Lulu Mall has changed the culture of Kochi, and made it up to date with the other cities, in fact even better.



Mr. Hong



ANCHOR STORE

Lulu Hypermarket 0



BANK

Doha Bank 1

Federal Bank Branch 2



BEAUTY & WELLNESS

Ajmal perfumes 0

Forest Essentials 0

Colorbar 0

Faces 0

The Body Shop 0

Kaya Skin Clinic 1

Aroma Thai 2

Femine Glow 2

Toni & Guy 2

Health & Glow 2

Spices India 2

Oudh Al Arab 2



BOOKS/GIFTS

William Penn 0

Archies 2

Crossword 2

DC Books 2

Photo Express 2



CAFE/RESTAURANT

Costa Coffee 0

Coldstone Creamery 0

Mc Donalds 0

Amul Ice Creams 1

Caf  Coffee Day 1

Calicut Paragon 1

Anjappar 2

Bloomsbury's Cafe 2

Chocolate Room 2

Burger King 3

Galito's 3

KFC 3

Maharaja Bhog 3

Pizza Hut 3



CINEMA

PVR 2



DENIMS & CASUALS

Calvin Klein Jeans 0

Lee 1

Levis 1

LP Sport 1

Pepe 1

Spykar 1

Wrangler 1



DEPARTMENT STORE

Lulu Celebrate 0

Marks N Spencer 0

Westside 0

Lulu Fashion 1



ENTERTAINMENT

Amusement 3

Bowling Alley 3

Ice Skating Rink 3

Sparkys 3

Video Games 3

5D Cinema 3



EYE WEAR

Sunglass Hut 0

Lens and Frames 1

Lens Magic 2



FASHION ACCESSORIES

Accessorize 0

Ayesha 0

Swarovski 0

Levis Accessories 1

Sia Art Jewellery 1

Rubans 1

Addons Women 2

Ethnik 2

Johns 2

Kushals 2



FOOD COURT

Baskin Robins 3

Bread World 3

BTH 3

Chicking 3

Coffee Club 3

Dominos Pizza 3

Doner Kebab 3

Fort Kitchen 3

Kailash Parbat	3
Kobe Sizzlers	3
Meriiboy Ice Cream	3
Natural Ice cream	3
Nila	3
Noodle King	3
Pulp Factory	3
Subway	3
Southern Fried Chicken	3
Tea Stop	3
WOW Momos	3
Vazhayila	3
Zaki	3
Ibaco	3
Rollsberg	3



FOOTWEAR/BAGS

Bulchee	2
Caterpillar	2
Columbia	2
Crocs	2
Lavie	2
Vans	2
Sylcon*	
Hidesign	0
Baggit	1
Bata	1
Caprese	1
Doc & Mark	1
Foot in	1
Hush Puppies	1
Inc.5	1
Metro	1
Mochi	1
Red Tape	1
Woodland	1
Steve Madden	0
Aldo	0



HEALTH & WELLNESS

Cosmed	0
--------------	---



HOLIDAYS

Club Mahindra	2
---------------------	---



HOME/LIFESTYLE

Chumbak	1
Fabindia	1
Bombay Dyeing	2
Farm & Garden Home	2
Howards Storage World	2
Mo Art	2



JEWELLERY

Josco	0
Joy Alukkas	0
Malabar Gold	0



KIDS WEAR

Allen Solly Junior	2
Benetton Kids	2
Gini n Jony	2
Kair	2
Mother Care	2
The Children's Place	2
Tommy Hilfiger Kids	2
US Polo Kids	2



KIOSK

Floweringo	-1
Idea	0
Kompanero	0
Lotus	0
Peora	0
Konfo	0
Liso	0
50 Shades	1
Damini	1
Go Colors	1
Ipanema	1
Sangeetha Bags	1
Skinn Titan	1
Top Grain	1
Abhiman Craft	2
Emmi	2
MacV	2
Red Moments	2
Shilpakala	2
Red Riding	2
Planet Popcorn	2
Crazy Candy	3



LINGERIE & INNER WEAR

Jockey	1
Zivame	1



MEN'S FASHION

Jack & Jones	0
Rare Rabbit	0
Basics	1
Blackberrys	1
Celio	1
ColorPlus	1
Creyate	1

Indian Terrain	1
Louis Philippe	1
Manyavar	1
Mufti	1
Park Avenue	1
Peter England	1
Raymonds	1
Raymond MTM	1
V Dot	1
Zodiac	1
Identiti	2



MOBILE/ELECTRONICS

Imagine	1
Lulu Connect	2
Micromax	2
Samsung Mobile	2
Techlink	2
True Tek	2
Zahra Phones	2



MONEY EXCHANGE

Lulu Forex	0
Thomas Cook	0



SPORTS WEAR

Adidas Home Court	2
Adidas Originals	2
Asics	2
Nike	2

Puma	2
Skechers	2
Reebok	2



TOYS

Hamleys	2
---------------	---



TRAVEL/LUGGAGE

Samsonite	0
Bagzone	1
Safari	1
VIP Lounge	1
Wildcraft	2



UNISEX FASHION

Splash	0
Tommy Hilfiger	0
Nautica	0
Allen solly	1
Arrow	1
Arrow Sport	1
Being Human	1
Flying Machine	1
Scullers, Indigo Nation	1
UCB	1
US Polo	1
Van Heusen	1
Wills Lifestyle	1
Linen by Burgoyne	2
MCR	2
Navigator	2
Monte Carlo	2

Gas	0
All	2



WATCHES

Fossil	0
Rado	0
Swiss Watch Boutique	0
Tissot	0
Casio	1
Citizen	1
Fastrack	1
Seiko	1
Timex	1
Titan	1



WOMEN'S FASHION

And	0
Vero Moda	0
Cover Story	0
Aurelia	1
Biba	1
Global Desi	1
Jashn	1
Anu Reshma Label M	1
Mantra	1
Soch	1
W	1
Yvonne	2
Arabian Souk	2



Konfo



3,000,000 CUSTOMERS SERVED
620,225 HAPPY CUSTOMERS
WHERE ARE YOU?

AFFORDABLE ISN'T JUST A NAME
IT'S A PROMISE



HAPPY PRICE MENU

STARTS AT
₹ 27

McFloat (Coke)



McFloat (Fanta)

Chicken McGrill™



McAloo Tikki™



McEgg



Veg Pizza McPuff™



Soft Serve



Aloo Wrap



All taxes extra as applicable. Images are representational.

McDONALD'S NOW AT MG ROAD, CHAKKARAPARAMBU,
THRISSUR, NADATHARA, CALICUT & KOCHI - LULU MALL



McDonald's™