

CITY EXPRESS



THIS WEEK'S MOVIE REVIEW
The sequel to the last in Twilight series, Breaking Dawn is a dismal end to a vapid love story **PAGE 2**



THE TRUTH BEHIND YOUR LOCKS
Hair fall is a common problem. While everyday actions like combing it and washing it lead to it, the occurrence could have a more underlying medical reason **PAGE 3**



GOING BEHIND THE CAMERA
Aamir Khan talks about how being a director could not be all that far off in the distant future **PAGE 4**



HI! CUTIE Participants at the Pedigree HyCan 12Twin Championship Dog Show hosted by The Hyderabad Canine Club and Pedigree at HITECH International Exhibition Centre on Sunday | A SURESH KUMAR

I DON'T WANT DOWRY. I WANT A BRIDE!!



Express News Service

Hyderabad: On Sunday, an auspicious day, when thousands of couples tied the knot and exchanged vows and their families exchanged notes running into crores of rupees, a group of unmarried people gathered at the Birla Science Centre auditorium for a different kind of Swayamvaram – a meeting to share their views, experiences on dowry and find a soulmate.

A group of unmarried men gather for a different kind of Swayamvaram and make a difference. Members of idontwantdowry.com, they have taken it upon themselves to battle the curse of dowry

They were all members of idontwantdowry.com – a website dedicated to those opposing the practice. An annual event, Swayamvaram, attracted over 90 men and 30 women. When Satya Naresh, an entrepreneur from the city, launched idontwantdowry.com, he was clear about the huge business opportunities and challenges that stood ahead of him but what

drove him towards his goal was social responsibility and lessons learnt at school. After trying his hand in various professions, he had decided to launch his web services company along with a friend and later the website idontwantdowry.com. “Giving or taking dowry is a crime, which is why no matrimonial website talks about dowry. In reality, dowry is part of the system. I found that nobody was willing to speak against dowry,” he said adding that his fight against the tradition-turned-social evil was tough.

Six years into existence, the website has a membership of over 14,500 members with a majority enrollment of men. Though registration is free, if a member wants to contact other members, he/she has to pay a sum of ₹500 for six months to find his/her soulmate.

31-year-old Vijayanaga Chandrika, who works as an Inspector with the Central Excise and Customs department, joined the website a week ago. “If parents can afford to pay dowry, well and good but it should never be the thumb rule in the name of tradition,” she said. She has paid the price for her stance against dowry and remains unmarried still. She opined that dowry is considered to be a way in which parents can collect back all the expenditure incurred on their son's education. “The more the education for the boy, the

more is the demand for dowry. Whereas, a woman well educated, well earning, and holding a good position in the society also needs to pay dowry,” she said.

According to her, dowry is also indirectly asked from the bride's family in the name of wedding expenditure. “It is also believed that if the groom says no to dowry, there must be something wrong with him,” she said.

Kishore Mohan, another participant, pointed out, “With more educated women around, issues are coming up. There is a lot of activism required to eradicate dowry system. Youngsters, especially school students need to be made aware and work towards complete eradication of this social

evil,” he said.

Another participant, 30-year-old Srinu Rajanna, has a different story to tell for why he does not want dowry. “I have faced lots of financial problems while getting my two sisters married. It is impossible to get girls married without paying dowry,”

he said. According to him, a lot of women are not able to get married, especially in rural areas, because of dowry system. He however believes that a change is happening at the moment but points out that lasting change is possible only if men decide to change.

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TODAY

CANDLE DAY
26/11 A Candle Day: In The Memory Of People Who Lost Their Lives In Mumbai's 26/11 Terror Attacks at People's Plaza, Exhibition/Open Ground, Part Of Necklace Road, Tankbund, from 5 to 7 pm. Contact: 92999-96626

DOCUMENTARY FILMS
Documentary Film Screenings: 4 Short Films By Chris Marke at Alliance Francaise, Aurora Colony, Road No. 3, Banjara Hills, 7 pm onwards. Contact: 040-2355-4481

FOOD FESTIVAL
Shandong Food Festival at Golden Dragon, Hotel Taj Krishna, Road No. 1, Banjara Hills, from 12:30 to 11 pm. For more details, contact: 040-6666-2323

KARATE WORKSHOP
Karate Workshop at Colorama Printers No. 7-1-19, Near Railway Station Gate, Begumpet, Secunderabad, from 3 to 4:30 pm. Fee for the workshop is ₹800 For more details, contact: 040-2373-0328

PAINTINGS EXHIBITION
Serene Harmony: Exhibition of Paintings by Anuradha Thakur at Novotel (At Shamshabad Rajiv Gandhi International Airport) Shamshabad, 11 am onwards. For more details, contact: 040-6625-0000

FESTIVE COLLECTION
Samriddhi: Exclusive Collection of Wedding and Festive Sarees at Second Skin, J R Towers, Road No. 2, Banjara Hills, from 10:30 am to 8 pm. Contact: 040-6576-1600

Best Seller

A guide book for lovers and learners of English

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Lagnam

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Breaking Dawn part 2 is good for two reasons: it marks the end of a saga that should've stayed as a book, and the climactic high is the death of vampires you've wanted to kill yourself



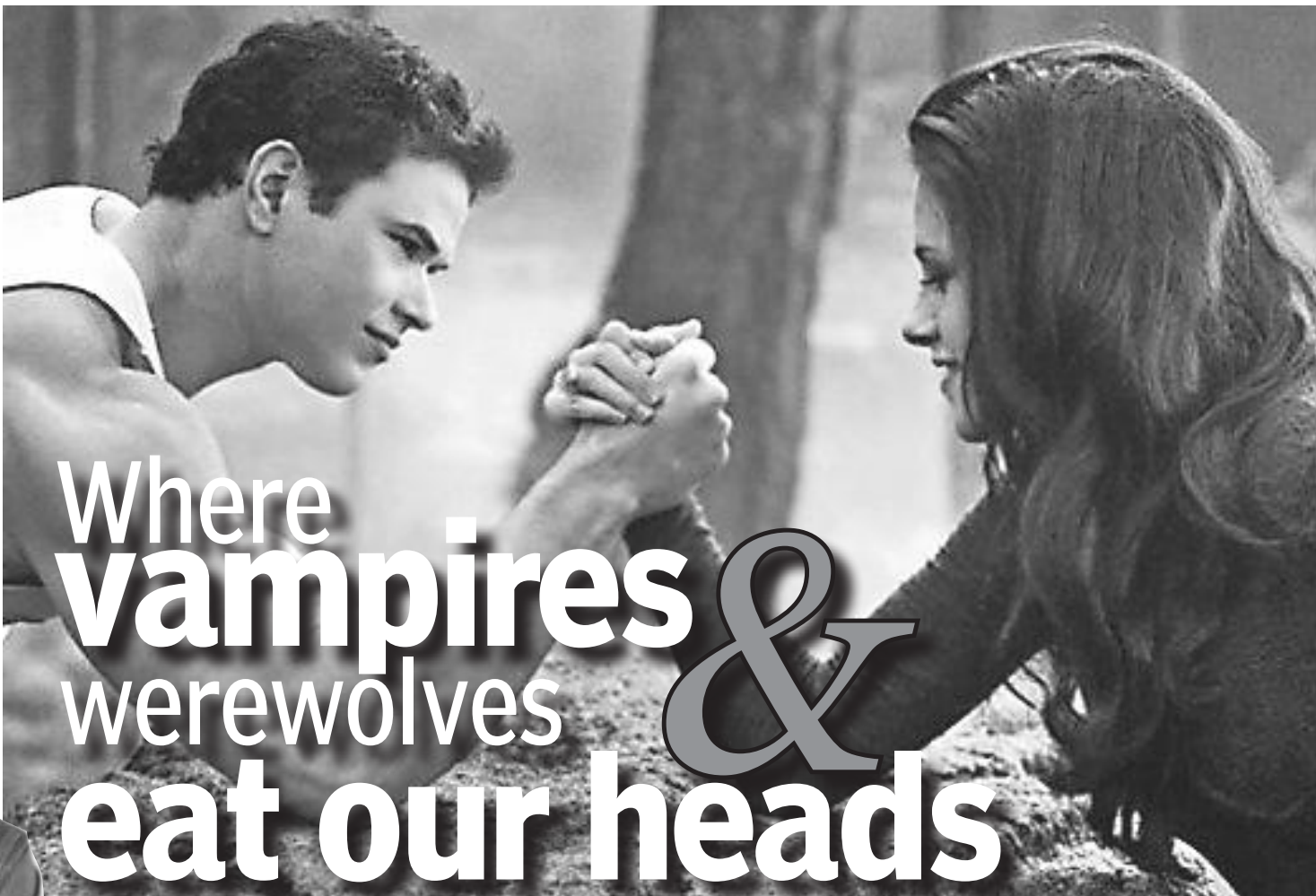
Hyderabad, Monday, 26 November, 2012

It's already been a whole year since we last saw vampires making out. Apparently, *Breaking Dawn 2* ends the shimmering-vampire-romance that The Twilight Saga was, and leaves us in the happy glow of fireplaces at which covens will raise toasts with animal blood.

Right, so it opens to Bella Cullen (Kristen Stewart) staying in isolation, having acquired supernatural strength, which Edward Cullen (Robert Pattinson) ingeniously deduces as a symptom of her "need to hunt". As she chases after deer, hikers, and aggressive carnivores, the Cullen family is somewhat nervous she'll eat her own daughter – and her own father. Thankfully, getting in her way

is werewolf Jacob Black (Taylor Lautner), who intends to marry an infant when it's old enough. It helps his case that the infant's father warmly grins in response to Jacob's offer to call him "Dad".

All right, now, if you're grossed out, there's enough of the saccharine in the film to make you diabetic. Apparently, the Volturi, headed by Aro (Michael Sheen) are looking for an excuse to attack the Cullens. It's a complicated plan to recruit vampires with magical powers. Yes, take a moment to roll your eyes. The Cullens scour the world for "Witnesses", who can



Where vampires & werewolves eat our heads

testify that the child of Bella and Edward, Reneesme (Mackenzie Foy) is not an "immortal child", created by a vampire bite; she was born this way.

Now, for the Witnesses. There are two Amazonian vampires who can hypnotise people, three Egyptian vampires of whom one can control the elements, one unfriendly Irishman, one flirtatious American Patriot

who promises to follow his mate anywhere, and an assorted number of red-eyed bloodsuckers who seem to be celibate.

Of course, the gathering of Witnesses is yet another elaborate set-up for more romance. Sunlight and snowflakes appear on cue, and when vampires are bored, they either do a fist wrestle Battle-of-the-Sexes, or light bonfires and tell stories of old wars. Mating calls take the shape of electric shocks. Normal life involves driving Nissans and teaching teenage werewolves how to con-

trol their "urges". Don't ask.

If the characters were any less stupid, they'd have figured out a vague note is a clue before the Interval. But no, we must live through a slow – and unnecessary – subplot. The plotline is only outdone in its insipidity by the dialogue. Sample this line, spoken to some of the most beautiful music that has enlivened the screen: "My time as a human was over, but I'd never felt more alive; I was born to be a vampire."

The climactic battle is the high point of a painful film – largely

because you get to witness the death of vampires you wanted to kill yourself – but then, there's a twist, and for some reason, the promise of more romance as a muscular half-vampire from Brazil lands up, half-naked.

The Verdict: *Breaking Dawn 2* leaves you praying that the sequel it appears to hint at won't materialise.

Nandini Krishnan

Film: Breaking Dawn 2

Cast: Robert Pattinson, Kristen Stewart, Taylor Lautner, Mackenzie Foy, Michael Sheen, Dakota Fanning, Maggie Grace, Ashley Greene, Peter Facinelli

Director: Bill Condon

Rating: **

ENTERTAINMENT GUIDE

TELUGU

ETV	
01:00	Tollywood Time
01:30	Enadu Saragalu
05:30	Bhakthi Geetalu
06:00	Aaradhana
06:30	Anudatta
07:00	ETV News
07:30	Jeevana Jyothi
08:00	Subhamastu
08:30	Tollywood Time
12:00	Classmates
12:30	Ahlinudi
01:00	Star Mahila
02:00	Abhishekam
02:30	Adade Adaram
03:00	Anthapuram
03:30	Puttadi Bomma
04:00	Prema Mandiram
04:30	Jagadeeswari
05:00	Nartanasala
05:30	Sri Raghavendra
06:00	Mahimala
06:30	Kum Kuna Rekha
07:00	Sikharam
07:30	Manasu
08:00	Manathaa
08:30	Chandramukhi
09:00	Bharyamani
09:30	ETV News
09:30	Paduta Teeyaga
10:45	Sarada Saradaga
11:00	Asade Adharam
11:30	Anthapuram
GEMINI	
07:30	Subhalagnam
08:30	Movie- Hanuman Junction
12:00	Aha Emi Ruchi
12:30	Maa Inti Adaa
13:00	Paduchu
13:30	Chittamma
13:30	Gorintaku
14:00	Nuvvu Nachav
14:30	Sudigundala
15:00	Movie: Baasha
15:00	Jai Shri Krishna
18:30	Shraavani

REGIONAL

TAMIL	
JAYA	
06:00	Anil Neram
06:45	Kadali Malar
09:00	Thenkinnam
10:00	Maruthuvam
13:30	Ilaram Nallaram
14:00	Movie: Thalaattu
18:00	Arusuvai Ithu
18:30	Swamy Saranam
19:00	Agappa
19:00	Kadambari
20:00	Hosurullu
21:00	Manathil Uruthi
21:00	Vendum
21:30	Mayaya
22:00	Ilakkannam
22:00	Maruthi
KALAGNAR	
06:30	Vidyalay Vaa
09:00	Thaenum Paalam
11:00	Poovayar Poovam
12:00	Seetha
13:00	Movie: Candicholai
13:00	Chinnarasu
18:00	Utchakattam
19:00	Acharyakumar
19:30	Vaibhaktiyam
20:00	Idhu Pudhuru
20:30	Surya Putthiri
21:00	Pokkistham
21:30	Partha gnabagam
22:00	Ilayo
22:00	Innisai Mazhai
23:00	Funny Videos
MAKKAL	
06:30	Annai Mozhi

ROJA, Telugu cinema, GEMINI MOVIES, 06:30	
19:00	Subramaniam
19:30	Swathi
20:00	Maa Naana
20:30	Padamatti Gaali
21:00	Mogali Rekulu
21:30	Aparaji
22:00	Dovatha
22:30	Mamathala Kovela
23:00	Auto Bharathi
GEMINI MOVIES	
06:00	Suprabhattha Seva
06:30	Samadhana
07:00	Samayam
07:30	Srimathi Oka
10:00	Aadharana
10:30	Yevandru
10:30	Sreevaru
10:30	Chattam
10:30	Roja
09:30	7C Brindavanam Colony
MAA TV	
01:00	Slot
01:30	Slot
02:30	Silver Screen
03:30	SONGS
04:30	Morning Yoga
05:00	Mee Arogyam Mee Chethulu
05:30	Suprabatham
06:00	Om Shanti
06:30	Slot
07:00	Slot

MALAYALAM	
ASIANET	
06:15	MukthiSudhakaram
06:45	Sabarathiertham
07:00	2012
07:10	Cinemala
08:30	Celebrity Choice
09:30	Geethanjali
09:30	Saregama
11:00	Agniputhri
11:30	Cookery Show
13:00	Movie- Naran
14:00	Sabarimala Sree
14:30	Shreedadhanam
18:30	Amma
19:00	Amma
19:30	Amma
20:00	Star Singer
21:00	Vinodhavanam
21:30	Kurukumappavom
22:30	Comedy Express
23:00	Reality Show
SURYA	
07:00	Blessing Today
08:00	Amolya
09:00	Ragam
11:00	Kidilol Kidilam
11:05	Movie
13:45	Sindhooram
13:55	Super Dish
14:05	Movie
17:30	Ayyappanam

KIDS

CN	
10:00	Ben 10 AFVengeance of Vilgax
11:00	Tom and Jerry Show
12:00	Bas Karo Henry
13:00	Roll No 21
14:00	Tom and Jerry Show
15:00	Oggy and the Cockroaches
16:00	Adventure Time
17:00	Ben 10 Omniverse
17:30	Ben 10 Ultimate Alien
18:00	Oggy and the Cockroaches
19:00	RASIPHALALU
21:00	Hara Hara Mahadeva
ZEE TV	
05:30	Tele Shopping
06:30	Enjoy Everyday
07:00	GTM TeleShopping
07:30	Sreekanth
08:00	Gopuram
08:30	Bhakti
09:00	Mahadevi
09:30	Krishnavataralu
10:00	Muddhubidda
10:30	Radhakalyanam
11:00	Telugumimala
12:00	Zee 70 Min A/C
12:30	Mee Intivanta
01:00	Zee Matinee Show
04:30	Gadashi Atha
05:30	Aganiratto
06:00	Punarvivaham
06:30	Kalavari Kodallu
07:00	Chinna Kodalu
07:30	Paspukunkuma
08:00	Muddu Bidda
08:30	Radha Kalyanam
09:00	Pellinatti Pramanalu
09:30	Kata-6 Juniors

DISNEY	
10:00	12.00, 13.00, 15.30, 17.00, 18.30, 20.30
11:00	Doraemon
12:00	18.00 Art Attack
13:00	15.00 Mickey Mouse Clubhouse
12:30	The New Adventures Of Winnie The Pooh
13:00	16.00, 20.00 Phineas and Ferb
16:30	21.30 The Suite Life of Karan & Kabir
19:30	Best of Luck Nikki
POGO	
09:00	Chhota Bheem
10:00	Hagemaru
11:00	Chhota Bheem
12:00	Shonrajia Aur Ronnie
13:00	Chhota Bheem
16:00	Mr Bean The Animated Series
17:00	The X Factor
18:00	We Love You Chutki
19:00	Hamaari Indumati
20:00	Chhota Bheem
21:00	We Love You Chutki
22:30	Mr Bean The Animated Series

Blackbuster Movie of the Day: X-Men Origins: Wolverine

KNOWLEDGE

AP	
10:00	Wild Asia
10:00	TV with Teeth: Secrets Of The Serpents
12:00	Crocodile Hunter
13:00	Land Of The Tiger
14:00	Wild Ventures
15:00	Life, Sweet Life: Equator
16:00	Untamed and Uncut
17:00	Mad Mike and Mark
18:00	Animal Planet Safari: Secrets Of The Crocodile
19:00	Love Is In The Wild
20:00	Wild Asia
21:00	River Monsters
22:00	Infested
23:00	Prey Vs Predators
DISCOVERY	
10:00	Stan Lee's Superhumans
11:00	One Car Too Far
12:00	Gator Boys
13:00	How Do They Do It?
14:00	Swamp Brothers
15:00	Squeamish
16:00	My Naked Secret
17:00	Surviving With Morgan Freeman
18:00	Wild Discovery
19:00	Man Vs Wild
20:00	Wildlife Africa
21:00	Surviving Mumbai
22:00	Gator Boys
23:00	Body Invaders
DC SCIENCE	
10:00	Discovery Science

AXN	
09:30	The Voice
10:30	18.00 Minute to Win It
11:30	Sacrifice
12:30	Criss Angel Mindfreak
14:00	21.00 Ripley's Believe It or Not!
15:00	23.15 Top 20 Countdown
16:00	The X Factor
19:00	So You Think You Can Dance
22:00	CSI: Miami
BIG CBS PRIME	
18:00	American Idol
19:00	Galileo Contra
19:30	Everybody Loves Raymond
20:00	America's Got Talent
21:00	American Idol
22:00	Rules of Engagement
22:30	Galileo
23:00	Mystery Blue Bloods
LIFE OK	
20:00	Devon Ke Dev.. Mahadev
20:30	Amrit Manthan
21:00	26.12
22:00	Saubhagyaawati Bhavah?
22:30	Savdhaan India
SAB	
19:30	R.K. Laxman Ki Duniya
20:00	Baal Veer
20:30	Taarak Mehta Ka Ooltah Chashmah
21:00	Chidiyaghar
21:30	Jeannie Aur Juju

STAR PLUS	
22:00	Lapatajanj
22:30	F.L.R
23:00	Taarak Mehta Ka Ooltah Chashmah
STAR UTSAV	
19:00	Saathi Nibhana
19:30	Saathiya
19:30	Mujhse Kuch Kehi- Yek
20:00	Khamoshiyan
20:30	Iss Pyaar Ko Kya Naam Doon
20:30	Ek Hazaron Mein Meri Behna Hai
21:00	Diya Aur Baati Hum
21:30	Yeh Rishta Kya Kehlatha Hai
22:00	Kehlati Hai Pyaar Ka Dard
22:30	Meetha Meetha Pyara Pya
22:30	Veera- Ek Veer Ki Aardas
STAR PRAVASH	
18:30	Tumchyha Sathi Kay Pa
19:00	Lakshmi vs Saraswat

RELIGION	
SANSKAR	
07:30	Art of Living
07:50	Shri Sudhanshuji Maharaj
08:15	Prerna Pathy
08:40	Aacharya Balkrishnaji
09:00	Shri Chandraprabhuji/ Shri Lalit Prabhuji
09:20	Aaj Ka Bhajan
10:00	Swami Bharatadasacharyaji Maharaj
10:30	Yog Sukh Sagar- Swami Lalji Maharaj
14:20	Dr. Anil Bansal
14:40	Shri Rajat Nayar
15:00	Aaj Ka Darshan
15:05	Shri Pundariki Maharaj, Shrimad Bhagwat Katha, Live
19:00	Graho Ka Khel-Shri Suresh Shrivastava
19:15	Aaj Ka Darshan
19:20	Bhajan
19:30	Jiva Aayurveda-Dr. Pratap Chauhan
20:10	Shiv Yog
20:35	Vihangam Yog
21:00	Swami Ramdevji
22:00	Brahmakumari
22:30	Bhajan
SANKARA	
06:30	Subrabhatam
07:00	Yoga
09:30	Rama Katha
10:30	Bhagavad Geetha
13:30	Dial Sankara
14:30	Dial Doctor
18:00	Your Choice
20:00	Bhakti Sanchana
21:00	Vijaya Yatra

PRIME TIME	
AXN	
09:30	The Voice
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20:00	Baal Veer
20:30	Taarak Mehta Ka Ooltah Chashmah
21:00	Chidiyaghar
21:30	Jeannie Aur Juju

SPORT

ESPN	
09:00	EPL: Newcastle } United vs. Swansea City
11:00	EPL: Reading vs. Everton
13:00	EPL: Fulham vs. Sunderland
15:00	EPL: West Bromwich Albion vs. Chelsea
17:00	EPL: Liverpool vs. Wigan Athletic
19:00	The Verdict
19:30	The Verdict- La Liga
20:00	Sportscenter India
20:30	Sportscenter Asia
NEO PRIME	
14:00	Yonex-Sunrise Honk Kong Open
19:00	Sportszone
19:30	Bundesliga H/Is
20:30	Bundesliga Preview
21:00	Crickit Central
21:30	Dial C For Crickit
NEO SPORTS	
08:30	Bundesliga: Freiburg vs. VfB Stuttgart
10:30	19.30 Chili Factor
11:00	14.00 Fuel TV
11:30	Fed Cup H/Is: Czech Rep vs. Serbia
13:00	Bundesliga H/Is
14:30	19.30 China Open
20:00	Bundesliga H/Is
21:00	Bundesliga: Bayern Munich vs. Hannover
STAR CRICKET	
08:30	Pavilion Se - Pre Show
09:30	India Vs England- Test 2, Day 4, Live
16:30	Pavilion Se- Post Show
17:00	Australia Victorious
18:30	Taking Guard England
19:00	Commonwealth Bank Series



NEW ON THE BLOCK

A whole lotta SHAKTHI!

Her claim to national fame was her performance of the Tamil song 'Nenjukkulle' alongside A R Rahman on the opening episode of the latest season of Mtv Unplugged. Yet the songstress is a known voice and name at her homebase Chennai. Nevertheless, with a continuously climbing number of YouTube views, Shakthisree Gopalan is now slowly becoming quietly popular. Having just sung the title track of Shah Rukh Khan starrer - *Jab Tak Hai Jaan*, alongside Javed Ali, her career graph is soaring at the moment.

With a barrage of praise flowing in on social networking sites, the singer admits that all this has left her "overwhelmed". The 24-year-old says, "I knew the song was brilliant from the first time I heard." She adds quickly, "But I had no idea that it was going to get this big!" Add to that an anonymous fan on Facebook who has set up an elaborate fan page for her and a fictitious story about her and a lovestruck fan, on a blog. She still has her feet firmly placed on the ground though - just to say thank you to all her friends and fans who voted, she stayed up all night to respond to every single post or comment that came her way. "If somebody is taking five minutes of their lives to appreciate my song, that was the least I could do,"



she smiles.

It was only four years ago that she was introduced to her idol, A R Rahman. This was shortly after winning a television-based voice hunt conducted across the South that year. "One of the judges, Suresh Peters took me to his studio to meet him," she recalls.

"He was really nice. remember one of the first things he asked was: 'Pallakad ah?'" she laughs. But the more interesting part yet to come. "I didn't hear anything from the studio after that," admits Shakthi.

Much later, the singer found herself in AM studios to record for a Tamil movie with a newcomer director. She remembers, "I was standing outside the studio and practising my portion when ARR Sir walked past me." The singer goes on,

"Little later, somebody came up to me and said: 'Sir is asking for your number.'" A month later, she got a call do the backing vocals for Ghajini. Shakthi confesses, "The thing is I was so excited that day, I gave them the wrong number!"

Since then, it's been mostly backing vocals and the occasional Tamil film song. This has been alongside her eclectic western music outfits, ranging from rock to jazz and easy melodies to unwind to.

At the moment, the songstress



who is an architect by day, is composing a new single of her own that is set release online shortly. Just how soon are we talking about?

"In a week, hopefully," she responds casually "For now I just want focus on my music and my architecture," she states. "Every time I need to go the studio and record, I just know. It's a feeling - like when you know you have take a vacation," she adds with a laugh.

From the sudden mass craze for Nenjukulle, it looks like there's going to be a whole lot of vacations to come.

Sonali Shenoy

I knew the song was brilliant. But, I had no idea that it was going to get this big

— Shakthisree Gopalan, Playback Singer

TECHNOLOGY

Google adds floor plans to Maps

If you are an avid traveler, and especially the kind that travels without a particular route plan, then the latest update on Google Maps is something that you will treasure. For this would mean that you could never get lost in an airport or a transit station ever again.

The addition of floor plans to the web version of Google Maps is just in time for the holi-

day season and truly is a gift, for the app includes plans for many 'destination' buildings too.

It was initially a feature exclusive to Android users via a specially-built app, but now just about anyone using any device with a browser can access the feature.

The 10,000 floor plans of buildings in the US, UK, France, Switzerland, Sweden, Japan, Canada and Denmark include a number of major 'destination' buildings such as London's Wembley Stadium and Charles De Gaulle Airport in Paris.

New floor



plans will be added regularly and there is also a toolkit available for store owners and others who want to make and submit their own floor plans to improve the service.

So get your travel bag on and explore away!

Express Features

AROUND TOWN



SIKH CELEBRATION

■ 543th Birthday celebrations of Guru Nanak - Nagar Keertan starting at Gurudwara Guru Singh Sabha, Ashok Bazar at 4 pm. Contact 9391008220



STORY THROUGH WRITING

■ Watch as Krishna's life story comes alive through the calligraphy of Parmeshwar Raju at Truffles Cafe, Road no 10, Banjara Hills, everyday at 11 am. Contact 040 - 2355 0105



ART BY MANY

■ A group show including Akbar Mohammad, Basuki Dasgupta and B Bhaskar Rao at Gallery Space, Road no 12, Banjara Hills. Contact 040 - 2354 2998



GRAND BUFFET

■ Enjoy a huge spread of Hyderabad and international cuisine at Waterside Cafe, Taj Banjara, Road No 1, Banjara Hills for ₹850. Contact 040 - 6676 9999

ACTION

All human actions have one or more of these seven causes: chance, nature, compulsion, habit, reason, passion, and desire
— Aristotle

Never confuse movement with action
— Ernest Hemingway

We are what we pretend to be, so we must be careful about what we pretend to be
— Kurt Vonnegut

What you do speaks so loudly that I can not hear what you say
— Ralph Waldo Emerson

HAIR CARE

FOR THAT LUSTROUS CONFIDENCE

Healthy hair adds to the overall personality and appearance be it men, women or children. The beauty market is flooded with a host of products promising hair that is stronger, healthier, dandruff free, smoother, etc. The cosmetic world too has numerous surgical and dermatological treatments giving hope to people suffering with severe hair loss that leads to baldness. While it can be a devastating and frustrating experience to lose hair early in life, it may be interpreted as some form of deficiency.

One needs patience and understanding to deal with it and get through. Sometimes sudden and excessive hair loss can also be a sign of a serious medical condition that needs immediate attention.

The average human head has around 100,000 hair follicles. About 90 percent of hair on the scalp grows continually and the other 10 percent of scalp hair is in a resting phase that lasts two to three months. At the end of the resting stage, the hair is shed. This gives rise to new hair growth that gets replaced from the same follicle and the growing cycle starts again. Scalp hair grows about a half inch a month.

Express Features

WHAT VITAMINS ARE GOOD FOR HAIR LOSS?

A good daily multivitamin containing zinc, vitamin B, folate, iron, and calcium is a very reasonable choice. Newer studies indicate that a diet rich with vitamin D can also fuel healthy hair growth.

DOS

- ✓ Brush properly. Use wide tooth brush to avoid breakage
- ✓ Protect your hair during summer
- ✓ Take care of your overall health
- ✓ Wash your hair with a mild shampoo regularly
- ✓ Keep your scalp infection-free

DON'TS

- ✗ Avoid direct heat through straightening, perming and blow dryers
- ✗ Don't apply chemicals like dyes or colour
- ✗ Avoid tight hair styles
- ✗ Does not brush your hair when wet



Is weak and unhealthy hair lowering your confidence?

CAUSES OF HAIR LOSS

THERE ARE VARIOUS CAUSES OF SCALP HAIR LOSS, AND THEY DO DIFFER IN MEN AND WOMEN

1. One of the major reasons for hair loss is stress. This is a frequent cause of temporary hair loss
2. It can be a result of predetermined genetic factors, family history, and the overall aging process
3. Lack of variety of minerals, proteins as well as water
4. Also, some medications such as anticoagulants, retinol (vitamin A) and its derivatives, interferons, antihyperlipidaemic drugs, and chemotherapy can give way to hair loss
5. High fever, anaemia, sudden or excessive weight loss can deteriorate scalp

conditions causing conditions like lichen planus, lupus erythematosus, ring worm that in turn leads to hair loss

6. Hormonal changes during pregnancy, childbirth, the onset of menopause, polycystic ovarian disorder or thyroid gland abnormality
7. Sustained hair loss over a long period gives rise to androgenic alopecia (baldness) in men.
8. Trichotillomania (hairpulling disorder) which is a type of mental illness occurring in people who have an irresistible urge to pull out their hair leaving behind patchy hair clumps.



LOL@COMEDY CLUB

Shopping fun

Holiday shopping is always fun. Great discounts, more merchandise, it's haven for the shopaholic. But what when shop employees dump unnecessary goods into your trolley, and sometimes even themselves?

Prank versus Prank uploaded a video a few days ago which shows pranksters dress up as employees and troll customers. From giving them wrong directions to nagging them with the wrong merchandise,

one even climbs into the shopping cart of a lady saying, "You could buy me!" Well most of the customers seemed to take it in the holiday spirit, but there was the occasional irate victim. Posted on November 23, the video already has about 2.7 million views. Buyral really works perhaps!

Details: <http://bit.ly/UBXEDx>

Express Features

Have a funny bone? Join the club at cityexpresshyd@gmail.com

Words to deeds



Annapurna International School of Film and Media (AISFM) has launched the preliminary phase of its All India National Level Story writing Competition in Hyderabad.

The aim of the contest is to tap the best talent from schools and colleges and provide the students a platform to unleash their creativity.

The contest will be conducted in three phases. In the first level, students will submit a one page story of their choice, based on which the candidates will be screened and the best stories will be selected for the regional level competition. The winners of the regional zone will compete at the National level. The

stories would be judged by a panel of Industry experts along with the faculty of AISFM.

The winners of the contest will get a chance to visit Annapurna Studios, where they will witness their scripts being developed into a short film under the guidance of industry experts. This is a rare and exciting opportunity for the students to get a glimpse into the art of converting a script into a movie. The contest is open to all schools and colleges across the country. Deadline to submit the entries is December 10, 2012. Students have to submit their entries online at www.scriptscren.in. The entry should be between 350 - 500 words.

Express Features

THE NEW INDIAN EXPRESS

Factoid

1 The Constitution of India was enacted by the Constituent Assembly on 26 November 1949

2 With its adoption, the Union of India officially became the modern and contemporary Republic of India

3 Granville Austin has described the Indian Constitution drafted by Ambedkar as 'first and foremost a social document

4 The Constituion was a means to eradicate socio-economic inequalities and lack of opportunities for India's oppressed

5 It is the longest written constitution of any sovereign country, containing 448 articles in 22 parts, 12 schedules and 97 amendments

Dear Readers,

This corner is dedicated specially to the talent hidden inside you. You could be a great dancer, singer, artist or a wildlife enthusiast. If you want to share your experiences, ideas and achievements, mail us at cityexpresshyd@newindianexpress.com with your ideas, address, phone number and photographs.





AS **Breaking Dawn part II** HITS THE SCREENS IN INDIA, DIRECTOR BILL CONDON RELIVES HIS EXPERIENCE OF BEING THE MAN BEHIND THE CAMERA



After films like *Kinsey* and *Gods and Monsters* and musicals like *Chicago* and *Dreamgirls*, *Breaking Dawn* is a shift from serious films. How come?

It was a lot of things, I thought it was a really wild and interesting story and also there has been so much build up that this is the movie where things come together and happen. That's why I felt like I wanted to explore that. The actors had a lot to do with it as well. I mean the journey that Kristen takes in these two movies has been incredible in terms of where she starts and where she ends up. I am a huge fan of hers, and thought would

help her through that. And also Rob's and Taylor's (fan).

The *Twilight Saga* has been a work in progress, *Breaking Dawn* even more so. Taking over the directorial mantle, what was the experience like to finish the story and tell the most important part - one that's been read and re-read so many times.

I constantly kept thinking of where I wanted it go. It was the simplicity of Bella and Edwards relation and the fact that it is a love story. It started as a teenage first love and then gets complicated and involves families

and then they have a lot of adult issues and finally they make it together. Getting to do all that was very satisfy-



'I am a huge fan of Kristen Stewart'



Who was it easiest working with: Robert, Kristen or Taylor?

It was not difficult working with any actor in the movie because each of them had already lived the character. But I am a big fan of Kristen Stewart; she is very tough on herself.

Which of the previous films did you like best and why?

I think I like the *Breaking Dawn* part 1 of all because I think it had a lot in it — the wedding, the honeymoon, the child birth and then Bella going through death. It is full of meat.

You are a screenwriter, but stayed away from the writing process for the film.

That's because I wanted to keep my focus on the scenes and the actors and look of the movie.

Did you think of adding a song in between, especially since Pattinson is a musician?

No I didn't!!!!

What do you have in store next?

I am working on a Richard Pryor movie. I am returning to direct a show onstage at the end of next year.

Any Indian dreams?

In the US, we always hear about Indian family culture, the hospitality and the country's historic places. I would love to come and visit the place to experience all this myself, not to mention the spicy Indian food!

Manasa Mohan



BLACK BEAUTY Pakistani actress Veena Malik right before the audio launch of *Made in Vizag* at the Prasad's Labs on Sunday | SAI RAMESH

Aamir Khan's 2007 film *Taare Zameen Par* received accolades from both critics and viewers. The 47-year-old actor had also worked as an assistant director for his filmmaker-uncle Nasir Hussain's movies like *Manzil Manzil* (1984) and *Zabardast* (1985). "I have a story that I have chosen and hope to direct. But right now I have responsibility as an actor, plus I have (TV show) *Satyamev Jayate* season 2," revealed Aamir.

He further said, "The script is written by someone else. I have told the writer it (direction) will take time. I don't know when I would direct next as I have *Peekay*, *Dhoom 3* and *Satyamev Jayate 2* in hand. I might produce it as well."

Aamir said that he is fascinated with *Mahabharat* and will love to be a part of the epic's presentation on big screen one day. "It is a desire. The project is huge. It is a dream project for me. But if I decide today that I am making it, I will have to give 20 years to it. This is why I am scared, if I say yes and decide to make it, five years will go only in research and then to execute it....The material is very exciting for me," he said.

Aamir also cleared the air on reports of creative differences between him and director of his upcoming movie *Talaash* Reema Kagti. "As far

as Reema is concerned, these rumours are not true. Lots of times they are untrue. Like *Lagaan*, this time around also there was something about me not being happy with the film. If I go around explaining every rumour I will have to stop working. I have to let go and decide that ultimately the film will speak for itself," he said.

"It's been wonderful working with Reema. She is in control of the material and confident about what she wants. She is very clear about how she will get it. She doesn't compromise," Aamir added. "I felt comfortable and safe in her hands. At a number of places, she was able to point out layers in my character and scenes which I had not thought about. I was quite amazed by her perceptiveness and understanding of the moment."

Besides Aamir, *Talaash*, which releases on November 30, stars Kareena Kapoor and Rani Mukherjee in the lead. "I don't think I have ever done a film where I haven't given my opinion. Sometimes it is taken and sometimes it is not. But I trust my directors. When a director is working, everyone gives opinions," said Aamir. "When I was working on *Taare Zameen Par*, everyone gave me suggestions. That didn't make me less of a director. It's up to me to accept them or not," he signed off.

Agencies



RUN ALONG

Sean Astin, who is best known as Samwise Gamgee in *The Lord of the Rings* series, is a marathon regular. He reminisces, "My best time was in 1998 at the LA Marathon-I completed the race in four hours. Two years ago, I pulled a calf muscle before the LA Marathon in 2010 bending down to pick up my kids' toy." Since then, he has competed in the Disneyland Half Marathon held in August and completed his third LA Marathon earlier this year.



OUT OF THE KITCHEN

Foul-mouthed chef Gordon Ramsay is famously caustic with the participants on his TV shows, but it would seem that the award-winning restaurateur is equally harsh on his body — he has run 10 marathons in his lifetime. At 46, Ramsay is not out of the running, for he took part in this year's London Marathon, and came in fourth, clocking an impressive time of four and a half hours. He's not the only chef in the running, for he was bested by fellow chef Michel Roux Jr. Incidentally, Roux has run 17 marathons and written six cookbooks.



ON PATROL

Yet another maternal mortality awareness advocate is *Dexter* actress, Jennifer Carpenter, who has been running the New York City Marathon for the past three years. In an interview, she explained her source of inspiration, "I read Christopher McDougall's book *Born to Run*. If running were a religion, this would be its bible. I actually scribbled my favourite passages on my arm to read during the race." This year, she participated in the event along with fellow actors, *Boardwalk Empire*'s Paul Sparks and *The Bachelor*'s Andrew Firestone.

WALK TO REMEMBER

Supermodel Christy Turlington regularly swaps her stilettos for running shoes, to take part in the New York City Marathon to raise awareness about maternal mortality worldwide. Turlington, who has taken part in the event twice, is no stranger to distance running. She explained in an interview, "I've been an on and off runner for a long time, like three-five miles. I gave birth twice without drugs, and the last three miles of the marathon were as close to that experience as anyone would care to know."



GOING THE DISTANCE

Most celebrities have a pet charity and here are a few who find nothing as challenging as a marathon with a cause

POUNDING ON

After losing 92 pounds last year, our favourite comedian Drew Carey set out to prove his critics wrong when he ran his first marathon, the Marine Corps Half Marathon in Virginia. That was not enough for Carey, a former Marine. He ran the Disney Half Marathon just a few months later, setting a new personal record of nearly two hours. With a substantial improvement in his fitness levels, he finally participated in the Marine Corps Marathon in October last year.

Compiled by Reshma Iqbal



Aamir to wear the director's hat again?

After making a highly successful directorial debut with *Taare Zameen Par*, actor Aamir Khan is contemplating another stint behind the camera

