



# Woman's World



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Afternoon Despatch & Courier

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# KISS AND TELL



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The first kiss can be an interesting experience, good for some and not that great for others. **Rhea Dhanbhora** and **Shalvi Mangaokar** talk to some women about how memorable it was and why it's still close to every girl's heart...

**R**emember all those movies about a girl's first kiss? The sweaty palms, nervous eye contact and pounding heart? A first kiss can be a heady experience that you will remember for the rest of your life. We're not talking about first kisses with different partners, but that *very* first kiss. It could have been the best, the worst or just lackluster enough not to make much of a difference in your life. Whatever it is, you can be sure that you're not about to forget your first kiss in a hurry. Whether your first kiss was at fifteen or twenty five, it's still something that goes down in history, recorded for posterity.

## SOMETIMES SPECIAL

A lot of people tout the first kiss as the beginning of it all and a sign that they've grown up. Neha Kumar, 21, tells us, "My first kiss of course was memorable. I was in school back then it seemed all new and cute. I didn't expect it to happen so of course, it was quite a shocker. But I really liked it since the guy (my then boyfriend) was sweet and made me feel really special. The relationship didn't last, but we're still friends. Looking back on it, I feel as though it's one of the most beautiful memories in my life. We were much younger so all of this seemed rather huge to us. Besides, I think a first kiss is something that always stays close to your heart. You can never completely get it out your head. Even today, I'm engaged but my first kiss will still remain special."

Jennifer Das, 30, agrees about how special it is as she tells us, "My first kiss was when I was just sixteen. He was my first boyfriend and the kiss was really special. I'd be lying if I said I didn't have a chance to kiss someone before him, but he was really special to me. Even today, though I'm married (to someone else), the kiss still holds a special place in my memory."

Others, such as 20-year-old Ritikka D'Souza, don't think it was that special. She says, "My first kiss was just okay. It was with one of my classmates, who I was dating at the time (I was thirteen) and it didn't mean much at all. We were kids, confused and it was sloppy and wet. I didn't care for it much. I don't think first kisses are that special really."

## NEVER BEEN KISSED

If you've never been kissed before, here are a few things to expect from the first one of the lot...

**Awkward** It's going to be a little awkward. No one's first kiss is perfect. And if it's the guy's first kiss too, it'll be slightly more awkward. But not in a bad way, don't worry!

**Short** Don't expect the cameras to capture your kiss in slow motion like they do in the movies. It'll be shorter than you expect it to be, so do make sure you're concentrating.

**Imperfect** You're not going to have that perfect kiss the first time around. It's going to be too little, too much or just lackluster. Don't expect the world.



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## Afternoon

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**WHAT THE LADIES SAY...**



**KHORSHED COLOMBOWALLA, 80**

I had my first kiss when I was twenty five. I don't remember all of it too clearly but I do remember it was in a garden in the city. It was definitely a memorable one although I can't remember any minute details because I was too excited to really think anything else about it! I have no regrets, I wouldn't take it back or change it at all.

**RAJASHREE DESHPANDE, 28**

I remember my first kiss was in the tenth grade. I had just started going out with one of the 'most wanted' guys in school. We were alone in our class after lectures ended and that's when he kissed me. I was really nervous, but it was the most beautiful thing. It was slow initially and then picked up gradually. It was special and I wouldn't change it for the world.



**RASHI K., 19**

My first kiss was when I was in school. The kiss was a really special one and I was blushing the entire day. I think it was more so because it was the newness of the relationship and how young I was. It will remain special because a kiss is a gesture of love and a way of expressing that you care for the other person. It was memorable and thankfully, not a bad experience at all.

**SHAILI CONTRACTOR-DAS, 24**

My first kiss was when I was fourteen. It was beautiful and happened on a friends terrace after school. It was clumsy at first but then we got it right and it was amazing. It lasted for about a minute and I was still in uniform. I married the man, so obviously I'd never take it back and I definitely don't regret it. It's one of those memories I'll always cherish.



**GAIL J., 19**

Of course, like everyone else, I have memories of my first kiss, extremely fond ones. A first kiss is really special for everyone and for a girl it holds so much more meaning. My first kiss was everything I expected it to be. I'll always remember it and memories of good times and why I thought that one person was so special are associated with it. I'd never take it back or change anything about it.

**ZENOBIA P., 50**

My first kiss was a memorable one and definitely devoid of any kind of regrets. It felt good and happened just as I had imagined it would. I was twenty when it happened. My boyfriend and I had gone to watch a movie in a theatre in Bombay and it happened there. I'm glad of how it happened and it was a really good and memorable experience for me.



**YOUR FIRST OR FIRST WITH A NEW GUY, HERE ARE SOME PUCKERING UP RULES...**

**A MAN'S PERSPECTIVE**

The first kiss is always more special for the girl than the guy. When we asked Karan Khanna (26) if he still remembered his first kiss, he said, "I do remember my first kiss. It was a long time ago though. It was nice and of course I haven't forgotten how it was." However, many men end up forgetting. Women have a more emotional connection with it and no matter what, they always remember it. In many cases, the first kiss in the relationship is a deal-breaker for women.



**DO'S**

- Concentrate 100% on your kissing partner.
- Go slow; first kisses should be soft, gentle, so the sensations of every bit are heightened. After all, they are the beginning of everything.
- Incorporate a bit of touch, lay your hands lightly on each other or run them through each others hair. Don't let them lag lifelessly and awkwardly by your side.
- Try to match pace with the other person instead of thinking too hard about it. Go with the flow.
- Let your partner know that you liked it and he made it special for you. Just saying a simple "Wow!" will also do the trick.



**DON'TS**

- Don't let sounds, noise or other distractions deter you from the kiss. Close your eyes and let the kiss take over.
- Don't initiate the kiss in a public place. Although movies may portray kissing in the middle of a crowd being uber romantic, the first kiss should ideally be a private, intimate moment.
- Don't use tongue. No really, don't.
- Don't go overboard. Break away after a short period.
- Pause before the kiss. Don't jump into it or you may end up bumping heads and hurting each other.
- Don't ask. It has to be a spontaneous meeting of two souls not a deliberate, discussed plan of action.
- Don't talk too much after it's over and ruin the moment. And even if it was bad, don't tease him about his kissing ability.
- Make sure you've used a mouth freshener. It's seriously important, ladies.

**<< CELEBS IN THE NEWS: DEEPIKA TO STAR OPPOSITE SOUTH SUPER STAR RAJNI**

**RAJNI CALLING?**

Everyone knows how big a movie star Rajnikant is and actresses won't reject a movie offered with him. Deepika Padukone is the latest one to have signed a movie opposite the Southern superstar. From the news that has been doing the rounds, it is believed that Deepika will undergo so hardcore martial arts training for the movie. Rana is an action film for which Deepika will need to perform some high-octane stunts in front of camera. "I have some scenes in which I have to do intense action and I need to prepare my body for that," the actress was heard saying. Not like she doesn't have a hot body now, it will just get hotter after some more training. We wonder what Mallya Junior has to say about this!



**SPLITSVILLE**

Yes, it is official, finally! No-no, they aren't getting back or anything but instead, Liz Hurley and Arun Nayar's divorce has been finalised. The actress has already filed her papers. She is ending her four year long marriage with the Indian textile heir for a reason which she calls 'unreasonable behaviour'. She first announced the news of her separation via Twitter about four months ago. Liz was then news for her alleged romance with cricketer Shane Warne about which she said that she had already separated with Nayar before she got along with Warne. Of course, we have no further news about the two. Nevertheless, let's wait and watch how this story unwinds.

