

Padma Lakshmi & Daughter Krishna Share Life-Altering Transitions

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Padma Lakshmi and her daughter **Krishna Thea Lakshmi** offer a rare, intimate glimpse into their shared transitions in Vogue India's latest issue. Set against the vibrant exchange of energy between perimenopause and puberty, the interview captures a poignant moment as both women navigate their defining phases.

A Wry, Warm Dynamic

This marks their first joint magazine feature, and the tone is delightfully candid. When Padma quips, *"Oh, you ate that down, queen,"* Krishna counters with a trademark teenager eye-roll and witty banter. What ultimately emerges is the refreshingly authentic mother-daughter relationship they share—grounded in humor, respect, and mutual long-standing familiarity.

At a Pivotal Intersection

Their lunch meeting in New York City serves as the backdrop. It's the eve of Krishna's sophomore year and not long after Padma bowed out of her long-standing role on *Top Chef*. While Padma readies for a new chapter—including her improv classes and a forthcoming television show—Krishna is embracing the stage as a freshman in a performing arts high school.

Krishna, affectionately nicknamed "Littlehands," has dreamed of the performing arts since age three. This year, she earned the right to audition professionally, aiming for a prestigious institution like Juilliard. The pride in Padma's voice is unmistakable.

Mentorship Beyond Motherhood

Padma is not just a parent; she guided Krishna through school applications and callbacks, offering both practical support and emotional grounding. Yet, she also envisions expanding her daughter's perspective, hoping she explores the world beyond their New York base—a sentiment met with a characteristic teenage side-eye.

From Kitchen Mic to Creative Coefficient

Their journey together has always balanced tradition with creative exploration. Padma recalls fashioning a makeshift microphone for a young Krishna, using a kitchen towel and tin foil. A shared movie like *Léon: The Professional* left a lasting artistic impression.

Over time, simple living room routines evolved into creative exchanges: Padma helps Krishna memorize monologues; Krishna takes on a playful gossip role, offering feedback on her mom's comedy skit drafts. Their creative synergy spans cooking, slang sessions (sumac vs. za'atar), and social media banter—each a testament to their layered bond.

A Closet of Legends

Krishna gleefully raids Padma’s iconic wardrobe as easily as she might borrow a library book. Pieces like Tom Ford-era suits, metallic minidresses, and vintage tees once seen as “uncool” now carry nostalgic allure. These shared artifacts reinforce how fashion can chronicle familial and cultural history.

Transitions in Tandem

As Padma describes it, *“It’s just the two of us under one roof. While I’m going through perimenopause, she’s going through puberty. It’s a lot of female energy.”* This shared dynamic reflects both societal and emotional synchronicities, highlighting how generations can intersect in powerful, transformative ways. [Vogue India](#)

Padma treasures their bond as they step into diverging paths, both artistically and personally. Five years from now, Krishna may live her own life; for now, they remain each other’s closest collaborator.

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