

MULTIGRAIN FLAKES FOR BETTER NUTRITION

Pics: Tejas Kudtarkar



Bloggers at the event



Pooja Makhija and Shilpa Shetty Kundra

Breakfast is the most important meal of the day, but we tend to settle for incomplete nutrition. To set that right, actress Shilpa Shetty Kundra and nutritionist Pooja Makhija got together for a breakfast date at the launch of Saffola Multigrain Flakes. The duo spoke to bloggers about how compared to single

grain flakes like cornflakes, it is made of five grains — oats, rice, wheat, corn and barley — which packs superior nutrition. Jointly they declared it #TheBetterFlakes! The duo also played a fun ingredient quiz with the bloggers and chatted on how Saffola Multigrain Flakes has two times the fibre than cornflakes,

which keeps you fuller for longer. Later, everyone gathered together for a sumptuous breakfast, where they savoured delicious multigrain flake pancakes, muffins and smoothies! Speaking at the event, Shilpa said, "With the multidimensional goodness of five grains, Saffola Multigrain Flakes meets all

my breakfast needs. Plus, it tastes heavenly. Why would anyone settle for just single grain flakes?" Added Pooja, "During breakfast, people need all-round nutrition. These multigrain flakes have five grains, which give multiple benefits of fibre, protein, minerals and antioxidants at one go! So, it is the better flakes after all."

Cleaner air, homegrown vegetables and more...

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BENEFITS GALORE

Durgesh Agrahari, head of partnerships and projects at SayTrees, claims that vertical gardens not only add to the green cover but are also good air filters. "If the right saplings are planted, vertical gardens act as air filters and lower the temperature of the surrounding area," he says.

Shruti Bevang, Founder, Green Tantra, says that since vertical gardens can be installed in small spaces, it can also be used to grow edible plants. "There are many who install vertical gardens purely for aesthetic value, but there are a few who use it to grow plants that are edible, such as herbs used in the kitchen," Shruti says.

Vertical gardens are also known to have psychologically-pleasing effects on people and help them calm down. Many commercial spaces have installations of these gardens to add more value to the surrounding.

BEAUTIFUL BUT NEED MAINTENANCE

Most of the vertical gardens, including the one on Hosur Road, need a drip irrigation system to sustain itself. "The installation has an automated drip irrigation system that uses sewage treated water. That way, not only do we use less water, but we also use water that is treated and recycled," says Durgesh. However, just planting or installing a sapling won't work. One needs to nurture the plants as well, he adds.

Tech Maali, an organization that deals extensively with drip irrigation system, works with urban dwellers and vertical gardens in addition to farmers. "The product identifies zones within a particular vertical garden and then uses a programmed micro-controller to water each zone with the required amount and time. There is minimum wastage of water and it saves you time and labour," says Ashok Ahuja, proprietor of the organization.

PEOPLE ARE AWARE BUT HAVE LESS KNOWLEDGE

Of late, people have become more aware about vertical gardens but still lack knowledge about it. "Social media has played a huge role in creating awareness about these gardens. The demand for vertical gardens in private and personal spaces has gone up. People in Bengaluru now want a green spot in their homes," says Yohan De Nazareth, co-founder, Xanadu Organic Gardens, which deals



Vertical gardens



with personalized gardens. Things get tricky though when customers make unusual requests. "I once had a client who wanted a vertical garden with artificial plants. What's the point of having a vertical garden if you want fake plants? I refused to work on that project," says Shruti.

VERTICAL GARDENS ARE HERE TO STAY

Keeping the occasional unusual requests aside, most of them are optimistic about the future of vertical gardens. With more and more people com-

ing forward and accepting the concept of these gardens, this trend is here to stay. "While many countries have made use of the vertical gardens extensively, the trend is catching up in Bengaluru and it is here to stay," says Yohan.

Not only aesthetics but these gardens are being used to grow vegetables as well. "People have become very paranoid about the food they consume and are now turning to vertical gardens to grow their own vegetables at home," says Ashok.

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— Yohan De Nazareth

CITY PLAYED HOST TO HI-TECH CLASSICAL MUSIC CONCERT

Pics: Sanjay MD



The musicians pose for a selfie on stage



Taufiq Qureshi



Rattan Mohan Sharma and Ankita Joshi



Pravin Godkhindi



Shashank Subramanyam

Scores of music lovers turned up to experience the Panchtatva music festival in Bengaluru recently. The high point of the concert was when all the musicians at the event came together to celebrate life. The magic that was spelled on the audiences was meant to stay in their hearts forever. The event was an initiative of the State Bank of India (SBI).

"My partner Neeraj Jaitly and I believe that music is a powerful influencer. Panchtatava was an attempt to create an engaging way of raising awareness about sustainability and the environment. This is a progressive

production and the first ever of its kind, where animation, SFX, Rig Ved shlokas were interwoven with live classical music performances. The presentation helped us to connect with young audiences in a big way. It's truly an honour that SBI chose Panchtatava to announce their sustainability initiatives," says Durga Jasraj, who founded India's first physical (physical and digital) music company, called Art And Artistes (I) Pvt. Ltd. It specializes in presenting Indian musical heritage and culture in a contemporary manner, appealing to the next generation across TV, FM, social media, in-flight entertainment system and live experiences.



B Sriram (MD, State Bank of India)



Neeraj Jaitly and Durga Jasraj



The crowd at the event

Pics: Instagram

Street style or athleisure?

How about both?

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It's being touted as the biggest fashion trend of recent years, and it's here to stay. In fact, athleisure, is not just a trend anymore, it has become more of a lifestyle option. The technical definition is casual wear that can be worn both for exercising and general purposes. However, we feel that the definition doesn't do justice to this blessing of a trend. Why? Well, because, in a world that's increasingly leaving us pressed for time, and comfort, this trend seamlessly blends our two biggest requirements — practicality and fashion. So, you look trendy without having to worry about high-heel blisters or an accidental show of sideboobs.

While the trend has been in place all of last year, we predict it will stay put this year too, and only get brighter and quirkier. In fact, for the Bengaluru summer, we advise you take a refresher of your athleisure style and how to blend it with the street chic that this city offers.

The thing with athleisure is that, it complements street-style, which adds colour and fun to boring gym clothes. Neha Panda, an actress and stylist, says "It's a fun way of clothing and crazy comfort-

ATHLEISURE AMMO

1. Get your bralettes, crop tops and ganjees out.
2. Next, make sure your sneakers and slides are in place. To make it interesting, buy colourful laces to add an edge to your white converse.
3. Printed leggings and tracks that speak your style.
4. You might need to sneak a shirt or two of your dad or boyfriend, to tie across your waist for a chic look.
5. Put away the shrugs and replace them with jackets for some shrobing.

able. It can go mad colourful and there are no rules. I usually wear it with my printed joggers and monotone gunjees and high sneakers!" Ooh, bye bye denim-chafing and chub rubs. For VJ and fitness freak Sonika Chauhan, this trend has been her go-to choice for even before it was a trend. "I am in athleisure almost every day. I have no choice of course while working out but I even travel like that. It makes up 80% of my wardrobe," she grins.



Neha Dhupia is giving us major athleisure goals



Kendall Jenner, the poster girl of this trend

Sonakshi's red sneakers add just the right pop to her black-and-white ensemble

THE BEST OF BOTH WORLDS

However, there are some dos and don'ts that you need to keep in mind to prevent going overboard. And some tricks to make this trend blend into namma Bengaluru lifestyle.

- 1 Do not show up for a job interview in athleisure, even if you are a spitting image of Kendall Jenner.
- 2 For the upcoming rains, replace jackets with raincoats. And sneakers with clogs, rubber flats open toe platforms.
- 3 Tie the hair up in a top knot. Or a half top knot, which makes this trend look uber cool (Check out Sonakshi above). Boxer braids are another hairstyle that is in perfect sync with this trend. Makeup artiste Ruby Mondal says, "You can play this look by keeping it minimal. No heavy accessories, hair neatly braided, makeup natural and fresh, lips nude. Play around with different styles of braids."
- 4 If the leggings feel too sticky during the monsoons, shorts can be your best friend.
- 5 Yes, your tracks are the basic of this trend. However, mix and match your gymwear elements with other casual items. Don't go out dressed head to toe in your track suit.
- 6 For a more dressy athleisure, you can pair your tracks or leggings with a pair of booties. They add the pizzazz and yet, keep you high on the comfort meter. Your inspiration: Neha Dhupia.
- 7 If you are into socks, compliment your monotone kicks with crazy printed ones. Pull on a calf-length leggings and your socks will be doing wonders.
- 8 For a fun evening, layer your knee-length dress with a summer jacket and put on classic white sneakers.
- 9 Add a cap. It makes a regular outfit pop, just like that!

Athiya Shetty perfectly reinterprets the trend to suit her formal needs



Pair your regular leggings with a cold shoulder top, à la Bipasha