MULTIGRAIN FLAKES FOR BETTER NUTR





right, actress Shilpa Shetty they Kundra and nutritionist #TheBetterFlakes! Pooja Makhija got together for a breakfast date at ingredient quiz with the Speaking at the event, the launch of Saffola bloggers and chatted on Shilpa said, "With the how compared to single fibre

reakfast is the most grain flakes like cornflakes, important meal of it is made of five grains the day, but we tend oats, rice, wheat, corn gathered together for a to settle for incomplete and barley — which packs sumptuous nutrition. To set that superior nutrition. Jointly declared

The duo also played a fun smoothies!

which keeps you fuller for longer. Later, everyone breakfast, where they savoured delicious multigrain flake pancakes, muffins and

Multigrain Flakes. The duo how Saffola Multigrain multidimensional goodness minerals and antioxidants spoke to bloggers about Flakes has two times the of five grains, Saffola at one go! So, it is the better than cornflakes, 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 allround nutrition. These multigrain flakes have five grains, which give multiple benefits of fibre, protein,

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 surrounding.

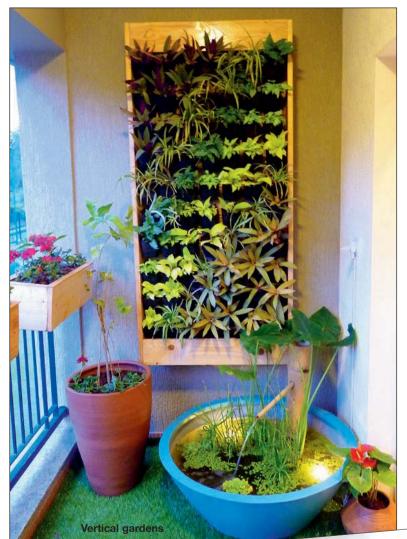
BEAUTIFUL BUT NEED MAINTENANCE

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,



with personalized gardens

get tricky Things 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 gar-

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.

ing forward and accepting the concept of

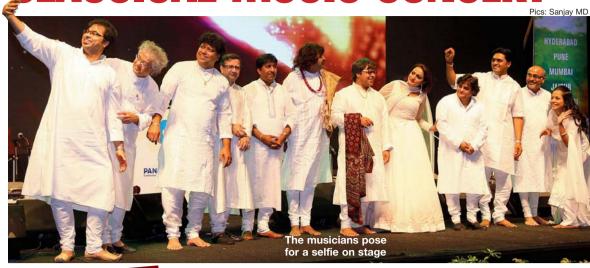
these gardens, this trend is here to say.

"While many countries have made use

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

— Yohan De Nazareth

CITY PLAYED HOST TO HI-TECH CLASSICAL MUSIC CONCERT





Sharma and

lovers turned up to experience 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 an initiative of the State Bank of India "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 environ-

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 Panchtatva to announce their sustainability initiatives," says Durga Jasraj, who founded India's first phy-

gital (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









Sonakshi's

sneakers

add just the

right pop to

her black-

and-white

ensemble



Sutapa.Singha@timesgroup.com

t'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 ganiees 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. Printed leggings and tracks that speak your style.
- You might need to sneak a shirt or two of your dad
- or boyfriend, to tie across your waist for a chic look. 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 maior athlechic goals



Printed lounge pants and sheer top - perfect for lazy girls



reinterprets the trend to suit her formal needs

Kendall

Jenner.

the poster

airl of this

trend



regular legging with a cold

shoulder top,

à la Bipasha

If the leggings feel too sticky during the monsoons, shorts can be your best friend.

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 tracksuit. For a more dressy athleisure, you can pair

THE BEST OF BOTH WORLDS

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. 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

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!

