

# Weekend.



TruAlt Bionergy  
DH Cup 2023  
is here!

PAGE 03



ADVERTORIAL &  
PROMOTIONAL  
LIFESTYLE FEATURE



DOES HAIR  
LOSS WORRY  
YOU?

PAGE 02



TREK HELPS  
YOU BEAT  
STRESS

PAGE 03



FOR FRAGRANT  
AND FRESH  
LIVING SPACES

PAGE 04

Show Buzz | Sanjeeta Bhattacharya

## 'Music is a part of who I am, acting is a newfound love..'

Actress, singer and songwriter Sanjeeta Bhattacharya has a lot on her plate with acting and music at the same time. **Deepa Natarajan Lobo** caught up with her for a chat on her plans

There are only a handful of artistes who are equally adept at both acting and singing. Actress, singer and songwriter Sanjeeta

Bhattacharya, who has made a name for herself with OTT dramas - 'Feels Like Ishq' and 'The Broken News' - and songs - 'Khoya Sa' and 'Watercolour', is one of them.

The Berklee graduate, who was a part of the Grammy-nominated global music album 'Shruuaat', released a power ballad recently titled 'X Marks The Spot' (XMTS) that weaves jazz, folk and Latin tunes with multi-lingual lyrics. On the acting front, she is making her debut on the silver screen with 'Jawan' in which she is seen alongside Shah Rukh Khan, Nayanthara, Vijay Sethupathi, Priyamani and Sanya Malhotra.

She spoke about her love for the performing arts and much more. Excerpts:

**Did you always know that you would enter showbiz someday?**

Yes, I grew up in a family of artistes - my father being a painter, my two brothers being poets, painters and musicians, and my mother being a homemaker with a taste for art. I often watched my father paint while listening to Mehdi Hasan and Abida Parveen. There were times we went to watch classical concerts and plays as a family. We went on cross-country road trips and would listen to 'Boney M' and the folk music of the place we were travelling to.



I grew up in a family of artistes - my father being a painter, my two brothers being poets, painters and musicians, and my mother being a homemaker with a taste for art.

I began learning Hindustani classical music from Sunanda Sharma and kathak from Pandit Birju Maharaj at the age of five and continued both simultaneously until the end of school. Throughout school, I actively participated in music and dance competitions and was almost never found in the classroom! I knew I would become a musician but showbiz was a surprise. I found out my inclination towards it only once I began working in this industry.

**How did it all happen?**

After school, I decided to choose music over dance and went on to graduate from Berklee College of Music. Upon returning to India, I began writing my originals, releasing this music independently and performing extensively. However, acting happened much later in life, only

in October 2020 when I got a casting call for an advertisement. This was followed by two more ads and in December 2020, I was cast for Netflix's anthology 'Feels Like Ishq' as the protagonist in 'She Loves Me, She Loves me Not'. This was my debut in long-form acting. Once 'FLI' released in July 2021, I was cast for 'Jawan' a month later and then, 'The Broken News' on Zee5.

**How was the experience of working in 'Jawan' with Shah Rukh Khan and the rest of the team?**

I am part of SRK's core team in the movie. The experience was dreamlike. SRK is startlingly intelligent, witty, humble, relatable and generous with his art. There are lessons in humility to be taken from both him and Vijay Sethupathi and I have so much respect for Nayanthara. On set, everyone was on the same boat. We shared laughs and became friends, given our collective experience of shooting for almost two years, on and off. There is so much to learn from these seasoned actors, just by observing them. I think the biggest gift I am taking from the sets of 'Jawan' is a group of genuinely kind-hearted, talented, funny people I now call friends.

**You are also out with a new single 'X Marks The Spot'.**

'X Marks the Spot' is a ballad I wrote in the summer of 2019. It's in the realm of a rock ballad drawing inspirations from my favourites like 'The 1975' and 'Aerosmith'. I wrote it during a period of general turmoil in my life. Everything in and around me seemed to be crushing my spirit and I wrote this song as a note to myself putting all those incredibly frustrating emotions on paper.

**Music or acting? Which one do you prefer?**

I can't choose between the two because music is a part of who I am now and acting is a newfound love. There are plenty of examples of artistes in the industry who do both. I have immense respect for the art forms and can only hope to do



Sanjeeta's faves

- Food:** Gol gappa
- Holiday destination:** Gilly Islands
- Web series:** Schitt's Creek and Sacred Games
- Movie:** Pather Panchali, Shutter Island
- Actor/actress:** Timothee Chalamet, Margot Robbie
- Musician:** MARO, Sushin Shyam

justice to both.

**How do you strike a balance between the two?**

It's about managing your time wisely, striking a work-life balance and also giving yourself time to recoup and do neither - focus on something else like travel or cook or do nothing at all.

**What do you do in your free time?**

I love to dance, travel and cook. I also like to write music and make plans for my next trip! Sometimes, I do absolutely nothing. Just eat and watch a film!

**What are your future projects?**

I plan on putting out three more singles, all compiled into an EP titled 'Dear Diary'. I'm also looking forward to the release of 'The Broken News Season 2' and auditioning for a lot of exciting things. Just keeping my fingers crossed.



### RAIN MUNCH

#### Fried banana

Bananas are easily available and fried bananas will definitely hit the right spot this season. It's the ideal quick-fix snack when you get friends home for a long chat on a rainy evening.

**Ingredients:**

- Two ripe bananas
- Oil for frying
- Salt to taste
- Juice of one lemon

**Method:**

Peel and cut the bananas into quarter inch thick pieces. Pour enough oil in a skillet so that the banana pieces will partly submerge. Heat the oil on medium heat.

Gently put the banana pieces in the hot oil, avoid overcrowding. Fry the banana pieces till both sides are brown. The banana pieces should be soft at the centre but crisp around the edges.

Place the fried bananas on a paper napkin to drain the excess oil before plating them.

Sprinkle lemon juice and salt on the fried bananas before serving. You could add black salt if you like instead of plain salt. You could even season it with plain salt and pepper. Serve immediately when it is hot.

### Tussar Festival on this weekend

Silkworm Boutique, Chennai's exclusive saree store, presents 'The Tussar Festival' on Saturday 26 and Sunday 27.

Silkworm Boutique has a unique collection of tussar sarees, specially curated for everyday work-wear, and sarees for all occasions.

The two-day exhibition in Bengaluru will be showcasing exclusive tussar sarees in prints and artisanal weaves.

The sarees are sourced from across India, hand-picked from weaving centres in Madhya Pradesh, Jharkhand, Bengal, Uttar Pradesh and



Assam. The exhibition also includes a collection of traditional Banarasi sarees and exclusive cottons, in a

wide range of prices. The exhibition is on at Zafran, The Hatworks Boulevard, 32 Cunningham Road,

between 11 am and 6 pm.

**Contact:** Hisham 98410 18191

ಭಾರತದ #1 ಲ್ಯಾಕ್ಸೇಟೀವ್ ಬ್ರ್ಯಾಂಡ್

GOOD MORNING  
With  
**Dulcoflex**<sup>®</sup>  
Bisacodyl Tablets I.P. 5 mg

ಮಲಬದ್ಧತೆಗೆ  
6-8 ಗಂಟೆಗಳಲ್ಲಿ  
ಖಚಿತ ಪರಿಹಾರ

₹ 1.29 PER TABLET

sanofi

**FUTURE UNICORNS LAUNCHPAD ANNOUNCES WINNERS OF ENTREPRENEURSHIP BOOTCAMP 2023**

**WINNING TEAM**  
GREENLAWNS SCHOOL, WORLI  
Startup Idea: ShockWear (Piezoelectric shoe soles brand)

VIDHAAN PARMAR | AARAV GOSRANI | AMBARISH THATI

**FIRST RUNNER - UP TEAM**  
PODAR INTERNATIONAL SCHOOL, NERUL  
Startup Idea: Bakhooor (Concentrated perfume brand)

ATHARVA MOISENDRA WALA | ABHYUDAYA SHARMA | ASHAD UKAYE

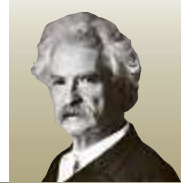
**SECOND RUNNER - UP TEAM**  
SANJIVANI INTERNATIONAL SCHOOL, KHARGHAR  
Startup Idea: NeuroBridge (Gamified learning platform for children on the spectrum)

URVI KHADSE | PAVANI MAHENDRA | ARJUN PATIL

Our Sponsors and Partners

Future Unicorns Launchpad | GET SET LEARN | GSI Sponsor | AI Learning Partner | STEM Learning Partner | CORPORATE GURUKUL | Intel | Rizee | DH | LODSTAR | Powered by

# Wknd. WELLNESS



I have never let my schooling interfere with my education.  
-Mark Twain

THOUGHT FOR THE DAY

## WEEKEND LIFESTYLE FEATURE

### KEEP DAMPNES AWAY

Cross ventilation is crucial, especially when there is inadequate sunlight.

- Keep at least one window open in every room
- Do not shut interior doors through the day
- Use a good dehumidifier



### PROTECT YOUR ARTWORKS

Do you have expensive art decorating your living room walls? You need to protect them through this season.

- A dehumidifier is a must as humidity can lead to fungus growth
- Check the frame and surroundings of the paintings to ensure there is no dampness
- A glass frame is ideal at this time as it protects the artwork from moisture



### Water Proof

#### Check for blocks



Moisture indoors is often caused by water stagnating in places not visible to you. Check on the roofs and crevices in the facade for stagnant water and clear the block. This will remove the moisture indoors and help keep the air fresh.

### DRY FLOORS



The rains create humidity. This is unhealthy too as it promotes the growth of fungus. Use a good, absorbing doormat at every door, especially the main door and bathroom doors. Don't hang clothes out to dry in living spaces. Never leave an umbrella open to dry in balconies.

### PROTECT FURNITURE



Check furniture - just in case they need another coat of moisture-resistant polish. Cover furniture in water-proof material in case they are not in use. Guest room furniture, for example, can be covered and kept away from dampness.



## Are you worried about hair loss?

Shilpi Madan lists five habits that could be adding to your hair loss and explains how you can prevent it

### Tress Talk

It's a scary sight - watching a cluster of your hair strands matted up on the bristles of the hairbrush. According to the American Academy of Dermatologists, we lose approximately 50-100 strands a day. Of course, lack of iron, hormonal imbalance, thyroid issues, poor diet and metabolism often cause hair fall too. Here are five habits that could be causing you to lose what your scalp bears:

#### Heat alert

Are you using a hair styling tool without using a heat protectant? Or worse still, using it on wet hair? Streamline the use of heating tools on your strands. Keep ironing to the minimum and apply a heat protectant before you begin with those tongs. Else you damage the keratin immeasurably. Make use of organic, quinoa-based protectant sprays. You will end up robbing the strands of all natural oils. Begin using the hot tool an inch away from your scalp to avoid touching the follicles. Moisturize your tresses slightly before priming your hair.

#### Vita alert

Are you a fan of quick-fix weight loss

diets? Forget those crazy diet plans. They do more long-term damage than good. Each time you lose a radical amount of weight, suddenly, it takes a toll on your scalp.

Your hair in an index of what you eat. Eggs brings in protein and biotin; fish brings in omega-3 fatty acids; nuts and seeds, avocados and soya bring in micro-nutrient essentials to boost hair growth. Eat fresh, seasonal fruits and vegetables. Cod liver oil inclusion in your daily intake is known to make your tresses strong and glossy. Your body needs an optimum amount of good fat to maintain the supple nature of your skin and hair.

#### Pull alert

Are you using hairbands to yank your hair back into a high ponytail? Desist. Pulling puts the tresses under a great deal of tension leads to high breakage. Stay away from the hair brush if your hair is tangle-prone.

Brushing your hair length 100 times at night to keep it voluminous and gorgeous is a myth. This only brings about broken strands. Avoid tying your hair tightly. Make use of cotton bands to keep your hair in place.

#### Wash alert

Are you flipping your hair forward and styling shampoo-laced locks into glam pile up buns in front of the mirror in the shower? Using warm water for a hair wash? Making use of a mean scalp scrub? Stop. Be kind to your locks.

#### Fix it

- Never try to remove tangles when your hair is wet and at its weakest
- Cover deficiencies in Vitamins A, B, C, D, E, iron, biotin, zinc, and protein through supplements
- Stay hydrated. Your hair comprises one-quarter of water
- Use silk pillow covers, as being low-friction they help prevent tangles
- The wide toothed wood comb is your best buddy

Water at room temperature is best for scalp health. Make use of a mild shampoo for coloured hair if your strands are coloured. While it is good to keep your scalp clean, shampooing every alternate day is avoidable if you are already experiencing hair loss. Dab dry with a towel, do not rub agitatedly to work out the moisture from your scalp.

#### Time alert

Meditate, and make time for things that make you happy for the flow of those happy hormones. Stay calm. The stress hormone damages your hair, often creating hormonal upswings. Schedule a trim once every four months to do away with split ends that travel up the length of your hair and wreck them.

## Set the table for a sumptuous brunch

A brunch usually begins after breakfast and goes past lunch time. It is a great way to bond with old friends on weekends. Jayanthi Madhukar has some tips to get one going

### Table Matters

Brunch is a meal of great leisure and indulgence. Often, it can stretch past lunch time, so it is a meal to be had with good company. When it comes to meals, one is usually invited for lunches or dinners and usually, brunches don't elicit many invites. How does one host a great brunch?

#### We have some suggestions:

#### Seating for all

As mentioned earlier, brunches are leisurely and definitely to be eaten at the table. It could be outdoors or in the dining room, and one of the prerequisites is to invite as many people as the seating can allow. Make sure the table is wide and has enough space in the centre for the dishes and some floral arrangements. Make sure that the floral arrangements are short and sparse affairs which will not impede the view of people at the table.

The tableware should be such that it could remain on the table for a long time. For instance, thick and large ceramic plates will be suitable for many dishes as are usually served in a brunch. Quarter plates will be useful as well. A side cart at one corner can be used to store extra plates, glasses, and cutlery.

#### Free-flowing food

Brunch food is a variety of dishes, most of which are prepared in live counters. Then there are freshly-squeezed juices. From waffles to

dosas, orange juice to watermelon crush, you could serve a feast. Heavy breakfast dishes are the norm for a good brunch and you could make your task simpler by prepping well ahead.

Get some help on the day of the brunch, if that's possible.

#### Lift-me-up brews

What's a brunch without good coffee? Or tea, for tea lovers. Keep flasks or pots of coffee and tea to get the adrenalin going and conversations flowing. If there are children invitees, milkshakes can be prepared and kept in jugs.

#### Table arrangement

The experience of sitting at the table and eating good food can be heightened with a great table arrangement. Make sure that used plates are regularly cleared and fresh plates are brought to the table. Similarly, ensure that apart from the dishes, there is nothing else on the table.

Place table napkins at each seating for the convenience of the guests. You could have a centre-piece arrangement at the table like a bowl of cut fruits or a jug of chilled margarita. The idea is to keep the diners engaged with food and conversation.

#### Extra for the brunch

A separate table for desserts will be apt for a good brunch. You could plate the desserts in bowls or small plates so that guests can pick what they like. If you have planned the brunch outdoors, ensure there are light covers for the dishes to protect from insects and flies.



## LEISURE

### Beetle Bailey



### JUMBLE

Unscramble these Jumbles, one letter to each square, to form four ordinary words.

KORCA  
RIYTD  
BUDEOL  
TYREPT

Print answer here: \_\_\_\_\_

Answers: CROAK DIRTY DOUBLE PRETTY

### HITORI-15

Eliminate numbers by filling in squares so that remaining cells in that row or column do not repeat that number more than once. Filled-in cells cannot be horizontally or vertically adjacent. The un-filled cells must form a single component connected horizontally and vertically.

3	1	3	5	3	8	6	2
5	4	7	3	3	2	3	6
1	3	3	1	4	3	7	4
4	3	2	7	3	6	3	1
3	8	4	3	7	1	5	6
1	7	1	6	2	4	5	5
3	2	5	8	3	3	4	7
2	5	3	3	6	7	3	4

### CROSSWORD CHALLENGE 15

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	32	33	34	35
36	37	38	39	40	41	42

- EASY ACROSS**
- Javelin (5)
  - Dirty (5)
  - Cattle farm (5)
  - Glue (3)
  - Dance (5)
  - Natural surroundings (7)
  - Tribunal (5)
  - Torn cloth (3)
  - Uproar (6)
  - Incomplete (7)
  - Agreement (4)
  - Hitch (4)
  - Surrendered (7)
  - Blunt weapon (6)
  - Merriment (3)
- DOWN**
- Sucrose (5)
  - Naval commander (7)
  - Fertiliser (4)
  - Cunning (6)
  - Shaving implement (5)
  - Happen (5)
  - Name (3)
  - Bird (7)
  - Pitch (3)
  - Circular (5)
  - Fuse (5)
  - Be deceived by (4,3)
  - Decree (5)
  - Bearlake mammal (5)
  - African country (7)
  - Colour (6)
  - Squib (3)
  - Of a town (5)
  - Presents (5)
  - Freshwater mammal (5)
  - Skin (4)
  - Religious sister (3)
- CRYPTIC ACROSS**
- Omits to sleep surrounded by hissing noises (5)
  - Clean out the self-starter for a cash incentive (5)
  - Wounds with a wild thrust, almost (5)
  - Clean up quietly after an officer (3)
  - In Pilgrim's Progress, a child (5)
  - Standing close, showing suppressed resentment (7)
  - Various means of identification (5)
  - Regret being less than true (3)
  - Sailing east, perhaps, with heavy heart (2,3)
  - Almost torn up as mere rubbish (3)
  - People using elaborate phrases (7)
  - In disgust, he's cut short (3)
  - Happy to be wrong, in my case (5)
  - Coshes slimy pests! (5)
  - Very good money (7)
  - Goes like happy little girls on excursions (5)
  - For a month, she has a first class return (5)
  - A worn radio receiver (7)
  - One trying to get the street rebuilt? (6)
  - He may be beside himself when beaten! (3)
  - Do something repulsive (5)
  - At the top, the Conservative leader needs a break (5)
  - Big money for new gear (5)
  - A mildly electrifying cello piece? (4)
  - An urchin has it with a muffin (3)

### SOLUTIONS TO CROSSWORD CHALLENGE 15

ACROSS: 3. Spear; 8. Muddy; 10. Ranch; 11. Gum; 12. Waltz; 13. Habitat; 15. Furm; 18. Bag; 19. Furore; 21. Parliat; 22. Deal; 23. Sma; 24. Yields; 25. Cope; 26. Fun; 27. Trail; 28. Rodents; 34. Fair; 35. Gut; 36. Parlo; 37. Dares; 38. Swede; 39. Tense; 37. P-88; 38. Till; 40. 30; 31. Se-ar-3; Cameras 34. Ethel; 35. Par; 36. Mised; 22. R-0-an; 23. Bag; 24. Tactly; 26. P-+; Sp08; 23. U-11; 15. Names; 18. Rue; 19. Cereal; 21. ACROSS: 3. Kip-8; 8. Pur-5; 10. Hrts; 11. MO-p; 12. C-rest; 30. L-arge; 32. Cell; 33. Rag; 34. Bleep; 35. Tom-10m; 37. Repl; 28; 38. Merv-17; 39. Sng; 40. Cap; 20. S; 21. ME-1A; 23. Sng; 19. Rot; 20. Edic; 14. G; 15. Sng; 17. At-se-a-9; 12. S; 14. Tar; 16. D; 17. S; 18. R-1-n-4; Keph; 5. Ph-one-D-9; 19. Jumpy; 2. Asp-r-1-n-4; 4. Keph; 5. Ph-one-D-9; 35. Gut; 36. Parlo; 37. Dares; 38. Swede; 39. Tense; 37. P-88; 38. Till; 40. 30; 31. Se-ar-3; Cameras 34. Ethel; 35. Par; 36. Mised; 22. R-0-an; 23. Bag; 24. Tactly; 26. P-+; Sp08; 23. U-11; 15. Names; 18. Rue; 19. Cereal; 21. ACROSS: 3. Kip-8; 8. Pur-5; 10. Hrts; 11. MO-p; 12. C-rest; 30. L-arge; 32. Cell; 33. Rag; 34. Bleep; 35. Tom-10m; 37. Repl; 28; 38. Merv-17; 39. Sng; 40. Cap; 20. S; 21. ME-1A; 23. Sng; 19. Rot; 20. Edic; 14. G; 15. Sng; 17. At-se-a-9; 12. S; 14. Tar; 16. D; 17. S; 18. R-1-n-4; Keph; 5. Ph-one-D-9; 19. Jumpy; 2. Asp-r-1-n-4; 4. Keph; 5. Ph-one-D-9; 35. Gut; 36. Parlo; 37. Dares; 38. Swede; 39. Tense; 37. P-88; 38. Till; 40. 30; 31. Se-ar-3; Cameras 34. Ethel; 35. Par; 36. Mised; 22. R-0-an; 23. Bag; 24. Tactly; 26. P-+; Sp08; 23. U-11; 15. Names; 18. Rue; 19. Cereal; 21. ACROSS: 3. Kip-8; 8. Pur-5; 10. Hrts; 11. MO-p; 12. C-rest; 30. L-arge; 32. Cell; 33. Rag; 34. Bleep; 35. Tom-10m; 37. Repl; 28; 38. Merv-17; 39. Sng; 40. Cap; 20. S; 21. ME-1A; 23. Sng; 19. Rot; 20. Edic; 14. G; 15. Sng; 17. At-se-a-9; 12. S; 14. Tar; 16. D; 17. S; 18. R-1-n-4; Keph; 5. Ph-one-D-9; 19. Jumpy; 2. Asp-r-1-n-4; 4. Keph; 5. Ph-one-D-9; 35. Gut; 36. Parlo; 37. Dares; 38. Swede; 39. Tense; 37. P-88; 38. Till; 40. 30; 31. Se-ar-3; Cameras 34. Ethel; 35. Par; 36. Mised; 22. R-0-an; 23. Bag; 24. Tactly; 26. P-+; Sp08; 23. U-11; 15. Names; 18. Rue; 19. Cereal; 21. ACROSS: 3. Kip-8; 8. Pur-5; 10. Hrts; 11. MO-p; 12. C-rest; 30. L-arge; 32. Cell; 33. Rag; 34. Bleep; 35. Tom-10m; 37. Repl; 28; 38. Merv-17; 39. Sng; 40. Cap; 20. S; 21. ME-1A; 23. Sng; 19. Rot; 20. Edic; 14. G; 15. Sng; 17. At-se-a-9; 12. S; 14. Tar; 16. D; 17. S; 18. R-1-n-4; Keph; 5. Ph-one-D-9; 19. Jumpy; 2. Asp-r-1-n-4; 4. Keph; 5. Ph-one-D-9; 35. Gut; 36. Parlo; 37. Dares; 38. Swede; 39. Tense; 37. P-88; 38. Till; 40. 30; 31. Se-ar-3; Cameras 34. Ethel; 35. Par; 36. Mised; 22. R-0-an; 23. Bag; 24. Tactly; 26. P-+; Sp08; 23. U-11; 15. Names; 18. Rue; 19. Cereal; 21. ACROSS: 3. Kip-8; 8. Pur-5; 10. Hrts; 11. MO-p; 12. C-rest; 30. L-arge; 32. Cell; 33. Rag; 34. Bleep; 35. Tom-10m; 37. Repl; 28; 38. Merv-17; 39. Sng; 40. Cap; 20. S; 21. ME-1A; 23. Sng; 19. Rot; 20. Edic; 14. G; 15. Sng; 17. At-se-a-9; 12. S; 14. Tar; 16. D; 17. S; 18. R-1-n-4; Keph; 5. Ph-one-D-9; 19. Jumpy; 2. Asp-r-1-n-4; 4. Keph; 5. Ph-one-D-9; 35. Gut; 36. Parlo; 37. Dares; 38. Swede; 39. Tense; 37. P-88; 38. Till; 40. 30; 31. Se-ar-3; Cameras 34. Ethel; 35. Par; 36. Mised; 22. R-0-an; 23. Bag; 24. Tactly; 26. P-+; Sp08; 23. U-11; 15. Names; 18. Rue; 19. Cereal; 21. ACROSS: 3. Kip-8; 8. Pur-5; 10. Hrts; 11. MO-p; 12. C-rest; 30. L-arge; 32. Cell; 33. Rag; 34. Bleep; 35. Tom-10m; 37. Repl; 28; 38. Merv-17; 39. Sng; 40. Cap; 20. S; 21. ME-1A; 23. Sng; 19. Rot; 20. Edic; 14. G; 15. Sng; 17. At-se-a-9; 12. S; 14. Tar; 16. D; 17. S; 18. R-1-n-4; Keph; 5. Ph-one-D-9; 19. Jumpy; 2. Asp-r-1-n-4; 4. Keph; 5. Ph-one-D-9; 35. Gut; 36. Parlo; 37. Dares; 38. Swede; 39. Tense; 37. P-88; 38. Till; 40. 30; 31. Se-ar-3; Cameras 34. Ethel; 35. Par; 36. Mised; 22. R-0-an; 23. Bag; 24. Tactly; 26. P-+; Sp08; 23. U-11; 15. Names; 18. Rue; 19. Cereal; 21. ACROSS: 3. Kip-8; 8. Pur-5; 10. Hrts; 11. MO-p; 12. C-rest; 30. L-arge; 32. Cell; 33. Rag; 34. Bleep; 35. Tom-10m; 37. Repl; 28; 38. Merv-17; 39. Sng; 40. Cap; 20. S; 21. ME-1A; 23. Sng; 19. Rot; 20. Edic; 14. G; 15. Sng; 17. At-se-a-9; 12. S; 14. Tar; 16. D; 17. S; 18. R-1-n-4; Keph; 5. Ph-one-D-9; 19. Jumpy; 2. Asp-r-1-n-4; 4. Keph; 5. Ph-one-D-9; 35. Gut; 36. Parlo; 37. Dares; 38. Swede; 39. Tense; 37. P-88; 38. Till; 40. 30; 31. Se-ar-3; Cameras 34. Ethel; 35. Par; 36. Mised; 22. R-0-an; 23. Bag; 24. Tactly; 26. P-+; Sp08; 23. U-11; 15. Names; 18. Rue; 19. Cereal; 21. ACROSS: 3. Kip-8; 8. Pur-5; 10. Hrts; 11. MO-p; 12. C-rest; 30. L-arge; 32. Cell; 33. Rag; 34. Bleep; 35. Tom-10m; 37. Repl; 28; 38. Merv-17; 39. Sng; 40. Cap; 20. S; 21. ME-1A; 23. Sng; 19. Rot; 20. Edic; 14. G; 15. Sng; 17. At-se-a-9; 12. S; 14. Tar; 16. D; 17. S; 18. R-1-n-4; Keph; 5. Ph-one-D-9; 19. Jumpy; 2. Asp-r-1-n-4; 4. Keph; 5. Ph-one-D-9; 35. Gut; 36. Parlo; 37. Dares; 38. Swede; 39. Tense; 37. P-88; 38. Till; 40. 30; 31. Se-ar-3; Cameras 34. Ethel; 35. Par; 36. Mised; 22. R-0-an; 23. Bag; 24. Tactly; 26. P-+; Sp08; 23. U-11; 15. Names; 18. Rue; 19. Cereal; 21. ACROSS: 3. Kip-8; 8. Pur-5; 10. Hrts; 11. MO-p; 12. C-rest; 30. L-arge; 32. Cell; 33. Rag; 34. Bleep; 35. Tom-10m; 37. Repl; 28; 38. Merv-17; 39. Sng; 40. Cap; 20. S; 21. ME-1A; 23. Sng; 19. Rot; 20. Edic; 14. G; 15. Sng; 17. At-se-a-9; 12. S; 14. Tar; 16. D; 17. S; 18. R-1-n-4; Keph; 5. Ph-one-D-9; 19. Jumpy; 2. Asp-r-1-n-4; 4. Keph; 5. Ph-one-D-9; 35. Gut; 36. Parlo; 37. Dares; 38. Swede; 39. Tense; 37. P-88; 38. Till; 40. 30; 31. Se-ar-3; Cameras 34. Ethel; 35. Par; 36. Mised; 22. R-0-an; 23. Bag; 24. Tactly; 26. P-+; Sp08; 23. U-11; 15. Names; 18. Rue; 19. Cereal; 21. ACROSS: 3. Kip-8; 8. Pur-5; 10. Hrts; 11. MO-p; 12. C-rest; 30. L-arge; 32. Cell; 33. Rag; 34. Bleep; 35. Tom-10m; 37. Repl; 28; 38. Merv-17; 39. Sng; 40. Cap; 20. S; 21. ME-1A; 23. Sng; 19. Rot; 20. Edic; 14. G; 15. Sng; 17. At-se-a-9; 12. S; 14. Tar; 16. D; 17. S; 18. R-1-n-4; Keph; 5. Ph-one-D-9; 19. Jumpy; 2. Asp-r-1-n-4; 4. Keph; 5. Ph-one-D-9; 35. Gut; 36. Parlo; 37. Dares; 38. Swede; 39. Tense; 37. P-88; 38. Till; 40. 30; 31. Se-ar-3; Cameras 34. Ethel; 35. Par; 36. Mised; 22. R-0-an; 23. Bag; 24. Tactly; 26. P-+; Sp08; 23. U-11; 15. Names; 18. Rue; 19. Cereal; 21. ACROSS: 3. Kip-8; 8. Pur-5; 10. Hrts; 11. MO-p; 12. C-rest; 30. L-arge; 32. Cell; 33. Rag; 34. Bleep; 35. Tom-10m; 37. Repl; 28; 38. Merv-17; 39. Sng; 40. Cap; 20. S; 21. ME-1A; 23. Sng; 19. Rot; 20. Edic; 14. G; 15. Sng; 17. At-se-a-9; 12. S; 14. Tar; 16. D; 17. S; 18. R-1-n-4; Keph; 5. Ph-one-D-9; 19. Jumpy; 2. Asp-r-1-n-4; 4. Keph; 5. Ph-one-D-9; 35. Gut; 36. Parlo; 37. Dares; 38. Swede; 39. Tense; 37. P-88; 38. Till; 40. 30; 31. Se-ar-3; Cameras 34. Ethel; 35. Par; 36. Mised; 22. R-0-an; 23. Bag; 24. Tactly; 26. P-+; Sp08; 23. U-11; 15. Names; 18. Rue; 19. Cereal; 21. ACROSS: 3. Kip-8; 8. Pur-5; 10. Hrts; 11. MO-p; 12. C-rest; 30. L-arge; 32. Cell; 33. Rag; 34. Bleep; 35. Tom-10m; 37. Repl; 28; 38. Merv-17; 39. Sng; 40. Cap; 20. S; 21. ME-1A; 23. Sng; 19. Rot; 20. Edic; 14. G; 15. Sng; 17. At-se-a-9; 12. S; 14. Tar; 16. D; 17. S; 18. R-1-n-4; Keph; 5. Ph-one-D-9; 19. Jumpy; 2. Asp-r-1-n-4; 4. Keph; 5. Ph-one-D-9; 35. Gut; 36. Parlo; 37. Dares; 38. Swede; 39. Tense; 37. P-88; 38. Till; 40. 30; 31. Se-ar-3; Cameras 34. Ethel; 35. Par; 36. Mised; 22. R-0-an; 23. Bag; 24. Tactly; 26. P-+; Sp08; 23. U-11; 15. Names; 18. Rue; 19. Cereal; 21. ACROSS: 3. Kip-8; 8. Pur-5; 10. Hrts; 11. MO-p; 12. C-rest; 30. L-arge; 32. Cell; 33. Rag; 34. Bleep; 35. Tom-10m; 37. Repl; 28; 38. Merv-17; 39. Sng; 40. Cap; 20. S; 21. ME-1A; 23. Sng; 19. Rot; 20. Edic; 14. G; 15. Sng; 17. At-se-a-9; 12. S; 14. Tar; 16. D; 17. S; 18. R-1-n-4; Keph; 5. Ph-one-D-9; 19. Jumpy; 2. Asp-r-1-n-4; 4. Keph; 5. Ph-one-D-9; 35. Gut; 36. Parlo; 37. Dares; 38. Swede; 39. Tense; 37. P-88; 38. Till; 40. 30; 31. Se-ar-3; Cameras 34. Ethel; 35. Par; 36. Mised; 22. R-0-an; 23. Bag; 24. Tactly; 26. P-+; Sp08; 23. U-11; 15. Names; 18. Rue; 19. Cereal; 21. ACROSS: 3. Kip-8; 8. Pur-5; 10. Hrts; 11. MO-p; 12. C-rest; 30. L-arge; 32. Cell; 33. Rag; 34. Bleep; 35. Tom-10m; 37. Repl; 28; 38. Merv-17; 39. Sng; 40. Cap; 20. S; 21. ME-1A; 23. Sng; 19. Rot; 20. Edic; 14. G; 15. Sng; 17. At-se-a-9; 12. S; 14. Tar; 16. D; 17. S; 18. R-1-n-4; Keph; 5. Ph-one-D-9; 19. Jumpy; 2. Asp-r-1-n-4; 4. Keph; 5. Ph-one-D-9; 35. Gut; 36. Parlo; 37. Dares; 38. Swede; 39. Tense

# Wknd. FOOTBALL



This is a good opportunity for execs to pursue their passion  
- Chitra Gangadharan  
Former captain and coach, Indian women's football team

QUOTE FROM THE 2022 CHAMPIONSHIP

WEEKEND LIFESTYLE FEATURE

## CATCH THE ACTION ONLINE

TruAlt Bioenergy DH Cup 2023's microsite can be discovered from the DH homepage.  
● Team profiles ● Video highlights ● Action pics ● Points table ● Trivia



## FROM THE RECORD BOOKS: 2022 - INAUGURAL EDITION

- Akash Mali, Wissen Infotech, bagged the Golden Boot award with **18 goals**
- Sarath K, IQVIA, took away the Golden Glove award for his **49 saves**
- Most goals scored in the tournament: Wissen Infotech - **40 goals**
- Least goals conceded: Epsilon - **4 goals**
- Total goals scored in the tournament: **155**
- Wissen Infotech didn't lose a single match



# TruAlt Bioenergy DH Cup 2023 is here!



The much-awaited intercorporate five-a-side football tournament is scheduled to kick off on September 9. **BS Manu Rao** has a sneak preview

It's time for football again. Corporates, some competing and many following, have a month of football action to look forward to as TruAlt Bioenergy DH Cup 2023 gets underway on September 9.  
"This event transcends the boardroom, venturing onto the field to foster inter-company relationships. This initiative not only forges stronger business connections but also champions a holistic and healthy lifestyle. It's through such endeavours that we cultivate a harmonious blend of professional growth and personal well-being. This tournament is a meaningful convergence", said Vijay Nirani, Managing Director, TruAlt Bioenergy, sponsor of this year's championship.



### Coveted trophy beckons corporates

The coveted rolling trophy was bagged by Wissen Infotech last season. Every team is a potential contender this year with the players showing intent and grit in practice sessions. "I see the determination in the eyes of every player, as we prepare to defend the title as last year's champions. We respect the competition and acknowledge their efforts, but we are committed to raising the bar even higher. Our goal is not only to maintain our position but to surpass it with unyielding teamwork and unwavering spirit. In this year's tournament, we anticipate fierce battles, new challenges and the opportunity to showcase our growth as a cohesive unit", said Rohit Anand, Team Wissen.

### Making time for practice

Busy schedules are being tweaked to squeeze in some practice sessions. "We at Byg Brewski are super excited and look forward to the tournament. We are training hard and putting in extra hours to make an impact in the tournament. We want to bring the trophy home in our first appearance itself. For me, personally, it is an honour and a huge responsibility to lead the Byg Brewski team", said Randy N Kholum.  
Byg Brewski is also the sponsor of the launch event.

We are excited about playing in this tournament for three reasons - to play our favourite sport, meet people from different fields and experience the electric vibes of the championship. This is an opportunity for us to understand each other as a team, work as a team, exchange ideas and knowledge, strategy discussions and much more", said Karthik Jagadeesh Bharadwaj, Timken India Ltd.

### It's about grit, intent

There's more to this tournament than the game. It's a demonstration of intent and the will to succeed - both in office and on the field.  
"As the tournament draws near, the teams are not just training for a game, they are preparing for a test of dedication, teamwork and sportsmanship. In this thrilling corporate showdown, success will be determined by the culmination of these carefully-planned and executed preparations. Regardless of the outcome, the tournament is bound to be a memorable experience of competition, camaraderie and the joy of playing the beautiful game", said Akshay Bathia, MAIA Estates.

"For Team Swiss Re, this is a tournament to look forward to every year. The company is backing us for the tournament after a commendable performance last year. This year we are looking to better our result and enjoy the beautiful game", said Anand Krishnamurthy, Swiss Re.

### It's in the mind

"My boys and I are super enthusiastic. Each one of us is focusing on preparing the mind and body with positive thoughts. We are consistently practicing with plenty of stretching and running. This year we want to kiss the cup. We are looking forward a great time out there and see ourselves victorious", said Jithin Appadath, Genex.

"Over the past weeks, we've witnessed a remarkable transformation from being just colleagues to becoming a cohesive team, dedicating ourselves both on and off the field. Training sessions have become a platform for camaraderie, strategy discussions and team-building", said Somtirtha Singha Chaudhury, Karle Infra Pvt Ltd.



Team Wissen: Champions 2022.



Team IQVIA: Runner-up in 2022

### Weekend games

All the matches are being held on weekends this year too. Corporates, with their hectic schedules, will not find it challenging to make it to the venue.

People, especially in cities, with their busy lives, are becoming increasingly aware of the importance of physical fitness. The pandemic was a catalyst in spurring demand for physical activity. Health consciousness has grown phenomenally, again increasing the demand for outdoor activity"

Satvik Loganathan, Proprietor, Matchday, the sports arena and venue of TruAlt Bioenergy DH Cup 2023.



**NAMMA DONNE BIRYANI**  
First Floor, 367, 80 Feet Road, Judges Colony, AK Colony, RT Nagar, Bengaluru - 560 032  
Ph: +91 96060 25151  
Scan the QR Code to reach the Location

**THE BIG DISCOUNT SALE**  
hakooba®  
FABRICS • SUITS • CUT PIECES • SAREES • KURTIS  
LADY JAHANGIR KOTARI HALL  
14, Queens Road, Circle, Shivaji Nagar, Near Indian Express, Bangalore - 560001.  
CLEARANCE SALE UPTO 50% OFF  
FRESH ARRIVALS NOW ON DISPLAY  
All Cards Accepted - 10 am to 9 pm - 7080904360 - CAR PARKING AVAILABLE

## SUNDAYS WITH KIRTILALS

Elevate your Sundays with Kirtilals wide range of Diamond Earrings.  
Rediscover the Brilliance of Your Diamonds with our jewellery care service.

Avail a chance to WIN Diamond Jewellery\*.



KIRTILALS  
Visibly Brilliant since 1939

Near Richmond Circle, Bengaluru. Ph: 080 22103311

COIMBATORE | TIRUPUR | CHENNAI | MADURAI | SALEM  
KOCHI | HYDERABAD | VIJAYAWADA | VIZAG | U.S.A

WWW.KIRTILALS.COM /KIRTILALSONLINE



The trouble with having an open mind is that people will insist on trying to put things in it.  
- Terry Pratchett

**THOUGHT FOR THE DAY**

## WEEKEND LIFESTYLE FEATURE

### BRING IN THE GARDEN

Fresh flowers have their charm. Festive occasion or not, they add a graceful touch to the interiors.

- Colour makes a difference
- The flowers should match the colour theme of the interiors
- The vase can add to the decor too



### TABLE SPACE

A dining table is always a difficult choice to make. How large or small should it be?

- Factor in how often you entertain guests at home
- Do you like table top decor

- including jars and bowls?
- Are most of your meals functional - would a breakfast nook do?
- Do you have elaborate buffets where the table serves as the counter?



### Table Top

#### Textures with fabrics

You can create an inviting dining table with fabrics - using colour and texture.



- Bright colours are good when most of the cutlery is white or glass
- Patterns need to be understated if you have decor objects on the table
- Avoid tall objects they hinder conversation
- Remember, space for dishes is top priority

### DECOR WITH FUNCTION

If you don't have the space for objects of decor on the dining table, you can bring in the aesthetics with jars.



- Put together a collection of small jars holding spices or pickles
- A fruit bowl with an assortment of fruits looks good as a single item
- Don't use candles as they need more space
- Keep table mats small

### LIMIT CUTLERY



Often, a dining table gets crowded with cutlery. Choose the cutlery based on the space available. Keep them to the minimum needed. You can stack cutlery rather than spread them around the table if space is a constraint. The holders for plates and spoons can work as table top decor objects too. Keep the colours and textures muted.

### Brighten it up



Light is a critical factor in a dining room. This is a space where the lighting has to be ambient and bright. While task lighting would suit a small dining table - such as a breakfast counter in the kitchen - a large dining table in a dining room needs bright, ambient lighting. Also, bright lighting enhances the table top decor. Avoid focus lights in this space. The illumination needs to be even all across the table.

## Makalidurga

With a distance of 56 km from the city, the unique trail of Makalidurga starts from a railway track and leads to several gorgeous views, especially during the monsoon. As you hike along, you will come to the Sri Makali Malleshwara Swami Temple, breathtaking greenery and the ruins of a fort at the top. The icing on the cake is the aerial view of the Gundamagere Lake that resembles the shape of South America.

Length: 3.8 km one-way  
Time taken to complete: 2.5 hours



## Huthridurga

Located in the Tumakuru District around 76 km away from Bengaluru, Huthridurga is a small hill that provides picturesque views of the lush greenery around. An easy trek for people of all age groups, the Huthridurga trek offers Nature-lovers a fine blend of history and culture as

it starts from a village and passes through a fort wall. As you trek along, you can visit the Shankareshwara Temple nestled on the top halfway through, with a spectacular view of the forests below.

Length: Two km one-way  
Time taken to complete: One hour

# Trek your stress away

Nature is at its best when it rains, and this is a great time for a trek. Deepa Natarajan Lobo has some places for a quick getaway

### Long Walk

Although the greys of the season may pull your spirits down, the greens that truly come alive during this time of the year are a sight to behold. The monsoon season may come with its fair share of blues, illnesses and traffic but one must admit that the beauty of Nature can truly be enjoyed at its best after a spell of rain. More so, with the gleaming rays of the sun brightening the lush surroundings after a shower - just like the weather these days.

One of the easiest ways to enjoy the beauty of Nature without having to travel too far is treks. Fortunately, there are many peaks nearby where you can enjoy a day-long trek with family not just during the rains but at all times of the year. Here is a look at some popular one-day treks which are short, yet satisfying, that you can enjoy this season:



### Devarayanadurga Hills

Another gem in the Tumakuru District, the Devarayanadurga Hills are around 69 km from the city and a trek here is quite simple and takes only around 30 minutes to complete. You can start the climb with a visit to the Bhoga Narasimha Temple at the base of the hill. Since the trek is a short one, the

surrounding attractions here like the natural spring Namada Chilume and Siddara Betta, known for its aerial views and caves, are also popular among trekkers.

Length: Two km one-way  
Time taken to complete: 30 minutes



### Do's and don'ts

- Always carry your rain gear during the monsoon
- Go in a group with a leader or guide who knows the trail
- Wear proper shoes with a good grip as the rocks can be slippery during this season
- Stay away from overflowing streams and water bodies
- Be extra careful on the steeper parts - loose rocks/gravel
- Cover yourself fully to steer clear of thorns, bugs and leeches
- Carry an extra packet for your electronic items

## For fragrant living spaces...

Everyone loves a winsome fragrance wafting about the home. **Shilpi Madan** explains how you can make your abode a fragrant haven



### Aroma Therapy

If there is one thing you detest, it is the stale, musty smell that envelopes every home you walk into during the monsoon. Fed up of the dull smell that persists in nooks and corners of your apartment? Cue into ways to make your spaces exude an endearing fragrance.

#### De-humidify

Sunshine is precious when it pours. To rid your home of the mildew, and fungal developments, ensure that you do away with moisture pockets in your house. Invest in a good dehumidifier. Keep windows open when the downpour ends to let in the fresh air. Good ventilation is one of the most effective ways to fob off funny, unwanted smells.

#### Diffuse in

Subtle scents work their magic when

let into the air slowly and steadily. Bring in reed diffusers as they are consistent cool smell producers. The reeds absorb the oil of your choice - lemon grass or eucalyptus if you want your home to smell like a spa - or citrusy notes to breathe in the cheer.

You can increase the number of reeds to up the fragrant quotient.

#### Fragrant tips

- Here are some easy ways in which you can rule the aroma quotient in your home
- Mop up spills instantly and dry the area
- Keep rainwear and wet shoes outside the house
- Invest in a good clothes dryer, never dry wet linen on racks inside the house
- Make space for pot pourrie packs and incense sticks in appealing fragrances
- A drop of essential oil revs up a fragrance of your choice at home

Remember to turn the reeds more frequently during the monsoon.

#### Place right

It is all about positioning. Place the room fresheners, or scent diffusers at opposite ends of the living room. This is the focal point of your home from where the fragrance wanders into the different parts of your apartment. Be generous in buying enough fresheners. Follow the same rule if you light an aromatic candle. Remember to make your bathroom fragrant too as this is the wettest domain of the house.

#### Into your kitchen

You may not be a passionate baker, leaving whiffs of cinnamon in your wake; or grinding coffee beans at home - even though these are lovely natural scents to emerge from the kitchen. If cooking isn't your first love, follow a simple routine. Simmer fresh herbs with a drop of lemon and let the delightful aroma waft through your home throughout the day. Try rosemary, or basil leaves.

**JOCKEY**  
FACTORY SECONDS  
UPTO 50% OFF

• 10 am to 8 pm • Open All Days • Master / Visa Card Accepted

INNERWEAR • LEISUREWEAR • ACTIVEWEAR • KIDSWEAR • SOCKS

**Venues in Bangalore**

**Infantry Road:** Safina Plaza, No.84/85 - 560 001

**Rajajinagar:** Raja Rajeshwari Kalyana Mantapa, 2<sup>nd</sup> Block, Dr. Rajkumar Road, Near Blue Hyundai Showroom - 560010

**Banshankari:** Sri Harl Kalyana Mantap, 30<sup>th</sup> Main, B.S.K. 3<sup>rd</sup> Stage, Near K.I.M.S. Hospital - 560085

**Jayanagar:** Premchandra Kalyana Mahal, 10<sup>th</sup> Main Road, T. Mariappa Road, 2<sup>nd</sup> Block, (Near Ashoka Pillar) - 560011

**Malleswaram:** The Canara Union, No.42, 8<sup>th</sup> Main, Canara Union Road - 560003

**Vijayanagar:** Five O Gallery, 17<sup>th</sup> Cross, M.C. Road, Near Vijay Nagar Bus Stop - 560040

**Rajarajeshwari Nagar:** Vasavi Mahal Kalyana Mantapa, Next To Reliance Dlgital, Ideal Homes I Phase - 560098

**Kundalahalli Gate:** S K R Convention Hall, Thubarahalli, Varthur Main Road - 560066

**Sheshadripuram:** Sri S.S.K Samaj Hall, (M.G. Tambre Memorial Hostel), South Central Road, Opp. Gandhinagar MLA Office, Opp Mantri Mall Main Gate - 560020

**Yelahanka:** Tirumala Samudaya Bhavana, #30/2A/3, Thirumalappa Nagar, Attur Layout - 560064

**Koramangala:** Apoorva International, #35A, Raheja Arcade, Opp Star Box - 560095

**Basavanagudi:** Amolak Apparels, #104, Bull Temple Road, Near Ramakrishna Ashram - 560019

Org. by: Surya Agency Pvt. Ltd.

**Freedom** Rice Bran Oil presents **Bhumika Club**

An exclusive community for women

**Celebrate the Spirit of Freedom**

Join us for this exclusive event to ignite your Indian pride. Enjoy activities planned just for you, including a one-act play, a session on nutrition and diet, and a musical act.

Inauguration by Archana Jois

27<sup>th</sup> August, 2023  
2:30 PM onwards

KEA Prabhath Rangamandira  
C A Site No. 1, 8th Main Road,  
Basaveshwar Nagar, Bengaluru

**EVENT HIGHLIGHTS**

- One Act Theatre Play by Akshatha Pandavapura
- Musical Performance by Bhagyashree Gowda
- Session on Nutrition & Diet by Aparna Nagendra (Mentor ISPAN, Sr Dietitian (H.O.) at Sagar Hospital)

Games | Hi-tea | Networking

Associate Sponsor **Sleepwell**

**FREE ENTRY, REGISTER NOW!**  
bit.ly/bhumikaclubaugust  
ENTRY BY REGISTRATION ONLY

\*T&C Apply