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# Weekend.



Some people never go crazy. What truly horrible lives they must lead.

Charles Bukowski

## 20

### Anniversary

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**HOSUR ROAD:** Survey No 33/1a, Bertana Agrahara, Begur Hobli, Hosur Main Road, Bengaluru - 560 100

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\*As per scheme terms & conditions apply. The lowest price is applicable to METRO enrolled customer(s) for a limited period of METRO 20th Anniversary special promotion offer. The lowest price is based on Internal pricing checks and on select advertised goods.

**Timings: 6:00 am to 10:00 pm**

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# Weekend



When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has been opened for us.

**Helen Keller**

**ADVERTORIAL & PROMOTIONAL LIFESTYLE FEATURE**



**MAKE YOUR TRAVEL A PLEASURE**  
PAGE 02



**SKINCARE FOR THE RAINY DAYS**  
PAGE 02



**LET THE VIEW SPEAK FOR ITSELF**  
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**Plan your weekend**

**Deewana Dil**



Sonu Nigam and Kumar Sanu perform live in the city. **Kassia Auditorium July 23**

6 pm onwards

**Movie Night - Under the Stars**



Curated movies screened open air. **Grand Mercure Bengaluru, Gopalan Mall July 22**

7 pm onwards

**Ivan Masa (Dyynamic)**



Arcadia is back to host Ivan Masa, the promising artist from Italy. **Sunburn Union, Koramangala July 23**

7pm onwards

**Show Buzz | Bhumi Pednekar | Actor**

## 'As a young girl I always dreamt of this life...'

At a time when Bollywood is brimming with talent, Bhumi Pednekar has six releases coming up this year. **Shilpi Madan** catches up with her for a chat on her success story



**B**humi Pednekar believes in living life on her own terms. The actor is busy winning accolades on screen for her realistic portrayal of gritty women - trailblazers in their own right. She made her mark as the uncharacteristically obese teacher in Haridwar, wife to actor Ayushmann Khurrana in her debut film Dum Laga Ke Haisha in 2015. She followed it up with her socially-driven projects. In Toilet: Ek Prem Katha, she fights for the basic rights of women in rural areas. Then came her award-winning performance in Badhaai Do, Bala, and the criminal thriller Sonchiriya. Each movie has been a game-changer, just like her portrayal of the 65-year-old sharpshooter Chandro Tomar in Saand Ki Aankh.

While she is on a high with six projects unfurling in 2023 (upcoming releases include The Ladykiller, Mere Husband ki Biwi, and Bhakshak), Bhumi Pednekar joins the swish club with the likes of Elton John, Arianna Grande, Rihanna, Lady Gaga... as cosmetic giant MAC co-creates a limited edition lip-



I seek good roles as an actor. I have been fortunate to work with leading directors early on in my career

**Six releases in 2023. That's a coup today with the industry brimming with new talent. What inspires you?**  
I seek good roles as an actor. I have been fortunate to work with leading directors early on in my career who have drawn out the best in me. I also draw inspiration from my mother. I don't want to sound cliched, but I do admire my mother deeply. She has raised me and my sister as a single parent. I embody her zest for life, her strength and independence and the fact how fair and non-judgemental she is.

**Something about you that no one knows...**  
I am always very confused. My decisions sway a lot. I come across as very sorted and composed but the actual process of decision-making is the part that is very confusing. Like I am confused about what I want to eat.

**Where and when are you the happiest?**  
Spending time with my family - my mother and sister, in the garden, with my puppies, reading books, eating my comfort food in dal chawal and aloo ki sabzi.

**A secret wish...**  
I wish I could compose music. I simply envy musicians and artists. I feel a music composer is like God's special child.

**A pearl of wisdom for all who aspire to be in your shoes...**  
There is nothing more valuable than time. It is the only thing you have no control over. Make the most of it. Spend time with your family, invest hundred per cent in your work, give time to your hobbies. Don't waste time.

stick with her, with hundred per cent proceeds earned from its sale going towards charity. Excerpts from a chat:

**If you were to describe your current state?**  
Super excited. Whatever is happening today is too big a deal. As a young girl I always dreamt of this life. MAC has created and named a lipstick after me, considered me worthy of carrying the responsibility of honouring the brand commitment to inclusivity and philanthropy. I have wished so hard for this, dreamt of this happening.

**It's a smashing contrast. From your simple, passive, aggressive roles on screen to the glam Bhumi... What's with the small-town warrior mode?**  
I don't mind being the face of small-town India, it is home to beautiful stories. I've played a woman of every age in my films. I would say God has been very kind.

## Get Set Learn, TiE Bangalore fuel entrepreneurship with FUL

**G**et Set Learn, an Arvind Mafatlal Group Company, in collaboration with TiE Bangalore, launched Future Unicorns Launchpad 2023 (FUL), a groundbreaking entrepreneurship initiative for K-12 that seeks to inspire high school students to embrace entrepreneurial thinking, drive innovation, and cultivate essential 21st Century skills including creativity, communication, collaboration and critical thinking.

This partnership has created a robust platform for schools and students to explore their potential and lay a solid foundation in entrepreneurship with the help of Future Unicorns Launchpad programme.

The 2023 edition of Future Unicorn Launchpad programme (FUL) conducted a national-level entrepreneurship quiz in June, garnering registrations from over 15,000 students from across the country. The shortlisted 75 student teams will undergo a mentorship programme with top B-school graduates, entrepreneurs, and faculty members from TiE Bangalore to help students sharpen their pitch ideas, acquire valuable business insights, and finally present a business plan pitch to a distinguished TiE Bangalore jury on a virtual platform.

The programme will culminate in Bengaluru, the Start-up Capital of India on 22nd and 23rd August at the Karnataka Digital Economy Mission (KDEM), where they will participate in an engaging entrepreneurship bootcamp. The top 25 teams will pitch their ideas to investors, which will be followed by an award ceremony where the top three teams will be felicitated by top industry leaders in the start-up and business ecosystem.

"The idea is to nurture our partnership with TiE Bangalore to discover entrepreneurial talent in schools (Grades 8 to 12) and to convey the importance of entrepreneurship and entrepreneurial thinking in K12 learning. The students will also get an opportunity to network with other young entrepreneur-peers who have built their start-ups at an early age, and meet unicorn start-up

founders, academicians, and mentors from across the country who can expose them to different cultures, ideas, perspectives, and attitudes perceived in the global economy," explained Ameet Zaverii, CEO and Co-founder, Get Set Learn.

This programme aligns with the objectives and principles of the National Education Policy 2020 (NEP), which aims to transform the education system with focus on holistic development.

"The FUL programme is at the heart of TiE Bangalore's mission of expanding and nurturing a vast ecosystem of entrepreneurs in India. There is today a heightened enthusiasm and curiosity among high schoolers about entrepreneurship. The FUL program intends to channelise this curiosity among students into definite interest and structured knowledge and awareness by leveraging TiE Bangalore's decade long expertise in this area. Our vision via this programme is to inspire and educate a million young students in the next five years and hence, create future entrepreneurs and founders," said Madan Padaki, President, TiE Bangalore.

"It's important to nurture and create a platform for budding entrepreneurs. These initiatives will fuel the new Bharat and digital economy. Karnataka has the right ecosystem and policy framework to catalyse these student start-ups to the next level of their growth journey. KDEM is there to bring industry and global investors and markets to them," said Sanjeev Gupta, CEO, Karnataka Digital Economy Mission (KDEM).

The top three winning teams will receive cash prizes, trophy, TiE Bangalore subscription for one year, and certificates along with a field visit to top Fortune 500 companies in Bengaluru. At the end of the entrepreneurship bootcamp in Bengaluru, schools will get an opportunity to set up entrepreneurship cells by Get Set Learn.

For more on Future Unicorns Launchpad 2023, visit: Website: www.futureunicorns.in Call: 87927 40014

## Monsoon delights

### Apple Crumble

Juicy apple slices are coated in powdered sugar, almond milk and vanilla essence, and baked to perfection with a hearty crumble mix on top.



- Heat the oven to 190 degrees C
- Toss peeled apples with two tablespoons of powdered sugar
- In a bowl, add plain flour with a good pinch of salt. Slice butter and mix till it looks like moist bread crumbs
- Pour the crumb mix over the apples to form a pile in the centre, then use a fork to even out
- Set on a baking tray and put in the pre-heated oven for 35-40 minutes
- Leave to cool for 10 minutes before serving

### Danish Apple Pudding

This Danish treat is made with buttery breadcrumbs, apples, cream and jaggery.

- Put the breadcrumbs and sugar cubes in a pan and cook gently
- Cook apples, honey, lemon juice in another pan gently
- Beat the apples into a thick puree. Whisk powdered sugar and egg white until stiff and pour into the apple puree
- Pour the apple puree and breadcrumb mixture in layers
- Serve chilled

## Four Seasons Copitas is Asia's 50 best

**F**our Seasons Hotel Bengaluru's Copitas is a glamorous cocktail destination, favoured by those in the know. GM Reuben Kataria tells us that it's been named #38 on the list of Asia's Best Bars, the most recognised global review of once-in-a-lifetime drinking experiences. Voted on by an Academy of over 650 anonymous connoisseurs globally, the list is a compass for industry trends. Copitas is the

only bar from Bengaluru to make it to this prestigious list in 2023.

With leafy city views and chic interiors, this is the perfect spot for leisurely sundowners. August sees a new craft cocktail menu, enlivened by local ingredients. Indomitable hospitality, delectable snacks and a tempting cigar menu, ensure Copitas delivers an exceptional experience. **Book: (080) 4522-2222**



## Bhima Jewellers: Diamonds for Eternity campaign

**W**ith their timeless allure and unparalleled brilliance, diamonds have always held a special place in our hearts. Bhima Jewellers has carefully curated a stunning selection of diamond jewellery which exudes exceptional craftsmanship with breathtaking designs.

As a brand known for its commitment to quality, elegance, and customer satisfaction, Bhima Jewellers has put together an occasion to celebrate the timeless beauty of diamonds, 'Diamonds for Eternity'. Everyone deserves to sparkle and shine, and this initiative ensures just that.

Whether you are looking to add a touch of glamour to your everyday style or seeking the perfect gift for a

loved one, this diamond season, Bhima Jewellers can help you make that dream come true. This campaign, on till August 6, 2023, is an extraordinary opportunity for you to shop for diamond jewellery while enjoying unbeatable offers and get a free gold coin with your purchase.

This extraordinary diamond season, shop more to save more, and make your dreams a reality. Discover the enchanting sophistication of diamonds and find the perfect one to match your shine.

You can now shop for magnificent diamond jewellery from this 'Home of Purity' at any of their stores and online.

Shop online at: <https://www.bhimagold.com/>

## HMDA to auction prime plots in Neopolis Phase II, Kokapet, Hyderabad

**T**he Hyderabad Metropolitan Development Authority (HMDA) is conducting an e-auction of prime plots in Neopolis Phase II, Kokapet, Hyderabad on August 3, 2023.

This is the last opportunity to own a plot at Neopolis Phase II, Kokapet, Hyderabad the most sought-after address. The seven plots proposed for auction are large plots with a total area of 45.33 acres. The largest plot is 9.71 acres and the smallest one is 3.60 acres.

The plots, categorised in multi-purpose use zone with unlimited FSI, are

ideal for commercial as well residential purposes. With excellent connectivity to the city, financial district, airport and Tellapur Residential Township, the plots are in a prime location.

Absolute ownership of the plots is guaranteed as they are government land with no encumbrances and 100 per cent clear title.

The last date for registration is July 31, 2023. The last date for EMD payment is August 1, 2023.

For more details: <http://www.hmda.gov.in/auctions>

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**Prema Chandra Kalyana Mantap,**  
No-264/266, T.Mariyappa Road, 2nd-Block, Near Ashok Pillar, **Jaya Nagar,** Bangalore - 560011.

**Five "O" Gallery,**  
# 51, 17th Cross Road, M.C.Road, **Vijaynagar,** Bangalore - 560040.

**Sri Gururaja Kalyana Mantap,**  
No. 29, Crescent Road, **Near Shivananda Circle,** Bangalore - 560001.

**Timings - 10 am To 8 pm (Sunday Open)**

For Wholesale and Retail Enquiry  
**9342940284, 6357406278**

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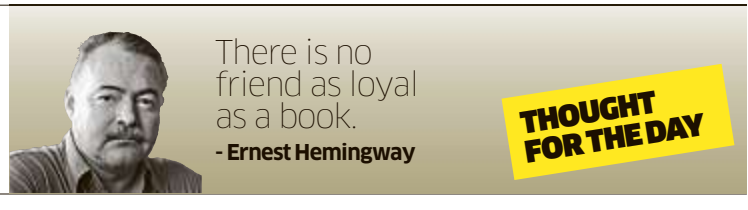
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**All Credit & Debit Cards Accepted Call: 088509 02824**

Time: 10.30 am - 8.30 pm  
**Entry & Parking Free**



## WEEKEND LIFESTYLE FEATURE

### LET THE VIEW SPEAK FOR ITSELF

- Place your seating arrangement near the window
- The view behind acts as a design element
- It feels like an extension of the space and adds visual appeal



### DECOR WITH SHELVES

Shelves to hold books and objects can act as a decor element too.

- These shelves can hold trophies
- Souvenirs from travels can find a place here
- A classic approach is a themed support for your shelves



## Home Front

### Pic gallery

If there is an empty area between your sofa and the ceiling, use it to place pics. Galleries on walls are popular in design schemes.



- Pics add an architectural texture to a room
- Different sizes of frames and colours make interesting displays
- You can create a theme or a story based on the pictures you choose

## LARGE ARTWORK

If you have plenty of wall space, invest in a large piece of art that fills the wall.

- It will add interest to your living room
- The colours in the art should dictate the colour theme of the room
- It will make the space feel larger



# Make travel a pleasure

Shilpi Madan has a simple code of conduct to follow while on a holiday

## Short Break

Everyone loves to travel and make memories. While vacationing and globetrotting is fun, let's add a new dimension to the good times by being a responsible traveller. Here are a few protocols that make travel a pleasure for all:

### It's called etiquette

It is improper behaviour to inconvenience others at the expense of having your own fun. Jostling in lines to get ahead, creating a commotion, and being discourteous to the elderly count as irresponsible behaviour especially when you are on the go.

Accept that there will be delays and glitches when you are on the move. Remember to lend a helping hand to the juniors and seniors. Be kind and gracious, it costs nothing.

### Pack sensibly

Keep a personal linen shopping bag handy while you are on the move. There are sneakers shaped from discarded plastic bottles, swimsuits shaped from recycled fishing nets to invest in the next time you are up to making a purchase. A bamboo toothbrush and bio-degradable sanitary napkins and diapers, set the tone for your sustainable travel.

Streamline the plastic consumption too. Carrying your own water bottle does away with buying mineral water bottles.



### Travel slow

Don't give in to over-tourism - going to overcrowded, touristy locations. Discover undiscovered locations when you travel. Leaping around many places in two days enlarges your carbon footprint sizably. Offset this by booking homestays, tents and eco-lodges, and spending more time at fewer locations.

Experience the local flavour while moving around, volunteer for activities like planting saplings at the resort you are staying, making pottery, or teaching kids a skill. You can give back in some way. Lifechanging experiences can arrive at smaller places you visit and stay at, without spending extravagantly.

### Go local

Shop for locally-made handicrafts and souvenirs. Prop the economy of the place you visit, support the eco-system there. Browse through hand-made soaps, candles, scrubs, essential oils and curios. Post pictures on your social media, encouraging others to

buy locally. Eat the fresh, seasonal local produce. Enjoy the fruits and vegetables, and recipes indigenous to the region.

Respect the customs and traditions of the place you visit, observing the dress codes at heritage sites and religious locations.

### Be discreet

Exercise your discretion when it comes to investing your resources. Be mindful. Rowing on the backwaters is preferable over a motorised chug across the waters. Avoid one-time use items. Go paperless and carry digital copies of your tickets and documents. Cycle or choose an electric vehicle as opposed to hiring a car and driving around, or mounting camels and horses.

Nature brings in the best therapy - make the most of the outdoors rather than staying cooped up in airconditioned rooms.

Preserve nature. We owe it to our planet to care for our environment.

## Skincare for the rainy days

Dr Mukta Sachdev outlines some common skincare issues that occur during the monsoon season and their remedies

## Healthy Me

The rains have set in. Whenever there is a change in the season, it is important to modify your skincare routine.

There are some common skincare issues that act up during this season, especially if you get drenched in the rain often. There is the risk of fungal infections if you are a diabetic or aged over 65. Skin injuries can occur too. The most common skin issue people face during this season, however, is fungal infections.

### There are several types of fungal infections:

• **Ringworm:** It is the most common infection. It appears in the shape of a ring and can affect the neck, feet and armpits. Do not scratch the affected area and use an anti-fungal cream or powder for relief.

• **Athlete's foot:** This is caused due to exposing feet to dirty water for a long time. Feet get discoloured, scaly and patchy, causing itch and irritation. Always keep your feet dry, wear breathable socks. Rub some vinegar on the feet and talk to your dermatologist for an anti-bacterial or anti-fungal cream or powder.

• **Infection of nails:** Nails are more prone to fungal infections during the monsoons. It occurs if dirt gets accumulated under the nails and is not cleaned properly. Trim the nails, keep toes clean to avoid infections. Rub in some anti-fungal powder for relief.

• **Eczema:** It is a common, chronic condition where blisters or patches appear on the skin. Damp weather aggravates the condition. Pure coconut oil provides instant relief. Wear cotton clothes. Ask your dermatologist to prescribe a medication or moisturiser.



• **Tinea Capitis:** Known as ringworm of scalp, Tinea Capitis is a fungal infection that occurs on the scalp and beard. Use anti-fungal shampoo with salicylic acid to exfoliate and scrub the skin off infected and dead cells.

Raised humidity in the season causes a host of fungal infection woes. The humid, wet and damp conditions during the rainy times make it perfect for the growth and multiplication of various fungi. So, fungal infections are very common during the rainy season.

Never keep your skin damp for a long time. Bathing with lukewarm water and using anti-fungal creams, soaps and talc will prove to be effective in combating fungal invasion.

(The author is a dermatologist)

# The Conference of the Birds to be staged in city

This much-acclaimed musical, performed by the children of Teach For India, conveys a powerful message and demonstrates that children are the changemakers and future of the country, writes Jayanthi Madhukar

In an exploration of the constitutional values of liberty, equality, justice, and fraternity, Teach For India presents a Sufi and Hamilton-inspired musical 'The Conference of the Birds' which casts a light on the essence of India.

Adapted from a Sufi text by Farad Ud-din Attar, The Conference of the Birds is a delightful hip hop musical, enacted by 25 children, which will be staged in Bengaluru on July 29 and 30. The musical's first outing was in Mumbai earlier when the cast took the stage by storm.

Award-winning music composer and artist A R Rahman, who attended the premiere of the musical in Mumbai, said, "It was an ambitious, courageous move - taking something as important as the Sufi text, the Conference of the Birds, of which I am a big fan", and went on to say, "It was super encouraging to see everyone come together for an important message".

Shaheen Mistri, CEO and Founder of Teach For India, embarked on an ambitious journey with Teach For India, to pick students without any exposure or experience to the arts, and stage a 90-page, musical. This was driven by Mistri's belief that 'every child can read. Every child can sing. Every child can dance. Every child can act. Because when we believe in every child, we see that their potential is limitless'.

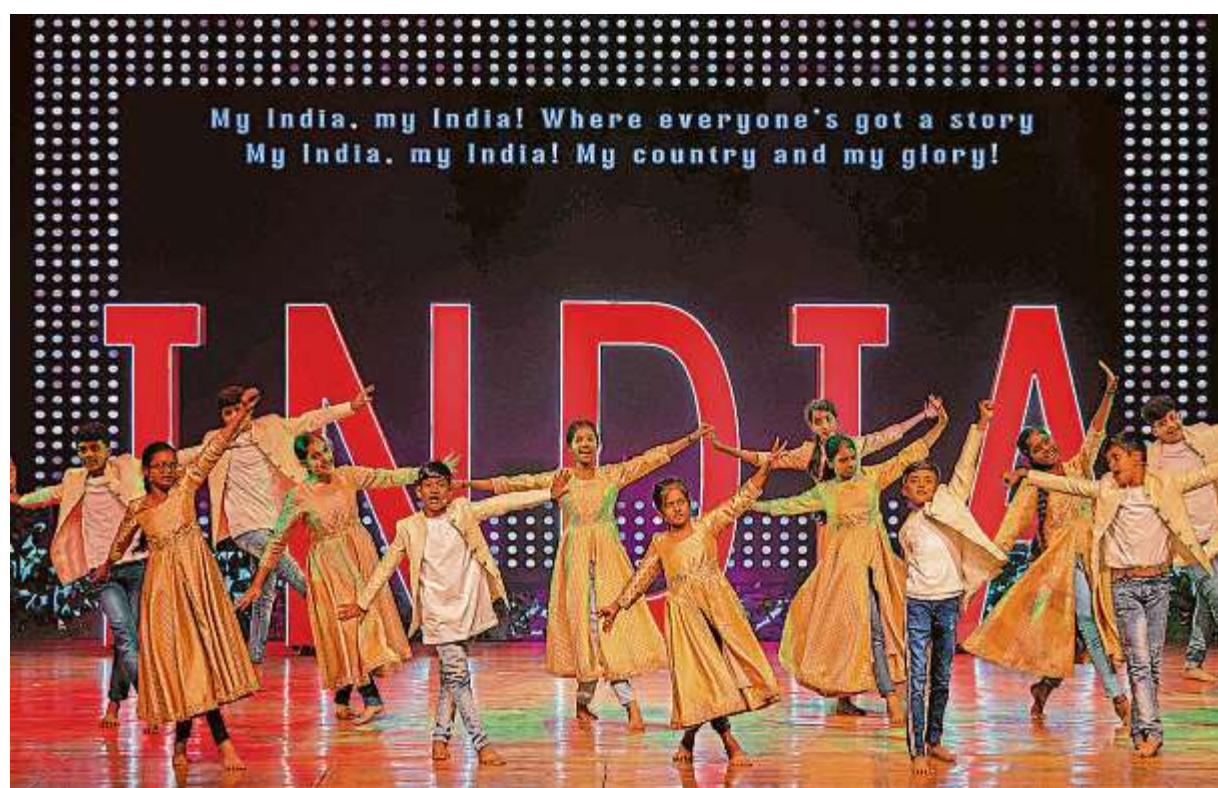
Reimagining the original text, in which a flock of birds are in search of the meaning of life, the musical adapted the story to a group of students on a quest in search of 'India'. Inspired by the need to build constitutional values in children across India, the Conference of the

Birds' journey took Teach For India students through an 18-month long process of training in music, dance, theatre, literacy and in Teach For India's 'India & I' Studies. The selected 25 students had no prior experience in acting, singing, dancing and even speaking English. The training goes to prove that children are capable of anything, when given the right kind of support. Actor Boman Irani was moved by the performance and the story, and said, "If it's truthful, it's the best story in the world. Tonight was a very truthful story, and it was very beautifully told."

The musical soundtrack has been composed by musicians Anuraj Bhagat, from the True School of Music, in partnership with hip-hop artist Nimo Patel. The sets have been designed by Fali Unwala and the costumes were designed by Simi Nallaseth, who was part of the original Ice Age film's creative team.

Over the course of the training, the students worked with all the professional artists, musicians, choreographers, and theatre directors involved with the musical. They explored the power of music, learnt what it takes to put up a professional musical production, and understood the aesthetics of costumes under the guidance of the industry's best professional artists. Such an intensive and hands-on education in the performing arts not only broadened the children's idea of expression, but also pushed them to strive for excellence.

The making of the musical was a testimony to Teach For India's belief that the ripple effect of a powerful education cannot be suppressed. Mistri, who has co-written the script



of the Conference of the Birds, said, "Maya, our first musical 10 years ago, was an important milestone in unleashing the potential of our students, and in spreading the idea that students can be leaders, not in the future, but today." Ten-year-old Khushi, put up a professional musical production, and coaches the children in the new musical, her 'birds' as she calls them. Priyanka, who had a lead role in Maya, graduated from Franklin Marshall University and is co-directing the musical alongside Teach For India Alumnus Kautilya Jain.

### Towards excellence in education

Teach For India's vision is to impart excellent education to all children. Their mission is to empower and



build a movement of leaders by providing them with the support and ecosystem to

manifest that change. As one of India's largest Fellowships and pipeline of talent into the

education sector, Teach For India creates a nationwide impact by bringing India's



brightest students and professionals to become Teach For India Fellows. These Fellows are placed as teachers in government and affordable private schools for two years.

Today, 1,000 Fellows teach 33,000 students in classrooms across eight cities. Teach For India Alumni directly impact one lakh more children and reach 50 million children across India.

### About Teach For India's India & I Studies

The India & I Studies are a set of lesson plans from Grade 2-8, for students to engage creatively and actively with the ideals of equality, frater-



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nity, justice and liberty. The curriculum attempts to build 21st Century skills to enable students to form their own ideas of the role they can play in building a better India.

The curriculum, developed over two years by 40 educators, is fully designed, ready-to-use, can be translated and contextualised, and is offered free of cost. The curriculum has been piloted successfully across high, middle, and low-income groups.

The Conference of the Birds will be staged in Bengaluru on July 29 and 30 at Chowdaiah Memorial Hall