

Wall decal are adding value to home interiors in an inexpensive way
Page 3



Creating jewellery from seashells is Sanghamitra Kaviraj's forte
Page 4

Light jackets

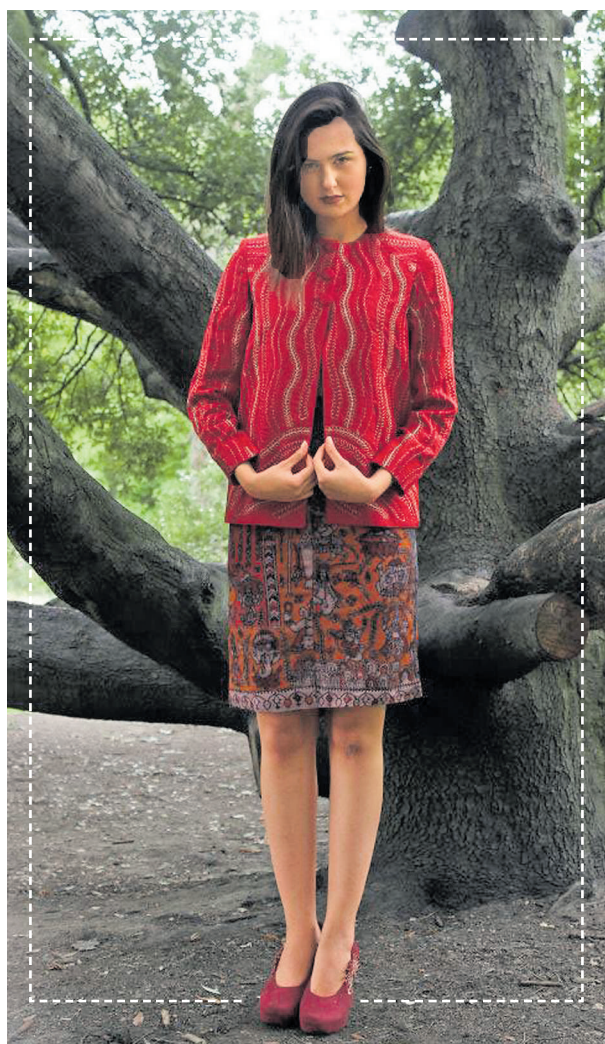
Cool cover-ups

It is a well-known fact that fashion repeats itself, only to evolve and get better than the last time. From palazzos and maxi dresses to flowing lengths and short dresses, this summer has seen an array of trends coming and going.

However, fashion enthusiasts are never too tired to explore something new and fun; something that can pep up their wardrobe and catch some attention. The next in line is light jackets.

These jackets are season friendly and are doing rounds in the market. From zip-ups to ruffles and semi-formal patterns, fashionistas are seen sporting them with either a round neck striped vest or a striped jacket with solid hue T-shirts.

Designer Mamta Gupta



STRIKING A jacket designed by Hirika.

feels, free flowing jackets are trending this season with bright colours setting the mood for the season.

She says, "We are concentrating on colours like yellow, orange, pink, 'khaki' and cream. These jackets are not lined and heavy yet structured and light weight. Materials and prints like 'Chanderi', cotton 'Kalamkari' and 'Bagh prints' are the ones we are using extensively."

She highlights that printed and even reversible jackets are catching a lot of attention. "There are plain jackets with

borders and those with prints on the inside and a solid colour outside, these can be worn either ways. They are trending too. These light weight jackets can turn out to be perfect work wear. One can sport a sleeveless jacket with pockets." Mamta says that this time she is working around with the sleeves and using a lot of lace, ruffle and ruffled sleeves.

Namrutha Natrajan, a student of Army Institute of Fashion and Design, opines that during summer floral jackets can do wonders.

"These jackets can be sported for lunch or a brunch. A knee length floral jacket with a white short dress and a sling clutch will be the best outfit for a brunch. Similarly, a floral midi skirt teamed with a white camisole top and a pastel coloured jacket or a high waist denim paired with a striped tee and a denim jacket can give out a classic look," she says.

Denim jackets are classics and are always going to be in fashion. But the styling has changed to something more interesting and draped silhouettes says designer Rimi Nayak.

Is the jacket trend is popular with men as well? She says, "Light jackets for men are surely in trend. Linen summer jackets are trending too. Apart from the regular jackets, draped jackets in various lengths and styles are trending this season for women. These jackets add a different look to the regular outfits when teamed with dresses, denims and trousers. Neutral shades are trending and preferably in solids."

The ones that are currently trending are the cool bomber jackets — they are casual, comfy and perfect for a shopping day highlights designer Hirika Jagani. "The leather jackets for example are ideal for casual occasions. They are classics and are great for lunch or dates. Whereas,

A model sporting a jacket by Mamta Gupta.

printed jackets are everybody's favourite. It comes in many patterns, colours and choices and they are the most versatile piece to have in the wardrobe," she details.

She points out that there are quirky bird prints, animal prints, geometric prints, insects print which are trending as they are different, fun and perfectly defines a young and creative individual.

"Shades of bright orange, red and yellow are the hot picks of the season. These colours are young, vivid and tends to brighten one's mood. No matter what the season is, jackets are always in and people opt for sheer jackets which are light, breezy and stylish for summers," she adds.

Surupasree Sarmmah



A design by Rimi Nayak.

Safety precautions

Picking the right one

Some people prefer buying the neatly packed, refrigerated fruits and vegetables from supermarkets in malls, while others buy them from pushcart vendors or roadside makeshift markets. The belief that fruits and vegetables sold at open markets are less adulterated is the dominant opinion. Most food experts and nutritionists say it is hard to distinguish between adulterated and non-adulterated fruits and vegetables.

The authorities with the Institute of Public Health claim regular checks are being carried out and whenever a case of adulteration is found, a fine of Rs 50,000 is slapped on the 'mandi' owner, informs Dr Srinivas Gowda, joint director, Food Safety and Standard Act, Institute of Public Health.

"We have found cases where artificial colouring is used on peeled vegetables, especially peas and beans. We've also found cases where people have used calcium carbide to ripen fruits and vegetables, especially in bananas," he says.

Srinivas adds that food-grade wax is used on apples to make it shine. "We don't recommend the use of food-grade wax at all. By simply looking at the fruit, we cannot really tell whether the fruit has been contaminated or not, unless we test it. We always advise that people wash the fruits and vegetables several times before using it."

Food experts concede that artificially ripening fruits and



ADULTERATED Artificial colouring on fruits and vegetables is a worrisome trend.

wax coating them to enhance their look is a growing but worrisome trend. Though these fruits have shorter shelf life, they are proliferating as traders want to make a quick buck.

Dr T V Ramachandra, faculty, Energy and Wetlands Research Group, Centre for Ecological Sciences, Indian Institute of Science, points out that adding preservatives and resorting to artificial ripening of fruits and vegetables has reached uncontrollable levels.

He observes the use of potassium permanganate in watermelon has almost doubled. "Potassium permanganate is used to increase the redness in the watermelon.

People tend to buy it because of its appearance. Those who consume watermelon on a regular basis are at the risk of developing kidney-related disorders and some chemicals used in it also cause cancer," he says. Ramachandra suggests that it is safer to buy fruits from pushcart vendors than malls.

"These pushcart vendors can't use any artificial methods to sell their produce." He also says that there's a lot of pesticide used in grapes, cabbage and cauliflower at the initial stages to increase growth, longevity and keep the insects at bay.

Fruits that are available during the off-season and at

reasonable rates, is an indication of some contamination. There are some middle men who have started injecting a red dye into the fruit, especially watermelon, to give it a bright red shade.

These colours are toxic and may cause deadly diseases, confirms Dr Priyanka Rohatgi, Chief Clinical Nutritionist and Head, Nutrition and Dietetics, Apollo Hospitals.

She elaborates, "A spurious red colour is injected into watermelon to give it an attractive shade. Even the round shape can be an indicator for buyers because most of them have been ripened by exposing it to carbide that generates ethylene gas which gives out

heat that in turn helps the fruit to ripen faster and stay in a good shape."

She adds the practice of using harmful colours in foods is not restricted to watermelons alone, even vegetables are not spared. Pesticides can leave adverse effects on the nervous system, warns Dr Priyanka.

She says, "Pesticides can cause several hazardous diseases like cancer, liver, kidney, and damage the lungs. Certain pesticides can also cause loss of weight and appetite and trigger irritability, insomnia, behavioural disorder and dermatological problems. The pesticide residue found in fruit and vegetables include residues of both banned (Aldrin, Chlordane, Endrin, Heptachlor, Ethyl Parathion) and restricted pesticides for use in India (DDT, Endosulfan)."

Since it is difficult to monitor food adulteration at all times, there are experts who suggest that people turn to organically grown fruits and vegetables.

Sheela Krishnaswamy, a diet, nutrition and wellness consultant, encourages people to consume organically grown products.

"It is safe to buy from a cart vendor because the chances of manipulation is almost nil and if space and time permits people must try to grow vegetables in whatever space available in their homes. At least, you are sure of what you eat," she suggests.
Nina C George

In conversation

The 'kom'queror of hearts

Petite frame and wide smiles, she does not look like a person who can pack a powerful punch.

Meet Mary Kom, 5-time World Amateur Boxing champion and the only woman boxer to have won a medal in each one of the 6 world championships. In the city for the launch of CP Packaged Foods, Mary was at her charming best as the brand ambassador of Charoen Pokphand Foods. She talks about her ambitions and her fears in an interview with Rajitha Menon.

How do we take interest in boxing from Olympic level to the local level?

We need to promote this sport more. It is not enough to conduct just state championships, we should have more localised events. I agree there is the National championships or the National games but if we organise more competitions, the youth will stand a better chance of qualifying for international events.

How is your Boxing Academy in Imphal coming along?

It is doing great. We have around 70-80 students right now though all of them are not regulars. The youngest boxer is 12 years old. But they are mostly from the surrounding areas and not from all over the country. Requests have been coming in but I don't have a proper hostel right now. I want to have proper facilities before taking in students from outside.

What is your greatest fear?

I am scared of controversies. I keep thinking what people will say if I don't do something properly or if some political party says something about me (laughs). I also don't want people to think that I have become arrogant after appearing on TV channels.

Are your sons interested in boxing?

They are interested in all kinds of sports, not just boxing. They play everything.



"Sausages are my favourite. I make them all the time."

Mary Kom



VARIED PATH Mary Kom DH PHOTO BY SRIKANTA SHARMA R

Right now, they can not decide if they want to pursue boxing like me.

Do you have any message for the young girls out there?

If I can fight, why can't you? I have already proved that it is possible to pursue your ambition before marriage, after marriage, after having children etc. You should keep challenging yourself and keep dreaming. Struggle, determination, dedication, sacrifice — all these are integral in your path to success. That's how I got here.

What are your thoughts about Bengaluru?

It is a very nice place, especially when compared to other places. In 2001 my first game took place here and since then I have been in love with the place. The climate is so pleasant here and the people are also lovely. I love it — it is one of the best places I have

been in.

What is your favourite food?

Sausages are my favourite. I make them all the time. And yes, I love to cook and people who have tasted my food have liked it a lot. When you come to Manipur next, let me know. I will make something for you also.

As a Rajya Sabha MP, what is going to be your area of focus?

Women-centric issues have always been close to my heart and I will especially focus on helping them find employment. Also, being a sportsperson myself, I know the kind of problems that women face in this field so I will be focussing on addressing those too. The situation is much better than what it used to be in my time, but if women want my support in any manner, I will provide it.



SPRING MATTRESS
Good night. Good day.

Exchange your old mattress with a new Spine Care range of mattresses



Call - A - Mattress 9880730400

www.sobharestoplus.com