

The Good Buzz

What's
happening in
Bengaluru



Celebrate the festive spirit

**Indulgences events & more
for your family & you**

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TO-DO IN YOUR CITY

This festive season, we are back with your guide to fun, indulgence and style for the month, in Bengaluru. Pick up know-how on services and shops that will help you navigate better. Food, makeup, festive wear, art do, music event; health tips...

All this and more for your leisure this November. We look forward to servicing you with the know-how on interesting events and people in your city. Till the next time...

NOVEMBER



Buzz In Town

With only a couple of months left for 2011 to end, there's a lot happening in Bengaluru. The Good Buzz checks out what's hot and happening in your city...

Eating Out

■ WIDE SPREAD

The French Loaf has an all new menu that looks as good as it sounds. The carte features simple yet bold flavours for today's modern palates. From a wide breakfast egg spread alone that offers seven varied dishes to pastas – there are delectable options. The menu covers soups infused with garden flavours along with garlic bread, salads for the health as well as taste-conscious customers, filling sandwiches, a nice set of add-ons and pastries to relish. The food is priced between ₹70 and ₹160 (plus taxes). The restaurant is open seven days a week.

TIMINGS Monday to Saturday, 9am to 10pm and Sundays from 7am to 2pm.

The French Loaf has seven outlets across Bengaluru.

■ FINE DINE

The newly opened Park Plaza offers five interesting dining-out options. Unwind in style at the Gadang Bar, a splendid bar and lounge where the ambience itself is reason enough for you to visit. This place serves contemporary interpretations of traditional cocktails as well as a choice of light snacks, and has a lounge DJ booth with live entertainment on notes of jazz, blues, bossa nova and classical music! Mélange – their all-day dining offers both indoor and outdoor seating with a choice of sumptuous authentic French, Italian and Indian cuisine and

beverages. For Thai and Chinese food lovers, Shao offers a vast selection of gastronomic delights straight from China and a selection of exotic dishes from Thailand. Zafran has an exotic fusion of Indian and Lebanese cuisine that has a sublime selection of authentic Indian delicacies and rare signature dishes. And lastly, La Boulangerie – a classic version of "salon de tea" with a twist, is a patisserie, which offers a refined selection of homemade bakes, breads, ice-creams, salads, imported cold cuts and cheeses.

AT MARATHAHALLI
Outer Ring Road.
Phone: 080-49094909



■ GOURMET ICECREAM

If you are looking for 100 percent vegetarian and natural icecream, which is nutritious and rich in vitamins and minerals, head to Geddy's Flavours in Jayanagar. They have the best and most unusual varieties of icecreams such as tender coconut sip, caramel choco couplet, blueberry bites and bubble fun, to name a few. A single scoop costs ₹39 and a double scoop for ₹79. They also have a range of sundaes, and a must-try is their "chocolate therapy", a scoop of Belgium chocolate, plain chocolate and double chocolate icecream each with brownie hot chocolate, chocolate chips and sauce topped with cream and cherries... Divine! They have also introduced a range of icecream cakes.



More Happenings



Tribute To Kishore Kumar

Fever Entertainment is organising a concert in Bengaluru on November 25, with the famous singer Shaan. It is a part of the "Fever Tribute Series" for Kishore Kumar. At Gayathri Vihar, Palace Grounds, 6pm onwards.

Designer Wear

Collage, the fashion store, has a new range of sarees, salwar suits, kurtas, tunics and dresses for the festive season by the country's leading designers, that you can choose from. Krishna Mehta's festive wear Indian collection is marked by classic embroideries, subdued embellishments, rich colours such as purples and reds. Khem's collection has a stark look. Soft muted tones such as powder blue, glistening peaches, marshmallow pinks and pearly whites add the necessary punch of elegance and charm in this collection. The Ekru line is a celebration of aesthetics, colour and embroidery with a varied range in its palette, from subdued tones of beige, off-white, earthy browns, cool green to the bright tones of greens, purples, fuchsia, browns and blue. At Wood Street, Ashok Nagar. Phone: 080-25566818/819

Fitness First

"Tunturi By Stag" a shop-in-shop Bengaluru store has partnered with Jayant Pro Bikes & Fitness. This shop-in-shop store offers a truly extraordinary shopping experience for the fitness conscious in the city. It's a convenient one-stop destination for all your fitness equipment, with its wide range of treadmills, cross-trainers, exercise bikes, rowing machines and more. The store hosts an entire range of 40 plus different models in these categories to choose from. At Mantri

Square, Malleswaram. Call: 18001803060.

New International Clothing

George, an international premium clothing brand from Walmart is exclusively available at Bharti Retail's Easyday Market stores. George offers international style and quality clothing at competitive prices vis-à-vis products available in the Indian market. The collection is made in the season's must-have colours of plum pudding, crimson red, electric blue, all-time favourite black, aqua and fern green. There is a large selection of everyday basics: polo t-shirts, jeans, formal wear and accessories such as handkerchiefs for men, women, children and even for the newborns!

Fashion For Little Girls

BIBA has recently launched 'BIBA Girls', a product range for girls aged between two and 12 years. Keeping in mind active young girls, the collection is available in both festive and trendy styles. You can pick up smart tunics, lehenga-choli sets and salwar-kameez sets in vibrant shades of pink, purple, red, orange and magenta in a range of fabrics such as georgette, cotton and rich silk blends. The range has a vivacious blend of block and khari prints

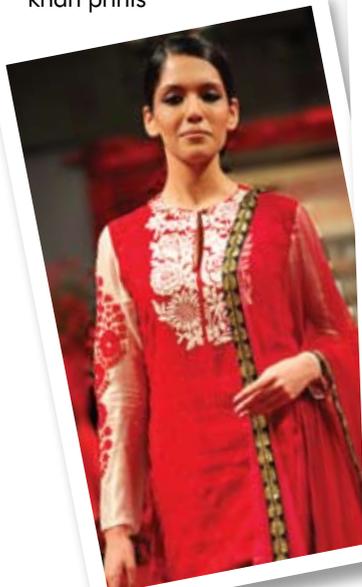
with Indian motifs such as paisleys and is embellished with sequins and attractive trims. Available at all BIBA stores in Bengaluru and Hyderabad. Prices start at ₹599 only.

Value Shopping

Megamart's newest store is now open at Commercial Street. This is a new format of a mid-size store, a first of its kind in the country, housing international brands like Cherokee and Arrow among others. The store will showcase collections for men, women and kids.

Dress Like A Doll

Deepika Govind's latest bridal collection, "Doll's House" salutes the spirit of women. The collection is about the woman of today – valiant, dauntless and inimitably stylish. The designer's latest bridal collection comprises three lines that bring out three distinct styles – "The Warrior Doll", "The Artist Doll" and "The Adventurer Doll". Price is on request. Available at Craig Park Layout, MG Road. Contact: 080-25321786.



SWEET INDULGENCE

If you love chocolates, head to the Bliss Luxe Lounge in UB City. The experience will thrill any chocoholic, as each chocolate creation here is an aficionado's fantasy.

This store offers variants of assorted chocolates in several flavours. 'Our creations are made with original Callebaut imported Belgian chocolate. We give a selection of various flavours and textures that will surely make you a chocolate addict,' says Kanchan Achpal, sales and marketing consultant, Bliss Chocolates Pvt Ltd. Whether it's a corporate event, a private occasion, a wedding or just a simple get-together, the signature range is the best choice for every occasion. This luxury 30-piece box gives you a selection of assorted sumptuous chocolates. The luxury Gift Hamper Box is available in two elegant designs. The inside of the box is compartmentalised to hold various goodies such as a 16-piece chocolate box, scented candle, artifacts or a wine bottle with two mini glasses. The flavours are diverse and interesting and sure to satiate anyone. Praline Passion, a passion fruit puree opens to a burst of praline infused ganache for a tropical taste

sensation. You can also sample other exotic flavours like Honey Ginger, Masala Chai, Cardamom, Cinnamon and Jeera. If you are more adventurous, try the Chilly (yes you read that right) Chocolate. Bailey's Sweet Irish fondant encased in mouth-watering milk chocolate, Blue Mountain, a gourmet dark chocolate blend with mocha and aromatised with star anise and the Nougat Cube, the house specialty praline enrobed in a milky Belgium chocolate are other must-tries. They also have some delectable luxury cakes available in many exotic flavours and themes which can be customized. Try the Red Velvet. It's a red-coloured, unique looking pastry. Their Black Forest is different and does not use the regular red cherry. They instead use the green maraschino cherries. The crunchy and tasty Bliss cookies come in six yummy flavours of Oatmeal, Honey Almond, Little Kisses, Almond Crescent, Heathers and Chocolate Chip. Yummy sandwiches and a range of snacks are



also on offer. To ensure the superior quality of the products, each recipe is composed with the finest of ingredients sourced from all over the world. None of the products contain added preservatives. To top it all, Bliss has an excellent hygiene system in place to ensure the quality of products which involves raw material quality checks, storage conditions, logistics and room temperature checks, sanitizing systems during and after production and strict vigilance on overall activities. Take a bite and experience bliss and know. And, don't count the calories!

GET THE DIVA LOOK

Get ready to rule the world with your gorgeous look at – a one-of-its-kind makeup extravaganza, just for you – at the Lifestyle, a leading shopping destination.



Lifestyle, India's leading shopping destination synonymous with fashion and gracious living has announced its makeup extravaganza "Get the Look". Facilitating all the young women to rediscover their looks with what makeup product suits them the most, this promotion will help them bring out the inner diva. A selected few will get a makeover done by internationally famed beauty artists, a portfolio shot by leading photographers and a chance to feature in *Cosmopolitan* magazine. This exciting concept kicked off with a fun-filled event at Lifestyle, Koramangala, Bengaluru, with *Chak De India* girl Sagarika

Ghatge getting a glamorous makeover by renowned makeup artist, Robert Naorem. Delicately using makeup products from leading brands, Robert gave Sagarika a stunning makeover and also shared tips with the audience on how to look stunning in a jiffy. 'With "Get the Look", we present the customers an opportunity to get spectacular makeovers by renowned experts and understand what products to use to get these glamorous looks,' said Devarajan Iyer, vice president marketing, Lifestyle International Pvt Ltd. The contest will run across six months, and aims to select two participants each month across New Delhi, Mumbai and Bengaluru. The girls

selected for the makeovers will go through a selection procedure. Following this will be a professional photo shoot by leading photographers, capturing the "before" and "after" look of the winners, which would be published in the leading fashion magazine, *Cosmopolitan*, as well as displayed across all Lifestyle stores. In the course of the contest, experts will also be seen advising consumers on the latest makeup trends, skincare products, beauty regimes and makeup techniques which are used to chisel the looks of country's most glamorous faces. Positioned as a trendy, young, colourful and vibrant store, Lifestyle offers consumers not just the ease of shopping but also provides for an

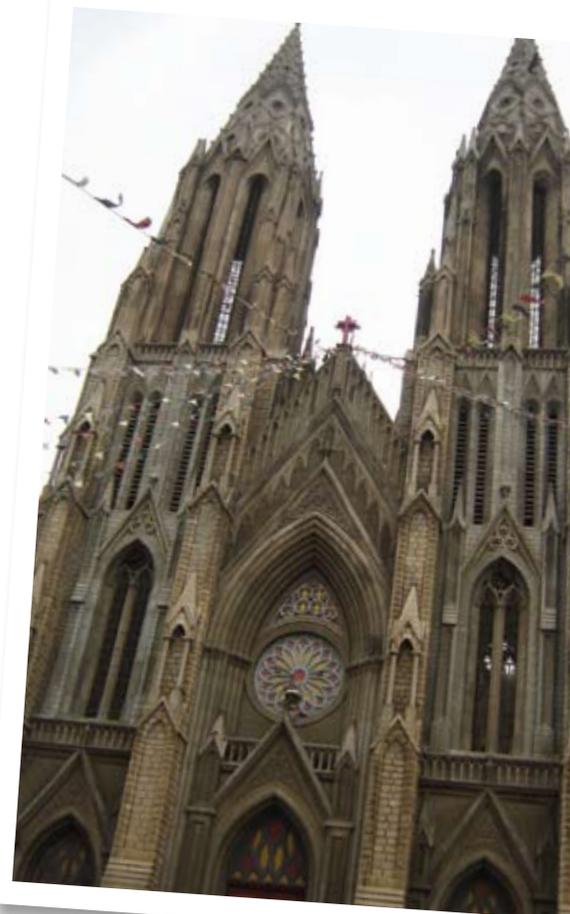
enjoyable shopping experience. Each Lifestyle store brings together five concepts under one roof – apparel, footwear, children's wear and toys, household and furniture and health & and beauty; offering a convenient one-stop-shop and over 350 national and international brands. Home Centre by Lifestyle is the destination for furniture, home décor and soft furnishing, that represent style, comfort and individuality. With the opening of the Lifestyle store in Coimbatore, the number of stores have now gone up to 29 Lifestyle, 12 exclusive Home Centre by Lifestyle and 8 Splash stores across India. Check: www.facebook.com/lifestylestores.

ROYAL RETREAT

If you stay in Bengaluru, then Mysore makes for the ideal weekend getaway for your family. This "city of palaces" offers a host of attractions beyond the obvious, says Bindu Gopal Rao

My earliest memories of visiting Bengaluru during summer holidays would definitely have Mysore on the agenda. I have visited this city several times and have always wondered over the fact that very little had changed here. My notion, however, changed this time as I saw the city that has embraced modernity and witnessed a retail boom in recent times. But besides that, it has still managed to retain the old-world charm that Bengaluru has somehow lost, thanks to the rapid urbanisation and IT revolution. Known as one of the most attractive cities of Karnataka, Mysore lends its name to the Mysore mallee (a form of jasmine), the Mysore style of painting, Mysore Pak, the famous sweet dish, Mysore Peta (a traditional silk turban) and the famous Mysore silk saree. Also known as the City of Palaces, your visit to Mysore is never complete without visiting its enchanting palaces. According to an interesting study by the state tourism department, the number of visitors at the Amba Vilas or Mysore Palace goes much higher than the number of people

visiting the Taj Mahal. Apart from these, the Jagannahana Palace has now been converted into an art gallery. Rajendra Vilas, a summer palace at Chamundi Hills, Lalitha Mahal converted into a hotel and Jayalakshmi Vilas on the University of Mysore premises are the must-sees. The Chamundeshwari Temple atop the Chamundi Hills and St Philomena's Church are some of the major attractions on every tourist's list. The Mysore Zoo, the Karanji and Kukkarahalli lakes are also the popular tourist spots. A short distance from Mysore city is the Krishnarajasagar Dam and the adjoining Brindavan Gardens, where a dazzling musical fountain show is held every evening to attract the tourists. The best time to visit this cultural capital of Karnataka is during the 10-day Dussehra festival, when you can witness a royal procession complete with decorated elephants, camels and horses, accompanied by tableaux, dance groups and music bands. Mysore also has the International Ganjifa Research Centre, which is involved in the research of the ancient card game,



Ganjifa, and the art associated with it. Museums include the Regional Museum of Natural History, the Folk Lore Museum, the Railway Museum and the Oriental Research Institute. The Railway Museum that houses two royal coaches which belonged to the Maharaja of Mysore will give you a sneak peak into the grand fashion in which the royalty travelled. Don't miss the Maharani's saloon carriage that has a kitchen, dining car unit and royal toilet dating back to 1899. The first steam engine that was built as well as an Austin rail-motor car is also exhibited here. The city is also a centre for yoga-related health tourism that is catching up in a big way. The city has a government-run sandalwood oil factory where you can learn the process of how the oil is produced and how much wood is needed to make a small bottle. A store retails some products including the famous sandal soap as well as perfume based products. The Government Silk Weaving Factory is another heritage building that you must visit.

Did you know? The creator of the famous *Malgudi Days*, R K Narayan and his brother, cartoonist R K Laxman, spent a major time of their lives in Mysore; something that truly speaks volumes for the rich cultural and art heritage this city stands for.



ALWAYS IN FASHION

If there is one garment that never goes out of fashion, it has to be the saree. A garment that can be draped to conceal or reveal, available in myriad textures – the charm of a saree is unparalleled. Here, we get you some tips on draping, the right way and preserving your sarees to ensure you look your best.

Drapes: According to Sudhir Swain and Roopa Pemmaraju of Calantha Wardrobe, the trend that is fast catching up is of ready-to-wear stitched sarees. The half-sari concept is also in, where you can drape as per the occasion. Sooraj Chawla, fashion designer and owner of Belle Couture, says, 'The latest fashion this season is getting a readymade saree. Pre-pleated sarees at the shoulder or the pleats, with a big motif are doing the rounds, as they are easy to handle and look extremely stylish. A lot of mix-and-match in fabrics is being used in sarees these days. For example, the pleats are from one fabric, the body of the saree is different and the pallu is made using another.' Says Pramila C, business head, Deepam, 'The traditional South Indian drape with pleats is the best way to show the border and pallu.

You can even pleat the pallu or leave it free flowing. The Coorg style of draping has the border across the chest where the pallu is taken from the right, covering the shoulder. The Gujarati style has the pallu taken from the back of the right shoulder and the end of pleats is tucked on the left waist. In the traditional Brahmin weddings, the saree is worn in a dhoti style with the pleats between thighs.'

Preserving sarees: The best way to preserve your saree is to fold it neatly with a thin white paper in between and wrap it in either an old cotton/mul dupatta or simply keep place it inside a cloth bag.

- Open your sarees out in three months so that they can breathe and get exposed to light.

- Keep your silk sarees in wooden wardrobes away from light so the

colours don't fade. The folds have to be constantly changed so they don't wear off soon.

- Always dry clean your silk sarees, as washing them at home can spoil the finish.

- They should not be hung as it can spoil the shape.

- Use mild detergents if washing such fabrics at home.

- Fold heavily embellished sarees in reverse so that the threads don't entangle.

- Do not spray perfumes directly on the saree as that can take away the shine from the zari.

- Cottons need not be machine-washed, but can be put on hangers.

- Avoid hanging heavy sarees as there can be a permanent fold mark. If they are individually folded and kept wrapped up, there is lesser chance of the work turning dull.



FURNITURE FOR CHILDREN



If you hear the phrase, 'life changes after you have a child at home', be sure that this is 100 percent true. Doing up your child's room can give you immense pleasure and is a great stress buster too. But finding innovative furniture for your child's room isn't that easy. Squiggle, a special furniture brand for children, designed by Niyatee Sharma will certainly solve all your problems. Based on the idea that children learn and grow while playing, each piece at Squiggle is passionately designed and meticulously handcrafted to stimulate curiosity and creativity in your child. These

If you are looking at re-decorating your child's room, check out the options of furniture and décor options at Squiggle.

products are fun and interactive with an uncompromised finesse and a modern outlook. After graduating from Cept University with a degree in Interior Architecture in 2003, Niyatee went on to pursue a career in furniture and retail design. 'The idea of creating a line of furniture for children struck me six months back. I had never really looked at children's furniture so critically until the time I became a mother. After scouting the markets, I realised that there weren't enough well designed products in the market for children and that's when I decided to take the plunge and launched Squiggle in September,' says Niyatee. The USP of Squiggle is its modern and fresh

designs. 'I plan to focus on more utility oriented products like tables, chairs and hope to introduce smaller items which can be picked up as gifts,' she adds. The products under the brand currently include the Rocking Elephant (₹3,495), Rocking Sheep (₹3,495), Rocking Donkey (₹3,495), Crocodile book shelf (₹6,250), Tree book shelf (₹7,250) and Ladybird floor cushion (₹1,550). Contact: squigglefurniture@gmail.com or buy these products online, see www.facebook.com/squigglefurniture



YOGA FOR HOLISTIC HEALTH

Raghavendra Shenoy has been teaching yoga for 25 years. Dedicated to spread yoga awareness, he has taught doctors, bureaucrats, senior police officers, among several others. He currently runs regular classes and special therapy sessions at Niramaya Yoga Kuteeram in Basavanagudi, where he has taught more than 4,000 students till date. He shares his secret for good health with Bindu Gopal Rao

Focus on good health

It is important that the true spirit of yoga is not diluted. You must follow the principles to reap proper benefits from it, as the accessories simply aid you in the process.

THERAPY: There is a special 10-day programme where I take private classes for people with specific problems such as knee, back and shoulder pain. My therapy works for almost all ailments except a few acute problems, but the common idea is to help people overcome their fear.

WOMEN'S HEALTH: Yoga can immensely benefit women as they are involved in a lot of physical activity whether at home or work. A 30-minute session of yoga practiced regularly can do wonders in keeping them healthy and active.

CHILDREN: Yoga is recommended only after a child reaches the age of 10 years, as the bones and muscular development



start taking place only after this age. The sessions for children are completely different from elders, as they prefer to practise variety of mudras and that too, in a much faster pace than the elders.

THE SPECIFICS: Anyone can practise yoga irrespective of age. Even if you have never done it before, you are never too old to start. For older students, who

typically come with certain physical problems, the idea is to take them into confidence and start with simple stretching exercises so as to uplift their motivation. An hour's practice with pranayama and exercising different parts of the body ensuring that circulation and respiration are improved with neuro-relaxation is the best way to derive maximum benefit.

PRECAUTIONS: Ideally, yoga must be practised on an empty stomach, but if you have had breakfast, wait for at least two hours. And if you're planning to start after lunch, wait for at least four hours. If you have a specific health issue, make sure you practice under the guidance of a teacher.

SUCCESS STORIES: Two of my students with severe neck problem and lumbar spinal problem recovered post special therapy classes and didn't have to worry about undergoing a surgery.

DAZZLE ON THE RAMP

Max, the leading fashion retail chain offering customers one-stop shop for clothing, accessories and footwear for the entire family was recently part of the "Max Miss Bangalore" contest. One of Bengaluru's most anticipated beauty pageants culminated in an entertaining cocktail of style and wits as 14 beauties competed for the coveted crown in the grand finale held at The Lalit Ashok Bangalore.

WINNER'S SPEECH

Speaking exclusively to Good Buzz, the winners were naturally agog with excitement. Anookya Harish clinched the title of "Max Miss Bangalore 2011" with her immaculate sense of style and intelligence. Swetha Janakiraman was the First Runner-Up and Noyonita Lodh bagged the Second Runner-Up title. Miss Photogenic and Miss Beautiful hair titles too, were bagged by Anookya, while Vandana Varadarajan and Elina Mathew were adjudged as winners of the Miss Figure and Miss Beautiful Eyes respectively. Noyonita Lodh walked away with the title of Miss Catwalk and Ruby Naaz was awarded the title of Miss Beautiful Skin. Anookya Harish expected to win and had a lot of confidence. 'This was something I had never done before, so it was a great experience. I made a lot of friends and this was a happy and fun journey for me. All our teachers were helpful and gave us lots of tips on how to walk, eat and maintain great skin and hair. I want to be a ramp model for now,' says an excited Anookya. Swetha

Janakiraman, though very confident, did not expect to win. 'It was a great learning experience. The 15-day training regime taught me a lot of things and made me confident. I wish to do theatre and movies, as well as social work in future,' she quips. For Noyonita Lodh, life has been a roller coaster ever since she finished schooling. 'The whole thing started with them coming to our college. The Max team took our pictures. I soon got a message to come for auditions and surprisingly got selected. Shridhar, the in charge of the training session helped me to learn the nuances of posture, conducting myself in public and several other details. I was confident about my performance and now happy with the results,' says Noyonita, who wanted to be a professional pilot. The event ensued to be a high profile affair in the presence of the who's who of Bengaluru. Over a thousand enthusiastic guests cheered the girls. Making the evening memorable were stellar performances by Indian contemporary dance group, Nritarutya

and singer Shibani Kashyap. A high-profile panel of judges including Vasanth Kumar, executive director, Max, actress Ragini Dwivedi, Nadira Iqbal, Singer Shibani Kashyap and Krishika Lulla added charm to the occasion. An extravagant fashion show choreographed by Sheetal Sharma was another highlight of the event. The contestants were seen sporting the Max Fall 2011 collection comprised of vibrant hues, innovative patterns and truly international styling that lifted the glamour quotient of the event. The collection captured the contemporary fashion-oozing quality and style underlining the brand's popularity among the youth. The women's collection spelt the best of both worlds – urban fashion and fashion inspired by folk and Bohemian art. Talking about the success of the show, Vasanth Kumar said, 'By supporting the Miss Bangalore initiative, we foster fresh talent and groom aspiring young models who have the potential and style to achieve success. I wish them all the very best for the future.'

