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NO HALF TRUTHS

NIFTY 6,583.50 (+88.60) ▲ SENSEX 22,055.48 (+300.16) ▼ DOW JONES 16,302.77 (-28.28) ▼ NASDAQ 4,276.79 (-42.50) ▲ RUPEE/DOLLAR 60.77 (+0.12) ▲ RUPEE/EURO 83.72 (+0.20) ▼ GOLD/10GM 30,200 (-150.00) ▼ SILVER/K 44,550 (-400.00)

IT'S BETTER TOGETHER!

OUR CORRESPONDENT

Ritu Kumar at the event

HERITAGE AND STYLE of India, a two-day fashion exhibition presenting Indian weaves and crafts in urban style treatment was organised by Sally Holkar, founder-Women Weave and Geeta Khanna, founder-Hirumchi Styling Company on 21-22 March at The Lodhi.

On display were stunning saris, scarfs and yardages, prepared with unique cotton and silk blends, using organic dying techniques. The offerings were solid colors, woven patterns and printed yardages/saris/etc.

There was also a display of unique application of Indian art and craft in other mediums such as lifestyle fabrics, presented by the Talana Studio of Peter D'scoli. In an effort to present the work of visionary artist who have been able to save endangered craft by giving them a modern application, also showcased was Anamika Khanna's pioneer work.

The event also presented modern style interpretation of saris to introduce fresh ideas to consumer on their adaptations.

Products available at the show combined ancient textile techniques with highly contemporary design, colour and materials. Unbleached khadi cotton fabrics, tussar silks and the unique Garbh Reshmi cotton silk fabric of Maheshwar had featured at the show.

Some of the weaves on display

Models at the exhibition

TRY IT OUT!

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still unaware of the phenomenal merits of Aqua Aerobics, it is one of the fastest and easiest ways to burn a great amount of calories. Now you can enjoy all the advantages of a great workout, but with far less effort and exhaustion than other land based exercises. It puts less pressure on the joints and decreases the chances of strains and pulls, while attempting those difficult aerobic moves.

The higher resistance of water in every direction helps you tone muscles and improve flexibility, burning your flab and achieving the supple body you always dreamt of. You can have as much fun as those trained swimmers, and enjoy all the benefits too!

Finally here is a training regime that is easy, effective and enjoyable at the same time. No more sweating away in your gym pants; this season choose aqua aerobics and have a reason to look forward to your daily workout.

WHEN: Monday, Wednesday and Friday, 9:30 am
WHERE: Jaypee Vasant Continental