

STARTING AFRESH!

2018 is here! And as we welcome the New Year, fresh lifestyle trends are all set to rule the roost. HT Café lists what's likely to hit the popularity charts this year

A new approach

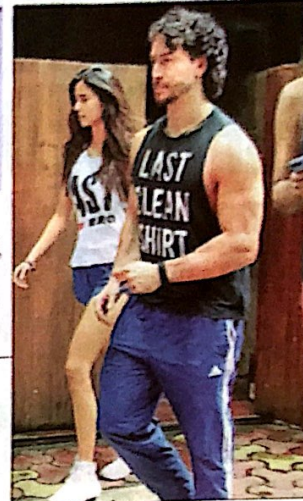
PARTY
Celia Rodriguez

In an earlier article in (December 31, 2017), we explained how the page 3 scene in Mumbai has changed drastically. Celebrity photographers are a few of them, who keep a close watch on the page 3 scene in the city. Vogue India, a seasoned hand when it comes to celebrity photography, says, "Stars will be more aggressive this year because they want more visibility, which in turn helps them get more work. Our workload will probably see a three-fold jump in the coming year."

A prominent celebrity photographer in the city says that out of work while will make a killing in 2018. "Stars who don't have any work, or the ones whose movies are already out, will try their best to be in the limelight because these days, movie related promotions are most popular means to get noticed. There is more competition, so these stars would want people to notice them through newspaper or online photos," says the shutterbug, who doesn't want to be named. Viral Bhavani, who has also been covering Bollywood celebs for several years, says

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that 2018 will be "bigger for parties and gigs". He says, "The last few years have been a little dull. In 2018, we will see the revival of the page 3 culture. This time, there will be brand new faces, who will be younger, smarter and well dressed so as to beat their competition in Bollywood."



Mishka Arora (above) and Tiger Shroff with Disha Patani in Sandra (below left)

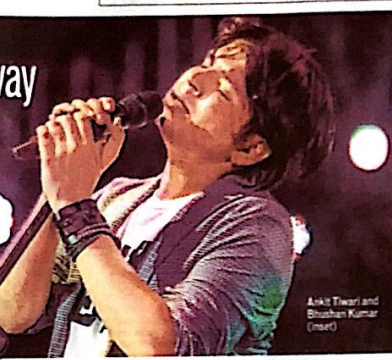
MUSIC

Single all the way



Nikita Deb

2017 was the year of remakes and remakes, 2018 can be looked at as the year of original singles. Last year saw a number of digital platforms such as Saavn and Gaana launch their independent singles. Artists such as Ankit Tiwari, Shaan, Palak Muchhal and Sonu



Ankit Tiwari and Shubhan Kumar (meat)

Nigam sang singles for Gaana last year. Singles audience. There are several songs that were only released online, and they have broken the internet. Now, everyone is starting to explore that space. T-Series and online music streaming platform Saavn came together to popularise the concept of mash-ups, which they decided to call Mixtape. It received a lot of appreciation from the

says, "Music is an expression that can be heard. Digital platforms are one of the best ways to get your song out and make it reach a wider audience. There are several songs that were only released online, and they have broken the internet. Now, everyone is starting to explore that space. T-Series and online music streaming platform Saavn came together to popularise the concept of mash-ups, which they decided to call Mixtape. It received a lot of appreciation from the

audiences and went on to make millions of views on YouTube. According to Bhishan Kumar, managing director, T-Series, singles are the way forward for the music world. "Globally, singles have been hugely popular for many years. And the trend has arrived in India to stay. It allows everybody involved to experiment a lot more freely. We are going to release more than a dozen singles in 2018 with singers and actors. So, all in all, looks like 2018 is going to be the year of independent music."

Back to the 'roots'

FOOD

Rueta Fernandes

With the unpredictable nature of food trends, one can't really point a finger towards which dish or trend will be a hit this year. However, one aspect that is gaining impetus in the food industry is that of the process of making food. More and more restaurants are opting for independent farming and are sourcing their products locally. In pursuit of providing wholesome food while being environmentally conscious. "We want to offer the best ingredients to our clients. This implies sourcing local and organic produce grown in a way that respects the environment, seasons and our customers' health," says Jerome Sabharwal, head chef and partner, Kitchen Garden By Suzette, Bandra (W). Importance is given to local sourcing in an attempt to bring local produce to the fore. Hussain Shahzad, executive chef at O Pedra, BKC, adds, "Local sourcing

keeps costs low. Growing or farming is capital intensive so most restaurants would stay away from it. But we're now in that space in the gastronomic world where chefs are returning to embrace their roots of cooking."

Talking about independent farming, Sharadha Bhattacharya, the founder of Candy And Green, Breach Candy, where they grow

their own produce, explains, "Farming on our rooftop gives us control over the quality of our produce as we pick everything — from the soil to the organic fertilisers."

Adds Rishim, chef at Olive Bar & Kitchen, Bandra (W), "People are getting more and more involved and aware of local produce and clean eating. We will see a lot of interesting innovations and techniques coming up."



Shine on!

Ashwini Shetty

To kickstart 2018 in a fashionable way, go a bit gutsy with your choices in fabrics and colours. According to fashion designer Amit Aggarwal, 2018 is going to see metallics take centre stage in a big way. While metallics have been worn by a number of celebrities in the recent past, its presence in a variety of outfits makes it a fashionable choice this year too. "I think metallic will definitely go ahead in 2018 as it is a quintessential celebratory element. Metallic can easily work from dusk till dawn," says Aggarwal.

He is of the opinion that metallics look bold and make an immediate impact. "I see it coming through in the form of embellishments, handwoven fabrics and cording as well as metallic details throughout the garment. Soft metallic will work well for summer weddings as it's festive and glamorous," adds Aggarwal.

Style Check: Brides of



2018, watch out for this trend. You could incorporate metallic fabric in your cocktail or sangeet ceremony, making it one of it's kind ensemble. If you want to include the trend for a party or event, you could either go all metallic or balance the outfit with a monochrome colour. Go wild and bold, and have a blast.



TRAVEL



Glamping is the buzzword

Rajany Pradhan

Camping in otherwise inaccessible places with a scenic view and the added element of luxury is called 'glamping', which can pick up as a trend in 2018, predict experts. Shrawan Gupta, executive director, Leisure Businesses, FCM Travel Solutions India, says, "Glamping refers to luxurious camping, where

nature meets luxury. Millennials prefer to combine adventurous destinations with luxurious camp-style accommodations, with high-end services and amenities. For example, luxury safari tent stays in Masai Mara, Kenya is a hit with enthusiastic travellers."

Karan Anand, head of relationships, Cor & Kings, adds, "Camps are a blend of adventure, safety, romance

and luxury. In India, the ultimate travelling camp has become synonymous with glamping with its exquisite offerings, untouched locations and super luxury tents. Internationally, South Africa offers some of the most impressive glamping options."

Sweden, Australia, Chile, Spain, Zambia, Switzerland and Scotland, are a few places, which are popular for glamping.

enthusiasts. Talking about India, Jaipur, Ranthambore and Bundi in Rajasthan, Ladakh in Jammu and Kashmir, Kanha National Park in Madhya Pradesh, Mahabara and Manali in Himachal Pradesh, Wayanad in Kerala, Binsar, Rishikesh and Jim Corbett National Park in Uttarakhand, are a few places, which are popular for glamping.

Non-fiction returns to the roost

BOOKS

Ramkumar Iyer

While 2017 saw a resurgence in sales of fiction titles in India, thanks to a large number of releases by high profile authors, it seems like 2018 will be a great year for non-fiction. This is due to a number of releases from big names who are writing on topics relevant to modern Indian politics. Among the anticipated titles are Congress MP Shashi Tharoor's 'Why I Am a Hindu', which looks at political Hinduism in the modern era; the book 'Shades of Truth', in which he talks about Prime Minister Narendra Modi's government; and Manish Tewari's 'My Ministerial Years', which explores his time in the UPA government. Former J&K chief minister Omar Abdullah's first book is also

set to be published in 2018, and that, according to Crossword Bookstores' Head, Manik Desai, is heavily anticipated by readers. Desai says, "Another book being anticipated is Yuval Harari's '21 Lessons for the 21st Century'. His previous two books did extremely well and this one is expected to do so too. Skin in the Game by Nassim Taleb is also expected to release this year. The list of non-fiction titles is very strong for 2018."

According to Landmark, anticipated books set to be released in 2018 include 'Touch The Sky' by Rashmi Bansal, 'Keepers of the Kalachakra' by Ashwin Sanghi, 'Surprise Me' by Sophie Kinsella, 'The Outsider' by Stephen King, and 'Iron Gold' by Pieren Brown.



More of moringa

WELLNESS

Susan Jose

So what qualifies moringa to be the most promising health trend of 2018? According to the book, 'Nutritive Value Of Indian Foods' by C. Gopalan and R. Sastri, moringa leaves have seven times the vitamin C found in an orange, four times the calcium in milk, three times the potassium in bananas and twice the protein in yoghurt. Talking about the multiple health benefits of this superfood, Munmun superfood, nutritionist, Ganerwal, Juhu, says, "Moringa leaves have anti-inflammatory, anti-aging and detox properties. It reduces blood sugar levels, lowers cholesterol, improves

digestion and enhances one's mood." In Tamil Nadu, freshly plucked moringa leaves are prepared as a side dish called Muringa Kural. But there are alternative ways to consume this superfood too, such as in green tea, butter milk or salad. "Moringa leaf powder is safe for consumption. But raw moringa leaves can pose concerns especially to pregnant ladies and cancer patients. Therefore, consult your doctor before you include it in your diet," says nutritionist Sheela Tanna.



Art crossing all boundaries

CULTURE

Rajany Pradhan

International collaborations can become the next big thing in the culture scene of the city in 2018 as many local groups partner with foreign groups and institutions. In the month of January,

Rape Productions will be spearheading a unique initiative, Class Act — a playwriting project for school students. It has been commissioned as part of the India UK Year of Culture and is supported by the British Council, the Scottish Government and Creative Scotland. Rape is partnering with Traverse theatre from Edinburgh, Scotland, which has been running this project for the past 25 years. Two playwrights and two directors from Edinburgh will be leading the project along with four playwrights and three directors from Mumbai. There are 12 schools with five students from each school participating in the event. Over a span of 11 days, they will be mentored

on how to write a play. At the end of the workshop, they would have written a total of 24 one-minute plays. On January 23 and 24, these plays will be performed at Privet Theatre, Juhu. Another such example is the collaboration between National Theatre Wales and Junction theatre group for a project named Sister. It's created by a group of artists from Wales, UK, and India, whose cultural roots and histories are linked and are connected to the Indian subcontinent. Five artists from India and Wales each are involved in the research and development phase of the project. Each group includes a writer and a creative from each partner organisation.



Rafi Kapur, Rahul da Cunha and Shweta Patel