

Manish and Shreyashi are enjoying their stay here
Page 2



Check out some of the daring sleeves of the season
Page 4

● Lifestyle trend



PLEASANT SPACE Many Bengalureans are adopting the concept of 'hygge' which is about finding joy in ordinary things.

Coming home to happiness

Imagine this scene — you are sitting at home, curled up on the sofa with a good book or a piece of chocolate cake in your hand and as a light wind blows outside, you finally see your hands over your sleeping dog (or cat, no discrimination here) and feel it closer to yourself.

If this made you smile with happiness, you are about to embrace the 'hygge' lifestyle, that landed as one of the top 10 words of 2016 by Collins Dictionary. 'Hygge' is a concept of well-being and is about finding a deeper meaning to life. The concept defines formal definition though it ranges from an all-gatherings with friends to the soft glow of candles to hot beverages and comfortable food.

"It is about finding joy in the smallest and simplest of things," says Shrutika G, a professional. "For me, it is about spending time with my dog Misha, I am the happiest when I am with her."

She adds, "I came across this concept quite recently and I am trying to bring that feeling of warmth and coziness into my house by using scented candles, thick, fluffy cushions and flowery plants. The feeling of joy I get when I see or touch these wonderful items is indescribable. Even the most normal of days at home are blissful nowadays."

"The art of living is a Danish concept and it is said to be the reason behind the Danes being consistently ranked as the happiest people on earth. Because of Denmark's harsh weather conditions, hygge has come to be associated with warm blankets, thick sweaters and fireplace.

But the sudden worldwide



GOOD COMPANY Shrutika and her pet 'Misha'.

popularity is attributed to the coziness and solace that we see everywhere last year. People needed to shelter up and what better than a friend-good lifestyle trend.

"I am hooked to this idea," says Prithvi Prasad, a freelance recruiter. "I love getting my close friends together and having delicious beverages which we all adore. It is a wonderful feeling to be or-



Prithvi Prasad

veloped in the laughter and love. My 'hygge' activities in daily life sessions and walks in the beautiful park near my house. I get away from my busy schedule and find time to connect with nature."

"Hygge" has sprinkled its magic over many aspects of everyday life. Shobana Mishra of 'Kandis' says, "Hygge" is something that intends to capture a feeling. It is not about coziness or being nice. It is about creating a space that is warm and cozy and where you can spend hours sipping tea."

Her son Karan adds, "It is something that will stay in my heart forever. By infusing some 'hygge' into home-decor, the space automatically becomes inviting and creates a perfect ambience. As Karan, we make sure to keep positive things in everything we offer, right from the cushions on a couch to a bed throw in the

"Hygge" is something that intends to capture a feeling. It's about creating a space that is warm and cosy."
Shobana

bedroom."

Indian too is borrowing heavily from this idea. This year is going to be all about warm colours and warmer tones in the hair and make-up industry, hair which are already being called as 'hygge' colours by the experts.

When it comes to eating, the concept is not about raw food or green smoothies, explains Mahesh Babu, a software engineer who says that he likes to eat 'hygge' food.

"Eat foods that make you happy. This includes our favourite fatty food too. Take sweet sauce, your favourite tea or coffee and pair it with a sweet pastry or butter bun. And take a break once in a while and be you in yourself. Switch off your phone and allow your mind to fly. My way of doing this is a solo bike ride," he says.

It seems like the little things really are not so little after all.
Rajju Meena

● Focus on Biffes

'My mother is my pillar of strength'

Assam film maker Bobby Sarma Baruah is among the few women directors who have portrayed sensitive subjects like AIDS and women's empowerment with his. Her debut feature 'Adhaya' explores these issues without taking away the cinematic experience. Bobby's daughter Sushikanya is an actor and her career is her mother's life film. The duo, who were present at the Biffes, threw light on their work.

Bobby always knew that she wanted to become a filmmaker and it was in 2006, that she decided to plunge into film full time. "I like to explore sensitive themes and want to discuss the tradition, culture and way of life of the people of Assam through my films. I don't shy away from exploring sensitive issues because I feel films are the best medium to socialise people on these issues," says Bobby.

Sushikanya decided to continue into acting after watching her mother work. "My mother is my pillar of strength and I don't think I would have thought of a career in acting without her guidance. It is not easy to pursue a career of your choice without support from your



TOGETHER ALWAYS Bobby Sarma Baruah and Sushikanya.

parents," says Sushikanya. She is of the view that actors need to experiment with all kinds of roles. "I don't want to restrict myself to a particular kind of genre. I am here to

Bobby, but she says filmmaking time lets you breathe life into the worst moments.

"There have been times when I had to direct, manage the production, market the film and look into the casting. It's a lot of work but one is satisfied and happy when the product is appreciated," says Bobby.

Sushikanya wishes to continue her mother's legacy in her education. "I've grown up watching my mother wield the camera and that's something I want to try someday. It is important to have a strong support system and I have that in my mother. I would like to become familiar with every aspect of filmmaking and not restrict myself to acting," shares Sushikanya.

Assam has no dearth of talented directors and actors but they lack support from the government, go into says Bobby.

As an artist, Bobby and Sushikanya hope that they would get support and encouragement for films made in the North East. "Actors from Assam lack a proper platform to showcase their talent. Film festivals are a good way of populating films from our side of the country," says Sushikanya.
Nisha C George

learn and I want to make the best use of the time and opportunities that come my way," adds Sushikanya.

There are challenges in every profession, believes

● Global cinema

Painting stories from Israel

Israili filmmaker Dan Wolman is one of the jury members in the category of Indian cinema at the 16th edition of the Bengaluru International Film Festival (Biffes). He is thrilled to be a part of the festival and says it is his unending love for cinema and stories that drove him to film festivals in particular and movie making in general. Dan is one of Israel's most influential filmmakers of his time.

He is known for his unique style of narration and powerful characterisation. "The Dreamer", which won an official entry at Cannes Film Festival, was his first step and he hasn't looked back since.

He has written and directed personal feature films, commercial films, short films and documentaries. He is best known for his film 'Mickey of Baghdad' which won him numerous awards. In the city for Biffes, Dan takes time off to chat with Nisha C George about his long journey into the world of cinema.

What does filmmaking mean to you?
Film is an effective way of telling a story. Use yourself more as a painter and a writer. Most of my films are very personal. The process of filmmaking to me is very simple.

What according to you is the most effective way of telling a story?
As a filmmaker, I make sure that I study every aspect of that particular subject, whether it's history, art, culture and sometimes even delve into the psychology of the characters involved in the subject to make a powerful story. These aspects strengthen the narration.

What is your criteria for choosing actors?



INFLUENTIAL Dan Wolman

I choose all my actors through auditions. I first take a look at the scenes in my film and analyse the expressions required for the same. I know who will fit into what I have in mind for the characters.

What triggers a story idea in you?
Simple human stories like my imagination and creativity. Human emotion is a powerful trigger for me to make a story.

ry. In this age of digital media, it has become irrelevant to being real human emotion to the film.

Your expectations from BIFFES?
I would like to understand what recipe Indian filmmakers use to make offbeat films. Commercial films will always have their space but my idea is to bring to the fore the lesser known subjects and characters.



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