

Metrolife on the move

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Month-long vegan festival on

The objective of Veganuary, a UK-registered charity, is to inspire people to give up meat and dairy and go vegan. It has come to India for the first time with a festival in Bengaluru.

Meghana Rajanahally, city lead for Veganuary, spoke to *Metrolife* about the campaign, and what visitors can expect at the festival, held at multiple locations.

"As part of Veganuary, we encourage people to sign up for a 31-day vegan challenge," she says.

You can take up the challenge by signing up on www.veganuary.com. Veganuary helps you fight dairy and meat cravings by mailing you food recipes and dairy alternatives every day.

Aparna, market analyst, took up the vegan challenge on January 1. "I miss my tea with milk but I have now found a vegan alternative for dairy," she says.

Rohan Hingarani, TV reality show star and ambassador of Veganuary, told *Metrolife* about his experience of going vegan. "I turned vegan five



The concept of observing Veganuary started in London. It's now catching on in the city.

years ago, understanding the need to make a change for a better lifestyle," he says.

He was suffering from allergies, and was able to overcome them with a



Obsessive Chocolative Disorder Ice Cream at 'Carrots'.



Susmitha Subbaraju

plant-based diet.

Rohan uses Instagram and YouTube to create awareness about veganism. "Helping people in their transformation phase is necessary," he says, under-



Kian

lining the role of a vegan community. Anushka Manchanda, well-known singer and actress, went vegan three years ago. "The important thing for anyone making the change is the

What is veganism?

Veganism is a plant-based diet lifestyle, which seeks to exclude, all forms of exploitation of and cruelty to animals for food, clothing or any other purpose. Vegetarians do not eat meat, fish, or poultry. Vegans, in addition, do not use other animal products and by-products such as eggs, dairy products, honey, leather, fur, silk, wool, cosmetics, and soaps.



Veganuary is encouraging people to take up the 31-day vegan challenge.

support. Veganuary is providing exactly that. It is a helping hand," she says. Turning vegan has helped her overcome some problems.

"I used to have a lot of menstrual cramps earlier. Turning vegan helped in that, and with a lot of other health issues too," she says.

Susmitha, one of the owners of Carrots restaurant, went vegan in 2003. "I took to this lifestyle after opening my eyes to the cruelty in the dairy industry," she says. Her interest in cooking and baking developed after she went vegan.

Rakshitha MN

Some Veganuary events

DAIRY ALTERNATIVES NINJA WORKSHOP

Venue: Carrots Restaurant, Koramangala
When: Jan 12, Saturday
Time: 4:30-6:30

REVERSING DIABETES AND HYPERTENSION

Venue: Taj Vivanta, MG Road
When: Jan 19, Saturday
Time: 9:00-5:30

VEGAN SPEED DATING EVENT BY ALL THINGS LOVE

Venue: Carrots Restaurant, Koramangala
When: Jan 19, Saturday
Time: 4:30-6:30

VEGAN WARRIOR: AN EVENING WITH MONICA DOGRA

Venue: Mimansa restaurant, Koramangala
When: Jan 19, Saturday
Time: 6 pm to 8 pm

'THE END OF MEAT' MOVIE PREMIERE

Venue: JustBe Cafe, Sadashiva Nagar
When: Jan 20, Sunday
Time: 11 am to 1 pm

FUN WITH FERMENTED FOODS CLASS

Venue: JustBe Cafe, Sadashiva Nagar
When: Jan 24, Thursday
Time: 11 am to 2 pm

PLANET PLAY CHILDREN'S WORKSHOP

Venue: Mimansa restaurant, Koramangala
When: Jan Saturday
Time: 11 am to 1 pm

VEGAN MARKET

Venue: Enerjivate, Jayanagar
When: Jan 27, Sunday
Time: 12 to 7 pm

Discount month

Vegan restaurants such as Enerjivate, Carrots, Crave by Leena are offering deals and discounts for Veganuary. Green Theory has put together a special menu. Burma Burma, Mimansa, Little Green Cafe, Jumping Beans, Habibi Falafel, and House of Seitan are also joining the Veganuary movement.

Youngest vegan

Kian, a three-year-old boy, is one of the youngest vegans in the city.

"Sunny Gurnani, Kian's father, says, "We give him soya milk, almond milk and cashew milk as alternatives to dairy milk. My wife prepares everything at home."

Vegan alternatives for dairy

- **Curd:** Peanut and rice milk
- **Butter:** Coconut oil and peanut milk



Remake of a classic song

The iconic song 'ABCD' from 'Hum Saath Saath Hain' is all set to be recreated for Rajshri Productions' upcoming film 'Hum Chaar', the teaser of which was released recently.

Rajshri Productions is not just known for showcasing traditional values in its films but also for featuring melodious tracks. This is the first time the concept of 'friends are family' is being introduced in Rajshri film.

Directed by Abhishek Dixit, the film also marks the debut of four young faces, Anshuman Malhotra, Prit Kamani, Simran Sharma and Tushar Pandey.

'Hum Chaar' is all set to release on February 15. This will be Rajshri's 58th production.



The cast of 'Hum Chaar'.



Disha Patani

Disha ranked fifth Insta influencers in India

Disha Patani has added yet another feather to her cap. The artiste is now among the top five Instagram influencers in India. Interestingly, Disha has overtaken many popular B-Town names including Deepika Padukone, Akshay Kumar and Sonam Kapoor.

The four films old actress has been extremely popular on Instagram with over 16.6 million people following her.

Disha secured the current place in the influencers' list for having the most engaged audience. The top positions went to Indian cricket captain Virat Kohli followed by PM Modi. Priyanka Chopra secured the third position and Alia Bhatt is in the fourth position. On the work front, Disha will be next seen in Salman Khan starrer 'Bharat'. (Compiled by Jaideep Pandey)



Swara Bhaskar

Swara's makeover

Actress Swara Bhaskar set many benchmarks last year. Her film 'Veere Di Wedding' went on to enter the 100 crore club. Apart from her professional growth, it was also a year of exceptional transformation for Bhaskar in terms of her fashion choices.

Her surprising metamorphosis into a glamorous real-life 'veere' with monochromes and pantsuits is worth a swoon.

A source said, "While she always embraced a more out-of-the-box look when it comes to her movies and fashion, she has started opting for a more chic and effortless style."

The source added, "Swara seems to indulge profusely into fashion aesthetic of 'power dressing' lately. Her styling seems to be inspired by Hollywood celebrities like Meryl Streep and Sandra Bullock."

Commenting on the same, Swara, said, "It is as dramatic for me as hard as it is for others to ignore. My team knows me well and is doing a wonderful job accordingly, which makes me relax and feel confident about whatever I'm wearing. I'm still in love with ethereal Indian wear yet I want to explore more."

'Brave girls should be supported'



Kangana Ranaut, who is awaiting the release of 'Manikarnika: The Queen of Jhansi', spoke about the #MeToo movement recently.

The actress said, "Women need to be empowered and supported. But today in our society, there are a few girls like Rani Lakshmi Bai who are very brave and courageous. We should not discourage them."

"I remember when I was 16 years old, I lodged and filed a complaint against sexual assault. Girls are now taking a stand for themselves and they should be supported," Kangana said.

She also threw light on the critical issue of child empowerment. The National award-winning actress said, "Even children need to be empowered. However, it is only necessary at certain places and not everywhere."

'Manikarnika: The Queen of Jhansi' will hit the theater on January 25.

Alankrita Sahai in music video



Alankrita Sahai

Bollywood actress Alankrita Sahai, who was recently spotted in 'Namaste England' alongside Arjun Kapoor, is back with a Punjabi music video 'Coka'.

Arvind Khaira will direct the music video, Jaani has penned down the lyrics and Sukh-E Muzical Doctorz, who had earlier also collaborated with Badshah for the BAMB song will lend their voice.

Alankrita says, "Punjabi music is a part of me and being a Punjabi and doing the song with the leading names in the industry is quite exciting. The song strikes a chord the first time you hear it. It really made me groove. I am sure the audience will love it too."

Earlier, Alankrita earned critical acclaim for her portrayal in 2018's Netflix original 'Love Per Square Foot', where she shared the screen with Vicky Kaushal.

The teaser of the video is already out. The video will release of January 9.