



Bangalore Mirror

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FORECAST MAINLY CLEAR SKY. FOG/MIST VERY LIKELY IN SOME AREAS DURING MORNING HOURS | SUNRISE 06:42 HRS | SUNSET 18:04 HRS

HOPE, HOPE, HURRAY!

The year 2016 came to an end on a frustrating note. While the country was counting its scanty 100s, a man who likes to grab women by their crotch got elected to the most powerful office in the world. But we're moving on, and this is 2017 - the year of hope. Mirror is giving you 15 pages full of reasons why the best is yet to come, and it just might be a rather Happy 2017.



Business page 9
A year of questions

From GST to Tata's successor, read about the issues that will dominate the world of business this year



Sport page 10-11

Keep those spirits high

For some, 2016 bombed, while for others, it rocked. Sports persons are welcoming the New Year with hope. So should you



Film page 13-16

New kids on the block

We've made a list of the most promising debutant actors and directors, and the film line-up for 2017



Lifestyle page 12
Khadi is the new black

What does fashion mean in the times of demonetisation? Industry insiders have all the answers



Politics page 8

Netas to look out for in poll season

All you need to know about leaders who have topped the bill in a landscape altered by note ban



Public Works page 5

Angels don't have wings

Read how in 2017, more Bengalureans will come forward to help each other instead of waiting for NGOs

MIRROR SPECIAL LOOKING AHEAD



PAGES 5-18



Entertainment page 17
In search of their own sound

City bands are creating their own tunes, and stronger scripts are changing the game in Sandalwood. We tell you how



Forecast page 18
What your stars foretell

Star Tarot reader Shirley Bose zones in on what the New Year is likely to send your way

Modi budgets for life after DeMo

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After the bombastic, currency-buster announcement of November 8, Prime Minister Narendra Modi's New Year's Eve address to the nation on Saturday was - let's admit it - a damp squib. It had the tenor and content of a budget speech, without even the signature salutation 'mitron', that would have earned a few lucky ones, discounted beers.

But in keeping with Mirror's expectation of a better year, he did have favorable announcements for women, senior citizens, traders, house-buyers, among others.

Modi, in his 45-minute speech, first in Hindi and then in English, announced a slew of sops for the poor, farmers and small traders, the groups perceived to be the worst-hit by demonetisation that caused wide-spread economic upheaval in the country.

On an emotional note, he lauded India's "125 crore people" for bearing with the pain of the demonetisation fallout. Thousands of people had written to him about the hardships they faced, he said.

Possibly keeping in mind the model code of conduct that will come into force once elections to five state assemblies, including in Uttar Pradesh, are announced next week, the Prime Minister flagged off several schemes aimed at helping the poor. He also directed cash-rich banks to go out of the way to help the not-so-privileged.

With agency inputs



In a nutshell, here are the highlights of his address

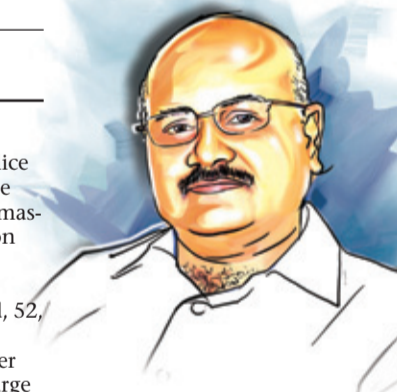
- 8% interest rate will be guaranteed on deposits of up to Rs 7.5 lakh for 10 years for senior citizens. Interest will be paid monthly
- Rs 6,000 to be put into accounts of pregnant women in 650 districts for vaccination and other medical purposes
- Banks have been asked to raise cash credit limit for small business to 25% from 20%
- Government to stand guarantee for loans up to Rs 2 crore from current Rs 1 crore for small businesses
- 3% interest waiver on loan up to Rs 2 lakh for construction of houses in rural India
- Government to pay interest for 60 days on loans taken by farmers for Rabi season from district cooperative banks and primary societies
- Two new schemes under Pradhan Mantri Awas Yojana to provide 4% interest waiver on loan of up to Rs 9 lakh and of 3% on loan up to Rs 12 lakh

Praveen Sood is the new city police commissioner

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The city is all set for a new police chief for the New Year after the state government opted for a massive reshuffle in its IPS ranks on Saturday evening. Additional Director-General of Police (Administration) Praveen Sood, 52, has been appointed the new Bengaluru police commissioner and is expected to assume charge today.

"It is wonderful that I have been given an opportunity to serve the people of Bengaluru. I have been posted in Bengaluru and it is great to be back with the city police force," Sood told BM. He also added that he had detailed priorities and plans for the city after formally taking charge. Praveen Sood belongs to



the 1986 IPS batch and started his career as Assistant Superintendent of Police, Mysore, in 1986. He has had a three-year stint as Deputy Commissioner (Law and Order) in Bengaluru from 1995 to 1998 and also served as police superintendent of Bellary and Raichur districts prior to that. He has also

TURN TO PAGE 2 >>

2017 will script a Menu-smriti, with healthiness as its principal philosophy

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According to the India Food Services report 2016, the total food services market stands at ₹3,09,110 crore (an increase of 7.7 per cent since their last report in 2013). This is projected to grow by 10 per cent by 2021. Interestingly, the report indicates that eating out for most Indians is a casual occasion. In fact, it's safe to say that most of us dine out or order a meal from a restaurant at least twice a week - maybe even three to five times for some. But what we don't need are statistics to prove that frequent eating out (coupled with unhealthy life-style habits) brings with it a host of problems - obesity, high cholesterol, diabetes, and cardiovascular disease among others.

CHEFS WHO COUNT CALORIES
This awareness is slowly but surely trickling down - given that a

number of health food cafes and organic eateries have mushroomed all over the city in the last couple of years. Case in point, HWealth Café which offers calorie counted meals. The café's New Delhi-based founder Nicholas Hoffland opened the first outlet in HSR Layout in August 2015, followed by the second one in Koramangala in April 2016. "We don't use any refined sugar, flour, egg yolks and white rice in the café and everything is cooked in minimal oil. We also use a variety of millets to make dishes such as ragi crepes as well as whole wheat to make cakes that contain egg white, olive oil and jaggery," says Hoffland, who spent almost 10 months working on the menu with a chef. From gym-goers to families, HWealth café sees a cross-section of people dining there. On their opening day, in fact, members of a cycling club happened to drop by.

Like Hoffland, there are many other such conscientious restaurateurs who have been inspired to offer their diners a healthier option. Gaurav Saria's Infinita cafes are already popular with tea aficionados for its exotic varieties of tea. But what a lot of people don't know is that Saria has introduced interesting healthy food



The advent of health-restaurants in the city is turning out to be a gamechanger, as eating out is normally associated with an unhealthy lifestyle

options on the menu in July in the form of Nutri Blast Smoothies and Fitness Eclectics. While the former is a series of vegetable and fruit smoothies minus any sugar, the latter offers a range of lean protein options with complex carbohydrates.

The recipes have been created by Saria ("after countless experimentation on myself"). Since each smoothie is packed with 400gm of fruit/veg, "it's like a five-minute meal that will provide you with clean, green energy for up to three hours," Saria adds.



And he's not averse to playing nutritionist-counsellor to his patrons either. "If I see a 5'10" customer order a salad for lunch, I know that he's trying to lose weight but I also know from personal experience that he'll be hungry in a few hours. So,



instead, I encourage him to order from our fitness menu." Unlike the regular dishes that comprise 120-150gm protein, these ones have 200-250gm of lean protein. Complex carbs in the form of germinated brown rice, couscous and whole wheat pasta also feature on the menu. Popular burger joint, Thulp, offers a Keto menu (featuring high-fat, medium-protein and low-carbohydrate food) - something that owner and chef Gautam Krishnankutty personally advocates after reportedly having lost 28 kilos on the diet. The burgers and sandwiches on this menu use special keto bread made with cream cheese and eggs.

MORE THAN JUST FOOD
While providing healthy food is one way to cater to the conscious customer, restaurants such as Carrots and Om Made Café in Koramangala, Green Theory on

TURN TO PAGE 4 >>>