Who is afraid of red rice?

Make the pretty red grains a part of your daily meal, as the much-maligned red rice is actually a healthy choice.

Bottle it up!

Strathallan’s drive to collect used PET Bottles on World Environment Day 2018 saw over 2000 bottles from select locations like Brookefield Mall, hotels like Amari, Polaris, Stanbic, Humana, and Zone, medical centres like Ganga Hospital and VISH Hospital among others.

While it is heartening to see so many people coming forward to drop these bottles off for an auspicious purpose, this drive that over 2000 PET bottles are being disposed off every week at just a handful of locations is a matter of concern. Fortunately, these bottles will be used to construct anti-leafroll cambium up in landfills.

Now comes the second phase of Strathallan’s initiative. Volunteers are requested to fill these bottles with sand. A bottle that measures four feet by two feet requires around 2000 bottles and it takes around four minutes to fill one bottle.

The process has already begun and will continue every Sunday. Those interested can contact Strathallan at Noyel Global Centre, Strathallan Campus Bypass Road, @ 9342251251 or email術aljuk@gmail.com between 10.00 am and 5.00 pm.

The red-coloured kernel is due to the presence of anthocyanins and tannin. Even fully polished, the grains have a heady tang, and unpolished grains look like shiny maroon pebbles.

PET PALS
A home for Kurinji

Rumi: A friendly two-month-old Indian male pup who has a soft coat.

Kurinji: A one-year-old baby long hair female who has a soft coat and loves to be cuddled. Her vaccinations are current.

Sweety: A playful four-month-old Indian female pup whose vaccinations are current.

Cammy: A one-year-old Indian female pup who has a soft coat and loves to be cuddled.

Shopper’s paradise

Paint away

Onda Studio School of Design and Music organise the 17th edition of its Shopping spree fashion and lifestyle exhibition. The event will be held in two days, 22nd and 23rd June from 10 am to 8 pm.

The event will be showcased at the Nbas Apartment, West Perumal Road, RS Puram and can be contacted at 09578949510 for details.

Cooking time

Sangam’s Kitchen conducts a series of cooking workshops, which includes sessions on health eating, diet recipes, vegetarian and non-vegetarian dishes, and the like. Workshops are priced at Rs 500 each, inclusive of materials and refreshments.

June 22 & 23, 10.00 am to 10.00 pm

Onda Studio School of Design & Music, above Radha Showroom, Amin Road, Coimbatore

MY NAME IS RED!

Traditional red rice is grown widely in Kerala, Tamil Nadu, Karin, and Tamil Nadu. The rice, grown in the rice paddies of Kerala, is low in calories, high in protein, and rich in antioxidants. It contains more of the vitamins and minerals than any other rice.

Bottle it up!

A shelter story from Humane Animal Society

A one-year-old male pup with all vaccinations and medical care, free vaccinations and a social security card.

Sayings for this June

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