

# The Banarasi weave

If you're looking to add guaranteed glamour to your wedding or formal look has rounded up the perfect looks for you...

## WARDROBE

Originally fabricated solely for royalty, the Banarasi fabric is imbued with a rich history that echoes through its weaves. It is renowned for its unique weaving style, which is attributed to the weavers of Banaras. In the bygone era of royalty, these rich, hand-woven beautiful brocades saris were crafted for kings and Queens, Nawabs and other ruling elite. Adorned with real gold and silver threads tanchuis, atlas, zarbafts, jamavars created a global fame and identity. Interestingly, most weavers of these masterpieces were Muslims. Till 1960s, pastel lightly embellished Banarasi saris were a thing for parties and dinners. Even till the 1980s, a girl's wedding seemed incomplete without a Banarasi sari.

And then one day they suddenly vanished from the sartorial scene. Bride and Banarasi from 'The Pink Tree Company's' post monsoon wedding wear collection, is a tribute to the legendary silk textiles. After a feat of 8 months of research and design development, these rich, wildly vibrant and regal Banarasi doshalas are not just heirlooms but also heirs of grand tradition. Plain silk in same or complementing colour outfits work as blank canvas which could be jazzed up or down according to the occasion. Banarasi lehengas have an old school charm and brides in them look absolutely surreal. Much loved from the Mughals to present-day royalty, Banarasi silk fabric represents the glorious history of Indian textile art. It is no surprise then that designers today are bringing it back with a breath of fresh air, keeping alive its age-old royal essence. So if you're looking to add guaranteed glamour to your wedding or formal look, You! has rounded up the perfect looks for you...

Opt for this bold but beautiful attire to nail your wedding guest day look. A blazing orange handwoven Banarasi silk doshala with gold zari; beautifully covered in green and fuchsia resham motifs. Worn with an orange silk kurta and tight shalwar. Pick a royal shade like this orange for that perfect maharani look. This one in olive green colour has our hearts! A classic hand-woven silk Banarasi doshala, edged with gota and kiran, draped over silk sleeveless shirt. Worn with a narrow shalwar or trousers. One of our favourite bridal colours, green has the power to lend the much needed royalty in a wedding outfit. Pull up your hair in a messy ponytail for that effortless appearance. Pair the pink dress with a brown lip and flared out lashes. Keep the jewellery minimal yet statement. Big jhumkas and chunky bangles makes this look effortlessly stylish. This monotone purple coloured outfit has got us drooling over for all the right reasons. A royal purple handwoven Banarasi silk handwoven artisanal doshala with zari motifs and green resham border draped over the same hued silk kameez shalwar. Pick this if your love for purple is infinite. Pair this vibrant orange jora with a complementing choker piece adorned



with gemstones marrying it with a long maala and matching earrings and teeka. Complete the look with a beautiful emerald nath to elevate the whole look. Keep the makeup simple, with a bronzy eye and nude lips.

Let the colour of the dress do the talking and go for simple makeup and jewellery. Keep the base clean and let your hair down for the casual, minimal look. You can match the stones of your jewellery to the zari work on the Banarasi dupatta.

For the subtle bride or a day wedding, this look is just perfect! Giving off royal vibes, the golden jewellery fits perfectly with this beautiful shade of red. The Indian style maatha patti and hand kaleeray give this look a new life. Keep the makeup minimal, adding just a touch of tint to your lips and a clean base with kohl eyes.

A red Banarasi is what dreams are made of! This exotic red zari jaal handwoven Banarasi silk doshala with broad zari pallus adds a regal look to the sleeveless silk shirt and narrow shalwar. If you are that old school bride who wants to keep it all traditional with a red colour on your Nikah or for that day wedding, don't miss checking out this one in rich Banarasi silk fabric.

Get this classic look, with a statement jhoomar with a matching choker and earrings set which goes perfectly with this olive toned dress. The colourful bangles bring out the hues of this dress perfectly. Opt for a messy bun along with smokey eyes and a pink pout to complete this look. How Much Pink Is Too Much Pink? Fuchsia pink hand woven Banarasi silk doshala, with gold zari border and motifs, edged with gota and kiran worn with a same hued silk kurta shalwar. Because well, we are suckers for pink Banarasi outfit and



## Feroze Khan 'vehemently' denies 'baseless' abuse accusations

In solidarity with victims of domestic abuse, Iqra Aziz withdraws from project involving Feroze Khan

Actor Feroze Khan has issued a statement after his ex-wife of four years, Syeda Aliza Sultan, submitted medical reports and pictures of alleged physical abuse to the court as evidence. The former couple announced last month that they have parted ways, with Aliza accusing the award-winning actor of subjecting her to severe physical and emotional abuse. While previously, Feroze didn't respond to Aliza's abuse accusations, he has now issued a statement after the aforementioned documents and pictures went viral on social media. "I, Feroze Khan, vehemently deny any and all baseless, malicious and untruthful allegations which have been levelled against me and are circulating on the social media rumour mill," he shared in an Instagram story. "These allegations have no basis in truth or reality." He added that he will be pursuing the matter legally and shared, "I fully intend to institute legal proceedings against the perpetrators of these actions and I have instructed my legal team accordingly." Feroze further shared, "I would categorically like to state that I have always followed the law in its true letter and spirit and have never knowingly hurt another human being. I very strongly believe in all human rights of every human inhabiting planet earth."

Feroze Khan issues statement Taking to social media, last month the Habs star shared his own two cents Aliza's statement earlier. "As a law-abiding citizen of Pakistan, I have full confidence in the justice of the court," Feroze wrote. "Our divorce was finalised on September 3, 2022, after which I filed a family law case asking custody of and visitation rights pertaining to my children Sultan and Fatima in the eighth family judge district, East Karachi on September 19, 2022." He went on to add, "Today, on September 21, 2022, the Court heard both parties and allowed me to spend time with my children Sultan and Fatima for half an hour in his [the judge's] presence. The Court then adjourned the matter till October 1, 2022, on which date it will resume further proceedings related to visitation rights whereby I can continue to meet my children." Feroze, while addressing his ex-wife, shared that he will extend his support and respect as the mother of his children. "As concerns my ex-wife, I shall extend her my respect and support as she is the mother of my children. I am afraid I am not in a position to further discuss this matter as the case is pending be-

fore the Court," the Aye Musht-e-Khaak actor concluded.

Aliza opens up about 'abusive marriage' Before the Khaani actor issued a statement, his wife, Aliza, took to social media and shared she had to "endure infidelity, blackmail and degradation" by Feroze. "Our marriage of four years was an utter chaos," Aliza said in a statement. "In addition to continuous physical and psychological violence during this period, I had to endure infidelity, blackmail and degradation at my husband's hands." She added that after careful consideration, she has "reached the sad conclusion that I cannot spend my whole life in this horrific manner." Aliza went on to comment, "The welfare and wellbeing of my children have played a significant role in this decision. I do not want them to grow up in a toxic, unhealthy and violent household. I am afraid that their mental development and approach to life would be negatively impacted by exposure to a such hostile environment." Further elaborating, she shared, "No kid should ever have to grow up feeling violence to be a normal part of relationships. I would rather teach them that no wounds are too deep to be healed, no scars too shameful to be concealed at the cost of one's safety." Have something

to add to the story? Share it in the comments below

Meanwhile, actor Iqra Aziz has issued a statement as she retracts her involvement in upcoming drama, Sanwal Yaar Piya, starring Imran Ashraf Awan and Feroze Khan. The announcement came following evidence submitted in court against Khan's violent and abusive behaviour with his wife Syeda Aliza Sultan. Joining Khan's co-stars Ushna Shah, Dania Enwar and others in supporting Sultan's allegations of abuse, Aziz took to Instagram with a statement. She quoted, "To stay silent in the face of injustice is to side with the oppressor" and the Suno Chanda star finally broke silence, and also the contract for Wajahat Rauf directorial. She said the decision, although a "difficult" one, was "necessary" for her to not side with an alleged abuser. "In lieu of the situation regarding domestic violence, I have made the difficult but necessary decision to retract my project with Feroze Khan, as a sign of support for victims of domestic abuse. I support Aliza Sultan for seeking justice, more strength and power to you," read her note. Khan denied all abuse allegations levelled against him and will be taking legal action against all rumour mills. Aziz and Khan also starred together in Khuda Aur Mohabbat 3.



## Watch your salt intake



Going a step further, replacing the traditional salt with the MSG will be the right step in this direction....

### HEALTH

When it comes to our health, good or bad, we are what we eat. Nothing can hide the truth that a human body's regular diet determines its well-being especially in the long run. One food-related health condition is hypertension. It is a leading risk factor for heart disease and stroke that affects about over 25 per cent of adults in Pakistan, according to a study which appeared in the Journal of the Pakistan Medical Association. And if that is not bad enough, another Lancet study mentions that in terms of accessibility and quality of healthcare, Pakistan ranks miserably 154th among 195 countries, well below its counterparts in South Asia.

This should serve as a wake-up call for a nation globally known for its unwavering love for oily food, highly sugar-sweetened beverages, and food replete with common salt. Salt contains sodium, which must always be taken with precaution and in limited amounts. According to a research study published in the Pakistan Heart Journal, high sodium consumption leads to a litany of critical health issues such as hypertension and high blood pressure, resulting in cardiovascular diseases and stroke as well as various kidney-related disorders. The regular table salt sitting beside your plate may not be as healthy as you think but salt in its pure form is divine and chefs or those who love cooking will agree with us. According to the study, traditional table salt is not completely safe for human consumption and it is time to think for substitutes. In contrast, Monosodium Glutamate (MSG), commonly known as the Chinese salt, is the best alternative of table salt with numerous health benefits and nutritional

add-ons. MSG contains a limited amount of sodium and is thus the best replacement. Despite being a vital mineral for human health, sodium needs to be taken in smaller quantities within foods throughout the day. Many studies have been conducted on the harmful effects of salt and yet we continue to consume it in large amounts. Health organisations recommend that daily sodium intake should be not more than 2,300 milligrams, which is equal to about one teaspoon of salt. Because of its low sodium content, MSG is considered safe for regular consumption and can be used as a replacement. In order to undo the damages being done to our bodies, now is the time to revisit our food consumption patterns and dietary intake. Going a step further, replacing the traditional salt with the MSG will be the right step in this direction.

TRY THESE TIPS FOR EATING LESS SALT

- While a little salt in your diet is necessary, it's important to keep the amount in check.
- \* Eat mostly fresh food instead of processed food which tends to be high in added salt.
- \* Go for packaged and canned foods labelled 'no added salt', 'low salt' or 'salt reduced'.
- \* Look at the food labels carefully and choose an item with less sodium.
- \* Use small amounts of sauces containing high salt content.
- \* Flavour your cooking with a variety of herbs and spices.
- \* Avoid adding salt at the table – you could even leave the salt grinder in the cupboard.
- \* If you have high blood pressure, ask your doctor about salt substitutes that are safe for you to try.