

Call the 90s, cycling shorts are back!

It's time you treated your bicycle shorts like a wardrobe staple, not workout gear. Here's how

CYNERA RODRICKS

If you are a '90s kid, you will remember the cycling shorts phase—they were paired with sweaters, and long shirts or T-shirts, and were the best to spend "hanging out" time in. The trend first burst on the scene with the late Princess Diana of Wales, styling her cycling shorts with an oversized sweater and white sneakers.

Recently, the style has been making a comeback on social media. Model Carla Dennis wore it for a lunch date recently and shared the look on Instagram. Edgy celebrities like Kendall Jenner and Hailey Baldwin have been living their best lives in this comfy clothing piece for a while now. Here's a quick guide to making cycling shorts your fashionable best.



Model Carla Dennis pairs cycling shorts with a short blazer

With a blazer

If you're looking to dress up chic, all you need to do is pair your cycling shorts with an oversized blazer. You can opt for a T-shirt tucked underneath. Pick a shirt for a more polished look. Look like a boss babe by wearing a pair of heels with this look. If you want to accentuate your waist, add a belt to the blazer.



Kendall Jenner pairs cycling shorts with a hoodie

With T-shirts/hoodies

The ultimate cool-girl loungewear option is a basic oversized T-shirt or a drop shoulder tee. Tie them up or tuck them in—this look is comfy, cool and versatile. To complete your look, wear a fanny pack around your waist or across your shoulder. Choose sneakers for the feet.



Miley Cyrus in the famous coordinated set

Miley's coordinated set

It's obvious that cycling shorts were created with the intention of working out in. But now that they have multiple uses, double the drama and get a co-ord top and bottom set. If you want to go all out, try new prints and loud colours.

With denim/ bomber jacket

Consider wearing a bomber jacket with bike shorts for a neat but edgy ensemble. To make the look dressier, add sexy heels and a purse. Wearing a white tee under your denim jacket will make this look cooler. Go for chunky boots.

Gigi Hadid styles her biker shorts with a denim jacket



Kim Kardashian wears her shorts with a leather jacket



smdmail@mid-day.com

REVIEW

Learning through stories

Put your smartphone to good use for some screen-free storytelling and learning with a new children's app

NASRIN MODAK SIDDIQI

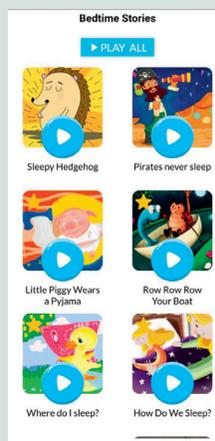
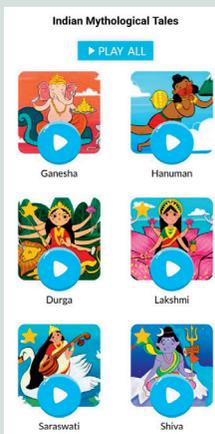
GUILTY as charged, like most parents, I too have exposed my children to bright, playful animated videos with foot-tapping tunes. Vivid and catchy, they invariably added to their screen time. And we all know that is not a good thing. Enter children's podcasts—a blessing in disguise and a fun way to listen to stories, because well, all of us can't be great storytellers.

A recent report from PricewaterhouseCoopers pegs India as the third-largest podcast listening market in the world (after China and the US) with 57.6 million monthly listeners. This user base is likely to grow exponentially at 30 per cent CAGR for the next five years. While podcasts may be a new format for India, the concept of storytelling isn't really a novel one. Almost all of us have grown up listening to stories by our parents or grandparents.

We tried the app HeyCloudy. Besides the large number of stories on it in English as well as Indian languages, we were impressed by the massive educational content on it too. Think subject-based quizzes, nursery rhymes, guess the sound games, phonic stories, why-why stories, brain teasers, and info on famous personalities. There's also morning music, lullabies, meditation, nature sounds, beach music, and Indian classical instrument music too. Storywise too, the content is massive. From folklore from India and around the world to Aesop fables, mythological stories, adventure tales and bedtime stories, there is something for every listener. While the app itself is add-free, the only downside is the constant self-promotion of the app on every small, minute-long quiz and guess game clips. We think that adding stories from the Guru Granth Sahib, the Quran and Buddhist teachings among others would make the app more inclusive and inculcate a sense of tolerance among children as well.

This immersive and learning-based story listening app was conceptualised, designed, and developed in India last year, and caters to kids aged two to eight years. Created by Chitman Kaur, a mother and entrepreneur, it hopes to bring joy to growing up with listening to stories, not watching them. That's why the screen-free digi-

Indian Mythological Tales and Bedtime Stories



WHAT: HeyCloudy

WHERE: Android and iOS

FREE

Additional premium content at ₹129/month