

ANINDITA BOSE



PICTURE: PABITRA DAS

P8

DOODLE DELIGHTS

STYLE & THE MAN



COLD COMFORT

P16-17

P10-11



SHAYAN MUNSHI

- B'DAY, JAZZ BEATS 3,4
- WATCHIT, WHATSUP 5,6,12
- TECH TOOLS, TEAM T2'S WEEK 7,9
- SLURP STOP, FITNESS FIRST, NEW IN TOWN 13,18,19

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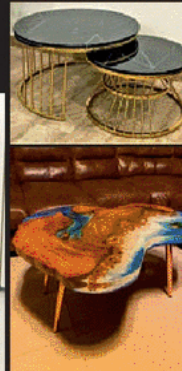
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This is a year of good news and new beginnings. Lucrative offers will come your way and there will be financial stability. You will find that people are drawn to the happy vibes and positive energy you are giving out and you will bring light and joy to everyone and everything you come into contact with. Problems you have been experiencing will get sorted out.

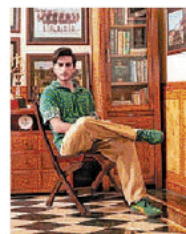
— Nita Chhotalal

TODAY'S TIPS by Nita Chhotalal

<p>ARIES DO keep working towards your goals DON'T doubt your capabilities EXPECT success</p>	<p>CANCER DO share your happiness with others DON'T let others to take advantage of your goodness EXPECT to start reaping the benefits of your hard work</p>	<p>LIBRA DO seize new opportunities coming your way DON'T procrastinate EXPECT to enjoy financial growth</p>	<p>CAPRICORN DO go with the flow DON'T be rigid in your thinking EXPECT to finish your tasks on time</p>
<p>TAURUS DO let go of the past, don't cling to it DON'T cry over spilt milk EXPECT a new phase to begin</p>	<p>LEO DO discover your talent DON'T be slow and hesitant EXPECT new beginnings in the creative field</p>	<p>SCORPIO DO search for a property/ a house/ some land DON'T overspend and live beyond your means EXPECT success, security and stability</p>	<p>AQUARIUS DO share your knowledge with those that need it DON'T get into conflicts EXPECT to meet a spiritual advisor</p>
<p>GEMINI DO protect yourself from negative energies DON'T trust everyone with everything EXPECT to get healed</p>	<p>VIRGO DO expand your horizons in your career DON'T restrict yourself EXPECT growth and positivity</p>	<p>SAGITTARIUS DO stay in gratitude DON'T find fault with others EXPECT emotional fulfilment</p>	<p>PISCES DO go with your gut feeling DON'T allow your concerns to be ignored EXPECT be careful who you discuss your finances with</p>

Nita Chhotalal is on [f @Divine Grace - Nita Chhotalal](#) [@mysticalguidancebynita](#)

QUEEN:
Uploaded by @kareenakapoorkhan
(Kareena Kapoor Khan) →



PRINCE CHARMING:
Legacy? I'll make my own. Taking my first stride with @pumaindia Uploaded by @iakpataudi (Ibrahim Ali Khan)



WANDERER:
Lost in the city streets like a lost sock in the laundry - slightly confused, a tad disoriented, but still hanging in there! Navigating the urban jungle with the grace of a clumsy flamingo, I've mastered the art of getting turned around in the most spectacular fashion. Who needs a compass when you've got a knack for unintentional detours? Uploaded by @nyasendr (Riya Sen)



ROYAL:
Stepping into the world of Koshur has been a journey back to roots, crafted by the incredible Shantanu Goenka. This collection merges the deep, traditional beauty of Kashmiri craftsmanship with a modern touch that speaks directly to today's style. Here's to Koshur—where each thread weaves a new story. Uploaded by @meezaanj (Meezaan Jafri)



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POLISH JAZZ ARTISTES PIOTR DAMASIEWICZ AND KUBA WÓJCIK TALK ABOUT THEIR MUSIC ON A VISIT TO CALCUTTA. **t2** LISTENED IN

Jazz Po Polsku, a jazz foundation from Poland, is on a world tour. As part of that, the duo of Polish artistes Piotr Damasiewicz (trumpet) and Kuba Wójcik (guitar) paid a visit to Calcutta. The two gave two stellar performances at Skinny Mo's Jazz Club on Manoharpukur Road and wrapped up their last gig on International Jazz Day (April 30) at The Stein Auditorium at India Habitat Centre in Lodhi Colony, New Delhi. The artistes, along with Jakub Krzeszowski, the founder of Jazz Po Polsku, mainly focus on exploring the different cultures across the globe as a part of their Around the World project. **t2** sat down for a chat with Damasiewicz and Wójcik. Excerpts.

How were your gigs in India?

We wrapped up gigs in Delhi, Gurgaon, Goa and Calcutta and we're happy to be here for our international tour in India. We released two albums (*Krew* and *Diavolezza*) as a duo and we're aspiring to incorporate our learnings of different cultures from our tour in the projects to come. India is very intense for us. There are a lot of things going on with a rich culture and it is indeed inspiring — from the yoga tradition to raga music. The gigs were amazing across the locations despite the hot weather. Goa, with the beach nearby and thriving nature, was too special. In the Calcutta gig, the reaction of the audience was great and they responded well to our compositions. The spiritual and cultural aspects of our music have been greatly inspired by what we saw in India. We explored new places and soaked in things differently.

How significant do you think it is to celebrate International Jazz Day?

We've had a great opportunity to play with musicians from across the globe, and it's very similar to the idea of the project we're on — the sole purpose being to connect with artistes and other people, learn from each other and share our knowledge. I think it's an excellent opportunity to exchange ideas. This is a powerful force to create new music and Jazz Po Polsku gives the chance to exchange energies, which is very important as musicians.

From the Himalayas to the Alps, you've attended residencies on steep slopes and the hills. How has it impacted you?

We attended a prestigious residency called in 2021 and it was two to three weeks of living in a small town in an old house in the hills. There we worked on



Polish jazz musicians Kuba Wójcik (guitar) and Piotr Damasiewicz (trumpet)

our albums, spoke music and connected. We walked through the mountains and played two concerts, one of which made it to our album *Diavolezza*, named after a peak we reached during our trek. When you travel, you learn, you transcend and there's a spiritual upliftment. The energies are elevated in the Himalayas in Nepal. When we crossed the border of Europe, we also crossed a mental border. We visited different temples, monasteries and churches and got very inspired by the meditateness and contemplative nature of our tour. We climbed up some ladders in our head and, as artistes, it has emancipated us. Natural elements and the environment became inspirational for us. During the pandemic, society transferred some negative energy and climbing up

the mountains helped us recover.

How do you incorporate culture into instrumental music?

The kind of music that we do is improvisational, but whatever we play comes from whatever we see, experience and learn. Each of the tunes we practice comes from cultural and socio-political aspect and also nature. From visuals to conversations, new things spotted, and cultural exchange, we're telepathically connected with each other and, of course, listening to people's music in the process gives us an insight into what to create next. For both of us, we've a strong telepathic connection and when one begins the notes, the other ebbs along like it was written fate. Indian ragas and yogic chants are some of the things we've picked up and can

translate it into the pieces that we play. It enhances our soundscape and it helps us improvise as the root of improvisation is to pick up pieces from our lives and fill it into the puzzle. From the harmonic aspect of the jazz music, how it is created — its entwined with society and experiences gathered. We become more open, focus on listening and concentrate on the emotions, bridging the gap and having an artistic crossover. Our goal is to transcend the musical and mental boundaries by drawing inspiration from the variety of cultures and environments. We intend to create unique projects in collaboration with local musicians from both of the countries, establishing firm bonds between different musical worlds. We feel a lot of creations are done subconsciously. So, when we

see landscapes, people and situations, it stays in our heads and when we play we think.

What's the most fun aspect of jazz music?

There are a lot of fun parts. Improvisation is the best! When we go on stage with other people, some magic may happen. It's always worth the anticipation. It's not just with the craft, but when you're on stage with different people, not so prepared, the spiritual exchanges causes the magic to happen. You're more open to embrace new experiences then! You can feel the deep connections with other musicians and it's really amazing, travelling through the different worlds of music is beautiful, you grow through what you learn in the process. It's an important aspect of jazz. Jazz is absurd and you don't always know what to expect, it goes with the flow and tells stories, it's about freedom.

What do you mean by freedom here?

We feel ourselves on stage, we feel free and we can make music.

Coming to the freedom aspect, freedom is sometimes replaced with commercial pressures. What are your thoughts on it?

It is a difficult thing! We're lucky to play the jazz the way we perceive it, by composing originals. Commercial music is financially better for people, of course — jazz world is difficult — but it isn't easy. We need to manage our things, balance our work, produce music, fund and it's a lot of hard work. But it's worth it! Have no expectation from the art, just keep doing better is our motto!

In the city of joy what food did you try out and did you like it? We went bustling on the streets and saw mutton curry plus rice being served, the street food as well. The food aspect of Calcutta is fascinating and we did try out some Bengali food on the streets like the daily commuters and corporates. It was spicy, but tasty (*laughs*).

And in Goa and Delhi, how was your experience?

Goa was beautiful. Chilling by the beach and the cool sea breeze, jamming a little and enjoying the serenity, we loved our stay in Goa! In Delhi, we met a man, an ex-diplomat, who was indeed amiable. He took us for a temple visit and later invited us over for dinner. It was a traditional Indian vegetarian platter, almost plated to perfection and we got a glimpse of culture there too, and it was impressive!

Sramana Ray

Pictures: Jazz Po Polsku



Piotr Damasiewicz

Kuba Wójcik

WATCHIT!

BIG SCREEN

ENGLISH

ABIGAIL (A): Inox Quest (11.30*, 4.30*, 10.55), Inox South City (11.30, 5, 10.25), Inox Forum (9.30, 2.50, 10.25), PVR Mani Square (2.55, 8.20)

CHALLENGERS (U/A): Inox Quest (5.10*, 10.40), Inox Forum (noon, 8.05), PVR Mani Square (5.30, 10.40)

CIVIL WAR (A): Inox Quest (10.20am)

GHOSTBUSTERS: FROZEN EMPIRE (U/A): Inox Quest (11.45*, 7.55*, 10.35*), Inox South City (12.05*, 5.25*, 8.05*, 10.45*), Inox Forum (9.30, 5.25, 11.25), Inox Salt Lake (11.55, 8.20, 10.55), Inox Rajarhat (10.45, 5.35, 10.55), Inox Hiland (11, 4.05, 11.10), Inox Swabhum (10.25, 7.40, 10.20), PVR Mani Square (11.40, 5.15, 10.55), PVR Diamond Plaza (10.55pm), RDB Cinemas (10.45am)

GODZILLA X KONG: THE NEW EMPIRE 3D (U/A): Inox Quest (9.05, 5.15), Inox South City (9.25*, 2.45*), Inox Forum (12.10), Inox Salt Lake (1.30), Inox Rajarhat (9am, 8.15pm), Inox Hiland (10.20pm), Inox Swabhum (5pm), PVR Avani (2, 7.55), PVR Mani Square (1pm)

KUNG FU PANDA 4 (U): Inox Quest (noon), Inox South City (9.15am)

HINDI

BADE MIYAN CHOTE MIYAN 3D (U/A): PVR Avani (10.40, 4.35)

BADE MIYAN CHOTE MIYAN (U/A): Inox Quest (12.50, 7.05*), Inox South City (10, 7.50), Inox Forum (7.05), Inox Salt Lake (10, 4.05), Inox Rajarhat (4.10, 10.30), Inox Metro (10.50, 5.20, 8.45), Inox Hiland (9.50, 6.45), Inox Hind (3.15, 9.45), Inox Swabhum (3.05, 7), PVR Avani (10.30pm), PVR Mani Square (10.30am), PVR Diamond Plaza (10.40, 4.35), PVR Uniworld Downtown (8.35pm), RDB Cinemas (1.05, 9.15)

CREW (U/A): Inox Quest (2.25, 8*), Inox South City (4.35*, 11.15), Inox Forum (5.45), Inox Salt Lake (10.15, 7.30), Inox Rajarhat (7.55pm), Inox Hiland (2.25), Inox Swabhum (4.10, 10.25), PVR Avani (7.50pm), PVR Mani Square (7.55pm), PVR Diamond Plaza (10.30am), PVR Uniworld Downtown (3.05)

DO AUR DO PYAAR (U/A): Inox Quest (9.45*, 7.35), Inox South City (7.25pm*), Inox Forum (2.45), Inox Salt Lake (2.30), Inox



DO AUR DO PYAAR

Rajarhat (11.40am), Inox Swabhum (1.05), PVR Avani (4.45), PVR Mani Square (11.05am), PVR Diamond Plaza (10.10pm), PVR Uniworld Downtown (noon)

GHOSTBUSTERS: FROZEN EMPIRE (U/A): PVR Diamond Plaza (11.25, 4.45), RDB Cinemas (4.10, 9)

GODZILLA X KONG: THE NEW EMPIRE 3D (U/A): PVR Diamond Plaza (2, 7.55), PVR Uniworld Downtown (11am), RDB Cinemas (1.40, 7)

LAAPATAA LADIES (U/A): Inox Quest (2.15), Inox Forum (1.10, 8.35), Inox Salt Lake (4.40, 10.20), PVR Avani (2pm), PVR Mani Square (4.55), PVR Diamond Plaza (1.15), PVR Uniworld Downtown (5.50)

MADGAON EXPRESS (U/A): Inox Swabhum (1.05)

MAIDAAN (U/A): Inox Quest (10.15*, 12.45*, 2*, 5.45*, 9.30*, 10.30*), Inox South City (10.30*, 12.50*, 2.15*, 6*, 9.45*, 10.35*), Inox Forum (11, 2.45, 6.30, 10.15), Inox Salt Lake (9.45, 1.20, 5.05, 8.50, 10.35), Inox Rajarhat (10.30, 2.15, 6, 9.45), Inox Metro (10.35, 2.20,

6.05), Inox Hiland (9.40, 1.20, 5.05, 8.50, 10.10), Inox Hind (10.20, 5, 8.45), Inox Swabhum (10.30, 2.15, 6, 9.45), PVR Avani (10, 1.45, 5.30, 9.15, 10.35), PVR Mani Square (9.20, 9.35, 7.15, 10.55), PVR Diamond Plaza (10, 1.45, 5.30, 9.15, 10.30), PVR Uniworld Downtown (11.35, 1.40, 5.25, 9.10), RDB Cinemas (11.30, 5.40)

RUSLAAN (U/A): Inox Quest (9, 2.05*, 7.50, 10.50*), Inox South City (9.45am*), Inox Forum (9.20, 4, 10.55), Inox Salt Lake (9, 1.35, 7.30), Inox Rajarhat (10.10, 2, 10.45), Inox Metro (2.15, 9.50), Inox Hiland (10, 1, 8.10), Inox Hind (12.10, 2.05, 6.40), Inox Swabhum (10, noon, 6.30, 9.35), PVR Mani Square (1.50, 7.40, 10.45), PVR Diamond Plaza (10.45, 2, 7.55, 10.20), PVR Uniworld Downtown (3.20, 6.25, 9.30), RDB Cinemas (11, 4.15, 9.30)

SHAITAAN (U/A): Inox Rajarhat (2.45), Inox Hind (2.05), PVR Avani (10.15am)

BENGALI

ALAAP (U/A): Inox South City (2.05, 7.30), Inox Salt Lake (5.30), Inox Rajarhat (1.20, 7.35), Inox Hiland (1.10, 5.15), PVR

Mani Square (2.20), PVR Diamond Plaza (1.50, 7.25), RDB Cinemas (3pm)

ETA AMADER GOLPO (U): Inox Rajarhat (5.05), Inox Hiland (4pm), PVR Diamond Plaza (7.25pm), RDB Cinemas (6.30)

MIRZA (A): Inox South City (4.20), Inox Hiland

(6.50), PVR Diamond Plaza (4pm)

OTI UTTAM (U/A): Inox South City (1.20), PVR Diamond Plaza (5pm)

MALAYALAM

PAVI CARETAKER (U): Inox Quest (4.15)

The Telegraph
CLASSIFIED *What's On!*

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MASTER AFFAN KUTTY IMPRESSED THE STUDENTS AND GUESTS AT SOUTH CITY INTERNATIONAL SCHOOL WITH HIS CUBING SKILLS

The students of classes VI, VII and VIII of South City International School stared in awe as Master Affan Kutty, a speed-cuber with his name in the Guinness World Book of Records, Limca Book of Records, India Book of Records and Asia Book of Records, addressed them and performed some unbelievable tricks with the Rubik's cube.

Affan's story is an inspiration to thousands of kids as he was addicted to mobile phones till early 2019. In order to beat the addiction, his father introduced him to the Rubik's cube. The idea was, according to Kutty, "to deal with a harmful addiction it must be replaced with a positive one."

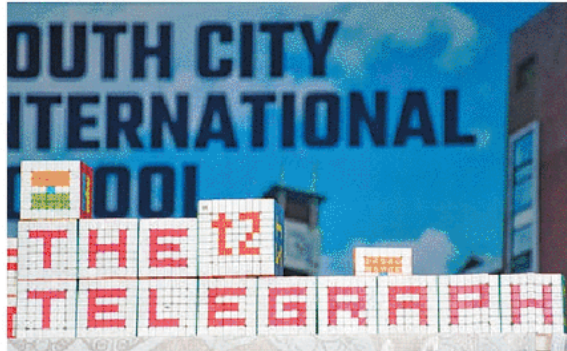
While Kutty wrote names of the host school, names of guests and made actor Richa Sharma's picture using Rubik's cubes, what is even more interesting is that he was blindfolded the entire time. While addressing the assembled students, Kutty said: "You have to remember three things in life. First, always believe in yourself as self-realisation is the first step to achieving your dreams. Second, positive motivation is necessary for all journeys. Third, unconditional love and support from family and friends is imperative. Had my family not been so supportive, I would not have been able to get over my mobile addiction, leave alone achieve these feats."

Satabdi Bhattacharjee, principal of South City International School, addressed the children and expressed her excitement ahead of the event. After the event, she told t2: "His life story is very relatable and inspirational to the students sitting here. He was first addicted to mobile phones and now he has achieved a position where he can make wallpapers and images using the cubes. I want every child to be inspired by a real-life hero and he is one! His creation of the name of our school was one of the proudest moments for me because he is also very young."

GUESTS SPEAK

Actor Richa Sharma said: "Life is like a Rubik's cube. Sometimes you have to twist and turn things around to find the right combination for success. Incredible experience with Master Affan Kutty and thankful to Amit Agarwal who asked him to create something which will be a memory of a lifetime for me. Master Kutty is an inspiration to so many of us and, as a parent, I could relate to how proud we feel when we see our kids doing things which also motivates other children."

Imran Zaki, who was a guest at the event, said: "I am very impressed by Master Kutty and it is very important to introduce



The t2 logo was made by Affan Kutty within minutes and he did it blindfolded! He also wrote 'The Telegraph' using cubes.



Amit Agarwal, Affan Kutty and Richa Sharma with the portrait of Richa that Kutty made using cubes.



The children who attended the event were bubbling with excitement.

students to people like him. Prodigies like him ignite flames in young minds. Even if five students in the audience get inspired by him, it matters. Like he said, consistency is the key and I believe that is a very important takeaway from today's event."

Amit Agarwal, a film producer and entrepreneur, said: "After seeing Master Affan Kutty solve not only the 3x3 Rubik cubes but also 9x9 and 11x11, I am speechless. I have observed him closely twice earlier too and I feel like he is a divine child. I was introduced to Affan in Mumbai by a common friend and he surprised me there

by creating my image on the cube while being blindfolded. I just thought of bringing Affan's talent in front of people in Calcutta and with support of my friend Richa Sharma, South City International School and t2, The Telegraph, I was able to achieve it."

"I am spellbound after watching Master Affan Kutty creating names, numbers and images blindfolded and that too before the specified time. He is a gifted talent and I feel honoured to witness such a great event at South City International School," said Ayushi Kandoi, a spiritual healer who was also present at the event.

Pouja Roy, who is the winner of Mrs India International 2021 and Mrs Asia Global 2023 was present at the event as her son studies



in class II at SCIS. She said: "It is incredible how inspired the students are by Master Kutty. I am stunned! My son is into robotics and cars for now but after watching Master Kutty, I am definitely going to introduce a Rubik's cube to my son."



(L-R) Ayushi Kandoi, Nita Kanoria, Imran Zaki, Satabdi Bhattacharjee, Affan Kutty, Richa Sharma and Amit Agarwal. Kutty also wrote the name of South City International School using Rubik's cubes.



Affan Kutty



Satabdi Bhattacharjee felicitated Kutty and welcomed him to SCIS for his first performance in Calcutta.



Neeta Kanoria was elated as Kutty wrote WINGS using his immaculate skills. WINGS is a pre-school run by Kanoria. She said: "It is magical what children learn at this age and exposure to brilliant individuals like Master Kutty is crucial. Practice makes a person perfect and Master Kutty is one of the greatest examples of that."

Sanjali Brahma

Pictures: Biswajit Kundu

TECH



NEW REGULATION IN THE UK TO MAKE PASSWORDS MORE SECURE IS WORTHY OF GLOBAL IMPLEMENTATION

Don't tell me your Wi-Fi password is 'ABcd1234'. Worse? That would be '12345' or 'admin'. Easily guessed passwords are getting killed in the UK as part of world-first regulation to protect against cyber attacks. The rationale behind the new measures should be emulated across the globe to make it difficult for cybercriminals to break into hardware such as phones and tablets.

Be it our phones, tablets, Wi-Fi router, smartwatches and whatnot, everything needs a password and usually we choose the easiest of them. The worst passwords of 2023, according to NordPass, were

'123456', 'admin', 'password', '123', 'Aa123456'... the list goes on.

The new measures to protect consumers from hacking come from UK's department for science, innovation and technology. What does it mean? Manufacturers of phones, TVs and smart doorbells, among others, are now required to protect Internet-connected devices against access by cybercriminals and users will be prompted to change common passwords.

The Product Security and Telecommunications Infrastructure Act (PSTI) makes it mandatory for manufacturers to provide a point of contact for individuals reporting security

The UK is doing away with bad default passwords.
Illustration: The Telegraph

concerns besides offering a minimum period during which security updates will be given. However long the minimum length of time, it should be clearly mentioned to customers.

The rules will apply to products that connect directly to a home network or directly to the Internet. The list includes smart TVs, streaming devices, smart speakers, games consoles, smartphones, tablets with cellular connectivity, video doorbells, home security cameras, baby monitors, smart light bulbs, plugs, fridges, ovens and wearables.

We are living in an era when a home filled with smart devices could be exposed to more than 12,000 hacking attacks from across the world in a single week, with 2,684 attempts to guess weak passwords on five devices, according to an investigation by Which?, a consumer group that promotes informed consumer choice.

The UK's science and technology minister, Jonathan Berry, said: "As everyday life becomes increasingly dependent on connected devices, the threats generated by the Internet multiply and become even greater."

In the US, the FCC is working on a similar plan with Cyber Trust Mark programme. The Cyber Trust Mark logo indicates which products comply with the programme's requirements, including strong default passwords.

Mathures Paul

MICROSOFT SHOWCASES SEVERAL GAMES AS PART OF ID@XBOX



A moment from 33 Immortals

Microsoft's latest edition of ID@Xbox, a showcasing of indie games headed to Xbox and PC, has given us details on several titles. And there is something for every gamer.

Promise Mascot Agency is a new game in which you play as a disgraced yakuza sent up-country to run a mascot agency while All You Need is Help comes with a gaggle of anthropomorphised tetriminos you and your friends use to solve puzzles and overcome obstacles.

Ever seen colourful dungeons? That's what you get in Dungeons of Hinterberg. It's coming to Xbox and PC on July 18. Another new game is Centum in which the player is trapped in a computer game.

The upcoming summer game Keylocker has been described as a "cyberpunk, turn-based, rhythm JRPG" and an equally awaited game is 33 Immortals

in which your job is to make it through ever-changing dungeons.

We are also looking forward to Astor: Blade of the Monolith in which players control the titular character, Astor, as he tries to put together pieces of an ancient mystery. Claymore Game Studios has given a new look at the next entry in the Commandos franchise, subtitled Origins. Set in World War II, players control Jack O'Hara or one of his five companions in a series of missions.

And let's not forget Lost Records: Bloom & Rage, which offers '90s nostalgia, with kids skateboarding and footage of the trailer being "recorded" from a camcorder. Also looking cool is Sulfur, a first-person shooter with roguelike elements and an old-school design.

Mathures Paul

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IN A t2 CHAT, ACTRESS ANINDITA BOSE TALKS ABOUT HER NEW VENTURE THAT BRINGS HER TWO PASSIONS — FASHION AND ART — TOGETHER

After dropping teaser posts on Instagram for about a week, actress Anindita Bose finally revealed her new venture last week. Taking forward her passion for art, she has started her brand called Anindita Bose Art. Her launch collection is all about comfy T-shirts featuring her fun and quirky artwork inspired by everyday life and influenced by feminine energy. Done in monochrome shades of white and black, her new venture of conjoining art with fashion shows her efforts in making her art wearable and accessible. A t2 chat with Anindita on her new venture:

What made you want to venture into entrepreneurship with your art?

I don't think I want to call it entrepreneurship because the term scares me a little and makes me sound very serious. I am not a very patient person also. The whole idea was to incorporate the two things I love the most — art and fashion. I love oversized T-shirts, especially, in this season which is so terribly hot. I literally cannot think of wearing anything that is not cotton or something which is extremely tight-fitted. So, I thought it was a great time for me to launch my brand and see how people respond to it.

I started with a very small batch. It has been just a week and more than half of my stock is sold out. It has been so overwhelming because I know people have been following my art and artwork for a long time. Maybe not too many people are still into purchasing art for their homes, so I thought that I could keep it more accessible for everyone to own a piece of my art. Now they wear it and they wear it in a very comfy way.

How long did you have it in your mind?

I started working on it last year. I have had it in my mind for three-four years. Especially when the pandemic hit, we were all stuck in our houses and that is when I started practising my art again. I was putting it out on social media. I saw how people were reacting to it and starting conversations around it. Some resonated with it and that is what intrigued me. Doing exhibitions is of course there. But this is more of my way of putting my artwork out there.

What inspired you to pursue art so actively again?

I was practising art throughout my acting career as well but couldn't give it enough attention because my attention was always divided. Practising artwork was getting sidelined. During the pandemic, all of us were going



Anindita Bose

through so many emotions. I was away from my family and friends. I am someone who is not so vocal with my emotions and feelings and cannot write them down. For me, I used to keep sketching every single day just to keep myself on track. It was my way of doing self-therapy on myself. That is how the daily practice started during the pandemic.

What do you like to express mostly through your artwork?

It can be anything. It can be an everyday thing or a funny incident that I witnessed on a particular day. I like to visualise it in my head, live with it in my head and sketch it out. Most of it is feminine. I feel that the last three-four years helped me to find myself. It was the pandemic that helped me to understand myself way better in these three-four years than how it was previously. Hence a lot of it is way feminine and it is about owning your power, your strength and self-love. Trying to find perfection in imperfection. I belong to a field (acting) where everything is the opposite. Everything has to be pretty and perfect. That can get so exhausting. I have been doing this

for 15 years and I am always thinking what will happen when I step out.

There's a point in your life when you are just exhausted and you say to yourself that I am going to own whatever I am. Of course, be presentable but also be mindful, don't go out like a homeless person but also don't get weighed down by societal norms of beauty. All these things in my head helped me to make my artwork. But it is also inspired by something very



random. I was holidaying with my sisters in Goa and saw a man eating crabs. And I thought he had killed so many crabs, so maybe one day a crab would come and kill him! And I ended up drawing that he is enjoying on a beach and a crab is holding his toe. It can be something as random as that also. But it is mainly the feminine energy, our idea of power and our idea of beauty.

Have you always been a fashionista? Was there any change in your source of inspiration in trying to make your art wearable?

I don't think I was always a fashionista. I have always followed what I am comfortable with. And since I am an artist, colour palette is very important to me. Even when I am going out for grocery shopping... it is colour-coordinated. I am never in a yellow pant and a red T-shirt. That's by default. But of course, being in the industry for so long and having to be presentable has made me follow a lot of trends and fashion. The material and the cuts that I use are influenced by it.

Most of the artwork that I made is two or one year old and is made out of experience. I wanted to do fashion but wasn't sure what it would be when I made those. But of course, out of all the artwork, I had to make sure to print something that would look good on a T-shirt, is wearable and has a meaning. So I had to do a lot of trial and error rounds regarding which print would look better on which material.

Who is your fashion line catering to?

I feel anyone and everyone who resonates with my artwork or something that Anindita Bose conveys, which is self-love.

What are your plans with Anindita Bose Art?

As of now only fashion. I will incorporate crop tops and nice cotton shirts with my designs for summer. For winter, we will take out a winter line of hoodies with my artwork for this year. I will also be working on my website and selling my original artwork. I have very few products so I haven't started the website yet. We will go live with the website once I have more products. For now, people can order through our Instagram page. We are shipping all over India.

Priyanka A. Roy

Pictures courtesy: Anindita Bose



SHAYAN MUNSHI GETS INTO KANISHKA'S SUMMER LOOKS FOR MEN, ONLY FOR t2

Model-actor Shayan Munshi is now a Calcutta resident and for Kanishka's, the 54-year-old homegrown legacy brand, founded by Dilip and Nandita Raja, he is like family. On the sets of a special shoot by the brand, where Shayan was back after years, the mood was a collage of fanboy moments. Post-shoot, t2 sat down with Nandita Raja and Shayan, a former top model who also had a successful start in films, with his CV featuring the likes of *The Beng Connection*, *Jhankar Beats* and *My Brother... Nihili*, and, who was now carrying the baton of Dr. Nihar Munshi Eye Foundation, his grandfather's legacy.

Shayan, after how long did you shoot a fashion feature? Shayan: I am not so sure... it's been 10 years for sure. It's been a long time and I feel like a veteran, but it's refreshing to come and work with people I have known all my life. I have known aunty (Nandita Raja) since I was a little boy. So, it's really nice, like a homecoming. To be honest, the t2 team has been a big support to me through my entire career. They've always stood by me and it's nice to give back to them. (Also, I think we have to owe it to Tina Chakraborty, brand manager for Kanishka's). I am not sure if it wasn't for her and aunty involved, I would be here! (Laughs) It was a fun day and this is what I have known my days to be for all my life. I am, however, doing things differently now. I run an eye hospital (Dr. Nihar Munshi Eye Foundation). That said, it is wonderful to be back on a set and meet familiar faces and old friends.

Do you miss anything about your modelling days? Shayan: I don't miss anything because I think I have had everything. I have had my share

and I have done it since I was 16 years old and I have done it till I came back from New York. I am just grateful for the time I had.

You've known the Rajas since you were a kid... Shayan: Aunty's son, Prateek, and I were in school together and we grew up playing tennis. Both of us wanted to be professional tennis players. That's all that we dreamt of. Of course as kids, as boys, we used to fight like cats and dogs, but today we find ourselves in a very good space. Prateek is one of my closest friends and aunty, of course, I have known her for so long and uncle (Dilip Raja) too. They are like an extended family.

Nandita aunty, you've seen Shayan grow up...



Nandita Raja

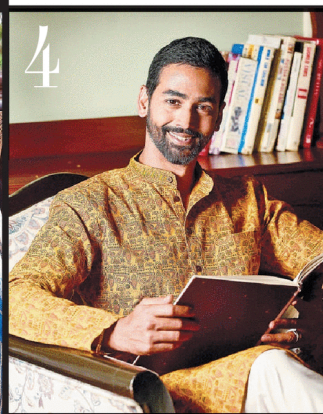
Nandita Raja: Prateek and Shayan were in Don Bosco and would return from school together and I had given the driver strict instructions that they shouldn't be allowed to sit beside each other. (Shayan laughs out loud) They would come back home with torn shirts every day. Shayan: I was more *musti baaji* and Prateek was more serious.

Nandita Raja: Uncle (Dilip Raja) would take them to tennis classes every morning at 6am. Do you remember, Shayan?

Shayan: Of course! We used to go to court every morning at 6am and play till 7.30am and from there, straight go to school, finish school and come back at 2pm, get to the court at 3pm, play till 6pm and then go home and study.

Nandita aunty, you've also seen Shayan's journey to popularity... Nandita Raja: Shayan had entered movies by then and I remember there was an event at 'Tollygunge Club'. I was seated in the front row and when the event ended, Shayan came to me and greeted me warmly.

I cannot forget that gesture. He still has that mischievousness, though now he is a lot more serious. I appreciate that he decided to move to Calcutta, with his family, to his roots, to take up the reins of the family hospital.



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apt for regular wear. I thought of designing looks that men could wear daily. There are occasions too like a Purna Baisakhi or a rice ceremony or an Ashtami *anjali* when you need to dress up but not elaborately. These styles are great for such occasions. A lot of grooms too are wearing these styles. Our *mul* shirts are very popular. And, of course, Shayan carried off all the looks so well (smiles).

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Pictures: Palitra Das

Styling: Anupam Chatterjee

Make-up: Sunjit

Hair: Debit

Jewellery: Earthharvest

Location: The Bhawanipour House

Kanishka's is located at 21 Hindustan Road (10.30am-7.30pm)

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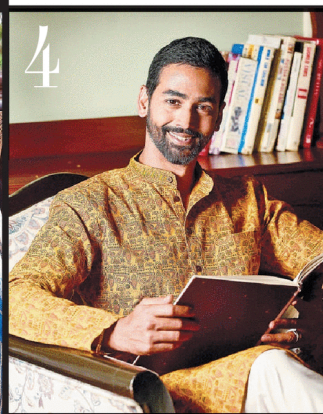
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TUMI ANNANYA AWARDS HONoured WOMEN FROM DIFFERENT WALKS OF LIFE. GLIMPSES

The 19th Tumi Annanya Awards was jointly organised by Lions Clubs International and Beyond Dreams on April 19 at The Fairfield

by Marriott's Empress Hall and presented by Deco Dreams. This event was dedicated to women achievers who had excelled in their fields, set an example with their work and inspired

and empowered others. This year, awards were given away in various categories of excellence to educationists, actors, social workers, administrators, dancers, and more. Snapshots.



Debasree Roy won the award for Cultural Ambassador of India. "Both dance and cinema are a piece of my heart and I have done both with all my heart and soul. I want to acknowledge those who have stood by me in this journey. As I receive this award, I want to urge all budding actors and dancers to keep moving forward. This is also a very special day for me as a few years back I received my National Award on this day," said the beautiful actress.

Chandrani Biswas received the award for Excellence in Education. "I began teaching almost 30 years ago and during my journey, I received a lot of inspiration from my parents. For me, that was the motivation to go forward in life. My heart is filled with joy when I see women in our society rising to greater heights in all domains. I would like to thank my in-laws, my husband, and my dear daughter for being my constant support system. I am eternally thankful to be receiving this award," she said.



Priyadarshini Hakim received the award for Excellence in Social Service. "I feel humbled to be receiving this award among so many inspiring women. Growing up, I was a privileged child and was not much aware of the word 'social service'. It is the small contribution that I make through my work and I feel that all of us should have the reflex to help others. I am grateful that you have chosen me worthy of this award," she said.



Akansha Kaur accepted the Excellence in Empowerment award on behalf of JIS Group.



Churni Ganguly received the award for Excellence in Indian Cinema. "In my acting career, I have mostly ventured into complicated characters as I love the process of it. I have also tried my hands in direction and it was quite an experience for me. To be recognised and appreciated always feels good and I feel grateful for being given this award," she said.

Sauraseni Maitra received the award for Excellence in OTT. "This award is not only mine but belongs to every dreamer out there. I feel I have not done enough to receive this but I am grateful for it. I would like to thank my parents who have always been my pillars of strength. The agreed to do something new and better with each role I play and have been my driving force till now. Please bless me and keep supporting me as I embark on this journey," the gorgeous diva said.



Shanti Das Basak, a West Bengal police officer received the award for Excellence in Administration. "I overcame a lot of situations just by my strength of mind and my perseverance with my job helped me to carry on despite the obstacles," she said.



Sutapa Talukdar received the award for Excellence in Dance. "I have struggled hard to be where I am today and my success has been possible because of your prayers and love. Keep supporting me like this so that I can continue to work for a few more years in my life," said the Odissi danseuse.



"Although there's a lot of work to be done, events like these remind us that our combined efforts for the upliftment and empowerment of women are indeed paying off. Beyond Dreams has been organising socially conscious events across the spectrum with integrity, focusing not just on the success of the event but also inspiring the younger generation. So it has been a pleasure to collaborate with them on these awards as well," said Swati Goswami, chairperson of Tumi Annanya Awards.

Suchismita Maity (t2 intern)
Pictures: Rashbehari Das

THE YELLOW STRAW LAUNCHED A RANGE OF SMOOTHIES AND SALADS, EXCLUSIVELY WITH t2. GLIMPSES

The Yellow Straw launched a range of salads and juices on April 27 at its Sarat Bose Road outlet. The special

guests were a bunch of t2 readers. The fresh fruit juice stop has been delighting taste buds with its salads, shakes and fresh, cold-pressed juices for the

last seven years. The new menu has fresh ingredients, a USP of the brand. There are smoothie bowls too along with salads and fresh fruit juices. t2 dropped by.



Somsiddha Deb Saha (right), who loved a bowl of King Mango Smoothie said: "This is going to be my ultimate fruit and dessert destination. The options are diverse, and the attempt to create innovative fusion items is what has appealed to me."

Cancer survivor Sovu Das came with her son Resham Das (left). She said: "I loved the Fruity Coconut Smoothie Bowl the most. This is a healthier alternative to our regular, oily, spicy tiffin. I am 65+ right now. For me, health is everything. And this is the kind of food I fall back on to remain healthy."

Sharing the same bowl with his mother, Resham, an IT professional, said: "This bowl is simply the best. It has a delightful combination of all my favourite fruits. Pomegranate, kiwi and coconut. The combination of yoghurt and jaggery makes this one hard to miss. With the variety of fruit salads they have on the menu, I am sure the brand will attract a wide range of health-conscious foodies like me."



Sohini Raychaudhuri, a teacher, dropped by with her mother Manika Raychaudhuri. Sohini enjoyed King Mango Smoothie Bowl, Avocado Dill Ranch Salad, and Healthy Quinoa Salad and sipped on watermelon and pineapple juices. "The fruits and vegetables are fresh. It's important to rely on this kind of meal to beat the heat. Thanks to t2 and The Yellow Straw for having us here today". Manika said: "I am loving the ambience as well as the food. The fresh ingredients make the dishes not only healthy but tasty as well. I am feeling energised after having these unique fruit salads that are available in so many different combinations. I believe these dishes are going to make one's summer an extra bit bearable."

t2 PICKS



The Avocado Dill Ranch Salad is made of avocados, French Beans, carrots, broccoli, English cucumbers, sweet corn with assorted lettuce and is tossed with Dill Ranch dressing. It is served with Hara Bhara Kebabs.



Fruity Coconut Smoothie Bowl: Pick up this bowl of deliciousness made up of the goodness of yoghurt blended with coconut crumbs, jaggery and soaked oats. The bowl is topped with fresh kiwi, pomegranate, butterscotch caramels and crunchy muesli.

King Mango Smoothie Bowl is filling yet light on the stomach. Make the best of your summer days with this delicious marriage of Greek yoghurt, fresh mangoes, soaked oats, mixed seeds and muesli.



Healthy sliders are also a part of the menu. Go Green Slider (left) is made of multigrain bun, cheese slice, pesto sauce, fresh lettuce, broccoli and non-fried, Hara Bhara Kebab. On the right is the Mexican Slider made of hummus sauce, non-fried Rajma Galauti Kebab and other ingredients.

Debanjali Nandi
Pictures: Pabitra Das



Vikram Khinwasara (right), owner of The Yellow Straw, said: "After Covid we realised people had an increased inclination towards healthy food but the choices were limited. Based on our customers' feedback, we have come out with a new range of salads as well as some sliders. In our smoothie bowl, we use Greek yoghurt and no added sugar. Everything is prepared fresh here. We use only natural ingredients and even our dressing is homemade. We are against using any artificial flavour-based dips. We are thankful to team t2 for having invited five of their ardent readers to try out our products. Their feedback has given us a lot of confidence to go ahead with this new menu". Co-owner Piyush Kankaria said: "We are excited to launch this extended range of healthy sliders and vegetable salads. The Yellow Straw has always remained synonymous with fresh ingredients. Now this extended menu with a diverse range of topping options will help us reach out to more people with discerning palates."

THE MERCHANT'S CUP 2024






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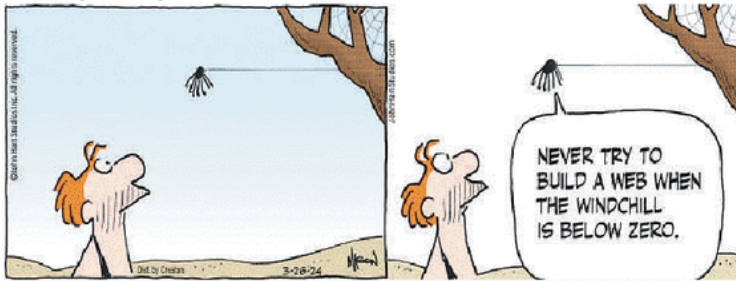
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CIN: U92412WB2003NPL096325



CC&FC GROUND

B.C. by Johny Hart



Luann by Greg Evans



Peanuts by Charles Schulz



The Wizard of Id by Brant Parker and Johnny Hart



Flash Gordon by Dan Schkade



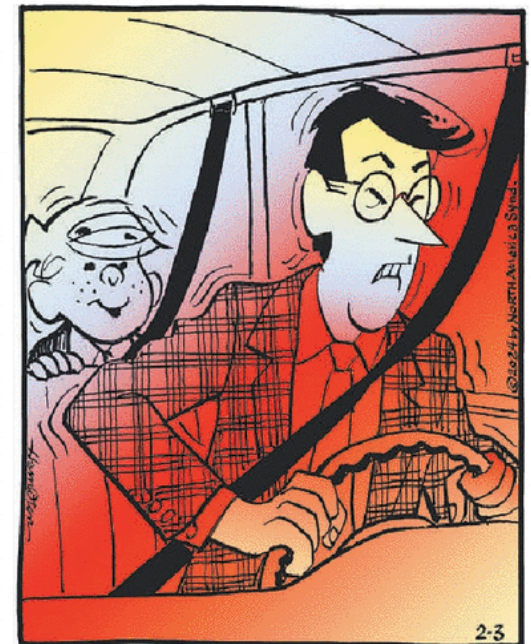
Hagar the Horrible by Chris Browne



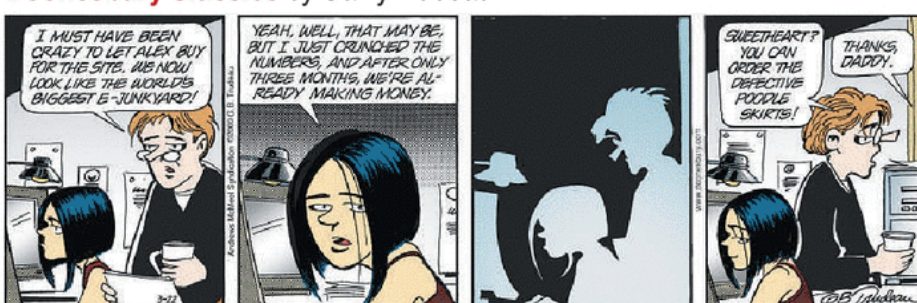
Blondie by Dean Young



Dennis the Menace



Doonesbury Classics by Garry Trudeau



"WOW! THAT WAS A BIG POTHOLE, DAD! CAN WE DRIVE OVER IT ON THE WAY BACK?"

PUZZLE

10918

SUDOKU MODERATE

6	8						3	
3		1	7		9			
4				5				
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	4			3			8	
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9						6	5	

Fill in the 9x9 square grid with the numbers one to nine. The numbers should be arranged in such a way that each row, column and mini-grid contains one of each number. Solution to Sudoku 10916 is on the right

1	6	3	4	9	7	2	8	5
8	7	2	3	5	1	4	9	6
5	9	4	6	8	2	7	3	1
6	1	5	8	7	9	3	2	4
9	2	7	1	4	3	6	5	8
4	3	8	5	2	6	1	7	9
3	5	6	7	1	8	9	4	2
7	8	9	2	6	4	5	1	3
2	4	1	9	3	5	8	6	7

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10919

SUDOKU DIABOLICAL

8	3		1					9
	9		8				7	
1				6				3
	4			8				
		3				7		
				7	1		3	
7			9					6
	8				5		4	
4				2		8	5	

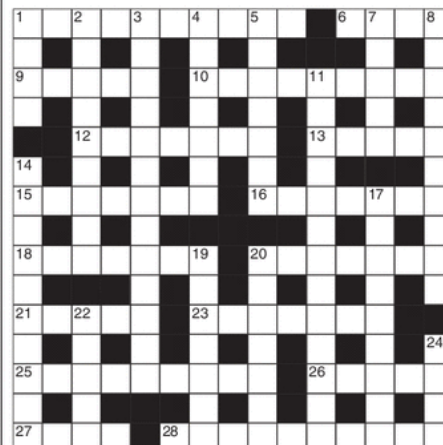
Fill in the 9x9 square grid with the numbers one to nine. The numbers should be arranged in such a way that each row, column and mini-grid contains one of each number. Solution to Sudoku 10917 is on the right

6	4	8	3	9	7	2	1	5
5	9	2	8	1	4	6	7	3
3	1	7	5	2	6	8	9	4
2	3	4	7	8	5	1	6	9
9	7	1	2	6	3	5	4	8
8	5	6	9	4	1	7	3	2
7	6	9	4	5	8	3	2	1
1	2	5	6	3	9	4	8	7
4	8	3	1	7	2	9	5	6

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14316

CRYPTIC CROSSWORD



ACROSS

- 1 Poorly ran start of marathon – is fellow past it? (10)
 6 Dropping somewhat ambitious catch (4)
 9 Cyril swapping tips for a kind of poetry (5)
 10 Hound old lady with this same, oddly opinionated attitude (9)
 12 Agreeing with mafia boss about racket getting grand (7)
 13 Unlikely result, winning part of match (5)
 15 Page Finn spoils, leaving a bit of a mark (7)
 16 Frame of silent film's showing what cowboy may wear (7)
 18 Awfully rich person wanting child, a source of Tweets? (7)
 20 Signal before party one shouldn't get potted (3,4)
 21 Idiot has look around for way to get hold of stock (5)
 23 Good golfer might achieve this score (7)

- 25 Player inspiring woe thrashed at Reading (9)
 26 A long letter (5)
 27 Give makeover to Republican Party, filled with energy (4)
 28 What rot Sky is televising about an anticapitalist! (10)

DOWN

- 1 Clay beneath motorway in African country (4)
 2 Large plain green site for development (9)
 3 Clumsy manner of speaking about papers lying (8-5)
 4 Arithmetical procedure to divide by 50 is confusing (7)
 5 Books in French, with jokes about English (7)
 7 Shots of wedges of fried potatoes (5)
 8 Work briefly with pins and needles in attractive fashion (10)
 11 Think chaps in Aldershot's outskirts stop car rides here (9,4)
 14 Temperature in clear soup wrong, one supposes (10)
 17 Time to board a ship – get revised fare from Palermo? (9)

Yesterday's solution

CHAOTIC	BECAUSE
ARCH	UOONN
PERFORM	DENTIST
TIRM	GSCAI
ADVENTURE	TROUT
IE	NRL
NASTY	INFLUENCE
OSOC	
ENCOUNTER	TYPES
XHN	BRE
CLING	SWITCHING
UVST	DOVM
SWIFTLY	DECLARE
EEEL	EOIN
DESERVE	NEAREST

By arrangement with The Daily Telegraph

Jumble

David L. Hoyt and Jeff Knurek

JUMBLE

THAT SCRAMBLED WORD GAME

Unscramble these Jumbles, one letter to each square, to form four ordinary words.

ZNEOO

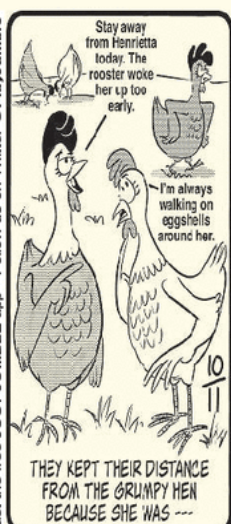
FTRID

PMAWYS

LOTNDU

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Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

(Answers tomorrow)

Yesterday's Jumbles: LEAVE QUEST INFAMY PROVEN
 Answer: When people first saw Thomas Edison's light bulb, their – EYES LIT UP

13968

QUICK CROSSWORD



ACROSS

- 1 Agriculturist (6)
 4 Hearts, e.g. (4)
 8 Amuse (6)
 9 Body of work (6)
 10 Break open (5)
 11 Dextrous (7)
 13 Smile (4)
 15 Fish eggs (3)
 16 US university (4)
 18 Hobby (7)
 20 Team (5)
 23 Frolic (6)
 24 Priest (6)
 25 Cast off (4)
 26 Travel problem (3,3)
 (4)
 5 Often (7)
 6 To the point (5)
 7 Fibs (7)
 12 Oat-topped dessert (7)
 14 Changing (7)
 17 Prominent (7)
 19 Gather (5)
 21 Suppress (5)
 22 Pinnacle (4)

Yesterday's solution

Across: 1 Lie; 3 Viz; 5 Suite; 8 Maple; 9 Bondage; 10 Send; 11 Manifest; 13 Prefer; 14 Mended; 17 Secretly; 19 Asks; 22 Exactly; 23 Ahead; 24 Speed; 25 Red; 26 Try.
 Down: 1 Lambs; 2 Expense; 3 View; 4 Zebras; 5 Sentinel; 6 Image; 7 Ejected; 12 Selected; 13 Poses; 15 Dessert; 16 Player; 18 Crane; 20 Sadly; 21 Hard.

(Next Quick Crossword will appear on Friday)

By arrangement with The Daily Telegraph

WHAT'S YOUR FAVOURITE READ THIS WEEK?

Browse through t2ONLINE and let us know which article is your current favourite and why in 20 words by sending a mail at entries@t2online.in.

Check out this space for the best answers received.

Scan the QR to browse



WHAT DOES YOUR HEART CRAVE IN THIS SWELTERING HEAT, GELATO OR A KULFI? t2 LISTS SOME FROZEN DESSERTS FOR YOU TO CHOOSE FROM

Indulging in frozen desserts during scorching summers is a heavenly feeling. As the mercury rises, these icy treats are an instant relief. From creamy gelato to refreshing sorbets, options are plenty to satisfy every craving. The delightful contrast of flavours and textures ignites joy, making each spoonful a blissful experience. Not just refreshments, frozen desserts evoke memories of carefree summers, transporting us to our childhood. Enjoying frozen desserts in summer is not just about cooling off, but also about savouring life's simple pleasures. t2 lists 14 F&B outlets around the city that serve some delightful frozen desserts.



TRAFFIC GASTROPUB:

A delightful frozen take on the timeless cheesecake with the creamy goodness of ice cream paired with the satisfying crunch of Oreo cookies. Dig into the **Oreogasm 2.0** at this party zone at City Centre New Town.
Price: Rs 345



PINKK SUGARS:

Summers call for the king of fruits- mango. The pretty pink cafe in Salt Lake churns its own mango gelato to create this refreshing and unique dessert that combines the sweet and tropical flavours of Alphonso mangoes with the earthy and smoky taste of charcoal. The **Mango Gelato in Charcoal Cone** features a scoop of creamy and smooth Alphonso mango sorbet, served in a crispy and crunchy charcoal waffle cone.
Price: Rs 200 plus



YAUATCHA:

Summers are incomplete without a tub of creamy ice cream in the fridge. Tucked away on the 5th floor of Quest Mall, this dim sum tea house serves the **Hazelnut Praline Ice Cream** where the chocolate teases with its crunchiness and the silky texture enhances the nuttiness that the hazelnut brings.
Price: Rs 650 plus for 500ml tub



SORANO:

A frozen dessert list is incomplete without the classic gelato. This aesthetic Italian dine-den on Ho Chi Minh Sarani serves gelato in different flavours like **Roasted Hazelnut**, Belgium Chocolate and Trio of Berry which will transport you to the streets of Rome and Sicily.
Price: Rs 245 onwards



BUBBLE N TEA ASIAN CAFE:

This hidden Asian cafe in Salt Lake, Sector III, makes us scream for ice cream with its **Choco Cookies Sandwich** where the ice cream sandwich makes up the classic gooey vanilla/chocolate ice cream centre and is encased with chocolate chip cookies. It is then dipped in chocolate chips for that crunch, making it the crowd favourite.
Price: Rs 259



KAHANI:

Sugarcane juice turned into sorbet? It's a dream for a sweet tooth. This new all-vegetarian restaurant at Bhowanipore uses freshly squeezed sugarcane juice mixed with lemon juice, mint leaf and ginger. It freezes it at a minus temperature to create its in-house **Sugarcane Sorbet**. A must-try frozen dessert this summer.
Price: Rs 195 plus

OLTERRA:

The Greek-inspired brewery at Park Street serves delicious **Frozen Bliss With Gondhoraj**, a modern take on the kulfi recipe, made with fresh milk, cream, **gondhoraj** lemon leaves and zest served with frozen berry bowl.
Price: Rs 419 plus

FOOD

**LA MACARIO CAFE:**

Dig into the creamy layers of decadent dark chocolate ice cream sandwiched between **Nutella-stuffed homemade wafers**, available at this hidden gem at Wood Street.

Price: Rs 390

**BOMBASTIC SUPPER CLUB:**

The Yoshoku cuisine and gourmet experience serving supper den located on the 6th floor at Celica Park serves the **Frozen Mango & White Chocolate Slab** which features layers of ice cream, mango sponge, soft mascarpone, fresh chunks of Alphonso and lots of white chocolate.

Price: Rs 475 plus

**BURMA BURMA:**

The quirky tea room on Park Street serving authentic Burmese cuisine has soothing **Avocado and Honey Ice Cream** on its menu. Made with creamy avocado ice cream topped with honey caviar and coconut fumes, the dessert is a treat to the eyes.

Price: Rs 400

**UDH 1590:**

The **paan-flavoured kulfi** blends the rich, creamy goodness of traditional kulfi with the aromatic essence of betel leaf. This unique dessert tantalises the taste buds with a symphony of flavours, combining the sweetness of thickened and reduced milk with the refreshing bite of **paan**. Each creamy bite is infused with the earthy notes of betel leaf, creating a harmonious balance that's both exotic and comforting. It is available at all outlets of this period dining restaurant.

Price: Rs 160

**FABBRICA:**

Sometimes just a chilled glass of **Affogato** made with Espresso, vanilla ice cream and 76 per cent Belgian chocolate, will seal the deal this summer. Available at the quaint Italian cafe (both outlets at City Centre Salt Lake and Elgin Road).

Price: Rs 350

**PAPRIKA GOURMET:**

Mango Cakescicles comprises vanilla sponge with mango puree dipped in white chocolate and garnished with seasonal mango. Paprika Gourmet is a Calcutta-based exotic artisan catering service located on Loudon Street.

Price: Rs 100 per piece

**FIVE MAD MEN:**

The gastro playpub at Salt Lake Sector V serves **Alcopops** in Mojito, Pina Colada, Sangria, LIIT, Sex on the Beach and Cosmopolitan flavours. Each bite offers a refreshing burst of fruity goodness, ideal for beating the heat and savouring the season.

Price: Rs 295 plus each

Rohini Chakraborty

Pictures courtesy: The outlets

**ACTOR SOHA ALI KHAN
AND FITNESS INSTRUCTOR
YASMIN KARACHIWALA
PUT THE SPOTLIGHT ON
GOOD HEALTH**

Celebrity fitness trainer Yasmin Karachiwala and actor Soha Ali Khan were in town for a panel discussion on 'Snack Smart for a Healthier Family and Stronger Immunity' at The Park on April 25. Organised by the Almond Board of California, also present at the informative discussion was Ritika Samaddar, regional head, dietetics, Max Healthcare, and together they discussed the benefits of almonds, meal-planning, the right way to snack and more. Post the talk, Yasmin and Soha sat down for a quick chat with t2.



Ritika Samaddar,
regional head,
dietetics, Max
Healthcare Delhi



Yasmin Karachiwala

YASMIN KARACHIWALA

Pilates trainer Yasmin Karachiwala's mantra is simple — eat a handful of almonds everyday. Yasmin, for whom nuts, and especially almonds, is a powerhouse of energy, talks about the importance of almonds in the diet, her upcoming manual for Pilates instructors and more.

As a fitness expert, you keep propagating the consumption of nuts in your sessions and in your books. How significant are nuts according to you?

For me, nuts are super important and especially almonds, because they're easier to find and they can't go bad very easily. Other nuts don't have the longevity that almonds have. So for me, almonds are extremely important. I've always had them and, whenever I travel, I feel insecure if I don't

For me, nuts are super important and especially almonds, because they're easier to find and they can't go bad very easily. Other nuts don't have the longevity that almonds have. So for me, almonds are extremely important. I've always had them and, whenever I travel, I feel insecure if I don't have a box of almonds in my bag — Yasmin Karachiwala

have a box of almonds in my bag. Even now, when I was coming, I stopped at Starbucks to get a black coffee and I picked up almonds. I have to have almonds in my bag because sometimes when you're on a flight and it doesn't take off on time, at least you know that the almonds are going to rescue you. I know the benefits of almonds are far more, the fat value in almonds is just perfect. California almonds are my favourite brand.

Almonds are consumed in different forms — soaked, roasted and raw. How can one get optimum benefits?

So for me, *bheego ke rukho* is too much of an effort. Also, I actually like the skin of almonds. I feel there's something amiss without the skin. I like the fibre in the skin so for me, a whole almond is important. Maximum what I'll do is I'll roast it. I use a lot of almond flour for cakes and breads. As for the optimum effects, it depends on how much almond you are having and if it's in its purest form. Also, it's difficult to measure in powder or liquid form. However, it is very important to have a handful of almonds a day and not more.

How religiously do you include almonds in your diet?

I'm very clear. I know that for my lunch I need to have protein, vegetables and carbs. So I will make sure that there's chicken or fish or eggs. In the evening I love having a cup of coffee, so that's when I have my almonds.

We also talked briefly about including almonds for those hitting the gym regularly. Can you elaborate on it?

The best way to have almonds is to have it with a banana pre-workout. It gives super energy. Post-workout too you can have a few more almonds, not more. Almonds give you a lot of energy for your workout.

Your last book was *The Perfect 10*. What will be your next book about?

My next is not a book, it's a manual. Since I train individuals to become Pilates instructors, I'm starting my own Pilates academy where I'm going to train. It should hit the stand by the end of the year. It takes time because you have to take down each exercise, break it up, explain the pros and cons of the exercise. The manual will not be for any reader or fitness enthusiast but for a Pilates instructor.

SOHA ALI KHAN

Soha Ali Khan who can eat "*lauki*" (bottle gourd) and "*dal chawal*" every day, holds almonds as significant. Looking for interesting big and small screen projects, Soha talks about the significance of eating right and striking a balance between work and family life.

How important have nuts been in your life?

To be honest, I used to think that nuts would make me fat and that they have lots of calorie content and I used to stick to fruits and vegetables. Later, I understood the importance of having good calories and good fats and also the importance of filling up your stomach with good food so that you don't feel hungry two minutes later, which is what a lot of high-sugar foods make you feel. As a child, my mother used to give me almonds, but I think through college and all I didn't have so many because that's when I was in charge of my food. And now in the last six years, I think I have become the best version of myself because as a parent you want to be a good role model. So in the last six years, I've really stuck to that — having a fistful of almonds everyday. I've seen the benefits of that in my life. It's not really what you're eating, it's what you're not eating as a substitute and that has been valuable for me.

How particular was your mom, Sharmila Tagore, about food?

She was very particular about our food. I think with working mothers, you are busy and want to be a good parent as well and one of the most important things you can do is provide good nutrition for your child. So I think even for me, even though I'm there with Inaaya, she's in school for eight hours of the day. So I make sure that she has her handful of almonds, eggs and every nutritious food because then I know at least she's covered; I know that she's getting the protein, zinc, phosphorus, magnesium, fibre from these things.

At least I feel like I've done my part.

How has your fitness

regimen changed?

It has hugely changed because earlier I used to just play sports. When I was in my 20s and early 30s, I just exercised. Now I realise that if I want to continue to play badminton and other sports, I need to strengthen my body, my knees and my back, which becomes prone to injury in the 40s. I know lots of people who think

When I was in my 20s and early 30s, I just exercised. Now I realise that if I want to continue to play badminton and other sports, I need to strengthen my body, my knees and my back, which becomes prone to injury in the 40s... now I do core strength training. I train my core muscles, I do squats, I do lunges, I do push-ups because I want to be able to handle my own body weight for many decades into the future — Soha Ali Khan

that they'll go and play badminton and they'll lose weight and they'll become fit. You have to go to the gym and lift weights and do strength training so that you can go to the court and play badminton and not injure yourself. So now I do core strength training. I train my core muscles, I do squats, I do lunges, I do push-ups because I want to be able to handle my own body

weight for many decades into the future. I think strength training in your 40s is very important because you start to lose a lot of muscle content, especially as a woman. And that turns to fat and then hormonal changes happen and that's awful. As we age we are dealing with perimenopause, menopause and all kinds of changes that happen to our body and one of the ways I find happiness and equilibrium is after a good workout. I feel like it really brings a lot of things into balance.

Moving beyond fitness, when are we seeing you next on the screen?

Honestly, I'm finally bored of being at home and hanging out with my daughter. She's incredibly cute and I miss her even today but I am finally bored and now looking for work. I did *Hush Hush* (2022) last. *Chhorii*, which is yet to come out on Amazon, is a horror movie where I've explored my dark side for the first time. It was interesting for me with a few hours of prosthetics and some scare, which is fun for me. I definitely want to do a lot more when it comes to work but I want to strike that fine balance between being around at home and also being creatively engaged at work.



Soha Ali Khan

Farah Khatoon
Pictures: B Halder

NEW IN TOWN

EXPERIENCE CRAFTED COCKTAILS AND WHOLESOME PAN-ASIAN FOOD AT BOO-TANG, THE NEWEST FUN DINING SPACE IN TOWN. t2 GOT THE FIRST LOOK

Fort Knox on Camac Street has a new F&B outlet, Boo-Tang. Owned by F&B veteran Bunty Sethi and his chef-daughter Muskan Sethi, Boo-Tang wears a warm vibe and offers delicious food and lively tipples. t2 dropped by at the 2,000sq ft outlet on the ninth floor for a walk-through to bring you the highlights.

The story behind the name: "You my lil' boo thang. So I don't give a hoot what your dude say, girl, I know You a lil' too tame" — lyrics from Paul Russell's *Lil Boo Thang* popped in our mind when we first heard about Boo-Tang on Camac Street. But the name popped up in Muskan Sethi's head while she was reading up on Chinese cultures. "I came across the word Wudang, as in Wudang mountains... and from there Boo-Tang came to my mind because it is a very GenZ thing. Like people use the word a lot, like say you are my Boo Thang," explained Muskan. For the uninitiated Gen X and Boomers, the term often stands for someone you have an unofficial relationship with. You could be "talking" to them, you don't call them your friend, and you don't call them your boyfriend/girlfriend, you call them your "boo thang".

Look and feel: Boo-Tang is simple, clutter-free with lots of space to move around in. When you enter,

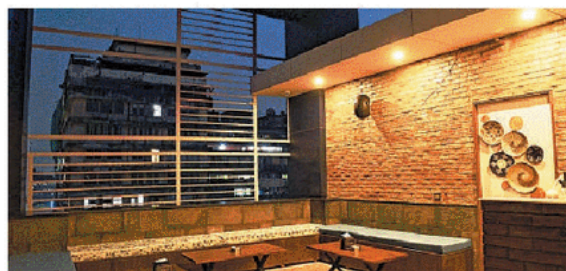


Father-daughter duo Bunty Sethi and Muskan Sethi have come together for the first time with a venture. Bunty's last F&B outlet was in 2018 while this is Muskan's first restaurant. "When papa started Anticlock I wasn't even born and during *Venom* I was so small that I didn't know what he had to deal with, the amount of pressure and responsibilities needed to be in this industry. Now, while putting this place together I realised that. Both of us argued on various topics where I felt something should be done in a certain way and he had other opinions but at one point we agreed. This whole journey has been such a learning experience for me," said Muskan.

What: Boo-Tang
Where: Fort Knox building, 6 Camac Street
When: Opens today
Timings: 12.30pm till midnight (closed on Tuesday)
Meal for two: ₹2,300 with alcohol
Reservation: Call 8820923059



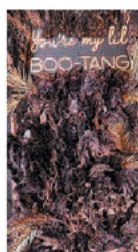
This is the first spot you will reach when you enter. Soft mellow hanging lights build the mood while portraits of Asian women that are handpainted behind the 30ft bar look stunning.



The outdoor space is ideal on cooler evenings for you to sit and have shisha. However, some additions in this section are supposed to get done in due course.



The private dining area has a dominance of the colour red. This section can be booked for private parties and they serve hookah in this zone.



All are welcome at Boo-Tang, including your cute boo thang too! This cute photo-op is placed right before you enter the fun dining space on the ninth floor.

the first impression would be tropical vibes and might remind you of places in Goa or Bali. There's lots of cane — in furniture, lights and also the bar front, the last has a lot of polished cane work. During the day, there is a lot of natural light, while at night, the soft yellow lights create a mellow mood. The striking part of the decor is the bar back with faces of Asian women.

Food & beverage: Muskan, who, during the pandemic, launched House of Dimsum through a cloud kitchen that made delicious dim sums, has put her heart and soul in curating a Pan-Asian menu for Boo-Tang that has around 12-15 dim sums, soups, ramen bowls, appetisers, mains and desserts, with an innovative touch to some of the classic dishes. "We are a fun dining space. Here, you will not find typical Chinese food, but you will find food and service that will win you over. That is our focus. We have tried including food from various Asian countries, and included some Korean dishes as well," said Muskan.

The cocktail menu has been done by Bunty Sethi, who put his 30 years of experience into the menu. "Our cocktails have Asian flavours keeping in mind the food menu. We used ingredients like *miso*, *yuzu*, *soju* and Thai basil in our cocktails, which are refreshing and easy on the pocket as well," said Bunty.

Pocket pinch: The menu is attractively priced and two people can dine at ₹1,500 approximately, while it would be ₹2,300 with alcohol for two. "As compared to places in and around, our cocktails start around ₹495 and food is very reasonably priced, thus making this an ideal pre-gaming place for youngsters. The ambience is perfect for families to come and dine as well," explained Bunty.

Pramita Ghosh

Pictures: Rashbehari Das

t2 picks



Thai Basil Chicken Dim Sum: Translucent chicken dim sums are served on a pool of delish Thai red curry.



Chin Taan: This wholesome appetiser has steamed egg at the base and is topped with the delicious and spicy Pad Krapao (minced Thai Basil Chicken).



Cream Cheese and Truffle Dim Sums are cheesy, soft and delicious. A portion has five pieces.



Boo Thai Steamed Jumbo Prawns: This lime and garlic steamed prawn dish has flavours that will transport you to Thailand. A portion has four pieces.



Sabai Sabai: This pretty cocktail has a Thai basil-infused gin and absinthe base with a *soju*-infused coconut foam on top! Don't go by its delicate looks; this one is potent.



All the rice items on the menu are made with jasmine rice. We tried their signature B(L)oo Pea Flower Jasmine Rice that had *shiitake* mushrooms and *edamame*.



Boo-Tang Spritzer: This ice-blue cocktail is what you need this summer. Gin, lemongrass, lavender, citrus and tonic form the ultimate cooling cocktail.



Nostalgic: This vodka-based cocktail has cold brew and Little Hearts-infused coffee liqueur. The Little Hearts served with the cocktail justifies the name of this sip.



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