



**SHOWBIZ**  
ZAHEER IQBAL POSES WITH SHATRUGHAN AHEAD OF WEDDING P3

**'FOR US, ONE SITTING MEANS ONE SONG'**

JAVED AKHTAR

Pic: Tejas Kudharkar. Location: Sun-n-Sand, Juhu



**'I FEEL SECURE THAT JAVED SIR IS WITH ME IN THE INDUSTRY'**

SHANKAR MAHADEVAN

Debarati S Sen

**O**n the occasion of World Music Day (June 21), renowned writer, lyricist and poet Javed Akhtar and Grammy-winner, singer-composer Shankar Mahadevan, came together to share some moments with us to talk about their musical memories, their strong bond and most of all, their endless fascination for music.

**Your entire life has been immersed in music, words, sur and poetry... does the beauty of it all still continue to fascinate you?**

**Javed:** The origin of music always fascinates me. That's how humans must have found rhythm and sur in the universe - in nature, through birds, rivers, waterfalls, wind, and so on. It's so fascinating how human beings all over the world discovered that there are seven notes.



**Music triggers wonderful feelings and is such an amazing tool of communication. Through World Music Day, we can celebrate music because the language of music is universal**

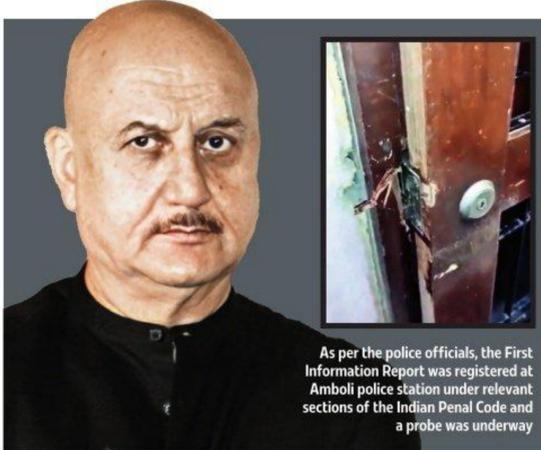
- Shankar Mahadevan

**Shankar is very special to me. Recently, I went to his house and we had a huge lunch... By evening, we had completed a song. Our ultimate work together was Breathless**

- Javed Akhtar

CONTINUED ON P2

## Robbery at Anupam Kher's office; cash, film stolen



As per the police officials, the First Information Report was registered at Amboli police station under relevant sections of the Indian Penal Code and a probe was underway

**T**wo unidentified persons broke into the office of Anupam Kher and stole the negatives of a film produced by his company and ₹4.15 lakh in cash, police said on Thursday. It came to light around 9.45 on Thursday morning, when the office staff arrived and found the locks broken, he said.

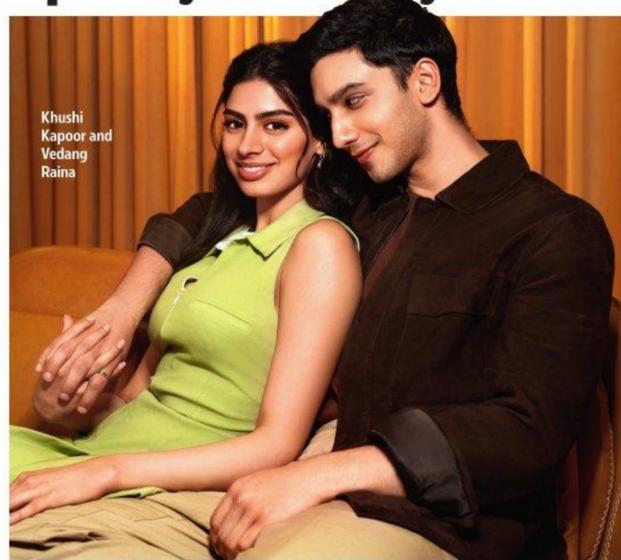
Kher wrote, "Last night in my Veera Desai Road office two thieves broke two doors and stole the entire safe from the accounts department (which they probably couldn't break) and the negatives of a film produced by our company which was in a box. Our office has filed an FIR." CCTV footage outside the building showed the duo leaving in an auto rickshaw. PTI

## Khushi & Vedang witness a shift in contemporary dating dynamics

**W**omen will now have more control over who they engage on a dating app. Bumble, the women-first dating app, has launched an India-wide integrated campaign with Khushi Kapoor and Vedang Raina. Titled 'Opening Moves', the app's new feature added to their 'Make The First Move' functionality, is set to give women users the option to set a question that their matches can respond to, creating a new way to engage with connections.

Khushi says, "Being a part of this collaboration is really exciting for me. It represents a crucial shift in contemporary dating dynamics, empowering women to take charge of their own romantic journeys. I'm happy to work with Bumble which contributes to the transformation of the dating landscape, which is something that's important to me and my generation."

Vedang adds, "Making the first move is not always easy, and I love that the brand has continuously chosen to stay true to their women-first philosophy by

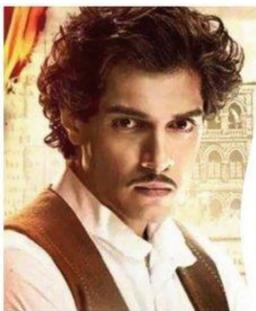


Khushi Kapoor and Vedang Raina

updating how women can continue to initiate conversations on their own terms with the introduction of Opening Moves! I'm thrilled to be a part of a campaign that's spearheading a shift towards a more equitable dating atmosphere. I hope that by watching us try this feature, women see that they can use it to prioritise their preferences and dating approaches."

### Buzzstop

#### GUJARAT HC EXTENDS STAY ON RELEASE OF MAHARAJ BY ANOTHER DAY



The Gujarat High Court on Thursday extended its interim stay to the release of *Maharaj*, the debut film of Aamir Khan's son Junaid, for one more day. It is based on the Maharaj Libel Case of 1862. The court had restrained the release temporarily in response to a plea filed on behalf of followers of the Pustimargi sect. The plea argued that the film is scandalous and could disrupt public order. PTI

#### TAKE A PLUNGE IN THE POOL, TRY AQUA YOGA THIS SUMMER



Thanks to soaring temperatures, aqua yoga is growing in popularity. It helps in physical fitness and mental well-being, say experts.

P10

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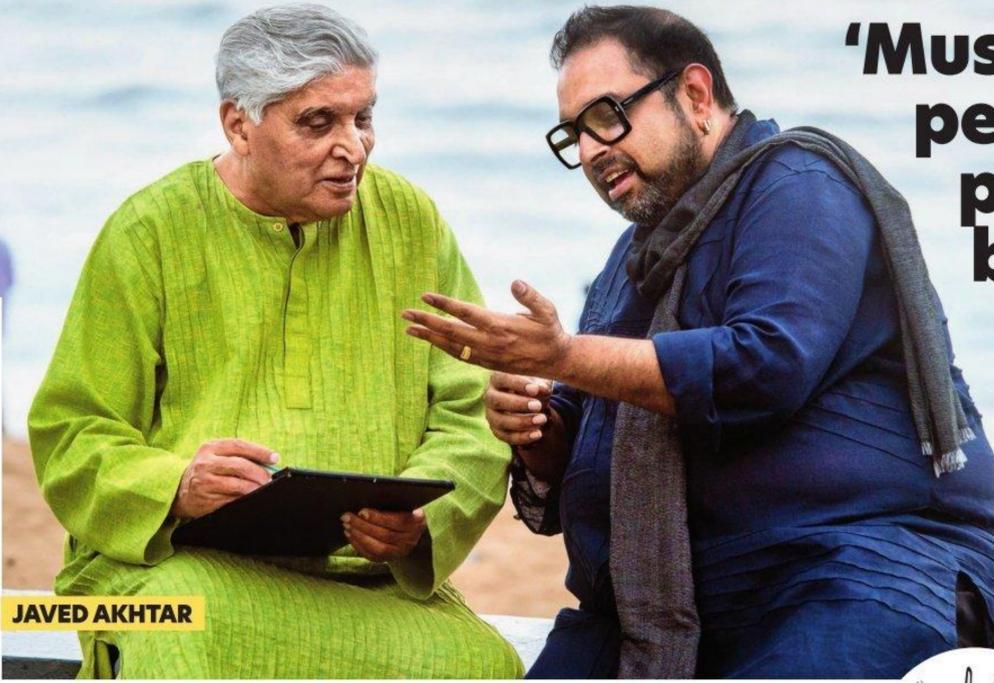
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Alcon

Pic: Tejas Kudtarkar; Location: Sun-n-Sand, Juhu

# 'Poetry is the music of language'



JAVED AKHTAR

# 'Music unites people in a powerful, beautiful way'

SHANKAR MAHADEVAN

When I was around three, I saw an instrument (harmonium). At that time, I didn't even know what it was and started playing a bhajan that we used to sing at home. That was my first memory of music

- Shankar Mahadevan

CONTINUED FROM C1

**Javed:** Even when I think about how music developed in prehistoric times, it fascinates me. Music is inherent in human nature. I feel that music is the poetry of sound, and poetry is the music of language. So, of course, we should honour this day, but I feel World Music Day should be celebrated every day!

**Shankar:** Music unites people in a beautiful and tremendously powerful way. Music triggers wonderful feelings and is such an amazing tool of communication. It's great to celebrate World Music Day, because the language of music is universal.

**Tell us about your first memories of music - of learning, listening and being blown away by a song.**

**Shankar:** When I was three-and-a-half years old, I saw an instrument (harmonium). At that time, I didn't know what it was, and I started playing a bhajan that we

used to sing at home. So, that was my first memory of music. The mystery of the seven notes was demystified in one shot.

**Javed:** My mother, who came from a middle-class background, taught in a college. But being a great music lover, she had a gramophone and some records, a luxury which only rich people could afford back then. In Bhopal, we used to live on the first floor of a building and the owner was on the ground floor. Obviously, he had a radio, and every time he would play it, we'd hear it too. When I was about five years old, I remember seeing my mother rushing to the balcony, because one of her favourite songs was playing on the radio. She would stand there, and I'd follow her and look at how she'd listen to this song (*Ghabra Ke Jo Hum Sar Ko Takraye To Achha Ho* from *Maha*) with so much attention. So, that is my first memory of music. Another memory is of my daughter, Zoya, who was about four months old when she used to react only to one song from *Raja Jani*. Both of you have worked together as composer-lyricist on over 250 songs.

Our ultimate collaboration was *Breathless!* The idea was with me for almost 6-7 years. I'd mentioned it to different singers and music directors. Everybody liked the idea, but nobody took it up. Then I met Shankar at a music label's office and I mentioned it to him. He immediately agreed to do it and that is how it started

- Javed Akhtar

is one person who stood by me like a pillar of strength, he has been a guide and a genuine well-wisher for my entire family. I feel secure that Javed sir is with me in the industry.

We don't feel it's work when we are creating a song together. One day, Shabana (Azmi) came to the studio and said that if any producer sees the way you both work, they will never pay you.

Javed sir's biggest strength is his humour, and because of that, even serious work gets done easily.

**Javed:** Shankar is very special to me. Recently, I went to his house and we had a huge lunch. Then we went to his music room, and by evening, we had completed a song. For us, one sitting means one song. Our ultimate work together was *Breathless*.

**Did you always dream of being a musician?**

**Shankar:** I'm from a simple, middle-class South Indian family. I could never think of pursuing music as a career. We were a simple family, we lived in a 1BHK (500sqft) house, so how could I think of making a living out of music? It was far, far beyond my reach.

**Javed saab, you come from a family of writers, was writing**

always your calling?

Music and tunes have always fascinated me. I have the talent and I think that with a little training, I could be a musician. Writing, of course, was inevitable, as that was my heritage, it was in my genes. The last seven generations of my family were writers of a certain known status.

**Creating a film's soundtrack is a collaborative effort, how do you react to feedback that comes your way, given the knowledge and experience you have in this field?**

**Javed:** The director has certain requirements. Then, there are music directors, and more often than not, the songs are written to the tune. So, he may say, 'Sir, my tune cannot adjust this particular sound or word. There is a *murki* here and this word is flat and will not allow the *murki*.' That happens. But I refuse to accept unnecessary, non-creative suggestions. Sometimes, if the situation becomes impossible, I walk out of it. I have no hesitation in leaving a film. But, I will not write what I am not capable of. I will not write anything that is obscure by any stretch of imagination. I will not write something grammatically wrong. If you don't know the language, I can't be responsible for that.

**Shankar:** I feel the director is closest to the film and the captain of the ship. For a movie, we are not just music composers, we are music designers. The director knows what works best for them. So, we take their inputs positively and design music that satisfies the director's vision.



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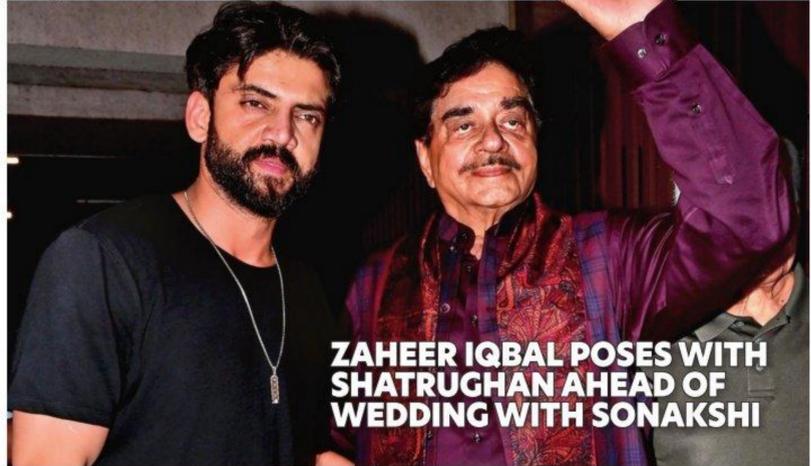
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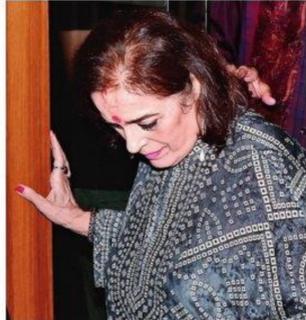
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Pics: Yogesh Shah

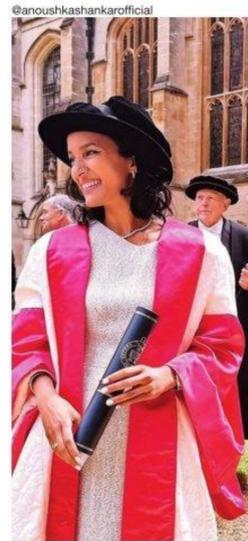


**ZAHEER IQBAL POSES WITH SHATRUGHAN AHEAD OF WEDDING WITH SONAKSHI**



Ahead of Sonakshi Sinha and Zaheer Iqbal's wedding on June 23, veteran star and Sonakshi's father, Shatrughan Sinha was seen posing with Zaheer outside their residence, on Thursday evening. While Sonakshi's mother, Poonam Sinha was also spotted by the paps, Sonakshi evaded media attention by swiftly entering the apartment

**Anoushka receives an honorary degree from Oxford Univ**



Nine-time Grammy nominated sitarist and composer Anoushka Shankar has received an Honorary Degree from Oxford University.

In an Instagram post noting the accomplishment, Anoushka wrote, "Where to begin? It's genuinely hard to put into words the day I've just experienced. Yesterday I received an Honorary Degree from Oxford University and became a Doctor of Music, and well, what an astounding honour."

Anoushka, who trained extensively under her father and sitar maestro late Pandit Ravi Shankar; further wrote, "I learned to play music under the watchful tutelage of my father, 'graduating' from our home's music room onto stages across the globe. It was a bold and beautiful way of being brought into being as an artist, and something I wouldn't change for the world, but what it did mean is that I eschewed traditional higher education, choosing instead to learn on the job rather than in an institution."

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**Did You Know?**  
The makers of Schindler's List needed to dress up 20,000 extras

For Schindler's List, to gather costumes for 20,000 extras, the costume designer took out advertisements seeking clothes. Since economic conditions were poor in Poland when the film was shot in the early 90s, many people were eager to sell.

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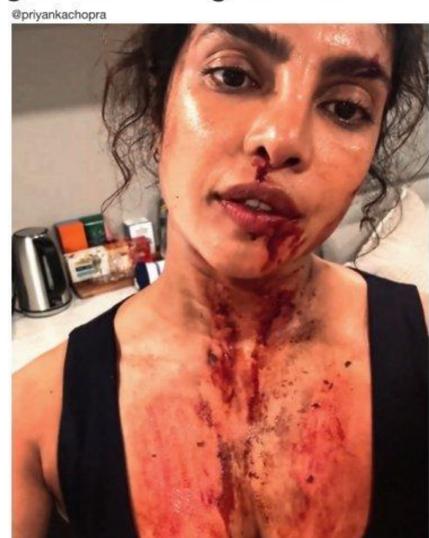
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**Action movies are really glamorous, jokes Priyanka**



Priyanka Chopra has been busy shooting for her upcoming action film. Her recent Instagram carousel, featuring her covered in blood, stands as proof. The actress shared a rather not-so-glam look and joked, "Yeah, when you do action movies, it's really glamorous!" About the blood she wrote, "For those who can't tell, we use fake blood for movies. It's makeup."

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# I've always played negative roles with a positive attitude: Ashutosh



Masumi Shah

**Ashutosh Rana**, whose negative roles in movies like *Sangharsh* and *Dushman* are talked about even today, continues to excel at playing the villain. He has demonstrated that in ample measure in recent OTT shows like *Murder In Mahim* (2024) and *The Great Indian Murder* (2022). Excerpts from a chat with the actor:

**'ONSCREEN VILLAIN CHARACTERS HAVE BECOME A LOT Milder NOW'**

Ashutosh says Bollywood doesn't offer intense villain roles anymore. "As our society evolves, art evolves too. Any piece of literature or cinema reflects our society. So, such changes are bound to happen. Earlier, a dichotomy existed, where good and bad characters had completely separate definitions. Then, gradually, a grey area was added to the narrative. I feel this has led to changes in writing and onscreen villain characters have become a lot milder now," he feels.

The actor adds, "I think I have received so much love and appreciation because I have always tried to play negative roles with a positive attitude."

**'Treat every project as my debut'**

Talking about his work in theatre, he says, "I've returned to theatre after 24 years; my last play was in 2000. I treat every show or project as my debut. Acting is my passion, profession, and education. I passed out from the National School of Drama. *Jis se main kamana chahtha tha, maine ussi cheez ko padha hai*. So, I'm not an actor by chance."

**I am not an actor by chance, I am an actor by choice. I enjoy the entire process of being an actor**



# I want to try different kinds of projects: Rajnish

Amina Ashraf

**Dangerous Ishq** fame actor **Rajnish Duggal**, last seen in the web series *Inspector Avinash* alongside Randeep Hooda, has been busy with shoots. After *Dangerous Ishq*, Rajnish started taking on new genres to avoid getting pigeonholed. He calls his journey a rollercoaster ride of experiences, from modelling to venturing into films in 2008 and television. He says, "I have learnt to never procrastinate. If I like something, let's do it. Instead of doing one film a year, I'd rather enjoy playing different parts in television, OTT, or movies. I still feel like I have so much more to give to the industry. Right now, I want to try different kinds of projects. I won't say showbiz hasn't given me a fair chance. Maybe it was my laziness or perhaps I was not there at the right places at the right time."

Talking about being typecast and being offered roles that sought bold scenes, similar to the one in the song *Mohabbat Barsa Dena*, the actor says, "Yes, I started getting

**I still feel like I have so much more to give to the industry. I won't say showbiz hasn't given me a fair chance... Perhaps I was not there at the right places at the right time**

similar offers. It took me three to four years to get out of it where I kept declining the offers to avoid being stereotyped. I've finally made the decision to not be categorised in that way now. If I were single, or my thought process was different, then I would have probably said yes to them. However, my priority is to balance my family and work life."

Rajnish further adds, "I am not against doing intimate scenes. If there is a need for it, I am open to it."

## LEISURE

### EVENTS

**EXHIBITION**  
**India Habitat Centre:**  
Anant exhibition - by Sunita Rathi.  
Till June 25, Convention Centre Foyer, IHC

**EXHIBITION**  
**India Habitat Centre:**  
*Kalabimb* - 24 F.N Touch presents a group painting, photography and sculpture exhibition. June 22-26, Visual Arts Gallery, IHC

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

**HOW TO PLAY**  
Fill in the grid so that every horizontal row, every vertical column and every 3x3 box contains the digits 1-9, without repeating the numbers in the same row, column or box. You can't change the digits already given in the grid. Every puzzle has one solution.

### TIMES KAKURO

Level: Medium

	13	7		18	3			
12			22			8	11	
12			6	21				
	13				3			
	14				13			12
9	8	29			11	19		
	15			14		16		
	17	13	13	9	14		6	
	18				18			11
			4				3	

**HOW TO PLAY**  
The numbers in the coloured squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the coloured square containing the number. For instance, in the given example, the 2 boxes below 12 must contain 2 digits that add up to 12, whereas for 20, the 3 boxes placed horizontally next to it must add up to 20. No zeroes are used here, only the digits one through nine.

**NOTE**  
A digit cannot appear more than once in any particular digit combination. For instance in the example, we cannot have the combination of 8+4+8 for 20.

Example

12	20		
2	8	4	8

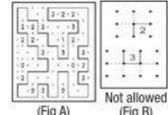
### LOOP THE LOOP

**RULES**

- Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A).
- Crossovers or branches are not allowed (As shown by dotted lines in Fig B).
- Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines.
- You can't draw lines around zeroes.
- Each puzzle has just one unique solution.

**HOW TO BEGIN:**  
Example (Fig A) - Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a deadend (Fig B).



### THE DAILY CROSSWORD

1	2	3	4	5	6	7	8	9	10	11	12	13	14		
15									16						
17									18						
19							20		21						
22									23						
		24	25	26						28	29	30			
31	32	33				34				35	36				
37															
38															
39									41						
							42	43				44	45	46	47
48	49	50							51	52		53			
54									55	56					
57									58						
59									60						

By Enrique Henestroza Anguiano 22/06/2024

**ACROSS**

- Way to play music that's a hit?
- Words after a deep breath
- Where the action is? The Brothers: "Black Water" band
- Egg option
- Position
- Mulligans
- Lavender brew
- Jacob's twin
- Unagi roll fish
- "Food's getting cold"
- "The Namesake" actor Penn
- Big Mac rivals?
- Four-part cooking series starring Samin Nosrat
- "How's about this instead!?"
- Election system that gets the press involved?
- Alums-to-be
- Big bird
- Shortish releases
- Instrument with a quill plucked with a quill
- "Who's this under?"
- Hot pockets?
- Sunny?
- Friendly gesture
- Ulaanbaatar's country
- "You're making me blush!"
- Oktoberfest snacks
- Pushes boundaries?
- Be reasonable

**Friday's Puzzle Solved**

A	C	I	D	B	O	S	C	P	E	C	A	N		
U	L	N	A	C	O	L	A	I	R	A	T	E		
D	A	D	S	C	H	A	T	T	E	R	B	O	X	
I	S	I	A	H	I	N	A	O	P	T				
O	P	E	N	I	N	G	N	I	G	H	T			
G	P	S	P	E	N	S	A	S	I	A	N			
Y	O	U	H	A	D	T	O	B	E	T	H	E	R	E
M	E	L	O	N	S	L	A	M	D	S	T			
M	A	L	I	B	U	E	R	A	S					
A	F	T	E	V	A	S	E	N	O	R				
P	R	I	Z	E	F	I	G	H	T	P	I	T	A	
S	O	D	A	S	S	E	A	R	I	T	I	S		
E	G	Y	P	T	A	S	H	Y	N	Y	S	E		

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**DOWN**

- Food contraction that omits "ome"
- Melts for
- Estée Lauder subsidiary
- Spin on a classic ballet performance?
- Some queens
- "Hugo" actor
- Butterfield
- Brief meeting?
- Eye annoyance
- "We Shall Overcome" phrase
- Principled
- Tesla stock?
- Help with a heist
- "I forgot what to say!"
- Threads owner
- 21 Posts a GIF, perhaps
- Miles away
- Some Apple Design Award winners
- Breaded cutlet dish
- Mani---
- William the Conqueror's burial place
- Single party election?
- Small suction on cups?
- 32 Vegan gelatin substitute
- 33 Cuts (off)
- 34 Overflowed
- 35 Release
- 36 Preparer to go out again?
- 42 Chai
- 43 Labor group
- 45 "It's Not Me, It's You" singer Lily
- 46 Sends flying, perhaps
- 47 Rub off
- 48 Site with step-by-step guides
- 49 Fish tacos choice, on menu
- 50 Condition that may respond to CBT or LSD
- 51 Boomers at a concert?
- 52 Sensitive
- 53 NCs who know the drill
- 56 Jennifer Affleck, \_\_\_ Lopez

### SOLUTIONS TO GAMES/PUZZLES

**TIMES SUDOKU**

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

**LOOP THE LOOP**

**TIMES KAKURO**

C	I	L	E	P	E	C	A	N						
U	L	N	A	C	O	L	A	I	R	A	T	E		
D	A	D	S	C	H	A	T	T	E	R	B	O	X	
I	S	I	A	H	I	N	A	O	P	T				
O	P	E	N	I	N	G	N	I	G	H	T			
G	P	S	P	E	N	S	A	S	I	A	N			
Y	O	U	H	A	D	T	O	B	E	T	H	E	R	E
M	E	L	O	N	S	L	A	M	D	S	T			
M	A	L	I	B	U	E	R	A	S					
A	F	T	E	V	A	S	E	N	O	R				
P	R	I	Z	E	F	I	G	H	T	P	I	T	A	
S	O	D	A	S	S	E	A	R	I	T	I	S		
E	G	Y	P	T	A	S	H	Y	N	Y	S	E		

**SCRAMBLE**

Answer: The number of a human being is strictly independent of that of his convictions. - Jean Rostand (8)

**GARFIELD**

SOMETIMES I DREAM OF BEING A TIGER, HUNTING IN THE WILD

REALLY?

I DREAM OF BEING A TIGER IN A ZOO, NAPPING TILL FEEDING TIME

**ARCHIE**

WHAT'S THIS?

MY NEW FANCY SIGNATURE!

I WANTED TO DO SOMETHING TO MAKE MY PAPERS DISTINCTIVE!

YOUR GRADES ALREADY MAKE YOUR PAPERS DISTINCTIVE!

**SPELLATHON**

Today's Ratings: 10-average | 11-good | 13-outstanding

How many words of four or more letters can you make from the letters shown in today's puzzle? In making a word, a letter can be used as many times as it appears in the puzzle. Each word must contain the central letter. There should be at least one seven letter word. Plurals, foreign words and proper names are not allowed. British English Dictionary is used as reference.

C L E  
U D E  
S

**DENNIS THE MENACE**

GO IN THE GARAGE AND GET SOME GARBAGE BAGS!

PAPER OR PLASTIC?

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See what the stars have in store for you - according to your moon sign.

**ARIES:** A little flirting won't leave you hurting. The bounce in your walk and sparkle in your eyes is admired from afar. Let the laws of attraction work to your advantage if you are on the prowl for a new romance. This may be one of those times when you can be home early to enjoy a sunset.

**TAURUS:** Your attention to detail makes this day perfect for working out contracts or other complex business negotiations. There are brilliant ideas to be exchanged. Think intelligently.

**GEMINI:** You are in a position to show your trust and respect to a loved one. You will have your head far too high in the clouds to concentrate on anything. You will probably have a problem holding on to your cash.

**CANCER:** You will employ manner of means to change a negative to a positive. You have important business meetings and you are best advised to postpone them. You have the desire to tackle your problems.

**LEO:** You are tired of hearing negative comments. Consult a financial advisor, review past expenses for those mingling in the esoteric and scholarly. Share what is on your mind. It is easy to make good job-related decisions.

**VIRGO:** If it can't be cured, it must be endured. There are advantages to being patient, especially if people are being unpredictable. What is bothersome now may go away without any action on your part. In-depth discussions and probing conversations find you at your mental best.

**LIBRA:** Pay attention to those in the know. Use someone else as a sounding board. There is much to be learned from anyone who is passionate about a subject. Know when to speak and when to maintain silence. You may display an urge to be recognised by your colleagues and friends at the workplace.

**SCORPIO:** You are good to be as considerate and praiseworthy of yourself as you are critical. You are advised to cancel or postpone any major decisions you have to make within the next few days. Any emotional bridge has a short stay with your positive attitude.

**SAGITTARIUS:** Good things come to those who wait, but you may have noticed that procrastinators seldom get invited to a party. Do not stall a decision. You may perceive how to proceed with plans and decisions regarding your life goals.

**CAPRICORN:** You are able to influence someone in need of encouragement. You obtain financial success through the power of attraction. This is a good thing; frankly, you could use a little pause. You can plan a party to improve your position.

**AQUARIUS:** A young person gains important information from you today. Working in groups will allow you to exert your natural leadership skills. Vertical power struggles break out today. There could be sudden upheavals in your romantic sphere today.

**PISCES:** Your financial affairs may have to be a bit secretive for now. Your reputation will hold you up as you attempt to explain a decision. Problems with skin or teeth may mess up your schedule. This is a good time for money-making through a business associate or friend.

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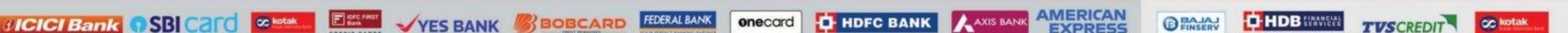


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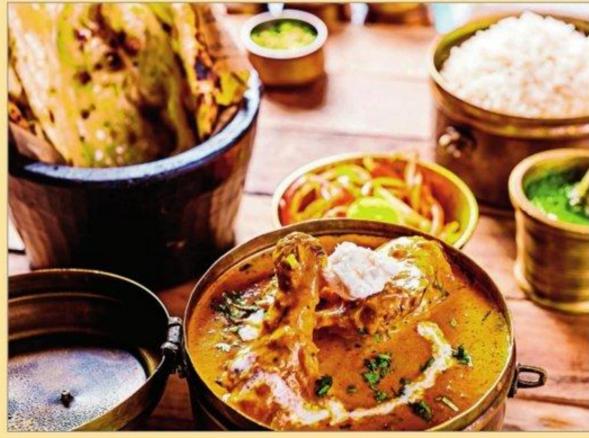
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# Must-try places for butter chicken in Delhi

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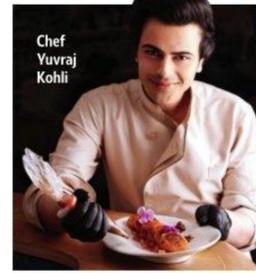
Craving some creamy, tangy, and smoky deliciousness on a plate? Here are some outlets in the city that you can visit to enjoy butter chicken



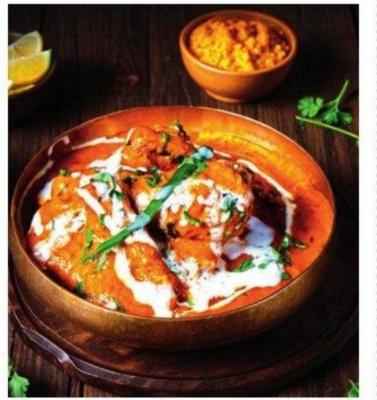
**Savour butter chicken at Ikk Panjab**  
Winner of six consecutive Times Food and Nightlife Awards, Ikk Panjab is one of the places that is celebrated in the city for its butter chicken. "We offer a taste of pre-partition Panjab with dishes like gosht Beliram from Maharaja Ranjeet Singh's kitchen, Sialkot masale wali raan, Rawalpindi chozza, Kotkapura atta chicken, Ferozepuri crispy macchi, and more," says the brand's management team. "Our success lies in using authentic, generational recipes," says Rajan Sethi, Director of the restaurant, adding, "This dedication has earned us the title of the city's best butter chicken." The restaurant is also available on online aggregators. **Address:** BK Dutt Market, Rajouri Garden **Contact:** 9971114104 and 8929096772



**Serving north Indian delicacies at Moti Mahal Deluxe, South Ex-2**  
One can enjoy an array of North Indian dishes at Moti Mahal Deluxe. "Established in 1975,



our outlet is celebrated for its rich heritage. Our restaurant is renowned for its signature butter chicken. Many food enthusiasts from all over the world visit us to try our butter chicken. This iconic dish has been savoured by generations for over 50 years. With a legacy rooted in culinary innovation, our resto continues to captivate diners with its flavours and service, making it a cherished destination for North Indian cuisine enthusiasts in Delhi." **Address:** Metro Station South Extension, E 31-32, NH 48, South Extension II **Contact:** 011 40507400, 011-46081333 and 8700877544 **Meal for two:** ₹1800



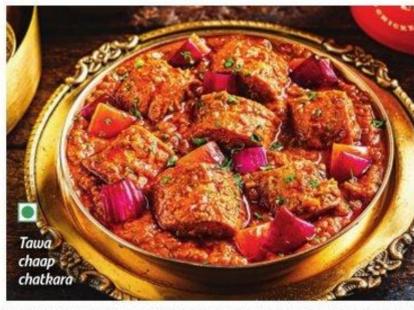
**Delicious butter chicken at Goila Butter Chicken**  
Famous for its smoky butter chicken, Goila Butter Chicken (GBC) is one of the most popular restaurant chains that serves North Indian cuisine in India. "We have more than 100 outlets in over 40 cities," says the brand's management team.

"Founded by celebrity chef Saransh Goila, our brand has won the hearts of food lovers. The chef's famous butter chicken has been widely appreciated. The judges of MasterChef Australia even called it 'one of the most mind-blowing butter chickens in the world.' Our version of the dish uses fresh tomatoes cooked slowly for hours and special coal-smoked butter, giving it a depth of flavour."

The restaurant offers a variety of vegetarian and non-vegetarian dishes,

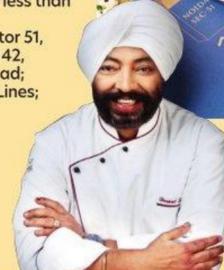
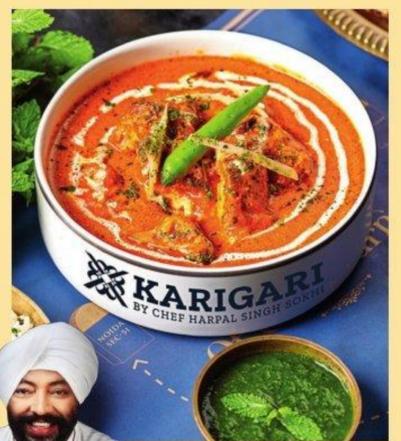


including Goila butter paneer, paneer malai tikka, tawa chaap chatkara, desi ghee wale rajma, kadhai chicken, mutton rogan josh, Delhi tandoori chicken, mutton seekh kebab, and much more. "Whether you're dining solo or hosting a corporate event, we deliver fresh meals to your doorstep," the team adds. The brand recently introduced GBC Pops. The team adds, "To celebrate this launch, we are offering flat ₹150 off on your order; use code FLAT150." The brand is available on online aggregators. **Contact:** 858887718 **Website:** www.goilabutterchicken.com



**A zesty butter chicken at Karigari**  
At Karigari by Chef Harpal Singh Sokhi, one can enjoy delicious butter chicken which is made to satisfy your cravings. The restaurant offers a traditional dish with a zesty twist and calls it lemon grass butter chicken. The brand's management team says, "It is rich and flavourful, simmered with lemongrass-flavoured cashew nut gravy full of flavour and no less than a royal treat."

**Locations:** Sector 51, Noida; Sector 142, Noida; Mall Road; Timarpur Civil Lines; Infinity SK Mall, Karkarduma West Metro Station; Punjabi Bagh; Worldmark, Gurgaon; Sector 12,



Faridabad; Rajpur Road; Dehradun; Phoenix Mall Of Asia, Bangalore; and Vijay Nagar, Indore **Contact:** 9560009998

<< Chef Harpal Singh Sokhi

**Enjoy a creamy butter chicken at Chicken Inn, Pandara Road**  
Chicken Inn on Pandara Road offers North Indian, Mughlai, and Chinese cuisines. "Established in 1960 and founded by Asanad Arora, our restaurant has garnered a loyal following for butter chicken. It is enjoyed for its rich, creamy texture and balanced spices. Now managed by the third generation of the Arora family, the restaurant serves delicious dishes in a welcoming atmosphere." The brand is set to launch a new outlet in Gurgaon.

**Address:** 13,14,15 Pandara Road Market; **Contact:** 011 23382288; **Meal for two:** ₹1800



**Relish smoky butter chicken at Currynama by Seven Seas**  
Known for its tangy flavour and good balance of spices, Currynama by Seven Seas' butter chicken is one of the top choices for foodies in the NCR. The brand's management team says, "Our dish features chicken pieces with a smoky flavour, prepared using the dhungar method, combining traditional spices with a modern twist." They add, "We use eco-friendly packaging to deliver your meals, ensuring both quality and sustainability. One can visit our website to explore our menu. Some of our must-haves are dal Seven Seas, teh peh teh paneer tikka, kakori kebab taco, and mango trifle." The outlet is also available on online aggregators.

**Locations:** Gurgaon, Noida, Preet Vihar, Greater Kailash, Rohini and Lawrence Road **Contact:** 8800994060/61/63/64/67/68 **Website:** www.currynama.com



**With a touch of modernity at Punjab Grill**  
One of the largest North Indian restaurant chains in India, Punjab Grill offers a dining experience that balances age-old customs with modernity. Some of the brand's must-haves are kebabs, dal Punjab Grill, biryani, and butter chicken. The brand's management team says, "Tender pieces of chicken tikka are simmered in the rich, silky buttery gravy prepared using the finest and freshest ingredients, adding a slightly tangy and sweet taste to the dish." The brand's menu also features Punjab Grill Chicken 1965, "a lighter and healthier take on butter chicken." They add, "In this version, tender pieces of chicken are cooked in a buttery and tomato gravy. Both versions maintain their distinct taste and flavours."

**Location:** Select CityWalk; Janpath; Defence Colony; GK 2; Pacific Mall, Tagore Garden; Vegas Mall, Dwarka; Netaji Subhash Place, Pitampura; Aerocity; North India Mall, Ghaziabad; The Mall of Faridabad and Khan Market **Contact:** 9811967664



## High fat diets linked to anxiety: Research

We often look forward to a comforting meal (the more fried and cheesy, the better) to relieve our stress or anxiety, but a recent study suggests it might be adding to our discomfort. A study published in *BMC Biological Research* suggests that high-fat diets may contribute to both obesity and anxiety. Researchers from the University of Colorado Boulder explored how high-fat diets affect gut microbiome composition, diversity, brain serotonin systems, and anxiety-like behaviours. Over nine weeks, the researchers studied two groups of rats: one group was fed a control diet containing 11%

of their daily calories from fat, while the other was fed a high-fat diet containing 45% of their daily calories from fat.

The research discovered that rats on the high-fat diet had more active genes involved in serotonin production and signalling in the brainstem's dorsal raphe nucleus – a part of the brain linked to feelings of stress and anxiety. While serotonin is often known as a "happy chemical," certain serotonin neurons can induce temporary fear or anxiety-like behavioural responses when activated, as explained by the study authors.



## HOW TO: Prepare a vegan poke bowl

### PREPARE THE BASE

Choose a base such as sushi rice, brown rice, quinoa, or mixed greens. Cook the rice or quinoa and let it cool slightly.

### PREPARE THE VEGAN PROTEIN

Select a plant-based protein such as marinated tofu or chickpeas. If using tofu, cube them and marinate with soy sauce, sesame oil, and a touch of maple syrup for sweetness. If using chickpeas, you can season them with a bit of olive oil, salt, pepper, and spices of your choice.

### PREPARE THE VEGGIES

Add cucumber, avocado, carrots,

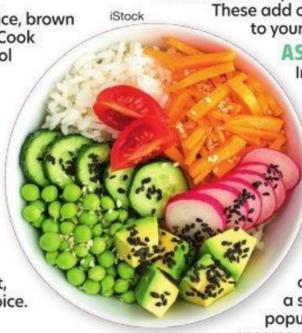
radishes, and any other vegetables you prefer. These add crunch, colour, and nutrition to your poke bowl.

### ASSEMBLE THE BOWL

In a bowl, place your chosen base at the bottom. Arrange the protein on top of the base. Add the chopped vegetables around the bowl.

### ADD SAUCE AND GARNISH

Drizzle your favourite sauce over the bowl. A soy-sesame dressing, a creamy tahini dressing, or a spicy sriracha mayo are popular choices. Garnish with sesame seeds.





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# TAKE A PLUNGE: TRY AQUA YOGA THIS SUMMER

Chest-deep water is required for aqua yoga

## 'Aqua yoga makes for a great pre-natal workout'

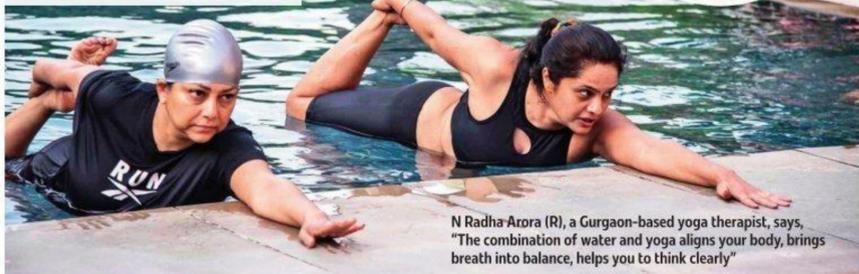
N Radha Arora, a Gurgaon-based yoga therapist, says, "Aqua yoga is for everyone - old or young, swimmers and non-swimmers, to-be moms, people with special needs or ones dealing with mental health issues. Aqua yoga makes for a great pre-natal workout, unless advised otherwise by a doctor. For the ageing population, aqua yoga helps enhance flexibility. There is a demand for private sessions from people with specific needs. Aqua yoga workshops are also often conducted at universities, wellness retreats and corporate off-sites."

(L-R) Gurgaon residents Simran Sharma, Anita Taneja, Ekta Sharma and Nandita Basu Chowdhary partake in an aqua yoga session



Divya Kaushik and Shivika Manchanda

Thanks to soaring temperatures, aqua yoga is growing in popularity and many beginners (and even regular practitioners) are turning to the pool, this summer



N Radha Arora (R), a Gurgaon-based yoga therapist, says, "The combination of water and yoga aligns your body, brings breath into balance, helps you to think clearly"

## 'Aqua yoga combines the benefits of yoga and swimming'

N Radha Arora says, "Water is like a therapist, it helps transcend you to a somatic stage, and yoga makes your movement fluid. So, the combination of water and yoga aligns your body, brings breath into balance, helps to think clearly. Aqua yoga is one of the best workouts for summer as you don't perspire in water. Submerging the body into water brings relaxation. A person coming out of an aqua yoga

class has a cool state of mind and body."

Ira Trivedi Mantena, well-known yoga expert and writer, adds, "I think the reason why most youngsters are drawn towards aqua yoga is because it combines the benefits of swimming and yoga. When you are in water, there is additional resistance that water offers and it also has an anti-gravity effect which is great for the body."



Aqua yoga is often preferred by people looking to improve their flexibility and mobility



## Your guide to aqua yoga

- Use colourful aqua yoga gear like pool noodles and dumbbells to make your session fun
- Play ambient music in the background
- Early morning or evening is the best time for aqua yoga
- Full way forward asanas can be modified to be done in the pool or by sitting on the poolside
- Wear dry-fit clothes if you are not comfortable with swimsuits

Aqua yoga strengthens the body, helps to reduce stress and builds body awareness. All the standing asanas can be done in a pool. Asanas like vrikshasana, tadasana, trikonasana and virbhadradasana can be done as a part of aqua yoga

- Smita Soni, a yoga instructor and fitness trainer

## 'Young corporate employees are opting aqua yoga for stress relief'

Experts tell us that many young corporate employees are choosing aqua yoga for stress relief. Santosh Kumar, wellness expert based in south Delhi, shares, "Young CEOs, startup owners, who like the idea of being in the pool to beat the heat, have taken up aqua yoga. Yoga can help heal sleep-related issues as it soothes the nervous system and relieves stress. Many beginners want to begin their yoga journey with aqua yoga as it is fun, low-intensity, improves flexibility and strength. For those with joint issues, aqua yoga is a good option as there is lesser pressure on joints."

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Suryakumar Yadav wore a black armband during the match on Thursday

# Team India pays tribute to late pacer David Johnson

The Indian cricket team wore black armbands during their Super 8 match against Afghanistan in the ongoing T20 World Cup as a mark of respect for former Indian pacer David Johnson, aka Benny, who passed away on Thursday after reportedly falling from the

balcony of his fourth floor house in Bengaluru. Former cricketers like Sachin Tendulkar, Anil Kumble, Virender Sehwag and Venkatesh Prasad shared condolence messages and tributes for Johnson on social media.

TNN



A file photo of David Johnson (R) with fellow cricketer Dadda Ganesh

## Who was David Johnson?

Johnson was a part of the pace attack of the Karnataka team in the 1990s, alongside Venkatesh Prasad, Dadda Ganesh and Jagavallabha Srinath. Speaking to PTI, Ganesh said, "It is a shocking news as we had played together from our tennis cricket days for a club. That Karnataka bowling attack was the Indian bowling attack for a long time." Johnson, a right-arm pacer, had a brief international stint, making his Test debut in the first ever Border-Gavaskar series against Australia. He played two Test matches for India.

**Sachin Tendulkar** @sachin\_rt  
Deeply saddened by the passing of my former teammate, David Johnson. He was full of life and never gave up on the field. My thoughts are with his friends and family.

**Gautam Gambhir** @GautamGambhir  
Saddened by the passing away of David Johnson. May god give strength to his family and loved ones.

**Sanjay Manjrekar** @sanjaymanjrekar  
In an age when Indian cricket was about medium pace David Johnson caught my eye with his quick arm slinging action. He was quick in the air. A rarity in those days. Shocked and saddened by his passing away. May his soul rest in peace.

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**'I am currently hooked to acro yoga'**

Other than my main practice, I have been indulging in acro yoga. This is a form of partner yoga where you have to put a lot of trust in your partner. It operates on the principle of counterbalance and once you get into the final pose, it takes next to no effort to maintain it. It is a truly surreal experience.



Samyuktha gave acro yoga a try during the two-day Yoga Fest in Bali

**'Just 20 minutes of yoga a day is enough'**

As a long-time dancer, I wanted to work on my flexibility and when I came across videos of people practising yoga, I became fascinated by it. Eventually, I got to learn about its health benefits and how different asanas target different body parts and systems. Honestly, spending just 20 minutes a day doing yoga is more than enough. Now, I start and end my day with yoga, irrespective of whichever corner of the world I am in.

Devika V Menon

Currently holidaying in Bali, actress Samyuktha Hegde says that seeing so many people actively be a part of yoga is a fascinating experience. "I see how people here value our culture in a way that we often do not do so ourselves," she tells us. Excerpts from a chat:

**'I SPENT TWO DAYS DOING YOGA AT A FEST IN BALI'**

I'm currently on a solo trip to Bali and one of my plans for the break included attending a two-day yoga fest. The entire city of Ubud is like a living tribute to yoga. I visited a place called 'The Yoga Barn' and I learnt so much; people practise

**YOGA IS MORE THAN JUST COOL ASANAS: SAMYUKTHA**



Samyuktha Hegde pulls off a pose at the beach in Indonesia

Samyuktha Hegde practices yoga in Indonesia

yoga every day here and they indulge in so many different forms that were unknown to me. It is the epitome of all things yoga.

**'YOGA IS MORE THAN JUST A RELIGIOUS PRACTICE'**

Back in India, people hold preconceived notions about yoga, which I feel must be let go of. Firstly, it's not a religious practice, nor is it just about becoming flexible. Yoga is a discipline. You do it as a mark of respect to your body, giving it the importance it deserves. There are so many advantages associated with yoga; it balances your hormone levels,

helps regulate your body clock and your toxin levels go down, too. I really hope the current lack of awareness is mitigated.

**Music gives me a sense of freedom: Raghu Dixit**

Devika V Menon

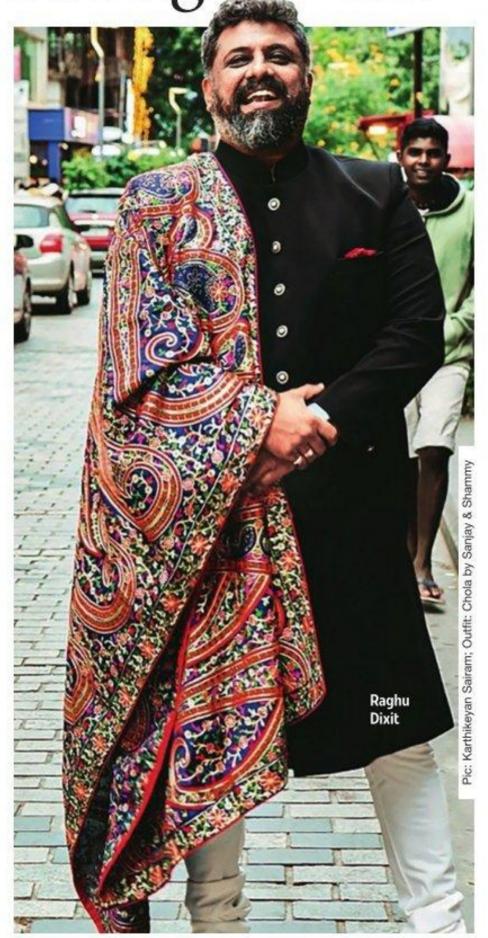
Love comes in many forms, and musician and singer Raghu Dixit says his tryst with it was in the 1990s when he first held a guitar and strummed it. "I fell in love with something that I would never stop loving," he says.

**'MY TRAINING IN CLASSICAL DANCE MADE ME WHO I AM'**

When I was a kid, I used to make fun of my cousin sister, who was learning Bharatanatyam. One day, I was mocking her, which my dad happened to see. He thought I had an inclination towards dance and enrolled me in classes. Initially, I would cry and throw a tantrum, refusing to learn. One day, once the class was over, the teacher asked if I would be okay with her taking classes just for me. So, whatever I am today, as an artiste, is because of dance. The way I use bells in my feet, to have the discipline to finish something that you start. The drama in my music comes from my dance.

**'I TOOK UP PLAYING THE GUITAR TO PROVE A POINT TO SOMEONE'**

My journey with music began when I was in college. Jeffery Paul - who is now a very good friend of mine - used to play the guitar and sing English songs. He used to pull my leg saying I looked effeminate when I danced wearing *kajal* and makeup. I took that up as a challenge and told him that in two months I would also play his silly instrument and sing a rock song. But, when I held the guitar and sang the song, I found this freedom which I had never experienced before. I fell in love with it immediately!



Raghu Dixit

Pic: Karthikeyan Sairam; Outfit: Chola by Sanjay & Sharmy

**'Finding the one thing you love is absolute success; I found music'**

It is very difficult to genuinely find love in this world. I am not talking about love of the conventional kind. This is about loving something 100 per cent, absolute surrender, and doing everything that is possible to become the best. That transforms you as a person. You'll become much more patient, calm, compassionate, and kind when you find genuine love. I think music does that to me.

**'Now people attend concerts just to put it on social media'**

There was a time when I had genuine fans who knew the tune, who knew the song, who knew the lyrics, and the meaning of a song. Now it is about putting it out on social media to let the world know they were at a Raghu Dixit concert. I have become meme material because the first thing I do when I go up on stage is see people pull out their cameras, and I tell them to stop 'shooting me'. I have to be funny about it, but I just wish they would put their phones away and actually enjoy the moment. This moment is the only truth.

**Korean stars dazzle at Milan fashion week**

From Felix of Stray Kids walking for the Louis Vuitton Fall Winter 2024-2025 show to Blackpink's Jennie Kim making her runway debut at the Jacquemus Fall 2024 show, Korean stars have continued to rise in popularity in the international fashion space this year. This trend continued at the recently concluded Milan Fashion Week's menswear events.

Twice's Sana nailing the spring aesthetic

Bang Chan of Stray Kids in chic look

NCT's Jaehyun grabbed eyeballs in a denim-on-denim outfit

Woo Seok Byeon from the K-drama *Lovely Runner*

NCT's Jungwoo at the fashion week in a classic leather jacket

**Learn the Gen Z lingo to pass the vibe check**

Do you get confused every time you hear your Gen Z colleague, or cousin talking in Gen Z lingo? If you haven't caught up with the delulu and solulu yet, we have got you covered

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Charisma

Rizz

**William Shakespeare** cal  
My G! It's me Willie Shaks, so I will do a shakespeare-rap!

This is so fire! This beat is dope! I'm finna throw some bars!

To be or not to be? That is the question!

I'ma spit to it real quick!

It's a pretty mad situation!

A post about how Shakespeare would have rapped using Gen Z lingo, has found Gen Z takers on social media

Is there some sort of repository full of Gen Z slang? As a millennial, I'm finding myself struggling to communicate with the kids these days, and I'd like to brush up on a bit of their culture and slang.

**No Cap**

**Meaning:** When one is being a 100% honest  
**Origin:** From the African-American Vernacular English (AAVE), meaning no lie  
**Example:** I aced that exam, no cap

**Simp**

**Meaning:** Going overboard for someone you're crushing on, short for simpleton  
**Origin:** Online gaming and meme culture  
**Example:** He bought her flowers every day for a month. What a simp.

**Drip**

**Meaning:** Next-level style  
**Origin:** Popularised by the hip-hop culture  
**Example:** Check out my new sneakers, aren't they dripping?

**Delulu and solulu**

**Meaning:** Delusional, solution  
**Origin:** From the K-Pop fan community  
**Example:** Being delulu is the only solulu



Tom Holland should be thanked for popularising Oxford's Word of 2023-rizz. When asked in an interview what the secret is to his rizz - aka charisma - Holland admitted, "I have no rizz whatsoever. I have limited rizz." Rizz, defined as "style, charm, or attractiveness" is an abbreviation of the word charisma

Gen X hearing Gen Z slang

Millennials hearing Gen Z slang

Gen Z hearing Gen Z slang



**Yeet**

**Meaning:** Chucking something with enthusiasm or simply expressing joy  
**Origin:** A 2014's viral video from Vine  
**Example:** Yeet! We won!

**Salty**

**Meaning:** Feeling bitter or annoyed about something minor  
**Origin:** A 1980s slang, revived by gaming culture  
**Example:** He's salty because he lost the game

Compiled by Shourya Jha



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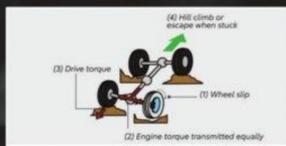
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