

# KFC® Krispy Times

SUNDAY, JUNE 30, 2024  
ADVERTORIAL, ENTERTAINMENT INDUSTRY  
PROMOTIONAL FEATURE | DELHI TIMES

## DON'T LOSE TIME READING THIS KFC® AD.

THE KRISPIEST OFFER OF THE YEAR  
ENDS TODAY.

8 PIECES FOR ₹ **299**  
KRISPY DAYS

SAVE  
UP TO  
**40%**  
OFFER ENDS TODAY



**5** HOT **WINGS** + **3** LEG **PIECES**

Offer available on Dine-in and KFC APP only. Get Free Delivery on KFC APP.

▲ This chicken product contains added monosodium glutamate not recommended for infants below 12 months and pregnant women. KFC® and Colonel Sanders Image and Kentucky Fried Chicken are registered trademarks of Kentucky Fried Chicken International Holdings, LLC, USA and are used under permitted license. Product images are illustrative. T&Cs apply. Offer valid till stocks last. Delivery available in select restaurants. Price exclusive of taxes. For details refer to online.kfc.co.in/terms-and-conditions. Differential pricing in select markets/ restaurants.

SCAN TO



LOCATE US

**YOUR POV**

Here's what your point of view was to our POV

**The sisterhood of travelling stars**

**Refer: June 26, 2024 edition**  
The sisterhood of travelling stars: Veteran actress Asha Parekh recently posted a series of photos from a Kashmir vacation with friends and colleagues Helen and Waheeda Rahman...

High time we have a movie on women friends and their experience on a travel expedition. Industry has already seen this in the context of men - be it *Dil Chahta Hai* or *Shaakun*. Those belonging to the fairer sex will enliven emotions on screen especially when they also happen to be best of friends in real life.  
- Sandeep Chaudhury

It is indeed good to see Asha Parekh, Helen and Waheeda Rahman bonding with each other in Kashmir. We also raise a toast to Dimple Kapadia and Deepthi Naval. There are no permanent friends in the film industry and Bollywood heroines have suffered more in

their personal lives, hiding it all behind their glamorous exterior, while captivating our hearts with their enchanting performances. Here is extending warm wishes to these lovely women of the celluloid world, who know how to keep themselves happy and finding solace in each other's company and certainly giving others some relationship goals.  
- Parimala G Tadas

**Let's get this straight. No one's your servant**

**Refer: June 24, 2024 edition**  
Let's get this straight. No one's your servant: I am not your servant sir, an angry air hostess had argued with a passenger, who was allegedly...

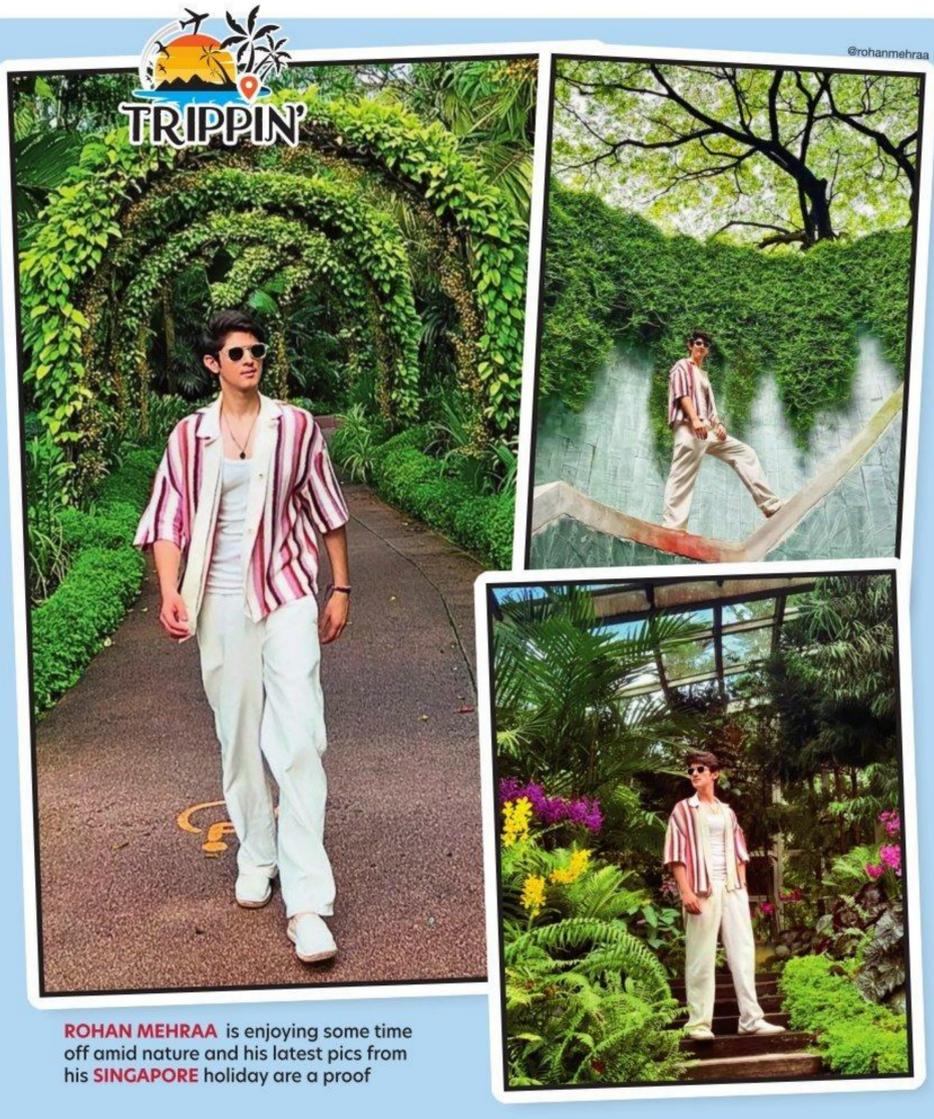
The treatment meted out to our maids by Indian expatriates, our diplomats and other rich Indians like the Hinduja's remain appalling to say the least. It is heartening that the Swiss government has taken up the case of the poor domestic staff who have been treated worse than slaves and the Hin-

dus should be given exemplary punishment. This would deter other Indians from treating their domestic staff in the most inhuman way, and treat them honorably.  
- Tharcus S Fernando

I saw this on *BBC* and thought our media would highlight this, but most people didn't. Seeing this in POV gives me hope but I do think we have different standards for different strata of society. I have seen this in almost every middle / upper middle and rich in India. Be it professionals, richest families or Govt servants. I have seen lady constables made to do dishes in the homes of police officers.  
- Jasjeet Kaur

I could relate it to a recent incident, which occurred in the lift of a gated community. I had taken my grandson in a stroller for a walk with the nanny and we had just entered the lift. A school kid instructed us to take the service lift instead. She must have been in the 6th or 7th grade. We still have not got over that mentality of treating our helpers/workforce differently. And she was just a kid.  
- Rama Prabhakar

Agree? Disagree? Got a POV idea? Write to us at: [pov@timesgroup.com](mailto:pov@timesgroup.com)



ROHAN MEHRAA is enjoying some time off amid nature and his latest pics from his SINGAPORE holiday are a proof

**ARIES**  
A smooth week lies ahead, especially for professionals and businessmen as there shall be perfect co-ordination between your mental and emotional faculties and you shall also be more relaxed and composed. Things shall work out effortlessly without exerting any pressure. The stars favour you completely in all pursuits till Thursday evening, so make sure to prioritise your plans and execute them this week. Prospects of love and romance also look quite good. Combination of orange and green colours shall improve your aura and personal magnetism.

**TAURUS**  
Positive attitudes will bring positive circumstances into your life, only as long as they are realistic. Else, you could be feeling discontent. Avoid taking unnecessary risks or gambles. Your emotions are on your sleeve, though this is a good time to put your needs first. Be cautious about making sweeping decisions, and avoid serious conversations. The likelihood of being misunderstood runs high. If a lover is distant during these periods, give him/her some space and don't pressure them. Partnerships may be tested, but there is nothing to fear if the relationship is strong.

**GEMINI**  
Some of your past efforts are likely to be rewarded now, perhaps in small but tangible ways. This is a time when you invest in yourself and in the people around you that you respect. Benefits may not be immediate, but they will surely arrive down the road. With Venus in your sign, a lot of matters get eased up and work gets done easily, primarily due to your personal charm, so make use of it to the hilt. You might want to do something very different and cannot achieve that goal as fast as you might like. If you have a clear vision of what is acceptable, you need to be the one to do it.

**CANCER**  
The momentum at work picks up from Tuesday, mid week seems good, but towards the week end, professionals may not be happy at the pace of progress at work or with unfulfilled tasks. If you have targets in hand, better plan to work late and finish them by mid week, if you don't want last minute goof ups to spoil your year end targets. If you work well in advance you can devote quality time for your love life later next week, as it is there are plenty of issues to be sorted out with lovers, and one of them happens to be 'time'. Some of you may end a romance, others might turn to a past lover for comfort.

**SCORPIO**  
Influential friends who you were banking on cannot be relied on as they shall either make you run in circles or avoid doing your work for petty reasons. Health of some elderly relatives is likely to start failing and that will have you concerned, your spouse may also suffer from indifferent health, try to avoid wearing red, maroon and yellow colours as that can aggravate the situation. Sometimes, you might want to keep your opinions to yourself or share them with a chosen few. Though, such a low-key approach is generally not you, it is workable and smart.

**FINOLEX FORTUNE**  
For appointments: ANUPAM V KAPIL  
9822042295 or [anupamvkapil@gmail.com](mailto:anupamvkapil@gmail.com)  
See what the stars have in store for you - according to your moon sign.

**LEO**  
You shall be on your toes this week as work pressures require you to be at different places and everyone seems to need your intervention or help. This no doubt will tire you too, so make sure that you devote good time for relaxation, nature walks and rejuvenation therapies towards the end of the week. Changes seem to be occurring in your primary relationships. Right now you must not jump to conclusions or make problems bigger than they are. Emotions will be close to the surface and can see changes in this area, either with your partner or family.

**LIBRA**  
Reach out for more information. Seeking out new facts could be important. Note that there is also an issue of perspective in choosing which facts are relevant. Listen to news with an eye to change at work. If necessary, be willing to adapt, learn and incorporate new types of thinking, see what lies on the other side.

**AQUARIUS**  
Reaching out beyond your personal circle can certainly open doors for you and bring joy into your life during this cycle. These positive circumstances won't necessarily fall into your lap, and are unlikely to come all at once. You need to keep your eyes open for opportunities in these areas of life. Work hard, put your energies into practical, useful, and meaningful projects, and to live in the here and now. Wisdom comes from unlikely quarters, and perhaps even from one who has proved in the past to be quite foolish.

**PISCES**  
Connecting with family and friends should be an important priority this week, rather, such matters are under favourable influence now, so do the right thing at the right time. You might hear some unexpected news. You can't quite prepare for this, other than to keep your schedule light so you are able to focus quickly on what's at hand. The crisis that surfaces will be odd, surprising, or weird in some way, and will require a quick response, so you'll have very little time to think.

**SAGITTARIUS**  
You are in a good position to communicate concerning groups and society in general. Making phone calls, writing letters and making plans for this coming week holds your interest for now. This is the time that you become more independent. Now, time marks the start of increased responsibility and accountability. Now is the time to make that outward push and ride the crest of the wave into fame and fortune. It will be hard for you to do wrong, for all the cycles are working in your favour: The ability to communicate with superiors is at a high.

**CAPRICORN**  
This is a good time to work on projects that require concentration and careful work. Satisfaction shall come by engaging in routine activities of life. It seems that you need to spend time on sorting out issues with family and relatives as incomplete communications may cause needless rift and tension. Jupiter's favourable placement suggests that you and your partner are particularly enjoying each other at this time and are sharing your dreams for a brighter future. There do seem to be fortunate circumstances connected to travel and publishing and your ability to see the big picture would be quite useful during this period. At this point of time you must look at debt, along with taxes, estate matters or any kind of resources that you share with others.

LEISURE

**SUDOKU CHALLENGE**  
Level: Medium

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

**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.

**GARFIELD**

**B-WONNNING**

**GAAAH!**

**B-D-D-D**

I ALWAYS KNEW THAT TONGUE WAS GOOD FOR SOMETHING

**TIMES KAKURO**

20	21	22	24	8	15				
16							18	6	14
4			22						
17			7				18		
	13		32				12	37	
		14				5			28
	17					20			
24	13			9	4	12			11
									12
									6

**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 upto 12, whereas for 20, the 3 boxes placed horizontally next to it must add upto 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.

**EVENTS**

**EXHIBITION**  
India Habitat Centre: "Assumptions" - An exhibition of paintings by Dipa Patowary, Today, Convention Centre Foyer, IHC

**India Habitat Centre:**  
Ananda - A solo painting exhibition by Sunayana Malhotra. Today, Visual Arts Gallery, IHC

Email us at [tims.delhitimes@timesgroup.com](mailto:tims.delhitimes@timesgroup.com)

**SPELLATHON**

Today's Ratings:  
04-average! 05-good!  
06-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.

**T H O U**  
**G Y L**

**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 zeros.
- 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).

**SCRAMBLE**

Rearrange the letters in the four word jumbles, one letter to each square/circle, to make four ordinary words

**CTEOR**

**TILTS**

**AGYDLL**

**ILLUFW**

**HOW TO PLAY**  
Now arrange the letters in the circles to form the answer to the riddle or to fill in the missing word as indicated

A work of art is a \_\_\_ in \_\_\_ reflecting senses and emotions of the artist's world.  
- Hans Hofmann (5,6)

**SOLUTIONS TO GAMES/PUZZLES**

**TIMES SUDOKU**

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

**LOOP THE LOOP**

**SPELLATHON**  
gody, boy, hoy, toy, hoy, boy, hoy, boy

**SCRAMBLE**  
Artist's work of art - Hans Hofmann  
Artist's work of art is a form in itself that is supposed to express feelings. Words: Recto, siff, gady, with

Vol. 24 No. 161  
RNI Registration No. DELENG/2001/5765.  
Published for the proprietors, Bennett, Coleman & Co. Ltd. by Rajeev Yadav at Times House, 7, Bahadur Shah Zafar Marg, New Delhi - 110002 and printed by Printers Times of India Press, 15A/15B, Sitapuri Industrial Area, Sahibabad (U.P.) and Bennett Coleman & Co. Ltd. Plot No. 7-8, Sector M-11, Transport Hub, Industrial Model Township, Manesar, Haryana-122051.  
Printed Office: Dr. Chaudhary Naresh Road, Mumbai - 400001.  
Editor (Delhi/Market): Anshu Chaturvedi, responsible for selection of news under PRR Act. © All rights reserved. Reproduction in whole or in part without written permission of the publisher is prohibited. Circulated with The Times of India on Delhi & adjoining areas.

DINO MOREA'S ROAD TRIP ACROSS GERMANY TURN THE FLAP



# Delhi

SUNDAY, JUNE 30, 2024

## METRO 21<sup>st</sup> ANNIVERSARY SALEBRATION

LOWEST PRICES. BIGGEST OFFERS

30<sup>th</sup> June - 5<sup>th</sup> July

**PAY LESS GET MORE**

Shop for **₹4,000** & Get **BIG SAVINGS!**

Offers Valid till 31st July 2024

**₹549 ONLY**

SAVE **62%**

MRP ₹1,445\*

LAOPALA DINNER SET 12 N

PLA: 4.5x 10.5x 1.5 CM  
QUARTER SET (2x 4.5x 1.5)  
VEG. 10.5x 4.5x 1.5

**₹899 ONLY**

SAVE **78%**

MRP ₹3,999

DOUBLE SIZE COMFORTER

SIZE: 2.20 m x 2.40 m

OFFER NOT APPLICABLE ON PURCHASE OF BABY FOOD, TOBACCO AND LIQUOR. FOR DETAILED TERMS & CONDITIONS VISIT CUSTOMER DESK.

<p><b>INDEPENDENCE CHAKKI ATTA 5 kg + REFINED SOYABEAN OIL 5 L + CRYSTAL SUGAR 5 kg</b></p> <p><b>₹999</b></p> <p>18% OFF*</p> <p>COMBO MRP ₹1,223*</p>	<p><b>ZEEBA PREMIUM BIRYANI BASMATI RICE 5 kg</b></p> <p><b>₹575</b></p> <p>43% OFF*</p> <p>MRP ₹1,000*</p> <p><small>*Offer valid from 30<sup>th</sup> June - 5<sup>th</sup> July 2024</small></p>	<p><b>CHANA DAL POPULAR LOOSE 1 kg</b></p> <p><b>₹84</b></p> <p>MARKET PRICE ₹87**</p>
---	---	--

<p><b>WONDERLAND FOODS PREMIUM RAW CALIFORNIA ALMONDS 500 g</b></p> <p><b>₹339</b></p> <p>58% OFF*</p> <p>MRP ₹800*</p> <p><small>*Offer valid from 30<sup>th</sup> June - 5<sup>th</sup> July 2024</small></p>	<p><b>INDEPENDENCE REFINED SOYABEAN OIL 1 L</b></p> <p><b>₹104</b></p> <p>27% OFF*</p> <p>MRP ₹143*</p>	<p><b>CAMPA COLA / LEMON / ORANGE 2 L EACH</b></p> <p><b>₹53.60</b></p> <p>33% OFF*</p> <p>MRP ₹80*</p>
---	---	---

<p><b>SNACKS (WIDE RANGE)</b></p> <p><b>50% OFF*</b></p> <p>ON MRP</p> <p>MRP ₹50*</p>	<p><b>MCCAIN FROZEN SNACKS 1.24 kg / 1.25 kg (WIDE RANGE)</b></p> <p><b>35% OFF*</b></p>	<p><b>DEL MONTE KETCHUP SPOUT 900 g</b></p> <p><b>₹64</b></p> <p>44% OFF*</p> <p>MRP ₹115*</p>
--	--	--

<p><b>AMUL BUTTER 500 g</b></p> <p>BUY 1 @ <b>₹21 OFF*</b></p> <p>BUY 2 @ <b>₹45 OFF*</b></p> <p>MRP ₹285*</p>	<p><b>WHISPER ULTRA CLEAN SANITARY NAPKIN XL+ 60 N (317 mm Each)</b></p> <p><b>₹500</b></p> <p>33-24% OFF*</p> <p>MRP ₹749*</p>	<p><b>VIM LEMON DISHWASH LIQUID 250 ml</b></p> <p><b>₹47.85</b></p> <p>13% OFF*</p> <p>MRP ₹55*</p>
--	---	---

<p><b>TIDE LEMON DETERGENT POWDER 6 kg + 2 kg FREE*</b></p> <p><b>₹771.42</b></p> <p>22% OFF*</p> <p>MRP ₹989*</p>	<p><b>AMERICANBULL FASHION DENIM (WIDE RANGE)</b></p> <p>BUY 1 @ <b>₹799</b></p> <p>BUY 2 @ <b>₹699 Each</b></p> <p>MRP ₹1,799*</p>	<p><b>STEELWARE / OPALWARE / MELAMINE LOOSE (WIDE RANGE)</b></p> <p>BUY 1 GET 1 FREE</p>
--	---	--

<p><b>WONDERCHEF 3 L INNER LID PRESSURE COOKER</b></p> <p><b>₹999</b></p> <p>69% OFF*</p> <p>MRP ₹3,200*</p>	<p><b>BUY ANY TOP LOAD WASHING MACHINE</b></p> <p><b>₹13,990 Onwards</b></p> <p>Get Pigeon Steam Iron @ <b>₹49</b></p>	<p><b>BUY COMPAQ 42" (106.68 cm) FULL HD SMART LED TV</b></p> <p><b>₹13,990</b></p> <p>Get Crompton Qube Mixer Grinder @ <b>₹99</b></p> <p>MRP: ₹3,500</p>
--	--	--

**BUY 1 Gradient Large Trolley & GET 1 Gradient Large Trolley FREE**

MRP ₹12,600

Size: 52 cm x 54 cm x 82 cm

**50% OFF**

₹6,300

Get ASSURED GIFTS worth ₹350 and a chance to **WIN A BRAND NEW 4 WHEELER**

On purchase of VIP / SKYBAG range worth ₹5,999 & above

\*Offer valid from 30<sup>th</sup> June - 5<sup>th</sup> July 2024

### ONLINE PRICE CHALLENGE!

IF YOU FIND IT CHEAPER, WE PAY THE DIFFERENCE!

Offer applicable on Apparel, Textiles, Footwear, Luggage, Household, Home Improvement, Furniture, Home Décor, Sports & Toys, Stationery, Electricals & Lighting, Large & Small Domestic Appliances, Air Conditioners, Fans, Coolers & Televisions etc.

Ask our staff & get the Lowest Price!

\*Conditions apply

SHAHADARA: UNITY ONE, CBD SHAHADARA, NEAR KARKARDOOMA COURT, NEW DELHI - 110 032 - TIMINGS: 7:00 AM TO 9:00 PM

SEELAMPUR: PARASYNATH METRO MALL, OUTSIDE SEELAMPUR METRO STATION, NEW DELHI - 110 053 - TIMINGS: 7:30 AM TO 9:30 PM

GHAZIABAD: SECTOR 13, BULANDSHAHAR ROAD INDUSTRIAL AREA, LAL KUAN, GHAZIABAD - 201 009 - TIMINGS: 8:00 AM TO 8:30 PM

\*Offers valid from 30<sup>th</sup> June - 5<sup>th</sup> July 2024

www.metro.co.in 1860-266-2010

## METRO Wholesale

5 STAR QUALITY, WHOLESALE PRICES!

# My road trip across Germany was pure bliss: Dino Morea



Dino Morea rented a sleek red sports car to explore the stunning locales across Germany during his recent trip. The actor says he spent ample time soaking in the lush greenery

**A**dventure junkie Dino Morea loves driving when he is holidaying abroad. The actor, who was recently in Germany for a vacay, explored the picturesque locales there. He says, "Germany had always been on my radar as a destination for a thrilling driving experience. The country's beautiful landscapes, well-maintained roads and the freedom to push the limits on the iconic autobahns (federal controlled-access highway system there) were simply too alluring to ignore." Dino's journey began in the bustling city of Munich, where he picked up a sleek sports car.

He shares, "The drive from Munich to the Black Forest region was nothing short of breathtaking. The roads that snaked through the valleys and mountains, coupled with the burst of adrenaline as I pushed the car to its limits, made for an exhilarating experience," he shares. The *Empire* actor also ventured north to explore Heidelberg. Dino says, "The Romantic Road route was the true highlight of my trip. Driving through those scenic landscapes with the wind in my hair was pure bliss."

— Onkar Kulkarni

# Never expected Gulabi Sadi to go viral, says Sanju Rathod

Pics: @sanjurathod07



Sanju Rathod; (right) with Prajakta Chag in *Gulabi Sadi*

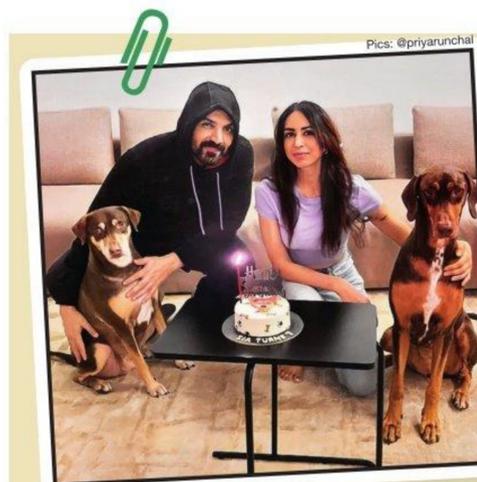


Preeti Atulkar

**F**rom Madhuri Dixit-Nene to Remo D'Souza, there's hardly anyone who hasn't shaken a leg to the viral Marathi song *Gulabi Sadi*. Sanju Rathod and G-Spark's track struck a chord with music lovers globally with its catchy lyrics and upbeat music. But for Sanju, who has sung the track, this was unexpected. "It is overwhelming to see celebrities trying the hook step of our song on social media," says Sanju, adding, "People have created multiple versions of the song in various Indian languages. I have received appreciation messages from renowned rappers like Divine and Badshah. Artists from Pakistan and Bangladesh have also reached out to express their love for *Gulabi Sadi*. We knew the song would become popular but never expected it to go viral."

## 'I started rapping to impress my now-former girlfriend'

Reflecting on his journey, Sanju, who hails from a small town called Dhanwad in Jalgaon (Maharashtra), reveals that he has had no formal training in singing but music is a creative outlet for his emotions. He recalls, "My former girlfriend was a huge fan of Yo Yo Honey Singh. I used to feel a bit insecure as she would constantly praise him and his music. So, I decided to try my hand at rapping just to impress her. We eventually went our separate ways, but I found joy in rapping and ventured into the world of music with my brother Gaurav Rathod, aka G-Spark."



Pics: @priyarunchal



**JOHN ABRAHAM and PRIYA RUNCHAL** recently celebrated their furry pal Sia's first birthday. On Friday, Priya shared photos from the celebration on Instagram



**SHOWBIZ**  
I AM ENJOYING THE FILM AND OTT SPACE: NANDISH P3



Radhikka shares, "I've realised that the more I stay in Mumbai, the more I'm surrounded by film industry talks, and somewhere, I start seeing life through that lens"

## This was not the first time I underwent a physical transformation: Jaideep



The before-and-after photos Jaideep Ahlawat shared on Insta, which show his body transformation after losing 26 kg in five months

### Natasha Coutinho

From 109.7 kg to 83 kg in five months – Jaideep Ahlawat's post sharing his weight loss journey went viral on social media recently. So, what's the diet plan and the exercise regimen that led to this amazing transformation?

### JAIDEEP'S WORKOUT

- 60 minutes of high intensity weight training with chest press, shoulder press, deadlifts and squats
- 45 mins of incline walk on the treadmill
- 5 days of workouts that focus on different parts of the body, 2 days of rest

CONTINUED ON >> 2

## WHEN I FEEL INSECURE, I GO BACK TO MY ROOTS: RADHIKKA

### Vinay MR Mishra

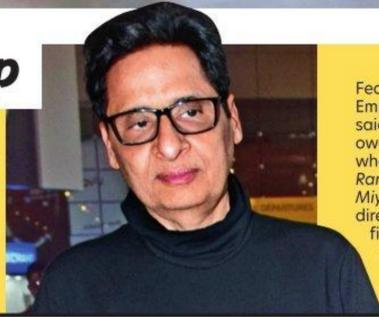
Being an actor is exciting, and most in the profession would say that they wouldn't trade it for any other job in the world. However, it comes with its own set of pitfalls and pain points. Six months into 2024, Radhikka Madan admits she is regaining the fire and the energy that she lost by being a workaholic. The actress did back-to-back seven projects in the last couple of years, and while on the seventh project, she realised, "I just didn't have anything left in me. I was emotionally so drained." Radhikka talks to us about battling insecurities, her safe zone in life and being confident in her own skin.

CONTINUED ON >> BACK PAGE



### Buzzstop

**VASHU BHAGNANI OWES OVER ₹65 LAKH TO CREW, SAYS FWICE**



Federation of Western India Cine Employees (FWICE) president BN Tiwari has said veteran film producer **Vashu Bhagnani** owes over ₹65 lakh to crew members who worked on three of his films *Mission Raniganj*, *Ganapath* and *Bade Miyan Chote Miyan*. "The production owes ₹33.13 lakh to director Tinu Desai, who helmed their 2023 film *Mission Raniganj*. It owes ₹31.78 lakh to over 250 set workers who worked on movies," Tiwari said.

PTI



**DOLCE & GABBANA**

**TIMES interact** **ASTRO ZONE**

**LEARN ASTROLOGY AND VAASTU ONLINE !!!**

**DR. BV RAMAN**  
FOUNDER ICAS

**PROF. AB SHUKLA**  
HON. NATIONAL PRESIDENT ICAS

Unlock the cosmic secret and embark on a transformative journey into realm of astrology at-

**DELHI CHAPTER 4 KAMAKSHI TEMPLE**  
UNDER THE AEGIS OF INDIAN COUNCIL OF ASTROLOGICAL SCIENCES (REGD)

**Admissions Open For Session 14th July 2024**

**COURSES -**

- Jyotish Praveena
- Jyotish Visharada
- Nadi Jyotish
- Vaastu Shastra
- Numerology
- K.P Astrology
- Palmistry
- Post Visharad Classes by Sh Navneet Kaushik

**FOR DETAILS PLEASE CONTACT**

**Sangeeta Sharma**  
9810505040  
9873174410  
9911008580

**Announcing Special Offer @ All Tuition Centers !**

**MATHS TUITION**  
Available at **JANAK PURI**

**TUTOR SERVICE**

**AGGARWAL MATHS**  
Academy provides Tuition of these subjects - Maths, Economics, Accountancy. Call: 9999XXXXXX

**XXXXX TUITION**  
Classes-SAKET. Maths Tuition Teacher Online & Offline Classes for Class 11 & 12. Call: 9999XXXXXX

AD SAMPLE

ADVERTISE IN YOUR ZONE AT VERY REASONABLE COST!

For details contact: **Amit @ 9811790649**  
or Email : **amit.ghosh@timesgroup.com**

**TIMES interact**

# It was hard to resist the cravings, says Jaideep Ahlawat

CONTINUED FROM R 1

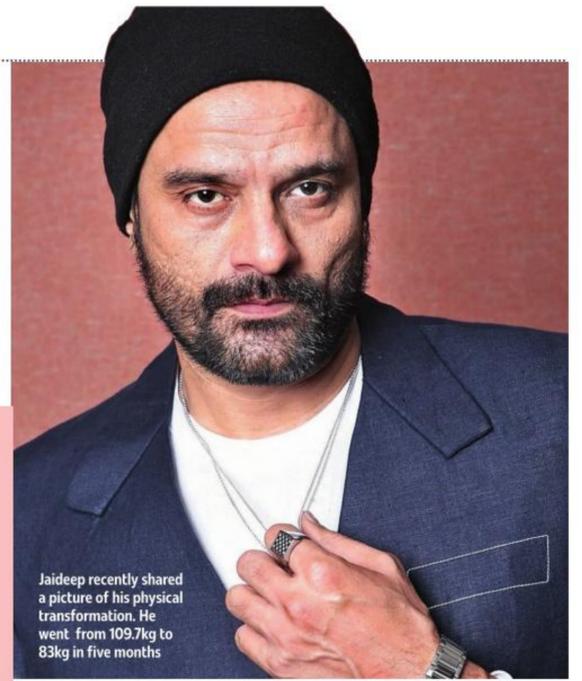
## 'I GORGED ON PARATHAS IN THE LOCKDOWN'

Jaideep got his wakeup call when he was approached for a film soon after the lockdown. "I don't gain weight easily, but during the lockdown, I gorged on parathas regularly and my weight rose to around 110 kg," says the actor, who hails from Haryana and grew up on a diet of ghee, milk, and yogurt.

The task was cut out for him, and for five months he didn't eat anything that his diet plan didn't allow. "My body is used to exercise, and this was not the first time I was undergoing a physical transformation. When I was approached for *Paatal Lok*, I weighed 85kg and had to gain weight to play Hathiram Chaudhary. I changed my eating habits, and I was 102kg when we started shooting," he adds.

## 'Each meal was 100 gm, but had adequate proteins'

Jaideep's trainer, Prajwal Shetty, would send him customised meals during the training period. "My diet comprised chicken, quinoa, paneer, eggs, and leafy vegetables. This combination helped maintain my metabolic rate. Each meal was 100 grams, but it ensured I got adequate proteins. Avoiding refined sugar completely and limiting carbs gave me a good start," he says.



Jaideep recently shared a picture of his physical transformation. He went from 109.7kg to 83kg in five months

**Losing weight is always more challenging. It was tough to control my cravings at the beginning, but I am passionate about my work and resisted the temptation of cheat meals. My two-hour workout involved a combination of weight training and cardio**

**MONSOON SPECIAL** **TIMES interact** **CONSUMER CONNECT INITIATIVE**

Artha.Neog @timesgroup.com

The gentle pitter-patter of raindrops outside does not have to put a damper on your fitness goals. In fact, the mon-

soon season can be the perfect backdrop for a refreshing and invigorating home workout. From cosy indoor routines to energising exercises that celebrate the rain, you can turn gloomy days into

## DRENCHED IN FITNESS

Whether you prefer the comfort of indoor exercises or the exhilaration of dancing in the rain, there is a fitness routine for all seasons



There are plenty of effective and engaging indoor workout options to help you stay active

opportunities for fitness and fun. "Monsoons are a great relief from the

severe heat, but the wet and unstable weather may disturb your gym routine. First

not! With the necessary equipment and a few alternations, you can achieve your fitness goals even during the monsoon," says Sanjay Goyal, MD of a premium fitness equipment brand.

### CHOOSE INDOOR WORKOUT OPTIONS

Stuck indoors during the monsoon season? There are plenty of effective and engaging indoor workout options to help you stay active and healthy. Whatever you choose, get moving and stay motivated - your body and mind will thank you. Here are a few options curat-

- Wall sits:** An isometric exercise for building leg endurance.
- Jumping jacks:** Full-body cardio workout.
- Mountain climbers:** Provides a cardio burst while engaging core.
- Burpees:** High-intensity exercise for overall fitness.
- Jumping rope:** Easy to use and provides a great cardio workout.
- High-knees or butt kicks:** Cardio exercises that can be done anywhere.
- Stair running:** Utilise stairs in your home for an intense cardio session, or
- Online fitness**

porate movements like salsa steps, jumping twists, and side shuffles," shares Akshay Verma, co-founder of a leading fit tech brand.

### Meditation and Mindfulness

After sweating it out, wind down with a mindfulness session that mirrors the serene ambience of the monsoon. Find a quiet corner of your home, light a few candles, and focus on your breathing. Practicing meditation during rainy days can promote mental clarity and inner peace, aligning your mind with the calming nature of the rain.

### Health on plate

Nourish your body with plenty of vegetables, grains, fruits, and meat that is low in fat. It is essential to this way of eating, which fosters greater energy required for exercising and general well-being. Furthermore, remember to drink enough water because it takes part in many important processes within our bodies. **Go Trekking** In case the weather favours do up your shoes and go out and explore the gorgeousness of nature. Trekking is an excellent method of getting some fresh air, pushing your limits for the body as well as better understanding the world around you. "Maintaining fit-

**ULTIMATE PROTECTION FROM SUN AND RAIN**

FABRIC TENSILE STRUCTURE FOR FIXED CAR PARKING, GAZEBO ETC.

AWNING

30 Years of Proficiency Quality Services

- German Aluminium System Windows
- Upright Doors - Window Covering
- Wooden Flooring - Toughened Glass
- Customized Furniture

Since 1991

**INT EXT STUDIO**  
Interiors & Exterior Solution  
www.intextstudio.com

DEALERSHIP ENQUIRY IS WELCOME  
DELHI - NCR

Ph. : 9810106176, 9899400957

India's favourite Jugalbandi of Sitar & Sarod LIVE IN CONCERT

**monsoon ragas**  
with **MOHAN BROTHERS**

**SATURDAY**  
10th AUGUST  
6:30 PM

**KAMANI AUDITORIUM**  
Delhi

Celebrating the essence of monsoon melodies like never before!

**Aayush Mohan** (Sarod) **Lakshay Mohan** (Sitar)

Tickets: **book my show**

PRODUCED BY **FELICITY THEATRE**

**MAHABHARAT**  
THE EPIC TALE

A PLAY WRITTEN & DIRECTED BY **PUNEET ISSAR** DURYODHAN & KARAN'S PERSPECTIVE

**LIVE PLAY**

**VENUE: KAMANI AUDITORIUM MANDI HOUSE**

**5th JULY 2024** 2 SHOWS  
**6th JULY 2024** 3 SHOWS  
**7th JULY 2024** 3 SHOWS

TICKETS AVAILABLE **book my show** OR CALL **9971913322**



ed by Goyal: **Squats:** Builds strength in legs and glutes. **Lunges:** Targets quads, hamstrings, and core. **Push-ups:** Various modifications available for different fitness levels. **Plank variations:** Strengthens core and improves posture. **Dips:** Utilises chairs or benches

**classes:** Many offers cardio-focused routines. **DO WHAT YOU LIKE Cardio with a Twist** "If you are feeling adventurous and the rain is not too heavy, take your workout outside. Walking or taking small steps are important. Embrace the drizzle with a dance-inspired cardio routine. Incorporate

ness goals even during periods of heavy rain is possible. The cornerstone of a healthy lifestyle lies in discovering activities that you find enjoyable and that can consistently integrate into your routine," concludes July Wagle, fitness trainer, nutritionist and founder of a popular fitness company.

**Puraane Chawal** COMEDY PLAY

PRESENTS

**पुराणे चावल**  
directed by Sumeet Vyas

**VENUE: KAMANI AUDITORIUM, NEW DELHI**

**20th JULY 2024**

**SHOWS TIMING: 5:00 PM, 7:00 PM**

TICKETS AVAILABLE **book my show** or call 74288 11417

**GLORIO** style your interior

**Plymahal**  
Innovation Begins Here

- CHARCOAL PANELS
- FABRIC PANELS
- ACRYLIC LAMINATES
- LOUVERS
- MIRROR INLAY PANELS

NOW AVAILABLE EXCLUSIVELY AT:

**Plymahal**  
**+91 98111 95607**

B-119, MANSROVER GARDEN, OPP. POLICE STATION, KIRTI NAGAR, NEW DELHI - 110015  
E-mail : **plymahal@gmail.com** | Web: **plymahal.in**

QUALITY SINCE 1936

**KANODIA**  
KANODIA KOLHU BRAND

रिश्तों की खुशियों में स्वाद का लड़का

**KACHI GHANI & YELLOW MUSTARD OIL**

AVAILABLE AT ALL LEADING STORES

# I'm enjoying the OTT and film space right now, says Nandish



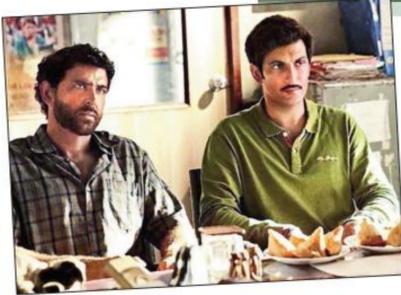
@nandishsandhu

Nandish Singh Sandhu; (inset) with Hrithik Roshan in Super 30

**N**andish Singh Sandhu started his career as a TV actor before transitioning to OTT and films. Reflecting on his decision, the actor says, "I think OTT is a good space for every artiste and it has bridged the gap beautifully between TV and films. In movies, we are connected to the story and in web space, we are more connected to the characters because every character has a bigger arc. I'm enjoying the OTT and film space right now. I've done television for a long time."

## 'I DON'T WANT TO GET STUCK BECAUSE I'M COMFORTABLE DOING SOMETHING'

His last appearance on TV was in 2015 with shows like *Nach Baliye 7* and *Darr Sabko Lagta Hai*. Since then, Nandish says he has consciously moved towards films and web series. "On TV, I have to play the same character for a year or two, whereas on the web, I get to do more roles in the same year, which is exciting. I wanted to be able to play different characters, grow as an artiste and improve my craft," he explains, add-



ing "I don't want to get stuck just because I'm comfortable doing something in a particular way."

## 'MY CRAFT IS GETTING BETTER AND I SEE THAT AS SUCCESS'

About his move from TV, Nandish says, "I've always believed in learning something new and growing in life. When I say that I'm not doing TV right

**When I say that I'm not doing TV right now, it's not that I'm not grateful for what it has given me. But I want to grow and experience different things**

now, it's not that I'm not grateful for what it has given me. But, at the same time, I want to grow and experience different things. My craft is getting better and I see that as success."

—Hasti Doshi



Jayati Bhatia; (right) in a still from *Sasural Simar Ka*

# People don't call us for auditions because we work in TV: Jayati

**T**V actors face discrimination when it comes to bagging roles in other mediums, and Jayati Bhatia is no exception. The actress may have been working for nearly three decades, but it hasn't been easy even for her to break the mould. "A lot of people don't call us for auditions because we work in TV shows and that is really unfair," she says, adding, "Acting is my profession. Wherever I got work and respect, I gave it my best. Earlier, I didn't get work in films, but I bagged good roles on TV, and that is how I earned my bread, butter, cheese and everything. I made my house, got a car... all thanks to television."

—Vinay MR Mishra



**Did You Know?**

**Imtiaz Ali shot Rockstar in reverse**

Filmmakers often employ creative techniques to achieve their desired results. In *Rockstar*, Ranbir Kapoor's character undergoes a significant transformation throughout the film. To ensure continuity in Ranbir's hairstyle, Imtiaz Ali shot the movie in reverse order, starting with the climax.

#SIPTOWELLNESS

**Raise your Immunity bar this Summer**

ASLI AYURVED Herbal Juice

AMLA JUICE | GILOY, PAPAYA & TULSI JUICE

1800-102-8384 | www.baidyanath.co.in

No Added Sugar • No Parabens

**RUKMINI DEVI**  
Institute of Advanced Studies

(Approved by AICTE, Ministry of Education, Affiliated to G.G.S. I.P. University, Delhi)  
Accredited with 'A' Grade by NAAC, Category 'A+' Institute by SFRC, Govt. of NCT of Delhi, an ISO 9001:2015 Certified Institute, Category 'A' grading by joint Assessment Committee of DHE Govt. of NCT of Delhi.

**Admission Open for 2024-25**

<b>BBA</b>	<b>B.COM (H)</b>	<b>MBA</b>
(180 Seats in First Shift) (180 Seats in Second Shift)	(60 Seats in First Shift)	(120 Seats in First Shift) (60 Seats in Second Shift)

**Outstanding Features**

- Industry Employability Program
- Excellent Placement Record for over 23 years
- 12.78 LPA Highest Package

**CONTACT US :- 9717311881, 9899230457, 011-27864596**

2A & 2B, Madhuban Chowk, Outer Ring Road, Phase-1, Rohini, Delhi-110085

admin@rdias.ac.in | https://www.rdias.ac.in

## Kia now open at Dilshad Garden, opp. Metro Station.

Walk into Speedingo Kia for an inspiring ownership experience and avail exclusive benefits.

**KIA**  
Movement that inspires

The doors to the most inspiring car brand are now open for you at Dilshad Garden, Opp. Metro Station. Come and experience our exciting range of cars and avail exclusive benefits.

Exclusive finance benefits#

<p><b>Zero Down Payment</b> Up to 100% on-road finance</p>	<p><b>Customized Finance Packages</b> Competitive interest rates, nil processing charges and long tenure</p>	<p><b>Complimentary Passenger Assistance</b> with options of Tyre, Key &amp; Legal assistance</p>	<p><b>Extended Warranty &amp; Accessories Cover</b> Up to 100% finance options</p>	<p><b>EMI Protect Scheme</b> Reimburse up to 2 EMIs in case of delay in service &amp; repair</p>	<p><b>Satisfaction Guarantee</b> with complimentary buyback on EV6 (95% of vehicle cost)*</p>
--	--	---	--	--	---

Enjoy unbeatable exchange benefits

New car with old EMI\*\* packaged exchange deal on new car

Car evaluation at your convenience

Complimentary evaluation of your old car with assured gift

Best price for your old car

Hassle-free transfer of ownership

Complete assurance of your car going into the right hands

For more information, visit your nearest dealership or contact: 1800 108 5000 | 093195 91407  
www.kia.com/in | Book Kia | kiacare@kiaindia.net | Look for "Kia India" @ f i y x

**Speedingo Kia**  
485-A/4A, Dilshad Garden, Opp. Dilshad Garden Metro Station, Delhi - 110095, Tel: 9910100777

\*Terms & conditions of each finance & insurance cover/plan will be applicable as specified by the financier/ insurance partner without any role & responsibility of Kia India Pvt. Ltd. (Formerly known as Kia Motors India Pvt. Ltd.) Finance is at the sole discretion of the financing partner without any obligation to Kia India Pvt. Ltd. 360° emergency assistance and EMI protect scheme are finance benefits exclusive to Kia India. Mentioned savings/benefits are available on select models through select insurance and finance partners for a limited period. \*\*Refund of 95% of Ex-Showroom price of car. Car must be returned within 30 days from date of delivery. Within 30 days, if there is an accidental damage or manufacturing defect, vehicle will not be eligible for refund. \*\*Depending on the old car age & quality, old car price to be considered as down payment. Balance will be converted into EMI for full tenure, combined with finance & insurance benefits. The product shown is for representation purposes only. Actual features, colors, and specifications may not be part of standard fitment and may vary. Kia India Pvt. Ltd. reserves the right to make any changes with respect to the trims, colors, specifications, and other details of any model as mentioned or to modify/discontinue any offer/scheme/service without prior notice. These are meant to keep you safe on the roads. Visit your nearest Kia dealership for more details. Kia urges you to follow traffic rules.

# Best styles from Paris Haute Couture Week



Kylie Jenner wore a bejewelled bustier gown with translucent veil

The glamorous Paris Haute Couture Week, had many celebs in attendance. Let's take a closer look at the best-dressed celebs from the event

Rosamund Pike opted for a fringed dress and platform heels

Maria Sharapova wore tailored trousers with a sheer tasselled top

Naomi Campbell in a chic silver skirt suit

Keira Knightley opted for a flared white dress

Jennifer Lopez in a beige dress and matching coat, with classic black accessories

Cate Blanchett in a strapless, corseted jumpsuit and black sunglasses

Both Katy Perry and Nicole Kidman opted for black outfits, and shared a laugh

## BTS agency staff face insider trading charges



K-pop band BTS

Three employees from HYBE, the agency behind K-pop megastars BTS, have been charged with alleged insider trading. On June 14, 2022, BTS members told fans that they were taking a break from the supergroup to focus on their solo careers, citing the pressure of their stratospheric success. HYBE's share price fell nearly 25% when the market opened the day after the announcement.

According to reports, prosecutors

said three employees of HYBE, who had prior knowledge of the announcement, sold their shares before it was made public, avoiding losses in the range of \$24K-108K (approx ₹21-90 lakh). "The employees worked for BTS for eight to 10 years since the group's debut, and therefore were able to obtain this material information that could significantly impact investment decisions," said the Seoul Southern District Prosecutor's Office in a statement sent to AFP.

Agencies

## Jason Kelce gets emotional at Swift concert



Taylor performing at Eras Tour; (inset) Jason Kelce

Former NFL player Jason Kelce got emotional during pop star Taylor Swift's Eras Tour concert, which he recently attended in London. In a recent episode of the *New Heights* podcast with his brother Travis Kelce, who is also Swift's boyfriend, Jason recalled the singer gifting her hat to a fan in the crowd and hugging her while performing 22.

Jason says, "I was literally tearing up watching this little girl's entire (show)... I'm about to tear up right now."

He adds, "It's just her, a guitar and 90,000 people. And she's blending from one song to another... It's amazing. And you have to have great songs and great lyrics, which she obviously has written and made. And then, be able to perform those seamlessly on the spot. That was the highlight of the evening for me."

Agencies

**She's blending from one song to another... It's amazing. And you have to have great songs and great lyrics, which she obviously has written and made. And then, be able to perform those seamlessly on the spot. That was the highlight of the evening for me**

- Jason Kelce

@janniksin

## Celebs meet tennis stars ahead of Wimbledon



The build-up to Wimbledon 2024 has seen delightful celebrity sightings. Bringing together the worlds of sports and entertainment in pre-tournament celebrations. (Above) Iga Swiatek, the world No 1 in women's singles, shared a laugh with Steve Carell at the tournament grounds. (Right) The world No 1 in singles, Jannik Sinner, also enjoyed an exclusive dinner with Ryan Gosling in Mayfair, London

@wimbledon



## Katherine Schwarzenegger and Chris Pratt expecting third baby

Chris Pratt and Katherine Schwarzenegger are reportedly expecting their third child. On Friday, June 28, a source close to the couple shared the good news with *People*.

The *Marvel* actor and Schwarzenegger, who is a writer, have not yet made an official announcement. The couple tied the knot in 2019 and are parents to daughters Eloise Christina, 2, and Lyla Maria, 3. Pratt also has an 11-year-old son, Jack, from his previous marriage to Anna Faris.

Agencies



# Soulful Fridays with reggae, jazz and classic rock fusion

It was a melodious World Music Day celebration as Bira 91 Taproom at Saket hosted a week-long celebration, featuring an eclectic mix of genres. The Friday evening showcased performances from independent bands – Guy Velvet Group, Princely States Dub Orchestra, Trouble Clef, and Heavens Down.

The brand's management said, "The guests experienced an impressive array of blues, reggae, jazz and classic rock, creating a festive atmosphere. The venue buzzed with energy as music enthusiasts revelled in the diverse music. Our dedication to promote diverse musical talents and provide a platform to support independent artists made this celebration a success."

They added, "Attendees left the celebration with lasting memories of an evening filled with non-stop dancing and an impressive selection of 16 beers on tap. A delectable food menu curated by celebrity chef Vicky Ratnani added to the vibe of the celebrations."

Address: First floor, Commons @ DLF Avenue, Saket  
Timing: 11am to 1am;  
Contact: 011 41010658



Velvet Guy Group



Trouble Clef



Rahul Singh and Ikram Aulakh

# Awarding and celebrating diplomas students in Delhi



After taking the exam at Shahnaz Husain International Beauty Academy in Delhi, students were invited to the residence of Shahnaz Husain, where she awarded them diplomas. The occasion was celebrated with a cake-cutting ceremony



Aurora

# AURORA: I WOULD LOVE TO SING FOR BOLLYWOOD

Debarati S Sen

Norwegian electro-pop music artiste Aurora became a hit in India during the pandemic with her song *Runaway*. The song became a rage on Instagram and there were filters specially named after it. Many Hindi versions of the song also popped up. In a chat with us, Aurora spoke about her love for Indian music, Bollywood and *desi* food. Excerpts...

**Your songs are always deep. What inspires a 27-year-old to write such lyrics?**

When I write, I keep the world and people in mind. It's more fun for me to write if it has a purpose.

**You spoke about your love for India earlier. What do you like about Indian music?**

I think especially to someone so far away in Norway, the way you sing traditional Indian music, it's a scale that we don't even know in Scandinavia. Indian music is one of the most beautiful types of music that I know. Indian music just moves a piece of my soul which few things do these days. India is a huge country with different cultures, food, music and people, and I'm extremely fascinated by it all. It's so different from my home, yet, similar in some ways.

**Are you familiar with Indian films? Would you like to sing for a movie here, if given a chance?**

I would love to! I think it is amazing. I love the action and the fighting scenes in your films are so cool. The way love is portrayed in Indian films, it's extremely emotional and romantic. I also like the costumes and the dancing.

**Do you have plans to come to here?**

I want to thank India for letting my music into your heart during a very tough time (pandemic). I know that's when *Runaway* kind of touched people's hearts all over the country and that makes me feel very honoured because it heightens the meaning of the music so much. I want to come to India and taste the delicacies all of you make.



A still from the song Runaway

I love the way love is portrayed in Bollywood, it's extremely emotional and romantic

'Music is magic to me'

Talking about how much music means to her, Aurora says, "A song can remind us of who we are and make us ourselves again. Some studies suggest that people who often go to concerts and sing are happier. Music to me is proof of the many beautiful things about the mind and about people in the world. So, music is just magic to me, it's everything!"

**SHIRT** upto **60% off**  
TROUSER & JEANS  
**SALE**  
Formal & Party Wear  
MEN & WOMEN  
By Economy Sales: 9212758425

ARROW PARK AVENUE ColorPlus SMART CASUALS LOUIS PHILIPPE Levi's

- GURUGRAM 306, City Center, Sector 29 (Near Hotel Pilazio)
- PUNCHKUAN ROAD, Garwal Bhawan, (Near Jhandewalan, Gole Chkr.)
- WAZIRPUR A-5, Near Richi Rich Banquet (Opp. Shalimar Bagh)
- JANAKPURI B-1/2, Main Najafgarh Road, Opp. Metro Pillar 543
- NOIDA, Nirula's Sec-2, Near Metro Station, Sec-15, Noida, UP
- LAJPAT NAGAR, 49, Main Ring Road, Adj. Haldi Ram, Near Moolchand Crossing

entertainment city  
Worlds of Wonder  
**Waterpark**  
ENTERTAINMENT CITY | NOIDA

PRESENTS  
SUPER  
**Weekends**

FOR BOOKINGS  
[QR Code]

**DJ SHIVANI**

PERFORMING LIVE AT WAVE POOL  
30<sup>TH</sup> JUNE, 2024

BOOKING STARTS: 12 AM TO 12:15 AM  
**HURRY UP!**  
LIMITED OFFER

**MIDNIGHT MADNESS**  
**30% OFF**  
ON ADULT TICKETS ONLY  
\*OFFER VALID FOR SAME DAY BOOKINGS

[www.worldsofwonder.in](http://www.worldsofwonder.in) 080690 90000

#ReachTheBeach #PLACEOFWOWMOMENTS

ENTRY FROM GATE NO.: 11, ADJACENT TO THE GREAT INDIA PLACE MALL, NEAR GARDENS GALLERIA MALL, ENTERTAINMENT CITY, NOIDA, U.P. INDIA

\*PARK T & C APPLY

bonn<sup>®</sup>

**BREAD MATLAB BONN**

High Fibre BROWN BREAD

Zero Added Maida

WHOLE WHEAT FLOUR

bonn<sup>®</sup>

**HIGH FIBRE BROWN BREAD**

No Palm Oil • No Added Color  
Trans Fat & Cholesterol Free

31% DAILY FIBRE NEED

www.bonn.in | Follow us on: [Social Media Icons]

Also Available at: bigbasket blinkit daily zepto

\*Images are for representation purpose only

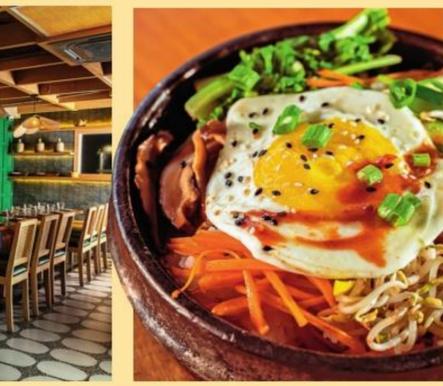
# Must-try places for Asian cuisine in Delhi

**WHAT'S HOT**  
IF IT'S HAPPENING, IT'S HERE

Looking to indulge in exquisite pan-Asian cuisine? Discover these top dining destinations in Delhi that offer an unforgettable culinary experience



**Unlock the flavours of Asia at NAO - Next Asian Outing**  
Redefining the dining scene with stunning interiors and chic contemporary art, NAO offers pan-Asian delicacies, such as Korean Ramyun and Japanese Ramen. Popular dishes include Potato & Cheese Corn Dogs,



Tteokbokki, Korean Fried Chicken, Philly Cheese Dimsums, Fluffy Open Baos, Sushi, Stone Bowls, and refreshing summer cocktails and mocktails, perfectly crafted to pair with vibrant cuisine.

"We focus on using high-quality, authentic ingredients, adhering to traditional processes and recipes, and constantly evolving our menu. With fusion dishes like the Thai Avocado Salad and Tom Yum Stone Bowl, we keep our offerings fresh and exciting," says founder Amul Kapoor, adding, "We are set to expand our outlets across NCR, significantly increasing its reach for dine-in and delivery, allowing more guests to enjoy its delightful flavours."  
Address: M-40, M Block Market, GK-2  
Contact: 9354819115  
Website: [www.naoasiantable.com](http://www.naoasiantable.com)

**Experience culinary excellence at Zen**  
Nestled in the heart of Connaught Place, Zen Restaurant, has been a beacon of culinary excellence since its establishment in April 1992. The restaurant is known for its Chinese, Japanese, and Thai cuisines, consistently offering delicious food, generous portions, and reasonable prices. The restaurant's management team says, "Stepping into Zen is like entering a time capsule of old-world charm. The decor features rustic flooring and bronze sculptures that evoke a Victorian-era ambience. Spread across two levels, the wooden furniture and high ceilings add to its grandeur, creating an inviting atmosphere for patrons from all walks of life. Enjoy happy hours here from 11:00am to 7:45pm with draught beer."

Must-haves include dim sums, sushi, tea time snacks, and Italian coffees like cappuccino and espresso. Whether you're a local or a traveller exploring Connaught Place, this restaurant promises an unforgettable dining experience that combines tradition with culinary mastery.  
Address: B-Block, main inner circle, Connaught Place  
Contact: 011-23357455, 23357444, and 9899666000  
Price for two: ₹700-900



**Relish Japanese cuisine at Guppy**  
At a reasonable price, Guppy offers a side of Japanese cuisine that is much more than just seafood with a variety of options.



The resto's team says, "The resto is a winner of Best Japanese, National Sushi Champions and Chef Of The Year, among many accolades. It offers ramen burger, poke bar, Tokyo mon amour - a Franco-Japanese pop-up, and nabe - a Japanese hotpot dish."

Address: 28, Main Market, Lodhi Colony  
Contact: 9650185005 and 24690005/6  
Website: [www.guppybyai.com](http://www.guppybyai.com)



**Explore pan-Asian delights at Chungwa**  
Serving Chinese since 1974, Chungwa offers Thai, Japanese, and soon Korean and Vietnamese cuisine, making it one of the best Pan Asian restaurants in Delhi.

"The resto offers best shredded lamb sesame seed and chili chicken in town. It also offers exotic vegetarian dishes, sushi, bao, and ramen bowls, and is very popular with ladies' kitties, corporate lunches, and live bands every Saturday evening," says the resto's management team.

Address: M-34, M Block Market, GK-2  
Contact: 011 4353 8777 and 35745134

**Savour authentic Chinese cuisine at Berco's**  
With over 40 years of experience and 50 locations nationwide, the award-winning Chinese chain, Berco's, has been serving generations of families.

The resto has launched its Viet Thai Food Festival, featuring dishes like Pho, Vietnamese Summer Rolls, Berco's Signature Glass Noodle Salad, the perfect summer dessert - Sweet Mango Sticky Rice. Enjoy their new Summer Mocktail menu with bubble teas and a variety of refreshing

drinks. "For added convenience, the resto offers delivery across NCR, ensuring that you can enjoy our mouthwatering dishes from the comfort of your home. Celebrate Berco's legacy and join us in tasting the future. Whether it's a casual meal or a special occasion, we promise a memorable dining adventure for every guest," says the restaurant's team.  
Locations: Multiple locations  
Contact: 9560040271  
Time: 11:30am to 11:30pm



**Iconic Chinese flavours at Ichiban**

One of the most iconic Chinese restaurants in Delhi, established in 1994, Ichiban specialises in authentic Sichuan cuisine, serving dishes like creamy garlic chicken, kung pao chicken, vegetable honey chilli potato, and butter garlic prawns. "Our dim sum selection offers a taste of traditional Chinese flavours, meticulously crafted to perfection. We provide exceptional

service and a memorable dining experience," says the resto's team.  
Address: 9, Pandara Road Market  
Contact: 9999801154 Price for two: ₹700 onwards



**Manga-inspired culinary journey at You Mee**

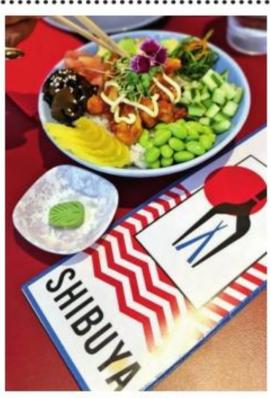
A real-life Manga-inspired pan-Asian restaurant, where every dish is a journey through the diverse flavours of Pan-Asian cuisine, You Mee, celebrates the essence of Asia with a menu that includes sushi, ramen bowls, dim sums, baos, and a variety of noodles, among other gastronomic delights. Here, each offering is a homage to different corners of Asia, meticulously crafted to capture the essence of its origin.

"With a strong presence across India, we offer an unparalleled dining experience that transports diners from the urban bustle to the dynamic landscapes of Southeast Asia. It's not just a restaurant; it's an adventure that beckons Manga enthusiasts and food connoisseurs



alike to savour exceptional dishes amidst a thematic ambience that evokes the spirit of Manga comics, says the resto's team, adding, "With 21 outlets across Delhi NCR, Mumbai, Pune, Bangalore, Kochi, and Hyderabad, You Mee has established itself as a haven where culinary artistry meets cultural immersion."

Address: M Block Market GK2; Epicuria, Nehru Place; COMMONS, DLF Avenue Saket; Advant Navis Business Park, Hyderabad; Ambience Mall, Gurgaon; Cyberhub, Gurgaon; Worldmark Gurgaon; Airia Mall, Gurgaon  
Contact: Noida - 9818664711, Gurgaon - 8527061381 and 9999253742, Delhi - 9811967664



**Discover Asian flavours at Shibuya**

Unveiling a trendy hotspot, Shibuya recently launched their new resto in Meharchand Market, making it a must-visit for all the foodies. "With delectable pan-Asian cuisine similar to their original restaurant in GK-2, this new resto offers lively illustrations, compact menu, and casual atmosphere. Whether you're a fan of sushi, ramen, dim sums, bubble tea, you'll love the buzzing scene crafted for the coolest vibes. Step into this 'cute as a button' space and dive into a world of flavour and excitement," says the resto's team.

Address: 138, Meharchand Market, Lodhi Colony  
Meal for two: ₹1100  
Contact: 7982240488



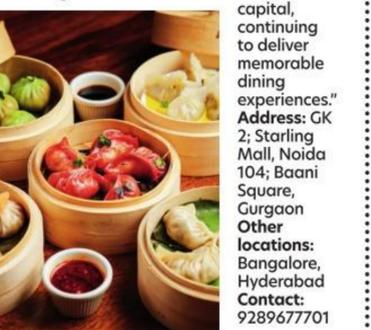
**Experience rich culinary heritage at VietNom**  
Enjoy authentic Vietnamese cuisine crafted through extensive research at VietNom. "We bring the heart and soul of Vietnam to your plate. Complement

your meal with our exclusive handcrafted cocktails and mocktails, made with homemade cordials, fresh herbs, and premium spirits. Each sip is an innovative blend inspired by Vietnamese flavours.

Join us and savour the best of Vietnamese cuisine and beverages," says the resto's team.  
Address: VietNom, COMMONS, DLF Avenue Saket  
Timings: 12 pm to 11:30 pm  
Contact: 9821620578

**Memorable dining experience at Big Wong**  
Renowned for its Pan Asian cuisine, Big Wong has established itself as a culinary icon in Delhi. With 11 outlets spread across Delhi, and 14 across India, it offers dishes from Sushi and Thai Curries to Burmese

Khew Suey, and Cambodian and Malaysian Curries. The resto also offers catering services for your special occasions and gatherings. The resto's team says, "This place remains a preferred choice for those seeking authentic Asian flavours in the capital, continuing to deliver memorable dining experiences."



Address: GK 2; Starling Mall, Noida 104; Bani Square, Gurgaon  
Other Locations: Bangalore, Hyderabad  
Contact: 9289677701

# Best bars in Delhi to sip, savour, celebrate



Raise a toast to the good times shared with your loved ones! Indulge in a relaxing and enjoyable experience at some of these top-notch bars in the capital

## RECOMMENDED BARS IN DELHI

- Bulach
- Chica
- Dandy the Fio bar
- Dear Donna
- Harp by Maruchi
- Home
- Hoots
- Khi Khi
- Khubani
- Klapp
- Lair
- Mezze Mambo
- Miso Sexy
- Miss Margarita
- Monkey Bar
- Nukkad café & Bar
- Olive Bar & Kitchen
- PCO
- Perch
- Play
- Public Affair
- Qavalli
- Red
- Sidecar
- Sly Granny
- Social
- Zylo by Kakapo



Amin Ali, food and nightlife critic



### Try exquisite beverages at Qavalli

Known for its ambiance and mixology, Qavalli's Indian botanical bar crafts exquisite cocktails. "Our highlights include The Banarasi and The Gulaabri. Another must-try is The Princely Quince, prepared with saffron-infused white rum, Kashmiri apple-bum chunth, and almond milk. Our enchanting ambiance, with soft lighting, plush seating,



and diverse music, makes it perfect for intimate gatherings and lively nights out," says the brand's management team. **Address:** Lower ground floor, Worldmark 1, Aerocity; **Contact:** 7290002916 and 7290002918; **Time:** 12pm to 12:30am; Meal for two: ₹2000

### A rooftop view at Zylo by Kakapo

With a view of Qutab Minar, Zylo by Kakapo offers exotic cocktails. This rooftop bar has a vibrant atmosphere and expertly crafted drinks, blending luxury and excitement. Udit Bagga, owner of the place, says, "Whether you're looking to unwind or party, we deliver an extraordinary experience, making it one of Delhi's best bars."

Food and nightlife critic, Amin Ali recommends Zylo as one of the best bars to visit in the capital. **Address:** Rooftop and second floor, Ambawatta One Complex, Mehrauli **Contact:** 9319995829 and 9319995830



### Enjoy a cosmopolitan appeal at Khubani

One of the premier destinations in Delhi's bar scene, Khubani offers a blend of sophistication and vibrant energy. The outlet's management team says, "This place offers an inviting atmosphere that attracts a global clientele. The bar features cocktails by master mixologists and a diverse culinary menu, with highlights on authentic Turkish cuisine prepared by celebrated Turkish chefs. A diverse roster of international artists and themed entertainment nights, such as Sufi evenings, Bollywood galas, and Arabian nights, enhance its cosmopolitan appeal. Additionally, we also offer Sunday brunches for kids and family-themed events." **Address:** Asset no.1, Hospitality District Delhi, Aerocity **Contact:** 8069168800



### Get cheesy at Olive Bar & Kitchen

Worlds collide and time stops in this Mogul mansion turned alfresco restaurant, home to warm and casual elegance with a courtyard under the vast canopy of a banyan tree. Olive Bar & Kitchen is known for its incredible cocktail program. The brand's management team says, "Over the last 20 years, we have introduced a long list of culinary firsts including teq-tonics and sorbet gin-tos. Our farm-to-glass menu features cocktails made with cheese, porcini mushrooms, fenugreek, and fennel." **Address:** One Style Mile, haveli no 6-8, Kalkadass Marg, Mehrauli **Time:** 12.30pm to 12am **Contact:** 9810235472 and 9910457373 **Website:** olivebarandkitchen.com



### Embrace vibrancy at Chica

Located in Netaji Nagar, Chica is one of Delhi's vibrant bars. Known for its chic ambiance and sophisticated vibe, it provides a refreshing escape from the city's hustle and bustle. The bar has an inviting atmosphere perfect for casual gatherings and special evenings. Some of their must-haves are Ly'chica and Chicante. The bar's management team says, "Our cocktails and ambiance make it a standout among Delhi's best bars." **Address:** One Golden Mile, Block A, Netaji Nagar **Contact:** 9990019981 and 9990019982 **Time:** 12pm to 1am **Meal for two:** ₹3500



### Naturally delish beverages at Sly Granny

Along with sophistication, Sly Granny's offers vintage blends. The outlet's management team says, "Our blends are steeped in secret spices from Granny's cherished liquor cabinet. Embrace the refreshing cocktails that celebrate the essence of natural ingredients." **Address:** 4, Khan Market, Rabindra Nagar **Contact:** 95999 65603



### Viva la fiesta at Miss Margarita

Renowned for its authentic Mexican cuisine, Miss Margarita boasts a collection of margaritas, coupled with a wide range of tequila-based cocktails on its bar menu. The restaurant space has a lively and colourful ambiance,

with traditional Mexican artwork adorning the walls and cosy seating arrangements that create a warm and inviting atmosphere. **Address:** M 31 first floor, M Block Market, Greater Kailash II **Contact:** 8920331591 **Time:** 12.30pm to 3:30pm and 7.30pm to 1:00am

## Best and worst rated Indian food list baffles desis



Taste Atlas, an online food guide that rates and ranks dishes from around the world, has released a list of best and worst rated Indian dishes. While the best rated list had mango lassi, chai masala, butter garlic naan, Amritsari kulcha, butter chicken, Hyderabadi biryani, shahi paneer, chole bhature, tandoori chicken and korma, the worst rated dishes were jal jeera, gajak, thengai sadam, panta bhat, aloo baingan, thandai, achappam, mirchi ka salan, malpua and upma.

The list seems to have baffled Indian foodies. "Bruh India has one of the richest culinary histories and arguably the most culinary diversity out of every country in the world and you chose Mango Lassi as #1? This is like cappuccino being the #1 food of Italy," read one comment, while another said, "Unfortunately this list is negligence max. All of our heirloom recipes are on that worst

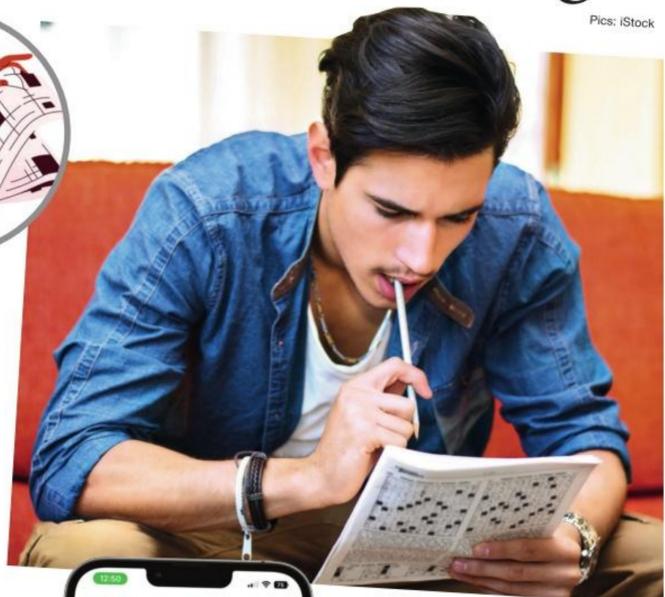
list. Indian culture celebrates seasonal produce. Gajak, Panta Baat are all examples of this. And it fell into the worst list. This is what happens when the world wants to think they know everything about India." Readers also wondered who had rated the dishes and whether the ratings were as "per western taste buds". Over the last several months, the online guide has been prominently featuring many Indian dishes in its best rated lists.

Indian Food	
TASTEATLAS RANKING (JUN 2024)	
Best rated	Worst rated
1 MANGO LASSI (PUNJAB) ★ 4.6	1 JAL-JEERA (PUNJAB) ★ 2.7
2 CHAI MASALA (PUNJAB) ★ 4.6	2 GAJAK (NORTH-EAST INDIA) ★ 2.8
3 BUTTER GARLIC NAAN (NORTH-EAST INDIA) ★ 4.6	3 THENGAJI SADAM (SOUTH-EAST INDIA) ★ 3.0
4 AMRITSARI KULCHA (AMRITSAR) ★ 4.6	4 PANTA BHAT (NORTH-EAST INDIA) ★ 3.0
5 BUTTER CHICKEN (GUJARAT) ★ 4.5	5 ALOO BAINGAN (PUNJAB) ★ 3.0
6 HYDERABADI BIRYANI (HYDERABAD) ★ 4.5	6 THANDAI (TRAVANCORE, UTTER PRADESH) ★ 3.0
7 SHAHI PANEER (PUNJAB) ★ 4.5	7 ACHAPPAM (KERALA) ★ 3.2
8 CHOLE BHATURE (GUJARAT) ★ 4.5	8 MIRCHI KA SALAN (HYDERABAD) ★ 3.2
9 TANDOORI CHICKEN (PUNJAB) ★ 4.4	9 MALPUA (PUNJAB) ★ 3.2
10 KORMA (PUNJAB) ★ 4.4	10 UPMA (KERALA) ★ 3.2

## Boomers to Gen Z, love for word games scores over doomscrolling

Anukriti Sharma

Remember those lazy Sundays at home when you saw your parents solving the crossword in the newspaper? Or those get-togethers with cousins which invariably resulted in a fight over whether what they put together on the Scrabble board was a real word even? If this love for puzzles and word games has continued in your life, you may be among the rising number of people who prefer such activities over doomscrolling on social media during their leisure time.



Pics: iStock

### 'Better than scrolling through social media'

These games offer a bridge between technology and mindfulness, providing moments of clarity and accomplishment amidst the digital noise. Stuti Shah, a digital marketer, usually puts her phone aside post 9pm, only to solve crosswords in the newspaper. "I used to spend my post work hours just scrolling through social media. But lately I have made a conscious effort to push the noise aside and just solve the crossword," she shares.

### The word games community is not a small one

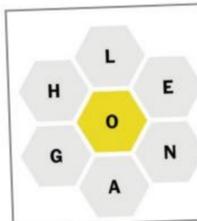
- Nearly 60% of word game players are aged between 25 and 54
- 23% mobile gamers engage in word games
- Word games is the 5th most popular genre among players
- The number of Wordle players went from 90 to 3 million within two months of its public release (Sources: Statista, New York Times)



**CONNECTIONS:** You look at a grid of 16 words and pick four words that have a connection to each other. You do this four times, until all 16 words in the puzzle are grouped

### Cognitive benefits of puzzles

- Improving memory, information processing and attention
- Promoting sharper critical thinking, improved memory and enhanced problem-solving skills
- Better mental function as you grow older
- 15% larger vocabulary if you play word games (Sources: Harvard Health Publishing, International Journal of Geriatric Psychiatry, and Linguistic Journal)



**SPELLING BEE:** Create a certain number of words from the given letters with the letter in the centre being common in each word

These puzzles can be hard to crack sometimes, but once you've solved them, you get a dopamine rush. Such activities are fun and offer quick results

— Suneha Sinha, a teacher who loves solving Sudoku



**WORDLE:** You have six chances to guess a five-letter word. You're told if the letters you've guessed are in the puzzle, and if they're in the same spot where you guessed they are

### Building communities

Puzzles are fostering vibrant online communities that are abuzz with discussions, strategies, and shared victories. During the pandemic, content creator and marketer Nipun Jain and her husband created their own version of Wordle called Hardword. The game has gotten many hooked. Nipun adds, "My husband and my siblings bond big time over the game, as do other people," says Nipun. Shivam Rai, who stumbled upon Spelling Bee through a friend's Instagram story, adds, "Solving these games is a rewarding exercise that puts your mind to work without exhausting it, unlike scrolling on social media."

I don't feel like opening social media the first thing in the morning. So, I solve the Wordle and Hardword of the day instead. Besides these, I also like Octordle, Blossom, Rebus and Sudoku. This prevents me from doomscrolling as well

— Nipun Jain, a content marketer and co-founder of Hardword

@radhikkamadan



Radhikka Madan; (inset) in a still from *Saas, Bahu Aur Flamingo*

# NOW I HAVE THE PRIVILEGE OF FOCUSING ON MY HEALTH: RADHIKKA

**'The pain of a few characters has stayed with me'**

Talking about how some roles leave a deep impact, she explains, "Some characters were dark, and they did take a lot out of me. And I didn't realise it at that point because I felt like I was a superwoman. But the moment the project ended, I realised that there were a lot of residual feelings about the character that I had played. The pain of some characters has stayed with me." In the last eight months, Radhikka says she spent quality time with her friends and family to be back in a neutral place.

CONTINUED FROM K 1

## 'THERE ARE DAYS WHERE YOU FEEL REALLY INSECURE'

The actress who was seen in the web series *Saas, Bahu Aur Flamingo* last year, talks about her safe zone in life. Radhikka shares, "I wouldn't lie, there are days where you feel really insecure. Not with respect to what others are getting, but it's just about yourself. It has to do with self-worth. Whenever those feelings pop up, I go back to my safe zone which is Delhi, where I have my family and friends, and then I feel fine. I've realised that the more I stay in Mumbai, the more I'm surrounded by film industry talks, and somewhere, I start seeing life through that lens. And life is way more than just that."



## 'NOW I HAVE THE PRIVILEGE OF FOCUSING ON MY MENTAL AND PHYSICAL HEALTH'

Radhikka is glad that she's at a point in her career where she doesn't have to

stress over bagging her next film. The actress who is ten films old, says, "Earlier, I felt insecure about whether I would get work, but not anymore. Now, I have the privilege of focusing on myself and my mental and physical health. Thankfully, I'm not in the position where I have to worry - will I get a job if I take so many breaks?"

## 'A LOT OF THINGS ARE SAID TO YOU ABOUT YOUR FACE AND YOUR BODY'

There's always been a lot of talk around the industry's obsession with the idea of perfect beauty and the kind of pressure it puts on actors. Addressing that point, Radhikka says, "A lot of things are said to you about your face and your body. If you're okay about it (cosmetic enhancements) and you believe that it will help your confidence, then go for it. Why not? It's your personal choice at the end of the day. I was told that my jaw was a certain way and that I should get something done to my face. I didn't agree. I felt it was fine. I didn't want to get anything done because then I would keep chasing perfection. And life is not perfect. Even your art is not perfect."

I was told that my jaw was a certain way and that I should get something done to my face. I didn't agree. I felt it was fine. I didn't want to get anything done because then I would keep chasing perfection. And life is not perfect. Even your art is not perfect

**GROVERSONS®**  
**Paris Beauty**  
LINGERIE & LOUNGEWEAR

#loveaffair  
You got me  
life no other

GROVERSONS®  
LEGACY OF EXCELLENCE

EXCLUSIVE PARIS BEAUTY STORES : NEW DELHI - SOUTH EX 1 • KAROL BAGH | GURUGRAM - MSM URBANA  
SHOP ONLINE AT : [www.gsparisbeauty.com](http://www.gsparisbeauty.com) | Myntra | Flipkart | amazon | AJIO.com

Customer Care No. : +91 0120-4854855 | Follow us : [gsparisbeauty](https://www.gsparisbeauty.com)

FOR BUSINESS INQUIRIES CONTACT AT +91 7827996423

MARUTI SUZUKI

NEXA

# BEST TIME TO BUY.

Avail exciting offers on NEXA range of cars.

CREATE. INSPIRE.



NEXA  
**2.5 MILLION**  
INSPIRING JOURNEYS

"VISIT YOUR NEAREST NEXA DEALERSHIP TO GET EXCITING OFFERS UP TO ₹ 1 00 000\*\*"

<p>Scan to explore NEXA World</p>	<p>Scan to chat on WhatsApp</p>	<p><b>DELHI</b></p> <p>NEXA EAST OF KAILASH RANA MOTORS PH: 9992938886</p> <p>NEXA MAYAPURI SHREYASH AUTOMOTIVES PH: 9810165876</p> <p>NEXA SECTOR 16 FAIR DEAL CARS PH: 9582232615</p> <p>NEXA RAJIV CHOKI, GURUGRAM RANA MOTORS PH: 8929268142</p>	<p><b>DELHI</b></p> <p>NEXA LAJPAT NAGAR SINGLA LINK AGENCY PH: 9818199387</p> <p>NEXA MOTI NAGAR AAA VEHICLEADES PVT. LTD. PH: 8448993400</p> <p>NEXA IND AREA GR. NOIDA NEXA GOLDEN GR. NOIDA RANA MOTORS PH: 8374680044</p> <p>NEXA SECTOR 29 GURUGRAM TR. SAHNI'S AUTOMOBILES PH: 999952540</p>	<p><b>DELHI</b></p> <p>NEXA SAFDARJUNG ENCLAVE TR. SAHNI'S AUTOMOBILES PH: 720099520</p> <p>NEXA DWARKA SECTOR 14 COMPETENT AUTOMOBILES PH: 729091136</p> <p>NEXA GOLDEN GR. NOIDA RANA MOTORS PH: 9355833700</p> <p>NEXA SECTOR 29 GURUGRAM COMPETENT AUTOMOBILES PH: 8377007987</p>	<p><b>DELHI</b></p> <p>NEXA OKHLA PHASE 1 PREM MOTORS PH: 011-42000000, 7065074531</p> <p>NEXA NARELA DD MOTORS SHREYASH AUTOMOTIVES RANA MOTORS PH: 9081900800</p> <p>NEXA UPT. MANESAR PLATINUM MOTO CORP PH: 9020990209</p> <p>NEXA UDYOG VIHAR VIPUL MOTORS PH: 9205899721</p>	<p><b>DELHI</b></p> <p>NEXA PATPARGANJ MAGIC AUTO COMPETENT AUTOMOBILES PH: 8377007962</p> <p>NEXA PITAMPURA RANA MOTORS PH: 9818232623</p> <p>NEXA INDUSTRIAL AREA SITE 3 REGENT AUTOLINKS PVT. LTD. PH: 9873179917</p> <p>NEXA IDC GURUGRAM PREM MOTORS PH: 012-4440000, 7065074501</p>	<p><b>DELHI</b></p> <p>NEXA DILSHAD GARDEN VIPUL MOTORS PVT. LTD. TR. SAHNI'S AUTOMOBILES PH: 9870394313</p> <p>NEXA WAZIRPUR COMPETENT AUTOMOBILES JAGMOHAN AUTOMOTIVES PVT. LTD. PH: 9811478982</p> <p>NEXA SAHIBRABAD MOTORCRAFT SALES PH: 8527332222</p> <p>NEXA MG ROAD PASCO AUTOMOBILES PH: 9711290001</p>	<p><b>DELHI</b></p> <p>NEXA GOKULPURI NEXA PREET VIHAR FAIRDEAL CARS PH: 220091122</p> <p>NEXA AKSHARDHAM TR. SAHNI'S AUTOMOBILES PH: 999953361</p> <p>NEXA ROHINI SECTOR 10 TR. SAHNI'S AUTOMOBILES PH: 8929200160</p> <p>NEXA MEERUT ROAD ROHAN MOTORS LTD. TR. SAHNI'S AUTOMOBILES PH: 987179638</p> <p>NEXA PALWAL CENTRAL AUTONATION PH: 931864040</p>	<p><b>DELHI</b></p> <p>NEXA DWARKA SECTOR 9 MAGIC AUTO TR. SAHNI'S AUTOMOBILES PH: 729075664</p> <p>NEXA DARYAGANJ TR. SAHNI'S AUTOMOBILES PH: 999953361</p> <p>NEXA WIT BVA AUTO PH: 0129-4121212</p> <p>NEXA SOHNA PASCO AUTOMOBILES PH: 9899961000</p> <p>NEXA DELHI ROAD DINKO WHEELS LLP PH: 7082100301</p>	<p><b>DELHI</b></p> <p>NEXA RAJOURI GARDEN TR. SAHNI'S AUTOMOBILES PH: 999953361</p> <p>NEXA SECTOR 63 VIPUL MOTORS PH: 9971277771</p> <p>NEXA BATA CHOKI VIPUL MOTORS PH: 9599816777</p> <p>NEXA KAILASH NAGAR HARNAL PLATINUM MOTO CORP PH: 9053088401</p>	<p><b>DELHI</b></p> <p>NEXA PUNJABI BAGH DD MOTORS PH: 9081900800</p> <p>NEXA SECTOR 1 ROHAN MOTORS PH: 9313520782</p> <p>NEXA SEC. 55 BALLABHGARH VIPUL MOTORS PH: 9992221377</p> <p>NEXA NOIDA SECTOR 137 MAGIC AUTO PH: 9818444482</p> <p>NEXA SEC. 55 BALLABHGARH VIPUL MOTORS PH: 9992221377</p> <p>NEXA BHOKAR CROSSING SKUNIVERSE AUTOMOBILE PVT. LTD. PH: 8865960000</p>	<p>Scan To Book Your Test Drive Now.</p>
-----------------------------------	---------------------------------	--	---	---	--	---	---	---	--	--	--	--

Contact us at 1800-200-[6392], 1800-102-[NEXA] and visit [www.nexaexperience.com](http://www.nexaexperience.com) to book online.

\*Terms & conditions apply. Features and accessories shown may not be part of standard fitment. Black glass shade on the vehicle is due to the lighting effect. Images used are for illustration purposes only. All offers are brought to you by NEXA dealers only. Offers may vary subject to the model and variant purchased. Maruti Suzuki reserves the right to withdraw offers at any point in time without any advance notice. All offers are applicable till 30<sup>th</sup> June'24 or till stocks last. Maruti Suzuki Smart Finance is now available pan-India. Maruti Suzuki Subscribe available only in selected cities.