

SUNDAY, JULY 21, 2024
ADVERTORIAL, ENTERTAINMENT INDUSTRY
PROMOTIONAL FEATURE

Bombay Times

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Jasmine Bhasin and (right) a picture of the actress after her visit to an eye specialist following the incident

I AM UNABLE TO SEE ANYTHING RIGHT NOW, BUT HOPE TO RECOVER SOON: JASMINE BHASIN

In a freak incident, the actress's contact lenses ended up damaging her eyes

P3



Luxury watch brand comes to India

Tejas Kudtarkar

AIGNER Watches, the illustrious brand synonymous with iconic designs, high-fashion styling, great craftsmanship and Swiss-made watches, announced its grand launch in India through an exclusive partnership with TITAN Company Limited. Present at the event were Tony Harris, Sales Director of Jacques du Manoir AG, Rahul Shukla, Vice President and Chief Sales & Marketing Officer - Watches Division, TITAN Company Limited, and actor, filmmaker and equestrian, Randeep Hooda, alongside other dignitaries.

Tony Harris said, "Entering the vibrant and dynamic Indian market allows us to share our legacy of craftsmanship and luxury with a new audience. This marks the beginning of a fascinating journey where we aim to offer the discerning Indian consumer the opportunity to engage with our brand. This partnership gives us a fantastic platform to reach out to the large and fast-growing market of discerning customers."

AIGNER has captivated fashion enthusiasts with its exquisite watches and signature leather goods. The iconic horseshoe monogram, a symbol



Tony Harris, Randeep Hooda and Rahul Shukla

of luck and elegance, adorns each creation, adding a touch of sophistication and a timeless appeal.

Rahul Shukla said, "The premium watch market in India is on a high growth trajectory, where a growing number of consumers are seeking high fashion, accessible luxury. TITAN's portfolio of international brands addresses multiple customer segments and price points, and

AIGNER now allows us to offer accessible luxury to all."

Randeep Hooda said, "I am honoured to be a part of this event. These watches embody precision, along with tradition and modernity. As an equestrian, the symbolism behind the horseshoe resonates deeply with me as a symbol of strength, luck and power. I am excited to see these in India now for enthusiasts and collectors alike."

For the love of ice cream!

On Ice Cream Day, Radhikka Madan enjoys the frozen delight during an exclusive shoot with us

Vinay MR Mishra

Whenever she gorges on ice cream, it reminds Radhikka Madan of her growing-up days in Delhi. On Ice Cream Day today, the actress recounts, "I remember in Delhi we would often go out for a walk after dinner and then have an ice cream. It would either be a kulfis or *thele waali* ice cream. My favourite was an ice cream called mango dude."

CONTINUED ON P 2



Radhikka Madan

DILJIT DOSANJH'S MANAGER DISMISSES CLAIMS OF NON-PAYMENT BY DANCERS

Diljit Dosanjh



P4

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EAT RIGHT, FROM THE FARM

ARIES
Diplomacy will be your best friend when arguing your point. Remember, there's often more than one way to achieve a win-win situation. This is a good week to break down your goals into manageable steps. Don't be afraid to fully commit once the path is clear and your resources are in order. The more you plan ahead, the more successful you will be later. Forget about what may have gone wrong in the past and focus only on what can go right in the future. Your potential is almost unlimited, but it is up to you to make things happen.

TAURUS
Take a deep breath and focus on diplomacy and clear communication when dealing with others. If tensions escalate, don't be afraid to take a break from the situation to cool down and collect your thoughts. Collaboration is advised. Brainstorm with trusted colleagues to ensure your ideas are polished and persuasive. If you find yourself involved in a debate of some kind, you must fight your corner but you must not bend the truth, not even a little. If you want to be taken seriously you must stick to the facts.

GEMINI
Monday is a tricky day so don't take any important decisions. With the Sun and Mars ill placed in the twelfth house, you shall experience sudden obstacles and problems from seniors/government authorities. A *Navagraha puja* is highly recommended. You must be the change you wish to see in the world. You might think you see an opportunity in your future, but make sure that everyone involved is in agreement before you commit to anything. Even a small miscommunication could be destructive in the long term, especially if the relationship is important to you. Open and honest conversations are key in both established partnerships and potentially blossoming new relationships.

CANCER
Those dealing with arms manufacturing, ammunition supplies, army and police organisations shall do very well now. Your head may be full of brilliant ideas but you are advised not to do anything with them yet. Make sure that you are feeling good before you try something new. There is great potential right in front of you but something, or someone, from your past might try to drag you back. Say no, stay strong, visualize what you can accomplish, and no one can bring you down.

LEO
The only impossible journey is the one you never begin. The way to get started is to quit talking and begin doing. Your time is limited, so don't waste it living someone else's life. Monetary losses are possible if you behave impulsively, which is likely. Career is on a sound footing now, but health matters are delicate. Be careful of your hygiene. Eat nutritious food and avoid drinking or eating stuff that makes your body acidic. You might experience some weakness in the legs, get your vitamin D levels checked. Some misunderstandings are possible in your love, life and even domestic relationships.

VIRGO
Things are changing all around you right now and this is going to make you want to run away from possible conflicts. Stay strong and you will see that none of these developments actually involve you. Be considerate and supportive to your friends, but be careful not to take their

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problems on as your own. You're on a positive path. It's inevitable that sooner or later you were bound to have to face up to emotional complications. Keep your act together and everything should work out fine.

LIBRA
Financial opportunities will abound and those looking for new jobs will have better prospects now. You need to be careful while driving, you are prone to injuries. All kinds of adventurous sports must be avoided as long as Mars is in the eighth house. Avoid cash transactions or carrying too much cash on self. You shall meet influential people who shall further your career growth, help from government servants is indicated. New friendships are also indicated.

Work and business prospects, look brighter and better. Monday seems good for a short travel or business trip, communications shall be successful. A good time to engage with your customers and pursue deals that require finishing, touches and completion. It's a good time if you are looking to change jobs. Some disharmony in family relationships is indicated. If you look at what you have in life, you'll always have more. If you look at what you don't have in life, you'll never have enough.

SCORPIO
Many of life's failures are people who did not realise how close they were to success when they gave up. If you set your goals ridiculously high and you fail, you will fail above everyone else's success. If new people try to come into your life, even if they seem to have fine intentions, be wary. There may be hidden motivations that will damage you in the long run. Keep yourself focused on a goal and you'll be able to pull through. There's little to be gained from pursuing private vendettas or doubting other people's sincerity. Look after your own health and make your peace of mind the number one priority.

SAGITTARIUS
You need to be watchful of your health, especially skin related problems as Mars aspects Mercury, which is now placed in your eighth house. Avoid long distance travel for the next 10 days. Money matters look bright, but there are obstacles due to the aspect of Mars on eighth house. It is during our darkest moments that we must focus to see the light. It's great to put yourself out there in new situations, but understand there is a difference between pushing your limits and falling off a cliff. Turn your attention to educational, travel and legal questions. Begin tackling issues which are going to carry your life forward.

CAPRICORN
Similar trends like last week continue, Monday is a period to rest and lie low, without planning any important meetings or activities. Tuesday/Wednesday are comfortable days, expect good meals and success. You will experience physical tiredness. There might be some complications regarding real estate. Stay away from immature young women as they can prove to be a distraction and also cause obstacles or be a source of problems. Expect confusion and physical tiredness or fatigue on Thursday/Friday. Avoid enmity with people as the stars indicate chances of disrepute. This is not a great week for finances.

AQUARIUS
Venus is well placed - it is a good week for not only entertainment and socialising, but also to gather more knowledge. Anyone who tries to make a distinction between education and entertainment doesn't know the first thing about either. Stars indicate victory in litigation. But remember, there's no reward without work, no victory without effort, no battle won without risk and no victory without suffering. Success is indicated for those participating in competitive exams.

PISCES
Venus is well placed - it is a good week for not only entertainment and socialising, but also to gather more knowledge. Anyone who tries to make a distinction between education and entertainment doesn't know the first thing about either. Stars indicate victory in litigation. But remember, there's no reward without work, no victory without effort, no battle won without risk and no victory without suffering. Success is indicated for those participating in competitive exams.

YOU WILL FIND EVERY FLAVOUR OF ICE CREAM IN MY FREEZER: RADHIKKA



Radhikka Madan

CONTINUED FROM 1

Radhikka may be vegan today, but she has plenty of options. She shares, "If you open my freezer, you will find every flavour of ice cream there - from mint chocolate chip to strawberry crush. And all of them are vegan. I am not compromising on anything."

The actress has also tried making ice cream at home. "I have made ice cream with almond milk, but the texture was slightly different. I used to make ice cream at home, especially during the lockdown, with my mother... sometimes it would be good and sometimes bad," she laughs.

Keep tabs on you favourite stars with [bombaytimes](#)

I used to make ice cream at home, especially during the lockdown, with my mother... sometimes it would be good and sometimes bad



Which flavours do these celebs remind Radhikka of?

- KAREENA KAPOOR KHAN:** Mint chocolate chip
- SANYA MALHOTRA:** Chocolate chip
- ARJUN KAPOOR:** Dark chocolate
- TABU:** *Unko kai samajh toh paaye!* She's bourbon vanilla because she's like a white canvas; you can paint any colour on her.
- YOUR FIRST CO-STAR SHAKTI ARORA:** Strawberry because he is a softie at heart.

SUDOKU CHALLENGE

Level: Medium

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

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.

SCRAMBLE

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

RS AEO ○ ○ ○ ○ ○
CK ILN ○ ○ ○ ○ ○
DIR PPY ○ ○ ○ ○ ○
DIO SHV ○ ○ ○ ○ ○

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

People _____ have an air of intensity. - Stendhal (5,2,4)

TIMES KAKURO

		14	38			6	20	
23	7			23	3	14		17
21			11				16	
	17				7	6		
22	13		21	23				
15			4				6	6
16			25	4				
29			17				10	
	12					7		

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: 2 10
20: 8 4 8

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SPELLATHON

Today's Ratings:
11-average | 13-good | 15-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.

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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

Not allowed (Fig B)

SOLUTIONS TO GAMES/PUZZLES

TIMES SUDOKU

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

LOOP THE LOOP

TIMES KAKURO

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

SCRAMBLE
Stendhal
Answer: People happy in love
downish

Words: Arose, clink, drippy.

Travel the world in 24 scoops

Indulge in some sweet and creamy ice creams on World Ice Cream Day today! Celebrate this day with a delicious adventure around the world. Amul Ice Lounge has created a chic ambience that's perfect for unwinding and indulging in ice cream flavours from every corner of the globe. Dive into their 24 specially curated flavours, all meticulously crafted with Amul milk and other ingredients sourced globally.

The brand's new ice cream lounge has created a chic ambience that's perfect for unwinding and indulging in ice cream flavours from every corner of the globe



Indulge in some sweet and creamy ice creams on World Ice Cream Day

From the exotic Jamaican Totto to the rich Swiss Chocolate, each scoop takes one on a flavourful journey. Explore the tangy Spanish Tango, the bold Turkish Coffee, the comforting English Apple, the Irani Kulfli, the Greek Yogo Berry and more.

Their Venezuela Chocolate ice cream is perfect for those who love chocolate. The classic American Mud

Pie ice cream remains a favourite. For those watching their sugar intake, their Sugar-Free Spanish Saffron is the perfect choice. Patrons can enjoy their ice creams in both cups and crunchy waffle cones.

Their lounges are located in cities like Mumbai, Delhi, Ahmedabad, Statue of Unity, Surat, Jaipur, Lucknow, Nasik and Anand.

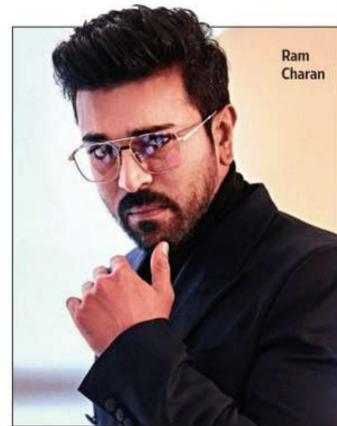
So celebrate World Ice Cream Day at the Amul Ice Lounge.

Ram Charan to be awarded at Indian Film Festival of Melbourne

Ram Charan will be honoured at the Indian Film Festival of Melbourne 2024 (IFFM). In addition to being the guest of honour, he will also be awarded the Ambassador for Indian Art and Culture for his contributions to Indian cinema.

Expressing his excitement about attending the festival, Ram, in a statement, said, "I am deeply honoured to be a part of the Indian Film Festival of Melbourne that

celebrates the diversity and richness of Indian cinema on an international platform. It's a privilege to represent our film industry and connect with fans and cinephiles from across the globe. The success of RRR and the love it received worldwide have been overwhelming, and I am thrilled to share this moment with the audience in Melbourne. I look forward to this tremendous opportunity."



Ram Charan

'After I wore my lenses, my eyes started hurting and soon I couldn't see anything'

JASMINE BHASIN

was in Delhi for an event when the incident occurred

Hasti Doshi

Jasmine Bhasin is going through a tough time with her eyes being bandaged following a problem with her lenses. The actress tells us, "I was in Delhi for an event on July 17, for which I was getting ready. I don't know what was wrong with my lenses, but after I wore them, my eyes started hurting, and the pain gradually got worse. I wanted to rush to a doctor, but since it was a work commitment, I decided to attend the event and then go to the doctor."



She adds, "I wore sunglasses at the event, and the team helped me manage things because, after a point, I couldn't see anything. Later at night, we went to an eye specialist, who told me that my corneas were damaged and bandaged my eyes. The following day, I rushed to Mumbai and continued my treatment here."

Talking about her condition right now, she shares, "I am experiencing a lot of

pain. Doctors have told me that I should recover in the next four-five days, but till then, I need to take good care of my eyes. It's not easy because I can't see, and I am struggling to even sleep due to the pain."

Jasmine hopes to return to work soon. "Fortunately, I didn't have to postpone any of my work. I hope to recover and get back to work in a few days," she says.

Doctors have told me that I should recover in the next four-five days, but till then, I need to take good care of my eyes

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Diljit Dosanjh's manager dismisses claims of non-payment by dancers

What happened:

Rajat Batta and Manpreet Toor, LA-based choreographers and owners of dance institutes, claimed that bhanga dancers who were a part of Diljit Dosanjh's Dil-Luminati Tour were allegedly not compensated for their performances. Taking to social media, Rajat wrote, "We are proud of Diljit breaking barriers but deeply disappointed that desi dancers are still undervalued. All dancers in the Dil-Luminati Tour were not paid and were expected to perform for free." Manpreet wrote, "Though I personally have no connection to the 'Dil-Luminati Tour', I have received many messages about people not being fairly compensated, not only for the preparation for their performances, but even for expenses incurred to take part in the tour."

Rajat-Manpreet weren't part of tour: Diljit's manager



In response to the alleged non-payment accusations, Diljit Dosanjh's manager, Sonali, has issued an official statement aiming to clarify the ongoing controversy. Taking to Instagram, she wrote, "Our official team never contacted Rajat Batta or Manpreet Toor who are presenting false narratives on social media. Rajat and Manpreet were not part of the Dil-Luminati Tour in any way." Meanwhile, several dancers who participated in the tour posted a statement expressing gratitude for the opportunity to showcase Punjabi culture globally. "We stand united in our decision to perform, made with full awareness and acceptance," the post read.

Agencies

Helping people in their spiritual journey

Dr Shibani Kasulla, whose organisation Dishaa is a spiritual consciousness development hub, was recently given the Srila Prabhupada Seva Samman Award. Talking about her organisation's initiatives, Kasulla said, "Our mission is to help people discover their true selves and live more connected and fulfilled lives. We strive to create a supportive community where individuals can explore their core purpose of birth and find guidance for a better conscious living. We offer retreats and personal consultations, community events and spiritual travel exploring energy places." She added, "Our mission is to nurture every aspect of your spiritual self, help you handle your karmic baggage, sort out life blocks and change your lifestyle into a spiritual lifestyle, where life will not change, but your entire perspective to look at it will change, making it a great space, which is absolutely peaceful and calm. Dishaa helps to reconnect, revive and nurture that soul mission and soul purpose and become strong to face life as it comes."



Dr Shibani Kasulla receives an award from Braj Hari Prabhu

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to sustainable living practices," adds Khetan.

THE NEW TENANT WISH LIST

The rise of hybrid work arrangements has amplified the demand for apartments featuring dedicated workspaces. "Young professionals now seek properties in well-connected locations with easy access to green areas, recreational facilities, and co-working spaces," notes Prashant Thakur, regional director and head of research at a real estate services company. This sentiment is echoed by Hiran Basu, an IT professional. "Previously, my priorities when renting a home revolved around proximity to my workplace, an IT professional. But creature comforts are just the tip of the iceberg. They are equally concerned about their other home—the planet. Sustainability features such as energy-efficient appliances and eco-friendly building materials are becoming key considerations, reflecting a growing commitment



Happy renters, healthy returns

Millennials are now the dominant force in the tenant pool, bringing unique demands that developers can't ignore. So, what's on the horizon for renters? And how can landlords stay ahead of these needs? We find out



from the station to home. I sought neighbourhoods with ample taxi stands, cab options, or bus services to ensure easy commute during heavy rains. However, after the pandemic, these considerations changed because my work style shifted to hybrid, making the

conveyance less of a necessity. This time, I sought a house away from the city's constant hum and closer to nature, with space to accommodate a home office and adequate ventilation topping my list," he shares.

A PLACE TO CALL HOME
Apartment hunting involves discovering

about policies, renovations, and community updates is paramount to make your tenant feel involved and connected. Moreover, conducting regular inspections demonstrates a commitment to maintaining a safe and comfortable environment." These efforts ensure tenants find a place that makes them feel

unannounced can be frustrating," shares Basu. "A friend of mine once received an unexpected eviction notice, forcing him to relocate; in his haste to find suitable accommodation, he had to settle for a more expensive rental property."

Landlords have their concerns, too. "I've had to deal with tenants who were a nuisance to neighbours, and I'd often get called by the society to sort things out," reveals Keya Dutta, a homemaker.

A WIN-WIN FOR ALL

A pleasant rental experience hinges on understanding both landlord and tenant perspectives. "For landlords, it's crucial to gather feedback from tenants regularly. This helps address their needs and preferences, fostering a more responsive and tenant-friendly environment," says Khetan. Cost-effective upgrades are equally essential. "Create versatile home office areas or multipurpose common spaces to enhance the appeal and practicality for tenants," Khetan adds.

From the tenant's standpoint, staying informed about rental rates is vital. "Market research helps tenants make informed decisions about property upgrades and amenities," feels Thakur. This knowledge equips them to choose a rental that aligns with their preferences.

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By prioritising these factors, landlords can draw and retain high-quality renters while tenants gain access to homes that cater to their ever-evolving needs.

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REQUIRED: 30 MINUTES OF WORKOUT FOR A FITTER INDIA

Anukriti Sharma and Aakanksha Ahire

Did you know that almost half of India's population is physically unfit? A recent study by Lancet revealed that much of the Indian population failed to meet the WHO fitness goals, setting the stage for widespread health issues like diabetes and obesity. The study also revealed that insufficient physical activity among Indian's shot from 22.3% in 2000 to 49.4 per cent in 2022. But you can fix this with beginner-friendly workouts. Here's how:

Ideal workout (for the 18-59 age group)

Strength training: 2-3 times every week
Cardio: 150-300 minutes of moderate-intensity or 75-150 minutes of vigorous-intensity activity, weekly
Flexibility and balance: Regular stretching and balance exercises
For the 60+ age group, aerobic activity can be the same, while strength training can be done twice a week. This needs to be done in consultation with a healthcare professional and as per individual needs and health condition

(As shared by Vijay Kumar, a fitness coach)

Set short-term goals. Try running, a variation of HIIT, animal flow, cardio or strength training. But ensure a regular workout of at least 30 minutes daily

-Dev Rathore, fitness coach

- 31% of adults globally failed to meet the recommended levels of physical activity in 2022
- 1/2 of India's population does not engage in sufficient physical activity
- 60% of India's adult population could be unfit by 2030
- India ranks 12th in insufficient physical activity among 195 countries
- More India women (57%) than men (42%) are physically inactive

(Source: Study by WHO and The Lancet Global Health Journal)

Moderate-intensity workouts:

Brisk walking, dancing, cycling, swimming, gardening

Ideal duration: 30 minutes of activity, at least 5 days a week

Vigorous intensity workouts:

Sports like cricket, football, tennis, or weight training, running, boxing

Ideal duration:

15 minutes of activity at least 5 days a week, or 25 minutes of activity thrice a week

Experts' recommendation

Adopting a combination of moderate and vigorous workouts is beneficial for overall fitness, as per experts. Exercises that you can try:

Aerobic exercises: Swimming, cycling, jogging, and brisk walking
Strength training: Using weights twice a week or bodyweight workouts like lunges, squats, and push-ups

Yoga: To improve flexibility and avoid injuries

Balance activities: Tai chi and other basic balance exercises to enhance stability



Fitness Fundas

What are WHO's weekly fitness goals?

150 minutes of moderate-intensity workout or 75 minutes of vigorous-intensity workout or a workout equivalent of both

Dos and don'ts

- Always include warm-up and cool-down periods to prevent injury
- Maintain hydration and a balanced diet to support your fitness regime
- Adjust intensity and volume based on your capacity and consult a healthcare professional, if needed
- Start with moderate exercises then progressively increase the intensity
- Follow a schedule for your workouts
- If you have limited time, break your workouts into small segments
- Get sufficient sleep and rest

Follow a balanced diet

Breakfast: Oatmeal or a sattu drink
Mid-morning snack: Fruit or handful of nuts
Lunch: Vegetable salad with lean proteins and millet roti
Afternoon snack: Carrot sticks with hummus or cottage cheese with toast; **Dinner:** Vegetables, lean protein and whole grains

(As shared by Shweta Shah, a celebrity nutritionist)

'SEDENTARY LIFESTYLE AND HIGH-CALORIE DIET ARE THE CONTRIBUTING FACTORS'

Dr Sachin Sethi (PT), principal lead of physiotherapy, notes that this high inactivity rate is largely due to sedentary lifestyles driven by increased technology use and reduced physical labour. Vijay Kumar, a fitness coach, adds that high-calorie diets, rich in carbohydrates and fats, complicate maintaining a fitness routine. "Lack of safe and accessible exercise spaces, along with high stress levels from work and societal pressures can leave little time or energy for physical activity," shares Vijay. Dr Sachin adds, "You can start with a moderate walk for about 15-30 minutes after meals. Roughly, about 30 minutes of brisk walking daily can be beneficial."

You also need to have a healthy diet to attain an optimum BMI. Move away from refined, processed and packaged foods that have additives, colouring agents or a long shelf life

-Dr Dimple Jangda, Ayurvedic coach and gut specialist



Add pistachios to your daily diet as a guilt-free and protein-rich snack



Pistachios are rich in antioxidants

India is a growth market for American pistachios. A representative from the American Pistachio Growers' team says, "India itself does not produce any pistachios. However, more and more Indians are consuming these, and American pistachios are becoming extremely popular. Traditionally, pistachios were

used only as a garnish. With an increase in awareness about its health benefits - it's rich in protein and antioxidants - Indians are consuming pistachios as a guilt-free anytime snack. These pistachios are easily available across India through any dry fruit retailer or major e-commerce platform."

HOW TO: Make a hair mask for monsoons

MIX THE INGREDIENTS

In a bowl, mix coconut oil, honey, yogurt, and aloe vera gel. The aloe vera will help soften your tresses during the monsoons without weighing them down. Adjust the ingredient quantities based on your hair length and thickness.



ADD ESSENTIAL OILS FOR AROMA

You can add a few drops of essential oils like lavender or rosemary for fragrance and additional benefits. Use this mask the day you make it for the best results.

USE THE MASK ONCE A WEEK

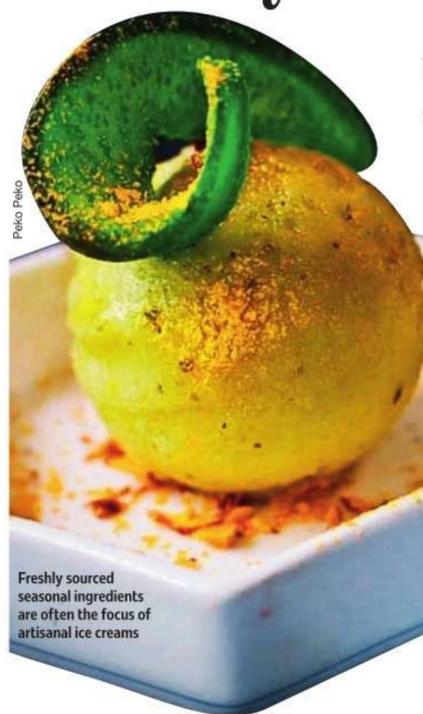
You can use the mask once a week to keep your hair manageable. If you have an oily scalp, avoid applying too close to the roots.



Healthy artisanal ice creams have become a rage

Shikha Shah

Whether it's a fruity sorbet or a luscious gelato, an ice cream can instantly cool you down and make the warm, humid months seem bearable. For most of us, it's tough to resist a good ice cream, more so with countless hand-churned varieties from boutique brands and delicious, fresh flavours.



Freshly sourced seasonal ingredients are often the focus of artisanal ice creams



Yes, ice creams can be healthy too!

Produced in small batches, artisanal ice creams are said to be healthier than their industrial counterparts. "Artisanal ice creams are made using pure, high-quality ingredients that contribute to a richer and more satisfying taste. Alternative milk varieties like almond or coconut milk and various natural sweeteners cater to different dietary preferences and needs," says Rahul Bajaj, founder of an artisanal ice cream brand.

Industrial vs artisanal

Rishab Varma, a pastry chef, who curates plated ice creams, says, "We make our ice creams in small batches and focus on every element to accomplish the finest consistency, texture and flavour," explains Varma. Artisanal ice creams are crafted using high-quality, natural ingredients without preservatives, stabilisers and vegetable oils. "One key difference is the air content; artisanal ice creams incorporate natural air during the mixing process, resulting in a denser, richer product. Commercial ones have high air content, leading to a lighter, more synthetic texture," adds Bajaj. Alisha Shah, co-founder of a gourmet ice cream brand says, "Industrial ice creams tend to have artificial flavours. Artisanal ones celebrate fresh seasonal ingredients. We specially source our ingredients - cherries from Modena, hazelnuts from Piedmont, pistachio from Sicily, vanilla from Madagascar, etc."

TIP: Read the label and know the ingredients before you buy your ice cream

Artisanal ice creams are customisable as they are produced in small batches. It's like a farm-to-spoon concept

- Ganesh Bodake, executive chef of a pâtisserie

'Sugar-free varieties, fresh ingredients are trending'

Current trends revolve around nitrogen-infused ice creams, seasonal ingredients and healthy varieties, reveals Ganesh Bodake, executive chef of a pâtisserie. "Clean ingredient-driven ice creams will be the next big thing. Flavours that induce nostalgia are also in the mix for Gen Z and millennials," he says. Also, many conscious eaters are looking at sugar-free flavours. "We have some unique flavours like baileys and organic coffee, strawberry and balsamic, bean-to-bar chocolate with hazelnut, bean-to-bar chocolate with orange zest and vegan and sugar-free options as well," adds Bajaj.

Artisanal ice creams are healthier and natural. They are made without preservatives, artificial flavouring or any emulsifiers, thus yielding the truest form of each ingredient

- Rishab Varma, founder of a premium ice cream brand



Ice creams with ingredients like dark chocolate, sea salt and biscotti are trending



Unique combinations like blueberry basil, green apple sorbet and chocolate with orange zest are trending now



Pics: @iamsppofficial

KARAN SINGH GROVER cherishes some playtime with daughter Devi. Tagging Bipasha Basu in the caption, the actor wrote, "Monkeys in the park! P.S: Thank you mamma for always making such cute reels and videos for us! (sic)"



Keep tabs on you favourite stars with **bombaytimes**

Documentary on The Shining



Shelley Duvall in *The Shining*

Stanley Kubrick's 1980 classic *The Shining* is the subject of a new documentary. Titled *Shine On - The Forgotten Shining Location*, the documentary also features the great filmmaker's daughter, Katharina Kubrick. It is narrated by Michael Sheen. One of the film's lead, Shelley Duvall, recently passed away.

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Vile Parle (W): Fabiani Art Gallery, Next To Alfa - 1, Irla, S.V Road

Goregaon (W): Sardar Vallabhbhai Patel Bhavan, S.V. Road, (Jawahar Nagar)

Kandivali East: Shantaba Sabhagriha Hall, Next To C. U. Shah High School, Opp. Damodar Wadi, Ashok Nagar

Borivali (W): Mega Hall, (Madhuram Hall) Shimpoli Road, Near Gokhale School

Chembur: Swami Muktanand High School Hall, Subhash Nagar, N. G. Acharya Marg

Ghatkopar (W): Paramkeshav Bagh, Near Munisurvati Derasar, Neuroji Lane

Mulund (W): Sarswat Wadi, Zaver Road

Thane (W): M.M.K HALL, Pride Park, Opp. Lockim Company, Ghodhbunder Road Manpada, Near R Mall

Thane (W) Teen Haath Naka: The Thane Club, Mohan Kopekar Road, Teen Haath Naka, Opp. Raheja Gardens, Thane - 400601

Dombivli East: Brahman Sabha Hall, Tilak Road

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