

The Telegraph **t2**

XXCE  
on

**Sunday**

18 August 2024



# A PARISIAN ESCAPE

THE CREATOR AND A LEAD ACTOR OF *EMILY IN PARIS* DECODE  
SEASON 4 FOR t2oS ■ P12-14

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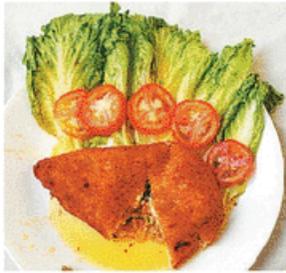
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TURN TO... ➔

8 FOOD



**Durri Bhalla** dishes up a bunch of green dot Western treats for Raksha Bandhan

15 WILDLIFE



**Shiladitya Chaudhury** goes in search of the tiger to Brahmapuri Territorial Forest

16 FITNESS

**Anwar Wahhab** has the lowdown on weight management

Cover picture courtesy: Netflix  
Watcht 17 Puzzles 18 Comics 20

Zodiac THIS WEEK

Nita Chhotalal



**ARIES**

**Personal:** You may be at a crossroads, or shifting from one path to another between your work and the other aspects of your life.

**Professional:** There are big decisions that you need to take. The choices you make may have larger impact in future.

**Love:** You and your partner need to nurture and cherish the sacred bond for it is this that has the potential to transcend the bounds of time and space.

**TAURUS**

**Personal:** It is time for you to commit and work hard in order to improve your health. You must stay vigilant about exercise and diet.

**Professional:** Career goals can be met now and you will be achieving a new level of skill and expertise.

**Love:** Regardless of how

demanding your job is, you need to make some time for your emotional connections with your partner.

**GEMINI**

**Personal:** Your problems are likely to be resolved soon. You will be in a much better space in the coming months.

**Professional:** There will be financial stability at work. You are at a point where you can be generous to those around you and enjoy the finer things in life.

**Love:** If single, you will meet your soulmate and you will be loved for who you are.

**CANCER**

**Personal:** You need to learn your karmic lessons from your current situation and try to keep yourself on an even keel as events unfold.

**Professional:** Balancing your books and behaving

with integrity in terms of money and business will get you rewarded.

**Love:** If in a relationship, you and your partner need to spend quality time together.

**LEO**

**Personal:** Do not spend time dwelling on the negative things in your life, which could then have a negative impact on your health.

**Professional:** You may find yourself walking away from a business that is no longer viable or search for new innovations or ideas to make your business competitive.

**Love:** If single, you need to come out of your past, which is preventing you from believing in love or trusting people.

**VRIGO**

**Personal:** Do not allow yourself to be manipulated. Pay heed to your intuition over any outside influences.

**Professional:** You may need to use certain strengths such as adaptability, resourcefulness and flexibility to advance your career or business.

**Love:** Either you or your partner is not being honest about your feelings, or maybe trying to manipulate the other rather than being honest and upfront about what you want.

**LIBRA**

**Personal:** Bad times are behind you now and a time of happiness, joyfulness and fulfilment is coming.

**Professional:** Whatever projects you are involved in should not only be going well, but your success will get you noticed.

**Love:** If you are in a relationship, you should be feeling happy and fulfilled with your partner.

**SCORPIO**

**Personal:** No matter how bad things may seem, there is always a silver lining. You just have to choose to see it. Don't focus on the negative.

**Professional:** Don't be frivolous with money. Try not to let anger, frustration or despair overwhelm you because of a setback.

**Love:** In a relationship, you or your partner need to work on letting go your past to have a happy

future together.

**SAGITTARIUS**

**Personal:** If you are attempting to develop your intuitive side, you need to put aside your ego and the negative voices that discourage you.

**Professional:** There could be creative clashes at work. So, you might find yourself hammering out some new ideas with your team. Success is yours for the taking, but you will have to fight for it.

**Love:** If you and your partner prefer a harmonious relationship, then you need to get your tempers under control, listen to each other, cooperate and compromise.

**CAPRICORN**

**Personal:** You may still be feeling lethargic or drained as recent events have taken their toll, but things should be moving in the right direction. So, stay positive.

**Professional:** You may be moving into an easier phase in your work life where things are under control. You will accomplish your goals and complete tasks with

ease.

**Love:** Healing, stability and open communication are all needed for your relationship to progress.

**AQUARIUS**

**Personal:** Things should be going well for you and life should be very harmonious.

**Professional:** Financially, things should be balanced at the moment. You may not have an excessive amount of money, but you will have enough to cover your bills and not worry.

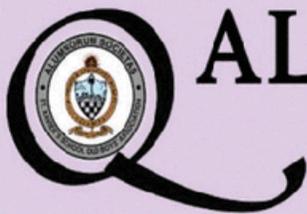
**Love:** If you are single there could be a reunion with someone from the past.

**PISCES**

**Personal:** The universe is aligning to bring positive changes your way. You have all the skills and abilities needed to be successful.

**Professional:** Big things are coming your way. Your finances will be improving or you will have a great opportunity to make extra money.

**Love:** For those in a relationship, the connect between you and your partner will become stronger and happier.



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say IT ON SUNDAY

WE ASKED: Which are the best places to visit during the rains?  
Tell t2onsunday@abp.in

According to me, the best place to visit in our country during the rains is Goa. During the monsoon, nature flourishes there and a lot of greenery everywhere makes Goa immensely beautiful and attractive. The waterfalls there look gorgeous at that time as well.

Sourish Misra

During the rainy season I would like to visit any mountain destination. Hilly areas get an ethereal beauty during rainy days. They feel like a place from your dream. Rains make the hills look more gorgeous than they already are. So, yeah, if I get a chance to visit any place during rains I will visit any hilly region for sure.

Shreyasi Dey



Who do you think was the standout athlete / sports person at the Paris Olympic Games 2024?  
Tell t2onsunday@abp.in

# KING LEAR

NOTHING LIKE LEAR  
5 P.M.



*Kalamandir*  
PRESENTS

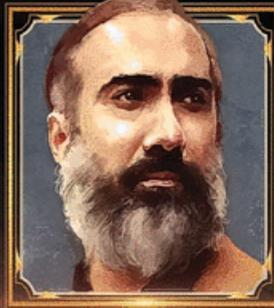
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# MACBETH

WHAT'S DONE IS DONE  
7.30 PM






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Go Everywhere Tours & Travels has been at the forefront of travel globally to feed the fancies of all travel bugs. Right from Ethereal Iceland and Lapland to Antarctica Wilderness, Unbeatable America to Iconic Switzerland, not to forget mentioning Fragrance of Europe, Spectacular South Africa with Kruger, Sunkissed Coastal Italy, Splendid Spain & Portugal, and Kenya Safari, among many other tours, Go Everywhere is true to its name indeed!

### **Come Let's Make Memories**

In a unique initiative, Go Everywhere hosted an exciting event for all travel lovers to encourage them to see the world. It was hosted at ITC Royal, Kolkata on 09 August 2024.

Interestingly, the theme of the event was films. Why? Simple! Our passion for travel is ignited by the sights and sounds we see in films! And what way to discover these places than first hearing them directly from the horse's mouth!

The event saw two interesting segments curated by poet and lyricist Srijato Bandyopadhyay, with Bollywood legends in the scene.

### **Gane Gane Biswabhraman**

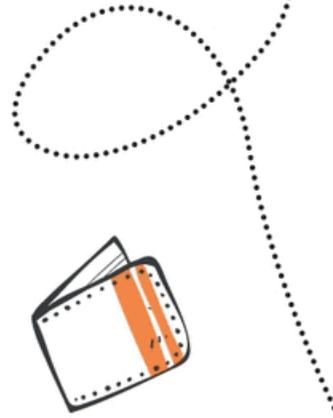
This segment was inspired from songs in films which transport us to places through the locations in which they are shot. It saw the likes of director and singer Anindya Chatterjee, and singer Somlata Acharyya Chowdhury discussing their travel muse with Srijato.

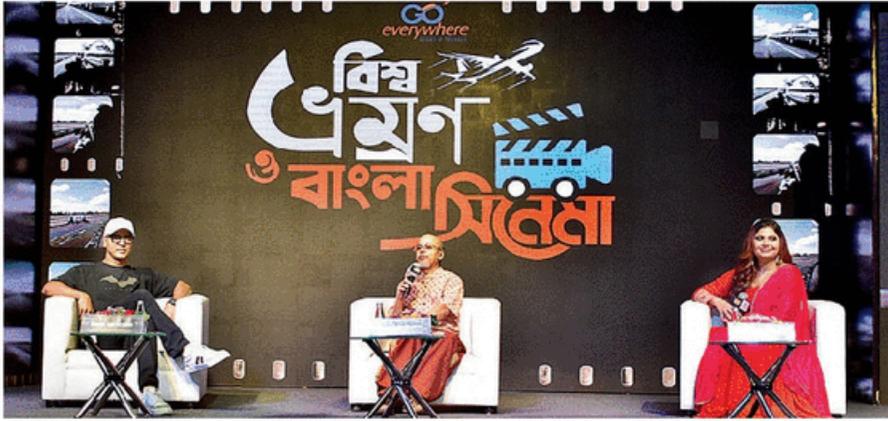
While Anindya views travel as a window to the world - he has been everywhere, his favourite country to visit is New Zealand. But he also quipped that he would love to go to Finland with Go Everywhere!

He also sang his hit numbers, much to the delight of the guests in audience. They also hummed the tunes of Amar Bhindeshi Tara and Bondhu Chol.

Somlata reiterated the fact that she was lucky to have gotten the opportunity to travel through her work. She recently visited the Niagara Falls, and was amazed at how small one can feel in front of the might of Mother Nature!

She also sang hit numbers like Egiye De, and amazed the audience with her vocal skills.





**Bishwa Bhraman o Bangla Cinema**

This segment was dedicated to the idea of travel propagated by cinema. It instigated a lively discussion between cinema heartthrob Ritabhari Chakraborty and theatre actor and director Anirban Bhattacharya with Srijato da.

Ritabhari's love for travel was ignited since childhood, when the fictional characters she read about transported her to places unknown and brought about heightened fancy to just pack the bags and leave. She quipped, she still hasn't looked back since the first time she took to the skies. That is also because she loves to travel incognito, and get some well-deserved me time!

Anirban Bhattacharya is a travel



buff. Location is a large part of theatre. So, he feels privileged to have travelled right from the hinterlands of Bengal to large swathes of the world. Theatre and cinema has taken him places. He says that travel is humbling, just like theatre. It keeps one grounded, and staying firmly on your feet takes you places! Also, much to the excitement of the fans, he also started singing his hit song Kichchu Chaini Aami.

He also reiterated the fact that the location and setting is key in deciding a shot. What you see is what the audience feels, so this is among the most important aspects of film-making. For



example shooting for the film Mrs Chatterjee vs Norway in Talinn. There was a global crew. It was cosmopolitanism at its best!

**Announcing the Brand Ambassador**



At the event, Go Everywhere announced the brand ambassador for the travel firm, amidst much fanfare. He was none other than Anirban Bhattacharya!

The guests were delighted to know that their favourite Tollywood celebrity would now be able to spend time with them and share his travel mantras, maybe on a trip or two abroad! There was a cake cutting ceremony as well.

In essence, everyone wants to travel the world, see new places, discover new sights, experience adventure, make memories. This is where Go Everywhere comes in!

Shepherd's Pie



**DURRI BHALLA**

**R**aksha Bandhan the Indian festival is celebrated by sisters tying rakhis on their brothers' wrists and the implication is that the brother will protect her always. The festival is also synonymous with food and treats. This time we can go Western with easy-to-make and extremely delicious Continental dishes that are synonymous with some traditional restaurants and others like Firpos that are no longer there. Try them out.

**SHEPHERD'S PIE**

Shepherd's pie has been a household favourite for many generations and originates in the UK. It is traditionally created from ground meat in a gravy sauce and topped with mashed potatoes. Here, I have created a vegetarian version. It still includes the classic ingredients found in traditional shepherd's pie but the ground meat is

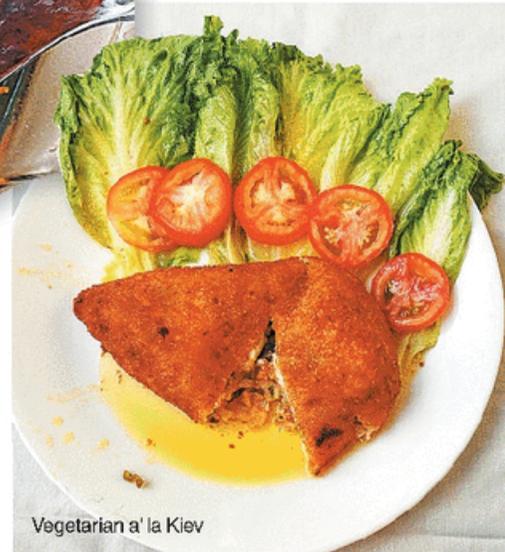
FOOD

# TREATS WITH A TWIST

Make the Raksha Bandhan different this year with an array of Western dishes

- ▶ 2tbsp all-purpose flour
- ▶ 1 ½ cup vegetable stock
- ▶ 2tbsp tomato paste
- ▶ 1tbsp Worcestershire sauce
- ▶ 1 bay leaf
- ▶ 1tbsp melted butter
- #For the topping**
- ▶ Small handful fresh parsley
- #For the mashed potatoes**
- ▶ 750g potatoes peeled and chopped into large chunks
- ▶ 50g unsalted butter
- ▶ ½ cup milk
- ▶ ½ tsp garlic powder
- ▶ Salt to taste
- ▶ Pepper to taste
- METHOD**
- ▶ Pre-heat oven to 200°C.
- ▶ Liberally grease a baking sheet dish.
- ▶ In a large frying pan heat oil over medium high heat.

- ▶ Pour in vegetable stock, tomato paste, Worcestershire sauce and bay leaf. Mix well.
- ▶ Bring mixture to a boil. Once boiling reduce to a simmer and cook occasionally mixing for 5 minutes until the sauce has thickened slightly. It should not be runny. Turn off the heat and keep aside.
- #For the mashed potatoes**
- ▶ Bring a large pot half-filled with water to a boil.
- ▶ Once boiling, add potatoes and boil for 15 minutes or until the potatoes are tender in order to mash them.
- ▶ Turn off heat and drain the water. Add the potatoes back in the pot or a large mixing bowl and mash them thoroughly.
- ▶ Add cubed butter and stir completely till it melts.
- ▶ Pour in milk and mix till well-combined.
- ▶ Add garlic powder and season with salt and salt and pepper. Mix well till smooth and creamy.
- #For the assembly**
- ▶ Pour vegetable mixture into a greased baking dish and smoothen the top.
- ▶ Spoon mashed potatoes over the vegetable mixture. Gently spread out using a spatula.
- ▶ With a fork gently scrape over the potatoes.
- ▶ With a pastry brush, brush the melted butter over the potatoes.
- ▶ Bake in the oven for 35 to 40 minutes until top has turned lightly golden.
- ▶ Remove from oven and sprinkle some finely chopped parsley.
- ▶ Enjoy with a green salad and crusty bread.



Vegetarian a' la Kiev

replaced by soya granules.

**INGREDIENTS**

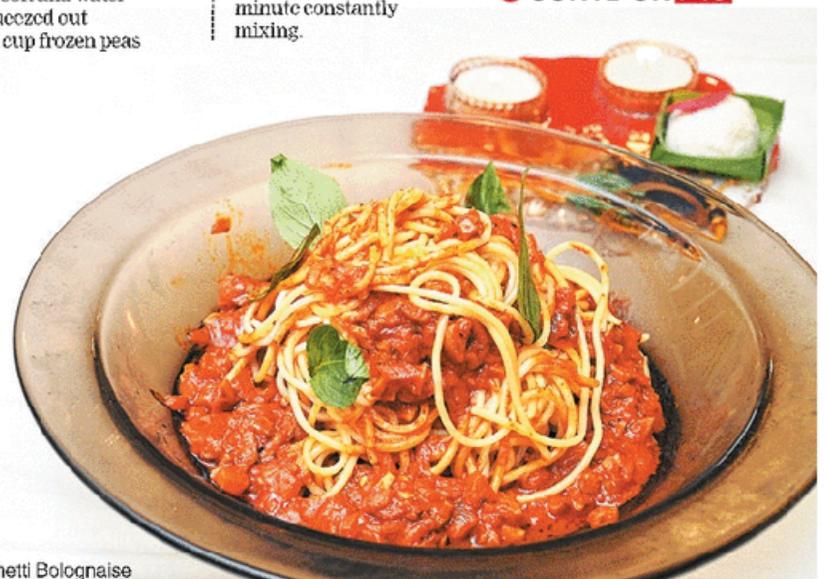
- ▶ 1tbsp extra virgin oil
- ▶ 1 large onion chopped fine
- ▶ 6 cloves garlic minced
- ▶ 1 carrot chopped fine
- ▶ 2 celery sticks trimmed and sliced fine
- ▶ 250g soya granules soaked in warm water till soft and water squeezed out
- ▶ 1 cup frozen peas

- ▶ Once the pan is hot, add onion and saute for 2 minutes until translucent. Add minced garlic and cook for 1 minute.
- ▶ Add carrots and celery and cook for 2 minutes.
- ▶ Add soya granules, peas and cook for 4 minutes.
- ▶ Add flour and cook on medium heat for 1 minute constantly mixing.

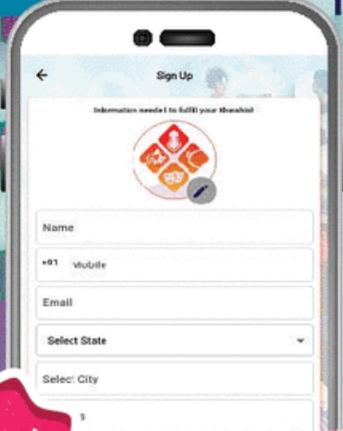
**VEGETARIAN A LA KIEV**

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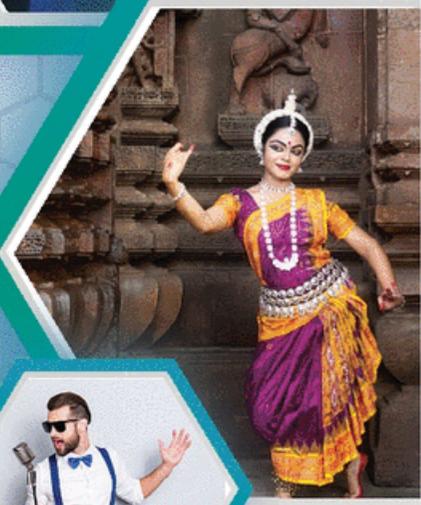
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## YOUNG MUSIC CHAMPS RISING TO A 'CRESCENDO' SINCE 2010

*A ground-breaking event bridging the gap between talent and opportunity. Recognizing the lack of platforms for budding musicians in the city, The Calcutta School of Music (CSM) created "Crescendo" to offer aspiring artists the spotlight they deserve.*

Since 2010, The Calcutta School of Music has been orchestrating "Crescendo," a talent contest dedicated to discovering emerging musicians and performers. With each edition, the event offers these rising stars a stage to shine and earn the recognition they deserve.

**The Curtain Raisers**

In 2024, Crescendo XIII saw 243 participants recording their performances at Sandré Hall in early June. These recordings, accompanied by musical scores, were reviewed by national-level judges during the preliminary screening. From this pool, 111 contestants advanced to the Grand Finals, performing live before the judges at Gyan Manch on July 28th.

**Musical Maestros**

The event featured a prestigious panel of judges from the Academic Consultants of Trinity College London: Gopalakrishnan from Kochi, Pratik Kulgod from Mumbai, Ritwik Bhattacharya from Bangalore, and Annsion Mathews from Kochi.

**Mic-Drop Moments!**

Gyan Manch was abuzz with proud parents and relatives as the finals unfolded. The Classical performances began at 10 am, with 47 contestants showcasing their skills in Piano, Violin, and Classical Guitar. By 5 pm, the stage shifted to non-classical acts, including Vocals, Drums, Electronic Keyboard, and Electric Guitar, featuring 64 contestants in total. It was a long yet rewarding day for

the organizers and judges, with standout performances leaving the audience in awe and eager for the future of these talented young musicians.

The Prize Distribution Ceremony took place on July 4, 2024, presented awards, including the 2024 Lifetime Achievement Award in Performing Arts to Braganza & Company, with Mr. Anthony Braganza accepting the honor from President Sri Jyotishka Dasgupta.

at Sandré Hall. Dr. Ashis Bhattacharya, Ms. Nayantara Palchoudhuri, and Sri Anindya Banerjee

**TT Connect Initiative**







→ FROM P8

It is usually made as a chicken cutlet with pounded chicken breast and herb infused butter stuffed in, or cutlets coated in flour, eggs and bread crumbs before deep frying. The beauty of the A la Kiev is that when you cut it the butter oozes out. Here, I will show you my vegetarian version which is equally tasty and a showstopper.

**INGREDIENTS**

- ▶ 4 large potatoes boiled and mashed
- ▶ 1½ cups carrots, beans and peas boiled and water squeezed out thoroughly
- ▶ Parsley, oregano and chili flakes to taste
- ▶ Salt to taste
- ▶ Pepper to taste
- ▶ 1tsp lemon juice
- ▶ 1tbsp flour to bind
- ▶ Frozen butter logs according to the size of the Kiev. It should be little shorter than the cutlet.
- ▶ Flour slurry
- ▶ Breadcrumbs

**METHOD**

- ▶ Mix the vegetables and the mashed potatoes. Add the herbs, salt and pepper. Add lemon juice. Add flour. Mix everything very well. No vegetable should stick out.
- ▶ Now take a big ball of the mash. Flatten it. Place frozen butter log. Then cover the butter completely with potato mix. There should be no gaps or the butter will leak out.
- ▶ Now freeze the Kiev for 15 minutes.
- ▶ Now dip carefully in thick flour slurry.
- ▶ Now cover completely with breadcrumbs.
- ▶ Now you can freeze for 10 minutes.
- ▶ Now it's time to deep fry till it turns golden brown.
- ▶ Serve with fresh salad and sourdough bread toasted.

**SPAGHETTI BOLOGNAISE**

An all-time Italian classic, this spaghetti dish is extremely popular all over the world. Children, teenagers, as well as adults all love this dish. Originally, the dish is made with minced meat or chicken. But here I have made a super vegetarian version which tastes amazing. After having this you might just switch over to the vegetarian version of spaghetti bolognaise.

**INGREDIENTS**

- ▶ 1 litre water
- ▶ 1tsp salt
- ▶ 2tsp oil
- ▶ Spaghetti as required
- #For the sauce**
- ▶ 5 tomatoes
- ▶ 5tbsp tomato puree
- ▶ 2tbsp olive oil
- ▶ 10 garlic cloves minced
- ▶ 1 large onion chopped
- ▶ ½ cup finely chopped carrots
- ▶ 200g mushrooms finely chopped
- ▶ ½ cup capsicum very finely chopped
- ▶ Salt to taste
- ▶ Pepper to taste
- ▶ 1tsp chili flakes

- ▶ 1tsp oregano
- ▶ 2tbsp tomato ketchup
- ▶ Parmesan cheese

**METHOD**

- ▶ Cook the spaghetti for 10 minutes. Strain and wash the spaghetti. Pour a little olive oil and keep aside. Retain some starchy water.
- ▶ In a pan heat oil. Add onions and saute till translucent.
- ▶ Add garlic and saute for a minute.
- ▶ Add carrots, mushrooms, capsicum, salt and pepper. Saute till water from mushrooms evaporates.
- ▶ Now add both finely chopped tomatoes and tomato puree. Add herbs and chili flake. Add tomato ketchup. Mix well.
- ▶ Now add 1 cup of reserved starchy water and cook on medium flame for 20 minutes. The sauce should not be too thick or runny. It should cling to the spaghetti when poured.
- #For serving**
- ▶ Place spaghetti in a plate. Pour the hot sauce over it.
- ▶ Sprinkle Parmesan cheese. Enjoy.

**MOUSSAKA**

Moussaka is a Greek, Middle Eastern classic dish mainly made of brinjals, potatoes, capsicum, red meat sauce and Bechamel sauce. Instead of meat I am using the same sauce as of the Bolognaise.

**INGREDIENTS**

- ▶ 1 large egg plant. Sliced in roundels
- ▶ 2 large potatoes sliced not very thin
- ▶ 2 capsicums sliced round (can use green, red, yellow, whatever you have)
- ▶ Red sauce (which I made for spaghetti bolognaise)
- ▶ 1 cup white sauce
- ▶ Grated cheese
- ▶ Salt to taste
- ▶ Pepper to taste

**METHOD**

- ▶ In a large greased baking tray spread out the potatoes and brinjals. Spray some olive oil over it. Then roast in a preheated oven for 20 minutes till the vegetables are tender, or you can fry them in oil. I prefer to roast it. Otherwise, the dish becomes very oily.
- ▶ In a frying pan spray some oil and saute capsicums for a



Mini Mango Cheesecake

minute only.

**#For the assembly**

- ▶ In a baking dish, layer potatoes. Drizzle a little red sauce.
- ▶ Then layer brinjal and cover it with capsicum. Drizzle a little red sauce.
- ▶ Repeat the layers.
- ▶ The last layer should be capsicum.
- ▶ Then pour the white sauce.
- ▶ Sprinkle grated cheese.
- ▶ Bake in the oven for 20 minutes or till the cheese melts.
- ▶ Enjoy with a green salad and garlic toast.

**MINI MANGO CHEESECAKE**

These mini mango cheesecakes are a breeze to make and don't even require baking or cooking.

**INGREDIENTS (For eight mini cheesecakes)**

- #For the base**
- ▶ 175g digestive biscuits
- ▶ 50g melted butter
- #For the cheesecake**
- ▶ 175 diced mangoes
- ▶ 250g cream cheese
- ▶ ¼ cup powdered sugar
- ▶ 1tsp vanilla extract
- ▶ 150ml heavy cream
- ▶ 1 ½ tsp gelatin powder
- ▶ 1 ½ tbsp hot water
- ▶ ½ cup small diced mangoes

**METHOD**

- ▶ In a food processor, pulse the cookies until they become crumbs.
- ▶ In a separate bowl mix the melted butter into the crumbs



Baked Alaska



Moussaka

- ▶ until they resemble wet sand. The mixture should hold together when pressed.
- ▶ If using a silicone mould press a little of the crust mixture into the bottom of each mould ensuring an even and compact base. Place in the fridge.
- #For the cheesecake**
- ▶ Blend the diced mango in a blender until smooth. Set aside.
- ▶ In a large mixing bowl add the cream cheese, powdered sugar and vanilla. Mix till well combined.
- ▶ Pour the mango puree into the cream cheese mixture and continue to mix until the mango is fully incorporated.
- ▶ Dissolve the gelatine in hot

- ▶ water and let it cool very slightly. Then pour it into the cream cheese mixture along with heavy cream and continue to mix until fully incorporated.
- ▶ Now fill each mould with the mixture right to the brim. Smooth it with a spatula.
- ▶ Place in the freezer compartment for minimum 8 hours or overnight.
- ▶ Remove the cheesecake from the mould. Decorate with small diced mango pieces. If you wish, you can pipe some whipped cream over it.
- ▶ Refrigerate to thaw before serving.

**BAKED ALASKA**

Baked Alaska, also known as Bombe Alaska, is a dessert consisting of ice cream, fruits and cake enclosed with meringue which is browned. Sometimes for presentation purposes it is even set on fire using cognac, Grand Marnier or rum.

**INGREDIENTS**

- ▶ Roundels of sponge cake about an inch in height
- ▶ Ice cream of choice. I have used vanilla
- ▶ Meringue
- #For the meringue**
- ▶ 4 egg whites
- ▶ 1 cup powdered sugar
- ▶ A drop of vanilla essence

**METHOD**

- ▶ Place the cake on a plate.
- ▶ Then put chopped strawberries over it.
- ▶ Then put frozen ice cream same size as the cake.
- ▶ Then cover quickly with meringue.
- ▶ You can pipe the meringue or just spread it all around the cake so that there are no gaps.
- ▶ The whole thing has to be covered completely with meringue.
- ▶ Then, with a blow torch, lightly brown the meringue. This has to be served immediately.
- ▶ For flambé, just put a little rum or Grand Marnier and light it.
- ▶ It looks very pretty when serving if lit up.
- #For the meringue**
- ▶ In a large mix bowl put the egg whites and whisk with an electric mixer until the egg whites turn white and a little stiff.
- ▶ Then slowly keep adding sugar, whisking all the time.
- ▶ Put the blender on high and whisk till the meringue becomes firm. When you turn the bowl upside down, the meringue should not fall.
- ▶ Add vanilla (optional). Mix well.
- ▶ Put in a piping bag and pipe the meringue to cover the cake, strawberries and ice cream.

Pictures: Rashbehari Das

*Durri Bhalla is a cookery expert and author of Indian Bohra Cuisine and Inner Truth To Good Health And Weight Loss. You can find her @durribhalkitchen on Instagram, @Durribhalkitchen on Facebook and Durri Bhalla on YouTube*

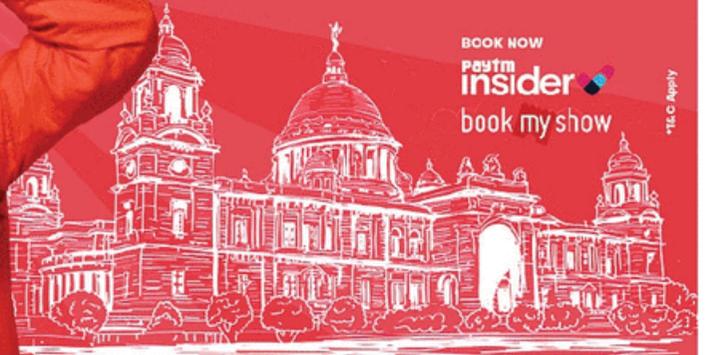


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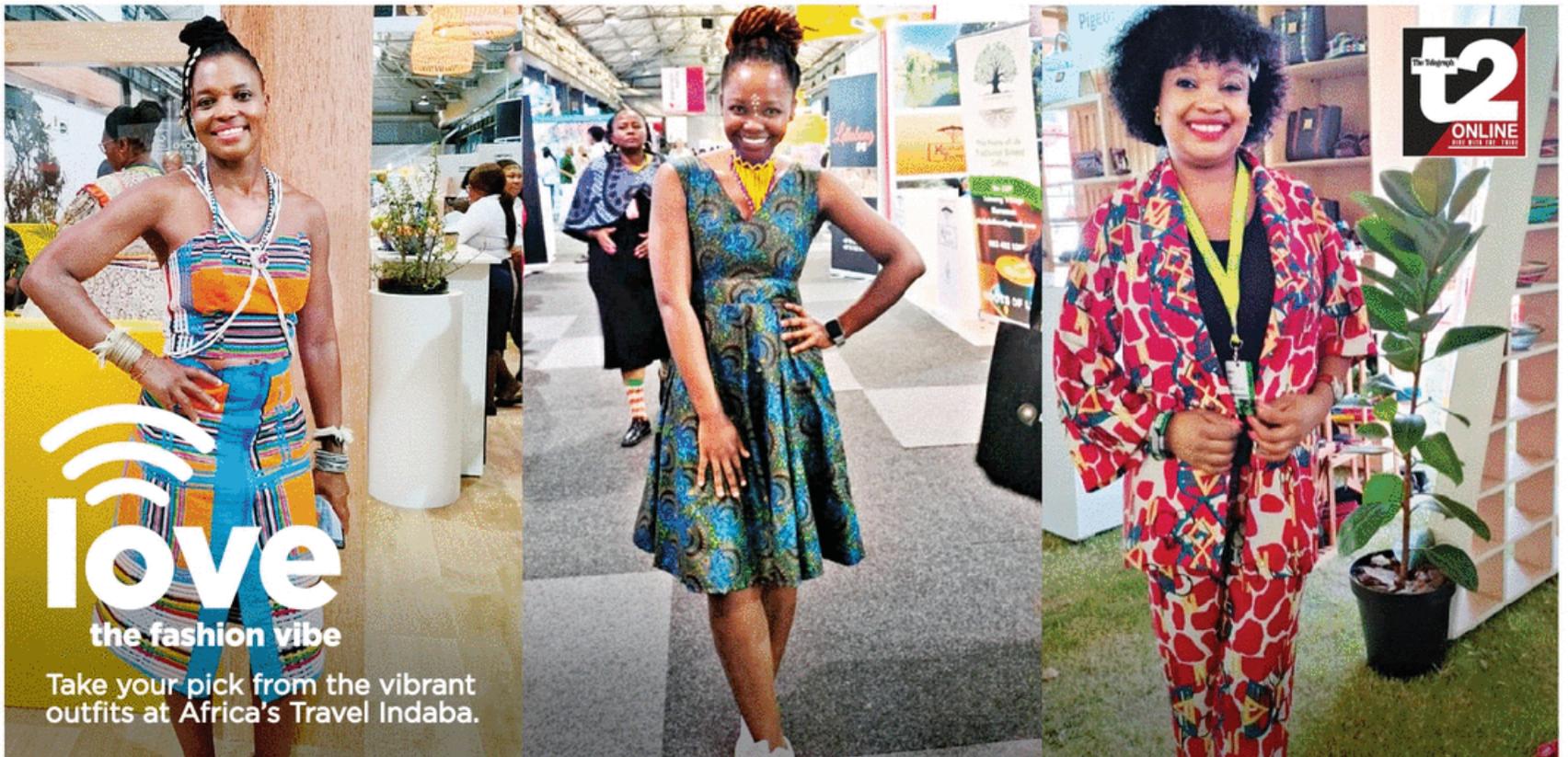
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COVER STORY

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Its story of a young woman named Emily Cooper — played by a wide-eyed Lily Collins — swapping Chicago for Paris in order to bring an American point of view and social media presence to a venerable French marketing firm, courtesy her master's degree in communications, and then left to grapple with the challenges of life in the French capital while juggling her career, new friendships and see-saw love life, *Emily in Paris* may not have won many laurels for theme and treatment in the course of its three-season run, but it scores pretty high on the E-E factor — escapism and entertainment. Not to mention the jaw-dropping clothes, representing the best of Parisian fashion, which has made it the most fashion-forward watch across screens big and small today.

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Born to a Jewish family in Potomac, Maryland, and an alumnus of UCLA where he studied creative writing, Darren Star created his first cult TV show in the form of *Beverly Hills, 90210*. Running for 10 hugely successful seasons and spawning off many more titles in the franchise, *Beverly Hills, 90210* follows the lives of a group of friends living in Beverly Hills, California, as they transition from high school to college and into the adult world. It was based on Star's own experiences navigating life as a young adult ("Till then, no one had written a show about teenagers from a teenage point of view," he had said in an interview) and remains the seminal series in its genre.

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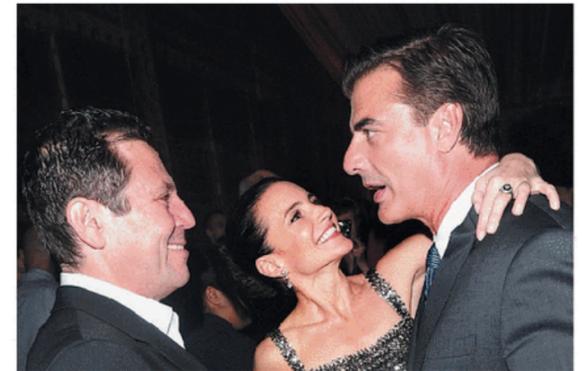
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The see-saw romance between Emily and Gabriel has formed a large part of the focus, and earned *Emily in Paris* a sizeable section of its fandom. The handsome Gabriel, a chef aspiring for a Michelin Star, shares a complicated relationship with Emily and, at the end of Season 3, he was dumped at the altar by Camille (played by Camille Razat), even though she is purportedly pregnant with his baby.

Lucas Bravo has played Gabriel since Season One of the Netflix show. The 36-year-old French actor chatted with t2oS on being Gabriel and trying his hand at rustling up pastries.

With Camille leaving him high and dry at the altar and him still feeling conflicted about his feelings for Emily, there is a lot going on in Gabriel's life. What was filming Season 4 like as Gabriel navigates all these complications?

There have been some big challenges this season. At the end of Season Three, you do feel that he has been struggling. He is losing a lot...he got left at the altar. So you feel like he is going to have to recover from something huge.

But when you start Season Four, you realise that Gabriel chose to see the glass as half full. He is super excited and confident and he is just going for that Michelin Star. He is chasing after the woman he loves and he is just so excited about the prospect of being a dad.

As Lucas, is there any one thing about Gabriel that you wish you had? And something about him that you are grateful you don't have?

Lucas Bravo on being the swoon-worthy Gabriel in *Emily in Paris*



Lucas Bravo

# BEING GABRIEL



As Gabriel in Season 4 of *Emily in Paris*

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<p><b>5 PM</b> <b>In Thunder, Lightning or In Rain</b> Mira Nair, Nandita Das and Swastika Mukherjee on rain, women and how they come together in cinema. Moderated by Malavika Banerjee</p>	<p><b>3 PM   Rimjhimjhim Brishti Shey</b> Music, Memories and Musings with Anindya Chatterjee</p> <p><b>4.10 PM   Megh Dakchhe Dakuk</b> Readings and enactments with Debshankar Halder, Pracheta Gupta and Subodh Sarkar. Moderated by Tanmoy Chakraborty</p>	<p><b>3 PM</b> <b>Amaye Dubaili Re</b> Folk songs by Dohar</p>
<p><b>7 PM</b> <b>Baarish-e-Mausiki</b> Sitar recital by Ustad Shahid Parvez Khan accompanied by Subhajyoti Guha on tabla</p>	<p><b>5.10 PM   Baandh Bhenge Dao</b> The opportunities and challenges of going where no woman has with Durba Bandyopadhyay, Lopamudra Mitra, RJ Nilam and Sohini Sarkar. Moderated by Sanchari Mookherjee</p>	<p><b>4.10 PM   Brishtir Gaan Baandhi</b> Performance-based conversation with Anupam Roy, Indraadip Dasgupta and Joy Sarkar. Moderated by Agni</p>
	<p><b>6.40 PM   Aaji Jhorer Raatey</b> Tagore's tryst with the monsoons - poems and songs presented by Jayati Chakraborty and Srikanta Acharya</p>	<p><b>5.10 PM   Bangalir Brishti Bilash</b> A monologue on the Bengali obsession with monsoons by Chandril Bhattacharya</p> <p><b>6.15 PM   Barsan Laagi</b> An offering of music and poetry from Kaushiki Chakraborty and Srijato</p> <p>CURATED BY SRIJATO</p>

Associate Partner

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I wish I had his cooking abilities because cooking at a Michelin Star level must be nice. And I am glad I don't have his incapability to address and verbalise his feelings or at least own up to his mistakes.

Do you cook, even if it isn't of a Michelin Star level?

Yes, I like to cook. I like to cook a lot of things. Earlier, I wasn't too much into pastries because they are hard to accomplish and they demand so much precision. It is so hard and it is so easy to miss. But I just got into pastries (*smiles*). A lot of pies, a lot of lemon pies and stuff like that. I am trying things these days.

A lot of it must come from the script, but as an actor, how have you contributed to how Gabriel has evolved over the course of four seasons?

I feel like it evolves all the time because every season captures only a gap of a year in the lives of the characters. But after every season, as actors we go back into the world. We shoot other projects. We meet other people. We gather experience. We change and we grow. And then we have to come back to a show where only one day has passed. It is hard to jump back into the shoes.

So what I am trying to do is infuse little nuances into the person I am today so that it will help me a year from now. It is not always easy because nobody changes that much and gets a year worth of experience in a day.

But Darren (Star, the creator of *Emily in Paris*) gave me enough room in Season Four to infuse all the changes. He made more room within the arc of my character.



WILDLIFE

# THE TIGER PAPARAZZO

When the tigress roared, it was a moment of temporary paralysis but that's also the magic of Brahmapuri Territorial Forest



SHILADITYA CHAUDHURY

invitation to visit Brahmapuri. As an IFS officer and the former principal chief conservator of forests, Maharashtra, he is fondly known as the Father of Tadoba and is a dear friend who appreciates my love for the great wild outdoors. I knew Brahmapuri would be captivating.

The forest area is approximately 1,200sqkm, divided into north and south Brahmapuri with tigers inhabiting both. An official count shows the presence of 62 adult tigers, 19 sub-adults and 23 cubs. The ratio of tigers and tigresses present per square km is far less than the acknowledged permissible limit, creating a complex tangled web of parenthood and progeny leading to unique, unheard-of adjustments and survival modes among the animals.

The forest area is so dense that trails permit only bikes and cyclists for regular forest patrols. There are hardly any safari tracks as seen in other territorial forests. However, the entire area is also interspersed with villages as it is within the *tehsil* area with inhabitants living in the jungle for generations.

Faced with the challenges of protecting the diversity of Brahmapuri forest area and its denizens, both state and central governments are working to relocate villagers to other places with parallel



A two-month-old tiger cub learning to navigate the canal

livelihood facilities. It is an uphill task, as villagers are rarely satisfied with compensation packages despite man-animal conflicts over the years that have claimed the lives of local people. Thanks to the relentless efforts of forest department officials, including intensive awareness drives, this year there have been fewer reports.

The Ekara forest rest house built in 1946 inside Brahmapuri needs a special mention because of the food... the Gaurani country chicken.

## CONNECTIVITY

**BRAMHAPURI IS A TWO-HOUR DRIVE FROM NAGPUR EN ROUTE UMRED KARHANDLA TIGER RESERVE. THERE IS A DIRECT FLIGHT TO NAGPUR DAILY. BEING A TERRITORIAL FOREST, THERE IS NO ORGANISED PLACE TO STAY, HOWEVER THERE ARE A COUPLE OF HOMESTAYS**

## FOREST TALK

It was time for an excursion into Brahmapuri Territorial Forest. I set out in a regular forest vehicle with five other forest department officials to explore. Sunil Limaye accompanied me. We stopped for a quick round of tea and "forest talk" followed in the vibrant green surroundings. Mangesh Tante, a young official of Maharashtra's forest department gave me the lowdown on the tiger population of the area, and the idiosyncrasies of the predators. I asked him how they tackle man-animal conflicts in the area. The entire team pitched in with responses, sharing anecdotes about how tigers are learning to adapt in amazing ways to diverse environments. Tante informed that due to the low density of the prey base, tigers have been known to go, at

times, without hunting and eating for more than a week.

We proceeded on our safari. Summers in the Indian subcontinent can be harsh and unforgiving. But inside the forest, despite the humidity, it is a different world. Brahmapuri, even at the height of summer, displays the unmistakable features of a grand tropical deciduous forest. Its distinct ecosystem is an interdependent play of water, sunlight and air circulation.

As part of the six-member team, I travelled deep into the forest in search of the tiger. It was dark, humid, and full of forest smells created by hundreds of plants native to Brahmapuri and the region. I was aware of the dense network of trees that made the forest dark and secretive and noticed trails leading nowhere, created not by humans but by animals.

## THE ROAR

While moving across the forest, we came upon a tigress with a litter of four. Her adorable babies were playing about her as the grand dame sprawled by a canal. The jeep stopped. I was out in a trice with my photography gear. The rest waited near the vehicle while I cautiously trod closer to the canal. I could see the tigress with her litter on the opposite bank of the ditch.

Soon, I was blissfully clicking away the tiger cubs, capturing them with my camera lens. Tiger cubs are said to be some of the most adorable and playful babies in the world, full of happy curiosity and energy. Watching the quartet was a heart-melting treat. I noticed a distinct change in the tiger's behaviour; I found them to be shy. The serenity of the atmosphere was pierced by an ear-splitting roar. Mamma Tigress was not pleased with my presence... a paparazzo!

Anyone remotely interested in tigers knows that an adult tiger's roar can cause temporary paralysis in animals, including humans. Luckily, I could hear frantic voices calling out behind me. My friends from the forest department were shouting at the top of their lungs: "Back off. Come back, come back."

Having been a part of several forest expeditions and experienced close wildlife brushes, I quickly retreated and ran back to the jeep, only to learn that the tigress may have landed on top of me with just two jumps — into the ditch and out of it. I was spared her fury. This experience will be etched in my mind for many decades to come.

## DON'T CHANGE

I lost my heart to Brahmapuri. It was thrilling that I was in tiger territory with nearly 100 predators of adults, sub-adults, and cubs prowling the area. Self-centred it may seem, I hope Brahmapuri remains as spellbinding as it is today, a hidden jewel somewhere in Western India.

Shiladitya Chaudhury is a communication consultant and a restaurateur co-owning popular brands *Oudh 1590* and *Chapter 2*. His passion for wildlife photography takes him to the remotest of locations

Photographs shot on Sony A7 Mark 3 with 200-600 lens and RX 10 Mark 4

**B**rahmapuri, located in Maharashtra, is the headquarters of the Brahmapuri *taluka* in Chandrapur district. Should you do an online search for Brahmapuri Territorial Forest, you could be guided to nearby places, like the more famous Tadoba. Brahmapuri Territorial Forest remains an enchanted space many search engines have yet to discover. I would prefer Brahmapuri to remain as it is now — green, verdant, mysterious and awe-inspiring.

Fed up with my routine urban existence, I turned to Sunil Limaye's

**FITNESS**



**ANWAR WAHHAB**

**T**he disqualification of Indian wrestler Vinesh Phogat stands out among the most significant tales that have surfaced since the 2024 Paris Olympics. Vinesh was only 100g above the weight limit in her 50kg weight category match, which would have given her a shot at the gold medal. She tried everything — severe dehydration, severe dietary restriction, and even cutting her hair — but she still couldn't get to the required weight. She lost her Olympic hopes and the spotlight was on the tremendous challenges that wrestlers and other weight-class competitors endure when they are disqualified.

**THE STRESS OF MAINTAINING A HEALTHY WEIGHT**

Some sports, like boxing and wrestling, have very rigid weight classifications, which may drive competitors to their limits as they strive for world championships. Severe calorie restriction, high perspiration, dehydration, and water manipulation are some of the extreme and, at times, harmful tactics that people may resort to when they feel they need to gain weight quickly. Despite their occasional short-term effectiveness, these procedures pose serious dangers to performance and long-term health.

**INADEQUATE CALORIC INTAKE**

Athletes engage in this process by lowering their calorie intake below their daily energy expenditure. This results in a deficit, which, in turn, drives the body to use its stored fat for fuel. In most cases, this is accomplished by combining a change in eating habits with an increase in physical activity. **Benefits:** Calorie deficit, when executed properly, may result in efficient fat reduction while maintaining lean muscle mass. For any sport, it is a cornerstone tactic for controlling one's weight. **Drawbacks:** Muscle atrophy, low energy, and reduced performance might result from a deficiency that is too severe. A metabolic slowdown, another side effect of prolonged calorie restriction, might make weight reduction more challenging in the long run. **How regular gym-goers can use it:** In most people, losing weight with a modest calorie deficit is both safe and successful. Still, you should proceed cautiously and seek

the advice of an expert if you want to prevent any problems.

**A DIET RICH IN PROTEIN**

**Procedure:** To maintain muscle mass while dieting, people who follow high-protein diets eat more protein overall. This quantity is typically between 1.6 and 2.2g per kg of body weight. The strength and combat sports communities place a premium on this strategy. **Benefits:** Protein aids in the building and repairing of muscles. When cutting calories is necessary, a high-protein diet may help you keep your muscle mass and speed up your recovery time after a workout. **Drawbacks:** It may be challenging to maintain an excessive protein diet over the long term due to the pressure it puts on the kidneys. Furthermore, athletes may find it difficult to maintain a healthy nutritional balance while consuming a high-protein diet. **How regular gym-goers can use it:** If you want to lose weight and gain muscle, a high-protein diet may be for you. Keep in mind, your protein demands may be lower than those of professional athletes, but a well-balanced diet is essential.



Vinesh Phogat reacts after the round of 16 of the women's freestyle 50kg wrestling match against Japan's Yui Susaki, at Champ-de-Mars Arena, during the 2024 Summer Olympics

What we can learn about effective weight management from the 2024 Olympics

**WEIGHT OF NUMBERS**

**CYCLING CARBOHYDRATES**

Carbohydrate cycling is a process where the amount of carbohydrates consumed changes depending on the intensity of the workout. A low-carb day is best utilised during times of rest or mild exercise, whereas a high-carb day is best used during hard training sessions. On days when carbs are limited, this strategy may help you lose fat by ensuring you have enough energy to work out. It aids sportsmen in lowering weight without sacrificing performance. **Drawbacks:** Carbohydrate cycling requires a lot of mental and physical energy due to its intricacy. Those who don't have access to trained experts may also find it

difficult since it demands an in-depth knowledge of one's own body and dietary requirements. **How regular gym-goers can use it:** Although carbohydrate cycling is a powerful method for reducing body fat and keeping muscles in good condition, it could be too complicated for those whose fitness objectives are broader.

**TIME-RESTRICTED DIET**

**Procedure:** Intermittent fasting is a method wherein one alternates between eating and fasting at regular intervals. One well-known guideline is the 16:8 rule, which states that athletes should fast for 16 hours and then eat all their calories in an eight-hour timeframe.

**Benefits:** Intermittent fasting could help athletes lose weight without sacrificing muscle mass by simplifying eating routines and reducing calorie intake. Metabolic wellness may also reap some advantages. **Drawbacks:** If you want to work out while fasting, you should be aware that your energy levels may drop. Overeating during meal windows could counteract the calorie loss as well. **How regular gym-goers can use it:** When it comes to boosting metabolic health and losing weight, intermittent fasting could be a helpful method. The most important thing is to figure out is when to fast so that it fits in with one's daily routine and exercise programme.

**MANIPULATING WATER**

**Procedure:** Modulating water intake to induce quick weight reduction before a weigh-in is known as water manipulation. You may have water loading, in which you drink a lot of water; followed by dehydration, in which you drink less water and perspire more, as a result of this. **Benefits:** Athletes may satisfy weight standards just before a competition by manipulating water to lose weight temporarily. **Drawbacks:** Possible side effects include serious dehydration, abnormalities in electrolytes, and problems with mental and physical

functioning. This risky activity should only be undertaken by trained experts. Due to the considerable hazards involved, this practice is not advised for the general public, even though it is used by common gym-goers. The goal of any long-term plan to control one's weight should be health, not quick weight reduction.

**WHAT WE CAN LEARN**

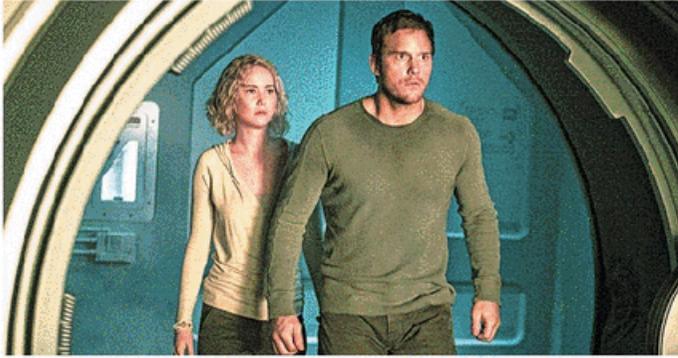
An unfortunate event like the one involving Vinesh Phogat at the Paris Olympics highlights the tremendous difficulties that weight-class competitors endure. The techniques employed to lose weight should be addressed with prudence and attention, just as pursuing greatness sometimes entails tremendous sacrifices. Regular gym-goers should focus less on short-term remedies and more on healthy habits that will last a lifetime. Helping athletes and others achieve their health and performance goals requires understanding the science behind weight reduction and its consequences.

Picture: AP

Anwar Wahhab is a mental performance mastery coach and a bioprint practitioner. You can reach him at anwarwahhab.awefitness@gmail.com

**WATCH IT!**

**MOVIES ON TV**



**Aurora (Jennifer Lawrence) and Jim (Chris Pratt), asleep in hibernation pods on a spaceship bound for life on another planet, awoken 90 years before their scheduled arrival to find that their ship has malfunctioned, putting the lives of 5000 other passengers in jeopardy. Passengers; &flix, 4.40pm**

**MORNING**

The Art of War III, Retribution: &flix, 9.15am  
 Wyatt Earp's Revenge: &Prive HD, 9.30am  
 Mastan: Colors Bangla Cinema, 10am  
 Takers: &Prive HD, 11am  
 The Smurfs: &flix, 11am  
 Hotel Transylvania 2: Sony Pix, 11.45am  
 Inspector Notty K: Zee Bangla Cinema, noon

**AFTERNOON**

Arthur Christmas: &flix, 1pm  
 Santan: Jalsha Movies, 1pm  
 Fighter, Marbo Noy Morbo: Colors Bangla Cinema, 1pm  
 What Makes a Family: &Prive HD, 2.30pm  
 Projapati: Zee Bangla Cinema, 3pm  
 Kalankini: Aakash Aath, 3.05pm  
 Edge of Tomorrow: Sony Pix, 3.35pm  
 Ki Kore Toke Bolbo: Jalsha Movies, 3.55pm

The House Bunny: &Prive HD, 4pm  
 Sedin Dekha Hoyechhilo: Colors Bangla Cinema, 4pm  
 Passengers: &flix, 4.40pm

**EVENING**

It Could Happen To You: &Prive HD, 5.35pm



**A dim-witted television host (James Franco) and his loyal producer (Seth Rogan) are enlisted by the CIA to assassinate the North Korean president (Randall Park) after being invited to conduct a primetime interview with the dictator himself. The Interview; &Prive HD, 9pm**

Thai Curry: Zee Bangla Cinema, 6pm  
 Debi Choudhuran: Jalsha Movies, 7pm  
 Barood: Colors Bangla Cinema, 7pm  
 Mortal Kombat: Sony Pix, 7.20pm  
 Geet Sangeet: Zee Bangla Cinema, 8pm  
 Venom, Let There Be Carnage: Sony Pix, 9pm  
 The Interview: &Prive HD, 9pm  
 The Equalizer: &flix, 9pm  
 Sabuj Sathi: Colors Bangla Cinema, 10pm  
 Welcome the Stranger: &Prive HD, 10.50pm  
 Joddha: Jalsha Movies, 11.30pm

**SPORTS**

UFC 305, Du Plessis vs Adesanya - live: Sony TEN 2, 7.30am  
 Delhi Premier League, Central Delhi Kings vs East Delhi Riders - live: Sports18, 1.50pm  
 MotoGP, Motorrad Grand Prix von Osterreich, Race - live: EuroSport, 2.15pm  
 Premier League, Brentford vs Crystal Palace - live: STAR Sports Select 1 & Select 1 HD, 6.20pm  
 The Hundred's, Women's Grand Final - live: Sony TEN 5 & 5 HD, 6.45pm  
 Delhi Premier League, West Delhi Lions vs North Delhi Strikers - live: Sports18, 6.50pm  
 Durand Cup, Mohun Bagan Super Giant vs Emami East Bengal FC - live: Sony TEN 2, 7pm  
 Cycling, La Vuelta - live: EuroSport, 7.15pm  
 Premier League, Chelsea vs Manchester

City - live: STAR Sports Select 1 & Select 1 HD, 8.50pm  
 MAX60 Caribbean League, T10 - New York Strikers vs Caribbean Giants - live: Sony TEN 1 & 1 HD, 9.15pm  
 The Hundred's, Men's Grand Final - live: Sony TEN 5 & 5 HD, 10.30pm  
 MAX60 Caribbean League, T10 - Miami Lions vs Boca Raton TrailBlazers - live: Sony TEN 1 & 1 HD, 11.15pm  
 ATP Masters 1000, Cincinnati Open Semi-final 1 - live: Sony TEN 2, 12.30am  
 MAX60 Caribbean League, T10 - Caribbean Giants vs Grand Cayman Stingrays - live: Sony TEN 1 & 1 HD, 2am  
 ATP Masters 1000, Cincinnati Open Semi-final 2 - live: Sony TEN 2, 3.30am

**ENTERTAINMENT**



**Parks and Recreation: Comedy Central, 5pm**

**ENGLISH**

His Dark Materials: Colors Infinity, 4pm  
 Hwarang, The Poet Warrior Youth: Zee Cafe,

4pm  
 Parks and Recreation: Comedy Central, 5pm  
 The Gilded Age: Colors Infinity, 6pm  
 Brooklyn Nine-Nine: Comedy Central, 7pm  
 Fit Fab Feast: Zee Cafe, 7pm  
 Break Point: Zee Cafe, 8pm  
 The \$100,000 Pyramid: Zee Cafe, 9pm  
 Game of Thrones: Colors Infinity, 10pm  
 Takeshi's Castle: Comedy Central, 10pm



**Mishri; Colors, 8.30pm**

**HINDI**

Kasme Vaade: STAR Plus, 5.30pm  
 Suhaagan: Colors, 6.30pm  
 Megha Barseenge: Colors, 7pm  
 Dil Ko Tumse Pyaar Hua: STAR Plus, 7pm  
 Maati Se Bandhi Dor: STAR Plus, 7.30pm  
 India's Best Dancer, Jab Dil Kare Dance Kar: Sony, 8pm  
 Mishri: Colors, 8.30pm  
 Udne Ki Aasha: STAR Plus, 9pm  
 Fear Factor, Khatron Ke Khiladi: Colors, 9.30pm  
 Aapka Apna Zakir: Sony, 9.30pm  
 Anupama: STAR Plus, 10pm

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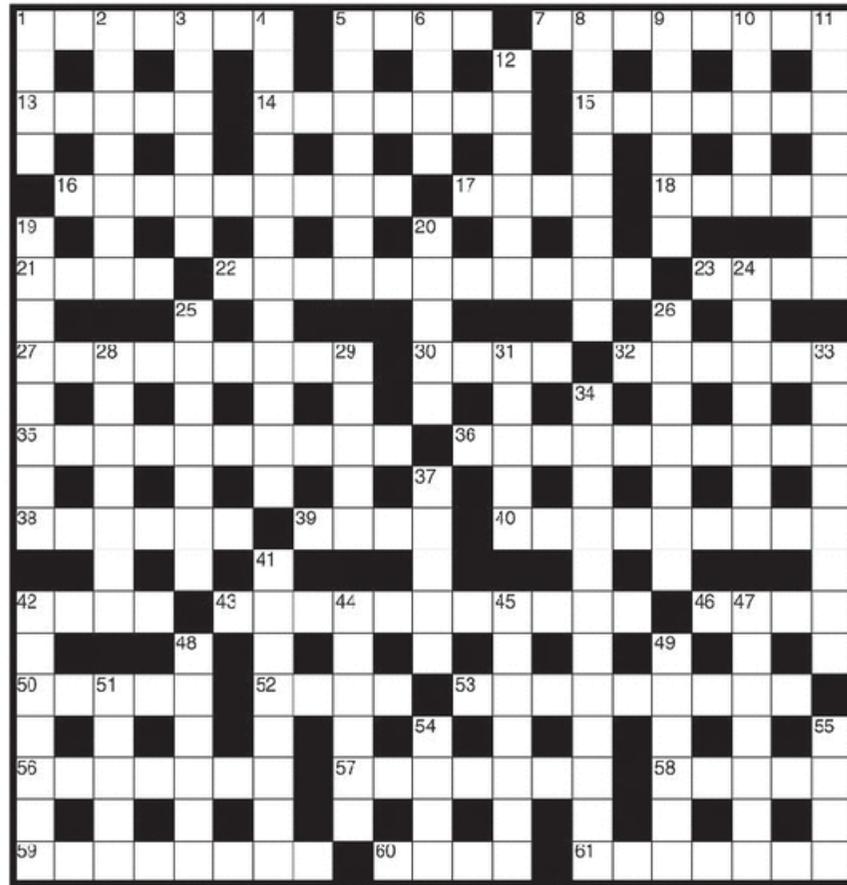
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**PUZZLES**

**SUNDAY CROSSWORD 771**



**ACROSS**

- 1 Dutch Golden Age artist who painted The Milkmaid, Girl with a Pearl Earring, The Lacemaker and The Astronomer (7)
- 5 Garden vegetables known in French as petit pois, used for various dishes including risotto, pasta primavera or eaten straight from their pods (4)
- 7 From the Latin meaning "to wash", a plant with fragrant flowers yielding essential oil used for aromatherapy, natural soaps, pillow sprays or candles (8)
- 13 Represented as a blue line on an Ordnance Survey map, a natural type of watercourse inhabited by mammals, birds, fish insects and plants (5)
- 14 Milled grain of the plant Avena used for porridge, parkin, savoury biscuits and pancakes; a source of soluble fibre with blood-cholesterol-reducing effects (7)
- 15 Oh! To Be In —; one of the novels in the Pop Larkin series by H. E. Bates (7)
- 16 Yacht's cabin for accommodation, navigation or

- lounging whilst cruising (9)
- 17 According to Egyptian mythology, a deity worshipped at Memphis; a god of artisans, craftsmen and architects (4)
- 18 French word used to describe a stage or leg of a multi-stage bicycle race such as the Tour de France (5)
- 21 Architect who designed Pulteney Bridge in Bath, the interior of Syon House in London and rooms at Saltram House in Devon, notably the saloon (4)
- 22 Also known as mal-de-mer, nausea or queasiness caused by the motion of a boat or ship on the waves (11)
- 23 Grand —; a young aristocrat's travels through Europe's cultural capitals (4)
- 27 With notable works including The Rime of the Ancient Mariner and Kubla Khan, Lake Poet who also wrote Lyrical Ballads with William Wordsworth (9)
- 30 Tudor —; emblem of England that combines the red flower of Lancaster and the white flower of York (4)
- 32 Eight Songs for a Mad King composer, Master of the Queen's Music 2004-14 (6)

- 35 Type of coastal tower with a lantern room for guiding mariners, often white or red-and-white-striped (10)
- 36 Media profession known collectively as the fourth estate (10)
- 38 Longest river entirely in England, site of the annual Boat Race on a stretch between Putney to Mortlake (6)
- 39 80 in Roman numerals (1,1,1,1)
- 40 The capital of Scotland, site of Castle Rock and Holyrood Palace (9)
- 42 General term for a member of a system comprising hereditary titles duke, marquess, earl, viscount and baron (4)
- 43 Officers of the College of Arms - Rouge Croix, Blue mantle, Rouge Dragon or Portcullis (11)
- 46 One of the 16 weakest chess pieces (4)
- 50 Tree trunk-like object used in one of the Scottish Highland Games (5)
- 52 A type of narrow border detached from the edge of a heraldic shield (4)
- 53 Treats From the — Country House; series with Hugh Fearnley-Whittinghall (9)
- 56 Person who specialises in creating botanical arrangements such as bouquets, corsages and boutonnières (7)
- 57 — House; Queen Victoria's residence, once a convalescent home for officers (7)
- 58 Andrew Lloyd Webber and Tim Rice musical based on Eva Perón's life (5)
- 59 Wool obtained from a breed of goat, used for pashminas and jumpers (8)
- 60 Sunken wall designed to keep livestock away from a formal garden (2-2)
- 61 Gestures, signs and cues conveying messages such as those in semaphore (7)

**DOWN**

- 1 According to forestry law, greenery such as trees and ferns as cover for deer (4)
- 2 French —; the Côte d'Azur (7)
- 3 Exclamation attributed to Archimedes upon his discovery of displacement (6)
- 4 The national flower of Nepal; a plant associated with mad honey disease (12)
- 5 Winged hat worn by Hermes (7)
- 6 Kane and —; Jeffrey Archer novel (4)
- 8 Purple gem, birthstone for February (8)
- 9 Where — Dare; adventure novel and screenplay by Alistair MacLean (6)
- 10 Roman goddess of the hunt and the moon, known to

- the Greeks as Artemis (5)
- 11 Depicted in Edwin Landseer's The Monarch of the Glen, the UK's largest species of land-mammal (3,4)
- 12 Author who wrote the Famous Five, Secret Seven, Noddy and Malory Towers books for children (6)
- 19 Knight of the Round Table, lover of Guinevere, father of Galahad (8)
- 20 One of the Rutshire Chronicles novels by Jilly Cooper; or, the points accumulated in games or sports (5)
- 24 Actor who starred as Heathcliff in a 1939 version of Wuthering Heights (7)
- 25 Composer of the operas Peter Grimes, A Midsummer Night's Dream and Death in Venice who founded the Aldeburgh festival with Peter Pears (7)
- 26 City in Zambia, formerly Livingstone (7)
- 28 Bags, trunks, suitcases, vanity cases and other holdalls for travelling (7)
- 29 County in England, home to the oldest recorded Roman town in Britain and the world's longest pleasure pier (5)
- 31 Scottish village, site of the Stone of Destiny; or, a cake for a cream tea (5)
- 33 Type of composition for orchestra associated with the "curse of the ninth" (8)
- 34 General name for logic puzzles designed to test mental acuity (5,7)
- 37 True —; flower known as a paigle (5)
- 41 Rail service linking London with Paris, Brussels and Amsterdam (8)
- 42 Bordering 42 countries and territories, the world's largest ocean (7)
- 44 Known during its life cycle as a fry, smolt or parr, a fish sometimes smoked in peat, sweet gale, heather or juniper (6)
- 45 Principality in the Pyrenees (7)
- 47 Coffee of higher grade than robusta (7)
- 48 Chemical element, atomic no. 68, used in some forms of laser surgery (6)
- 49 Former world no. 1 tennis player who defeated Boris Becker in the 1988 and 1990 Wimbledon Men's Singles finals (6)
- 51 Calls of bitterns; or, poles for supporting cameras or microphones (5)
- 54 Swedish pop group whose songs feature in the musical and film Mamma Mia! and the sequel (4)
- 55 Implements used in the sport described in Henry Newbolt's poem Vital Lampada; or, flying mammals studied in chiropterology, such as pipistrelles (4)

**ANSWERS**

**ACROSS**

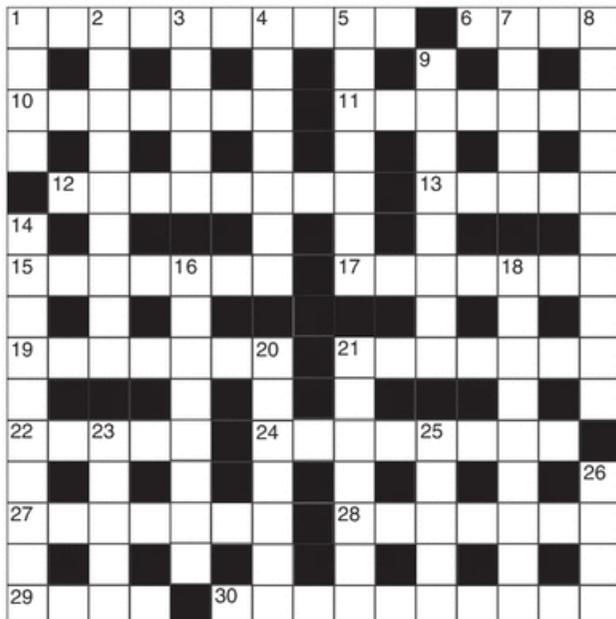
- 1 Vermeer, 5 Peas, 7 Lavender, 13 River, 14 Oatmeal, 15 England, 16 Deckhouse, 17 Ptah, 18 Etape, 21 Adam, 22 Seasickness, 23 Tour, 27 Coleridge, 30 Rose, 32 Davies, 35 Lighthouse, 36 Journalism, 38 Thames, 39 LXXX, 40 Edinburgh, 42 Peer, 43 Pursuivants, 46 Pawn, 50 Caber, 52 Orle, 53 Edwardian, 56 Florist, 57 Osborne, 58 Evita, 59 Cashmere, 60 Ha-ha, 61 Signals.

**DOWN**

- 1 Vert, 2 Riviera, 3 Eureka, 4 Rhododendron, 5 Petasus, 6 Abel, 8 Amethyst, 9 Eagles, 10 Diana, 11 Red deer, 12 Blyton, 19 Lancelot, 20 Score, 24 Olivier, 25 Britten, 26 Maramba, 28 Luggage, 29 Essex, 31 Scone, 33 Symphony, 34 Brain teasers, 37 Oxlip, 41 Eurostar, 42 Pacific, 44 Salmon, 45 Andorra, 47 Arabica, 48 Erbium, 49 Edberg, 51 Booms, 54 Abba, 55 Bats.

By arrangement with The Daily Telegraph

**CRYPTIC CROSSWORD 14423**



**ACROSS**

- 1 Elope with one partner being proper (10)
- 6 Secular, lacking any inherent creed, initially (4)
- 10 Divers cut through a line (7)
- 11 A right shower reportedly in charge (7)
- 12 Illegal entry using spring inside lock (8)
- 13 No good in drink for fish (5)
- 15 Happy prisoner's first let out (7)
- 17 Digital security providers? (7)
- 19 Live covering United grounds (7)
- 21 Get out of French Eurostar? (7)
- 22 Names of places announced (5)
- 24 Bar sweetheart

- assuming loose suggestion (8)
- 27 Most extensive section of sample, statistically (7)
- 28 Threatens current politician facing conclusions (7)
- 29 Capital of Italy (4)
- 30 Player teed off time and again (10)

**DOWN**

- 1 Fortune involving son is squandered (4)
- 2 Teaching finally finished head teacher (9)
- 3 Sailors keeping quiet in canvas covers (5)
- 4 Man detailed to lead Fat Duck (7)
- 5 From internet, ran site for travel (7)
- 7 Old and silver maintaining spirit (5)
- 8 Familiar rascal oddly found in nunnery (10)
- 9 Affected manner to dress up (8)
- 14 Tapas recipe changed missing southern relish (10)
- 16 Audibly exhaled over sweetheart's raised skirt (8)
- 18 Left a party with single Democrat (9)
- 20 Record one's occasionally stilted message (7)
- 21 Strong constitution of canines? (7)
- 23 Make finer hit topping Queen (5)
- 25 English kiss with fluent one (5)

**YESTERDAY'S SOLUTION**



- abroad (5)
- 26 Adult, timid and pale (4)

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To kill the demon Tripura, Bhagwan Shiv, meditated for 1000 years with open eyes to aquire the Aghora Astra.

As He closed his eyes, tear drops fell on earth and the Rudraksha tree was born bearing fruits to liberate mankind from sufferings....

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**रुद्रक्षधारयेन मन्त्रेर्द्वेलास्ये वर्जितः ||**

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**Session 2025-26**

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**11132**  
SUDOKU MODERATE

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

Fill in the 9x9 square grid with the numbers one to nine. The numbers should be arranged in such a way that each row, column and mini-grid contains one of each number. Solution to Sudoku 11130 is on the right

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

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**11133**  
SUDOKU GENTLE

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

Fill in the 9x9 square grid with the numbers one to nine. The numbers should be arranged in such a way that each row, column and mini-grid contains one of each number. Solution to Sudoku 11131 is on the right

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

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**QUICK CROSSWORD 14075**

1		2		3	4		5		6		7
				8							
9							10				
11						12					
13	14					15	16				
						17					
18			19				20		21		22
23						24					
25						26					27

**ACROSS**  
1 Dance (4)  
3 Squad (4)  
6 Wonder (3)  
9 Antiquated (7)  
10 Prize (5)  
11 Elegance (5)  
12 Hobby (7)  
13 Extreme (6)  
15 Underpants (6)  
18 Farewell (7)  
20 Alcove (5)  
23 Retinue (5)  
24 Endurance (7)  
25 Owed (3)  
26 Only (4)  
27 Quick (4)

**DOWN**  
1 Impudence (5)  
2 Fortunate (5)  
4 Flee (6)  
5 Wherewithal (5)  
6 Greed (7)  
7 Eternal (7)

**8 Profession (6)**  
13 Spotted (7)  
14 Contravene (7)  
16 Catwalk (6)  
17 Container (6)  
19 Premium (5)  
21 Porcelain (5)  
22 Precise (5)

**Yesterday's solution**  
Across: 1 Jay; 3 Gnaws; 6 Din; 8 Brute; 9 Correct; 10 Lighthouse; 12 Sag; 15 Nest; 17 Tear; 18 Tow; 22 Parliament; 25 Italics; 26 Choir; 27 Tie; 28 Grass; 29 Spa.  
Down: 1 Jubilant; 2 Youngest; 3 Greets; 4 Anchor; 5 Stress; 6 Dyed; 7 Note; 11 Eat; 13 Generous; 14 Criteria; 16 Top; 19 Waving; 20 Alaska; 21 Dances; 23 Hint; 24 Late.

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**Jumble**  
David L. Hoyt and Jeff Knurek

**JUMBLE** THAT SCRAMBLED WORD GAME

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

RYOSR  
RKADN  
MCTMIO  
STAWYE

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2/13  
THE STUDENT HANDED IN HER SPELLING TEST AND SAID, "I DIDN'T DO WELL..."

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

(Answers tomorrow)

Yesterday's Jumbles: GROOM BRING OLDEST HUMBLE  
Answer: The letter "G" didn't have time to chat because it was finishing - SOMETHING

**COMICS**

**Calvin and Hobbes** by Watterson

EVERY DAY I LOOK FOR A MOVING VAN HERE.

HISTORICAL MARKER "CALVIN'S HOUSE" IN JANUARY, ONE 40 SHONAMEN MET A GRIEFING FATE ON THIS SPOT.

KNOCK KNOCK

GREAT MOONS OF NEPTUNE! A FOOL MORTAL FEMALE!

CALVIN?

I'M NOT CALVIN! I'M STUPENDOUS MAN! FRIEND OF FREEDOM! OPPONENT OF OPPRESSION!

UH HUH. WHAT ARE YOU DOING?

I WAS JUST ABOUT TO USE MY STUPENDOUS POWERS TO LIBERATE SOME COOKIES BEING HELD HOSTAGE ON THE TOP SHELF OF THE PANTRY! NOW IF YOU'LL EXCUSE ME, DUTY CALLS!

SLAM!

A BOLT OF CRIMSON STREAKS ACROSS THE SKY! THE MAN OF MEGA-MIGHT IS OFF TO SAVE THE DAY!

DID THEY HAVE AN EGG YOU COULD BURROW?

NO ONE WAS HOME, MOM.

**The Fusco Brothers** by J. C. Duffy

HOME OF THE BOTTOMLESS CUP OF MONEY!

ANDREWS, WAREHOUSE SYNDICATION © 2024 J.C. DUFFY

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**B.C.** by Johnny Hart



**Luann** by Greg Evans



**Baby Blues** by Rick Kirkman & Jerry Scott



**The Wizard of Id** by Brant Parker and Johnny Hart



**Hagar the Horrible** by Chris Browne



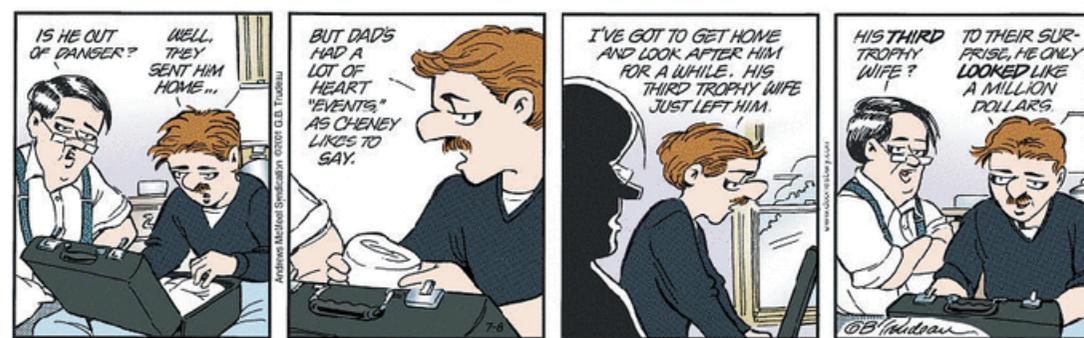
**Flash Gordon** by Dan Schkade



**Dennis the Menace**



**Doonesbury Classics** by Garry Trudeau



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 <p><b>hp VICTUS</b> i5 12th GEN, 16GB RAM, 512GB SSD RTX 3050 4GB GRAPHICS ₹ 66,900 EMI ₹ 5,575</p>	 <p><b>DELL Technologies</b> i3 12th GEN, 8GB RAM, 512GB SSD, Win11+OFC ₹ 37,500 EMI ₹ 3,125</p>	 <p><b>Apple iPad 10th Gen</b> ₹ 29,900 EMI ₹ 1,371</p>
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LAST DAY

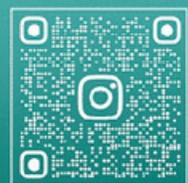
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