

Popular multiplex reopens in Mumbai, Suriya inaugurates it

SATURDAY, NOVEMBER 16, 2024 ADVERTORIAL, ENTERTAINMENT INDUSTRY

PROMOTIONAL FEATURE

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iraj Cinemas, one of India's fastestgrowing multiplex chains, unveiled its first IMAX location with the reopening of Miraj Cinemas IMAX Wadala. Featuring Mumbai's largest IMAX screen (70 x 40 ft) and equipped with state-of-the art laser technology, the new location offers an unmatched movie-going experience, starting with the release of Gladiator II.

wife Sweta Paliwal

To celebrate, an exclusive event was hosted at the flagship multiplex, where renowned actor Suriya made a special appearance to launch the latest song and a new 3D trailer from his film Kanguva. The event commenced with a ceremonial lamp-lighting by Suriya, Mantraraj Paliwal (Vice Chairman, Miraj Group), Amit Sharma (MD, Miraj Entertainment), Sanjay Dangi

(Authum Investment & Infrastructure Promoter), Sweta Paliwal and other guests. The excitement peaked when Suriya himself booked the first ticket, reflecting the anticipation surrounding both, the grand reopening of the cinema and the release of Kanguva.

Mantraraj Paliwal shared, "Launching our flagship property at Wadala marks yet another important milestone in our journey to revolutionise the entertainment landscape in India.

This reopening brings back India's first-ever IMAX screen, evoking nostalgia for many."

Sanjay Dangi

"It's truly thrilling to present glimpses of Kanguva to fans at such a distinguished venue," shared Suriya.

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Amit Sharma added, "Hosting Suriya and his team aligns perfectly with our commitment to offer audiences a high-quality viewing experience. This collaboration sets the stage for a premium

entertainment experience." The complex is designed to deliver a visually stunning experience with five screens. The cinema chain now operates

235 screens across 70 locations, with plans for two more IMAX locations on the horizon.

What the notice states

- The notice, issued by the District Welfare Officer of the Department of Welfare of Women and Children, Disabled and Senior Citizens, Rangareddy, states, "As cited by representer with video evidence that you have sung songs promoting alcohol, drugs and violence promoting songs during show in Delhi on October 26 and 27. Therefore, we are issuing this notice in advance to deter promoting alcohol/drugs/violence through songs in your live show."
- The notice also warns Diljit against "using children on stage during live show", citing concerns about the harmful effects of loud sounds and flashing lights.
- The complaint specifically cites three of Dosanjh songs that they found objectionable - Patiala Peg, 5 Taara and Case.

What happened

Diljit Dosanjh was issued a notice by a department of the Telangana government on Friday ahead of his Dil-Luminati tour concert in Hyderabad. The notice directed him not to sing any songs that promote alcohol, drugs and violence.





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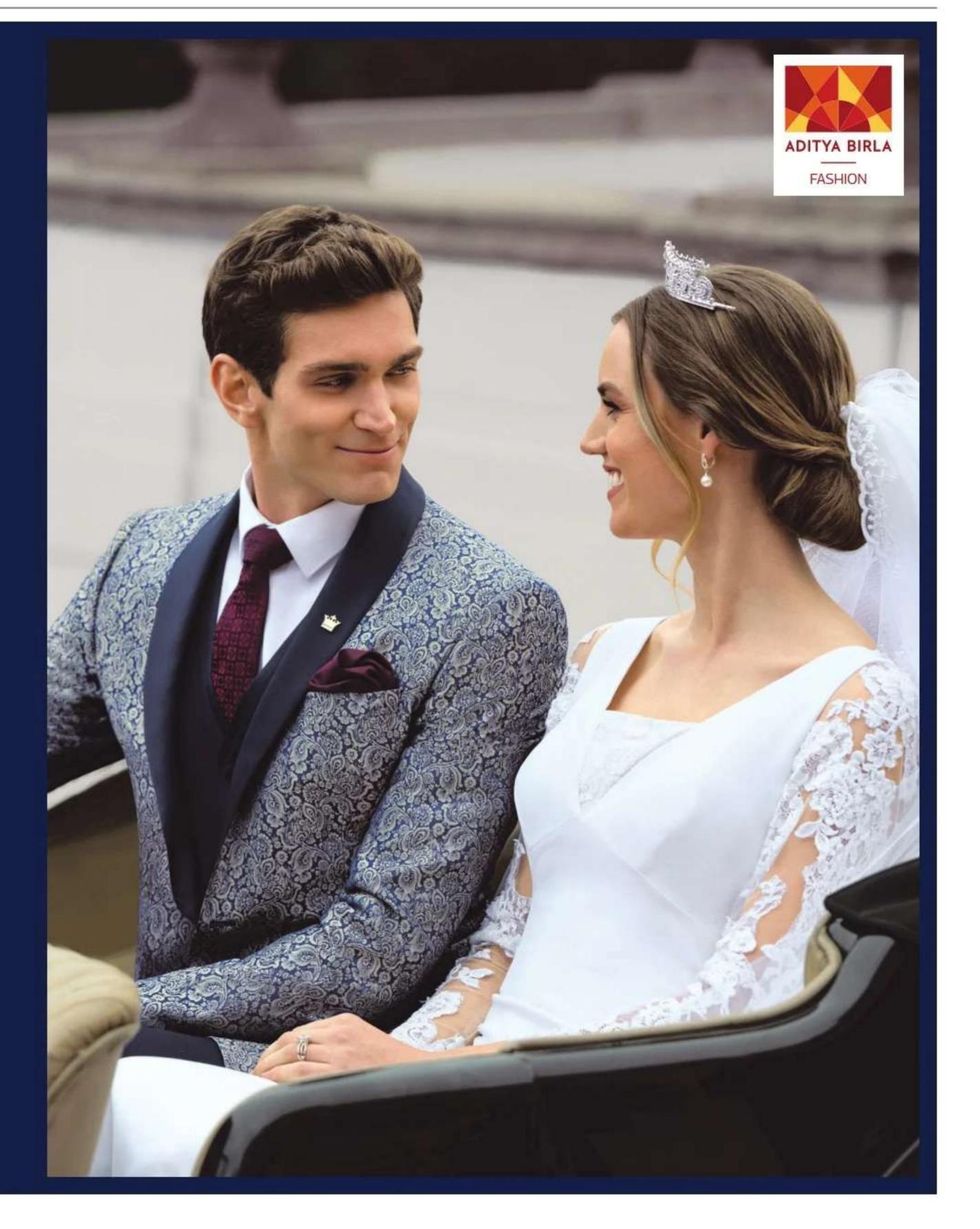
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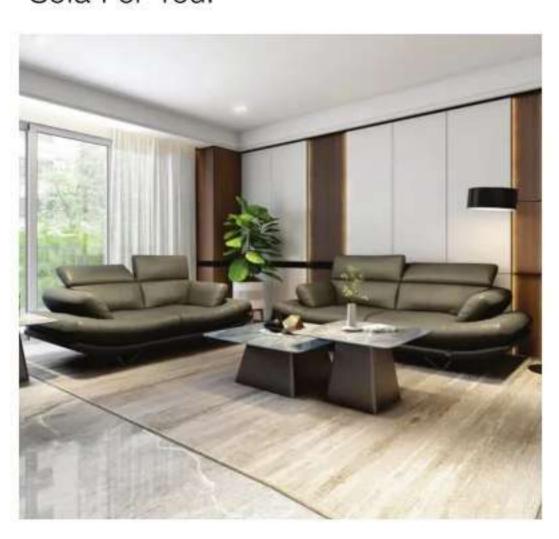






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he Fable, starring Manoj Bajpayee bagged the Best Film award at the 38th Leeds International Film Festival (LIFF) in the UK, on Thursday. The actor expressed his happiness on the win. "Working with director Raam Reddy, whose thoughtful storytelling and unique blend of magical realism added such depth to this project. Winning the Best Film award at Leeds is not just a triumph for our film but a proud moment for Indian cinema. I hope The Fable continues to inspire and touch people

around the world," he said.

Director Raam Reddy said, "This recognition makes me feel thankful and fulfilled as a filmmaker." The film's executive Producer Guneet Monga Kapoor added, "This win is a testament to Raam Reddy's vision and Manoj Bajpayee's remarkable performance."

The award follows the movie's world premiere at the Berlinale Film Festival 2024, and the Special Jury Prize at the 2024 MAMI Mumbai Film Festival.

Mark revisits Get Low as anniv gift for wife

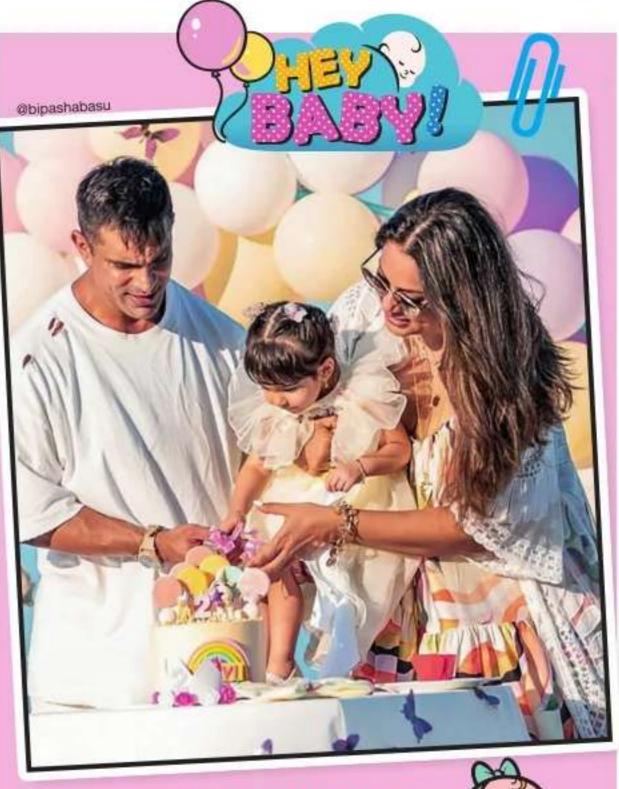


ark Zuckerberg has collabo-rated with singer and pro-ducer T-Pain to release an acoustic version of Get Low by Lil Jon & the East Side Boyz, as a surprise anniversary gift for his wife Priscilla Chan.

Sharing the announcement on Instagram, the Meta CEO posted, "Get Low was playing when I first met Priscilla at a college party, so every

year we listen to it on our dating anniversary," Zuckerberg captioned the post. "This year I worked with @tpain on our own version of this lyrical masterpiece. Sound on for the track. Love you P"

Zuckerberg shared a photo of himself with T-Pain on his Instagram story, captioning it, "It's happening guys," building excitement among fans and followers.



It was "pure joy" for BIPASHA BASU and KARAN SINGH GROVER, as the two marked daughter DEVI's second birthday in Maldives



FIEFILL OF WELLINESS EAT

Saundarya.Jain @timesofindia.com

oo often, people wait until a health issue arises before taking action to care for their wellbeing. As a result, India is witnessing a rise in a range of health conditions. This calls for greater awareness and a shift towards more proactive lifestyles.

In this regard, health expositions and trade fairs invite and encourage people to discover helpful wellness offerings and connect with various healthcare experts. Taking place on 16th and 17th November, the India Health &

Wellness Expo 2024 is one such event organised at the Bombay Exhibition Centre, NESCO, Gore-

WHAT TO EXPECT

products, services, and

talks related to health,

beauty, fitness, Ayurve-

gaon (E), Mumbai. is poised to be a onestop destination for all. Aimed to highlight the latest advancements in tion is set to draw in the healthcare industry, end-users and this trade show features health enthusiasts

fruitful ground for

da, alternative medicine, and more. As businesses and consumers gather under the same roof, the event While the exhibilooking for wellness solutions, it's also a

The way to better well-being

As lifestyle needs spanning nutrition, fitness, and skincare gain prominence, trade shows devoted to health and wellness products and services offer a unique opportunity to explore a range of well-being solutions

business owners and health practitioners to discover industry innovations, network with like-minded individuals, and identify promising business opportunities.

TREND TALK

It's crucial to stay updated about the new trends and advancements in healthcare, affirms Dr Aklesh Tandekar, head consultant - critical care at a hospital in Mira Road. He details, "The world of health is constantly changing, with new, beneficial offerings improving our quality of

high-tech devices like smartwatches, fitness trackers, and AI workout programmes have become

quite popular." By gauging these at trade shows and beyond, you can identify better ways to track your fitness routine for more accurate results.

THE HEALTHY CHOICE

Individuals often attend such events to identify improved measures to bolster their well-being. Vinay Gupta (name changed on request), a retired banker and running enthusiast, shares, "As trade shows offer a diverse array of products and services, you can compare different options and make an informed choice. Over the years, I've purchased an electric cooker, a neck massager, organic food items, running shoes, and juicers for myself and my loved ones at such events." Gupta also reveals that interacting with different experts often gave him insights into

BUSINESS BOOST

improving his health.

When Namita Khanna, a beautician, decided to start her home beauty

service, attending wellness exhibitions helped her find the right products at the right price. "I could purchase items in bulk at reasonable rates and understand the new beauty trends. Furthermore, observing how several businesses marketed themselves helped me recognise the right channels and measures to promote my newfound venture,"

CONSUMER CONNECT INITIATIVE

Altogether, partaking in such trade shows can empower individuals and businesses alike to make educated decisions, stay ahead of industry trends, and foster a healthier, more sustainable tomorrow.

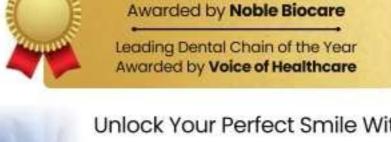
she says.



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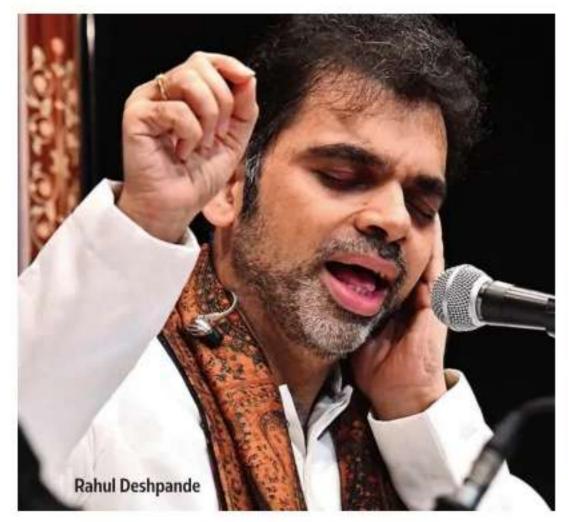


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An unforgettable evening of soulful Hindustani classical music in Mumbai



he 20th edition of the Ugam Music Evening, organised by the Jaipur Gems Charitable Trust, brought together artistes and music lovers for an unforgettable celebration of classical music. The event, held at Nehru Centre, featured an impressive lineup of performances, the presentation of scholarships to promising young musicians and a tribute to late Inderchandji Sacheti, whose passion for classical music led to the founding of the trust. The Jaipur Gems Charitable Trust was established in 2005 by Padam Sacheti in memory of his father, Inderchandji Sacheti. The trust's primary mission is to promote and preserve classical music, and it has been doing so through two key initiatives: Ugam and Udaan.

Under the guidance of santoor maestro Padma Vibhushan Pandit Shivkumar Sharma, the trust has created a platform to nurture both established and emerging talent. Ugam provides free access to performances by leading classical musicians and offers the Pandit Shivkumar Sharma Samman Award to honour outstanding artistes. Meanwhile, Udaan is focused on young talent, giving budding artistes the opportunity to perform and grow. Since its inception, the trust has awarded scholarships to over 80 musicians.

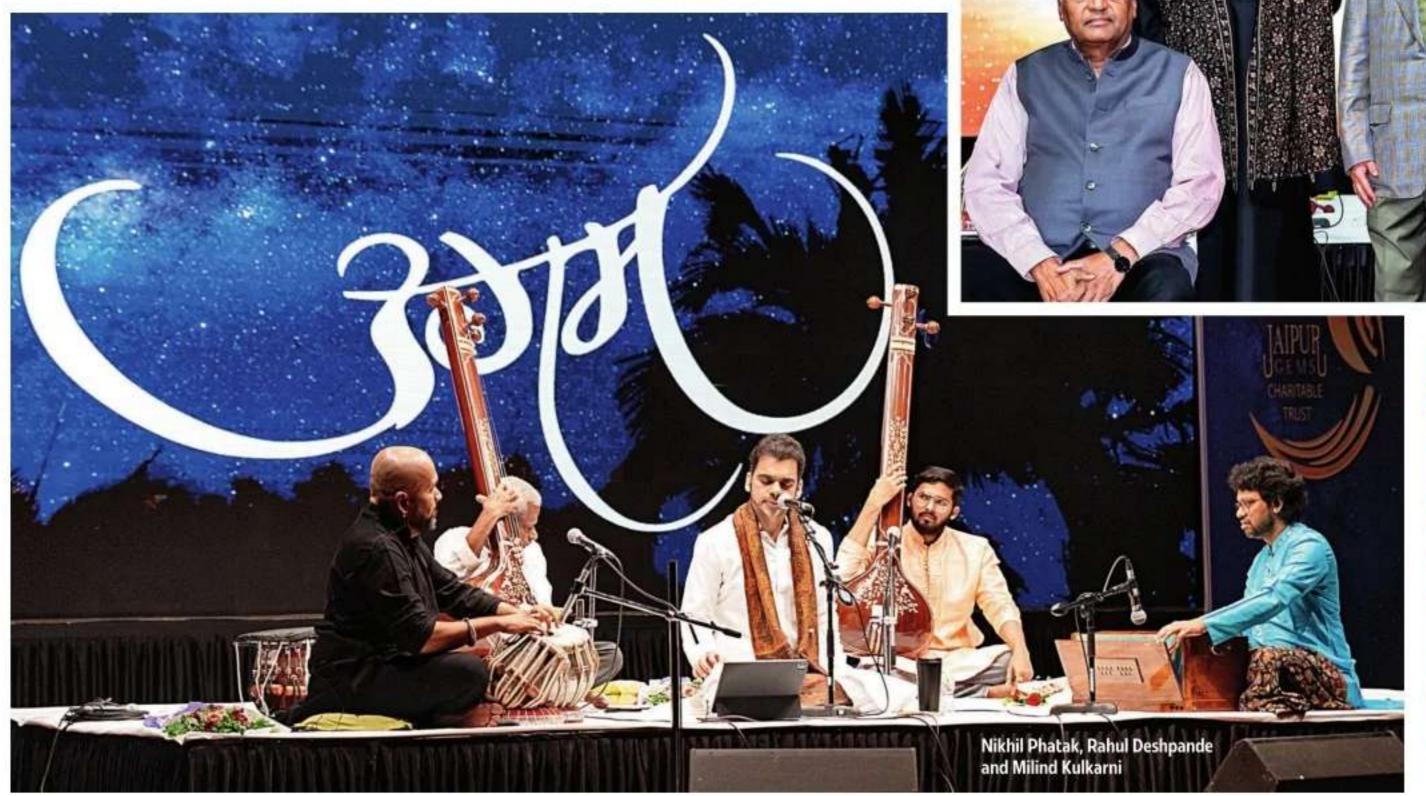
This year's Ugam music evening was graced by Padma Vibhushan Pandit Hariprasad Chaurasia, one

of the most revered names in Indian classical music, who served as the chief guest for the evening. The event also saw the presence of several dignitaries, including Niraj Bajaj, Captain Sunderchand Thakur, AN Roy, Pandit Rahul Sharma, Rahul Deshpande, Padam Sacheti and Manorama Sharma, all of whom took part in the lighting of the ceremonial lamp to mark the beginning of the event.

The highlight of the evening was the presentation of scholar-

the University

Research Lab



Siddhartha Sacheti and Padam Sacheti

shyam Chand (flute), disciple of Pandit Hariprasad Chaurasia. Padam Sacheti shared, "The 20th Ugam Music Evening was a celebration of classical music, talent and tradition, reflecting the commitment of the Jaipur Gems Charitable Trust to preserve and promote the art form. With the support of patrons, performers and music lovers alike, the trust continues to make significant strides in fostering the growth of Indian classical music."

This evening celebration of classical music, talent and tradition, reflecting the commitment of our trust to preserve and promote the art form. We will continue to foster the growth of Indian classical music

(L-R) Niraj Bajaj, Pandit Rahul Sharma,

Padam Sacheti, and Pandit Hariprasad

Chaurasia

Padam Sacheti

A soulful performance by Rahul Deshpande One of the highlights of

the evening a performance by Rahul Deshpande of the Patiala Gharana, who captivated the audience with his soulful renditions. Known for his mastery across various genres of classical music. including khyal, thumri, bhajan and ahazal, Deshpande was recently honoured with the Sudhir Phadke Award for his contributions to the music industry. Accompanied by Milind Kulkarni on the harmonium and Nikhil Phatak on the tabla, Deshpande's performance left the audience mesmerised. The event concluded by honouring artistes with flowers, presented by Manju Sacheti.

The audience at Ugam 2024

ships to four emerging artistes, who were selected by their gurus. These scholarships, which support the education and training of young musicians, were presented by Pandit Hariprasad Chaurasia. The scholarship recipients included Sushant Ghatolkar (tabla), disciple of Pandit Yogesh Samsi; Nishad Pramod Vyas (vocalist), disciple of Padma Bhushan Pandit Sajan Mishra; Charulata Rath (vocalist), disciple of Padma Shri Pandit Umakantji Gundecha and Ghan-

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Human Rights and Generic Law programs), Genetics, Biotechnology, Development Studies, International Relations, Psychology, English, Fashion and Design and many more. Education Pathways India has helped students reach their university destinations for the past 20 years. It has organised senior level individual counselling sessions (suitability and admissions) for students, who

wish to explore higher studies in the UK (2025). Where: Taj Lands End, Business Centre Conference Rooms,

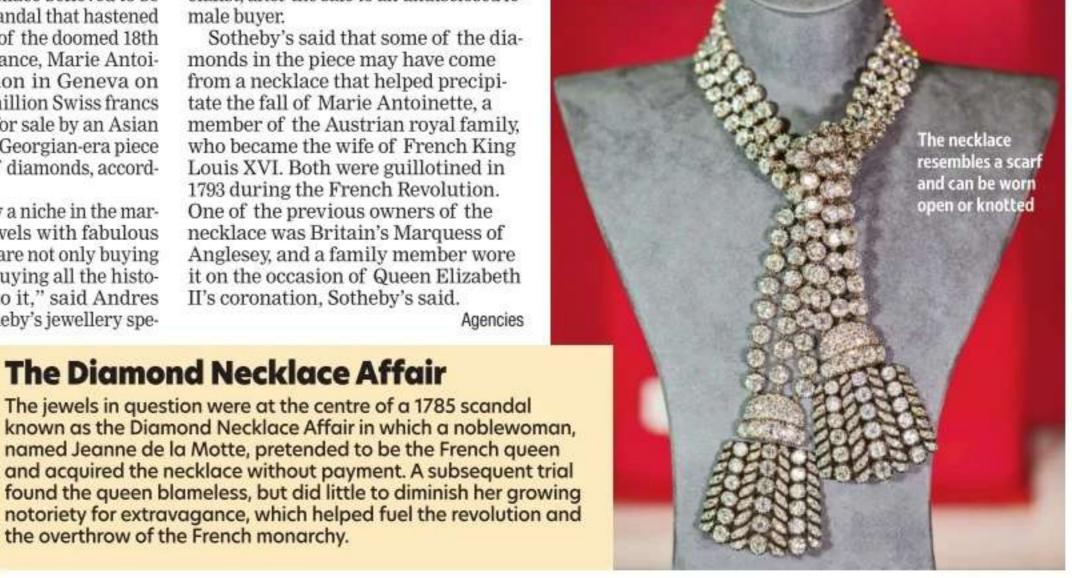
Bandstand, Bandra. When: Sunday November 17, from 10 am to 5 pm. Call: 9647957290, 9748169555 for an appointment.

Diamond necklace linked to Marie Antoinette sells for ₹40cr in Geneva

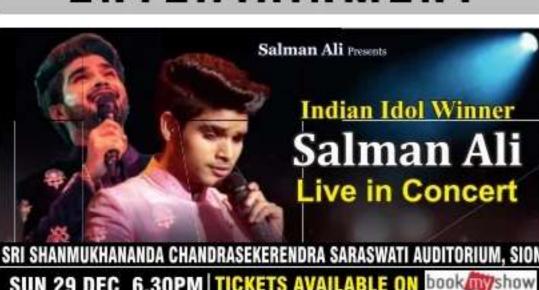
diamond necklace believed to be linked to a scandal that hastened the downfall of the doomed 18th century queen of France, Marie Antoinette, sold at auction in Geneva on Wednesday for 4.26 million Swiss francs (₹40.5 crore). Put up for sale by an Asian private collector, the Georgian-era piece contains 300 carats of diamonds, according to Sotheby's.

"There is obviously a niche in the market for historical jewels with fabulous provenances. People are not only buying the object, they are buying all the history that is attached to it," said Andres White Correal, a Sotheby's jewellery specialist, after the sale to an undisclosed fe-

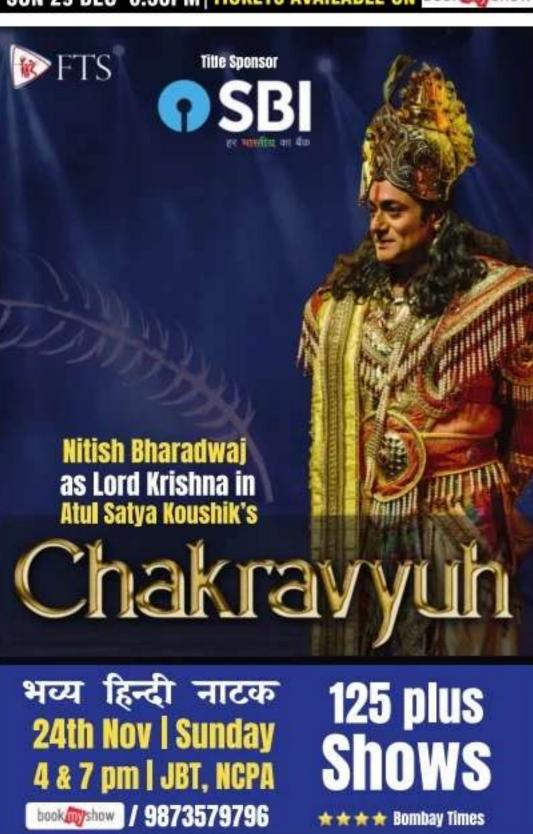
male buver. Sotheby's said that some of the diamonds in the piece may have come from a necklace that helped precipitate the fall of Marie Antoinette, a member of the Austrian royal family, who became the wife of French King Louis XVI. Both were guillotined in 1793 during the French Revolution. One of the previous owners of the necklace was Britain's Marquess of Anglesey, and a family member wore it on the occasion of Queen Elizabeth II's coronation, Sotheby's said.

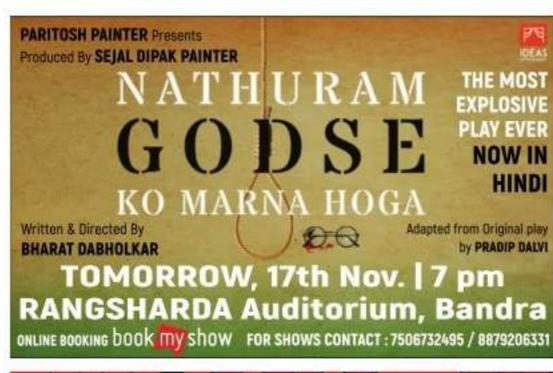


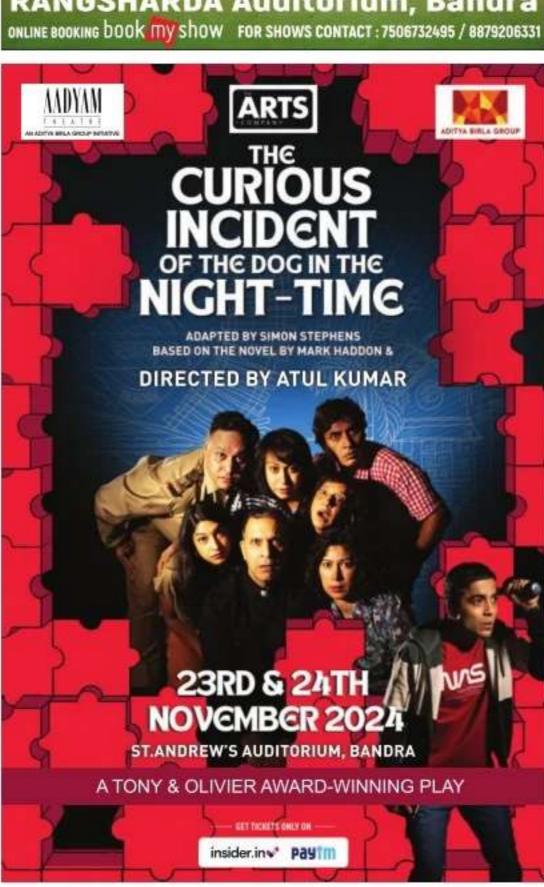
The Diamond Necklace Affair The jewels in question were at the centre of a 1785 scandal ENTERTAINMENT

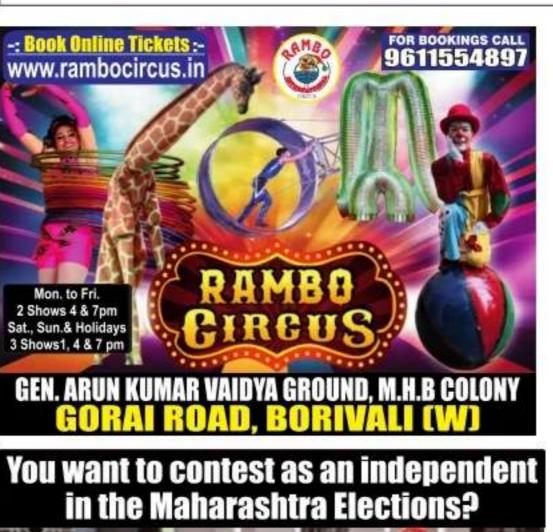


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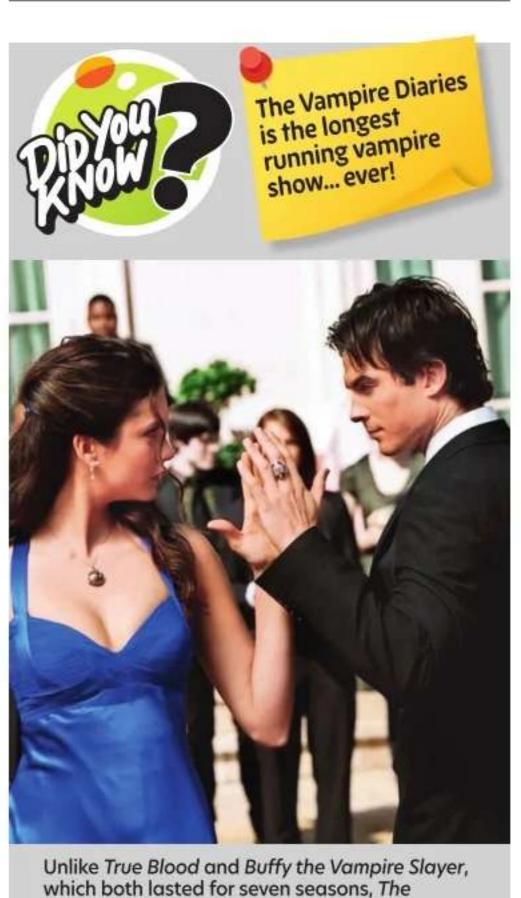




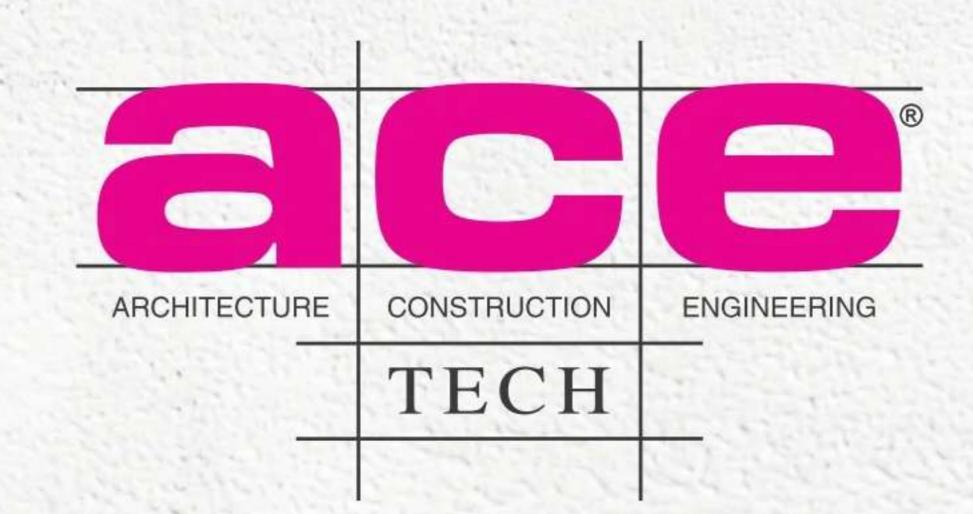


the overthrow of the French monarchy.





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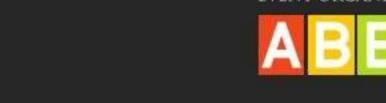
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Immensely grateful for the support: Falguni Shah

Singer-songwriter Falguni Shah on her fourth Grammy nomination



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Yesha Bhatt

ndian-American singer-songwriter Falguni Shah, who won a Grammy in 2022 for her album A Colorful World (Best Children's Music Album category), is on cloud nine. With American Patchwork Quartet (APQ) being nominated for the 67th Grammy Awards in the Best Folk Album category, she has become the first Indian woman to be nominated in this category. Talking about it, the four-time Grammy nominee, who is a part of the band, says, "I feel immensely grateful to everyone who has supported our album. To be recognised in this way is such a gift!"

'INDIAN MUSIC IS IN MY DNA'

As someone who was born and brought up in a Gujarati household in India, Falu (as she is better known) says, "My music always reflects the essence of what I've learned over the years. When I hear a song, my mind instinctively connects it to a raga or some element of Indian music it's just how my brain processes and feels music."

Falu, over the last two decades, has collaborated with award-winning artistes like AR Rahman, Ricky Martin, and Ustad Sultan Khan. She says, "It has been an incredibly enriching experience. I've always considered myself a lifelong student, constantly curious and eager to learn."

Falu's presence has amplified our reach within India: APQ

Falu joined APQ in 2020. The band members (bassist Yasushi Nakamura, drummer Clarence Penn, guitarist and vocalist Clay Ross) share, "Falu's presence in APQ has truly amplified our reach, especially within India. Her achievements as an Indian artiste in the United States bring a special resonance to our ensemble." The band, built on the idea of blending cultures, has inclusivity at the heart of their mission. They share, "We're excited by the potential to feature guest artistes from diverse backgrounds and disciplines. Expanding inclusivity isn't just a goal for us - it's the natural evolution of APQ's mission."

'EACH PROJECT IS ABOUT SPREADING POSITIVITY'

Falu, whose first Grammy nomination came in 2019 for Falu's Bazaar (Best Children's Music category), calls her journey "a profound journey of growth, both musically and personally." She adds, "I've learned the value of being a better listener - not just to music, but to the people I collaborate with, and even to myself."



Best & Mumbai

TIMES inter

CONSUMER CONNECT INITIATIVE



lent peanut and dry fruit laddoos and coconut barfis. Seeing how passionate she was about it, I proposed the idea of selling these laddoos and barfis during my train journeys each We day. launched this venture a few years ago, and it's been a hit. I carry about 30 to 40 packets of these confections every day and they get sold out in a matter of minutes. I hand all the earnings from this small business to my mother-in-law as she does all the hard work."

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It's said that one can initiate and scale-up any business in Mumbai. All you need is a unique idea and the right location. And what better place than a local train where one can reach out to hundreds of people under neurship Day falling on one roof.

SATIATING SNACKS

Of all the goods that get sold in local trains, homemade snacks are the fastest selling. This is because many office-goers leave home early in the morning without having breakfast. Vidya Mahajan, a 48-year-old banker, tells us, "My mother-in-law loves cooking and makes excel-

RETAIL THERAPY

Most people spend at least an hour or more in trains, giving entrepreneurs enough time to showcase, promote and sell their wares. Moreover, it gives passen-

one place to the next, they're also serving as a

gers a chance to pass the time and indulge in some casual shopping. Ritu Jadhav, an accountant by profession, who runs an imitation jewellery business, shares, "Women love to shop, and when they see jewellery or make-up products being sold at reasonable prices, they just can't resist the urge to buy them, thereby giving us an opportunity to make some money. And since it takes me about an hour

the availability and access

to the right resources.

Speaking on what makes

the city an ideal ecosystem

for startups, Raja Singh

Bhurji, CEO of The StepUp

Ventures, explains, "A start-

to reach my office in CST from my home in Thane, I thought why not productively use this time."

Every individual has a

different style of selling. While some walk around the train compartment with their goods, others stay seated and pass their goods around for passengers to peruse them. "I absolutely love shopping in the local train. My long work hours leave me with lit-

make some purchases while travelling. I love cotton kurtis and often buy them from a fellow passenger who sells kurtas at a reasonable price," says Kirti Jain, a marketing professional.

Shopping inside a train is an experience and a win-win situation for buyers and sellers. So, when you travel next time, make sure you support a budding entrepreneur by buying an item or two from them.

Gayatri.S

@timesofindia.com

Rashmi.Sanzgiri

@timesofindia.com

ocal trains are the lifeline of the city,

and millions of people spend hours trav-

elling in them each day. Usually overcrowded,

especially during peak

hours, it can get difficult

to stand, let alone find a

seat during this time. In

the midst of this, some

women commuters, who

are also small-time

entrepreneurs, are using

this time to earn extra

money. The rising cost of

living has made them

realise the importance of

having an additional

source of income, com-

pelling several of them to

have a side hustle. And

with Women's Entrepre-

oday, many individuals, including women, are quit-

ting their 9 to 5 jobs to start ventures or pursuing them alongside their steady jobs. And the thriving city of Mumbai, where many a dream

businesses to grow and prosper.

VENTURING ON

Amid rising living costs, the

come true, is proving to be

the ideal space for these

trying their hand at entrepreneurship, freelancing, or even moonlighting as a means to try something fresh. They're choosing flexibility, creative control, and the chance to make a

full-time job to pursue this aspiration. As a passionate cook and wellness enthusiast, she wants to create a brand that focuses on homemade healthy snacks and meals. She tells us, "My mother and I love

we've finally decided to make our dreams a reality. Quitting one's job is never easy, but I feel like Mumbai offers the right market and clientele for niche brands like ours which I hope will add to our chances of finding success."

> presence of angel investors, accelerators, venture capital firms, and incubators, makes it apt for entrepreneurs."

idly evolving infrastructure is enhancing connectivity and business operations.

tle free time, and so, I

Let these inspiring stories motivate you to

launch something of your own. Of course, conduct your research and weigh the pros and cons, before you do so.

take the plunge and





small businesses in the city. Pankaj Prakash Sharma, founder and CEO, Happa Foods, says, "More and more people in Mumbai are changed on request) a sales professional, who always harboured the dream of starting her company, is on the verge of quitting her been toying with the idea of starting our own food business. After years of research, market studies, consultations with mentors and entrepreneurs,

CITY OF DREAMS

Of all the cities in India, the financial capital offers the most benefits to budding entrepreneurs. It's where businesses thrive, thanks to





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Starts



Driving Dr Verghese Kurien's legacy forward with a clean fuel rally

ational Milk Day (No-vember 26) celebrates the legacy of Dr Verghese Kurien, the Milkman of India, whose vision transformed the Indian dairy industry. The Amul Clean Fuel Rally is a tribute to his dream of sustainability and progress for dairy farmers across the nation. Amul, one of India's leading food brands, in partnership with Maruti Suzuki and Bajaj Auto, is set to champion the

circular economy. Jayen Mehta (MD, GCMMF) says, "At the heart of this rally lies a powerful circular economy model. The cow dung from village farmers is collected and brought to the brand's Biogas Plants, where it is converted to BioCNG. The BioCNG obtained from cow dung is used as fuel in vehicles, household

CLEAN FUEL CO-POWERED BY S MARUTI SUZUKI LALAB FRE DOM cooking etc, thus fostering sustainable development. The slurry left after

Amul

CELEBRATING DR. KURIEN

BioCNG production is used as fertiliser

in fields." Mehta adds, "This approach has several benefits for rural India. Not only does it generate additional income for farmers from the sale of cow dung, but it also reduces the cost of chemical fertilisers,

leads to cleaner air, better manure management etc. Farmers gain freedom from firewood collection, enhanced health standards

These rallies will kick off on November 26 from Ahmedabad, Pune, Jammu and Kolkata, and converge in Delhi - Jayen Mehta

and financial security, all while reducing India's dependence on imported

Bajaj Freedom 125cc CNG bikes and drive Maruti Suzuki CNG cars in four rallies starting from Ahmedabad, Pune, Jammu and Kolkata. Mehta further shares, "These rallies that will idea is to continue the co-operatives champion a cleaner, brighter future for our farmers and the planet."

The past seven months have been blissful: Ruhi on her pregnancy



undali Bhagya actress Ruhi Chaturvedi re-cently announced her pregnancy. Vacationing with husband in Phi Phi Islands, she shared a video flaunting her baby bump with a caption, "Our beautiful family is getting a little bigger and a lot more wonderful."

Ruhi is expecting her first child with actor Shivendraa Om Saainiyol. The couple got married in Jaipur in 2019. Back from her babymoon, in a chat with us, Ruhi shared, "We are now planning to host a baby shower in December, which will be a private affair, so that we can take blessings and share the joy with our family and close friends."

It's divine feeling that we are going to be parents soon. I cannot wait to see my baby in my arms -Shivendraa Om

Saainiyol

Shivendraa is leaving no stone unturned to make Ruhi feel special. She said, "These seven months have been blissful. He takes keen interest in what I do, what I eat and how I spend my time with a great concern on my physical, emotional as well as mental well-being." - Richa Shukla



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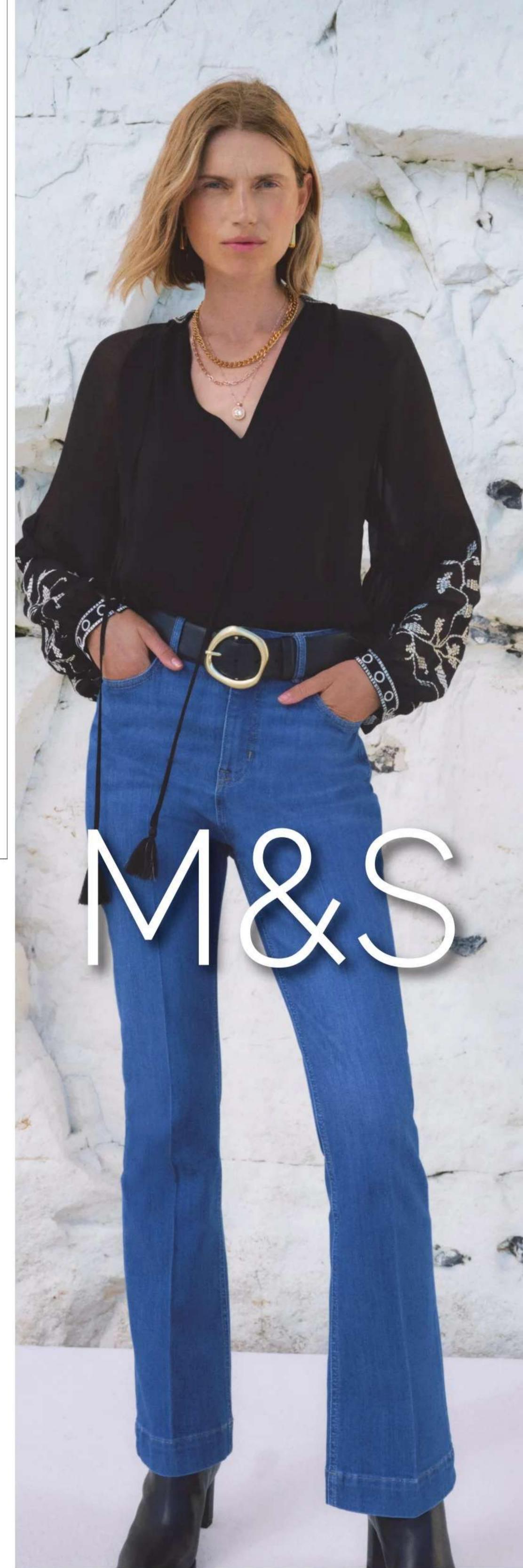




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fuel as well as fertilisers." A team of Amul employees will ride

converge in Delhi, embody the unity and strength that defines Amul as India's strongest food and dairy brand by the Brand Finance Food & Drink Report 2024. The teams will also visit cooperative dairies on their route, meet farmers and consumers. The legacy of empowerment, sustainability and prosperity for rural India, and

Mini splurges on weekends or a one-time big spend: What's your pick?

Experiences over #TalkingPoint possessions Rather than saving for a big vacation, or a high-value item, many are opting for smaller, and more frequent Shourya Jha treats as that aligns with the growing trend luxurious of valuing 'experiences'. vacation, a "I used to save up for a designer bag, or yearly vacation, but lately an expensive tech I find myself opting for addition to your house. smaller getaways or spa Big purchases make your days. Mini-breaks bring bank account shudder. It's more consistent joy. I can that indulgent cup of plan them spontaneously coffee, a spontaneous without a big hit to my shopping trip to the mall, wallet," shares Dhananjay spa session, or a sudden Sheth, a dentist. movie night that works as an instant pick-meup on weekends. It's these mini splurges that seem to be stealing the spotlight for their feel-good factor, making your weekends feel like minicelebrations without the guilt (or price tag!) of bigger spends. Mini indulgences ruling Mini splurges (75) Big spends

weekends

With workweeks getting more demanding, the need to unwind over the weekend is a go-to for many. "I used to save up for bigger purchases but now I prefer smaller experiences that give me joy in the moment. Going out for a brunch or trying a new dessert makes my weekend feel special," says Vedanshi Mishra, a PR professional. Some feel that it's a way of reclaiming some control of their hectic lives. "During the week, I'm on a schedule. I feel like I deserve that little treat. It helps me reset," says Himanjay Dhar, a pharma professional.



- Instant gratification More about being in
- the moment Don't require much
- savings Are about

experiences

- Easier on the pocket Might lead to loss of savings over time

It's important

to find a

balance where you

enjoy the present

without

can, so that you can

compromising your

- Arjun Desai, a lifestyle

coach and financial planner

Even if it's just treating myself to a little cake at my favourite bakery, it's something that adds value to my life. It's a break from the daily grind

-Nikita Aanand, a marketing analyst

- Long-term effect More about planning and budgeting
- Require saving up Are about possession and investment
- Burn a big hole in the pocket
- More thought-out, preventing one from over indulging

Word of caution

82% treat themselves to mini

85% think small splurges make their

62% prefer mini splurges throughout

(As per an online survey conducted by Pune Times)

the year than saving up for a big

splurges on weekends

weekends better

spend

There's a flip side to frequent mini splurges as these can impact long-term spending patterns. "It seems like just a few hundred rupees for coffee or takeout, but when you add it all up, it's quite a bit. I try to be more mindful now," says Sameer Kaul, an IT consultant. Financial experts highlight the need for a balance. "Small indulgences can help reduce stress, but if they're a regular habit, they can eat into your savings over time," says Arjun Desai, a lifestyle coach and financial planner.

What happens

at these

parties?

■ The workshops are

■ The participants are

given a theme and

about journalling.

workshop kit with

tools like washi tapes,

stickers and ephemeras.

People create spreads

while interacting with

each other and taking

inspiration from each

■ To wrap it up everyone

shares their idea behind

what they have made.

■ Finger food is an added

other.

bonus.

They are given a

explained how to go

usually two hours long

Mumbaikars are journalling their way to mental well-being and happiness

Natasha Coutinho

umbaikars have been signing up for journalling parties as part of caring for their mental health. These events help likeminded people express their thoughts and process their feelings through writing and art without fear of judgement.

What is journalling?

Journalling is a technique that involves writing down your thoughts and feelings to help understand them and improve mental health. **Bhakti Varma from Lower** Parel, co-founder of a company that organises journaling workshops says, "Journalling parties are gaining popularity due to people wanting to express themselves creatively. We have a sense of community through art. These workshops are for anyone, children as young as 8-years-old enjoy journaling. There is no prior expertise or experience required."





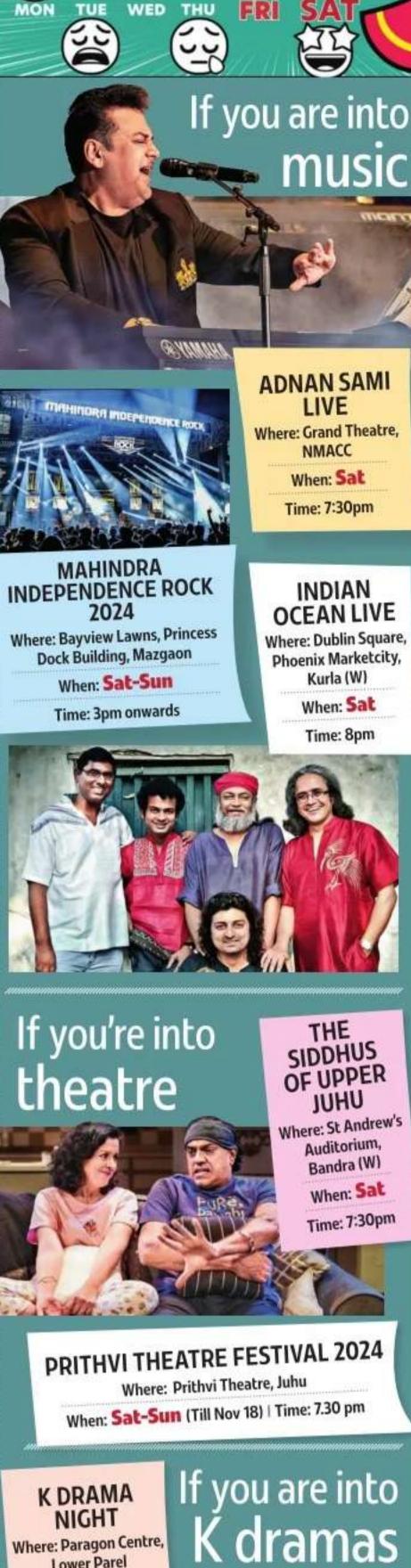
Bandra that organises journalling events says the nostalgia factor is also an attraction that makes people sign up, "Our workshops take place at vibrant locations across Mumbai that offer a cosy, artsy environment perfect for creativity." Beverly Pereira from Bandra, founder of a workshop

space says, "The concept of journalling appeals to all age groups. It's all about expressing one's inner thoughts and emotions, and we are truly happy to offer our community the opportunity to do this."

I've been attending these incredible gatherings since 2022. It's amazing to meet new people, make friends, and share inspiration in such a supportive space - Abhidnya Waghmare, Andheri resident

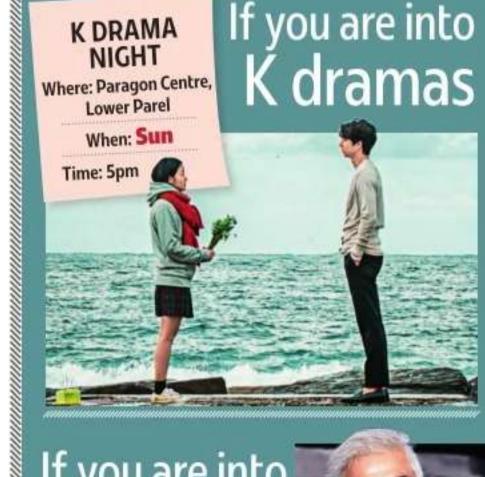
How journalling parties help

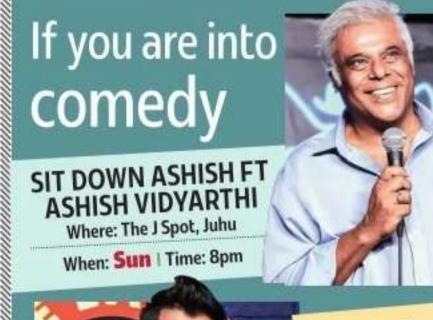
Bhakti adds, "It's something that stimulates your brain creatively, you get into this meditative zone and there's this calmness that takes over you. We have had clients who have said it helps them with anxiety. It is a great way to express oneself, practice affirmations, and often materialise the subconscious on paper."



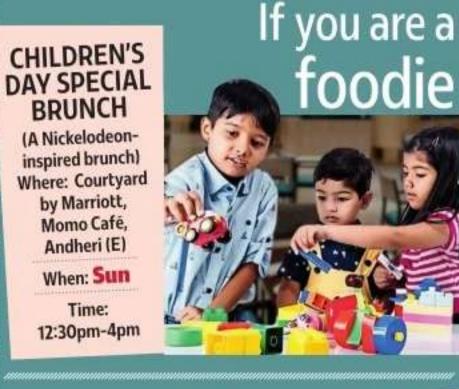
OF UPPER JUHU Where: St Andrew's Auditorium, Bandra (W) When: Sat Time: 7:30pm

Where: Prithvi Theatre, Juhu When: Sat-Sun (Till Nov 18) | Time: 7.30 pm









If you are into **VISIONS IN** MODERNITY (An exhibition on Indian modern art by Bijay Anand's Kyozan Art) Where: Kathiwada City House, Worli When: Sun

Mumbai LitFest Where: NCPA When: Sat-Sun Time: 10:30am

Bombay Times Weekend Planner

LIVE

NMACC

When: Sat

Time: 7:30pm

INDIAN

Kurla (W)

When: Sat

Time: 8pm

THE

SIDDHUS

Miniature Canvas **Painting** Workshop Where: Shobha's Art Studio, Bandra (W) When: Sat-Sun Time: 11:30am

Healthy Salads Class Where: Vulinary Craft, Powai When: Sat

onwards

Time: 2pm

Bollywood Jazz with Suman Sridhar, The **Black Mamba** Where: Studio Theatre, NMACC When: Sun Time: 8pm

Coral Art Workshop Where: Costa Coffee, Dadar When: Sat Time: 12pm-2pm

Abijit Ganguly (Stand up comedy) Where: The J Spot, Juhu When: Sun Time: 6pm

Pottery Workshop (Advance Level) Where: Dorangos, Bandra When: Sat-Sun Time: 11am onwards

Russian Magician Jack Amazon Magic Show Where: Anantrao Thakur Natyagruha, Vasai When: Sat-Sun Time: 5:30pm-7pm

Living Room Story x Anaita Shroff (Home decor pop- up) Where: Peace Haven, Bandra (W) When: Sat Time: All day

Pizza Making Workshop Where: Culinary Craft, Powai When: Sat

Time: 10am

Mehfil-E-Chai (Poetry Session) Where: Coolhad Katta Cafe & Restaurant, Mulund (W) When: Sat

Time: 7pm

Kettle Painting Where: Shobha's Art Studio, Bandra (W) When: Sat-Sun Time: 12:30pm

Paint & Music -**Paint Party** Where: True Tramm Trunk, Powai When: Sat-Sun Time: 1pm

Brushes & Blends Makeup workshop Where: Media Skills - New York Academy, Andheri (W) When: Sat Time: 12:30pm

Echoes of Earth (India's most environmentallyconscious music festival) Where: AntiSocial, Lower Parel When: Sun Time: 6pm

Gajendra Verma (Good Vibes Only Where: Courtyard, R City Mall, Ghatkopar

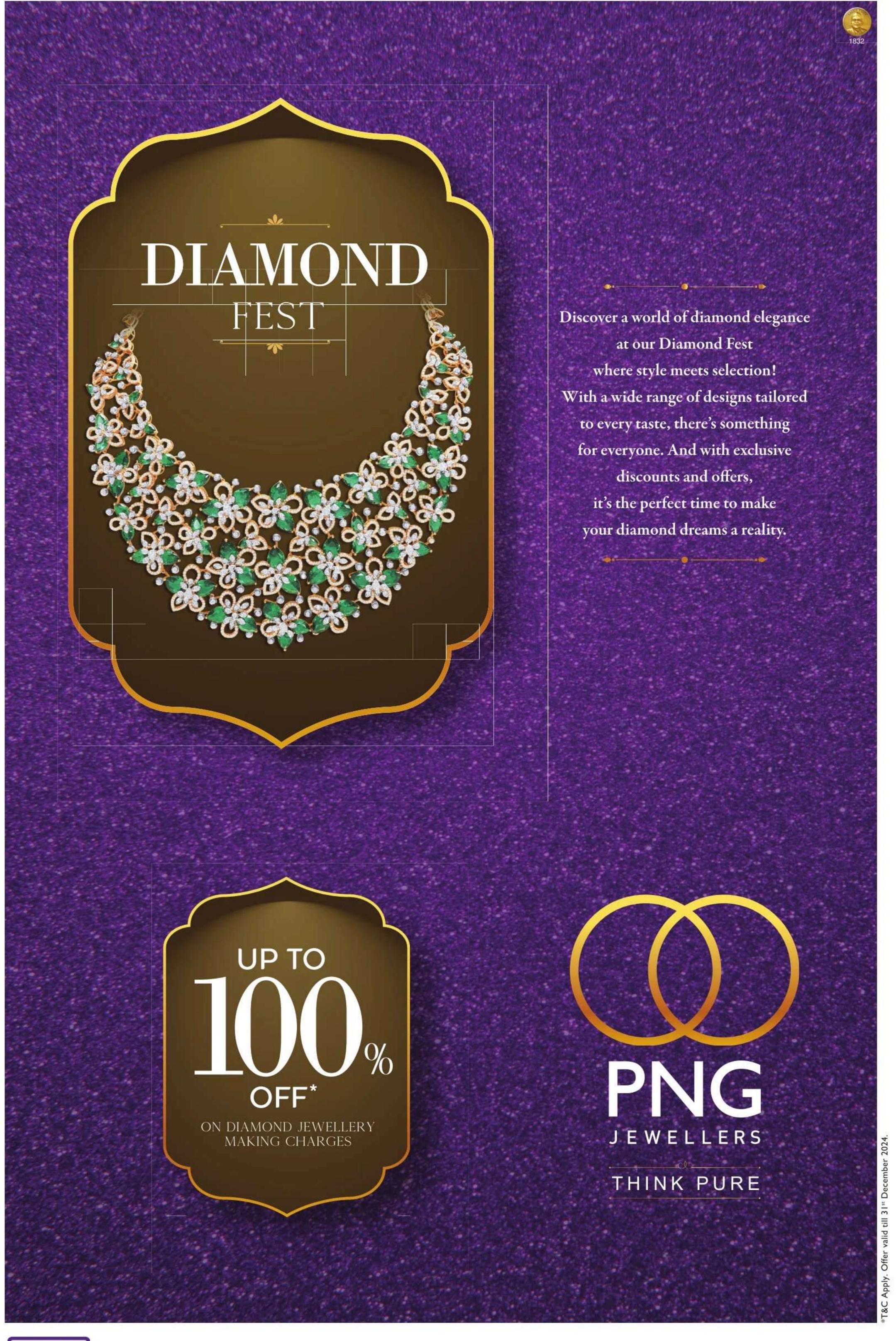
Mirror Painting Workshop Where: Candies, Bandra (W) When: Sun Time: 1:30pm

When: Sat

Time: 6:30pm

Time: 6pm







VILE PARLE (E) | THANE (W) | KALYAN (W) | BORIVALI (W) | PANVEL (W) | DOMBIVALI (E) | VASHI | ALIBAG | GHODBUNDER ROAD THANE (W) | BHANDUP | GOREGAON (W) | VIRAR (W)

Ombre'd your brows yet?

After microblading, beauty enthusiasts are turning to ombre powder brows to give the eyebrows a more defined look in a non-invasive manner



Aakanksha Ahire

WHATITIS

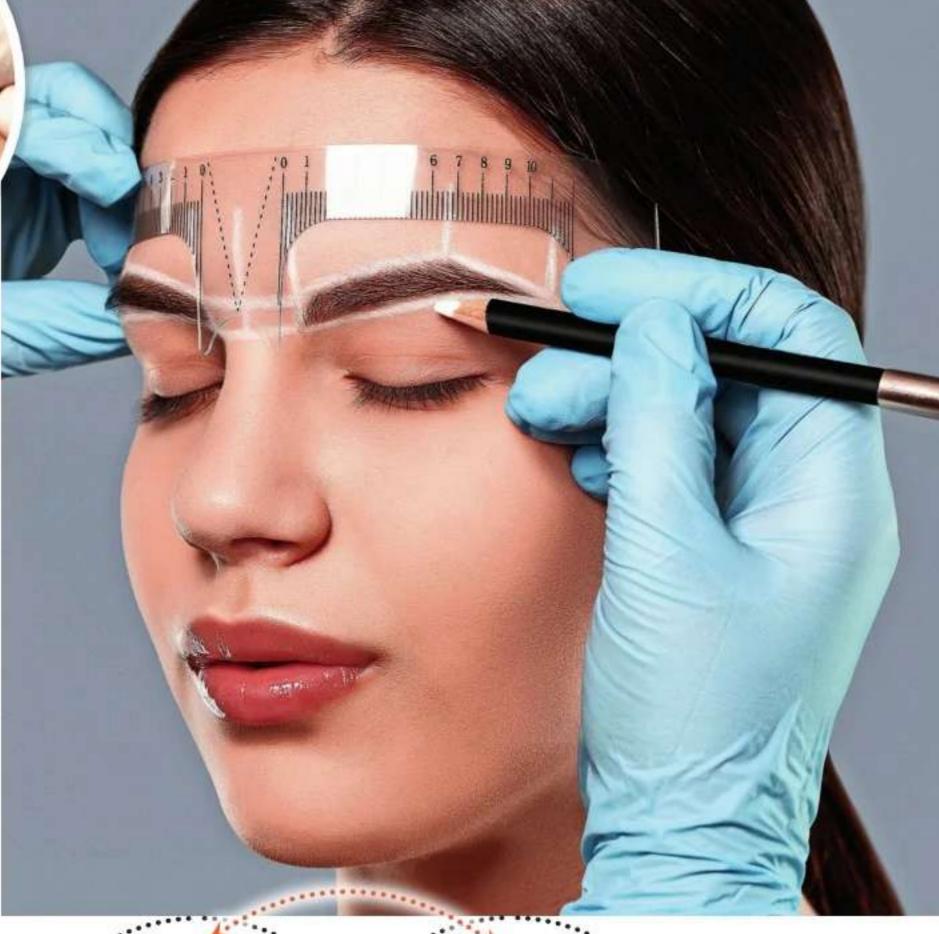
- Ombre powder brows is a semi-permanent eyebrow treatment and make-up technique that gives a soft, powdered look
- Unlike microblading that creates individual hair strokes, this technique employs a shading method for a natural look
- It uses a machine or a microneedle to leave tiny, pigmented spots or pixels on the upper layers of the brow The treatment takes over two
- to three hours, with results visible immediately One can get a touch-up every 12-18 months for the
- colour to stay vibrant The treatment is now popular due to its promotion on social media by beauty influencers and celebrities

HOW MUCH DOES IT COST

In India, the cost typically ranges from ₹10,000 to ₹35,000, depending on the clinic and the artist's experience. More established clinics in larger cities may charge higher prices, while smaller studios often offer more affordable options.

The trending brow treatment gives a gradient look that starts lighter at the front of the brow and deepens toward the tail. This creates an ombre effect that blends colours from light to dark. Hence the treatment is also called the ombre powder brows

- Dr Monica Kapoor, cosmetologist



 Ideal for all skin types Its non-invasive nature reduces the risk of skin trauma and scarring It lasts for one to three years You don't need to fill the brows daily, as it is semi-

permanent You can also choose a shape and look of the brows as per your

WHO SHOULD **OPT FOR IT**

 Those wanting fuller Initially, results may look eyebrows Those with oily skin, darker, requiring four to six weeks to settle into a natural look where microblading Though long-lasting, the procedure may not last as long needs touch-ups every Who prefer softer, one or two years blended brows than sharp, defined strokes It can be an expensive procedure and the cost Individuals whose body is not suitable for sometimes also overweighs the invasive treatments Those having sparse

eyebrows

The healing process takes about six weeks, during which make-up and sun exposure must be avoided. Some may experience slight discomfort during the procedure, although it's generally manageable with numbing cream. Allergic reactions are rare, but it's safe to get a patch test if you're concerned -Tanya Singh, cosmetologist

benefits

Tips to create a calming aromatherapy station

Looking to unwind with soothing scents? Here's a quick guide to setting up a DIY aromatherapy station that brings spa-like relaxation right into your home. Just follow these easy steps!

CREATE A DIY REED DIFFUSER

In a small jar, mix ¼ cup carrier oil (like almond or grapeseed) with 15-20 drops of your favourite essential oil. Insert 4-6 reed sticks, flipping them weekly to keep the scent fresh. It's a simple, plug-free way to maintain a calming aroma.

LAYER SCENTS FOR A SPA-LIKE FEEL

Place different scents in different areas for a layered effect — citrusy scents in the living room, calming lavender in the bedroom, and invigorating rosemary in the bathroom.



CRAFT **AROMATHERAPY** SHOWER TABLETS

Mix one cup baking soda with a few tablespoons of water, then add 20 drops of essential oil (eucalyptus is great for this). Mould the paste into discs and let dry for 24 hours. Place a tablet in your shower for a burst of aroma each time.

PICK YOUR ESSEN-TIAL OILS

Start with a few moodboosting essentials. Try lavender and chamomile for relaxation, eucalyptus for an invigorating lift, or citrus scents like orange and bergamot to energise.



MAKE SCENTED CANDLES

Melt soy wax, add 10-15 drops of essential oil, and pour into a container with a wick. Lavender and vanilla create a cosy evening candle, while peppermint and eucalyptus provide an energising morning vibe.



How to: Keep your mirror clean

WIPE WITH A VINEGAR SOLUTION

Mix equal parts of white vinegar and water in a spray bottle. Spray the solution onto the mirror and wipe it off using a microfiber cloth or a lint-free paper towel. This helps remove streaks and grime without leaving a residue.

USE SHAVING CREAM TO PREVENT FOGGING

Apply a thin layer of shaving cream to the mirror and wipe it clean with a soft cloth. This simple trick prevents fogging, making it perfect for bathroom mirrors that tend to steam up after hot showers.

AVOID HARSH CHEMICALS AND ABRASIVE TOOLS

Steer clear of using harsh chemical cleaners or scrubbing tools, as they can damage the mirror's surface. Instead, opt for gentle, non-abrasive cleaners and soft cloths to maintain the mirror's clarity and longevity.





royalty and also nourish the common man. You can fortify soups with veggies, cheeses, nuts, seeds, and beans or simply serve them as a basic French consommé or Japanese miso," says chef Arjun Singh.

Tips to make them healthy

Midnight bingeing can lead to compromised immunity, lethargy or laziness, and craving for hot and spicy foods. In such situations, people often look for warm, comforting foods and soups can rightly fit the bill! "Soups are easy-to-make, nutrient-dense meals. There are endless varieties of soups that can be made at home. A healthy soup is a mix of protein, fibre, low fat milk and barley or oats flour, used for thickening, which can further be infused with herbs and spices. It is best to avoid cornstarch, refined flour or cream since they can lead to insulin spikes and weight gain. When unwell, it can be a

wholesome meal," says

nutritionist Karishma

Chawla.

Soups like mushroom cream can be a complete square meal, say chefs

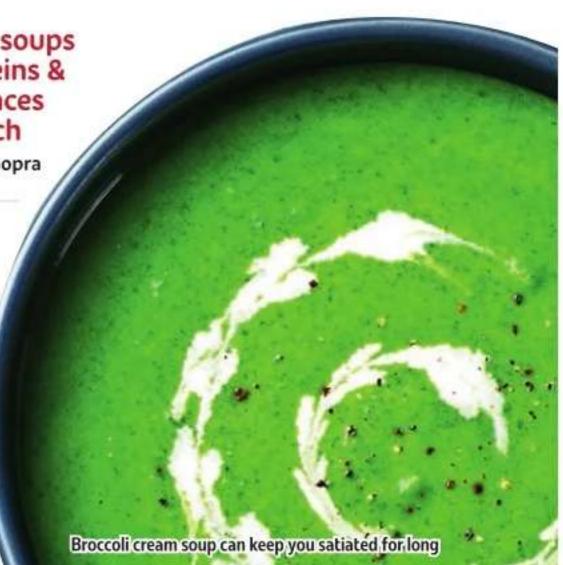
Soup is a complete meal. Asian soups like pho, ramen are full of proteins & good carbs. Many Mediterranean places serve gazpacho, which is a great lunch option - Chef Ajay Chopra

Healthy picks to try

 Spinach soup has iron and folic acid; add a dash of lime for better iron absorption. Drumstick soup is high in calcium; great for bones and people with osteoporosis. Also helps in maintaining optimal glucose levels. Broccoli soup is an excellent source of antioxidants, rich in Vitamin C and calcium and has anti-cancer properties.

 Mushroom soup is a good source of iodine, copper and selenium. It helps in strengthening the immune system, lowers cholesterol and

reduces obesity.



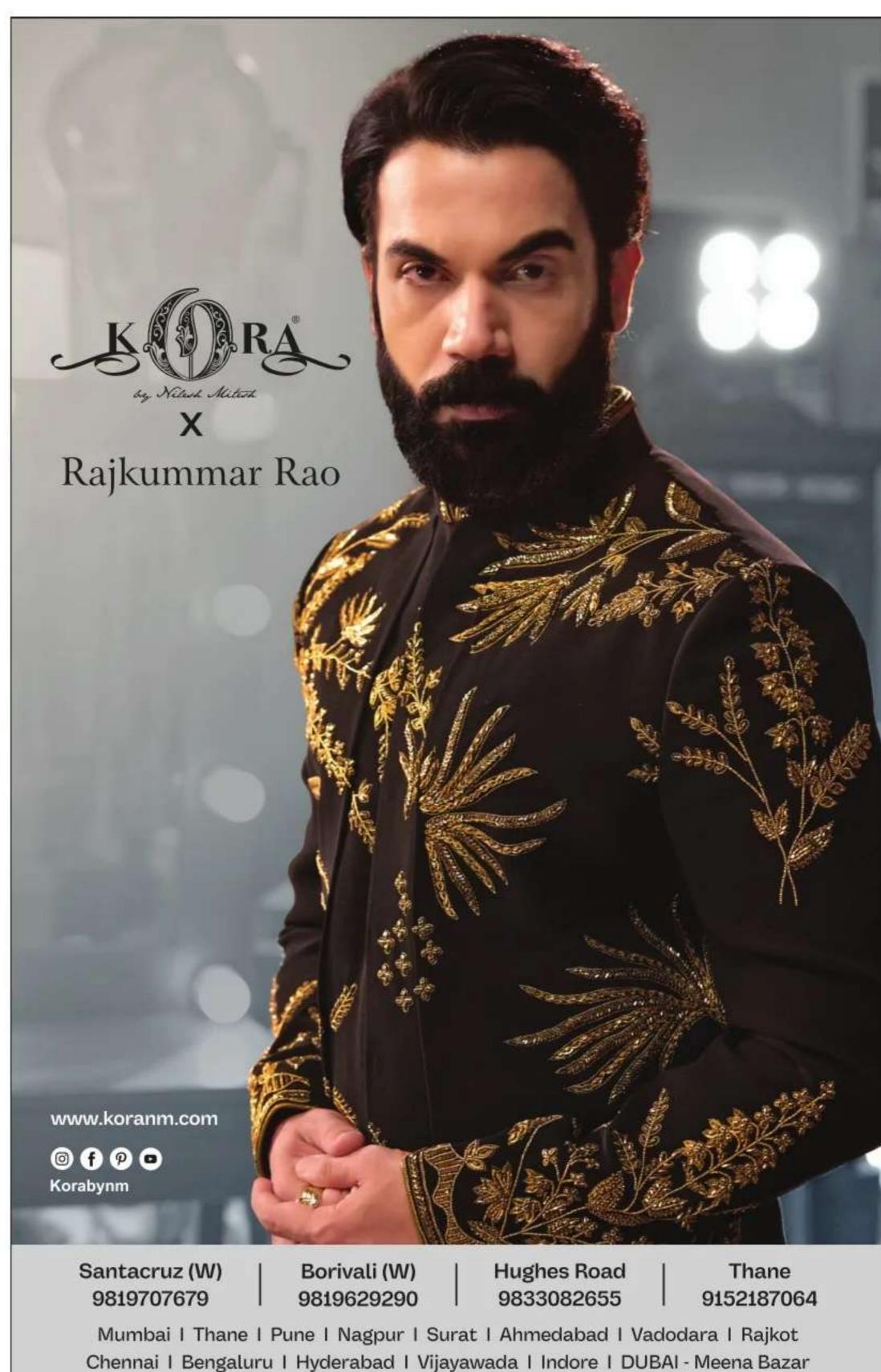
caffeine. Loaded with flavours, a paya soup or a ramen broth

is simmered for very long time to extract all the flavours and

nutrients like minerals and proteins.











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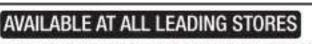
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I WOULD LOVE TO BE PART OF SUCHITRA SEN'S BIOPIC: RAIMA SEN



Raima Sen (right) paid a tribute to her grandmother, late actress Suchitra Sen, by recreating one of her iconic looks

Tanvi Trivedi

espite being legendary actress Suchitra Sen's grand-daughter, and Moon Moon Sen's daughter, Raima Sen, admits that paving her way into Bollywood wasn't easy. In a chat with BT, the actress opens up about constant comparisons with her grandmother, her struggles, recognition, and what she is looking for in love.

You have featured in several

You have featured in several content-driven films. With OTT opening up a plethora of choices for actors, do you feel your career has changed gears after long?

OTT is a new medium but good content was always there earlier, too. During my grandmother's time, the Hindi film industry made very interesting and progressive films. My grandmother has essayed strong roles in *Devdas*, *Aandhi* and films like *Bambai Ka Babu*. Bengali cinema always offered me strong roles, so there was no paucity of good content. In Bollywood, I never got quality roles. However, I am glad that the Hindi film industry is changing and apart from women, every char-

acter is playing an important role now. Even supporting actors are playing meaty roles, and the digital medium is not just a hero-based platform. Having said that, I don't think that people will stop going to the theatres. People enjoy watching films and even Hindi films have interesting content. My film *Aliya Basu Gayab Hai* with Vinay Pathak is a thriller and just has three characters in it. It was a challenge shooting for the film.

Would you agree that though you have

I am glad that the Hindi film industry is changing and apart from women, every character is playing an important role now. Even supporting actors are playing meaty roles

done quality work in Bengal, you are underrated in the Hindi film industry? I started very young, when I was only 17.

At that time, I just went with the flow. I did not organise or strategise my career well. I had no PR manager to guide me, like these young actors have now. I did make a few mistakes. I always wanted to work with filmmakers like Karan Johar or Sanjay Leela Bhansali. In those days, I did hang out at parties and network, too, but it was not done the right way. Maybe that's why I did not bag the right films in Bollywood.

'If a biopic is planned on my grandmom, Suchitra Sen, my family will be totally involved'

There are talks of a biopic on Suchitra Sen. Ask her if that's on the cards and she says, "Yes, if a biopic is planned my family will be totally involved. We don't want anyone to sensationalise her life. And I would love to act in it. My grandmother lived a very private life and even her neighbours did not know her. She wanted it that way after she quit films. So, the script would have to be a tribute to her professional career and not something that would upset her.



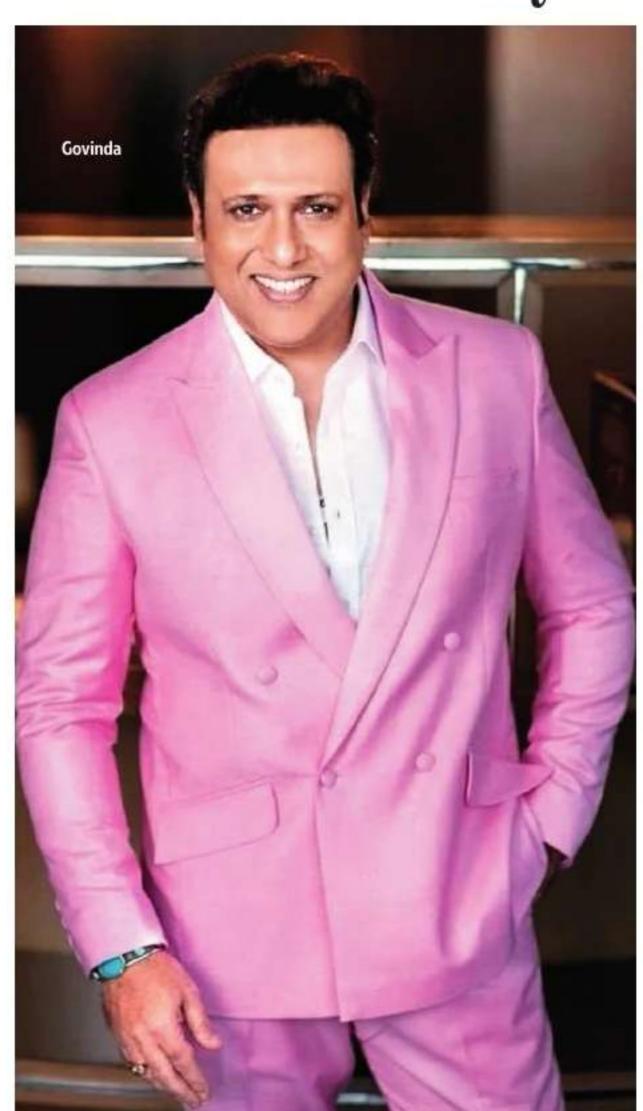
Did the constant comparison with Suchitra Sen affect you?

Initially, it was tough. There were huge expectations, and especially in Bengali cinema. As a star kid, I got work for the first few years, but then I struggled to get work. I was thrown out of auditions and for almost a year I did not have work. It was my own struggle then. After *Choker Bali*, things changed for me. I also decided that I would never work in any of my grandmother's remakes because that would mean people would have tremendous expectations.

On the personal front, you are single. What are

your thoughts on marriage?
I did have my share of relationships, but they didn't work out. I need something solid now, a relationship that will sustain everything. In recent times, I have seen that people don't have time or patience to work on a relationship. It is not easy to find someone understanding and loving. I would be happy working, if I don't find someone like my dad or the kind of companionship that my parents have.

Govinda is back on his feet and ready for some comedy



t the beginning of October, news of actor-politician Govinda accidentally shooting himself in the leg, sent Bollywood into a tizzy. The accident happened in his Juhu home from where he was rushed to a nearby hospital by his daughter, Tina. Four days later, he was discharged from the hospital with strict instructions that he needed to rest for six weeks and follow a diet.

A source revealed, "Govinda is doing better. And he will soon be seen on screen as well." The actor's comeback of sorts in

It's like second nature:

entertainment space will be
through Kapil Sharma's show,
where he will be seen sharing
the stage with Shakti Kapoor
(who was his co-actor in most of
his 90's hits) and Chunky
Panday. After years of on-off
truce and war of words, the actor
and his nephew Krushna
Abhishek (also part of Kapil's
show) recently patched up and
put the past behind them.
Another highlight will be the two
coming together in one frame
after so many years for this show.

ears for this show. — Renuka Vyavahare



Glen Powell confirms he isn't replacing Tom Cruise in MI

reports that he will take over the Mission: Impossible franchise and replace Tom Cruise, reported Deadline.

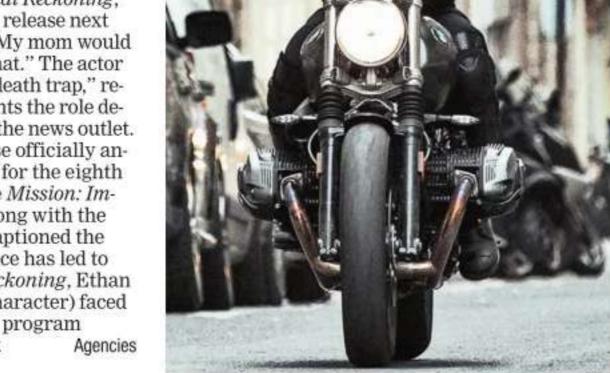
Debunking reports that stated his Top Gun: Maverick co-star wanted Powell to replace him in

len Powell has denied the

his Top Gun: Maverick co-star wanted Powell to replace him in the film series after Mission: Impossible – The Final Reckoning, which is slated to release next year, Glen said, "My mom would never let me do that." The actor added, "That's a death trap," referring to the stunts the role demands, reported the news outlet.

Recently, Cruise officially announced the title for the eighth instalment of the Mission: Impossible series along with the first trailer. He captioned the post, "Every choice has led to this." In Dead Reckoning, Ethan Hunt (Cruise's character) faced off against an AI program called The Entity.

Agencies



My mom would never let me do that (work in the Mission: Impossible franchise and replace Tom Cruise in the series)

- Glen's playful reply debunking reports of him joining the MI series

Taylor is a godparent to my daughters: Ryan

yan Reynolds recently opened up about Taylor Swift's relationship with his kids and the special bond the popstar shares with his daughters, reported *E! News*. In July, Swift had revealed that she is a godmother to her bestie, Blake Lively, and Reynolds kids. Reynolds has now clarified that among his four children – daughters James, 9, Inez, 7, and Betty, 4, and son Olin – "Taylor is the godparent to my daughters."

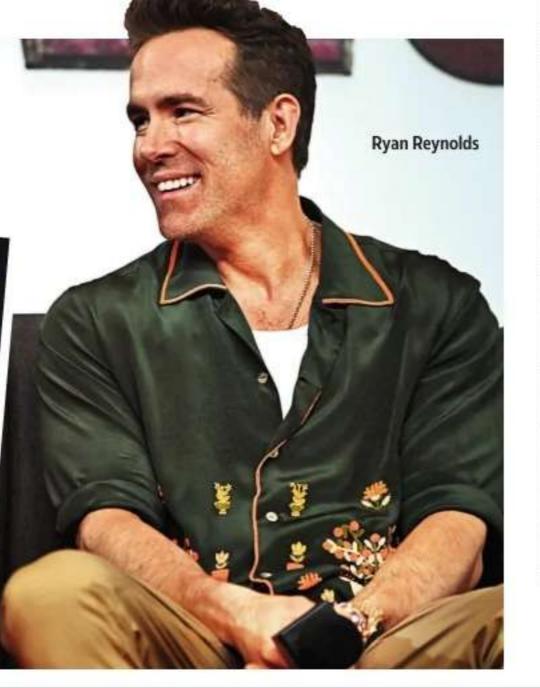
lor is the godparent to my daughters."
The *Deadpool* star playfully added how special he feels about Swift's bond with his family, "I

need that one on my gravestone actually."

Blake and Reynolds were recently spotted in the audience at Taylor Swift's second Eras Tour concert in New Orleans' Caesars Superdome. After attending the concert, Reynolds shared a rave review of her concert. "The main reason I'll never forget this show is because it brings people together in so many ways," he wrote on Instagram on October 31.

Agencies











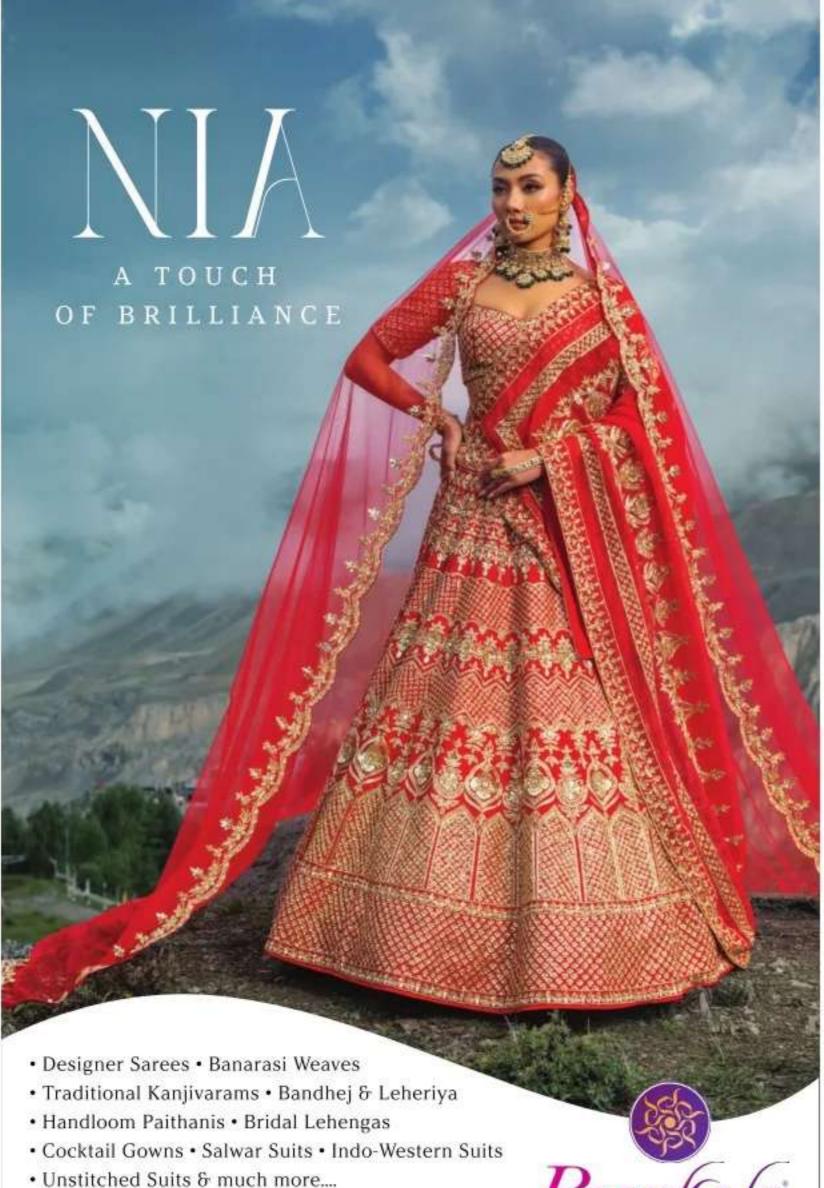




eam India skipper Rohit Sharma is putting in intense training hours in the gym to stay match-fit for the upcoming Border-Gavaskar Trophy series. In a video he posted on Thursday, Rohit is seen amid rigorous sessions, including treadmill sprints, weight training and outdoor runs.

The cricketer, who often shares glimpses from his practice sessions on social media, can be seen training at the Mumbai Cricket Association (MCA) facilities with a focus on honing his skills ahead of the team's match against Australia. He captioned the post, "Best start to the day."

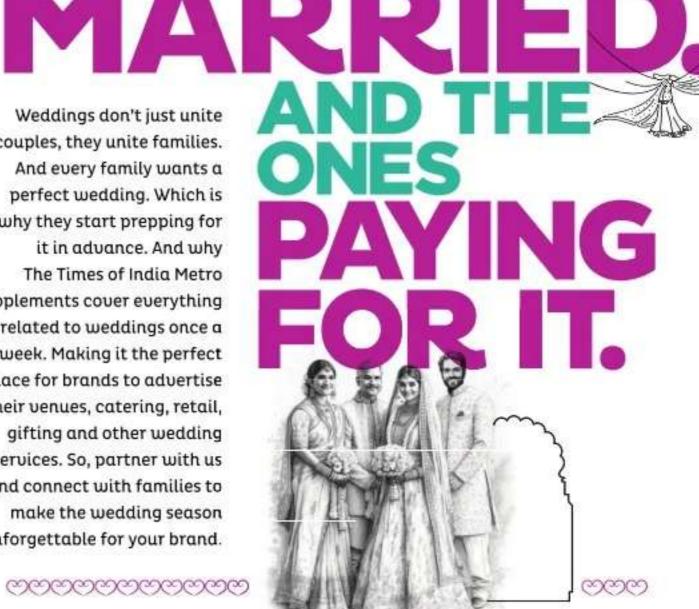
Meanwhile, as other team India players reach Perth where the tournament kicks off on November 22 batter Shubman Gill shared photos from Australia. He captioned the post, "Summer down under."



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I don't regret making my debut with Kisi Ka Bhai Kisi Ki Jaan: Palak



hile Palak Tiwari's debut film Kisi Ka Bhai Kisi Ki Jaan, headlined by Salman Khan, did not strike gold at the box office last year, the actress has no regrets about stepping into Bollywood with this multistarrer. She was earlier set to make her big screen debut with a solo lead project called Rosie: The Saffron Chapter, which didn't see the light of the day.

Ask her whether she thinks it was a mistake to make her debut with a multi-starrer and she replies, "I don't think that way. For me, my first film gave me a platform to learn as an artiste. It was

a very satisfying experience for me and I learnt a lot on the sets."

She adds, "Learning is paramount to me at this stage of my career. There were experienced actors on the set, who are at the top of their careers, and I absorbed things like a sponge. There are no regrets and there never will be."

Palak has already completed shooting for her next film, a horror comedy that stars Sanjay Dutt, Mouni Roy and Sunny Singh. "I'm very excited about the project as audiences will see me in a different avatar."

Onkar Kulkarni

Learning is paramount to me at this stage. There were experienced actors on the set and I absorbed things like a sponge. There are no regrets and there never will be



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This film industry and Mumbai has given me everything, says Manav Kaul

Manay Kaul; (inset) the actor with Vidya Balan in a still from Tumhari Sulu

Your latest play, Pyaar Aadmi Ko Kabootar Bana Deta Hai, debuted at the Prithvi Theatre Festival recently. What inspired you to turn a short story into a musical?

It began as a short story called Prem Kabootar, which was part of my second short story collection. I always knew I wanted to adapt it into a play someday. Also, I had been wanting to do a musical and finally it happened. Writing for the stage is different—you're not just telling a story; you're creating a whole world for the audience. About four months ago, we started rehearsing and it debuted on stage last week. It's one of the most enjoyable plays I've worked on.

Debarati S Sen

ctor-playwright-author and theatre director Manay Kaul showcased his play Pyaar Aadmi Ko Kabootar Bana Deta Hai, at the ongoing Prithvi Theatre Festival. Known for portraying intense, romantic reel-life characters (Ajeeb Daastaans, The Fame Game, and Go Noni Go), Manay however, remains single in real life. When asked why, he says, "I haven't been lucky enough to find the right girl. Someday, I'll find someone." Here are excerpts from a conversation...

Your stories, whether on screen or on stage, explore different facets of love. Do you consciously choose such love stories?

I think it stems from my personal life. Being single al-

lows me to view love from different perspectives and also portray it in unique ways. Each project, whether in theatre, films or OTT, brings its own flavour of

love. All these roles are very close to my heart. How has working on OTT platforms influenced your career? OTT platforms have

I love acting, 'I should do it more' opened up amazing opportunities for actors. Unlike traditional films, where the spotlight is often limited to

the hero-heroine, fight scenes and songs, web series with long formats, offer rich arcs for every character. It's fulfilling to see so many talented actors getting their due and performing such roles. I am talking about the entire acting community here, not just me. Actors who would get one or two scenes in films, get meatier roles in OTT. You are a playwright, theatre director, author and actor. How

do you balance films, OTT projects,

TIMES KAKURO

and theatre?

I left acting for 12 years

because it didn't

feel correct. And

then from Kai Po

started enjoying it,

and I realised, 'Oh,

Che! onwards, I

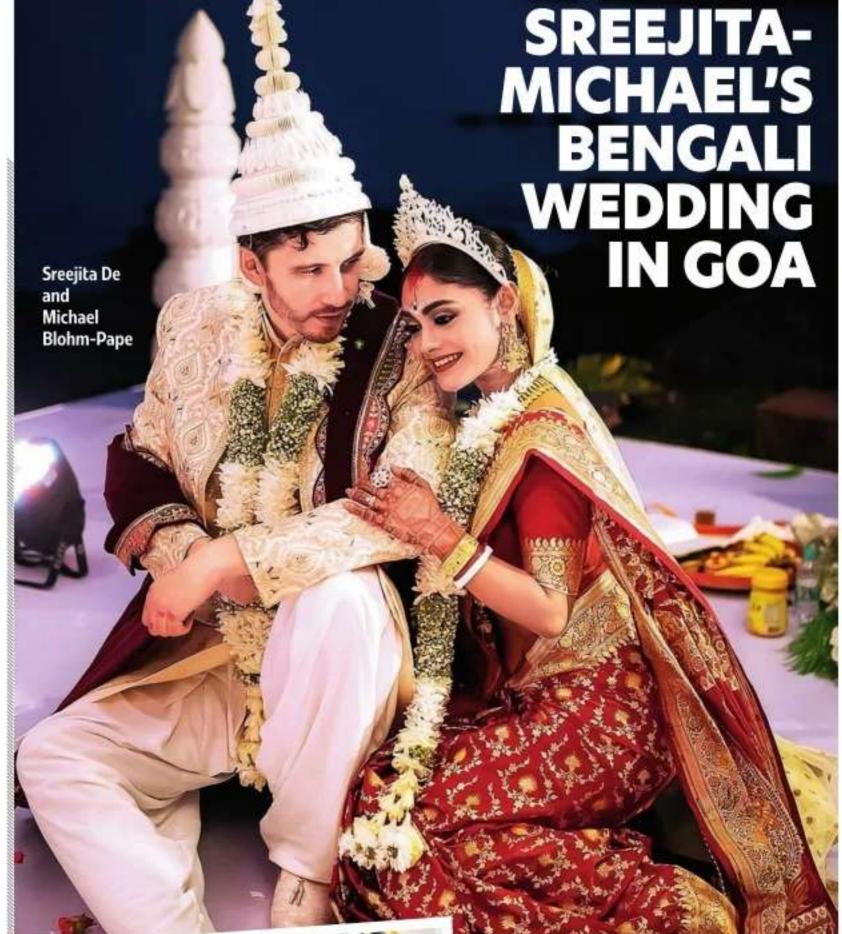
I focus on one thing at a time. When I'm directing a play, I turn down other projects. Once that's done, I shift my energy to films or OTT. I don't do too many shows or films because I want to concentrate on other facets of my life.

> When I direct a play and after that when I act in a film, I feel I am a much better actor and I have a lot of fun.

After so many vears in the film industry, do you ever feel, "I could've got better roles in films"? Any misgivings, complaints?

Arre mere gaon mein maine ek sapna dekha tha ki main Mumbai aaonga, yeh

Mumbai ka problem thodi hai? I have got everything from this industry! My journey from a small village in Kashmir to Mumbai has shaped my perspective. The film industry has given me everything-exposure, learning, and opportunities. I've met incredible people who've inspired me. I owe my life to Mumbai and this film industry. And I love it! I love the way the film industry is. I believe that if you're good at what you do, the industry rewards you with everything.





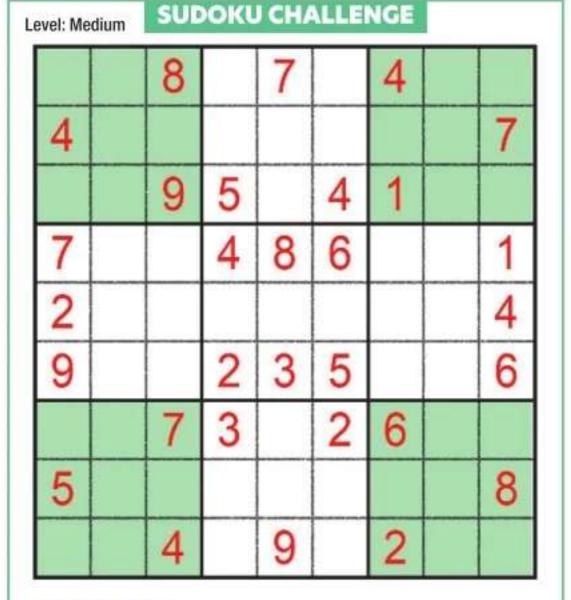
year and a half after her white wedding in July 2023 in Germany, Sreejita De fulfilled her dream of having a Bengali wedding with husband Michael Blohm-Pape on November 10 in Goa. The ceremony was rich in Bengali traditions and rituals, with only immediate family members and close friends, including actors Ashita Dhawan, Sailesh Gulabani and Shiv Thakare, in attendance. The two-day celebration featured mehndi, sangeet and haldi ceremonies.

Sreejita shared, "Everything turned out exactly as I had envisioned. I wanted my wedding to be cosy, traditional and personal; an intimate gathering with people who genuinely love us, celebrating the day and creating lasting memories with us. I'm so glad everyone enjoyed it."

Neha Maheshwri

LEISURE

Level: Medium



HOW TO PLAY

IRMA'S DINER IS SELLING

I SUPPOSE YOU'VE BEEN CHECKING OUT THE NEW

GIRLS IN SCHOOL,

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.

11 15

HOW TO PLAY

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

NOTE

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

Example

LOOP THE LOOP

(Fig A)

2

* * *

Not allowed

(Fig B)

RULES · Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A).

 Crossovers or branches are not allowed (As shown by dotted lines in

Fig B). Numbers in the puzzle indicate the number of lines that should surround it, while empty cells

may be surrounded by any number of lines. You can't draw lines

around zeroes. · Each puzzle has just one unique solution.

HOW TO

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

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



CERTAINLY







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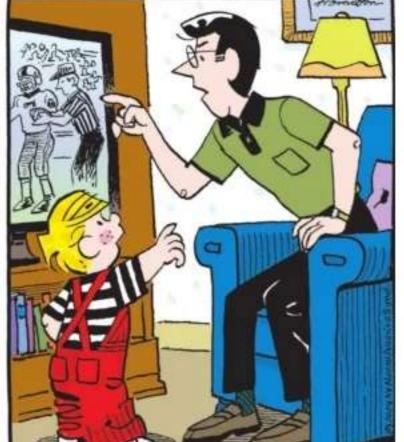
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Today's Ratings:

13-average 115-good 1

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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"IF YOU YELL AT THE TY ANY LOUPER ... THEY MIGHT JUST HEAR YOU.

ARIES: You may have moved on, mentally and emotionally, but there is someone who is trying

to pull you back to their level and you must not

let it happen. The year ahead is full of possi-

bilities but they will only come alive if you are free to act. TAURUS: You may feel confident that money matters are well in hand, but your partners do not share this confidence. Draw your boundaries with your own wishes in mind, and insist that

others respect them. GEMINI: It will be more valuable to run your ideas by someone who disagrees and challenges each one than to share them with 'yes' people who offer easy validation but may reduce your chances of success. This is not the time to leave others wondering about your activities. CANCER: Recent tensions at home fade, giving way to an atmosphere of cooperation and sharing. Strategic qualities associated with peacemaking make this an excellent time to forge alliances at work.

LEO: You will be able to turn many of them around just by smiling and pitching in to help correct small problems. Upgrading your skills and demonstrating your willingness to serve

others works well. Don't let the previous negativity linger in the back of your mind. VIRGO: Don't try to impress others by being overly generous. You are on the verge of discovering a new method of creative self-expression. Relationships are key in business, and with the

LIBRA: It's time to take a long, hard look at how you deal with people, especially in the workplace. Get to the root of your stress and explore ways to shed it. Travel plans could become a hot topic as you seek new ways to bring excitement into your relationship.

Sun in your sign, you may make connections in

unexpected ways.

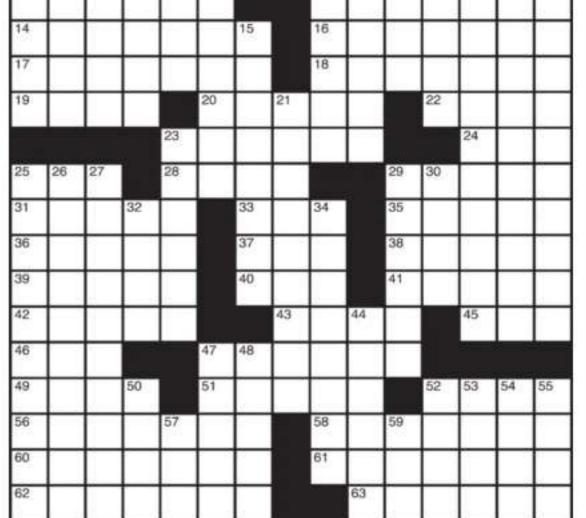
SCORPIO: Be on your guard over the next few days, especially if someone offers you something for nothing. You've been looking for someone to share your life with for a very long time. Adapting a plan on the fly can be critical to achieving your goal. SAGITTARIUS: Someone close to you may feel

hurt if you're insensitive to their needs. Don't be afraid to cross the line between your personal and professional life. Have a clear objective, but be flexible in how you achieve it. CAPRICORN: A workable compromise is possible if you keep your temper in check and accept that changes to existing routines may be

necessary. You can trust others with some tasks, especially if you've worked with them before. AQUARIUS: Soothe concerns by expressing the deep sense of satisfaction you get from your new creative endeavour. Your ability to understand others' needs shows your caring side at its best. Be extra careful to express yourself as clearly and concisely as possible.

PISCES: It might be wise to wait until later in the week before deciding what needs to be done about a business matter that is causing a few problems. The bigger your personal stake in the issue the more cautious you will need to be.

THE DAILY CROSSWORD



By Rich Norris ACROSS 1 Attractive bar, say 7 New parent, maybe 14 Big star 16 French Tony equivalent

17 Significant tennis term 18 Reveals 19 Faction 20 Cub Scout leader

22 Flightless island bird 23 Sword holder 24 Brit's clothespin 25 Letters for a seaside vacation 28 Hieroglyphic figures

29 "Lost" antagonist 31 Carmichael who composed "Heart and Soul"

41 Play area 42 Unpolished 43 Play thing 45 Overnight development 46 Mil. defense letters 47 Place for many a

49 Royale and Flying Cloud 51 Lyon's river 52 Composer/conductor

Lukas 56 Pope who was a and Copernicus

58 "Nice one!"

16/11/2024

Friday's Puzzle Solved CREDO URALGREEN ROVER DANE AER REMIX URSINEWAVES ELAPSE ICY EENIEMPAPAMOSSO

URLSHAPED

URCHINMUSIC

EASTPOSSE

IS THAT YUP SHE ALSO GRAVY? HAS BACON AND ONION RINGS! 0 0



Rearrange the NSW00 letters in the four word iumbles, one FOUNT letter to each square/circle, **AEKSDM** to make four ordinary **EEORFH**

words

SCRAMBLE

your ____, you have solved all questions for the time being. Franz Kafka (4,..,5) HOW TO PLAY

So long as you have __ in

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

33 "Jingle Bells" preposition 35 Display area 36 Cover name 37 Computer add-on? 38 Go a-wassailing 39 Honorary Oscar recipient in 1955

40 Old young king last-minute purchase,

casually

patron of Michelangelo

A N D Y O U A R E ©2024 Tribune Content Agency, LLC 60 Triage pro 61 Strike goal, perhaps 62 Sandal features

63 Fails to act DOWN 1 Certain market launches, for short 2 "Try again"

3 Brief detail 4 __ glass 5 To work? 6 Five-book scrolls 7 Troutlike fish 8 Actress Feldshuh

9 One "ManningCast" 10 "Trouble" Grammy winner

11 Figured out 12 Lead-in to a secret 13 Problem that may be confused with operator 15 One of several artists

nicknamed for where

break the ice with splashy entrances? 27 Negotiation objective 29 Get away 30 Seagoing adverb 32 Natters 34 Snail mail, e.g.

they lived

21 Approaches carefully

25 Big pile on the floor

26 Club members who

23 Indisputable decisions

15/11/2024

44 Cereal promoted by the Creme Team 47 Burning result? 48 Backs (away) 50 Arc on a score 52 Violin's lack 53 Slip indicator

54 Sign of healing 55 Finlandia rival 57 Yo La Tengo guitarist

Kaplan 59 The Rams of the Atlantic 10, briefly

TIMES KAKURO

SOLUTIONS TO GAMES/PUZZLES

TIMES SUDOKU LOOP THE LOOP 3 6 4 8 9 7 1 5 8 2 4 1 2 3 8 3 6 1 2 3 2 5 4 8 41235876 b 8 8 6 1 L 9 8 3 8 4 8 6 9 2 1 8 1 7 2 9 6 4 9 16889182

2 9 1 8 2 6 8 9 1

SPELLATHON

BIPEDAL, blade, bled, blip, PIEBALD

bald, bale, bead, bide, bile, biped,

abed, abide, able, bade, bail, bailed,

×5×1 3× ×4×5×0×3 = 3 x Z Z 1 . 2 × 2 × 4 8 = 3 × 5 5 3 **

3 1 8 9 7 9 8 1 8 2 6 6 8 % 9 1 1 9 6 16972136 SCRAMBLE

time being. - Franz Kafka mouth, you have solved all questions for the Answer: So long as you have food in your Words: Swoon, futon, masked, hereof



WE NEED TO HELP **OUR CHILDREN OPEN** THEIR MINDS: AKRITI

Debarati S Sen

inger-performer-reality show judge Akriti Kakar, who became mom to Mehraan on November 1 last year, talks about how parenting has given her a new lens to view the world. The singer, known for peppy numbers like Saturday Saturday, Khudaya Khair and Iski Uski among others, is excited to judge the

Bombay Times Little Star Talent. She says, "I am looking forward to this talent hunt, because it will nurture these children's dreams and celebrate their talent.
Some of them could be our superstars of tomorrow." In a conversation, Akriti highlights how important it is to nurture a child's talent and allow it to flourish.

CONTINUED ON INSIDE FLAP

Structured learning lays the foundation, but unstructured playtime is where creativity thrives. With the way the world is evolving, we need more open minds & not closed boxes. We need to help our children open their minds





CONTINUED FROM FRONT FLAP

How has becoming a parent changed your perspective on life - both personally and professionally?

Becoming a parent has been transformative. Personally, it has taught me patience, resilience and about unconditional love. Professionally, I find myself more empathetic and understanding, especially when working with young talent. Parenthood gives you a new lens to view the world — you prioritise differently and value the smaller joys of life. I've always been a control freak. But parenting has taught me how to surrender. Now, I focus on living in the moment. When I look at Mehraan, I realise there's nothing more beautiful than this moment.

In today's digital age, how important do you think creative pursuits like dance, music, drama, art and elocution are for a child's overall development?

They're crucial! They provide an outlet for self-expression and foster creativity in ways that screens simply can't. Activities like music, dance or any form of art makes one more disciplined and empathetic. My son is already drawn to music — he recognises speakers and loves drums. I believe every child should explore the arts. It enhances creativity.

How do you handle the pressure of judging kids on reality shows? Is it

hard to provide constructive feedback without

discouraging them? I always focus on their strengths. Constructive feedback is necessary, but it must be delivered with kindness. It's incredibly important to choose our words carefully. I've been part of talent shows since I was a child - back when they weren't even called reality shows. I still remember my time as a participant on Sa Re Ga Ma, hosted by Sonu Nigam, with judges like Shankar Mahadevan, Sivamani and Louis Banks. Children are incredibly tender and impressionable, and even the slightest harsh comment can be deeply discouraging. In today's times, parents

often fear that kids are exposed to too much, too soon and that they will lose their innocence long before they should. Does this thought cross your mind?

Absolutely. There's so much information and exposure out there. Between phones, tablets, and TV, many kids are glued to screens, and often it's because parents want their moment of peace. While it keeps them occupied, it's concerning what content they're consuming. Personally, I haven't exposed Mehraan to any screen time yet, but I know it's inevitable. Many schools, es-

pecially in Mumbai, have gone digital after the third grade, and my biggest fear is that kids might forget how to write. I still cherish writing — it helps me remember lyrics and has always been my go-to for studying. The thought of children losing this connect with writing is worrying. While we can control screen time and instil values at home, the outside world is full of influences that we can't always filter. As parents, we just have to stay extra vigilant.

As someone deeply involved in music, what advice would you give parents on identifying and nurturing their child's talents?

Observe what excites your child. Whether it's humming a tune, tapping to a beat, or being drawn to an instrument, pay attention to those cues. If you notice even the slightest spark of talent in your child, it's crucial to nurture it. Who knows? You could have the next Zakir Hussain, Yanni, Beyoncé or MF Husain right at home. You'll never know their potential until you help them explore it.

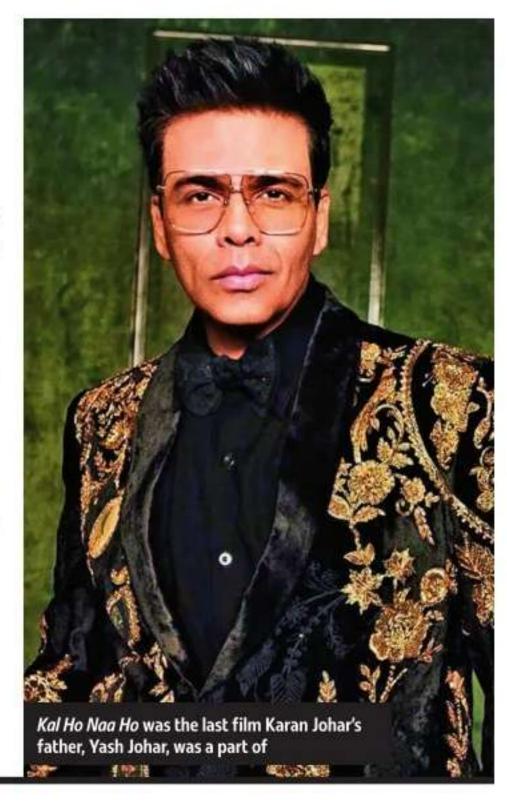
Bombay Times has launched Little Star Talent Hunt. Calling parents of all young superstars up to 10 years to share their kid's talent with us - whether it's singing, dancing, art or gymnastics, there's a place for every talent to sparkle. To participate, visit https://mycitytimes.com/ littlestartalenthunt

Close to my heart: Karan Johar on Kal Ho Naa Ho re-release



s Kal Ho Naa Ho re-releases in theatres, filmmaker Karan Johar took to Instagram to share how the film is extremely special for him. Karan dropped a montage of the film and used its iconic dialogue in the caption, saying, "Hasso, jiyo, muskaraao... AAJ kyunki kya pataa kal ho naa ho! A film extremely close & special to my heart...now back on the big screens for you all to witness and celebrate again (sic)."

Directed by Nikkhil Advani, the 2003 film starred Preity Zinta, Shah Rukh Khan and Saif Ali Khan in lead roles. TNN



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