

# THE CURIOUS CASE OF ROHIT BAL'S WILL

Has Rohit Bal left his assets to close friend Lalit Tehlan or to his family? Both parties claim they have the legitimate will

**Exclusive**

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A month after India's top couturier Rohit Bal's death, a battle has broken out over who he has willed his assets to. While his close friend, former model Lalit Tehlan claims that the will in his possession states a major chunk to him, Rohit's brother Rajiv Bal says that they, too, have a will and have no idea about the one Lalit is talking about. So, what exactly is this curious case of two wills?

Lalit, who was spotted with Rohit at almost all events, says, "Rohit owned 99% of Rohit Bal Designs Pvt Ltd. And 1% belongs to Billa (Rajiv). You need two directors in a company. Most of the assets fall under the company. Major chunk will come to me along with movable and immovable assets, which includes his personal house, personal bank account, his fixed deposits."

He also revealed that Rohit gave employees like his cook and driver a very handsome amount for their long-standing service in his company, adding that other details will be closed as and when the will is shown. Lalit's lawyer Gurmukh Choudhri tells us, "I have seen the will (Lalit has) and it appears to fulfil the criteria of a valid will as mandated under Indian law. Indians courts will decide the rest."

When we reached out to Rajiv about Lalit's claim, he said, "I don't know what you are talking about... We also have a will. Until I see the will (the one with Lalit), I cannot say anything about it." His other brother Rakesh Bal was not available to comment as he was unwell but his wife Anila Bal mentioned on call to us, "I know nothing about this. I am not aware." Rajiv's advocate, Abhinav Vashisht, however, says, "I am aware of everything (the two wills) but I'm family, too and a lawyer so I don't want to comment."

While HT City could not independently verify the existence of either of the wills, Sunil Sethi, chairman of the Fashion Design Council of India, has been assigned as the executor of the will with Lalit. He said, "I respect the trust that Rohit Bal placed in me by appointing me as the executor of his will. I was informed by a lawyer and Lalit Tehlan about this, and upon receiving this information, I immediately called Rohit Bal's brother (Rajiv) to inform him of the will. There was initial disbelief, which I understand as a natural reaction, but I did provide him with the name of the lawyer so they could verify the information. However, I have not yet seen the will, despite Lalit and the lawyer insisting on showing it to me, even during a medical emergency in my family at Max Hospital. I believe the lawyers representing both parties have met for discussions, but I have not been kept in the loop. As for me, I am committed to ensuring that due process of law is followed, and I will do my best to honour Rohit Bal's legacy. His wishes should prevail regarding the beneficiaries."

A witness who has testified to the will in Lalit's possession and would like to keep their identity anonymous, shares, "I maintained a very close relationship with Mr Rohit Bal. I knew him for many years. When he told us about the will, the first draft was made and then it was presented to him. He was very particular about the grammar, language used in it. He made the changes and asked for another draft. I was there in the room with four-five members when it was being signed, there was also a photographer present."

Rohit Bal, one of India's most acclaimed designers, died on November 1 at the age of 63 following a longtime heart ailment. His possessions include two floors in Delhi's Defence Colony, a factory in Noida, a plot of land, and art collection — all worth several crores.


**HT City Mumbai**

**Lalit Tehlan**

**Rohit Bal**

PHOTOS: MANOJ VERMA AND ANURAG MEHRA/ HT

STOP PRESS



Actor Mushtaq Khan was allegedly kidnapped and tortured for 12 hours on the outskirts of Delhi. Khan's business partner Shivam Yadav told India Today that he was called under the pretext of attending an event in Meerut. The perpetrators demanded a ransom of ₹1 crore and eventually took ₹2 lakh. Khan managed to escape and an FIR has been filed, Yadav added.

PHOTO: INSTAGRAM/ MUSHTAQKHANACTOR



**Motwane criticises Pushpa 2 for monopolising screens**

Vikramaditya Motwane; (inset) a screenshot of his Story

PHOTOS: INSTAGRAM AND X

**Members of the Kapoor family met Prime Minister Narendra Modi in New Delhi on Tuesday to invite him to a film festival celebrating Raj Kapoor's centenary birth anniversary. Kareena Kapoor Khan, Neetu Kapoor, Karisma Kapoor, Riddhima Kapoor Sahni and Armaan Jain shared several photos on Instagram with the hashtag #100YearsOfRajKapoor. Kareena also shared pics of PM Modi signing an autograph for her sons Taimur and Jehangir.**




PHOTOS: INSTAGRAM

**Allu Arjun-starrer Pushpa 2: The Rule might be creating ripples at the box office, but filmmaker Vikramaditya Motwane is not happy with the screen distribution of the film. He took to Instagram Stories to express disappointment over how multiplexes have put up multiple shows of Pushpa 2, leaving no room for the Payal Kapadia directorial All We Imagine As Light, which has received two Golden Globe nominations.**

He shared a screenshot of a booking site with numerous shows of Pushpa 2 (see top), writing, "And yet, Payal's incredible successes will mean f\*\*k all to us because we will throw her film out, not let it breathe or find an audience, and will have 36 shows a day of one film in a single multiplex. Congratulations. We deserve this (sic)."

He also shared a screenshot of a news report quoting an insider on how multiplexes were asked not to screen other films: "Not that we should start feeling sorry for our favorite multiplex chain (yeah, you know the one). The irony of them being strong-armed after they've done the exact same thing in the past multiple times to producers is just (sic)."

HTC



Still from All We Imagine As Light and Pushpa 2: The Rule

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**Andrew Garfield with Shraddha Kapoor and (inset) Zoya Akhtar**



**Andrew finds Shraddha 'very lovely', says he loves Zoya**

PHOTOS: INSTAGRAM

**Shatrughan on Luv-Kushh skipping Sonakshi-Zaheer wedding**

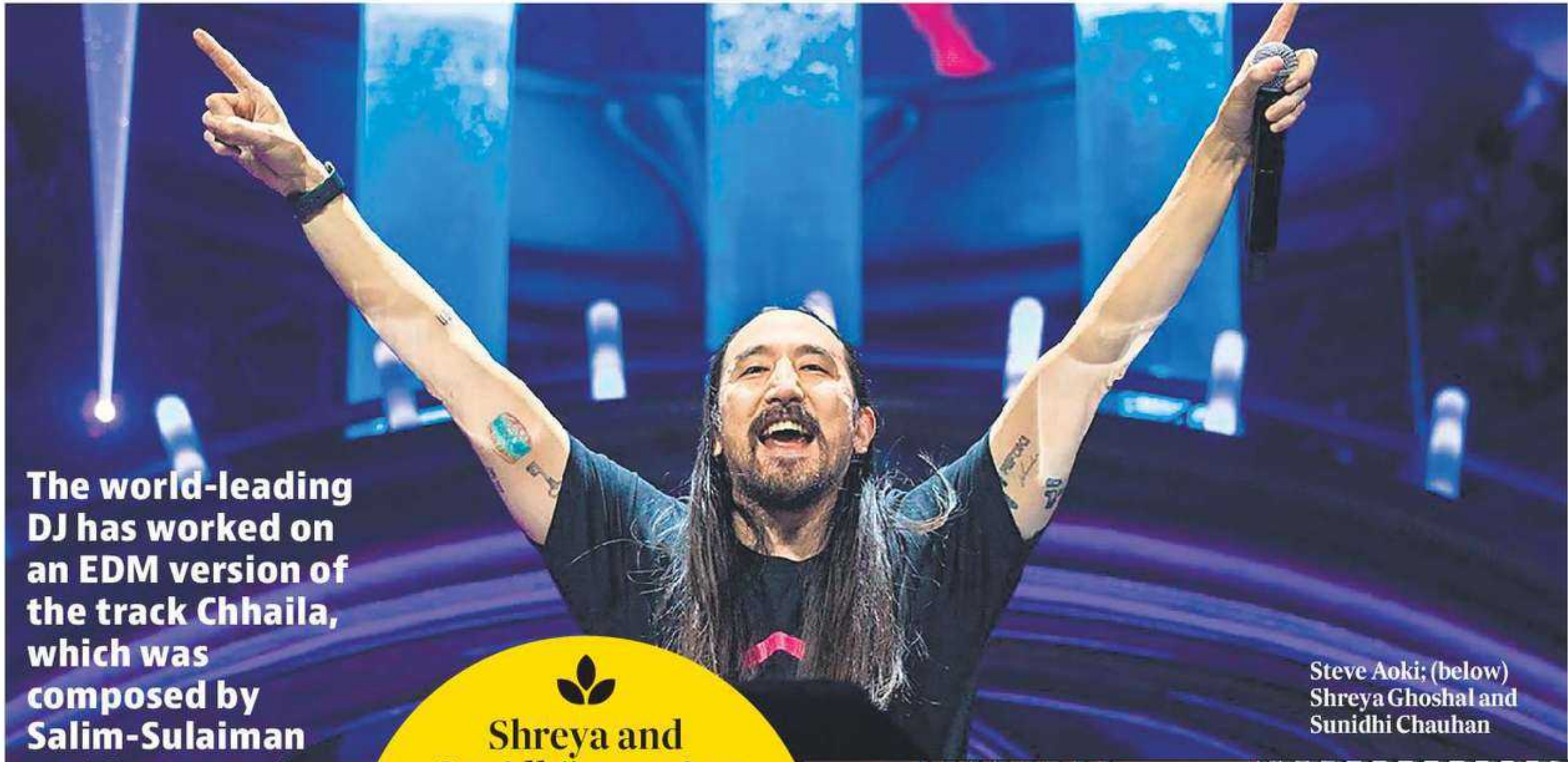


**Zaheer Iqbal and Sonakshi Sinha; (below) Shatrughan and Poonam Sinha with their children Sonakshi, Luv and Kushh**

PHOTOS: INSTAGRAM



# STEVE AOKI ON COLLAB WITH SUNIDHI, SHREYA: THEIR TALENT IS INSPIRING



The world-leading DJ has worked on an EDM version of the track *Chhaila*, which was composed by Salim-Sulaiman and features the singers

Steve Aoki; (below) Shreya Ghoshal and Sunidhi Chauhan

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World leading DJ Steve Aoki loves India. Having performed here a few times, he is now set to mark his first collab on a single. The Grammy-nominated musician has collaborated with singers Shreya Ghoshal and Sunidhi Chauhan for a new version of their single *Chhaila*, which released a couple of months ago.

Aoki has worked on a remixed version of the track, originally composed by Salim-Sulaiman as part of the album, *Bhoomi 2024*, and given it an EDM twist. Aoki says, "It's an incredible collaboration. Shreya and Sunidhi's talent and passion for music inspired me to create

Shreya and Sunidhi's passion inspired me to create something that's not just a remix, but a global celebration of their artistry.

STEVE AOKI, DJ

something that's not just a remix, but a global celebration of their artistry." Aoki adds that his version merges Indian musical traditions with cutting-edge electronic dance beats.

Excited about the association, Chauhan says, "This collab brings a whole new flavour to our song. It's exhilarating to see how our duet transforms into a dance floor anthem." Ghoshal, on the other hand, is blown away by what Aoki's brought to the table. "Steve's energy is infectious. His interpretation of the song adds a fresh pulse, making it resonate



PHOTO: SATISH BATE/HT

with a global audience," she says.

The makers, Salim Merchant and Sulaiman Merchant, hold the OG song close to their hearts. "But I am impressed with the way Aoki has reinterpreted it. It showcases his ability to blend folk and modern elements," says Salim. Sulaiman adds, "Our song was about pushing boundaries, but Steve has taken it to another level. The new version is a perfect marriage of Indian authenticity and global dance energy."

## 'I won't get industry support despite the success of Bhool Bhulaiyaa 3'

Even though actor Kartik Aaryan has spent over a decade in showbiz and has gained considerable success, he feels that he still won't get support from fellow members of the film industry.

Aaryan, whose latest release, *Bhool Bhulaiyaa 3*, was a hit, recently told GQ, "I'm a lone warrior. This house that you see today—I bought it with my own money. I've fought like crazy to reach here. And it's not done yet—I know for a fact that I won't get any industry support for the road ahead." He went on: "And I've come to terms with the fact that despite delivering a monster hit in *Bhool Bhulaiyaa 3*, nobody will rally behind me. I still have to hustle for my next film."

When asked if he thinks there are people out there who want him to fail, he is quick to say, "Yes—and I feel everyone can sense that. There are some wonderful people I've met over my journey, but the main section—and it's a large section—I will never win over. And I don't have any desire to win them over."

He concluded, "The only people I want to win over are my audience." The actor will next be seen alongside actor Triptii Dimri in a musical helmed by director Anurag Basu.

PHOTO: INSTAGRAM/KARTIKAARYAN

I'm a lone warrior. I've fought like crazy to reach here.

KARTIK AARYAN, Actor



Deepika Padukone with baby Dua

## Ranveer's mum's special gesture as Dua turns three months old

Actor Ranveer Singh's mother, Anju Bhavnani, has won hearts by marking the three-month birthday of her granddaughter Dua Padukone Singh on Sunday with a thoughtful gesture. Bhavnani donated her hair to celebrate the occasion. She took to Instagram to share before-and-after pictures of her hair, writing, "Marking this special day with a gesture of love and hope... Hoping that this small act might bring comfort and confidence to someone going through a difficult time."

PHOTO: X

Anju Bhavnani



Rupal Patel in the viral deepfake video  
PHOTO: INSTAGRAM

## I'm humbled by the love: Rupal on AI-generated viral deepfake video

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Rupal Patel has a number of shows to her credit, but she is known the most for her portrayal of Kokilaben in the TV show *Saath Nibhaana Saathiya*. Recently, the actor, who is not on social media, was taken aback when she came across an AI-generated deepfake video of her. "It took a few seconds to understand that it was an AI video. It was a surprise as well as shock," she says.

Sharing that her family loved the video that shows her in a younger avatar, Patel credits her character, Kokilaben, for all the love and popularity that's come her way. "It's been years since the show ended, but it continues to receive so much

tech-generated content," says Patel.

Earlier, she featured in content creator Yashraj Mukhate's viral video *Rusode Me Kaun Tha*, "which was an interesting twist" and hopes AI content creators collab with artistes to make such videos. "AI can be used in the right manner, with positivity. We need to have a balanced approach," she ends.

RUPAL PATEL, Actor

love. I am thankful to the makers of the video, who worked so to come up with something so interesting," says the actor.

Patel admits that the growth of AI doesn't scare her. "When an artiste performs, they connect with their audience. That's something AI lacks. The energy and realism that touch the hearts of the audience are missing in

**{ DAILY HOROSCOPE }**  
**Thursday, December 12, 2024**

Dr Prem Kumar Sharma (Astrologer and Vaastu expert) can be contacted at: Delhi: 011-47033152, 40532026 (Sat to Mon); Panchkula: 91-172-2562832, 2572874 (Tues to Thurs); Mumbai: 09716145644 (Last week of every month)

PREMASTROLOGER    PREMASTROLOGER    ASKPREMASTROLOGER

<b>ARIES</b> MAR 21-APR 20 <p>Today looks favourable for finalising agreements or business partnerships. Some may consider putting funds into real estate. Paying attention to family members' health is advised. Students could turn out to be fortunate in a competition.</p> <p><b>LOVE FOCUS:</b> Your partner may give you the care and comfort you need.</p> <p><b>LUCKY NUMBER:</b> 6 <b>LUCKY COLOUR:</b> Red</p>	<b>LEO</b> JUL 23-AUG 23 <p>Positive outcomes on the financial front may reflect your good efforts. An old friend could reach out today. Increased discipline, sincerity and organisation may help you in pursuing career goals.</p> <p><b>LOVE FOCUS:</b> Avoid being romantically involved.</p> <p><b>LUCKY NUMBER:</b> 9 <b>LUCKY COLOUR:</b> Maroon</p>	<b>SAGITTARIUS</b> NOV 23-DEC 21 <p>Unexpected financial gains are possible. A tactless remark may hurt a loved one. An ancestral property could create tensions with family. A series of business meetings may occupy your time.</p> <p><b>LOVE FOCUS:</b> You may connect with new people.</p> <p><b>LUCKY NUMBER:</b> 11 <b>LUCKY COLOUR:</b> Dark Grey</p>
<b>TAURUS</b> APR 21-MAY 20 <p>Today might be ideal for finding ways to earn passive income. Positive developments could help create peace at home. A cleansing diet may benefit some. A journey could turn out wonderful, giving you a chance to relax.</p> <p><b>LOVE FOCUS:</b> Singles could encounter an appealing stranger.</p> <p><b>LUCKY NUMBER:</b> 7 <b>LUCKY COLOUR:</b> Blue</p>	<b>VIRGO</b> AUG 24-SEP 23 <p>Avoid lending large sums today. Women might feel inclined to spend on clothes and self-care. This day could bring luck to real estate developers. A promising property deal may come your way.</p> <p><b>LOVE FOCUS:</b> A conflict with a loved one may occur.</p> <p><b>LUCKY NUMBER:</b> 17 <b>LUCKY COLOUR:</b> White</p>	<b>CAPRICORN</b> DEC 22-JAN 21 <p>Unexpected expenses could affect your savings, so be careful. A family member might feel unwell. Business trips could yield good outcomes. Your high energy may help you achieve your goals.</p> <p><b>LOVE FOCUS:</b> Positive planetary energy may bring support to relationship.</p> <p><b>LUCKY NUMBER:</b> 18 <b>LUCKY COLOUR:</b> Purple</p>
<b>GEMINI</b> MAY 21-JUN 21 <p>Your children might excel in academics, surprising you with their results. Everything seems aligned, but stay alert at work. Travelling with loved ones could relieve stress.</p> <p><b>LOVE FOCUS:</b> Your love could strengthen your bond with partner.</p> <p><b>LUCKY NUMBER:</b> 2 <b>LUCKY COLOUR:</b> Yellow</p>	<b>LIBRA</b> SEP 24-OCT 23 <p>Travelling with friends may be refreshing, allowing you to enjoy activities like surfing. Spending quality time with siblings or cousins could bring joy.</p> <p><b>LOVE FOCUS:</b> Experiment with new things to rekindle romance.</p> <p><b>LUCKY NUMBER:</b> 8 <b>LUCKY COLOUR:</b> Peach</p>	<b>AQUARIUS</b> JAN 22-FEB 19 <p>Past investments could yield profits. Colleagues may assist you with an assignment. You might focus on adopting healthy habits.</p> <p><b>LOVE FOCUS:</b> A day spent in deep conversation with your partner may strengthen your connection.</p> <p><b>LUCKY NUMBER:</b> 4 <b>LUCKY COLOUR:</b> Saffron</p>
<b>CANCER</b> JUN 22-JUL 22 <p>You could be a strong support for a colleague. Unforeseen events at home might cause a bit of embarrassment. Health seems steady and in line with expectations. Some may reserve a travel package today.</p> <p><b>LOVE FOCUS:</b> Trust your intuition, as you might meet your ideal match.</p> <p><b>LUCKY NUMBER:</b> 5 <b>LUCKY COLOUR:</b> Green</p>	<b>SCORPIO</b> OCT 24-NOV 22 <p>Those feeling bored may plan a getaway with old friends. Purchasing a new property may soon result in ownership. Homemakers might join fitness or dance classes to stay fit. Finances look stable.</p> <p><b>LOVE FOCUS:</b> Singles may find companionship and ease loneliness.</p> <p><b>LUCKY NUMBER:</b> 22 <b>LUCKY COLOUR:</b> Orange</p>	<b>PISCES</b> FEB 20-MAR 20 <p>Selling old property might bring returns from past investments. Caution is advised while travelling. Reconnecting with old friends or family could make the day enjoyable.</p> <p><b>LOVE FOCUS:</b> Your affectionate and passionate side may impress your loved one.</p> <p><b>LUCKY NUMBER:</b> 1 <b>LUCKY COLOUR:</b> Golden</p>



### Miley Cyrus buys her iconic Grammys dress

**Miley Cyrus performed at the 66th Annual Grammy Awards in a Bob Mackie dress**

PHOTO: INSTAGRAM

Pop singer and actor Miley Cyrus has purchased the dazzling Bob Mackie dress she wore to the 2024 Grammy Awards. The silver sequin mini dress with daring cutouts, originally designed for Mackie's 2002 collection, made headlines after the 32-year-old performed her hit *Flowers*, minutes after winning her first Grammy for Best Pop Solo Performance.

The dress returned to Mackie's archive after the event, and was only recently auctioned. Cyrus confirmed the purchase, calling it a symbol of artistry and a turning point in her life. "This dress represents more than a performance," she shared in a press release. While the amount for the purchase is undisclosed, the proceeds will be donated to the MusiCares, an NGO.

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### Rihanna makes a statement in torn stockings!

**Singer Rihanna was papped outside a restaurant in Miami (USA) during the recently concluded Art Basel weekend. The 36-year-old stunned in a shredded MM6 Maison Margiela mini dress, which she paired with ripped Balenciaga tights priced at \$1,490 (₹1,26,398).**



### BUNGALOW IS MY LAST EATERY: CHEF VIKAS KHANNA

**Chef Vikas Khanna, whose US restaurant won the Michelin 2024 Bib Gourmand Award, says he will shut it down in '9 years and 3 months'**

**'SRK IS MY HERO'**  
Khanna took to Instagram to share his experience of cooking for Shah Rukh Khan. "When SRK visited Bungalow & asked me to sit with him. As we spoke about me going to cinema everyday to watch DDLJ with my sister and every movie of his. He became my hero for who he is. His voice. His patience. His confidence. His compassion. His friendship. To hold back my tears I looked up the glass ceiling & saw the clear crescent of moon watching over me. You holding my hand and saying, 'Bungalow represents us. Our parents. Our ancestors. Our India' (sic)," he wrote.

three decades ago, but still considers his achievements a "miracle". He tells us, "From a kid who sold achar and bhatura in Amritsar (Punjab) to reaching here, I know that there is more to life; this is only one chapter of my life."

The chef adds, "People come in and they see me cleaning, cooking, serving, and talking to guests, every single day. They see me making everybody feel that they matter, it is a lot of work and I will continue to do it. I think that is why people feel like this is a personal victory because, for me, it was more than just opening a restaurant, making money and getting awards. Bungalow is really unique."



### #lookbook

PHOTOS: INSTAGRAM

#### Traditional but make it glam!

For filmmaker Anurag Kashyap's daughter, Aaliyah's pre-wedding party, actor Khushi Kapoor wore a multicolour saree by designer Tarun Tahiliani. With Kasheeda work, Persian embroidery done in Kashmir, her sequin blouse featured zardozi and bead work. She added a jewelled belt and accessorised with jhumkas with emeralds and pearls, and a Hyderabad choker.

**Steal the style**

For this wedding season, opt for a saree with embroidery work around the pallu and the borders. Ensure the blouse has matching beaded work, too. Cinch your waist with a bejewelled belt. Plait your hair with gold thread braided in it.



### My grandsons introduced me to Michael Jackson, Justin Bieber and BTS: Ustad Amjad Ali Khan

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One might think that sarod virtuoso Ustad Amjad Ali Khan lives and breathes Hindustani classical music alone, but he also loves listening to "western classical, including Bach, Mozart, Tchaikovsky, and Handel, among others". He says, "A couple of years ago, my grandsons (Abeer Ali Bangash and Zohaar Ali Bangash) listened to music by (singers) Michael Jackson, Justin Bieber, and BTS. They introduced me to them and football, too."

Ask the 79-year-old if the age gap between him and his 11-year-old grandsons leaves him feeling disconnected, and he says, "Raising [sons] Amaan (Ali Bangash) and Ayaan (Ali Bangash) was simpler, because I could understand their language and their way of thinking. With Abeer and Zohaar, it is very different. This generation is more connected to the digital world. So, they are on their phones, which leaves little time for personal interaction."

However, the doting grandfather is quick to add, "They are passionate about a lot of things, but when it is time to practise music, they are disciplined. It's too early to say if they will pursue classical music professionally, but they are showing interest."

Reminiscing about the old days, the veteran says, "In my time, a guru was distinct from a teacher. They cared about a student beyond academics. My father didn't push me towards formal schooling and I only attended school briefly."

Last year, he released a Christmas carols album, which he used to play for his sons, Amaan and Ayaan, and now his grandkids. "I would entertain them by playing these songs on the sarod. I also played nursery rhymes like *Old McDonald* and *Twinkle Twinkle Little Star* for them," says Ustad Khan, who recently performed at the NCPA Aadi Anant From Here to Eternity event in Mumbai, along with his sons and grandsons.



### Classical music, whether western or Indian, is respected all over the world. However, in India, due to our history and circumstances, film music has a larger audience because of its lyrics, shorter duration and mass appeal. Indian classical music is an exploration of time and depth.

**USTAD AMJAD ALI KHAN, Sarod player**



### #instastyle

To mark their third wedding anniversary, actor Katrina Kaif shared an intimate look of her celebrations with husband, actor Vicky Kaushal. While she didn't reveal the exact location of the getaway, the couple was seen enjoying time amid Nature, with wildlife around. Kaif captioned her photo dump: "48 hrs in the jungle".

While the couple cheered to their married life, they also spotted a few animals in the wild, along with tigers and different kinds of deers.





PHOTOS: ADOBE STOCK (FOR REPRESENTATIONAL PURPOSE ONLY)



# HEALTH

on Thursday

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## FREEZE FRAME: WINTER SKINCARE SECRETS TO LOCK YOUR GLOW

This winter, try adding these unconventional ingredients to your skincare routine to look more radiant than ever!

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The world of beauty and skincare is buzzing with experimental hacks. Celebs like actor Blake Lively have made headlines by confessing to using mayonnaise as a hair mask, fuelling these beauty trends. Amid this noise, it is important to try only those beauty trends that have been approved by experts. Dermatologists Dr Kiran Sethi and Dr Mandeep Singh list some unconventional ingredients and products that can transform your winter skincare routine.

**SNAIL MUCIN**  
This ingredient might have you turning up your nose, but

according to experts, it is a game-changer for winter skincare and is also proven effective in wound healing. "Snail mucin hydrates, soothes and promotes skin healing. Its rich texture helps form a barrier that locks in water. It's particularly effective for sensitive or irritated skin during harsh winters," shares Dr Sethi. Use it at night as the final step in your skincare routine.

**DIAPER RASH CREAMS**  
With zinc oxide and occlusive ingredients, diaper rash creams are highly moisturising and offer additional sun protection. Zinc oxide helps shield the skin from dehydration and environmental stressors, making it a winter multitasker. However, the thick formula can clog pores and



### SNAIL MUCIN IS A GAME-CHANGER FOR WINTER SKINCARE. IT IS ALSO GOOD FOR HEALING WOUNDS

leave a white cast, so it's best suited for non-acne-prone skin.

**POLYGLUTAMIC ACID**  
"A hydration powerhouse, polyglutamic acid binds 4,000 times its weight in water and is four times more than hyaluronic acid, which binds

1,000 times its weight," explains Dr Sethi. Found in serum or cream-based products, this ingredient is ideal for combating dehydrated skin and dryness caused by indoor heaters. For best results, use it once or twice daily on damp skin after cleansing.

**BONUS TIPS**

- For a complete winter skincare routine, layer your products strategically.
- Start with humectants like polyglutamic acid or hyaluronic acid to draw in water.
- Follow up with soothing and hydrating actives like snail mucin, and seal everything with a rich moisturiser to prevent water loss.

## A simple mantra for a pain-free life

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**CureOn Plus Pain Relief Oil products**

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### #thatshot

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**RAISE THE BAR FOR HAIR CARE**

Good hair can make a big impact on your overall look. Helping the same, Raise On Cloud 9 by Bounce Beauty claims to offer a 360-degree treatment that improves hair health. With salicylic acid and six botanical extracts, it helps clarify the scalp and enhances softness and shine. Price: ₹2,399 Available at: bouncebeauty.com



**DID YOU KNOW THAT HEART HAS A BRAIN?**

The heart does more than just pump blood. Researchers from Karolinska Institutet and Columbia University found that the heart's intracardiac nervous system, previously seen as a relay for brain signals, plays a more active role in regulating heart rhythms. Published in Nature Communications, the study reveals the heart's neuron network is far more complex and autonomous than previously thought.




PHOTO: ADOBE STOCK

## Is ghee good for diabetics?



**SIDE EFFECTS**

Too much ghee can lead to weight gain because it is high in calories. This could make it harder to control blood sugar levels. Ghee also contains saturated fats, which can raise bad cholesterol levels. Balance ghee with other healthy fats such as those found in nuts, seeds, and fish. Always talk to a doctor before making changes to your diabetes-friendly diet.

**LOW GLYCEMIC INDEX**

Ghee has a low GI, which means that it does not cause a sharp spike in blood sugar levels. This makes it a safer fat choice for diabetics compared to many other oils and fats.

**HEALTHY FATS**

Research suggests that replacing unhealthy fats with healthy fats like those in ghee can help improve insulin sensitivity and regulate blood sugar levels in type 2 diabetes patients. The fats in ghee are easily metabolised by the body, unlike processed fats that can cause spikes in blood sugar.

**PACKED WITH VITAMINS**

Ghee is an excellent source of fat-soluble vitamins such as A, D, E,

and ghee also contains antioxidants that help reduce inflammation and protect against oxidative stress, which makes it beneficial for diabetics.

**ZERO CARBOHYDRATES**

Since ghee contains no carbohydrates, it won't impact blood sugar levels. It provides a rich source of energy without raising glucose levels.

**LINOLENIC ACID**

Ghee is a source of linolenic acid, an omega-3 fatty acid, which supports heart health. This is particularly beneficial for people with diabetes, who face a higher risk of cardiovascular diseases.

**BUTYRIC ACID**

Ghee also contains butyric acid, a short-chain fatty acid that promotes gut health. And, as you know, a healthy gut is crucial for better nutrient absorption and blood sugar control.

**PROMOTES DIGESTION**

Ghee stimulates the secretion of stomach acids, which helps in better digestion and absorption of nutrients. Gastrointestinal health helps regulate blood sugar levels.

To know more, visit [healthshots.com](https://healthshots.com)

**HOW MUCH IS TOO MUCH?**

Moderation is the key, with one to two teaspoons per day being the recommended quantity. You can add ghee to your meals by drizzling it over dal, rice, vegetables, curries, or whole grains like quinoa and brown rice. It can also be used for sautéing or cooking at low to medium heat. For breakfast, add ghee to oatmeal or whole wheat toast. Pair it with a balanced diet rich in fibre, lean proteins, and healthy fats to help manage blood sugar levels effectively.

## Treat your taste buds this winter

As the temperature is dipping, how about treating yourself to a specially crafted winter menu? Food lovers in the city can also get an authentic taste of India with dishes from across the country. Some of the items on the list include the Dumpling Soup, Lobster Ghee Roast, Sarson Da Saag with Makke Di Roti and Bhaang Kukkad. You could also try some bakery varieties and seasonal desserts, such as Classic Strawberry and Cream and Orange, Cherry and Chocolate Tango.

**What:** Winter menu  
**Where:** Mool: Kitchen & Bar and Mool: Kaapi Bar & Bakes, Fort, Mumbai  
**When:** On till January 2025  
**Price:** ₹250 onwards



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