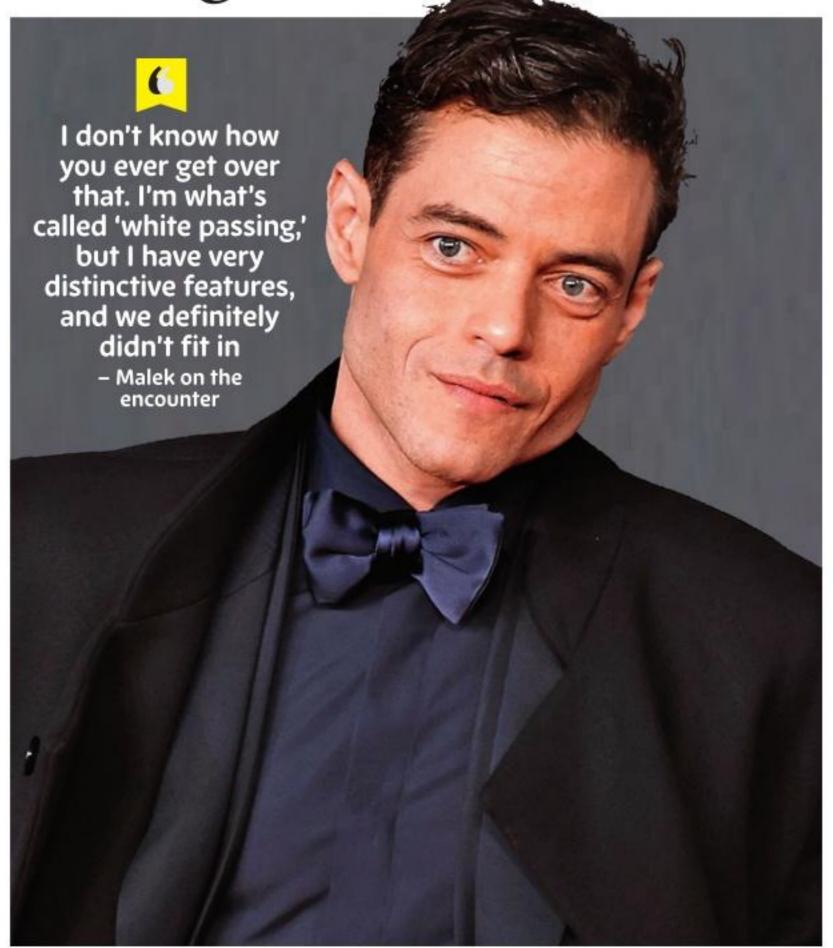
BACK BEAT HAD TO SEEK **THERAPY** AFTER PLAYING **GOLU: SHWETA** TRIPATHI P4

Got thrown on a car's bonnet: Rami recalls facing racism in US

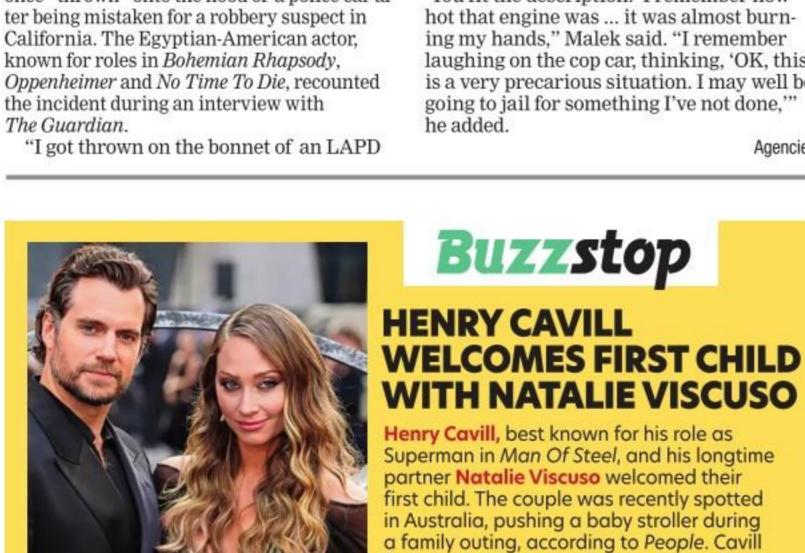


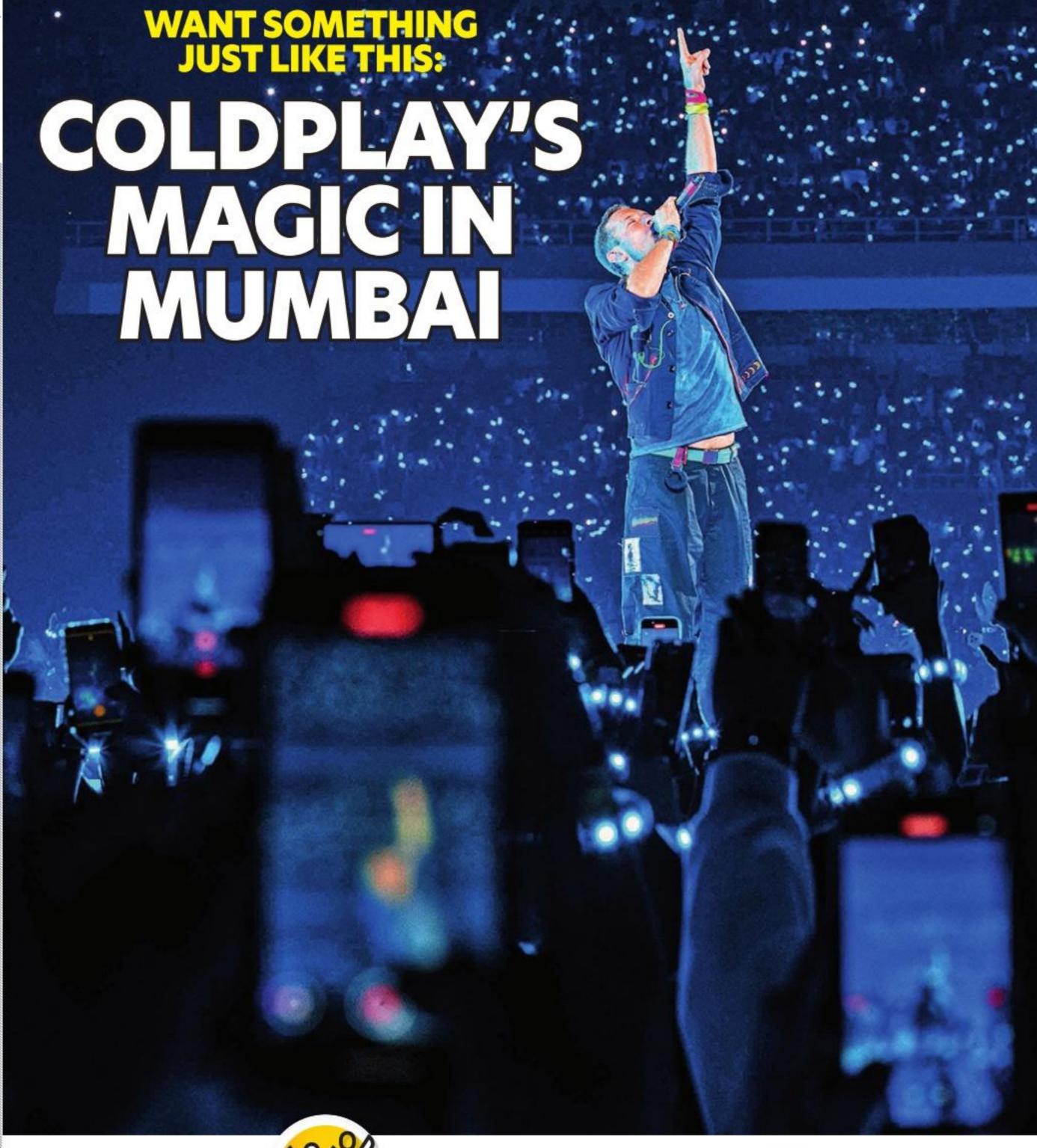
scar-winning actor Rami Malek has opened up about experiencing racial profiling in the US, revealing he was once "thrown" onto the hood of a police car after being mistaken for a robbery suspect in California. The Egyptian-American actor, known for roles in Bohemian Rhapsody, Oppenheimer and No Time To Die, recounted the incident during an interview with

cop car because someone had robbed a liquor store and stolen a woman's bag. They said the (thief) was of Latin descent and, 'You fit the description.' I remember how hot that engine was ... it was almost burning my hands," Malek said. "I remember laughing on the cop car, thinking, 'OK, this is a very precarious situation. I may well be going to jail for something I've not done,"

first shared the news of their growing family

back in April 2024.





Renuka Vyavahare

t was truly a "Sky Full of Stars" as Coldplay brought their feel-good Music of the Spheres tour to India with their first show in Mumbai. Around 50,000 fans gathered at the DY Patil Stadium to witness the British band perform in what was

their first concert in the country since 2016. While the band's trademark production of LED wristbands, fireworks and lasers created a spectacle, it was Chris Martin's cheeky Marathi that had the fans cheering. "Kasey aahat? Tumhi sagle aaj chaan distaay (How are you? You all are looking so good today)," Chris said to the crowd.

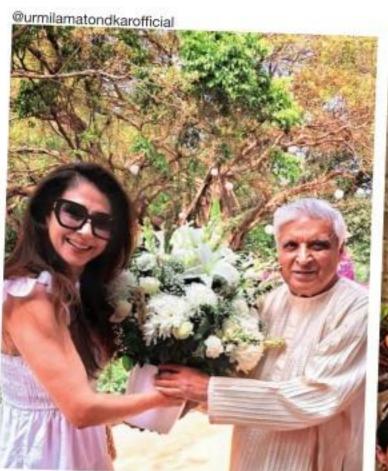
CONTINUED ON 4

We have to finish the show because Jasprit Bumrah wants to come and play cricket with me backstage

— Chris Martin



Javed Akhtar's star-studded 80th celebration



"An absolute epic day that it was..with some of the best talents our industry has!! Afternoon full of love, laughter, affection, admiration and great camaraderie. Because it was a Special Birthday of someone very special to all us.."Jaadu" in real sense as the entire nation is spellbound with his words for decades," wrote Urmila Matondkar as she shared pics from Javed Akhtar's birthday celebration

>> The birthday turned into a nostalgic Bollywood reunion, with stars like Aamir Khan, Farhan Akhtar, Shankar Mahadevan and more joining the industry veteran

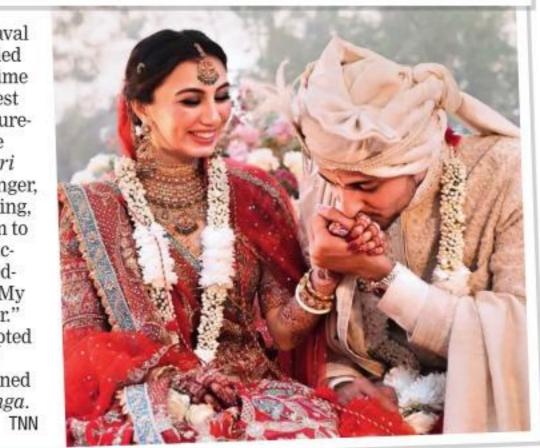




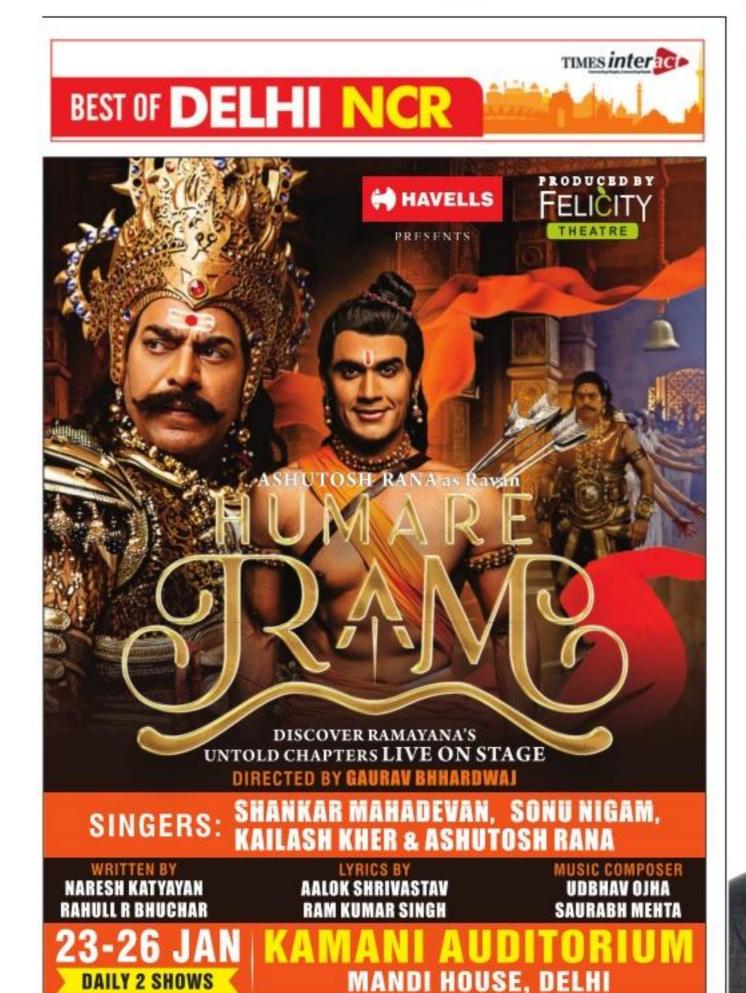
Darshan weds longtime partner



arshan Raval has married his long-time girlfriend and "best friend", Dharal Surelia, in an intimate ceremony. The Teri Aankhon Mein singer, on Saturday evening, took to Instagram to post a series of pictures from the wedding and wrote, "My best friend forever." While Darshan opted for an ivory sherwani, Dharal donned a classic red lehenga.







Art thrives on frozen Minneapolis lake



raving bone-chilling temperatures, thousands gathered on Minneapolis' frozen Lake Harriet for the Art Shanty Projects - a beloved winter event featuring whimsical art installations. From knitting pavilions and ice biking to a cat-themed world and DIY film studios, the event transformed the icy lake into a vibrant hub of creativity.

With lake ice 13 inches thick, the event welcomes about 25,000 visitors over four weekends, 10-25% of whom experience walking on a frozen lake for the first time.



Kevin Costner's not looking for romance post divorce

hile there was buzz that there is romance blooming between Kevin Costner and Jennifer Lopez, reports say that he is in a good place and is not looking for a serious romance after his divorce. The 70-year-old actor and his ex-wife Christine Baumgartner

officially divorced in February 2024. A source told an international publication, "Kevin is not seriously involved with anyone and not necessarily looking for anything more than that right now."

Kevin has seven children and is determined to spend as much time with them as possible. Agencies

3 < 2 > 2 +

(Fig A)

Not allowed

(Fig B)

By John Michael Currie

14 City west of Venice

17 Campy photo booth

20 Epitome of slowness

25 Southern California's

28 10-Across, slangily

38 Candy treat shaped

like a chick or bunny

offerings, for short

June Gloom,

31 Assumed name

32 Gravy vessel

41 Some Fidelity

42 Fades to black

creation

54 For starters

56 Skeet shout

43 Snorer's affliction

44 Gut punch reaction

45 Trademarked pastry

46 Sleepover hideaway

57 Trial period for a new

product, and what

17-, 25-, 38-, and

65 "The __-bitsy spider

66 Lean and muscular

67 "Heavens to !"

1 Beach bottle no.

2 Actress Whitman

DOWN

62 Flowerpot spot

64 Battery terminal

63 Mideast canal

46-Across all have?

52 Weightlifter's units

53 Furnish with gear

essentially

30 Fish eggs

34 Goes (for)

19 Comics icon Lee

10 Paper money

15 Shave (down)

16 Spanish eight

accessory

21 acid

-dab in the middle

ACROSS

Hands on your food! The world wants to see them

recent study published in a leading retail research jour-nal validates an age-old tradition many Indians have al-ways embraced: Eating with your hands enhances the dining experience, making meals more satisfying than using cutlery. This isn't just cultural nostalgia; science backs it up. The tactile engagement of our hands with food primes our brain to perceive the meal as more flavourful and fulfilling.

Globally, the trend of eating with hands is gaining traction, from long-table communal feasts in New York's Greenwich Village to the resurgence of Filipino kamayan meals, where banana leaves replace plates and hands replace cutlery. For Indians, this 'newfound' discovery feels like a full-circle moment. After decades of being ridiculed for eating 'the messy way,' there's a quiet validation

in watching the world sa-



vour flavours through their fingers.

In fact, Anthony Bourdain, the late culinary icon, often extolled the virtues of eating with hands. During his travels, he celebrated the connection between food and culture, famously stating, "The more you eat with your hands, the closer you are to the food and the people who made it." In season 2 of his legendary series Parts Unknown, Bourdain can be seen tearing apart a butter-smothered Amritsari kulcha and enjoying his baked tandoori chicken, both in Amritsar. And who can forget Aishwarya Rai schooling Al Jazeera correspondent David Frost on eating a samosa the authentic way - with his hands - during an interview. A moment that sparked global curiosity about India's tactile dining traditions.

Scientific research further highlights that eating with hands activates nerve endings that enhance sensory perception and satisfaction. A study by a peer-reviewed psychology journal found that this tactile engagement can also help with mindful eating, allowing individuals to savour each bite and avoid overindulgence.

Some foods, contrary to modern etiquette, are simply meant to be enjoyed by hand. Think of tearing apart flaky Malabar porottas, scooping dal with soft phulka, or devouring juicy mangoes. The tactile connection adds an irreplaceable layer of indulgence. Even during the pandemic, when hygiene concerns heightened, people found ways to rediscover this intimate act of eating, cherishing its ability to bring a sense of comfort and rootedness.

As global dining trends lean toward authenticity and diversity, the next time someone hesitates to ditch their fork, we can gently remind them: some flavours are best enjoyed finger-first.

Agree? Disagree? Got a POV idea? Write to us at: pov@timesofindia.com

THE DAILY CROSSWORD

SUDOKU CHALLENGE Level: Medium

TICKETS AVAILABLE ON book myshow or Call #9971913322

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

Games

Play now! Scan the QR code or visit toi.in/games

ENJOY A HOST OF

ENGAGING PUZZLES

AND GAMES EVERY DAY

THE BEST PART

OF BEING A CAT?

HOW TO PLAY Fill in the grid so that every horizontal row, every

each row vertical column or column. and every 3x3 Eliminate box contains repeat the digits 1-9, numbers by without repeating darkening the numbers in cells. (see the same row, example) column or box. Darkened You can't change cells must the digits already never be adjagiven in the grid. cent in a row Every puzzle has or column. one solution.

Unmarked create a single continuous area, undivided by darkened cells. 4. Every time you darken a cell, you can automatically circle its vertical and horizontal neighbours, which means they cannot be eliminated. 5. Any cell "sandwiched" between neighbours of the same value can be circled. (e.g. 6 4 6)

HOW

TO PLAY

A number

may appear

just once in

6. A "triple" is a special case of sandwich. Circle the centre cells, and darken the ends. (e.g. 6 6 6

SANTA CAN'T BRING YOU

SOCKS AND UNDERWEAR

FOR CHRISTMAS!

Kevin

Costner

LEISURE TIMES HITORI RULES

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

Example

HSTIO

EOSNY

ELOTDD

EELMBM

Rearrange the

letters in the

jumbles, one

letter to each

square/circle,

to make four

HOW TO PLAY

ing word as indicated

Now arrange the letters in the

circles to form the answer to

the riddle or to fill in the miss-

ARIES: Today is a great

day for getting things

done with minimal dis-

ruptions, but don't let

your drive lead to isola-

tion. You may need the

support of colleagues

to reach your full po-

tential, so share your

goals and work to-

TAURUS: Right now,

gether.

ordinary

words

four word

LOOP THE LOOP

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

 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 or cause a deadend (Fig B).

SCRAMBLE

completed required lines or where a line extension may create a branch

EXHIBITION India Habitat Centre: Confluence - A painting exhibition by Sony Thokchom and Bernard Cargay. Till January 21, Convention Centre Foyer, IHC

EVENTS

DANCE India Habitat Centre: Nayika - a Kathak recital by Shubhi Johari, disciple of Pt Jaikishan Maharaj. January 21, Stein Auditorum, IHC

Email us at tims.delhitimes@timesofindia.com

influences around you.

SCORPIO: There may

be unfinished matters

YES, AND FOR MS. BEAZLY?



How many words of four

shown in today's puzzle?

In making a word, a letter

times as it appears in the

puzzle. Each word must

contain the central letter.

There should be at least

and proper names are not

one seven letter word.

Plurals, foreign words

allowed. British English

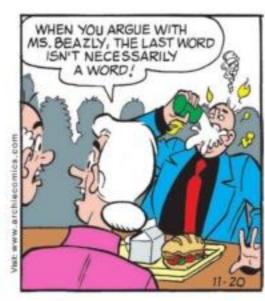
Dictionary is used as

reference.

or more letters can you

make from the letters

can be used as many



SPELLATHON

DENNIS THE MENACE 0000000000000 1000

CAUSE I THINK HE KEEPS LOSIN' HIS."

FINOLEX FORTUNE

A house is not a home unless

it contains food and fire for

Benjamin Franklin (4,.,4)

the as well as the

See what the stars have in store for you - according to your moon sign.

it's tricky to prioritise your concerns. You're focused on your own plans, but take extra time to fine-tune them. Passion and enthusiasm will be your allies, but avoid making any significant

financial decisions today. GEMINI: It's wise to pause before making any big SAGITTARIUS: Today requires flexibility, as you calls today. You may feel confident in your approach, but balance your vision with practicality for better results. Avoid risky financial ventures, as things may feel uncertain.

CANCER: This is a time for emotional fulfilment and strengthening both personal and professional relationships. It's important to focus on your obligations and apply extra effort now to set yourself up for happiness.

LEO: Today brings a chance for positive change, whether in your lifestyle or career. However, double-check your details before committing to anything. Be mindful of balancing your time and seen consequences. Take care with your financefforts between work and personal life.

VIRGO: Your words carry weight today, so stay focused on consistency and integrity. This is an excellent time to define realistic financial goals and work toward them, but don't overlook your Embrace simple pleasures, as they will help you responsibilities.

LIBRA: A challenging day awaits, as you may feel the weight of your responsibilities, both financially and emotionally. Make sure to manage your work alongside family Book Anupam V Kapil for appt/written predictions: needs, and keep an 9822042295 or anupamykapil@gmail.com. open mind to positive

that need attention today. Stay grounded and focus on the present, as your dreams could feel more vivid than usual. Avoid impulsive financial risks and take the time to listen to your inner voice.

may be pulled in multiple directions. While your friends may have demands, make sure to express your feelings clearly and find a way to connect. Your ideas will find their way out eventually. CAPRICORN: Let your dreams guide you, but remember to share them with someone you trust. This will help turn your vision into reality, as your creativity is heightened by the beauty

around you. AQUARIUS: Your thoughts have more power than you realise today, so stay focused and avoid making long-term decisions that could have unfore-

es, as stress might cloud your judgment PISCES: Let go of past emotional baggage and avoid avoiding difficult truths. Pay attention to your self-worth and how it shapes your interactions. regain clarity and purpose.

Saturday's Puzzle Solved GLASGOW 6 Smartphone downloads MOISTURE STADT HANDPRINT TAKEAHIKE HALOS GESTURE MANET GOALTENDS DAMNSDDIRE SLEEPONIT 22 "Oorah!" military org. LAGASSELEVY SWOLE TOSCALE OHARESSAMSONITE LAYERCAKE VIIVID EDNAMODE ENEMY

> 3 Toothpaste-endorsing 4 Doesn't make history? 5 "Clue" actress Madeline 6 Diamond birthstone month 7 "Halo" star Schreiber

SEENOTE

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8 In favor of urchin 10 Pink cocktail. familiarly

11 Last part of a play, perhaps 12 MacGowan of the Poques

13 Accept, as a coupon 18 A pop 21 Card with no face or number 22 Savory quality

23 Renewable energy source 24 Catherine's "Schitt's Creek" role

27 Inflict upon

35 Tubular pasta 36 Start, as a golf round 37 Petty quarrels 39 Cat's noise 40 Armed conflict 44 Alley-45 Keyboard shortcut starter

29 Fire residue

Alberta

33 On in years

32 National park in

34 Perfectly timed

20/01/2025

RASES

46 Cola brand 48 Calm periods

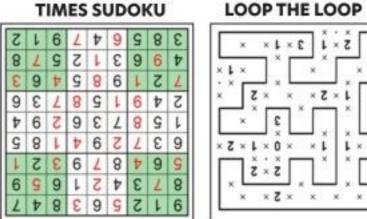
26 Mountain range from Kazakhstan to the Arctic Ocean

47 "That's it for me!" 49 Pharmaceutical giant 50 Proposal 51 Posh 55 Onetime Swedish

automaker 57 NNE opposite 58 French yes 59 Do disturb

60 Media that's burned before reading 61 "Listen up!"

SOLUTIONS TO GAMES/PUZZLES



5 × 1 3 × 1 × × ×× ž 1× ×0×1×5× × × X × ×



TIMES HITORI

SPELLATHON

POLITIC, toil, topic clot, coil, colt, optic, pilot, plot,

SCRAMBLE

the body. - Benjamin Franklin contains food and fire for the mind as well as Answer: A house is not a home unless it Words: Hoist, nosey, toddle, emblem

Today's Ratings:

06-average 107-good 1

09-outstanding

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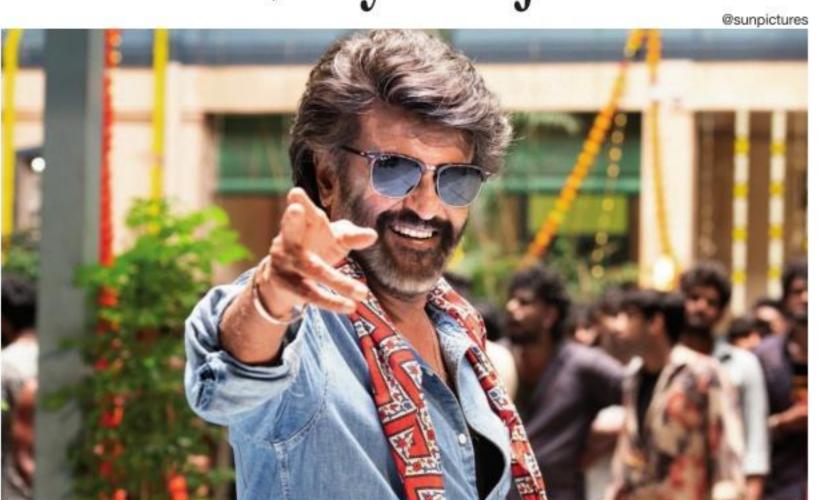
"I'M GIVIN' MY MARBLES TO MR. WILSON.

Dakota's spiritual darshan



After her visit to the Babulnath Temple in Mumbai on Friday with partner Chris Martin, Dakota Johnson made a visit to the Siddhivinayak temple. The actress was accompanied by Sonali Bendre and Gayatri Joshi

My acting journey began at school, says Rajinikanth



ajinikanth shared a heartfelt message for his alma mater's 90th year celebrations, and credited a Bengaluru school for making him an actor. In a video message, the star informed that he couldn't attend the celebrations because he's currently shoot ing in Bangkok. He said, "I feel very proud to have studied at APS High School and

in the locality."

College. I did my primary and middle school at the government school in Gavipura. It was a Kannada medium school, and I used to study very well; I was the best student. I was the class monitor and passed with 98%. So, my brother enrolled me in APS, which was the popular English medium school

(When I switched to an English medium school) I was very depressed and found it difficult. My teachers understood my plight and showed me a lot of empathy

rate stories and enact them to other students when the teacher was late for class. So, they asked me to act in the play Adi Shankarar and Chandala. I played the character of Chandala, and our drama won the shield and I won the Best Actor award - a big cup. My journey towards becoming a professional actor began

at the school, and I feel proud to state this."

The actor also

credited the school

school, inter high

for him becoming an

actor. He recalled, "At

school drama events

used to be held annu-

ally. It was quite a big

event. I used to nar-

'I DRIVE MY E-RICKSHAW LIKE A TRUE DILLIWALLAH'



pokesperson of the German Embassy, Kaspar Meyer, has two jobs. The first one being the official spokesperson of the embassy and the second one - being the cool e-rickshaw driver for his family and friends from Germany and colleagues at the embassy. With a diplomatic number plate, logo of the country's national football team, additional mirrors and his true swag, you can spot Kaspar vrooming around like a true Dilliwallah. "I am a part-time *rick*shawallah. I have two jobs - I do this before I get to work," he says.

'I AM THE MESSI OF THE TRAFFIC' Kaspar shares that he has been study-

ing Hindi for two years and in a distinct accent, he says, " Jab main sadak pe rukta hoon, main doosre rickshaw wallon se baat karta hoon. They have questions and they ask things like, 'Aap kahan se ho?'. Sometimes people try to hail the rickshaw, I just politely wave back. But I drive like a Dilliwallah now." Kaspar decided to buy the erickshaw one night after driving for a week in the city. "Delhi traffic is a little unpredictable. Lots of spaces open up all of a sudden like a football arena, so I am like the quick Messi of the traffic. I can go wherever there is some space coming up. I am the quickest because I have the acceleration of most vehicles, and the electric engine is powerful. It helps to move around and

he says.

'IT IS SO MUCH COOLER THAN THE TUKTUKS'

Kaspar points out that he uses the rickshaw a lot. "It is pretty light and with an electric engine, it is so much cooler than the tuktuks. It is silent, super stable, clean and we can charge it with the solar panel that we have in

the embassy. I have driven around some Germans in the city. I had a Science influencer so we spent the day discovering Delhi, I shuttled the ambassador to an appoint-

ment, it was super cool. You are so much in touch with what is happening on the street so it is completely different from driving a car," says the spokesperson.



rickshaw."







Here's to manifesting dreams!

Jasleen Royal, who opened for Coldplay's tour, dropped pics from her performance, with the caption, "Kicking off the India leg of @coldplay Music of the Spheres tour has been nothing short of surreal! Here's to manifesting dreams! And here's to living mine with all of you"

CONTINUED FROM 1

Coldplay's performance was preceded by Elyanna, who wowed the audience with her Arabic version of Deewani Ho Gayi from Bajirao Mastani. Jasleen Royal entertained with her songs, which included Kho Gaye Hum Kahan, Love You Zindagi and Ranjha. Chris later invited Jasleen and Elyanna to sing We Pray with him.

Another highlight of the evening was Chris Martin teas-

ing cricket fans. He abruptly stopped and said, "We have to finish the show because Jasprit Bumrah wants to come and play cricket with me backstage," he said midway. While Bumrah wasn't present at the concert, the friendly shoutout to the bowler had fans cheering. It was also a reminder that band was performing at a cricket stadium. Chris even read aloud fan placards. He made a 15-year-old fan's day by singing Everglow with him and reading out his placard, which had *Om* written in Devanagari script.

I couldn't believe I took myself for granted: Shreya

and (right) a throwback image she shared on Instagram

hreya Chaudhry, who was seen in the web show Bandish Bandits. shared a note about her fitness journey. She suffered a slipped-disc at 19 and had gained over 30kg. She wrote, "During this time, I put on a lot of weight, which took a toll on my fitness and health. I stopped doing any physical activity, and that made things worse. What struck the final nail was me getting a slip disc at that young age! I couldn't believe I had taken myself for granted (sic)."

Talking about bouncing back, she said, "It took me many months, but I focused on my fitness and well-being, and by the time I was 21,



my body and mind were in a brand-new mode. I slowly became fitter, lost 30 kilos and there was no relapse of the slip disc, which meant I could be carefree and focus on becoming even fitter (sic)."

DWAYNE JOHNSON gets a fun makeover from his daughters. "What started off with my two tornadoes, Jazzy & Tia asking, 'Daddy can we just put some eye shadow on you' and me saying 'yes but make it quick, because I gotta go to the gym," he wrote

Are Paul-Gracie breaking up?

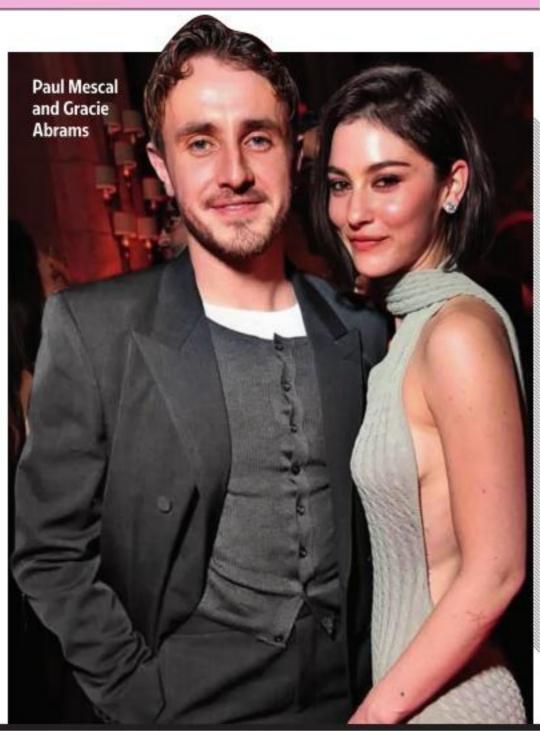
aul Mescal and his girlfriend Grace Abrams sparked breakup rumours after a video, showing a visibly emotional Abrams, surfaced online on Sunday.

The Normal People actor, 28, and Abrams, 25, were reportedly dining in a London restaurant when onlookers spotted what was possibly a breakup with singer bursting into tears before storming out of the eatery.

As per Mirror, Paul and the Tough Love singer were apparently enjoying a spot to eat at North London bakery before things took a dramatic turn, with fellow diners claiming Paul had his

"head in his hands as Gracie just sat there crying" at

one point. "She was crying so much that he then started to cry too", one onlooker claimed. "She eventually got up and walked out of the restaurant while they were halfway through their meal and he was left to pay the bill before leaving shortly afterwards". Diners in London claimed the exchange between Paul and Gracie "looked like a breakup". Before they broke up in December 2022, Paul was romantically involved with Phoebe Bridgers, an American musician, for around



I had to seek therapy after playing Golu, says Shweta

Akash Wadhwa

hweta Tripathi, in a conversation with us, shared her views on the mixed reactions of the viewers on Mirzapur's latest season, how she handled online trolling, her love for reading books and more. Excerpts...

The latest season of Mirzapur got mixed reviews. Do you agree something went wrong with this season?

For me, Mirzapur Season 3 was the most mature season. Jab pehla season aaya tha tab usmein women ka itna role nahi tha. And in this season my character of Golu gun chala rahi thi and jab koi gun chala raha hota hai na toh uska size nahi dekhte. People were not able to accept a female bahubali and hence the trolling. People in our society will accept a man with similar body type as being fit for the role but not a woman. Why? I am ready for being trolled if those are the reasons you are trolling me for. The trolling didn't bother me at all. Golu is very different from who I am as a person. And twice I have gone into a spiral which has been a very dark space psychologically. Infact I had to seek therapy after playing Golu in this season. The character was very dark. I have worked with the makers and I feel they are so evolved. I have respect for them who believe in me. I know people got used to a lot of shock value from Season 1 and 2 and that's why perhaps they

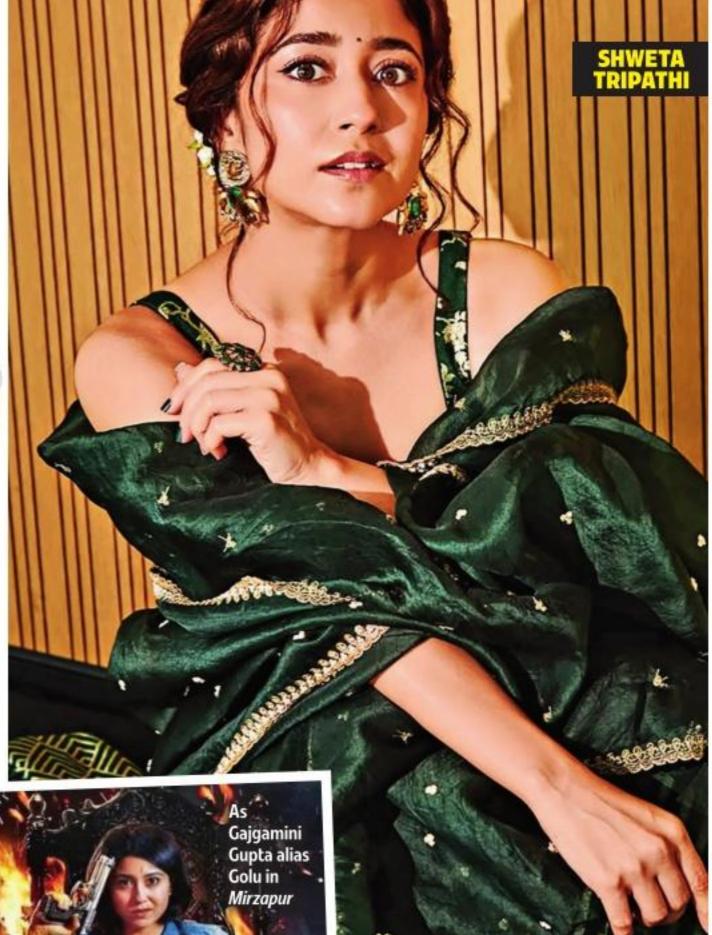
found this one slow. Were you affected, mentally, with the kind of trolling you were subjected to?

I definitely was, because my director and writer were affected. Because they thought that I am getting so much hate and trolling online for my character because of them. But, I don't read trolls and reviews from the release of my first film. People around me were more worried about my trolling. There are serious mental health issues cropping up because of the online trolling. However, my thing as a girl, as an artist is that I want to



'I love the feeling of carrying a book with myself'

Aajkal main kitabon mein kaafi zyada ghus chuki hoon. I am reading four books simultaneously. I am trying to shift to the online reading option, but I didn't enjoy that much. I love the feeling of carrying a book with myself, keeping it in my car and on my bedside. The only thing that is motivating me to switch to online reading is to save nature. I feel so terrible for not reading for so many years and I now want to make up for the lost time.



make a dent, and I did that by being a female bahubali. If you ask me that, can we do something better? 100%! We will always try to do something better rather than taking it personally. As a math equation maybe there weren't many wins as characters. All the feedback have been taken for season 4 to make it even better.

With OTT Taking over movies and TV shows' viewership, do you feel that we will ever see OTT's

saturation? TV ka saturation nahi aaya abhi tak toh OTT ka kahan aayega? My TV producer friends are making so much

money with their shows. OTT is here to

stay and so are other mediums.