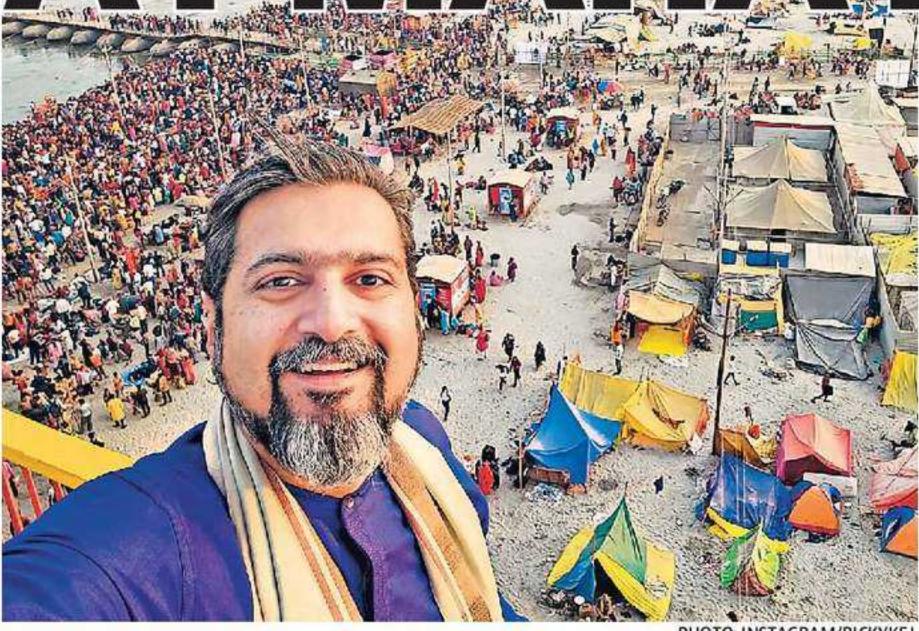
# THE CALL OF DEVOTION



### I'm sure this visit will translate into a track, says Ricky Kej

Deep Saxena deep.saxena@htlive.com

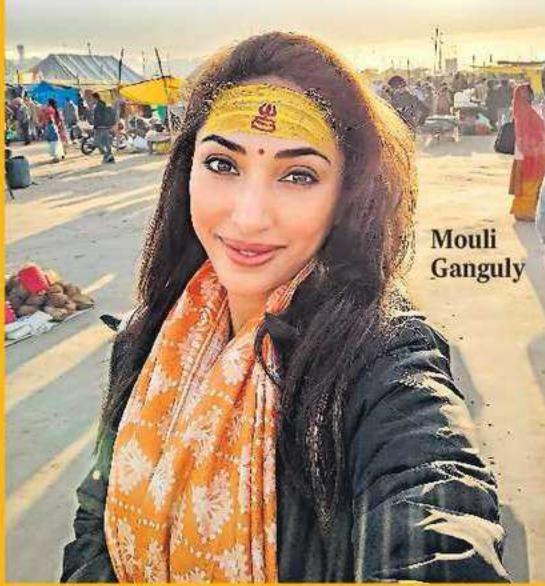
aving visited the Maha Kumbh Mela twice, composer Ricky Kej says that he is still processing the emotions he felt. "I made two visits in two weeks. From being a VIP guest to walking to the Sangam on foot, it was intimidating," says the composer, who also penned the Maha Kumbh's theme

song Ek Mein Anek. "I returned on

Monday and am still trying to process what I experienced. I am sure this visit will translate into a track," he adds.

Talking about both his visits, Ricky (43) tells us, "I shared the stage with (Uttar Pradesh Chief Minister) Yogi Adityanath ji and saw the luxurious side of the tent city. I also decided to get the real experience. I took bike taxis and walked shoulder-to-shoulder with other devotees to the Sangam; it was beautiful," he signs off.





ctor Mouli Ganguly

S Farah Rizvi

farah.rizvi@htlive.com

has always been a big believer of going with the flow. And her recent visit to the Maha Kumbh Mela in Prayagraj, she tells us, was as spontaneous. Explaining that she wanted to experience the pilgrimage without frills, Mouli says, "I visited the Maha Kumbh like any other devotee; I even carried a tent of my own." The 42-year-old continues, "I believe that the

simple. While she had to wait a while before taking the holy dip, she gushes, "The moment I took the dip was surreal. It felt like life came full circle."

Kumbh kutumb

Singer Shaan

and wife

Radhika

Mukherji were

joined by

Almighty and Ganga belong

to all, so I wanted to keep it



Mumbai' Love and Alia Bhatt and Edward **PHOTOS: INSTAGRAM** warm cuddles On Love Your Pet Day today, we take a dekko at Bollywood celebs who share their love for their

Kartik Aaryan Katori with Katori

four-legged babies online, from Alia Bhatt's cat Edward to Priyanka Chopra Jonas and Kartik Aaryan's pooch buddies Diana and →p 04

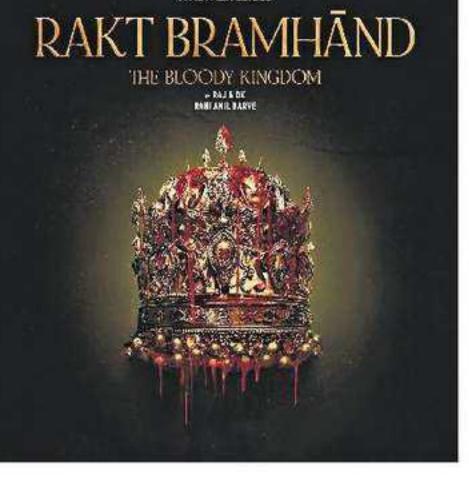
### Thrown under the bus, claim Raj and DK after reports of financial fraud



ilmmakers Raj → Nidimoru and Krishna DK raised eyebrows after a series of cryptic post on their joint X account on Wednesday afternoon.

The creators of shows such as The Family Man and Farzi, among others, wrote that they were "putting their heads down" after being "thrown under the bus" but did not specify what they were referring to. However, Raj and DK's post comes a day after a Bollywood Hungama report claimed that streaming platform Prime Video was shelving their new show, Gulkanda Tales after their next film, Rakt Brahmand was beset

by financial difficulties. According to Peeping Moon, a Rakt Bramhand executive producer is facing accusations of financial theft on set, after an undisclosed amount



(thought to be approximately ₹2 crore to ₹3 crore) was allegedly stolen from the production.

Raj and DK's note

Raj and DK shared several pictures of them on various sets, accompanied by a long note. They wrote, "Every now

and then something happens to shake things up. And you have a choice on how to react. For us that choice of reaction has always been clear - to just put our heads down and continue doing what we have been doing. Work harder. Do better. It is also a reminder to take stock of where we are at (sic)." The duo also seemed to take a dig at unknown individuals. "S\*\*t will keep happening... someone will steal, someone will throw

**▶** Ishita

**Dutta** and

INSTAGRAM/

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NOTETO

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PHOTO:

Ishita Dutta

you under the bus... To break new ground and keep coming to you with new, original stories. That's been the promise," they said.

The note ended with the duo addressing cancellation rumours: "Next up: Rakt Brahmand on Netflix; and Gulkanda Tales and The Family Man 3 on Prime."

### **STOP PRESS**

Hollywood actorproducer Nicole Kidman and her husband, singer Keith Urban are the latest victims of a slew of home invasions in Los Angeles (US). The couple's \$4.7 million mansion in California was reportedly broken into over the weekend, TMZ reported.



### Rihanna 'thankful' after A\$AP

### found not guilty in assault case



(inset) a grab from Rihanna's **Insta Story** PHOTO: DANIEL COLE/REUTERS

Rihanna and

A\$AP Rocky;

THE GLORY BELONGS TO **GOD AND GOD ALONE!** 

THANKFUL, HUMBLED BY HIS MERCY!

inger and businesswoman Rihanna wasted no time expressing her relief on social media after her partner, rapper A\$AP Rocky was declared not guilty in a felony assault trial.

"The glory belongs to God and God alone! Thankful, humbled by His mercy!" she wrote on her Instagram story shortly after the decision was announced.

Rocky, whose real name is Rakim Mayers, was facing two

felony charges for allegedly firing a gun at a former friend in 2021, a conviction that could have resulted in a prison sentence of up to 24 years. Following the verdict, the rapper could be heard expressing his gratitude to the jurors, telling them, "Thank y'all for saving my life."

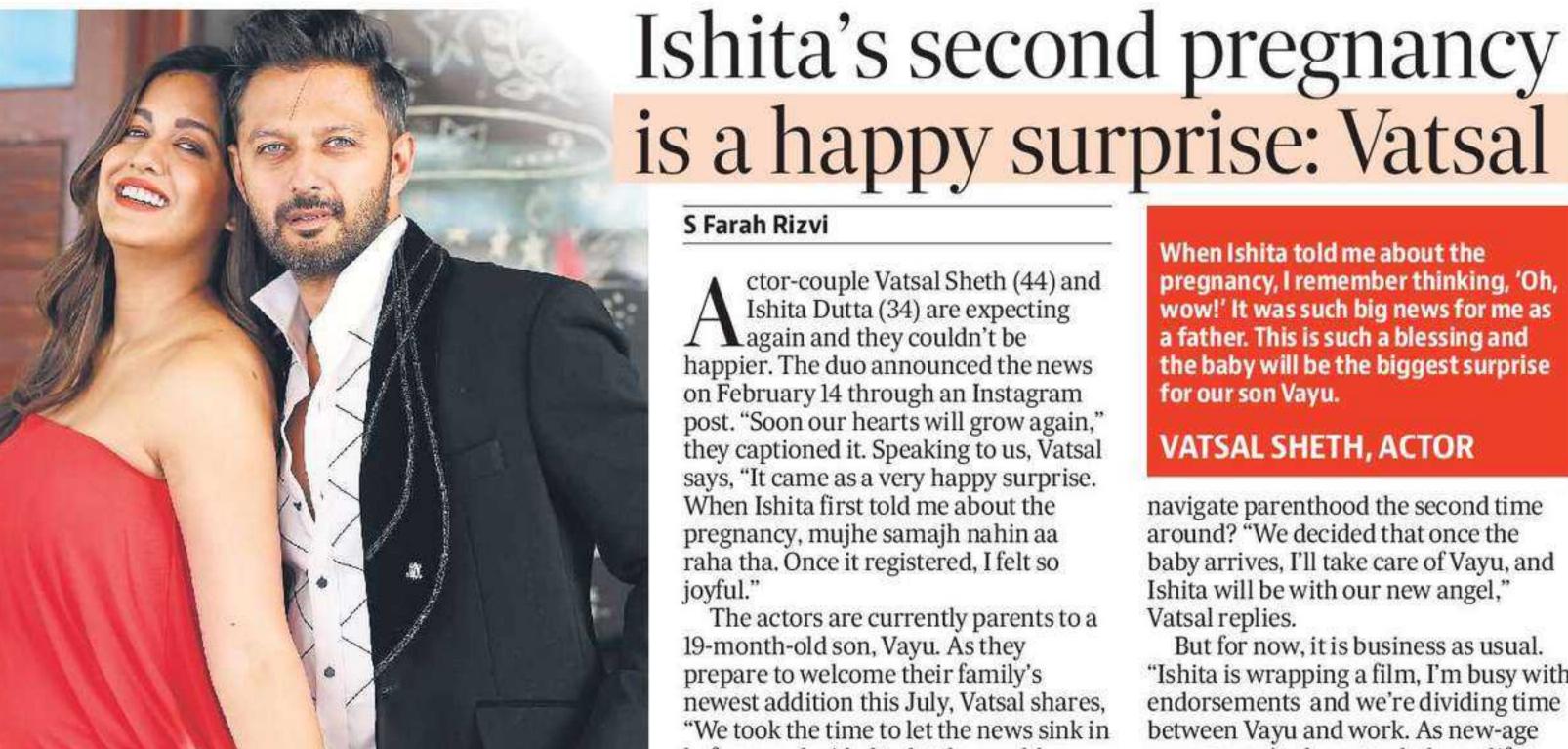
As for Rihanna, the singer was a constant presence in the court during the three-week trial; at one point she even brought their two

toddler sons, RZA (2) and Riot Rose (1) to the proceedings. After the verdict, a visibly emotional Rocky immediately rushed to

Rihanna, embracing her tightly.

Outside the courthouse, the couple stood side-by-side as the rapper addressed media persons. "This whole experience has been crazy, but I'm thankful, nonetheless. Blessed to be here right now. Thank you. All praise to God," Rocky said.





### S Farah Rizvi

ctor-couple Vatsal Sheth (44) and Ishita Dutta (34) are expecting again and they couldn't be happier. The duo announced the news on February 14 through an Instagram post. "Soon our hearts will grow again," they captioned it. Speaking to us, Vatsal says, "It came as a very happy surprise. When Ishita first told me about the pregnancy, mujhe samajh nahin aa raha tha. Once it registered, I felt so

The actors are currently parents to a "We took the time to let the news sink in before we decided to let the world know." How are they planning to

When Ishita told me about the pregnancy, I remember thinking, 'Oh, wow!' It was such big news for me as a father. This is such a blessing and the baby will be the biggest surprise for our son Vayu. **VATSAL SHETH, ACTOR** 

navigate parenthood the second time around? "We decided that once the baby arrives, I'll take care of Vayu, and Ishita will be with our new angel," Vatsal replies.

But for now, it is business as usual. "Ishita is wrapping a film, I'm busy with endorsements and we're dividing time between Vayu and work. As new-age parents, we've learnt to balance life with quality time," he ends.

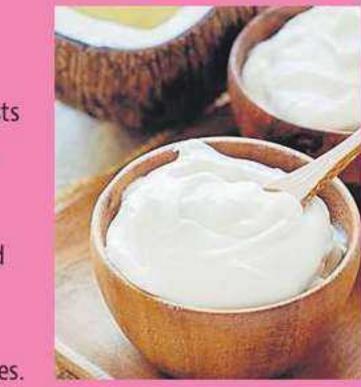
19-month-old son, Vayu. As they prepare to welcome their family's newest addition this July, Vatsal shares,

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### #thatshot

#### YOGURT CAN HELP PREVENT COLON CANCER

A Gut Microbes study suggests that consuming at least two servings of yogurt per week may lower the risk of aggressive colon cancer. Harvard researchers analysed dietary data from 1.3 lakh Americans over 30 years, linking yogurt intake to reduced colorectal cancer rates.





#### **BEING A MORNING** PERSON COULD **BOOST WELL-BEING**

A BMJ Mental Health study by University College London found that early risers report greater happiness, higher life satisfaction, and fewer depressive symptoms. Researchers analysed data from 49,218 respondents, linking morning routines to improved well-being due to better sleep, sunlight exposure and a sense of purpose.

#### BABY-SOFT SKIN, NATURALLY

The Baby Body Butter from Herby Angel is designed to soothe dry, itchy skin while offering anti-inflammatory benefits. Infused with a nourishing blend of aloe vera, bala ashwagandhadi oil, mango butter, argan oil and shea butter, it hydrates and enhances skin texture, ensuring moisture for up to hours. Price: ₹356 Available: herbyangel.com

GULAB &

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#### UNDERARM CARE, REDEFINED

Dr Sheth's Underarm Roll-On is a gentle yet effective solution for smooth, even-toned underarms. Enriched with rose extracts, glycolic acid, lactic acid, mandelic acid, and niacinamide, it exfoliates while reducing pigmentation. Free from aluminum, silicones, parabens, gluten, mineral oil, synthetic dyes and alcohol, it ensures skin-friendly care. Price: ₹311 Available: drsheths.com

February is not just the month of love — it is also **Heart Health** Month. **Experts weigh** in on the rising incidence of heart disease





MATTERS OF HEART

Abigail Banerji

abigail.banerji@hindustantimes.com

aking care of your body isn't just about fitness and nutrition — it's about keeping your heart healthy too. Once seen as an agerelated concern, heart disease is now striking younger generations at an alarming rate. Reports of sudden heart attacks among young individuals are becoming a frequent and troubling trend.

Dr Kayan Siodia, consultant cardiologist at P.D. Hinduja Hospital and MRC, Mumbai, highlights the growing concern: "Our data reveals that

nearly 25% of heart attack patients are under the age of 40. This paints a grim picture, especially in the post-Covid-19 era, leading us to question whether there is a direct correlation." The numbers back this trend. A recent report by Mahajan Imaging and Labs shows a 20-30% increase in preventive cardiac screenings among individuals aged 30 to 65. This suggests a growing awareness of heart health but also raises questions about why cardiovascular risks are

WHY IS THERE A SURGE? "Sedentary lifestyles, high stress levels, rapid urbanisation and unhealthy dietary habits all contribute to this growing problem,' explains Dr Virbhan Balai, consultant Interventional Cardiologist at Manipal Hospital, Delhi. "Additionally, addictions and the excessive consumption of junk food lead to obesity and metabolic syndrome, which significantly increase the risk of heart disease."

rising among the youth.

Family history is another major contributor. Dr Jagjeet Deshmukh, cardiologist at

tap your feet is a natural reaction. A new

study published in the journal PLOS One

human body is hardwired to move to the

grooving to music might be involuntary.

To come to this conclusion, researchers

observed a group of people and asked them

a slew of questions to get the answer. The

participants and 17 people with musical

anhedonia. They were asked to listen to

of pleasure and urge to sway their bodies

Musical anhedonia is a condition where

the same response of emotional pleasure to

music. What separates people from the

perceived. However, the study found that

even people suffering from this condition

urge to move their bodies, whether they

not. This study challenges the previous

we would expect to see an inverted U-

notions of how the brain perceives music.

shaped response to rhythmic complexity,

meaning that we want to move to music

that is of medium complex rhythms as

It was observed that both groups had the

derived pleasure out of the musical tones or

In a statement, lead author Isaac Romkey

from Concordia University said, "Normally,

opposed to music that is very simple or very

ones with musical anhedonia is the

difference between how sounds are

from Concordia University in Canada

study was conducted on 148 control

and rate themselves on the basis

musical tones,

on a five-point scale.

had the same urge.

some people don't have

TO MOVE OR NOT TO MOVE

beat. This can mean that the body's way of

has found a reason why. Turns out, the

Sahyadri Super Speciality Hospital, Pune, notes, "Some individuals are genetically predisposed to heart conditions." Adding to the burden is the high-pressure corporate culture, which has disrupted work-life balance.

"Today's youth face unprecedented stress — from academic demands and career uncertainties to financial

substance abuse accelerate pressures and social mediadriven anxieties," says Dr heart disease risk Prashant Pawar, consultant, Interventional Cardiologist at Fortis

Hospital, Mumbai, adding, "These factors collectively contribute to increased heart

disease risks."

Hiranandani

#### SYMPTOMS YOU SHOULDN'T IGNORE

- Fatigue and chest discomfort, especially during exertion
- Excessive sweating or shortness of breath Jaw pain or radiating chest pain in the left arm Palpitations (feeling like your heart is beating) too fast or irregularly)
- Dizziness or fainting spells Swelling in the legs, ankles and feet

### THE LINK BETWEEN SLEEP AND

HEART HEALTH A recent study by Penn State College of Medicine, US found that irregular sleep patterns can impact heart health later in life. Teens with inconsistent sleep schedules had lower heart rate variability (HRV), a key indicator of cardiovascular function. Poor HRV has been linked to a higher risk of heart disease, reinforcing the need for regular sleep-wake cycles.

WHY ARE THE YOUNG MORE VULNERABLE Smoking, alcohol and

 Tobacco use leads to clogged arteries and increases the likelihood of blood clots Excessive alcohol intake raises blood pressure and disrupts heart rhythms

 Drug use, including cocaine and methamphetamines, can

trigger coronary spasms, irregular heartbeats, and sudden cardiac arrest Rising obesity rates and metabolic disorders further amplify

 High levels of chronic stress contribute to inflammation, high blood pressure, and poor heart function.

cardiovascular risks

- Dr Prashant Pawar

#### CAN LOVE PROTECT YOUR HEART? THE ROLE OF OXYTOCIN

PHOTOS: ADOBE STOCK (FOR REPRESENTATIONAL PURPOSE ONLY)

Research suggests that being in a happy relationship can benefit heart health. Dr Joy Gelbman, cardiologist at NewYork-Presbyterian and Weill Cornell Medicine, explains, "Being in a loving relationship can increase oxytocin levels while lowering stress hormones like cortisol. This improves blood pressure and overall

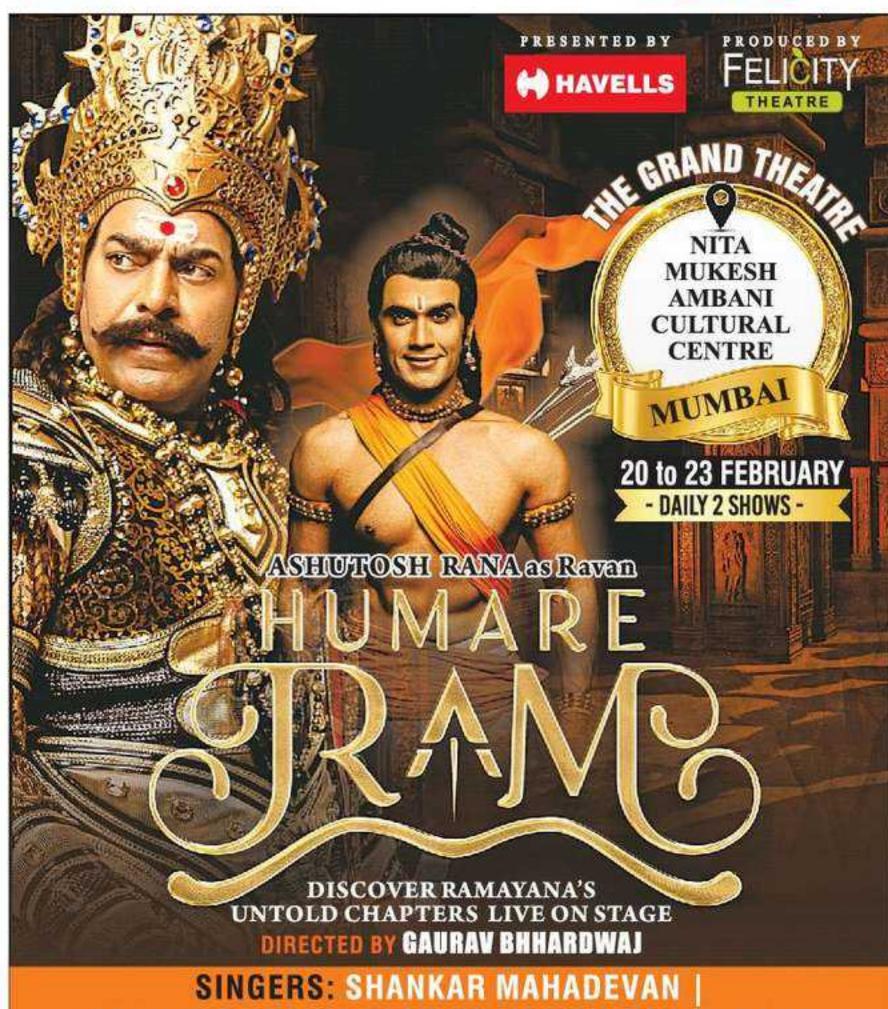
cardiovascular health." Oxytocin, often called the "love hormone," is released through physical touch such as hugging, kissing, and cuddling. Studies have shown that married individuals with heart disease are less likely to experience fatal heart attacks, a phenomenon known as the "marriage effect."

### **EXPERT ADVICE: HOW TO**

- **PROTECT YOUR HEART**  Avoid smoking, excessive alcohol consumption and processed foods Maintain a balanced diet rich in
- fruits and vegetables Engage in daily physical activity to
- boost cardiovascular fitness Manage stress through mindfulness,
- yoga or therapy Monitor and manage conditions like diabetes, hypertension and high cholesterol
  - Dr Virbhan Balai

### Grooving to music is hardwired in the human body, finds a study Tho knew that the penguins from the 2006 film Happy Feet were right? Grooving to the music is instinctive. Whether you are at a concert, on the road, or in the comfort of your home, the urge to groove to music and





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SAURABH MEHTA

### Tapatrisha Das

complex."

**EVERYONE HAS** THE URGE TO MOVE THEIR BODIES, WHETHER THEY DERIVE PLEASURE FROM **MUSICAL TONES OR NOT** 

## DAILY HOROSCOPE

### Thursday, February 20, 2025

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) ASKPREMASTROLOGER

ARIES

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# MAR 21-APR 20

may spark enthusiasm. While work might feel monotonous, exploring new skills could

add excitement to your career. Avoid impulsive purchases and work on cutting unnecessary expenses.

LOVE FOCUS: The stars favour bold moves - take a chance on romance. **LUCKY NUMBER: 1 LUCKY COLOUR:** Peach

#### **LEO JUL 23-AUG 23**

VIRGO

AUG 24-SEP 23

Plan an activity that strengthens family bonds. Focus on maintaining balance through light

exercise and proper rest to recharge. Work may feel routine, but planning long-term goals can add purpose. **LOVE FOCUS:** Your loving energy is contagious - spread it generously. LUCKY NUMBER: 6 LUCKY COLOUR: Yellow

Family life brims with joy;

cherish shared traditions.

Travelling to offbeat

destinations could spark

creativity. Career progress feels

rewarding, so plan strategically. It's a

good time to explore long-term plans

**LOVE FOCUS:** The cosmos encourage

you to express love in creative ways.

**LUCKY NUMBER: 8 LUCKY COLOUR: Pink** 

### **SAGITTARIUS NOV 23-DEC 21**

Career growth feels promising. Property deals are favourable. Plan a

special meal or revive traditions to bring family closer. Embrace an active lifestyle to keep your energy and balance intact. LOVE FOCUS: Love flows easily when

you approach it with patience. **LUCKY NUMBER: 22 LUCKY COLOUR:** Saffron

Relaxed gatherings or

meaningful conversations

will nurture family bonds.

Financial success is within

reach. Build your personal brand at

**LOVE FOCUS:** Supportive conversations

with your partner could strengthen

**LUCKY NUMBER: 2 LUCKY COLOUR:** 

work to enhance your impact.

**CAPRICORN** 

**DEC 22-JAN 21** 

### **TAURUS** APR 21-MAY 20



Financial opportunities may encourage you to focus on enhancing your financial literacy. Refining technical skills can help you tackle

work challenges effectively. LOVE FOCUS: Romance requires vulnerability; dare to show your authentic self.

LUCKY NUMBER: 7 LUCKY COLOUR:

Golden

**GEMINI** MAY 21-JUN 21

Financial matters may need extra attention. Travel plans offer inspiration. At work, productivity is likely to benefit from

time management tools. LOVE FOCUS: Spending quality time together can deepen your bond. Silver

LUCKY NUMBER: 7 LUCKY COLOUR:

### LIBRA SEP 24-OCT 23

for financial security.



Consider diversifying investments for growth. Career achievements feel natural, make use of innovative problem-solving. Travel

delays are possible. LOVE FOCUS: Your words hold power

#### — use them to uplift your partner. LUCKY NUMBER: 7 LUCKY COLOUR: Cream

### AQUARIUS



your bond.

Peach

Financial decisions call for caution. Focus on upskilling or leadership roles at work to stay ahead. Travel plans are simple yet

rewarding. LOVE FOCUS: Today is perfect for rekindling the passion.

**LUCKY NUMBER: 18 LUCKY COLOUR:** Orange

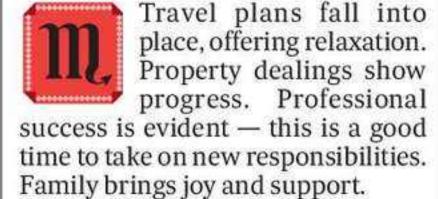
#### **CANCER** JUN 22-JUL 22



Moderate energy levels call for immune-boosting meals and hydration. Finances feel tight, but careful budgeting and delaying major decisions can help stay on track.

Work may test your patience. **LOVE FOCUS:** A sweet surprise awaits be ready to embrace it. **LUCKY NUMBER: 3 LUCKY COLOUR:** Brown

### **SCORPIO** OCT 24-NOV 22



**LOVE FOCUS:** A touch of spontaneity can reignite the spark. LUCKY NUMBER: 11 LUCKY COLOUR: White

### **PISCES** FEB 20-MAR 20

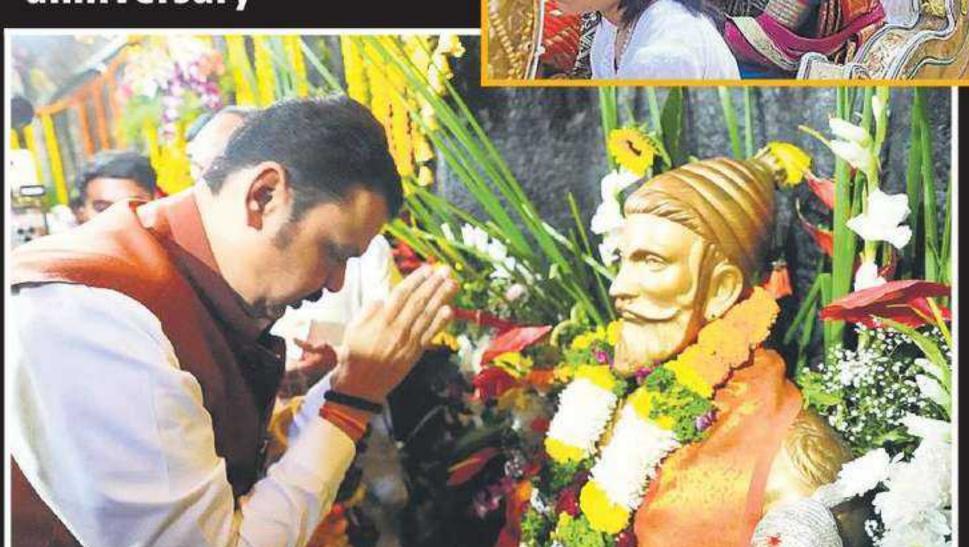


tion and future planning. LOVE FOCUS: Your romantic intuition is heightened — trust it to guide you. LUCKY NUMBER: 4 LUCKY COLOUR: Beige

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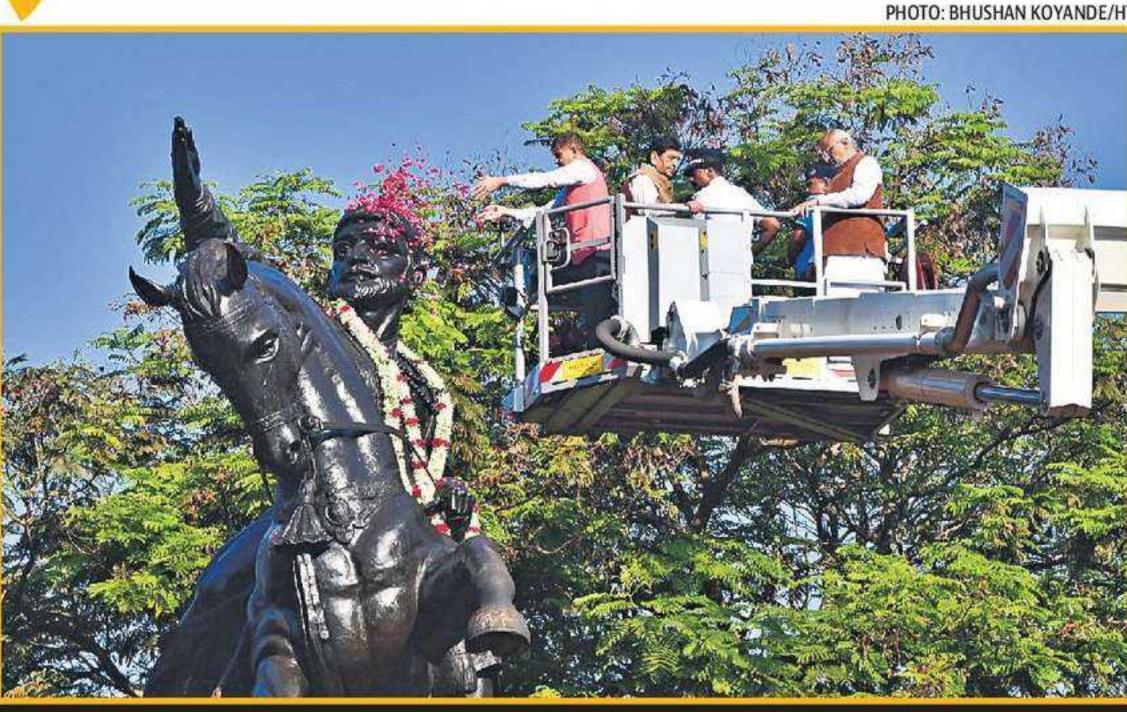


Mumbai came together to pay homage to Maratha warrior Chhatrapati Shivaji Maharaj yesterday to mark his 395th birth anniversary



A motor bike rally in Ulhasnagar is lead by a chariot that seats a statue of Chhatrapati Shivaji Maharaj

**◄** Chief Minister of MaharashtraDevendra Fadnavis pays his respects to Chhatrapati Shivaji Maharaj in Shivneri



In Mumbai, the Governor of Maharashtra CP Radhakrishnan was accompanied by Mangal Prabhat Lodha, Minister of Tourism, Skill Development and Entrepreneurship, and Bhushan Gagrani, BMC Commissioner, while paying tribute at Shivaji Park



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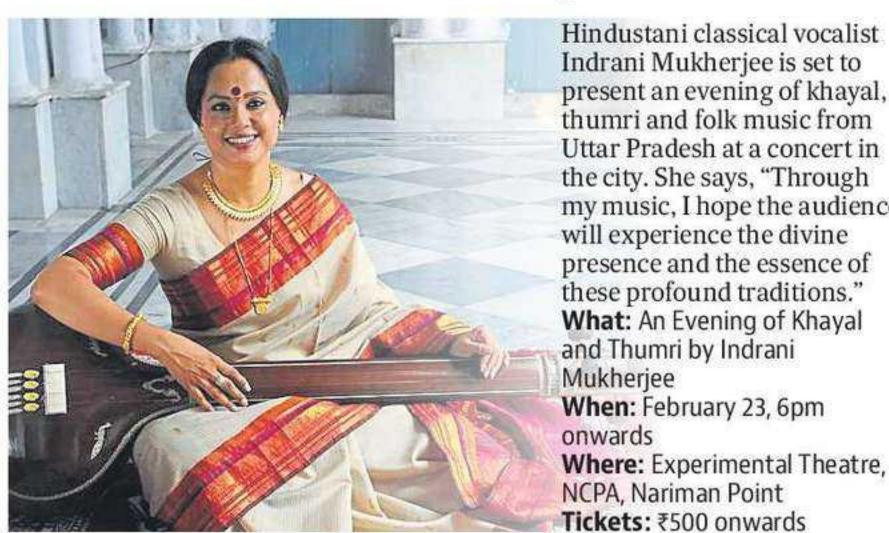
### #culturecapsule

### All about thumri and khayal

Various competitions were held at residential

complexes in Mumbai. A young girl colours a

picture of Chhatrapati Shivaji Maharaj here



Hindustani classical vocalist Indrani Mukherjee is set to present an evening of khayal, thumri and folk music from Uttar Pradesh at a concert in the city. She says, "Through my music, I hope the audience will experience the divine presence and the essence of these profound traditions." What: An Evening of Khayal and Thumri by Indrani Mukherjee When: February 23, 6pm onwards



Music lovers can attend Mumbai Drum Day 2025. Featuring musicians Trilok Gurtu, Gino Banks, Joshua Vaz, David Joseph, Suyash Gabriel, Jivraj Singh, Manjunath Sattyasheel and keyboardist Sangeet Haldipur, the event will be a celebration of the rhythm and percussion. "This year will be a melting pot of rhythmic

diversity, where each drummer brings their regional influences and personal flair to the stage," says Gino, who has curated the show.

What: Mumbai Drum Day 2025 When: February 21, 6.30pm onwards Where: St Andrews Auditorium, Bandra (W) Tickets: ₹500 onwards



**GOOD TIMES PARTNER** 

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**FOR NAWAZ!** 

played the role of

Tungrekar, was

dialogues for the

film. He reportedly

had a free-hand to



inger Kumar Sanu received two awards at the UK Parliament recently. He was honoured by the House of Commons and also with a Lifetime Achievement Award by the World Book of Records for his contribution to music. "I am honoured and grateful to have received these recognitions. Music has been my passion all my life, and being acknowledged across countries, especially by the UK Parliament for the second time, is humbling. I dedicate these awards to my fans, who have loved me and supported me throughout my journey," says Sanu.

The singer was accompanied by his daughter, singer Shannon K, who also performed with him at a show in London following the award ceremonies. "It's great to be valued for your dedication to

WEELS BOOK CERTIFICATE Acres Sen NOTE YOUR DESIGNATIONS Kumar Sanu with his daughter, Shannon K (far left), as he It's great to be receives the World Book of valued for your Records honour in the UK

your craft. I can never forget recording 28 songs in a single day many years ago. That's how much I love and worship my work. I am grateful that my dedication has been noticed by people in another country," Sanu ends. HTC

dedication to your craft. I am grateful that my dedication has been noticed by people in another country.

KUMAR SANU,



# 10 years of Badlapur:

Some lesser-known facts

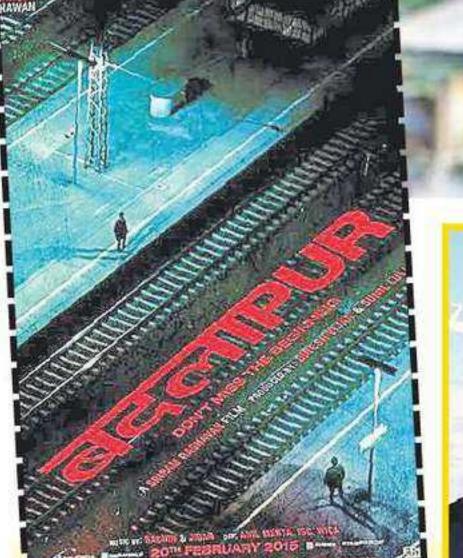
Badlapur - Don't Miss The Beginning is considered among the most successful thrillers in Bollywood. Starring Varun Dhawan, Nawazuddin Siddiqui, Huma Qureshi and Yami Gautam Dhar, it's about a man's quest for revenge after his family is killed. As it clocks a decade today, here are some fun anecdotes around the film

Compiled by Rishabh Suri



**NO-NO FOR JEE** KARDA

Director Sriram Raghavan didn't want the song Jee Karda's music video to be a part of the film. He revealed in an interview to Film Companion that it was on producer Dinesh Vijan's insistence that it was retained, and he doesn't like it to date.



THE NAME GAME

The tagline Don't Miss The Beginning, apart from Sriram's preference, was also retained officially as a part of the title because there was another film called Badlapur Boys. In fact, Badlapur wasn't even supposed to be the title of the film. It was used as a working title, but the makers received positive feedback from the team and hence retained it.



Raghav Purohit in the film happened accidentally. "I had just finished narrating the premise of Badlapur to Dinesh. Just then, Varun came over. I narrated the script to Varun too. As I was narrating it, I could see him getting excited. We hadn't even told him that we might consider him for the role. But, after that day, Varun called me every day and talked about how he felt a certain scene could be done,"

said Sriram.



**Ananya Panday** 

last year.

Ananya introduced Riot to her

fans in May last year, describing

him as "the cutest little boy in the

whole wide world". She even made

him a part of her film's promotions



side, actor Rashmika Mandanna candidly shared a selfie with a flower crown as she pouted. She wrote, "How does this crown look?" On the other hand, vacationing Down Under, Shehnaaz Gill took to Instagram to post a photo dump of her touristy side. The actor posed with Australia's Sydney Harbour Bridge in the background.

Rashmika Mandanna





#### a toy poodle. She had earlier admitted her fear of dogs, but after her sister, actor Nupur Sanon gifted her Phoebe, Kriti has been inseparable from her fur babies. enjoys the finer things in life, including **Varun Dhawan** designer collars and Varun welcomed his first child with high-fashion carriers. wife, designer Natasha Dalal last year. But his paternal instincts started with his pet, Joey the beagle. The bond between man and dog is evident on his social

Jonas When it comes to canine royalty, Priyanka's pet Diana makes it to the top of the list. Priyanka has confessed that the little chihuahua is a pampered girl who

> PHOTOS: INSTAGRAM **ILLUSTRATIONS:**

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media, where he often shares

glimpses of their cuddle time.