

THE WAKING OF A NATION



**P9**

# SECRET SLICE OF HISTORY

B'DAY,  
WATCHIT  
**P2**

TECH  
CHECK  
**P4**

WHATSUP  
**P6,7,11**

INFLAMMATION  
INFO, BIRYANI  
ON ORDER  
**P10,14**



DHRUBOR  
ASCHORJO JIBON

**P8**

## ART OF LOVE



**P14**

## SWEET SERVE

PICTURE: B HALDER



JANHVI KAPOOR, GAURAV CHAKRABARTY,  
DAVID GILMOUR



This year brings an end to a challenging and painful cycle. Give yourself space for renewal, healing and a fresh start. Embrace the abundance that surrounds you and let it inspire you to live authentically and in alignment with your values. Avoid overindulgence and stay in moderation. Do not hesitate to consult a doctor if you suffer from back problems.

— Nita Chhotlani

ALSO: ANKIT TIWARI



IT WAS ALL YELLOW:



My fav season is here.. Uploaded by @kritisanon (Kriti Sanon)



Uploaded by @sauraseni1 (Sauraseni Maitra)

## TODAY'S TIPS by Nita Chhotlani



### ARIES

**DO** inspire others around you to a higher level of activity  
**DON'T** feel overwhelmed by the flood of new ideas  
**EXPECT** to come up with new plans which you will be able to execute very easily



### TAURUS

**DO** avoid picking any issue with your partner today  
**DON'T** offer any counterstatement  
**EXPECT** to be gentle and loving and try to understand your partner's viewpoint



### GEMINI

**DO** use your leadership qualities  
**DON'T** be arrogant  
**EXPECT** to motivate your subordinates as a big project is under way



### CANCER

**DO** link up all the fragments of thought to get clarity  
**DON'T** allow yourself to get stuck with things you do not believe in  
**EXPECT** to get rid of certain tricky situations



### LEO

**DO** stay relaxed by doing yoga or meditation  
**DON'T** get stressed  
**EXPECT** your work load to increase immensely



### VIRGO

**DO** stay focused to find success in activities without hassle  
**DON'T** feel helpless  
**EXPECT** to conquer all obstacles in your path by determination and the force of your will



### LIBRA

**DO** follow your instincts today  
**DON'T** have a laid-back attitude  
**EXPECT** a number of opportunities on various fronts to open up for you



### SCORPIO

**DO** make up the differences, even if it involves a few awkward moments  
**DON'T** be stubborn  
**EXPECT** to come in contact with someone from whom you are estranged



### SAGITTARIUS

**DO** relate to the emotions of people  
**DON'T** impose your views on subordinates  
**EXPECT** to change your harsh and witty approach to communication today



### CAPRICORN

**DO** take the necessary steps to make you happy  
**DON'T** drag a relationship out due to social pressure  
**EXPECT** to take off the rose-tinted glasses when you examine your current relationship



### AQUARIUS

**DO** choose the right path and stay away from temptation  
**DON'T** take shortcuts at work  
**EXPECT** to call up a well-wisher who will assist you in staying strong



### PISCES

**DO** clearly demarcate your work schedule for each day  
**DON'T** miss out on your commitments  
**EXPECT** there to be an imbalance between your personal and professional lives

Nita Chhotlani is on



@Divine Grace - Nita Chhotlani



@mysticalguidancebynita

## WATCHIT!



Gerry Lane (Brad Pitt), a former United Nations investigator, must travel the world in a race against time and find a way to prevent a pandemic that is turning humans into zombies. **World War Z**; STAR Movies, 10.45pm

### ENGLISH

#### MOVIES OF THE DAY

Sniper Reloaded: &flix, 1.20pm  
Blue Beetle: Sony Pix, 1.30pm  
Jawbreaker: &Prime HD, 2.45pm  
Godzilla vs Kong: STAR Movies, 3.15pm  
Venom, Let There Be Carnage: Sony Pix, 3.45pm  
Holmes & Watson: &Prime HD, 3.55pm  
Once Upon a Time in Hollywood: &flix, 4.15pm  
Life of Pi: STAR Movies, 5pm  
Hotel Transylvania 3, Summer Vacation: Sony Pix, 5.25pm  
Suicide Squad: STAR Movies, 7pm  
Surf's Up 2, WaveMania: &flix, 7.25pm  
Save Yourself!: &Prime HD, 7.30pm  
Rise of the Planet of the Apes: STAR Movies, 9pm  
Olympus Has Fallen: Sony Pix, 9pm  
Austenland: &Prime HD, 9pm  
Lake Placid, The Final Chapter: &flix, 10.30pm

Premium Rush: &Prime HD, 10.40pm  
World War Z: STAR Movies, 10.45pm  
Doctor Strange: STAR Movies Select HD, 10.45pm  
Dunkirk: Sony Pix, 10.55pm

#### SHOWSTOPPERS

Succession: Colors Infinity, 6pm  
The White Lotus: Colors Infinity, 7pm  
Nathan For You: Comedy Central, 7pm  
Pinocchio: Zee Cafe, 7pm  
Game of Thrones: Colors Infinity, 8pm

### HINDI

#### SHOWSTOPPERS

Dil Ko Tumse Pyaar Hua: STAR Plus, 6pm  
Suman Indori: Colors, 6.30pm  
Pocket Mein Aasmaan: STAR Plus, 6.30pm  
Megha Barsenge: Colors, 7pm  
Iss Ishq Ka... Rabb Rakha: STAR Plus, 7pm  
Bas Itna Sa Khwab Hai: Zee TV, 7pm  
Maati Se Bandhi Dor: STAR Plus, 7.30pm  
Kaise Mujhe Tum Mil Gaye: Zee TV, 7.30pm

### BENGALI

#### MOVIES OF THE DAY

Tulkalam: Colors Bangla Cinema, 1pm  
Deva: Jalsha Movies, 1.30pm  
Sneher Protidan: Colors Bangla, 2pm  
Thikana Rajpath: Aakash Aath, 3.05pm  
Gandakal: Colors Bangla Cinema, 4pm  
Bagh Bandi Khela: Jalsha Movies, 4.40pm  
Baazi: Zee Bangla Cinema, 5pm  
Jamai 420: Jalsha Movies, 7.45pm  
I Love You: Colors Bangla Cinema, 7.30pm  
Tiger: Jalsha Movies, 10.30pm

### SPORT

Intercontinental Legends League, Caribbean Hurricanes vs African Lions - live: Sony TEN 3, 3pm  
I-League, Inter Kashi vs Punjab Namdhari Sports - live: Sony TEN 2, 7pm  
Intercontinental Legends League, Trans Titans vs Asian Avengers - live: Sony TEN 3, 7pm  
Tata Women's Premier League, UP Warriorz vs Mumbai Indians - live: STAR Sports 1 & 1 HD, 7.20pm  
UEFA Europa League (Round of 16) Leg 1, Real Sociedad vs Manchester United - live: Sony TEN 2, 11.15pm  
UEFA Europa League (Round of 16) Leg 1, AZ Alkmaar vs Tottenham Hotspur - live: Sony TEN 1 & 1 HD, 11.15pm  
UEFA Europa Conference League (Round of 16) Leg 1 - Copenhagen vs Chelsea - live: Sony TEN 5 & 5 HD, 11.15pm  
UEFA Europa League (Round of 16) Leg 1, Roma vs Athletic Club - live: Sony TEN 2, 1.30am  
UEFA Europa League (Round of 16) Leg 1, Ajax vs Frankfurt - live: Sony TEN 1 & 1 HD, 1.30am  
UEFA Europa League (Round of 16) Leg 1, Viktoria Plzen vs Lazio - live: Sony TEN 5 & 5 HD, 1.30am  
UEFA Europa League (Round of 16) Leg 1 - Bodo/Glimt vs Olympiacos - live: Sony TEN 3, 1.30am

## BIG SCREEN

### ENGLISH

**A COMPLETE UNKNOWN (A):** Inox Quest (11.40, 5.20), Inox South City (8pm, 10.40pm), PVR Mani Square (noon, 7.05)  
**THE BRUTALIST (A):** Inox Quest (4.20, 10.30), Inox South City (2.15, 9.50), Inox Forum (12.45, 6.55), PVR Mani Square (2.55, 10)  
**CAPTAIN AMERICA: BRAVE NEW WORLD 3D (U/A):** Inox Quest (9am), Inox Rajarhat (10.20am), Inox Hiland (9.20am)  
**CONCLAVE (U/A):** Inox South City (8pm)  
**FLOW (U):** Inox Quest (2.20), Inox South City (3.05)  
**INSIDE OUT 2 (U):** Inox Quest (7.15pm)

### JAPANESE

**MOBILE SUIT GUNDAM GQUUUUUUX - BEGINNING (U/A):** Inox Quest (10, 5.15), Inox South City (10.20, 4), Inox Forum (5pm), PVR Mani Square (9.10, 1.20)

### SPANISH

**EMILIA PEREZ (A):** Inox Quest (8.30pm)

### HINDI

**AGHATHIYAA (U/A):** RDB Cinemas (7.45pm)  
**CAPTAIN AMERICA: BRAVE NEW WORLD 3D (U/A):** PVR Diamond Plaza (12.55)  
**CHHAAVA (U/A):** Inox Quest (9, 10, 12.20, 1.20, 3.40, 4.40, 7, 8, 10.20, 11.20), Inox South City (10, 11, 1.20, 3.50, 4.40, 6.30, 8, 10, 11.20), Inox Forum (12.45, 1.50, 4.05, 7.25, 8, 10.45, 11.20), Inox Salt Lake (9, 10, 12.20, 1.20, 3.40, 4.40, 7, 8, 10.20, 11.20), PVR Rajarhat (9, 10, 12.20, 1.20, 3.40, 4.40, 7, 8, 10.20, 11.20), PVR Hiland (9.30, 11, 12.45, 2.20, 4.05, 5.40, 7.25, 9, 10.45), Inox Hind (9, 11.05, 12.20, 3.40, 4.35, 7, 10.20), Inox Metro (9.30, 10.50, 12.50, 4.10, 6.30, 7.30, 9.50, 10.50), PVR Avani (9, 11.15, 12.20, 2.35, 3.40, 5.55, 7, 9.15, 10.20), PVR Mani Square (9, 10.20, 12.20, 3.40, 4.40, 7, 8, 10.20, 11.20), PVR Diamond Plaza (9, 10, 12.20, 1.20, 3.40, 4.40, 6, 7, 8, 9.20, 10.20, 11.20), PVR Uniworld Downtown (9.30, 11.15, 12.45, 2.30, 4, 5.45, 7.15, 9, 10.30), RDB Cinemas

(11, noon, 2.10, 3.10, 5.20, 6.20, 8.30, 9.30)  
**CRAZZY (U/A):** Inox Quest (10, 12.10, 2.40, 8.20, 10.40), Inox South City (10, 1.45, 8.30, 10.55), Inox Forum (10, 12.10, 5.20, 11.10), Inox Salt Lake (10, 3.35, 8.35, 11.15), Inox Rajarhat (10, 3, 7.55, 10.05), Inox Hiland (10.30, 3.30, 5.40, 10.55), Inox Hind (2.25, 7.55, 10.45), Inox Metro (2.10, 4.20), PVR Avani (10.20, 3.20, 8.20, 10.45), PVR Mani Square (11.10, 3.20, 8.20), PVR Diamond Plaza (10.45, 3.35, 8.35, 10), PVR Uniworld Downtown (10.05, 3.05, 8.05)

**MERE HUSBAND KI BIWI (U/A):** Inox Quest (4.50, 10.50), Inox South City (10.50am), Inox Forum (2.20), Inox Salt Lake (8.15pm), Inox Rajarhat (1pm), Inox Hiland (8pm), PVR Avani (1.15), PVR Mani Square (1.40), PVR Diamond Plaza (1.35), RDB Cinemas (2.30)

**SKY FORCE (U/A):** Inox Salt Lake (10.15am)

**SUPERBOYS OF MALEGAON (U/A):** Inox Quest (11, 2.35, 7.50, 11.15), Inox South City (10.20, 1.10, 7.10, 11), Inox Forum (10, 5.10, 10.55), Inox Salt Lake (12.10, 5.45, 10.45), Inox Rajarhat (12.10, 5.05, 10.30), Inox Hiland (12.40, 5.10, 10.50), PVR Avani (12.30, 5.30, 10.30), PVR Mani Square (9.15, 5.30, 10.30), PVR Diamond Plaza (9.45, 12.35, 5.45, 10.45), PVR Uniworld Downtown (12.15, 5.15, 10.15)

### BENGALI

**BINODINI — EKI NATIR UPAKHYAN (U/A):** Inox South City (12.05)

**DHRUBOR ASCHORJO JIBON (U/A):** Inox South City (5.05), Inox Salt Lake (5.20), Inox Rajarhat (4pm), Inox Hiland (7.55pm), PVR Avani (4.15), PVR Diamond Plaza (4.35)


**EI RAAT TOMAR AMAAR (U/A):** Inox South City (2.55), Inox Salt Lake (3pm), PVR Diamond Plaza (7.30pm)

**MAYANAGAR (U/A):** Inox South City (5.10)

**MUKHOSHE MANUSHE KHELA (U/A):** Inox Hiland (noon)

**SHOTYI BOLE SHOTYI KICHHU NEI (A):** Inox South City (12.15)








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**S**lightly under a year after upgrading its iPad Air with the M2 chip, Apple has announced an all-new successor, this time with the M3 chipset. It comes with a redesigned keyboard accessory.

The company appears to keep the momentum going for the iPad lineup, which saw a revenue bump of 15 per cent over the holidays. The Cupertino HQ-ed tech giant uses its chips to distinguish its hardware and has, in recent times, been keen to upgrade devices more rapidly.

Users have the choice between an 11-inch and 13-inch display sizes, both of which come with slim bezels, Touch ID integrated into the top button, a 12MP landscape selfie camera and a 12MP rear snapper.

The notable upgrades are under the hood, especially the M3 chip, which made its debut in 2023 with the 14-inch and 16-inch MacBook Pro and 24-inch iMac and then became a part of last year's



## APPLE DELIVERS A NEW iPad AIR WITH M3 AND AN ENTRY-LEVEL iPad

iPad Air with M3 delivers a speedy experience, and the new Magic Keyboard brings advanced features at a lower price

MacBook Air. It's still considered a powerful chipset that can handle tasks easily.

The M3 chip is a significant improvement over M1 and previous-generation models. Featuring a more powerful 8-core CPU, M3 is up to 35 per cent faster for multithreaded CPU workflows

than iPad Air with M1. M3 features a 9-core GPU with up to 40 per cent faster graphics performance over M1. M3 also brings Apple's advanced graphics architecture to iPad Air for the first time with support for dynamic caching, along with hardware-accelerated mesh shading and ray tracing. For graphics-intensive rendering workflows, iPad Air with M3 offers up to 4x faster performance than iPad Air with M1, enabling more accurate lighting, reflections, shadows, and extremely realistic

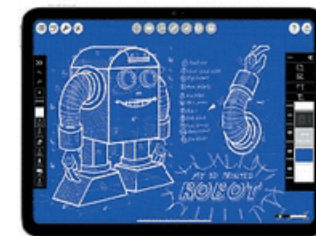
gaming experiences.

Apple is promoting the iPad Air as supporting Apple Intelligence.

With a faster Neural Engine in M3, AI capabilities are expected to shine in iPadOS. Compared to M1, the Neural Engine in M3 is up to 60 per cent faster for AI-based workloads.

Keeping the iPad Air company is a new lower-end Magic Keyboard (needs to be bought separately). The keyboard comes with a larger trackpad, a metal hinge and a row of function keys.

The new iPad Air is compatible with Apple Pencil Pro and Apple Pencil (USB-C).



Compared to the previous generation, iPad (11th gen) with A16 offers a jump in performance for apps like Morpholio Trace, while still providing all-day battery life

### IPAD 11TH GEN

The company has also unveiled a next-gen version of its base iPad, which also has received a boost in the chipset department. The A14 chip from the 10th-gen model

has been upgraded to an A16 chip (you'll also find it in the iPhone 15 and iPhone 15 Plus).

The company says it's nearly 30 per cent faster than its predecessor and up to 50 per cent faster than the iPad with the A13 Bionic chip. But, there's one difference: This iPad won't support Apple Intelligence (you'll need an M-series model for that or the iPad Mini with an A17 Pro chip).

The iPad no longer has a 64GB model and it now starts at 128GB.

### PRICING AND AVAILABILITY

The 11-inch and 13-inch iPad Air with M3 will be available in blue, purple, starlight, and space grey, with 128GB, 256GB, 512GB, and 1TB configurations. The 11-inch iPad Air starts at ₹59,900 for the Wi-Fi model, and ₹74,900 for the Wi-Fi + cellular model. The 13-inch iPad Air starts at ₹79,900 for the Wi-Fi model and ₹94,900 for the Wi-Fi + cellular model.

The new Magic Keyboard, available in white, is compatible with the 11-inch and 13-inch iPad Air. It is available for ₹26,900, and the 13-inch Magic Keyboard is available for ₹29,900.

The new iPad (11th gen) starts with 128GB of storage and is also available in 256GB and a new 512GB configuration. Available in blue, pink, yellow, and silver; Wi-Fi models of the new iPad are available with a starting price of ₹34,900, and Wi-Fi + cellular models start at ₹49,900.

Mathures Paul

## WE FIND OUT WHY 'AWESOME INTELLIGENCE' IS THE SECRET SAUCE OF THE NEW SAMSUNG GALAXY A SERIES PHONES

**J**anuary was a big month for Samsung as the company launched its Galaxy S25 series of flagship phones. But equally important are three new phones that have launched in the last few days — Galaxy A56 5G, Galaxy A36 5G and Galaxy A26 5G. Not everyone wants to pay a premium for Galaxy S phones, yet they want to experience some of the flagship features. And that's where the three new phones come in.

"We have redesigned all of them, ground up. It's an absolutely new awesome design. Galaxy A56 and A36 are the slimmest A series phones we have launched," Aditya Babbar (vice-president), MX Business, Samsung India, told *The Telegraph*.

Galaxy A56 and Galaxy A36 measure just 7.4 mm in thickness. It's not just about making the phone slim... there's sturdiness involved. The solid metal frame and Corning Gorilla Glass Victus+ make the design of, say, Galaxy A56 look great. The same level of protection is also on the A36.

But where the phones can truly score points are artificial intelligence-related features.

### Samsung Galaxy A56 5G

Many brands restrict them to flagship devices but Samsung has taken a different route. They are calling it Awesome Intelligence.

"If you look at the Galaxy A series, it has always been democratising the flagship phone experience. We started Nightography, for example, some years ago in flagship phones. Now, it's a feature that's there



Akshay Rao (general manager) and Aditya Babbar (vice-president), MX Business, Samsung India, unveil Galaxy A56 5G and Galaxy A36 5G



on more phones. Today, we are democratising AI. In fact, Galaxy A26 will be the most affordable phone to have AI," said Babbar.

Plenty of Awesome Intelligence features are available on Galaxy A56 5G and Galaxy A36 5G. Google's enhanced Circle to Search makes it easier than ever to search and discover from the phone's screen. With the recent enhancements to Circle to Search, users can also instantly search for the songs they hear without switching apps.

Awesome Intelligence also features a range of intelligent visual editing features like Auto Trim, Best Face, Instant Slo-mo and many others. Auto-Trim is a flagship-level AI feature that is now getting democratised with Galaxy A56. The new

smartphones also come with Object Eraser, allowing users to remove unwanted distractions from photos. Filters option enables custom filter creation by extracting colours and styles from existing photos for users to apply for a unique and personalised effect depending on mood and taste.

Samsung has spent considerable time redesigning the camera. Take the case of Galaxy A56 and Galaxy A36 smartphones featuring a 50MP main lens and 10-bit HDR front lens recording for bright and crisp selfies. Galaxy A56 5G comes with a 12MP ultra-wide lens and brings enhancements to Nightography, with Low Noise Mode making its way to the 12MP

selfie camera along with additional wide camera support to capture stunning content in low-light settings.

"Another area that is seeing a flagship-like shine is performance. We have improved the vapour chamber in all the devices. Second, all the devices will offer excellent performance." Galaxy A56 is powered by the Exynos 1580 chipset and Galaxy A36 runs on the Snapdragon 6 Gen 3 Mobile Platform.

"The largest install base of mobiles in the industry is the Galaxy A series. What we have learned over the years is that consumers don't want compromises. They are looking for the best of everything. That is why we are giving a top-quality screen, flagship-like AI, a new design, a 12GB variant... there is so much," added Babbar.

After making a strong start to the year, Samsung hopes to carry its advantage in the smartphone race. "We are very excited. We have already launched eight to nine phones in the past few weeks. Let's look in terms of two indicators — volume and value. Volume, we feel, that in the last three-four years it has been pretty consistent. Value is where the consumer is demanding more and paying more. Last year, we tackled the value aspect well and this year we want to continue growing faster in terms of value. And the Galaxy A series phones will help."

Mathures Paul

### AT A GLANCE

► Samsung Galaxy A56 5G is priced upwards of ₹41,999 and comes in olive, light grey and graphite.  
► Samsung Galaxy A36 5G is priced upwards of ₹32,999 and it comes in black, lavender and white.



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## A MUSIC PERFORMANCE AT A WEAVERS' EXHIBITION CREATED A SYMPHONY OF TEXTILES AND RHYTHM

**P**resented by Weavers Studio Resource Centre (WSRC) at the Kolkata Centre for Creativity, the exhibition 'Textiles from Bengal — A Shared Legacy' culminated in a spellbinding performance led by renowned sarod artiste Soumik Datta. He was accompanied by Sumesh Narayanan (mridangam), Nina Harries (contrabass) and Debjit Patitundi (tabla). Weaving together the rhythms of textile craftsmanship with the melodies of live instrumental music, its theme *One Size Fits All* perfectly captured a profound artistic collaboration among different artistes and artisans.

Bringing together musicians and textile artists, the performance created a mesmerising synergy between sound and movement, blurring the lines between *karigars* (artisans) and *kalakars* (artists). As the weavers worked their looms, the musicians played their music, creating a tapestry of sound that reflected the intricacies of the process of Bengal's textile tradition.

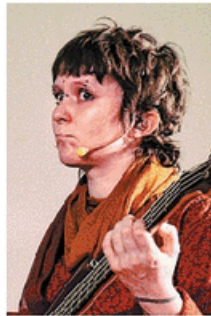
*One Size Fits All* emphasised the deep interconnection between textiles and other art forms. The event also served as a tribute to Bengal's weavers, whose contributions to the textile industry have shaped global trends for centuries. The live collaboration between musicians and weavers reinforced the idea that the creation of textiles is a rhythmic, almost meditative process, much like composing music.

At the end of the performance, the audience rose to their feet in applause, filled with a deep appreciation for the artistes and artisans whose creativity and passion continue to breathe life into Bengal's rich artistic heritage. *One Size Fits All* was more than just a performance, it was a celebration of heritage, craftsmanship, and artistic unity, leaving a lasting impact on all who witnessed it. *An album.*

Urmimala Dev (t2 intern)  
Pictures: Biswajit Kundu



Through intricate compositions and vibrant textiles, Soumik Datta crafted an immersive experience, celebrating the rich interplay of sound and fabric in a mesmerising artistic dialogue. "I am so honoured to be a part of this incredible evening. Calcutta holds a special place in my heart — its energy, love for music, and deep-rooted traditions always inspire me. Returning here feels like coming home to a city that truly listens," he said.



Virtuoso contrabassist Nina Harries brought depth and dynamism to the *One Size Fits All* concert, weaving rich, resonant tones into the performance. Her skill with the contrabass added soul to this unique artistic fusion.



Sumesh Narayanan's mastery of the mridangam added depth and rhythm, seamlessly blending with the textile artistry. His dynamic beats echoed the intricate weaves, creating a captivating fusion of sound and craft.



Debjit Patitundi's beautiful rhythms of the tabla added dynamism to the performance, complementing the melodic flow. His intricate beats echoed the precision of weaving, perfectly bridging music and textile artistry.



Samir De showcased the timeless artistry of block printing, blending tradition with contemporary expression. His intricate patterns echoed the rhythmic flow of music, creating a harmonious fusion of craft and melody.



Deepali Mondol's exquisite *kantha* embroidery brought intricate storytelling to life, weaving tradition with innovation. Her artistry blended harmoniously with music, showcasing the rhythmic beauty of handcrafted textiles in motion.



Hand-painting by Bappaditya Halder brought textiles to life, as his intricate strokes mirrored the rhythms of music, creating a seamless harmony between visual and sonic expression.

"*One Size Fits All* embodies the essence of Textiles from Bengal — A Shared Legacy. By intertwining music and textile craftsmanship, Soumik Datta's soulful ensemble performance not only celebrates the beauty of Bengal's textile heritage but also highlights the shared creative spirit that binds artisans and artists together," said Darshan Shah, founder, trustee and project director, Weavers Studio Resource Centre.



Music and weaving were synergised into a beautiful fusion that underlined the similarities between composing music and weaving textiles

**O**n February 15, Kolkata Centre for Creativity (KCC) organised *Trilogy*, as the fifth edition of *Offstage*, its series

of interactive music sessions featuring eminent artistes and performed in an intimate space. A one-of-a-kind experience, *Trilogy* showcased Indian classical music with some boundary-breaking fusion, featuring an awe-inspiring ensemble of contemporary music greats. On stage that evening were Grammy-winning Pandit Vishwa Mohan Bhatt on the mohan veena, Grammy-nominated Pandit Subhen Chatterjee on tabla and percussions and Amyt Datta on the guitar. They were accompanied by Sourav (banjo), Bachaspati (bass), Shubham (guitar) and Samrat (keyboards).

Pandit Subhen Chatterjee also anchored the ensemble, sharing humorous, interesting anecdotes and priceless memories on the making of the music compositions, engaging with the audience in between each piece and forging a unique connection with them. A packed audience in the KCC auditorium, who had assembled to watch the three music legends performing live together, added to the fantastic atmosphere as they perfectly reflected and radiated the

## TRILOGY, A FUSION RECITAL BY A TRIO OF RENOWNED ARTISTES, PRESENTED FASCINATING CONVERSATIONS IN MUSIC



Pandit Subhen Chatterjee (tabla), Pandit Vishwa Mohan Bhatt (mohan veena) and Amyt Datta (guitar) created magic



"The performance was mainly *ex-tempore*, with no rehearsals as such, as we wanted to explore creativity on the ground. I improvised in the compositions and what I played was an expression of different *swars* (musical notes) which were a combination of different genres of music like Indian classical music, fusion music, jazz music, pop music and every kind of music. The audience this evening was very receptive and we enjoyed every moment of it," said Pandit Vishwa Mohan Bhatt.

mood of the music being played for their listening pleasure. The music, which was predominantly bright and breezy in tone and marked by

lively rhythms, created an energetic, youthful vibe and made listeners connect to their happier, younger selves. Blending Ragas, rhythm,



"At KCC, we believe in creating experiences that go beyond performances — where audiences can truly engage with the soul of music. KCC *Offstage* is a celebration of artistry, storytelling, and the magic that happens when maestros open up about their creative journeys. We were honoured to host *Trilogy* this February with three phenomenal musicians who seamlessly blended tradition with innovation. The evening was a truly unforgettable confluence of sound, spirit and spontaneity," said KCC chairperson Richa Agarwal.

and blues, each performance began with an *alaap* of its central Raga, and easily demonstrated the beautiful synergy among the musicians and the fun they had while playing every composition.

The performance began with a Latino fusion which was an ode to love. Alternating between fast and slow beats and full of peaks and crests, its rhythm evoked raw passion and was much like a conversation between lovers, resonating emotions associated with the creation, abundance and the blossoming and maturation of love. This was followed by *Never Be The Same*, a composition in

Raga Jog, created in the 1980s when Karma, India's longest-running fusion band was formed by Pandit Subhen Chatterjee. Based on Raga Kirwani, the next piece had a soulful melody that showcased the wonderful convergence of three very different and unique styles of playing by the artistes. *Have You Ever Been Used* in Raga Jhinjhoti and the Rajasthani folk *Kesariya Balam* were introspective, peaceful melodies that appealed to the heart and instantly transported the mind of the listener to a higher plane.

Piya Roy  
Pictures: Pabitra Das



# WHATSUP

## HSBC CALCUTTA CELEBRATED THE 100TH ANNIVERSARY OF ITS FIRST BRANCH IN INDIA WITH AN ENGAGING PANEL DISCUSSION



The engaging panel discussion on 'Kolkata: Then and Now' featuring (l-r) Rituparna Sengupta, Sanjay Budhia and Sujoy Ghosh



"I think it's just wonderful. It's great to be a part of history, right? This branch completing 100 years is historic. And we've had a day-long celebration today — art, culture, music and finance," said Sandeep Batra, head of International Wealth and Premier Banking of HSBC India.



The painting made by Guru Kinkar Dhang depicts a golden building of HSBC Bank as it completes 100 years at the iconic Dalhousie. The colourful people in the painting clicking pictures describe modernity, and a child riding a horse and blowing bubbles symbolises flying dreams.

such as Ashapurna Devi and Mahasweta Devi, whose stories reflect the struggles and triumphs of women in Indian society. She believes that playing such characters would allow her to explore the depth of their personalities and the cultural landscape of their times.

Sujoy shared his aspiration to create period films based on the works of Sarat Chandra Chattopadhyay. He feels that Sarat Chandra's stories, rich in emotions and social commentary, would make for compelling cinematic adaptations.

On being asked what he would like to revive in Calcutta, Sujoy said, "If I had the power, I would bring back the trams."

**Rohini Chakraborty**  
Pictures: Rashbehari Das

**H**SB Bank celebrated the 100th anniversary of its first branch in India, established in Calcutta, with a special event at its historic Dalhousie building. The event highlighted the evolution of banking services and customer demographics over the years. An engaging panel discussion titled 'Kolkata: Then and Now', featuring entrepreneur Sanjay Budhia, sports historian Boria Majumder, actress Rituparna Sengupta, and filmmaker Sujoy Ghosh, discussed the city's cultural and economic transformation, intertwining banking with heritage.

Budhia emphasised the importance of preserving Calcutta's historic buildings while integrating modern business growth. He highlighted how these heritage structures not only reflect the city's rich past but can also serve as thriving business hubs. By showcasing the success stories of the growing enterprises, Budhia aims to inspire more investments in Calcutta. He pointed out that the city is evolving as a major business destination, with sectors like IT, manufacturing, and startups flourishing. His vision promotes a balance between heritage conservation and economic

progress, ensuring Calcutta retains its charm while embracing a dynamic future.

Rituparna Sengupta and Sujoy Ghosh shared their enthusiasm for period films, particularly the intricate research required for costumes and makeup. They emphasised how period films demand authenticity in clothing, hairstyles, and accessories to transport audiences to a bygone era. Rituparna noted that every detail, from fabric choices to traditional jewellery, helps recreate historical authenticity.

The actress revealed her desire to portray iconic literary figures



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There are several elements that make it stand out as a film that entertains both the broader and finer aspects of the audience's sensibilities. All four stories delineated through the four chapters in *Dhrubo*, the protagonist's life, have the elements of a thriller intertwined with a tribute to four Bengal painters, Jamini Roy, Gaganendranath Tagore, Bikash Bhattacharjee and Benode Behari Mukherjee. The world woven in each chapter almost seamlessly weaves around the artworks of the artists without being obtrusive. While in one chapter of *Dhrubo's* life the painting plays a direct role, in another it dissolves into a surreal blend of the painting with the film. In yet another, it is a leitmotif, while in the fourth it brings out the inner eye that lies within.

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each chapter. Though *Dhrubo* is the central character, confidently played by Rishav Basu, the other ensemble cast has a variety that needs to be applauded.

The filmmaker has definitely chosen his cast with a lot of thought, taking the look and feel of each character into consideration. A number of stage actors turned film actors are present and their performances are to be applauded. It would be difficult to specify and identify individual actors as the list is too long. Abhijit has managed to create a film where actors have shed their known images to become characters that blend into the stories. Ritwika Pal, who plays the love interest of *Dhrubo*, has competently portrayed the nuances in each of the versions that she appears in. Her portrayal of the blind girl in the last chapter needs a special mention.

Abhijit Chowdhury has worn three hats in this film: writer, director and editor. He therefore truly deserves the epithet, a new-age filmmaker, as he has explored the world of storytelling and visual effects with an élan that is admirable. The artistic and cinematic blend of the Durga Puja immersion sequence with Gaganendranath Tagore's painting bears testimony to the competence of the VFX specialist Subhayan Chandra, the cinematographer Arnab Laha and of course the filmmaker.

The reference to the lost painting of Jamini Roy from his *Ramayan* series, the dolls of Bikash Bhattacharjee depicting social evil and the murals of the visually impaired artist Benode Behari in depicting the inner vision that comes from physical disability — effective use of all these elements in the storyline is a testimony of Abhijit Chowdhury's out-of-the-box thinking process.

Embracing new technology and combining it with new-age thoughts is the order of the day that Abhijit and his team have accepted and portrayed so competently in the film *Dhrubor Aschorjo Jibon*.

This is perhaps not a film that is driven by star power, yet it has the power to create stars. It is a new-age film that draws from old stories and experiences. Abhijit has borrowed extensively from art, history, social norms and combined it with the darker elements of the human mind to create a potpourri of experiences that are both entertaining and thought provoking. At this juncture it is important to mention the producers who had faith in the new thought process and were ready to invest in a venture that went beyond conventional perceptions of a successful film. Last but not the least, *Dhrubor Aschorjo Jibon* won the award for the best film in the Bengali Panorama Section of the Kolkata International Film Festival in 2024.

## THE FOLK SONG *JIBON NODI* IS AN ODE TO LIFE AND LOVE

Blending soulful music with heartfelt lyrics, the song *Jibon nodi* is a melancholy, romantic number that also serves as an exposition to some of the main themes discussed in the film *Dhrubor Aschorjo Jibon*. The lyrics of the song allude to the vast and infinite river of life that holds in its depths a myriad of experiences that we all must navigate.

A celebration of life's journey, it is full of emotion and introspection, reflecting its young protagonist *Dhrubo's* (Rishav Basu) feelings as he comes to Calcutta from the village and aspires to make his mark in the city as an artist. Through its deeply philosophical lyrics, the song embodies the crisis of identity that affects all young people as they try to find their place in the world while pursuing their ideals and dreams. The music video depicts *Dhrubo*, a



A moment from the film

simple rural youth, being plagued by conflicts and confusion as he tries to fit into the chaotic urban milieu of Calcutta and make his mark in a city where life is far more unpredictable and competitive.

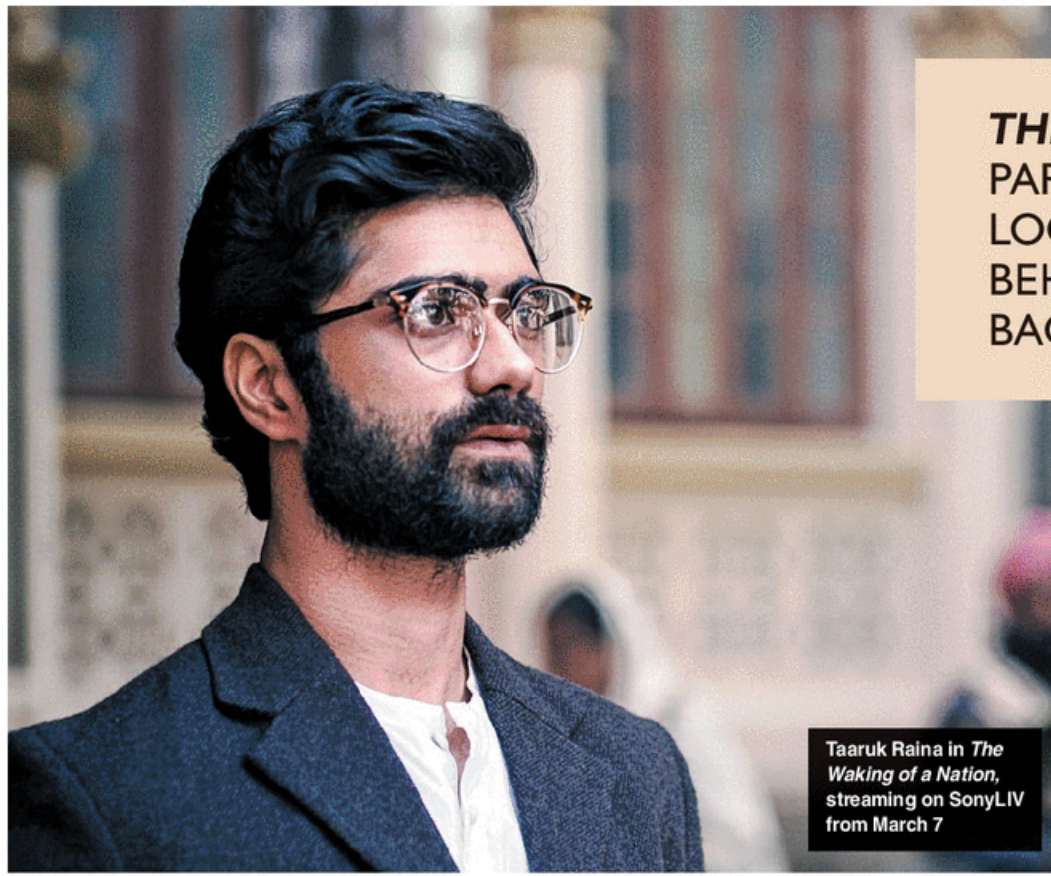
Yet at its heart, *Jibon nodi* is a love song, tracing the evolution of *Dhrubo's* relationship

with his childhood sweetheart Rimi (Ritwika Pal). Articulating his unexpressed feelings for her, the song is a celebration of the innocence of young love. Interpreted on another level, it is also about loss, heartbreak, and a yearning for lost love, beauty,

and creativity — as the aspiring artist is also found questioning his own beliefs and his artistic self, with his inner turmoil and confusion gaining in intensity with the introduction of another woman into his life. The use of theatre as metaphor for life is also cleverly used in the video, highlighting the diverse, often contradictory roles that people are expected to play at various stages in their lives.

The folk tune of *Jibon nodi* nevertheless evokes the pure, rustic feel of Bengal's villages. Sung in the raw, gravelly voice of singer Timir Biswas, it sustains its earthy, mournful, and almost mystical flavour through music and lyrics that celebrate life and love, along with all its bittersweet experiences and memories.

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Given how multilayered it is, what would you say the genre of the series is?

For me, it is a thriller. It is about the investigation of a crime. It also has many other things like the emotions of friendship, but eventually, it is about investigating the truth that led to the massacre and the cover-up that happened.

Taaruk Raina has largely played lighthearted roles so far. What made you pick him for such a serious, intense role?

We auditioned over 200 people. Taaruk's audition was impressive and so was the fact that he is a singer too. In fact, he has sung all the songs in the show. He is an incredibly multi-talented actor.

What were the toughest bits to shoot?

Let me tell you a funny story. Every time we put General Dyer in a car, it would break down. When he came out of it, it would be absolutely fine, but put him inside, and it would break down again! (Laughs) On a serious note, it was a difficult series to shoot, so much so that we had to use several cameras to shoot 300-400 people in an authentic, real way. We had four female DoPs (directors of photography) and hats off to the kind of work they have done and the gumption and strength they had. It was all handheld camera shooting and I anyway end up doing long takes in general.

Is there a depiction of the Jallianwala Bagh massacre on stage or screen that has impacted you immensely?

I thought of this idea five years ago, and since then I haven't watched anything to do with it because I wanted to make my own and not get into any of the others. But I did see other works, which was *The Battle of Algiers* (1966), shot many years ago, and done in an authentic

documentary manner. I did see *Detroit* (2017), made by Kathryn Bigelow. Those are the kind of movies that we used as reference points. It was about watching other things that had happened in other countries, but I didn't specifically want to see anything from here because I didn't want it to, in any view, influence us.

Now that you are done with the series, I would strongly recommend Shoojit Sircar's *Sardar Udham*...

In fact, I spoke to Shoojit before starting on *The Waking of a Nation*. I also spoke to Ronnie (Lahiri, producer) and they were both very open and gracious about sharing information and insights.

A lot of historical shows and series are increasingly using the jingoistic sentiments of the present to colour the past.

Things like 'Yeh naya Bharat hain, yeh ghar mein ghus ke maarta hain'. What do you think of it and how does one not fall prey to it? I am not an expert to talk about that. I can only talk about what the real concern of our show was and that it comes from a place where I was troubled about what had happened in the past. I have not done it in a melodramatic manner and have tried to portray it in as real a manner as what those conditions were. The show talks about duty and the price of duty and looks at it in different layers. When people see it, I hope they realise that this is something that was the condition of that time and this was the situation that people found themselves in. It is the story of the freedom struggle, the story of a horrible truth that was suppressed. That is something that we always wanted to treat with utmost respect and dignity.

And why did you want to name it *The Waking of a Nation*? That is because if people like it, I want to do it as a series... of how India became India. If this works, then the next one I want to do is 1857 (The Sepoy Mutiny). There was a commission that was also there to investigate why 1857 happened. I want to look at different chapters in our history and see how is it that we eventually got to 1947.

Priyanka Roy

Which watershed moment from India's fight for Independence would you like to see more of on screen? Tell t2 @abp.in

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in which scores of peaceful protesters were killed by British forces under the command of General Dyer — and the attempt in its aftermath to suppress the truth, arrives on SonyLIV on March 7. Directed by **Ram Madhvani** — the man with winners like *Neerja* and *Aarya* to his name — the hard-hitting

**What can you tell us about *The Waking of a Nation*?**

We have seen the Jallianwala Bagh massacre being depicted on screen many times before, but no one has really focused on the conspiracy part of it. I want to reach out to the audience and say that *The Waking of a Nation* is very new. It says: 'You know about the event, let us tell you what went into it, let us talk about the conspiracy and how it happened'.

The massacre was just not by Dyer (General Reginald Dyer who gave the order to shoot). There were other people in it too. Even the poster of *The Waking of a Nation* shows the hand of a master puppeteer. There was something beyond what one sees on the surface and we hope people get interested in that.

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**What led to the idea?**

It started from wanting to know how colonisation has affected us. That interests me. This is about colonisation, racism, prejudice....

The seed for the story dates back to many years ago when I was going to London with my mother. We were in economy class and my mother was sitting on the other side of the aisle. She told me to go and meet her after we took off. The kitchen galley was closed and I tried to walk across the front row. I asked the White man sitting there whether I could pass and he told me: 'Sit down, you brown bastard!' I couldn't believe it! I was shaking! This show is my answer to things of this sort that all of us have perhaps felt at some point. Things like: 'Why is it that the White man thinks he is superior? Why is there the White man's burden?' That was where this was born.

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**How much of it is fact and how much fiction?**

Reginald Dyer is, of course, based in reality. The Hunter Commission Report is a fact (the report that came out in 1920 found that the gathering was not a conspiracy to overthrow the British, but that General Dyer's actions were unjustified). There are about 400 pages of the report on the Internet. In the report, what is not only shocking is what Dyer does but also what he says. He says he would have continued the massacre if his men hadn't run out of bullets. But the four friends (led by Kantilal Shah, played by Taaruk Raina) who take on the responsibility of exposing the conspiracy, is fictional.

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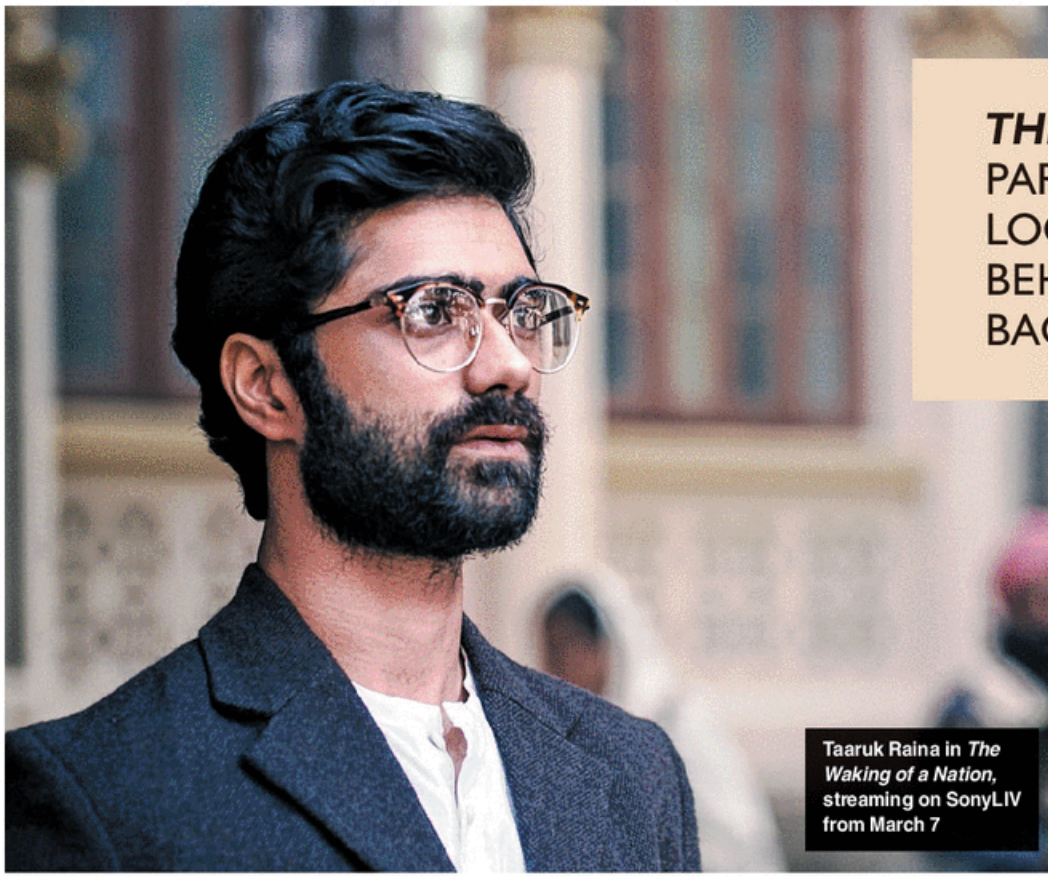
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Taaruk Raina in *The Waking of a Nation*, streaming on SonyLIV from March 7

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Director Ram Madhvani

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I thought of this idea five years ago, and since then I haven't watched anything to do with it because I wanted to make my own and not get into any of the others. But I did see other works, which was *The Battle of Algiers* (1966), shot many years ago, and done in an authentic

documentary manner. I did see *Detroit* (2017), made by Kathryn Bigelow. Those are the kind of movies that we used as reference points. It was about watching other things that had happened in other countries, but I didn't specifically want to see anything from here because I didn't want it to, in any view, influence us.

**Now that you are done with the series, I would strongly recommend Shoojit Sircar's *Sardar Udham*...**

In fact, I spoke to Shoojit before starting on *The Waking of a Nation*. I also spoke to Ronnie (Lahiri, producer) and they were both very open and gracious about sharing information and insights.

**A lot of historical shows and series are increasingly using the jingoistic sentiments of the present to colour the past.**

Things like '*Yeh naya Bharat hain, yeh ghar mein ghus ke maarta hain*'. What do you think of it and how does one not fall prey to it? I am not an expert to talk about that. I can only talk about what the real concern of our show was and that it comes from a place where I was troubled about what had happened in the past. I have not done it in a melodramatic manner and have tried to portray it in as real a manner as what those conditions were. The show talks about duty and the price of duty and looks at it in different layers. When people see it, I hope they realise that this is something that was the condition of that time and this was the situation that people found themselves in. It is the story of the freedom struggle, the story of a horrible truth that was suppressed. That is something that we always wanted to treat with utmost respect and dignity.

**And why did you want to name it *The Waking of a Nation*?**

That is because if people like it, I want to do it as a series... of how India became India. If this works, then the next one I want to do is 1857 (*The Sepoy Mutiny*). There was a commission that was also there to investigate why 1857 happened. I want to look at different chapters in our history and see how is it that we eventually got to 1947.

**We have seen the Jallianwala Bagh massacre being depicted on screen many times before, but no one has really focused on the conspiracy part of it. I want to reach out to the audience and say that *The Waking of a Nation* is very new. It says: 'You know about the event, let us tell you what went into it, let us talk about the conspiracy and it happened**

Priyanka Roy

Which watershed moment from India's fight for Independence would you like to see more of on screen? Tell t2 @abp.in



NEHA PATODIA AND NUPUR ARYA OF NUTRIMEND  
DECODE THE MYTHS AND FACTS ABOUT INFLAMMATION

**I**nflammation is a hot topic in health and nutrition, often used to justify specific diets, eliminate certain foods, or promote trendy eating plans. While the connection between inflammation and chronic disease is real, the discussion is often muddled by oversimplified claims and marketing-driven narratives. On one side, foods or diets are labelled as inherently “inflammatory” or “anti-inflammatory”. On the other, scepticism arises from dismissing diet’s role in managing inflammation altogether. The truth lies somewhere in between, requiring a closer look.

Inflammation plays a central role in conditions like cardiovascular disease, diabetes, and neurodegenerative disorders. However, claims about “fixing” inflammation through diet often oversimplify the issue. Let’s explore how dietary patterns influence inflammation and how to separate evidence-based advice from unfounded claims.

**DEFINING INFLAMMATION**

Inflammation is the body’s natural response to injury or infection. This immune response can be localised — such as swelling from a sprained ankle — or systemic, spreading throughout the body. Inflammation can be categorised into two types:

- **Acute Inflammation:** A short-term response triggered by injury, infection, or trauma. It involves redness, swelling, or lesions caused by immune system activity. Acute inflammation resolves once the injury heals or the infection clears.
- **Chronic Inflammation:** A prolonged immune response driven by persistent triggers such as infections, autoimmune conditions, or environmental factors. Chronic inflammation is implicated in diseases like atherosclerosis, inflammatory bowel disease (IBD), and rheumatoid arthritis. It often causes progressive damage, such as joint deterioration or scar tissue formation.

From a dietary perspective, chronic inflammation is the primary focus, as it is influenced by long-term lifestyle choices. While acute inflammation is typically beneficial and self-resolving, chronic inflammation can silently drive disease progression.

**DOES DIET CAUSE CHRONIC INFLAMMATION?**

Diet’s role in inflammation is significant but often misunderstood. Poor diet doesn’t directly “cause” chronic inflammation in the same way smoking causes lung cancer. Instead, it acts as a contributing factor, influencing immune responses, metabolic pathways, and gut health. For example, in cardiovascular disease, inflammation exacerbates processes like plaque formation in arteries. In type 2 diabetes,



The claim that inflammation makes weight loss impossible is a misconception

chronic low-grade inflammation contributes to insulin resistance and worsens disease outcomes. Similarly, IBD involves ongoing inflammation directly tied to symptoms and progression.

**The Role of Poor Diet:** A diet high in ultra-processed foods, added sugars, and unhealthy fats promotes systemic inflammation. While these foods don’t inherently cause inflammation, they create an environment conducive to chronic inflammatory processes by altering gut microbiota, increasing oxidative stress, and disrupting metabolic pathways.

Conversely, diets emphasising anti-inflammatory components, such as Omega-3 fatty acids, dietary flavonoids, and fibre, help mitigate these effects. Foods like dark berries, non-starchy vegetables, and fatty fish are particularly beneficial, as they contain bioactive compounds that combat inflammation. Rather than viewing diet as a sole cause, it’s more accurate to say that diet modulates inflammation, influencing its role in chronic disease progression.

**DEBUNKING COMMON MYTHS**

**Sugar and Inflammation:** Sugar is often demonised as an “inflammatory” nutrient. While excessive sugar intake, particularly in the context of a low-fibre

diet, can increase markers like C-reactive protein (CRP), the relationship isn’t straightforward. Studies testing high levels of sucrose, glucose, and fructose often show modest or inconsistent effects on inflammation. The problem isn’t sugar in isolation but its role in a typical Western diet — characterised by low fibre, refined grains, and high calorie intake — which contributes to systemic inflammation. A high-sugar, low-nutrient diet lacks protective compounds like fibre and antioxidants, which help counteract inflammatory processes.

**Grains, Gluten, and Autoimmune Conditions:**

Grains, including wheat, are often criticised for being inflammatory. While gluten elimination is essential for individuals with celiac disease, evidence does not support the idea that grains or gluten universally cause inflammation. Whole grains are a cornerstone of healthy diets worldwide, providing essential nutrients and fibre.

Anecdotal reports of symptom relief by avoiding gluten in non-celiac individuals with autoimmune conditions highlight individual variability but lack robust scientific backing. Sweeping recommendations to avoid grains ignore the broader context of diet and dismiss their role in reducing

inflammation through fibre and nutrient density.

**Dairy: Inflammatory or Anti-Inflammatory?**

Dairy is frequently debated in the context of inflammation. However, research overwhelmingly supports its role as a nutrient-dense and anti-inflammatory food group for most people. Dairy’s unique contribution includes providing butyric acid, a short-chain fatty acid with anti-inflammatory properties. Observational studies consistently link dairy consumption to reduced risks of colorectal cancer and improved gut health.

**ANTI-INFLAMMATORY DIETS: WHAT WORKS?**

Rather than focusing on specific foods, the overall dietary pattern is key to managing inflammation. Diets with low Dietary Inflammatory Index (DII) scores emphasise:

- **Omega-3 fatty acids:** Found in fatty fish like salmon and mackerel, Omega-3s help reduce inflammation by influencing immune cell activity.
- **Flavonoid-rich foods:** Berries, dark chocolate, and colorful vegetables contain compounds that combat oxidative stress and inflammation.
- **Fibre:** Wholegrains, legumes, and vegetables support gut health, reducing systemic inflammation.
- **Non-starchy vegetables:** Leafy greens, broccoli, and peppers are nutrient-dense and low-calorie, making them staples in anti-inflammatory diets.

In contrast, diets high in refined carbohydrates, added sugars, and saturated fats are associated with higher DII scores and pro-inflammatory effects. Reducing ultra-processed foods while increasing whole, minimally processed options is a practical step toward managing inflammation.

**BUSTING THE MYTH: ‘I CAN’T LOSE WEIGHT DUE TO INFLAMMATION’**

The claim that inflammation makes weight loss impossible is a misconception. While inflammation can complicate metabolism and hunger regulation,

scientific evidence shows it doesn’t prevent fat loss when a calorie deficit is achieved.

**Fat Loss Is Still Possible with Inflammation:**

Inflammation may slow metabolic processes, but it doesn’t block weight loss. Studies demonstrate that individuals with chronic inflammation successfully lose weight through calorie-controlled diets. For instance, a 2018 study found participants with high inflammatory markers achieved significant fat loss with a balanced diet.

**● Inconsistent Dieting May Play a Role:**

Often, perceived failure to lose weight is due to inconsistencies in adherence, unmeasured caloric intake, or unsuitable diet plans — not inflammation alone. Chronic dieting, extreme caloric restriction, or highly restrictive diets can also trigger compensatory mechanisms (e.g., increased hunger, reduced metabolism) that make weight loss harder.

**● Scientific Perspective:**

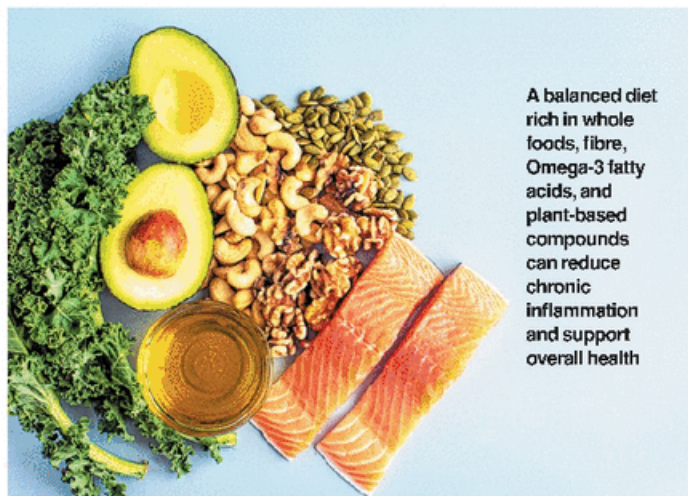
Research published in *Obesity Reviews* highlights that frequent yo-yo dieting and extreme caloric restriction can increase stress hormones like cortisol, which contribute to temporary inflammatory spikes. This is often mistaken for “inflammation blocking weight loss”, when in reality, it’s a response to unsustainable dietary habits. A sustainable, balanced diet is more effective in overcoming these barriers than extreme, short-term plans.

**● Weight Loss Reduces Inflammation**

Contrary to popular belief, losing even five–10 per cent of body weight significantly lowers inflammatory markers like C-reactive protein (CRP). Weight loss itself helps break the cycle of inflammation and improves metabolic health.

**THE BIGGER PICTURE: CONTEXT MATTERS**

The inflammatory potential of specific foods depends on the overall dietary pattern and lifestyle factors. Inflammation is a complex biological process influenced by numerous factors, including diet. Simplistic narratives that vilify individual foods often miss the nuances required to address health challenges effectively. For most people, a balanced diet rich in whole foods, fibre, Omega-3 fatty acids, and plant-based compounds can reduce chronic inflammation and support overall health.



A balanced diet rich in whole foods, fibre, Omega-3 fatty acids, and plant-based compounds can reduce chronic inflammation and support overall health

*Nutriment is a diet consultancy clinic founded by Neha Patodia and Nupur Arya in 2015. They coach people on how to eat right so that they feel confident in their bodies and achieve their desired goals.*



# WHATSUP

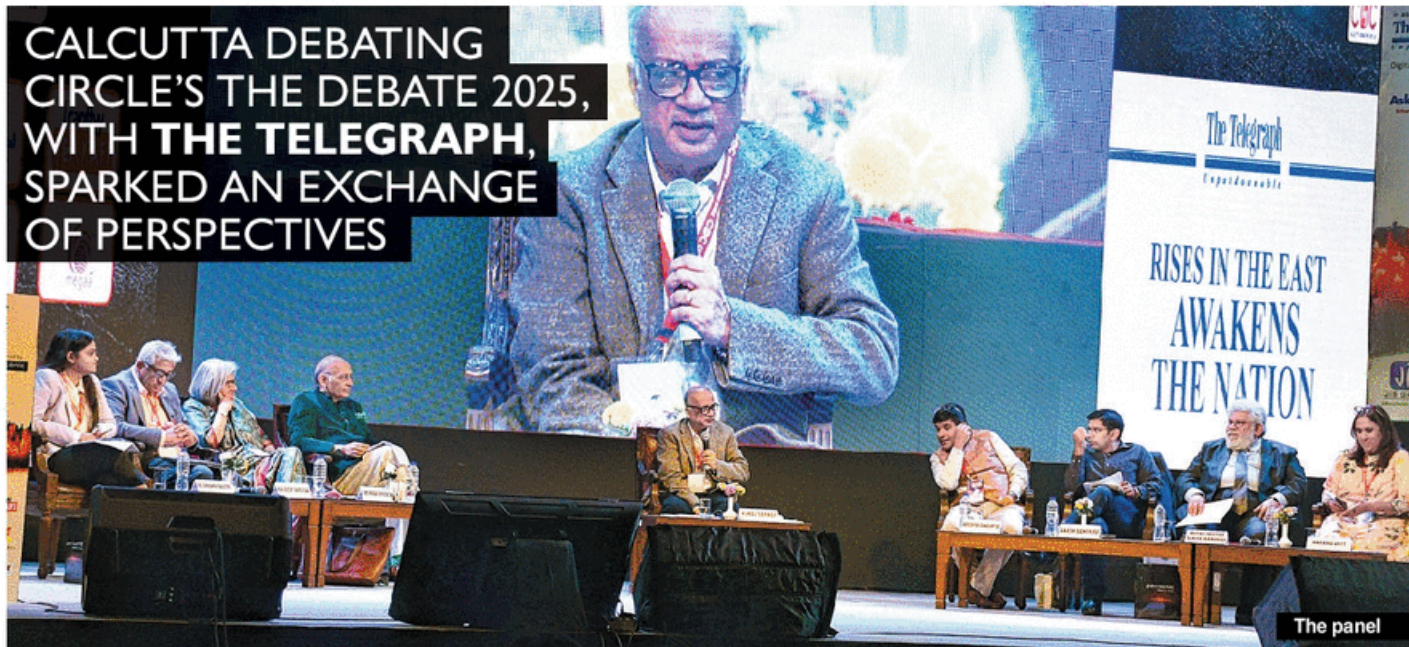
**T**he Debate 2025 presented by the Calcutta Debating Circle in association with The Telegraph brought together a distinguished panel of legal experts, journalists, and social commentators to discuss the pressing question of justice in contemporary society. A signatory dinner followed the insightful exchange.

This year's debate held at Calcutta Club explored the motion: Justice is Often Demanded but Seldom Delivered, sparking a dynamic exchange of perspectives on the legal and societal mechanisms that shape justice delivery in India. Among the speakers were Supreme Court advocates Abhishek Manu Singhvi and Vrinda Grover, retired Justice Sanjib Banerjee, and veteran journalists Rajdeep Sardesai and Barkha Dutt. Their insights shed light on the complexities of legal processes and the frequent disconnect between public expectations and institutional realities.

"The effectiveness and power of the motion was such that for once, we needed to make just that one phone call/ email to each of the speakers to get them on board. We were thrilled that the sentiment crafted and nurtured in Calcutta found resonance all over our nation," said Pradeep Gooptu, co-founder and trustee, Calcutta Debating Circle.

The debate also featured voices from outside the legal sphere, including social media influencer Akash Banerjee and

## CALCUTTA DEBATING CIRCLE'S THE DEBATE 2025, WITH THE TELEGRAPH, SPARKED AN EXCHANGE OF PERSPECTIVES



The panel

junior doctor Reekanya Bagchi. Following tradition, eight school and college debating champions from the 2024 debating season, who emerged through CDC events, formed the Young India Jury. They cross-questioned the speakers with sharp and probing queries, keeping the discussion lively.

With a year marked by widespread calls for justice as its backdrop, the evening provided a compelling reflection on the pursuit of justice in an evolving society, leaving attendees with much to ponder about the challenges and possibilities within the justice system.

### CLUB SPEAK

Kunal Sarkar, senior cardiac surgeon and founder-trustee of the Calcutta Debating Circle, moderated the event. He said, "Following the events of last year, everyone around us at Calcutta Debating Circle (and this included Calcutta Club members) noted that people like us, ordinary citizens, felt a certain level of helplessness before the majesty of the law, the complications of litigation and the delivery of justice. We respected and shared that sentiment. This helped us draft

and fine tune the motion."

"Calcutta Club and Calcutta Debating Circle have been working together for years. Our faith in the audience, and the reputation of the Calcutta Club audience meant it could be here and nowhere else," said Dr Amit Ray, president, Calcutta Club.

"Justice is a universal aspiration, yet its fulfillment remains a challenge across societies and systems. Through this debate, the Calcutta Debating Circle sought to spark critical discourse on the barriers to true justice and the complexities

surrounding its execution. Moreover, the audience reception was magnificent. The lawn was full, till the Eastern end, right up to the tennis court. An estimated 2,000 people were present. We are proud to have facilitated such an engaging and thought-provoking discussion in this esteemed setting," said Anusua Das, chairperson, social, cultural and heritage sub committees of Calcutta Club.

Sanjali Brahma

Picture: Biswajit Kundu

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at **KESHARI DEVI KANORIA HALL** In association with **t2**

123, Southern Avenue, Kolkata - 29 (Opp. Nazrul Manch)

on **6 THU** **7 FRI** **8 SAT** **March 2025, 11am - 8pm**

**Participants**

PARBAT KANJI (Bhuj) - Kala cotton, Kutchhi Weaves

OM SAI RAM (Odisha) - Kotpad Tribal motifs

RUDRA CRAFTS (Sanganer) - Sanganeri block print

CHARU and RECREA - Mekhla Chador, Northeast weaves

KABITA SAREES - Exquisite Bengal Handloom

EMAANG - Moirangfee & South Cottons

D MYSTIQUE DIVA - Handcrafted Bags, Jewellery

MESH - Artisanal ceramic ware

NAZAAQAT (Lucknow) - Chikankari Lucknow

SRIDEVI HANDLOOM (Hyderabad) - Ikkat, Telia, Kalamkari

DISHA SHEKHAWATI (Rajasthan) - Shibori Tie & Dye

SUJATA (Bangalore) - Applique & Embroidered apparels

SHAANVI'S - Ecoprint & Jamdani dresses

KAMAL HAND PRINTERS (Jaipur) - Table/ Bed Linens

TRIPARNA BATIK - Traditional hand wax Batik

MELODRAMA - Pure Silver & Brass Jewellery

AMEEN D HANDICRAFT (Gujarat) - Ajrakh sarees & yardage

ELGANZA - Khadi & Jamdani Yardage

MONJIMA - Handcrafted jewellery

IYKA - Artisanal home décor

AALTA SAREES - Banarasi, Dhakai jamdani

ATIRAMA - Ajrakh outfit, Sarees

VERMILLION (Guwahati) - Assam weaves in Eri, Pat, Cotton

MAHUA'S - Designer blouses, Sarees

SUTKATHA - Eco conscious apparels

OLIZ - Dhokekhali, Phulia, Begampuri

KIARA CRAFT - Artisanal Bags, Home décor

3 MUSES (Gurgaon) - Ponduru Khadi, Handcrafted dresses

JO'S - Ethnic Suits Kantha Dupattas

TITLI (Delhi) - Blockprinted Kid's apparels

MONPAKHI - Dhakai jamdani, Tussar

NIRA - Eco print, Hemp, Sarees

GO ETHNYNC (Bangalore) - Vintage Orissa Weaves, Kanjivaram

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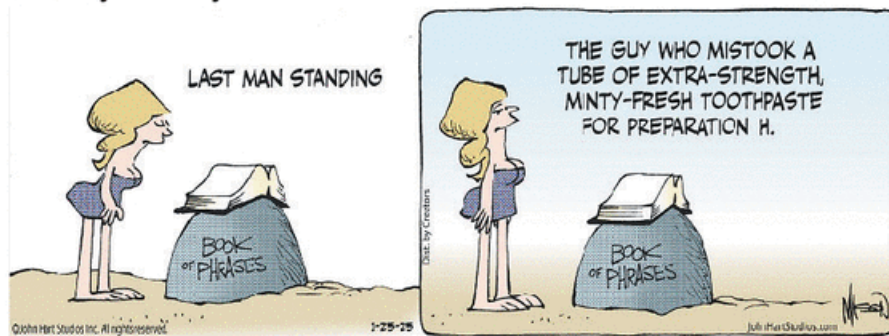
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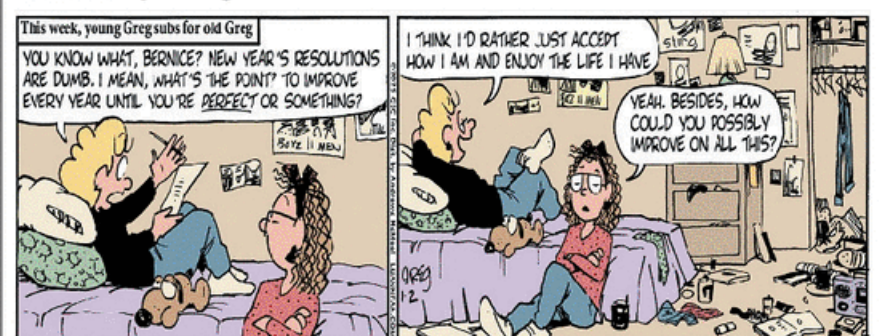
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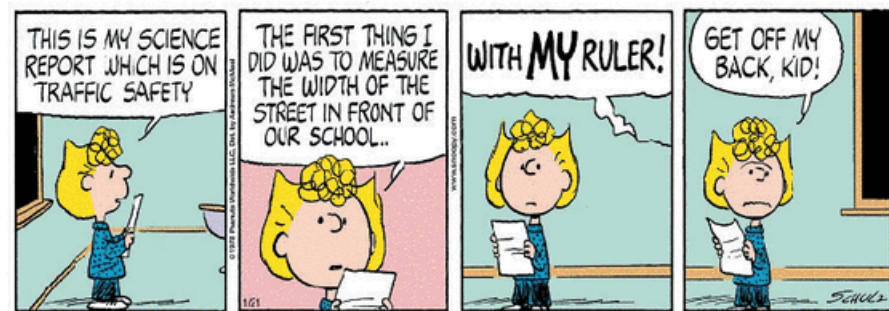
## B.C. by Johnny Hart



## Luann by Greg Evans



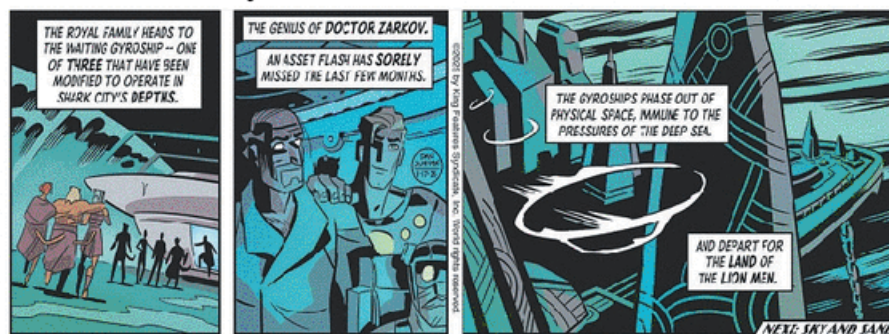
## Peanuts by Charles Schulz



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



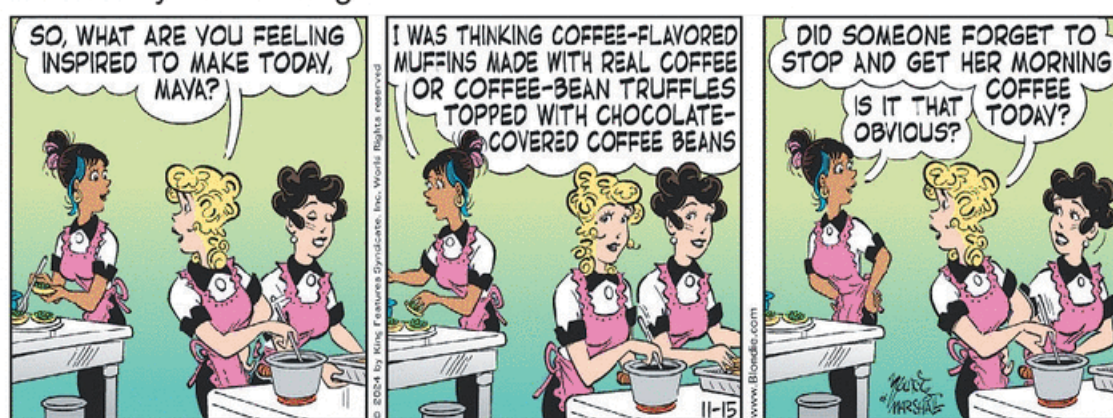
## Flash Gordon by Dan Schkade



## Hagar the Horrible by Chris Browne



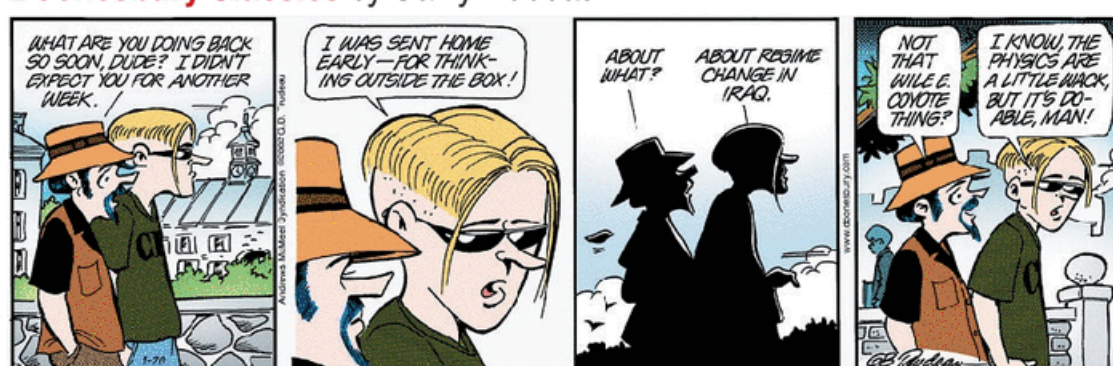
## Blondie by Dean Young



## Dennis the Menace



## Doonesbury Classics by Garry Trudeau





## PUZZLE

11522

## SUDOKU MODERATE

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

Fill in the 9x9 square grid with the numbers one to nine. The numbers should be arranged in such a way that each row, column and mini-grid contains one of each number. Solution to Sudoku 11520 is on the right

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

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11523

## SUDOKU GENTLE

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

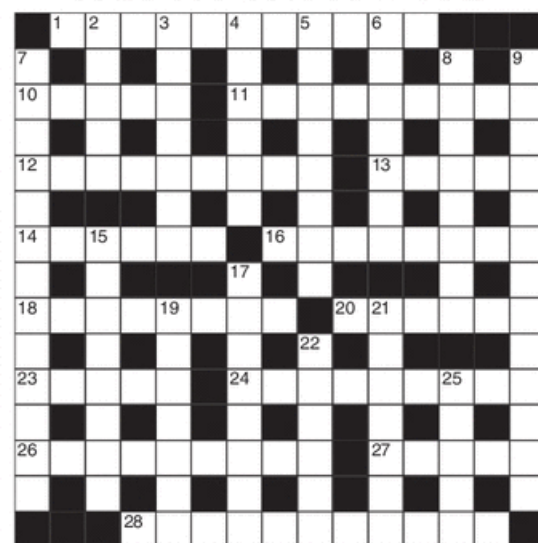
Fill in the 9x9 square grid with the numbers one to nine. The numbers should be arranged in such a way that each row, column and mini-grid contains one of each number. Solution to Sudoku 11521 is on the right

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

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14618

## CRYPTIC CROSSWORD



## ACROSS

- 1 People in prison may be such hypocrites? (11)  
 10 State marriage vow to secure a husband (5)  
 11 Somewhat caddish, one's truly deceitful (9)  
 12 Unambiguous article by church will get authorisation (9)  
 13 Cycling bug gets flier (5)  
 14 Single politician employed by broadcaster is barely enough (6)  
 16 Catching different train, bumped into disciplinarian (8)  
 18 Perhaps smelt lunch that's prepared for animals (8)  
 20 What might jinx criminal good at heart? (6)  
 23 Question commonly added to statement, right? (5)  
 24 Judge a little speed must be about right (9)  
 26 Controversial situation

## Yesterday's solution

DEVELOPS CRIMES  
 E O A E E O U  
 BUILDERS SPIDER  
 A C L F P R E P  
 THEREFORE ERROR  
 E S R N S A I  
 ITEM SHEATHS  
 P S R N E E  
 REPEATS SOTS  
 I E N A U A M  
 NEEDS VEGETABLE  
 C D P E G R O R  
 EDITOR DELAWARE  
 S N R S M R L  
 SIGHTS STUPIDLY

sees a couple of tomatoes added to stew (3,6)

- 27 Carbon test for marine life form (5)  
 28 Glad kid ends troubled and doing a runner (11)

## DOWN

- 2 Angry with international tariff (5)  
 3 Language got riper about such a personal journey (3-4)  
 4 One concludes usurer's business must be deprived of licence, initially (6)  
 5 Rivals fighting outside empty cafe is natural (8)  
 6 Find way of escape after hearing (4,3)  
 7 Money once given to men on board belonging to crew? (6,2,5)  
 8 About a Boy editor made a logical case (8)  
 9 What might offer women a lofty view? (8,5)  
 15 Elected perhaps to protect fool showing madness (8)  
 17 Dance group supporting girl (8)  
 19 Pick a tutu oddly in imitation (7)  
 21 Dispenser of drinks needing a line of sight (7)  
 22 A family of kids needing answer for love overseas (6)  
 25 Garment from China prone to be revealing (5)

By arrangement with The Daily Telegraph

## Jumble

David L. Hoyt and Jeff Knurek

## JUMBLE THAT SCRAMBLED WORD GAME

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

GROOF

OWSNO

SRALPW

REFTER

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EVEN AFTER CHANGING OUTFITS SO MANY TIMES, THE FASHION MODEL WAS ---

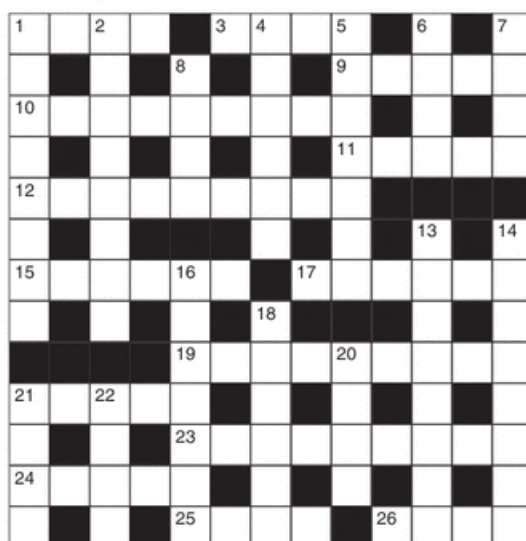
Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

(Answers tomorrow)

Yesterday's Jumbles: SWUNG ENTRY DEVOUT GOATEE  
 Answer: The high school cheerleaders were going to learn some — NEW "ROOT-TEENS"

14270

## QUICK CROSSWORD



## ACROSS

- 1 Tumble (4)  
 3 Nipple (4)  
 9 Periods of day (5)  
 10 Bottle-opener (9)  
 11 Garden pest (5)  
 12 Examiner (9)  
 15 Nutty sweet (6)  
 17 Get away (6)  
 19 Routine drudgery (9)  
 21 Large parrot (5)  
 23 Not strict, relaxed

## (4-5)

- 24 Light beer (5)  
 25 Walks softly (4)  
 26 Relax (4)

## DOWN

- 1 Dissenting groups (8)  
 2 Spark URL (anag) (8)  
 4 Misprints (6)  
 5 Frustrates (7)  
 6 Hurry (4)  
 7 Second-hand (4)

## 8 — of Man (4)

- 13 Nautical (8)  
 14 Danger signal (3,5)  
 16 Belgian diamond city (7)  
 18 Kidded, taunted (6)  
 20 Excavates (4)  
 21 Exploit to the max (4)  
 22 Barred enclosure (4)

## Yesterday's solution

Across: 1 Pad; 3 Did; 5 Sells; 8 Taste; 9 Release; 10 Hire; 11 Sentence; 13 Paddle; 14 Poetry; 17 Instance; 19 Data; 22 Surface; 23 Total; 24 Scent; 25 Mum; 26 Raw.  
 Down: 1 Pitch; 2 Desired; 3 Deed; 4 Darker; 5 Solution; 6 Learn; 7 Scenery; 12 Pleasant; 13 Priests; 15 Tractor; 16 Scream; 18 Surge; 20 Allow; 21 Stern.

By arrangement with The Daily Telegraph



Scan the QR to know more



## LITTLE PLEASURES IS ALL SET TO SERVE YUMMY GOODIES AT THEIR NEWLY OPENED CAFE ON HUNGERFORD STREET. **t2** CHECKS IT OUT

**A** preferred name in the city for cakes and other baked goodies, Little Pleasures has now come up with a cafe on Hungerford Street. The new cafe has an array of sweet as well as savoury baked treats on display along with a selection of plated desserts, as well as hot and cold beverages. In the next few months, the place will serve big plates as well. **t2** stopped by for some sip and bite.

**What:** Little Pleasures Cafe  
**Where:** Regency Building, 1st floor, 6 Hungerford Street  
**Timings:** 10am to 9pm for dine in  
**Meal for two:** ₹600-plus



The cafe can seat around 25 guests and has a cosy vibe. The lemon green signature brand colour finds its way on the ceiling as well as in the little decor details. With one side all glass, it's a great spot to look at the cars passing by with a cuppa in your hand. A cutesy faux lemon tree is another fun element. "Life is all about Little Pleasures" reads the quote on the wall that's great for photos.

▶ This display takes us straight to Paris with beautifully lined choux, pastries, buns, gelatos and more. Cutesy tiered cakes act as beautiful display elements as well.

### WHAT WE LOVED

Thick and overloaded with crumbs, the Lotus Biscoff Shake is a great choice, especially if you are a Biscoff lover. Each sip is a celebration of the creamy and velvety textures.



Fluffy bun with cheese oozing out and a range of spices and herbs in perfect harmony, the Korean Cream Cheese bun available in a non-vegetarian variant as well is a must-try.



The gelatos here are easily, if we may say so, the best in the city. Our personal fave? The Dark Chocolate and Orange one. Other popular flavours include the Creme Cappuccino, Ferrero Rocher, Mango Passionfruit, Wildberry Cheesecake, and Salted Caramel Crumble.



Who doesn't love a fondue, right? But what if we told you that this is a cold fondue. Yes, instead of melted cheese, you have Parmesan Cheese Ice cream served with crackers, garlic bread and spicy rolls to scoop and savour. We love!



It's decadent, it's full of nutty coffee and cream flavour, it comes with the drama of a pull-me-up — what's not to love in the Tiramisu here?!



Flaky and buttery, crisp exterior with a gooey, chocolatey and nutty interior, the Nutella Croissant is a giant treat that will leave you full and satiated.



Move over vanilla, the Pistachio Affogato has arrived and it's here to stay. Nutty and rich pistachio ice cream and strong coffee create a power-packed bite.



"What began as a small kitchen studio has flourished into a patisserie with three outlets, a café, and a growing range of artisanal offerings. By staying ahead of global trends, we continuously refine our menu—from viennoiserie and handcrafted gelatos to our soon-to-launch food selection—ensuring every bite is both timeless and innovative," said owner, Shripriya Gupta Seth.

**Zeba Akhtar Ali**  
Pictures: B Halder

### FOOD

## THE CITY HAS A NEW BIRYANI ADDRESS — **B&B24**

**B**&B24 (Biryani & Beyond), a biryani cloud kitchen, is the all-new destination for the Mughlai dish that Calcutta loves dearly. In a city where biryani is not just a dish but an emotion, this cloud kitchen in Garia is winning hearts by serving authentic, flavorful biryani and other Mughlai delicacies. B&B24 stays true to tradition, using age-old recipes, premium ingredients, and royal cooking techniques. With mouthwatering dishes and a growing fanbase, it has sold over 1,000 plates in just 40 days since its opening.



Mutton Biryani



The eatery serves rich and aromatic Mughlai gravy dishes



"Our mission is simple yet profound — bringing back the true essence of biryani. Every grain of rice, every piece of meat is infused with time-honoured flavours, prepared by experienced hands that have mastered the craft," said Sushmita Saha, the lady behind B&B24.

**What:** B&B24 (Biryani & Beyond)  
**Where:** Nazrul Pally, Mahamayatala, Garia  
**Timings:** 11:30am to 11:30pm  
**Pocket pinch:** ₹300 onwards  
**Contact:** 9883408701

B&B24 has an expansion plan to set up more online food distribution hubs and quick-service restaurants (QSR) in South Calcutta over the next six to eight months. You can expect the next outlet near Acropolis Mall.

**Rohini Chakraborty**  
Picture courtesy: B&B24



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BACK, ALRIGHT!”  
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SCAN THIS QR RIGHT!



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ROCK YOUR BODY RIGHT!”**

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**MARCH 20**  
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## SPECIAL CHILDREN'S PUJA PERFORMANCE WINS HEARTS.

A local puja committee invited deaf children to perform a sign-language play, moving the audience and their parents to tears.

— Karthik Malakar

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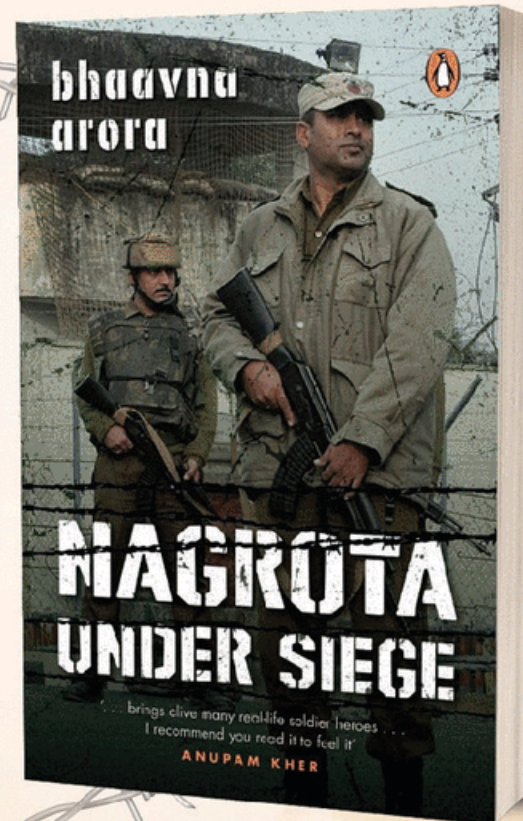
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Launch of the Book

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by

**Bhaavna Arora**



Chief Guest



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