



SOHUM SHAH

The impact this story made on me was the final deciding factor for me to back this film. I would definitely say without giving away too much, every father should watch this film

— Sohum Shah

# Bombay Times

THURSDAY, MARCH 6, 2025  
ADVERTORIAL, ENTERTAINMENT INDUSTRY  
PROMOTIONAL FEATURE

## 'Crazxy shows bold storytelling can thrive with pure intentions'

**Making smart choices without compromising on vision**

The journey of *Crazxy* has been one of calculated risks and smart execution. From the beginning, the focus was to make a gripping, high-quality film without overspending. The film was designed to succeed without needing astronomical box office numbers. This approach is not just about making one film work; it's about creating a playbook for future filmmakers.

**Success in Bollywood has often been synonymous with star-driven blockbusters and larger-than-life storytelling, but occasionally, a film comes along that challenges the status quo and proves that content reigns supreme. *Crazxy*, a small-budget, high-concept thriller, is doing exactly that — emerging as a powerful testament to the idea that smart, passionate filmmaking can not only survive but also thrive.**

**A SMALL FILM WITH A BIG IMPACT**

*Crazxy* might seem like an underdog at the box office — a film led by a single actor, made on a controlled budget and released amidst competition from larger commercial films, but the audience reactions and numbers tell a different story. The film held its ground and has shown remarkable growth. Box office trends indicate that the film is sustaining well, with consistent weekday collections — a

**Creating an ecosystem for bold filmmaking**

One of the most important contributions *Crazxy* is making is in shaping a sustainable ecosystem for filmmakers who want to tell bold stories without being shackled by massive budgets or unrealistic box office expectations.

Sohum says, "*Crazxy* is an example that unique, fresh and bold storytelling can thrive with pure intentions. Making a film like this is always a big bet, but we did it in a way where the focus remained on the story while staying true to its vision without the pressure of excessive budgets. This film has emboldened us as well as the industry, that content-driven cinema can be both creatively fulfilling and financially sustainable, simultaneously empowering more filmmakers to take risks and bring fresh narratives to the audience."

rare feat for a small-budget movie. The biggest plus for the film is the reception it is getting from the industry, critics and audiences. This organic word-of-mouth push is creating a slow-burn effect, ensuring the film stays in cinemas long after its opening weekend.

**A UNIQUE CINEMATIC THRILLER FOR EVERY FATHER**

Sohum Shah says, "When I read the script, it was definitely a thrilling page turner, but what made a mark for me was the character's emotional trajectory. The impact this story made on me was the final deciding factor for me to back this film. Even in the writing and on the page, the emotionality quietly surrounds you while you go on this thrilling, crazy journey. I would definitely say without giving away too much, every father should watch this film."

*Crazxy*, an edge-of-the-seat thriller, is crafted in such a way that it resonates across different age groups. The film is entertaining, high on adrenaline and thrilling, but the fundamental nucleus is the redemption of a father, the emotion-

al journey of Abhimanyu Sood, the lead protagonist, that moves its audiences.

**A NEW DIRECTION FOR B'WOOD**

While filmmakers often feel the pressure to conform to commercially safe formulas, *Crazxy* proves there is room for experimentation. Viewers are drawn to fresh narratives, tight storytelling and films that take creative risks. The film is a reminder that there is an appetite for content-first cinema, and when done right, it can perform critically and commercially.

**WALKING THE PATH PAVED BY DYNAMIC FILMMAKERS**

The current wave of content-driven films owes a lot to the dynamic filmmakers who defied conventions. Films from South India, especially Malayalam films like *Manjummel Boys*, *Kumbalangi Nights* and *Premam*, carved a path for films that didn't rely on stars but instead relied on narrative depth. *Crazxy* stands on the shoulders of this legacy. It continues that journey, inspiring the next generation of passionate storytellers.

Sohum Shah in a still from *Crazxy*

# I never think of myself as a migrant: Mira Nair



**MIRA NAIR**

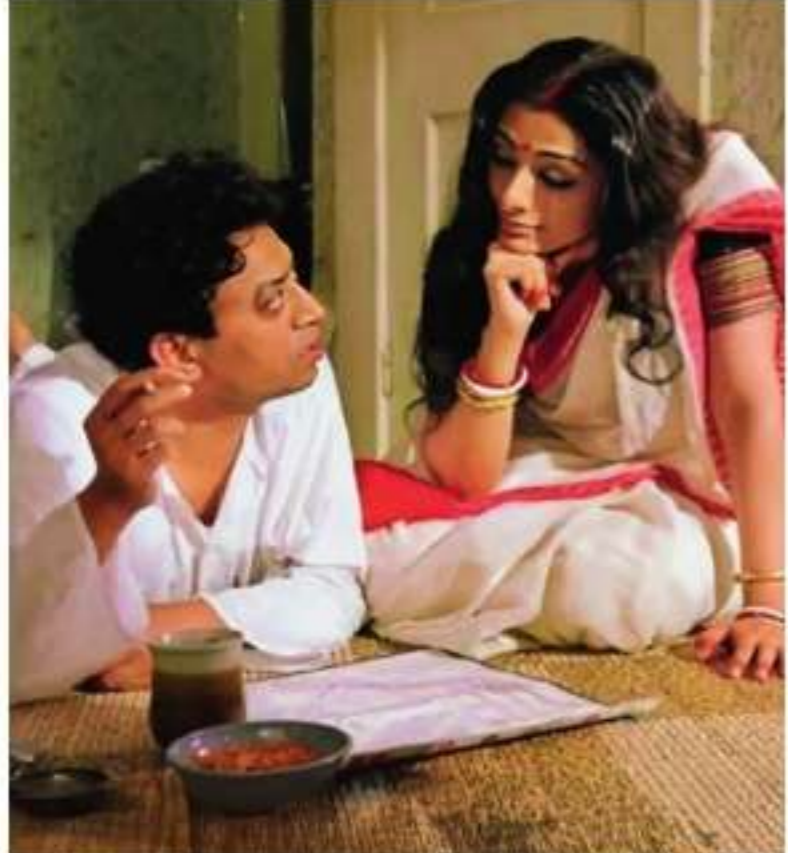
The experience of living between worlds has definitely shaped my being, my sensibilities, and my art. I still have an Indian passport, which is like an accordion of visas, but I was never interested in losing it

— Mira Nair

**Niharika Lal**

Though Mira Nair has homes in Delhi, Kampala, and New York, she admits that she feels the most rooted in Delhi. These cities, she says, have shaped her perspective. Speaking at a recent discussion on films and migration with Adil Hussain in the capital, Nair reflected on her storytelling, which often highlights the lives of those on the margins. Excerpts.

**CONTD. ON 8**



**'I feel the most rooted in Delhi'**

Mira said, "I never think of myself as a migrant; I never have. I feel that my roots are so strong that I can fly anywhere and be who I am. Of course, the experience of living between worlds has definitely shaped my being, my sensibilities, and my art. I still have an Indian passport, which is like an accordion of visas, but I was never interested in losing it. I don't feel like an immigrant even now. The key for me is to feel engaged where I am."

She added, "In these 35-40 years, I do have three very living homes — in Delhi, Kampala (Uganda), and New York City. I feel rooted, the most rooted, right here (in Delhi). It's like grasping the sense of the world and having an expansive worldview is actually very humbling."

One of Mira Nair's most popular works, *The Namesake*, delves into issues of identity and selfhood that the Indian diaspora faces while living abroad

## Team India's revenge against the Aussies

As team India triumphed over Australia in the Champions Trophy semi-finals, fans wasted no time dubbing it a "revenge" match for the heartbreaking 2023 World Cup defeat

**Talk of the town**

**CELEBRATING THIS WIN**

**REMEMBERING 2023**

From Varun Chakravathy's crucial wicket against Travis Head to Virat Kohli showcasing his chase-master prowess, Team India brought their A-game against the Aussies

**Rajabets** @rajabetsindia  
Revenge served cold  
#INDvsAUS #ViratKohli

**Cricket x Football** @MR\_FIX\_IT  
India never lost an odi match in Dubai and New Zealand never won an odi match in Dubai, so india vs new zealand will be good for our health  
#ChampionsTrophy2025  
#ChampionsTrophy  
#NZvsSA  
#indvsnz

**Richard Kettlebo...** @RichKettle07  
Varun Chakravathy stopped 1.4 billion Indian Fans from Depression  
#INDvsAUS

**Irfan Pathan** @IrfanPathan  
Habibi come to Dubai to play the final vs . Well done boys

### Buzzstop



**AKSHAY KUMAR, KATRINA KAIF'S NAMASTEY LONDON SET FOR RE-RELEASE**

Akshay Kumar and Katrina Kaif's 2007 blockbuster *Namaste London* is all set to light up the silver screen once again as it will re-release on Holi. "Get ready to relive the magic — unforgettable songs, iconic dialogues and timeless romance," Akshay wrote in a post on Instagram as he shared the news.

Agencies



**Have Tamannaah Bhatia & Vijay Varma parted ways?**

Tamannaah Bhatia and Vijay Varma have reportedly ended their relationship. While the news comes as a surprise to many fans, buzz is that the decision was mutual, and they continue to be friends. Their relationship became public in 2023 around the release of *Lust Stories 2*, their first project together. In an earlier interview with us, talking about their relationship, Vijay had said, "I feel I have a lot to learn from her; and there are so many things that I know that she understands, which perhaps makes her look at things differently. That makes this equation interesting. It's shocking and new for people to see these two very different worlds coming together, but between the two of us, we are very similar as people." We reached out to the two actors, but they did not comment till the time of going to press.

# Calisthenics to powerlifting: Women embrace strength, endurance, agility



Women are now understanding the importance of strength training for overall health

Aditi Pancholi

For years, the fitness industry marketed workouts to women through the lens of weight loss and aesthetics. But across India, a quiet revolution is underway — one where women are moving beyond traditional gym routines. From functional training and calisthenics to powerlifting, women are reclaiming space in male-dominated fitness arenas, shattering stereotypes, and redefining what it means to be strong.

## 'STRENGTH TRAINING IS NO LONGER JUST ABOUT AESTHETICS'

Weight rooms and powerlifting sections in gyms were long considered male-only zones. But this perception is rapidly changing. Women are increasingly taking up space in these areas, proving that strength knows no gender. "Earlier, very few women were keen on weight training or strength training, as it was seen as a male-dominated space. But that perception has changed significantly. More women now understand its importance — not just for building muscle but also for bone strengthening and overall health. Strength training is no longer just about aesthetics; it's a crucial part of a well-rounded fitness routine for everyone," says Deepa Vaswani, fitness trainer and sports nutritionist.

## 'Over 40% increase in women signing up for strength-based workouts'

Gym owners are also witnessing the shift. Sandeep Mehta, who runs a gym, says, "We've seen around 50% increase in women signing up for strength-based workouts in the last two years. The demand for strength training classes has skyrocketed."

## Some strength training workouts that women are following

**DEADLIFTS:** Build full-body strength and improve posture.  
**SQUATS:** Enhance lower body power and core stability.  
**BENCH PRESS:** Strengthen chest, shoulders, and arms.  
**PULL-UPS:** Boost upper body strength and endurance.  
**KETTLEBELL SWINGS:**

Improve explosive power and conditioning.  
**SHOULDER PRESS:** Develop strong and toned shoulders.  
**POWERLIFTING & OLYMPIC LIFTS:** Women are increasingly taking up competitive lifting.



## 'Boosts one's confidence and strength'

Women embracing strength training often report:  
● Increased self-confidence  
● Better mental resilience

● Improved bone health and reduced injury risk  
● A shift from aesthetics to performance-based goals

# Van Gogh Museum creates Lego Sunflowers

Amsterdam's Van Gogh Museum has joined forces with the Lego to create a build-your-own version of Vincent Van Gogh's "Sunflowers". Standing in front of Van Gogh's 1889 masterpiece, one of the series of sunflower paintings for which the painter is most renowned, museum curator Nienke Bakker told a media outlet she hoped the Lego version would help more people to become familiar with his life and work.

"The great thing is that people can actually build it themselves and build up a composition in a way that a painter builds up a composition," she said.

Comprising 2,615 pieces and complete with adjustable petals, the build-your-own Sunflowers is smaller than the painting that inspires it, but still takes many hours to build. It is made up of existing brick shapes and colours with the exception of a specially-created brick with Van Gogh's signature.

Reuters



Comprising 2,615 pieces and complete with adjustable petals, the build-your-own Sunflowers is smaller than the painting that inspires it, but still takes many hours to build

# Men and women misjudge what the opposite sex finds attractive: Study

A study published in PLOS One found that men and women misjudge what the opposite sex finds attractive.

Researchers in the UK asked 144 participants, averaging 22 years old, to adjust 3D facial models to reflect what they believed the other gender preferred for short- and long-term relationships. The results revealed significant misperceptions.

Men assumed women preferred more masculine faces than they actually did, while women believed men favoured more feminine features than they did in reality. The findings suggest that people overestimate the importance of physical traits in attraction.

According to news reports, the study authors concluded, "We have demonstrated a



substantial misperception of what men and women predict the opposite sex to desire in terms of sexual dimorphism of face shape."

## LEISURE

### SUDOKU CHALLENGE

Level: Medium

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

#### HOW TO PLAY

Fill in the grid so that every horizontal row, every vertical column, and every 3x3 box contains the digits 1-9, without repeating the numbers in the same row, column or box. You can't change the digits already given in the grid. Every puzzle has one solution.

### TOI Games

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### GARFIELD

"DEAR ASK A DOG, WHAT DO DOGS THINK ABOUT?"

CONGRATULATIONS, YOU STUMPED THE DOG!

### ARCHIE

SLINK! SLINK! SLINK!

ARCHIE, I'M GETTING THE FEELING YOU DIDN'T PUT YOUR BEST EFFORT INTO THIS WRITTEN ESSAY REPORT!

### SPELLATHON

Today's Ratings:  
12-average | 14-good | 16-outstanding

How many words of four or more letters can you make from the letters shown in today's puzzle? In making a word, a letter can be used as many times as it appears in the puzzle. Each word must contain the central letter. There should be at least one seven letter word. Plurals, foreign words and proper names are not allowed. British English Dictionary is used as reference.

C  
P  
R  
I  
E  
L

### DENNIS THE MENACE

MY MOM SAID YOU'RE A HYPOCHONDRIAC. I HOPE YOU'RE NOT CONTAGIOUS!

### TIMES HITORI

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

Example

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

### LOOP THE LOOP

#### RULES

- Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A).
- Crossovers or branches are not allowed (As shown by dotted lines in Fig B).
- Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines.
- You can't draw lines around zeroes.
- Each puzzle has just one unique solution.

#### HOW TO BEGIN:

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

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

### THE DAILY CROSSWORD

By Kevin Christian & Doug Peterson 06/03/2025

#### ACROSS

1 Rock blaster?  
4 Plus  
9 Celery unit  
14 Fragrant garland  
15 Are  
16 Sunporch  
17 Iggy's therapist?  
20 equity  
21 Tide competitor  
22 Came across  
23 Taylor's comeback?  
28 Far away  
30 "Cobra \_\_\_\_": Netflix series about a dojo  
31 Primatologist's subject  
32 Chocolate-and-caramel candy  
35 Square quartet  
39 Donna's time off?  
43 Evaluate  
44 Even once  
45 2016 Super Bowl MVP Miller  
46 Apr. 15 addressee  
48 Word on some Oscars  
51 Fiona's rapidly changing backup band?  
56 Wedding notice word  
57 Honest prez  
58 Attacks with vigor  
61 AI's state-of-the-art recording equipment?  
66 "Mercy"  
67 Judges' attire  
68 Prune  
69 Happen next  
70 Elitist sort  
71 trip

#### DOWN

1 Jungfrau's range  
2 13-Down greeting  
3 Mouthpieces for some smokers  
4 Ride-or-die pal  
5 Strident shellmate

#### Wednesday's Puzzle Solved

C	U	L	L	S	P	S	A	T	I	S	P	
O	N	I	O	N	O	H	I	O	N	E	A	R
A	R	T	G	A	L	L	E	R	Y	F	A	N
S	E	T	G	A	L	A	D	U	S	T		
T	A	L	L	C	O	F	F	E	E	S	H	O

### SCRAMBLE

Rearrange the letters in the four word jumbles, one letter to each square/circle, to make four ordinary words

BTAAE  
NTORS  
IOUDDT  
ELMUBH

Life is a journey that must be traveled no matter how \_\_\_\_\_ and accommodations. - Oliver Goldsmith (3,3,5)

### FINOLEX FORTUNE

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9822042295 or [anupamvkapil@gmail.com](mailto:anupamvkapil@gmail.com)

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

**ARIES:** Take decisive action today. Simply talking about your plans with judgmental people won't get you far. Instead, surround yourself with inspiring individuals and plan a fun day. This will help keep your dreams on track.

**TAURUS:** You're in a lucky phase, with everything you touch turning to success. Follow your instincts, but don't let anyone take advantage of your kindness. A heartfelt conversation with someone close will break down emotional walls.

**GEMINI:** Today is not ideal for taking on new challenges. Keep a low profile and avoid negative people to reduce stress and prevent conflicts. On a positive note, your romantic relationships will go smoothly today.

**CANCER:** Career matters look favourable today, with most of your plans falling into place. In love, a little effort can make someone feel truly appreciated. Your choices today will have a lasting impact on how you spend your time.

**LEO:** Foreign connections and travel bring you rewards. You will captivate others with your engaging stories, but be prepared to answer questions honestly. Transparency about your intentions will help you succeed.

**VIRGO:** Financial matters need attention today. You can resolve issues if you talk to someone who's overspending. Your discipline and attention to detail will give you an edge over competitors.

**LIBRA:** Relationships and work will keep you

brilliant ideas and the ability to communicate them effectively. A visit to a new place or person could change your perspective, leading to a tempting new proposal.

**SAGITTARIUS:** Be cautious with new relationships today. It's easy to send mixed signals, which could cause confusion. Focus on resolving any unfinished business to secure your position.

**CAPRICORN:** Stick to your original plans and ideas. You may come up with a fresh, timely concept that could lead to significant success. Business deals, investments, or reigniting old partnerships could bring in money.

**AQUARIUS:** Some of you will touch base with siblings. Reading, writing or doing the crossword or other such activities might appeal today. You're trying to catch up on a lot of loose ends regarding wills, inheritances, insurance matters, shared property, taxes and debt.

**PISCES:** Now is the time to speak up and be heard. You'll find that expressing yourself clearly leads to better understanding. If you want to make changes in your life, do so quietly without causing a stir. Love is in the air, and it's a great day for relationships.

### SOLUTIONS TO GAMES/PUZZLES

#### TIMES SUDOKU

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

#### LOOP THE LOOP

Diagram showing a single loop connecting dots in a grid.

#### TIMES HITORI

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

#### SCRAMBLE

Words: Abate, short, outland, humble  
Answer: Life is a journey that must be traveled no matter how bad the roads and accommodations.

# Grand celebration of sport and fashion in the capital



(L-R) Shailesh Chaturvedi, Padmanabh Singh, J Michael Prince, Kulin Lalbhai and Amitabh Suri



Kalyani Chawla



Stefanie Corrales and Sneha Mahant Mehta

**C**elebrating 135 years of sports inspiration as the official brand of the United States Polo Association (USPA), US Polo Assn hosted a rendezvous in Delhi. According to the brand's management team, more than 300 VIP guests attended this event honouring the sport's legacy with an exhibition polo

game at Jaipur Polo Grounds, followed by an exclusive Spring-Summer '25 fashion showcase at D'Monde Members Club. As part of the lifestyle brand's global moment, this event united polo enthusiasts, fashion aficionados, and influencers in an evening that paid tribute to the sport's heritage and its longstanding influ-

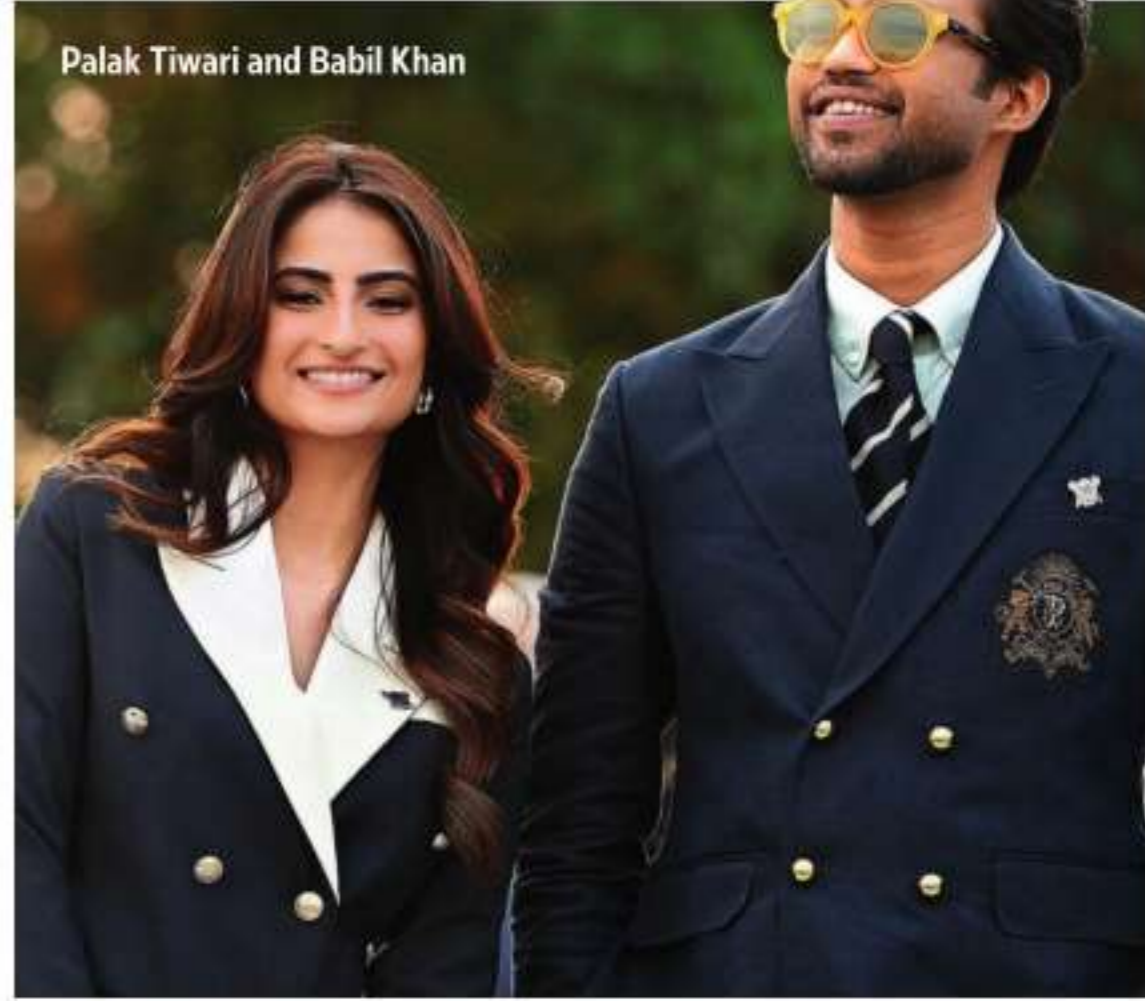
ence. The highlight was an exhibition polo game, where the USPA's India Team, led by Sawai Padmanabh Singh of Jaipur, took on the Global Team in a gripping playoff. By the end of the third chukker, India held a lead at 7-5, setting the stage for a high-stakes finish. The final chukker saw fierce competition. The Most Valuable Player of the exhibition polo game was Padmanabh, while the Best Playing Pony title was awarded to a horse owned by Jaisal Singh. The India Team featured Padmanabh, Simran Singh Shergill, Siddhant Sharma, and Shamsheer Ali. Competing for the Global Team were Nicolas Corti Maderna from Argentina, Lance Watson from South Africa, Juancele Marambio from Argentina and Jaisal. On the occasion, Kulin Lalbhai, Vice Chairman & Executive Director of Arvind Limited, threw the ball at the opening of the first chukker. Adding to the experience, UK-based polo commentator Karl Ude-Martinez brought the exhibition polo game to life with his expert insights. Following the game, guests were invited



(L-R) Lakshya Lalwani, Varun Sood, Harsh Vardhan Kapoor and Rannvijay Singha



Sawai Padmanabh Singh of Jaipur



Palak Tiwari and Babil Khan

to an exclusive fashion showcase at the venue, where the lifestyle brand unveiled its Spring-Summer '25 collection.

The guests at the event included Narendra Singh of Jaipur and Nitish Rana. From the film fraternity, Harsh Vardhan Kapoor, Palak Tiwari, Rannvijay Singha, Varun Sood, Lakshya, and Babil Khan attended the do. Adding to the glamour were Kalyani Chawla, Samarth & Sameer Kasliwal of The Gem Palace, and Priya Paul & Sethu Vaidyanathan of The Park Hotels.

"This 135th Anniversary celebration is a testament to our brand's legacy in fostering the sport of polo while embracing the future," said J Michael Prince, President and CEO of USPA Global, adding, "Bringing together the thrill of the game with a global fashion showcase in a city as vibrant as Delhi underscores our mission to celebrate the authenticity and accessibility of polo, both on and off the field. India has

always been an important market for us. Today, it is one of the fastest-growing markets globally, and the brand is currently seeing very strong momentum."

Speaking on the significance of the event, Shailesh Chaturvedi, Managing Director & CEO of Arvind Fashions Ltd, said, "The sport of polo is rooted in India's history and continues to inspire our consumers. Our brand blends tradition with modern style, and the launch of the Spring-Summer '25 collection in this historic setting is a tribute to the sport's timeless appeal."

"Celebrating 135 years of the brand is not just about marking a milestone - it's about honouring a legacy that blends the heritage of the sport with a contemporary fashion sensibility. We take pride in bringing this spirit to India



Nitish Rana

through fashion that reflects the sport's energy and legacy," said Amitabh Suri, CEO, US Polo Assn India.

Website: uspoloassn.in  
Social media: @USPoloAssnIndia

## It's amazing to see how India is now embracing the concert culture: Aastha

V Nichita

**A**astha Gill, known for hits like *DJ Wale Babu*, *Abhi Toh Party Shuru Hui Hai* and *Kamariya*, spoke to us about her journey in the Indian music industry, her initial struggles and upcoming projects. Excerpts:

**'MUSIC IS IN MY BLOOD; I WAS DESTINED TO BE A PERFORMER'**

Music is in my blood; it was always a part of my life. My dad is a music director, my aunts are singers and my grandfather was also a music composer, so it runs in the family. But, I never wanted to pursue it as a career. In fact, I used to run away from it despite learning to sing and play the piano as a kid. But, I think this was my destiny - I believe I was destined to be a performer.

**'THERE'S A LOT OF COMPETITION IN THIS INDUSTRY; IT'S NOT EASY TO WORK HERE'**

One has to struggle a lot to make a name for themselves in this industry; it's not easy to work here. There's a lot of competition in the industry and the pressure to prove yourself and make your way to the top is so real. I never dared to dream that I could become a star. But now, I tell young people, 'Do not be scared to dream, because it all starts from there'. Also, it's amazing to see how India is embracing the concert culture now.



Aastha Gill

**'I never dared to dream that I could become a star. But now, I tell youngsters, 'Do not be scared to dream, because it all starts from there'**



Aastha with Badshah and Raftaar

**'Raftaar and Badshah have been my biggest supporters'**

By far, Raftaar and Badshah *bhai* have been my biggest supporters. Raftaar *bhai* was my college senior, and he discovered me while I was singing during a competition. One day, he called me and said he wanted me to sing for a song he was working on. In between, there was a time when I was making music, but I did not like anything. I nearly gave up. But that's when Badshah *bhai* showed faith in me. He said, 'Your career hasn't started yet and you are talking about ending it. I expect so much out of you.' This gave me a much-needed push to continue.

**'Besides being a party person, there is a very different side to me as well. I am trying to put that in music. Hopefully, you'll get to see an independent album of mine, soon'**

## Sonam and Maheep ring in Rhea Kapoor's birthday



Rhea Kapoor with Maheep Kapoor

**A**s Rhea Kapoor turned 38, her sister Sonam Kapoor and her aunt Maheep Kapoor rang in her birthday with a grand celebration. The *Aisha* actress posted a video for Rhea and wrote, "Happy Birthday to my sister, my built-in bestie, and the only person who can boss me around (sometimes)! Work hard, play harder—it's the theme of our life! You better work, bch! Love you, Rhee Bee! (sic)." Meanwhile, Maheep shared pics from the midnight celebration on Instagram Stories. Arjun Kapoor, too, wished his cousin on social media. He shared a picture of Rhea's birthday cake and wrote, "OMG, Riya it's ur birthday (sic)." TNN



Rhea Kapoor, Karan Boolani and Sonam Kapoor

**Jurassic Park almost starred Harrison Ford as Dr Alan Grant**

Harrison Ford was offered the role of Dr Alan Grant in *Jurassic Park*, by Steven Spielberg, but turned down the role because he thought it was too similar to Indiana Jones.

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# Buffet or Bust: Are we piling high and wasting big?

Eshna Bhattacharya

Buffets are a spectacle – overflowing counters, an abundance of choices, and plates piled high. But behind this indulgence lies an unpalatable truth: Where does all the uneaten food go? While the restaurant industry is a major contributor to food waste in our country, in five-star hotels, where abundance is a selling point, waste is an ever-present challenge.

Globally, the food service sector is responsible for approximately **28%** of the total food waste generated

Source: Food Waste Index Report 2024

## Buffets encourage indulgence - and wastage

Asian luxury hotels have long marketed excess as part of the experience – lavish spreads, multiple cuisines, and bottomless counters. Buffets thus encourage indulgence – guests pile their plates with food they may not even eat. And it's not just about greed; there's a subconscious element at play. "We often feel compelled to try everything. If a buffet has 10 items, we try to taste all 10 and end up wasting a lot of it," says Dibyajyoti Bose, travel and food enthusiast.

Studies show that breakfast buffets generate the most waste per customer – often twice as much as an à la carte meal – because diners over-serve when presented with a wide array of options. As per a 2023 study by a travel company, 42 per cent Indians choose packages with breakfast included. Especially at destinations where the idea of starting the day on a satisfying note is priority. "Most Asian luxury hotels offer a lavish breakfast because these are places that draw multi-generational families looking for value for money, live counters and an array of cuisines, that would not be available in most European hotels," says Anindya Sundar Basu, travel and food photographer.

## Efforts to minimise wastage

**PROPER PLANNING:** Research and planning into how much food will be consumed is important to reduce wastage. "To minimise food wastage, we prepare food in small quantities and rely heavily on live counters. Predictive planning also plays a crucial role in curating the right portion sizes based on guest preferences," says Sabrina Dey, General Manager, ITC Windsor, Bengaluru. Some companies are using tech to help them with this. "We use a software to monitor waste. Supply is calibrated based on guest numbers," shares Executive chef Vikram Jaiswal, Novotel Kolkata Hotel & Residences. **EDUCATING GUESTS:** Given that a major portion of wastage comes from plate waste, making consumers conscious of it is important. Chef Jitendra Singh Rathore shares, "We remind guests to take only what they need with tent cards – because every bite counts."

## What happens to the leftovers?

**CAN'T DONATE TO CHARITY:** While donating buffet leftovers to NGOs and farms seems like a logical way to manage wastage, food safety regulations make it complicated. Contamination of food at a buffet is also another reason why hotels refrain from passing on the excess to charity. "Rather than risk contamination, we cook fresh meals for charity," says Jitendra Singh Rathore, Executive Chef at Novotel Jaipur. **STAFF CAN'T CONSUME IT:** Once a dish has been sitting out for hours, it's often deemed unsafe for redistribution – even if for the staff. Uddipan Chakravarty, Director, Culinary Operations, President, Mumbai, adds, "For a hotel that employs 800+ staff, the amount of leftover food is rarely enough for more than 30-40 people. Also, our staff dining hours end before the buffet service closes."

**CONVERTING TO ENERGY:** Leftover food from buffets are rarely consumed in any way. Many hotels are investing in large-scale biogas plants. "Our kitchens generate 750-850kg of food waste daily, which is repurposed through our biogas plant. This produces clean energy and organic fertiliser," says Nitin Mathur, Executive Chef, Taj Palace, New Delhi.

## Weekday buffets, plate waste major contributors

The Food Waste Index Report 2024 by UNEP analyses food waste across sectors, including food service. However, India-specific data is limited due to inadequate measurement and reporting, especially in retail and food service, hindering targeted waste reduction strategies. Globally, research on food waste in buffets is scarce. • A Taiwan study found regular buffets waste 125g/customer (weekdays) and

92g (weekends), while vegetarian buffets waste 133g (weekdays) and 62.5g (weekends). **Weekend waste is lower due to better forecasting and higher demand.** • A Poland study showed nearly **75% of waste occurs in the serving area, half of which was from plate waste.** Breakfast buffets generate the highest plate waste, while à la carte restaurants have the least.



Image generated by AI, for representational purposes only

Waste isn't accidental – it's avoidable. Menus are planned at least a week in advance based on guest trends, occupancy rates, and even the time of the month. If there's a shortfall, we can prepare fresh dishes quickly. If there's surplus, it goes to staff cafeteria or the NGOs we work with

– Chef Satish Arora, formerly with Taj Hotels

As per studies, breakfast buffets generate the highest plate waste

## Small steps, big impact at indulgent buffets

- **SHRINKING PLATES:** Reducing plate diameter by just 3cm can cut plate waste by 19.5%
- **SAMPLE SERVINGS:** Small utensils for tasting portions prevents unnecessary overload
- **TEMPERATURE CONTROL:** Using temperature-regulated vessels extends food quality and reduces spoilage
- **À LA CARTE STRATEGY:** High-value items are often offered as à la carte to prevent wastage
- **LIVE STATIONS:** Freshly prepared food ensures minimal leftovers and better portion control
- Frozen and dry food ingredients are safer as they can be cooked to order and repurposed



## London's Pancake Day Relay Race



Dressed in bizarre costumes runners dashed around London's Guildhall Yard, flipping pancakes in their frying pans at the annual Inter-Livery Pancake Race

Marking Shrove Tuesday (English word meaning to seek forgiveness or be granted absolution), or 'Pancake Day', the event also witnessed crowds excitedly cheering for the participants



The race, a nod to the tradition of using up eggs and butter before Lent (a 40-day period of fasting, prayer, and repentance before Easter), featured historic livery companies, with gunmakers firing the starting gun and fruiterers providing lemons. Winners took home a trophy – along with a frying pan

## Pokémon-shaped cheeto fetches ₹7 million at an auction

A Flamin' Hot Cheeto resembling the Pokémon Charizard, dubbed "Cheetozard," sold for a jaw-dropping \$88,000 (approx 7 million) at auction. The 3-inch snack gained viral fame for its uncanny shape and was even labeled the "rarest Charizard in the world." Originally found between 2018-2022, it was preserved in a custom Pokémon card case to prevent disintegration. Bidding started at \$275 (approx ₹23,000) but soared to \$72,000 (approx ₹6 million), with fees pushing the final price to \$87,840 (approx ₹7 million). This isn't the first pricey Cheeto – back in 2017, a Harambe-shaped one fetched nearly \$100,000 (approx ₹8 million).



The 3-inch snack gained viral fame for its uncanny shape and was even labeled the "rarest Charizard in the world"

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## Rare Banksy artwork up for auction, valued at ₹52 crore

A rare Banksy painting owned by rock band Blink-182's musician Mark Hoppus is set to be auctioned on Tuesday, with an estimated value of up to \$6.35 million (approx ₹52.7 crore). Titled *Crude Oil (Vettriano)*, the artwork reimagines Scottish artist Jack Vettriano's *The Singing Butler*, adding a sinking oil liner and hazmat-suited figures.

"It's rare for a work of this quality to come to market, and this one really has all the best ingredients. A fabulous owner, it's hand-painted, impeccable exhibition history, and its subject is more urgent now than ever before," Mackie Hayden-Cook, specialist, contemporary art at Sotheby's, told Reuters. The painting will be offered at Sotheby's London Modern & Contemporary Evening Auction.

Hoppus hopes the sale will support emerging artists. "I want to be a punk rock Medici," he said, referencing the Renaissance-era patrons of the arts.



Blink-182's Mark Hoppus poses by Banksy's *Crude Oil (Vettriano)* at the auction house in London, England

It's rare for a work of this quality to come to market, and this one really has all the best ingredients

– Mackie Hayden-Cook, specialist, contemporary art at Sotheby's

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# Jameela Jamil had \$17 in her bank when she signed her show

Jameela Jamil has opened up about her career before landing a role on the sitcom, *The Good Place*. The 39-year-old joined David Tennant for his podcast and said that before landing the role, she left her previous job as a presenter in 2015. She shared, "I just didn't want to be on TV anymore. I wanted to be a writer and a DJ."

The actress said that she then decided to join her then-musician boyfriend while he was on tour. "And then, I ran out of money, and so I said, 'Please can I have a job, any job, I will do anything.' I was so desperate for money I had \$17 left in my bank account. But instead, I was handed a bunch of auditions," she said, revealing that one was to host a Las Vegas magic show and another was for the role in *The Good Place*.

She didn't want to audition for the role because she had never acted before. She acknowledged that this type of career pivot doesn't typically happen. She said, "It's like, 'Stay in your lane,' and the reason I left is partially because I wanted to be able to write." The show that she pitched is what prompted executives to tell her to audition for *The Good Place*. She recalled, "They were the ones who said, 'We want you to go to this audition for Mike Schur. You'll have more power as a writer if you have a name for yourself, or you can just meet him and maybe he'll put you in the writer's room.' So I went to the audition, just very much so not thinking anything was going to come of it," she said.

Agencies



Jameela Jamil

# Lindsay Lohan says Freakier Friday will be everything the fans want

Lindsay Lohan has promised that *Freakier Friday* will be "everything" that the fans want ahead of its release later this year. Lohan, who is very excited for it to hit cinemas later this year, played the role of Anna Coleman in the 2003 body swap comedy, and now she has reunited with her on-screen mother, Jamie Lee Curtis, for the sequel.

She told an international publication, "I'm very excited. It's gonna be everything the fans want and more. I have seen it and I love it!" The actress confirmed in August that filming was about to wrap as she thanked the cast and crew. In an emotional and lengthy Instagram post, she wrote, "It's our last Monday on the set of #freakierfriday, and my heart is so full. It's been such a great time making this film. I'm so grateful to have made this film, a story of family, mothers and their children and a film filled with love, laughter and a ton of heart!"

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Lindsay Lohan and (inset) with Jamie Lee Curtis in *Freaky Friday* (2003)

# You still have to love that body: Sharon Stone on ageing



Sharon Stone

Sharon Stone has shared her perspective on aging, saying that she embraces the changes in her body and feels the importance of nurturing herself. She told an international publication, "A lot of people give up as they get older. They let go of their body because it's collapsing anyway, or it's like, 'I'm not defined by my body anymore.' But you still have to love that body."

Known for her roles in *Basic Instinct* and *Casino*, the actress also spoke about the physical transformations she has experienced with age, joking, "My underarms have pleats now." She added, "I think, 'Well, I had beautiful arms, and now they're strong and painting... and like angel wings.' So what if they have pleats? Maybe that's what makes them wonderful now."

The Emmy and Golden Globe winner has spoken openly about aging in the past. In an earlier interview, she had said, "I like being alive and healthy. And I think that we should all be super thrilled to make it. Because I've witnessed any number of people not making it."

Agencies

# A lot of people did not like it: Doja Cat addresses Oscars act criticism



Rapper Doja Cat along with *Born Again* collaborators Lisa and Raye performed to a medley of songs from the *James Bond* franchise, in a tribute to 007, at the 97th Academy Awards. However, as per an international portal, the tribute sparked conversation on social media regarding its success. Addressing the criticism, Doja

Cat wrote in an Instagram post, "I never get to sing like that and what I did was brave and scary... I know a lot of people didn't like it but a lot of people did and I feel good that I pushed myself. The song is a classic and I put a lot of work into it but the nerves got to me."

Agencies



In *Freaky Friday*, a feuding mother and daughter switch bodies for a day and have to learn what life is like for each other before switching back. The sequel, *Freakier Friday*, will see Anna and Tess endure another body swap crisis, but this time with a pair of 14-year-old girls. The film is expected to hit the theatres in August

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Passing On The Baton	The Matriarchs	10:00 AM - 10:30 AM
The TorchbearHERs	Leadership Lounge	10:30 AM - 11:15 AM
Wander Women	Women in Travel	11:15 AM - 12:00 PM
Accelerate Action	UN Women at the Frontlines of Change	12:00 PM - 12:45 PM
It's Our Birthright	Women for Women	12:45 PM - 01:30 PM
Lunch Break - 01:30 PM to 02:00 PM		
Walk The Money Talk	Finance Workshop	02:00 PM - 02:30 PM
HERstory Unfolded	Women in Start-ups	02:30 PM - 03:15 PM
Mother EarthHERs	Women in Environment and Sustainability	03:15 PM - 04:00 PM
Sunshine Souls	Women in Health	04:00 PM - 04:45 PM
The Catalysts	Women behind Brands	04:45 PM - 05:30 PM
The Sisterhood Code	Women in TECH	05:30 PM - 06:15 PM
SHE Collective	Community Leaders	06:15 PM - 07:00 PM
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# Experience of living in various places has shaped my art: Mira



Mira Nair's *The Namesake* (2006), based on the novel by Jhumpa Lahiri, explores themes of migration, cultural displacement, and the struggle to find one's identity in a foreign land

CONTINUED FROM **1**

## 'Right now, the situation is so horrific in the US that I need time to process it'

When asked if she would make *The Namesake* today, nearly 18 years later, with everything happening in the US, Mira said, "I'm sure I would," adding, "But right now, we're in such an immediate situation of completely unbelievable repatriation - if you could call it that. What is going on with the planes bringing back our people - it's so shocking for me. But it needs time for me to brew it, to know what one would say about it. Because what I don't want to do ever in my work is preach to the converted. You know, to say, 'Haye haye! Itni buri khabar hai yeh.' That's not enough. You've got to lead people into a world, and while you take them into your world, you have to make them see the world anew. It's not about preaching or giving a lecture. Right now, the situation is so horrific that I need time to process it - to answer the question truthfully about whether I'd make a film about it. It will take some time."



*Monsoon Wedding* (2001), directed by Mira Nair, is a vibrant drama that explores family dynamics, love, and tradition against the backdrop of a grand, chaotic Punjabi wedding in Delhi - a city she says she feels the most rooted in

## 'I am working 12 hours a day, trying to convince the marketplace to let me make a film'

In response to a question on how she deals with rejections and if she ever felt like giving up as a director, Mira said that rigour is the most important quality for those in arts. She said, "People think I am successful, but ask my assistant - I am working 12 hours a day, trying to convince the marketplace to let me make a film, and I'm going to make it. My next film is on Amrita Sher-Gil, the great painter, but it's taken me four years. This is my fifth year. And in just about five months, I hope to

shoot it. It's not a very expensive film, but it's a film that has to take place in Hungary, Paris, and India. It happened 100 years ago, so the period aspect comes with a cost. But it's like - people over there or anywhere except India don't even know who she is. They are like, 'Why should we go to the theatres? *Kaun hai yeh?*' I said, 'Did you know about Frida Kahlo until her movie came out? It's the same deal.' And I am sure that even in the western world, Amrita will become an icon because she is beyond identity."



My next film is on Amrita Sher-Gil, the great painter, but it's taken me four years. This is my fifth year - Mira Nair

Adil Hussain and Mira

## Nayanthara distances from Lady Superstar title

# 'Titles can create an image that separates us from our craft and work'



Nayanthara and (inset) with Shah Rukh Khan in *Jawan*



Joining the list of celebrities, including Kamal Haasan and Ajith Kumar, who have distanced themselves from their titles, Nayanthara has now declined the title of Lady Superstar and requested fans to henceforth solely address her by her name.

On Tuesday, the *Jawan* actress released an official statement expressing why she chose to forgo any such title. "Many of you have graciously referred to me as Lady Superstar, a title born out of your immense affection. I owe you all a lot for crowning me with such a valuable title. However, I humbly request you all to call me Nayanthara. This is because I feel that the name is what I hold closest to my heart. It represents who I am - not just as an actor but as an individual," Nayanthara stated.

Elaborating further, she adds, "Titles and accolades are priceless, but they can sometimes create an image that separates us from our work, our craft, and the unconditional bond we share with you - the audience. I believe we all share the language of love that keeps us connected beyond all limits." TNN

I owe you all a lot for crowning me with such a valuable title. However, I humbly request you all to call me Nayanthara

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