

Any feedback related to stories in Bombay Times?
✉ Mail us at bombay.times@timesofindia.com

Bombay Times

FRIDAY, MARCH 7, 2025
ADVERTORIAL, ENTERTAINMENT INDUSTRY
PROMOTIONAL FEATURE

WOMEN HEADLINING CONCERTS
INSPIRE NEW-GEN ARTISTES P2



(L-R) Abhay Deol,
Hrithik Roshan and
Farhan Akhtar

Zindagi Na Milegi Dobara stars reunite for an epic journey

After weeks of speculation surrounding the viral video featuring Bollywood's beloved *Zindagi Na Milegi Dobara* trio – Hrithik Roshan, Farhan Akhtar, and Abhay Deol – the mystery has finally been revealed. The new campaign for Yas Island, *Zindagi Ko Yas Bol*, brings together the original cast for a much-anticipated reunion, celebrating the spirit of adventure and friendship. Fourteen years after the iconic film, fans are getting the closest thing to a sequel, with the trio embarking on a brand-new adventure packed with challenges, thrills, and unforgettable moments on Yas Island.

A brand-new jingle was also created for this campaign, capturing the excitement and energy of the island and ensuring that the spirit of fun stays with you long after the journey ends.

Liam Findlay, CEO of Miral Destinations, says, "This campaign is all about celebrating the joy of friendship and adventure, just like the film did 14 years ago. This place is perfect for unforgettable moments, and we're happy to bring this experience to life with Hrithik, Farhan, and Abhay."

Filmmakers Zoya Akhtar and Reema Kagti, who co-wrote the script for the series, add, "We are excited about this collaboration, and it's amazing to see how the film still connects with people so many years later."



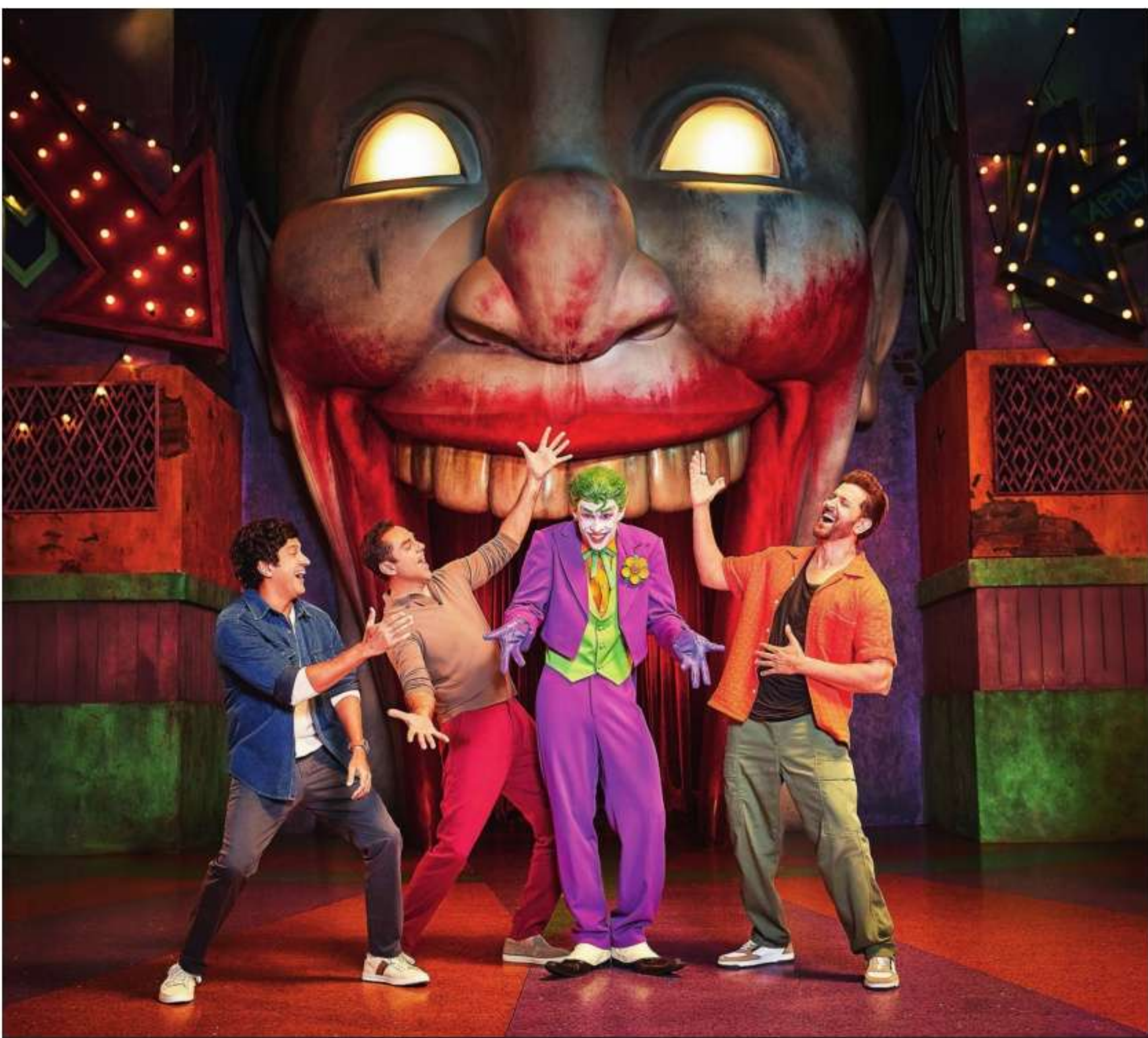
At its heart, the film has always been about stepping out of your comfort zone and living life to the fullest, and we are grateful for all the love it continues to receive."


The campaign kicked off with an exciting trailer, marking the beginning of a five-episode series that takes Hrithik, Farhan, and Abhay across Yas Island's most iconic experiences. Reigniting the film's core theme, each character challenges the others, embracing the spirit of *Zindagi Ko Yas Bol* by saying 'Yas' to every adventure.

In the latest episode of the *Zindagi Ko Yas Bol* campaign, the 'Bwoys' took their camaraderie to Warner Bros.


World™ Yas Island, Abu Dhabi. In a hilarious attempt to recreate an iconic scare moment from their own movie, Abhay set up what he thought would be the ultimate prank. But when the dark alleys of Gotham City fought back and the joke spiraled out of control, chaos erupted in ways our amigos did not expect.

Fans can follow the trio's adventure in the upcoming episodes. With each episode unlocking new challenges and breathtaking experiences, *Zindagi Ko Yas Bol* is set to be an unforgettable journey that celebrates the spirit of friendship, adventure, and saying 'Yas' to life.


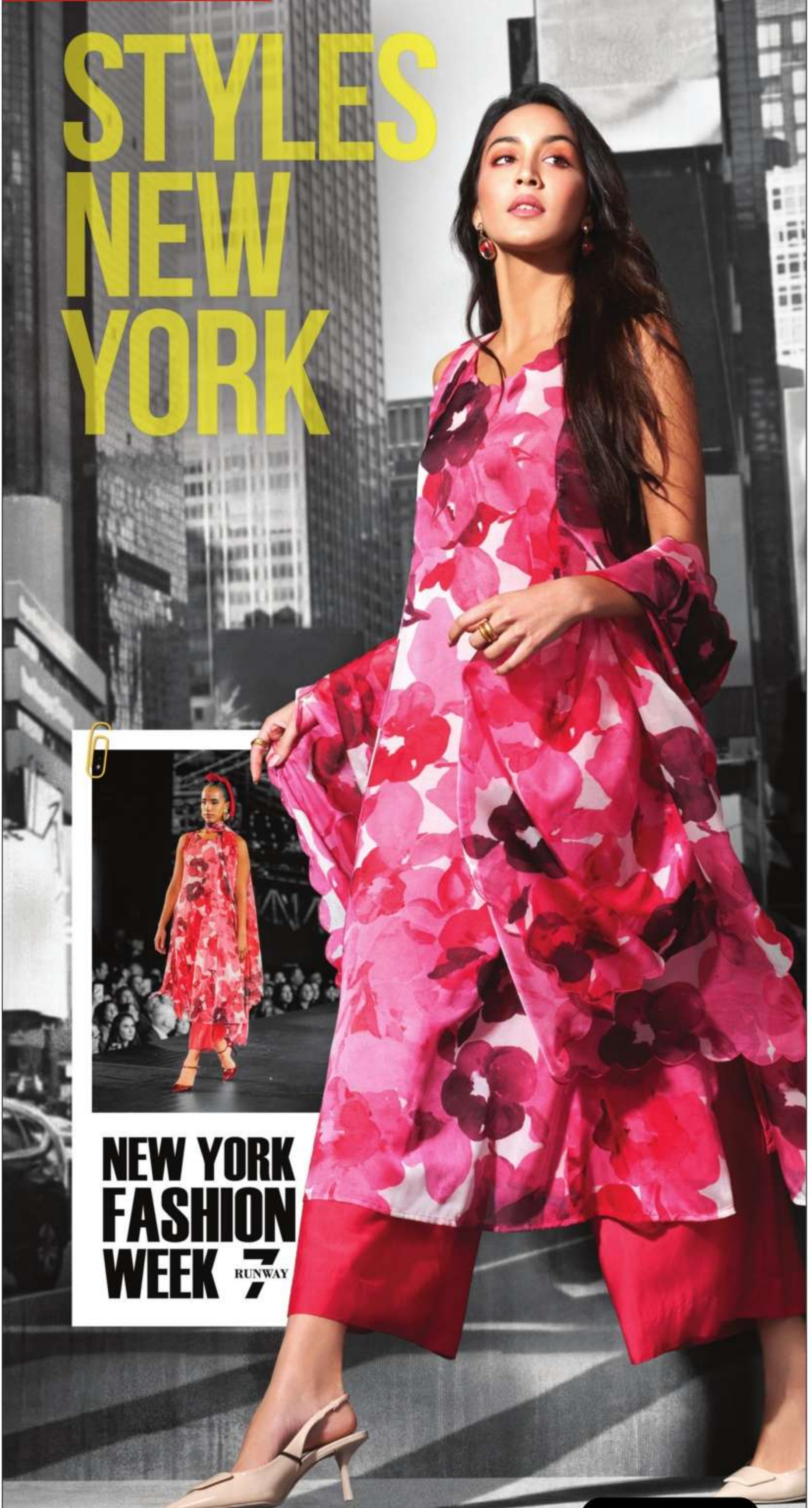




ADITYA BIRLA
FASHION




STYLES NEW YORK




NEW YORK
FASHION
WEEK 7
RUNWAY

SCAN HERE



FASHION WEEK COLLECTION NOW IN STORES

Exclusive  Stores : Phoenix Palladium | Phoenix Market City, Kurla | Nexus Mall, Seawoods
Oberoi Mall | Inorbit Mall, Malad & Vashi | Infiniti Mall, Malad | R City Mall | Colaba | Orion Mall, Panvel
Mumbai Airport - T1B, T1C & T2 | Xperia Mall | Viviana Mall, Thane

Also available at : wforwoman.com

pantaloonS | SHOPPERS STOP | lifestyle | TRENDS | 6 CENTRO

amazon.in | Myntra | Flipkart | AJIO | TATA CLIQ | NYKAA FASHION

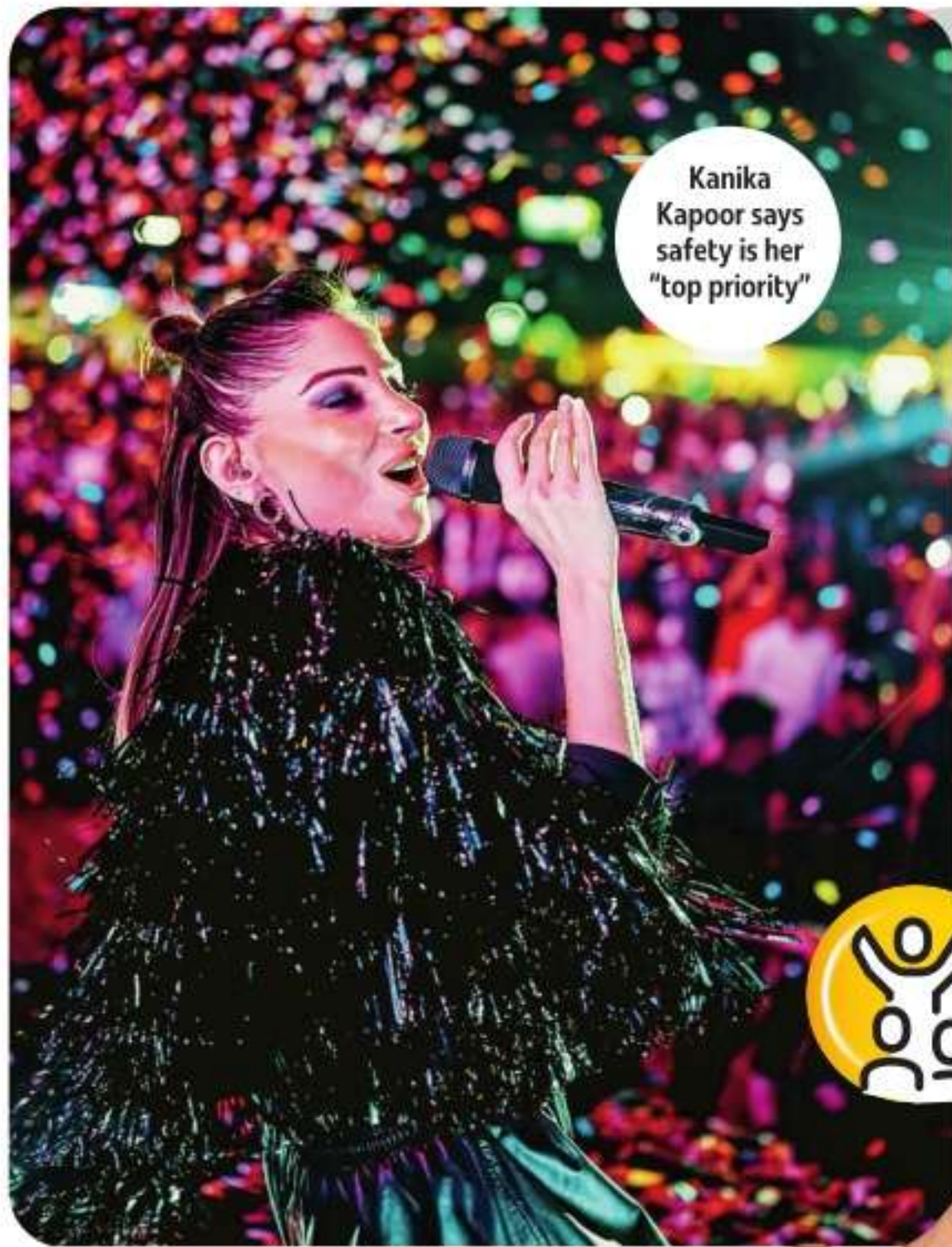


Sisters Ankita and Antara Nandy feel the music scene has improved a lot for women since the time they had started out



I have experienced instances where there were no proper backstage, forget a vanity van to feel comfortable before and after the show
— Akriti Kakar

'WOMEN HEADLINING CONCERTS INSPIRE NEW-GEN ARTISTES'



Kanika Kapoor says safety is her "top priority"

The performance arena in India is a rapidly changing landscape, with women at the forefront now. Ahead of Women's Day, artistes tell us what exactly goes into making and taking a show out on the road, being a woman

Ruman Ganguly & Sundas Jawed

For a while post-pandemic, it seemed like the world had come to a standstill as far as the live performance circuit was concerned. Over the past three years, it has taken a lot to build it all back.

In India, as always, women have been at the forefront of this rebuilding process — singing, dancing, entertaining — as only women can. From Bollywood to hyperlocal industries, women are leading the charge.

Being a woman, what exactly does it take to build a show and take it out on the road? What hurdles do these artistes keep facing? As we approach Women's Day, we take a deep dive with some of India's best known women performers.

PERFORMANCE AS EXPERIENCE

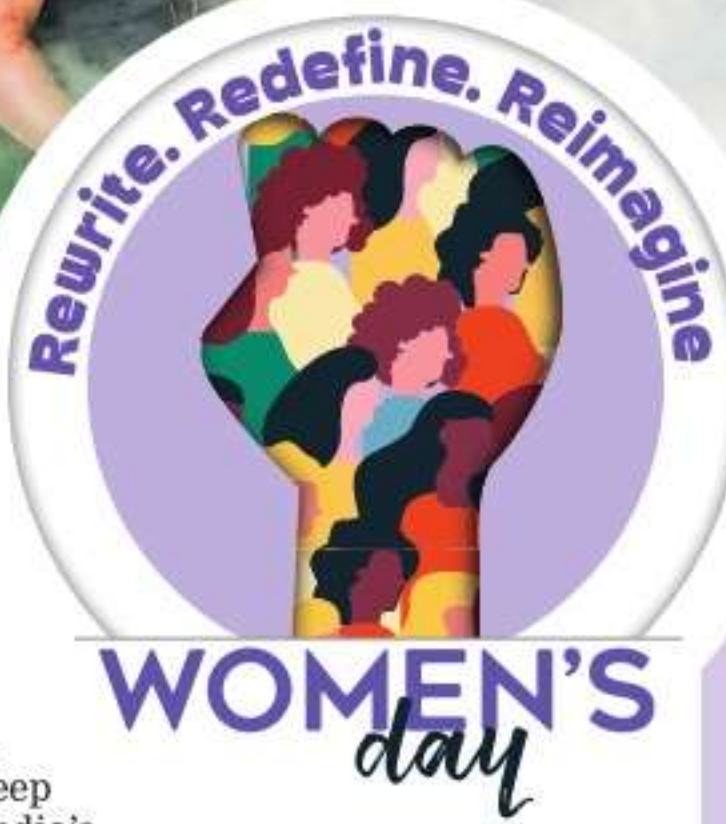
There is a noticeably fresh energy and confidence in performances — from innovative stage designs to dynamic choreography — where women artistes are taking charge. "Many female singers now take charge of everything from visuals to choreography, making their concerts a comprehensive experience," said *Chittiyaan Kalaiyaan* singer Kanika Kapoor.

Female artistes have "completely transformed" the live music scene, feels Shilpa Rao. "Artistes like Sunidhi Chauhan, Shreya Ghoshal and Shalmali Kholgade have revolutionised the industry," said Rao. Adding how a lot of female performers have become pop stars in its truest sense, *Aaj Ki Raat* singer Madhubanti Bagchi says, "From singing and dancing to acting things out — I think women are pushing boundaries a lot more than their male counterparts."

"When I started doing live shows, questions like 'Why is she dancing on stage while singing?' 'Why is she not in a sari?' were common," points out Iman Chakraborty, "Thankfully, the scene has evolved by leaps and bounds now."



Shilpa Rao makes it a point to meet fans and shake hands with them

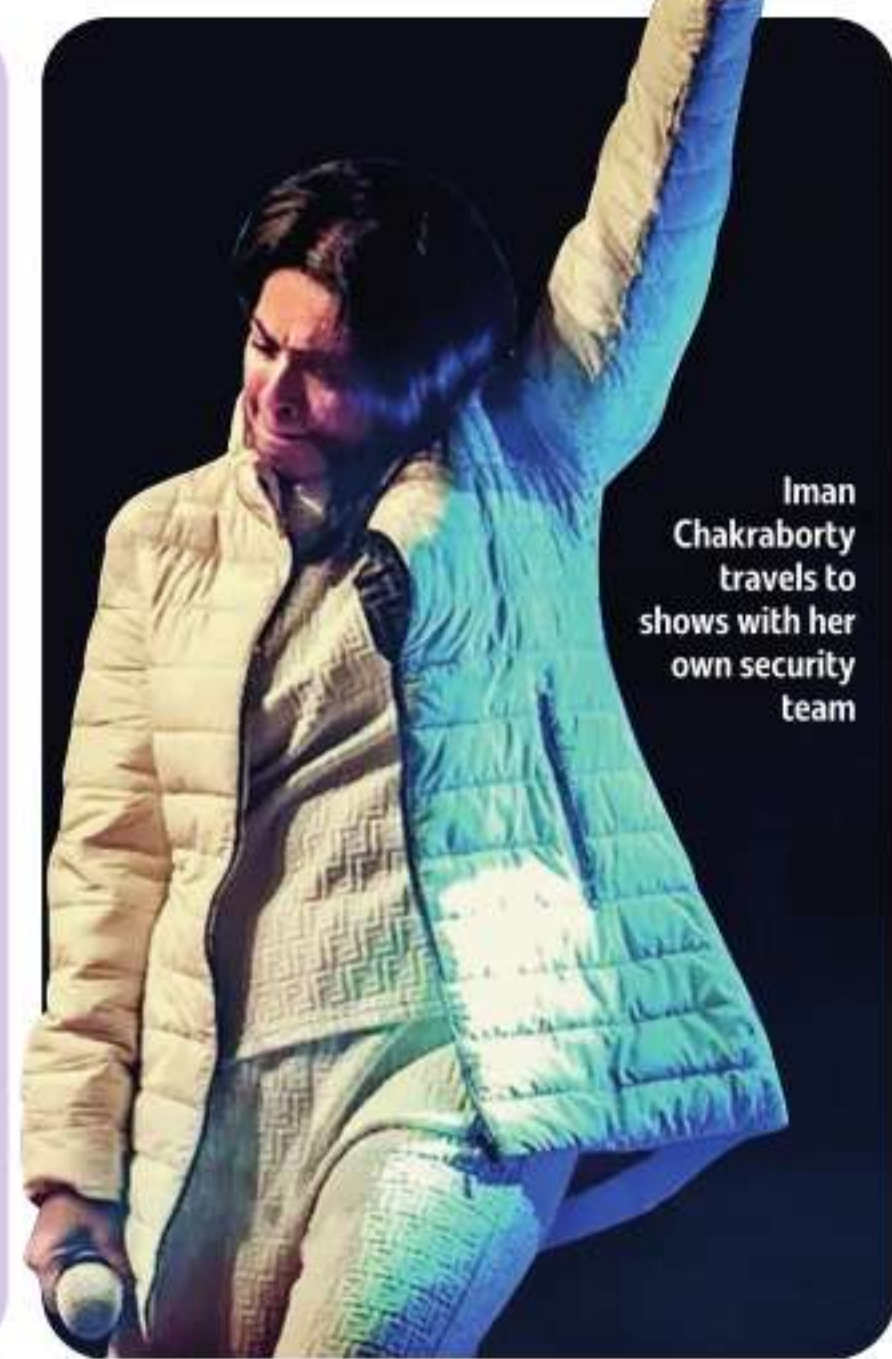


Blood, sweat and AQI

In January 2025, singer Monali Thakur had to stop mid-performance in Cooch Behar — and had to be immediately hospitalised with breathing difficulties. Earlier in December 2024, Thakur walked out of a Varanasi concert, facing an unruly crowd.

The demanding art of live performance has physical effects on a performer. "Air pollution, especially in outdoor concerts, may affect vocal health. Extreme weather conditions, like excessive heat and high humidity can be challenging. Bad air quality or high dust levels can lead to throat irritation," pointed out Kapoor.

For Bagchi, dusty, field-like venues in remote areas are a concern. "I have been mostly affected by dust at open-air shows. There is also the hazard of choking, with confetti and haze guns, if the venue is not too spacious," said Bagchi.



Iman Chakraborty travels with her own security team



Artistes like Sunidhi Chauhan, Shreya Ghoshal and Shalmali Kholgade have been very influential in bringing about major changes for women performers in India

Female singers are headlining their own concerts, experimenting with different musical styles. This shift is inspiring a new generation of female musicians and changing audience perceptions

— Kanika Kapoor

Building safe spaces

Being a star performer is one thing — and going up on stage as the lone woman, facing a crowd of thousands of people, is quite another.

"Crowd management is crucial in live shows," says Kakar. "I have learned from the past. For performances at remote venues, my team informs the local police so that security is ensured," said Chakraborty. Rao ensures the stage is barricaded properly, and security is in place. "Safety measures also include taking care of technical aspects to prevent accidents, such as ensuring radium lines are marked to avoid people falling off the stage and making sure pyros are placed correctly so that the audience isn't affected," she added.



For Madhubanti Bagchi, dusty, field-like venues in remote areas are a big concern

Indian artistes require high-quality technical setups, but many organisers don't fully understand their importance. They often question why we need so many lights or pyrotechnics

— Shilpa Rao

SESSION SCHEDULE MARCH 07, 2025

SESSION	TIME SLOT
Good Vibes Only	7.30am - 8.15am
Welcome Address by The Times of India	9.55am - 10am
Passing On The Baton	10am - 10.30am
The TorchbearHERs	10.30am - 11.15am
Wander Women	11.15am - 12pm
Accelerate Action	12pm - 12.45pm
It's Our Birthright	12.45pm - 1.30pm
Walk The Money Talk	2pm - 2.30pm
HERstory Unfolded	2.30pm - 3.15pm
Mother EarthHERs	3.15pm - 4pm
Sunshine Souls	4pm - 4.45pm
The Catalysts	4.45pm - 5.30pm
The Sisterhood Code	5.30pm - 6.15pm
SHE Collective	6.15pm - 7pm
She's Got Game	7pm - 7.45pm
Lights, Camera, Power (Women in Entertainment)	7.45pm - 8.30pm

To join, please register here www.timestream.in/future-is-she/

THE FUTURE IS SHE

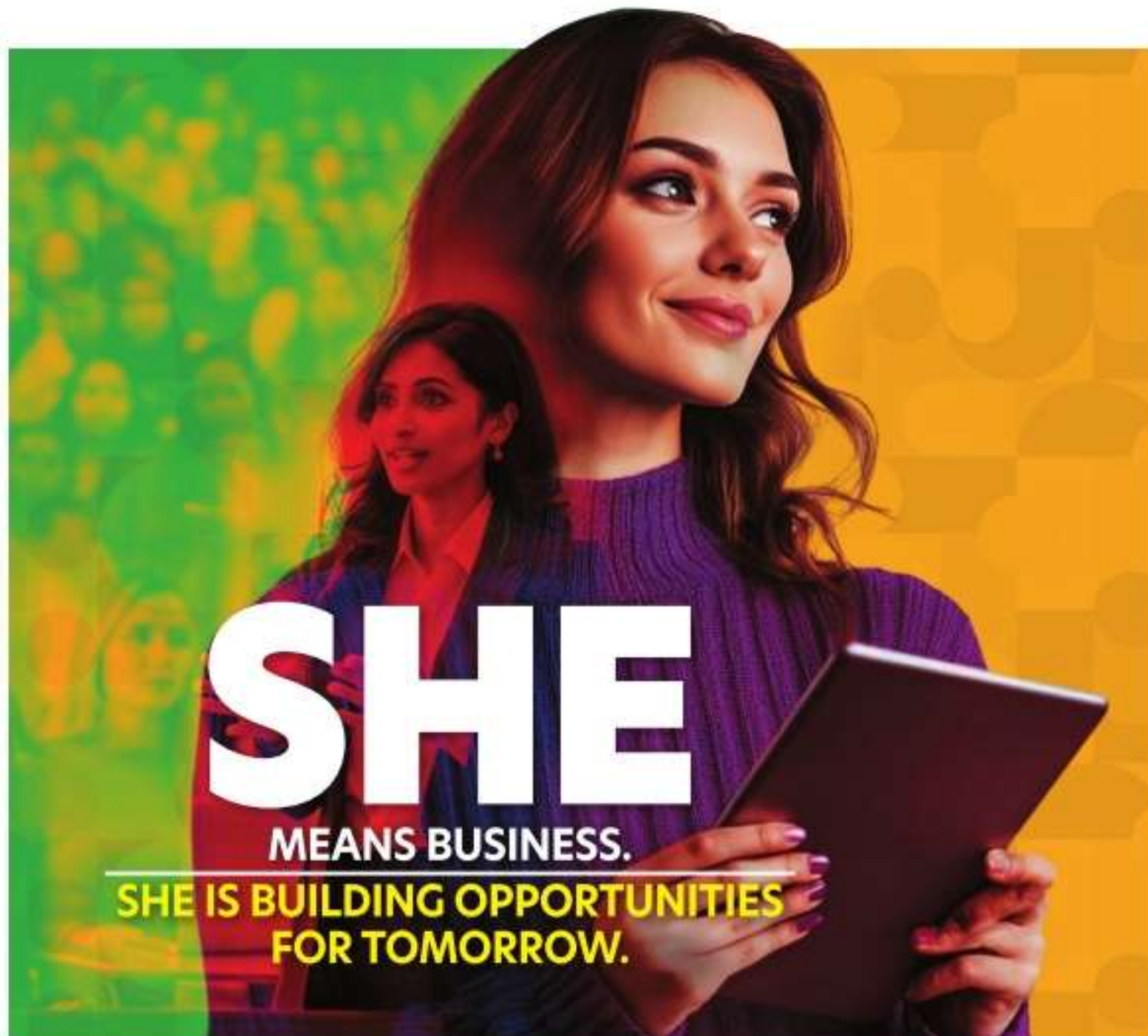
SEASON 4



How would you like to pass on the baton? Scan and share your ideas here through stories, videos, poems or pictures

#TheFutureIsSHE
#AccelerateAction

This year, **THE FUTURE IS SHE SEASON 4** is celebrating the power of our women leaders who believe in passing on the baton to fellow women. There will be an impressive lineup of events and conversations around this theme on March 7.



SHE

MEANS BUSINESS.

SHE IS BUILDING OPPORTUNITIES FOR TOMORROW.



@shanayakapoor02



SHANAYA KAPOOR, enjoying her time in **BAKU, AZERBAIJAN**, shares snaps from her vacation with a simple yet cheerful update: 'Look!!! It's snowing!!' Now that's a cool way to embrace the moment!



TOMMY HILFIGER
TRAVEL GEAR

HOLIDAYING WITH STARS

Bagline stores | Bagline.com | Amazon | Myntra | Nykaa Fashion | Flipkart | Tatacliq Luxury | Ajo

For Trade & Business inquiries contact - 9555288943



Did You Know?

Ayushmann Khurrana wore a special pair of lenses from London in *Andhadhun*



Ayushmann Khurrana, who pretended to be a visually-impaired man in *Andhadhun*, wore a special pair of lenses from London which, he said, impaired his vision by almost 80 per cent. The actor, who plays a piano player in the movie, trained for two months under Akshay Verma, a pianist based in Los Angeles.




UNBEATABLE DEALS ON HANDMADE FURNITURE!

FLAT 60% OFF*

Get it before it's gone!

The Academy Awards get their biggest audience in five years



As per the network, this year's audience increased 19% from last year among adults under 50

An estimated 19.69 million viewers watched the 97th Academy Awards ceremony, the biggest audience in five years, according to figures released by ABC on Tuesday. The show had an especially big lift among people aged 18 to 49, driven by mobile and laptop watches from younger viewers. "In the case of Sunday night's live telecast of the Oscars, we saw dramatic growth with younger viewers from mobile and PC viewing," the company said in a statement. This comes after a streaming glitch left fans frustrated during the Oscar livestream. Oscar viewership has steadily climbed since the hostless 2021 ceremony, which drew 10.4 million viewers. The infamous 2022 Oscars, marked by Will Smith's slap, saw a jump to 16.6 million, followed by 18.8 million tuning in for the 95th Academy Awards in 2023.

Agencies

Come and check out the largest collection of teak & solid wood furniture in Mumbai.

*T&C apply

FORT: 38 C, Cawasji Patel Street, (Near Akbarallys Fountain).
Tel: 022-4512 8337/022-4512 8342/
022-4512 8353 (**SUNDAY CLOSED**)

Store Time: 10:30 am to 7:30 pm

CHEMBUR: Sita Estate, Below BPCL Monorail Stn., Next to RCF Police Stn., Mahul Rd. **Tel:** 022 2554 2222 / 022 2554 2271 / +91 99871 13703 (**MONDAY CLOSED**)



Akbarallys furniture

Because wood is good



Europe 2025 On Sale

50% OFF + CRUISES^

KIDS SAIL FREE*
FREE EXCURSION CREDITS
FREE WI-FI PACKAGE
PLUS UNLIMITED OPEN BAR
PLUS SPECIALTY DINING*

EUROPE'S LEADING CRUISE LINE

WORLD TRAVEL AWARDS 17 YEARS IN A ROW

BEST SPECIALTY DINING

2023 CRUISE CRITIC EDITORS' PICK

Norwegian Breakaway®, Valletta, Malta

experience **MORE** at sea

9 Spectacular Ships • 150+ Unique Itineraries • Best Price Guarantee♦ • Indian Menu Selections Available

Contact your travel agent, call +91 22 7127 9333 or scan the QR code to visit ncl.com



^50% Off Cruises: Discount valid on all open for sale sailings including Sailaway categories. *Kids sail free when booked as 3rd and 4th guests on eligible sailings. Additional kids sail at full price. ♦Best price guarantee applies exclusively to eligible bookings and offer criteria. Offers are non-transferable, have no monetary value and are valid for new bookings only. Offers are subject to change or withdrawal at any time and combinability with other promotional offers is subject to change. Other restrictions may apply. For full terms and conditions visit ncl.com. All rights reserved. ©2025 NCL Corporation Ltd. Ships' Registry: Bahamas and USA. 2209650 03/25.

TRAVEL GETAWAY

TIMES *interact*
Connecting People, Connecting Needs

CONSUMER CONNECT INITIATIVE

LUXURIOUS FAMILY GROUP TOURS

VIETNAM

GEORGIA

ICELAND LAPLAND & BALTIC

ALMATY

KENYA/TANZANIA

SCANDANAVIA

VEG MEALS
PREPARED BY OUR
CHEF
JAIN MEALS
AVAILABLE ON
REQUEST

FOLLOW US
heartholidays.india
heartholidays.india

Heart Holidays

CALL US NOW
98216 22869
99309 67777

**ADD: 12/13/14/21 AVON ARCADE,
D.J. ROAD, VILE PARLE (W), MUM - 56.
WEBSITE: WWW.HEARTHOLIDAYS.IN**

INCLUSION: RETURN AIRFARE, VISA, MEALS, SIGHTSEEING, TRANSFERS TAXES. TERMS AND CONDITIONS APPLY

EXPERIENCE LUXURY AT TAJ EXOTICA MALDIVES

MALDIVES
SPECIALIST

MAKE PLANS HOLIDAYS

282/16, Khandke Building, S.B.Singh Road, Fort, Mumbai - 400 001.
Tel. No. : 9820455030 / 9920436000
Email: sales@makeplans.in
Instagram: @makeplansholidays

it. By the time I reached Pangong Lake, I felt transformed. This wasn't just another road trip—I had pushed beyond my limits and proven something to myself. Now, whenever life feels

sipped suja (butter tea) at a small roadside stall, I asked my guide, Sonam, what Bhutan's famous happiness index really meant. He smiled and pointed at his uncle, who was laughing with a friend. 'It means we don't chase things. We enjoy what we have. If people understood that, they'd stop feeling low and just be happy.' That moment stayed with me. I had always believed happiness came from reaching the next goal—a better job, a higher salary, a bigger house. But maybe it's about appreciating what's already there," she shares.

LOST (AND FOUND) IN TRANSIT

While Jain found wisdom in stillness, Dhvani Kamdar, a chartered accountant, discovered hers during an unexpected layover. A delayed flight left her with 24 hours in Istanbul—a city she had never planned to explore but turned out to be the perfect place for a spontaneous adventure. "I could have stayed at the airport, but then I thought, why not do something spontaneous? With no plan, no guide—just curiosity—I stepped out. With its seamless transport, rich history, and vibrant culture, Istanbul is a layover city that rewards spontaneity, proving that even a few hours can lead to unforgettable experiences. I wandered through the Grand Bazaar, sipped the strongest coffee of my life, and somehow ended up on a rooftop café, watching the sun set over the Bosphorus.

I've always been someone who loves having a plan. But that day, I realised that the best moments happen when you stop planning and simply go with the flow," she notes.

STATUE OF UNITY ₹4,999/-
SAMPURNA GUJARAT MUM TO MUM
MOUNT ABU - CHERRAPUNJI - THREE SISTERS - SIKKIM
CHARDHAM YATRA ₹32,000/-

7 SISTERS - SIKKIM

Ooty
4N/5D
LIMITED OFFER
By TRAIN Rs.12,500/-
By AIR Rs.21,000/-

Coorg / Wayanad
3N/4D

3* COORG / WAYANAD / OOTY Rs.32,000/-
5N/6D By AIR

TIRUPATHI BALAJI
DARSHAN

Kerala
Rs. 9,999/-
MUNNAR-THEKKADY
ALLEPPY

SHIMLA MANALI
BY AIR Rs.29,000/-
Rs. 12,999/-

TULIP GARDEN KASHMIR
Rs. 12,999/-

LEH-LADHAK + KASHMIR + HIMACHAL

3 IN ONE PACKAGE ₹39,000/-

Prayagraj - Varanasi - Ayodhya

AYODHYA - UJJAIN - CHITRAKOOT - OMKARESWAR - VARANASI

KHANDELWAL HOLIDAYS 913 6678 209 / 206

■ Archana.Ajith
@timesofindia.com

Some journeys change more than just your location—they change you. Travel has a way of revealing these truths, often when you least expect it. As we prepare to celebrate International Women's Day, here are some stories that may inspire you or spark the desire to let travel transform you.

RIDING SOLO

For Ankita Nagwanshi, a Delhi-based bakery owner, the journey to transformation unfolded along the winding roads of Ladakh. Road trips had always been her

escape, but she had never driven alone—there was always a group or someone else leading the way. But in Ladakh, with a rented bike for company and an open road ahead, she decided to take the leap. "The first 50 kilometres were daunting, with questions racing through my mind: What if the bike breaks down? What if I get lost? But as I pressed on, fear gradually gave way to confidence. I rode past Bactrian camels in Nubra, glided alongside frozen rivers in Zaskar, and passed

little monasteries where monks smiled and waved. When my bike's chain came loose, a kind stranger stopped to help me fix



VIETNAM
08 DAYS: ₹1,14,999
Fixed Dep: Mar 16,25 • Apr 6,16 • May 12

BAKU & GEORGIA
08 DAYS: ₹1,59,999
Fixed Dep: Mar 15,22 • Apr 5,15 • May 10

BAKU
7 DAYS ₹1,09,999
Dep: Mar 15,22 • Apr 1,10 • May 5

BANGKOK PATTAYA
6 DAYS ₹69,999
Dep: Mar 18,25 • Apr 1,13 • May 4

OMAN
3 DAYS ₹31,999
Dep: Mar 17,25 • Apr 1,10 • May 5

ALMATY
5 DAYS ₹89,999
Dep: Mar 18,25 • Apr 1,12 • May 5,10

DUBAI-ABU DHABI
7 DAYS ₹99,999
Dep: Mar 12,21 • Apr 1,10 • May 5

DASHING DUBAI
6 DAYS ₹89,999
Dep: Mar 12,21 • Apr 1,10 • May 5

INCL.: AIRFARES, STAY, MEALS*, SIGHTSEEING & TRANSFERS. RATES ARE PER PERSON. FIXED DEPARTURES. BOOK NOW.

9892061309 / 9322503942
7021740372 / 8454003942

HIRING IN ALL DEPARTMENTS !

Call For Franchise
• Visa Assistance
• Attractive Airfares
USA / UK / CANADA / TURKEY

www.anjalitravels.in

tough, I remind myself: if I could handle Ladakh, I can handle anything," she reflects.

SPILLING THE TEA ON HAPPINESS

A trip to Bhutan offered Tanvi Jain, a financial analyst from Pune, a different kind of revelation—not through adrenaline, but through a quiet moment of reflection. Exhausted from her corporate routine, she took a break, expecting a simple getaway. What she didn't expect was a lesson in happiness. "One evening, as I

Go far,
grow further

Sometimes, the best thing you bring back from a trip isn't a souvenir, it's a new version of yourself

WHAT TRAVEL
TEACHES YOU

- You learn to trust yourself. Finding your way, making quick decisions, and handling the unexpected builds confidence
- You stop overthinking. When you're on the move, there's no time to second-guess—you just go with it
- You see life beyond routines. Travel breaks the cycle of work and deadlines, reminding you that there's more to life
- You realise people everywhere are more alike than different. A smile, a shared meal, or a kind gesture from a stranger proves that connection goes beyond language

LIFE'S A CLIMB BUT
THE VIEW IS GREAT

Some journeys test you—not just mentally, but physically. For Ruchi Krishna, a fashion graduate, a trek to Meesapulimala in Kerala reshaped the way she saw herself. "I've always been more of

a beach person; trekking was never my thing. But when a friend suggested it, something in me wanted to give it a go. The trail started off easy, winding through tea plantations and misty hills. Then the climb grew steeper, the air thinner. Halfway up, my legs burned, and doubt crept in. Our guide, an elderly man who had been doing this for years, noticed my struggle and said, 'One step at a time. Don't think about the peak, just the next step.' So I did—one step, then another. And after what felt like forever, I stood at the summit, 8,600 feet above sealevel, watching clouds roll beneath me. I had never felt so small, yet so powerful. That day, I learned that strength isn't about how fast you get there—it's about not giving up," she remarks.

Whether it's pushing past fear, embracing spontaneity, or finding strength in the climb, travel shows you what you're truly capable of. So, what are you waiting for? Take the leap—you just might surprise yourself.

MAYUR SUVIDHA TRAVELS LLP

With an experience of 20 years in travel industry, Mayur Suvidha Travel brings you curated group departures for 2025

USA
22 Days
of Ultimate American Experience
9 Nights - West Coast
7 Nights - East Coast
5 Nights - Florida
Option of West OR East Coast Available
\$7999* | \$7699*
Book Before 14 Mar for exclusive Discount

EUROPE
15 Days
of Ecstatic European Adventure
3 Nights - Paris, France
5 Nights - Lucerne, Swiss
1 Night - Innsbruck, Austria
2 Nights - Salzburg, Austria
2 Nights - Venice, Italy
1 Night - Milan
4,10,000* | 3,85,000*
Book Before 14 Mar for exclusive Discount

VIETNAM
10 Days
of Vast Vietnamese Varieties
2 Nights - Ho Chi Minh
4 Nights - Da Nang
1 Night - Halong Bay Cruise
2 Nights - Hanoi
1,35,000* | 1,25,000*
Book Before 14 Mar for exclusive Discount

Japan | Baku | Australia | New Zealand | South Africa | Thailand | Singapore | Russia | Maldives | Mauritius
Central Europe | Spain | Italy | Croatia | Turkey | Greece...and much more

HEMANT JAIN: +9198928 91993 **NIRAV SOPARIWALA: +9193726 95898**

Head Office: 14/15 - Kakad Arcade, Opp. Domino's Pizza, New Marine Lines, Mumbai - 20.

TO PLACE
AN AD IN THIS
SPECIAL
FEATURE,
PLEASE
CONTACT:

ABHIJEET MISHRA
7710 888 884
JITESH DOMNIC
9867 407 521

My goal is to win a medal for India in archery: Vikas Gupta



Vikas Gupta

Vikas Gupta, who is a creative director, producer and reality show contestant, has been away from the limelight for quite some time now. While people may be wondering where he's been, he has found a new passion - archery. He shares, "Sports were never my strong suit. I'd always avoid the games period in school. It was actually Simba, my son, who got me into archery. After watching a Chinese series, he fell in love with the sport. I got him an archery kit just before the pandemic, but due to his obsession with football and Cristiano Ronaldo, the kit remained untouched for months. One day, I decided to give it a try, and to my surprise, I was actually good at it."

What began as a casual evening activity soon turned into a passion, and now archery has become an integral part of his life. He has participated in several tournaments and won medals. He recalls, "Qualifying for the finals in my first National Open Archery Tournament and winning bronze was a great experience. But winning silver at the Open National

Archery requires focus, discipline and patience. Every shot demands full attention and that helps me stay in the moment in my day-to-day life

Indoor Archery Championship in 2024 truly validated all the practice I'd put into the sport."

He further adds, "Despite the lack of resources for archery in Mumbai — finding equipment or training grounds can be difficult — I'm determined to keep going. My goal is to win a medal for India. And fortunately, I am able to balance my sport and my creative work. Currently, I'm scripting the final three episodes of a new web series with my team."

— Neha Maheshwari

green leaf
Natural Actives

NOURISH YOUR SKIN! NATURALLY!

Greenleaf's **Ayurvedic Aloe Vera Skin Gel** with **natural active aloe vera** reduces skin inflammation*. It soothes and heals your skin by improving the skin barrier*. Feel the difference with Greenleaf Aloe Vera!

BRIHANS NATURAL PRODUCTS
Ayurvedic proprietary medicine.

*As per clinical study dated April 2018. Product has been clinically proven to reduce skin inflammation and improve skin barrier properties indicating healing of skin at 72 hrs as compared to baseline.

Available at leading Chemists, Beauty Stores & Supermarkets.
For further details, contact: North India: +91 9313117590, West + South India: +91 9342502838
Follow us on: [f/brihansnaturalproducts](#) | [i/brihansnaturalproducts](#) or [www.brihansnatural.com](#)

Available on: [amazon.in](#) | [Flipkart](#) | [bigbasket](#) | [TATA](#) | [JioMart](#)

Scan to Buy

IDEE
EYEWEAR
SEE THROUGH

Available at: [SHOPPERS STOP](#) | [lifestyle](#) | [PANTALOONS](#) | ALL LEADING OPTICAL STORES

FUTURA
Tel kum lagao...!

You can use **30% less oil** on Futura's advanced surface

7 Advantages of the Futura's Advanced Hard Anodised Surface

- 60 micron thick, non-toxic, non-reactive surface layer
- Not spoilt by high heat
- Extra-thick pans – even heating, no burning, no sticking
- 2.4 times stronger than Steel – can use metal ladles
- Sturdy, stay-cool rivetted handles – will not loosen
- Guaranteed for 5 years
- Can use **30% less oil*** and still make crispy, tasty, healthy food

*compared to uncoated aluminum



Get Cashback of ₹100 to ₹1000 on exchange of your old vessels – any make, any size. Ask at the following dealers for terms & conditions

SOUTH MUMBAI C P Tank SHREE KITCHEN PALACE, Tel: 7498796182 • **Panjarapole** K K SANKALP AGENCIES, Tel: 9820197804 • SONIA ENTERPRISES, Tel: 7507280045 • JAY LAXMI MARKETING, Tel: 9867846245 • VIKAS ENTERPRISES, Tel: 7977719109 • **Lohar Chawl** ATLANTA ENTERPRISES, Tel: 7021030535 • **Grant Road** MOHAN METAL MART, Tel: 9820481831 • **Lalbaug** CHAITANYA STORES, Tel: 9870038910 • **Dadar** J. R. RATHOD, Tel: 9892419944 • TRUPTI ENTERPRISES, Tel: 9819181039 • SHREE SHIV OM STEEL & APPLIANCES, Tel: 9820035078 • BC SHAH & CO, Tel: 9867626265 • PRAMANIK STEEL CENTRE, Tel: 9967876975 • ARIHANT STEEL CENTRE, Tel: 9819427457 • MAHAVIR STEEL CENTRE, Tel: 9321743911 • SEASONS, Tel: 8097742923 • **WESTERN SUBURBS** **Bandra** KAMAL STEEL EMPORIUM, Tel: 9969862189 • **Khar** JAGANI DEPARTMENT STORES, Tel: 9820107443 • D.N.JAIN, Tel: 9867241480 • **Vile Parle** MANSUKH DISTRIBUTORS PVT.LTD, Tel: 9967589911 • MURUGAN STEEL 'N' APPLIANCES, Tel: 8451942909 • **Santacruz** WELL KNOWN EMPORIUM, Tel: 9819185551 • SHREE KHETHLAI SALES & SERVICE, Tel: 9820654157 • MAHAVIR THE HOME STORE, Tel: 9342700600 • KIRAN STEEL CENTRE, Tel: 9769256259 • **Andheri** DEEPTI STEEL, Tel: 9521324460 • LAXMI MARKETING, Tel: 9833112404 • URVASHI (ANDHERI), Tel: 9819882878 • ANAND HOME APPLIANCE, Tel: 8828172468 • NATIONAL STEEL EMPORIUM NX, Tel: 8976317626 • MAHALAXMI STEEL PALACE, Tel: 9769288024 • **Powai** SHREE NITYA STEEL, Tel: 9820124684 • **Goregaon** PARAS APPLIANCES, Tel: 9619648397 • PARAS NOVELTY CENTRE, Tel: 9769233066 • KANCHAN GRUH VASTU BHANDAR, Tel: 9969501532 • **Malad** MAHAVIR STEEL CENTRE, Tel: 9769358050 • **Kandivali** PRAKASH STEEL CENTER, Tel: 9769614914 • **Borivali** OSWAL STEEL CENTRE, Tel: 9819722051 • GAUTAM ENTERPRISES, Tel: 9324082844 • **Mira Road** VARIETY STORES, Tel: 8369455178 • **CENTRAL SUBURBS** **Chembur** MURUGAN STEEL EMPORIUM, Tel: 9969417923 • **Ghatkopar (East)** SHREE GANESH EMPORIUM, Tel: 9819071879 • **Mulund (East)** KAMAL STEEL CENTRE, Tel: 9930779677 • **Mulund (West)** MEHUL STEEL CENTRE, Tel: 9324017488 • **Bhandup (West)** SRD ENTERPRISE, Tel: 9769111471 • **Bhiwandi** VALUE TREE RETAIL LLP, Tel: 8108117889 • E STORES TRADING COMPANY, Tel: 9320911732 • KAMAL STEEL CENTER, Tel: 8600336918 • BHAVESH STEEL CENTRE, Tel: 9892055731 • **Thane** NEW WELCOME STEEL, Tel: 8104940025 • LIBERTY STORES, Tel: 9004255572 • NEW MULCHAND STEEL, Tel: 9892985135 • GOLDEN STEEL & APPLIANCES, Tel: 9594552678 • **Kalyan (East)** NAVNATH STEEL & NOVELTY, Tel: 9594279796 • **Murbad** MATADI METAL MART, Tel: 9766408951 • **Ulhasnagar** MANOHAR METAL BHANDAR, Tel: 9860866833 • DEEPAK AGENCIES, Tel: 9503230400 • RAHUL BARTAN STORE, Tel: 9323614804 • **Ambarnath (West)** MID.POONAWALA (AMBERNATH), Tel: 8308010070 • MAYUR STEEL AND HOME APPLIANCES, Tel: 8329502497 • RAJESHWARI APPLIANCES, Tel: 9422483807 • **NAVI MUMBAI** Vashi KITCHEN PALACE HOME APPLIANCES, Tel: 7875429596 • MILAN STEEL, Tel: 9920621869 • ROYAL NOVELTY, Tel: 7021043868 • **Koperkhairane** KAMAL STEEL & APPLIANCES, Tel: 9769901815 • **Turbhe** AIFFA HOME APPLIANCE, Tel: 9594366335 • MANISHA STEEL CENTRE, Tel: 8080577070 • NATRAJ TRADING CO., Tel: 8097832926 • SHRI MANITA STEEL CENTRE, Tel: 9930917842 • **Nerul** ROYAL MARKET, Tel: 9833077767 • MAN MOTI STEEL CENTER, Tel: 7738020211 • **Seawood** NEW RAJ STEEL & HOME APPLIANCE, Tel: 9967334803 • **Ulve** SAGAR HOME APPLIANCES, Tel: 8591906163 • **CBD Belapur** OM STEEL & HOME APPLIANCES, Tel: 9702103994 • **Kharghar** SHREE ASHAPURA KITCHEN BEAUTY, Tel: 9833590022 • NEW DARSHAN HOME APPLIANCES, Tel: 9833590022 • RAMDEV PLASTIC & CROCKERY, Tel: 9820386002 • BEAUTIFUL, Tel: 9323591700 • JANTA STEEL, Tel: 9619396274 • **Kamothe** MY KITCHEN WORLD, Tel: 8080625151 • **Panvel** MAYUR HOME APPLIANCES, Tel: 8369313048 • SHREE KRISHNA STEEL, Tel: 9969608103 • **New Panvel** MY KITCHEN HOME APPLIANCES, Tel: 9867340648 • **BOISAR** MANEKLAL HOME APPLIANCE, Tel: 9011182666 • **PEN** Annapurna Niwas DARSHAN SALES AND SERVICE, Tel: 9423379221 • **Bazar Peth** SHRI KRUPA STORES, Tel: 8007250055 • **POINAD** Near Lake GAJRAJ HOME DECOR, Tel: 7021466401 • **MAHAD** Tambat Ali Road LAXMI METAL, Tel: 9423823035 • **FOR ANY HELP CONTACT:** ☎ (022) 2444 0807 / 9771495255 / 9665241285 / 6362930673 / 9372977075 ✉ cs@hawkins.in 🌐 www.buyhawkins.in

Why do cats make a strange face after smelling something?

If you've ever caught your cat sniffing something and then making a funny face, you're not alone. Many cat parents assume their feline is put off by the smell, but it isn't that. Instead, your cat is tapping into a biological tool that helps them decode hidden messages in their environment.

This expression, known as the Flehmen response, is a specialised way for cats to analyse pheromones — chemical signals that carry crucial information about other animals. A study, published in the *Journal of Comparative Physiology A*, explains how cats rely on their vomeronasal organ to process pheromones, which trigger instinctive reactions. The study details how this biological mechanism influences feline behaviour, from marking territory and identifying potential mates to strengthening social bonds.



mones, which trigger instinctive reactions. The study details how this biological mechanism influences feline behaviour, from marking territory and identifying potential mates to strengthening social bonds.

Studying abroad simplified

For many students, studying abroad is not just the final pursuit of their academic degree. It is a ticket to a world-class education, opportunities for a global career and growth as an individual. Nonetheless, the transition from dreaming of success to actualising it seems overwhelming. The admission process can feel like a whole load of paperwork and deadlines. Scholarships, visa & accommodation application processes seem maze-like. But with effort, this dream can turn into reality.

One of the major challenges faced by Indian students is the unawareness of their opportunities. Varsity choices are tremendous. With

thousands of universities available, choosing an institution, course and specialisation becomes overwhelming. Entrance requirements, deadlines and application procedures tend to vary, which is why it is important to get the right guidance to make an informed choice.

Finance is also a massive barrier. But with numerous scholarships and grants on offer, prospective students should be guided in accessing the information available. Though the visa procedure is lengthy and tedious, with proper groundwork and documentation, it can be navigated with successful results.

Such is the difference

that professional guidance makes: an expert study-abroad consultant can simplify different processes related to university selection, funding and visa applications for students. Trusted educational consultancies with knowledge in global admissions ensure that students get the support they need. With skilled mentorship and connections to universities, students can confidently progress toward their dream of an international education.

Fragomen Educational Services (FES), which was established in 2023, is a venture of Fragomen Immigration Services India (Pvt) Ltd., a company globally recognised for its ex-



For more details, scan the QR code



From meeting application deadlines to preparing documents, every step matters in securing admission

pertise in immigration and mobility solutions. Dennis Joseph (Managing Director) and Saju James (Managing Partner) of Fragomen India say that the company has helped students across the world through its 70-year history and a footprint extending to over 170 countries. With a network of 6,000 professionals located in 60 offices across the globe, it provides insights into overseas education and views on employment.

Where: Ground Floor, Chintamani Plaza, Mohan Studio Compound, Andheri - Kurla Road, Andheri (E). Call: 8089 034 126. WhatsApp: 999 505 1000.

We're here for you. We're just a call away on your study abroad journey

- Dennis Joseph



Our global network of consultants offer tailored support, ensuring students navigate admissions with confidence

- Saju James

GET NOTICED

THE BIG DISCOUNT SALE

hakobba
FABRICS • SUITS • CUT PIECES • SAREES • KURTIS

SHRI SUNDERBAI HALL
Behind Income Tax Office, New Marine Lines

SEASON SALE **SEASON SALE** **now ON** **UPTO 50% OFF**

FRESH ARRIVALS NOW ON DISPLAY

COLABA : 15, CUSROW BAUG, ELECTRIC HOUSE

ALL CARDS ACCEPTED • 10 AM TO 9 PM • 9004848329

TO

ADVERTISE

IN THIS

SECTION

CALL

JITESH

DOMINIC:

9867407521



Vatican City does not offer permanent citizenship

The Vatican has no hospitals and no delivery rooms. As a result, no one can be a citizen of the Vatican by birth. People become citizens by being appointed to a specific position within the Holy See, like a diplomat or clergy member. When someone's employment ends, their Vatican citizenship also ends.



TRAVEL TIMES

THE KINARA VILLAGE LONAVALA

DELICIOUS FOOD

HERITAGE AMBIENCE

HERITAGE ROOMS AVAILABLE

Add. : Old Mumbai - Pune Highway, Vaksai Naka, Varsoli, LonaVala - 410401 www.thekinaravillage.com
Call : 9859639639

auto

PRE-OWNED VEHICLES

MARUTI



MARUTI CIAZ ZXI+
Petrol, Metallic Beige, Kms 25800, Nov-2015, Excellent Condition, Self-Driven, First Owner : 9062220903

GET NOTICED

Rajasthani Mahila Mandal

JAGRITI SAMMELAN

SUBJECT

नारी सशक्तिकरण-कितना?

Chief Guest

Smt. Smriti Irani

Presided By

Smt. Rajashree Birla

Mahila Pratibha Samman

Smt. Sarika Jain IRTS

Guest of Honour

Smt. Mrinalini Deshmukh Advocate

Mono Play - SITA By

Smt. Anjana Chandak

Place :

At Tejpal Auditorium, Gowalia Tank

Date :

On Friday, 7th March 2025

Time :

at 2 PM

Contact - Rajasthani Mahila Mandal

2386-1332 / 2380-1353

Readers are recommended to make appropriate enquires and seek appropriate advice before sending money, incurring any expenses, acting on medical recommendations or entering into any commitment in relation to any advertisement published in this publication. The Times of India Group doesn't vouch for any claims made by the Advertisers of products and services. The Printer, Publisher, Editor, and Owners of The Times of India Group publications shall not be held liable for any consequences, in the event such claims are not honoured by the Advertisers.



Paaneri
DADAR • THANE
Nagrees of Sarees & Bridal Wear

WOMEN'S DAY OFFER

upto 40% off

On Paithani, Banarasi & Patola

1st-16th March'25

D: 022 45000902/022 45000903/022 45009934 | T: +912245199934/35



PRE-OWNED VEHICLES

TIMESinteract
Connecting People, Connecting Needs.



WISH WHEELS

+91 99671 64485

www.wishwheels.com

Your Destination for Premium Preloved Luxury Cars



@WISHWHEELS.INDIA



MERCEDES GLE 53
AMC, MY 2024, UNREGISTERED (NEW), Petrol, 1000 Kms, Under Wnty Call @ 9967164485



MERCEDES E 220d
Exclusive, 2021, MH Registered, Diesel, 55000 Kms, Under Warranty Call @ 9967164485



BMW X5 X-Line 30d, 2021, MH Registered, Diesel, 55000 Kms, Insurance Valid Call @ 9967164485



DISCOVERY SPORT
Dynamic SE, MY 23, UNREGISTERED (NEW), Petrol, 100 Kms, Warranty Valid Call @ 9967164485



MERCEDES BENZ GLS
480d Maybach Line, 2022, MH Registered, Diesel, 48000 Kms, Insurance Valid Call @ 9967164485



MERCEDES BENZ S
class S360d Maybach Line, 2018, 1st Own, Diesel, 48000 KM, MH Reg, Insurance Valid, Call @ 9967164485



BMW 580i LWB, 2024, HSE CBU, MY 2023, UNREGISTERED (NEW), Diesel, 27000 Kms, Under Wnty Call @ 9967164485



RANGE ROVER Sport
HSE CBU, MY 2023, UNREGISTERED (NEW), Diesel, 27000 Kms, Under Wnty Call @ 9967164485



BMW X3 X-Line Diesel
2022, 1st Owner, Hybrid, Electric, 27000 KM, MH Reg, Insurance Valid, Call @ 9967164485



BMW 745LE Hybrid 2021, 2021, MH Registered, Petrol, 0 Kms, Insurance Valid Call @ 9967164485



BMW Z4 M40i
Convertible, 2024, 1st Owner, Petrol, 1000 Kms, Under Warranty Call @ 9967164485



MERCEDES BENZ
S350d Maybach LWB 2022, 1st Own, Diesel, 13500 KM, MH Reg, Under Warranty, Call @ 9967164485



DEFENDER HSE 110
2023, 1st Owner, Diesel, Petrol, 200 Kms done, Insurance Valid Call @ 9967164485



BMW X7 M40d M Sport
2023, 1st Owner, Diesel, 20000 KM, MH Reg., Under Warranty, Fancy Number, Call @ 9967164485



MERCEDES BENZ C300
Cabriolet 2021, 1st Owner, Petrol, 3000 KM, MH Reg., Under Warranty, Fancy Number, Call @ 9967164485



BMW M340i xDrive M
Shadow Edition 2023, 1st Owner, Petrol, 10263 KM, MH Reg, Under Warranty, Call @ 9967164485



LAND ROVER Defender
130 HSE Dynamic LWB, 2023, UNREGISTERED (NEW), Diesel, 30000 Kms, Wnty Call @ 9967164485



BMW X5 M40i M Sport, 2021, MH Registered, (NEW), Petrol, 0 Kms, Under Warranty Call @ 9967164485



BMW X6 M40i M Sport, 2021, MH Registered, Petrol, 10000 Kms, Insurance Valid Call @ 9967164485



MERCEDES GLS 400d
AMG Line (7 Seater) 2021, Diesel, 30000 KM, 1st Own, Fancy No., MH Reg, Under Wnty Call @ 9967164485

SKODA

In every street of India,
you'll find a dream.
Dreams that have made
world champions out of
little masters.
And have turned students
into grandmasters.
Dreams that have taken the nation
to the top of the world stage.
And to Mars.
For a nation that is busy
chasing its dreams,
Škoda unveils the
drive of India's dreams.

Own Your Dream

The all-new Škoda Kylaq



Starting at ₹ 7 89 000[#]

Best-in-class



Boot Space
of 446 L



6-way Electrically Adjustable
Seats for Driver and Co-driver

Technology



Powerful, Efficient and
Reliable 1.0 TSI Engine



25.6 cm Škoda
Infotainment System

Safety & Comfort



25+ Standard Safety Features
along with 6 Airbags

Safest car in its segment*



BNCAP Score: Adult - 30.88 | Child - 45.00

3 Year

Standard Warranty**
Roadside Assistance

1 Year

Complimentary
SuperCare Package



280 Touchpoints
Across India

Toll-free 1800 2700 260
www.skoda-auto.co.in

Book a test drive



Authorized Dealers: **Regent:** Mumbai (Kandivali / Thane / Kalyan / Kandivali(W)): 86963 41005; **Mody India Cars:** Mumbai (Worli / Andheri (W) / Chembur / Goregaon (E) / Mahalaxmi / Kurla): 77992 50000; **Garnet Motors:** Navi Mumbai (Nerul) / Panvel: 022-6906 0600 / Navi Mumbai (Pawne): 72088 80585

T&C apply. *Ex-showroom price. **Sub-4 metre ICE vehicles, as per the BNCAP Rating. *The Škoda Kylaq comes with a standard warranty of 3 years or 100,000 km, whichever comes first. The prices listed are based on current prevailing rates and are subject to change without any prior notice. Škoda reserves the right to alter the details of specifications and service offerings without any prior notice. Images are for representation purposes only. Actual colour, features and specifications may vary. Above car pictures are created with the help of computer graphics solely for the purpose of advertising. All disputes are subject to Mumbai court's jurisdiction only.



Have you found your True Calling?

Recently, iPhone users woke up to the news that they could 'finally' use the app that has been a hit with the 'lesser mortals' of the Android club – in real-time. The 'tech snobs' could now receive and block a call from 'Shah Rukh Khan' or 'Bluffmaster', 'World's Biggest Gangster' or 'Famous Scammer', not to mention some unprintable names. All unbeknownst to the callers.

India is the biggest market for Truecaller, an app that not only keeps strangers at a safe distance but brings in the occasional chuckle as well. Popular for its real-time, live-caller identification, there is life before and after this app. Think of our collective innocence a decade back, giving out our numbers – and with that, our personal information – to every retail outlet, restaurant, blood bank and car showroom. For a country as hugely populated as ours, this database was gold. And duly mined.

There was absolutely nothing you could do to keep telemarketers and spam-



'Spammy Badshah', 'Agent No-Call', or 'Gabbbar Singh'. Like all things automated, such a vast, automated database could not only lead to creative nomenclature, but utterly hilarious confusion as well. While Gabbar may be a well-flagged spammer, it is not unlikely for your distant relative from the wife's side showing up as 'Pizza delivery service' on the app – a reference to the profession you may have had no clue about. In case your 60-plus house physician bought a new SIM, he'd better let you know – or risk showing up on your screen as 'Katrina Kaif'.

Concerns have been raised about whether this live ID feature, developed in Sweden, breaches user privacy. It may be a grey area for now, but as digital arrests and the infamous 'courier service' scams continue to test our commonsense, you know why most Indians prefer to quickly click on 'I agree' to the app's consent form over losing their money and peace of mind.

Agree? Disagree? Got a POV idea? Write to us at: povertimeofindia.com

Wax masks, feathered hats keep tradition alive at Binche Carnival



In a unique carnival tradition, the Gilles – men in wax masks and feathered hats – dance through the town of Binche, tossing oranges at spectators for good fortune



During the carnival, drummers and brass bands march through the streets, filling the air with music and dance

SUDOKU CHALLENGE

Level: Medium

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

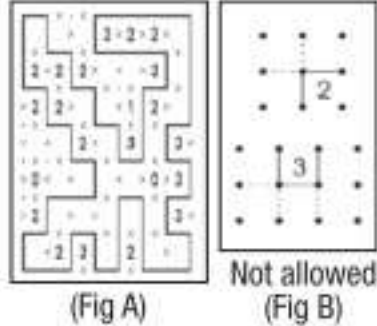
RULES

- 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).

LOOP THE LOOP

	3	3	3						
2	2	0	2	2	2	2			
	3				2	2			
	2		2	2	3				
			2			3	2		
			1			1		1	
3		3	3	3		3			

THE DAILY CROSSWORD

1	2	3	4	5	6	7	8	9	10	11
12				13					14	
15				16					17	
18				19					20	
21				22					23	
24				25					26	
27				28					29	
30				31					32	
33				34					35	
36				37					38	
39				40					41	
42				43					44	
45				46					47	
48				49					50	
51				52					53	
54				55					56	
57				58					59	
60				61					62	
63				64					65	
66				67					68	

By Gary Larson & Amy Ens

07/03/2025

ACROSS

- 1 Made-up band
- 2 EPA concern
- 3 "Rules" rules
- 4 Native of Pre-Columbian Peru
- 5 Gaze
- 6 T. follower
- 7 Casino employee, obviously?
- 8 Red block in Minecraft
- 9 Retinol Correxion skin care brand
- 10 Hair-raising people
- 11 "Plus some other folks" abbr.
- 12 Natural pillow stuffing, obviously?
- 13 Leave the band, perhaps
- 14 Rejected
- 15 Prouetting, perhaps
- 16 Call on
- 17 Physicians, briefly
- 18 Actor Jude's offspring, obviously?
- 19 Coolers, briefly
- 20 A mile a minute
- 21 "Up in Smoke" co-star
- 22 New Jersey city
- 23 Black eye
- 24 Honoric, obviously?
- 25 Cacio e pasta
- 26 Not pretty
- 27 54 Plays
- 28 GPS display
- 29 Was on the bottom?
- 30 Convenient excuse, obviously?
- 31 Before, before
- 32 Filch
- 33 Nature or nurture
- 34 Leb. neighbor
- 35 Schnoz

Thursdays Puzzle Solved

A	M	P	B	O	N	U	S	T	A	L	K
L	E	I	E	X	I	S	T	L	A	N	A
P	O	P	S	P	S	C	H	O	L	O	G
S	W	E	A	T	E	R	A	M	E	T	
N	O	T	N	E	A	R	K	A	I		
A	P	E	R	O	L	S	I	D	E	S	
S	U	M	M	E	R	V	A	C	A	T	I
A	S	S	A	Y	E	R	V	O	N		
I	R	S									
A	P	P	L	E	T	U	R	N	O	V	E
N	E	E									
G	R	E	E	N	T	E	C	H	N	O	L
L	O	R	D								
E	N	S	U	E							

©2024 Tribune Content Agency, LLC

06/03/2025

- 66 Ill at
- 67 statement
- 68 Mud hole
- 69 Shade
- 70 Blender setting
- 71 Charges
- 72 Stampede
- 73 Place of refinement?
- 74 Burdensome
- 75 Planet with the Great Dark Spot
- 76 Welcome
- 77 Same— delivery
- 78 Formal introduction?
- 79 Actor Elba
- 80 Drivel
- 81 Camp sight
- 82 Celebrity chef
- 83 Burrell
- 84 Dignities from the government
- 85 Wee hour
- 86 Indian state whose capital is Panaji

ENJOY A HOST OF ENGAGING PUZZLES AND GAMES EVERY DAY

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

TIMES HITORI

HOW TO PLAY

1. A number may appear just once in each row or column. Eliminate repeat numbers by darkening cells. (see example)
2. Darkened cells must never be adjacent in a row or column.
3. Unmarked cells must create a single continuous area, undivided by darkened cells.
4. Every time you darken a cell, you can automatically circle its vertical and horizontal neighbours, which means they cannot be eliminated.
5. Any cell "sandwiched" between neighbours of the same value can be circled. (e.g. 6 4 6)
6. A "triple" is a special case of sandwich. Circle the centre cells, and darken the ends. (e.g. 6 6 6)

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

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

Example

ENTERTAINMENT

IPTA @ PRITHVI THEATRE
Mumbai Bkg. at Venue (26149546) Online: bookmyshow.com

TOMORROW 5 PM
बुढ़े ने मारी Century
Adapted from the rib-tickling comedy Bancharamer Bagan
Written by Manoj Mitra
Adapted by Santwana Nilgum
Set Design by M S Sathya
Directed by Masood Akhtar
Cast: Masood Akhtar, Niraj Pandey, On Prakash Sharma, Vikas Rawat, Shivkant Lankapalli, Ruchi Sharma, Ankita Pandey and others.

TOMORROW 9 PM
23
TAJMAHAL KA TENDER
Writer: Ajay Shukla Music: Kuldeep Singh
Director: Salim Arif
Cast: Rakesh Bedi, Avtar Gill, On Prakash Sharma, Rajan Kapoor, Manju Sharma, Akbar Khan, Poonam Jha, Vikas Rawat, Prashant Padale and others.

SUN. 9TH MARCH 5 PM
55
Shairani ke mohre
Writer: P. Deshpande
Sets: MS Sathya Music: Kuldeep Singh
Direction: Ramesh Talwar
Aarjan Srivastav, Rakesh Bedi, Avtar Gill, Bansi Thapar, Masood Akhtar, Niraj Pandey, Ankita, Prithvi Keshri, Ranjana Srivastav

SUN. 9TH MARCH 9 PM
BIWI O BIWI
Written & Directed by Rakesh Bedi
Music by Kuldeep Singh
Cast: Rakesh Bedi, Sudha Chandran, Sulabha Arya, Avtar Gill, Rajan Kapoor, Manju Brijnandan Sharma, Priyali Ghore, Ankita Pandey, Prashant Padale.

After standing ovation in Kolkata and Pune now in Mumbai

NATHURAM GODSE MUST DIE

THE MOST EXPLOSIVE PLAY EVER NOW IN ENGLISH

Written & Directed by BHARAT DABHOLKAR Adapted from Original play by PRADIP DALVI

TOM 8th March | 8 pm | BALGANDHARVA, Bandra

FOR BULK BOOKING & SHOWS CONTACT: 7506732495 / 8879206331

ON THE EVE OF INTERNATIONAL WOMEN'S DAY

SHRIRAM Finance

॥ पंचम निषाद ॥

First time ever sister duo at TATA Theatre, NCPA Mumbai

rasa by RaGa **RANJANI GAYATRI** **TODAY**

Experience the ESSENCE of Indian Classical Music

Powered by NEW INDIA ASSURANCE

Co Sponsor Bank of Baroda

Tickets available on Book My Show Few Seats Reserved

Balance tickets available at the venue on the day of the concert from 5 pm onwards

FINOLEX FORTUNE

finolexpipes.com | 1800 290 3466

Book Anupam V Kapil for app/written predictions: 9822042295 or anupamvkapil@gmail.com

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

New insights in your relationships are possible, though friction may arise first. It's a good time to reassess your investments. **VIRGO**: With careful management and a dash of creativity, you'll find success and perhaps recognition. Be observant to understand others' feelings better. This is your time to shine, as your natural spirit is strong. Casual conversations may spark exciting ideas. **LIBRA**: You might feel overwhelmed by the workload, but remember to take time for yourself. Use this energy to focus on your plans, which are coming together. Big actions are calling for you – now is the time to act. **SCORPIO**: You're ready to initiate change. Your focus and patience will serve you well as you tackle tasks requiring precision. This is

the moment to make decisions that reflect your maturity and put your new ideas into action. **SAGITTARIUS**: Your energy is high and your drive strong. Important connections could be made, and you will feel inspired to act on your brilliant new ideas and strategies. This is also a good time to relax and recharge. **CAPRICORN**: You may feel drawn to work with younger people, especially in mentoring or guiding them toward opportunities. Communicate carefully and listen to your body's needs. It's a great time to focus on your goals and enjoy a sense of excitement. **AQUARIUS**: Use your positive energy and charm to make deals or establish connections. A broader perspective on life will come naturally now. If you're struggling to move forward in your work, encourage your colleagues to find the positivity in their current tasks. **PISCES**: You're in charge of your own schedule today. A feeling of happiness and the desire to share will inspire you today. Interesting and informative conversations are likely, but don't ignore your emotions in favour of logic.

SOLUTIONS TO GAMES/PUZZLES

TIMES SUDOKU

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

LOOP THE LOOP

TIMES HITORI

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

SCRAMBLE

dictionary to help - Carl Sandburg

इस दशक का सर्वश्रेष्ठ हिंदी महानाटक

Chakravayuh

Atul Satya Koushik's

04 pm & 07 pm | 16th March (Sunday)

JBT, NCPA | BookMyShow or call 9873579796

Bulk/Corporate/Club booking offers available

MARUTI SUZUKI

NEXA

MAKE A BOLD STATEMENT WITH
THE BALENO REGAL EDITION.

Catch everyone's attention wherever you go.

REGAL EDITION
GET ACCESSORY PACKAGE OF UP TO
₹ 30 000*



THE NEW AGE
BALENO
TECH GOES BOLD



360 VIEW CAMERA



HEAD UP DISPLAY



6 AIRBAGS*



IN-BUILT SUZUKI CONNECT

3 years 100 000 km
WARRANTY*
EXTENDABLE UPTO 6 YEARS

BENEFITS UP TO ₹ 47 100**

ADDITIONAL SCRAPPAGE BONUS AVAILABLE
AGAINST VALID CERTIFICATE OF DEPOSIT.



SCAN TO CONNECT TO
A SHOWROOM NEAR YOU



E-BOOK TODAY @
WWW.NEXAEXPERIENCE.COM

Contact us at
1800-200-6392
1800-102-6392

For detailed T&C kindly visit your nearest dealership. Offers may vary subject to the model and variant purchased. All offers are applicable till stocks last. **All offers are brought to you by NEXA dealers only. Maruti Suzuki reserves the right to withdraw offers at any point in time without any advance notice. Creative Visualization. *For details on functioning of safety features including airbags, kindly refer to the owner's manual. *3 years or 100 000 km whichever is earlier. *Regal Edition kit is available for ₹ 5000 in non-sigma variants.

SHE

SPEAKS TODAY.

SHE IS CREATING VOICES
FOR TOMORROW.

This International Women's Day,
THE FUTURE IS SHE SEASON 4 presents
an impressive lineup of speakers from
across industries.

Each one will share immensely inspiring
stories in exclusive sessions.

Come join us as we celebrate the power
of #PassingOnTheBaton.



Naina Lal Kidwai
Chair Rothschild &
India Sanitation Coalition



Mallika Ghosh
CEO & ED, Parinaam



Lakshmi Iyer
Filmmaker, Director &
Creative Head, Elios Films



Tanya Chaitanya
CEO & Editor-in-Chief,
Her Circle



Dr. Madhu Chopra
Physician, Entrepreneur
& Film Producer



Shaili Chopra
Founder, SheThePeople.TV
& Gytree



Poonam Muttreja
Executive Director,
Population Foundation of India



Dr. Divya Sharma
India Executive Director,
Climate Group



Rica Roy
Special Projects Lead,
Aspire for Her



Shenaz Treasury
Travel Influencer



Pritam Rani Siwach
Former Captain,
Indian Women's Hockey Team



Prasiddhi Singh
Environmentalist,
Author & Impact Creator



Lakshmi Seshadri
Founder, Mompower360



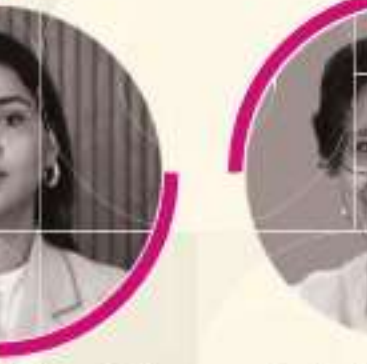
Ashu Jain
Roadies at 57



Vasuta Agarwal
Global CBO, InMobi



Dilshad Master
Founder, Bull's Adventures



Priyanka Chaudhary Raina
Founder, Maate



Pooja Sharma Goyal
Founding CEO,
The Udaiti Foundation



Aarti Khosla
Director, Carbon Trends



Dr. Megha Phansalkar
Founder, Tisser Artisans Trust

Dr. Seema Bhaskaran
Gender Lead,
Transform Rural India



Anusha Subramanian
Founding Partner,
Bohemian Adventures



Sudarsana Kundu
Managing Trustee,
Gender At Work India



Priyanka Samy
Member, National Federation
of Dalit Women



Swati Singh
Director & Founder,
Muheem Ek Sarthak Prayas



Sanya Seth
Country Programme Manager,
UN Women Office



Dina Lobo
CEO, Speaker
& Leadership Strategist



Puniitta Lakkhani
Divorce Recovery Coach



Vinita Nangia
Director, Times Litfest &
AuthER Awards



Dr. Gayatri Muthukrishnan
Co-founder, Miyara



Akshayita Saxena
Head of Brand, Corp Comm.
& Marketing, Bosch Global
Software Technologies



Arati Kadav
Film Director



Mahima Barse
Project Manager,
Slum Soccer



Srestha Banerjee
Director - Just Transition,
iFOREST



Madhoo Shah
Actor



Shreya Krishnan
Managing Director - India,
AnitaB.org



Madhura DasGupta Sinha
Founder & CEO,
Aspire For Her



Tanvie Hans
Co-founder,
Sisters In Sweat



Veruschka Pandey
Youth Changemaker



Girija Chatty
Co-founder,
SALT for Cooking



Pooja Nanda
Head of Women Economic
Empowerment, Mahindra Group



Swarnali Singha
Co-founder & CBO, Zeron



Piya Bose
Founder, Girls On The Go
Travel Club & Cave of Plato



Sheena Kapoor
Head Marketing, Corp Comm.
& CSR, ICICI Lombard



Kriteesha Jain
Co-founder, Spirit Animal



Riya, Simran,
Zoe, Shuchi,
W.I.S.H

THE
FUTURE
IS SHE
SEASON 4
#PassingOnTheBaton



How would you like to pass on the baton?
Scan and share your ideas here through
stories, videos, poems or pictures.

To register, please visit
www.timestream.in/future-is-she/

‘The Kolhapure sisters are always there for each other’

Sisters Padmini and Tejaswini talk about working together and the bond they share

Debarati S Sen

Sisters and now co-stars Padmini and Tejaswini Kolhapure shared the stage for the first time in the play *Ammi Akhtri* last October, which also featured Talat Aziz. While their artistic journeys have been vastly different, their deep-rooted connection with performing arts remains unchanged. In a candid conversation, the sisters discuss theatre, family and navigating comparisons.

WE ARE LIKE ONE UNIT, BUT WE ALSO ARGUE: PADMINI

Talking about working together, Tejaswini said, “It was comfortable, but there was a lot of learning, especially trying to perfect Urdu. Padmini guided me with diction, and of course, Talatji helped us both.” Padmini added, “There was also extra pressure. I felt if Tejaswini is loved on stage, then it’d be like a reflection on me as well and vice versa.” When asked about the bond they share as sisters, Padmini laughed and said, “We are like one unit, but we’re also always arguing and nagging each other. Our elder sister, Shivangi (Shraddha Kapoor’s mom), is also a nag — it just runs in the family!”

I NEVER WANTED TO ACT. I WANTED TO BE IN AVIATION: TEJASWINI

Coming from a family deeply rooted in cinema and music, acting seemed like a natural choice. But not for Tejaswini. “I never wanted to act. I’m the only graduate in our entire family. I admired my mother and wanted to be in aviation like her. I even worked with an airline. But during training, my



Prathamesh Bandekar

PADMINI AND TEJASWINI KOLHAPURE



Padmini and Tejaswini in the play *Ammi Akhtri*

Over time, people saw we’re very different. Padmini preferred commercial projects, while I was more inclined towards offbeat roles. I don’t think she’d be interested in the kind of work I do. I like to take risks, but she doesn’t

- Tejaswini Kolhapure

instructor told me, ‘You are meant to act’. Acting is an endless learning process — you never reach a point where you know it all.”

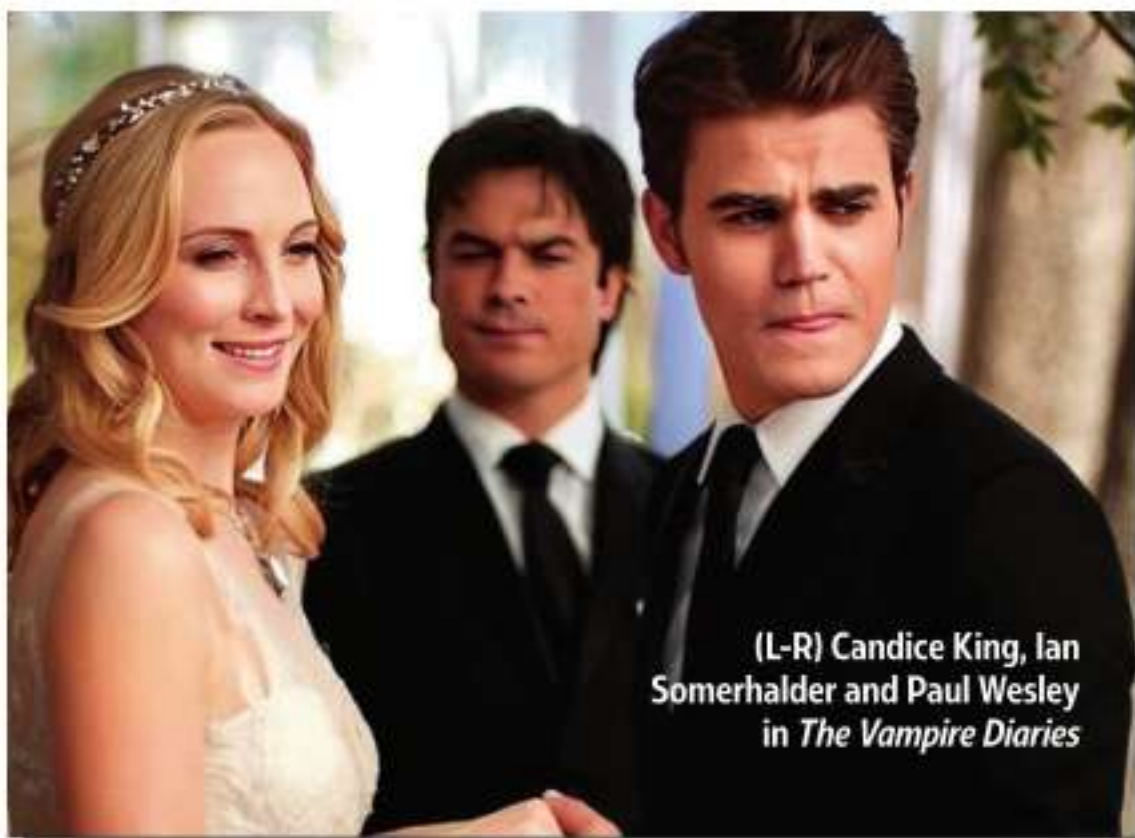
EARLIER, COMPARISONS WITH PADMINI WERE VERY DISHEARTENING: TEJASWINI

With Padmini being a well-established actress in Bollywood, comparisons between the sisters were inevitable. Tejaswini shared, “I didn’t feel the pressure, but others did. Directors would say, ‘Padmini used to act like this, *waise karke dikhao*.’ My response would be, ‘Then take her, why call me?’ Those comparisons took a toll. In my early 20s, it was very disheartening. I withdrew for a while and went into a shell, but theatre and Satyadev Dubey’s encouragement kept me going.” Padmini added, “Tejaswini is a brilliant actor, and I’m not just saying this because she is my sister. Her performances in *Paanch, Ugly* and *Yes Papa* were exceptional. She’s incredibly composed on stage, and she was outstanding in the English play *The Graduate*.”

‘We are always there for each other’

The Kolhapure sisters share an unbreakable bond. “Padmini and Shivangi have been like mothers to me. Padmini is always there for us, and she is the person that everyone in the family goes to for advice,” Tejaswini shared. Does niece Shraddha Kapoor also bond with her *maasis*? “She values our opinions, asks for advice, but eventually, does what she likes. We’re tight-knit — Shivangi, Padmini, Shraddha and I are always there for each other,” she added.

Stefan-Caroline pairing in *The Vampire Diaries* felt forced, admit Paul and Ian



(L-R) Candice King, Ian Somerhalder and Paul Wesley in *The Vampire Diaries*

While many fans of *The Vampire Diaries* adored the romance between the characters Stefan Salvatore (Paul Wesley) and Caroline Forbes (Candice King) — dubbed Steroline — toward the show’s end, Wesley doesn’t quite share the sentiment.

On a recent episode of the TV show *Hot Ones Versus*, Wesley was asked by his former co-star Ian Somerhalder (who essayed the other male lead in the show, Damon Salvatore) to choose “one storyline you think should’ve never made it out of the writers’ room” on the hit show, which ran for eight seasons from 2009-17.

Wesley immediately responded, “After Nina (Dobrev, who essayed the female lead, Elena) left the show, they (the makers) were like: We need to pair Stefan with some romantic partner. And then Stefan and Caroline ended up having a wedding and getting married.” “It was a little forced but it was cute,” Somerhalder admitted about the pairing.

Agencies

Adarsh Gourav set for his Telugu debut

Adarsh Gourav gained international recognition for his role in *The White Tiger*, earning a BAFTA nomination



Adarsh Gourav, who became popular with his roles in *The White Tiger* and *Kho Gaye Hum Kahan*, is set to make his Telugu film debut with an upcoming psychological horror film. “I’ve always believed that great stories transcend language, and as an actor, my biggest thrill is to explore diverse narratives across industries. The South film industry has consistently delivered some of the most

compelling and innovative films, and I’m excited to finally be a part of it,” the actor said.

He also spoke about venturing into the psychological horror genre for the first time. “This project is unlike anything I’ve done before. It has a gripping story that immediately drew me in. I can’t wait for audiences to see what we’re creating,” he added.

Agencies

Prince and I have only got closer: Yuvika

The actress talks about rumours of trouble in her marriage, motherhood and returning to work

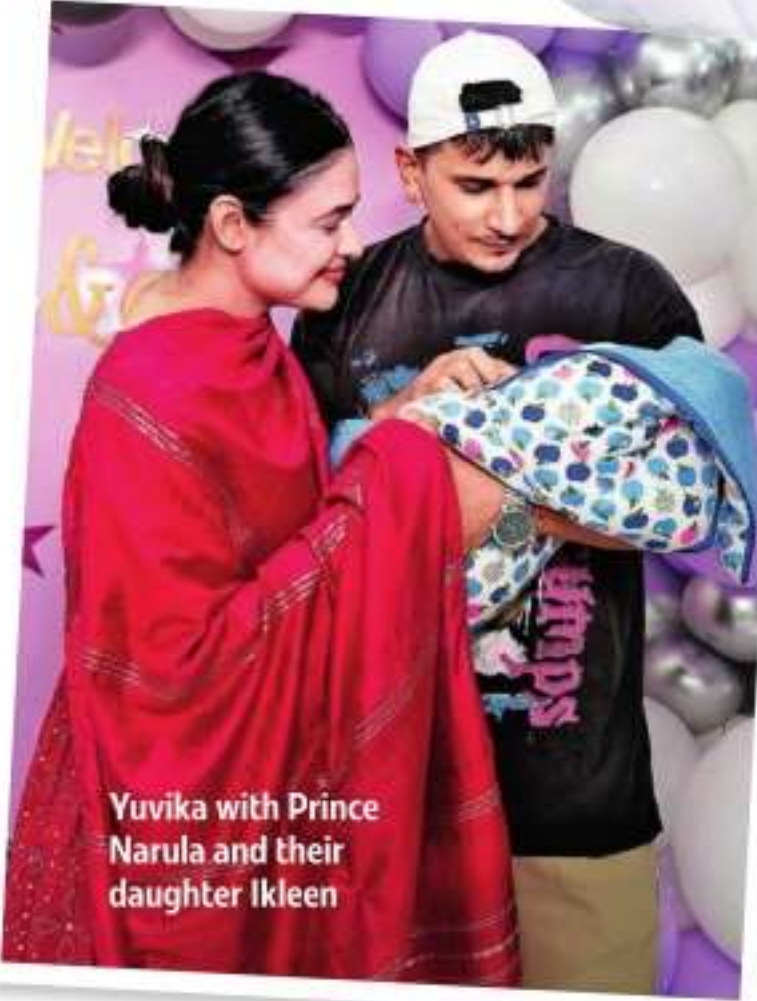
Hasti Doshi

Yuvika Chaudhary is enjoying motherhood and says it has brought about a lot of positive changes in her life. The actress and her husband, Prince Narula welcomed their baby girl Ikleen in October 2024. She says, “Becoming a mother is a gift, but it does alter your life... there are sleepless nights and added responsibilities. The body goes through changes, which you don’t understand initially, but gradually you come to terms with it. The body and mind take time to heal, but when I see my baby smile, I forget about everything. Motherhood has brought me happiness and made me feel complete.”

‘I WANT TO GET BACK TO WORK SOON’

The actress, who was last seen on TV in *Laal Ishq* and *Kumkum Bhagya*, was also doing web shows before her pregnancy. Ask her if she plans to return to work soon, and Yuvika shares, “I am working on getting back in shape, and I want to take up some good roles, no matter what the medium.”

She adds, “I had my baby through IVF, so I had to give a lot of time initially to the entire process, which is why I had slowed down on the work front. Later, I wanted to focus on my child. But now, I am ready to get back as I know I can balance both.”



Yuvika with Prince Narula and their daughter Ikleen

The body and mind take time to heal, but when I see my baby smile, I forget about everything. Motherhood has brought me happiness and made me feel complete

‘I DIDN’T FEEL THE NEED TO EXPLAIN THINGS TO PEOPLE’

There were rumours of trouble in her marriage, but Yuvika says all is well between Prince and her. “This is a new journey for both of us. I didn’t react to rumours back then. Prince is very emotional and the rumours affected him, but sometimes I feel there is no need to clarify things. At one point, when I said Prince was busy, I meant he was busy with work. Then people started saying that I was living at my mother’s house, but that was because there was construction work going on in my house. I didn’t feel the need to explain things to people,” she says.

The couple completed six years of marriage last October. Reflecting on their journey, Yuvika says, “Every phase is different, from being friends to dating, getting married and now becoming parents. We have seen some fun days and some tough days. But as we keep moving forward, we realise that it has been an uplifting journey and only brought us closer.”

Acting in films is not a 100-meter race, it’s a marathon: Vardhaan



Vardhaan Puri

Vardhaan Puri believes that acting is a marathon, not a sprint. Grandson of legendary actor Amrish Puri, Vardhaan made his acting debut in 2019 with *Yeh Saali Aashiqui*. He says, “I believe that acting in films is not a 100-metre race; it is a marathon. Endurance is what gets you to the finish line. And in films, there must never be a finish line.”

Vardhaan’s debut film may have faced initial setbacks, but it eventually found its audience on OTT and satellite platforms. “Post that, I signed four films, but then the pandemic struck. It definitely broke the momentum for all of us actors and creators, but I have no complaints. I have always opted for quality over quantity because I want to do films that have the power to either entertain, engage or educate,”

says the actor, who was recently seen playing a lover boy in *Bobby Aur Rishi Ki Love Story*.

Ask him about his love story in real life, and he says, “I like to keep my personal life private. Yes, there is someone who I am very emotional about, and we are still exploring where life can take us in the future. We are just living in the moment and going with the flow. As for marriage, I love the idea of it, and it will happen when it’s destined.”

— Vinay MR Mishra

Shania ‘hated being a girl’ due to ‘abusive situations’

Shania Twain has opened up about dealing with body image issues after being in “abusive situations” during her younger days. In a recent interview with an international publication, the singer got candid about how she “hated” being a woman while growing up. “I was always insecure about my body,” the *You’re Still The One* singer confessed. She revealed that “throughout my youth (I was) touched inappropriately many times,” which made her feel uncomfortable in her own body.

The Grammy-winning artiste added, “I was in abusive situations where you hate being a woman. I hated

being a girl,” she added. The trauma gave rise to a desire to become strong enough to fend off those who would try and harass her: “My mother goes, ‘What do you want to be when you grow up?’ and I said, ‘A bodybuilder.’” she recalled, adding, “I wanted to be a big, strong man that nobody was going to f*** around with.”

Talking about her teenage days, she said, “I was hiding all through my teens,” Twain said, adding, “I think a lot of that was also because a lot of the models when I was a kid were very, very thin. That was a sign of elegance and feminine beauty to me.”

When asked how she overcame her body image issues, Twain said, “Once I got behind the camera and started looking at clothes and fashion, I was like, ‘Wow, I’m actually a woman after all, and I think I might like it.’”

My mother asked, ‘What do you want to be when you grow up?’ and I said, ‘A bodybuilder’. I wanted to be a big, strong man that nobody was going to f*** around with

Agencies



Shania Twain

Lavender, pansy: Brighten your spring platter with edible blossoms

Shruti Paniker

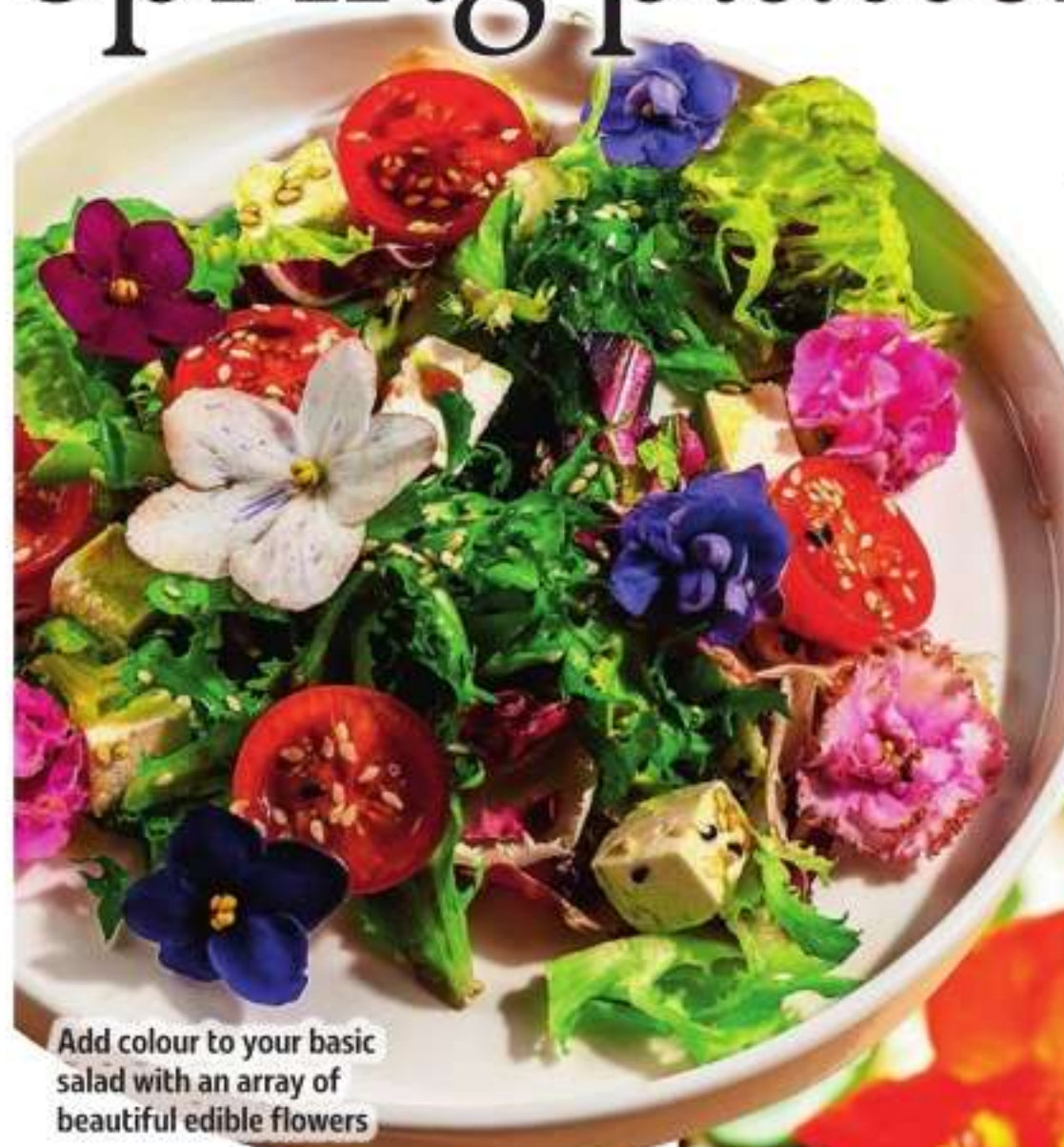
With flowers blooming all around, how about making your spring platter a garden of edible flowers? Says chef Beena Noronha, "Edible flowers have been part of culinary traditions for centuries, used in Chinese medicine, Roman feasts, and Middle Eastern dishes. They are valued for flavours, medicinal properties, and decorative appeal." Adds chefprenuer Shivan Sharma, "The recent emphasis on innovative plating, influenced by social media, has seen a revival of interest in using edible flowers."



Flavour profiles

- ❖ **Floral and sweet:** Rose, violet, lavender
- ❖ **Citrusy and tangy:** Marigold, hibiscus
- ❖ **Peppery and spicy:** Nasturtium, mustard flowers
- ❖ **Herbaceous and earthy:** Borage, chamomile

Flowers like lavender, marigold, rose, hibiscus, chamomile, and borage are extremely versatile and widely used in both sweet and savoury dishes

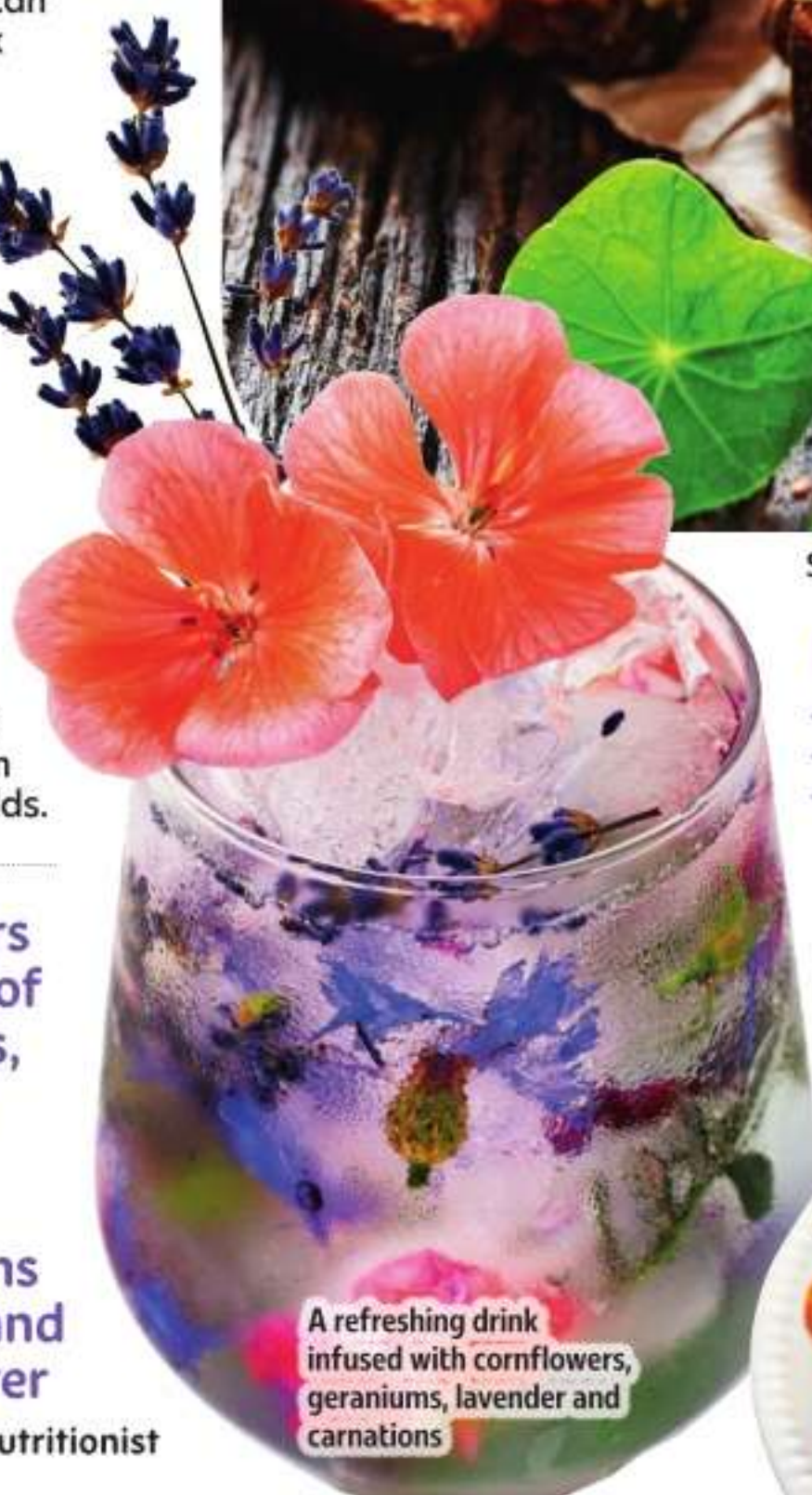


Add colour to your basic salad with an array of beautiful edible flowers

'Enhances plating, adds complexity'

Chefs use edible flowers to enhance plating and infuse oils and beverages. "The flowers can be fermented for complex flavours, besides being incorporated into dishes like floral butters and botanical drinks," shares chef Noronha. With the onset of summer, the quickest way to imbibe the freshness of edible flowers is by creating and freezing infusions, explains chefprenuer Sharma. "Garnishes for salads and desserts are another easy alternative, while floral syrups can be added to a variety of beverages, from teas to mocktails," she adds.

Edible flowers are a source of vitamins, minerals, and antioxidants. While hibiscus supports heart health, nasturtiums boost immunity, and lavender aids better sleep — Liza Shah, nutritionist



A refreshing drink infused with cornflowers, geraniums, lavender and carnations

Sandwich with herb pesto topped with edible orange nasturtiums

Dishes with floral extravagance

- ❖ Lavender-infused panna cotta for a subtle floral touch
- ❖ Hibiscus sorbet for a tart and refreshing dessert
- ❖ Squash blossom tempura for a light, crispy dish with delicate flavour

Edible daisies look great as a garnish on desserts



Candied flowers are used in sweets, while infusions in oils, vinegars intensifies their flavour. Frozen, crystallised blooms elevate presentation, while delicate foams and extracts draw out the flavours from these flowers — Shivani Sharma, chefprenuer

'Flowers are used in unique ways'

Different cultures use edible flowers in unique ways. "While European cuisines use violets and lavender in sweets, Asian cuisines incorporate chrysanthemum and hibiscus in teas, and Mexican dishes highlight squash blossoms in savoury preparations," says chef Noronha. Rose petals top the list in India, as they can be transformed into delicious gulkand. "Moringa flowers are gaining popularity, while pansies and violets are popular as garnish for desserts and as a salad ingredient. Lavender flowers have a sweet flavour and are used in sweet bakes such as scones, or in teas," shares Sharma.

Enhance your roast broccoli



ADD CRISPY CHEDDAR: Broccoli and Cheddar is a match made in heaven as the tenderhearted broccoli marries the assertiveness of a sharp cheese. Broccoli also works great with feta, Parmesan and other aged cheeses.

MAKE A BUTTERY SAUCE: When the broccoli comes out of the oven, stir it with a pat of butter and other flavourings on the hot sheet pan until the florets shine with melted butter.

KEEP IT SWEET-SPICY-SALTY: Honey is the secret ingredient, complementing the savoury notes of broccoli. Its caramel quality is a natural pairing for those golden florets.

MAKE IT HOT: Fresh jalapeños or serranos, pickled peppers, chilli oil, chilli crisp, hot sauce or crushed red pepper - let one of these bring heat to the mellow, bittersweet broccoli.

ADD NUTS: Bring out broccoli's nuttiness by topping with a garnish of toasted nuts or seeds. The simplest version is a shake of sesame seeds, but that's not where the possibilities end. NYT



Banana blossom is perfect for vegans

Banana blossoms are a traditional ingredient in Indian and Southeast Asian cooking. They can be eaten raw or used in dishes like vazhaipoo vadai, mochar ghonto, and Sri Lankan stir-fry. It is an ideal replacement in fish or meat dishes, making it a perfect vegan ingredient.

Want to stay energised? Tips to pick a smart sehri meal

Mehwash Hussain

During Ramadan, sehri is one of the most crucial meals. A nourishing sehri is key to staying energised and hydrated throughout the day. Choosing the right balance of foods and beverages can prevent fatigue and hunger. Dieticians suggest staying away from oily foods, and opting for fibre-rich and protein-packed options to keep you energised through the day.

Lentil and chickpea salad

Lentils and chickpeas are great sources of protein and fibre and can provide energy to last you the whole day. Add sweet potatoes for a source of healthy carbs which are also essential for a balanced diet



Vegetable brown rice stir-fry

A vegetable brown rice stir-fry offers a balanced meal. Brown rice provides complex carbohydrates and fibre, while vegetables and protein contribute essential nutrients and promote satiety. Cooking with olive oil adds healthy fats

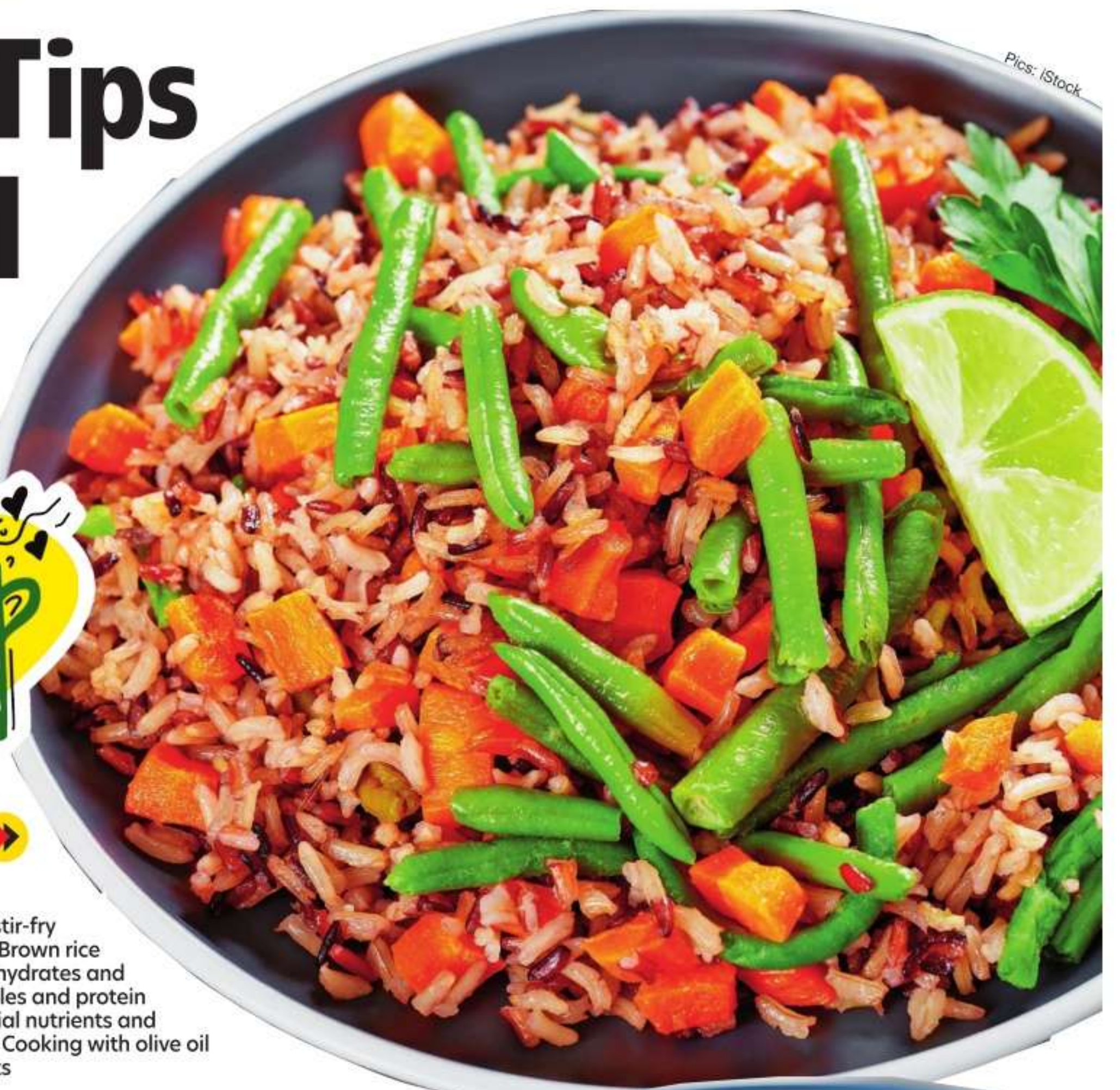
It's important to moderate salt and spice consumption during sehri. While a touch of flavour is acceptable, high levels can make you feel thirsty throughout the day. Reserve spicier meals for iftar — Renuka Dang, dietician

Spinach and mushroom omelette

A spinach and mushroom omelette provides a balanced meal, offering protein from eggs, iron and vitamins from the vegetables, and fibre from whole-grain bread, ensuring sustained energy through the day

Oatmeal and blueberries

Oatmeal with almonds, chia seeds, and blueberries is a high-protein, gluten-free meal, rich in healthy fats and fibre, providing a nutrient-dense start to the day. It's also perfect for busy mornings, as it can be prepared overnight.



They have a very special friendship: Alia Bhatt on Ranbir and Raha’s bond



Alia Bhatt and (inset) the actress with daughter Raha and husband Ranbir Kapoor



Alia Bhatt spoke about how life has changed for her and her husband, Ranbir Kapoor, after becoming parents to their daughter Raha. Reflecting on being a mother on Jay Shetty’s podcast, Alia said, “I don’t think you can prepare yourself to feel what you are about to feel. I’ve forgotten what life was pre-motherhood – in terms of my feelings, way of life, or the way my brain functioned at the time. My days are so full now, in fact, I wonder what I was doing earlier.”

Speaking about her two-year-old daughter Raha and the things that surprise her the most, the proud mom added, “When you speak about surprises, there are many because she is a toddler now – she is always bubbling. The feeling of motherhood is ever-evolving, but one thing I can say for sure is that I have become incessantly protective ever since she was born. I remember the early months after she was born; it was bliss for me. I enjoyed the survival and nurturing feeling.”

Alia revealed that Ranbir had always dreamed of being a “girl dad”. Calling him an “amazing” father, she said, “He is very creative when it comes to entertaining her; and she entertains him as well. They have a very special friendship. You’d feel like they are two friends – two adults or two toddlers. When he looks at Raha, there are stars in his eyes. I’ve known him pre-fatherhood, and now, and I see the difference. I see how he is different with people. As a father, he is so full – there’s a fullness that I have experienced, and I see it on a daily basis. It’s sweet and special to watch their conversations. I’m always secretly video-recording their random moments.”

“The feeling of motherhood is ever-evolving, but one thing I can say for sure is that I have become incessantly protective ever since she (Raha) was born. I remember the early months after she was born; it was bliss for me

– Alia Bhatt



CELEBRATING 60 YEARS OF TIES BETWEEN INDIA AND SINGAPORE — YOUR NEXT VACATION STARTS HERE!



ArtScience Museum
SG Singapore
Passion Made Possible

JUST BETWEEN US FRIENDS



Starting from ₹40,999* per person only on EaseMyTrip.com

Call Us: 011-43131313 | Email Us: Holidays@easemytrip.com



tira
x
Jio WORLD DRIVE

the
skin
affair

IN ASSOCIATION WITH **Arré**

8th & 9th March, 2025 | 4pm Onwards

South Sky, Jio World Drive

ALL ABOUT SKIN, ALL ABOUT YOU.

SKIN | MUSIC & ENTERTAINMENT | FOOD & BEVERAGES | WORKSHOPS

1

EXPLORE THE BEST OF GLOBAL & HOMEGROWN VIRAL SKINCARE BRANDS-SKIN1004, ALLIES OF SKIN, COSRX, LANEIGE, TIRTIR & MORE

2

IMMERSE YOURSELF IN PERFORMANCES BY SUMUKHI SURESH, DJ SUGGAHUNNY, W.I.S.H., & MORE

3

INDULGE IN CURATED FOOD & BEVERAGES FROM SOMA’S GOURMET, MOTODO, TRUFIT GOURMET, THE GELATO BAR & MORE

4

DISCOVER DIY ACTIVITIES & GAME, SET, HIT: PLAY YOUR WAY TO THE PICKLE BALL COURT.

ALL ATTENDEES
GET AN EXCLUSIVE HAMPER*

SCAN TO REGISTER



bookmyshow

EXPERIENCE PARTNER
THE GLENLIVET

BEVERAGE PARTNER
1664 BLANC

BAR PARTNER
BARMOBILE

OOH PARTNERS
BRIGHT OUTDOOR MEDIA LIMITED

RADIO PARTNER
ART MEDIA

RADIO PARTNER
Radio City

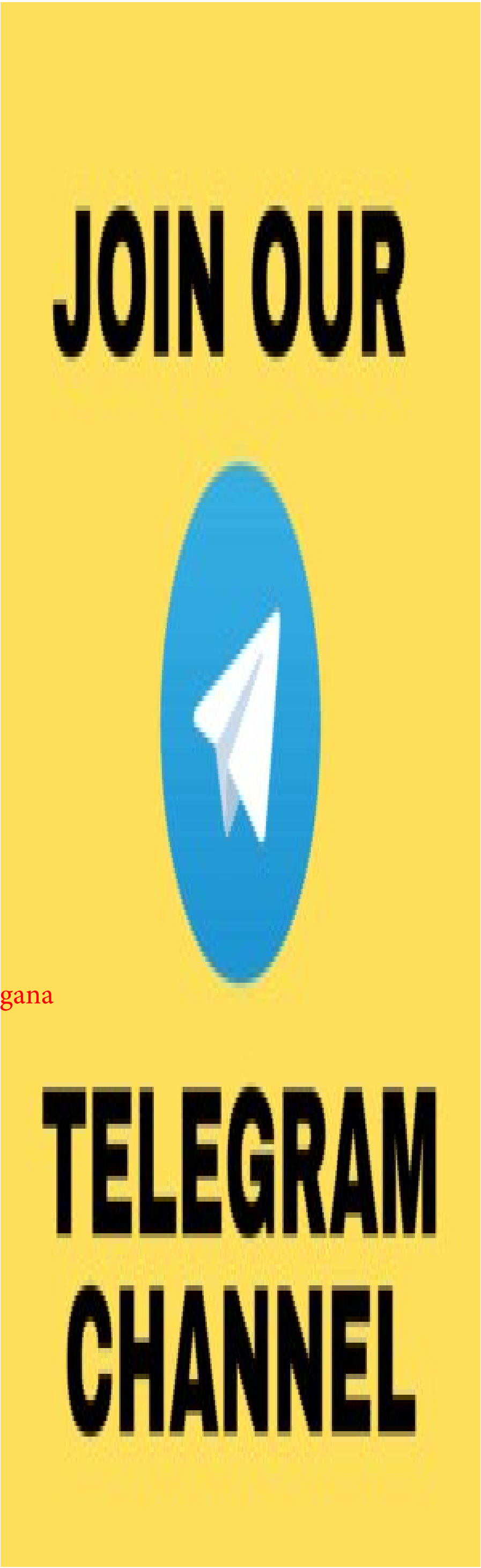
All ENGLISH Newspaper And Magazines

INDIAN English Newspaper

Deccan Chronicle,
Economics times,
Times of India,
Mirror
Financial Express,
Hans india,
Indian Express,
New Indian Express NIE
The Hindu,
Mint, Newspaper
Business standard,
Business Line
, States Man
, Tribune, Newspaper
pioneer Newspaper
millennium Post Newspaper
Hitavada Newspaper
The Daily Guardian,
The Telegraph
Eastern Chronicle
The Goan
First India
Free Press Journal
Mid day English Gujarati
Maharashtra time
And also editorials of all English newspapers.
Etc.....

☪ Also avialble Hindi, Andhra Pradesh Telangana
kannnada, Malayalam, Tamil Telugu
language papers ☪
Bengali | |
Marathi:
Kannada
Mumbai samachar
Sandesh news paper

The Assam Tribune
The Goan
Daily Excelsior
International Magzine
International Newspaper
Gujrati Marathi newspaper
Urdu Newspaper



More Newspaper and Magazines Details Search

[@Magazines_8890050582](https://t.me/Magazines_8890050582)



**Click Here To Join our
Telegram Channel**

To Get All The Popular Newspapers.
Type in Search Box of Telegram

@sharewithpride

If You Want to get these Newspapers Daily at earliest

English Newspapers»»»

Indian Express, Financial Express, The Hindu, Business Line, The Times of India, The Economic Times, Hindustan Times, ET wealth, Business Standard, First India, Mint, Greater Kashmir, Greater Jammu, The Himalayan, The Tribune, Brill Express, The Sikh Times, Avenue Mail, Western Times, Millennium Post, The Statesman, State Times, The Pioneer, Hans India, Free Press, Orissa Post, Mumbai Mirror, Mid-Day, Deccan Chronicle, Deccan Herald, Telangana Today, Financial Times, The Asian Age, The Telegraph, Oheraldo, Gulf of Times, The New York Times, The Washington Post, Los Angeles Times, USA Today, The Wall Street Journal, The Guardian, The Times

Hindi Newspapers»»»

दैनिक जागरण, राजस्थान पत्रिका, दैनिक भास्कर, दिव्यभास्कर, हिंदुस्तान, नवभारत टाइम्स, बिज़नेस स्टैंडर्ड, अमर उजाला, जनसत्ता, द पायोनीर, राष्ट्रीय सहारा, प्रभातखबर, लोकसत्ता

Others»»»

Hindi & English Editorial, Employment News, Malayalam Newspapers, Tamil, Telugu, Urdu, Gujarati

Type in Search box of Telegram https://t.me/Magazines_8890050582 And you will find a Channel named @Lalit712 join it and receive daily editions of all popular epapers at the earliest

Or

you can click on this link

<https://t.me/sharewithpride>