

PHOTO: DEEPAK DAS

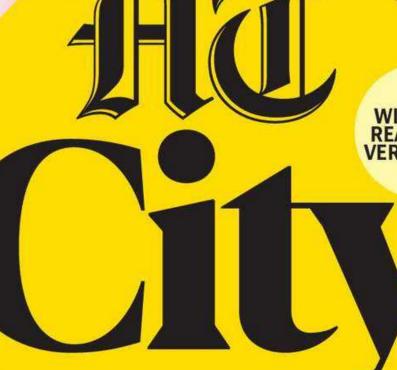
'IT'S FUN TO BREAK FASHION RULES ON HOLI'

In a special shoot for HT City Showstoppers, actor Divyanka Tripathi Dahiya tells **Yashika Mathur how excited she is for Holi tomorrow, her favourite festive memories and her go-to outfit to celebrate the festival of colours**



Divyanka glows in a peach-pink saree with delicate sequins and floral motifs from **Asha Gautam**. A shimmer blouse and elegant pieces from **Rubans and Vasundhara Jewelry** tie the look together

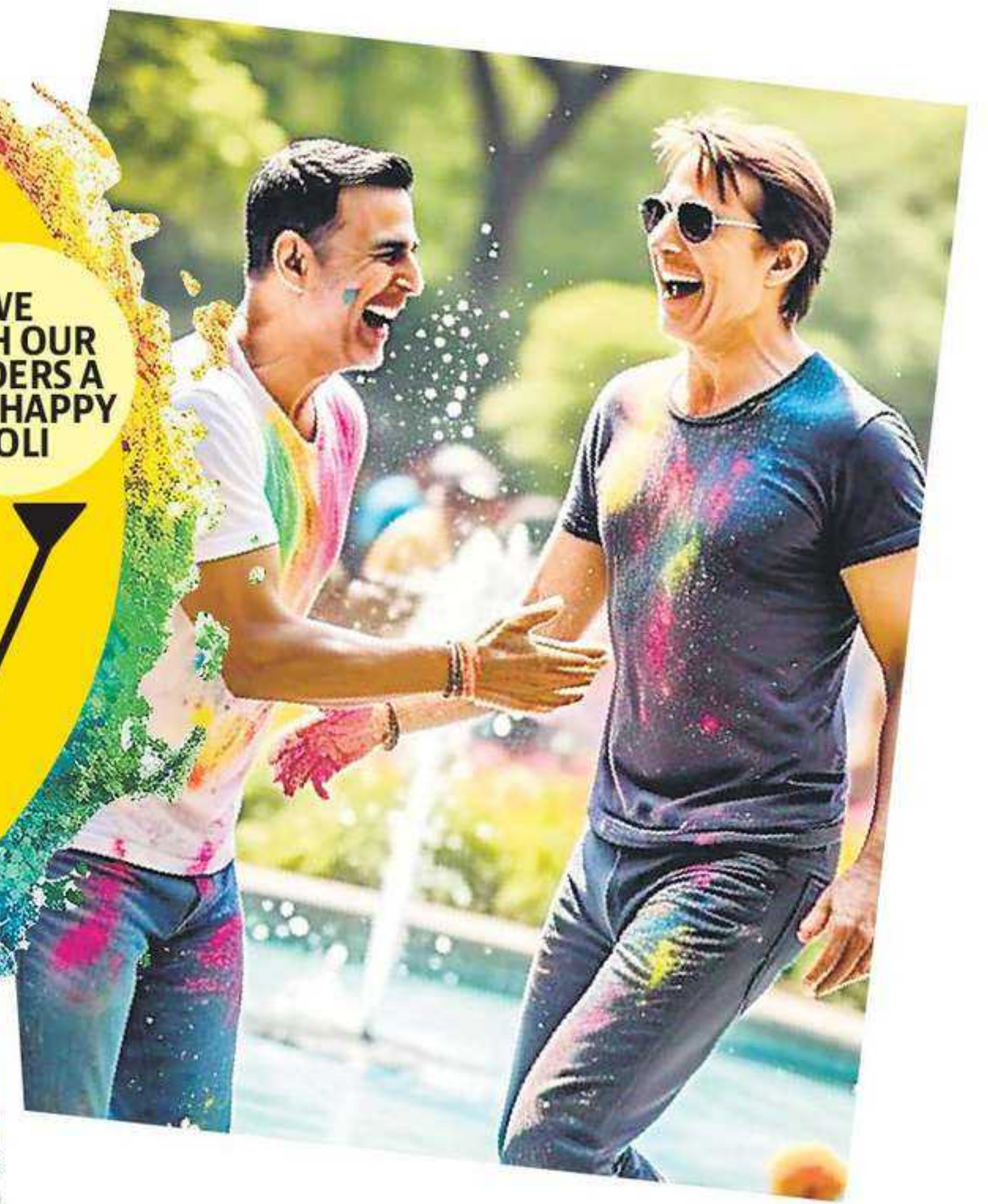
More on p02



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VERY HAPPY
HOLI

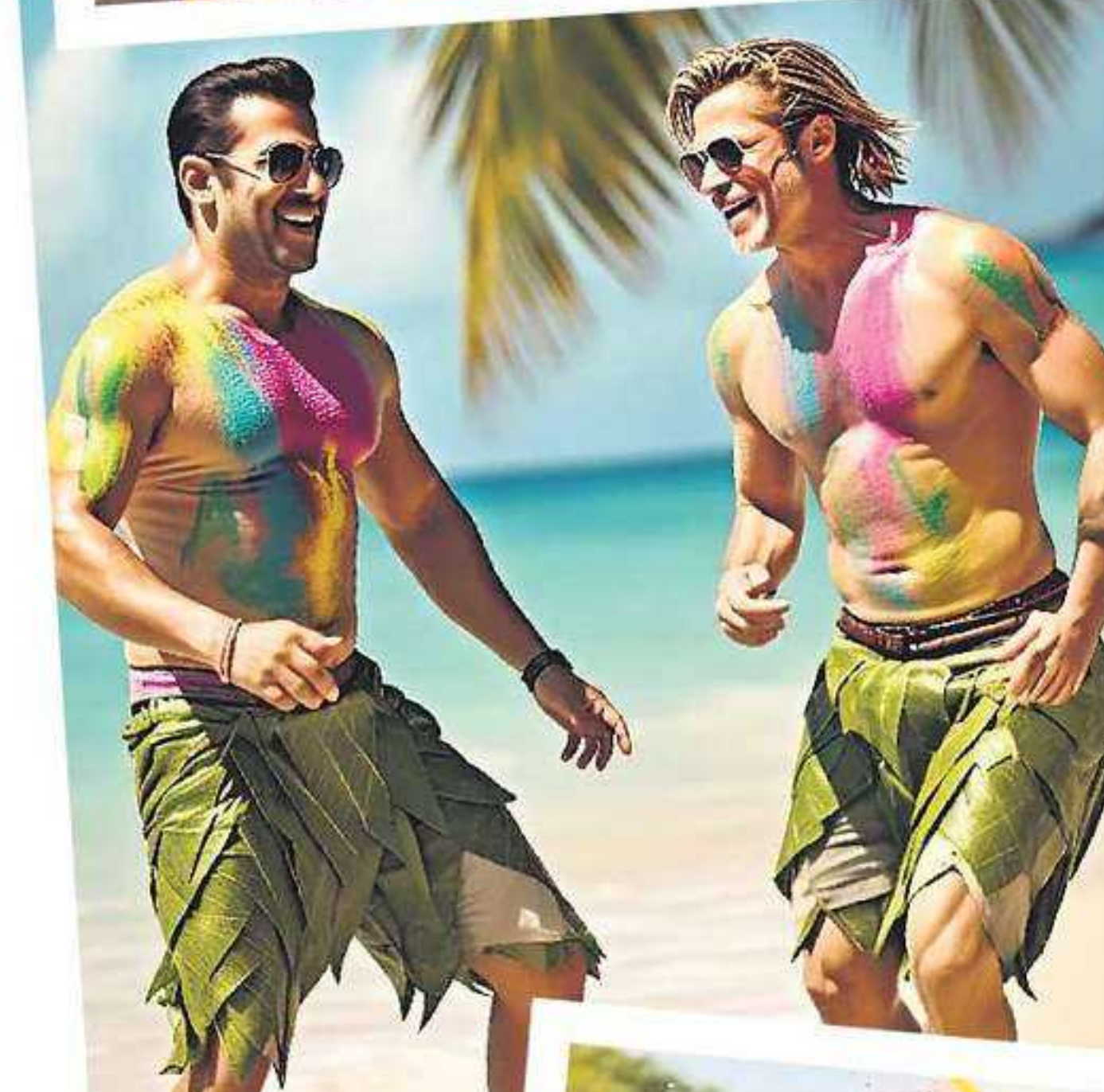
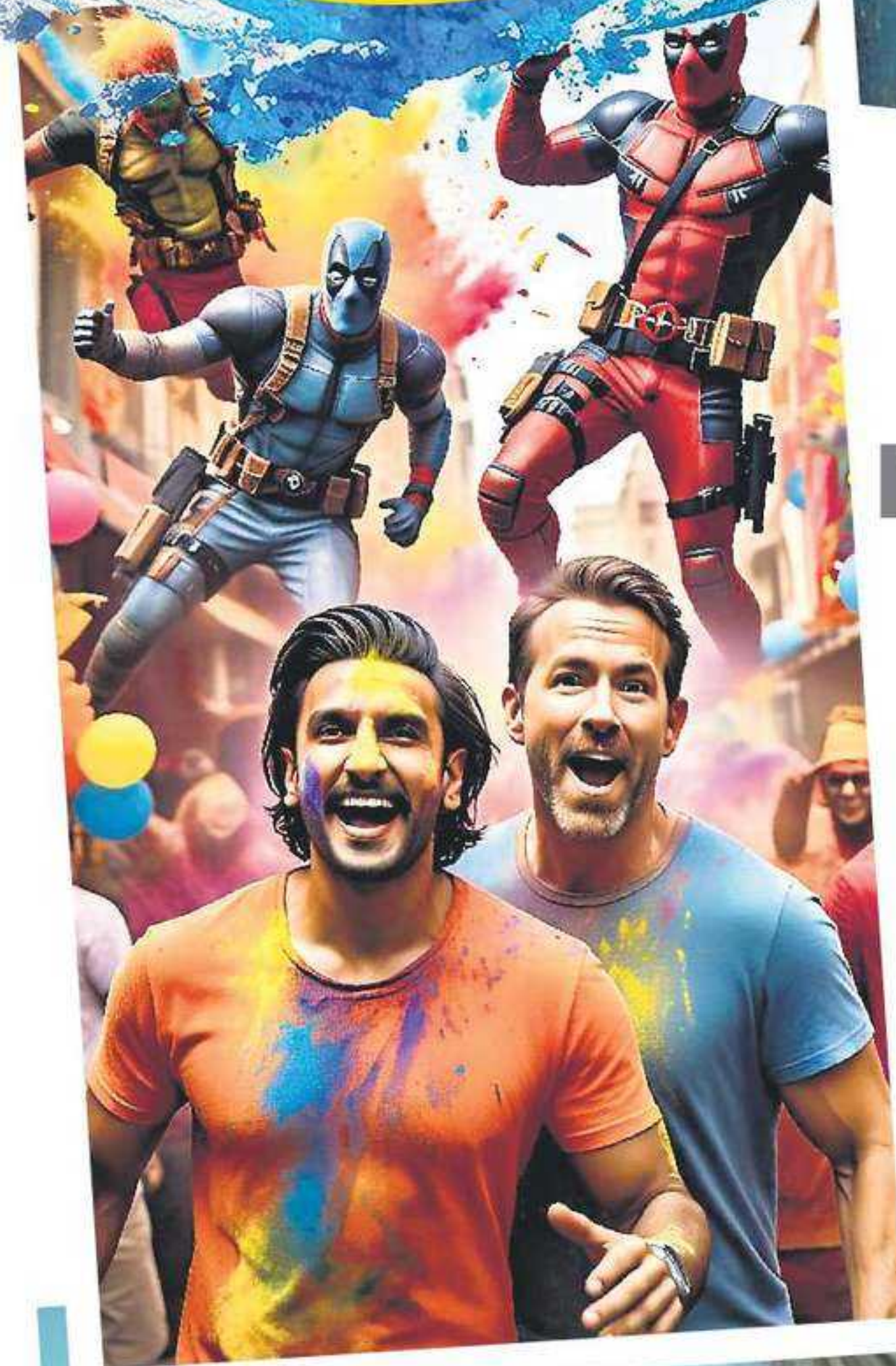
**WE
WISH OUR
READERS A
VERY HAPPY
HOLI**



Holi-wood magic: AI unites Bollywood and Hollywood

From B'wood's dance moves to Hollywood glam, our AI artist imagines a dreamlike Holi celebration where iconic actor duos drench each other in festive colours

Imaging: Anurag Mehra



STOP PRESS



PHOTO: AFP

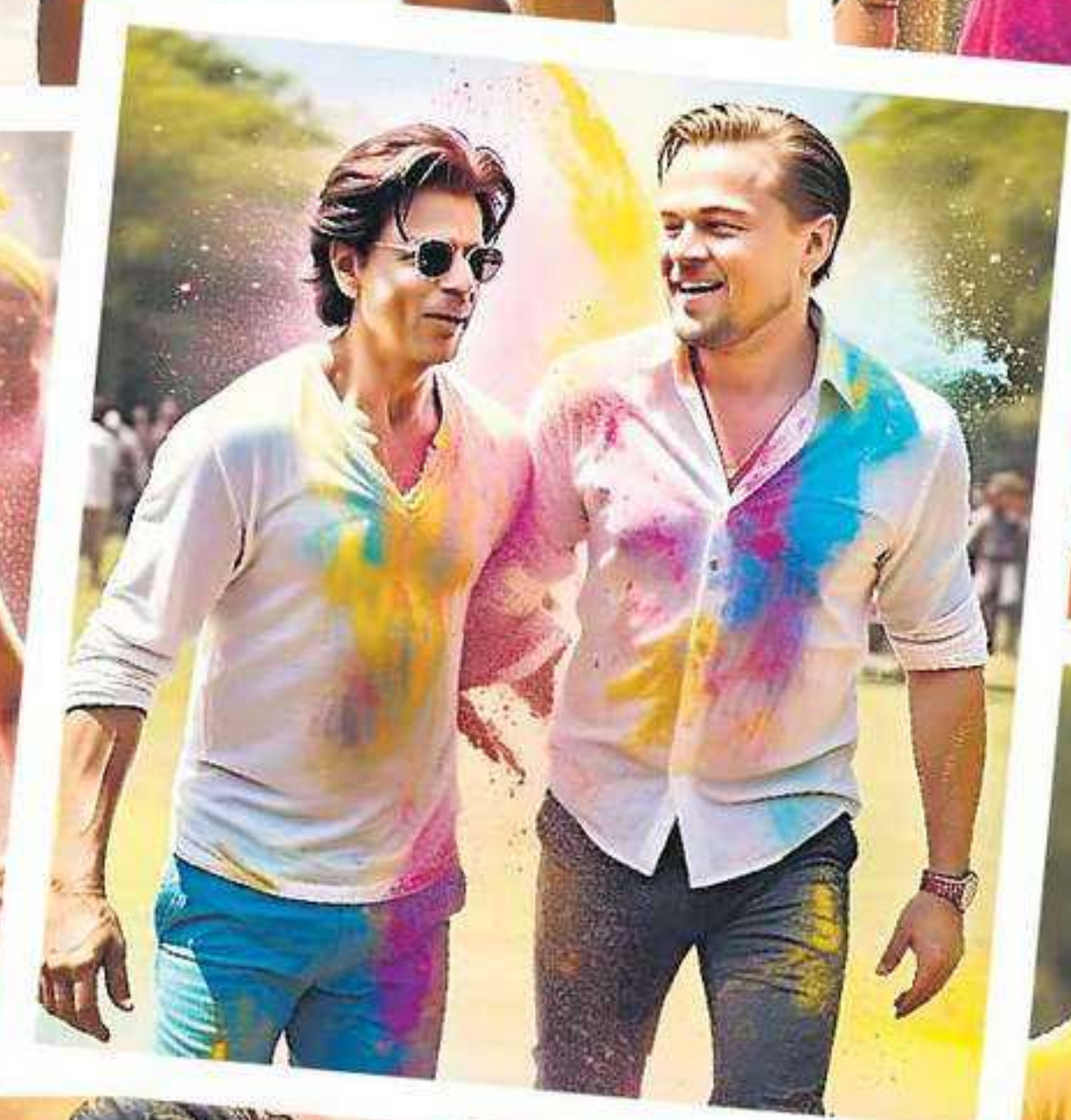
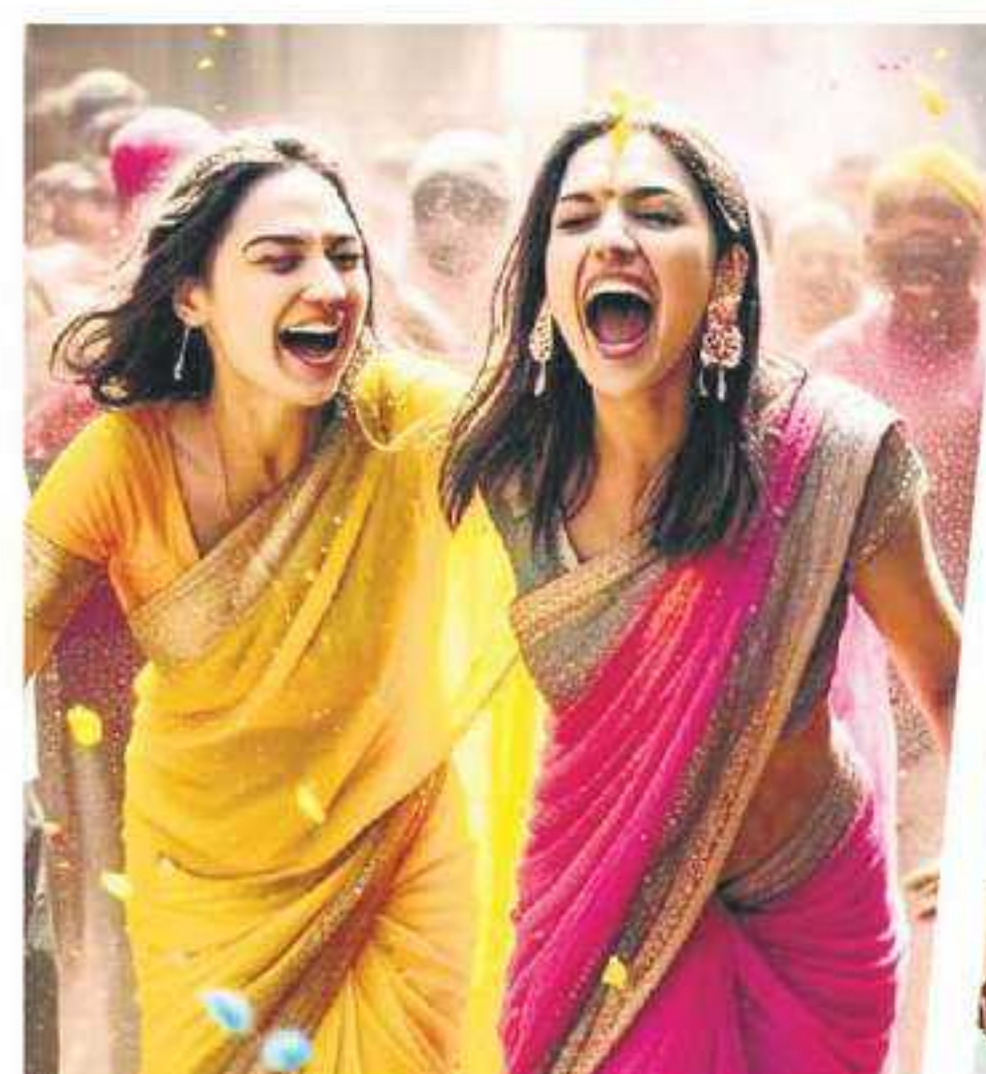
Timothée Chalamet might be taking his relationship with reality TV star and businesswoman Kylie Jenner to the next level. According to The US Sun, the actor is expected to pop the big question with a ring worth \$300,000 (₹2.6 crore) in Paris. This comes days after reports that the couple was eyeing luxury properties in Paris or Milan.



PHOTOS: X



Telugu actor Mohan Babu has reportedly been named in actor Soundaraya's death, 21 years after she died in an aircraft explosion. As per News18 Kannada, the Sooryavansham (1999) actor's death was not an accident but a murder. A resident of Telanagana's Khammam accused Mohan of pressuring Soundaraya to sell him property and alleged that he "illegally" took over the land after her death.



Disclaimer: These images are artistic renditions and have been generated using Meta AI and Photoshop



Dhanush seeks ₹1 cr in damages from Nayan-Vignesh

Actor-filmmaker Dhanush's production house Wunderbar Films Private Limited is now pursuing a civil suit against actor Nayanthara and her husband, filmmaker Vignesh Shivan for using behind-the-scenes footage from *Naanum Rowdy Dhaan* (2015) in their documentary *Nayanthara: Beyond the Fairytale* without authorisation.

According to multiple reports, the production house is seeking ₹1 crore in damages from the duo, while also alleging that Vignesh displayed "unprofessional behaviour" and prioritised Nayanthara over the rest of the *Naanum* crew while filming.

Dhanush's affidavit reportedly reads, "The fourth respondent (Mr Sivan) unnecessarily began focusing

his attention only on the third respondent (Ms Nayanthara) ignoring the other cast and crew of the movie by taking multiple re-takes of scenes to make sure she gives her best performance and not prioritising the other actors."

The suit comes after the Madras High Court refused to entertain an interim injunction since the disputed documentary released last year. The main suit will be heard on April 9.

The row became public in November after Nayanthara addressed an open letter to Dhanush, accusing the actor-filmmaker of harbouring a grudge against her and alleging that Wunderbar refused to provide an NOC to use footage despite two years of "repeated requests". HTCF

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Ankita-Vicky's AnVi Ki Raasleela is back!

Rishabh Suri

rishabh.suri@htlive.com

Actor Ankita Lokhande and husband, businessman Vicky Jain are gearing up to host yet another of their famous Holi parties, called AnVi Ki Raasleela. And this year, we've found out that the event will see about 200 people — mostly from showbiz — in attendance.

Vicky tells us, "Over the years, AnVi Ki Rasleela has become one big family coming together to celebrate with love, laughter and a whole lot of

colour”

We have also learnt that tomorrow's party will feature an expansive vegetarian menu and guests will get to sample everything from street food to gourmet fusion dishes. As is tradition, the party will be held at an outdoor location and Ankita shares, "What started as a small family celebration has now turned into something so much bigger. An Vi Ki Raasleela is our heart [and] it reminds me that the real joy of Holi isn't the colours but the people who make it so special."



PHOTO:
INSTAGRAM

OUTFITS: ASHA GAUTAM
EARRINGS: RUBANS
Divyanka in a cream saree woven beautifully with red, pink, and gold geometric patterns. A bold red blouse adds a striking contrast, while dazzling earrings lend the perfect finishing touch



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‘FASHION SHOULD BE FUN, NOT FORCED’

Yashika Mathur

[yashika.mathur@hindustantimes.com](#)

For actor Divyanka Tripathi Dahiya, Holi is associated with childhood memories — playing with colours from morning till “dead tired to lift a finger”, relishing festive delicacies, and spending the day with loved ones. In a special shoot with HT City Showstoppers, the 40-year-old takes a nostalgic dive into her favourite memories.

“On the day of Holika Dahan, we’d visit our elders and all family members in town, and offer them Paan and home-made sweets and savouries. We would finish it off by having kadhi chawal for lunch with an extra dose of gujiyas,” she shares.

The actor, recently seen in web series *The Magic Of Shiri*, feels that “comfort is key for Holi”. “I usually go for a breathable white kurta with denims or cotton palazzos. A pair of sunglasses and minimal accessories complete the look.”

Talk festive fashion and she is quick to pipe, “Holi is all about having fun without worrying about fashion rules.” While the classic white “makes celebrations even more vibrant”, she believes multicoloured outfits “reflect the spirit of the festival”.

Her love for sarees, too, emerged as she anchored for local channels on Holi, dressed in her mum’s silks. “I’d give insights into the importance of the festival and its rituals, visiting pandals where festivities would be on in full fervour to cover them,” she recalls, adding, “My mum



I’ve always been intrigued by high-fashion statement pieces — the kind that push designers’ creative boundaries. I try to adorn them once in a while but haven’t fully embraced them, yet.

DIVYANKA TRIPATHI DAHIYA, Actor

JEWELLERY: RUBANS AND VASUNDHAR A JEWELRY

Divyanka in a peach-pink saree embellished with sequined embroidery and floral motifs, paired with a shimmer blouse. She finishes the look with elegant jewellery pieces

would carefully drape the sarees on me, securing them with enough pins so that the saree wouldn’t succumb to my energy.”

Dressing up and fashion are an integral part of her life as an actor, and she insists, “There’s an unspoken expectation to look stylish, even on casual days. But I’ve learnt to balance it. Fashion should be fun, not forced.”

Divyanka, who is married to actor Vivek Dahiya, feels that her fashion sense is a reflection of her evolving personality. “I used to lean towards classic and timeless styles, but now I experiment with different

cuts, textures, and silhouettes that bring out different facets of me. I’ve always been intrigued by edgy, high-fashion statement pieces — the kind that push designers’ creative boundaries. I haven’t fully embraced them, yet. Maybe one day, I’ll take that leap,” the actor signs off.

CREATIVE DIRECTOR: SHARA ASHRAF PRAYAG
STYLIST: SAMEER KATARIYA
PHOTOGRAPHER: DEEPAK DAS
HAIR AND MAKEUP: IKSHA IYER
LOCATION: THE WESTIN MUMBAI POWAI LAKE

Want to sleep well? Read on

Abigail Banerji

[abigail.banerji@hindustantimes.com](#)

Who doesn’t love a good nap or getting into bed after a long day. Catching 40 winks can be an enjoyable pastime and a good way to de-stress. As we celebrate World Sleep Day today, we bring you tips on how you can get the best quality sleep:

SLEEP IN LOOSE CLOTHING

The clothes you wear impact the way you sleep. According to a Harvard report, sleeping in loose clothing on a comfortable mattress can help those suffering from insomnia. Having your bedroom at the optimal temperature, not too cold or hot, can also help.

KEEP SURROUNDINGS CLEAN

A clean and tidy bedroom will help you feel more comfortable when you’re trying to sleep. Before getting into bed, do a five-minute pick-up — arrange the vanity, straighten bed, put clothes away, etc. Another aspect is unseen dirt as recent data states that the highest levels of indoor air pollution occurs between 6pm and midnight. Invest in an air purifier, because if you suffer from asthma or allergies, clean air promotes a better sleep.

WASH BEDDING REGULARLY

The bed holds onto allergens, dust



PHOTOS: ADOBE STOCK

mites and pet dander. Joanne Kang, research scientist, says, “Invisible airborne irritants like pollen, smoke, and harmful pollutants linger. Wash your bedding every week in hot water.”

QUALITY SLEEP PRODUCTS

With sleep tourism booming, replicate services by luxury hotels in your home with a good quality pillow, soft blanket, comfortable sheets, and more. A key factor in improving sleep quality investing in supportive mattress, pillows, and bedding. It’s essential for spinal alignment, muscle relaxation, and overall well-being.

Elon Musk sleeps at DOGE HQ

Entrepreneur Elon Musk has taken to sleeping at the Department of Government Efficiency (DOGE) headquarters in Washington, DC, USA, according to a recent report by Wired. This news comes on the heels of Elon’s powers in the US government being limited by President Donald Trump. This isn’t the first time that the tech businessman has slept in his offices.

Previously, during busy periods at Tesla, he was known for sleeping on the factory floor. In a 2022 interview, he said, “It was my primary residence. This is important because if the team thinks their leader is off somewhere having a good time, drinking Mai Tais on a tropical island, which I definitely could have been doing... since the team could see me sleeping on the floor during shift change, they knew I was there, and that made a huge difference, they gave it their all.”



Keep
your
phone
away



Using your phone late into the night can be egregious to your sleep. According to a recent report, around 90% of the people aged between 18 and 24 use their phones in the bedroom. Wellness experts say leave your phone in another room for a restful night’s sleep. A study published in the *Journal of Adolescent Health* emphasised the importance of adequate sleep for physical and mental growth in young individuals. It found that adolescents who left their phone notifications on experienced less sleep compared to those who turned their phones off or kept them outside the bedroom.



{ **DAILY HOROSCOPE** }

Thursday, March 13, 2025

Dr Prem Kumar Sharma (Astrologer and Vaastu expert) can be contacted at: Delhi: 011-47033152, 40532026 (Sat to Mon); Panchkula: 91-172-2562832, 2572874 (Tues to Thurs); Mumbai: 09716145644 (Last week of every month)

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ARIES

MAR 21-APR 20



Your body feels energised. Your career is progressing steadily as new learning opportunities fuel your growth. Home life is peaceful. Travel plans go smoothly. Property transactions bring excellent results.

LOVE FOCUS: Your charisma makes love connections effortless.
LUCKY NUMBER: 7 **LUCKY COLOUR:** Yellow

LEO

JUL 23-AUG 23



A wellness-focused retreat brings relaxation. A wave of positivity keeps stress away. Financial stability continues with no significant changes. Your career feels aligned with your aspirations.

LOVE FOCUS: A new romantic journey is on the horizon — embrace it.
LUCKY NUMBER: 8 **LUCKY COLOUR:** Navy Blue

SAGITTARIUS

NOV 23-DEC 21



You wake up feeling refreshed. A structured financial plan offers stability. Carefully consider professional feedback before responding. Strengthening ties with extended family brings joy.

LOVE FOCUS: A heartfelt compliment from partner boosts your confidence.
LUCKY NUMBER: 2 **LUCKY COLOUR:** Light Pink

TAURUS

APR 21-MAY 20



The company of a sibling brings warmth and joy. Immersing yourself in local culture enhances your travel experience. Your body and mind are in sync, making wellness a priority today.

LOVE FOCUS: A loved one’s words of appreciation will uplift your spirit.
LUCKY NUMBER: 5 **LUCKY COLOUR:** Green

VIRGO

AUG 24-SEP 23



A mentor’s advice unlocks career possibilities. A steady and comfortable journey awaits. Academic challenges require focus rather than perfection. Financial commitments remain steady.

LOVE FOCUS: A romantic proposal may be closer than you think.
LUCKY NUMBER: 11 **LUCKY COLOUR:** Red

CAPRICORN

DEC 22-JAN 21



Travel brings joyous moments. Restlessness can be eased with a relaxing activity. Expected monetary transactions may face delays. Prioritising tasks effectively results in a productive workday.

LOVE FOCUS: Small romantic gestures hold significant meaning today.
LUCKY NUMBER: 11 **LUCKY COLOUR:** Purple

GEMINI

MAY 21-JUN 21



A long-awaited financial boost sets the stage for stability and growth. An exciting journey awaits. Consider market trends carefully before making property investments.

LOVE FOCUS: Love feels effortless today, full of warmth and laughter.
LUCKY NUMBER: 9 **LUCKY COLOUR:** Maroon

LIBRA

SEP 24-OCT 23



Thoughtful budgeting helps avoid unnecessary financial strain. A work project highlights your strengths. Differing family opinions can be navigated with patience.

LOVE FOCUS: An anticipated reunion in love brings excitement and joy.
LUCKY NUMBER: 7 **LUCKY COLOUR:** Cream

AQUARIUS

JAN 22-FEB 19



A better offer may be on the horizon in your career. Financial stability is maintained by avoiding unnecessary risks. Academic struggles are managed with patience.

LOVE FOCUS: Romance thrives, bringing emotional fulfillment.
LUCKY NUMBER: 3 **LUCKY COLOUR:** Peach

CANCER

JUN 22-JUL 22



Your health remains balanced. Managing debts with a structured plan will ease financial pressure. A new professional opportunity aligns perfectly with your skills. Love and happiness fill your home.

LOVE FOCUS: A reunion in romance may face delays, so practice patience.
LUCKY NUMBER: 4 **LUCKY COLOUR:** Dark Grey

SCORPIO

OCT 24-NOV 22



Communication delays at work require follow-ups for clarity. A shared meal strengthens family bonds. A romantic getaway strengthens emotional intimacy. Renting out property ensures reliable income.

LOVE FOCUS: Expressing emotions honestly deepens connections.
LUCKY NUMBER: 18 **LUCKY COLOUR:** Golden

PISCES

FEB 20-MAR 20



Savings accumulate effortlessly, ensuring peace of mind. Supplier delays at work require alternative solutions to maintain workflow. A biased family opinion may need careful handling.

LOVE FOCUS: A new romance fills your world with warmth and joy.
LUCKY NUMBER: 2 **LUCKY COLOUR:** Silver

Entertainment & Promotional Features



Podmasters 2025 aims to foster industry collaboration and provide a platform to podcasters

For nominations and award details, scan the QR



MIC DROP MOMENT: PODMASTERS 2025 IS HERE!

After a blockbuster 2024 edition, the much-anticipated Podmasters 2025 is back—bigger, bolder and ready to amplify the best voices in the industry! As India's premier podcast conclave and awards, this event is set to bring together the brightest minds in podcasting for a day of insightful conversations, industry collaborations and well-deserved recognition.

With podcasting in India booming like never before, the stage is set for a celebration of audio excellence, innovation and storytelling prowess. Ramesh Menon, CEO, Fever Network, shares his excitement: "Podmasters 2024 was a phenomenal success, bringing together some of the sharpest voices in the industry. With Podmasters 2025, we aim to build on this momentum — celebrating the thriving podcast ecosystem while fostering new opportunities for creators, brands and audiences."

THE PODMASTERS 2025 AGENDA
This power-packed event will unfold in two parts:

- The Conclave—a dynamic day featuring panel discussions, masterclasses and fireside chats with India's top podcasters, media professionals and industry experts. Expect deep dives into the future of audio storytelling, audience engagement strategies and the evolving role of brands in podcasting.
- The Awards Night—A glitzy gala celebrating India's top podcasting talent. From boundary-pushing storytellers to trailblazing audio innovators, the night will honour creators who've redefined the podcasting landscape across multiple categories.

Reflecting on last year's celebration, podcaster Nikhil Taneja shares: "Winning the HT Podmasters Best Video Podcast Award in 2024 was a career highlight! I'm thrilled that HT Media has created a platform that puts podcasting in the spotlight and gives creators—both emerging and established—their moment to shine. I can't wait for Podmasters 2025 and have my fingers crossed for another win!"

THINK YOUR PODCAST DESERVES THE LIMELIGHT? ENTRIES FOR THE PODMASTERS 2025 AWARDS ARE NOW OPEN. EARLY BIRD NOMS CLOSE ON MARCH 17, FINAL DEADLINE MARCH 30

Gigi Hadid on her 'romantic, happy' relationship with Bradley Cooper



PHOTO: GONZALO FUENTES/REUTERS



Bradley Cooper: (left) Gigi Hadid
PHOTO: THIBAUD MORITZ / AFP

Gigi Hadid has opened up about how her relationship with actor Bradley Cooper has expanded her creative perspective. In an interview, the model reflected on the impact her connection with the actor has had on her personal and artistic growth.

Speaking about her "very romantic and happy" dynamic with Bradley, she shared with People, "Bradley has opened me up to going to the theatre more, and that's something that's so nice to bring back into my life."

However, she added that it is "hard" to "give [myself] a normal experience of dating" mentioning that it is challenging "even for my friends who aren't public figures".

Calling herself really "lucky", Gigi added, "Where do you go? Do you just start talking to people? And then there's another added layer of privacy and security. You want to believe that people are going to have your back, but you just don't know. I think just getting to the point where knowing what you want and deserve in a relationship is essential and then to find someone that is in a place in their life where they know what they want and deserve... and you both do work separately to come together and be the best partner that you can be. I just feel really lucky (sic)."

Angelina makes son Pax 'sign a contract' after multiple road crashes?

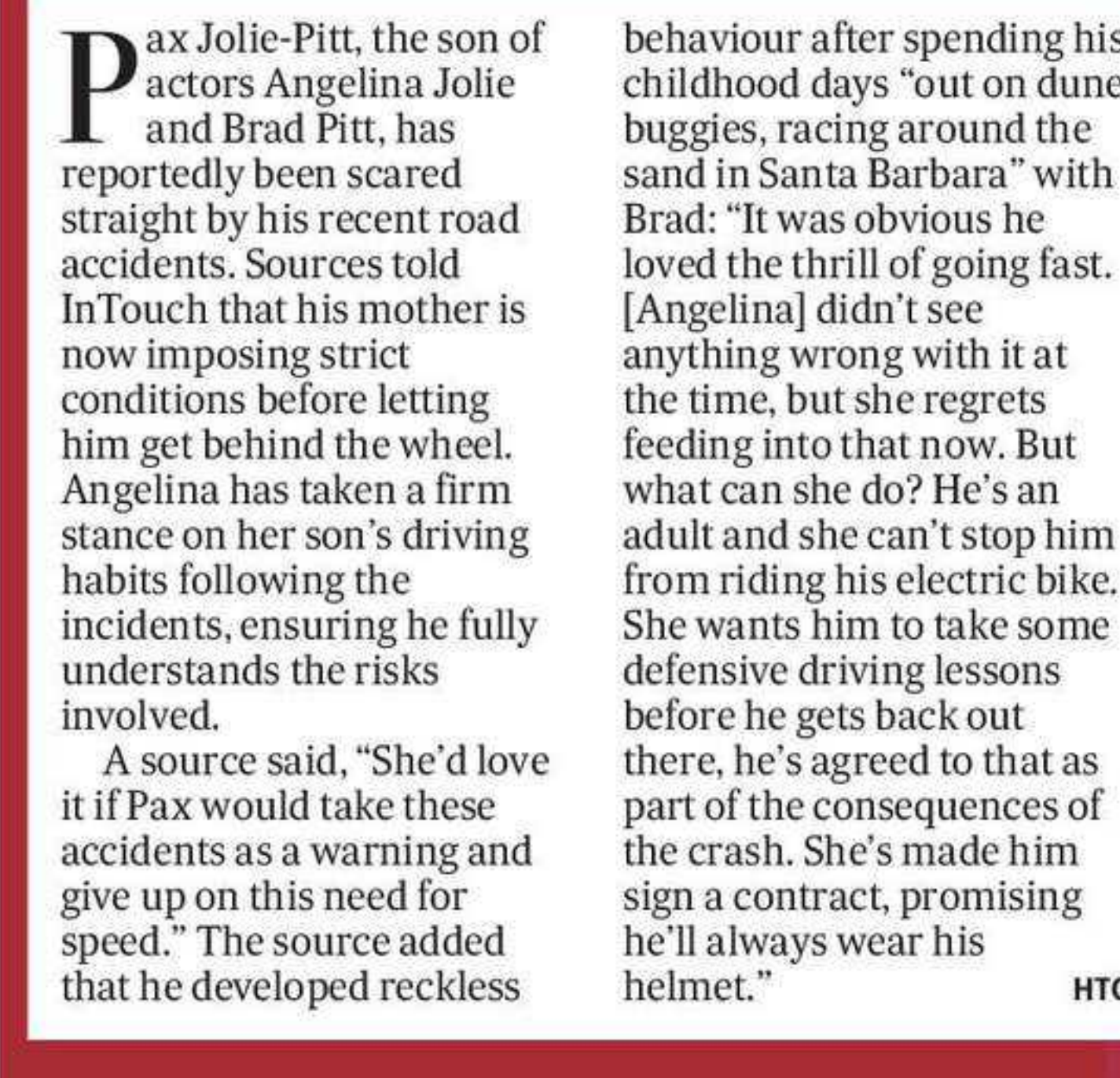


PHOTO: X

Pax Jolie-Pitt, the son of actors Angelina Jolie and Brad Pitt, has reportedly been scared straight by his recent road accidents. Sources told InTouch that his mother is now imposing strict conditions before letting him get behind the wheel.

Angelina has taken a firm stance on her son's driving habits following the incidents, ensuring he fully understands the risks involved.

A source said, "She'd love it if Pax would take these accidents as a warning and give up on this need for speed." The source added that he developed reckless behaviour after spending his childhood days "out on dune buggies, racing around the sand in Santa Barbara" with Brad: "It was obvious he loved the thrill of going fast. [Angelina] didn't see anything wrong with it at the time, but she regrets feeding into that now. But what can she do? He's an adult and she can't stop him from riding his electric bike. She wants him to take some defensive driving lessons before he gets back out there, he's agreed to that as part of the consequences of the crash. She's made him sign a contract, promising he'll always wear his helmet."

Ready for a global leap? GREAT Scholarships promise a one-of-a-kind experience for Indian students



Drawn by the UK's academic excellence and dream of studying in a UK based university? Know all about the GREAT Scholarships 2025

Are you looking to study abroad and want a degree that gives you a platform to build a successful career? Then naturally, the United Kingdom is the top choice. After all, walking through the halls of a university where global ideas converge and create a space for innovation is just the right amount of spice you need in your life and on your resume. At UK universities, you are not just a student; you are part of a legacy that has shaped achievers such as Rabindranath Tagore, Kaushik Basu, Mansoor Ali Khan Pataudi and more. A UK education offers the knowledge, exposure and network to take your career to new heights. And with the GREAT Scholarships 2025, financial support is within reach. Jointly funded by the UK government's GREAT Britain Campaign, the British Council and leading UK universities, the GREAT Scholarships 2025 help bridge the gap between ambition and achievement. These 24 scholarships, available across multiple disciplines, offer a minimum of £10,000 towards tuition for a one-year postgraduate course.

When Bhavana took the GREAT leap from being a seasoned architect in Bengaluru to a fine arts student at Arts University Bournemouth, she wasn't just looking for a change of scenery; she was craving a creative rebirth.

"Fine art is open to anything you might choose to make as a practice," she said adding, "All the facilities here have opened up a lot of possibilities for me."

Yashodhra, an alumnus of the University of Essex, mentions, "With the Graduate Route, my employer didn't have to worry about sponsorship, and the entire process was cost-effective and straightforward."

Rittika Chanda Parruck MBE, Director Education India at the British Council, puts it beautifully: "The GREAT Scholarships provide an invaluable opportunity for Indian students to pursue postgraduate studies in the UK, opening doors to a wide range of disciplines such as finance, marketing, business, psychology, design, humanities, and science and technology. Studying in the UK grants students access to world-class education from renowned universities and also immerses them in diverse cultural experiences and global networks, preparing them to excel in their careers and thrive in a competitive global job market."

Employers worldwide recognise the value of a UK degree, making it a mark of excellence. And earning that degree through a scholarship makes it even more impressive. "It's a prestigious thing to receive a scholarship from the British Council," said Bhavana.

Your future is calling. Whether you're a recent graduate ready to launch your career or a young professional seeking a big leap, the GREAT Scholarships 2025 can turn your someday into today. Visit the British Council's website today to learn about universities, courses, and the application process.

STUDYING IN THE UK GRANTS STUDENTS ACCESS TO WORLD-CLASS EDUCATION.
RITTIKA CHANDA PARRUCK, Director Education India, British Council

Sweta Keswani: I am ready to work in India again



PHOTO: INSTAGRAM/SWETAKESWANI

Akash Bhatnagar
akash.bhatnagar@partner.hindustantimes.com

Once a popular name on Indian television, Sweta Keswani left the industry in 2012, after getting married to US-based lawyer Ken Andino. She then prioritised her family life and over the years, worked in the West in shows like *The Blacklist*, *New Amsterdam* and *Roar*.

More than a decade later, the actor says she is "ready to work in India again". "My daughter is almost 12, so I am ready to take up start-to-finish projects, where I can complete my work and go back. OTT projects will be suitable for me," says Sweta, who has been part of successful shows including *Kahaani Ghar Ghar Kii*, *Des Mein Niklla Hoga Chand* and *Baa Bahoo Aur Baby*.

However, the 44-year-old is finding it tough to navigate the industry. "I don't know who does casting and how to reach them. I'm trying to meet friends and figure it out, but it will take time, and it's fine because I'm not in a rush. I'm going to be acting till I die."

Ask her about the kind of work she wants to do, and Sweta says, "I want to do women-oriented projects, where I can make a difference or incite some social change." The actor is glad that meaty roles are being written for women in their 40s in the Hindi industry. "In our 40s, when we start getting written off, is when we find our groove. We don't care anymore about log kya kahenge and feel liberated. We feel like rockstars," she says.

Reflecting on her stint in the West, Sweta says that it's challenging to succeed there as an actor of colour, but one shouldn't complain about it: "Do you see white people in lead roles over here? So, what makes us think that people out there will relate to us in a lead role? They are serving their native audience there first. Also, when it comes to people of colour, African Americans come first. Then come Native Americans, Latin Americans and then Indians. So, it's wrong to complain."

The actor is also trying to create work for herself. She says, "I am learning acting, screenwriting and direction. I am empowering myself to produce work for myself. How long can one wait?"

My daughter is almost 12, so I am ready to take up start-to-finish projects, where I can complete my work and go back. OTT will be suitable for me.
SWETA KESWANI, Actor

#instastyle

Parth Samthaan



PHOTO: INSTAGRAM/THE_PARTH_SAMTHAAN

Parth Samthaan gave a glimpse of his birthday celebrations by the beach as he shared a dump of pictures and videos on Instagram. The actor seemed happy to gorge on his birthday cake as he expressed gratitude for all the love coming his way on the special day.

NO MICROPHONES! NO AMPLIFICATION!
॥ संचय निषाद ॥ Prithvi Theatre
Udayswar@Prithvi
AN ACOUSTIC CONCERT OF MORNING RAGAS
Sun 16 Mar | 7:30am | Prithvi Theatre
MANALI BOSE
VOCAL
CO-ARTISTES: Yati Bhagwat & Siddhesh Bicholkar
NO LATE ENTRIES ALLOWED. GATES CLOSE AT SHARP 7:30AM.

Tickets: ₹300 available at Prithvi Box Office (9920116930), www.prithvitheatre.org & bookmyshow



THANDAI MOUSSE WITH BOONDI
To water (½ cup), add sugar (½ cup), cardamom (2 pods) and boil till syrup turns sticky. Add saffron food colour (¼ tsp) and mix. For boondi, mix besan (1 cup), saffron food colour (¼ tsp) and baking soda (¼ tsp). Pour the batter into hot oil over a skimmer. Drain the oil, dip boondi in sugar syrup and drain again. For thandai cremeux, whip soft mascarpone cheese with whipping cream. Serve by layering these items.
By Chef Vinayak Dalvi – Pastry Sous Chef, ITC Maratha, Andheri (E), Mumbai



ROSE AND STRAWBERRY THANDAI
Blend chilled milk (2 cups), thandai powder (2 tbsp), chopped strawberries (six to seven), rose syrup (1 tbsp), sugar/honey (2 tsp), and cardamom powder (¼ tsp) till smooth and frothy. Taste and adjust sweetness if needed. Strain if you want a smoother texture. Fill glasses with ice cubes, pour the drink over. Garnish with rose petals, strawberry slices, and pistachios.
By Vinamr Minocha, Jr Sous Chef, Vivanta Goa, Panaji

OUR BELOVED THANDAI GETS A FUN TWIST!



SMOKED MANGO, SAFFRON AND ALMOND THANDAI
Combine milk (2 cups), smoked mango puree (½ cup), saffron (¼ tsp), almond (¼ tsp), honey (1 tbsp), ground cardamom (¼ tsp) and ground cinnamon (¼ tsp). Blend until smooth and creamy. Adjust the sweetness and spice level to your liking. Pour the thandai into glasses filled with ice cubes. Garnish with chopped nuts or dried fruit.
Inputs by Dylan, Barman, Novotel Goa Resort and Spa

SPICED THANDAI COLD BREW (COFFEE TWIST)
Mix cold brew coffee (1 cup) with chilled milk (1 cup) and thandai powder (2 tbsp). Add jaggery syrup or honey (2 tsp) to sweeten. A dash of cinnamon is optional for an extra warm spice. Serve over ice, topped with crushed nuts, a sprinkle of cardamom dust and coffee beans (optional).
By Anurag Bainola, Executive Chef, La Estoria IHCL SeleQtions, Goa

SAFFRON BLISS THANDAI
Soak almonds, cashews, pistachios (¼ cup each), poppy seeds and melon seeds (2 tbsp each) in water overnight. Drain and blend with fennel seeds and black peppercorns (1 tbsp each). Add milk to form a paste. In a pot, bring milk (1 litre) to a boil with sugar (½ cup). Add the paste and let it simmer gently for 10 to 15 minutes. Add cardamom powder (1 tbsp), saffron strands and rose water. Allow the thandai to cool to room temperature and refrigerate. Serve chilled, garnished with finely chopped nuts.
By Veer Singh, Sous Chef, The Khyber Himalayan Resort & Spa, Jammu and Kashmir



KOKUM THANDAI WITH COCONUT FOAM
Soak 10-12 dried kokum petals in warm water. In a bowl, soak almonds (2 tbsp), cashews, poppy seeds and melon seeds (1 tbsp each), and black peppercorns. Blend into a paste. Heat milk (500 ml) and stir in kokum extract, sugar (2 tbsp), cardamom powder (½ tsp) saffron strands (¼ tsp), and the paste. Let it simmer. Strain the thandai and let it cool.
For the coconut foam, blend coconut milk (200 ml) with coconut cream (1 tsp) and a salt. Aerate the mixture. Pour the chilled kokum thandai into a glass and top with coconut foam.
By Shyam Kumar Gupta, Executive Chef, Radisson Resort & Spa, Lonavala

STRAWBERRY WHITE CHOCOLATE THANDAI
Soak almonds (100 g), poppy seeds (75 g), melon seeds (75 g), fennel seeds (1 tsp), green cardamom (10 pods), and black pepper (10) in water. Blend into a paste. Heat the milk (500 ml) with sugar (50 g), chocolate (80 g) and saffron. Stir continuously. Allow it to cool. Add the paste to the cooled milk and mix. Add pureed strawberries (four to five), mix and strain. Serve chilled with chopped pistachios and almonds as garnish.
By Arun Kala, Executive Chef, Radisson Blu Karjat

ROSE-INFUSED THANDAI
Soak almonds (25 g), cashews, pistachios (40 g each), poppy seeds, char magez (30 g each), fennel seeds (10 g), black pepper (5 g), cardamom (10 g), and saffron (1g) in warm milk (250 ml). Blend into a fine paste with dried rose petals (30 g), gulkand (40 g), and sugar (60 g). Mix the paste into milk (400 ml) and rose syrup. Strain and refrigerate for two hours. Serve chilled.
Palash Ghosh, Executive Chef, Taj Hotel and Convention Centre, Agra

Things to do on Holi in the city



PHOTO: HTBS

For a vibrant twist to Holi celebrations this year, celebrate the festival with a cascade of fresh flower petals. Don't miss out on the fragrant fun, which will include lively music, a kaleidoscope of colours and a heartwarming ambiance.
Where: Infiniti Mall, Malad
Timing: 5:30pm onwards

Knackered after playing Holi the entire day? Don't let the celebrations end and gather family and friends for a special festival-themed dinner buffet. It will include some festive food varieties along with special desserts.
Where: Peshwa Pavilion, ITC Maratha, Andheri (E)
Timing: 7pm to 11:30pm
Price: ₹3,000 (plus taxes)



PHOTO: HTBS

If playing with colours and water is not on the agenda this Holi, immerse in the vibrant colours of tradition and indulge in this special brunch with your family or friends. The brunch will have a spread of traditional festive delicacies like thandai, dahi bhalla, gujiya, puran poli and jalebi that can be relished with rabadi. You can pair your meal with unlimited spirits.
Where: High Tide, The Resort, Madh Island, Malad (W)
Timing: 12.30pm to 3.30pm
Price: ₹1,975 (plus taxes) and ₹3,699 (plus taxes)



Holika Dahan guide 101

Today marks Choti Holi or Holika Dahan. While you are set to enjoy with your friends and family around the Holika bonfire tonight, make sure you avoid these practices for a safer and more meaningful celebration.

AVOID BURNING HARMFUL MATERIALS IN THE BONFIRE
Do not burn plastic or other toxic substances, as they release harmful fumes. Make sure your festivities do not harm the environment.

SAY NO TO VIOLENCE
Festivals are all about love, laughter and harmony. So, ensure that the celebrations remain peaceful. Don't loose your cool or engage in any kind of aggression.

PREVENT SAFETY HAZARDS
Avoid lighting bonfires near flammable objects or in overcrowded areas to prevent accidents. Also, take extra care of children.

BE MINDFUL OF YOUR SURROUNDINGS
Holika Dahan is attended by kids and the elderly. In fact, some pet parents bring their pets along too. So, make sure you are mindful of their well-being when you engage in fun with your family and friends. Playing loud music or excitedly applying colours on everyone after the ceremony might leave them anxious or stressed. Have empathy!

HTC

Protect your eyes as you have fun this Holi

Abigail Banerji
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Holi is a joyous occasion with family and friends getting together to play with colours and water. However, it is necessary to take proper precautions, especially shield your eyes, during your colourful celebrations. We bring you some expert tips from ophthalmologists.

BLINK FREQUENTLY
Blinking is a natural defence mechanism. "During Holi, fine powder colours and dust can settle on the eye surface, leading to irritation, dryness, or blurry vision. Making a conscious effort to blink frequently helps clear away the debris," shares ophthalmologist Dr Rasika.

AVOID CONTACT LENSES
Colours can seep between the lens and cornea, causing irritation, infections, or ulcers. Removing lenses with colour-stained hands increases the risk of bacterial infection. So, wear protective glasses that shield your eyes. If you rely on lenses, use disposable ones and discard them immediately after playing.

NO WATER BALLOONS
Water balloons pose a significant danger to eye health. "If hit on the eye, they could cause bruising, internal bleeding, corneal abrasions, or even retinal

detachment. In extreme cases, such injuries can lead to permanent vision loss," shares Dr Vipul Singh, senior consultant, Sharp Sight Eye Hospitals. The sudden force of a balloon burst can also push harmful colours directly into the eyes, causing severe irritation.

AVOID SELF-MEDICATION
People turn to home remedies or over-the-counter drops to treat eye irritation after Holi. This may do more harm than good. If you experience redness, burning, blurred vision, or excessive tearing after Holi, seek professional medical advice.

WASH WITH COLD WATER
If colour enters your eyes

APPLY A LAYER OF COCONUT OIL, PETROLEUM JELLY, OR AN EYE OINTMENT, RECOMMENDED BY A DOCTOR, AROUND YOUR EYES. IT PREVENTS COLOURS FROM STICKING TO THE SKIN AND SEEPING INTO THE EYES

accidentally, rinse it immediately them with cold water for at least 10-15 seconds. Make sure you don't rub your eyes.

USE ARTIFICIAL TEARS
After exposure to foreign substances, your eyes may become dry and irritated. Artificial tears or lubricating eye drops help restore moisture, soothe discomfort, and flush out residual irritants. Use preservative-free drops to avoid further irritation. Avoid medicated drops unless prescribed by your doctor.

APPLY A PROTECTIVE LAYER
Before stepping out to play Holi, apply a protective layer around the eyes using coconut oil, petroleum jelly, or an ophthalmologist-recommended eye ointment. It prevents colours from sticking to the skin and seeping into the eyes. Oiling your eyelashes and eyebrows also helps prevent colours from clinging to the hair follicles, reducing the risk of particles entering your eyes when you blink.

KEEP EYES CLOSED
A simple yet highly effective way to prevent eye irritation and injuries is to keep your eyes tightly shut when someone applies colour on your face. Additionally, politely instruct others to apply the colour gently and avoid direct contact with your eyes.

Keep your eyes shut when someone applies gulal on your face



PHOTO: ADOBE STOCK