



# Bombay

**RANDEEP  
HOODA AND  
LIN LAISHRAM**



**'Holi is about celebrating that wonder called life'**

Onkar Kulkarni

**I**t's Randeep Hooda and Lin Laishram's second Holi after their marriage, and they are enthusiastic about celebrating the festival together. As they put gulaal on each other, all captured on the BT lens, they tell us, "We hope that the colours seep into our lives and bring about the child-like wonder and zest for life within us."

### 'HOLI ALWAYS USED TO BE A TORRID AFFAIR IN CHILDHOOD'

The celebrations take the couple back to their childhood days. "Holi always used to be a torrid affair," said Randeep. He recalls, "With the colours, water balloons and water guns, a bunch of young lads would be out there to get everyone drenched. It was always a bit rough."

**CONTINUED ON  BACK PAGE**



# Sex scenes are not important to take the story forward: Kareena



Kareena Kapoor Khan and (right) with Rahul Bose in a still from *Chameli* (2003)

**K**areena Kapoor Khan has clocked in 25 years in the film industry. However, the actress has avoided scenes that are sexual in nature. In her recent conversation with Gillian Anderson hosted by *The Dirty Magazine*, the Hollywood actress asked Kareena about her thoughts on filming sex scenes. Kareena responded, "I feel like it's not important to take a story forward. It is not some-

thing I believe is required in the form of a story to show that. I know I might not be comfortable doing that on screen. I never have done it. We don't look at your sexuality or sex as a human experience. We have to start looking at and respecting that a lot more before we put it on screen. Where I'm coming from is the fact that we're still not as open as having the narrative the way it is out there for you guys."



### 'Chameli was kind of a turning point'

Kareena, who played the role of a sex worker in *Chameli* (2003), said that the film was a game-changer for her. She shared, "It was kind of a turning point because it also helped me tap into my own confidence, my sensuality at a young age."

She added, "I kind of realised a lot of things. The fact that I didn't have to conform to the traditional notions like looking a particular way of femininity, of being beautiful, because she was so brash and unapologetic. I think that was a form of beauty, which I really appreciate. It pushed me to be a lot more fearless."

## Buzzstop

## HEMANSH-RAKUL'S YAARIYAN SET FOR A RE-RELEASE

Coming-of-age film **Yaariyan**, which marked the Bollywood debut of actors Hemansh Kohli and Rakul Preet Singh, is returning to the big screen. The film will be re-released on March 21. Agencies



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Hillsborough Castle gives glimpse into royal fashion

Hillsborough Castle is set to offer a rare glimpse into the world of royal fashion with its upcoming exhibition, *Royal Style in the Making*, running from March 15 to January 4, 2026. The display features exquisite garments worn by Queen Elizabeth II, Princess Margaret, the Queen Mother, and designs for Princess Diana. Among the highlights is a salmon-pink silk chiffon dress worn by Queen Elizabeth II in the 1970s, a regal blue and gold ball gown belonging to Princess Margaret, and a full-sized toile of the Queen Mother's 1937 coronation dress. The exhibition also sheds light on the relationships between royals and renowned designers like Norman Hartnell, Hardy Amies, and David Sassoon. Visitors can also view original sketches, handwritten notes, and personal letters exchanged between Queen Elizabeth II and her couturier Norman Hartnell.

Visitors will gain an intimate perspective on the design process, from initial sketches to finished garment, that helped define the visual identity of the Royal Family over the past century

- Claudia Acott Williams, curator



This 18th century-style ballgown was designed for Princess Margaret, Countess of Snowdon

SUDOKU CHALLENGE

Level: Medium

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

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.

TIMES HITORI

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

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)

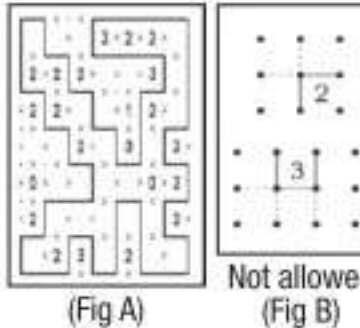
Example

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

LOOP THE LOOP

RULES

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



HOW TO BEGIN:

Example (Fig A) - Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.  
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a deadend (Fig B).

THE DAILY CROSSWORD

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			
31	32		33			27	28	29			30		
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 Matthew Stock

13/03/2025

ACROSS

- 1 Brand with a four-ring logo
- 5 Box in, perhaps
- 9 D.C. ballplayers
- 13 Small cut
- 14 Book: dark beer from Texas
- 16 Diecisiete dividido por dos
- 17 Behind
- 18 Hindu practice
- 19 Welcome downfall for a gardener
- 20 "Wait for meeee!"
- 23 Kindergartener
- 24 RV park chain
- 25 Harry and Sally from "When Harry Met Sally ...", e.g.
- 31 Brewpub offering
- 33 Big changes
- 34 Race unit
- 37 Perjurer
- 39 Soft mineral
- 40 "Your Majesty"
- 41 Natural hairstyle
- 42 Cadence
- 44 Bread flour
- 45 Inexperienced sort
- 47 Some field journalists
- 49 Oscar-winning song from "Mary Poppins"
- 54 African cackler
- 55 Traveling
- 56 Rule
- 58 "Helpful hardware folks" company
- 59 Golden Arches order with two patties, and an apt title for this puzzle
- 62 Higher ed hurdle
- 63 Not feeling so hot
- 64 Passed (out)
- 65 Put a spell on
- 67 Comes out with
- 68 Vietnamese holiday whose full name

Wednesday's Puzzle Solved

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

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12/03/2025

- 29 "Stop poking me!"
- 30 Rare spot for a No. 12 seed
- 31 Astronaut Shepard
- 32 Progression from birth to death
- 35 Creative's credential
- 36 Matar paneer vegetables
- 38 Songbird with an orange belly
- 40 Buffalo NHLer
- 42 Suggestion, casually
- 43 Nothing to write home about
- 46 Prayer leader
- 48 Trifling
- 50 Tore into
- 51 "Uh-uh!"
- 52 "Euphoria" actress
- 53 E-kin
- 54 Small margin of victory
- 57 On deck
- 60 "Wicked" director Jon M.
- 61 Mormon church initials.

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GARFIELD

WHAT RUMOR?

I HEARD THAT YOU AREN'T A GOOP BOY

BARK! BARK! BARK! BARK!

ARCHIE

THE CHESS TEAM'S COMPETING TODAY!

I'VE NEVER SEEN THEM!

PSST! PSST! PSST! PSST!

THEY HAVE VERY QUIET CHEERLEADERS. DON'T THEY?

YES!

DENNIS THE MENACE

"I KNOW DENNIS IS ACTING HIS AGE, BUT I JUST WISHED HE'D DO IT AT HOME."

SCRAMBLE

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

CEMEE

SYASG

FINLYT

OOSWHH

HOW TO PLAY

Now arrange the letters in the circles to form the answer to the riddle or to fill in the missing word as indicated

Good \_\_\_\_\_ and good \_\_\_\_\_ are two of life's greatest blessings. - Publilius Syrus (6,5)

SPELLATHON

Today's Ratings: 02-average | 03-good | 04-outstanding

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

SOLUTIONS TO GAMES/PUZZLES

TIMES SUDOKU

LOOP THE LOOP

TIMES HITORI

SPELLATHON

SCRAMBLE

Words: Cmee, gonad, gassy, flinty, whoosh

**ARIES:** Focus on getting things in order today, though unexpected events may occur. Organize your tasks to avoid unnecessary overtime and tackle any paperwork that comes your way.  
**TAURUS:** While certain relationships may have felt strained, you'll be pleasantly surprised by positive developments. If you have something you've been keeping to yourself, now may be the time to share it. Don't let frustration cloud your judgment.  
**GEMINI:** Take time out of your busy schedule to look ahead and envisage where you would most like to be a month or two from now. You won't be able to start on your journey immediately but you can at least lay the groundwork for later on.

**CANCER:** Reach out to others today, as keeping things to yourself may lead to misunderstandings. If you've been feeling stuck in a property transaction, frustration may be getting the best of you. Stay patient.  
**LEO:** Rather than trying to resolve your emotional inconsistencies, focus on forgiveness and moving forward. Taking small steps will help you regain balance and bring stability back into your life.  
**VIRGO:** A money matter or business issue must be resolved immediately. If you put it off any longer it will be taken out of your hands and there is no guarantee that the decisions others take will benefit you personally. Act now, today,

FINOLEX FORTUNE

Book Anupam V Kapil for app/written predictions: 9822042295 or [anupamvkapil@gmail.com](mailto:anupamvkapil@gmail.com).

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

this very minute.

**LIBRA:** You may need to postpone fun in

favour of fulfilling commitments. Think of it as practical planning rather than a sacrifice. Recognising potential instead of criticising will lead to smoother outcomes.  
**SCORPIO:** You may feel emotionally blocked today, but don't let this hinder your progress. Your positive attitude can help you accomplish more than expected. Trust your instincts before jumping into anything.  
**SAGITTARIUS:** A fresh start is in the cards for you, but responsibilities may force you to postpone a trip. Use your common sense to analyse the situation, and be realistic about what you can commit to.

**CAPRICORN:** Today, you might be tempted to overlook your personal needs in favour of others. Try to expose your vulnerability, even if it feels uncomfortable. Your busy schedule will challenge you, but you'll manage.  
**AQUARIUS:** Responsibilities may prevent you from taking a break today. Your high-energy life is about to get even busier. Stay patient, and don't let temporary stress distract you from your goals.  
**PISCES:** Your dedication and diligence has not gone unnoticed and it is more than possible that by the end of the day someone in a position of power will be singing your praises. You deserve every word of it too, so don't pretend to be modest.

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# NOT JUST WHITE OUTFIT IDEAS TO NAIL THAT PLAYFUL HOLI LOOK

**W**hite outfits that act as the perfect blank canvas for a riot of colours, have always been synonymous with Holi. But why not switch things up a bit this year? From pastels and bold hues, to playful prints and tie-dye, Holi fashion is evolving beyond the obvious. Whether you prefer traditional kurtas, breezy Indo-western fits, or contemporary co-ord sets, there's a colourful option for everyone.



Ananya Panday in a printed saree that screams elegant



A bright-hued saree for Kiara Advani



Zaheer Iqbal's ombre kurta look would be a good fit for a post-Holi party



Khushi Kapoor in a pastel ethnicwear

## Block prints

For those who love ethnic elegance, block-printed outfits strike the right balance between tradition and comfort. Opt for prints in bright orange, yellow, and indigo to add a touch of artistry.

**For men:** A block-printed Nehru jacket over a solid kurta or a hand-block printed short kurta with white pyjamas.

**For women:** A floral block-printed Anarkali, a breezy kurta-palazzo set, or a saree with block print detailing.

## Bright hues

If Holi is about celebrating colours, why not wear them too? Vivid solids like fuchsia, tangerine, royal blue, and emerald green make an instant impact, ensuring you stand out before the festivities even begin.

**For men:** A royal blue kurta with white churidar, a tangerine co-ord set, or a bright linen shirt with beige trousers.

**For women:** A flowy maxi dress, a neon crop top with dhoti pants, a bold-hued kurta with flared pants, or a saree to keep the look fresh.

## Sheer and layered

Light, airy fabrics like chiffon, organza, and georgette add an extra edge, allowing you to layer colours subtly. Ombre-dyed fabrics and sheer overlays bring a stylish yet comfortable feel to festive dressing.

**For men:** Layered linen kurta with embroidered stole or a classic white kurta with printed dupatta or Bundi.

**For women:** A sheer, ombre-dyed overlay over a white dress, or a layered kurta set with organza dupatta to add movement.

## Soft pastels

If you're not ready to part ways with light, breezy tones, pastel shades like powder blue, blush pink, lavender, and mint green are a subtle yet stylish alternative. These give the same fresh feel as white while adding a touch of vibrancy to your look.

**For men:** A pastel Chikankari kurta with white linen pants or a pastel short kurta with denim.

**For women:** A pastel co-ord set, airy cotton maxi dress, or a simple kurta with a sheer dupatta to keep it light and playful.

## Tie-dye

Nothing spells Holi like an explosion of colours, and tie-dye outfits capture that essence perfectly. It adds a fun edge to any look, making it perfect for a festival centered around colours.

**For men:** A tie-dye T-shirt with cotton joggers or a tie-dye kurta with jeans.

**For women:** A tie-dye co-ord set, a flared dress, or a breezy tie-dye saree to bring out the vibrant spirit.

Alia Bhatt in an easy-breezy tie-dye co-ord set

— Compiled by Shourya Jha

# Get glowing this Holi: Skincare and haircare tips

**W**ith the festival of colours around the corner, it's time to give your skin and hair the care they deserve. While many now prefer natural *gulaal* and colours, preventing damage to your skin, hair and eyes can still be challenging. Whether you're attending an intimate gathering or hosting a grand Holi bash, here are expert-approved tips to help you wrap up the celebrations with glowing skin, healthy hair and wonderful memories.

— Compiled by Shikha Shah

## Pre Holi: Expert tips to stay protected and glowing during festivities

Applying generous amounts of coconut or almond oil creates a protective barrier against Holi colours. A waterproof SPF 30+ sunscreen helps shield your skin from UV rays. Avoid heavy makeup, as it can clog pores — opt for minimal coverage instead. Protect your nails with a dark polish and oil your cuticles. Massage your hair with coconut or olive oil to prevent colour absorption, and keep it tied up. Stay hydrated to keep your skin moisturised.



## Post Holi: Gentle ways to restore your glow

Use a mild cleanser or a paste of gram flour and milk to gently remove colours without stripping natural oils. Avoid scrubbing your face harshly, as it can cause irritation. Applying coconut or olive oil helps dissolve colours before washing with a gentle soap. Soothe your skin with a face pack made of yoghurt, honey, and turmeric to restore its glow. Aloe vera gel calms irritation and redness, while a nourishing moisturiser locks in hydration. A hydrating facial deeply hydrates, removes tan, and soothes the skin. If you experience any allergies, consult a dermatologist.

## QUICK TIPS

- Apply a generous amount of almond oil to nourish the skin and prevent dehydration from colours.
- Use a broad-spectrum sunscreen on all exposed areas (face, neck, arms, legs) to prevent tanning and damage.
- Protect hair by massaging it with coconut oil and keeping it tied up.
- Apply lots of petroleum jelly on the lips and nails.
- Avoid harsh, alkaline soaps after Holi, as they can cause dryness. Instead, use a mild pH-balanced body wash.
- To counter dryness and irritation from sun and colours, cleanse with antioxidant-rich bath oils like olive, castor, coconut, or lavender oil.

— Inputs by Mahnaz Jahan Begum, celebrity cosmetologist

## From your pantry

A pack of gram flour, turmeric, and milk works as a natural cleanser. Rose water mixed with glycerin soothes and hydrates, while Fuller's earth (Multani mitti) with rose water cools and refreshes the skin. These remedies help rejuvenate your skin after Holi.

— Inputs by Jharna Dhar, skin and hair specialist

# Make thandai masala at home



**Ingredients**  
2 tbsp melon seeds; 1 cup thandai paste, prepared; 12 cardamom seeds; 1 tbsp fennel seeds; ½ tsp nutmeg, grated; ½ tsp black peppercorn; 1 tbsp poppy seeds; ¼ tsp saffron strands; ¼ cup almonds, raw; 10 cashew nuts, unsalted; 20 pistachios, unsalted; 1 lt whole milk, full fat; 2 tbsp edible dried rose petals; 1 tbsp rose water; 1/3 to ½ cup *mishri* (can be substituted with regular granulated sugar)

**Method**  
■ Soak almonds, poppy seeds, and melon seeds in warm water for 30 minutes. Peel almonds. ■ Grind them into a smooth

paste with cardamom and black pepper using a little milk.  
■ In a saucepan, heat the milk on low-medium flame.  
■ Add saffron strands and let it infuse for a rich colour and aroma.  
■ Stir in the prepared paste and mix well.  
■ Add sugar (or a sweetener of your choice) and simmer for 5-7 minutes.  
■ Turn off the heat and add rose water for an aromatic finish.  
■ Strain the milk (optional) for a smoother texture.  
■ Enjoy it warm or refrigerate and serve chilled.

## Regional variants of thandai

In the north, especially in Uttar Pradesh and Rajasthan, *thandai* is a popular drink during Holi and Maha Shivaratri. Some regions might add rose water or orange zest for a floral hint, while there's also a more spiced version with extra black pepper or even saffron. Additionally, some recipes use almonds and cashews in varying proportions or include seeds like fennel.



## Kidney Cancer

March is Kidney Cancer Awareness Month. Kidneys are a pair of bean-shaped organs in your back, filter blood, regulate pressure, and produce hormones. Renal cell carcinoma is the most common kidney cancer. Risk factors include smoking, obesity, high blood pressure, and family history. Often silent, later symptoms may include blood in urine, back pain, abdominal lump, or weight loss. No standard screening exists, making early detection tough. Sometimes, it's found incidentally.



Dr. Mohan Menon  
Consulting Medical Oncologist  
Mumbai

Early detection is key. Kidney cancer is often curable with surgery. Advanced cases benefit from targeted therapies and immunotherapy. Let's raise awareness, learn risk factors, and prioritize kidney health. Talk to your doctor if concerned. Together, we can fight kidney cancer.

## What is diabetic kidney disease

Chronic kidney disease (CKD) is a major complication of diabetes, affecting nearly half of those with type 2 diabetes and a third of type 1 diabetes. CKD significantly raises the risk of adverse health outcomes, including end-stage renal disease, frailty, and premature death. Uncontrolled blood sugar and high blood pressure from long-standing diabetes damage kidney blood vessels, leading to kidney dysfunction. Early CKD may be asymptomatic, but as it progresses, symptoms like swelling, weakness, and nausea appear. Preventing diabetic kidney disease requires maintaining blood glucose control, regular monitoring of HbA1c, and adhering to prescribed treatments.



Dr. Aasim Maldar  
Endocrinologist  
Mumbai

## Diabetes kidney disease: Stages and their symptoms

The kidneys regulate sodium, water balance, and acid-base homeostasis, producing hormones essential for red blood cell synthesis and calcium regulation. Chronic kidney disease (CKD) is a significant long-term complication of diabetes, leading to increased morbidity and mortality. CKD is classified into five stages based on glomerular filtration rate (GFR):

Stage 1: Normal GFR ( $\geq 90$ ), mild kidney damage, usually asymptomatic.

Stage 2: GFR 60–89, mild damage, often asymptomatic.

Stage 3: GFR 30–59, moderate damage with symptoms like fatigue and swelling.

Stage 4: GFR 15–29, severe damage with significant health issues.

Stage 5: End-stage renal disease (GFR  $< 15$ ), requiring dialysis or transplant.



Dr. Ameya S Joshi  
Endocrinologist  
Mumbai

## What is Cardiovascular-Kidney-Metabolic (CKM) syndrome?

Cardiovascular-Kidney-Metabolic (CKM) syndrome links heart health, kidney function, and metabolic conditions like type 2 diabetes and obesity. This complex condition highlights shared risk factors and the interplay between these diseases. A staggering 1 in 3 adults in the US harbors three or more risk factors for heart disease, diabetes, or kidney disease. CKM progresses in stages, from no risk factors (Stage 0) to severe heart, kidney, and metabolic problems (Stage 4). Prevention focuses on healthy lifestyle choices, including a balanced diet and regular exercise. As CKM advances, treatment involves managing blood sugar, blood pressure, and cholesterol. Early intervention and personalized care are vital for slowing CKM's progression and reducing its impact on overall health.



Dr. Gayatri A Ghanekar  
Endocrinologist  
Mumbai

## Water Wisdom: Key Tips to Keep Your Kidneys Healthy

To keep your kidneys in top-notch condition, it's crucial to live a "water-wise" lifestyle. This means customizing your water intake to suit your needs, rather than adhering to the common belief that everyone should gulp down eight glasses a day. Your water needs vary depending on factors like age, climate, exercise, and health conditions. Water, constituting 60-70% of your body, is crucial for every bodily function. It aids in regulating body temperature, keeping skin and organs hydrated, and serves as the primary medium for nutrient delivery. Dehydration can mess up this process, leading to kidney issues. Here are some tips to keep your kidneys healthy:

1. **Hydration is Key:** Aim for 8-10 glasses of water daily. If you're active or in a hot climate, you may need more. A good rule of thumb is to drink enough water so your urine is light yellow or colorless. Dark yellow urine signals dehydration. Always consult your healthcare provider.

2. **Limit Sodium Intake:** High sodium levels can lead to high blood pressure, which strains the kidneys. Aim for less than 2,300 mg of sodium per day.

3. **Watch Your Protein:** Excessive protein can increase the workload on your kidneys. Consult your doctor about your protein intake.

4. **Limit Alcohol and Caffeine:** Both can dehydrate the body, so consume them in moderation.

5. **Regular Medical Check-ups:** Get your blood pressure and kidney function checked regularly.



Dr. Jayesh Desai  
Nephrologist  
Mumbai

## Understanding Autosomal Dominant Polycystic Kidney Disease (ADPKD)

Autosomal Dominant Polycystic Kidney Disease (ADPKD) is a genetic disorder causing fluid-filled cysts to develop in the kidneys. It's the most common genetic kidney disease, affecting 1 in 500-1000 people worldwide. ADPKD often remains silent until adulthood, when cysts start causing trouble. Symptoms include abdominal pain, blood in urine, high blood pressure, and frequent urination. While there's no cure, research is finding ways to slow cyst growth and manage symptoms. Key points to know include:

- Genetic testing can assess risk
- Medications can control symptoms and slow cyst growth
- Lifestyle changes like hydration, healthy diet, and exercise are crucial
- Regular kidney function assessments and monitoring are necessary



Dr. Vaibhav A. Dharap  
Raigad (Mahad)

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Dr. Mitali Joshi  
Diabetologist  
Mumbai

## ACHIEVING A HEALTHY WEIGHT FOR KIDNEY HEALTH

Maintaining a healthy weight is essential for reducing the risk of kidney disease. Excess weight can increase blood pressure, blood sugar, and cholesterol levels, all of which can strain the kidneys. To achieve a healthy weight:

- Aim for a healthy Body Mass Index (BMI) between 18.5 and 24.9
- Focus on making sustainable lifestyle changes, including:
  - Eating a balanced diet rich in whole foods, fruits, and vegetables
  - Engaging in regular physical activity, such as walking, cycling, or swimming
  - Avoiding fad diets and quick fixes that can be detrimental to overall health
- Reduces risk of kidney disease
- Lowers risk of developing conditions like diabetes and high blood pressure
- Improves overall health and well-being
- Boosts energy levels and mental health

By prioritizing a healthy weight, you can take a significant step towards protecting your kidney health and reducing your risk of kidney disease.



Dr. Anurag Shukla  
Nephrologist  
Mumbai

Engaging in regular physical activity, such as walking, cycling, or swimming

Avoiding fad diets and quick fixes that can be detrimental to overall health

Benefits of maintaining a healthy weight:

Reduces risk of developing conditions like diabetes and high blood pressure

Improves overall health and well-being

Boosts energy levels and mental health

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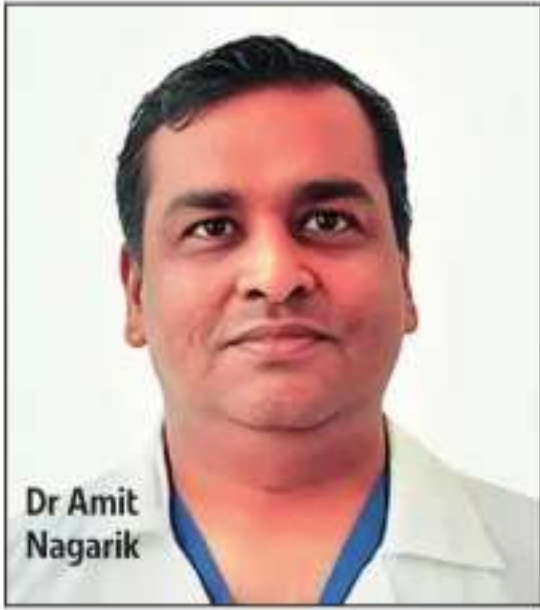


The link between diabetes, hypertension and CKD

Diabetes, hypertension and Chronic Kidney Disease (CKD) form a trio of interconnected health conditions that impact millions worldwide. These diseases often coexist and exacerbate one another, creating a complex web of health risks.

Dr Amit Nagarik, Consultant Nephrologist & Renal Transplant Physician, says, "Diabetes, characterised by high blood sugar levels, can damage blood vessels throughout the body, including those in the kidneys. This damage impairs the kidneys' ability to filter waste and excess fluid from the blood, potentially leading to CKD."

He adds, "Hypertension, or high blood pressure, puts additional stress on blood vessels, including those in the kidneys. Over time, this pressure can damage the delicate structures within the kidneys, contributing to the development or progression of CKD. Conversely, CKD can worsen both diabetes and hypertension. As kidney function declines, it becomes more challenging to regulate blood sugar levels and blood pressure effectively."



Diabetes can damage blood vessels throughout the body, including those in the kidneys

This intricate relationship creates a vicious cycle: diabetes and hypertension increase the risk of CKD, while CKD makes managing diabetes and hypertension more difficult. "Early detection and management of these conditions are crucial to prevent complications and slow disease progression," concludes Dr Nagarik.

Disclaimer: The views/suggestions/opinions expressed in the article are the sole responsibility of the experts.



Violets were once used in love potions

The ancient Greeks believed that violets could cure broken hearts and bring romantic success. They were often used in love potions and spells.

ENTERTAINMENT

14 MARCH - DHULETI HOLIDAY TOM. 7:30 PM NEHRU Online: bookmyshow WORLI, 40245408 Bkg./Tele Bkg. 10-6 SUN. 6TH APRIL 9 PM ASPEE -MALAD Sanjay Goradia Productions સુજ ગોરડીયા પ્રોડક્શન્સ... Vishal Goradia Presents ત્રંગક ત્રંગક બારડીવાળો Written by Rahul Patel Story, Directed & Enacted by Sanjay Goradia Show Cont. 9820437187

Witness an engaging interplay of colour, form and emotion at this exhibition



Rajendra Patil and Nikita Agarwal

Mumbai's Jehangir Art Gallery came alive with a vibrant splash of hues and emotions at Alchemy of Colours, a solo exhibition by Kolkata-based contemporary



Cherry Mardia and Pari Mirza

artist, Nikita Agarwal. On till March 16, the exhibition continues to draw art lovers, art critics and prominent personalities, leaving them inspired by Nikita's fearless expression and bold use of colours.

The exhibition began with Rajendra Patil, artist Nayanaa Kanodia and actress Karishma Tanna lighting the lamp, marking its formal inauguration. Also seen at the event were Rohit Bharadwaj, Cherry Mardia and Pari Mirza. Karishma Tanna said, "Nikita's art has both boldness and emotion. The strong colours show her fierce side, while the warm pastels reflect her softness."



Rohit Bharadwaj



Nayanaa Kanodia



Karishma Tanna

Reflecting on the event's positive response, Nikita said, "I truly believe that all art — whether visual, performing or literary — emerges from the same place: the soul. It is a blessing to see visitors from diverse backgrounds appreciate my work."

Give your Holi a creative twist



Natasha Coutinho

With Holi coming up, many Mumbaikars are opting for unique experiences this year. Be it celebrating amidst nature or making colour from natural ingredients — here's how they are getting ready for the festival tomorrow.



Spinach is used to make green colour, turmeric for yellow, beetroot for red and palash flower for orange

A natural colour making workshop for kids

Anjali Tripathi and her colleagues, who have been teaching kids how to make natural colour, says, "At our workshops we have been teaching participants to create safe, eco-friendly colours instead of using chemical-based alternatives. Children learnt to extract and mix colours using natural ingredients. We demonstrated various methods, including extraction, drying and mixing techniques."



Holi stories and games for kids

Another fun workshop for kids organised by Mridul Kedia and Dhruvi Anandji focused on a water-free Holi celebration, along with storytime for children aged four to eight years. Mridul says, "We teach kids to make thandai truffles and colourful sharbats. They have a fun time trying out new things and experimenting with colour."

Pick flowers from Aarey forest to make natural colours

Among the interesting cultural experiences available, is celebrating Holi with a local tribal community in Aarey Forest. Co-hosted by Manisha Dhinde, a Warli artist from the community, the experience includes picking ingredients and learning to cook on a choolha, picking flowers from the forest to make natural Holi colours and indulging in an authentic local meal. Organiser Shreya Valecha says, "Attendees learn to make ukadiche modak, cooked over an open fire with the tribal community. The focus here is on colour, culture and community."

FESTIVAL OF COLOURS

Anisha.Sahijwala @timesofindia.com

Holi is one of India's most vibrant and joyous celebrations. It marks the arrival of spring and symbolises the victory of good over evil. "Rooted in mythology, the festival signifies unity, renewal, and the breaking of social barriers, as people come together to celebrate with colours, music, and festivities," explains Yashodhara Jain-Punmaiya, a homemaker. Traditionally, Holi was celebrated with natural colours derived from flowers and herbs, making it an eco-friendly affair. Over time,

Spring into good times

Vibrant, energetic, and filled with joie de vivre, Mumbai's many events and parties are sure to leave a lasting impression, promising an unforgettable time



the celebrations have seen a shift, with people finding new and diverse ways to celebrate the occasion.

THE CHARM OF EVENTS

The city's event calendar is brimming with Holi celebrations that promise unforgettable experiences. From large-scale bashes held at maidans and grounds to pre-

mier hotels hosting indoor events, attendees will not only get to groove to electrifying beats but also enjoy scrumptious food. "This year, I plan on attending a Holi bash at a ground near BKC. It's being hosted by a popular event management firm. The entry fee is affordable and covers everything—from food and games to surprise gifts and a

rain dance, among other things," shares Umishka Latkar, a social media manager.

COLOURS, CAMARADERIE, AND COMMUNITY

With residential societies and complexes also organising events, the festival fosters a sense of community. In many buildings, residents come together to host parties,

where neighbours gather to play with colours, share traditional sweets like puran poli, and enjoy music and dance. "These gatherings strengthen bonds and create lasting memories among community members. They also create a sense of belonging among residents," shares Rohit Mehta, a final-year BFM student.

PREPARE TO HAVE A BLAST

Preparation is key to a memorable Holi. Start by sourcing eco-friendly, skin-safe colours to ensure a safe celebration. While the city revels in the festivities, it's best to make a conscious effort to promote safety and inclusivity. Event organisers must provide secure environments and ensure that celebrations are family-friendly. Communities must also be mindful of the noise levels and environmental impact and balance tradition with modern sensibilities.

Further, the cost of attending is minimal, ensuring that everyone can participate. "Every year, our society plans a rooftop Holi party with organic colours and a live dhol performance. It's a great way to celebrate with neighbours and enjoy the festival safely," Mehta says.

STAYCATIONS FOR THE WIN

Some Mumbaikars prefer to travel and mark the occasion away from home. "Hotels and resorts in and around Mumbai curate special Holi packages, offering guests a chance to enjoy the festival with-

out the usual hustle. For instance, we have booked a stay at a popular resort in Karjat that's offering a two-night, three-day package. It includes all meals, access to two parties, and the Holika Dahan ritual. Instead of spending on a Holi party, we thought it would be nice to enjoy the occasion with our children and grandchildren there," concludes Jairaj Solanki, a retired chartered accountant.

Be it grand events, community gatherings, or peaceful retreats, Mumbai's residents are set to celebrate Holi with joy and mindfulness.

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# FESTIVAL OF COLOURS

■ Isha.Khatu  
@timesofindia.com

Holi, the festival of colours, brings joy, laughter, and a vibrant burst of hues. But while the

or argan oil into your scalp and hair lengths to minimise colour absorption. For added protection, braid your hair or twist it into a sleek bun. If

ough yet gentle cleanse is key. "Wash off the colour immediately, especially from your face, to prevent it from penetrating the skin. Start with micellar water to break down pigments, then follow up with a hydrating face wash," advises skincare and beauty writer Rhea Kriplani.

For a natural approach, Gupta recommends a soothing milk and gram flour (besan) paste. "It helps lift residual colour without stripping the skin of its moisture." Finish with a calming layer of aloe vera gel or a spritz of rosewater to refresh and soothe the skin.

## FASHION THAT CAN TAKE A SPLASH

To protect your clothing during the festival, opt for dark, old cotton garments—they absorb less colour than synthetic fabrics. To minimise staining, pre-soak clothes in a vinegar-salt solution before heading out. After the celebrations, avoid tossing stained garments straight into the washing machine. Instead, soak them in cold water with a mild detergent and baking soda to help lift the colours before washing as usual.

When it comes to accessories, it's best to leave fine jewellery at home—Holi colours and moisture can tarnish gold and silver.

Instead, opt for waterproof or plastic jewellery that won't react with colours. If you prefer to wear metal accessories, a thin coat of clear nail polish can act as a protective barrier, preventing direct contact with colours.

## GO GREEN WHILE YOU GO COLOURFUL

While protecting yourself is important, being mindful of the environment makes Holi even more meaningful. Opting for organic, plant-based colours ensures a safer celebration for both your skin and nature. Jain shares, "Choosing natural alternatives like turmeric, beetroot powder, and sandalwood not

only reduces environmental impact but also keeps your skin safe from harsh chemicals." These plant-derived hues wash off easily, making the festival

both joyful and sustainable. Holi is all about fun and celebration—without the post-festival stress. With these simple precautions, you can fully

immerse yourself in the festivities while keeping your hair, skin, and style intact. Play safe, celebrate smart, and enjoy Holi with confidence!

## CONSUMER CONNECT INITIATIVE

## Hue got this

The celebration of Holi is pure joy, but the aftermath? Not so much. A little pre- and post-care ensures you stay protected while soaking in the fun

celebrations are exhilarating, the aftermath can be less than delightful—stubborn stains, dry hair, and tarnished jewellery can take the fun out of the festivities. Fortunately, a few simple precautions can help you stay care-free during the celebrations. Here's how to stay protected from head to toe.

## PREPARE FOR THE MANE EVENT

Before stepping out, give your hair a protective shield. Vandini Gupta, founder of Mary Cohr India, advises, "Massage a few drops of coconut, olive,

you're feeling extra cautious, throw on a scarf or cap—it's both chic and protective."

Once the festivities are over, avoid shampooing immediately. Start by rinsing your hair with plain water to loosen the colours. Then, use a sulphate-free shampoo and a hydrating conditioner to gently cleanse and restore moisture. For stubborn stains, a lemon juice rinse can help lift colour without causing dryness or damage.

## GET YOUR GAME FACE ON

Holi colours can be harsh on the skin, making pre-care essential. Malvika Jain, founder and CEO of Sereko, says, "Applying a body oil prevents staining and strengthens the skin's natural barrier against colours and chemicals. Layering it with sunscreen adds further protection against dehydration and sun exposure." Post-Holi, a thor-



PHOTOS: ISTOCK

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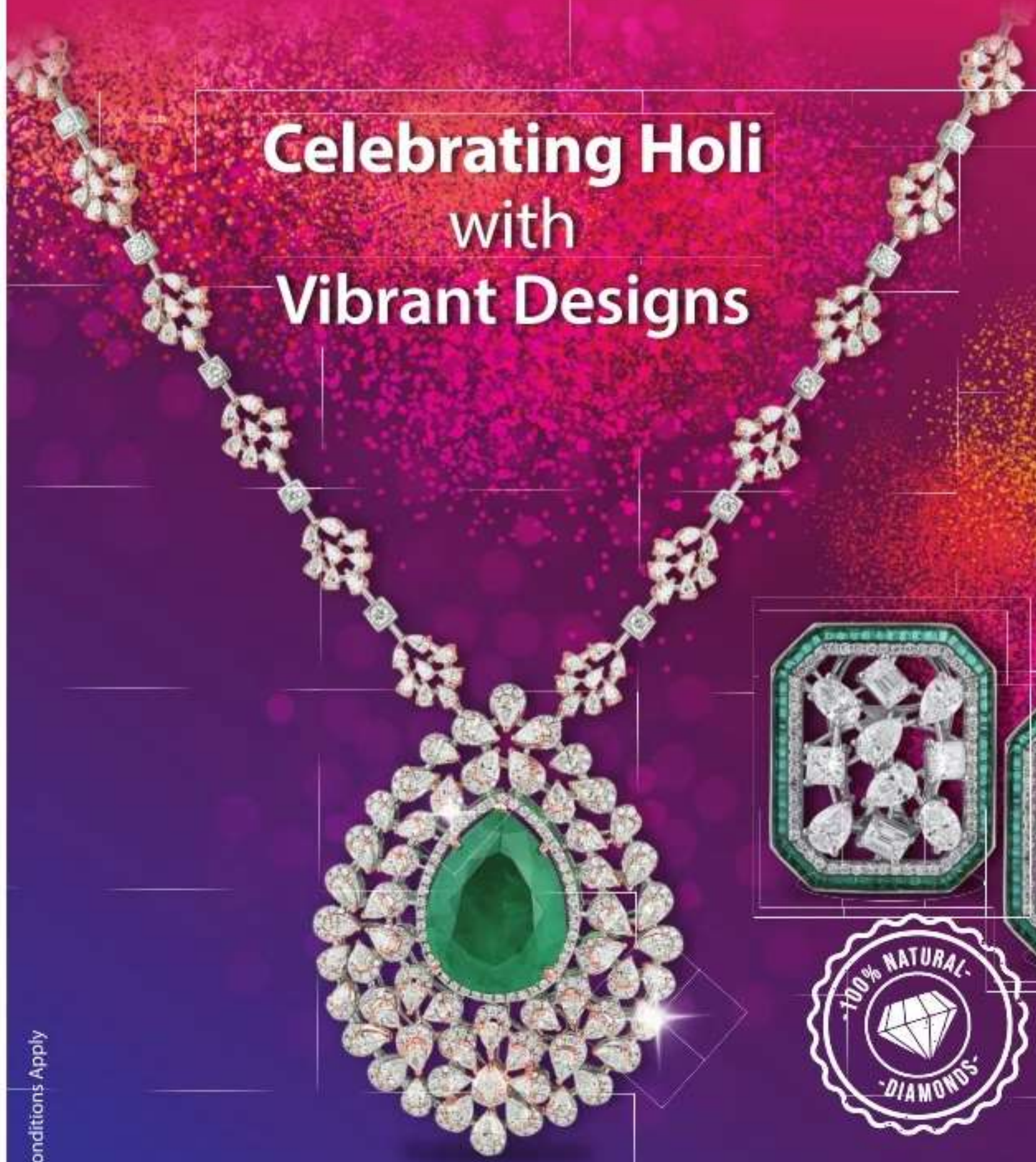
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Pics: Prathamesh Bandekar

# RANDEEP & LIN ENJOY THE FESTIVAL OF COLOURS

RANDEEP HOODA AND LIN LAISHRAM



CONTINUED FROM PAGE 1

## 'HOLI IS MORE ABOUT BRINGING OUT THE WONDROUS CHILD IN YOU'

Talking about how special the celebrations have been post marriage, the *Highway* actor says, "All festivals are a time for family and close friends, and Holi is special given its playful and colourful attributes. For me, it's more about bringing out the wondrous child in you and celebrating that wonder called life. This is our second Holi after marriage. The first one was a bit of a roller-coaster ride for me as my debut film as a director and producer, *Suvarantra Veer Savarkar*, had just released. We had gone to see it in the theatre with the audience after the Holi celebrations, and it was a very rewarding experience."

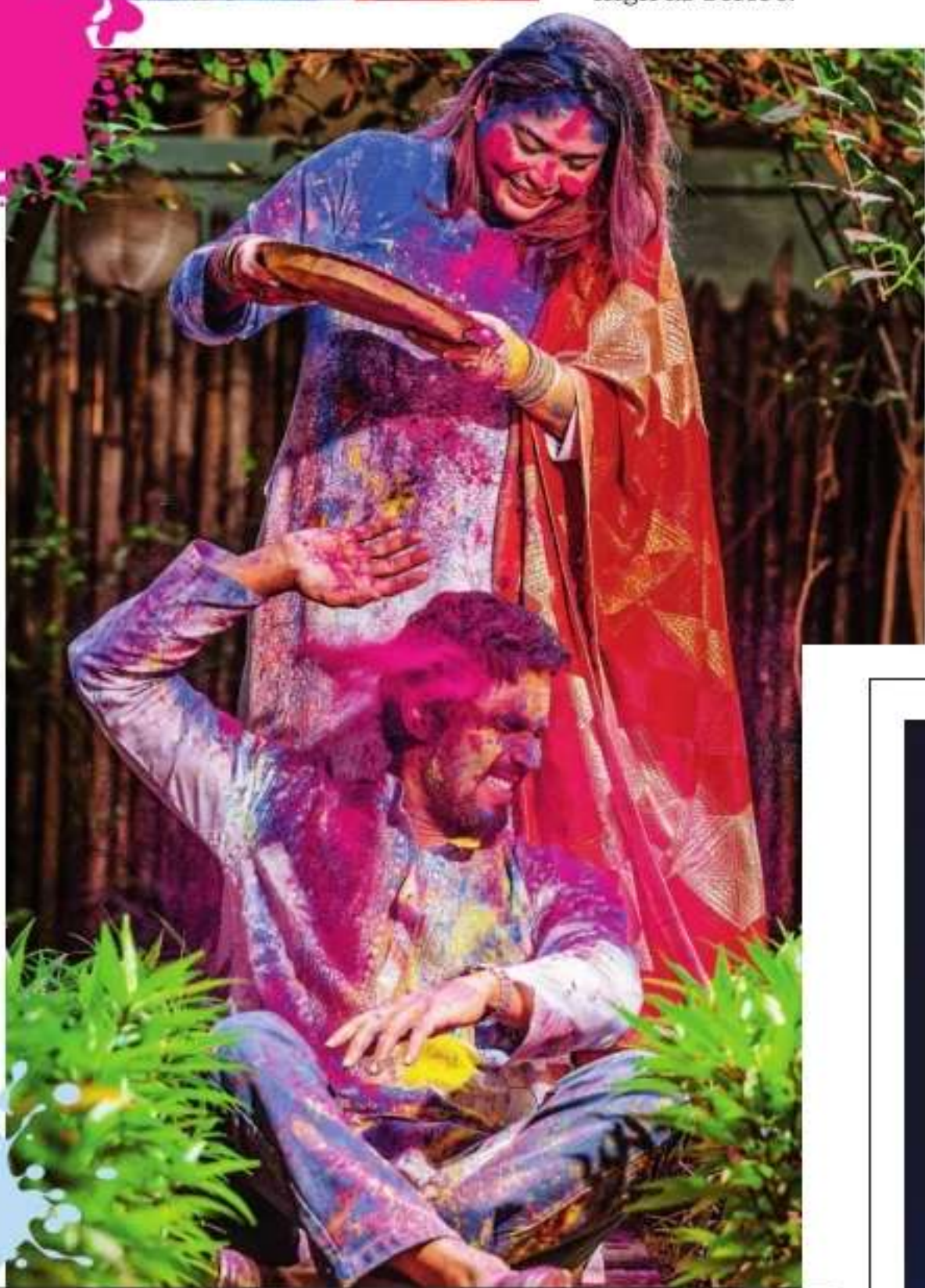
## 'THE ONSET OF SPRING BRINGS NEW HOPE AND POSITIVITY'

For Lin, who loves dancing on *Rang Barse* from *Silsila*, Holi brings a lot of happiness and new energy in life. She says, "The onset of spring brings new hope and positivity. Holi is meant to be celebrated with close friends and family while gorging on *gujiya* and *puran poli*." The actress, who hails from Manipur, adds, "I pray that our people back home get to celebrate one of their favourite festivals in peace. Let there be happiness and the spirit be as high as before."



## Randeep remembers a Haryanvi Holi tradition

Randeep, who has his roots in Haryana, recalls a local Holi tradition from there. "I remember going to my village when I was still in school. As I got off the bus, I was hit so hard by what is locally called a korda, which was basically a twisted bit of strong rope. My leg was swollen for days on end and was very painful. There used to be this tradition (Korda Mar Holi) in Haryana where the men used to put water on women, and the women would chase them with the korda and hit them playfully. Thankfully, it's not a very prevalent activity anymore."



## 'Randeep and his family have embraced me and my culture so warmly'

As they complete two years of marriage, Lin shares that it's been a lovely journey where both are learning about each other's family and culture. "Marriage has been beautiful for me. I have gained a new family who loves and supports me in everything I do. It's not just my husband, but his entire family has embraced me and my culture so warmly, making me feel truly at home."

All festivals are a time for family and close friends, and Holi is special given its playful and colourful attributes

— Randeep Hooda

# Juhi shares memories from the shoot of Ang Se Ang Lagana




The Holi song *Ang Se Ang Lagana* from *Darr*, starring Juhi Chawla, Shah Rukh Khan and Sunny Deol, remains popular to date. The track from the Yash Chopra directorial offered celebration and thrill in equal measure. Recalling the shoot of the song, Juhi says, "We had shot the song on the lawns of a house in Lonavla. As for skin and hair care, we were young and clueless, and it was great. There were no fancy lotions, sunscreens and all that drama. The only thing was that we didn't want to get a sunburn while shooting as there were a lot of outdoor shoots. I had a *dupatta* wrapped around my face for protection apart from the make-up we wore, and the big umbrellas held up by the spot boys."

Juhi adds, "Back then, we didn't have vanity vans, so the rooms on the upper floor of the house were used as make-up rooms, and we would come down to shoot, which was quite convenient. Shah Rukh came in for a day for his shots where he was playing drums, and Sunnyji (Sunny Deol), Anupamji (Anupam Kher), Tanvi (Tanvi Azmi) and I continued with our portions. Sometimes, we would end up applying too much colour on our co-stars' faces, but then we would realise that we went overboard and would reduce it to look pretty on screen. If you watch the song closely, you will notice jumps in continuity when it comes to the *gulaal* on our faces."

— Natasha Coutinho

## 'Holi get-togethers at Yashji's home were unforgettable'


Talking about off-screen Holi celebrations, she says, "Holi get-togethers at Yashji's (Yash Chopra) home were unforgettable. They were full of fun, food, colour and camaraderie."



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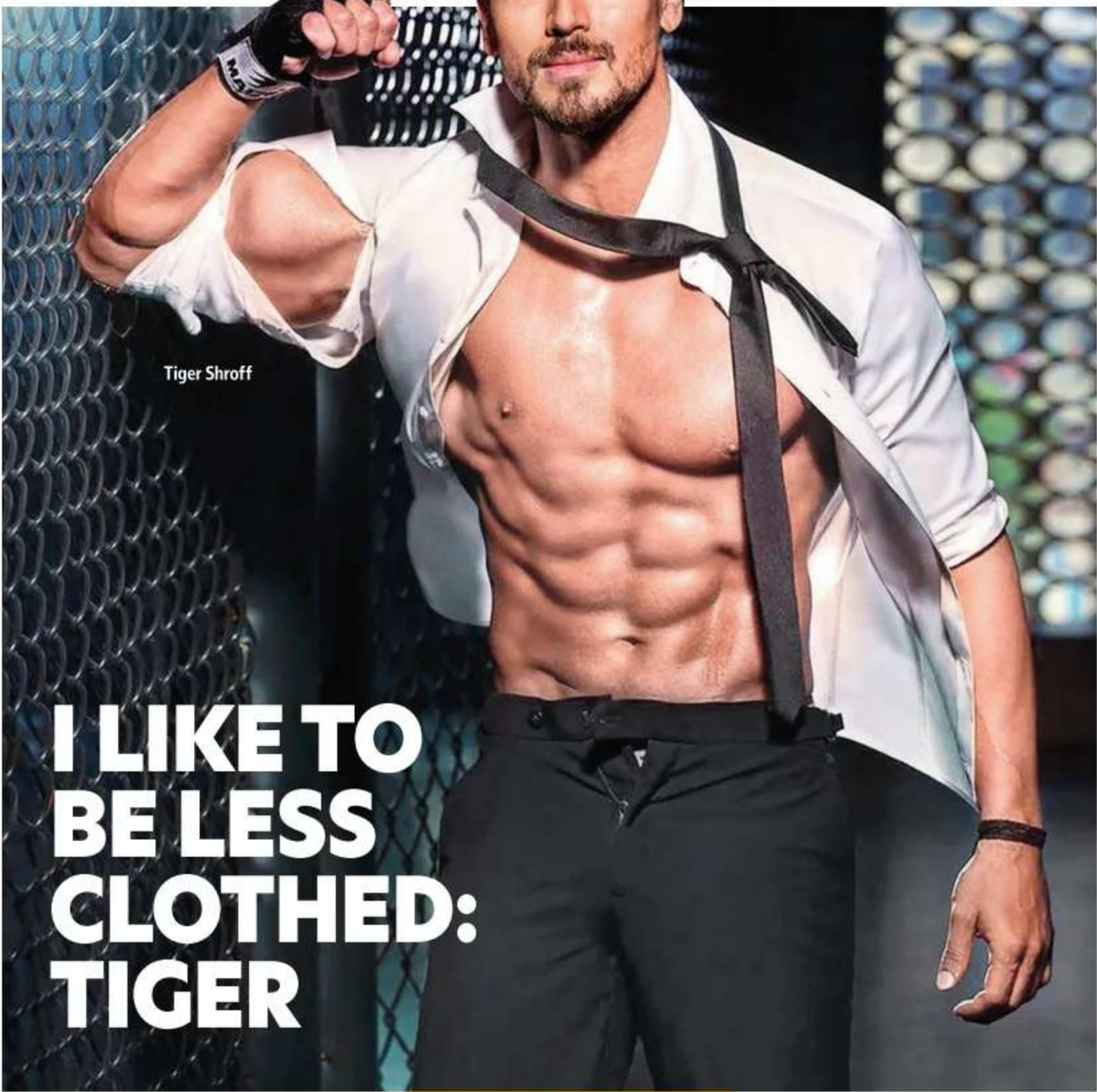
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THURSDAY, MARCH 13, 2025

# Bombay



Tiger Shroff

## I LIKE TO BE LESS CLOTHED: TIGER

Vinay MR Mishra

Tiger Shroff, who is known for his agility on screen, may effortlessly execute flawless backflips and kicks; however, experimenting with his sartorial choices is a different story altogether. “I don’t think my style has evolved over the years. I like to be less clothed or less covered. I like to be in my track pants, shorts or gym clothes most of the time, and that has remained constant. I am more comfortable with the classics because I am not that confident in terms of what I can or can’t carry off and what I can’t. I try to keep it simple

I don’t think my style has evolved over the years. I like to be in my track pants, shorts or gym clothes. Fashion is about expressing your identity and being comfortable in your skin

and classy,” he says. The actor, who doesn’t believe in following fashion trends, further says, “Fashion is about expressing your identity and being comfortable in your skin and aura.” While he may not be experimental when it comes to his personal style, he sure knows how to work the ramp, like he did recently. He shares, “I just surrender myself to the designers usually, and I don’t challenge their vision and perspective when it comes to fashion. So, I’m open in that sense.”

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# Classic or gourmet: How are you serving thandai this Holi?

Shruti Paniker



Adding a pinch of saffron can add depth to the drink without overwhelming the spices

Holi is as much about colours as it is about the food. Be it the deep-fried sweet *gujiya* or the savoury *dahi bhalle* – the festival of colours is incomplete without its OG dishes. And if you're throwing the coolest Holi party in town, your menu would be incomplete without the rich *thandai*. You can choose to serve it the traditional way or give it a chic upgrade by dishing out a *thandai*-flavoured dessert. Says chef Dhruvi Jain, “*Thandai* adds a unique and festive touch to desserts, making them stand out. The blend of spices, nuts, and milk adds richness and depth, elevating the overall flavour of the dessert. You can infuse *thandai* into globally loved desserts like cheesecakes or tarts for an exotic and flavourful twist.”



Pics: iStock

Adding mint to thandai can lend a certain freshness to the drink

## Successful flavour combinations

**Thandai + rose:** The floral notes of rose complement the spices in ice creams, panna cotta  
**Thandai + saffron + pistachio:** A royal combo that works well in Indian sweets like *kulfi*, *basundi*, or even baked goods like cookies  
**Thandai + white chocolate:** Creaminess of chocolate helps balance the heat from black pepper while enhancing richness of the nuts  
**Thandai + mango:** Sweetness of mango pairs well with the nutty, spiced flavours of *thandai* in cheesecakes, puddings, or mousse  
**Thandai + almond + coconut:** Works well in *laddoos*, macarons, or energy bars for an exotic fusion twist

— Inputs by chef Dhruvi Jain

Modern desserts often focus on smooth and silkier textures, so *thandai* can be incorporated into mousse, ice creams, or panna cotta, where the spices can meld with the creamy base

— Chef Dhruvi Jain

## Pro tips

- Use jaggery or honey as alternatives for sugar for a more nuanced sweetness
- Use cardamom carefully as it can be potent. A pinch of saffron will add depth
- Use a lighter hand with the black pepper while ensuring the *thandai* flavours shine through
- Use modern plating techniques, such as serving *thandai* desserts in jars or using minimalist designs, to make the traditional flavours feel contemporary
- Mix *thandai* powder into frostings, syrups, or fillings to enhance the flavour without altering baking chemistry
- Since *thandai* has bold spices, avoid overly sweet bases, as too much sugar can mute its complexity



## Popular thandai dessert creations

**THANDAI ICE CREAM:** A frozen treat that blends the flavours of *thandai* with a creamy base

**THANDAI KULFI:** A traditional Indian frozen dessert that uses *thandai* as a flavour base

**THANDAI CHEESECAKE:** A fusion dessert where *thandai* masala is incorporated into a creamy cheesecake filling

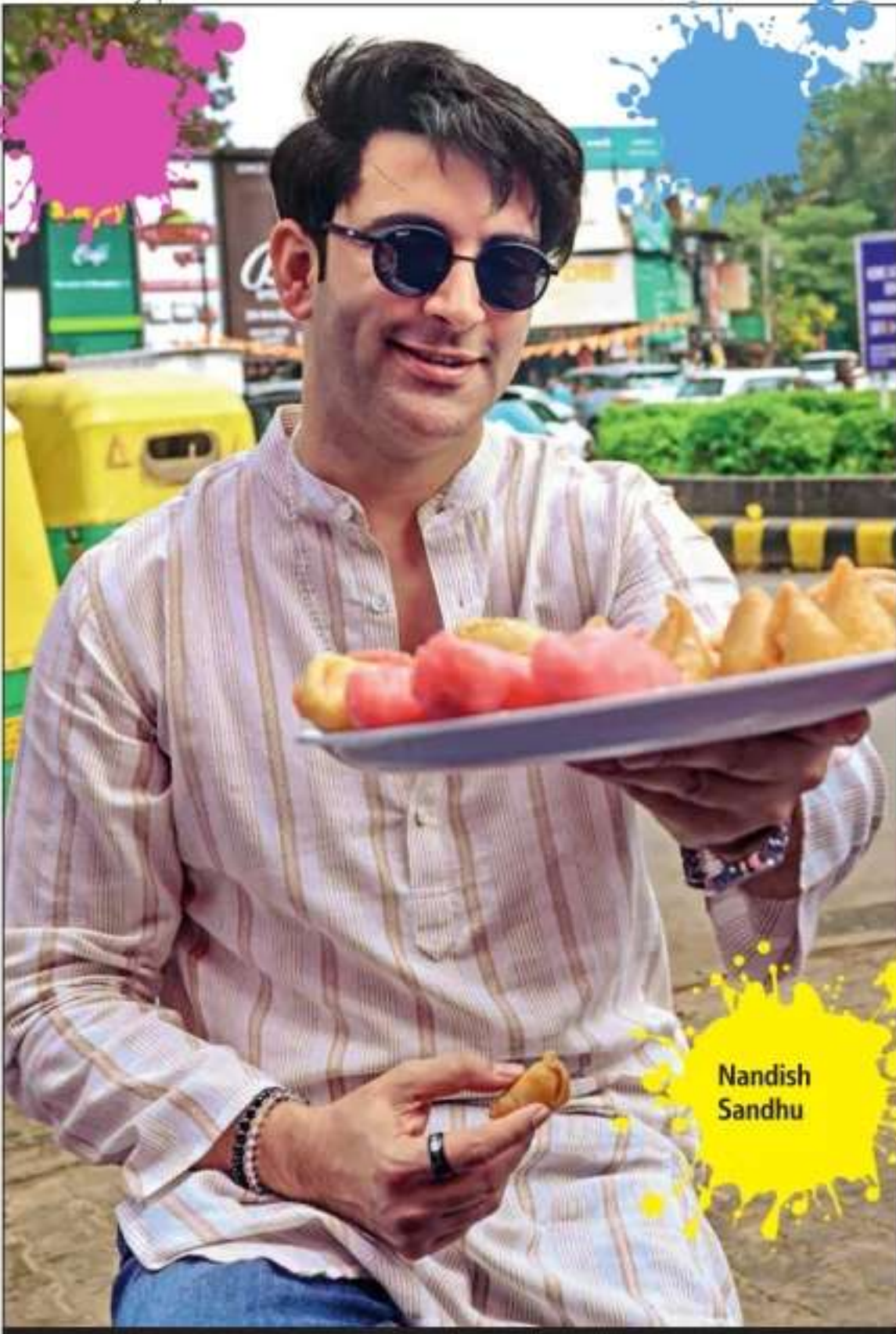
**THANDAI MOUSSE:** A light, airy dessert with the essence of *thandai* spices

**THANDAI-FLAVOURED BURFI:**

A traditional Indian sweet with *thandai* spices added to the mixture

# Holi pe mujhe mithai khane se rokna mushkil hai: Nandish

Lokesh Kashyap



Nandish Sandhu

Jubilee actor Nandish Sandhu loves the festival of colours. In a chat tells us about his ‘sweet obsession’ with *mithai*, his love for homemade *gujiya* and his Holi plans.

## 'HOLI PE MAIN HAMESHA GHAR KI BANI GUJIYA KHAATA HOON'

“Main hamesha ghar ki bani *gujiya* khaata hoon. Hamesha mummy banati thi ghar pe but now that I live in Mumbai, friends ke ghar se *gujiya* aa jati hai. Despite my workout routine, I eat *gujiyas* on Holi,” says Nandish and points out, “Mujhe sweet shop mein jaane se darr lagta hai because I have a sweet tooth aur ek baar main chala jaun toh mujhe *mithai* khane se rokna mushkil hai! I overdo it.”

## 'NO FIXED PLAN FOR HOLI YET'

Nandish says that he does not have any Holi routine, but he makes sure to take care of his skin. “If I go out to play, then sunscreen, oil and a water bottle is a must for me. I might not go to any party this year. I might go to someone’s home or call friends to mine, and probably watch something together,” says the *Super 30* actor.

— Riya Sharma

## 'Bachpan mein, sab saath jaate thay, logon ke ghar Holi khelne'

Remembering how he used to celebrate Holi with friends and family in his hometown – Dholpur, Rajasthan – Nandish shares, “Ek bada sa tank hota tha, usmein rang dalke sabko usi mein phaenkte thay. Maruti 800 ya jeep mein sab ek saath baithkar jaate thay logon ke ghar Holi khelne. These are very special memories for me. The last Holi I remember celebrating was with my younger brother in 2022. He is no more, but he was happy that day so when I talk about Holi, that memory always comes to my mind.”



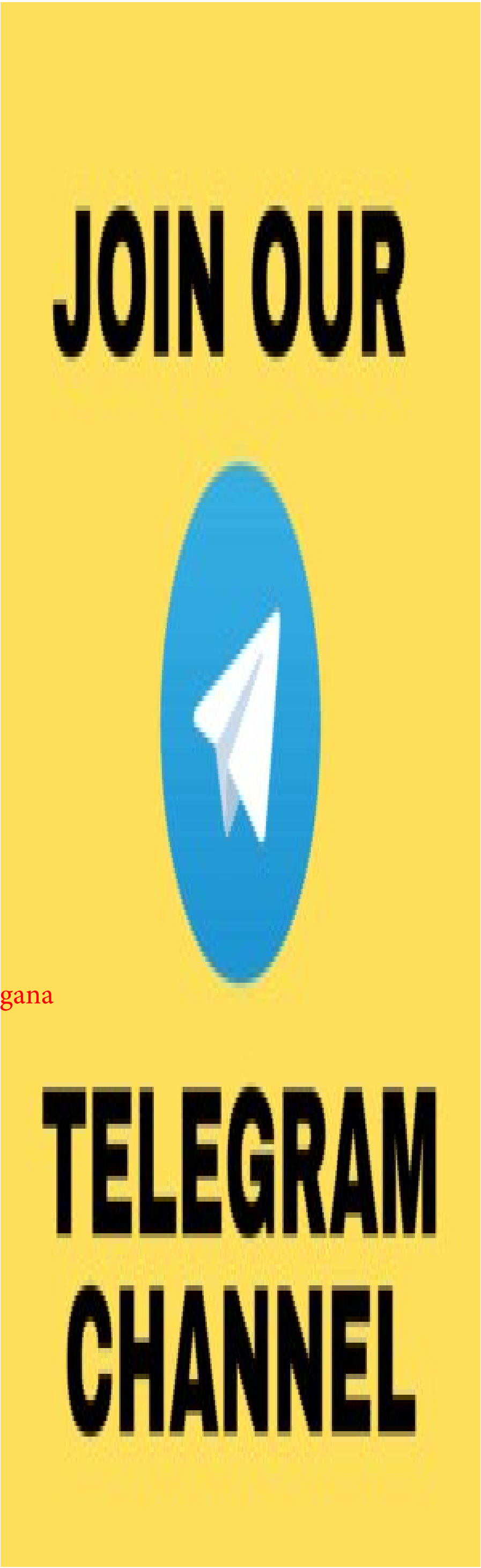
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