Did you KNOW?

Founder and Managing Director of Roy Kapur Films, Siddharth Roy Kapur (born August 02, 1974), is President of the Producers Guild of India, Co-Chair of the CII National Media & Entertainment Committee 2020-21 and a Managing Trustee of (MAMI) Mumbai Academy of Moving Images.

WHAT WHEN WHY WHERE

PHOTO EXHIBITION

An exhibition of photographs by Kolkata-based artist Mala Mukerjee, Fleeting Footprints of Light, is a pleasant mix of colour and abstract compositions, a play with light, exploring the limits of form, colour and texture. **AT:** IICDelhi.in **TILL:** August 8

DOSA FESTIVAL

Zambar restaurant is holding a '*The Grand Dosa Festival*'. A celebration of culinary delight, on offer at the festival is a menu of 51 dosas, including plain dosa, masala dosa, set dosa, pizza dosa, Mexican dosa, pao bhaji dosa, and Schezwan dosa to satiate your taste buds. Enjoy these dosas with an assortment of five chutneys — coconut, tomato, coriander, peanut and ghee podi. **AT:** Zambar, Ambience Mall, Gurugram **TILL:** August 15

DINE AT A HAVELI

Haveli Dharampura has organised a rooftop kite flying event. Besides exhibiting kite flying skills, guests can enjoy views of the Red Fort and Jama Masjid from this locatio, and lunch at their Lakhori Restaurant. Dinner on Fridays and the weekends is accompanied with a live Kathak performance. **TILL:** August 31

COASTAL DELIGHTS

Missing your beach vacations and the lovely coastal flavours? No more, now. Cafe Central, Radisson Gurugram, Sohna Road is having a coastal-themed dinner buffet, Seas of The Day, with dishes for everyone to enjoy. Also enjoy a complimentary house special mocktail with every buffett purchased. **AT:** Cafe Central, Radisson Gurugram

FOR NEW MOMS The Clovia Botaniqa range includes oils, body butters, face washes, face masks, shampoos, conditioners, and serums | **AT:** clovia.com

PRODUCTS

Kutch Collection

Panjo kutch collection ranges into ethnic and indo western wear. This collection has been curated with beautiful designs and fabric like modal silk, gaji silk and ajrakh among others with intricate handwork. **AT:** instagram.com/sivithebespokeboutique/

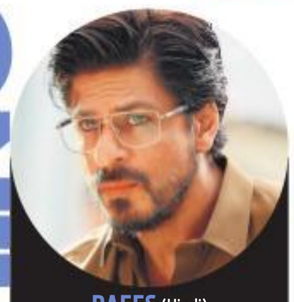
Modular Switches

Fybros has launched its Four-X modular switches series. The ultra-modern, trendy Four-X switches are available in neutral tones of off-white, grey, white or taupe at a nominal price range for a relaxing and tranquil outcome. Switching to Four-X modular switches will make the interiors look more magnificent and creative. **AT:** fybros.com

Immunity Strips

Natural ginger- lemon-honey flavoured, Immunity Strips from Nanoveda come in the form of ultra-thin oral water-soluble strips to boost and revitalise. It consists of vital bio-active nutrients to help improve overall health and support an active lifestyle. The products are vegan, non-gluten, non-GMO, non-dairy, non-soya, nut free, and suitable for all body types. **AT:** amazon.com

NOW STREAMING



RAEES (Hindi)

Threat looms over bootlegger Raees Alam and his business after ACP Majmudar decides to get the better of him. In order to survive and keep his trade thriving, Raees must overcome Majumdar.

- Cast: Shah Rukh Khan, Mahira Khan, Nawazuddin Siddiqui, Mohammed Zeeshan Ayyub
- Watch on: Netflix

STATE OF SIEGE: TEMPLE ATTACK (Hindi)

Inspired by true events, the film narrates the heroic tale of NSG commandos, who step in to save innocent people when terrorists attack a temple in Gujarat.

- Cast: Akashaye Khanna, Gautam Rode, Vivek Dahiya, Abhimanyu Singh
- Watch on: Zee 5

BEHIND HER EYES (English, series)

A single mother enters a world of twisted mind games when she begins an affair with her psychiatrist boss while secretly befriending his mysterious wife.

- Cast: Eve Hewson, Simona Brown, Tom Bateman, Robert Aramayo
- Watch on: Netflix

PARKS AND RECREATION (English, series)

Leslie Knope, a mid-level bureaucrat, wishes to help a local nurse, Ann, convert a disused construction site into a community park but deals with red-tapism and self-centred neighbours.

- Cast: Amy Poehler, Adam Scott, Rashida Jones, Nick Offerman, Aziz Ansari, Chris Pratt
- Watch on: Amazon Prime Video

JUDAS AND THE BLACK MESSIAH (English)

Offered a plea deal by the FBI, William O'Neal infiltrates the Illinois chapter of the Black Panther Party to gather intelligence on Chairman Fred Hampton.

- Cast: Daniel Kaluuya, LaKeith Stanfield, Jesse Plemons, Dominique Fishback
- Watch on: Amazon Prime Video

HAIKYUU (Japanese)

Inspired by a championship match he sees on TV, junior high schooler Hinata joins a volleyball club and begins training, despite his short height.

- Cast: Ayumu Murase, Kaito Ishikawa, Satoshi Hino
- Watch on: Netflix

14 PHERE (Hindi)

Sanjay, a Rajput, is in love with Aditi, a Jat. They want to get married but don't want to hurt their families. So they plan to get married with a fake set of parents. Will they succeed?

- Cast: Vikrant Massey, Kirti Kharbanda, Gauahar Khan
- Watch on: Zee 5

SUBSCRIPTION	
Netflix:	₹ 199 per month
Prime Video:	₹ 129 per month
Disnney+Hotstar:	₹ 399 per month
Zee 5:	₹ 99 per month

QUICK FIX
TOFU PRONTOS

INGREDIENTS

- **Fresh tofu slab:** 200 g ■ **Black salt** (kala namak): 1/2 tsp ■ **Pepper powder:** 1/2 tsp
- **Oil** (butter/sunflower oil/olive oil): 1 tbsp

METHOD

- Cut tofu into rectangular pieces, about one centimetre thick.
- On a mildly-heated tawa, brush some oil/butter; place the tofu on tawa. Brush oil and toast on mild heat for 2 to 3 minutes until light golden.
- Turn upside down, again toast for 2 to 3 minutes. Sprinkle some black salt and pepper.
- Serve as breakfast supplement with cucumber slices, sliced tomatoes, and light fried onion rings.

— Piyush Pandey, Bengaluru

What's cooking IN YOUR KITCHEN?

We are hungry for recipes with minimum ingredients and maximum flavours. Share your quick-fix with us, along with step-by-step photos, at tmsfeature@newindianexpress.com

FIT BIT
BALA PARSVA BHUJA DANDASANA
(BABY GRASSHOPPER POSE)

In Sanskrit, *bala* means baby, *parsva* means side, *bhuja* means arm, *danda* means staff and *asana* means pose. This is a less challenging version of the grasshopper pose. Practising this pose incorporates fertility and freedom in the practitioner through balance and stability. It helps cultivate the strength, openness and balance for full grasshopper pose (also called dragonfly pose).

STEPS

- Begin in *Dandasana* (Staff Pose), your feet hip-distance apart.
- Lengthen the spine and push the shoulder blades toward each other.
- Bend the right knee and bring the right foot parallel to left inner thigh; right knee closer to the chest.
- Lift the right leg by grabbing the ankle. Twist your torso to the left and place it outside left thigh.
- Place your left hand in line with your right toes and left shoulder.
- Raise your right arm with fingers spread out.
- Shift your weight on the left hip by leaning forward with your chest. Left foot and knee must face the chest.
- Grab the left sole with the right hand. Tuck your left elbow beside the ribs and lift the right foot.
- Stay here for a few seconds and return to *Dandasana*.
- Repeat on the other side.

BENEFITS

- Increases flexibility, which improves posture.
- Stimulates the pancreas and improves insulin secretion.
- Beneficial in increasing the blood circulation to the pelvic region. This further nourishes the reproductive cells and gives appropriate oxygen to the muscles as well.
- Helps cope with lifestyle disorders like hypertension, diabetes, ageing, digestive disorders.
- Gives a massaging effect and stimulates normal movement by tackling issues in the body.

LIMITATIONS

- People who have injuries in the knee, wrist, shoulder and lower back should avoid this.
- Those who have had recent surgery in the abdomen and waist or any other crucial joint should avoid this.
- Pregnant and menstruating women must avoid this.

— By N Elumalai, PhD scholar (Yoga Science) at Meenakshi Academy of Higher Education & Research, Chennai

Horoscopes By Holiday

HOLIDAY MATHIS

August 02: Lesson of a Solar Opposition to Saturn Animals care little about reciprocity. Good will, fairness, sacrifices to the gods and other behaviors to engender a sense of justice beyond the immediate interaction is mainly the domain of human culture. Most people don't feel good about living in bounty without contributing to its attainment and cultivation, as today's transactions will reflect.

ARIES (Mar 21 - Apr. 19)
Many benefit from your loving attention, though it's not all selflessness motivating your goodness. There are advantages to living in the fullest measure of their affection, which you'll enjoy now and in the days to come.

TAURUS (Apr. 20 - May 20)
Hooray! What works best will also be what's most comfortable. The tricky part is being aware of your own feelings. As far as your personal development journey goes, if all you do is note your comfort level, you'll be doing a lot.

GEMINI (May 21 - June 21)
You rush forward right into an opposing force -- fear. A dramatic head-on confrontation will take a lot of energy. How tiresome! Instead, pack that trepidation on your back and take as many heavy steps forward as you can.

CANCER (June 22 - July 22)
Recent disappoi-ntments have steered you in a good direction. So, in a sense, these events, however unfortunate they may have felt at the time, are what you're most grateful for.

LEO (July 23 - Aug. 22)
Looking back, you realize the great extent to which you've been influenced. You have a taste for something different now. Look to the company. "Show me your friends and I'll show you your future." -- Anonymous.

VIRGO (Aug. 23 - Sept. 22)
The conven-tional wisdom says things turn out for the best when you come from the heart. But that really depends on where your heart is. Inner turmoil needs expression. With a little loving attention to your own pain, it sorts itself out.

LIBRA (Sept. 23 - Oct. 23)
There is an extra-dimensionality to the events of the day, available to experience or not, at whatever level you prefer. There's no punishment, benefit or personalization of any kind that applies here. Do what pleases you.

SCORPIO (Oct. 24 - Nov. 21)
Let people know what you want. Your intensity on the matter will make a huge difference in how you're received. Adjust to the atmosphere. In gravity-strong environments, go heavy. On the moon, a light touch will send it.

SAGITTARIUS (Nov. 22 - Dec. 21)
You're in a mood to embrace all the schmaltzy, gooey romance of life as though its unfolding in cinematic format. One heads up: Lines that work on screen seldom transfer in the full dimension of reality.

CAPRICORN (Dec. 22 - Jan. 19)
What can you edit down to its essence? A drawer? A business plan? A motto? Your personal life? "Simplicity is the ultimate sophistication," Leonardo da Vinci said.

AQUARIUS (Jan. 20 - Feb. 18)
Someone should be happy. Why not you? Furthermore, you've been so flexible and accommodating lately, so consider going the other direction -- ruthless in your pursuit of joy.

PISCES (Feb. 19 - Mar 20)
Children either give themselves over to an experience or run from it without a complicated thought process. You can keep it simple today by handling things with brilliant childishness.

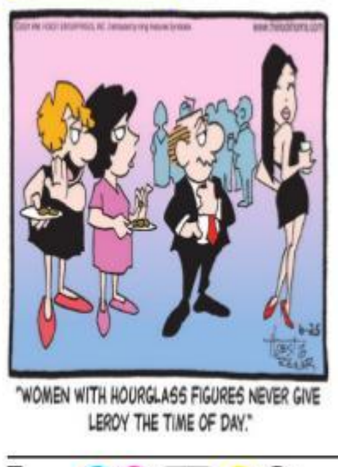
THE PHANTOM

HI AND LOIS

BEETLE BAILEY

BLONDIE

LOCKHORNS



DENNIS THE MENACE

SUDOKU

Hard: Test your number crunching skill with our unique puzzle

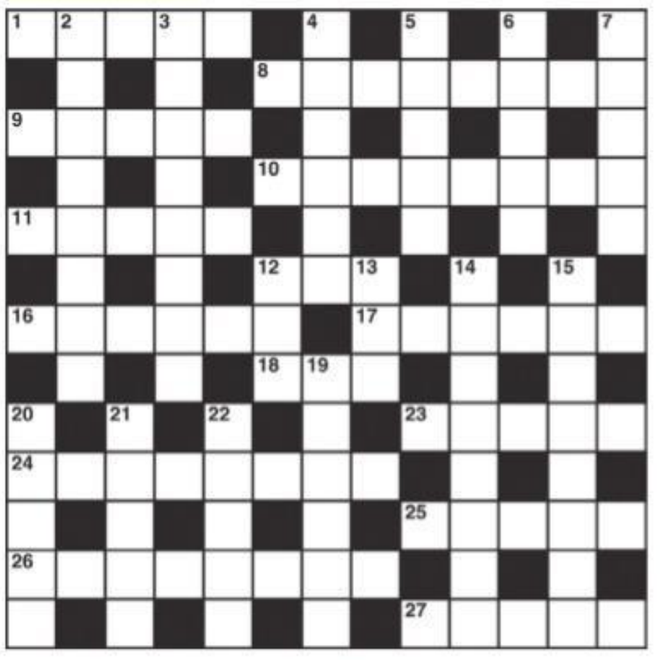
■ Fill in the grid with digits in such a manner that every row, every column and every 3X3 box accommodates the digits 1 to 9, without repeating any.

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

Solutions to Saturday's puzzle

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

CROSS WORD



ACROSS

1 US soldier caught in the wrecked boat (5)
8 Key worker in army uniform (8)
9 Nothing very loud; the queen may be present (5)
10 Capital gains to a manufacturer? (8)
11 Short sergeant-major, quite petty (5)
12 Spot a small seed (3)
16 Chase giving us pure diversion (6)
17 Hand-operated computer (6)
18 Fit to be included in the chapter (3)
23 Gets the one-fifty in time being nimble (5)
24 Today's idols need champagne and the highlights (3,5)
25 It has wings and flies (5)
26 Misplaced trust in a nudist (8)
27 Boast of quiet speed (5)

DOWN

2 Notorious for being on friendly terms with the celebrated (8)
3 Careless or else she'd changed (8)
4 I'm unfortunately upset by a sausage (6)
5 Prepares to publish new diets (5)
6 The boy came up to me for reward (5)
7 Legal way to prevent a gathering of poets (5)
12 It's small and green like some unripe apples (3)
13 Small encouragement for an Irishman (3)
14 A plasterer may take greater trouble under a piano (8)
15 The whole world finds it illuminating (8)
19 Stir up trouble for a pedant (6)
20 Write in a way that's outworn (5)
21 Places one vessel inside another (5)
22 Opening jump (5)

SATURDAY'S SOLUTIONS

Across: 1 Chastening, 6 Opus, 10 Octet, 11 Cremation, 12 Cromwell, 13 Hotel, 15 Chances, 17 Sidecar, 19 Eyeball, 21 Soprano, 22 Ensue, 24 Dominant, 27 Animosity, 28 Crawl, 29 Ease, 30 Dead weight.

Down: 1 Chow, 2 Alternate, 3 Totem, 4 Nucleus, 5 Needles, 7 Point, 8 Single room, 9 Washed up, 14 Accelerate, 16 Chaperon, 18 Chain gang, 20 Luddite, 21 Samoyed, 23 Skies, 25 Nacre, 26 Flat.

JUMBLE By David L. Hoyt and Jeff Knurek

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

PYNPI

DUSOK

MGTIBA

NJEGAL

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

Answer here: " "

ANSWERS TOMORROW

SATURDAY'S: **Jumbles:** FILTH CAULK UPROOT BUTTER
ANSWER: The connected paper dolls wanted to be on their own, but they weren't — CUT OUT FOR THAT

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