



Sam Mendes (born August 01, 1965) is known for his dark re-inventions of the stage musicals *Cabaret* (1993), *Oliver!* (1994), *Company* (1995), and *Gypsy* (2003). In 2000, Mendes was appointed a CBE for his services to drama, and was knighted in 2020.

epaper.morningstandard.in

WHAT WHEN WHY WHERE



SUNDAY BRUNCH

Enjoy one of the few Sunday brunches at the heart of the city with *Sunday Brunch 2.0* at 38 Barracks. This restaurant is a living room and balcony of a retired colonel who's served in the army. Everything from food to decor, is suggestive of the military. **PRICE:** ₹629 onwards **TILL:** August 29



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 Schewan 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 location, and lunch at their Lakshori 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 cocktail with every buffet purchased. **AT:** Cafe Central, Radisson Gurugram



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:** ICCDelhi.in **TILL:** August 8



Kurtch Collection

Panjo kurtch collection ranges into ethnic and indo western wear. This collection has been curated with beautiful designs and fabric like modal silk, gajji silk and ajrakh among others with intricate handwork.

AT: Instagram.com/sivthebespokeboutique/



Natural Face Wash

Brillare, the 100 per cent vegan, natural personal care brand has launched India's first-ever Zero Dilution face wash range. It is free from synthetic chemicals, added water, and preservatives, with 100 per cent natural neem, rose, and orange peel powder face washes. This new product range is curated with an aim to deliver genuine results from real natural products that consumers can now easily access without shelling out the big bucks! **AT:** Brillare.co.in

For New Moms

The Clovia Botanica range includes oils, body butters, face washes, face masks, shampoos, conditioners, and serums, all made from natural ingredients. Carefully curated for the needs of women and new moms, the range also offers solutions for the problems faced during and post-pregnancy such as hair-fall, tired/dull skin, stretch marks, dryness, acne as well as stress. **AT:** Clovia.com

Home Decor

Orvi Surfaces has expanded its product line with a designer range of tableware and decorative objects. Made from eco-sustainable materials in exquisite designs, the intricately handcrafted pieces blur the lines between functionality and grandiose for luxury spaces. From edgy accent tables to modern chic tableware, each creation carries an artistic soul, making the range best suited for modern-day usability. **AT:** orvi.com

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 help to 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, energise 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, and nut free that make them perfectly suitable for all body types. **AT:** amazon.com

QUICK FIX

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



ALOO CHAAT

INGREDIENTS

- 2 large potatoes ■ 4 tbsps oil
- ¼ tsp black pepper powder ■ ½ tsp each Kashmiri red chili powder ■ roasted cumin powder ■ dry mango powder ■ chaat masala powder ■ 1 tsp Black salt ■ mint leaves, finely chopped ■ 2 tbsps coriander leaves, finely chopped ■ ½ tsp green chillies finely chopped ■ 1 tsp sweet tamarind chutney ■ 1-2 tbsps lemon juice or add as per taste ■ 1-2 tbsps pomegranate arils for garnish

METHOD

- Peel and chop the potatoes in bite sized cubes.
 - Heat oil in a frying pan on medium heat, and fry the cubes till crisp and golden.
 - Place the fried potatoes on kitchen paper towels.
 - When the potatoes are still hot, put them in a mixing bowl with all the spice powders mentioned above.
 - Add salt and the finely chopped mint leaves, coriander leaves, and green chillies. Toss and mix well.
 - Then add sweet tamarind chutney and lemon juice.
 - Toss and mix everything very well, so that the chutney, spice powders and lemon juice is evenly coated on the potatoes.
 - Place the aloo chaat in a serving bowl. While serving you can garnish with pomegranate arils or sev.
- By Aarti Seghal, Green Park

FIT BIT

MANDUKASANA (FROG POSE)

Manduka in Sanskrit means frog. In this pose, the body resembles a frog, hence its name. It is one of the easiest yet extremely effective yoga asanas to practice. Bowing down in this asana relaxes the mind, is an energy booster and extremely beneficial for the digestive system.

Part One of asanas for controlling/preventing diabetes

- #### STEPS
- Sit comfortably in *Vajrasana*.
 - Make *Adi Mudra* with your hands - With thumbs inside, make fists with both hands.
 - Place your hands on either side of your navel.
 - Inhale deeply. While pressing the navel/ abdomen with both fists, exhale and slowly bend forward with your chest touching the thighs.
 - Look straight and keep your eyes open. This is the final position.
 - Retain your breath out or breathe slowly and stay in the pose for 30-60 seconds or as long as you can comfortably hold.
 - To come out of the posture, release the pressure on the abdomen and slowly straighten your torso while inhaling and sit relaxed in *Vajrasana*.
 - Repeat 3-5 times.

- #### BENEFITS
- Stimulates pancreas, hence helps to prevent as well as cure diabetes.
 - Massages and stimulates all abdominal organs, thus removes all abdomen related problems like constipation, flatulence, indigestion, etc.
 - Strengthens back, hips, knees and ankles.
 - Improves heart health and circulation.
 - Reduces extra fat from abdomen, thighs and hips.
 - Enhances kidney and liver functioning.
 - Relieves stress, anxiety and depression.
 - Helpful in correction of dislocated navel.
 - Regular practice helps to treat menstrual cramps.



— Jyoti Gupta, Hatha Yoga Teacher (Instagram: @0806), New Delhi

- #### LIMITATIONS
- Avoid in case of injury/surgery of abdomen, knee, ankle, lower back or spine, suffering from peptic, duodenal ulcers, stomach ache and diarrhoea, high blood pressure and migraine, or pregnancy.

- #### IMPORTANT TIP
- Focus your eyes in the front or towards the ceiling while bending. This will keep the back in a straight line.

SOUND BOARD

THE GRATITUDE DIARIES

Relying on both amusing personal experiences and extensive research, host Janice Kaplan explores how gratitude can transform every aspect of life including marriage and friendship, money and ambition, and health and well-being. ● On Spotify

THE KITCHEN IS ON FIRE

Food writer James Ramsden and musician Sam Herlihy dish up a weekly offering of food-related nonsense, exploring the complex and often confusing world of modern gastronomy. ● On Apple Podcasts

THE KEVIN ROSE SHOW

Join entrepreneur, technology investor, and self-experimenter Kevin Rose as he interviews technologists, scientists, meditators, self-experimenters, and productivity hackers to discover insights that you can incorporate into daily life. ● On Apple Podcasts

GHOST MAPS: TRUE SOUTHEAST ASIAN HORROR STORIES

Ghost Maps follows a mysterious narrator as he chronicles the supernatural in Singapore and around Southeast Asia. Inspired by stories generously shared by real people. ● On Spotify

THE BIOLOGY OF SUPERHEROES

Scientists are brought in as guests to review superheroes from movies or comic books based on the science behind what may have inspired every hero's power and abilities. ● On Apple Podcasts

POPULAR ON YOUTUBE

PAAT TALI

Despite being the sole heir to a large fortune, Shanmugam is forced to work as a servant by his aunt. Circumstances force him to marry Kannamma even though he is in love with Sakunthala. ● Cast: Sarathkumar, Ramya Krishnan, Devayani, Vadivelu

AADHAVAN

Aadhavan, a professional sharpshooter, gets a contract to kill Subramaniam, a prominent judge. He enters his house as a servant and wins the heart of his family members while plotting his death. ● Cast: Suriya, Nayanthara, Vadivelu, Saroja Devi

SAIVAM

When ill luck befalls a family, the patriarch decides to please the gods by offering their pet rooster as a sacrifice. However, things do not go as expected as the rooster goes missing. ● Cast: Nassar, Sara Arjun, Twara Desai, Kausalya

PAIYAA

Shiva, an unemployed graduate, falls in love with Charulatha. However, when on Charulatha's request, he drives her to Mumbai, the two are chased down by two different gangs for different reasons. ● Cast: Karthi, Tamannaah, Milind Soman, Sonia Deepthi



Scan this QR code to find out how your favourite celebs are coping with the lockdown.

WHAT'S ON TED TALKS



1 THE RADICAL, REVOLUTIONARY RESILIENCE OF BLACK JOY BY MIRACLE JONES

Community organiser and activist Miracle Jones offers a heart-to-heart meditation on the role of joy as a form of radical resistance, survival and protection for Black folks in the US and across the world. A warm reminder to embrace the guiding light of hope in the presence of darkness.



2 3 RULES FOR A ZERO-CARBON WORLD BY NIGEL TOPPING

Every human and natural system — from oil extraction to the flight of a flock of starlings — can be seen as a set of repeating patterns. These patterns can be disrupted for good or for bad, says Nigel Topping, the High Level Climate Action Champion for COP26, the UN's climate change conference set to take place in November 2021 in Glasgow, Scotland.



3 THE ANCIENT ORIGINS OF THE OLYMPICS BY ARMAND D'ANGOUR

Thousands of years in the making, the Olympics began as part of a religious festival honoring the Greek god Zeus in the rural Greek town of Olympia. But how did it become the greatest show of sporting excellence on earth? Educator Armand D'Angour explains the evolution of the Olympics.



4 ARE WILD ANIMALS REALLY 'WILD'? BY EMMA MARRIS

Human activity is affecting the planet in dramatic, unsustainable ways including destroying the habitats of wild animals. Considering our obligation to care for the creatures we've impacted, environmental writer Emma Marris dives into the ethics of wildlife management.



5 HOW EVERY CHILD CAN THRIVE BY FIVE BY MOLLY WRIGHT

Breaking down the research-backed ways parents and caregivers can support children's healthy brain development, 7-year-old Molly Wright highlights the benefits of play on lifelong learning, behaviour and well-being, sharing effective strategies to help all kids thrive by the age of five. She's joined onstage by one-year-old Ari and his dad, Amarjot.

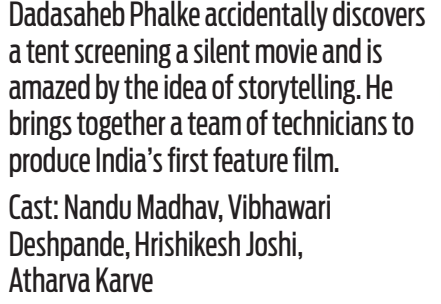
REGIONAL



SARPATTA PARAMBARAI (Tamil)

Set during the 1970s, the film revolves around a clash between two clans namely Sarpatta Parambarai and Idayappa Parambarai in North Chennai, which also showcases the boxing culture in the locality and the politics involved in it. **Cast:** Arya, Pasupathy, Sanjana Natarajan, John Kokken ● Watch on: Amazon Prime Video

HARISHCHANDRACHI FACTORY (Marathi)



SARPATTA PARAMBARAI (Tamil)

Dadasaheb Phalke accidentally discovers a tent screening a silent movie and is amazed by the idea of storytelling. He brings together a team of technicians to produce India's first feature film. **Cast:** Nandu Madhav, Vibhawari Deshpande, Hrishikesh Joshi, Atharva Karve ● Watch on: Netflix



GOLKERI (Gujarati)

Sahil and Harshita end their relationship of two years. However, as much as they want to move on and move away from each other, they are stuck in awkward situations put up by their parents, who make persistent attempts to bring them back together. **Cast:** Manasi Parekh, Sachin Khedekar, Vandana Pathak, Malhar Thakar ● Watch on: Amazon Prime Video

CYCLE (Marathi)

Keshav, an astrologer, deeply values his cycle as it is his most prized possession. However, problems arise when a couple of thieves steal his bicycle. **Cast:** Dipti Lele, Hrishikesh Joshi, Balachandra Kadam, Priyadarshan Jadhav ● 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

FOREIGN

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



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



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

NOW STREAMING

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 Disney+Hotstar: ₹399 per month
 Prime Video: ₹129 per month
 Zee 5: ₹99 per month