

## #TRENDING

### Olive Oil Ice Cream

For those unfamiliar, this ice cream dish is also an Italian staple, known as *Gelato Con Olio E Sale*



In the latest food trend making waves on social media, influencers are elevating their traditional 'vanilla ice cream experience' by drizzling it with olive oil. Yeah, you read that right!

While the flavour combination may initially strike some as unusual, this dessert, loved by Dua Lipa, has pleasantly surprised those with a sweet tooth. Despite initial assumptions that the treat might be subpar, many are now dubbing the concoction as an "elite combination."

For those unfamiliar, this ice cream dish is also an Italian staple known as *Gelato Con Olio E Sale*. The preparation involves serving two, sometimes, four scoops of creamy vanilla ice cream, followed by a generous drizzle of "good" olive oil and a sprinkling of flaky sea salt.

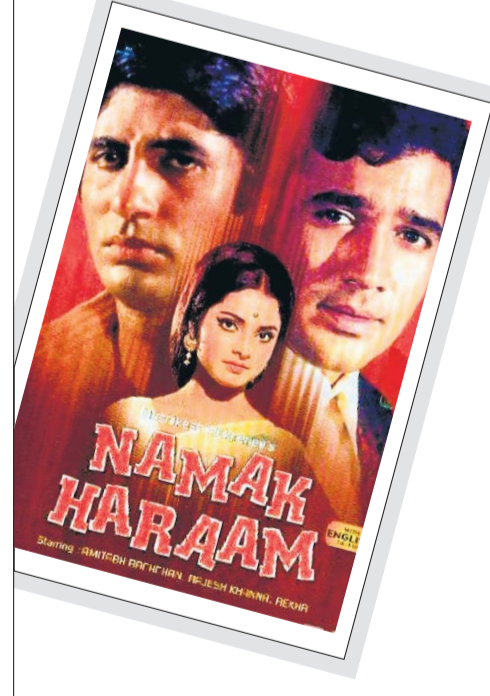
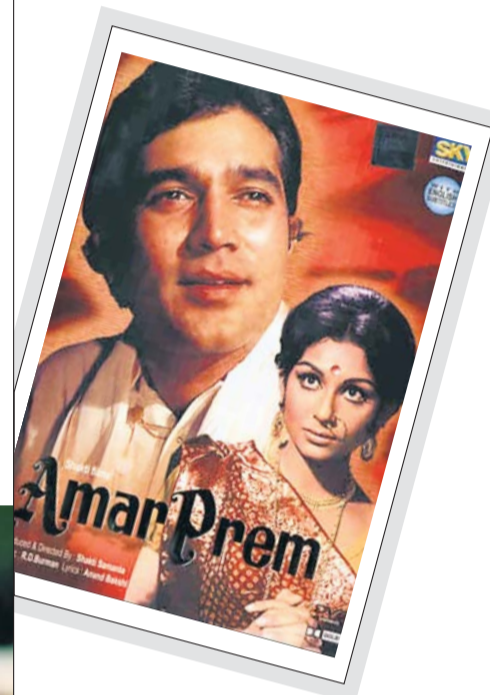
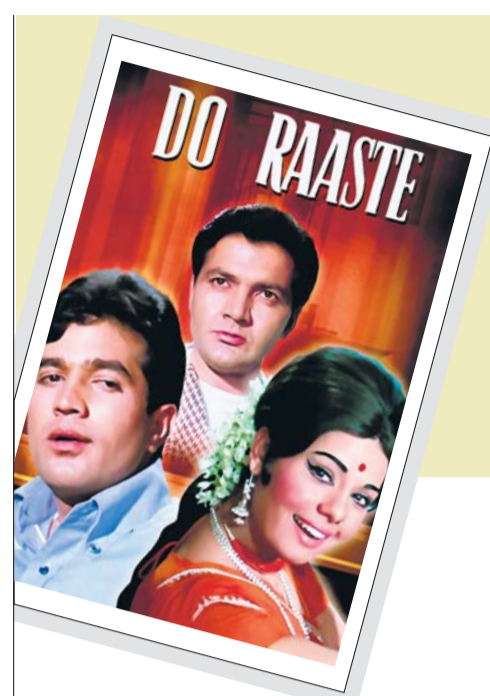
In a TikTok video that garnered 7.9 million views, influencer Nara Smith expressed her delight, stating, "It's so good, it's so addicting." Actress and content creator Claudia Sulewski, who is the girlfriend of musician Finneas O'Connell (Billie Eilish's brother and collaborator), also shared her endorsement of this decadent dessert online, although some in the comments deemed it a luxury snack.

Though, Dr. G Sushma, consultant clinical dietician, CARE Hospitals, Banjara Hills, Hyderabad, said that mixing olive oil and salt with ice cream "may not necessarily make it 'unhealthier' in a broad sense," but "it can significantly change the flavour profile and might not be appealing to everyone."

However, Dr. Sushma added that both, olive oil and salt, can be part of a healthy diet when consumed in moderation. "The key is moderation as excessive intake of added fats and salt can contribute to health issues."

According to Dr. Sushma, there may be potential health benefits to adding a small amount of olive oil and salt to ice cream like,

- Olive oil is a source of monounsaturated fats, which are considered



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# THE PHENOMENON

Dr. Shoma A. Chatterji  
Film scholar, Journalist & author

Rajesh Khanna is, perhaps, the only mega star I did not have the opportunity to meet in person. How could I? He was forever surrounded by several circles of sycophants, who guarded him from everyone, so that he did not get 'mobbled.'

But having watched many of his feature films, I had no doubt that this was a man who was born into stardom, though, there was no family history of films in his genes, both, biological and adoptive. Such psychopathy can be defeating for any star, especially when his 'market' appears to be on the downsizing.

This is precisely what happened to the mega-star. I remember a young girl in Delhi, jumping off the fourth or fifth floor of her hostel when she accepted the reality of never being able to marry her love, *Rajesh Khanna*. Another young college girl reportedly brought a framed photograph of Rajesh Khanna and placed it against the wall of her hostel room. She then called a priest and requested him to conduct the rituals and mantras, necessary for a *Hindu wedding*. And she got married to the photograph! Such was the charisma of *Rajesh Khanna*. Of course, there is no one to check the validity of these statements but they throw up a hint of the charisma that *Rajesh Khanna* held among young women in those days. When he was the biggest star, slightly older and married women within film families, rushed to make him their *rakhee brother* and showered gifts that he did not really need. But none of these appeared to embarrass him and he quite enjoyed this 'craziness' among his fans, men, women and children. There were stories that reported about women trying to commit suicide, when he tied the knot with Dimple Kapadia in 1973. Even, the superstar who succeeded him, Amitabh Bachchan, and the newly minted *Khans* of the 1980s, Amir, Salman and Shahrukh, could not match the hysteria that he whipped up during his heyday.

"Rajeshysteria" was the heading of a magazine article on *Rajesh Khanna*, which, in that single word, captured the essence of his nationwide popularity among the mass audience in India. *Rajesh Khanna* was born in Amritsar, Punjab, before India was divided into two nations, India and Pakistan. The date was marked for posterity because he still remains the *greatest star phenomenon*, ever born in Indian cinema.

He was born on 29 December 1942 in Amritsar, Punjab, India, and was taken in for adoption by adoptive parents. He stepped into Hindi films in 1965, when he began shoot-

## #RAJESH KHANNA

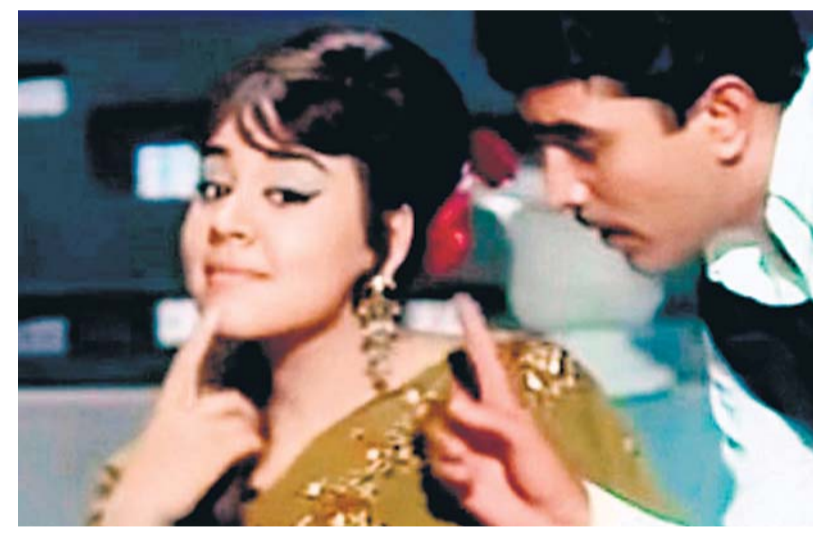


ing for *Raaz* and did 180 films, of which, 63 were feature films and 17 were short films. By 2011, he held the record for the maximum number of films as 'solo lead hero' and least number of multi-star films in Hindi Cinema. Of the 163 films, 106 were 'solo hero films' and 22 were 'multi-star films' and 29 films had him in 'special effective guest appearances' (though, only 97 were solo and 22 films had him as the hero and 11 remain unreleased from 1966 till 2013.)

His entry into films was through the top rank he bagged in the *United Producers All-India contest* in 1965, beating 10,000 competitors. The award he won was for the lead role in two films, *Aakhri Khat* and *Raaz*. Three of his first films, namely, *Aakhri Khat*, *Raaz* and *Avant* were hits and this helped him establish himself firmly on the rather shaky ground of commercial cinema. He became so famous that when his *Baharon Ke Sapne* was released, the tragic end with Asha Parekh and *Rajesh Khanna* had to be changed to a 'happily-ever-after' story as the audience refused to accept a tragic closure to a film starring *Rajesh Khanna*.

He gave birth to the word "superstar" when he delivered 17 'consecutive solo super-hits' between 1969 and 1972. Interestingly, *Khanna's* success came after the failure of his films from 1966 to 1969, when his film *Bandhan* was a reasonable success. The tables turned, when in 1969-end, he had two simultaneous releases in the form of *Aradhana*, in which he portrayed the double role of father and son, directed by Shakti Samanta and *Do Raaste*, a family drama directed by Raj Khosla. Both films were super duper hits and *Rajesh Khanna* was here to stay.

The year 1971 turned out to be a watershed year for *Rajesh Khanna* to further consolidate his position as 'number one.' The hits came in droves with different storylines, different directors, different heroines and different characterizations. But one quality that distinguished *Rajesh Khanna* from his peers, at that time, such as *Jeetendra* and *Vinod Khanna*, was that the songs



He was pink-cheeked, curly-haired and handsome. He was not very tall and did not have a great body which was no big deal, as in those days, heroes did not need to have rippling muscles and worked-out six-ab bodies. *Rajesh Khanna* was the greatest romantic hero of all time.

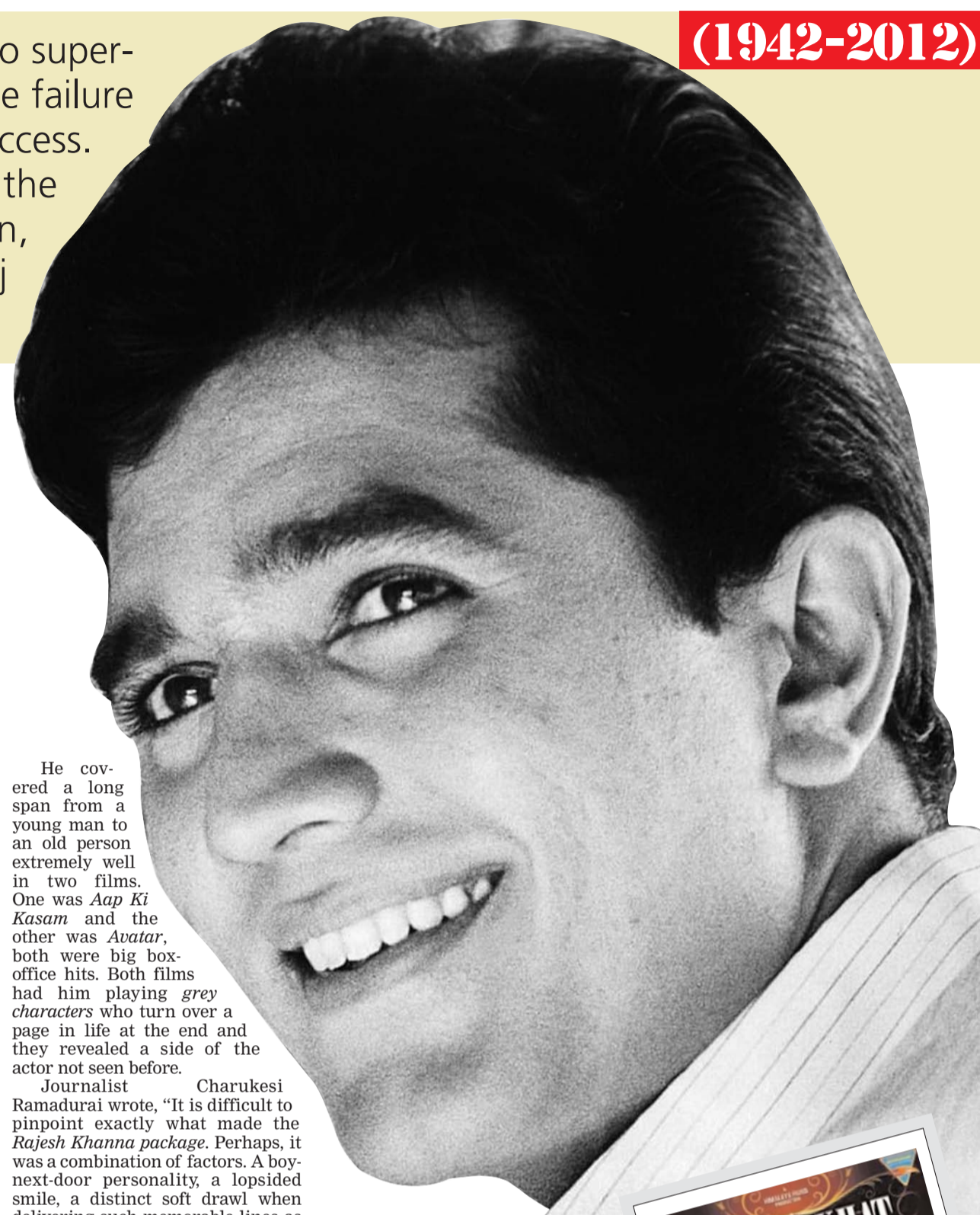
in his films were simply breath-taking and so were the picturizations and positioning within the film. For example, just take a look at the films, *Kati Patang*, *Anand*, *Aan Milo Sajana*, *Haathi Mere Saathi* had songs that are very popular till this day as are the stories of the films. In fact, *Haathi Mere Saathi* became the biggest box-office hit of that year. There is an anecdote about how while comparing 'Binaca Geetmala,' one of the most famous music shows on Radio Ceylon, compared by Ameen Sayani, once featured six of the ten top songs from *Rajesh Khanna's* films.

It is difficult to pinpoint what charisma *Rajesh Khanna* had, that set off his fans in a state of hysteria. He was pink-cheeked, curly-haired and handsome. He was not very tall and did not have a great body which was no big deal, as in those days, heroes did not need to have rippling muscles and worked-out six-ab bodies. But he had that rare charm about him, a captivating smile that lit up his entire face and invested his romantic image with a strange, illusory magnificence.

He had acquired some mannerisms such as nodding his head while doing a song sequence, smiling with a lot of oozing charm, his eyes twinkling with an air of mischief and naughtiness while trying to attract his lady love. All this leads to the conclusion that *Rajesh Khanna*, perhaps, was the *greatest romantic hero* of all time. He never bared his body and did not need to. But in films like *Dushman*, in which he played opposite an ageing Meena Kumari, he was charming, even, in a role with strong negative shades and the moustache he wore, invested him

## International Day of Acceptance

A challenging part of living in a world, where people are different, is learning to live with acceptance. Instead of comparing or competing, the best way to show love is to accept differences in abilities, embrace the special qualities each human has to offer, and make the world 'a better place' because of it! Through strength, resilience and determination, almost anyone can overcome challenges, demonstrating that abilities transcend limitations and inspire others to embrace their own unique strengths and possibilities.



(1942-2012)

## #REVERENCE

### 7 lesser-known Lord Rama Temples

As the nation eagerly awaits the momentous occasion of the *Ayodhya Ram Mandir inauguration*, these lesser-known temples serve as reminders of the widespread reverence for *Lord Rama* across the diverse landscapes of India.

With the much anticipated inauguration of the *Ayodhya Ram Mandir* on the horizon, the spotlight is undeniably on *Ayodhya*, the birthplace of *Lord Rama*. However, scattered across the vast expanse of India, are several lesser-known temples dedicated to *Lord Rama*, each carrying its unique history and significance. As we eagerly await the grand ceremony in *Ayodhya*, let's embark on a journey to discover some of these hidden gems that resonate with the spiritual essence of *Lord Rama*.

#### Ram Mandir, Orchha, Madhya Pradesh

Situated in the historic town of *Orchha*, the *Ram Mandir* boasts stunning architecture and intricate carvings. Built during the reign of the *Bundela Rajputs* in the 16th century, this temple is a hidden marvel that showcases *Lord Rama's* timeless appeal beyond the mainstream narrative.



#### Ramateertham, Andhra Pradesh

Located near *Vizianagaram*, *Ramateertham*, is home to an ancient *Lord Rama* temple, nestled amid picturesque hills. The temple is believed to have been constructed during the 17th century and stands as a testament to the enduring legacy of *Lord Rama* in South India.

#### Ramnagar Fort Temple, Varanasi

*Varanasi*, the spiritual heart of India, houses the *Ramnagar Fort Temple*. Constructed in the 18th century by the *Maharaja of Banaras*, this temple, within the historical fort complex, attracts pilgrims seeking solace away from the bustling ghats of the *Ganges*.



#### Raghunath Temple, Jammu and Kashmir

Perched on a hill in *Jammu*, the *Raghunath Temple* is an ancient shrine dedicated to *Lord Rama*. While the state often captures headlines for its scenic landscapes, this temple offers a spiritual retreat, allowing devotees to connect with the divine in serene surroundings.

#### Ramappa Temple, Telangana

While primarily a *Shiva* temple, the *Ramappa Temple* in *Palampet, Telangana*, also pays homage to *Lord Rama*. The temple's architectural brilliance and its association with the *Kakatiya* dynasty make it a must-visit destination for history enthusiasts and devotees alike.



#### Ramji Mandir, Kanpur

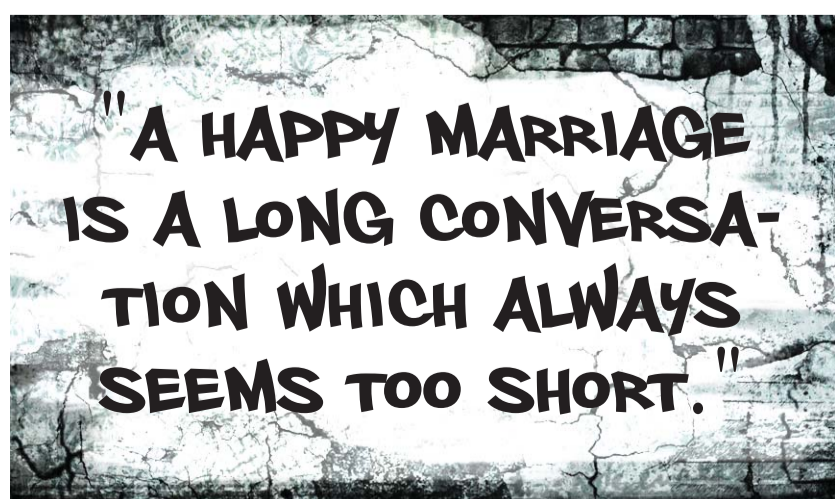
In the heart of *Kanpur* stands the *Ramji Mandir*, an age-old temple that predates the city's industrialisation. Devotees flock to this temple, seeking blessings and spiritual tranquility amid urban hustle.

#### Sita Ramachandraswamy Temple, Telangana

Located on the banks of the *Godavari* River, the *Sita Ramachandraswamy Temple* in *Bhadrachalam* has a history, dating back to the 17th century. The temple complex narrates the epic of '*Ramayana*' through its intricate carvings and sculptures.



## THE WALL

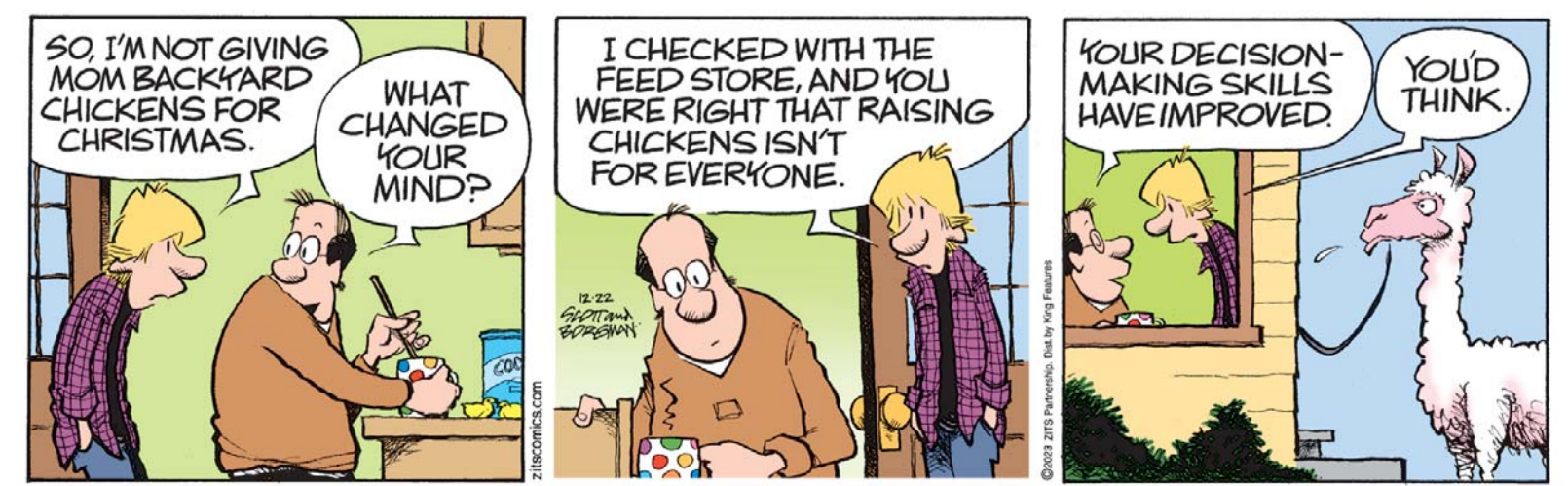


## BABY BLUES



By Rick Kirkman & Jerry Scott

## ZITS



By Jerry Scott & Jim Borgman