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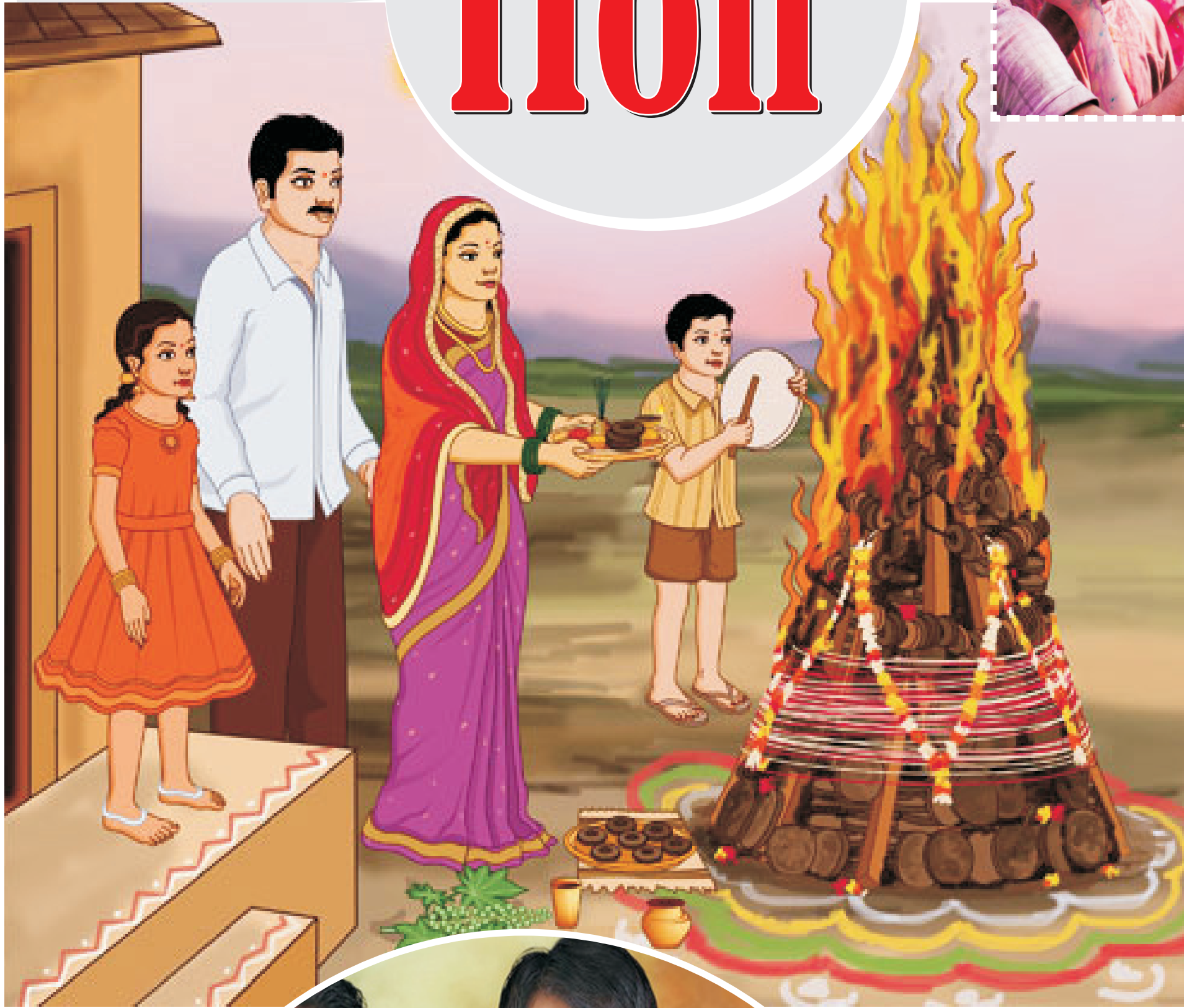
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How to Celebrate

Holi



traditional Holi delicacies.

A great way to celebrate Holi is with delicious traditional Indian meals. There are many different traditional meals for Holi depending on what region you are in, but here are some popular foods and drinks you can try.

One Holi staple is Thandai, a traditional creamy milk drink flavored with nuts and spices, it often has some herbs that might make you feel dizzy. You may drink it after you've enjoyed together.

Gujia or Ghugra is a sweet dish which you will enjoy.

Puran Poli is a popular sweet dish typically eaten in Maharashtra. It is a sweet flatbread with a buttery taste and a stuffing of lentils and spices.

Dahi Wada is a tasty snack food made from lentil fritters soaked in Indian yogurt.

Breaking the Pot

1. Hang a pot of buttermilk in the streets.

One older tradition of Holi is the breaking of the pot. First you string up a ceramic pot of buttermilk in a street. It is said that Lord Krishna was very fond of buttermilk and would steal it from the houses in the village. To hide it from young Lord Krishna, the women would hang the buttermilk high up in the streets.

2. Form a human pyramid with the men.

The men in the town form a human pyramid by balancing on each other's backs or shoulders. The pyramid should be tall enough for the person on top to reach the pot of buttermilk. Be careful balancing on another person's back or shoulders. This can be extremely tricky and requires a lot of balance.

3. Break the pot with the top person's head.

When the pyramid becomes tall enough for the top man to reach the pot, he should break the pot of buttermilk with his head. This is what is traditionally done to celebrate the breaking of the pot, but you could also break it with your hands if you can't use your head.

4. Sing Holi songs and throw water.

The women of the town surround the men in the pyramid. They have fun singing traditional Holi songs and throwing buckets of water. The women should enjoy singing and dancing around the men in celebration of Holi.

Visiting Friends and Family

1. Go to a friend or family member's home.

At the end of the evening when the celebration of the colors has subdued, many people like to visit friends or family to enjoy the evening. Holi is a celebration meant to bring together the community so it culminates with coming together and relishing in the day's festivities.

2. Exchange sweets with them.

It's customary to bring sweets to exchange with your friends and family when you visit them. People bring traditional Indian delicacies to enjoy together creating a great end to the celebration.

Gujia, Coconut Burfi, Rava Ladoo, or Carrot Halwa would be great sweets to bring.

3. Enjoy an evening with loved ones.

Some towns organize large Holi get-togethers in the evening, but you can also just enjoy visiting at a person's home.

Exchange hugs and well wishes with friends and family to celebrate Holi and the spirit of brotherhood. Continue singing songs and

There are many more colors available that are made from rice flour and natural colorings. Look online to buy Holi colors for the next festival.

Red, yellow, green and violet are some most used colors.

2. Smear colors on your loved ones.

Smear the colored powder onto your friends and family to make them colorful and commence the festival of colors. The colors are non toxic and won't stain so have fun smearing them on your family members' arms, legs, back, and hair.

3. Spray colored water with pichkaris.

A pichkari is a water gun to squirt colored water from as a fun way to celebrate Holi. Mix some of the colored powder with water and then add it to the pichkari. Use the pichkari to cover people with colored water and enjoy playing in the bright colors.

Pichkaris are especially fun for kids to celebrate Holi with.

They make great gifts for kids in preparation for the Holi celebration.

4. Sing and dance to the beat of the dholak.

A dholak is a hand drum that is played at celebrations such as Holi. Enjoy the celebration by dancing in the colors to the beat of the dholak. Sing Holi songs and let your body move to the beat while you celebrate the coming of spring.

5. Eat and drink

Holi is a Hindu festival that celebrates the arrival of spring.

The festival is celebrated over the course of several days, usually in the second week of March.

Holi is one of the most popular Hindu festivals, and it's celebrated by people both young and old. From lighting the Holika bonfire, to playing colors, to visiting with friends and family, Holi is a wonderful celebration to bring the community together and celebrate the triumph of good over evil.

Lighting the Holika Bonfire

1. Collect and stack the wood.

Traditionally, 40 days before the Holi celebration, there would be a log placed in the center of town to signify it was time to collect wood for the Holika bonfire. Everyone placed any wood or flammable scrap materials they had on top of the log, and they'd end up with a large pile of wood ready to burn. Gather enough wood and combustible material to create a medium to large sized pile for your Holika bonfire.

2. Place the statue of Holika on the wood.

On the eve of Holi, place a combustible statue of Holika, the sister of the demon king Hiranyakashipu, in the pile of firewood. Burning Holika in the bonfire symbolizes the triumph of good over evil because she is said to have tried to kill Prahlad, the son of Hiranyakashipu and a devoted follower of Lord Narayana.

3. Light the bonfire.

Use a fire starter like kerosene to pour a little on the wood to help get the fire going. Light a match and throw it into the pile of wood to start the fire.[3] Make sure to stand far from the wood when trying to start the fire so you don't get hurt.

Gather friends, family, or the community together to watch the Holika bonfire light.

4. Chant the Rakshoghna Mantras.

While you watch the bonfire, chant the Rakshoghna Mantras. These mantras are found in the Rig Veda, an ancient Indian collection of the Vedic Sanskrit hymns. Enjoy the fire by dancing around it and chanting the mantras to ward off evil spirits.

You can find the text for these mantras online or by purchasing a book of the Rig Veda.

Playing Colors

1. Buy or make colors.

The day of the Holi celebration, people celebrate the end of winter and the coming of spring by showering each other with bright colored powder and water. You can buy gulal, which is a natural red-orange

color made from the flowers of palash. The flowers are dried and ground to create a powdered color. You can also buy abeer, which is small crystal chips of mica that create a sparkly silver color. People frequently combine the two to create a fun red-orange sparkly colored powder. You can also find colors of yellow and green to buy in markets or online.



enjoying dances as the evening winds down. Holi truly is an all day celebration.





Parineeti Chopra

Makes Netflix Debut With Thriller Series, Starts Shooting

Parineeti Chopra starts filming her Netflix debut, a thriller series in Shimla, produced by Siddharth P Malhotra and directed by Rensil D'Silva, featuring Tahir Raj Bhasin, Anup Soni, and Jennifer Winget.

Bollywood's favourite girl-next-door, Parineeti Chopra, is all set to bring her charm to the world of streaming. The actress has officially begun shooting for her Netflix debut, and guess what? It's not a rom-com but a thriller series. Netflix has now announced its upcoming compelling Mystery Thriller set amidst the picturesque hills of Shimla.

Produced by the acclaimed Siddharth P Malhotra, director of Maharaj and Sapna Malhotra of Alchemy Productions and written and directed by the visionary writer Rensil D'Silva of Rang De Basanti and Ungli fame, the currently untitled series promises a gripping blend of intrigue and suspense.

The series boasts an ensemble cast including Tahir Raj Bhasin, Anup Soni, Jennifer Winget, Chaitannya Choudhry, Harleen Sethi, and Soni Razdan. Parineeti shared a post on X and wrote, "Some mysteries don't just unfold—they pull you in, keep you guessing, and refuse to let go." We've got a lead on this case. A new mystery thriller series is in the making! Shooting has begun, can't wait for you all to see this labor of love from team Netflix and us when it's ready! Making my series OTT debut (sic)." Speaking to the exciting new series and cast, the creators Siddharth Malhotra and Rensil D'Silva shared, "We are thrilled to collaborate on this Noir Mystery Thriller with Netflix, a platform that celebrates storytelling in its most diverse and compelling forms. Working with Netflix has allowed us the creative freedom to push boundaries and bring a unique narrative to life. With a cast as talented as this and Parineeti choosing to foray into series with our production, we are excited for what lies ahead and cannot wait for the world to watch the mystery unfold."

Tanya Bami, Series Head, Netflix India, added, "Some mysteries don't just unfold—they pull you in, keep you guessing, and refuse to let go. Set against the misty hills of Shimla, this gripping thriller unravels secrets, emotions, and the depths of human nature with unmatched intensity. With the creative vision of Rensil D'Silva and Siddharth P. Malhotra, and a powerhouse cast featuring Tahir Raj Bhasin, Anup Soni, and Harleen Sethi, the series captivates from the very first scene. We are delighted to welcome Parineeti Chopra back to Netflix following her stellar performance in Amar Singh Chamkila—now in her first-ever series and we're equally excited to have Jennifer Winget join us: Prepare for a journey that will keep you on the edge of your seat, hooked and guessing until the very end."

This thriller series marks Parineeti Chopra's fourth outing with Netflix. She previously teamed up with the platform for Ribhu Dasgupta's mystery drama The Girl on the Train, Imtiaz Ali's biographical film Amar Singh Chamkila alongside Diljit Dosanjh, and an upcoming romantic comedy directed by Dhruv Tripathi. With each project spanning a different genre, Parineeti is proving she's here to conquer every corner of the OTT world!

Jyotika On Facing Sexism For Being Married To 'Superstar' Suriya: 'You May Have Identity Crisis'



After 26 years, Jyotika returned to Hindi films with Srikanth in 2024. And now, she's gearing up for the release of her next Hindi project, Dabba Cartel, a series that chronicles the story of five ordinary women, who accidentally become involved in a high-stakes drug cartel. The film sees Jyotika playing a housewife of a business tycoon, who has put her own high-profile career on hold to focus on her family. Incidentally, in real life, she too took a hiatus from the movies after her marriage to south star Suriya in 2006.

Dabba Cartel, apart from narrating a gripping investigative tale, also touches upon the theme of casual sexism. Now, in an exclusive chat with News18 Showsha, Jyotika reveals that despite spending so many decades in the film industry, she often faces discrimination for being a woman and a large part of the same stems from being Suriya's wife. "It seems like an everyday thing. I'm married to a superstar. So, I face it every now and then, till date. I see it happening even during interviews," she tells us.

Explaining her stance further, she says, "If I say that I feel lucky to have married Suriya, people say that he's a really nice guy. If he says that he feels lucky to have married a nice woman, it suddenly becomes something like Suriya is such a nice guy that he's thinking of his wife. You experience casual sexism even when it comes to materialistic things. I may buy a car but someone else is supposed to press the button and check the features out. It's now a part of daily life. There are hundreds of instances that I can point out."

And this discrimination just doesn't end here. According to Jyotika, it often makes her question her own identity. "Sometimes, it reaches a level where you may have an identity crisis. A woman's search for her identity also nudges one to take a lot of decisions and make choices on their own. That's also how I chose my career path," she states. For the unversed, Jyotika and Suriya had first met on the sets of the 1999 Tamil film, Poovellam Kettuppar. After dating for a few years, they finally got married that led her to shift base from Mumbai to Chennai.

A while ago, Suriya had revealed that post the pandemic, they shifted back to Mumbai as a family to help revive Jyotika's career and give a regular lifestyle to their children. Earlier, in an interview with us, Jyotika spoke about her strong relationship with Suriya and said, "My husband is my best friend. He was the first guy I met in the industry and I did my first film with him. We remained friends for a long time. Since we've lasted this long and continue to, I'm imagining that it's because of the friendship we share."

John Abraham Calls Entourage Costs 'Mental', Urges Actors To Cut Down Fees: 'We Are Suffering'



John Abraham recently expressed his take on why the film industry is suffering. He called out actors demanding a hefty fee and loading a film with their entourage costs. He introspected the dire condition of the film industry, stating that it is "bleeding". The Satyameva Jayate actor also suggested that actors accept a pay cut and work on a film from the backend.

"It's already hurting Hindi cinema," John Abraham told The Hollywood Reporter. He added, "At this point of time, we shouldn't be paying people to act in films because we don't justify those huge budgets. The huge fees that we get paid, and we can't load a film with entourage costs as well. It's ridiculous. Don't know if actors are thinking this way or is it their agent making them think differently. I understand you are put in a bubble, but you can't be so daft. You need to see the real world. If people are blowing sunshine from your backside, you need to wake up and smell the coffee. As an industry, we are really suffering."

The actor said that stylists these days charge Rs 2 lakh per day, which is "mental". He called this one of the reasons why the film industry is not able to rake in money. "First thing to make amends is by cutting your personal cost. When a director tells you that you aren't worth that much, you need to take that in cognizance. We don't have that thought yet. We compare ourselves to other actors, and we want to broadcast our fees, and that's the worst thing to do," explained John. The Jism star further expressed his concern for the industry and said that it's time actors realise the "deep black hole" they are steadily seeping into. He felt artists should go to the backend to work on a film. He further added that actors' profit-making from films should be dependant on the film's box office business. "How much more will you suck the system dry?", a concerned John said.

Govinda's Wife Sunita Ahuja

Lived Separately, She Feared He Was Cheating: 'Never Trust A Man'

Govinda and Sunita Ahuja may divorce after 37 years. Sunita hinted at worries about Govinda cheating and revealed they lived separately amid unconfirmed disagreements.



In the latest shocking development, Govinda and his wife Sunita Ahuja may be heading for divorce after 37 years of marriage, according to reports. However, it has to be noted that the couple has not confirmed or denied the news yet. According to unverified sources, ongoing disagreements and differing lifestyles have led to frequent arguments between them.

This reminds us of a recent interview that Sunita gave wherein she hinted at her worries about Govinda cheating on her. She had made some startling revelations about their marriage including the fact that they lived separately.

Sunita had revealed that she was the one who initiated their relationship, as Govinda "was even scared to touch women." However, she added that Govinda is not the romantic type, at least not in real life. "Now, I don't know if he has become like that. You never

know what people do behind your back. Never trust a man. People change colours like a chameleon. It's been 37 years since we got married. Where would he go? Earlier he never went anywhere, now I don't know..." she said in an interview with Hindi Rush.

Sunita also shared that they mostly lived in separate houses, with Govinda often staying at his bungalow. "We have two houses, we have a bungalow opposite our apartment. I have my temple and my kids in the flat. We live in the flat whereas he gets late after his meetings. He loves talking so he'll gather 10 people and sit chatting with them. Whereas me, my son and my daughter live together, but we hardly talk because I feel if you end up wasting your energy by talking too much," she explained.

When asked about Govinda's romantic nature, Sunita said, "I have told him that in my next life, he should not be my husband. He doesn't go on holidays. I am a person who wants to go out with her husband and eat pani-puri on the streets. He spent too much time working... I don't recall a single instance when we both went out to watch a movie."

Sunita also shared that she used to feel secure in her marriage earlier but it's not the case anymore. "I used to be very secure earlier on in our marriage, now I am not," she said with a laugh. "Kya hai na saath (60) ke baad log sathiya bhi jaate hai na... (After 60, people even lose their senses) He has crossed 60, you never know what he does..." she added.

News18 Showsha contacted Sunita Ahuja and daughter Tina Ahuja for a comment, but they had not responded at the time of publication.