

Chole bhature for life

A Mental Rollercoaster Ride With The Great Indian Dish

Manushree Chauhan, AIS Noida, X K

Ah, chole bhature – the North Indian delight that can send your taste buds into a frenzy and your mind on a wild ride. It's a culinary rollercoaster that takes you through peaks of ecstasy and valleys of remorse. Let's dive into the hysterical intricacies of what goes on in our minds as we indulge in this delectable duo.

The adrenaline rush

The moment you spot that sizzling plate of chole bhature, your brain releases a surge of dopamine. Your mouth waters, your stomach growls, and your mind starts racing. You're torn between the rational part of your brain, whispering about health and fitness, and the hedonistic part, screaming, "Just eat it! We can always work out later" (Spoiler alert: Later never comes.)

The indecisive mind

Before you even dig in, your mind plays a cruel trick on you. You start questioning your order. "Should I have gone for

the butter chicken instead?" Your brain, a master of self-doubt, conjures up images of other dishes, making you momentarily regret your choice. But the aroma of the chole, the golden-brown bhature, and the tantalising chutney quickly quells these doubts. The price also helps clear all the doubts because honestly, butter chicken could never.

The euphoria of the first bite

The first bite is a revelation. The tangy, spicy chole, the soft, fluffy bhature, and the cooling raita – it's a symphony of flavours that sends your taste buds into overdrive. Your brain rewards you with

another dose of dopamine, making you feel incredibly satisfied. The temporary happiness is always much appreciated.

The guilt trip

As you indulge in the second, third, and fourth plate, a sense of guilt starts creeping in. Your brain reminds you of your fitness goals, and the impending doom of a food coma. But you ignore these warn-

ings, justifying your gluttony with the excuse, "I'll start my diet tomorrow." *New year's resolution has left the chat*

The aftermath

Post-chole bhature, your brain is in a state of shock. You feel bloated, lethargic, and guilty. You vow to never eat chole bhature again, only to be tempted by the mere thought of it the next day. And the cycle continues.

The endless cycle

Despite the guilt and the discomfort, the love affair with chole bhature goes on and on (congratulations on your 10th anniversary, by the way.) It's a constant battle between desire and discipline. And every time, the desire wins.

So, the next time you indulge in this delicious dish, remember that your brain is on a wild ride, from excitement to guilt, and excitement again. But hey, life's too short to resist good food. Just make sure to balance it out with a healthy dose of exercise and moderation. And not to miss, chole are healthy anyway. Right?



Movie Review

A masterpiece of hope

Movie: The Shawshank Redemption

Directed by: Frank Darabont

Released on: September 22, 1994

Starring: Tim Robbins, Morgan Freeman, Bob Gunton, William Sadler

Genre: Drama

Synopsis: The movie, based on Stephen King's 1982 novella 'Rita Hayworth and Shawshank Redemption', follows the story of Andy Dufresne, a banker. Andy receives two consecutive life sentences for the murder of his wife and her lover, a crime he did not commit. After his conviction, Andy is sent to Shawshank State Penitentiary, despite his pleas of 'not guilty' he has to live out his punishment. Once inside, Andy first keeps to himself, but later befriends Red, a fellow inmate. They both, along with other

inmates, experience the brutality of prison life and cope with the day-to-day life inside prison. Spoiler alert: One day Andy finds his own redemption after spending over two decades inside. Watch the movie to find out how.

Why is it watch-worthy:

This movie is not just a drama, it makes you think about life and the meaning of freedom. There's a reason why the film continues to be at the top of IMDb's ranking of the top 1000 films, even after 30 years of its initial release. Although neither experimental nor daring, the drama's seamless plot flow gives viewers a strange sense of satisfaction as it delves into the power of friendship. The movie ends up inspiring us with a sense of hope, emotion, and the true meaning of friendship. The bond



between Andy and Red, and the power-packed performances by Robins and Freeman are remarkable, making it a must-watch for everyone.

Iconic dialogue: "Remember, Red, hope is a good thing, maybe the best of things, and no good thing ever dies."

Rating: 4.5/5

Review by: Amatra Sejwal
AIS Saket, XI D

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Ativeer Rajput, V A & Maahira Rajput, IV B, AIS Saket, pose with their copy of The Global Times at Mahakumbh Mela, Prayagraj, Uttar Pradesh. Occurring once every 144 years, Maha Kumbh mela is recognised by UNESCO as an Intangible Cultural Heritage of Humanity.

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