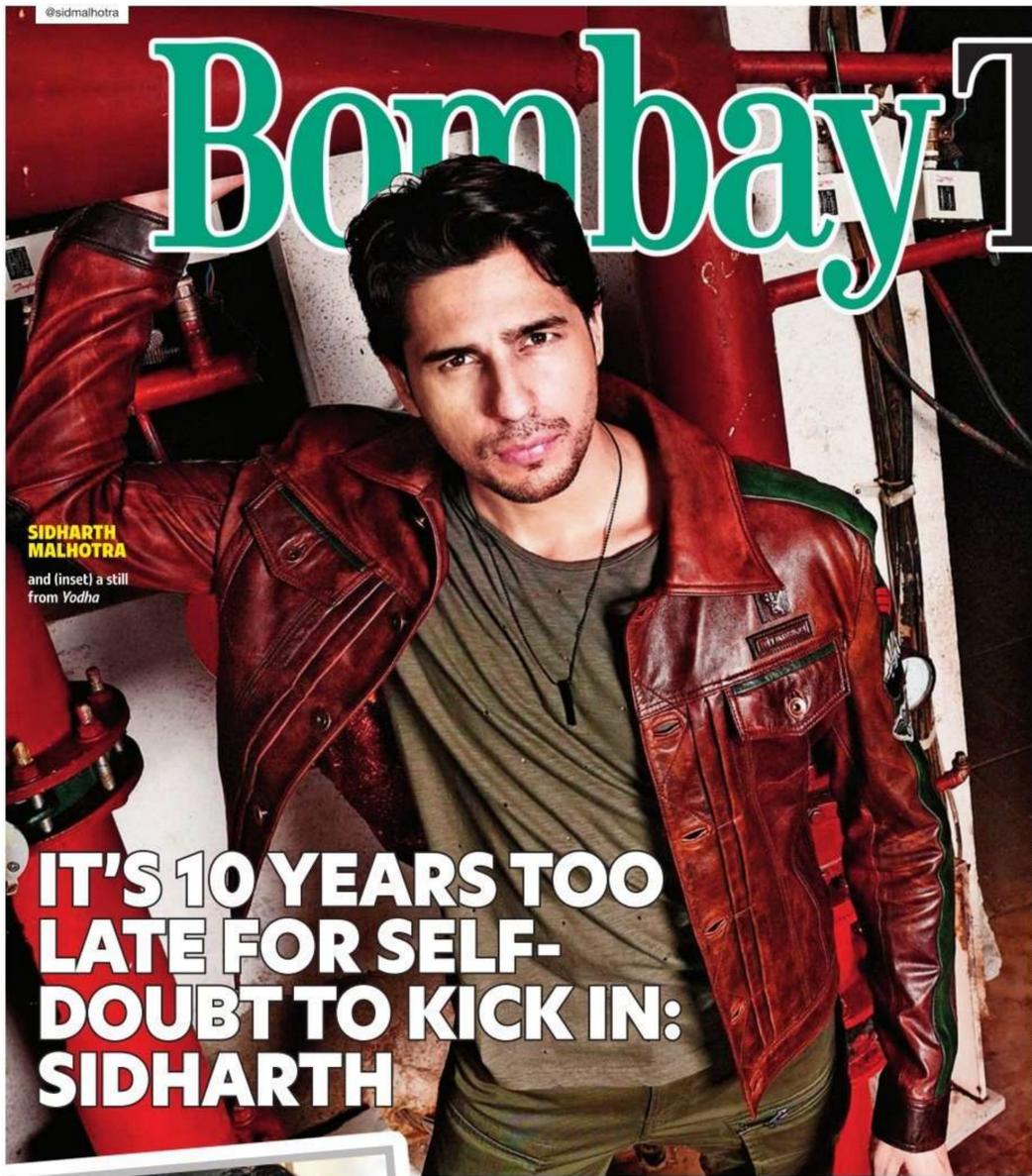




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SIDHARTH MALHOTRA

and (inset) a still from *Yodha*

IT'S 10 YEARS TOO LATE FOR SELF-DOUBT TO KICK IN: SIDHARTH

Vinay MR Mishra

Sidharth Malhotra, who won accolades for his performance in *Shershaah*, has never shied away from taking up roles that make him push the envelope. Irrespective of the movie's reception at the box office, the actor continues to make interesting career choices. After two

years, he had a theatrical release with *Yodha* in March. Though there was a lot of anticipation around the action-drama, the movie didn't do wonders at the box office. In a conversation with us, Sidharth spoke about how he's still proud of the film and that the fate of a movie doesn't lead to self-doubt.

CONTINUED ON P 8

Whenever I am a part of a film, I want to be sure it is a product that I am proud of. I ask myself, do you bring quality to it? Is there a narrative? Is there storytelling? Is there something new that you are putting out? And for me, *Yodha* ticked all those boxes



IT'S RK-ALIA IN THE HOUSE... ERR STADIUM



SPOTTED

Ranbir Kapoor and Alia Bhatt were spotted at the semi-final match of a sporting event on Monday. Post the game, the couple took a lap around the Mumbai Football Arena, enthusiastically waving at the crowd. Ranbir was also captured sharing heartfelt moments with the players as he went on to hug many of them. Now, Ranbir's love for football is well known; the couple had also revealed their daughter's name with a post featuring "Raha" on an FC Barcelona jersey!



Pics: @samantharuthprabhuoff

SAMANTHA DID IT. WILL YOU REDESIGN YOUR WEDDING GARMENT TOO?



Samantha Ruth Prabhu transformed her wedding gown into a stunning black cocktail dress and made a statement about the importance of sustainability in fashion

Samantha Ruth Prabhu in her transformed wedding dress

P5

I have been sober for over five years: Anne

Anne Hathaway, 41, is celebrating over five years of sobriety. The actor spoke to an international publication about her health and what it's like being in her forties. "There are so many other things I identify as milestones. I don't normally talk about it, but I am over five years sober. That feels like a milestone to me. Forty feels like a gift," she said. Anne first spoke about quitting alcohol during an appearance on *Ellen DeGeneres' show* in January 2019.

In April 2019, she clarified that she stopped drinking not because she had an alcohol problem but because she had really bad hangovers. Anne has two sons, Jonathan, 8, and Jack, 4, with her husband Adam Shulman. In

My personal experience with it (quitting alcohol) is that everything is better. For me, it was wallowing fuel. And I don't like to wallow

another interview, she said that her mental health has improved since she quit alcohol. "It's a path everybody has to walk for themselves," Anne said, adding, "My personal experience with it is that everything is better. For me, it was wallowing fuel. And I don't like to wallow."



Anne Hathaway

Mission summer: How to fight the brutal heat

Nandini Ganguly

With temperatures crossing 40°C and heatwave warnings being issued, 'Bohot garmi hai!' has become a common phrase across the country. So, here's all you need to know to get through summer, be it at home, on your way to work, at an IPL game or while casting your vote

Heat wave warning issued for Mumbai, second this season

Lok Sabha elections: Several heat wave predicted in many states during second phase of polling

Pune records its hottest first 21 days of April in a decade

Dehydration can increase sodium levels, increasing the risk of high BP. Fluid intake depends on the duration of activities, intensity of sweating, exposure to heat, and supplements/medicines you are prescribed

-Edwina Raj, head of clinical nutrition and dietetics, Aster CMI Hospital

90% of India is in the danger zone of heat wave impact
329 heatwave days documented across India in the last two years

(Source: University of Cambridge, Centre for Science and Environment)

CONTINUED ON P 6



Maintain a balanced diet

- Hydrate! Sip water throughout the day. Buttermilk with turmeric, barley, lemon, or kokam water, tender coconut water, aam panna are good options too
- Eat veggies with high water content, like melons, tomatoes, cucumber, berries, Indian gooseberry etc
- Add fibrous foods like cucumber, broccoli, tomato and leafy greens, for your gut health
- Avoid heavy or spicy meals, junk and salty foods. Include easily digestible food, fermented food and yoghurt
- Prefer smaller, homemade meals to help maintain energy levels



Shashank Sane

Thinking of becoming a pet parent? Here's everything you need to know

Pics: iStock



When your pet is home

- Stock up on food, water bowls, a collar and leash, and appropriate toys
- Get a vet check-up done before you get your pet home, and regularly afterwards, as your vet suggests. Discuss vaccinations, spaying/neutering, and parasite prevention
- Teaching basic commands takes time, be patient and reinforce positive behaviour. Consult a trainer for help if required

Pet Corner



Keep in mind

- Play, snuggle and give your pet positive reinforcement.
- Socialise your pet with people, animals
- Introduce them to environments to help prevent anxiety and behavioural problems
- Always use a leash in public
- Set regular feeding times, and bedtime rituals to help your pet feel adjusted

Bringing a pet home is an exciting decision, but one needs to understand that pets are a big responsibility and you need to be prepared before welcoming them into the family. Here's how:

THINGS TO CONSIDER BEFORE YOU BRING YOUR PET HOME

Understand your lifestyle

Do you have time for walks, playtime and cleaning litter boxes? Some pets require more attention than others — research different breeds or species to find one that will go with your lifestyle, or be ready to make lifestyle changes.

Think about expenses and healthcare

Food, vet care, toys and other supplies can add to your expenses. Factor in regular veterinary check-ups, vaccinations and potential emergency medical

expenses. Also, research any breed-specific health concerns.

Adopt, don't shop

Shelters and rescues are wonderful places to find companions. Prefer adopting a pet rather than buying one.



Pet-proof your home

Chew toys, electrical cord covers and hidden cleaning supplies can keep your pet as well as your house safe. Scratching posts for cats and designated digging areas for rabbits are good ideas.

Consider your future plans

Pets can live for many years, so be prepared for a long-term commitment. Consider your future plans and how they align with pet ownership.

— Compiled by Shourya Jha

POV

The power of the folded hands

Amir Khan recently spoke of how he became aware of the power of the folded hands while shooting for *Dangal* in Punjab. He was not talking about the folded hand emoji which was introduced in 2015 — first as a cultural nod to the Japanese and now, an essential part of our virtual communication. But the Namaste — the one gesture of greeting which we share with some of our neighbours and cousins in the continent.

The Namaste in fact goes beyond our religious identity. When the Maharaja of India's desi airline welcomed the world to the 'palace in the sky', he did so with folded hands. When global pop stars come to India and greet their fans, they do so with a warm "Namaste!" When Diljit Dosanjh gets teary-eyed at a packed stadium in Mumbai or Vancouver, he expresses his gratitude with his signature Namaste.

But the power of the Namaste is truly felt every time we are faced with a pandemic, a global health crisis. During COVID, world leaders embraced the Namaste as the universal greeting, irrespective of the cultural backgrounds. It turned into a diplomatic ice breaker, even a way of saying that I want you to be safe. The greeting made a smashing debut at the Oval office in 2020, when President Donald Trump met Ireland Prime Minister Leo Varadkar. Trump later said: "We didn't shake hands today and we looked at each other and said what are we going to do? Sort of a weird feeling. We did this (joined hands). I just got back from India and I didn't shake any hands there. It was easy." Even during the swine flu outbreak in 2015, health experts believed the de facto greeting of shaking hands may have triggered the spread of the disease, urging everyone to do the Namaste instead.

Amir spoke of how he may not have folded his hands as frequently as the others he has met in his professional life. But it is obvious, he could not remain immune to its infectious charm. Shall we say, this is one contagion we could have more of?

Agree? Disagree? Got a POV idea? Write to us at: pov@timesgroup.com

SUDOKU CHALLENGE

Level: Medium

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

HOW TO PLAY
Fill in the grid so that every horizontal row, every vertical column and every 3x3 box contains the digits 1-9, without repeating the numbers in the same row, column or box. You can't change the digits already given in the grid. Every puzzle has one solution.

TIMES HITORI

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

HOW TO PLAY
1. A number may appear just once in each row or column. Eliminate repeat numbers by darkening cells. (see example)
2. Darkened cells must never be adjacent in a row or column.
3. Unmarked cells must create a single continuous area, undivided by darkened cells.
4. Every time you darken a cell, you can automatically circle its vertical and horizontal neighbours, which means they cannot be eliminated.
5. Any cell "sandwiched" between neighbours of the same value can be circled. (e.g. 6 4 6)
6. A "triple" is a special case of sandwich. Circle the centre cells, and darken the ends. (e.g. 6 6 6)

LOOP THE LOOP

RULES
• Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A).
• Crossovers or branches are not allowed (As shown by dotted lines in Fig B).
• Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines.
• You can't draw lines around zeroes.
• Each puzzle has just one unique solution.

HOW TO BEGIN:
Example (Fig A) - Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a deadend (Fig B).

THE DAILY CROSSWORD

By Natalie Tran & Sean Ziebarth 01/05/2024

ACROSS
1 Glow of virtue
5 Fort Knox supply
9 Wet
14 ___ of March
15 57-Down for a diva
16 Run onstage?
17 Some inbox attachments
18 Change course suddenly
19 Puts together
20 Make a fool of
23 Decline, with "out"
24 Sounds of pain
25 Pencil topper
29 Air filter acronym
31 Christmas poem contraction
33 Smooching on the kiss cam, say
34 Hide-and-seek exclamation
37 Bae
38 Charged particles
39 Joan of ___
40 Harmful habit
41 Big name in anonymity
42 Determines the age of, as archaeological finds
46 Sounds of relief
47 In case that's the case
48 Masseur's supply
49 Astronaut Ellen Ochoa, for one
51 Sock part
52 Seasoned pro
55 Sub, and an apt description of 20-, 34-, or 42-Across
59 Wedding figure
62 Invalidate
63 Pasta ___ checca: tratoria dish
64 Animated British piglet for kid's TV
65 Feminine Spanish pronoun

DOWN
11 River-dwelling mammal related to whales and dolphins
2 Tally
3 Flew off on one's own
4 Bone, in Italian
5 Collapsed
6 Double Stuff treats
7 Actor Schreiber
8 Be bold enough
9 Guilty feeling
10 Kitchen appliance brand
11 Grossed-out reaction
12 Wedding page word
13 "Let's"
21 "Forget it!"
22 Foster
26 Potential "destination" for a troubled relationship
27 Elicit
28 Gushes
30 Verbal stumbles
31 ___ Tax: Intuit software package
32 City on the Brazos
34 Wood pool or basin
35 Ruckus
36 Dinghy duo
40 Actor Kilmer
42 Projection places
43 Hardly a hop, skip, and a jump away
44 Time when shadows are shortest
45 Petered out
50 Optimist's words
51 Follows surreptitiously
53 Brilliance
54 Dean Martin's "Amore"
56 Baker
57 Song for one
58 Insect that first appeared in the Jurassic era
59 Family docs
60 Sales agt.
61 Brand at a nail salon

GARFIELD

THE TOMATO...
IS IT A FRUIT, OR IS IT A VEGETABLE?
WHO CARES? I'M HAVING A POUON!

ARCHIE

WHY DO WE HAVE TO KNOW ABOUT HENRY VIII? WHEN WILL WE EVER USE THIS INFORMATION AGAIN?
IF YOU DON'T KNOW ABOUT HENRY VIII, I'LL FLUNK YOU.
THE MAN TALKS SENSE.

SCRAMBLE

Rearrange the letters in the four word jumbles, one letter to each square/circle, to make four ordinary words

PYERH
STUDY
GLLUMY
FIRTUY

Art evokes the ___ without which the world would not exist - René Magritte (7)

HOW TO PLAY
Now arrange the letters in the circles to form the answer to the riddle or to fill in the missing word as indicated

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SPELLATHON

Today's Ratings:
04-average | 05-good | 06-outstanding

How many words of four or more letters can you make from the letters shown in today's puzzle? In making a word, a letter can be used as many times as it appears in the puzzle. Each word must contain the central letter. There should be at least one seven letter word. Plurals, foreign words and proper names are not allowed. British English Dictionary is used as reference.

Letters: R, A, I, U, V, L, T

DENNIS THE MENACE

"DAD, I'M HUNGRY. MAYBE WE COULD CATCH SOME FISH STICKS ON THE WAY HOME?"

ARIES: Friends are eager to help you along your way. Now is the time to review possible latent issues. You will notice an increase in your energy. You could make important decisions about future accomplishments.

TAURUS: You don't have the courage to reach your goals. One of your ongoing challenges is to fight inflexibility and figure out others' perspectives. Avoid capricious, disrespectful or out of place reactions, and try to amend this kind of conduct and extreme attitudes.

GEMINI: You have a way of behaving that grabs others' attention. Your charm magnetises those around you. You witness the results of your desirability. Pressure comes from a domestic or personal issue. Recognise your limitations.

CANCER: An increase of your personal energy level depends a great deal on your will. You will have to achieve simplicity in certain matters. This is a good time to establish a lasting and interesting relationship. Sometimes the only way to get anywhere is by taking a chance.

LEO: Financially gainful activities at your work place will cheer you up. Financial gains and monetary transactions will bring fruitful results. Try to explore new avenues of life.

VIRGO: Professionals should focus on their goals. Sudden changes in professional life will make you insecure. Try to tackle issues with a positive approach. Do not let your heart rule your head. Get rid of your jealousies and possessive attitude towards loved ones.

LIBRA: Stay focused and you will instinctively know what is needed to win support for your views and projects. Your problem-solving abilities will be able to reach out and touch someone today. Seek out a little guidance or advice.

SCORPIO: Do not indulge in extra marital affairs. Your siblings could well be the cause of your worries today. Try not to get involved in controversies as it can damage your position.

SAGITTARIUS: You will recover from prolonged illness. Follow dietary restrictions without fail. This may be the perfect time to organise your affairs or to rearrange your living situation. Put your head with someone to achieve genius and even better output.

CAPRICORN: Don't forget that a relationship is brought about simultaneously on the physical as well as the emotional and mental level. After the search of pleasure that is innate in human beings, in reality there is a natural tendency to expand your horizons.

AQUARIUS: Your calculative personality will create problems for your opponents. Stay away from debates as they may end up in arguments. Choose your friends carefully. You need to be more decisive today. Immediate family members will cooperate and their decision will bring cheer to your life.

PISCES: Monetary transactions should be dealt with very carefully. A very special person will walk into your life, so watch out and control your feelings. A very lucky day, as whatever you do will bring you good financial gains. Help from a distant relative will prove helpful to you. In love, you need to be more expressive.

Tuesday's Puzzle Solved

66 Shutter section
67 Fleming subjects
68 In someone's business exclamation
69 Loved ones blessed at the Feast of St. Francis

28 Gushes
30 Verbal stumbles
31 ___ Tax: Intuit software package
32 City on the Brazos
34 Wood pool or basin
35 Ruckus
36 Dinghy duo
40 Actor Kilmer
42 Projection places
43 Hardly a hop, skip, and a jump away
44 Time when shadows are shortest
45 Petered out
50 Optimist's words
51 Follows surreptitiously
53 Brilliance
54 Dean Martin's "Amore"
56 Baker
57 Song for one
58 Insect that first appeared in the Jurassic era
59 Family docs
60 Sales agt.
61 Brand at a nail salon

SOLUTIONS TO GAMES/PUZZLES

TIMES SUDOKU
LOOP THE LOOP
TIMES HITORI

SCRAMBLE
Words: Hyper, dusty, gummy, furry
Answer: Art evokes the mystery without which the world would not exist - René Magritte

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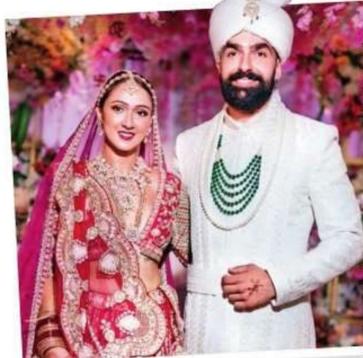
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I will keep shuttling between India and the US: Krissann Barretto



Krissann Barretto; (inset) with Nathan Karamchandani on their wedding day

Krissann Barretto had a court marriage in October last year with US-based avionics engineer Nathan Karamchandani. But she had her dream wedding only a few days ago. Talking about it, the actress says, "It's these ceremonies which made me feel like a bride. We had functions over three days from April 20 to 22. We had a white wedding, followed by a cocktail and then a traditional Indian wedding."



actress plans to keep shuttling between India and America. So, does she plan to quit acting? "No. I will be going to America for some time, but I will keep coming to India. I'm sure I can take up finite shows and web series which will allow me to manage my time between both countries."

The *Yeh Hai Aashiqui* and *Sasural Simar Ka* actress shares how the two met in 2022. "He is my childhood friend's cousin and that's how we got to know each other. Earlier, he was based in the UK and now he is in the US. We instantly hit it off and knew that we wanted to be together. It all feels so magical."

Last seen in the show *Pashmina - Dhaage Mohabbat Ke*, the

— Hasti Doshi



Karan Veer Mehra

Ups and downs in my personal life don't affect my work: Karan

A lot has changed in the television industry in the past few years. Karan Veer Mehra, who started his acting career in 2005 with the show *Remix*, says things have changed for the better. Even the fact that shows today have a shorter shelf life is not such a bad thing, he says. "Sometimes people get complacent when the art becomes a job. Shows are now short-lived and everyone is on the edge, which is fine because it pushes people to put in their best," he says.

He further adds, "With cut-throat competition in our industry today, we are all on our toes and I like this pressure."

Karan Veer, whose last show *Baatein Kuch Ankahee Si* ended in March, will now be seen in *Pukaar - Dil Se Dil Tak*, where he plays a positive character. Did he have any qualms about playing a father? He replies, "I am at an age where I am okay playing a father if it is a good role. What

You never know who is destined to come into your life and things might just change. I never close any doors...

matters is the character I play and the team."

On the personal front, Karan Veer went through a divorce last year with Nidhi Seth. Ask him if the lows in his life affect his work and he says, "Ups and downs in my personal life don't affect my work. Whenever I am on a set, I leave everything behind and focus on my character." Is he open to love again? "Never say never. I never close any doors... be it work, friendship or love," he says.

— Hasti Doshi

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Akhil Noronha, a data analyst at a tech giant, says, "Mumbai provides individuals a platform and the resources to excel in their careers."

CITY'S ALLURE

Mumbai's attractiveness with respect to jobs extends beyond traditional sectors like finance and IT to a diverse range of industries such as advertising, media, fashion, entertainment and more—ensuring that individuals with varied skill sets and interests find ample employment opportunities here.

The allure of films, draws aspiring actors, filmmakers, musicians, and technicians from all corners of India. Swapnil Paranje, a budding actor from Pune who studied acting in Mumbai, says about his expe-

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The city has always been a land of opportunities. People from across the country flock here to pursue their dreams alongside the promise of an aspirational lifestyle. Let's explore what makes Mumbai the city of dreams.

Where dreams take flight

The financial capital of India welcomes an influx of people who come here with big dreams and aspirations each year. We bring you some of their stories



ECONOMIC CAPITAL Mumbai serves as the pillar of India's economy, housing some of the country's most influential financial institutions, corporate giants, and thriving businesses. As the

financial capital of India, it hosts the Bombay Stock Exchange (BSE) and the National Stock Exchange (NSE).

It is considered to be one of the most prosperous cities in the state and contributes significantly to the nation's economy.

While regional film industries operate within their respective states, Mumbai stands out as the only destination in the country

where both regional and international films are shot. This diversity creates abundant opportunities for those pursuing a career in films. Also, being connected to numerous projects and industry professionals is a unique advantage that Mumbai offers."

Paranje adds that the presence of film studios across the city, not only benefits actors but also supports the entire

production ecosystem. They also provide easy access to open auditions—a rarity in other towns.

CONNECTING PEOPLE

In Mumbai, networking is not just a buzzword, it's a way of life. The city thrives on connections and offers opportunities to build relationships that can propel one's career.

According to Noronha, the collabo-

native spirit and entrepreneurial mindset nurtures a culture of networking, where individuals can exchange ideas, seek mentorship, and discover new career prospects.

ON THE GLOBAL MAP

Another appealing aspect is Mumbai's cosmopolitan nature and global exposure. "Multinational corporations, international

trade expos, and cultural events regularly take place here, providing job seekers with exposure to global trends, ideas, and opportunities. Here they can meet people, showcase their interests, and find the right platform to extend their careers beyond the country," says Neetu Iyer, a teacher and career counsellor.

Additionally, international brands and corporations often establish

their presence in Mumbai, providing professionals with opportunities to pursue career paths that offer global exposure, adds Iyer.

AGAINST ALL ODDS

Those new to Mumbai, must keep certain aspects in mind. "For newcomers, being prepared is key. Familiarise yourself with public transport, especially the suburban trains. Life

moves swiftly here, and keeping pace is essential to reach your career goals," advises Iyer.

According to Paranje, individuals who've recently moved to the metropolis may lose focus, feel disheartened and be tempted to give up. "But one must remember that Mumbai offers the best work opportunities in the whole country," he concludes.

Sherine.Raj @timesgroup.com

Mumbai is often referred to as the city that never sleeps, one that embraces you with open arms and invites you to be a part of it. Whether you're an outsider looking for a

MULTIPLE OPPORTUNITIES

Mumbai has long been hailed as the commer-

cial capital of India, offering a plethora of opportunities across various industries. "Whether it's Bollywood, tech startups, the media industry or corporate jobs, the city has something for everyone," shares Neetu Iyer, a teacher and career counsellor.

An ode to the maximum city

Amidst Mumbai's chaos and the everyday hustle, let's take a moment to pause and appreciate a few aspects of this megacity

EFFICIENT TRANSPORT

One of Mumbai's greatest assets is its efficient public transport sys-

tem which enables millions of commuters to navigate the city with ease. The iconic Mumbai local trains, fondly referred to as the lifeline of the city, ferry millions of passengers daily.

Kalpesh Rao, a marketing executive, reflects on the city's remarkable connectivity. He says, "Despite residing in far-flung areas like Badlapur and Khopoli, many individuals travel about 100 kms daily, for a nominal fare of around Rs 40 to 50. This unparalleled connectivity is the reason why Mumbai is what it is today."

Additionally, the public bus service and metro provide convenient and affordable transportation options for those travelling within the city. "Even though there is rush hour chaos, Mumbai's public transport system remains unmatched in



terms of affordability, speed, and connectivity," says Rao.

A SAFE HAVEN

A sense of security is paramount in any city, be it a metropolis or a small town. Whether it's patrolling the streets, managing traffic, or responding to emergencies, law and order is well maintained here. Mihika Hajela, a copywriter, at a growth marketing agency, while sharing her personal experience with safety in

Mumbai, says, "The law and order in the city is prompt and effective. Whenever I've faced issues, they have been resolved efficiently by the concerned authorities."

According to Hajela there is a constant sense of security one feels here, especially when travelling late at night. This sense of safety, especially for women, makes Mumbai stand out, compared to other towns and locales across the country.

national label or an Indian brand, it's all available here.

Rao opines, "The city's vast consumer base lures some of the best brands and the country's finest offerings in fashion, electronics, and lifestyle. Whether it's shopping for big brands at a mall or bargaining for trinkets at

a local flea market, it offers a retail therapy experience like no other."

Mumbai continues to inspire and captivate millions with its charm and unwavering spirit of possibility. It's a city that's always ready to help, makes you feel safe, and opens the door to a better life.

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Samantha did it. Will you redesign your wedding garment too?

Natasha Coutinho

Actress Samantha Ruth Prabhu has just transformed her wedding gown into a stunning black cocktail dress that she debuted at an award show, making a statement about the importance of sustainability in fashion.

Kresha Bajaj, the designer who did the original and the redesign, wrote on Instagram: "The tulle from the entire gown was dyed in nude and black. The nude tulle was fashioned into the corset using *resham* thread and new beads, while the boning remained from the previous design. The remaining black-dyed tulle was utilised to craft the structural skirt...the unused parts are being repurposed into something new!" We tell you how you can repurpose your wedding garment as well.



Samantha Ruth Prabhu on her wedding day; (right) she wore her repurposed gown at an award show recently

SUITS ACTOR GAVE HER WEDDING ENSEMBLE A SECOND LIFE

Suits actor Troian Bellisario repurposed the upper half of her wedding dress. She traded her top with three-quarter sheer sleeves for a pink fabric cross-pattern top with spaghetti straps accompanied with the same skirt she wore for her D-day.

Troian Bellisario flaunts her reworked top from the wedding dress; (right) the original



Repurposing the wedding gown is a big trend at the moment. Brides realise that storing the wedding outfit that can't be used again is a waste

- Ashley Rebello, fashion designer

When Sam and I spoke about what we can do for sustainability, we decided that it's such a beautiful opportunity to redesign her wedding gown into something that's more wearable today

-Kresha Bajaj, fashion designer

TIPS FOR REPURPOSING YOUR WEDDING ENSEMBLE

- For white weddings, opt for a fitted or knee-length dress, allowing for transformation later
- You can dye the white gown rose gold, giving it a brand new look
- For wedding saris, pair the blouse with a simpler sari. A *dupatta* can be used with various outfits
- Though wedding *lehengas* are typically heavy, you can convert them too, for instance, into a tube dress
- Christian brides can repurpose their veils into dresses for their child's christening ceremony

(Inputs from Ashley Rebello)

-Inputs from Dnyaneshwari Burghate

VOICES



I took four years off of Instagram and I let my team post for me. I felt like it was the most rewarding gift I gave myself. I was more present. I was happier. It's more human. I think it's important to take breaks

- Selena Gomez, who has a staggering 428 million users on Instagram, at the 2024 TIME 100 Summit

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THERE'S NO JAZZ WITHOUT SOUL: BRAZ & LOUIZ

Today, jazz artistes have opportunities we didn't have, says Braz Gonsalves

Social media is helping youngsters to explore jazz, says Louiz Banks

Anna Fernandes
The golden age of Indian jazz, the 1950s, is a period that jazz musician Braz Gonsalves remembers vividly. "Back then, I was touring all around the country playing for a circus and picked up jazz in places like Delhi and Calcutta," he recalls on the occasion of International Jazz Day (April 30).
"Calcutta was the main hub for jazz then. The famous Park Street had jazz music being played on both sides of the street. During those days, a lot of musicians from around the world would come to Calcutta, to perform," he says, adding, "Those were good days for jazz." The saxophonist, fondly known as the 'grandfather' of Indian jazz, tells us that "the newer lot is now getting back into the genre, and that's really good to see."
Braz tells us, "Today, there is a good number of musicians playing jazz. They also have opportunities we didn't have, like going abroad to study music. There are even girls playing jazz all over India - we didn't see much of that in our time. The future of jazz is safe in their hands."



Braz Gonsalves, during his hey day, would play two saxophones simultaneously - tenor and soprano



THROWBACK: Back in the 1970s, Braz Gonsalves and Louiz Banks created waves together as part of the Louiz Banks Brotherhood

Jazz musician Louiz Banks has witnessed the many iterations and adaptations of the genre in India. And his belief in its enduring legacy is clear: "As long as there are some serious listeners who love jazz intensely, jazz will continue to swing."
"Today, it's great that there are so many genres of music styles, but jazz will continue to regale listeners with its amazing adaptability to all styles of music," says the pianist, who also called the 'godfather' of Indian jazz.



Louiz Banks and Braz Gonsalves pictured with Dizzy Gillespie. Louiz says, "This was one of the biggest moments of my life when I toured India performing with jazz legend Dizzy Gillespie"

'The beauty of jazz is that it's universal'

"Indians still think that jazz is American music - that it's alien. That is wrong. Once we accept the adaptability of jazz, we will see the immense possibility of extending our own music into realms of universality... and at the same time retain our own individuality and expression," says Louiz.

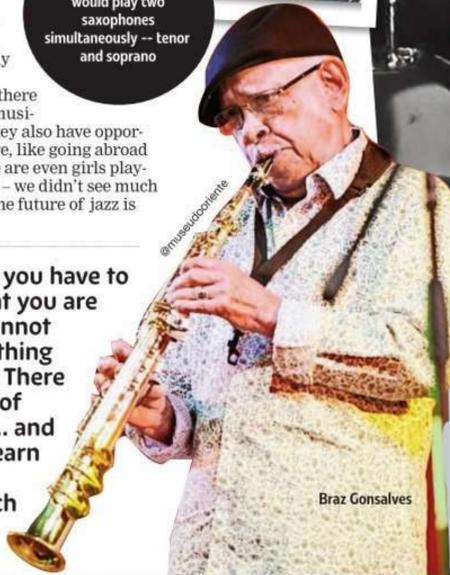
Louiz shares, "The younger generation should listen to jazz themselves and start talking about it, attending jazz concerts, and do interviews with jazz musicians... this will help the jazz tribe grow and flourish! Jazz is a genre discussed by musicians every single day, and social media can spread this message about jazz."

"Now, jazz is in the hands of the young. Once they start listening to jazz in all its colours, they will get hooked. Once they see the possibility of taking their own music forward through jazz styling and improvisation they will see the light. Then jazz is in safe hands," he says.



Louiz Banks

With jazz, you have to know what you are playing. You cannot just play something and call it jazz. There are thousands of scales, chords... and you've got to learn which scales work with which chords
—Braz Gonsalves



Braz Gonsalves

'Jazz is all about improvisation'

"Jazz should be appreciated for its own unique qualities, and should not be blurred with other genres. Indian classical music is more structured and rule-bound. Jazz, on the other hand, is all about improvisation and soul," says Braz.

'I've evolved along with the evolution of jazz'

"Every decade since its inception, jazz has adapted to the music prevalent at the time. My adaptations went from very strict swing jazz to jazz fusion styles; this shows the freedom of expression in jazz. For me, this makes jazz the greatest music on earth," says Louiz.

Now, jazz is in the hands of the young. Once they start listening to jazz in all its colours, they will get hooked
— Louiz Banks

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THEME: REIMAGINE YOUR CITY THROUGH ART
SCAN TO SUBMIT

Here are ways to beat the scorching heat in Mumbai



CONTINUED FROM P 1

Summer workout: 101

- Exercise early in the morning or late evening, when it's cooler
- Drink plenty of water before, during, and after workout to prevent dehydration.
- Wear light, breathable, and moisture-wicking fabrics while working out
- Take breaks and avoid pushing yourself too hard in extreme weather
- Start with shorter workouts and consider modifying your workout to swimming, yoga, or indoor exercises

Things to remember

- Look out for signs of dehydration - thirst, drying of lips, skin, dark-coloured urine
- Limit exposure to direct sunlight, particularly between 10 am and 4 pm
- Be aware of the symptoms of heat exhaustion and heatstroke - excessive sweating, nausea, dizziness, rapid heartbeat, confusion
- If your work keeps you outdoors, place a wet cloth on your neck to help cool the body temperature

People are catching cough and cold due to extreme dry weather. There are more allergic reactions. Severe dehydration can lead to viral infections, affect kidneys and cause arrhythmia

— Dr Devi Prasad Hegde, senior consultant, dept of internal medicine, Kauvery Hospital

Eye-care

- Get sunglasses that block UVA, UVB rays
- Use polarised lenses
- Use lubricating eye drops to reduce dryness and irritation
- Avoid rubbing or scratching your eyes
- Reduce your screen time

Pics: iStock



Dry weather, air conditioning, swimming - all contribute to eye issues. Eye allergies are frequent too. Consult a doctor in case of redness or discharge

— Dr Aditya Kelkar, medical director and eye surgeon, NIO

Sunscreen is mandatory. Consult a doctor if you're using certain active ingredients. Tweak skin and hair care routine based on how your skin reacts to seasonal changes

— Dr Karishma Awari, aesthetic skin specialist

Regular exercise is vital for maintaining fitness levels, improving mood and enhancing overall health. Exercise safely, adjust the intensity and duration of your workouts according to the weather

— Sandeep Das, founder-CEO of a fitness studio

Opt for comfortable and breezy clothing. Wear lilacs, salmon pinks, shades of blue, and a dash of yellow for some freshness in your outfit. Interesting prints can add a fun vibe too

— Sayali Angachekar, stylist & costume designer



Cover your head while stepping outdoors

Summer-friendly fashion

- Opt for cotton, linen or jute fabrics
- Wear light colours like white or pastels
- Let your body breathe with loose garments and open-toe sandals
- Layer up, just in case of sudden rain
- Wear long-sleeved shirts, full pants, caps, scarves, bandanas when you are out in the sun for extra protection



Skin and hair care

- Broad-spectrum with SPF 50 or higher, even on cloudy days should be your holy grail
- Moisturise your skin to prevent dryness, irritation or excess oil production
- Give your hair some extra love with a leave-in conditioner or hair oil
- Flat irons, curling irons, blow dryers aid more dryness during summertime. Avoid them
- Avoid tightly tying your hair in ponytails, braids, and buns. It causes breakage
- If you have coloured your hair, avoid prolonged exposure to sun

Heading to vote, or to watch a match at the stadium?

- Step out to cast your vote before peak heat hours
- Carry a bottle of water and an umbrella
- Seek immediate medical attention if feeling unwell
- Rehydrate with ORS, in case of dehydration
- Wear light-coloured clothing in breathable fabrics
- Wear a cap, sunglasses and tie your hair
- Avoid makeup and jewellery to prevent skin irritation



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Designed by Rinki Roy Bhattacharya
Directed by Ramesh Talwar
Cast: Anam Pandey, Vikas Rawat, Niraj Pandey, Ankita Pandey & others

TODAY 5 PM
बड़दे ने मारी Century
Adapted from the rib-ticking comedy Bancharamer Bagan
Written by Manoj Mitra
Adapted by Santwana Nigam
Set Design by M S Sathyu
Directed by Masood Akhtar
Cast: Masood Akhtar, Niraj Pandey, Vikas Rawat, Om Prakash Sharma, Shivkant Lakhnani, Nisha Gupta, Prithvi Keshri & others.

TODAY 9 PM
Shairanj ke mohre
Writer: PL Deshpande
Sets: MS Sathyu
Music: Kuldeep Singh
Direction: Ramesh Talwar
Cast: Aanjjan Srivastav, Rakesh Bedi, Avtar Gill, Barni Thapar, Ramesh Rajhans, Niraj Pandey, Ridhima Bedi, Ranjana Aarjan, Prithvi Keshri

TOM. 2ND MAY 5 PM
A Cute Committed Comedy
BIWI O BIWI
Written & Directed by Rakesh Bedi
Music by Kuldeep Singh
Cast: Rakesh Bedi, Avtar Gill, Sulabha Arya, Rajan Kapoor, Rashmi Sharma, Ridhima Bedi, Rupali Suri, Prashant Padale

TOM. 2ND MAY 9 PM
TAJMAHAL KA TENDER
Writer: Ajay Shukla
Music: Kuldeep Singh
Direction: Salim Arif
Cast: Rakesh Bedi, Avtar Gill, Om Prakash Sharma, Rajan Kapoor, Manju Sharma, Akbar Khan, Poonam Jha, Vikas Rawat, Prashant Padale and others.

Pics: iStock



MASALA CHAI, TARO: A FLAVOURFUL BURST FOR YOUR BUBBLE TEA

Bubble tea comes in flavours like classic milk, various fruits, taro, matcha and modern cheese foam

Bubble tea, a tantalising concoction that originated in Taiwan during the early 1980s, has evolved into a global sensation cherished for its delightful blend of flavours and textures. Originally crafted in the tea shops of Taichung, it combines brewed tea, milk, and chewy tapioca pearls, with options for customisations. "Unique flavours worth trying include taro, honeydew, matcha, lychee, and avocado. For those seeking a more adventurous twist, consider adding toppings like grass jelly, aloe vera, or popping boba for an extra layer of texture and flavour," says Amandeep Singh, executive sous chef at a luxury hotel.

— Compiled by Aditi Pancholi

Pairings for your bubble tea

- A classic milk tea with pearls goes well with a plate of steaming hot dumplings
- A matcha bubble tea pairs beautifully with a slice of light and fluffy Japanese cheesecake
- Masala chai bubble tea can be a great accompaniment to *kathi* rolls or *paneer tikka*
- Mango bubble tea goes wonderfully with traditional sweets such as mango *lassi* or *ras malai*, doubling down on the mango flavours
- Taro bubble tea pairs nicely with *aloo tikki* or vegetable cutlets
- Lychee bubble tea can be refreshing with spicier fare, such as a spicy *chaat*, cooling the palate between bites



HOW TO MAKE BUBBLE TEA AT HOME

- INGREDIENTS**
- **Tea Base:** Black or green tea
 - **Milk:** Dairy or non-dairy
 - **options:** Tapioca pearls
 - **Sweetener:** Sugar syrup or honey
 - **Ice:** Optional

METHOD

- Start by boiling tapioca pearls in a pot of water until they float, then continue cooking for 15-30 minutes before letting them steep off the heat, covered, for another 20-30 minutes. Drain, rinse, and soak the pearls in simple syrup.
- Separately, steep 1 to 1.5 tsp of black or green tea per cup of water for 3-5 minutes, then cool to room temperature.
- In a tall glass, combine the prepared pearls, and brewed tea, and add milk and sweetener to taste. Add ice if desired, stir well, and serve with a wide straw.
- Adjust flavours and toppings like fruit purees or jelly cubes for variation.



Mihara Keigo of Japan set the record for the largest cup of bubble tea in 2018, measuring 680 litres, in Taipei, Taiwan. It contained 170 litres of tapioca balls, and 40.8 litres of milk powder.



Galeana is in good health after spending several days in a box; (right) the cat's missing poster was circulated by the owners

Missing cat found in a returned package

A family in the US got their pet cat back after she was mistakenly mailed to California in a returned package. Galeana, the cat, went missing from her home in Utah this month. After a week, an Amazon worker found her in one

of the family's returned packages. Despite not having food or water, Galeana was healthy. The worker rescued her from the box, which had work boots, and took her to the vet before returning her back to her owners.



Pee stain design jeans sell for ₹50K



The 'pee stain' jeans on the runway

A British-Italian brand is selling jeans with what looks like a pee stain for about ₹50,000. These special denims, called Stain Stonewash Jeans, are designed by designers Luca Marchetto and Jordan Bowen. They showcased the jeans in their first-ever runway show for the fall/winter 2023 collection.

The jeans feature a dark stain in the groin area that gives the impression of urine. The original jeans are priced at \$811 (approximately ₹67,600), while the lighter wash, currently sold out, has a price tag of \$608 (approximately ₹50,000).

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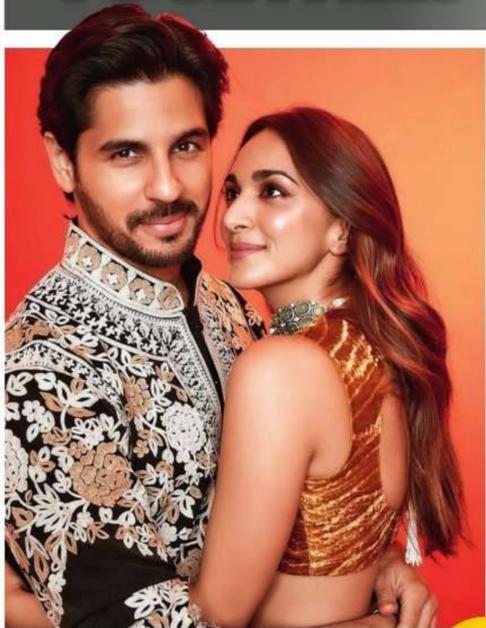


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'KIARA AND I ARE INTERESTED IN WORKING TOGETHER'



SIDHARTH MALHOTRA

Sidharth Malhotra and Kiara Advani, who tied the knot in February 2023, were last seen together in *SherShaah*

CONTINUED FROM PAGE 1

'ONE CAN'T PREDICT WHAT IS GOING TO HAPPEN ON THE RELEASE DAY'

Ask Sidharth how he is processing the underperformance of *Yodha* and he replies, "There is nothing to process. It starts with putting out a quality product. Whenever I am a part of a film, I want to be sure that it is a product I am proud of. I ask myself, do you bring quality to it? Is there a narrative? Is there storytelling? Is this something new that you are portraying and putting out? And for me, *Yodha* ticked all those boxes. The other aspect (the business), we don't have any control over it. We've had the best of the best in the business for over 30 plus years who still can't predict what's going to happen on that Friday. So, I'm just one of them and I am happy that we have a quality product - whether it's the action, the tonality or the music." Does the failure of a film lead to self-doubt? "It's 10 years too late now for self-doubt to kick in. I have been here for more than a decade, and I think this (ups and downs) is part of the process. There are many other factors that one doesn't have control over," he explains.

'KIARA AND I NEED TO PICK THE CORRECT SCRIPT WHERE BOTH OF US JUSTIFY OUR ROLES'

Sidharth is not in a rush to announce his next. "There are a lot of projects (in the pipeline), which one will be first is the ques-

tion," he says, adding, "We're now getting the creators in place. I like to be more prepped which requires time. I think it's better to take your time than to rush into stuff." Last year, the actor had confirmed a rom-com with his wife, Kiara Advani. He shares, "We are very interested in working together. We need to pick the correct script where both of us justify our roles. Also, the audience will get to see us after *SherShaah*, for which we got a lot of love. It is about getting the correct elements in place."

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Keep tabs on you favourite stars with **bombaytimes**

To me, these boys are like my own sons: SRK



In a video shared by the KKR team on social media, Shah Rukh Khan is seen speaking about the horrifying accident that Rishabh Pant was involved in. "I saw that video (of Pant's car). It was horrifying! Because we didn't know then, what was the result of that accident. So, you get the worst feelings. To me, these boys are like my own sons. I have youngsters in my team as well. I hoped he wasn't injured badly," Shah Rukh said in the interaction.

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