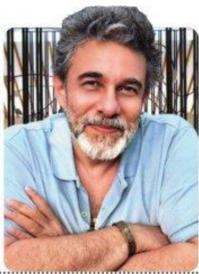


**CAPITAL BUZZ**  
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P4



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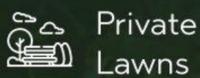
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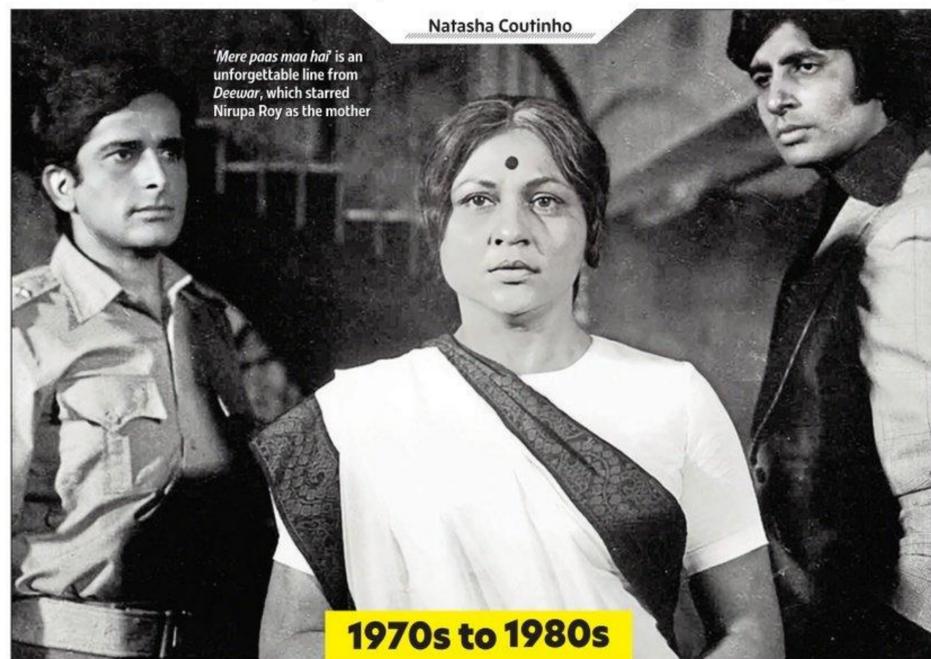


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# WHAT ON-SCREEN MOMS WANT TELLS US ABOUT THEIR JOURNEY IN POP CULTURE

The Bollywood mother has gone from being a long-suffering supporting entity to a fleshed-out character in our films. Her journey shows how views on motherhood have changed



Natasha Coutinho

'Mere paas maa hai' is an unforgettable line from Deewar, which starred Nirupa Roy as the mother

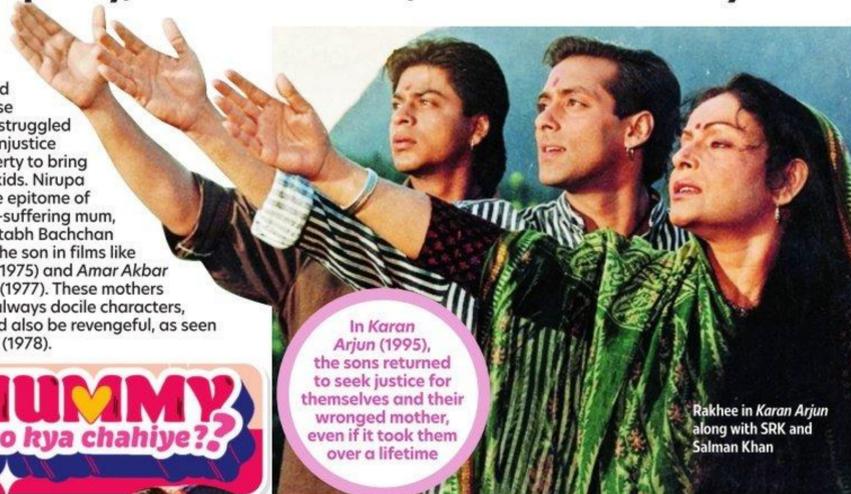
## 1970s to 1980s

### Nirupa Roy, Waheeda Rehman, Rakhee: Want social justice

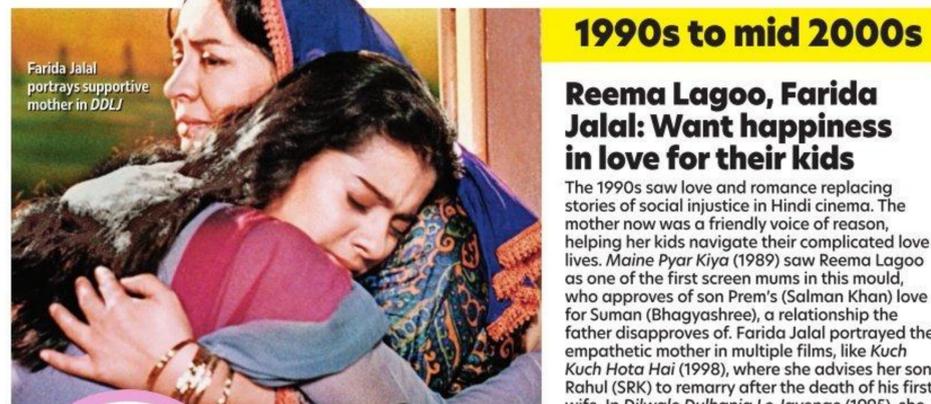
Seen through the 1970s and '80s, these mothers struggled against injustice and poverty to bring up their kids. Nirupa Roy is the epitome of this long-suffering mum, with Amitabh Bachchan playing the son in films like Deewar (1975) and Amar Akbar Anthony (1977). These mothers weren't always docile characters, and could also be revengeful, as seen in Trishul (1978).



In Karan Arjun (1995), the sons returned to seek justice for themselves and their wronged mother, even if it took them over a lifetime



Rakhee in Karan Arjun along with SRK and Salman Khan



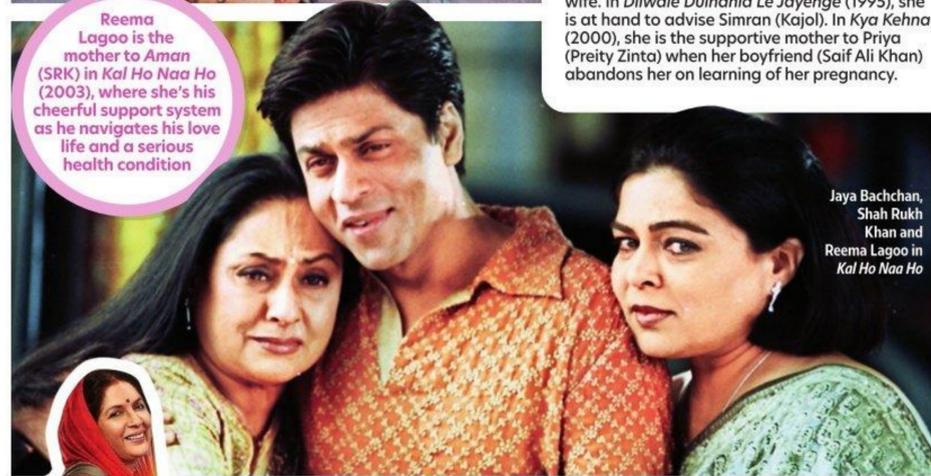
Farida Jalal portrays supportive mother in DDLJ

## 1990s to mid 2000s

### Reema Lagoo, Farida Jalal: Want happiness in love for their kids

The 1990s saw love and romance replacing stories of social injustice in Hindi cinema. The mother now was a friendly voice of reason, helping her kids navigate their complicated love lives. Maine Pyar Kiya (1989) saw Reema Lagoo as one of the first screen mums in this mould, who approves of son Prem's (Salman Khan) love for Suman (Bhagyashree), a relationship the father disapproves of. Farida Jalal portrayed the empathetic mother in multiple films, like Kuch Kuch Hota Hai (1998), where she advises her son Rahul (SRK) to remarry after the death of his first wife. In Dilwale Dulhania Le Jayenge (1995), she is at hand to advise Simran (Kajol). In Kya Kehna (2000), she is the supportive mother to Priya (Preity Zinta) when her boyfriend (Saif Ali Khan) abandons her on learning of her pregnancy.

Reema Lagoo is the mother to Aman (SRK) in Kal Ho Naa Ho (2003), where she's his cheerful support system as he navigates his love life and a serious health condition



Jaya Bachchan, Shah Rukh Khan and Reema Lagoo in Kal Ho Naa Ho



Neena Gupta portrays a middle-aged pregnant mum in Badhaai Ho

## Mid 2000s onwards

### Neena Gupta, Sridevi, Shefali Shah: Want respect, equality

This is the time when the Bollywood screen mum wants understanding, respect and equality as she grapples with modern-day problems and careers. Neena Gupta has excelled in such roles - in Badhaai Ho, she's a middle-aged woman embracing pregnancy; while in Shubh Mangal Zyada Saavdhan, she's a mother coming to terms with her son's homosexuality. In Darlings (2022), Shefali Shah is a mother who encourages her daughter to walk out on her abusive husband.

In English Vinglish, Sridevi's character (right) learns English in a transformational journey of self-respect



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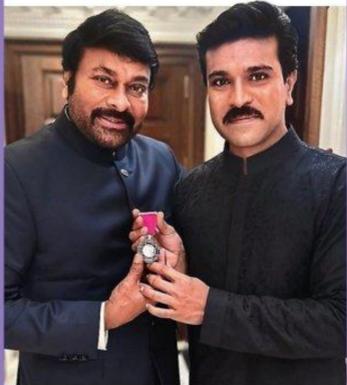


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## #PadmaVibhushan: Vyjayanthimala and Chiranjeevi honoured in Delhi



Veteran actors Vyjayanthimala and Chiranjeevi were honoured with the Padma Vibhushan, the second highest civilian honour awarded for exceptional and distinguished service, on Thursday. President Droupadi Murmu presented the awards at a ceremony held at the Rashtrapati Bhavan. Vyjayanthimala, who ruled the Indian screens from 1950s and 1960s, had been honoured with the Padma Shri in 1968



Celebrating his father Chiranjeevi's Padma honour, Ram Charan wrote on Instagram, "Congratulations dad. So proud of you"

## Andy Serkis to star in & direct new LOTR film

Andy Serkis and filmmaker Peter Jackson are working on a new *Lord Of The Rings* (LOTR) film, titled *The Hunt for Gollum*, due to release in 2026.

Serkis, who had brought alive on screen the lanky Hobbit-like creature from JRR Tolkien's fantasy novel, will direct the new movie. Taking to Instagram, he shared a selfie with a Gollum toy and captioned the image: 'We is baaaaak, Precious! (sic)'. Peter Jackson's live action trilogy was released between 2001 and 2003, winning 17 Academy Awards, including Best Picture for the final instalment *The Lord of the Rings: Return of the King*.



Andy Serkis shared the news on Instagram

Agencies

## ALL THAT BREATHES & WHILE WE WATCHED WIN PEABODY AWARD

'Peabody Award always has this texture of integrity, respect, and rigor stapled to it, and that's why I'm so thrilled to be receiving it'

- Shaunak Sen, director of *All That Breathes*

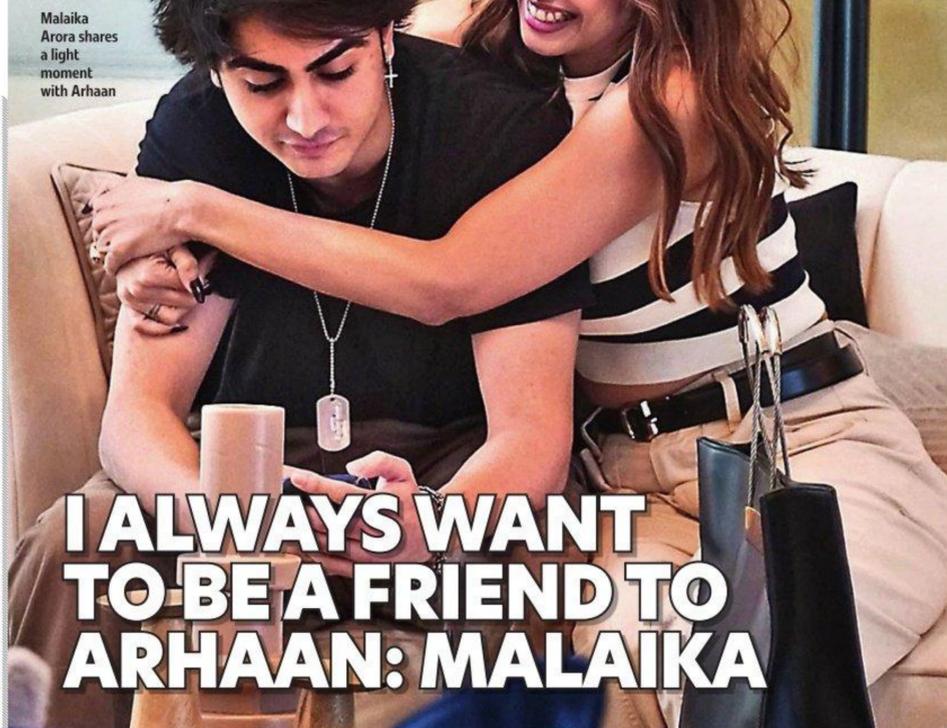


'This award is a big validation for all those people who are not part of the mainstream culture in India'

- Vinay Shukla, director of *While We Watched*

Peabody Awards, one of the oldest electronic media awards in the US, honours impactful stories in all of television, radio, and online media

P6



Malaika Arora shares a light moment with Arhaan

## I ALWAYS WANT TO BE A FRIEND TO ARHAAN: MALAIKA

Onkar Kulkarni

Malaika Arora has always been a hands-on mom, her bond with her son Arhaan is such that they can openly share their thoughts and talk about anything under the sun. Malaika believes that encouraging free dialogue helps create a safe environment for a child. The exchange of views and banter that the two shared on Arhaan's podcast recently, gave us a glimpse of the relationship this *maa-beta* have.

"The bond that a mother shares with her child is the most precious one. Every mother and her child have a different bond," she says.

CONTINUED ON P 2

When my friends come home to hang out, they say, 'Watching Arhaan and you together is like watching a comedy show'. We are mostly cracking jokes and pulling each other's legs. My friends tell me they would buy tickets to come and watch this comedy show!

Delhi Times

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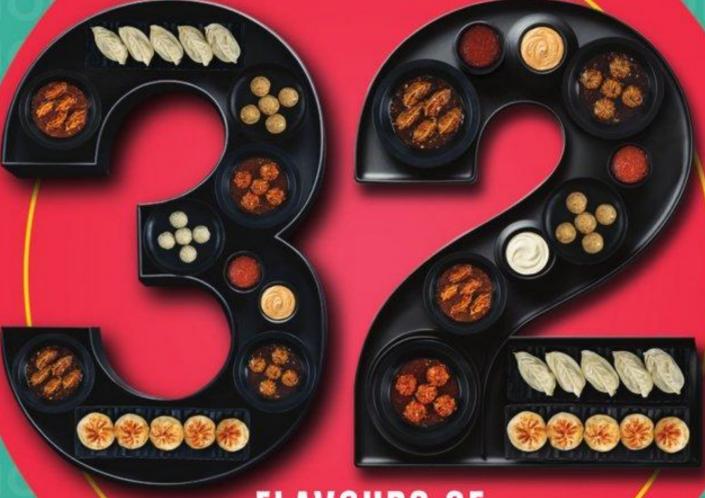


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# We need to create a safe space for kids to share their feelings: Malaika



Arhaan Khan and Malaika Arora in a candid frame. Malaika says, "Open dialogue with your kids is very important to know what is going on in their life... You should never push them to open up if they are not ready"

CONTINUED FROM **1**

Malaika adds, "While some mothers are like friends and advisors, there are a few moms who are just too strict with their children. What I want as a mom is always to be a friend to him first. It's nicer that way because he can always confide in me."

Malaika says that their equation is such that her friends enjoy seeing the two of them together at home. "When my friends come home to hang out, they say, 'Watching Arhaan and you together is like watching a comedy show. We are mostly cracking jokes and pulling each other's leg. My friends tell me they would buy tickets to come and watch this comedy show,'" shares Malaika.

Malaika strongly believes that parents should encourage kids to open up and share their feelings fearlessly, so that they can build a stronger bond of friendship. She explains, "Open dialogue with your kids is very important to know what is going on in their life. We need to create a safe space for them to come and tell you whatever it may be; at the same time, you should never push them to open up if they are not ready. You should have that safe space where they can come up to you and share just about anything. I think it is important in this day and age to know what is going on in your kids' life because they are exposed to so much that I would rather know than be in the dark."



**Every mother and child has a different bond. While some mothers are like friends and advisors, there are a few moms who are just too strict with their children. With Arhaan, I have always felt I should be a friend first. It's nicer that way because he can always confide in me**



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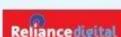
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# TWO INDIAN DOCUS WIN THE PRESTIGIOUS PEABODY AWARD

The Peabody Awards, which honour the most powerful stories across mediums, has announced its 2024 winners. Among the documentary winners are two Indian projects - Shaunak Sen's *All That Breathes* and Vinay Shukla's *While We Watched*

Niharika Lal

**The award is a validation for those of us who are not part of the mainstream culture in India - that our voice is important too: Vinay Shukla**

Vinay Shukla, director of *While We Watched*, says, "This award is a big validation for all those people who are not part of the mainstream culture in India right now - not just in politics but also in films. Sometimes, I feel that the films coming out of India don't represent me. So, I have made a film that is representative of where I'm at and where my heart is. For that film to receive this kind of honour is a validation for me and for everybody who identifies with this kind of film. This film is an act of protest; it is an act of disagreement with the larger pop culture in our country. So, when a film like this wins, it is a validation for all of us that we exist and our voice is important too."

**'I VALUE THE CRAFT THAT JOURNALISTS PUT INTO THEIR WORK EVERY DAY'**  
The film revolves around journalist Ravish Kumar. Vinay says he wanted to make a film that helps people understand the deep

crisis that journalists are facing. "I value the craft and love that journalists put into their work every day. When I watch the news, it is supposed to give me information that will make my life better. Having seen a newsroom up close, I know that it's a lot of hard work. I really wanted to make a film that tells people how hard the lives of journalists are in today's time. Very often, we see trolling on Twitter and other places which completely dehumanises journalists. I really wanted to make a film that helps people understand the deep crisis that journalists are facing in the newsroom. There is economic pressure, there is societal erosion about the integrity of their profession, and there are pressures within the family."

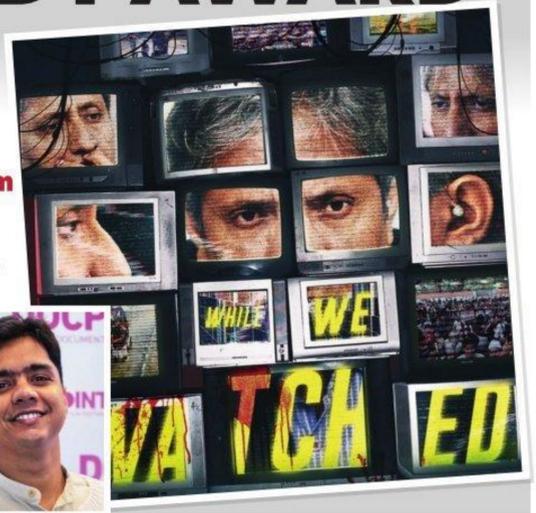
He adds, "Across the world, we're all facing a time of great disillusionment in the sense that there is a great distrust of the media, and people are divided. But almost everyone agrees that the current decimation of the news and the systems around news is not correct. Whoever is watching the film is also understanding the annihilation around the systems of the news. There is no doubt about that."

**'GRATEFUL TO THE COMMUNITY WHICH HAS STOOD ALONGSIDE THE FILM'**  
Vinay says that he had to do very little in terms

of promoting the film. "People saw the film and they really championed it. I had to do very little in terms of promoting the film. The film sort of had its own path. I'm very grateful to the community which has stood alongside the film."

**'THE FILM IS A MEDITATION ON MANY DIFFERENT THEMES - ESPECIALLY ADULT LONELINESS'**

The film also questions 'when you find yourself all alone, whom do you listen to?' Vinay says, "Pursuing something you believe in as an adult can be lonely. You decide your career in your 20s, and then you're pursuing it in your 40s and 50s, which is a very different phase in life. So the film is a meditation on many different themes - especially adult loneliness, which has really stuck with me."



**It was a bumper year for India-connected non-fiction: Shaunak Sen**



Shaunak Sen, the director of *All That Breathes*, says, "This is one of the oldest, most venerated, and beloved awards for media in the US. I'm especially thrilled with the current crop of shows, documentaries, and films, as well as podcasts (winners), because many of them are works I genuinely follow and adore. I'm also thrilled because this has been a bumper year for India-connected non-fiction; three India-connected films were nominated, and two have won, which I imagine is a rather uncommon phenomenon. Also, I suspect that this will possibly be the last public award for *All That Breathes*. I can't foresee anything else on the horizon, so it feels really lovely to have this as our final award. The Peabody Award always has this texture of integrity, respect, and rigor stapled to it, and that's why I'm so thrilled to be receiving it, especially with another Indian film."

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# Rest, relax: Plan a guilt-free momcation

Shikha Shah

Moms are often so busy multitasking that they forget to prioritise their wellbeing. "Moms need to break the monotony of day-to-day life with solo trips," says psychotherapist Dr Seema Hingorany. These trips are a great way to indulge in some self-love and beat the stress.

Our trips for moms cater to their diverse interests while offering comfort, safety and rejuvenation - Daniel D'souza, president and country head of a leading travel chain



## TOP DESTINATIONS

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Scandinavia  
Bhutan  
Mauritius

### INDIA

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Uttarakhand  
Coorg  
Goa  
Puducherry  
Kutch  
- As per experts

Shalini KJ, a travel entrepreneur, says, "Momcations offer a guilt-free timeout to rejuvenate and indulge oneself"

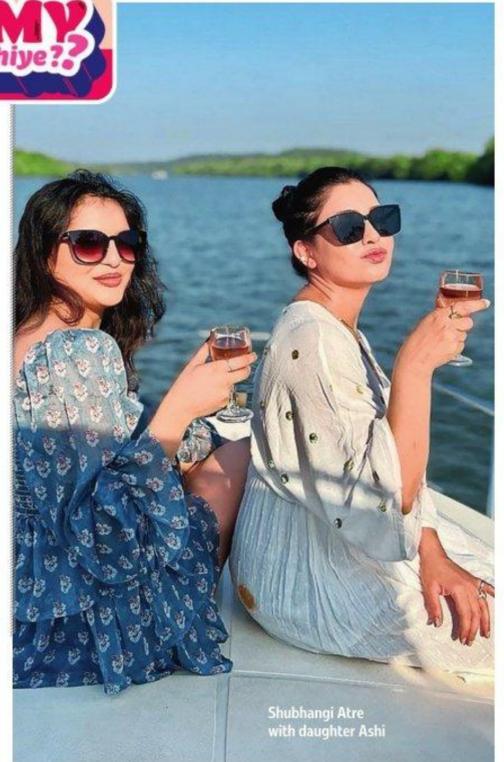
## 'Moms can have meaningful experiences while travelling'

As per experts, there is a significant increase in women seeking experiences that speak to their interests. "We offer diverse momcation experiences, including exploring cities on a scooty or a bike tour or ziplining through rainforests," says Rajeev Kale - President and Country head of a travel chain. Hotels and tour operators are curating packages which allow women to take a break and interact with fellow moms.

## 'Important for a mom's mental and physical wellbeing'

"Mothers have always felt guilty for taking a break, but this is gradually changing. This is not only beneficial for a mother's mental and physical health, but also for children as they learn to become independent," says psychotherapist Dr Seema Hingorany. "Taking time for ourselves is a step towards personal growth. My momcation allowed me to step out of my comfort zone, spend quality time with myself, and embrace the beauty of solo exploration," says Ashna Monga, a furniture makeover artist and mother of one who recently took a momcation to London and Bath.

# I want my daughter to live life on her own terms: Shubhangi



Shubhangi Atre with daughter Ashi

Richa Shukla

For Shubhangi Atre, who is mom to an 18-year-old daughter, every day is a celebration of their magical bond. The *Bhabiji Ghar Par Hai* actress says, "I was 22 when Ashi was born, so we sort of grew up together. Due to my hectic shooting schedules, I could not enjoy her childhood like other moms and had to spend long working hours away from home. Ashi is the most precious person in my life. She is my biggest supporter, critic, travel buddy - my every-

thing. She is my stylist and designer too, she gives me fashion tips." The actress says she misses Ashi a lot. Ashi is currently doing astrophysics in the US. "She's living by herself and has become so independent and responsible." As a mom, what does Shubhangi want? She says, "I lived my life on my own terms and don't want anything for myself. I want Ashi to take her decisions and live her life. I want her to live her dreams and do what makes her happy. She deserves the best."

I was 22 when Ashi was born, so we sort of grew up together. Due to my hectic shooting schedules, I could not enjoy her childhood like other moms and had to spend long working hours away from home

- Shubhangi Atre

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NEHA DHUPIA celebrates her sixth wedding anniversary with hubby **ANGAD BEDI** and shares cute moments with their babies **MEHER** and **GURIQ**

## Bizarre

### Mageiropophobia is an irrational fear of cooking

Mageiropophobia is a rather peculiar phobia that refers to an exaggerated and irrational fear of cooking. This is often accompanied by a fear of doing something wrong. People fear cooking mistakes that could be embarrassing or harm someone else so they might go out of the way to avoid cooking or the thought of it.

# Bigg Boss 16 fame Abdu Rozik all set to get married on July 7



I never imagined in my life that I would be so lucky to find a love who respects me and is not burdened by the obstacles in my life

Social media star and a *Bigg Boss* 16 contestant, **Abdu Rozik**, took to Instagram to announce that has found the love of his life and is all set to tie the knot on July 7.

In the video, the 20-year-old was seen seated on a couch, wearing a crisp, black and white tuxedo. He wrote in the caption, "I never imagined in my life that I would be so lucky to find a love who respects me

and is not burdened by the obstacles in my life, 7th of July save the date !! I cannot express to you in words how happy I am #love #marriage #engagement #life #wedding #romance #lifepartner #engaged (sic)."

In the video, he adds, "I am too excited and don't know how to say this..." According to news reports, the Tajikistan singer is getting married to a 19-year-old girl.

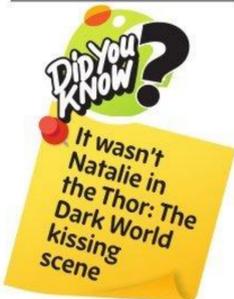
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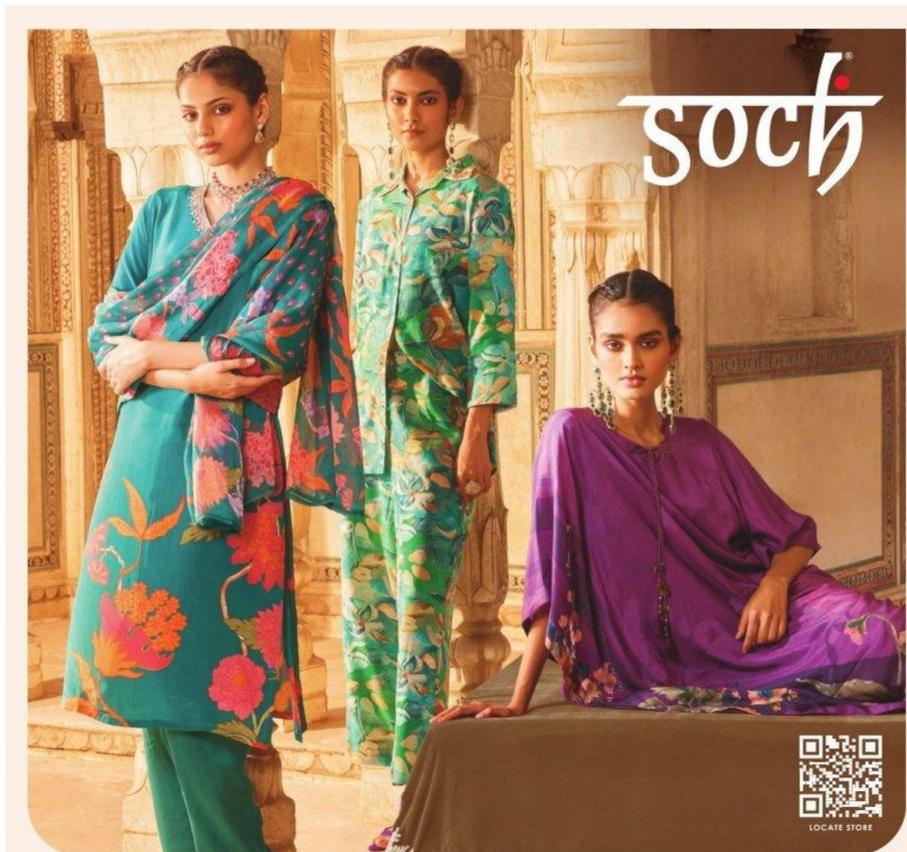


According to Natalie Portman, her kiss with Chris Hemsworth at the end of *Thor: The Dark World* was so steamy because she wasn't in it. As she couldn't make it to the re-shoot, the makers used Chris's wife Elsa Pataky in her wig and costume.

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# Must-visit restaurants & bars in the capital



Want to chill with friends and family this summer? If you're looking to try some new – or classic – places, here are a few options that can be considered

## Jungle experience at Ophelia

Adding vibrant vibes to enhance the dining experiences of its guests, Ophelia has been revamped and relaunched. Their management team says, "One can enjoy the wildness of Africa and an immersive experience of the lush green forests. Now, even our bar looks more welcoming with jungle-themed decorations."

The place offers outdoor seating and a dining menu, which is complemented by its well-stocked drinks and cocktails. The restaurant caters to global cuisine and serves continental food with a modern twist. **Address:** Hotel Ashok, 50-B, Diplomatic Enclave, Chanakyapuri **Contact:** 073035 17007



## An alchemy of flavours at Qavalli

Offering a combination of taste and tradition, Qavalli weaves a melody of cuisine that takes you on a journey of culinary delight. The brand's management team says, "We do not merely serve food; we create a *dawat* for our guests. Our dishes have flavour and heritage entwined." Some of their must-have dishes are *lababdar malai kofta*, *daal-e-khaas*, and *danedar ghost korma*.

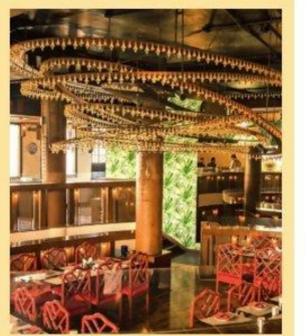
**Address:** Lower ground floor, Worldmark 1, Aerocity **Contact:** 7290002916 and 7290002918 **Meal for two:** ₹2000



## Asian fare at Berco's

Offering a pan-Asian spread, Berco's is one of the go-to places among foodies. The brand's management team says, "Our award-winning Chinese chain has 50 outlets nationwide. Our menu offers a taste of authentic Chinese cuisine blended with modern innovations."

If you love Asian cuisine, then keep an eye out for their Thai and Vietnamese Food Festival. Their latest additions include soft and



savoury bao's, Korean fried chicken, ramen, and khao suey.

The team adds, "Don't miss out on the newly introduced Summer Mocktail menu, featuring popular bubble teas and a variety of refreshing drinks. Whether it's a casual meal or a special occasion, our team promises a memorable dining adventure for every guest. Our outlets are at multiple locations." **Contact:** 9560040271 **Timings:** 11.30am to 11.30pm



## Get chic at Chica

Located in south Delhi, Chica offers a sophisticated setting where elegance meets modernity. The brand's management team says, "Our outlet has a stylish and luxurious design. Here, we serve global dishes that represent our innovative fusion cuisine. Our restaurant offers an experience curated for food lovers, a place to connect and unwind."

**Address:** One Golden Mile, Block A, Netaji Nagar **Contact:** 9990019981 and 9990019982 **Meal for two:** ₹3500



## Enjoy an array of options at Zyló By Kakapo

Nestled against the backdrop of Qutub Minar, Zyló By Kakapo offers a luxurious yet inviting ambiance – perfect for both casual outings and special occasions. The brand's management team says, "From signature sushi rolls to perfectly grilled mains like New Zealand lamb chops and black cod, the menu is crafted to delight every palate, with a diverse range of vegetarian and non-vegetarian options. Our mixologists also created a stunning array of drinks, from classic favourites to innovative creations like the Kakapo gin & tonic and red wine sangria."

**Address:** Rooftop and second floor, Ambawatta One Complex, Mehrauli **Contact:** 9319995830



## Italian fiesta at Evoo - Eatery And Pizzeria

Want to enjoy some Italian delicacies in Delhi? You can try Evoo - Eatery And Pizzeria in South Delhi. The outlet's management team says, "Our place offers a selection of pastas made fresh in our 'pasta lab' every day. You can also try our pizzas and other main

dishes."

Some of their must-haves are ravioli di caramelle, cavatelli, ricotta gnudi, carbonara, and capelletti. **Address:** B-2, Ground Floor, Main Shivalik Road **Contact:** 8368428737 **Website:** [www.evooeaterypizzeria.com](http://www.evooeaterypizzeria.com)



## A array of succulent delights at The Pit

Nestled in Vasant Vihar, The Pit is considered to be a haven for meat lovers, claims the brand's management team. They add, "Our menu boasts a variety of succulent meats, freshly prepared to tantalise your taste buds. But it's not just about the meat – we pride ourselves on offering a diverse

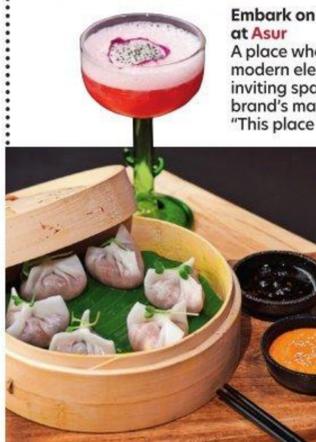
selection of vegetarian delights, ensuring there's something for everyone." The team adds, "We're a preservative-free establishment, crafting everything from our bread to our sauces in-house. Our dedication to quality has been recognised with the Times Food and Nightlife Awards." **Address:** Building no 46, Basant Lok, Vasant Vihar **Contact:** 9667661322



## Embark on a gastronomic journey at Asur

A place where rustic charm meets modern elegance, Asur offers an inviting space to its guests. The brand's management team says, "This place offers a fusion of flavour and ambiance. Here, each dish is a testament to our commitment to redefine dining."

The team adds, "Here, we craft more than just cocktails. Our signature drinks promise to elevate your spirits to new heights." **Address:** Third floor, 6A, Shivaji Marg, Moti Nagar **Contact:** 87003 23210

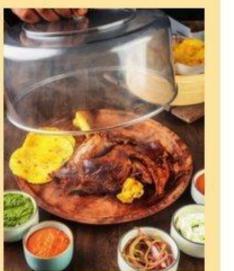


## North Indian delights at Silbatta - An Indian Story by Berco's

Nestled in Rajouri Garden, Silbatta - An Indian Story by Berco's is a celebration of North Indian food. The brand's management team says, "Awarded with the prestigious Times Food & Nightlife Award for Best North Indian Cuisine, our restaurant has an elegant decor and a warm, inviting atmosphere."

The team adds, "At the heart of our menu is the Sikandari raan, served with a variety of condiments. Our menu is curated by Chef Prakarshi Pulkit. We take pride in its preparation methods. All spices and chutneys

are freshly ground on a traditional *silbatta*, infusing the dishes with a burst of authentic flavours." The restaurant also extends its presence to Sector 12, Faridabad. **Contact:** 9560040271 **Timings:** 11.30am to 11.30pm



# Beat the heat with homemade fruit popsicles

Pics: iStock



## Anukriti Sharma

Craving something refreshing to beat the summer heat? Look no further than homemade fruit popsicles! Frozen, flavourful and easy to make with any ripe fruit, these are nutritious alternatives to store-bought goodies.

## How to make a fruit pop?

"Start by selecting ripe and juicy fruits like strawberries, kiwis, mangoes, or berries. Wash and cut them into bite-sized pieces, then insert them into popsicle moulds. Pour in some fruit juice or yoghurt as a base and ensure a smooth and creamy texture," shares Harendra Singh, culinary entrepreneur and co-founder of a cafe.

## Which fruits can be used?

- Strawberries, blueberries, and raspberries for sweetness and vibrant colours
- Oranges, lemons, and limes for that refreshing tanginess
- Pineapples, mangoes, and kiwis for their exotic flavours
- Peaches and cherries, watermelon, cantaloupe, apples and pears for unique textures and tastes

## Berry Yoghurt Fruit Pops

**INGREDIENTS**  
● 1 cup mixed berries (strawberries, blueberries, raspberries) ● 1 cup Greek yoghurt (plain or flavoured)

● 2-3 tbsp honey or maple syrup (optional, for sweetness)  
● Popsicle moulds  
● Popsicle sticks

## INSTRUCTIONS

- Wash and hull the strawberries. Chop any larger berries into bite-sized pieces.
- Mix Greek yoghurt and honey or maple syrup
- Spoon a layer of yoghurt into each
- Fill the popsicle mould, filling about 1/3 of it
- Add a layer of mixed berries on top of the yoghurt
- Repeat layering until the moulds are filled
- Insert popsicle sticks into each mould
- Freeze the popsicles for at least 4-6 hours
- To remove the popsicles from the moulds, run them under warm water for a few seconds and gently wiggle them out

## Pro tips

- Consider adding extra texture with ingredients like chia seeds or granola
- Tap the moulds gently on the countertop to remove any air bubbles before freezing
- Don't use overripe or mushy fruits
- Don't overcrowd the moulds
- Don't rush the freezing process; give the fruit pops enough time to set
- Don't freeze the pops for too long



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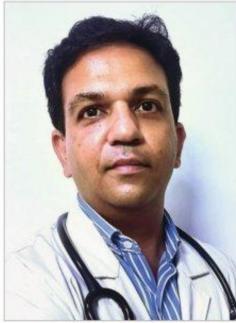
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# The first 60 minutes are critical for saving lives during any medical emergency, says doctor



Dr Prashant Sinha, Senior Consultant & Head, Department of Emergency Medicine, PSRI Hospital, Sheikh Sarai II



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Every minute counts in the fast-paced world of emergency medicine, informs Dr Prashant Sinha. He says, "The concept of the golden hour refers to the critical first 60 minutes following a traumatic injury or the onset of a medical emergency. During this brief time, the prompt initiation of treatment can significantly impact the chances of survival and long-term recovery." "Understanding the importance of timely intervention within this golden hour is paramount in saving lives and minimizing the risk of debilitating complications," adds the doctor.

Talking about heart attacks, Dr Sinha says, "In case of a heart attack. It is always advised to reach the Emergency at the earliest because of an early transfer to the Cath Lab within 30 minutes for an angiography or opening a blocked artery within 60-75 minutes. This will not only help in preserving the heart function but a better life expectancy too." "For strokes or paralysis, the golden hour extends up to 4.5 hours from the onset of symptoms. On evaluation

in the Emergency, if the cause of Stroke is a clot or blockage of a vessel then the clot-dissolving medicine can be administered during this period which will not only help in the reversal of symptoms or lesser disability but will result in a better neurological outcome."

The doctor further shares, "In case of an accident or an injury, the golden hour is the first 60 minutes which is not only crucial but very important to save a life or a limb. Timely intervention by the emergency and trauma specialists can certainly help in stopping an active bleed and can take measures for the lost blood volume. Stabilizing long bone fractures is always a priority besides ruling out internal injuries and if indicated then moving the injured into the Operation Theatre (OT) for an

urgent surgery is imminent, which can save a life or reduce disability."

"The list is very long whether it is a case of sepsis where an intensivist would like to initiate appropriate antibiotic therapy at the earliest to prevent the spread of infection besides other measures to prevent multi-organ involvement. In a vascular issue like arterial or venous occlusion, prompt intervention or therapy needs to be initiated to prevent further complications. Similarly, in case of a respiratory failure or a lung disease, need for a lifesaving ventilator support or an urgent chest tube placement may be indicated to prevent a sudden collapse. The list goes on," says the doctor.

Address: Press Enclave Marg, Sheikh Sarai II, Near Saket Court  
Contact: 8484848417

Disclaimer: The views/suggestions/opinions expressed in the article are the sole responsibility of the experts.

# The viral office siren trend adds a glam touch to workwear

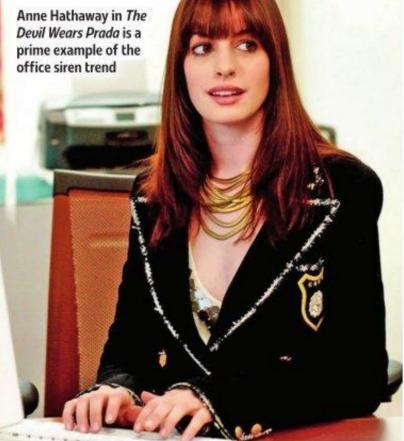


Sonam Kapoor aced the trend in a well-tailored tuxedo paired with a teal blue skirt

The office siren trend is a fashion aesthetic that has gained popularity on social media, particularly among Gen Z. It is characterised by pencil skirts, stilettoes, turtlenecks, and a lot of neutrals and blacks. The goal is to command attention and embody vintage office styles. The trend combines high-fashion corporate looks with '90s and 2000s vintage charm. The trend is also influenced by early '00s rom-coms, such as *The Devil Wears Prada*.

**OBJECTIFICATION VS EMPOWERMENT**  
The trend has faced criticism for its impracticality and potential inappropriateness in corporate settings. However, supporters of the trend argue that it adds romance and personality to mundane office hours.

Choose a stylish choker like Janhvi Kapoor to elevate your look



Anne Hathaway in *The Devil Wears Prada* is a prime example of the office siren trend

## How to accessorise the siren look

**Jewellery:** Opt for a simple diamond necklace, a black choker for a Y2K vibe, or a small pendant necklace.

**Bags:** Choose a smaller handbag with a structured shape or a textured leather cassette bag. Avoid oversized or slouchy bags for this aesthetic.

**Makeup:** Stick to natural tones for an elegant touch and bold lips, like deep red or burgundy, for confidence.



Bella Hadid rocks the trend with a pair of Bayonetta glasses and a fitted shirt

- Compiled by Aditi Pancholi

## Macklemore releases new track supporting Gaza



U S rapper Macklemore has released a new track, *Hind's Hall*, in support of Palestine and those protesting at US universities against Israel's activity in Gaza. *Hind's Hall* is named after the Columbia University building, renamed from Hamilton Hall by occupying student protesters in reference to Hind Rajab, a six-year-old child killed in Gaza. He also addresses Joe Biden, saying 'blood is on your hands', and says he will not be voting for him later this year. In the track, Macklemore criticises the music industry for not being more outspoken during the war in Gaza and questions Drake, who has been in talks recently for his beef with Lamar.

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# High-risk pregnancies require individualised care, says doctor

A high-risk pregnancy is one where the mother or foetus has an increased risk of adverse outcomes, informs Dr Juhee Jain. She adds, "For such pregnancies, early recognition, extra medical care by an experienced obstetrician and her team, and good newborn care are needed."

She says, "Early anticipation of high-risk prompts intervention by the doctor for improvement in the outcomes of such pregnancies. In obstetrics and gynaecology, few challenges are as demanding and multi-faceted as the management of high-risk pregnancies. As guardians of maternal and foetal health, obstetric gynaecologic practitioners are tasked with navigating these complexities."

According to the doctor, high-risk pregnancies encompass diverse conditions that elevate the likelihood of adverse outcomes for mother and baby alike. She explains, "From maternal factors such as hypertension, diabetes, and autoimmune diseases to foetal factors including chromosomal abnormalities and intrauterine growth restriction, these cases demand vigilant monitoring and specialised intervention. The complexity lies not only in the medical intricacies but also in the psychological and emotional dimensions that accompany these high-stakes situations."

"The management of high-risk pregnancies demands a delicate balance of clinical expertise, effective communication, and collaboration among healthcare professionals. Prenatal care serves as the cornerstone of risk assessment and early intervention, with regular monitoring of maternal and foetal parameters through advanced imaging modalities and specialised tests. This proactive approach enables the timely detection of



Facade of the hospital



Dr Juhee Jain, Director, Obstetrics and Gynaecology, Madhukar Rainbow Children's Hospital & Birth Right

complications and the formulation of personalised management plans tailored to each patient's unique circumstances," she adds.

Dr Juhee says, "Central to the management of high-risk pregnancies is the principle of individualised care. Obstetric gynaecologic practitioners work hand-in-hand with maternal-foetal medicine specialists, neonatologists, genetic counsellors, and other allied healthcare professionals to craft comprehensive care plans that optimize maternal and foetal outcomes. This collaborative, multidisciplinary approach ensures that no stone is left unturned in the pursuit of nurturing hope and ensuring the well-being of both mother and baby."

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Interior view of the hospital

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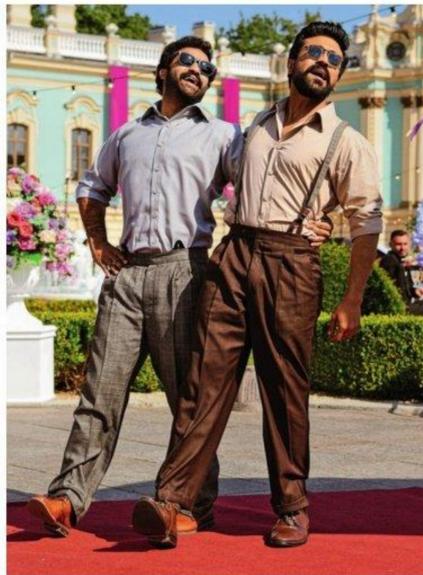
## Phoebe gets engaged to Cameron, flaunts ring at Met Gala

*Bridgerton's* 'diamond' of the first year, Phoebe Dynevor, is set to take her romantic relationship to the next stage as she announced her engagement to fellow actor Cameron Fuller. According to reports, the news was when Phoebe showcased her stunning engagement ring at the Met Gala. The couple, who have been romantically linked since early 2023, have kept their relationship private ANI

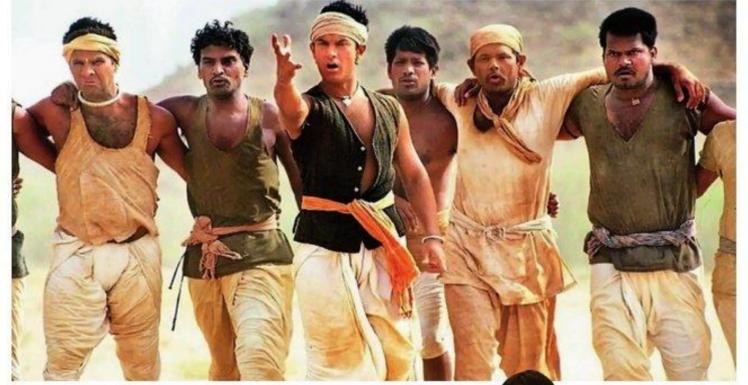


## Academy Museum celebrates music of Indian cinema with RRR, Lagaan

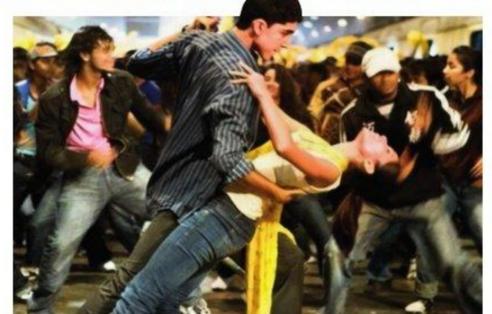
The Academy Museum of Motion Pictures has organised a programme which will explore "musical tapestries" created by acclaimed soundtracks of three celebrated films from Indian cinema - *RRR*, *Slumdog Millionaire* and *Lagaan*. The museum, under the Academy of Motion Picture Arts and Sciences, said the lecture will be held on May 18 at David Geffen Theater in Los Angeles. PTI



SS Rajamouli's *RRR* followed a pre-independence fictional story. It became the first Indian production feature to win the Best Original Song Oscar for its Telugu track *Naatu Naatu*



*Lagaan*, directed by Ashutosh Gowariker and fronted by Aamir Khan, was the last Indian film that made it to the final five nominees in the Best Foreign Language category (now known as Best International Film) at the Oscars



Set in Mumbai, *Slumdog Millionaire* was a British production, which was directed by Danny Boyle. The 2008 movie won eight Academy Awards, including Best Picture, Director, Best Original Song for AR Rahman and Gulzar. Rahman won another Oscar for Best Original Score

Each (of these movies are) celebrated not just for their cinematic excellence but also for their musical innovation, and how they resonated with audiences worldwide  
- Academy Museum's official website

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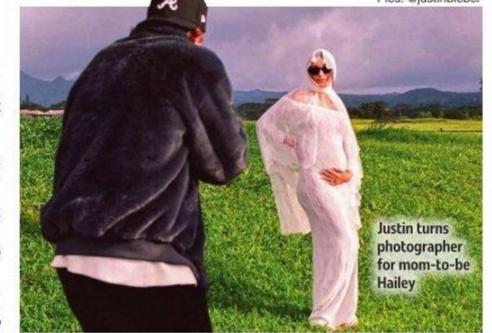
## Somebody To Love: Hailey and Justin Bieber are expecting their first child, renew vows



Justin and Hailey Bieber renewed their vows

Cue up his 2010 megahit *Baby*. Justin and Hailey Bieber are expecting their first child - and have renewed their vows. A representative for Hailey confirmed to the news agency on Thursday that the model is just over six months pregnant.

The couple announced the news on their respective Instagram pages with corresponding posts. Both begin with a short, romantic video clip of the couple kissing. Hailey is draped in white lace; baby bump prominent in the sheer, form-fitting fabric. It is followed up with a photo shoot of Justin photographing his wife. AP



Pics: @justinbieber

Justin turns photographer for mom-to-be Hailey

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