

{ MANOJ BAJPAYEE }

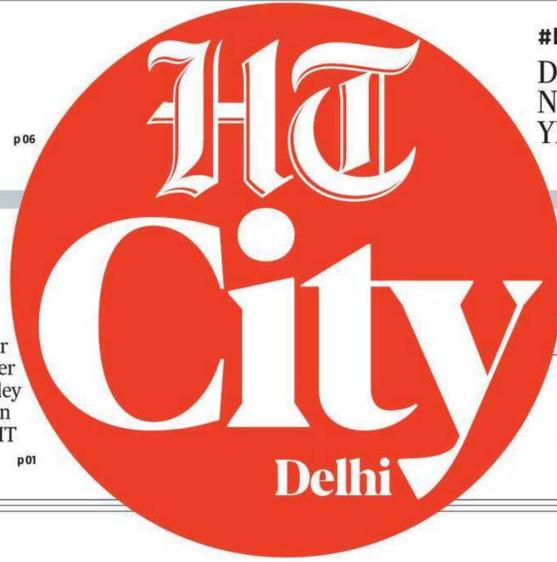
If you talk about my bad performance and looks, I will let it go, as the answer lies in the future.

On criticism



#Lifestyle
DELICIOUS DOG-FRIENDLY ICE CREAMS TO HAVE A PAW-SOME SUMMER p.06

#Showbiz
LIKE DAUGHTER, LIKE MUM
 On Mother's Day, actor Ananya Pandey and her mother Bhavana Pandey sit for a tete-a-tete in an exclusive shoot with HT City Showstoppers p.01

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SARFAROSH 2?
 At an event marking 25 years of *Sarfarosh*, actor Aamir Khan recently hinted at a sequel of the flick p.01



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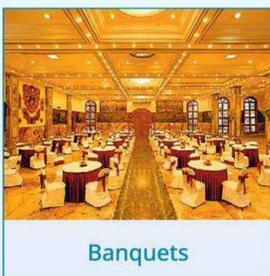
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LIKE DAUGHTER, LIKE MUM

Twinning and drop-dead gorgeous, actor Ananya Panday and her mother Bhavana Pandey sit for a tete-a-tete with Rishabh Suri, in an exclusive shoot for HT City Showstoppers



WHAT'S THE DYNAMIC LIKE BETWEEN THE TWO OF YOU BUSY PROFESSIONALS?
Ananya: (laughs) Everyone at home is suddenly super busy. Even dad (actor Chunky Panday) is doing films in Gujarati and Tamil, and OTT shows. Mom's Fabulous Lives of Bollywood Wives has taken off. But at home, we discuss work a lot less now, and our lives more often.
Bhavana: I always saw it from an outside perspective, an emotional one. Now I understand Ananya and Chunky's profession better. I remember Chunky coming back after a 12-hour shoot and I would expect him to be chirpy and tell me how the shoot was. Today, I know when you are in front of the camera, you're so exhausted when you come home, you need me time.

ANANYA, ARE YOU GIVING TIPS TO YOUR MUM?
Ananya: I don't think she needs the tips! I was just telling her what to do in the shoot, and she told me sarcastically, 'Oh, why don't you become a director!' You learn so much by observing people as an actor — and she's quite a pro at it already.
Bhavana: I am terrible at learning lines. I don't think I have the bandwidth to sit and learn lines or get into characters.

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PHOTO: SOUJIT DAS

Baby on board, books too: Campus mums want it all



Meet these young mums pursuing their studies at Delhi University and defying gender stereotypes and traditional conventions, as their bring up their children alongside pursuing their academia dreams →p10

Sarfarosh 2 ki tamanna Aamir ke dil mein hai



Even as he awaits the release of his next, *Sitare Zameen Par*, Aamir Khan has already hinted at another film. At an event marking 25 years of his acclaimed film *Sarfarosh*, recently, he was interacting with the media when he was asked if there would be a sequel to his political thriller. "Aapne hum sabke dil ki baat chheen li hai," he responded with a smile, adding, "Main to kayi saalon se John (Matthew Matthan, filmmaker) ke peechhe pada hoon ki banao. Balki humne jo film ka aakhri scene hai, usme thoda sa feeling bhi di thi ki *Sarfarosh 2* aane waali hai." The 58-year-old, who was with his co-stars from the film Naseeruddin Shah and Sonali Bendre, added, "I can commit about one thing, that we will definitely give it a really serious shot now of coming up with the right script and the right kind of film for it. So John, you will have to get to work here. *Sarfarosh 2* banni chahiye — even I feel that."

PHOTO: YOGEN SHAH

IPL Buzz



On Friday, for only the third time in the history of the IPL, two batters scored centuries in an IPL innings. Opening the batting for Gujarat Titans (GT) versus Chennai Super Kings (CSK), Sai Sudharsan and captain Shubman Gill scored twin centuries to take their side to a strong total of 231. The young batters got the internet raving as GT downed CSK by 35 runs despite cameos from Moeen Ali, Daryl Mitchell and late fireworks from MS Dhoni.

PHOTOS: PTI AND AFP

STOP PRESS



Tajik singer Abdu Rozik, who rose to fame after being a part of Bigg Boss 16, is engaged. Rozik shared a peek at his fiancée, Amira, on Instagram, writing, "Allhamdulillah (red heart emoji) 24.04.2024 (ring emoji)," from a ceremony that happened in the UAE.

PHOTO: INSTAGRAM/ABDU ROZIK

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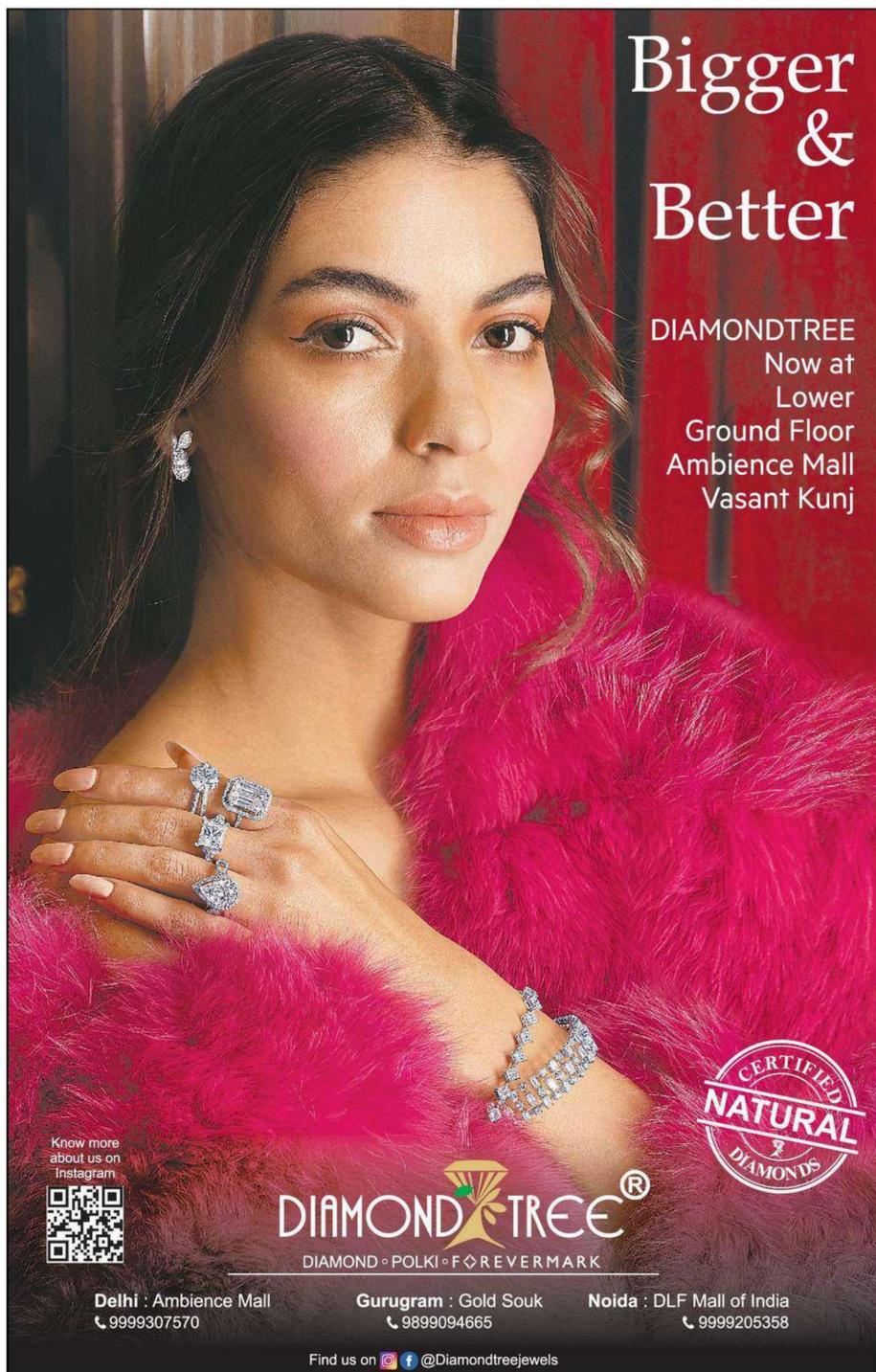


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Fam time! Priyanka Chopra Jonas took to the 'gram to share a glimpse of her recent holiday with husband, singer Nick Jonas and their daughter, Malti Marie Chopra Jonas, in Dublin, Ireland. "My angels," the actor captioned the post.

PHOTO: YOGEN SHAH



Ashutosh Rana reacts to his deepfake video

Joining the growing list of celebrities who have been targets of viral deepfake videos, actor Ashutosh Rana recently reacted to a morphed clip that wrongly featured him supporting a political party. The deepfake video in question had him reciting a poem along with the party's emblem used to appeal for votes during the election season.

Expressing concern over it, he told India Today, "Your face can be added to any video today, and that could even lead to your character assassination. Even if that happens someday, I would only be answerable to my wife (Renuka Shahane), my two kids, my parents, who are no longer alive, and my guru. Otherwise, I really don't care. However, I will say it again, that one has to be cautious. It takes years to build an image and just a day to destroy it."

Clarifying that he does not see himself contesting in polls, the 56-year-old shared, "Usually, it happens that way, but it has been the other way for me. Before I became an abhineta, I was a neta. This is why people feel that I would soon join the sansad. But not everyone can be in the Parliament. Some people are on the road, or part of the crowd, and I am one of them."

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LUMINOUS POWER HOSTS MEET-AND-GREET WITH RAJASTHAN ROYALS



The event was attended by Rajasthan Royal ace batsmen Yashasvi Jaiswal, Rovman Powell and bowler R Ashwin

LUMINOUS
POWERING THE ROYALS



(L-R) Neelima Burra, Chief Strategy and Marketing Officer, Preeti Bajaj, MD and CEO, Luminous Power Technologies, Yashasvi Jaiswal, Amit Shukla, Senior VP and Business Head, Energy Solutions, Shane Bond, R Ashwin, Rovman Powell and Arun Tiwari, VP-Sales, Luminous Power Technologies



PHOTOS: HTCS



and Managing Director, Neelima Burra, Chief Strategy, Transformation and Marketing Officer; Amit Shukla, Senior VP and Business Head, Energy Solutions and leading players of the Rajasthan Royals, including ace batsman Yashasvi Jaiswal, Rovman Powell and prolific bowler R Ashwin.

Several channel partners and distributors attended the exclusive event, where the players presented miniature bats with their signature to the Luminous team.

"Luminous has consistently been driven by the values of high performance and reliability while striving to be a catalyst in the energy ecosystem. The partnership with Rajasthan Royals is the most special for Luminous, as the association has only grown stronger in recent years," Bajaj said, adding, "The collaboration between the two brands is strong due to shared values, as we together are set on the path of championing sustainability through our collaborative social initiatives. The partnership has helped us achieve greater brand visibility among the RR fans, who are spread all over India. We are extremely delighted with the way the team is performing and look forward to seeing this association grow further with every season".

The event was attended by the leadership team of Luminous India. Preeti Bajaj, Chief Executive Officer

with the nation's most loved sport of cricket through strategic brand partnerships. Our alliance with Rajasthan Royals gives us an opportunity to build a stronger brand recall among our target audience. The Rajasthan Royal's team presence has instilled sporting spirit and boosted the morale of the Luminous team and channel partners alike. The partnership highlights our efforts towards illuminating lives with innovative energy solutions, and the team's support strengthens our endeavours to bring about a transformation in society."

Luminous and Rajasthan Royals have taken their brand collaboration a step further, as the former complemented Rajasthan Royals' commitment to solar power 156 homes for '26 sixes' hit during the team's #PinkPromise match against the Royal Challengers Bengaluru on April 6.

The Royals, through its social equity arm, Royal Rajasthan Foundation, have undertaken a women-led transformative endeavour aimed at bringing solar power to communities in need, and the franchise's title sponsor, Luminous Power Technologies, is supporting the initiative, which is being led by rural women who have trained to become solar engineers and are promoting the usage of solar energy in their community.

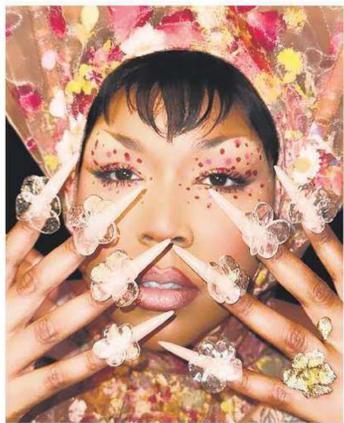
HTC



(L-R) Indian cricket presenter Gaurav Kapur with Yashasvi Jaiswal, Shane Bond, R Ashwin and Rovman Powell

India's leading energy solutions brand, Luminous Power Technologies, hosted an exclusive meet-and-greet event with the players of the Rajasthan Royals (RR) in the Capital. As the title sponsor of the team for the ongoing season, Luminous has been excited to bring fans closer to their cricket heroes. The event offered cricket fans and enthusiasts a once-in-a-lifetime opportunity to interact with their favourite players.

The event was attended by the leadership team of Luminous India. Preeti Bajaj, Chief Executive Officer



Dreamy 3D manicures that nailed it at the 2024 Met Gala

Everything was bolder and better at the year's Met Gala in New York (USA), and nails, too, played a striking role. Here, we take a look at some 3D manicures that stole the show on fashion's biggest night

▲ Singer Lizzo's vase dress was accompanied by majestic 3D floral nails with translucent petals by manicurist Eri Ishizu

► Elegant and ethereal, the 3D twist to singer Tyla's French manicure by Coca Michelle featured delicate fluid chains that formed water droplets at the tips

▼ Don't let the simplicity of nail designs fool you! Rapper Cardi B's green and cocoa slanted manicure took her long-time nail artist Coca Michelle more than 20 hours to sculpt. The result? A set of nails that went perfectly with her black gown



◀ Designer Marc Jacobs led the way with extra-long square nails that were bejewelled with emerald and silver on a shiny black base, courtesy of nail artist Lily Nyugen
PHOTOS: INSTAGRAM



Compiled by Vitti Joshi

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Lataa with Pooja as an infant



'I quit my job to support Amaal, Armaan in their music careers'

I ENCOURAGED POOJA TO ACT: LATAA HEGDE
Lataa, who oversees Pooja's film commitments, recalls: "After being spotted by people from a beauty pageant at a college event, she started doing modelling. She would also get film offers but would turn them down. I was the person who said, 'Why are you saying no to acting? Just because you haven't done something doesn't mean you cannot do it'. I pushed her to do her first Tamil film."

MY MOM HELPED ME SET UP MY NEW HOUSE: POOJA
In an interview with a news agency, Pooja spoke about how her mother has been her strength. "Her faith in me motivated me to achieve everything that I've done over the years," said the actor, adding, "I remember when I moved into my new house. There was so much to do, and my mum was already taking care of things. I never had to think about it."

LATAA HEGDE, Entrepreneur and Pooja Hegde's mum

I told Pooja if the universe is knocking on her door more than once, she should do it. And when she came in front of the camera, she realised it was for her.

Pooja's work keeda comes from me: Lataa Hegde

Yashika Mathur

yashika.mathur@hindustantimes.com

She is calmer than me — that she gets from her dad. I am more hyper," says Lataa Hegde of her daughter, actor Pooja Hegde. With that out of the way, she rattles off a long list of similarities between her and Pooja: "We're both very ethical — we always stand by our word. We're both home birds. We have few friends but solid ones. We're also very hard-working. If we set our minds on doing anything, we will achieve it." There's one more thing yet that Lataa says she and her daughter share. "We're great multi-taskers, and ambitious. Pooja has definitely got that work keeda in her, and that ambition — that you got to be somebody, she definitely got it from us," she tells us. It is perhaps this last quality that enabled the 64-year-old to achieve what she has in life. The true-blue Mumbaier, Lataa did a BSc in Life Sciences before pursuing a course in Public Relations from St Xavier's College, besides studying Marketing Management from Jamnabai Bajaj Institute of Management Studies. Lataa wanted to study Medicine, but since

seats were limited in Mumbai, her "typical South Indian family" didn't allow her to relocate. "My family said to get married and then go wherever I want," she adds. Lataa, who got married at 25, goes on to tell us how she completed her MBA after that. "I was carrying my son, Rishabh. I finished the course and he was born," she says. After completing her master's in Marketing Management, she got a job in advertising. But she had to let go of that before long. "My husband was in advertising, too, and one of us had to get out of it. I was clear that we wanted two children and would have them not too far apart. So, till they were four or five, I had to be a stay-at-home mother. Two years later, Pooja was born. When she turned four, I realised I wanted to get back to work," she recalls. Entrepreneurship followed after that, and Lataa started a business in computer education and software development. "As a working mum, I divided my time between work and raising my school-going children," she says.



Armaan Malik with Jyothi

Amaal and Jyothi with the family chow-chow, Handsome Malik

PHOTOS: INSTAGRAM

AMAAL: WITHOUT MUM, THERE IS NO 'HUM'
I am the male version of her; she's taught me to be rebellious. She is a risk-taker, and never gives up. So, perseverance is something my mother taught me. Without her, we wouldn't be so close to the realities of life or understood how to take obstacles head on. She is the backbone of this family and the anchor for all three of us, Armaan, me and dad. Without mum there is no 'hum'.

They started working very early. So, managing them and their careers took over my teaching profession," says Jyothi, who grew up in Hyderabad and Kolkata, and since her father had a transferable government job, had a chance to experience life in several different cities before settling to study in Mumbai. Admitting that she had no qualms about choosing kids over career, Jyothi shares that Armaan and Amaal's childhood gave her some of her most heartwarming memories. "When Amaal was four, he showed great interest in playing the piano since my father-in-law used to teach music. Musical sittings, too, would take place at home. Even as children his age got into sports, Amaal wanted to spend as much time as possible with the piano," she recalls. Talking about Armaan, she reveals that as a baby, he would sing himself to sleep. "It reached a point that my father-in-law said, 'Ye toh abhi se sur me gaata hai'. When he was around three, he sang *Nanha Munna Rahi Hoon* at his preschool, and we decided to

ARMAAN: MUM IS AN INCREDIBLY DRIVEN WOMAN
Her unwavering determination serves as constant inspiration. Her never-say-die attitude motivates me to strive for excellence in everything I do. If there's one trait of my mother's that I aspire to emulate, it's her strength. I admire her ability to remain unshakable in the face of adversity. One quality I've inherited from my mother is her persistence. She's an incredibly driven woman.

enrol him in singing classes," she says. Asked if the boys were naughty while growing up, Jyothi laughs. "Amaal was naughty as a kid, but Armaan was stily naughty. He would push Amaal's milk glass, spill it and then pretend to cry as if Amaal hit him, and get Amaal into trouble. I remember this very funny incident when their dad (Dabboo Malik) was performing at a show in Nepal at a casino and Armaan went missing. We had to shut the venue doors and search for him. We found Armaan under a roulette table, playing with the colourful pills!"



HARSHDEEP KAUR WITH MUM KULDEEP KAUR
This photo is my favourite with my mum, as it was clicked soon after I became a mother. We were at home and it was my son, Hunar's first photo shoot. The grandparents were the most excited to take pictures with him.

PICTURE PERFECT!

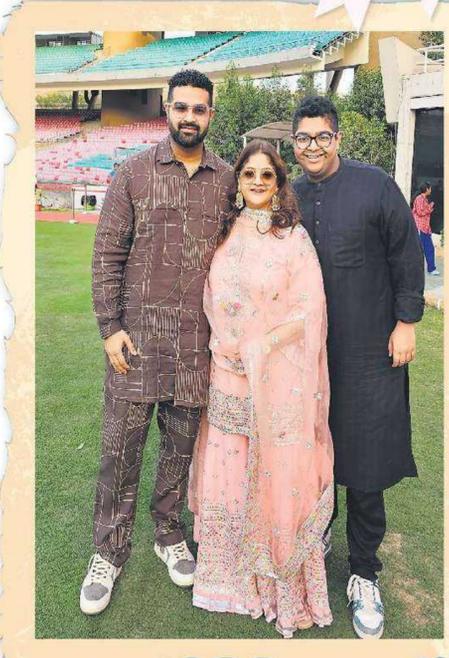
On Mother's Day, musicians share special photos with their mums, telling **Soumya Vajpayee** the story behind them and what makes them memorable

AKRITI KAKAR WITH MUM NIRMAL KAKAR
This frame holds the most precious place in my heart because it has my mother, someone without whom, my journey as a new mum wouldn't have been possible. She held my hand through and through. She's someone who makes Mehraan (Akriti's son) crack up instantly. I love how Mehraan is holding on to me and my mum at the same time in this picture. It's like him blessing both the mothers.



ILLUSTRATION: ADOBE STOCK

SONU NIGAM WITH MUM SHOBHA NIGAM
There is a walker that can be seen in this picture. My mum was a beautiful and kind lady, who never thought bad for anyone. She developed rheumatoid arthritis around 2006. I loved my mother so much that behind my smile, you can catch my sorrow in this photo. I couldn't imagine a beautiful soul like her having to suffer so much. Till today, when I think of her, my soul weeps.



SIDDHARTH MAHADEVAN AND SHIVAM MAHADEVAN WITH MUM SANGEETA MAHADEVAN
"This was a very special day, as our dad (composer-singer Shankar Mahadevan) was being honoured with a Doctorate at the DY Patil University. We took this picture with mum at the venue," says Shivam. Siddharth adds, "Mum had a cast on her foot that day because of her fracture, but she was so brave. She was smiling all through the occasion, as it was such a special day for our family."



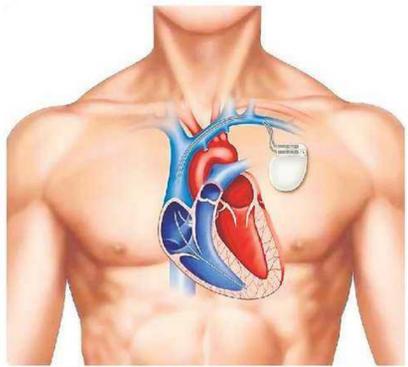
NIKHITA GANDHI WITH MUM DR NIPA GANDHI
This photo was clicked when I surprised my mum in Boston (USA) for her 60th birthday in-between two shows. She had no clue that I was coming and it was one of the best birthday surprises. Look at her! She looks like my sister!



SALIM MERCHANT WITH MUM FATIMA MERCHANT
After my dad passed away, my mum rarely went out. This picture is from a community gathering where Sulaiman (brother-composer) and I performed. My mum would rarely dress up or wear jewellery, and that's why this picture is special, because she dressed up and was also in the audience as we performed. It was so nice to see her have a good time with her friends who she met after a long time. It was one of my last outings with my mum before she left us.



JUBIN NAUTIYAL WITH MUM NEENA NAUTIYAL
This photo was clicked when I was on the way to Abu Dhabi to receive an award. This was the second time I was attending that award ceremony. While I am not crazy about award shows, my mum loves watching them on TV. So, I had her accompany me to Abu Dhabi for the ceremony. It's a beautiful memory because I still remember how she rejoiced when I won an award for Raataan Lambiyan (Shershaah; 2021).



Everything you should know about a heart pacemaker

When we talk of heart disease, the image that comes to mind is often that of a heart attack, which involves a disfunction of the blood vessels. However, the electrical system of the heart is also often at fault. If a heart attack occurs due to a problem with the heart's plumbing of the heart, then a heart block occurs due to a problem with its wiring. The interesting thing about this is that our hearts are really a big of muscle, but some cells are specialised to work as electrical conductors or natural pacemakers.

The heart's natural timer, ie, the sinus node, which sits at the top right side of the heart, produces regular timed electrical pulses, which are then conducted by specialised muscle fibres to a second choke point, the AV node, which is located at the junction of the upper and lower chambers. The current then fans out to the lower pumping chambers from here, leading to regular pumping of the heart, as reflected in the ECG.

Dr Rajiv Agarwal, Principal Director and Unit Head, Cardiology, Max Smart Super Speciality Hospital, Saket, New Delhi, says, "If your heart beats slower than 60 beats per minute, you could be suffering from a serious medical condition called bradycardia. As a result of a slower heartbeat, blood flow to the brain and other organs can be reduced, leading to sudden cardiac death due to slowing or stopping of the heart and even falls, especially in older people, due to fainting."

The symptoms include fatigue, chest pain and shortness of breath



Dr Rajiv Agarwal, Principal Director & Unit Head, Cardiology, Max Smart Super Speciality Hospital, Saket, New Delhi
PHOTOS: HTCS

after any physical activity like walking up the staircase. It may cause blurred vision and a confused state.

A pacemaker is a small, battery-operated, computer-driven device that's typically implanted just beneath your skin, usually in the chest area right under the collarbone. "Small wires connect the pacemaker to your heart. When the pacemaker's computer senses an abnormal rhythm, it sends electrical signals through the attached electrodes to your heart, jump starting it back into an appropriately timed beat," explains Dr Agarwal. By delivering electrical impulses to the heart muscle, pacemakers synchronise its contractions, thereby maintaining optimal blood flow and oxygen delivery throughout.

Pacemakers are inserted in the cath lab via a small incision by the cardiologist. "After its installation, the heart starts to work better, allowing patients to enjoy physical activities with fewer side effects. A pacemaker can also be programmed to act during episodes of bradycardia," Dr Agarwal adds.

There are many advances over the basic pacemaker. Doctors may install a pacemaker with three wires for weak hearts to make the heart contract in a more efficient manner. This device is called a biventricular pacemaker.

Pacemakers can also work when the heart produces an abnormal and fast current, leading to a rhythm disturbance called ventricular fibrillation or tachycardia. In such cases, the specialised device can deliver an internal shock, which resets the heart rhythm to normal. This device called the implantable cardioverter defibrillator, or ICD, has saved many lives. According to Dr Agarwal: "Many patients need and receive a combined CRT-D for a weak heart that is prone to ventricular fibrillation. Patients with blocked veins may receive a leadless pacemaker, which is a small capsule-sized device placed directly inside the right ventricle, non-surgically."

Pacemakers are more than just a medical intervention. They help stabilise heart rhythms and mitigate symptoms such as fatigue and dizziness and enable patients to engage in daily activities and pursue their hobbies.

Disclaimer: The veracity of the claims made in this article is the responsibility of the doctor and hospital concerned.



Say cheese: Dive into the goodness of fat-free cheese sauce

Say hello to the ultimate cheesy delight—the utterly delicious Amul Cheese Sauce! Whether you're a cheese lover or simply looking to add some creamy goodness to your meals, this flavourful treat is here to elevate your dining experience to new heights.

Amul Cheese Sauce isn't your average seasoning. It's a versatile superstar that can be used in a variety of ways. Need a dip for your crunchy pakoras? Want to spice up your tacos with a zesty kick? Amul Cheese Sauce has got you covered. Whether they're mouth-watering pizzas, crispy samosas, or golden-brown French fries, all drizzled with the irresistible goodness of Amul Cheese Sauce undoubtedly sounds like a dream come true.

Made from the goodness of milk, this creamy delight truly stands out and is a cheesy and healthy alternative to conventional sauces and spreads. With four unique flavours to choose from—Pizza

Sauce, Green Chutney, Mexican Salsa and Jalapeño—there's something to tantalise every taste bud. It is a flavour powerhouse that can take your meals from ordinary to extraordinary in seconds. Whether you're hosting a dinner party or simply craving a midnight snack, a dollop of Amul Cheese Sauce is all you need to transform any meal into a masterpiece.

In addition to being incredibly convenient, this wholesome treat is also a hit among adults and children alike! It's like a warm hug for your taste buds—comforting, satisfying and extremely delicious. So, whether you're a cheese lover, a busy parent, or just someone who appreciates good food, it's time to embrace Amul Cheese Sauce's perfect blend of spices and tanginess. With its irresistible flavour, versatility, and convenience, it's sure to become your new culinary companion.

So go ahead, squeeze yourself a dollop of cheesy goodness, and get ready to dive into a world of cheesy bliss!

HTC

Chintamanis success party marks one-year milestone



The success party of Chintamanis, a real estate developer, was a grand affair which was attended by all their channel partners. The event marked the one-year anniversary of the project's launch on May 5, 2023, celebrating the success of the completion of Phase I, as well as the project being sold out. New schemes for their remaining premium units were also announced during the evening. Another highlight included the revelation of an impressive 82.92% return on investment for investors, setting a new record for projects along the Dwarka Expressway.

Amid the festivities, anticipation soared with the announcement of Phase 2. Chintamanis remains committed to continued growth and success, fuelled by the enthusiasm of their partners and stakeholders.



(L-R) Pankaj Hans (Promoter & Director), Aashi Dua (Promoter & Chief Marketing Officer), Vikas Dua (Promoter & Director)
PHOTOS: HTCS



Experience the luxury of global flavours



Experience a blend of comfort and luxury at Holiday Inn Aerocity, with a wide range of amenities. Indulge your taste buds at their on-site restaurants, each offering something special for every palate.

At Viva, guests can enjoy a variety of global cuisines with buffet lunches and dinners, including the Dip and Dine theme brunch every Sunday, featuring a new theme every week. For those craving Italian cuisine, L'Osteria Bella awaits, offering authentic dishes. The Hangar Lounge provides the perfect spot for a quick bite and drink, with its summer cocktail menu and ongoing premier pour league offers, ideal for

relaxation and unwinding. Meanwhile, Viva Deli offers a selection of bakery goodies, both sweet and savoury, along with seasonal treats that will surely satisfy cravings.

Not just the food, but the warm service and hospitality are what make the experience truly memorable. The staff at the Holiday Inn Aerocity ensures that every moment spent is special.

Guests are invited to come and experience the joy of dining at Holiday Inn Aerocity, where every meal is a celebration of flavour and hospitality.

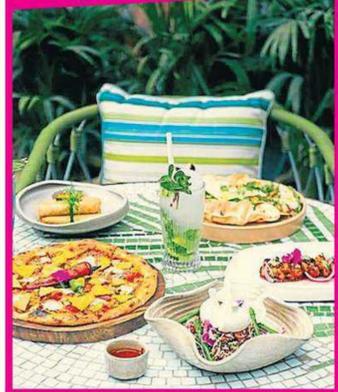
For bookings and enquiries, call +91 8130496074
HTC



The Hangar Lounge provides the perfect spot for a quick bite and drink



A perfect Sun-date with your mum



This Mother's Day, go the extra mile with delightful offerings across Delhi NCR

Vitti Joshi
htcity@hindustantimes.com

With the arrival of the second Sunday of May, it is time to formally recognise and appreciate the tireless efforts of mums everywhere. Whether it's treating her to a special meal or planning a day trip, there are numerous ways to express gratitude for her unwavering love and care. If you're considering celebrating Mother's Day with a memorable outing in Delhi-NCR, here are some enticing options to consider.

PAMPER YOUR MUM
Mothers deserve to be pampered and what better way to do so than with a day-long celebration? Mommies & Minnies at Coba,

Vasant Kunj, offers a plethora of activities for both kids and hardworking mums to enjoy. While the little ones can indulge in toy shops and painting sessions, mums can unwind with a foot spa or tarot reading. The scrumptious menu includes Avocado Pani Puri, Curd Bombs and Tandoori Tacos, priced at ₹2,000 for two, with popsicles for all. Alternatively, Cafe Delhi Heights is offering homely classics across all its outlets. Indulge in Makhani Maggi, Jammu Special Rajma Rice, Laal Maas and Masala Chai for ₹1,500 for two, along with a raffle for a lucky dish. Don't miss the complimentary 'I Love Mom' fridge magnets, pop sockets and wristbands

A LAVISH SPREAD FOR BRUNCH
Give your mum a break from

cooking and treat her to a lavish brunch (noon to 4pm) at Eros Hotel, Nehru Place. The spread features a diverse selection of live food stations and mouth-watering dishes curated by top chefs. From Vegan Shepherd's Pie to Paneer Muntaj and Panfried Dauphinoise Potato with Truffle Herb Emulsion, there's something to satisfy every palate. Early birds can also avail a discount by making a reservation. If you want to sample Vietnamese cuisine instead, head to Vietnam for a special brunch starting from ₹1,500, featuring fresh delights like Vietnamese Pho and summer rolls.

COMPLIMENTARY DEALS
Make brunch even more special with complimentary offerings. Elan at The Lodhi is treating mums to a complimentary glass of sparkling wine, adding an elevated touch to their culinary journey. Similarly,

Gola Sizzlers is offering complimentary tote bags as a token of appreciation for mothers dining at any of their outlets across the Capital.

SAY IT WITH CAKE!
Make Mother's Day sweeter with handcrafted cakes and hampers from Nush Mush or indulge in a decadent Mother's Day cake from L'Opera. Honey and Dough sweets the deal with a 10% discount on customised cakes if you celebrate with your mum at their outlet.



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HAPPY Mother's Day

Food forms an inextricable part of our memories. On Mother's Day today, noted chefs reminisce about their childhood and share with **Abigail Banerji** some of their cherished moments with their mums and how they continue to inspire them in the kitchen



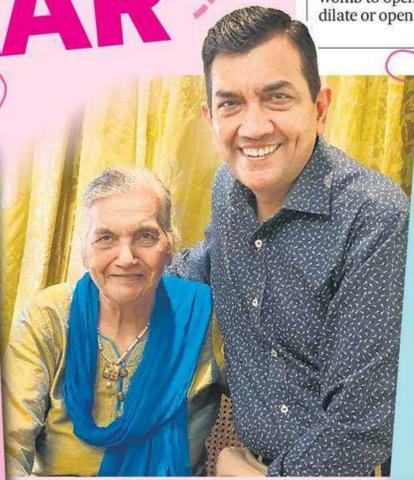
Pooja Dhingra

I remember when I was growing up, our kitchen often smelled of rose syrup. My mum adored using it, whether for a refreshing rose milk soda in the height of summer or as a delightful addition to desserts — it became a staple at home. Over the years as a chef, I've incorporated rose syrup into various desserts. Whether it's Le 15's long-standing bestseller, the Rose Macaron, or the seasonal favourite, Rose Pistachio Cupcakes, the sweet floral notes never fail to delight!

DAANE DAANE PE LIKHA MAA KA PYAAR

Garima Arora

So much of the food I prepare today bears the influence of the remarkable women in my life. Take, for instance, gobi paratha. This dish holds a special place in my heart, with its recipe originating from my paternal grandmother, infusing this simple dish with great sentimental value on a personal level. Another tradition I've faithfully upheld is the use of ajwain (carom seeds). As a child, my mother used to give me ajwain, in food or boiled water, to soothe my stomach aches. Now, as a parent myself, I continue this practice with my own child.



Sanjeev Kapoor

The one thing that I took away from my mother is not a dish, but the way she chopped onions and tomatoes. This isn't something I realised in my initial years of cooking, but when I noticed it, it made a huge difference in the cooking and flavour. As chefs, we are taught to cut our vegetables to be the same size, but my mum's uneven veggies add variation in terms of flavour and texture, which cannot be taught in any school. Chefs are taught to find perfection, but sometimes, it's these imperfections that add to the flavour.



Sanjyot Keer

In my family, my mum's kheer is famous. I've shared the recipe with friends, posted it on social media and the response has been amazing — everyone loves it. She prepares it in a cooker with just three ingredients — rice, milk and condensed milk. It is very easy to make. Yet, like many Indian mothers, she doesn't rely on a fixed recipe or precise measurements. Despite my countless attempts to recreate it, my versions never quite match up. But that's part of the charm. On special occasions, she pairs the kheer with puda, a smaller version of malpua. It's a simple meal, but one that is truly special.

Ranveer Brar

When I was in school, my dad was the star cook and at that time, my mum didn't really cook. Anytime we got stuck with recipes, we would go to our grandmother. One day, my friends were coming home and they had always eaten food that my Grandmother prepared, but that day, dad wasn't home. So I told my mum, 'My friends are coming over and it's a really big deal for me. They always rave about the food, so you have got to cook something.' That day she made makki ki roti and sarso ka saag which my dad used to make. It was the first time I had ever eaten her version of this typical Punjabi dish. It was the best I had ever eaten, in my life, to date. I was the star of my class after that.



Kunal Kapur

During my childhood, life revolved around simple pleasures, particularly the homemade stuff that filled our kitchen, from aachar to chutneys and papads. As a mama's boy, I found joy in helping out my mum in the kitchen. Among many memories, my favourite is making mango pickles in the summer. Then there's the cauliflower, my all-time favourite vegetable. I remember we used to carefully cut the vegetable into florets, string them together and hang them to dry in the winter air, preserving them for summers. These are the kinds of things that have stayed with me.

PHOTOS: ADOBE STOCK (FOR REPRESENTATIONAL PURPOSES ONLY)



HAVE A PAW-SOME SUMMER WITH THESE DOG FRIENDLY ICE CREAMS

Want to help your fur baby cool off? Two chefs, who are also pet parents, share healthy ice cream recipes for your favourite pooch

Abigail Banerji

Sweating in the sweltering heat can be unbearable for a human and much worse for a dog. Occasional indulgence in cold treats like popsicles and ice creams can often come to the rescue. Instead of letting your four-legged friend lick the ice cream off your spoon, give them some respite with these cool and pet-friendly treats. According to Chef Sneha Singhi Upadhaya, who has four dogs and runs a shelter for strays, "Two of my four dogs have sensitive stomachs. Most of the store-bought

treats have a lot of preservatives and are not good. I prefer knowing what's going into their tummies and make most of their treats fresh at home. So, in summer, I make them a healthy ice cream."

It is also the season to experiment and whip up some flavoured treats. Chef Ishmeet Singh Chandio, a certified canine nutritionist and founder of Harley's Corner, says, "For summer, one of the easiest dog bites are flavoured ice treats made using fresh fruits and vegetables. They have natural ingredients, making it a healthy option while controlling their calories too."



EASILY FOUND INGREDIENTS TO MAKE DOG TREATS

- Apple
- Watermelon
- Carrot
- Cucumber
- Curd
- Honey (in small quantities)

THINGS PET PARENTS SHOULD KEEP IN MIND

Ensure you stay away from ingredients harmful to dogs such as grapes, chocolate, onion, garlic, raisins and xylitol. Take note of whether your dog likes crunchy or soft treats, because textures are important to dogs. Be mindful of the nutritional balance and portion size.

SNACKS FOR TEETHING PUPPIES

Have a puppy that is currently teething? Try the frozen carrot hack. Chop bite-sized pieces of a carrot and boil for around eight minutes. Freeze them for a few hours to make them nice and crunchy. Give it to your puppy whenever they are cranky and let them enjoy the cool, soothing treats, which are also an excellent source of vitamin A, potassium and fibre.



BANANA ICE CREAM

- INGREDIENTS
- 400ml homemade coconut milk
 - 2 large ripe bananas
 - 100g yoghurt
 - 3-4 tbsp honey

- METHOD
- Blend all the ingredients together till they are smooth and creamy.
 - Pour it into a mould and freeze for five to six hours, but overnight is preferable.
 - Cut it into small pieces, and let your fur babies dig in.
 - If you wish to scoop it, you'll have to leave it out for 10-15 minutes before melting a bit.

Inputs by Chef Sneha Singhi Upadhaya

APPLE ICE CREAM

INGREDIENTS

- 1 apple
- 1 cup hung curd
- 1 tbsp honey

METHOD

- Core the apple and puree it.
- Mix it with hung curd.
- Add honey to make it a sweet treat.
- Put it in a bowl and freeze it.
- Take it out and serve it as a healthy treat.

CARROT ICE CREAM

INGREDIENTS

- 3 medium-sized carrots
- 1 cup hung curd
- 1 tbsp honey

METHOD

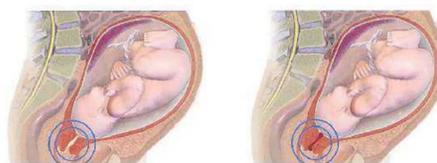
- Peel and grate carrots.
- Mix the peeled carrot with a cup of hung curd.
- Add honey for additional sweetness.
- Put everything in a bowl and freeze it. Later, take it out and serve.

Inputs by Chef Ishmeet Singh Chandio

Laparoscopic TAC: Treatment of recurrent miscarriages

PHOTOS: HTCS

INCOMPETENT CERVIX



NORMAL CERVIX

Under normal circumstances, the cervix is closed and rigid until delivery. Then, it effaces and dilates in response to contractions.

INCOMPETENT CERVIX

If an incompetent cervix shortens or opens too soon during early pregnancy, it can cause pre-term labour and even a late miscarriage.



Dr Nikita Trehan, Gynaecologist and laparoscopic surgeon, Sunrise Hospital, South Delhi

labour. But this stitch often fails, as the entire cervix is already dilated. At Sunrise Hospital, a tape is applied at the internal OS. As this part, cannot be reached from below the stitch with a strong tape is applied via laparoscopy (key-hole surgery) at this point. This is called a Trans Abdominal Cerclage (TAC) procedure," says Dr Trehan.

There are several challenges during this procedure as operating under general anaesthesia on a large vascular uterus, with a foetus inside, is no child's play. "Hence, expert

surgeons and infrastructure such as 3D cameras, etc are needed. I have been practising for 17 years and have performed hundreds of such procedures at Sunrise Hospital. Many women, like Sudha, have been able to experience the joys of motherhood," says Dr Trehan. Sunrise Hospital, Kalindi Colony, South Delhi has 24/7 emergency laparoscopic Encerclage services.

Disclaimer: The claims made in this article is the responsibility of the author and hospital concerned.



OS. "Even today, most gynaecologists put stitches to close the womb at the level of external OS, to prevent a late miscarriage or pre-term

#lookbook

Sleek on fleek

Vedang Raina cut a suave figure at a recent event, where he turned up in a satin shirt with a knotted ribbon, teamed with a velvet bomber and black pants with a cummerbund from Zenga. The 23-year-old's uber-cool look was styled by menswear stylist Rahul Vijay.

Steal the look

If dressing sharp is on your mind, don't be afraid to mix and match textures, especially with dark outfits. Use subtle accessories and a pair of dark, high-heeled boots to up the glam factor of the fit.



Vedang Raina PHOTO: YOGEN SHAH

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YOUR TAROT THIS WEEK

Manisha Koushik



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Manisha Koushik is a renowned tarot card reader and astrologer. She can be contacted at: +91-9650015920 Email: support@askmanisha.com; Website: www.askmanisha.com

May 12 -18, 2024

SUSHMA
NEAR CHANDIGARH & KASAUJI

DELIVERING
4 HOMES A DAY



PHOTO: INSTAGRAM/MADHURIDIXITNENE

MAY 15, TAURUS
Madhuri Dixit Nene

ARIES MAR 21-APR 20



Lara Dutta Bhupathi

Love: Seven of Cups **Mood:** Two of Swords **Career:** The Magician Anticipate elevated energy and enthusiasm throughout the week. Investing wisely in stocks may bring opportunities for capital growth and wealth creation. Moving into the next phase of the romantic relationship brings excitement. Hills and woods may provide serene settings for a peaceful time off. **Lucky Number:** 3 **Lucky Colour:** Peach

CANCER JUN 22-JUL 22



Priyanka Chopra Jonas

Love: The Emperor **Mood:** The Justice **Career:** Page of Wands Cultivating a habit of saving is likely to ensure financial stability. Planning special moments with your partner may add excitement to the romantic relationship. Honing research skills will be essential for comprehensive academic exploration by students. Renovating your house may enhance its overall functionality. **Lucky Number:** 9 **Lucky Colour:** Magenta

LIBRA SEP 24-OCT 23



Parineeti Chopra

Love: The Hermit **Mood:** Death **Career:** Temperance Prioritising mental wellness may enhance overall vitality. Making informed investment decisions may lead to financial success. Keeping an open mind while navigating differences of opinion with siblings may help maintain cordiality. Choosing the right study material will be crucial for effective learning. **Lucky Number:** 4 **Lucky Colour:** Grey

CAPRICORN DEC 22-JAN 21



Deepika Padukone

Love: The Moon **Mood:** Knight of Cups **Career:** King of Cups Your dedication is poised to pay off this week. Experiencing joy together creates lasting memories on the romantic front. You may benefit from the wise counsel of your elders. Neglecting networking may limit exposure to potential mentors. Setting clear goals may be the roadmap to academic success. **Lucky Number:** 17 **Lucky Colour:** Silver

TAURUS APR 21-MAY 20



Anushka Sharma

Love: The Hanged Man **Mood:** The Tower **Career:** Three of Cups Welcoming a new member can bring joy to your household this week. Business analysis may allow professionals to identify opportunities at work. Neglecting wealth management may lead to financial setbacks. Vacation spots for couples offer romantic getaways and unforgettable experiences. **Lucky Number:** 1 **Lucky Colour:** Light Yellow

LEO JUL 23-AUG 23



Kajol Devgan

Love: Queen of Cups **Mood:** Seven of Wands **Career:** Six of Swords Envisage a prosperous and fruitful week ahead. Opening a new bank account with favourable terms can enhance financial flexibility. Accurate and efficient data entry may lead to reliable systems in the workplace. Property legal battles may escalate, leading to prolonged stress and uncertainty. **Lucky Number:** 8 **Lucky Colour:** Purple

SCORPIO OCT 24-NOV 22



Aishwarya Rai Bachchan

Love: King of Cups **Mood:** Four of Wands **Career:** The Fool Scheduling meetings efficiently can lead to effective collabs at work. Family rituals may create a sense of continuity and tradition among family members. Working towards forgiveness would require open communication with partner. Mismanaging investments in a volatile market may lead to losses. **Lucky Number:** 22 **Lucky Colour:** Royal Blue

AQUARIUS JAN 22-FEB 19



Shruti Haasan

Love: Page of Coins **Mood:** Two of Swords **Career:** The Hanged Man Mastering negotiation skills may empower professionals to navigate deals successfully. Choosing a reliable brokerage service may lead to secure financial transactions. Combining body-building tips with workouts may optimise results. Sharpening learning focus may help maximize students' understanding. **Lucky Number:** 6 **Lucky Colour:** Magenta

GEMINI MAY 21-JUN 21



Shilpa Shetty Kundra

Love: Five of Wands **Mood:** The Sun **Career:** The Chariot Effectively handling pressure may showcase resilience and adaptability in professional settings. Setting personal targets will guide students in their academic progress. Ongoing conflicts may hinder the property's value and create challenges for all parties involved. Be cautious while searching for travel deals. **Lucky Number:** 6 **Lucky Colour:** Brown

VIRGO AUG 24-SEP 23



Kareena Kapoor Khan

Love: The High Priestess **Mood:** The Empress **Career:** The Lovers Exceptional customer service may build positive contribute to professional success. Unforeseen complications in the property acquisition process may arise, demanding careful navigation. Maintaining a calm demeanour may help avoid road confrontations, ensuring a memorable journey. **Lucky Number:** 5 **Lucky Colour:** All Shades of Green

SAGITTARIUS NOV 23-DEC 21



Tamannaah Bhatia

Love: The Star **Mood:** The World **Career:** The Judgement Anticipate having a successful week on various fronts. Upholding confidentiality builds trust on the professional front. Neglecting elders' health may lead to family concerns. Incorporating mindfulness practices may enhance mental well-being and peace. Maintaining accurate financial records may bring financial clarity. **Lucky Number:** 11 **Lucky Colour:** Cream

PISCES FEB 20-MAR 20



Alia Bhatt

Love: Seven of Wands **Mood:** The Sun **Career:** The Empress Cultivating creativity enhances problem-solving and thinking in professional endeavours. Engaging in informed trade activities can lead to financial gains this week. A well-functioning family may provide stability to execute important plans. Consistent effort may lead students to sustained academic excellence. **Lucky Number:** 11 **Lucky Colour:** Yellow

SUSHMA HOLIDAY HOMES IN KASAUJI SUSHMA HOLIDAY HOMES IN KASAUJI SUSHMA VISIT WITH OUR AUTHORIZED SERVICE PARTNER



TRACING THE ALLURE OF AJRAKH

Compiled by Vitti Joshi

A model in an Anita Dongre creation

Wooden block prints used in the ajrakh process

Actor Alia Bhatt in an ajrakh silk saree from Abu Jani Sandeep Khosla

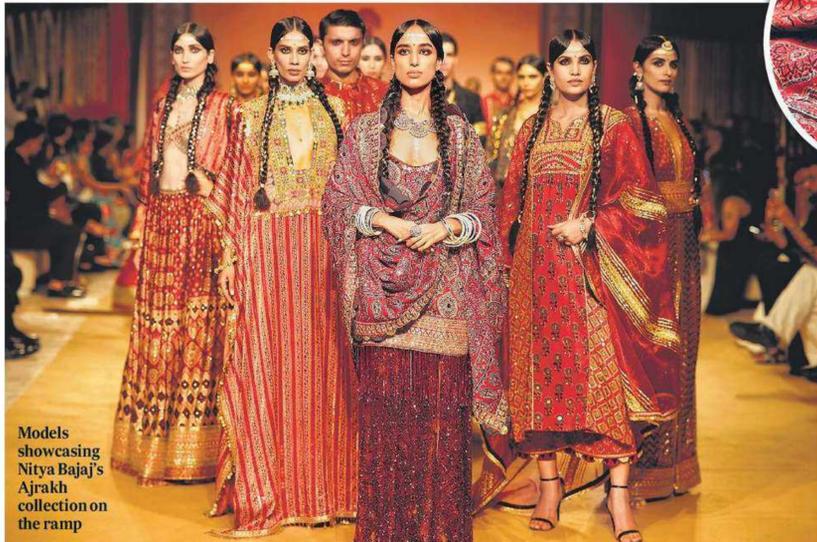
The textile art of Ajrakh bears fruit for the artisans of Kutch in Gujarat, as the recently bestowed Geographical Indication (GI) tag gets them due recognition. Here, we travel back in time to understand the remarkable art that is loved by celebs and renowned names in fashion. **The origin story** Ajrakh's history goes back to 400 years ago in Pakistan's Sindh and continues to be practiced in parts of Gujarat and Rajasthan in India. Master craftsman Dr Ismail Mohamed Khatri is credited with its

revival, while his son and tenth generation Ajrakh craftsman Sufiyan Ismail Khatri carries forward his legacy. **Decoding the art** The identity of Ajrakh resides in its intricate patterns and double-sided print. Designers such as Abu Jani Sandeep Khosla, Ritu Kumar and Anita Dongre are reviving this age-old craft with their interpretations. "What's special about the print is that it features an intricate level of geometry where shapes and colours are achieved by hand-pressing wooden blocks into the fabric. The blocks are

handmade by craftsmen while the dyes are obtained from Nature. It is inspired by the Islamic concept of "mizan" meaning "balance and order," shares Abu Jani. Designer Nachiket Barve adds, "The Mughals played a key role in promoting Ajrakh. Now, it's seeing a revival and it is amazing to witness designers promote this age-old print." With indigo and crimson red as the primary colours are derived from herbs, vegetable essence and natural minerals, white symmetrical motifs exhibit elements of

Nature. A recurring motif is the Trefoil, comprising three sun discs, representing the relationship between the sun Gods, water and the Earth. The designs are influenced by local legends and historic events. **Stages of Ajrakh printing** Resist printing is the method employed to keep intended areas from absorbing darker hues. The craft includes processes of saaj, kasano, khariyanu, kat, gach, indigo dyeing, vichcharnu and rang.

A closer look at Ajrakh print features



Models showcasing Nitya Bajaj's Ajrakh collection on the ramp



DAILY HOROSCOPE Sunday, May 12, 2024

Dr Prem Kumar Sharma (Astrologer and Vaastu expert) can be contacted at: Delhi: 011-47033152, 40532026 (Sat to Mon); Panchkula: 91-172-2562832, 2572874 (Tues to Thurs); Mumbai: 09716145644 (Last week of every month)

PREMASTROLOGER

PREMASTROLOGER

ASKPREMASTROLOGER

ARIES MAR 21-APR 20

Your changed mental attitude will have a positive fallout on the health front. You may be in two minds regarding a journey. You are likely to have the time of your life in a do or a get-together. **LOVE FOCUS:** Beauty care will keep some in the romantic reckoning. **LUCKY NUMBER:** 9 **LUCKY COLOUR:** Brown

LEO JUL 23-AUG 23

A change of diet will make you feel more energetic. The financial front looks okay, but don't let up on savings. You may become the star of a sporting event. **LOVE FOCUS:** The lover is likely to share romantic feelings and give you quality time. **LUCKY NUMBER:** 8 **LUCKY COLOUR:** Royal Blue

SAGITTARIUS NOV 23-DEC 21

Irregular hours can tell on your health. Money will no longer be elusive as you experience a windfall. Remaining away from all domestic controversies will help retain peace of mind. You may plan a short break. **LOVE FOCUS:** Those looking for love may succumb to someone's charms! **LUCKY NUMBER:** 11 **LUCKY COLOUR:** Cream

TAURUS APR 21-MAY 20

Slowing the pace of life will have a beneficial effect on health. People may find their business going downhill with more supply than demand. Driving to the countryside will prove rejuvenating, but be careful. **LOVE FOCUS:** Lover's embrace will help you forget your troubles. **LUCKY NUMBER:** 17 **LUCKY COLOUR:** Blue

VIRGO AUG 24-SEP 23

You are likely to spend more than the budgeted amount. Happiness will be found in togetherness on the home front. An invitation to a function or party will find you in your element. **LOVE FOCUS:** Time spent with your lover today will be most refreshing. **LUCKY NUMBER:** 18 **LUCKY COLOUR:** Light Red

CAPRICORN DEC 22-JAN 21

Economically, you will be able to make yourself quite comfortable. Your way with words is likely to win many admirers. Your ideas and suggestions will be appreciated by those who matter. **LOVE FOCUS:** A passionate evening cannot be ruled out for some. **LUCKY NUMBER:** 18 **LUCKY COLOUR:** Orange

GEMINI MAY 21-JUN 21

Your go-getting ways will be much appreciated by all. You may have to juggle travel and office. Retail store owners will manage to attract more clientele. **LOVE FOCUS:** Lover's romantic ideas may simply amaze you. **LUCKY NUMBER:** 5 **LUCKY COLOUR:** Green

LIBRA SEP 24-OCT 23

You will benefit by taking a break from your regular exercise routine. Keeping someone informed about an important issue will ease the burden on your shoulders. **LOVE FOCUS:** Newlyweds will have eyes only for each other today! **LUCKY NUMBER:** 5 **LUCKY COLOUR:** Magenta

AQUARIUS JAN 22-FEB 19

Don't spend irresponsibly as a cash crunch can come your way. Some problems are foreseen in a journey. Something pending for long is likely to be completed. **LOVE FOCUS:** Love life is set to become promising as you find your mate. **LUCKY NUMBER:** 5 **LUCKY COLOUR:** Sky Blue

CANCER JUN 22-JUL 22

Saving money may become important at this juncture. You can accept someone's invitation to spend a few days out of town. Your image on the social front is set to rise. **LOVE FOCUS:** Fine cuisine, soft music and candlelight dinner are certain to bring lovers closer. **LUCKY NUMBER:** 7 **LUCKY COLOUR:** Light Red

SCORPIO OCT 24-NOV 22

Consider well before making decisions that involve money. Keep your cool on the road. This is an ideal time to start something new. Spotlight will be on you at a function you attend. **LOVE FOCUS:** Your old love interest can appear out of nowhere to brighten your day. **LUCKY NUMBER:** 9 **LUCKY COLOUR:** Pink

PISCES FEB 20-MAR 20

Financially you may need to be more secure than you are now. Reservation can become a problem for those setting out on a journey. This is the time when you are likely to earn fame on the social front. **LOVE FOCUS:** Those seeking love are likely to stumble upon it soon! **LUCKY NUMBER:** 22 **LUCKY COLOUR:** Light Purple

The key to communicating needs to your partner



PHOTO: SHUTTERSTOCK (FOR REPRESENTATIONAL PURPOSE ONLY)

From sharing deep and difficult emotions to lacing it with love, communication in a relationship can be a tricky thing. Therapist Trevor Hanson elaborates this on his social media post. "Our needs and expectations should be conveyed clearly to create a healthy space," he says, adding, "In case we feel the partner is getting defensive or we're not able to handle the situation in a healthy manner, there are

three ways to go about it." Here's how: **●** The first step is to be completely honest with what we are feeling. We should learn to be patient with our explanations to our partners. Feelings of hurt, loneliness, longings and fear should be shared with the partner to let them know how much we are hurting. **●** Secondly, instead of getting into the cycle of blame, we

should communicate our needs to our partner and let them know what we are expecting from them. **●** Lastly, we should point out the gap in communication and help the partner find a solution on how to fix the relationship. "When we criticise, our partner may receive the message that they are not good enough. Hence, we should lace it up with love so that they feel valued," Hanson ends. **HTC**



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“My child will be proud of my academic rigour”



Samiksha Saharan with son Sarvagya
PHOTO: SHANTANU BHATTACHARYA/HT

Samiksha Saharan is a 25-year-old MCom student at Shaheed Bhagat Singh College and mother to five-month-old Sarvagya. “It was six months into my marriage, in 2022, when I attempted the exam to get into this course — and out of thousands of aspirants only 400 got in. One of the reasons I went for it is because my in-laws have always been very supportive of my academic career. My husband, who is an organic farmer, too, pushes me to do more and do better for our son. He tells me to make my life meaningful and my son, proud of me. With my

academic rigour, I am certain he will be! Even my mother-in-law tells me to study and get good marks. All this is what helps me be a mum on campus,” Saharan tells us, adding that living in a joint family has been of advantage to her. “During the day, I have the infrastructure of support in the form of my husband’s parents and grandparents. At night, when my son is with me, studying is out of the question. But during the day, between breastfeeding, is when I really go at it and study! Every two hours, I feed him, but other than that I pore over my study material!”

HAPPY Mother's Day

BABY ON BOARD, AND BOOKS TOO: CAMPUS MUMS WHO WANT IT ALL

Meet these Delhi University students who are defying gender stereotypes to pursue their academia dreams as young mothers

■ Kriti Kambiri



Minaxi Kaushik with son Yuvan

“Want to fulfil my dream of becoming a professor and inspire my boy”

Minaxi Kaushik, is a 32-year-old PhD scholar studying literature, and mother to her six-month-old son Yuvan. Currently in the penultimate month of her eight-month maternity leave, she tells us: “I enrolled for PhD in 2021, a year before I got married, and then had my baby a year-and-a-half later. Though I had completed my coursework before having the baby, I am yet to defend my topic and that task lies incomplete. I will, however, defend the topic of my thesis in November!” Kaushik credits her mum-in-law for being a “pillar of support” and sees her own mother, though uneducated but ever hopeful for her children to pursue higher studies, as an “inspiration”. “When my son grows up, I want him to see that I have juggled my family responsibilities while also fulfilling my dream of becoming a professor — aur ye toh main karke rahungi!”

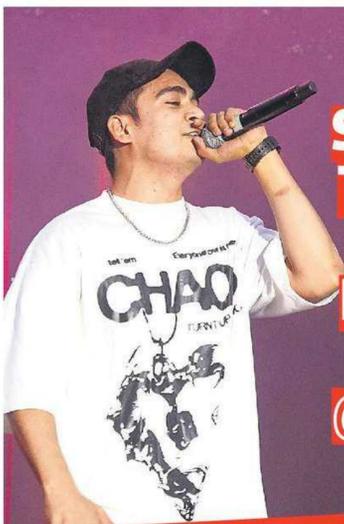


“My son understands my commitments”

Timsi Anand: (inset) with son Rudraveer

PhD scholar Timsi Anand, 36, enrolled at Delhi School of Economics in 2018, two years after she got married, and had her son, Rudraveer, in 2021. She says, “It’s almost time for my submission. I completed most of my work before I had my son. After him, it’s been tough — I’ve been dragging it but I plan on submitting my final thesis in six months... Earlier, I may have been in a dilemma about having a child when I did, but now I feel blessed that I took the decision. If you really want kids, you balance out your aspirations, like I had to take a six-month maternity leave.”

Timsi doesn’t feel stressed about the time that has passed. “Yes, I haven’t finished my PhD, unlike my peers who completed it in three or four years, but I have no guilt over it. If I were a housewife, maybe things would have been different. But Rudraveer understands that his mother has commitments. He knows that it’s a responsibility I have to fulfil and also gives me that time off. He knows he must not touch mom’s books, study material and laptop. He knows those boundaries and also my work. It’s been tough being a student mum, but it’s also a blessing for me.”



Stebin Ben ko Thoda Thoda Pyaar hua & Panther raps up a storm @ Crossroads



Kriti Kambiri
kriti.kambiri@hindustantimes.com

At the de facto finale of the Delhi University (DU) fest season — Shri Ram College of Commerce’s (SRCC) Crossroads — lines to the campus snaked all the way up to Miranda House on one side and Sri Guru Tegh Bahadur Khalsa College on the other. Among those trying to put good old jugaad to try and gain entry, was Sahil Jain, a final-year student of Ramjas College. “My brother, who also studied at the North Campus, before the lockdown, would always tell me about how grand the SRCC fest always was! It’s a shame I don’t actually get to witness it just because I got late in coming to campus.” Those who did make a timely entry, got to witness a star night opened by rapper Panther followed by the main act, singer Stebin Ben. Ben, who performed at the Janki Devi Memorial College fest last year, said on stage, “Standing here, even I feel like a student at a fest... Aap sab ko bahut saara pyaar.” After performing his tracks such as *Thoda Thoda Pyaar*, *Rula Ke Gaya Ishq*, *Pyaar Karte Ho Na* — Ben belted out Bollywood songs such as *Ud-daa Punjab*, *Aadat*

Mujhe lagta hai DU mein sabke hopes hote hain, bade-bade artists aate hain but I just want to do something very special! Jab tak aap khade ho, main gaunga!

STEBIN BEN, Singer

and *Woh Lamhe Woh Baatein*. He later said onstage, “Mujhe lagta hai DU mein sabke hopes hote hain, bade-bade artists aate hain but I just want to do something very very special! Jab tak aap khade ho, main gaunga!” Rohit Kumar, a BA (Hons) Hindi graduate of Rajdhani College, gushed, “Stebin Ben’s covers of Atif Aslam songs are wonderful. He actually did justice to him! But jo Panther ne audience ko pakad ke rakha tha, wo bahut kam log sakte hain, wo toh kuch aur hi tha!” Fans of Panther, who rapped originals such as *UP Se*, *Gadar*, *Bhasad* and *Jaani*, cheered and hooted as the artist ended his set saying, “Represent for UP! Main UP ka hun aur bataunga ki hum mein bhi bahut talent hai!”



The audience enjoying rapper Panther’s set

PHOTOS: RAJESH KASHYAP/HT



Delhi crowd is a bit more angsty, just like our music: Seedhe Maut

The songs we write about are the reflection of the people who attend our concerts in Delhi. For our concert today, we have a few surprises planned for Dilliwalas, which we are super excited about.

ABHJAY NEGI, Musician

Samarth Goyal

samarth.goyal@htdigital.com

It’s always an exciting feeling, performing in Delhi, for hip-hop group Seedhe Maut. Comprised of Sidhant Sharma (aka Calm) and Abhijay Negi (aka Encore ABJ), the *Nanchaku* and *Hola Amigo* hitmaker duo cannot wait to perform in their hometown today. “It is always special to be back home. Our music comes from our experiences and most of them have been from Delhi. The songs we write about are the reflection of the people who attend our concerts in Delhi,” says Negi. For the duo, the connection, however, goes beyond just music. “Whenever we come to Delhi, we always feel that the connect goes beyond just vibing on music. The energy levels in this city are always off the charts. The crowd is a bit more rowdy and angsty, just like our music. The last time we performed in

Delhi, it was a crazy experience and so, this time, our expectations are even bigger,” adds Sharma.

The duo, popular for tracks such as *Namastute* and *Shaktimaan*, insist that Delhi was intentionally the last city on the circuit of the nationwide Lunch Break India Tour, which saw them perform in 13 cities. “We have a few surprises planned for Dilliwalas, which we are super excited about. The set is going to be longer as compared to the sets we have done in other cities as a part of this tour. It was a conscious decision for all of us to keep Delhi as the last city, because we want to give it our all and all of our best. We saved the best for last,” they sign off.

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My mum's very chill, I would be lost if not for her

continued from p 01

Ananya Panday doesn't want to leave her baby, her dog Riot, alone even for a minute. Bhavana Pandey, her mum, has only now learnt to let her baby go solo — in her new apartment. We chat up the duo, who are in the middle of a new series of unique firsts.

What sort of a mum was Bhavana while you were growing up, Ananya — a helicopter mom or a cool one?

Ananya: Not helicopter. In school, she was strict, involved in all my school work. I was the first child, and she would do all my projects. I wouldn't say I was pampered, but she would help me revise everything. My mum secretly wanted to become an actor, someone in the family told me, that's why she would get into my learning of poems and elocution. Also, I used to tell her about even the smallest of things. She was one of the more chill moms. She was involved when I started my career as an actor, I needed her. I would be lost if my mom was not there to help me.

Maybe Ananya realises what it's like to be a mom, with the new baby in her life...

Ananya: It's been a few days since Riot came home, and I messaged mum on the third night, saying 'It's tough to be a mother!' (laughs)

Bhavana: Ananya's a lot like her father... Riot has only come now, so we have to see how her journey is. I used to be the one who would shower love on her when she was born, Chunky did, too, but he was paranoid about her. I remember at night, Ananya would be sleeping in her cot, and he would go to check if she is breathing. In the middle of the night.

Ananya: I do the same with Riot.

How's it been for the two of you, ever since Ananya moved out? Bhavana, your younger daughter Rysa is also studying abroad.

Ananya: I am loving it! I never went

abroad to study, never lived outside my house. I was very protected. I am living alone but still close to parents. It is a healthy space, asking me to take responsibility and not depend on them. They are still a phone call away, but I am trying to take on as much responsibility as I can.

Bhavana: Ananya moved out in January. She wanted to get her own space as soon as she entered films. I felt she should not take added responsibility back then. How many people are fortunate to live in Mumbai, and have people looking after everything? I felt she should take advantage of it and concentrate on work. I was nervous in the beginning, but when Rysa went to the US, I realised I should let them fly.

You both are in showbiz, and social media is indispensable. How do the two of you react when you see the other person being trolled or facing negativity?

Ananya: I don't read comments anymore.

Bhavana: It used to bother me what they wrote about her. I have realised that even if 100 people talk badly about you, it's just a small speck in the universe. There are so many people that love you! I don't think there is much bad written about me. At the most they will say 'buddhi' or 'Why are these women doing this show, they are not star wives'. First, you, too, are going to be at that age one day, and secondly, we said 'Bollywood wives', not 'star wives'.

Rishabh Suri



HAPPY Mother's Day

PHOTO: SOUJIT DAS

I used to tell her about even the smallest of things. She was involved when I started my career as an actor, I needed her.

ANANYA PANDAY, Actor

Ananya wanted her own space as soon as she entered films. I felt she should take advantage of [her privileges, such as her parents' house] and concentrate on just work.

BHAVANA PANDEY, Reality TV personality



Ankita Lokhande with her mother
PHOTO: INSTAGRAM/VANDANAPHADNIS LOKHANDE

Ankita gets her passion for acting from me, says Vandana Lokhande

Rishabh Suri

rishabh.suri@tlive.com

Ankita Lokhande's soulmate, she says, is her mother Vandana Lokhande. But did you know that the former gets her acting skills from her too? Vandana, who dabbled in acting earlier, says, "I did news reading in Marathi, then did a few TV serials and ad shoots. I couldn't pursue it as it was not possible living in Indore."

Telling us about her life, she continues, "I was in Gwalior till I completed my class 12, we had our farmhouse. I came to Indore in 1979 and started my college. I have been a teacher for the last 40 years, and also ran my own school which was named after Ankita's nickname. She had written in her diary as a child 'I want to be a heroine'. She was always serious about it."

Vandana also went on to start her own namkeen business. "When we came to Mumbai, my husband

ANKITA SAYS HER MUM ALWAYS SUPPORTED HER CAREER ASPIRATIONS

"Mum strongly believed I could become an actor and supported me throughout the journey. I have always seen my mom active. When I see her doing so much even now, I wonder main unki age tak pahuch ke kya kar rahi hongi? When my dad passed away, I was worried how she would cope. The way she handled herself... the things she couldn't do earlier in life, she does now. I am grateful to have her in my life. She is my soulmate."

would say 'Yahan achha sev nahin milta'. So I started making it for him, and then people also liked it. With time, I increased the production," she says.

What's the one quality she feels Ankita has imbibed from her? "Acting," she laughs, and adds, "She is very family-oriented. Mere liye bhi parivaar pehle hai."

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