

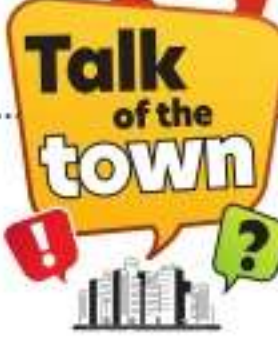
MUMBAI IS...  
SHROFFS  
CELEBRATE  
B'DAY AND  
ANNIV  
WITH  
THROWBACK  
PICS  
P3



THURSDAY, JUNE 6, 2024  
ADVERTORIAL, ENTERTAINMENT INDUSTRY  
PROMOTIONAL FEATURE

# Bombay

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## #ELECTIONRESULTS: APPLAUSE AND SOLACE

Congratulations for those who won. Commiserations and comfort for those who didn't. Reflections and gratitude on part of the contestants, depending on how the voters evaluated them. Concise, pithy commentary with much to read between the lines. The overlapping world of showbusiness and electoral politics had it all, post the final results

### SYMPATHIES FOR SMRITI

smritiraniofficial  
Such is life... A decade of my life going from one village to another, building lives, nurturing hope & aspirations, working on infrastructure - roads, naali, khadjanja, bypass, medical college and more.

To those who stood by me through loss and victory, I am forever grateful. To those celebrating today, congratulations. And to those asking, "How's the josh?" I say- it's still high, Sir. 😊

imouniroy  
Always with you ❤️

neena\_gupta  
Keep working hard thats it

jaya.bhattacharya  
Don't fret dear. Big hug 🤗

shubhangiaofficial  
Always and forever with our Rockstar



### FRIENDS CELEBRATE KANGANA'S WIN



Ankita lokhande Jain  
@anky1912

Heartfelt congratulations, my dearest for this massive win @KanganaTeam 🎉👏 You deserve it and I know you will bring a positive change. Always rooting for you ❤️

Anupam Kher  
@AnupamKher

Dearest @KanganaTeam! CONGRATULATIONS on your HUGE Victory! You are a #ROCKSTAR. Your journey is so so inspirational! So happy for you and the people of #Mandi and #HimachalPradesh. You have proved time and again that if one is focused and works hard तो कुछ भी हो सकता है! जय हो! 🙌🙌🙌 #MemberParliament #KanganaRanaut #Winner

### FAMILIES CHEER THEIR WINNERS

adishoni  
Hi Shizuka Mori - Enjoy Today

That victorious smile 😊



@shatrughansinhaofficial



imeshadevi  
Congratulations mamma Hat trick 🎉🎉🎉

@dreamgirlhemamalini

therichachadha  
I remember this day in Dec 2019, and I will always remember today. Dedicated to all the other ziddis out there, who won't give up, give in and have a lengthened, healthy, gorgeous spine 🙌



AB KI BAAR...

Hansal Mehta  
Ab ki baar, 300 far



Ram Charan  
A proud day for our family! Congratulations to my @PawanKalyan Garu on his phenomenal win!

Kajal Aggarwal  
Congratulations On Your Well Deserved Victory @PawanKalyan Garu. Your Tireless Effort & Unwavering Commitment Have Truly Paid off.

### SOUTH APPLAUDS PAWAN KALYAN, NAIDU

Kamal Haasan  
@ikamalahaasan  
Congratulations to @ncbn Chandrababu Naidu Garu, on the historic mandate given by the voters of Andhra Pradesh! Your visionary leadership and vision have long been an inspiration to the rest of the country. Here's to a brighter future for a renewed and stronger India!

Allu Arjun  
@alluarjun  
Heartiest congratulations to @PawanKalyan garu on this tremendous victory. Your hardwork, dedication and commitment to serve the people for years has always been heart touching. Best wishes for your new journey to serve the people.



## WINNERS OF ELECTION MEME SEASON

### Most popular actor: SRK

From voting to results, there was no beating SRK when it comes to mining his movies, dialogues and songs to convey what words could not. Popular visuals include the palat moment from DDLJ, the monologue from Jawaan urging people to vote wisely, and the Ram song from Swades.



Bollywood Memes  
UP voters took Jawaan seriously.



Palat

### Most popular characters

Anil Kapoor & Nana Patekar from Welcome, Paresh Rawal from Hera Pheri



### Most popular scene

Renuka Shahane falling down the stairs in Hum Aapke Hai Kaun



### Most popular ensemble cast

Scenes from Panchayat were a hit. Even the EC used dialogues and the delightfully relatable characters. A special mention in this category goes to Laapataa Ladies



Sanjeeda Shaikh

## MY DAUGHTER HAS MADE ME THE WOMAN I AM TODAY: SANJEEDA

Onkar Kulkarni

Sanjeeda Shaikh is in a happy space in life, both personally and professionally. The actress, who became popular as a TV actress, has successfully made the transition to other mediums. And on the personal front, she is enjoying every moment of motherhood, raising her almost five-year-old daughter Ayra.

'AYRA BRAGS TO HER FRIENDS ABOUT MY WORK' Sanjeeda, who got divorced from Aamir Ali in 2021, talks to us about raising her child as a single mother. She shares, "My daughter is my friend. She's someone who's very involved with what I am doing. She loves that I work and understands how demanding my work can be. She takes pride in the fact that I have to go for shoots and travel for work. She brags to her friends about my work. As understanding as she is, she also demands that I get something for her when I come back home (laughs). Kids are too smart these days."



The actress with her daughter Ayra

CONTINUED ON P3

## What's brewing between Joe Jonas and Demi Moore?



Demi Moore and Joe Jonas are fueling rumours of a surprising connection. The 61-year-old actress and the 33-year-old singer have reportedly been seen getting cosy, sparking speculation about a blossoming friendship with a touch of flirtiness they say. The actress was seen having lunch with the boy band member and sources described their friendship as a 'new bond.'

Joe, who recently garnered loads of attention

due to his tumultuous relationship with ex-wife Sophie Turner, reportedly dated model Stormi Bee for a while. After a whirlwind romance for nearly five months, sources claim they've called it quits. Some reports are now linking Joe with Demi. While some sources hinted at a blossoming romance, a source close to the situation shut down rumours of anything more than a friendly lunch.

Agencies



## THESE WOMEN ARE SERVING POST-60 FITSPIRATION GOALS

P4







# Get ready to meet India's freshest faces on June 8



Standing (L-R) Shubhra Bhatt, Vani Bansal, Umme Salma, Zoya Ahmed and Vipra Mehta. Sitting (L-R): Itee Singh Rathour, Krithika Jain, Rajnandini Pawar, Ria Jaitley and Dia Singh

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India's popular talent and personality hunt platform - JOY Times Fresh Face Season 15 - has been on the lookout for fresh talent on college campuses across the country since the past few months. From over 35,000 contestants who auditioned across 15 cities including on-

line, we are proud to present the final 20 city winners. These youngsters, who impressed everyone with their thrilling performances and their confidence, will now battle it out at the national grand finale, which will take place on June 8, in Mumbai.



Standing (L-R) Saheel Faiz, Kehan Chindiy, Ishaan Buryok, Asad Sheikh, Saikavin Manikandan and Aadarsh Jain. Sitting (L-R): Divyansh Sonwal, Shreyas Ghosh, Prakar Gupta and Sagar Bari

## 'I AM GLAD THAT PEOPLE ARE TAKING ME SERIOUSLY AS AN ACTOR NOW'

CONTINUED FROM K1

### 'AYRA HAS MADE ME EXTREMELY CONFIDENT AND AWARE ABOUT MYSELF'

The actress who ventured into the digital space a few years ago, feels that Ayra has been lucky for her. She says, "She's a blessing. She has made me the woman I am today. She has made me confident and aware about myself. I am blessed to be her mother. Sometimes Ayra acts like she is my mother! My mother has been my best friend and now my daughter is too. My daughter is the one who gave me the courage to work. I will do anything to give her everything she wants in life"

### 'I HAVE MANAGED TO SECURE MYSELF FINANCIALLY BECAUSE OF TV'

Sanjeeda began her journey in showbiz with *Baghban* in 2003, post which she did a few South films before venturing into television with *Kyaa Hoga Nimmo Kaa* in 2006. Looking back at her journey, she says, "It was quite a smooth ride for me; I really didn't have to struggle. I began as a choreographer and then joined the entertainment industry. I worked in television for a decade. I had no time to dream about Bollywood back then because TV kept me occupied. I had surrendered myself to TV and then I took a conscious break. But yes, I can be choosy about the work I take up. It's thanks to TV that I have managed to secure myself financially. I am an independent woman and today, if required, I can sit at home without worrying about *kal kya hoga*."

I feel I have finally arrived. I am glad that people are taking me seriously as an actor now. *Thoda sa waqt lag gaya lekin it is never too late*



SANJEEDA SHAIKH



Sanjeeda with Hrithik Roshan in *Fighter*

### 'Seven years ago, I only wanted to play lead roles'

She has essayed lead roles in TV shows, but today what matters most to her is how important her part is in a project. The actress, who was recently seen in *Heeramandi*, explains, "Seven years ago, I only wanted to play lead roles. Things have changed, and now, it's about doing that one scene, cracking it well and being spoken about for it. And that's what happened to me with *Fighter*. People talk about my scene with Hrithik." The actress, who is now focusing on web shows and films, says, "I feel I have finally arrived. I am glad that people are taking me seriously as an actor now. *Thoda sa waqt lag gaya lekin it is never too late*."

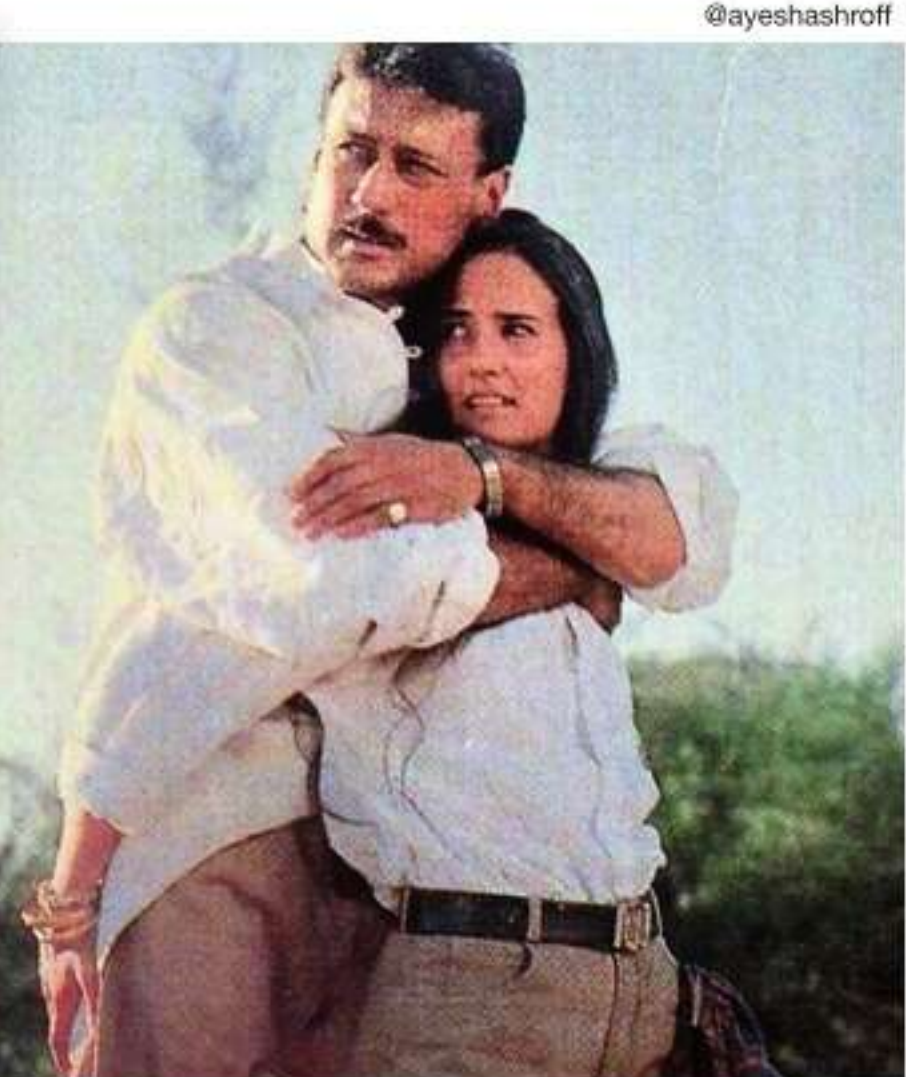
Ayra has given me strength. She is my motivation. She's the one who gave me the courage to work. I will do anything to give her everything she wants in life

## Shroffs celebrate birthday and anniversary with throwback pics

On Wednesday, the Shroff family took to social media to celebrate two special occasions with their fans: Jackie and Ayesha Shroff's wedding anniversary and Ayesha's birthday. Ayesha posted a throwback with Jackie and wrote, "Happy anniversary to us!!! 47 years!!! To friendship and the best two kids in the WORLD (sic)." Meanwhile, Tiger wrote, "Happy b'day to the best *mamaa* ever! I love u so much (sic)." Sharing his love and appreciation for his wife, Jaggu *dada* called her his "spine" in his post.



Jackie and Ayesha Shroff; (above) a throwback picture shared by Tiger



@ayeshashroff



PRIYANKA CHOPRA shares MALTI MARIE's busy day in her trailer. The little one is completely engrossed in playing with interesting things in mama's trailer and, of course, practicing her sailing knots, because why not!



I think "Diane" is coming home with us

## Deep-dish pizzas, snowball fights on US trip for Daisy

Daisy Shah, who was in the US recently, told us that she loved exploring different locations by immersing herself in local experiences. She says, "I had a work commitment that got extended by a month, so I took time off and visited New York City, Los Angeles, San Francisco, and Miami. The best part of the trip was joining in the Mardi Gras Parade, indulging in snowball fights, and trying my hand at making barbecues with the locals. I tried local dishes like deep-dish pizza in Chicago, and Tex-Mex cuisine in Texas."

The actress says the trip taught her to keep a constant check on the weather. "I experienced cold winters in Miami and New York and mild weather in California. I realised it's essential to check the weather forecast before packing for each destination," she says. Speaking about what she brought back home, she says, "I bought souvenirs like keychains, postcards, and local artwork as a memory of the trip."

— Natasha Coutinho



Daisy Shah



# THESE WOMEN ARE SERVING POST-60 FITSPIRATION GOALS. HERE'S HOW



**Pinkie Roshan**

While Hrithik Roshan serves fitness goals with that chiselled body, it seems like he doesn't have to look far for inspiration. The actor's mom Pinkie Roshan is a regular at power strength training. The 69-year-old often shares glimpses of her gym workout sessions, with perfect deadlifts, planks, and other exercises, on social media.



**Anita Raaj**

Actress Anita Raaj is a fit-spiration for many. In an interview, the actress had shared her fitness routine which consists of cardio thrice a week, along with HIIT and a combination of weight and strength training on other days. "I was 25 when I was first introduced to weight training, and today, weight training along with other forms of strength training has become an integral part of my life and fitness routine," the 61-year-old had said.

**A word of caution**

"Prioritise safety by consulting a healthcare professional before starting a new regime. It's important to incorporate strength training to maintain bone density, as well as muscle mass, which is said to reduce by 8-16% from the 40s to 60s. Balance workouts with adequate rest to allow recovery and prevent overuse injuries," says Vaibhav Daga, head of sports science and rehabilitation at a Mumbai-based hospital.



**Yvonne Jacob**

Veteran actress Zeenat Aman (72) recently shared a series of photos of her walking on a treadmill at home, quipping that she had 'no more excuses' as she embarked on a new fitness journey. Like the actress, many women on the other side of 60 have been crushing their fitness goals with gym routines, proving that age is just a number when it comes to the determination of staying fit.



**Ayesha Shroff**

Entrepreneur, mother of two and a fitness icon, Ayesha Shroff is all this and more. At 63, she could probably beat you at lifting weights! Ayesha often does weight training to improve mobility. She also shared a video of her doing a 95 kg deadlift perfectly, which garnered praise from her daughter Krishna, and actress Disha Patani.



**Regular exercise helps in weight management, reduces the risk of chronic ailments and fosters mental well-being by alleviating stress and improving sleep**

— Dr P Venkata Krishnan, Senior consultant at a Gurgaon-based hospital



**Strength training and cardio are game-changers for older women as they boost metabolism. These are also beneficial during and after the menopausal phase when the risk of osteoporosis and weight gain is higher**

— Dr Kritika Bolia, a Pune-based physiotherapist



**Sangeeta Bijlani**

From yoga to home workouts and gym sessions, Sangeeta Bijlani doesn't skip a day when it comes to her fitness regime. The actress is seen doing powerful cardio sessions and strength training, in the workout videos she shares on social media, and has become a fitness inspiration for many.

## 'When you've been a child artiste, it's difficult to convince people that you've grown up'



**ASHNOOR KAUR**

**A**shnoor Kaur took a break from TV after her last show *Pataala Babes* ended in 2020, but now she is returning and will soon be seen in a show produced by Prateek Sharma, opposite Zain Imam. Ask her about her decision to return to the small screen and she says, "Yes I took a break for two reasons. One, I wanted to enjoy my college life. Also, I wanted the audience to see me in a new light. The problem for child actors like me is that half the time it gets difficult to convince people that we have grown up. People still see us as kids."

Ashnoor, who has been working since the age of five, says she always wanted to lead a normal life and that's what she has managed to do. "More than focusing on my studies, I wanted to live my college life. I was working



Ashnoor as a child artiste in *Jai Jag Janani Maa Durga* (2012)

**I took a break for two reasons. One, I wanted to enjoy my college life. Also, I wanted the audience to see me in a new light**

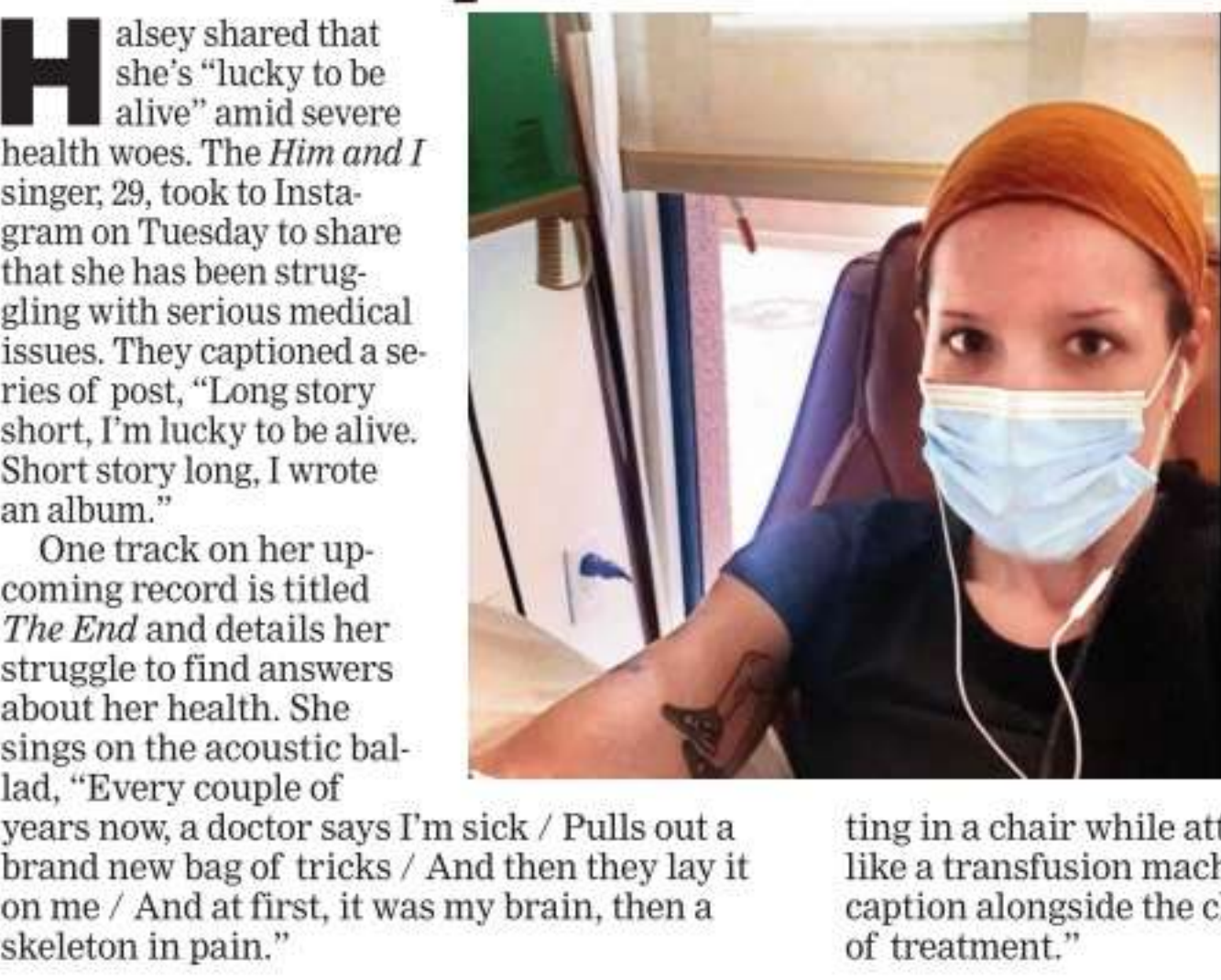
since the age of five and I didn't get to experience a regular school life. That's when I realised that this time won't come back, work can happen even later. So, in the last couple of years, I enjoyed my life as a student, attending classes and participating in extracurricular activities. It helped me shape into a better person. I had a great time and also made some good friends."

— Hasti Doshi

**'I am looking forward to my return to TV'**

Getting fame at an early age can sometimes be counter-productive. But Ashnoor feels that in her case, it has only motivated her to do better. "My fame has not impacted my acting, it has impacted my journey in a positive way. When you see the love that your audience has for you, it's a totally different feeling," says Ashnoor, who is now gearing up for her upcoming TV show. "It's an interesting performance-oriented role and I am looking forward to it," she says.

## I'm lucky to be alive: Halsey



Halsey shared that she's "lucky to be alive" amid severe health woes. The *Him and I* singer, 29, took to Instagram on Tuesday to share that she has been struggling with serious medical issues. They captioned a series of post, "Long story short, I'm lucky to be alive. Short story long, I wrote an album."

One track on her upcoming record is titled *The End* and details her struggle to find answers about her health. She sings on the acoustic ballad, "Every couple of years now, a doctor says I'm sick / Pulls out a brand new bag of tricks / And then they lay it on me / And at first, it was my brain, then a skeleton in pain."

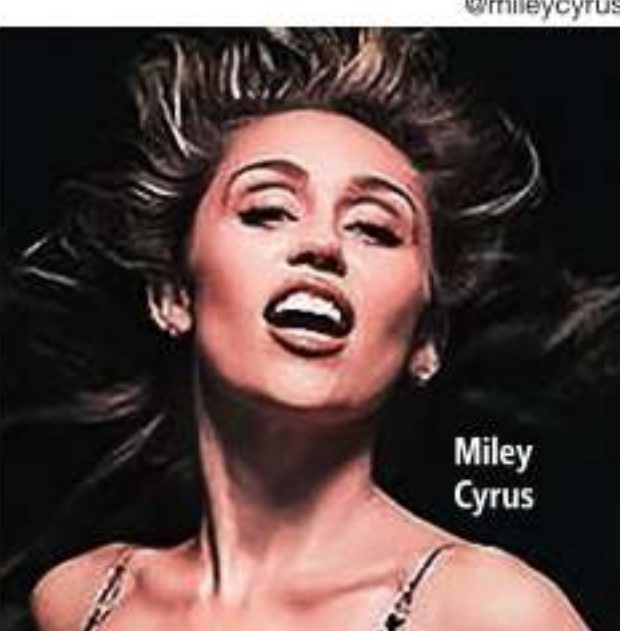
Halsey also tagged the Lupus Research Alliance and the Leukemia and Lymphoma Society in her post. But the *Closer* singer did not specify if she had been diagnosed with either disease. She added alongside a series of images of herself looking ill, "I feel like an old lady. I told myself I'm giving myself two more years to be sick." Another of her images in the carousel of pictures showing her health battle showed her sitting in a chair while attached to what looked like a transfusion machine. They added in a caption alongside the clip, "Today is day one of treatment."




Halsey; (left) screenshot from a video the singer posted

## Workout in heels is Miley Cyrus's secret


**M**iley Cyrus has revealed her gymming secret behind the toned physique, and it's not easy to replicate. In an interview with a magazine, she said, "I train in heels, mostly. I'm interested in feminizing the workout space because so much of the workout equipment is ugly." She added that her mantra is like any athlete's: "Practice how you perform."



Miley Cyrus



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**Dr. Ramen Goel**  
Bariatric & Metabolic Surgeon

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<b>Mumbai Central</b> 12th June 10am to 12pm; 1 to 3pm Wockhardt Hospitals Mumbai Central, Agripada	<b>Ghatkopar</b> 13th June 4 to 6pm Jolly Gymkhana, Kirol Village Ghatkopar West
<b>Bandra</b> 14th June 4 to 6pm Hotel Rang Sharda Nr. Lilavati Hospital	<b>Vashi</b> 15th June 11am to 1pm Navi Mumbai Sports Club Maruti Patil Marg

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