MUMBAIIS... SHROFFS **CELEBRATE** B'DAY AND ANNIV WITH **THROWBACK PICS** P3

THURSDAY, JUNE 6, 2024 ADVERTORIAL, ENTERTAINMENT INDUSTRY PROMOTIONAL FEATURE Talk Mail us @bombay.times@timesgroup.com

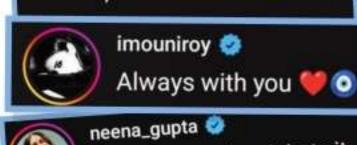
#ELECTIONRESULTS: APPLAUSE AND SOLACE

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



smritiiraniofficial 🧔 Such is life... A decade of my life going from one village to another, building lives, nurturing hope & aspirations, working on infrastructure - roads, naali khadanja, 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.





shubhangiaofficial 🧼 Always and forever with our Rockstar



@AnupamPKher

therichachadha

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

Anubhav Sinha

@anubhavsinha

FAMILIES CHEER THEIR WINNERS



Kamal Haasan 🙋

@ikamalhaasan







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

Allu Arjun 🔮 @alluarjun

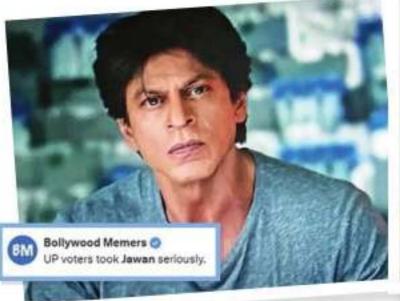
Heartiest congratulations to @PawanKalyan garu on this tremendous victory . Your hardwork, dedication and commitment to serve the people for years has always been heart touching . Best wishes for your new journey to serve the people.

I remember this day in Dec 2019, and The biggest achievement of these results is that divisive politics will 1 will always remember today. become a taboo for a long time to Dedicated to all the other ziddis out come. And the entire credit for that there, who won't give up, give in and goes to the audacious idea have a lengthened, healthy, gorgeous of #MohabbatKiDukan **AB KI BAAR...** Hansal Mehta 🔮 Ab ki baar, 300 far Kajal Aggarwal 📀 Agratulations On Your Well Deserved Pawankalyan Garu, Your cless Effort & Unwavering Commitment @AlwaysRamCharan A proud day for our family! Congratulations to my @PawanKalyan Garu on his phenomenal win!

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.





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



Onkar Kulkarni

anjeeda 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 Avra.

'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."

CONTINUED ON S

What's brewing between



emi 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 friend ship 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 guits. 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.



Malad school applauds its students





Archita Saraf Rajpuria with the IGCSE achievers Jyotirmay Bhadech, Siyona Gupta, Krishiv Maheshwari, Kushaal Agrawal, Ojal Khanvilkar and Vihaan Gupta

Academic

Acclaim

ainadevi Bajaj International School, of the Rajasthani Sam-melan Education Trust, is pleased to announce the achievements of their IGCSE students. Jyotirmay Bhadech scored 96.33% with A* in all subjects, with a perfect 100/100 score in Maths. Siyona Gupta, scored 95.83%, with an A* in all subjects, Krishiv Maheshwari 95.67% with an A* in all subjects, Kushaal Agrawal 95% A* in all subjects, Ojal Khanvilkar 90.67%, A*in five subjects and Vihaan Gupta 90.17% A* in five subjects.

Archita Saraf Rajpuria, trustee, of the school shares, "We have a student-centred approach to make them self-reliant and self-confident. We have thus carved our niche by preparing learners with a global outlook.' Dr Padmajaa S Kutty, principal of the

school, adds, "Our staff empowers our students to be the change they want to see, by integrating diverse learning experiences, based on real-world paradigms."

She adds, "Valuing each child is a foundational attribute of our school."



Jyotirmay Bhadech (96.33%)



Kushaal Agrawal (95%) Krishiv Maheshwari (95.67%)

HOW

TO PLAY

1. A number

may appear

just once in

each row

or column.

Eliminate

numbers by

darkening

cells. (see

example)

Darkened

cells must never be adja

cent in a row

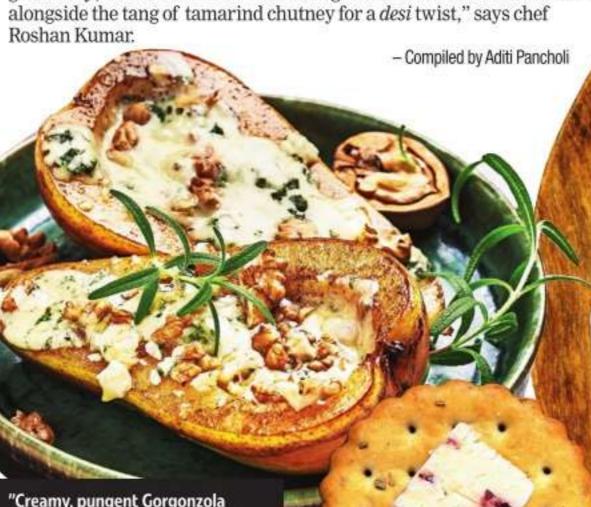
or column.

repeat

Disclaimer: The claims and views expressed in the article are the sole responsibility of the educational institution.

Balance flavours, mix textures for interesting cheese pairings

heese evolves with time, and pairing it thoughtfully only enriches the experience, say experts. "Exploring cheese pairings at home can be an exciting culinary adventure. From the creamy delight of paneer with mint chutney to the robust fusion of aged cheddar with mango chutney, each combination is exciting. Embrace the richness of Gouda alongside the tang of tamarind chutney for a desi twist," says chef



"Creamy, pungent Gorgonzola pairs elegantly with ripe pears," says chef Roshan Kumar

Try Brie with honey & fresh fruits like pear or apple. Blue cheesefig jam make a delish combo on a cracker. Goat cheese's tangy flavour complements the herbaceous taste of pesto on crostini

- Chef Tushar Malkani



When pairing cheese,

consider the following tips to enhance the taste: **Balance flavours: Pair mild** cheeses with delicate flavours and strong cheeses with bold flavours

Texture contrast: Pair creamy cheeses with crunchy items like nuts or fruits

Consider acidity: Acidic accompaniments like citrus fruits or vinegar can cut through the richness of fatty cheeses

Temperature: Serve cheeses at room temperature to enhance their flavours and textures

- Vieux-Boulogne, a French cheese, has been scientifically proven to be the world's smelliest cheese
- The fastest time to eat 500gm of mozzarella is 1 minute 2.34 seconds, achieved by Leah Shutkever in London in 2023
- According to reports, global cheese

consumption is projected to reach a record high of 21.6 million metric tons, or 47.7 billion pounds, in 2024

SUDOKU CHALLENGE

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

HOW TO PLAY

Level: Medium

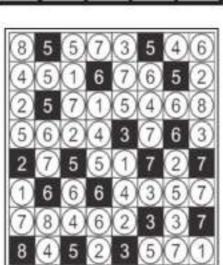
Fill in the grid so that every horizontal row, every vertical column and every 3x3 box contains the digits 1-9, without repeating the numbers in the same row, column or box. You can't change the digits already given in the grid. Every puzzle has one solution.

TIMES HITORI

***	3	3	3	2	4	5	2	1
	1	9	5	6	4	3	2	4
	1	4	5	3	5	6	4	9
	4	7	2	4	3	5	6	5
	6	6	6	4	7	9	1	8
	9	2	1	8	9	4	2	7
	1	5	5	7	1	5	3	5
a-	3	8	7	5	6	1	4	2

3. Unmarked cells must create a single continuous area, undivided by darkened cells. 4. Every time you darken a cell, you can automatically circle its vertical and horizontal neighbours, which means they cannot be eliminated. 5. Any cell "sandwiched" between neighbours of the same value can be circled. (e.g. 646)

A "triple" is a special case of sandwich. Circle the centre cells, and darken the ends. (e.g. 6 6 6



Example

LOOP THE LOOP 2-2-2-

Cheese on

crackers

2 3 2

(Fig A)

Not allowed

(Fig B)

- Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A).
- Crossovers or branches are not allowed (As shown by dotted lines in Fig B).
- Numbers in the puzzle indicate the number of lines that should surround it, while empty cells

RULES

 You can't draw lines around zeroes. Each puzzle has just

one unique solution.

may be surrounded

by any number of

HOW TO BEGIN:

Example (Fig A) - Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a deadend (Fig B).

ODIE IS MAD AT ME OVER SOMETHING I DID U

I NEED A CAREFUL VOLUNTEER TO MOVE SOME DELICATE

TRAVEL TIMES

SMALL GROUPS | SLOW TRAVEL

SCANDINAVIA WINTER

9 NIGHTS / 10 DAYS

MAXIMUM NORTHERNLIGHTS HUNT

FINLAND | SWEDEN | NORWAY

EMBARK ON AN ARCTIC ESCAPADE

FROM BUSTLING CITIES TO

SNOWY WONDERLANDS!

MUMBAI PUNE BANGALORE

9930424527 | WWW.ANUBHAVVACATIONS.IN

Anubhav







DENNIS THE MENACE



"I'M NOT TOO SURE, BUT I'LL LET YOU KNOW WHEN I COME UP WITH A GOOD EXCUSE."

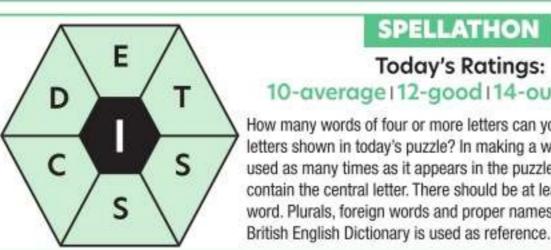
Registration No. MAHENG/2000/2180, VOLUME No. 24, ISSUE No. 221 for selection of news under PRB Act). © All rights reserved. Reproduction in whole or in

SCRAMBLE

Rearrange the letters in the		ETA
four word	-	
jumbles, one	!	EEZ
letter to each	1	
square/circle,	i	CEI
to make four	i	
ordinary	1	CHS
words	÷	One

CHSTPU

Love in its essence is fire - Lucius Annaeus Seneca **HOW TO PLAY** Now arrange the letters in the circles to form the answer to the riddle or to



SPELLATHON

Today's Ratings: 10-average 112-good 114-outstanding

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



■ finolexpipes.com 1 1800 200 3466 For appointments: ANUPAM V KAPIL 9822042295 or anupamykapil@gmail.com

See what the stars have in store for

you – according to your moon sign.

ARIES: Don't hesitate to resolve any problems that might be left over from the past. It is well worth giving it some thought. There aren't many surprises in store, but your emotional affairs are both reinvigorating and reassuring. TAURUS: A change is on the agenda today, or

even on the horizon, you may not have a positive emotional reaction to it. You're feeling more sensitive now than usual. And the idea of something in your life shifting sets off your deepest anxieties.

GEMINI: You may think you can handle a situation on your own but the planets warn you are going to need assistance. Why even think of tackling it alone when you have friends you can turn to for help? Be smart and ask for their advice.

CANCER: You are bringing concrete proof of your love and contributing to dispel your doubts and anxieties on this day. Friends at work place are likely to want a sympathetic ear and insightful advice.

LEO: The influence of your loved ones understands your need for security and is doing everything to reassure you as much as they can. It able time for a coming together and you impress would be unsurprising if you came up with some your ideas on others tactfully but effectively.

truly original suggestions today. But don't be too disappointed, for tomorrow is another day. VIRGO: Today's day is extremely positive, symbolising an atmosphere of complete and utter harmony with your loved ones. This is a good time to settle your overdue bills to apply for a

fill in the missing word as indicated

LIBRA: Events are turning in your favour, and both on a social and a professional level, people are rallying round to help you achieve your goals. Frustration, gloom, and despair are a fair description of your mood today. SCORPIO: Worries about money prove groundless when the facts about your situation are

make the best of the ideas and inspirations that come to you. Some unexpected developments SAGITTARIUS: Someone close to you could be

ascertained. In the professional realm, try to

going through emotional turmoil, and your intuition is acute enough today so that you are likely to pick up on it psychically. In the work sphere, be prepared for disappointments and misunderstandings. CAPRICORN: On the professional front, things

are going splendidly. This day could be challenging, but ultimately fruitful. You and your colleagues are in tune and you generate a gentle strength that helps you to achieve your goals. AQUARIUS: Your discipline and your sense of responsibility find a favourable echo with the people who are close to you today. Far from seeking out emotional drama, you enjoy a sense of tranquil contentment that comes from the security of your long standing attachments. PISCES: At work, the perfect equilibrium generated by and it also guarantees your energies that will profitably divided among the many different projects you are engaged in. It is a favour-

THE DAILY CROSSWORD

By Emma Lawson & Amie Walker ACROSS

1 Tap 4 Garment that may be draped in the nivi

8 Buyer's incentive 14 Hoopla 15 Jeff Bridges sci-fi franchise

16 Toyota sedan since 17 Gets just right

19 Silently agreed 20 Places to pray 21 __ de deux 23 Physics quantity 24 Rental agreement 25 Get off the partner

track? 27 Car alarm 29 Slick 32 Final Four game 35 Yahoo

37 "Thanks, I got it" 39 Handi-Snacks cookie 40 Have a loan from 42 Like a dragon egg in Minecraft 43 Jackman's "The Greatest Showman"

45 "__ your heart out!" 46 Apple computer 47 Siete dias 49 Centipede's multitude 51 Body of work 53 Firm

57 Chatted privately, briefly 60 "It's not really working for me 61 Admonition to bickering kids

62 Electric guitar effect 64 "Back so soon?" 66 Audrey Tautou role 67 Long for 68 Vox populi, vox 69 Flexor counterpart

Wednesday's Puzzle Solved WHIMTAPAS ABBA A T O N E P E A S P O U T S P E C K PANINIPRESSMROE CEO DIAMOND NUSBACESOPEC TVMARATHON ALSO SEATS AER INOIL BARTSLEEPCYCLE TIPIPOLOKOS DRACHMA DIDDLYSQUAT ABATE TYKE ROBOT DUSK

©2024 Tribune Content Agency, LLC

70 "Who could it be?" 71 Parka part DOWN 1 Vatican-related

2 "I Drink Wine" singer 3 Sandwich on a bolillo 4 Typical opening? 5 Story shapes 6 Deteriorate 7 What a mood board

might provide. informally 8 Return correspondence? 9 Former Bolivian president Morales

10 Creedence Clearwater Revival hit with the Down entries 11 "M*A*S*H" star

13 Split 18 Bella Hadid and 22 Burro

25 Chew (on) 26 Lav 28 Key information for a hotel guest?

06/06/2024

30 Cubs or Bears 31 Juno's Greek counterpart 32 Cry loudly 33 "-zoic" periods 34 No more than 36 Extra charge

38 Advent mo. 41 Yarn 44 Dubai's fed. 48 Madison in NYC 50 Axle coating 52 Pay to play, e.g.

line "I see trouble on the way," or what can be found in three long

12 The ten in "hang ten" Precious Lee, for two

Laurentiis 55 Less friendly 56 "Canadian tuxedo" fabric 57 "Dang!" 58 Many a viral post 59 Level 61 Peck

63 __ de Janeiro

TIMES HITORI

65 Cruet liquid

54 Food Network chef De

SOLUTIONS TO GAMES/PUZZLES

LOOP THE LOOP TIMES SUDOKU 324168957 2×5×5 2 3 3 8 5 9 3 2 7 6 1 4 288961119 9 2 1 6 1 8 8 4 9 1 6 2 5 3 4 9 8 8 2 3 1 7 9 8 6 7 65732841 × 5 5 3 1375842869

SPELLATHON beit , beit , befie

DISSECT, edict, edit, iced, side, site, cite, cited, desist, dice, diet,

482916284

3 8 1 8 6 1 4 2 E I L S 5 × 5 × 0 × = 7 8 1 2 6 × 5 × 2 | 5 | 5 × 5 × 3 2 × 2 × 4 5 5 × × 5 2 × × ×

SCRAMBLE

Lucius Annaeus Seneca Answer: Love in its essence is spiritual fire -Words: Irate, seize, tickle, putsch

Published for the proprietors, Bennett, Coleman & Company Ltd. by R. Krishnamurthy at The Times of India Building, Dr. D. N. Road, Mumbai 400001, Tel. No. (022) 66353535. 2733535, Fax. (022) 2273 1144 and printed by him at (1) The Times of India Suburbar Press, Akurli Road, Western Express Highway, Kandivli (E), Mumbai 400 101. [el. No. (022)28872324, 28872930, Fax - (022) 28874230. (2) The Times of India Print City, Plot No.4, T.T.C. Industrial Area, Thane Belapur Road, Airoli, Navi Mumbai 400708. Tel. No. (022) 27609999; (022) 27605275. Editor: Madhureeta Mukherjee (Responsible Get ready to meet India's freshest faces on June 8



Standing (L-R) Shubhra Title sponsor: JOY Cosmetics Bhatt, Vani Bansal, Umme Powered by: Acnestar Gel Salma, Zoya Ahmed and Driven by: Kia India Vipra Mehta. Sitting (L-R): Fragrance partner: Yardley London Itee Singh Rathour, Krithika Jain, Rajnandini Pawar, Ria TimesFreshFace on Follow us on @

ndia'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 online, 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.

> SANJEEDA SHAIKH

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

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

I feel I have

finally

glad that people

actor now. Thoda

sa waqt lag gaya

lekin it is never

too late

arrived. I am

are taking me

seriously as an

CONTINUED FROM 5 1

Jaitley and Dia Singh

'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 my-

self. 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"

1 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 be-

fore 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."



'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



n 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 mamaaa ever ly u so much (sic)." Sharing his love and appreciation for his wife, Jaggu dada called her his "spine"





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

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 Coutini





THESE WOMEN ARE SERVING

POST-60 FITSPIRATION GOALS. HERE'S HOW



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.



Yvonne Jacob

Fundas eteran 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 staving fit.

In a series of pics shared on her Instagram stories, Zeenat Aman was seen working out on a treadmill and using a massage gun post her workout



Ayesha Shroff

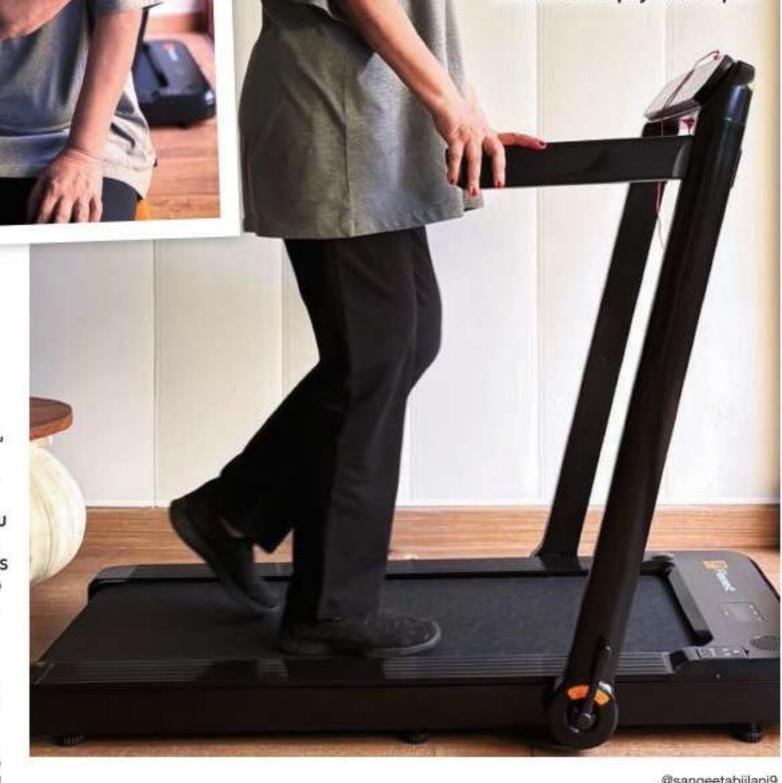
Entrepreneur, mother of two and a fitness icon, Ayesha Shroff is all this and more. At 63, she could probably beat you at lifting weights! Ayesha often does weight training to improve mobility. She also shared a video of her doing a 95 kg deadlift perfectly, which garnered praise from her daughter Krishna,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



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.



Strength training

and cardio are

game-changers for

boost metabolism.

osteoporosis and

These are also

older women as they

beneficial during and

after the menopausal

phase when the risk of

weight gain is higher

a Pune-based physiotherapist

- Dr Kritika Bolia,

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.

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



shnoor Kaur took a break from TV after her last show Patiala 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)

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 hap-

I took a

break for

pen 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

alsey 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 sit-

ting 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. agencies



Workout in heels is Miley Cyrus's secret

iley Cyrus has revealed her gymming secret be-hind the toned physique, and it's not easy to rep-licate. 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."



"FREE" Public Awareness Program on Surgery as a Treatment Option for "Type-2 Diabetes and Obesity"

Dr. Ramen Goel Bariatric & Metabolic Surgeon



10th June 5 to 7pm

11th June 5 to 7pm

Ulhasnagar 10th June 1 to 3pm

Hotel Jawahar Follower Line Chowk

Mira Road 11th June 11am to 1pm

Wockhardt Hospitals Evershine Road, Naya Nagar

Mumbai Central 12th June 10am to 12pm;

Wockhardt Hospitals

Mumbai Central, Agripada

Bandra **Hotel Rang Sharda**

Nr. Lilavati Hospital

14th June 4 to 6pm

Thane

Borivali

The Byke Suraj Plaza

Jolly Gymkhana, Kirol Village **Ghatkopar West**

Ghodbunder Road, Anand Nagar

Wockhardt Borivali Clinic, 1st Floor

Shankar, Ashish CHSL, Borivali West

Ghatkopar 13th June 4 to 6pm

15th June 11am to 1pm Vashi

Navi Mumbai Sports Club

Maruti Patil Marg

FOR FREE REGISTRATION

WhatsApp / SMS your Name, Age, Height, Weight & Venue on

8799236011 / 7506685948

And to get all the news paper magazines, first join this Telegram group by clicking on the link given below and join Telegram

https://t.me/Backup_8890050582

HD EDITORIALS

- 1. The Hindu, 2. Deccan Chronicle, 3. Hans India, 4. Mint,
- 5. Business Line, 6. Business standard, 7. Hindusthan Times,
- 8. Economic Times, 9. Times of India, 10. Indian Express,
- 11. Financial Express, 12. Telangana Today, 13. New Indian Express, 14. Pioneer, 15. The States Man, 16. The Tribune,
- 17. Free Press, 18. Avenue Mail, 19. Millenium Post, 20. Morning India, 21. The Goan, 22. The Skin Times, 23. Western Times,
- 24. Daily World, 25. Asian Age _ Total papers We will update in PDF format Every day morning 5.30am Below

Click here Telegram Channel Join

https://t.me/English_Newspaper_Banna