



Zaheer Iqbal and Sonakshi Sinha
PHOTO: YOGESH SHAH

Heard about their marriage from media: Producer of Sona-Zaheer's next

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Actors Sonakshi Sinha and Zaheer Iqbal's reported upcoming wedding has become the talk of the town. After Sinha's father, actor-politician Shatrughan Sinha denied any knowledge about her marriage, film producer Sarvesh Goel, who is producing Sinha-Iqbal's next project titled *Tu Hai Meri Kiran*, is the latest to share that he was surprised by the news. The actor-couple, who has been shooting for the film for the last two months, is expected to wrap up the final schedule by the end

of this month. Talking about the same, Goel shares, "We wanted Sonakshi and Zaheer to finish the shoot soon as the project is nearing completion, but we didn't receive their dates. However, after the last day of the shoot on Sunday (June 9), we learned, from media reports, that they were getting married. So, now we understand that it was probably the wedding that caused the delay in dates." Goel adds that he's confident that the couple's chemistry would work in favour of the film. He shares, "The actors have worked together in the film *Double XL* (2022) and the music video *Blockbuster*. So, we are confident that this jodi will work well for our film as well." Sinha and Iqbal are reportedly set to tie the knot in Bastian, a Mumbai-based restaurant, on June 23. The wedding is going to be an intimate affair with the couple's family and close friends in attendance.

We learned, from media reports, that they were getting married. So, now we understand that it was probably the wedding that caused the delay in dates.
SARVESH GOEL, Film producer



Abhinav Shukla and Rubina Dilaik with their seven month old daughters, Jeeva and Edhaa
PHOTOS: INSTAGRAM

As part of our special series in the run-up to Father's Day (June 16), Abhinav Shukla talks about how being a dad transformed his life



'LOT OF SACRIFICE GOES INTO FATHERHOOD'

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Last November, actor Abhinav Shukla welcomed his twin daughters, Jeeva and Edhaa, with his wife, actor Rubina Dilaik. The actor, who tied the knot with Dilaik in 2018 and became a father for the first time, feels that experiencing fatherhood has transformed his life. "There are a lot of changes that one goes through in this phase of life. Few are subtle, some are a little more dramatic," he explains. The actor notes that becoming a

FATHER'S Day

father has instilled a newfound discipline in him, and it has allowed him to adhere to a structured daily routine. Additionally, he finds himself directing his energy towards ensuring a bright future for his daughters. The 41-year-old actor adds, "I have become more environmentally conscious. Also, I

have started thinking about their future, since I want them to grow up in a good environment." Acknowledging the challenges that come with raising children, likening it to the "toughest job in the world", he adds, "In my time, we just used to wish our father after reading about Father's Day in the newspapers. But now, I realise what it actually means. There's a lot of sacrifice and hard work that goes into [fatherhood]," the actor shares, adding, "I am really looking forward to my first Father's Day. I'll make sure to stay at home, and give them company the whole day."

Kevin Jonas undergoes surgery after skin cancer diagnosis

Recently, singer Kevin Jonas made fans anxious after being hospitalised for a mole that turned out to be skin cancer. Jonas, who discovered a malignant mole near his hairline, disclosed his treatment journey through posts on his Instagram account and The Jonas Brothers' handle. Posting an Instagram video on Tuesday, the 36-year-old singer talked about prioritising his health and urged his fans to do the same. He also revealed the surgical

process which he undertook to treat the ailment. In the video, he zoomed closer to the location of the skin abnormality and said, "Yes, that is an actual little skin cancer guy that just started to grow. And now, I have to get surgery to remove it." In the same video, the singer shared a post-surgery update and said, "All right, I'm all done. Now it's time to heal and head home."



Kevin Jonas and (inset) a grab from his Instagram video
PHOTOS: INSTAGRAM/KEVINJONAS

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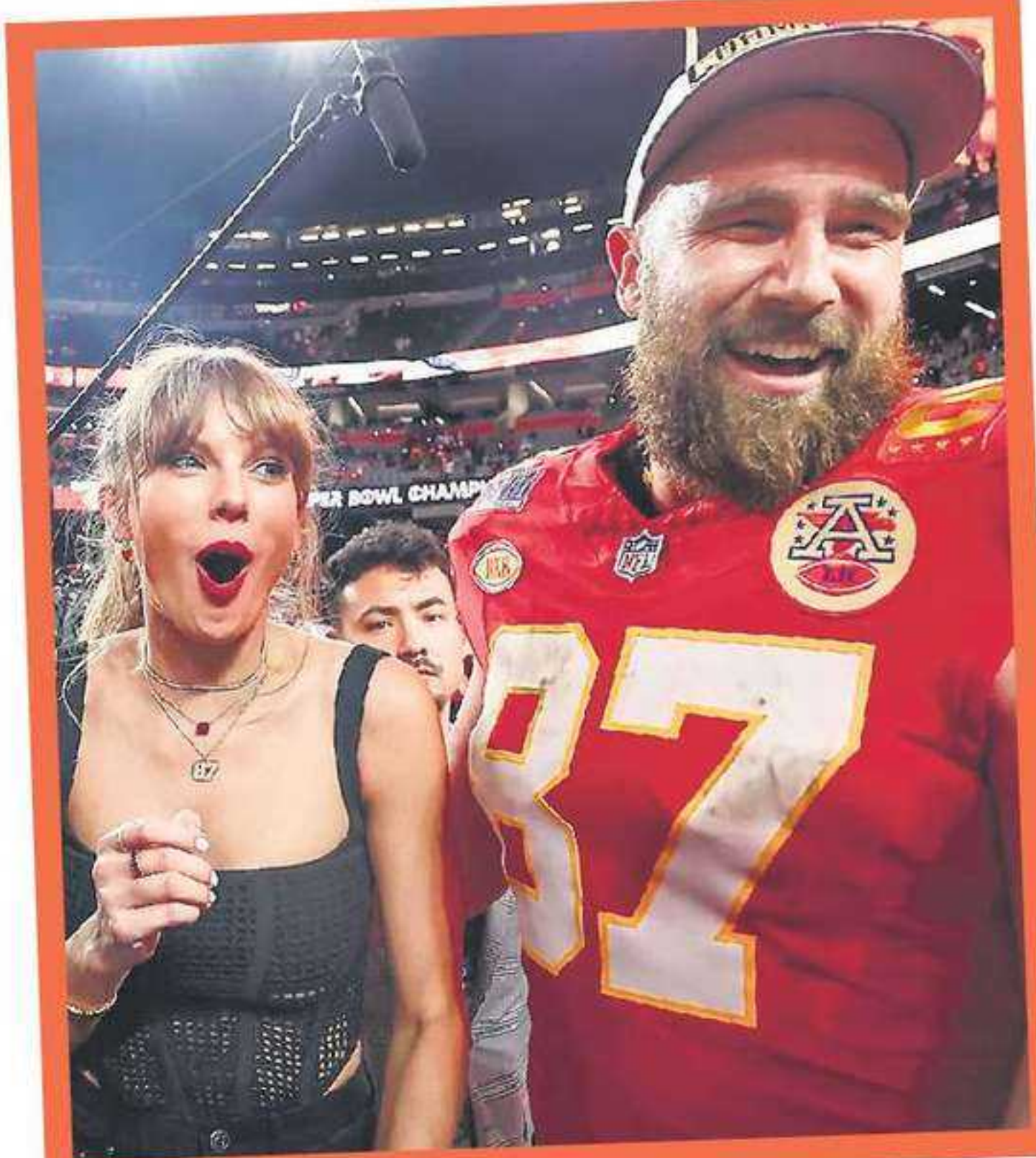
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Love 'letter': Celebs wear their heart on their sleeve



▲ Businessman Anand Ahuja, who is currently holidaying in Scotland with wife, actor Sonam A Kapoor, recently took to Instagram to post a picture of himself wearing a sweatshirt with a washable patch that spelt 'Sonam'



▲ At the Super Bowl 2024 game, American singer-songwriter Taylor Swift complemented her outfit with a Stephanie Gottlieb necklace adorned with the number '87', which is her boyfriend, American footballer Travis Kelce's jersey number

There's no bigger show of love than adding the name of your beau or fiancé to your outfit. From tribute jewellery to monograms, here's a glimpse of all the celebs who went all out in terms of the matters of heart



▼ Internet personality Kourtney Kardashian recently sported an initial-heavy necklace that featured initials of herself (K), her husband, musician Travis Barker (T) along with those of her kids — P (Penelope), M (Mason), R (Reign), R (Rocky), L (Landon), A (Alabama) and A (Atiana)



Out of line: Qatar lands a controversial goal, sparks outrage



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That's Really an Unfair and Biased Decision from Referee, This moment resulted in India's loss 1-2 loss to Qatar

Social media went into outrage after a controversy erupted during India's FIFA World Cup 2026 qualifier match against Qatar on Tuesday at the Jassim Bin Hamad Stadium in Doha. The conflict began when Qatar scored a disputed goal in the game's closing minutes. This move is deemed controversial since the ball clearly appeared to cross the end line before Al Hashmi Al Hussain Mohi Aldin pulled it back for Yousef Aymen to score an open goal. After this incident, India failed to recover and the heartbreaking 1-2 loss ended their World Cup dream, but not without outrage on social media. Soon after the match, football fans started calling out the match officials for their "biased" refereeing, while the others felt that it was blatant "cheating" on the behalf of the hosts.

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- WAZIRPUR A-5, Near Richi Rich Banquet (Opp. Shalimar Bagh)
- JANAKPURI B-1/2, Main Najafgarh Road, Opp. Metro Pillar 543
- NOIDA, Nirula's Sec-2, Near Metro Station, Sec-15, Noida, UP
- LAJPAT NAGAR, 49, Main Ring Road, Adj. Haldi Ram, Near Moolchand Crossing

PHOTO: HTCS

Ammy-Sonam gear up for a pan-India release of Kudi Haryane Val Di

Ever since the trailer launch of their film **Kudi Haryane Val Di** was held in Mumbai, actors Ammy Virk and Sonam Bajwa have been relentlessly promoting it across India. Two weeks ago, **Kudi Haryane Val Di** became the first Punjabi film to have its trailer launched in Mumbai. The launch was attended by actors Ammy Virk, Sonam Bajwa along with stalwarts Yograj Singh, Yashpal Sharma and Ajay Hooda.
To promote the film as the first pan-India Punjabi movie, the team has left no stone unturned with the film's actors relentlessly delivering media interviews all over India, from Mumbai to Chandigarh and Delhi. Bajwa shares, "When we began making this film, we didn't realise we were in the process of making Punjabi cinema's first potential pan-India film. It was only after receiving the final edits and marketing materials that we registered the importance of this project. Now, especially with the heightened interest among media and journalists across the country, it's become a reality."
Actors Ammy Virk and Sonam Bajwa have appeared on various national television shows including the ones hosted by comedian Bharti Singh and actor Huma Qureshi. They've also given interviews to leading podcasters and have promoted the film at two live events in Chandigarh and Delhi.
Talking about the promotions, Virk shares, "This is my sixth film with Sonam, yet we feel more energised than ever since the film is going to be way bigger than we imagined. With ongoing promotions, we're set to introduce a Punjabi film to the Hindi audiences, making the process all the more exciting."
Producer Pawan Gill adds, "The way actors are supercharged about the project, we can't wait to see the same level of excitement among the audiences. We are also eagerly looking forward to realising the full pan-India potential of this film, because this project is not just for Punjabi audiences, but for all Hindi cinemagoers across the country."
The film is written and directed by Rakesh Dhawan, the writer of mega-blockbusters *Honsla Rakh* (2021) and *Chal Mera Putt* (2019). Under the banner of Ramara Films, it is presented and produced by Pawan Gill, Aman Gill and Sunny Gill, the producers of the mega-entertainers *Shadaa* (2019) and *Puaada* (2021). *Kudi Haryane Val Di* is set for a pan-India release on June 14.

HTC

PHOTO: X/ NORWAYAMBIINDIA

Take a bow: Norwegian Ambassador perfects the headstand

Ahead of International Yoga Day on June 21, May-Elin Stener, the Norwegian Ambassador to India and Sri Lanka, took to X to repost PM Modi's post on Yoga. Replying to him, she shared a few pictures that showed her practising a shirshasana (headstand) and wrote, "Yoga is one of India's greatest gifts to the world! Here I am, aiming to master the headstand. I started #yogalife when [I was] posted at Norway's @UN Mission in New York and India gives chance to go level up!"
Her snapshots soon became popular among X users as they flooded her comment section with praise. One user wrote, "This is Shirshasana, not everyone can do it You are amazing (sic)," while another said, "Wow It takes immense hard work to master this aasan!"

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EXPANSION OF JAN
AUSHADHI KENDRAS
EXPECTED TO TAKE
PLACE SOON

The rollout of the proposed UWIN vaccine management platform for childhood immunisation is set to take place under newly appointed union health minister JP Nadda. As minister for Chemicals and Fertilisers, he is also expected to oversee the expansion of Jan Aushadhi Kendras, the government's network of generic drugstores.



FRESH HOPE FOR
ALZHEIMER'S
SUFFERERS?

American pharmaceutical giant Eli Lilly's Donanemab has been endorsed by US Food and Drug Administration. The body has deemed the drug — said to remove harmful brain plaques and slow Alzheimer's progression down — as safe and effective. Close to four million people in India suffer from Alzheimer's and other forms of dementia.

THE GENTLE
GOODNESS
OF ROSE

Infused with rose oil, makeup remover wipes by Terra offer a refreshing experience while taking off makeup with micellar water. Made of sustainable bamboo fibres, the wipes are soaked in vitamin E and aloe vera, and are suitable for sensitive skin. Available at: terragente.in Price: ₹549 for 24 wipes

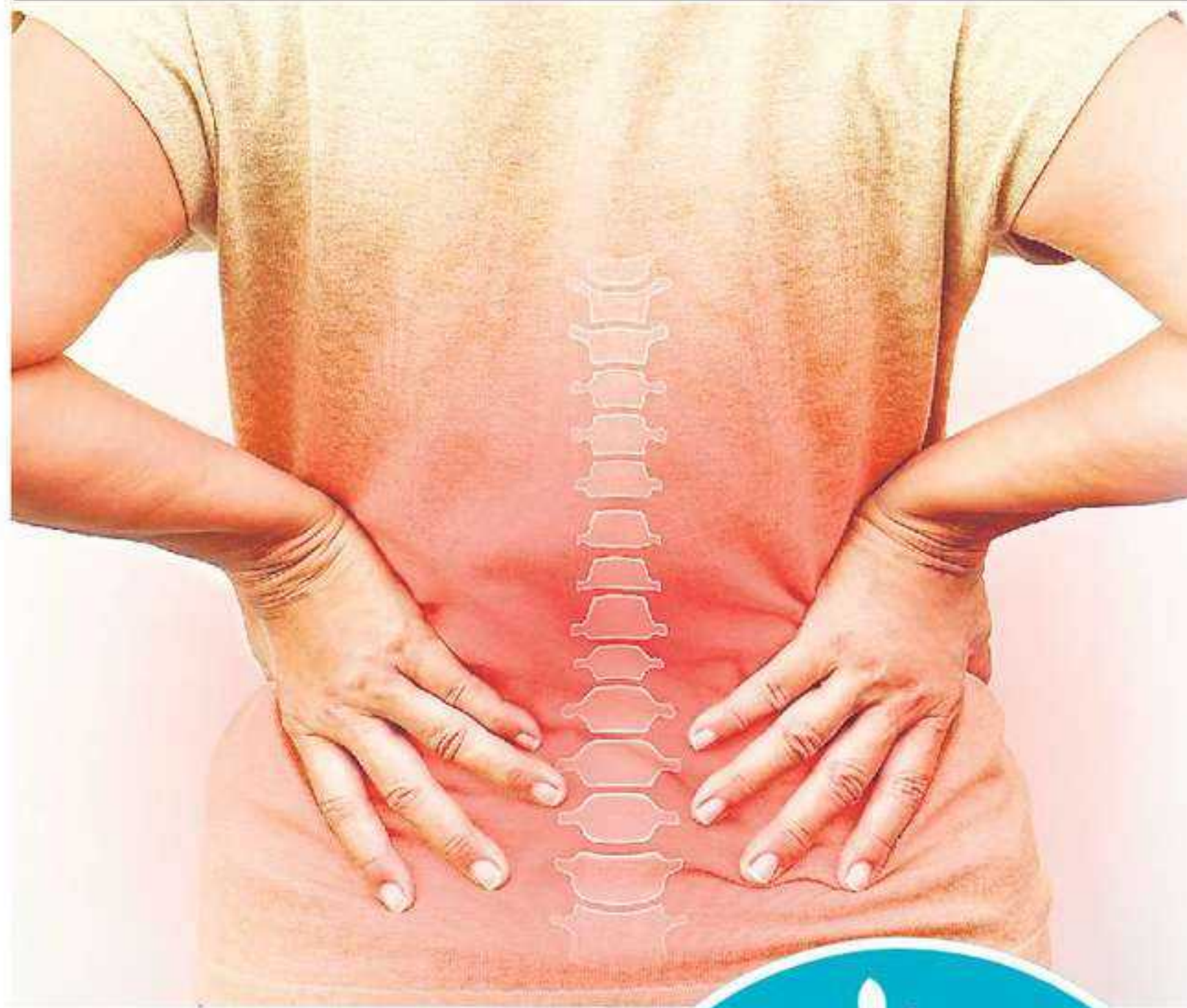


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Looking for a rejuvenating night cream with all-natural ingredients? Mitchell USA's Bright Boost Renewing Night Cream has peony extracts that claim to provide antioxidant benefits. The glycerine helps hydrate the outer layer of your skin, while shea butter softens and smoothes sensitive skin. Other ingredients such as capuacu butter and jojoba esters help restore elasticity. Available at: mitchellusa.com Price: ₹1,150

STIFF PERSON
SYNDROME: COULD
YOU HAVE IT?

In a recent interview, five-time Grammy winner Celine Dion spoke out about the debilitating effects of the rare neurological disorder



when the body starts making antibodies against its antigens. "In this case, it attacks a specific protein called Glutamic Acid Decarboxylase (GAD). These are antibodies that act on receptors in the brain, ultimately leading to SPS. This stiffness can be in the whole body or impact certain areas," he explains.

SYMPTOMS WORSEN
OVER TIME

"General tightness all over the body" and a "stiff, plastic gait" are among the first symptoms that patients usually come in with, informs Dr Ishu Goyal, neurologist. "The thing to note is that it isn't present since birth, but acquired over a few months. Only when the symptoms become too painful, do patients approach a neurology OPD," says Goyal.

The pain reaches a point where patients aren't even able to move or sleep. "If the respiratory muscles are involved, they may even complain of shortness of breath. Continuous spasms over a period of time can also develop abnormal posturing of the lower back. is also generally associated with a lot of anxiety because of unprecedented falls. In very, very advanced stages, there may be speech difficulties and eye movement abnormalities," she says.

NO, IT'S NOT FATAL

Though SPS is not a fatal disorder, if not diagnosed and treated on time, it can lead to adverse distress and complications such as lung infections and bed sores, shares Rohatgi, adding, "While the treatment is subjective given the severity of the condition, IVIG (intravenous immunoglobulin) and immunosuppressants are given as required. Plasma exchange is also carried out — separating the blood and plasma, after which plasma is filtered for harmful antibodies."

The spasms are sometimes so painful that the patient is not even able to move around or sleep.

DR ISHU GOYAL,
Neurologist

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In December 2022, Canadian singer Celine Dion announced to the world that she was suffering from stiff person syndrome (SPS). In a recent interview, 56-year-old delved deeper into the severe debilitation that the rare neurological disorder, which causes muscular rigidity, painful spasms and emotional distress, has left her with. Dion, who hasn't performed in years and cancelled numerous concerts, was forced to forgo her Courage World Tour for 2024.

"It's like somebody's strangling you. It's like somebody is pushing your larynx/pharynx. It gets into a spasm," Dion movingly told Kotb. We speak to medical professionals to gain deeper insight into the disorder.

WHAT IT'S ABOUT

"Stiff person syndrome is an autoimmune disorder that causes

stiffness in muscles, especially in the trunk and limb, leading to painful spasm. It's also associated with other autoimmune disorders like type-1 diabetes, thyroid and vitiligo," says Dr Shailesh Rohatgi, neurologist.

The disorder could affect anyone but is more prevalent among women between ages 30 and 60. "Rare occurrences among children and elders are also noticed. It is highly probable that SPS can develop at an early age and surface years later," says Rohatgi, adding that it develops



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CELINE DION AND HER LONG BATTLE WITH
STIFF PERSON SYNDROME

In an Instagram video in 2022, the Canadian singer revealed that she had been diagnosed with the painful condition. She has had to cancel multiple concerts and performances because of her struggle with SPS in the period following her diagnosis. Initially, Dion struggled with voice control, but in the more advanced stages of the illness, the singer has shared that she suffers excruciating muscle spasms (resulting in broken ribs), trouble walking and breathing, among other aggravations.

▲ Stiff person syndrome causes unnatural curvature in the spine



PHOTOS: SHUTTERSTOCK (FOR REPRESENTATIONAL PURPOSE ONLY)

◀ Plasma exchange is among the treatment options sought for SPS

PHOTOS: SHUTTERSTOCK (FOR REPRESENTATIONAL PURPOSE ONLY)

Take your garlic raw — on an empty stomach each morning

Parmita Uniyal

Garlic isn't just your regular spice that lends flavour and taste to your meals. Its powerful nutritional profile can help prevent many chronic health conditions and boost your overall well-being. Even more than its cooked form, raw garlic can work wonders for your health — from lowering cholesterol and blood pressure to improving digestive health.

Raw garlic has an enzyme called allicin that has anti-inflammatory, antioxidative, antibacterial, and anti-cancer properties. Chewing raw garlic can unlock beneficial sulphur-containing compounds. Consuming raw garlic in large quantities can cause gastrointestinal discomfort and other side effects for some people. Consult with a healthcare provider before making significant changes to your diet.

For more such stories, visit healthshots.com

HOW MANY RAW GARLIC
CLOVES CAN YOU EAT?

- One to two garlic cloves are ideal for reaping its many benefits. Eating more than the recommended amount can lead to acidity, heart burn or bleeding.
- One clove of raw garlic is packed with adequate amount of manganese, Vitamin C, selenium, fibre, calcium, copper, phosphorus, iron, Vitamin B1, Vitamin B6 and potassium to consume on a daily basis.

Benefits of chewing raw garlic

- **Boosts immunity:** Raw garlic is rich in antioxidants and sulphur-containing compounds, which help strengthen the immune system. Regular consumption can help protect against infections and illnesses.
- **Anti-inflammatory properties:** Garlic contains anti-inflammatory compounds like diallyl disulphide, which can help reduce inflammation in the body, potentially alleviating symptoms of conditions such as arthritis.
- **Improves heart health:** Garlic is known to improve cardiovascular health by reducing blood pressure,

- lowering cholesterol levels and preventing hardening of arteries. These benefits collectively reduce the risk of heart disease and stroke.
- **Detoxifies the body:** The sulphur compounds in garlic help detoxify heavy metals from the body. It supports liver function and helps cleanse the body of toxins.
- **Enhances digestive health:** Consuming garlic on an empty stomach can improve gut health. It promotes the production of digestive enzymes and has antimicrobial properties to help balance gut flora.
- **Antimicrobial/antiviral effects:** Chewing raw garlic can help fight off pathogens, including bacteria, viruses and fungi, reducing the risk of infections and promoting oral health.

WORRIED ABOUT THE GARLIC BREATH?

- After you pop in your morning garlic clove, chew on some raw mint leaves and lettuce, which also have phenolic compounds
- Green tea also has antioxidants called polyphenols which can cover up garlic odour
- An apple a day keeps garlic breath away
- If everything fails, rinse with a chlorine-dioxide mouthwash or chew on spearmint gum



SUSHMA
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{ DAILY HOROSCOPE }

Thursday, June 13, 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)

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ARIES
MAR 21-APR 20

Bringing about a change in lifestyle just to get into shape is indicated. Some of you may proceed on a short vacation soon. Those looking for accommodation will help you impress those who matter. LOVE FOCUS: Your romantic horizons will brighten. LUCKY NUMBER: 22 LUCKY COLOUR: White

LEO
JUL 23-AUG 23

Whatever you invest in will keep you financially secure. A lifestyle change will do a world of good to your health. Good showing on the academic front will help you impress those who matter. LOVE FOCUS: A passion-filled evening is foreseen. LUCKY NUMBER: 1 LUCKY COLOUR: Light Yellow

SAGITTARIUS
NOV 23-DEC 21

A financial tip can prove profitable and get you some good business. Walking or jogging will help you get back into shape. Helping out someone in need will provide immense inner satisfaction. LOVE FOCUS: Spending time with partner will give you fulfilment. LUCKY NUMBER: 18 LUCKY COLOUR: Silver

TAURUS
APR 21-MAY 20

Impressing those who matter on the academic front will not be difficult. You will make yourself secure on the monetary front. Meeting relations or friends and enjoying time with them is indicated. LOVE FOCUS: Getting introduced to someone is likely to keep you upbeat. LUCKY NUMBER: 1 LUCKY COLOUR: Golden

VIRGO
AUG 24-SEP 23

Your efforts on the fitness front will prove beneficial. An outing with near and dear ones proves most enjoyable. You will manage to overcome stiff competition on the business front. LOVE FOCUS: A much-awaited development is just round the corner. LUCKY NUMBER: 6 LUCKY COLOUR: Peach

CAPRICORN
DEC 22-JAN 21

Keeping spouse in a happy mood is likely for some. An exhilarating time is foreseen for those out on a vacation. Those doing their bit to shed weight will succeed beyond their expectations. LOVE FOCUS: If you are in love, you can expect an excellent time today. LUCKY NUMBER: 7 LUCKY COLOUR: Magenta

GEMINI
MAY 21-JUN 21

A current project at work may prove an uphill task. Those pursuing studies may have to start burning the midnight oil. You will be able to overcome challenges at home. LOVE FOCUS: Catering to a specific need of partner provides satisfaction. LUCKY NUMBER: 4 LUCKY COLOUR: Blue

LIBRA
SEP 24-OCT 23

Good profits promise to make your wealth grow. A happy situation at home will keep you upbeat. A break that you had been hoping on the business front will materialise. LOVE FOCUS: You manage to weave your magic on the one you love. LUCKY NUMBER: 7 LUCKY COLOUR: Maroon

AQUARIUS
JAN 22-FEB 19

A business trip is in the offing. Getting used to the changed circumstances will be in your interest. Your admirers are likely to extend all the help and support to you at work. LOVE FOCUS: Some of you may start the search for a soulmate. LUCKY NUMBER: 9 LUCKY COLOUR: Saffron

CANCER
JUN 22-JUL 22

Good time management will allow you to double your output. A weekend party can be organised at home. This is the right time to tackle complicated matters. Ailments are likely to disappear. LOVE FOCUS: A change to rejuvenate your love life is the need of the hour. LUCKY NUMBER: 7 LUCKY COLOUR: Green

SCORPIO
OCT 24-NOV 22

A childhood friend is likely to take you down memory lane. Planning something exciting with family cannot be ruled out. Overseas journey will enable some to meet their near and dear ones. LOVE FOCUS: Your love life proceeds smoothly. LUCKY NUMBER: 2 LUCKY COLOUR: Light Grey

PISCES
FEB 20-MAR 20

Problems faced at work will get resolved if you give them time. Someone may be after you to improve your figure and health. With good financial management, your monetary strength may get stronger. LOVE FOCUS: A chance to get close to the one you admire is likely to come. LUCKY NUMBER: 22 LUCKY COLOUR: Orange

'I'VE ALWAYS WORN WHAT I FELT LIKE'

In a special shoot with HTCity Showstoppers, actor Radhikka Madan talks about staying true to her personal style and gaining fresh perspective on acting

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OUTFIT: ANJU MODI

JEWELLERY:
KISHANDAS & CO.

Radhikka Madan looks every inch the modern bride in a dupion lehenga, paired with an embroidered brocade blouse with a waist-tie and cascading crystals, from Anju Modi. The actor is styled with traditional polki matha patti, bangles and finger rings from Kishandas & Co. The designer will participate at the FDCI Manifest Wedding Weekend to be held on August 3-4 at Taj Palace Hotel, New Delhi

Akash Bhatnagar

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From funky casuals to couture, actor Radhikka Madan isn't afraid to experiment with her sartorial choices, a habit that she imbibed early on. "I always wore what I felt like wearing. I didn't care about trends and felt uncomfortable when I tried to be somebody else. I have different versions of myself which I express through fashion," she explains.

Staying true to her style has paid off — the actor has won several style awards and her onscreen fashion choices are well loved by fans. Madan credits her film, *Shiddat*, (2021) for changing the way her style is perceived, but insists it was unintentional: "I equally liked Tarika's chashma in *Angrezi Medium* (2020) and Supri's stole in *Mard Ko Dard Nahi Hota* (2019). *Shiddat* got a lot of love, but the intention wasn't to up the glamour quotient." Even so, her look in the song *Chitta* quickly became a trend. "My makeup artist got a lot of requests from brides-to-be for the same look," she tells us.

Madan's acting journey has been just as interesting; she made the switch from TV to films in 2018 and found herself in the film festival circuit with *Mard Ko Dard Nahi Hota*. The 29-year-old tells us, "I didn't know what festivals were, as I was a hardcore commercial film girl. It agitated me, but Vasanth (Bala, director) sir, Vishal (Bhardwaj, filmmaker) sir and Homi (Adajania, director), set the base. If not for them, I don't know what my career graph would have been," she asserts.

Madan will now be seen opposite actor Akshay Kumar in *Sarfira*, which releases next month. Last year, she won the Best Actress award at the New York Film Festival for her upcoming film, *Sanaa*, which changed her "as an actor and a human." She says, "It reaffirms the faith in your craft and gives you a new perspective. Now when I act, I see a film in its entirety. It's not just about me and my craft."

OUTFIT: WEAVERSTORY

Embracing modernity with elegance, Radhikka looks arresting in a bottle green, pure silksaree with satin edges. Her WeaverStory saree is draped in the most alluring way, sans blouse, making the look uber-glam. Your cocktail look is sorted with this saree draping

OUTFIT: ASHA GAUTAM

The actor is a picture of radiance in this red jamdani saree. This striking saree from Asha Gautam featuring floral motifs in real silver and gold zari can be part of your wedding trousseau. The designer is participating in the FDCI Manifest Wedding Weekend to be held on August 3-4 at Taj Palace Hotel, New Delhi

OUTFIT: RUCHIKA HURRIA

Radhikka cuts an elegant figure in a powder pink lehenga embroidered with pearls, sequins and Swarovski crystals from Ruchika Hurria, paired with a sleeveless blouse with crystal and pearl embellishment. Her hair has been styled in middle-parted waves, making it perfect for an engagement and pre-wedding functions

The actor unleashes her playful side in a ruffled saree from Karishma Deepa Sondhi, paired with a cold shoulder blouse, embellished with crystals and stones. The tassels on the sleeves add to the drama of the outfit. A pearl choker rounds off her look

OUTFIT: KARISHMA DEEPA SONDHI

CREATIVE DIRECTOR: SHARA
ASHRAF PRAYAG
PHOTOGRAPHER: VIDHI GODHA
STYLIST: NIDHI AGARWAL
ASSISTANT STYLIST: PAVITRA
KHANDELWAL AND SAKSHI
SARDA
MAKEUP: RITIKA VATS
HAIRSTYLIST: SHIVANI SHETTYE
PRODUCTION: AKASH BHATNAGAR
LOCATION: RADISSON BLU
MUMBAI INTERNATIONAL
AIRPORT
RADHIKA'S PUBLICISTS: IDHYAH
MEDIA, SANCHITA TRIVEDI

Adopt
A PET



Sansa, a one-year-old domestic shorthair, was rescued from a state of near neglect by animal lovers. The furball, who's living with her rescuers, might seem reserved initially, but is quite affectionate when she warms up. In fact, the fastest way to befriend her is to engage her with a string toy! Her favourite place to chill is in a human's lap. She enjoys her playtime a lot and is not a fussy eater. She is fully vaccinated, spayed and litter-trained. To adopt, WhatsApp: +919871507227.



Guddu, a 10-month-old kitty, was a part of a litter of four born to a stray cat who often visited a good Samaritan's home. The family adopted the litter, but all of Guddu's siblings left. Now, the family is shifting to Lucknow (Uttar Pradesh) and would be unable to take her along. So the little one is looking for a new home. She has no special needs or dietary restrictions. She shows love by rubbing her head against her humans and making biscuits. She hasn't been vaccinated or spayed. To adopt, WhatsApp: +91945122490.

Maya is a 1.9-year-old indie girl who simply trotted over to the home of humans who are currently looking after her in Gurugram. No one knows where she came from, but her endearing nature and puppy eyes have won over everyone! She has been thoroughly examined by the vet and has no health issues. She eats everything with love and is a fast learner who easily picks up tricks and commands. Fully vaccinated and neutered, she gets along well with humans as well as other dogs. To adopt, email: sonal@thelilcakerbakery.com



This seven-month-old **indie doggo** was abandoned by his family in Mayur Vihar Phase-I. He was found and rescued in a tense state while trying to fend off an attack by street dogs. Though his past experiences have left him scarred, he has been a good boy at his foster parents' home. He's obedient, responsive and can be easily trained by a new family. His deworming and vaccinations are complete. To adopt, WhatsApp: +919599456747.



Arya and Daenerys are one-year-old domestic shorthair cats who were rescued from a building construction site after they got locked on the fourth-floor balcony. Currently under foster care, Arya loves exploring and can adapt to new people if she's given the space and time, while Daenerys expects to be treated like a queen! Fully vaccinated, spayed and litter-trained, both of them are in excellent health and can be adopted individually or as a pair. To adopt, WhatsApp: +919871507227.



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Delhiites, what's your green weapon to fight indoor heat?



Alina Azfar
htcity@hindustantimes.com

The soaring level of mercury in the Capital has many plant parents worried about their green babies' health. Wilted leaves, dry roots and cracked soil has been making anthophiles rush to social media for helpful plant health tips. This in turn has NCR-based plantfluencers inundated with queries, including questions about plants that can help keep the house cool.

"People often send me pictures of their sick plants and ask where they are going wrong. They are finding it hard to maintain even the most robust plants. But it's all garmi," says Anuranjan Saxena, a marketing professional. The 34-year-old resident of Noida, who is popular on Insta as @rooting_4_uu, adds, "If the soil is drying too fast, leaving the plants high and dry, mulching (covering soil's surface) can be a solution. You can

do this by adding a layer of organic compost or coconut coir on top of the soil... This will retain moisture for a longer time."

Addressing the queries about greens that can survive in high temperatures, Saxena suggests aloe vera and snake plants "as they require minimum sunlight", and 36-year-old Noida-based homemaker Nishu Kumari, who is popular as @khushis_balcony_garden on Insta, adds: "Plants like peace lily, spider plants and pothos are easy to grow indoors in this weather and act as natural air purifiers. They enhance oxygen levels, thereby reducing indoor heat."

Can adding one or two of the above-mentioned plants help fight off heat? Aditi Khattar, a 34-year-old landscape designer, who shares green tips on Insta via @thegreenishaffair, answers this: "To be able to significantly bring down temperature inside a house or office space, plants must be kept in clusters and in good quantity. That's when they create an ecosystem and release moisture, creating humidity in the air."

Tropical plants like palm, philodendron and fern are good for brightly lit indoor spaces as they help bring down the temperature and add an instant freshness to any space.

ADITI KHATTAR, Landscape designer

Tips to take care of plants in summer

- Water your plants early morning before the sun becomes too harsh.
- During a heatwave, don't re-pot or fertilise
- Most houseplants prefer warm and humid air so avoid leaving the air conditioner on or set its minimum temperature a little higher when not at home.
- Empty the excess water from trays underneath the planters, daily, as it can lead to fungal growth.



Anuranjan Saxena, a marketing professional with a greenthumb, suggests adding aloe vera and snake plants for indoor greens collection during summer

Nishu Kumari

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RAVI: HIGH BUDGET IS NOT THE ONLY REQUIREMENT FOR A FILM

Ravi Dubey says a lot of films making noise internationally weren't made by 'people with deep pockets'

Rishabh Suri

rishabh.suri@htlive.com

Amid the heated debate on rising film costs and entourage expenses, Ravi Dubey recently posted that his short film *Tacit* was made on a "zero budget". "We had this disruptive story and shot it on our phones, guerilla-style, in Mumbai, about eight-nine months ago," says the actor-producer.

Ask the 40-year-old his take on the rising budget concerns in the film industry, and he responds, "Film banane ke liye sirf budget nahin chahiye hote, it is a preconceived notion. If my intention is to make a film, I can do it for ₹50,000 too. Several interesting films are making a buzz internationally, including at film festivals like Cannes and Busan, among others. And a large number of them are by Indians. These films wouldn't have been made if people with deep pockets were making them. I know of some projects that were shot entirely in nine days. For instance, [Academy Award-winning film] *Whiplash* (2014) was shot in record time, too."

Sharing how his wife, actor Sargun Mehta has shot for films with minimum comfort, he says, "Recently, Sargun was shooting in the UK, on top of a hill. She would get into a car and travel for kilometres just to use the washroom. She is one of the top stars of the Punjabi [film] industry. I believe we are here to make films. If the story, light and location are working, that trumps every other comfort on the set."

Tacit, which is an initiative to create awareness against domestic violence, has won an accolade each in India and the UK so far and is an official selection for a film festival in Los Angeles (USA). Dubey reveals that the story came to him "over a cup of coffee".

We are here to make films. If the story, light and location are working, that trumps every other comfort on set.

RAVI DUBEY, Actor-producer



PHOTO: INSTAGRAM/RAVIDUBEY2312

Mushtaq finds overkill of celeb PR tactics 'manipulative'

Navya Kharbada

Mushtaq Shiekh, who is known for writing screenplays for films such as *Om Shanti Om* (2007) and *Ra.One* (2011) among others, recently made an Insta post talking about PR tactics related to celeb divorces and breakups on social media. "Enough is enough," he wrote, dubbing such posts as "manipulative".

Talking about why he made the post, the screenwriter-author rues, "Certain things are sacrosanct, and they (PR teams) are ruining them. Aap marriages ko valuable bolte ho, then you make it a circus. People take well-manicured photographs of going on a holiday, then break the bubble and delete the pictures. This business has become a joke."

Ask if any celeb who's been pulling off such tactics lately comes to mind and Shiekh responds, "Actors, singers, cricketers and even influencers have been doing this. We can't blame one person or just Bollywood for this. Anybody who has the bandwidth to pay is on this path of manipulation," he shares,

adding that celebs don't think before involving PR teams in the charade. "They remove pictures and tell their PRs about it. After that, if people create fake news, the celebs or their teams should be answerable," he adds.

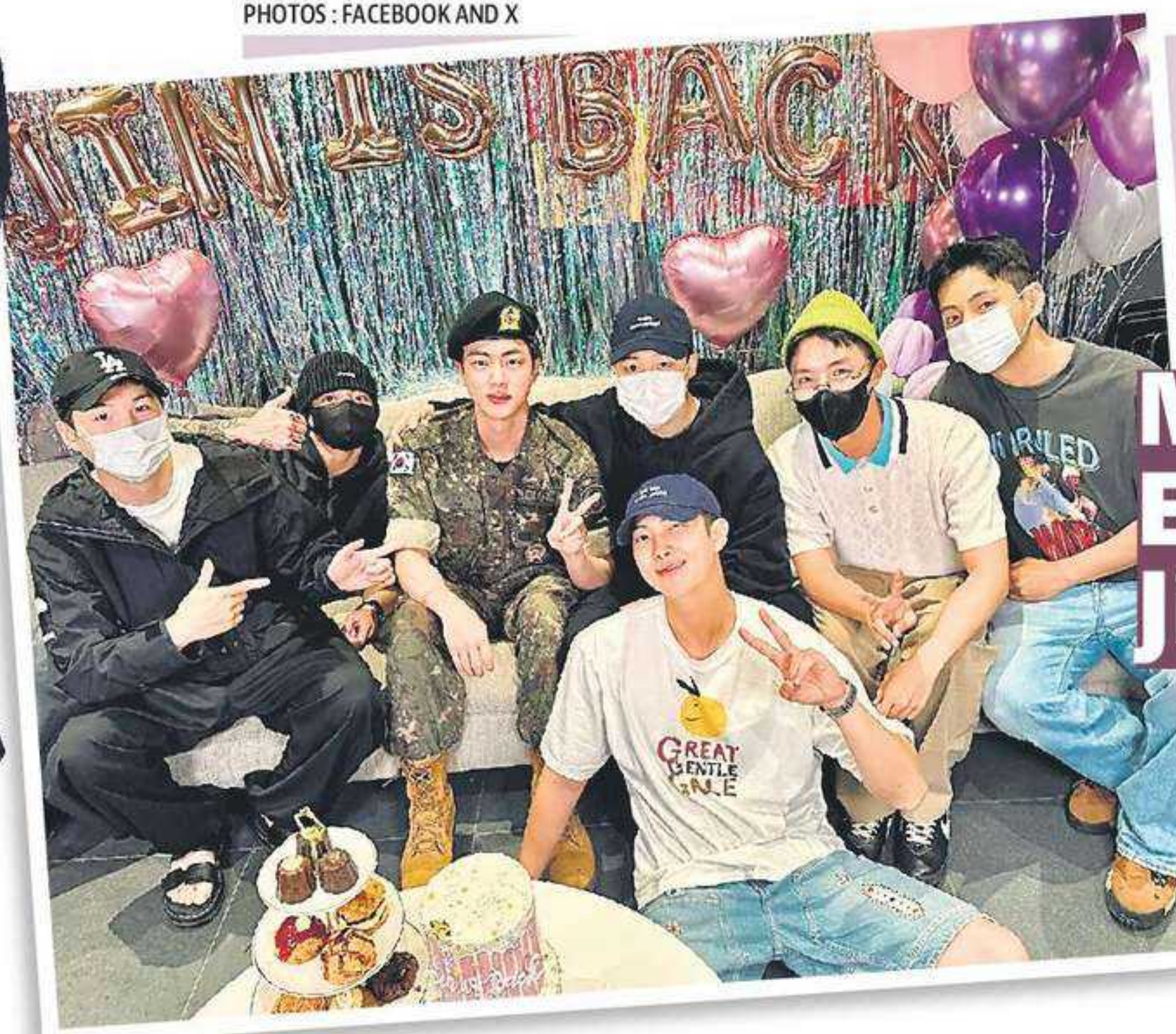
Shiekh feels these tactics are for catching their fans' attention, especially when they "have to launch or market a product". "People do such things to get noticed. It shouldn't be tolerated," he asserts, adding, "Then their PRs release a statement requesting privacy. After all this, one can't ask for their space; jitna aap andar bulao logon ko, woh aayenge, and once they reach your bedroom gossip, they are not going to leave."

Actors, singers, cricketers and even influencers have been doing this. We can't blame one person or just Bollywood.

MUSHTAQ SHIEKH, Screenwriter-author



PHOTOS: FACEBOOK AND X



The K-pop group celebrated the reunion with a cake and muffins, and the balloons said 'Jin is back'

Moment of Euphoria! Jin is back

BTS member Jin, who recently completed his mandatory military service in South Korea and was discharged, reunited with his bandmates, Jungkook, RM, J-Hope, Jimin and V gathered to welcome Jin, who was in a military uniform and received

a salute from Jimin. No sign of Suga though. Happy photos on social media show the group hugging each other, with RM playing their hit *Dynamite* on the saxophone. BTS' official account later posted a celebratory group picture with Jin.

MARUTI SUZUKI

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Ground Floor	100 SQ. FT.	Rs. 1,04,44,900	₹31,000	Rs. 10,44,490	Rs. 10,44,490	Rs. 31,33,470	Rs. 10,44,490	Rs. 20,88,980
First Floor	40 SQ. FT.	Rs. 35,81,080		Rs. 3,58,108	Rs. 3,58,108	Rs. 10,74,324	Rs. 3,58,108	Rs. 7,16,216
Second Floor	50 SQ. FT.	Rs. 37,30,300		Rs. 3,73,030	Rs. 3,73,030	Rs. 11,19,090	Rs. 3,73,030	Rs. 7,46,060
Third Floor	50 SQ. FT.	Rs. 52,22,450		Rs. 5,22,245	Rs. 5,22,245	Rs. 15,66,735	Rs. 5,22,245	Rs. 10,44,490
FOOD COURT	150 SQ. FT.	Rs. 1,41,00,000		Rs. 14,10,000	Rs. 14,10,000	Rs. 42,30,000	Rs. 14,10,000	Rs. 28,20,000

DOWN PAYMENT PLAN

Floor	Area (Approximate)*	Total Basic Cost(TBC)	Registration Fees	10% Booking Amount (within 7 days)	20% of TBC within 45 days/ATS	50% of TBC within 90 days	20% On Offer of Possession
Ground Floor	100 SQ. FT.	Rs. 94,67,500	₹31,000	Rs. 9,46,750	Rs. 18,93,500	Rs. 47,33,750	Rs. 18,93,500
First Floor	40 SQ. FT.	Rs. 32,46,000		Rs. 3,24,600	Rs. 6,49,200	Rs. 16,23,000	Rs. 6,49,200
Second Floor	50 SQ. FT.	Rs. 33,81,250		Rs. 3,38,125	Rs. 6,76,250	Rs. 16,90,625	Rs. 6,76,250
Third Floor	50 SQ. FT.	Rs. 47,33,750		Rs. 4,73,375	Rs. 9,46,750	Rs. 23,66,875	Rs. 9,46,750
FOOD COURT	150 SQ. FT.	Rs. 1,27,81,000		Rs. 12,78,100	Rs. 25,56,200	Rs. 63,90,500	Rs. 25,56,200

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