

#thatshot

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



RENEWING NIGHT
CREAM WITH SHEA
BUTTER & GLYCERINE

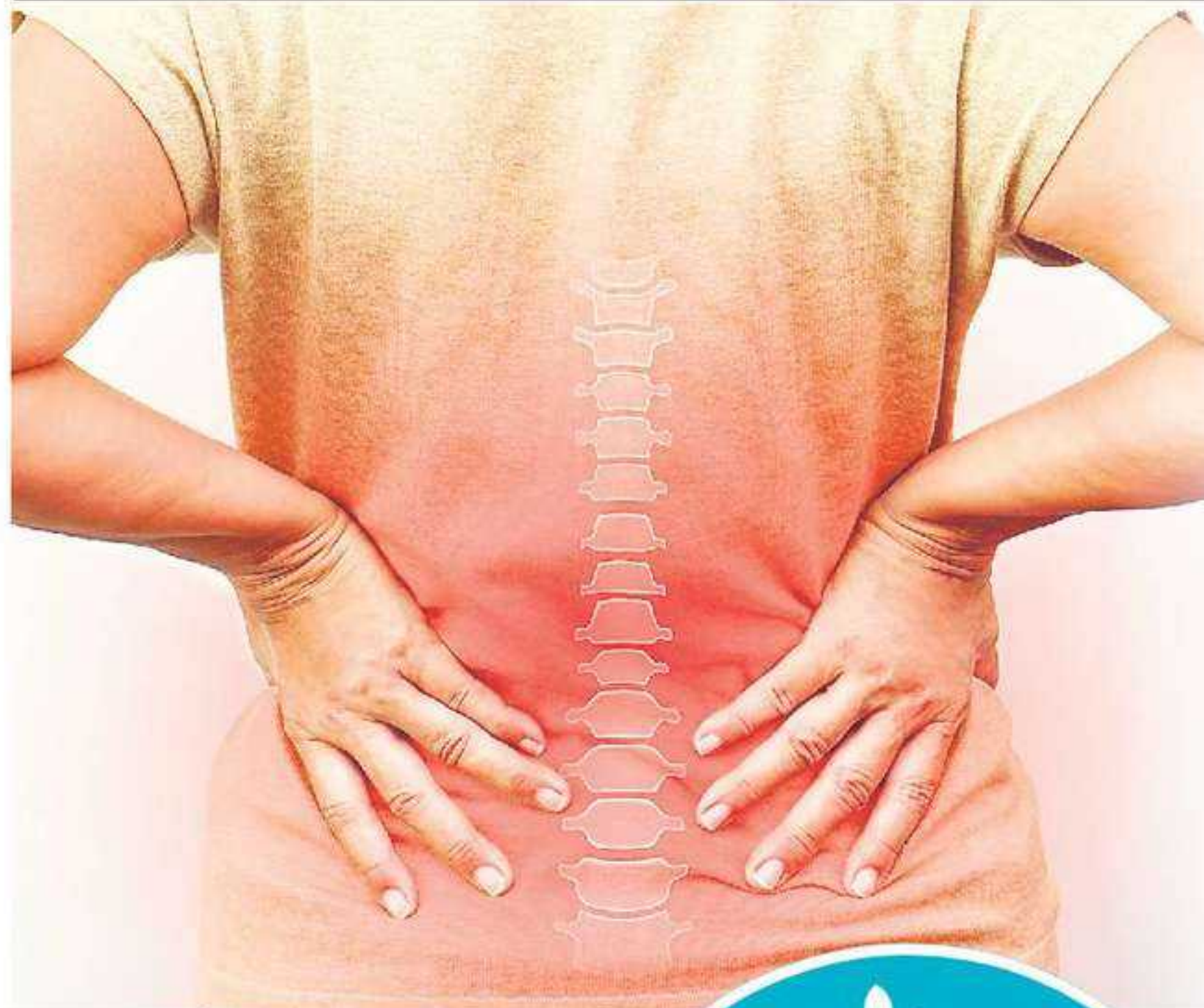
Looking for a rejuvenating night cream with all-natural ingredients? Mitchell USA's Bright Boost Renewing Night Cream has peony extracts that claim to provide antioxidant benefits. The glycerine helps hydrate the outer layer of your skin, while shea butter softens and smoothes sensitive skin. Other ingredients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



PHOTOS: SHUTTERSTOCK (FOR REPRESENTATIONAL PURPOSE ONLY)

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



HEALTH on Thursday

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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



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

HOLIDAY HOMES IN KASauli



{ 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)

PREMASTROLOGER

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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 are likely to find a suitable one soon.
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

HOT BREAKFAST ON A RAINY MORNING, FEAT. GUJARATI DISHES

Dhokla to dabeli, whip up these soft and crunchy treats



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The first rains have already hit the city, turning the weather cooler much to everyone's relief. How about adding to that fun with a few piping hot Gujarati dishes? Chefs share a few recipes for you to try.

KUTCHI DABELI

Ingredients

For the dabeli masala:

- Coriander seeds - ¼ cup
- Black cardamom - 1
- Cinnamon stick - 1 small piece
- Cumin seeds - 1 tsp
- Fennel seeds - ½ tsp
- Cloves - 2
- Black peppercorns - 1/2 tsp
- Star anise, bay leaf, mace - 1 each
- Dry Kashmiri red chillies - 2
- Grated dry coconut - 2 tbsp
- Dry ginger powder - ½ tsp
- Sesame seeds - ½ tsp
- Kashmiri chilli powder - 1 tbsp
- Rock salt - ½ tsp
- Sugar - 2 tbsp
- Oil - ½ tsp
- Stone flower - ½ tsp
- Garlic chutney and imli chutney, as needed

Method

- For the dabeli masala, roast and grind spices in a pan.
- To this, add masala peanuts with a pinch of turmeric powder, red chilli powder, jaggery and salt.
- Add some garlic chutney and imli chutney to it. Keep it aside.
- In another pan, heat oil, add one tsp turmeric and red chilli powder and a little water.
- Mash six boiled potatoes and add it to the dabeli masala with some salt.
- Garnish with ½ cup each of coriander leaves and coconut, a few pomegranate pearls and some nylon sev. Add the chutneys, peanuts, onions and potato mix to the sliced pav.

By chef Reetu Uday Kugaji

MASALA PURI

Ingredients

- Whole wheat flour - 2 cups
- Turmeric powder - ½ tsp
- Red chilli powder - 1½ tsp
- Asafoetida - ¼ tsp
- Salt to taste
- Oil - 1 tbsp
- Water to knead the dough

Oil for deep frying

Method

- Mix the ingredients with water to make a semi-hard dough.
- Keep aside.
- Make small dough balls. Roll them into small circles (not very thin).
- Fry the puris and drain out the excess oil from it. Serve with chhundo.



PHOTO: SHITAL KAKAD



PHOTOS: SHUTTERSTOCK

KHAMAN DHOKLA

Ingredients

- Chana dal - 1.5 cups
- Lemon juice - 2 tsp
- Sour curd - 4 tbsp
- Green chilli-ginger paste - 2 tbsp
- Fruit salt - 2 tsp
- Turmeric powder - ¼ tsp
- Oil - 1 tsp (to grease)
- Water - 1 cup
- Salt

For the tempering

- Oil - 1 tbsp
- Asafoetida (hing) - 1 pinch
- Mustard seeds - 1 tsp
- Green chillies, chopped - 4
- Fresh coriander leaves, finely chopped - 2 tbsp
- Grated coconut - 2 tbsp

Method

- Soak chana dal for seven hours. Later, drain and grind with green chilli ginger paste, lemon juice, salt, sugar and yogurt to a coarse paste. Cover and ferment overnight.
- Add fruit salt to your batter and fill ¾ of it into the greased plate in the steamer. Cook on medium heat for 15 minutes.
- Insert a toothpick to check if it's ready. Once it comes to room temperature, cut it into pieces.
- Make the tempering and pour it over the dhokla. Garnish with coriander leaves and coconut.

By chef Shital Kakad

KHATTA DHOKLA

Ingredients

- Urad dal - 1.5 cup
- Rice - 1.5 cups
- Fenugreek seeds - 1 tsp
- Sour curd - 2 tbsp
- Sugar - 1 tbsp
- Water, as needed
- Salt, to taste
- Groundnut oil, for greasing and brushing
- Crushed black pepper, for sprinkling

Method

- Wash and soak urad dal, rice and fenugreek seeds for three hours. To make the batter, grind the ingredients to a semi-fine texture.
- Add sour curd, sugar, salt and mix it together and ferment overnight.

- Next, grease the steaming plate with groundnut oil and pour a thin layer of the fermented batter on it.
- Sprinkle crushed black pepper and steam for 15 minutes. Once done, brush the top with groundnut oil and cut the dhokla into squares for serving.

By chef Natasha Gandhi



PHOTO: NATASHA GANDHI

RICE KHICHU

Ingredients

- Rice flour - 1 cup
- Water - 3.5 cups
- Ginger chilli paste - 1 tbsp
- Cumin seeds - 1 tsp
- Carom seeds - ½ tsp
- Baking soda - ½ tsp
- Oil - 1 tbsp
- Salt to taste

Method

- Boil water and add the ginger chilli paste, cumin seeds, carom seeds, baking soda, oil and salt.
- Add the rice flour and mix with a wooden spoon till there are no lumps. Cook for five more minutes more a medium flame till it becomes soft and fluffy.
- Serve hot, drizzled with oil and red chilli powder.



PHOTO: SHITAL KAKAD

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



Footy Knowledge
@culersknowledge · Follow

Pathetic refereeing. Qatar doesn't deserve this goal at all. Cannot believe we still have these kind of goals allowed in such high stakes. Woeful!

Ghar Ke Kalesh
@gharkekalesh · Follow

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

The Bharat Army
@thebharatarmy · Follow

What just happened here.

Mbappe FC
@mbappemadridFC · Follow

THAT BALL WAS CLEARLY OUT OF PLAY LINE SUCH CORRUPTION IN QATAR VS INDIA WORLD CUP QUALIFICATION FOOTBALL MATCH

Bruce Wayne
@Bruce_007 · Follow

Rank 34th Qatar did an open robbery against Rank 121st India even when Qatar is already qualified for 3rd round.

Seriously what a pathetic refereeing. Absolutely heartbreaking moment for Indian fans right now. #QATIND #IndianFootball

PHOTO: X

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.

HTC

Aishwarya is now a certified therapist

Akash Bhatnagar

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Actor Aishwarya Sakhuja took to Instagram to announce that she is now a therapist and tells us that she received her certification on June 9. Revealing that she was at her lowest one-and-a-half years ago as she wasn't working, she tells us, "Actors are freelancers. I had a dry spell and calls [for shows and movies] stopped coming. I didn't know what was wrong. Waking up every day had become difficult as I had no sense of purpose."

This made Sakhuja feel like she was "wasting precious time", but insists she didn't "blame the industry for anything". The 37-year-old credits her husband, producer Rohit Nag for pushing her to do more with her life. She says, "He saw me spiralling, mentally, and made me speak to a therapist, who suggested I take a course [to become one]." Doubtful about this course of action, Nag motivated her and she began a five-day workshop: "It resonated with me and the people around me saw a complete shift in my energy, too."

Now, over the slump, she is busy on all fronts. Sakhuja says, "Two months ago, I had no calls coming my way and today, I don't have time to breathe. That's how I want it." She is currently interning at the same academy where she did her course and has been "practising for the last two months". "I'm on my way to becoming a trainer and I plan to open my own clinic when I am done interning," she signs off.

I had a dry spell and calls [for shows and movies] stopped coming. I didn't know what was wrong. Waking up every day had become difficult as I had no sense of purpose.

AISHWARYA SAKHUJA, Actor



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

Deep Saxena

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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' FATHER'S Day

Navya Kharbanda

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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 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."

'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

fDCI | **manifest**

WEDDING WEEKEND

August 3-4 at Taj Palace, New Delhi

X

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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 *Angrیزی 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

और सभी न्यूज़ पेपर मैगजीन प्राप्त करने के लिए सर्वप्रथम इस टेलीग्राम ग्रुप को ज्वाइन करें नीचे दिए लंकि पर क्लिक करके ज्वाइन टेलीग्राम

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