



DELHI WELCOMES T20 WORLD CUP CHAMPS WITH DHOL AND DANCE



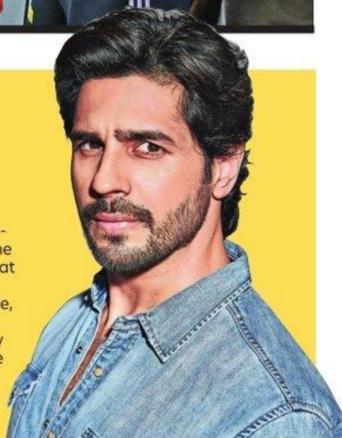
Team India touched down in Delhi to a high-energy welcome following their victory in the T20 World Cup

CONTINUED ON BACK PAGE

Buzzstop

EXERCISE CAUTION: SIDHARTH ON FANPAGE'S ₹50 LAKH SCAM

Sidharth Malhotra released a statement after one of his fanpages allegedly duped a woman of ₹50 lakh over a period of two months. A US-based fan of Sidharth claimed on social media that she paid money to the admins of a fanpage to get inside information about him. She alleged that the admins fabricated stories about Sidharth and claimed that his wife Kiara Advani was a threat to his life. Reacting to the same, Sidharth wrote, "It has been brought to my attention that certain fraudulent activities/scams have been circulating on various social media platforms, allegedly claiming to be associated with or in relation to me, my family, and people claiming to be my fans and seeking money. I want to assure everyone reading this that neither I nor my family or team support any of this. I urge all of you to exercise caution when dealing with such matters."



NAYAK AND KHALNAYAK:

Anil's two avatars on Bigg Boss OTT 3's Weekend Ka Vaar

Anil Kapoor

Bigg Boss OTT 3's host, the ever-charming Anil Kapoor, has taken this season by storm. The audience is witnessing a cool, new avatar of the man, and appreciating him for his balanced approach when dealing with the contestants on the show. When arguments between contestants took a heated turn, he called them out, asked them to keep a check on their behaviour, and appreciated the ones who played the game well. The viewers witnessed the host rapping and sketching on stage with the celebrity guests, elevating the entertainment quotient during the weekend episode.

Talking about his experience of the first *Weekend Ka Vaar*, Anil said, "I was nervous and excited before we commenced shooting for the first *Weekend Ka Vaar* episode. While I rehearsed my choice of words before the weekend shoot, five minutes into the shoot, I got into my authentic personality and was unfiltered while reviewing the week that went by for the contestants. The format of the show is such that I will never be able to please all, and it's essential to call out the contestants as is when they go wrong."

I was nervous & excited before we commenced shooting for the first *Weekend Ka Vaar* episode. The show's format is such that I will never be able to please all, & it's essential to call out the contestants when they go wrong

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#MODERNDATING

WHO SHOULD PAY ON THE FIRST DATE?

Riya Sharma

First dates are tricky, confusing and awkward. You dress up, meet someone at a fine dining restaurant, the conversation is interesting and the moment you think everything is probably going well, the check arrives. Do you pay for it? Does your date pay for it? Or do you split the bill? Though there is no right answer, we ask young professionals navigating the dating scene who they think should pay on the first date.

'Letting the other person pay may not always end well'

"I usually don't let people pay for my share. One time I went out with a guy and he paid for the wine and pizza. I wasn't really interested in him so I told him that I will pay my share but he didn't let me. So I forgot about the money. The next day he started texting me but I didn't quite like him so I ignored the messages thinking he would get the hint. But when he didn't, I told him I was not interested. So he told me, 'Oh, so you had come for free drinks and food'. And that came as a shock to me. I immediately sent him the money and didn't speak to him ever again," shares Samiksha*, 35, who works in social media marketing.



'When a guy takes care of the tab, it leaves a good impression'

According to a survey by an American personal finance company, over 70% of Americans believe that in heterosexual relationships, the man should pay on the first date. "Before I go on a date, I am already spending enough on my makeup, dressing up, and probably 'risking my safety' while going on a date with a guy from a dating app. The least he can do is offer to pay," shares Rishika*, 22, a media professional.

Prakruti Sharma, 21, a model, expects that the man should pay on the first date. "It's a nice gesture and sets a positive tone from the start. It can also leave a good impression, showing that he's generous. It avoids any awkwardness about splitting the bill," she says.

Advika, 27, who works at an electronic company, says, "If you are meeting someone for the first time and don't have any background about their finances, it is always better to go Dutch. Also, I think that if I let the guy pay, there can be an expectation that I owe him something. I don't want to give that advantage to anyone."



'Whoever initiates the date, pays for it'

"Whoever initiated the meeting, it should be their responsibility to take care of the bill," says Sini Chauhan, 30, who works at an art gallery. "I have paid the bill on first dates if I have asked someone out. That is something I follow, and if someone insists then I think the best thing is to split the bill," she adds.

"First dates also set the precedent for the next dates, provided there are more dates. When I started dating my (now) husband, we would take turns to pay. After a few dates, we decided to split whenever we could and I think that really helps," points out Janki, 37, a baker.

First dates also set the precedent for the next dates. When I started dating my (now) husband, we would take turns to pay. After a few dates, we decided to split whenever we could - Janki, 37, a baker

The person who initiates the date might offer to pay, though splitting the bill is common. Whether in personal or professional settings, fairness and respect should always be paramount, open communication and mutual agreement are crucial - Sachin Bangera, 38, who works at an animal rights organisation

Traditional vs modern perspectives on paying the bill

Traditional norms
Traditionally, men were expected to pay for the first date as a gesture of chivalry, reflecting their role as primary breadwinners.

Modern views
Today, many couples prefer to split the bill or take turns paying, promoting fairness and mutual respect.

Communication
Discussing who will pay beforehand helps avoid awkwardness and misunderstandings.

Financial situations
Consider each person's financial situation. If one earns significantly more, they might offer to pay or split proportionately.

Gestures
Paying can be a kind gesture regardless of gender, but intentions should be clear to avoid misunderstandings.

Equality and respect
Decisions should promote equality and mutual respect, avoiding gender stereotypes and fostering a healthy relationship foundation. - Dr Chandni Tugnait, a psychotherapist, life and business coach

*Names changed on request

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Did You Know?

Before it was the video sharing giant it is today, YouTube began as a dating site.

When YouTube first launched, the founders of the website were unsure which direction they wanted to take it in. Since the domain was registered on Valentine's Day, they gave the website the tagline of "Tune In Hook Up". The aim was initially to provide a platform where lovelorn singles could upload videos of themselves and hook up with other users.

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Canine weddings: A rising trend in China

Spending on furry companions in 2023 rose 3.2% to 279.3 billion yuan (₹3,15,062 crores) from a year earlier, industry figures show

It was a dream wedding, complete with picturesque outdoor setting, white lace gown and a delectable cake. The perfect day for golden retrievers - Bree and Bond - to tie the knot in front of their closest human and canine friends.

Pet weddings are on the rise in China, where government policies have had little success in encouraging more humans to wed in this fast-ageing society where the population is declining and marriage and birth rates remain low. The popularity of pets and an increasing willingness to splurge on them are driving the trend.

"People have weddings. Why can't dogs have weddings?" Bree's owner Rye Ling said after escorting his female pet down the aisle, where she exchanged vows promising to always share treats and play with her husband Bond.

Pet weddings in India

In India, as well, many pet owners marry their dogs. In one such incident, last year, a seven-month-old female dog Jelly got hitched to Tommy in Uttar Pradesh's Aligarh with Indian wedding rituals. "On the occasion of Makar Sankranti, we organised the wedding. Desi ghee food was also distributed among the neighbourhood dogs. We spent around ₹40,000-45,000 for it," said Dinesh Chaudhary, Tommy's owner.

People have weddings. Why can't dogs have weddings?

- Bree's owner Rye Ling

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Challenges like hair loss should not hinder one's path to success: Experts



(L-R) Dr Pardeep Sethi, Mohammad Azharuddin and Dr Arika Bansal



Mohammed Shami



Ravi Shastri

As the Men in Blue bring home the T20 World Cup, Eugenix Hair Sciences – one of the global leaders in hair restoration procedures – celebrates its long connection with Indian cricketers, say Dr Pardeep Sethi, Chairman and Dr Arika Bansal, founder of the brand. “The team showcased exceptional skills, motivation, and self-confidence on the ground. To gain personal confidence and enhance personality, several cricketers across different teams have been associated with us,” the doctors add.

“From 2023 World Cup sensation Mohammed Shami to legends like Ravi Shastri, former Indian skipper Mohammad Azharuddin, former cricketer Nikhil Chopra, Indian fielding coach R Sridhar, and Rohan Gavaskar, to name a few, have trusted us, the hair transplant experts,” they add.

The doctors inform that former Australian cricketer Michael Bevan, former physiotherapist for the Indian team Andrew Leipus, and English batsman Nick Compton have also been associated with Eugenix for hair treatments.

They add, “Here, we believe that personal challenges like hair loss should not hinder one's path to success. Our team is equipped with top-notch techniques and professional staff, with headquarters in Gurgaon and clinics in Mumbai and Hyderabad as well.”

Website: <https://eugenixhairsiences.com>
Contact: +91 8826471111; Email: info@eugenix.in

Disclaimer: The views/suggestions/opinions expressed in the article are the sole responsibility of the experts.



Career is not over just 'coz things didn't go well: Pratiksha



Pratiksha Honmukhe

POV Name it, as there is no shame in it

A certain word was used in the Lok Sabha by a woman, probably for the first time on live TV. “Uterus”. In a space dominated by men, whose voices often decide the fate of the country, that one word stood out in all its conspicuousness.

Words such as uterus and menstruation, menopause and female genitalia are still in the realm of private conversations or a clinical environment. For generations, girls have been taught the language of euphemisms when it comes to their body. They are programmed to believe that it is embarrassing, impolite to refer to their reproductive and sexual organs and biological changes by their correct, clinical names. And here's the problem.

In an interview to the BBC, eminent clinical educator, lecturer Dr Aziza Sesay, underlined how this regressive practice “perpetuates the taboo, stigma and embarrassment” associated with the female anatomy, leading “to women not getting the medical help they need.” Children, who are taught to censor their language when it comes to

their bodies, or use gibberish or funny names for their private parts, would not be taken as seriously if they are abused. Use words about women's sexual health in an article, chances are even the algorithm will flag it off as “inappropriate.”

Experts believe that the first step towards de-stigmatising women's reproductive and sexual health is normalising the use of the correct vocabulary around it - whether in public or otherwise.

However, it is one thing to send out a HR newsletter about ‘period leaves’ or raise awareness about ‘breast cancer’, but quite another to stand up in a roomful of men to say that you have had your ovaries removed and need to take some time off.

In a different world, one inhabited by wizards and muggles, a young Harry Potter chooses to call Voldemort by his name. ‘Fearing a name increases a fear of the thing itself,’ Dumbledore tells him. If women cannot even gather the courage to say it as it is, what are the chances that someone else will speak up for them?

Agree? Disagree? Got a POV idea? Write to us at: pov@timesgroup.com

Back in March, Pratiksha Honmukhe was replaced overnight in her debut show *Yeh Rishita Kya Kehlata Hai* along with lead actor Shehzada Dhami. It wasn't easy, but the actress has now bounced back and is seen playing the antagonist in *Kaise Mujhe Tum Mil Gaye*.

She says, “After my exit from *Yeh Rishita*..., I shut off completely and wanted to take a break. But my family motivated me to get back to work and luckily, I bagged this role in *Kaise Mujhe Tum Mil Gaye*.”



There were rumours of Pratiksha dating Shehzada, which caused further problems on the set. But she says, “Shehzada is a good friend and has been my greatest support system. He has always been there for me, but I am not having an affair with him”

Talking about her exit from *Yeh Rishita*..., during which there were rumours of Shehzada and her unprofessional behaviour, she says, “It was going well, but suddenly I was asked to quit in March. I still don't know what went wrong. Honestly, I was a newcomer and everyone takes some time to learn on the job. I was disciplined and nice to everyone on the set, so how can I be called unprofessional?”

Pratiksha adds, “I know I've done nothing wrong. I am grateful Rajan Shahi sir (producer of *Yeh Rishita*) gave me this show and it was a big start. Also, my career is not over just because things didn't go well in my first show.” — Tanvi Trivedi



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This event will showcase 108 books, authored by 108 distinguished writers - Sukhraj B Nahar

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Delhi Times Weekend Planner

MANGO FESTIVAL
Where: Dilli Haat, Janakpuri
When: July 5-7
Time: 12pm - 9pm

POTTERY WORKSHOP
Where: Chalkboard, Hauz Khas
When: July 6
Time: 4pm - 6.30pm

BIRDS OF MONSOON WALK
Where: Sanjay Van
When: July 7
Time: 6.30am - 8.30am

DIGITAL DETOX
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Bizarre

Irishman assembles Mr Potato Head in fastest time ever

Declan McFerran, 20, from Northern Ireland, teaches gymnastics, taekwondo, and piano. He now holds the world record for assembling Mr Potato Head in 5.15 seconds, breaking the previous record by 0.28 seconds. After four hours of attempts, Declan succeeded, saying, "I was enticed by the record and gave it my best try, and to my pleasant surprise, I broke the record!"

SUDOKU CHALLENGE

Level: Medium

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

HOW TO PLAY
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

HOW TO PLAY
1. A number may appear just once in each row or column. Eliminate repeat numbers by darkening cells. (see example)
2. Darkened cells must never be adjacent in a row or column.
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. 6-4-6)
6. A "triple" is a special case of sandwich. Circle the centre cells, and darken the ends. (e.g. 6-6-6)

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

Example

LOOP THE LOOP

RULES
• 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 may be surrounded by any number of lines.
• You can't draw lines around zeroes.
• Each puzzle has just one unique solution.

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).

THE DAILY CROSSWORD

By Winston Emmons 05/07/2024

ACROSS
1 Ointment amount
4 PIN point
7 Prone to micromanager, perhaps
12 Napping racer of fable
13 "Vive le..."
14 Gas brand with a torch logo
15 Cleanliness is next to... a minimalist approach?
17 More vast
18 Muppet who had a meltdown over a rock named Rocco
19 Going to hell in a... damaged armored vehicle?
21 Nabisco wafer cookies
23 Like some receptions
24 Architect who designed air traffic control towers for the FAA in the 1960s
25 Squall
26 As much as
28 Angry
29 Make a typo, say
30 Genesis twin
32 Like an old mattress, maybe
34 Don't throw the baby out with the... decorative Halloween ring?
36 Bart in the Pro Football Hall of Fame
38 Mongolian desert
39 Altar constellation
42 Arts and crafts bit
43 Not covered
45 Solitary sort
47 Urgent care ctrs.
48 MIT's domain
49 Grammatical gender
50 The only thing we have to fear is... feeling better quickly?
54 Pad
55 Monteverdi work

THURSDAY'S PUZZLE SOLVED

| | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| A | B | S | G | A | D | L | A | D | T | S | O | | |
| N | E | T | A | S | K | E | D | I | T | W | A | R | |
| I | R | O | N | M | A | N | T | O | E | R | I | N | G |
| M | A | K | E | U | P | O | U | R | M | I | N | D | |
| A | T | E | A | T | H | S | N | A | B | R | A | | |
| L | E | S | T | G | P | S | G | E | A | R | | | |
| H | A | I | R | O | F | T | H | E | D | O | G | | |
| P | C | S | A | N | O | A | L | A | S | H | O | | |
| F | I | T | A | S | A | F | I | D | D | L | E | | |
| F | A | I | R | P | E | R | M | A | N | O | | | |
| T | A | L | E | A | D | A | B | I | D | O | N | | |
| G | E | T | R | E | A | D | Y | W | I | T | H | E | |
| D | E | T | H | O | R | N | V | I | P | S | E | A | T |
| A | N | T | A | C | I | D | E | K | E | R | A | W | |
| P | T | O | K | E | Y | S | I | D | E | M | O | | |

56 Famous... weapon that would dissolve in water?
58 Some Redfin transactions
59 Alter...
60 Ont. neighbor
61 L'Oréal polish brand
62 Icarus, to Daedalus
63 Muddy pen
DOWN
1 German auto pioneer
2 "Baked the Right Way" bread brand
3 Besech
4 Turf
5 Throw
6 Out-of-bounds golf shot, e.g.
7 Ribald
8 Skip over
9 Diner drink
10 Tourist's diversion
11 Long-haired terrier, familiarly
12 More sacred
15 Thick
16 Birth announcement abbr.
20 Clean water company
22 Per annum
26 Detroit labor org.
27 Rid (of)
28 Texter's "How disappointing"
31 Went boldly
33 Practical
34 Base
35 Proterozoic, e.g.
36 Colorful shawls
37 Mortarboard attachments
39 Ramos of "In the Heights"
40 Gain again
41 Secret alternative
42 One side of a comparison ad
44 Signs of life
46 Dupe
48 Get rid of
49 Asset on a blockchain, for short
51 Starship Enterprise counselor
52 Thello advisor
53 Entrepreneur Musk
57 Texting letters

GARFIELD

I'VE BEEN THINKING ABOUT THE FUTURE
ME TOO
AND I DON'T MEAN PINNER
ME NEITHER
I'M THINKING DESSERT!

ARCHIE

WHY CAN'T WE OPEN THE EQUIPMENT ROOM?
MR. SVENSON CAN'T FIND THE KEY!
I HANG THE KEYS ON HERE... DEY ALL LOOK ALIKE!
UNMARKED! THAT'S A TERRIBLE FINDING SYSTEM!
BUT AS A SECURITY SYSTEM, IT'S PRETTY GOOD!

SCRAMBLE

Rearrange the letters in the four word jumbles, one letter to each square/circle, to make four ordinary words

BWEOR

BLSIS

BEINTT

IKMSPY

___ is as likely to be wrong as anyone else - Heywood Broun (9)

HOW TO PLAY
Now arrange the letters in the circles to form the answer to the riddle or to fill in the missing word as indicated

FINOLEX FORTUNE

For appointments: ANUPAM V KAPIL 9822042295 or anupamvkapil@gmail.com

See what the stars have in store for you - according to your moon sign.

VIRGO: Your curiosity is high at the moment. It is better to put your mind on positive things and don't concentrate on problems. Do something out of the ordinary today. Find a way to show the different perspectives of the situation.

LIBRA: Enjoy and gain new ways to see the world from your attitude. It is important to remember that a problem shared is a problem halved. You might bring new ideas for investments. Put a lot of thought into your plans today. Keep everybody in a great frame of mind.

SCORPIO: A change in work situation may help you realise your true values now. Make an effort to range far and wide during your explorations. Some career choices have to be made before an important opportunity. Don't blame others and this could work against you. A very exciting new relationship could begin.

SAGITTARIUS: Take a better look at the situation and things will become much clearer now. Your daily life may need to be more organised now. You are likely to meet someone who interests you spiritually. Be accountable if mistakes have been made. Pay attention to your health and nutrition.

CAPRICORN: You need time alone. You have an awareness of the intangible dimensions of human life. A solitary exploration of your mind and spirit will bring you peace and make you feel powerful again.

AQUARIUS: You need to revise your budget to get on top of recent overspending. Bring discipline into your life. Tried and true methods may be the route to take. You may find that the personal relationships begin to suffer. Try setting your goals in a little more realistic way.

PISCES: This day may bring some peace to your worried soul. You have enough time for the really important things in life. Practicality will be required to keep on top of things. Work slowly and methodically while keeping goals in mind.

SPELLATHON

Today's Ratings:
03-average | 04-good | 05-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. British English Dictionary is used as reference.

Letters: A, L, F, C, Y, A

DENNIS THE MENACE

SOMEbody's GOTTA WORK THE NIGHT SHIFT BEFORE RUSH HOUR!

SOLUTIONS TO GAMES/PUZZLES

TIMES SUDOKU

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

LOOP THE LOOP

TIMES HITORI

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

SCRAMBLE
Words: Bower, bissen, bitten, skippy
Answer: Postscript is as likely to be wrong as anyone else - Heywood Broun

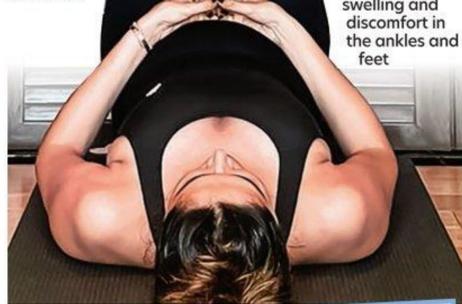
Mom-to-be Deepika practises prenatal yoga

Self-care advise Deepika Padukone shared on Instagram

BEFORE STARTING THE DAY

- Supports lymphatic and glymphatic systems, boosting your immune system
- Promotes the flow of oxygenated blood to the upper body and stimulates lymphatic fluid flow
- Aids in detoxification and lymphatic drainage
- Gently opens the hips and hamstrings

Deepika performs Viparita karani asana



@deepikapadukone

BEFORE SLEEPING

- Activates the parasympathetic nervous system, enhancing rest and digestion for better sleep quality
- Eases restless legs for improved sleep

WHEN PREGNANT (USE A BOLSTER OR CUSHION FOR SUPPORT)

- Relieves aching muscles, joints, and swollen ankles and feet
- Reduces pressure on the lower back and relieves feelings of heaviness and fatigue in the legs and hips
- Alleviates water retention
- Helps reduce swelling and discomfort in the ankles and feet



VIPARITA KARANI YOGA (LEGS-UP-THE-WALL POSE)

"In Sanskrit, viparita means inverted and karani translates to in action. This active inversion position is also called the restful inversion. Lying with your legs up against the wall can benefit your mental and physical health. From calming the nervous system to strengthening immune health, this ancient posture offers so much, especially in our stressful and busy world (sic)," she posted.

Deepika Padukone took to Instagram to celebrate self-care month, sharing a picture of herself practicing the Viparita Karani asana as part of her daily routine during pregnancy. In a post, Deepika wrote, "But why celebrate Self-Care Month when you can practice simple acts of self-care everyday? I love a good workout. I don't work out to 'look good' but to 'feel fit'. Exercise has been part of my lifestyle for as long as I can remember. However, when I can't fit in a workout, I practice this simple 5-minute routine. I do this everyday, whether I work out or not. It's especially useful after a long flight or just to decompress (sic)." Her husband, Ranveer Singh, commented, "Works like magic." Deepika also cautioned those with glaucoma and uncontrollable high blood pressure to avoid this exercise, advising everyone to consult their yoga instructor before performing these asanas. She also highlighted the benefits of the Viparita Karani Yoga (legs-up-the-wall pose).



Amid cancer battle, Hina Khan chops off hair



As she battles breast cancer, Hina Khan shared her haircut on Instagram. In a post, she wrote, "To all the beautiful people out there, especially women who are fighting the same battle, I know it's hard. I know for most of us, our hair is the crown we never take off. But what if you're facing a battle so tough that you have to lose your hair - your pride, your crown? If you want to win you've got to take some tough decisions. And I choose to win. I have decided to give myself every chance possible to win this battle. I choose to let go of my hair before it starts falling off. I didn't want to endure this mental breakdown for weeks. So, I choose to let go of my crown because I've realised my real crown is my courage, strength and the love I have for myself."

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| School of Health Sciences B.Pharm. B.Optom. B.Sc. CVT Psychology MLT MRIT M.Optom. | |
| School of Law BA LL.B. (Hons.) BBA LL.B. (Hons.) LL.B. (Hons.) LL.M. | <ul style="list-style-type: none"> • One text book allowed in Exam. • Give Exam in Hindi or English. |
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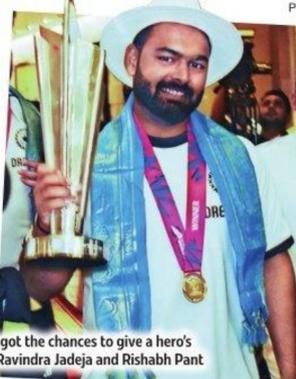
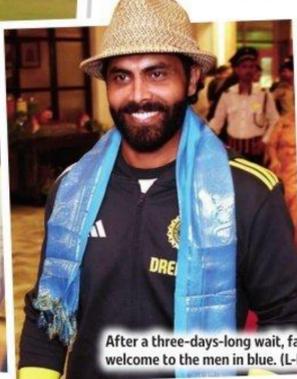
Location: ITC Maurya

Captain Rohit Sharma and co arrived in Delhi on Thursday, after being stranded in Barbados for three days due to hurricane Beryl.



Men in blue arrive in Delhi, bring the World Cup home

Pics: Ajay Kumar Gautam

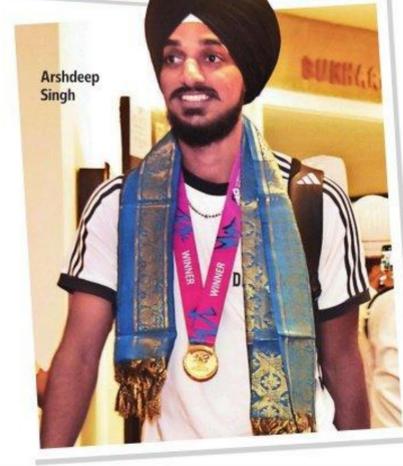


After a three-days-long wait, fans got the chances to give a hero's welcome to the men in blue. (L-R) Ravindra Jadeja and Rishabh Pant

TEAM INDIA'S BARBADOS-DELHI FLIGHT BECOMES THE MOST-TRACKED

MOST-TRACKED!

Indian cricket fans couldn't hold back their excitement to see the T20 World Cup winners and trophy returning home. On June 3, the flight, call sign AIC24WC, became the most-tracked flight in recent times according to tracking portal Flightradar24. The chartered flight was being live-tracked by over 4,464 people at one point on the online platform.





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