

**STOP PRESS**

Ayushmann Khurrana has reportedly left director Meghna Gulzar's film due to date issues. "His US music tour is already announced. Plus, besides Border 2, he has committed to two movies. The dates for both are being negotiated, but Meghna's film is not on his list," a source told mid-day.



PHOTO: INSTAGRAM/AYUSHMANNK

**Finishing it off in style!**



Designer duo Falguni Shane Peacock presented a spectacular closing show, titled Rang Mahal, at the recently held Hyundai India Couture Week 2024 in association with Reliance Brands, an initiative by FDCI, with actors Vicky Kaushal and Rashmika Mandhana as the showstoppers. Tanishq was the jewellery partner for the show, where the legacy of craftsmanship and design excellence in gold, diamond and polki were displayed.

HTC

PHOTO: HTCS



PHOTO: X

**JLo's alcohol brand caused split with Affleck: Reports**

Singer Jennifer Lopez and actor Ben Affleck are reportedly heading for a divorce, with the couple spending the summer apart and publicly listing their shared Beverly Hills (USA) mansion on sale. The cause for the split is suspected to be Lopez's new cocktail line.

A source close to the couple claimed that her new alcohol brand was the reason behind her split with Affleck, who is a recovering alcoholic. He saw this endeavour as an insult to his struggles with maintaining sobriety. It was also alleged that the singer was trying to expand her wealth with the release of the alcohol brand, which left Affleck devastated, as reported by The Mirror. A friend of Affleck said, "Ben had to fight to get his life back after overcoming alcohol. Knowing how he lost everything, including the love of his family, knowing that he could possibly relapse, Jen decided to start her own spritzer line for more money, as if she did not have enough. This was one of the things that broke the camel's back."

A source added that besides her alcohol brand, another reason for the tiff between the two was reportedly the singer's documentary, *This Is Me... Now: A Love Story*, which discussed their earlier split. Affleck is believed to be a private person and he tried to reason with Lopez to halt the production, but she went on with the project anyway.

**Time to part ways?**

Affleck recently bought a mansion for himself in Los Angeles that is close to his kids with ex-wife, actor Jennifer Garner, while Lopez sold her condo in New York and celebrated her birthday in the absence of her husband. The couple is expected to file for divorce by the end of summer. A source said, "They are waiting for the right time. At that time, they will release a joint statement that will say how they have much love for each other and how they fought to make it work, but couldn't."

PHOTO: INSTAGRAM/NEHA BHASIN4U

**Neha Bhasin on battling PMDD, OCPD: Knew something was off**

Singer Neha Bhasin took to social media to reveal that she is suffering from Premenstrual dysphoric disorder (PMDD) and Obsessive Compulsive Personality Disorder (OCPD). She also wrote that she has been diagnosed with Fibromyalgia.

Her Insta post read: "I want to say a lot but I really don't know where to even begin or how to consolidate the helpless hell I am experiencing. After years of knowing something is off. Finally with more awareness medically today comes the Diagnosis (on paper since 2 years, I have known since I was 20) which helps get the right treatment for the mental and hormonal illnesses and with all of this comes major realisation and then THE acceptance that at least for now my nervous system feels broken (sic)."

The singer, 41, added that she has been experiencing

fatigue, body pain, mental pain, anxiety, depression, etc. She also wrote how she has been finding comfort in yoga, journaling and other possible healing methods, but her health battles often catch up to her. "My monthly PMDD still finds a way to throw me in an old dark hole or dig many new ones. Is this my failure? Asks my OCPD.. Flares up what my DR calls Fibromyalgia which now I am finally ACCEPTING too.. I have worked out, danced, performed through pain for years thinking I'm just tight so stretch more (sic)."

Bhasin ended the note by saying that she is "in a lot of pain".

**A screenshot of Neha Bhasin's Insta post**

Acceptance lets you rest but rest makes you realise how tired and broken you are. None of it feels fair or okay or nearly pleasant on top of it PMDD loops of mental hell and now new awareness to not indulge them but to observe. On top of it they say you have OCPD TOO which also made you an achiever but has fatigued you. I have been in pain over decades but pushing through it all, living my dreams, propelling forward like a warrior. A girl living her dream..



Vedaa

**IS THIS THE YEAR OF SHARVARI?**

A ₹100-crore blockbuster with *Munhya*, a global hit film on streaming with *Maharaj* that released on Netflix and now a potential superhit with *Vedaa*, it is definitely turning out to be the year of Sharvari.

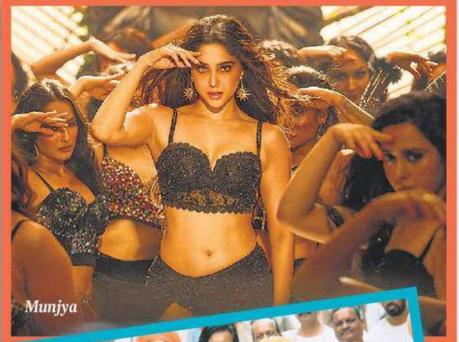
Being touted as the rising star of the industry who is not just gorgeous, but also a phenomenally talented actor, Sharvari is the big discovery of 2024. The actor showcased her versatility to a tee in these three films.

In *Munhya*, she played a Maharashtra girl, embodying the evil spirit of *Munhya*, and also served us the dance song of the year *Taras*. In *Maharaj*, Sharvari played a Gujarati girl and charmed us all with her infectious smile and brilliant acting. Now, in *Vedaa*, which is set to release on August 15, the actor plays a Rajasthani girl, an underdog who stands up to make a brave stand

against her oppressors. There's barely anyone out there from her generation to have delivered such variety, with incredible acting, in a single calendar year.

Ask her about her journey and her rise in Bollywood, and Sharvari says, "I am just grateful at this point for everything that has happened so far. My journey has not been a conventional one. I came into the industry and my first film didn't do well. Then, I had to wait for three years because of the pandemic for my films to release and do well. So, I'm just too happy right now to enjoy this moment."

She adds, "I decided to be an actor for the love of the craft. I'm a director's actor and I submit to the story and that is my priority. I hope *Vedaa* does well. I'm very greedy. I want all my films to be hits."



Munhya



Maharaj

PHOTO: SHUTTERSTOCK



**CELEBS AND THE GOL 'MAAL' FOR LOVE ON SOCIAL MEDIA**

From users raving stars on Instagram to paps praising celebs on their pages,

it could all be an act! We dig deeper into this pay-to-get-praised feature

**Rishabh Suri**  
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In a recent interview, actor Janhvi Kapoor said, "Jab dekhti hoon na social media par, galti se koi bhi tareef kar leta hai toh yeh bolte rehte hain ki, 'Yeh toh iska PR hoga'. Main bolti hoon, 'Itna budget nahin hai ki main logon se tareef karwaun'." Here, she is referring to the paid services for social media, where one can get positive comments on posts, likes, more followers, etc., for a certain amount. But how expensive is this affair? We did some digging to understand how this pay-to-get-praised feature works.

I would not know how rampant this practice is. But if asked whether there's a provision, yes it exists. It is not just for celebs. It happens for many social media pages, including companies and production houses. Our company has handled social media for over 150 films and actors. We did it for the film *Crew*, but we are not into the business of trying to manipulate things.

**MANISH KUMAR, CEO-CO-FOUNDER OF A DIGITAL MARKETING COMPANY**

But there have been instances where an actor or actress has orchestrated negative publicity on a contemporary's social media posts.

**IT IS ALL ABOUT THE IMAGE**

Trade expert Atul Mohan says celebs, mostly the younger actors, take to this to create a certain perception: "Older generation ke stars ko pata hi nahin ki kaise chalta hai yeh sab. Some agency tells them, 'Aisa kar denge'. It's a racket to buy comments. They have to increase viewership for their posts, because how

Older generation ke stars ko pata hi nahin ki kaise chalta hai yeh sab (paid social media feature). Some agency tells them, 'Aisa kar denge'. It's a racket to buy comments. They have to increase viewership for their posts, because how else would they justify so many millions of followers and less engagement? Kuch interaction toh dikhana padega. Social media pe aaj kuch bhi genuine nahin hai.

**ATUL MOHAN, TRADE EXPERT**

else would they justify so many millions of followers and less engagement? Kuch interaction toh dikhana padega. Social media pe aaj kuch bhi genuine nahin hai."

**REAL? NOT REALLY**

A PR professional says they even get fake spottings done to ensure that newer celebs are covered: "We send cameramen for these clients who are willing to pay good money. The famous paps are then paid to post it. They don't send cameramen to cover these people."



ILLUSTRATION: ADOBE STOCK

**Kitne mein diya?**

A source, who has worked closely with a host of celebs, reveals that the prices for opting for such services on Instagram are quite affordable. "It's ₹50 for 100 positive comments! Agar aapko 5,000 followers chahiye, ₹800 mein ho jaata hai. There are different categories. There are temporary followers, the cheapest, who can disappear any time. There are standard followers, who exist for about five months. And then there is the most expensive category, with permanent followers. Agar comments bhi genuine chahiye from legit usernames, uske rates alag hain."



# A LAYERED LOOK AT TIRAMISU'S LORE

Here's how chefs are elevating and reimagining the Italian dessert, whose inventor, Roberto Linguanotto, died recently

**Abigail Banerji**  
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On July 28, Roberto Linguanotto, who is popularly known as the creator of the tiramisu — made by layering coffee-soaked savoiardi and a mascarpone cheese mixture with sugar, egg yolks and vanilla — died at the age of 81. His stroke of genius may have started as an accident, but the layered treat is now #6 on the Top 100 Desserts in the World (Taste Atlas). In India, chefs have taken it upon themselves to innovate, elevate and plate this sumptuous pick-me-up.

**DOWN TO THE BASICS**  
Le15 Patisserie in Mumbai has an entire tiramisu-inspired menu. Founder, chef Pooja Dhingra says, "We did a macaron, chocolate tiramisu cupcake and a tiramisu tres leches." Meanwhile, chef Kunal

Kapur has put a desi twist by making a rasmalai tiramisu: "If you take out the kesar and rose water while adding espresso or coffee liqueur, you get an interesting dessert." At Fiori, Lonavala, head chef Gracian De Souza has re-imagined it with an eggless cake. "Our version features layers of sponge cake soaked in coffee and Kahlua. It is then set, sliced and served as a cake, with a delicious coffee sauce," he says.

Taking it a step up is chef Jatin Mallick of Tres, Delhi, by mixing the contemporary with elegance. "We serve an artisanal take, where one gets the taste of the dessert that has been deconstructed into different elements. It consists of a vanilla bean mascarpone mousse, kahlua jelly, coffee ice cream and Belgium cocoa nib tuile."

**AWAY WITH THE USUAL**  
At Atelier V in Indore, founder,



Late Roberto Linguanotto, the creator of the tiramisu

chef Vedant Newatia has created a Tiramisu Tart. It features a decadent chocolate sable base with coffee-infused chocolate mousse, sponge finger soaked in coffee and marsala syrup, topped with a velvety mascarpone cream. "We enjoy putting a modern spin on classic desserts and our

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Tiramisu Tart embodies this approach. We strive to balance tradition and innovation in every dish," he says. Chef Sarfaraz Ahmed, corporate chef, Carnival by Tres in Mumbai, says, "We've crafted a Tiramisu Panna Cotta, paired with Bailey's ice cream, for a touch of drama. Complementing it is a coffee sponge cake and a rich coffee liqueur in Cremieux form. Then, we add a Coffee achappam for a satisfying crunch," he shares. Chef Julia

Desa, co-founder, Dos, Delhi, tells us, "We serve a boozy, pull-apart mango and coconut tiramisu. It features fresh Alphonso mango and coconut jelly, along with rum."

**AN ASIAN AFFAIR**  
Caphe da (Vietnamese iced coffee) is at the heart of the Vietnamese Coffee Tiramisu Pot at Vietnam, Mumbai. The dish is nestled inside a delicate pot made of chocolate filled with layers of creamy Tiramisu.

Chef Raghav Lawrence at IDYLL, Bengaluru, presents a Ghevar Tiramisu. "Replacing the biscotti with the Ghevar is where the true magic happens. The honeycomb-like structure in the ghevar soaks up the Kahlua and is filled with mascarpone cheese and cream mixtures. It is garnished with rose petals, golden leaves and cocoa powder," he says.

## Approach that fruitarian diet with caution

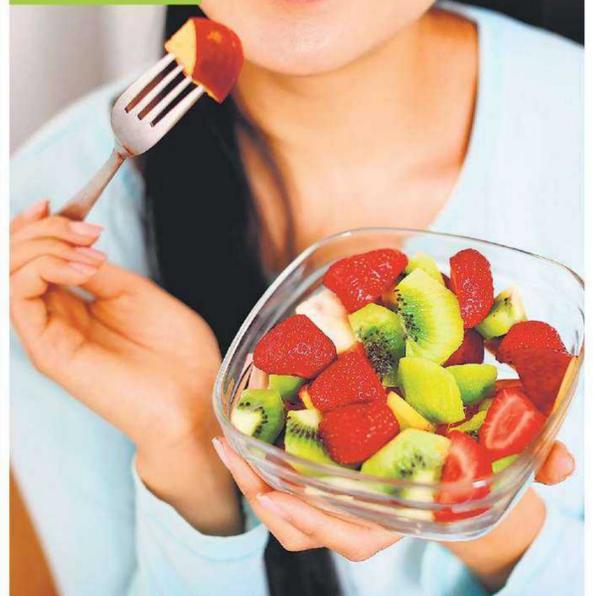


PHOTO: SHUTTERSTOCK (FOR REPRESENTATIONAL PURPOSE ONLY)

**F**ruitarian diets, which primarily consist of consuming fruits, have gained traction on social media, with videos amassing millions of views. Also known as the fruit diet, it is a highly restrictive vegan diet that excludes all animal products and only allows raw fruits, few vegetables, dried fruits, nuts, and seeds.

However, it's restrictive nature means it lacks several nutrients, shares Ayurveda expert Dimple Jangda.

**WHAT ARE THE HEALTH RISKS?**  
**Lack of protein:** Fruits are low in protein. Inadequate protein in your system can lead to inflammation, stunted growth and weak immunity.  
**High sugar:** Since you only eat fruits while on a fruitarian diet, you will be consuming more sugar, leading to problems such as diabetes, pre-diabetes, insulin resistance and polycystic ovarian syndrome. The natural sugars and acids may also erode the tooth enamel and cause cavities.  
**Digestive issues:** Many fruits are rich

in fibre. While fibre in moderation can be good for you, too much of it can lead to digestive health issues such as diarrhoea, bloating, or abdominal pain.

**WHO SHOULD AVOID THIS DIET?**  
**Pregnant women:** A fruitarian diet may not cater to the nutritional requirements needed for the healthy development of a foetus.

**Diabetics:** Excessive consumption of fruits can affect the blood sugar levels and make it difficult to manage.  
**Those with digestive disorders:** The diet may trigger Irritable Bowel Syndrome (IBS) or other symptoms.  
**Athletes and sports persons:** People who have a high-calorie burn should instead lean more towards a vegan or vegetarian diet to ensure they get adequate minerals and proteins.  
**Individuals with nutritional deficiencies:** Those at risk of muscle loss must also approach the diet with caution.

Arushi Bidhuri

### #thatshot

**KIWI FOR ALL**  
A versatile fruit, though small in size, the kiwi's utility is wide and multifaceted. Not only is it used to make desserts and salads, it can also be consumed as part of jam, juice, marmalade, nectar, jellies — apart from its general usage as a fresh, frozen and dried fruit. Kiwis are a rich source of iron and vitamin C, in addition to boosting immunity and energy

PHOTO: HTCS

**KASHMIR IN A CUP**  
Packed with green tea, almonds and warm spices — and a mesmeric redolence of the valley, Kashmiri Kahwa tea bags by Tea Culture of the World is perfect for a cosy afternoon or a quiet moments of relaxation by yourself. The intensely spicy notes of the kahwa are complemented by hints of saffron and cardamom.  
**Price:** ₹328  
**Availability:** teacultureoftheworld.com

**{ DAILY HOROSCOPE }**  
**Monday, August 05, 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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# Tips to make coffee healthy for caffeine lovers

**Anjuri Nayar Singh**

While there are many health claims on the benefits of coffee, there is also a school of thought around its side effects. However, there are a lot of dos and don'ts that you can follow to make your cup of coffee healthy.



**COCONUT OIL IN COFFEE IS A GOOD WAY TO MAKE YOUR COFFEE HEALTHY AS IT HELPS LOSE WEIGHT AND SPEEDS UP METABOLISM**

**IS COFFEE HEALTHY?**  
Coffee is one of the most popular beverages worldwide. However, its impact on health outcomes and adverse effects are not fully understood. "Caffeine, a key component of coffee, can improve alertness, concentration and cognitive function," says dietician Kejal Shah. Here are some tips to make your coffee healthy.

**HAVE IT AT THE RIGHT TIME**  
To avoid reductions in total sleep time, the best time to drink coffee is least 8.8 hours before bedtime and a standard serving of pre-workout supplement (217.5 mg) should be consumed at least 13.2 hours before bedtime, says Shah. A study published in the *Nature and Science of Sleep* states that drinking coffee later in the day can make it tough to sleep. Consume coffee between 9.30am to 11.30am for a mid-morning drink. For a workout boost,

have coffee about 30 minutes before exercising.

**CHOOSE BLACK COFFEE OR PLANT-BASED MILK**  
Black coffee is typically the healthiest option due to its low-calorie content and lack of added sugars or fats. However, if you prefer coffee with milk or cold coffee, choose low-fat or plant-based milk options and be mindful of added sugars and high-calorie creamers.

**PREFER HOT COFFEE OVER COLD COFFEE**  
While cold coffee can be very refreshing, especially in warm weather, these drinks, especially from cafes, can be high in added sugars and creamers, which can counteract health benefits.

So, it's advised to have hot coffee, which is also higher in antioxidants than cold coffee.

**ADD CINNAMON**  
Not only can a bit of cinnamon make your coffee healthy, but it can make it tastier as well. The benefits of cinnamon include lowering blood sugar and cholesterol in diabetic patients, states a study published in *Diabetes Care*. Add a pinch of Ceylon cinnamon and Sri Lankan cinnamon to your coffee.

**COCONUT OIL TWIST**  
Coconut oil in coffee would be a good way to make your coffee healthy, as it helps lose weight, makes you energetic and speeds up metabolism. This drink is popularly

known as bullet-proof coffee. Coconut oil contains MCTs, which are sent to the liver. It also helps to keep your digestive system healthy.

**COCOA POWDER**  
With health benefits like being loaded with antioxidants and a reduced risk of heart illnesses, adding a bit of cocoa powder and skipping sugar is a sure-shot way of making your coffee healthy.

**WATCH THE SUGAR CONTENT**  
Try having coffee without sugar or try other healthier sweetener alternatives to reduce the calorie count of the beverage.  
For more such stories, follow healthshots.com

**ARIES**  
MAR 21-APR 20

Your experiment with a home remedy will prove successful. Prosperity is assured for those involved in trade and business. Efforts may be required to stabilise finances. The day seems ideal for a long journey.  
**LOVE FOCUS:** Romantic life appears to be the most satisfying.  
**LUCKY NUMBER:** 7 **LUCKY COLOUR:** Golden

**LEO**  
JUL 23-AUG 23

Being a picky eater has its benefits. Those in the financial sector can hope to start making profits. Fires of passion may be reignited. Those planning a vacation are likely to opt for a hill station.  
**LOVE FOCUS:** Spending quality time with a lover cannot be ruled out.  
**LUCKY NUMBER:** 1 **LUCKY COLOUR:** Maroon

**SAGITTARIUS**  
NOV 23-DEC 21

You will be able to raise finances to buy something big. Using the gift of the gab to enhance career prospects may prove insufficient. A family member's success fills you with pride.  
**LOVE FOCUS:** Your independent ways can put a strain on a relationship.  
**LUCKY NUMBER:** 22 **LUCKY COLOUR:** Pink

**TAURUS**  
APR 21-MAY 20

Minor health ailments will be easily countered. Good financial acumen will help become a lively place. You will soon have a reason to rejoice at work. Your guidance will help a family member achieve their dreams.  
**LOVE FOCUS:** Exchanging sweet nothings will be the highlight.  
**LUCKY NUMBER:** 8 **LUCKY COLOUR:** Purple

**VIRGO**  
AUG 24-SEP 23

Health needs care in this changing season. The family front is likely to become a lively place. You may be shirking a responsibility that is your rightful duty. A drive around the countryside will prove refreshing.  
**LOVE FOCUS:** Some of you may be hard-pressed to give lover quality time.  
**LUCKY NUMBER:** 6 **LUCKY COLOUR:** Grey

**CAPRICORN**  
DEC 22-JAN 21

Guard against excesses to remain healthy. You may plan a surprise party for a family youngster. A property dispute may make some knock on the court's door. Flying overseas on a business or leisure trip is in store.  
**LOVE FOCUS:** The lover will find novel ways to woo or flirt with you.  
**LUCKY NUMBER:** 7 **LUCKY COLOUR:** Red

**GEMINI**  
MAY 21-JUN 21

An active lifestyle will help keep minor ailments at bay. A relaxed day is foreseen when you will be busy attending to personal matters. Homemakers might impress all.  
**LOVE FOCUS:** Organising something just to meet lover, is on the cards.  
**LUCKY NUMBER:** 4 **LUCKY COLOUR:** Sky Blue

**LIBRA**  
SEP 24-OCT 23

A boost in earnings can make you think in terms of a new vehicle. You are prone to making mistakes at work. New places are likely to be explored by those on an excursion.  
**LOVE FOCUS:** Trying times are predicted for a relationship.  
**LUCKY NUMBER:** 8 **LUCKY COLOUR:** Yellow

**AQUARIUS**  
JAN 22-FEB 19

Improvement in fitness can be expected. A good financial move will prove profitable. Plans for doing up the house may get underway soon. Popularity is set to rise.  
**LOVE FOCUS:** Romance may not be on your mind today.  
**LUCKY NUMBER:** 4 **LUCKY COLOUR:** Brown

**CANCER**  
JUN 22-JUL 22

Wealth continues to come in a steady stream. A neglected bodily ailment can aggravate and cause problems. Comfort may elude those setting out on a long journey.  
**LOVE FOCUS:** Those longing for love will find it under the most peculiar circumstances.  
**LUCKY NUMBER:** 17 **LUCKY COLOUR:** Green

**SCORPIO**  
OCT 24-NOV 22

Those on medication need to stick to the schedule. Increased earnings will help some. A contentious family issue will be resolved. Those out on a business tour are likely to return with good news.  
**LOVE FOCUS:** Romantic life remains most exciting through togetherness.  
**LUCKY NUMBER:** 11 **LUCKY COLOUR:** White

**PISCES**  
FEB 20-MAR 20

Someone close can ask for financial help. The day seems favourable as you go about your job. An entertaining time is foreseen on the family front. A long academic assignment proves boring.  
**LOVE FOCUS:** Small gestures will matter immensely.  
**LUCKY NUMBER:** 8 **LUCKY COLOUR:** Saffron

# DENIM REDEFINED FOR MONSOON

With the pitter-patter of rain, one may naturally stay away from denim pants, but it's time we look at the cotton twill fabric in a different silhouette this season

Shweta Sunny

## Jacket FTW

Heading for a weekend getaway? Carry a light denim jacket with a puffed sleeve like actor Rakul Preet Singh to elevate your basic look in a jiffy. A white tank top, black shorts and the jacket combo wouldn't disappoint.

## Corset cover

With an off-shoulder corset denim top like actor Kriti Sanon, your date night outfit is sorted. You can style it with a maxi skirt or mini skirt to amp up the classic look.

## Slit sway

For a day out running errands or brunch with the girls, choose a denim slit skirt like actor Pooja Hegde. Wear a solid-hued bodysuit to ensure the skirt takes the limelight.

## Dress it up

For a more dressy event, slip into a denim co-ord set like actor Shriya Pilgaonkar. With a collared sleeveless top and pleated full-length skirt, you will be grabbing eyeballs as you make an entrance. You can also replace the full-length skirt with a midi. Opt for soft curls and dewy makeup to finish.

## Bubble bliss

Blending the bubble hemline trend with the denim fabric, emulate actor Sharvari's style in a bubble puff-sleeved denim dress that is apt for the season and ranks high on the stylish factor. Pair it with white gumboots to make a fashion-forward statement.

## Werk it in corpcore

Take a leaf from actor Alia Bhatt's stylebook and don a denim bodycon dress for your 9 to 5. It also makes for a perfect day-to-night fit and can be simply styled with black kitten heels.

PHOTOS: INSTAGRAM

## GET THE STYLE RIGHT

- Don an A-line, calf or knee-length denim skirt with a cotton shirt tucked in for a put-together look.
- For a double denim look, opt for a denim dress, denim jumpsuit or a denim shirt with a pair of denim shorts.
- In workwear, style a denim blazer with a tank top and a short skirt or denim waistcoat with a fitted dark colour skirt.

Inputs by stylist Sameer Katariya

## #lookbook



PHOTO: INSTAGRAM/KHUSHI05K

Khushi Kapoor

## A double suited delight

Keeping it strictly professional with a dash of surprise is actor Khushi Kapoor as she slips into a double-hued blazer by Bardot. With half brown checkered print and half black blazer style, paired with a black crop top and pleated trousers, she plays with the black and brown tones for her fit. She completes the look with a black mini bag in her hand.

## Steal the style

Be it for a board meeting or a networking event, emulate Kapoor's style with a double-hued blazer, crop top and high-waisted pants. Slicked-back bun, nude makeup and loafers will complement the look.



1940-2024

## Sonal Mansingh's tribute to Yamini Krishnamurthy on X

Indian classical dance veteran Yamini Krishnamurthy died at the age of 83 on Saturday, August 3. Highly decorated, she was awarded the Padma Shri in 1968, Padma Bhushan in 2001 and Padma Vibhushan in 2016. She was also conferred the Sangeet Natak Akademi Award in 1977.

Following the news, Bharatanatyam and Odissi exponent Sonal Mansingh wrote on X: "She had a majestic personality. Her Kuchipuddi & Bharatanatyam were unparalleled. Unfortunately she suffered a lot in her last years. My deepest condolences... May her soul attain light in the realm of Dance. Jai Maa. (sic)"

Reminiscing over Krishnamurthy's dedication to her art form, Kathak exponent Shovana Narayan says, "Her stage presence was excellent and her precision in her dance was something to behold. I worked with her from the '70s till the mid '90s... Yamini ji, me and

## Artistes pay tribute to Yamini Krishnamurthy



Sonal Mansingh had a trio called 'teen dhara' — we represented three rivers. Yaminiji and I have done a lot of performances together. Though there was a 13 year age gap between us... We had a beautiful camaraderie." Singer Ila Arun tells us, "It feels like a heavy loss. It's like the end of an era. She was one of the greatest dancers of India and we all worshipped her. I don't have any personal connection with Yamini, but she was a pillar in the dancers' community and we all feel like we've lost a pillar."

Aayushi Parekh



PHOTOS: X

## #beautyhack

## A creaseless concealed eye look



**STEP 1** First, take your concealer stick and butter powder. Dip the concealer wand into the powder.



**STEP 2** Apply the blend to your under eyes in four dabs and blend with a brush in circles.



**STEP 3** Now, use a beauty blender to blend it well and voila, you achieve a creaseless concealed under eye look.

PHOTOS: INSTAGRAM/MONIKA\_MUA

## #ShineBejihjak, Jyothi Yarraji!

Parachute Advanced Jasmine wishes you the best for the biggest sporting event.

A 100m hurdle racer, a friend, a painter & an inspiration - Jyothi Shines Bright in every role, every avatar.

Scan the QR code to know her story and cheer her on!

## Interacting with Ryan felt like I was talking to a regular guy: Rohan Shrestha

Akash Bhatnagar

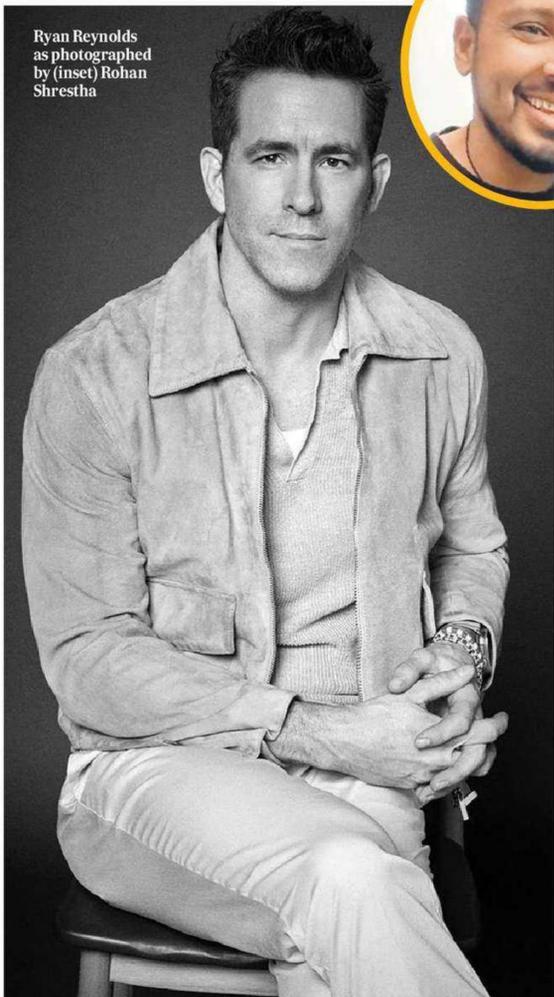
akash.bhatnagar  
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Rohan Shrestha got to live his dream recently as he had the chance to shoot actor Ryan Reynolds. The photographer reveals that when he got a call to shoot Reynolds, he was at a loss of words. "I had the biggest smile on my face and it's more special when you are a fan," he says.

Raving the Hollywood actor's professionalism, he says, "Ryan is a director's actor. He will ask you what you want from him, and he will deliver that. He understood my process and was very technical about his questions. Even when he does improv, he asks for feedback. For any technician, it's great to work in an environment where your opinion is valued. But when he is on camera, he has this wit. His one-liners are epic. Sometimes, it's not what he says, but how he delivers it and its timing, and then everyone is just hysterically laughing. Interacting with him felt like I was talking to a regular guy."

A lot of Shrestha's conversation with Reynolds revolved around an old project of the actor. "I mentioned how I loved his 1998 show *Two Guys, A Girl and a Pizza Place*. He was really surprised and told me that it is one of his most favourite parts. Talking to him one-on-one, on something I was a fan of 25 years ago, just made me feel fortunate about these gifts that life gives you. Sometimes, you also go through the impostor syndrome, like how the hell am I here?" he jokes.

Earlier, the 39-year-old photographed footballer Lionel Messi, which, he says, was "my eternal goal. It felt like I had climbed Mount Everest." Now, basketball legend Michael Jordan is next on his wishlist.



Ryan Reynolds as photographed by (inset) Rohan Shrestha

PHOTO: INSTAGRAM/ROHANSHRESTHA



## NEED BETTER LIVE VENUES TO SUPPORT FRESH TALENT, SAYS KING

The musician wants to help the government 'generate revenue' so that new performing locations can open up and newer artistes get a stage

I know there are people who are ready to call new talent. But since there are only a few venues, everyone wants to bring in artistes who will get them maximum business.

KING, Singer-rapper

Yashika Mathur

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Singer-rapper King, who recently kicked off his nationwide Listening Party Tour, feels there is a need for better venues for artistes to perform live. "I want more and better venues for artistes," he says, noting, "It will help the government generate revenue."

The singer, known for tracks like *Tu Aake Dekh Le* and *Maan Meri Jaan*, believes that venues can directly result in the growth of artistes. "Kam jagah hai toh uske peechhe ka business dekha jaata hai. I know there are people who are ready to call new talent, but since there are only a few venues, everyone

wants to get artistes who get them maximum business," he shares, adding, "There should be better facilities. A lot of fresh talent will get opportunities, especially the ones who are usually not

given such platforms."

King is one of the first few artistes to bring the concept of a listening tour to India for his latest album, *Monopoly Moves*. During a listening tour, an artiste releases and performs a new album in full for the first time in front of a live audience and the music industry, to "reduce the exclusivity bar".

The concept of a listening tour is fairly new to the Indian music scene, having begun here three or four years ago. Telling us more, King explains: "Woh jo real time energy create hoti hai, that is something different."

"The day *Monopoly Moves* was released, I performed it first for my fans and industry friends in Delhi," he ends.

## #instastyle

PHOTOS: INSTAGRAM



On Friendship Day yesterday, actor Shraddha Kapoor posted a pic with her pet friend, and wrote, "Kaun kehta hai ki sabse acche dost insaan hi hone chahiye ??? (sic)." For actor Neha Dhupia, it was a throwback snap with her Delhi school friends in 1997 as she reminisced the days sans cellphones and social media.

## Alia was a mannequin in SOTY: Mahesh Bhatt

Her raw power and her ability to get into a vulnerable space... It was a departure from that girl who was just a mannequin in *Student of the Year*. You see the evolution in your child also.

MAHESH BHATT, Filmmaker

Filmmaker Mahesh Bhatt is not one to mince his words, even while critiquing daughter, actor Alia Bhatt's onscreen performances. Praising Alia's turn in *Highway* (2014) and *Uda Punjab* (2016), the filmmaker called her debut as Shanaya *Student Of The Year* (2012) mannequin-like.

"Her raw power and her ability to get into such a vulnerable space, and bare her heart. *Highway* and *Uda Punjab*... It was a departure from that girl who was just a mannequin in *Student of the Year*. You see the evolution in your child also," he told India Today when asked about Alia's filmography and her growth as an actor since her debut performance.

*Student Of The Year*, directed by Karan Johar saw Alia play the role of a pampered rich girl, caught in a love triangle with Varun Dhawan and Sidharth Malhotra's characters. Eventually the actor went on to do meatier roles in films such as *Kalank* (2019), *Darlings* and *Gangubai Kathiawadi* (both 2022).

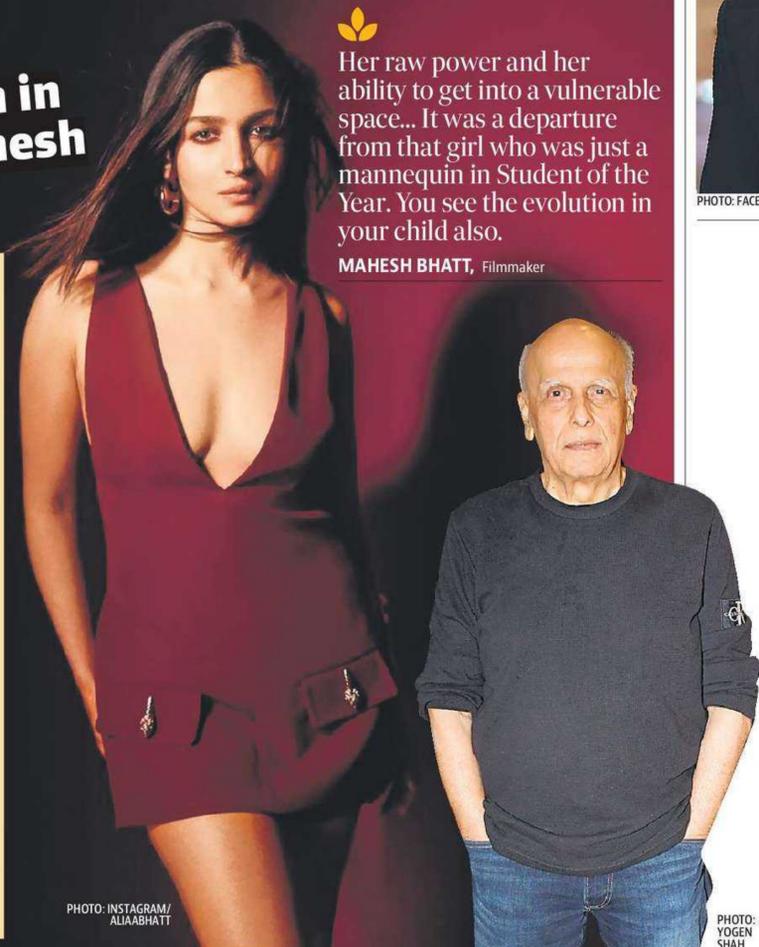


PHOTO: INSTAGRAM/ALIABHATT

## Allu Arjun pledges ₹25 lakh for Wayanad relief fund

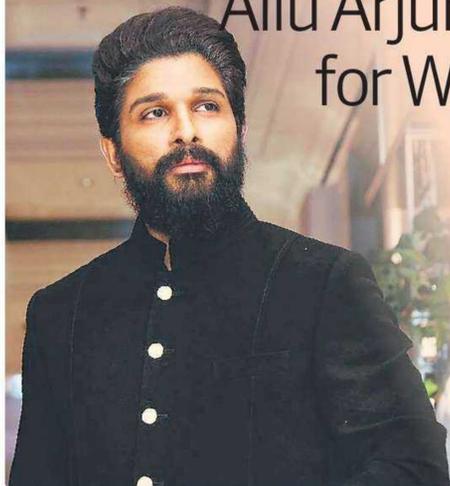


PHOTO: FACEBOOK/ALLU ARJUN

Actor Allu Arjun on Sunday announced to pledge ₹25 lakh for the recent landslide in Wayanad, Kerala. The actor also shared a heartfelt message on X about the natural calamity.

In the post, the actor wrote, "I am deeply saddened by the recent landslide in Wayanad, Kerala has always given me so much love and I want to do my bit by donating ₹25 lakh to the Kerala CM Relief Fund to support the rehabilitation work. Praying for your safety and strength."

Several fans also praised the actor for the step. Actor Mohanlal, happens to be a Lieutenant colonel in the Indian Territorial Army, also visited the affected areas in his uniform on Saturday.

Additionally, Malayalam film star Mammootty has launched a relief collection drive in Kochi. Actors actor Fahadh Faasil, wife, actor-producer Nazriya Nazima as well as actors Suriya, Vijay, Rashmika Mandanna, Kamal Haasan have also pledged their support to people affected by the disaster. HTC

## Zac discharged after swimming accident in Ibiza

Hollywood actor Zac Efron was discharged from hospital on Sunday morning after he was taken there due to a swimming accident in Ibiza Spain.

According to TMZ, it is unclear what caused the accident. However, it is being reported that the 36-year-old was pulled out of the pool by two people working in the villa he was staying at.

The actor's representative said that the actor was taken to the hospital as a precautionary measure due to a "minor swimming incident" at an Ibiza villa on Friday night and nothing "of grave seriousness" occurred. Efron is now reportedly recovering on his holiday.

The actor was holidaying in Spain since he was already in Europe to attend the Olympic Games 2024 in Paris.

Before the incident, the actor was seen sharing the stage with DJ Martin Garrix at an Ibiza Hotel. Over the last month, Efron was spotted in Mykonos, Greece and St Tropez in Southern France.



PHOTO: X